



## Simply Good & Gluten Free



### All Purpose Baking Mix

Contains  
**NUTS**

- 1 mix
- 14 recipes
- Endless variations

Created by Alissa Monteleone  
Founder of Simply Good Thinking



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# Thank You!

Alissa here from [Simply Good Thinking!](#) Thank you for purchasing Simply Good & Gluten Free. This has been a labor of love for several years and I am proud finally have the opportunity to share it with you.

Me then



Me now



*I started Simply Good Thinking in 2010 after being laid off from my corporate job. I had a husband, a baby, I was pregnant and I was 40 years old. Having struggled with my health and weight since my teens, I was determined to start taking better care of myself so I could enjoy my life and be a good role model for my family. Despite some ups and downs (we all have them) I feel fantastic. At 48 I have more energy, more joy and more fun than I have in years. Much of that has to do with what I do and don't eat.*

The key is that **I eat** and I eat healthy foods most of the time. I also share my joy of eating with my family and friends. My family and I prepare meals together and eat at the table just about every day. This is where we share stories, talk about our day and make plans for the future. Of course it's not always paradise but it's worth a few moments of chaos to have a chance to come together and connect doing something we have to do anyway...ya know...eat.

EveryBody EATS right? Creating ritual and connection around food is found in every culture and yet many of us dread making a meal. Here's the truth, I don't always feel like making 3 meals a day but I do feel like providing good nutrition for my kids. Therefore, I enlist certain strategies that get me through those "I don't feel like it moments".

- 1) I am teaching my kids how to fend for themselves (and others) in the kitchen.
- 2) I have a Meal Making plan laid out so I do not constantly have to figure out what to make for dinner. It's not really a "menu plan" per say because that requires too much time and energy for my brain: it's based more on a few rituals, a guide and a list.
- 3) Finally, I have learned to streamline my Meal Making so that I can meet the needs of my whole family which is where Simply Good & Gluten Free All Purpose Baking Mix comes to play.

I am gluten free by choice. I feel better when I eat a diet low in carbohydrates and over time I learned that gluten makes me feel downright crumbly. Eliminating gluten is the single biggest shift in how I eat that has improved my health overall. That said, my family is not gluten free so I have figured out a variety of techniques to make meals that satisfies the whole family with one exception: Baked Goods.

I was always bummed that I couldn't have pancakes or muffins on a Sunday morning. I missed out on licking the batter when making homemade cookies and never got to indulge in Strawberry Shortcake come summer. Plus, I really didn't feel great letting my family consume those empty calories either ...so... I decided to figure out a way to be able to enjoy baking healthy food with my family.

Simply Good & Gluten Free AP Mix has been a game changer in our home and I hope it will be in yours too. Made with a short list of simple, real ingredients, you will be able to create almost anything that comes to mind. Once you get used to the recipes in this cookbook, start playing around with your own variations and know that you are providing yourself and your family with food that is Simply Good!

Happy Eating!

*Alissa*

# Simply Good & Gluten Free

## *All Purpose Baking Mix*

The reasons people stop eating gluten range from severe celiac disease to people who simply feel better when they don't eat gluten to everything in between. The truth is, when someone stops eating gluten, they often reduce the amount of processed foods and refined carbohydrates they consume and replace them with healthier, real food. This, in turn, helps them feel better. That said, the health issues caused by gluten are real and many people need to eliminate it from their diets.

Of course, savvy food manufacturers tapped into this trend and new gluten free options have flooded the marketplace. The good news; the availability of gluten free products and mixes has improved. The less good news; the quality and cost of these products are all over the map. As a Master Meal Maker, I like to accommodate the dietary needs of my friends and family. Simply Good & Gluten Free All Purpose Baking Mix makes things easy because it pleases the palate of **both** gluten lovers AND avoiders.

All of the recipes here make me feel like I am indulging and yet, I am providing my body with nutrient dense food. I no longer have to stress about breakfast before sending my kids off for a long day at school. I simply offer them a slice of Simply Good & Gluten Free toast, a muffin or scone, knowing they are getting the protein, fiber and nutrients they need to fuel their busy day. After school snacks are a breeze. I just say, "grab one of mom's cookies" and I know I'm not setting them up a late afternoon sugar crash. Oh, and until I can get to a place where a 3 p.m. siesta is the cultural norm, I rely on my "breakfast cookies" to fuel me through to dinner. I could go on (if you know me or have seen [my videos](#) on Facebook you know I am not kidding); the point is, this mix gives you the basis to provide yourself, your family and your friends with delicious, REAL food whether they avoid gluten or not.

The key is in the simplicity of both the ingredients and the recipes. I experimented with various combinations and ratios and the result is... *this single, all purpose mix transforms into a stunning variety of flavors and textures*. Although not everyone will say the bread is like "real" bread, they agree it tastes good and if you can't have conventional bread, you will be super excited. Trust me, I have made the pancakes for my 12 year old sons' friends and receive rave reviews (usually not articulated but apparent when there is an empty plate and requests for seconds and thirds!) My folks eat my bread, muffins and cookies and love them almost as much as they love me 😊.

This Simply Good & Gluten Free cookbook has pictures accompanying each of the recipes along with simple variations. At the end of the book, all of the recipes are laid out in an easy to clip (no pictures, full page, 2 recipes per page) format so you can put them into a binder, recipe box or on your fridge!

I hope you experience as much success and joy using this mix as I have. I would love to hear your feedback, answer any questions and hear about your own recipe creations. You can get in touch with me via my [Facebook page](#), email [alissa@simplygoodthinking.com](mailto:alissa@simplygoodthinking.com) or join the [Simply Good & Gluten Free](#) Facebook community where we can post and share recipes, ideas and resources.



*Having fun in Meal Making HQ  
with one of my favorite helpers!*

## Equipment



*(Disclaimer: this section contains Amazon links. I became an affiliate when I wrote this book. If you decide to purchase from these links, I will make a very small percentage. My goal here is to give you a visual on the equipment is use in the book).*

I am not big on fancy equipment. A knife, a bowl and my hands are my go to tools in Meal Maker HQ. As my business name clearly indicates...I like things simple. Of course, I use pans and can openers and oven mitts and an occasional spoon...but I really do keep it simple.

You won't need anything special to make these recipes with 1 minor exception, the breads. Due to the dense nature of the batters, if the loaves are too big, they don't bake in the center. You end up with a goopy middle and that's no good. The solution: [mini loaf pans](#). There are [pretty ones](#), [silicon ones](#) and [disposable ones](#). You can also try this [slightly larger one](#) (perfect for the plain bread!), but you will need to double the recipe. Another option is to make the breads in muffin tins instead. This works well for the banana and zucchini breads; however I really suggest making the plain bread in the loaf pan so you can enjoy a sandwich!.

Another thing to keep in mind is these recipes are nutritionally dense. You don't need to eat a lot to feel satisfied. I exclusively use [my large capacity toaster oven](#) to make all of these recipes. I truly love this thing. I can roast a whole chicken in it (recipe not included in the e-book...lol)! I use a [6 each muffin tin](#) and my [small sheet pan](#) all the time. Saves me a lot of energy and makes it easy for the kids to help me since everything is a smaller scale.

One final note on preparing your pans; you can grease them with [coconut oil](#) and then dust with [coconut flour](#) or line with [parchment/cupcake liners](#).



