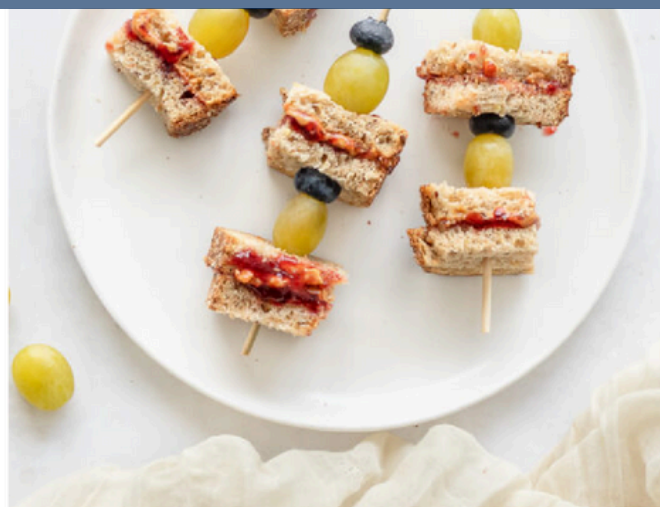


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Tzatziki & Cucumbers

1 serving

5 minutes

Ingredients

1/4 cup Tzatziki
1/4 Cucumber (large, sliced into spears)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 71 |
| Fat | 4g |
| Saturated | 2g |
| Carbs | 5g |
| Fiber | 0g |
| Sugar | 3g |
| Protein | 2g |
| Cholesterol | 10mg |
| Sodium | 121mg |
| Vitamin A | 279IU |
| Vitamin C | 5mg |
| Calcium | 132mg |
| Iron | 0mg |

Directions

- 1 Add the tzatziki to a bowl and the sliced cucumber to a plate. Enjoy!

Notes

Leftovers: Refrigerate the tzatziki according to the package directions. Store the cucumber separately.

Make it Vegan: Use dairy-free tzatziki instead.

No Cucumber: Use celery sticks, carrot sticks, snap peas, or sliced bell peppers instead.



Red Bell Pepper & Cheese

1 serving

5 minutes

Ingredients

- 1/2 Red Bell Pepper (sliced)
- 2 ozs Cheddar Cheese (cubed)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 244 |
| Fat | 19g |
| Saturated | 11g |
| Carbs | 6g |
| Fiber | 1g |
| Sugar | 3g |
| Protein | 14g |
| Cholesterol | 56mg |
| Sodium | 373mg |
| Vitamin A | 2567IU |
| Vitamin C | 76mg |
| Calcium | 407mg |
| Iron | 0mg |

Directions

- 1 Place the pepper slices and cheese on a plate. Enjoy!

Notes

Leftovers: Best enjoyed immediately, but can be refrigerated in an airtight container for up to three days.

Dairy-Free: Use dairy-free cheese instead of regular cheese.



Slow Cooker Cinnamon Applesauce

8 servings

4 hours

Ingredients

12 Apple (large, cored and diced)
4 servings Cinnamon Stick
1/2 Lemon (juiced)
1 cup Water

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 143 |
| Fat | 0g |
| Saturated | 0g |
| Carbs | 38g |
| Fiber | 10g |
| Sugar | 28g |
| Protein | 1g |
| Cholesterol | 0mg |
| Sodium | 3mg |
| Vitamin A | 148IU |
| Vitamin C | 14mg |
| Calcium | 20mg |
| Iron | 0mg |

Directions

- 1 Add chopped apple, cinnamon, lemon juice and water to the slow cooker and stir well to mix. Cook on high for 4 hours, stirring occasionally. (Note: Peeling the apples is optional but not necessary as they will be pureed in step 2.)
- 2 Remove the cinnamon sticks. Use an immersion blender to puree the applesauce, or transfer to a blender.
- 3 Divide into bowls, add your preferred toppings and enjoy! Refrigerate or freeze leftovers.

Notes

Storage: Refrigerate in an air-tight container up to 10 days, or freeze up to a year.

Leave it Chunky: Skip Step 2. You may want to peel your apples before cooking.

Extra Toppings: Add any combination of nuts, seeds, toasted oats, coconut or dried fruit.

Less Sugar: Use a mixture of naturally sweet apples like Red Delicious, Gala, Fuji, Winesap, McIntosh, Yellow Delicious, Crispin or Cortland.



Mango Coconut Bites

15 servings

20 minutes

Ingredients

- 1 Mango (large, peeled and diced)
- 2/3 cup Coconut Flour
- 1/2 tsp Cardamom
- 1/4 cup Canned Coconut Milk
- 1/4 cup Raw Honey
- 1 tbsp Coconut Oil
- 1 1/3 cups Unsweetened Shredded Coconut (divided)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 114 |
| Fat | 7g |
| Saturated | 6g |
| Carbs | 13g |
| Fiber | 3g |
| Sugar | 8g |
| Protein | 1g |
| Cholesterol | 0mg |
| Sodium | 14mg |
| Vitamin A | 242IU |
| Vitamin C | 8mg |
| Calcium | 3mg |
| Iron | 1mg |

Directions

- 1 Add the mango, coconut flour, cardamom, coconut milk, honey, coconut oil, and 3/4 of the shredded coconut to a food processor. Process until a slightly sticky dough has formed.
- 2 Add the remaining shredded coconut to a small bowl.
- 3 Roll the dough into balls, roughly two inches in diameter, then roll each of them in the shredded coconut until completely coated. Set on a plate or baking sheet.
- 4 Enjoy immediately or transfer to the fridge or freezer.

Notes

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

Serving Size: One serving is equal to one ball.

More Flavor: Add cinnamon.



No Bake Frosted Carrot Cake Bars

9 servings

55 minutes

Ingredients

- 1 1/2 cups Almond Flour
- 3/4 cup Coconut Flour
- 1 tsp Cinnamon
- 1/2 tsp Sea Salt (divided)
- 1/2 cup Pureed Pumpkin
- 3/4 cup Cashew Butter (divided)
- 1/4 cup Maple Syrup
- 1/2 cup Unsweetened Almond Milk (divided)
- 1 cup Grated Carrot (finely grated)
- 3/4 cup Vanilla Protein Powder

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 335 |
| Fat | 22g |
| Saturated | 4g |
| Carbs | 24g |
| Fiber | 7g |
| Sugar | 8g |
| Protein | 16g |
| Cholesterol | 1mg |
| Sodium | 186mg |
| Vitamin A | 4189IU |
| Vitamin C | 1mg |
| Calcium | 132mg |
| Iron | 3mg |

Directions

- 1 Line a square baking dish with parchment paper.
- 2 In a large bowl, combine the almond flour, coconut flour, cinnamon, and half of the salt. Mix well.
- 3 In another bowl, combine the pumpkin purée, 2/3 of the cashew butter, maple syrup, and 1/4 of the almond milk. Mix until well combined, then add to the dry ingredients and continue to mix until a batter has formed.
- 4 Add the grated carrot into the dough and knead with your hands until fully incorporated.
- 5 Add the dough to the prepared baking dish and spread it evenly across the pan with your hands.
- 6 In a bowl, add the protein powder, remaining salt, remaining cashew butter, and remaining almond milk. Mix well until smooth. If needed, add more milk until desired frosting consistency, one tablespoon at a time.
- 7 Spread the frosting evenly over top of the dough with a spatula. Transfer to the fridge to set for at least 30 minutes. Slice, serve, and enjoy!

