

The
**HEALTHY
PLACE**

FORMERLY KNOWN AS

applewellness

E-COOKBOOK

A collection of recipes from us, to you.



INTRODUCTION

Our mission at The Healthy Place is to help everyone find health and happiness, and we believe that the food we eat is a foundational part of that. Making meals that are full of nutrition and bursting with nourishing ingredients can be enjoyable, simple, and delicious!

Food is also an amazing tool in bringing people together. Sharing meals with others creates community and joy – another vital part of being healthy inside and out. Relationships are something we value so highly at The Healthy Place.

This book is a gift from us to you this holiday season. The recipes in this cookbook are some of our employees' favorites – simple, healthy, and delicious meals that you feel great about making for yourself and your family. We hope that within these pages you find a new family favorite that can be made again and again for the ones you love.

Eat, drink, and find your healthy place!

- The Healthy Place Employees

ABBREVIATIONS

GF = Gluten Free
DF = Dairy Free
VGN = Vegan
VEG = Vegetarian
RSF = Refined Sugar Free
tbs = Tablespoon
tsp = Teaspoon

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A breakfast scene featuring a bowl of granola with strawberries, blueberries, and almonds, a glass of grapefruit juice, a juicer, and a wooden spoon with seeds.

BREAKFAST

PEACH OATMEAL BAKE

GF | DF | VEG | RSF

Ingredients:

2 peaches (peeled and diced)
2 cups of oats
¼ cup coconut sugar (or brown sugar)
1 tsp cinnamon
2 tbs chia seeds
1 ¾ cup almond (or other) milk
1 egg
1 tbs coconut oil (melted)

Method:

1. Preheat oven to 375 and spray/coat a square (8 x 8) pan with oil.
2. Combine the dry ingredients (oats, sugar, cinnamon, chia seeds).
3. Combine and whisk the wet ingredients.
4. Pour the dry ingredients into the pan.
5. Layer in the diced peaches.
6. Pour the wet ingredients on top of everything and using a fork, make sure everything is combined.
7. Bake for about 20 minutes or until the edges are golden brown and a fork comes out clean.
8. Enjoy with your favorite yogurt or top with more fresh fruit and cinnamon. You can add a drizzle of maple syrup if you want a little extra sweetness.



PROTEIN PANCAKES

DF | VEG | RSF

Ingredients:

1 cup flour
(I've used white whole wheat, whole wheat einkorn and spelt)
½ cup (your choice) protein powder
1 tbs baking powder
Pinch of salt
1 banana - smashed
2 eggs
1 tsp vanilla
1 cup dairy-free milk
2 tbs melted coconut oil + more for pan

Method:

1. Whisk together the smashed banana, eggs, vanilla and milk.
2. In separate bowl whisk together flour, protein powder, baking powder and salt.
3. Add the dry ingredients to the wet and whisk. Don't over mix!
Some lumps in the batter are okay!
4. Add the melted coconut oil and mix again.
5. On medium heat, melt a little more coconut oil in pan.
6. Once hot, pour about 1/3 c. batter onto the pan and cook about 2 minutes per side until browned and cooked through.
7. Serve with fresh fruit, pure maple syrup, sugar-free chocolate sauce, nut butter, etc.



BERRIES & CREAM SMOOTHIE

GF | DF | VGN | VEG | RSF

Ingredients:

½ cup frozen riced cauliflower
1 cup frozen berries
1 cup almond or other dairy free milk
2 soaked dates OR ½ a banana
1 tbs chia seeds
1 tbs hemp hearts
1 scoop of your favorite vanilla protein powder

Method:

1. Put everything in the blender and blend until smooth!



CRUSTLESS QUICHE

GF | DF | RSF

Ingredients:

8 eggs
1 red pepper (diced)
1 cup sausage links (diced)
2 handfuls chopped spinach
½ cup feta cheese
1 tbs avocado oil
Salt & pepper to taste

Method:

1. Preheat the oven to 350 degrees.
2. Scramble the eggs in a bowl and set aside.
3. Add the oil to a pan and turn to medium high heat.
4. After a minute or two, add in the peppers and sausage.
5. Saute until slightly softened/cooked.
6. Add in the spinach and cook for just a minute until slightly wilted.
7. Spray the bottom of a pie pan or and 8 by 8 glass baking dish.
8. Add in the sausage and veggies.
9. Top with feta and then pour the eggs over the top.
10. Bake for 20-25 minutes, or until a fork comes out clean and it is cooked through.

