



SOUPS AND STEWS

Vegetarian:

Black Bean Soup ❄️🌿 GF flavorful, contest-winning recipe with bell peppers, tomatoes, cumin, cilantro. -8 servings, -12 servings

Butternut Apple (or Pear) Soup ❄️🌿 GF creamy and slightly sweet with pears or Coconut Curry version. -6 servings, 9 servings

Chilled Pea and Parsley Soup 🌿 GF bright green, lemony puree. -6 servings

Creamy Cauliflower Soup ❄️🌿 GF with Yukon potatoes. -8 servings

Everything Soup 🌿 GF lots of different veggies, and a little bit of lentils and rice. -6 servings, -10 servings

Fennel, Tomato, and White Bean Stew 🌿 GF with leeks, Yukon, and splash of white wine. -6 servings, 9 servings

French Lentil Vegetable Soup ❄️🌿 GF leeks, tomato, carrots, celery. -8 servings

Hearty Bean Stew ❄️🌿 GF three bean with or without organic turkey, cabbage, carrots. -8 servings

Kale, White Bean, and Sweet Potato Stew ❄️🌿 GF with rosemary and roasted garlic. -6 servings, -9 servings

Melting Pot Stew ❄️🌿 GF a pinto, carrot, parsley and sauerkraut simmer. -8 servings, -12 servings

Quinoa Vegetable Soup 🌿❄️ GF with chickpeas and medley of zucchini, peppers, carrot, tomato, sweet potato and kale.

Red Lentil-Lemon Soup ❄️🌿 GF simple, tangy, delicious. -4 servings, -8 servings

Ribollita Stew ❄️🌿 GF thick Tuscan stew with cannellini beans, carrots, cabbage, tomatoes, kale. -6 servings, -9 servings

Roasted Carrot and Tomato Soup 🌿 GF creamy puree with basil. - 6 servings

Three Bean Chili ❄️🌿 GF made to your heat preference, with pinto, kidney beans, lentil -6 servings

Tasty Tomato Soup 🌿 GF traditional, flavorful tomato soup. Can be made with or without dairy - 6 servings

Tom Ka Gai (Coconut Soup) 🌿❄️ GF Coconut milk broth scented with lime and cilantro; carrot, zucchini. -6 servings -12 servings

Veggie Squash Bisque ❄️🌿 GF organic broccoli, kale, and shitakes in creamy butternut base. Made with organic dairy or coconut milk -6 servings, -9 servings

Meat/Seafood:

Beef Stew ❄️ GF grass-fed traditional recipe with carrots, tomato, potato, peas. -6 servings, -12 servings

Cajun Seafood Stew ❄️ GF with clams, fish, shrimp; red potato, bell peppers, tomato base.
-4 servings, -6 servings

Creamy Sausage & Kale Soup ❄️ GF coconut milk broth with carrot, celery, kale -6 servings

Curried Lentil, Tomato, and Lamb Stew ❄️ GF red lentils, carrots, peas, broccoli yum. -6 servings

Hearty Bean Stew ❄️ 🌱 GF three bean with or without organic turkey, cabbage, carrots. -6 servings

Homemade Chicken Stew ❄️ GF organic chicken, cabbage, carrots, with or without rice or potato.
-10 servings

Indian Beef Stew ❄️ GF grass-fed beef, curried with red potatoes, peas, cilantro. -6 servings

Indian Chicken Stew ❄️ GF curried with cauliflower, butternut squash or carrot, tomato, cilantro. Served
over rice
-6 servings

Rose's Fat Flush Soup ❄️ GF organic ground turkey, tomato, spinach, green bean, bell pepper, zucchini.
-8 servings

Three Bean Chili ❄️ 🌱 GF made to your heat preference, with pinto, kidney beans, lentil
and your choices of organic turkey or grass-fed beef -6 servings, -8servings

Tom Ka Gai (Coconut Chicken Soup) ❄️ GF Coconut milk broth scented with lime and cilantro; carrot,
zucchini.
-6 servings -12 servings

