





## Coconut Brownie Bites

14 servings

15 minutes

### Ingredients

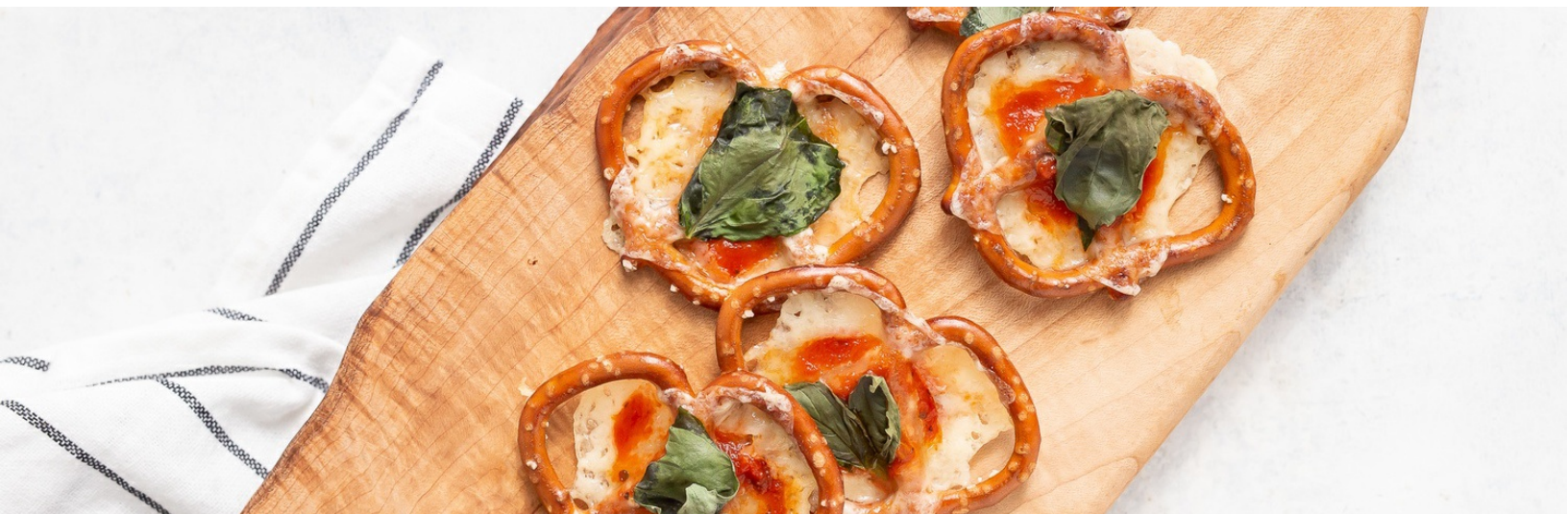
1 cup Almonds  
1/4 cup Cocoa Powder  
1/2 cup Unsweetened Coconut Flakes  
(divided)  
1 cup Pitted Dates (soaked and  
drained)  
1 1/2 tbsps Coconut Oil  
1 tbsp Raw Honey

### Directions

- 1 Combine the almonds, cocoa powder, and half of the shredded coconut together in a food processor. Process into a fine powder.
- 2 Add in the soaked dates, coconut oil and honey. Pulse until a dough-like consistency forms.
- 3 Roll batter into small bite-sized balls. Then roll balls through a bowl with the remaining coconut flakes to coat. Betcha cant eat just one!

### Nutrition

| Amount per serving |      |
|--------------------|------|
| Calories           | 129  |
| Fat                | 9g   |
| Carbs              | 13g  |
| Fiber              | 3g   |
| Protein            | 3g   |
| Calcium            | 34mg |



## Margherita Pizza Pretzels

2 servings

10 minutes

### Ingredients

58 grams Pretzels  
43 grams Mozzarella Cheese (slices)  
1 tbsp Tomato Sauce  
2 tbsps Basil Leaves (large leaves torn)

### Nutrition

| Amount per serving |      |
|--------------------|------|
| Calories           | 168  |
| Fat                | 5g   |
| Carbs              | 24g  |
| Fiber              | 1g   |
| Protein            | 7g   |
| Calcium            | 90mg |

### Directions

- 1 Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.
- 2 Arrange the pretzels onto the baking sheet. Top with mozzarella cheese, tomato sauce, and basil leaves. Bake for three minutes or until the cheese is melted. Let cool and enjoy!

