



nourish
your ability

Snack collection

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Hazelnut Bliss Balls

8 servings

20 minutes

Ingredients

- 1 cup Hazelnuts
- 2 tbsps Cacao Powder (not cocoa powder)
- 2 tbsps Maple Syrup (or Raw Honey)
- 1/4 tsp Himalayan Salt

Directions

- 1 Preheat the oven to 180°C Fan force and line a baking sheet with parchment paper. Add the hazelnuts and place in the oven for 8 to 10 minutes, until toasted. Remove and rub with a clean kitchen towel to remove the skins. Place in a blender or food processor to chop well. Reserve a small handful of the chopped nuts for rolling the balls in and set aside on a plate.
- 2 Add the cacao powder, maple syrup and salt to the hazelnuts and process until the mixture comes together.
- 3 Using slightly damp hands, roll into golf ball-sized balls. Roll each ball into the reserved chopped hazelnuts. Place in a sealed container in the fridge to harden slightly, about 20 minutes. Enjoy!

Notes

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

Serving Size: One serving is equal to one ball.



Apple Cinnamon Bliss Balls

10 servings

15 minutes

Ingredients

1 cup Oats
1/4 cup Ground Flax Seed
1/2 tsp Cinnamon
1/3 cup Almond Butter
2 tbsps Raw Honey (or Maple Syrup)
1/2 Apple (peeled, cored and finely diced)

Directions

- 1 Combine oats, ground flaxseed and cinnamon together in a bowl. Mix well. Add almond butter, honey and diced apples. Mix well again.
- 2 Roll the dough into balls about the size of a golf ball. Wet hands before rolling to prevent sticking.
- 3 Place the bites on a plate and let sit in the fridge for at least 30 minutes to firm. Then transfer to an airtight container and store in the fridge for 3 to 4 days. Enjoy!

Notes

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

Serving Size: One serving is equal to one ball.

Nut-Free: Use sunflower seed butter instead of almond butter.

Chocolate: To make chocolate version, add one tablespoon of raw cacao powder.



No Bake Chocolate Cookies

8 servings

2 hours 10 minutes

Ingredients

3/4 cup All Natural Peanut Butter (or Almond Butter)
1/3 cup Maple Syrup (or Raw Honey)
1/4 cup Cacao Powder
1 1/2 cups Oats
1/4 tsp Himalayan Salt
1 tsp Vanilla Extract
1 1/2 tbsps Coconut Oil

Directions

- 1 In a small saucepan over low heat add the peanut butter, maple syrup and cacao powder. Stir to combine until just heated through and somewhat dried out in texture. Allow it to cool slightly.
- 2 Pour the peanut butter mixture into a bowl and add the oats, salt, vanilla extract and oil. Mix well with a spoon or your hands.
- 3 Line a baking sheet with parchment paper. Form the cookie dough into golf ball sized balls and then flatten with your hands. Place on the baking sheet and repeat until all of the dough is used.
- 4 Place them into the freezer to set, about 2 hours. Remove and place them in a freezer-safe bag or container. Keep them stored in the freezer until ready to eat. Enjoy!

Notes

Leftovers: Store cookies in a freezer-safe container or plastic bag and remove them as you want to eat them. Allow them to sit at room temperature for about 5 minutes to soften.

Serving Size: One serving is one cookie.

Nut-Free: Use sunflower seed butter instead of peanut butter.

More Flavor: Top with flaky salt before freezing.

Mixing: Use slightly damp hands when forming into balls and flattening if the dough is too sticky.



Peanut Butter Cookies

20 servings

30 minutes

Ingredients

1 cup All Natural Peanut Butter
1 Egg
1/2 cup Coconut Sugar
1/4 tsp Himalayan Salt (optional)
1/4 cup All Purpose Gluten-Free Flour
2 tbsps Ground Flax Seed

Directions

- 1 Preheat the oven to 160°C and line a baking sheet with baking paper.
- 2 In a large mixing bowl combine peanut butter, egg, sugar, GF flour, flaxseed meal and salt. Stir until a thick dough forms.
- 3 Use a tablespoon to drop even amounts of the dough onto the prepared baking sheet about 5 cm apart. Gently flatten the drops with a fork.
- 4 Bake for 10 to 12 minutes, or until golden on the bottom. Remove from the oven and let the cookies cool for 5 minutes. Transfer the cookies to a cooling rack to set completely. Enjoy!

