

FREEZER SNACKS

The ultimate snack guide: instructions, recipes, and grocery lists
for months of nutrient dense snacks

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Hi, I'm Mary Ellen...

...the registered dietitian nutritionist behind Milk & Honey Nutrition. I'm thrilled you've decided to pack your freezer full of nutrient-dense, tasty snacks. As a wife, mom to two little girls, and entrepreneur, life can get pretty crazy... and sometimes regular baking and food prep just doesn't happen. And that's where Freezer Snacks comes in!

Keep reading to find step-by-step instructions, dietitian-approved recipes, and a comprehensive grocery list to help you pack your freezer with ready to eat snacks for you and your family.

If you like what you see, don't forget to check out my website too, milkandhoneynutrition.com. You'll find more e-books, nutrition tips, meal plans, recipes, a little mom-humor, and a healthy dose of sarcasm :-)

Mary Ellen

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How to Build the Perfect Snack

There are many reasons we eat snacks, but the primary reason is we need something to get us from one meal to the next without starving and feeling tired. Snacks keep us full (or at least keep our stomachs from growling) and energized. But how do they do that?

To really understand that, we need to do a brief review of our MACRO nutrients: carbs, protein, and fat.

These three things are the only things that provide calories to our bodies. (The exception to that is alcohol, which also provides calories, but isn't considered a nutrient.) They each serve different functions in our bodies and are absorbed at different speeds. Carbohydrates are processed the quickest. This means they leave our stomachs and get absorbed in our intestines faster than protein and fat do.

Carbohydrates give us quick energy.

Protein and fat take a little longer to digest, with fat taking the longest. Protein and fat, help keep us energized over longer periods of time. This is why an apple by itself (mainly carbs) only keeps you full for an hour, but an apple with peanut butter (protein and fat) keeps you full for 2-3 hours.

So, whenever I'm working with clients, I always give them my "perfect snack" formula...

Carbs + protein/fat = sustained energy and fullness

The recipes in this book all provide a great source of quality, complex carbohydrate and protein/fat combos.

All of the recipes are low in added sugar (or have none). They are all gluten free or can be made gluten free. Some are paleo. Paleo baking flours (specifically coconut and almond) can potentially cause less of a blood sugar spike for people with diabetes.