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not found in the original e-cookbook:

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# The Master Mix

I love how many amazing recipes are available at our finger tips these days. One of my favorite places to find inspiration is Food 52. If you are not tuned into [Food 52](#), I suggest you check them out. My favorite section is [Genius Recipes](#) mainly because they offer *simple* (my favorite) and, well, *genius* ideas and recipes. Anyway, one day I had a recipe come across my news feed for “no recipe” biscuits. The basic gist was this: “Some” flour, a “bit” of baking powder, a “pinch” of salt and a “dab” of yogurt. Add “some” water to bring it to the proper consistency and form your biscuits. Bake them at 350 for “about” 20 minutes. I followed the recipe *precisely* (lol) and ending up with perfect biscuits.

Granted, having some sense of ratios and experience making traditional biscuits may make your chances for success a tad stronger however, the simplicity and flexibility of the recipe intrigued me and...made me a little jealous. Remember, I eat gluten free and usually grain free. I would literally never be able to enjoy the genius of this recipe and I am NOT a fan of NEVER! Granted, there are plenty of gluten free recipes and baking mixes but, to be honest, I don't really like many of them. The ones I have tried are either, terrible, full of weird ingredients or very expensive. Plus, none are as versatile as I want. Hence, the mission began to create this recipe. What I came up with is so ridiculously simple and yet ...it works.

As I always say, simple is NOT always easy. Getting to this place took a lot of time and experimentation. Ultimately, the result meets all the pillars of a Simply Good Thinking recipe; it's simple, flexible, it's healthy and tastes delicious! PLUS, it's gluten free, vegan, protein and fiber rich, it is nutrient dense and Paleo friendly. If calories or the specific nutritional information is important to you, check out [VeryWell.com's](#) Nutrition calculator.

As for the ingredients, they are few and they are simple; therefore I believe it is worth using quality ingredients whenever possible. I prefer organic, non-gmo products. My feeling is, if it's going into my body, it should be good for me. That said, I am flexible and if I need an ingredient I am willing to pick up something from a trusted source or company even if they are not certified organic and non-gmo. Below I have linked some of the products that I trust and **are easy to find** at both local markets and on-line markets. I love supporting my local Natural Food store (could have something to do with my being in the Natural Food Industry for 20 years). There are also many chains and on-line sources that offer a great selection. I have found Bob's Red Mill is easy to find in both Natural and Conventional markets. I like them because they offer good quality, well priced products. Feel free to purchase certified organic, non GMO products all the time – I certainly do whenever possible.

*(Disclaimer: these are Amazon links. I became an affiliate when I wrote this book. If you decide to purchase from these links, I will make a very small percentage. My goal here is not to become rich from affiliate links but rather to give you a visual on the ingredients in the book).*

## THE INGREDIENTS

**[Coconut Flour](#)**: Many brands offer an organic option. Coconut flour provides a great source of fiber and helps improve the texture and the browning of the recipes.

**[Almond Meal/Flour](#)**: Although many cookbooks recommend using blanched almond flour, it is often more expensive and harder to find. All of the recipes in this book used standard almond meal which is made using the whole almond (skins included). Feel free to experiment with various nut flours in place of the Almond meal. You may have to make a few adjustments to the recipes; however I have substituted both blanched almond flour and cashew flour with no issue.

**[Arrowroot Starch/Flour](#)**: Arrowroot is used as a thickener in many recipes. In gluten free baking, it provides the mouth feel that gluten offers. It also lightens the texture of the almond flour and coconut flour.

**Baking Powder:** Commonly found in many (if not most) baked goods; baking powder gives the “lift” in the final product. If you are allergic to corn, be sure to check the ingredients. Bob’s is corn free.

**Baking Soda:** Baking soda when combined with an acid creates the reaction needed to give rise to your baked goods. Too much Baking Soda can give your final recipe a bitter taste, which is one reason why baking soda and baking powder are often used together.

**Stevia:** I use Sweetleaf (formally Wisdom Herbs) Brand stevia almost exclusively. I learned a lot about the company when I represented them as a Natural Foods Broker back in the day. I had the pleasure of meeting the owner and was impressed with the integrity and quality of his products. Since then, Stevia has been approved by the FDA as a sweetener and many brands have entered the market. The biggest concern with “stevia” sweeteners is the “other” ingredients. It takes so little to do the job; it’s worth the expense for quality.

**Flax Seeds/Meal:** Flax adds wonderful texture, flavor and nutrition to our recipes. Ground flax seeds provide both soluble and insoluble fiber along with healthy fats. You can purchase flax seeds whole or ground (often referred to as “meal”). I prefer to buy whole flax seeds and grind them as needed because I think they taste fresher (then again I grind my coffee each morning so...). Also, flax contains [EFA's](#) (essential fatty acids) which can go rancid more quickly when [pre-ground](#). 1 Tablespoon whole flax = approximately 1.5 Tablespoons ground. The great thing about these recipes is that they are flexible so, I just use a scant Tablespoon of seeds to equal a full Tablespoon ground and it works every time!

**Coconut Milk:** The key here is *whole* coconut milk. When you buy “lite” coconut milk, you are buying water. As for brands, I like this brand because they use BPA free cans.

**Whole Yogurt:** Plain, organic, whole milk yogurt is ideal. If you are vegan, whole, organic soy yogurt is okay; however I would try making [Coconut milk](#) yogurt at home. Try this [recipe](#). Here’s a yogurt [maker](#) and [cultures](#). Keep in mind, there are many sources for these items, I just want to give you a visual.

**Grassfed Butter:** This brand of butter has seen HUGE growth since “grassfed” became a thing. As a result, it is fairly easy to find. You can substitute [Ghee](#) (clarified butter) if you prefer.

**Coconut Oil:** The reviews are in; coconut oil is good for you. I use it in my coffee, my baking and my cooking. Just like when buying Olive Oil, you want to make sure it is virgin oil and expeller pressed (no heat or chemicals used to extract the oil from the coconut).

**Maple Syrup:** Maple Syrup adds wonderful sweetness to food and works especially well with Stevia (creating the depth that stevia lacks). The only comment on which syrup to buy is this...be sure it is real. The ingredients should be simple...maple syrup.

**Honey:** The same comments I made about Maple Syrup apply here, except the ingredients should be “honey” not “maple syrup” LOL!

**Salt:** When it comes to salt, it’s about source, processing and purity. Sea salt is awesome as is Himalayan salt. Both are easy to find.

**Apple Cider Vinegar** In addition to being a staple in many homes for it’s’ [health benefits](#), ACV provides the acid needed to activate the baking soda and baking powder in recipes. I use it when the recipe does not contain another source of acid (yogurt in these recipes) so if you are vegan or dairy free, this will be a substitute for you (see below).

## ADAPTATIONS

Making these recipes your own is exactly what I hope you will do and is exactly the point of an All Purpose Mix. My recipes should be a launching pad for you to experiment with new flavors, textures and varieties. I created this indicator to show the properties of a recipe as I created it.



If you want to change it to fit your needs, here are some suggestions:

**Egg free:** Simply remove egg and substitute 1 Tbsp ground flax with 2 Tbsp warm water. Mix in a small bowl and let sit for 5 minutes. Add 1 tablespoon coconut milk or whole yogurt (to make up for the fat in the yolk) and add to recipe.

