



## Preparing for a Pesach of Fullness n' Freedom.

Pesach, more than any yom tov, teaches us how boundaries really are the key to a life of freedom. The Seder is all about approaching our food with a clear beginning, middle, and end, with special brachos and specific portion sizes. The overall yom tov gives us even more 'limitations' on our food than usual. But these limitations aren't a contradiction to the yom tov of cheirus.

When we approach food with structure and balance, it actually helps us make choices that help us feel our best, and so we really are tapping into freedom.

## Hitting the Holiday Balance

With so many extra limitations and meals at unusual times, maneuvering Pesach with a balanced mindset can feel more than a little overwhelming. How can we create beautiful yom tov meals for ourselves and our families... and still come out feeling balanced and energized?

On yom tov, I think we need to make space for a new definition of "balance."

From an objective perspective, a "balanced yom tov meal" would be one that incorporates a good balance of all macronutrients, aka food groups. Check off the box of protein, complex carbs, fiber, and healthy fats, and the meal's all set.

Sounds easy enough, right? Start with matzah and a fresh salad then some veggie or chicken soup, and finally, chicken or meat with delicata squash and broccoli kugel.

Honestly, that beautifully macro-balanced meal would make me and some of my family members pretty satisfied. But it would probably disappoint a few others! As Yiddishe mames, Jewish mothers, we have this innate desire to fill the needs of every family member and guest at our table. We're always trying to make sure everyone has something they are happy with. So in reality, my yom tov meals end up being larger than what I would consider "balanced" from a nutritional standpoint. But I believe that that's part of the yom tov version of balance. We structure our meals around a nucleus of whole foods, then add in the favorites that will help bring that excitement and simchas yom tov to our family and guests.

## DIY Balanced Menu Planning Tips

**Better-for-you ingredients:** Even if you're making a dish that's typically considered "unhealthy," like a sweet saucy meat, a mayonnaise- and sugar-based salad, or a decadent dessert, you can revamp it by using unrefined oils, sweeteners, and starches. Substitute canola oil with avocado oil, potato starch with arrowroot flour, store-bought mayo with homemade mayo, sugar with raw honey or coconut sugar, and margarine with virgin coconut oil.

**Balanced core:** Your family surely has their favorites. Try incorporating them into your menu along with a balanced "core meal" that includes one healthier protein, complex carb, and one or

two veggie-based sides. This gives you enough wholesome food to fill up on before choosing whether to enjoy the treats in moderation.

**Pairing process:** I start adding to my “core menu” based on who’s going to be at each meal. I want to make sure they’ll all have 2-3 things they’ll enjoy!

If I need to add protein, I know that savory chicken complements sweet, soft meat. Heavy meat, like standing rib roast, pairs well with a grilled or breaded cutlet. Paring proteins this way will not only ensure everyone will find something to enjoy but also offers a contrast in taste profile for the people who will have both.

If the complex carb I was already planning was something typical, like mashed potatoes, I won’t usually make another option. But if I was planning a root hash or butternut kugelettes, which I know won’t sell well with all my guests, I’ll usually serve that potato-based dish along with it.

**Appetite-saving appetizers:** If you and your family find appetizers overly filling and don’t have the minhag to eat fish at every seudah, you can try doing what we do. Unless we have guests, we start night meals with matzah and dips, dive right into soup and singing, then enjoy the main with a hearty appetite. At day meals, our appetizers are fish, liver, or a salad with meat, along with colorful side salads and dips, followed by the main.

**Plated vs. plattered:** I love desserts made with ingredients that love us back! A great time-saving hack that doubles as a way to avoid overeating is serving desserts plated rather than plattered. Why time-saving? Because it lets you serve elegantly using just one recipe instead of putting out a whole spread at each meal. Win-win!

On yom tov, our meals are bigger and longer than usual. How do we deal with the challenge of pacing ourselves so we don’t end up uncomfortably over-full?

## **SOUL FOOD**

We’re so much more than physical beings. And our seudos are so much more than physical meals. The seudos of Pesach are a chance to elevate our peh – the same mouth that is free to praise Hashem, tell the story of yetzias Mitzrayim, drink the arbah kosos, and eat matzah and maror – by transforming them into nourishment for our souls through intention and mindfulness.

