

Foundations for Health
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APPLE MUFFINS:

2 c. organic, unsweetened applesauce
4 eggs
1/2 c. almond meal
1/3 c. coconut flour
1/3 c. chopped walnuts
1/3 c. chopped pecans
1/2 c. shredded unsweetened coconut
2/3 c. sliced almonds, chopped to "oat" sized pieces
1 tsp. cinnamon
1/2 tsp nutmeg
1/4 tsp cloves
1/4 tsp salt
1/2 tsp baking soda
1 granny smith apple, cut into bit sized pieces

Mix all ingredients until well incorporated. Stir in apple pieces. Bake in greased mini muffin pans for 15 - 20 minutes at 350, or until tester comes out clean.

CHOCOLATE PANCAKES:

1/2 c. coconut flour
1 tsp baking soda
1/2 tsp salt
1 tsp fresh cut stevia, or stevia drops or powder to taste
3 eggs
1 c + 2 T unsweetened almond milk
1 tsp apple cider vinegar
2 tsp vanilla
2 - 3 T unsweetened cocoa powder

Mix well. Let stand until mixture thickens a bit. Scoop 1 heaping T onto hot, greased griddle. Cook until top begins to dry. Then flip for another 2 - 3 minutes. Serve with almond butter, peanut butter, or Grade B maple syrup.

QUINOA POWER BALL SNACKS:

3 c. cooked and cooled quinoa
1 1/2 c. chopped walnuts
1 c. shredded unsweetened coconut
1/2 c almond butter
10 dates, chopped in food processor
1/2 c. raw, unprocessed honey
1/3 c. unsweetened cocoa powder
Handful of chocolate chips

Combine all ingredients. Scoop onto cookie sheet with cookie scoop. Refrigerate.

CINNAMON ROLL BREAKFAST CAKE

3/4 + 1/4 c. coconut oil or grassfed butter, melted
1/2 c. coconut sugar
1/4 c. honey
1 1/2 c almond flour
4 T coconut flour, sifted
6 eggs
2 tsp vanilla
3/4 tsp salt
2 tsp apple cider vinegar or lemon juice
1/4 tsp baking soda
1 T cinnamon

Sift together dried goods (coconut flour, almond flour, baking soda and salt)

Separate egg yolks and white. In yolks, mix together vanilla, 3/4 c coconut oil or butter, vinegar or lemon juice, and coconut sugar. Mix in to dry ingredients.

Beat egg whites until stiff peaks form. Stir in egg whites to mixture a little bit at a time. Reserve 1 c. batter and pour remaining into greased 9 X 13.

In remaining cup of batter, add 1 T cinnamon and 1/4 c. honey. Pour over batter in pan and use butter knife to "swirl" in. Pour remaining 1/4 c. coconut oil or butter over top.

Bake 350 for 20 - 25 minutes or until tester comes out mostly clean.

DRIZZLE:

1/4 c. organic Greek yogurt
1/4 c. honey or stevia drops

Drizzle after cake has cooled a few minutes. Store in refrigerator.

GREEN SMOOTHIE:

1 c. frozen strawberries
1/2 c. frozen blueberries
1/2 banana
3 T flax seeds
3 c. spinach and/or kale
1/4 c. raw almonds
1 1/2 c. water
1 c. almond milk