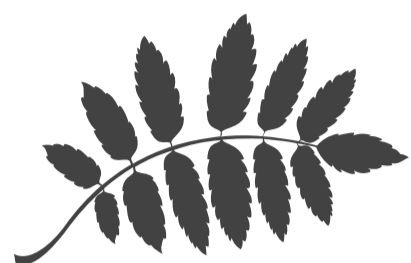
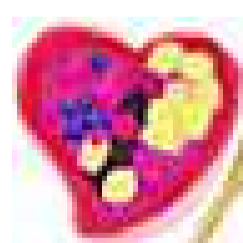


Next Level Holiday Recipes



.....
from our table to yours
whole food recipes curated with love
plant-based breakfast, sides & desserts
.....



BREAKFAST CRIMINALS

& friends

EAT WITH A WHOLE





This food is the gift of the whole universe—the earth, the sky, and much hard work.

May we live in a way that makes us worthy to receive it.

May we transform our unskillful states of mind, especially our greed.

May we take only foods that nourish us and prevent illness.

We accept this food so that we may realize the path of practice.

• **Traditional, via Thich Naht Hanh** •





Fall Spiced

PUMPKIN PIE SMOOTHIE

by Ksenia Avdulova
@breakfastcriminals
breakfastcriminals.com

Pumpkins are one of my favorite things about fall. This smoothie is the most seasonally appropriate, creamy, flavorful and nutrient-packed breakfast in my arsenal. Drink it up!

Ingredients:

1 cup almond milk

½ cup pureed pumpkin (if canned, make sure BPA free)

1 banana, sliced and frozen

1 scoop plant based protein powder (I love Sprout Living Vanilla Lucuma Protein)

1 TBSP cashew butter (almond or peanut butter works, too)

1/2 inch fresh ginger root

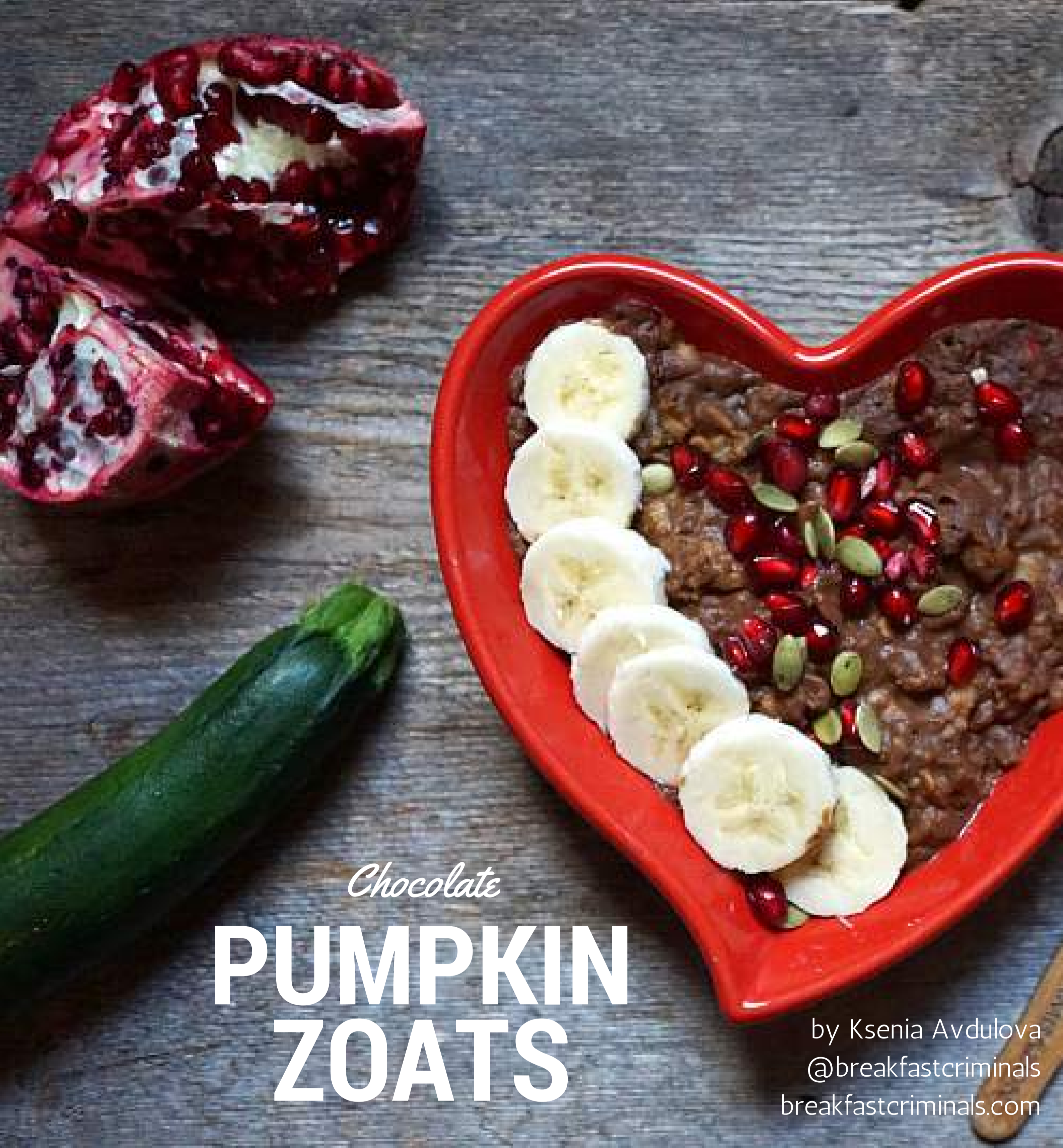
1 date

Nutmeg and cinnamon to taste

For a thicker smoothie, add ice

Directions:

Blend, then serve with pumpkin seeds and cinnamon.



