

Evening Tea Break with Judy

Peanut Butter Muffins

Ingredients: makes 12 mini

Preheat oven to 350F

- ½ cup organic peanut butter
- ½ cup organic apple sauce
- ¼ cup coconut milk
- 2 tbsp coconut oil
- ¼ cup spelt flour
- ½ cup oatmeal
- 1 tsp baking powder
- 2 tsp coconut sugar
- ¼ cup chopped pecans/walnuts

Step 1: cream the following in your blender:

- Peanut butter
- Apple sauce
- Coconut milk
- Coconut oil

Step 2: put the dry ingredients in a large bowl:

- Spelt flour
- Oatmeal
- Baking powder
- Coconut sugar
- Walnuts or pecans

Step 3: pour the wet ingredients into the bowl with the flour mixture and stir until all mixed

Step 4: line your muffin tins with paper liners or oil the tins with olive oil then add batter

Step 5: bake at 350F for 15 minutes



Coconut Mocha Squares that are Vegan and Gluten Free!

Baking time: they can be either baked in your oven at 350F for 25 minutes or Dehydrated for 8-12 hours at 105F. **Makes:** 8" x 8" pan

Ingredients needed:

- ½ cup walnuts (chopped)
- ½ cups soft dates
- ¾ cup shredded unsweetened coconut
- ¼ cup sunflower seeds
- 1 tbsp maple syrup
- 2-3 tbsp coconut oil
- ¼ cup oatmeal
- 2 tbsp coconut flour
- 1 tbsp raw carob powder
- ¼ cup Teeccino Herbal hot coffee

- 1st step:** Take the walnuts and dates and process into a coarse meal in your food processor then put into a large mixing bowl
- 2nd step:** Add the rest of the ingredients to the mixing bowl and stir just until mixed
- 3rd step:** Grease your 8" square baking dish with oil then put your mixture into the baking dish and pat down. Let them cool before you cut them.
- 4th step:** If you are Dehydrating divide the mixture into 10-12 equal parts and pat into round or square shapes about 1" thick onto either parchment paper or the Paraflex sheets.

