



# BANANA BREAD MUFFIN TOPS

*A Tasty Snack or Addition to your  
Breakfast*

## INGREDIENTS

- 2 large ripe bananas (12 ounces)
- 1/2 cup pitted dates (may need to soak to soften)
- 1/4 cup coconut oil (melted)
- 1 tsp vanilla
- 1 tsp cinnamon
- 1 tsp baking powder
- 1/4 tsp sea salt
- 2 cups oats
- 1/4 cup chip its of choice
- optional 1/4 chopped walnuts

## PREP TIME

- Prep | 10 m
- Cook | 20 m
- Ready in | 30 m
- Store in fridge

## PROCEDURE

- Preheat oven to 350F
- 01** Use parchment paper on a baking sheet  
Start with bananas, dates, melted coconut oil and vanilla in a food processor and blend until smooth
- 02** Add the cinnamon, baking powder, and salt and process again till combined  
Add 1.5 cups of the oats and process only 4-5 seconds so the oats are chopped  
Remove Batter from food processor
- 03** Stir in the remainder 1/2 cups of oats and chipits and optional walnuts
- 04** Spoon the dough in large portions (roughly 3 tbsp or ice cream scoop onto baking sheet. Do not press down to flatten  
bake for 15-18 mins  
Let cool and enjoy



# PROTEIN PANCAKES

*Nutrious Brunch Must Have*

## INGREDIENTS

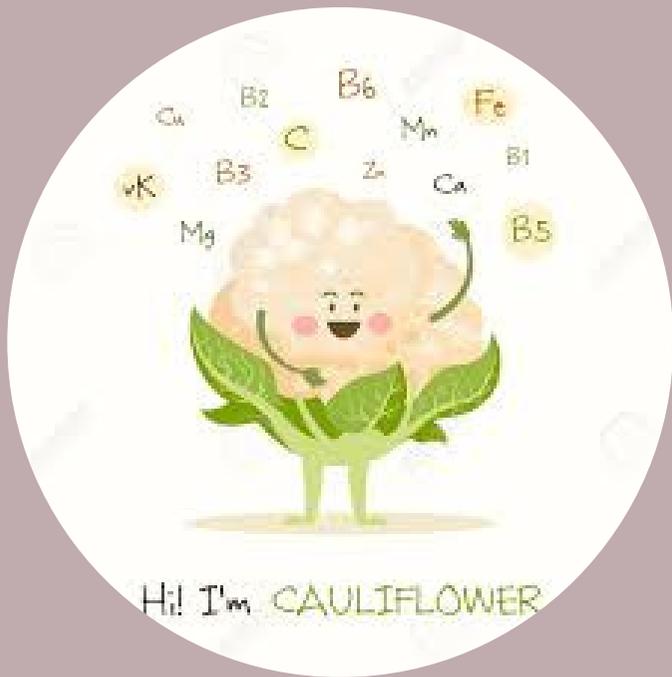
1 scoop protein powder  
1 tsp baking powder  
1 egg  
1/3 cup egg whites

## PREP TIME

- Prep | 5 m
- Cook | 8 m
- Ready in | 15 m

## PROCEDURE

- 01** In a bowl use a whisk to mix everything together. Until smooth
- 02** Add Chocolate chips, fruit or cinnamon spices for extra deliciousness.
- 03** Oil/Grease pan or use pancake or waffle maker. Cook for a few minutes and flip once.
- 04** Enjoy fresh with your favourite toppings or cook up some extra and warm up for breakfasts on the go!



# BUFFALO CAULIFLOWER CASSEROLE

*Can be used as a side or main course. Add Chicken for extra protein.*

## INGREDIENTS

- 1/2 cup Franks Hot sauce (buffalo style)
- 3 1/2 cups cauliflower rice (frozen or raw) I purchase from Costco
- 1/3 cup avocado mayo or plain non dairy yogurt
- 1/2 cup white onions chopped
- 1/2 cup celery chopped
- optional to add 2 tbsp of ranch dressing to make it buffalo ranch (can also top with after baked)

Seasonings:

- 1 tsp garlic, 1 tsp pepper, 1 tsp salt, 1 tsp paprika
- 2 tbsp nutritional yeast (optional)
- 3-4 cups of cooked chicken breast shredded or chopped (optional)

## PROCEDURE

01

Preheat oven to 350F. Coat your casserole dish with olive oil (9x9 or 9x13)

02

In a large bowl mix all ingredients and spices together. Mix up everything well and finish off with any extra flavouring or spicing you want.

Transfer to casserole dish and bake for 30-35 min (or the top is crispy.) option to broil at the end but make sure your watching it so it doesn't burn!!

03

Ready to serve! Can drizzle with ranch or more hot sauce or any extra toppings you would like! Makes for a great lunch dish!



# COCONUT SWEET POTATO SOUP

*Delicious in the colder months. Can also add shrimp for that extra yum factor*

## INGREDIENTS

- 1 tbsp olive oil
- 1 cup chopped onions
- 1 cup chopped red bell peppers
- 3/4 cup chopped celery
- 2 tsp minced garlic
- 4 cups cubed sweet potatoes
- 1 tbsp ginger root
- 3/4 tsp cumin, ground coriander, and curry powder
- 1 tsp cinnamon
- 2 cups reduced sodium chicken or vegetable broth
- 1 can light coconut milk (14oz/398mL)
- 1 tsp salt & pepper
- 3 tbsp minced fresh cilantro and basil leaves
- 2 tbsp peanut butter
- 1 tbsp lime juice

## PROCEDURE

01

Heat oil in a large pot over medium heat. Add onions, red peppers, celery and garlic. Cook and stir until vegetables begin to soften. (roughly 5 min)

02

Stir in sweet potatoes, ginger, cumin, coriander, curry powder, and cinnamon and stir for 30 seconds. Add broth, coconut milk, salt and pepper.