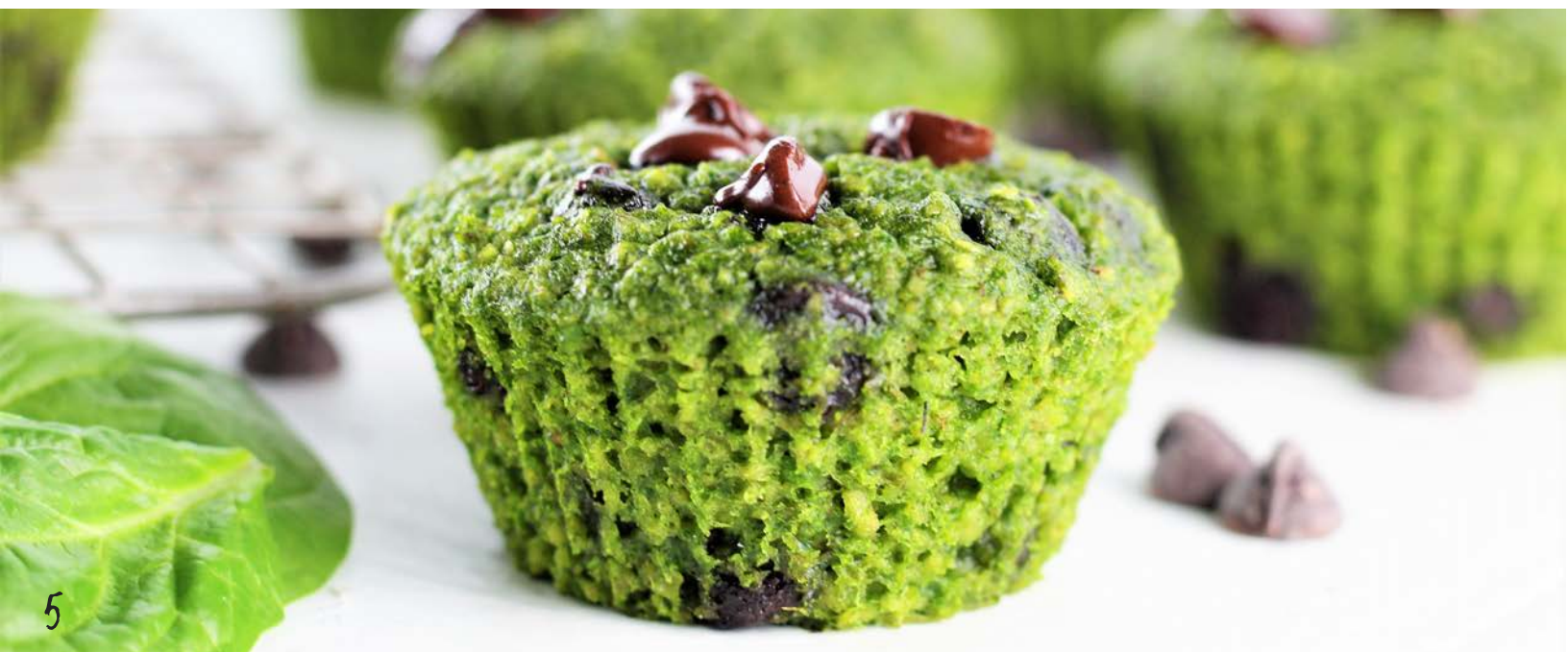
Snack Prep Staples

Whether you're stocking your freezer with snacks for yourself, kids, or other family members, we all know having quality, nutrient-dense snacks on hand is very helpful! It does take a little bit of work initially... but when your Kindergartner is whining after school about how hungry they are and turning their nose up at fruit and cheese, having a quality snack ready to go, that they love and that you know is just as packed with nutrients is a game changer!

But just like anything else related to meal planning or eating a healthy and balanced diet... we have to be prepared.

It would be one heck of a day in the kitchen to make all of the recipes in this book in one day (But hey, if you want to try it, go for it!)... so, I always recommend having some staples on hand if/when the urge to bake or mix up a good snack hits:

- whole grain flour
- coconut flour
- almond flour
- paleo baking flour blend
- baking powder
- baking soda
- avocado oil
- oats
- chocolate chips
- raw nuts
- cacao nibs
- chickpeas
- black beans
- maples syrup
- medjool dates
- coconut sugar
- avocado
- vanilla extract
- almond extract
- plain yogurt
- unsweetened coconut
- coconut oil
- canned pumpkin
- dried fruit
- cacao powder
- cinnamon
- almond butter
- peanut butter
- frozen berries
- chia seeds
- flax seeds
- eggs
- bananas



Recommended Tools

Another way to make sure you're always prepared to whip up some great snacks is to make sure you've got the right tools on hand. Some of these are kitchen basics that don't cost a whole lot of money, but others are a bit more of an investment.

- textured baking pans
- wide spatula
- cookie scoop
- ice cream scoop
- pizza slicer
- high powered blender
- 11-cup or larger food processor
- electric grinder
- small chopper (for nuts and seeds)
- parchment paper
- mesh strainer
- microwave safe bowls
- silicone muffin liners
- 4oz. mason jars
- 12oz. wide mouth mason jars
- stand mixer
- hand mixer
- stick (immersion) blender



Preparation Tips

As I mentioned above, to make all 16 recipes in the e-book would be a bit of an undertaking and would leave you in the kitchen for quite some time. My recommendation, if you want to make all of these recipes to have on hand at one time, is to split it into 4 days... so you make 4 recipes each day.

I have purposely ordered the recipes to alternate between recipes that require baking and recipes that don't. This way you can make the no-bake recipe, while the recipe before it bakes.

Trying to prepare multiple dishes at one time though, often means having to multi-task in the kitchen. With numerous dishes to prepare, it is essential to be well-prepared and know your way around your own kitchen. Follow these easy tips to ensure a low stress efficient cooking environment:

Read your recipes completely before beginning. Know the steps that are coming. Make a hardcopy and have it out on the counter while you are cooking. It can get quite annoying going back to a phone or tablet that keeps timing out... especially when your hands are dirty.

Once you've read through your recipes, **make sure you have all the tools, pans, utensils, etc. needed and within easy access.**

Know your kitchen tools and utensils. Know how to use them and get familiar with them before the big day in the kitchen.

Have all of your ingredients out in one open area where you can see them and easily access them. Take the lids off, open cans, etc. before beginning.

Have a designated place for "trash" other than your trashcan while you bake. This way you're not going back and forth across the kitchen and can stay in one place. Use a large bowl to collect bottles, cans, containers, egg shells, etc. Throw them all away at one time when you are done cooking.

Use a cutting board, or other hard surface that is not your countertop, as a resting place for spoons, knives, spatulas, etc. that are in use. This way you're not looking for a place to put things in the middle of cooking, and hopefully won't need to clean the entire countertop when you're done.

RECIPES



Oatmeal Chocolate Chip High Protein Cookies

Vegan, gluten free, high protein, high fiber

Yield: 9-10 cookies

Ingredients

1 cup rolled oats (use gluten free if needed)
1 can low sodium garbanzo beans, rinsed and drained
1/4 cup avocado oil
1 1/2 tsp vanilla extract
1/4 tsp baking soda

1 tsp baking powder
1/4 tsp salt
1/2 cup medjool date paste or maple syrup
1/2 cup chocolate chips

Preparation

Blend all ingredients in a food processor for about a minute until batter is a smooth consistency. You may need to stop the food processor once and scrape down the sides.

Once the batter is one consistency, remove the blade. Stir in chocolate chips. Using an ice cream scoop, drop batter onto a baking sheet lined with parchment paper. Using a fork gently press the dough scoops flat. Top with 2-3 additional chocolate chips per cookie, if desired. Bake at 350 degrees for 25 minutes. Let the cookies sit on the pan for 5 minutes. Then transfer to a cooling rack. Store in an airtight container for up to 3 days.

To freeze...

