



# KID-FRIENDLY RECIPES

KID-APPROVED NUTRIENT-PACKED  
RECIPES, RECIPES TO BAKE TOGETHER,  
AND HEALTHY GO-TO MEALS



A stack of pancakes is shown on a white plate, garnished with fresh strawberries and a sprig of mint. The pancakes are drizzled with a dark syrup. In the background, a bowl of strawberry sauce is visible.

**RECIPES TO SNEAK  
EXTRA NUTRITION INTO  
YOUR KIDS'**

**SNACKS &  
BREAKFASTS**





## Peanut Butter Apple Bites

2 servings

10 minutes

### Ingredients

- 2 tbsps All Natural Peanut Butter
- 1 Apple (sliced into circles, seeds removed)
- 1 1/2 tbsps Dark Chocolate Chips (or chunks)
- 1 tsp Unsweetened Shredded Coconut

### Nutrition

Amount per serving	
Calories	216
Fat	13g
Carbs	22g
Fiber	3g
Sugar	16g
Protein	5g
Cholesterol	0mg
Sodium	4mg
Vitamin A	49IU
Vitamin C	4mg
Calcium	13mg
Iron	1mg

### Directions

- 1 Spread the peanut butter over each apple slice. Top with chocolate chips and shredded coconut. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Nut-Free:** Use tahini, pumpkin seed butter, or sunflower seed butter instead of peanut butter.





## Apple Nachos

1 serving

5 minutes

### Ingredients

- 1 Apple (sliced)
- 1 tbsp Sunflower Seed Butter
- 1/4 cup Granola

### Nutrition

Amount per serving	
Calories	343
Fat	17g
Carbs	45g
Fiber	8g
Sugar	27g
Protein	7g
Cholesterol	0mg
Sodium	10mg
Vitamin A	112IU
Vitamin C	9mg
Calcium	44mg
Iron	2mg

### Directions

- 1 Arrange apple slices on a serving plate. Drizzle sunflower seed butter and sprinkle granola ontop. Enjoy!

### Notes

**No Granola:** Use any nuts or seeds, raisins, dark chocolate chips or shredded coconut instead.

**No Sunflower Seed Butter:** Use any nut butter, maple butter, melted coconut butter, melted dark chocolate or caramel instead.

**Homemade Granola:** Try this recipe with our Paleo Granola, Pumpkin Spice Granola or Banana Coconut Granola.





## Fruit Skewers

4 servings

10 minutes

### Ingredients

- 12 Barbecue Skewers
- 1/2 cup Strawberries (sliced)
- 1 Kiwi (chopped)
- 1/2 cup Grapes

### Nutrition

Amount per serving	
Calories	24
Fat	0g
Carbs	6g
Fiber	1g
Sugar	4g
Protein	0g
Cholesterol	0mg
Sodium	1mg
Vitamin A	29IU
Vitamin C	27mg
Calcium	10mg
Iron	0mg

### Directions

- 1 Take the wooden skewers and thread a chopped strawberry, kiwi and grape one at a time. Repeat until each skewer is full. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is equal to three skewers.

**More Flavor:** Add a chopped banana or apple. Sprinkle the skewers with cinnamon.

**No Wooden Skewers:** Make it into a fruit salad instead.





## Smashed Peacamole with Crackers

4 servings

10 minutes

### Ingredients

- 1 cup Fresh Peas
- 2 Avocado
- 2 Garlic (cloves, minced)
- 1/4 Lemon (juiced)
- 1/4 tsp Sea Salt (or more to taste)
- 7 1/16 ozs Seed Crackers

### Nutrition

Amount per serving	
Calories	416
Fat	23g
Carbs	47g
Fiber	17g
Sugar	3g
Protein	10g
Cholesterol	0mg
Sodium	450mg
Vitamin A	424IU
Vitamin C	26mg
Calcium	136mg
Iron	3mg

### Directions

- 1 In a bowl, smash the peas with the back of a fork.
- 2 Add avocado and mash until well combined. Stir in garlic, lemon juice and sea salt to taste.
- 3 Transfer to a serving bowl and enjoy with crackers.

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. To prevent it from turning brown, add a layer of plastic wrap within the container.

**Serving Size:** There is approximately 1/3 cup of peacamole per serving.

**Likes it Spicy:** Add chili powder, red pepper flakes, jalapeno slices and/or cayenne pepper.

**No Fresh Peas:** Use frozen peas, corn or edamame instead.

**No Lemon Juice:** Use apple cider vinegar instead.





## Baked Plantain Chips with Guacamole

4 servings

40 minutes

### Ingredients

- 1 Plantain (large, peeled)
- 1 1/2 tsps Avocado Oil
- 1/2 tsp Sea Salt (divided)
- 2 Avocado
- 1 1/2 tsps Lime Juice
- 2 tsps Cilantro (chopped, optional)

### Nutrition

Amount per serving	
Calories	260
Fat	17g
Carbs	31g
Fiber	8g
Sugar	13g
Protein	3g
Cholesterol	0mg
Sodium	305mg
Vitamin A	944IU
Vitamin C	24mg
Calcium	15mg
Iron	1mg

### Directions

- 1 Preheat the oven 325°F (162°C). Line a baking sheet with parchment paper.
- 2 Thinly slice the plantain into even coins. In a mixing bowl toss the plantain slices with the oil and half of the salt. Arrange the plantain coins in a single layer on the baking sheet. Bake for 20 to 24 minutes, flipping halfway through, until golden brown. Let them cool slightly on the baking sheet.
- 3 In a medium-sized bowl mash the avocado, remaining salt, lime juice and cilantro (if using) together until a few chunks remain. Season with additional salt or lime juice if needed.
- 4 Serve guacamole immediately with plantain chips. Enjoy!

### Notes

**Leftovers:** Guacamole lasts for up to three days in the fridge (discoloration may occur). Season with additional lime juice to prevent browning. Plantain chips are best enjoyed same day.

**Serving Size:** One serving is equal to approximately 12 plantain chips and 1/4 cup of guacamole.

**More Flavor:** Sprinkle plantain coins with chili powder and cumin before baking. Add garlic, chopped tomatoes and/or jalapeno pepper to the guacamole.

**No Avocado Oil:** Use melted coconut oil instead.



## Nori & Seed Crackers

10 servings

1 hour

### Ingredients

4 Nori Sheets (raw or roasted, crushed)  
1/4 cup Pumpkin Seeds (raw)  
1/4 cup Sunflower Seeds (raw)  
2 tbsps Whole Flax Seeds  
2 tbsps Chia Seeds  
1/4 cup Sesame Seeds  
1/4 cup Maple Syrup

### Nutrition

Amount per serving	
Calories	103
Fat	7g
Carbs	9g
Fiber	3g
Sugar	5g
Protein	3g
Cholesterol	0mg
Sodium	3mg
Vitamin A	161IU
Vitamin C	1mg
Calcium	70mg
Iron	1mg

### Directions

- 1 Preheat oven to 250°F (121°C) and line a baking sheet with parchment paper.
- 2 Mix all ingredients in a bowl until well combined. Spread the mix onto the parchment paper and gently press down into an even layer. Bake for 45 minutes, rotating the pan about every 15 minutes.
- 3 Let the crackers cool completely before slicing them into 1" x 3" bars. Enjoy!

