

44 HEALTHY RECIPES *with 4 ingredients or less*

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hello!

I have good news! Healthy eating doesn't have to be complicated, fancy, or time consuming, I promise! These 3 & 4 ingredient recipes (or possibly 5, I did cheat a tiny bit on one or two recipes - but salt doesn't count) are so simple to make, delicious, AND healthy! It doesn't get much better than that!

I hope you and your family love these recipes as much as mine have!

xoxo, Tiffany



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BREAKFAST RECIPES *with 4 ingredients or less*



overnight oatmeal

Makes 1 serving

INGREDIENTS

- 1/4 cup old fashioned rolled oats, uncooked
- 1/3 cup skim milk
- 1/4 cup plain greek yogurt
- 1 teaspoon chia seeds

INSTRUCTIONS

- 1 Add oats, milk, yogurt, and chia seeds to a half pint (1 cup) jar. Put the lid on the jar and shake until well combined. Add your favorite fruit or fruit jam and stir until mixed throughout.
- 2 Put lid back on and refrigerate overnight or for as long as 2-3 days.
- 3 Eat chilled. Enjoy!

NUTRITION INFORMATION

Serving size: 1 jar Calories: 227 Carbohydrates: 39.8 Sugar: 16.6g Fiber: 5.3 Protein: 13.1 (includes added fruit and vanilla)

NOTES

*Nutrition info may vary based on exact ingredients used. Find this recipe on MyFitnessPal as FG8 Strawberry Banana Overnight Oatmeal.

peanut butter banana bars

Makes 12 Servings

INGREDIENTS

- 4 medium banana
- 2 cup old fashioned oats
- 6 tablespoon all natural peanut butter

OPTIONAL TOPPINGS

- 1/2 cup, chopped walnuts
- 1/2 cup dark chocolate chips

INSTRUCTIONS

- 1 Grease a 9x13 inch glass dish. I just used my fingers to spread unrefined coconut oil all over the bottom and sides and the bars came out beautifully. Preheat the oven to 350 degrees F.
- 2 Mix together the mashed bananas, oats, and peanut butter. Because bananas vary in size, you may need to adjust the amount of oats. The batter should be like a wet cookie dough.
- 3 Spread the dough evenly in the 9x13 dish. Bake in the 350 degree oven for 18-20 minutes, or until a toothpick comes out clean. Cut into bars and enjoy! Store leftovers in a airtight container in the refrigerator. You can also freeze them and then just thaw in the fridge.

NUTRITION INFORMATION

Serving size: 1bar Calories: 130 Carbohydrates: 18g Sugar: 5g Fiber: 3g Protein: 4g

tropical spinach smoothie

Makes 2 servings

INGREDIENTS

4 cups baby spinach

1/2 can pineapple & juice (20oz can)*

1 banana

1/2 – 1 cup water

1 cup ice (or freeze the banana and skip the ice)

1/2 cup plain greek yogurt

*Make sure you buy the pineapple in pineapple juice NOT “heavy syrup” – that just means tons of added sugar.

DIRECTIONS

Put all the ingredients in the blender and blend until smooth. Enjoy!

NUTRITION INFORMATION

{serving size = about 1 cup – recipe makes 2 servings}

173 calories, 4g fiber, 9g protein, 1g fat

instant oatmeal packets

INSTANT OATMEAL BASE

{makes enough for 24 individual packets}

INGREDIENTS

9 cups old fashioned oats
3 cups quick cooking oats
2 teaspoons salt

DIRECTIONS

1. Preheat oven to 350 degrees. Measure 9 cups of old fashioned oats onto a large cookie sheet and toast in the oven for 10-15 minutes, stirring occasionally. While these oats are toasting, put the 3 cups of quick oats in a blender and pulse until roughly ground. Stir together both kinds of oats and salt in a large bowl.
2. Add any dry mix-ins you want and then either store in an airtight container or measure 1/2 cup servings into individual ziplock bags. I usually use these 12 cups of base to make 3 flavor varieties. I keep some in mason jars for me and the kids and send the ziplock baggies with my husband.
3. When you are ready to eat, just add enough hot water to reach your desired consistency {usually around 3/4 cup} and stir.

