

# Chocolate Dusted Almonds

5 ingredients · 5 minutes · 1 serving



## Directions

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1. In a bowl, toss the almonds with the coconut oil until well coated. Sprinkle cocoa powder, sea salt and stevia on top and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to seven days.

### No Stevia Powder

Use monk fruit sweetener, honey or maple syrup instead.

## Ingredients

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- 1/4 cup Almonds
- 1 1/2 tsps Coconut Oil (melted)
- 1/2 tsp Cocoa Powder
- 1/8 tsp Sea Salt
- 1/4 tsp Stevia Powder

# Banana with Almond Butter

2 ingredients · 2 minutes · 2 servings



## Directions

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1. Slice banana.
2. Dip in almond butter.
3. Bam.

## Ingredients

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- 2 Banana
- 1/4 cup Almond Butter

# Chocolate Stuffed Raspberries

2 ingredients · 5 minutes · 4 servings



## Directions

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1. Place a chocolate chip into the centre of each raspberry. Divide into bowls and enjoy!

## Ingredients

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- 2 cups** Raspberries (washed)  
**1/4 cup** Dark Chocolate Chips



# Fresh Strawberries

1 ingredient · 5 minutes · 4 servings



## Directions

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1. Wash strawberries under cold water and remove the stems. Dry well. Slice and divide into bowls. Enjoy!

## Notes

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### Make Them Last

Once strawberries are washed, they tend not to last as long. So do not wash until you are ready to eat.

## Ingredients

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**4 cups** Strawberries



# Dark Chocolate

1 ingredient · 1 minute · 4 servings



## Directions

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1. Break apart chocolate into pieces and divide into bowls. Enjoy!

## Notes

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### Next Level Chocolate

Sprinkle with a bit of coarse sea salt or cayenne pepper for a kick.

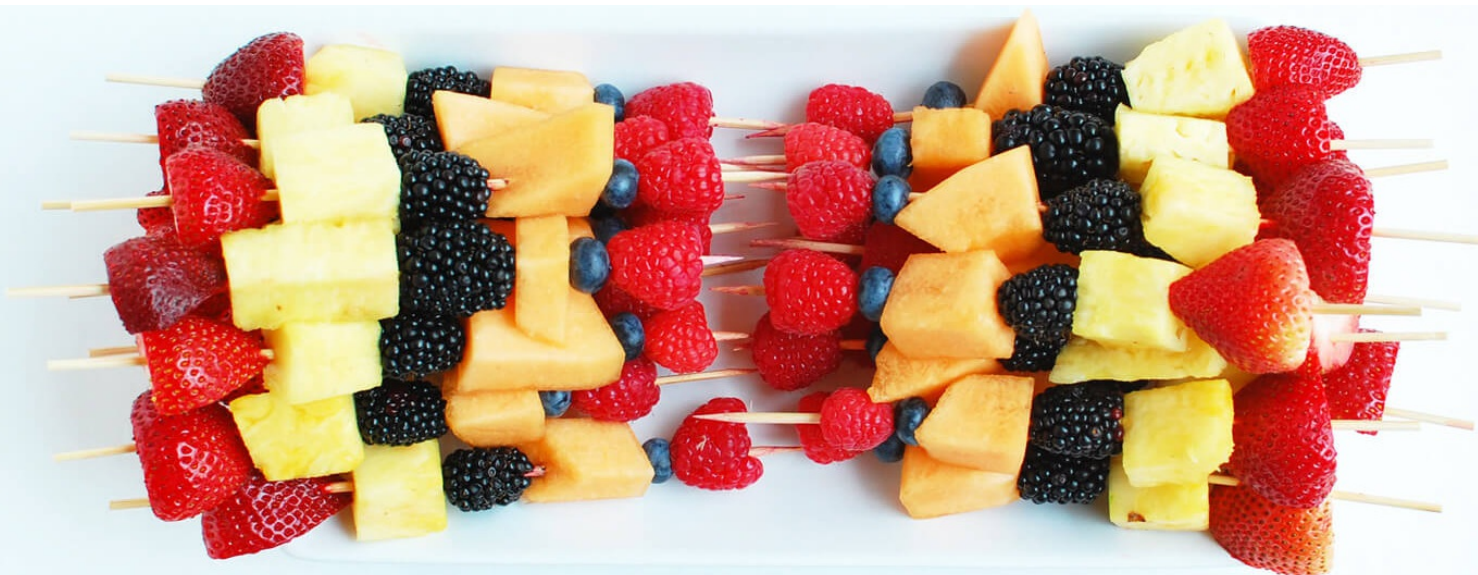
## Ingredients

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7 1/16 ozs Dark Chocolate (at least 70% cacao)

