**Ingredients**
- 4 Tbsp. Coconut Oil (or butter if you’d rather)
- 1/4 Cup Honey
- 1/4 Cup Unsweetened Apple Sauce
- 2 tsp Cinnamon
- 1/4 tsp Salt
- 1 tsp Vanilla
- 2 Cups Old Fashioned Oats
- 1/3 Shredded Coconut
- 1/4 Cup Ground Flax Seed
- 1/4 Cup Sliced Almonds
- 1/4 Cup Dried Blueberries, Cranberries or other dried fruit

**Culinary Corner**

**Fruit and Granola Yogurt Cups**

1. To a small sauce pan, add the coconut oil, honey, cinnamon, and salt. Heat until all ingredients are combined. Remove from heat and stir in the apple sauce and vanilla.
2. In a separate bowl mix together the oats, coconut, flax seed, almonds and cranberries.
3. Pour the liquid over the dry ingredients and stir until completely coated.
4. Place the mixture into the fridge for about 30 minutes to cool.
5. When ready to bake, grease up a muffin tin or mini muffin tin and fill each opening about 2/3 full. Using your fingers press into the center of the hole and then work your way around the edges to form a bowl. If the dough is sticky, wet your fingers with cold water, shake them out, and proceed. Repeat as necessary.
6. Place the bowls into an oven preheated to 325 degrees. For regular sized muffin cups, cook about 20-25 minutes. For mini muffin cups, cook about 15-20 minutes. Let cool completely before removing from the tin.
7. Store in an air tight container. When ready to eat, fill with the yogurt of your choice. Top with fresh berries. Enjoy!!

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**Ingredients**
- 4 whole grain tortillas
- 1 avocado, sliced and diced
- ½ red bell pepper, julienned (in strips)
- ½ cup Sabra roasted garlic salsa
- ½ cup whipped cream cheese (substitute with laughing cow cheese spread)

**Culinary Corner**

**Roasted Garlic Pinwheels**

1. In a medium bowl, mix roasted garlic salsa and whipped cream cheese until evenly combined.
2. Lay whole grain tortillas on a flat surface.
3. Spread salsa mixture onto tortillas.
4. Distribute about ¼ of a diced avocado evenly on each tortilla. Lay a few julienned pepper strips along the middle of each tortilla.
5. Roll tortilla from one end to the other. With a sharp knife, cut the “roll” in half, and then each half in 1” pieces.
6. Serve with additional salsa for dipping.