**Dairy Free:** You have many dairy free options for both the butter and the yogurt in these recipes. You can use coconut oil in place of butter; remembering that the texture of the scones will be slightly different since the melting points for butter and coconut oil are different. I suggest you freeze your coconut oil and flour before mixing together and just move rapidly. It won't make a huge difference, but your final product will be more tender if you use this freezer trick. As for the yogurt, you can simply substitute dairy free yogurt (unsweetened) or you can use coconut milk plus 1 tsp of apple cider vinegar.

**Vegan:** Use the Egg Free and Dairy Free info above. The only other substitute is for honey and you can simply use any other natural sweetener (maple works great).

**Low Sugar:** Most of these recipes contain little to no sugar. You can increase the amount of stevia, (which has no sugar and research shows it does not affect your blood sugar) maple or honey to taste without altering the results unless you go crazy and add like a cup or something 😊. The exception is in the chocolate chip cookies and the shortbread. The texture of these two recipes does depend on the sugar; however 3 tablespoons of sugar in the whole recipe is still relatively low compared to conventional recipes.

**Grain Free:** All of the recipes are grain free except the oatmeal cranberry cookies. To add texture but stay grain free, substitute unsweetened, shredded coconut.

## Master Mix

*Yield approximately 7.5 cups*

Two 16 oz packages or 5 cups	Almond Flour
16 oz package or 2 cups	Arrowroot Starch
1 ½ oz or ½ cup	Coconut Flour

## Master Mix Single

*Yield approximately 1 cup*

2/3 cup	Almond Flour
1/3 cup	Arrowroot Starch
1 Tablespoon	Coconut Flour

That's it! The single mix is simple enough to whip together; however, having the Master Mix on hand makes it that much easier. I specifically designed all the recipes to use standard amounts. For the mix I emptied 2 full 16 oz bags of Almond Meal, a full 16 oz bag of Arrowroot Starch and a measured ½ cup of coconut flour. It eliminates figuring out how and where to store the left over ingredients and it reduces waste and spillage (you will soon discover arrowroot starch is awesome but a bit messy). That said, if you don't have the full bags available, you can make the single mix which makes enough Master Mix for 1 complete recipe!!

### **STORAGE**

Storage of both the Master Mix and final product is the same. Place them in an air tight container and store in a cool, dry place if using within a few days. You can use the refrigerator for storage up to one week and the freezer for up to a month or so. Remember, this is a high fiber product so it will absorb flavors from the air, fridge and freezer. Be sure to properly seal/wrap your creations. Of course, I doubt you will need to worry about storing any of this very long; you'll have more trouble keeping enough around!

# Biscuits

Yield 3-4

Preheat Oven to 350

Bake approximately 15-20 minutes



1 cup	Master Mix
2 teaspoons	Baking Powder
½ teaspoon	Baking Soda
1 pinch	Salt
¼ cup	Whole yogurt
¼ cup (as needed)	Coconut milk

Line a baking sheet with parchment paper.

In a medium sized bowl mix together Master Mix, baking powder, baking soda and salt. Mix in yogurt. Dough will still be very dry and crumbly. Add half the coconut milk and mix together. Continue to add coconut milk only until the batter comes together. If needed, you can add a little water until you reach the right consistency. The dough will be sticky – in between dough and a stiff batter.

Remove dough from bowl and place on baking sheet. Divide into 3 to 4 equal parts (depending on what size you want your biscuits. I recommend larger ones if you want to use them for breakfast sandwiches like the one pictured below) and form them into biscuit shape about 1 inch thick.

Arrange on baking sheet with at least 2-3 inches separating each biscuit.

Bake about 15-20 minutes until they begin to brown on top and resist pressure when touched in the center.

## Variations

**Cheese Bacon Chive:** Add ¼ cup cheese, ¼ cup bacon and ¼ cup chives

**Herbed:** Add ½ cup herbs. Try dill, sage, rosemary and garlic, oregano

**Maple:** Add 1-2 Tablespoons Maple Syrup after yogurt and before Coconut milk



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# Raisin Scones

Yield 4

Preheat Oven to 350

Bake approximately 15-20 minutes



- |                   |                           |
|-------------------|---------------------------|
| 1 cup             | Master Mix                |
| 1 tsp             | Stevia* (optional)        |
| 2 teaspoons       | Baking Powder             |
| 3 Tbsp            | Unsalted Butter (chilled) |
| 1 pinch           | Salt                      |
| 1/3 cup           | Raisins                   |
| 1 Tbsp            | Maple Syrup (optional)    |
| ¼ cup (as needed) | Coconut milk              |

*\*if using powdered stevia add with dry ingredients: if using liquid stevia, add with wet ingredients.*

Line a baking sheet with parchment paper.

In a medium sized bowl mix together Master Mix, baking powder, stevia (if using) and salt. Cut in butter until dry mix resembles oatmeal. Add raisins. Add half the coconut milk and mix together. Continue to add coconut milk until the batter comes together. If needed, you can add a little water until you reach the right consistency. The dough will be sticky – in between dough and a stiff batter.

Remove dough from bowl and place on baking sheet. Divide into 4 equal about 1 inch thick.

Arrange on baking sheet with at least 2-3 inches separating each scone.

Bake about 15-20 minutes until they begin to brown on top and resist pressure when touched in the center.

## Variations

**Current:** Substitute 1/3 cup Currents for Raisins

**Cranberry:** Substitute 1/3 cup Dried Cranberries for Raisins

**Honey Pecan:** Add 1-2 Tablespoons honey instead of Maple and 1/3 cup Pecans



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# Apple Cinnamon Muffins

Yield 6

Preheat Oven to 350

Bake approximately 20-25 minutes



1 cup	Master Mix
1 tsp	Stevia* (optional)
½ tsp	Baking Soda
2 teaspoons	Baking Powder
1 Tbsp	Ground Cinnamon
2	Eggs
1 pinch	Salt
1 small	Apple Grated
1 Tbsp	Maple Syrup (optional)
1 Tbsp	Apple Cider Vinegar

*\*if using powdered stevia add with dry ingredients: if using liquid stevia, add with wet ingredients.*

Prepare a 6 muffin tin by greasing with coconut oil and dust with coconut flour or use cupcake liners. If you are using a 12 muffin tin, fill empty muffin tins 1/3 of the way up with water OR double the recipe and make more muffins! They freeze great.

In a medium sized bowl mix together Master Mix, baking soda, baking powder, stevia (if using), cinnamon and salt. Create a well in the center (this just means push the ingredients toward the edges so there is a hole in the center and you can see the bottom of the bowl) and add eggs, apple, maple (if using) and vinegar. Mix until the batter comes together. Scoop the batter into the tin dividing it evenly.

Bake about 20-25 minutes until they begin to brown on top and resist pressure when touched in the center.