### Notes

**Storage:** Refrigerate in an airtight container up to 5 days, or freeze if longer.

**Serving Size:** One serving is equal to one 1" x 3" cracker.





## Spinach & Sausage Egg Muffins

6 servings

30 minutes

### Ingredients

1 1/2 tsps Extra Virgin Olive Oil  
8 3/4 ozs Pork Sausage (casing removed)  
6 cups Baby Spinach (chopped)  
8 Egg  
1/4 cup Water  
1/4 tsp Sea Salt  
1 stalk Green Onion (chopped)

### Nutrition

Amount per serving	
Calories	246
Fat	20g
Carbs	3g
Fiber	1g
Sugar	0g
Protein	14g
Cholesterol	272mg
Sodium	596mg
Vitamin A	3284IU
Vitamin C	9mg
Calcium	74mg
Iron	2mg

### Directions

- 1 Preheat your oven to 350°F (176°C) and grease a muffin pan with the oil.
- 2 In a pan over medium-high heat, cook the sausage until no longer pink, about 5 to 8 minutes. Break it up into little pieces as it cooks. Drain the excess drippings from the pan and stir in the spinach. Cook until the spinach has wilted then remove the pan from heat to let cool slightly.
- 3 In a mixing bowl whisk the eggs together with the water and sea salt. Fold in the green onion.
- 4 Divide the sausage mixture evenly into the muffin tins and pour in the egg mixture. Bake for 15 to 18 minutes until the egg is firm to the touch and just brown around the edges. Let the egg muffins cool slightly before removing from the pan. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is two egg muffins.

**More Flavor:** Use milk of choice instead of water. Add chili flakes, black pepper or hot sauce to the eggs.

**Make it Vegetarian:** Omit the sausage.

**No Sausage:** Use ground pork, turkey or chicken instead. Season the ground meat with additional salt.

**No Spinach:** Use kale or chard instead.



## Black Bean Brownies

9 servings

40 minutes

### Ingredients

2 cups Black Beans (cooked)  
3 Egg  
1/4 cup Coconut Oil (melted)  
1 tsp Vanilla Extract  
1/4 tsp Sea Salt  
3/4 cup Cocoa Powder  
1/4 cup Coconut Sugar  
1/4 cup Raw Honey  
1/2 tsp Baking Powder  
3 1/2 ozs Dark Chocolate (chopped and divided)  
1/4 cup Sliced Almonds

### Nutrition

Amount per serving	
Calories	276
Fat	15g
Carbs	31g
Fiber	8g
Sugar	14g
Protein	9g
Cholesterol	62mg
Sodium	120mg
Vitamin A	97IU
Vitamin C	0mg
Calcium	62mg
Iron	4mg

### Directions

- 1 Preheat oven to 350°F (177°C) and line an 8 x 8 baking dish with parchment paper. (Use a bigger dish if making more than 9 servings.)
- 2 Add the cooked black beans and eggs to a food processor. Turn it on and stream in the coconut oil. Let the food processor blend for about 60 seconds, or until the black beans are very smooth.
- 3 Add vanilla, salt, cocoa powder, coconut sugar, honey and baking powder to the black bean batter. Blend until all incorporated, scraping down the sides of the bowl if needed.
- 4 Add half of the chocolate to the brownie batter and pulse 5 or 6 times until it is mixed in.
- 5 Transfer brownie batter to the prepared baking dish and smooth into an even layer. Sprinkle the remaining chocolate and the sliced almonds evenly over top of the brownies.
- 6 Bake for 30 to 35 minutes, or until a toothpick inserted into the center comes out with just a few moist crumbs.
- 7 Let the brownies cool completely before transferring to the fridge for at least 4 hours before cutting into squares. Enjoy!

### Notes

**Less Ingredients:** Omit the dark chocolate and almonds if desired.

**Leftovers:** These brownies keep well in the fridge up to 4 days. Freeze for longer.





## Avocado Brownies

12 servings

30 minutes

### Ingredients

- 1 Avocado (medium, ripe)
- 2 Egg
- 1/2 tsp Vanilla Extract
- 1/2 cup Coconut Sugar
- 3 tbsps Ghee
- 1/2 cup Almond Flour
- 1/2 cup Cacao Powder (or cocoa powder)
- 1 tsp Baking Soda
- 1/2 tsp Sea Salt
- 1/3 cup Dark Chocolate Chips

### Nutrition

Amount per serving	
Calories	177
Fat	12g
Carbs	14g
Fiber	3g
Sugar	9g
Protein	3g
Cholesterol	39mg
Sodium	234mg
Vitamin A	69IU
Vitamin C	2mg
Calcium	23mg
Iron	1mg

### Directions

- 1 Preheat the oven to 350°F (177°C). Add the avocado, eggs, vanilla, coconut sugar and ghee to a food processor or blender and mix well until combined.
- 2 Add the almond flour, cacao powder, baking soda and sea salt. Process again until combined. Stir in the chocolate chips, reserving some to place on top .
- 3 Line a pan with parchment paper and pour brownie batter in. Smooth the top down and sprinkle the remaining chocolate chips on top. Bake for 18 to 20 minutes.
- 4 Remove from the oven and let cool before slicing. Enjoy!

### Notes

**Avocado:** One medium avocado is equal to approximately one cup of mashed avocado.

**No Ghee:** Use coconut oil or coconut butter instead.

**Pan Size:** For 12 servings, we used a 9 x 9-inch pan.



## Peanut Butter Crunch Balls

20 servings

1 hour 15 minutes

### Ingredients

3/4 cup All Natural Peanut Butter  
1/4 cup Maple Syrup  
1/4 tsp Sea Salt  
3/4 cup Oat Flour  
1 cup Rice Puffs Cereal  
1 3/4 ozs Dark Chocolate  
1 tsp Coconut Oil

### Nutrition

Amount per serving	
Calories	106
Fat	7g
Carbs	10g
Fiber	1g
Sugar	4g
Protein	3g
Cholesterol	0mg
Sodium	32mg
Vitamin A	1IU
Vitamin C	0mg
Calcium	13mg
Iron	1mg

### Directions

- 1 In a mixing bowl, mix together the peanut butter, maple syrup and sea salt. Add in the oat flour and mix well until a soft dough forms. Gently fold in the rice puffs cereal until evenly distributed.
- 2 Line a baking sheet with parchment paper. Use a tablespoon to drop small balls onto the baking sheet then use your hands to roll them into a ball and smooth them out. Store in the freezer for 30 minutes.
- 3 Set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape.
- 4 Bring water to a boil then reduce to lowest heat. Add the dark chocolate and coconut oil to the smaller pot and stir continuously until melted. Remove from stovetop.
- 5 Remove the baking sheet peanut butter balls from the freezer. Using a spoonful of melted chocolate at a time slowly drizzle the chocolate over top of each ball, or alternatively, dip each one into the melted chocolate mixture and place them back on the parchment paper.
- 6 Let peanut butter balls set in the freezer for 30 minutes to harden. Remove from freezer and enjoy right away, or store in the fridge or freezer to eat later.

### Notes

**Serving Size:** By default, this recipe creates 20 balls, and for nutrition calculations, we consider one ball to be one serving.

**No Maple Syrup:** Use raw honey instead.

**No Peanut Butter:** Use almond butter instead.





## Green Smoothie Muffins

12 servings

25 minutes

### Ingredients

- 1 tsp Coconut Oil
- 2 1/2 cups Baby Spinach
- 2 Banana (ripe)
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Pitted Dates
- 3/4 cup Unsweetened Almond Milk
- 2 Egg
- 2 cups Oats (rolled)
- 1 tbsp Baking Powder

### Nutrition

Amount per serving	
Calories	106
Fat	2g
Carbs	16g
Fiber	2g
Sugar	4g
Protein	6g
Cholesterol	32mg
Sodium	156mg
Vitamin A	675IU
Vitamin C	3mg
Calcium	134mg
Iron	1mg

### Directions

- 1 Preheat your oven to 350°F (177°C) and line a muffin tin with liners. Brush the liners with coconut oil or use silicone cups to prevent the muffins from sticking.
- 2 In your blender, combine the baby spinach, bananas, protein powder, dates, and milk. Blend until smooth, then add the eggs, oats, and baking powder. Blend again until a batter is formed.
- 3 Scoop the muffin batter into the cups. Bake for 18 to 20 minutes, or until a toothpick inserted into the middle of a muffin comes out clean.
- 4 Let cool and enjoy!