# Fruit Kabobs

7 ingredients · 15 minutes · 8 servings



## Directions

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1. Wash fruit.
2. Slide one piece of each type of fruit onto the skewer and set aside.
3. Repeat using the same pattern until all ingredients are used up. Cover and store in the fridge until ready to serve. Enjoy!

## Notes

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### Added Touch

Drizzle with melted dark chocolate.

### Mix it Up

Use whatever fruit you have on hand. Watermelon, honeydew, banana and orange slices all work great!

## Ingredients

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- 1 cup Strawberries (halved)
- 1 cup Pineapple (cubed)
- 1 cup Blackberries
- 1/2 Cantaloupe (cubed)
- 1 cup Blueberries
- 1 cup Raspberries
- 16 Barbecue Skewers

# Orange

1 ingredient · 2 minutes · 2 servings



## Directions

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1. Slice into wedges or peel and section. Enjoy!

## Ingredients

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- 2 Navel Orange



# Coconut Matcha Smoothie

6 ingredients · 5 minutes · 2 servings



## Directions

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1. Place all ingredients together in a blender. Blend until smooth.
2. Divide between glasses. Top with any leftover coconut cream and enjoy!

## Notes

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### No Coconut Milk

Replace coconut milk with more almond milk.

### More Protein and Fibre

Add ground flax seed.

## Ingredients

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**2/3 cup** Canned Coconut Milk (full fat, refrigerated overnight)

**1 1/2 cups** Unsweetened Almond Milk

**2** Banana

**2 cups** Baby Spinach

**2 tbsps** Hemp Seeds

**2 tsps** Green Tea Powder (matcha)

# Grapes & Pistachios

2 ingredients · 5 minutes · 4 servings



## Directions

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1. Divide into bowls and enjoy!

## Ingredients

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- 4 cups** Grapes
- 2 cups** Pistachios, In Shell

# Pineapple

1 ingredient · 5 minutes · 4 servings



## Directions

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1. Slice into cubes and divide into bowls. Enjoy!

## Notes

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### Extra Sweet

Grill or broil your pineapple and sprinkle with cinnamon.

## Ingredients

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**6 cups** Pineapple



# Almonds & Dark Chocolate

2 ingredients · 3 minutes · 4 servings



## Directions

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1. Divide between bowls. Enjoy!

## Ingredients

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- 3 1/2 ozs Dark Chocolate (at least 70% cacao)
- 1/2 cup Almonds

# Cinnamon Toast Crunch Pumpkin Seeds

5 ingredients · 50 minutes · 2 servings



## Directions

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1. Preheat oven to 300°F (149°C) and line a baking sheet with parchment paper.
2. Add all ingredients to a mixing bowl and mix well. Spread seeds across the baking sheet. Place in the oven and bake for 40 to 50 minutes or until golden brown. Stir at the halfway point.
3. Remove pumpkin seeds from the oven and let cool. Break into pieces and enjoy!

## Notes

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### Best Results

This recipe was created and tested using fresh pumpkin seeds. It is a great one to whip up with leftovers seeds from any type of squash.

### No Fresh Seeds

Use store-bought pumpkin seeds instead. Since they have already been dried, cut the time in the oven down to 30 minutes.

### Storage

Once completely cooled, store in an air-tight container at room temperature.

## Ingredients

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- 1/2 cup** Pumpkin Seeds (rinsed and dried)
- 1 1/2 tsps** Extra Virgin Olive Oil
- 1 tbsp** Maple Syrup
- 1/4 tsp** Sea Salt
- 1/4 tsp** Cinnamon

# Dried Mango & Brazil Nuts

2 ingredients · 3 minutes · 4 servings



## Directions

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1. Divide dried mango and brazil nuts between bowls. Enjoy!

