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HOLIDAY RECIPES TO NOURISH BODY AND SOULO 3

Tbsp. Tamari Or Coconut Aminos O 3 Tbsp. Apple Cider Vinegar O ½ Tsp. Ground Ginger O 1 Tsp. Dijon

Mustard O ¼ Cup Crushed Pecans O ¼ Cup Olive Oil

INSTRUCTIONS 1. Heat Oven To 375°F. Toss Pepitas In Tamari, Coconut Oil, And Sea Salt & Lay Flat On Baking Sheet. Roast Fo Apr 5th, 2024A Curriculum Guide -

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Developed By The Center For Ecoliteracy Under The Direction Of Zenobia Barlow, Executive Director. The Curriculum Was Developed By Carolie Sly, Director Of Education Programs, And Written By Leslie Comnes, Consultant To The Center. The Guide Was Designed By Karen Brown, Creative Director. Jan 10th, 2024Healthy

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