

# Broccoli Bites

These Broccoli Bites are great for any holiday party and perfect for a variation on Hanukkah Latkes.

You can watch the recipe video here:



## Ingredients:

- 2 cups broccoli florets
- 2 organic eggs, large
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  cup gluten-free panko (Japanese bread crumbs)
- 2 ounces Parmesan cheese, grated (or vegan Nutritional Yeast)
- 2 Tablespoons olive oil

## Directions:

1. Steam broccoli just until fork-tender.
2. Add broccoli, eggs, salt, bread crumbs and parmesan to food processor; blend until just finely chopped. Using 1

Tablespoon at a time, form into balls.

3. Heat oil in a skillet. Drop balls of broccoli mixture into hot oil, fattening with a spatula. Cook both sides until crispy.
  4. Serve warm and enjoy!
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# Gluten-free Chewy Smart Life Granola Bars

This recipe is great for two reasons:

1) They're a healthy go-to snack to get you through the holiday season. Snack on these healthy bars and avoid processed snack foods, cookies, and chocolates from your gift boxes.

2) They're a great gift idea – you can make a batch and package in a nice glass container or bag and give to coworkers, friends, and neighbors with your holiday cards.

**Watch the recipe video here:**



# RECIPE GRANOLA BARS

*with Ronit Kalman*



## Ingredients

Coconut oil cooking spray, for the baking sheet

## Dry Ingredients

- 2 cups organic gluten-free oats
- $\frac{3}{4}$  cup raw sliced almonds
- $\frac{1}{2}$  cup raw pumpkin seeds
- $\frac{1}{2}$  cup raw sunflower seeds
- $\frac{1}{2}$  cup unsweetened shredded coconut
- $\frac{1}{4}$  cup sesame seeds
- 2 Tablespoons ground flaxseed
- 1 cup unsweetened sulfur-free dried cherries

## Wet Ingredients

- $\frac{1}{2}$  cup brown rice syrup
- $\frac{3}{4}$  cup unsweetened almond butter
- 2 teaspoons organic vanilla extract
- 1 Tablespoon coconut oil
- $\frac{1}{2}$  teaspoon sea salt

## Directions

1. Preheat the oven to 350 F. Line a baking sheet with aluminum foil and coat lightly with coconut oil cooking spray. Spray a 9 x 13-inch baking dish, line it with parchment paper and set aside.
  2. Spread out the oats, almonds, pumpkin seeds, sunflower seeds, and shredded coconut on the prepared baking sheet and roast in the oven for 8 to 10 minutes.
  3. In the meantime, in a large saucepan over low heat, combine the brown rice syrup, almond butter, vanilla, coconut oil, and salt and cook, stirring, until heated through and combined well using a spatula.
  4. Once the granola mixture has toasted, remove it from the oven, add the toasted sesame seeds, ground flaxseed, dried cherries, and toss to evenly combine. Using the foil as an aid, transfer the granola mixture into the large saucepan with the wet mixture. Mix well with a spatula to coat evenly.
  5. Once the mixture is well combined and slightly cool, pour the granola into the prepared baking dish and press it down firmly, to evenly distribute it in the dish. Let cool for at least an hour, or overnight.
  6. Cut into squares and store in an airtight container.
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## Apple Crisp

- 3 apples (I like honey crisp)
- 1 tbsp lemon juice
- 2 tbsp maple syrup
- 1/2 tsp cinnamon



- 1 cup of oats
- 1/4 cup of almond flour
- 1/4 cup of coconut sugar
- Pinch of salt
- 1/4 coconut oil

1. Peel the apples and cut them into slices.
2. Put them in a bowl and add the lemon juice, maple syrup and cinnamon. Mix it all up.
3. Get another bowl for dry ingredients. Add oats, almond flour, coconut sugar, and salt. Mix it all up.
4. Get the coconut oil and massage it into the dry ingredients until it clumps up.
5. Put apples in a tin and then top with the crumble.
6. Bake for 40-50 min at 350 degrees.