Notes

Serving Size: One serving is equal to one cookie.

Storage: Store the cookies in an airtight container on the counter for 5 days. Cookies can also be frozen up to 3 months.

No Cane Sugar: Use coconut sugar, brown sugar or white sugar instead.



Apple with Peanut Butter & Raisins

1 serving

5 minutes

Ingredients

- 1 tbsp All Natural Peanut Butter
- 1 1/2 tps Raisins
- 1 Apple (sliced)

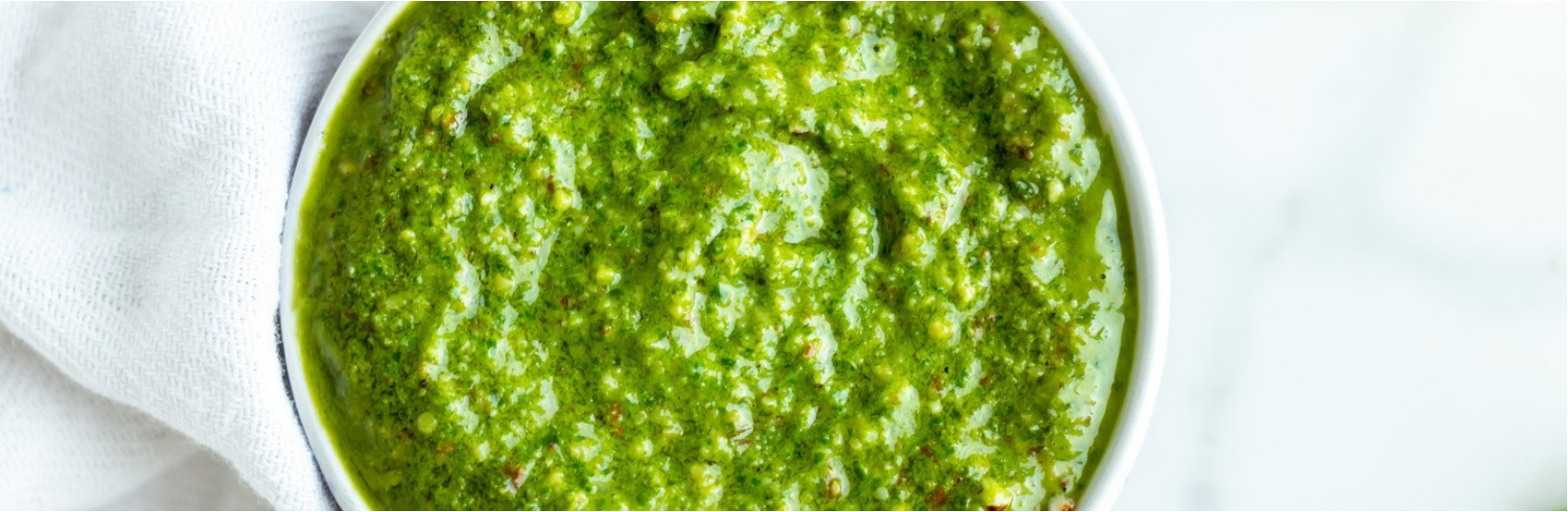
Directions

- 1 Scoop the peanut butter and sprinkle raisins ovetop. Serve alongside the apple slices. Enjoy!

Notes

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

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



Basil Pesto with Veggie Sticks

8 servings

10 minutes

Ingredients

3 cups Basil Leaves
1/2 cup Pine Nuts
1/4 tsp Himalayan Salt
1/4 tsp Black Pepper
3 tbsps Lemon Juice
2 tbsps Water
1/3 cup Extra Virgin Olive Oil
2 tbsps Nutritional Yeast (optional)

Directions

- 1 Add all of the ingredients except for the olive oil to a food processor and pulse to very coarsely chop ingredients.
- 2 With the food processor running, slowly stream in the olive oil. Continue to blend for 30 seconds until pesto is smooth and emulsified. Season with additional salt or lemon juice, if needed.
- 3 Transfer to a jar and store in an air-tight container for up to 4 days.
- 4 Serve with carrot, cucumber, celery and/or capsicum sticks.

