

Fall Smoothie

1 Cup Almond Milk
½ Cup Peanut Butter
½ Cup Spinach
2 Pitted Dates
2 Tablespoons Oat Flour
¼ Teaspoon Cinnamon
Pinch of Nutmeg

Put all contents into blender, blend til smooth, serve immediately

Granola

3 Cups Steel Cut Oats
2 Cups Walnuts
½ Cup Applesauce (Pectin)
½ Cup Honey
¼ Cup Coconut Oil (liquid)
1 Teaspoon Vanilla
½ Teaspoon Cinnamon (optional)
¼ Teaspoon Salt
½ Cup Dried Fruit
¼ Cup Agave
1 Tablespoon Molasses

Combine all ingredients (except dried fruit, agave, and molasses) in large bowl, spread evenly out onto wax lined sheet tray, bake for 20 minutes @ 325F, stir mixture and flatten on tray, bake for 20 minutes @ 325F, stir mixture and flatten on tray, bake for 20 minutes @ 300F, transfer mixture to large bowl and stir in molasses, dried fruit, & agave, spread out evenly onto tray and rest til completely cooled