Chocolate

PUMPKIN ZOATS

by Ksenia Avdulova
@breakfastcriminals
breakfastcriminals.com

A combination of shredded zucchini and oats, zoats make an incredibly satisfying and nutrient-packed breakfast. Simply add grated zucchini to oats and cook them as you normally would, or take it to a whole new level with these creamy and incredibly satisfying chocolate pumpkin zoats. Vegetables have never tasted so good – you can't even make them out in this creamy chocolate pudding of a meal!

Ingredients for Zoats:

1 small zucchini

1 cup almond milk

1/2 cup oats

1/2 cup pumpkin puree (or 1/2 cup baked pumpkin) - try it without pumpkin, too!

2 TBSP raw cacao powder or Philosophie Cacao Magic

2 TBSP sweetener of your choice (I use brown rice syrup or honey)

1 tspn pumpkin pie spice

Optional: 1 tspn maca (superfood boost for energy)

Toppings:

Get creative! I use pomegranate seeds, pumpkin seeds and banana.

Directions:

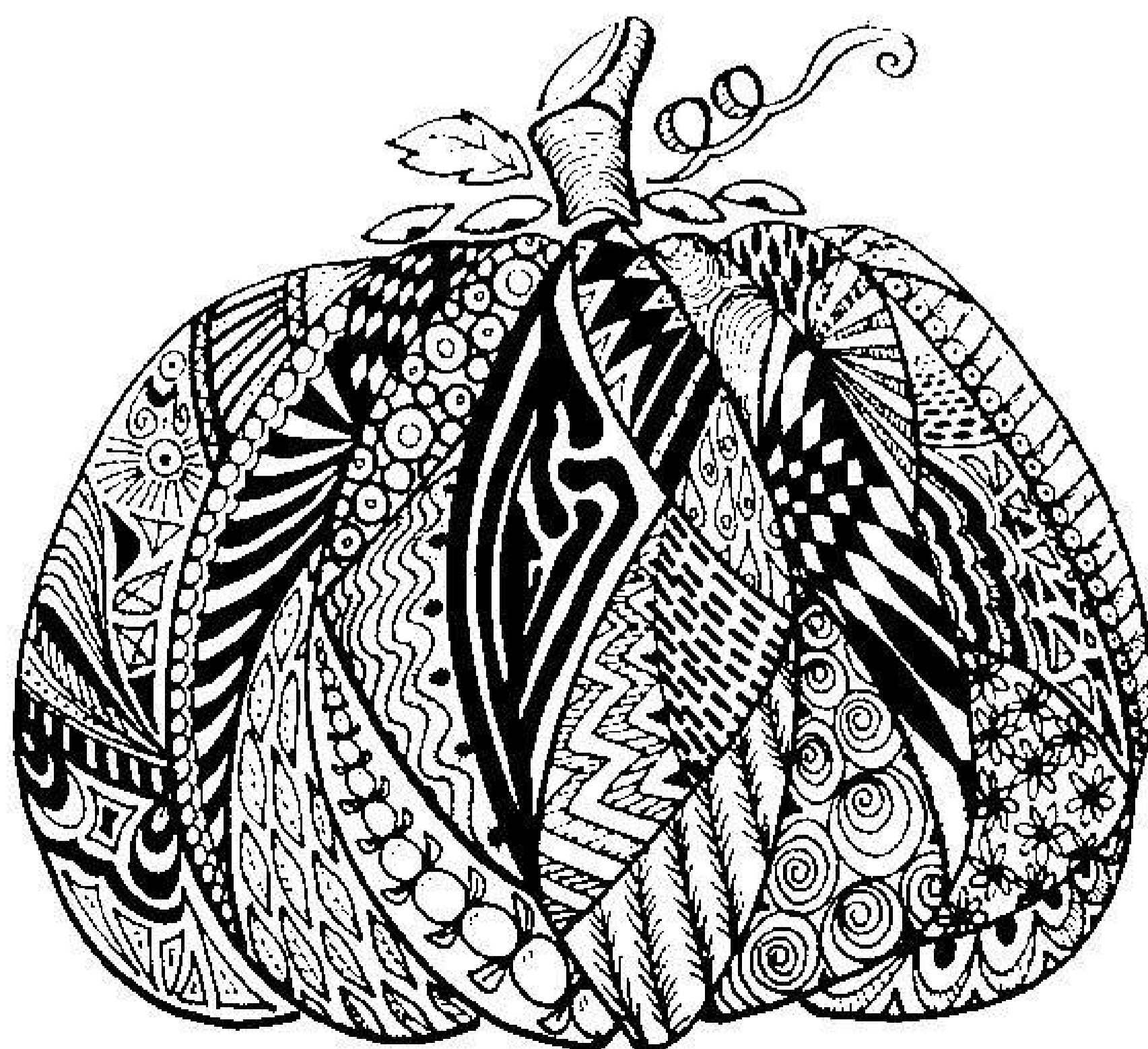
1. Blend peeled zucchini and almond milk.

2. Mix oats with zucchini and almond milk mixture and cook in a small pot until the liquid is absorbed and the oats expand, about 10 minutes.

3. Add pumpkin puree, stir well, cook a few more minutes.

4. Add raw cacao, stir.

5. Turn off the heat, add sweetener of your choice, and serve with love with toppings of your choice.





Pumpkin

CHIA PUDDING

by Ksenia Avdulova
@breakfastcriminals

Ingredients: (makes 2-3 servings)

- 1/3 cup chia seeds
- 1.5 cups coconut milk
- 1 persimmon, chopped
- 1/2 cup pumpkin puree
- 1 handful walnuts, chopped
- 1 TBSP maca
- 1 TBSP pumpkin pie spice
- 4 TBSP honey or brown rice syrup
- Optional: chopped coconut meat, handful

Toppings:

Pomegranate seeds, persimmon chunks, pumpkin seeds.