### Notes

**Recommended Protein Powder:** This recipe was developed and tested with a plant-based protein powder. If using a different type of protein powder, results may vary.

**Leftovers:** Store in an airtight container in the fridge for 4 days, or freeze for two months or more.

**Add-Ins:** After blending, stir in chocolate chips, fresh berries, walnuts, or anything else you like to add to banana muffins!



## Chocolate Protein Crunch Bars

8 servings

2 hours

### Ingredients

1/3 cup Almond Butter  
1/4 cup Coconut Oil (melted)  
2 tbsps Cocoa Powder  
2 tbsps Chocolate Protein Powder  
2 tbsps Hemp Seeds  
2 tbsps Ground Flax Seed  
1/4 cup Maple Syrup  
2 1/2 cups Rice Puffs Cereal

### Nutrition

Amount per serving	
Calories	199
Fat	15g
Carbs	14g
Fiber	2g
Sugar	6g
Protein	5g
Cholesterol	0mg
Sodium	5mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	60mg
Iron	2mg

### Directions

- 1 Stir together all ingredients except the cereal in a mixing bowl. Once combined, gently fold in the cereal until well coated.
- 2 Transfer to a loaf pan or square pan lined with parchment paper and pack it down. Freeze for at least two hours.
- 3 Slice into bars and enjoy!

### Notes

**Serving Size:** One serving is equal to one bar.

**No Almond Butter:** Use peanut butter, hazelnut butter or cashew butter instead.

**Storage:** After slicing, transfer to a freezer-safe bag and keep in the freezer until ready to eat.





## Brownie Protein Pancakes

2 servings

15 minutes

### Ingredients

- 2 tbsps Ground Flax Seed
- 1/3 cup Water
- 1/2 cup Chickpea Flour
- 1/2 cup Chocolate Protein Powder
- 1 tbsp Cocoa Powder
- 1 tbsp Baking Powder
- 1 cup Unsweetened Almond Milk (or water)
- 1/4 cup Dark Chocolate Chips
- 1 1/2 tsps Coconut Oil

### Nutrition

Amount per serving	
Calories	444
Fat	19g
Carbs	37g
Fiber	6g
Sugar	17g
Protein	29g
Cholesterol	4mg
Sodium	866mg
Vitamin A	259IU
Vitamin C	0mg
Calcium	773mg
Iron	4mg

### Directions

- 1 Combine the ground flax and water in a small bowl. Whisk and set aside to thicken for about 5 minutes.
- 2 In a medium sized bowl, combine the chickpea flour, protein powder, cocoa powder, and baking powder.
- 3 Add the almond milk and flax mixture to dry ingredients. Mix well until a smooth batter forms. Fold in the chocolate chips.
- 4 Heat coconut oil in a nonstick skillet over medium heat. Spoon the batter into the pan in 1/4 cup portions. Cook pancakes for about 3 to 4 minutes per side.
- 5 Plate the pancakes and enjoy!

### Notes

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, results may vary.

**Save Time:** Make the pancake batter in a blender.

**Toppings:** Maple syrup, honey, fresh fruit, granola, seeds or nuts.

**Leftovers:** Store in a sealed container in the fridge up to 3 days. Reheat in the oven, toaster oven or in a skillet.

**No Chickpea Flour:** Try oat flour instead. Results may vary.



## Coconut Blueberry Crepes

3 servings

15 minutes

### Ingredients

- 1/4 cup Canned Coconut Milk
- 1/4 cup Frozen Blueberries
- 4 Egg (large)
- 3 tbsps Coconut Flour
- 1/8 tsp Sea Salt
- 2 tbsps Coconut Oil (divided)

### Nutrition

Amount per serving	
Calories	248
Fat	20g
Carbs	7g
Fiber	3g
Sugar	2g
Protein	10g
Cholesterol	248mg
Sodium	213mg
Vitamin A	366IU
Vitamin C	0mg
Calcium	39mg
Iron	2mg

### Directions

- 1 Add the coconut milk, blueberries, eggs, coconut flour, and salt to a blender. Blend until smooth.
- 2 Heat a bit of the coconut oil in a skillet over medium heat. Pour 1/4 cup of the batter at a time and gently swirl to spread it into a thin layer. Cook each side for about 30 seconds to one minute. Repeat with the remaining batter and coconut oil.
- 3 Divide the crepes onto plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days.

**Serving Size:** Each serving equals approximately two crepes.

**Additional Toppings:** Serve it with honey, maple syrup, fresh fruit, almond butter, cottage cheese, yogurt, or jelly.





## Vegan Wild Blueberry French Toast

3 servings

20 minutes

### Ingredients

- 1 Banana (ripe)
- 1 1/2 tbsps Chia Seeds
- 3/4 cup Unsweetened Almond Milk
- 1 tsp Cinnamon
- 1 1/2 tbsps Coconut Oil
- 6 slices Gluten-Free Bread (or sourdough)
- 1 cup Frozen Blueberries (wild)
- 1 1/2 tbsps Maple Syrup

### Nutrition

Amount per serving	
Calories	342
Fat	15g
Carbs	50g
Fiber	7g
Sugar	20g
Protein	6g
Cholesterol	0mg
Sodium	297mg
Vitamin A	176IU
Vitamin C	5mg
Calcium	201mg
Iron	1mg

### Directions

- 1 In a large, shallow bowl mash the banana. Add the chia seeds, almond milk, and cinnamon. Let stand for about 5 minutes. During this time, heat a non-stick skillet over medium heat and grease with coconut oil.
- 2 Dip the bread slices into the banana mixture, making sure each side is coated, then immediately transfer them to the skillet. Cook for about 4 minutes per side, flipping carefully. Continue until all pieces of french toast are cooked.
- 3 While the french toast is cooking, add the frozen wild blueberries to a small saucepan. Heat over medium-high heat until the berries become soft and the juices are released.
- 4 Divide the french toast between plates and top with wild blueberries and maple syrup. Enjoy!

### Notes

**No Blueberries:** Use raspberries, strawberries, blackberries or peaches instead.



## Blueberry Zucchini Breakfast Cookies

8 servings

45 minutes

### Ingredients

- 1 Banana
- 1 Egg (large, room temperature)
- 1/4 cup Coconut Oil (melted)
- 1 tbsp Maple Syrup
- 1 Zucchini (small, shredded)
- 3/4 cup Oat Flour
- 1 cup Oats (quick or traditional)
- 1 tsp Baking Powder
- 2 tbsps Hemp Seeds
- 1 tbsp Ground Flax Seed
- 1/2 cup Blueberries (fresh or frozen)

### Nutrition

Amount per serving	
Calories	201
Fat	11g
Carbs	22g
Fiber	3g
Sugar	5g
Protein	6g
Cholesterol	23mg
Sodium	73mg
Vitamin A	97IU
Vitamin C	7mg
Calcium	59mg
Iron	2mg

### Directions

- 1 Preheat the oven to 350°F (177°C). Line a baking sheet with parchment paper.
- 2 In a bowl, mash the banana using the back of a fork. Then whisk in the egg, coconut oil, maple syrup and zucchini.
- 3 In a separate bowl, mix together the oat flour, oats, baking powder, hemp seeds and flax. Add to the wet mixture until thoroughly combined. Gently fold in the blueberries.
- 4 Scoop the batter onto the baking sheet, making cookies of about 4 to 5 inches wide. Bake for 35 to 40 minutes or until golden brown. Enjoy!

