



# TOP 25 RECIPES

COOKBOOK

# HI, MY NAME IS *lindsay!*

And Pinch of Yum is my little corner  
of the internet!

I'm the voice, author, and creator behind Pinch of Yum. What started as a casual hobby for nights and weekends while I was working as a fourth-grade teacher has now grown into a full-blown business (!!) that reaches millions of people with fun recipes each month.

I live in Saint Paul, MN with my husband Bjork and our dog Sage. My favorite things in life are a big plate of pad Thai, sunny days, and going to the dog park.



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# Breakfast



# Fluffiest Blueberry Pancakes

## INGREDIENTS

- 3/4 cup milk
- 2 tablespoons white vinegar
- 1 cup flour
- 2 tablespoons sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 egg
- 2 tablespoons melted butter
- 1+ cup fresh blueberries
- more butter for the pan

## DIRECTIONS

1. Mix the milk and vinegar and let it sit for a minute or two (you're making "buttermilk" here).
2. Whisk the dry ingredients together. Whisk the egg, milk, and melted butter into the dry ingredients until just combined.
3. Heat a nonstick pan over medium heat. Melt a little smear of butter in the pan (essential for giving a yummy golden brown crust).
4. Pour about 1/3 cup of batter into the hot skillet and spread it flat-like (it will be pretty thick). Arrange a few blueberries on top. Cook until you see little bubbles on top and the edges starting to firm up. Flip and cook for another 1-2 minutes until the pancakes are sky-high fluffy and cooked through.
5. Serve with butter and maple syrup. But honestly, sometimes I just like to eat these plain. YUM, YUM, YUM.



[Click here to see the full recipe with notes and reviews!](#)



# The Best Green Smoothie

## INGREDIENTS

- 1 cup frozen mango chunks
- 1/2 cup frozen peach slices
- a handful of kale (stems removed) or spinach
- 1-2 cups almond milk
- 1/2 inch slice of fresh ginger
- sprinkle of cinnamon
- honey to taste

## DIRECTIONS

1. Blend until smooth!

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# Lemon Poppyseed Zucchini Bread

## INGREDIENTS

- 3 cups grated zucchini (about 2 zucchini)
- grated zest of 2 large lemons
- 2 teaspoons vanilla extract
- 3 large eggs
- 1 cup extra-virgin olive oil
- 2 cups brown sugar (packed softly)
- 2 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 3 tablespoons poppy seeds
- optional: tiny pinch of nutmeg
- optional: a small grated piece of fresh ginger

## DIRECTIONS

1. Preheat the oven to 350. In a small mixing bowl, mix the zucchini with 1/4 cup brown sugar. Transfer the mixture to a fine-mesh strainer set over the mixing bowl. Fill another small bowl with water and set it directly on top of the zucchini so that it is pushing down, pressing the water out into the bowl below.
2. Line a 9x5 loaf pan with parchment paper. Whisk together the remaining brown sugar, eggs, lemon zest, and vanilla until well blended. Beat in the olive oil gradually, whisking it in until it's thoroughly incorporated.
3. Stir in the flour, salt, baking powder, baking soda, poppy seeds, nutmeg, and ginger until just combined. Add the pressed zucchini to the batter and stir it in gently until evenly incorporated.
4. Pour the batter into the prepared pan. Bake on the middle rack of the oven for about 1 hour and 10 minutes. The outer crust of the bread will be firm to the touch and on the darker side of golden brown.
5. Cool the bread in the pan for about 20 minutes. Remove, cut, and serve.

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# Main Dishes



# Spicy Shrimp Tacos with Garlic Cilantro Lime Slaw

## INGREDIENTS

### Garlic Cilantro Lime Sauce:

- 1/4 cup oil
- 1/4 cup water
- 1/2 cup chopped green onions
- 1/2 cup cilantro leaves
- 2 cloves garlic
- 1/2 teaspoon salt
- juice of 2 limes
- 1/2 cup sour cream or full-fat Greek yogurt

### Stuff for the Shrimp Tacos:

- 1 pound shrimp, peeled and deveined, tails removed
- 2-3 cups shredded green cabbage
- 8 small tortillas (corn or flour)
- avocados, Cotija cheese, and lime wedges for serving