Notes

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

Serving Size: A 9 x 9-inch baking dish was used to make nine servings. One serving is equal to one bar.

More Flavor: Add nutmeg, clove, and dried fruit.

Protein Powder: This recipe was developed and tested using a plant-based protein

powder. Please note that if using a different type of protein powder, results may vary.



Ham & Cheese Rolls

1 serving

5 minutes

Ingredients

3 ozs Sliced Ham
1 1/2 ozs Cheddar Cheese (cut into sticks)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 285 |
| Fat | 19g |
| Saturated | 8g |
| Carbs | 2g |
| Fiber | 0g |
| Sugar | 1g |
| Protein | 26g |
| Cholesterol | 99mg |
| Sodium | 1160mg |
| Vitamin A | 528IU |
| Vitamin C | 0mg |
| Calcium | 306mg |
| Iron | 1mg |

Directions

- 1 Wrap the ham around the cheese sticks and enjoy!

Notes

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



Mini Fruit Pizzas

1 serving

5 minutes

Ingredients

- 1/4 cup Plain Greek Yogurt
- 1 tsp Maple Syrup
- 2 ozs English Muffin (cut in half, toasted)
- 1/4 cup Strawberries (sliced)
- 1/4 cup Blueberries
- 2 tsps Hemp Seeds

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 231 |
| Fat | 6g |
| Saturated | 1g |
| Carbs | 44g |
| Fiber | 10g |
| Sugar | 12g |
| Protein | 11g |
| Cholesterol | 8mg |
| Sodium | 276mg |
| Vitamin A | 337IU |
| Vitamin C | 29mg |
| Calcium | 224mg |
| Iron | 2mg |

Directions

- 1 In a small bowl, mix the yogurt and maple syrup until smooth.
- 2 Divide the yogurt mixture between the English muffin halves and top with strawberries, blueberries, and hemp seeds. Enjoy!

Notes

Leftovers: Best enjoyed immediately but the yogurt mix can be refrigerated for up to three days.

Serving Size: One serving is one English muffin.

Make it Vegan: Use a plant-based yogurt alternative.

Additional Toppings: Chia seeds, shredded coconut and/or nut butter.

Gluten-Free: Use a gluten-free English muffin.

English Muffin: One English muffin is roughly two ounces or 57 grams.



Cream Cheese & Jam Crackers

2 servings

5 minutes

Ingredients

- 1 1/16 ozs Whole Grain Crackers
- 2 tbsps Cream Cheese, Regular
- 2 tbsps Raspberry Jam
- 1/2 cup Raspberries

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 163 |
| Fat | 8g |
| Saturated | 3g |
| Carbs | 21g |
| Fiber | 3g |
| Sugar | 11g |
| Protein | 3g |
| Cholesterol | 14mg |
| Sodium | 198mg |
| Vitamin A | 11IU |
| Vitamin C | 9mg |
| Calcium | 20mg |
| Iron | 1mg |

Directions

- 1 Layer each cracker with cream cheese and jam. Top each with a raspberry. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately four crackers.

Make it Vegan: Use a plant-based cream cheese.

Gluten-Free: Use gluten-free crackers.



Coconut Yogurt Banana Boat

1 serving

5 minutes

Ingredients

- 1 Banana (sliced in half lengthwise)
- 1/2 cup Unsweetened Coconut Yogurt
- 2 tbsps Sunflower Seed Butter
- 1 tsp Ground Flax Seed
- 1/4 tsp Cinnamon

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 371 |
| Fat | 22g |
| Saturated | 5g |
| Carbs | 42g |
| Fiber | 7g |
| Sugar | 18g |
| Protein | 8g |
| Cholesterol | 0mg |
| Sodium | 27mg |
| Vitamin A | 94IU |
| Vitamin C | 11mg |
| Calcium | 286mg |
| Iron | 2mg |

Directions

- 1 Place the banana on a plate or into a bowl and top with coconut yogurt, sunflower seed butter, ground flax, and cinnamon. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Additional Toppings: Chopped nuts, seeds, granola, maple syrup, coconut flakes and/or berries.

No Sunflower Seed Butter: Use other nut or seed butter instead.

More Protein: Mix protein powder or hemp seeds into the yogurt.



Frozen Coconut Yogurt Covered Raspberries

1 serving
40 minutes

Ingredients

1/2 cup Unsweetened Coconut Yogurt
1 1/2 cups Raspberries

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 151 |
| Fat | 5g |
| Saturated | 3g |
| Carbs | 28g |
| Fiber | 13g |
| Sugar | 9g |
| Protein | 3g |
| Cholesterol | 0mg |
| Sodium | 27mg |
| Vitamin A | 61IU |
| Vitamin C | 48mg |
| Calcium | 296mg |
| Iron | 1mg |

Directions

- 1 Line a baking sheet with parchment paper.
- 2 Add the yogurt to a bowl followed by the raspberries. Coat each raspberry in yogurt. Work in batches if needed.
- 3 Spread the yogurt covered raspberries out in an even layer on the baking sheet. Freeze for 25 to 30 minutes. Enjoy!

Notes

Leftovers: Freeze in an airtight container for up to one month.

Serving Size: One serving is approximately 3/4 cup.

No Coconut Yogurt: Use any other type of yogurt.



Turkey & Cheese Skewers

2 servings

10 minutes

Ingredients

- 1/4 Cucumber (medium, sliced)
- 4 ozs Sliced Turkey Breast
- 4 ozs Cheddar Cheese (cubed)
- 4 Barbecue Skewers (small)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 293 |
| Fat | 21g |
| Saturated | 11g |
| Carbs | 4g |
| Fiber | 0g |
| Sugar | 1g |
| Protein | 21g |
| Cholesterol | 83mg |
| Sodium | 866mg |
| Vitamin A | 744IU |
| Vitamin C | 1mg |
| Calcium | 416mg |
| Iron | 0mg |

Directions

- 1 Take a barbecue skewer and thread a piece of cucumber, sliced turkey, and cheese. Then add a slice of cucumber, a slice of turkey and another piece of cheese. Repeat with each skewer until all of the ingredients are used up.
- 2 Serve and enjoy!

Notes

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

Serving Size: One serving is two six-inch (15 cm) skewers.

No Sliced Turkey: Use sliced ham.

Dairy-Free: Use a plant-based cheese alternative.



Lemon Yogurt Fruit Dip

1 serving

10 minutes

Ingredients

- 1/2 cup Plain Greek Yogurt
- 1 tbsp Lemon Zest
- 1 1/2 tsp Maple Syrup
- 1 Apple (sliced)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 214 |
| Fat | 3g |
| Saturated | 2g |
| Carbs | 39g |
| Fiber | 5g |
| Sugar | 28g |
| Protein | 12g |
| Cholesterol | 17mg |
| Sodium | 73mg |
| Vitamin A | 726IU |
| Vitamin C | 24mg |
| Calcium | 279mg |
| Iron | 1mg |

Directions

- 1 Add the yogurt, lemon zest, and maple syrup to a bowl. Mix to combine. Serve with sliced apples. Enjoy!

Notes

Leftovers: Refrigerate the yogurt in an airtight container for up to four days and cut the apple just before serving.

Serving Size: One serving is approximately 1/2 cup yogurt with one apple.

Make it Vegan: Use a plant-based yogurt alternative.

No Apples: Use strawberries, honeydew, and/or cantaloupe.