## Ingredients

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- 20 pieces** Dried Unsweetened Mango (large)  
**1 cup** Brazil Nuts



# Apple with Peanut Butter

2 ingredients · 3 minutes · 4 servings



## Directions

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1. Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

## Notes

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### Keep it Fresh

To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.

## Ingredients

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- 4 Apple
- 1/2 cup All Natural Peanut Butter

## Dark Chocolate & Walnuts

2 ingredients · 5 minutes · 4 servings



### Directions

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1. Divide dark chocolate and walnuts between bowls. Enjoy!

### Ingredients

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- 1 cup Walnuts
- 3 1/2 ozs Dark Chocolate (at least 70% cacao)

# Kiwi

1 ingredient · 5 minutes · 1 serving



## Directions

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1. Peel and slice. Enjoy!

## Ingredients

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2 Kiwi



# Blackberries

1 ingredient · 5 minutes · 1 serving



## Directions

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1. Wash and enjoy!

## Ingredients

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1 cup Blackberries

# Raspberries

1 ingredient · 3 minutes · 1 serving



## Directions

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1. Wash berries and enjoy!

## Notes

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### Tip

Do not wash until ready to eat, as washed berries spoil more quickly.

## Ingredients

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1 cup Raspberries

# Fried Plantains

4 ingredients · 15 minutes · 2 servings



## Directions

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1. Using a knife, peel the plantain and cut it into thick slices. Using a fork, gently smash them to slightly increase surface area, while keeping the slices whole.
2. Heat the coconut oil in a large skillet and add the plantains, cooking 2-3 minutes per side or until caramelized.
3. Sprinkle with cinnamon and sea salt before serving. Enjoy!

## Notes

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### Likes it Spicy

Add chili flakes instead of cinnamon.

### Plantain Tip

The plantain should have some black spots on it to indicate that it is ripe. Green plantains are almost impossible to peel.

## Ingredients

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- 1 Plantain (large)
- 2 tbsps Coconut Oil
- 1/4 tsp Cinnamon
- 1/8 tsp Sea Salt (or to taste)



# Pomegranate

1 ingredient · 5 minutes · 2 servings



## Directions

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1. Slice the top off the pomegranate and score the sides with a knife.
2. Submerge the pomegranate into a bowl of water and crack it open with your hands. Remaining in the water, gently peel off the rind and separate the seeds from the white flesh.
3. Scoop out all the flesh and rind floating on the surface and then drain your pomegranates in a colander. Transfer to a bowl and enjoy!

## Ingredients

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1 Pomegranate

## Notes

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### Serve it With

Honey and lemon juice, yogurt, oatmeal or as a salad topping.

### Storage

Refrigerate in an airtight container up to 5 days; or freeze pomegranate seeds in a single layer on a baking sheet then transfer to an airtight container.

### Save Time

Look for frozen pomegranate seeds in the freezer aisle of your grocery store. No prep required!

# Dried Mango

1 ingredient · 5 minutes · 1 serving



## Directions

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1. Portion into bowls and enjoy!

## Notes

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### Serving Size

One serving of 8 pieces of dried mango is equal to about 64 grams in total.

## Ingredients

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**8 pieces** Dried Unsweetened Mango

# Cherries

1 ingredient · 2 minutes · 1 serving



## Directions

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1. Wash cherries and place them in a bowl. Enjoy!

## Ingredients

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1 cup Cherries



# Blueberries

1 ingredient · 2 minutes · 1 serving



## Directions

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1. Wash the berries and enjoy!

## Ingredients

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1 cup Blueberries

# Peach

1 ingredient · 5 minutes · 1 serving



## Directions

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1. Wash and enjoy whole or sliced.

## Ingredients

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1 Peach

# Air Fryer Sweet Potato Fries

4 ingredients · 30 minutes · 2 servings



## Directions

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1. Preheat the air fryer for 5 minutes at 375°F (191°C).
2. In a large bowl, toss the sweet potato with the arrowroot powder first, ensuring all fries are coated. Then add the olive oil and sea salt and toss to combine.
3. Place in the air fryer, ensuring there is adequate space between fries so that none are touching. Bake at 375°F (191°C) for 12 minutes or until crispy, flipping halfway through. Remove and set aside and repeat with the second batch.
4. Once all fries are cooked, you can add them back to the air fryer to heat up for one minute, so all are warm. Enjoy!

