



Welcome!

These recipes are to prove that you can enjoy cookies, bars, and sweet treats **without fear, guilt, or “starting over on Monday.”** These recipes are designed to help you enjoy something sweet while still supporting steady energy and balanced blood sugar.

Every recipe in this book is built with **balance in mind**. Each cookie, bar, or treat includes **protein, fat, fiber, and carbohydrates**—because satisfaction matters. Protein and healthy fats slow digestion and reduce cravings, fiber supports gut health and blood sugar balance, and carbohydrates provide enjoyment and energy without restriction or shame. These are not “diet” treats—they’re *supportive* ones.

Flexibility is encouraged. If you don’t like an ingredient, can’t find it, or simply prefer something else, swap it for what you enjoy or already have. Baking should feel fun and doable, not rigid or complicated. Use these recipes as a guide, not a set of rules.

Use these recipes in a way that fits your real life. Bake once and enjoy throughout the week. Freeze extras. Share with family. Enjoy a portion that feels good to you. There are no “off-limit” foods here—only intentional choices.

Most importantly, these recipes are about **progress, not perfection**. You are allowed to enjoy sweets and still care for your health. Make these recipes your own, trust your body, and remember that consistency—not restriction—is what creates lasting change.

Enjoy every bite!



Fudgey Protein Brownies

9 servings

30 minutes

Ingredients

1 cup All Natural Peanut Butter
4 Banana
1/2 cup Cocoa Powder
1/2 cup Chocolate Protein Powder
1/2 cup Dark Chocolate Chips
1/2 cup Walnuts (chopped)

Nutrition

Amount per serving	
Fat	24g
Carbs	30g
Fiber	5g
Protein	14g

Directions

- 1 Preheat oven to 350°F (177°C). Line a cake or loaf pan with parchment paper.
- 2 In a small saucepan over low-medium heat, melt the peanut butter.
- 3 In a mixing bowl, mash the bananas, cocoa powder, protein powder and nut butter until combined. Stir in chocolate chips.
- 4 Pour into pan, sprinkle with walnuts and bake for 25 minutes. Remove from oven and let cool completely before serving.

Notes

Protein Powder: I used Genuine Health Proteins+ in chocolate.

No Walnuts: Omit walnuts or use any preferred type of nuts instead.



Peanut Butter Banana Muffin Brownie Bites

9 servings

25 minutes

Ingredients

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

Nutrition

Amount per serving	
Fat	10g
Carbs	18g
Fiber	3g
Protein	5g

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 (or honey), peanut butter, and almond milk. Stir in the cocoa 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 17 to 20 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. Enjoy!

Notes

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.



Chocolate Fudge Oat Bars

12 servings

2 hours 25 minutes

Ingredients

- 1/3 cup Butter (melted)
- 2/3 cup Almond Butter (divided)
- 1/4 cup Maple Syrup (or honey)
- 1 tsp Vanilla Extract
- 2 cups Oats (rolled)
- 1 cup Oat Flour
- 1/2 tsp Sea Salt
- 1 1/2 cups Dark Chocolate Chips

Nutrition

Amount per serving	
Fat	24g
Carbs	39g
Fiber	4g
Protein	9g

Directions

- 1 Line a baking dish with parchment paper. Set aside.
- 2 In a large bowl, whisk together the butter, half of the almond butter, maple syrup, and vanilla. Add the oats, oat flour, and salt. Use a spatula to mix until thoroughly combined and the oats hold together when pressed.
- 3 Add 3/4 of the oat mixture to the prepared baking dish. Press down to create an even layer. Transfer to the freezer for 15 minutes.
- 4 Meanwhile, melt the chocolate chips using a double boiler or in 30-second intervals in the microwave. Once melted, add the remaining almond butter and mix well.
- 5 Remove the baking dish from the freezer. Pour the chocolate mixture over top and spread into an even layer. Scatter the remaining oat mixture over top using your hands. Transfer back to the freezer for two hours until set.
- 6 Once set, slice evenly into bars. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to one month and let sit at room temperature to soften before eating.

Baking Pan Size: An 8 x 8-inch (20 x 20 cm) baking dish was used.



Super Simple Peanut Butter Oat Bars

9 servings

40 minutes

Ingredients

- 1 cup All Natural Peanut Butter (smooth, runny)
- 2/3 cup Maple Syrup (or honey)
- 2 tsp Vanilla Extract
- 3 cups Oats

Nutrition

Amount per serving	
Fat	16g
Carbs	40g
Fiber	4g
Protein	10g

Directions

- 1 Preheat the oven to 350°F (175°C) and line a baking pan with parchment paper.
- 2 In a small saucepan over low heat, combine the peanut butter, maple syrup (or honey), and vanilla. Continuously stir until melted and well combined.
- 3 Add the oats to a large bowl. Pour the melted peanut butter mixture over the oats and stir well until the oats are fully coated.
- 4 Add the oat mixture into the baking pan and use your hands to spread it out and press down into an even layer.
- 5 Bake for 15 minutes. Remove from the oven and let cool for 10 to 15 minutes before cutting into squares. Enjoy!

Notes

Baking Dish Size: An 8 x 8-inch (20 x 20-cm) baking dish was used.

No Peanut Butter: Use almond or cashew butter.

More Flavor: Add chocolate chips.



Chocolate Protein Crunch Bars

12 servings

1 hour

Ingredients

- 1 cup All Natural Peanut Butter (runny)
- 1 cup Maple Syrup (or honey)
- 3 cups Rice Puffs Cereal
- 1 1/4 cups Vanilla Protein Powder
- 1 1/2 cups Dark Chocolate Chips

Nutrition

Amount per serving	
Fat	21g
Carbs	42g
Fiber	1g
Protein	15g

Directions

- 1 Line a pan with parchment paper and set aside.
- 2 In a large bowl, add the peanut butter and maple syrup (or honey) and mix well to combine. Add the cereal and protein powder and mix well with a spatula until thoroughly combined.
- 3 Transfer the cereal mixture into the prepared pan, pressing down to create an even layer.
- 4 Add water to a double boiler or fill a small pot halfway with water and place a heat-safe bowl on top. Bring the water to a boil and add the chocolate chips to the bowl. Melt the chocolate, stirring often. Alternatively, you can melt the chocolate chips in the microwave on 30-second intervals.
- 5 Pour the melted chocolate over the cereal, spreading it out to create an even layer. Transfer to the fridge until the chocolate has completely set, about 45 minutes, or overnight.
- 6 Remove the cereal bars and slice into rectangular pieces. Enjoy!

Notes

Baking Pan Size: An 8 x 8-inch (20 x 20 cm) square pan was used.

Protein Powder: I used Genuine Health Proteins+ in vanilla.



Chocolate & Almond Butter Rice Cereal Bars

8 servings

2 hours 15 minutes

Ingredients

2 cups Rice Puffs Cereal
1/2 cup Oats (rolled)
1/4 cup Pumpkin Seeds
1/4 cup Hemp Seeds
1/2 tsp Sea Salt (flaky, divided)
1/2 cup Almond Butter (runny)
1/3 cup Maple Syrup (or honey)
1 tsp Vanilla Extract
3 tbsps Butter (softened, divided)
1/4 cup Dark Chocolate Chips

Nutrition

Amount per serving	
Fat	20g
Carbs	23g
Fiber	3g
Protein	8g

Directions

- 1 Line a baking pan with parchment paper. In a bowl, combine the rice puffs, oats, pumpkin seeds, hemp seeds, and half of the salt.
- 2 In a large bowl, combine the almond butter, maple syrup (or honey), vanilla, and 2/3 of the butter.
- 3 Add the dry ingredients to the wet and mix until the dry ingredients are well coated.
- 4 Pour the bar mix into the prepared pan and spread it out into an even layer, making sure to firmly press the mix down.
- 5 Melt the chocolate chips with the remaining butter in a double boiler or in 30-second intervals in the microwave. Once melted, drizzle all over the bars and sprinkle with the remaining salt.
- 6 Refrigerate for at least two hours or until firm. Cut evenly into bars and enjoy!

