Almond Butter Bites

½ cup almond butter

1/4 cup raw sunflower seeds

1/4 cup raisins

1/4 cup chopped almonds

2 tablespoons unsweetened shredded coconut

1/4 teaspoon cinnamon

Instructions

Mix all ingredients in a bowl until well combined. Use a 1/2 tablespoon measuring spoon or a large melon ball scoop to form mixture into small balls. Place in an 8 by 8-inch baking dish, and freeze until firm. Serve frozen or just slightly thawed. Makes about 18.

Yield: 6-8 servings (serving size: 2-3 balls)

Apple-Cinnamon Hot Cereal

1 (14.5-ounce) can coconut milk
2 cups cooked brown rice
1 apple, chopped, unpeeled (about 1 1/2 cups)
1 banana, mashed (about 1 cup)
1 cup roughly chopped dates
1 ½ teaspoons cinnamon
Pinch nutmeg
½ cup toasted pecans or walnuts

Add coconut milk, brown rice, apple, banana, dates, cinnamon, and nutmeg to a medium saucepan. Cook over medium-low heat about 10 minutes or until heated through. Stir frequently to prevent burning on bottom of pan. Sprinkle 1 tablespoon pecans or walnuts over each serving.

Yield: 8 servings (serving size: about ½ cup)

Recipe Notes
Store chopped dried figs or raisins for the dates.
Add 1 tablespoon flaxseed meal.
Makes a great snack or dessert!
Store unused portion in refrigerator or freeze for later use.

Apricot-Nut Breakfast Bar

1 ½ cups old-fashioned rolled oats

2 tablespoons flaxseed meal

½ cup unsweetened apple juice

1 tablespoon extra-virgin olive oil

1/4 cup almond butter

1/4 cup <u>Date Honey</u>

½ cup diced dried apricots (unsulfured)

1/4 cup chopped macadamia nuts

2 tablespoons raw sunflower seeds

Instructions

Preheat oven to 350 degrees. Toast oats in a large skillet over medium heat 5-7 minutes or until oats are golden, stirring frequently. Transfer to a large bowl, and add flaxseed meal, apple juice, olive oil, almond butter, and Date Honey. Mix until well combined. Stir in apricots, macadamia nuts, and sunflower seeds.

Press into an 8 by 8-inch square pan that has been lightly rubbed with olive oil. Bake 15-20 minutes. Let cool in pan on a wire rack for about 5 minutes. Cut into 2 x 2 $\frac{1}{2}$ -inch bars and serve.

Yield: 12 servings (serving size: 1 bar)

Recipe Notes

- Store in an airtight container 3-4 days.
- Substitute your favorite dried fruit for the apricots: blueberries, cherries, dates, figs, or raisins. Make sure, though, that the fruit doesn't contain any added sugar

Baked Oatmeal

1 ½ cups old-fashioned rolled oats

1 ½ cups unsweetened almond milk

½ cup unsweetened applesauce

1/4 cup chopped dried apricots

1/4 cup chopped dates or raisins

1/4 cup chopped pecans or walnuts

½ teaspoon cinnamon

1/4 teaspoon salt

Instructions

Preheat oven to 350 degrees. Put all ingredients in a large bowl and stir well. Transfer to an 8 by 8-inch baking dish that has been lightly rubbed with olive oil. Pour oatmeal mixture into dish and bake 45-50 minutes or until slightly browned and crispy on top.

Yield: 6 servings (serving size: 2 squares)

Recipe Notes

Spread almond butter or <u>Date Honey</u> on each serving.

This recipe can be doubled and baked in a 9 by 13-inch casserole dish.

