



*Delicious*  
**TOP 25 RECIPES**



# Table Of Contents

## Breakfast 5

Pumpkin Breakfast Cookies	7
Healthy Breakfast Cookies	9
Coconut Flour Pumpkin Muffins	11
Green Piña Colada Smoothie	13
Creamy Mango Avocado Smoothie	15

## Mains 17

Healthier Carbonara Pasta	19
Caprese Chicken Roll Ups	21
Lemon Pepper Tilapia	23
Cauliflower Broccoli Casserole	25
Cauliflower Ground Beef Curry	27
Butternut Chicken Quinoa Stew	29
Thai Pineapple Fried Rice	31

## Sides 33

Brussel Sprouts Sweet Potato Hash	35
Spaghetti Squash with Thai Peanut Sauce	37
Spaghetti Squash Fresh Spring Rolls	39
Cheese & Chive Sourdough Biscuits	41
Cauliflower Alfredo Sauce	43

## Desserts 45

Coconut Oil Chocolate Chip Cookies	47
Strawberry Pistachio Bark	49
Almond Joy Cereal Bars	51
Gingerbread Oreo Cookie Balls	53
Funfetti Coconut Flour Cookies	55
Coconut Strawberry Popsicles	57
Baked Apple Chips	59

**BREAKFAST**

# Pumpkin Breakfast Cookies

Healthy pumpkin flavored oatmeal cookies are a perfect breakfast on the go.

## INGREDIENTS

- ¼ cup coconut oil, melted
- ¼ cup honey
- 1 cup rolled oats
- 1 cup quick cooking oats
- ⅔ cup dried cranberries
- ⅔ cup pumpkin seeds
- ¼ cup ground flax
- 1 teaspoon pumpkin pie spice
- ½ teaspoon salt
- ½ cup pumpkin puree
- 2 eggs, beaten

## DIRECTIONS

1. Preheat oven to 325 F. Line a baking sheet.
2. In a small bowl warm coconut oil and honey (microwave or on the stove top).
3. In a large bowl combine oats, cranberries, pumpkin seeds, ground flax, pumpkin pie spice and salt. Add pumpkin puree, eggs and coconut oil and honey. Stir until fully combined.
4. Drop about ¼ cup sized scoops of the mixture onto a cookie sheet and flatten (cookies won't spread while baking). Bake for about 15-20 minutes until edges are lightly browned.
5. Let cookies cool on baking sheet before moving to an airtight storage container.

*Makes 12 cookies*

# Healthy Breakfast Cookies

You can't go wrong with these breakfast cookies made with peanut butter, banana, oats, nuts, seeds and dried fruit.

## INGREDIENTS

- $\frac{3}{4}$  cup peanut butter
- $\frac{1}{4}$  cup coconut oil, melted
- $\frac{1}{4}$  cup honey, warmed
- 1 cup rolled oats
- 1 cup quick oats
- 1 ripe banana, mashed
- $\frac{3}{4}$  cup dried fruit (I used raisins)
- $\frac{1}{2}$  cup seeds (I used sunflower seeds)
- $\frac{1}{2}$  cup nuts (I used cashew pieces)
- $\frac{1}{4}$  cup ground flax
- 1 teaspoon ground cinnamon

## DIRECTIONS

1. Preheat oven to 325 degrees F. Combine peanut butter, coconut oil and honey until smooth.
2. Place all other ingredients into a large bowl. Mix with the peanut butter mixture until evenly distributed.
3. Drop about  $\frac{1}{4}$  cup sized scoops of the mixture onto a cookie sheet and flatten (cookies won't spread while baking). Bake for about 15 minutes until edges are lightly browned.
4. Let cookies cool on baking sheet before moving to an air-tight storage container.

