



FOR ALL RECIPES

In a medium bowl, add all of the ingredients and stir to combine well. The mixture should be a bit sticky. Refrigerate for at least 30 minutes.

Use a spoon to scoop about a tablespoon of the cookie ball mixture into your hand. Roll into a ball. Repeat with remaining mixture. This should make about 12 oatmeal energy balls.

Store the balls covered in the fridge for up to a week, or sealed in the freezer for much longer.

TIPS

Don't skip the resting time. This is when the oats will absorb some of the moisture, helping everything stick together. It's a must!

If your bites are too dry and won't stick together after the resting time, your best bet is to add a tablespoon or two of something sticky (like peanut butter and/or honey).

Use what you have on hand and what works for your family. If you are looking to boost the nutrition, add some "superfoods", like chia seeds, ground flaxseed and/or hemp hearts.

Use 1/2 old-fashioned oatmeal and 1/2 quick cooking oatmeal for the perfect texture.

Try using other nut butters to mix up your flavors.



Monster Cookie

1 cup dry oats
1/4 cup peanut butter
1/4 cup honey
1/4 cup dry, roasted peanuts
1/4 cup mini M&M's
1/4 cup mini chocolate chips
Dash of salt
1/2 tsp vanilla, optional



Sweet and Salty

1 cup dry oats
1/4 cup almond butter
1/4 cup honey
1/4 cup crushed pretzels
1/4 cup chopped roasted, salted almonds
Dash of salt
1/2 teaspoon vanilla, optional



Double Chocolate

1 cup dry oats
1/4 cup peanut butter
1/4 cup honey
2 tablespoons cocoa powder
1/4 cup mini chocolate chips
Dash of salt
1/2 teaspoon vanilla, optional



Oatmeal Cookie

1 cup dry oats
1/4 cup almond butter
1/4 cup honey
1/4 cup raisins
1/4 cup chopped pecans
1/4 cup toasted coconut
1/2 teaspoon ground cinnamon
Dash of salt
1/2 teaspoon vanilla, optional



Blueberry Muffin

1 cup dry oats
1/4 cup almond butter
1/4 cup honey
1/2 cup dried blueberries
Dash of salt
1/4 teaspoon ground cinnamon
1/2 teaspoon vanilla, optional



PB Cookie

1 cup dry oats
1/4 cup peanut butter
1/4 cup honey
1/2 cup roasted, salted peanuts
1/2 teaspoon vanilla, optional



Vegan Banana

1 ripe medium banana
1 cup dry oats
1/2 cup vegan chocolate chips, optional



PB Chocolate Chip

1 cup dry oats
1/4 cup peanut butter
1/4 cup honey
1/2 cup mini chocolate chips
Dash of salt
1/2 teaspoon vanilla, optional



MASTER MIX RECIPE

2 1/2 cups old fashioned rolled oats
 1/2 cup nuts, roughly chopped
 1/3 cup brown sugar
 1/4 cup honey
 1/4 cup unsalted butter
 1 teaspoon vanilla extract
 1/4 teaspoon kosher salt
 3/4-1 cup total extra mix-ins (about 1/4 cup of 3 different ingredients such as dried fruits, coconut, chocolate chips, etc - see all the suggestions below)

Preheat the oven to 350°. Line a 9" square baking dish with parchment or foil and lightly spray with cooking spray.

Place the oats and nuts on a rimmed baking sheet and bake for 8-10 minutes until lightly toasted. Place the nuts and oats in a large bowl.

While the oats are toasting, add the honey, butter, and brown sugar to a small saucepan. Cook over medium heat until the butter melts and the sugar dissolves, stirring occasionally. When butter mixture is ready, remove it from the heat and stir in the vanilla and salt. Pour this mixture over the oat and nut mixture and stir to combine. Add any extra ingredients (except for chocolate) and stir to combine. Make sure none of the oats are dry.

If you are adding chocolate, wait about 15 minutes for the mixture to cool a bit before adding the chocolate and then stir to combine.