Notes

Baking Pan Size: An 8 x 8 inch (20 cm x 20 cm) pan was used.

No Almond Butter: Use cashew or peanut butter instead.



Lemon Oat Bars

16 servings

2 hours 5 minutes

Ingredients

- 1 cup Oat Flour
- 1/3 cup Butter (melted)
- 1/2 cup Honey (divided)
- 1/2 tsp Sea Salt (divided)
- 6 Egg (large)
- 2 tbsps Coconut Flour
- 1 tbsp Lemon Zest
- 1/2 cup Lemon Juice

Nutrition

Amount per serving	
Fat	6g
Carbs	15g
Fiber	1g
Protein	4g

Directions

- 1 Preheat the oven to 350°F (175°C). Line a pan with parchment paper and set aside.
- 2 In a large bowl, combine the oat flour, butter, half of the honey, and half of the salt. Mix well until a wet, but firm consistency is formed.
- 3 Press the dough into the lined pan, making sure to press it out evenly and into the corners. Bake for 15 minutes, until lightly browned and set. Let cool.
- 4 While the crust is baking, in a mixer add the eggs, coconut flour, lemon zest, lemon juice, the remaining honey, and remaining salt. Mix for about four minutes or until well combined.
- 5 Pour the mixture on top of the crust and bake for 30 minutes, or until set and cooked through. Cool completely then chill for one to two hours before serving.
- 6 When ready to serve, remove from the pan, cut into squares, and enjoy!

Notes

Baking Pan Size: A 9 x 9-inch (23 x 23 cm) square pan was used.

No Oat Flour: Use all purpose flour instead.



Strawberry Oatmeal Bars

9 servings

55 minutes

Ingredients

- 3 cups Strawberries (sliced)
- 2 tsp Lemon Juice
- 1/2 cup Maple Syrup (or honey, divided)
- 2 tsp Cornstarch
- 3 cups Oats (rolled, divided)
- 1 Egg
- 1/2 cup Butter (melted)
- 1 tsp Vanilla Extract
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Fat	13g
Carbs	34g
Fiber	4g
Protein	5g

Directions

- 1 Preheat the oven to 350°F (175°C). Line a baking dish or pan with parchment paper going in both directions.
- 2 In a saucepan over medium-low heat, combine the strawberries, lemon juice, 1/4 of the maple syrup (or honey) and cornstarch. Bring to a simmer, stirring occasionally until thickened, about six minutes. Remove the saucepan from the heat and set aside.
- 3 Add 1/3 of the oats to a blender and process until a fine flour has formed.
- 4 In a large bowl whisk the egg, remaining maple syrup (or honey), butter, and vanilla. Add the remaining oats, blended oat flour, and salt. Mix to combine.
- 5 Transfer about 3/4 of the oat mixture into the pan and press down with a spatula to flatten. Pour the strawberry mixture over top. Scatter the remaining oat mixture over top.
- 6 Place in the oven and bake for 35 to 40 minutes, until the top is golden brown.
- 7 Let the pan cool for at least 30 minutes before removing and transferring the pan to a cooling rack. When the bars look firm and have mostly cooled, slice them into squares and enjoy!

Notes

More Flavor: Add a pinch of cinnamon to the crust.



No Bake Chocolate Almond Protein Bars

8 servings

1 hour 15 minutes

Ingredients

- 1/2 cup Almond Butter (smooth and drippy)
- 3 tbsps Butter
- 1/3 cup Maple Syrup (or honey)
- 1 tsp Vanilla Extract
- 1/2 cup Vanilla Protein Powder
- 1 cup Oats
- 1 tbsp Chia Seeds
- 1/3 cup Unsweetened Shredded Coconut
- 1/4 tsp Sea Salt
- 3 tbsps Dark Chocolate Chips

Nutrition

Amount per serving	
Fat	18g
Carbs	24g
Fiber	4g
Protein	10g

Directions

- 1 Line the pan with parchment paper.
- 2 Add the almond butter, butter, and maple syrup (or honey) to a small saucepan. Heat over low, stirring with a spatula until smooth and well combined. Remove from heat and stir in the vanilla. Transfer to a large bowl.
- 3 To the same bowl, add the protein powder, oats, chia seeds, shredded coconut, and salt. Stir well to combine. Transfer the mixture to the prepared pan.
- 4 In a small bowl, add the chocolate chips and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
- 5 Drizzle the melted chocolate over the top of the bars and place them in the fridge to set for one hour. Remove the bars from the pan and slice. Enjoy!

Notes

Baking Pan Size: An 8 x 4-inch pan was used.

Protein Powder: I used Genuine Health Proteins+ in vanilla.



Chocolate Covered Peanut Caramel Bars

16 servings

4 hours

Ingredients

- 1 1/2 cups Almond Flour
- 1 tbsp Cocoa Powder
- 2 tbsps Maple Syrup (or honey)
- 1/3 cup Unsweetened Almond Milk (divided)
- 3/4 tsp Sea Salt (divided)
- 1 cup Pitted Dates (soaked until soft then drained)
- 1/4 cup All Natural Peanut Butter
- 1/2 cup Raw Peanuts (roughly chopped)
- 5 1/4 ozs Dark Chocolate
- 1 tbsp Butter

Nutrition

Amount per serving	
Fat	14g
Carbs	17g
Fiber	4g
Protein	5g

Directions

- 1 Line a baking pan with parchment paper. In a mixing bowl combine the almond flour, cocoa powder, maple syrup (or honey), 2/3 of the almond milk, and a pinch of the salt. Stir until a wet dough forms. Press the dough into an even layer in the bottom of the baking dish and place in the freezer.
- 2 Add the drained dates, peanut butter, the remaining almond milk, and the remaining salt to a food processor and blend until smooth. A caramel sauce will form and it should be thick but smooth. Add additional almond milk if necessary to help with blending.
- 3 Spoon the date caramel sauce on top of the chocolate almond layer and use a spoon or damp fingers to spread the caramel into an even layer. Top with the peanuts. Place in the freezer for two to three hours, or up to overnight, until the caramel layer is firm, but not solid.
- 4 Melt the chocolate and butter in a small bowl in 30-second increments in the microwave or by using a double boiler over the stove. Line a baking sheet or plate with parchment paper.
- 5 Remove the pan from the freezer and carefully cut the caramel and cookie layers into bars, approximately one inch by two inches.
- 6 Using forks, carefully dip the bars into the melted chocolate until completely covered. Allow any excess chocolate to drip off before placing the chocolate-covered bar on the baking sheet. Use a spoon to drizzle any remaining melted chocolate over the top of each bar, if desired. Place the bars back in the freezer for at least 15 minutes or until the chocolate has set.
- 7 Store the bars in an airtight container in the fridge or freezer until ready to enjoy.



