



*Food of Life*

# Easy Food Swaps For Rapid Cellular Cleaning



**Main  
Manual**

**Todd Kuslikis**

# Food of Life

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## Easy Food Swaps For Rapid Cellular Cleansing

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### Main Manual

*Todd Kuslikis*

W elcome to the Food for Life e-book!

In this section of the Total Transformation System, we're going to dive deep into nutrition, in a way you've probably never seen before. This isn't going to be about counting calories or adding up points at the end of the day. This is about understanding how food affects your body on a cellular level, and what this has to do with the pain you feel every day, and the decrease in energy that's holding you back from living your life the way you want to.

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## What Is A Cell, Anyway?

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I think this is a good thing to go over so that we all begin from the same point. We need to understand what cells are before we can appreciate the role they play in our health.

In a nutshell, cells are the fundamental units of life from which all of your tissues and organs are made.<sup>1</sup> If your body were a building, cells wouldn't be the bricks -- they'd be the tiny bits of clay and shale that make up each and every brick. Cells make up the smallest level of a living organism, in humans and all living things.

Your body alone contains literally trillions of cells are essential for its life and health. When the cells of your body are damaged, the organs and tissues those cells make up become compromised.

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<sup>1</sup> <http://www.whfoods.com/genpage.php?dbid=19&tname=faq>

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## Why Healthy Cells Are Important

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A body full of compromised cells won't function as well as a body with healthy cells. And in fact, new research has found the accumulation of old, stagnant cells in the body is to blame for some age-related diseases.<sup>2</sup>

Cells divide themselves in order to continue the health of the organism in which they live (like a human body). The majority of our cells cannot divide themselves forever: after around 50 divisions, a cell will no longer duplicate itself and will become *senescent*. The cell lives on but no longer duplicates itself. And when this happens, although the cell mostly behaves normally, it will begin to secrete immune proteins that could cause age-related changes in the surrounding tissues, according to some scientists.

In elderly people, it is thought that 5% of the cells in the body are senescent, and accumulate in places most affected by aging, such as the eyes and muscles.

A recent study conducted on lab mice found that the removal of these cells increased the health of the mice. In fact, when older mice that already showed signs of muscle loss due to age had their senescent cells removed, their muscle and fat cells did not show any signs of aging 5 months later.

Researchers emphasize that the research is not yet directly translatable to humans, but the correlation between a body of healthy cells and youthful energy certainly seem to be strong!

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<sup>2</sup> <http://www.sciencemag.org/news/2011/11/cellular-spring-cleaning-slows-aging>

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## How Does Food Affect Cellular Cleanliness?

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**W**hen we eat, it is the job of our cells to take the nutrients from our food, break them down and convert the nutrients into energy. So we rely on our body's cells to allow our muscles to move and our bodies to function as best as possible.

Now, that doesn't mean all food is created equally. Cells require specific nutrients to function properly, and it's up to us to make sure our cells are getting the food they need. Chief among the necessary "foods" that a cell needs are carbohydrates and proteins.<sup>3</sup>

A body with clean cells is a body that can function to its optimal levels. That means having the energy to move around all day without the need to rest, and without the constant nagging of joint pain. The best way to ensure your cells are healthy is to get them the nutrition they need.

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<sup>3</sup> <https://sciencing.com/do-cells-need-food-5408572.html>

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## How Does Cellular Cleanliness Affect Pain?

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If you own or have ever been around a swimming pool, it's likely you've heard of "pH levels." But do you know what that actually means? Or that your body has its own pH levels that need to be balanced?

It's true! Your body's pH levels are determined by the balance of alkaline and acid (just like in a swimming pool). The pH in your body can affect your overall well being, which is why your body is constantly trying to neutralize acids and maintain the proper pH in organs, tissues and body fluids.<sup>4</sup>

When this doesn't happen, inflammation can occur. And while inflammation is an important part of the body's healing process, chronic inflammation is at the root of many deadly diseases as well as debilitating joint pain.

Different systems of the body maintain different optimal pH levels. Some parts of the body maintain a very acidic pH level, like the stomach. Fluid inside cells can range between slightly acidic and slightly alkaline, but an alkaline environment within cells improves cellular function.<sup>5</sup>

This is best achieved through an alkaline-promoting diet. Unfortunately, the amount of highly processed junk food can make keeping your cells healthy quite difficult.

One problem with the food we eat is its high amounts of sugar. This affects our bodies even at a cellular level. High amounts of sugar in the diet increase your advanced glycation end-products (AEGs). As the body attempts to break apart the AEGs, immune cells secrete

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<sup>4</sup> <https://www.livestrong.com/article/47620-acid-vs.-alkaline-body/>

<sup>5</sup> <https://foodandnutrition.org/may-june-2016/alkaline-diet-ph-affect-health-wellness/>

inflammatory messengers called cytokines. And depending on a few factors such as where the secretion occurs and your genetic predisposition, this could eventually lead to arthritis<sup>6</sup> -- likely the underlying cause of your joint pain.

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<sup>6</sup> <https://www.cnn.com/2012/07/20/health/food-cause-pain-daniluk/index.html>

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## Swapping Out the Bad for the Good

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**I**n *Food of Life*, we're going to show you a list of easy foods to swap out in order to accelerate and maximize your cellular cleaning. These are foods that will create that optimal alkaline environment in the body, which will promote healthy, clean cells. And when your cells are healthy and able to do their jobs, they will not need to secrete the cytokines that cause inflammation and joint pain.

Now, you'll probably notice a lot of fruits and vegetables being promoted here. That's because they're notoriously alkaline foods (which also means they have a negative acid load). Acid-forming foods have their place in providing nutrition for your body as well; however we need to make sure we are combining them with alkaline-forming foods.

You'll probably also notice we're going to be swapping out some foods that are heavy in sugar. It's probably not a secret that sugar isn't great for you, but in this book we're talking about cellular cleaning. So what does sugar do to you at a cellular level?

Sugar (and the other names added sugars can go by on a nutrition label, like corn syrup, agave nectar, sucrose or cane juice), affects just about every part of your body. Your joints, skin, heart, liver, brain, teeth, kidneys, pancreas... even your mood is affected by too much sugar.<sup>7</sup>

Our bodies need sugar, that's true. But our bodies were designed to get sugar from natural sources like fruit, and the added sugars that come from many of the foods you're about to see can be detrimental to the cells throughout your body.

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<sup>7</sup> <https://www.webmd.com/diet/features/how-sugar-affects-your-body>

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# Easy Food Swaps for Rapid Cellular Cleaning

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**Swap THIS**

## Granola



Granola, whether in bar form seen above or in pure form and added to things like yogurt, contains about as much sugar as many desserts.

**For THAT**

## Cherries



Cherries have among the lowest sugar content of all fruits, and are full of vitamin C, which counteracts cortisol, the stress hormone.

## **Swap THIS**

### **Commercially dried fruit**



Unfortunately, the processes big food processors use to dry fruit can zap them of their nutrients while adding sugar and other artificial sweeteners.

## **For THAT**

### **Blueberries**



Our one true blue food has the power to lower blood pressure and support heart health. They're also full of vitamin C, which is essential for the development and repair of all body tissues. Vitamin C also plays a role in improving the immune system and maintaining strong cartilage, bones and teeth.

