



FUNDAMENTAL
FITNESS

SNACKS



Tzatziki with Cucumber Slices

2 servings

15 minutes

Ingredients

- 1 Cucumber (divided)
- 1 cup Plain Greek Yogurt
- 1 Garlic (clove, minced)
- 1/2 Lemon (juiced)
- 2 tbsps Mint Leaves (fresh, finely chopped)
- 1/2 tsp Sea Salt

Nutrition

Calories	119
Fat	3g
Saturated	2g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	13g
Fiber	1g
Sugar	6g
Protein	12g
Cholesterol	17mg
Sodium	664mg
Vitamin A	852IU
Vitamin C	17mg
Calcium	281mg
Iron	1mg

Directions

- 1 Slice off 1/4 of the cucumber and set the remainder aside.
- 2 Slice the 1/4 portion of cucumber in half. Scoop out the seeds and discard. Grate the remaining cucumber then squeeze out as much liquid as possible. Transfer to a mixing bowl.
- 3 Stir in yogurt, garlic, lemon juice, mint and sea salt until thoroughly combined. Transfer to a serving bowl.
- 4 Slice the remaining cucumber into slices and serve with tzatziki. Enjoy!

Notes

Dairy-Free, Use a plain dairy-free yogurt instead of Greek yogurt.

No Mint, Use dill instead.

Storage, Best enjoyed immediately but will keep in an airtight container up to 2 days in the fridge. Stir well before serving.



Salmon Cucumber Bites

2 servings

5 minutes

Ingredients

- 1/4 cup Plain Greek Yogurt
- 1/2 Cucumber (sliced)
- 100 grams Smoked Salmon (sliced)
- 1/4 tsp Black Pepper

Nutrition

Calories	93
Fat	3g
Saturated	1g
Trans	0g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	4g
Fiber	0g
Sugar	2g
Protein	12g
Cholesterol	16mg
Sodium	355mg
Vitamin A	280IU
Vitamin C	4mg
Calcium	81mg
Iron	1mg

Directions

1

Add a dollop of yogurt to each cucumber slice and top with a small slice of smoked salmon. Sprinkle with black pepper. Refrigerate until ready to serve. Enjoy!

Notes

No Greek Yogurt, Use cheese, plain coconut yogurt, sheep's yogurt or cottage cheese instead.



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Chocolate Almond Butter Pudding

6 servings

5 minutes

Ingredients

- 4 Avocado (peeled and pits removed)
- 1/2 cup Maple Syrup
- 1 cup Unsweetened Almond Milk
- 1/3 cup Cocoa Powder
- 1/2 cup Almond Butter

Nutrition

Calories	428
Fat	32g
Saturated	4g
Trans	0g
Polyunsaturated	5g
Monounsaturated	20g
Carbs	36g
Fiber	13g
Sugar	18g
Protein	8g
Cholesterol	0mg
Sodium	41mg
Vitamin A	279IU
Vitamin C	13mg
Calcium	196mg
Iron	2mg

Directions

- 1 Combine all ingredients in a food processor or blender and blend until smooth and creamy. You may need to occasionally scrape down the sides.
- 2 Divide into small bowls, add your choice of toppings or enjoy as is!

Notes

No Cocoa Powder, Use cacao powder instead.

No Almond Butter, Use peanut butter or any type of nut butter.

Optional Toppings, Toasted coconut, hemp seeds, crushed nuts, coconut whipped cream or fresh fruit.

More Fibre, Add ground flax seeds before blending.



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

Calories	143
Fat	0g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	38g
Fiber	9g
Sugar	28g
Protein	1g
Cholesterol	0mg
Sodium	4mg
Vitamin A	147IU
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.



Sea Salt & Garlic Crackers

4 servings

30 minutes

Ingredients

- 1/2 cup Sunflower Seeds
- 1/2 cup Pumpkin Seeds
- 1/2 cup Chia Seeds
- 1/2 cup Almond Flour
- 1/2 tsp Sea Salt
- 1 1/2 tsps Garlic Powder
- 1/2 cup Water

Nutrition

Calories	372
Fat	29g
Saturated	3g
Trans	0g
Polyunsaturated	7g
Monounsaturated	5g
Carbs	20g
Fiber	11g
Sugar	1g
Protein	14g
Cholesterol	0mg
Sodium	299mg
Vitamin A	2IU
Vitamin C	0mg
Calcium	189mg
Iron	5mg

Directions

- 1 Preheat oven to 350 degrees F and line a baking sheet with parchment paper.
- 2 Combine all ingredients in a bowl and let sit for 1-2 minutes. Transfer to the baking sheet and press down evenly into a thin layer.
- 3 Bake for 20 minutes. Then use a spatula to carefully flip over and bake for an additional 5 minutes.
- 4 Let cool completely, then break apart into pieces. (Note: the crackers will harden as they cool.)
- 5 Enjoy!

Notes

Storage, Refrigerate in an air-tight container up to 1 week.

Serve Them With, Hummus, nut butter, cheese, on top of salad or soup.



Sweet & Crunchy Chickpeas

4 servings

1 hour

Ingredients

- 2 cups Chickpeas (cooked, drained and rinsed)
- 1 tbsp Extra Virgin Olive Oil
- 1 1/2 tbsps Maple Syrup
- 1 tsp Nutmeg
- 1 tsp Cinnamon

Nutrition

Calories	189
Fat	6g
Saturated	1g
Trans	0g
Polyunsaturated	1g
Monounsaturated	3g
Carbs	28g
Fiber	7g
Sugar	9g
Protein	7g
Cholesterol	0mg
Sodium	6mg
Vitamin A	25IU
Vitamin C	1mg
Calcium	55mg
Iron	2mg

Directions

- 1 Preheat oven to 350. Ensure chickpeas are dry. Place chickpeas in a mixing bowl and add olive oil. Mix until chickpeas are evenly coated.
- 2 Line a cooking sheet with parchment paper. Spread the chickpeas over the sheet. Bake at 350 for 50 minutes. At the halfway point (the 25 minute mark), remove the sheet and give it a shake to rotate the chickpeas.
- 3 Remove from oven and place roasted chickpeas in a mixing bowl. Add maple syrup, cinnamon and nutmeg. Toss again until evenly coated.
- 4 Transfer chickpeas back onto baking sheet and bake for another 10 to 15 minutes.
- 5 Remove from oven. Enjoy hot or cold!



Guacamole with Brown Rice Chips

2 servings

15 minutes

Ingredients

- 2 Brown Rice Tortillas
- 1 Avocado
- 1/2 cup Cherry Tomatoes (cut into quarters)
- 1 Lime (juiced)
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat oven to 415. Defrost brown rice tortillas and slice into 1/8's using a pizza cutter. Place on a baking sheet and bake for 6 minutes.
- 2 Place avocado in a bowl and mash it well with a fork. Add lime juice and cherry tomatoes. Season with salt and pepper and stir well. Transfer guacamole to a bowl and enjoy with some brown rice chips.

Nutrition

Calories	323
Fat	17g
Saturated	2g
Trans	0g
Polyunsaturated	2g
Monounsaturated	10g
Carbs	39g
Fiber	10g
Sugar	5g
Protein	5g
Cholesterol	0mg
Sodium	179mg
Vitamin A	468IU
Vitamin C	22mg
Calcium	19mg
Iron	1mg



Sea Salted Coconut Kale Chips

4 servings

1 hour

Ingredients

- 4 cups Kale Leaves
- 2 tbsps Coconut Oil (melted)
- 1 tsp Sea Salt
- 1/2 Lemon (juiced)

Nutrition

Calories	97
Fat	7g
Saturated	6g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	6g
Fiber	2g
Sugar	0g
Protein	2g
Cholesterol	0mg
Sodium	645mg
Vitamin A	6500IU
Vitamin C	11mg
Calcium	80mg
Iron	1mg

Directions

- 1 Preheat oven to 350. Use a sharp knife to cut your kale leaves into large pieces. They shrink up in the oven, so don't cut them too small!
- 2 Place kale in a large bowl. Drizzle with lemon juice and melted coconut oil. Season with desired amount of sea salt. Use clean hands to massage all ingredients into kale.
- 3 Line a large baking sheet with parchment paper. Place kale leaves on foil in a single layer. Don't over crowd. You will have to bake in batches for the perfect chips.
- 4 Cook in oven for 10 - 15 minutes (12 minutes was the perfect number for me). Remove from oven when crisp. Enjoy!



Crispy Roasted Sweet Potato

4 servings

35 minutes

Ingredients

- 3 Sweet Potato (medium, diced into 1/2 inch pieces)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/4 tsp Sea Salt (or more to taste)

Nutrition

Calories	99
Fat	2g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	1g
Carbs	20g
Fiber	3g
Sugar	4g
Protein	2g
Cholesterol	0mg
Sodium	202mg
Vitamin A	13832IU
Vitamin C	2mg
Calcium	29mg
Iron	1mg

Directions

- 1 Preheat oven to 425 degrees F and line a baking sheet with parchment paper.
- 2 Toss diced sweet potato in olive oil and spread across the baking sheet. Bake in the oven for 30 minutes, tossing at the halfway mark.
- 3 Remove from oven and season with sea salt. Enjoy!

Notes

Likes it Spicy, Toss in our Cajun Spice or chili powder after baking.



Basil Radish Dip with Cucumber Slices

4 servings

10 minutes

Ingredients

- 1 cup Plain Greek Yogurt
- 1/4 cup Feta Cheese
- 1 cup Basil Leaves (chopped)
- 1 cup Radishes (chopped)
- 1/4 Lemon (juiced)
- 1 Cucumber (sliced into rounds or sticks)

Nutrition

Calories	88
Fat	3g
Saturated	2g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	7g
Fiber	1g
Sugar	3g
Protein	8g
Cholesterol	17mg
Sodium	155mg
Vitamin A	749IU
Vitamin C	12mg
Calcium	201mg
Iron	1mg

Directions

- 1 Combine all ingredients except cucumber in a food processor. Blend until you reach a dip-like consistency.
- 2 Scoop into a bowl and dip with cucumber slices. Enjoy!

Notes

No Cucumber, Dip with tortilla chips, sliced radishes, celery sticks or baby carrots instead.

Dairy-Free, Omit Greek yogurt and feta, use mashed chickpeas and salt to taste instead.



Baby Carrots & Hummus

4 servings

5 minutes

Ingredients

3 cups Baby Carrots
1 cup Hummus

Directions

1

Divide carrots between bowls. Serve with hummus on the side for dipping.
Enjoy!

Notes

No Baby Carrots, Use celery sticks, cucumber slices or sliced bell peppers instead..
Like it Spicy, Top with a pinch of cayenne pepper or chili powder.



Blueberry Beet Chia Pudding

4 servings

3 hours

Ingredients

- 1 Beet (medium)
- 3 cups Unsweetened Almond Milk
- 1 cup Organic Coconut Milk
- 1 cup Blueberries (fresh or frozen)
- 1 tsp Cinnamon
- 2 tbsps Maple Syrup
- 1 cup Chia Seeds

Nutrition

Calories	425
Fat	29g
Saturated	9g
Trans	0g
Polyunsaturated	0g
Monounsaturated	1g
Carbs	37g
Fiber	15g
Sugar	12g
Protein	10g
Cholesterol	0mg
Sodium	153mg
Vitamin A	403IU
Vitamin C	5mg
Calcium	631mg
Iron	5mg

Directions

- 1 Place the beets in a small steamer basket and steam for about 10 minutes, or until soft.
- 2 Add the steamed beets to a blender with the almond milk, coconut milk, blueberries, cinnamon and maple syrup. Blend until smooth.
- 3 Pour the beet mixture into a bowl and whisk in the chia seeds. Let stand for 10 minutes to thicken slightly then divide between jars/containers. Refrigerate for about 3 hours, or until set.
- 4 Remove chia pudding from fridge. Add desired toppings and enjoy!

