

Specific Carbohydrate Diet Food & Supplements

SCD™ Melanie menu for Jacob's Hike
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S.W.of Louisiana

Here is the menu for Jacob's hike. Melanie Blackmer

Day 1

| Breakfast | Lunch | Dinner | |
|---------------------------------|-------------------------------|-----------------------------|------------|
| Cinnamon Roll | 1 pks tuna | Lasagna | no cooking |
| Lara Bar peanut butter | garlic biscuit | green beans/ almond | |
| Fruit twist | fruit twist | dried fruit Crisps apple | |
| Dried Fruit | beef jerky/ dried cherries | blueberry tea | |
| candied fruit/nut granola | peanut butter and honey | Honey straws | |
| Beef Jerky | Lara Bar Lemon Pickle | | |

Day 2

| | | | |
|---|---|---|------|
| Lara bar cherry candied pecans lemon- blueberry roll | 1 pk chicken onion biscuit Lara Bar cinnamon roll Fruit | Chicken/beef tomato soup dried fruit cherries mixed berry | cook |
| fruit twist | Leather/p. butter | fruit leather | |
| dried fruit crisps pear | Salty granola beef jerky Pineapple pear Fruit crisps | candied pecan Onion roll honey straws | |

Day 3

| | | | |
|--|--|--|------------|
| Golden Marsh roll beef jerky Coconutty granola | Salmon garlic roll Dried raisins | Dehydrated Cannelloni peas dried fruit apple/pineapple | no cooking |
|--|--|--|------------|

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|-------------|----------------|--------------|
| Lara bar | Fruit crisps | tea |
| Cherry | Pinapple | |
| fruit twist | candied pecans | Honey straws |
| dried fruit | Lara Bar | |
| crisps pear | Peanut butter | |
| | Peanut butter | |
| | and honey | |

Day 4

| | | | |
|----------------|--------------|--------------------|------|
| blueberry roll | 1 pk chicken | Denver omelet/beef | cook |
| Lara Bar | Dijon roll | coconut granola | |
| Apple | fruit twist | Lara bar Cherry | |
| candied | Fruit Crisps | tea | |
| Pecans | Pineapple | | |
| Beef Jerky | beef jerky/ | 2 fruit twist | |
| Candy | raisins | | |
| fruit/nut | Lara | Honey straws | |
| granola | Bar Cinnamon | | |
| Fruit crisps | | | |
| strawberry | | | |

Day 5

| | | | |
|---------------|---------------|-----------------|--------------------------------|
| Cinnamon Roll | 1 pk tuna | Chili | cook this is chuck wagon night |
| Lara Bar | onion roll | garlic roll | |
| Lemon | fruit twist / | mixed berry tea | |
| Fruit twist | raisins | fruit leather | |
| Fruit Crisps | beef jerky | candied pecan | |
| Pear | dried fruit/ | Honey straws | |
| coconuty | peanut butter | | |
| granola | Lara Bar | | |
| Beef Jerky | cherry | | |

Day 6

| | | | |
|----------------|--------------|-------------|------------|
| beef jerky | 1 pk salmon | Beef stew | no cooking |
| candied | Dijon rolls | peas | |
| pecans | Lara Bar | dried fruit | |
| lemon/ | cherry | | |
| blueberry roll | Fruit | | |
| fruit twist | Leather/p. | tea | |
| | butter | | |
| Fruit crisps | Fruit crisps | Onion roll | |

| | | |
|-----------|------------|--------------|
| pineapple | Strawberry | |
| Lara bar | beef jerky | Honey straws |
| Apple | | |

Day 7

| | | | |
|-------------------|----------|---------|------------|
| Golden Marsh roll | 1pk tuna | Lasagna | no cooking |
|-------------------|----------|---------|------------|

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|------------|----------------|------------------------|
| beef jerky | onion crackers | green beans/ almond |
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|---------------|-----------------------|-------------|
| Salty granola | beef jerky raisins | dried fruit |
|---------------|-----------------------|-------------|

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|--------------------|---------------------------------|---------------|
| Lara bar Cherry | dried fruit/peanut butter | blueberry tea |
|--------------------|---------------------------------|---------------|

