



Snacks



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Welcome to your own personal cookbook! On the next pages you will find a collection of delicious snacks I put together just for you. These recipes will keep you inspired and help you eat more nutrient-dense foods.

HOW TO USE

All of these recipes have been selected based on the very simple category of "healthy snacks".

Feel free to add these to your weekly meal plans. They are great for in-between meals if you're feeling a little hungry, or even as a healthy nighttime snack instead of reaching for a calorie-dense dessert if you're trying to lose weight.

RECIPE TIPS

On each recipe, you'll see total time, number of servings, ingredients and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance. For example, you might need to dice up your veggies. It's also helpful to read through the directions before you start cooking so you have an idea of what's coming up before you dive in.

Enjoy!



Chocolate Coconut Yogurt

4 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Unsweetened Coconut Yogurt
1 tsp Vanilla Extract
1/4 cup Maple Syrup
3 tbsps Cocoa Powder
1 tsp Cinnamon
1/3 cup Strawberries (sliced)
1/4 cup Almonds (chopped)

DIRECTIONS

- 01 In a bowl, combine the coconut yogurt, vanilla extract, maple syrup, cocoa powder and cinnamon. Whisk together until evenly combined.
- 02 Divide evenly into bowls and top with strawberries and almonds. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is equal to 1/2 cup of yogurt.

NUT-FREE

Use pumpkin seeds, sunflower seeds or shredded coconut instead of almonds.

ADDITIONAL TOPPINGS

Top with blueberries or raspberries.



Sweet & Salty Kale Chips

2 SERVINGS 30 MINUTES



INGREDIENTS

- 4 cups Kale Leaves (packed, torn into pieces)
- 1 tsp Sea Salt
- 2 tbsps Maple Syrup
- 1 tbsp Extra Virgin Olive Oil

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C). Line a baking sheet with parchment paper.
- 02 Place kale leaves in a large bowl and add the salt, maple syrup, and oil on top. Massage lightly to coat the leaves.
- 03 Arrange the kale across the baking sheet. Bake in the oven for 10 to 15 minutes or until crispy. Serve and enjoy!

NOTES

LEFTOVERS

Store in the freezer in an airtight container to keep crunchy for up to one month. If leftovers need more crunch, reheat in the oven for 4 to 5 minutes at 350°F (177°C).

SERVING SIZE

One serving is equal to one cup of kale chips.

MORE FLAVOR

Add cinnamon.



Candied Pecans with Blueberries

4 SERVINGS 10 MINUTES



INGREDIENTS

1 tbsp Coconut Oil
1 cup Pecans
2 tbsps Maple Syrup
1/4 cup Unsweetened Shredded Coconut
1 tsp Cinnamon
1 cup Blueberries

DIRECTIONS

- 01 Warm a medium skillet over medium heat. Add the coconut oil. Once melted, add the pecans, maple syrup, shredded coconut and cinnamon. Stir often until everything is toasted, about 10 minutes.
- 02 Remove from stove and let cool. Divide the pecans and blueberries into separate containers. Enjoy!

NOTES

LEFTOVERS

For best results, store blueberries and pecans separately. Refrigerate the pecans in an airtight container for up to two weeks. Refrigerate the blueberries in an airtight container for up to five days.

MORE CRUNCH

Add pumpkin seeds.

NO PECANS

Use almonds or walnuts instead.

Dark Chocolate Granola Bites

18 SERVINGS 20 MINUTES



INGREDIENTS

- 1/2 cup Maple Syrup
- 1 cup Sunflower Seed Butter (melted)
- 1 cup Oats (rolled)
- 3/4 cup Unsweetened Coconut Flakes
- 5 1/16 ozs Dark Organic Chocolate (chopped, or Dark Chocolate Chips)
- 1/4 cup Organic Raisins
- 1 tsp Cinnamon
- 1/4 cup Whole Flax Seeds
- 1/4 cup Chia Seeds

DIRECTIONS

- 01 Preheat the oven to 350°F (176°C).
- 02 In a large mixing bowl, combine the maple syrup and sunflower seed butter. Fold in the remaining ingredients with a spatula until thoroughly combined.
- 03 Add the granola mixture to each mold of a silicone or parchment-lined mini muffin tray. Use your fingers or the back of a spoon to pack the mixture down firmly.
- 04 Bake for 10 to 15 minutes or until golden brown. Let cool before removing the granola bites from the muffin tray. Enjoy!

NOTES

LEFTOVERS

Freeze in an airtight container or bag for up to three months.

SERVING SIZE

One serving is two mini muffin-sized granola bites.

NO SUNFLOWER SEED BUTTER

Use almond butter, tahini or peanut butter.

NO MAPLE SYRUP

Use raw honey instead.

ENJOY IT RAW

Roll into balls or press firmly into a parchment-lined baking tray. Freeze for at least one hour before enjoying it. Cut into slices if using a tray.

NO MINI MUFFIN TRAY

Use a regular muffin tray or a baking pan and adjust cooking time as needed.



