

HEALTHY, TASTY, EASY

Simple Foods

COOKING



ABOUT SIMPLE FOODS

In the summer of 2007 the Lord chose to change the direction of our lives. As we were sitting around a campfire, a neighbor's child accidentally stumbled into the remaining embers, resulting in a severe burn wound.

That very evening we were introduced to burn care, that was the start of years of research, training meetings, and hospital visits. We soon observed that how well wounds heal, is largely an expression of a person's diet. Wounds healed better and faster for people who choose a wholesome diet.

Out of this, our vision was born to provide simple, easy to follow recipes that would compliment not only people going through a wound healing or recovery, but also for families and children.

This in combination with one of our daughters being gluten intolerant, and helping us, led to taking regular recipes and recreating them, after several years of creating recipes and recording them, our daughter noticed a significant change in the way her overall health improved, along with

both our daughters expressing the fact that our grandchildren's overall ability to stay focused improved.

This led to the creation of Simple Foods Cookbook, after publishing the cookbook, at the encouragement of our children we started creating healthy baking mixes, that are gluten friendly made with healthy flours, and sweetened with natural sugars such as, coconut sugar, stevia, erythritol, and xylitol.

We now have a product line featuring items such as simple sweet, collagen, whey protein, almond flour, several cake mixes, cookie mix, frosting mix, etc.

We Thank You for taking the time to review this booklet, we believe that every day is a gift that God has given us, and that everyone's hands can be used as tools to our heavenly Father to help and encourage each other, by eating a healthy diet we are not attempting to live forever on this side of eternity, but feeling better as we go about our daily lives.

God's Blessings,
Norman & Tina



Distributors - call for pricsheet

330.473.5881 | simplefoodscookingllc@gmail.com | Hours: Monday - Friday 8 - 4

SIMPLE *Sweet*

16 OUNCE

Simple Sweet is a sweetener blend that has a sweet taste and no after taste. Substitute 1/3 cup simple sweet for 1 cup sugar. Add a little more Simple Sweet if you prefer a sweeter taste.

Ingredients:

Organic erythritol, xylitol, organic stevia



Chocolate Cookie Cheesecake

Crumbs:

- 1 Package Simple Foods Cookie Mix
- 8 T. melted butter

1. Mix together until well blended then place on cookie sheet lined with parchment paper
2. Bake at 325 for 13 min.
3. When cooled break into pieces until crumbly
4. Press 3 cups crumbs into 7 inch cheesecake pan

Cheesecake:

- 24 oz. cream cheese (softened)
- 2/3 cup Simple Sweet
- 2 Tbsp. vanilla
- 3 eggs

1. Beat cream cheese and sweetener together, then add rest of ingredients
2. Mix 1 cup crumbs into batter then pour on top of crust
3. Bake at 325 for 35 minutes
4. Top with crumbs and melted chocolate

SIMPLY *Sweet* 16 OUNCE



Simply Sweet has the same great taste as Simple Sweet without the xylitol. Substitute 1/3 cup Simply Sweet for 1 cup sugar. It works well in baked goods, drinks, and smoothies.

Chia Pudding

- 2 cup peach puree
- 1 cup pineapple juice
- 1/2 cup almond milk
- 1/3 cup Simply Sweet
- 1/4 tsp. Stevia
- 1/2 cup chia seeds
- 3/4 cup heavy whipping cream

1. For puree put fresh peaches in blender, blend until liquid
2. Mix first 6 ingredients together, refrigerate overnight
3. Before serving, beat whipping cream until stiff and fold in to peach mixture.
4. Serve with fresh peaches

Ingredients: Organic erythritol, organic stevia

POWDERED SIMPLE *Sweet*

16 OUNCE

Powdered Simple Sweet is used for mixing into cream cheese, drinks, smoothies, and much more as it will dissolve much easier than the regular Simple Sweet.

Ingredients:

Organic erythritol, xylitol, organic stevia



Fruit Dip

4 oz. cream cheese (softened)
3 Tbsp Powdered Simple Sweet
1 cup heavy whipping cream

1 cup Greek or homemade yogurt
2 tsp vanilla

1. Mix cream cheese and sweetener together until smooth
2. Beat cream until stiff and add to cream cheese mixture
3. Add yogurt

STEVIA

1.5 OUNCE

Use in your smoothies, drinks, and desserts.

