

RECIPE

Savory Walnut Granola

3 cups (gluten free) oats
1 cup walnuts
½ cup sunflower seeds
½ cup pumpkin seeds
¼ cup ground or whole flax seeds
6 Tbsp extra-virgin olive oil
2 Tbsp apple cider vinegar
1 Tbsp dijon mustard
1 Tbsp maple syrup
1 tsp fresh rosemary
½ tsp sea salt
a pinch of cayenne pepper

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INSTRUCTIONS

Pre-heat the oven to 165°C (330°F).

Combine the oats, buckwheat and seeds in a bowl and mix well.

Combine the olive oil, apple cider vinegar, dijon mustard, maple syrup and spices in a small bowl and pour it over the dry ingredients. Mix well with a spoon until everything is covered.

Place the granola on a baking sheet covered with baking paper and bake for 15 - 20 until golden brown.

Let cool completely and store in an air-tight container for at least 4 weeks. Tastes great over salads or roasted veggies.

Yields 6 cups

RECIPE

Turmeric Latte (Golden Milk) Spice Mix

3 Tbsp turmeric
3 tsp cinnamon
6 cardamom pods
1/2 tsp ginger
1/4 tsp pepper

For the turmeric latte:
1 cup (250ml) plant milk
1 tsp turmeric latte spice mix
1 tsp honey or maple syrup

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INSTRUCTIONS

Simply combine all ingredients in a glass container and mix well.

Mix 1 teaspoon of the turmeric latte spice mix with 1 cup (250ml) of plant based milk (such as oat milk). Add one teaspoon of honey or maple syrup and heat up on the stove. Do not bring to a boil.

Enjoy immediately while hot or serve cold over ice.

Yields 9 - 10 cups of golden milk.

RECIPE

Hot Superfood Chocolate Spice Mix

6 Tbsp raw cacao
3 tsp cinnamon
3 tsp turmeric
3 tsp maca powder
1/4 tsp black pepper
1/4 tsp sea salt

For the hot chocolate:
1 ¼ cup (300ml) plant milk
1 Tbsp hot superfood chocolate spice
mix
1 tsp honey or maple syrup

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INSTRUCTIONS

Simply combine all ingredients in a glass container and mix well.

Mix 1 teaspoon of the hot superfood chocolate spice mix with 1 ¼ cup (300ml) of plant based milk (I like oat milk). Add one teaspoon of honey or maple syrup and heat up on the stove. Do not bring to a boil.

If you like you can add a small piece of plant based naturally sweetened raw chocolate to enhance the flavor.

Enjoy immediately while hot.

Yields 9 - 10 cups of hot superfood chocolate

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