Chocolate Crunch Bars

8 servings

2 hours

Ingredients

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

Nutrition

Amount per serving	
Fat	14g
Carbs	15g
Fiber	3g
Protein	4g

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

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



Chocolate Pumpkin Energy Bars

6 servings

45 minutes

Ingredients

- 1/3 cup Almond Butter (melted)
- 3 tbsps Maple Syrup (or honey)
- 1/2 tsp Ground Ginger
- 1/2 tsp Cinnamon
- 1 1/2 cups Rice Puffs Cereal
- 1/2 cup Pumpkin Seeds
- 1 oz Dark Chocolate (chopped)

Nutrition

Amount per serving	
Fat	15g
Carbs	16g
Fiber	3g
Protein	7g

Directions

- 1 In a mixing bowl, whisk together the almond butter, maple syrup (or honey), ginger, and cinnamon. Gently fold in the rice puffs cereal and pumpkin seeds.
- 2 Transfer and spread the mixture across a parchment-lined container or baking dish. Place another layer of parchment paper on top and firmly press into an even packed layer. (Note: If not compact enough, the bars may come out crumbly.)
- 3 In the microwave, heat the dark chocolate in a small bowl for 30 seconds at a time, until melted. Drizzle ovetop with a small spoon.
- 4 Freeze for about 30 minutes and slice into bars. Enjoy!

Notes

Baking Pan Size: A 9 x 6 1/2-inch container was used.

No Almond Butter: Use peanut butter instead.



No Bake Maple Pecan Bars

12 servings

2 hours 10 minutes

Ingredients

- 1 1/2 cups Oats
- 1 cup Almonds
- 1/3 cup Maple Syrup (or honey)
- 2 tsps Cinnamon
- 1 tbsp Butter (softened)
- 1/2 tsp Sea Salt (divided)
- 2 cups Pitted Dates
- 2 tbsps Water
- 1 tsp Vanilla Extract
- 1/4 cup Almond Butter
- 3/4 cup Pecans (roughly chopped)

Nutrition

Amount per serving	
Fat	15g
Carbs	36g
Fiber	6g
Protein	6g

Directions

- 1 Line a baking pan with parchment paper.
- 2 In a food processor, combine the oats, almonds, maple syrup (or honey), cinnamon, butter, and half the salt. Pulse until a fine crust has formed and can be pressed between your fingers.
- 3 Pour the crust into the prepared baking pan and press down to hold the crust together. Place in the freezer while you make the topping.
- 4 Wipe out the food processor bowl with a paper towel. Combine the dates, water, vanilla, almond butter, and remaining salt. Pulse on high until a somewhat smooth consistency is reached. Add a splash of more water if needed to combine.
- 5 Remove the crust from the freezer. Using a butter knife spread the date mixture on top of the crust until smooth. Add the pecans on top, pressing down slightly so they stick to the filling. Transfer to the freezer to set for about two hours.
- 6 Remove the pecan bars from the freezer and take them out of the pan by pulling out the parchment paper. Use a sharp knife to slice into squares. Enjoy!

Notes

Baking Dish Size: An 8 by 8-inch baking dish was used.



Dark Chocolate Hazelnut Clusters

12 servings

45 minutes

Ingredients

- 1 cup Hazelnuts (lightly roasted)
- 7 ozs Dark Chocolate (chopped)
- 1/4 tsp Sea Salt (flaky)

Nutrition

Amount per serving	
Fat	14g
Carbs	9g
Fiber	3g
Protein	3g

Directions

- 1 Line a muffin tray with paper or silicone liners. Divide the hazelnuts evenly among the cups.
- 2 Melt the chocolate in a saucepan on low or in the microwave for 30-second intervals. Stir after each interval.
- 3 Spoon the melted chocolate over each portion of nuts. Sprinkle with sea salt. Refrigerate for 30 minutes, until set. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two weeks. Freeze for up to three months.

More Flavor: Add a pinch of cinnamon or espresso powder to the melted chocolate.

Additional Toppings: Chopped raisins, shredded coconut, or a drizzle of white chocolate.



Coconut & Almond Butter Seed Clusters

9 servings

45 minutes

Ingredients

2 cups Unsweetened Coconut Flakes
1/2 cup Pumpkin Seeds
2 tbsps Hemp Seeds
2 tbsps Quinoa (dry)
3 tbsps Maple Syrup
2 tbsps Almond Butter
1 tsp Vanilla Extract
1/4 tsp Sea Salt

Nutrition

Amount per serving	
Fat	19g
Carbs	12g
Fiber	3g
Protein	5g

Directions

- 1 Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 2 In a bowl, mix all of the ingredients together until well combined. Add approximately two tablespoons of the mixture to the baking sheet, and use your hands to gently shape it into a cluster. Repeat with the remaining mixture.
- 3 Bake for 13 to 16 minutes or until golden brown. Remove from the oven and let cool for at least 15 minutes before removing the clusters from the baking sheet. Enjoy!

Notes

Leftovers: Store in the pantry in an airtight container for up to two weeks. Use some of the crumbs as a topper for yogurt or oatmeal.

No Almond Butter: Use peanut butter instead.



Pistachio Walnut Clusters

10 servings

1 hour 45 minutes

Ingredients

- 1 cup Pistachios
- 1 1/4 cups Walnuts
- 3 tbsps Maple Syrup (or honey)
- 1/2 tsp Vanilla Extract
- 1 tsp Cardamom
- 1/2 cup Dark Chocolate Chips
- 1/2 tsp Butter
- 1/4 tsp Sea Salt (flaky)

Nutrition

Amount per serving	
Fat	20g
Carbs	16g
Fiber	2g
Protein	6g

Directions

- 1 Preheat the oven to 350°F (180°C) and line a loaf pan with parchment paper.
- 2 In a medium-sized bowl, combine the pistachios, walnuts, maple syrup (or honey), vanilla, and cardamom. Mix well.
- 3 Add the nut mixture to the prepared loaf pan, pressing down with a spatula. Transfer to the oven and bake for 25 minutes, until lightly toasted.
- 4 Let the mixture cool completely in the pan, ideally one hour, before removing. Break into clusters.
- 5 Line a small baking sheet (or large plate) with parchment paper.
- 6 Melt the chocolate and butter in a saucepan on low or in the microwave for 30-second intervals.
- 7 Dip each cluster into the melted chocolate, garnish with salt, and place on the prepared baking sheet. Transfer to the fridge for 10 to 15 minutes or until the chocolate has set. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week. Freeze for up to three months. Let thaw slightly before eating.

Serving Size: An 8 x 4-inch (20 x 10 cm) loaf pan was used.

No Cardamom: Use cinnamon.



Dark Chocolate Peanut Butter Cups

10 servings

1 hour 15 minutes

Ingredients

5 1/4 ozs Dark Chocolate (broken into pieces)
1 1/2 tbsps Butter
1/2 cup All Natural Peanut Butter
1/2 tsp Vanilla Extract
1/8 tsp Sea Salt

Nutrition

Amount per serving	
Fat	15g
Carbs	10g
Fiber	2g
Protein	4g

Directions

- 1 Arrange paper baking cups on a plate or a small baking sheet. Set aside.
- 2 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.
- 3 Bring water to a boil then reduce to lowest heat. Add the dark chocolate and butter to the smaller pot and stir until melted. Remove from heat.
- 4 Divide half of the melted chocolate between the paper baking cups. There should be a thin, even layer of chocolate in each baking cup. Freeze for 10 to 15 minutes until solid.
- 5 Meanwhile, in a bowl combine the peanut butter, vanilla and salt. Stir until smooth.
- 6 Divide the peanut butter between the baking cups by spooning the peanut butter into the center of solid chocolate. Drizzle the remaining melted dark chocolate around and overtop the peanut butter.
- 7 Return to the freezer for about 30 minutes or until solid. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week or freeze for up to one month. Peanut Butter Cups will melt if stored at room temperature.

