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**Cookbook Price $20**

Chicken Sausage & Veggie Quiche

Cage-free eggs, Italian chicken sausage, mushrooms, green onions, bell peppers, and Asiago cheese on organic pie crust

Cage-free eggs, feta cheese, spinach, tomatoes on organic pie crust

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Hempseeds

Spinach Feta Quiche

These nutty & delicious superseeds are super rich in protein (11 grams of protein in just 3 Tbsp)

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**Build Your Own Parfait**



Traverse City Cherry Granola

Cacao Nibs

Shredded Coconut Honey Flax Energy Bites

Oats, coconut, pecans, dried cherries, flaxseeds, maple syrup, coconut oil, honey, vanilla extract

Raw unprocessed form of dark chocolate--high in calming magnesium

The medium chain fatty acids found in coconut help to improve metabolism and energy.

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**Featured Recipes from**

***Target To Table: Healthy & Delicious Meals One Superfood At A Time***

***Author: Kristen Johnson Brogan, Registered Dietitian & Superfood Chef***



Honey Flax Energy Bites

Nut Milk

Nut milks are nutrient rich and tend to be easier to absorb and digest than cow’s milk.

Oats, almond butter, honey, flaxseeds, vanilla extract, cacao nibs



Fruitilicious Upside Down Cake

Date- pecan crust with fresh berries

Black Bean Mango Salsa

Black beans, organic corn, bell peppers, avocado, mango, and green onions with lime balsamic vinaigrette