Bring soup to a boil

03

Reduce heat to low and cover to simmer for 10 minutes or until sweet potatoes are tender transfer half the soup to a blender and puree until smooth. Return pureed soup to pot and with remaining soup stir in cilantro, basil, peanut butter and lime juice. Mix well.



# ROASTED RED PEPPER HUMMUS

*Delicious in the colder months. Can also add shrimp for that extra yum factor*

## INGREDIENTS

- 2 red bell peppers
- 1 large can of chickpeas (540ml) keep a few to the side for garnish
- 4 tbsps. tahini
- 1 tbsp. minced garlic
- 1 tbsp. roasted garlic and pepper spice (club house brand)
- 2 tbsps. lemon juice
- 1 tsp sea salt
- 1 tsp cumin
- 1 tsp paprika
- 1/4 cup olive oil
- 2-3 tsp chili flakes for garnish

## PROCEDURE

- 01** roast 2 red bell peppers with olive oil @ 400F for 30 minutes (let cool before placing in blender)
- 02** Place everything in a high speed blender and mix it all up until smoothy & creamy
- 03** Top with some extra chickpeas and chili flakes and serve with vegetables or crackers



# MANGO AVOCADO ICE CREAM

*A tasty guilt free treat*

## INGREDIENTS

1 avocado  
1 cup frozen mangos  
1/2 frozen banana  
3 tbsp coconut cream  
2 tbsp non dairy milk  
1tbsp maple syrup  
1/2 tbsp honey (optional for extra sweet)

## PROCEDURE

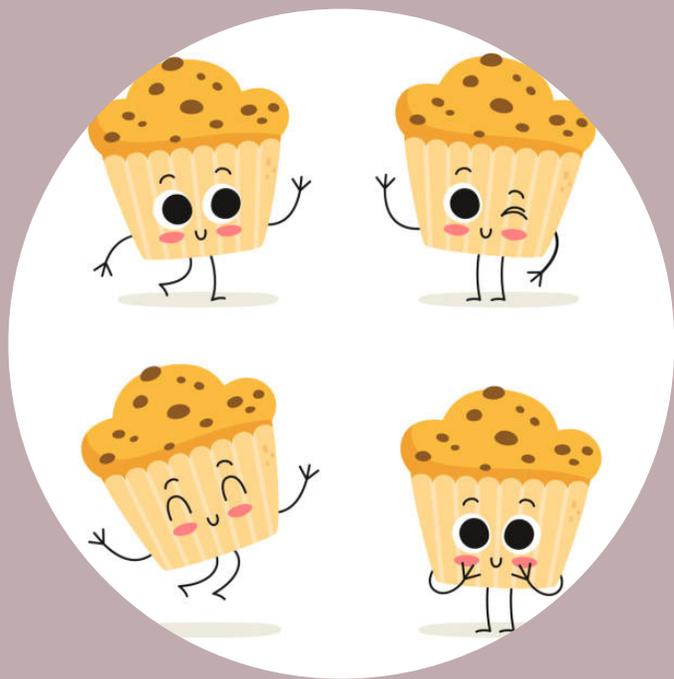
01

add all ingredients in high speed blender or food processor and blend until smooth.

02

serve immediately and enjoy

- Can use different types of fruit and top with your favs
- Can store leftovers in freezer and take out 15 minutes prior to serving



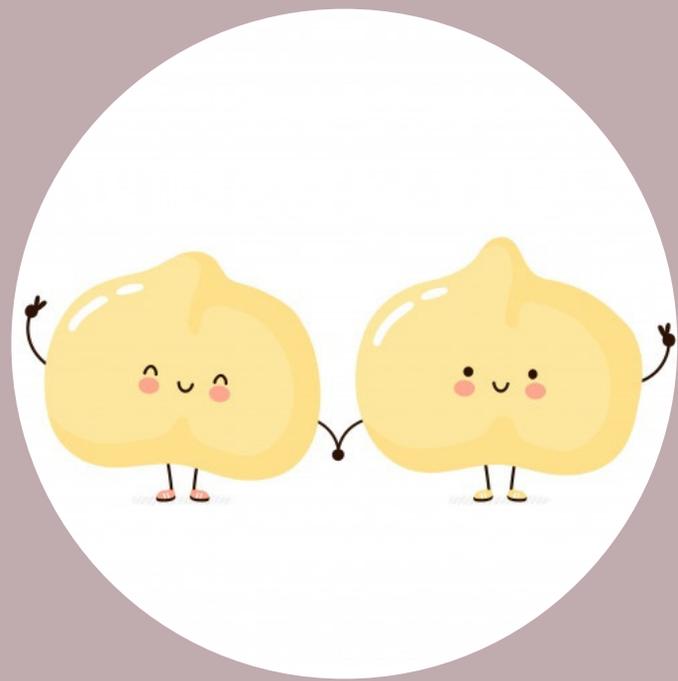
# SUPERHERO MUFFINS

## INGREDIENTS

2 cups almond flour  
1 cup rolled oats  
2 tsp cinnamon  
1 tsp nutmeg  
1 tsp all spice  
1 tsp baking soda  
1/2 tsp sea salt  
1/2 cup chopped walnuts  
1/2 cup raisins  
1/2 cup chocolate chips  
3 eggs, beaten  
1 cup grated zucchini  
1 cup grated carrots  
6 tbsp. melted coconut oil  
1/2 cup maple syrup  
1 tsp vanilla extract