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|--------------|----------------|----------------|
| fruit twist | candied pecans | candied pecans |
| Fruit Crisps | Lara Bar | Honey straws |
| Pear | Cinnamon | |

Day 8

| | | | |
|---------------|-------------|---------------------------------|------|
| Cinnamon Roll | 1 pk salmon | Red beans & Cauliflower rice | cook |
|---------------|-------------|---------------------------------|------|

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|-------------------|------------|------|
| Lara Bar apple | Dijon roll | peas |
|-------------------|------------|------|

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|-------------|---------------------------|----------------------------|
| Fruit twist | Lara Bar cinnamon roll | Fruit crisps strawberry |
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|--------------|-------------------------------|-----|
| Fruit Crisps | fruit twist/ peanut butter | tea |
|--------------|-------------------------------|-----|

| | | |
|------|------------|---------------|
| Pear | beef jerky | 2 fruit twist |
|------|------------|---------------|

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|----------------------|---------------|--------------|
| coconutty granola | Salty granola | Honey straws |
|----------------------|---------------|--------------|

Day 9

| | | | |
|----------------|--------------|-----------------------------|------|
| blueberry roll | 1 pk chicken | Chicken/beef tomato soup | cook |
|----------------|--------------|-----------------------------|------|

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|---------------------------|------------|-------------|
| Lara Bar peanut butter | onion roll | dried fruit |
|---------------------------|------------|-------------|

| | | |
|-------------------|-----------------------|-------------|
| candied Pecans | beef jerky raisins | mixed berry |
|-------------------|-----------------------|-------------|

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|------------|---------------------------------|---------------|
| Beef Jerky | dried fruit/peanut butter | fruit leather |
|------------|---------------------------------|---------------|

| | | |
|-------------------------------|----------------|---------------|
| Candy fruit/nut granola | candied pecans | candied pecan |
|-------------------------------|----------------|---------------|

| | | |
|--------------|--------------------|--------------|
| Fruit crisps | Lara Bar Cherry | Honey straws |
|--------------|--------------------|--------------|

Day 10

| | | | |
|-----------------------------|--------------------------|--------------------------|-------------------|
| beef jerky | 1 pk chicken | Denver Omelet | no cooking |
| candied pecans | onion crackers | peas | |
| lemon blueberry roll | Lara Bar | Fruit crisps | |
| | Fruit | Pear | |
| fruit twist | Leather/p. butter | tea | |
| dried fruit | granola/raisins | Golden marsh roll | |
| Lara bar | beef jerky | Honey straws | |
| Apple | | | |

Day 11

| | | | |
|---------------------------|-----------------------------------|----------------------------|-------------------|
| Golden Marsh roll | 1 pk salmon | 1 pk chicken | no cooking |
| beef jerky | almond crackers | green beans/ almond | |
| Salty granola | Lara Bar | dried fruit | |
| Lara bar | fruit twist/ peanut butter | blueberry tea | |
| Cherry fruit twist | beef jerky | candied pecans | |
| Fruit crisps | granola or candied pecan | Honey straws | |
| Pineapple | | | |

We added a pickle each day at lunch to help with Electrolyte balance along with a melt away of electrolytes made by my compounding Pharmacist

Recipes for dehydration/hiking will be added to my blog at <http://myhoneypie66.blogspot.com/> .

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Tools needed for Dehydration

Dehydrator – preferably one with a temperature select. I use one from Nesco.

Seal a Meal

Steamable seal a meal bags (pleated bottoms)

Food grade desiccant packs from Packit Gourmet

www.packitgourmet.com

Freezer paper one side waxy

Muffin top pan

Tips to get you started

When preparing to dehydrate meat, make sure to get lean cuts of meat. If the meat you purchase for jerky, for instance, has fat, cut it all off. When you cook the meat towel blot as much of the grease off as you can.

When making muffins, you will want to dehydrate any fruit that goes in to them. Also, you do not want to send on a long trip anything that is too moist. I also find it better to cook muffins in a muffin top pan, which yields more of a little cake. This cake travels much better and allows a good seal when you seal in a seal a meal bag. I have never had a regular shaped muffin last even sealed. Remember to add a desiccant package.