Additional Toppings: Sprinkle the top of the peanut butter cups with coarse sea salt.

No Double Boiler: Microwave the dark chocolate and the butter in a large glass bowl at 50% power for 30 seconds at a time until melted. Be careful not to overheat.



Cookie Caramel Chocolate Cups

10 servings

1 hour

Ingredients

- 1 cup Almond Flour
- 2 tbsps Maple Syrup (or honey)
- 1/4 cup Butter (divided)
- 3/4 cup Pitted Dates (soaked in hot water for at least 10 minutes)
- 2 tbsps All Natural Peanut Butter
- 1/8 tsp Sea Salt
- 2 tbsps Water (reserved from soaking the dates; plus more if needed)
- 4 1/3 ozs Dark Chocolate

Nutrition

Amount per serving	
Fat	17g
Carbs	20g
Fiber	4g
Protein	4g

Directions

- 1 Line a muffin tray with paper baking cups and set aside.
- 2 Add the almond flour, maple syrup (or honey), and 3/4 of the butter to a food processor. Blend until a soft, cookie dough-like texture forms. Divide the dough evenly between baking cups and press it into an even layer at the bottom of each baking cup. (Use damp fingers if the dough is too sticky.) Transfer to the freezer for at least 15 minutes or until firm.
- 3 Meanwhile, rinse out the bowl of the food processor. Add the soaked dates, peanut butter, salt, and reserved date water and blend until mostly smooth, scraping down the sides of the food processor when needed. Add one to two additional tablespoons of the date water if needed. The consistency of the date caramel sauce should be thick, mostly smooth, and not liquidy.
- 4 Using a spoon or damp fingers, add the date caramel sauce in an even layer to the top of the almond cookie layer. Place in the freezer for at least 15 minutes or until chilled.
- 5 Meanwhile, melt the chocolate and the remaining butter in a small bowl in 30-second increments in the microwave or by using a double boiler over the stove.
- 6 Spoon the melted chocolate over the top of the caramel layer. Place in the freezer for at least 15 minutes or until the chocolate has set then transfer to an airtight container in the fridge or freezer until ready to enjoy.

Notes

Leftovers: Refrigerate in an airtight container for up to a week or freeze for up to three months.



Dark Chocolate, Blueberry & Walnut Cups

8 servings

40 minutes

Ingredients

- 1 tbsp Butter
- 8 ozs Dark Chocolate (coarsely chopped)
- 1 tbsp Chia Seeds
- 1/2 cup Blueberries
- 2 tbsps Walnuts (finely chopped)

Nutrition

Amount per serving	
Fat	15g
Carbs	15g
Fiber	4g
Protein	3g

Directions

- 1 Line a muffin tray with liners or use a silicone muffin tray.
- 2 In a saucepan over low heat, melt the butter and chocolate, continuously stirring. Remove from the heat and stir in the chia seeds.
- 3 Divide the chocolate mixture between the muffin cups. Top each with equal amounts of blueberries and walnuts, gently pressing them into the chocolate.
- 4 Chill in the fridge for at least 30 minutes. Enjoy!

Notes

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

Additional Toppings: Top with cinnamon, flaky salt, and/or your favorite nuts.



Chocolate Peanut Butter Eggs

9 servings

1 hour

Ingredients

1/2 cup Almond Butter (or peanut butter)
1 cup Almond Flour
1/8 tsp Salt
3 1/2 ozs Dark Chocolate

Nutrition

Amount per serving	
Fat	18g
Carbs	10g
Fiber	4g
Protein	6g

Directions

- 1 In a bowl, combine the almond butter and salt. Add half of the almond flour and mix well. Continue to add remaining almond flour 1 tbsp at a time until you reach a thick, cookie-dough like consistency. The consistency should be thick enough to mould with your hands. The amount of almond flour required will vary depending on original consistency and oiliness of your almond butter.
- 2 Line a large baking sheet with parchment paper. Use a tablespoon to measure out even amounts of dough and drop them onto the baking sheet. Then form each dollop into an egg shape using your hands. Place the baking sheet in the freezer for at least 20 minutes to harden while you prepare the chocolate.
- 3 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot! Add the dark chocolate to the smaller pot and stir continuously until melted. Remove from stovetop.
- 4 Line another baking sheet with wax or parchment paper. Take one egg out of the freezer at a time to avoid them becoming too soft. Gently set the egg on top of the prongs of a fork (do not pierce it) and run it through the melted chocolate. Tip the pot to one side to create a deeper pool of chocolate for dipping and have a spoon handy to spoon chocolate over the egg in hard to reach places. Lift the egg out of the chocolate and let the excess chocolate drip off.
- 5 Once the chocolate has stopped dripping, transfer to the baking sheet by tipping the fork vertically until the egg slides off onto the sheet. Use a spatula to help guide it off if it sticks. Repeat with all eggs and then place the baking sheet back into the freezer to harden. Store eggs in an air-tight container in the fridge or freezer to keep them fresh. Enjoy!



Dark Chocolate Turtles

12 servings

30 minutes

Ingredients

1 cup Pitted Dates (soaked for 10 minutes then drained)

1/4 cup Pecans (whole or halves)

3 1/2 ozs Dark Chocolate

Nutrition

Amount per serving	
Fat	5g
Carbs	13g
Fiber	2g
Protein	1g

Directions

- 1 Finely chop the dates or blend in a food processor until sticky.
- 2 With damp hands, roll the dates into small even balls. Press the balls onto a pan lined with parchment paper, and top with pecans, pressing down slightly so that they stick. Freeze for 10 minutes.
- 3 Meanwhile, microwave the chocolate at 50% power for 30 seconds at a time until melted.
- 4 Using a fork, suspend the frozen dates into the chocolate until fully covered. Remove and let the excess chocolate drip off. Return to the parchment-lined pan and repeat until each date ball is coated with the chocolate.
- 5 Return to freezer for 10 more minutes to set. Transfer to the fridge until ready to enjoy.

Notes

No Pecans: Use hazelnuts, almonds, cashews or pumpkin seeds instead.

Storage: Refrigerate or freeze in an airtight container until ready to serve.

No Microwave: Melt the chocolate in a double boiler instead.



Chocolate Chip Cookie Dough Bark

12 servings

45 minutes

Ingredients

- 1 1/2 cups Oat Flour
- 1/4 cup Honey
- 1/4 cup Butter (melted)
- 2 tsps Vanilla Extract
- 1 1/2 cups Dark Chocolate Chips
- 1/4 tsp Sea Salt (flaky)

Nutrition

Amount per serving	
Fat	15g
Carbs	32g
Fiber	2g
Protein	5g

Directions

- 1 Line a baking sheet with parchment paper and set it aside.
- 2 In a bowl, mix the flour, honey, butter, and vanilla with a spatula until well combined. Fold in 1/4 of the chocolate chips.
- 3 Pour the cookie dough mixture onto the baking sheet, and use your hands or a spoon to flatten and spread it to approximately 1/4 inch (0.5 cm) thickness.
- 4 Melt the remaining chocolate in a double boiler or in 30-second intervals in the microwave.
- 5 Pour the melted chocolate onto the dough and use the back of a spoon to spread it out. Transfer to the freezer for 30 minutes or until solid. Sprinkle with salt just before the chocolate sets.
- 6 When solid, break it into pieces and store it in an airtight container in the refrigerator until ready to eat. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two weeks or freeze for up to three months.