flavor mix-ins

FRUIT & NUT OATMEAL

4 cups instant oatmeal base
1/2 cup dried fruit
1/2 cup unsalted nuts
1 tablespoon brown sugar

NUTRITION INFORMATION

{serving size = heaping 1/2 cup uncooked – recipe makes 8 servings}
230 calories, 6.2g protein, 7g fiber, 5g fat, 37g carbs

CINNAMON RAISIN OATMEAL

4 cups instant oatmeal base
3/4 cup raisins
2 teaspoons cinnamon
1 tablespoon brown sugar

NUTRITION INFORMATION

{serving size = heaping 1/2 cup uncooked – recipe makes 8 servings}
205 calories, 5g protein, 5g fiber, 3g fat, 40g carbs

MAPLE BROWN SUGAR OATMEAL

4 cups instant oatmeal base
2 tablespoons maple sugar*
1 tablespoon brown sugar
1 teaspoon cinnamon

NUTRITION INFORMATION

{serving size = heaping 1/2 cup uncooked – recipe makes 8 servings}
180 calories, 5g protein, 4g fiber, 3g fat, 31g carbs

*You can find maple sugar in whole food or health food stores. If you can't find it, just leave it out and add a little pure maple syrup along with the water.

flourless chocolate muffins

Makes 8 servings

INGREDIENTS

- 1 cup natural creamy peanut butter (or almond butter)
- 2 very ripe bananas
- 1/4 cup maple syrup
- 1/3 cup cocoa powder

DIRECTIONS

1. Pre-heat oven to 350.
2. Combine all ingredients in a food processor or mixer and mix well. You may have to stop and scrape down the sides a few times.
3. Once everything is mixed well, spoon batter into lined muffin cups. I used silicone molds. The batter will be VERY sticky. I found wetting a spoon kept it from sticking.
4. Place muffin pan in the oven and bake for about 15 minutes.
5. Wait until these are completely cooled before removing from the pan. Can be stored in the fridge for up to 5 days. You can also freeze them for longer storage. Enjoy!

NUTRITION INFORMATION

{serving size = muffin – recipe makes 8 servings}
267 calories, 8g protein, 4g fiber, 17g fat, 20g carbs

paleo pancakes

Makes 16 pancakes

INGREDIENTS

3 large ripe bananas

6 eggs

1/3 cup coconut flour

Coconut oil for frying

DIRECTIONS

1. Preheat a non-stick skillet over medium heat.
2. Put the bananas, eggs, coconut flour and 2 pinches of salt in a blender. Puree until smooth. The batter should be thick, but pourable. If it seems thin, add 1-2 more tablespoons of coconut flour.
3. Brush the skillet lightly with coconut oil. Pour in a 3 inch circle of batter. Shake the skillet gently to spread the batter into a 4 inch circle. Cook for 2-4 minutes until the bottom of the pancake is golden-brown and the edges are firm. Flip gently with a flexible spatula, and continue cooking another 2-4 minutes.

NUTRITION INFORMATION

{serving size = 1 pancake – recipe makes 16 servings}

54 calories, 3g protein, 1g fiber, 1g fat, 6g carbs

paleo waffles

Makes 2 small waffles

INGREDIENTS

- 1 banana
- 2 tbsp coconut flour
- 2 eggs
- Optional: a splash of unsweetened coconut or almond milk

INSTRUCTIONS

- 1 Mash the banana in a medium mixing bowl.
- 2 Add the coconut flour and eggs and mix well with a whisk or electric hand mixer.
- 3 Cook in your waffle maker - mine takes 4 minutes.

NUTRITION INFORMATION

{serving size = 1 waffles – recipe makes 2 servings}

149 calories, 8g protein, 4g fiber, 6g fat, 16g carbs

honey nut cereal bars

Makes 9 bars

INGREDIENTS

- 1/2 cup crunchy natural peanut butter,
- 1/2 cup honey
- 3 cups toasted whole grain oats cereal

DIRECTIONS

1. Grease an 8 x 8 inch square pan or line with parchment.
2. Combine peanut butter & honey in a large saucepan and set over medium heat. Heat until mixture just starts to simmer, about 2-3 minutes, stirring constantly. Remove from heat and stir until mixture is well-combined.
3. Stir in cereal until evenly coated. Pour mixture into prepared pan, cover with parchment, and press firmly.
4. Chill in the refrigerator for 1 hour. Cut into bars. Store individually wrapped in the refrigerator.

