

## Mediterranean Potato Bake

- 3 medium Sweet Potatoes, peeled and diced
- 2 small Yellow Potatoes, peeled and diced
- 4 cloves Garlic, minced
- 1 medium Onion, diced
- 1-15oz can Garbanzo Beans
- 1/2 Tbs Olive Oil
- 1 tsp Cumin
- 1 tsp Coriander
- 1 Tbs Chicken-Style Seasoning

### Directions:

- Preheat oven to 400°F
- Combine all ingredients into a large mixing bowl and stir until evenly mixed.
- Pour onto a baking sheet and place in oven for 35-40 mins, or until potatoes are fork tender.

## Mango Peach Ginger Crisp

- Filling:
- 2 cups Mangoes, sliced or cubed
  - 1/3 cup Pineapple Juice
  - 2 cups Peaches, sliced or cubed
  - 1/3 cup Coconut Sugar or Cane Sugar
  - 1 tsp Ginger
  - 1 Tbs All-purpose Flour unbleached

- Topping:
- 1 1/2 cup Quick Oats
  - 2/3 cup All-purpose Flour
  - 1/2 cup Coconut Sugar or Cane Sugar
  - 1/4 tsp Salt
  - 1 tsp Vanilla
  - 1/3 cup Coconut Oil

### Directions:

- Preheat oven to 400°F
- Combine all filling ingredients in bowl and set aside.
- In small bowl combine oats, flour, sugar, salt, and vanilla. Then add oil.
- Pour filling into a 8x8 baking dish and sprinkle topping evenly on top.
- Bake for 35 mins or until golden brown.

## Kale Salad

Kale

toss with <sup>toasted</sup> sesame ~~seed~~ oil 2-3 tb (softens the kale)

1/4 red Cabbage

Orange, red, yellow

2 tb lemon juice

Salt to taste

peppers sliced in thin strips

let sit to soften  
Kale leaves

Honey  
Agave  
Maple Syrup  
Coconut Sugar  
Stevia

Himalayan Pink Salt  
Celtic Gray Salt