

# REAL FOOD RECIPES

YOU SUBMITTED  
YOUR FAVORITES!

Savory  
Soups!

*Bountiful  
Bowls!*

DID WE  
MENTION  
TACOS?



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# Slow Cooker Spicy Black Bean and Sweet Potato Chili



Submitted by:

Trish Rodriguez  
Senior VP and Area Manager

A healthy, hearty and delicious smoky vegan chili.

## Ingredients:

- 1 ½ pounds sweet potatoes (4 to 5 small-medium or about 2 large), scrubbed and cut into ½ inch pieces
- 2 (15-ounce) cans black beans, drained
- 1 (28-ounce) can crushed or diced tomatoes, preferably fire-roasted
- 1 large red onion chopped
- 1 large green pepper chopped
- ¾ cup orange juice
- 2 tablespoons coconut oil or vegetable oil
- 1 to 4 Chipotles from a can of chipotles in adobo, finely chopped, plus 3 tablespoons adobo sauce
- 1 tablespoon Light brown sugar, packed
- Juice of 1 lime (about 1 ½ tablespoons)
- 6 Garlic cloves, smashed and roughly chopped
- 2 teaspoons Ground cumin
- 2 teaspoons Garlic powder
- 2 teaspoons Onion powder (or 1 teaspoon of onion powder and 1 red onion chopped)
- Kosher salt and black pepper
- 1 bag (10-ounce) Frozen corn
- Sliced avocado and red onion, for topping

## Instructions:

1. In a 6-8 quart slow cooker, combine the sweet potatoes, black beans, onion, peppers, tomatoes, orange juice, oil, chipotles and adobo sauce, brown sugar, lime juice, garlic cloves, and dried spices.
2. Stir in 2 teaspoons salt, a generous amount of pepper and 1 cup water.
3. Cook on low until the sweet potatoes are tender, about 8 hours. The chili holds well on the warm setting.

# Polenta Lasagna



Submitted by:

**Shawn Miller**  
Medical Group Administrator

## Ingredients:

- 1 jar (26-ounce) marinara sauce, divided
- 1 teaspoon olive oil
- 1 cup finely chopped onion
- 3/4 cup chopped red bell pepper
- 1 cup meatless fat-free sausage, crumbled (such as Lightlife Gimme Lean) or substitute with meat or an ingredient of your choice.
- 1 cup chopped mushrooms
- 3/4 cup chopped zucchini
- 2 garlic cloves, minced
- 1 (16-ounce) tube of polenta, cut into 18 slices
- 1/2 cup (2 ounces) preshredded part-skim mozzarella cheese

## Instructions:

1. Preheat oven to 350°F.
2. Spoon 1/2 cup marinara sauce into an 8-inch square baking dish to cover bottom, and set aside.
3. Heat oil in a large nonstick skillet over medium-high heat. Add onion and bell pepper; sauté 4 min or until tender. Stir in sausage; cook 2 minutes or until it start to crumble and brown slightly. Add mushrooms, zucchini, and garlic; sauté 2 minutes or until mushrooms are tender, stirring frequently. Add remaining marinara sauce; reduce heat, and simmer 10 min.
4. Arrange 9 polenta slices over marinara in baking dish, and top evenly with half of vegetable mixture. Sprinkle 1/4 cup of cheese over vegetable mixture; arrange remaining polenta over cheese. Top polenta with the remaining vegetable mixture, and sprinkle with remaining 1/4 cup cheese.
5. Cover and bake at 350°F for 30 mins. Uncover and bake an additional 15 minutes or until bubbly. Let stand 5 mins before serving.

# State Fair Tacos



Submitted by:

Maureen Lloy  
Geographic Managed Care  
Arden Annex

Since 1947, The Original Soft Taco has been our family's addiction. State Fair Tacos are soft tacos rolled and wrapped in wax paper. So we could have them year round, my mom came up with our own recipe! Gluten free, Dairy free!

## Ingredients:

- 1 lb ground beef, or any ground meat or go vegan
- 2 cups salsa (we use Herdez Salsa Casera), blended smooth
- 4 cups shredded lettuce (lately we have been using shredded swiss chard--any leafy green will do)
- 12-18 soft corn tortillas

## Instructions:

### Preparation:

1. Sauté the ground beef on medium heat, breaking it up into small pieces, the smaller, the better.
2. Add salt and pepper (feel free to add garlic powder, or chopped onion & minced garlic).
3. Drain the oil/grease.
4. Add the blended salsa mixture, plus some water to clean out can or jars, bringing it up to a medium high heat.
5. Add the lettuce or greens, mixing them in until wilted.
6. Cover and simmer for 15 mins while you prepare the tortillas.
7. Drain excess liquid.