Banana Milk

2 very ripe bananas, peeled1/2 cup water1/2 cup ice1/4 teaspoon cinnamon

Mix all ingredients in a blender until smooth. Use immediately. Yield: 2 servings (serving size: about 8 ounces or 1 cup)

Banana-Fig Oatmeal with Almond Butter

2/3 cup old-fashioned rolled oats
1 tablespoon almond butter
1 tablespoon flaxseed meal
1 banana, peeled and sliced (about 1 cup)
1/4 cup diced dried figs
1 tablespoon finely chopped walnuts
1/4 teaspoon cinnamon

Yield: 2 servings (serving size: about 3/4 cup)

Instructions

Cook oats on stovetop according to package directions. Stir in almond butter and flaxseed meal until well combined. Add banana slices, figs, walnuts, and cinnamon.

Berry Blast Smoothie

1 cup water1 cup frozen blackberries, blueberries, and raspberries1 banana, peeled

Yield: 2 servings (serving size: about 8 ounces or 1 cup)

Recipe Notes

Your smoothie will taste best if either the berries or the banana is frozen. To freeze bananas, remove peels before placing in freezer. Put in a plastic zip-top bag until completely frozen.

To make this a "green" smoothie, add 1 cup of fresh spinach or kale leaves (stems removed from the kale). Add 1 tablespoon flaxseed meal for a fiber boost.

Blueberry Mango Smoothie

1 cup water
1 cup fresh or frozen mango chunks
1 fresh or frozen banana, peeled, sliced
1/2 cup fresh or frozen blueberries
1 tablespoon flaxseed meal, optional
1 tablespoon unsweetened coconut flakes

Mix all ingredients in a blender until smooth.

Recipe Notes

Make sure at least one fruit is frozen to have a chilled smoothie. You can also use ice. To freeze bananas, remove peels before placing in freezer. Put in a plastic zip-top bag until completely frozen. Pour into popsicle molds for a tasty treat!

Make this recipe into a "green" smoothie by adding 1 cup chopped kale or spinach leaves, 1 tablespoon spirulina powder, or 1 cup chopped romaine lettuce.

Flaxseed meal is a powder made from ground flaxseeds. It is high in fiber and a good source of Omega-3 fatty acids. Spirulina is a type of blue-green algae that is rich in protein, vitamins, minerals, and carotenoids (antioxidants that can help protect cells from damage). It contain B complex vitamins, beta-carotene, vitamin E, manganese, zinc, copper, iron, selenium, and gamma linolenic acid (an essential fatty acid).

Broiled Pineapple Slices

6 fresh or canned pineapple slices

1 tablespoon Date Honey

1 tablespoon fresh lime juice

1 tablespoon unsweetened coconut flakes

Instructions

Turn oven to broil setting. Place pineapple slices on a broiler pan lined with foil or an 11 x 17-inch baking sheet rubbed with olive oil. Mix Date Honey and lime juice in a small bowl. Spread on top side of pineapple. Place 3-4 inches below broiler for about 8 minutes. Remove from oven and sprinkle each slice with $\frac{1}{2}$ teaspoon coconut flakes. Broil for 2 minutes and serve.

Yield: 6 servings (serving size: 1 slice)

Recipe Notes

Cut slices into chunks and mix in with oatmeal.

Omit the coconut flakes and just spread Date Honey and lime juice on top.

For step-by-step instructions on how to cut fresh pineapple, check out this link:

http://www.howtocutapineapple.com/.

Chanana Chiller

1 cup cold water 1 banana, peeled, frozen 1/2 cup fresh or frozen cherries, pitted 1 tablespoon almond meal

Place ingredients in a blender or food processor. Blend until smooth.

Yield: 2 servings (serving size: about 8 ounces or 1 cup)

Recipe Notes

To freeze bananas, remove peels before placing in freezer. Put in a plastic zip-top bag until completely frozen.

Substitute 2 tablespoons finely chopped almonds for the almond meal.

To make this a "green" smoothie, add 1 cup of fresh spinach or kale leaves (stems removed from the kale). Add 1 tablespoon flaxseed meal for a fiber boost.

