

Snack Recipes

Winter

Nutella Porridge (1 serving= 150g)

Ingredients:

1/4 cups of oats
 1/4 cup hazelnut milk
 1/2cup water
 1/8 tbsp cacao powder
 1/2 tbsp date molasses
 Pinch of salt
 1 Toppings
 Cacao nibs
 Goji berries
 Bee pollen

Method:

1. Add your oats and hazelnut milk to the saucepan
2. Add a pinch of salt
3. Bring to the boil, once boil reduce the temperature and leave to simmer
4. Remove from heat when texture is nice and creamy
5. Add liquid sweetener & nut butter
6. Pimp with raw cocoa nibs, goji berries, bee pollen

Calories	200	Sodium	0 mg
Total Fat	6 g	Potassium	0 mg
Saturated	2 g	Total Carbs	30g
Polyunsaturated	0 g	Dietary Fiber	0 g
Monounsaturated	0 g	Sugars	0 g
Trans	0 g	Protein	12g
Cholesterol	0 mg		

Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	0%

Zucchini Oat Muffins

Ingredients:

1 and 1/2 cups white whole wheat flour

1 teaspoon baking powder
 1 teaspoon baking soda
 1 teaspoon ground cinnamon
 1/2 teaspoon salt
 1 egg
 1/2 cup maple syrup or honey
 1/3 cup milk (nut or dairy)
 1/3 cup melted coconut oil
 1 teaspoon vanilla extract
 1 and 1/2 cups grated fresh zucchini
 1/2 cups old-fashioned oats (uncooked), plus extra for sprinkling

Method

1. Preheat the oven to 350 degrees and grease a 12-cup muffin tin well.
2. In a large bowl add the flour, baking powder and soda, cinnamon, and salt. Use a whisk to combine well.
3. Make a well in the center of the dry mixture and add the egg, syrup or honey, milk, coconut oil, and vanilla. Stir until the mixture just comes together (don't over mix). Add the zucchini and oats and stir to combine.
4. Divide the mixture evenly between the 12 muffin cups. Sprinkle a few additional oats on each muffin if desired. Bake for 16-20 minutes until a toothpick inserted into the center comes out clean. Remove from the oven and let the muffins cool on a wire rack for 5 minutes. Remove from the muffin pan and serve warm, at room temperature.

Summer

Minty Shake

Ingredients:

2 cups peas, fresh or frozen

 sprig of mint

Methods:

1. Place the peas in a bowl covered with boiling or very hot water for 15 minutes.
2. Transfer the peas and mint to a food processor and puree until smooth. Add the soaking liquid 1 tablespoon at a time until desired consistency is reached.

Balanced Smoothies

Ingredients

cow's, almond, rice, soy or other milk

vegetables:

kale
 broccoli
 spinach

fruits:

fresh or frozen berries
 banana
 mango
 pineapple
 passion fruit
 acai
 avocado
 apples

proteins:

whole nuts
 nut butter
 yogurt
 protein powder

extras:

hemp seeds
 bee pollen
 goji berries
 maca
 coconut oil

Method:

1. Choose at least 1 item from each category.
2. Place all the ingredients in a blender with milk and blend until smooth.

Yeast-Round Recipes

*Asparagus pâté***Ingredients:**

3 bunches of asparagus
 2 tablespoons clotted cream

Methods:

1. Snap the woody ends off the asparagus.
2. Blanch the asparagus spears in boiling salted water until tender, then drain.
3. Blend the asparagus and clotted cream together and mix thoroughly.
4. Season with sea salt and black pepper, to taste, and whiz one last time.

Nutrition Facts

Serving Size 1/2 Pot (57 g)

Per Serving % Daily Value*

Calories 87

Calories from Fat 67

Total Fat 7.4g **11%**

Carbohydrates 2.9g **1%**

Dietary Fiber 0.6g **2%**

Protein 1.7g

No-Bake Carrot Cake Bites

Ingredient:

3 medium – carrot
 6 medium – dates, Medjool
 1/2 cup – pecans, chopped
 1 tablespoon – almond butter
 1 cup – oats, dry
 1 teaspoon – cinnamon
 1/2 teaspoon – nutmeg
 1/2 teaspoon – ginger, ground
 1/8 teaspoon – sea salt

1. Add the carrots to the bowl of a food processor and process until finely ground. Transfer to a plate or bowl and return the bowl to the food processor base.
2. Add in dates and pecans and process until combined. Return the carrots to the food processor and add in the remaining ingredients.
3. Process until a dough forms and you can roll them easily into balls. If the mixture is too wet, add in a tablespoon or two of flaxseed meal (or more oats). Roll the mixture into balls and store in an airtight container in the fridge for up to one week.(about 12-18 bites)

