



# Baking Recipe Book

a compilation of 2012  
recipes from Attune Foods

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# Graham Cracker Raisin Muffins

By Diane Carbonell

## INGREDIENTS

- 2 cups Erewhon Organic graham crackers (crushed)
- 1/4 cup sucanat
- 2 teaspoons baking powder (low-sodium)
- 1 cup soymilk or skim milk
- 1 egg
- 2 tablespoons honey or agave syrup
- 1/4 cup organic raisins

## INSTRUCTIONS

Preheat your oven to 400 degrees Fahrenheit. Place muffin cups into a muffin tin or spray the pan with non-stick cooking spray.

Combine the graham cracker crumbs, sucanat, and baking powder in a medium-sized bowl. In a small bowl, combine the milk, egg, and honey (or agave syrup). Mix the egg mixture with a spoon just until the mixture comes together. Add the wet mixture to the dry mixture and mix until combined. Do not overmix.

Spoon the batter into your muffin tins. Bake for about 15 to 20 minutes. The muffins will be brown and a cake tester should come out clean when inserted into the middle of a muffin.

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# Raisin Bran Muffins

Need Recipe

# Strawberry Banana Breakfast Bake

By Marla Meridith

**YIELD:** 10-12 servings

## INGREDIENTS

- 3 cups old-fashioned rolled oats
- 2 cups Uncle Sam Original cereal
- 1 teaspoon baking powder
- Pinch of salt
- 1 large ripe banana, mashed
- 3 cups light unsweetened coconut milk
- 3 cups water
- 1 cup liquid egg whites
- 2 droppers full of Vanilla Stevia Drops, or use some of your favorite natural sweetener
- 8 ounces fresh, chopped strawberries
- cooking spray
- Optional Toppings
- Dried fruit + raisins
- Chopped, toasted Nuts
- Greek Yogurt
- Whipped cream
- Ground Cinnamon

## INSTRUCTIONS

Preheat oven to 350 degrees Fahrenheit with the rack in the middle.

Spray a large, oven-safe 4 quart casserole dish with cooking spray. Combine dry ingredients in a bowl. In another bowl mix together mashed bananas, coconut milk, water, egg whites and stevia. Combine all in the baking dish, adding strawberries last. Bake about 35 minutes, until the liquid has been absorbed.

Let cool about 10 minutes before serving.

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# Pumpkin Breakfast Bake with Streusel Topping

By Marla Meridith

## INGREDIENTS

Oatmeal:

- 1 1/2 cups (260 grams) Steel Cut Oats
- 1/2 teaspoon fine Sea Salt
- 1 teaspoon Pumpkin Pie Spice
- 1 teaspoon ground Cinnamon
- 1/2 teaspoon ground Ginger
- 1 teaspoon Baking Powder
- 4 cups unsweetened Vanilla Almond Milk
- 2 cups light unsweetened Coconut Milk
- 12 ounces plain Pumpkin Puree (unsweetened)
- Vanilla Stevia Drops (about 2-3 droppers full) or your favorite natural sweetener
- Baking Spray

Streusel topping:

- 1 cup (100 grams) Erehown Supergrains Buckwheat and Hemp Cereal
- 1 cup (100 grams) Nuts (walnuts or pecans are great)
- pinch of fine Sea Salt
- a few pinches ground Cinnamon
- 4 ounces (150 grams) pure Maple Syrup (grade B preferred)
- 1/2 cup naturally sweetened Dried Cranberries

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## INSTRUCTIONS

Preheat the oven to 350 degrees F with the rack in the middle.

Combine all of the dry oatmeal ingredients in a bowl. In a large bowl, combine the wet ingredients. Mix all the oatmeal ingredients together. Spray a 3 3/4 quart baking/casserole dish with cooking spray. Add the oatmeal. Bake for one hour. Stir the oats with a spatula spoon and continue baking for another 15 minutes. Remove from the oven and let firm up and cool at room temperature until firm. When cool enough you can put in your refrigerator for a little while to help the oatmeal firm up quicker.

Streusel topping: Combine cereal, nuts, salt and cinnamon in a food processor or blender. Pulse until you have a fine crumb ~ don't pulse for too long or you will end up with nut butter! In a small saucepan bring the maple syrup to a boil. Reduce heat and quickly stir in the cereal, nuts and cranberries.

Carefully spread the streusel over the baked oatmeal. Broil on low temperature in the oven for about 5-7 minutes until golden brown and crisp. Serve promptly.

Storage: Tightly wrap your room temperature breakfast bake with foil. Reheat portions as you need them. Add more liquid (milk or water) as needed if it becomes too thick for your tastes. Stores well for about 3 days.

# Cinnamon Vanilla Waffles with Fresh Peach Sauce

By Amy Green

**YIELD:** 6–8 waffles

**DIET TYPE:** Gluten-Free

## INGREDIENTS

For the Cinnamon Vanilla Waffles:

- 1 cup Amy's Basic Flour Blend\* (flour recipe noted at the bottom of the page)
- 1 cup Erewhon Crispy Brown Rice Gluten Free Cereal
- 2 tablespoons coconut palm sugar
- 2 teaspoons baking powder
- 2 teaspoons cinnamon
- 1/4 teaspoon kosher or sea salt
- 2 large eggs, separated
- 1 1/4 cup unsweetened almond milk
- 3 tablespoons melted coconut oil
- 1 tablespoon vanilla extract

For the Fresh Peach Sauce:

- 2 large, ripe peaches, preferably organic
- 1/2 – 1 very ripe banana
- Maple syrup, honey, or liquid vanilla stevia if desired

## INSTRUCTIONS

Make the Cinnamon Vanilla Waffles:

Preheat your waffle iron to the desired temperature. I like these waffles best when my waffle iron is set on medium-high. All waffle irons cook differently though, so you may have to experiment to find what temperature works best.