Zingy Chicken Soup ❄️ GF brothy soup made with tomatoes, cumin, zucchini, basil, garlic-6 servings

KEY:

❄️ Freezes well

🌱 Vegetarian/Vegan

GF Gluten-Free/Gluten-Free option available

VEGETARIAN MAIN DISHES 🌱

Baked Falafel Balls 🌱❄️ little whole-wheat garbanzo croquettes served with homemade *Lemon Tahini*
Sauce. (sauce does not freeze). -6 servings

Black Bean or Pinto Enchiladas 🌱❄️ GF made with homemade enchilada sauce, cheese, and served with
fresh *Guacamole* (optional) -6 servings

Broccoli Almond Stir fry ❄️ 🌱 GF with Tempeh colorful with lots of veggies, toasted sesame oil. Served
with or without rice. -6 servings

Broccoli & Wild Rice Cakes 🌱 GF made with brown and wild rice, chickpea flour, sesame seeds -6 cakes

Chickpea Patties 🌱❄️ GF with chickpea, bread crumbs, cilantro, lime, cumin, coriander. Served with
organic yogurt. (burgers are vegan) – 4 patties, -8 patties

Chickpea and Roasted Pepper Salad 🌿 GF with mint, capers, garlic. -3 servings, -6 servings

Classic Veggie Lasagna 🌿❄️ GF traditional with saucy tomato sauce, vegetarian mushroom and zucchini, spinach-ricotta, mozzarella -6 to 8 servings

Curry Chickpea Potpie- 🌿 GF Indian pie with a millet top crust and Raita (cucumber yogurt sauce).
-4 servings, -8 servings

Lima Bean and Potato Salad 🌿 GF with *Black Olive Dressing*. -3 servings, -6 servings

Living Pasta Marinara 🌿 GF spiralized zucchini 'pasta' with *Exquisite Raw Marinara Sauce* (Option with: *Lentil Balls*) -4 servings

Mujadarrah 🌿 GF Classic Lebanese dish with organic lentils, rice, and caramelized onions -4 servings, -6 servings

Mushroom-Cannellini Ragout ❄️🌿 GF carrots, cannellini beans, Yukon potatoes, rosemary. -6 servings

Red Lentil Curry ❄️🌿 GF creamy coconut Indian dish with zucchini, cilantro, peas.
-6 servings

Red Lentil Loaf 🌿 organic veggies, oats and walnuts -6 servings (1 loaf)

Roasted Corn and Black Bean Salsa 🌿 GF red bell peppers, lime, red onion, served with organic corn chips.
-6 to 8 servings

Savory Pinto and Onions ❄️🌿 GF saucy, flavorful combo is great over rice -5 servings, -10 servings

Hummus A' L' Orange 🌿 GF chickpea, miso, orange juice, lemon, spices, dates, pistachio blend

Stuffed Acorn Squash 🌿 GF stuffed with rice, walnuts, sautéed veggies and herbs -4 servings, -6 servings

Tempeh-Shitake Mushroom Sauce ❄️🌿 GF in a garlic-miso sauce. Served over rice -4 servings, -8 servings

Tempeh Veggie Pot 🌿 GF yellow squash, carrots, onions with toasted sesame, ginger, and tamari seasonings.-6 servings

Tomato Pie 🌿 GF (seasonal) this vegan pie is rich with cashew cream, almond flour crust and lots of basil.
-6 servings

Tridoshic Dahl 🌿 GF mung beans, yellow squash, carrots, spices. For all doshas -6 servings

Tuscan Bean Salad 🌿 GF cannellini beans, red onion, red radish, parley, rosemary, garlic
-4 servings, 6 servings

White Bean-Roasted Tomato Galettes 🌿❄️ lemony white bean hummus nestled in sprouted wheat galette-style crust – 4 Galettes, 4-8 servings

Yucatan Burgers ❄️🌿 GF flavors of Mexico with red beans, butternut squash, cilantro, spices
-6 burgers/servings