There’s a lot to say about mindfulness: staying present, soaking up the moment, and being aware of what’s going on inside us. Developing mindfulness as a life skill spills over into eating. It helps us focus, savor, and experience the sensations of eating and satiation. This way, we can “hear our bodies’ whispers before they turn into screams.”

Let’s hone in on some super-practical tips that help us slow down so we can hear those whispers.

## Tips for Slowing Down and Being Mindful at the Seuda:

**Assess what's there.** Take a few breaths before starting to fill your plate. Think: What's on the table? What would I like to enjoy?

**Chew slowly.** Experts say we should be chewing every mouthful 40 times before we swallow – and most of us do about 2 or 3! Aim for 10 chews and you'll notice the difference.

**Put your fork down between bites.** If that's too annoying, consider putting it down every so often between bites. This helps you be mindful about eating when you're eating, and about talking, laughing, and singing when you're doing those.

**Let your brain catch up.** We often enter yom tov meals hungry, but it takes 15-20 minutes for our brains to register that our stomachs are satisfied. If we eat too much during those 15 minutes, we'll be overfull literally before we know it! Keep this in mind to help motivate you to pace yourself. Once those 15 minutes pass, you'll be in a better position to make mindful choices.

**Pause before taking seconds.** Why? Because sometimes, we overeat just because others are still eating or because the food is still there. Use the pause time to consider whether you're actually hungry, and if you're not, practice engaging in the meal in other ways, like sharing a reflection or asking others to.

This Pesach season, consider a more mindful and balanced approach. Fill your plate with a rainbow of deliciousness. Your *yom tov seudah* can and should have it all. Enjoy the crunch of the *matzah* and the variety of taste, texture and color in your meals, and savor the treats you choose to enjoy. Balance is key. Creating that balance might take a little more thought and creativity, but if you do invest the effort, your body will thank you.

**Wishing you a chag kasher vesameach,**

*Rorie*

P.S.

Enjoy these delicious Pesach recipes from my cookbook, *Food You Love that Loves You Back!*

For more resources to help you Pesach better this year, visit [FullnFree.com](http://FullnFree.com) for Rorie's line of Pesach Baking Essentials so that you can enjoy all the foods you love this yom tov.

 Rorie's Grain Free Flour:

All your favorite baked goods, Gluten and Grain Free, and it just happens to be Kosher for Pesach!

 Rorie's Grain and Gluten Free Pancake Mix

Fluffy, delicious, and healthier pancakes and waffles just got so much easier with this BRAND NEW Paleo Pancake Mix

 Rorie's Grain Free Coating Crumbs

Bread-less breading made with ingredients that love your body back!

 Rorie's Pistachio Panko Crumbs


Crushed pistachios meet perfectly seasoned, delightfully textured grain-free crumbs to create a breadless panko you and your family will love.

 Rorie's Organic Coconut Flour

Coconut flour is a healthy flour substitute for pancakes, cookies, muffins, and other baked goods. It blends well with nut flours or root starches to create superior gluten free baked goods.

 Rorie's Grain Free Arrowroot Starch

Our Arrowroot Starch is a chemical free, easy to digest Corn/Potato Starch replacement perfect for thickening sauces, stews, soups, custards and pie fillings.

 Rorie's Organic Dutch Cocoa

Richer chocolate flavor than ever. This high-quality Dutch cocoa produces tastier results without that typical cocoa bitterness, so you can go easier on the sweetener and still enjoy your just desserts.

 Rorie's Real & Raw Honey

You're looking at the real thing: pure honey straight from the source.

Enjoy these products this Pesach and all year round!



## side salads

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TWO WAYS

### TOMATO SALAD

2 cups chopped tomatoes  
1½ cups chopped cucumbers  
¼ cup chopped red onion  
1 Tbsp chopped parsley  
1 Tbsp chopped dill  
2 Tbsp olive oil  
2 Tbsp balsamic vinegar  
½ tsp garlic powder  
½-1 tsp sea salt, or to taste  
¼-½ tsp coarsely ground black pepper

- To a large bowl, add tomatoes, cucumbers, and red onion.
- Add herbs, oil, and vinegar. Add garlic powder, salt, and pepper. Toss to coat well. Best served freshly made.


