

Chocolate Caramel Maple Cream Bacon Cupcake (Paleo) *WINNER of Jay Dunn ([Paleolovr](#))'s contest*

Cupcakes:

- 1 Cup [SuperSeedz](#) (Sea Salt variety)
- ¼ Cup coconut flour
- 1 ½ Cups [Enjoy Life Foods](#) chocolate chips
- ½ Cup coconut milk
- ¼ Cup coconut oil (I used [Winona Pure](#))
- 3 Eggs*
- 1 Teaspoon vanilla
- 1 Teaspoon [Braggs](#) apple cider vinegar

Prep Time: 17 Minutes Bake Time: 20 Minutes

Caramel Sauce:

- 1 ½ Cups coconut milk
- ½ Cup date sugar
- ½ Teaspoon sea salt
- ½ Tablespoon coconut oil
- ½ Tablespoon vanilla

Frosting:

- 2 Cups Spectrum shortening
- 1 ½ Cups maple syrup
- 3 Teaspoons vanilla
- 1/8 Teaspoon sea salt

Additional Toppings:

Chocolate chips, cooked bacon & additional maple syrup to drizzle

Make the caramel sauce- in a medium saucepan, combine the coconut milk, date sugar and sea salt. Bring to a boil, then reduce the heat and simmer for 30 minutes, stirring with a whisk. When the sauce covers the back of a spoon, remove from heat. Add



the coconut oil and vanilla, continuing to stir frequently. Allow to cool then refrigerate overnight

Make the cupcakes- Preheat the oven to 350°. Insert baking cups into a muffin tin and set is aside. Using a food processor, pulse the Super Seedz only long enough to make a fine powder (over-pulsing will make it clump into seed butter). In a large bowl, combine all of the ingredients Mix with a hand mixer and combine well. Fill the prepared baking cups and bake until a toothpick comes out clean

Make the Frosting- In a large bowl using a hand mixer, combine all of the ingredients, scraping the sides of the bowl as you whip to combine evenly

Compose the Cupcake- Begin by frosting the cupcakes. Next, drizzle the caramel sauce across the frosting (a frosting bag works well for this). Add chocolate chips. Insert cooked bacon pieces. For additional maple flavor, drizzle additional maple syrup
**Egg free? Use aquafaba in place of the eggs and for additional protein!*

MOM TIP:

Those reusable plastic ice cubes may be cute but plastic can hold an allergen from the last drink it cooled. Keep a safe set in a separate container.



Plant-Based Options For Hair, Skin & Nails



"The right diet & nutrients can do wonders for your skin, hair, and nails"
[SeabuckWonders.com](#)

Wine about Your Allergens!

Some wines may contain milk proteins, egg whites and/or gelatins from fish bladders (uh, gross!). Before you buy- stop, search & then sip.



Burritos are the Newest Food Helper

Have you ever thought that just one person cannot be enough to help others? I found this story about Burrito Brigade and I felt it was an absolute must to share. Read how one

compassionate person began a new movement that uses vegan burritos to help the hungry.

[Burrito-Brigade.org](#)



World's First Plastic Fishing Company Wants to Rid the Ocean of Plastic Pollution



What we eat is also about what it's kept in and where it goes after we are done with it. I love that this company is utilizing plastic to help clean up the rest of our environment.

<http://ecowatch.com/2016/04/01/plastic-whale/>

Need Snacks? Go here! The go-to guide to make sure you can snack with food allergies. Visit [SnackSafely](http://SnackSafely.com) now



Nutrimom Pick "Veggie Fries" - Love Them!

One of my favorite ways to feed people is to find an allergy-friendly product that hides all of the foods that many picky eaters won't touch. Even adults don't like veggies but put them into a fry and oh my! I found these little treasures at the Atlanta [GFAF](http://GFAF.com). Check out all of their flavors at <http://eatveggiefries.com/#&panel1-2>



ASC Me I'm proud to announce that I am a listed resource on [FoodASC](http://FoodASC.com), a new food allergy resource to empower people who need answers to improve their lives with food allergies.

What's Up With SunButter?

Great news! Those On the Go Single Cups are expanding from Target to other stores and other states! Click [here](#) and see what is closest to you. (Hey, they really are on the go!)



Medical marijuana has become more prevalent for another health option. This too can also have side effects. Anyone can be allergic to anything- even if it's natural. Read more [here](#)



Allergy IQ

Do YOU know when the first allergies were recorded?

"Some would describe allergic disease as "the epidemic of the 21st century". The prevalence has doubled over the last 20 years. In New Zealand, like most developed countries, about 40% of the population has the predilection for developing allergies (are atopic). Paralleling the true increase in allergy is the increased awareness. Allergy however, is not a new disease."

To find out more information, go to:

http://www.allergyclinic.co.nz/history_allergy.aspx



When it comes to food allergies, how do YOU break the ice? Read how one allergic teen has turned his food allergies into a way of helping others

<http://www.foodallergyicebreaker.com/>

Food is what fuels us...or does food FUEL us?

In Benin, a new stove turns rice waste into clean fuel.

<http://www.reuters.com/article/us-benin-rice-forest-idUSKCN0XW181>



It's Hot and Cold

Think ahead for next school year - check out this BPA-free lunch [Omiebox](#). It offers separate areas for a soup container to keep your hot foods hot and your cold foods cold. Great for those who pack their lunches but struggle with getting to eat a hot lunch.



A Brewery Designed a Genius New Six-pack That Solves a Big



Love this eco-friendly idea-too bad it's not gluten free! Read [here](#)

FODMAPS- possibly the only tongue-twister food plan!

[faad-maps] Say THIS fast three times- fermentable-oligo-dimonosaccharides and polyols. These are a group of specific foods that get fermented by the bacteria in our stomach. For some people, this can cause symptoms that are similar to gluten sensitivity.

Use What Covers Your Foods Too

All of those mesh bags that house avocados or fruit- use them!



- *Remove the lid from a mason jar to create an instant flower holder
- *Fill it with larger dried foods and hang it as a bird feeder
- *Create your own shower loofah
- *Keep them for tiny tote bags
(as seen in *Real Simple June 2016 issue*)

When Food is Better Than Disney

Did you know that people with food allergies are possibly the biggest foodies out there? I'm talking about a room of safe food, thorough labeling and armloads of products that you take home to enjoy later. I am talking about the [Gluten and Allergen Friendly Expo](#). Never been? Let me share my thoughts so you can experience it for yourself (yes, they may be in your state right now!) Ready? Get reading [here](#)



Veggie Fries

Printable Coupons

Visit www.eatveggiefries.com and select the \$1.00 OFF



It's NOT Just an Ice Cream Sandwich

As the parent of an allergic child, there is always a situation that arises when food allergies and a child's feelings are not considered. When our child's heart breaks, so does our own. Read



the full story [here](#) about how one mother explained why it's more than just a frozen treat

in my guest post by Rozelyn De Sagun of [The Frugalista Mom's Allergy Friendly Home](#).

Be an Advocate, Share Your Movie & Win

Grab your EpiPen and enter through July 11th. YOUR film could premiere in New York City with Sarah Jessica Parker. Details [here](#)



ANAPHYLAXIS FOR REEL
Shining a Spotlight on the Realities of Living with Potentially Life-Threatening (Severe) Allergies

TRACY BUSH

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