Modifications: You can really replace the meat and veggies with anything you want. Also, if you don't do dairy, leave out the cheese.



BANANA OAT BREAKFAST CAKE

DF | VGN | VEG | RSF

Ingredients:

1 tbs ground flaxseed (+ 3 T. water)
4 large sized bananas, mashed
¼ cup maple syrup
¼ cup coconut oil, melted
⅓ cup Raw honey-
 Substitute molasses or coconut
 sugar for vegan option
1 tsp vanilla extract
1 tbs apple cider vinegar
1 tsp cinnamon
½ tsp salt
1½ tsp baking powder
1½ cups old fashioned oats
½ tsp baking soda
1 cup whole wheat or spelt flour

Method:

1. Preheat oven to 350°
2. Lightly oil a square baking dish or loaf pan .
3. In a small bowl, stir together flaxseed and water and set aside to thicken.
4. In a mixer, mash bananas. Add the maple syrup, melted coconut oil, sweetener (coconut sugar, molasses or honey), vanilla, apple cider vinegar, cinnamon, salt and baking powder.
5. Stir the thickened flax again so that it is combined with water and mix in.
6. Add the oats and mix together.
7. Add flour and baking soda and leave to thicken for a minute before adding it to the pan.
8. Pour and smooth batter into pan and bake for 35 - 40 minutes or until a toothpick comes out clear.



BREAKFAST TACOS

GF | VEG | RSF

Ingredients:

2 eggs

1 tbs oil or ghee for cooking eggs

2-3 tortillas of your choice (I used organic corn tortillas)

Shredded cheese

Salsa or fresh tomatoes

Spinach

Avocado (sliced)

Cilantro

Method:

1. Cut and prepare the toppings.
2. Prepare the eggs as you like. I scrambled them in the ghee.
3. Heat up your tortillas. I warm mine over low and my gas stove and just set them on the burner. Be careful when doing this and keep a close eye on them! You can also heat them in a skillet.
4. Add the egg to the tortillas.
5. Top with whatever toppings you have and enjoy!



BLUEBERRY BANANA CHIA PUDDING

GF | DF | VGN | VEG | RSF

Ingredients:

1 cup coconut or almond milk
½ banana
½ cup blueberries
1 tbs maple syrup
1 tsp cinnamon
1 tbs nut butter (optional)
2 tbs chia seeds

Method:

1. Add everything except the chia seeds to a blender and blend until well combined.
2. Pour into a large mug or jar and mix in the chia seeds.
3. Cover and refrigerate for 4 hours or overnight.
4. Top with more fresh fruit, granola, seeds, or nut butter and enjoy!





LUNCH



GREEN VEGGIE SANDWICHES

GF | VEG | RSF

Ingredients:

Yogurt sauce:

3 tbs Plain Greek yogurt

1 tsp lemon juice

1/8 tsp dried basil

1/8 tsp dried dill

1/8 tsp dried parsley

1/8 tsp garlic powder

Salt and pepper to taste

Veggies:

Thinly sliced avocado

Thinly sliced green bell pepper

Thinly sliced cucumber

Spinach

Alfalfa sprouts

Plain goat cheese or your choice of cheese.

Bread of your choice.

Method:

1. Mix together all ingredients for the yogurt sauce and spread on one slice of sprouted (or your choice of) bread.
2. Layer all veggies on bread, starting with avocado, bell pepper, cucumber spinach and sprouts on top.x
3. Spread a layer of goat cheese on the other slice of bread and assemble sandwich. Enjoy!



GREEK SALAD W/ TURMERIC CHICKPEAS

GF | VEG | RSF

Ingredients:

For chickpeas:

1 can chickpeas- rinsed and drained

½ tsp turmeric

½ tsp cumin

¼ tsp garlic powder

Salt and pepper to taste

Olive oil

For salad:

Mixed greens

Cucumber

Cherry tomatoes

Kalamata olives

Feta cheese crumbles

For Lemon tahini dressing:

½ cup Tahini (sesame seed paste)

⅔ cup water

3 tbs fresh lemon juice

½ tsp garlic powder

1 tbs olive oil

Salt and pepper to taste

Method:

1. Preheat oven to 375°.

2. Arrange chickpeas on cookie sheet and toss them in all spices and olive oil. Roast them until they are warmed but still soft and spices are toasted - about 10 minutes.