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Put the flour blend, Erewhon Crispy Brown Rice Cereal, coconut palm sugar, baking powder, cinnamon, and sea salt in the bowl of a food processor fitted with a steel blade. Process until smooth.

Add the egg yolks, almond milk, coconut oil, and vanilla extract to the flour mix. Pulse until combined then whirl until smooth. Transfer batter to a large bowl.

Whip the egg whites to medium peaks. Stir 1/4 of the egg whites into the batter then gently fold in the remaining whites.

Cook the waffles according to the instructions for your waffle maker. Keep warm in a 200 degree F oven if desired.

Make the Fresh Peach Sauce:

Peel the peaches by pulling the skin right off. Remove the pit and add the peaches and 1/2 ripe banana to a high-powered blender. Whirl until smooth. Taste and add more banana or a touch of maple syrup, honey, or liquid vanilla stevia if desired.

Serve the waffles warm topped with fresh peach sauce.

### **Amy's Basic Flour Blend**

1 cup sorghum flour

1 cup garbanzo fava bean flour

1/2 cup potato starch

1/3 cup tapioca starch

Mix well; store in an airtight container in the refrigerator.

# Blueberry Breakfast Cake

By Amy Green

**YIELD:** 6 servings

**DIET TYPE:** Gluten-Free

## INGREDIENTS

- 1/2 cup coconut palm sugar
- 1/2 cup Erewhon Rice Twice Cereal
- 1/3 cup toasted pecans
- 1/4 cup teff flour
- 1/4 cup plus 1 tablespoon arrowroot flour, divided
- 3 tablespoons coconut oil, chilled
- 1 teaspoon cinnamon
- 1/2 teaspoon baking powder
- 1/4 teaspoon kosher salt
- 2 large eggs, preferably organic
- 1/4 cup unsweetened almond milk
- 2 1/2 cups frozen blueberries, preferably organic

## INSTRUCTIONS

Preheat the oven to 350 degrees F. Lightly oil 6 (4-ounce) ramekins and place them on a baking sheet. Set aside.

Put the coconut palm sugar, Erewhon Rice Twice Cereal, toasted pecans, teff flour, 1/4 cup arrowroot flour, coconut oil, cinnamon, baking powder and salt in the bowl of a food processor fitted with a steel blade. Pulse several times then process until uniformly combined.

Add the eggs, then with the food processor running, add the almond milk. Process until uniform.

Place the frozen berries in a medium bowl. Toss with remaining tablespoon of arrowroot flour. Transfer the batter to the bowl with the blueberries and gently stir to incorporate. Divide the batter evenly between the six prepared ramekins and bake for 35 – 45 minutes until a toothpick inserted in the center comes out clean. Serve warm or at room temperature.

# Mixed Berry Scones

By Amy Green

**YIELD:** 6 Scones

**DIET TYPE:** Gluten-Free

## INGREDIENTS

For the scones:

- 1 cup sorghum flour
- 1/2 cup almond flour
- 1/2 cup tapioca starch
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1 teaspoon freshly grated lemon zest
- 1/2 teaspoon xanthan gum
- 1/4 teaspoon sea salt
- 6 tablespoons coconut oil, in solid form
- 1 1/2 cups Erewhon Crispy Brown Rice with Mixed Berries cereal
- 1/3 cup light coconut milk
- 1 large egg
- 3 tablespoons honey
- For the egg wash & topping:
- 1 large egg
- 1 tablespoon water
- 1–2 tablespoons coconut palm sugar
- 1/2 teaspoon cinnamon

## INSTRUCTIONS

Make the scones:

Preheat the oven to 375 degrees F. Line a baking sheet with parchment paper or a silicone baking mat.

Put the sorghum flour, almond flour, tapioca starch, baking powder, cinnamon, lemon zest, xanthan gum, and sea salt in the work bowl of a food processor fitted with a steel blade.

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Pulse until the flours are combined. Add the coconut oil to the flour mix and pulse until the mixture looks like sand.

Transfer the flour mixture to a large bowl and mix in the Erewhon Crispy Brown Rice with Mixed Berries Cereal. Make a well in the center of the mixture.

In a separate bowl, whisk together the coconut milk, egg, and honey. Pour the liquid into the well of the flour mixture. Use a fork to mix the liquid into the flour until a dough forms.

Transfer the dough to the prepared baking sheet. Use wet hands to form a 9-inch x 4-inch log. Cut the dough into three (3-inch) pieces and then cut each piece diagonally to make 6 triangle-shaped scones. Use a spatula to space the scones evenly on the baking sheet.

Make the egg wash and bake the scones:

Whisk together the remaining egg and the tablespoon of water. Brush the top of each scone lightly with the wash. Sprinkle the top of each scone with coconut palm sugar and cinnamon.

Bake for 14 – 17 minutes, until scones are golden brown. Let cool on the baking sheet for 10 minutes then transfer to a wire rack to cool completely. Serve warm or at room temperature.