## Notes

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### Leftovers

These are best enjoyed immediately. Refrigerate in an airtight container for up to three days. Reheat in the air fryer or oven.

### No Arrowroot

Use cornstarch instead.

### More Flavor

Toss with additional spices such as cayenne, smoked paprika or garlic powder.

### Additional Toppings

Serve with dip of your choice.

## Ingredients

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- 1 Sweet Potato (large, sliced into 1/4 inch strips)
- 1 tsp Arrowroot Powder
- 1 tsp Extra Virgin Olive Oil
- 1/4 tsp Sea Salt



# Green Tea Collagen Latte

5 ingredients · 10 minutes · 1 serving



## Directions

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1. Heat the almond milk in a small pot over medium-high heat until the milk is warm, about 3 to 5 minutes.
2. Transfer the warmed milk to a blender along with the remaining ingredients. Blend for about a minute until well combined and very foamy.
3. Pour into a mug and enjoy!

## Notes

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### Nut-Free

Use a nut-free milk instead, like coconut or oat.

### More Flavor

Adjust the maple syrup according to preference.

### Additional Toppings

Sprinkle with additional green tea powder to serve.

### Make it Vegan

Omit the collagen powder.

## Ingredients

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- 1 1/4 cups Unsweetened Almond Milk
- 1/3 oz Collagen Powder
- 1 tsp Green Tea Powder (Matcha)
- 1 tsp Maple Syrup
- 1 tsp Coconut Oil

# Air Fryer Chicken Tenders

6 ingredients · 20 minutes · 4 servings



## Directions

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1. In a medium-sized bowl, add the almond flour, Italian seasoning, garlic powder, and salt. Mix to combine. In a separate bowl, whisk the egg.
2. Take each chicken strip and dip in the egg first and then in the almond flour mix, coating each side well.
3. Set the temperature on the air fryer to 400°F (204°C). Place the chicken strips inside, ensuring they are spaced out.
4. Bake for 5 minutes, then remove, flip and bake for 5 minutes more, until crispy and cooked through. Repeat with remaining chicken strips. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately three chicken strips.

### Nut-Free

Use another type of flour, such as rice flour.

### More Flavor

Add smoked paprika.

### Make it Vegan

Use extra-firm pressed and drained tofu instead of chicken.

### Crispier Chicken Tenders

Use some avocado oil cooking spray to spray both the chicken tenders and the air fryer itself.

## Ingredients

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**3/4 cup** Almond Flour

**1 tsp** Italian Seasoning

**1/2 tsp** Garlic Powder

**1/2 tsp** Sea Salt

**1** Egg

**14 ozs** Chicken Breast (boneless, skinless, sliced into strips)

# Pressure Cooker Chicken Breast

10 ingredients · 20 minutes · 1 serving



## Directions

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1. Place the chicken in a shallow bowl and add oregano, thyme, paprika, garlic, onion and sea salt. Coat the chicken, ensuring it is fully covered.
2. Using the sauté function on your pressure cooker, cook the chicken for 2 minutes per side and then remove. Add the chicken broth to the pressure cooker and place the metal rack inside.
3. Place the chicken on top of the metal rack and cook on high pressure for 5 minutes. Let the steam release naturally for 8 minutes and then do a quick release. Remove the chicken and top with thyme sprigs. Serve and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to two days.

### Make it a Meal

Serve alongside your favorite sides, like roasted vegetables, potatoes and/or rice.

## Ingredients

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- 6 ozs** Chicken Breast (skinless and boneless)
- 1/4 tsp** Oregano
- 1/4 tsp** Dried Thyme
- 1/4 tsp** Paprika
- 1/8 tsp** Garlic Powder
- 1/8 tsp** Onion Powder
- 1/8 tsp** Sea Salt
- 1 tsp** Avocado Oil
- 3/4 cup** Chicken Broth
- 1 2/3 ozs** Thyme Sprigs (for garnish)



# Golden Turmeric Latte

7 ingredients · 10 minutes · 2 servings



## Directions

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1. Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.
2. Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy!

