



Recipes

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NUTRITION BY AMY



Amy's Pumpkin Spice Granola

12 servings

40 minutes

Ingredients

- 3 cups Oats (rolled)
- 1 cup Walnuts (chopped)
- 1/2 cup Pumpkin Seeds
- 1/4 cup Ground Flax Seed
- 1/4 tsp Sea Salt
- 2 tps Pumpkin Pie Spice (or combine 1 tsp cinnamon, 1/2 tsp dried ginger, 1/4 tsp each nutmeg & allspice)
- 1/4 cup Coconut Oil
- 1/2 cup Maple Syrup
- 1/2 cup Pureed Pumpkin
- 3 cups Unsweetened Almond Milk
- 2 cups Blueberries (or other fruit of choice)
- 2 Banana

Directions

- 1 Preheat oven to 350 degrees F and line a large baking sheet with parchment paper.
- 2 Mix the oats, walnuts, pumpkin seeds, ground flax seed, sea salt, pumpkin pie spice and cinnamon together in a large bowl. Stir well to mix.
- 3 In a pot, combine the coconut oil, maple syrup and pureed pumpkin. Place over medium-low heat and whisk until all ingredients are well distributed and it is warmed through (about 2 to 5 minutes).
- 4 Pour it over the dry ingredients and mix with a spatula. Spread across the baking sheet in a thin layer and bake for 25 to 30 minutes, or until golden brown. Rotate the pan at the halfway point. (Note: Don't stir as this will break up the clusters.)
- 5 Remove the granola from the oven and let cool completely. It may seem wet, but it will crisp up as it cools.
- 6 Divide into bowls or store sealed in a jar until ready to use. To serve pour 1/2 cup almond milk and add fruit. Try heating the almond milk for a delicious variation on a cold day!

Notes

Serve it With, 1/2 cup granola, 1 cup almond milk + 1/2 cup fruit

Leftovers, Stores well in an airtight container up to a week. Freezes well for longer.

No Walnuts, Use pecans or slivered almonds instead.

Nut-Free, Skip the nuts and add extra pumpkin seeds.

Optional Add-Ins, Raisins, dried cranberries, berries or coconut flakes.

Cinnamon, Add more to taste

Need More?, Double the serving size.



Zuppa Toscana Soup

6 servings
45 minutes

Ingredients

- 1 lb Spicy Italian Sausage
- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (diced)
- 2 cloves Garlic (minced)
- 1 1/16 quarts Chicken Broth
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1/2 tsp Red Pepper Flakes (optional, spicy)
- 4 Yellow Potato (cubed, 4 cups)
- 1 head Cauliflower (small, chopped)
- 1 1/2 cups Coconut Milk Full Fat (1 can)
- 6 cups Kale Leaves (chopped)
- 4 stalks Green Onion

Directions

- 1 Remove the sausage from casing, brown in a large pot and remove (use some of your olive oil if needed to prevent sticking).
- 2 Add olive oil and onion and cook for 3-5 mins or until soft, add garlic and cook 1 min more.
- 3 Add chicken broth, salt, pepper, chilli flakes (if using), potato, cauliflower and cooked sausage. Mix and bring to a simmer, cook until potatoes and cauliflower are soft ~10 mins.
- 4 Add the kale and coconut milk to the soup, and simmer for an additional 5 to 10 minutes, stirring occasionally.
- 5 Taste and adjust salt, pepper and red pepper flakes to taste. Top with green onion.

Notes

Serving Size, Approximately 2.5 cups.

Leftovers, This makes a lot so you'll have leftovers! Freeze and thaw in the coming weeks.

Optional Toppings, Bacon or cheese.

No Sausage?, I like this with spicy Italian turkey sausage, but you can also use any other ground meat (just add Italian seasoning so there's still lots of flavour!)

Like It Spicy?, Add hot sauce or increase the chilli flakes. If you don't like it spicy skip the chilli and spicy sausage.