*Makes 12 cookies*

# Coconut Flour Pumpkin Muffins

**Paleo & low-carb pumpkin muffins made from coconut flour are perfect not just for fall breakfast.**

## INGREDIENTS

- ½ cup coconut flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 1.5 teaspoons pumpkin pie spice
- pinch of salt
- 4 eggs
- ⅔ cup pumpkin puree
- 1 teaspoon vanilla extract
- ½ cup coconut oil, melted
- 6 tablespoons maple syrup
- ¼ cup chopped pecans or walnuts

## DIRECTIONS

1. Preheat the oven to 400 F. Grease or line a muffin pan.
2. In a medium bowl whisk together coconut flour, baking powder and soda and spices. In a large bowl whisk together remaining (wet) ingredients except for the pecans until smooth and combined.
3. Add the flour mix to the wet mixture and stir until all lumps are gone.
4. Divide batter into 12 muffin cavities and top each with chopped nuts. Bake for 23 - 25 minutes until a toothpick inserted in the center comes out clean.

*Makes 12 muffins*

# Green Piña Colada Smoothie



**An acceptable and immune-boosting way to have a Piña Colada for breakfast.**

## INGREDIENTS

- 1 cup coconut milk
- 2 tbsp organic shredded coconut (optional)
- 1 cup spinach, packed
- ½ frozen banana
- 1 cup frozen pineapple chunks
- 2 eggs, beaten

## DIRECTIONS

1. Place the ingredients in a blender or food processor in the order they are listed above. Layering from liquid to frozen makes for easier blending.
2. Garnish serving glasses with a piece of pineapple and coconut rim, if desired. Serve right away.
3. Leftovers can be frozen to make green popsicles.

*Makes 2 medium servings*

# Creamy Mango Avocado Smoothie



**Thick & creamy smoothie goodness that is great for breakfast or anytime snack.**

## INGREDIENTS

- 1 cup mango (from 1 small Ataulfo mango)
- 1 banana, frozen
- ½ avocado
- ½ cup Greek yogurt
- ½ cup milk (any kind you prefer)
- 1 tbsp chia seeds
- sweetener to taste (I use 1 tbsp honey)

## DIRECTIONS

1. Blend all ingredients together in a food processor or blender until combined and smooth. Add more milk for thinner consistency.
2. Serve immediately since avocado tends to turn brown after a while.

*Makes 2 small servings*



**MAINS**

# Healthier Carbonara Pasta



**This Carbonara Pasta secretly packs a healthy serving of vegetables with the creamy cauliflower sauce.**

## INGREDIENTS

- ½ pound pasta
- 6 slices bacon, diced
- 1½ cups Cauliflower Alfredo Sauce (see page 43)
- ¼ cup sliced green onion
- grated Parmesan cheese to taste

## DIRECTIONS

1. Cook the pasta according to directions.
2. In a large frying pan cook the bacon dices until crispy. Drain most of the bacon grease, but leave some for flavor.
3. Add the Cauliflower sauce to the pan until heated through. Stir in cooked pasta and green onions.
4. Serve pasta hot and sprinkle with more green onions and grated Parmesan cheese to taste.
5. When heating leftovers you might need to add a little more sauce or water to moisten.

*Serves 4*

# Caprese Chicken Roll Ups



## INGREDIENTS

- 2 lbs boneless skinless chicken breasts (3-5 pieces, cut each in half lengthwise)
- 1 cup Italian bread crumbs
- 6 tablespoons grated parmesan cheese, divided
- 5 ounces fresh baby spinach, chopped
- 1 clove garlic, minced
- olive oil
- ½ cup ricotta cheese
- ⅓ cup beaten egg whites
- 4-6 ounces fresh mozzarella cheese, sliced
- 1 cup tomato sauce
- fresh basil and tomato slices for topping

**Ricotta-spinach filled chicken roll-ups with a Caprese topping of Mozzarella, basil and fresh tomatoes.**

## DIRECTIONS

1. Cut the chicken breasts in half lengthwise. Depending on their size you will end up with 6-10 pieces. Pound each piece with a kitchen mallet to make even thinner. Combine bread crumbs with 2 tablespoons parmesan cheese and place in a shallow bowl.
2. Heat a drizzle of olive oil in a pan and saute chopped spinach with garlic until just starting to wilt. Stir in ricotta, parmesan and 2 tablespoons of the egg whites. Place remaining egg whites in a shallow bowl.
3. Preheat the oven to 450 degrees F and oil the bottom of a large baking dish. Start an assembly line. Place a spoonful of the spinach filling in the middle of a chicken piece and roll up. Dip the entire chicken roll up in egg whites, then roll in the bread crumbs and place seam-side down in the baking dish. Repeat with remaining chicken pieces and bake for 25 minutes.
4. After 25 minutes, top each chicken roll up with tomato sauce and a slice of mozzarella cheese. Bake for 3-5 minutes until cheese just starts melting. Top with fresh tomato slices and fresh basil leaves and/or ribbons.

