

# Better Life Food

## Autumn Menu Ideas

### 2017

**Sweet Potato & Bacon Flat Breads**  
with cheddar, mozzarella and bbq sauce

**Pear & Brie Cups** with jam  
*like a bite size baked brie*

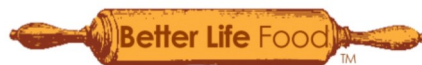
**Butternut Squash Risotto Cake**  
with carrot chutney  
*gluten free and delicious*

**Roasted Eggplant Sliders**  
with provolone and slow roasted tomato  
on a potato pancake “bun”

**Shredded Chicken Tostado**  
with diced green tomatoes and  
queso fresco

**Crunchy Heirloom Tomato Cup**  
with basil and fresh mozzarella

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