

60 Days to Reclaim YOUR Health



MAPLE NUTS

Ingredients

- 1-1/2 cups nuts (your favorites)
- 1/3 cup maple syrup

Directions

1. Coat nuts with syrup.
2. Spread nuts on a baking sheet and bake on low heat for approximately 45 minutes, stirring frequently.
3. Cool and serve.

POPCORN "CHICKEN"

Ingredients

- 3/4 cup unpopped popcorn
- Nutritional yeast
- Black pepper
- 1/3 cup coconut oil heated until transparent
- Unrefined sea salt
- 2 large bowls

Directions

1. Pop corn in an air popper and place in a large bowl.
2. Transfer 1/2 of the popcorn into second bowl and disperse about 1/2 of the coconut oil over popcorn in second bowl. Sprinkle liberally with nutritional yeast followed by black pepper and salt.
3. Transfer the second half of the popcorn into the second bowl and repeat step 2 to create layers of flavor. Tastes like fried chicken!

One of the most surprising facts about The Hallelujah Diet is that you can still have snacks! Here are some wholesome alternatives to movie night treats.