



Challenge Day 27

Chew's Challenge



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Blueberry Muffins

Ingredients

1 cups wheat flour	1/2 cup almond milk
1 cups white flour	1/2 cup oil
1 Tbsp baking powder	2 tsp vanilla
1/2 tsp salt	1 cup blueberries
1/2 cup applesauce	1/2 cup sugar



Thin Crust Olive Mushroom Pizza

Ingredients

1/4 cup olives	2 Tbsp country style seasoning
1/4 cup mushrooms	1/4 cup tomato sauce
1/4 onions cup	1/4 cup daiya cheese
1/4 spinach	2 Tbsp cheese sauce
1/4 cup cabbage	1 brown rice tortilla
2 Tbsp fresh basil	