Notes

Save Time, Buy canned beets. Make sure they are not pickled!

Topping Ideas, Fresh berries, sliced kiwi, coconut, pumpkin seeds, hemp seeds, almonds or bee pollen.



Protein Packed Deviled Eggs

2 servings

20 minutes

Ingredients

- 4 Egg (hard boiled)
- 1 can Tuna (drained)
- 1/2 Avocado
- 1 stalk Green Onion (chopped)
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Paprika
- 1/2 Cucumber (sliced)

Directions

- 1 Hard boil your eggs.
- 2 Once cool, peel the eggs and slice them in half. Remove the yolk and add it to a bowl. Add in the tuna, avocado and green onion. Season with sea salt and black pepper to taste. Mix and mash very well and then stuff the mixture back into the eggs. Sprinkle with paprika and enjoy with cucumber slices on the side.

Nutrition

Calories	310
Fat	18g
Saturated	4g
Trans	0g
Polyunsaturated	3g
Monounsaturated	9g
Carbs	8g
Fiber	4g
Sugar	2g
Protein	30g
Cholesterol	402mg
Sodium	353mg
Vitamin A	1263IU
Vitamin C	8mg
Calcium	92mg
Iron	4mg



Dried Mango & Brazil Nuts

4 servings

3 minutes

Ingredients

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

Directions

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



Smoked Salmon Wrapped Avocado

2 servings

5 minutes

Ingredients

- 1 Avocado
- 100 grams Smoked Salmon (sliced)

Directions

- 1 Slice the avocado and wrap each slice with the smoked salmon. Transfer to a plate and enjoy!

Nutrition

Calories	220
Fat	17g
Saturated	3g
Trans	0g
Polyunsaturated	2g
Monounsaturated	11g
Carbs	9g
Fiber	7g
Sugar	1g
Protein	11g
Cholesterol	12mg
Sodium	343mg
Vitamin A	190IU
Vitamin C	10mg
Calcium	18mg
Iron	1mg



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Salt n' Vinegar Hard Boiled Eggs

3 servings

35 minutes

Ingredients

- 6 Egg
- 3/4 tsp Sea Salt (divided)
- 3 tbsps Apple Cider Vinegar (divided)

Nutrition

Calories	149
Fat	10g
Saturated	3g
Trans	0g
Polyunsaturated	2g
Monounsaturated	4g
Carbs	2g
Fiber	0g
Sugar	1g
Protein	13g
Cholesterol	372mg
Sodium	732mg
Vitamin A	540IU
Vitamin C	0mg
Calcium	56mg
Iron	2mg

Directions

- 1 Bring a large pot of water to a boil. Gently place eggs into the boiling water and turn the heat down to medium high. Set your timer for 14 minutes.
- 2 After 14 minutes, use a spoon to lift the eggs out of the water. Place on a plate and let cool for at least 20 minutes.
- 3 When ready to eat, peel the eggs and cut them into halves or quarters. Season with sea salt and drizzle with apple cider vinegar. Enjoy!



Apple with Peanut Butter

4 servings

3 minutes

Ingredients

4 Apple
1/2 cup All Natural Peanut Butter

Directions

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

Notes

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.



Mojito Sorbet

2 servings

10 minutes

Ingredients

- 1/2 Cucumber (large, chopped and frozen)
- 1/4 cup Mint Leaves (fresh)
- 1/2 Lime (juiced)
- 1 tbsp Maple Syrup
- 2 tbsps Water (cold)

Directions

- 1 Add frozen cucumber and mint to a food processor or high-powered blender and blend until completely shaved.
- 2 Add lime juice, maple syrup and water until well combined and smooth. Scoop into bowls and enjoy!

Nutrition

Calories	42
Fat	0g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	11g
Fiber	1g
Sugar	7g
Protein	1g
Cholesterol	0mg
Sodium	4mg
Vitamin A	221IU
Vitamin C	6mg
Calcium	33mg
Iron	0mg



Carrots & Guacamole

2 servings

5 minutes

Ingredients

- 4 Carrot (medium)
- 1 Avocado
- 1 Lime (juiced)
- 1/4 tsp Sea Salt (or more to taste)

Nutrition

Calories	217
Fat	15g
Saturated	2g
Trans	0g
Polyunsaturated	2g
Monounsaturated	10g
Carbs	22g
Fiber	10g
Sugar	7g
Protein	3g
Cholesterol	0mg
Sodium	387mg
Vitamin A	20540IU
Vitamin C	24mg
Calcium	55mg
Iron	1mg

Directions

- 1 Peel and slice carrots into sticks.
- 2 Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
- 3 Dip the carrots into the guac & enjoy!

Notes

Spice it Up, Add chili flakes, salsa and/or chopped cilantro to the guacamole.



Organic Popcorn

6 servings

2 minutes

Ingredients

12 cups Organic Popcorn

Nutrition

Calories	110
Fat	6g
Saturated	1g
Trans	0g
Polyunsaturated	3g
Monounsaturated	2g
Carbs	13g
Fiber	2g
Sugar	0g
Protein	2g
Cholesterol	0mg
Sodium	194mg
Vitamin A	2IU
Vitamin C	0mg
Calcium	2mg
Iron	1mg

Directions

- 1 Pour into bowls and enjoy!



Celery with Peanut Butter

4 servings

5 minutes

Ingredients

6 stalks Celery (sliced into sticks)
1/2 cup All Natural Peanut Butter

Nutrition

Calories	202
Fat	17g
Saturated	3g
Trans	0g
Polyunsaturated	4g
Monounsaturated	8g
Carbs	9g
Fiber	3g
Sugar	4g
Protein	8g
Cholesterol	0mg
Sodium	54mg
Vitamin A	270IU
Vitamin C	2mg
Calcium	40mg
Iron	1mg

Directions

- 1 Spread peanut butter across celery sticks. Happy munching!

Notes

Nut-Free, Use sunflower seed butter or hummus instead.



Grapes & Cashews

2 servings

2 minutes

Ingredients

2 cups Grapes
1/2 cup Cashews

Nutrition

Calories	259
Fat	16g
Saturated	3g
Trans	0g
Polyunsaturated	3g
Monounsaturated	9g
Carbs	27g
Fiber	2g
Sugar	17g
Protein	6g
Cholesterol	0mg
Sodium	8mg
Vitamin A	92IU
Vitamin C	4mg
Calcium	29mg
Iron	2mg

Directions

- 1 Place grapes and cashews together in a bowl.
- 2 Happy munching!



Chocolate Stuffed Raspberries

4 servings

5 minutes

Ingredients

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

Nutrition

Calories	122
Fat	5g
Saturated	5g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	15g
Fiber	4g
Sugar	10g
Protein	2g
Cholesterol	0mg
Sodium	1mg
Vitamin A	21IU
Vitamin C	16mg
Calcium	16mg
Iron	2mg

Directions

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



Toasted Walnuts

5 servings

15 minutes

Ingredients

1 1/2 cups Walnuts (shelled)

Nutrition

Calories	230
Fat	23g
Saturated	2g
Trans	0g
Polyunsaturated	17g
Monounsaturated	3g
Carbs	5g
Fiber	2g
Sugar	1g
Protein	5g
Cholesterol	0mg
Sodium	1mg
Vitamin A	7IU
Vitamin C	0mg
Calcium	35mg
Iron	1mg

Directions

- 1 Preheat oven to 350F and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
- 2 Remove from oven, let cool and enjoy!

Notes

Extra Flavour, Sprinkle with sea salt or spices of your choice.



Celery & Hummus

4 servings

5 minutes

Ingredients

- 8 stalks Celery (cut into sticks)
- 1 cup Hummus
- 1 tsp Paprika (optional)

Nutrition

Calories	159
Fat	11g
Saturated	2g
Trans	0g
Polyunsaturated	6g
Monounsaturated	3g
Carbs	12g
Fiber	5g
Sugar	2g
Protein	5g
Cholesterol	0mg
Sodium	327mg
Vitamin A	658IU
Vitamin C	2mg
Calcium	62mg
Iron	2mg

Directions

- 1 Sprinkle hummus with paprika for some added flavour (optional). Dip, dunk and enjoy!

Notes

Make it Yourself, Check out our Green Pea Hummus or Sweet Potato Hummus recipes.



Dark Chocolate & Pistachios

4 servings

5 minutes

Ingredients

- 100 grams Dark Organic Chocolate (at least 70% cacao)
- 1 cup Pistachios (shelled)

Nutrition

Calories	315
Fat	24g
Saturated	8g
Trans	0g
Polyunsaturated	4g
Monounsaturated	7g
Carbs	20g
Fiber	6g
Sugar	9g
Protein	8g
Cholesterol	0mg
Sodium	12mg
Vitamin A	159IU
Vitamin C	2mg
Calcium	32mg
Iron	2mg

Directions

- 1 Divide into bowls and enjoy!



Grapes & Pistachios

4 servings

5 minutes

Ingredients

- 4 cups Grapes
- 1 cup Pistachios (shells removed)

Nutrition

Calories	234
Fat	14g
Saturated	2g
Trans	0g
Polyunsaturated	5g
Monounsaturated	7g
Carbs	24g
Fiber	4g
Sugar	17g
Protein	7g
Cholesterol	0mg
Sodium	2mg
Vitamin A	251IU
Vitamin C	5mg
Calcium	45mg
Iron	1mg

Directions

- 1 Divide into bowls and enjoy!



Chopped Bell Peppers

4 servings

5 minutes

Ingredients

- 1 Yellow Bell Pepper
- 1 Green Bell Pepper
- 1 Red Bell Pepper

Nutrition

Calories	26
Fat	0g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	6g
Fiber	2g
Sugar	2g
Protein	1g
Cholesterol	0mg
Sodium	3mg
Vitamin A	1135IU
Vitamin C	147mg
Calcium	10mg
Iron	0mg

Directions

- 1 Remove stems and seeds of each bell pepper and cut into slices. Enjoy!

Notes

Storage, Refrigerate in an airtight container up to 3 to 4 days.



Cucumber Slices

2 servings

5 minutes

Ingredients

1 Cucumber

Nutrition

Calories	23
Fat	0g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	5g
Fiber	1g
Sugar	3g
Protein	1g
Cholesterol	0mg
Sodium	3mg
Vitamin A	158IU
Vitamin C	4mg
Calcium	24mg
Iron	0mg

Directions

- 1 Slice the cucumber and enjoy!

Notes

Storage, Cucumber can keep up to one week in the fridge if stored in water.



Avocado

2 servings

5 minutes

Ingredients

1 Avocado

Nutrition

Calories	161
Fat	15g
Saturated	2g
Trans	0g
Polyunsaturated	2g
Monounsaturated	10g
Carbs	9g
Fiber	7g
Sugar	1g
Protein	2g
Cholesterol	0mg
Sodium	7mg
Vitamin A	147IU
Vitamin C	10mg
Calcium	12mg
Iron	1mg

Directions

- 1 Cut avocado into slices or chunks. Enjoy!

Notes

Serve it With, Salads, soups, chilli, on toast, or in a wrap with leftovers.

