



Wellnesssleuth **Recipes**

Enjoy your day with
delicious food

www.wellnesssleuth.com



MANGO CUCUMBER AND AVOCADO SALSA

INGREDIENTS:

Ingredients

-1 cup of fresh raspberries

-1 cup of gluten-free all-purpose flour

-1 teaspoon baking powder

-1/4 teaspoon salt

-3/4 cup of granulated sugar

-1/2 cup of unsalted butter, softened

-2 large eggs

-1 teaspoon vanilla extract

-1/4 cup of coconut milk.

DIRECTIONS

- *To make the raspberry muffins,*
- *start by preheating the oven to 375 degrees Fahrenheit.*
- *Then, in a medium bowl, whisk together the flour, baking powder, and salt.*
-
- *In a large bowl, cream together the sugar and butter until light and fluffy.*
-
- *Beat in the eggs one at a time, then stir in the vanilla extract.*
- *Add the flour mixture to the wet ingredients and mix until just combined.*
-
- *Gently fold in the raspberries.*
- *Fill each muffin cup about two-thirds full with batter and bake for 18 minutes or until a toothpick inserted into the center comes out clean.*
-
- *Allow the muffins to cool for a few minutes in the pan before removing them to a wire rack to cool completely.*
-
- *Enjoy!*



**GRILLED
POLENTA
CROSTINI**

These grilled polenta crostini are the perfect snack or light dinner. Made with just a few simple ingredients, they come together quickly and easily. You won't be disappointed. [Click here](#)



EGG ROLL BOWLS

Egg roll bowls are the perfect way to get together with friends and family. They're easy to make, and they're a great way to get everyone involved in the kitchen. Plus, they're a lot of fun to eat! [Click here](#)



**MIXED BERRY
SALAD WITH
RASPBERRY
VINAIGRETTE**

Refreshing Mixed Berry Salad with Raspberry Vinaigrette is a healthy and delicious salad that is perfect for a picnic or potluck. The salad includes a mix of fresh berries, cucumber, and red onion, tossed with a simple raspberry vinaigrette. [Click here](#)