

Lemon Blueberry Coconut Muffins



These lemon blueberry coconut muffins are gluten-free, nut-free, dairy-free and taste AMAZING!!

Carrot Cake Muffins with Cashew Cream Cheese Icing



These carrot cake muffins with cashew cream cheese icing so are so good, no one will ever know they are gluten, dairy and refined sugar-free!!

Almond Miso Dressing



This almond miso dressing will add the perfect kick to any salad or wrap.

Coconut Sugar Syrup



Coconut sugar syrup is a wonderful substitution for any liquid sweetener or syrup.

Avocado Egg Salad



This recipe is ridiculously simple and so tasty.

Lemon Poppy Seed Dressing



This lemon poppy seed dressing will make any salad taste amazing and fulfilling.

Golden Milk



The perfect blend of spices in a creamy, warm drink. Devine.

Hearty Borsch Soup



Nothing beats a fall, garden vegetable soup like borsch. Clean, hearty, and full of flavor.

Dairy-Free Coffee Creamers



Check out these excellent alternatives for those horrible sweetened coffee creamers.

Cashew Sour Cream



This cashew sour cream recipe will have you stunned. It's so delicious and can be used anywhere you use traditional sour cream.