

Ingredients:

Cheese Crackers

- 1/2 cup of cheddar cheese
- 1/2 cup of white cheddar cheese
- 1/2 cup of almond almond flour
- 1/4 cup of cassava flour
- 1/2 teaspoon of freshly crackled black pepper
- 1/4 teaspoon of paprika
- 1/4 teaspoon of salt
- Water*

Dairy Free Ice Cream

- 3 bananas
- 1/4 cup coconut milk
- handful of walnut
- handful of chocolate chips

Dragon Fruit Roll Ups

- 2 packets of frozen drawing fruit
- 1 cup of frozen mango
- 2 tablespoons of maple syrup
- 1/2 juice of a lime

Energy Balls

- 7-8 dates
- 1/4 cup of roasted cashews
- 1/4 cup of almond
- 1/4 cup of shredded coconut
- 2 tablespoons of chia seeds
- 1/2 juice of orange and its zest

"Cheesy" Popcorn

- 1/3 cup of nutritional yeast
- 2 tablespoons of sesame seeds
- 1 tablespoon of curry powder
- 1 tablespoon of salt
- Popcorn kernels

Instructions:

Cheese Crackers:

1. Preheat the oven to 350 degrees fahrenheit.