Blood Orange & Pistachio Chia Pudding

2 SERVINGS 25 MINUTES



INGREDIENTS

- 2 Blood Orange (small)
- 1/4 cup Chia Seeds
- 1/2 cup Unsweetened Coconut Yogurt
- 1 tbsp Pistachios (roughly chopped)

DIRECTIONS

- 01 Peel half of the blood oranges and chop them. Set aside for garnish. Juice the other half. Set the juice aside and discard the juiced orange.
- 02 In a medium bowl, combine the chia seeds with the coconut yogurt and orange juice. Whisk well to combine. Refrigerate for at least 20 minutes or overnight to thicken.
- 03 Divide evenly between bowls or containers. Top with the chopped orange and pistachios. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

NO COCONUT YOGURT

Use Greek yogurt instead.

NUT-FREE

Use sunflower seeds instead of pistachios.

MORE FLAVOR

Use vanilla coconut yogurt, or add a dash of vanilla.



Dried Mango & Walnuts

1 SERVING 5 MINUTES



INGREDIENTS

4 pieces Dried Unsweetened Mango
1/4 cup Walnuts

DIRECTIONS

01 Combine the mango and walnuts. Enjoy!

NOTES

LEFTOVERS

Keep in an airtight container for up to 1 month.

NUT-FREE

Use pumpkin seeds instead.

NO DRIED MANGO

Use another dried fruit instead, like apricots.

NO WALNUTS

Use almonds, pecans or cashews instead.

Jicama Fries with Hummus

4 SERVINGS 45 MINUTES



INGREDIENTS

4 cups Jicama (peeled, sliced into 1/4-inch strips)
2 tbsps Avocado Oil
1 1/2 tps Sea Salt (divided)
1 1/3 cups Chickpeas (cooked)
2 tbsps Lemon Juice
3 tbsps Tahini
2 1/2 tbsps Water (cold)

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C) and line a baking sheet with foil or a silicone baking mat.
- 02 Par-boil the jicama strips in a pot on the stovetop for 10 minutes, or microwave them in a bowl with a few tablespoons of water for 15 minutes. Drain and dry with a towel.
- 03 In a mixing bowl, toss the jicama strips in the oil and season with 3/4 of the salt. Transfer to the baking sheet and bake for 30 to 40 minutes, or until browned and tender-crisp.
- 04 Meanwhile, blend the chickpeas, lemon juice, tahini, water and remaining salt in a food processor until smooth.
- 05 Serve the jicama fries alongside the hummus and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. For best results, store the jicama fries and hummus separately, and re-crisp the fries in the oven before serving.

JICAMA

One medium jicama equals approximately 5 cups.

SERVING SIZE

One serving equals approximately one cup of jicama fries with 1/4 cup of hummus.

MORE FLAVOR

Add seasonings like cajun seasoning, cayenne pepper, chili powder, black pepper, paprika, onion powder or garlic powder to add more flavor to the fries.

NO LEMON JUICE

Use apple cider vinegar instead.



Flaxseed Pudding Parfait

2 SERVINGS 35 MINUTES



INGREDIENTS

- 1/2 cup Ground Flax Seed
- 1 tsp Cinnamon
- 1 cup Unsweetened Almond Milk
- 1 tbsp Maple Syrup
- 2 cups Unsweetened Coconut Yogurt
- 1/2 cup Raspberries
- 1/4 cup Pecans (crushed)

DIRECTIONS

- 01 In a bowl, whisk together the ground flaxseed, cinnamon, unsweetened almond milk and maple syrup. Let sit for 30 minutes, up to overnight.
- 02 To make the parfaits, set out glass cups or mason jars. Layer in the coconut yogurt and flaxseed pudding in separate layers.
- 03 Top the parfaits with raspberries and pecans. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

NUT-FREE

Use pumpkin seeds or hemp seeds instead of pecans.

MORE FLAVOR

Add vanilla extract or a variety of berries.



Rice Cake with Yogurt & Berries

1 SERVING 5 MINUTES



INGREDIENTS

1 Plain Rice Cake
1 tbsp Unsweetened Coconut Yogurt
1/4 cup Raspberries

DIRECTIONS

01 Spread the coconut yogurt onto the rice cake and top with the raspberries.
Enjoy!

NOTES

LEFTOVERS

Store all ingredients separately until ready to serve.

MORE FLAVOR

Drizzle with honey or maple syrup or garnish with a pinch of cinnamon.

ADDITIONAL TOPPINGS

Sprinkle with hemp seeds, chia seeds or ground flax seeds.

NO RASPBERRIES

Use strawberries or blueberries instead.