Hazelnut & Pistachio Dark Chocolate Bark

8 servings

1 hour 15 minutes

Ingredients

7 ozs Dark Chocolate
1/3 cup Pistachios (divided)
1/3 cup Hazelnuts (divided)
1/4 tsp Sea Salt (flaky)

Nutrition

Amount per serving	
Fat	16g
Carbs	14g
Fiber	4g
Protein	4g

Directions

- 1 Line a plate or baking sheet with parchment paper.
- 2 Melt the chocolate using a double boiler or in 30-second increments in the microwave. Once melted, add half the pistachios and hazelnuts. Mix well until everything is evenly covered in chocolate.
- 3 Transfer the chocolate to the prepared parchment paper and spread into an even layer. Garnish with the remaining pistachios and hazelnuts. Place the bark in the fridge for one hour or until solid. Sprinkle with salt just before the chocolate sets.
- 4 When solid, break into pieces and store in an airtight container in the freezer or fridge until ready to eat. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two weeks or freeze for up to three months.



Pistachio Pomegranate Bark

4 servings

30 minutes

Ingredients

- 7 1/16 ozs Dark Chocolate
- 1 cup Pomegranate Seeds
- 1/2 cup Pistachios (shelled and chopped)
- 1/4 cup Unsweetened Coconut Flakes

Nutrition

Amount per serving	
Fat	31g
Carbs	35g
Fiber	9g
Protein	8g

Directions

- 1 Line a large baking sheet with parchment paper. Prepare the pomegranate seeds, pistachios and coconut flakes in bowls.
- 2 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot! Break the dark chocolate into pieces and add it to the smaller pot. Stir continuously just until melted. Remove from stove top immediately once melted. Do not overheat as this will cause the chocolate to get lumpy.
- 3 Pour the melted chocolate onto the baking sheet. Use a spatula to smooth the chocolate into an even layer, about 1/4 inch thick. Quickly sprinkle the pomegranate seeds evenly over top, followed by the pistachios and finally the coconut. Transfer to the fridge or freezer and let chill for 20 to 30 minutes, or until firm.
- 4 Once the chocolate is firm, break or cut it into pieces. Enjoy!

Notes

Storage: Store in an airtight container in the fridge or freezer and use wax paper to separate the layers.



Chocolate Coconut Peanut Butter Bites

18 servings

1 hour

Ingredients

1/3 cup Unsweetened Shredded Coconut
1/4 cup Butter
1/4 cup Maple Syrup (or honey)
1/2 cup Cocoa Powder
1/2 cup All Natural Peanut Butter

Nutrition

Amount per serving	
Fat	8g
Carbs	6g
Fiber	1g
Protein	2g

Directions

- 1 Line a plate or a small baking sheet with parchment paper. Set aside.
- 2 Heat a skillet or frying pan over medium heat. Add the coconut to the warm pan and toast it for 5 to 8 minutes, stirring often, until golden brown. Transfer the toasted coconut to a small bowl or plate to cool.
- 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. Bring water to a boil then reduce to lowest heat.
- 4 Add the butter and maple syrup (or honey) to the smaller pot and allow the butter to melt. Stir in the cocoa powder until thickened and smooth.
- 5 Add in the peanut butter and stir until well combined and a soft dough forms. Remove from heat.
- 6 Roll the dough into 1-inch balls then gently press or roll each ball in the toasted coconut to evenly coat all sides and place on the prepared baking sheet or plate.
- 7 Freeze for about 30 minutes or until solid then transfer to an airtight container in the refrigerator. Enjoy!

Notes

Leftovers: Keep refrigerated for up to a week or freeze for up to three months. Bites will start to melt at room temperature.



Hazelnut Cocoa Bites

8 servings

20 minutes

Ingredients

- 1 cup Hazelnuts
- 2 tbsps Cocoa Powder
- 2 tbsps Maple Syrup (or honey)
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Fat	10g
Carbs	7g
Fiber	2g
Protein	3g

Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper. Add the hazelnuts and place in the oven for 8 to 10 minutes, until toasted. Remove and rub with a clean kitchen towel to remove the skins. Place in a blender or food processor to chop well. Reserve a small handful of the chopped nuts for rolling the balls in and set aside on a plate.
- 2 Add the cocoa powder, maple syrup (or honey) and salt to the hazelnuts and process until the dough comes together.
- 3 Remove the dough and using slightly damp hands, roll into golf ball-sized balls. Roll each ball into the reserved chopped hazelnuts. Place in a sealed container in the fridge to harden slightly, about 20 minutes. Enjoy!

Notes

More Flavor: Add vanilla extract.



Cinnamon Protein 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 (or honey)
 1 tbsp Unsweetened Almond Milk
 (optional; if needed)

Nutrition

Amount per serving	
Fat	7g
Carbs	10g
Fiber	2g
Protein	5g

Directions

- 1 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 (or honey) until a thick dough forms. If it is too thick to work with, add the almond milk.
- 2 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

Protein Powder: I used Genuine Health Proteins+ in vanilla.

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



Dark Chocolate Love Bites

15 servings

20 minutes

Ingredients

3 1/2 ozs Dark Chocolate
1/4 cup Pomegranate Seeds
1/4 cup Slivered Almonds

Nutrition

Amount per serving	
Fat	4g
Carbs	4g
Fiber	1g
Protein	1g

Directions

- 1 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to a simmer. Ensure no water is able to get in the smaller pot.
- 2 Add the dark chocolate into the smaller pot and stir continuously until melted.
- 3 Spread a large piece of wax paper across your counter. Dollop a heaping teaspoon of melted chocolate onto the wax paper so it forms a circle. Repeat until all chocolate has been used up. Immediately place 4 or 5 pomegranate seeds in the centre of each chocolate and then surround with slivered almonds.
- 4 Let chocolate cool for 1 hour before peeling off of the wax paper. Arrange on a decorative plate or store in a mason jar. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week. Freeze for up to two months.



Peanut Butter Chocolate Protein Balls

6 servings

15 minutes

Ingredients

- 1/3 cup Raw Peanuts
- 1/2 cup Oats (rolled)
- 3/4 cup Pitted Dates
- 1/3 cup All Natural Peanut Butter
- 1/8 tsp Sea Salt
- 1/2 cup Chocolate Protein Powder
- 1/3 cup Water

Nutrition

Amount per serving	
Fat	12g
Carbs	23g
Fiber	4g
Protein	13g

Directions

- 1 Add the peanuts and oats to a food processor and pulse until you get a coarse crumble.
- 2 Add the dates, peanut butter, salt, and protein powder and pulse again until the mixture starts to come together.
- 3 Add the water one tablespoon at a time and pulse until the mixture becomes sticky and holds together when you squeeze it between your hands. You may not need all of the water. The type of protein powder used will affect this.
- 4 Use a one-inch cookie scoop or use a regular teaspoon to scoop out the batter and roll it in your hands to create a ball. Continue until you have used all of the batter. Enjoy!

Notes

Protein Powder: I used Genuine Health Proteins+ in chocolate.

More Flavor: Add mini chocolate chips, cacao nibs, and/or cacao powder as an outer coating.



