

Food Elimination Fix Cookbook

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BREAKFAST

PALEO OATMEAL

- 1 1/2 cup applesauce, unsweetened
- 4 tablespoons almond butter, raw, chunky
- 2 tablespoons coconut milk, full fat, unsweetened canned
- 1 teaspoon cinnamon to taste
- 1 teaspoon nutmeg, fresh, grated

Combine all ingredients in a small pan over medium heat, stirring until all is combined and warm. Add fresh or dried fruits or nuts for additional texture and flavor.

BIG BREAKFAST

- 1 cup egg whites
- 1 cup chopped broccoli
- 1/2 cup chopped red onions 1/2 cup chopped tomatoes Salt and pepper to taste
- 1 tablespoon coconut oil

In a medium skillet, heat the coconut oil over medium heat. Add the onions, tomatoes, and cook until the vegetables are soft. Add the egg whites and mix until cooked. Add salt and pepper to taste.

SPINACH FRITTATA

- 2 cups spinach
- 1 tablespoon coconut oil
- 1 garlic clove, minced
- 6 large eggs
- 1 cup almond milk
- 2 tablespoons chopped sun-dried tomatoes Sea salt (optional) and pepper to taste

Preheat the oven to broil. Add the olive oil to a large skillet and warm over medium heat. Add spinach and sun dried tomatoes until spinach is wilted. In a separate bowl, combine eggs, milk, salt and pepper. Add mixture to the pan and cook until eggs are firm. Put the skillet under a preheated broiler and cook until the top is brown, about 3-5 minutes.

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[Sabrina A. Sarabella, M.S.](#)

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI

F     E: sabrina@sabrinasarabella.com | www.sabrinasarabella.com | www.dailycupoffitness.com

SMOKED SALMON EGG SCRAMBLE

1 tablespoon extra virgin olive oil
4 large eggs
4 ounces smoked salmon, diced
1/4 cup chopped fresh chives or parsley

In a skillet, heat oil over medium heat. Add eggs and smoked salmon and cook until light and fluffy. Remove from heat and top with chopped chives.

BERRY BLAST SMOOTHIE

8 ounces almond milk
1 cup frozen berries (strawberries, blueberries, raspberries)
1 scoop pea protein powder

Blend and serve.

BREAKFAST EGG CUPS

8 eggs
1 red bell pepper diced
1/2 onion diced
1/2 cup of diced asparagus 1/4 tsp salt
1/8 tsp pepper

Preheat oven to 350 degrees F. Grease 8 muffin tins with coconut oil spray Beat the eggs in a bowl and add diced veggies and salt and pepper. Pour mixture into the muffin tins. Bake for 18-20 mins.

GREEN SMOOTHIE

2 cups water
1/2 cup of organic spinach
1/2 cup of kale
juice of 1/2 lemon
3 sticks of organic celery
1 organic apple (chopped into pieces)

Fill your blender with 2 cups water and blend the spinach and kale until smooth. Add the celery and apple and blend until smooth. Finally add the lemon and blend until all ingredients are mixed well and smooth. Pour and drink!

PROTEIN PUMPKIN SMOOTHIE

1/3 cup pumpkin
1 scoop of pea protein powder
1/2 frozen banana
8 oz almond milk
1 teaspoon pumpkin pie spice

Mix all ingredients in a blender and serve. Garnish with cinnamon.

PINA COLADA SMOOTHIE

1 cup (unsweetened) coconut milk
1/4 cup pineapple chunks (fresh or frozen)
2 teaspoons shredded coconut
1 scoop vanilla protein powder

Mix all ingredients in a blender and serve.

SNACKS

APPLE CHIPS

1 apple
1 teaspoon ground cinnamon

Preheat the oven to 375 degrees.

Line a cooking sheet with parchment paper. Core an apple and slice it crossways about 1/8 of an inch thick. Place slices on a cookie sheet and sprinkle slices with cinnamon.

