

# NATURE'S FOOD PATCH Market & Café

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[www.naturesfoodpatch.com](http://www.naturesfoodpatch.com)

## BAKED TREATS – GLUTEN FREE

### CHOCOLATE FUDGE CUPCAKES

1 Cup	Apple Sauce
1 tsp.	Vegetable Oil
1/2 Cup	Unrefined Sugar
1 tsp.	Vanilla Extract
1/4 tsp.	Almond Extract
3/4 Cup	Oat Flour
1/3 Cup	Cocoa Powder
2 tsp.	Baking Powder
1/2 tsp.	Baking Soda
1/2 tsp.	Unrefined Salt
1/8 tsp.	Cinnamon
1/2 Cup	Chocolate Chips
1/3 Cup	Chopped Walnuts

Preheat oven to 350°. Place paper liners in muffin tin and coat with cooking spray.

Combine applesauce and the next 4 ingredients. In a separate bowl whisk the next 6 ingredients. Add oat mixture to applesauce mixture. Stir well. Add chocolate chips and walnuts. Spoon into muffin cups. Bake 35 minutes.

### RASPBERRY OATMEAL BARS

1/2 Cup	Unrefined Sugar
1 Cup	Oat Flour
1/4 tsp.	Baking Soda
1/8 tsp.	Unrefined Salt
1 Cup	Rolled Oats
1/2 Cup	Earth Balance Non-dairy Butter
1/2 Cup	Raspberry Preserves
1/3 Cup	Chocolate Chips
1/3 Cup	Pecans

Preheat oven to 350°. Lightly oil 8 or 9" baking dish on all sides.

Combine first 5 ingredients and add butter. Mix until crumbly. Press 2/3 into the prepared dish. Spread on raspberry preserves. Sprinkle remaining 1/3 over the top. Add chocolate chips and pecans. Press gently.

Bake 40 minutes.

Cool before cutting into squares.

*Free Vegetarian (Vegan)  
Cooking Class  
By Chef Debby DeGraaff*