### Notes

**Serving Size:** One serving is equal to one cookie.

**Storage:** Refrigerate in an airtight container up to 3 to 5 days. Enjoy cold, reheat in the microwave or bake in the oven if you prefer it a bit crispier.

**Muffin Lover:** Bake in a muffin tin for about the same time, or a mini-muffin tray for about 20 to 25 minutes.

**No Zucchini:** Use grated carrot instead.

**No Coconut Oil:** Use butter instead.

**No Oat Flour:** Use spelt flour or all-purpose flour (gluten-free optional) instead.





## Raspberry Coconut Ice Cream

4 servings

5 minutes

### Ingredients

1 1/2 cups Frozen Raspberries  
1 tbsp Maple Syrup  
1 1/2 cups Canned Coconut Milk (full fat, refrigerated overnight)

### Nutrition

Amount per serving	
Calories	201
Fat	16g
Carbs	12g
Fiber	2g
Sugar	8g
Protein	2g
Cholesterol	0mg
Sodium	25mg
Vitamin A	39IU
Vitamin C	9mg
Calcium	21mg
Iron	0mg

### Directions

- 1 Scrape the coconut cream from the top of the can into a blender or food processor. The cream should have separated from the coconut juice after being refrigerated.
- 2 Add raspberries and maple syrup to blender and blend until very smooth and creamy, occasionally scraping down the sides. You may add 1 tbsp of coconut water at a time (leftover from your can) if the blender/processor gets stuck. Do not add more than 1/3 cup.
- 3 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

### Notes

**Make it Chunky:** Chop and add fresh or thawed raspberries to the final mixture.

**No Coconut Milk:** Use frozen banana slices instead.



## Blackberry Popsicles

5 servings

6 hours

### Ingredients

2 cups Frozen Blackberries  
1/4 cup Water (warm)  
3 tbsps Maple Syrup  
1 tsp Lemon Juice

### Nutrition

Amount per serving	
Calories	70
Fat	0g
Carbs	18g
Fiber	3g
Sugar	14g
Protein	1g
Cholesterol	0mg
Sodium	2mg
Vitamin A	0IU
Vitamin C	2mg
Calcium	31mg
Iron	0mg

### Directions

- 1 Blend all the ingredients together in a blender until mixed well and smooth.
- 2 Pour the mixture into a popsicle mold and transfer to the freezer.
- 3 Freeze popsicles for four to six hours, or until fully frozen. Enjoy.

### Notes

**Leftovers:** Keep frozen popsicles in an airtight container for up to one month.

**Serving Size:** One serving is equal to one popsicle.

**More Flavor:** Add vanilla and or blend mint into the mixture.

**No Popsicle Mold:** Use paper cups with popsicle sticks instead.

**No Maple Syrup:** Replace it with honey.





## Cinnamon Raisin Protein Cookies

8 servings

30 minutes

### Ingredients

- 3 Banana (ripe)
- 3/4 cup Egg Whites
- 1/4 cup Tahini
- 1 cup Vanilla Protein Powder (plant-based)
- 1 cup Oats (rolled or quick)
- 1 tsp Cinnamon
- 1/2 cup Raisins
- 1/2 cup Ground Flax Seed

### Nutrition

Amount per serving	
Calories	244
Fat	7g
Carbs	30g
Fiber	5g
Sugar	12g
Protein	17g
Cholesterol	2mg
Sodium	69mg
Vitamin A	34IU
Vitamin C	4mg
Calcium	118mg
Iron	2mg

### Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Mash the bananas in the bottom of a mixing bowl. Add in the egg whites and tahini, and mix everything well.
- 3 Add in the remaining ingredients and mix well again.
- 4 Scoop the batter onto the baking sheet to form cookies. Use the lid of a wide-mouth mason jar as a mould.
- 5 Bake the cookies in the oven for 18 to 22 minutes, or until bottoms are golden brown.
- 6 Remove from oven, let cool completely on the baking sheet and enjoy!

### Notes

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder. Results may vary if using a different type of protein powder.

**Leftovers:** Store in the fridge up to 4 days, or in the freezer for up to 6 months.

**No Tahini:** Use sunflower seed butter, almond butter or peanut butter instead.

**No Raisins:** Use dried cranberries, chocolate chips or cacao nibs instead.





**BAKE  
TOGETHER!**





## Blueberry Oat Muffins

12 servings

40 minutes

### Ingredients

2 cups Oats (rolled)  
1/2 cup Unsweetened Shredded Coconut  
2 tbsps Hemp Seeds  
1 tsp Cinnamon  
1 tsp Baking Powder  
2 Egg  
1/4 cup Unsweetened Almond Milk  
1 tsp Vanilla Extract  
2 tbsps Maple Syrup  
1 cup Blueberries (fresh)

### Nutrition

Amount per serving	
Calories	113
Fat	5g
Carbs	15g
Fiber	2g
Sugar	4g
Protein	4g
Cholesterol	31mg
Sodium	58mg
Vitamin A	63IU
Vitamin C	1mg
Calcium	51mg
Iron	1mg

### Directions

- 1 Preheat the oven to 375°F (190°C) and line a muffin pan with liners.
- 2 In a large mixing bowl combine the oats, shredded coconut, hemp seeds, cinnamon and baking powder. Mix together until evenly combined.
- 3 In a separate mixing bowl, whisk the eggs, almond milk, vanilla and maple syrup. Add the egg mixture to the dry ingredients and mix until combined. Fold in the blueberries.
- 4 Divide the batter between the muffin cups and bake for 25 to 30 minutes or until the muffins are golden brown around the edges. Let the muffins cool in the pan for 5 minutes before transferring to a cooling rack to cool completely. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days or freeze for up to one month.

**Serving Size:** One serving is equal to one muffin.

**Additional Toppings:** Top with shaved almonds or pecans.

**No Blueberries :** Use strawberries or raspberries instead.



## Lemon Blueberry Muffins

12 servings

30 minutes

### Ingredients

2 cups Almond Flour  
1/2 tsp Baking Soda  
1/4 tsp Sea Salt  
1 Lemon (zest and juice)  
3 Egg  
1 Banana (medium, mashed)  
1/4 cup Maple Syrup  
1 cup Blueberries

### Nutrition

Amount per serving	
Calories	158
Fat	11g
Carbs	13g
Fiber	3g
Sugar	7g
Protein	6g
Cholesterol	47mg
Sodium	120mg
Vitamin A	81IU
Vitamin C	4mg
Calcium	55mg
Iron	1mg

### Directions

- 1 Preheat the oven to 350F (177°C). Line a muffin tin with liners.
- 2 In a medium sized bowl whisk together the almond flour, baking soda, sea salt and lemon zest.
- 3 In a large bowl, whisk together the lemon juice, eggs, banana and maple syrup. Add the dry ingredients to the wet and stir to combine. Fold in the blueberries.
- 4 Spoon the batter into the muffin liners and bake for 20 to 24 minutes or until cooked through.
- 5 Remove from oven and let cool. Enjoy!

### Notes

**Serving Size:** One serving is equal to one muffin.

**Leftovers:** Refrigerate in an airtight container for up to four days. Freeze for up to three months.

**Almond Flour:** This recipe was tested using almond flour. Please note that if using another type of flour, results will vary.