Savoury Snack, Top with salt, pepper, lemon juice, paprika and/or red pepper flakes.

Sweet Snack, Top with maple syrup, honey, maple butter and/or cinnamon.



Sweet Potato Fries

4 servings

35 minutes

Ingredients

- 3 tbsps Coconut Oil (melted)
- 2 Sweet Potato (large, sliced into 1/4 inch strips)
- 1 1/2 tbsps Tapioca Flour

Nutrition

Calories	156
Fat	10g
Saturated	8g
Trans	0g
Polyunsaturated	0g
Monounsaturated	1g
Carbs	16g
Fiber	2g
Sugar	3g
Protein	1g
Cholesterol	0mg
Sodium	36mg
Vitamin A	9222IU
Vitamin C	2mg
Calcium	20mg
Iron	0mg

Directions

- 1 Preheat oven to 425F and line baking sheet(s) with heavy-duty foil. Grease with 1/3 of the coconut oil or a cooking spray.
- 2 Rinse and pat your sweet potato strips dry. Toss them in a bag or bowl with tapioca flour until well coated.
- 3 Add the remaining coconut oil to the sweet potato strips and gently toss. Arrange the strips onto your baking sheet(s), being careful not to crowd the pan and bake for 25 to 30 minutes, flipping halfway through.
- 4 Season with salt if desired, and let cool slightly before serving. Enjoy!

Notes

No Tapioca Flour, Use arrowroot powder, brown rice starch or cornstarch instead.

Spice it Up, Add your choice of seasonings after tossing the sweet potato strips with coconut oil. You can use chipotle powder, cumin, paprika, garlic powder and/or onion powder. Do not season with salt until after roasting.

Crispy Fries, For crispier fries, soak the strips in water for at least 1 hour, or overnight. Drain and pat dry before baking.

Serve Them With, Our Magical Mayo, 15 Minute Grilled Steak, Corn & Chickpea Guacamole Salad, or any of our burger recipes (like the Apple Turkey Burgers with Caramelized Onions & Brie).

Leftovers, Refrigerate in an airtight container up to 4-5 days, or freeze. To re-crisp the fries, reheat with a bit of oil in a skillet on your stovetop.



Sun Butter Oatmeal Cookie Granola

12 servings

45 minutes

Ingredients

- 2 cups Oats (rolled)
- 1/2 cup Oat Flour
- 1/2 cup Sunflower Seeds
- 1/2 cup Organic Raisins
- 1 tsp Cinnamon
- 1/2 cup Sunflower Seed Butter
- 1/4 cup Maple Syrup
- 2 tbsps Coconut Oil (melted)

Nutrition

Calories	227
Fat	12g
Saturated	3g
Trans	0g
Polyunsaturated	3g
Monounsaturated	5g
Carbs	26g
Fiber	3g
Sugar	10g
Protein	6g
Cholesterol	0mg
Sodium	3mg
Vitamin A	7IU
Vitamin C	1mg
Calcium	33mg
Iron	2mg

Directions

- 1 Preheat oven to 325F and line a baking sheet with parchment paper.
- 2 In a mixing bowl, stir together all ingredients until well combined. Transfer to the baking sheet and use your hands to press down into a formed even layer. Bake for 15 minutes.
- 3 Remove from oven and use a spatula to flip over sections of the granola, gently breaking up the granola into chunks. Return to oven and bake for 10 more minutes at 300F.
- 4 Turn off the oven completely and leave the granola for another 20 minutes, or until crisp.

Notes

Storage, Refrigerate in an airtight container up to one week or less. Freeze if longer.

Serve it With, Oatmeal, yogurt, milk, our Slow Cooker Applesauce, or Slow Cooker Baked Apples recipe.

Optional Add-Ins, Chocolate chips, nuts, coconut flakes or pumpkin seeds.



Toasted Trail Mix

4 servings

10 minutes

Ingredients

- 1 cup Almonds (raw)
- 1/4 tsp Sea Salt (omit if using salted nuts)
- 1 cup Raw Peanuts
- 1/2 cup Pumpkin Seeds
- 1/2 cup Organic Raisins

Nutrition

Calories	551
Fat	42g
Saturated	5g
Trans	0g
Polyunsaturated	12g
Monounsaturated	23g
Carbs	32g
Fiber	11g
Sugar	17g
Protein	21g
Cholesterol	0mg
Sodium	162mg
Vitamin A	1IU
Vitamin C	0mg
Calcium	153mg
Iron	7mg

Directions

- 1 Toss almonds and salt in a large pan over medium-low heat and toast for 2-3 minutes. Add peanuts and toss occasionally until the sides start to brown and it becomes fragrant. Remove from heat and transfer to a bowl.
- 2 Add pumpkin seeds and raisins. Let cool completely before serving. Enjoy!

Notes

Serve it With, Fruit, yogurt, oatmeal or overnight oats. Or enjoy it alone as a crunchy snack.

Make it Paleo, Replace peanuts with another type of nut or seed.

Storage, Refrigerate in an air-tight container.

Other Add-Ins, Pecans, walnuts, cashews, hazelnuts, Brazil nuts, macadamia, pistachios, sunflower seeds, coconut flakes, dried cranberries, dried blueberries, goji berries, dried cherries, banana chips, dark chocolate chips and/or cacao nibs.



Apple Nachos

1 serving

5 minutes

Ingredients

- 1 Apple (sliced)
- 1 tbsp Sunflower Seed Butter
- 1/4 cup Granola

Nutrition

Calories	343
Fat	17g
Saturated	2g
Trans	0g
Polyunsaturated	4g
Monounsaturated	10g
Carbs	45g
Fiber	8g
Sugar	27g
Protein	7g
Cholesterol	0mg
Sodium	10mg
Vitamin A	112IU
Vitamin C	9mg
Calcium	44mg
Iron	2mg

Directions

1

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

Notes

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.



**FUNDAMENTAL
FITNESS**



Maple Roasted Almonds

4 servings

10 minutes

Ingredients

- 1 cup Almonds
- 1 tbsp Maple Syrup
- 1 tsp Cinnamon

Nutrition

Calories	222
Fat	18g
Saturated	1g
Trans	0g
Polyunsaturated	4g
Monounsaturated	11g
Carbs	12g
Fiber	5g
Sugar	5g
Protein	8g
Cholesterol	0mg
Sodium	1mg
Vitamin A	3IU
Vitamin C	0mg
Calcium	108mg
Iron	1mg

Directions

1

Place almonds in a frying pan and toast over medium heat. When slightly browned, add maple syrup and cinnamon and stir well. Turn heat back to low. Continuously stir almonds until they become sticky (about 2 minutes).

2

Remove from heat and spread almonds onto a piece of parchment paper. Let dry for 10 minutes. When cool, break apart and place single portions in snack-sized baggies for an easy grab-and-go snack.



**FUNDAMENTAL
FITNESS**



Almond Butter Stuffed Dates

1 serving

5 minutes

Ingredients

1/4 cup Pitted Dates
2 tbsps Almond Butter

Nutrition

Calories	296
Fat	17g
Saturated	1g
Trans	0g
Polyunsaturated	4g
Monounsaturated	10g
Carbs	33g
Fiber	6g
Sugar	25g
Protein	7g
Cholesterol	0mg
Sodium	3mg
Vitamin A	4IU
Vitamin C	0mg
Calcium	123mg
Iron	1mg

Directions

- 1 Spoon an even amount of nut butter into the centre of each date. Enjoy!

Notes

Nut-Free, Use sunflower seed butter or tahini instead of almond butter.
Dress Them Up, Sprinkle with coconut flakes, cacao nibs, or hemp seeds.



Cherries

1 serving
2 minutes

Ingredients

1 cup Cherries

Nutrition

Calories	87
Fat	0g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	22g
Fiber	3g
Sugar	18g
Protein	1g
Cholesterol	0mg
Sodium	0mg
Vitamin A	88IU
Vitamin C	10mg
Calcium	18mg
Iron	1mg

Directions

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



Warm Apples with Almond Butter

1 serving
15 minutes

Ingredients

- 1 tsp Coconut Oil
- 1 Apple (diced)
- 1/2 tsp Cinnamon (ground)
- 2 tbsps Almond Butter

Nutrition

Calories	330
Fat	22g
Saturated	5g
Trans	0g
Polyunsaturated	4g
Monounsaturated	10g
Carbs	32g
Fiber	8g
Sugar	20g
Protein	7g
Cholesterol	0mg
Sodium	4mg
Vitamin A	102IU
Vitamin C	8mg
Calcium	133mg
Iron	1mg

Directions

- 1 Heat the coconut oil in a small skillet over low heat. Add the diced apples and saute for about 8 to 10 minutes, until softened. Sprinkle with cinnamon and remove from heat.
- 2 Transfer the warm apples to a bowl and drizzle with almond butter. Enjoy!

Notes

- Nut-Free, Use sunflower seed butter instead of almond butter.
- No Apples, Use pears or plantains instead.



Rice Cakes, Avocado & Hummus

1 serving
10 minutes

Ingredients

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

Nutrition

Calories	377
Fat	26g
Saturated	4g
Trans	0g
Polyunsaturated	7g
Monounsaturated	13g
Carbs	32g
Fiber	11g
Sugar	1g
Protein	8g
Cholesterol	0mg
Sodium	273mg
Vitamin A	161IU
Vitamin C	10mg
Calcium	43mg
Iron	2mg

Directions

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

Notes

No Rice Cakes, Use crackers or tortillas instead.



Plum

2 servings

1 minute

Ingredients

2 Plum

Nutrition

Calories	30
Fat	0g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	8g
Fiber	1g
Sugar	7g
Protein	0g
Cholesterol	0mg
Sodium	0mg
Vitamin A	228IU
Vitamin C	6mg
Calcium	4mg
Iron	0mg

Directions

- 1 Wash and eat!



Roasted Edamame

2 servings
45 minutes

Ingredients

- 2 cups Frozen Edamame
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Sea Salt

Nutrition

Calories	248
Fat	15g
Saturated	2g
Trans	0g
Polyunsaturated	4g
Monounsaturated	7g
Carbs	14g
Fiber	8g
Sugar	3g
Protein	18g
Cholesterol	0mg
Sodium	1189mg
Vitamin A	462IU
Vitamin C	10mg
Calcium	98mg
Iron	4mg

Directions

- 1 Preheat oven to 375. Line a baking sheet with parchment paper.
- 2 Place frozen edamame in a large mixing bowl and add olive oil and sea salt. Toss well to coat. Spread across the baking sheet and place in the oven for 40 minutes. Stir at the halfway point.
- 3 Remove from oven when edamame is golden brown and let cool. Enjoy!

Notes

Less Time, Thaw your edamame ahead of time to reduce roasting time to approximately 30 minutes.



Celery with Sunflower Seed Butter

4 servings

5 minutes

Ingredients

8 stalks Celery (sliced into sticks)
1/2 cup Sunflower Seed Butter

Nutrition

Calories	210
Fat	18g
Saturated	2g
Trans	0g
Polyunsaturated	3g
Monounsaturated	13g
Carbs	10g
Fiber	3g
Sugar	4g
Protein	6g
Cholesterol	0mg
Sodium	64mg
Vitamin A	376IU
Vitamin C	3mg
Calcium	52mg
Iron	1mg

Directions

- 1 Spread sunflower seed butter across celery sticks (about 1 tbsp per celery stalk). Happy munching!