### Tacos:

1. Fry tortillas in oil and drain on paper towels. You want them pliable but not oily. Microwaving is an option, but sometimes tortillas just fall apart too much.
2. Use wax paper cut into 8x8 inch squares.
3. Place spoonful into tortilla and roll it up!
4. Wrap in wax paper and keep filling and rolling.
5. Enjoy with guacamole or your favorite hot sauce. Dip or use a spoon. It's okay if you eat 2-3!

# Easy Vegetable Soup



Submitted by:

Elisa Geraci  
Social Services, South Sacramento

## Crockpot-Easy Vegetable Soup!

### Ingredients:

- 28 oz diced tomatoes
- 16 oz vegetable broth
- 1 can (15 oz) kidney beans
- 1 can (15 oz) navy beans
- 1 can (15 oz) black beans
- 1 can (15 oz) green beans
- 1 medium white onion, chopped
- 2-4 fresh carrots, to preference
- 2-4 fresh corn on the cob
- Chili powder
- Salt, pepper, garlic, to taste

### Instructions:

1. Cook in crockpot. Sauté onions, carrots, garlic for a few minutes. Add remainder of ingredients. I like to add broth last so that I can get the consistency a bit thicker.
2. Cook on high heat, until veggies are tender, about 3 hours, or low heat 6-7 hours.
3. Add corn during the last 30 mins.
4. Additionally, the following can be added after sauté: potatoes, peas, celery - to preference.

# Honey Mustard Brussels Sprouts & Chickpea Bowls



Submitted by:

Katie Fracoli  
Trauma, South Sacramento

Prep time: 10 min Cook time: 30 min

## Ingredients:

- 1 lb brussels sprouts (4 cups halved)
- 1 15 ½ oz can chickpeas, drained, rinsed
- 1 teaspoon olive oil
- Sea salt to taste
- Black pepper to taste
- 1 cup cooked farro

## For the dressing:

- 3 tablespoons whole grain or dijon mustard
- 3 tablespoons honey
- ½ lemon, juiced

## Instructions:

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper and set aside.
2. Trim and halve Brussels sprouts. Place on baking sheet.
3. Rinse the chickpeas and place them on the baking sheet as well.
4. Toss the sprouts and chickpeas in olive oil, salt and pepper then spread them out in a single layer and roast for 20-25 min.
5. While they are roasting, prepare the farro according to package instructions.
6. Make the dressing by whisking together the mustard, honey and lemon juice. Set aside.
7. Divide the cooked Brussels, chickpeas, and farro into 3 bowls. Drizzle with dressing to taste and enjoy!

# Baked Chicken Meatballs with Homemade Tomato Sauce



Submitted by:

Alexi Spoto

Ambulatory Care - Clinical, Rx  
Specialties, South Sacramento

This comforting aromatic soup is like a warm hug in a bowl. The depth of flavor from the onion, carrots, celery and cumin wrap you up. It's reminiscent of chicken noodle soup and similarly soothing to the tummy and the heart, while being vegan and gluten free. And, even better, it's really easy to make!

## Ingredients:

### Tomato Sauce:

- ¼ cup olive oil
- 2 medium or 1 large shallot, sliced
- 4-8 cloves of garlic (depending on taste), minced
- 2 28 oz cans crushed tomatoes
- 6 - 8 fresh roma tomatoes, roughly chopped
- 30 - 40 fresh basil leaves, roughly chopped
- 1 teaspoon dried oregano
- 1/2 teaspoon red chili flakes,
- Kosher salt and black pepper to taste

### Meatballs:

- 2 lb lean ground chicken or turkey
- 8 oz grated parmesan cheese
- 4 oz crumbled feta
- 8 oz whole milk ricotta
- 2 tablespoon garlic powder
- 2 tablespoon onion powder
- 1 tablespoon black pepper
- 2 teaspoon kosher salt
- Garnish: fresh mozzarella or burrata cheese fresh basil

## Instructions:

Start with sauce.

1. Heat olive oil in a large pot on medium heat. Add shallot and garlic, cooking until translucent and soft, about 6-8 minutes.
2. Add canned and fresh tomatoes. Bring to a low boil for 5 minutes, then lower heat to simmer for 60 minutes, stirring occasionally.
3. Add basil leaves, oregano, chili flakes (if desired), and black pepper. Simmer another 1-2 hours, stirring occasionally, until sauce thickens and volume reduced.
4. Season with salt to taste (~1-2 teaspoon). The sauce may be made ahead and stored in the refrigerator until ready to be heated for dinner.