## Variation

**Blueberry:** Substitute 1/3 cup fresh or frozen Blueberries for Apple



# Carrot Raisin Muffins

Yield 6

Preheat Oven to 350

Bake approximately 20-25 minutes



1 cup	Master Mix
1 tsp	Stevia* (optional)
½ tsp	Baking Soda
2 teaspoons	Baking Powder
1 Tbsp	Ground Cinnamon
1	Egg
1 pinch	Salt
2 small	Carrots Grated
1/3 cup	Raisins
¼ cup	Whole Yogurt
1 Tbsp	Honey
6	Walnut halves (optional)

Prepare a 6 muffin tin by greasing with coconut oil and dust with coconut flour or use cupcake liners. If you are using a 12 muffin tin, fill empty muffin tins 1/3 of the way up with water OR double the recipe and make more muffins! They freeze great.

In a medium sized bowl mix together Master Mix, baking soda, baking powder, stevia (if using), cinnamon and salt. Create a well in the center (this just means push the ingredients toward the edges so there is a hole in the center and you can see the bottom of the bowl) and add egg, carrots, raisins, yogurt and honey. Mix until the batter comes together. Scoop the batter into the tin dividing it evenly. Top with walnut half (if using).

Bake about 20-25 minutes until they begin to brown on top and resist pressure when touched in the center.



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# Choco Cherry Muffins

Yield 6

Preheat Oven to 350

Bake approximately 20-25 minutes



1 cup	Master Mix
1 tsp	Stevia
½ tsp	Baking Soda
2 teaspoons	Baking Powder
1	Egg
1 pinch	Salt
½ cup	Red Cherries halved (Fresh or Frozen)
¼ cup	Chocolate Chips
1 Tbsp	Maple Syrup (optional)
¼ cup	Whole Yogurt

Prepare a 6 muffin tin by greasing with coconut oil and dust with coconut flour or use cupcake liners. If you are using a 12 muffin tin, fill empty muffin tins 1/3 of the way up with water OR double the recipe and make more muffins! They freeze great.

In a medium sized bowl mix together Master Mix, baking soda, baking powder, stevia, and salt. Create a well in the center (this just means push the ingredients toward the edges so there is a hole in the center and you can see the bottom of the bowl) and add egg, cherries, chocolate chips, maple (if using) and yogurt. Mix until the batter comes together. Scoop the batter into the tin dividing it evenly.

Bake about 20-25 minutes until they begin to brown on top and resist pressure when touched in the center.



# Pancakes

Yield 6-8 6 inch pancakes



1 cup	Master Mix
1 tsp	Stevia* (optional)
½ tsp	Baking Soda
2 teaspoons	Baking Powder
1 Tbsp	Ground Cinnamon
1	Egg
1 pinch	Salt
¼ cup	Whole Yogurt
¼ to ½ cup	Water (as needed)

In a medium sized bowl mix together Master Mix, baking soda, baking powder, stevia (if using), cinnamon and salt. Create a well in the center (this just means push the ingredients toward the edges so there is a hole in the center and you can see the bottom of the bowl) and add egg and yogurt. Add half the water and mix until the batter come together. Add more water until batter is wet but thick enough to coat the back of a spoon (ya know, like regular pancake batter). Let rest for at least 5 minutes.

Heat Skillet to medium heat and grease with butter or coconut oil (not too much or your pancakes with absorb it and get soggy). Test 1 pancake in the center of your pan by pouring batter until it spreads approximately 6 inches. Once it starts to bubble, flip it. This one may not turn out perfect because of the weird pancake karma that ruins the first batch. Continue pouring pancakes until you run out of batter.

## Variations

**Blueberry:** add 1/3 cup fresh or frozen Blueberries

**Chocolate Chip:** add 1/4 cup chocolate chips

**Banana:** add 1/2 cup mashed banana to yogurt. Reduce water and eliminate sweeteners.

**Apple Sauce:** add 1/2 cup applesauce to yogurt. Reduce water and add 2 tsp cinnamon



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## Everything but the Kitchen Sink Breakfast Cookies

Yield 10-12 Cookies

Preheat Oven to 350

Bake approximately 20-25 minutes

2 Tbsp	Ground Flax Seeds
2 Tbsp	Warm Water
1 cup	Master Mix
1 tsp	Stevia* (optional)
1 Tbsp	Ground Cinnamon
3 Tbsp	Melted Coconut Oil
2 Tbsp	Maple Syrup
1 pinch	Salt
2 Tbsp +	Water

### Add Ins 1/4 cup each

You can use any or all of these or add your own up to 1 1/2 cups total

- Shredded Coconut
- Sunflower Seeds
- Raisins
- Dried Cranberries
- Chopped Nuts (walnut, almonds, pecans, cashews,



Line a small cookie sheet with parchment paper.

In a small bowl mix together Flax Seeds and 2 Tablespoons warm water and set aside

In a medium sized bowl mix all the rest of the ingredients. Add flax mixture and mix together adding water until batter comes together and is thick.

Scoop batter into approximately 1 1/2 inch balls, yielding 10-12 cookies (this may vary depending on how many add ins you used).

The cookies are done when they melt down and begin to brown and resist to the touch.



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## Basic Bread

*Yield 1 mini loaf*

*Preheat Oven to 350*

*Bake approximately 20-25 minutes*



1 cup	Master Mix
2 Tbsp	Ground Flax Seeds
2 Tbsp	Warm Water
2 teaspoons	Baking Powder
1	Egg (optional)
1 pinch	Salt
¼ cup	Whole Coconut Milk
¼ cup	Water (use only as needed)

Prepare mini loaf tin by greasing with coconut oil and dust with coconut flour or grease and line with parchment (see instructions on page 3).

In a small bowl mix together Flax Seeds and 2 Tablespoons warm water and set aside

In a medium sized bowl mix together Master Mix, baking powder and salt. Create a well in the center (this just means push the ingredients toward the edges so there is a hole in the center and you can see the bottom of the bowl) and add egg, coconut milk and flax mixture. Mix until the batter comes together add water if needed. Batter should be moist but gloppy. Scoop the batter into the tin.

Bake about 20-25 minutes until loaf begins to brown on top and resists pressure when touched in the center.

### **Variation**

**Vegan:** So many people have allergies and don't get to enjoy a simple sandwich or slice of toast. This recipe works equally as well without the egg (the egg provides extra protein and helps with texture a bit). If you are vegan or need to avoid eggs, simply add an extra 2 Tbs of warm H<sub>2</sub>O to the flax mixture (no need to add more flax). Also add 1 tsp apple cider vinegar.

**HINT:** *Slice the long way to make sandwiches. Great toasted with grass fed butter.*



# Banana Bread

*Yield 1 mini loaf*

*Preheat Oven to 350*

*Bake approximately 20-25 minutes*



1 cup	Master Mix
2 Tbsp	Ground Flax Seeds
2 Tbsp	Warm Water
1 tsp	Baking Soda
2 teaspoons	Baking Powder
1 Tbsp	Cinnamon
1 pinch	Salt
1 small or ½ large	Ripe Banana
¼ cup	Whole Coconut Milk
1 tsp	Apple Cider Vinegar
10	Walnut chopped

