



# Homemade Gifts

a compilation of 2012  
recipes from Attune Foods

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# 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.

# Cinnamon-Oat Brown Rice Crispy Treats

By Amy Green

**YIELD:** makes 24 (2x2-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 9x13-inch pan or portion into bite-sized, granola-like pieces and set on a baking tray. Let cool completely. Cut cookies into 2x2-inch squares if desired. Store in an airtight container at room temperature.

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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.

# Uncle Sam Cereal Bread

by Diane Carbonell

**YIELD:** 1 loaf

## INGREDIENTS

- 1 cup rolled oats, divided
- 1 cup Uncle Sam Original cereal, ground
- 2 cups whole wheat flour
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 3 tablespoons honey
- 1 tablespoon olive oil
- 1 to 1 1/2 cups of skim milk

## INSTRUCTIONS

Preheat oven to 450 degrees. Place a piece of parchment paper on a rectangular cookie sheet.

Grind 3/4 cup of the oatmeal in a food processor. Then grind the Uncle Sam cereal in a food processor.

In a large bowl, place the ground and unground oats, ground Uncle Sam cereal, whole wheat flour, baking powder, and salt.

Mix the dry ingredients together with a spoon.

Pour the honey, olive oil, and 1 cup of the milk in the bowl with the dry ingredients.

Stir together. The mixture should be fairly wet, but should hold its shape when you mold it with your hands. If it seems too dry, add a little more milk.

Shape the dough into a long loaf. Place on the parchment paper lined cookie sheet. (You may need to reshape it on the parchment paper as the dough is fairly wet).

Bake in the preheated oven for about 25 minutes. The loaf should sound hollow when tapped or the internal temperature should be 200 degrees.

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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.

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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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# Wheat-less Wheat Thins

*(Gluten-Free)*

By Amy Green

**YIELD:** makes 5 – 6 dozen crackers

## INGREDIENTS

- 1/2 cup Erewhon Crispy Brown Rice Gluten Free cereal
- 3/4 cup King Arthur Brown Rice Flour, plus more for rolling out the dough
- 1/4 cup tapioca starch
- 1/2 teaspoon sea salt
- 1/4 teaspoon paprika
- 1/4 teaspoon xanthum gum
- 4 tablespoons unsalted butter, chilled and diced
- 1/4 cup water
- 1/4 teaspoon vanilla extract
- Salt for topping (optional)

## INSTRUCTIONS

Put the Erewhon Gluten-Free Crispy Brown Rice cereal in the bowl of a food processor fitted with a steel blade. Process until finely ground. Add the brown rice flour, tapioca starch, sea salt, paprika, and xanthum gum. Pulse until combined.

Spread the diced butter around the flour and pulse until the butter has worked into the flour mixture and is the consistency of small peas.

Mix together the water and vanilla. Add to the flour and butter mixture and pulse until combined. Dough will be wetter than a pie crust.

Wrap in waxed paper and chill for at least one hour.

Preheat the oven to 400 degrees F.

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Divide the dough into 4 sections. Flour each section before rolling out between two pieces of parchment paper. Roll to 1/8 inch to 1/16 inch thick. When desired thickness is reached, peel off the top layer of parchment paper, lightly flour the dough again, and

set a baking sheet on top of the dough. The back of the baking sheet should be against the dough. Flip the sheet and the dough over, then peel off the remaining piece of parchment paper.

Use a ruler and pizza wheel to cut the dough into 1 1/2 inch squares. Bake for 5 – 8 minutes. Let cool completely on the baking sheet. Repeat with remaining dough. Store in an airtight container at room temperature.

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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.

