

Spiced Apple Oatmeal

2 SERVINGS 15 MINUTES



INGREDIENTS

2 tbsps Coconut Oil
2 Apple (cored, chopped)
1/2 tsp Vanilla Extract
2 tbsps Maple Syrup (divided)
1 tsp Cinnamon (divided)
1/2 tsp Nutmeg (divided)
1 1/2 cups Unsweetened Almond Milk
1 cup Oats

DIRECTIONS

- 01 Add the coconut oil, apples, vanilla, maple syrup, cinnamon, and nutmeg to a saucepan over medium heat. Cook the apples for four to five minutes or until they have softened, stirring continuously so they don't stick.
- 02 Add the milk and oats. Stir to combine. Lower the heat and cook for five to seven minutes or until the oats thicken, stirring as needed.
- 03 Divide evenly between bowls and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Refrigerate for up to three days and reheat before serving.

SERVING SIZE

One serving is equal to approximately one cup.

NO ALMOND MILK

Use cow's milk or any other alternative milk.

ADDITIONAL TOPPINGS

Hemp seeds, chia seeds, nut butter, coconut butter, and/or sea salt.

Strawberry Lemon Pancakes

3 SERVINGS 20 MINUTES



INGREDIENTS

- 1 Egg
- 3/4 cup Unsweetened Almond Milk
- 2 tbsps Maple Syrup
- 2 tbsps Lemon Juice
- 1 cup All Purpose Gluten-Free Flour
- 2 tsps Baking Powder
- 1/8 tsp Sea Salt
- 1 cup Strawberries (stems removed, chopped)
- 1 tbsp Coconut Oil

DIRECTIONS

- 01 Whisk the egg(s) in a bowl. Add the milk, maple syrup, and lemon juice and stir to combine.
- 02 Add the flour, baking powder, and salt. Mix until well combined. Fold in the strawberries.
- 03 Heat a pan over medium-high heat and add some oil. Scoop 1/4 cup of batter at a time into the pan, and cook until bubbles start to form. Flip and cook for another one to two minutes. Repeat with the remaining batter.
- 04 Divide onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Reheat on the stove or in the toaster.

SERVING SIZE

One serving is equal to two pancakes.

NO ALMOND MILK

Use cow's milk or any other alternative milk.

ADDITIONAL TOPPINGS

Maple syrup, butter, coconut butter, berries, nuts.

Tahini Carrot Oat Cookies

10 SERVINGS 25 MINUTES



INGREDIENTS

1 tbsp Ground Flax Seed
2 tbsps Water
1 cup Tahini
1/2 cup Maple Syrup
1 tsp Vanilla Extract
1 cup Grated Carrot
1 1/2 cups Quick Oats
1/2 cup Unsweetened Shredded Coconut
1/2 tsp Baking Powder
1/4 tsp Sea Salt

DIRECTIONS

- 01 Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.
- 02 Mix the ground flax seed and water together in a small bowl and set aside for five minutes.
- 03 Mix the tahini, maple syrup, and vanilla extract together in a large bowl.
- 04 Add the flax mixture, grated carrot, quick oats, shredded coconut, baking powder, and salt to the tahini mixture and mix well.
- 05 Use a 1/4 cup measuring cup to scoop the cookie dough onto the baking sheet. Gently press down the cookie mounds.
- 06 Bake for 12 to 14 minutes. Set the cookies on a cooling rack for 10 minutes. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is one cookie.

MORE FLAVOR

Add nuts and/or seeds.

NO TAHINI

Use almond, cashew, or peanut butter.

BIGGER COOKIES

Use a 1/2 cup measuring cup instead and increase bake time to 18 minutes.

Amaretti

10 SERVINGS 40 MINUTES



INGREDIENTS

2 tbsps Egg Whites
1/3 cup Coconut Sugar
1 cup Almond Flour
1 tsp Almond Extract
1 1/2 tbsps Icing Sugar

DIRECTIONS

- 01 Preheat the oven to 300°F (150°C) and line a baking sheet with parchment paper. In the bowl of a stand mixer, whisk the egg whites until they reach medium peaks.
- 02 Use a spatula and gently fold the coconut sugar, almond flour, and almond extract into the egg whites. Fold until a wet dough forms.
- 03 Wet your hand to prevent sticking and roll the dough into one-inch balls. Roll the cookies in the icing sugar and place them on the prepared baking sheet.
- 04 Bake for 20 to 25 minutes. Allow the cookies to cool down for at least five minutes before serving. Enjoy!

NOTES

LEFTOVERS

Store in an airtight container at room temperature for up to four days. Freeze for longer.

SERVING SIZE

One serving is equal to one cookie.

MORE FLAVOR

Add vanilla extract.

Date & Chocolate Pudding

2 SERVINGS 1 HOUR 10 MINUTES



INGREDIENTS

2/3 cup Pitted Dates
3 ozs Dark Chocolate (plus more for optional garnish)
2/3 cup Oat Milk
1/4 cup Raspberries (optional, for garnish)

DIRECTIONS

- 01 Add the dates, chocolate, and milk to a saucepan. Bring to a boil then reduce the heat down to simmer. Simmer for two to three minutes or just until the chocolate has melted and the dates are soft. Stir well.
- 02 Remove the pan from the heat. Let it cool down for about five minutes then transfer the mixture to a food processor.
- 03 Process until smooth. Pour the mixture into a serving bowl. Cover the bowl with plastic wrap and transfer it to the fridge. Chill for at least one hour before serving. Top with raspberries and dark chocolate if using. Enjoy!

NOTES

LEFTOVERS

Cover the bowl with plastic wrap and refrigerate for up to three days.

SERVING SIZE

One serving is equal to approximately 2/3 cup.

NO OAT MILK

Use almond milk or cow's milk instead.

MORE FLAVOR

Add vanilla and cardamom.

Berry Coconut Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

1 cup Canned Coconut Milk (full fat)
1/2 cup Frozen Berries
1/4 Avocado
2/3 oz Collagen Powder

DIRECTIONS

01 Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

SERVING SIZE

One serving is approximately 3/4 cup.

MORE FLAVOR

Add baby spinach, hemp seeds, and/or chia seeds before blending.

MAKE IT VEGAN

Omit collagen powder and use plant-based protein powder.

Pomegranate Pineapple Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

2/3 cup Frozen Pineapple
1/3 cup Pomegranate Juice
1/2 cup Canned Coconut Milk

DIRECTIONS

01 Add all of the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Refrigerate in an airtight jar for up to two days.

SERVING SIZE

One serving is equal to approximately 1 1/4 cup.

MORE FLAVOR

Add vanilla and mint leaves.

Raspberry Thumbprint Cookies

12 SERVINGS 20 MINUTES



INGREDIENTS

1 1/4 cups Almond Flour
1/4 cup Coconut Oil
3 tbsps Maple Syrup
1/4 tsp Sea Salt
3 tbsps Raspberry Jam

DIRECTIONS

- 01 Preheat oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 02 In a large bowl, add the almond flour, coconut oil, maple syrup, and salt and stir until well combined. Roll the dough into balls roughly one tablespoon in size and place on the baking sheet. Use a 1/2 teaspoon to press down the center of the cookies. Fill the center with jam.
- 03 Bake for 10 to 12 minutes, until golden. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is equal to one cookie.

MORE FLAVOR

Use homemade chia jam.