NUTRITION INFORMATION

{serving size = 1 bar – recipe makes 9 servings}

184 calories, 4g protein, 2g fiber, 8g fat, 24g carbs

strawberry breakfast parfait

Makes 1 serving

INGREDIENTS

- 1 c plain Greek yogurt (You can stir in a little pure maple syrup)
- 1/2 c fresh or frozen strawberries – cut in small pieces
- 1/4 cup granola - homemade or store bought, just look for one low in sugar

INSTRUCTIONS

1. Layer fruit, greek yogurt and granola in a half pint (1 cup) jar or a parfait glass.
2. If you're making the parfait ahead of time, save the granola in a plastic bag and add it right before eating.

NUTRITION INFORMATION

{serving size = 1 parfait – recipe makes 1 servings}
201 calories, 26g protein, 2g fiber, 3g fat, 22g carbs

LUNCH RECIPES

with 4 ingredients or less



feel **great** in **8**

Easy Mexican Pizza

Makes 1 serving

INGREDIENTS

- 1 Whole Wheat Tortilla
- 2 tablespoons chunky salsa
- 3 tablespoons black beans, drained and rinsed
- ¼ cup shredded part-skim mozzarella cheese
- ¼ red bell pepper, sliced
- ¼ green bell pepper, sliced

DIRECTIONS

- 1 Preheat the oven to 350 degrees F.
- 2 Spray both sides of the tortilla with a little olive oil. Bake for 3-4 minutes on each side, or until crisp and a little brown.
- 3 Top with salsa, cheese, beans, and pepper slices.
- 4 Return to the oven and cook until cheese is melted.
- 5 Slice and eat the entire thing by yourself. :)

NUTRITION INFORMATION

{serving size = 1 pizza - recipe makes 1 serving}
240 calories, 6.1g fiber, 11g protein

Fresh Green Salad in a Jar

Makes one salad in a quart size mason jar

INGREDIENTS

2 tablespoons homemade ranch dressing

4-6 cherry tomatoes

1/4 cup frozen peas

4-6 baby cut carrots

1/8 cup sharp cheddar cheese

2 cups dark leafy greens or spinach

DIRECTIONS

I listed the exact veggies that I used, but you are welcome to use any of your favorites. The only thing that really matters is the order in which you add them. Add the dressing to the jar first. Follow with heartier veggies like tomatoes, carrots and peas. Throw in any meat/cheese and then add the lettuce on the top. To eat, either dump the whole salad in a bowl, or just shake it up and eat it with a fork out of the jar. Mine were all eaten within 5 days, but I've read they will last up to a week. I'll see if I can refrain from eating one that long and let you know.

NUTRITION INFORMATION

{serving size = 1 jar – recipe makes one serving}

245 calories, 12g fat, 21g carbs, 5.5g fiber, 8g protein

Whole Grain Chicken Broccoli Cheddar Pockets

Makes 24 Servings

INGREDIENTS

- 1 package (24 rolls) Rhodes Cracked Wheat Rolls
- 1 pound chicken cooked and cubed
- 1 small head of broccoli, washed and chopped
- 2 cups of shredded cheddar cheese

DIRECTIONS

1. Thaw Rhodes Cracked Wheat Rolls - I just cover mine in plastic wrap sprayed with a little olive oil and leave them to thaw on the counter Chop your broccoli and chicken and shred some cheddar cheese.
2. Next, flatten each thawed roll into a 5 inch circle and top each circle of dough with a heaping tablespoon full of each ingredient. Pull the dough around the ingredients until the sides meet and a pocket is formed. Pinch together the edges of the dough to seal in the ingredients. If your dough has been out long enough to feel dry, wet your finger and moisten the edges of the dough so that it sticks well.
3. Place each pocket on a cookie sheet sprayed with olive oil or nonstick spray. Bake at 350 degrees F for 15-20 minutes, or until the tops and bottoms are golden brown.