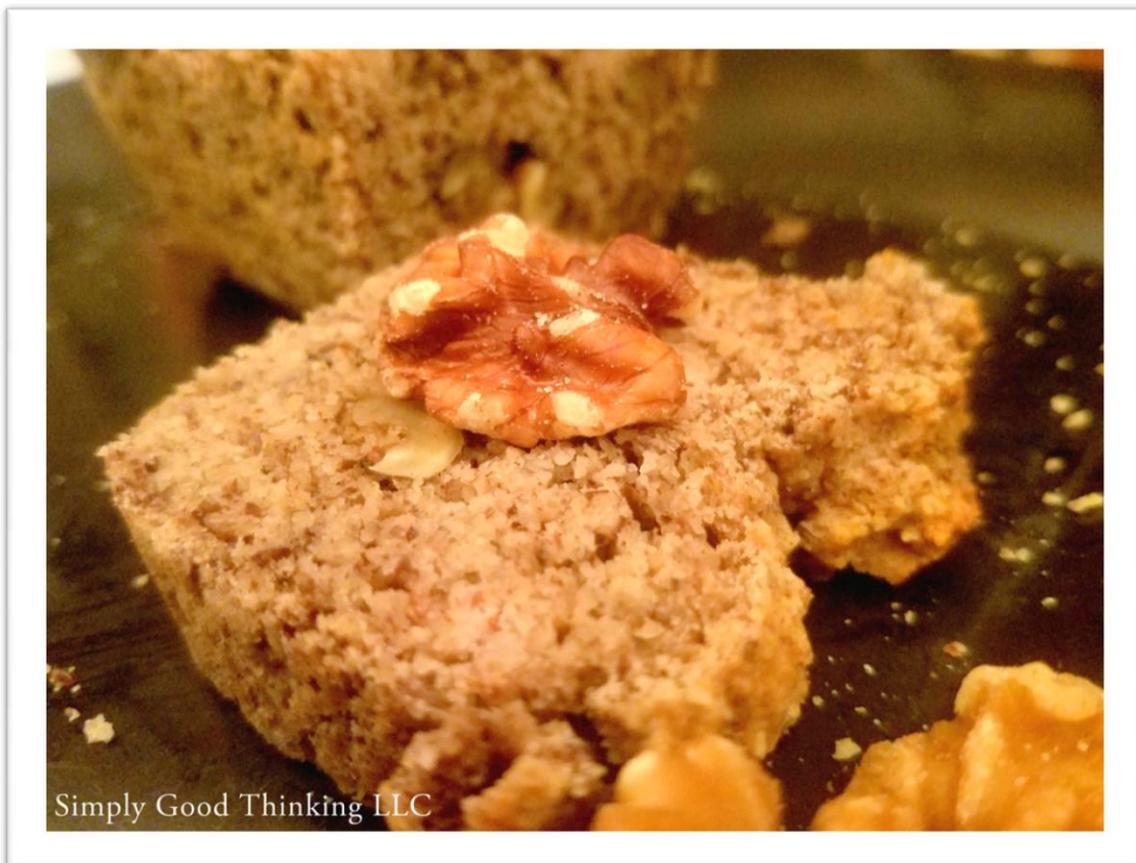
Prepare mini loaf tin by greasing with coconut oil and dust with coconut flour or grease and line with parchment (see instructions on page 3).

In a small bowl mix together Flax Seeds and 2 Tablespoons warm water and set aside

In a blender puree banana and coconut milk (you can also do this by hand in a bowl).

In a medium sized bowl mix together Master Mix, baking soda, baking powder, cinnamon and salt. Create a well in the center (this just means push the ingredients toward the edges so there is a hole in the center and you can see the bottom of the bowl) and add coconut milk/banana mixture, flax mixture and apple cider vinegar. Mix until the batter comes together then add walnuts. Batter should be moist but gloppy. Scoop the batter into the tin.

Bake about 20-25 minutes until loaf begins to brown on top and resists pressure when touched in the center.



# Chocolate Zucchini Ginger Bread

*Yield 2 mini loaves*

*Preheat Oven to 350*

*Bake approximately 20-25 minutes*



1 cup	Master Mix
¼ cup	Coco Powder
2 Tbsp	Ground Flax Seeds
1 Tbsp	Warm Water
1 tsp	Baking Soda
2 teaspoons	Baking Powder
1 pinch	Salt
1 cup	Zucchini (shredded and moisture squeezed out)
¼ cup	Whole Coconut Milk
1 tsp	Apple Cider Vinegar
¼ cup	Crystallized Ginger roughly chopped (optional)
¼ cup	Shredded Coconut (optional)

Prepare mini loaf tins by greasing with coconut oil and dust with coconut flour or grease and line with parchment (see instructions on page 3).

In a small bowl mix together Flax Seeds and 1 Tablespoons warm water and set aside

In a medium sized bowl mix together Master Mix, coco powder, baking soda, baking powder and salt. Add zucchini and toss together. Create a well in the center (this just means push the ingredients toward the edges so there is a hole in the center and you can see the bottom of the bowl) and add coconut milk, flax mixture, and apple cider vinegar. Mix until the batter comes together then add ginger (if using). Batter should be moist but gloppy. Scoop the batter into the tins, divided evenly. Top with coconut (if using)

Bake about 20-25 minutes until loaves begin to brown on top and resists pressure when touched in the center.



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# Chocolate Chip Cookies

Yield Bakers Dozen

Preheat Oven to 350

Bake approximately 15 minutes



1 cup	Master Mix
1 tsp	Baking Powder
1 pinch	Salt
1	Egg Yolk
1 tsp	Vanilla Extract
1/3 cup	Raw or Organic Sugar
3 Tbsp	Grass Fed or Organic Butter (softened)
¼ cup	Chocolate Chips

Line a small sheet pan with parchment.

In a small sized bowl mix together Master Mix, baking powder and salt. In a separate medium sized bowl cream together butter and sugar using a hand mixer or mix together by hand. Add egg yolk and vanilla and continue to blend until combined. Add dry ingredients to butter mixture and mix until the batter comes together. Add a little water if needed. Batter should be thick and sticky like cookie batter. Add Chocolate Chips.

Scoop cookies onto sheet pan dividing batter into approximately 1 inch balls yielding 12+ cookies. Remember, these are nutrient dense and contain more sugar than most of the other recipes. They are delicious and are a wonderful nutritional TREAT!

Bake about 15 minutes until cookies begin to brown on top and resist pressure when touched in the center.

## Variation

**CinnaGood Cookies:** add one Tablespoon Cinnamon to batter and omit Chocolate Chips.



# Oatmeal Cranberry Cookies

*Yield Bakers Dozen*

*Preheat Oven to 350*

*Bake approximately 15 minutes*

1 cup	Master Mix
½ cup	Gluten Free Rolled Oats
1 tsp	Baking Powder
1 Tbsp	Cinnamon
1 pinch	Salt
2 tsp	Vanilla Extract
2 Tbsp	Maple Syrup
1	Egg Yolk
3 Tbsp	Grass Fed or Organic Butter (softened)
¼ cup	Sweetened Cranberries

Low  
Sugar

Gluten  
Free

Fiber  
and  
Protein  
Rich

Line a small sheet pan with parchment.

In a small sized bowl mix together Master Mix, rolled oats, cinnamon, baking powder and salt. In a separate medium sized bowl cream together butter, maple, egg yolk and vanilla using a hand mixer or mix together by hand. Add dry ingredients to butter mixture and mix until the batter comes together. Add a little water if needed. Batter should be thick and sticky like cookie batter. Add Cranberries.

Scoop cookies onto sheet pan dividing batter into approximately 1 inch balls yielding 12+ cookies.

