

Berry Blast Smoothie

- ½ cup yogurt of choice
- ¾ cup milk of choice
- 1 cup mixed berries, frozen or fresh
- 1 tbsp. honey (or maple syrup)
- 1 tbsp. coconut oil
- 5 ice cubes (if using frozen berries, omit ice cubes)



Instructions:

Combine all ingredients in a blender and blend until smooth. Add more ice or liquid to get to desired thickness.
Serves 1

Nutrition Facts (for entire recipe):

Calories: 378	Pack in all the antioxidants, fiber, vitamins, and minerals from berries into this delicious breakfast smoothie. Berries offer a very high amount of nutrients for not much sugar or calories to leave you feeling refreshed, energized, and full. Coconut oil is a healthy medium chain triglyceride, giving you tons of healthy energy and fats to keep you feeling fuller, leading to less snacking and cravings later in the day.
Protein: 18g	
Carbohydrates: 48g	
Fat: 14g	

White Chocolate Smoothie

- 1 oz. white chocolate
- ½ cup milk of choice
- ¼ cup yogurt
- ½ banana, frozen
- 1/8 tsp. cinnamon
- 1/8 tsp. vanilla extract
- 5-6 ice cubes



Instructions:

Place milk and white chocolate in a microwave safe bowl and heat for 15 seconds. Stir and then repeat for another 20 seconds. Repeat until this chocolate has completely melted into the milk. Don't burn the chocolate!

Add chocolate mixture, and remaining ingredients into a high powered blender and blend until smooth.
Serves 1

Nutrition Facts (for entire recipe):

Calories: 275
Protein: 12g
Carbohydrates: 35g
Fat: 9g

This rich and decadent smoothie takes on the delicious essence of white chocolate and can easily be a meal or a special treat!

Raspberry Oatmeal Cookies

- 1 cup rolled oats
- ¾ cup flour (whole wheat or white)
- ½ tsp. cinnamon
- 1/8 tsp. salt
- 1 ½ tsp. baking powder
- 1 large egg, room temp.
- 2 tbsp. coconut oil (melted)
- 1 tsp. vanilla extract
- ½ cup honey
- ¼ cup fresh raspberries, diced



Instructions:

In a large mixing bowl, combine oats, flour, cinnamon, salt, and baking powder. In a separate bowl, whisk egg and add in melted coconut oil, vanilla, and honey. Stir until completely smooth. Add wet ingredients into dry and mix well. Fold in fresh raspberries. Place mixture, covered, in to the fridge for at least 30 minutes. Pre-heat oven to 325. Scoop cookies onto a parchment lined baking sheet and press slightly down to flatten. Bake cookies for 12-15 minutes or until lightly golden. Allow to cool completely before removing from tray. Keep stored in airtight container, or in fridge for best freshness.

Makes 8 small cookies

Nutrition Facts (per cookie):

Calories: 160	These cookies are irresistibly chewy and slightly tart and sweet! The oatmeal and whole wheat flour create a heartier cookie base that would make a great snack or healthier dessert option!
Protein: 4g	
Carbohydrates: 26g	
Fat: 6g	

Peanut Butter Chocolate Baked Banana

- 1 large ripe banana
- 1 tsp. peanut butter
- 1 tsp. chocolate chips
- Pinch of sea salt
- Optional toppings: nuts, coconut flakes



Instructions:

Pre-heat oven to 350. With the peel on, lay the banana on its side and slice lengthwise through the peel and into the banana about 3/4 of the way through the fruit. Spread banana apart and spread 1 tsp. peanut butter along inside of banana. Sprinkle 1 tsp. of chocolate chips into banana and top with a pinch of sea salt. Wrap the outside with tinfoil and place on a cookie sheet. Bake for 15 minutes then allow to cool slightly before unwrapping the foil. Add additional toppings if you choose, such as crushed nuts or coconut flakes. Enjoy with a spoon right out of the peel.
Makes 1 serving

Nutrition Facts (per serving):

Calories: 220	The combination of peanut butter, chocolate, and banana is a classic and makes a delicious, healthy, dessert option. The baked banana becomes incredibly sweet and caramelized. The added healthy fats make this a balanced dessert that will be sure to keep you satisfied.
Protein: 6g	
Carbohydrates: 33g	
Fat: 9g	