Plantain Fritters with Coconut Yogurt

10 SERVINGS 20 MINUTES



INGREDIENTS

2 Plantain (unripe, peeled and sliced)
1/4 cup Coconut Oil (melted)
1/2 tsp Sea Salt
1/2 cup Unsweetened Coconut Yogurt
1 tbsp Dried Chives

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper or a silicone baking mat.
- 02 Add the plantain, coconut oil and sea salt to a food processor or blender. Blend into a thick puree.
- 03 Use a spoon to scoop the batter onto the baking sheet and spread out to approximately two inches wide and half-inch thick.
- 04 Bake until the fritters begin to brown around edges, about 15 to 20 minutes. Serve with coconut yogurt and chives. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to seven days.

SERVING SIZE

One serving equals one fritter.

MORE FLAVOR

Add your choice of herbs or spices to the mixture before baking.



Lemon Blueberry Chia Jam

12 SERVINGS 25 MINUTES



INGREDIENTS

1 1/2 cups Frozen Blueberries
3 tbsps Lemon Juice
2 tbsps Maple Syrup
1 tbsp Chia Seeds

DIRECTIONS

- 01 Add the blueberries, lemon juice and maple syrup to a small saucepan over medium-low heat. When the blueberries begin to release their juices, let the mixture simmer for about 15 minutes. The blueberries will start to break down.
- 02 Stir in the chia seeds and continue to simmer for about 5 minutes more until the blueberry mixture starts to thicken.
- 03 Remove from the heat and let it cool. The jam will continue to thicken as it cools. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to seven days or freeze for up to two months.

MORE FLAVOR

Add vanilla extract.

NO BLUEBERRIES

Use strawberries or raspberries instead.

NO MAPLE SYRUP

Use honey instead. Or substitute stevia or monk fruit sweetener to taste.

HOW TO USE

Spread on toast, muffins, rice cakes or crackers. Use on top of oats, or in any recipe that calls for jam.



Pumpkin Energy Balls

12 SERVINGS 25 MINUTES



INGREDIENTS

1/2 cup Coconut Butter (melted)
1/2 cup Pureed Pumpkin
1 tsp Pumpkin Pie Spice
1 1/2 tsps Monk Fruit Sweetener
1/8 tsp Sea Salt

DIRECTIONS

- 01 In a blender or food processor add all ingredients and process until the mixture comes together.
- 02 Remove the mixture from the blender or food processor and place in a bowl. Set the bowl in the freezer for 15 to 20 minutes. Once the mixture is set, roll into balls. Store in the fridge or freezer until ready to eat. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is equal to approximately one ball.

COCONUT BUTTER

Ensure the coconut butter is melted, otherwise the mixture will not hold together.

NO MONK FRUIT SWEETENER

Use maple syrup and increase the amount to taste.

Cherry Balsamic Glazed Yogurt

2 SERVINGS 15 MINUTES



INGREDIENTS

- 1 cup Cherries (pitted)
- 2 tbsps Maple Syrup
- 1/4 cup Balsamic Vinegar
- 1 1/2 cups Unsweetened Coconut Yogurt
- 2 tbsps Hemp Seeds

DIRECTIONS

- 01 In a small saucepan, combine the cherries, maple syrup and balsamic vinegar over medium heat. Let simmer for approximately 10 to 12 minutes or until the liquid has reduced by almost half. Let cool.
- 02 Divide the yogurt into bowls or containers. Top with the cherry balsamic glaze and hemp seeds. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately 3/4 cup of yogurt with 1/3 cup of cherry balsamic glaze.

ADDITIONAL TOPPINGS

Top with blueberries, blackberries, coconut flakes, almond slices, crushed pistachios, bee pollen or sunflower seeds.

NO COCONUT YOGURT

Use sheep yogurt, dairy yogurt, oatmeal or ice cream instead of coconut yogurt.



Mango Salsa

4 SERVINGS 10 MINUTES



INGREDIENTS

- 2 Mango (peeled and cubed)
- 2 cups Corn (cooked)
- 2 tbsps Red Onion (finely chopped)
- 1 Red Bell Pepper (finely chopped)
- 1/2 cup Cilantro (chopped)
- 1 Lime (juiced)

DIRECTIONS

- 01 Combine all ingredients in a large bowl. Refrigerate until ready to serve. Enjoy!

NOTES

SERVING SIZE

One serving equals approximately 1 1/2 cups of mango salsa.

LEFTOVERS

Refrigerate in an airtight container for up to five days.

MORE FLAVOR

Add paprika, minced garlic and/or sea salt.

ADDITIONAL TOPPINGS

Top with green onions, chopped chicken breast, grilled tofu or roasted chickpeas.

SERVE IT WITH

Tacos, brown rice tortilla chips or baked plantain chips.

