





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.



Clementines & Almonds

1 serving

5 minutes

Ingredients

2 Clementines
1/4 cup Almonds

Nutrition

Amount per serving	
Fat	18g
Carbs	25g
Fiber	7g
Protein	9g

Directions

- 1 Divide the clementines and almonds onto plates. Enjoy!



Peach Pie Chia Pudding

4 servings

5 minutes

Ingredients

- 2 cups Unsweetened Almond Milk
- 1/2 cup Chia Seeds
- 1/2 tsp Vanilla Extract
- 1/4 cup Maple Syrup (or any sweetener)
- 1/2 tsp Cinnamon
- 1/2 cup Pecans (chopped)
- 1 Peach (chopped)

Nutrition

Amount per serving	
Fat	18g
Carbs	29g
Fiber	8g
Protein	6g

Directions

- 1 For blended/smooth version: Place all ingredients, except peaches and pecans, in blender and blend on high for 1-2 minutes until completely smooth.
- 2 For whole chia seed version: Blend all ingredients except peaches, pecans and chia seeds in a blender until smooth. Whisk in chia seeds.
- 3 Pour mixture into a jar or glass container and place in the refrigerator for at least 4 hours or overnight to let gel.
- 4 Shake or whisk a few times within the first hour to help it gel evenly.
- 5 Garnish with peaches and pecans.



Frozen Yogurt Cherry Bark

6 servings

2 hours

Ingredients

- 1 cup Plain Greek Yogurt
- 1 tbsp Maple Syrup (or honey)
- 1/2 cup Cherries (pits removed, halved)

Nutrition

Amount per serving	
Fat	1g
Carbs	6g
Fiber	0g
Protein	4g

Directions

- 1 In a bowl, combine the yogurt and maple syrup (or honey).
- 2 Line a baking sheet with parchment paper. Pour the mixture onto the baking sheet and evenly spread it out with the back of a spoon. Add the cherries evenly on top.
- 3 Place in the freezer until very firm, about two hours. Slice or break apart into pieces. Enjoy!

Notes

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

Additional Toppings: Top with crushed nuts, chocolate chips, chocolate drizzle, hemp seeds, and or/chia seeds.



Cranberry & Pumpkin Seed Popcorn

1 serving

5 minutes

Ingredients

2 cups Popcorn
2 tbsps Dried Unsweetened
Cranberries
1/4 cup Pumpkin Seeds

Nutrition

Amount per serving	
Fat	22g
Carbs	27g
Fiber	5g
Protein	12g

Directions

- 1 Place the popcorn into a bowl and mix in the cranberries and pumpkin seeds. Enjoy!

Notes

No Pumpkin Seeds or Cranberries: Use a pre-made trail mix instead.



Turkey & Cheese Rollups

1 serving

5 minutes

Ingredients

- 1 3/4 ozs Swiss Cheese (or any cheese, sliced)
- 3 1/8 ozs Baby Pickles
- 4 ozs Sliced Turkey Breast

Nutrition

Amount per serving	
Fat	20g
Carbs	6g
Fiber	0g
Protein	30g

Directions

- 1 Add on a slice of cheese and a pickle onto each slice of turkey. Roll and secure with a toothpick. Enjoy!

Notes

More Flavor: Serve with a side of dijon mustard for dipping.



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.



Cottage Cheese Parfait with Berries

1 serving

5 minutes

Ingredients

- 1/2 cup Cottage Cheese
- 1/8 tsp Vanilla Extract
- 1/16 tsp Cinnamon (pinch)
- 1/2 tsp Honey
- 1/2 cup Blackberries

Nutrition

Amount per serving	
Fat	5g
Carbs	14g
Fiber	4g
Protein	13g

Directions

- 1 Combine all ingredients, except berries in a food processor or blender.
;
- 2 Pulse until smooth and put into a small bowl.
;
- 3 Top with berries and enjoy!

Notes

Add Nuts: Could add 1-2 tbsp of chopped nuts on top.

No Cottage Cheese: Use plain Greek yogurt instead.

No Blackberries: Use strawberries, raspberries or blueberries instead.