*6-10 pieces*

# Lemon Pepper Tilapia



**These lemon pepper seasoned tilapia filets can be on the table in less than 30 minutes.**

## INGREDIENTS

- 1 pound (454 g) Tilapia, 4-5 fillets
- ¼ cup (30 g) flour
- lemon pepper seasoning
- 2 tablespoons oil (olive, avocado, butter etc.)
- 2 tablespoons butter
- 1 tablespoon lemon juice
- 2 tablespoons chopped parsley

## DIRECTIONS

1. Rinse Tilapia fillets under cold water and pat dry with paper towel. Place flour in a shallow bowl and flour the fillets from both sides. Shake off excess. Season fillets with lemon pepper from both sides.
2. Heat a non-stick skillet over high heat, add 1 tbsp oil and heat as well. Place half of Tilapia fillets in pan, turn heat down to medium and sauté for about 4 minutes on each side.
3. Repeat with remaining fillets. Remove Tilapia from pan and cover to keep warm.
4. Turn heat to high and add butter and lemon juice to the pan. Cook for 1-2 minutes for butter to turn golden and take on a nutty aroma. Whisk in parsley and remove from heat.
5. Serve sautéed Tilapia with rice (or carb of choice) and drizzle each fillet with a little lemon-butter sauce.

# Cauliflower Broccoli Casserole



**This cheesy vegetable casserole packs even more veggies in the creamy cauliflower sauce.**

## INGREDIENTS

- 1 pound broccoli
- 1 pound cauliflower
- 7 ounces cooked ham, sliced (optional)
- 1 heaping cup cheese, shredded
- 1 recipe (~ 3 cups) Cauliflower Alfredo Sauce (see page 43)

## DIRECTIONS

1. Preheat the oven to 400 degrees F. Break or cut cauliflower and broccoli into rosettes.
2. Bring a large pot of salted water to a boil and cook the cauliflower rosettes for 5 minutes. Add the broccoli rosettes and cook another 3 minutes.
3. Drain, then place cauliflower and broccoli rosettes in a large casserole dish together with the ham slices.
4. Pour the Cauliflower Alfredo Sauce over top and sprinkle with shredded cheese.
5. Bake for 20-30 minutes until cheese is melty and bubbly with a golden colour.

Note: The veggies in this casserole will probably weep some moisture to the bottom of the pan. You can carefully drain off that liquid.

*Serves 5-6*

# Cauliflower Ground Beef Curry



**This mild & aromatic curry with cauliflower + ground beef is a hit for the entire family.**

## INGREDIENTS

- 1 medium onion, chopped
- 2 cloves garlic, minced
- ¼ cup oil
- 1 pound lean ground beef
- 1 tablespoon curry powder
- ½ tablespoon ground coriander
- 2 teaspoons salt
- 1½ teaspoons cumin powder
- ½ teaspoon each, black pepper + turmeric powder
- ¼ teaspoon each, red chili flakes + cinnamon
- 1 medium carrot, thinly sliced
- 2 medium (10 mini) potatoes, diced
- ½ head cauliflower, cut into florets
- 2 cups (16 ounce can) crushed tomatoes
- ½ cup water

## DIRECTIONS

1. In a large skillet heat the oil on medium-high heat and add onions. Cook until softened, then add garlic until both are lightly browned.
2. Add ground beef and all spices. Stir often and cook the meat well until nicely browned.
3. Stir in carrots, potatoes, cauliflower, tomatoes + water and bring to a boil. Turn heat to low and simmer covered for about 25 minutes until the potatoes are soft.
4. Taste and seasoning as desired. Add some cayenne pepper or more chili flakes to make this curry spicy.