Ingredients:

Organic Debittered Stevia extract (Stevia Rebaudiana)

Grape Surge

8 oz grape juice unsweetened
1 egg
1/16 tsp. Stevia

1. Beat egg well
2. Add grape juice and mix



PANCAKE *Mix*

15.9 OUNCE

Ingredients:

Brown rice flour, blanched almond flour, organic coconut flour, organic tapioca flour, organic erythritol, xylitol, organic stevia, xanthan gum, pink Himalayan salt, baking powder (sodium acid pyrophosphate, sodium bicarbonate, comstarch monocalcium phosphate)

Pancake Wrap

1 1/3 cup Pancake mix
2 TBSP oil

2 eggs
3/4 cup milk

1. Mix until well blended

Filling:

Scrambled eggs
Fried hash browns
Fried sausage

Sautéed onions and peppers
Cheddar cheese

1. Pour batter into greased skillet, shake skillet to thin as desired
2. Cook on low for 1-2 minutes on each side
3. Assemble filling as desired onto pancake, roll up and serve with maple syrup



FROSTING *Mix*

24 OUNCE

This frosting mix is made with organic powdered cane sugar, Powdered Simple Sweet and other ingredients. You can use coconut oil instead of butter and almond milk instead of milk for dairy free frosting. The vanilla and chocolate frosting recipes are on the back of the frosting mix bag.

Vanilla Frosting

1 1/2 cup frosting mix
3 tablespoons butter softened
1 tablespoon water
1 1/2 teaspoon vanilla

1. Beat for 3 minutes

Ingredients:

Organic Powdered cane sugar, organic erythritol, organic tapioca flour, organic stevia, xanthan gum, himalayan pink salt



CHOCOLATE CAKE *Mix*

11.7 OUNCE

Cake Pops

1 Simple Foods Chocolate Cake

1. Mix and bake cake as instructed on bag

Frosting:

1½ cup Simple Foods Frosting Mix

3 teaspoons butter (softened)

1 tablespoon water

½ teaspoon pure vanilla

2. Mix ingredients together with mixer for approximately 2 minutes
3. Crumble cooled cake into a bowl and add frosting
4. Mix until well blended
5. Using a large cookie scoop, drop balls onto a tray lined with parchment paper

Coating:

1 Package Lily's white chocolate chips

6. Melt chocolate, dip candy sticks into melted chocolate and insert into ball refrigerate for 1 hour
7. Dip cake pops into melted chocolate, refrigerate until chocolate is set



Ingredients:

Blanched Almond Flour, Brown Rice Flour, Oat Flour, Organic Tapioca Flour, Organic Erythritol, Xylitol, Cocoa, Organic Coconut Flour, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate), Baking Soda, Xanthan Gum, Organic Stevia



BROWNIE *Mix*

12 OUNCE

Cream Cheese Brownie

1 bag Simple Foods Brownie Mix

1. Mix brownies as instructed on bag
2. Pour into 12x12 pan

Cream Cheese Layer

8 oz. cream cheese
¼ cup Simple Sweet
1 egg

1. Mix cream cheese and sweetener until creamy
2. Add egg and beat
3. Put cream cheese mixture into ziplock bag and snip corner, drop small amounts onto brownies then take a knife and swirl
4. Bake at 350° for 25-30 minutes

Ingredients:

Blanched Almond Flour, organic erythritol, xylitol, oat flour, brown rice flour, organic coconut sugar, cocoa, organic stevia, baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), baking soda, xanthan gum



CORNBREAD *Mix*

7.4 OUNCE

Cornbread Muffins:

1 package Simple Foods Cornbread mix
¼ cup oil
1 egg
2/3 cup milk

1. Preheat oven to 350° bake in muffin tin for 10-15 minutes

Ingredients:

Yellow corn meal, Brown Rice Flour, organic erythritol, xylitol, organic Tapioca Flour, organic stevia, Xanthan Gum



Simple Foods

SPICE CAKE *Mix*

11.7 OUNCE

Pumpkin Cupcakes

1 Bag Simple Foods Spice Cake Mix

2/3 cup pumpkin

3 eggs

2/3 cup water

1. Preheat oven to 350 bake in cupcake tin for 20-25 minutes

Cream Cheese Frosting

1 cup Simple Foods Frosting Mix

1 Tablespoon butter (softened)

2 ounce cream cheese (softened)

½ tablespoon water

1. Put all ingredients in a bowl and beat for approximately 2 minutes

Ingredients:

Blanched Almond Flour, Brown rice Flour, Organic Tapioca Flour, Organic Erythritol, Xylitol, Oat Flour, Organic Coconut Flour, Protein Powder (Milk) Baking Soda, Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate) Cinnamon, Xanthan Gum, Organic Stevia, Allspice, Nutmeg, Clove



