

## Banana Sushi

*Give this fun easy and nutrient packed recipe a try!*

### INGREDIENTS:

- ✓ 1 banana
- ✓ 1 tablespoon of seed butter, or nut butter of your choice (sunflower seed butter, peanut butter, almond butter, wow butter, you pick!)
- ✓ 1/2 cup granola
- ✓ 1 tablespoon hemp seeds and chia seeds
- ✓ 1 teaspoon chocolate chips

### DIRECTIONS:

1. To start place your granola, hemp seeds, chia seeds, and chocolate chips into a plastic bag and remove as much air as possible. Seal tight.
2. Using a rolling pin, crush the granola mix until it is broken down into fine pieces. Set aside.
3. Peel the banana and evenly cover all sides in your choice of nut butter.
4. Place the coated banana in the crushed cereal and roll many times to cover completely. Use your hand to press the cereal into the banana as needed.
5. Using a knife, cut the banana into 1/4-1/2" pieces.

### TIPS

- You can roll your delicious peanut butter dipped banana in just about anything you choose.
- Both granola and cereal work great, as well as a variety of seeds and nuts – and even, chocolate chips.
- Chia and hemp seeds are high in fiber (which is great for digestion) and in omega 3's (which are healthy fats that improve brain function and help with our overall health!)
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## Carrot Potato Pancakes

*Makes 4 servings*

Prep Time: 10 minutes

Cook Time: 10 minutes

### INGREDIENTS:

- ✓ 4 eggs
- ✓ 500 mL (2 cups) finely grated carrot
- ✓ 500 mL (2 cups) finely grated potato
- ✓ 15 mL (1 tbsp) finely grated onion
- ✓ 30 mL (2 tbsp) whole wheat flour
- ✓ 2 mL (½ tsp) baking powder

### DIRECTIONS:

1. Beat eggs in a large bowl. Stir in carrot, potato, onion, flour, and baking powder. Mix well.
2. Spray griddle or non-stick skillet lightly with cooking spray. Heat over medium heat.
3. Using 125 mL (½ cup) measuring cup, pour batter onto hot griddle. Cook for about 2 minutes or until light golden brown. Flip over and cook for another minute or until light golden brown. Repeat with remaining batter.

### TIPS

- Get creative with this recipe and swap out the grated carrot for grated zucchini instead. Squeeze out the water with your hands before adding to the egg mixture.
- Make now and enjoy later. Layer pancakes between wax or parchment paper and freeze for up to 2 weeks. Warm through in the microwave for a quick breakfast.
- For a kick of flavour, add pepper to taste and serve with low-fat sour cream or lower fat plain yogurt.
- Try using less of the ingredients that are high in added sodium, sugars, or saturated fat. Adding salt or sugars directly to your recipe? Remember, a little goes a long way.

## Chocolate Almond Bites

Prep Time: 15 minutes

Cook Time: 1 minute

### INGREDIENTS:

- ✓ 4 Medjool dates, pitted and chopped
- ✓ 1/4 cup (50 mL) water
- ✓ 1 cup (250 mL) canned no salt added black beans, drained and rinsed well
- ✓ 2 tbsp (25 mL) natural almond or peanut butter
- ✓ 3 tbsp (45 mL) unsweetened cocoa powder
- ✓ 1 oz (30 g) bittersweet 70% cocoa chocolate, melted
- ✓ 1/2 tsp (2 mL) vanilla extract
- ✓ 3 tbsp (45 mL) ground almonds

### DIRECTIONS:

1. In a microwaveable bowl combine dates and water; cover and microwave on High for 1 minute or until softened and water is absorbed.
2. Scrape mixture and beans into food processor with almond butter and cocoa powder. Puree until very smooth; stopping and scraping down sides a couple of times.
3. Scrape mixture into a bowl and stir in chocolate and vanilla. Chill in refrigerator for about 45 minutes or until slightly firm. Using a mini ice cream scoop or tablespoon, roll into balls and place on small baking sheet. Roll into ground almonds and keep refrigerated.

### TIPS

- These can be frozen for up to 2 weeks or kept in the refrigerator for up to 1 week in a covered container.
- These are full of protein, healthy fats, and carbs → the three macronutrients!

