

## Pineapple Coconut Smoothie

- 1 cup frozen pineapple
- 1 frozen banana
- ¼ cup coconut milk (from the can)
- 1 tbsp. shredded coconut
- 1/3 cup milk of choice (almond, low-fat, coconut, etc.)
- 3 ice cubes
- OPTIONAL: 1 scoop of protein powder



### 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: 400  
Protein: 15g  
Carbohydrates: 50g  
Fat: 15g

Naturally high in healthy fats from the coconut, this smoothie will keep you full for hours on end!

## Chocolate Coconut Breakfast Smoothie

- 1 frozen ripe banana
- 1 tbsp. cocoa powder
- 2 tbsp. unsweetened dried coconut
- ¼ cup rolled oats
- ¾ cup milk of choice (almond, low-fat, coconut, etc.)
- 5-6 ice cubes
- ¼ tsp. vanilla extract



### 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: 300  
Protein: 11g  
Carbohydrates: 49g  
Fat: 6g

A great way to start your morning with a healthy, filling, well-rounded smoothie. Or, a perfect way to satisfy a sweet craving in the afternoon!

## Quinoa Pizza Bites

- ½ cup dry quinoa
- 1 cup water
- ½ cup shredded mozzarella cheese
- 12 slices of turkey pepperoni, cut into small pieces
- 1 egg
- Salt, Oregano, Basil, Garlic Powder (1/8 to ¼ tsp. of each, to taste)



### Instructions:

Preheat oven to 350 degrees. Lightly grease a mini muffin tin with cooking spray. Bring quinoa and water to a boil, cover and allow to simmer for 5-8 minutes or until all the liquid is absorbed. Beat the egg in a medium mixing bowl. Add in all remaining ingredients, and stir until combined. Divide mixture evenly into muffin tins. Place tray in the oven and bake for 10-12 minutes.

Makes approximately 12 mini muffins.

### Nutrition Facts (per 6 mini muffins):

Calories: 310  
Protein: 20g  
Carbohydrates: 31g  
Fat: 13g

Dip into marinara sauce for a healthy after-school treat! Perfect snack with a pack of 20 grams of protein to keep you feeling full all afternoon!

## Homemade Chewy Bars

- 2 ½ cups rolled oats
- ½ cup chopped almonds
- ½ cup dried cranberries
- 1/3 cup honey
- ¼ cup coconut oil
- ¼ cup brown sugar
- ½ tsp. vanilla extract
- ¼ tsp. salt
- ¼ cup mini chocolate chips



### Instructions:

Combine coconut oil, honey, brown sugar, and vanilla over low heat in a sauce pan and stir continuously until melted and combined. In a large mixing bowl, combine oats, almonds, cranberries, and salt and stir until combined. Add the heated coconut oil mixture to the dry ingredients and mix well. After this has cooled for about 2 minutes, add the chocolate chips in and stir. Line an 8x8 pan with tin foil and lightly grease with cooking spray. Press oat mixture firmly into the pan. Using a spatula or wet fingers, continue to press the mixture for about a minute until tightly packed to ensure that the bars stay together. Cover pan and place in the refrigerator for a minimum of two hours or overnight. Once bars have set, remove the tin foil from the pan and cut into 12 granola bars. Wrap individually and keep stored in the refrigerator for best freshness.

### Nutrition Facts (per serving):

Calories: 200  
Protein: 4g  
Carbohydrates: 29g  
Fat: 9g

A homemade spin on a childhood classic!