

Pumpkin Spice Snickerdoodles



Servings: 24 cookies

Prep Time: 15 minutes

Cook Time: 12 minutes

Features: gluten free, dairy free, egg free

Ingredients:

- 1/3 cup coconut oil (solid)
- 1 tbsp vanilla extract
- 2 tbsp unsweetened non-dairy milk
- 1/3 cup pure maple syrup
- 2 tsp pumpkin pie spice (divided, 1 tsp for batter and 1 tsp for topping)
- 1/2 tsp salt
- 1/2 tsp baking soda
- 1.5 tsp baking powder
- 1 cup almond flour
- 3/4 cup cassava flour
- 3 tbsp cane sugar

Directions:

1. Preheat oven 350 F and prepare a baking sheet with parchment paper.
2. In a stand mixer add wet ingredients (coconut oil, maple syrup, vanilla, and non-dairy milk) and mix for a min or two. It's okay for the coconut oil to not mix in well.
3. Slowly add dry ingredients (almond flour, cassava flour, baking powder, baking soda, salt, pumpkin pie spice) to the wet and mix for 2 minutes or until well combined.
4. In a separate small bowl prepare the topping by whisking 1 tsp pumpkin pie spice and cane sugar.
5. Using a cookie scoop, scoop balls of dough and add them to the spice/sugar mixture and roll them around to coat all sides. Place the dough balls on the baking sheet and gently press down with the back of a spoon, fork, spatula, or your fingers (don't skip this step because the cookies don't spread much).
6. Bake for 12 minutes until golden brown.
7. Let cool (important step) on the pan for a bit before transferring to a rack to cool completely. *Let cool for awhile before eating so they firm up.
8. Store in an airtight container.

Slow Cooker Hot Apple Cider



Servings: 20+

Prep Time: 5 minutes

Cook Time: 3 hours

Features: refined sugar free

Ingredients:

- 3 liters unsweetened apple cider
- 1/4 cup pure maple syrup
- 1 navel orange
- 5 cinnamon sticks
- 1 heaping tsp whole cloves
- 1 star anise
- pinch nutmeg
- optional: spiced rum

Directions:

1. In a slow cooker, add 3 liters of plain organic apple cider.
2. Slice the navel orange into rounds and add to the slow cooker.
3. Add cinnamon sticks, heaping tsp cloves, star anise, pinch or two of nutmeg, and pure maple syrup.
4. Stir everything around to combine.
5. Set the temp to low and let cook for 3 hours.
6. Remove the star anise and cloves but keep the oranges and cinnamon sticks for looks.
7. Chop 1 apple into small cubes and add to the slow cooker.
8. Serve in your favorite mug as is or with an optional shot of spiced rum (highly recommend for more spiced cider flavor).

Peanut Butter Chocolate Chunk Cookies



Servings: 16 - 20 cookies

Prep Time: 7 minutes

Cook Time: 10 - 12 minutes

Features: egg free, gluten free, oil free, dairy free

Ingredients:

- 1/2 cup creamy peanut butter (no salt or sugar added)
- 1 tsp vanilla extract
- 3 tbsp unsweetened non-dairy milk
- 1/4 cup pure maple syrup
- 1/8 tsp cinnamon
- 1/4 tsp salt
- 1 tsp baking powder
- 1 cup almond flour
- 2 tbsp coconut flour
- 1/3 cup dark chocolate chunks

Directions:

1. Preheat oven 350 F and prepare a baking sheet with parchment paper.
2. Combine the wet ingredients (peanut butter, vanilla, maple syrup, non dairy milk) and whisk to combine.
3. Combine the dry ingredients (almond flour, coconut flour, baking powder, cinnamon, and salt) and whisk to combine.
4. Add the dry ingredients to the wet and mix until well combined. Fold in the chocolate chunks gently.
5. Use a cookie scoop to scoop balls of dough onto the prepared baking sheet.
6. Gently press each cookie down with your fingers or back of a spatula (these cookies don't spread).
7. Press a few extra chocolate chunks into the top of each cookie for a little extra chocolate.
8. Bake for 10-12 minutes until golden.
9. Let cool for at least 1 hour before enjoying.
10. Store in an airtight container.

Healthier "Holiday" Chunky Granola



Servings: 10

Prep Time: 5 minutes

Cook Time: 35 minutes

Features: gluten free, refined sugar free, dairy free

Ingredients:

- 1 cup rolled oats
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp salt
- 1/2 cup pumpkin seeds
- 1/2 cup pecan halves
- 1/2 cup sliced almonds
- 3 tbsp ground flax
- 1/3 cup roughly chopped walnuts
- 1 tsp vanilla extract
- 1/4 cup maple syrup
- 1/4 cup virgin unrefined coconut oil (melted)

optional add in's:

- dried cranberries
- chocolate candies
- dried blueberries
- dried cherries
- goji berries
- golden raisins
- coconut flakes

Directions:

1. Preheat oven 325 F and prepare a baking sheet with parchment paper.
2. In a large bowl, add the dry ingredients - the oats, cinnamon, nutmeg, salt, pumpkin seeds, pecans, almonds, walnuts, and flax.
3. Mix to combine.
4. Add the wet ingredients - the vanilla, maple syrup, and melted coconut oil.
5. Mix with a spatula until evenly coated.
6. Pour onto the prepared baking sheet and spread in an even and tight layer. You don't want to see any parchment paper through the granola. Keep it tightly packed. This will help the granola get those nice chunks we want.
7. Bake for 35 minutes until golden brown. It may take more or less time depending on your oven strength. Just check on it a few times to ensure it doesn't burn.
8. Remove from oven and leave on the counter to cool for at least 1 - 2 hours. The cooling process is an important step to help the granola get super crispy.
9. Once cool, break into chunks and leave as is or sprinkle in optional add-in's. Store in an airtight container.