## Chocolate Dipped Nut Butter Banana Bites

Total time: 2 hours

### INGREDIENTS:

- 3 large bananas
- $\frac{1}{3}$  cup nut butter of choice
- $\frac{1}{2}$  cup melted chocolate of choice

### DIRECTIONS:

1. Slice bananas into slices about  $\frac{1}{4}$ - $\frac{1}{2}$  inch thick.
2. Spread a little nut butter onto a slice and sandwich two slices together.
3. Place on wax paper on a cookie sheet and freeze until solid, at least an hour.
4. Melt chocolate in a [double boiler](#) or slowly in the microwave stirring every 15 seconds
5. Remove frozen banana bites from freezer.
6. Dip each banana bite in chocolate and place back on wax paper. Freeze for another hour.
7. Transfer and keep in an airtight container in the freezer for up to 2 weeks.



## Delicious and Nutritious Smoothie Recipe(s)

*Choose your favourite ingredients, blend and enjoy!*

Tropical Tornado	Very Berry Blaster	Funky Monkey	Cherry-Mania
<p>Add the following to your blender:</p> <ul style="list-style-type: none"> <li>- 1 orange, peeled and quartered</li> <li>- 1 ripe banana, peeled and sliced (or frozen)</li> <li>- 1 cup coconut water (or milk or milk alternative)</li> <li>- 1 cup frozen mango chunks</li> <li>- 1 cup frozen pineapple chunks</li> <li>- ¼ cup Greek yogurt (plain or vanilla)</li> <li>- (optional: 1 teaspoon chia seeds or ground flax seed)</li> </ul>	<p>Add the following to your blender:</p> <ul style="list-style-type: none"> <li>- 1 cup almond milk, skim milk, or coconut milk</li> <li>- 1 banana sliced (frozen or not)</li> <li>- 1 ½ cups frozen mixed berries (raspberries, blueberries, strawberries)</li> <li>- ¼ cup (plain or vanilla) Greek yogurt</li> <li>- 1 tablespoon honey (optional)</li> </ul>	<p>Add the following to your blender:</p> <ul style="list-style-type: none"> <li>- ¾ cup milk</li> <li>- BIG handful spinach</li> <li>- ¼ cup Greek yogurt or cottage cheese</li> <li>- 2 tbsp. peanut butter</li> <li>- 1 tsp. unsweetened cocoa powder</li> <li>- 1 large frozen banana</li> <li>- Handful of ice</li> </ul>	<p>Add the following to your blender:</p> <ul style="list-style-type: none"> <li>- ½ cups juice: cherry juice, cran-cherry juice, apple juice, or white grape juice</li> <li>- ½ cup water or skim milk</li> <li>- 1 banana (break into chunks)</li> <li>- 1 cup frozen dark sweet cherries</li> <li>- ¼ cup vanilla Greek yogurt</li> </ul>
<p>Blend and enjoy! ***Note: always feel free to add more liquid</p>			

## Fresh & Fun Flatbread Pizza

*Makes 4 servings*

Prep Time: 5 minutes

Cook Time: 8 minutes

### INGREDIENTS:

- ✓ 4 small whole grain flour tortillas
- ✓ 1/4 cup pasta sauce
- ✓ 1 tsp Italian seasoning
- ✓ 1 clove garlic, minced
- ✓ 1 small red bell pepper, chopped
- ✓ 3/4 cup chopped fresh mushrooms
- ✓ 1/4 cup chopped lean roasted turkey
- ✓ 1 cup shredded mozzarella
- ✓ 2 tbsp. chopped fresh parsley, optional
- ✓ You can add any toppings you would like!

### DIRECTIONS:

1. Place tortillas on large baking sheet in a single layer; set aside.
2. In a small bowl, stir together pasta sauce, herb seasoning and garlic. Spread evenly among tortillas. Sprinkle each with red pepper, mushrooms and turkey. Top with mozzarella.
3. Bake in preheated 200°C (400°F) oven for about 8 minutes or until cheese is melted. Sprinkle with parsley before serving, if using.

### TIPS

- Brainstorm ideas for toppings. Zucchini, corn, pineapple, the sky's the limit.
- Make extra pizza to have for [lunch the next day](#).
- Want to make this recipe vegetarian? Just leave out the turkey.
- Choose [healthy ingredients](#) and try using less of the ingredients that are high in added sodium, sugars, or saturated fat. Adding salt or sugars directly to your recipe? Remember, a little often goes a long way.