Greek Yogurt Chocolate Mousse

3 servings

8 hours

Ingredients

- 4 ozs Dark Chocolate (chopped)
- 1 1/2 cups Plain Greek Yogurt
- 1/4 cup Cocoa Powder
- 1 tbsp Raw Honey
- 1/2 tsp Vanilla Extract
- 1/8 tsp Sea Salt

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 355 |
| Fat | 20g |
| Saturated | 11g |
| Carbs | 33g |
| Fiber | 7g |
| Sugar | 18g |
| Protein | 15g |
| Cholesterol | 18mg |
| Sodium | 178mg |
| Vitamin A | 640IU |
| Vitamin C | 7mg |
| Calcium | 287mg |
| Iron | 6mg |

Directions

- 1 Add water to a double boiler. Alternatively, 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 to the bowl. Melt the chocolate, stirring often. Set aside and let cool slightly.
- 2 In a stand mixer with the whisk attachment, combine the cooled melted chocolate, Greek yogurt, cocoa powder, honey, vanilla, and salt.
- 3 Whip the mixture until smooth and creamy and then portion into containers or jars. Place in the fridge overnight or for at least eight hours. Enjoy!

Notes

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

Serving Size: One serving is about 1/2 cup.

No Stand Mixer: Use a hand mixer or immersion blender with the whisk attachment.

Thicker Mousse: For a thicker mousse, use full-fat yogurt. Thin if needed with a splash of milk.

Additional Toppings: Berries, coconut flakes, nuts and/or seeds.

No Dark Chocolate: Use chocolate chips instead.



Grape & Cheese Skewers

2 servings

5 minutes

Ingredients

2/3 cup Grapes
4 ozs Cheddar Cheese (cubed)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 249 |
| Fat | 19g |
| Saturated | 11g |
| Carbs | 7g |
| Fiber | 0g |
| Sugar | 5g |
| Protein | 13g |
| Cholesterol | 56mg |
| Sodium | 371mg |
| Vitamin A | 735IU |
| Vitamin C | 1mg |
| Calcium | 407mg |
| Iron | 0mg |

Directions

- 1 Thread the grapes and cheddar cheese onto the toothpicks. Enjoy!

Notes

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

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

More Flavor: Add an olive.



Apple Slices with Peanut Butter Yogurt

1 serving

5 minutes

Ingredients

- 3/4 cup Plain Greek Yogurt
- 2 tbsps All Natural Peanut Butter
- 1 Apple (cored and sliced)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 423 |
| Fat | 21g |
| Saturated | 6g |
| Carbs | 41g |
| Fiber | 6g |
| Sugar | 27g |
| Protein | 24g |
| Cholesterol | 25mg |
| Sodium | 112mg |
| Vitamin A | 1036IU |
| Vitamin C | 20mg |
| Calcium | 401mg |
| Iron | 1mg |

Directions

- 1 In a bowl, combine the yogurt with the peanut butter and mix well.
- 2 Serve with apple slices for dipping and enjoy!

Notes

Leftovers: Refrigerate the yogurt in an airtight container for up to four days and cut the apple just before serving.

Serving Size: One serving is approximately one cup of dip with one apple.

Make it Vegan: Use a plant-based yogurt alternative.

More Flavor: Add a drizzle of honey or maple syrup.

Additional Toppings: Add chocolate chips to the dip.



Greek Yogurt & Peanut Butter Rice Cakes

1 serving

5 minutes

Ingredients

- 3/4 cup Plain Greek Yogurt
- 2 tbsps All Natural Peanut Butter
- 2 Plain Rice Cake
- 1/2 Banana (sliced)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 451 |
| Fat | 21g |
| Saturated | 6g |
| Carbs | 44g |
| Fiber | 4g |
| Sugar | 15g |
| Protein | 26g |
| Cholesterol | 25mg |
| Sodium | 116mg |
| Vitamin A | 975IU |
| Vitamin C | 16mg |
| Calcium | 395mg |
| Iron | 2mg |

Directions

- 1 In a bowl, combine the yogurt and peanut butter. Divide the mix between the rice cakes. Top with sliced banana. Enjoy!

Notes

Leftovers: Best enjoyed immediately. The yogurt and peanut butter mix can be refrigerated in an airtight container for up to three days. Spread onto rice cakes when ready to eat.

Make it Vegan: Use a plant-based yogurt alternative.

Additional Toppings: Top with shredded coconut, crushed nuts, and/or blueberries.



Spinach Yogurt Dip with Vegetables

4 servings

25 minutes

Ingredients

- 2 cups Baby Spinach
- 1 cup Plain Greek Yogurt
- Sea Salt & Black Pepper (to taste)
- 1 Carrot (large, cut into sticks)
- 1/2 Cucumber (large, cut into sticks)
- 2 stalks Celery (cut into sticks)
- 1 Yellow Bell Pepper (medium, sliced)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 76 |
| Fat | 2g |
| Saturated | 1g |
| Carbs | 10g |
| Fiber | 2g |
| Sugar | 3g |
| Protein | 7g |
| Cholesterol | 8mg |
| Sodium | 75mg |
| Vitamin A | 4489IU |
| Vitamin C | 96mg |
| Calcium | 164mg |
| Iron | 1mg |

Directions

- 1 Heat a pot over medium heat. Add in the spinach with a splash of water. Cook for about five to seven minutes, stirring occasionally, until the spinach is wilted.
- 2 Remove from the heat and cool slightly. Roughly chop the spinach and transfer to a bowl.
- 3 Add the yogurt to the spinach. Stir and season with salt and pepper.
- 4 Serve the dip with carrots, cucumbers, celery, and bell peppers. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1/3 cup dip and 1/2 cup vegetables.

Dairy-Free: Use plant-based yogurt instead.



Chocolate Coconut Popsicles

6 servings

6 hours

Ingredients

- 1 1/2 cups Canned Coconut Milk
- 2 tbsps Cacao Powder
- 2 tsps Monk Fruit Sweetener

Nutrition

| Amount per serving | |
|--------------------|------|
| Calories | 118 |
| Fat | 11g |
| Saturated | 10g |
| Carbs | 4g |
| Fiber | 1g |
| Sugar | 1g |
| Protein | 1g |
| Cholesterol | 0mg |
| Sodium | 15mg |
| Vitamin A | 0IU |
| Vitamin C | 0mg |
| Calcium | 6mg |
| Iron | 0mg |

Directions

- 1 Add all of the ingredients to a blender and blend until smooth. Taste and add more sweetener if desired.
- 2 Pour into popsicle molds and freeze for five to six hours or until completely frozen. Enjoy!

Notes

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

Serving Size: One serving is one popsicle.

More Flavor: Add vanilla and/or sea salt before blending.

No Monk Fruit Sweetener: Use other sweetener of choice.



Chocolate Protein Crunch Bars

12 servings

1 hour

Ingredients

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

Nutrition

| Amount per serving | |
|--------------------|------|
| Calories | 428 |
| Fat | 21g |
| Saturated | 12g |
| Carbs | 42g |
| Fiber | 1g |
| Sugar | 32g |
| Protein | 15g |
| Cholesterol | 2mg |
| Sodium | 23mg |
| Vitamin A | 0IU |
| Vitamin C | 0mg |
| Calcium | 85mg |
| Iron | 2mg |

Directions

- 1 Line a pan with parchment paper and set aside.
- 2 In a large bowl, add the peanut butter and maple syrup 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

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

Serving Size: One serving is one bar. An 8 x 8-inch (20 x 20 cm) square pan was used to make 12 servings.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. Please note that if using a different type of protein powder, results may vary.