## Notes

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### Use Fresh Turmeric Root

Skip the turmeric powder and use fresh turmeric root instead. Peel turmeric root and grate. Measure out about 1 tbsp grated turmeric root per serving.

### Avoid a Mess

Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.

### On-the-Go

Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.

### Vegan

Use maple syrup to sweeten instead of honey.

## Ingredients

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- 1 **tbsp** Ginger (grated)
- 1 **cup** Canned Coconut Milk
- 1 **cup** Water
- 1 **tsp** Turmeric (powder)
- 1 **tbsp** Raw Honey
- 1/2 **tsp** Cinnamon
- 1 1/2 **tsps** Coconut Oil

# Immunity Boosting Bone Broth

9 ingredients · 12 hours · 4 servings



## Directions

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1. Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
2. After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

## Notes

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### Leftovers

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

### Serving Size

One serving is approximately 1 to 1 1/2 cups.

### Low FODMAP

Omit garlic and onions.

## Ingredients

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- 1 Whole Chicken Carcass (about 2 lbs of bones)
- 1 Carrot (peeled and chopped)
- 1 Yellow Onion (diced)
- 2 stalks Celery (chopped)
- 3 Garlic (cloves, halved)
- 1 **tbsp** Apple Cider Vinegar
- 1 **tsp** Sea Salt
- 1 **cup** Parsley (chopped)
- 6 **cups** Water

## Brazil Nuts

1 ingredient · 5 minutes · 1 serving



### Directions

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1. Divide into bowls and enjoy!

### Ingredients

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1/4 cup Brazil Nuts



# Macadamia Nuts

1 ingredient · 2 minutes · 4 servings



## Directions

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1. Divide between bowls and enjoy!

## Ingredients

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1 1/3 cups Macadamia Nuts

# Chocolate Collagen Smoothie

9 ingredients · 5 minutes · 1 serving



## Directions

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1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## Notes

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### No Almond Milk

Use any other kind of milk like cashew, hemp or rice instead.

### No Collagen Powder

Omit or use protein powder instead.

### No Romaine

Use spinach or kale instead.

## Ingredients

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- 1 1/2 cups Unsweetened Almond Milk
- 5 leaves Romaine (washed and torn)
- 1/4 cup Frozen Cauliflower
- 1/2 cup Strawberries
- 1/2 Banana (frozen)
- 2 tbsps Chia Seeds
- 2 tbsps Cacao Powder
- 1 tbsp Almond Butter
- 1/2 oz Collagen Powder

# Peanut Butter Date Balls

4 ingredients · 1 hour 15 minutes · 6 servings



## Directions

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1. Add the dates to a food processor and blend until mostly smooth. Add the peanut butter and salt to the date purée and blend until combined. Add the chocolate chips and pulse until incorporated.
2. Form the dough into 1-inch balls. Place on a parchment-lined plate or tray. Repeat until all the dough is used up.
3. Freeze the balls for at least an hour until firm then transfer to an airtight container and keep in the fridge or freezer. Enjoy!

## Notes

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### Leftovers

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

### Serving Size

One serving is equal to two Peanut Butter Date Balls.

### Nut-Free

Use a seed butter like sunflower seed butter or pumpkin seed butter.

### More Flavor

Add vanilla, cinnamon or more chocolate chips.

### Dates

Medjool dates were used to create this recipe.

## Ingredients

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**1 cup** Pitted Dates

**1/4 cup** All Natural Peanut Butter

**1/8 tsp** Sea Salt

**2 tbsps** Dark Chocolate Chips



# Peanut Butter Granola

5 ingredients · 30 minutes · 6 servings



## Directions

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1. Preheat your oven to 300°F (148°C) and line a baking sheet with parchment paper.
2. In a large pot over medium-low heat, add the peanut butter and maple syrup. Stir together and continue to heat until warm and smooth. Then stir in the vanilla and salt, if using.
3. Remove the pot from the heat and stir in the oats. Mix until the oats are well coated in the peanut butter mixture. The mixture should be fairly dry and crumbly. Transfer the oat mixture to the prepared baking sheet and press it into one even layer.
4. Bake for 20 to 22 minutes, flipping the granola half way through, being sure to press down into an even layer again after flipping.
5. Let it cool completely before breaking it into clusters. It will harden as it cools. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to seven days.