# Butternut Chicken Quinoa Stew



**A delicious chicken stew with butternut squash and quinoa - easily prepared in the slow cooker.**

## INGREDIENTS

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 4 skinless, boneless chicken breasts
- 1 butternut squash, peeled and cubed (about 6 cups)
- 14 ounces diced tomatoes, fresh or canned
- 7 cups chicken or vegetable broth
- 1 bay leaf
- 2 teaspoons each oregano, parsley + curry powder
- ½ teaspoon each red chili flakes + cayenne pepper
- 1 teaspoon salt + black pepper to taste
- 1 cup quinoa

## DIRECTIONS

1. In a small pan heat the olive oil, then saute chopped onion and garlic until lightly browned.
2. Place chicken breast in the bottom of the slow cooker. Add all other ingredients on top of chicken and cook on high for 3-4 hours or 7-8 hours on low.
3. When finished cooking, discard bay leaf. Take out chicken breasts and shred with 2 forks etc. Return shredded chicken to stew and stir to combine everything evenly before serving.

# Thai Pineapple Fried Rice



**This fried rice with cashews is baked inside a carved pineapple for a unique tropical twist.**

## INGREDIENTS

- 1 ripe sweet pineapple
- 4 green onions, cut into ½-inch pieces
- 3 garlic cloves, roughly chopped
- 1 tablespoon vegetable oil
- 2 eggs, lightly beaten
- 2 cups cold cooked long-grain rice
- 1 cup frozen diced carrots and peas, thawed
- ½ teaspoon salt
- ¼ teaspoon each black pepper, turmeric, coriander + chili flakes
- ¼ cup roasted unsalted cashews
- 1 tablespoon coconut milk
- 1 tablespoon soy sauce (or Tamari)

## DIRECTIONS

1. Preheat oven to 375 F.
2. Cut the pineapple in half. Carve out the flesh while leaving the skin intact. Chop half of the flesh into small chunks (~1 cup) and set aside. Pat inside dry with paper towel. Cover the pineapple leaves with aluminum foil to keep from burning. Bake the pineapple boats for about 5 minutes to dry them.
3. Heat 1 tablespoon of oil in a large skillet or wok on high heat. Add onion and garlic and stir fry for a minute until fragrant.
4. Add half of the beaten egg to the skillet and cook for 30 seconds without stirring. Then stir in remaining egg, cooked rice and carrots and peas. Sprinkle with salt, pepper, turmeric, coriander and chili flakes. Stir fry on high for 5-10 minutes to desired crispness.
5. Add in pineapple, cashews, coconut milk and soy sauce and stir. Fill into pineapple shells and bake for about 10 minutes until heated through.
6. Garnish with more cashews and green onion. Serve right away.

*Serves 2*



**SIDES**

# Brussel Sprouts Sweet Potato Hash



This Brussels sprouts and Sweet Potato Hash is specked with delicious bacon crumbles. It makes a great side dish for dinner, breakfast or lunch.

## INGREDIENTS

- 5 slices bacon
- ½ medium onion, chopped
- 2 cloves garlic, chopped
- 2 cups (200 g) Brussels sprouts, halved
- 2 cups (300 g) cubed sweet potato
- salt + pepper
- 2 tablespoons olive oil or butter
- ⅓ cup Italian bread crumbs
- soy sauce for drizzling

## DIRECTIONS

1. In a large skillet/sautéing pan cook the bacon slices until crispy. Place bacon on paper towel to drain excess fat.
2. Keep 2 tablespoons on bacon grease and sauté chopped onion and garlic on medium high heat for 2 minutes. Add the Brussels sprouts halves and sweet potato cubes. Season with salt and pepper. Turn heat to low and cover. Sauté for 10 minutes while stirring occasionally.
3. Drizzle olive oil over the roasting veggies and stir in the breadcrumbs. Sauté uncovered for about 10 more minutes. Veggies should look roasted on the outside and be soft on the inside.
4. Sprinkle with bacon crumbles and serve right away. Drizzle with soy sauce if desired.

*Serves 3-4*

# Spaghetti Squash with Thai Peanut Sauce



Healthy spaghetti squash with delicious Thai peanut sauce. This recipe is gluten-free, vegan, and uses no refined sugar.

