

Fun Balanced Snacks



INGREDIENTS

Stuffed Dates

dates
nut butter or tahini
lemon zest
nuts & seeds

Berry Yogurt Bites

blueberries
coconut yogurt

Avo-cumbers

cucumber slices
avocado
lemon juice
red pepper flakes
hemp seeds
salt & pepper

Tahini Apples

apples slices
tahini
sesame seeds
cinnamon

Banana Sushi

banana
nut butter
sea salt
nuts & seeds

Mango Salsa

mango chunks
diced red onion
chopped cucumber
lime juice
sea & pepper

Edamame

thawed edamame
sea salt
toasted sesame seeds

DIRECTIONS

Stuffed Dates: cut the dates down the middle and remove the pit. spread some nut butter or tahini into the crevice, top with lemon zest, nuts and/or seeds. Optional: sprinkle with some coconut flakes!

Berry Yogurt Bites: Use a toothpick to dip each blueberry into coconut yogurt and place on a parchment lined dish. Freeze for at least 1 hour. Store leftovers in an air-tight container in the freezer.

Avo-Cumbers: lay out each cucumber slice and set aside, smash avocado and mix with lemon juice, salt, and pepper. Smear a spoonful of avocado on each cucumber and top with pepper flakes and hemp seeds.

Tahini Apples: lay apples flat and smear with tahini, sprinkle with sesame seeds and cinnamon. Optional: Add a drizzle of local honey.

Banana Sushi: Slice a banana into 2 pieces, so they are still round. Roll each half in nut butter and then roll in sea salt and then in your choice of seeds or chopped nuts. Now slice the banana into bite size slices.

Mango Salsa: toss all of the ingredients together in a bowl and enjoy with chips, crackers, cucumber slices or celery sticks.

Edamame: Boil or steam shelled edamame for 5 minutes. Sprinkle with salt and toasted sesame seeds.

Oatmeal Bars *Base recipe*



Servings: 16 Prep time: 1 hr 20 min Cook time: n/a

INGREDIENTS

2 cups quick cooking oats
1/2 cup unsweetened nut butter
1/2 cup pure maple syrup or local
honey (or to taste)
1/4 tsp sea salt
1/2 tsp ground cinnamon
1 tsp vanilla extract

DIRECTIONS

1. Line a 9-inch square pan with parchment paper and set aside.
2. Add the oats to a large bowl.
3. In a small saucepan bring the sweetener to a boil over medium heat. Once fully boiling pour syrup over the oats. Add the nut butter and spices and mix together.
4. Transfer the mixture to the lined pan and press down very hard to pack it tightly. The more compact, the better the bars will hold together.
5. Put the pan in the refrigerator for up to 2 hours. Once hardened, cut into 16 bars.
6. Store leftovers in an air-tight container in the refrigerator for up to 2 weeks.

Oatmeal Bars *Flavor variations*



Servings: 16 Prep time: 1 hr 20 min Cook time: n/a

INGREDIENTS

add 3-4 TBSP total
mini chocolate chips
freeze dried fruit, pulverized
dates, minced
raisins, minced
candied cranberries, minced
nuts, minced
hemp hearts
flax seeds
black sesame seeds
coconut flakes, pulverized
coarse or maldon sea salt

DIRECTIONS

1. Follow all steps 1-3 in the base recipe.
2. After adding the syrup and spices, also mix in your choice of flavor variation ingredients.
3. Then, transfer the mixture to the lined pan and press down very hard to pack it tightly. The more compact, the better the bars will hold together.
4. If you would like to add any extra toppings, add 1-2 TBSP now.
5. Put the pan in the refrigerator for up to 2 hours. Once hardened, cut into 16 bars.
6. Store leftovers in an air-tight container in the refrigerator for up to 2 weeks.

Roasted Red Pepper & Walnut Dip



Servings: 2 Prep time: 10 mins Cook time: 30 mins

INGREDIENTS

- 3 large red peppers
- 3 TBSP pumpkin seed oil
- 1 1/3 cups walnuts
- 1/2 cup almonds
- 2 TBSP local honey or maple syrup
- 2 TBSP red pepper flakes
- 1/2 tsp ground cumin
- 1 TBSP tomato paste
- 1-2 TBSP lemon juice
- sea salt, to taste
- lemon zest, garnish
- pumpkin seeds, garnish

DIRECTIONS

1. Roast then skin and seed the red peppers in a 425F oven or purchase a jar of roasted red peppers.
2. Place the walnuts and almonds on a sheet pan and toast in the oven for about 5 minutes or until fragrant, set aside.
3. Blend the red peppers, pumpkin seed oil, walnuts, almonds, sweetener, red pepper flakes, cumin, tomato paste, 1 TBSP lemon juice and sea salt. Pulse to combine until slightly creamy.
4. Taste for seasoning.
5. Plate, and garnish with a drizzle of pumpkin seed oil, lemon zest, and toasted pumpkin seeds.
6. Great with thick crackers, toasted bread, cucumbers, celery or baby carrots.