## **Swap THIS**

### **Veggie chips**



They may derive from vegetables, but veggie chips are often deep fried and loaded with additives like salt and fat. In fact, most of them have as much calories and fat as regular old potato chips.

## **For THAT**

### **Turnips**



If turnips aren't in your produce drawer right now, they should be! They're full of the cell-friendly vitamin C. They're also full of minerals like manganese, fiber, potassium, iron, calcium and copper. Try them roasted!

## **Swap THIS**

### **Baked potato**



A baked potato by itself isn't quite the problem. But most of the time, this side dish is loaded up with fattening and cell damaging ingredients like processed cheese, sour cream, bacon, butter and salt.

## **For THAT**

### **Steamed Potatoes**



Steamed potatoes, on the other hand, are rich in B-complex vitamins, vitamin C, manganese, which is crucial for antioxidant and enzyme function as well as supporting lung and respiratory health.

## **Swap THIS**

### **Canned Fruit**



Fruits canned in heavy syrup are loaded with sugar. Fruits canned in their own juices provides a lot of sugar on their own; however, when packed in the heavy syrup, the same amount of fruit can have a lot more sugar. For example, a half cup of pears canned without heavy syrup have about 12 grams of sugar; the same amount of pears WITH the heavy syrup bumps it to 19 grams of sugar. Avoid this as a side at meals.

## **For THAT**

### **Green peas**



Another delicious veggie that is rich with vitamin C and manganese, as well as vitamin K, which is essential for responding to injuries because it regulates normal blood clotting. It's also thought to be helpful for bone health and may help prevent bone loss.

## **Swap THIS**

### **Sugary cereal**



All cereals are not created equally. Even ones that are marketed as “natural” or healthy can be **PACKED** with sugar -- more than a day’s recommended amount, if you have a big bowl (which can be hard to resist). It may have a few healthy vitamins and nutrients, sure, but you can get those in much healthier ways.

## **For THAT**

### **Fortified cereal**



Cereals that are vitamin and mineral fortified provide a number of different nutrients like vitamin C and B12. B12 helps keep the body’s nerve and blood cells healthy and helps make DNA. It also helps prevent a type of anemia called megaloblastic anemia which makes people tired and weak.

## **Swap THIS**

### **Breakfast bar**



Recognize this picture? I used it when describing granola but I want you to be weary of the supposedly healthy “breakfast bar,” which often is packed with granola. If you look at the nutritional information on the back of most granola bars, you’d be hard-pressed to find one that didn’t contain at least 8 grams of sugar -- and many of them contain much more. Not the best way to start the day!

## **For THAT**

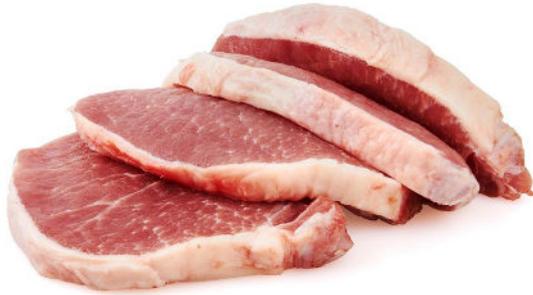
### **Bananas**



Instead, opt for a healthy and delicious banana! They’re full of vitamin B9, also known as folate, which helps fight depression by allowing serotonin to enter the body faster. It’s a high alkaline food, which if you recall, is critical for improving cellular function.

## Swap **THIS**

### Beef



Red meat, like beef, is associated with a number of health risks including type 2 diabetes, heart disease, and certain cancers. You should be alright enjoying some on occasion, but making it a staple in your diet can be very harmful in the long run.

## For **THAT**

### Salmon



Salmon is a very nutritious and delicious alternative because it's filled with B vitamins like B12, which boosts energy and fights fatigue naturally. It's also got plenty of omega-3 fatty acids, which plays a big role in reducing inflammation.

## **Swap THIS**

### **Croutons**



Croutons may look harmless (after all, they're just tiny cubes of bread), but that's just it -- they're cubes of refined carbohydrates with a lot of added sodium to it.

## **For THAT**

### **Roasted Chickpeas**



A healthy and yummy alternative for croutons would be roasted chickpeas. Sprinkle them on a salad for that added crunch without all the dangers of croutons. Chickpeas have protein and can improve digestion thanks to a high fiber content. They're also full of vitamin B9 (folate) which can help fight depression as well as encourage cell and tissue growth. Roast your chickpeas with algae oil for heart-healthy monounsaturated fats!

## **Swap THIS**

### **Trail mix**



Most people consider trail mix a healthy snack. It's a staple snack food in the outdoors and active life communities. The problem is that it's a mix of a number of things that really aren't that healthy: dried fruit, granola and even chocolate candies. Each of these are high in both sugar and overall calories.

## **For THAT**

### **Almonds**



Instead, reach for a handful of almonds, which are the most filling and healthy part of trail mix anyway! Almonds have good amounts of protein for an energy boost. They also have manganese, copper, and riboflavin, all of which are needed for growth and overall good health.

## **Swap THIS**

### **Sugary Coffee Drink**



These days, we call about anything “coffee,” even drinks like this one, which are really just milkshakes with a lot of added caffeine. Even if your favorite order is sans whipped cream and chocolate syrup, you’re still adding a lot of sugar and calories with the added creamers (and, of course, the straight sugar that’s often poured in).

## **For THAT**

### **Matcha**



Matcha is powdered green tea leaves that can be added to hot water to make tea, or used as a flavoring. It naturally contains caffeine and great for switching with coffee and creamers. In addition, it’s packed with antioxidants, boosts metabolism, and detoxifies the body naturally and effectively!

## **Swap THIS**

### **Milk Chocolate**



The bad news, chocoholics, is that milk chocolate is often very high in calories, saturated fats and sugar. This can contribute to high blood pressure, diabetes and even heart disease.

## **For THAT**

### **Dark chocolate**



The good news, though, is that you don't have to give up your favorite sweet altogether. Dark chocolate contains less fat and less sugar, and has been shown to be very good for increasing energy, as well as improving your heart health and protecting you from disease-causing free radicals. Try to get a bar that is at least 70% pure cacao to ensure you're getting all the benefits!

## **Swap THIS**

### **Butter**



If you're looking to top your toast with something to make it a little more savory, avoid the trans-fat-laden butter. Trans fats not only raise your bad cholesterol levels and can cause heart disease.

## **For THAT**

### **Avocado**



Not only is avocado toast a much tastier option (in my opinion), it's much, much better for you! Avocados are great because they have healthy fats that are digested slower than simple carbs and provide more sustainable energy. They also contain the fantastic omega-3, which reduces inflammation and eases digestion.

## **Swap THIS**

### **Sports Drinks**



You may think of those colorful sports drinks as cell-friendly thirst quenchers that do wonders for you during physical activity, but these things are absolutely loaded with sugar. And unless you're working out very hard for a very long time (about an hour and a half at least), you simply don't need to replenish your body with this much sugar.

## **For THAT**

### **Smoothie with Kale**



Instead, try a delicious smoothie! The next few items on our list would be perfect for a healthy and delicious blended drink. Kale is an alkalizing food, which means it battles bad bacteria, yeast and cravings. It also assists in heart health, stronger bones, decreased pain and the reversal of nutrient deficiencies. With high-alkaline plants, you can correct your body's pH imbalance and give yourself more energy. That's in addition to the number of vitamins it contains! Veggies like kale could easily be added to smoothies for a cell-cleansing boost!

