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Mac + Cheese Bites

Ingredients

1½ cups unsweetened almond milk
¼ tsp. sea salt (or Himalayan salt)
1 clove garlic, finely chopped
1¼ cups + 2 Tbsp. grated cheddar cheese, divided use
1 Tbsp. cornstarch (preferably GMO-free)
4 oz. cooked whole-grain macaroni (approx. 2 cups)

Instructions

Preheat oven to 350° F. Lightly coat twelve-cup muffin pan with spray. Set aside.

Heat almond milk, salt, and garlic to a gentle boil in large saucepan over medium-low heat, stirring occasionally. Reduce heat to low. While milk mixture is cooking, combine 1¼ cups cheese and cornstarch in a medium bowl; mix well. Gradually whisk cheese mixture into gently boiling milk mixture until fully incorporated; cook, whisking frequently, for 3 to 6 minutes, or until all cheese has melted and sauce has thickened.

Remove from heat. Add macaroni; mix well.

Divide macaroni mixture evenly between muffin cups. Sprinkle evenly with remaining 2 Tbsp. cheese. Bake for 10 to 14 minutes, or until golden brown on top.

Makes 12 servings.

Egg Salad

Ingredients

8 large hard-boiled eggs, peeled
2 Tbsp. + 2 tsp. olive oil mayonnaise
1 Tbsp. chopped fresh dill weed
2 tsp. Dijon mustard
¼ tsp. sea salt (or Himalayan salt)
¼ tsp. ground black pepper

Instructions

Place eggs in a large mixing bowl; mash with the back of a fork until broken into small pieces. Add mayonnaise, dill, mustard, salt, and pepper; mix well.

Makes 4 servings.

Avocado Brownies

Ingredients

½ cup gluten-free all-purpose flour
¼ cup unsweetened cocoa powder
2 cups semisweet chocolate chips
1 Tbsp. extra-virgin organic coconut oil
1 cup mashed avocado
½ cup + 2 Tbsp. pure maple syrup
2 large eggs
2 tsp. pure vanilla extract
1 dash sea salt (or Himalayan salt)

Instructions

Preheat oven to 400° F. Line a 9 x 12-inch baking dish with parchment paper, allowing it to come up the sides of the dish. Coat with cooking spray. Set aside.

Whisk together flour and cocoa powder in a medium mixing bowl. Set aside.

Place a double boiler over low heat with water 1-inch deep in bottom. Add chocolate and coconut oil to top of double boiler, stir occasionally until melted. Set aside.

Place avocado, maple syrup, eggs, extract, and salt in blender; cover. Blend until smooth. Transfer to a mixing bowl. Stir melted chocolate into avocado mixture. Fold in flour mixture, adding ⅓ of mixture at a time, until fully combined.

Spread mixture evenly in prepared baking dish. Bake for 13 to 15 minutes, or until firm on top. Allow to cool completely in baking dish. Cut into 12 squares; serve immediately or store in an airtight container in the refrigerator for up to 4 days.

Makes 12 servings.

Peanut Butter Oatmeal Bars

Ingredients

2 cups dry old-fashioned rolled oats, gluten-free
1 tsp. baking powder, gluten-free
1 tsp. ground cinnamon
½ tsp. sea salt (or Himalayan salt)
¼ cup chopped raw peanuts
½ cup fresh mixed berries
1½ cups unsweetened almond milk
1 large ripe banana, cut into chunks
1 tsp. pure vanilla extract
1 Tbsp. ground flaxseed
2 Tbsp. all-natural peanut butter
¼ cup pure maple syrup (preferably dark amber, grade B)

Instructions

Preheat oven to 375° F. Line 8 x 10-inch casserole pan with parchment paper and lightly coat with spray. Set aside. Place oats, baking powder, cinnamon, salt, nuts, and berries in a large mixing bowl; mix well. Place almond milk, banana, extract, flaxseed, peanut butter, and maple syrup in blender (or food processor); cover. Blend until smooth. Add almond milk mixture to oat mixture; mix until well blended. Pour mixture into prepared pan. Smooth top with a spatula. Bake for 30 minutes or until oatmeal is set and top is golden brown. Allow to cool to room temperature before evenly cutting into twelve bars.