# Healthy Apple-Date Crisp

*This is a vegan recipe. For a gluten-free option, feel free to substitute Erewhon Organic Crispy Brown Rice Gluten Free Cereal for the Uncle Sam. As far as apples go, I love Pink Lady, Gala and Granny Smith. Use your favorite(s). Instead of or with the dates you can use raisins or dried cranberries.*

By Marla Meridith

**YIELD:** 4 servings

**DIET TYPE:** Vegan

## INGREDIENTS

- 4 apples cleaned, cored and cut into bite sized pieces
- Pinch of fine sea salt
- a few dashes of ground cinnamon
- 4 ounces chopped, dried-pitted dates (about 7 dates)
- 1 tablespoon unrefined coconut oil
- 2 ounces chopped, toasted nuts such as pecans
- 1 cup Uncle Sam Original cereal
- Optional toppings
- Dairy or dairy-free thick Greek yogurt, whipped cream, frozen yogurt or ice cream

## INSTRUCTIONS

Apples

In a medium saucepan heat apples over medium high heat with 1 tablespoon of water. When they start sizzling reduce heat to medium, partially cover and cook about 10 minutes until softened. Stir occasionally adding the salt, cinnamon and dates towards the end. Remove from heat and divide apple mixture into 4 ramekins or bowls.

Make the Crisp Topping

Heat Uncle Sam's cereal with the nuts in a fry pan about 4-5 minutes over medium heat until fragrant. Watch carefully so it does not burn.

To assemble, scoop some crisp topping over your warm apples and enjoy.

# Cinnamon-Oat Brown Rice Crispy Treats

By Amy Green

**YIELD:** makes 24 (2×2-inch) cookies

## INGREDIENTS

- 2 1/2 cups Erawhon Organic Crispy Brown Rice Gluten Free Cereal
- 2 cups quick-cooking gluten-free oats
- 1 cup juice-sweetened dried cranberries, chopped
- 3/4 cup flaxseed meal
- 1 1/2 teaspoons ground cinnamon
- 1 teaspoon freshly ground nutmeg
- 1/2 cup honey
- 1/4 cup coconut palm sugar
- 1/2 cup peanut butter (or your favorite seed or nut butter)
- 2 teaspoons vanilla extract
- 1/4 teaspoon sea salt ONLY if your nut/seed butter is no salt added

## INSTRUCTIONS

Whisk together the Erawhon Crispy Brown Rice Cereal, oats, chopped cranberries, flax meal, cinnamon, and nutmeg in a large, heat-proof bowl.

In a large saucepan, heat the honey and coconut palm sugar over medium-low heat. Stir frequently until the coconut palm sugar dissolves.

Stir the peanut butter into the honey mixture while still over the heat. Stir until completely combined, then stir in the vanilla and salt.

Pour the peanut butter mixture over the dry ingredients. Using a rubber spatula, stir the ingredients together until the dry ingredients are completely coated.

Press the cookie mixture into a lightly oiled 9×13-inch pan or portion into bite-sized, granola-like pieces and set on a baking tray. Let cool completely. Cut cookies into 2×2-inch squares if desired. Store in an airtight container at room temperature.

# Peanut Butter Buckwheat Cookies

By Amy Green

**YIELD:** about 2 dozen cookies

## INGREDIENTS

- 1 cup all-natural, no sugar added peanut butter
- 1/2 cup coconut palm sugar, whirled in a blender until powdered
- 3/4 cup Erewhon Buckwheat & Hemp cereal
- 2 large eggs
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking powder
- 5 drops liquid vanilla stevia
- 1/2 cup carob or chocolate chips\* (optional)
- 1/2 cup raisins (optional)

## INSTRUCTIONS

Preheat the oven to 350 degrees F.

Mix together the peanut butter and coconut palm sugar. Put the Erewhon Buckwheat-Hemp Cereal in a food processor fitted with a steel blade and process until finely ground. Add the ground cereal to the peanut butter mixture. Mix in the eggs, vanilla extract, baking powder, and stevia. If using carob or chocolate chips and/or raisins, mix them in.

Use a cookie scoop to portion the dough. Roll into balls.

For no carob/chocolate chips or raisins: use the tines of a fork to flatten the cookies.

For carob/chocolate chips and/or raisins: flatten the cookies with the palm of your hand.

Bake for 12 – 15 minutes or until set. Let cool for 10 minutes on the baking sheet then transfer to a baking rack to cool completely.

# Oatmeal-Flax Carob Cherry Cookies

By Amy Green

**YIELD:** makes 3 1/2 dozen 2-inch cookies

## INGREDIENTS

- 3/4 cup butter, room temperature
- 3/4 cup coconut palm sugar
- 1/4 cup applesauce
- 1 large egg, preferably organic
- 1 teaspoon vanilla extract
- 1 cup Erewhon Rice Twice cereal
- 1 cup Erewhon Crispy Brown Rice Gluten Free cereal
- 1/4 cup arrowroot flour
- 1 teaspoon cinnamon
- 1/2 teaspoon baking powder
- 1/2 teaspoon sea salt
- 1 1/2 cups rolled gluten-free oats
- 1/2 cup flaxseed meal
- 1 cup unsweetened dried cherries, chopped
- 1 cup unsweetened carob chips

## INSTRUCTIONS

Fit a stand mixer with a paddle attachment. Beat the butter until light and fluffy. Meanwhile, put the coconut palm sugar in a blender and process until powdered. Add the powdered palm sugar to the butter and beat for 2 – 3 minutes on medium high. Add applesauce and egg. Beat until combined. Mix in vanilla.

