

# True Roots A Mindful Kitchen With More Than 100 Recipes Free Of Gluten Dairy And Refined Sugar

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kitchen, my lunch was a juice I too drank on the go and I'd arrived home to more kitchen snacks as I prepared for a client My dinner, spoiled, as I placed pieces of kale, sweet potato and mushroom into my mouth as I cooked And then when my baby frittatas were ready, I sat and ate them at the computer

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and savory pancakes, a recipe featured in her cookbook, True Roots Butternut Squash Pancakes Serves 4 Ingredients 4 ounces (heaping ½ cup) cooked butternut squash puree 4 large eggs ½ cup oat flour ½ teaspoon ground cinnamon ½ teaspoon baking soda ½ teaspoon vanilla bean powder Pinch of pink Himalayan salt Coconut oil, for pan

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