Low Carb? Or Need More?, Adjust the cauliflower and potato ratio as needed. It's more filling/higher carb with more potato, or you can make it lower carb by increasing the cauliflower and decreasing the potato.

Okay with Dairy?, You can use heavy whipping cream in place of coconut milk.

Coconut Milk, Use the full fat canned coconut milk, not the carton.



No Kale?, Use spinach! Chop it up first.

More Veggies?, Add in whatever you'd like! Peppers, mushrooms and broccoli would all work well in this soup.

Plant Based?, Use 1 cup red lentils instead of sausage, you'll need to increase the broth or water accordingly.

Brand, I like the Marc Angelou brand from Metro.



Vegan Blueberry French Toast

1 serving

20 minutes

Ingredients

- 1/2 Banana (ripe)
- 1 1/2 tsps Chia Seeds
- 1/4 cup Unsweetened Almond Milk
- 1/2 tsp Cinnamon
- 1 1/2 tsps Coconut Oil
- 2 slices Gluten Free Bread (or other bread of choice)
- 1 cup Frozen Blueberries

Directions

- 1 In a large, shallow bowl mash the banana. Add the chia seeds, almond milk, and cinnamon. Let stand for about 5 minutes. During this time, heat a non-stick skillet over medium heat and grease with coconut oil.
- 2 Dip the bread slices into the banana mixture, making sure each side is coated, then immediately transfer them to the skillet. Cook for about 4 minutes per side, flipping carefully. They're done when they're crispy and brown on both sides.
- 3 While the french toast is cooking, add the frozen blueberries to a small saucepan. Heat over medium-high heat until the berries become soft and the juices are released.
- 4 Divide the french toast between plates and top with blueberry sauce. Enjoy!

Notes

No Blueberries, Use raspberries, strawberries, blackberries or peaches instead.

Optional, Add a small drizzle of maple syrup or coconut whip.

Too Much?, Have 1 slice or 1 slice with 2 pieces of turkey bacon.



Amy's Chickpea Waldorf Salad

4 servings

15 minutes

Ingredients

- 1/2 Avocado (or whole avocado if small)
- 1 tbsp Rice Vinegar (or any vinegar)
- 1 tbsp Dijon Mustard
- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 tbsp Water
- 2 cups Chickpeas (cooked, drained and rinsed)
- 4 stalks Celery (chopped)
- 1 Apple (cored and diced)
- 1 cup Grapes (red, halved)
- 1/4 cup Red Onion (finely diced)
- 1/4 cup Parsley

Directions

- 1 Prepare your dressing by combining your avocado, apple cider vinegar, mustard, olive oil, salt, pepper and water. in a blender or food processor. Blend until smooth.
- 2 Combine chickpeas, celery, apple, grapes, onion & parsley in a large bowl. Stir in the dressing and toss until evenly coated.

Notes

- Extras,** Add walnuts or sunflower seeds.
- Need more?,** Serve in a wrap or with rice.
- Animal Protein,** Use chicken in place of chickpeas.



Maple Tahini Dressing

4 servings

5 minutes

Ingredients

1/4 cup Tahini
2 tbsps Maple Syrup
1 1/2 tbsps Lemon Juice
2 tbsps Water (warm)
1/4 tsp Sea Salt

Directions

- 1 Whisk all ingredients together in a mixing bowl. Season with additional salt if needed. Transfer to an airtight jar or container and refrigerate until ready to use.

Notes

Leftovers, Refrigerate in an airtight container for up to seven days.

Serving Size, One serving is equal to approximately two tablespoons.

Too Thick, If the dressing is too thick, add water one tablespoon at a time until your desired consistency is reached.