**Banana:** One medium banana is equal to 1/2 cup mashed banana.





## Pomegranate Yogurt Bark

9 servings

2 hours

### Ingredients

- 1 cup Plain Greek Yogurt
- 1/3 cup Pomegranate Seeds
- 1 tbsp Pumpkin Seeds

### Nutrition

Amount per serving	
Calories	30
Fat	1g
Carbs	2g
Fiber	0g
Sugar	1g
Protein	3g
Cholesterol	4mg
Sodium	16mg
Vitamin A	139IU
Vitamin C	2mg
Calcium	57mg
Iron	0mg

### Directions

- 1 Line a baking sheet with parchment paper, wax paper or a silicone mat.
- 2 Spread the yogurt evenly onto the lined baking sheet, about 1/4-inch thick. Sprinkle the pomegranate and pumpkin seeds on top.
- 3 Place in the freezer until very firm, about 2 hours. Slice or break apart into pieces.

### Notes

**Leftovers:** Keep frozen in an airtight container or freezer bag for up to two months. Line with parchment paper between the pieces if needed.

**Serving Size:** Each serving equals approximately one 3 x 2.5" piece.

**Dairy-Free:** Use coconut yogurt instead.

**More Flavor:** Add vanilla extract and your sweetener of choice.

**Additional Toppings:** Add in strawberry slices, blueberries, crushed pistachios, sliced almonds, hemp seeds, shredded coconut or chocolate chips.



## Peanut Butter Protein Banana Muffin Brownie Bites

6 servings

25 minutes

### Ingredients

- 1 Banana (medium, mashed)
- 2 tbsps Maple Syrup
- 1/2 cup All Natural Peanut Butter
- 2 tbsps Unsweetened Almond Milk
- 1/4 cup Cocoa Powder
- 1/4 cup Chocolate Protein Powder
- 1/2 tsp Baking Powder
- 1/4 cup Dark Chocolate Chips

### Nutrition

Amount per serving	
Calories	247
Fat	15g
Carbs	22g
Fiber	3g
Sugar	13g
Protein	10g
Cholesterol	1mg
Sodium	56mg
Vitamin A	23IU
Vitamin C	2mg
Calcium	74mg
Iron	1mg

### Directions

- 1 Preheat the oven to 350°F (176°C) and line a muffin tin with baking cups.
- 2 In a mixing bowl, combine the mashed banana, maple syrup, peanut butter, and almond milk. Stir in the cocoa powder, protein powder, and baking powder then fold in the chocolate chips. The batter should be thick and fudgy.
- 3 Divide the batter between the baking cups and bake for 25-30 minutes or until the brownies are spongy to the touch.
- 4 Let the brownies cool slightly in the pan before transferring to a cooling rack to cool completely (they will stiffen up as they cool). Enjoy!

### Notes

**Leftovers:** Keep in an airtight container for up to five days.

**Serving Size:** One serving is one brownie.

**More Flavor:** Add vanilla extract or a pinch of salt.

**Additional Toppings:** Top with more chocolate chips before baking.

**Banana:** A ripe, just speckled banana works best for this recipe.





## Peanut Butter Rice Krispies

6 servings

30 minutes

### Ingredients

1 tbsp Coconut Oil  
1/2 cup Maple Syrup  
1/2 cup All Natural Peanut Butter  
2 1/2 cups Rice Puffs Cereal

### Nutrition

Amount per serving	
Calories	242
Fat	13g
Carbs	28g
Fiber	1g
Sugar	18g
Protein	5g
Cholesterol	0mg
Sodium	7mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	38mg
Iron	2mg

### Directions

- 1 Grease a loaf pan with coconut oil or line with parchment paper (use a larger baking dish if serving size is adjusted higher).
- 2 In a medium pot over low-medium heat, whisk together maple syrup and peanut butter until thoroughly combined. Remove from heat and let cool, about 5 minutes.
- 3 Add puffed rice and gently mix with a spatula until evenly coated.
- 4 Transfer to loaf pan and press down firmly. Freeze for 20 minutes or until firm. Slice into bars or squares and enjoy!

### Notes

**No Peanut Butter:** Use any nut or seed butter instead.

**No Maple Syrup:** Use raw honey instead.

**Storage:** Freeze in an airtight container



## Lemon Poppy Seed Muffins

9 servings

45 minutes

### Ingredients

- 1/2 cup Coconut Flour
- 1/3 cup Maple Syrup
- 6 Egg
- 1/3 cup Coconut Oil (melted)
- 1/4 tsp Sea Salt
- 1 Lemon (zested and juiced)
- 1 tbsp Poppy Seeds

### Nutrition

Amount per serving	
Calories	183
Fat	12g
Carbs	13g
Fiber	2g
Sugar	9g
Protein	5g
Cholesterol	124mg
Sodium	128mg
Vitamin A	180IU
Vitamin C	2mg
Calcium	46mg
Iron	2mg

### Directions

- 1 Preheat oven to 350°F (177°C) and line a muffin tray with liners.
- 2 In a large mixing bowl, combine coconut flour, maple syrup, eggs, coconut oil and salt. Stir well to combine. Add in lemon zest, lemon juice and poppy seeds. Mix well.
- 3 Use a 1/4 measuring cup to ladle the batter into the muffin tray. Place in oven and bake for 35 minutes.
- 4 Remove from oven and let cool. Enjoy!

### Notes

**Make it sweeter:** Serve with a drizzle of raw honey.





## Banana Oat Chocolate Chip Cookies

12 servings

25 minutes

### Ingredients

3 Banana (large, ripe, mashed)  
1/2 cup Sunflower Seed Butter  
1/4 cup Coconut Oil  
1 tsp Vanilla Extract  
2 cups Oats (large flake)  
1/3 cup Unsweetened Shredded Coconut  
1 tsp Baking Powder  
1/4 tsp Cinnamon  
1/4 tsp Sea Salt  
1/2 cup Dark Chocolate Chips

### Nutrition

Amount per serving	
Calories	260
Fat	16g
Carbs	24g
Fiber	3g
Sugar	10g
Protein	5g
Cholesterol	0mg
Sodium	92mg
Vitamin A	25IU
Vitamin C	3mg
Calcium	38mg
Iron	1mg

### Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a large mixing bowl, combine the mashed bananas, sunflower seed butter, coconut oil and vanilla. Mix well, then add the oats, shredded coconut, baking powder, cinnamon, sea salt and chocolate chips. Mix again until all ingredients are evenly distributed.
- 3 Drop spoonfuls of the dough onto the baking sheet and flatten them gently with a fork. Bake for 15 to 17 minutes.
- 4 Remove the cookies from the oven and let them cool on the baking sheet. Enjoy!

### Notes

**Serving Size:** One serving is equal to one large cookie.

**No Chocolate Chips:** Use raisins, dried cranberries, chopped figs or cacao nibs instead.

**No Sunflower Seed Butter:** Use tahini, peanut butter or almond butter instead.

**Leftovers:** Store in an airtight container in the fridge up to five days, or in the freezer for up to three months.



## Chocolate Chip Cookies

12 servings

20 minutes

### Ingredients

- 1 1/2 cups Almond Flour
- 1 1/2 tsps Baking Powder
- 3 tbsps Coconut Oil (melted)
- 3 tbsps Maple Syrup
- 1 tsp Vanilla Extract
- 2 tbsps Unsweetened Almond Milk
- 1/3 cup Dark Chocolate Chips

### Nutrition

Amount per serving	
Calories	165
Fat	13g
Carbs	10g
Fiber	2g
Sugar	7g
Protein	3g
Cholesterol	0mg
Sodium	63mg
Vitamin A	5IU
Vitamin C	0mg
Calcium	74mg
Iron	1mg

### Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Combine the almond flour and baking powder together in a mixing bowl. Mix well. Then add in the remaining ingredients and mix again.
- 3 Plop the dough onto the baking sheet using a heaping tablespoon. Use the palm of your hand to gently form and flatten the cookies.
- 4 Place in the oven and bake for about 15 minutes for soft cookies, or 15 to 20 minutes for crunchy cookies.
- 5 Remove from oven and let cool. Enjoy!

