

HOW

TO MAKE REALLY TASTY
GLUTEN FREE GRANOLA



2 CUPS OF OATS



3/4 CUP
UNSALTED ALMONDS



4 T MAPLE SYRUP

OR



4 T HONEY



1/2 CUP RAISINS



4 T PEANUT BUTTER



2 T CHIA SEEDS



4 T COCONUT OIL

1. PREHEAT OVEN TO 350° F AND GATHER INGREDIENTS
2. MIX MELTED COCONUT OIL AND HONEY OR MAPLE SYRUP WITH THE REST OF THE INGREDIENTS
3. SPREAD THE MIXTURE EVENLY ACROSS A SHEET TRAY
4. PLACE TRAY IN OVEN AND BAKE FOR 35 MINUTES, FLIPPING MIXTURE OCCASIONALLY
5. ENJOY WITH YOGURT, WITH MILK OR ON TOP OF SMOOTHIES



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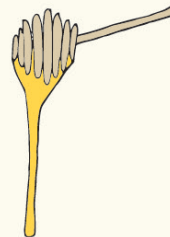


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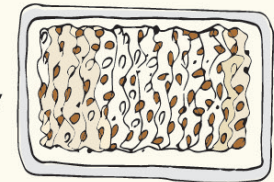


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How to spice up your
HOT CHOCOLATE

Peppermint



1 CUP WHOLE MILK + 1/2 CUP CHOCOLATE CHIPS + 1 TSP PEPPERMINT EXTRACT

Orange



1 CUP MILK + 1/2 TSP SUGAR + 1/2 TSP GRATED ORANGE ZEST + 2 OZ DARK CHOCOLATE

Vegan



1 CUP VANILLA ALMOND MILK + 1-1/2 TSP UNSWEETENED COCOA POWDER + 2 TSP COCONUT PALM SUGAR

Aztec



1 CUP MILK + 5 OZ CHOPPED DARK CHOCOLATE + 1/4 TSP CINNAMON + TINY PINCH CAYENNE

Peanut Butter



1 CUP SKIM MILK + 1/2 CUP HEAVY CREAM + 4 OZ MILK CHOCOLATE, CHOPPED + 1/4 CUP CREAMY PEANUT BUTTER

Pumpkin Spice



1 TSP MAPLE SYRUP + 1/2 TSP PUMPKIN PIE SPICE + 1 CUP WHOLE MILK + 1 TSP UNSWEETENED DARK COCOA

Nutella



1 CUP WHOLE MILK + 2 TSP NUTELLA + 1 TSP COCOA + PINCH SALT

Caramel



1/2 CUP MILK + 5 OZ MILK CHOCOLATE, CHOPPED + 1/4 CUP HEAVY CREAM + 3 TSP CARAMEL SAUCE

Lavender White



1 CUP WHOLE MILK + 1/4 TSP LAVENDER BUDS + 1/2 CUP WHITE CHOCOLATE CHIPS

Irish



1 CUP MILK + 1/2 CUP CHOCOLATE CHIPS + 2 OZ BAILEY'S IRISH CREAM

TOP IT OFF:



Marshmallows, whipped cream, cinnamon stick, caramel



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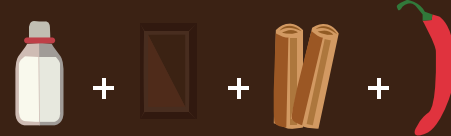
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TOP IT OFF:



Marshmallows, whipped cream,
cinnamon stick, caramel

COCOA POWDER

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French Press Coffee

WHAT YOU NEED



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GRIND THE BEANS COARSE

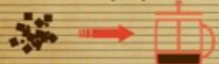
THIS IS THE MOST CRUCIAL STEP IN THE PROCESS



GROUNDS SHOULD CHUNKY, FLAKY PARTICLES
WARNING: FINE GROUND COFFEE CAN BUILD UP PRESSURE CAUSING THE PRESS TO EXPLODE

PUT GROUND INTO PRESS

USE 1TBS(7G) OF COFFEE PER 5OZ(148ML) OF WATER



step 2

step 3

BOIL THE WATER

MEASURE WATER PRIOR TO BOILING



POUR BOILING WATER INTO PRESS

POUR WATER IN A CIRCLE MOTION OVER GROUND
STIR, REPLACE LID, WAIT 10MINS

step 4

optional

FOR A CLEANER CUP, SCOOP THE GROUND OFF THE SURFACE OF THE PRESS

press and pour



French Press Coffee

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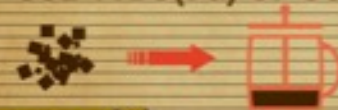