Honey Chili Meatballs

4 servings
30 minutes

Ingredients

1 lb Extra Lean Ground Chicken
2 cloves Garlic (diced or 1 tsp dry)
1 Egg
1/4 cup Almond Flour
1 tsp Sea Salt (divided)
1/4 tsp Black Pepper
1/2 cup Chicken Broth
1/2 cup Tomato Paste (5.5oz)
1/4 cup Honey
1 tbsp Rice Vinegar (any vinegar will work)
1 1/2 tsps Chili Powder
1/4 tsp Paprika
1/4 tsp Ground Mustard

Directions

- 1 Preheat oven to 350 degrees F.
- 2 In a large bowl combine ground chicken, onion, garlic, egg, almond flour, half the salt, and black pepper. Form mixture into meatballs, about 1 1/2 inches thick.
- 3 Transfer to oven and bake for a 20 minutes or until cooked through. (Optional: before baking melt 1 tbsp oil in a large pan over medium-high heat. Add meatballs and cook until browned, about 5 minutes).
- 4 Meanwhile in a medium saucepan, combine chicken broth, tomato paste, honey, vinegar, chili powder, paprika, ground mustard and remaining salt. Bring to a boil then reduce heat and simmer for 5 minutes, stirring occasionally. Adjust seasoning if needed.
- 5 Remove meatballs from the oven. Evenly coat meatballs with sauce and divide into bowls. Top with chopped green onions (optional). Enjoy!

Notes

Pro-Tip, Put a bit of olive oil on your hands before trying to roll them into meatballs!
Time Savers, Use a store-bought sauce instead (but this one is goood!) or buy store-bought meatballs and use the above sauce.
Likes it Spicy, Add red pepper flakes or hot sauce to the sauce.
Leftovers, Refrigerate in an air-tight container up to 3 days or freeze up to 2-4 months (cooked or uncooked).



Thai Basil Turkey with Bok Choy & Rice

3 servings

25 minutes

Ingredients

- 1 cup Jasmine Rice (dry or use basmati)
- 1 tsp Coconut Oil
- 2 Thai Chili (stems removed and finely sliced)
- 6 stalks Green Onion (finely diced)
- 4 Garlic (cloves, minced)
- 1 lb Extra Lean Ground Turkey
- 1 tbsp Honey
- 3 tbsps Soy Sauce
- 1 cup Chicken Broth
- 1 cup Basil Leaves (fresh, chopped)
- 1 tsp Sesame Oil
- 6 cups Bok Choy (chopped)

Directions

- 1 Cook the rice according to the instructions on the package and set aside.
- 2 While the rice cooks, place a wok over high heat. Add the coconut oil, chilies, green onion and garlic. Saute for 1 to 2 minutes, or until onions are softened. Add the ground turkey and saute for about 5 minutes, breaking it up into small pieces as it cooks. Add the honey, soy sauce & broth and saute for another minute, or until turkey is completely cooked through. Add the basil. Saute until wilted and turn off the heat. Cover with a lid to keep warm.
- 3 Heat the sesame oil in a frying pan over medium heat. Add the sliced bok choy, face down. Cover and let fry for about 5 minutes, or until slightly charred. Turn off the heat.
- 4 Divide rice between plates and top with the basil turkey mix. Add the bok choy on the side. Enjoy!

Notes

No Rice, Use quinoa or roasted potatoes instead.

Storage, Store in an airtight container in the fridge up to 3 days.

Low Carb, Use cauliflower rice instead of jasmine rice.

Make it Faster, Use green peas instead of bok choy.

No Thai Chili, If you do not like it spicy, simply omit. If you cannot find thai chiles, add a pinch of cayenne pepper instead.

Reheating Leftovers, Saute in a skillet until warmed through.

Vegan & Vegetarian, Replace the ground turkey with roasted chickpeas or warm lentils.



Sesame Green Beans

3 servings

25 minutes

Ingredients

- 4 cups Green Beans (trimmed)
- 2 tbsps Soy Sauce
- 2 tbsps Sesame Oil
- 2 tbsps Sesame Seeds

Directions

- 1 Preheat oven to 400°F and line a baking sheet with parchment.
- 2 Toss the green beans with tamari, sesame oil and sesame seeds. Lay flat on baking sheet and place in oven for 20 minutes.
- 3 Remove from oven and enjoy!

Notes

Likes it Spicy, Sprinkle with chili flakes after roasting.



