

For me, the sweet tooth queen of the world, if I have these 2 backups on hand I am a happy camper and not totally at the mercy of the dessert buffet! ~ Julie W.

My favorite apple cider

In a slow cooker combine

- 64 oz pure apple cider
- 2 cinnamon sticks,
- 1 split vanilla bean
- 6 chai tea bags
- Cook on low for 4 hours.
- Remove all the bags, cinnamon sticks, and vanilla bean and add ¼ cup lemon juice, stir, and serve.



Pumpkin bread that will rock your healthy world

In a large bowl combine

- 5 cups of pure pumpkin
- 2 cups of coconut sugar
- 2 eggs
- 1 cup almond milk
- ¾ cup of safflower oil
- 1 teaspoon vanilla.
- Thoroughly mix with a large spoon until combined.

In another large bowl combine

- 4 cups of spelt flour
- 3 teaspoons baking powder
- 3 teaspoons baking soda
- 1 tablespoon cinnamon
- 1 teaspoon ground nutmeg
- ¾ cup chocolate chips (I use grain-sweetened chips such as Enjoy Life brand)
- 1 cup finely chopped walnuts or macadamia nuts.

Add the wet to the dry ingredients and thoroughly mix until well combined. Note: if you want to hold back a little bit of the chips and nuts you can sprinkle them on the top before baking. Bake in three greased loaf pans (I like to use coconut oil on a paper towel to rub the pans down with) at 350 degrees for 1 hour. Let the loaves cool in the pan for a few minutes, then turn them out onto a baking rack to cool completely. ENJOY!