## PROCEDURE

- 01** Pre heat oven to 350F.
- 02** In a large bowl, combine the almond flour, oats, spices, baking soda, salt, walnuts, raisins, and chocolate chips
- 03** In a separate bowl, mix together the eggs, zucchini, carrots, coconut oil, and vanilla. Add the dry ingredients mixing until combined. The batter will be thick.
- 04** Spoon batter into muffin tins. filling each to the brim. Bake until the muffins are nicely browned and tooth pick comes out clean.  
25-25 minutes



# PB CHICKPEA COOKIES

## INGREDIENTS

1.5 cups cooked chickpeas  
1/2 cup natural peanut butter  
1/3 cup maple syrup  
2 tsp vanilla extract  
1/2 tsp baking soda  
1/4 tsp sea salt  
1/2 cup chocolate chips

## PROCEDURE

- 01** preheat oven to 350F. Line a cookie sheet with parchment paper.
- 02** blend all ingredients in a high speed blender except the chocolate chips. Fold in after batter is smooth.
- 03** Roll the dough into equal size balls and place on prepared cookie sheet. Bake for 20 minutes or until golden brown.



# BAKED PROTEIN OATMEAL

## INGREDIENTS

2 cups rolled oats  
3 tbsp maple syrup  
1 tsp vanilla  
1/4 tsp sea salt  
2 eggs  
1/3 cup unsweetened apple sauce  
1/4 cup melted coconut oil  
1/4 cup GF all purpose flour  
1/2 cup oat milk  
2 scoops protein powder  
1/2 tsp baking powder

Toppings:

(optional)

2-3 tbsp chocolate chips  
2-3 GF oreos  
2-3 tbsp dried cranberries

## PROCEDURE

- 01** Mix all of the ingredients in a bowl except the toppings.
- 02** Pour the mixture into a square baking pan either greased or with parchment paper. Top with whatever creation you have for toppings
- 03** Bake for 25- 30 minutes at 350. Let cool and slice into pieces and enjoy! Store in fridge and heat as needed before serving.

# GREEK TURKEY BURGERS



## INGREDIENTS

1 egg  
1/2 cup feta cheese  
1/4 cup almond flour  
2 tsp oregano  
2 cloves garlic, minced  
1 tsp basil  
1 tsp onion powder  
1 tsp sea salt  
1 tsp black ground pepper  
1 lb ground turkey breast  
  
+ fav burger toppings

## PROCEDURE

- 01** Preheat grill, pan or bbq to med/hugh heat
- 02** Mix all your ingredients together. Form into 4 patties.
- 03** Grill to perfection and create your perfect burger.



# MEXI POWER BOWL

## INGREDIENTS

4 oz cooked chicken cut into cubes

1/2 cup quinoa cooked

2 cups mixed vegetables (bell peppers, red onion, cilantro)

1/4 avocado sliced

1/2 tsp chili powder

top with freshly squeeze lime

+ 2 tbsp salsa

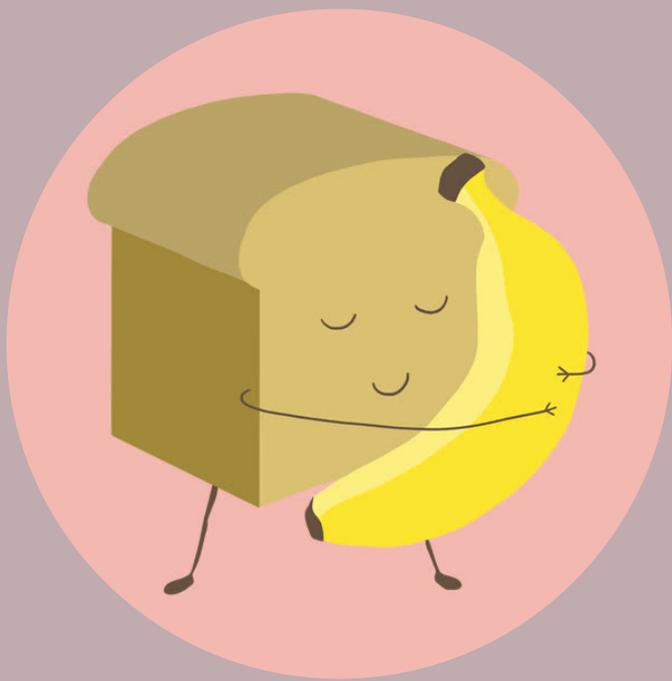
## PROCEDURE

01

Grab a bowl and start with the quinoa as your base. Add your toppings. Vegetables can be sautéed.