Amy's Sweet Paprika Shrimp

2 servings

15 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Maple Syrup
- 1 1/2 tsps Paprika
- 1 1/2 tsps Italian Seasoning
- 1/4 tsp Sea Salt
- 1/8 tsp Red Pepper Flakes (optional)
- 14 1/16 ozs Shrimp (large, peeled and deveined)
- 1 1/2 tsps Water
- 1/2 Lemon

Directions

- 1 In a mixing bowl whisk the olive oil, maple syrup, paprika, Italian seasoning, salt and red pepper flakes, if using, until combined. Add the shrimp to the sauce and toss to coat.
- 2 Heat a large non-stick pan or skillet over medium-high heat.
- 3 Add the shrimp and all of the sauce to the pan. Let the shrimp cook for 1 to 2 minutes per side. Add the water and lemon juice. Stir to coat the shrimp in the sauce. Let the sauce come to a gentle bubble then remove from the heat and season with additional salt and lemon juice if needed.
- 4 Divide between plates and serve immediately. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

More Flavor, Serve with extra lemon wedges or fresh ground pepper on top.

Make it a Meal, Serve shrimp beside cooked quinoa or brown rice with sauteed greens.



Chocolate Chip Banana Muffins

10 servings

1 hour

Ingredients

- 1 cup Almond Flour
- 1/4 cup Coconut Flour
- 1 tsp Baking Soda
- 1/2 tsp Sea Salt
- 1 tsp Cinnamon
- 1 tbsp Ground Flax Seed
- 1 tbsp Hemp Seeds
- 2 Banana (mashed)
- 2 tbsps Extra Virgin Olive Oil
- 3 Egg (whisked)
- 1/4 cup Maple Syrup
- 1 cup Dark Chocolate Chips

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Combine the dry ingredients in a mixing bowl and mix well. In a separate mixing bowl, mash the bananas with a fork until a creamy consistency forms. Add in the oil, eggs and maple syrup and mix well. Pour the dry ingredients in with the wet ingredients and mix well. Mix in the chocolate chips.
- 3 Lightly grease the muffin tins, pour in the batter. Bake in oven for 20 minutes. Test if it is cooked through by sticking a toothpick in the middle. If it comes out clean, they're done. Enjoy!

Notes

Make it Portable, These can easily be made into muffins by baking in a muffin tin instead of a loaf pan.



Amy's Roasted Broccoli & Pecans

3 servings
30 minutes

Ingredients

5 cups Broccoli (cut into florets)
2 tbsps Extra Virgin Olive Oil
2 tbsps Nutritional Yeast
1 clove Garlic (diced)
1/4 tsp Sea Salt
1/3 cup Pecans (chopped)

Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 2 Arrange the broccoli florets on the baking sheet and season with olive oil, nutritional yeast and sea salt. Add the pecans and mix well.
- 3 Cook the broccoli in the oven for 15 minutes. Remove from the oven, toss the mixture and cook for 10 minutes more or until the broccoli is slightly browned.
- 4 Remove from the oven and divide between plates. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

Serving Size, One serving is equal to one cup.

No Pecans, Use almonds or walnuts instead.

More Flavor, Add garlic powder or chilli powder.



Pecan Parm

8 servings
20 minutes

Ingredients

1 cup Pecans
1 1/2 tbsps Nutritional Yeast
1 tbsp Extra Virgin Olive Oil
1/4 tsp Sea Salt

Directions

- 1 Preheat the oven to 300F. Spread the pecans onto a baking sheet and toast in the oven for 8-10 minutes until fragrant and lightly golden (you can also dry toast in a pan on the stove - just be careful nuts burn quickly!)
- 2 In a food processor add the pecans and process until they are the size of peas or a bit larger. Then add in the nutritional yeast, oil, and salt and process again until it's a coarse crumb (don't over process or it will be a paste!)

Notes

Prep Ahead, This salad is so much better the next day. If you can prep the night before!