# Mini Apple Tarts

By Amy Green

**YIELD:** 4 (4-inch) tarts

**DIET TYPE:** Gluten-Free

## INGREDIENTS

For the crust:

- 1 1/4 cups walnuts
- 1 1/4 cups Erewhon Crispy Brown Rice Gluten Free cereal
- 3 large Medjool dates
- 2 tablespoons melted coconut oil
- 1 teaspoon cinnamon
- For the filling:
- 2 Granny Smith apples, peeled and medium diced
- 1 tablespoon coconut palm sugar
- 1/2 teaspoon cinnamon

For the topping:

- 1 cup Erewhon Crispy Brown Rice Cereal
- 3 tablespoons melted coconut oil
- 2 tablespoons coconut palm sugar
- Preheat the oven to 375 degrees F.

## INSTRUCTIONS

Make the crust:

Put the walnuts and the Crispy Brown Rice Cereal in the bowl of a food processor fitted with a steel blade. Process until finely ground. Add dates, melted coconut oil, and cinnamon. Process until the mixture comes together like a dough.

Divide the dough into four equal pieces. Press the dough into the tart pans.

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Make the filling:

Put the diced apples in a medium bowl. Toss with coconut palm sugar and cinnamon. Divide the apples between the four prepared tart pans.

Make the topping:

Put the Crispy Brown Rice Cereal in the food processor. Process until finely ground. Add the melted coconut oil and coconut palm sugar. Process until combined. Divide between the four tarts.

Place the tarts on a baking sheet. Bake for 30 – 35 minutes, until the apples are fork tender. If the crust begins to get too brown, cover with a piece of aluminum foil.

Serve warm or at room temperature.

# Banana Carob Chip Snack Bars

By Amy Green

**YIELD:** makes 16 bars

**DIET TYPE:** Gluten-Free

## INGREDIENTS

- 1 cup Erewhon Gluten-Free Cornflakes cereal
- 2 cups Erewhon Gluten-Free Crispy Brown Rice Gluten Free cereal
- 1/4 cup coconut flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon kosher salt
- 1/2 cup almond butter
- 1/2 cup mashed banana
- 1/4 cup honey
- 1/4 cup melted coconut oil
- 2 large organic eggs, at room temperature
- 1 teaspoon vanilla extract
- 1/2 cup unsweetened carob chips

## INSTRUCTIONS

Preheat the oven to 350 F. Prepare an 8 x 8-inch square baking pan by lightly coating with oil.

Put the Erewhon Gluten-Free Cornflakes and Crispy Brown Rice Cereal in the bowl of a food processor fitted with a steel blade. Cover and process until finely ground. Add the coconut flour, baking powder, baking soda and sea salt. Pulse until combined.

Add the almond butter, mashed banana, honey, melted coconut oil, eggs, and vanilla extract to the flour mixture in the food processor. Pulse several times then puree until combined. Add carob chips and pulse several times to incorporate, taking care not to chop them to pieces.

Transfer batter to prepared pan. Bake for 18 – 22 minutes, rotating 180 degrees halfway through. Let cool in the pan before serving.

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# Fig Walnut Tart with Three-Ingredient No-Bake Crust

By Amy Green

**YIELD:** Makes 6-8 servings

**DIET TYPE:** Gluten-Free, Dairy-Free

## INGREDIENTS

Crust Ingredients:

- 3 cups Erewhon Corn Flakes Cereal
- 3 tablespoons coconut palm sugar
- 6 tablespoons coconut oil, in solid form

Tart Filling Ingredients:

- 1 cup full-fat coconut milk
- 2 tablespoons coconut palm sugar
- 1 teaspoon ground cinnamon
- 1/4 teaspoon sea salt
- 2 cups (about 11 ounces) dried black mission figs, stemmed and quartered
- 1 1/2 cups walnuts, chopped
- 1/4 cup coconut oil, in solid form

## INSTRUCTIONS

Make the Crust:

Put the Erewhon Corn Flakes Cereal and the coconut palm sugar in the bowl of a food processor fitted with a steel blade. Process until the consistency of sand. Add the coconut oil and pulse until combined. Process just until the crust sticks together. Be careful not to process too long or the oil will melt and the crust will be difficult to press into the pan.

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Press the crust into the bottom and up the sides of a rectangular 14"x4" tart pan. Refrigerate while making the tart filling.

**Make the Tart Filling:**

Put the coconut milk, coconut palm sugar, cinnamon, and sea salt in a medium saucepan and heat to a boil. Add the quartered figs and cook until the figs soften. Transfer to the bowl of a food processor fitted with a steel blade and pulse until roughly chopped. Return to the saucepan and add in walnuts and figs. Stir to combine, then process roughly 1/4 of the mixture in the food processor until smooth. Stir all filling ingredients together and then transfer mixture to the chilled crust.

Refrigerate until firm and then wrap. Slice while cold and serve at room temperature. Can make up to 3 days ahead of time.

# Mini No-Bake Pumpkin Pies with Chocolate Graham Crusts

By Alisa Fleming

*This is an all-natural and even organic recipe that is dairy-free and soy-free.*

**YIELD:** 6 servings

## INGREDIENTS

Chocolate Crusts:

- 4 whole Erewhon organic honey graham crackers (makes about 1 cup of crumbs)
- 2 tablespoons coconut sugar (can sub brown sugar)
- 1/4 cup cocoa powder
- Pinch salt
- 3 tablespoons coconut oil
- 1 teaspoon maple syrup

Pumpkin Pie Filling:

- 1/3 cup cashews
- 1/4 cup coconut sugar
- 3/4 teaspoon pumpkin pie spice
- 1/8 teaspoon salt
- 6 tablespoons pumpkin puree (1/4 cup + 2 tablespoons)
- 1/4 cup coconut oil
- 1 tablespoon maple syrup
- 1/4 teaspoon vanilla extract
- Garnish (optional):
- Mini chocolate chips

## INSTRUCTIONS

For the crusts, preheat your oven to 350°F (if baking crusts) and grease 6 muffin tins (I use silicone muffin cups, which don't need to be greased).