Let the cookies reach room temperature. Flash freeze in a single layer for one hour. Then transfer to a large freezer safe plastic bag, or an airtight reusable container. Store for up to 6 months in the freezer.

To serve...

- Wrap one frozen cookie in a paper towel and microwave for 10-15 seconds.
- Remove one cookie from the freezer and let it sit out for 20 minutes to thaw.
- Add a frozen cookie to your lunchbox in the morning, and it'll be perfectly thawed by lunchtime!



Coconut Cream Pie Energy Bites

gluten free, vegan, paleo, no added sugar

Yield: 18-20 bites

Ingredients

1/2 cup raw cashews

1/2 cup slivered almonds

3/4 cup unsweetened shredded coconut

15 medjool dates, pits removed

2 Tbsp refined coconut oil

2 Tbsp water

Preparation

Pulse the first 3 ingredients in food processor to form a powder. Add the remaining ingredients and process until a dough/paste is formed, scraping down the sides if needed. Roll the dough into Tbsp sized balls.

To freeze...

Flash freeze the bites in a single layer for one hour. Then transfer to a large freezer safe plastic bag, or an airtight reusable container. Store for up to 6 months in the freezer.

To serve...

- Remove one energy bite from the freezer and let it sit out for 15 minutes to thaw.
- Add a frozen energy bite to your lunchbox in the morning, and it'll be perfectly thawed by lunchtime!
- Enjoy them frozen!



Vegan High Protein Fudge Brownies

Vegan, gluten free, high protein, high fiber

Yield: 10 brownies

Ingredients

- | | |
|---|---|
| 1 1/4 cup rolled oats (use gluten free if needed) | 1 tsp baking powder |
| 1 can low sodium black beans, rinsed and drained | 1/4 tsp salt |
| 1/4 cup avocado oil | 1/4 cup cacao powder |
| 1 1/2 tsp vanilla extract | 1/2 cup medjool date paste or maple syrup |
| 1/4 tsp baking soda | 1/3 cup chocolate chips |

Preparation

Blend all ingredients (except chocolate chips) in a food processor for about a minute until batter is a smooth consistency. You may need to stop the food processor once and scrape down the sides.

Once the batter is one consistency, remove the blade. Stir in the chocolate chips. Spread the batter into a loaf pan lined with parchment paper. Top with additional chocolate chips, if desired. Bake at 350 degrees for 25 minutes. Let the brownies cool in the pan on a wire rack. Once they are cooled completely, cut them into 10 brownies.

To freeze...

Let the brownies reach room temperature. Slice them into 10 brownies. Flash freeze in a single layer for one hour. Then transfer to a large freezer safe plastic bag, or an airtight reusable container. Store for up to 6 months in the freezer.

To serve...

- Wrap one frozen brownie in a paper towel and microwave for 10-15 seconds.
- Remove one brownie from the freezer and let it sit out for 15 minutes minutes to thaw.
- Add a frozen brownie to your lunchbox in the morning, and it'll be perfectly thawed by lunchtime!



Chocolate Peppermint Energy Bites

vegan, gluten free

Yield: 18-20 bites

Ingredients

1 cup raw cashews

2/3 cup almonds

1/4 tsp salt

1 Tbsp unsweetened cocoa powder

1 1/2 cups pitted dates, tightly packed (about 15-16)

1/4 cup shredded unsweetened coconut

1/4 cup semi-sweet chocolate chips

2 drops food-grade peppermint essential oil

Optional: 2 scoops protein powder

Preparation

In an 11-cup (or larger) food processor, blend the first four ingredients until they form a powder (about 30 seconds). Add the remaining ingredients, and blend until the dough starts to ball up (about 3-4 minutes). Line a baking sheet with wax paper and shape dough into balls.

To freeze...

Flash freeze the bites in a single layer for one hour.

Then transfer to a large freezer safe plastic bag, or an airtight reusable container. Store for up to 6 months in the freezer.

To serve...

- Remove one energy bite from the freezer and let it sit out for 15 minutes to thaw.
- Add a frozen energy bite to your lunchbox in the morning, and it'll be perfectly thawed by lunchtime!
- Enjoy them frozen!



Paleo Sweet Potato Spice Muffins

gluten free, paleo, no added sugar*

Yield: 12-14 muffins

Ingredients

- | | |
|---|---------------------------|
| 1 sweet potato, or 1 cup pumpkin puree | 1 tsp pumpkin pie spice |
| 2 eggs | 1/2 Tbsp cinnamon |
| 1/2 cup melted coconut oil | 3 cups paleo baking flour |
| 1 tsp vanilla extract | 1 tsp baking soda |
| 1/2 cup medjool date paste or maple syrup | 1/4 tsp salt |
| 2 Tbsp water | |

Preparation

Wash and peel the sweet potato. Cut it into cubes, and cook (either boil or steam) until soft. Mash or puree until smooth. (You can also use 1 cup of canned pumpkin puree here.)

Preheat your oven to 350 degrees and grease your muffin tin. Combine all of the wet ingredients including the pureed sweet potato (or pumpkin) in a mixing bowl. Set aside. Combine all remaining dry ingredients in a large mixing bowl. Add the wet ingredients to the dry ingredients. Using a rubber spatula, mix just until combined.