Bake about 15 minutes until cookies begin to brown on top and resists pressure when touched in the center.

**HINT:** Use any dried fruit. Try dried blueberries, cherries and, of course, raisins.



## Short Bread

*Yield one 9x9 inch bread*

*Preheat Oven to 350*

*Bake approximately 25-30 minutes*



1 cup	Master Mix
1 tsp	Baking Powder
1 pinch	Salt
1	Egg
1 tsp	Vanilla Extract
1/3 cup	Raw or Organic Sugar
3 Tbsp	Grass Fed or Organic Butter (softened)

Prepare 9x9 inch tin by greasing with coconut oil and dust with coconut flour or grease and line with parchment (see instructions on page 3).

In a small sized bowl mix together Master Mix, baking powder and salt. In a separate medium sized bowl cream together butter and sugar using a hand mixer or mix together by hand. Add egg and vanilla and continue to blend until combined. Add dry ingredients to butter mixture and mix until the batter comes together. Add a little water if needed. Batter should be thick and sticky like cookie batter.

Scoop Batter into tin and spread evenly. Remember, this recipe contains more sugar than most of the other recipes. It is delicious and a wonderful TREAT!

Bake about 25 minutes until the top begins to brown and resists pressure when touched in the center.

### **Variation**

**Biscotti:** add ½ cup nuts (try almonds or pistacios) to batter and bake as directed. Remove from oven and let cool for 10 minutes. Slice bread in half then cut 1 inch slices from each half yielding about 14-16 slices. Lay each slice on a cookie sheet lined with parchment and bake at 350 for another 25 minutes or until the edges start to brown. Remove from oven and let cool.





## **Master Mix**

*Yield approximately 5 cups*

16 oz package or 2 ½ cups	Almond Flour
16 oz package or 2 cups	Arrowroot Starch
1 ½ oz or ½ cup	Coconut Flour



## **Master Mix Single**

*Yield approximately 1 cup*

Rounded ½ cup	Almond Flour
Scant ½ cup	Arrowroot Starch
1 Tablespoon	Coconut Flour



## Biscuits

*Yield 3-4*

*Preheat Oven to 350*

*Bake approximately 15-20 minutes*

1 cup	Master Mix
2 teaspoons	Baking Powder
½ teaspoon	Baking Soda
1 pinch	Salt
¼ cup	Whole yogurt
¼ cup (as needed)	Coconut milk

Line a baking sheet with parchment paper.

In a medium sized bowl mix together Master Mix, baking powder, baking soda and salt. Mix in yogurt. Dough will still be very dry and crumbly. Add half the coconut milk and mix together. Continue to add coconut milk until the batter comes together. If needed, you can add a little water until you reach the right consistency. The dough will be sticky – in between dough and a stiff batter.

Remove dough from bowl and place on baking sheet. Divide into 3 to 4 equal parts (depending on what size you want your biscuits. I recommend larger ones if you want to use them for breakfast sandwiches like the one pictured below) and form them into biscuit shape about 1 inch thick.

Arrange on baking sheet with at least 2-3 inches separating each biscuit.

Bake about 15-20 minutes until they begin to brown on top and resist pressure when touched in the center.



## Raisin Scones

*Yield 4*

*Preheat Oven to 350*

*Bake approximately 15-20 minutes*

1 cup	Master Mix
1 tsp	Stevia* (optional)
2 teaspoons	Baking Powder
3 Tbsp	Unsalted Butter (chilled)
1 pinch	Salt
1/3 cup	Raisins
1 Tbsp	Maple Syrup (optional)
¼ cup (as needed)	Coconut milk

*\*if using powdered stevia add with dry ingredients: if using liquid stevia, add with wet ingredients.*

Line a baking sheet with parchment paper.

In a medium sized bowl mix together Master Mix, baking powder, stevia (if using) and salt. Cut in butter until dry mix resembles oatmeal. Add raisins. Add half the coconut milk and mix together. Continue to add coconut milk until the batter comes together. If needed, you can add a little water until you reach the right consistency. The dough will be sticky – in between dough and a stiff batter.

Remove dough from bowl and place on baking sheet. Divide into 4 equal about 1 inch thick.

Arrange on baking sheet with at least 2-3 inches separating each scone.

Bake about 15-20 minutes until they begin to brown on top and resist pressure when touched in the center.

## Apple Cinnamon Muffins



*Yield 6*

*Preheat Oven to 350*

*Bake approximately 20-25 minutes*

1 cup	Master Mix
1 tsp	Stevia* (optional)
½ tsp	Baking Soda
2 teaspoons	Baking Powder
1 Tbsp	Ground Cinnamon
2	Eggs
1 pinch	Salt
1 small	Apple Grated
1 Tbsp	Maple Syrup (optional)
1 Tbsp	Apple Cider Vinegar

*\*if using powdered stevia add with dry ingredients: if using liquid stevia, add with wet ingredients.*

Prepare a 6 muffin tin by greasing with coconut oil and dust with coconut flour or use cupcake liners. If you are using a 12 muffin tin, fill empty muffin tins 1/3 of the way up with water OR double the recipe and make more muffins! They freeze great.

In a medium sized bowl mix together Master Mix, baking soda, baking powder, stevia (if using), cinnamon and salt. Create a well in the center (this just means push the ingredients toward the edges so there is a hole in the center and you can see the bottom of the bowl) and add eggs, apple, maple (if using) and vinegar. Mix until the batter comes together. Scoop the batter into the tin dividing it evenly.

Bake about 20-25 minutes until they begin to brown on top and resist pressure when touched in the center

## Carrot Raisin Muffins

*Yield 6*

*Preheat Oven to 350*

*Bake approximately 20-25 minutes*



1 cup	Master Mix
1 tsp	Stevia* (optional)
½ tsp	Baking Soda
2 teaspoons	Baking Powder
1 Tbsp	Ground Cinnamon
1	Egg
1 pinch	Salt
2 small	Carrots Grated
1/3 cup	Raisins
¼ cup	Whole Yogurt
1 Tbsp	Honey
6	Walnut halves (optional)

Prepare a 6 muffin tin by greasing with coconut oil and dust with coconut flour or use cupcake liners. If you are using a 12 muffin tin, fill empty muffin tins 1/3 of the way up with water OR double the recipe and make more muffins! They freeze great.

In a medium sized bowl mix together Master Mix, baking soda, baking powder, stevia (if using), cinnamon and salt. Create a well in the center (this just means push the ingredients toward the edges so there is a hole in the center and you can see the bottom of the bowl) and add egg, carrots, raisins, yogurt and honey. Mix until the batter comes together. Scoop the batter into the tin dividing it evenly. Top with walnut half (if using).

Bake about 20-25 minutes until they begin to brown on top and resist pressure when touched in the center.

## Choco Cherry Muffins

Yield 6

Preheat Oven to 350

Bake approximately 20-25 minutes



1 cup	Master Mix
1 tsp	Stevia
½ tsp	Baking Soda
2 teaspoons	Baking Powder
1	Egg
1 pinch	Salt
½ cup	Red Cherries halved (Fresh or Frozen)
¼ cup	Chocolate Chips
1 Tbsp	Maple Syrup (optional)
¼ cup	Whole Yogurt

Prepare a 6 muffin tin by greasing with coconut oil and dust with coconut flour or use cupcake liners. If you are using a 12 muffin tin, fill empty muffin tins 1/3 of the way up with water OR double the recipe and make more muffins! They freeze great.