Bake until the apples are dry and crisp, about 30-40 mins. Cool and serve.

ANTS ON A LOG

2 tablespoons almond butter
4 celery sticks
1/4 cup raisins

Spoon 1/2 tablespoon almond butter on each celery stick and sprinkle raisins on top.

TRAIL MIX

(1/2 cup per serving) Makes 2 cups
1/4 cup almonds
1/4 cup cashews
1/4 cup sunflower seeds
1/4 cup pumpkin seeds
1/2 cup dried cranberries
1/2 cup raisins

Put all ingredients in a Ziploc bag, shake it up and store until ready to eat.

A BETTER GRANOLA

- 1 1/2 cup sliced almonds
- 1/2 cup sunflower seeds
- 1/2 cup dried cranberries or raisins
- 1 1/2 cup unsweetened coconut flakes
- 1/2 cup coconut oil, melted
- 1/3 cup honey
- 2 tsp cinnamon
- 1 tsp nutmeg

Combine almonds, coconut flakes, nuts and fruit in a bowl. Whisk together oil, honey and cinnamon. Pour oil-honey mixture over nuts and fruit and mix well. Spread mixture on lightly oiled baking sheet. Bake for 60 minutes at 275 degrees, stirring every 15 minutes to prevent burning.

KALE CHIPS

- 1 bunch Kale
- 1 tablespoon olive oil
- 1 teaspoon sea salt

Preheat oven to 400°F. Line a baking sheet with parchment paper. Clean kale and cut into 1 inch squares/bite size pieces. Place the kale in a large bowl. Add the olive oil and salt and toss with your hands so the kale is thoroughly coated. Place kale on a baking sheet. Bake for 10-15 minutes or until the kale leaves are crispy like chips. Serve them fresh out of the oven.

DEVEILED GUACAMOLE EGGS

6 large eggs, hard boiled
1 lime
1 avocado
1/2 teaspoon chopped fresh cilantro
1/4 teaspoon cayenne powder
Pepper to taste

To boil eggs, place in boiling water for 12 minutes. Remove eggs and place in a large bowl of water and ice cubes for 2 minutes. Pat dry; apply gentle pressure and roll on a hard surface until the shell begins to crack. Carefully peel the shell away from the egg. Cut egg in half lengthwise and scoop out yolk. Place yolk, cilantro, cayenne, and the juice of one lime in a bowl and mash together with a large fork. Split the avocado in half and remove the pit; scoop out the meat with a large spoon and mash in with the egg yolk mixture. Spoon the egg yolk mixture back into the center of each egg white, and serve immediately or store in an airtight container in the fridge. Will keep up to 48 hours.

MAIN DISHES

CHICKEN VEGETABLE SOUP

3 cups skinless, boneless chopped chicken breasts into 1/2 inch thick pieces
6 cups water
5 carrots, cut into 2-inch pieces
2 onions, chopped
3 celery stalks, cut into 2-inch pieces
2 garlic cloves, minced
3 parsley sprigs
1 bay leaf
1 teaspoon sea salt
1/4 teaspoon black pepper
1/4 cup chopped parsley

Place all ingredients in a large pot and bring to a boil. Reduce the heat and simmer, covered, until the chicken is no longer pink inside and the vegetables are tender, about 45 minutes. Discard the parsley and bay leaf. Spoon into serving bowls and enjoy.

WATERMELON, AVOCADO, AND HEARTS OF PALM SALAD

1 cup diced watermelon
1/2 avocado cut into pieces
1/2 cup hearts of palms chopped
1/2 cup sliced almonds
3 tablespoons balsamic vinegar

Mix all ingredients together and keep in the refrigerator for about 1-2 hours. Serve chilled.

