

Banana Muffins

Ingredients:

¼ C non-dairy milk (coconut, almond, or cashew)	
1 ½ C flour (mix almond and coconut, or even quinoa flour)	
4 Tbsp coconut oil	¼ C chia seeds
6 Tbsp maple syrup	1 tsp baking soda
2-3 mashed bananas	1 tsp baking powder
¼ tsp cloves	1 tsp cinnamon
¼ C applesauce	1 tsp vanilla
¼ C <i>Enjoy Life</i> chocolate chips (optional)	

Directions

Preheat oven to 350 degrees. Either pour into a loaf pan, or muffin papers and bake 25-30 minutes.

Chewy Double Chocolate Cookies

Ingredients

1 cup thick cashew butter, or nut butter of your choice (the less oily, the better it will work)

1 cup coconut sugar

1 egg (or one flax egg, use 1 TBSP of ground flax seed to 3 TBSP of water and let it sit for 10 minutes to allow it get tacky)

½ cup unsweetened cacao powder

1 teaspoon baking soda

1 teaspoon vanilla extract

¼ cup – ½ cup of cacao chips

Directions

1. Preheat oven to 350 degrees.
2. Mix all ingredients together, use your hands if you must!
3. Make 13-balls and put them onto a cookie sheet. Squish them down just a bit with your hand, or with a fork.
4. Bake for 10 minutes.
5. Remove from oven and let cool 10 minutes.

Simple Peach Tart

Ingredients:

1 C almonds
1/4 C ground flaxseeds
4 dates
2 Tbsp palm sugar
2 tsp vanilla extract
Pinch of sea salt
2-3 chopped peaches
Cinnamon for garnish

Tips

Warm the peaches for a few minutes in a saucepan right before serving, or chop them and serve them raw. Use any fruit that may be in season in the tarts, or just use the crust recipe for a granola over coconut yogurt.

Directions

For the crust, grind almonds in a food processor. Add flaxseeds, dates, vanilla, sugar and salt; process until fully incorporated. Press dough into tart pans and top with peaches and cinnamon.

Chocolate Pudding

½ C almond or coconut milk
1 avocado
2 Tbsp. raw cacao powder
1/3 tsp maple syrup
1 tsp vanilla
1 tsp of cashew butter, or nut butter of choice
Dash of cinnamon is optional

Directions

Place all ingredients into a blender in the order listed. Start blending at a slow speed for 30 seconds, then increase to a high speed and blend until smooth. You can add more nectar if you'd like the pudding sweeter. Let stand 10 minutes to thicken to a pudding-like consistency.

Nut Butter Pancakes

- **2 eggs**
- **¼ nut butter**
- **1 ripe banana**
- **1 tsp baking powder**

Blend together until smooth.

Cook on lower heat than regular pancakes to prevent burning.

You can make a batch and throw them in the freezer, they freeze perfectly

Coconut Butter Sandwich Bread

- 5 pastured room temperature eggs
- 1/4 cup butter, [Palm Shortening](#) or Expeller Pressed [Coconut Oil](#) melted (From affiliate partner [Tropical Traditions](#))
- 1 cup plus 2 tbsp [Coconut Butter](#)/Coconut Cream Concentrate softened till pourable with no lumps at all (from [Tropical Traditions](#))
- 1/2 tsp Unrefined Sea Salt
- 3/4 tsp baking soda.

Begin by putting the jar of [coconut butter](#) into a bowl of hot water to soften it. This can take 20 min or more depending on how warm your home is.

Note: This is not coconut cream that you can pour like coconut milk. It is thick like peanut butter. Coconut cream/coconut milk WILL NOT WORK in this recipe.

Grease 5 Inch x 9 Inch Loaf Dish.

Preheat oven to 300 F

Put ingredients into blender or vitamix in order given. Blend after each addition. It is imperative that the coconut butter have absolutely no lumps and be pourable before it goes into the blender. This should look like cake batter. Pour into loaf pan.

Bake for 40-50 minutes or till a toothpick inserted in the center comes out clean. Let cool for 10 min and then remove from pan before cooling completely.

Once fully cooled slice and eat. Keep the loaf in the fridge and tightly wrapped to keep it from drying out.

Here is what my children thought of this bread thickly spread with butter. Yum!

Sandwich Rolls

AUTHOR: Danielle Walker - AgainstAllGrain.com

SERVES: 10 rolls

PREP TIME: 10 mins

COOK TIME: 20-25 mins TOTAL TIME: 30 mins

Ingredients:

- ghee or coconut oil for greasing the rings
- 8 large eggs
- ½ cup Almond Milk
- 4 teaspoons apple cider vinegar
- 3 cups whole raw cashews, about 17.5 ounces
- ½ cup arrowroot powder*
- ¼ cup coconut flour
- 2 teaspoons baking soda
- 1 teaspoon sea salt

** For SCD, omit the arrowroot powder and increase the coconut flour to a total of 1/2 cup.*

Instructions:

1. Place a heatproof dish filled with 2 inches of water on the bottom rack of the oven. Preheat the oven to 325°F.
2. Lightly grease the inside of 10 (3.-inch) English muffin rings with ghee and place them on a baking sheet lined with parchment paper.
3. Place all of the ingredients in a high-speed blender and process on low for 15 seconds. Scrape down the sides and process again on high for 15 to 30 seconds, until very smooth.
4. Fill each ring 2/3 full with batter. Bake for 20 to 25 minutes, until a toothpick inserted into the center comes out clean.
5. Allow the rolls to cool on the baking sheet for 15 minutes, then gently press them out of the rings from the bottom. Allow to cool on a wire rack before serving or storing.

NY Style Paleo Pizza Crust



The yeast will get foamy after about 5 minutes. If it doesn't, toss it and start over.



The dough will be much stickier than conventional pizza dough. Don't be tempted to add more dry ingredients. It will all work out in the end!



Gather the dough into somewhat of a ball with a rubber spatula. Again: sticky, but don't fret.



After 75-90 minutes, the dough should look something like this. Not a whole lot bigger, but different, which is exciting.



Be gentle when flattening out the dough; it will have a lot of air and will easily separate. Make sure your hands are well oiled. Tiny air holes are okay, but don't leave big spaces.

This is about the color you're looking for before you add the toppings. Almost there!



* If you have a pizza stone, use it. If not, use the heaviest sheet pan you have.