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Place the honey graham crackers, cocoa, sugar, and salt in a spice grinder or food processor and whiz until powdered.

In a small bowl, combine the honey graham cracker mixture with the coconut oil and maple syrup, and mix with a fork until well combined.

Press the mixture into the muffin cups pushing it slightly up the sides to make small pie crusts.

At this point, you can either chill the crusts or bake them for 10 minutes in your preheated oven.

If baked, let them cool before popping them out of the pan.

To make the filling, combine the cashews, sugar, spice, and salt in your spice grinder or food processor and whiz until finely ground. It may clump a little, that is fine.

Blend the cashew mixture with the pumpkin, oil, maple, and vanilla until smooth and creamy.

Pour the filling into the cooled or fully chilled crusts, and place them in the refrigerator to set up.

You will probably have leftover filling; don't worry, it tastes yummy on it's own and can be made into parfaits, blended into smoothies, or just enjoyed by the spoonful!

If desired, garnish the little pies with the mini chocolate chips and even make cute jack-o-lantern faces.

Preparation time: 15 minute(s)

Cooking time: 10 minute(s)

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# Crunchy Almond Clusters

*The deepness of the molasses gives this to-go treat a mellow, earthy flavor. The end product is just lightly sweet (depending on how much maple syrup or other sweetener you use), perfect for early morning taste buds and avoiding a sugar rush.*

By Alisa Fleming

**YIELD:** 2 breakfast servings or 8 snack servings

**DIET TYPE:** Vegan, Vegetarian, Dairy free, Egg free, Peanut free, Soy free

## INGREDIENTS

- 1 tablespoon blackstrap molasses
- 1 tablespoon almond butter
- 1 to 2 tablespoons maple syrup (see note below)
- 1/8 teaspoon pure vanilla extract
- 1/4 teaspoon ground cinnamon
- Pinch of salt
- 1-1/2 cups Uncle Sam Original cereal
- 1/4 cup almond slices

## INSTRUCTIONS

Preheat your oven to 250°F and line a baking sheet with a silicone baking mat or parchment paper.

In a bowl, stir together the molasses, almond butter, maple syrup (or other sweetener), vanilla, cinnamon, and salt. Feel free to adjust the maple to taste.

Add the Uncle Sam cereal and almond slices, and stir to evenly coat.

Spread the mixture on your prepared baking sheet. It will be a bit sticky, but I just use the back of the mixing spoon to flatten and spread it a bit.

Bake for 30 minutes.

Let it cool for 15 minutes on the baking sheet, then break the whole grain cereal into clusters.

Pack into baggies for the road, or serve up snacks in muffin cups!

# Double Dark Chocolate Granola

By Alisa Fleming

**YIELD:** 4-6 servings

**DIET TYPE:** Dairy-Free

## INGREDIENTS

- 2 cups rolled oats
- 2 cups Uncle Sam Original cereal
- 3 to 4 tablespoons cocoa powder
- 1/8 teaspoon salt
- 1/3 cup maple syrup, honey, or agave nectar
- 1/3 cup packed brown sugar (can substitute coconut sugar or evaporated cane juice if desired)
- 2 tablespoons coconut oil
- 1-1/2 teaspoons vanilla extract
- 2/3 to 3/4 cup finely chopped attune probiotic dark chocolate bars

## INSTRUCTIONS

Preheat your oven to 250°F and lightly grease two 9×13 glass baking dishes or line baking sheets with silicone baking mats (I prefer the glass dishes in this recipe).

Combine the oats, cereal, cocoa powder, and salt in a large bowl.

Place the honey or maple, oil, and sugar in a saucepan, and heat until the sugar is mostly dissolved. For a shortcut, you can heat the wet ingredients in the microwave in 15 second intervals, until the brown sugar is mostly dissolved (just 30 to 45 seconds total).

Stir the vanilla into the liquid ingredients, and pour all over the dry ingredients. Stir to coat.

Spread the granola out in your prepared pans.

Bake for 60 to 90 minutes – this will vary quite a bit on climate (in dry climates my granola crisps up in less than an hour sometimes, on the coast, it can easily take 90 minutes), checking in every 20 to 30 minutes to stir. If using metal pans, check in more often as the granola tends to brown much more quickly. The granola will still be soft when done, but it firms up as it cools.

Once completely cool, stir in the chocolate chunks.

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# Crispy Gooey Trail Mix Bars

*Feel Free to experiment with your favorite Attune Foods cereals and chocolate bar flavors. Add any nuts, seeds and dried fruits you have on-hand.*

By Marla Meridith

**YIELD:** 12-14 bars

## INGREDIENTS

- 1/2 cup (140 grams) almond butter, peanut butter or sunflower seed butter
- 2/3 cup (220 grams) pure honey
- pinch of ground cinnamon or pumpkin pie spice
- 1/2 cup (40 grams) Uncle Sam Original cereal
- 3 cups (125 grams) Erewhon Crispy Brown Rice cereal
- 1/4 cup (25 grams) sunflower seeds (we like roasted and salted ones)
- 1/4 cup (40 grams) raisins
- 1/3 cup (25 grams) chocolate, chopped into small pieces

## INSTRUCTIONS

Spray a 9 X 13 baking dish with cooking spray or line with parchment paper.