Stuffed Sweet Potato *Burrito Filling*



Servings: 2 Prep time: 10 min Cook time: 45 mins

INGREDIENTS

- 1 cup shredded red cabbage
- 1/2 cup cooked black beans
- slices of serrano or jalapeno pepper
- 1 TBSP toasted pepitas
- 1/2 tsp extra-virgin olive oil
- 1 tsp fresh lime juice
- 1/4 tsp chili powder
- 1/4 tsp sea salt
- 1/4 cup salsa, for serving
- quick guac for serving:
 - 1 small avacado
- 2 tsp fresh lime juice, or to taste
- 1/4 tsp sea salt, or to taste

DIRECTIONS

1. Preheat the oven to 425°F and place a piece of foil on a baking sheet.
2. Use a fork to poke holes into the sweet potatoes, set them on the baking sheet, and roast for 40 to 50 minutes, or until puffed up and soft inside when pierced with a fork.
3. Make the filling: In a medium bowl, mix the cabbage, black beans, serrano, pepitas, olive oil, lime juice, chili powder, and salt. Adjust seasonings to taste. Chill until ready to use.
4. Just before serving, make the guac.
5. Remove the sweet potatoes from the oven and let cool slightly. Slice lengthwise and add the filling and top with the guac. Serve with the salsa on the side.

Kale & Strawberry Salad *With poppy dressing*



Servings: 4 Prep time: 20 min Cook time: n/a

INGREDIENTS

Dressing:

- 1/4 cup almond or cashew butter
- 1/4 cup raw hemp seeds
- 2 TBSP coconut nectar, honey or maple syrup
- 2 TBSP lemon juice
- 1 tsp apple cider vinegar
- 1/2 tsp sea salt
- 1/4 cup poppy seeds
- 1/4 cup filtered water

Salad:

- 2 bunches kale, washed, torn into bite size pieces
- 3 cups fresh strawberries, sliced
- 1 large beet, julienne
- 1 small shallot, sliced
- 2/4 cup raw pine nuts

DIRECTIONS

1. In a high-speed blender, combine all dressing ingredients except poppy seeds and puree until smooth.
2. Stir in poppy seeds.
3. In a large bowl, combine all remaining ingredients.
4. Pour the dressing on the kale and massage with your hands until it is well coated.
5. Serve and enjoy.

Note:

Salad will hold, dressed, for 1 day in the refrigerator.

Broccoli Salad *With Cashew Tahini Dressing*



Servings: 4 Prep time: 15 min Cook time: n/a

INGREDIENTS

Salad:

- 3 cups broccoli florets, chopped
- 1 medium red onion, chopped
- 1 1/4 cups blueberries
- 1/4 cup pecans, toasted
- 1/4 cup dried cranberries

Dressing:

- 1/2 cup cashew pieces, soaked overnight
- 1-2 TBSP maple syrup
- 1 TBSP tahini
- 1 TBSP red wine vinegar
- 1 TBSP fresh lemon juice
- 1/4 cup filtered water
- salt and pepper, to taste

DIRECTIONS

1. In a large bowl, add the broccoli, onion, blueberries, pecans and cranberries and mix together.
2. Drain the soaked cashews and transfer them to a blender. Add the maple syrup, tahini, red wine vinegar, lemon juice, water, salt, and pepper. Blend until smooth and creamy.
3. Pour the dressing over the broccoli mixture.
4. Toss the salad with the dressing until all of the ingredients are well coated.
5. Serve the salad chilled.
6. Store the dressed salad in an airtight container for up to 3 days. Alternately, store the mixed salad and dressing in separate air-tight containers for up to 5 days.

Raw Mixed Berry Crunch



Servings: 8

Prep time: 10 min

Cook time: n/a

INGREDIENTS

- 6 cups mixed berries
- 1 TBSP pure maple syrup or local honey, to taste
- 1 cup raw pecans
- 1/2 cup raw walnuts
- 1/2 cup pitted dates, roughly chopped
- 1/2 tsp ground cinnamon

DIRECTIONS

1. In a 7 x 11 dish, toss the berries with the sweetener.
2. To a food processor or blender, add pecans, walnuts, dates and cinnamon and pulse until coarsely ground.
3. Scatter the nut mixture over the berries and serve immediately or cover and chill and serve within 3 days.

Date Peanut Butter Cookies



Servings: 20

Prep time: 10 mins

Cook time: 15 mins

INGREDIENTS

- 1 cup Medjool dates, pitted
- 1 cup unsalted peanut butter
- 1 TBSP flax seeds, ground
- 3 TBSP water
- 1 tsp vanilla extract
- 1/2 tsp baking soda
- 1 tsp apple cider vinegar
- coarse sea salt, optional as garnish

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Line a baking sheet with parchment paper.
3. In a food processor fitted with a "S" blade, process the dates until crumbly or in a loose ball.
4. Add in the peanut butter, ground flax, water, vanilla, baking soda and vinegar. Process until a sticky and uniform batter is created.
5. Use a TBSP to scoop the dough into your hands, then roll into a ball. Make at least 20 balls, placing them onto the prepared baking sheet at least an inch apart.
6. Flatten each ball to a cookie shape and sprinkle with a bit of coarse sea salt if you want.
7. Bake the cookies until the edges start to feel dry, about 13-15 minutes.
8. Allow the cookies to cool, remove from the baking sheet and enjoy.
9. Store leftovers in an air-tight container in the refrigerator for up to 2 weeks.