* Warm the bowl you'll be putting the yeast mixture in, as well as the measuring cup you'll be measuring the water with. If it's cold, the water will cool right away, and might not activate the yeast. Just run some hot water in it before using.



* this recipe involves high heat cooking, which might rub some people the wrong way, since there is olive oil and nut flour involved. This is one of those situations where I absolutely put taste and texture first. Good pizza is cooked at high temperatures, and that is part of what makes good pizza good. You can use a different fat if you'd like.

* Results are best when the crust is cooked almost entirely before adding toppings, so I recommend having your toppings almost completely cooked before adding them in the last step.

NY STYLE PIZZA CRUST

1 tablespoon gluten-free yeast

1 tablespoon raw honey

1/4 cup warm water (should feel warm on the inside of your wrist, but not burn)

3/4 cup almond flour

3/4 cup tapioca starch

3/4 teaspoon sea salt

1 tablespoon olive oil (or other melted fat if you're opposed to heating olive oil)

1 tablespoon egg whites (less than one egg)

1 1/2 teaspoons apple cider vinegar

And of course your favorite toppings!

1. In the warmed bowl of your stand mixer (or alternately, the bowl you'll be using with hand-held beaters), combine the yeast, honey, and warm water and whisk to combine. Let sit for a good 5 minutes. It will get foamy and active.
2. In a small bowl, combine olive oil, apple cider vinegar, and egg white.
3. In a medium bowl, whisk to combine the almond flour, tapioca starch, and sea salt.
4. Once the yeast is foamy, add the wet and dry ingredients to the bowl and mix on medium high for 30 seconds, scraping down the bowl once to make sure it's all incorporated.
5. Scrape down the bowl with a rubber spatula again to gather the dough together. It will NOT look like the dough you remember, it is much wetter. Use the spatula to get it into as much of a ball as possible.
6. Cover the bowl with a tea towel and set in a warm (but not hot) place. Allow it to sit for 75-90 minutes. I know its torture.
7. After 75 minutes, check the dough to see if it's risen. It won't rise as dramatically as conventional dough would, but it will have changed, and gotten aerated, and a bit larger. (See above pics). If this has happened, Turn your oven on to 500 and if using a pizza stone, place it in the oven to eat up while the oven warms.
8. Lightly oil a sheet of parchment paper and turn the dough out onto it. It will likely be a bit stuck to the bottom of the bowl, just scrape it out as best as you can.
9. With oiled hands, gently flatten out the pizza dough into a 9-10" circle. It will be aerated, so might want to leave empty spaces.
10. Carefully transfer the parchment with the dough onto the pizza stone or sheet pan.
11. Bake at 500 in the lower 1/3 of your oven for 6-8 minutes, or until it's starting to brown at the edges.
12. Add desired toppings and cook for 2-3 minutes more. Allow to cool for a minute before slicing.

4 Grain-Free Noodles (Compared, Rated, And Paleo-Friendly)



Check out my [Le Creuset giveaway](#) going on right now!

If you are grain-free, you might think that your noodle days are over. But don't be so sure. There are some lovely ways to include "noodles" in your life still! I've tried a variety of different options, but never compared them side-by-side, so I thought I'd do that this week and share the results with you all.

I wanted to especially share this with you all now as I shared two delicious and nutrient dense pasta sauces in my new [Everyday Nourishing Food](#) edition and wanted those on a grain-free diet to be able to enjoy them as well. One of the things that I am excited about doing with this quarterly publication is writing blog posts that complement it. My blog posts will stand alone (that is, you won't have to of bought my eBook to enjoy them), but will give further information and recipes built on those shared in the eBook. Like I said before, I am excited about the different ways I can use this format to interact more with you in a variety of ways.

But back to noodles. I used my hearty meat sauce from [my eBook](#) that is flavorful, rich, and nutrient-dense and used it with four different grain-free noodles and we sat down to compare them side-by-side. It was actually a pretty fun way to do it! And it gave us more insight as to the strengths and weakness of each noodle option. And by the way, we found that regardless of what type of noodle you use

(wheat, gluten-free, or grain-free) the “fill factor” of the dish depends on the sauce. When paired with a super nutrient dense sauce, we found that we felt full and satisfied with smaller servings. I was amazed at the smaller servings of noodles we ate once I started making my more nutrient dense pasta sauce.

Let me introduce you to the four noodles we will be looking at today.

Zucchini noodles, Spaghetti Squash (so aptly named), shirataki noodles, and kelp noodles.



Let's start with the spaghetti squash. Spaghetti squash is this wonderful winter squash that naturally breaks apart into small noodle –like shreds. We found that as long as you had enough sauce on it, the “squash” flavor didn't come through much, providing a mild base for the sauce. If you over cook the squash, it will be mushy, but if you under bake it, it can be a little too “al dente”. So, I cooked it until just tender, and then gently simmered the “noodles” in the sauce for a couple of minutes to get it to just the right texture.

Method to make and cook: To cook, preheat the oven to 400F. Cut the spaghetti squash in half, scoop out all seeds and place cut side down on a sheet pan. Pour about ½ a cup of water around the squash and poke both sides a couple of time with a fork to help it cook evenly. Bake for about 30 minutes or so in the oven, or until the squash is soft, but not falling apart soft. Turn the sides around, and use a fork to scrape the squash to make “noodles”. Serve with a wide variety of toppings.

ZUCCHINI NOODLES



Zucchini noodles are one of the first “grain-free” noodles I made years ago and I have always really enjoyed them. This is probably because I love zucchini. When topped with my meaty pasta sauce, they were delightful and second favorite of my children. How you cook them and for how long will make a difference in texture and will be up to your preference. Both the spaghetti squash noodles and the zucchini noodles seemed to need a little extra salt, as they seemed a little more moist and “watery” in texture upping the need for a salty counterpart.

Method to make and cook: You can either use a sharp vegetable peeler to “peel” noodles off of zucchini (and then you can cut to desired thickness with a sharp knife), or you can use some sort of “spiralizer:” to make vegetable noodles. I own the [World Cuisine Spiral vegetable cutter](#), and have really enjoyed it. You can make a wide variety of noodles with many different vegetables using it. I’ve wondered about making potato noodles with it, for example. It would be an interesting experiment! . Since I bought mine, another tool, which would probably take a little less cupboard space that has gotten good reviews, is this [spiral cutter](#). The only disadvantage is that you may not be able to use all types of vegetables with it (like root vegetables).