# Almond Blueberry Muffins

## Ingredients:

- 3 cups almond flour
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{4}$  teaspoon salt
- 1 teaspoon ground cinnamon
- 1 cup blueberries (frozen or fresh)
- $\frac{1}{2}$  teaspoon pure vanilla extract
- $\frac{1}{2}$  cup raw honey
- 3 eggs

## Directions:

1. Heat oven to 350 degrees. Line a muffin tin with large baking cups.
  2. Combine the flour, baking soda, salt, and cinnamon in a bowl. Combine the vanilla, honey, and eggs in another bowl.
  3. Add the dry ingredients and blueberries to the wet ingredients and mix well.
  4. Evenly fill each baking cup with the batter. Bake for 25 to 30 minutes.
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# Chia Delight

**SERVES 2**

## Ingredients:

- $\frac{2}{3}$  cup chia seeds
- 2 cups unsweetened dairy free milk
- $\frac{1}{2}$  teaspoon pure vanilla extract

- 2 Tablespoons unsweetened coconut flakes

### **Directions:**

- Mix all ingredients in a mason jar, Leave overnight in the fridge, Consume the next morning (you can also warm the chia seed pudding and add cinnamon for those colder fall days).
- To make this chia pudding extra powerful, add pomegranate seeds, cacao nibs, fresh blueberries or goji berries.

### **What is Chia?**

Chia is an edible seed that comes from the desert plant *Salvia hispanica*, grown in Mexico dating back to Mayan and Aztec cultures. "Chia" means strength, and folklore has it that these cultures used the tiny black and white seeds as an energy booster. That makes sense, as chia seeds are a concentrated food containing healthy omega-3 fatty acids, carbohydrates, protein, fiber, antioxidants, and calcium.

Chia seeds are an unprocessed, whole-grain food that can be absorbed by the body as seeds (unlike flaxseeds). One ounce (about 2 tablespoons) contains 139 calories, 4 grams of protein, 9 grams fat, 12 grams carbohydrates and 11 grams of fiber, plus vitamins and minerals.

The mild, nutty flavor of chia seeds makes them easy to add to foods and beverages. They are most often sprinkled on cereal, sauces, vegetables, rice dishes, or yogurt or mixed into drinks and baked goods. They can also be mixed with water and made into a gel.

### **Benefits of Eating Chia Seeds:**

1. **Help weight loss.** Chia seeds are popular for weight loss. They **reduce food cravings** by preventing some of the food that you eat from getting absorbed into your

system. This blockage of calorie absorption makes them a great diet helper.

2. **Feel fuller faster:** They can also help your diet by making you feel full. This is because they absorb 10 times their weight in water, forming a bulky gel.
3. **Hydration for athletes:** They are also great for athletes because the “chia gel” can hydrate the body.
4. **Reduce your blood pressure:** There’s evidence to suggest they can reduce blood pressure.
5. **Omega-3:** They are the richest plant source of Omega-3 (the vital fats that protect against **inflammation**—such as **arthritis**—and **heart disease**). In fact, they contain more Omega-3 than salmon!
6. **Benefits for diabetes:** Because chia seeds slow down how fast our bodies convert carbohydrates into simple sugars, studies indicate they can **control blood sugar**. This leads scientists to believe chia seeds may have great benefits for diabetics.
7. They are **easier to digest than flax seeds**, and don’t need to be ground up.

### **Here are some great ways to enjoy chia seeds:**

- They can be eaten raw. (They have a nice “nutty” flavor.)
- They can be soaked in fruit juice (in Mexico, they call this “chia fresca”).
- They’re perfect in porridges and puddings.
- They make an ideal addition to baked goods including breads, cakes and biscuits.

### **How Many Chia Seeds Should You Eat?**

Two daily doses of about 20g each (1.5 ounces total).

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# Coconut Flour Banana Bread

Yield: 12 Servings

## Ingredients:

- 4 medium ripe bananas, mashed
- 1 tsp maple syrup
- 1 tsp vanilla extract
- 1/4 cup organic peanut butter
- 2 tbsp coconut oil, melted
- 2 eggs, at room temperature
- 1/2 cup coconut flour
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1 tsp cinnamon
- 1/2 tsp salt
- 1/2 cup dark chocolate chips

## Directions:

1. Preheat oven to 350 degrees F. Line a 8×4 inch or 9×5 inch loaf pan with parchment paper and spray with nonstick cooking spray.
2. In the bowl of an electric mixer, combine bananas, maple syrup, vanilla, peanut butter and coconut oil and mix until well combined. Add in eggs, one at a time and mix on medium speed until combined. With the mixer on medium-low speed, add in coconut flour, baking soda, baking powder, cinnamon and salt; mix until just combined. Gently fold in chocolate chips.
3. Pour batter into prepared pan and smooth top. Bake for 25-35 minutes or until tester inserted into center comes out clean. Remove from oven and place on wire rack to cool for 20 minutes, then carefully invert, remove bread from pan and place back on wire rack to cool completely. Cut into ~12 slices.