Cinnamon Baked Apples

2 cups thinly-sliced apples, unpeeled (about 2 apples) 1 cup unsweetened apple juice 1/8 teaspoon cinnamon

Instructions

Preheat oven to 350 degrees. Place sliced apples in an 8 x 8-inch baking dish. In a small bowl, whisk apple juice and cinnamon, and pour over apples. Bake 15 minutes, stir, and bake another 15 minutes. Serve warm.

Yield: 4 servings (serving size: about 1/2 cup)

Recipe Notes

Pour over Baked Oatmeal.

Add sliced bananas, raisins, and chopped nuts.

Coconut Fig Bars

1/2 cup coconut flour
1/2 cup old-fashioned rolled oats
1 cup unsweetened applesauce
1/4 cup <u>Date Honey</u>
1 cup chopped dried figs
2 tablespoons chopped pecans
1 tablespoon flaxseed meal (optional)
1 tablespoon unsweetened shredded coconut
1/2 teaspoon cinnamon

Instructions

Preheat oven to 350 degrees. In a large bowl, mix coconut flour, oats, applesauce, and **Date Honey** until well combined. Stir in figs, pecans, flaxseed meal (optional), coconut, and cinnamon.

Lightly rub an 8 by 8-inch baking dish with olive oil and press mixture into dish. Bake 15 minutes or until top is lightly browned. Cool 10 minutes at room temperature and serve.

Yield: 12 servings (serving size: 1 bar)

Recipe Notes

Substitute almond flour, oat flour, or whole wheat flour for coconut flour. Increase shredded coconut to 1/4 cup to maintain the coconut flavor.

Fall Harvest Oatmeal

1/2 recipe <u>Cinnamon Baked Apples</u>
2/3 cup old-fashioned rolled oats
4 Medjool dates, pitted, chopped (about ¼ cup)
2 tablespoons chopped pecans

Instructions

Prepare Cinnamon Baked Apples as directed. When apples are done, cook oats on stovetop according to package directions. To serve, place ½ cup oatmeal in two bowls. Top with apples, dates, and pecans. Pour 2 tablespoons of apple juice over each serving, and serve immediately.

Yield: 2 servings (serving size: about 1 cup)

Recipe Notes

Use figs or raisins instead of dates.

Since you only need half of the **Cinnamon Baked Apples** recipe, you can store the other half in an airtight container in the refrigerator and use the following day.

Fruit Pizza

Crust

1 ½ cups almond flour (meal)

½ cup roughly chopped pitted dates

½ cup chopped pecans

1/4 cup unsweetened apple juice

Fruit Sauce

1/4 cup Date Honey

1/2 cup sliced strawberries

Topping Ideas

Sliced apples, bananas, blueberries, grapes, kiwifruit, mangoes, oranges, peaches, pineapples, strawberries

Instructions

Preheat oven to 350 degrees. Place almond flour, dates, pecans and apple juice in a food processor. Process until mixture forms a ball. Press dough into 10-inch circle, about $\frac{1}{4}$ -inch thick, on an 11 x 17-inch baking sheet or pizza pan (rub a little olive oil on your hands if dough gets too sticky). With a fork, poke holes all across crust dough. Bake 10 minutes, or until edges are browned and slightly crispy. Remove from oven and let cool completely, about 45 minutes.

Put Date Honey and strawberries in a food processor or blender. Process about 30 seconds or until smooth and creamy. Spread fruit sauce onto cooled crust. Top with your favorite assortment of sliced fruit. Refrigerate 3 hours or until chilled.

Yield: 8 servings (serving size: 1 slice)

Recipe Notes

Substitute oat flour for the almond flour.

Muesli

1 cup barley flakes

1 cup old-fashioned rolled oats or oat flakes

1 cup rye flakes

1/2 cup chopped raisins

½ cup chopped pecans

½ cup slivered almonds

1/4 cup flaxseed meal

1/4 cup raw sunflower seeds

2 teaspoons cinnamon

Almond milk, rice milk, or soy milk

Fresh fruit - blueberries, chopped apples, sliced bananas, sliced strawberries

Instructions

Mix ingredients together, and store in an airtight container. Store in a cool, dry place, and it should stay fresh for about a month.