Gingerbread Oatmeal Bars

8 SERVINGS 1 HOUR 20 MINUTES



INGREDIENTS

- 1/3 cup Maple Syrup
- 1 1/2 tbsps Blackstrap Molasses
- 1/2 cup Almond Butter
- 1 cup Oats
- 1/3 cup Pumpkin Seeds
- 1/3 cup Walnuts (roughly chopped)
- 1/3 tsp Ground Ginger
- 1 tsp Cinnamon
- 1/4 tsp Nutmeg
- 1/4 tsp Ground Cloves
- 1/4 tsp Sea Salt

DIRECTIONS

- 01 Preheat the oven to 325°F (163°C) and line a baking pan with parchment paper.
- 02 In a large bowl add the maple syrup, molasses and almond butter and stir well. Add the oats, pumpkin seeds, walnuts, ginger, cinnamon, nutmeg, cloves and sea salt into the maple syrup mixture. Stir to mix, ensuring everything is well combined.
- 03 Pour the mixture into the prepared pan. Wet your fingertips with a bit of water to prevent sticking and smooth down the mixture with your hands. Bake for 16 to 18 minutes.
- 04 Let the pan cool for up to 20 minutes. Transfer to the fridge to chill completely for about an hour, and then slice into bars. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to one week. Freeze for up to three months.

SERVING SIZE

One serving is equal to one bar. An 8x8 inch pan was used to make eight servings.



Roasted Red Pepper Lentil Dip

6 SERVINGS 20 MINUTES



INGREDIENTS

1/2 cup Dry Red Lentils (rinsed well)
2 cups Water
4 1/4 ozs Roasted Red Peppers (from the jar)
2 tbsps Lemon Juice
1 1/2 tbsps Extra Virgin Olive Oil
1 tbsp Tahini
1 Garlic (small, minced)
1/2 tsp Sea Salt

DIRECTIONS

- 01 Add the lentils and water to a pot over medium heat. Bring to a gentle simmer and cook for 12 to 15 minutes or until tender. Drain really well to remove excess water.
- 02 Add the lentils and remaining ingredients to a food processor and blend until very smooth. Season with additional salt and lemon juice if needed.
- 03 Serve chilled and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1/3 cup of dip.

MORE FLAVOR

Add red pepper flakes for a spicier dip.

SERVE IT WITH

Veggies, crackers or flatbread.

NO STORE-BOUGHT PEPPERS

Roast your own red peppers instead.



Balsamic Parmesan Zucchini Bites

4 SERVINGS 20 MINUTES



INGREDIENTS

- 1 Zucchini (medium, sliced into 1/4-inch thick rounds)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 tsp Balsamic Vinegar
- 1/2 cup Parmigiano Reggiano (grated)
- 1/2 tsp Italian Seasoning
- 1/4 tsp Sea Salt
- 1/4 tsp Garlic Powder

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Add the zucchini rounds to a mixing bowl and toss with oil and balsamic vinegar. Arrange seasoned zucchini rounds on the prepared baking sheet.
- 03 In a small bowl combine cheese, Italian seasoning, sea salt and garlic powder. Top each zucchini round with the cheese mixture.
- 04 Bake for 15 to 18 minutes or until zucchini is tender and the cheese is bubbly and browned. Serve immediately and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days. For best results, reheat in the oven.

SERVING SIZE

One serving is approximately five zucchini bites (or 1/4 of a zucchini).

MAKE IT VEGAN

Use a dairy-free, parmesan-style cheese instead.

NO OLIVE OIL

Use avocado oil instead.



Ahi Tuna Avocado Ceviche

2 SERVINGS 15 MINUTES



INGREDIENTS

7 ozs Ahi Tuna (sushi-grade, cubed)
1 Avocado (cubed)
2 Lime (juiced)
2 tbsps Cilantro (chopped)
1/2 tsp Sea Salt

DIRECTIONS

01 Combine all ingredients in a bowl and refrigerate for 10 minutes before serving. Enjoy immediately!

NOTES

NO AHI TUNA

Use sushi-grade salmon, crab meat or chopped grilled tofu instead.

MORE FLAVOR

Add finely chopped red chile, red onion, and/or paprika.

Coconut Zucchini Fries

4 SERVINGS 20 MINUTES



INGREDIENTS

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

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Line a baking sheet with foil and coat with oil.
- 02 Pour the coconut milk into a small bowl. In a separate bowl, combine the coconut flour and salt.
- 03 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.
- 04 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 TOPPING

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.



Sweet Potato Flatbread

6 SERVINGS 30 MINUTES



INGREDIENTS

- 1 Sweet Potato (large, peeled and sliced)
- 1/2 tsp Sea Salt
- 1 cup All Purpose Gluten-Free Flour (plus extra for dusting)
- 2 tbsps Coconut Oil (divided)

DIRECTIONS

- 01 Bring a pot of water to a boil. Place sweet potato in a steamer over boiling water and cover for 7 minutes (or until tender). Mash and measure out 1 cup per 6 servings. (Set any leftovers aside to use in another meal.)
- 02 In a mixing bowl, use a spatula to combine the sweet potato, salt and the flour. If the dough feels wet, add an extra tablespoon of flour at a time until it is soft and workable. Note, the moisture level of sweet potatoes may vary and require more or less flour.
- 03 Dust your hands and working surface with flour. Roll the dough into 2-inch balls. Then, roll each ball flat to about 1/8- to 1/4-inch thick.
- 04 Heat half the coconut oil in large skillet over medium-low heat and cook each flatbread for about 2 to 3 minutes per side. Add more oil as needed between flatbreads.
- 05 Transfer to a basket covered with a dish towel until ready to serve. Enjoy!