## INGREDIENTS

- 1 medium spaghetti squash
  - olive oil + salt
  - 1 garlic clove, minced
  - ¼ cup chopped parsley or cilantro
  - 2 tablespoons crushed peanuts
- Peanut Sauce:**
- 1 can (14 ounces) coconut milk
  - ⅔ cup natural, unsweetened peanut butter
  - ¼ cup coconut sugar
  - ¼ cup water
  - 2 tablespoons soy sauce (Tamari for gluten-free)
  - 2 tablespoons white or apple cider vinegar
  - 2 teaspoons sesame oil
  - 2 teaspoons red curry paste

## DIRECTIONS

### Spaghetti Squash:

1. Preheat oven to 350 F. Half the squash + remove seeds.
2. Drizzle inside with olive oil and sprinkle with salt. Place spaghetti squash cut side down on a baking sheet and roast for 25 minutes.

### Peanut Sauce:

3. Place all sauce ingredients in a medium saucepan and bring to a boil over medium-high heat. Then turn down to low and simmer for 5 minutes while stirring almost constantly. Take off heat to cool sauce.
4. When spaghetti squash is done roasting, take it out from oven and let cool for 10 minutes. Then, using a fork, scrape out the spaghetti squash strands. If your squash is very moist, you might have to place the strands in a colander and pat with paper towel.
5. Heat a skillet over medium heat. Add garlic, parsley and ¼ cup of the peanut sauce pan and combine. Add spaghetti squash + crushed peanuts, stir to combine + cook until heated through (about 2 minutes).
6. Plate and garnish with a little more crushed peanuts and chopped parsley. Serve right away.

*Serves 4 as a side*

# Spaghetti Squash Fresh Spring Rolls



**These fresh spring rolls are filled entirely with veggies. Spaghetti squash takes the place of rice noodles. Perfect with a peanut dipping sauce.**

## INGREDIENTS

- 8 rice paper sheets
- ½ medium spaghetti squash
- olive oil + salt
- 1 garlic clove, minced
- 8 small Romaine lettuce leaves
- ⅓ long English cucumber, cut into sticks
- 1 large carrot, cut into long match sticks
- green onion or chives
- Peanut Sauce for dipping (see page 37)

## DIRECTIONS

1. Preheat the oven to 350 F. Remove seeds from half a spaghetti squash. Rub with olive oil and salt. Place cut side down on a baking sheet + roast for 25 min.
2. Cool for 10 min. then use fork to scrape out the spaghetti strands. Combine with minced garlic + set aside to cool.
3. Fill warm (not hot) water into a large, shallow bowl. Dip 1 rice paper sheet at a time. Let soak until somewhat softened (10-20 seconds) but not limp; place on a flat surface like a cutting board.
4. On one end layer your veggies - lettuce, spaghetti squash, cucumber sticks, carrot sticks and green onion/ chives. Wrap like a burrito. Fold one end over, tuck in the sides and finish rolling up.
5. Serve with peanut sauce for dipping.
6. Best served fresh, but leftovers could be stored in the fridge for a few days in an airtight container.

*Makes 8 spring rolls*

# Cheese & Chive Sourdough Biscuits



**These Cheese & Chive biscuits are super fluffy + buttery and make a quick dinner side.**

## INGREDIENTS

- 1 cup all-purpose flour
- ¼ teaspoon salt
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ⅓ cup butter, cold
- 1 cup sourdough starter (or buttermilk)
- ¾ cup grated cheese
- ¼ cup chopped chives

## DIRECTIONS

1. Preheat your oven to 425 F.
2. Whisk together flour, salt, baking powder and baking soda. Cut the butter into the flour using a pastry cutter, fork or even by hand until mixture resembles wet sand. Stir in sourdough starter, grated cheese and chives until a soft dough forms. Turn out dough onto a floured surface and knead over a couple of times.
3. Flatten the dough and cut into 10-12 biscuits (using a knife or biscuit cutter). Place biscuits on a lined baking sheet and bake for 12-15 minutes until golden.