Blueberry & Apple Oat Bran Muffins

9 servings

25 minutes

Ingredients

- 1 1/4 cups Oat Bran
- 1/2 tsp Baking Soda
- 1/4 tsp Sea Salt
- 1/2 cup Unsweetened Applesauce
- 1/4 cup Oat Milk
- 1 Egg (large)
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Vanilla Extract
- 1 tsp Apple Cider Vinegar
- 1/4 cup Blueberries

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 66 |
| Fat | 3g |
| Saturated | 1g |
| Carbs | 11g |
| Fiber | 2g |
| Sugar | 2g |
| Protein | 3g |
| Cholesterol | 21mg |
| Sodium | 147mg |
| Vitamin A | 36IU |
| Vitamin C | 1mg |
| Calcium | 21mg |
| Iron | 1mg |

Directions

- 1 Preheat the oven to 375°F (190°C) and line a muffin tray with liners or use a silicone muffin tray.
- 2 In a large bowl, mix the oat bran, baking soda, and salt. Set aside.
- 3 In a smaller bowl, mix the applesauce, milk, egg, oil, vanilla, and apple cider vinegar.
- 4 Add the wet mix into the dry ingredients and stir just until combined. Gently fold in the blueberries.
- 5 Divide the batter among muffin cups. Bake for 10 to 15 minutes or until cooked through. Let cool, and then remove the muffins. Enjoy!

Notes

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

Serving Size: One serving is one muffin.

More Flavor: Try with other fresh berries. Serve warm with butter.



Banana Kiwi Yogurt Parfait

1 serving

10 minutes

Ingredients

- 1 Banana (medium)
- 1/2 cup Plain Greek Yogurt
- 1/4 tsp Vanilla Extract
- 2 tbsps Almonds (finely chopped)
- 1 Kiwi (peeled, diced)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 344 |
| Fat | 12g |
| Saturated | 2g |
| Carbs | 47g |
| Fiber | 7g |
| Sugar | 25g |
| Protein | 17g |
| Cholesterol | 17mg |
| Sodium | 74mg |
| Vitamin A | 761IU |
| Vitamin C | 82mg |
| Calcium | 327mg |
| Iron | 2mg |

Directions

- 1 Mash the banana in a bowl then mix in the yogurt and vanilla extract until well combined.
- 2 Layer the yogurt mixture, almonds, and kiwi in a jar. Enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to two days.

Additional Toppings: Nut butter, hemp seeds, or chia seeds.



Trail Mix Energy Balls

12 servings

10 minutes

Ingredients

- 1/2 cup All Natural Peanut Butter
- 3 tbsps Coconut Oil
- 3 tbsps Maple Syrup
- 1/3 cup Pitted Dates (finely chopped)
- 3 tbsps Chia Seeds
- 1/2 cup Oats (rolled)
- 1/4 cup Dark Chocolate Chips
- 1/3 cup Almonds (chopped)

Nutrition

| Amount per serving | |
|--------------------|------|
| Calories | 199 |
| Fat | 14g |
| Saturated | 6g |
| Carbs | 16g |
| Fiber | 3g |
| Sugar | 9g |
| Protein | 5g |
| Cholesterol | 0mg |
| Sodium | 3mg |
| Vitamin A | 0IU |
| Vitamin C | 0mg |
| Calcium | 44mg |
| Iron | 1mg |

Directions

- 1 Add the peanut butter, oil, and maple syrup to a small saucepan. Heat over low heat, and mix well for about one to two minutes or until well mixed.
- 2 Add the remaining ingredients to a large bowl and add the peanut butter mixture. Use a silicone spatula or large spoon to mix well until the mixture sticks together when you squeeze it between your hands.
- 3 Use a cookie scoop or a tablespoon to scoop out the energy balls and roll them into balls in your hands. Repeat until all of the mixture is used. Enjoy!

Notes

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

Serving Size: One serving is two energy balls.

More Flavor: Add cinnamon or vanilla extract.

Nut-Free: Use seed butter and seeds instead of peanut butter and almonds.



Greek Yogurt Dip with Pineapple

4 servings

15 minutes

Ingredients

- 1 cup Plain Greek Yogurt
- 1 tsp Vanilla Extract
- 2 tbsps Raw Honey
- 1/4 tsp Cinnamon
- 4 cups Pineapple (chopped)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 161 |
| Fat | 1g |
| Saturated | 1g |
| Carbs | 33g |
| Fiber | 2g |
| Sugar | 26g |
| Protein | 6g |
| Cholesterol | 8mg |
| Sodium | 37mg |
| Vitamin A | 409IU |
| Vitamin C | 83mg |
| Calcium | 148mg |
| Iron | 1mg |

Directions

- 1 In a bowl, whisk together the yogurt, vanilla, honey, and cinnamon.
- 2 Serve the yogurt dip with pineapple. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately one cup of pineapple with 1/4 cup of dip.

Make it Vegan: Use plant-based yogurt and maple syrup instead of honey.

Additional Toppings: Serve with other fruit such as melon, strawberries, bananas, or grapes.



Strawberry Shortcake Smoothie

1 serving

5 minutes

Ingredients

3/4 cup Oat Milk (unsweetened, plain)
1/4 cup Cream Cheese, Regular
2 cups Strawberries (large)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 359 |
| Fat | 22g |
| Saturated | 11g |
| Carbs | 36g |
| Fiber | 7g |
| Sugar | 21g |
| Protein | 8g |
| Cholesterol | 54mg |
| Sodium | 340mg |
| Vitamin A | 35IU |
| Vitamin C | 169mg |
| Calcium | 351mg |
| Iron | 2mg |

Directions

- 1 Add all the ingredients to a blender and blend until smooth. Pour into glasses and enjoy!

Notes

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

Serving Size: One serving approximately 1 2/3 cups.

More Flavor: Add vanilla and honey, to taste.

No Oat Milk: Use any milk of choice.



Crackers, Cheese & Tomatoes

1 serving

5 minutes

Ingredients

- 1 1/16 ozs Seed Crackers
- 1/2 oz Cheddar Cheese (sliced)
- 1/3 cup Cherry Tomatoes

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 200 |
| Fat | 10g |
| Saturated | 3g |
| Carbs | 22g |
| Fiber | 5g |
| Sugar | 2g |
| Protein | 7g |
| Cholesterol | 14mg |
| Sodium | 272mg |
| Vitamin A | 590IU |
| Vitamin C | 7mg |
| Calcium | 173mg |
| Iron | 1mg |

Directions

- 1 Add all ingredients to a plate and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Store the crackers separately in an airtight container.

Serving Size: One serving is approximately one cup.

Make it Vegan: Use a dairy-free cheese.



Frozen Yogurt Peach Bark

6 servings

2 hours

Ingredients

- 1 cup Plain Greek Yogurt
- 1 tbsp Raw Honey
- 1/2 Peach (medium, sliced)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 45 |
| Fat | 1g |
| Saturated | 1g |
| Carbs | 6g |
| Fiber | 0g |
| Sugar | 5g |
| Protein | 4g |
| Cholesterol | 6mg |
| Sodium | 23mg |
| Vitamin A | 249IU |
| Vitamin C | 3mg |
| Calcium | 84mg |
| Iron | 0mg |

Directions

- 1 Stir the yogurt and honey together in a bowl.
- 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 sliced peaches 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.