Using an ice cream scoop, drop the batter into the muffin tins making sure you fill and level off the ice cream scoop each time. Bake for 25 minutes until tops start to brown and a knife inserted in the middle comes out clean.

*Use medjool date paste for no added sugar.

To freeze...

Let the muffins reach room temperature. Flash freeze in a single layer for one hour. Then transfer to a large freezer safe plastic bag, or an airtight reusable container. Store for up to 6 months in the freezer.

To serve...

- Wrap one frozen muffin in a paper towel and microwave for 10-15 seconds.
- Remove one muffin from the freezer and let it sit out for 15 minutes to thaw.
- Add a frozen muffin to your lunchbox in the morning.



Grain Free Hazelnut Magic Bars

vegan, gluten free, paleo

Yield: 8 bars

Ingredients

1 cup hazelnut or almond flour

1/3 cup coconut sugar

1 tsp cinnamon

1/4 tsp sea salt

1/2 cup all natural almond butter

1/4 cup pure maple syrup

Toppings: 2 Tbsp each of unsweetened coconut flakes, hemp seeds, cacao nibs, crushed hazelnuts, and dark chocolate chunks

Preparation

In a medium size mixing bowl, combine the hazelnut flour, coconut sugar, cinnamon, and sea salt. Stir to combine. Add in the nut butter and maple syrup. Mix the dough together using a rubber spatula. It will be crumbly and slightly dry looking. Press the dough down into a parchment paper lined loaf pan.

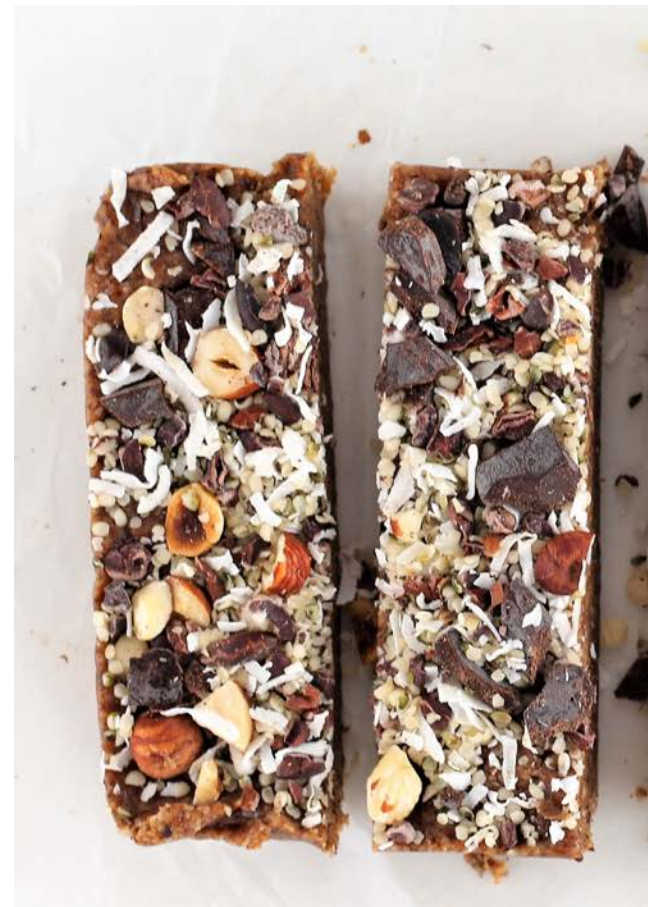
Mix the toppings together in a small bowl. Pour them over the top of the dough in the loaf pan and press down.

To freeze...

Flash freeze the bars in a single layer for one hour. Then transfer to a large freezer safe plastic bag, or an airtight reusable container. Store for up to 6 months in the freezer.

To serve...

- Remove one energy bite from the freezer and let it sit out for 15 minutes to thaw.
- Enjoy them frozen!



Avocado Banana Cookies

vegan, gluten free, low sugar, high fiber

Yield: 24 cookies

Ingredients

- | | |
|--|---|
| 1 1/2 cups whole grain flour (use gluten free if needed) | 1 banana |
| 3 cups rolled oats (use gluten free if needed) | 1/4 cup avocado oil |
| 4 tsp baking powder | 1/2 cup yogurt |
| 1 tsp baking soda | 1/2 cup pumpkin puree |
| 1 tsp cinnamon | 2 eggs |
| 1 tsp salt | 2 cups chopped dates (or other dried fruit of choice) |
| 1 large avocado, mashed | |

Preparation

Preheat oven to 375. Mix dry ingredients together in large bowl. Combine wet ingredients in separate bowl and mix well. Mix dry and wet ingredients together. Stir in dates by hand.

Line baking sheets with parchment paper. Using a 1/4 cup measure or standard size ice cream scoop drop on baking sheet 1 inch apart. Bake for 20-25 minutes until set and starting to brown. Let cool on a wire rack.

Vegan recipe modifications: Eliminate eggs and yogurt. Increase pumpkin to 1 cup, and add 1/2 cup unsweetened applesauce.