The best meals to dehydrate are ones with some sort of sauce. Dehydrating just meat will end up in jerky, which could be tasty but doesn't reconstitute well with water.

Dehydrating meals

To prepare your dehydrator before you begin to dehydrate meals, you need to cover each rack you use with freezer paper unless you have solid tray covers. Cut the paper to fit the tray and line with shiny side up. Always measure the amount of food you are dehydrating so you will know how much water to add when you are ready to eat. When dehydrating any meal you want to cook out as much water as you can making any sauce pretty thick. Then spread the food on the lined tray as thin as you can get it. If you are dehydrating Lasagna or Cannelloni make sure to chop it up as much as you can making the pieces as small as possible. You will dry food on

the Meat Setting for about 4 hours. Stay on top of it though as the time might be different depending on dehydrator or altitude. You will want to blot the food every couple of hours. When the top seems very dry flip it and dry longer to get the bottom dry. I usually dry till the food is the consistency of a potato chip. As you flip it you will want to dry the freezer paper underneath. I usually can fit two meals on one tray and can dry several trays with different meals on them at the same time. However, I don't recommend drying say lasagna or chili with a tray of fruit. The fruit will come out tasting like chili. Once your food is dry, let it cool completely before placing it in the seal a meal bag. It is best to use the pleated bag for meals. You will want to label the food and note a reminder to remove the desiccant pack that you will add before you seal the bag. I have also found it is good to check a few minutes after you have sealed the bag to make sure the seal stays.

Dehydrating Soup Base

Once you have cooked your tomato sauce down (instructions on recipe page), again prepare your tray with freezer paper and make sure the shiny side is up. Spread a layer of sauce and fill the tray making sure not to get too close to sides. I dehydrate this on the vegetable setting. I believe it took 2-3 hours. Again, make sure to check often and you may find you need to blot the top. Once the sauce seems pretty set, try to peel it away from the paper. It should peel off easily if done carefully. It will resemble fruit leather. You will again need to dry off the paper and flip the dehydrated sauce and dry for a few minutes longer to make sure all moisture is out. Again you will want to let the sauce cool completely before putting it in the bag to seal. I tear up the sauce "leather" as small as I can before putting it in the bag just to make reconstitution easier. The recipe for the rest of the soup ingredients is on the recipe page.

Dehydrating Fruits and Veggies

To dehydrate fruits and veggies you can use fresh or frozen. I did both. Not sure if I found a difference. You will again want to line your trays for carrots, peas, green beans pretty much anything that isn't a slice as sometimes they get small and fall through the tray. When packing meals to last in seal a meal

bags, I have found that you must dehydrate any fruit or veggie added to a muffin or bread item. This will keep the muffin from spoiling too soon. Veggies need to be clean and dry before dehydrating. I do not cook my blueberries or cherries before dehydrating I find they do better if I don't. However it does take them quite a while to dry. I prefer dehydrating fresh blueberries and strawberries. When dehydrating apples or bananas you want to soak them in pineapple juice for a few minutes before setting them on the tray. But do blot them when you take them out of the juice to put in the dehydrator. You will dehydrate them on the fruit setting for 6-12 hours. Checking frequently so the fruit isn't too dry. You will find that the blueberries will be more like a raisin. Vegetables will dehydrate on the vegetable setting for again about 6 – 12 hours.

Reconstituting Meals

Once you have reached your destination and you are ready to enjoy the dehydrated fruits of your labor, you must first boil some water. I suggest boiling at least a cup of water. It is also good to bring a clip of some kind to close the bag after you add the water to help it steam. Open your meal and remove the desiccant package. Open the pleats and carefully add ½ cup of water and stir. At this point, you should be able to determine if you need to add more water to make your meal the consistency you desire. Clip the top and let set a few minutes and your meal is ready to enjoy!!

Dehydrating Jerky

It is easier than you think. It just takes a little while to dry. I used the recipe from Eating SCD. I made one batch plain and one I added jalapeno' juice to.

