



Chia Quionoa Banana Granola Bars

Ingredients

1 cup gluten free rolled oats

1/2 cup uncooked pre-rinsed quinoa

2 tablespoons chia seeds

1/4 teaspoon salt

1 teaspoon cinnamon

2 ripe bananas, mashed (about 3/4 cup)

1/2 teaspoon vanilla extract

1/4 cup roughly chopped almonds

1/4 cup chopped pecans

1/3 cup dried fruit (raisins or cranberries work well)

1/4 cup natural creamy almond butter

2 tablespoons honey or pure maple syrup

Preheat oven to 350 degrees. Line an 8x8 inch baking pan with parchment paper. In a large bowl, combine oats, uncooked quinoa, chia seeds, salt and cinnamon. Stir in mashed banana and vanilla. Fold in almonds, pecans and dried fruit. Place a small saucepan over low heat; add in almond butter and honey and stir until almond butter is melted. Fold into granola bar mixture until well combined. Pour into prepared pan and press down firmly. Bake for 25 minutes. Allow to cool completely before cutting into 10 bars.



Key Lime Pie Energy Bars

Ingredients

20 pitted deglet dates (or 10 medjool dates, pitted)
3/4 cup whole almonds
3/4 cup raw cashews
1/4 cup unsweetened shredded coconut
Zest of 2 limes
Juice of 1 lime
Pinch of sea salt

Place all ingredients into the bowl of a food processor. Process until mixture is crumbly yet still holds together well when pinched between your fingers. If mixture is too dry, add another date and process again or add a splash of water. If mixture is too wet, add a few more nuts and process again until crumbly. Press mixture onto a parchment paper-lined baking sheet forming a square about 9x9 inches (or roll them between your hands to form them into 16 balls). Place bars in the fridge to chill if they seem sticky. Cut into 12 bars. Wrap in parchment paper and store in a covered container in the fridge for up to 1 week.



No-Bake Energy Bites

Ingredients

Peanut butter
Honey
Vanilla extract
Old fashioned oats
Toasted shredded coconut
Ground golden flaxseed meal
Chocolate chips

In a mixing bowl, stir together the peanut butter, honey and vanilla extract. Add the oats, coconut, flaxseed meal and chocolate chips and stir. Chill the mixture for 30 minutes, or until it's firmer. Roll into bite-sized balls, then store in the fridge.



Smoky BBQ-Spiced Pumpkin Seeds

Ingredients

1½ cup raw pumpkin seeds, unshelled

11/4 teaspoon onion powder

1 1/4 teaspoon garlic powder

1/2 teaspoon smoked paprika

1/2 teaspoon kosher salt

1/4 teaspoon cayenne pepper

1/4 teaspoon ground mustard

1/4 teaspoon light brown sugar

4 to 5 squirts olive oil spray

Preheat oven to 300F degrees. Remove the seeds from the pumpkin and separate them from the stringy pulp and rinse the seeds in a colander under cold water. Shake off any excess water, spread the seeds on a baking sheet and roast for about 10 minutes. In another small bowl, combine the onion powder, garlic powder, mustard, smoked paprika, cayenne, salt and brown sugar. Place the seeds in a medium bowl and lightly spray with oil. Add 3/4 of the spice mixture and toss to evenly coat. Evenly spread the seeds on a sheet pan covered with parchment and roast for 20 to 30. Immediately spray more olive oil over the seeds and toss with the remaining spice mixture.



Peanut Butter Banana Bites

Ingredients

1 1/2 cups plain 2-percent-fat Greek yogurt1/4 cup peanut butter2 large bananas, sliced into 1/2-inch thick rounds

Line a sheet pan with parchment paper. In a bowl, stir together yogurt and peanut butter. Dip banana slices into yogurt mixture, covering about 3/4 of the surface area. Place slices on parchment-lined sheet pan. Freeze until set. When bites are frozen, store in an airtight container in the freezer.



Blueberry and Almond Trail Mix

Ingredients

1/4 cup banana chips, dried1/4 cup blueberries, dried1/4 cup cherries, dried1/4 cup peaches, dried1 cup almonds

Mix all ingredients in a bowl. Enjoy!



