



### **Black Bean Brownies**

#### Ingredients:

1 can of organic canned beans

¼ cup melted coconut oil

\*¼- ½ cup sweetener (maple syrup is a good choice)

¼ - ½ cup of cocoa powder (1/4 for less chocolate taste, ½ for a more for more chocolate taste)

2 tsp vanilla extract

A pinch of sea salt

\*\*3 eggs lightly beaten

½ cacao nips will probably be delish but I've never tried it that way

#### Directions:

Preheat oven to 350 degrees and grease an 8-inch pan

In a blender place black beans, oil, cocoa powder, sweetener, vanilla extract and salt and blend until smooth

Fold in the eggs and cacao nips. Mix well.

Pour into pan and bake for about 20 minutes. Let sit for at least 10 minutes before cutting

### **Homemade Granola**

#### INGREDIENTS

- Gluten free sprouted oats, 2 cups
  - Unsweetened coconut flakes, 1 cup
  - Sliced almonds and/or sprouted pumpkin seeds, ½ cup
  - 2-3 TBL chia seeds
  - 3-4 TBL coconut oil (warm in stove to make liquid)
  - 1 TBL maple syrup
- #### INSTRUCTIONS

Mix all together, bake at 350, turn granola with wooden spoon several times while baking. Bake for about 25 min or until granola is medium brown!

### **Protein Shake**

#### INGREDIENTS

- Vega Protein Powder [https://myvega.com/products/vega-sport-protein-1?variant=131147002020\\_27&flavor=chocolate&size=tub-14-servings](https://myvega.com/products/vega-sport-protein-1?variant=131147002020_27&flavor=chocolate&size=tub-14-servings)
- Thai kitchen coconut milk full fat- ½ can (ingredients: guar gum and coconut milk)
- Handful of organic spinach or baby kale
- Handful of organic frozen berries
- 1/4 frozen banana
- 1 TBL hemp seeds or 1 TBL chia seeds
- Less than 8oz water
- Ice- 5-6 cubes

#### INSTRUCTIONS

Add all ingredients to a blender and blend until smooth!

### **Protein Shake 2**

#### INGREDIENTS

- 1 frozen banana
- 1 TBL cacao powder
- 1 TBL hemp seeds
- 3/4 can of coconut milk
- Ice
- 1-2 ounces of water if too thick
- Unflavored Collagen protein powder by Vital Protein INSTRUCTIONS - Blend until smooth

### **Chia Pudding**

#### INGREDIENTS

- 2 tablespoon chia seeds
- 1/2 cup almond milk or milk of choice
- 1 teaspoon honey or maple syrup
- Strawberries, blueberries, or any other fruit for topping!

#### INSTRUCTIONS

Pour ingredients into a jar and mix well. Let settle for 2-3 minutes then mix again very well until you see no clumping. Cover the jar and store in fridge overnight or for at least 2 hours.

When you're ready to eat it, top with your favorite fruit and enjoy cold!