Cold Muesli: For each serving, use ½ cup Muesli and ½ cup almond milk. Place in a bowl appropriate for the number of servings. Cover with plastic wrap and refrigerate 2 hours or overnight. When ready to eat, add fresh fruit and more almond milk, if desired.

Hot Muesli: For each serving, use $\frac{1}{2}$ cup Muesli and $\frac{1}{2}$ cup almond milk. Place in a bowl appropriate for the number of servings. Cover with plastic wrap and refrigerate 2 hours or overnight.

To serve, place Muesli and ¼ cup almond milk per serving in a medium saucepan, and bring to a boil. Lower heat, and simmer about 5 minutes. Add fresh fruit, if desired.

Yield: 10 servings (serving size: ½ cup)

Recipe Notes

Substitute half of the almond milk with unsweetened apple juice.

Use quinoa flakes, whole wheat flakes, or triticale flakes in place of any of the flakes listed. Triticale is a nutritious hybrid of wheat and rye which contains more protein and less gluten than wheat. It is normally found in health food stores and is available as whole berries, flakes, and flour.

If you don't have access to whole grain flakes, you can use 3 cups of the old-fashioned rolled oats.

Other dried fruit options: apricots, bananas, blueberries, dates, or figs.

Stir in 1 teaspoon <u>Date Honey</u> into each serving.

Nutty Fruit Cereal

1 banana, peeled and sliced (about 1 cup)

1/3 cup fresh blueberries

1 tablespoon chopped almonds

1 tablespoon chopped walnuts

1 teaspoon unsweetened coconut flakes

½ cup unsweetened almond or rice milk

Instructions

Place banana slices in a bowl and top with blueberries, almonds, walnuts, and coconut flakes. Pour in almond milk.

Yield: 1 serving (serving size: about 1 1/3 cups)

Recipe Notes

Substitute chopped pecans for the almonds or walnuts.

Enjoy as a fruit and nut snack without the almond milk.

Pineapple Citrus Muffins

1 cup old-fashioned rolled oats

1 cup oat flour (see Recipe Notes)

1 cup unsweetened applesauce

½ cup diced pineapples

1/4 cup chopped pecans or walnuts

1/4 cup Date Honey

1/4 cup flaxseed meal

2 teaspoons unsweetened coconut flakes

2 teaspoons grated orange zest

½ teaspoon ground ginger

Instructions

Preheat oven to 350 degrees. Lightly rub 8 cups of a 12-cup muffin tin with olive oil, and set aside.

Combine all ingredients in a large bowl, and stir well to combine. Scoop out mixture into muffin tin cups, allowing about 1/3 cup for each muffin. Bake 20 minutes, or until muffin tops are lightly browned. Serve warm.

Yield: 8 servings (serving size: 1 muffin)

Recipe Notes

Make your own oat flour by placing old-fashioned rolled oats in a food processor or blender and process until fine ($\frac{1}{2}$ cup old-fashioned oats will yield about $\frac{1}{2}$ cup ground oats).

Spread almond butter or <u>Date Honey</u> on top.

Flaxseed meal is a powder made from ground flaxseeds. It can be found in health food stores and some grocery stores. Instead of buying flaxseed meal, you can also grind whole flaxseeds at home by using a coffee or seed grinder.

The zest is the outermost, colorful skin of citrus fruits. Zest is often used to enhance flavor in recipes. The pith, or white membrane underneath the outside peel, has a bitter, unpleasant taste and should be avoided while zesting.

Plum Good Smoothie

1 cup water
1 apple, unpeeled, chopped
1 frozen banana, peeled, sliced
1/4 cup dried plums (about 6)
1 tablespoon flaxseed meal
1 tablespoon unsweetened shredded coconut

Instructions

Add all ingredients to a blender. Process about 1 minute or until completely smooth.