Notes

Serving Size: One serving is equal to 2 tablespoons of pesto.

swap your nuts: use almonds or cashew- raw or toasted instead of pinenuts



Roasted Chickpeas

4 servings

30 minutes

Ingredients

6 cups Chickpeas (canned, or cooked and drained)
2 tbsps Extra Virgin Olive Oil
2 tbsps Seasoning Of Choice (try paprika or dried herbs)
1 tsp Himalayan Salt
1/2 tsp Black Pepper

Directions

- 1 Preheat oven to 200°C and line a baking sheet with parchment paper.
- 2 Pat chickpeas dry with a paper towel. Place chickpeas in a mixing bowl and add olive oil, seasoning, sea salt, and black pepper. Mix until chickpeas are evenly coated.
- 3 Spread the chickpeas across the baking sheet. Bake for 20 minutes, tossing halfway through.
- 4 Let cool before storing in an airtight container in the fridge.

Notes

Leftovers: They keep well in an airtight container in the fridge for up to 5 days. They will lose their crunchiness with time, so throw them back into the oven before eating if you want to crisp them back up.

Make Them Crispy: Bake for longer if you like them really crispy.

Air Fryer: Roast in your air fryer for a quicker efficient crispy version



Apple Cinnamon Oatmeal Cups

12 servings

50 minutes

Ingredients

- 1 tsp Coconut Oil
- 1 1/2 cups Unsweetened Almond Milk
- 1 tbsp Honey (or Mapple syrup)
- 2 cups Rolled Oats
- 2 tbsps Ground Flax Seed
- 1 tsp Cinnamon
- 1/4 tsp Nutmeg (optional)
- 1 Apple (large, peeled, and coarsely grated)

Directions

- 1 Preheat the oven to 175°C and grease the cups of a muffin pan with the oil.
- 2 In a large mixing bowl combine the milk and honey. Stir in the oats, ground flaxseed, cinnamon, and nutmeg, and mix well. Fold in the grated apple.
- 3 Divide the oat mixture between the cups of the muffin pan and bake for 30 to 35 minutes or until golden brown around the edges.
- 4 Let cool in the pan slightly for 10 to 15 minutes before transferring to a cooling rack. Enjoy!

Notes

Leftovers: Refrigerate for up to four days or freeze for up to three months. Enjoy cold or reheated.

Nut-Free: Use nut-free milk instead, like oat, coconut, or dairy.

More Flavor: Add vanilla extract and a pinch of salt.

Apple: A large apple yields approximately one cup of chopped apple.

Oil-Free: Omit the coconut oil and line the muffin pan with silicone or paper baking cups instead.



Zucchini Frittatas

9 servings

40 minutes

Ingredients

- 2 Eggs
- 1 1/2 tbsps Parmesan Cheese
- 2 tbsps Grated Cheddar Cheese (or any cheese you might have)
- 1/2 Zucchini (medium)
- 1 1/2 tps Olive Oil (for brushing)
- 1 tbsp All Purpose Gluten-Free Flour

Directions

- 1 Preheat the oven to 160°C. Brush olive oil in every muffin tin hole, and set aside.
- 2 Grate the zucchini and squeeze out the water from it using a strainer or a cheesecloth. Add in the parmesan cheese, flour, salt, pepper and combine. Add the eggs and whisk vigorously until well blended.
- 3 Divide the mixture between the muffin cups, sprinkle with the grated mozzarella cheese, and bake until set and no longer jiggle, about 15 minutes.
- 4 Remove from the oven and let them cool for about 10 minutes, then carefully remove the frittatas from the muffin tin. You want to do this before they are completely cool since they will harden a bit and become harder to remove. Enjoy!

Notes

Recipe credit: Recipe adapted from Chahinez of Lifestyle of a Foodie via <https://lifestyleofafoodie.com/mini-breakfast-zucchini-frittatas/>



Turmeric Chicken Nuggets

5 servings

30 minutes

Ingredients

- 1 cup Rolled Oats
- 2 tbsps Turmeric (ground)
- 1/4 tsp Himalayan Salt
- 1/4 tsp Black Pepper
- 500 grams Chicken Breast (boneless, cubed)
- 2 tbsps Avocado Or Olive Oil (divided)

Directions

- 1 In a food processor blend the rolled oats, turmeric powder, salt and pepper until a flour-like consistency forms.
- 2 In a separate bowl, toss the cubed chicken breast in half of the oil until evenly distributed. Pour the oat mixture over the chicken and toss until the chicken is coated.
- 3 Warm a skillet over medium heat and add the remaining oil. Add the breaded chicken to the pan and cook for 10 minutes per side. For the final 2 minutes, add a lid and cook until the chicken is cooked through.
- 4 Serve the chicken nuggets with your favorite dipping sauce and enjoy!