### CHOP CHOP SALAD

1 cup chopped fennel  
1 cup chopped kohlrabi  
1 cup chopped radishes  
¾ cup chopped celery  
2 Tbsp fresh dill  
2 Tbsp olive oil  
2 Tbsp lemon juice  
½ tsp garlic powder  
½-1 tsp salt, or to taste  
¼-½ tsp coarsely ground black pepper

- To a large bowl, add chopped vegetables and dill.
- Add oil, lemon juice, garlic powder, salt, and pepper.
- Toss to coat veggies well. Allow to marinate until ready to serve.



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## creamy caesar

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### DRESSING

## INGREDIENTS

2 eggs, at room temperature

2 cups avocado or olive oil

(Olive oil will give the dressing a very strong flavor.)

¼ cup apple cider vinegar

2 cloves fresh garlic or 1 tsp garlic powder

½ Tbsp sea salt

½ Tbsp coarsely ground black pepper

2 Tbsp water ( optional)

**NOTE:** This dressing is delicious on any combinations of salad components and works well as in place of mayo in most recipes

## DIRECTIONS

- In the bowl of a food processor fitted with the S-blade, beat eggs at medium speed for 3-5 minutes until the eggs become a creamy color and are slightly fluffy. Add oil in a steady stream until a thick mayonnaise is produced.
- Drizzle in apple cider vinegar while the machine is still running while still mixing, add garlic, salt, and pepper until incorporated.
- Add water to thin dressing, if necessary. Dressing will thicken when it is refrigerated. Dressing will stay fresh in the fridge for 2 weeks.





## chestnut & mushroom

### SOUP

## INGREDIENTS

4 Tbsp olive oil, divided  
2 medium leeks, white and light green parts only, thinly sliced  
1 lb assorted fresh gourmet mushrooms, sliced  
1 (6-oz) package peeled and roasted chestnuts  
4 cups vegetable stock, plus more as needed  
salt, to taste  
freshly ground black pepper, to taste

## DIRECTIONS

- Heat 3 tbsp oil in a 6 -8 quart pot over medium-low heat. Add leeks; sauté, stirring often, for 6-7 minutes, until leeks soften and start to brown.
- Add  $\frac{3}{4}$  of the mushrooms and cook until softened, 4-5 minutes. Add chestnuts, stock, salt, and pepper; bring to a boil.
- Reduce heat; cook for approximately 45 minutes, until the chestnuts are super soft. (The mushrooms and chestnuts should be covered at all times with liquid; add more stock as needed).
- Remove from heat; cool slightly. Blend lightly with an immersion blender, so that soup still remains chunky.
- In a small saucepan, heat remaining tablespoon oil; add remaining mushrooms and sauté until golden. Add to soup bowls as garnish.





## seared sea bass

WITH GRILLED PINEAPPLE SALSA

### SEA BASS

6 (5-oz) fillets sea bass center cut, deboned, skinned, and halved

1 Tbsp olive oil

1 tsp sea salt

½ tsp coarsely ground black pepper

### GRILLED PINEAPPLE SALSA

2 cups fresh pineapple chunks

½ Tbsp olive oil, for brushing

1 peach, chopped into small pieces (about ¼ cup)

(if peaches are not in season, use ¼ cup chopped mango or apricots)

½ jalapeño pepper, minced

1 small shallot, chopped

juice of ½ a small lime

½ tsp sea salt

1 Tbsp freshly chopped cilantro or parsley

## DIRECTIONS

- Prepare the salsa: Preheat grill or grill pan over medium-high heat.
- Brush pineapple with olive oil; grill until charred on both sides, about 3 minutes. Set aside to cool, then chop into bite-sized pieces.
- In a medium bowl, toss together pineapple, peach, jalapeño, shallot, and lime juice. Season with salt; garnish with parsley.
- Prepare the sea bass: Add olive oil to a large frying pan over medium high heat.
- Pat sea bass dry; season with salt and pepper on all sides of fish.
- When pan reaches high heat, add fish; and cook for 4 minutes per side without lifting, until a golden crust forms on each side.
- For thicker slices of sea bass or if you prefer it more well done, bake in a 450°F oven for 5 - 7 minutes.
- To serve, spread 1-2 tbsp avocado cream on individual plates. Top with a portion of sea bass and ¼ cup grilled pineapple salsa. Serve while fish is warm.







