



 **Homemade Method™**

ROASTING AND USING YOUR OVEN

FOR THE LIFE-CHANGING
COOKING PROGRAM

www.homemademethod.com

A MESSAGE FROM OUR FOUNDER, ANNA



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This Recipe Book was created exclusively with love for our **Life-Changing** Cooking Program Members and Success Members. I hope you enjoy it! 😊

A word of warning: The magic is not in the Recipes... If you want to TRANSFORM your health and weight for LIFE, do the Program!! There is no replacement for putting in the work.

You are welcome to share a recipe or two with your friends and family.

We even have a special friends and family discount offer ([click here to learn more](#)). That's because you're more likely to succeed with your health and weight loss goals when you do healthy lifestyle changes with your loved ones!

But...This document and its contents are protected by copyright laws and intended for private use only.

So please do not copy, sell or share these recipes, to respect our intellectual property and avoid breaching the law.

If you've got any questions, please reach out to our team at member@homemade-cooking.com.

Warmly,

Anna Rakoczy

Founder, Homemade Method

Your Chief Cheerleader

USEFUL LINKS

[CLICK HERE TO ACCESS COMPLETE PROGRAM RECIPES](#)

[CLICK HERE TO ACCESS AUSTRALIAN/CANADIAN VERSION](#)

VOLUME

1 TABLESPOON = 3 TEASPOONS = 15 MILLILITERS

4 TABLESPOONS = 1/4 CUP = 60 MILLILITERS

1 OUNCE = 2 TABLESPOONS = 30 MILLILITERS

1 CUP = 8 OZ = 250 MILLILITERS

1 PINT = 2 CUPS = 500 MILLILITERS

1 QUART = 4 CUPS = 950 MILLILITERS

1 QUART = 2 PINTS = 950 MILLILITERS

1 GALLON = 4 QUARTS = 3800 MILLILITERS = 3.8 LITERS

WEIGHT

1 OUNCE = 28 GRAMS

1 POUND = 16 OUNCES

1 POUND = 454 GRAMS

2.2 POUNDS = 1 KILOGRAM

TEMPERATURE

350 F = 177 C

375 F = 190 C

400 F = 204 C

425 F = 218 C

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ROASTING

TRIED AND TESTED OVEN COOKING COMBINATIONS

If you do nothing else with your oven, then you need to discover the simplicity of baking a single ingredient. It is so simple, and the flavors of your roasted or baked ingredients are so rich and satisfying.

Just place the ingredients in the oven with some oil, salt & pepper, set the timer - and then forget about it! Try adding a different ingredient on each oven shelf in one cooking session for maximum efficiency.

We've listed below some 'tried & tested' combinations of ingredients and flavor add-ins for you to try.



ROASTING NUTS AND SEEDS:

There are few things more delicious than roasted nuts, and they absolutely transform any salad into a meal.

Not only are they delicious, they also **provide your body with vital healthy fats that help you feel satiated and reduce inflammation.** These both help you on your path to **lose weight and reduce blood sugars, cholesterol and pressure** as well as chronic pain.

Because they are so high in healthy fats, enjoying them mindfully is important because a little goes a long way.

Serves: 4-5

Prep time: 5 minutes

Cook time: 7-10 mins

INGREDIENTS

QTY

LINKS TO BUY

Nuts or seeds (Almond, Cashew, Sunflower Seeds, Hazelnut or Walnuts)	1 cup	
Oil	2 tbsp	
Salt	To taste	
Pepper	To taste	
Other Spices (e.g brown sugar, cayenne and a squeeze of lemon juice)	To taste	

INSTRUCTIONS

- Preheat the oven and a sheet pan to hot (400-450°F). Place a piece of parchment paper on the sheet pan or else grease it.
- Toss 1 cup of nuts or seeds in 2 tbsp of oil. Add salt, pepper, and other spices to taste (try: brown sugar, cayenne, and a squeeze of lemon juice)
- Cook for 5-7 mins or until nuts are lightly browned. Check after a couple of minutes and stir for even cooking.
- Just beware that they go from underdone to burnt in seconds. So keep a close eye on them at the end!
- Use in salads, soups, desserts, or for snacking mindfully.