VEGETABLE LASAGNA

3 large yellow squash
3 large zucchini
1 tablespoon sea salt
1 tablespoon olive oil
1 small onion, finely chopped
2 cloves garlic, minced
1 pound package ground turkey
3 cups tomatoes, freshly chopped
1 tablespoon dried basil
1 teaspoon dried oregano
1/4 teaspoon black pepper

Slice the zucchini and squash lengthwise into 1/8-inch thick strips; these will act as the lasagna noodles. Place in a bowl and toss with salt, tossing once or twice to coat well. Lay strips on paper towels on your work surface; set aside for 1 hour.

Drain

off any excess liquid that has leached out. In a large saucepan, heat the olive oil and sauté the onions over medium heat until translucent. Add the garlic and sauté another minute. Add in the ground turkey and cook until the meat is well done. Stir in the tomatoes, basil, oregano, and pepper. Cook, stirring occasionally, until the tomatoes start to break down and the sauce thickens, about 25 minutes. Remove from heat and set aside.

Preheat oven to 350 degrees and position the rack in the center of the oven. Blot any moisture off the squash and zucchini strips with paper towels. Use 1/3 of the squash to line the bottom of a 9 x 13 inch baking pan, layering lengthwise like you would lasagna noodles. Place a layer of the zucchini strips the opposite direction and then top with 1/3 of the tomato and turkey meat mixture. Repeat this process two more times until ending with the sauce on top. Bake, uncovered, until bubbling, about 30-45 minutes. Let stand at room temperature for about 10 minutes before serving. Slice into 6 pieces and serve.

SALMON STEAKS WITH GARLIC AND GINGER

- 2 salmon steaks (about 6 oz each)
- 2 tablespoon lemon juice
- 1 tablespoon minced garlic
- 1 tablespoon minced ginger
- 1 tablespoon coconut oil

Preheat oven to 350 degree F

Lightly grease a backing pan with coconut oil.

Lay salmon in the pan skin side down.

Spoon the garlic, ginger, and lemon on the top of the salmon.

Bake for 12-15 minutes, or until salmon is lightly pink on the inside.

VEGETABLE STEW

- 4 zucchini, cut into 1 inch cubes
- 4 yellow squash, cut into 1 inch cubes
- 6 carrots, skinned and cut into 1/2 inch slices
- 1 head of cauliflower, chopped into 1 inch pieces
- 1 head of broccoli, chopped into 1 inch pieces
- 5 plum tomatoes; quartered
- 1/2 teaspoon parsley
- 1/2 teaspoon basil
- Pepper and sea salt to taste

Place all clean and cut vegetables into a large pot with the tomatoes.

Cook on medium heat for 35-40 minutes or until carrots are tender. If the stew becomes too thick you can add a can of water.

CABBAGE SOUP

- 1 large head of cabbage
- 1 sweet white onion, diced
- 2 cups of crushed plum tomatoes
- 1 cup water
- 1/4 teaspoon red pepper
- 1/4 teaspoon parsley
- 1/4 teaspoon basil

Core and cut cabbage into 1/2 then 1/4 and then continue until about 1 inch squares.

Rinse the cabbage with water until it is thoroughly rinsed.

Put all ingredients into a large pot. Cover with a lid and cook on low heat for about 45 mins or until cabbage is tender.

BUTTERNUT SQUASH SOUP

- 6 cups organic reduced-sodium chicken broth
- 3 pound butternut squash
- 1 medium parsnip, peeled and cut into 1/2-inch slices
- 1 medium Granny Smith apple, peeled, cored and chopped
- 1/4 cup coconut milk
- 1/2 teaspoon sea salt
- 2 tablespoons chopped chives

Slice butternut squash in half; scoop out seeds with a large spoon. Place face down in a glass pan and bake at 350 degrees F for one hour, or until the flesh gives in easily when you press a finger to it. Remove from heat and set aside until cool enough to handle. Scoop out flesh and place in a larger blender with 4 cups of the chicken broth. Blend well until pureed. Pour into a 4- quart stockpot with the remaining 2 cups of chicken broth, parsnip and apple; bring to a boil. Reduce the heat and simmer, cook until the parsnip and apple are soft. Stir in the coconut milk and salt and remove from the heat. Serve immediately and garnish with the chives. This soup will be even better the next day!