Amy's Crispy Pork Tenderloin

4 servings
30 minutes

Ingredients

- 1 tbsp Dijon Mustard
- 1 lb Pork Tenderloin (patted dry)
- 2 tbsps All Purpose Gluten Free Flour (or regular flour)
- 1 tsp Sea Salt
- 2 tps Ground Sage
- 3/4 tsp Garlic Powder
- 1/2 tsp Black Pepper
- 2 tbsps Extra Virgin Olive Oil

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Spread the mustard over the pork tenderloin until evenly coated.
- 3 In a shallow bowl, combine the flour, salt, pepper, garlic powder and sage. Press the pork tenderloin into the flour mixture until completely covered.
- 4 Heat the oil in a large oven safe skillet over medium-high heat. Sear the pork tenderloin for about 2 to 3 minutes per side, or until golden brown.
- 5 Transfer the skillet to the oven and continue baking for 15 to 20 minutes.
- 6 Remove from the oven, cover with foil and let it sit for 5 to 10 minutes before serving. Slice and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

No GF Flour, Use rice flour, whole wheat flour, all purpose flour or breadcrumbs.



Sourdough & Breakfast Salad (2 eggs)

1 serving

10 minutes

Ingredients

- 1 slice Sourdough Bread
- 2 Egg
- 1/4 Avocado
- 1 cup Mixed Greens
- 1 tsp Extra Virgin Olive Oil
- 1 tbsp Feta Cheese
- 1 tbsp Sun Dried Tomatoes (chopped)
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Toast your bread and cook your eggs.
;
- 2 Spread avocado on toast and top it with the egg, salt & pepper.
;
- 3 For your breakfast salad mix greens with olive oil, add tomatoes, feta, salt & pepper.

Notes

No Sourdough?, Use gluten free bread or whole wheat bread.

Need More?, Add another egg, slice of toast and/or more avocado.

No Sun-Dried Tomatoes?, Use cherry tomatoes.

Like it Spicy?, Add hot sauce.



Teriyaki Pork Stir Fry

3 servings

30 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil (divided use)
- 2 cups Broccoli (florets)
- 1 Carrot (thinly sliced ~1/2 cup)
- 1 Red Bell Pepper (cut into 1 inch pieces)
- 1 lb Pork Tenderloin (cut into 1 inch pieces or thinly sliced)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 tsp Ginger (minced)
- 2 Garlic (2 tsp minced)
- 1 tbsp Sesame Seeds
- 1/4 cup Soy Sauce
- 1/2 cup Water
- 1 1/2 tbsps Honey
- 1 tsp Sesame Oil
- 1 tbsp Corn Starch

Directions

- 1 In a small pot combine soy sauce, water, honey and sesame oil, bring to a boil stirring to mix in honey. In a small bowl or measuring cup mix the cornstarch with 2 tablespoons of cold water until dissolved. Add the cornstarch mixture to the sauce and boil for 1-2 minutes or until sauce has thickened.
- 2 Heat 1 teaspoon of the olive oil in a large pan over medium high heat. Add the broccoli, peppers and carrots, and cook for 4-6 minutes until softened and lightly browned. Remove from the pan.
- 3 (Make sure garlic & ginger and minced and ready to go before starting this step). Add the remaining 2 teaspoons of oil to the pan. Add the pork, then season with salt and pepper to taste. Cook, stirring occasionally, until the meat is browned and cooked through, 4-6 minutes and then stir in the garlic & ginger for 1 min. Turn off heat.
- 4 Add the vegetables back to the pan with the pork. Pour in the sauce and toss to coat and sprinkle with sesame seeds. Enjoy!

Notes

Veggies, Swap out the veggies included for any you desire!

Need More?, Serve over rice, quinoa or cauliflower rice.



Green Dip

8 servings

10 minutes

Ingredients

8 cups Kale Leaves (or 1 bunch)
2/3 cup Tahini
1/4 cup Lemon Juice
Garlic (1-2 cloves to taste)
1 tsp Cumin
1 tbsp Tamari
1/3 cup Miso Paste
1 cup Parsley (1 bunch or use cilantro)
1/3 cup Water (as needed to blend)

Directions

1 Blend & enjoy!

Notes

To Taste, The amounts of lemon and garlic are to taste and for herbs choose your fav - parsley or cilantro.

