

# UNJUNK *your* SNACKS } *Kids* FOR

OVER 50 HEALTHY SNACK IDEAS  
YOUR KIDS WILL LOVE





## 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

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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 tsps 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	7611U
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 tsp 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 an 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

### 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

### Directions

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



## 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)

### 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

### Directions

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



## 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.