BAKED FISH

Welcome to one of the **easiest, healthiest, tastiest, juiciest ways** to enjoy fish. Fish is a wonderful source of **lean protein, omega 3 fatty acids and vitamin D.**

Both the protein and omega 3's help to **stabilize your blood sugars** as well as help you **reduce inflammation**, which is vital to **reducing cholesterol and chronic pain.** Vitamin D is an important nutrient that helps you **feel energized and improve osteoporosis.**

Serves: 4-5

Prep time: 5 minutes

Cook time: 7-10 mins

INGREDIENTS

QTY

LINKS TO BUY

Fish Fillet of your choice	4-5 oz	
Oil	1 tbsp	
Salt	To taste	
Spices and Herbs (e.g. Lemon wedges, salt, parsley, butter and capers	To taste	

INSTRUCTIONS

- Preheat the oven to 400°F.
- Wrap 4-5 oz fish fillet per person or per serve in parchment, together with 1 tbsp oil (per serve), spices, herbs, and salt. (try: Lemon wedges, salt, parsley, butter and capers).
- For fish with thinner ends tuck the ends under.
- Cook for 15 mins (depending on oven speed and fillet thickness). Test for doneness with a fork: when fish begins to flake and turns opaque it's done!
- Open parchment paper carefully (hot steam may escape) and enjoy with seasonal vegetables or salad and brown rice.

RECIPE NOTES



- *Fish can be baked ahead of time and held up in the refrigerator for up to two days, covered.*
- *Ingredients and dishes cooked in the oven are not always brown and crispy. As a general rule:*
 - *If there is liquid involved and low heat, then the ingredient won't brown.*
 - *If there is oil involved and high heat, then the ingredient will brown.*
 - *Experiment with draining liquid and coating with more oil halfway through cooking to get a nice browning and crispiness. Serve with fresh, raw ingredients to balance out the meal if you do this (or just eat fresh at your next meal).*



ROASTED VEGETABLES

Roasting or baking vegetables browns them nicely on the outside and concentrates and sweetens their natural flavors in even the most unpopular of vegetables (like brussels sprouts!)

Potatoes and sweet potatoes are a classic hit and a **great source of important carbohydrates to power you through your day.**

Leave the skin on for **added nutrition and fiber.** Consider trying these other vegetables that taste great when roasted: beets, carrots, turnips, butternut squash, pumpkin, eggplant, bell peppers, tomatoes, cherry tomatoes & mushrooms.

Serves: 4-5

Prep time: 5 minutes

Cook time: 7-10 mins

INGREDIENTS

Vegetables of your choice cut into 1 in a cube or long strips (e.g pumpkin, carrot, parsnips, asparagus, cherry tomatoes, cauliflower, sweet potatoes, bell peppers, and anything you like!

Oil

Salt

Herbs and Spices (rosemary, thyme, paprika, chilli, oregano, cumin, curry powder)

QTY

4-5 oz

1 tbps

To taste

To taste

LINKS TO BUY

INSTRUCTIONS (METHOD 1)

- Cut vegetables of your choice evenly into 1-inch cubes or long, thin fingers and toss in oil and salt, herbs, spices (try: rosemary, salt, and pepper). Other herbs and spices that work well: thyme, paprika, chili, oregano, cumin, curry powder, salt, and pepper (choose any 2-3).
- Spread an even layer on a covered sheet pan
- Roast in a hot 475°F oven to achieve nice browning, approx 30-45 mins.

INSTRUCTIONS (METHOD 2)

- Coat vegetables in oil, salt, herbs, spices (try: chili flakes, oregano, salt, and oil).
- Wrap in parchment paper. Bake at 350°F for 30-45 mins, or until cooked in the middle.