02

Finish topping with all the goods. Ingredients makes one serving,



# BLENDER BANANA BREAD

## INGREDIENTS

2 cups oats  
2-3 ripe bananas  
1 tsp baking soda  
1/2 tsp salt  
1/4 cup maple syrup  
2 large eggs  
2 tbsp melted coconut oil  
Spice up with cinnamon, nutmeg,  
cloves, cardamom or your favs  
1/4 cup dairy free chocolate chips  
optional: nuts, pumpkin seeds

## PROCEDURE

- 01** Preheat oven to 350 degrees. Line 8x4 mini loaf pan or bread pan with parchment paper or grease.
- 02** Place all ingredients in a blender except choc chips and toppings. Blend until smooth.
- 03** Bake for 22 mins for mini loaves or 35-40 min for loaf pan



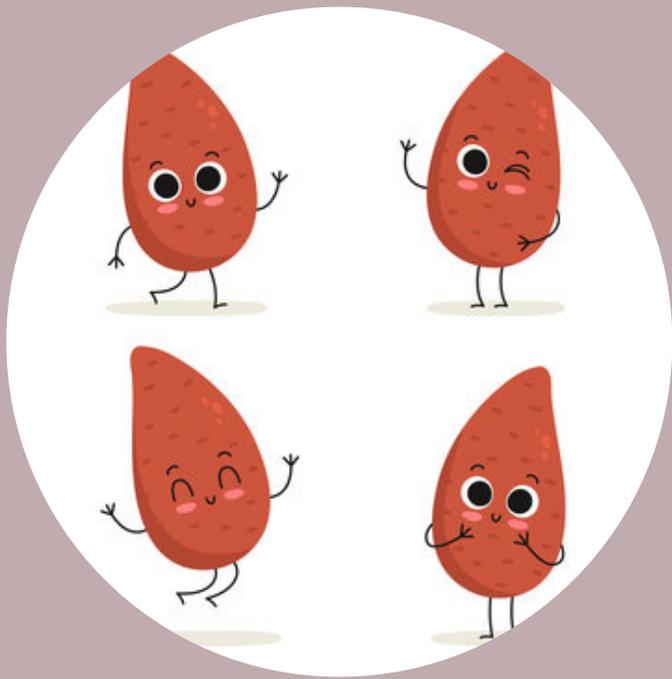
# PEACH SMOOTHIE

## INGREDIENTS

1.5 cups unsweetened almond milk  
1 scoop vanilla protein  
1 cup frozen peaches  
1/2 banana  
2 tbsp. chia seeds  
2-3 pitted dates  
1/2 cup frozen avocado chunks  
1 tsp of cinnamon  
1 tsp nutmeg

## PROCEDURE

**01** Blend all ingredients. Serve chilled. Makes 1 large serving or 2 medium size.



# SWEET POTATO CASSEROLE

## INGREDIENTS

Casserole:

- 4-5 sweet potatoes, peeled and chopped into cubes
- 3 tbsp. coconut oil, melted
- 2 tbsp. maple syrup
- 1 tsp vanilla
- 1 tsp cinnamon
- 1 tsp nutmeg
- 1 tsp all spice or cloves
- 1 tsp sea salt

Crunchy Pecan Topping:

- 1 cup rolled oats
- 1.5 cups pecan halves, chopped
- 1/2 cup almond flour
- 1 tsp cinnamon
- 2 tbsp. butter, melted
- 2 tbsp. coconut oil, melted
- 2 tbsp. honey or maple syrup

## PROCEDURE

- 01** Preheat oven to 375 degrees. Boil sweet potatoes 15-20 minute or until soft. Drain and rinse. Add everything to the sweet potatoes and mash.
- 02** Prepare the crumble . Use a food processor to chop the oats into a coarse texture. In a bowl toss together the other ingredients with the chopped pecans.
- 03** In a casserole dish smooth out the mashed potatoes and scatter the top layer crumble on top. Bake for 15-20 minutes. You can broil at the end to brown the topping.



# CHOCOLATE PEANUT BUTTER RICE CRISPY BARS

## INGREDIENTS

### Rice Crispy Layer:

- 1.5 cups peanut butter
- 1/3 cup brown rice syrup
- 1 tsp vanilla
- 1/3 cup hemp hearts
- 3 cups gluten free rice kipsies

### Chocolate Layer:

- 1.5 cups vegan chocolate chips or regular
- 2 tbsp. peanut butter

## PROCEDURE

- 01** In a large bowl mix together all the rice crispy ingredients.
- 02** Line a 8x8 dish with parchment paper and press the rice crispy layer into your dish.
- 03** Melt the chocolate and peanut butter together for the top layer and spread across your rice crispy layer. Freeze for 20-30 minutes. Cut into squares and store in freezer.



# BROCCOLI SALAD

## INGREDIENTS

Salad:

- 1 lb or 1 large head of broccoli
- 1/4 cup raisins
- 1/4 cup finely chopped red onion
- 1/4 cup sunflower seeds
- 4-5 slices of crispy cooked bacon

Dressing:

- 1/2 cup avocado mayo
- 2 tsp white wine vinegar
- 2 tsp maple syrup
- season with salt and pepper

## PROCEDURE

- 01** Chop the broccoli in small pieces. Blanch the broccoli (slightly steam it so it's soft and allow to cool before preparing salad).
- 02** Cut up broccoli, onions, and bacon and add all salad ingredients to your bowl
- 03** Whisk together the dressing ingredients and pour and mix salad all up! Enjoy anytime of year but bbq season is my fav!