Notes

No Celery, Use cucumber instead



Hummus Dippers

4 servings

15 minutes

Ingredients

- 1 Yellow Bell Pepper
- 1 Carrot
- 4 stalks Celery
- 1 cup Hummus

Nutrition

Calories	171
Fat	11g
Saturated	2g
Trans	0g
Polyunsaturated	5g
Monounsaturated	3g
Carbs	15g
Fiber	5g
Sugar	2g
Protein	6g
Cholesterol	0mg
Sodium	306mg
Vitamin A	2835IU
Vitamin C	87mg
Calcium	55mg
Iron	2mg

Directions

- 1 Slice your pepper, carrot and celery into sticks.
- 2 Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with $\frac{1}{4}$ cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

Notes

Homemade, Make your own hummus! Check out our Sweet Potato Hummus or Green Pea Hummus recipes.

Mix it Up, Substitute in different veggies like cucumber or zucchini.



Cherry Blueberry Coconut Popsicles

6 servings

4 hours

Ingredients

- 1/2 cup Frozen Cherries (roughly chopped)
- 1/2 cup Blueberries
- 1/2 cup Organic Coconut Milk

Nutrition

Calories	48
Fat	4g
Saturated	3g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	4g
Fiber	1g
Sugar	3g
Protein	0g
Cholesterol	0mg
Sodium	5mg
Vitamin A	119IU
Vitamin C	1mg
Calcium	3mg
Iron	0mg

Directions

- 1 If you do not have popsicle moulds, purchase 3oz cups and popsicle sticks from the dollar store. Insert each popsicle stick into the middle of a cherry to anchor it in each cup.
- 2 Add chopped cherries and blueberries to fill about 3/4 of the cup, around the stick. Fill remainder of cup with coconut milk.
- 3 Place in freezer for 4 hours or until completely frozen.
- 4 Once frozen, run under warm water for a few seconds to make it easier to remove from the cup or mould. Enjoy!

Notes

More Creamy, Blend all ingredients together in a food processor or blender and divide into cups.

No Coconut Milk, Use almond milk or any other dairy milk alternative.



Peach Ice Cream

6 servings

5 minutes

Ingredients

- 4 Peach (sliced and frozen)
- 1 cup Macadamia Nut Butter

Nutrition

Calories	299
Fat	27g
Saturated	5g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	15g
Fiber	4g
Sugar	10g
Protein	6g
Cholesterol	0mg
Sodium	0mg
Vitamin A	326IU
Vitamin C	7mg
Calcium	113mg
Iron	2mg

Directions

- 1 Add frozen peaches and nut butter to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth.
- 2 Scoop into a bowl and enjoy immediately as soft serve. For firmer ice cream, place in an airtight freezer-safe container and freeze for at least 1 hour before scooping.

Notes

Homemade, Make your own macadamia nut butter by blending raw macadamia nuts in the food processor for about 5-8 minutes. Occasionally scrape down the sides. 1 cup of nuts will make 1/2 cup of nut butter.

Nut Allergy, Use sunflower seed butter instead.

Make it Sweeter, Add 1 tbsp of honey or maple syrup when blending, or drizzle on top before serving



Spiralized Veggie Hummus Wraps

2 servings

20 minutes

Ingredients

1/2 Beet
 1/2 Zucchini
 1/2 Sweet Potato
 1 1/2 tsps Extra Virgin Olive Oil
 Sea Salt & Black Pepper (to taste)
 2 cups Collard Greens (washed and stems removed)
 1/2 cup Hummus
 1/2 cup Alfalfa Sprouts

Nutrition

Calories	235
Fat	15g
Saturated	2g
Trans	0g
Polyunsaturated	6g
Monounsaturated	6g
Carbs	21g
Fiber	7g
Sugar	5g
Protein	8g
Cholesterol	0mg
Sodium	307mg
Vitamin A	6550IU
Vitamin C	24mg
Calcium	137mg
Iron	2mg

Directions

- 1 Spiralize your beet, zucchini and sweet potato and transfer to a large mixing bowl. If you do not have a spiralizer, just use a box grater. Toss with extra virgin olive oil and sea salt and black pepper to taste.
- 2 Lay your collard green wraps across a clean counter. Spread a large spoonful of hummus across each. Next add the sprouts and top with spiralized veggies. Wrap and secure with a toothpick if needed. Enjoy!

Notes

More Protein, Cook up some quinoa ahead of time and add to each wrap.

More Carbs, Wrap in a gluten-free tortilla.

No Spiralizer, Use a box grater to grate your veggies.

Storage, These keep well in the fridge for 2 days.



Clean Trail Mix

4 servings

2 minutes

Ingredients

2 cups Clean Trail Mix

Nutrition

Calories	347
Fat	22g
Saturated	4g
Trans	0g
Polyunsaturated	7g
Monounsaturated	9g
Carbs	34g
Fiber	0g
Sugar	0g
Protein	10g
Cholesterol	0mg
Sodium	172mg
Vitamin A	14IU
Vitamin C	1mg
Calcium	59mg
Iron	2mg

Directions

1

This is meant to be a quick and easy snack. Find a clean trail mix in any health food store or in the healthy food section of your grocery store. Read the ingredients to make sure there are no additives. We recommend checking out brands such as Prana or Central Roast.

2

Pour into bowl and snack away!



**FUNDAMENTAL
FITNESS**



Dill Pickled Green Beans

4 servings

24 hours

Ingredients

- 1 1/2 cups Green Beans (washed)
- 1/2 cup Fresh Dill (chopped)
- 1 Garlic (whole clove)
- 1 tsp Red Pepper Flakes
- 1 tsp Black Peppercorns
- 1 cup Apple Cider Vinegar (or 1 cup)
- 1/2 cup Water
- 1 tsp Sea Salt

Nutrition

Calories	40
Fat	0g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	8g
Fiber	1g
Sugar	5g
Protein	1g
Cholesterol	0mg
Sodium	594mg
Vitamin A	532IU
Vitamin C	6mg
Calcium	21mg
Iron	1mg

Directions

- 1 Trim the ends from the green beans and cut them into equal lengths that will fit into a 500 mL mason jar.
- 2 Place the dill, garlic, red pepper flakes and peppercorns into the bottom of the jar. Turn the jar on it's side and tightly pack the beans in. Set jar aside.
- 3 In a medium sauce pan combine apple cider vinegar with water and sea salt. Bring to a boil. Once boiling, reduce to a simmer. Let simmer for 3 minutes.
- 4 Pour the brine into the jar with the beans. Cover with a lid and let cool. Transfer to the fridge and let sit for at least 24 hours before eating. Best flavour is usually after 2 weeks. These will keep in the fridge for at least 1 month. Enjoy!

Notes

Make it Last, Can last up to 1 year if canned in a jar with a seal.

Make More, Double or triple the recipe to make more.

Less Spicy, Leave out the red pepper flakes.



Watermelon

4 servings

10 minutes

Ingredients

1/2 Seedless Watermelon

Nutrition

Calories	169
Fat	1g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	43g
Fiber	2g
Sugar	35g
Protein	3g
Cholesterol	0mg
Sodium	6mg
Vitamin A	3213IU
Vitamin C	46mg
Calcium	40mg
Iron	1mg

Directions

1

Slice your watermelon into rounds and then into quarters. Slice off the rind. Dice the watermelon, divide into bowls and enjoy!

Notes

Speed it Up, Slice into rounds and then into quarters. Leave the rind on for a more finger-friendly snack.



Grapes & Almonds

2 servings

5 minutes

Ingredients

2 cups Grapes
1/2 cup Almonds

Nutrition

Calories	269
Fat	18g
Saturated	1g
Trans	0g
Polyunsaturated	5g
Monounsaturated	11g
Carbs	23g
Fiber	5g
Sugar	17g
Protein	8g
Cholesterol	0mg
Sodium	2mg
Vitamin A	93IU
Vitamin C	4mg
Calcium	109mg
Iron	2mg

Directions

- 1 Combine grapes and almonds together in a bowl.
;
- 2 Happy snacking!



Tuna Salad Stuffed Avocado with Hot Sauce

2 servings

20 minutes

Ingredients

- 1 Avocado
- 1 can Tuna (drained and flaked)
- 1 stalk Celery (finely diced)
- 1/2 cup Baby Spinach (finely chopped)
- 1/2 Garlic (dove, minced)
- 1 tbsp Dijon Mustard
- 3/4 tsp Extra Virgin Olive Oil
- 1/4 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Tabasco Sauce

Nutrition

Calories	262
Fat	17g
Saturated	3g
Trans	0g
Polyunsaturated	2g
Monounsaturated	11g
Carbs	10g
Fiber	7g
Sugar	1g
Protein	18g
Cholesterol	30mg
Sodium	323mg
Vitamin A	1006IU
Vitamin C	15mg
Calcium	43mg
Iron	2mg

Directions

- 1 Cut your avocados in half and discard the pits. Scoop about 3/4 of the avocado flesh out of each avocado half so that just a bit of avocado remains in the shell. Place the avocado flesh you carved out in a large mixing bowl and mash with a fork.
- 2 Add tuna, celery, baby spinach, minced garlic, mustard, extra virgin olive oil and lemon juice. Season with sea salt and pepper to taste and mix well.
- 3 Use a spoon to pack the tuna salad back into the avocado halves. Drizzle with desired amount of tabasco. Enjoy!

Notes

More Protein & Crunch, Add 1/4 cup sunflower seeds.

Don't Like Avocados, Use halved bell peppers or carved out tomatoes instead. Roast them first for some extra yum.

Don't Eat Fish, Use a can of white beans instead.



Cashews & Clementines

2 servings

5 minutes

Ingredients

1/2 cup Cashews

4 Clementines

Nutrition

Calories	267
Fat	16g
Saturated	3g
Trans	0g
Polyunsaturated	3g
Monounsaturated	9g
Carbs	29g
Fiber	4g
Sugar	15g
Protein	7g
Cholesterol	0mg
Sodium	8mg
Vitamin A	0IU
Vitamin C	72mg
Calcium	60mg
Iron	2mg

Directions

- 1 Divide into bowls and enjoy!



Broiled Grapefruit

2 servings

15 minutes

Ingredients

- 1 Grapefruit
- 1 tbsp Maple Syrup

Nutrition

Calories	67
Fat	0g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	17g
Fiber	1g
Sugar	15g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Vitamin A	1187IU
Vitamin C	44mg
Calcium	25mg
Iron	0mg

Directions

- 1 Set your oven to broil and move the rack to the top rung.
- 2 Slice your grapefruit in half and remove the seeds. Use a knife to carve each half of the grapefruit around the circumference and through the individual sections to make it easier to eat. Place each half on a baking sheet. Brush the flesh of each half with maple syrup. Place in the oven and broil for 5 to 10 minutes or until the flesh turns golden brown. Keep a close eye to void burning!
- 3 Remove grapefruit from oven and let cool for 5 minutes. Dig in with a spoon. Enjoy!

Notes

Coconut Lover, Sprinkle with shredded coconut after baking.

Magical Touch, Sprinkle with a pinch of sea salt before eating.

Leftovers, Wrap leftovers in saran and store in the fridge. Reheat before eating.



Banana with Peanut Butter

2 servings

5 minutes

Ingredients

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

Nutrition

Calories	298
Fat	17g
Saturated	3g
Trans	0g
Polyunsaturated	4g
Monounsaturated	8g
Carbs	34g
Fiber	5g
Sugar	18g
Protein	8g
Cholesterol	0mg
Sodium	7mg
Vitamin A	76IU
Vitamin C	10mg
Calcium	22mg
Iron	1mg

Directions

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

Notes

No Peanut Butter, Use any nut or seed butter.

