

Small Bites & Snacks



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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

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

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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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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**](#)

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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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Crunchy Fried Chickpeas

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

By [Carissa Bittner](#) | May 17th, 2016 | Categories: [Recipes](#), [Small Bites & Snacks](#) | Tags: [fried chickpeas](#) | [0 Comments](#)
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Fermented Salsa

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

By [Carissa Bittner](#) | May 6th, 2016 | Categories: [Basic Staples](#), [Fermented Foods](#), [Recipes](#), [Small Bites & Snacks](#) | Tags: [fermented salsa](#) | [0 Comments](#)

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[Lemon Blueberry Coconut Muffins](#)

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Lemon Blueberry Coconut Muffins

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

By [Carissa Bittner](#)|May 3rd, 2016|Categories: [Recipes](#), [Small Bites & Snacks](#), [Something Sweet](#)|Tags: [blueberry](#), [gluten-free](#), [lemon](#), [muffins](#)|[0 Comments](#)

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Avocado Egg Salad

This recipe is ridiculously simple and so tasty.

By [Carissa Bittner](#)|April 7th, 2016|Categories: [Recipes](#), [Small Bites & Snacks](#), [Soups, Salads & Sides](#)|Tags: [avocado](#), [egg salad](#), [mayo free](#)|[0 Comments](#)

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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 [...]

By [Michelle Henry](#) | October 15th, 2015 | Categories: [Recipes](#), [Small Bites & Snacks](#) | [0 Comments](#)

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