To freeze...

Let the cookies reach room temperature. Flash freeze in a single layer for one hour. Then transfer to a large freezer safe plastic bag, or an airtight reusable container. Store for up to 6 months in the freezer.

To serve...

- Wrap one frozen cookie in a paper towel and microwave for 15-20 seconds.
- Remove one cookie from the freezer and let it sit out for 20 minutes to thaw.
- Add a frozen cookie to your lunchbox in the morning, and it'll be perfectly thawed by lunchtime!



No-Bake Pistachio Walnut Energy Balls

vegan, gluten free, paleo, no added sugar

Yield: 8-10 balls

Ingredients

1/2 cup shelled pistachios

6-8 pitted Medjool dates

1/2 cup walnut pieces

Extra crushed pistachios (optional)

1/2 tsp almond extract

Preparation

Add the pistachios and walnuts to a food processor (9-cup or larger), and process until the mixture becomes a powder. While the processor is still on, remove the column lid, and pour in the almond extract. Then (still with the processor on) add in the dates one-by-one and let it process for about 60 seconds more after the last date has been added.

Remove the bowl from the food processor. Carefully remove the blade. Roll the dough into tbsp-sized balls. (You can then roll the balls in some extra crushed up pistachios or walnuts if you'd like!).

To freeze...

Flash freeze the balls in a single layer for one hour. Then transfer to a large freezer safe plastic bag, or an airtight reusable container. Store for up to 6 months in the freezer.

To serve...

- Remove one energy ball from the freezer and let it sit out for 15 minutes to thaw.
- Add a frozen energy ball to your lunchbox in the morning, and it'll be perfectly thawed by lunchtime!
- Enjoy them frozen!



Blueberry Chia Muffins

Dairy free, gluten free, paleo, low sugar

Yield: 15 muffins

Ingredients

1 cup + 2 Tbsp coconut flour

1/2 tsp salt

1 tsp baking soda

1/2 cup Medjool date paste or maple syrup

1 cup unsweetened almond milk

6 eggs

3 tsp vanilla extract

1/4 cup coconut oil, melted

1/4 cup chia seeds

Juice from 1 lemon

3/4 cup fresh or frozen blueberries

Preparation

Preheat oven to 350 degrees. Sift the coconut flour, baking soda & salt in a bowl. Mix the milk, Medjool date paste or maple syrup, eggs, coconut oil and vanilla in a separate bowl.

Mix the wet and dry mixtures together. Add in chia seeds and lemon juice and stir. Gently fold in the blueberries. Scoop batter into a lined cupcake pan. Bake for 30 minutes, until golden brown and cooked through.

As soon as they are cool enough to handle, transfer the muffins to a rack to cool. (If they are left in the pan too long, the heat and condensation will cause them to get soggy.)

To freeze...

Let the muffins reach room temperature. Flash freeze in a single layer for one hour. Then transfer to a large freezer safe plastic bag, or an airtight reusable container. Store for up to 6 months in the freezer.

To serve...

- Wrap one frozen muffin in a paper towel and microwave for 15-20 seconds.
- Remove one muffin from the freezer and let it sit out for 20 minutes to thaw.
- Add a frozen muffin to your lunchbox in the morning, and it'll be perfectly thawed by lunchtime!



2-Ingredient Granola Bars

gluten free, low sugar

Yield: 8 bars

Ingredients

2 cups low sugar muesli (use gluten free if needed)

1/2 cup unsweetened nut butter of choice

Preparation

Combine the muesli and cashew butter in a medium sized bowl. Using a rubber spatula, stir until fully combined. Press the mixture into a loaf pan lined with parchment paper. Use another piece of parchment paper to firmly press down on the top. Place in the freezer for 4 hours. Slice and enjoy! Store in the freezer.

To freeze...

Flash freeze the bars in a single layer for two hours. Then transfer to a large freezer safe plastic bag, or an airtight reusable container. Store for up to 6 months in the freezer.

To serve...

- Remove one bar from the freezer and let it sit out for 15 minutes to thaw.
- Add a frozen bar to your lunchbox in the morning, and it'll be perfectly thawed by lunchtime!
- Enjoy them frozen!



Triple Dark Chocolate Cookies

dairy free, high fiber, low sugar, gluten free

Yield: 12 cookies

Ingredients

1/2 cup pitted Medjool dates	1/4 cup cacao nibs
1 cup water	1/4 cup chocolate chips*
2 cups quick oats (use gluten free if needed)	1/2 cup PB
3 tsp baking powder	1 egg, beaten
1 Tbsp cinnamon	1/2 cup coconut milk
3 Tbsp cacao powder	Extra chocolate chips or cacao nibs for topping

Preparation

Preheat oven to 350 degrees. Add dates and water to a small saucepan and boil for 8-10 minutes. While the dates are boiling, combine all dry ingredients (except the extra chocolate chips) in one bowl, and all the wet ingredients in another bowl.

Once the dates are done, add the liquid and dates to a blender and process for 60 seconds. (If your blender is not equipped to handle hot foods, wait until the dates and water have cooled off some before blending.) Add the date paste to the liquid ingredient bowl.