After you have made your zucchini noodles, you can fry them in a little butter, ghee, coconut oil, etc. in a pan or you can boil them in some broth or sauce for a couple of minutes. In this specific taste test, I simmered it gently in the sauce until it reached the texture I liked.

KELP NOODLES



These kelp noodles (brand used above is [Sea Tangle](#)) noodles have are made with three ingredients: kelp (a sea vegetable), sodium alginate (sodium salt extracted from a brown seaweed), and water. Kelp is an important source of trace minerals and iodine. Some (such as [Dr. Wahls](#)) recommend that you enjoy seaweed in one form or another once a week. Sodium Alginate is a source of sodium and fiber, an ingredient I feel fairly neutral towards. Some people think that it's not the best ingredient (but these are generally those who think salt is bad for you – a camp I am not in) and others think it could be good for you. I don't feel strongly one way or another.

When topped with my meaty pasta sauce, I enjoyed this noodle the most I ever have. We found that this noodle was the best in bringing out the best flavors of our sauce. However, it also had the biggest texture change from normal pasta. It's sort of crunchy, sort of "squeaky" when you bite into (in the words of my six-year-old). My six-year-old didn't want to eat them while my two year old liked them. Joel and I thought it had excellent flavor when paired with this sauce, but the texture was certainly different. I haven't liked these noodles when paired with less flavorful toppings.

SHIRATAKI ASIAN NOODLES



These **shirataki Asian noodles** are made with a root vegetable, and are sometimes called “yam noodles”. They are made with glucomannan from the vegetable, a soluble fiber which keeps you feeling full for a long time.

It’s important that you don’t buy the Tofu shirataki noodles as they are a source of phytoestrogens and I don’t recommend tofu. These Japanese noodles have been popular in Japan for years, but are just starting to become popular here. It is easy to see why they would be, as these high fiber, no-calorie noodles fit well into our calorie and carb-phobia.

But even if you aren’t part of that phobia, you can see the appeal in these grain-free noodles, as they have a good texture and are very neutral in flavor. We found that when I made an Asian-style tamari based sauce that these noodles were great. With the meaty pasta sauce, they absorbed the flavors of the pasta sauce a little too much, making it not quite as flavorful as the other noodles. However, their texture was so great that they still ended up being a favorite for all of us. They do appear more “processed” than say, my zucchini noodles, and there is some controversy over how much fiber is really good for you, all cautions to keep in mind. However, I haven’t been able to find much wrong with these noodles and many “paleo” eaters don’t have a problem with them either.

Chicken and Quinoa Salad

Ingredients

½ cup quinoa, cooked
¼ of a small cucumber
¼ of a small head of iceberg lettuce
½ of a small carrot
½ of an apple
1 ripe tomato
½ of a red chile (optional)
2 sprigs of fresh mint
1 handful of baby spinach
1 lime
1 teaspoon of hot chili sauce (optional)
¾ cup of cooked chicken breast
½ cup of sprouts
1 tablespoon dairy free yogurt (optional)

Directions

1. Finely chop all of your vegetables and the apple and add to a large mixing bowl.
2. Squeeze lime juice over everything in your bowl and add your mint, quinoa, chicken and sprouts mix with the chili sauce and yogurt (if you are using them).
3. Serve right away, or package it up for your lunch.

Sourced from *Everyday Super Food* by Jamie Oliver

Salad Dressings

Cucumber Avocado Dressing

2 medium English cucumbers, peeled and chopped	
1 avocado, peeled and chopped	
2 handfuls of fresh cilantro	
3 garlic cloves	
½ C lemon juice	1 ½ Tbsp salt, or to taste
6 Tbsp grapeseed oil	¼ tsp black pepper
6 Tbsp water	

Directions

Blend all ingredients on high speed until smooth and creamy.

Keeps for 1 week.

Raspberry and Sweet Basil Balsamic Vinaigrette

1 large Medjool date, pitted	Pinch of black pepper
4 fresh basil leaves, torn	¼ C balsamic vinegar
¾ C fresh, or frozen raspberries	1 Tbsp maple syrup
½ C filtered water	6 Tbsp grapeseed oil

Directions

Blend all ingredients on high speed except the grapeseed oil. While blending, add the oil in a steady stream. Blend until emulsified.

Keeps for 3 weeks.

Caesar Salad Dressing

2 Tbsp roasted almonds	2 Tbsp shoyu, or tamari
3 garlic cloves, minced	1 Tbsp tahini
3 Tbsp Dijon mustard	3 Tbsp lemon juice
2 Tbsp extra virgin olive oil	

Directions

Blend all ingredients with ¼ C of water until well blended.

Keeps for 1 week.

Garlic Herb Dressing

½ C raw cashews, soaked overnight and drained
¼ C water
2 Tbsp olive, or coconut oil
1 clove garlic
Salt and pepper to taste
1 chopped green onion
2 Tbsp fresh herbs (such as oregano, basil, thyme)
½ lemon, juiced and zested

Directions

Blend all ingredients until smooth, adding more water if needed to reach your preferred dressing consistency. Can be served as a dip for veggies, or on salads.

Tahini Dressing

½ C tahini
less than ¼ garlic clove, to taste
Juice from 1 ¼ lemons
Dash of cayenne (optional)
1-2 tsp shoyu, or tamari
1 tsp umeboshi vinegar (optional)

Blend all ingredients with ½ to ¾ C of water, until well combined.

Keeps for 4 days.

You can add basil, cilantro, miso, or parsley. Keeps for 2 days when you add herbs.

Basic Vinaigrette Dressing

2 tsp olive oil
Scant ½ tsp umeboshi plum vinegar
Scant ½ tsp shoyu, or tamari
Juice of ½ orange
Scant ½ tsp lemon juice

Place all ingredients in a bowl and stir vigorously with a fork.
Makes enough to dress a large salad.

Ranch Dressing

1/2 c cashews, soak for 2-3 hours and drain
1/4 c. water
1/4 c. non-dairy milk (almond or coconut)
1-2 garlic cloves (I went for 2 but use for taste preference)
1 Tbsp fresh parsley
1 Tbsp fresh chives
1 tsp dried dill
juice of 1/2 lemon
1/2 tsp raw apple cider vinegar
1/2 tsp salt
fresh ground pepper

DIRECTIONS

1. In a high-speed blender, all everything together except for the parsley, chives and dill until completely smooth. If you like a thinner dressing, add a little water at a time until desired consistency is reached.
2. Add herbs and pulse.
3. Season with salt and pepper. Adjust according to taste.
4. Chill for an hour. Stays fresh for 2 days in fridge in an air-tight container.