Directions:

Mix everything well in a large glass jar, let sit on the counter for 20 minutes. Stir well again, and put in the fridge overnight. When you wake up, the chia seeds will have expanded and your healthy breakfast will be ready.



Brazil Nut

CHOCOLATE GRANOLA



by Ksenia Avdulova
@breakfastcriminals
breakfastcriminals.com

Not every granola is equal. This recipe is my signature, and when I'm on a roll, I make up to 5 pounds at a time and send to friends as gifts. Who doesn't love a homemade, browned, crunchy granola made with the finest whole food ingredients including raw cacao? It makes the perfect topping for your smoothies and smoothie bowls, morning cereal, and afternoon crunch.

There's a simple trick to it that provides incredibly satisfying spiced flavor, and I bet you haven't heard of it before. Give it a try!

Directions:

1) (The Breakfast Criminals secret trick part!) In a pot, warm up on low temperature until it starts boiling:

1/3 cup coconut oil

Juice and chopped peel of 1/2 lemon

1 inch chopped or grated ginger

1 TBSP cinnamon

1 cup chopped dates



2) Then, take your mixture off heat, let cool off for a bit and blend with:

1/2 cup almond milk

1/3 cup raw cacao

Optional: 3 TBSP Organic Burst maca (Peruvian superfood energy booster and hormone stabilizer), 3 TBSP lucuma (natural superfood sweetener that smells like heaven)

1 vanilla bean, seeds scraped or 1 teaspoon vanilla extract

1/3 cup honey or other sweetener of choice, if you wish to sweeten it a little more

3) Mix the blended paste with the following:

4 cups oats (I use gluten-free oats)

1 cup buckwheat groats

1 cup chopped Brazil nuts

1 cup pumpkin and sunflower seeds

Feel free to get cozy and use your hands to make sure everything gets very well mixed.

4) Add coconut oil to a baking tray, and spread granola evenly (you might have to use a couple of trays or do a few runs).

5) Pre-heat your oven to 350F/180C. Bake for 15 minutes, mix with a spatula, then bake for 15 more minutes or until the granola is browned. Add 1/3 cup coconut flakes for last 5 mins of baking, and 1/3 cup goji berries when granola is ready, if you wish. Mix well.

6) Let the granola cool. Enjoy with love.





Pumpkin
**PIE
ACAI BOWL**

by Ksenia Avdulova
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My favorite part about the acai super-berry is its versatility. In the summer, I make acai bowls with pineapple and mango, and in winter, I blend it up with figs and pumpkin, keeping it seasonal. Here's a Pumpkin Pie Acai Bowl recipe. I ended up topping the pumpkin pie smoothie bowl with gluten-free superfood creamy pumpkin pie, but that's a different story.

Here's a wholesome fall acai bowl recipe for you to enjoy and share with those you love (there's nothing better than connecting with awesome people over delicious breakfasts).

Ingredients (makes 2 bowls):

2 TBSP powdered acai (or 2 frozen acai smoothie packs)

1 cup pumpkin, baked (or use 1/2 cup pumpkin puree)

1 cup mixed frozen berries (blackberries, blueberries, strawberries – use what you have, if using fresh ones, add 3-4 ice cubes for thicker texture)

1.5 frozen bananas

1.5 cups coconut water

1 tspn pumpkin spice

Optional: 1 tspn Organic Burst Maca for energy

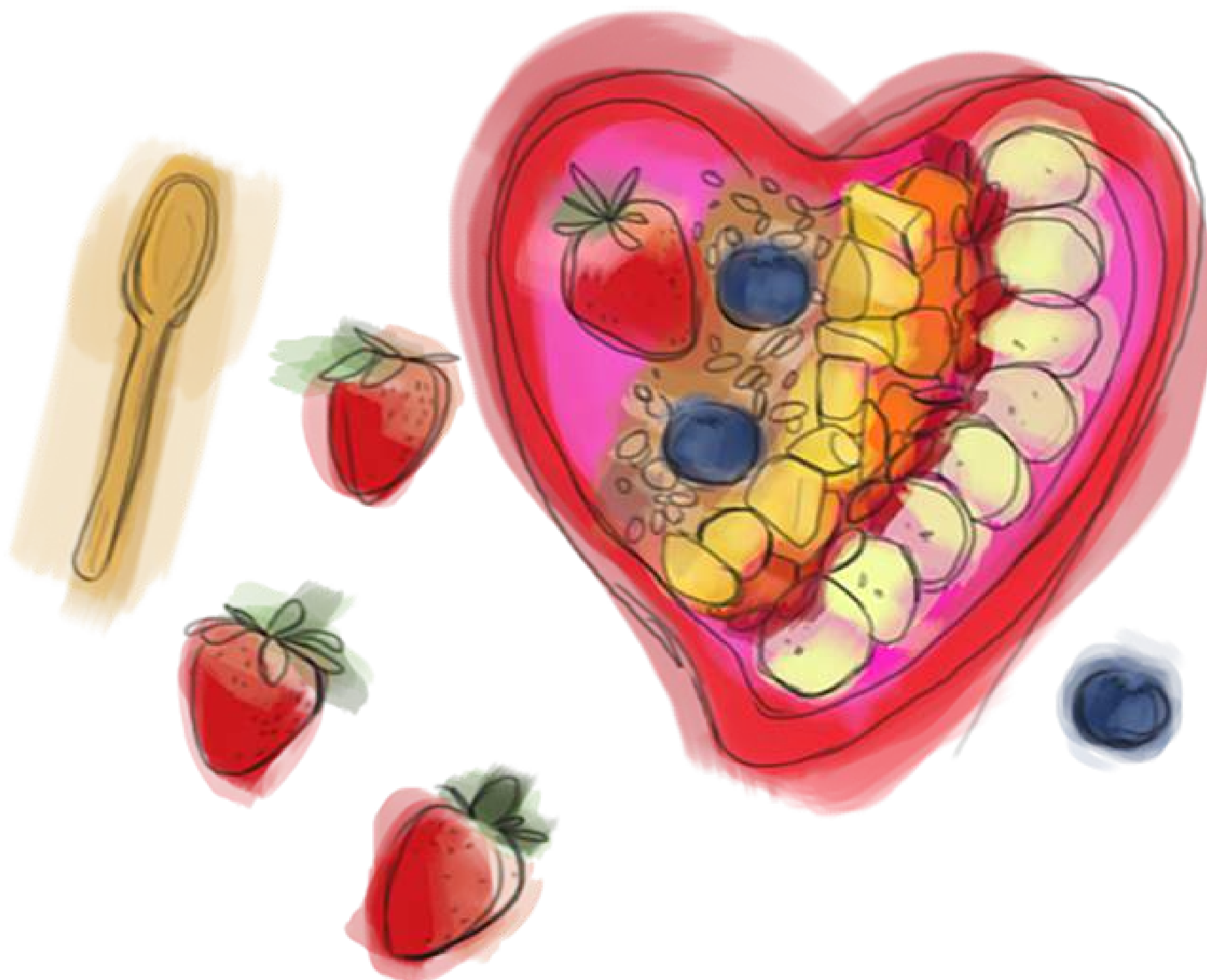
Method:

1. Add all the ingredients to a blender and whizz well.

2. Toppings: Gluten-free granola, pomegranate seeds, coconut chips, pumpkin seeds, star fruit (optional). T

This superfood acai bowl tastes delicious and is also incredibly rich in antioxidants and vitamins, and has a great amount of fibre to support digestion.

Remember to start your day with love! Order your own heart bowl on Amazon.





Pumpkin

CHIA PUDDING

by Ksenia Avdulova
@breakfastcriminals
breakfastcriminals.com

A combination of shredded zucchini and oats, zoats make an incredibly satisfying and nutrient-packed breakfast. Simply add grated zucchini to oats and cook them as you normally would, or take it to a whole new level with these creamy and incredibly satisfying chocolate pumpkin zoats. Vegetables have never tasted so good – you can't even make them out in this creamy chocolate pudding of a meal!



Cranberry
**APPLE
PIE OATS**

by Sasha Nelson
@sashayogawellness
sashayogawellness.com

This legitimately tastes like pie, except without the sugar, gluten or dairy. Soak overnight to aid in digestion and skip the prep in the morning, then warm on the stovetop!



Ingredients:

1/3 cup Purely Elizabeth organic cranberry pumpkin seed ancient grain oatmeal [or oats of choice, add dried cranberries + pumpkin seeds]

2/3 cup water or unsweetened non-dairy milk

1/2 apple, chopped into chunks

1 TBSP unsweetened shredded coconut

2 TBSP chopped walnuts

1 TBSP raw almond butter

1 TBSP raw honey [local if possible]

1/2 tspn ground cinnamon, 1/4 tspn ground ginger, 1/8 tspn ground nutmeg, 1/8 tspn ground cardamom, 1/8 tspn ground turmeric
pinch sea salt

Directions:

1. Combine all ingredients in a jar and refrigerate overnight [or at least 2 hours], except coconut oil.

2. Heat 1 tbsp coconut oil in small saucepan on medium low heat, add overnight oats + stir on low until heated through.

3. Top with additional walnuts, cinnamon + unsweetened coconut shreds if desired.





Carrot
**CAKE
OATS**

by Sasha Nelson
@sashayogawellness
sashayogawellness.com

Ingredients:

- 1 cup gluten-free oats
- 2 cups water or unsweetened non-dairy milk
- 2 TBSP coconut oil, 4 TBSP unsweetened coconut shreds
- ½ cup (loosely packed) shredded or grated carrots
- 3 large dates, finely chopped
- 1 TBSP raw almond butter (or nut butter of choice)
- ½ tspn vanilla extract to taste, 2 tspn maple syrup or honey to taste
- ½ TBSP chia seeds, 1 TBSP hemp seeds, 1 TBSP pumpkin seeds, 1 TBSP pecans, chopped (to garnish)
- ½ tspn cinnamon, ⅛ tspn ground turmeric, ¼ tspn ground nutmeg, ¼ tspn ground ginger.

Directions:

1. Bring 2 cups water or unsweetened non-dairy milk to a boil + stir in oats. Reduce to simmer for 10-15 minutes until cooked, stirring occasionally.
2. Meanwhile heat 1 TBSP coconut oil in a small saucepan + saute carrot shreds on medium-low for 3-5 minutes, until coated.
3. When oats are almost fully cooked, stir in all ingredients to combine including 1 TBSP remaining coconut oil.
4. Remove from heat + serve warm with pecans + extra unsweetened coconut shreds to top.



Sweet
**POTATO
PANCAKES**

by Corey
@plantifulblonde
theplantifulblonde.com

Ingredients:

- 4 medium sweet potatoes
- 1/2-3/4 cup unsweetened nut milk
- 3 TBSP maple syrup
- 1/4 cup organic coconut oil
- 1/2 cup gluten free, quick cook oats (pulsed into flour in a blender)
- 2 tspn cinnamon
- 1/4 tspn sea salt
- 1/4 cup dried cranberries
- 1/4 cup pecan pieces (optional)

Directions:

1. Wash and wrap each potato in foil.
2. Bake in a preheated 400°F oven for 45 minutes (the best indicator of their being done is to take them out when you smell them).
3. In large bowl combine the slightly cooled and peeled potatoes, maple syrup, coconut oil, cinnamon, sea salt and add milk while blending the potatoes with an electric mixer.
4. Stir the oat 'flour', dried cranberries and pecans into the sweet potato batter
Heat a large non stick griddle or pan over medium-high heat. Add 1 tsp coconut oil (optional) to the pan. Form the batter into pancakes. Place on hot griddle or pan and cook until both sides are browned, approximately 3 minutes each side. Remove and place on a warm plate in the oven until all of the batter has been used. Top with warm maple syrup.

