

Sunbutter Pumpkin Protein Balls

10 SERVINGS 10 MINUTES



INGREDIENTS

1/4 cup Coconut Flour
2 tbsps Vanilla Protein Powder
1/4 cup Sunflower Seed Butter
1/4 cup Pureed Pumpkin
1 tbsp Oat Milk (unsweetened, plain)
1/4 cup Hemp Seeds (for coating, optional)

DIRECTIONS

- 01 In a mixing bowl, combine the coconut flour, protein powder, sunflower seed butter, pumpkin, and oat milk. Mix well until a firm batter forms. Add more oat milk one tablespoon at a time if the mixture is too dry/crumbly.
- 02 Form the dough into one-inch balls. Repeat until all the dough is used up. Firmly roll each ball in a small bowl of hemp seeds to form a coating (optional). Store in the fridge or freezer until ready to enjoy.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to seven days, or freeze if longer.

SERVING SIZE

One serving equals one ball, about one inch in diameter.

MORE FLAVOR

Add pumpkin pie spice, maple syrup and/or vanilla extract.

NO HEMP SEEDS

Roll in crushed nuts, cocoa powder, pumpkin seeds or sunflower seeds.

NO SUNFLOWER SEED BUTTER

Use almond butter, tahini or pumpkin seed butter instead.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.

COCONUT FLOUR

This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.

Taco Spiced Chickpeas

2 SERVINGS 30 MINUTES



INGREDIENTS

- 2 cups Chickpeas (cooked)
- 2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste, optional)
- 2 tsps Taco Seasoning

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Pat the chickpeas dry with a paper towel and transfer them to the prepared baking sheet. Drizzle with the oil and season with salt, pepper, and taco seasoning. Mix until the chickpeas are evenly coated.
- 03 Bake in the oven for 25 to 28 minutes, tossing halfway through, or until the chickpeas reach your desired crispiness.
- 04 Remove from the oven. Season with additional salt and pepper if needed. Let cool slightly and enjoy!

NOTES

LEFTOVERS

Store in an airtight container for up to two days. If leftover chickpeas lose their crunch, reheat in the oven for five to eight minutes or until crispy again.

SERVING SIZE

One serving is approximately 1/2 cup.

NO EXTRA VIRGIN OLIVE OIL

Use avocado oil instead.

Keto Candied Nuts

6 SERVINGS 2 HOURS



INGREDIENTS

- 2 tbsps Water
- 1/3 cup Monk Fruit Sweetener (granulated)
- 1 1/2 tps Cinnamon
- 1/4 tsp Sea Salt
- 1 1/2 cups Almonds

DIRECTIONS

- 01 Line a baking sheet or plate with parchment paper.
- 02 Add the water to a small pot over medium heat. When the water starts to steam add the monk fruit sweetener, cinnamon, and salt. Stir to combine and allow to come to a bubble.
- 03 Add the almonds and stir well. Continue to stir for two to three minutes until the almonds are heated through and the monk fruit sauce has thickened.
- 04 Transfer the almonds to the parchment paper and spread in an even layer to cool.
- 05 Allow the nuts to cool completely and the candy coating to harden before storing them in an airtight container. Enjoy!

NOTES

LEFTOVERS

Store in an airtight container for up to one week.

SERVING SIZE

One serving is approximately 1/4 cup of nuts.

MORE FLAVOR

Add vanilla extract or a pinch of nutmeg, cayenne pepper, or cloves to taste.

NO ALMONDS

Use another nut or seed instead or a combination of different nuts and seeds.

Apple Cinnamon Bagel

1 SERVING 5 MINUTES



INGREDIENTS

1/4 cup Cream Cheese, Regular (plain)
4 ozs Gluten-Free Bagel (sliced in half)
1/2 Apple (medium, cored, sliced)
1/4 tsp Cinnamon

DIRECTIONS

01 Spread the cream cheese evenly over the bagel halves. Top with apple slices and cinnamon. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Can be refrigerated in an airtight container for up to one day.

DAIRY-FREE

Use vegan cream cheese instead.

GLUTEN-FREE BAGEL

One gluten-free bagel is roughly four ounces or 113 grams.