More Protein, Sprinkle with hemp seeds.



Brown Rice Chips with Salsa

4 servings

15 minutes

Ingredients

- 4 Brown Rice Tortillas
- 2 cups Organic Salsa

Nutrition

Calories	188
Fat	3g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	36g
Fiber	6g
Sugar	8g
Protein	5g
Cholesterol	0mg
Sodium	1094mg
Vitamin A	599IU
Vitamin C	3mg
Calcium	39mg
Iron	1mg

Directions

- 1 Preheat oven to 415. Defrost brown rice tortillas and slice into 1/8's using a pizza cutter. Place on a baking sheet and bake for 6 minutes.
- 2 Remove chips from oven. Serve with salsa. Enjoy!

Notes

Flavoured Chips, Flavour your chips by brushing them with a bit of olive oil and spices before baking. Sea salt, cumin and chili powder all work great!

Extra Mexican Flavour, Squeeze a lime wedge over the chips after baking.

Low FODMAP, Ensure the salsa is onion-free.



Chocolate Almond Butter Pudding

3 servings

5 minutes

Ingredients

- 2 Avocado (peeled and pits removed)
- 1/4 cup Maple Syrup
- 1/2 cup Unsweetened Almond Milk
- 2 2/3 tbsps Cocoa Powder
- 1/4 cup Almond Butter

Nutrition

Calories	428
Fat	32g
Saturated	4g
Trans	0g
Polyunsaturated	5g
Monounsaturated	20g
Carbs	36g
Fiber	13g
Sugar	18g
Protein	8g
Cholesterol	0mg
Sodium	41mg
Vitamin A	279IU
Vitamin C	13mg
Calcium	196mg
Iron	2mg

Directions

- 1 Combine all ingredients in a food processor or blender and blend until smooth and creamy. You may need to occasionally scrape down the sides.
- 2 Divide into small bowls, add your choice of toppings or enjoy as is!

Notes

No Cocoa Powder, Use cacao powder instead.

No Almond Butter, Use peanut butter or any type of nut butter.

Optional Toppings, Toasted coconut, hemp seeds, crushed nuts, coconut whipped cream or fresh fruit.

More Fibre, Add ground flax seeds before blending.



Immunity Boosting Bone Broth

4 servings

12 hours

Ingredients

- 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

Nutrition

Calories	30
Fat	0g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	7g
Fiber	2g
Sugar	4g
Protein	1g
Cholesterol	0mg
Sodium	634mg
Vitamin A	3901IU
Vitamin C	25mg
Calcium	84mg
Iron	1mg

Directions

- 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

Low FODMAP, Omit garlic and onions.



Golden Turmeric Latte

2 servings

10 minutes

Ingredients

- 1 tbsp Ginger (grated)
- 1 cup Organic Coconut Milk (canned)
- 1 cup Water
- 1 tsp Turmeric (powder)
- 1 tbsp Raw Honey
- 1/2 tsp Cinnamon
- 1 1/2 tps Coconut Oil

Nutrition

Calories	281
Fat	25g
Saturated	21g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	14g
Fiber	1g
Sugar	10g
Protein	2g
Cholesterol	0mg
Sodium	33mg
Vitamin A	2IU
Vitamin C	0mg
Calcium	26mg
Iron	1mg

Directions

- 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

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.



Plantain Chips

2 servings
30 minutes

Ingredients

2 Plantain (medium size)
1 tbsp Coconut Oil (melted)
1/2 tsp Cinnamon

Nutrition

Calories	391
Fat	8g
Saturated	6g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	87g
Fiber	5g
Sugar	47g
Protein	4g
Cholesterol	0mg
Sodium	11mg
Vitamin A	3045IU
Vitamin C	50mg
Calcium	15mg
Iron	2mg

Directions

- 1 Preheat oven to 350 degrees F. Line a baking sheet with parchment paper.
- 2 Peel the plantains then slice as thinly as possible with a mandolin or knife. Do your best to keep the thickness consistent. Slice on the diagonal for bigger chips. Gently toss the slices in coconut oil and cinnamon. Arrange in an even layer on the baking sheet then bake for 30 to 35 minutes, flipping at the halfway point. (Note: Chips are done when they start to brown around the edges.)
- 3 Remove from oven and let cool on a baking rack lined with paper towel to soak up any excess oil. Enjoy!

Notes

Storage, Store in an airtight container at room temperature.

Make Them Crispy, Plantain chips last 1 - 2 days. If they get soggy, crisp them back up by placing them in the oven at 350 degrees F for 5 to 10 minutes.



Strawberry Ice Cream

2 servings

5 minutes

Ingredients

2 Banana (sliced and frozen)

1 cup Frozen Strawberries

Nutrition

Calories	144
Fat	1g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	37g
Fiber	5g
Sugar	19g
Protein	2g
Cholesterol	0mg
Sodium	3mg
Vitamin A	126IU
Vitamin C	56mg
Calcium	24mg
Iron	1mg

Directions

1

Add frozen bananas and strawberries to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).

2

Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

Notes

More Creamy, Add 2 tbsp coconut milk.

More Scoopable, Add 1 tbsp vodka to prevent hard freeze.

Make it Chunky, Set aside 1/4 cup of the strawberries before blending and add them to the processor after blending. Pulse until roughly chopped.





Broiled Pineapple with Cinnamon

2 servings

10 minutes

Ingredients

2 cups Pineapple (cored and sliced into rounds)

1 tsp Cinnamon

Nutrition

Calories	85
Fat	0g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	23g
Fiber	3g
Sugar	16g
Protein	1g
Cholesterol	0mg
Sodium	2mg
Vitamin A	100IU
Vitamin C	79mg
Calcium	34mg
Iron	1mg

Directions

- 1 Adjust oven rack to the top, closest to the broiler. Set oven to high broil.
- 2 Place pineapple slices on a foil-lined baking sheet and sprinkle both sides with cinnamon.
- 3 Broil in oven for about 10 minutes, flipping halfway. Watch closely for burning as oven temperatures may vary.
- 4 Remove from oven and enjoy!

Notes

Serve it With, Our one-ingredient banana ice cream, organic coconut ice cream, Paleo Granola or over oatmeal.



Apple with Almond Butter

5 servings

5 minutes

Ingredients

- 5 Apple
- 2/3 cup Almond Butter

Nutrition

Calories	287
Fat	18g
Saturated	1g
Trans	0g
Polyunsaturated	4g
Monounsaturated	10g
Carbs	31g
Fiber	8g
Sugar	20g
Protein	7g
Cholesterol	0mg
Sodium	4mg
Vitamin A	98IU
Vitamin C	8mg
Calcium	120mg
Iron	1mg

Directions

- 1 Slice apple and cut away the core.
;
- 2 Dip into almond butter.
;
- 3 Yummmmm.



Blackberries & Pistachios

2 servings

2 minutes

Ingredients

- 2 cups Blackberries
- 1/2 cup Pistachios (shelled)

Nutrition

Calories	234
Fat	15g
Saturated	2g
Trans	0g
Polyunsaturated	5g
Monounsaturated	7g
Carbs	22g
Fiber	11g
Sugar	9g
Protein	8g
Cholesterol	0mg
Sodium	1mg
Vitamin A	467IU
Vitamin C	32mg
Calcium	74mg
Iron	2mg

Directions

- 1 Divide blackberries into bowls. Top with shelled pistachios. Enjoy!

Notes

Make Them Last, Do not wash blackberries until ready to eat. Once you wash the berries they spoil a lot faster.



Banana with Almond Butter

1 serving

2 minutes

Ingredients

- 1 Banana
- 2 tbsps Almond Butter

Nutrition

Calories	297
Fat	18g
Saturated	1g
Trans	0g
Polyunsaturated	4g
Monounsaturated	10g
Carbs	33g
Fiber	6g
Sugar	16g
Protein	8g
Cholesterol	0mg
Sodium	3mg
Vitamin A	76IU
Vitamin C	10mg
Calcium	115mg
Iron	1mg

Directions

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



Apple Slices & Hummus

1 serving

5 minutes

Ingredients

- 1 Apple
- 1/4 cup Hummus

Nutrition

Calories	241
Fat	11g
Saturated	2g
Trans	0g
Polyunsaturated	6g
Monounsaturated	3g
Carbs	34g
Fiber	8g
Sugar	19g
Protein	5g
Cholesterol	0mg
Sodium	264mg
Vitamin A	112IU
Vitamin C	8mg
Calcium	40mg
Iron	2mg

Directions

- 1 Slice apples and cut out the core. Serve with hummus for dipping. Enjoy!

Notes

No Apple, Use pear slices instead.



Grapes & Walnuts

2 servings

3 minutes

Ingredients

2 cups Grapes (washed)
1/2 cup Walnuts

Nutrition

Calories	253
Fat	19g
Saturated	2g
Trans	0g
Polyunsaturated	14g
Monounsaturated	3g
Carbs	20g
Fiber	3g
Sugar	16g
Protein	5g
Cholesterol	0mg
Sodium	3mg
Vitamin A	98IU
Vitamin C	4mg
Calcium	42mg
Iron	1mg

Directions

- 1 Wash grapes and divide into bowls or baggies. Mix in walnuts and enjoy!

Notes

No Walnuts, Mix in any other seed or nut. Pumpkin seeds, cashews and pistachios are all delicious!



Toasted Walnuts

5 servings

15 minutes

Ingredients

1 1/2 cups Walnuts (shelled)

Nutrition

Calories	230
Fat	23g
Saturated	2g
Trans	0g
Polyunsaturated	17g
Monounsaturated	3g
Carbs	5g
Fiber	2g
Sugar	1g
Protein	5g
Cholesterol	0mg
Sodium	1mg
Vitamin A	7IU
Vitamin C	0mg
Calcium	35mg
Iron	1mg

Directions

- 1 Preheat oven to 350F and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
- 2 Remove from oven, let cool and enjoy!

Notes

Extra Flavour, Sprinkle with sea salt or spices of your choice.



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Spiced Walnuts

4 servings

10 minutes

Ingredients

- 2 tbsps Raw Honey
- 2 tbsps Extra Virgin Olive Oil
- 2 cups Walnuts
- 1/2 tsp Sea Salt
- 1 tsp Cumin
- 1/8 tsp Cayenne Pepper

Nutrition

Calories	475
Fat	45g
Saturated	5g
Trans	0g
Polyunsaturated	28g
Monounsaturated	10g
Carbs	17g
Fiber	4g
Sugar	10g
Protein	9g
Cholesterol	0mg
Sodium	297mg
Vitamin A	42IU
Vitamin C	1mg
Calcium	63mg
Iron	2mg

Directions

- 1 Lay a large piece of wax paper across the counter.
- 2 Heat a large skillet over medium heat. Add honey, oil and 1 tbsp water. Add the walnuts and stir with a wooden spoon until evenly coated.
- 3 Add the sea salt, cumin and cayenne. Continue to stir until walnuts are slightly browned (about 2 to 3 minutes).
- 4 Remove from heat and transfer the walnuts onto the piece of wax paper. Once cool, break apart into pieces. Store in an airtight container in the fridge. Enjoy!

Notes

Extra Spicy, Add extra cayenne pepper.



