



FAVORITE QUOTE

"Nothing is impossible. The word itself says it: I'm possible."
— Audrey Hepburn

MAURA "MO" KNOWLES

In addition to being a professional actor, singer, and writer living in Los Angeles, California, Maura "Mo" Knowles is also the founder and C.E.O. of Mac-n-Mo's, Inc. As a health-food pioneer, Mo is carving a difficult path; however, her passion and dedication to changing the way we eat snacks and treats allows her to face the many obstacles head on. Mo's mission of offering a healthy, guilt-free alternative to cookies makes her more determined to succeed. She has taken her bite-sized morsels from her parents' kitchen in Sacramento, California, to over 30 retail locations in California, Delaware, and New Jersey, and she recently attained national distribution. Mo would like to send a special thanks to Larry Bressler at the Chef's Center in Pasadena, California, which was her first commercial kitchen. Larry's support and guidance helped get Mac-n-Mo's off the ground!



I've been a professional actor and singer in Los Angeles and New York for the past 14 years, and I most recently added writer to my resume. As a Board Certified Health Coach (AADP), I am an active member of the healthy-food community. I am co-founder of NUTSO-SWEET with Lauren O'Connor, R.D., a member of The H.C.C. (Holistic Chamber of Commerce), and part of the expert panel on Fooducary.com. I am passionate about teaching people how to live healthy lives by eating nutritious foods. I have had the pleasure of holding speaking engagements for the Around the Plate Virtual Conference and Green Festival Los Angeles. I have written for Natural Awakenings magazine, Isla, an organic lifestyle magazine, Nutrisavvy.com,

and TheConsciousChef.com, among others. I am a recipe developer and blogger for Vitacost.com and a contributing editor to Our USA Magazine. I also spread the word through teaching cooking classes and nutrition workshops to adults and children.

Food and cooking have always been important parts of my life, ever since childhood. My mom is an excellent cook, and I loved being with her in the kitchen, learning and tasting how certain ingredients would transform into a delectable meal. While I did not have an E-Z Bake Oven, I did have mini cake pans and accessories, and I loved to concoct my own recipes. If I was lucky, Mom would let me bake in the real oven. I even won a blue ribbon in my 4-H Food Group! ➔

MO'S COMFY PORRIDGE

Want a unique twist on your standard oatmeal? Eat a little mo' like Goldilocks and try some Comfy Porridge. It's just right! (Recipe from "The Ultimate 21-Day MORSELICIOUS Detox" e-cookbook.)

1/4 cup	cooked quinoa
1	scoop soy-free vegan protein powder or 2 TB. hemp seeds, toasted
1 TB.	flax meal
1 TB.	Mac-n-Mo's Morselicious Mix
1/3 cup	boiling water or almond milk
1 tsp.	cinnamon
1/4 tsp.	nutmeg
1 tsp.	vanilla
1/4 cup	almonds, chopped or 2 TB. almond cream
1/2	green apple, diced

1. In a bowl, combine quinoa, protein powder (or hemp seeds), flax meal, Morselicious Mix, water, cinnamon, nutmeg, and vanilla; mix together thoroughly.
2. Add nuts or nut cream, and stir until blended. Mix in apples.

MO'S CUPPA MOJO

Serves 1

Replace your morning coffee and get your mojo workin' with a cuppa this healthier beverage.

1/4 cup	brewed chicory root with pure ground vanilla powder
1/2 cup	water for coffee pot
3/4 cup	unsweetened almond milk
2 TB.	unsweetened cacao powder or 100% cocoa
1 tsp.	extra-virgin coconut oil
1 tsp.	unsweetened cacao nibs
1-2 tsp.	cinnamon
1 tsp.	natural vanilla flavor

1. Brew chicory root in $\frac{1}{2}$ cup water in a coffee pot, and add to small saucepan.
2. Combine all ingredients in saucepan. Heat mixture over low heat until hot and bubbly.





MO'S HARVEST SURPRISE SOUFFLÉ

1/4 cup diced onion
4 cloves garlic, diced
2-3 tsp. extra virgin olive oil, plus 2 TB.
4 steamed sweet potatoes, quartered
2 cups steamed broccoli, chopped
4 cups steamed cauliflower, chopped
1 1/2 lemons, juiced
1 1/2 limes, juiced
Black pepper, to taste
1/4 cup nutritional yeast
2 TB. fresh parsley, chopped
3 TB. fresh basil, chopped
3/4 cup cooked quinoa
1/2 cup toasted hemp seeds or pumpkin seeds
1 avocado, sliced or diced
Cashew cream
Parsley or basil, chopped, for garnish

1. Preheat oven to 325 degrees. Sauté onion and garlic in small sauté pan with 2-3 teaspoons olive oil, until onions are translucent and garlic has softened, about 3 minutes.
2. In large steamer, steam sweet potatoes, broccoli, and cauliflower until tender, about 6 minutes. Drain vegetables and add to high-speed blender or food processor.
3. Add sautéed onion and garlic, lemon and lime juice, black pepper, nutritional yeast, 2 tablespoons extra virgin olive oil, fresh parsley, and basil to blender, and blend well. Stir cooked quinoa into mixture to combine all ingredients thoroughly.
4. Add mixture to a glass casserole or baking dish, and bake for 20 minutes.
5. Sprinkle with toasted hemp seeds or pumpkin seeds, and serve with diced avocado and a dollop of Cashew Cream. Garnish with fresh parsley or basil.

As an adult, I went through a life-and-death experience resulting from a botched-up surgery. Afterward, I was put on a very restricted diet and had to learn how to alter my favorite recipes to meet those guidelines, which my mom not only helped me do, she also created a "Low Fat Bible Cookbook" for me to take to grad school. In 2010, my dad, Mac, underwent a quadruple bypass surgery. My dad is also diabetic, so he begged me to make him a sweet baked treat that complied with his new diet. Because of my experience with my own diet restrictions, I had the tools to think outside of the "cookie cutter" box. With help from my sister, and after some experimentation in my parents' kitchen, I created Mac-n-Mo's Morselicious Treats and Mix. Mac-n-Mo's morsels have only 1 gram of sugar and no sodium, are gluten-free, vegan, Kosher, and Non-GMO Project Verified, have no preservatives or sweeteners, and are made with oodles of MORSELICIOUS love. I am committed to producing the healthiest treats possible for kids and adults alike, and I am on a mission to change the way we eat snacks and treats.

Each customer, or "morselite" as I like to call them, has a favorite — some love the chocolate chip morsels, while others love the pumpkin cranberry, and the Morselicious Mix has some die-hard fans. To reach out to more potential "morselites," I have written two e-cookbooks titled, "12 days of MORSELICIOUSness" and "The Ultimate 21-Day MORSELICIOUS Detox."

No one else in the industry has created a no-sodium, low-sugar (without the use of sweeteners), no-preservative treat, so there has been no path for me to follow — I've had to carve my own, which has been both my biggest challenge and my biggest accomplishment. I'm actually doing it ... utilizing my passion, dedication, creativity, and humor to inspire others to live a MORSELICIOUS lifestyle! *

Where Women Cook would like to thank Maura "Mo" Knowles for her involvement in our Autumn Issue. To learn more, visit macnmos.com and macnmos.com/the-morselist. You can contact Maura at mo@macnmos.com.

TIP

Don't be afraid to play, improvise, and create. Cooking and eating should be fun, nutritious, and MORSELICIOUS!