The Big
**BOWL
OF AUTUMN**



by Natalie Kuhn
@thisisnatalie

Ingredients: (Serves 2)

1 acorn squash
1 bunch lacinato kale
1 head of cauliflower
1 can of chickpeas
1 TBSP grain mustard + 1 TBSP Dijon mustard
1 TBSP apple cider vinegar
1 tspn turmeric, 1/4 tspn paprika
Salt and pepper to taste
Olive oil
Lemon

Directions:

1. Preheat the oven to 400. Cut the very top and the very bottom of the acorn squash so that both halves will sit evenly on a baking sheet. Then cut the acorn squash across its middle to create two halves. Brush both "bowls" with olive oil and season with S&P. Roast on a baking sheet for 50 min or until cooked through and golden brown.

2. Cut the cauliflower into florets. Drain and rinse the can of chickpeas. Toss together with turmeric and paprika, salt and pepper. Roast on a baking sheet with the squash. Check in on the cauliflower and chickpeas at 25-30 minutes. Remove when the cauliflower is golden.

3. While the squash and cauliflower/chickpeas are roasting, de-spine the kale and cut into small bites. Massage with the juice of one lemon, a drizzle of olive oil, and a pinch of salt. Really get in there! Set aside.

4. When everything is out of the oven, let cool. Toss cauliflower and chickpeas with mustards, apple cider vinegar, and kale. Fill the squash "bowl" with the mixture of chickpeas, cauliflower, and kale and SERVE!





Corny
**CORNBREAD
STUFFING**

by Alexandra Dawson
@tallulahalexandra
inmybowl.com

Celebrating my mom's cornbread stuffing, but with an unprocessed, healthful twist, offering even more of those coveted crispy bits, my Corny Cornbread Stuffing has quickly become an elevated holiday staple.

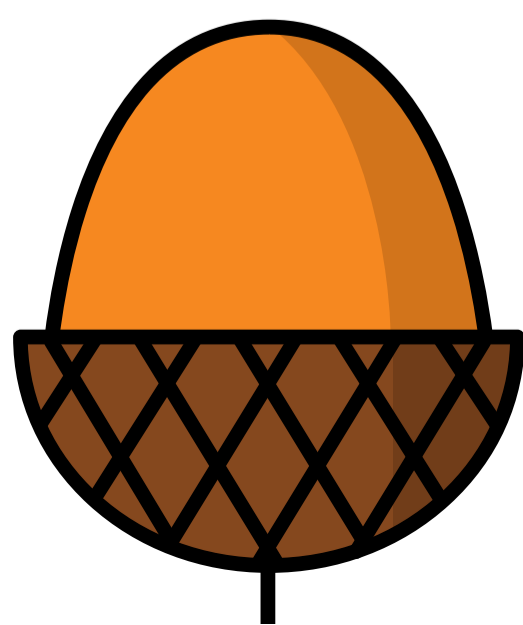
Taking my Corny Cornbread, made with sweet yellow corn, coconut sugar, and yellow cornmeal, and transforming it with those traditional holiday herbs like fresh sage, rosemary, and thyme, this bread casserole is just as moist on the inside, crispy crisp on the outside, without ever stepping foot in a turkey. I serve my vegan cornbread stuffing alongside a plate of roasted rainbow roots, fresh cranberry sauce, and a bright kale and brussels salad.

Ingredients:

1 loaf Corny Cornbread, cubed (click for recipe)
2 TBSP olive oil
1 yellow onion, diced
4 stalks celery, cubed
4 cloves garlic, minced
6 leaves fresh sage, minced
1 tablespoon fresh rosemary, minced
1 teaspoon fresh thyme, minced
 $\frac{3}{4}$ cup low sodium vegetable broth
salt & pepper to taste

Directions:

1. Preheat oven to 350 degrees, rack in the middle. Lightly coat a 9'x13' baking dish with olive oil.
2. Place cubed cornbread on a nonstick baking sheet and bake for 15 minutes, or until it just begins to feel more like a crouton. Remove from heat and set aside. Leave oven on.
3. Meanwhile, in a large skillet, heat olive oil over medium-high heat. Add onion and sauté, stirring frequently, until soft and translucent (about 3 minutes), then, add celery. Cook together for another few minutes, until vegetables are tender. Add the garlic, and stir together for 30 seconds to a minute, until fragrant. Remove from heat and transfer vegetables to a large bowl.
4. Stir in toasted cornbread, fresh herbs, vegetable broth, and salt and pepper until well combined, then transfer mixture to the oiled baking dish. Place in oven for 20 minutes, or until the top of the stuffing is crisp and golden. Remove from heat, serve and enjoy!





