

# Recipes



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## [Hot Chocolate Mix with Cacao](#)

[Basic Staples](#), [Something Sweet](#)

## Hot Chocolate Mix with Cacao

The classic hot choloalate drink upgraded!

By [Carissa Bittner](#) | December 21st, 2018 | Categories: [Basic Staples](#), [Something Sweet](#) | Tags: [cacao](#), [chocolate](#), [cocoa](#), [drink](#) | [0 Comments](#)

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## [Nut and Seed Milks](#)

[Basic Staples](#), [Recipes](#)

# Nut and Seed Milks

Let's talk nut and/or seed milks for a moment.

For any of us that can't have dairy, or avoid it for whatever reason, an alternative is where it's at. Unfortunately any nut or seed milk you buy usually has a LONG list of ingredients (most of the ingredients one cannot pronounce) and the truth is they can contain very little actual [...]

By [Carissa Bittner](#) | October 24th, 2018 | Categories: [Basic Staples](#), [Recipes](#) | Tags: [almond milk](#), [cashew milk](#), [coconut milk](#), [mylk](#), [nut milk](#), [seed milk](#) | [0 Comments](#)  
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## [Pumpkin Spiced Muffins](#)

[Recipes](#), [Small Bites & Snacks](#), [Something Sweet](#)

# 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!

By [Carissa Bittner](#) | October 17th, 2017 | Categories: [Recipes](#), [Small Bites & Snacks](#), [Something Sweet](#) | Tags: [dairy-free](#), [gluten-free](#), [muffin](#), [nut-free](#), [pumpkin](#) | [0 Comments](#)  
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## [Spinach Egg Muffins](#)

[Small Bites & Snacks](#), [Soups, Salads & Sides](#)

# 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!

By [Carissa Bittner](#) | October 10th, 2017 | Categories: [Small Bites & Snacks](#), [Soups, Salads & Sides](#) | Tags: [egg](#), [muffin](#), [quiche](#) | [0 Comments](#)

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## [Spiced Zucchini Muffins](#)

[Recipes](#), [Something Sweet](#)

# Spiced Zucchini Muffins

All the wonderfulness of fall baked into these gluten-free, nut-free Spiced Zucchini Muffins.

By [Carissa Bittner](#) | October 1st, 2017 | Categories: [Recipes](#), [Something Sweet](#) | Tags: [gluten-free](#), [muffins](#), [nut-free](#), [zucchini](#) | [0 Comments](#)

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## [Fruit Leathers](#)

[Dehydrated Goodies](#), [Small Bites & Snacks](#)

# 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!

By [Carissa Bittner](#) | September 21st, 2017 | Categories: [Dehydrated Goodies](#), [Small Bites & Snacks](#) | Tags: [dehydrated fruits](#), [fruit leathers](#) | [0 Comments](#)

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## [Chocolate Zucchini Muffins](#)

[Recipes](#), [Something Sweet](#)

# Chocolate Zucchini Muffins

All the goodness of chocolate zucchini muffins, without the guilt!

By [Carissa Bittner](#) | August 5th, 2017 | Categories: [Recipes](#), [Something Sweet](#) | Tags: [muffins](#), [zucchini](#) | [0 Comments](#)

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## [Banana Oat Breakfast Cookies](#)

[Recipes](#), [Small Bites & Snacks](#)

# Banana Oat Breakfast Cookies

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

By [Carissa Bittner](#) | March 13th, 2017 | Categories: [Recipes](#), [Small Bites & Snacks](#) | Tags: [breakfast](#), [cookies](#), [snack](#) | [0 Comments](#)  
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## [Banana Scrambled Eggs](#)

[Recipes](#), [Small Bites & Snacks](#)

# 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!

By [Carissa Bittner](#) | September 25th, 2016 | Categories: [Recipes](#), [Small Bites & Snacks](#) | Tags: [breakfast](#), [eggs](#), [french toast](#) | [0 Comments](#)  
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## [Wild Rice & Bean Salad](#)

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# Wild Rice & Bean Salad

This wild rice and bean salad is the perfect staple for your busy work week, or a fantastic dish to take to a pot luck.

By [Carissa Bittner](#) | June 19th, 2016 | Categories: [Recipes](#), [Soups](#), [Salads & Sides](#) | Tags: [bean salad](#), [rice salad](#) | [1 Comment](#)

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