## Delicious Frozen Yogurt Bites

Total time: 2 hours

### INGREDIENTS:

- ✓ 1 cup fruit of choice, cut into small pieces as needed (I like berries and kiwis!)
- ✓ 2 tablespoons honey
- ✓ pinch of salt
- ✓ 1 cup full-fat plain Greek yogurt
- ✓ 1 cup granola (use your favourite!)

### DIRECTIONS:

1. Arrange 24 mini cupcake liners in a mini muffin tin, on a plate, or on a baking sheet and set aside.
2. Make the fruit & yogurt filling: Add the fruit to a medium bowl and drizzle the honey over top. Using a fork or the back of a spoon, mash the fruit with the honey, until the fruit is smashed, with small pieces remaining. If you're using larger fruit, like strawberries, you can dice it into smaller pieces to help make this a little easier. If you're using smaller/juicier fruit, like raspberries, they'll mash pretty easily on their own. Stir in the salt and Greek yogurt and mix until combined.
3. Assemble the bites by placing a teaspoon or two of the granola in the bottom of each prepared cupcake liner. Top with a spoonful of the frozen yogurt mixture. If you'd like, you can pop a piece of fruit or a sprinkle of granola on top of the yogurt for a fun garnish.
4. Freeze: Place the frozen yogurt bites in the freezer to set for at least 2 hours before serving. Enjoy!

### TIPS

- Storage: Frozen yogurt bites will keep stored a freezer bag or container in the freezer for 2-3 weeks.
- Yogurt: Full-fat Greek yogurt is the way to go for these frozen yogurt bites! Because it has a lower water content than low- or non-fat yogurt, the bites will be less likely to get that crystalized icy quality to them, making these bites a little creamier – more like frozen yogurt!

## No-Bake Granola Bars

Total time: 10 minutes

### INGREDIENTS:

- ✓ 1 ¾ cups old-fashioned oats or quick-cooking oats
- ✓ 1 teaspoon ground cinnamon
- ✓ ½ teaspoon fine sea salt (if using regular table salt, scale back a bit)
- ✓ 2 cups mix-ins\* (nuts, seeds, chocolate, shredded coconut or dried fruit) \*\*\* whatever you like or what you have at home
- ✓ 1 cup creamy peanut butter or almond butter
- ✓ ½ cup honey or maple syrup
- ✓ 1 teaspoon vanilla extract

### DIRECTIONS:

1. Line a 9-inch square baker with parchment paper. The parchment paper will make it easy for you to slice the bars later.
2. Place the oats in a large mixing bowl. Add the cinnamon and salt, and stir to combine. Set aside.
3. Now we'll blitz the mix-ins briefly in the food processor or blender (or, you can chop them by hand). Add any large nuts (like almonds or pecans) first and blitz for a few seconds. Then add the rest and run the machine for a few more seconds, until the ingredients are all broken up into pieces smaller than your pinky nail. Pour the mix-ins into the bowl of oats.
4. In a small bowl, measure out the nut butter. Top with ½ cup honey and the vanilla extract. Stir until well blended.
5. Pour the liquid ingredients (from step 4) into the dry ingredients (the bowl with oats). Use a big spoon to mix them together until the two are evenly combined and no dry oats remain. This takes some arm muscles, but you can do it! If the mixture was easy to mix together, that's a sign that you need to add some more oats—sprinkle in more oats until you can't incorporate any more.
6. Transfer the mixture to the prepared square baker. Use your spoon to arrange the mixture fairly evenly in the baker, then use the bottom of a flat, round surface (like a short, sturdy drinking glass) to pack the mixture down as firmly and evenly as possible.
7. Cover the baker and refrigerate for at least one hour, or preferably overnight. (The oats need time to soak up some of the moisture so they aren't sticky.) When you're ready to slice, lift the bars out of the baker by grabbing both pieces of parchment paper on opposite corners. Use a sharp knife to slice the bars into 4 even columns and 4 even rows.
8. Wrap individual bars in plastic wrap or parchment paper (if you store them all together, they will stick to one another). Bars keep well for several days at room temperature, a couple of weeks in the fridge, or several months in a freezer-safe bag in the freezer for best flavor.

## No-Bake Oatmeal Energy Balls

Try this delicious no-bake Energy Ball recipe! An added bonus, there are six variations so you can include whatever is your favourite, or whatever you have in your pantry! Start with this easy base recipe, then add any of your favorite mix-ins. See mix in notes for nut butter and sweetener suggestions!