CHOCOLATE SANDWICH *Cookies*

14 OUNCE

Chocolate Cookies

1 bag Simple Foods Chocolate Sandwich Cookie Mix

1. Bake as instructed on bag
2. When cooled dip cookie into melted white chocolate

Ingredients:

Organic Coconut Sugar, Brown Rice Flour, Oat Flour, Blanched Almond Flour, Organic Erythritol, Xylitol, Cocoa, Organic Tapioca Flour, Organic Stevia, Baking Soda, Baking Powder (Sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), Xanthan Gum



YELLOW CAKE *Mix*

11.7 OUNCE

Graham Streusel Cake

1 bag Simple Foods Yellow Cake Mix

1. Mix as instructed on bag
2. Pour into 11x15 pan

Crumbs:

- 1 cup Cup-4-Cup Flour
- 1/3 cup coconut sugar
- 1/4 cup Simple Sweet
- 2 teaspoons cinnamon
- 1/3 cup coconut oil (melted) or butter

1. Mix until well blended sprinkle over cake batter
2. Bake at 350° for 20-25 minutes

Glazing:

- 1 cup Simple Foods Frosting Mix
- 1 teaspoon water
- 1/4 teaspoon pure vanilla

1. Mix together with a whisk and drizzle over partly cooled cake

Ingredients:

Blanched almond flour, Brown rice flour, Organic Erythritol, Xylitol, Organic Tapioca flour, Organic Coconut flour, Collagen peptides, Baking powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium, Phosphate), Baking soda, Natural flavor (Vanilla), turmeric powder, Xanthan gum, Organic Stevia



QUICK *Mix*

24 OUNCE

Cake Donuts

1¼ cup Simple Foods Quick Mix
1/3 cup Simple Sweet
1 egg
½ cup oil

2/3 cup almond milk
1½ teaspoon vanilla

1. Mix all ingredients together with a whip until well blended, spray donut pan with oil, then fill each compartment half full with dough
2. Bake at 350° for 10 minutes
3. Frost with your favorite frosting, makes approximately 15 donuts



Ingredients:

Brown rice flour, blanched almond flour, organic tapioca flour, organic coconut flour, whey protein (milk), pink salt, xanthan gum, baking powder (sodium acid, pyrophosphate, sodium bicarbonate), comstarch, monocalcium phosphate)

HOT CHOCOLATE *Mix*

12 OUNCE

Mixing Instructions

2 Tablespoons Hot Chocolate Mix
8 oz. milk or Almond milk

1. Heat milk until desired temperature
2. Add Hot Chocolate Mix and stir well
3. Also works great for chocolate milk, mix in shaker bottle

Ingredients:

Collagen, cocoa, organic erythritol, organic stevia, himalayan pink salt



CUP-4-CUP *Flour*

24 OUNCE

Ingredients:

Brown rice flour, blanched almond flour, organic tapioca flour, organic sorghum flour, xanthan gum



BROWN RICE *Flour*

24 OUNCE

Ingredients:

Brown long grain rice.

BLANCHED ALMOND *Flour*

24 OUNCE

Ingredients:

Almonds



ORGANIC TAPIOCA *Flour*

14.3 OUNCE

Tapioca Flour can be used in many different ways; for cooking, baking, and can be used to replace wheat and corn based products. Tapioca is extracted from the roots of a plant that is native to South America.

Ingredients:

Organic Tapioca



ORGANIC SORGHUM *Flour*

12 OUNCE

Sorghum Flour has an impressive amount of nutrients, with a good source of many vitamins, minerals, fiber, and protein which all contribute to better health.

Ingredients:

Organic Whole Grain Sorghum



COLLAGEN

16 OUNCE

Caramel Macchiato

Ice

½ cup coffee (brewed strong)

¼ cup caramel syrup

2 tablespoons vanilla syrup

1. Mix collagen and coffee together
2. Place ice in glass, add rest of ingredients, stir

2/3 cup almond
milk
1 tablespoon
Collagen



Why use collagen?

Provides structural health to much of your body such as joints, bones, ligaments, cartilage, and more.

Clean collagen, grass fed from Brazil. No hormones. No antibiotics. No pesticides & herbicides.