GRILLED SALMON WITH TAPENADE

1 pound uncooked Atlantic (wild) salmon fillets; 4 (1/4 pound) skinless
1/4 tsp table salt
1/8 tsp black pepper
8 medium olives, kalamata, pitted (1/4 cup)
1/4 cups sun-dried tomatoes (without oil), chopped
3 Tbsp basil, fresh, chopped or parsley

Spray a nonstick ridged grill pan with nonstick spray and set over medium-high heat. Sprinkle the salmon with the salt and pepper. Place the salmon on the pan and cook until just opaque in the center, about 4 minutes on each side.

To make the tapenade, put the remaining ingredients in a mini-food processor and process until chopped.

Top the salmon evenly with the tapenade.

PAN SEARED CHICKEN WITH TOMATOES AND OLIVES

2 teaspoons extra-virgin olive oil, divided
4 (6-ounce) skinless, boneless chicken breast halves
1/4 teaspoon salt
1/4 teaspoon black pepper
1 tablespoon finely chopped basil
1 tablespoon balsamic vinegar
1 cup cherry tomatoes, quartered
1/3 cup chopped pitted olives

Heat a grill pan over medium-high heat. Add 1 teaspoon oil and swirl to coat pan with oil. Sprinkle chicken with salt and pepper. Add chicken to pan and cook 6 minutes on each side or until done.

While chicken cooks, combine remaining 1 teaspoon olive oil, basil, and vinegar in a medium bowl, stirring with a whisk. Add cherry tomatoes and olives; toss to coat. Serve relish with chicken.

COCONUT CHICKEN

1 pound(s) chicken breast(s), boneless, skinless
1/4 cup(s) almond flour
1/4 cup(s) coconut, unsweetened shredded
1/8 teaspoon(s) sea salt
1 large egg(s)
2 tablespoon(s) coconut oil

Mix almond flour, shredded coconut and sea salt together in a bowl. Beat egg in separate bowl. Dip chicken breast in egg and roll in dry mixture. Heat a frying pan over medium heat and add coconut oil when hot. Pan fry chicken until fully cooked. If the crust starts to brown and your chicken isn't fully cooked yet (this will depend on the size of the chicken breast), take it out of the pan and place it in the oven on a baking sheet at 350 F for 5-10 minutes covered with foil.

GINGER SALMON AND GRILLED PEACHES

1 tablespoon rice vinegar
1 tablespoon grated fresh ginger
1 teaspoon fresh thyme leaves
4 tablespoons extra-virgin olive oil
salt and pepper
2 medium red onions, cut into wedges
3 peaches, cut into wedges
4 6-ounce salmon steaks (about 1 inch thick)

Heat grill to medium-high. In a small bowl, combine the vinegar, ginger, thyme, 3 tablespoons of the oil, and 1/4 teaspoon each salt and pepper. Set aside.

In a large bowl, gently toss the onions, peaches, remaining 1 tablespoon oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Season the salmon with 1/2 teaspoon salt and 1/4 teaspoon pepper.

Grill the salmon and onion until salmon is opaque throughout and onions are tender, 5 to 6 minutes per side. After flipping the salmon, place the peaches on the grill and cook until tender, 3 to 4 minutes per side.

SICILIAN OLIVE CHICKEN

- 1 14-ounce can petite diced tomatoes with garlic and olive oil or other Italian-style seasoning
- 1 1/2 cups frozen chopped spinach, thawed
- 1/3 cup halved Sicilian or other green olives
- 1 tablespoon capers, rinsed
- 1/4 teaspoon crushed red pepper, or to taste
- 4 4-ounce chicken cutlets
- 1/4 teaspoon freshly ground pepper
- 1 tablespoon extra-virgin olive oil

Combine tomatoes, spinach, olives, capers and crushed red pepper in a bowl. Sprinkle both sides of chicken with pepper. Heat oil in a large skillet over medium-high heat. Cook the chicken until browned on one side, 2 to 4 minutes. Turn it over; top with the tomato mixture. Reduce heat to medium, cover and cook until cooked through, 3 to 5 minutes.

