

Amish Baked Oatmeal

- 1. Mix together the night before and refrigerate the following ingredients:**

- ¼ cup olive oil
- 1-2 beaten eggs
- ¼ cup brown sugar
- 1 tsp vanilla
- ½ cup raisins
- pinch of salt
- ½ cup whole milk
- 1 ¾ cups oatmeal (quick and large flake)
- 1 tsp baking powder

Optional #1: grated apple, nuts and seeds, cinnamon

- 2. Bake in shallow, greased casserole dish at 350 for 30-35 minutes or in greased muffin tins for 15 minutes.**
- 3. Serve plain or with milk and fresh fruit.**

Easily reheated.

Overnight Oatmeal

Recipe 1

In a bowl:

Mash $\frac{1}{2}$ banana

Add $\frac{1}{4}$ cup oats, $\frac{1}{4}$ cup milk, $\frac{1}{2}$ tsp cinnamon

Optional: chopped apples and nuts.

Mix together (soaking improves mineral absorption)

Cover and leave on counter

In the morning eat cold or heated

Recipe 2

Mix together the following ingredients:

$\frac{1}{2}$ cup oats, $\frac{1}{2}$ cup whole milk, 1 banana, 1 tsp cinnamon, $\frac{1}{4}$ cup nuts, 1 Tbsp coconut oil, 1 scoop protein, applesauce

Soak overnight

In the morning eat hot or cold

Nesting Inn Granola

This recipe is quick and easy and can easily be doubled.

1. In a large roasting pan, stir together:

- 11 cups Large flake oats and quick oats
- $\frac{3}{4}$ cup ground flax seed
- 1 cup sunflower seeds
- $\frac{1}{2}$ cup pumpkin seeds

2. In a saucepan heat:

- $\frac{1}{2}$ cup cold pressed vegetable oil (olive, canola, grapeseed)
- 1 cup honey
- 1 $\frac{1}{3}$ cups old fashioned peanut butter

3. Remove from heat and add

- 2 tsp vanilla

4. Pour over oats and stir.

5. Bake at 225 for 1 hour

6. . Cool and add:

- 1 cup raisins or dried cranberries
- 1 cup chopped nuts

For variation, allergies or a gourmet twist use soy nut butter or almond butter instead of peanut butter. Serve with yogurt and fruit.

Variation: Instead of peanut butter, triple the vegetable oil. Add 3 cups bran buds, chopped pecans and sesame seeds. Also try chopped dates and dried apricots.

Muesli

This is raw food high in phytosterols and glyconutrients your body will LOVE!

1 cup Large Flake Oats
1 cup shredded coconut
1 cup dried fruit
1 cup seeds
1 cup sliced Hazelnuts or almonds or walnuts
Hemp and Chia seeds

Mix well and serve with yogurt or kefir and fresh fruit or frozen berries.

Europeans mix this together the night before to improve flavour. It also improves the digestibility. They also like this with a mixture of yogurt and quark.

Norwegian Pancakes

- 1. Whisk ingredients till smooth:**
 - 1 ¼ cup whole wheat and white flour mixed or buckwheat
 - 1 Tbsp sugar
 - A dash of salt
 - 2 cups homo whole milk
 - ¼ cup whipping cream
 - 3 eggs
- 2. Scoop about 1/3 cup on hot, buttered griddle. Flip when browned.**
- 3. Butter and sprinkle a tiny amount of brown sugar and roll like a crepe. Kids love them.**

Pancakes

Here is my easy pancake recipe. It comes from Europe.

Ingredients

2 ripe bananas

4-5 eggs

Preparation

Blend well (smooth). Fry in butter or oil.

Eggs Rancheros

This is also great cooked ahead of time and reheated.

Ingredients

10 whole wheat tortilla shells

10 scrambled eggs

salsa

grated cheddar cheese

Preparation

1. Fill each tortilla shell with egg, a spoon of salsa and grated cheese.
2. Roll them up and put into greased lasagna pan.
3. Spread salsa on top and sprinkle with grated cheese.
4. Bake at 350 for 12 minutes.