Heat nut butter/sunflower seed butter with honey and spice in a medium saucepan over medium heat. Stir until well combined. Transfer to a large heat-proof bowl.

Mix in cereal, sunflower seeds and raisins. Add chocolate after the mix has cooled down a bit so it does not melt. Transfer mix to your baking dish. Flatten with the back of a spatula or your hands.

Refrigerate for 1 hour or until completely cool. Remove from pan and trim into squares. Store in the refrigerator until ready to use.

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# Cherry Pie Shakes

By Marla Meridith

**YIELD:** 4 servings makes 4 1/2 cups (38 ounces)

## INGREDIENTS

- 4 sheets (65 grams) of Erewhon Organic Honey Graham Crackers, grind to crumbs in food processor
- 1 cup (160 grams) pitted cherries
- 14 ounces any milk (we like unsweetened vanilla almond milk)
- 13 ounces ice
- Vanilla stevia drops or your favorite natural sweetener to taste

Optional:

- Top with toasted nuts
- Chocolate Sauce
- Whipped Cream

## INSTRUCTIONS

Blend cherries, almond milk, ice and sweetener in your blender.

Assemble shakes with a few scoops of ground graham cracker crumbs. Serve with a long spoon and a straw.

# Crispy Cereal Mango Parfaits

By Marla Meridith

**YIELD:** 4 servings (adjust ingredients according to what you need for mini desserts or larger meal portions)

## INGREDIENTS

- 2 Mangoes, remove skin & cubed (yields about 10 ounces of sauce)
- pinch of Saffron
- 2 tablespoons Water
- a handful of toasted Pecans, chopped
- 3-6 ounces of fat free thick Greek Yogurt per serving
- 1/2 cup Uncle Sam Original cereal
- 1/2 cup Erewhon Crispy Brown Rice cereal
- 1/2 cup Erewhon Organic Corn Flakes

## INSTRUCTIONS

Bring mango, saffron and water to a boil. Partially cover and simmer about 6 minutes. Purée mango in a blender. Let the sauce cool before assembly.

Assemble parfaits layering yogurt, mango sauce and crispy cereals.

# Banana-Nut Breakfast "Ice Cream" Sundae

*For the optional add-ins, you may want to add some stevia or other sweetener to taste if your bananas aren't sweet enough. I usually add probiotic powder and amino acids, but this is also a great place to sneak in some protein powder.*

by Alisa Fleming

**YIELD: 1 serving**

**DIET TYPE: Vegan, Vegetarian, Dairy free, Egg free, optionally Gluten free, optionally Nut free, optionally Peanut free, Soy free, optionally Wheat free, optionally Sugar free**

## INGREDIENTS

- 1 large frozen banana, cut or broken into chunks
- 2 tablespoons peanut butter, almond butter, or sunflower seed butter, divided
- 2 to 4 tablespoons milk alternative or water, divided
- optional add-ins (see below)
- diced strawberries or other fresh berries or fruit, as much as you like
- 1 teaspoon honey or maple syrup
- 1/2 teaspoon coconut oil, optional
- 1/4 to 1/2 cup whole wheat or gluten-free cereal (my favorites on this are Uncle Sam Original, Erewhon Gluten-Free Strawberry Crisp, or simply Erewhon Gluten-Free Brown Rice Crispies (pictured))

## INSTRUCTIONS

For the "ice cream," blend the frozen banana chunks, 1 tablespoon of the nut or seed butter in your blender or food processor. I use a personal blender (not high powered) and need to add 1 to 2 tablespoons of milk alternative to get things moving. You may need to stop and stir it a couple of times to get it all in there. This is when I toss in some of the optional add-ins. If you end up having to add more liquid, no harm done, you can freeze it or enjoy as a shake with tasty toppings!

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Place the “ice cream” in the freezer while you prepare the rest. If you want more of a hard-packed ice cream that you can scoop, plan 30 to 60 minutes in advance (or even make it the night before) letting it firm up more in the freezer. Otherwise, go soft-serve style.

For the sundae sauce, whisk together the remaining 1 tablespoon of nut or seed butter, 1 tablespoon of the milk alternative or water, honey or maple syrup, and coconut oil, if desired (this makes it thicken a bit as it hits the cold ice cream, but only add it if your peanut butter mixture is warm (I use warm water), otherwise it will immediately solidify). You may need more milk alternative or water to make a sauce, depending on how thick your nut or seed butter is.

To put it all together, scoop the banana “ice cream” in a bowl (or go fancy with a martini glass!), top it with the fresh fruit, followed by the sundae sauce, and finally the whole wheat or gluten-free breakfast cereal.

