
Celery & Almond Butter

1 serving

5 minutes

Ingredients

2 tbsps Almond Butter
2 stalks Celery (halved)

Directions

- 1 Spread the almond butter on the celery sticks and enjoy!

Nutrition

Amount per serving	
Calories	203
Fat	17g
Carbs	8g
Fiber	4g
Protein	7g
Calcium	140mg

Homemade Almond Butter

8 servings

30 minutes

Ingredients

2 cups Almonds (raw)

1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	207
Fat	18g
Carbs	8g
Fiber	4g
Protein	8g
Calcium	96mg

Directions

- 1 Preheat the oven to 325°F (160°C).
- 2 Spread the almonds on a baking sheet and cook in the oven for ten minutes. Remove from the oven and cool for five minutes on the baking sheet.
- 3 Add the almonds to a food processor with the salt and blend continuously until smooth, about four to six minutes. Enjoy!

Notes

Leftovers: Store in a glass jar in a cool area or in the fridge.

Serving Size: One serving is two tablespoons.

Cheesy Walnut & Sunflower Seed Kale Chips

4 servings

35 minutes

Ingredients

8 cups Kale Leaves (washed, thoroughly dried, stems removed)
2 tbsps Extra Virgin Olive Oil
1/2 cup Walnuts
3 tbsps Nutritional Yeast
2 tbsps Sunflower Seeds
1/2 tsp Garlic Powder
1/2 tsp Onion Powder
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	224
Fat	19g
Carbs	8g
Fiber	5g
Protein	8g
Calcium	129mg

Directions

- 1 Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 2 Tear the kale into large pieces and place them into a large bowl. Add the oil and massage it into the kale. Set aside.
- 3 In a food processor, add the walnuts, nutritional yeast, sunflower seeds, garlic powder, onion powder, salt, and pepper. Process until it resembles a breadcrumb-like consistency.
- 4 Pour half of the nut and seed mixture into the bowl of kale and toss to coat. Spread the kale out onto the baking sheet, then sprinkle the remaining nut and seed mixture all over the kale.
- 5 Bake for 15 to 18 minutes, or until crispy and golden brown. Let them cool for a few minutes before serving. Enjoy!

Notes

Leftovers: Store leftovers in a container for up to three days. If chips lose their crispness, put them in the oven at 350°F (175°C) for about five minutes to crisp them back up.

Serving Size: One serving is approximately one cup.