

BLACK BEAN BURRITOS

- 1 cup dried **rice** (white or brown) or quinoa (Cooked per directions)
- 2 tablespoons **olive oil** or 1/4 cup water
- 1/2 large **onion**, diced
- 1 **green bell pepper**, cored and diced
- 1 can (14oz) **fired roasted diced tomatoes**, fully drained
- 1 can (4oz) **diced green chilies**, drained or 1 large jalapeno, seeds removed and diced
- 1 tablespoon **cumin**
- 1 teaspoon **chili powder**
- 1 teaspoon **chipotle powder**, optional
- 1 teaspoon **garlic powder**
- 1/2 teaspoon **salt**, or to taste
- 1 can **whole kernel corn** (about 1 cup), drained
- 1 can (14oz) **black beans** (about 1 1/2 cups), drained and rinsed
- 1/2 cup **cilantro**, loosely packed
- 6 **large healthy variety flour tortillas** (or your favorite GF tortillas)
- 2 cups **shredded lettuce**
- sliced **avocado**, you could use guacamole here too
- **Lime** to squeeze over ingredients



Black Bean + Corn: In a large pan or pot over medium heat, add onion and bell pepper, saute for a couple minutes. Add a bit of water or oil if it is sticking. Add the tomatoes, green chilies or jalapeno, cumin, chili powder, garlic powder and salt, mix well and continue to cook another 4 – 5 minutes, stirring often. Add the black beans and corn, cook a couple minutes just until warmed through.

Chop Cilantro to add into tortilla. Cut lime in half to squeeze onto ingredients

Layer + Roll: Place tortillas on a flat surface, down the center, leaving a few inches at each end, layer with 1/2 cup of black bean mix, then shredded lettuce, Avocado, and finish with 1/2 cup of rice. Add About 1 Tblsp. sauce. Fold each of the end pieces up towards the center, holding the flaps down, roll the edge closest to you up and over, and continue to roll the burrito away from you to completely close it.

Wrap in Foil. Cut diagonal and serve on plate.

- Serve with condiments of choice.

SAUCE for Burritos:

½ C Cashews,

1 small can chipotle peppers

½ tsp. garlic,

lime juice from one lime (Zest first and put aside in a bowl to add to sauce after blended)

¼ tsp. cumin,

¼ tsp. oregano,

1 dash sea salt, and dash ground pepper

Add all to a food processor or blender. Cover and blend until smooth. Add the lime zest afterward

HEALTHY SNICKERDOODLES

Ingredients

- 4 tbsp smooth **almond butter** or use natural peanut butter if you choose
- 6 tbsp **maple syrup**
- 1 ½ cup **almond flour**
- 1 cup **oat flour** or 3 tbsp coconut flour to keep it grain free
- good pinch of salt
- 2 tbsp **raw cane sugar** or **coconut sugar**
- 1 tsp **cinnamon**

For rolling --

- 2 tsp cinnamon
- 2 Tbsp raw cane sugar or coconut sugar

Instructions

1. Add maple syrup and almond butter into a bowl. Mix until well combined.
2. Add in the rest of the ingredients. Mix with a spatula to turn everything into a dough. It will take a minute to come together. If the mixture is too dry, add more maple syrup 1 tsp at a time
3. In another small bowl, mix the cinnamon and sugar for coating.
4. Make small balls out of the dough, then roll the ball in the cinnamon sugar mixture
5. Repeat for all of the remaining dough. Stores in the refrigerator for up to 3 weeks. But they will not be around that long.