NOTES

FLOUR

This recipe was tested using Bob's Red Mill All Purpose Gluten-Free Flour. If using another type of flour, results may vary.

SERVE IT WITH

Hummus, curry, stew, soup, lentils, black beans or caramelized apples.

SAVE TIME

Steam a large batch of mashed sweet potatoes earlier in the week and set aside a portion for this recipe.

STORAGE

Refrigerate in an airtight container up to 4 days or freeze for up to 6 months.

SERVING SIZE

One serving is equal to one flatbread.



Creamy Tuna on Oat Crackers

2 SERVINGS 10 MINUTES



INGREDIENTS

1 can Tuna (drained and flaked)
1/4 cup Plain Greek Yogurt
1/4 tsp Sea Salt
1 3/4 ozs Oat Crackers

DIRECTIONS

01 Combine the tuna, yogurt and sea salt. Mix well with a fork.
02 Spread tuna evenly onto the crackers and enjoy!

NOTES

NO GREEK YOGURT

Use cottage cheese or any type of alternative plain yogurt instead.

SERVING SIZE

One serving is equal to approximately four topped crackers.

STORAGE

Best enjoyed immediately but can be refrigerated up to 2 days in an airtight container. Store the crispbread and tuna mixture separately.

Smoked Salmon Avocado Toast

1 SERVING 5 MINUTES



INGREDIENTS

- 1/2 Avocado
- 1 slice Organic Bread (toasted)
- 1 1/2 ozs Smoked Salmon (cut into bite-sized pieces)
- 1/8 Yellow Onion (thinly sliced)
- 1/2 tsp Capers
- 1 1/2 tsps Fresh Dill (chopped)
- 1/4 tsp Lemon Juice

DIRECTIONS

- 01 Mash the avocado onto your toast. Next, add the smoked salmon, yellow onion, capers, dill and lemon juice. Enjoy!

NOTES

NO YELLOW ONION

Use red or green onions instead.

NO BREAD

Use a large cracker or flatbread.

GLUTEN-FREE

Use gluten-free toast or crackers.

NO DILL

Use another fresh herb such as parsley.

Double Chocolate Mint Energy Balls

6 SERVINGS 15 MINUTES



INGREDIENTS

1/2 cup Pitted Dates
1/2 cup Almonds (raw)
2 tbsps Cacao Powder
1 tbsp Cacao Nibs
1/8 tsp Sea Salt
1/2 tsp Peppermint Extract
1 tbsp Water

DIRECTIONS

- 01 Add the dates, almonds, cacao powder, cacao nibs, sea salt and peppermint extract to the bowl of a food processor. While the food processor is running stream in the water. Run the food processor until the date mixture forms a ball.
- 02 Form the mixture into small balls with your hands and enjoy!

NOTES

NO ALMONDS

Use raw cashews instead.

SERVING SIZE

One serving is equal to two balls.

STORAGE

Store in the fridge up to five days, or in the freezer for up to three months.

Crispy Brussels Sprouts with Dip

4 SERVINGS 35 MINUTES



INGREDIENTS

2 cups Brussels Sprouts (trimmed and halved)
1 tsp Avocado Oil
Sea Salt & Black Pepper (to taste)
1/4 cup Mayonnaise
1 tsp Apple Cider Vinegar
1/4 tsp Smoked Paprika

DIRECTIONS

- 01 Preheat your oven to 425°F (218°C). Line a baking sheet with parchment paper and add the brussels sprouts. Drizzle with the avocado oil and add sea salt and pepper to taste. Toss to combine then bake for 25 minutes.
- 02 Meanwhile, make the dip by combining the mayonnaise, apple cider vinegar and paprika in a small bowl. Mix well.
- 03 Remove the brussels sprouts from the oven and serve with dipping sauce on the side. Enjoy!

NOTES

LEFTOVERS

Keep leftovers in the fridge in a sealed container up to 3 days.

NO AVOCADO OIL

Use olive oil or coconut oil instead.

Tzatziki with Cucumber Slices

2 SERVINGS 15 MINUTES



INGREDIENTS

- 1 Cucumber (divided)
- 1 cup Plain Greek Yogurt
- 1 Garlic (clove, minced)
- 1/2 Lemon (juiced)
- 2 tbsps Mint Leaves (fresh, finely chopped)
- 1/2 tsp Sea Salt

DIRECTIONS

- 01 Slice off 1/4 of the cucumber and set the remainder aside.
- 02 Slice the 1/4 portion of cucumber in half. Scoop out the seeds and discard. Grate the remaining cucumber then squeeze out as much liquid as possible. Transfer to a mixing bowl.
- 03 Stir in yogurt, garlic, lemon juice, mint and sea salt until thoroughly combined. Transfer to a serving bowl.
- 04 Slice the remaining cucumber into slices and serve with tzatziki. Enjoy!