Egg tortillas

- Whisk 6-8 eggs with milk, grated cheese, zucchini, salt and pepper, onion.
- Pour into greased, hot, cast iron pan. Turn heat down a little so it doesn't burn and cover. Cook till done.
- Take 2 tortillas and spread cream cheese on them. Put 1/2 of the omelette in each and fold over.
- Cut and eat or cool on racks and save for later

Nesting Eggs

- 1. In each section of a buttered muffin tin put:**
 - a slice of back bacon
 - an omega 3 egg
 - dash of cream
 - salt and pepper and basil
 - grated cheddar cheese

- 2. Bake in the oven at 350 for 11-13 minutes.**

Butternut Squash Ginger Soup

This soup is delicate and smooth. It is a wonderful way to use squash or pumpkin.

Ingredients

2 onions, chopped
1 medium butternut squash (pumpkin or other squash also work well), peeled and chopped (about 4 cups)
1 red chilli pepper, diced or ¼ tsp red pepper (optional)
4 cups vegetable broth
2 Tbsp miso
1 Tbsp grated fresh ginger
1 1/2 tsp ground cumin
1/2 tsp turmeric (optional)
1 cup coconut milk or other non-dairy milk
Pepper to taste

Preparation

1. Place all ingredients except coconut milk, salt and pepper in a large pot.
2. Cook for about 30 minutes or until pumpkin is soft.
3. Blend until smooth (hand mixer or blender can be used).
4. Return the soup to the pot and add coconut milk, salt and pepper. Serve hot.

Makes 8 servings.

Recipe courtesy of: [Brenda Davis, RD](#)

Broccoli Salad

Ingredients

- 1 bunch of broccoli, cut into bite sized pieces
- ¼ cup chopped red onion
- 1/3 cup hulled sunflower seeds
- ½ cup feta cheese
- ¼ cup olive oil
- ¼ cup lemon juice
- ½ cup mayonnaise made with cold/expeller pressed oil

Preparation

Mix together all ingredients, taste test dressing.

Kale Salad

If you thought you didn't like kale, think again! You will love this.

Ingredients

- 1/4 cup Braggs or Soy Sauce
- 1/4 cup Lemon Juice
- 1/4 cup Flax Oil or Extra Virgin Olive Oil
- 1/2 cup sunflower and/or pumpkin seeds – toasted in pan
- 1-2 Bunches of Kale
- 1-2 Avocados (optional)

Preparation

1. Mix first 4 ingredients.
2. Cut stems out of kale. Chop leaves fine.
3. Cube Avocado.
4. Mix.

Variation:

Add 2 cups cooked quinoa

½ cup chopped peppers

Quinoa Salad

Quinoa

Rinse and cook 1 cup of quinoa in 2 cups of water. Let cool.

Salad Ingredients

Add:

- 1 red pepper, chopped
- ½ cucumber, chopped
- 10 sweet pea pods, chopped

Prepare vegetables and toss in a large bowl with cooked and cooled quinoa.

Dressing

- 2 Tbsp Patak's hot curry paste
- 1/4 cup olive oil
- 1/4 cup lemon juice, freshly squeezed

Mix dressing in a jar. Toss salad with dressing and serve.

Alternative Quinoa Salad

1 cup cooked quinoa, 1 cup chopped veggies (peppers, tomato, cucumber, etc) 2 oz cubed cheese or feta + 1 Tbsp extra virgin olive oil and 1 Tbsp balsamic vinegar

Coleslaw

Ingredients

¼ green cabbage, grate

3 carrots, grate

½ cup **blender mayonnaise or store bought mayo with cold/expeller pressed oil**

2 Tbsp vinegar

Preparation

Mix and enjoy.

Super Supper Salad (or Lunch)

Why not make salad the main course once a week? It is very quick and you can set out bowls of veggies, raisins, protein and choices of dressing so everyone can build their own super supper salad! Give everyone a large bowl.

Salad can be whatever you like. Here are a few suggestions to make lettuce more interesting. Choose dark lettuce such as romaine, red leaf, green leaf or spinach as they are higher in nutrients than iceberg.

1 large bag of baby spinach or lettuce

Choose a variety of additions:

- Carrots, tomato, cucumber, peppers, red onion, mushrooms
- Apple, mandarin oranges, papaya, dried cranberries, raisins, chopped dates, avocado
- Protein foods such as lightly roasted (oven) pine nuts, almonds, boiled egg, cheese cubes, feta cheese, goat cheese, chopped bacon or leftover chicken, fish, canned black beans or lentils, or chickpeas

Add homemade salad dressing and round this out with whole grain buns and butter and a glass of milk.