Place all of the oat mixture in the prepared pan. Use a rubber spatula or the bottom of a greased measuring cup to press the mixture into the pan. Chill the granola bars for at least 2 hours. After chilling, press the bars down a second time to help them hold together. Lift the bars from the pan using the edges of the foil or parchment and place them on a cutting board. Cut into desired shape/size and serve.

Makes 12 bars. Wrap in a bit of parchment paper before putting them in a container or plastic bag so they don't stick together. Store in fridge or freezer.

TIPS If you want the bars to have a little more crunch, gently boil the mixture for 1 to 2 minutes. | For even better texture and taste, let the bars sit overnight (can be room temperature). | If you are going to add chocolate, wait until the hot honey and oat mixture cools a little bit or all the chocolate chips will melt (still tastes great, but doesn't look as nice). | Toasting the nuts and oats is optional but it makes the granola bars taste like cookies.



Spiced Nuts

Master Mix
 1/2 cup almonds
 1/2 cup pecans
 1/2 cup cashews
 1/2 teaspoon cinnamon



Tropical

Master Mix
 1/2 cup cashews
 1/4 cup shredded coconut
 1/2 cup chopped dried fruit
 (pineapple, mango, and mandarin oranges)



Blueberry Almond

Master Mix
 1/2 cup almonds
 1/2 cup dried blueberries
 1/4 cup shredded coconut



Sunflower Pecan

Master Mix
 1/2 cup almonds
 1/4 cup sunflower seeds
 1/4 cup mini chocolate chips
 1/2 teaspoon cinnamon
 1/4 cup shredded coconut



*Cranberry
White Chocolate*

Master Mix
 1/4 cup almonds
 1/4 cup dried cranberries
 1/4 cup sunflower seeds
 1/4 cup white chocolate chips



*Dark Chocolate
Cherry*

Master Mix
 1/2 cup toasted pecans
 1/2 cup dried cherries
 1/4 cup dark chocolate chips



*Peanut Butter
Chocolate*

Master Mix
 1/4 cup creamy peanut butter
 1/2 cup M&Ms
 1/4 cup mini chocolate chips



*Peanut Butter
Pretzel*

Master Mix
 1/4 cup creamy peanut butter
 1/3 cup broken pretzel pieces
 1/4 cup peanut butter chips
 1/4 cup mini chocolate chips



FOR ALL RECIPES

Add all of the ingredients to the bowl of your food processor and blend until the nuts are well chopped and a thick "dough" starts to form, about 3-5 minutes of processing. If the ingredients are chopped into super small pieces but the dough isn't coming together, try adding a teaspoon of water at a time (up to a tablespoon or two) to encourage everything to come together.

When the ingredients are well incorporated, remove the blade from the food processor. Take 1 large tablespoon of the "dough" and roll it into a ball in between your hands. Repeat with remaining dough. Store the balls in an airtight container in the fridge for up to a month or in the freezer much longer.

TIPS

Use at least an 8-cup food processor or make smaller batches.

Make sure you use dried dates and make sure you remove the pits. You will need to add a little water to your mixture if your dates are older and more dry.

Be careful that you don't over process the nuts. You want to stop when they are chopped but haven't turned into nut butter, or you will have greasy energy bites.

You can also make these as bars. Press the mixture into a square baking dish with parchment paper. Chill for at least two hours, remove the paper, cut into bars, and store.



Chocolate Peanut Butter

1 cup dried dates
2-3 tablespoons cocoa powder
1/4 cup peanuts
1/2 cup peanut butter
(natural, normal, chunky, or smooth)



Pumpkin Pie Spice

1 cup dried dates
1 cup pecans
1/2 teaspoon pumpkin pie spice
1/2 teaspoon pure vanilla extract
Pinch of sea salt



Dark Chocolate Cherry

1 cup almonds
2/3 cups dried cherries
2/3 cup dried dates
Pinch of sea salt
1/4 cup dark chocolate chips, melted



Almond Joy

1 cup dried dates
1 cup almonds
2-3 tablespoons cocoa powder
1/4 cup shredded coconut
Pinch of sea salt
1/2 teaspoon pure vanilla extract