➤ 1 bite

Calories	78	Sodium	0 mg
Total Fat	3 g	Potassium	0 mg
Saturated	0 g	Total Carbs	11 g
Polyunsaturated	0 g	Dietary Fiber	1 g
Monounsaturated	0 g	Sugars	4 g
Trans	0 g	Protein	2 g
Cholesterol	0 mg		
Vitamin A	18%	Calcium	1%
Vitamin C	1%	Iron	3%

*No-bake mixed berry bites***Ingredients:**

1 and 1/2 cups oat flour (use gluten free if necessary)
 1/2 cup coconut flour, sifted
 1/2 cup smooth peanut butter (can sub for any drippy nut butter or soy nut/sunflower seed butter)
 1/2 cup honey (can sub for agave, pure maple syrup or brown rice syrup)
 1/4 cup freeze dried unsweetened berries
 1/4 cup + milk of choice*

Method

1. In a small blender or food processor, add your freeze dried berries and blend until a flour-like consistency. set aside. Line a large plate with parchment paper and set aside.
2. In a large mixing bowl, add your oat flour and coconut flour and mix well. Stir through your smooth nut butter and honey and mix until a crumbly texture remains.
3. Using a tablespoon, add milk of choice until a thick batter is formed. Stir through your dried berries and using your hands, form into bite-sized balls and place on the lined plate. Refrigerate for at least 30 minutes to firm up. About 30 bites

> 100g

Calories	460	Sodium	270 mg
Total Fat	14 g	Potassium	250 mg
Saturated	1 g	Total Carbs	74 g
Polyunsaturated	3 g	Dietary Fiber	8 g
Monounsaturated	9 g	Sugars	24 g
Trans	0 g	Protein	6 g
Cholesterol	0 mg		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	20%

Baked Avocado (1 serving)

Ingredients:

1/2 medium – avocado
 1/4 medium – lemon
 1/4 medium – lime
 1/4 cup – panko (Japanese bread crumbs)
 1/8 teaspoon – salt
 1/16 teaspoon – lemon pepper
 a little cooking spray

Methods:

1. Preheat oven to 425°F.
2. Peel and slice avocado into 1/2-inch thick slices.
3. Juice lemon and lime.
4. Combine lemon & lime juice in small bowl. Mix bread crumbs, ¼ tsp. salt and ¼ tsp. lemon pepper in separate bowl.
5. Dip avocados into juice, season with ¼ tsp. salt and ¼ tsp. lemon pepper, and press into bread crumbs.
6. Spray baking sheet with cooking spray, lay avocados single layer and bake 12-15 minutes, or until golden brown

➤ 100g

calories	219	Sodium	152 mg
Total Fat	5 g	Potassium	351 mg
Saturated	3 g	Total Carbs	34 g
Polyunsaturated	0 g	Dietary Fiber	0 g
Monounsaturated	1 g	Sugars	28 g
Trans	0 g	Protein	8 g
Cholesterol	16 mg		
Vitamin A	79%	Calcium	55%
Vitamin C	983%	Iron	44%

Halloween Specials

Halloween Pumpkin Milk Shake

Ingredients:

1/2 cup pumpkin (i used canned)
 1 cup rice, almond or cow's milk (i used vanilla rice milk)
 pinch cinnamon
 pinch nutmeg
 1 tablespoon honey or agave nectar

Method

1. Place all the ingredients in a blender.
2. Puree until smooth.
3. Serve.

> 1 shake

Calories	162	Sodium	0 mg
Total Fat	0 g	Potassium	0 mg
Saturated	0 g	Total Carbs	0 g
Polyunsaturated	0 g	Dietary Fiber	0 g
Monounsaturated	0 g	Sugars	0 g
Trans	0 g	Protein	0 g
Cholesterol	0 mg		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	0%

Pumpkin Dip**Ingredients:**

3/4 cup (6 ounces) 1/3-less-fat cream cheese, softened
 1/6 cup packed brown sugar
 1/2 cup Steamed pumpkin
 1/2 tablespoon maple syrup

Methods:

1. combine first 3 ingredients in a medium bowl; beat with a mixer at medium speed until well combined.
2. Add syrup and cinnamon, and beat until smooth.
3. Cover and chill 30 minutes before serving.
4. Serve the dip with peeled apple slices, banana slices, or cinnamon pita chips.

> 1 tsp

Calories	54	Sodium	0 mg
Total Fat	1 g	Potassium	0 mg
Saturated	1 g	Total Carbs	9 g
Polyunsaturated	0 g	Dietary Fiber	1 g
Monounsaturated	0 g	Sugars	0 g
Trans	0 g	Protein	1 g
Cholesterol	0 mg		

Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	0%