NUTRITION INFORMATION

{servings size = 1 pocket – recipe makes 24 servings}
216 calories, 3.7g fiber, 14.9g protein

3 Ingredient Macaroni & Cheese

Makes 4 servings

INGREDIENTS

- 4 cups unsweetened almond milk
- 2 cup macaroni (or similar)
- 1 cup shredded cheese (your choice)

INSTRUCTIONS

- 1 Bring almond milk to a boil; add pasta and stir. Reduce heat to a gentle boil as the almond milk froths up and boils over quickly. Cook for around 8 minutes or until al dente.
- 2 Stir in shredded cheese and season with salt and pepper. Let sit for a couple of minutes for cheese to melt (it gets thicker as it sits), stir again and enjoy!

NUTRITION INFORMATION

{servings size = about 1 cup– recipe makes 4 servings}
206 calories, 11g fat, 18g carbs, 2g fiber, 10g protein

Avocado Chicken Salad

Makes 2 servings

INGREDIENTS

2 cups shredded chicken
1 large avocado, cored & chopped
1/4 cup cilantro, chopped
salt & pepper to taste

DIRECTIONS

Add ingredients in a bowl and mash with a fork until well combined.

NUTRITION INFORMATION

{servings size = about 1 cup– recipe makes 2 servings}
308 calories, 12g fat, 4g carbs, 3g fiber, 44g protein

Turkey & Avocado Wrap

Makes 1 serving

INGREDIENTS

- 1 whole wheat tortilla
- 2-3 Tablespoons red pepper hummus
- 3 slices low-sodium deli turkey
- 1/4 avocado, sliced

DIRECTIONS

Spread tortilla with hummus, then layer on turkey, avocado. Roll, then slice.

NUTRITION INFORMATION

{servings size = about 1 cup– recipe makes 2 servings}
234 calories, 11g fat, 27g carbs, 6g fiber, 8g protein

DINNER RECIPES

with 4 ingredients or less



Ridiculously Easy Slow Cooker Salsa Chicken

Makes 12 servings

INGREDIENTS

- 4 boneless, skinless chicken breasts*
- 2 cups salsa
- 1 (15oz) can corn
- 1 (15oz) can black beans, drained and rinsed

*Can use frozen chicken, just allow for longer cooking time.

INSTRUCTIONS

1. Put chicken breasts on the bottom of the slow cooker (aka CrockPot).
2. Dump salsa, corn, and black beans on top of the chicken. Give a quick stir and cook on low for 6-10 hours (or on high for 4 hours).
3. Shed the chicken with two forks and serve over greens or in tortillas.

NUTRITION INFORMATION

{serving size = 1/2 cup - recipe makes 12 servings}

108 calories, 1.1g fat, 15.4g carbs, 4.5g fiber, 10.6g protein

Baked Pesto Chicken Parmesan

Makes 4 servings

INGREDIENTS

- 1lb boneless skinless chicken breasts
- salt & pepper
- 1/3 cup pesto
- 1 cup marinara sauce
- 8oz fresh mozzarella cheese, sliced

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Season chicken thighs with salt and pepper then add to a 8x8" or 9x12" baking dish.
3. Add pesto then use hands to evenly coat. Spoon marinara sauce over top followed by mozzarella cheese then cover tightly with foil and bake for 20 minutes.
4. Remove foil then bake for 10 more minutes, or until chicken is cooked through and cheese is golden brown and bubbly.

NUTRITION INFORMATION

{serving size = 1/2 cup - recipe makes 12 servings}
387 calories, 22g fat, 10g carbs, 38g protein

Apple Juice Chicken

Makes 4 servings

INGREDIENTS

- 1½ c. 100% unfiltered apple juice
- 1½ lbs. (or 6 medium) chicken thighs, skinless
- salt and pepper

DIRECTIONS

- 1 Heat a deep pan over medium heat.
- 2 Add the juice first and bring to a low boil.
- 3 Add in the chicken and sprinkle the meat with salt and pepper.
- 4 Lower everything to a simmer and cover the pan, cooking for 15 minutes.
- 5 Flip the chicken over.
- 6 Partially cover the pan and cook for another 15 minutes.
- 7 Pop the lid up so that a significant amount of steam can escape, allowing the apple juice to reduce down and thicken.
- 8 Cook for another 10-20 minutes until the juice is thick and syrupy, turning the chicken every 10 minutes or so.
- 9 Watch it closely for the last 2-3 minutes, as it can burn quickly.
- 10 Remove from heat once the chicken is cooked through and the juice resembles honey in consistency.