To make the meatballs, preheat oven to 350°F.

1. Line and grease a rimmed baking sheet with cooking spray. Combine ground chicken/turkey, parmesan, feta, ricotta, garlic powder, onion powder, black pepper, and salt together gently until blended. Do not over mix.
2. Form into 2 inch meatballs and place on baking sheet. Bake until internal temperature reads 165°F, about 20-30 min.
3. Remove from oven, top with sauce, fresh mozzarella/burrata, and fresh basil.

# Costa Rican Black Beans



Submitted by:

Shawn Duncan  
Urology, South Sacramento

My last vacation was to Costa Rica. Black beans are a staple of their diet. I fell in love with the pureed black beans that were served at every meal. The secret ingredient: Salsa Lizano.

## Ingredients:

- 2 cans (15 oz) black beans
- ¼ cup liquid from beans
- ½ small white onions
- 1 clove garlic, crushed
- 2 tablespoon Costa Rican Salsa Lizano

## Instructions:

### Preparation:

1. Combine all ingredients in a blender or food processor.
2. This dip is a little picky. Too much liquid is hard to reduce on the stove; not enough liquid, ingredients will get stuck when blending.
3. Have a bit of liquid nearby when blending. The final result should be the consistency of refried beans. If you do get too much liquid and the beans are runny, add a teaspoon of cornstarch to the beans once they are warm.
4. Transfer blended bean mixture to a small saucepan on the stovetop. Heat on medium-low, stirring frequently, until bubbly.
5. Top the beans with crumbled cotija cheese, diced avocado, and chopped onions.
6. Serve with tortilla or plantain chips.

# Banh Mi Meatball Bowls



Submitted by:

Ashley Hernandez  
Population Management,  
South Sacramento

## Ingredients:

- 1 thumb ginger
- 1 garlic clove
- 1 cucumber
- ¼ oz cilantro
- 1 lime
- ½ cup jasmine rice
- 10 oz ground beef
- ¼ cup panko breadcrumbs
- 6 ml ponzu sauce
- 4 oz shredded carrots
- 1 teaspoon sriracha
- 2 tablespoons mayonnaise
- 4 tablespoons sweet soy glaze

## Instructions:

1. Peel and mince garlic and ginger, thinly slice cucumber, zest quarter of lime and finely chop cilantro.
2. Melt 1 tablespoon butter in a small pot. Add half the ginger. Cook 30 seconds.
3. Stir in rice, ¾ cup water and pinch of salt. Bring to boil then cover and reduce heat to low for 15-18 min.
4. In bowl, combine beef, panko, ponzu, garlic and remaining ginger. Form into 10-12 meatballs.
5. Roast meatballs for 14 mins.
6. In a bowl combine, cucumber, carrots, half cilantro and lime juice. Combine mayo, lime and half sriracha in a separate bowl.
7. Combine meatballs with sweet soy glaze and remaining sriracha.
8. Divide rice between 2 bowls and top with meatballs, the veggie mix and drizzle with the sriracha lime mayo. Garnish with remaining cilantro.

# Easy Steak & Asparagus



Submitted by:

Binh Q Tran  
Optical Sales, Elk Grove

## New York Steak with Roasted Asparagus

### Ingredients:

- New York cut steak
- Garlic cloves
- Olive oil
- Garlic powder
- 1 bunch asparagus
- Parmesan
- Salt, pepper to taste

### Instructions:

#### Preparation:

1. Drizzle steak with olive oil. Rub salt, pepper, and garlic powder. Throw in cloves of garlic. Cook to preferred doneness.
2. For roasted asparagus, rub with olive oil, salt, pepper, and parmesan. Roast in oven at 375°F for 10-12 mins.

# Healthy Breakfast



Submitted by:

Rattan Singh  
Ophthalmology, Wyndham

## Healthy Breakfast #1

### Ingredients:

- 4 cups fresh spinach
- $\frac{1}{3}$  cup of capsicum
- $\frac{1}{3}$  cup celery
- Sprinkle Mrs Dash
- $\frac{1}{3}$  avocado
- Fresh Fruits

### Instructions:

1. Use Spray Oil, cook fresh spinach with above ingredients
2. Enjoy with black coffee

## Healthy Breakfast #2

### Ingredients:

- 1 egg
- Avocado, halved
- Spinach
- 1 whole wheat tortilla
- Fresh fruit as desired



# Comforting Lentil Soup



Submitted by:

**Katrina Bell**

Adult and Family Medicine, Elk Grove

This comforting aromatic soup is like a warm hug in a bowl. The depth of flavor from the onion, carrots, celery and cumin wrap you up. It's reminiscent of chicken noodle soup and similarly soothing to the tummy and the heart, while being vegan and gluten free. And, even better, it's really easy to make!