NOTES

DAIRY-FREE

Use a plain dairy-free yogurt instead of Greek yogurt.

NO MINT

Use dill instead.

STORAGE

Best enjoyed immediately but will keep in an airtight container up to 2 days in the fridge. Stir well before serving.



Cranberry Energy Bars

10 SERVINGS 30 MINUTES



INGREDIENTS

- 3/4 cup Unsweetened Coconut Flakes
- 1/2 cup Pecans (chopped)
- 1/3 cup Sesame Seeds
- 1/4 cup Pumpkin Seeds
- 1/4 cup Sunflower Seeds
- 1/4 cup Ground Flax Seed
- 1/4 cup Dried Unsweetened Cranberries
- 1/4 tsp Sea Salt
- 1/4 cup Raw Honey
- 1/4 cup Sunflower Seed Butter

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Line a pan with parchment paper and lightly grease with some olive or coconut oil. (We use an 8x8 square pan.)
- 02 Throw coconut, pecans, sesame seeds, pumpkin seeds and sunflower seeds into a large frying pan. Place over medium-low heat and stir occasionally for 5 minutes or until lightly toasted. Remove from heat and place in a large mixing bowl with the ground flax seed, cranberries and sea salt.
- 03 Add honey and sunflower seed butter into the mixing bowl and mix well until all ingredients are evenly distributed. Transfer mix into the square pan and press down evenly. Take some time to really pack it in there. If you don't pack it down firmly enough, the bars will crumble.
- 04 Bake in oven for 15 minutes.
- 05 Remove from oven and let cool completely. Once cool, lift parchment paper out of the tin and slice into bars with a sharp knife. Enjoy!

NOTES

NUT ALLERGY

Skip the pecans and double up on the sunflower and pumpkin seeds.

Brown Rice Tortilla Chips

4 SERVINGS 15 MINUTES



INGREDIENTS

4 Brown Rice Tortilla (thawed)

DIRECTIONS

- 01 Preheat oven to 400°F (204°C). Slice brown rice tortillas into 1/8's. Place on a baking sheet and bake for 6 to 10 minutes, or until golden brown.
- 02 Remove chips from oven. Let cool and enjoy!

NOTES

SERVE IT WITH

Turmeric Hummus, Layered Nacho Dip, any of our soups or chilis.

FLAVOURED CHIPS

See our Garlic Chili Lime Chips, Nacho Cheese Doritos and Honey Cinnamon Chips recipes.

STORAGE

Refrigerate in an air-tight container up to 5 days.

Basil Radish Dip with Cucumber Slices

4 SERVINGS 10 MINUTES



INGREDIENTS

- 1 cup Plain Greek Yogurt
- 1/4 cup Feta Cheese
- 1 cup Basil Leaves (chopped)
- 1 cup Radishes (chopped)
- 1/4 Lemon (juiced)
- 1 Cucumber (sliced into rounds or sticks)

DIRECTIONS

- 01 Combine all ingredients except cucumber in a food processor. Blend until you reach a dip-like consistency.
- 02 Scoop into a bowl and dip with cucumber slices. Enjoy!

NOTES

NO CUCUMBER

Dip with tortilla chips, sliced radishes, celery sticks or baby carrots instead.

DAIRY-FREE

Omit Greek yogurt and feta, use mashed chickpeas and salt to taste instead.

Key Lime Mousse

4 SERVINGS 10 MINUTES



INGREDIENTS

- 2 Avocado (peeled and pitted)
- 2 Lime (zested and juiced)
- 2 tbsps Maple Syrup
- 2 tbsps Organic Coconut Milk (canned)
- 1 tsp Vanilla Extract

DIRECTIONS

- 01 In a food processor or blender, combine the avocados, lime juice, lime zest, maple syrup, canned coconut milk, and vanilla extract. Process until smooth, scraping down sides if necessary. Divide into bowls and enjoy!

NOTES

TOPPINGS

Kiwi slices, hemp seeds, or shredded coconut.

NO COCONUT MILK

Use almond milk or cashew milk instead.

Chocolate Peanut Butter Energy Bites

16 SERVINGS 15 MINUTES



INGREDIENTS

1 cup Quick Oats
1/2 cup Ground Flax Seed
3 tbsps Cacao Powder
1/4 tsp Sea Salt
1/2 cup All Natural Peanut Butter
1/3 cup Maple Syrup
1 tbsp Unsweetened Almond Milk
(optional)

DIRECTIONS

- 01 In a large mixing bowl combine oats, flax, cacao powder, sea salt, peanut butter and maple syrup. Add almond milk if the dough is too thick and sticky.
- 02 Roll the dough into balls about 1-inch in diameter. Chill in the fridge for at least 20 minutes before serving. Enjoy!

NOTES

STORAGE

Store in an airtight container in the fridge for seven days or in the freezer for longer. Always serve chilled.