Ingredients:

Collagen Peptides

ORGANIC COCONUT *Sugar*

16 OUNCE

Ingredients:

Organic Coconut Blossom Sugar



WHITE CAKE *Mix*

12.5 OUNCE

White Chocolate Fudge Cake

- 1 White Simple Foods Cake Mix
- 3 egg whites
- 1/2 cup oil
- 3/4 cup water
- 1/2 cup Lily's white chocolate chips (melted)

Topping

- 1 1/2 cups Simple Foods Chocolate Chips
- 6 Tablespoons butter

Frosting

- 2 cups Simple Foods Frosting Mix
- 4 Tablespoons butter (soft)
- 2 Tablespoons water
- 1/2 cup Lily's white chocolate chips (melted)
- 2 cups whipping cream (whipped)

Mixing Instructions

Cake

1. Mix cake mix, egg whites, oil, and water until well blended,
2. Add melted white chocolate and mix well, pour into 11x16 pan bake at 325 for approx. 15-20 minutes or until done.

Topping

1. Melt butter and chocolate chips, pour over cooled cake

Frosting

1. Beat frosting mix, butter, and water until smooth, add melted white chocolate chips, fold whipping cream into frosting mixture. (do not beat)
2. Spread over melted chocolate. Drizzle with melted chocolate chips (optional)

Ingredients:

Blanched Almond Flour, Brown Rice Flour, Erythritol, Whey Protein Powder (Milk), Organic Tapioca Flour, Xylitol, Organic Coconut Flour, Baking Soda, Baking Powder (Sodium acid pyrophosphate, Sodium bicarbonate, Cornstarch, Monocalcium phosphate) Organic Stevia, Natural Flavor (Vanilla), Xanthan gum.



ORGANIC COCONUT SUGAR

Chocolate Chips

16 OUNCE

Ingredients:

Organic Coconut Blossom Sugar, Organic Cocoa Liquor, Organic Cocoa Butter, Organic Sunflower Lecithin



ORGANIC QUICK *Oats*

16 OUNCE

Baked Oatmeal

½ cup butter or olive oil

½ cup honey

2 eggs

3 cups Simple Foods Gluten Free Organic Quick Oats

2 teaspoon baking powder

1 teaspoon pink salt

1 cup almond milk

1 teaspoon cinnamon

1. Mix all ingredients together and put in 9x9 pan

2. Bake at 350 for 25-30 minutes

3. Serve with yogurt and fresh or frozen fruit

Ingredients:

Organic Whole Grain Oats



WHEY PROTEIN

16 OUNCE

Chocolate Chip Protein Shake

- 8 ice cubes
- ¼ cup cottage cheese
- ¼ cup milk or almond milk
- ¼ cup whipping cream
- 1½ Tablespoon Protein Powder
- 1 Tablespoon Powdered Simple Sweet
- 2 Teaspoon Vanilla
- ¼ Teaspoon butter pecan flavoring
- 1/8 Teaspoon black strap molasses
- 2 Tablespoons Simple Foods Chocolate Chips
- Pinch of salt

1. Place all ingredients in blender, blend till smooth

Ingredients:

Whey (Milk) Protein Isolate



WHERE TO FIND SIMPLE FOODS MIXES

OHIO

93 Stitches
Sugarcreek, Ohio

Ashery Country Store
Fredericksburg, Ohio

Backyard Herbs
Fredericksburg, Ohio

Becks Mills Country Store
Becks Mills, Ohio

Breezy Knoll Herbals
Shiloh, Ohio

Cardinal Hill Grocery
Holmesville, Ohio

Charm Marketplace
Charm, Ohio

Chili Country Store
Fresno, Ohio

Clark Valley Market
Millersburg, Ohio

Country Hills Market
Fredericksburg, Ohio

Countryside Market
Fredericksburg, Ohio

D&J Fabrics
Winesburg, Ohio

Dundee Marketplace
Dundee, Ohio

Dutch Valley Market
Sugarcreek, Ohio

East Union Bulk Foods
Orville, Ohio

Friendly Meadows
Country Store
Walhonding, Ohio

German Village Market
Berlin, Ohio

Heini's Cheese Chalet
Millersburg, Ohio

Heritage Naturals
Middlefield, Ohio

Home and Heart Variety
Adamsville, Ohio

Home Specialties
Baltic, Ohio

Homestead Herbs
Baltic, Ohio

Honeytown Market
Fredericksburg, Ohio

Hurley Farms
Huntsville, Ohio

J-Mars Country Market
Millersburg, Ohio

Kauffman's Country
Market
Holmesville, Ohio

Kauffman's Treasures
Orwell, Ohio

Mt Hope Country Health
Mt. Hope, Ohio

Nature's Herbs
Middlefield, OH 44062

New Bedford Country Store
Baltic, OH 43804

Olde Thyme Pantry
Elida, OH 45807

Pleasant Hill Bulk Food
Fredericksburg, Ohio

Pumpkin Seed Market
Mansfield, OH 44907

Raber's Bakery
Darville, Ohio

Red Tomato Market
Mt. Eaton, Ohio

Route 62 Bent & Dent
Wilmot, Ohio

Shady View Pantry
Dalton, Ohio

Salt Creek Produce
Fredericksburg, Ohio

Stutzman Farms
Millersburg, Ohio

Sun Lite Herbs
Belle Center, Ohio

Sunrise Market
Sugarcreek, Ohio

The Flour Barrel
Bradford, OH 45308

Troyer Country Market
Millersburg, Ohio

Trailside Deli
Millersburg, Ohio

Weaver Basic Foods
Shreve, Ohio

Walnut Creek Cheese
Berlin, Ohio

ARKANSAS

Kozey's Corner Store
Hardy, Arkansas

DELAWARE

Countryside Favorites
Dover, DE 19904

GEORGIA

Peace Valley Market
Colquitt, GA 39837

ILLINOIS

Beachys Bulk Foods
Arthur, IL 61911

Family Health Foods
Arthur, Illinois

Homestyle Foods
Clayton, Illinois

Lee's Bakery
Roseville, IL 61473

INDIANA

A&M Family Grocery
Gabril, Indiana

Country Creations
Brazil, Indiana

Crystal Springs Creamery
Osceola, Indiana

Daily Bread Market
Bremen, Indiana

Eash Sales
Shipshewana, Indiana

Katie's Grocery
Lagrange, Indiana

Norene's Herbs
Goshen, Indiana

Northern Nutrition
Shipshewana, Indiana

Peaceful Rose Naturals
Williamsburg, Indiana

Raber's Naturals
Montgomery, Indiana

Simply Paper & Supplies
Topeka, Indiana

Swiss Maid Country Market
Hope, IN 47246

IOWA

True Essentials
Bloomfield, Iowa

Yoder's Discount Grocery
Hazleton, IA 50641

KENTUCKY

Kuntry View Creations
Munfordville, KY 42765

MICHIGAN

Colorville Country Store
Clare, Michigan

Country Corners Bulk Foods
Mio, Michigan

Hillside Bulk Foods
White Cloud, Michigan

Whispering Pines
Country Store
Fremont, Michigan

Yoder's Country Market
Clare, Michigan

MISSOURI

Blosser's Country Store
Halfway, Missouri

Bramble Patch Health
Foods
Versailles, Missouri

Cozy Corners Fabrics
Seidal, Missouri

Rolling Acres Variety
Moberly, Missouri

MONTANA

Heritage Market
Stevensville, MT 59870

Homestead Dry Goods
Moore, Montana

Stutzman's Market
St. Ignatius, MT 59865

NEW YORK

Millers Bulk Foods
Medina, New York

Pine Valley Variety
Woodhull, NY 14898

Weaver's Farm Market
Morris, NY 13808

PENNSYLVANIA

A&S Bulk Foods
Rossiter, PA 15772

Canaan Grove Naturals
Newmanstown, PA 17073

Country View Grocery LLC
Anrville, PA 17003

Earth's Delights
Loysville, Pennsylvania

Esh's Store
Newburg, PA 17240

Fisher's Country Store
Bedford PA 15522

Living Foods

Gordonville, Pennsylvania

Moo Echoes Dairy
Somerset, Pennsylvania

New Light Health

New Port, Pennsylvania

New Wilmington Nutrition
New Wilmington, Pennsylvania

Nickel Mines Health Foods
Paradise, PA 17562

Pleasant Valley Country Store
Kirkwood, Pennsylvania

Seven Mountains Chandlery
Loysville, Pennsylvania

Shady Lane Sales
Atlantic, Pennsylvania

Springville Foods
Kinzers, PA 17535

Stoney Ridge Foods
Loysville, Pennsylvania

Sunshine Soap & Naturals
Cochranon, PA 16314

Willow Creek Discount Grocery
Reinholds, PA 17569

Windy Knoll Grocery Store
Sandy Lake, Pennsylvania

VIRGINIA

The Dutch Pantry
Rural Retreat, Virginia

TENNESSEE

Mountain View
Country Market
Chuckey, Tennessee

The Country Porch
Monterey, Tennessee

WEST VIRGINIA

Bakery Barn LLC
Romney, WV 26757

WISCONSIN

Dupont Discount Store
Marion, Wisconsin

SIMPLE FOODS COOKBOOK

Over 200 recipes.