## Ingredients:

- 1 white onion, diced
- 2 stalks celery, diced
- 2 carrots, peeled and diced
- 1 tablespoon olive oil
- 1 clove garlic, smashed
- ½ cup red lentils
- 1 teaspoon cumin
- Salt and pepper to taste (approx. ½ teaspoon salt and ¼ teaspoon pepper usually)
- Parsley or cilantro chopped, for garnish, if desired

## Instructions:

1. In 3-4 quart size heavy bottomed pan, heat olive oil over medium heat for 1-2 mins, until simmering.
2. Add onion, celery and carrots, sauté over med-high heat for 5-7 mins until onion is translucent.
3. Add garlic clove, cumin, salt and pepper; stir into vegetables. Cook until you smell the cumin, about 30 secs.
4. Cover vegetables with an inch of water, bring to simmer over medium heat and add red lentils. Simmer for 30-40 mins until lentils are soft and falling apart.
5. Garnish bowl with chopped parsley or cilantro if desired. Enjoy!

# Keto Faux Potatoes



Submitted by:

Tammy Toderean  
Women's Health, South Sacramento

Packed with nutrients with 1 net carb per serving of 10 radishes or 20 halves.  
Super fast, easy and delicious!

## Ingredients:

- 3 Bunches washed radishes with stems removed
- 2 Garlic cloves, crushed
- 2 tablespoons grass-fed butter
- Stoneground mustard to taste

## Instructions:

### Preparation:

1. Heat oven to 350°F.
2. Slice each radish in  $\frac{1}{2}$  and place in cast iron skillet.
3. Add 2 crushed garlic cloves and two tablespoons of grass fed butter, salt and pepper to taste.
4. Cook on medium heat until golden brown.
5. Remove cast iron skillet from cooktop and place in oven for 15 mins.
6. Toss in a tablespoon or two of stoneground mustard.
7. Top with cilantro and dig in.

# Garlic Shrimp in Coconut Milk



Submitted by:

Elizabeth Gann

AFM - Medicine B, South Sacramento

Garlic Shrimp in Coconut Milk is a quick stew cooked in a light, tomato coconut broth with a hint of lime and cilantro. Serve over brown or white rice. Serves 4.

## Ingredients:

- 1/4 lb shrimp, speeled and deveined
- 1 red bell pepper
- 4 scallions, separated
- 1/2 cup cilantro, chopped
- 4 garlic gloves, minced
- 1/2 tsp salt
- 1/2 tsp red pepper flakes
- 14.5 oz can diced tomatoes
- 14 oz can light coconut milk
- 1/2 lime, juiced

## Instructions:

1. In a pot, add oil and sauté red peppers until soft.
2. Add scallion whites, cilantro, garlic, and pepper flakes.
3. Add tomatoes, coconut milk, salt. Bring to boil and then cover and simmer for 10 mins.
4. Add shrimp and cook for 5 mins.
5. Add lime juice. Serve and top with scallions.

# Green Curry with 5 ingredients



Submitted by:

Tim Lee, MD  
Anesthesiology, South Sacramento

## Green curry made simple

### Ingredients:

- 12 oz tofu
- 2 sweet potatoes
- 4 tablespoon green curry paste
- 14 oz coconut milk x3
- 1 handful of spinach

### Instructions:

1. Cube tofu and pan fry with olive oil + salt.
2. Add sweet potatoes, coconut milk, and curry paste to pot and simmer for 5-10 min.
3. Add spinach and tofu, simmer for 3-5 min.
4. Serve with rice, optional garnishes are Thai chili.

# Wowza Watermelon Salsa



Submitted by:

Darrin Gong  
Supply Chain, South Sacramento

What is sweet, refreshing, yet has a little kick? This salsa is a perfect way to celebrate spring when watermelons from down south arrive ahead of summer ripened tomatoes. Don't be afraid of a little heat!

## Ingredients:

- Watermelon, diced red onion
- Finely chopped habanero pepper (any hot pepper will do, such as Serrano or jalapeno)
- Cilantro, finely chopped
- Lime juice
- Salt

## Instructions:

This can be made in any portion size, so I don't measure, I go by ratios. I don't use a lot of red onion as it can overpower the salsa, so just a little.

