



Please enjoy these yummy, warming recipes from the Winter Reset.

Baked Apples or Pears

Cut up an apple and place it in a baking dish with a little butter. Sprinkle cinnamon and nutmeg over the fruit. Bake in a 350 degree oven for about 30 minutes, or until the fruit is tender.

Nut Butter Overnight Oats

Serves 1

Ingredients:

- ½ C rolled oats
- 1 TB chia seeds
- ½ C unsweetened almond or coconut milk
- ½ TB maple syrup
- 2 TB nut butter

Directions:

1. Place the first four ingredients in a mason jar and stir well to combine. Add the nut butter and stir again – don't worry about it being perfectly mixed in.
2. Store in the fridge overnight and eat for breakfast the next morning.

Reset Hot Chocolate

Combine 1 TB raw cacao powder, a pinch of sea salt, ¼ tsp cinnamon and a dash of cayenne pepper in a mug. Pour hot water over the top and whisk until frothy. Add a little honey to sweeten, if desired. Mix in 1-2 TB full-fat coconut milk and enjoy!

If these recipes please you and the Winter Reset feels like a fit, please write to edie@ediehoppin.com for more information or go to <https://ediehoppin.com/5-day-resets/>.

Love and thanks!!
Edie