RECIPE NOTES

- *As a general rule, 1 cup of vegetables = 1 serve = 1 tbsp of oil.*
- *So if you are cooking 3 cups of vegetables, then use 3 tbsp of oil.*
- *The number of serves you eat will depend on what you are eating the vegetables with and how hungry you are! Generally 1-3 cups volume before cooking per person.*



ROASTED MEAT OR CHICKEN

Don't be intimidated! Roasting beef, pork, lamb, chicken, and other meats is so easy and the leftovers help you eat well for days!

Meat provides your body with the most **accessible source of iron, complete protein and essential B vitamins** for your body to use. These nutrients are **vital for muscle repair, energy and blood health**. Meat also provides **selenium that's crucial for weight loss and zinc that helps promote gut health**.

It is important to note that you only need a little bit of meat to meet all your nutritional needs so enjoying this mindfully and paired with fiber rich vegetables is best practice.

INGREDIENTS

QTY

LINKS TO BUY

Meat or Chicken	4 lbs	
Herbs and Spices (thyme, or lemon wedges)	to taste	
Onion (diced)	¼ cup	
Carrot (cut into coins)	½ cup	
Salt & Pepper	to taste	

INSTRUCTIONS

- Start with about 4 lbs of meat or chicken.
- For chicken, rub generously with herbs, spices, salt, and oil (try: thyme, lemon wedges, oil, salt, and pepper). Fill the chicken cavity with onion, carrot, herbs, and other flavorings. For red meat, try rosemary, salt & black pepper. For pork, try sage, brown sugar, shallots, salt, pepper.
- Start roasting at around 400°F covered with aluminum foil.
- About halfway through the cooking process (about 40-60 mins), uncover, and baste the meat. This means getting a spoon or brush and covering the meat with the juices in the pan.
- Continue to cook until outside is nicely browned and inside is cooked (best to test with a meat thermometer but you can also cut open and use sight/taste test).
- Allow meat to cool or 'rest' for 5-10 mins before serving.
- Use roasted meat or chicken in salads, sandwiches, and soups.



ROASTED CHICKEN WITH GREMOLATA

This dish is packed with nutrients and flavor! The parsley, garlic, and lemon zest make this roast incredibly delicious and add health benefits too. Parsley is rich in **antioxidants, supports bone health, and reduces oxidative stress** on the body that is linked to cancer.

Garlic is a **powerful anti-viral and boosts the immune system**. Lemon zest is full of oils that energize your body and offer tons of **vitamin C!**

Chicken is a wonderful lean protein that stays super succulent and juicy in this recipe so you can even serve it for a special occasion!

Serves: 4-5

Prep time: 15 minutes

Cook time: 1.5 hours

INGREDIENTS

QTY

LINKS TO BUY

4-5 lbs Chicken

1 ea

Unsalted butter, melted

¼ cup

Minced Parsley

2 tbsp

[Parsley](#)

Minced fresh garlic

2 tbsp

Minced lemon peel/zest

2 tbsp

Olive oil

¼ cup

[Olive Oil](#)

Kosher salt, fresh ground
pepper

To taste

[Kosher salt](#), [Ground Black
Pepper](#)

INSTRUCTIONS

- Preheat the oven to 425°F. Arrange a rack in the middle.
- For the Gremolata: Using a vegetable peeler, remove peel in long strips from the lemon. Mince lemon peel. Transfer to a bowl and mix in parsley, garlic, salt, and olive oil.
- Preparing the chicken: Remove the chicken giblets (if applicable). Trim any excess fat and pat the outside dry.
- Separate the skin from the meat in the breast and legs using your fingers, then liberally add the gremolata or herb mixture. Drizzle the outside & under the skin of the chicken with the butter, then liberally sprinkle with salt and pepper.
- Tie the legs together with kitchen string (or dental floss!) and tuck the wing tips under the body of the chicken.
- Roast the chicken for 1 hr 15 min (20 minutes per pound of meat), or until the juices run clear when you cut between a leg and thigh. Halfway through cooking, baste the chicken by coating it with its juices.
- Let rest for about 20 minutes.
- Once rested, cut chicken into parts and serve alongside roasted vegetables!