Zucchini Lasagna with Cashew Cheese- ❄️🌿 GF vegan lasagna with rich cashew cream, zucchini noodles, homemade marinara sauce, shitake, artichoke hearts. So good! -6 servings

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POULTRY/MEAT MAIN DISHES ORGANIC, PASTURE, GRASS-FED MEATS

Apricot Basil Breakfast Meatballs ❄️ GF turkey or beef meatballs with dried apricots, spinach, basil and/or ginger. -30 balls/10 servings

Broccoli Almond Stir fry ❄️ GF with chicken or beef, colorful with lots of veggies, toasted sesame oil. Served with or without rice. -6 servings

Baked Chicken and Artichokes ❄️ GF red onion, red bell pepper, black olives, cilantro, tomato sauce. -6 servings

Chicken or Beef Enchiladas ❄️ GF made with homemade enchilada sauce, cheese, and served with fresh Jalapeno Guacamole (optional). Add pinto or black beans? -6 servings

Chicken Fried Rice GF with carrots, celery, peas, and eggs. -4 servings, 6 servings

Chicken and Cabbage Supreme ❄️ GF a low carb dish with red bell peppers in a saucy tomato, garlic sauce. -6 servings

Chicken Jambalaya with Rice GF creole seasoning with shrimp and bell peppers – 6 servings

Chicken Piccata GF Traditional Italian dish with capers, lemon, parsley, organic butter. (Dairy-free Paleo version available) -6 servings

Chicken Pot Pie ❄️ traditional with homemade whole-wheat crust organic veggies, milk, chicken -1 pie/6 servings

Chinese Meatballs with Snow Peas GF made with organic turkey, rice, in ginger spiced broth and snow peas. -3 servings, -6 servings

Chipotle Cheddar Corn Chicken Enchiladas ❄️ GF chipotle chicken breasts, roasted poblano pepper and corn, salsa verde, cilantro, , corn tortilla, cheddar. Served with sour cream and limes – 6 servings

Classic Lasagna 🌱❄️ GF traditional with saucy tomato sauce, grass fed beef or Italian sausage (hot or mild), spinach-ricotta, mozzarella, parmesan...you know, the good stuff. -8-10 servings

Country Casserole- ❄️ GF one dish meal with ground turkey, cabbage, dill and new potatoes (potatoes can be omitted) -6 servings, -9 servings

Curried Beef and Rice ❄️ GF carrots, zucchini, peas, onion in a curry sauce -6 servings

Curried Red Lentil Coconut Dahl ❄️ GF creamy Indian dish with chicken, served over rice -8 servings

Fat Flush 'Spaghetti' with Meat Sauce – GF low carb version tomato/beef sauce with shitake mushrooms served over spaghetti squash -6 servings

Faux Chicken or Shrimp 'Fried Rice' GF low carb with cauliflower 'rice', carrots, peas, celery, eggs. -6 servings

Garlic-Lemon Chicken ❄️ GF Choose boneless breast, thigh, or whole organic chicken baked to perfection with garlic-lemon-herb rub.

German Wrap ❄️ GF organic red potatoes and turkey kielbasa with tangy mustard dressing . Served with whole-wheat tortillas for wrapping. -4 wraps -8 wraps

Glazed Homemade Meatloaf ❄️ GF flavorful turkey loaf, a little oatmeal (or rice), with organic tomato glaze topping.
-1 loaf/8 servings

Herb Marinated Chicken Breasts ❄️ GF marinated in lemon, olive oil, garlic and herbs. Roasted golden.
-6 servings, 10 servings

Lamb and Lentil Casserole ❄️ GF nourishing with parsnip, turnip, shitake, tomato, sweet potato.
-6 servings, -9 servings

Lime-Cilantro Chicken Breasts ❄️ GF marinated in olive oil, garlic, lime, cilantro. Roasted golden.
-6 servings -10 servings

Liver Pate' ❄️ GF nourishing organic chicken liver recipe, a splash of sherry -8 servings

Meatballs in Mushroom Cream Sauce ❄️ GF beef, broccoli and almond meal meatballs in a mushroom sherry-cream sauce with leeks and shallots. Made with coconut milk or dairy. Serve over rice -6 servings

Moroccan Chicken ❄️ GF chickpeas too, carrots, tomato, zucchini, spices. Served with rice.
-6 servings, -9 servings

My Favorite Curry Sauce ❄️ GF with chicken, tomato, cauliflower, peas, coconut milk, spices. -6 servings

Orange Chicken ❄️ GF healthy version, sweetened with orange juice and honey. Choose broccoli or green bean to serve.