### Shrimp Taco Spice Mix:

- 2 teaspoons each chili powder and cumin
- 1/2 teaspoon each onion powder and garlic powder
- 1/4 teaspoon cayenne pepper (more or less to taste)
- 1 teaspoon coarse sea salt

## DIRECTIONS

1. Pulse all the sauce ingredients in a food processor or blender until mostly smooth.
2. Toss some of the sauce (not all) with the cabbage. We'll use the leftover sauce to top the tacos.
3. Pat the shrimp dry with paper towels. Toss the shrimp in a small bowl with the spice mix to get it coated. Heat a drizzle of oil in a large skillet over medium-high heat. Add the shrimp to the hot pan and sauté for 5-8 minutes, flipping occasionally, until the shrimp are cooked through.
4. For the prettiest and easiest-to-eat assembly, go in this order: smashed avocado, slaw, and shrimp. Finish with Cotija cheese, lime wedges, and extra sauce.

[Click here to see the full recipe with notes and reviews!](#)



# Chipotle Tahini Bowls

## INGREDIENTS

### Chipotle Tahini:

- 1/2 cup olive oil
- 1/4 cup water
- 1/4 cup tahini
- 1–2 chipotles in adobo sauce
- 1 small clove of garlic
- juice of 1 orange (about 1/4 cup)
- 1/2 teaspoon salt

### Build the Bowls:

- roasted sweet potatoes
- soft-boiled eggs
- kale
- quinoa
- avocado
- anything else you want!

## DIRECTIONS

1. Pulse all sauce ingredients in a food processor until smooth. Season to taste.
2. Cook / prepare your bowl ingredients. My favorite combination is kale, roasted sweet potato, avocado, quinoa, and a soft-boiled egg. But I've also included chicken, roasted broccoli, etc.
3. Smother everything in sauce! So good.

[Click here to see the full recipe with notes and reviews!](#)



# Sheet Pan Chicken Pitas with Tzatziki

## INGREDIENTS

### Chicken:

- 1 pound boneless skinless chicken breasts, cut into very thin strips
- 3 cloves garlic, grated
- 1 tablespoon olive oil
- 1-2 tablespoons lemon juice
- 1 teaspoon each of cumin, smoked paprika, and kosher salt
- 1/2 teaspoon curry powder
- black pepper to taste

### Peppers:

- 2-3 bell peppers, sliced
- olive oil and salt

### Tzatziki:

- 3/4 cup full-fat plain Greek yogurt
- 1/2 cup grated cucumber (about one half of a large cucumber)
- 1-2 tablespoons lemon juice
- 1-2 tablespoons olive oil
- 1 small clove garlic, grated
- 1 teaspoon dried dill
- 1/2 teaspoon kosher salt
- pepper to taste

### Other:

- diced cucumbers, diced red onion, kalamata olives, feta cheese, some kind of flatbread (pita, naan, socca)

## DIRECTIONS

1. Preheat the oven to 425 degrees. Mix chicken ingredients in a bowl. Marinate for 30 minutes.
2. Mix all tzatziki ingredients.
3. On a sheet pan, toss the peppers with olive oil and salt. On a second sheet pan, place the chicken pieces. Roast both for 10-15 minutes, until chicken is cooked and peppers are browned.
4. Serve chicken, peppers, sauce, and all the other fixings on a big platter (or just a sheet pan, really) and everyone can build their own pitas / bowls / salads. So much salty-briney-crunchy goodness.



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# Spicy Peanut Soup with Sweet Potato + Kale

## INGREDIENTS

- 2 tablespoons olive oil
- half an onion, diced
- 1 jalapeño, minced
- 2 cloves garlic, minced
- 3 large sweet potatoes, peeled and cubed
- one 14-ounce can of fire-roasted tomatoes
- one 14-ounce can of light coconut milk
- 2 cups water
- 1 teaspoon salt
- 1 teaspoon curry and/or turmeric
- 1/2 cup chopped peanuts
- 1/4 cup peanut butter
- 1-2 cups kale, stems removed, chopped

## DIRECTIONS

1. Heat the olive oil in a large soup pot over medium heat and add the onion, garlic, and jalapeño. Saute until soft and fragrant.
2. Add sweet potatoes. I like to brown them a little bit with the aromatics to get them nice and flavorful.
3. Add tomatoes, coconut milk, water, spices, and peanuts. Simmer until sweet potatoes are fork-tender.
4. Add peanut butter and kale. Simmer until everything is thick, creamy, and delicious. Top with more peanuts and a little cilantro if you're obsessed like me.