RECIPE NOTES

- *Gremolata is traditionally a mixture of minced lemon peel, garlic, and parsley. However, thyme or rosemary can be substituted for parsley. You can also add all three herbs for herb-roasted chicken.*
- *Once all the meat has been taken from your chicken carcass, you can use the bones to make stock! Just add your bones, ½ cup of celery, ½ cup onion, and ½ cup carrots along with any other vegetable or herb scraps you have to a pot. Cover with cold water, and let simmer for at least 4 hours or overnight. Once finished, strain!*



MISO BAKED FISH

Fish and miso are a perfect match here! Fish is a wonderful source of **lean protein, omega 3 fatty acids and vitamin D**. Miso is a fermented food so it adds tons of flavor and is wonderful for **gut health, helping improve digestion and immunity**.

Both the protein and omega 3's help to **stabilize your blood sugars** as well as help you **reduce inflammation**, which is vital to **reducing cholesterol and chronic pain**.

Vitamin D is an important nutrient that helps you feel **energized and improve osteoporosis**.

Serves: 2

Prep time: 5 minutes

Cook time: 10-15 minutes

INGREDIENTS

QTY

LINKS TO BUY

Filletts of salmon, black cod or rockfish	4 ea	
Red or white miso paste	¼ cup	<u>White Miso Paste</u>
Rice wine vinegar and/or white wine	2 tbsp	<u>Rice Wine Vinegar</u>
Brown sugar or Agave	2 tbsp	<u>Agave</u>
Soy Sauce	2 tbsp	<u>Soy Sauce</u>
Chopped scallions	1 tbsp	

INSTRUCTIONS

- Remove any pin bones from the fish fillets.
- Add miso paste, rice wine vinegar white wine, soy sauce, scallions, and brown sugar to a small bowl. Whisk well and pour over fish filets.
- You can marinate this for up to 4 hours and preferably an hour at least. If you don't have time, then skip this step.
- Preheat the oven to 450°F, and cover a small broiler pan/baking pan with aluminum foil.
- Place marinated fish skin-side-down on the pan. Bake for 10-15 minutes, depending on the thickness of the filet. Test by inserting a fork into fish if it slightly flakes it is ready. You can broil the top for a caramelized miso effect (1 minute).
- Once fish is finished, serve immediately with vegetables and a hearty whole-grain!



ROASTED PORK TENDERLOIN STUFFED WITH ROSEMARY AND APPLE

Serves: 4

Prep time: 20 minutes

Cook time: 30 minutes

This sweet and savory dish is deliciously well-balanced and packed with healing ingredients. This dish is perfect for a special occasion but easily prepared in a mere 30 minutes. It's also lovely to make and enjoy all week for 1-2 people!

Rosemary, feta, mustard and garlic create a beautiful savory profile that compliments the pork and offers your body **energy and immune boosting properties**. The apple balances this with natural sweetness and also brings crucial **fiber that promotes gut health**.

Serves: 4

Prep time: 20 minutes

Cook time: 30 minutes

INGREDIENTS

QTY

LINKS TO BUY

Olive oil	5 tbsp	Olive oil
Apple, diced into ½ inch pieces	1 ea	
Fresh rosemary	3 tbsp	Rosemary
Kosher salt and freshly ground black pepper	1.5 lb	Kosher salt
Pork Tenderloin	½ lb	
Feta, crumbled	2 cups+ ½ cup	
Garlic, minced	2 cloves	
Cornstarch	2 tsp	Cornstarch
Dijon mustard or any mustard	2 tsp	Dijon mustard

INSTRUCTIONS

- Preheat oven to 450°F.
- Heat 1 tablespoon oil in a large skillet over medium heat. Add diced apple and cook, stirring, until beginning to soften, about 3 minutes. Add 2 tbsp rosemary, season with salt and pepper, and cook for 2 more minutes. Transfer the mixture to a bowl to cool and stir in the feta. Rinse out the pan.
- To butterfly the tenderloin, lay it on a large cutting board. Holding the knife blade flat and parallel to the board, make a lengthwise cut through the center of the meat, stopping short of the opposite edge so that the tenderloin remains in one piece. Open up the tenderloin like you would a book.

