

## **Blueberry Peach Crisp**

6 c blueberries (can be frozen)  
4 peaches, sliced (can leave peel on)  
1/3 c whole wheat flour  
2 c oats  
1 c chopped walnuts  
1 c almond meal  
½ c pure maple syrup  
½ c olive oil  
2 t cinnamon  
1 t salt

Stir together first 3 ingredients in very large bowl. In separate bowl, mix together the remaining ingredients. Pour berry mixture into greased 13 x 9 inch baking dish. Top with the oat mixture. Bake at 350 degrees for 40 min if berries are fresh and for 50 minutes if berries are frozen.

12 servings – each 271 calories

## **No Bake Peanut Butter Balls**

1 ½ c oats  
½ c ground flaxseed  
1 cup 63% cacao chocolate chips  
1 c (no-sugar) peanut butter  
¼ c honey  
1 t real vanilla extract

In large bowl, mix oats, flaxseed and chocolate chips. In separate bowl, mix peanut butter, honey and vanilla. Stir peanut butter mixture into oats. Form 25 – 30 balls and keep in fridge. No baking required!

## **Double Chocolate Cookies**

½ c softened butter  
2 T honey  
1/3 c special dark baking cocoa  
1 t salt  
1 t baking soda  
1 t real vanilla extract  
2 eggs  
1 ½ c unsweetened applesauce  
2 ¼ c whole wheat flour  
2 cups 63% cacao chocolate chips

Put first 7 ingredients into mixing bowl and beat until well blended. Then mix in applesauce and flour. Stir in chocolate chips. Drop by rounded spoonfuls onto ungreased cookie sheets. Flatten slightly. Bake at 375 degrees for about 8 minutes.

## **Pumpkin Chocolate Cookies**

1 ½ c oats  
1 can (15 oz) pure pumpkin  
1/4 c softened butter  
1/3 c pure maple syrup  
1 egg  
1/2 c unsweetened applesauce  
1 t cinnamon  
1 t ground cloves  
1 t baking powder  
½ t salt  
1 ¾ c whole wheat flour  
1 bag 63% cacao chocolate chips

Blend oats, pumpkin & butter. Beat in next 7 ingredients. Mix in flour. Stir in chocolate chips. Drop by rounded spoonfuls onto baking sheet. Flatten balls a little. Bake at 350 degrees for 10-12 minutes.

40 cookies – each 108 calories