FIXATE®
A FIX-APPROVED
COOKING SHOW

FRUIT PIZZA

GF VG

SERVES: 1 Prep Time: 20 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving): ½ ½ 1 ½

1	**Cashew 'N' Oat Hotcake** *(see separate recipe for Cashew 'N' Oat Hotcakes)*
¼ cup + 2 Tbsp.	**Vanilla Yogurt** *(see separate recipe for Vanilla Yogurt)*
½ cup	**chopped fresh mixed fruit**

1. Place hotcake on a serving platter; top with Vanilla Yogurt and mixed fruit.
2. Serve immediately and enjoy!

RECIPES:

- For Cashew 'N' Oat Hotcakes, this is a great way to use leftover hotcakes. You will not use the berries from the original recipe.
- We recommend a fruit mix of kiwifruit, strawberries, orange, and blueberries.*

NUTRITIONAL INFORMATION (per serving): Calories: 266 Total Fat: 8 g Saturated Fat: 3 g Cholesterol: 23 mg Sodium: 248 mg Carbohydrates: 37 g Fiber: 4 g Sugars: 21 g Protein: 13 g

*Or fruit of your choice

CASHEW 'N' OAT HOTCAKES

GF VG

SERVES: 10 (1 hotcake each) Prep Time: 10 min. Cooking Time: 10 min.

CONTAINER EQUIVALENTS: ☐ ½ ☐ 1 ☐ ½

2 cups	dry old-fashioned rolled oats, gluten-free
½ cup	raw cashews
1 Tbsp.	coconut sugar
1 tsp.	ground cinnamon
½ tsp.	sea salt (or Himalayan salt)
1 tsp.	baking powder, gluten-free
1	large egg
1 Tbsp.	extra-virgin organic coconut oil, melted
1⅓ cups	unsweetened almond milk
1 tsp.	pure vanilla extract
5 cups	fresh mixed berries

SPECIAL EQUIPMENT:

Nonstick cooking spray

1. Place oats, cashews, sugar, cinnamon, salt, and baking powder in food processor (or blender); pulse until coarsely ground.
2. Add egg, oil, almond milk, and extract; pulse until well blended. Batter will be thick, but if it is as thick as paste add 2 to 3 Tbsp. of water.
3. Heat medium nonstick skillet, lightly coated with spray, over medium heat.
4. Spoon about ¼ cup batter into skillet for each hotcake; cook for approx. 3 minutes, or until bubbles form on top. Flip with spatula; cook for an additional 2 to 3 minutes.
5. Repeat with remaining batter.
6. Serve one hotcake topped with 1/2 cup berries.

RECIPE NOTES:

- Leftover hotcakes can be wrapped in plastic wrap (or aluminum foil) and stored in the refrigerator for up to 4 days (or in the freezer for up to 3 months).
- Hotcakes can be reheated in the toaster (or microwave).

SERVING SUGGESTION:

- Place your berries in a pot with ¼ cup water and cook down until thickened for a no-added-sugar option.

NUTRITIONAL INFORMATION (per serving): Calories: 161 Total Fat: 6 g Saturated Fat: 2 g Cholesterol: 19 mg Sodium: 184 mg Carbohydrates: 23 g Fiber: 4 g Sugars: 7 g Protein: 5 g

GF VG

VANILLA YOGURT

SERVES: 4 (approx. 1/4 cup + 2 Tbsp. each) Prep Time: 5 min.

CONTAINER EQUIVALENTS (per serving): ■ ½

1½ cups	**reduced-fat (2%) plain Greek yogurt**
2 Tbsp.	**raw honey***
½ tsp.	**pure vanilla extract**
1 pinch	**sea salt (or Himalayan salt)**

1. Combine yogurt, honey, extract, and salt in a medium bowl; mix well. Refrigerate until needed.

NUTRITIONAL INFORMATION (per serving): Calories: 96 Total Fat: 2 g Saturated Fat: 1 g Cholesterol: 4 mg Sodium: 64 mg Carbohydrates: 12 g Fiber: 0 g Sugars: 11 g Protein: 9 g

*Do not feed honey to children younger than one year.

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 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.