

Energy Bites



Ingredients:

- 1 cup EACH:
 - sunflower seeds – toasted
 - sesame seeds – toasted
 - rolled oats
 - chocolate chips
 - raisins
 - dried cranberries
- 2/3 cup cocoa
- 2 cups nut butter of your choice
- 1/2 cup honey
- 1 1/2 cups toasted coconut (for coating or put directly in the balls too).

You can personalize this recipe with the dried fruit of your choice.

Directions:

1. Put everything but/or including coconut in a bowl.
2. Mix together with your hands.
3. Add more honey if needed to hold ingredients together.
4. Roll into balls and then roll them in coconut.

Kale Chips (dehydrated)



Ingredients:

- 1 bunch of kale
- 4.5 tsp oil
- ¼ tsp salt
- pepper to taste (as much as you like, ¼ tsp suggested)
- Parmesan cheese to taste (1 TBLS suggested)

Directions:

1. Wash kale and break off into small pieces (remove the stems entirely).
2. In a mixing bowl, pour oil over kale and stir until kale is evenly covered.
3. Add all remaining ingredients and stir.
4. Distribute kale onto dehydrator trays and dehydrate for 1.5-2hrs.

Mini Fruit Pizzas



Ingredients

- 1/2 cup – Greek yogurt, plain
- 1 teaspoon – honey
- 1/2 teaspoon – vanilla extract
- 3/4 tablespoon – orange juice
- 4 medium – tortilla, whole wheat
- 1 cup total of various fruits for topping

Directions

1. Cut out your crust, if necessary. If using a plain tortilla (wheat or flour), use the ring of a mason jar to make small circle crusts.
2. Combine Greek yogurt, honey, vanilla and orange juice in a bowl and whisk until well blended. Lime juice can also be used in place of orange juice.
3. Spread over tortillas and top with seasonal fruit, such as blackberries, strawberries, kiwi, mandarin oranges, grapes, or raspberries.

Sweet Potato Fries



Ingredients:

- 2 lb Sweet Potatoes
- 2 tbsp Olive Oil
- 1/8 tsp Salt
- 1/8 tsp Pepper
- 1/8 tsp Garlic Powder
- 1/8 tsp Paprika

Directions:

1. Preheat oven to 450 degrees F.
2. Line a baking sheet with parchment paper.
3. In a shallow dish, combine oil & spices.
4. If leaving the skin on, scrub your sweet potatoes really well. If not, peel your potatoes.
5. Cut sweet potatoes into 1/4" fries.
6. Toss fries in olive oil to coat.
7. Spread fries out on a prepared baking sheet.
8. Bake for 30 minutes, turning occasionally or until fries are browned.

Chocolate Avocado Pudding



Ingredients:

- 1 cup dates (soak 5-10 minutes in hot water and drain or drink the sweet liquid)
- 4 cups mashed avocados (4 – 8)
- 1 cup cocoa powder
- 4 TBSP vanilla extract
- 2 tsp cinnamon
- 1 tsp salt
- 1 cup maple syrup/honey – or less to taste

Directions:

1. Soak dates in hot water for 5 – 10 minutes. Drain the liquid (and drink it or dispose of it).
2. Pit and mash the avocados.
3. Put all ingredients into the food processor.
4. Blend until creamy.