# ARTICHOKE CHICKEN BAKE



## INGREDIENTS

4 boneless chicken breasts  
2 cups of chopped artichoke hearts (I used canned)  
1/4 cup avocado mayo  
1 tbsp. minced garlic  
1 lemon, zest and juice  
salt and pepper to taste

optional- add fresh herbs or oregano.

If you eat dairy option to add 1/2 cup of parmigiano reggiano or parmesan cheese

## PROCEDURE

- 01** Set oven for 375 degrees. Place all ingredients in a casserole or glass baking dish.
- 02** Cover dish with tin foil and bake for 20-25 minutes until chicken is cooked through.

# WHITE BEAN SPINACH DIP



## INGREDIENTS

1 bag or bunch of spinach  
1 tbsp. minced garlic  
1 tbsp. olive oil  
(sauté over medium heat and  
season with salt & pepper)

2 cups cooked white cannellini  
beans  
1/4 cup nutritional yeast  
3 tbsp. olive oil  
2 tbsp. avocado mayo  
1 tbsp. lemon juice  
1 tsp salt  
1 tsp pepper

Serve with Crackers, Tortilla  
chips, bread, or veggies

## PROCEDURE

- 01** Sauté spinach and set aside
- 02** In a food processor mix together all other ingredients. Make the mixture smooth and creamy
- 03** Add spinach and pulse just to combine.



# CREAMY BALSAMIC DRESSING

## INGREDIENTS

1/4 cup tahini  
1/2 cup balsamic vinegar  
1/4 cup water  
1 tbsp. Dijon mustard  
1 tsp garlic powder  
1/2 tsp salt  
1 tsp pepper

## PROCEDURE

- 01** Add all ingredients into a high speed blender. Blend on high until smooth
- 02** Store in a glass container in fridge for 1 week



# FUNKY MONKEY SMOOTHIE BOWL

## INGREDIENTS

2-3 frozen ripe bananas  
1/4 cup natural peanut butter  
1/4 cup almond milk  
1/4 cup chocolate protein powder  
or cacao powder

## PROCEDURE

- 01** place all ingredients in a high powered blender. Start on medium speed and making it up to high speed. Stop to stir as needed. It will be thick.
- 02** Top with your fav toppings and enjoy as a breakfast bowl or a nice evening treat!



# SHRIMP & BROCOLI TERIYAKI STIRFRY

## INGREDIENTS

1 lb medium shrimp (I prefer pre cooked)

1 tsp olive oil for pan

Sauce:

1/4 cup water

1/4 cup tamari sauce

2 tbsp. honey

1 clove of garlic, minced

1 tsp sesame oil,

1 tsp ground ginger

Side bowl:

1tbsp arrowroot powder

1/4 cup water

Steam 1-2 cups broccoli

## PROCEDURE

**01** Place shrimp in pan with 1 tsp olive oil for 2-3 minutes if pre cooked. If raw wait until starts to turn pink. Remove Shrimp from pan,

**02** Add sauce ingredients into pan and whisk, bring to a boil.

**03** In a small bowl whisk together arrowroot and remaining 1/4 cup water. Slowly whisk in the cornstarch mixture into the saucepan and simmer for 3-4 minutes or until thick.

**04** Add the arrow root mixture to the sauce ingredients and thicken for 2 minutes. Add shrimp and broccoli back in to cook completely. Serve over rice



# ORANGE MANGO SMOOTHIE

## INGREDIENTS

1/2 cup of desired milk or non dairy milk  
1/2 cup frozen or fresh mango juice from 1 orange or 1/2 fresh orange juice  
1/2 cup of your desired yogurt or coconut yogurt  
1 tsp honey  
2 ice cubes

optional: 1 scoop of protein powder

pinch of cinnamon to garnish

## PROCEDURE

- 01** Place everything in a high speed blender and run until smooth
- 02** Garnish with cinnamon and enjoy!



# ORANGE MANGO SMOOTHIE

## INGREDIENTS

1/2 cup of desired milk or non dairy milk  
1/2 cup frozen or fresh mango juice from 1 orange or 1/2 fresh orange juice  
1/2 cup of your desired yogurt or coconut yogurt  
1 tsp honey  
2 ice cubes

optional: 1 scoop of protein powder

pinch of cinnamon to garnish

## PROCEDURE

- 01** Place everything in a high speed blender and run until smooth
- 02** Garnish with cinnamon and enjoy!