INSTRUCTIONS

- Cover the meat with plastic wrap or insert into a plastic bag. With a meat mallet, rolling pin, or heavy pan, pound the pork to an even ¼-inch thickness.
- Spread some rosemary and the apple mixture in the center of the pork, leaving a 1-inch border all around. Sprinkle in the feta cheese chunks. Wrap the meat around the filling lengthwise. Use kitchen string (if you have it) firmly around the roast to secure the two ends. Then tie it securely with string at 2-inch intervals.
- Brush the roast with 1 teaspoon oil and sprinkle all over with the remainder of minced rosemary, salt, and pepper.
- Put the pork in an oven-safe pan and roast until an instant-read thermometer inserted into the thickest part registers 145°F, about 20-30 minutes. When finished, remove the tenderloin from the pan, and let it rest on a clean cutting board for 5 minutes.
- **OPTIONAL: Flavorful Sauce**
- Return the pan to medium-high heat. Add apple juice (reserving the ½ cup), rosemary sprig, and the garlic; bring to a boil and cook for 1 minute. Whisk the reserved apple juice with the cornstarch, and add to the pan. Return to a boil and cook, occasionally stirring, until thickened and reduced by just over half (to about ¾ cup), which should take 8 to 10 minutes. Remove from the heat; discard the garlic and rosemary. Whisk in the mustard and season to taste. Slice the pork and serve with the sauce plus potatoes or rice and vegetables or salad. It can also be stuffed with almost any fruits or dried fruits (ideas: peaches, apricots, figs)



ROASTED BUTTERNUT SQUASH WITH SAGE

Butternut squash is naturally sweet and roasting enhances this beautifully because it concentrates those natural sugars as it tenderizes.

The bright orange color of this sweet squash is attributed to its rich content of **beta carotene**, an antioxidant that promotes eye health.

Sage balances the sweetness of the squash with an earthy flavor that also provides **antioxidants, antibacterial properties and can even help balance blood sugars!**

This is a wonderful side dish to the Roasted Pork.

Serves: 2

Prep time: 5 minutes

Cook time: 30-40 minutes

INGREDIENTS

QTY

LINKS TO BUY

Butternut Squash, peeled
and seeds removed, cut
into 1" slices

1 each

Olive Oil

1/3 cup

[Olive Oil](#)

Sage leaves

10 - 15 each

Salt and Pepper

to taste

[Salt](#) or [Cracked Black Pepper](#)

INSTRUCTIONS

- Preheat oven to 450°F
- In a roasting or sauté pan, drizzle the squash with olive oil, salt, and pepper.
- Roast in the oven, occasionally turning, for about 30-40 minutes.
- When the squash begins to turn brown on all sides, add the sage leaves tossing them in olive oil, and continue to cook for another 5 to 10 minutes until the sage leaves are crisp. Serve hot.



RECIPE NOTES

- *This is a great dish to cook alongside roast chicken, turkey, or pork. If need be, you can lower the temperature and slightly increase the cooking time.*
- *This roasting technique can be used for a variety of other vegetables and seasonings. To go along with butternut squash, consider beets, parsnips, carrots, and sweet potatoes.*



“TORRETTA DI MELANZANA” (EGGPLANT TOWERS)

Eggplant and tomatoes create a succulent flavor combination that bursts with flavor with added basil!

Both vegetables are **rich in antioxidants and fiber** that help reduce the risk of heart disease, cancer and have even been linked with reducing **LDL cholesterol** as well! Tomatoes are also high in vitamin C, perfect for helping boost immunity.

