

# Sunbutter Pumpkin Protein Balls

10 SERVINGS 10 MINUTES



## INGREDIENTS

1/4 cup Coconut Flour  
2 tbsps Vanilla Protein Powder  
1/4 cup Sunflower Seed Butter  
1/4 cup Pureed Pumpkin  
1 tbsp Oat Milk (unsweetened, plain)  
1/4 cup Hemp Seeds (for coating, optional)

## DIRECTIONS

- 01 In a mixing bowl, combine the coconut flour, protein powder, sunflower seed butter, pumpkin, and oat milk. Mix well until a firm batter forms. Add more oat milk one tablespoon at a time if the mixture is too dry/crumbly.
- 02 Form the dough into one-inch balls. Repeat until all the dough is used up. Firmly roll each ball in a small bowl of hemp seeds to form a coating (optional). Store in the fridge or freezer until ready to enjoy.

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to seven days, or freeze if longer.

### SERVING SIZE

One serving equals one ball, about one inch in diameter.

### MORE FLAVOR

Add pumpkin pie spice, maple syrup and/or vanilla extract.

### NO HEMP SEEDS

Roll in crushed nuts, cocoa powder, pumpkin seeds or sunflower seeds.

### NO SUNFLOWER SEED BUTTER

Use almond butter, tahini or pumpkin seed butter instead.

### PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.

### COCONUT FLOUR

This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.

# Taco Spiced Chickpeas

2 SERVINGS 30 MINUTES



## INGREDIENTS

2 cups Chickpeas (cooked)  
2 tsps Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste, optional)  
2 tsps Taco Seasoning

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Pat the chickpeas dry with a paper towel and transfer them to the prepared baking sheet. Drizzle with the oil and season with salt, pepper, and taco seasoning. Mix until the chickpeas are evenly coated.
- 03 Bake in the oven for 25 to 28 minutes, tossing halfway through, or until the chickpeas reach your desired crispiness.
- 04 Remove from the oven. Season with additional salt and pepper if needed. Let cool slightly and enjoy!

## NOTES

### LEFTOVERS

Store in an airtight container for up to two days. If leftover chickpeas lose their crunch, reheat in the oven for five to eight minutes or until crispy again.

### SERVING SIZE

One serving is approximately 1/2 cup.

### NO EXTRA VIRGIN OLIVE OIL

Use avocado oil instead.

# Keto Candied Nuts

6 SERVINGS 2 HOURS



## INGREDIENTS

2 tbsps Water  
1/3 cup Monk Fruit Sweetener  
(granulated)  
1 1/2 tps Cinnamon  
1/4 tsp Sea Salt  
1 1/2 cups Almonds

## DIRECTIONS

- 01 Line a baking sheet or plate with parchment paper.
- 02 Add the water to a small pot over medium heat. When the water starts to steam add the monk fruit sweetener, cinnamon, and salt. Stir to combine and allow to come to a bubble.
- 03 Add the almonds and stir well. Continue to stir for two to three minutes until the almonds are heated through and the monk fruit sauce has thickened.
- 04 Transfer the almonds to the parchment paper and spread in an even layer to cool.
- 05 Allow the nuts to cool completely and the candy coating to harden before storing them in an airtight container. Enjoy!

## NOTES

### LEFTOVERS

Store in an airtight container for up to one week.

### SERVING SIZE

One serving is approximately 1/4 cup of nuts.

### MORE FLAVOR

Add vanilla extract or a pinch of nutmeg, cayenne pepper, or cloves to taste.

### NO ALMONDS

Use another nut or seed instead or a combination of different nuts and seeds.



# Apple Cinnamon Bagel

1 SERVING 5 MINUTES



## INGREDIENTS

1/4 cup Cream Cheese, Regular (plain)  
4 ozs Gluten-Free Bagel (sliced in half)  
1/2 Apple (medium, cored, sliced)  
1/4 tsp Cinnamon

## DIRECTIONS

01 Spread the cream cheese evenly over the bagel halves. Top with apple slices and cinnamon. Enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately. Can be refrigerated in an airtight container for up to one day.

### DAIRY-FREE

Use vegan cream cheese instead.

### GLUTEN-FREE BAGEL

One gluten-free bagel is roughly four ounces or 113 grams.