1 serving: 175 KCAL, 10g FAT, 20g CHO, 4g fiber, 4g PRO;  
\*ideal for diabetics

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# Dark Chocolate, Cranberry & Nut Bark with Matcha and Sea Salt Dust

Yield: 1 pound

*Matcha offers even more antioxidants than green tea. Green tea, or matcha, paired with berries helps to support heart health.*

- 15 ounces dark chocolate chips
- 2 cups raw organic almonds (can replace with pistachios or 1 cup of each)
- 1½ cup unsweetened dried cranberries
- 2 teaspoons ground matcha green tea
- Sprinkle of coarse sea salt

1. Preheat oven to 350 degrees. Line 2 cookie sheets with parchment paper.
2. Place chocolate in a wide bowl and set aside. Place almond/pistachios on a cookie sheet and toast in oven for 10 minutes, careful not to burn.
3. Pour hot almonds over chocolate and let sit for 1-2 minutes until chocolate melts. Place over a double boiler if chocolate does not melt completely. Add cranberries and toss to coat.
4. Using a rubber spatula, scrape chocolate, almond and cranberry mixture on a parchment lined cookie sheet and spread

out evenly. Sift matcha powder and sea salt over chocolate.

5. Place in refrigerator to cool and harden. When solid, break into pieces and serve.

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# Savory Chickpea Muffins

Makes 12 muffins

## Ingredients:

- 2 1/4 cups chickpea flour
- 2 1/4 cups water
- 1 red bell pepper, diced
- 8 oz mushrooms, diced
- 1/2 onion, diced
- 2 cloves garlic, minced
- 2 tbs nutritional yeast
- 1/4 tsp salt plus more to taste
- 1/4 tsp freshly ground black pepper
- 1/4 tsp turmeric powder
- 1/4 tsp cayenne pepper
- 1 tsp baking soda
- juice of 1/2 lemon
- 1 tbs olive oil, plus olive oil spray

## Directions:

1. Preheat the oven to 400F and grease muffin tins.
2. In a medium saute pan, saute the onion for 5 minutes with salt and pepper, add in the peppers and mushrooms next and cook for another 5 minutes. Finally add the garlic in until fragrant.

3. Turn off the flame and allow the mix to cool for 5 minutes
  4. Meanwhile, in a large bowl, whisk together chickpea flour, water, nutritional yeast, salt, black pepper, cayenne pepper, baking soda and lemon juice.
  5. Stir in the vegetable mix now as well. Make sure the batter is evenly mixed. Pour into the greased muffin tray and bake for 30-35 minutes.
  6. Remove from the oven and allow to cool before removing from the tray.
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## Natural Applesauce

### *Ingredients:*

- 6 apples, peeled and chopped (your choice of apple, I used organic Pink Ladies)
- $\frac{1}{4}$  teaspoon cinnamon (or more if you like cinnamon like we do)
- About  $\frac{1}{2}$  cup of water to cover the bottom of pot

### *Directions:*

1. Place all ingredients in a pot on the stovetop and bring to a boil. Reduce heat to simmer and cover with lid.
2. Simmer apples for about 20 minutes or until soft. The smaller the pieces of chopped apple the faster cook time.
3. Remove from heat and mash with potato masher for chunkier applesauce, or put in a food processor or blender for smoother texture.

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# Grilled Fruit with Coconut Sauce

Pineapples, mangos, and peaches are delicious grilled. The sauce can be prepared a day ahead. Unsweetened coconut cream can be hard to find, so I use a can of coconut milk, and spoon off the top part of a can. Just make sure not to shake the can before you open it.

## For the sauce:

- 1 13oz. can coconut milk (I get mine at Trader Joes)
- $\frac{1}{4}$  cup date or coconut sugar
- $\frac{1}{4}$  teaspoon sea salt

## For the grilled fruit:

- 2 large ripe mangos, peeled and sliced
- 1 ripe pineapple, peeled, cored and sliced into rings
- 3 large peaches, cored and sliced
- $\frac{1}{2}$  cup unsalted, roasted pistachios or sprouted pumpkin seeds (optional) for garnish.
- $\frac{1}{4}$  cup of chopped fresh mint leaves (optional)

## Sauce Prep:

1. Gently open the coconut milk can and transfer the creamy top half into a saucepan (It should be about 1 cup). Add 2 Tablespoons of the clear juice from the bottom of the can. Add the sugar and salt.
2. Heat over medium heat until the sugar and salt dissolve; DO NOT let it boil.
3. Simmer to thicken, stirring occasionally, about 15 minutes. Chill the sauce (it will thicken some more as it chills), and let it come to room temperature before

serving.

**Grill the fruit:**

1. Heat the grill to medium and place the fruit on a nonstick grill topper. Grill the fruit just enough to soften it.
2. Plate and drizzle with the coconut sauce.
3. Garnish with unsalted roasted pistachios or sprouted pumpkin seeds and chopped mint.