Pumpkin Spice Trail Mix

Ingredients

1/4 cup coconut sugar (or cane sugar)

2 teaspoons cinnamon, ground

2 teaspoons paprika

1 teaspoon pumpkin pie spice

1 cup unsalted whole almonds

1 cup rolled oats

1 cup unsalted pecan halves

1 cup roasted salted pepitas (shelled pumpkin seeds)

1 cup walnut halves

1/4 cup pumpkin puree

2 Tablespoons all natural apple juice

2/3 cup dried cranberries

2/3 cup raisins

Preheat oven to 250°F. Mix sugar, cinnamon, paprika and pumpkin pie spice in small bowl. Set aside. Place almonds, oats, pecans, pepitas and walnuts in large bowl. Mix together pumpkin puree and apple juice; pour over nut mixture and toss until nuts are evenly coated. Sprinkle with spice mixture. Spread evenly on two baking pans. Bake 30-35 minutes, stirring halfway through cook time. Cool completely. Stir in cranberries and raisins. Store in airtight container.



Vegan Matcha Protein Balls

Ingredients

3/4 cup raw cashews

1/4 cup shelled unsalted pistachios

10-2 medjool dates

2 tablespoons almond butter or nut butter of choice

1 scoop vegan vanilla protein powder

2 teaspoons matcha powder

1 tablespoon maple syrup optional, sub for water

1-2 tablespoons water as needed

Add nuts and dates to a food processor and process on high until finely ground. Add almond butter, protein and matcha and process again until a dough begins to form. If the mixture is too dry, add maple syrup and/or water until the mixture comes together into a sticky dough. Form mixture into balls and repeat until no dough remains. Store balls in the fridge or freezer.



Actually Crispy Baked Chickpeas

Ingredients

1 15-ounce can chickpeas (drained and dried)

1 Tbsp avocado or other neutral oil

1/2 tsp sea salt

1 tsp seasonings of choice (such as curry powder or chili powder)

Preheat oven to 350F. Drain chickpeas well. If using oil, rinse well with water and thoroughly drain. Spread the chickpeas out on a clean, absorbent towel and use your hands to gently roll and dry the chickpeas. Transfer the chickpeas to a mixing bowl and top with oil and salt. Mix well to combine. Bake for a total of 45-50 minutes or until golden brown and dry/crispy to the touch. Remove from oven and toss with seasonings while still warm. Let cool 5-10 minutes. Serve as is or atop bowls or salads!



No-Bake Oatmeal Energy Bites

Ingredients

1/4 to 1/3 cup crushed honey roasted nuts or maple glazed pecans

2 cups gluten-free rolled oats

1/3 cup chocolate chips

1/3 cup dried cranberries (unsweetened to reduce sugar, if desired)

1/2 cup natural no-stir nut butter or sunflower seed butter

1 tsp vanilla extract

1 tsp cinnamon - optional

2 tbsp flour or protein powder if you need the batter less sticky.

Crush glazed nuts by hand or in a blender, transfer into a mixing bowl. Add oats, chocolate chips, dried cranberries, and cinnamon and mix together. Add creamy nut butter. Stir again. Add vanilla extract and honey (or maple syrup), a little bit a time, mixing with a spoon between pours. Add a few tbsp of coconut flour or protein powder. Mix with spoon. Before rolling, chill the batter in the fridge for 20 minutes. Roll into 1-1.5 inch balls and place on a cookie tray or plastic ware with parchment paper underneath. Let them freeze for 20-30 minutes then transfer into a Ziploc bag. Keep in fridge or freezer for up to 6 weeks.



Soft Granola Bars

Ingredients

2 cups rolled oats
2 cups twisted pretzels, crushed down to about 1 heaping cup
1/2 cup salted peanut halves
1 cup peanut butter (more as needed)
1/2 cup honey (more as needed)
1 teaspoon vanilla

Toss the oats, crushed pretzels, and salted peanut halves together in a large bowl. Stir the peanut butter, honey, and vanilla together in a separate bowl until smooth and creamy. Pour the mixture over the dry ingredients in the other bowl. Stir until combined. Press the bar mixture into a 9x9 inch pan lined with parchment paper (9x13 will work – it will just yield wider, flatter bars). Freeze for 30 minutes. Pull out of the pan and cut into bars. Store bars individually wrapped in the freezer for quick grab-and-go snacks.



Apricot Fruit Leather

Ingredients

5 lbs ripe sweet apricots 1/2 cup granulated sugar or to taste

Rinse apricots, cut in half and discard pits. Place on a large baking sheet cut-side-up and bake at 400F for 15 min (it's ok to crowd the fruit in a smaller pan). Remove from oven and let cool until just warm enough to handle. Transfer to blender or food processor in batches and process until a smooth puree. Pour puree into a large mixing bowl. Add 1/2 cup sugar, or to taste and stir until sugar is incorporated. Spread puree on a large cookie sheet lined with parchment paper and place baking sheets in a preheated oven at 200F for about 3 to 3 1/2 hours, depending on how thick you spread it. It's done when it no longer sticks to your fingers when you poke the center. Once at room temp, roll and store at room temperature in large ziploc or foodsaver bags.