3. While they roast, make the dressing. Whisk all the dressing ingredients together and store in an airtight container.

4. Arrange salad with greens, tomatoes, cucumber, olives and feta. Top with roasted chickpeas and a drizzle of lemon tahini dressing. Store leftover chickpeas for future lunches. Enjoy!



VEGETARIAN TACO BOWLS

GF | DF | VGN | VEG | RSF

Ingredients:

2 tbs avocado oil (or other cooking oil)
1 can of black beans - drained and rinsed
1-2 tbs homemade taco seasoning (recipe below)
1 cup rice

Homemade Taco Seasoning (so flavorful and free of additives):

4 tbs chili powder
2 tbs cumin
1 tbs paprika
1 tbs salt
1 tsp garlic powder
1 tsp dried onion
1 tsp oregano
1 tsp black pepper
Mix all seasonings and store in a sealed jar.

Method:

1. Heat avocado oil in pan, add beans and taco seasoning. Heat enough to let the seasoning toast a bit.
2. Add rice and water or broth and let cook according to package directions.
3. Add rice to a bowl, followed by the beans.
4. Top with desired toppings and store the rest in the fridge for lunches for several days! Enjoy!

Optional Toppings:

Avocado
Shredded cabbage
Feta cheese crumbles
Sour cream
Hot sauce
Cilantro
Lime
Tomatoes
Anything else you like on a taco!



LETTUCE WRAP SANDWICH

GF | DF | RSF

Ingredients:

3-4 large pieces of leafy lettuce
1/3 cup shredded chicken
1 slice of bacon
5-6 pieces of red pepper
Sliced cucumber
1/4 avocado (sliced)
“Everything but the bagel” seasoning
Mayo

Method:

1. On a piece of parchment paper, overlap the lettuce leaves.
2. Spread the mayo.
3. Layer in the rest of the ingredients.
4. Sprinkle the seasoning.
5. Carefully start to fold and tuck the parchment paper as you wrap everything together. Try not to wrap the paper into the sandwich. Use it to help fold. Tuck in the corners and then wrap everything together.
6. Use a serrated knife to cut in half!



SALMON CAKES

GF | DF | RSF

Ingredients:

2 cans of wild caught salmon
½ cup finely chopped veggies (I use red pepper and onion)
1 scrambled egg
½ cup almond flour
1 tbs chopped parsley
⅛ tsp each of salt, pepper, garlic powder and onion powder
avocado oil

Method:

1. Drain salmon.
2. In a small bowl, mix together salmon, veggies, egg, parsley, almond flour and spices.
3. Using a ¼ cup measuring cup, scoop out the mixture to form patties.
4. Heat 2 tbs of avocado oil in a pan on medium-high heat.
5. Add parties and brown on each side.
6. Serve over greens and top with homemade tartar sauce or your favorite dressing.





DINNER

PESTO PASTA

GF | DF | VGN | VEG | RSF

Ingredients:

Pesto:

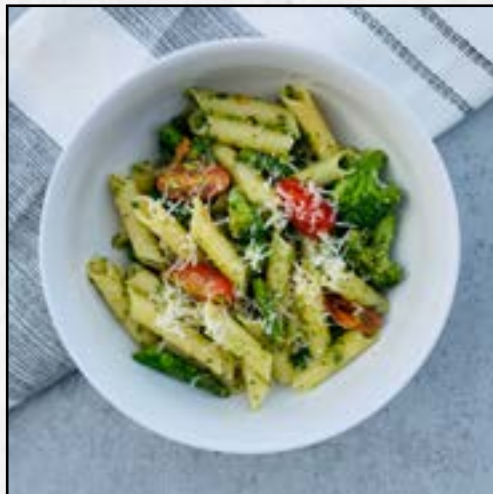
2 cups of basil
1/3 cup olive oil
1/4 cup parmesan cheese
(optional)
2 cloves of garlic
1/2 tsp of salt and pepper
1 tsp lemon juice
1/3 cup nuts (pinenuts, cashews,
almonds)

Other:

1 pkg. pasta
3 cups of vegetables (I used
asparagus, broccoli and grape
tomatoes)
2 grilled chicken breasts
(optional)
1 tbs avocado oil
Salt and pepper to taste

Method:

1. Start by making the pesto.
Put all of the ingredients in a
blender or food processor and
blend until mostly smooth.
2. Cook pasta according to the
package.
3. In a large pan, heat avocado oil
over medium-high heat.
4. Once hot, add in the vegetables,
salt and pepper and saute
until soft.
5. Once the pasta is done,
drain and combine the pasta,
vegetables and pesto.
6. Top with a little extra parmesan
(optional).
7. Enjoy!