In a medium sized bowl mix together Master Mix, baking soda, baking powder, stevia, and salt. Create a well in the center (this just means push the ingredients toward the edges so there is a hole in the center and you can see the bottom of the bowl) and add egg, cherries, chocolate chips, maple (if using) and yogurt. Mix until the batter comes together. Scoop the batter into the tin dividing it evenly.

Bake about 20-25 minutes until they begin to brown on top and resist pressure when touched in the center.

## Pancakes

Yield 6-8 6 inch pancakes



1 cup	Master Mix
1 tsp	Stevia* (optional)
½ tsp	Baking Soda
2 teaspoons	Baking Powder
1 Tbsp	Ground Cinnamon
1	Egg
1 pinch	Salt
¼ cup	Whole Yogurt
¼ to ½ cup	Water (as needed)

In a medium sized bowl mix together Master Mix, baking soda, baking powder, stevia (if using), cinnamon and salt. Create a well in the center (this just means push the ingredients toward the edges so there is a hole in the center and you can see the bottom of the bowl) and add egg and yogurt. Add half the water and mix until the batter come together. Add more water until batter is wet but thick enough to coat the back of a spoon (ya know, like regular pancake batter). Let rest for at least 5 minutes.

Heat Skillet to medium heat and grease with butter or coconut oil (not too much or your pancakes with absorb it and get soggy). Test 1 pancake in the center of your pan by pouring batter until it spreads approximately 6 inches. Once those tell tale pancake bubbles start to show up, flip it. This one may not turn out perfect – because of the weird pancake karma that ruins the first batch. Continue pouring and flipping pancakes until you run out of batter.



## Basic Bread

*Yield 1 mini loaf*

*Preheat Oven to 350*

*Bake approximately 20-25 minutes*

1 cup	Master Mix
2 Tbsp	Ground Flax Seeds
2 Tbsp	Warm Water
2 teaspoons	Baking Powder
1	Egg (optional)
1 pinch	Salt
¼ cup	Whole Coconut Milk
¼ cup	Water (use only as needed)

Prepare mini loaf tin by greasing with coconut oil and dust with coconut flour or grease and line with parchment (see instructions on page 3).

In a small bowl mix together Flax Seeds and 2 Tablespoons warm water and set aside

In a medium sized bowl mix together Master Mix, baking powder and salt. Create a well in the center (this just means push the ingredients toward the edges so there is a hole in the center and you can see the bottom of the bowl) and add egg, coconut milk and flax mixture. Mix until the batter comes together add water if needed. Batter should be moist but gloppy. Scoop the batter into the tin.

Bake about 20-25 minutes until loaf begins to brown on top and resists pressure when touched in the center.

### **Variation**

**Vegan:** So many people have allergies and don't get to enjoy a simple sandwich or slice of toast. This recipe works equally as well without the egg (the egg provides extra protein and helps with texture a bit). If you are vegan or need to avoid eggs, simply add an extra 2 Tbs of warm H2O to the flax mixture (no need to add more flax). Also add 1 tsp apple cider vinegar.



## Everything but the Kitchen Sink Breakfast Cookies

*Yield 10-12 Cookies*

*Preheat Oven to 350*

*Bake approximately 20-25 minutes*

2 Tbsp	Ground Flax Seeds
2 Tbsp	Warm Water
1 cup	Master Mix
1 tsp	Stevia* (optional)
1 Tbsp	Ground Cinnamon
3 Tbsp	Melted Coconut Oil
2 Tbsp	Maple Syrup
1 pinch	Salt
2 Tbsp +	Water

### **Add Ins**

**¼ cup each**

*You can use any or all of these or add your own up to 1 ½ cups total*

- Shredded Coconut
- Sunflower Seeds
- Raisins
- Dried Cranberries
- Chopped Nuts (walnut, almonds, pecans, cashews,

Line a small cookie sheet with parchment paper.

In a small bowl mix together Flax Seeds and 2 Tablespoons warm water and set aside

In a medium sized bowl mix all the rest of the ingredients. Add flax mixture and mix together adding water until the batter comes together and is thick.

Scoop batter into approximately 1½ inch balls, yielding 10-12 cookies

The cookies are done when they melt down and begin to brown and resist to the touch.

## Banana Bread



*Yield 1 mini loaf*

*Preheat Oven to 350*

*Bake approximately 20-25 minutes*

1 cup	Master Mix
2 Tbsp	Ground Flax Seeds
2 Tbsp	Warm Water
1 tsp	Baking Soda
2 teaspoons	Baking Powder
1 Tbsp	Cinnamon
1 pinch	Salt
1 small or ½ large	Ripe Banana
¼ cup	Whole Coconut Milk
1 tsp	Apple Cider Vinegar
10	Walnut chopped

Prepare mini loaf tin by greasing with coconut oil and dust with coconut flour or grease and line with parchment (see instructions on page 3).

In a small bowl mix together Flax Seeds and 2 Tablespoons warm water and set aside

In a blender puree banana and coconut milk (you can also do this by hand in a bowl).

In a medium sized bowl mix together Master Mix, baking soda, baking powder, cinnamon and salt. Create a well in the center (this just means push the ingredients toward the edges so there is a hole in the center and you can see the bottom of the bowl) and add coconut milk/banana mixture, flax mixture and apple cider vinegar. Mix until the batter comes together then add walnuts. Batter should be moist but gloppy. Scoop the batter into the tin.

Bake about 20-25 minutes until loaf begins to brown on top and resists pressure when touched in the center.

## Chocolate Zucchini Ginger Bread



*Yield 2 mini loaves*

*Preheat Oven to 350*

*Bake approximately 20-25 minutes*

1 cup	Master Mix
¼ cup	Coco Powder
2 Tbsp	Ground Flax Seeds
1 Tbsp	Warm Water
1 tsp	Baking Soda
2 teaspoons	Baking Powder
1 pinch	Salt
1 cup	Zucchini (shredded and moisture squeezed out)
¼ cup	Whole Coconut Milk
1 tsp	Apple Cider Vinegar
¼ cup	Crystallized Ginger roughly chopped (optional)
¼ cup	Shredded Coconut (optional)

Prepare mini loaf tins by greasing with coconut oil and dust with coconut flour or grease and line with parchment (see instructions on page 3).

In a small bowl mix together Flax Seeds and 1 Tablespoons warm water and set aside

In a medium sized bowl mix together Master Mix, coco powder, baking soda, baking powder and salt. Add zucchini and toss together. Create a well in the center (this just means push the ingredients toward the edges so there is a hole in the center and you can see the bottom of the bowl) and add coconut milk, flax mixture, and apple cider vinegar. Mix until the batter comes together then add ginger (if using). Batter should be moist but gloppy. Scoop the batter into the tins, divided evenly. Top with coconut (if using)

Bake about 20-25 minutes until loaves begin to brown on top and resists pressure when touched in the center.



## Chocolate Chip Cookies

*Yield Bakers Dozen*

*Preheat Oven to 350*

*Bake approximately 15 minutes*

1 cup	Master Mix
1 tsp	Baking Powder
1 pinch	Salt
1	Egg Yolk
1 tsp	Vanilla Extract
1/3 cup	Raw or Organic Sugar
3 Tbsp	Grass Fed or Organic Butter (softened)
1/4 cup	Chocolate Chips

Line a small sheet pan with parchment.