### INGREDIENTS

#### ENERGY BALL BASE:

- 1 1/4 cups rolled oats — *you can also swap quick oats or a blend of half quick, half old fashioned, gluten free, whatever you have on hand!*
- 2 tablespoons "power mix-ins" — *chia seeds, flaxseeds, hemp seeds, or additional rolled oats*
- 1/2 cup nut butter of choice — *peanut butter, cashew butter, almond butter, sunflower seed butter*
- 1/3 cup sticky liquid sweetener of choice — *honey or maple syrup*
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon kosher salt
- "**MIX-IN**" of your choice! — *see below for flavor options*

#### "**MIX-IN**" FLAVOUR OPTIONS (chose one option for each recipe batch):

- A. Classic chocolate chip:** any nut butter — *honey, 1/2 cup chocolate chips*
- B. Trail mix:** peanut butter — *honey, 3 tablespoons chocolate chips, 3 tablespoons chopped peanuts, 2 tablespoons raisins*
- C. White chocolate cranberry:** almond butter — *or cashew butter, honey, 1/4 cup dried cranberries, 1/4 cup white chocolate chip*
- D. Almond joy:** replace 1/2 cup of the oatmeal with 1/2 cup unsweetened coconut flakes — *almond butter, any sweetener, 1/4 cup chocolate chips, 1/4 cup chopped almonds*
- E. Double chocolate:** any nut butter — *any sweetener, 1/2 cup mini chocolate chips, add 2 tablespoons cocoa powder*
- F. Oatmeal raisin cookie:** almond butter — *or cashew butter, maple syrup, 1/2 cup raisins, add 1/4 teaspoon cinnamon*

### INSTRUCTIONS

1. Place all of the ingredients in a large mixing bowl: oats, power mix-ins, nut butter, sweetener, vanilla extract, salt, mix-ins, and any other spices you'd like to add. Stir to combine. If the mixture seems too wet, add a bit more oats. If it's too dry, add a bit more nut butter. It should resemble a somewhat sticky dough that holds together when lightly squeezed.
2. Place the bowl in the refrigerator for 30 minutes to set (this will make the balls easier to roll later on).
3. Remove the bowl from the refrigerator and portion the dough into balls of desired size. (I use a cookie scoop to make mine approximately 1 inch in diameter.) Enjoy!

### RECIPE NOTES

- Store leftover energy balls in an airtight container in the refrigerator for up to 2 weeks or freeze for up to 3 months.
- For nut allergies: In place of the almond or peanut butter, try sunflower seed butter.



## Open-Faced Applewiches

Total time: 10 minutes

### INGREDIENTS:

- ✓ 60 (¼ cup) natural almond or peanut butter or non-nut alternative
- ✓ 75 mL (⅓ cup) 0% fat plain Greek yogurt
- ✓ sprinkle of cinnamon
- ✓ 2 apples, cored and thinly sliced horizontally
- ✓ Toppings: sliced almonds, dried fruit, unsweetened shredded coconut, seeds, mini chocolate chips, crushed pretzels,

### DIRECTIONS:

1. In a small bowl, combine nut or non-nut butter with Greek yogurt and cinnamon. Stir until combined.
2. On a clean cutting board, lay the apple slices and spread about 10 mL (2 tsp) of the yogurt/nut butter mix on each. Add toppings of choice!

### TIPS

- Substitute the apples with other fruits like pears or peaches.
- Turn this recipe into one easy to grab on the go by cutting the apples into cubes. Mix apples with all other ingredients and place in a jar or airtight container.



## OVERNIGHT OATS

### Preparation:

- Place all ingredients in a jar or container.
- Cover tightly and shake vigorously.
- Refrigerate for 8 hours (overnight). Keeps up to 3 days in refrigerator.

### Tips:

- Varying the texture of the overnight oats is as easy as changing the type of oats used: large flakes, quick, or steel cut. Avoid instant oats as they tend to result in mushy consistency.
- For additional texture and flavour, add nuts or seeds to the overnight oats just before eating (this keeps them crunchy)!