VEGAN PAD THAI

GF | DF | VGN | VEG | RSF

Ingredients:

½ box of linguine noodles
(can use GF noodles as well)
2 tbs avocado oil
2 cloves of garlic
1 yellow onion, diced
1 large carrot, shredded
1 cup snow peas
1 bell pepper (red, yellow,
or orange), sliced
Cherry tomatoes, halved
Fresh chives
Chopped peanuts
Fresh sprouts
Green onion

Pad Thai Sauce:

1 tsp red curry paste
½ cup soy sauce (or you can use
coconut aminos or tamari)
½ cup natural peanut butter
3 tbs maple syrup
¼ cup veggie broth
1 tbs lime juice

Method:

1. Start by cooking your noodles according to the package.
2. While those are cooking, make your sauce. Pulse ingredients together in a blender or food processor.
3. Sauté the minced garlic, yellow onion, shredded carrot, snow peas, and bell pepper in avocado oil until they are tender, but still crisp.
4. Once the noodles are done, combine them with the sautéed veggies and pour the Pad Thai sauce on - stir well.
5. Top with diced tomatoes, fresh chives, green onion, sprouts and chopped peanuts. Enjoy!



SPINACH & FETA TURKEY BURGERS

GF | RSF

Ingredients:

- 1 lb. ground turkey (or chicken)
- ½ cup chopped spinach
- ⅓ cup feta cheese
- 2 tsp minced garlic
- 1 tsp salt
- ½ tsp pepper

Method:

1. Combine all of the ingredients in a bowl.
2. Form into 5 medium sized patties.
3. Grill until cooked through.
4. Serve with a salad, sweet potato fries and fresh fruit!



CHICKEN PARMESAN

GF | DF | VGN | VEG | RSF

Ingredients:

3-4 chicken breasts
1 egg (scrambled)
1 cup almond flour (can sub. breadcrumbs)
1 tbs Italian seasoning
1 tsp garlic powder
salt and pepper to taste
2 tbs avocado or olive oil
1 jar of marinara sauce
4 slices of cheese (*optional - I like sharp cheddar or pepper jack)

Modifications:

*Gluten free-Use gluten free noodles.
*Paleo/whole30 – Leave off the cheese, serve over spaghetti squash or zoodles.
*Dairy free- Leave off the cheese.
*Vegan- Use eggplant or zucchini instead of the chicken, an egg substitute and no cheese.

Method:

1. Preheat oven to 375.
2. Mix together almond meal and spices in a small bowl.
3. Dip the chicken into the scrambled egg, and then the “breading” mix.
4. Heat 1-2 tbs of oil in a large pan.
5. Once hot, add the “breaded” chicken to the pan and cook on each side for a few minutes just until browned.
6. Pour half of the jar of marinara on the bottom of a 9 x 13 baking dish.
7. Layer the chicken on top of sauce and then pour the other half of the jar of sauce over the top.
8. Bake for about 15-20 minutes.
9. Once the chicken is cooked through, add the cheese to the top of the chicken and bake for another minute or two until the cheese is melted.
10. Serve over pasta (I love the gf organic brown rice pasta from Aldi) and with a green salad or steamed veggies!



CHICKEN STIR FRY

GF | DF | RSF

Ingredients:

1 lb. chicken breast (diced)
1 head of broccoli (chopped)
3 carrots (cut into strips)
1 onion (chopped)
1 cup of pea pods or another vegetable you like (optional)
1 ½ cups of chicken broth
½ cup of coconut aminos (divided in half)
1 1/2 tbs arrowroot powder or non-GMO corn starch
3 tbs avocado oil
2 tbs minced garlic
1 tsp salt
1 tsp pepper
Prepared rice

Method:

1. Dice chicken into small, bite-sized pieces.
2. Marinate chicken in ¼ cup coconut aminos and 1 tbs of garlic. Let sit for at least 2 hours.
3. While chicken is marinating, prep the veggies and set aside.
4. When chicken is ready, add 1 tbs of avocado oil to a large skillet and sauté the chicken over a medium high heat until cooked through. Remove the chicken from the pan.
5. Add in 2 tbs more of avocado oil and then add in the veggies and 1 tbs of minced garlic. Mix well, cover and allow veggies to steam over a medium high heat, mixing every so often so they don't burn.
6. While the veggies are cooking, mix the chicken broth, ¼ cup of coconut amino, arrowroot starch, salt and pepper together to make the sauce.
7. Once the veggies are done, add the chicken back in.
8. Make a well in the middle, pour in the sauce and turn heat to high.
9. Allow sauce to bubble and thicken and then mix everything together well.
10. Serve over regular rice or cauliflower rice!
11. ENJOY!