Salad Dressing

½ cup extra virgin olive oil

½ cup balsamic vinegar or red wine vinegar or apple cider vinegar or lemon juice

1 tsp honey

salt and pepper

your choice of basil, oregano, crushed garlic, etc

1 tsp Dijon mustard (this secret ingredient will keep the dressing from separating!)

Avocado Hummous

Make your own hummous and add 2 ripe avocados. Great taste!

Black Bean Dip

1 can black beans
1/4 cup ranch dressing
1 tsp cumin

Blend and dip with organic vegetables.

Easier Salsa

Ingredients

1 jar of Hot salsa from the store, add 1-2 chopped ripe tomatoes, 1 chopped jalapeno, 1 dash lemon or lime juice

Optional: black beans

Mix the ingredients together

Jazzed Up Salsa

! jar store bought medium salsa
1 cup sprouted beans
1/2 cup lentils
1 cup diced grape tomatoes
1/4 cup chopped cilantro

Roasted Chickpeas

Ingredients

- 1 can (19 oz) chickpeas
- 2 Tbsp extra virgin olive oil
- 2 tsp curry powder or garlic, cajun, paprika
- ¼ tsp seasalt

Preparation

1. Drain and dry chickpeas.
2. Toss with oil and flavouring.
3. Bake at 400 for 30-35 minutes stirring occasionally.

Veggie Dip

Ingredients

1 cup full fat sour cream or plain yogurt (Balkan or Mediterranean style is best)

½ cup mayonnaise made with expeller/cold pressed oils

5 Tbsp dill OR 1 Tbsp curry + 1 Tbsp paprika

Dip flavourful vegetables. Pay extra for organic or locally grown for flavour and nutrition.

Lunch Wraps - Easy!

Choose Whole wheat or sprouted wheat tortillas.

Pizza wraps:

1. Spread thinly with tomato or spaghetti sauce, add ham slices and grated mozzarella or whatever you like on pizza.
2. Roll up and bake for 350 for 5 minutes.
3. Cut in half or in several rounds.
4. Wrap in wax paper.

Variety wraps:

Offer a selection so everyone can customize their wrap.

Cream cheese

Hummous

Grated cheese

Roasted turkey

Chopped veggies such as peppers, tomatoes, cucumber, lettuce and sprouts

Mayonnaise

1. Fill your wrap and roll.
2. Cut in half and wrap in waxed paper. (Wax paper helps hold things together and does not contain plastic chemicals that plastic wraps have.)

Add a glass of milk or unsweetened juice, cut up fruit and one small treat.

Quickie Quesadilla

4 large 100% whole wheat soft tortillas
1 396 ml (14-oz) can refried beans, mild, medium, or hot
½ cup (125 mL) shredded Monterey Jack cheese
1 cup (250 mL) salsa, mild, medium or hot

- 1. Preheat the oven to warm at 200°F (95°C)**
- 2. Heat a large frying pan over medium heat.**
- 3. Spread 2 Tbsp (30 mL) refried beans over half of the tortilla. Place the tortilla in the frying pan.**
- 4. Sprinkle with 2 Tbsp (30 mL) of the cheese. Fold tortilla in half. Press down gently with a spatula.**
- 5. Fry until the cheese is melted and tortilla is golden brown on one side. Flip and heat 1 more minute, or until golden brown on both sides.**
- 6. Remove from the frying pan. Keep warm in the oven until all tortillas are cooked. Cut into 4 triangles. Serve with Salsa.**

Serves 4

Chicken or Pork Souvlaki

1. Marinate meat overnight

500 g pork tenderloin or chicken breast, cut in 1 inch pieces

Marinade

½ cup olive oil
2 Tbsp lemon juice
salt and pepper
oregano

2. Put meat on skewers and BBQ.

3. Remove from skewers and serve meat in pita pockets with sliced tomatoes and onions and tzatziki sauce.

Tzatziki Sauce

1 cup plain yogurt or sour cream
¼ English cucumber, grated with cheese grater and drained
2 cloves garlic, crushed
1 Tbsp olive oil
½ Tbsp red wine vinegar
salt and pepper

Mix with spoon and refrigerate

This is delicious and can be grabbed on the go as a complete meal.