Peanut Butter Buckeyes

16 servings

1 hour

Ingredients

- 1 cup All Natural Peanut Butter
- 1/4 cup Vanilla Protein Powder
- 3 tbsps Unbleached All Purpose Flour
- 3 tbsps Maple Syrup (or honey)
- 1/4 tsp Sea Salt
- 3/4 cup Dark Chocolate Chips
- 1 1/2 tps Butter

Nutrition

Amount per serving	
Fat	12g
Carbs	13g
Fiber	1g
Protein	6g

Directions

- 1 Line a baking sheet with parchment paper.
- 2 In a medium-sized mixing bowl, add the peanut butter, protein powder, flour, maple syrup (or honey) and salt. Mix to combine. Using a tablespoon, roll into balls and place them on the baking sheet. Repeat until the batter is used up and then place in the freezer to harden for 30 minutes.
- 3 In a small bowl, add the chocolate chips and butter and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
- 4 Remove the bukeyes from the freezer. Using a toothpick or a fork, dunk into the melted chocolate about 2/3 of the way up. Place back on the baking sheet. Repeat until all are dipped in chocolate. Place in the fridge to harden, about 20 minutes. Enjoy!

Notes

Protein Powder: I used Genuine Health Proteins+ in vanilla.



Fudgy Chocolate Protein Bites

14 servings

35 minutes

Ingredients

- 2 cups Pitted Dates
- 1/4 cup Chocolate Protein Powder
- 1/4 cup Cocoa Powder
- 2 tsps Vanilla Extract
- 1/3 cup Almond Butter (runny)
- 1/2 tsp Sea Salt
- 3/4 cup Dark Chocolate Chips
- 1/2 tsp Butter
- 1 1/2 tsps Sprinkles (optional)

Nutrition

Amount per serving	
Fat	8g
Carbs	25g
Fiber	3g
Protein	4g

Directions

- 1 Line a baking sheet with parchment paper.
- 2 Add the dates, protein powder, cocoa powder, vanilla, almond butter, and salt to a food processor. Pulse until a coarse crumb forms and the mixture starts to stick together.
- 3 Use a teaspoon or one-inch cookie scoop to scoop out the mixture and roll it into balls.
- 4 Melt the chocolate and butter in a saucepan on low or in the microwave for 30-second intervals.
- 5 Dip each ball in the melted chocolate and transfer to the prepared baking sheet. Top with sprinkles, if using. Place in the fridge or freezer for 10 to 15 minutes or until the chocolate has set. Enjoy!

Notes

Protein Powder: I used Genuine Health Proteins+ in chocolate.

Leftovers: Refrigerate in an airtight container for up to one week. Freeze for up to two months. If freezing, thaw for five to 10 minutes before serving.



Chocolate Peanut Butter 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 (or honey)
 1 tbsps Unsweetened Almond Milk
 (optional)

Nutrition

Amount per serving	
Fat	6g
Carbs	11g
Fiber	2g
Protein	3g

Directions

- 1 In a large mixing bowl combine oats, flax, cacao powder, sea salt, peanut butter and maple syrup (or honey). Add almond milk if the dough is too thick and sticky.
- 2 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.

More Flavor: Add vanilla extract.

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.



No Bake Apple Cinnamon Bites

14 servings

15 minutes

Ingredients

1 cup Oats (quick or traditional)
1/4 cup Ground Flax Seed
1/2 tsp Cinnamon
1/3 cup Almond Butter
2 tbsps Honey
1 Apple (peeled, cored and finely diced)

Nutrition

Amount per serving	
Fat	4g
Carbs	10g
Fiber	2g
Protein	2g

Directions

- 1 Combine oats, ground flaxseed and cinnamon together in a bowl. Mix well. Add almond butter, honey and diced apples. Mix well again.
- 2 Roll the dough into balls about the size of a golf ball. Wet hands before rolling to prevent sticking.
- 3 Place the bites on a plate and let sit in the fridge for at least 30 minutes to firm. Then transfer to an airtight container and store in the fridge for 3 to 4 days. Enjoy!



Coconut Brownie Bites

14 servings

15 minutes

Ingredients

- 1 cup Almonds
- 1/4 cup Cocoa Powder
- 1/2 cup Unsweetened Coconut Flakes (divided)
- 1 cup Pitted Dates (soaked and drained)
- 1 1/2 tbsps Butter
- 1 tbsp Honey

Nutrition

Amount per serving	
Fat	8g
Carbs	13g
Fiber	3g
Protein	3g

Directions

- 1 Combine the almonds, cocoa powder, and half of the shredded coconut together in a food processor. Process into a fine powder.
- 2 Add in the soaked dates, butter and honey. Pulse until a dough-like consistency forms.
- 3 Roll batter into small bite-sized balls. Then roll balls through a bowl with the remaining coconut flakes to coat. Betcha cant eat just one!



Chocolate Chip Cookie Dough Protein Balls

8 servings

15 minutes

Ingredients

- 1 cup Vanilla Protein Powder
- 3/4 cup Almond Flour
- 1/4 tsp Sea Salt
- 1/3 cup Almond Butter
- 1/4 cup Maple Syrup (or honey)
- 1/2 tsp Vanilla Extract
- 1/3 cup Unsweetened Almond Milk
- 2/3 cup Dark Chocolate Chips

Nutrition

Amount per serving	
Fat	18g
Carbs	22g
Fiber	3g
Protein	15g

Directions

- 1 In a large bowl whisk together the protein powder, almond flour, and salt.
- 2 Add the almond butter, maple syrup (or honey), vanilla, and milk. Stir with a spatula until thoroughly combined and the mixture holds together. Add an additional splash of milk if the mixture is too dry. Fold in the chocolate chips.
- 3 Use a large cookie scoop to form into balls, or use your hands to roll into balls approximately three inches (7.5 cm). You can eat them as is or refrigerate them for 15 minutes to firm up. Enjoy!

Notes

No Almond Butter: Use peanut butter or cashew butter.

More Flavor: Garnish with flaky salt after forming into balls.

Protein Powder: I used Genuine Health Proteins+ in vanilla.



Peanut Butter Crunch Balls

20 servings

1 hour 15 minutes

Ingredients

- 3/4 cup All Natural Peanut Butter
- 1/4 cup Maple Syrup (or honey)
- 1/4 tsp Sea Salt
- 3/4 cup Oat Flour
- 1 cup Rice Puffs Cereal
- 1 3/4 ozs Dark Chocolate
- 1 tsp Butter

Nutrition

Amount per serving	
Fat	7g
Carbs	10g
Fiber	1g
Protein	3g

Directions

- 1 In a mixing bowl, mix together the peanut butter, maple syrup (or honey) 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 butter 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

No Peanut Butter: Use almond butter instead.



Banana Walnut Chocolate Chip Cookies

18 servings

1 hour 30 minutes

Ingredients

- 1 Egg
- 1/2 cup Coconut Sugar
- 1/3 cup Butter (melted, cooled)
- 1 tsp Vanilla Extract
- 1 Banana (ripe, roughly chopped)
- 1 3/4 cups Unbleached All Purpose Flour
- 3/4 tsp Baking Soda
- 1/2 tsp Sea Salt
- 1/2 cup Walnuts (chopped)
- 1/2 cup Dark Chocolate Chips

Nutrition

Amount per serving	
Fat	8g
Carbs	19g
Fiber	1g
Protein	3g

Directions

- 1 In a large mixing bowl whisk together the egg and coconut sugar until smooth and fluffy. Add the butter, vanilla, and banana and whisk until well combined. Add the flour, baking soda, and salt and mix until a dough forms.
- 2 Fold in the walnuts and chocolate chips. Refrigerate the dough for one hour.
- 3 Preheat the oven to 350°F (180°C) and line a large baking sheet with parchment paper.
- 4 Scoop about two tablespoons of dough per cookie and form into a ball. Place on the baking sheet and slightly flatten, leaving space between cookies.
- 5 Bake for eight to nine minutes. Let the cookies cool for five minutes before transferring them to a cooling wrack for another five minutes. Enjoy!

