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| **Coconut Pecan Balls**3-3 ½ C. Brown Rice Flour or Sprouted Grain Flour (if allowed)½ C. Coconut Sugar1 C. Butter1 tsp Vanilla1 C. Chopped Pecans | Directions:Mix sugar and butter together. Add flour, pecans and vanilla. Roll into small balls and put on cookie sheet. Bake at 350° for 15 minutes. Sprinkle with coconut sugar after taking out of oven. |

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| **Coconut Sugar Toffee**Toffee:1 C. Butter2 ¼ C. Coconut Sugar2 C. Sliced AlmondsTopping: 2-3 Unsweetened Chocolate Bars½ C. Agave Nectar or Honey1-2 Tbs of Heavy Whipping Cream | Directions:Melt butter in large pot, add sugar and bring to a boil stirring constantly.When boiling, add almonds. Cook until toffee reaches “soft crack” stage (275°). Spread candy on to large cookie sheet and add chocolate mixture on the top of toffee. Put candy in freezer until cool. Break in to pieces and store in bag in fridge.  |

***Sweet Potato Casserole***

3 C. Mashed Sweet Potatoes (3-4 large)

1 C. Coconut Sugar

½ C. Butter

½ C. Unsweetened Coconut or Almond Milk

1 Tbsp. Vanilla

2 Eggs

Topping: 1 C. Coconut Sugar

½ C. Butter

1 C. Chopped Pecans

1/3 C. Brown Rice Flour

Cover sweet potatoes in water and boil until tender (45 min). Peel and beat with butter, sugar, milk and vanilla. Pour into buttered casserole dish. Mix topping ingredients until crumbly and spread on top of sweet potatoes. Bake at 350° for 30 minutes.