NUTRITION INFORMATION

Calories: 367, Fat: 12.7g, Carbohydrates: 10.9g, Sodium: 149mg,
Fiber: 0g, Protein: 49.3g

French Market Chicken With Herbed Potatoes

Makes 4 servings

INGREDIENTS

1½ pounds baby Yukon gold or red-skinned potatoes, halved

1 bunch fresh herbs (such as rosemary, thyme, or sage)

1 whole chicken (about 3 pounds)

PANTRY STAPLES: Extra-virgin olive oil, kosher salt, and freshly ground pepper.

DIRECTIONS

1. Preheat the oven to 450°. Toss the potatoes, two tablespoons olive oil, one tablespoon chopped herbs (your choice), and ½ teaspoon salt in a large cast-iron skillet or shallow baking dish. Spread in an even layer.

2. Remove the giblets from the chicken, if needed. Rinse and dry the chicken very well (inside and out) with paper towels. Put the chicken, breast-side down, on a cutting board.

3. Brush chicken with one tablespoon olive oil and generously season all over with about 1½ teaspoons salt and ½ teaspoon pepper.

4. Put the chicken on top of the potatoes in the skillet (tuck some extra herbs under the chicken, if desired) and roast until golden and a thermometer inserted into the thigh registers 180°, about 45 minutes. Let cool slightly before serving. Garnish with more herbs, if desired.

Easy 3 Ingredient Chili

Makes 6 servings

INGREDIENTS

- 1 pound of cooked and drained ground beef
- 1 can of chili beans (undrained)
- 1 can of chili ready diced tomatoes (I use Hunts Seasoned Diced Tomato Sauce for Chili)

DIRECTIONS

1. Mix the meat, beans and tomatoes together in large pot, bring it to a boil and then simmer for about 30 minutes.
2. You could also combine in a crock pot and cook on low for 4-6 hours.
3. Enjoy topped with cheese and sour cream.

NUTRITION INFORMATION

Calories: 263, Fat: 12g, Carbohydrates: 16g, Sodium: 604mg,
Fiber: 5g, Protein: 18g

Chicken with Mushrooms

Makes 4 servings

INGREDIENTS

4 boneless chicken breasts or thighs
1 onion, small, coarsely chopped
1 pound mushrooms, sliced

DIRECTIONS

1. Put 1/4 cup olive oil in a frying pan over low-medium heat.
2. Add chicken (seasoned to taste) and brown on both sides.

Remove chicken and set aside.

3. Add chopped onion and sliced mushrooms (drain mushrooms if you're using canned ones) to frying pan, and sauté until tender.

4. Spoon onions and mushrooms over chicken pieces and serve.

NUTRITION INFORMATION

160 calories, 2g fat, 7g carbs, 2g fiber, 30g protein

Quick Beef Stew

Makes 4 servings

INGREDIENTS

Ground beef, one pound
15 ounces frozen mixed vegetables
2 cans V-8 Vegetable Juice, 11.5 ounce

DIRECTIONS

1. In a large pot, brown the ground beef. Drain and return to pot. Add the mixed vegetables and V-8 juice.
2. Bring to a boil, reduce heat, and simmer until vegetables are hot. Serve with crackers or cornbread.

NUTRITION INFORMATION

271 calories, 9g fat, 12g carbs, 5g fiber, 27g protein

Creamy Chicken Tacos

Makes 6 servings

INGREDIENTS

- 1 can Rotel tomatoes OR 1 cup salsa
- 4 boneless skinless chicken breasts
- 1/2 bar cream cheese (4 oz.)

DIRECTIONS

1. Place the chicken and Rotel or salsa into a greased crockpot.
2. Cook on low for 6-8 hours.
3. 30 minutes before serving, place cream cheese on top. No need to stir.
4. Finish cooking 30 minutes. When ready to serve, stir and breakup chicken. Serve with tortillas.