Penne with Beef and Arugula GF pasta, beef, and greens in a flavorful Dijon balsamic dressing

Pork and Vegetable Stew ❄️ GF hearty with greens beans, carrots, shitake, rosemary (sweet potato optional) -6 servings

Rotini with Chicken and Roasted Garlic GF pasta with capers, marsala, olive oil, and lemon zest

Shepard's Pie ❄️ GF choose ground turkey or beef, potato or cauliflower crust. Full of green beans, shitake mushrooms (tomato optional). -6 servings, -9 servings

Southwest Ranch Casserole ❄️ GF corn tortillas, veggies, chicken, cheese – 8 servings

Southwest Rubbed Flank Steak GF Spicy and broiled to perfection; this great with for homemade fajitas
Grilled Pineapple and Avocado Salsa or Best Damn Salsa and Guacamole. -5 servings, -10 servings

Turkey Veggie Loaf ❄️ GF moist, flavorful and full cauliflower, zucchini, carrot, peas, parsley. With a uncured, unsweetened and organic bacon topping. -8 servings

Quiches:

Asparagus-Shrimp Quiche ❄️ made with organic half and half.– 6 slices/servings

Broccoli-Shitake Quiche ❄️ made with organic half and half. With Gruyere. – 6 slices/servings

Crust-less Quiche GF low-carb egg pie with shitake, red onion, red bell pepper, spinach, tomatoes.

Option: Add ham or cheese -6 servings

Smoked Salmon- Asparagus Quiche ❄️ with goat cheese (or Gruyere cheese) capers, scallions, lemon zest in a sprouted whole wheat.

– 6 slices/servings

Spinach-Wild Mushroom Quiche ❄️ made with organic half and half and Gruyere.

– 6 slices/servings

Vegetable Quiche ❄️ Your preference broccoli, red bell pepper, shitake, red onion, spinach or swiss chard.

Gruyere or goat cheese – 6 slices/servings

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SEAFOOD MAIN DISHES FRESH, WILD, LOCAL WHENEVER POSSIBLE

Broccoli Almond Stir fry ❄️ GF with shrimp, colorful with lots of veggies toasted sesame oil. Served with or without rice -6 servings

Cajun Seafood Stew GF with clams, fish, shrimp; red potato, bell peppers, tomato base (can be tomato-free) -4 servings, -6 servings

Codfish Cakes ❄️ GF served with homemade *Horseradish Tarter Sauce* -6 cakes

Crab Cakes with *Red Pepper Sauce*. -4 cakes, 8 cakes

Fresh Flounder Salad GF celery, scallion, dill, red leaf lettuce, with the healthiest grape seed oil mayo -4 servings -8 servings

Halibut in Thai Curry Sauce GF delicious with shitake, zucchini, red bell peppers. Served over *Fresh Polenta* -4 servings, -6 servings

Horseradish Crusted Salmon millet bread crumbs and dill . -4 servings, -6 servings, -8 servings

Orange-Rosemary Glazed Salmon- 🌿 GF perfectly pan seared with a bright, zesty orange pan sauce.