Serves 4

Chicken Cacciatore

Ingredients

¼ cup extra virgin olive oil or grapeseed oil
2 crushed garlic cloves
1 small chopped onion
1 Tbsp basil
2-3 whole chicken breasts cut into cubes (or leftover chicken from a roasted chicken)
salt and pepper
1 jar of tomato or spaghetti sauce (glass jars do not have chemicals like cans do)
optional: chopped hot Italian sausage and black olives

Preparation

1. Sauté onion, garlic and chicken (and sausage).
2. Add the rest and simmer for ½-1 hour.
3. Serve over pasta.

Lemon-Butter Chicken

1. 2 whole breasts of boneless, skinless chicken: slice it horizontally if you wish and dip in flour.
2. Fry chicken breasts in 2-3 Tbsp butter till lightly brown.
3. Mix together 1/3 cup water, 2 Tbsp lemon juice and 1 tsp chicken bouillon.
4. Pour over chicken and simmer for 5 minutes, flipping chicken occasionally.

Thai Chicken

(My kids call it Peanut Butter Chicken)

1. In a pan fry:

3 chicken breasts, cut up or tofu or shrimp
2 Tbsp olive or grapeseed oil
1 Tbsp crushed ginger root
3 cloves crushed garlic

2. In a small saucepan heat and stir:

½ cup chicken broth
¼ cup vinegar
¼ cup organic, old fashioned peanut butter
2 Tbsp hot curry paste (found in the ethnic section)

3. In a large pot boil:

2 cups or 250 g pasta or Thai noodles

4. After 5 minutes of cooking add:

2 cups cut up carrots
2 cups cut up broccoli

5. Cook for a few minutes. Drain and pour a little olive oil on top.

Breaded Fish

100 g cod or sole or halibut per person

Preparation

1. Dip fish in buttermilk with salt and pepper and pinch of cayenne
2. Dip in crushed cornflakes
3. Bake at 350 on greased cookie sheet for 20 minutes, then turn and bake another 20 minutes.

Lemon Caper salmon

Wild Salmon (100-150g per person)

Sauce

2 tsp mayonnaise (cold or expeller pressed)
½ tsp lemon juice
2 tsp capers
½ tsp caper juice
salt and pepper

- 1. Mix sauce and spread a small amount on salmon.**
- 1. Cook 5 minutes at 425 and then another 5-10 minutes at 350.**
- 2. Let stand a few minutes and enjoy!**

Salmon Marinade

1. Mix together the marinade

- 1 cup Black Bean Sauce
- 2-3 Tbsp Soy Sauce
- 2-3 Tbsp brown sugar
- 1 Tsp lemon juice
- 1 Tsp shredded/chopped garlic
- 1 Tsp shredded/chopped ginger

2. Marinade the salmon for a few hours

800 – 1000 g wild Pacific Salmon

3. Then Bake or BBQ.

Serves 4-6 people

Crustless Quiche

1. Grease a pie plate and sprinkle with $\frac{1}{4}$ cup fine bread crumbs.
2. In a bowl whisk 3 eggs slowly adding 1 $\frac{1}{2}$ cups 10% cream.
3. Add 1 tsp salt and $\frac{1}{4}$ tsp pepper. Optional: dash of nutmeg.
4. Chop ham (2-4 oz) and $\frac{1}{2}$ cup grated cheese (cheddar or gouda) and place in pie plate. Pour egg mixture over.
5. Bake 350 for 45 minutes.

For Spanakopita Quiche:

Use $\frac{1}{2}$ package drained spinach and for the cheese use feta plus 1 small chopped onion.

Vegetarian Chili

Ingredients

- 1 small onion, chopped
- 2 Tbsp extra virgin olive oil
- 1 can diced tomatoes
- 2 medium potatoes, cubed
- 1 cup kernel corn
- 1 can kidney beans
- 1 green pepper, chopped
- 2 Tbsp chilli powder
- 1 clove garlic
- 2 tsp vegetable seasoning
- 2 tsp cumin

Preparation

1. Stir and simmer for at least 1 hour in pot and 6 hours in crockpot.
2. Serve over lightly fried polenta and add grated cheese.

