

Muesli

Makes 3 cups

Ingredients

2 cups old-fashioned or quick-cooking (not instant) rolled oats

$\frac{2}{3}$ cup rye flakes, or wheat flakes

$\frac{1}{3}$ cup coarsely chopped almonds, (1 $\frac{3}{4}$ ounces)

2 tablespoons flaked coconut, (sweetened or unsweetened)

$\frac{1}{2}$ cup raisins

2 tablespoons honey

$\frac{1}{2}$ teaspoon vanilla extract

Pinch of cinnamon

$\frac{1}{4}$ cup flaxseeds, ground

Directions

Preheat the oven to 350°F. Coat a baking sheet with cooking spray. Spread oats and rye (or wheat) flakes on the baking sheet. Bake for 10 minutes. Stir in almonds and coconut; bake until the oats are fragrant, about 8 minutes. Turn off the oven. Stir raisins into the muesli.

Microwave honey for 10 seconds in a glass measuring cup. Stir in vanilla and cinnamon; drizzle over the muesli and stir to coat. Return the muesli to the turned-off warm oven and let cool completely, about 2 hours. Stir in flaxseeds, if using.

Make Ahead Tip: Cover and refrigerate for up to 2 weeks.

Cacao Date & Walnut Bites

Serves 20

Ingredients

1 cup packed pitted dates
2 cups raw walnuts
6 tablespoon cacao powder or unsweetened cocoa powder
3 tablespoons oats
1/4 teaspoon sea salt
3 tablespoon creamy almond butter
1 tablespoon melted coconut oil

Directions

Add dates to a food processor and pulse/mix until small bites remain or a ball forms. Scoop out and set aside.

Add walnuts to the food processor and pulse into a fine meal. Then add cacao powder, oats and sea salt. Pulse a few more times to combine.

Add the dates back in along with the almond butter and melted coconut oil. Mix/pulse to combine. The result should be a moist dough-like mixture. If too wet, add a bit more cacao powder or oats.

Refrigerate for 10 minutes. Then scoop out rounded Tablespoon amounts and roll into balls. The dough will be somewhat fragile, so use the warmth of your hands to gently form/roll them into balls. There should be about 20 energy bites total. Roll in extra cocoa powder if desired.

Pancake in a Mug

Ingredients

- 1/4 cup flour
- 1.5 tsp sugar
- 1/2 tsp baking powder
- 3 tbsp milk or water (I like to use milk)
- 1/2 tsp vanilla

*For a berry pancake add 1-2Tbs of your favorite berry to your batter

*For a Protein Pancake use 2Tbs flour and 2Tbs protein powder

Instructions

1. In a microwave safe mug combine flour, sugar and baking powder.
2. Add in vanilla and milk or water, mixing well.
3. Microwave for 60 seconds.
4. Remove from the microwave and top with desired topping such as maple syrup, honey, no added sugar blueberry jam, yogurt, etc!

Berry and Banana Smoothie

Serves 2

Ingredients

8 ounces frozen mixed berries

2 small bananas, peeled, cut into 2-inch pieces, and frozen

6 ounces vanilla yogurt, preferably whole milk

1 cup whole milk (or favorite non dairy beverage)

1 to 2 tablespoons honey, maple syrup or agave

Directions

Add all ingredients to the blender and puree until smooth. Pour into glasses and serve immediately.

Ham and Cheese Egg Cups

Serves 6

Ingredients

- 1 pound sliced ham
- 1 cup shredded cheddar cheese
- 10 large eggs, room temperature
- 1/2 cup sliced green onions
- salt and pepper, to taste

Instructions

1. Preheat oven to 350F degrees.
2. Spray a muffin tin with nonstick cooking spray.
3. Place individual ham slices over each muffin cup and gently press down in the middle until a cup shape forms.
4. In the bottom of each ham cup, add in about a tablespoon of shredded cheddar cheese.
5. In a medium bowl, whisk eggs together.
6. Stir in sliced green onions and salt and pepper, to taste.
7. Add a couple of tablespoons of the egg mixture into each of the ham cups.
8. Place muffin tin in the oven and bake for about 20-25 minutes.
9. When done, use a fork to gently remove each ham cup and serve.