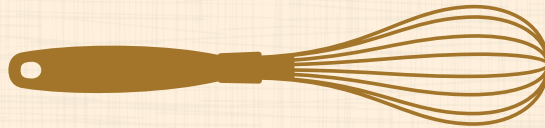




# Eat Freely cookbook

All the recipes in this e-cookbook are *allergy-friendly*.  
That means they're *Free-From* gluten, wheat, dairy,  
peanuts, tree nuts, egg, soy, fish and shellfish. So your  
child can join his or her friends at the lunch table. And  
you can quit worrying and start cooking!



**ALWAYS FREE-FROM:**

gluten, wheat, dairy, peanuts, tree  
nuts, egg, soy, fish & shellfish

for more recipes visit [enjoylifefoods.com](http://enjoylifefoods.com)





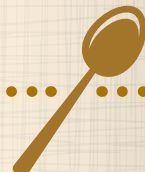
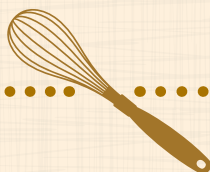
## chocolate & roasted banana snack cookies

### ingredients

- 2 ripe bananas
- ½ C. cooked and cooled quinoa
- ¼ C. creamy sunflower seed butter
- ¼ C. maple syrup
- 2 t. chia or flax meal
- 2 T. buckwheat flour
- 2 t. tapioca starch
- ¼ C. Enjoy Life Foods Mini Chips

### directions

1. Line a rimmed baking sheet with parchment paper. Set aside.
2. Preheat the oven to 400°. Place the bananas, in their skin, on a baking sheet and roast for 20 minutes or until softened. Remove, cool and smash the bananas discarding the skin.
3. Add the roasted bananas and all the other ingredients into a medium bowl and mix together with a fork until well blended.
4. Turn the oven down to 350 and scoop out the dough into 16 cookies, using damp fingers to form into a cookie shape.
5. Bake at 350 for 15 minutes. Cool and store in the refrigerator for 4-5 days.



## cherry chip cupcakes

### ingredients

- 1 box Enjoy Life Foods Muffin Mix
- ¼ C. flavorless oil
- ¾ C. tart cherry juice
  - ¼ C. plus 2 teaspoons cold water
  - ½ C. chopped dried cherries
- 1 C. Enjoy Life Foods Semi Sweet Mini Chips

### directions

1. Preheat oven to 350°. Line a 12 cup muffin tin with paper liners and set aside.
2. In a large bowl stir together the muffin mix, oil, cherry juice, water, dried cherries and mini chips.
3. Evenly distribute between the 12 cup muffin tins and bake for 18-22 minutes until lightly browned and springy to the touch.
4. Cool completely and store in an airtight container in the refrigerator for 3-4 days.



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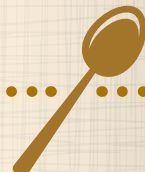
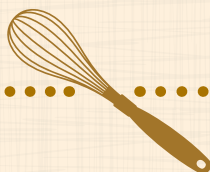
## double chocolate brownie pops

### ingredients

- 1 box Enjoy Life Foods Brownie Mix
- 1 C. Enjoy Life Foods Semi-Sweet Chocolate Mini Chips
- 1 T. sunflower seed oil (or oil of your choice)
- 15-18 sucker craft sticks

### directions

1. Prepare brownies according to package instructions. Cool.
2. Using a tablespoon, scoop the brownies into 2 tablespoon sized balls. Roll into a tight ball and place on a wax paper or parchment lined tray.
3. Place in the freezer for at least 2 hours (if you leave them in longer you may just need to let them thaw for a bit before putting the sticks in). Push the sucker sticks in 2/3 of the way through.
4. Melt the Mini Chips with the oil until smooth.
5. Coat the brownie pops with the chocolate and place back onto the wax or parchment paper. Let set 2-3 hours and enjoy!



## minty sugar crisps

### ingredients

- 1 box Enjoy Life Foods Sugar Crisp Crunchy Cookies
- 2 bags Enjoy Life Foods Semi-Sweet Chocolate Mini Chips, divided
- 1 T. light flavored oil (such as sunflower seed or light olive or safflower)
- 1 t. peppermint oil\*
- ¼ C. black chia seeds

### directions

1. Line 2 baking sheets with parchment paper or wax paper.
  2. Melt one bag of the mini chips and the 1 T. of oil either in the microwave (one minute at a time) or in a double boiler. Add the peppermint oil and stir until it is just blended.
  3. One by one, dip each cookie halfway into the chocolate and lay on the lined baking sheet. Sprinkle some of the chia seeds and some of the reserved mini chips over the chocolate portion. Do this with all the cookies until they are all coated with delicious minty chocolate, chia seeds and chocolate chips.
  4. Place pans in the refrigerator for 20-30 minutes to set.
- \*be sure to use pure peppermint oil, not peppermint flavoring. The ingredients should only list oil, otherwise any other liquid can cause the chocolate to seize up!*



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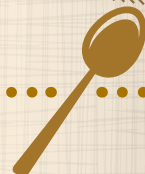
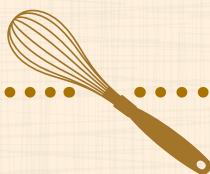
## personalized individual pizzas

### ingredients

- 1 box Enjoy Life Foods Pizza Crust
- 1 jar pizza sauce
  - Toppings of your choosing!

### directions

1. Prepare pizza crusts according to packaging instructions.
2. Evenly spread pizza sauce on top of the pizza crust and add toppings of your choosing!
3. Bake at 425° for an additional 10-15 minutes and serve!



## crunchy & spicy hot wings

### ingredients

- Marinade*
- 3 C. rice milk (or milk alternative of your choice)
  - 2 T. lemon juice or 2 T. apple cider vinegar
  - 1 T. favorite hot sauce
    - 1 T. onion powder
    - 1 T. garlic powder
  - 1 t. chipotle powder
- Plentils Crust*
- 2 4 oz. bags Light Sea Salt Plentils
    - 2 T. onion powder
    - 2 T. garlic powder
    - 2 t. chipotle powder
      - 1 t. cayenne

### directions

1. Mix together the 2 lbs. wings and drumsticks with all the marinade ingredients. Marinate overnight.
2. Crush the Plentils in a food processor. Add the onion powder, garlic powder, chipotle powder and cayenne and blend another 10-12 seconds until combined. Pour into a shallow dish.
3. Line 2 sheet trays with parchment paper and set to the side. Preheat the oven to 400°.
4. Remove a wing/mini drumstick from the soaking liquid, shake off excess liquid and then roll in the Plentils crust to coat. Place on the parchment sheet. Continue with remaining chicken pieces.
5. Place trays in the oven and bake at 400° for 15-18 minutes until fully cooked. Enjoy with cut celery and carrots to tame the heat!



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