Serving Size: One serving is approximately 1/2 cup.

Additional Toppings: Top with crushed nuts, hemp seeds and or chia seeds.

Dairy-Free: Use plant-based yogurt instead.



No Cook Veggie Naan Pizza

6 servings

15 minutes

Ingredients

1/2 cup Cream Cheese, Regular
(softened)
1/2 cup Sour Cream
1 tsp Italian Seasoning
Sea Salt & Black Pepper (to taste)
3 pieces Naan
2 ozs Cheddar Cheese (shredded)
1 Carrot (large, shredded)
1/2 cup Broccoli (finely chopped)
1/2 Red Bell Pepper (large, finely
chopped)
2 stalks Green Onion (finely chopped)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 270 |
| Fat | 15g |
| Saturated | 8g |
| Carbs | 27g |
| Fiber | 2g |
| Sugar | 4g |
| Protein | 9g |
| Cholesterol | 37mg |
| Sodium | 374mg |
| Vitamin A | 2405IU |
| Vitamin C | 21mg |
| Calcium | 145mg |
| Iron | 2mg |

Directions

- 1 Add the cream cheese and sour cream to a medium bowl and mix until smooth. Stir in the Italian seasoning, salt, and pepper.
- 2 Spread the mixture over the naan, leaving a thin edge for the crust. Evenly distribute the cheese, carrots, broccoli, and bell peppers on top, gently pressing down for the veggie mixture to stick to the spread.
- 3 Garnish with green onions, slice, and enjoy!

Notes

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

Serving Size: One serving is approximately half of a naan pizza.

More Flavor: Toast the naan. Add hot sauce, olives, capers and/or fresh herbs.



Ham & Guacamole Pinwheels with Veggies

1 serving

5 minutes

Ingredients

- 3 ozs Sliced Ham
- 1 Whole Wheat Tortilla (large)
- 2 tbsps Guacamole
- 1/4 Cucumber (medium, sliced)
- 1/3 cup Cherry Tomatoes

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 307 |
| Fat | 13g |
| Saturated | 3g |
| Carbs | 27g |
| Fiber | 7g |
| Sugar | 4g |
| Protein | 22g |
| Cholesterol | 57mg |
| Sodium | 1183mg |
| Vitamin A | 495IU |
| Vitamin C | 12mg |
| Calcium | 125mg |
| Iron | 3mg |

Directions

- 1 Layer the sliced ham over the tortilla and spread the guacamole evenly over the top.
- 2 Roll each tortilla tightly and slice it into six or eight pieces. Serve with cherry tomatoes and cucumber. Enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to two days.

More Flavor: Add bell pepper and spinach to the tortilla.

Gluten-Free: Use a gluten-free tortilla or lettuce wraps instead.



Hard Boiled Eggs & Grapes

1 serving

20 minutes

Ingredients

2 Egg
1/2 cup Grapes

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 174 |
| Fat | 10g |
| Saturated | 3g |
| Carbs | 9g |
| Fiber | 0g |
| Sugar | 8g |
| Protein | 13g |
| Cholesterol | 372mg |
| Sodium | 143mg |
| Vitamin A | 586IU |
| Vitamin C | 2mg |
| Calcium | 62mg |
| Iron | 2mg |

Directions

- 1 Bring a small pot of water to a boil and use a spoon to carefully lower the eggs inside. Boil for seven to eight minutes, then immediately remove them and place them into a bowl of icy water for at least three minutes.
- 2 Peel and slice the eggs and serve with grapes.

Notes

Leftovers: Refrigerate the eggs with their shell on for up to one week.

More Flavor: Season the eggs with salt and pepper, chili flakes, and/or a drizzle of olive oil.



Chocolate & Banana Oat Cookies

9 servings

30 minutes

Ingredients

- 3 Banana (overripe)
- 1 Egg
- 1 tsp Vanilla Extract
- 1 tbsp Ground Flax Seed
- 1 1/2 cups Quick Oats
- 1 tsp Cinnamon
- 1/8 tsp Sea Salt
- 1/2 cup Milk Chocolate Chips

Nutrition

| Amount per serving | |
|--------------------|------|
| Calories | 162 |
| Fat | 5g |
| Saturated | 3g |
| Carbs | 28g |
| Fiber | 4g |
| Sugar | 12g |
| Protein | 4g |
| Cholesterol | 21mg |
| Sodium | 42mg |
| Vitamin A | 56IU |
| Vitamin C | 3mg |
| Calcium | 16mg |
| Iron | 1mg |

Directions

- 1 Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 2 Mash the bananas in a large bowl. Stir in the egg and vanilla. Add the flax seeds, oats, cinnamon, and salt. Mix well then fold in the chocolate chips.
- 3 Scoop the dough, one heaping tablespoon at a time, onto the prepared baking sheet. Keep the cookies roughly two inches apart.
- 4 Bake for 12 to 15 minutes or until the tops are set and the bottoms lightly browned. Cool on the sheet for five minutes, then transfer to a wire rack to cool completely. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for five days or freeze them. These cookies are best enjoyed slightly warmed or at room temperature.

Serving Size: One serving is equal to two cookies.

More Flavor: Add maple syrup or honey to make it sweeter. Add chopped nuts of choice.



Super Simple Peanut Butter Oat Bars

9 servings

40 minutes

Ingredients

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

Nutrition

| Amount per serving | |
|--------------------|------|
| Calories | 338 |
| Fat | 16g |
| Saturated | 3g |
| Carbs | 41g |
| Fiber | 4g |
| Sugar | 18g |
| Protein | 10g |
| Cholesterol | 0mg |
| Sodium | 9mg |
| Vitamin A | 0IU |
| Vitamin C | 0mg |
| Calcium | 52mg |
| Iron | 2mg |

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, 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

Leftovers: Store in an airtight container on the counter for up to three days. Freeze in and airtight container for up to one month.

Serving Size: One serving is equal to one square piece. An 8 x 8-inch (20 x 20-cm) baking dish was used to make nine servings.

No Peanut Butter: Use almond or cashew butter.

More Flavor: Add chocolate chips.



Navel Orange & Almonds

1 serving

5 minutes

Ingredients

1 Navel Orange (cut into wedges)
1/4 cup Almonds

Directions

1 Add the orange wedges and almonds to a plate or bowl. Enjoy!

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 276 |
| Fat | 18g |
| Saturated | 1g |
| Carbs | 25g |
| Fiber | 8g |
| Sugar | 13g |
| Protein | 9g |
| Cholesterol | 0mg |
| Sodium | 2mg |
| Vitamin A | 347IU |
| Vitamin C | 83mg |
| Calcium | 156mg |
| Iron | 2mg |



Air Fryer Apple Cinnamon Apple Chips

1 serving
25 minutes

Ingredients

- 1 Apple (small, cored, thinly sliced and seeds removed)
- 1 tbsp Coconut Sugar
- 1/2 tsp Cinnamon
- 1/2 tsp Coconut Oil (melted)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 148 |
| Fat | 3g |
| Saturated | 2g |
| Carbs | 35g |
| Fiber | 5g |
| Sugar | 28g |
| Protein | 1g |
| Cholesterol | 0mg |
| Sodium | 2mg |
| Vitamin A | 102IU |
| Vitamin C | 8mg |
| Calcium | 24mg |
| Iron | 0mg |

Directions

- 1 Preheat the air fryer to 325°F (165°C).
- 2 Place the apple slices in a bowl and add the sugar, cinnamon, and coconut oil. Toss well to combine.
- 3 Place the apple slices in an even layer in the air fryer basket, trying not to overlap too much.
- 4 Cook for 15 minutes, tossing every five minutes, until lightly browned and crispy. Enjoy!