## Swap **THIS**

### **“Diet” Soda**



Most everyone knows that soda is terrible for your health, but some people believe that brands who put “Diet” on the label somehow make it a healthier product. Metabolically, drinking diet soda daily increases your chances of becoming obese over the next decade by 65%, according to a study published in Diabetes Care. It also stunts bone growth and is packed with sugar.

## For **THAT**

### **Smoothie with Celery**



Celery is an alkalizing food, which means it battles bad bacteria, yeast and cravings. It also assists in heart health, stronger bones, decreased pain and the reversal of nutrient deficiencies. With high-alkaline plants, you can correct your body’s pH imbalance and give yourself more energy. That’s in addition to the number of vitamins it contains! Veggies like celery could easily be added to smoothies for a cell-cleansing boost!

## Swap **THIS**

### Orange Juice



Here's a question for you to think about the next time you consider picking up some orange juice from the supermarket: All of the best-selling brands of OJ claim to be "natural" and made from "100% oranges"... so why do they all have a distinct flavor and texture? If they're all going from the orange tree to the bottle, there should be very little distinction in taste, right? Well, they all taste differently because they're all heavily processed and the furthest thing from "all natural". Orange juice typically has just as much sugar per 12 oz. serving as a can of soda, and often, very little actual oranges at all.

## For **THAT**

### Smoothie with Bok Choy



Bok choy is an alkalizing food, which means it battles bad bacteria, yeast and cravings. It also assists in heart health, stronger bones, decreased pain and the reversal of nutrient deficiencies. With high-alkaline plants, you can correct your body's pH imbalance and give yourself more energy. That's in addition to the number of vitamins it contains! Veggies like bok choy could easily be added to smoothies for a cell-cleansing boost!

## Swap THIS

### Energy Drinks



If you consume an energy drink to give yourself a morning jolt, you need to stop right now. These things are absolutely packed with caffeine (often it's the first ingredient listed, meaning it's the major ingredient). This much caffeine may cause serious heart and blood vessel problems such as heart rhythm disturbances and increases in heart rate and blood pressure, according to the National Institute of Health. And the amounts of sugar should be a concert to everyone, especially those who are diabetic or prediabetic.

## For THAT

### Silverbeet (Chard)



Silverbeet (also known as chard) is an alkalizing food, which means it battles bad bacteria, yeast and cravings. It also assists in heart health, stronger bones, decreased pain and the reversal of nutrient deficiencies. With high-alkaline plants, you can correct your body's pH imbalance and give yourself more energy. That's in addition to the number of vitamins it contains! Veggies like silverbeet could easily be added to smoothies for a cell-cleansing boost!

## **Swap THIS**

### **Flavored Coconut Water**



Coconut water by itself can be very nutritious (and delicious!), but be wary of flavored coconut water. Some brands can have more than 30 grams of sugar per 16 oz. container, and others that have less are supplementing with calorie-free sweeteners.

## **For THAT**

### **Smoothie with Baby Spinach**



Baby spinach is an alkalizing food, which means it battles bad bacteria, yeast and cravings. It also assists in heart health, stronger bones, decreased pain and the reversal of nutrient deficiencies. With high-alkaline plants, you can correct your body's pH imbalance and give yourself more energy. That's in addition to the number of vitamins it contains! Veggies like spinach could easily be added to smoothies for a cell-cleansing boost!

## **Swap THIS**

### **Apple Juice**



Just like with orange juice, a lot of processing goes into converting fruit from a solid to liquid. All that pasteurizing and filtering siphons the nutrients out of the once-healthy snack, and then the juice is supplemented with loads of sugar, which is going to spike your blood pressure. Apple juice usually contains about 40 grams of sugar per 12 oz. serving -- that's about the same as most sodas.

## **For THAT**

### **Smoothie with Parsley**



Parsley binds heavy minerals like mercury, so they can be extracted from your body. Like the other veggies on this list, it's alkalising and full of chlorophyll. Add to salads or smoothies!

**Swap THIS**

### **Buttery Popcorn**



There are actually a few studies out there that suggest popcorn may not be so bad for you in and of itself. The problem, though, comes when we dump loads of butter and salt on it and munch away. Then any possible health benefits are drowned in trans fats and loads of sodium.

**For THAT**

### **Walnuts**



Walnuts are high in omega-3, so they can aid in the reduction of inflammation, as well as support healthy joints and healthy weight management. They're also a great source of protein -- great for an energy-boosting snack!

## **Swap THIS**

### **Salty Chips**



Snacking on salty chips can be a major problem for your cellular health, mostly because we can often go through most of a full bag without even thinking about it. Chips are high in fat and can cause high blood pressure, high cholesterol and have very few nutrients for your cells.

## **For THAT**

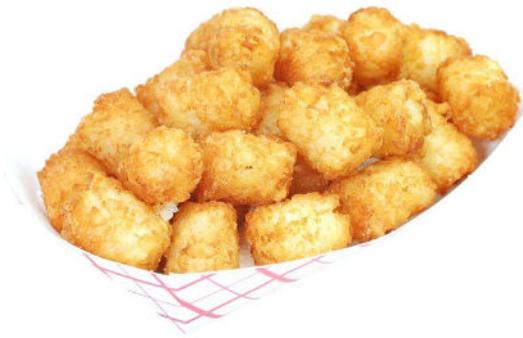
### **Carrot Sticks**



An excellent alternative for salty chips would be carrot sticks. Carrots, for my money, are one of the tastiest veggies around. And they're a high alkaline food, so they're great for your cells. They're also full of vitamin A and beta-carotene, an antioxidant form of vitamin A.

## **Swap THIS**

### **Tater Tots**



Tater tots are a very popular side dish in cafeterias and restaurants, and can be picked up in the frozen foods section of every supermarket. Baking them is less harmful to your cells than frying them, but that hardly makes them something you should be eating regularly. They're full of calories and even 10 tots provides 7.2 grams of fat.

## **For THAT**

### **Cauliflower**



A much healthier alternative would be cauliflower. Not only is cauliflower an alkaline food, it's also great for hormone balancing and regulating estrogen levels. And you can prepare cauliflower in dozens and dozens of ways. The best news is that roasted cauliflower can have a texture similar to tater tots, and there are many options for delicious, healthy seasonings!

## **Swap THIS**

### **Chocolate Candy Pieces**



You may think small pieces of chocolate are harmless because of their size, but just consider how hard it can be to stop reaching for more. And it adds up, fast: just 15 pieces of candies like this contain 52 calories and 7 grams of sugar -- almost 20% of your daily recommended value. Aside from that, they have no nutrients whatsoever.

## **For THAT**

### **Pineapple**



Pineapples on the other hand are much healthier and much more delicious! They're a high alkaline food, contain the digestive enzyme bromelain, and are said to be helpful for killing intestinal parasites. Slice one up yourself for a juicy, tasty treat you won't have to feel guilty about.

## **Swap THIS**

### **Gummy Bears**



Gummy bears, gummy worms, peach rings -- whatever your favorite gummy snack is, they most likely come from the same disgusting place. Gummy snacks are made with gelatin, which is a gelling agent made from animal skin and bones. It's not just some fun way of preparing sugar (although yes, most gummy snacks contain way too much sugar)... the truth is much more gross.