Pacific Rim Salmon ❄️ GF marinated in a ginger garlic soy dressing -4 servings, -8 servings

Rotini with Salmon and Roasted Garlic GF pasta with capers, marsala, olive oil, and lemon zest

Salmon Cakes ❄️ GF healthy, yummy. – 4 cakes, 8 cakes

Salmon with Savory Cabbage ❄️ GF with sweet (carrots), savory cabbage sauce -6 servings

Shrimp Fried Rice GF with carrots, celery, scallion, ginger, and eggs -4 servings, -6 servings

SIDE DISHES

Vegetable:

Braised Leeks, Squash, Root Veggies 🌿 GF leeks, carrots, butternut squash, red potatoes, beets if you want -4 servings, -6 servings

Broccoli and Walnuts 🌿 GF seasoned with ginger, garlic, soy sauce. -4 servings, -6 servings

Can't Beat these Beets 🌿 GF sweet side with garlic, olive oil, onions and beet greens. -6 servings

Cauliflower Mash- 🌿 GF delicious low carb side dish with chives and butter (or vegan butter) -4-6 servings

Collard 'Rosettes' 🌿 GF with ginger dressing and toasted sunflower seeds -6 servings, -9 servings

Kale Sauté' 🌿 GF with ginger dressing, toasted sunflower seeds. - 3 servings, 6 servings

Lemony Cauliflower 🌿 GF with lemon juice, olive oil, parsley -4 servings, -6 servings

Roasted Curry Okra 🌿 GF (Seasonal) or available with sea salt and black pepper -4 servings, -6 servings

Roasted Mixed Veggies 🌿 GF butternut squash, carrots, Brussel sprouts, turnips, red onion, rosemary. -6 servings

Root Veggie Puree 🌿 GF Leeks, carrots, parsnip, and butternut or sweet potato puree -4 servings, -6 servings

Sesame Asparagus 🌿 GF grilled to perfection -4 servings, -6 servings

Slivered Asparagus and Shitakes 🌿 GF with shallots -4 servings, -6 servings

Zucchini Fritters ❄️ GF eggs, herbs, garlic. Gluten-free available. Served with dollop of yogurt. Good for breakfast too! -6 fritters

Grains/Potato:

Cornbread Southern-Style 🌿 GF with eggs, butter, milk (vegan available) -8 servings

Millet Croquettes 🌿 GF millet grain burgers full of broccoli and carrots. -4 cakes, 6 cakes

Moroccan Spiced Potatoes 🌿 GF -3 servings, -6 servings

Broccoli & Wild Rice Cakes 🌿 GF made with brown and wild rice, chickpea flour, sesame seeds -6 cakes

Salsas/Dips:

Artichoke Spinach Dip 🌿 GF cashews make this creamy; healthy vegan alternative. -5 servings, -10 servings

Basil Pistachio Pesto 🌿 GF (Seasonal) alone or also available as a *Zucchini Spiral Salad* (see Salads)

Cashew 'Cheeze' Sauce- 🌿 GF creamy dip or can be added to enchiladas or other dishes to replace dairy

Grilled Pineapple and Avocado Salsa 🌿 GF as hot or mild as you like. -yields about 4 cups

Pesto 🌿 GF Basil Pistachio or Cilantro Pumpkin Seed

Hummus A' L' Orange 🌿 GF chickpea, miso, oj, lemon, spices, dates, pistachio blended

Roasted Red Pepper, Almond, and Garlic Dip 🌿 GF simple and almonds make it creamy and vegan. -makes 2 cup

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LIVING SALAD DRESSINGS VEGGIE OR FRUIT BASED LIVE-FOOD CUISINE

Served with your choices of salad fixings:

- salad greens
- cucumber
- radishes
- tomato
- roasted beets

Living Apple-Walnut Vinaigrette 🌿 GF -makes 2 cups/6 servings

Living Avocado-Dill Dressing 🌿 GF -makes 2 cups/6 servings

Living Carrot- Ginger Honey Dressing 🌿 GF -makes 2 cups/6 servings

Living Miso-Orange Dressing 🌿 GF -makes 2 cups/6 servings

Living Herbal Dressing 🌿 GF a zucchini/celery base makes this creamy and healthy; with fresh herbs
-makes 2 cups/6 servings

SALADS

Vegetable Salads

Armenian Salad 🌿 GF great salad for a cleansing diet with cucumbers, celery, radishes, cherry tomatoes, parsley, pine nuts. -4 servings