### Serving Size

One serving is approximately 1/2 cup.

### Nut-Free

Use a seed butter instead.

### More Flavor

Add cinnamon.

### Additional Toppings

Stir chocolate chips or chopped peanuts into the cooled granola.

### No Maple Syrup

Use honey instead.

## Ingredients

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**1/2 cup** All Natural Peanut Butter

**1/4 cup** Maple Syrup

**1 tsp** Vanilla Extract

**1/8 tsp** Sea Salt (optional)

**2 cups** Oats (rolled)

# Keto Mini Quick Bread

4 ingredients · 10 minutes · 1 serving



## Directions

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1. Add a couple drops of oil to a round ramekin to grease the bottom and sides.
2. In a small mixing bowl whisk the oil and egg together. Stir in the almond flour and baking powder until well combined.
3. Transfer the batter to the prepared ramekin and microwave on high for 90 seconds or until the bread is firm yet spongy to the touch.
4. Carefully remove the ramekin from the microwave and then turn the bread out onto a plate. Allow the bread to cool slightly before slicing.
5. Bread can be served as is or toasted. Enjoy!

## Notes

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### Leftovers

Store in an airtight container for up to one day. Freeze for up to two months.

### More Flavor

For a more savory bread, add salt, garlic powder, onion powder or dried herbs.

### How to Serve

Use for sandwiches, burgers or as a side for breakfast, soups or salads. Top with your favourite bread or toast toppings.

### Thinner Slices

Cut into 3 or 4 slices instead.

### Ramekin

A 3- to 5-inch ramekin can be used. A smaller ramekin will yield a thicker bread.

### Oven-Baked

Grease ramekin well and bake bread at 375°F (190°C) for 13 to 15 minutes or until spongy to the touch. Let the baked bread cool slightly before carefully removing from the ramekin.

### Serving Size

One serving is equal to one piece of bread.

## Ingredients

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- 1 tbsp** Avocado Oil (plus extra for greasing)
- 1** Egg
- 3 tbsps** Almond Flour
- 1/2 tsp** Baking Powder



# Lucky Green Smoothie

6 ingredients · 10 minutes · 2 servings



## Directions

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1. Place all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

## Notes

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### No Mango

Add frozen pineapple or banana instead.

### More Protein

Add a scoop of your favorite clean protein powder.

## Ingredients

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- 1 1/2 cups Frozen Mango
- 2 Lime (juiced)
- 2 cups Baby Spinach (packed)
- 2 tbsps Ground Flax Seed
- 1/4 cup Hemp Seeds
- 3 1/2 cups Water



# Detox Green Smoothie

8 ingredients · 10 minutes · 2 servings



## Directions

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1. Place all ingredients together in a blender. Blend until smooth. Be patient! No one likes clumps in their smoothies. It may take 1 minute or longer to get a great, smoothie-consistency.
2. Divide between glasses and enjoy!

## Notes

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### No Kale

Use spinach.

### No Pear

Use apples.

### Metabolism Boost

Add 1/4 tsp cayenne pepper.

### Make it Sweeter

Add 1/2 cup frozen pineapple or mango.

### More Protein

Add a scoop of protein powder or hemp seeds.

## Ingredients

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- 4 cups** Kale Leaves
- 1** Cucumber (chopped)
- 1** Lemon (juiced)
- 2** Pear (peeled and chopped)
- 1 tbsp** Ginger (grated)
- 1 tbsp** Ground Flax Seed
- 1 1/2 cups** Water
- 5** Ice Cubes

# Blueberry Energy Smoothie

5 ingredients · 10 minutes · 2 servings



## Directions

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1. Combine cashews, hemp seeds and water in a blender. Blend until very smooth.
2. Add in baby spinach and frozen blueberries. Blend again until smooth. Divide into glasses and enjoy!

## Notes

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### Make it Sweeter

Add in a few soaked dates to sweeten it up.

