FIXATE RECIPES

GLUTEN-FREE CINNAMON CRUNCH CEREAL

Serves: 10 (approx. ½ cup each) GF V VG

Total Time: 1 hr. 15 min. Prep Time: 15 min. + 30 min. chilling time Cooking Time: 30 min.

2 cups	gluten-free all-purpose flour (preferably Bob's Red Mill® All-Purpose Baking Flour, red label)
¼ cup + 2 Tbsp.	coconut sugar, *divided use*
3 Tbsp.	extra-virgin organic coconut oil, *divided use*
2 tsp.	ground cinnamon, *divided use*
1 tsp.	baking powder, gluten-free
2 tsp.	pure vanilla extract
¼ cup + 2 Tbsp.	cold water

SPECIAL EQUIPMENT: Parchment paper

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1. Preheat oven to 350° F.
2. Add flour, *¼ cup + 1 Tbsp.* coconut sugar, *2 Tbsp.* coconut oil, *1½ tsp.* cinnamon, and baking powder to a food processor; pulse to combine.
3. With food processor running, add extract and water, scraping down sides as needed, until a shaggy dough forms.
4. Lightly flour countertop or work surface; turn out dough. Knead until smooth; wrap in plastic wrap. Refrigerate for 30 minutes.
5. Unwrap dough; place on top of a 16 x 12-inch sheet of parchment paper. Place another equally sized parchment paper sheet on top. Roll dough out to ⅛-inch thickness; remove top sheet. Pierce all over with a fork.
6. Melt *remaining 1 Tbsp.* coconut oil; brush over top of dough. Sprinkle with *remaining 1 Tbsp. coconut sugar* and *remaining ½ tsp.* cinnamon.
7. Using a pizza cutter or bench scraper, cut dough into ½-inch squares, being careful not to cut through parchment paper.
8. Lift parchment paper and transfer dough squares to a baking sheet. Bake for 25 to 30 minutes, or until crunchy. Let cool completely before storing in an airtight container.

Nutritional Information (per serving):

Calories:	165	Cholesterol:	0 mg	Fiber:	1 g
Total Fat:	4 g	Sodium:	60 mg	Sugars:	5 g
Saturated Fat:	3 g	Carbohydrates:	30 g	Protein:	2 g

THE ULTIMATE PORTION FIX

Container Equivalents (per serving): 1½ 1

Vegan Container Equivalents (per serving): B 1½ 1

Recipes containing the GF icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the V icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the VG icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.

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