Beet & Apple Salad 🌿 GF sweet, crunchy, cleansing -6 servings

Best-Ever Potato Salad GF traditional with mustard, organic eggs, only the healthiest mayo. -6 servings

Cabbage Sesame Salad 🌿 GF olive oil, lemon, tarragon dressing. -6 servings, -9 servings

Cauliflower (sans Potato) Salad 🌿 GF a great low-carb alternative. -4 servings

Cucumber Basil Salad 🌿 GF (Seasonal) Crunchy, cool in a light apple cider vinaigrette – 3 or 6 servings

Garden Pasta Salad 🌿 GF a light salad with pasta and lots of veggies. -6 servings

Kale Salad 🌿 GF avocado garlic dressing with toasted sunflower seeds (optional). Dressed with shredded carrots or red bell peppers, your choice. -6 servings

Kale Fennel Salad GF flavorful dressing with anchovy paste and toasted pumpkin seeds. -4 servings

Mediterranean 'Zucchini Pasta' Salad 🌿 GF low-carb zucchini spirals marinated in balsamic-lemon-garlic dressing with red onion, green (or black) olives, parsley, and cucumber. – 4 servings

Millet Tabbouleh 🌿 GF same as the traditional but wheat-free. -4 servings, -6 servings

Potato Leek Salad 🌿 GF new potatoes, garlic in an organic olive oil dressing. -4 servings, -8 servings

Red Onion and Orange Salad 🌿 GF (seasonal) with tomatoes, parsley, *Apple Cider Vinaigrette*. -4 servings

Refreshing Quinoa Salad 🌿 GF with cucumber, tomato, pine nuts, parsley and protein-rich quinoa.
-6 servings

Tomato Cucumber and Red Onion Salad 🌿 GF in a garlic vinaigrette with parsley. -3 servings, 6 servings

Walnuts, Roasted Beets and Goat Cheese Salad 🌿 GF with organic baby salad greens and *Homemade Citrus Dressing* - 4 servings, -8 servings

Zucchini Pesto Spiral 🌿 GF (Seasonal) spiralized zucchini dressed with pistachio-basil pesto dressing
-4 servings, -6 servings

Bean Salads

Chickpea and Roasted Pepper Salad 🌿 GF with mint, capers, garlic. -3 servings, -6 servings

Creamy Tempeh Salad (or Sandwich Spread) 🌿 GF creamy garlic-tahini spread with carrot, onion, parsley.
-6 servings

Greek-Italian Chopped Salad ❄️ 🌿 GF romaine lettuce, chickpeas, red bell, red onion, fennel, feta (optional), Kalamata olives, cherry tomatoes. Served with homemade Italian Dressing. *Grilled Shrimp can be added to this dish. -6 servings

Lima Bean and Potato Salad 🌿 GF with *Black Olive Dressing*. -3 servings, -6 servings

Tuscan Bean Salad 🌿 GF cannellini beans, red onion, red radish, parley, rosemary, garlic.
-4 servings, -6 servings

Chicken and Fish Salads

Fresh Flounder Salad GF celery, scallion, dill, red leaf lettuce, with the healthiest grape seed oil mayo
-4 servings -8 servings

Chicken Caesar Salad GF Classic recipe served with fresh handmade Caesar dressing, head of romaine lettuce, parmesan, and homemade garlic croutons (gluten free available). -4 servings, 8 servings

Poached Salmon Salad GF with capers, celery, scallions, baby greens and *Sherry Vinaigrette*.
-2 servings, -4 servings, -6 servings

Sonoma Chicken Salad GF pecans, grapes, celery in a delicious grape seed oil mayo dressing. -6 servings

Tarragon Walnut Chicken Salad GF with healthy grape seed oil dressing. -6 servings

SALSA

Best Damn Salsa 🌿 GF traditional tomato salsa loaded with vibrant flavor! -yields 2 cups, 4 cups

Grilled Pineapple and Avocado Salsa 🌿 GF as hot or mild as you like. Great served with *Southwest Rubbed Flank Steak*, *Lime-Cilantro Chicken Breasts*, or black beans. -yields about 4 cup