CHILI

GF | DF | VGN | VEG | RSF

Ingredients:

1 lb ground beef or turkey
2-3 cups of diced veggies (I used zucchini, pepper, carrots, and onion)
1 can kidney beans
1 can black beans
1 28 oz. can of crushed tomatoes
1 can of tomato sauce
3 tbs chili powder
2 tsp cumin
1 tsp salt
dash (1/8 t.) cayenne

Method:

1. Brown meat over medium heat.
2. Add in diced veggies until soft (10-15 min)
3. Add beans, cans of tomato and spices to the Crockpot and mix well.
4. Mix in meat and vegetable mixture .
5. Cook on high for 2-3 hours or low all day.
6. Top with avocado, cheese, sour cream, crackers or cornbread!

*To make vegan, sub sweet potato or more veggies for the meat!



A top-down view of a rustic wooden charcuterie board. The board is filled with various snacks: sliced sausage, rectangular crackers, a bunch of dark red grapes, a small metal bowl of mixed peppercorns, and a larger metal bowl of melted cheese topped with red spices. A metal serving tool is placed on the board. In the background, a small metal bowl contains sliced apples and a red string of beads is visible. The board sits on a light-colored wooden surface.

SNACKS / SIDES

CHOCOLATE ENERGY BITES

GF | DF | VGN | VEG | RSF

Ingredients:

BASE

1 cup pitted dates- soaked for 10 minutes (reserve soaking water)
½ cup coconut oil
½ cup any nut butter (my favorite is Sunflower seed butter)
½ - ¾ cup cocoa powder
1 tbs vanilla
Pinch salt
1 C. almond meal (or any nut meal)
1 tbs chia seeds
1 tbs ground flax seeds

FILLERS

2-2 ½ cup mixture of any of the following
Old fashioned oats
Chopped walnuts, pecans or almonds
Raisins or any other dried fruit
Chopped dates
Sunflower seeds
Orange zest

Method:

1. In a food processor, purée the soaked dates with a little bit of reserved soaking water until it forms a paste.
2. Add nut butter, coconut oil, cocoa powder, vanilla and salt. Blend until combined.
3. Add almond meal, chia and flax seeds- blend.
4. Depending on how wet it still is, add your choice of fillers up to 2 1/2 C. And more almond meal if necessary.
5. Refrigerate for 20 minutes, remove and form 1 inch balls on a cookie sheet.
6. Return to fridge for another 20 minutes to firm up. Store in refrigerator.



SAVORY ROASTED CHICKPEAS

GF | DF | VGN | VEG | RSF

Ingredients:

2 cans of chickpeas
2 tbs avocado oil (I use this when I heat over 350 degrees.)
½ tsp cumin
½ tsp paprika
½ tsp chili powder
½ garlic powder
½ salt

Method:

1. Preheat the oven to 375 degrees.
2. Drain and rinse the 2 cans of beans.
3. Pat dry with a towel.
4. Mix all of the ingredients in a bowl.
5. Spread the coated chickpeas on a pan that is lined with parchment paper.
6. Mix them halfway through baking.
7. Bake for 35-45 minutes or until golden brown and crispy.
8. Allow to cool and enjoy!



HOMEMADE NUT BUTTER

GF | DF | VGN | VEG | RSF

Ingredients:

3 cups raw, unsalted nuts or seeds
(one kind or any combination)

Salt to taste

Add ins (optional)

flax seeds

chia seeds

hemp seeds

vanilla

cinnamon

anything else you want to try!

Method:

1. Preheat oven to 350 degrees.
2. Place nuts on baking sheet and roast for 10-12 minutes.
3. Once roasted and cooled, add to a blender or food processor and blend. (The blending process can take up to 10 minutes. It should go from whole to meal to clumpy to smooth butter.)

4. Once smooth, add salt and blend to incorporate. Taste and adjust seasoning.
5. Add in your choice of add ins (optional) and blend again just to combine.
6. Enjoy! (And eat with a spoon if you're like my kids!)

In this recipe I used a combination of walnuts, pecans, cashews and almonds. My all time favorite is just straight sunflower seeds for sun butter. Delicious and perfect for those with nut allergies!



