



Baked Apple Turnovers

Ingredients:

- 2 cups apples, diced
- 1 cup all purpose flour
- 1/4-1/2 cups cold spring water
- 1 tablespoon Ceylon cinnamon
- 1/4 teaspoon ground clove
- 1 tablespoon date sugar
- 1 tablespoon raw agave
- 1/2 teaspoon grapeseed oil
- Pinch of sea salt

Instructions:

1. Preheat the oven to 400°F. Line two baking sheets with parchment paper.
2. In a large bowl, stir together the apples, date sugar, Ceylon cinnamon, agave and ground clove. Toss to coat; Add mixture to saucepan and cook on low heat until apples are tender, 5-10 minutes. Turn off heat and allow cooling period.
3. Add flour to large mixing bowl adding spring water gradually. Roll into a ball and divide into small balls separately. Flour surface then using a rolling pin, gently roll over the dough balls to create 4x4 pastry circles.
4. Using a slotted spoon, scoop a portion of the apple mixture into the center of each pastry circle; lightly damp edges with spring water then fold the pastry across from top to bottom to form a half circle. Using a fork, crimp together the edges then transfer the turnovers to the prepared baking sheets, spacing them at least 2 inches apart.
5. Cut three small slits in the tops of each turnover then brush them with grapeseed oil. Sprinkle the turnovers with the Ceylon cinnamon & date sugar (optional).
6. Bake the turnovers for 15-20 minutes or until they're golden brown & crisp. Transfers the turnovers to a rack to cool then serve warm or at room temperature.



Chickpea-Mushroom 'Meatloaf'

Ingredients:

- 3 cups Mushrooms, sliced
- 1-1/2 cups Cooked Garbanzo Beans
- 2/3 cup barbecue sauce
- 1-1/2 cups Teff Flour or Chickpea Flour
- 1 cup White Onions, chopped
- 1 cup Green Peppers, chopped
- 2 tbsp. Onion Powder
- 1 tbsp. Sea Salt
- 1 tbsp. Basil
- 1 tbsp. Oregano
- 1/2 tsp. Cayenne Powder
- Food Processor

Instructions:

1. Blend together mushrooms and garbanzo beans in food processor for 30 seconds.
2. Blend in seasonings, 1/2 cup white onions, 1/2 cup green peppers, and 1/3 cup barbecue sauce for 1 minute or until well blended.
3. Add mixture to large bowl and mix in 1/3 cup of onions, 1/3 cup peppers, and 1 cup of flour. Add in more flour if mixture is too wet.
4. Bake in oven at 350° for 35-45 minutes.
5. Allow to cool at least 30 mins before cutting into meatloaf or it can be mushy and fall apart.
6. Enjoy your Alkaline Electric Meatloaf



Butternut Squash Mac N' Cheese

Ingredients:

- 1 1/2 cups pasta noodles (elbow or spirals)
- 1 cup butternut squash, cubed
- 1-1/2 cup full fat coconut milk
- 1 teaspoon chickpea flour
- 1 teaspoon of key lime juice
- 1/2 teaspoon onion powder
- 1/4 teaspoon sea salt

Instructions:

1. Add cubed butternut squash to boiling water. Cook until tender, 10-15 minutes. Once tender remove from pot, allow cooling period; add to blender with 1 cup coconut milk and blend until creamy consistency then set aside.
2. Add pasta to boiling water. Cook pasta according to package directions. Once cooked, add to mixing bowl and drizzle with grapeseed oil to prevent pasta sticking to together. Stir to coat pasta and set aside.
3. Heat skillet on low heat. Add 1/2 teaspoon grapeseed oil. Add chickpea flour and whisk continuously until golden brown. Next, add remaining 1/2 cup of coconut milk and continue to whisk continuously leaving no lumps in rue mixture.
4. Add butternut squash sauce, sea salt, onion powder, key lime juice & gently stir mixture together for 1-2 minutes. Turn off heat, add cooked pasta and gently fold pasta into sauce mixture. Allow to cool then serve. Enjoy!