## **For THAT**

### **Strawberries**



How about an actual, real fruit instead? Another delicious fruit that's great for snacking, strawberries are rich in vitamin C, which assists in the growth, development and repair of all body tissues. Strawberries also contain manganese, which facilitates metabolic function. And they've got loads of potassium, which counteracts the effects of sodium and is important for the balance of acids and bases in the body.

## **Swap THIS**

### **Feta Cheese**



Another popular ingredient used to top salads, feta cheese should be avoided just like croutons. It's full of saturated fat, which causes damages to your cells and can contribute to serious diseases.

## **For THAT**

### **Cucumbers**



A perfect alternative to make sure your salad still has that satisfying crunch is cucumbers! It's a high alkaline veggie, meaning it can reduce your risk of certain cancers thanks to protective polyphenols and phytonutrients. And if you're worried about missing out on calcium by ditching the feta cheese, worry not -- cucumbers have 16 milligrams of calcium per 100 grams!

## Swap **THIS**

### Sweet Tea



You may think swapping the soda for a tea is a smart, healthy choice, but just because it's not fizzing doesn't make it good for you. Tea can be great, but sweetened tea has lots of sugar -- as much as 30 grams in one bottle. That's just about as much as a typical soda.

## For **THAT**

### Peppermint Tea



An excellent suggestion for tea drinkers is to switch to peppermint tea. It typically doesn't contain caffeine, and it's alkalizing and cleanses the digestive system so you can avoid issues like nausea and diarrhea. It's also been known to reduce headaches and fevers. And it boosts the body's immune system because it contains vitamin B, potassium, antioxidants and calcium -- all of which help your body absorb nutrients and fight off illnesses. Oh, and it tastes great!

## Swap THIS

### Commercially Seasoned Rice



No matter how you present it, rice is rice, right? Well, not so much. It turns out when you pick up that boxed rice from the store, you're sacrificing a lot for a little convenience. Just a one-cup serving of boxed seasoned rice can contain 1350 milligrams of sodium -- almost half of your daily recommended limit. Too much sodium can lead to high blood pressure and even stomach cancer.

## For THAT

### Brown Rice



Natural brown rice, on the other hand, is full of energy-boosting nutrients. It's full of manganese for your heart health, has anti-inflammatory properties, and can fight against diabetes and ce

## **Swap THIS**

### **Yogurt-Covered Raisins**



Yogurt and raisins are both purported to be “healthy,” so it surprises a lot of people that this is actually a very poor choice of snack. And really, that coating isn’t so much “yogurt” as it is “frosting,” according to David Katz, MD, director of the Yale University Prevention Research Center. The truth is, yogurt-covered raisins are filled with sugar and oils. And since the coating makes them much chunkier than plain raisins, you’re getting less fruit and more sugar.

## **For THAT**

### **Edamame**



If you’re looking for an afternoon pick-me-up, you really can’t do better than edamame. They’re the perfect blend of protein, carbs and (good) fat. They’re very low in calories, and they’re an excellent source of protein, iron and calcium.

## Swap **THIS**

### Canned Baked Beans



Canned baked beans are a staple at many barbecues, cookouts and potlucks, but just because they're beans doesn't mean they're something you should be eating regularly. These products contain a whole lot of sodium, which increases blood pressure that can lead to heart disease. Just a half a cup contains 23% of your daily recommended limit... and most people serve themselves a lot more than a half a cup.

## For **THAT**

### Pickles



If you're looking for a delicious, healthy side at your next outdoor get-together, grab a pickle! Did you know that fermented foods like pickles keep your digestive system and your colon balanced? It's got plenty of probiotics -- live bacteria that are good for your health and digestive system. If you're not a fan of pickles, try some other fermented foods like pickled onions or pears!

## **Swap THIS**

### **Pretzels**



Pretzels are essentially empty of nutrients. It doesn't matter if they're gluten-free or original, but be wary: many gluten-free snacks have higher carbohydrates and fats than regular varieties, and just one serving has almost a quarter of your daily sodium limit.

## **For THAT**

### **Chia Seeds**



Chia seeds are rich in omega-3 fatty acids, which reduce inflammation and stabilize cell walls. Chia (and flax) seeds contain their own special types of soluble fiber, which bind with foods to optimize the overall digestive process. Chia seeds can be added to a smoothie or salad, sprinkled on oatmeal, or just eaten plain!

## Swap THIS

### Lemonade



If you order a lemonade while out at a restaurant, you may think you're being healthy by subbing out the soda. But as we've learned from other juices, there's a lot of added sugar in these fruit-based drinks, and lemonade is no exception. Lemonade is also very acidic, meaning it can wear away the enamel of your teeth and lead to tooth decay. A 15-year study published in 2014 in *JAMA Internal Medicine* showed subjects who consumed 25 percent of their calories from sugar were more likely to die of heart disease than subjects who consumed 10 percent or less of their calories from sugar regardless of age, sex, weight and physical conditioning.

## For THAT

### Lemon Water



Naturally, the best alternative would be lemon water! It's great because it detoxifies the body and also helps the colon cleanse itself. It's a great source of vitamin C, which will reduce your risk of cardiovascular disease and stroke, and lower your blood pressure! And vitamin C is also great for your skin: a study published in the American Society for Clinical Nutrition concluded that those who consumed more vitamin C have less risk of wrinkled and dry skin.

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## 25 Delicious Food of Life Recipes

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### Healthy Crockpot Apple Butter

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Serves: 5 cups Prep Time: 10 minutes Cook Time: 10 hours Total Time: 10 hours, 10 minutes

#### Ingredients:

10 medium size Gala apples or about 5 cups of apple wedges 1/4 cup of maple syrup 1 1/2 tbsp. ground cinnamon 1/2 tbsp. all spice 1 tsp. vanilla a good pinch of sea salt

#### Directions:

1. Wash apples and slice using an apple core. I left the skin on my apples to save time. Place apple slices into your crockpot.
2. In a medium size bowl, mix ground cinnamon, allspice, and sea salt. Next, add in vanilla and maple syrup.
3. Pour apple butter liquid mixture over your apple slices and mix well. Cover your crockpot and cook apples on low for 8-9 hours. Once apples are extremely tender, remove the cover of the crockpot and cook for another hour uncovered.
4. Using your immersion blender puree apple butter until smooth (optional).
5. Serve on bread, oatmeal or eat straight out of the bowl.

\*Notes: Store apple butter in the fridge. It will keep for several days.



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## Crockpot Apple Cinnamon Oatmeal

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Serves: 4-5 Prep Time: 5 minutes  
Cook Time: 8 hours Total Time: 8  
hours, 5 minutes

### Ingredients:

1 cup gluten-free steel cut oats 2 cups  
almond milk unsweetened 2 cups  
water 1 large apple diced (I used a  
honeycrisp apple) 2 tbsp. honey 1 tbsp. coconut oil 1/2 tbsp. cinnamon  
pinch of sea salt



### Directions:

1. You may want to spray or coat the inside of your crockpot with oil or butter to avoid oatmeal from caking to the sides.
2. Measure and pour 2 cups of water and 2 cups of almond milk into the crockpot. Add 1 tablespoon of melted coconut oil and stir.
3. Core and chop one large apple into small bite size chunks. I left my skin on but again this is optional.
4. Add chopped apple, a pinch of salt, gluten-free steel cut oats, honey, and cinnamon. Stir a few times. Place lid securely on your crockpot and let your apple cinnamon oatmeal cook on low for 7-8 hours.
5. Serve warm topped with more diced apple and honey.