Addictive Yams

1. Mix all ingredients:

1 large yam, peeled and cubed
4-6 cloves chopped garlic
onion flakes
cinnamon
chilli powder
any hot sauce
pepper
Olive oil
Brown sugar
Sesame seeds

2. Bake covered at 350 for 40-50 minutes. Stir occasionally.

3. Uncover the last 10 minutes to brown.

Baked Potato Fries and Veggies

6 large potatoes, cut in wedges or strips

1. Place on cookie sheet and toss with 2-3 TBSP olive oil, salt and pepper, garlic powder, paprika and oregano. Optional: toss with 2 TBSP flour
3. Bake 375 for 45 – 60 minutes, tossing occasionally.

Do the same with wedges of yam/ sweet potato (orange), brussel sprouts, onions, green and red peppers. Bake for 20-30 minutes.

Beets

Scrub and cut ends off. Wrap in foil and bake at 400 about 45 minutes till tender. Remove skin and slice. Toss with balsamic vinegar, extra virgin olive oil and pepper.

Pasta

Instead of wheat pasta try brown rice pasta or bake a spaghetti squash for 1 hour at 350. Cut in ½, scoop out seeds and using a fork scoop out squash in spaghetti like strands.

Kale Chips

Ingredients

- 1 bunch of fresh organic kale
- 2 tsp extra virgin olive oil
- ½ tsp seasalt and or seasonings ie Cajun or curry

Preparation

1. Wash Kale. Rip pieces off center stem. Scatter on cookie sheet with parchment paper.
2. Toss with oil and seasalt or seasonings.
3. Bake at 300 for about 8-10 minutes till crisp.

Delicious ideas for Veggies

Cauliflower rice:

Chop cauliflower fine. Fry in extra virgin olive oil or avocado oil. Add herbs, chopped onion, peppers as desired. Also, Bragg's soy sauce (gluten free)

Zucchini Ratatouille:

Dice zucchini, pepper, onion, tomato. Fry in oil with basil. Top with parmesan cheese.

Try a **vegetable spiralizer**.

Sweet potato instead of potato. Cut up rounds of sweet potato. toss in oil, salt, pepper, herbs. (Herbamare is excellent) Lay out on cookie sheet. Cook at 400 for about 20 minutes.

Spaghetti squash instead of pasta. Or Nupasta (Konjac root) in the pasta section.

Muffin Tin Frittatas

Ingredients

8 eggs beaten with 2 Tbsp milk or water
1 cup fresh spinach, chopped
1 cup shredded cheese
1 cup sliced mushrooms

Preparation

Mix together.
Pour into greased muffin tin (12) or ramekins.
Bake 375 for 20-30 minutes.
Test with toothpick

Hidden Falls B&B Apple Omelette

1. Beat together and set aside.

2 eggs
1 Tbsp water
dash of salt and pepper

2. Mix together filling ingredients:

3 thin slices Golden Delicious apple
Dash of cinnamon
1 ounce goat cheese

3. Spray pan with oil. Pour in eggs.

4. When set, cover with goat cheese and apple mixture.

5. After one minute, fold in half. Cook one more minute. Ready to serve!

Chocolate Pudding

2 ripe bananas
1 ripe avocado
1½ Tbsp cocoa

Blend with beaters till smooth. Cool and enjoy!

Fantastic Frozen Yogurt Times Four

Basic Fantastic Frozen Yogurt

2 cups (500mL) frozen fruit or berries, unsweetened
1 cup (250 mL) low-fat French probiotic vanilla yogurt

- 1. Blend the frozen fruit or berries and the yogurt in the food processor. Pulse occasionally and blend until smooth.**
- 2. Serve immediately.**

Makes 2 cups (500mL). Makes four ½ coup (125-ml) servings

Flavour Ideas

Frozen Mango Yogurt

2 cups (500mL) frozen unsweetened mango chunks

Frozen Raspberry Yogurt

2 cups (500mL) frozen unsweetened raspberries

Frozen Blueberry Yogurt

2 cups (500mL) frozen unsweetened wild blueberries

Frozen Mixed Berry Yogurt

2 cups (500mL) frozen unsweetened mixed berries

Blueberry Icecream

Ingredients

1/2 bag frozen blueberries
1 ripe banana
1/2 cup plain regular high fat yogurt
1 Tbsp lemon juice

Preparation

Process in vitamix or blender.
Eat or chill in freezer.

Delicious Nutritious Fruit Sherbet

I served this to 2 to 5 year olds for a birthday party and they loved it. They wanted second helpings.

2 Ripe Bananas
1½ cups frozen blueberries
1 frozen container of unsweetened juice (no water added)
1 cup milk or plain soy milk
1 Tbsp vanilla

Blend in blender and pour into large casserole dish. Put into freezer for 1 hour.

