

Stir-Fry Ingredients *serves 4-6*

1 cup natural quinoa

2 carrots (chopped)

1 bell pepper (chopped), 1 bunch asparagus (chopped)

4 scallions (chopped). 1 cup cherry tomatoes (halved)

1/4 cup chopped parsley

1/2 cup butter-flavored coconut oil

3 cloves garlic (minced)

Add 2 Tablespoons butter-flavored coconut oil to a large skillet and bring to medium low heat.

Add garlic and sauté for a minute then add the vegetables and begin to cook slowly. Salt and pepper to taste.

In a medium pot add 1 cup of natural quinoa to 2 cups water. Stir in 1 teaspoon butter-flavored coconut oil.

Cook over medium-low heat (covered) for about 20 minutes. Remove from heat.

When vegetables are done, add quinoa and stir. Squeeze the juice of 1 lemon to mixture add parsley and fluff with a fork.

Simple Spinach Salad *serves 2-6*

Add 1 bunch fresh spinach to a large salad bowl.

Add 1/4 cup sliced dates and 1/4 cup candied walnuts. (see below)

Mix 1/4 cup olive oil, 1/2 cup apple cider vinegar, salt, pepper and 2 teaspoons coconut sugar together.

Toss dressing with salad and serve.

Peanut Butter and Date Paste Desert Balls

1 cup pitted Medjool dates

1 cup natural peanut butter

2 tablespoons cacao powder

1 tablespoons maca powder

1 cup1 candied walnuts

Melt 2 tablespoons butter-flavored coconut oil in a medium skillet.

Add 1 cup of chopped walnuts and 1/3 cup coconut sugar.

Cook over low heat until evenly coated.

Remove pits for the dates and add to a food processor. Process until the dates become a past.

Combine peanut butter, maca powder, cacao powder and date paste together.

Make 1" balls out of the mixture. Roll in a little coconut sugar and some of the candied walnuts!