



Challenge Day 14

Chew's Challenge



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Rosemary Corn Muffins

Ingredients

1 1/2 unbleached flour	1/2 tsp sea salt
1 cup cornmeal	2 Tbsp. baking powder
2 Tbsp dry rosemary	1 1/4 cup dairy-free milk
1/4 cup raw sugar	1/3 olive oil



Mighty Mac

Ingredients

1 cup garbanzo beans	1 Tbsp chicken style seasoning
1 1/2 cup water	1 medium diced onions
2 cups quick oats	1tsp salt
1/4 cup chopped walnuts	1 tsp sage