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## Crockpot Buckwheat Fruit Porridge (v)

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Serves: 6 Prep Time: 5 minutes Cook Time:  
7-8 hours Total Time: 8 hours 5 minutes

Ingredients: 1 cup buckwheat groats 3 cups  
water 1 cup non-dairy milk 2 cups of  
unsweetened applesauce 2 cups frozen  
berries (I used a blend of raspberries,  
blackberries and blueberries) 1/4 cup maple  
syrup 1 frozen banana 1 tsp. vanilla

Directions: 1. Add all ingredients to crock pot  
and stir a few times before turning on the  
crock pot and cooking.

2. Set crock pot on low and cook on low for 7-8 hours or until  
buckwheat is thick and completely cooked. Use your immersion  
blender or just stir with a wooden spoon until buckwheat porridge is  
well mixed and smooth.

3. Serve warm with milk, extra fruit and/or nuts on top.



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## Easy Coconut Pancakes

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Serves: 5-6 pancakes Prep Time: 5 minutes  
Cook Time: 10 minutes Total Time: 15 minutes

\*Protein per serving: 8-9 grams per pancake

### Ingredients:

1/2 cup coconut flour (spoon your flour in) 6  
eggs 1 cup almond milk 1 tbsp. raw honey 1/2  
tsp. vanilla 1/4 tsp. baking powder \*2-3 tbsp  
coconut oil (to grease frying pan)



### Directions:

1. In a mixing bowl, add coconut flour and baking powder and mix until blended.
2. Add eggs, almond milk, vanilla, and honey to dry mixture and whisk until smooth.
3. Place 1/2 tbsp. coconut oil in a frying pan and let pan get hot. Once pan is hot, scoop out pancake batter until a medium size circle is formed. Cook pancake until the center begins to form small bubbles. Carefully, flip pancake and cook for another minute or until light brown.
4. Repeat until all pancake batter is used.
5. Top with your favorite fruit and pancake toppings.

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## Apple Cinnamon Muffins (v)

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Serves: Baker's Dozen Prep Time: 10 minutes  
Cook Time: 12-15 minutes Total Time: 25 minutes

### Ingredients:

2 cups gluten-free all purpose flour 1 cup  
gluten-free quick oats 1 apple 1 cup non-dairy  
milk 1/2 cup coconut sugar (well packed) 1/2  
cup applesauce 1/2 cup coconut oil or 8 tbsp.  
vegan butter 1 tbsp. baking soda 1/2 tsp. sea  
salt 1/4 tsp. nutmeg



Directions: 1. Preheat oven to 400 degrees.

2. Measure out 1 cup of gluten-free oats and place in a blender. Blend for 30 seconds or until oats are smaller.

3. Next blend all your dry ingredients: flour, oats, sugar, baking soda, salt and nutmeg in a large mixing bowl.

4. Using a apple slicer, slice your apple than place slices of apple in your blender and blend for 30 seconds until apple slices become small chunks.

5. Mix in your wet ingredients: milk, applesauce, coconut oil and mix into the dry ingredients.

6. Stir in apple chunks.

7. Pour apple cinnamon batter into greased muffin tin or into cupcake holders. Sprinkle lightly with oats and cinnamon.

8. Bake muffins for 12-15 minutes or until lightly brown and fork clean. Top with cinnamon and gluten-free oats (optional).

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## Banana Muffins

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Serves: 14 muffins Prep Time: 10 minutes Bake Time: 20-22 minutes Total Time: 30 minutes

### Ingredients:

1 cup coconut flour 1 cup flax milk or other nondairy milk substitute 2 ripe bananas sliced 1/2 cup honey 6 eggs 4 tbsp. coconut oil (melted) 4 tbsp. chia seeds 4 tsp. vanilla 1 tsp. baking soda 1/2 tsp sea salt

Directions: 1. Preheat oven to 350 degrees.

2. In a large mixing bowl, add milk, eggs, honey, vanilla and oil. Mix well.

3. In a separate mixing bowl, add coconut flour, baking soda and sea salt. Mix well.

4. Add coconut flour mixture into wet baking mixture and stir until uniformed.

5. Slice bananas and measure chia seeds and add into the mixture. Mix until the banana slices get semi mushy.

6. Fill muffin mixture into greased muffin tins or cupcake holders and bake until lightly brown and fork clean.

\*Notes: Muffins will rise so no need to fill the muffin tin to the top.



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## Vanilla Protein Bars (v)

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Serves: 10 bars Prep Time: 1 hour, 15 minutes  
Cook Time: 10 minutes Total Time: 1 hour, 25 minutes

### Ingredients:

2 cups gluten-free oats 2 ripe bananas 1/2 cup vanilla protein powder (I used Vega) 1/4 cup maple syrup 1 tsp. vanilla extract 1 tsp. cinnamon 1 tbsp. melted coconut oil 1/2 tsp. baking soda 1/8 tsp. sea salt

Topping: 1/3 cup crushed raw walnuts 1/2 cup + 2 tbsp. of dark chocolate chips (vegan) 1/2 tbsp. melted coconut oil



### Directions:

1. Preheat oven to 350 degrees.
2. Measure and blend oats in a food processor or blender until finely ground. Make sure there are no chunks.
3. In a large mixing bowl, add grounded oats, baking soda, sea salt, and cinnamon. Mix well. Next, add in bananas, vanilla, and maple syrup.
4. Once mixture is completely mixed, pour into a 9X9 baking pan that is either greased or has parchment paper.
5. Bake chocolate vanilla protein bars for 10 minutes or until fork clean.
6. While protein bars cool down on the counter, place 1/3 cup of walnuts into a blender and blend until desired size.
7. Place 1/2 cup of room temperature chocolate chips in the

microwave for 30 seconds with a 1/2 tbsp. of melted coconut oil. Stir chocolate and coconut oil until chocolate chips are completely melted then spread chocolate mixture of the bars evenly. (You can always pop the chocolate chips back in the microwave but only for 10 more seconds.) While chocolate is still warm, spread chocolate over protein bars and sprinkle chopped walnuts on top.

8. Allow bars to cool to room temperature and then place bars in the refrigerator for one hour or until chocolate hardens.

9. Keep protein bars stored in covered container in the refrigerator. Bars keep for 2-3 days. You can also store them precut in the freezer.

\*Nutritional Value is based on the use of Vega Vanilla protein powder.

### **Nutritional Information**

Carbs per serving: 11g Protein per serving: 6 Fiber per serving: 2.4  
Sugar per serving: 9

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## Almond Butter Bars

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Serves: 12-14 bars Prep Time: 10 minutes Cook Time: 25 minutes Total Time: 35 minutes

### Ingredients:

2 cups of almond butter (no sugar added) 4 bananas (ripe but not brown) 1/2 cup coconut flour 1/4 cup honey 1 tsp. baking powder 1 tsp. vanilla

### Directions:

1. Preheat oven to 325.
2. In a large mixing bowl, add almond butter, bananas, honey and mix well.
3. Next, add in baking powder, vanilla, and coconut flour.
4. Pour almond butter mixture into a greased or 9x9 parchment paper lined baking pan and spread evenly.
5. Bake for 25 minutes or until fork clean. Let bars sit and cool before cutting into them. Allowing the bars to cool will prevent crumbling. Serve warm.

