

## Crepe Suzettes

### Ingredients

2 C. whole wheat flour or gluten free mix (millet, cornmeal, rice, or store bought all-purpose)  
2 C. regular oats  
¼ tsp. salt  
2 Tbsp grapeseed oil  
2 Tbsp. honey  
1 Tbsp. vanilla or maple flavoring  
4 C. water or non dairy milk

### Directions

1. Mix ingredients together in a bowl.
2. Blend 2 cups of batter at a time until smooth and empty into another bowl.
3. Repeat until all of the batter is blended.
4. Heat skillet pan (Non-stick pans work the best) over medium high heat.
5. When it's hot, pour half a cup of the mixture into your pan and spread quickly to make it thin.
6. Cook until the edges are drying out and the bottom will become golden.
7. Flip and cook on the other side.

## Carob Sauce

### Ingredients

3c water (begin with half the water, then when it's smooth and creamy, add the rest of the water.)  
2c cashews  
⅓ c natural granulated sweetener  
⅓ c maple syrup  
⅛ tsp salt  
3 tbsp carob powder  
1 tsp Roma Coffee substitute  
4t vanilla

### Directions

1. Blend water and cashews until smooth and creamy.
2. Add sweetener, carob powder, salt, roma and vanilla.
3. Blend until smooth and creamy, and then bring to a boil, and stir until thickened.

## Raw Beet, Carrot and Apple Salad

*Recipe from skinnytaste.com*

### Ingredients

1 cup peeled and shredded beets, from 1 large or 2 small  
1 cup shredded carrots  
1 large red apple, cored and cut into matchsticks  
1 large lemon, juice of  
2 tablespoons extra virgin olive oil  
1/8 teaspoon salt

### Directions

1. Put arugula in a shallow serving dish and add all other ingredients on top.
2. Tip: Rinse arugula in water to freshen up.

## TAPIOCA FILLING

### Ingredients

1/4 cup raw cashews  
1 1/4 cups water  
1/2 cup dried pineapple, diced  
1/8 tsp of salt  
2 Tbs Minute® tapioca  
1/2 tsp vanilla

### Directions

1. Blend cashews in water until creamy.
2. Add pineapple and salt and blend until smooth.
3. With blender running on low, add tapioca and continue to blend until well combined.
4. Pour blender contents into a heavy saucepan and bring to a boil over medium heat, stirring constantly, for 4-6 minutes or until a pudding-like consistency is achieved.
5. Stir in vanilla and allow to cool.

## Mango and Greens Salad

### Ingredients

3 cups greens or baby spinach  
1 cup dried apricots diced  
1 mango diced  
1 Recipe for Mango Salad Dressing  
½ Avocado

### Mango Lime Dressing (1 CUP)

**Note:** *This dressing is thick, so you may need to drizzle it on salads using a spoon.*

1 cup chopped fresh or frozen mango  
½ cup safflower or sunflower oil  
¼ cup maple syrup  
¼ cup lime juice  
1 Tbsp rice vinegar  
1½ tsp sea salt  
1½ tsp grated fresh ginger

### Dressing Directions

Place all ingredients in a blender and purée. When I use frozen mango, I sometimes put it in frozen, since blending defrosts it. Alternatively you may defrost the mango first.