Makes 12 servings

Baked Apple Chips

Ingredients

2 apples
Cinnamon, to taste

Instructions

Preheat oven to 275 degrees.
Remove apple core. Thinly slice the entire apple. Line a cookie sheet with parchment paper and place apple slices on it. Sprinkle with cinnamon. Bake for two hours. At the end of hour one flip apple slices over so they bake evenly.

Makes 2 servings

Pumpkin Pie Energy Bites

Ingredients

1 cup pitted dates
Warm water
½ cup raw pecan halves
⅓ cup 100% pure pumpkin puree
¼ cup unsweetened shredded coconut, reserve small amount for garnish
1 tsp. pure hazelnut extract
1 tsp. pure maple syrup
2 tsp. pumpkin pie spice
1 pinch sea salt (or Himalayan salt)

Instructions

Place dates in a medium bowl; cover with water. Let soak for 10 minutes. Drain. Set aside.

Place pecans in food processor; pulse until finely ground. Add dates, pumpkin, coconut, extract, maple syrup, pumpkin pie spice, and salt; pulse until well mixed. Place in a medium bowl. Refrigerate, covered, for 30 minutes. Using clean hands, roll into tablespoon-sized balls; roll in reserved coconut, if desired.

Makes 8 servings (2 energy bites each)

Raspberry Peach Fruit Roll-Ups

Ingredients

1½ cups fresh (or frozen) raspberries
1½ cups sliced frozen (or fresh) peaches
1 tsp. raw honey (or coconut sugar)

Instructions

Preheat oven to lowest setting (ours was 150° F). Line baking sheet with silicone baking mat (or parchment paper and lightly coat with spray). Place raspberries, peaches, and honey in blender (or food processor); cover. Puree until well blended.

Pour raspberry mixture onto prepared pan. Spread into a thin, even layer about ⅛-inch thick with a spatula. Bake for 3 to 4 hours, or until roll-up is barely tacky to the touch and your finger does not leave an indentation. Allow to cool completely. Trim edges. Invert baking mat onto a piece of parchment paper; loosen and remove roll-up. Cut into fourteen 1-inch wide strips.

Makes 7 servings (approx. 2 roll-ups each)

Banana Oatmeal Cookies

Ingredients

1 cup dry old-fashioned rolled oats, gluten-free
2 tsp. ground cinnamon
¼ tsp. sea salt (or Himalayan salt)
2 medium ripe bananas, mashed
¼ cup golden raisins
¼ cup chopped raw walnuts

Instructions

Preheat oven to 350° F. Lightly coat large baking sheet with spray. Set aside. Combine oats, cinnamon, and salt in a medium bowl; mix well. Add bananas, raisins, and walnuts; mix well. Drop by rounded Tbsp. onto prepared baking sheet to form 16 cookies; flatten cookies with a spatula.
Bake for 14 to 15 minutes or until firm.

Makes 8 servings (2 cookies each)

Sweet Potato Hummus

Ingredients

2 cups chickpeas
1 cup sweet potato, cooked
1/4 cup tahini, or your favorite nut butter
1/4 cup olive oil
1/2 tsp salt
1 tsp mild yellow curry
1/4 tsp ginger, minced
1 lime, juiced
1/4 cup canned coconut milk, or water

Instructions

Place all ingredients, except the coconut milk, into a food processor. Process until everything is blended, stopping and scraping the sides as needed. Slowly add the coconut milk until your desired consistency is reached.

Makes 3-4 cups of hummus

Cucumber Hummus Roll-Ups

Ingredients

1 large cucumber
¼ cup prepared hummus
¼ cup roasted red peppers, thinly sliced

Instructions

Use a vegetable peeler to peel off eight long, thin slices of cucumber. Spread 1½ tsp. hummus on each cucumber slice. Top each with 1½ tsp. red pepper slices.
Pick up one end of the cucumber slice and roll cucumber loosely around the filling. End with the seam on bottom and secure with a toothpick.

Variations

Substitute your favorite vegetables or herbs for roasted red bell peppers. Try these or your favorite combinations!

- Chopped fresh red bell peppers
- Sun-dried tomatoes
- Capers
- Fresh chopped herbs
- Sliced green onions

Makes 2 servings (4 roll-ups each)