Prepackaged Items

You also have some store bought options to bring along. Just to help with snacks. Some that we used were: Honey Suckle Sticks, Stretch Island Fruit Leather, Lara Bars (make sure to use the legal ones), Fruit Crisps, Bare Fruit snacks. (All these are available at Digestive Wellness or Whole Foods) The canned Chicken is Valley Fresh Organic White Chicken and we were able to purchase this at Kroger's or

Whole Foods. The Tuna was Star-Kist Low Sodium because it was packaged in water only. It came in the packet not a can. We found this at Whole Foods. The Salmon was Bumble Bee also canned in water and found at Kroger. Backpackers Pantry is where we ordered the Denver omelet and the Green Beans Almandine. I called them directly and inquired about ingredients. These two were pure so we sent them. I also ordered small packets of olive oil from packit gourmet to put in the bottom of a pan to cook the omelet. I also sent peanut butter mixed with honey put in a regular sandwich bag and then sealed in a seal a meal bag. You make the peanut butter into a roll then place in baggie squeezing out all the air. Roll it up then place in seal a meal bag and seal. When ready to eat just snip the end of the baggie and squeeze it out.

Jacob was going on a 14 day hike and had to carry all his food in his backpack. So we needed a lot of food to keep him healthy and energized.

We also had a local compounding pharmacist make some electrolyte tablets and we packaged legal pickles also to help keep his electrolytes in balance.

I will say hiking is very doable on the SCD but I would suggest you have been symptom free for a little while. Just because of the types of foods you will need. And also to make sure you are well enough to try it. Jacob had been well almost 2 years before his hike.

If hiking for several days, it is a good idea to package everything you need for each meal in a bag then put three meal bags with snacks included in a larger day bag. That way you will make sure you have enough food for each meal of each day!

I do hope this information will be an encouragement to you. Jacob is actually going on the hike again so if I discover anything new I will pass it on. Also, if you have any ideas I would love to hear them!!!

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Entrée' Recipes for Jacob's Hike

Italian Sauce

Courtesy of Melanie Blackmer

1 ½ Qts Campbell's tomato Juice in Bottle

2tsp Legal Garlic Powder

2TBS Legal Onion Flakes

1Tsp Legal Chili Powder

½ tsp Pepper

1Tbs Basil

Jacob doesn't like oregano so we don't use it but you could probably half the Basil with oregano.

Add to medium sauce pan and cook on medium until it reaches the thickness you desire. Stir often it has a tendency to bubble up. It really doesn't take long.

Chili

Courtesy of Melanie Blackmer

6 cups Campbell's 100% Tomato Soup

1 Tbs onion Flake

1 Tbs garlic powder

4 Fresh Basil leaves chopped

1tsp Tabasco

1 tsp cumin

1Tbs Chili powder

1 lb lean ground meat

Salt/ pepper to taste

In a sauce pan salt a pepper meat lightly and brown. Make sure to break in to small pieces and drain off any grease. You may even want to use a paper towel to squeeze any grease out. Add remaining ingredients and simmer till sauce is your desired consistency. You want a rich thick sauce but not too thick. Maybe 1 1/2 to 2 hours.

Vegetable Soup

Courtesy of Melanie Blackmer

One recipe Italian sauce cooked thicker than regular sauce

1/4 to 1/2 cup dried peas

1/4 to 1/2 cup dried green beans

1/4 to 1/2 cup dried butternut squash

1-2 cans valley fresh chicken including broth

In dehydrating the ingredients for the soup, again I lined the trays with parchment paper. Then I covered the paper with the tomato paste I had made earlier. (see soup recipe) I dried this also on the meat setting. After a while check and see if the sauce will lift off the paper. Similar to a fruit roll up. When the sauce is set enough to remove pull it away from paper. Wipe

the paper and flip the sauce and dry it on other side. This side maybe only 30 minutes. I tore this in smaller pieces and added to the vegetables and vacuum seal with a desiccant package. Jacob recommends that it might be better to powder it first. The vegetables I used were frozen peas, frozen green beans and frozen butter nut squash. Again lined trays with parchment paper and this time dried on the vegetable setting. I found they took a little while to dry well. I dried mine till they were pretty hard because I wanted to make sure they would last 17 days.