Notes

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

Serving Size: One serving is equal to approximately five nuggets.

Make it Vegan: Use cauliflower florets instead and bake them in the oven for 25 to 30 minutes.



Carrot & Beet Turkey Bites

6 servings

25 minutes

Ingredients

500 grams Extra Lean Turkey Or Chicken Mince
1 Carrot (medium, peeled and grated)
1 Beetroot (medium, peeled and grated)
1/2 tsp Himalayan Salt
1/2 tsp Dried Thyme
1 tbsp Dijon Mustard
2 tbsps Avocado Oil (or Extra Virgin Olive Oil)

Directions

- 1 In a large mixing bowl, use your hands or a spatula to combine all the ingredients except the oil.
- 2 Divide the mixture and form patties about 5cm wide. The patties will shrink after cooking.
- 3 Heat oil in a large skillet over medium heat (or grill on the barbecue instead). Cook the patties for about 4 to 5 minutes each side, or until cooked through. Cut into one of the bites to confirm doneness, as it may be hard to tell because of the beet juices.
- 4 Transfer to a plate lined with paper towel.
- 5 Serve with side salad of choice.

Notes

Leftovers: Keeps well in the fridge up to 3 days. Freeze in an airtight container up to 6 months.

Serving Size: One serving is equal to about 4 small patties.



Blueberry Smoothie

1 serving

5 minutes

Ingredients

- 1/2 cup Blueberries (fresh or frozen)
- 1/2 Banana
- 1/4 cup Unsweetened Coconut Yogurt
- 1/4 cup Water (or amount for desired consistency)
- 1 1/2 tsps Hemp Seeds
- 1 tsp Raw Honey (optional)

Directions

- 1 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!



Orange Popsicles

5 servings

5 hours

Ingredients

- 1 Carrot (small, peeled and chopped)
- 1 1/2 cups Orange Juice (freshly squeezed)
- 2 tbsps Maple Syrup

Directions

- 1 Add the carrots to a small pot of boiling water. Cook for eight to 10 minutes or until very tender. Drain and rinse the cooked carrots with cold water to help them cool. Set aside.
- 2 Add the orange juice, maple syrup, and cooked carrots to a blender and blend until very smooth and creamy.
- 3 Carefully pour the orange juice mixture into a popsicle mold and transfer to the freezer.
- 4 Freeze for about 60 minutes or until partially frozen. Insert popsicle sticks. Allow the popsicles to chill in the freezer for four to five hours more or until solid. Enjoy!

Notes

Leftovers: Keep frozen popsicles in an airtight container or zipper-lock bag for up to one month.

Serving Size: One serving equals one popsicle.

More Flavor: Add vanilla extract or orange zest.

No Popsicle Mold: Use paper cups with popsicle sticks instead.

Carrot: One small carrot is approximately 1/2 cup chopped carrot.

No Maple Syrup: Use a liquid sweetener of choice or omit.



Pineapple Ice Cream

2 servings

5 minutes

Ingredients

- 1 Banana (sliced and frozen)
- 1 cup Pineapple (cut into chunks and frozen)
- 1/4 cup Canned Coconut Milk

Directions

- 1 Add all ingredients to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 minutes).
- 2 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.



Chocolate Avocado Mousse

3 servings

10 minutes

Ingredients

- 2 Avocado
- 1/2 cup Pitted Dates (chopped, soaked and drained)
- 2 tbsps Maple Syrup (or Raw Honey)
- 1/2 cup Plain Coconut Milk (from the carton, or other non-dairy milk of choice)
- 1/3 cup Cacao Powder (not cocoa powder)

Directions

- 1 Add the avocado, soaked dates and maple syrup to the food processor and pulse to combine. Add the coconut milk and blend until the avocado mixture is smooth, scraping down the sides of the bowl as needed.
- 2 Add the cacao powder and blend again until combined.
- 3 Serve chilled. Enjoy!

Notes

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

Serving Size: One serving is approximately 1/2 cup of mousse.

Additional Toppings: Fresh berries or toasted coconut.

No Food Processor: Use a blender instead.