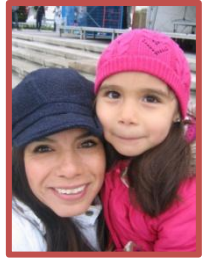


# Mom I love it, recipes!

Veronica Vargas, R.H.N understands the frustration and challenges every parent faces with providing nutrient dense snacks, lunches and meals for their children.

Please enjoy some of the recipes I created for my six-year-old daughter and for frustrated parents I help, found in my health program "A Guide to Fussy Eaters".

The Pizza on Sprouted Toast are great for packing in lunches, however the Almond Flaxseed burger and Delicious Coco-cookies is best eaten at home to avoid exposing other children with allergy prone foods.



## Delicious Coco-cookies

### Ingredients

- 2 cups oat flakes
- 1/2 cup coconut oil
- 1 tsp. vanilla extract
- 3/4 sucanat (finds at health food stores)
- 1.5 cups coconut flour
- 1/2 cup natural almond butter
- 1 cup dark chocolate chips
- 1 tsp. Baking soda
- 2 large free range eggs
- some water if too dry

### Directions

Preheat oven at 400 degrees. In a large bowl, combine oats, coconut flour and baking soda. In a separate bowl with hand mixer at high speed cream coconut oil and add in sucanat until well combined, mix in almond butter, eggs, and vanilla. Stir in dry ingredients until combined and fold chocolate chips. Roll into balls with hands, flatten each one gently onto the baking sheet, and bake for 8-10 min

## Pizza on Sprouted Toast



### Ingredients

- 2 slices of sprouted bread (Silver Hills is a great choice)
- Tomato sauce, with spices
- Low fat white cheese, shredded
- Lots of favourite veggies
- 1 tsp. nutritional yeast (found at health food store)
- Lean ham, turkey or chicken slices (low in sodium)

### Preparations

- Build the pizza layer by layer; first the bread, spread on the sauce, then the protein, veggies and cheese and nutritional yeast or goat cheese
- Bake until cheese is melted; in the oven or mini oven

## Almond Flaxseed Burger



### Ingredients

- 2 cloves garlic
- 1 cup almonds
- 1/2 cup ground flaxseed
- 2 tbsp balsamic vinegar
- 1 tbsp coconut oil
- Sea salt to taste
- Whole grain bun
- Favorite condiments

### Preparation

- Put all ingredients into a food processor.
- Process until well blended.
- Process less if you prefer a coarser texture.
- Form into 2 patties.

Serve raw or, if you prefer to cook them, lightly cover with coconut oil and bake at 300°F for 35 minutes. Alternatively, lightly fry over medium heat until golden brown, flipping once.

Veronica Vargas, R.H.N  
Centre for Healthy Living  
(403)769-0093

Getting Healthy Never Tasted So Good!