

# Lemon Blueberry Coconut Muffins



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

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# 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!!

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# Almond Miso Dressing



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

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# Coconut Sugar Syrup



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

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# Avocado Egg Salad



This recipe is ridiculously simple and so tasty.

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## Lemon Poppy Seed Dressing



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

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## Golden Milk



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

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# DIY Vitamin Gummies!



I get a lot of questions about how I get my kids to take vitamins, tinctures and juices. My 3 kids see these things as a normal part of the day because its the only thing they know...but it got me thinking about mums who are in transition with their families...

Soooo, for all you mamas trying to put your kids on a healthier path – here is a recipe for some DIY Gummy Vitamins that I promise your kids will LOVE – and you can feel good about them taking.

## INGREDIENTS

- 5 Tablespoons Gelatin Powder (I use this one, grass fed beef)
- 1-1 1/2 cups fruit/vegetable juice (fresh cold pressed or no sugar added)
- Sweetener – 2 tablespoons of honey, 2 or 3 drops Stevia (This is our fav – NO bitterness!)
- Vitamin C (Be careful with this one as most sources are from GMO corn. I like to use Camu Camu Powder. (1-2 tsp)
- Probiotic (2-50 billion capsules opened)
- Greens Powder (I like Boku Superfood Powder)

In a small sauce pan over low heat, mix the juice, gelatin and sweetener and stir until smooth. It should be thick and syrup-like. Remove from heat and mix in Camu Camu, Boku and

Probiotic.

Very quickly pour into molds or a small dish greased with coconut oil and put in the freezer for 10 minutes to harden. Remove and pop out of molds. For small dish cut into squares.

### **My FAVOURITE juice combinations**

Red/Pink: Red beets, strawberries, carrots and a bit of lemon juice

Orange: Carrots, oranges, ginger and some mango juice

Yellow: Yellow bell pepper, yellow beets, yellow pear, yellow apple and a bit of lemon juice (DO NOT use pineapple juice, your gelatin will not set up due to the enzyme bromelain that's found in pineapples.)

Green: Kale, kiwi, cucumber, green apple and lime (green grapes would work well, too)

Purple: Purple cabbage, blackberries, blueberries, a bit of red beet and an apple (concord grapes would work well, too)

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## **Hearty Borsch Soup**



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

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# Dairy-Free Coffee Creamers



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