



FOURTH OF JULY SNACK RECIPES

YUMMMM! JUST LIKE CHEESY DIP

Prep Time: 10 Min

INGREDIENTS

1 red bell pepper (med-large)
1 cup cashews or macadamia nuts
 $\frac{3}{4}$ tsp salt
 $\frac{1}{4}$ tsp cayenne (or more if you like)

DIRECTIONS

Cut bell pepper into large chunks and place in bottom of blender.

Add the rest of the ingredients and blend!

Serve with kale chips, cut vegetables, or anything you like to dip!

COWGIRL COOKIES

Prep Time: 15 Min | Bake Time: 8 Min

INGREDIENTS

2 tbsp flax seed

6 tbsp water

MIX FLAX SEED & WATER, SET ASIDE

MIX IN ORDER

½ cup butter or applesauce

½ cup coconut oil

2 tsp vanilla

2 cups gluten free flour

1 tsp baking soda

1 tsp baking powder

¾ cup pumpkin seeds

¾ cup sunflower seeds

1 cup cacao nibs

1-2 cups sprouted rice cereal (opt)

3 eggs or egg replacer

DIRECTIONS

Heat oven to 375.

Combine both mixtures.

Drop rounded tsps on a greased cookie sheet.

Bake at 375 for 8 min.

Optional add ins:

½ cup nuts

½ cup coconut flakes

'JUST LIKE' CHEX MIX

Prep Time: 15 Min | Bake Time: 2 Hrs

INGREDIENTS

20 cups Rice Chex

20 cups Corn Chex

10 cups gluten free pretzels

4 cups peanuts

Mix together and warm

Then add the following:

2 ¼ cup butter or substitute

5 oz Worcestershire sauce

3 tsp onion powder

4 tsp garlic powder

5 tsp seasoned salt

DIRECTIONS

Warm oven to 200.

Spread on lightly greased baking sheet.

Bake for 2 hours at 200,
turning every 15 minutes
in the pan.

YUM!