# mom's marbella

WITH A TWIST

## INGREDIENTS

8 parjiot or chicken thighs on the bone  
3 Tbsp Silan  
½ cup dry white wine  
3 Tbsp silan  
Marbella Marinade  
¼ cup olive oil  
¼ cup red wine vinegar  
½ cup large pitted prunes,  
½ cup whole dried apricots  
½ cup large green pitted olives, such as Cerignola  
2 Tbsp capers (optional)  
2 bay leaves  
6 garlic cloves, minced  
1 Tbsp dried oregano  
1 Tbsp kosher salt  
1 tsp freshly ground black pepper

## DIRECTIONS

- Prepare the marinade: In a large resealable bag, combine olive oil, vinegar, prunes, apricots, olives, capers, bay leaves, garlic, oregano, salt, and pepper.
- Add chicken to the bag. Refrigerate 2-6 hours, turning occasionally to be sure the chicken is absorbing the flavors of the marinade.
- Preheat the oven to 375°F. Set out a roasting pan.
- Discard bay leaves. Place chicken with the contents of the bag in prepared pan.
- Pour wine around (not over!) the chicken; drizzle with silan and brush to coat each piece. For parjiot, bake uncovered for 30 minutes. For thighs, bake covered for 45 minutes.
- Raise oven temp to 400°F. Baste chicken; bake for an additional 15 minutes. Baste once more and bake for an additional 5 minutes or until browned to taste.



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## shallot & fennel

### CHICKEN

#### INGREDIENTS

- 1 (3-lb) chicken, cut into quarters or eighths, skin on
- 3 shallots
- 2 fennel bulbs, fronds and outer layers discarded
- 2 tsp garlic powder
- 2 tsp sea salt
- 1 tsp coarsely ground black pepper
- ¼ cup dry white wine (Chardonnay)
- 1 Tbsp olive oil
- 1 Tbsp. dried parsley

#### DIRECTIONS

- Set out a roasting pan.
- In a small bowl, combine garlic powder, salt, and pepper.
- Slice the veggies; add to the pan, sprinkling lightly with spice mixture.
- Place chicken on the veggies; season with remaining spice blend on both sides, rubbing them in gently to coat well. Marinate for 2 hours up to overnight in the fridge.
- Preheat oven to 350°F.
- Pour wine around the chicken; drizzle chicken with oil and sprinkle with dried parsley.
- Bake, covered, for 2 hours. Increase oven temperature to xx°. Uncover chicken; baste with pan juices. Return to oven; bake for 20 minutes, uncovered.
- Baste well. Turn oven to high broil. Return chicken to the oven for 3-4 minutes, until nicely browned.



## shiitake sauvignon

MINUTE STEAKS

### INGREDIENTS

3 Tbsp olive oil, divided  
8 minute steaks  
2 large sweet onions  
3 (3.5-oz) boxes shiitake mushrooms, sliced  
3 cloves fresh garlic  
1¼ cups Cabernet Sauvignon (or other dry red wine)  
1¼ cups chicken broth or bone broth  
1 tsp sea salt, plus additional to season meat  
½ tsp coarsely ground black pepper  
2 Tbsp fresh parsley

### DIRECTIONS

- Season meat with salt to taste. In a cast iron pan, over high heat, heat 1 tablespoon olive oil. Add meat; sear on both sides; then set aside.
- Add remaining 2 tablespoons oil to the pan; add onions. Sauté onions until golden and soft.
- Add mushrooms; sauté until they cook down and release their liquid.
- Add garlic; sauté until fragrant. Add wine and broth; season with salt and pepper.
- Return meat to the pan; cover with onions and mushrooms. Bring to a boil, then lower the heat and simmer, covered, for 5-6 hours.
- Before the last 30 minutes, add fresh parsley; cook, covered, until meat is tender.



