

RECIPE

Pistachio Goji Granola

- 1 cup whole rolled oats
- ⅓ cup chopped pistachios
- 1 teaspoon cinnamon
- ½ teaspoon sea salt
- 1 tablespoon coconut oil
- 3 tablespoons maple syrup
- ¼ cup coconut flakes
- ⅓ cup dried goji berries

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INSTRUCTIONS:

In a medium nonstick skillet over low heat, toast the oats for 2 minutes, stirring continuously. Stir in the pistachios, cinnamon, salt, and coconut oil and cook for 5 minutes, stirring occasionally.

Drizzle with the maple syrup, stirring to coat, then add the coconut flakes. Continue to cook, stirring continuously for 5 more minutes.

Stir in the goji berries. Spread the granola on a plate in an even layer and cool completely at room temperature. Store in an airtight container.

Yield: 1½ cups

RECIPE

Almond-ella Spread

- ½ cup creamy almond butter
- ½ cup chopped dark chocolate, 50% cacao
- 1½ tablespoons coconut oil

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INSTRUCTIONS:

Combine the almond butter, chocolate, and coconut oil in a medium glass bowl. Make a double boiler by placing the glass bowl over a smaller pot filled with simmering water. Stir until the chocolate is melted and the mixture is smooth.

Pour into a 7 oz. glass jar and cool to room temperature before closing the lid. Place in the refrigerator until set, about 30 minutes, then store at room temperature.

Yield: 1 scant cup

RECIPE

Infused Olive Oils

Lemon Olive Oil:

½ cup extra-virgin olive oil
zest of 1 small lemon

Chili Olive Oil:

½ cup extra-virgin olive oil
2 tablespoons red chile flakes

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INSTRUCTIONS:

In a small saucepan, combine the oil and lemon zest or red chile flakes and simmer over low heat for 20 minutes.

Strain the oil and cool completely at room temperature. Pour the oil into an airtight glass jar. Add fresh lemon zest or chile flakes for garnish, if desired.

Store in the refrigerator for up to two weeks.

Yield: 4 ounces

RECIPE

Sweet & Spicy Popcorn

8 to 10 cups plain popped popcorn
3 tablespoons sunflower oil
3 tablespoons maple syrup
½ teaspoon cinnamon
pinch of cayenne pepper
1/4 teaspoon sea salt

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INSTRUCTIONS:

Preheat the oven to 300°F.

In a small saucepan over low heat, combine the sunflower oil, maple syrup, cinnamon, and cayenne pepper.

Simmer for 1 to 2 minutes.

Place the popped popcorn into a 9x13-inch baking pan and pour the spiced mixture over the popcorn. Sprinkle with salt and stir to combine.

Bake for 30 minutes, stirring every 10 minutes. Cool completely at room temperature, then transfer to airtight containers.

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