Tomato Lentil Soup

Ingredients:

2 carrots, chopped	¼ teaspoon cinnamon
2 celery stalks, chopped	2 cups lentils, rinsed
½ onion, chopped	8 cups vegetable broth
2 garlic cloves, minced	3 cups diced tomatoes (or 1-15oz can)
1 teaspoon cumin	1-6oz can tomato paste
1 teaspoon turmeric	½ cup coconut milk
1 teaspoon paprika	salt and pepper to taste
2 teaspoons coriander	

Directions

Saute onion, garlic, carrots, celery with coconut oil over medium heat until soft.

Add spices and continue sautéing for 3 minutes.

Add lentils and broth and simmer for 10 minutes.

Add remaining ingredients and simmer another 10 minutes.

Let cool a bit then put in food processor and blend until smooth.

Pumpkin Curry Soup

Ingredients:

2 pounds of pumpkin flesh, cubed
1 large potato, cubed
1 large onion, chopped
2 garlic cloves, crushed
1 teaspoon curry powder
1 bay leaf
1 tablespoon olive oil
3-4 cups vegetable stock
Salt and pepper to taste

Directions:

Boil pumpkin and bay leaf in water until nearly tender.

Drain and set aside. Sweat onion until transparent. Add garlic, curry powder and pumpkin.

Add potato, stock, salt and pepper. Simmer until cooked.

Remove bay leaf and blend until creamy.

Make Your Own Buddha Bowl

Choose one item from each of the following categories:

1. Seeds, Nuts, or Squash

Roasted sweet potato cubes, cooked quinoa, hemp seeds, sesame seeds, chia seeds, pine nuts, pumpkin seeds, cooked squash of your choice, kelp noodles, or grain free pasta.

2. Protein

Cooked beans or lentils, cooked tofu, peas, leftover chili, cooked, crumbled, or sliced veggie burgers or cutlets, or if you eat meat, then any meat, or fish will do.

3. Extras

Grated coconut, apple, orange, mango, pomegranate seeds, a sprinkle of grain free granola, olives, sun-dried tomatoes, nutritional yeast, or pickles.

4. Vegetables

(Cooked, raw, or a combo of both): lettuce, kale, spinach, cauliflower, broccoli, tomatoes, cucumbers, mushrooms, carrots, zucchini, peppers, onions, or sprouts.

5. Dressings:

Tahini + apple cider vinegar + maple syrup + paprika

Tahini + lemon + garlic + water

Almond (or peanut)sauce = almond(or peanut) butter, vinegar or lime, maple syrup, soy sauce, water

Salsa, or Hummus

Olive Oil + Lemon Juice, or Balsamic Vinegar

** If you have any dietary restrictions please make your bowl according to your needs.



High Protein Snack Balls

Ingredients

½ cup raw unsalted pumpkin seeds
1 cup puffed quinoa
¼ cup whole almonds
1 heaping teaspoon unsweetened cacao powder
¾ cup Medjool dates
¼ teaspoon turmeric
½ teaspoon ground cinnamon
1 teaspoon vanilla extract
½ teaspoon maple syrup, or honey
1 orange, juiced

Directions

1. Finely grind ¼ cup of the pumpkin seeds and place on a plate.
2. Finely grind the remaining ¼ cup of pumpkin seeds, puffed quinoa, almonds and dates together.
3. Add the turmeric, cinnamon and cacao mix together in the food processor/ blender.
4. Add all of the other remaining ingredients and mix for 2 minutes with half of the orange juice added while stopping to scrape the sides of your machine down.
5. If you need to add more orange juice to the mixture to help bind the ingredients you can, but only if it is absolutely needed.
6. Wet your hands and roll the balls into 24 bite-sized pieces, dropping them into the pumpkin seed dust you have left aside on the plate.
7. These will keep for two weeks sealed tightly in your refrigerator.

Alternative Ingredients:

¾ cup cashews
1 teaspoon sesame seeds
¾ cup dried apricots
1 cup puffed quinoa
1 ½ inch piece of gingerroot
½ teaspoon pumpkin pie spice
2 tablespoons of honey, or maple syrup

Use the same directions as above recipe!

Sourced from *Everyday Super Food* by Jamie Oliver

Cauliflower-Rice

1 head cauliflower, trimmed and cut into florets
2 teaspoons extra-virgin olive oil
1 teaspoon sesame oil*
1/2 cup finely diced yellow onion
1 clove garlic, finely minced
1/2 cup water

1. Place the cauliflower forest in a food processor fitted with a grating attachment and process, until grated into “rice grains”. Alternatively, grate the cauliflower with a cheese grater.
2. Heat the oil in a large skillet or wok over medium-high heat. Add the onion and garlic and sauté for 5 minutes.
3. Add the rice cauliflower and continue cooking for 5 to 7 minutes, until the onions are translucent.
4. Add the water, then cover and steam for 5 minutes, until the cauliflower is cooked and the water has been absorbed.

Chickpea Blueberry Muffins

Prep Time: 10 minutes

Cook Time: 30 minutes

Total Time: 40 minutes

Yield: 8 muffins

Gluten and grain free. Made with real chickpeas and quinoa flour. These muffins are naturally sweet and have a surprisingly light, velvety texture!

Ingredients

- 1/2 cup quinoa flour *
- 1/3 cup cane sugar (sub coconut or brown sugar)
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1/8 tsp salt
- 1/3 cup margarine or butter type spread
- 1 egg or 2 egg whites
- 1 Tbsp vanilla extract
- 1 cup cooked/canned chickpeas
- 1/4 cup almond milk (or milk of choice)
- 1/2 cup frozen blueberries

Instructions

1. Preheat oven to 375F
2. Puree the chickpeas in a food processor until smooth. Add in the rest of the wet ingredients (margarine through to milk) and process again until everything is well combined.
3. Combine all dry ingredients into a bowl and mix to combine.
4. Stir wet mixture into dry.
5. Prepare your frozen blueberries by rinsing them in cool water for 10-20 seconds until water is no longer rinsing with much color. Gently toss the blueberries in a few sprinkles of cornstarch (you will not be able to see it sticking to the berries so just trust that it is there).
6. Gently fold blueberries into mixture. Line a muffin tray with baking liners and pour batter into each cup.
7. Bake at 375F for 5 minutes, and then without opening oven door, turn oven down to 325F. Bake at this temperature for 25 more minutes (totally 30-33 minutes) until a toothpick in the centre comes out clean.