Spinach, Tomato & Goat Cheese Pizza

4 servings

20 minutes

Ingredients

- 2/3 cup Walnuts
- 1/2 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 4 cups Baby Spinach (divided)
- 1 cup Basil Leaves
- 1/4 tsp Sea Salt
- 1/2 tsp Black Pepper
- 4 Brown Rice Tortillas
- 1 cup Cherry Tomatoes (halved)
- 1/2 cup Goat Cheese (crumbled)

Nutrition

Calories	571
Fat	45g
Saturated	7g
Trans	0g
Polyunsaturated	12g
Monounsaturated	21g
Carbs	34g
Fiber	6g
Sugar	5g
Protein	9g
Cholesterol	5mg
Sodium	409mg
Vitamin A	3445IU
Vitamin C	20mg
Calcium	76mg
Iron	3mg

Directions

- 1 Preheat oven to 410 and line a baking sheet with parchment paper.
- 2 Create your pesto in a food processor or blender by combining walnuts, olive oil, lemon juice, half of the baby spinach, basil, sea salt and black pepper. Blend until smooth. Transfer into a jar.
- 3 Take the remaining baby spinach and finely chop.
- 4 Lay your brown rice tortillas on a flat surface. Use a spoon to add desired amount of pesto and spread evenly across the tortillas. Now top with cherry tomatoes, goat cheese and chopped baby spinach.
- 5 Place on baking sheet and bake in the oven for 10 minutes.
- 6 After 10 minutes, remove and slice using a pizza cutter. Enjoy!

Notes

More protein, Add diced chicken, lentils or chickpeas.



Honey Cinnamon Chips

4 servings

15 minutes

Ingredients

- 4 Brown Rice Tortillas
- 2 tbsps Raw Honey
- 2 tsps Cinnamon

Nutrition

Calories	183
Fat	3g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	37g
Fiber	4g
Sugar	11g
Protein	3g
Cholesterol	0mg
Sodium	170mg
Vitamin A	4IU
Vitamin C	0mg
Calcium	13mg
Iron	1mg

Directions

- 1 Preheat oven to 415. Line a baking sheet with parchment paper.
- 2 Defrost brown rice tortillas if frozen. Place 1/2 tbsp of raw honey into the middle of each tortilla and spread around using a butter knife. Sprinkle each tortilla with cinnamon. Use a pizza cutter to slice into 1/8's. Place on the baking sheet and bake in the oven for 6 minutes (or until crispy).
- 3 Remove from oven. Let cool. Enjoy!

Notes

Storage, Store in an airtight container at room temperature for up to 5 days.



Apple Slices & Nori Crisps

2 servings

5 minutes

Ingredients

- 4 Nori Sheets
- 1/3 tsp Extra Virgin Olive Oil
- 2 Apple (medium)

Nutrition

Calories	113
Fat	1g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	1g
Carbs	27g
Fiber	6g
Sugar	19g
Protein	2g
Cholesterol	0mg
Sodium	8mg
Vitamin A	898IU
Vitamin C	14mg
Calcium	31mg
Iron	1mg

Directions

- 1 Cut nori sheets into quarters with scissors. Brush sheets very lightly with olive oil. Heat a large pan over medium heat and toast the nori sheets about 30 seconds per side.
- 2 Slice apples and divide onto plates with nori crisps. Enjoy!

Notes

Save Time, Buy pre-toasted nori sheets.



Plantain Chips

3 servings

30 minutes

Ingredients

- 3 Plantain (medium size)
- 1 1/2 tbsps Coconut Oil (melted)
- 3/4 tsp Cinnamon

Nutrition

Calories	391
Fat	8g
Saturated	6g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	87g
Fiber	5g
Sugar	47g
Protein	4g
Cholesterol	0mg
Sodium	11mg
Vitamin A	3045IU
Vitamin C	50mg
Calcium	15mg
Iron	2mg

Directions

- 1 Preheat oven to 350 degrees F. Line a baking sheet with parchment paper.
- 2 Peel the plantains then slice as thinly as possible with a mandolin or knife. Do your best to keep the thickness consistent. Slice on the diagonal for bigger chips. Gently toss the slices in coconut oil and cinnamon. Arrange in an even layer on the baking sheet then bake for 30 to 35 minutes, flipping at the halfway point. (Note: Chips are done when they start to brown around the edges.)
- 3 Remove from oven and let cool on a baking rack lined with paper towel to soak up any excess oil. Enjoy!

Notes

Storage, Store in an airtight container at room temperature.

Make Them Crispy, Plantain chips last 1 - 2 days. If they get soggy, crisp them back up by placing them in the oven at 350 degrees F for 5 to 10 minutes.



Yogurt & Berries

2 servings

5 minutes

Ingredients

- 2 cups Plain Greek Yogurt
- 2 cups Frozen Berries (thawed)

Nutrition

Calories	261
Fat	5g
Saturated	3g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	32g
Fiber	5g
Sugar	21g
Protein	23g
Cholesterol	34mg
Sodium	140mg
Vitamin A	1250IU
Vitamin C	55mg
Calcium	526mg
Iron	2mg

Directions

- 1 Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

Notes

Dairy-Free, Use a dairy-free yogurt like coconut, almond or cashew.

No Frozen Berries, Use any type of fresh fruit instead.



Crackers & Avocado

2 servings

10 minutes

Ingredients

100 grams Whole Grain Crackers
1/2 Avocado
Sea Salt & Black Pepper (to taste)

Nutrition

Calories	322
Fat	18g
Saturated	3g
Trans	0g
Polyunsaturated	7g
Monounsaturated	7g
Carbs	38g
Fiber	5g
Sugar	6g
Protein	5g
Cholesterol	0mg
Sodium	445mg
Vitamin A	76IU
Vitamin C	5mg
Calcium	13mg
Iron	2mg

Directions

- 1 Mash the avocado onto the crackers and sprinkle with salt and pepper to taste. Enjoy!

Notes

Make it Paleo, Use grain-free flax crackers instead.

More Protein, Top with hemp seeds, sliced hard boiled egg, or smoked salmon.



Rice Cakes with Almond Butter

1 serving

5 minutes

Ingredients

- 2 Plain Rice Cake
- 2 tbsps Almond Butter

Nutrition

Calories	262
Fat	18g
Saturated	1g
Trans	0g
Polyunsaturated	4g
Monounsaturated	10g
Carbs	21g
Fiber	4g
Sugar	2g
Protein	8g
Cholesterol	0mg
Sodium	6mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	111mg
Iron	1mg

Directions

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

Notes

No Almond Butter, Use any type of nut or seed butter instead.
Likes it Sweet, Add honey, jam, sliced bananas or berries.



Crackers & Hummus

1 serving

5 minutes

Ingredients

50 grams Whole Grain Crackers

1/4 cup Hummus

Nutrition

Calories	387
Fat	21g
Saturated	3g
Trans	0g
Polyunsaturated	11g
Monounsaturated	6g
Carbs	43g
Fiber	5g
Sugar	6g
Protein	8g
Cholesterol	0mg
Sodium	704mg
Vitamin A	17IU
Vitamin C	0mg
Calcium	36mg
Iron	3mg

Directions

- 1 Dip the crackers into the hummus and enjoy!

Notes

Crackers, Choose whole grain or gluten-free crackers, rice crackers, sprouted grain, almond flour, or your own homemade crackers!



Almond Butter Apple Sandwiches

2 servings

10 minutes

Ingredients

- 2 Apple
- 1/4 cup Almond Butter

Nutrition

Calories	287
Fat	18g
Saturated	1g
Trans	0g
Polyunsaturated	4g
Monounsaturated	10g
Carbs	31g
Fiber	8g
Sugar	20g
Protein	7g
Cholesterol	0mg
Sodium	4mg
Vitamin A	98IU
Vitamin C	8mg
Calcium	120mg
Iron	1mg

Directions

- 1 Slice the top and bottom off of each apple and discard. Then slice the entire apple in half so you are left with two rounds. Now cut each half in half to make 8 rounds. Cut the center core out of each round.
- 2 Spread 1 tbsp of almond butter on one apple round. Set another round on top. Repeat, plate and enjoy!

Notes

Nut-Free, Use sunflower seed butter, tahini or pumpkin seed butter instead of nut butter.



Raspberry Coconut Ice Cream

4 servings

5 minutes

Ingredients

- 1 1/2 cups Frozen Raspberries
- 1 tbsp Maple Syrup
- 1 1/2 cups Organic Coconut Milk (full fat, refrigerated overnight)

Nutrition

Calories	201
Fat	16g
Saturated	14g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	12g
Fiber	2g
Sugar	8g
Protein	2g
Cholesterol	0mg
Sodium	25mg
Vitamin A	39IU
Vitamin C	9mg
Calcium	21mg
Iron	1mg

Directions

- 1 Scrape the coconut cream from the top of the can into a blender or food processor. The cream should have separated from the coconut juice after being refrigerated.
- 2 Add raspberries and maple syrup to blender and blend until very smooth and creamy, occasionally scraping down the sides. You may add 1 tbsp of coconut water at a time (leftover from your can) if the blender/processor gets stuck. Do not add more than 1/3 cup.
- 3 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

Notes

- Make it Chunky,** Chop and add fresh or thawed raspberries to the final mixture.
- No Coconut Milk,** Use frozen banana slices instead.



Almonds & Dark Chocolate

4 servings

3 minutes

Ingredients

- 100 grams Dark Organic Chocolate (at least 70% cacao)
- 1/2 cup Almonds

Nutrition

Calories	246
Fat	19g
Saturated	7g
Trans	0g
Polyunsaturated	2g
Monounsaturated	6g
Carbs	15g
Fiber	5g
Sugar	7g
Protein	6g
Cholesterol	0mg
Sodium	12mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	48mg
Iron	2mg

Directions

- 1 Divide between bowls. Enjoy!



Morning Glory Muffins

9 servings

40 minutes

Ingredients

- 1 cup Almond Flour
- 1 cup Oats
- 1/2 tsp Cinnamon
- 1/4 tsp Sea Salt
- 1/2 cup Organic Raisins
- 3 tbsps Extra Virgin Olive Oil
- 1/4 cup Maple Syrup
- 2 Egg
- 1/4 cup Unsweetened Almond Milk
- 2 Carrot (grated)
- 1 Banana (ripe and mashed)

Nutrition

Calories	230
Fat	13g
Saturated	2g
Trans	0g
Polyunsaturated	1g
Monounsaturated	4g
Carbs	27g
Fiber	3g
Sugar	14g
Protein	6g
Cholesterol	41mg
Sodium	99mg
Vitamin A	2347IU
Vitamin C	2mg
Calcium	71mg
Iron	1mg

Directions

- 1 Preheat the oven to 375. Line a muffin tray with liners.
- 2 In a bowl, combine flour, cinnamon, salt, oats and raisins. Mix well.
- 3 In a separate bowl, combine oil, maple syrup, egg, almond milk, carrot and banana. Mix well.
- 4 Combine the wet and dry ingredients and mix well.
- 5 Use a measuring cup to measure even amounts of mixture into the muffin liners. Place in the oven and bake for 30 minutes.
- 6 Remove from oven. Let cool and enjoy!

Notes

No Raisins, Used unsweetened dried cranberries or fresh blueberries instead.

Egg Allergy, Mix 2 tbsp ground flax seed with 6 tbsp water and let it sit to form a gel. Use this in replace of 2 eggs.

Special Touch, Serve with raw honey or organic butter.



