

Coconut Baked Sweet Potatoes

4 servings

2-3 medium sweet potatoes with skin cut into cubes OR ¼ inch slices

1 ½ Tablespoons extra-virgin coconut oil, melted

½ Tablespoon cinnamon

1 Tablespoon raw honey, optional

Directions:

- 1) Preheat the oven to 350 degrees. Cut up the potatoes into a mixing bowl.
- 2) Coat a glass baking dish with ½ teaspoon of the melted coconut oil then pour the rest of the oil over the sweet potatoes. Toss to coat.
- 3) Sprinkle them with the cinnamon and add the honey (if desired). Toss to coat.
- 4) Pour the sweet potatoes into the baking dish. Cover the dish with foil and bake for 20 minutes. Then remove the foil and continue to bake 10-15 minutes longer. Serve immediately.

Tip: If you're short on time, steam the cubed potatoes for 10 minutes over boiling water then bake uncovered for 12 minutes.

Make a fun snack for kids: Curly-Q Shoe Lace Potatoes – spiralize the sweet potatoes and follow the directions above, but omit the coconut. Toss once during baking.

Egg Omelet Muffins

Makes 6 muffins

6 organic eggs, beaten

¼ cup bell pepper, chopped

½ cup zucchini, diced or shredded

2 Tablespoons cup onion, chopped

1 Tablespoon fresh basil, minced (could add chives and parsley also)

½ teaspoon garlic granules

¼ teaspoon REAL® sea salt

1/8 teaspoon ground black pepper

Directions:

- 1) In a mixing bowl, mix together the eggs, bell pepper, zucchini, onion, basil, garlic, sea salt and black pepper until combined. Pour the egg mixture into unbleached mini muffin liners in a *stainless steel muffin pan* or use a *stoneware muffin pan only!* Or for donuts, use a silicon [donut pan](#).
- 2) Bake in preheated 350 degree oven for 25-30 minutes. Serve immediately and refrigerate or freeze any leftovers.

Italian Roasted Veggies

6-8 servings

2 cups zucchini, unpeeled and chopped
2 cups yellow squash, unpeeled and chopped
2 cups purple cabbage, chopped
1 cup onion, chopped
1-2 carrots, chopped
½ teaspoon ground black pepper
½ teaspoon REAL® sea salt
2 Tablespoons avocado oil
2 garlic cloves, minced

Directions:

- 1) Wash and chop all the veggies into 1 ½ - 2 inch diameter rounds or wedges. Place vegetables into a 9x13x2 inch glass baking dish.
- 2) Combine the Italian seasoning, pepper, sea salt, oil and garlic in a measuring cup. Drizzle over the vegetables and toss to coat.
- 3) Bake in preheated 350 degree oven for 40-45 minutes or until the veggies are tender. Serve immediately.

When your garden is at its peak, this is a great way to enjoy your bounty. This recipe would be great with Brussels sprouts, cauliflower or bell peppers

Spiralized Yellow Squash

1 large yellow squash, spiralized
1 teaspoon coconut oil
½ teaspoon garlic powder
¼ teaspoon REAL® salt
Black pepper, to taste
5-10 Purple (or green) basil leaves, torn

Directions:

- 1) Simply melt the coconut oil in a stainless steel skillet on medium heat and add the spiralized squash. Stir and add the seasonings and sauté until softened- about 7-10 minutes.

Enjoy!