Frozen Greek Yogurt Bark

Ingredients

2 1/2 cups Greek yogurt

1 Tbsp maple syrup or honey

1/4 cup granola

2 kiwis diced

1 mango diced

2 Tbsp shaved or shredded coconut

1 Tbsp chocolate chips

1 tsp chia seeds

If desired, mix together yogurt and maple or honey. Spread yogurt onto a parchment paper-lined baking sheet so that it's about 1/4 to 1/2 inch thick. Sprinkle granola, diced fruit, coconut, chocolate chips, and chia seeds onto yogurt, pressing down with a spoon or spatula to ensure all the toppings are touching the yogurt. Cover with plastic wrap and freeze for about 4 hours, or until yogurt is hard. Break into pieces and serve immediately. Store any leftovers in an airtight container in the freezer.



Chai-Spiced Granola

Ingredients

1/2 cup pitted dates
2 cups rolled oats
1 1/2 cups chopped nuts
1 tablespoon ground cinnamon
2 1/2 teaspoons ground cardamom
1 1/2 teaspoon ground ginger
1 teaspoon ground allspice

1 teaspoon ground cloves
1/2 teaspoon nutmeg
1/4 teaspoon salt
1/2 cup water
2 tablespoons almond butter
1 1/2 teaspoons vanilla extract
1/4 teaspoon almond extract

Preheat oven to 325F. Line a baking sheet with parchment paper. In a small bowl, add dates. Cover with boiling water; set aside for 5 minutes. In a large bowl, add oats, nuts, cinnamon, cardamom, ginger, allspice, cloves, nutmeg and salt. Stir to combine. Drain the dates. In a blender or food processor, add dates and 1/2 cup water. Blend until smooth. Stir in almond butter, vanilla, and almond extract. Slowly pour the date mixture into the dry ingredients. Stir until the date mixture is evenly incorporated into the granola. Pour granola onto the baking sheet in an even layer. Bake for 20 minutes. Remove from the oven and let it cool in the pan for 5-10 minutes.



Slow-Cooker Spiced Nuts

Ingredients

4 cups raw mixed nuts (almonds, cashews, pecans, walnuts, etc.)

1/4 cup pure maple syrup

2 tbsp honey (or additional maple syrup for vegan-friendly)

1 tsp pure vanilla extract

2 tbsp coconut oil, melted

Zest of 1 orange

1 tsp ground cinnamon

1/4 tsp ground ginger

1/4 tsp ground allspice

1/4 tsp ground nutmeg

1/8 tsp ground cardamom

1/4 tsp sea salt

Line a slow cooker with parchment paper. Place nuts in slow cooker. Add remaining ingredients to slow cooker and stir until nuts are evenly coated. Place lid on slow cooker and set to LOW heat. After 30 minutes, remove lid and stir nuts. Replace lid. Continue cooking, stirring every 30 minutes, until nuts are sticky and fragrant (about 2 – 3 hours depending on your slow cooker). Use parchment paper to carefully lift nuts out of slow cooker. Place on a large baking sheet, stirring occasionally until completely cool.



PB&J Energy Bars

Ingredients

1/2cup rolled oats1/2cup peanut butter1/3cup raisins2tablespoons strawberry jam (or any flavor you prefer)

In a food processor, blend ingredients until thoroughly combined. Transfer to a clean cutting board and press into a rectangle, roughly 12x4 inches. Cut into 3 bars. Refrigerate before serving for a harder texture. Wrap extra bars in plastic or parchment paper and store in the fridge.



Homemade Dill Pickles

Ingredients

1-1/2 lbs pickling cucumbers

4 cups of water

6 cloves of garlic, quartered

2 cups white vinegar

2 tbsp sea salt

1 tbsp coriander seeds

1 tbsp mustard seeds

1 tbsp peppercorns (red, white, red, or black)

1 tbsp celery seedfresh dillbay leaves

Optional: red pepper flakes3-4 16 oz ball jars (mason jars)

IMix all of the mustard, coriander, celery, and peppercorns together in a bowl. Add 1 tbsp of the mixture to each jar. Add a pinch of red chili flakes if desired. Add a few sprigs of fresh dill to each jar. After quartering (or slicing) the cucumbers, stuff them in the jars evenly and tightly. Boil water with salt. Add the garlic and reduce to a simmer for 5 minutes. Add the vinegar and return to a boil. Thour the liquid into each jar with the garlic. Add a bay leaf to each jar. Allow to cool to room temperature, then place in the refrigerator for 4 days to 2 weeks. The longer the better in this case (the longer, the more flavor develops).