Mango Coconut Popsicles

8 servings

40 minutes

Ingredients

- 4 cups Frozen Mango
- 2 cups Organic Coconut Milk (divided)

Nutrition

Calories	156
Fat	11g
Saturated	9g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	14g
Fiber	1g
Sugar	12g
Protein	1g
Cholesterol	0mg
Sodium	16mg
Vitamin A	893IU
Vitamin C	30mg
Calcium	11mg
Iron	0mg

Directions

- 1 Blend mango and 3/4 of the coconut milk in a food processor or blender until smooth.
- 2 Roughly scoop mango puree into 3oz. paper cups.
- 3 Spoon remaining coconut milk into each cup to fill in the gaps around the mango. This will create a swirl effect when frozen.
- 4 Insert popsicle sticks in the middle. Place in freezer for 4 hours or until completely frozen.

Notes

No Coconut Milk, Use almond milk or cashew milk instead.



Banana Sushi

2 servings

5 minutes

Ingredients

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

Nutrition

Calories	256
Fat	14g
Saturated	1g
Trans	0g
Polyunsaturated	6g
Monounsaturated	6g
Carbs	31g
Fiber	5g
Sugar	15g
Protein	8g
Cholesterol	0mg
Sodium	3mg
Vitamin A	77IU
Vitamin C	10mg
Calcium	67mg
Iron	2mg

Directions

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

Notes

No Hemp Seeds, Use sunflower seeds instead.



Zucchini Carrot Souffle Muffins

5 servings

45 minutes

Ingredients

2 tbsps Maple Syrup
 2 Egg (separated)
 2 tbsps Coconut Oil (melted)
 1 1/2 tsps Vanilla Extract
 1/2 cup Almond Flour
 2 tbsps Coconut Flour
 3/4 tsp Baking Powder
 1 1/2 tsps Ground Flax Seed
 1 1/2 tsps Hemp Seeds
 1/8 tsp Sea Salt
 1/2 Carrot (grated)
 1/2 Zucchini (grated)

Nutrition

Calories	193
Fat	14g
Saturated	6g
Trans	0g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	11g
Fiber	3g
Sugar	6g
Protein	6g
Cholesterol	74mg
Sodium	173mg
Vitamin A	1166IU
Vitamin C	4mg
Calcium	91mg
Iron	1mg

Directions

- 1 Preheat oven to 350. Grease a muffin tin or line with muffin cups.
- 2 In a bowl, whisk together maple syrup, egg yolks, melted coconut oil and vanilla extract.
- 3 Add dry ingredients to the wet mixture and combine thoroughly.
- 4 Add grated carrot and zucchini. (Note: If too wet, add more coconut flour. If too dry, add 1 tbsp of warm water at a time.)
- 5 Using a handheld or stand mixer, whisk egg whites until stiff peaks form. Gently fold egg whites into batter.
- 6 Scoop batter into muffin cups and bake for 35 minutes or until a toothpick comes out clean. Let cool before serving.

Notes

Make it as a Loaf, Line a loaf pan with parchment paper and bake it as a loaf instead of muffins.



**FUNDAMENTAL
 FITNESS**



Simple Avocado Salad

1 serving

5 minutes

Ingredients

- 1/2 Avocado (cubed)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/16 Lemon (juiced)
- 1/2 tsp Red Pepper Flakes
- 1/8 tsp Sea Salt

Nutrition

Calories	225
Fat	22g
Saturated	3g
Trans	0g
Polyunsaturated	3g
Monounsaturated	15g
Carbs	9g
Fiber	7g
Sugar	1g
Protein	2g
Cholesterol	0mg
Sodium	303mg
Vitamin A	521IU
Vitamin C	12mg
Calcium	14mg
Iron	1mg

Directions

- 1 Combine all ingredients in a bowl. Toss and serve immediately. Enjoy!

Notes

No Lemon, Use lime juice or apple cider vinegar instead.

Less Spicy, Omit the red pepper flakes.

Serve it With, Our Grilled Bruschetta Chicken, Thai Turkey Burgers with Almond Carrot Slaw or Herbed Pork Roast with Sweet Potato Mash.



One Pan Salmon with Rainbow Veggies

2 servings

40 minutes

Ingredients

2 cups Cherry Tomatoes
 10 ozs Salmon Fillet
 1 Yellow Bell Pepper (sliced)
 2 cups Broccoli (chopped into small florets)
 1/2 cup Red Onion (sliced into chunks)
 2 tbsps Extra Virgin Olive Oil
 1 1/2 tps Coconut Aminos
 1/2 Navel Orange (zested and juiced)
 Sea Salt & Black Pepper (to taste)

Nutrition

Calories	442
Fat	23g
Saturated	3g
Trans	0g
Polyunsaturated	5g
Monounsaturated	13g
Carbs	27g
Fiber	7g
Sugar	11g
Protein	34g
Cholesterol	78mg
Sodium	170mg
Vitamin A	2138IU
Vitamin C	296mg
Calcium	109mg
Iron	3mg

Directions

- 1 Preheat oven to 375 degrees F and line a baking sheet with parchment paper.
- 2 Place the cherry tomatoes, salmon, bell pepper, broccoli, and red onion on the sheet pan. Drizzle the vegetables with olive oil. Brush the salmon with the coconut aminos, orange juice and zest. Sprinkle everything with salt and pepper to taste.
- 3 Place in the oven and bake for 30 minutes, or until salmon is fully cooked.
- 4 Divide between plates and enjoy!

Notes

More Carbs, Serve with rice or quinoa.

Vegan, Use tofu steaks or roasted chickpeas instead of salmon.

Leftovers, Keeps well in the fridge for 2 to 3 days.



Chocolate Dipped Strawberries

4 servings

30 minutes

Ingredients

- 100 grams Dark Organic Chocolate (at least 70% cacao)
- 4 cups Strawberries (whole)
- 2 tbsps Unsweetened Coconut Flakes

Nutrition

Calories	208
Fat	12g
Saturated	8g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	24g
Fiber	6g
Sugar	14g
Protein	3g
Cholesterol	0mg
Sodium	15mg
Vitamin A	18IU
Vitamin C	89mg
Calcium	24mg
Iron	2mg

Directions

- 1 Wash strawberries and dry very well. Spread a large piece of parchment paper across a large baking sheet.
- 2 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot. Add the dark chocolate to the smaller pot and stir continuously until melted. Remove from stovetop.
- 3 Tilt the pot with the melted chocolate to one side so that all the chocolate pools. Hold the strawberries by the stem and dip them into the melted chocolate one-by-one. Place on parchment paper. Sprinkle with shredded coconut immediately.
- 4 Transfer the chocolate dipped strawberries to the fridge for 20 minutes or until chocolate is completely set. Remove from parchment paper and store in an airtight container in the fridge until ready to eat. Enjoy!

Notes

No Shredded Coconut, Use coarse sea salt instead.

Add a Kick, Sprinkle chocolate with a pinch of cayenne pepper before it hardens.



Dark Chocolate

4 servings

1 minute

Ingredients

200 grams Dark Organic Chocolate (at least 70% cacao)

Nutrition

Calories	286
Fat	20g
Saturated	13g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	23g
Fiber	5g
Sugar	13g
Protein	4g
Cholesterol	0mg
Sodium	24mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	0mg
Iron	2mg

Directions

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

Notes

Next Level Chocolate, Sprinkle with a bit of coarse sea salt or cayenne pepper for a kick.



Apple Slices with Cinnamon

2 servings

5 minutes

Ingredients

- 2 Apple
- 1 tsp Cinnamon

Nutrition

Calories	98
Fat	0g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	26g
Fiber	5g
Sugar	19g
Protein	1g
Cholesterol	0mg
Sodium	2mg
Vitamin A	102IU
Vitamin C	8mg
Calcium	24mg
Iron	0mg

Directions

- 1 Slice apple and cut out the core.
- 2 Sprinkle with cinnamon.
- 3 Enjoy!



**FUNDAMENTAL
FITNESS**



Maple Almond Popcorn

4 servings

15 minutes

Ingredients

- 4 cups Organic Popcorn
- 1 cup Almonds
- 1 tbsp Maple Syrup
- 2 tsps Cinnamon

Nutrition

Calories	278
Fat	21g
Saturated	2g
Trans	0g
Polyunsaturated	6g
Monounsaturated	12g
Carbs	18g
Fiber	6g
Sugar	5g
Protein	9g
Cholesterol	0mg
Sodium	98mg
Vitamin A	6IU
Vitamin C	0mg
Calcium	115mg
Iron	2mg

Directions

- 1 Place almonds in a small frying pan over medium heat for about 4 minutes, stirring occasionally to toast. Turn heat down to low and add maple syrup and cinnamon. Stir for about 3 minutes to ensure almonds are well coated. Remove from heat and spread across a piece of wax paper and let cool. Break apart into single pieces.
- 2 Place one cup of popcorn in a bowl and top with ¼ cup maple almonds. Enjoy!



Chocolate Banana Ice Cream

2 servings

5 minutes

Ingredients

- 2 Banana (sliced and frozen)
- 2 tbsps Cocoa Powder

Nutrition

Calories	117
Fat	1g
Saturated	1g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	30g
Fiber	5g
Sugar	15g
Protein	2g
Cholesterol	0mg
Sodium	2mg
Vitamin A	76IU
Vitamin C	10mg
Calcium	13mg
Iron	1mg

Directions

- 1 Add frozen bananas and cocoa powder to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
- 2 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

Notes

Double Chocolate, Stir in organic dark chocolate chips right after processing.

More Creamy, Add 2 tbsps coconut milk.

More Scoopable, Add 1 tbsps vodka to prevent hard freeze.



Warm Mango with Coconut & Almond Milk

2 servings

10 minutes

Ingredients

- 2 cups Frozen Mango
- 1 cup Unsweetened Almond Milk
- 1/4 cup Unsweetened Coconut Flakes

Nutrition

Calories	180
Fat	9g
Saturated	6g
Trans	0g
Polyunsaturated	0g
Monounsaturated	1g
Carbs	28g
Fiber	4g
Sugar	23g
Protein	3g
Cholesterol	0mg
Sodium	86mg
Vitamin A	2035IU
Vitamin C	60mg
Calcium	244mg
Iron	1mg

Directions

- 1 Add fresh or frozen mangos to a small sauce pot and add almond milk. Heat over lowest heat stirring occasionally just until warmed through. Do not overheat as this will curdle the milk.
- 2 Pour mango and milk into a bowl. Sprinkle with coconut and enjoy it while it's hot!



Apple Cinnamon Chips

4 servings

1 hour

Ingredients

- 4 Apple
- 2 tsp Cinnamon
- 1 1/2 tsp Coconut Oil

Nutrition

Calories	113
Fat	2g
Saturated	1g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	26g
Fiber	5g
Sugar	19g
Protein	1g
Cholesterol	0mg
Sodium	2mg
Vitamin A	102IU
Vitamin C	8mg
Calcium	24mg
Iron	0mg

Directions

- 1 Preheat oven to 230 degrees F. Use a sharp knife to thinly slice apples into even chip-like pieces. Place sliced apples in a mixing bowl. Add cinnamon and and toss well.
- 2 Line a large baking sheet with foil and grease lightly with coconut oil. Spread apple chips evenly across the baking sheet making sure not to overlap (you might need to bake in batches if your sheet isn't big enough). Place in oven and bake for 1 hour, turning at the 30 minute mark. Remove from oven and let cool completely. Store your apple chips in an airtight container. Enjoy!

Notes

Keep Them Crispy, If chips get soggy over time, throw in the oven at 350 for 5 to 8 minutes to crisp them back up.