Cannelloni

Courtesy of Melanie Blackmer

I adapted this recipe from the Everyday Grain Free Gourmet Cookbook. Now that I look at theirs is probably better it is on page 135 of their cook book!! But here is mine any way.

Make the sauce the same as you did for the lasagna. However I let it get thicker for this recipe.

You will need

about 1 egg per crape

butter

8 oz Farmers Cheese (soft like Ricotta)

1lb lean ground turkey cooked and drained

1/4 c Grated Parmesan (you can use as much as you like)

Basil 1/2 tsp

garlic powder 1/4 tsp

salt pepper to taste

Colby Jack cheese grated

First mix into the cheese mixture the cooked turkey meat, the parmesan and the seasonings. Set aside. In a frying pan on low heat melt about a table spoon of butter. When melted pour 1/4 cup egg in a circle on the pan. You don't want these to cook too fast. And you want them to set not turn brown. I use a thin pastry spatula to flip these they are usually too delicate for a thicker spatula. When set flip and fill the center with the cheese mixture. You don't want them too full. Maybe start with 1/4 cup and see if that is enough. Fold sides of egg over the cheese and transfer into a baking dish. Repeat till you use all the cheese mixture. I think I usually get about 5 or 6 depending on how generous I get with the cheese! Pour sauce on top and sprinkle either Colby Jack (Jacob's favorite way) or parmesan. Put in an oven on 350 just until cheese melts!

Lasagna

Courtesy of Melanie Blackmer

1 lb ground beef lean

1 recipe of Italian sauce

1/4 cup DCCC

1/4 cup shredded parmesan cheese

1tsp basil

Shredded Munster

Shredded Colby Jack

Season the beef as you like and cook completely making sure to break the meat into the smallest consistency you can. Add sauce to meat. In an 8x8 inch pan barely cover bottom with a little of the sauce mixture, then layer with seasoned DCCC and cheeses. Continue to layer till meat mixture is used up. Usually makes two layers. You can add zucchini to each layer for noodles. We didn't for the hike because they are too wet and we thought it would make it harder to dehydrate.

Beef Stew

Courtesy of Melanie Blackmer

2-3 lbs lean beef tips (trim off any fat)

4 Roma tomatoes chopped

1 onion chopped

1-2 tbs minced garlic

1 bag baby carrots

1 bag fresh broccoli

1/2 cup of Campbell's Tomato juice

Salt to taste

Pepper to taste

Chili powder to taste

In Dutch oven season and brown meat. Once browned add chopped onions, tomatoes, minced garlic and carrots. Also add in Tomato juice.

Cover and put in the oven at 350 for 2-3 hours. Till meat is tender. Add broccoli stir and put back in the oven till broccoli is tender.

I got this recipe from a cook book or the SCD recipes but I can't find it right now. It is not originally mine.

Red Beans and Cauliflower Rice

1 ½ cup red beans (boil for one hour then rinse)

1 onion diced

season with salt and pepper to taste

2 cups sliced SCD legal smoked sausage (or seasoned meat)

1 head Cauliflower

Once you have boiled your beans for one hour and rinsed them thoroughly also rinsing the pot, place beans back into pot and cover with water about 1 ½ to 2 inches above beans. Add all ingredients and cover cooking slowly on a med to low heat till beans are tender. Uncover and stir often. As water cooks down you will want to add water in until you achieve a rich thick sauce. Next, rinse cauliflower well and run heads through a Salad Shooter with the cheese grater attachment. Put in a frying pan with about 1 Tbs butter. Salt and pepper to taste and sauté on a low heat. Once

cauliflower is just tender your rice is ready. Place a serving of rice and cover with red beans.