### Notes

**Leftovers:** This is best enjoyed right after cooking, but can be refrigerated for up to three days.

**Serving Size:** One serving equals four pita pretzels.

**Gluten-Free:** Use gluten-free pretzels or crackers instead.

**Dairy-Free:** Use vegan cheese instead of mozzarella cheese.

**More Flavor:** Add minced garlic.

**Additional Toppings:** Add red pepper flakes.





## Vegan Lasagna

6 servings

1 hour 10 minutes

### Ingredients

3 tbsps Water  
1/2 Yellow Onion (diced)  
2 Zucchini (diced)  
12 Cremini Mushrooms (chopped)  
1/2 tsp Italian Seasoning  
2 Garlic (cloves, minced)  
Sea Salt & Black Pepper (to taste)  
481 grams Tofu (firm, drained, broken into large chunks)  
2 tbsps Nutritional Yeast  
2 tsps Miso Paste  
2 tbsps Lemon Juice  
2 cups Tomato Sauce (divided)  
12 Lasagna Sheets (no boil)

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 466   |
| Fat                | 7g    |
| Carbs              | 80g   |
| Fiber              | 8g    |
| Protein            | 25g   |
| Calcium            | 297mg |

### Directions

- 1 Preheat the oven to 375°F (191°C).
- 2 In a large skillet over medium heat, add the water, onion, zucchini, mushrooms, and Italian seasoning. Sauté for about seven to nine minutes, until softened. Add the garlic and cook for one minute more. Remove from heat and season with salt and pepper and set aside.
- 3 Meanwhile, in a food processor, add the tofu, nutritional yeast, miso, lemon juice, and salt and pepper. Process until mostly smooth and combined. Set aside.
- 4 Spread 1/3 of the pasta sauce on the bottom of a baking dish. Add a layer of lasagna noodles, followed by half of the tofu ricotta and half of the vegetables, and then a layer of noodles. Continue with another layer of sauce, the remaining tofu ricotta, and the remaining vegetables. Layer the final lasagna noodles and sauce on top. Cover with foil.
- 5 Place in the oven to bake for 40 minutes. Remove and let it rest covered for five minutes, then remove the foil and cool for ten minutes before slicing. Enjoy!

### Notes

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

**Serving Size:** One serving is one square slice.

**Gluten-Free:** Use Gluten-Free noodles.

**Baking Dish:** This was made in a 9 x 12 baking dish.

**Additional Toppings:** Top with vegan cheese, and/or basil.



## Blueberry Chia Pancakes

3 servings

20 minutes

### Ingredients

- 1 cup Oats
- 1/2 cup Oat Milk (unsweetened, plain)
- 1 Banana (medium)
- 1 Egg (large)
- 1 tsp Baking Powder
- 1 cup Frozen Blueberries
- 1 1/2 tbsps Chia Seeds
- 1 tbsp Extra Virgin Olive Oil

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 278   |
| Fat                | 11g   |
| Carbs              | 39g   |
| Fiber              | 7g    |
| Protein            | 8g    |
| Calcium            | 212mg |

### Directions

- 1 Add the oats to a blender and blend into a flour consistency, about 30 seconds. Add the milk, banana, egg, and baking powder. Blend until smooth, scraping down the sides as needed. Gently stir in the frozen blueberries and chia seeds.
- 2 Heat the oil in a non-stick pan over medium heat. Pour 1/4 cup of the batter at a time and cook for two to three minutes per side, or until cooked through. Transfer to a plate. Repeat until all the batter is used.
- 3 Divide onto plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days, or freeze for up to two months.

**Serving Size:** One serving equals two to three 4-inch pancakes.

**More Flavor:** Add cinnamon, vanilla extract, salt, flax seeds, or hemp hearts.

**Additional Toppings:** Top with maple syrup, honey, cottage cheese, nut or seed butter.

**No Banana:** Use applesauce instead.

**No Oat Milk:** Use dairy or any alternative milk.

**Batter Consistency:** Add more milk if the batter is too thick, and more oats if the batter is too thin.



## Chocolate Covered Stuffed Dates

4 servings

20 minutes

### Ingredients

1/3 cup Dark Chocolate Chips  
1 tsp Coconut Oil  
1/2 cup Pitted Dates  
2 tbsps Almond Butter  
1/4 tsp Sea Salt (flakes)

### Nutrition

| Amount per serving |      |
|--------------------|------|
| Calories           | 230  |
| Fat                | 12g  |
| Carbs              | 26g  |
| Fiber              | 2g   |
| Protein            | 3g   |
| Calcium            | 34mg |

### Directions

- 1 In a small bowl, add the chocolate chips and coconut oil and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
- 2 Slice each date in half and stuff with almond butter.
- 3 Use a fork or spoon to dip the dates into the melted chocolate. Place on a parchment lined plate and place in the fridge until the chocolate is hardened, about 15 to 20 minutes. Garnish with flaky salt if desired. Enjoy!

### Notes

**Leftovers:** Refrigerate in a sealed container for up to one to two weeks.

**Serving Size:** One serving is equal to approximately two dates.

**Nut-Free:** Use sunflower seed butter or tahini instead.

**Additional Toppings:** Add chopped almonds into the stuffed dates for more crunch.