SERVING SIZE

One serving is equal to one ball.

GLUTEN-FREE

Use certified gluten-free oats.

NUT-FREE

Use sunflower seed butter instead.

MORE FLAVOR

Add vanilla extract.

NO MAPLE SYRUP

Use honey instead.

NO QUICK OATS

For best results, these balls need a smaller oat-texture. If you substitute with rolled oats, pulse a few times in a food processor to chop them up into a quick oats texture.



Broiled Pineapple with Cinnamon

2 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Pineapple (cored and sliced into rounds)
1 tsp Cinnamon

DIRECTIONS

- 01 Adjust oven rack to the top, closest to the broiler. Set oven to high broil.
- 02 Place pineapple slices on a foil-lined baking sheet and sprinkle both sides with cinnamon.
- 03 Broil in oven for about 10 minutes, flipping halfway. Watch closely for burning as oven temperatures may vary.
- 04 Remove from oven and enjoy!

NOTES

SERVE IT WITH

Our one-ingredient banana ice cream, organic coconut ice cream, Paleo Granola or over oatmeal.



Socca Flatbread

3 SERVINGS 1 HOUR 10 MINUTES



INGREDIENTS

- 1 cup Chickpea Flour
- 1 cup Water
- 1 1/2 tbsps Avocado Oil (divided)
- 1/4 tsp Sea Salt

DIRECTIONS

- 01 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.
- 02 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.
- 03 Remove the pan from the oven and turn the broiler to high. Add the remaining oil into the pan and swirl to coat. Pour the batter into the pan and place under the broiler for 5 to 7 minutes or until the edges have browned and the top of the flatbread is firm.
- 04 Carefully remove the socca from the pan, slice and serve immediately. Enjoy!

NOTES

LEFTOVERS

Store leftover socca in the fridge for up to three days. Reheat in the oven or toaster until just warmed through and crisp.

SERVING SIZE

One serving is approximately two pieces of socca, or about 1/3 of the flatbread when cooked in a 10-inch pan.

MORE FLAVOR

Add dried herbs and spices to the batter, like Italian seasoning, dried oregano, garlic powder or onion powder.



Apple Slices & Hummus

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Apple
1/2 cup Hummus

DIRECTIONS

01 Slice apples and cut out the core. Serve with hummus for dipping. Enjoy!

NOTES

NO APPLE
Use pear slices instead.

Cinnamon Protein Energy Bites

14 SERVINGS 35 MINUTES



INGREDIENTS

1/3 cup Oats (quick)
1/4 cup Oat Flour
1/4 cup Vanilla Protein Powder
1/4 cup Ground Flax Seed
2 tbsps Chia Seeds
1 1/2 tsps Cinnamon
1/2 cup Almond Butter
1/4 cup Maple Syrup
1 tbsp Unsweetened Almond Milk
(optional; if needed)

DIRECTIONS

- 01 In a large mixing bowl combine quick oats, oat flour, protein powder, ground flax, chia seeds and cinnamon. Fold in the almond butter and maple syrup until a thick dough forms. If it is too thick to work with, add the almond milk.
- 02 Use a tablespoon to scoop out dough and roll into balls, approximately 1-inch in diameter. Chill in the fridge for at least 20 minutes before serving. Enjoy!

NOTES

STORAGE

Keep energy bites in the fridge for up to seven days or freezer for up to three months. Always serve chilled.

SERVING SIZE

One serving is equal to one ball.

NUT-FREE

Use sunflower seed butter or pumpkin seed butter instead of almond butter. Use coconut milk instead of almond milk.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder.

NO MAPLE SYRUP

Use honey instead.

GLUTEN-FREE

Use certified gluten-free quick oats.

NO QUICK OATS

For best results, these balls need a smaller oat-texture. If you substitute with rolled oats, pulse a few times in a food processor to chop them into a quick oats texture.

NO PROTEIN POWDER

Use more oat flour instead.



Coconut Almond Cups

6 SERVINGS 1 HOUR 15 MINUTES



INGREDIENTS

1/4 cup Almond Butter (not runny)
2 tbsps Coconut Oil (melted, divided)
1 1/2 tsps Vanilla Extract
1 1/2 tsps Cinnamon
1/16 tsp Sea Salt
1/4 cup Coconut Butter

DIRECTIONS

- 01 Arrange paper baking cups on a plate or a small baking sheet. Set aside.
- 02 In a mixing bowl, stir the almond butter with half of the melted coconut oil together until smooth. Stir in the vanilla, cinnamon and salt. The mixture will stiffen.
- 03 In a second small mixing bowl, combine the remaining melted coconut oil and coconut butter together and stir until runny.
- 04 Fold the coconut butter mixture into the almond butter mixture until just combined.
- 05 Divide into the prepared baking cups. Freeze for at least one hour or until solid. Enjoy!

NOTES

LEFTOVERS

Keep in an airtight container or zipper-lock bag in the freezer for up to one month. Best to eat from frozen.