To Serve, Dip veggies or crackers or use on eggs or chicken.



Amy's Mango, Edamame & Cabbage Salad with Peanut Sauce

3 servings
15 minutes

Ingredients

2 tbsps Peanut Butter
2 tbsps Extra Virgin Olive Oil
1 tbsp Rice Vinegar
1 1/2 tps Soy Sauce
1 tbsp Honey
2 cups Coleslaw Mix (finely sliced)
1 cup Frozen Edamame (thawed)
1 Mango (Sliced)
2 tbsps Peanuts (roughly chopped)

Directions

- 1 In a large salad bowl, whisk together the peanut butter, olive oil, rice vinegar, soy sauce and honey until well combined.
- 2 Add remaining ingredients and toss until evenly coated. Enjoy immediately or let marinate overnight.

Notes

Nut-Free, Use tahini instead of peanut butter. Top with sesame seeds or hemp hearts instead of peanuts.

No Coleslaw, Use cabbage, mixed greens, kale or spinach instead.

No Rice Vinegar, Use apple cider vinegar instead.

Extra Flavour, Add lime juice, red pepper flakes, minced garlic, grated ginger, sliced carrots and/or chopped cilantro.

Leftovers, Refrigerate in an air-tight container up to 3 to 4 days.



Decadent Chocolate Peppermint Truffles

20 servings

20 minutes

Ingredients

2 cups Pitted Dates (packed)
6 cups Water (just boiled)
2/3 cup Cocoa Powder
1 tsp Peppermint Extract
1/3 cup Coconut Oil
2/3 cup Organic Dark Chocolate Chips
1/2 tsp Sea Salt (large flakes, for topping)

Directions

- 1 Add the dates to a medium-sized bowl and cover with just-boiled hot water. Let them sit for 8 to 10 minutes.
- 2 Drain the dates and add to a blender or food processor along with cocoa powder, peppermint extract and coconut oil. Process until the mixture comes together.
- 3 Remove the chocolate mixture and scoop into rough teaspoon-sized balls. Don't roll them with your hands just yet as they will be too oily. Place them on a parchment-lined baking sheet and put them in the freezer to set for about 8 to 10 minutes.
- 4 In a small bowl, add the chocolate chips and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
- 5 Remove the truffles from the freezer and use your hands to smooth them into balls. Take each ball and roll into melted chocolate with a spoon and then place them back on the baking sheet. Top with flaky sea salt and let them sit for 5 to 10 minutes to set or place in the fridge to set faster. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to seven days.

Serving Size, One serving is equal to approximately two truffles.

Additional Toppings, Top with crushed up candy cane or shredded coconut flakes.

More Flavor, For a silkier chocolate coating, melt the chocolate chips with a bit of coconut oil.



Amy's Banana Bread

10 servings

1 hour

Ingredients

- 1 cup Almond Flour
- 1/4 cup Coconut Flour
- 1 tsp Baking Soda
- 1/2 tsp Sea Salt
- 1 tsp Cinnamon
- 1 tbsp Ground Flax Seed
- 1 tbsp Hemp Seeds
- 2 Banana (mashed)
- 2 tbsps Extra Virgin Olive Oil
- 3 Egg (whisked)
- 1/4 cup Maple Syrup
- 1 cup Blueberries

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Combine the dry ingredients in a mixing bowl and mix well. In a separate mixing bowl, mash the bananas with a fork until a creamy consistency forms. Add in the oil, eggs and maple syrup and mix well. Pour the dry ingredients in with the wet ingredients and mix well.
- 3 Gently fold in your fresh or frozen blueberries with a spatula. Distribute the blueberries evenly throughout the batter, but be careful not to over mix as this will break the berries and cause your bread to turn purple. (It will still taste just as good but may not look as pretty!)
- 4 Line a loaf pan with parchment paper and pour in the batter. Bake in oven for 45 - 50 minutes. Test if it is cooked through by sticking a toothpick in the middle. If it comes out clean, the bread is done. When fully cooked, lift the parchment paper out of the pan and let cool before slicing. Enjoy!