Gently add the liquid ingredients to the dry ingredients and stir to combine. Scoop the dough using an ice cream scoop (or equivalent tool) onto a baking sheet lined with parchment paper. Gently press the balls/scoops into flat circles. Sprinkle additional chocolate chips (or cacao nibs) on top. Bake for 15 min. Let cool completely.

To freeze...

Let the cookies reach room temperature. Flash freeze in a single layer for one hour. Then transfer to a large freezer safe plastic bag, or an airtight reusable container. Store for up to 6 months in the freezer.

To serve...

- Wrap one frozen cookie in a paper towel and microwave for 15-20 seconds.
- Remove one cookie from the freezer and let it sit out for 20 minutes to thaw.
- Add a frozen cookie to your lunchbox in the morning, and it'll be perfectly thawed by lunchtime!



No-Bake Carrot Cake Energy Balls

vegan, paleo, gluten free, no added sugar

Yield: 12- 14 balls

Ingredients

10 baby carrots

1/2 cup macadamia nuts

1 cup raw cashews

1/4 cup melted coconut butter, cooled

6 pitted Medjool dates

Preparation

Set up your food processor (11-cup or larger) with the grater attachment. Turn the processor on, and grate 10-12 baby carrots. Turn the processor off, and remove the grater attachment. Carefully scrape the grated carrot to the outside of the food processor bowl. Place the S-blade in the food processor and secure the lid. Add the macadamia nuts and cashews, and process until the mixture becomes semi-smooth. While the processor is still on, remove the column lid, and pour in the coconut butter. Then (still with the processor on) add in the Medjool dates one-by-one and let it process for about 60 seconds more after the last date has been added.

Remove the bowl from the food processor. Carefully remove the blade. Roll the dough into tbsp-sized balls. (You can then roll the balls in some extra crushed up nuts, or drizzle with more coconut butter if you'd like!).

To freeze...

Flash freeze the balls in a single layer for one hour. Then transfer to a large freezer safe plastic bag, or an airtight reusable container. Store for up to 6 months in the freezer.

To serve...

- Remove one energy ball from the freezer and let it sit out for 15 minutes to thaw.
- Add a frozen energy ball to your lunchbox in the morning, and it'll be perfectly thawed by lunchtime!
- Enjoy them frozen!



Paleo Fig Bars

vegan, paleo, gluten free

Yield: 8 bars

Ingredients

Crust:

1 1/2 cups paleo flour blend

2 tsp cinnamon

1/4 cup pumpkin puree

2 Tbsp unsweetened applesauce

2 Tbsp maple syrup

Filling:

3/4 cup dried figs



Preparation

Line a loaf pan with parchment paper. Pre-heat your oven to 350 degrees. Combine all 5 ingredients for the crust in a bowl and mix to combine. Press half the mixture into the loaf pan, covering the bottom. (The dough will be sticky. It helps to wet your fingertips slightly with cold water before handling the dough, or chill the dough for an hour before handling it.)

To make the filling: Next, boil the figs in a small saucepan with just enough water to cover them for 5-10 minutes. Remove the figs from the heat and drain the water. Add the figs to a food processor and process until smooth. Spread the fig mixture over the crust in the loaf pan, leaving a small edge bare all the way around the edges.

Spread the second half of the crust mixture over the filling. (Tip: do small pieces at a time, using wet fingers to flatten the dough, and then place the pieces on top of the fig mixture.) Gently press the dough edges together to seal the fig mixture inside. Bake for 25 minutes. Immediately, lift the fig bars out of the pan using the parchment paper and place on a wire rack. Carefully, using a wide/flat spatula, slide the parchment paper out from under the bars. Let the bars cool completely before slicing.

To freeze...

Let the bars reach room temperature. Flash freeze in a single layer for one hour. Then transfer to a large freezer safe plastic bag, or an airtight reusable container. Store for up to 6 months in the freezer.

To serve...

- Wrap one frozen bar in a paper towel and microwave for 15-20 seconds.
- Remove one bar from the freezer and let it sit out for 20 minutes to thaw.
- Add a frozen bar to your lunchbox in the morning, and it'll be perfectly thawed by lunchtime!

Medjool Date Pina Colada Energy Balls

vegan, paleo, no added sugar, gluten free

Yield: 12 balls

Ingredients

10 pitted Medjool dates

1/2 cup dried pineapple

1/4 cup (plus 2 Tbsp) dried unsweetened coconut

3 Tbsp protein powder

2 Tbsp coconut butter

1/4 cup walnuts

1 Tbsp chia seeds,

1 Tbsp hemp seeds

Preparation

Combine all ingredients, except the Medjool dates, in the bowl of a large food processor. Using the s-blade attachment, process for 30 seconds. While the food processor is still running, remove the column lid, and add the Medjool dates one at a time. After adding all 10 Medjool dates, let the dough process for 1-2 more minutes. Carefully scoop the dough out of the food processor and roll into 12 separate balls.

To freeze...

Flash freeze the balls in a single layer for one hour. Then transfer to a large freezer safe plastic bag, or an airtight reusable container. Store for up to 6 months in the freezer.