*Makes 10-12 biscuits*

# Cauliflower Alfredo Sauce



**This creamy Alfredo sauce is made from cauliflower. Caramelized onion + garlic give the sauce a heavenly flavor.**

## INGREDIENTS

- 1 medium head of cauliflower (~ 1 lb./450 g)
- 1 large yellow onion
- 2 cloves garlic
- 1 tablespoon butter (or coconut oil)
- 5 cups (1.2 L) vegetable or chicken broth
- $\frac{3}{4}$  cup (175 ml) milk (or almond milk)
- $\frac{1}{2}$  teaspoon salt

## DIRECTIONS

1. Cut the onion and garlic into thin slices. Melt the butter in a skillet on low heat, add onion slices and garlic and sauté covered on low until the onions are golden and caramelized (about 20 minutes).
2. Bring vegetable or chicken broth to a boil. Cut the cauliflower into florets and cook in broth until tender (7-10 minutes). Reserve  $\frac{1}{2}$  cup of broth, drain the rest.
3. Place the tender cauliflower into a blender or food processor together with the caramelized onions, garlic,  $\frac{1}{2}$  cup of broth, milk and salt. Puree until smooth.
4. Store the sauce in a container with a lid (like a mason jar) and place in the fridge, if not using right away.

*Makes 3 cups sauce*

# DESSERTS

# Coconut Oil Chocolate Chip Cookies



**Perfect coconut oil chocolate chip cookies with chewy centers and crisp edges.**

## INGREDIENTS

- ½ cup virgin coconut oil, softened
- ½ cup white sugar
- ½ cup brown sugar, packed
- 1 egg
- 1½ tsp vanilla extract
- 1⅓ cup all-purpose flour (plus more if needed)
- 2 tbsp cornstarch
- 1 tsp baking soda
- ¼ tsp salt
- 1 cup chocolate chips

## DIRECTIONS

1. Cream together softened coconut oil, sugars, egg, and vanilla extract with your mixer until light and fluffy (3 minutes).
2. Add flour, cornstarch, baking soda, and salt and mix in until just combined. If the dough seems to thin and oily, add 1-2 more tablespoons of flour. Fold in chocolate chips by hand.
3. Divide the dough into 16 equal parts and roll them into slightly flattened balls. Cover with plastic wrap and chill the dough balls for at least 2 hours.
4. Pre-heat oven to 350 F and place chilled dough balls 2 inches apart on a lined baking sheet.
5. Bake for 9-11 minutes until the edges are just set. Centers can still look slightly uncooked.
6. Cool cookies on the baking sheet for about 10 minutes. Store airtight.



# Strawberry Pistachio Bark



**Bright and colorful white chocolate bark makes a great summer or Christmas treat.**

## INGREDIENTS

- 100 g good quality white chocolate
- 10 g freeze-dried strawberries
- 30 g pistachios (weight in shell)

## DIRECTIONS

1. Chop pistachios and strawberries (if necessary).
2. Break chocolate into small square or cut into chunks and melt in double-boiler or microwave.
3. Stir in pistachios and strawberries (reserving some) and pour mixture into a lined pan. Spread out with a spatula. Sprinkle remaining pistachios and strawberries on top.
4. Refrigerate until thoroughly chilled, then break or cut into pieces.

*Makes 1 small bar*

# Almond Joy Cereal Bars



**These no-bake snack bars with coconut, almonds and chocolate chips taste just like Almond Joys.**

## INGREDIENTS

- 1 cup dates, pitted (6 ounces weighed with pits)
- ½ cup almond butter
- 2 tablespoons honey
- 1 cup Quaker® Life cereal
- 1½ cups toasted oats or granola
- ½ cup semi-sweet chocolate chips
- ¼ cup desiccated, unsweetened coconut
- ¼ sliced almonds

## DIRECTIONS

1. Blend pitted dates in a food processor until smooth. Scrape down sides.
2. Warm almond butter and honey either on the stove top or in the microwave. Add to blended dates and pulse until combined.
3. In a large bowl toss Quaker® Life cereal, toasted oats or granola, chocolate chips, coconut and almonds. Add date mixture and work into the dry ingredients with a spatula or wooden spoon. (The Quaker® Life cereal will break up into the mix).
4. When everything is evenly combined, dump mixture in a lined 8x8-inch dish and press down to spread it out.
5. Place dish into fridge (30 minutes) or freezer (15 minutes) to set up. Cut into bars. Store covered.

*Makes 10 bars*

# Gingerbread Oreo Cookie Balls

The classic OREO ball treat is made into a Gingerbread version for the holiday season or any time of year.