## sweet 'n sour

### BRICK ROAST

#### INGREDIENTS

4 lb brick roast, French roast, or Delmonico roast

1 Tbsp paprika

1 Tbsp kosher salt

2 tsp coarsely ground black pepper

2 tsp garlic powder

2 tsp onion powder

2 Tbsp avocado oil or coconut oil

½ cup Fiordifrutta apricot spread or cranberry spread OR apple butter

2 Tbsp coconut aminos

2 Tbsp dry red wine or additional coconut aminos

2 Tbsp orange juice

3 cloves garlic, crushed

#### DIRECTIONS

- Season roast with paprika, salt, pepper, garlic powder, and onion powder; rub in gently, then transfer to a baking pan. Refrigerate, covered, for 12 hours to allow flavors to penetrate the meat. Preheat oven to 350°F.
- Heat oil in a saucepan; sear meat on each side for 5-7 minutes. Transfer meat to a baking pan.
- Whisk together fruit spread, coconut aminos, wine, orange juice, and crushed garlic to form a sauce; pour mixture over roast.
- Cover tightly; bake for 2½ hours. If your roast is larger, adjust ratios accordingly and bake 35 minutes per pound.
- Allow meat to cool completely before slicing. Rewarm before serving.

Tip: This roast freezes well; slice before freezing. The leftovers rewarm really nicely, too; it's just a versatile, reliable meat that you will find yourself turning to over and over!





## squash kugelettes

WITH PECAN CRUMBLE

### INGREDIENTS

- 1 medium butternut squash
- 1 large sweet potato
- 4 eggs
- ¼ cup cashew butter
- 2 tsp cinnamon
- 1 tsp sea salt

### CRUMBLE

- ¼ cup grain free mix
- 6 walnuts, crushed into chunks
- 6 pecans, crushed into chunks
- 1½ tsp coconut oil
- 1 tsp honey

Note: This can be prepared in a greased 1 (8-inch) casserole dish to make a larger kugel. Baking directions are the same.

### DIRECTIONS

- Prepare the kugelettes: Preheat oven to 425°F. Line a metal baking sheet with parchment paper.
- Cut butternut squash in half; discard seeds. Place squash cut-side down on prepared baking sheet. With a knife or fork, poke holes or make slits in the sweet potato; cover with foil. Place on baking sheet next to the squash.
- Bake for about 1 hour until the squash and potato are very soft.
- Allow to cool for 20-30 minutes. Scoop the flesh into a bowl; mash with a fork until there are no clumps.
- In a small bowl, stir together eggs, cashew butter, and spices until smoothly combined.
- Oil 6-8 individual ramekins. Pour in the batter, dividing batter equally among them and spreading evenly with the back of a spoon or spatula.
- Reduce oven temperature to 375°F.
- Prepare the crumble, combine flour and chunked nuts. Add oil and honey; combine by hand to form a crumble. Sprinkle crumble over batter, to cover.
- Bake for 45 minutes. Cool slightly before serving. The kugelettes are also delicious served cold from the fridge.





## smashed

### POTATOES

#### INGREDIENTS

2½-3 lb baby tricolor potatoes

2 Tbsp extra virgin olive oil plus additional oil in a evo spray bottle\*

1 tsp dried herb blend, such as like herbes de provence or 1 herb of choice

½ tsp garlic powder

½-1 tsp sea salt, or to taste

½ tsp freshly ground black pepper, or to taste

1 Tbsp chopped fresh parsley or ½ Tbsp dried parsley flakes

½ tsp coarse salt, to garnish (optional)

#### DIRECTIONS

- Preheat the oven to 425°F degrees. Spray a baking sheet with oil or line with parchment paper.
- Place the potatoes in a large pot and fill with enough water to cover by 1 inch. Cover; bring to a boil over high heat. Lower the heat to simmer; cook, uncovered, until the potatoes are fork tender, about 20 minutes. Drain well in a colander and allow potatoes to cool slightly.
- Transfer potatoes to a bowl; add olive oil, herb blend, garlic powder, salt, and pepper. Toss the potatoes in the oil, coating them well.
- Pour potatoes onto prepared baking sheet. I prefer baking it directly on an oiled metal baking pan since the skins get more crispy, but for easier clean up, the parchment paper version works well too. Carefully smash each potato down with a fork. Once smashed, spray a little extra oil on top with an evo spray bottle, if desired. Sprinkle with fresh parsley and coarse salt, if using.
- Roast for 40-45 minutes or until the potatoes are crisp and golden brown to your preference.