[Click here to see the full recipe with notes and reviews!](#)

# Brown Butter Scallops with Parmesan Risotto

## INGREDIENTS

### Parmesan Risotto:

- 1 tablespoon butter
- 1 minced clove garlic or 1 minced shallot (or both)
- 1 cup arborio rice
- 1/2 cup white wine
- 3-ish cups of chicken broth
- 1/2 cup Parmesan cheese

### Brown Butter:

- 3 tablespoons butter

## DIRECTIONS

1. In a large non-stick skillet over medium heat, melt the butter. Add the garlic or shallots and saute for a minute or two, until soft and fragrant. Add the arborio rice, stir to coat with butter. Add the white wine and enjoy the sizzles. Add the broth, 1/2 cup at a time, and simmer/stir after each addition until the rice is soft and creamy. I usually err on the side of more liquid to get a creamier texture. Add the parmesan and stir until incorporated. Salt + pepp to taste.
2. Heat oil in a nonstick skillet. Pat scallops dry (VERY DRY, as dry as possible), sprinkle with salt, and add to the pan. They should sizzle (if not, you need a hotter pan.) Shake gently to prevent sticking. After 2-3 minutes, flip each scallop over. They should have a pretty golden brown exterior and an opaque inside. Transfer to a paper towel-lined plate to absorb excess oil. Serve immediately.
3. Heat the oil over medium-low heat. Add the garlic, stir for a minute to get the flavor going. Add the spinach or kale and stir until wilted.
4. Put a few tablespoons of butter in a clean skillet over medium heat and stir it while watching it closely – when it starts to look golden and foamy, remove from heat, transfer to a heat-proof bowl to cool slightly, then drizzle over the risotto, scallops, and greens.

### Sauteed Spinach or Kale:

- 1 tablespoon olive oil
- 1 clove minced garlic
- 4 cups spinach or kale

### Seared Scallops:

- 1 tablespoon grapeseed oil
- 1 pound jumbo scallops

# Coconut Curry Salmon

## INGREDIENTS

### Coconut Curry Sauce:

- 1 tablespoon olive oil
- 2 cloves garlic (minced)
- 1 small knob of ginger (minced)
- 1 tablespoon of lemongrass paste
- 1 tablespoon brown sugar
- 1 tablespoon red curry paste
- 1 can coconut milk
- 2 tablespoons fish sauce or soy sauce
- lots of lime juice and zest
- 3 cups fresh spinach, chopped
- cilantro, basil, mint, or other fresh herbs

### Salmon:

- 1 1/2 pounds salmon
- 1 tablespoon brown sugar
- 1 teaspoon curry powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon kosher salt (more for a larger filet)
- 1-2 teaspoons olive oil

## DIRECTIONS

1. Preheat the oven to 475 degrees. Line a baking sheet with foil. Place one of the oven racks close-ish to the top, about 6 inches or so.
2. Mix the spices and the olive oil to make a paste. Place the salmon skin-side down on the baking sheet. Rub the paste liberally over the top part of the salmon. Bake for 6-12 minutes (depends on the salmon thickness and desired doneness – I usually opt for 8-10 minutes).
3. Heat the olive oil over medium heat. Add garlic, ginger, and lemongrass; sauté for 5 minutes. Add brown sugar and curry paste; sauté for 3 minutes. Add coconut milk. Season with fish sauce and lime juice to taste. Add spinach; stir into the sauce until wilted.
4. Place salmon over rice. Cover with sauce, lime juice, and fresh herbs.



Click here to see the full recipe with notes and reviews!

# Noodles



# Date Night Rigatoni with Sausage + Kale

## INGREDIENTS

- 1 pound rigatoni + 2 cups reserved pasta water
- 3 tablespoons olive oil
- 2 cups chopped fennel or celery
- 1 large yellow onion, chopped
- 1 pound Italian sausage
- 4 cloves garlic, minced
- 1 teaspoon fennel seeds, crushed or chopped
- 1/4 cup tomato paste
- 1 cup dry white wine or chicken broth
- 1 1/4 cups heavy cream
- 2 cups chopped kale
- 1 teaspoon salt
- freshly grated Parmesan cheese
- red pepper flakes