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Baked Goods

SCD Cinnamon Rolls

Courtesy of Melanie Blackmer

3-4 cups Almond Flour

1/2 tsp baking soda

1/4 tsp salt

1 tsp Ground cinnamon

1/2 tsp pure vanilla extract

1/2 cup honey

3 eggs

Filling:

(I am guessing)

1/8 cup cinnamon

1/4 cup honey

Parchment paper

Muffin Top pan

In a bowl mix together 2 cups flour, baking soda, salt, cinnamon vanilla. Add eggs after breaking them up with fork. Mix then add honey. Mix well and add the next cup of flour. You want to keep adding flour till the dough gets stiff enough to press out on the parchment paper. You just really want it to hold together. Once the dough is the desired consistency press it out into a rectangle shape about 1/4 inch thick. It spreads out quite a bit. Spread filling evenly on dough. Leaving the top of upper inch to 1/2 inch plain. Start at the bottom of the rectangle and lift the parchment paper and use it to roll the dough jelly roll style. Lifting the paper with each roll. Sometimes you will need to fix a tear or something that happens because of the almond flour. Once the dough is rolled slice in 1 inch slices and lay them into muffin greased space on pan. You will want to press them into the muffin top indentation trying to keep a sort of Danish look. Cook on 350 for about 10-15 minutes or till completely cooked. Once completely dry add cinnamon roll and desiccant package to vacuum seal bag and seal.

Blueberry cakes

Courtesy of Melanie Blackmer

2 1/2 cups Almond Flour

2 cups dried blueberries (I dried fresh)

1/2 tsp baking soda

1/4 tsp salt

1 tsp ground cinnamon

1/2 tsp pure vanilla extract

1/2 cup honey

3 eggs

Mix together thoroughly and drop by spoon full's in to muffin to pan. Again press dough into shape of a small cake. Bake at 350* for 10- 15 minutes. Once completely cooled place cake and desiccant packet in vacuum seal bag and seal. To make the Lemon blueberry rolls I just added fresh squeezed lemon juice to the batter.

Snacks

For jerkey I used the recipe from Eating SCD

Salty Granola

Courtesy of Melanie Blackmer

¾ lb Pecan Pieces

8 oz almond Slivers

¼- ½ cup sun flower seeds (not roasted or salted)

1-2 cups raisins

Olive oil

Salt

Set oven at 350*. Mix nuts together in pan. I always use my stone for casseroles. Drizzle olive oil lightly over nuts and mix, just enough oil to help salt stick. Lightly salt nut mixture and stir. Place in oven till nuts are lightly roasted. I think it takes about 15-20 minutes. Make sure to stir often so the nuts won't get too dark in one spot. Also, don't roast too long or the nuts will taste bitter. Remove from oven and let cool completely. Once completely cool mix in raisins!

Coconutty Granola

Courtesy of Melanie Blackmer

¾ lb Pecan Pieces

1½ Macadamia Nut pieces

1- 1 ½ Almond slivers

5 oz bag Kroger Unsweetened Coconut flakes

Honey

Set oven at 350*. Pour coconut flakes into baking pan. I use my stone casserole. Place in the oven to toast. Toast coconut for about 12 min stirring often to prevent burning. You want the coconut a beautiful golden color when finished. Take coconut out of oven and drizzle with honey. Drizzle lightly at first and stir. You are trying to just sweeten the coconut. You may want to add a little at a time stirring in between. I just drizzle over the top and then stir. Taste and see if it needs more. This is where the sweet is coming from in this granola. Next, roast as you did in first recipe. When nuts have finished roasting and are completely cool add sweetened coconut.

Candied Fruit and Nut Granola

Courtesy of Melanie Blackmer

Dehydrated Banana Slices (about 2 bananas sliced thin)

Dehydrated Apple Slices (about 1 apple sliced thin)

½ lb Pecan Pieces

1-1 ½ cup Hazelnut pieces

½ cup Macadamia Pieces

2 ½ oz toasted coconut

Dried Cherries (cut up) (I ordered these from Digestive wellness)

Honey

Course salt in grinder

Set oven on 350*. Mix nuts into a baking pan and roast again as in first recipe. While roasting tear banana slices and apple slices into smaller pieces. When nuts are roasted and still warm lightly drizzle with honey and mix. Then add coconut and fruit and lightly grind coarse salt over the mixture and stir. Be very careful you just want the slightest bit of salty. Too much will ruin it. This one is my favorite!!!!

Note: The article appears in the **Want To Thrive Magazine by Erin The SeptemberOctober Magazine for a fee....**

<http://nomorecrohns.com/SeptemberOctober.aspx>