Notes

Leftovers: Best enjoyed the day of making. Apple slices can be stored in a container or sealed plastic bag at room temperature for up to two days. They will lose some of the crispiness.

Serving Size: One serving is approximately one cup of cooked apple slices.



Celery & Almond Butter

1 serving

5 minutes

Ingredients

2 tbsps Almond Butter
2 stalks Celery (halved)

Directions

- 1 Spread the almond butter on the celery sticks and enjoy!

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 203 |
| Fat | 17g |
| Saturated | 1g |
| Carbs | 8g |
| Fiber | 4g |
| Sugar | 2g |
| Protein | 7g |
| Cholesterol | 0mg |
| Sodium | 66mg |
| Vitamin A | 360IU |
| Vitamin C | 2mg |
| Calcium | 140mg |
| Iron | 1mg |



Rye Crackers with Peanut Butter & Honey

1 serving

5 minutes

Ingredients

2 tbsps All Natural Peanut Butter
2 slices Light Rye Crisp Bread
1 tsp Raw Honey

Nutrition

| Amount per serving | |
|--------------------|------|
| Calories | 253 |
| Fat | 17g |
| Saturated | 3g |
| Carbs | 24g |
| Fiber | 6g |
| Sugar | 9g |
| Protein | 9g |
| Cholesterol | 0mg |
| Sodium | 76mg |
| Vitamin A | 0IU |
| Vitamin C | 0mg |
| Calcium | 25mg |
| Iron | 2mg |

Directions

- 1 Spread the peanut butter onto the pieces of crisp bread. Drizzle the honey on top. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is two pieces of crisp bread.

Additional Toppings: Top with sliced banana or blueberries.

No Peanut Butter: Use other nut or seed butter.



Greek Yogurt & Raspberries

1 serving

5 minutes

Ingredients

1/2 cup Plain Greek Yogurt
1/2 cup Raspberries

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 122 |
| Fat | 3g |
| Saturated | 2g |
| Carbs | 13g |
| Fiber | 4g |
| Sugar | 6g |
| Protein | 12g |
| Cholesterol | 17mg |
| Sodium | 71mg |
| Vitamin A | 645IU |
| Vitamin C | 24mg |
| Calcium | 265mg |
| Iron | 1mg |

Directions

- 1 Add the yogurt and raspberries to a bowl. Enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate for up to two days.

Serving Size: One serving is approximately one cup.

Additional Toppings: Chia, hemp and flax seeds, maple syrup, honey and/or your favorite nuts.

Dairy-Free: Use a dairy-free alternative yogurt.



Cheese & Apple Pinwheels

1 serving

5 minutes

Ingredients

- 1 1/2 ozs Cheddar Cheese (sliced)
- 1/2 Apple (small, cored, thinly sliced)
- 1 Whole Wheat Tortilla (large)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 346 |
| Fat | 18g |
| Saturated | 10g |
| Carbs | 33g |
| Fiber | 6g |
| Sugar | 11g |
| Protein | 14g |
| Cholesterol | 42mg |
| Sodium | 532mg |
| Vitamin A | 579IU |
| Vitamin C | 4mg |
| Calcium | 407mg |
| Iron | 1mg |

Directions

- 1 Arrange the sliced cheese and apple onto the tortilla. Tightly roll up the tortilla and cut into slices. Enjoy!

Notes

Leftovers: Best enjoyed fresh.

Serving Size: One serving is approximately six pinwheels or one whole tortilla chopped into pinwheels.

Gluten-Free: Use a gluten-free tortilla.

More Flavor: Add arugula and your favorite dressing.

Dairy-Free: Use a plant-based cheese alternative or hummus instead.



Hazelnut & Coconut Energy Balls

6 servings

20 minutes

Ingredients

1 1/2 cups Pitted Dates
1 tbsp Cocoa Powder
1/2 cup Hazelnuts (finely chopped,
divided)
2 tbsps Unsweetened Shredded
Coconut

Nutrition

| Amount per serving | |
|--------------------|------|
| Calories | 187 |
| Fat | 8g |
| Saturated | 2g |
| Carbs | 30g |
| Fiber | 5g |
| Sugar | 24g |
| Protein | 3g |
| Cholesterol | 0mg |
| Sodium | 1mg |
| Vitamin A | 6IU |
| Vitamin C | 1mg |
| Calcium | 28mg |
| Iron | 1mg |

Directions

- 1 Add the dates, cocoa powder and hazelnuts to a food processor and process on high for two to three minutes, scraping down the sides as needed. Blend until the mixture is sticky and holds together.
- 2 Use a one-inch cookie scoop to scoop out the paste and roll it in your hands to create a ball. Continue until you have used up all of the paste.
- 3 Roll each ball in coconut until evenly coated. Chill in the fridge for about 15 minutes and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to seven days or freeze for up to three months.

Serving Size: One serving is equal to two energy balls.

More Flavor: Add cinnamon or vanilla.

No Shredded Coconut: Roll the energy balls in cocoa powder.



Coconut Yogurt & Raspberries

1 serving

5 minutes

Ingredients

1 cup Unsweetened Coconut Yogurt
1 cup Raspberries

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 174 |
| Fat | 8g |
| Saturated | 6g |
| Carbs | 27g |
| Fiber | 11g |
| Sugar | 6g |
| Protein | 2g |
| Cholesterol | 0mg |
| Sodium | 51mg |
| Vitamin A | 41IU |
| Vitamin C | 32mg |
| Calcium | 530mg |
| Iron | 1mg |

Directions

- 1 Add the yogurt and raspberries to a bowl. Enjoy!

Notes

Leftovers: Best enjoyed fresh.

Serving Size: One serving is approximately two cups.

Additional Toppings: Chia, hemp and flax seeds, maple syrup, honey and/or your favorite nuts.



Dill Pickle Dip

4 servings

10 minutes

Ingredients

- 1 cup Plain Greek Yogurt
- 2 tbsps Pickle Brine
- 2 1/2 ozs Baby Pickles (chopped)
- 3 tbsps Fresh Dill (chopped)
- 1 stalk Green Onion (chopped)
- 1 Garlic (clove, minced)
- 1/4 tsp Sea Salt

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 52 |
| Fat | 1g |
| Saturated | 1g |
| Carbs | 4g |
| Fiber | 0g |
| Sugar | 2g |
| Protein | 6g |
| Cholesterol | 8mg |
| Sodium | 405mg |
| Vitamin A | 465IU |
| Vitamin C | 5mg |
| Calcium | 129mg |
| Iron | 0mg |

Directions

- 1 Add all of the ingredients to a bowl and mix well. Enjoy!