To serve...

- Remove one energy ball from the freezer and let it sit out for 15 minutes to thaw.
- Add a frozen energy ball to your lunchbox in the morning, and it'll be perfectly thawed by lunchtime!
- Enjoy them frozen!



Green Oatmeal Chocolate Chip Muffins

dairy free, gluten free

Yield: 18 muffins

Ingredients

2 1/4 cups quick oats (use gluten free if needed)

1/2 Tbsp baking powder

1/2 tsp baking soda

1/4 tsp salt

1/3 cup maple syrup

1 cup milk

1 large banana

5 oz. raw baby spinach

1 egg

1 tsp vanilla extract

1 cup chocolate chips

Preparation

Pre-heat your oven to 350 degrees. Using a food processor or grinder, grind the quick oats into oat flour. In a large mixing bowl combine the ground oats, baking powder, baking soda, and salt. Stir to combine. Add the remaining ingredients (except chocolate chips) to a high powered blender, and blend until a smooth green liquid forms. Add the liquid to the mixing bowl with the oat mixture and stir using a rubber spatula, just until combined. Add the chocolate chips in and stir again. Pour the batter into silicone lined muffin tins* and bake for 20-22 minutes.

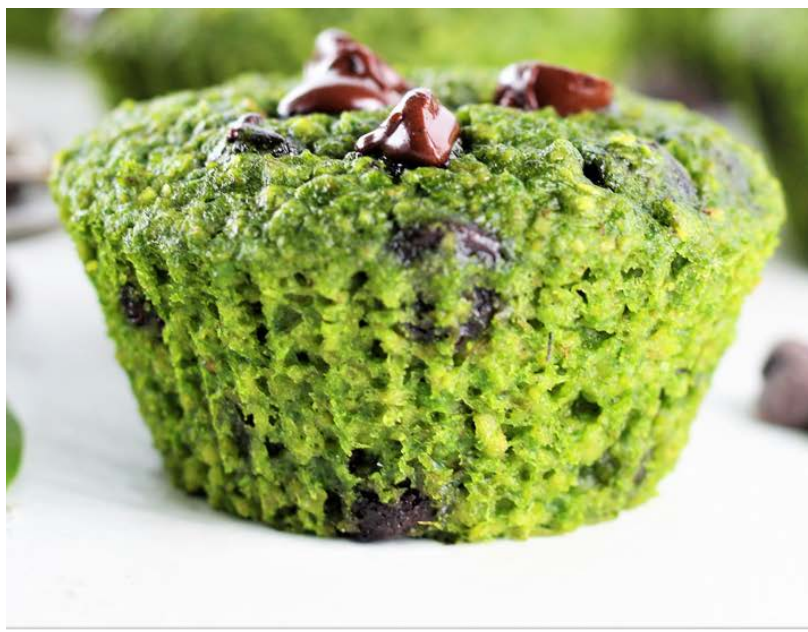
Remove the pans from the oven and let them cool for 5 minutes. Remove the silicone liners from the muffin tin and let them cool on a wire rack for 10ish minutes. Carefully, remove each muffin from the silicone liners by giving them a gentle squeeze and/or peeling the liners back away from the muffins. Let the muffins finish cooling completely on the wire rack.

To freeze...

Let the muffins reach room temperature. Flash freeze in a single layer for one hour. Then transfer to a large freezer safe plastic bag, or an airtight reusable container. Store for up to 6 months in the freezer.

To serve...

- Wrap one frozen muffin in a paper towel and microwave for 15-20 seconds.
- Remove one muffin from the freezer and let it sit out for 20 minutes to thaw.
- Add a frozen muffin to your lunchbox in the morning, and it'll be perfectly thawed by lunchtime!



Low Sugar Chocolate Chip Cookie Dough Bites

vegan, gluten free, low sugar

Yield: 30 bites

Ingredients

1 1/2 cups rolled oats (use gluten free if needed)	1/4 tsp salt
1 cup almond flour	1/2 tsp cinnamon
1 can low sodium garbanzo beans, rinsed and drained	1/3 cup maple syrup
2 tsp vanilla extract	1/2 cup chocolate chips

Preparation

Add the oats and almond flour to the bowl of a large food processor with the s-blade inserted. Process until a fine powder is formed (about 60 seconds). Add all of the remaining ingredients, except the chocolate chips and process until smooth and a batter has formed. It will look almost exactly like cookie dough at this point.

Carefully transfer the mixture to a bowl and stir in the chocolate chips by hand. Using a cookie scoop, or Tbsp measure, roll the dough into balls, and refrigerate for at least 4 hours.

To freeze...

Flash freeze the bites in a single layer for one hour. Then transfer to a large freezer safe plastic bag, or an airtight reusable container. Store for up to 6 months in the freezer.

To serve...

- Remove one bite from the freezer and let it sit out for 15 minutes to thaw.
- Add a frozen bite to your lunchbox in the morning, and it'll be perfectly thawed by lunchtime!



