

30-DOP Snacks:

## Nutty Apple Snacks

Serves: 4 at quantities given.

Steps:

1. Cut the apples into quarters. Remove the seeds but leave the peels. Mix the remaining ingredients together in a bowl.
2. Spread the almond butter mixture on the apples.

- 2 apples
- ½ cup almond butter
- 1 tbsp honey
- juice and zest of 1 orange
- ½ tsp pure vanilla extract
- ½ tsp cinnamon
- 1/8 cup walnuts or pecans, chopped
- 1/8 cup pumpkin seeds

## Teriyaki Chicken Drumsticks

Serves: 4 at quantities given.

Steps:

1. Place the drumsticks in the slow cooker and turn the slow cooker to low. Combine the remaining ingredients in a small bowl. Pour this mixture over the drumsticks. Cover and cook for 5-6 hours or, until tender. Turn occasionally so the chicken is thoroughly coated with the sauce.

- 8 chicken drumsticks
- ½ cup orange juice
- ½ cup teriyaki coconut aminos
- ½ tsp ginger
- ½ tsp garlic
- Freshly ground black pepper, to taste

## Late Night Porridge

Serves:

Steps:

1. Add the oats, water, coconut milk and vanilla to a sauce pan. Cook on low medium heat for 5 minutes, or until the water has absorbed and the oats are cooked.
2. Enjoy with toppings of your choice! (Berries, chia seeds, flax seeds).

- ½ cup gluten free oats
- ½ cup water (112ml)
- ½ cup coconut milk (112ml)
- ¼ tsp vanilla extract

## FIND YOUR PRIMAL SELF

- Flax seeds for topping
- Chia seeds for topping
- Berries for topping

