

CHOCOLATE CHIP ZUCCHINI MUFFINS

Ingredients

1 Cup all purpose flour
¾ Cup whole wheat flour
2 Tbsp. cocoa powder
1 tsp. Cinnamon
1 tsp baking powder
½ tsp baking soda
½ tsp. Salt
1 cup zucchini, grated and squeezed very dry (see notes)
⅓ cup maple syrup
2 eggs lightly whisked
⅔ cup applesauce
⅓ cup unsalted butter, melted (use vegan substitute to make dairy free)
1 tsp vanilla extract
1 cup blueberries, fresh or frozen
½ cup chocolate chips

Directions

1. Preheat oven to 400 degrees Fahrenheit. Coat a standard muffin pan with nonstick spray.
2. In a medium sized bowl, stir together the flours, cocoa powder, cinnamon, baking powder, baking soda and salt
3. To the dry mixture, add zucchini, maple syrup, eggs, applesauce, butter and vanilla. Stir until just combined, then gently fold in blueberries and chocolate chips.
4. Divide batter among the prepared muffin pan, filling about ½ way Bake for 18-20 minutes or until a cake tester inserted into the center of each muffin comes out clean. Let cool for a minute or two in the pan, then transfer to a wire rack to cool to room temperature.

Notes

To squeeze all of the moisture out of your grated zucchini, squeeze it over a bowl with your hands first (REMEMBER TO ALWAYS WASH YOUR HANDS!!!!). Next, spread it out onto a clean kitchen towel. Roll up the towel and press gently to remove any remaining moisture.

HEALTHY (NUT FREE) GRANOLA BARS

Ingredients

2 Cups rolled oats
½ cup brown sugar
¼ cup flax seeds
½ cup dried unsweetened coconut
1 tsp cinnamon
1 cup whole wheat flour
½ cup raisins
¼ cup dried cranberries
2 Tbsp. sunflower seeds
1 Tbsp. pumpkin seeds
¾ tsp. Sea salt
½ - ¾ cup chocolate chips
½ cup honey
1 egg, beaten
⅓ cup melted butter
⅓ cup mashed ripe banana
2 tsp. Vanilla extract

Directions

1. Grease a 9x13 inch baking pan and preheat oven to 350 degrees F.
2. In a large bowl combine oats, brown sugar, flax, cinnamon, flour, raisins, cranberries, sunflower and pumpkin seeds, and salt. Mix and form a well in the center
3. In medium sized bowl, whisk together honey, egg, melted butter, banana and vanilla.
4. Pour honey mixture into the well created by the dry ingredients and mix well.
5. Pat down the entire mixture into the prepared making pan. Pat down to make sure it is nicely even on top and pushed into the corners of the pan.
6. Bake for 24 minutes for chewy bars. If you prefer a more crunch bar, bake 5 minutes (or longer) more.
7. Cool in pan for 5 minutes. While still warm, cut into bars or squares or whatever size you desire. Enjoy!

APPLESAUCE OAT MUFFINS

Ingredients

1 ¼ couple old fashioned rolled oats
1 ¼ cups unsweetened applesauce
½ cup milk (or any dairy free milk of your choice)
1 large egg
1 tsp vanilla extract
4 TBSP. melted butter (or coconut oil or non dairy substitute)
⅓ cup granulated sugar
1 cup whole wheat flour
1 tsp. Baking powder
¾ tsp. Baking soda
1 tsp. Ground cinnamon
¼ tsp salt
½ cup raisins, (or craisins, or chocolate chips if you desire)

Directions

1. Preheat oven to 375 degrees F. Line a 12 cup muffin tin with liners or use a non stick cooking spray and set aside.
2. In a medium bowl, stir together the oats, applesauce, milk, egg, vanilla, butter and sugar.
3. In a large bowl, mix the flour, baking powder, baking soda, cinnamon, salt and cranberries or raisins.
4. Make a well in the center of the dry ingredients and pour the applesauce mixture in. Stir until just combined.
5. Spoon the batter evenly into the muffin cups. Bake for 15-20 minutes or until a toothpick inserted in the center comes out clean.
6. Don't overbake or the muffins will be dry. Remove them to a cooling rack. Cool completely before freezing in a ziplock freezer bag (if there are any left!)

CHOCOLATE BALLS

Ingredients

- 2 packages of tea biscuits
- 1 Cup dark chocolate, shredded or finely chopped
- 1 Tbsp cocoa powder
- ¼ cup butter
- 1 Tbsp sugar
- 9 Tbsp. milk
- 1 tsp vanilla extract
- 1 Cup coconut flakes

Directions

1. Place the biscuits in a large plastic bag and crush with a rolling pin until you reach a fine texture. You can use a food processor, but this is more fun! You should end up with approximately 2 - 2 1/2 cups of fine crumbs
2. In a medium size sauce pan add the butter, cocoa powder, sugar, chocolate and milk over a low flame. Mix well with a wooden spoon. Once it is fully mixed add the vanilla extract.
3. Remove from heat and add the crushed biscuits. Stir well.
4. Refrigerate for 10 minutes
5. Scoop into balls. You can use a melon baller if you have one.
6. Roll the balls in the coconut. For an salty/sweet combo mix sea salt into the coconut flakes and roll the balls into that.
7. Place in the refrigerator and enjoy!!!!

If you have the very mini size muffin liners you can place one ball in each for a pretty display!

EASY AND HEALTHY GRANOLA

Ingredients

4 cups old fashioned oats
1 cup slivered almonds (or your preferred kind of nuts/seeds)
¼ cup chia seeds (optional)
2 tsp ground cinnamon
¾ tsp fine sea salt
½ cup melted coconut oil
⅓ cup maple syrup
2 tsp. Vanilla extract
⅔ cup unsweetened coconut flakes (or ½ cup shredded coconut)
½ cup chopped dried fruit or semisweet chocolate chips

Directions

1. Preheat oven to 350 degrees F. Line a large baking sheet with parchment paper and set aside.
2. In a large mixing bowl stir together the oats, almonds, chia seeds, cinnamon and sea salt until evenly combined.
3. In a separate bowl, stir together the melted coconut oil, maple syrup and vanilla extract until combined. Pour the coconut oil mixture in to the oats mixture and stir until evenly combined.
4. Spread the granola out evenly on the prepared baking sheet. Bake for 20 minutes, stirring once halfway through. Then remove from oven, add the coconut and give the mixture a good stir. Bake for 5 minutes longer until the granola is lightly toasted and golden.
5. Remove from the oven and transfer to a wire baking rack. Let cool until the granola reaches room temperature. Then stir in the dried fruit, chocolate chips or any other add ins that you might prefer.
6. Serve immediately or store in an airtight container at room temperature for up to 1 month.

OATMEAL PEANUT BUTTER ENERGY BITES

Ingredients

- 1 Cup old fashioned rolled oats
- 1 Cup steel cut oats
- ½ cup shredded sweetened coconut
- 1 Cup crispy rice cereal (like Rice Krispies or crushed rice chex)
- 1 Cup peanut butter (or any nut butter you prefer)
- 1 Cup ground flaxseed
- 2/3 cup chocolate chips
- ¾ cup honey
- 2 tsp vanilla extract

Directions

1. In a large mixing bowl combine all ingredients
2. Refrigerate for at least 1 hour before forming into 1 - 2 inch balls. If the mixture isn't holding together well enough you can add a little more nut butter or honey to help it bind. Keep refrigerated for an easy snack on the go
3. Free free to include other 'add-ins' like chopped almonds, raisins, etc.