## DIRECTIONS

1. Cook rigatoni according to package directions in well-salted water. Reserve 2 cups of the starchy water when you drain.
2. Heat olive oil in a large, deep pot over medium-high heat. Add the fennel and onion. Saute until very soft – about 10 minutes. Add the sausage. Cook, breaking into small pieces until browned all the way through.
3. Turn the heat down. Add the garlic, fennel seeds, and tomato paste. Sauté until fragrant – about 3 minutes. Add the wine; let it sizzle out. Add the cream; let it come to a low simmer. Stir in the kale. Season with salt.
4. Toss sauce with the cooked pasta. Add reserved pasta water as needed to thin the sauce. Stir in freshly grated Parmesan cheese. Finish with red pepper flakes and more Parm. Serve with a glass of wine because THIS IS VERY ROMANTIC AND FANCY!

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# 5 Ingredient Vegan Vodka Pasta

## INGREDIENTS

- 1/4 cup olive oil
- 3 cloves garlic, minced
- one 6-ounce can tomato paste
- 1/4 cup vodka
- one 14-ounce can full fat coconut milk
- 1 pound rotini (or any pasta, but rotini is fun)
- a little bit of reserved pasta water
- 1 teaspoon salt
- season to taste with more salt, black pepper, olive oil, red pepper flakes, garlic salt, etc.

## DIRECTIONS

1. Heat the olive oil over low heat. Add the garlic, and sauté until fragrant.
2. Add the tomato paste and stir until the tomato paste is a deep red color.
3. Add the vodka – let it sizzle out. Add the coconut milk and salt. Let the mixture simmer a bit.
4. Cook pasta according to package directions. Drain and toss with the sauce (and a little reserved pasta water to achieve desired consistency).
5. Curl up with a bowl of this goodness and enjoy.

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# Instant Pot Mac and Cheese

## INGREDIENTS

- 1 pound uncooked elbow pasta
- 4 cups water
- 1 teaspoon salt
- 3 tablespoons butter, cut into small pieces
- 2 1/2 cups shredded cheese
- up to 1/2 cup whole milk

## DIRECTIONS

1. Put the pasta, water, and salt into the Instant Pot. Cook for 4 minutes using the manual function. Quick-release the steam so your noodles don't get overcooked.
2. Gently stir in the butter until melted. Add the cheese and milk (use 2-3 tablespoons of milk at a time, as needed, up to 1/2 cup). Add more seasoning or liquid as necessary. MWAH! Enjoy. It's so, so good.



Click here to see the full recipe with notes and reviews!

# Coconut Curry Ramen

## INGREDIENTS

### Coconut Curry Ramen:

- 2 tablespoons oil
- 8 oz. shiitake mushrooms (2-3 cups sliced)
- 2 bok choy, chopped (2-3 cups chopped)
- 3 cloves garlic, minced
- one 1-inch piece of peeled fresh ginger, minced
- 1 teaspoon curry powder
- 6 cups vegetable broth
- 6-8 oz. ramen noodles
- one 14-ounce can coconut milk
- 1 teaspoon salt
- squeeze of lime juice

### Tofu:

- one 14-ounce package extra firm tofu
- 1 teaspoon cornstarch
- drizzle of oil and soy sauce
- 2 tablespoons hoisin sauce

### Optional Finishing Touches:

- sesame oil
- hoisin sauce
- chili paste
- green onions
- sesame seeds

## DIRECTIONS

1. Preheat the oven to 375 degrees. Line a baking sheet with parchment paper. Press some / most of the water out of the tofu. Cut into cubes. Toss gently in a bowl with the cornstarch until coated. Drizzle with oil and soy sauce. Transfer to baking sheet and bake for 30-40 minutes, until golden and crispy. Toss with a little bit of hoisin sauce.
2. While tofu bakes, chop the veggies.
3. Heat the oil in a large, deep pot over medium heat. Add the mushrooms and bok choy. Saute for 3-5 minutes, until soft. Add garlic, ginger, and curry powder. Saute for 3-5 minutes, until fragrant.
4. Add the broth and bring to a simmer. Add ramen noodles and simmer until cooked (usually takes 3-4 minutes). Add coconut milk. Season with salt and lime juice.
5. Serve ramen and broth in bowls, topped with tofu, sesame oil, sesame seeds, green onions... you get the idea. Grab your chopsticks and Go. To. Town.

