

Homemade Poptarts

Gluten-Free, Vegan

Serves 6

Ingredients

Dough

- 1 1/2 cups gluten free flour
- 1 tablespoon cane sugar
- 1/2 teaspoon salt
- 6 tablespoons vegan butter, cold
- 4-6 tablespoons ice cold water

Filling

- 3/4 cup strawberry, raspberry or cherry preserves

Vanilla glaze

- 1 cup powdered sugar
- 2 tablespoons unsweetened coconut milk
- 1/2 teaspoon pure vanilla extract
- gluten free colored sprinkles (optional)
- 1 tablespoon organic cane sugar



INSTRUCTIONS

1. Sift together flour blend, sugar and salt. Cut in vegan butter, using pastry cutter. Combine until resembles a coarse meal.
2. Pour in water and continue to blend until dough comes together. Add additional tablespoon of water as needed.
3. Pat dough into round disc, wrap in plastic wrap and place in refrigerator for an hour or until ready to use.
4. Preheat oven to 375 degrees. Line baking sheet with parchment paper.
5. On counter surface, lay out large piece of plastic wrap. Place dough in center and top with another large piece of plastic wrap. Using rolling pin, roll out your dough into rectangle, about 1/8-inch thick.
6. Using pizza cutter, cut dough into 12 5x3-inch rectangles. Place 6 rectangles onto prepared baking sheet.
7. Spread 1 1/2 tablespoons of preserves down center of dough, leaving 1/2-inch rim on all sides. Top with additional rectangle. To seal dough, press with finger and then use fork to crimp edges.
8. Bake in oven for 22-25 minutes or until golden brown (some of preserves may leak out). Allow to cool for 10 minutes on cooling rack.
9. To make glaze, mix together powdered sugar, coconut milk and vanilla. Spread over cooled pop tarts. Top with sprinkles. Let glaze set.

This recipe was found on Sarah Bakes Gluten Free

<http://www.sarahbakesglutenfree.com/2016/02/gluten-free-vegan-pop-tarts.html>

Low Carb Egg Breakfast Muffins

Ingredients

- 1/4 -cup chopped bell pepper
- ¼ cup diced onion
- 3/4 cup of shredded cheese
- 6 eggs + 1T water
- ½ cup diced ham
- 1/4 - 1/2 tsp salt

Instructions

1. Preheat the oven to 375 degrees.
2. Spray muffin tin with Pam so muffins won't stick.
3. Wash and chop the pepper, onions and ham. Set aside.
4. Crack the eggs into the bowl and whisk with the water.
5. Add the salt, bell pepper, onion, cheese and diced ham to the eggs and stir with a spoon.
6. Divide between muffin cups (about 1/3 cup each).
7. Bake 20 minutes.

This recipe can recommended by Susan Teaford, who made this recipe during a Steps to Independence class at DSL

Egg Muffins

Makes 12

Ingredients:

Cooking spray

6 eggs

1/2 cup almond milk

Seasoning of your choice (I use southwestern seasoning)

Mix ins such as vegetables and cheese (I used red peppers, spinach and mushrooms)

Directions:

Preheat oven to 350

Spray muffin pan with cooking spray

Add eggs, milk, and desired seasoning into bowl and whisk

Add desired mix ins and pour egg mixture into muffin pan, about 3/4 full

Put in oven, setting the timer for 10 minutes

After 10 minutes rotate the muffin pan 180 degrees and set the timer for another 10 minutes

After a total of 20 minutes, remove the muffin pan from the oven

Immediately remove muffins from muffin pan using a spoon to help scoop them out

Can be stored in refrigerator for later. Reheat in microwave for 40 seconds. Enjoy!



This recipe was recommended by Tammy Gilles. For more recipes by her, please visit:

<http://tammygilles.com>

Peanut Butter Cheerio Bars

Ingredients:

- 3/4 Cup Peanut Butter
- 1/2 Cup of Honey
- 3 Cups Cheerios

Directions:

1. Line 8×8" pan with aluminum foil.
Set aside.
2. Cook peanut butter and honey over medium heat stirring constantly until completely melted and blended.
3. Remove from heat and stir in cereal. Mix until evenly coated.
4. Place mixture in prepared pan and press in place
5. Refrigerate for 1 hour before cutting into bars.
6. Store any remaining in refrigerator.



Recipe found at: Passion For Savings

http://www.passionforsavings.com/peanut-butter-cheerio-bars-recipe/#_a5y_p=4013834