

Chocolate Almond Shake

INGREDIENTS:

- 1 cup unsweetened almond milk (use your favorite non-dairy milk)
- 1 medium frozen banana
- 4 – 5 ice cubes
- 2 medjool dates, pitted (soften dried dates in hot water for ease of blending)
- 1 teaspoon vanilla extract
- 1 scoop vanilla protein powder
- 1 tablespoon almond butter
- 1 tablespoon cacao or cocoa powder

Adapted from eatingwell.com

INSTRUCTIONS:

- Combine ingredients into a blender cup and blend until smooth, about 1 – 2 minutes, depending on your blender. Add a splash or two of extra almond milk as needed, especially if adding protein powder.

Serves 1

Calories 453, Protein 36 g,
Carbohydrates 45.1g,
Dietary Fiber 7.4 g



Lean Green Protein Breakfast Smoothie



INGREDIENTS:

- ½ cup Greek plain yogurt
- ½ cup spinach, kale or swiss chard
- ½ medium banana
- 3 tablespoons hemp seeds or hearts
- 1 cup diced mango, fresh or frozen
- Juice of 2 clementines
- 4 ounces cold water
- 4-5 ice cubes

INSTRUCTIONS:

- Place all ingredients in blender and pulse or blend on high until greens are blended and consistency is smooth and creamy.

Calories 452, Protein 27 g, Fat 19 g,
Carbohydrates 47g, Fiber 7 g

Adapted from eatingwell.com



Lemon Blueberry Granola

INGREDIENTS:

- ½ cup honey
- ½ cup melted unrefined coconut oil or olive oil
- 2 teaspoons lemon extract
- ¾ teaspoon salt
- ⅛ teaspoon ground cinnamon (optional)
- 3 cups old-fashioned rolled oats
- 1 cup slivered raw almonds
- ½ cup raw pepitas
- 3 tablespoons ground flax seed
- ½ cup unsweetened shredded coconut
- 1 tablespoon grated lemon zest (from 2 lemons)
- 1 ½ cups unsweetened dried blueberries

INSTRUCTIONS:

- Preheat oven to 300° F. Line a large, rimmed baking sheet with parchment paper. Whisk honey, oil, lemon extract, salt and cinnamon (if using) together in a large bowl. Add oats, almonds, pepitas and flaxmeal; toss until completely coated. Spread the mixture on the prepared pan and press into an even layer.
- Bake, without stirring, for 30 minutes. Sprinkle with coconut and continue baking until golden, about 10 minutes more. Remove from oven. Sprinkle with lemon zest and dried blueberries, pressing them gently into the granola.
- Let the granola cool completely, undisturbed, about 30 minutes (the granola will further crisp up as it cools). Break into pieces before serving.

Adapted from eatingwell.com



Trail Mix Recipe



INGREDIENTS:

- $\frac{3}{4}$ cup raw pecans
- $\frac{3}{4}$ cup raw cashews
- $\frac{1}{2}$ cup raw sunflower seeds
- $\frac{1}{2}$ cup raw pumpkin seeds
- $\frac{1}{2}$ cup unsweetened, unsulfured cherries
- $\frac{1}{2}$ cup unsweetened, unsulfured raisins
- $\frac{1}{2}$ cup chopped 72-82% dark chocolate
- $\frac{1}{4}$ teaspoon sea salt
- $\frac{1}{2}$ teaspoon cinnamon
- pinch of nutmeg

[https://www.thehealthymaven.com/
how-to-build-a-healthy-trail-mix/](https://www.thehealthymaven.com/how-to-build-a-healthy-trail-mix/)

INSTRUCTIONS:

- Combine all ingredients in a large bowl and mix well.
- Store in a zip-close bag or mason jar.
- Will keep for up to 1 month.

*Roast nuts and seeds spread on a cookie sheet at 350 degrees for 10 minutes for enhanced flavor

Optional mix-ins: Air popped popcorn, rice or nut crackers, dried tropical fruits and unsweetened coconut flakes, Cajun or jerk seasoning for a savory flavor.