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# Meal Prep



# Sesame Noodle Bowls

## INGREDIENTS

### Sesame Sauce:

- 1/4 cup sesame paste (or tahini)
- 1/4 cup warm water
- 3 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon rice vinegar
- 1 clove garlic, grated
- Sriracha and sugar to taste

### Bowls:

- 6-8 ounces stir fry noodles, Chinese egg noodles, or linguine in a pinch
- 2 cups edamame, cooked
- 2 cucumbers, diced
- 1 pound chicken breast, cooked and diced (optional)
- sesame seeds

## DIRECTIONS

1. Whisk all sauce ingredients together until smooth (or you can run it through the food processor, or shake it up in a jar).
2. Cook noodles a few minutes LESS than package instructions. If your noodles seem very sticky, rinse them in cold water. Toss noodles with about half of the sesame sauce.
3. Divide noodles, edamame, cucumber, and chicken into containers. Drizzle with a little extra sauce and sprinkle with sesame seeds. Voila! Store in the fridge for 3-4 days. Eat hot or cold. Take a shot for the 'gram cause this is your moment.

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# 15-Minute Egg Roll in a Bowl

## INGREDIENTS

- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 1 knob of ginger, grated
- 1 teaspoon Chinese five-spice
- 2 tablespoons soy sauce
- chili paste to taste
- 1 pound ground pork
- 5–6 cups shredded cabbage or coleslaw mix
- 3 large carrots, diagonally sliced
- rice and green onions for serving

## DIRECTIONS

1. Heat the olive oil in a large skillet over medium heat. Add the garlic and ginger and sauté until fragrant.
2. Add the five-spice, soy sauce, chili paste, and pork. Break apart until the meat is browned and cooked through.
3. Add the coleslaw mix and carrots. Toss until the vegetables are tender-crisp.
4. Serve over rice, with green onions and Sriracha if you like that kinda thing. (I do.)

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# Roasted Vegetable Bowls with Green Tahini

## INGREDIENTS

### Green Tahini:

- 1/2 cup olive oil (mild tasting)
- 1/2 cup water
- 1/4 cup tahini
- a big bunch of cilantro and/or parsley
- 1 clove garlic
- squeeze of half a lemon (about 2 tablespoons)
- 1/2 teaspoon salt (more to taste – I like 3/4 teaspoon)

### Roasted Vegetables:

- 8 large carrots, peeled and chopped
- 3 golden potatoes, chopped
- 1 head of broccoli, cut into florets
- 1 head of cauliflower, cut into florets
- olive oil and salt

### Optional Extras:

- hard boiled eggs
- avocados
- chicken, tofu, any other protein

## DIRECTIONS

1. Preheat the oven to 425 degrees.
2. Arrange your vegetables onto a few baking sheets lined with parchment (I keep each vegetable in its own little section). Toss with olive oil and salt. Roast for 25-30 minutes.
3. While the veggies are roasting, blitz up your sauce in the food processor or blender.
4. Voila! Portion and save for the week! Serve with avocado or hard-boiled eggs or... anything else that would make your lunch life amazing.

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# Sweets



# The Best Soft Chocolate Chip Cookies

## INGREDIENTS

- 8 tablespoons of salted butter
- 1/2 cup white sugar (I like to use raw cane sugar with a coarser texture)
- 1/4 cup packed light brown sugar
- 1 teaspoon vanilla
- 1 egg
- 1 1/2 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt (but I always add a little extra)
- 3/4 cup chocolate chips (I use a combination of chocolate chips and chocolate chunks)

## DIRECTIONS

1. Preheat the oven to 350 degrees. Microwave the butter for about 40 seconds to just barely melt it. It shouldn't be hot – but it should be almost entirely in liquid form.
2. Using a stand mixer or electric beaters, beat the butter with the sugars until creamy. Add the vanilla and the egg; beat on low speed until just incorporated – 10-15 seconds or so (if you beat the egg for too long, the cookies will be stiff).
3. Add the flour, baking soda, and salt. Mix until crumbles form. Use your hands to press the crumbles together into a dough. It should form one large ball that is easy to handle (right at the stage between “wet” dough and “dry” dough). Add the chocolate chips and incorporate them with your hands.
4. Roll the dough into 12 large balls (or 9 for HUGELY awesome cookies) and place on a cookie sheet. Bake for 9-11 minutes until the cookies look puffy and dry and just barely golden. Warning, friends: DO NOT OVERBAKE. This advice is probably written on every cookie recipe everywhere, but this is essential for keeping the cookies soft. Take them out even if they look like they’re not done yet (see the picture in the post). They’ll be pale and puffy.
5. Let them cool on the pan for a good 30 minutes or so (I mean, okay, eat four or five but then let the rest of them cool). They will sink down and turn into these dense, buttery, soft cookies that are the best in all the land. These should stay soft for many days if kept in an airtight container. I also like to freeze them.