Notes

*Can sub whole wheat, spelt or regular flour. Taste will alter slightly.

<http://mylittletablespoon.com/recipes/chickpea-blueberry-muffins-gluten-grain-free/>

Chickpea Flour Banana Bread {Gluten-Free, Grain-Free}

Recipe by:: Camilla

Recipe type: bread, quick bread

Prep time: 10 mins Cook time: 48 mins Total time: 58 mins

Serves: 1 loaf

Ingredients

- 5 tablespoons unsalted butter or ghee, melted and cooled, plus extra for greasing pan
- 1 1/2 cups (180 grams) chickpea flour (also called [garbanzo bean flour](#))
- 1 tablespoon baking powder
- 2 teaspoon ground cinnamon
- 1/2 teaspoon fine sea salt
- 2 large eggs
- 1-1/2 cups mashed very ripe bananas (about 3 large bananas)
- 1/2 cup packed dark brown sugar OR coconut sugar
- 2 teaspoons vanilla extract

Instructions

1. Preheat the oven to 350°F. Line a 9 by 5-inch loaf pan with parchment paper, leaving a 2-inch overhang on two opposing sides. Grease the paper and exposed sides of the pan with butter.
2. In a large bowl, whisk together the flour, baking powder, cinnamon and salt.
3. In a medium bowl, combine the eggs, bananas, brown sugar, and remaining 5 tablespoons butter until well blended.
4. Add the banana mixture to the flour mixture and stir until just blended. Spread the batter evenly in the prepared pan.
5. Bake for 43 to 48 minutes, until the top is golden brown and a toothpick inserted in the center comes out clean. Let the bread cool in the pan on a wire rack for 10 minutes, then hold onto the foil overhang to transfer it directly to the rack to cool completely. Peel off the paper and serve.

Notes

Tip: You can replace the butter with an equal amount of melted virgin coconut oil or neutral vegetable oil.

Variations:

Chocolate Chip Banana Bread: Add 1/2 cup miniature semisweet chocolate chips along with the banana mixture.

Tropical Banana Bread: Replace the butter with an equal amount of virgin coconut oil, melted. Replace the cinnamon with 2 teaspoons ground ginger and replace the vanilla extract with 2 teaspoons finely grated lime zest.

Banana Muffins: Divide the batter among 18 greased muffin cups (in 2 standard muffin tins). Bake for 10 to 15 minutes.

Storage Tip

Store the cooled bread, wrapped in foil or plastic wrap, in the refrigerator for up to 5 days. Alternatively, wrap it in plastic wrap, then foil, completely enclosing the loaf, and freeze for up to 3 months. Let thaw at room temperature for 4 to 6 hours before serving.

Recipe by power hungry at <http://powerhungry.com/2015/10/chickpea-flour-banana-bread-gluten-free-grain-free/>

#92: Grain-Free Gingerbread Cakes {vegan+glutenfree}

Recipe by:: Camilla

Recipe type: Portable Power Pucks, Dessert, Muffins, Bread

Prep time: 10 mins Cook time: 20 mins Total time: 30 mins

Serves: 9 cakes

Ingredients

- ⅔ cup nondairy milk (I used plain almond milk)
- 1 teaspoon vinegar (neutral one, like white or cider vinegar)
- ¾ cup chickpea flour
- ¼ cup flaxseed meal
- 2 tablespoons coconut sugar (or packed brown sugar)
- 2 teaspoons ground ginger
- 1-1/4 teaspoons ground cinnamon
- ½ teaspoon ground cloves
- ¼ teaspoon ground nutmeg
- ½ teaspoon baking soda
- ¼ teaspoon fine sea salt
- 3 tablespoons dark molasses (not blackstrap)
- 1 tablespoon melted virgin coconut oil (or oil of choice)

Instructions

1. Preheat oven to 350F. Generously grease or spray 9 cups of a standard muffin tin.
2. In a small bowl or cup, stir together milk and vinegar. Let stand for 5 minutes.
3. Meanwhile, in a medium bowl, whisk together the chickpea flour, flaxseed meal, coconut sugar, ginger, cinnamon, cloves, nutmeg, baking soda and salt.
4. Add the milk mixture, molasses, and coconut oil; whisk until blended. Divide batter evenly among prepared cups (just under ¼ cup for each muffin cup).
5. Bake in the preheated oven for 15 to 16 minutes until puffed and a toothpick inserted in the center comes out clean. Cool completely in tin set on a cooling rack. Run knife around edge of each cup and remove from tin.

Notes

Storage: Store in an airtight container at room temperature for 2 days, in the refrigerator for 1 week or freezer for 3 months.

Nutrition Information

Serving size: 1 cake Calories: 91 Fat: 3.1 g Saturated fat: 1.5 g Carbohydrates: 13.1 g Sugar: 6 g Sodium: 148 mg Fiber: 2.8 g Protein: 2.8 g Cholesterol: 0 mg

Recipe by power hungry at <http://powerhungry.com/2016/11/grainfree-gingerbread-cakes-vegan-glutenfree/>

Lemon Poppyseed Muffins {vegan+grainfree+glutenfree}

Recipe by:: Camilla

Recipe type: portable power pucks, muffins, breakfast

Prep time: 10 mins Cook time: 23 mins Total time: 33 mins

Serves: 8 muffins

Ingredients

- ⅔ cup nondairy milk (I used almond milk)
- 1 tablespoon freshly squeezed lemon juice
- 1 cup chickpea flour
- ¼ cup natural cane sugar
- ¼ cup coconut flour
- ½ teaspoon baking soda
- ¼ teaspoon fine sea salt
- 3 tablespoons virgin coconut oil, melted
- 2 teaspoons poppy seeds
- 2 teaspoons finely grated lemon zest
- Optional toppings: lemon nondairy yogurt, additional lemon zest and poppy seeds

Instructions

1. Preheat oven to 375F. Line 8 cups of a standard muffin tin with foil or paper liners.
2. In a small cup or bowl, combine the milk and lemon juice. Set aside for 5 minutes.
3. In a medium bowl, whisk together the chickpea flour, sugar, coconut flour, baking soda, and salt. Add the milk mixture, oil, poppy seeds, and lemon zest; stir until blended and smooth. Divide batter evenly between prepared cups.
4. Bake in the preheated oven for 19 to 23 minutes until browned and a toothpick inserted in center of muffins comes out clean. Cool 5 minutes in tin and then transfer muffins to a cooling rack to cool completely.
5. If desired, add the yogurt, zest and poppy seed toppings just before serving.