The olive oil and mozzarella make this dish super satisfying and add protein and healthy fats to the mix, both important to **balancing blood sugars**. In addition to adding flavor, basil also has **anti-inflammatory and anti-bacterial compounds** that help you heal your body.

Serves: 2

Prep time: 10 minutes

Cook time: 20 minutes

INGREDIENTS

QTY

LINKS TO BUY

Kosher salt and freshly ground

to taste

[Kosher salt](#)

black pepper

Olive Oil

¼ cup

[Olive Oil](#)

Balsamic Vinegar

¼ cup

[Balsamic Vinegar](#)

Small eggplant, cut into

1 ea

½ inch slices

Part-skim Mozzarella

6 oz

Slicer tomatoes, cut

2 ea

into ½ inch slices

Basil leaves, cut into

6 ea

ribbons

Parmesan, shredded

¼ cup

[Parmesan](#)

INSTRUCTIONS

For the Eggplant Towers:

- Preheat oven 400°F and line a baking sheet with parchment paper.
- Blend together the balsamic and olive oil, and season with salt and pepper.
- Marinate the eggplant slices in the balsamic vinaigrette for 5 minutes.
- Place on a baking sheet in one layer and bake for 20 minutes. Alternatively, you could heat a saute pan over medium-low heat, and cook the eggplant for 6 minutes on each side, covering the pan with a lid.
- Once the eggplant is cooked through, begin building your towers: first place a slice of eggplant, then a slice of tomato, topped by a slice of mozzarella. Repeat the layers once more, then top with a third eggplant slice to finish. At this point, pour a little oil on all your towers.
- You can bake the towers in a preheated oven at 400 °F for a few minutes until you see the cheese melt, or eat as is, on top of your bed of mixed greens!



RECIPE NOTES

- *These could also be made using squash or other seasonal vegetables!*



ROASTED BEET, HAZELNUT, AND GOAT CHEESE DIP WITH CRUDITES

Beets are one of the best foods to eat to help **reduce blood pressure**.

They are nutrient dense and rich in vitamins and minerals such as **manganese, which is important for bone health and plays a role in blood sugar regulation**. They also offer powerful **antioxidants, help reduce inflammation and improve digestion and gut health**.

Hazelnuts and goat cheese offer satisfying healthy fats and protein that helps repair the body.

The crudités offer more fiber and nutrients that are crucial for **blood sugar regulation and losing weight**.

Serves: 2

Prep time: 5 minutes

Cook time: 30-40 minutes

INGREDIENTS

QTY

LINKS TO BUY

Red beet, medium

1 each

Garlic

1 clove

Red chili flake

¼ tsp

Hazelnuts, toasted

1 tsp

[Hazelnuts](#)

Yogurt

¼ cup

Kosher salt

to taste

[Kosher salt](#)

Goat Cheese

1 oz

Chives, minced

1 tsp

Carrot, celery, bell peppers,

½ - 1 cup

jicama, cucumbers, cherry

tomatoes, radishes - cut into

slices or sticks

INSTRUCTIONS

- Preheat the oven to 400°F.
- Slice the beets into ½" cubes and wrap in foil drizzled with 1 Tbl olive oil and a little salt. Roast for 30 - 40 minutes and set aside to cool.
- Place the beets, garlic, chile flake, hazelnuts and yogurt in a food processor or blender and blend to a smooth paste. Add salt to taste. Remove from the processor into a bowl, and then gently stir in goat cheese and minced chives by hand.
- Serve with vegetable sticks, crostini, pita bread, or anything you can think of!



APRICOT BREAKFAST BAR

This fiber rich recipe is perfect to help you fuel up for hours any time of day! Oats are well known for their ability to offer **gut healthy fiber** and help you **lower your LDL cholesterol**.

Flax and sunflower seeds add to the fiber mix while also offering **essential omega 3 fatty acids** that you need to **reduce inflammation in the body**.