\*If you don't have an evo spray bottle, you can use a brush to brush oil onto pan and potatoes.





## roasted veggies

### BASIC

### INGREDIENTS

1 large red onion, cut into half moons

2 medium green unpeeled zucchini, thinly sliced

2 medium yellow unpeeled zucchini, thinly sliced

1 bunch asparagus, using only the center, cut in half

20 cherry tomatoes, halved

2 Tbsp olive oil

1½ tsp kosher salt

1 tsp garlic powder

1 tsp dried mint or other herb of choice (optional)

### DIRECTIONS

- Preheat oven to 425°F. Line 2 metal baking sheets with parchment paper.
- Place all vegetables into a large ziptop bag. Add oil, salt, garlic, and herbs of choice, if using. Seal bag; shake well to coat.
- Spread vegetables in a single layer onto prepared pans.
- Bake, uncovered, one on each oven rack, for 20 minutes.
- Switch the pan on the top rack to the bottom and vice versa. Bake for an additional 20 - 25 minutes until roasted to desired doneness.

#### Tips:

- Make sure not to overcrowd the pans. For the quantity of veggies in this photo, we used 2 pans to roast, then combined their contents afterward.
- When roasting assorted vegetables, it's best to group the veggies with similar density/water content so they are ready at the same time (like broccoli + cauliflower or zucchini + peppers).
- Don't roast fresh and frozen veggies on the same pan. Follow frozen veggie roasting method on page xx, then toss with your roasted fresh veggies before serving.





## cabbage kugel

NUT & GRAIN FREE

### INGREDIENTS

- 1 Tbsp olive oil
- 1 large onion, cut into thin half-moons
- 1 16-oz (450-g) bag shredded white cabbage
- 3 medium green or yellow zucchini, peeled, grated, and squeezed dry
- 1-1½ tsp sea salt
- ¼ tsp black pepper
- 1 Tbsp honey (optional but delicious)
- 4 eggs
- ¼ cup arrowroot starch (can be substituted with potato starch or tapioca starch)

### DIRECTIONS

- Preheat oven to 375°F. Grease an 8-inch round or square casserole dish (preferably not disposable; if using disposable line with parchment paper).
- Heat a large frying pan or wok over medium high. Add oil and onions; sauté until golden. Add cabbage; cover pan. Cook until soft, stirring occasionally.
- Add grated zucchini to pan; sauté, uncovered, until most of the liquid has been absorbed. Add salt, pepper, and honey, if using; stir to combine. Let mixture cool slightly.
- In a bowl, whisk together eggs and arrowroot starch. Add veggie mixture to the bowl; stir to combine.
- Pour batter into prepared casserole dish.
- Bake for 45 - 50 minutes or until top is golden.







# chocolate

## FUDGE CUPS

### INGREDIENTS

#### LIGHT LAYER:

- ¼ cup coconut milk
- ¼ cup creamy cashew butter
- 4 large medjool dates, pitted
- ½ tsp pure vanilla extract

#### FUDGE LAYER:

- 1½ cups canned coconut milk, shaken (full fat provides a creamier texture but lite is OK, too)
- ½ cup creamy cashew butter
- 8 large Medjool dates, pitted
- ¼ cup cocoa
- 1 tsp pure vanilla extract