CAULIFLOWER SOFT TACOS SHELL

- 1 head of cauliflower, grated
- 4 eggs
- Pinch of Sea Salt

Preheat oven to 375 degrees.

Place the grated cauliflower in a bowl and place in the microwave for 2.5 minutes. Stir and then microwave for another 2.5 minutes. Remove the bowl from the microwave and use a strainer to remove the liquid. Drape a clean dish towel over the strainer and squeeze the remaining liquid. Put the cauliflower back into the original bowl and add in the eggs and salt. Your mixture should be the consistency of pancake batter, not too runny and not too thick. If it is too thick just add another egg.

Using a baking sheet, cut a piece of parchment paper and lay it across the pan. (If you choose not to use parchment paper make sure you use a good non stick pan and still lightly coat with coconut oil) Then take a scoop of the cauliflower mixture and put it on the pan, about 1/4 inch thick. Bake for 10 minutes, FLIP bake for another 5 minutes. Allow them to cool preferably on a rack.

TACO MEAT

- 1 lb. lean ground turkey
- 1 yellow onion, minced
- 4 cloves of garlic, minced
- 2 teaspoons of ground cumin
- 2 teaspoon chili powder
- 1 teaspoon salt
- 1/2 cup water

Over medium to high heat brown turkey in a pan with onion and garlic. Drain any fat. Add spices and water to the meat and cook over low heat, stirring occasionally, until mixture thickens.

Serve taco meat in the soft taco shell and top with salsa or guacamole.

APPLE-WALNUT CHICKEN SALAD

- 4 ounces grilled chicken, chopped
- 2 cups spinach
- 1/2 cup walnuts
- 1/2 cup apple, chopped
- 1 tablespoon Paleo Mayonnaise (see recipe below)
- 2 tablespoons balsamic vinegar

Place all items in a bowl, toss, and serve.

PALEO MAYONNAISE

- 1 large egg
- 1 teaspoon lemon juice
- 1/4 teaspoon mustard powder
- 1/2 cup extra-virgin olive oil
- 1 teaspoon apple cider vinegar

Place the egg, lemon juice, and mustard powder in a bowl and whisk until well blended. Add in olive oil and vinegar, and keep whisking until it forms consistency of mayonnaise. Store in refrigerator; will keep up to 5 days.

SIDES

SPAGHETTI SQUASH

1 large spaghetti squash, cut in half lengthwise and seeds removed

Preheat the oven to 350 degrees. Pour 2 cups water into a baking dish large enough to hold the squash in a single layer. Arrange the squash cut side down in the water. Bake for 30 minutes, or until the squash can be pierced with a fork. Remove the squash from the oven and set aside. When cool enough to handle, scrape the inside of the squash with a fork; the squash will come like spaghetti. Place the squash on a serving platter and top with meatballs and sauce.

SAUTÉED ASPARAGUS

Take 1 bunch of asparagus and wash well; pat dry. Trim off 1/2 inch from the base of the asparagus stalk.

Heat 1 teaspoon olive oil and 1 teaspoon butter in a large skillet over medium heat. Once the butter is melted, add the asparagus and cover.

Give the stalks a stir after 2 minutes, and cook another 2-3 minutes or until the asparagus is slightly firm and a vibrant green color.