### Notes

**Leftovers:** Store at room temperature for 2 to 3 days, or freeze in an airtight container for up to three months.

**No Chocolate Chips:** Use chopped dark chocolate or cacao nibs instead.

**No Maple Syrup:** Use honey instead.

**Serving Size:** A 12-serving recipe yields 12 small cookies, 9 medium cookies or 6 large cookies.





## Apple Cranberry Muffins

12 servings

35 minutes

### Ingredients

2 tbsps Ground Flax Seed  
1/4 cup Water  
2 cups Oat Flour  
1/3 cup Coconut Sugar  
1 tsp Baking Soda  
1/2 tsp Sea Salt  
1 tsp Cinnamon  
2/3 cup Unsweetened Almond Milk  
2 Apple (small, grated)  
1/4 cup Coconut Oil (melted)  
3/4 cup Dried Unsweetened Cranberries

### Nutrition

Amount per serving	
Calories	181
Fat	7g
Carbs	27g
Fiber	4g
Sugar	12g
Protein	4g
Cholesterol	0mg
Sodium	212mg
Vitamin A	43IU
Vitamin C	1mg
Calcium	40mg
Iron	1mg

### Directions

- 1 Preheat the oven to 350°F (177°C) and line a muffin tin with liners.
- 2 In a small bowl, mix the ground flax with water and set aside.
- 3 In a large mixing bowl, add the oat flour, coconut sugar, baking soda, sea salt and cinnamon. Whisk well. Then add the ground flax/water mix, almond milk, grated apple and melted coconut oil. Mix well to combine using a spoon or spatula. Gently fold in the dried cranberries.
- 4 Divide the batter into the prepared muffin tin. Bake for 22 to 24 minutes.
- 5 Remove the muffins from the oven and let them cool before placing on a cooling rack for 15 minutes. Serve and enjoy!

### Notes

**Serving Size:** One serving is equal to one small muffin.

**Density:** These muffins are quite dense due to the oat flour. They do not rise very much.

**Nut-Free:** Use a nut-free milk instead of almond milk such as coconut, hemp or rice milk.

**Optional Toppings:** Top muffins with almond butter or coconut butter.

**Leftovers:** Refrigerate muffins up to four days. Freeze for longer.

**No Coconut Oil:** Use butter or ghee.



## Mini Banana Muffins

15 servings

30 minutes

### Ingredients

- 2 Banana
- 1/2 cup Unsweetened Almond Milk
- 2 cups Almond Flour
- 3 Egg
- 2 tsp Baking Powder

### Nutrition

Amount per serving	
Calories	115
Fat	9g
Carbs	7g
Fiber	2g
Sugar	2g
Protein	5g
Cholesterol	37mg
Sodium	85mg
Vitamin A	81IU
Vitamin C	1mg
Calcium	89mg
Iron	1mg

### Directions

- 1 Preheat oven to 350°F (177°C). Prepare silicone mini muffin cups on a tray, or use a mini silicone muffin tray.
- 2 In a mixing bowl, mash the bananas with a fork and combine with the remaining ingredients. Pour the batter into the cups and bake for 20 to 25 minutes or until a toothpick comes out clean.
- 3 Remove from oven and let cool. Enjoy!

### Notes

**Almond Flour:** This recipe was tested using Bob's Red Mill Almond Flour. Please note that if using another brand of almond flour, results may vary.

**Extra Toppings:** Top with chia seeds, walnuts, dried banana slices or hemp seeds.

**Storage:** Refrigerate in an airtight container up to 3 to 5 days and reheat in the microwave for 10 to 12 seconds.

**Serving Size:** One serving is equal to one mini muffin.





## Chocolate Chip Cookie Pie

12 servings

45 minutes

### Ingredients

1 tbsp Coconut Oil  
2 cups White Navy Beans (cooked, from the can)  
1 cup Oats (quick or rolled)  
1/2 cup Unsweetened Applesauce  
2 tsp Vanilla Extract  
1/2 tsp Baking Soda  
1 1/2 tsp Baking Powder  
1/2 cup Pitted Dates  
1 cup Dark Chocolate Chips (divided)  
1/2 tsp Sea Salt (coarse, optional)

### Nutrition

Amount per serving	
Calories	222
Fat	8g
Carbs	29g
Fiber	4g
Sugar	14g
Protein	5g
Cholesterol	0mg
Sodium	213mg
Vitamin A	4IU
Vitamin C	0mg
Calcium	61mg
Iron	2mg

### Directions

- 1 Preheat oven at 350°F (177°C) and grease your pie pan or springform pan with coconut oil (use a 10-inch pan for 12 servings).
- 2 Combine beans, oats, applesauce, vanilla, baking soda, baking powder and dates in a food processor until well blended. Stir in 3/4 of the chocolate chips.
- 3 Transfer the cookie batter to your pan and spread into an even layer. Sprinkle the remaining chocolate chips on top, and bake for 35 minutes or until golden brown.
- 4 Remove from oven. Sprinkle with salt (optional) and let cool before serving. Enjoy!

### Notes

**No White Beans:** Use chickpeas instead.

**Storage:** Refrigerate up to 5 days or freeze in individual servings.



## Pumpkin Breakfast Donuts

6 servings

25 minutes

### Ingredients

1/2 cup Oat Flour  
1/2 cup Chia Seeds  
1/4 cup Monk Fruit Sweetener  
1 1/2 tsp Baking Powder  
1/8 tsp Sea Salt  
2 tsp Pumpkin Pie Spice  
2/3 cup Unsweetened Almond Milk  
2 tbsps Coconut Oil (melted)  
1/2 cup Pureed Pumpkin  
2 tbsps Coconut Butter (melted)

### Nutrition

Amount per serving	
Calories	209
Fat	14g
Carbs	25g
Fiber	7g
Sugar	1g
Protein	5g
Cholesterol	0mg
Sodium	192mg
Vitamin A	3234IU
Vitamin C	1mg
Calcium	221mg
Iron	3mg

### Directions

- 1 Preheat your oven to 350°F (177°C) and lightly grease your donut pan.
- 2 In a large bowl, combine the oat flour, chia seeds, monk fruit sweetener, baking powder, sea salt, and pumpkin pie spice.
- 3 Add the almond milk, coconut oil, and pumpkin puree. Mix well and transfer to a piping bag or a large ziploc bag with the corner sliced off. Pipe the batter into the donut pan using a circular motion.
- 4 Bake for about 15 minutes, or until golden brown. Remove from oven and let cool. Once cooled, drizzle with melted coconut butter. Enjoy!

### Notes

**No Donut Pan:** Use a muffin tin instead.

**No Monk Fruit Sweetener:** Use coconut sugar instead.

**Storage:** Store in an airtight container in the fridge up to 4 to 5 days, or freeze for longer.

**Serving Size:** One serving is equal to one donut.





# HEALTHY GO-TO MEALS

NUTRITIOUS TAKES ON  
YOUR KID'S FAVES!