# Dairy-Free Berries 'n Creme Parfaits

*Don't let the long instructions fool you, this recipe is super fast and easy to make (I just tend to be wordy)! This recipe is naturally gluten-free, dairy-free, soy-free, and peanut-free. Make it vegan too, by using agave, maple syrup, or your choice of sweetener in place of the honey. If you need a purely nut-free option, try using sunflower seeds in place of the cashews.*

By Alisa Fleming

**YIELD:** 2 servings

**DIET TYPE:** Vegetarian, optionally Vegan, Dairy free, Egg free, Gluten free, optionally Nut free, Peanut free, Soy free, Wheat free, Refined Sugar free

## INGREDIENTS

- 1 Cup Erewhon Crispy Brown Rice with Mixed Berries cereal
- 1 Tablespoon + 2 Teaspoons Coconut Oil or Cocoa Butter, melted and divided
- 1 Tablespoon + 4 Teaspoons Raw Honey (can substitute agave nectar for vegan), divided
- 2 Ounces Raw Cashews (roughly 1/2 cup)
- 1 Cup Berries + Extra for Garnish (see note below)
- 1/4 Teaspoon Pure Vanilla Extract
- 1 25mg Scoop Pure Stevia Extract (powdered), or sweeten to taste with favorite sweetener

## INSTRUCTIONS

Place the cereal in a medium-sized bowl. In a small bowl, combine 1 tablespoon of the coconut oil or cocoa butter with 1 tablespoon of the honey or agave. Pour the coconut-honey mixture over the cereal, and stir to thoroughly coat. Don't be afraid to get in there and stir with your hands!

Spread the cereal mixture on a silicone baking mat or parchment paper and place in the freezer to chill while you make the rest.

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Grind the cashews in your spice grinder or small food processor.

Place the ground cashews, 1 cup berries, 2 teaspoons melted coconut oil or cocoa butter, 4 teaspoons honey or agave (you may want to start with less if your berries are really sweet), vanilla, and stevia (if using), in your blender or food processor (I use a small personal blender), and whiz until smooth. If using seeded berries like raspberries or blackberries, some small seeds may remain.

Give it a taste test, and add more sweetener if needed.

You can use it right away, but I prefer to chill it for at least 30 minutes to thicken. If it thickens up too much, whisk in some water, 1 teaspoon at a time, until it reaches your desired consistency (at most, I use 2 teaspoons).

Pick two of your favorite wine, champagne, or otherwise cute glasses (pretty glasses make parfaits taste even better!).

Remove the crispy cereal from the freezer and crumble it lightly with your hands.

Dollop half of the berry-cashew mixture into each glass. Top that with half of the crispy cereal crumbs. Repeat the layers using up the other half of each. Top with some more berries, and serve with a long spoon.

#### QUICK NOTES

On the Berries: In this recipe, I used raspberries, which definitely make for more of a sweet-tart parfait. For sweeter, mostly seedless options, try ripe strawberries, blueberries, or cherries. If you don't mind those little seeds, blackberries are delicious in this, too. Feel free to sweeten to taste with your favorite sweetener, since the sweetness of berries can vary widely. Berries of any kind are an incredible source of lower GI antioxidants for living a healthy lifestyle, so don't be afraid to enjoy them generously!

#### VARIATIONS

Banana-Berry Option: If you are a banana-berry lover and want to bulk up this parfait with a little more natural sweetness, you can blend ½ of a ripe banana in with the cashew mixture. Skip the water, as the end result will be more yogurt-like in consistency.

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# Healthy "Cheesecake" Graham Sandwiches

*Please note that this is a very quick recipe to make, but I like to make the spread a day ahead, so it has time to set-up and gain flavor in the refrigerator. The spread will keep for a few days when chilled.*

by Alisa Fleming

**Preparation time:** 10 minute(s)

**YIELD:** 4

**Diet type:** Vegetarian, Dairy free, Egg free, Peanut free, Soy free, Refined Sugar free (optional)

## INGREDIENTS

- 1/2 cup raw cashews
- 2 tablespoons coconut sugar (can substitute evaporated cane juice or cane sugar)
- Scant 1/8 teaspoon salt
- 1 tablespoon fresh lemon juice
- 1 tablespoon water
- 2 teaspoons coconut oil
- 1/4 teaspoon vanilla extract
- 10 drops vanilla stevia, or to taste, optional
- 4 whole Erewhon Organic Honey Graham Crackers
- 4 sliced strawberries or 2 bars of attune probiotic dark chocolate  
broken into chunks (optional)

## INSTRUCTIONS

Place the cashews, sugar, and salt in a spice grinder, and whiz for 60 seconds to finely grind.

Place the cashew mixture, lemon juice, water, coconut oil, and vanilla in a blender or food processor and process until smooth.

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Taste test and blend in stevia or additional sweetener as desired. You can also add more lemon if you like a more tart spread.

Place the mixture in the refrigerator to set-up. You can enjoy it immediately, but it will be quite soft. I like to make it the night before, allowing it to thicken and meld the flavors overnight.

Break the graham crackers in quarters, and spread half or all of the graham quarters with the cashew spread.

Sandwich two cracker pieces together with the filling in the middle, or eat open-faced.

If desired, place sliced strawberries or pieces of probiotic chocolate in the middle of each graham sandwich.

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# 3 Ingredient Crispy Rice Fudge

*The rice crispy cereal stays crunchy for a short period of time, so it is best to enjoy your fudge within the day you make it. Alternatively, without the rice crispy cereal our fudge lasted a while stored in the fridge. Experiment with your favorite crisp cereals - **Uncle Sam** would be another great option!*

By Marla Meridith

**YIELD:** 36 bite-sized servings

**DIET TYPE:** Gluten-Free

## INGREDIENTS

- 12 ounces of your Favorite Chocolate (we like 70% dark)
- 10 ounces unsweetened Light Coconut Milk
- 2 cups (1.3 ounces) Erewhon Gluten Free Brown Rice Gluten Free cereal, divided

## INSTRUCTIONS

Line a 9 X 9" baking pan with parchment paper. Melt chocolate in a double boiler or carefully in a microwave. I always prefer the Bain-marie method for melting chocolate.