Roasted Edamame

2 servings

45 minutes

Ingredients

- 2 cups Frozen Edamame
- 1 tbsp Extra Virgin Olive Oil
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Fat	15g
Carbs	14g
Fiber	8g
Protein	18g

Directions

- 1 Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 2 Place frozen edamame in a large mixing bowl and add olive oil and sea salt. Toss well to coat. Spread across the baking sheet and place in the oven for 40 minutes. Stir at the halfway point.
- 3 Remove from oven when edamame is golden brown and let cool. Enjoy!

Notes

Less Time: Thaw your edamame ahead of time to reduce roasting time to approximately 30 minutes.



Almonds & Dark Chocolate

1 serving

3 minutes

Ingredients

1 oz Dark Chocolate
1/4 cup Almonds

Nutrition

Amount per serving	
Fat	29g
Carbs	21g
Fiber	7g
Protein	10g

Directions

- 1 Place in a bowl. Enjoy!



Coconut Apricot Granola

8 servings

20 minutes

Ingredients

2 cups Unsweetened Coconut Flakes
1/2 cup Dried Apricots (chopped)
2 tbsps Coconut Oil (melted)
2 tbsps Maple Syrup (or honey)
1 tsp Cinnamon
1/8 tsp Sea Salt

Nutrition

Amount per serving	
Fat	17g
Carbs	14g
Fiber	3g
Protein	2g

Directions

- 1 Preheat the oven to 300°F (149°C) and line a baking sheet with parchment paper.
- 2 In a medium-sized bowl add the coconut flakes, dried apricots, melted coconut oil, maple syrup (or honey), cinnamon and sea salt. Mix well.
- 3 Place the mixture on the prepared baking sheet and flatten it out with the back of a spoon. Bake for 14 minutes, stirring halfway through.
- 4 Let it cool on the baking sheet for 5 to 10 minutes. Serve and enjoy!

Notes

More Flavor: Add more spices such as ginger, nutmeg or cloves.

Leftovers: Store in an airtight container for up to seven days.



Apple with Almond Butter & Cinnamon

1 serving

5 minutes

Ingredients

- 1/2 Apple (sliced)
- 2 tbsps Almond Butter
- 1/4 tsp Cinnamon
- 1 tbsp Walnuts (chopped)

Nutrition

Amount per serving	
Fat	23g
Carbs	20g
Fiber	6g
Protein	8g

Directions

- 1 Spread apple slices with almond butter and sprinkle with cinnamon and the chopped walnuts.

Notes

No Almond Butter : Use peanut butter instead.

No Walnuts: Use any chopped nuts



Roasted Chickpeas

2 servings

30 minutes

Ingredients

2 cups Chickpeas (cooked, rinsed)
2 tsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Fat	9g
Carbs	45g
Fiber	12g
Protein	15g

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Pat the chickpeas dry with a paper towel and transfer them to the prepared baking sheet. Drizzle with the oil and season with salt and pepper to taste. Mix until the chickpeas are evenly coated.
- 3 Bake in the oven for 25 to 28 minutes, tossing halfway through, or until the chickpeas reach your desired crispiness. Season with additional salt and pepper if needed. Let cool slightly and enjoy!

Notes

More Flavor: Add other dried herbs and spices to taste.



Veggies & Guacamole

1 serving

5 minutes

Ingredients

- 1/2 Carrot
- 1/2 Cucumber
- 1/2 cup Guacamole (store bought or homemade)

Nutrition

Amount per serving	
Fat	17g
Carbs	18g
Fiber	9g
Protein	4g

Directions

- 1 Peel and slice carrots and cucumbers into sticks.
- 2 Dip the veggies into the guac & enjoy!

Notes

No Carrot or Cucumber: Use bell peppers or any other vegetable.



Mint Chocolate Chip Protein Smoothie

1 serving

5 minutes

Ingredients

2 cups Baby Spinach
1/4 cup Chocolate Protein Powder (or 1 scoop)
1 cup Unsweetened Almond Milk
1/2 cup Water
1/4 cup Mint Leaves
1/4 Avocado
1 tbsp Cacao Nibs (or dark chocolate chips)
4 Ice Cubes

Nutrition

Amount per serving	
Fat	14g
Carbs	13g
Fiber	9g
Protein	24g

Directions

1

In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

Notes

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