Notes

Leftovers: Store in an airtight container at room temperature for up to two days. Refrigerate or freeze if longer.

More Flavor: Sprinkle flaky sea salt on each cookie after baking.



Peanut Butter Cookies

18 servings

15 minutes

Ingredients

- 1 cup Peanut Butter
- 3 tbsps Maple Syrup (or honey)
- 1/2 tsp Baking Powder
- 1 Egg
- 1/2 cup Chocolate Chips (optional)

Nutrition

Amount per serving	
Fat	10g
Carbs	9g
Fiber	1g
Protein	4g

Directions

- 1 Preheat the oven to 350 degrees and line a cookie sheet with parchment paper.
- 2 In a bowl mix together all ingredients until well combined. Scoop about a tablespoon amount of batter and roll into a ball, place on the cookie sheet and press with a fork.
- 3 Repeat until all the batter is used. Makes about 18 cookies. Bake for 10-12 minutes. Let cool completely, then enjoy!

Notes

Storage: Store the cookies in an airtight container on the counter for 5 days. Cookies can also be frozen up to 3 months.



Flourless Chocolate Peanut Butter Cookies

16 servings

25 minutes

Ingredients

- 2 Egg (room temperature)
- 3/4 cup Sugar
- 1 cup All Natural Peanut Butter (runny)
- 2 tbsps Butter (melted)
- 2 tsps Vanilla Extract
- 1/4 cup Cocoa Powder
- 1 tsp Baking Soda
- 1/2 tsp Sea Salt (plus optional flaky salt for garnish)
- 3/4 cup Dark Chocolate Chips

Nutrition

Amount per serving	
Fat	14g
Carbs	17g
Fiber	1g
Protein	5g

Directions

- 1 Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, add the eggs and sugar and whisk until very smooth.
- 3 Add the peanut butter, butter, and vanilla and whisk until fully combined and smooth. Add the cocoa powder, baking soda, salt and use a spatula to mix until just combined. Fold in the chocolate chips.
- 4 Scoop two tablespoons of dough per cookie and form them into balls. Place each ball on the baking sheet and flatten with the back of a spoon, leaving some space between cookies. Use another baking sheet or bake in batches if needed. Sprinkle with flaky salt, if using.
- 5 Bake in the oven for seven to 10 minutes. Let the cookies cool for 10 minutes before transferring them to a cooling rack. Enjoy!



Peanut Butter Oat Cookies

8 servings

15 minutes

Ingredients

1 cup All Natural Peanut Butter
1 Egg
1/4 cup Coconut Sugar
3/4 cup Oats (large flake)

Nutrition

Amount per serving	
Fat	18g
Carbs	17g
Fiber	2g
Protein	9g

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a bowl, mix the peanut butter and egg together. Then add sugar and oats until thoroughly combined.
- 3 For each cookie, scoop one tablespoonful of the dough onto the baking sheet and flatten gently with a fork. Bake for 10 minutes. Let cool slightly before serving.

Notes

No Peanut Butter: Use almond butter, sunflower seed butter or any alternative nut or seed butter instead.

Storage: Refrigerate in an airtight container up to five days, or in the freezer for up to three months.



Banana Oat Chocolate Chip Cookies

12 servings

25 minutes

Ingredients

- 3 Banana (large, ripe, mashed)
- 1/2 cup Almond Butter (or peanut butter)
- 1/4 cup Butter (melted)
- 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
- 1/2 cup Sunflower Seeds

Nutrition

Amount per serving	
Fat	18g
Carbs	25g
Fiber	4g
Protein	6g

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, almond (or peanut) butter, butter and vanilla. Mix well, then add the oats, shredded coconut, baking powder, cinnamon, sea salt, sunflower seeds 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

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

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



Cranberry Protein Cookies

8 servings

20 minutes

Ingredients

1 Banana (mashed)
1/4 cup Vanilla Protein Powder
1 cup Oats
1 cup Almond Butter
1/2 tsp Cinnamon
1/4 cup Dried Unsweetened
Cranberries

Nutrition

Amount per serving	
Fat	18g
Carbs	19g
Fiber	5g
Protein	10g

Directions

- 1 Preheat oven to 350°F (177°C). Mash bananas in a bowl with a fork. Add protein powder and mix well.
- 2 Mix in the oats, almond butter, cinnamon and dried cranberries. Roll into balls and place on a baking sheet lined with parchment paper. Press down gently with a fork to flatten. Bake for 20 minutes or until golden brown. Enjoy!

Notes

Protein Powder: I used Genuine Health Proteins+ in vanilla.



Amaretti

10 servings

40 minutes

Ingredients

2 tbsps Egg Whites
1/3 cup Sugar
1 cup Almond Flour
1 tsp Almond Extract
1 1/2 tbsps Icing Sugar

Nutrition

Amount per serving	
Fat	6g
Carbs	8g
Fiber	1g
Protein	3g

Directions

- 1 Preheat the oven to 300°F (150°C) and line a baking sheet with parchment paper. In the bowl of a stand mixer, whisk the egg whites until they reach medium peaks.
- 2 Use a spatula and gently fold the sugar, almond flour, and almond extract into the egg whites. Fold until a wet dough forms.
- 3 Wet your hand to prevent sticking and roll the dough into one-inch balls. Roll the cookies in the icing sugar and place them on the prepared baking sheet.
- 4 Bake for 20 to 25 minutes. Allow the cookies to cool down for at least five minutes before serving. Enjoy!

Notes

More Flavor: Add vanilla extract.



No Bake Peanut Butter Haystack Cookies

8 servings

45 minutes

Ingredients

1/2 cup Oats (rolled)
2/3 cup Unsweetened Shredded Coconut
3 tbsps Hemp Seeds
1 tbsp Chia Seeds
2 tbsps Ground Flax Seed
1 tsp Cinnamon
1/2 tsp Sea Salt
1/2 cup All Natural Peanut Butter
2 tbsps Butter (melted)
1/4 cup Honey

Nutrition

Amount per serving	
Fat	19g
Carbs	19g
Fiber	3g
Protein	7g

Directions

- 1 Combine all of the ingredients in a large bowl and mix until well combined.
- 2 Scoop the mixture into cookies and line onto a parchment-lined baking sheet, making each cookie two to three inches wide.
- 3 Transfer the cookies to the freezer to set for at least 30 minutes. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week or freeze for up to three months.

More Flavor: Add cacao powder.

Additional Toppings: Cacao nibs and dried cranberries.



Chocolate Peanut Butter No Bake Cookies

10 servings

10 minutes

Ingredients

- 1/4 cup All Natural Peanut Butter
- 1/4 cup Almond Butter
- 3 tbsps Cream Cheese (softened)
- 2 tbsps Butter (melted)
- 1 tsp Vanilla Extract
- 2 tbsps Cocoa Powder
- 2 tbsps Icing Sugar
- 3/4 cup Unsweetened Coconut Flakes

Nutrition

Amount per serving	
Fat	13g
Carbs	6g
Fiber	2g
Protein	3g

Directions

- 1 Line a baking sheet with a silicone baking mat or parchment paper. In a mixing bowl, combine the peanut butter, almond butter, and cream cheese. Mix until smooth.
- 2 Add the butter, vanilla extract, cocoa powder and icing sugar. Mix until all ingredients are well combined. Using a rubber spatula, fold in the coconut. Mix until it is evenly distributed throughout the mixture.
- 3 Drop 1 1/2 to 2 inch spoonfuls (10 total) onto the prepared baking sheet. Freeze for 10 minutes before serving.