CHOCOLATE GLAZED DONUTS

GF | DF | VEG | RSF

Ingredients:

For the Chocolate Donuts:

- ¼ cup coconut flour
- ¼ cup cocoa powder
- ⅛ tsp salt (I use pink Himalayan for extra flavor and nutrients!)
- ½ tsp baking soda
- 3 eggs
- ¼ cup coconut oil, melted
- ⅓ cup pure maple syrup
- 1 tbs vanilla extract

For the Chocolate Glaze:

- ½ cup dark dairy free chocolate chips
- 2 T. coconut oil

Method:

1. Preheat the oven to 350F and grease a standard donut pan generously with coconut oil. (I use a silicone one)
2. If you don't have a donut pan these also make great muffins! Just increase the baking time by 3-5 minutes or until a toothpick comes out clean.
3. In a medium bowl, whisk together the coconut flour, cocoa powder, salt and baking soda. Add in the eggs, coconut oil, maple syrup, and vanilla. Whisk until combined.

4. Pour the batter into a large plastic bag, and snip off one corner of the bag with scissors to make a "piping bag." Pipe the batter evenly into the pan and smooth with a small spatula or butter knife.
5. Bake for 18 minutes, or until the dough has risen and is firm but springy to the touch.
6. Let donuts cool for 15 minutes and gently remove from the pan onto a cooling rack to cool completely.

For the glaze:

1. Melt together chocolate chips and coconut oil. While the glaze is still warm, dunk the donuts top side down into the glaze and spin around a bit. Glaze should cover about half way down the donut.
2. Place on a cooling rack and sprinkle with desired toppings. When the glaze is completely cooled it will solidify. You can stick them in the fridge to speed up the process!
3. Toppings could be - shaved chocolate, shredded coconut, sprinkles, white chocolate, coconut sugar, etc.!

Enjoy these delicious donuts for 2-3 days of freshness!



SUNBUTTER CUPS

GF | DF | VGN | VEG | RSF

Ingredients:

1 ½ cups dark chocolate chips (I love the Enjoy Life brand)
2 tsp coconut oil
½ cup sunbutter (or your favorite nut butter) - I made my own sunbutter using a recipe we shared a month ago or so

Method:

1. Line a miniature 12-count muffin tin with liners.
2. Add the coconut oil to the chocolate chips and melt them together either on the stove-top or in a microwave.
3. Once melted, add a small spoonful of chocolate to each of the liners and using the spoon, bring the chocolate up the sides just a little bit.
4. Place the pan in the freezer for 3-5 minutes until chocolate has hardened.
5. Once the chocolate has hardened, remove and scoop a spoonful of the sunbutter on top of the chocolate.
6. Cover entirely with chocolate and freeze for another 5 minutes!
7. Remove from freezer. The paper should peel away easily. If it doesn't, put them back into the freezer.
8. Enjoy!



FRUIT CRISP

GF | DF | RSF | VGN

Ingredients:

1 pint blueberries
4 peaches peeled and diced
½ cup butter/ghee/coconut oil
1 cup oats
½ cup oat flour
½ cup almond flour
¼ cup coconut sugar
1 tsp cinnamon

Method:

1. With a paper towel, coat pie pan with butter/ghee/oil.
2. Add washed and cut fruit.
3. Pour it into the greased pie pan.
4. In a bowl, melt butter/ghee/oil.
5. Mix in the remaining ingredients. (Note: you can make oat flour by processing the oats in your high speed blender. Saves money!)
6. Top with a little more cinnamon and coconut sugar.
7. Bake at 375 for 20-25 minutes until fruit is bubbling and crisp is golden brown.
8. Serve with favorite ice cream, whipped cream, yogurt or just eat plain! I may or may not eat this for breakfast too!



FALL BARK

GF | DF | VGN | VEG | RSF

Ingredients:

- 1 cup dark chocolate chips
- 1 tsp coconut oil
- ½ cup pretzel pieces
- ½ cup dried fruit/nut mixture

Method:

1. Melt chocolate chips and coconut oil in a glass bowl in the microwave or on the stove-top.
2. Line a pan with parchment paper.
3. Pour and shape chocolate how you'd like it. I did mine in a rectangle.
4. Sprinkle on pretzels, dried fruit and nuts (or whatever other toppings you like). Pat them in a little bit so they stick.
5. Refrigerate for 30 minutes to an hour.
6. Break into pieces with your hands or cut them with a pizza cutter.