Notes

Storage: Store the muffins in an airtight container at (cool) room temperature for 1 day, in the refrigerator for 5 days or the freezer for 3 months.

Nutrition Information

Calories: 139 Fat: 6.5 g Saturated fat: 4.6 g Carbohydrates: 16.7 g Sugar: 7.5 g Sodium: 158 mg Fiber: 3.2 g Protein: 4.3 g Cholesterol: 0 mg

Recipe by power hungry at <http://powerhungry.com/2016/07/5641/>

Chickpea Flour Quiches {vegan, grain-free, gluten-free}

Recipe by:: Camilla

Recipe type: dinner, snack, lunch, breakfast

Prep time: 5 mins Cook time: 27 mins Total time: 32 mins

Serves: 12

Ingredients

- Essential Batter:
 - 3 tablespoons olive oil
 - 2-1/2 cups (300 grams) chickpea flour
 - 3 cups water
 - 2 teaspoons fine sea salt (use 1-1/4 tsp if using table salt)
 - 1/2 teaspoon freshly ground black pepper (or hot sauce of choice)
- Filling:
 - 1 to 1-1/2 cups chopped lightly cooked vegetables OR finely chopped /shredded raw vegetables
 - 1 to 2 cloves garlic, minced (optional, but really good)
 - Herbs (fresh or dried) and spices of choice

Instructions

1. Preheat the oven to 500°F. Grease the cups of a 12-count standard muffin tin with oil.
2. In a large bowl, whisk the flour, water, 3 tablespoons oil, salt and pepper until blended and smooth. Stir in the vegetables (I used 3/4 cup chopped roasted peppers and 3/4 cup steamed kale in the photos) and garlic.
3. Divide the batter evenly among the prepared cups.
4. Bake for 12 minutes.
5. Crack open the oven door to release steam. Close the door and bake for 10 to 15 minutes longer, until golden brown.
6. Transfer the pan to a wire rack and cool for 15 minutes. Carefully remove the quiches from the pan. Serve warm or let them cool completely before serving.

Notes

*The nutrition calculations were completed using the essential batter, not any additional vegetables.

*Store the quiche in an airtight container in the refrigerator for up to 1 week or in the freezer for up to 3 months.

***Full-Size Quiche:** Pour the batter into a greased 9-inch pie plate. Bake for 30 to 35 minutes.

Nutrition Information

Serving size: 1 quiche Calories: 182 Fat: 6 g Saturated fat: 0.8 g Carbohydrates: 25.3 Sugar: 4.5 g Sodium: 322 mg Fiber: 7.2 g Protein: 8 g Cholesterol: 0

Recipe by power hungry at <http://powerhungry.com/2015/01/chickpea-flour-quiches-vegan-grain-free-gluten-free/>



Italian Chickpea Bread



Prep
15 m

Cook
15 m

Ready In
2 h 30 m

allrecipes

Recipe By: sueb

"A bread like polenta, but without the corn! This is gluten-free bread with herb flavors based on my take of Liguria, Italy recipes."

Ingredients

1 cup chickpea flour
1 cup water
cooking spray
2 tablespoons oil

1 1/2 teaspoons Italian seasoning
1 1/2 teaspoons chopped dried rosemary
ground black pepper to taste
1 pinch salt to taste (optional)

Directions

- 1 Whisk chickpea flour and water together in a bowl until smooth; let sit at room temperature, 2 to 6 hours.
- 2 Preheat oven to 450 degrees F (230 degrees C). Spray the inside of an 8-inch metal pie pan.
- 3 Skim foam from the top of chickpea-water mixture. Add oil, Italian seasoning, and rosemary and stir until combined. Pour mixture into the prepared pan; sprinkle black pepper and salt over the top.
- 4 Bake in the preheated oven until edges begin to brown, about 15 minutes. Remove bread from pan and cut into wedges.

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Vegetable pakoras

Ingredients

250g/1½lb gram flour (chickpea flour)
50g/2oz self-raising flour
½ tsp red chilli powder
1 tsp garam masala
1 tsp tandoori masala powder (optional), available from specialist Asian supermarkets
1 tbsp lemon juice
300g/10½oz potatoes, peeled and cut into small pieces
300g/10½oz onions, finely chopped
3 spring onions, trimmed, finely chopped
6-8 spinach leaves, finely chopped
handful fresh coriander leaves
1 tsp chopped green chilli
1 tsp salt
sunflower oil, for deep frying

Method

1. Sift the gram flour and the self-raising flour into a bowl. Add the chilli powder, garam masala and tandoori masala powder, if using, and stir well to combine.
2. Add the lemon juice, then gradually add enough water to form a smooth batter that is thick enough to coat the back of a spoon. Set aside for 10-15 minutes.
3. Add all of the remaining ingredients except the sunflower oil to the batter mixture and mix well to coat the potatoes and onions.
4. Heat the oil in a deep heavy-based frying pan until a breadcrumb sizzles and turns brown when dropped into it. (CAUTION: hot oil can be dangerous. Do not leave unattended.)
5. When the oil is hot, carefully lower tablespoons of the batter mixture in batches into the oil and fry for 5-6 minutes, or until the pakoras are crisp and golden-brown and the vegetables have cooked through. Serve immediately.



Preparation time

less than 30 mins

Cooking time

10 to 30 mins

Serves

Serves 3-4

Dietary

Vegetarian

Classic Indian finger food that no one can resist, these easy vegetable pakoras are so simple to make.

By Tasnim Hussain

From Indian Food Made Easy

Socca pancakes with roasted peppers and avocado

Ingredients

75g/2½oz gram flour (chickpea flour)
¼ tsp gluten-free baking powder
¼ tsp smoked paprika
¼ tsp dried thyme
¼ tsp sea salt
2 tsp olive oil
1 small red onion, finely diced
6 sundried tomatoes, finely diced
1 ripe avocado, sliced
460g/1lb jar roasted red peppers, drained and sliced
1 small bunch fresh coriander, finely chopped
freshly ground black pepper

Method

1. Whisk together all of the dry ingredients with 185ml/6¼fl oz water in a bowl.
2. Heat the oil in a 20-25cm/8-10in non-stick frying pan over a medium heat. Add the onions and cook over a low heat for 4-5 minutes, or until soft. Add the sundried tomatoes and fry for 2 minutes.
3. Turn the heat up a little and use a ladle to pour the socca batter into the pan. Cook for 6 minutes on each side, or until golden and slightly crisp. You should be able to lift the edges of the pancake away from the pan and easily lift and flip the pancake without it breaking.
4. Transfer the pancake to a plate and scatter with the avocado, roasted peppers and coriander. Season with pepper and serve immediately.