## Herbed Chicken Tenders with Honey Dijon

4 servings

40 minutes

### Ingredients

- 1 lb Chicken Breast (skinless, boneless, sliced into strips)
- 2 tbsps Avocado Oil (divided)
- 1/2 cup Oats (quick)
- 1 tbsp Italian Seasoning
- 1/2 tsp Sea Salt
- 6 Carrot (medium, peeled and sliced into fries)
- 1/4 cup Dijon Mustard
- 3 tbsps Raw Honey

### Nutrition

Amount per serving	
Calories	333
Fat	11g
Carbs	28g
Fiber	4g
Sugar	16g
Protein	28g
Cholesterol	82mg
Sodium	575mg
Vitamin A	15320IU
Vitamin C	5mg
Calcium	41mg
Iron	1mg

### Directions

- 1 Preheat oven to 400°F (204°C) and line two baking sheets with parchment paper. Brush chicken strips with half of the avocado oil.
- 2 Combine the oats, Italian seasoning, and sea salt and spread over a small plate. Press both sides of the chicken strips into the oat/spice mixture to coat, then lay on baking sheet.
- 3 Toss the carrot sticks in remaining avocado oil. Spread across the other baking sheet.
- 4 Place both pans in the oven and bake for 30 minutes, flipping the chicken and tossing the carrot fries halfway through.
- 5 Meanwhile, combine the Dijon and raw honey in a small bowl to make the sauce. Mix well and set aside.
- 6 To serve, divide the chicken tenders and carrot fries between plates and serve with honey Dijon dipping sauce. Enjoy!

### Notes

**No Quick Oats:** Place rolled oats in your blender or food processor. Pulse a few times to break them up.

**Vegan and Vegetarian:** Use tofu strips instead of chicken.

**Leftovers:** Keeps well in the fridge up to 3 days.





## Sweet Potato Fries

4 servings

35 minutes

### Ingredients

- 3 tbsps Coconut Oil (melted)
- 2 Sweet Potato (large, sliced into 1/4 inch strips)
- 1 1/2 tbsps Tapioca Flour

### Nutrition

Amount per serving	
Calories	156
Fat	10g
Carbs	16g
Fiber	2g
Sugar	3g
Protein	1g
Cholesterol	0mg
Sodium	36mg
Vitamin A	9222IU
Vitamin C	2mg
Calcium	20mg
Iron	0mg

### Directions

- 1 Preheat oven to 425°F (218°C) and line baking sheet(s) with heavy-duty foil. Grease with 1/3 of the coconut oil or a cooking spray.
- 2 Rinse and pat your sweet potato strips dry. Toss them in a bag or bowl with tapioca flour until well coated.
- 3 Add the remaining coconut oil to the sweet potato strips and gently toss. Arrange the strips onto your baking sheet(s), being careful not to crowd the pan and bake for 25 to 30 minutes, flipping halfway through.
- 4 Season with salt if desired, and let cool slightly before serving. Enjoy!

### Notes

**No Tapioca Flour:** Use arrowroot powder, brown rice starch or cornstarch instead.

**Spice it Up:** Add your choice of seasonings after tossing the sweet potato strips with coconut oil. You can use chipotle powder, cumin, paprika, garlic powder and/or onion powder. Do not season with salt until after roasting.

**Crispy Fries:** For crispier fries, soak the strips in water for at least 1 hour, or overnight. Drain and pat dry before baking.

**Serve Them With:** Our Magical Mayo, 15 Minute Grilled Steak, Corn & Chickpea Guacamole Salad, or any of our burger recipes (like the Apple Turkey Burgers with Caramelized Onions & Brie).

**Leftovers:** Refrigerate in an airtight container up to 4-5 days, or freeze. To re-crisp the fries, reheat with a bit of oil in a skillet on your stovetop.



## Quinoa-Crusted Chicken 'Parm' with Salsa

2 servings

30 minutes

### Ingredients

3 tbsps Ground Flax Seed  
1/3 cup Water  
1 tsp Garlic Powder  
1 tsp Onion Powder  
1/2 tsp Sea Salt  
1/3 cup Quinoa (dry)  
10 ozs Chicken Breast (boneless, skinless, sliced horizontally)  
1/2 cup Salsa

### Nutrition

Amount per serving	
Calories	354
Fat	9g
Carbs	28g
Fiber	6g
Sugar	3g
Protein	39g
Cholesterol	103mg
Sodium	1120mg
Vitamin A	346IU
Vitamin C	2mg
Calcium	65mg
Iron	3mg

### Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 In a shallow bowl, combine the flax, water, garlic powder, onion powder, and salt. Set it aside to thicken for five minutes.
- 3 Cook the quinoa according to the directions on the package.
- 4 Pat the sliced chicken dry and coat in the flax mixture. Let the excess drip off, then transfer the chicken to the quinoa mixture. Press the quinoa into the chicken with your hands until completely coated. Transfer to a baking sheet and repeat for the remaining chicken.
- 5 Bake for 20 minutes, or until golden brown. Remove from oven, spread salsa overtop and bake for 5 more minutes or until cooked through. Enjoy!

### Notes

**Serve it With:** Brown rice spaghetti, garlic bread, roasted veggies or salad.

**No Salsa:** Use homemade salsa, or a favourite store-bought marinara or pasta sauce instead.

**Real Cheese Lover:** Place sliced mozzarella over salsa and set oven to high broil for the remaining 3 minutes.

**Leftovers:** Refrigerate in an air-tight container up to 3 days.





## Coconut Zucchini Fries

4 servings

20 minutes

### Ingredients

- 1 tbsp Coconut Oil
- 1/4 cup Canned Coconut Milk (full fat)
- 1/4 cup Coconut Flour
- 1/2 tsp Sea Salt
- 2 Zucchini (medium, sliced into strips)

### Nutrition

Amount per serving	
Calories	104
Fat	7g
Carbs	7g
Fiber	3g
Sugar	3g
Protein	2g
Cholesterol	0mg
Sodium	322mg
Vitamin A	196IU
Vitamin C	18mg
Calcium	16mg
Iron	1mg

### Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with foil and coat with oil.
- 2 Pour the coconut milk into a small bowl. In a separate bowl, combine the coconut flour and salt.
- 3 Dip each zucchini strip in the coconut milk, letting the excess liquid drip off. Transfer to the bowl of salted coconut flour and coat well, shaking off any excess flour. Place onto the baking sheet. Bake for 12 to 15 minutes or until golden brown, gently flipping halfway.
- 4 Remove from oven and enjoy!

### Notes

**No Coconut Milk:** Use eggs instead.

**Leftovers:** Refrigerate in an airtight container for up to five days. Reheat in the oven for best results.

**Additional Toppings:** Add paprika, chili powder or spices of your choice to the coconut flour.

**Extra Crispy:** Substitute half of the coconut flour with breadcrumbs or shredded coconut. Drizzle the zucchini fries with oil prior to baking.



## Zucchini Fritters

6 servings

20 minutes

### Ingredients

- 1 Yellow Potato (medium, peeled and grated)
- 2 Zucchini (small, grated)
- 1 Yellow Onion (medium, finely sliced)
- 2 Egg
- 1/4 cup Oat Flour
- 2 tbsps Ground Flax Seed
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Coconut Oil

### Nutrition

Amount per serving	
Calories	142
Fat	7g
Carbs	14g
Fiber	3g
Sugar	3g
Protein	5g
Cholesterol	62mg
Sodium	32mg
Vitamin A	221IU
Vitamin C	19mg
Calcium	37mg
Iron	2mg

### Directions

- 1 Combine all ingredients, except the coconut oil, into a large bowl and mix well.
- 2 Heat half of the coconut oil in a large pan over medium heat. Scoop enough of the zucchini mixture to create 3- to 4-inch wide fritters in the pan. Cook for 2 to 3 minutes per side and transfer to a plate lined with paper towel.
- 3 Taste the first batch and adjust seasoning accordingly. If the fritters are falling apart, add an extra tablespoon of oat flour at a time. Continue until the mixture is used up and add more coconut oil to the pan between batches if needed.
- 4 Let cool slightly before serving and enjoy!