Notes - \*Store in the fridge in a sealed container to keep moist. Bars keep up to 3 days. Pop in the microwave for a few seconds for a warm sweet treat.



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## Mint Chocolate Chip Hot Cocoa (v)

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Serves: 1- 8 ounce drink Prep Time: 2 minutes Cook Time: 3 minutes Total Time: 5 minutes

### Ingredients:

1 cup non-dairy milk 2 tbsp. coconut sugar 1 tbsp. cacao 1/2 tbsp. dairy-free chocolate chips room temperature 1/8 tsp. mint extract extract



### Directions:

1. In a small saucepan or pot, measure out 1 cup of nondairy milk, 2 tbsp coconut sugar, and 1 tbsp. cacao and mix well.
2. Bring all of these ingredients to a small boil. Once the milk is just starting to boil, measure in 1/2 tbsp of chocolate chips. Use a whisk to stir occasionally to prevent the chocolate from scorching.
3. Once the chocolate chips are mostly melted, remove the pot from the stove and add in mint extract.
4. Enjoy hot with marshmallows or dairy-free cool whip.

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## Chocolate Frankenstein Rice Cakes (v)

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Serves: 16 Rice Cakes Prep Time: 25 minutes Rest Time: 1 hour Total Time: 1 hour 25 minutes

### Ingredients:

1 box of Rice Thin Stackers 1 cup raw pumpkin seeds 1 cup vegan chocolate chips divided 1/2 cup jumbo raisins 1/2 cup dried apricots 1/4 cup gluten-free pretzel sticks 1 tbsp. melted coconut oil divided



### Directions:

1. Place pumpkin seeds and raisins in two separate bowls. Cut apricots into 4-5 equal sections and place into a bowl. Take pretzel sticks and cut in half. Lay out all of your thin rice stackers on a flat surface so that they are easy to assemble.
2. Melt 1/2 tbsp. of coconut oil for 15-20 seconds or until completely melted. Pour melted coconut oil over 1/2 cup of chocolate chips. Place chocolate chips and coconut oil back into the microwave for 15-20 seconds. You will want the chocolate chips soft but not melted. Stir until chocolate chips are completely melted. The chocolate chips should melt completely after about 30 seconds of continuous stirring. If not, place chocolate chips back in the microwave for another 10 seconds and stir until completely melted. Be careful not to scorch your chocolate.
3. Using a spoon and spatula, spread your chocolate evenly onto the thin rice stackers. Sprinkle pumpkin seeds at the top of the rice stacker making hair. Place raisins for eyes, pretzel sticks for a mouth and place cut apricots just under the hairline.
4. Repeat steps 3-4 to do a total of 16 Frankenstein Rice Cakes. Since the chocolate thickens as it sits you will want to do only half of the

treats at a time. You should get 8 Frankenstein faces out of every 1/2 cup of chocolate chips.

5. Once your Frankenstein rice cakes are decorated allow them to set for 1 hour. Then place rice cakes into a sealed container.

\*Note- These Frankenstein Rice Cakes are best eaten within 24 hours but will stay fresh up to 2 days.

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## Cinnamon Swirl Popcorn (v)

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Serves: 6 Prep Time: 2 minutes Cook Time: 3-4 minutes Total Time:

### Ingredients:

1/2 cup popcorn kernels 2 tbsp coconut oil 2 tsp. cinnamon 2 tsp. coconut sugar

### Directions:

1. Measure cinnamon and coconut sugar in a small plastic or glass container with a lid on it. Shake until sugar and cinnamon are well mixed. Set aside.
2. Measure 1/2 cup of popcorn kernels and set aside. Place large pot on the stove with medium heat and place 2 tbsp. coconut oil in the pot. As the oil gets hot make sure to spread the bottom of the pot evenly with oil.
3. Place one popcorn kernel in the pot. As soon as the popcorn kernel pops, pour the rest of the popcorn kernels into the pot and cover with a tight lid.
4. Once popcorn begins to pop rapidly, lift pot 1-2 inches above the flame until popping decreases. Move hot pot off the burner and carefully remove lid. (Watch out for flying pieces)
5. Take coconut/cinnamon mixture and shake generously on your popcorn. Enjoy!



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## Beef Penne

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Serves: 5 Prep Time: 10 minutes Cook Time: 20 minutes Total Time: 30 minutes

### Ingredients:

8-10 ounces uncooked gluten-free penne noodles 1 pound of ground beef 1 small onion 3 cups baby spinach 2 cups chopped mushroom 1 cup sun dried tomatoes in olive oil 1/2 cup of pasta water\* 1/2 tsp. ground garlic 1/2 tsp. pepper 1/4 tsp. sea salt



### Directions:

1. Bring water to a boil and cook penne noodles according to the given instructions. Reserve 1/2 cup of pasta water before draining noodles.
2. Chop onions and mushrooms and cook with the beef and spices until meat is browned and vegetables are soft.
3. In a separate frying pan, place 1/2 cup pasta water, 1 cup of sun dried tomatoes and 3 cups of spinach and cook until spinach is wilted.
4. Combine meat mixture, sun dried tomatoes and pasta noodles and cook on low until hot. Serve hot!

\*Notes: I also like to rinse my noodles in cold water before adding the noodles to my recipe to remove any of the starchy film. This is also makes the noodles more firm and less likely to stick together.

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## Butternut Squash Turkey Chili

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Serves: 6-8 Prep time: 10 minutes Cook time: 15 minutes Total Time: 25 minutes

### Ingredients:

1 lb of ground turkey 2 -15 oz cans of black beans (drained) 28 oz of diced tomatoes (do not drain) 10 oz bag of frozen or fresh butternut squash 6 oz. can of tomato paste 1 bell pepper chopped 1 onion chopped 1 tbsp. ground cumin 1/2 tbsp. cinnamon 1 tsp. chili powder 1 tsp. garlic powder 1/4 tsp. all spice salt & pepper to taste



Directions: 1. Begin by chopping your onion. Add chopped onion with ground turkey and begin browning. Add a few tbsp of water to prevent meat from sticking to the pan.

2. While meat is browning, chop bell pepper and add it in. Once meat is completely cooked, add chopped tomatoes, drained black beans, tomato paste and spices.

3. Allow chili mixture to simmer for 5 minutes. While the chili mixture is simmering place frozen butternut squash into the microwave to thaw before adding. Add warm butternut squash at the last minute to prevent the butternut squash from falling apart.

4. Top with shredded cheese or avocado and enjoy!

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## Bone Broth

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Prep Time: 10 minutes Cook Time: 8 hours  
Total Time: 8 hours, 10 minutes

### Ingredients:

High quality bones (I used a goose carcass)  
1/2 tbsp apple cider vinegar 1 large onion 2-3  
carrots 2 stalks of celery 1/2 bunch of fresh  
parsley salt & pepper to taste

### Directions:

1. Place your bones in your crockpot and cover your bones with filtered water. Next add, a 1/2 tbsp of apple cider vinegar and let the bones sit for 20 minutes.
2. Once your bones have been covered in water for 20 minutes, add the rest of your ingredients. I only chop my onion but for my carrots and celery I just break in large chunks and place in my crockpot. Add seasonings and cover your crock pot.
3. Place your crockpot on high until your water begins to bubble. Then turn your crockpot temperature down to low. Keep your crockpot on low for the next 8-10 hours or until the bones are soft.
4. Strain your bone broth to make sure that no small bones are in your broth. You also may get a white froth on top of your bone broth that you can skim off.
5. Eat your bone broth straight or use it as stock for your soup recipes.

