

Healthy Baking BootCamp Schedule – Sunday

All the recipes may be downloaded on your special page:

[Welcome to the Healthy Baking BootCamp.](#)

Sunday A.M.

Drink 2 – 3 cups of warm water first thing. Read: [What do you Drink or Eat First Thing in the Morning?](#)

Eat a healthy breakfast to give you the energy to create wonderful baking today and be fully satisfied so that you are not nibbling at the ingredients as you go.

Let's get started with getting ready to do some baking.

1. Make **Gluten Free Pastry for Vegetarian Mince Tarts.**

Assemble tarts and bake them.

See video: [How to Create Tarts with GF Pastry](#)



Drink 1 cup of herbal tea, [Lemon Water](#) or a glass of water.

2. Bring out all your ingredients including bowls, measuring cups and spoons, mixing spoons and cookie sheet for these two cookies:
Thimble Cookies & Carob Chip Cookies

Drink 1 cup of herbal tea, [Lemon Water](#) or a glass of water.

Lunch Time! Eat the brown rice with the Lentil Stew you already prepared to give you full nourishment; you do not want to be filling up on cookies.

Sunday Afternoon

3. Prepare and bake **Thimble Cookies**



4. While the Thimble Cookies are baking you can chop and mix up these: **Carob Chip Cookies**



Drink 1 cup of herbal tea, [Lemon Water](#) or a glass of water.

Snack: for an alkalizing snack eat the Vegetable snack you prepared.

5. While the **Carob Chip Cookies** are baking chop and mix up these: **Cranberry Ginger Bars**

6. When Carob Chip Cookies are finished baking bake the Cranberry Ginger Bars.



There you go Mince tarts, two yummy grain free cookies and Cranberry Ginger Bars all baked and ready to eat. Remember: do not eat them all. It is good to sample but not eat.

Drink 1 cup of herbal tea, [Lemon Water](#) or a glass of water.

Dinner! Eat the nourishing salad with salad dressing you already prepared with protein of your choice.

Sunday Evening

One last easy sweet to make.

Raw Chocolate Balls – Mix these up in the kitchen. Then when they are all mixed, take them into the living room and watch a movie while you make up the balls putting them onto plates. Put tea towels around so as to keep things clean.



Drink 1 cup of herbal tea, [Lemon Water](#) or a glass of water.

Snack: Have a piece of fruit as an evening snack.

All ready to eat; a plate full of your baking ready to serve with your favourite herbal tea. (Mine is Calli)