#### OPTIONAL TOPPINGS:

- Coconut flakes,
- Bee Pollen,
- Cocoa nibs

### DIRECTIONS

- Set out 8 (4- oz) cups.
- Prepare the light layer: In a blender or food processor fitted with the S-blade, process coconut milk, cashew butter, pitted Medjool dates, and vanilla to form a paste, scraping down the sides as needed. Transfer mixture to a bowl.
- Prepare the fudge layer: Place the chocolate fudge ingredients into the blender or food processor. Process to form a paste.
- Assemble the chocolate fudge cups: Fill each cup one-third full with fudge mixture. Add light layer mixture to fill two-thirds full; add another layer of fudge mixture.
- Top with crushed coconut flakes, bee pollen or cocoa nibs or a combination, as desired.
- Freeze until set, about 3-4 hours. Thaw for 10-15 minutes before eating





# brownies

GRAIN FREE

## INGREDIENTS

- 1 cup Rorie's Grain-Free Flour
- 1-1½ cups coconut sugar (adjust within range to taste) \*
- ½ cup unsweetened cocoa
- ½ tsp baking powder
- 4 eggs
- 1 cup avocado oil
- 2 tsp pure vanilla extract

## DIRECTIONS

- Preheat oven to 350°F. Coat an 8 or 9 -inch pan with oil spray (you can use a 9x13 for thinner brownies).
- In a large bowl or the bowl of a stand mixer, combine dry ingredients. Add wet ingredients; mix until a smooth batter forms, slightly thicker than a typical brownie batter. ( Im not sure hoe to smoothly say you can alo mix by hand but mix well with a whisk or fork to ensure a thin smooth batter.)
- Add batter to prepared pan, spreading evenly with a spatula or back of a spoon.
- Leave brownies plane or top them with chocolate chips, chunks, or nibs; coconut flakes; walnuts and pecans; or a combination of all your favorite toppings for a loaded brownie.
- Bake for 35-40 minutes on the oven's center rack.
- Cool completely before slicing





# carrot

## MUFFINS

### INGREDIENTS

4 eggs  
1/2 c coconut sugar or  
white sugar  
1/4 c oil avocado oil  
1 Tsp cinnamon  
1 Tsp vanilla extract  
1/4 Tsp salt  
1 Tsp baking soda  
1 Tsp Apple cider vinegar  
1/4 Tsp sea salt  
2 cups Rorie's Grain Free  
Flour  
1 large carrot , peeled  
and grated

### DIRECTIONS

- Preheat oven to 350F. Line 12 standard-sized muffin tins with paper liners.
- In a large bowl, combine oil, eggs, sugar, salt, baking soda, and apple cider vinegar.
- Mix until combined; then add flour and grated carrots. Mix just to combine; do not overmix!
- Divide batter between prepared muffins cups.
- Bake for 25 minutes.
- After muffins have cooled for 5 minutes, remove from pan; transfer to a cooling rack to cool completely.

#### NOTE:

Muffins freeze beautifully and can be defrosted at room temp. Muffins can be stored at room temp for 24 hours or stored in a refrigerator for up to 3 days. Allow to come to room temp or warm them before serving.





# apple

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CRISP

## INGREDIENTS

### FILLING

5-6 Cortland or Jonagold  
or honey crisp apples,  
peeled and cut into thin  
slices \*

¼ cup unsweetened  
applesauce

½ tsp cinnamon

### CRUMBLE

1 cup Rorie's Grain-Free  
Flour

2 Tbsp coconut oil (room  
temp)

1-2 Tbsp Honey

1 tsp pure vanilla extract

½ tsp cinnamon

## DIRECTIONS

- Preheat oven to 350°F. Lightly coat a 10-inch round casserole dish or glass Pyrex dish with coconut oil.
- Peel and slice apples very thin, thick apples will not bake evenly. Transfer to baking dish .
- Add the applesauce and cinnamon to the dish and toss to coat apple slices.
- Prepare the crumble: In a small bowl, use a spoon to combine the crumble ingredients until crumbs form.
- Sprinkle over apple mixture.
- Bake, uncovered, for 45 minutes
- To ensure that apples are fully cooked throughout the crumble without overbrowning the crumble with the door of the oven closed turn oven off. Leave crisp inside for at least 30 minutes to an hour to continue slow cooking.
- Serve warm or room temp with ice cream.

**NOTE:** Store in refrigerator for up to 4 days. Freezing is not recommended