\*Notes - If you don't like the taste of your bone broth by itself a really easy soup to make is egg drop soup. Simply add some egg whites or eggs and a few vegetables. I like spinach. Season to taste.



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## Italian Turkey Rice Soup

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Serves: 7-8 Prep Time: 15 minutes  
Cook Time: 15 minutes Total Time:  
30 minutes

### Ingredients:

1 pound of ground turkey 1 small  
onion chopped 1 red bell pepper  
chopped 3-4 carrots chopped 28 oz  
can of crushed tomatoes 2 cups of cooked rice 4 cups vegetable broth  
or 32 ounces 3 cups chopped kale 2 tbsp. parsley 1/2 tbsp. thyme 1  
tsp. garlic salt & pepper to taste (about 1/4 - 1/2 tsp each)



### Directions:

1. Start by preparing your rice. Cook 1 cup of rice to two cups water. Follow directions according to your rice instructions.
2. Begin chopping your vegetables: onion, carrot, pepper and kale then set aside. I left my kale separate from the other three vegetables.
3. In a large pot, brown turkey meat with a bit of water (about 2 tbsp) and add in onion, carrots and pepper. Cook until meat is no longer pink.
4. Turn down your turkey mixture to a low flame and add in your spices, crushed tomatoes, kale, and vegetable broth.
5. Once rice is done cooking, scoop 2 cups of rice into the soup and mix well. Add salt and pepper to taste. Serve hot.

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## Pumpkin Soup (v)

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Serves: 5 Prep Time: 15 minutes Cook Time: 10 minutes Total Time: 25 minutes

### Ingredients:

1 1/2 cups coconut milk (I used lite) 4 cups vegetable broth 2 cups pumpkin puree (not pie filling) 2 celery stalks 1/2 onion 2 tbsp maple syrup 1 tbsp coconut oil or sub oil 2 tsp. thyme 1/2 tsp. allspice 2 generous shakes of cinnamon dash of garlic powder salt & pepper to taste



### Directions:

1. Chop onion and celery and sautee with coconut oil in a large pot until soft.
2. Add vegetable broth, pumpkin puree, coconut milk and maple syrup to the pot and bring to a simmer.
3. Next add all of your seasonings and let soup simmer for 5 minutes and stir so the mixture is creamy.
4. Add salt, pepper and garlic to taste.

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## Strawberry Crisp (v)

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Serves: 5 slices Prep Time: 10 minutes Cook Time: 40 minutes Total Time: 50 minutes

### Ingredients:

3 cups sliced strawberries 1 cup of gluten-free oatmeal quick oats 1 cup coconut sugar 1/2 cup gluten-free all-purpose flour 1/2 cup flaxseed meal 1/2 cup coconut oil (melted)\*



### Directions:

1. Preheat oven to 350.
2. Begin slicing strawberries until you have 3 cups full. Place sliced strawberries into a bowl with the sugar and stir. Set aside.
3. In large mixing bowl, measure and add oatmeal oats, flaxseed meal, all purpose flour and mix well. Add melted coconut oil and mix until crumbly.
4. Using a greased 2 quart baking dish, spread half of the oatmeal crumble on the bottom of the pan. Next, scoop all of the strawberry mixture on top. Spread remaining oatmeal mixture on top.
5. Bake at 350 for about 40 minutes or until strawberry mixture is boiling on the sides.
6. Serve warm with dairy-free vanilla ice cream.

\*Notes - If you're not a fan of coconut oil but still want to keep this recipe dairy-free then you can use 1/2 cup of vegan stick butter. Do not melt. Instead cut the butter into the flour mixture until crumbly.

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## Apple Pomegranate Crisp (v)

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Serves: 8-10 Prep Time: 20 minutes  
Bake Time: 45 minutes Total Time: 1  
hour 5 minutes

### Ingredients:

6 large apples (use more if small) 1  
1/2 pomegranates 2 cups gluten-free  
oats 1/2 cup coconut oil 1/2 cup maple syrup 4 tsp. fresh lemon juice  
1/2 tsp. of vanilla extract 1 tsp. ground cinnamon



- Directions: 1. Preheat oven to 375 degrees.
2. Wash, peel, core, and slice apples into medium chunks. Sprinkle the lemon juice over the apples in a large bowl.
3. Cut and scoop out pomegranate seeds and mix in with apple slices.
4. Pour vanilla extract over the top of the apples.
5. In a separate bowl, combine maple syrup, cinnamon, and oats in a bowl. Melt coconut oil and mix in. Sprinkle mixture over apples. Bake for 45 minutes or until topping looks crisp.

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## Sugar Cookie Cupcakes (v)

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Serves: 12 Cupcakes Prep Time: 15 minutes  
Cook Time: 18-20 minutes Total Time: 33-35 minutes

### Ingredients:

2 1/2 cups of gluten-free all purpose flour (I used Wholesome Chow) 1 cup coconut sugar 1 cup non-dairy milk 1/2 cup non dairy butter (I used earth balance) 2 tbsp. maple syrup 2 tsp. apple cider vinegar 1 tsp. vanilla



### Directions:

1. Preheat oven to 350.
2. In a large mixing bowl, mix together butter, coconut sugar, maple syrup, and vanilla. Using a mixer, cream the butter and sugar on medium speed for about 2 minutes or until well mixed.
3. Next add in milk, apple cider vinegar and mix again for another 30 seconds.
4. Add in your gluten-free flour and blend. Once your dough is completely mixed. Scoop muffin mixture into a greased cupcake pan or into cupcake holders.
5. Bake for 18-20 minutes or until fork clean. Let your cupcakes completely cook before moving or frosting them.

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## Mint Chocolate Chip Cookies (v)

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Serves: 15 Prep Time: 40 minutes Cook Time: 15 minutes Total Time: 55 minutes

### Ingredients:

1 2/3 cups of gluten-free all purpose flour 2 cups coconut sugar 2/3 cups vegan butter 1 ripe banana 1/4 cup + 2 tbsp dairy-free chocolate chips (reserved) 1 tsp. vanilla 1/2 tsp. baking powder 1/4 tsp. mint



### Directions:

1. In a large mixing bowl, beat the butter and sugar until well mixed.
2. In a separate mixing bowl, add flour, baking powder and blend. Combine with the wet mixture and mix. Once mixture is well blended add in banana, vanilla, mint and 1/4 cup chocolate chips.
3. Once cookie mixture is all mixed, cover and place in the fridge for at least 30 minutes to chill.
4. Preheat oven while you scoop cookie mixture onto a greased baking sheet. Take the reserved 2 tbsp of chocolate chips and sprinkle them on top of cookies.
5. Bake for 15 -18 minutes or until golden and fork clean.
6. Let cookies cool to room temperature before removing from cookie sheet. Notes

\*Notes: If your all purpose flour does not already contain salt you will want to add in 1/2 tsp of salt. If your all purpose flour does not already contain any baking soda than you will want to add an additional 1/2 tsp of baking soda.