Peanut Butter & Jelly

Peanut Butter Side:
1/2 cup dried dates
1/2 cup peanuts
1/4 cup peanut butter

Jelly side:
1/2 cup dried blueberries
1/2 cup dried dates
1/2 cup almonds



Pina Colada

1/2 cup dried dates
1/2 cup cashews
1/2 cup almonds
Pinch of sea salt
1/2 cup dried tropical fruits
(mandarin oranges, pineapple, and mango)



Lemon or Lime

1 cup dried dates
1 cup cashews
1/2 cup shredded coconut
Zest from one large lemon or lime
Juice from one large lemon or lime
Pinch of sea salt



Coconut

1 cup shredded coconut
1/2 cup dried dates
1/2 cup cashews
1/2 cup almonds
2 tablespoons melted coconut oil
1/2 teaspoon pure vanilla extract
Pinch of sea salt
Additional shredded coconut for rolling



SNACK JAR COMBOS

YOU'LL NEED:

Wide-mouth Pint Mason Jars
Repurposed fruit cup/applesauce plastic containers

Prepare and cut all snacks. Pack tightly into jars with the plastic container stored on top. Screw on lid and store in the refrigerator.

Eat the jars that have dairy and/or "soft" veggies in them first. The harder veggies will stay fresh a long time.

It's so simple but so convenient to have healthy food prepped and ready to go!



Cauliflower and Broccoli
+ Greek Yogurt Ranch Dip



Celery
+ Peanut Butter



Grapes
+ Roasted Chickpeas



Cottage Cheese
+ Fruit



Cucumber
+ Energy Bites



Mandarin Oranges
+ Pistachios



Bell Peppers and Carrots
+ Hummus



Apple Slices
+ Cheese Cubes



Apple Slices
+ Dark Chocolate and Nuts



Greek Yogurt & Berries/Pomegranate
+ Granola



FOR ALL RECIPES

Blend everything together until smooth, adding a splash more milk if the smoothie is too thick for your blender to process well.

Enjoy right away!

Makes one large smoothie or 3-4 "little people" smoothies.

TIPS

Use these recipes as a place to start and use what you have. If you enjoy your smoothies extra cold, add ice. If bananas aren't to your liking, you can use Greek yogurt or 1/2 avocado to give you a rich and smooth texture. Make it yours.

A good blender is worth it.

There are many extras, including "superfoods", that can increase the nutrition in your smoothies

Use the milk of your choice (nut, soy, animal) and try different combinations.

Usually the fruit in your smoothie will be sweet enough, but you can sweeten with honey, maple syrup, sweetened milk, yogurt, more fruit, and/or fruit juice. Sweeten to your liking and enjoy.

Stock up on the fruit in season or on sale and freeze it for quick and simple smoothies. **If you use all frozen fruit in your smoothie, you will not need to add ice.**



Strawberry Banana

1 frozen banana
1 cup strawberries (fresh or frozen)
1/2 cup unsweetened Greek yogurt
1 cup unsweetened milk



Tropical

1/2 frozen banana
1/2 cup pineapple (fresh or frozen)
1/2 cup mango (fresh or frozen)
1/2 an orange, peeled
1/2 cup unsweetened Greek yogurt
1 cup unsweetened milk



Very Berry

1 frozen banana
1 cup strawberries (fresh or frozen)
1/2 cup unsweetened Greek yogurt
1 cup unsweetened milk



Peanut Butter

1 frozen banana
1 tablespoon peanut butter
1/2 cup unsweetened Greek yogurt
1 cup unsweetened milk



Chocolate Peanut Butter

1 frozen banana
1 tablespoon peanut butter
1 tablespoon cocoa powder
1/2 cup unsweetened Greek yogurt
1 cup unsweetened milk
Sweeten to taste (I like to use honey)



Cherry Pomegranate Detox

1/2 frozen banana
1/2 cup sour cherries
1/2 cup pomegranate seeds
1/2 cup ice
1 cup unsweetened milk



Green Goddess

1/2 frozen banana
1/2 cup green grapes
1 kiwi, peeled
1 cup baby spinach leaves
1/2 cup ice
1 cup unsweetened milk



Extra Green

1/2 frozen banana
1/2 cup blueberries (fresh or frozen)
1/2 orange, peeled
1 to 2 cups baby kale and/or baby Swiss Chard
1/2 cup ice
1 cup unsweetened milk



FOR ALL RECIPES

Whisk or blend together all ingredients. Store in small container (wide-mouth half-pint mason jars are perfect) in the refrigerator for 1-2 weeks.