## Ingredients

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- 1/2 cup Cashews
- 1/4 cup Hemp Seeds
- 2 cups Water
- 2 cups Baby Spinach
- 1 1/2 cups Frozen Blueberries

# Banana Sushi

3 ingredients · 5 minutes · 2 servings



## Directions

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1. Spread almond butter onto banana.
2. Sprinkle hemp seeds over top.
3. Slice and enjoy!

## Notes

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### No Hemp Seeds

Use sunflower seeds instead.

## Ingredients

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- 2 Banana (peeled)
- 2 tbsps Almond Butter
- 2 tbsps Hemp Seeds



# Banana with Peanut Butter

2 ingredients · 5 minutes · 2 servings



## Directions

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1. Spread peanut butter across banana slices. Happy snacking!

## Notes

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### No Peanut Butter

Use any nut or seed butter.

### More Protein

Sprinkle with hemp seeds.

## Ingredients

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- 2 Banana (peeled and sliced)
- 1/4 cup All Natural Peanut Butter

# Lemon Blueberry Muffins

8 ingredients · 30 minutes · 12 servings



## Directions

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1. Preheat the oven to 350F (177°C). Line a muffin tin with liners.
2. In a medium sized bowl whisk together the almond flour, baking soda, sea salt and lemon zest.
3. In a large bowl, whisk together the lemon juice, eggs, banana and maple syrup. Add the dry ingredients to the wet and stir to combine. Fold in the blueberries.
4. Spoon the batter into the muffin liners and bake for 20 to 24 minutes or until cooked through.
5. Remove from oven and let cool. Enjoy!

## Notes

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### Serving Size

One serving is equal to one muffin.

### Leftovers

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

### Almond Flour

This recipe was tested using almond flour. Please note that if using another type of flour, results will vary.

### Banana

One medium banana is equal to 1/2 cup mashed banana.

## Ingredients

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- 2 cups Almond Flour
- 1/2 tsp Baking Soda
- 1/4 tsp Sea Salt
- 1 Lemon (zest and juice)
- 3 Egg
- 1 Banana (medium, mashed)
- 1/4 cup Maple Syrup
- 1 cup Blueberries

# Basic Granola

5 ingredients · 30 minutes · 4 servings



## Directions

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1. Preheat the oven to 300°F (148°C) and line a baking sheet with parchment paper.
2. In a mixing bowl combine the oats, oat flour, and cinnamon. Stir in the maple syrup and oil until well combined.
3. Bake for 20 to 23 minutes until golden brown, stirring halfway through.
4. Remove from the oven and let cool completely on the tray. Enjoy!

## Notes

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### Leftovers

Store in an airtight container for up to two weeks.

### Serving Size

One serving is approximately a 1/2 cup.

### More Flavor

Add vanilla, nutmeg, or a pinch of salt.

### Additional Toppings

Stir dried fruit, roasted nuts, or chocolate chips into the cooled granola.

### No Avocado Oil

Use coconut oil instead.

### No Maple Syrup

Use honey instead.

### No Oat Flour

Blend quick oats in a food processor or blender until a flour-like consistency forms.

## Ingredients

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**1 3/4 cups** Quick Oats

**2 tbsps** Oat Flour

**1 1/2 tsps** Cinnamon

**1/3 cup** Maple Syrup

**2 tbsps** Avocado Oil



# Rice Cakes with Almond Butter

2 ingredients · 5 minutes · 2 servings



## Directions

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1. Spread almond butter across the rice cakes and enjoy!

## Notes

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### No Almond Butter

Use any type of nut or seed butter instead.

### Likes it Sweet

Add honey, jam, sliced bananas or berries.

## Ingredients

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4 Plain Rice Cake

1/4 cup Almond Butter

# Hard Boiled Eggs

1 ingredient · 15 minutes · 1 serving



## Directions

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1. Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
2. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
3. Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

## Notes

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### Leftovers

Refrigerate in a covered container with the shell on for up to 7 days.

### Easier to Peel

Add salt to the water while boiling.

## Ingredients

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2 Egg

# Apple Nachos

3 ingredients · 5 minutes · 1 serving



## Directions

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1. Arrange apple slices on a serving plate. Drizzle sunflower seed butter and sprinkle granola ontop. Enjoy!

## Notes

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### No Granola

Use any nuts or seeds, raisins, dark chocolate chips or shredded coconut instead.