2 cups whipping cream – whipped
OR 2 cups plain Greek yogurt or goat yogurt (preferably not low fat)
Optional: 2 Tbsp fish oil

Stir into fruit mixture and return to freezer. Serve frozen.

Banana Muffins

- 1. Preheat oven to 375°F.**
- 2. In a large bowl combine:**
 - 1 cup mashed, ripe bananas
 - ½ cup brown sugar
 - ¼ cup cold pressed canola or grapeseed oil or olive oil
 - ½ cup sour cream
 - 2 eggs
 - 1 ½ cups buckwheat flour
 - 1 tsp baking powder
 - 1 tsp baking soda
 - ½ tsp iodized seasalt
 - ¼-1/2 cup ground flax seed

optional: semisweet chocolate chips or frozen cranberries
- 3. Spoon into greased muffin pan.**
- 4. Bake for 20 – 30 minutes or until tops are firm to the touch.**

Makes 12 muffins

Super Easy Peanut Butter Cookies

Ingredients

1 cup old fashioned or light peanut butter

½ cup sugar

1 egg

optional: 1/4 cup chocolate chips

Preparation

1. Preheat oven to 325.
2. Mix till well blended and sticking together.
3. Roll into 12 balls. Place on ungreased cookie sheet.
4. Flatten with a fork.
5. Bake 15 minutes or until lightly browned.

Cocoa Peanut Energy Bars

- 1. In a pot, stir the following ingredients on low heat till melted and mixed.**

1 cup smooth peanut butter (or other nut butters)
¾ cup liquid honey
½ cup rice cereal OR shredded coconut
½ cup cocoa

- 2. Remove from heat and add:**

1 cup quick oats
1/2 cup rice cereal
1 cup chopped peanuts
optional: ¼ cup hemp or flax seeds

- 3. Pack into a 9 inch by 9 inch pan. Cool in frig. Cut into bars.**

Superfood Energy Bars

Ingredients

Use ingredients from recipe for Spirulina & Chocolate Balls plus the following:

- 1/4 cup whole buckwheat (soaked and rinsed)
- 1/4 – 1/2 cup oat flakes
- 1/4 cup goji berries
- 2 tbsp hemp protein
- 1/4 cup nuts & seeds of choice

Preparation

Just add the rest of the ingredients to the food processor (before rolling them into balls).

For the bars you can press the mixture into a lightly greased (coconut oil) square glass pan or use parchment paper.

Then freeze, cut into bars and enjoy on a hike or as a mid-day snack.

No Bake Energy Bites

These delicious little no bake energy bites are the perfect healthy snack!

Ingredients:

- 1 cup (dry) oatmeal (I used old-fashioned oats)
- 2/3 cup toasted coconut flakes
- 1/2 cup peanut butter
- 1/2 cup ground flax seeds
- 1/2 cup semisweet chocolate chips (or vegan chocolate chips)
- 1/3 cup honey or agave nectar
- 1 tablespoon chia seeds (optional)
- 1 teaspoon vanilla extract

Preparation:

1. Stir all ingredients together in a medium bowl until thoroughly mixed. Cover and let chill in the refrigerator for half an hour.*
2. Once chilled, roll into balls of whatever size you would like. (Mine were about 1" in diameter.) Store in an airtight container and keep refrigerated for up to 1 week.
3. Makes about 20-25 balls.

Yield: About 2 dozen

Recipe courtesy of: <http://www.gimmesomeoven.com/no-bake-energy-bites/>

Granola Bars

Ingredients

- 3 1/2 cups quick and/or large flake oats
- 1 cup raisins
- 1 cup chocolate chips
- 1 cup sunflower and pumpkin seeds
- 1 cup chopped almonds
- ½ cup melted butter or melted coconut oil
- ¼ cup olive oil or grapeseed oil
- 1 can sweetened condensed milk
- 2 eggs
- ½ cup ground flax seed (optional)
- optional: ¼ cup powdered Maca (health food store) for added phytosterols

Preparation

1. Mix the ingredients together.
2. Press into Greased cookie sheet or on parchment paper (no mess!).
3. Bake 350 for 22 minutes.
4. Cool 15 minutes then cut up and remove from pan.