Dates, dried apricots, bananas and orange juice bring natural sweetness to this dish and the fiber in bananas is especially important to **gut health** as it's prebiotic and **supports your microbiome**.

Cinnamon **reduces sugar cravings** and helps **regulate blood sugars** as well.

Serves: 10 bars

Prep time: 20 minutes

Cook time: 30 minutes

INGREDIENTS

QTY

LINKS TO BUY

Rolled oats	1 ½ cup	<u>Whole Rolled Oats</u>
Almond meal or Whole wheat flour	½ cup	<u>Whole wheat flour</u> or <u>Almond meal</u>
Ground flaxseed	¼ cup	<u>Ground flax seeds</u>
Cooked quinoa	½ cup	<u>Quinoa</u>
Unsweetened Shredded Coconut	½ cup	<u>Shredded coconut</u>
Sunflower seeds	½ cup	<u>Sunflower Seeds</u>
Cinnamon	1 tsp	<u>Cinnamon</u>
Dried apricots, chopped	½ cup	<u>Dried apricots</u>
Dates, chopped	5 ea	<u>Dates</u>
Overripe banana	1 ea	
Orange juice	½ cup	
Vanilla extract	1 tsp	<u>Vanilla</u>

INSTRUCTIONS

- Preheat the oven to 350°F.
- In a large bowl, combine dry ingredients (rolled oats through cinnamon). Mix in apricots and dates.
- In a blender, blend together the wet ingredients (banana through vanilla extract) until smooth.
- Pour wet ingredients into dry and mix until combined.
- Pour batter into an 8 x 8 pan. (You could also bake these in a 9 x 13 pan for thinner bars--just shorten the cooking time.) Press down the batter very firmly.
- Bake for 30 minutes.
- Serve warm or cold, with some yogurt or sour cream, if you like!



RECIPE NOTES

- *You could change these bars up by exchanging the apricots for other kinds of dried fruits and switching out the sunflower seeds for pumpkin, flax, or chia seeds!*



PEAR AND CHOCOLATE CRISP

Pear is the main star here with its gentle sweetness and amazing health benefits. Pears are one of the fruits that offer your body **prebiotic fiber that promotes gut health and boosts your immunity.**

Hazelnuts and nut butter bring healthy fats so you can enjoy a sweet treat and still **balance your blood sugars!** Plus, these also help you **reduce inflammation** and combined with cacao powder, creates a healthy nutella flavor that everyone loves.

Cacao powder is full of **antioxidants** that reduce oxidative stress and has been used for its incredible flavor and healthy benefits for centuries.

Lastly, enjoying whole wheat flour is a great way to add fiber to your dessert. This crisp will leave you feeling energized, satisfied and never deprived!

Serves: 3

Prep time: 5 minutes

Cook time: 20-30 minutes

INGREDIENTS

QTY

LINKS TO BUY

Pears	3 ea	
Hazelnut or almond meal	6 tsp	Hazelnuts or Almond meal
Hazelnut or Almond butter	2 tbsp	Hazelnuts
Cacao powder	2 tbsp	Cacao powder
Coconut sugar (or brown sugar)	2 tbsp	Coconut sugar
Cinnamon	2 tsp	Cinnamon
Whole wheat flour	3 tbsp	Whole wheat flour

INSTRUCTIONS

- Preheat the oven to 350°F. Line a baking sheet with parchment paper and grease
- Slice the pears and lay them out in a mostly single layer on the baking sheet
- Combine all the other ingredients in a food processor or mix well by hand
- Sprinkle the mixture on top of the pears. Then place the baking sheet into the oven and bake for 20-30 minutes, or until the pears are soft.
- Serve warm with a dollop of yogurt!



RECIPE NOTES

- *This recipe would also work beautifully with apples, plums, peaches, or strawberries*
- *If you can't find hazelnuts or hazelnut meal, you can always substitute any other kind of nut & meal; almonds work particularly well!*



WANT MORE?

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