

Pumpkin Spiced Muffins



Nothing says fall like pumpkin! And when baked into these gluten, dairy and nut-free muffins... you won't be able to stop at just one!

Spinach Egg Muffins



Spinach egg muffins are a perfect breakfast on the go. They are filling, nutritious, and can be added to any salad dish!

Fruit Leathers



These fruit leathers are a perfect snack on the go. It's a favourite with the kids and the best part... they are just fruit!

Banana Oat Breakfast Cookies



These banana oat breakfast cookies are the perfect snack on the go!

Banana Scrambled Eggs



If you like french toast, but don't like the gluten or sugar, you've got to make these banana scrambled eggs!

Crunchy Fried Chickpeas



Perfect on salads, in curry dishes, or on their own, these crunchy fried chickpeas are an easy and fulfilling snack!

Fermented Salsa



This fermented salsa recipe will have you loving salsa even more than you already do!

Lemon Blueberry Coconut Muffins



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

Avocado Egg Salad



This recipe is ridiculously simple and so tasty.

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)