SESAME BOK CHOY

2 tablespoons sesame seeds

2 teaspoons olive oil

1 tablespoon garlic minced

1/4 cup chopped onions

4 cups bok-choy, torn or cut into 1/2-inch thick pieces

Sea salt and pepper to taste

Heat the large skillet over medium heat. Add sesame seeds and cook until lightly toasted for about 3-4 minutes; place seeds in a bowl and set aside. Add the olive oil to the same skillet and sauté the onions until translucent. Add the garlic and cook another minute. Add the bok-choy, salt and pepper and stir-fry over medium-high heat until bok-choy is cooked about 3-5 minutes. Sprinkle the sesame seeds on top and toss. Remove from heat and serve.

GRILLED VEGETABLES

2 medium zucchini, halved lengthwise
2 medium squash, halved lengthwise
2 medium yellow peppers, quartered
1 tablespoon olive oil
1 teaspoon sea salt

Preheat grill or grill pan. Place vegetables on a cutting board and drizzle with olive oil and sprinkle with salt. Grill vegetables, turning often, until lightly charred and tender, about 10 to 12 minutes.

ROASTED BEETS

2 lbs. of beets
2 tablespoon of olive oil 2 cloves of garlic

Pre heat oven to 350 degrees.

Wash beets with a vegetable brush and then cut beets into 1/8.

Place beets in a roasting pan with garlic and olive oil and bake for about 45 mins to an hour, turning beets every 15-20 mins.

APPLE COLESLAW

1/2 small green cabbage, chopped
1 Granny Smith apple, grated
1 large celery stalk, chopped
2 large carrots, chopped
1/4 cup olive oil
1/4 cup apple cider vinegar
Juice of 1 lemon
Dash of sea salt

Toss cabbage, apple, celery and carrots together in a large bowl.

In a smaller bowl whisk together the remaining ingredients and then toss over the cabbage mixture.

MASHED PARSNIPS AND APPLES

3 medium apples, cored, seeded, and chopped
4 medium parsnips, peeled and chopped
1/4 cup water
1/4 cup unsweetened coconut milk
1/4 teaspoon ground cinnamon
Sea salt and ground black pepper to taste

Combine apples, parsnips, and water in small pot. Bring to a boil and cook until parsnips are soft, about 20 minutes. Remove from heat and drain any liquid. Place mixture in food processor or blender and add the coconut milk and cinnamon. Blend until pureed. Return to pot to reheat over low heat. Season with salt and pepper before serving.

PUMPKIN SAUTE

1 small cooking pumpkin
1 tablespoon extra virgin olive oil
1 onion, peeled and chopped
2 cloves garlic, crushed
Sea salt to taste
Freshly ground black pepper to taste

Preheat oven to 350 degrees F. Line a baking sheet with parchment paper. Wash pumpkin and cut in half. Remove seeds and insides of the pumpkin. Place pumpkin halves cut side down on the baking sheet. Prick through skin with a fork in several spots. Place in oven and bake for 30 minutes or until tender. Remove from oven, let cook, peel off skin and cut into 1 1/2 inch chunks.

Place large frying pan over medium heat. Add olive oil and chopped onion. Sauté until onion is soft. Add garlic and cooked pumpkin. Sauté until heated through. Season with salt and pepper and serve hot.

CAULIFLOWER RICE/COUSCOUS

1 head cauliflower, any size
1 tablespoon olive oil or butter, optional
Salt, optional

Cut the head of cauliflower into quarters, then trim out the inner core from each quarter. Break apart the cauliflower into large florets with your hands. If the core is tender, you can chip it into pieces and add it with the florets.

Transfer the cauliflower to a food processor. Don't fill the food processor more than 3/4 full; if necessary, process in two batches.

Process the cauliflower in 1-second pulses until it has completely broken down into couscous-sized granules. (Alternatively, grate the florets on the large holes of a box grater.)

Some florets or large pieces of cauliflower might remain intact. Pull these out and set them aside. Transfer the cauliflower couscous to another container and re-process any large pieces.

Cauliflower couscous can be used raw, tossed like grains into a salad or in a cold side dish.