Recipe Tips

You can either make one large pancake or divide the mixture into two (including the diced onion and sundried tomatoes) and cook two slightly smaller and thinner pancakes.



Preparation time

less than 30 mins

Cooking time

10 to 30 mins

Serves

Makes 1-2 pancakes

Dietary

Vegetarian

Socca is a Mediterranean pancake traditionally made with gram flour, water and olive oil. Gram flour is packed full of good protein and contains a high level of folate which provides vitamin B6, iron, magnesium and potassium.

Read our [guide to supercharging your pancakes](#).

By Pippa Kendrick

Peanut Butter Chocolate Chip Muffins

Wet Ingredients

¼ cup coconut oil
½ cup natural peanut butter
2 eggs
¼ cup coconut sugar or Stevia
1 ½ cups almond milk

Dry Ingredients

1 cup almond flour
¾ cup ground flax
¼ cup psyllium
2 tbsp coconut flour
1 tbsp baking powder
1 tsp salt
½ cup chocolate chips

Preheat oven to 325F

In a large bowl whisk eggs and sugar until slightly frothy. Whisk coconut oil and peanut butter into egg mixture until well mixed. Add almond milk and continue whisking until blended.

In a medium bowl stir in all dry ingredients. Add dry ingredients to wet and stir batter until its moist and smooth. Spoon batter into prepared muffin pan and bake in preheated oven for 30-35 minutes. Remove muffins from oven and cool 10-15 minutes. Makes 12 muffins.

Double Chocolate Banana Muffins

Wet Ingredients

½ cup olive oil
2 eggs
¼ cup coconut sugar or Stevia
1 medium mashed banana
1 ½ cups almond milk

Dry Ingredients

1 cup almond flour
½ cup ground flax
1/3 cup psyllium
¼ cup coconut flour
¼ cup cocoa
2 ½ tsp baking powder
½ tsp baking soda
½ cup chocolate chips

Preheat oven to 325F.

In a large bowl whisk oil, eggs and sugar. Add mashed banana and almond milk, and whisk until well mixed.

In a medium bowl stir all dry ingredients together. Add dry ingredients to wet and stir batter until it is moist and smooth.

Spoon batter into prepared muffin pan and bake in preheated oven for 35-40 minutes. Remove muffins from oven and let cool for 10-15 minutes.

Makes 12 muffins.

Mocha Nut Muffins

Wet Ingredients

1/3 cup coconut oil
2 large eggs
½ cup coconut, stevia or xylitol
1 ½ cups almond milk
1 tsp vanilla

Dry Ingredients

1 cup almond flour
½ cup coconut flour
¼ cup ground flax
¼ cup psyllium
2 tsp baking powder
½ tsp baking soda
1 tsp cinnamon
2 tbsp instant coffee
½ cup fine chopped nuts of your choice
½ cup semi-sweet chocolate chip

Preheat oven to 325F.

In a large bowl whisk coconut oil, eggs and sugar. Add almond milk and vanilla; continue whisking until mixed.

In medium bowl stir dry ingredients together. Add dry ingredients to wet and stir until moist and smooth.

Spoon batter into muffin pan. Bake for 30-35 minutes. Remove from oven and let cool 10-15 minutes. Makes 12 muffins.

Apple Cranberry Spice Muffins

Wet Ingredients

½ cup olive oil
¼ cup coconut sugar or stevia
2 large eggs
1 ½ cups almond milk

Dry Ingredients

1 cup almond flour
¼ cup coconut flour
½ cup ground flax
1/3 cup psyllium
1 tbsp baking powder
2 tsp cinnamon
½ tsp each nutmeg and ginger
¾ cup heading chopped apples
2/3 cup dried cranberries

Topping

2 tsp coconut sugar or stevia
1 tsp cinnamon

Preheat oven to 325F.

In a medium bowl stir dry ingredients together except apples and cranberries. Stir in apples and cranberries until coated. Add dry ingredients to wet and stir until moist and smooth.

Spoon batter into muffin pan. Mix topping in small bowl and sprinkle over top of each muffin. Bake for 30-35 minutes. Remove from oven and let cool for 10-15 minutes. Makes 12 muffins.

Blueberry Muffins

Wet Ingredients

¼ cup olive oil
2 large eggs
1 ¼ cup coconut sugar or stevia
¼ cup honey
1 ½ cups almond milk
1 tsp vanilla

Dry Ingredients

1 cup almond flour
½ cup coconut flour
¼ cup ground flax
¼ cup psyllium
2 tsp baking powder
1 ½ tsp cinnamon
1 cup frozen or fresh blueberries

Preheat oven to 325F.

In a large bowl whisk together oil, eggs, sugar and honey. Add almond milk and vanilla; continue whisking until mixed.

In a medium bowl stir dry ingredients together. Add dry ingredients to wet and stir until moist and smooth. Fold in blueberries.

Spoon batter into muffin pan. Bake in oven for 30-35 minutes.

Remove from oven and cool for 10-15 minutes. Makes 12 muffins.

Cocoa Chip Muffins

Wet Ingredients

½ cup coconut oil
2 large eggs
½ cup coconut sugar or stevia
1 ½ cups almond flour
1 tsp vanilla

Dry Ingredients

¾ cup almond flour
⅓ cup coconut flour
¼ cup ground flax
¼ cup psyllium
⅓ cup unsweetened cocoa
1 tbsp baking powder
½ cup semi-sweet chocolate chips

Preheat oven to 325F.

In a large bowl whisk coconut oil, eggs, and sugar. Add almond milk and vanilla and whisk until mixed.

In a medium bowl stir dry ingredients together. Add dry ingredients to wet and mix until batter is moist and smooth.

Spoon batter into muffin pan. Bake in preheated oven for 30-35 minutes. Remove from oven and let cool for 10-15 minutes.

Makes 12 muffins.

No Bran Bran Muffins

Wet Ingredients

½ cup olive oil
2 large eggs
¼ cup coconut sugar or stevia
2 tbsp molasses
1 ¾ cups almond milk

Dry Ingredients

¾ cup almond flour
1/3 cup coconut flour
1/3 cup ground flax
½ cup psyllium
2 tsp baking powder
½ tsp baking soda
½ dried fruit
½ cup semi-sweet chocolate chips

Preheat oven to 325F.

