

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