In a small sized bowl mix together Master Mix, baking powder and salt. In a separate medium sized bowl cream together butter and sugar using a hand mixer or mix together by hand. Add egg yolk and vanilla and continue to blend until combined. Add dry ingredients to butter mixture and mix until the batter comes together. Add a little water if needed. Batter should be thick and sticky like cookie batter. Add Chocolate Chips.

Scoop cookies onto sheet pan dividing batter into approximately 1 inch balls yielding 12+ cookies. Remember, these are nutrient dense and contain more sugar than most of the other recipes. They are delicious and are a wonderful nutritional TREAT!

Bake about 15 minutes until cookies begin to brown on the edge.



## Oatmeal Cranberry Cookies

*Yield Bakers Dozen*

*Preheat Oven to 350*

*Bake approximately 15 minutes*

1 cup	Master Mix
1/2 cup	Gluten Free Rolled Oats
1 tsp	Baking Powder
1 Tbsp	Cinnamon
1 pinch	Salt
2 tsp	Vanilla Extract
2 Tbsp	Maple Syrup
1	Egg Yolk
3 Tbsp	Grass Fed or Organic Butter (softened)
1/4 cup	Sweetened Cranberries

Line a small sheet pan with parchment.

In a small sized bowl mix together Master Mix, rolled oats, cinnamon, baking powder and salt. In a separate medium sized bowl cream together butter, maple, egg yolk and vanilla using a hand mixer or mix together by hand. Add dry ingredients to butter mixture and mix until the batter comes together. Add a little water if needed. Batter should be thick and sticky like cookie batter. Add Cranberries.

Scoop cookies onto sheet pan dividing batter into approximately 1 inch balls yielding 12+ cookies.

Bake about 15 minutes until cookies begin to brown on the edges.

## Short Bread

*Yield one 9x9 inch bread*

*Preheat Oven to 350*

*Bake approximately 25-30 minutes*

1 cup	Master Mix
1 tsp	Baking Powder
1 pinch	Salt
1	Egg
1 tsp	Vanilla Extract
1/3 cup	Raw or Organic Sugar
3 Tbsp	Grass Fed or Organic Butter (softened)

Prepare 9x9 inch tin by greasing with coconut oil and dust with coconut flour or grease and line with parchment (see instructions on page 3).

In a small sized bowl mix together Master Mix, baking powder and salt. In a separate medium sized bowl cream together butter and sugar using a hand mixer or mix together by hand. Add egg and vanilla and continue to blend until combined. Add dry ingredients to butter mixture and mix until the batter comes together. Add a little water if needed. Batter should be thick and sticky like cookie batter.

Scoop Batter into tin and spread evenly. Remember, this recipe contains more sugar than most of the other recipes. It is delicious and a wonderful TREAT!

Bake about 25 minutes until the top begins to brown and resists pressure when touched in the center.

## Bourbon Chocolate Chip Cookies

*Yield Bakers Dozen*

*Preheat Oven to 350*

*Bake approximately 15 minutes*

### Bonus Recipe!

Laced with one of Chocolate's best compliments... Bourbon, this awesome recipe is for **Adults only.**

Oh, it just happens to be VEGAN (egg and dairy free).

1 cup	Master Mix
1 tsp	Baking Powder
1 pinch	Salt
2 Tbsp	Ground Flax
2 Tbsp	Bourbon (or try Coffee liquor)
1/3 cup	Raw or Organic Sugar
3 Tbsp	Coconut oil (soft but not melted)
1/4 cup	Chocolate Chips

Line a small sheet pan with parchment.

In a small sized bowl mix together ground flax and Bourbon. Set to the side. In another bowl add Master Mix, baking powder and salt. In a separate medium sized bowl cream together coconut oil and sugar using a hand mixer or mix together by hand. Add flax mixture and continue to blend until combined. Add dry ingredients to coconut oil mixture and mix until the batter comes together. Add a little water if needed. Batter should be thick and sticky like cookie batter. Add Chocolate Chips.

Scoop cookies onto sheet pan dividing batter into approximately 1 inch balls yielding 12+ cookies. Remember, these are nutrient dense and contain more sugar than most of the other recipes. They are delicious and are a wonderful nutritional TREAT!

Bake about 15 minutes until cookies begin to brown on the edge.

## Pear Almond Muffins w/Raisins

Yield 6

Preheat Oven to 350

Bake approximately 20-25 minutes

### Bonus Recipe!

Moist and unexpectedly rich: this will soon be a fall favorite!

Try with peaches!

1 cup	Master Mix
1 tsp	Stevia* (optional)
½ tsp	Baking Soda
2 teaspoons	Baking Powder
1 Tbs	Ground Flax
2	Eggs
1 pinch	Salt
1 small	Pear Grated
¼ c	Raisins
2 tsp	Almond Extract
1 Tbsp	Maple Syrup (optional)
1 Tbsp	Apple Cider Vinegar

*\*if using powdered stevia add with dry ingredients: if using liquid stevia, add with wet ingredients.*

Prepare a 6 muffin tin by greasing with coconut oil and dust with coconut flour or use cupcake liners. If you are using a 12 muffin tin, fill empty muffin tins 1/3 of the way up with water OR double the recipe and make more muffins! They freeze great.

In a medium sized bowl mix together Master Mix, baking soda, baking powder, stevia (if using) and salt. Create a well in the center and add eggs, pear, almond extract, raisins and maple (if using) and vinegar. Mix until the batter comes together. Scoop the batter into the tin dividing it evenly.

Bake about 20-25 minutes until they begin to brown on top and resist pressure when touched in the center

## Carrot Cake

Yield 1 8 inch round cake or 6 cupcakes

Preheat Oven to 350

Bake approximately 30 minutes

### Bonus Recipe!

This cake is so moist you'd never guess it is loaded with fruits, nuts, seeds and veggies.

Perfect as a traditional cake or try as cupcakes. Just double the recipe for a two layer cake.

***This is a NOT sweet like traditional carrot cake. You can add 1/3 cup sugar to approach a more "cakey" sweetness.***

1 cup	Master Mix
1-2 Tbsp	Pumpkin Pie Spice or Cinnamon
1 pinch	Salt
1 tsp	Baking Powder
¼ cup	Coconut Oil
4	Eggs
1 tsp	Stevia
1 Tbs	Maple Syrup
1 Tbs	Apple Cider Vinegar
1 tsp	Pumpkin Seeds (optional)
2 cups	Shredded Carrots
1 cup	Chopped Walnuts (optional)
1 cup	Diced Pineapple (drained or thawed)

Prepare 9x9 inch tin by greasing with coconut oil and dust with coconut flour or grease and line with parchment (see instructions on page 3).

Combine dry ingredients into a medium size bowl. Combine Coconut oil, eggs, stevia, maple and vinegar in a bowl or blender and blend together until frothy. Pour egg mixture into dry ingredients and mix together. Add pumpkin seeds, carrots, pineapple and walnuts and mix until combined. Scoop Batter into tin and spread evenly

Bake about 35 minutes until the top begins to brown and resists pressure when touched in the center.