



Nuts / Seeds / Flours Dosing Tip Sheet

- ❖ Flours: mix into a citrus fruit sorbet
- ❖ Flours mixed into chocolate: before mixing into melted chocolate, add $\frac{1}{2}$ - $\frac{3}{4}$ tsp of water to your flour and mix it into a paste. Then mix melted chocolate into flour paste to make a chocolate pudding consistency.
- ❖ Melt Enjoy Life chocolate chips in the microwave for 30-60 seconds then mix in your nuts/seeds/flours of choice
 - Chocolate coin: Place in the freezer or refrigerator for 10-15 minutes
- ❖ Mix nuts/seeds/flours into apple sauce, yogurts, or puddings
- ❖ Mix whole or ground nuts/ground seeds into ice cream
- ❖ Mix whole or ground nuts/ground seeds into cookie dough to form a cookie
- ❖ Mix whole or ground nuts/ground seeds into cupcake or muffin batter to make muffins/cupcakes
- ❖ Mix whole or ground nuts/ground seeds into pancake/waffle batter
- ❖ Mix whole or ground nuts/ground seeds into donut batter and make a donut with chocolate chips
- ❖ Mix whole or ground nuts/ground seeds into a smoothie, however, your child must chew the smoothie before swallowing for oral exposure
- ❖ Roll the nuts/seeds in deli meat (salami is a great option)
- ❖ Mix into a rice Krispie treat
- ❖ Crush your peanuts/tree nuts into fine pieces then mix into jaggery or brown sugar. Pat down to create a small patty.

Nuts / Seeds / Flours Dosing Information

- ❖ Lentil, soy, and pea protein flours **CANNOT** be cooked / heated/baked
- ❖ All seeds **must be crushed**, then measure teaspoon amounts.
- ❖ Store chocolate coins in the refrigerator for 1 month
- ❖ If you are using a smoothie as an option, please have your child chew the smoothie to ensure good oral exposure. Avoid using a straw.
- ❖ Crush up a big batch of nuts/seeds and store them in a container rather than crushing nuts/seeds daily.