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## Pumpkin Chocolate Chip Cookies

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Serves: 20 Prep Time: 10 minutes Cook Time: 15 minutes Total Time: 25 minutes

### Ingredients:

1 1/2 cups gluten-free oats 3/4 cup pumpkin puree 1/2 cup ground flax meal 1/2 cup soy milk 1/2 cup maple syrup 1/2 cup dairy-free mini chocolate chips 2 eggs 1 1/2 tsp. cinnamon 1 tsp. baking powder 1 tsp. vanilla 1/2 tsp. sea salt



### Directions:

1. Preheat oven to 350 degrees.
2. In a large mixing bowl, measure out gluten-free oats, flax meal, baking powder, sea salt and cinnamon. Mix well.
3. Add in pumpkin puree, eggs, vanilla, milk and maple syrup. Once cookie mixture is well mixed, stir in chocolate chips.
4. Scoop cookie mixture on greased cookie sheet. Bake cookie mixture for 15 minutes or until fork clean.

\*Note - This cookies are chewy and moist not crispy. :)

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## Gluten-free Oatmeal Raisin Cookies (v)

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Serves: 10 Prep Time: 5 min. Bake Time: 10-12 minutes Total Time: 15 minutes

### Ingredients:

2 cups gluten-free oatmeal 2 frozen brown bananas 1/2 cup of raisins 1/3 cup shredded coconut 1/3 cup applesauce (no sugar added) 1/4 cup apple juice (no sugar added) 1 tsp. vanilla 1 tsp. cinnamon



Directions: 1. Preheat oven to 350.

2. De-thaw bananas for 10-20 seconds or until mushy.

3. Add all of your ingredients in a large mixing bowl except for your raisins. Mix ingredients well for 1-2 minutes. Stir in raisins by hand.

4. Scoop spoonfuls of cookie batter on a greased cookie sheet and bake for 10-12 minutes or until lightly brown and fork clean. Serve warm.

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## Chocolate Peanut Butter Fudge (v)

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Serves: 25 decadent squares Prep Time: 5 minutes  
Chill Time: 2 hours or until hardened  
Total Time: 2 hours 5 minutes

### Ingredients:

2 cups dairy-free chocolate chips or 16 ounces (2 bags) 1 cup non dairy milk 3/4 cup peanut butter  
wax paper



### Directions:

1. Measure out all of your ingredients and place in a microwave approved bowl. \*My peanut butter and chocolate chips were at room temperature so if you chocolate and peanut butter is not you may need to microwave a bit longer.
2. Microwave for 1 minute. \*You just want the ingredients to be warm. The melting of chocolate should occur as you mix the ingredients together. Microwaving the ingredients too long can result in scorching the chocolate which will give your chocolate a burnt taste.
3. After your ingredients are well mixed, set aside. Take a sheet of wax paper and place the wax paper in your 8 x 8 pan. Be sure to let some of the wax paper over hang your pan. Next pour, your fudge mixture into the pan making sure that the fudge reaches all corners of the container. Your fudge should be more of a liquid consistency...but don't panic it will harden. 😊
4. Next, cover your fudge with a lid or foil and place in the fridge to chill for at least 2 hours before checking. When your fudge is completely hardened it's done.
5. Lift your fudge out of the container but pulling on the edges of the wax paper.

Pull the wax paper off and cut into squares and consume. I recommend you store your fudge in the fridge for added freshness. I kept mine wrapped in the wax paper with foil over the top.

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## Healthy Chocolate Bark (v)

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Serves: 8-10 Prep Time: 5 minutes  
Freeze Time: 1 hour Total Time: 1 hour  
5 minutes

### Ingredients:

1 bag (10oz) of vegan chocolate chips I used Enjoylife 1/4 cup of coconut flakes  
2-3 tbsp. chia seeds (3 tbsp. for added crunch) 2 tbsp crushed roasted cashews parchment paper



### Directions:

1. Chop cashews and set aside. Measure out flaked coconut and chia seeds.
2. Place all of your chocolate chips in pyrex bowl and make a double boiler. Make sure that your water does not touch the bottom of the pyrex bowl.
3. Stir chocolate chips until they melt completely. Carefully, scrape melted chocolate onto a baking sheet and try to spread the chocolate evenly.
4. Sprinkle toppings and place chocolate bark in the freezer for 1 hour (uncovered).
5. Keep chocolate bark stored in covered tupperware in the fridge.

\*Notes: Since you will need to add your toppings to your chocolate bark while the chocolate is still hot be sure to have all of your ingredients ready to go as well as your pan lined with parchment paper. I used a 11x8.5 baking pan that a slight lip on it. My chocolate also did not cover the whole baking pan.

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## Pumpkin Nice Cream (v)

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Serves: 4-5 Prep Time: 5 minutes Freeze Time: 8 hours Total Time: 8 hours, 5 minutes

### Ingredients:

4 large ripe bananas 1 - 15 oz of pumpkin puree  
1/4 cup maple syrup 1 tsp. vanilla 1 tsp. pumpkin  
spice 1/4 cup crushed walnuts (optional)

Directions: 1. Place all the ingredients into a  
blender and blend until smooth.

2. Pour ingredients into a freezer safe container with lid and freeze  
overnight.

3. Before serving, place pumpkin nice cream on the counter and let it  
thaw for 20 minutes. You can also blend again once soft to make ice  
cream creamy again.

4. Top with crushed walnuts.



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## Travel Wrap

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Serves: 1 wrap Prep Time: 5 minutes Total Time: 5 minutes

### Ingredients:

1 gluten-free wrap or wrap of choice  
2-3 slices of your favorite lunch meat  
handful of baby spinach  
1/4 of avocado sliced  
3-4 bell pepper slices  
shredded carrot  
mustard & mayo to taste



### Directions:

1. Cut all of your ingredients into long narrow slices and set aside.
2. Spread your gluten-free wrap with mayo and mustard and then begin layering your ingredients.
3. Roll your wrap up in parchment paper and then rubber band the ends insuring the parchment paper will not come undone.
4. Place wrap into a ziplock back and then double bag with a second ziplock bag with ice.

\*Notes - Don't use foil or your food will get inspected by TSA.

## List of Our Favorite Travel Snacks:

**Fruit** – Especially apples since they are not very messy and travel well.

**Protein bars** – Our favorite brands: Vega, Nu-Go Organic, & GFB protein bars

**Dehydrated Vegetables** – Amazing taste and fills your chip craving.

**Baby carrots** – Perfect to get some needed vitamins and nutrients on the go.

**Nuts** – Raw cashews, almonds, etc are a great snack and travel well.

**Roasted Chickpeas** – Enjoy sea salt, lemon grass and chipotle flavors.

**Gum** – Ditch standard gum and try aspartame free gum like Pur or Spry.

**Gummy Bears** – Perfect reward for good behavior and for preventing ear popping while flying. I love Yum Earth. Yum Earth has no artificial colors or flavors.

**Roasted Seaweed or Kale chips** – Don't knock it until you have tried it.

**Beef Jerky** – Travels well and it's a great protein for long travel time.

**Lentil Chips** - Baked not fried and less calories than potato chips.