### Recipe Ideas:

CHOCOLATE PEANUT BUTTER	SUPER STRAWBERRY	BANANA COCONUT	APPLE SPICE
<p><b>Oats</b></p> <ul style="list-style-type: none"> <li>- ½ cup large flaked oats</li> </ul> <p><b>Dairy</b></p> <ul style="list-style-type: none"> <li>- ½ cup milk or alternative</li> <li>- 1/3 cup vanilla yogurt (or plain)</li> </ul> <p><b>Fruit and flavours</b></p> <ul style="list-style-type: none"> <li>- 2 tbsp dried date, chopped</li> <li>- 1 tbsp cocoa</li> <li>- 2 tbsp peanut butter, creamy or crunchy</li> <li>- 1 tsp vanilla extract</li> </ul>	<p><b>Oats</b></p> <ul style="list-style-type: none"> <li>- ½ cup large flaked oats</li> </ul> <p><b>Dairy</b></p> <ul style="list-style-type: none"> <li>- ½ cup milk or alternative</li> <li>- 1/3 cup strawberry or vanilla yogurt</li> </ul> <p><b>Fruit and flavours</b></p> <ul style="list-style-type: none"> <li>- ½ cup sliced strawberries</li> <li>- 1 tsp vanilla extract</li> </ul> <p>- Try topping with almonds when enjoying this in the morning</p>	<p><b>Oats</b></p> <ul style="list-style-type: none"> <li>- ½ cup large flaked oats</li> </ul> <p><b>Dairy</b></p> <ul style="list-style-type: none"> <li>- 1/3 cup milk or alternative</li> <li>- 1/3 cup coconut yogurt</li> </ul> <p><b>Fruit and flavours</b></p> <ul style="list-style-type: none"> <li>- ½ banana, mashed</li> <li>- 1 tsp vanilla extract</li> <li>- 2 tbsp shredded coconut, unsweetened</li> </ul> <p>- Try topping with walnuts when enjoying this in the morning</p>	<p><b>Oats</b></p> <ul style="list-style-type: none"> <li>- ½ cup large flaked oats</li> </ul> <p><b>Dairy</b></p> <ul style="list-style-type: none"> <li>- 1/3 cup milk or alternative</li> <li>- 1/2 cup vanilla yogurt</li> </ul> <p><b>Fruit and flavours</b></p> <ul style="list-style-type: none"> <li>- ¼ cup unsweetened applesauce</li> <li>- ¼ cup diced apple</li> <li>- 1 tsp vanilla extract</li> <li>- 1 pinch cinnamon and nutmeg</li> </ul>

## ZESTY BEAN DIP AND TORTILLA CHIPS

INGREDIENTS	STEPS	TIPS
<ul style="list-style-type: none"> <li>- 6 small whole grain flour or corn tortillas</li> <li>- 4 mL (3/4 tsp) chili powder</li> <li>- 1 can (540 mL/19 oz) black beans, drained and rinsed</li> <li>- 125 mL (1/2 cup) medium or hot salsa</li> <li>- 1 mL (1/4 tsp) grated lime rind</li> <li>- 30 mL (2 tbsp) lime juice</li> <li>- 1 small shallot, minced</li> <li>- 2 mL (1/2 tsp) ground cumin</li> <li>- Pinch fresh ground pepper</li> <li>- 45 mL (3 tbsp) chopped fresh cilantro</li> <li>- 30 mL (2 tbsp) chopped fresh basil (optional)</li> </ul>	<ol style="list-style-type: none"> <li>1. Cut each tortilla into 8 wedges and place in a re-sealable plastic bag. Spray tortillas with cooking spray and sprinkle with chili powder; seal and shake bag to coat tortilla wedges. Place on large baking sheet and bake in preheated 200°C (400°F) oven for about 8 minutes or until golden and crisp.</li> <li>2. Let cool completely before using.</li> <li>3. In a food processor bowl or blender, puree beans, salsa, lime rind and juice, shallot, cumin and pepper until smooth. Scrape into bowl and stir in cilantro and basil, if using.</li> <li>4. Serve with tortilla chips.</li> </ol>	<ul style="list-style-type: none"> <li>✓ If you don't want to use the oven and make your own tortilla chips you can buy store bought ones. Make sure to look for ones with whole grains!</li> <li>✓ Great make-ahead snack. The bean dip can be refrigerated for five days. Store the tortilla chips in a cookie tin at room temperature for up to one week.</li> <li>✓ No time to make the chips? Serve with your family's favourite veggies or whole grain crackers for dipping.</li> <li>✓ Change up the beans and herbs to create different flavours and tastes sensations.</li> <li>✓ Try using less of the ingredients that are high in added sodium, sugars or saturated fat. Adding salt or sugars directly to your recipe? Remember, a little often goes a long way.</li> </ul>