



Fruits

- ☐ 1 Banana
- ☐ 1/4 cup Lemon Juice
- ☐ 1 tsp Lemon Zest
- ☐ 16 Plum

Breakfast

- ☐ 1/4 cup Granola
- ☐ 1/2 cup Maple Syrup

Seeds, Nuts & Spices

- ☐ 3 tbsps Chia Seeds
- ☐ 2 tsps Cinnamon
- ☐ 3 tbsps Ground Flax Seed
- ☐ 1 tsp Ground Ginger
- ☐ 1/2 tsp Sea Salt

Vegetables

- ☐ 2 Carrot

Boxed & Canned

- ☐ 2 tbsps Quick Oats

Baking

- ☐ 1 cup Almond Flour
- ☐ 1 tsp Baking Soda
- ☐ 1/4 cup Oat Flour
- ☐ 3 tbsps Unsweetened Applesauce
- ☐ 1 tsp Vanilla Extract
- ☐ 1/2 cup Whole Wheat Flour

Condiments & Oils

- ☐ 1 tbsp Extra Virgin Olive Oil

Cold

- ☐ 3 Egg
- ☐ 2 cups Plain Greek Yogurt



Carrot Cake Plum Muffins

12 servings

40 minutes

Ingredients

1 cup Almond Flour
1/4 cup Oat Flour
1 tsp Baking Soda
1/2 tsp Sea Salt
1 tsp Cinnamon
1 tbsp Chia Seeds
1 Banana (mashed)
1 tbsp Extra Virgin Olive Oil
3 Egg (or vegan egg replacer)
1/4 cup Maple Syrup
2 Carrot (grated)
4 Plum ((From Ontario)sliced)

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Add the dry ingredients (almond flour, coconut flour, baking soda, salt, cinnamon and chia seeds) in a mixing bowl and mix with a fork.
- 3 Mix the wet ingredients (banana, oil, eggs, maple syrup and grated carrot) in a separate mixing bowl.
- 4 Combine the wet and dry ingredients together and stir until well mixed.
- 5 Line a muffin tin with muffin papers. Ladle the mix into the tins. Top with the sliced plums. Bake for 30 minutes or until baked through. Enjoy!

Nutrition

Amount per serving	
Calories	137
Fat	8g
Carbs	14g
Fiber	3g
Sugar	8g
Protein	5g
Cholesterol	47mg
Sodium	229mg
Vitamin A	1849IU
Vitamin C	4mg
Calcium	49mg
Iron	1mg

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Additional Toppings: Enjoy with a bit of honey or butter on top.



Plum Chia Jam

4 servings

20 minutes

Ingredients

5 Plum ((From Ontario)chopped small)
2 tbsps Lemon Juice
2 tbsps Maple Syrup
2 tbsps Chia Seeds

Nutrition

Amount per serving	
Calories	94
Fat	2g
Carbs	19g
Fiber	3g
Sugar	14g
Protein	2g
Cholesterol	0mg
Sodium	2mg
Vitamin A	285IU
Vitamin C	11mg
Calcium	54mg
Iron	1mg

Directions

- 1 Over medium heat in a saucepan, add the chopped plums, fresh lemon juice and maple syrup, bring to the boil and turn the heat down slightly allowing plums to simmer, reduce and soften for approximately 10-15 minutes.
- 2 Add the chia seeds, stir through for a minute to combine and then turn the heat off. Allow the plum jam to thicken by cooling down at room temperature, take a spatula and draw a line down the middle of the saucepan, it should come together slowly when cool. Store in a sterilized airtight jar in the fridge and use as needed.



Maple Ginger Plum 'Sundae'

2 servings

10 minutes

Ingredients

3 Plum ((From Ontario) pitted and chopped)
2 tbsps Lemon Juice
1 tbsp Maple Syrup
1 tsp Ground Ginger
1 tsp Cinnamon
1/4 cup Granola
1 1/2 cups Plain Greek Yogurt

Directions

- 1 Combine plums, lemon juice, maple syrup, ginger, and cinnamon together in a bowl. Serve topping over yogurt with granola. Enjoy!

Nutrition

Amount per serving	
Calories	291
Fat	8g
Carbs	38g
Fiber	4g
Sugar	24g
Protein	19g
Cholesterol	25mg
Sodium	111mg
Vitamin A	1287IU
Vitamin C	27mg
Calcium	417mg
Iron	2mg



Air Fryer Plum Crumble

3 servings
20 minutes

Ingredients

4 Plum ((From Ontario)pitted, chopped)
 1 tsp Lemon Zest
 1 tsp Vanilla Extract
 1 tbsp Maple Syrup (divided)
 1/2 cup Whole Wheat Flour
 2 tbsps Quick Oats
 3 tbsps Ground Flax Seed
 3 tbsps Unsweetened Applesauce
 1/2 cup Plain Greek Yogurt (optional)

Nutrition

Amount per serving	
Calories	220
Fat	4g
Carbs	37g
Fiber	6g
Sugar	15g
Protein	9g
Cholesterol	6mg
Sodium	25mg
Vitamin A	517IU
Vitamin C	12mg
Calcium	122mg
Iron	2mg

Directions

- 1 Preheat the air fryer at 350°F (175°C).
- 2 Place the plums into ramekins.
- 3 In a small bowl, mix together the lemon zest, vanilla, and half of the maple syrup and spread evenly over the fruit.
- 4 In a small bowl, mix the flour, oats, flax seed and the remaining syrup together. Mix in the applesauce until the mixture is crumbly.
- 5 Spread the crumbles evenly over the plum mixture. Cook in the air fryer for 12 to 15 minutes or until the tops are golden brown and the plums are soft.
- 6 Top with yogurt (optional) and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is one ramekin, approximately 1/2 cup. Each ramekin was 3 1/2-inch (9 cm) round.