Chocolate Omega Chunks

Ingredients

4 oz sweet, semisweet or milk chocolate

½ cup walnuts or almonds

Optional:

¼ cup pumpkin seeds

¼ cup sunflower seeds

¼ cup hemp seeds

¼ cup ground flax seed

Preparation

1. Heat chocolate gently in saucepan.
2. Add nuts and seeds. Stir.
3. Grease plate. Put spoonfuls onto plate and cool in fridge. Store in fridge.

Spirulina & Chocolate Balls

Always choose organic ingredients, when possible.

Ingredients

1/4 cup hempseed
1/2 cup raw cacao powder
1-2 tbsp spirulina
3 tbsp virgin coconut oil
2 tbsp raw honey
1 pinch celtic sea salt or Himalayan rock salt, finely ground (this is a must...the saltiness is divine)

Optional (any or all!)

1 vanilla bean or 1 tsp vanilla bean powder
2 tbsp organic nut/seed butter
2 tbsp goji berries
2 tbsp coconut flakes

Preparation

Mix all ingredients in a food processor, roll into 1" balls and freeze for 15 min then enjoy.

Store in freezer for optimal freshness.

Then if you are feeling extra motivated, you can turn these superfood balls into *Super Energy Bars* (see following recipe).

Chocolate Peanut Butter Bites

Ingredients

3 cups slow cooked oats (uncooked) - or use almond flour
1 cup all natural peanut butter (or almond butter)
3 Tbsp chocolate whey protein
1/4 cup honey
1/3 cup water

*Add 1/2 cup dark chocolate chips, cocoa nibs, or coconut flakes for extra texture

Preparation

Mix everything together and then roll into 1-inch balls.
You can eat them right away or put them in the freezer for your on-the-go tasty energy treat!

Nutty Crackers

Ingredients

1 cup sunflower seeds
1/4 cup flax seeds
1/2 cup sesame seeds
2 Tbsp psyllium or unflavoured metacel or ground flax seeds
2 cups water
1 tsp salt, seasoning as you like

Preparation

Stir together. Let stand 10 minutes.
Stir and pour onto cookie sheet with parchment paper.
Bake 300 for 1 hour then test for crispness.
Turn and bake another 10-15 minutes.

Trail Mix

Everything is optional. Pick what you like! Ups your raw food intake too.

1 cup roasted peanuts
1 cup cashews
1 cup sunflower seeds
1 cup pumpkin seeds
1 cup raisins
1 cup chocolate chips

Add anything that might taste good with it.

Mix and enjoy!

Healthy Popcorn

Ingredients

Pop large bowl of popcorn with hot air popper
4 Tbsp nutritional yeast (has a cheesy flavour)
2 Tbsp flax seed oil
pinch of sea salt

Preparation

Sprinkle yeast, oil and salt over popcorn.

Green Smoothie

Mix the following ingredients together in a blender:

- 1 whole banana
- 1 peeled orange or mango
- 1 cup juice, milk or unsweetened almond milk or use coconut milk powder and water
- ½ cup frozen raspberries or blueberries
- 1 cup raw spinach or kale

Optional: maca, cinnamon, vanilla

MAKE IT A MEAL:

Add to the above ingredients:

- ¼ cup protein (skim milk powder, muscle milk, whey, rice, pea protein, peanut or almond butter)
- 1 Tbsp fish oil or extra virgin olive oil
- 2-4 Tbsp Kefir (probiotics)

Going Green Smoothie

Mix the following ingredients together in a Vitamix or Nutribullet:

- ½ cup (120 ml) water
- 1 cup (160 g) green grapes
- ½ cup (78 g) pineapple chunks
- ½ ripe banana, peeled
- 2 cups (60 g) fresh spinach, packed
- 1 cup (120 ml) ice cubes
- Optional: 1 tsp chlorella

Power Smoothie

- 1 ripe banana
- 1 cup juice or whole milk
- ½ cup plain yogurt
- 1 cup frozen berries/fruit
- 1 cup fresh spinach/kale
- 1 scoop protein powder, hemp, etc

Pineapple Mojito

Ingredients

2 cups pineapple cubed
2 cups ice
2 Tbsp lemon juice
Handful of mint leaves

Blend and enjoy!

Homemade Hot Chocolate

Ingredients

- 2 Tbsp cocoa
- 1 Tbsp sugar
- 2 Tbsp skim milk powder

Stir together and add boiling water