Butternut
**SQUASH
SOUP**

by Elise Museles
@kaleandchocolate
kaleandchocolate.com

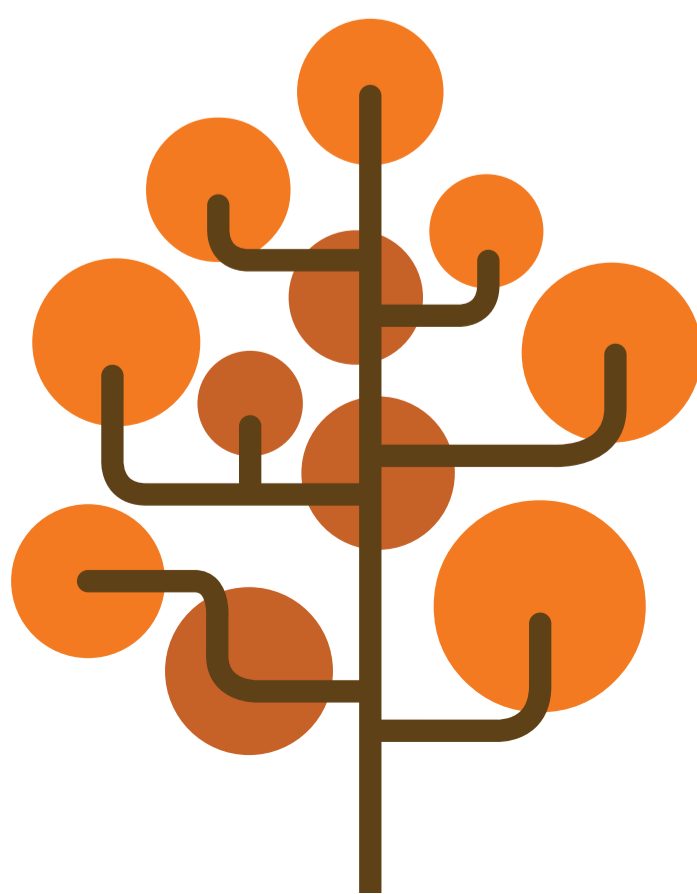
This is a fall favorite in my house that can easily be made without the recipe with different veggie combinations. The savory roasted vegetables and herbs combine beautifully to create a smooth, creamy and nourishing soup. Serve garnished with toasted pumpkin seeds and red pepper flakes for a little extra kick.

Ingredients: (Serves 8)

4 cups butternut squash, peeled and coarsely chopped
2 cups sweet potatoes, peeled and coarsely chopped
3 TBSP olive oil
2 large cloves garlic, minced
1 TBSP fresh sage (or 1 teaspoon ground)
1 TBSP fresh thyme
1 large onion, coarsely chopped
2 large carrots, coarsely chopped
2 red bell peppers, coarsely chopped
4 cups vegetable broth (more for a thinner consistency)
Sea salt and fresh ground pepper to taste
Crushed red pepper flakes (for an extra kick)
Pumpkin seeds to garnish

Directions:

1. Preheat oven to 375 degrees. Chop vegetables. Place squash and sweet potato on to a baking tray and toss with oil, garlic, salt, pepper and herbs and roast for 30 minutes.
 2. Season & add remaining vegetables to oven. Cook for an additional 20 minutes or until vegetables are starting to turn a golden brown.
 3. Remove trays from oven and place roasted vegetables and broth in a large stockpot. Heat over medium-high heat and turn to a simmer. Cook for 20 minutes until vegetables are soft.
 4. Once soup has cooled down a bit, use an immersion blender to puree into a smooth consistency. Add extra broth for a slightly thinner soup. Season with sea salt and fresh ground pepper.
 5. Serve in bowls and garnish with pumpkin seeds and crushed red pepper. Enjoy!
- *NOTE: If a stick blender is not available, use a food processor or high-speed blender after allowing the soup to cool slightly, but while still hot.





Superfood

CRANBERRY SAUCE

by Elise Museles
@kaleandchocolate
kaleandchocolate.com

While cranberry sauce is a tradition at most holiday tables, why not add in a modern healthy twist with chia seeds. The nutritional superstars help thicken the sauce while adding a nice dose of omega-fatty acids. Without any refined sugar but lots of zesty flavor too, you'll be making room for this updated classic at your next holiday celebration.

Ingredients: (Serves 8)

3 cups cranberries, washed

1 ½ cups water

3 TBSP maple syrup or coconut sugar

Juice of half an orange (about 1 ounce) + 1 tspn orange zest

2 TBSP chia seeds

Pinch of sea salt

Optional: grate in fresh ginger

Directions:

1. In a medium pot bring water, sweetener and cranberries to a boil. Turn down to a simmer and cook for about 15-20 minutes or until the cranberries split open and most of the water has reduced.

2. Remove from the heat. Squeeze the fresh juice of half of an orange into the mixture.

3. Add chia seeds, orange zest, and pinch of salt and mix. Allow the sauce to cool for about 20 minutes, stirring every 5 minutes. The mixture will thicken as it cools.

4. Serve at room temperature or chilled. Stays fresh in the refrigerator for up to 5 days.



Sautéed
**GREENS &
RADISHES**

by Willow Jarosh
@cjunutrition
cjunutrition.com

If radishes aren't your thang, give this dish a try! While cooking radishes might sound crazy, it makes their flavor more rich while toning down their spiciness. Instead of getting mushy, they become tender but still firm.

Ingredients:

- 1 bunch radishes with greens
- 1 TBSP olive oil
- 1/4 tspn coarse sea salt
- 1/2 fresh lemon

Directions:

1. Cut the greens away from the radishes as close to the radish base as you can get. Slice the very top off of each radish and discard. Wash the radishes and greens thoroughly.
2. Cut each radish into quarters and roughly chop the greens.
3. Heat oil in a medium skillet over medium heat. Add radishes and cook until golden and tender, about 15-20 minutes, stirring often so all sides get cooked.
4. Add the radish greens and salt and cook radishes and greens together until greens are just tender, about 1 more minute.
5. Drizzle with a squeeze of fresh lemon before serving.





Simple Gluten-Free

PUMPKIN PIE

by Ksenia Avdulova
@breakfastcriminals
breakfastcriminals.com

In this case of this healthy twist on a fall favorite, the flavor and hearty texture is more than proper--it's phenomenal, while the ingredients are carefully thought through to be whole food, gluten free, dairy free, refined sugar free and non-GMO.

While any gluten-free flour will work, I experimented with sorghum--a naturally gluten free grain with neutral flavor ideal for baking. It's also a nutrition powerhouse high in protein, iron, and dietary fiber.