Cooking makes the cauliflower more tender and rice-like. Warm a tablespoon of olive oil or butter in a large skillet over medium heat. Stir in the couscous and sprinkle with a little salt. Cover the skillet and cook for 5 to 8 minutes, until the couscous is as tender as you like. Use or serve immediately, or refrigerate the couscous for up to a week.

MASHED CAULIFLOWER

Medium-sized head of cauliflower, chopped into florets (about 1 1/2 lbs.)
3 roasted garlic cloves
1 teaspoon fresh thyme leaves
1 teaspoon fresh chives, chopped
salt and pepper, to taste

Fill a large saucepan with about an inch of water, and insert a steamer basket. Bring the water to a boil, and add the cauliflower florets. Reduce the heat to a simmer and cover, allowing the cauliflower to steam for 6-8 minutes, or until fork tender. Drain the steamed cauliflower, and transfer to the bowl of a large food processor. Add in the roasted garlic cloves and seasonings, and process to your desired texture.

DESSERTS

CHIA SEED PUDDING

2 cups almond or coconut milk
1/2 cup of chia seeds

Mix ingredients in a bowl and refrigerate. Mix every 15-20 minutes until it becomes a pudding like consistency.

WHIPPED COCONUT CREAM WITH FRESH BERRIES

1 can organic full fat coconut milk, refrigerated
1/8 teaspoon vanilla extract
1/8 tsp cinnamon
1 cup mixed berries

Scoop out the thickened coconut cream from the can into a bowl. Add cinnamon and vanilla and whip the cream with a wire whisk until it begins to thicken.

Plate with mixed berries.

BANANA "COOKIE"

3 ripe bananas
2 cups of oats (gluten free)
1/3 cup of apple sauce
1/4 cup of coconut milk
1/2 cup of raisins
1 teaspoon of vanilla
1 teaspoon of cinnamon

Mash the bananas, mix in all the other ingredients. Place parchment paper on a cookie sheet and bake on 350 for 15-20 min.

PUMPKIN “COOKIES”

3 ripe bananas
2 cups of oats
1/3 cup pumpkin puree
1/4 cup of coconut milk
1/2 cup of chopped walnuts
1 teaspoon of vanilla
1 teaspoon of cinnamon

Mash the bananas, mix in all the other ingredients. Place parchment paper on a cookie sheet and bake on 350 for 15-20 min. Enjoy!

APPLE “COOKIE”

1 apple cut into 1 inch slices
3 tablespoons almond butter
1 tablespoon shredded coconut
1/4 cup chopped walnuts

Place apple slices on a cookie sheet or plate, with a knife smear 1/2 tablespoon of almond butter on top of the apple slices. Sprinkle shredded coconut, walnuts and on top of each apple slice.

BAKED STUFFED APPLE

2 large apples
1 tsp. Cinnamon
1 tsp. real VT Maple Syrup or sweetener of choice 1 tsp. coconut oil or 1 tsp. butter
1 tbsp. chopped walnuts
1 tbsp. chopped pecans

Preheat oven at 400 degrees. Peel your apples. Then core them so the bottom is still there so when you fill them the juice doesn't leak out. In a pan on the stovetop or microwave melt your coconut oil. Mix all the other ingredients with the melted coconut oil. Fill your apples, place on baking sheet and bake for about 40 minutes. Let cool for 1 minute then enjoy! They are even good cold.

CROCKPOT APPLESAUCE

10 apples of mixed variety
1/2 teaspoon cinnamon
3 tablespoons melted coconut oil
1/4 teaspoon nutmeg

Core & peel apples. Depending on how big or small your crockpot is you may need to adjust the amount of apples you will use. You want to completely fill up the crockpot with apples. Pour the coconut oil, nutmeg, and cinnamon on top. If the apples aren't very juicy, add 1/4 cup of water. Cook on high for 3-4 hours until apple mash easily. Mash to desired consistency.