In a large bowl whisk together oil, eggs, sugar and molasses. Add almond milk and whisk again.

In a medium bowl stir in dry ingredients together. Add dry ingredients to wet and stir just until moist and smooth.

Spoon batter into muffin pan. Bake for 30-35 minutes. Remove from oven and let cool for 10-15 minutes. Makes 12 muffins.

Peanut Butter Cookies

Wet Ingredients

3/4 cup coconut oil
1 ½ cups natural peanut butter
2/3 cup coconut sugar or stevia
2 tbsp honey
2 large eggs
1 tsp vanilla

Dry Ingredients

1 cup almond flour
¼ cup ground flax
¼ cup coconut flour
2 tbsp psyllium
1 tsp baking powder
1 tsp baking soda
½ cup semi-sweet chocolate chips

Preheat oven to 350F.

In a large bowl cream coconut oil, peanut butter, and honey together. Add eggs and beat until light and fluffy. Stir in vanilla.

In medium bowl stir all dry ingredients together except for chocolate chips. Stir dry ingredients into wet and mix until smooth. Add chocolate chips and stir until mixed.

Using a small icecream scoop or two tablespoons scoop batter onto cookie sheets. With a damp fork press cookies down lightly. Bake in oven 14-15 minutes until cookies are golden brown. Remove from oven and let cool.

Double Chocolate Cookies

Wet Ingredients

3/4 cup coconut oil
¾ cup coconut sugar or stevia
2 large eggs
1 tbsp almond milk

Dry Ingredients

1 cup almond flour
¼ cup coconut flour
¼ cup ground flax
2 tbsp psyllium
2/3 cup unsweetened cocoa powder
1 tsp baking soda
½ cup semi-sweet chocolate chips

Preheat oven to 350F.

In large bowl mix together coconut oil and sugar. Add eggs and almond milk and mix well.

In medium bowl stir together all dry ingredients except chocolate chips.

Add dry ingredients to wet and stir until smooth. Add chocolate chips.

Scoop out batter onto cookie sheet. Bake in oven for 12-14 minutes.

Oatmeal Banana Pancakes

2 cups gluten free oats
1 ¼ cups almond milk
1 large ripe banana
½ teaspoon cinnamon
1 heaping tbsp honey
1 teaspoon vanilla extract
1 ½ teaspoon baking powder
1 large egg
Add in fruit or chocolate chips etc.

1. Place all ingredients, except egg into blender and blend until smooth. Add egg and pulse a few times.
2. Heat frying pan over medium heat and melt coconut oil or use cooking spray. Use approximately ¼ cup for each pancake and pour onto pan. Cook about 2-3 minutes each side.
3. If batter becomes too thick to pour easily, add a tablespoon or two of almond milk to thin.

Rice Flour Banana Pancakes

1 cup rice flour
1 tsp baking powder
¼ tsp cinnamon
1 medium ripe banana
1 cup almond or coconut milk
¼ cup unsweetened applesauce
1 tsp vanilla extract

Instructions

1. Mix together rice flour, baking powder and cinnamon
2. In another bowl mash the banana using a fork. Add the almond milk, applesauce and vanilla.
3. Combine the wet with the dry ingredients
4. Drop about 2 tablespoon so batter onto the pan. Cook about 2-3 minutes per side.

Simple 4 Ingredient Banana Pancakes

Ingredients

1 medium ripe banana
2 large eggs
1/8 tsp baking powder
¼ tsp vanilla

Optional Extras:

1 tbsp cocoa powder
1 tablespoon honey
½ cup chocolate chips
½ cup granola
1 cup fresh fruit

No Bake Coconut Chocolate Macaroons

Ingredients

¾ cup honey
1/3 cup coconut oil
1 tbsp vanilla extract
3.5 cups unsweetened coconut flakes
2/3 cup cocoa
½ cup cocoa
½ cup ground almonds

Instructions

Melt honey on low heat on stovetop
Add coconut oil, melt all together
Add flaked coconut and stir
Add vanilla extract
Pour in ground almonds
Add in cocoa, then stir

Drop in by the spoonful onto a cookie sheet.
Place them in your freezer for at least 20 minutes
Store in an air-tight container in the fridge.

Peanut Butter Energy Bars

Wet Ingredients

½ cup natural peanut butter
1.4 cup coconut sugar or stevia
¼ cup honey
2 tbsp olive oil
2 large eggs
1 tsp vanilla
½ cup almond milk

Dry Ingredients

¾ cup almond flour
¼ cup coconut flour
¼ cup ground flax
2 tbsp psyllium
½ tsp each baking powder and baking soda
½ cup semi-sweet chocolate chips
¼ cup sunflower seeds and pumpkin seeds
2 tbsp sesame seeds (can choose any small chopped fine nuts)
½ cup dried cranberries

Preheat oven to 325F. Grease 9X9 inch baking pan.

Mix together peanut butter, sugar, honey and oil until blended. Add eggs and continue beating. Add vanilla and almond milk and stir.

Mix all dry ingredients together. Add dry ingredients to wet and stir until moist and smooth. Pour batter into prepared pan. Bake for 30-35 minutes.

Vegan Coconut Flour Chocolate Muffins

½ cup coconut flour
½ cup coconut sugar or stevia
2 tsp baking powder
1/3 cup cocoa unsweetened
¼ cup almond butter
2 tbsp coconut oil (melted and cooled)
1 tbsp vanilla extract
1 cup almond or coconut milk
1 banana mashed (substitute for egg)
1/3 cup semisweet chocolate chips

Preheat oven to 350F.

Combine coconut flour, cocoa powder and baking powder

In another mixing bowl combine, almond butter, coconut sugar, coconut oil and vanilla extract. Beat until mixture is smooth.

Add the banana

Pour in almond milk

Stir in the dry ingredients into the wet ingredients.

Fold in the chocolate chips

Divide the batter into a muffin pan. Bake for 18-22 minutes.

Simple Peanut Butter Cookies

1 cup natural peanut butter
½ cup stevia or coconut sugar
1 egg (Sub 1 Flax egg if Vegan)

Heat Oven to 325. Mix all ingredients until blended well. Roll into balls and flatten with fork. Bake for 20 minutes or until lightly browned. Cool 5 minutes on Rack.