Jalapeno Guacamole 🌿❄️ GF -2 cups

Roasted Corn and Black Bean Salsa 🌿 GF red bell peppers, lime, red onion, served with organic corn chips -6 to 8 servings

DESSERTS

Almond Jam Dot Cookies 🌿❄️ sprouted whole wheat, maple syrup sweetened morsels. -20 cookies

Berry Custard Tart GF almond flour crust, coconut milk custard with organic egg yolks and butter, grass-fed gelation. Sweetened with honey or Xylitol. Berries/Seasonal. – 1 tart/6-8 servings

Blueberry Muffins ❄️ sprouted wheat flour, maple syrup, coconut oil, organic everything -12 muffins -free, gluten-free, dairy-free, Xylitol sweetened with almond flour, and organic eggs. -1 loaf/8 servings

Blueberry Pie 🌿❄️ GF chilled organic blueberry pie with Maple Pecan Crust, a little maple syrup. -1 pie/6 servings

Carrot Cake with Cream Cheese Filling 🌿❄️ made with sprouted whole wheat, maple syrup sweetened. Available gluten-free. -1 cake/10 servings

Carrot-Raisin Muffins ❄️ sprouted wheat blend, coconut flakes (optional), Granny Smith apple and cinnamon too.

Cashew Coconut Balls 🌿❄️ GF rich and creamy coconut with sunflower seeds and sugar-free stevia. -24 balls \$20

Cherry Hand Pies 🌿 golden, sprouted wheat and sweetened cherries with sugar-free, anti-viral Xylitol or coconut sugar. -6 hand pies \$36



Chickpea Blondies- ❄️🌿 GF healthy brownies made with chickpeas, topped with chocolate chips and walnuts.


Cinnamon-Apple Pie 🌿 GF with *Millet Almond Crust* -6 slices/servings



Chocolate Brownies ❄️ sprouted wheat (or gluten-free), sweetened with sugar-free Xylitol or coconut sugar. Your choice of plain, pecans or walnuts, Lily's sugar-free dark or white chocolate chips, or dried cherries.

Coco-Locos 🌿❄️ Oatmeal cookies with pecans (optional), shredded coconut, chocolate chips. Could add cherries, whatever your heart desires. Maple syrup sweetened. Contains whole wheat flour. -about 3 dozen


Coconut Cherry Walnut Muffins high fiber, low-sugar with organic eggs, stevia too. -12 muffins


Ginger Snaps-   GF this spicy cookie is made from almond flour, coconut flour, coconut sugar, molasses, ginger, cinnamon. Does contain egg whites. -18 cookies


Morning Glory Muffins  GF Grain-free, organic eggs, banana, carrot, apple, raisins, pecans, coconut flour. -12 muffins


Nutty Chocolate Bars   GF entirely sugar-free (Xylitol) and absolutely delicious. These keep well in the fridge (3 weeks). -3 bars, 9 servings



Orange Coconut Date Balls  GF wholesome, nature's sweet bites.



Quinoa Chocolate Cake  GF made with whole super-grain quinoa sweetened with coconut sugar or sugar-free Xylitol. Choose icing: *German Chocolate Frosting* (dates, coconut, pecan) or *Chocolate Ganache Frosting*. -1 cake/8 servings

Raw Fudge Cake  GF raw wholesome goodness made with just dates, nuts, raw cocoa, avocados. My favorite! -6-8 servings

Sprouted Cherry Cardamom Scones  hearty with sprouted wheat flour, cream, butter and maple syrup sweetened. -6 scones

Sunshine Bars  GF organic apricots, almond meal, oats, cinnamon, orange juice, eggs, almonds, honey – 12 bars. -12 bars

Walnut Bars   made with sprouted whole wheat, maple syrup sweetened. Available gluten-free -16 bars

Whole Grain Cherry-Cardamom Scones   rolled oats, sprouted whole wheat, butter, eggs, yogurt, maple syrup sweetened. Available gluten-free. – 10 scones