[Click here to see the full recipe with notes and reviews!](#)



# Best Peach Cobbler

## INGREDIENTS

### Peach Filling:

- 5–6 large fresh yellow peaches, sliced
- 1/4 cup sugar

### Cobbler Topping:

- 1/2 cup salted butter, melted
- 3/4 cup sugar
- 1 teaspoon vanilla
- 1 cup flour
- 1 teaspoon baking powder
- a pinch of salt
- 1/4 cup turbinado sugar (optional, but really nice)
- whipped cream or vanilla ice cream for serving

## DIRECTIONS

1. Preheat the oven to 350 degrees. Smear the bottom of the 9×13 pan with a little bit of butter. Add peaches and sugar, and mix directly in the pan.
2. Mix the butter, sugar, vanilla, flour, baking powder, and salt until a cookie-dough-like batter forms.
3. Place scoops of the mixture over the top of the peaches. Spread with a spoon or with your fingers – no need for perfection here.
4. Bake for 30 minutes. At this point, it should be juicy and bubbly around the sides – if not, see notes.
5. Sprinkle the top with turbinado sugar. Bake another 10 minutes and then finish with a few minutes under the broiler (475-ish) for a few minutes to get it golden brown and slightly crunchy on top.
6. To get a thick saucy peach base, let it stand for 20-30 minutes before serving with some vanilla ice cream. But good luck with that.



Click here to see the full recipe with notes and reviews!

# Raspberry Crumble Bars

## INGREDIENTS

### Raspberry Filling:

- two 12-ounce bags of frozen raspberries
- 1/2 cup granulated sugar (more depending on tartness of your berries)
- 2 tablespoons flour
- 1 tablespoon cornstarch
- juice of one lemon

### Crumble Layer:

- 3 cups rolled oats
- 3 cups flour
- 2 cups brown sugar (loosely packed)
- 1 teaspoon baking powder
- 1 1/2 cups melted butter (I prefer salted)
- 1/2 teaspoon salt

## DIRECTIONS

1. Preheat the oven to 350 degrees. Place raspberries in a large colander. Run warm water over them for a minute, and then let the liquid drain out for about an hour until softened and thoroughly drained. Mix raspberries with sugar, flour, cornstarch, and lemon juice.
2. Mix the oats, flour, sugar, baking powder, butter, and salt together into a crumble-like mixture. Press two-thirds of the crumble into the bottom of a 9×13 pan lined with parchment paper. Bake for 10 minutes.
3. Arrange the raspberry layer on top of the baked bottom layer. Sprinkle with remaining crumble. Bake for another 25-30 minutes.
4. Remove from oven. They will need a little time to set up into “bar” formation, so chill them for a few hours to get them really solid. Orrrr... cut into it right away and eat it like a soft fruit crisp! You should be able to remove them from the pan easily by pulling up the edges of the parchment paper.



Click here to see the full recipe with notes and reviews!

# Snacks



# Coconut Oil Granola Remix

## INGREDIENTS

- 3 cups rolled oats
- 1 heaping cup flaked unsweetened coconut
- 1 heaping cup sliced almonds
- 1 cup chopped pistachios
- 1/4 cup flax seeds
- 3/4 cup coconut oil, melted
- 2 tablespoons honey
- 2 tablespoons real maple syrup
- 1 teaspoon cinnamon
- 1 teaspoon salt
- 1/2 cup golden raisins, or other dried fruit

## DIRECTIONS

1. Preheat the oven to 300 degrees.
2. Mix everything (except the golden raisins) in a large bowl. Spread the mixture on a large baking sheet in a thin layer.
3. Bake for 30 minutes. Stir in the golden raisins, and bake for another 15 minutes.
4. Let the granola sit on the baking sheet for another 10-15 minutes so that clusters can form. YUMMM.