In a separate sauce pan bring coconut milk to a gentle boil. Remove from heat and mix well with the chocolate. Let the mixture cool for a few minutes. Fold one cup of the brown rice cereal into the chocolate.

With a spatula spoon, put the fudge into the baking pan. Flatten with the back of the spatula. Press the remainder of the organic rice cereal into the top of the fudge.

Let cool at room temperature until you can cut pieces with a knife, about 1-2 hours. It is easier to cut this if you pull the parchment paper & fudge out of the pan first.

# Coconut Crispy Treat "Nests" with Jelly Bean "Eggs"

*These gems are sweetened only with honey (or agave for vegan) and are completely marshmallow-free!*

By Alisa Fleming

**YIELD:** 12 servings

**DIET TYPE:** Vegetarian, Optionally Vegan, Dairy free, Egg free, Gluten free, Peanut free, Tree Nut free (though they do contain coconut), Soy free, Wheat free, Optionally Refined Sugar free

## INGREDIENTS

- 1-1/2 cups + 1/4 cup shredded unsweetened coconut, plus additional for sprinkling if desired (about 2 tablespoons)
- 6 tablespoons (1/4 cup + 2 tablespoons) honey or agave nectar
- 1/2 teaspoon vanilla extract
- 2 cups Erewhon Crispy Brown Rice Gluten-Free cereal
- 1/3 cup dairy-free chocolate chips
- Jelly bellies or jelly beans, optional (colorful "eggs" to complete the crispy nests)

## INSTRUCTIONS

To start, you will need 12 muffin cups (or double that if using mini-muffin molds). I use silicone muffin cups (best investment ever!), but if you only have metal ones, grease them.

Place the 1-1/2 cups of coconut in a food processor or spice grinder (I use the grinding blade of my cheapo personal blender), and whiz until it begins to clump and turn into a paste (about 1 minute).

Add the honey and vanilla, and quickly blend again to incorporate.

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Place the crispy rice cereal and the remaining 1/4 cup of shredded coconut in a large bowl, add the coconut paste mixture, and stir with a wooden spoon or lightly greased hands (I use my hands) to combine. It might be a little messy, but isn't that half the fun of making crispy treats?

Divide the crispy mix between the muffin cups and press the mixture into the bottom and just a bit up the sides with a shallow well in the center (think a "nest" for the jelly belly "eggs").

Chill the treats in the freezer for about 15 minutes.

Pop the "nests" out of the muffin molds, and if desired, round the bottom edges using your fingers to press and shape them into a nest shape. If you don't mind flat-bottomed nests, feel free to leave them as is.

Melt the chocolate chips in a small dish (I microwave them on high for 1 minute, and then stir vigorously until smooth).

Spread a small dollop of chocolate in the middle of the crispy "nests," spreading it gently in the well as desired.

Sprinkle the nests with additional shredded coconut, then place a few jelly bean "eggs" in each nest.

# Easy Homemade White Chocolate Crispy Bars

By Alisa Fleming

*Recipe adapted from Go Dairy Free: The Guide and Cookbook.*

**YIELD:** 4 servings

**DIET TYPE:** Vegan, Vegetarian, Dairy free, Egg free, Gluten free, Peanut free, Soy free, Wheat free, optionally Refined Sugar free

## INGREDIENTS

- 1 Ounce (scant 1/4 cup) Raw, Unsalted Cashews
- 1/4 Cup Powdered Sugar (organic if possible)
- Pinch Salt
- 2 ounces cocoa butter (food grade, sold online and in natural food stores) or Coconut Oil, melted (about 1/3 cup when melted)
- 2 to 3 teaspoons honey, agave nectar or maple syrup (for strictly vegan, use agave or maple syrup)
- 1/2 teaspoon pure vanilla extract or paste (preferably alcohol-free)
- 3 tablespoons Erewhon Crispy Brown Rice cereal (see instructions to decide on the amount)

## INSTRUCTIONS

Place the cashews, sugar, and salt, if using, in your spice grinder and whiz into a powder (takes just 30 seconds or so).

Place the cashew-sugar mixture, melted cocoa butter or oil (I simply melt either one in the microwave), maple syrup, and vanilla in a blender and blend for 30 to 60 seconds to combine.

Pour the white chocolate into 4 silicone muffin cups (or whatever molds you are using), top evenly with the organic rice cereal, and very gently press the cereal in to ensure it adheres as the chocolate chills.

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Chill in the freezer for 15 minutes to set-up.

Pop them out and enjoy!

If using coconut oil, be sure to store leftovers in the refrigerator or freezer. Bars made with cocoa butter can be stored chilled or at room temperature, but I still like them chilled.

## VARIATIONS

**Black 'n White Chocolate Love** – For a contrast in color and sweetness, semi-sweet chocolate pairs nicely. Allow the white chocolate to set-up for at least 5 minutes, then melt 2 ounces of semi-sweet or dark chocolate chips with 1/2 teaspoon of grapeseed or olive oil. Evenly pour a layer of chocolate on top of each white chocolate bar or disk. You can tap it on the counter to help the chocolate evenly spread out. Return the chocolate to the freezer for 15 minutes to set-up completely.

**Unrefined Goodness** – If you prefer to use an less-refined sweetener, look for an organic powdered sugar or try coconut/palm sugar. Since you are grinding the sugar with the nuts, it will powder in the process. It still won't be as smooth as store-bought powdered sugar (it may be a touch granular), and the flavor will have more caramel notes, but you may even prefer it that way!