Yield: 2 servings (serving size: about 1 cup or 8 ounces)

Recipe Notes

To prepare banana ahead of time, remove peel and place in a plastic ziptop bag until frozen.

Add chopped nuts to boost the protein content.

Make it a green smoothie by adding 1 cup spinach or kale. You can also mix in 1 tablespooon of spirulina.

Snickerdoodle Smoothie

6 ounces silken tofu
½ cup unsweetened almond or rice milk
¼ cup <u>Date Honey</u>
2 frozen bananas, peeled, sliced (about 2 cups)
1 teaspoon cinnamon
1/8 teaspoon nutmeg

Directions

Place tofu, almond milk, Date Honey, banana slices, cinnamon, and nutmeg in blender. Mix until smooth.

Yield: 2 servings (serving size: about 1 ½ cups)

Recipe Notes

Remove peels before placing bananas in freezer. Put in a plastic zip-top bag until completely frozen. Instead of using Date Honey, soak 3-4 Medjool dates in warm water at room temperature for an hour before adding to blender.

You can also use firm tofu, but you may need to add water or almond milk so that the consistency is not too thick.

Strawberry-Banana Smoothie #1

4 ounces extra-firm tofu
1/4 cup unsweetened almond milk or soy milk
1/4 cup unsweetened apple juice
2 tablespoons <u>Date Honey</u>
1 cup sliced strawberries
1 frozen banana, peeled, sliced (about 1 cup)

Instructions

Place all ingredients in a blender, and process until smooth.

Yield: 2 servings (serving size: about 1 cup or 8 ounces)

Recipe Notes

To prepare banana ahead of time, remove peel and place in a plastic ziptop bag until frozen. Instead of using Date Honey, soak 3-4 Medjool dates in warm water at room temperature for an hour before adding to blender.

Strawberry-Banana Smoothie #2

1 cup unsweetened almond milk

1 frozen banana, peeled and sliced (about 1 cup)

1 cup whole frozen strawberries (about 6 strawberries)

1 Medjool date, pitted

Instructions

Place all ingredients in a blender, and process until smooth.

Yield: 2 servings (serving size: about 1 cup or 8 ounces)

Recipe Notes

To prepare banana ahead of time, remove peel and place in a plastic ziptop bag until frozen.

Sweet Spinach Smoothie

1 cup water
1 Bosc pear, unpeeled, cored
1 cup fresh spinach leaves, packed
1 frozen banana
1 tablespoon flaxseed meal, optional
1/2 tablespoon kelp powder, optional
1/2 tablespoon spirulina powder, optional

Yield: 2 servings (serving size: about 8 ounces or 1 cup)

Recipe Notes

To freeze bananas, remove peels before placing in freezer. Put in a plastic zip-top bag until completely frozen.

Substitute spinach with kale leaves.

Use an Anjou, Asian, or Bartlett pear instead of a Bosc pear.

Flaxseed meal is a powder made from ground flaxseeds. It is high in fiber and a good source of Omega-3 fatty acids.

Kelp is a sea vegetable that is a concentrated source of minerals, including iodine, potassium, magnesium, calcium, and iron.

Spirulina is a type of blue-green algae that is rich in protein, vitamins, minerals, and carotenoids (antioxidants that can help protect cells from damage). It contain B complex vitamins, beta-carotene, vitamin E, manganese, zinc, copper, iron, selenium, and gamma linolenic acid (an essential fatty acid).

Tropical Fruit Salad

2 cups sliced strawberries 3 kiwifruit, peeled and quartered 1 1/2 cups orange segments, cut into 1-inch pieces 1 cup red seedless grapes, halved 1 cup fresh pineapple chunks, cut into tidbits

Instructions

Mix fruit in a large bowl, and chill until ready to serve.

Yield: 6 servings (serving size: about 1 cup)

Recipe Notes

Use mandarin oranges instead of regular oranges.

Top with chopped almonds, macadamia nuts, pecans, and/or walnuts.