



Mixed Berry Crisp



6-8 servings



55 minutes

INGREDIENTS

Berry layer:

- 4 cups fresh mixed berries of choice (see note below)
- 2.5 tbsp arrowroot starch
- 3 tbsp maple syrup
- 1 tbsp lemon juice

Topping:

- 1 cup rolled oats
- 1/2 cup almond flour
- 3 tbsp ground flaxseed
- 1/2 cup chopped pecans
- 1/2 tsp salt
- 1 tsp cinnamon
- 1/3 cup coconut sugar
- 1 tsp vanilla
- 1/4 cup coconut oil, melted

DIRECTIONS

1. Preheat oven to 350F. Rinse berries and slice any large ones into smaller pieces, such as strawberries.
2. Add the berries to an 8x8 glass baking dish along with the arrowroot starch, maple syrup, and lemon juice. Set aside.
3. In a large mixing bowl stir together all the dry ingredients for the topping: the oats, almond flour, flaxseed, pecans, salt, cinnamon, and coconut sugar. Pour in the vanilla and the melted coconut oil and stir until it is thoroughly mixed and crumbly. You may need to use your hands. If it seems too dry, add a bit more coconut oil. Feel free to taste and add more sweetener if desired.
4. Spread topping over the berries and place in the center rack of the oven. Bake uncovered for 40-50 minutes until bubbly and golden brown. Cool for 10-15 minutes and enjoy! Store in refrigerator for 4-5 days.

NOTES:

Berry options: blueberries, strawberries, blackberries, raspberries, marionberries, etc.

No arrowroot: swap for cornstarch

No maple syrup: swap for honey

No coconut sugar: swap for any other sugar or use honey or maple syrup or date sugar

Nuts: feel free to use any nuts or a combination or swap for pumpkin seeds for nut-free

No coconut oil: swap for butter or vegan butter

Likes it sweeter: add more maple syrup/sugar. May need to adjust depending on berries sweetness.

Serve with: yogurt, whipped cream, or ice cream

No 8x8: use 9x9, large cast iron skillet, pie dish, or 9x13



Blueberry Banana Waffles



3 servings



15 minutes

INGREDIENTS

- 1 cup gluten free flour
- 1/4 cup rolled oats
- 1/4 tsp salt
- 1/2 tsp cinnamon
- 3 tsp baking powder
- 1 cup non-dairy milk
- 1/2 tbsp avocado oil
- 2 ripe bananas, medium
- 1 egg
- 1/2 cup fresh blueberries (more or less depending on personal preference)
- sliced almonds (for topping, optional)
- maple syrup (for topping, optional)
- 1/4 cup extra berries (for topping, optional)

DIRECTIONS

1. Whisk egg in a large bowl. Add in bananas and mash well with a fork or potato masher. Sprinkle in baking powder and mix.
2. Add in the non-dairy milk and oil and mix to combine.
3. Next, add the salt, cinnamon, flour, and oats. Stir until just combined. Gently, fold in the blueberries. Batter should be somewhat thick like cake batter, not runny. There should be some resistance when you mix your spoon around. If too thin, add more flour. If too thick, add more non-dairy milk.
4. Set batter aside while you heat your waffle iron ~5 minutes. Once heated, spray with oil, then scoop 3/4-1 cup of batter into the center of iron. Close lid and depending on your iron, flip iron over. Cook according to your waffle iron manufacturer instructions, usually 5-10 minutes. Generally, longer is better because if you open too soon the waffle will separate.
5. Remove the waffle with a fork and set on a plate. Repeat with rest of batter. Enjoy!

NOTES:

Egg-free: use flax egg (1 tbsp ground flaxseed + 3 tbsp water and let gel for 10 minutes)

Flour swaps: use regular flour or whole wheat flour

No avocado oil: use another neutral oil or butter/vegan butter

Other toppings: walnuts, pecans, yogurt, more fresh berries, coconut flakes, honey

Milk options: almond, soy, oat, coconut, or use regular milk if not dairy-free

Leftovers: refrigerate for 3 days or freeze between sheets of parchment. Reheat in oven at 350F.



Chia Berry Lemonade



1 serving



15 minutes

INGREDIENTS

- 1/4 cup fresh raspberries
- 2 tsp maple syrup
- 2 tsp chia seeds
- 3 tbsp lemon juice, fresh
- 1/2 cup coconut water, plain unsweetened
- 1 cup cold filtered water
- 2 fresh strawberries, sliced, for an add-in garnish (optional)

DIRECTIONS

1. Add raspberries and maple syrup to a blender and blend into a puree. Alternatively, you can just mash with a fork. For seedless, strain through a fine mesh sieve.
2. Pour mixture into a glass and then add in the chia seeds, lemon juice, coconut water, and water. Stir to combine.
3. Set in the fridge for 20 minutes to allow the chia seeds to "bloom" or "gel" and absorb some liquid. *This step is *highly* recommended to prevent gastrointestinal upset.
4. Slice the strawberries and mix into the cup for garnish and a healthy snack. Add a few ice cubes if needed.
5. Enjoy!

NOTES:

Berries: you can use any berry you like for this recipe

No maple syrup: sub honey, sugar, stevia, or monk fruit

More lemon-y: add another 1-2 tbsp of lemon juice or add fresh lemon slices

Water: if you don't like coconut water you can sub for more regular water or plain sparkling water