7" x 8 1/2"

Padded Hardcover

Full Color

Photo with every recipe.



Unlock the natural healing God designed for you with simple wholesome foods. Of course, we know a healthy diet promotes healing. The difficulty lies in getting a reliable plan in place and making it work. Simple Foods packs all you require in its pages. You'll find highly - informative nutritional info, along with an abundance of recipes loaded with restorative qualities and flavor. Simple, easy, no - flour, no - sugar, nutrient - rich, and tasty. Enjoy eating well while eating right.



SIMPLE COOKING COOKBOOK

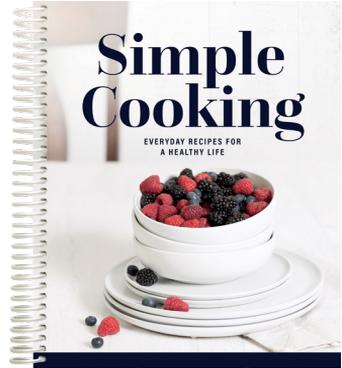
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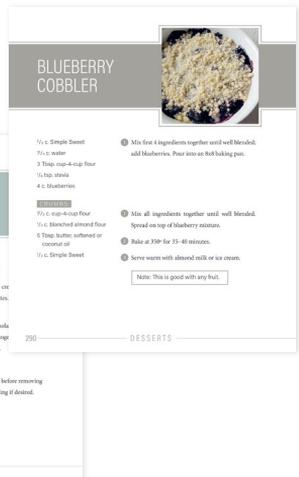
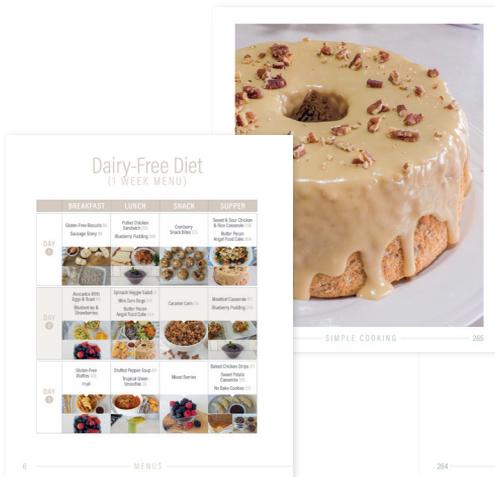
Full Color

Photo with every recipe.



Rediscover the benefits of food bursting with vitality and refreshing goodness in this sequel to Simple Foods.

Innovative, home-designed Simple Cooking recipes pack a nutritious punch - twice baked sweet potato, chia pudding, graham streusel cake, and many more - while boosting the well-being of you and your family. Included is a gluten-free menu, a dairy-free menu, grocery lists, sweetener and flour alternatives, plus other healthy choices. And of course, simple and wholesome recipes to inspire you in the kitchen. The homework is done, the results are yours to enjoy.



BLUEBERRY COBLER



- 1/2 c. Simple Sweet
- 1/2 c. water
- 3 Tbsp. oat-flour flour
- 1/2 tsp. chia
- 4 c. blueberries

- 1 Mix four ingredients together until well blended, add blueberries. Pour into an 8x8 baking pan.

INSTRUCTIONS

- 1 Mix oat-flour flour
- 2 Mix all ingredients together until well blended. Spread on top of blueberry mixture.
- 3 Bake at 350° for 35-40 minutes.
- 4 Serve warm with almond milk or ice cream.

Note: This is good with any fruit.

PECAN FOOD CAKE

- 1 Pour egg whites until almost stiff.
- 2 Mix 1/2 cup Simple Sweet and oil together. Slowly add to egg whites, continue beating until stiff.
- 3 Mix 1/2 cup Simple Sweet and milk. Add oil then and process, mix together slowly fold into egg whites.
- 4 Pour into angel food cake pan.
- 5 Bake at 350° for 45 minutes. Cool before removing from pan. Top with caramel frosting if desired.

**SIMPLE FOODS
COOKING**

9223 County Road 245
Fredericksburg, Ohio 44627

EATING A *Healthy* DIET

IS LIKE A BANK ACCOUNT.

**HEALTHY FOOD CHOICES ARE
GOOD INVESTMENTS!**



Baked Oatmeal
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Cake Pops
PAGE 6



Hot Chocolate
PAGE 10

SIMPLE FOODS COOKING

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