Makes between 3/4 to 1 cup of dressing.

Classic Ranch

PERFECT FOR COB AND CHICKEN SALADS,
TO DIP FRIES IN, AND OVER ANY SALADS
WITH ROMAINE OR OTHER LEAF LETTUCES

1/3 cup buttermilk | 1/3 cup mayonnaise | 2 tablespoons chives
2 tablespoons chopped parley | 1 teaspoon dried dill weed
1/4 teaspoon kosher salt and pepper | 1/4 teaspoon garlic powder



Roasted Garlic

MAKES A GREAT MARINADE FOR
CHICKEN BREAST OR SERVED
OVER ROASTED VEGETABLES

1 head roasted garlic (Drizzle with olive oil,
wrap in aluminum foil, and roast at 400° for 35
minutes. Cool and squeeze out the cloves.)

2 tablespoons red wine vinegar
2 teaspoons Dijon mustard
3 tablespoons freshly grated Parmesan
1/3 cup olive oil
1/2 teaspoon kosher salt and pepper



Creamy Italian

EXCELLENT ALL-PURPOSE
DRESSING AND MARINADE

1/4 cup mayonnaise
2 tablespoons red wine vinegar
2 tablespoons sour cream
2 tablespoons olive oil
1 teaspoon Italian seasoning
1 clove garlic
1/4 teaspoon kosher salt
1 tablespoon chopped parsley



Asian Sesame

EXCELLENT ON ASIAN-INSPIRED
NOODLES AND CHICKEN SALADS

2 tablespoons cider vinegar
1 tablespoon honey
1 1/2 teaspoons grated, peeled ginger
2 tablespoons sesame oil
1/3 cup vegetable oil
1/2 teaspoon kosher salt
1/4 teaspoon garlic powder
1/2 teaspoon pepper



Peanut Lime

GREAT ON 'QUINOA' BOWLS
(ROASTED VEGGIES/PROTEIN/
QUINOA) AND FISH

1/4 cup creamy peanut butter
2 tablespoons water
Juice of one lime
1 tablespoon rice vinegar
1 tablespoon white vinegar
1 tablespoon chopped, peeled ginger
1 tablespoon soy sauce
1 tablespoon honey



Honey Mustard

SO EASY, SUPER CLASSIC
GOOD ON EVERYTHING

2 tablespoons honey
2 tablespoons Dijon mustard
2 tablespoons white vinegar
1/4 cup olive oil
1/2 teaspoon kosher salt
1/2 teaspoon pepper



Honey Poppy Seed

GREAT ON SALADS WITH BERRIES
AND OTHER SWEET FRUITS

2 teaspoons black poppy seeds
3 tablespoons apple cider vinegar
1 tablespoon honey
1 teaspoon Dijon mustard
1/2 teaspoon kosher salt
1/3 cup olive oil



Classic Vinaigrette

GREAT ON FRESH VEGGIES,
SALADS, AND SANDWICHES

2 tablespoons red wine vinegar
2 teaspoons Dijon mustard
1/3 cup olive oil
1/2 teaspoon kosher salt
1/2 teaspoon pepper



Creamy Blue Cheese

THE PERFECT DIP FOR EVERYTHING!
MAKE WITH FETA INSTEAD OF
BLUE CHEESE FOR A Milder TASTE

1/4 cup buttermilk
1/4 cup sour cream
1/2 cup crumbled blue cheese
Juice from 1/2 lemon
1/2 teaspoon kosher salt
Hot sauce, to taste