



Zucchini Bread

8 servings
1 hour 20 minutes

Ingredients

- 1 cup Almond Flour
- 1/2 cup Coconut Flour
- 1 tsp Baking Soda
- 1/4 tsp Sea Salt
- 1/2 tsp Cinnamon
- 1 tbsp Ground Flax Seed
- 1 Banana (ripe and mashed)
- 1 tbsp Extra Virgin Olive Oil
- 2 Egg (whisked)
- 1/4 cup Maple Syrup
- 1 Zucchini (grated)

Nutrition

Amount per serving	
Calories	191
Fat	11g
Carbs	18g
Fiber	5g
Protein	6g
Calcium	55mg

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Combine the dry ingredients together in a bowl (flours, baking soda, sea salt, cinnamon and flax seed).
- 3 In a separate bowl, mash your banana. Add in olive oil, eggs, maple syrup and grated zucchini. Mix well to combine. Add in your dry ingredients and mix again.
- 4 Line a loaf pan with parchment paper and press the dough evenly across the pan. Bake in the oven for 1 hour. Test to see if it is done by inserting a toothpick into the centre. If it comes out clean, the bread is finished. Remove from oven and let cool. Lift parchment paper out of loaf pan and slice into pieces. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to seven days. Freeze for up to three months.

On-the-Go: Make it more portable by turning it into muffins. Bake in a muffin tin instead of a loaf pan. Cut the baking time to 35 - 45 minutes.

Chocolate Lovers: Stir 1/3 cup dark chocolate chips into the dough before baking.

Vegan: Replace eggs with chia eggs. Mix 2 tbsp chia seed with 6 tbsp warm water and mix until it forms a gel.



Nori & Seed Crackers

10 servings

1 hour

Ingredients

- 4 Nori Sheets (raw or roasted, crushed)
- 1/4 cup Pumpkin Seeds (raw)
- 1/4 cup Sunflower Seeds (raw)
- 2 tbsps Whole Flax Seeds
- 2 tbsps Chia Seeds
- 1/4 cup Sesame Seeds
- 1/4 cup Maple Syrup

Nutrition

Amount per serving	
Calories	102
Fat	7g
Carbs	9g
Fiber	3g
Protein	3g
Calcium	72mg

Directions

- 1 Preheat oven to 250°F (121°C) and line a baking sheet with parchment paper.
- 2 Mix all ingredients in a bowl until well combined. Spread the mix onto the parchment paper and gently press down into an even layer. Bake for 45 minutes, rotating the pan about every 15 minutes.
- 3 Let the crackers cool completely before slicing them into 1" x 3" bars. Enjoy!

Notes

Storage: Refrigerate in an airtight container up to 5 days, or freeze if longer.

Serving Size: One serving is equal to one 1" x 3" cracker.



Blueberry & Apple Oat Bran Muffins

9 servings
25 minutes

Ingredients

- 1 1/4 cups Oat Bran
- 1/2 tsp Baking Soda
- 1/4 tsp Sea Salt
- 1/2 cup Unsweetened Applesauce
- 1/4 cup Oat Milk
- 1 Egg (large)
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Vanilla Extract
- 1 tsp Apple Cider Vinegar
- 1/4 cup Blueberries

Nutrition

Amount per serving	
Calories	66
Fat	3g
Carbs	11g
Fiber	2g
Protein	3g
Calcium	21mg

Directions

- 1 Preheat the oven to 375°F (190°C) and line a muffin tray with liners or use a silicone muffin tray.
- 2 In a large bowl, mix the oat bran, baking soda, and salt. Set aside.
- 3 In a smaller bowl, mix the applesauce, milk, egg, oil, vanilla, and apple cider vinegar.
- 4 Add the wet mix into the dry ingredients and stir just until combined. Gently fold in the blueberries.
- 5 Divide the batter among muffin cups. Bake for 10 to 15 minutes or until cooked through. Let cool, and then remove the muffins. Enjoy!

Notes

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

Serving Size: One serving is one muffin.

More Flavor: Try with other fresh berries. Serve warm with butter.