Notes

Storage: Store extras in the freezer until ready to eat.



Oatmeal Chocolate Chip Cookies

16 servings

30 minutes

Ingredients

- 1 Egg
- 1/4 cup Butter (melted, cooled)
- 1/2 cup Sugar
- 1 tsp Vanilla Extract
- 1 1/8 cups Oat Flour
- 1/2 cup Oats
- 1/4 cup Unsweetened Shredded Coconut
- 1/2 tsp Cinnamon
- 1/2 tsp Baking Soda
- 1/2 tsp Sea Salt
- 1/2 cup Dark Chocolate Chips

Nutrition

Amount per serving	
Fat	7g
Carbs	16g
Fiber	1g
Protein	3g

Directions

- 1 Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 2 Add the egg(s), butter, sugar, and vanilla to a large bowl. Mix very well with a whisk until smooth.
- 3 Add the flour, oats, coconut, cinnamon, baking soda, and salt. Stir to combine until no flour lumps remain. Fold in the chocolate chips.
- 4 Drop approximately one tablespoon of batter onto the baking sheet per cookie. Leave space between the cookies as they will expand (line another baking sheet if needed). Bake for 10 to 11 minutes or until slightly golden brown around the edges. Let cool on the baking sheet for ten minutes and then transfer to a cooling rack. Enjoy!

Notes

Leftovers: Store in an airtight container at room temperature for up to two days. Refrigerate or freeze if longer.

How to Measure Flour: Fluff the flour first and then spoon it into your measuring cup. Use the back of a knife to level off the flour. Do not scoop the flour with your measuring cup or pack the flour in and/or tap it to get more flour in. This will result in extra flour being used, which will make your cookies dry, puffy, and crumbly.



Almond & Oat Cookies

12 servings

20 minutes

Ingredients

- 1 Banana (mashed)
- 1 Egg
- 1/2 cup Almond Butter (runny)
- 1/3 cup Maple Syrup (or honey)
- 1 tsp Vanilla Extract
- 1 1/2 cups Oats (rolled)
- 1 tsp Baking Powder
- 1/4 cup Hemp Seeds
- 2 tbsps Chia Seeds
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Fat	9g
Carbs	18g
Fiber	3g
Protein	6g

Directions

- 1 Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.
- 2 Add the banana, egg(s), almond butter, maple syrup (or honey), and vanilla to a large bowl. Whisk until well combined.
- 3 Add the oats, baking powder, hemp seeds, chia seeds, and salt. Mix with a spatula until combined.
- 4 Using clean and slightly damp hands, or a cookie scoop, form the dough into large cookies, about two tablespoons per cookie. Place on the baking sheet. Bake in the oven for 14 minutes, or until cookies are golden brown.
- 5 Allow them to cool on the baking sheet for five minutes before moving them to a cooling rack. Enjoy!

Notes

More Flavor: Add cinnamon.

Cookie Scoop: Using a medium-sized cookie scoop, or a small ice cream scoop, is easier to work with sticky dough.



Chewy Gingerbread Cookies

12 servings

20 minutes

Ingredients

- 1 cup Almond Flour
- 1/4 cup Coconut Flour
- 1 1/2 tsps Baking Powder
- 2 tsps Ground Ginger
- 1 tsp Cinnamon
- 3 tbsps Butter (melted)
- 1 Egg (room temp)
- 1 tsp Vanilla Extract
- 1/4 cup Fancy Molasses
- 1/4 cup Maple Syrup

Nutrition

Amount per serving	
Fat	8g
Carbs	14g
Fiber	2g
Protein	3g

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a mixing bowl, combine the almond flour, coconut flour, baking powder, ginger and cinnamon. Mix well using a fork to break up any clumps. Add in the butter, egg, vanilla, molasses and maple syrup. Mix again.
- 3 Roll the dough into even balls and place on the baking sheet. Gently flatten with the palm of your hand. Bake in the oven for 12 to 15 minutes. Remove from oven and let cool completely. Enjoy!



Soft Lemon Blueberry Cookies

12 servings

45 minutes

Ingredients

- 2 1/2 cups Almond Flour
- 1 1/2 tsp Baking Powder
- 1/2 tsp Baking Soda
- 1/4 tsp Sea Salt
- 1 1/4 cups Plain Greek Yogurt
- 2 Egg (large)
- 1/3 cup Sugar
- 1 1/2 tsp Lemon Juice
- 3/4 cup Frozen Blueberries (or fresh)

Nutrition

Amount per serving	
Fat	13g
Carbs	13g
Fiber	3g
Protein	8g

Directions

- 1 Preheat the oven to 275°F (135°C). Line a large baking sheet with parchment paper or a silicone mat.
- 2 In a small mixing bowl, whisk together the almond flour, baking powder, baking soda, and salt.
- 3 In a large mixing bowl, whisk together the yogurt, eggs, sugar, and lemon juice. Gently stir in the dry ingredients until incorporated. Fold in the blueberries.
- 4 Using a tablespoon, drop one to two tablespoons of batter onto the baking sheet per cookie. Leave space between the cookies as they will expand. Bake for 35 to 40 minutes, or until the edges are golden, rotating the pan halfway. Enjoy!

Notes

More Flavor: Add lemon zest and vanilla extract.

Additional Toppings: Add walnuts, pecans, or sliced almonds.

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.



Peanut Butter Protein Cookies with Chocolate Chips

12 servings

5 minutes

Ingredients

- 1/2 cup All Natural Peanut Butter
- 1/4 cup Sugar
- 1/4 tsp Salt
- 1 Egg (large)
- 1 Egg (large, just the egg white)
- 1/2 tsp Vanilla Extract
- 1/4 tsp Baking Soda
- 1/2 cup Protein Powder
- 2 tbsps Coconut Flour
- 3 tbsps Dark Chocolate Chips

Nutrition

Amount per serving	
Fat	7g
Carbs	8g
Fiber	1g
Protein	6g

Directions

- 1 Preheat oven 350 degrees F. Line a baking sheet with parchment paper.
- 2 In a medium bowl, combine the peanut butter, sugar, salt, egg, egg white, and vanilla extract. Mix briskly until ingredients are well blended. Sprinkle the baking soda over the top. With a rubber spatula, work in the protein powder and coconut flour until well combined. The will seem very dry at first but will continue to come together as you stir and push. Fold in chocolate chips.
- 3 Dough should be slightly sticky but not a total mushy mess. If you need a firmer dough, add a bit more protein powder. For a looser dough, sprinkle the batter with a bit of milk (or almond milk) and with a spatula, fold it in until the dough comes together.
- 4 With a small spoon, portion the cookie dough by tablespoonfuls and drop onto your prepared baking sheet (you will have 12 to 14 cookies total). With your fingers, gently flatten the tops of the cookies, as they will not spread but will puff up during baking. Bake for 5 to 6 minutes, until the edges are barely golden brown and dry to the touch but the middles seem fairly doughy. Do not over bake!
- 5 Place the cookie sheet on a wire rack and allow the cookies to cool on the baking sheet for 3 minutes before transferring them directly to the wire rack to finish cooling.

Notes

Protein Powder: I used Genuine Health Proteins+ in vanilla.