### No Sunflower Seed Butter

Use any nut butter, maple butter, melted coconut butter, melted dark chocolate or caramel instead.

### Homemade Granola

Try this recipe with our Paleo Granola, Pumpkin Spice Granola or Banana Coconut Granola.

## Ingredients

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- 1 Apple (sliced)
- 1 **tb**sp Sunflower Seed Butter
- 1/4 **cup** Granola



# Rice Cakes, Avocado & Hummus

4 ingredients · 10 minutes · 1 serving



## Directions

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1. Spread rice cakes with hummus. Top with sliced avocado and a sprinkle of salt and pepper. Enjoy!

## Notes

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### No Rice Cakes

Use crackers or tortillas instead.

## Ingredients

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- 2 Plain Rice Cake
- 1/4 cup Hummus
- 1/2 Avocado (sliced)
- Sea Salt & Black Pepper (to taste)

# Mini Banana Muffins

5 ingredients · 30 minutes · 15 servings



## Directions

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1. Preheat oven to 350°F (177°C). Prepare silicone mini muffin cups on a tray, or use a mini silicone muffin tray.
2. In a mixing bowl, mash the bananas with a fork and combine with the remaining ingredients. Pour the batter into the cups and bake for 20 to 25 minutes or until a toothpick comes out clean.
3. Remove from oven and let cool. Enjoy!

## Notes

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### Almond Flour

This recipe was tested using Bob's Red Mill Almond Flour. Please note that if using another brand of almond flour, results may vary.

### Extra Toppings

Top with chia seeds, walnuts, dried banana slices or hemp seeds.

### Storage

Refrigerate in an airtight container up to 3 to 5 days and reheat in the microwave for 10 to 12 seconds.

### Serving Size

One serving is equal to one mini muffin.

## Ingredients

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- 2 Banana
- 1/2 cup Unsweetened Almond Milk
- 2 cups Almond Flour
- 3 Egg
- 2 tsps Baking Powder



# Vegan Banana Bread

8 ingredients · 50 minutes · 12 servings



## Directions

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1. Preheat your oven to 350°F (177°C) and brush a loaf pan with some oil to prevent sticking.
2. In a large bowl, mash all but one of the bananas. Stir in the olive oil, maple syrup, and cashew milk. Mix well, then whisk in the ground flax. Let stand for 2 minutes.
3. In a small bowl, mix together the gluten-free flour, baking powder and sea salt. Add the dry ingredients to the wet and mix until well combined.
4. Pour the batter into your loaf pan. Slice the remaining banana in half length-wise and place both halves on top of the loaf. Bake for 40 minutes, or until a knife inserted into the centre comes out clean.
5. Let cool completely before slicing. Enjoy!

## Notes

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### Serving Size

One serving is equal to one slice of banana bread.

### Gluten-Free Flour

This recipe was developed and tested using Bob's Red Mill Gluten-Free All Purpose Flour. Results may vary if using another type of flour.

### Add-Ins

Mix in blueberries, chocolate chips, walnuts, or anything else you like in your banana bread.

### Storage

Keeps well in the fridge for 5 days or in the freezer for a few months.

## Ingredients

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- 3 Banana (ripe, divided)
- 1/3 cup Extra Virgin Olive Oil
- 1/4 cup Maple Syrup
- 1/2 cup Unsweetened Cashew Milk (or almond milk)
- 2 tbsps Ground Flax Seed
- 2 cups All Purpose Gluten-Free Flour
- 1 tbsp Baking Powder
- 1/4 tsp Sea Salt



# Oatmeal with Blueberries

3 ingredients · 10 minutes · 1 serving



## Directions

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1. Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about 5 minutes or until oats are tender and most of the water is absorbed.
2. Transfer the cooked oats to a bowl and top with blueberries. Enjoy!

## Notes

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### Extra Toppings

Peanut butter, almond butter, sunflower seed butter, almond milk, nuts, seeds, yogurt, honey, maple syrup or granola.

### No Blueberries

Top with raspberries, strawberries, peaches or bananas.

### No Stove Top

Cook oats in the microwave instead.

## Ingredients

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**1 cup** Water

**1/2 cup** Oats (quick or rolled)

**1/2 cup** Blueberries (fresh or frozen)