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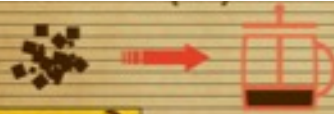
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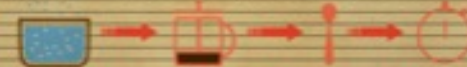
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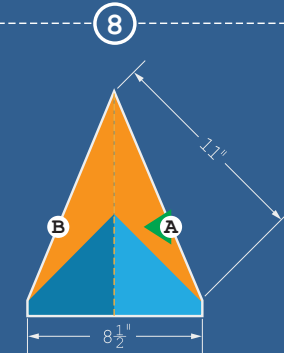
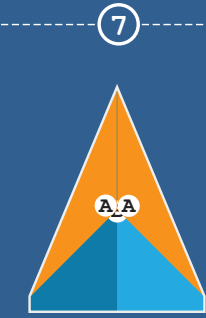
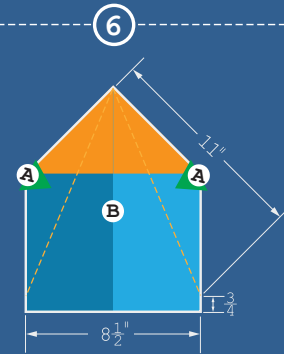
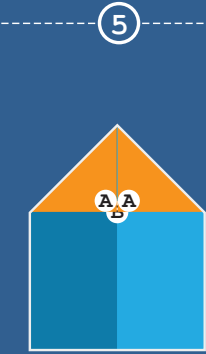
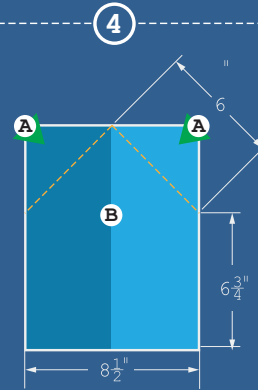
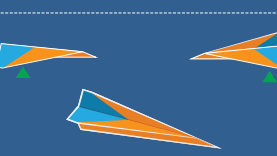
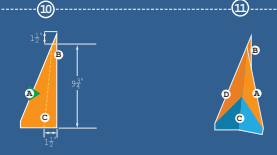
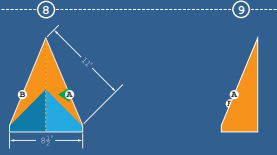
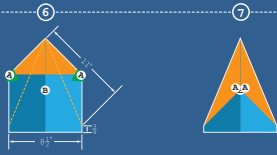
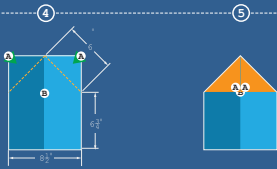
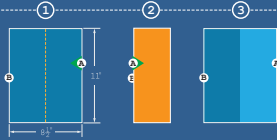


press and pour



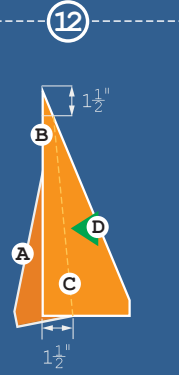
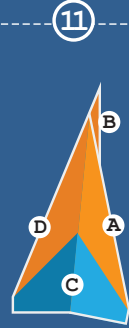
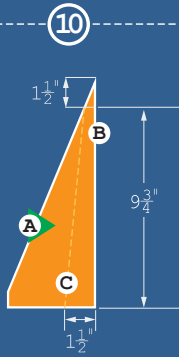
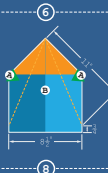
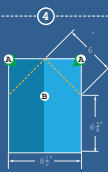
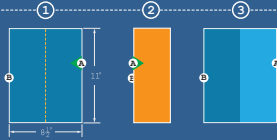


Blueprints For A PAPER AIRPLANE





Blueprints For A PAPER AIRPLANE



oreo

Rice Krispie Treats

6 cups of rice krispie cereal
5 cups of mini marshmallows
20 regular oreos, chopped
3 tbsp. of butter

1

Spray a 9"x13"
dish with
cooking spray



2

In a large bowl
pour six cups
of rice
krispie cereal



3

Chop and mash
oreos. You can do
this by putting
them in a ziplock
bag to keep
the mess
under control.



4

Add oreos to rice
krispie cereal and
stir to combine.



5

In a medium
sauce pan, heat
3 tbsp. of butter
and 5 cups of
marshmallows
together over
medium heat,
stirring constantly,
until they melt
together.



6

Pour melted
marshmallows over
cereal and oreos
and use a spatula
sprayed with
non-stick cooking
spray to quickly
combine all the
ingredients.



7

As soon as all
the cereal is
combined, spread
mixture into the
prepared 9"x13"
dish. Use the
spatula to press
the mixture
around the dish,
and flatten
as needed.



8

Let sit until
completely
cooled.