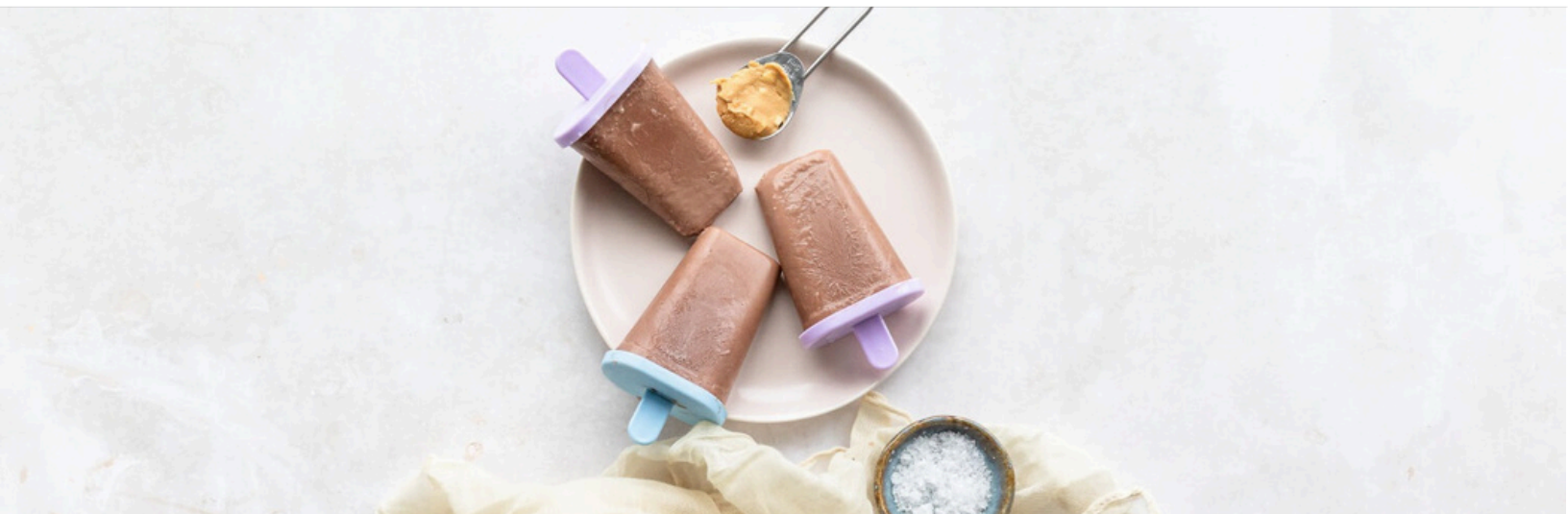
Notes

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

Serving Size: One serving is approximately 1/4 cup.

More Flavor: Add chili flakes.

Serve It With: Veggie sticks or crackers.



Peanut Butter & Banana Chocolate Popsicles

4 servings

6 hours

Ingredients

- 1 cup Chocolate Milk, Low Fat
- 2 Banana
- 3 tbsps All Natural Peanut Butter
- 1/8 tsp Sea Salt

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 165 |
| Fat | 7g |
| Saturated | 2g |
| Carbs | 23g |
| Fiber | 2g |
| Sugar | 15g |
| Protein | 5g |
| Cholesterol | 3mg |
| Sodium | 117mg |
| Vitamin A | 147IU |
| Vitamin C | 5mg |
| Calcium | 90mg |
| Iron | 1mg |

Directions

- 1 Add all of the ingredients to a blender and blend until smooth.
- 2 Pour into popsicle molds and freeze for five to six hours or until completely frozen. Enjoy!

Notes

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

Serving Size: One serving is one popsicle.

No Peanut Butter: Use cashew or almond butter instead.



PB & J Sandwich Skewers

3 servings

10 minutes

Ingredients

- 1/4 cup All Natural Peanut Butter
- 4 slices Whole Grain Bread
- 1/4 cup Strawberry Jam
- 1/2 cup Grapes
- 1/4 cup Blueberries
- 6 Barbecue Skewers

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 325 |
| Fat | 13g |
| Saturated | 3g |
| Carbs | 41g |
| Fiber | 6g |
| Sugar | 17g |
| Protein | 12g |
| Cholesterol | 0mg |
| Sodium | 214mg |
| Vitamin A | 22IU |
| Vitamin C | 2mg |
| Calcium | 70mg |
| Iron | 2mg |

Directions

- 1 Spread the peanut butter on half the bread slices and the jam on the remaining slices. Close the sandwiches and cut each one into six equal-sized pieces.
- 2 Take a barbecue skewer and thread a piece of sandwich, a grape, a blueberry, and then repeat one more time. Repeat with each skewer until all of the ingredients are used up. Enjoy!

Notes

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

Serving Size: One serving is approximately two skewers.

No Peanut Butter: Use almond, cashew, or sunflower seed butter instead.

No Strawberry Jam: Use another jam of choice.



Chocolate Chip Zucchini Bread Muffins

12 servings

40 minutes

Ingredients

1/3 cup Avocado Oil
 1/2 cup Maple Syrup
 1/3 cup Plain Greek Yogurt
 2 Egg
 2 tsp Vanilla Extract
 1 Zucchini (medium, grated)
 1 3/4 cups All Purpose Gluten-Free
 Flour
 1 tsp Baking Powder
 1 tsp Baking Soda
 1/2 tsp Sea Salt
 3/4 cup Dark Chocolate Chips

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 283 |
| Fat | 12g |
| Saturated | 6g |
| Carbs | 37g |
| Fiber | 4g |
| Sugar | 16g |
| Protein | 4g |
| Cholesterol | 32mg |
| Sodium | 263mg |
| Vitamin A | 112IU |
| Vitamin C | 3mg |
| Calcium | 57mg |
| Iron | 1mg |

Directions

- 1 Preheat the oven to 350°F (175°C). Line a muffin tray with liners or use a silicone muffin tray.
- 2 In a large bowl mix together the oil, maple syrup, yogurt, eggs, and vanilla. Add the zucchini and stir to combine.
- 3 Add the flour, baking powder, baking soda, and salt. Mix until just combined and then fold in the chocolate chips.
- 4 Divide the batter evenly between muffin cups. Bake for 22 to 25 minutes, or until firm to the touch and a toothpick inserted comes out clean. Let the muffins cool in the tray for 10 to 15 minutes before removing and transferring to a cooling rack to cool completely. Enjoy!

Notes

Leftovers: Store in an airtight container at room temperature for the first day and then transfer to the fridge in a sealed container for up to one week. Freeze for up to three months.

Serving Size: One serving is one muffin.

No Avocado Oil: Use melted coconut oil instead.



Fruit Salad with Mint & Honey

3 servings

10 minutes

Ingredients

- 1 Navel Orange (medium, peeled, chopped)
- 1 cup Raspberries
- 1 cup Blueberries
- 2 tbsps Raw Honey
- 1/3 cup Mint Leaves

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 114 |
| Fat | 1g |
| Saturated | 0g |
| Carbs | 30g |
| Fiber | 5g |
| Sugar | 21g |
| Protein | 1g |
| Cholesterol | 0mg |
| Sodium | 2mg |
| Vitamin A | 276IU |
| Vitamin C | 44mg |
| Calcium | 40mg |
| Iron | 1mg |

Directions

- 1 Add the orange, raspberries, blueberries, and honey to a bowl and gently toss to combine. Garnish with mint leaves. Enjoy!

Notes

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

Serving Size: One serving is approximately one cup.

No Honey: Use maple syrup instead.

Additional Toppings: Add chopped nuts and shredded coconut.



