

Pumpkin Ricotta

INGREDIENTS

- 1/2 cup full fat ricotta
- 2 TBL plain yogurt
- 1 cup pumpkin
- 2 TBL maple syrup
- 1/4 tsp. cinnamon
- 1/8 tsp. nutmeg

DIRECTIONS

1. Combine all of the ingredients in a food processor. Process until smooth.



Fall spiced granola

INGREDIENTS

- 2 cups rolled oats
- 1/2 cup sliced almonds
- 2 TBL flax meal
- 1 TBL chia seeds
- 1/4 tsp. salt
- 1/2 tsp. cinnamon
- 1/2 tsp. ginger
- 1/8 tsp. ground cloves
- 1/8 tsp. cardamom
- 1/8 tsp. nutmeg
- 1/4 cup coconut oil, avocado oil, or vegetable oil
- 1/4 cup maple syrup
- 1/4 tsp. vanilla extract

DIRECTIONS

Heat oven to 325 degrees F. Line a baking sheet with parchment paper.

In a mixing bowl, combine the oats, almonds, flax, chia, salt and spices. Stir well.

In a small bowl, mix together the oil, maple syrup and vanilla extract. Pour the liquid mixture over the oat mixture and stir well to coat.

Pour mixture out onto the baking sheet and spread into a flat layer, pressing down slightly with the back of your spoon.

Bake for 21-25 minutes, until lightly browned. Remove from the oven and let cool completely. Then, break apart and store in an airtight container.

This recipe may be doubled.

