

BEST FOODS FOR ANXIETY

5 SWEET + SIMPLE RECIPES

Recipe #1: Baked Cinnamon Apples

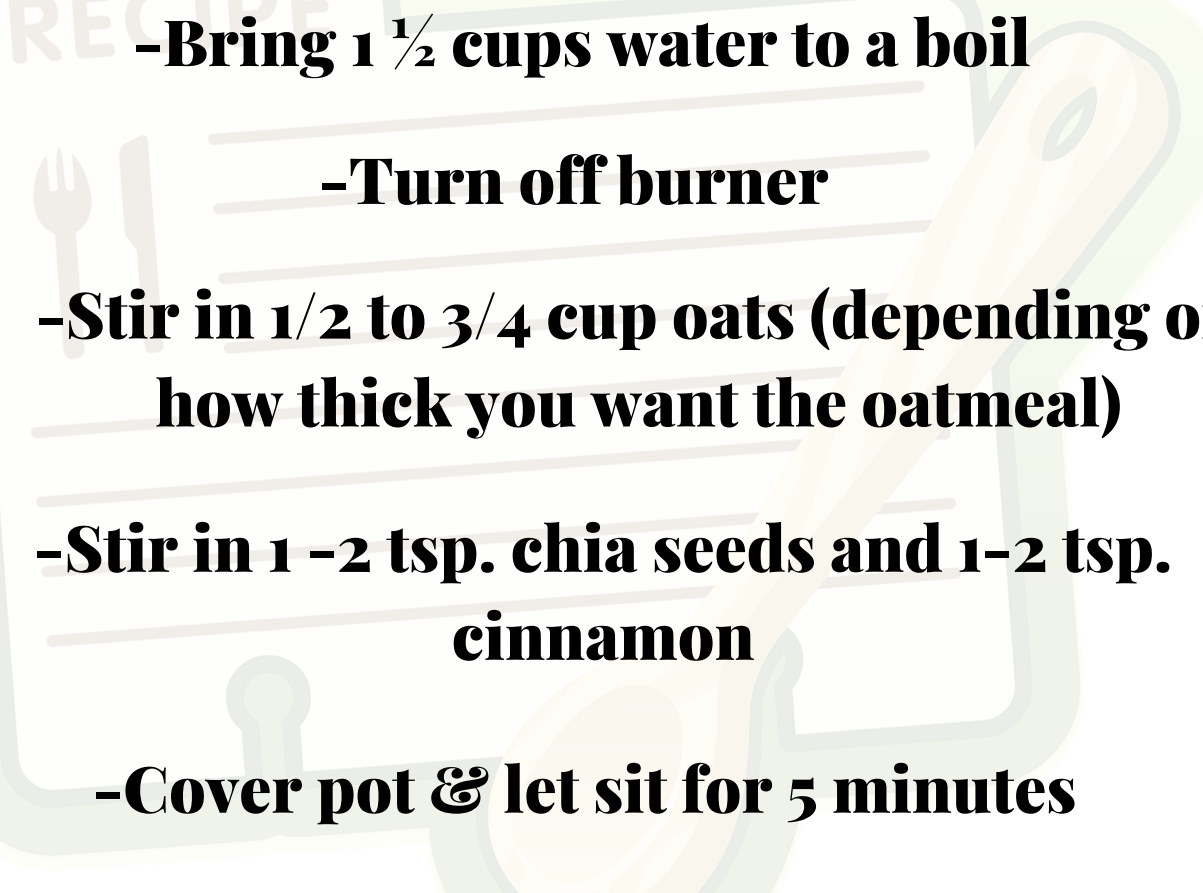
- Cut apples in half and core**
- Place cored side up on sheet tray**
- Sprinkle cinnamon generously on top**
- Turn apples over (skin side up, cored side down)**
- Bake at 350 for 20-40 min. (depending on how crunchy/soft you want them and how big the apples are)**

**I like to use granny smith, but any kind of apples are good*

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Recipe #2: Cinnamon Oatmeal w/Maple Syrup

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- Bring 1 1/2 cups water to a boil**
 - Turn off burner**
 - Stir in 1/2 to 3/4 cup oats (depending on how thick you want the oatmeal)**
 - Stir in 1 -2 tsp. chia seeds and 1-2 tsp. cinnamon**
 - Cover pot & let sit for 5 minutes**
 - Drizzle 1 tsp. maple syrup on top**

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Recipe #3: Blueberry Compote

- Heat 4 cups blueberries (or other berries) on medium heat, until juice begins to leak out**
- Lower heat and squash berries until they form a thick consistency**
- Let simmer for 2 minutes**
- Pour into glass container, cool & keep in refrigerator**
- Serve as oatmeal, pancake or waffle topping, or as a replacement for jam or jelly**

**If you want it to be thicker, dissolve 1 tbsp. cornstarch in cold water and then add to pot & stir. But, it will thicken a little naturally as it cools.*

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Recipe #4: Superfood Spinach Juice

Put through juicer:

-4 cups spinach

-6 carrots

-1 bunch kale or swiss chard

-1 apple (cored)

-1 knuckle ginger

****There are so many delicious combinations of fruits and veggies ... experiment! Some of my favorite ingredients are: carrots, kale, spinach, beets, parsley, lemon, celery, ginger, apple, zucchini, cucumber, sweet potato & pineapple.***

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Recipe #5: Chocolate Banana Flax Milkshake

Blend together:

-1 large super ripe banana

**-1/2 to 1 cup unsweetened cashew/almond
milk (depending on how thick you want it
to be)**

-3 ice cubes

-1 tbsp. flaxseed

-1 tbsp. unsweetened cocoa powder