Chocolate Chip & Raisin Popcorn

2 servings

5 minutes

Ingredients

4 cups Popcorn
1/2 cup Raisins
1/4 cup Dark Chocolate Chips

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 413 |
| Fat | 16g |
| Saturated | 11g |
| Carbs | 61g |
| Fiber | 4g |
| Sugar | 41g |
| Protein | 5g |
| Cholesterol | 0mg |
| Sodium | 205mg |
| Vitamin A | 2IU |
| Vitamin C | 1mg |
| Calcium | 28mg |
| Iron | 2mg |

Directions

- 1 Place the popcorn in a bowl and add the raisins and chocolate chips. Enjoy!

Notes

Leftovers: Best enjoyed fresh. Store in an airtight container in the pantry for up to one week.

Serving Size: One serving is approximately two cups.



No Bake Seed & Peanut Butter Breakfast Cookies

11 servings

1 hour 15 minutes

Ingredients

- 1 cup All Natural Peanut Butter (runny)
- 1/3 cup Raw Honey
- 1 tsp Vanilla Extract
- 1 cup Oats (rolled)
- 2 tbsps Chia Seeds
- 2 tbsps Hemp Seeds
- 3 tbsps Pumpkin Seeds
- 1/4 tsp Sea Salt

Nutrition

| Amount per serving | |
|--------------------|------|
| Calories | 229 |
| Fat | 15g |
| Saturated | 3g |
| Carbs | 19g |
| Fiber | 3g |
| Sugar | 10g |
| Protein | 8g |
| Cholesterol | 0mg |
| Sodium | 59mg |
| Vitamin A | 1IU |
| Vitamin C | 0mg |
| Calcium | 32mg |
| Iron | 1mg |

Directions

- 1 Line a baking sheet with parchment paper. In a large bowl, combine the peanut butter, honey, and vanilla.
- 2 Add the oats, chia seeds, hemp seeds, pumpkin seeds, and salt. Stir until well combined and the mixture holds together.
- 3 Using damp hands, roll the mixture evenly into balls and transfer to the prepared baking sheet. Flatten slightly into a cookie shape. Transfer the cookies to the fridge to set for one hour. Enjoy!

Notes

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

Serving Size: One serving is one cookie.

Make It Vegan: Use maple syrup instead of honey.

Texture: If the mixture seems too dry, add more peanut butter. If it seems too sticky, add more oats.

Additional Toppings: Chocolate chips, raisins, and/or flaxseeds.

No Peanut Butter: Use almond butter or tahini instead.



Chocolate Peanut Butter Banana with Rice Puffs

2 servings

5 minutes

Ingredients

- 2 tbsps All Natural Peanut Butter
- 2 Banana (medium, peeled)
- 1/4 cup Rice Puffs Cereal
- 2 tbsps Dark Chocolate Chips

Nutrition

| Amount per serving | |
|--------------------|------|
| Calories | 298 |
| Fat | 14g |
| Saturated | 7g |
| Carbs | 40g |
| Fiber | 4g |
| Sugar | 23g |
| Protein | 6g |
| Cholesterol | 0mg |
| Sodium | 4mg |
| Vitamin A | 76IU |
| Vitamin C | 10mg |
| Calcium | 14mg |
| Iron | 2mg |

Directions

- 1 Place the banana on a plate and spread the peanut butter over it.
- 2 In a small bowl, combine the cereal and chocolate chips.
- 3 Sprinkle the cereal mixture over the banana. Slice and enjoy!

Notes

Leftovers: Best enjoyed fresh.

Serving Size: One serving is one banana.

Grain-Free: Use your choice of seeds instead.



Nutty Cookie Dough Energy Balls

9 servings

45 minutes

Ingredients

- 2/3 cup Pitted Dates
- 1 cup Walnuts
- 1/2 cup Pecans
- 2 tbsps Hemp Seeds
- 2 tbsps Cashew Butter (runny)
- 1/4 tsp Sea Salt
- 1/3 cup Dark Chocolate Chips

Nutrition

| Amount per serving | |
|--------------------|------|
| Calories | 273 |
| Fat | 21g |
| Saturated | 5g |
| Carbs | 19g |
| Fiber | 3g |
| Sugar | 13g |
| Protein | 5g |
| Cholesterol | 0mg |
| Sodium | 75mg |
| Vitamin A | 5IU |
| Vitamin C | 0mg |
| Calcium | 27mg |
| Iron | 1mg |

Directions

- 1 Add the dates, walnuts, pecans, and hemp seeds to a food processor. Blend to form small, crumbly pieces.
- 2 Add the cashew butter and salt and blend again until combined. Pour the mixture into a bowl and add the chocolate chips.
- 3 Use a one-inch (2.5 cm) cookie scoop or a teaspoon to scoop out the mixture and roll it into balls. Continue until all of the mixture is used.
- 4 Refrigerate for at least 30 minutes to set. Enjoy!

Notes

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

Serving Size: One serving is one energy ball.

No Cashew Butter: Use almond or peanut butter instead.



Beef Jerky, Cheese & Veggie Snack Plate

1 serving

5 minutes

Ingredients

- 1 oz Beef Jerky
- 1/4 cup Parmigiano Reggiano (sliced)
- 2 tbsps Guacamole
- 1/8 Cucumber (medium, sliced)
- 1/3 cup Raspberries

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 299 |
| Fat | 20g |
| Saturated | 10g |
| Carbs | 12g |
| Fiber | 5g |
| Sugar | 5g |
| Protein | 20g |
| Cholesterol | 39mg |
| Sodium | 730mg |
| Vitamin A | 253IU |
| Vitamin C | 15mg |
| Calcium | 325mg |
| Iron | 2mg |

Directions

- 1 Add all of the ingredients to a plate or resealable container to take on the go. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. The guacamole is best served fresh.

No Raspberries: Use another berry instead.

No Parmigiano Reggiano: Use cheddar or feta cheese instead.

More Carbs: Add crackers.



Savory Nori & Seed Granola Bars

8 servings

1 hour 15 minutes

Ingredients

- 1 cup Oats (rolled)
- 3/4 cup Rice Puffs Cereal
- 3/4 cup Pumpkin Seeds
- 1/2 cup Hemp Seeds
- 1/4 cup Sesame Seeds
- 2 Nori Sheets (finely chopped)
- 2 tbsps Nutritional Yeast
- 1/2 tsp Sea Salt
- 1/2 cup Raw Honey
- 1/2 cup Tahini

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 351 |
| Fat | 22g |
| Saturated | 3g |
| Carbs | 32g |
| Fiber | 5g |
| Sugar | 17g |
| Protein | 13g |
| Cholesterol | 0mg |
| Sodium | 174mg |
| Vitamin A | 113IU |
| Vitamin C | 1mg |
| Calcium | 129mg |
| Iron | 5mg |

Directions

- 1 Line a baking dish with parchment paper, ensuring it covers all sides. In a large bowl, combine the oats, cereal, pumpkin seeds, hemp seeds, sesame seeds, nori, nutritional yeast, and salt.
- 2 In a small bowl, mix the honey and tahini together. Add it to the bowl with the dry ingredients. Mix very well with a spatula until everything is thoroughly combined.
- 3 Transfer the mixture to the prepared baking dish, pressing it firmly into an even layer. Refrigerate for one hour or until it sets.
- 4 Cut it evenly into rectangular pieces 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 one bar. An 8 x 8-inch baking dish (20 x 20 cm) was used to make eight servings.

Nori Sheets: Full-size nori sheets were used in this recipe. One full-size nori sheet is equal to four snack-size nori sheets.