# ARUGULA CASHEW PESTO



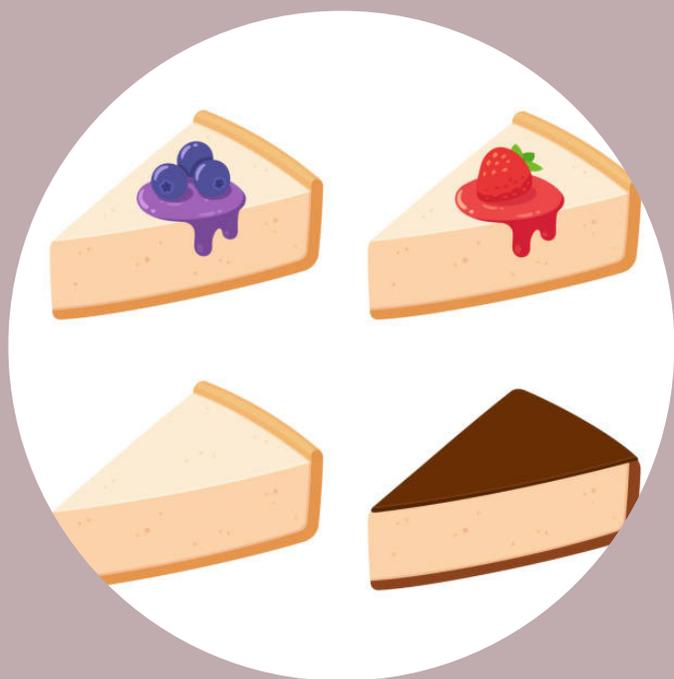
## INGREDIENTS

1 cup cashews  
2 heaping cups of arugula  
1 1/4 cup parmesan cheese or  
dairy free option would be 1/2  
cup nutritional yeast  
1-2 cloves of garlic  
1/2 cup olive oil  
2 tsp miso paste  
2-3 tbsp. lemon juice

## PROCEDURE

- 01** Start with nuts, arugula, parm/nutritional yeast and garlic in a food processor. Process until coarsely chopped. Add the rest of the ingredients and process until desired consistency.
- 02** Serve on your fav pasta or top on roasted vegetables, potatoes, or use as a pizza sauce. Can even garnish chicken, steak, or fish. Can be refrigerated up to 6 days.

# CASHEW CHEESECAKE



## INGREDIENTS

### Crust:

12 large dates  
2 cups almond flour  
2 tbsp. melted coconut oil

### Filling:

1.5 cups raw cashews (soaked for at least 20 minutes in hot water or overnight in room temp water)  
2 tbsp. lemon juice  
1/3 cup maple syrup  
1 tbsp. coconut oil  
2 tsp vanilla  
1 can coconut cream

### Optional:

Toppings or flavouring of choice

## PROCEDURE

- 01** Make crust by pulsing all ingredients together in a food processor until a dough forms. Press firmly in a 8 x 8 spring pan. I like to use parchment paper aswell (optional)
- 02** Drain the Cashews and blend with all other filling ingredients until smooth. Pour over crust.
- 03** Sprinkle with whatever toppings you would like and set in freezer to set. Will need at least 6 hours. Overnight is best. Let thaw 10 minutes before serving and store in freezer.



# VEGAN PUMPKIN CHEESY PASTA SAUCE

## INGREDIENTS

1/2 cups raw cashews (soaked for at least 20 minutes in hot water or overnight in room temp water)  
1 cup unsweetened plant base milk of choice  
1 15 ounce can of pumpkin puree  
1/3 cup nutritional yeast  
3 cloves of garlic  
1 tsp cinnamon  
1/2 tsp nutmeg  
1.2 tsp all spice  
1 tsp cayenne pepper  
2 tsp black ground pepper  
2 tsp sea salt

## PROCEDURE

- 01** Blend everything in a high speed blender until sauce is creamy and smooth.
- 02** Prepare your favourite type of pasta and pour sauce over! Enjoy!



# SPINACH & MUSHROOM QUINOA

## INGREDIENTS

5-6 cups sliced mushrooms  
3 cloves minced garlic  
1 tbsp. butter or ghee  
1 tbsp. olive oil  
5 green onions chipped  
10 ounces of spinach  
2 cups cooked quinoa  
salt and pepper to liking

## PROCEDURE

- 01** Heat butter and olive oil in pan over medium heat. Add mushrooms and garlic and sauté for 5 minutes. Add chopped green onions and season with salt and pepper.
- 02** Add fresh spinach to pan and reduce heat to low. Cover and cook for 2-3 minutes as spinach starts to wilt. Add quinoa and add any other seasoning you like. If it seems dry you can add more olive oil to serve,



# CHOCOLATE CHIP COOKIE

## INGREDIENTS

1 cup almond flour  
1/4 cup coconut flour  
1 tsp baking soda  
1/4 tsp salt  
6 tbsp. room temp coconut oil  
2/4 cup coconut sugar  
6 tbsp. room temp almond butter  
2 tsp vanilla  
1 large egg  
1 1/4 cup dairy free chocolate chips

## PROCEDURE

**01** Pre heat oven to 350. Mix all ingredients in a kitchen aid or with wooden spoon (use your muscles)

Add the chocolate chips last.

**02** Bake for 15 minutes. Recipe can make 8 large bakery style cookies or 12-15 regular size.

# COOKIE DOUGH PROTEIN BARS



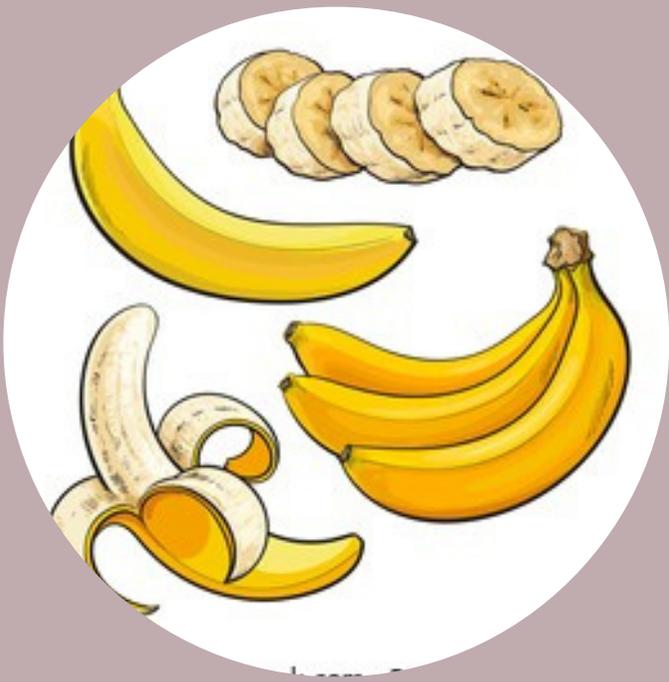
## INGREDIENTS

- 1 cup almond flour
- 1/2 cup cashew or nut butter
- 1/3 cup protein powder
- 3 tbsp. milk of choice
- 3-4 tbsp. honey
- 2 tbsp. coconut oil *melted*
- 2 tsp vanilla extract
- 1/3 cup mini chocolate chips