Crust:

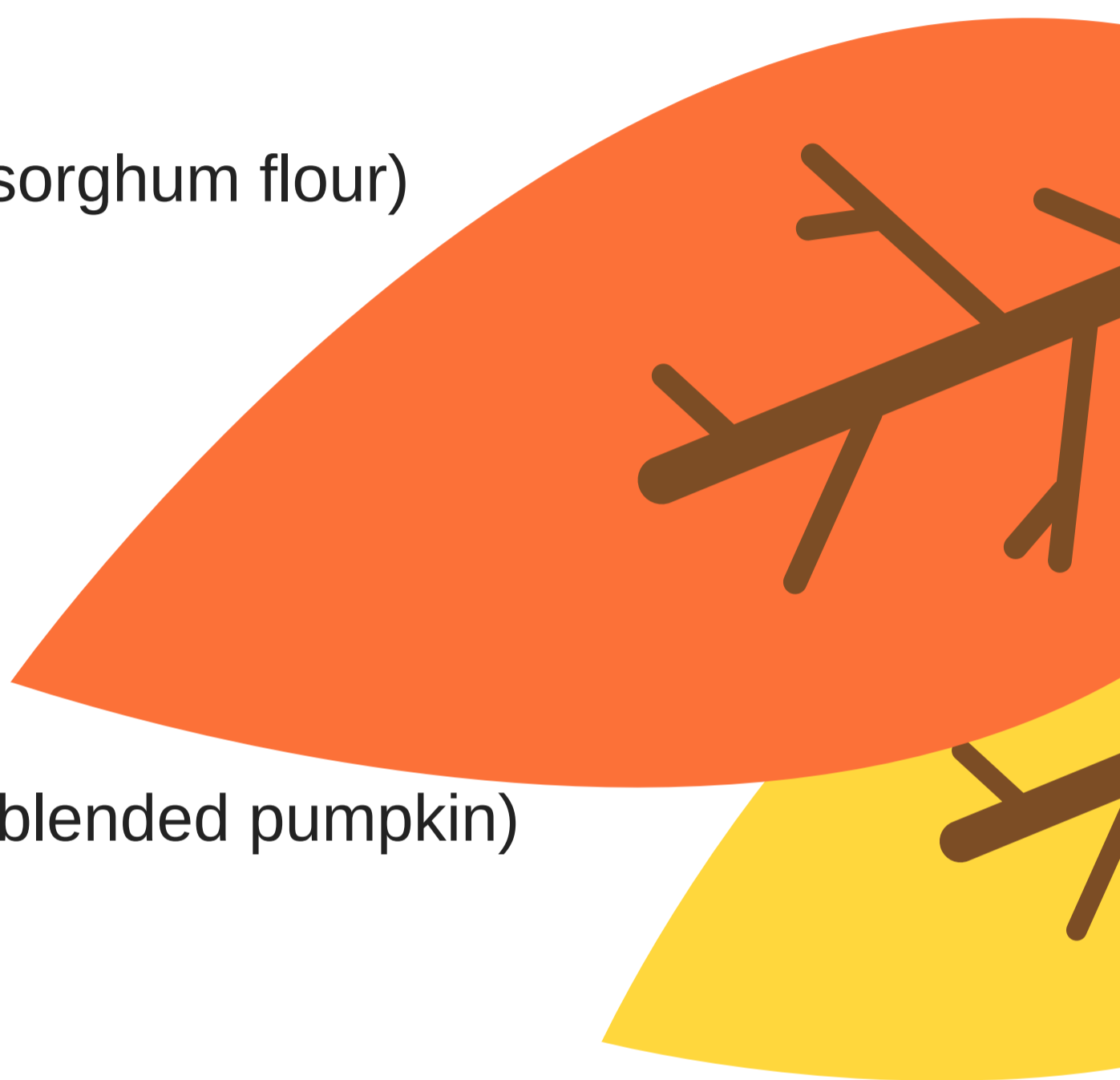
1 cup multi-purpose gluten-free flour (I used sorghum flour)
1/2 cup melted coconut oil
1 TBSP honey (or brown rice syrup)
1 tspn cinnamon
1 egg

Filling:

1 can (15oz) pumpkin (or 2 cups baked and blended pumpkin)
3 eggs
1/2 TBSP maca (Optional)
1/3 cup honey (or brown rice syrup)
1 tspn cinnamon & 1 tspn pumpkin pie spice

Directions:

1. Warm up the oven to 350F.
2. Mix all crust ingredients well, then press the dough into a 13-inch baking pan, and bake for 15 minutes or until it the crust starts to brown.
3. In the meantime, mix all the filling ingredients.
4. Pour the filling into the crust and bake for about an hour, or until the filling is solid.
5. Cool and refrigerate. Serve with love in your heart bowl.



Gluten Free

SUPERFOOD GINGERBREAD

by Ksenia Avdulova
@breakfastcriminals
breakfastcriminals.com

What's the first thing that comes to mind when you think of holiday cheer? For me, it's family gatherings and the smell of home-baked goodness with holiday spices. My mom has a special spiced fruit loaf that she makes on Christmas Eve, and in anticipation of going home for Christmas, I created this whole food version of a holiday favorite that's vegan and gluten-free.

This Superfood Gingerbread recipe uses sweet potato, and you'll be delighted by how moist, dense, perfectly spiced and delicious it is. Indulge it with a side of turmeric latte or with a cup of fair trade tea.

Ingredients:

- 1 small raw zucchini
- 1 baked or steamed sweet potato, skin peeled
- 1 TBSP cinnamon
- 1 TBSP pumpkin spice
- 1 TBSP ground ginger (or freshly grated ginger)
- 2 TBSP maca
- 1/4 cup chia seeds
- 1 cup almond milk
- 1 cup buckwheat flour
- 1 cup all-purpose gluten free flour
- 1 tspn baking powder
- 1/3 cup rice brown syrup (or honey)
- 1/2 cup pumpkin & sunflower seeds
- 1/3 cup coconut oil
- 1/3 cup buckwheat groats (optional)
- 1 vanilla bean (or 1 tspn vanilla extract)



Directions:

1. Bake the sweet potato (45 minutes at 400°F or until soft).
2. In a glass, whisk together the chia seeds and almond milk. Stir again in 10 minutes, then let it set for another 5 minutes.
3. Blend zucchini, sweet potato, maca, and all the spices with the chia almond mixture.
4. In a large bowl, mix the above liquid mixture with flours, baking powder, brown rice syrup, seeds, groats, coconut oil and vanilla bean.
5. Transfer the batter into two lightly greased bread pans, and bake at 350°F for 60 minutes.