Blackberries & Pistachios

4 servings

2 minutes

Ingredients

- 4 cups Blackberries
- 1 cup Pistachios (shelled)

Nutrition

Calories	234
Fat	15g
Saturated	2g
Trans	0g
Polyunsaturated	5g
Monounsaturated	7g
Carbs	22g
Fiber	11g
Sugar	9g
Protein	8g
Cholesterol	0mg
Sodium	1mg
Vitamin A	467IU
Vitamin C	32mg
Calcium	74mg
Iron	2mg

Directions

- 1 Divide blackberries into bowls. Top with shelled pistachios. Enjoy!

Notes

Make Them Last, Do not wash blackberries until ready to eat. Once you wash the berries they spoil a lot faster.



Spinach & Goat Cheese Omelette

2 servings

20 minutes

Ingredients

- 1 1/2 tsps Coconut Oil
- 6 Egg
- 1/2 tsp Sea Salt
- 1 tsp Black Pepper
- 2 cups Baby Spinach
- 1/2 cup Goat Cheese (crumbled)
- 1/2 cup Organic Salsa

Nutrition

Calories	345
Fat	24g
Saturated	12g
Trans	0g
Polyunsaturated	3g
Monounsaturated	6g
Carbs	8g
Fiber	2g
Sugar	4g
Protein	25g
Cholesterol	568mg
Sodium	1419mg
Vitamin A	3929IU
Vitamin C	10mg
Calcium	159mg
Iron	4mg

Directions

- 1 Heat coconut oil in medium-sized frying pan over medium heat.
- 2 In a bowl, mix together eggs, sea salt and black pepper. Whisk until frothy. Divide into portions.
- 3 Pour 1 portion of the egg mixture into the frying pan and let cook until almost set. Place some spinach and goat cheese on one half of the omelette and then fold the other half over on top. Remove from heat and transfer onto a plate. Top with salsa.
- 4 Repeat with remaining ingredients. Enjoy!

Notes

No Goat Cheese, Use feta cheese instead



Orange & Dark Chocolate

4 servings

3 minutes

Ingredients

4 Navel Orange (peeled or sliced)
100 grams Dark Organic Chocolate
(broken into pieces)

Nutrition

Calories	212
Fat	10g
Saturated	7g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	29g
Fiber	5g
Sugar	18g
Protein	3g
Cholesterol	0mg
Sodium	13mg
Vitamin A	346IU
Vitamin C	83mg
Calcium	60mg
Iron	1mg

Directions

- 1 Peel and section oranges or slice into wedges. Divide into bowl and top with dark chocolate. Enjoy!

Notes

No Oranges, Substitute grapefruit instead.



Trail Mix With Banana

1 serving

5 minutes

Ingredients

1/3 cup Clean Trail Mix

1 Banana

Directions

1

Divide trail mix into bowls or containers, and serve with a banana on the side.
Happy snacking!

Nutrition

Calories	336
Fat	15g
Saturated	3g
Trans	0g
Polyunsaturated	5g
Monounsaturated	6g
Carbs	49g
Fiber	3g
Sugar	14g
Protein	8g
Cholesterol	0mg
Sodium	116mg
Vitamin A	85IU
Vitamin C	11mg
Calcium	45mg
Iron	2mg



Peanut Butter & Jelly Banana Rolls

3 servings

1 hour

Ingredients

- 3/4 cup Strawberries (halved)
- 2 1/4 tsps Maple Syrup
- 2 1/4 tsps Chia Seeds
- 3 Brown Rice Tortillas
- 3 Banana (peeled)
- 1/3 cup All Natural Peanut Butter

Nutrition

Calories	488
Fat	21g
Saturated	3g
Trans	0g
Polyunsaturated	4g
Monounsaturated	8g
Carbs	69g
Fiber	9g
Sugar	26g
Protein	12g
Cholesterol	0mg
Sodium	178mg
Vitamin A	81IU
Vitamin C	33mg
Calcium	50mg
Iron	2mg

Directions

- 1 Start by preparing your Strawberry Chia Jam. Add the strawberries, maple syrup and chia seeds to a food processor. Pulse lightly until a chunky, jam-like consistency forms. Be careful not to over process.
- 2 Transfer jam into a saucepan and place on the stove over medium heat. Stir until it begins to bubble. Reduce heat to low and let simmer for 10 to 15 minutes or until jam begins to thicken.
- 3 Remove from heat and pour into a mason jar. Place in the fridge to thicken and cool for at least 30 minutes.
- 4 Once the jam has cooled, spread the peanut butter and jam across tortillas. Place a banana in the centre and roll it up. Enjoy as is, or slice into rounds.

Notes

No Strawberries, Use any type of berry instead.



Brownie Batter Protein Balls

3 servings

40 minutes

Ingredients

3 1/2 tbsps Pitted Dates (packed)
 1 1/3 cups Black Beans (cooked)
 1/3 cup Chocolate Protein Powder
 3 1/2 tbsps Pumpkin Seed Butter
 1/3 tsp Sea Salt
 2 tps Cacao Powder
 1/3 cup Organic Dark Chocolate Chips (optional)

Nutrition

Calories	342
Fat	15g
Saturated	8g
Trans	0g
Polyunsaturated	5g
Monounsaturated	2g
Carbs	33g
Fiber	7g
Sugar	15g
Protein	16g
Cholesterol	1mg
Sodium	250mg
Vitamin A	4IU
Vitamin C	0mg
Calcium	58mg
Iron	4mg

Directions

- 1 Line a baking sheet with parchment paper.
- 2 Combine dates, black beans, chocolate protein powder, pumpkin seed butter, sea salt, and cacao powder in the bowl of your food processor. Process until smooth, scraping down the sides as necessary.
- 3 Roll the dough into 1-inch balls and place on the covered baking sheet. You should have about 3 balls per serving.
- 4 To make the optional chocolate drizzle: melt the chocolate chips in a double boiler and drizzle over balls.
- 5 Refrigerate at least 1 hour to set. Enjoy!

Notes

Serving Size, Nutrition information is calculated based on 3 balls per serving.

Storage, Store in an airtight container in the fridge up to 1 week, or in the freezer for up to 1 month.

No Pumpkin Seed Butter, Use tahini, sunflower butter, almond butter or peanut butter instead.

Preferred Protein Powder, This recipe was developed and tested using Genuine Health Vegan Fermented Protein Powder in Chocolate. For best results, use this or a plant-based protein powder.



Cranberry Protein Cookies

8 servings

20 minutes

Ingredients

- 1 Banana (mashed)
- 1/4 cup Vanilla Protein Powder
- 1 cup Oats
- 1 cup Almond Butter
- 1/2 tsp Cinnamon
- 1/4 cup Dried Unsweetened Cranberries

Directions

- 1 Preheat oven to 350. Mash bananas in a bowl with a fork. Add protein powder and mix well.
- 2 Mix in the oats, almond butter, cinnamon and dried cranberries. Roll into balls and place on a baking sheet lined with parchment paper. Press down gently with a fork to flatten. Bake for 20 minutes or until golden brown. Enjoy!

Nutrition

Calories	266
Fat	18g
Saturated	1g
Trans	0g
Polyunsaturated	5g
Monounsaturated	10g
Carbs	19g
Fiber	5g
Sugar	6g
Protein	10g
Cholesterol	0mg
Sodium	8mg
Vitamin A	10IU
Vitamin C	1mg
Calcium	130mg
Iron	2mg



Cinnamon Toasted Pecans

4 servings

15 minutes

Ingredients

- 1 cup Pecans
- 1 tbsp Maple Syrup
- 1 tsp Cinnamon

Nutrition

Calories	203
Fat	20g
Saturated	2g
Trans	0g
Polyunsaturated	6g
Monounsaturated	11g
Carbs	8g
Fiber	3g
Sugar	4g
Protein	3g
Cholesterol	0mg
Sodium	1mg
Vitamin A	17IU
Vitamin C	0mg
Calcium	31mg
Iron	1mg

Directions

- 1 Place nuts in a frying pan over medium heat stirring occasionally for 5 minutes or until pecans are toasted.
- 2 Drizzle maple syrup over pecans and add in cinnamon. Stir well with a wooden spoon until pecans are evenly coated. Continue stirring until pecans become sticky.
- 3 Remove from heat and spread pecans over a piece of wax paper. Let dry for 10 minutes and break apart into individual pieces. Store in a mason jar. Enjoy!



Spicy Mango Guac on Sweet Potato Chips

4 servings
45 minutes

Ingredients

- 2 Sweet Potato
- 1 1/2 tsps Extra Virgin Olive Oil
- 2 Avocado (peeled and mashed)
- 1/2 Mango (peeled and diced)
- 1/4 cup Red Onion (finely diced)
- 1/4 tsp Cayenne Pepper
- 2 Lime (juiced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Calories	267
Fat	17g
Saturated	2g
Trans	0g
Polyunsaturated	2g
Monounsaturated	11g
Carbs	31g
Fiber	10g
Sugar	10g
Protein	4g
Cholesterol	0mg
Sodium	44mg
Vitamin A	9881IU
Vitamin C	34mg
Calcium	42mg
Iron	1mg

Directions

- 1 Preheat oven to 375. Starting at one end of the sweet potato, cut into rounds as thinly as possible. Try to be consistent with how thin you slice them so they bake evenly.
- 2 In a mixing bowl, toss the sweet potato rounds with olive oil and season with some sea salt.
- 3 Line a baking sheet with parchment paper. Place the sweet potato rounds across the baking sheet in a single layer. Bake in the oven on the middle rack for 20 minutes. Flip the rounds and bake for another 10 to 20 minutes depending on the thickness or until golden brown.
- 4 While sweet potato chips cook, assemble the guac by combining avocado, mango, red onion, cayenne, lime juice, sea salt and black pepper. Mix and mash with a fork until creamy. Store in fridge until ready to eat.
- 5 Place a dollop of guac on each baked sweet potato chip. Enjoy!

Notes

Chip Lover, Make brown rice tortilla chips instead of sweet potato chips.

Less Carbs, Skip the sweet potato and serve as a dip with veggie sticks.

Likes it Spicy, Add more cayenne pepper

Keep it Crispy, If chips lose their crispiness overtime, throw them back into the oven at 350 for 5 to 10 minutes.



Dark Chocolate & Walnuts

4 servings

5 minutes

Ingredients

1 cup Walnuts
100 grams Dark Organic Chocolate (at least 70% cacao)

Directions

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



Peanut Butter Rice Krispies

6 servings

30 minutes

Ingredients

- 1 tbsp Coconut Oil
- 1/2 cup Maple Syrup
- 1/2 cup All Natural Peanut Butter
- 2 1/2 cups Rice Puffs Cereal

Nutrition

Calories	241
Fat	13g
Saturated	4g
Trans	0g
Polyunsaturated	3g
Monounsaturated	6g
Carbs	28g
Fiber	1g
Sugar	18g
Protein	5g
Cholesterol	0mg
Sodium	6mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	38mg
Iron	2mg

Directions

- 1 Grease a loaf pan with coconut oil or line with parchment paper (use a larger baking dish if serving size is adjusted higher).
- 2 In a medium pot over low-medium heat, whisk together maple syrup and peanut butter until thoroughly combined. Remove from heat and let cool, about 5 minutes.
- 3 Add puffed rice and gently mix with a spatula until evenly coated.
- 4 Transfer to loaf pan and press down firmly. Freeze for 20 minutes or until firm. Slice into bars or squares and enjoy!

Notes

No Peanut Butter, Use any nut or seed butter instead.

No Maple Syrup, Use raw honey instead.

Storage, Freeze in an airtight container