

Vanilla Bean Smoothie

- 1 large banana, frozen
- 1 tsp. vanilla extract
- 1.5 cups almond milk (or milk of choice)
- 1 tbsp. honey
- 1 scoop vanilla protein powder of choice
- 5-6 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

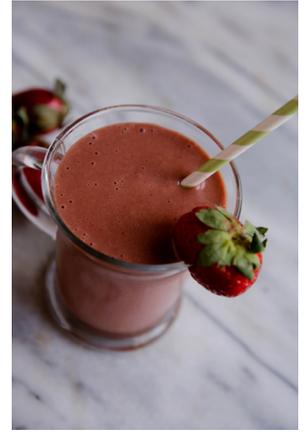
Nutrition Facts (for entire recipe):

Calories: 310
Protein: 24g
Carbohydrates: 49g
Fat: 2g

Smooth and creamy, this basic vanilla smoothie is a perfect simple breakfast to start your week on a fresh and healthy note! Feel free to leave out the protein powder and sub in an extra banana to add substance.

Chocolate Covered Strawberry Smoothie

- 1 large banana, frozen
- 1 cup strawberries, frozen
- 5-6 ice cubes
- 1.5 cups chocolate almond milk, unsweetened
- 1 tbsp. honey
- 1 tbsp. cocoa 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: 230
Protein: 1g
Carbohydrates: 54g
Fat: 1g

A decadent chocolate covered strawberry in smoothie form! This is rich, yet fruity and makes breakfast time a delight! If desired, substitute the chocolate almond milk for your milk of choice or regular chocolate milk.

Yogurt Parfaits with Homemade Granola

Granola Ingredients:

- 3 cups rolled oats
- 1/3 cup maple syrup
- 1/2 cup cocoa powder
- 1/4 tsp. salt
- 1/2 cup brown sugar
- 1 tsp. vanilla
- 2/3 cup coconut oil
- 1 and 1/4 cups almonds, chopped, raw
- 3/4 cup coconut flakes, unsweetened

Granola Instructions:

Pre-heat oven to 250. Toss the oats, almonds, coconut, cocoa, salt, and 1/3 cup of the brown sugar in a large bowl. Whisk the melted coconut oil, maple syrup, and vanilla together. Set aside. Pour the liquids over the dry ingredients and stir to combine. Spread the granola onto two large lined baking sheets into a single layer. Bake for 50 minutes, stopping halfway through to check the granola and shake or stir the pan if needed. Sprinkle the remaining brown sugar and coarse sea salt to taste.

Makes 4 cups of granola.

Parfait:

- 1 cup vanilla greek yogurt
- 1 banana, sliced
- 1/2 cup sliced strawberries
- 1/4 cup of granola

Layer fruit, yogurt, and granola into a glass for a parfait cup! By keeping the fat and sugar lower (than store-bought), this granola is a healthy addition to yogurt, smoothies, in a bowl with milk or on its own!

Nutrition Facts (per serving):

Calories: 330
Protein: 15g
Carbohydrates: 62g
Fat: 3g



Strawberry Jam Oat Bars

- 1 cup strawberries
- 2 cups old fashioned oats
- 1/2 cup apple sauce
- 1/4 cup maple syrup
- 1/2 cup strawberry jam
- 1/2 cup all purpose flour
- 1/2 tsp. baking powder
- 1/4 tsp. salt
- 2 tbsp. peanut butter (or any nut butter)

Instructions:

Pre-heat oven to 350. Line an 8x8 pan with foil and spray with non-stick cooking spray.

In a large bowl, combine oatmeal, flour, baking powder, and salt. In a separate bowl, stir together maple syrup, apple sauce, and nut butter until combined. Add the wet mixture into the dry and stir until completely combined. Press mixture into pan using your hands to press into an even layer. Mix strawberries and jam together, then spread evenly on top of oatmeal mixture. Bake for 30-40 minutes or until edges are browned and strawberries are bubbling. Let cool completely then remove entire piece of foil from pan. Carefully peel foil from bars. Cut into bars and store in the refrigerator or freezer.

Makes 8 servings

Nutrition Facts (per serving):

Calories: 160
Protein: 2g
Carbohydrates: 33g
Fat: 2g

These bars resemble a jam cookie but are so much healthier, packed with fiber from oats and fresh strawberries for a touch of sweetness. Enjoy these any time of the day for a sweet treat!