Notes

Make it Portable, These can easily be made into muffins by baking in a muffin tin instead of a loaf pan.



Amy's Almond Oatmeal Bars

8 servings
35 minutes

Ingredients

- 1 cup Oats (rolled)
- 1/4 cup Almond Flour
- 1/4 tsp Baking Soda
- 1/4 tsp Baking Powder
- 1/4 tsp Sea Salt
- 2 tps Coconut Oil (melted)
- 2 Egg
- 1/4 cup Maple Syrup
- 1/4 cup Almond Butter
- 1/2 tsp Vanilla Extract
- 1/3 cup Organic Dark Chocolate Chips

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking pan with parchment paper.
- 2 In a large bowl, combine the oats, almond flour, baking soda, baking powder and sea salt. Mix well.
- 3 Add the melted coconut oil to a medium bowl along with the eggs, maple syrup, almond butter, and vanilla extract. Mix well. Pour the wet ingredients into the dry ingredients and mix until combined. Fold in the chocolate chips.
- 4 Pour the mixture into the pan and bake for 20 to 25 minutes.
- 5 Remove from the oven and let cool completely before slicing. Enjoy!

Notes

Baking Pan Size, Use an 8x8 inch baking pan if making the standard 8 servings.

No Almond Butter, Use sunflower seed, cashew or peanut butter instead.

Gluten-Free, Use certified gluten-free oats.

Leftovers, Store in an airtight container in the fridge for 5 to 6 days. Freeze for up to 3 months.

Serving Size, One serving is equal to one bar.



Chicken Souvlaki

2 servings
20 minutes

Ingredients

12 ozs Chicken Breast (Cut into cubes)
2 Garlic (cloves, diced)
1 tbsp Lemon Juice
1 tbsp Extra Virgin Olive Oil
1 tsp Oregano
1/2 tsp Sea Salt
1/4 tsp Black Pepper

Directions

- 1 Mix together all ingredients except for chicken in Tupperware container, add chicken and mix to coat evenly, refrigerate 1 hour (or at least 20 minutes)
- 2 Cook in a pan over medium heat until cooked through, ~10 minutes

Notes

Love to BBQ?!, You put the chicken on skewers and BBQ them

No Oregano?, Use Italian seasoning!

In Thunder Bay?, You can also buy a great pre-marinated souvlaki at Maltese.



Amy's Carrot Cake Breakfast Bars

10 servings
40 minutes

Ingredients

- 1 1/2 cups Almond Flour
- 1 tsp Cinnamon
- 1/4 tsp Nutmeg
- 1/4 tsp Sea Salt
- 1/2 tsp Baking Soda
- 3 Egg
- 1/4 cup Maple Syrup
- 2 tbsps Coconut Oil (melted)
- 1 tsp Vanilla Extract
- 1 1/2 cups Grated Carrot
- 1/2 cup Walnuts (chopped)
- 1 tbsp Orange Zest (zested)

Directions

- 1 Preheat the oven to 350°F (177°C). Line a baking pan with parchment paper.
- 2 In a large bowl, add the almond flour, cinnamon, nutmeg, sea salt and baking soda. Whisk together to combine.
- 3 In a separate medium sized bowl add the eggs, maple syrup, coconut oil and vanilla. Whisk together. Then add the carrots, walnut and orange zest and whisk again.
- 4 Add the wet ingredients to the dry ingredients and stir to combine. Pour into your prepared pan and bake for 25 to 27 minutes.
- 5 Remove from the oven and let them cool before slicing evenly into bars. Enjoy!

Notes

Baking Pan Size, Use an 8x8 baking pan if making the standard 10 servings.

Leftovers, Store in the fridge in a sealed container for up to 5 days. Freeze for longer.

Serving Size, Adjust as needed if using for breakfast.