

Vegan Banana Bread	
<p><b>ingredients</b></p> <ul style="list-style-type: none"> <li>• 4 or 5 Bananas, ripe</li> <li>• 2 fake Eggs                             <ul style="list-style-type: none"> <li>→ Recipe for 2 fake eggs: 2 tblsp Apple Cider Vinegar plus 2 tsp Baking Powder</li> </ul> </li> <li>• 1/3 c. extra virgin Coconut Oil</li> <li>• 3/4 c. Maple Syrup (dark robust)</li> <li>• 1 c. Almond flour (or other nut meal)</li> <li>• 3/4 c. Wheat flour</li> <li>• 1 tsp Baking Powder</li> <li>• 1/2 tsp Baking Soda</li> </ul> <p style="text-align: right;">→ option: add Carob Chips</p> <p>→ option: add ground flaxseed or ground chia seed</p> <p style="text-align: right;">→ option: add organic protein powder</p>	<p><b>instructions</b></p> <ul style="list-style-type: none"> <li>• Mash bananas to mush.</li> <li>• Mix Fake Eggs in a separate bowl, then pour the Fake Eggs in with mashed bananas.</li> <li>• Mix coconut oil &amp; maple syrup with banana mush.</li> <li>• Mix in all dry ingredients, with a fork.</li> <li>• Preheat oven to 350° F (177° C)</li> <li>• Coat 9x5x3 pyrex with coconut oil.</li> <li>• Spread mixture into pan(s).</li> <li>• Bake for 40-45 minutes @ 350° F (177° C)</li> </ul> <p><b>notes</b></p> <ul style="list-style-type: none"> <li>• Any kind of flour can be used in place of almond flour, as all flours are vegan.</li> <li>• Using all almond flour will make a very soft, yet still delicious, bread.</li> <li>• This recipe is vegan, kosher, and gluten free.</li> </ul>

Anti-Arthritis Fizz	
<p><b>ingredients</b></p> <ul style="list-style-type: none"> <li>• 2 c. Water</li> <li>• 3 tblsp Apple Cider Vinegar</li> <li>• 2 tblsp Lemon juice</li> <li>• 1 tblsp Turmeric powder</li> <li>• 4 tblsp Honey or Maple Syrup</li> </ul>	<p><b>instructions</b></p> <ul style="list-style-type: none"> <li>• Blend all, thoroughly, in a blender. Drink. Brush teeth.</li> </ul> <p><b>notes</b></p> <ul style="list-style-type: none"> <li>• <b>Brush teeth after drinking. Turmeric powder stains orange, including glass, and apple cider vinegar has been rumored to be bad for tooth enamel.</b></li> <li>• <b>Reiterating the Turmeric powder is bright orange and stains everything it touches.</b></li> <li>• <b>Lemon Juice from concentrate (bottled lemon juice) can be used, though fresh squeezed is recommended.</b></li> <li>• <b>Apple Cider Vinegar, Turmeric, and Lemon Juice are all effective for limiting inflammation in the body, thereby reducing arthritic conditions.</b></li> </ul>