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# Feel-Good Apple Muffins

## INGREDIENTS

- 2 cups rolled oats
- 8 medjool dates, pitted (about 3/4 cup)
- 1/2 cup olive oil
- 1/4 cup real maple syrup
- 1-2 apples, grated (about 1-2 cups total)
- 2 eggs
- 1 teaspoon baking soda
- pinch of sea salt and/or cinnamon (optional)
- coconut / seeds / nuts / butterscotch chips (optional, for topping)

## DIRECTIONS

1. Preheat the oven to 350 degrees.
2. Mix all ingredients in a blender until a chunky batter comes together.
3. Pour batter into a greased or lined muffin tin. Sprinkle with butterscotch chips. Bake for 15-18 minutes, until the tops gently spring back when you press into them.
4. Sprinkle warm muffins with sea salt if you're into that kinda thing. Serve warm or cold ALL DAY LONG.



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# Cookie Dough Energy Bites

## INGREDIENTS

- 2 cups rolled oats
- 2 cups flaked unsweetened coconut
- 1/2 cup peanut butter (extra as needed)
- 1/2 cup honey (extra as needed)
- 1/4 cup chia seeds
- 1/2 teaspoon salt
- 1/2 teaspoon vanilla
- 1/2 cup chocolate chips

## DIRECTIONS

1. Pulse the oats and the coconut until coarsely ground.
2. Add peanut butter, honey, chia seeds, salt, vanilla, and chocolate chips. Pulse again until well-mixed and the chocolate chips are cut into smaller pieces.
3. Roll into balls. (If it's too dry, just add a little more honey / peanut butter and mix again – I usually just eyeball the amounts until it gets sticky enough).
4. Freeze until solid. Store in freezer or refrigerator.



[Click here to see the full recipe with notes and reviews!](#)

# Drinks





# Unbelievably Good Cashew Coffee

## INGREDIENTS

- 1 serving of strongly brewed coffee (about 1 1/2 cups)
- 1/4 cup cashews (roasted and unsalted is my favorite)
- 1 tablespoon honey (more or less to taste)
- a small pinch of coarse sea salt

## DIRECTIONS

1. Blend all ingredients for about 45 seconds in a high-powered blender. Start on a lower speed and gradually work your way up, ending with about 15 seconds on a very high speed to ensure a smooth and creamy texture. Pour into a mug and enjoy, or chill for later!

[Click here to see the full recipe with notes and reviews!](#)

# Cucumber Agua Fresca

## INGREDIENTS

- 3 small cucumbers, cut into chunks
- 10 fresh basil leaves (or mint!)
- 2 whole limes, unpeeled and cut into quarters
- 1 tablespoon lemongrass paste or fresh lemongrass (can also use ginger)
- 1/2 cup sugar
- 1/4 cup honey
- 2 cups water + an additional 2 cups water later
- ice for serving

## DIRECTIONS

1. Blend the cucumbers, basil, limes, lemongrass, sugar, honey, and 2 cups water together until smooth-ish.
2. Using a fine-mesh strainer to catch all the pulp, pour the agua fresca into a pitcher. Discard pulp.
3. Mix an additional 2 cups of water into the pitcher. Store in the fridge and serve over ice! SO GOOD.



Click here to see the full recipe with notes and reviews!

# Mango Kiwi Coolers

## INGREDIENTS

### Mango Layer:

- 2 1/2 cups frozen diced mango
- 1/2 cup plain yogurt
- 1/4 cup honey (more or less to taste)
- zest of one lime
- 1/2 cup to 1 cup ice
- water as needed

### Kiwi Layer:

- 3 kiwis, peeled
- 1/2 cup plain yogurt
- 2 tablespoons honey
- 1/2 cup spinach
- 1/2 cup ice
- extra kiwi slices for topping

## DIRECTIONS

1. Blend the mango smoothie. Divide between two large glasses or 3-4 small glasses. Tap the bottom of glasses on your hand or a counter to smooth out the top surface of the smoothie (this makes a nicer line when you add the second smoothie on top).
2. Blend the kiwi smoothie. Pour on top of the mango layer in the glass. Top with kiwi slices. Grab a straw and enjoy!

[Click here to see the full recipe with notes and reviews!](#)



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- KIM, LET THEM EAT GLUTEN FREE CAKE



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