SERVING SIZE

One serving is one piece.

LIKES IT SWEET

Add liquid stevia drops to taste.



Figs & Yogurt with Flax

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Plain Greek Yogurt
1 tbsp Ground Flax Seed
3 Fig (sliced)
1 tbsp Maple Syrup

DIRECTIONS

01 In a small bowl, mix together yogurt and flax. Top with figs and drizzle syrup overtop. Enjoy!

NOTES

NO GREEK YOGURT

Use any yogurt alternative or coconut cream.

NO MAPLE SYRUP

Use honey instead.

LEFTOVERS

Refrigerate in an airtight container up to 5 days.

Butternut Squash Hummus

6 SERVINGS 20 MINUTES



INGREDIENTS

2 cups Butternut Squash (peeled and diced into 1-inch cubes)
2 tbsps Tahini
2 tbsps Lemon Juice
1/2 tsp Sea Salt
1/4 cup Extra Virgin Olive Oil
7 1/16 ozs Seed Crackers

DIRECTIONS

- 01 Steam the butternut squash in a steaming basket for 6 to 8 minutes, or until it is tender when pierced with a fork.
- 02 Add steamed squash to a blender or food processor along with the tahini, lemon juice and sea salt. Drizzle in the extra virgin olive oil and process until smooth and creamy.
- 03 Transfer the hummus to a bowl and refrigerate until ready to eat. Serve with crackers. Enjoy!

NOTES

LEFTOVERS

Keeps well in a sealed container in the fridge for 5 to 6 days.

NO BUTTERNUT SQUASH

Use acorn squash or another type of squash instead.

MORE FLAVOUR

Play around with adding garlic or herbs. You can also roast the squash for a deeper flavour.

GARNISH WITH

Sesame seeds or hemp seeds.

SAVE TIME

Buy pre-sliced butternut squash from the produce section or frozen aisle.

Apple Nachos

1 SERVING 5 MINUTES



INGREDIENTS

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

DIRECTIONS

01 Arrange apple slices on a serving plate. Drizzle sunflower seed butter and sprinkle granola otop. 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.

Cinnamon Toast Crunch Pumpkin Seeds

2 SERVINGS 50 MINUTES



INGREDIENTS

- 1/2 cup Pumpkin Seeds (rinsed and dried)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 tbsp Maple Syrup
- 1/4 tsp Sea Salt
- 1/4 tsp Cinnamon

DIRECTIONS

- 01 Preheat oven to 300°F (149°C) and line a baking sheet with parchment paper.
- 02 Add all ingredients to a mixing bowl and mix well. Spread seeds across the baking sheet. Place in the oven and bake for 40 to 50 minutes or until golden brown. Stir at the halfway point.
- 03 Remove pumpkin seeds from the oven and let cool. Break into pieces and enjoy!

NOTES

BEST RESULTS

This recipe was created and tested using fresh pumpkin seeds. It is a great one to whip up with leftovers seeds from any type of squash.

NO FRESH SEEDS

Use store-bought pumpkin seeds instead. Since they have already been dried, cut the time in the oven down to 30 minutes.

STORAGE

Once completely cooled, store in an air-tight container at room temperature.



Grilled Cherry Stuffed Peaches

2 SERVINGS 10 MINUTES



INGREDIENTS

2 Peach (large)
1 cup Cherries

DIRECTIONS

- 01 Preheat grill to medium heat.
- 02 Cut the peaches in half and remove the pits. Cut the cherries in half and remove the pits.
- 03 Place the peaches and cherries face down on the grill and grill for 5 to 8 minutes, or until slightly charred. (Note: Use a basket to grill the cherries if the grates of the grill are too far apart.)
- 04 Remove everything from the grill and let cool. When cool enough to handle, roughly chop the cherries and stuff them into the centre of each peach. Enjoy!

NOTES

SERVE IT WITH

For an added touch, serve it with coconut whipped cream or banana ice cream.

Celery with Sunflower Seed Butter

4 SERVINGS 5 MINUTES



INGREDIENTS

8 stalks Celery (sliced into sticks)
1/2 cup Sunflower Seed Butter

DIRECTIONS

01 Spread sunflower seed butter across celery sticks (about 1 tbsp per celery stalk). Happy munching!

NOTES

NO CELERY
Use cucumber instead

Maple Almond Popcorn

4 SERVINGS 15 MINUTES



INGREDIENTS

4 cups Organic Popcorn
1 cup Almonds
1 tbsp Maple Syrup
2 tsp Cinnamon

DIRECTIONS

- 01 Place almonds in a small frying pan over medium heat for about 4 minutes, stirring occasionally to toast. Turn heat down to low and add maple syrup and cinnamon. Stir for about 3 minutes to ensure almonds are well coated. Remove from heat and spread across a piece of wax paper and let cool. Break apart into single pieces.
- 02 Divide popcorn and maple almonds into bowls. Enjoy!