



RECIPES

Everyone loves a homemade treat!
Here are some recipes that can easily be made at home.

BANANA OAT COOKIES

Ingredients:

- 2 tbsp ground flaxseed
- 1 cup rolled oats
- 1 cup whole wheat flour
- 1 tsp cinnamon
- $\frac{1}{4}$ tsp Himalayan salt
- $\frac{1}{3}$ cup melted coconut oil
- 1 large ripe banana, mashed
- $\frac{1}{4}$ cup water

Method:

- Preheat oven to 190°C/375°F/Gas mark 5;
- Add ground flaxseed, oats, flour, cinnamon and salt to a mixing bowl and combine;
- Add the coconut oil and banana and mix well;
- Gradually add water to form a thick dough;
- Roll out to desired thickness (suggest $\frac{1}{4}$ inch) and cut into biscuit shapes;
- Place on lined baking tray and bake for 15-20 mins.

SWEET POTATO CHEWS

Ingredients:

- 2 large sweet potatoes

Method:

- Preheat oven to 140°C/275°F/Gas mark 1;
- Wash and scrub the sweet potatoes;
- Cut into $\frac{1}{2}$ inch thick strips and place on lined baking sheet;
- Bake for 1½ hours, then turn over and bake for another 1½ hours;
- Remove from oven and cool on wire rack.

CARROT & COCONUT SQUARES

Ingredients:

- 2 carrots, chopped
- 1 tbsp of peanut butter (xylitol free)
- 2 tsp chia seeds, milled
- 1 tsp apple cider vinegar
- $\frac{1}{4}$ cup water
- 1 cup rye flour
- $\frac{1}{2}$ cup coconut flour

Method:

- Preheat oven to 190°C/375°F/Gas mark 5;
- Grate carrots or add to food processor until finely shredded;
- Add peanut butter, chia seeds, apple cider vinegar and water and process until well combined;
- Transfer mixture to mixing bowl and fold in rye flour and coconut flour;
- Roll out to desired thickness (suggest $\frac{1}{4}$ inch) and cut into biscuit shapes;
- Place on lined baking tray and bake for 15-20 mins.

PUMPKIN HEARTS

Ingredients:

- $\frac{1}{2}$ cup canned pumpkin
- 2 very ripe bananas
- $3\frac{1}{4}$ cups oats

Method:

- Preheat oven to 180°C/350°F/Gas mark 4;
- In a food processor blend oats to a fine powder then scoop out a little bit to flour a kneading surface on your counter;
- In large bowl mash bananas together with pumpkin until a paste forms, then pour in the remaining oat flour and stir;
- Move your dough onto the oat-floured surface and knead until all the flour is incorporated;
- Roll out your dough to about $\frac{1}{4}$ inch thick and cut out treats in a heart - or whatever shape you like!
- Place on lined baking tray and bake for 8-10 mins.

BANANA PEANUT BUTTER BONES

Ingredients:

- 1 cup oat or rice flour
- 2 very ripe bananas
- $\frac{1}{4}$ cup peanut butter (xylitol free)

Method:

- Preheat oven to 160°C/325°F/Gas mark 3;
- Mash bananas with peanut butter until smooth;
- Add in flour and mix to combine;

- Roll out your dough to about $\frac{1}{4}$ inch thick and cut out treats in whatever shape you like;
- Place on lined baking tray and bake for 30-35 mins.