Simply chop and mix all ingredients together ensuring watermelon is the highlight, or, use a food processor for all ingredients except the watermelon; pulse a few times for the right consistency then fold it into chopped watermelon and mix well. Bonus points for homemade tortilla chips!

# Laab Salad



Submitted by:

Rebecka Saefong  
Women's Health, South Sacramento

A lean, healthy, delicious salad with fresh herbs

## Ingredients:

- Beef, pork loin or chicken breast (grilled or baked until fully cooked) eat hot or cooled
- Chili pepper
- Cilantro
- Green onions
- Mint leaves (may use basil leaves if desire) Lime
- Fish sauce
- Lobo Thai Namtok Laab Seasoning mix (can be found at Asian oriental market)

# Lentil Stew with Chicken & Butternut Squash



Submitted by:

**Mariam Hamadeh**  
Employee Wellness, Valley Point

This quick and healthy meal is something my family has grown to love. It can be served with a side salad or you can add some dark leafy greens, avocado or steamed rice. This recipe feeds a family of 4 easily with some leftovers for lunch the next day.

## Ingredients:

- 2 tablespoon olive oil
- 1/2 yellow onion chopped
- 2 celery sticks chopped
- 2 skinless, boneless chicken breast cut up in cubes
- Sea salt
- Black pepper
- Garlic powder
- Paprika
- 32 fl oz organic chicken broth
- 1 cup of mixed sprouted lentil (recommend Truroots brand)
- 2 cups butternut squash cut in cubes
- 2 dried bay leaves

## Instructions:

1. Heat up large skillet pan to medium heat and add olive oil. Sauté chopped onions and celery.
2. Chop up chicken into cubes and season to taste with sea salt, black pepper, garlic powder and paprika.
3. Add chicken to the cooked onion and celery and brown the chicken.
4. Add carton of organic chicken broth and lentil, bring it to a boil.
5. Add dried bay leaf and butternut squash, turned down the heat, and put the lid on the pan.
6. Cook until lentil and butternut squash are tender and chicken is cooked thoroughly.

# Vegetables and Ground Beef Skillet



Submitted by:

Greg Joseph  
Employee Wellness, Valley Point

Total time to prepare and cook: 50 minutes.

## Ingredients:

- 1 lb grass fed beef ground meat
- ¼ head cauliflower
- 2 green zucchini
- 1 yellow zucchini
- 1 yellow onion
- 1 medium japanese sweet potato
- 2 medium carrots

You can also use vegetables of your choice!

## Instructions:

1. Dice vegetables and cut sweet potato into wedges.
2. Sauté onions in skillet or pan with a little avocado oil or water.
3. Put sweet potato wedges on a baking sheet and brush wedges with a little olive or avocado oil.
4. Preheat oven to 400°F and put the sweet potato wedges into the oven. Cooking time is approximately 20 mins, but if not cooked, leave in oven until cooked.
5. Once onions are cooked, add ground beef, and cook until browned. Flavor to taste with various herbs and spices.
6. Add diced vegetables to the meat and add a little water.
7. Cover skillet or pan to let vegetables steam. Heat setting should be at medium to low.

Serves 3-4 people.

# Combination Greens Stir-fry



Submitted by:

Rebecka Saefong  
Women's Health, South Sacramento

A delicious quick and easy healthy stir-fry of combination greens

## Ingredients:

- Ground meat (pork or chicken)
- Garlic to taste
- Chili pepper (1-2 depending on preference of spiciness)
- Snap peas
- Daikon radish seed pods
- Oil
- Garlic salt
- Soy sauce

## Instructions:

1. In in stir-fry pan, heat pan on med-high heat.
2. Start with meat, garlic and chili pepper until meat is golden brown/crispy.
3. Add daikon seed pods and snap peas, cook half way, then add snap pea tips, add garlic salt and a dash of soy sauce.
4. Stir until cook to personal preference, whether you like veggies half way or all the way cook.

# Clams with Daikon Soup



Submitted by:

Julie Chen  
Orthopedics, South Sacramento

Hearty and full of nutrients!