## PROCEDURE

- Line a bread pan with parchment paper
- In a medium mixing bowl, whisk almond flour and protein together. In a separate bowl, mix nut butter, honey, milk, coconut oil and vanilla extract until smooth. Add the dry ingredients to wet and mix until well combined.
- Fold in chocolate chips. Spread evenly across bread pan.
- Refrigerate for 2+ hours or until firm. Cut into 8+ bars & enjoy :)

# FRIED BANANAS



## INGREDIENTS

- 1 banana sliced into circle pieces
- 1 tbsp. coconut oil
- 1/4 cup maple syrup
- 1 tbsp. honey
- 1 tsp cinnamon
- 1 tsp nutmeg

## PROCEDURE

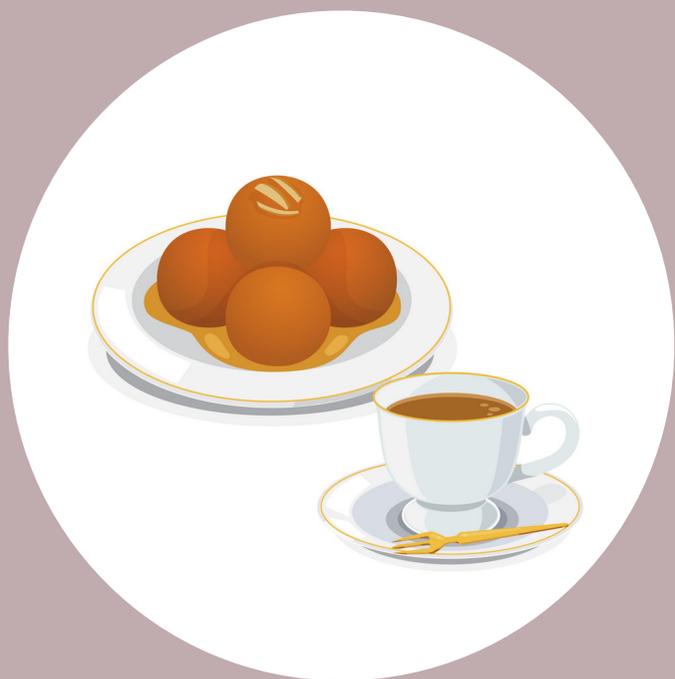
Melt the coconut oil in a frying pan and toss in the bananas

Add the rest of the ingredients and simmer on low

Use as a topping for oatmeal, ice cream or eat on their own!

This is a yummy food we had in Costa Rica and Peru! Just modified the recipe to make it a bit healthier!

# COLLAGEN BITES



## INGREDIENTS

1/2 cup cashew butter  
1/2 tsp almond extract  
1/4 tsp salt  
1 tbsp. melted coconut oil  
2 tbsp. honey  
5 tbsp. almond flour  
1/4 cup collagen powder

If you want to make like a cake pop batter. Once balls have had time to firm in the fridge. Use 1/2 cup white chocolate (option for dairy free) add 2-3 tsp of coconut oil. Melt together and coat the balls. Add sprinkles for fun!

## PROCEDURE

Mix together all collagen bite ingredients until smooth and can roll the batter into balls without sticking. You might need to add more almond flour if it is too runny. Avoid making too crumbly

Roll into balls and place in fridge to firm for at least 30 minutes. Store in fridge

Option to add outside coating once balls are firm.



# TROPICAL GREEN SMOOTHIE

## INGREDIENTS

1 cup unsweetened almond milk  
1/2 cup frozen mango chunks  
1/2 cup frozen pineapple chunks  
1/2 banana  
2 cups spinach  
1/2-1 scoop of vanilla protein powder

## PROCEDURE

Blend until smooth and enjoy!



# APPLE BACON CRANBERRY KALE SALAD

## INGREDIENTS

### Salad:

- 6 Cups chopped Kale
- 1 Red Apple, Cored & Chopped into small pieces
- 2/3 cup crispy cooked bacon, chopped
- 1 cup chopped almonds
- 1/3 cup feta or goat cheese
- 1/2 cup dried cranberries
- 1/3 cup pumpkin seeds (optional)

### Dressing:

- 4 tbsp. apple cider vinegar
- 1/2 cup apple juice
- 1tbsp Dijon mustard
- 2 tbsp. Honey
- 1 tsp salt & pepper
- 1/4 cup olive oil

## PROCEDURE

01

Assemble salad ingredients in a large bowl

02

Whisk up dressing ingredients and pour over salad

03

Serve & Enjoy!