### Notes

**Serving Size:** One serving is equal to approximately three fritters.

**Serve Them With:** Scrambled eggs, fish, a fried egg and salad, guacamole, goat cheese with pine nuts, greek yogurt, cottage cheese, or sliced tomatoes with mozzarella.

**Bake Them in the Oven:** Scoop onto a parchment-lined baking sheet and bake in the oven for 20 to 25 minutes at 375 F.





## Lemon Butter Penne with Broccoli

2 servings

20 minutes

### Ingredients

- 1 cup Brown Rice Penne (uncooked)
- 3 cups Broccoli (sliced into florets)
- 2 tbsps Butter
- 1/2 Lemon (juiced)
- 1/3 cup Hemp Seeds
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	499
Fat	26g
Carbs	55g
Fiber	8g
Sugar	3g
Protein	16g
Cholesterol	31mg
Sodium	48mg
Vitamin A	1209IU
Vitamin C	127mg
Calcium	86mg
Iron	4mg

### Directions

- 1 Fill a medium-sized pot with water and bring to a boil. Add the pasta and cook as per the directions on the package.
- 2 In the last two minutes of cooking the pasta, add the broccoli to the pasta water. Drain the pasta and broccoli, then return it to the pot.
- 3 Add the butter, lemon juice, and hemp seeds to the pasta and broccoli. Stir well to coat. Season with sea salt and black pepper, divide between plates and enjoy!

### Notes

**More Protein:** Use chickpea or a bean-based pasta, or top with sliced chicken breast.

**Dairy-Free:** Use olive oil instead of butter.



## Mac n' 'Cheese'

8 servings

1 hour

### Ingredients

4 cups Butternut Squash (peeled, seeded and sliced into 1 inch cubes)  
1/2 Sweet Onion (diced)  
2 Garlic (cloves, whole)  
2 tbsps Extra Virgin Olive Oil  
1 cup Almonds  
1 tsp Garlic Powder  
1 tsp Onion Powder  
1 cup Cashews  
2 tbsps Nutritional Yeast  
2 tsps Sea Salt  
1 cup Water  
4 cups Brown Rice Macaroni (uncooked)

### Nutrition

Amount per serving	
Calories	492
Fat	22g
Carbs	64g
Fiber	8g
Sugar	4g
Protein	13g
Cholesterol	0mg
Sodium	605mg
Vitamin A	7442IU
Vitamin C	16mg
Calcium	101mg
Iron	3mg

### Directions

- 1 Preheat oven to 420°F (216°C).
- 2 Place butternut squash, sweet onion and garlic cloves in a large mixing bowl. Add olive oil, season with a bit of sea salt and pepper and mix well. Transfer onto a large foil-lined baking sheet. Roast in the oven for 30 minutes.
- 3 Now let's make the "breadcrumbs". In a food processor, combine the almonds, garlic powder and onion powder. Pulse until almonds are coarsely chopped. Set aside.
- 4 In a blender, add cashews, nutritional yeast, sea salt and water. Blend until a creamy consistency forms. Now add in the roasted butternut squash and onion mix and blend until smooth.
- 5 Reduce oven to 350°F (177°C).
- 6 Bring a large pot of water to a boil and cook brown rice macaroni as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
- 7 In a large bowl, mix together cooked macaroni and "cheese" sauce. Toss until well coated then transfer into a casserole dish. Top with almond breadcrumbs and bake for 20 minutes.
- 8 Remove from oven. Let cool for 10 minutes. Spoon into bowls. Devour.

### Notes

Leftovers: Refrigerate in an airtight container for up to three days.





## Mini Eggplant Pizzas

4 servings

30 minutes

### Ingredients

1 Eggplant (medium)  
1/4 cup Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)  
3/4 cup Tomato Sauce  
1/2 tsp Oregano  
4 1/3 ozs Mozzarella Ball (grated)  
1/2 tsp Red Pepper Flakes (Optional)  
2 tbsps Basil Leaves (finely chopped)

### Nutrition

Amount per serving	
Calories	259
Fat	21g
Carbs	11g
Fiber	5g
Sugar	7g
Protein	9g
Cholesterol	25mg
Sodium	160mg
Vitamin A	608IU
Vitamin C	7mg
Calcium	181mg
Iron	1mg

### Directions

- 1 Cut the eggplant into equal slices about 1/2 inch thick. Generously brush each side of the eggplant with the oil and season with sea salt and black pepper.
- 2 Heat a large non-stick pan over medium heat. Cook eggplant in batches until tender and browned about 3 to 5 minutes per side.
- 3 Meanwhile, turn the broiler on high.
- 4 Transfer the browned eggplant slices to a baking sheet and top each with tomato sauce, dried oregano and shredded cheese. Broil the eggplant pizzas for 3 to 5 minutes until the cheese is melted, bubbly and browned.
- 5 Top with red pepper flakes and fresh basil. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days. Reheat in the microwave or oven until warmed through.

**Serving Size:** One serving is approximately three eggplant pizzas.

**Dairy-Free:** Use a dairy-free shredded cheese instead.

**More Flavor:** Add minced garlic and Italian seasoning to the tomato sauce.

**Additional Toppings:** Top eggplant pizza with your favorite pizza toppings like pepperoni, bacon, olives, bell peppers or mushrooms.



## Chickpea Flatbread Pizza

2 servings

1 hour 20 minutes

### Ingredients

- 1 cup Chickpea Flour
- 1 cup Water
- 1 1/2 tbsps Avocado Oil (divided)
- 1/4 tsp Sea Salt
- 1/3 cup Tomato Sauce
- 1/4 tsp Oregano
- 1/8 tsp Garlic Powder
- 1/8 tsp Red Pepper Flakes
- 6 ozs Mozzarella Cheese (shredded)
- 2 tbsps Basil Leaves (finely chopped)

### Nutrition

Amount per serving	
Calories	495
Fat	29g
Carbs	29g
Fiber	6g
Sugar	6g
Protein	26g
Cholesterol	76mg
Sodium	605mg
Vitamin A	992IU
Vitamin C	3mg
Calcium	349mg
Iron	3mg

### Directions

- 1 In a mixing bowl whisk the chickpea flour, water, two-thirds of the oil and salt together until smooth. Let the batter sit for 1 hour at room temperature.
- 2 About 10 minutes before the batter is done resting preheat the oven to 450°F (232°C) and place a 10-inch cast-iron pan inside the warming oven.
- 3 Remove the pan from the oven and turn the broiler to high. Add the remaining oil to the pan and swirl to coat. Pour the batter into the pan and place it under the broiler for 5 to 7 minutes until the edges have browned and the top of the flatbread is firm. Remove from the oven.
- 4 Reduce the oven temperature to 350°F (176°C).
- 5 Carefully remove the chickpea flatbread from the pan and transfer to a baking sheet. Top it with tomato sauce, spices and shredded cheese. Return to the oven and bake for 10 to 12 minutes until the cheese is bubbly and browned. Top with basil.
- 6 Slice and serve immediately. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. For best results, reheat in the oven until just warmed through and crisp.

**Serving Size:** One serving is equal to approximately three slices of pizza.

**Dairy-Free:** Use a dairy-free shredded cheese instead.

**More Flavor:** Add minced garlic and Italian seasoning to the tomato sauce.

**Additional Toppings:** Top with your favorite pizza toppings like pepperoni, bacon, olives, bell peppers or sautéed mushrooms.