## INGREDIENTS

- 36 Gingerbread\* OREO Cookies, finely crushed
- 1 package (8 ounces) brick cream cheese, softened
- 13 ounces white chocolate (wafers)
- 3 ounces semi-sweet chocolate (chips)
- 3-4 teaspoons gingerbread spice mix
- 1 teaspoon coconut (or vegetable) oil, if needed

## DIRECTIONS

1. Combine crushed OREO cookies with cream cheese. Shape into 48 (1-inch) balls. Freeze for 10 minutes.
2. Melt white chocolate (reserve a few white chocolate wafers) and semi-sweet chocolate, add gingerbread spice mix and stir to mix thoroughly. If the spices seem to thicken the chocolate too much, add a little coconut oil to smooth it out again. Dip the chilled balls in melted chocolate; then place onto a piece of waxed paper.
3. Melt the reserved white chocolate and drizzle over the balls. Attach Gingerbread Man candy with a dab of melted chocolate.
4. Refrigerate for 1 hour until firm.

NOTE: Gingerbread OREOS can be substituted with Golden OREOS + a couple teaspoons of gingerbread spice

*Makes 48 Oreo balls*

# Funfetti Coconut Flour Cookies



**Light and soft funfetti cookies made with coconut flour - they are gluten, grain, dairy and refined sugar free.**

## INGREDIENTS

- ⅓ cup coconut flour
- ¼ cup coconut oil, melted
- ¼ cup pure maple syrup
- 1 teaspoon vanilla extract
- ¼ teaspoon salt
- 2 whole eggs
- 2 tablespoons sprinkles, I used rainbow non-pareils
- heart sprinkles (optional)

## DIRECTIONS

1. Preheat oven to 350 F and line a baking sheet.
2. Stir together coconut flour, melted coconut oil, maple syrup, vanilla, salt and eggs until a batter forms. It will seem too thin at first but after a couple minutes the coconut flour will absorb a lot of the liquid.
3. Gently fold in sprinkles (or chocolate/carob chips). Do NOT over stir sprinkles.
4. Drop heaping spoonfuls onto prepared baking sheet. Shape cookies as desired - they will not spread in the oven.
5. Bake cookies for 12-14 minutes. Allow to cool on sheet for 10 minutes before transferring to a wire rack to cool completely.

*Makes 12 cookies*

# Coconut Strawberry Popsicles



Healthy and refreshing coconut and strawberry popsicles. They are naturally sweetened, vegan and paleo and a favorite with kids.

## INGREDIENTS

- 1 14 ounce can (400 ml) coconut milk
- 2 cups (300 g) strawberries
- a few drops stevia extract (alternatively 2-3 tablespoons honey or maple syrup)

## DIRECTIONS

1. Wash and hull the strawberries and puree them in a food processor or blender.
2. Stir half of the strawberry puree together with the coconut milk. Sweeten to taste with stevia, honey or maple syrup. Fill the coconut milk into popsicle molds alternating with a little strawberry puree in between.
3. Freeze for at least 12 hours. Run molds under warm water before removing popsicles.

# Baked Apple Chips

**These baked apple chips are all natural - plain or with cinnamon-maple flavor.**

## INGREDIENTS

- Apples
- 3 tbsp maple syrup
- 2 tsp cinnamon

## DIRECTIONS

1. Preheat oven to 250 F. Line baking sheets with parchment paper or silpat.
2. If you are making flavored apple chips, combine maple syrup and cinnamon.
3. Thinly slice apples using a good sharp knife or a mandolin. Pop out the seeds, if necessary.
4. Place slices of 3-5 apples in a large bowl and carefully combine with cinnamon-maple mixture, if desired.
5. Lay out the apple slices on prepared pan - slight overlapping is ok.
6. Bake apple chips for 1.5 to 2 hours. The cinnamon-maple chips took closer to 2 hours for me, while the plain chips were done sooner.
7. Flip the slices once in a while (about every ½ hour). I opened the oven door to let out moisture, whenever I noticed a lot of steam escaping the oven vent.
8. The apple chips will only crisp up completely once they cool. To test, take one out to cool on the counter. If it doesn't crisp up enough, the chips need more time in the oven.
9. Store in an airtight container or plastic bag for a few days. After that chips will soften again.