QUICK TIPS & SUBSTITUTIONS



Carb Counts

As a type 1 diabetic myself, I know how important having accurate carbohydrate count information is. The below values were calculated on a commercially available nutrition calculator, using the recipes exactly as they are written. If you make any substitutions or changes to the recipes, please adjust your carbohydrate counts accordingly.

Oatmeal Chocolate Chip High Protein Cookies: 35g carb (5g fiber)

Coconut Cream Pie Energy Bites: 11g carb (3g fiber)

Vegan High Protein Fudge Brownies: 34g carb (6g fiber)

Chocolate Peppermint Energy Bites: 14g carb (2g fiber)

Paleo Sweet Potato Spice Muffins: 20g carb (3g fiber)

Grain Free Hazelnut Magic Bars: 25g carb (4g fiber)

Avocado Banana Cookies: 24g carb (4g fiber)

No-Bake Pistachio Walnut Energy Balls: 17g carb (2g fiber)

Blueberry Chia Muffins: 15g carb (5g fiber)

2-Ingredient Granola Bars: 23g carb (2g fiber)

Triple Dark Chocolate Cookies: 24g carb (4g fiber)

No-Bake Carrot Cake Energy Balls: 13g carb (2g fiber)

Paleo Fig Bars: 24g carb (4g fiber)

Medjool Date Pina Colada Energy Balls: 19g carb (4g fiber)

Green Oatmeal Chocolate Chip Muffins: 23g carb (3g fiber)

Low Sugar Chocolate Chip Cookie Dough Bites: 10g carb (1.5g fiber)

How to make date paste

Yield: 1/2 cup

Ingredients

6 pitted medjool dates

2 cups filtered water

Preparation

Combine medjool dates and water in a small saucepan and bring to a boil. Let boil for 10 minutes with lid on. Remove from heat and let it cool for 10-15 minutes. Place medjool dates and 1/4 cup of liquid in food processor and process until smooth. (You may need to stop and scrape down the sides 1-2 times.) Store in a small mason jar or another container with a lid for up to 7 days.



How to make your own paleo flour blend

Yield: 3 cups flour

Ingredients

1 1/2 cups almond flour

1/2 cup coconut flour

1/2 cup tapioca flour

1/2 cup arrowroot powder

Preparation

Combine all of the flours in a large bowl and mix thoroughly. Store in an airtight container if not using immediately. Use this blend in any recipe that calls for a paleo baking flour blend.

How to make substitutions

Recipe calls for...

Whole grain flour
Paleo flour blend
Almond flour
Coconut flour
Hazelnut flour
Oats
Pureed sweet potato
Date paste
Maple syrup
Coconut sugar
Nut butter
Milk
Coconut cream
Yogurt
Eggs
Figs
Cashews
Chia seeds
Hemp seeds
Avocado oil
Peppermint Essential oil

You can also use...

Gluten free flour blend, All purpose flour
See previous pg.
Coconut flour (1/3 of the amount)
Almond flour (x3 the listed amount)
Almond flour
Oats, Oat flour, Oat bran
Canned pumpkin puree
Maple syrup, Honey
Date paste, honey
Sugar, Date sugar
Seed butter
Plant-based milk
Half & half, Whipping cream
Canned pumpkin puree
Chia or Flax egg
Raisins
Macadamia nuts
Flax seeds, Hemp Seeds
Flax seeds, Chia seeds
Vegetable oil, Coconut oil
Peppermint extract

GROCERY LIST



Grocery List

Whether you plan to make all of the recipes in this book in one day or one week, the grocery list below has everything you'll need!

Flours

1 cup Almond flour
1 cup Coconut flour
1 cup Hazelnut flour
4 1/2 cups Paleo baking flour blend
1 1/2 cups Whole grain flour

Baking staples

Almond extract
3/4 cup Avocado oil
Baking powder
Baking soda
1/4 cup Cacao nibs
1/2 cup Cacao powder
Cinnamon
3/4 cup Coconut oil
1/3 cup Coconut sugar
Pumpkin pie spice
Sea salt
Large bottle Vanilla extract

Other

Peppermint essential oil
Protein powder

Produce

1 Avocado
10 Baby carrots
2 Bananas
1 Lemon
79 Medjool dates
5oz. Spinach
1 Sweet Potato

Frozen foods

3/4 cup Blueberries

Dry goods

1 1/2 cups Almonds
1/4 cup Cacao nibs
1/3 cup Chia seeds
2 1/2 cups Chocolate chips
3/4 cup Dried figs
1/2 cup Dried Pineapple
1/4 cup Hazelnuts
1/2 cup Hemp seeds
1/2 cup Macadamia nuts
2 cups Muesli
11 cups Oats
2 1/2 cups Raw cashews
1/2 cup Shelled Pistachios
1 1/4 cup Unsweetened shredded coconut
1 cup Walnuts

Dairy

1 cup Almond milk
1/2 cup Coconut milk
12 Eggs
1/2 cup Plain yogurt
1 cup Whole milk

Canned goods

1/2 cup Almond butter
1 can Back beans
2 cans Chickpeas
1/3 cup Coconut butter
3 cups Maple Syrup
1 cup Peanut butter
3/4 cup Pumpkin puree
2 Tbsp Unsweetened applesauce

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