

Blueberry Cornbread

Ingredients: makes 12 muffins or 9" round pie plate

- 1 cup coarse cornmeal
- 1 cup coconut milk
- ¼ cup apple sauce
- 2 tbsp honey
- ¼ cup virgin olive oil
- ½ cup whole wheat flour (or all-purpose gluten free flour)
- 1 tsp baking powder
- ½ tsp baking soda
- ¼ tsp sea salt
- 1 cup blueberries

Step 1 – Preheat oven to 350F and grease your tins or pie plate well with olive oil

Step 2 – Put the following wet ingredients in a large bowl and let them sit for 15-20 minutes:

- Cornmeal, milk, honey, apple sauce olive oil

Step 3 – add the following to the wet ingredients and stir:

- Flour, baking powder & soda, sea salt

Step 4 – fold in the blueberries then put into your oiled pans

Step 5 – bake for 20-30 minutes at 350F (until tooth pick comes out clean)

Let cool before cutting or removing from pans.



Carrot Cake

Ingredients: makes a 9" round pan

- ½ cup shredded carrots
- ½ cup diced pineapple
- 1 orange juiced
- ¼ cup apple sauce
- 1 cup oatmeal
- ½ cup shredded coconut
- ¼ cup raisins
- ¼ cup oatmeal flour
- 1 tsp cinnamon
- ¼ cup sunflower seeds
- 2 tbsp coconut sugar

Step 1 – preheat oven to 350F and grease your pan with virgin olive oil

Step 2 – put all the above ingredients into a large bowl and stir until well mixed

Step 3 – spread into your oiled pan and bake at 350F for 20-30 minutes (until a tooth pick it comes out clean)

Step 4 – let cool before you cut and remove from pan (these can be free zed for 4-6 weeks)