# SPINACH & FETA EGG CUPS

## INGREDIENTS

6 large eggs  
1 1/2 cup fresh spinach  
1/3 cup feta cheese  
1 tsp garlic powder  
1 tsp onion powder  
1 tsp salt  
1 tsp pepper

## PROCEDURE

**01**

Preheat oven to 350 degrees and oil a muffin tin

**02**

Whisk all ingredients together and pour egg mixture into muffin tin at least 2/3 way full

**03**

Bake for 20 minutes. remove and cool.

# COCONUT ICE CREAM



## INGREDIENTS

1 1/2 cup canned coconut milk  
1/3 cup honey  
2 tsp vanilla extract  
1 tbsp. coconut oil  
1/3 cup macadamia nuts

## PROCEDURE

**01**

Process all ingredients in a high speed blender until smooth

**02**

Pour mixture into a ice cream maker and process according to the manufacture directions. Should be about 20-30 minutes and will come out thick.

**03**

Makes about 2.5 cups. Store in freezer or eat right away!.

If you don't have an ice cream maker, pour the mixture into a freezer safe container and freeze for 20 minutes. Shake vigorously and freeze for another 20 minutes. Repeat this process until you reach desired consistency.



# COFFEE BODY SCRUB

## INGREDIENTS

- 1 cup pre-ground coffee
- 3/4 cup white / brown sugar / Splenda
- 1/2 cup coconut oil, melted
- 1/4 cup olive oil (optional)

## PROCEDURE

**01**

Mix all together in a jar. Store in shower and use to exfoliate skin



# CHIA SEED PUDDING

## INGREDIENTS

### Pudding Base:

- 1/4 cup chia seeds
- 1 can full fat coconut milk (be sure to shake before opening)
- 1 tsp of vanilla

### Additional add ins:

- 1 scoop of protein powder
- 1 tsp lemon or almond extract
- 3-4 tbsp. cocoa powder
- cinnamon or pumpkin spices
- 2-3 tbsp. pumpkin puree

### Additional Toppings:

- Pumpkin seeds
- berries or fruits
- coconut whip cream

## PROCEDURE

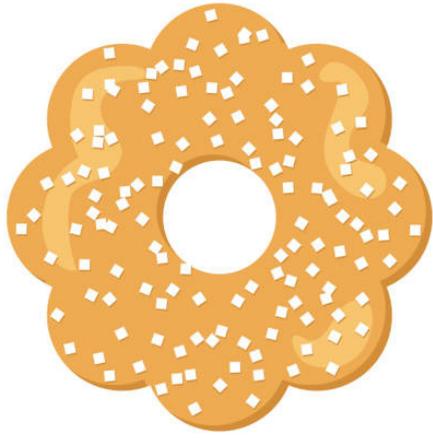
01

Mix your base and any additional add ins you may desire. Stir or whisk until no clumps.

02

Pour into individual jars for single servings or find a nice serving bowl or cake dish to allow the pudding to sit in the fridge to set overnight. Enjoy!

# SNICKER DOODLE PROTEIN COOKIES



## INGREDIENTS

2 cups almond flour  
10 pitted prunes  
2 scoops vanilla protein  
2 tsps. vanilla  
3 tbsp. coconut sugar  
6 tbsp. hot water  
6 tbsp. apple sauce  
1 tsp baking soda

## PROCEDURE

**01**

Mix all ingredients in food processor or high speed blender.

**02**

Bake at 325 for 8-10 minutes on a parchment paper lined cookie sheet

# BLACK FOREST SMOOTHIE



## INGREDIENTS

2 cups frozen cherries  
1/2 medium ripe avocado  
2 pitted dates  
3 tbsp. cocoa powder  
2 tbsp. almond butter  
pinch of sea salt  
2 cups water

Serves 2

## PROCEDURE

**01**

Blend all ingredients in a high speed blender

# KIDNEY RESTORATIVE JUICE



## INGREDIENTS

8 large garden carrots  
1 large cucumber  
2 green apples

## PROCEDURE

01

Use a high powered juicer to make or blender and strain.

# BLACK BEAN TACOS



## INGREDIENTS

### Black Bean Taco Filling:

- 1 tbsp. olive oil
- 1 small red onion, diced
- 1 tbsp. cumin
- 2 teaspoons chili powder
- 2 tsp roasted red pepper seasoning
- 1 tsp garlic powder
- 2 (15oz) cans of black beans, drained and rinsed
- 1.5 cups cooked quinoa
- 1 lime squeezed
- 1/4 cup water
- salt and pepper to taste

### Taco Fixings:

- Soft or Hard taco shells
- shredded lettuce
- diced tomato's
- shredded cheese of choice
- avocados & jalapenos

## PROCEDURE

01

Heat olive oil in a large pot over medium heat. Add onion and spices for about 5 minutes

02

Add the rest of the ingredients for the taco filling to the pot and constantly stir for about 3 minutes until you get a similar texture to taco meat.

03

Place in your taco shells and create your taco master pieces and enjoy a Mexican fiesta!

# PROTEIN FLUFF



## INGREDIENTS

1/4 cup of milk of choice  
(I use silk almond/cashew  
unsweetened vanilla

1 Scoop Protein Powder  
of your choice

1 cup frozen berries or  
fruit.

## PROCEDURE

**01**

Use electric mixer to combine all ingredients together for a couple minutes. For extra frothy use a whisk function at the end for a couple more minutes

**02**

Enjoy as a sweet treat.