Chocolate

STUFFED COOKIE DOUGH BALLS



by Marlies Hartmann
@hartmann_health
marlieshartmann.wordpress.com

Ingredients:

1/3c gluten free oats

3 TBSP cacao nibs (or mini choc chips)

3 TBSP shredded coconut

2 TBSP chopped dried cherries (optional)

1 TBSP agave nectar or equivalent

1/2c peanut butter (or any nut/seed butter).

Save for later: melted dark chocolate or raw chocolate sauce (combine 2 parts coconut oil and cocoa/cacao powder and 1/2 part liquid sweetener).

Directions:

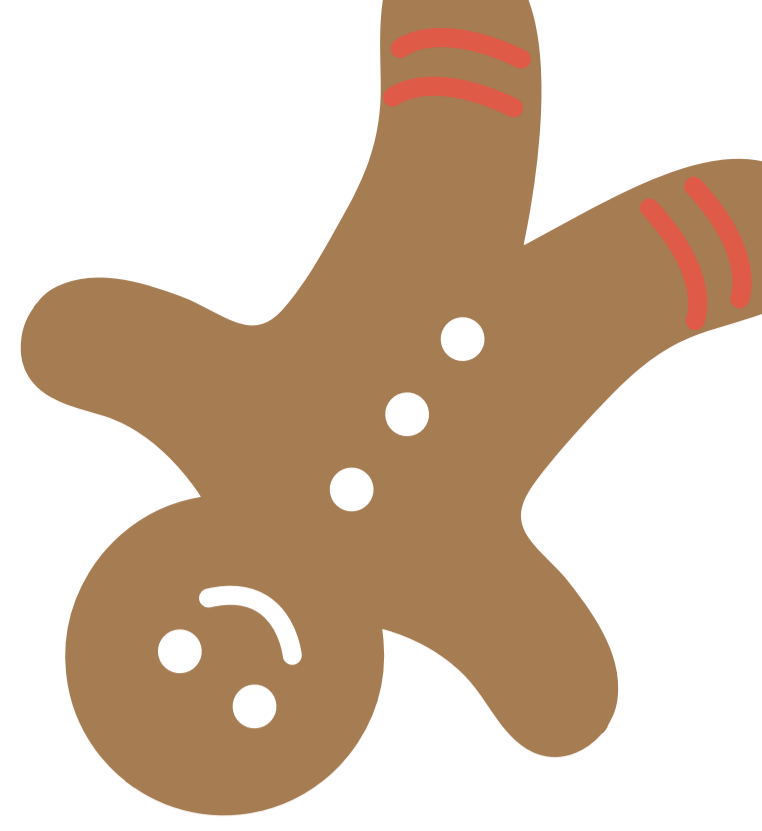
1. Stir to combine (except melted chocolate) and set in fridge for approx 10 mins to set.
2. When chilled, flatten the “dough” on parchment paper into several mini cookies of equal size.
3. Spoon a small amount of raw chocolate sauce/melted dark chocolate in between two cookies and eat immediately!!
4. Otherwise, place the sandwiches back onto parchment paper and pop them into the fridge or freezer for at least 1 hour.



Pumpkin Cashew
**MUESLI
MUFFINS**

by Alexandra Dawson
@tallulahalexandra
inmybowl.com

Inspired by those cream cheese filled, white sugar and white flour packed Starbucks delights, this naturally sweetened, delectably moist, and sinfully nourishing alternative is packed to the brim with warming autumn spices, luscious pumpkin, creamy cashew filling, and Seven Sundays unsweetened Swiss-style Bircher Muesli.



Ingredients: (makes 6 muffins)

1 can (15 ounces) pumpkin puree

½ cup coconut oil, liquid

½ cup + 1 tspn coconut sugar, divided

¼ cup + 2 tspn unsweetened almond milk, divided

1 TBSP molasses

1 ½ tspn vanilla extract, divided

1 cup Seven Sundays Unsweetened Bircher Muesli

1 cup whole wheat flour

1 ½ tspn baking powder

½ tspn baking soda

1 tspn ground cinnamon, ¼ tspn ground nutmeg, ¼ tspn ground ginger

¼ tspn sea salt

½ cup raw cashews, soaked in warm water for 1 hour, then drained

Directions:

1. Preheat oven to 350 degrees F, rack in the middle. Line an extra large muffin pan with 6 paper liners.
2. In the bowl of a stand mixer (or your favorite large bowl), whisk together pumpkin puree, coconut oil, ½ cup coconut sugar, ¼ cup almond milk, molasses, and vanilla extract until well combined.
3. In a large bowl, combine Muesli, flour, baking powder, baking soda, cinnamon, nutmeg, ginger, and salt. Add the dry ingredients to the wet ingredients until just mixed.
4. Fill the muffin tins two-thirds full and bake for 40 minutes, or until a toothpick inserted in the center of the muffin comes out clean.
5. Meanwhile, while muffins are baking, in a food processor fitted with an S-blade, or a coffee grinder, blend soaked cashews with remaining 2 tablespoons almond milk, 1 teaspoon coconut sugar, and ½ teaspoon vanilla extract until very smooth.
6. Once muffins have been removed from oven, use a cylindrical object to carefully press a whole ½ the muffin deep (I used a wine cork). Using a spoon or a piping bag, fill each whole with the cashew cream mixture. Sprinkle with extra coconut sugar and cinnamon, if desired, then place muffins in oven to cool.