# 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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# Sweet Potato Casserole with Crispy Corn Flake Topping

By Marla Meridith

**YIELD:** 4-6 side servings

**DIET TYPE:** Gluten-Free

## INGREDIENTS

- Sweet Potatoes
- 3 pounds (1350 g) Sweet Potatoes
- 2 large Eggs, whisked
- 1/2 teaspoon fine Sea Salt
- 1 teaspoon ground Cinnamon
- 1/2 teaspoon Pumpkin Pie Spice
- 1 cup (227 g) fat free Ricotta
- 1/4 cup (50 ml) pure Maple Syrup (I prefer grade B for a more intense maple flavor)
- Cooking Spray
- Corn Flakes Topping
- 2 tablespoons Butter, Ghee or Coconut Oil
- 1/4 cup (50 ml) pure Maple Syrup
- Pinch of salt
- 1 cup (60 g) Erewhon Corn Flakes Cereal
- 1 cup raw Pecans, chopped (or your favorite nuts)

## INSTRUCTIONS

Sweet Potatoes: Preheat oven to 400 F with the rack in the middle. Pierce sweet potatoes several times with a fork or sharp knife. Bake about 50-60 minutes until potatoes are fork tender.

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Let them cool enough to safely peel off the skins. Reduce oven temperature to 350 F. Smash potatoes with a masher and combine them in a large bowl with the eggs salt, cinnamon, pumpkin pie spice, ricotta and maple syrup. Set aside.

Topping: Bring maple syrup and butter (or coconut oil) to a boil in a medium fry pan. Reduce heat to low immediately so it does not burn. Gently stir in corn flakes and nuts. Coat well.

Casserole: Spray a large, oven safe 9X12" 4 quart casserole dish with cooking spray. Fill with sweet potato mixture, spread evenly. Top with corn flakes mixture. Bake for 30-35 minutes until golden brown.

# 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!

# Healthy Butternut Apple Bake

*I make this recipe to fit my husband's gluten-free diet, but if gluten isn't a concern for you, then you can use all-purpose or wheat flour in the mix. As is, this recipe of simple healthy foods is naturally vegan, vegetarian, dairy-free, egg-free, gluten-free, nut-free, peanut-free, soy-free, and pretty much allergy-friendly. Perfect for a family gathering with different diets!*

By Alisa Fleming

**YIELD:** 6 servings

**DIET TYPE:** vegan, vegetarian, dairy-free, egg-free, gluten-free, nut-free, soy-free

## INGREDIENTS

- 4-1/2 cups (about 1-1/4 lbs) peeled butternut squash chunks\* (3/4-inch cubes)
- 2-1/2 cups (about 3/4 lb) apple chunks\*\* (3/4-inch)
- 1/4 to 1/3 cup + 2 tablespoons coconut sugar or brown sugar, divided
- 3 tablespoons + 2 tablespoons melted coconut oil, divided\*\*\*
- 1 tablespoon flour, any type (I use brown rice flour)
- 3/4 to 1 teaspoon + 1/8 teaspoon salt, divided
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 2 cups Erewhon Organic Corn Flakes, Erewhon Crispy Brown Rice Gluten Free cereal, Erewhon Buckwheat & Hemp cereal, or any combo of these

## INSTRUCTIONS

Preheat your oven to 350°F.

Place the squash and apple chunks in a 9×13-inch baking dish, and add 1/4 to 1/3 cup of the sugar, 3 tablespoons of coconut oil, the flour, 3/4 to 1 teaspoon of the salt, the cinnamon, and the nutmeg, and stir to evenly coat. Using more sugar will add a touch more sweetness, while more salt will up the contrast and savory factor.

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Cover with foil, and place in the oven to bake for 45 to 60 minutes, or until perfectly tender for your taste.

After you place that in the oven, place the cereal in a ziploc bag, and gently crush it with your hand to make very coarse crumbs.

Combine the crushed cereal, remaining 2 tablespoons of oil, remaining 2 tablespoons of sugar, and remaining 1/8 teaspoon of salt in a bowl.

Spread the cereal out on a baking sheet (ideally lined with a silicone baking mat or parchment paper) and place it in the oven with the squash bake, allowing it to cook for about 25 to 30 minutes.

Serve the squash bake topped with the cereal sprinkle.

\*If you have trouble cutting and/or peeling the squash, you can prick it a few times and microwave for 3 minutes to gently soften. You can also buy pre-cut squash at most grocers.

\*\*I skip peeling, but you can peel for a more refined dish if desired. Remember to use good baking apples! They should remain firm even after all that time in the oven.

\*\*\*You can sub the oil of your choice or dairy-free margarine for the coconut oil in a pinch, but coconut oil adds nice richness.