## Ingredients:

- 1 ½ lb pork bones or spare ribs
- 1 ½ lb fresh manila clams
- 1 medium daikon radish
- 3 slices of fresh ginger
- 2-3 stalks green onions
- 1 tablespoon veggie bouillon
- Chopped cilantro & green onions for garnish

## Instructions:

1. To clean: soak clams in cold salt water in the fridge for 20 mins, change water and repeat soak 3 times. Use a small clean brush after the last soak to clean the clams.
2. Boil water, place pork, remove pork after 5 mins and rinse off debris in cold water (this is a cleaning process). In another pot, boil 4L water for the soup.
3. Add the pork in the boiling water, turn the heat to simmer, add ginger slices, green onion stalks. Let it simmer for an hour.
4. Add fresh clams, simmer for another hour. Add daikon, simmer for 45 mins. Add veggie bouillon and salt to taste.
5. Serve with chopped cilantro and green onions. Enjoy.

# Falafel Fattoush



Submitted by:

Anne Srisuro, MD  
Women's Health, Elk Grove

## Ingredients:

- 3½ cups cooked chickpeas or two no-salt-added 15-ounce cans chickpeas, drained and rinsed
- 1 onion, cut into large chunks
- 5 garlic cloves, peeled
- 2 tablespoons extra-virgin olive oil
- ¾ teaspoon kosher salt
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- ¼ teaspoon cayenne pepper
- 2 large pita rounds, split and torn into pieces
- 1 tablespoon ground sumac
- ¼ cup Tahini
- ¼ cup fresh lemon juice
- ½ teaspoon kosher salt, plus more to taste
- 6 cups romaine lettuce, torn or chopped
- 1 cup fresh flat-leaf parsley
- 1 pint cherry tomatoes, halved
- 4 large pickles, coarsely chopped

## Pickled Red Onions:

- 1 lime
- 1 red onion or shallot, thinly sliced
- Salt, as needed
- Sugar, as needed

## Instructions:

1. Preheat oven to 425°F. On a large rimmed baking sheet, toss together chickpeas, onion, garlic, 2 tablespoons olive oil, cumin, ¾ teaspoon kosher salt, the coriander, and cayenne. Roast until onion and garlic have started to soften, 15-20 minutes.
2. Scatter pita on top of chickpeas, sprinkle with sumac, and continue roasting until pitas are crisp and onion and garlic are very soft, 8-10 minutes.
3. Remove from oven and fish out garlic (to use in dressing); cool.
4. For dressing: In a small bowl, mash roasted garlic. Whisk in tahini, lemon juice, ¼ cup water, and ½ teaspoon kosher salt. Season to taste.
5. Toss chickpea mixture with romaine, parsley, tomatoes, and pickles. Drizzle with dressing.
6. Make the pickled onions: Squeeze the lime juice into a bowl and add the onion or shallot, a large pinch of salt and a small pinch of sugar. Let rest for 20 minutes while you make the chili.

Serves 3-4 people.

# Blueberry Crumble Bars



Submitted by:

Anne Srisuro, MD  
Women's Health, Elk Grove

## Ingredients:

For Dough & Crumb Topping:

- 1 cup almond flour (not almond meal)
- ½ cup tapioca flour
- 1 ½ cup quick cooking oats
- ½ tsp baking powder
- ½ tsp salt
- ¾ cup natural almond Butter
- ⅔ cup Maple Syrup

For Blueberry Filling:

- 16 oz. fresh blueberries
- ⅓ cup maple syrup
- Juice of 1 lemon
- 1 teaspoon vanilla extract
- 1 tablespoon tapioca flour (can also sub cornstarch)

## Instructions:

1. First, prepare the Blueberry Filling. Add all ingredients to a medium pot and bring to a boil over high heat. Reduce the heat to medium and simmer for 3-5 minutes, stirring the mixture frequently to ensure nothing burns or sticks to the pan. The filling is "done" once it has thickened and most of the blueberries have popped. Set aside to cool.
2. Preheat the oven to 350°F.
3. Next, add the Almond Flour, Tapioca Flour, Oats, Baking Powder, and Salt to a large bowl. Whisk until evenly incorporated.
4. Stir the Almond Butter and Maple Syrup together in a small bowl until they form an even paste, then add this mixture to the dry ingredients. Stir well until no dry clumps are left – the mixture should be pretty thick!
5. Line an 8×8" pan with parchment paper and press half of the "dough" into the bottom of it. Pour the Blueberry Filling over this layer, then use your hands to crumble the remaining dough and sprinkle it over the top.
6. Bake for 27-30 minutes, or until the Crumb Topping is crisp and slightly browned.
7. Let cool before slicing in the pan, then serve as desired. Leftovers will last at room temperature for up to 4 days, in the fridge for about a week, and frozen for about a month.