NUTRITION INFORMATION

146 calories, 6g fat, 3g carbs, 0g fiber, 19g protein

Chicken Cacciatore

Makes 6 servings

INGREDIENTS

- 4 boneless skinless chicken breasts
- 1 bottle spaghetti sauce
- 2-3 cups vegetables like zucchini, mushrooms and onions

DIRECTIONS

1. Grease the crockpot. Add the chicken and spaghetti sauce.
2. Cook on low for 6-8 hours.
3. One hour before serving, add vegetables and continue cooking.
Serve over pasta.

NUTRITION INFORMATION

144 calories, 3g fat, 12g carbs, 3g fiber, 18g protein

Sweet & Sour Chicken

Yield: 6 servings

INGREDIENTS

- 1 frozen bag (22 oz.) Tyson Grilled & Ready Oven Roasted Diced Chicken Breast
- 1 jar (12 oz.) chili sauce
- 1 jar (18 oz.) Apricot Preserves
- 2 cups cooked rice or steamed vegetables, or both

DIRECTIONS

1. Place the frozen chicken into the bowl of a slow cooker.
2. In a separate bowl, mix together the chili sauce and preserves. Pour over the chicken and toss to coat chicken.
3. Cover and cook on high for 2-3 hours. Serve hot over cooked rice or vegetables, or both.

NUTRITION INFORMATION

450 calories, 4g fat, 85g carbs, 2g fiber, 25g protein

Chicken Parmesan

Makes 6 servings

INGREDIENTS

6 boneless, skinless chicken breasts

1/2 cup shredded Parmesan cheese

1/2 cup tomato sauce

DIRECTIONS

1. Grill chicken breasts until cooked through on both sides.
2. Place chicken breasts on a baking sheet and top with sauce and cheese.
3. Broil on high for about 5 minutes or until cheese is melted and bubbly.

NUTRITION INFORMATION

152 calories, 5g fat, 2g carbs, 0g fiber, 25g protein

Italian Chicken Bake

Makes 4 servings

INGREDIENTS

- 4 Boneless Skinless Chicken Breasts
- 4 Tablespoons Prepared Pesto
- 2 Roma Tomatoes
- 1 Cup Mozzarella Cheese, grated

DIRECTIONS

- 1 Trim the chicken and lay them in a glass baking dish in a single layer.
- 2 Spread 1 tablespoons of the pesto on top of each chicken breast.
- 3 Cut the roma tomatoes into slices approx. 1/2" thick and lay 2 slices on top of each chicken breast.
- 4 Sprinkle the cheese over the top of the chicken breasts.
- 5 Bake at 400F for 30-40 minutes or until the chicken is done and the juices run clear.
- 6 Serve over a bed of rice or a plate of pasta. Enjoy!

NUTRITION INFORMATION

229 calories, 11g fat, 4g carbs, 1g fiber, 28g protein

SNACK RECIPES

with 4 ingredients or less



Peanut Butter Banana Cookies

Makes 12 servings

INGREDIENTS

- 2 ripe bananas, mashed
- 1 cup oats (quick or regular)*
- 2 tablespoons PB2 or natural peanut butter
- optional mix-ins - dark chocolate chips, walnuts, coconut, cinnamon, raisins, etc.

* You can use either or a combination of both. If you use just old fashioned, chop them a little bit.

INSTRUCTIONS

- 1 Grease a cookie sheet and preheat oven to 350 degrees F.
- 2 Mix together the bananas, oats, and PB2.
- 3 Because banana's vary in size you may need to adjust the amount of oats you add. The texture should be like a wet cookie dough.
- 4 Add any mix-ins you want. Whatever you decide to add, stick to 1/4 cup or less, or the dough won't stick together.
- 5 Scoop dough onto the greased cookie sheet. I got 12 cookies from this recipe.
- 6 Bake for 15 minutes at 350. ENJOY!
- 7 I keep leftovers in the refrigerator. I also froze a batch and then thawed them in the fridge and they were still fantastic!

NUTRITION INFORMATION

{serving size = 1 cookie - recipe makes 12 servings}

47 calories, 1.3g fiber, 1.4g protein

No-Bake Coconut Cookies

Makes 16 servings

INGREDIENTS

- 1 cup shredded unsweetened coconut
- 1/4 cup pure maple syrup
- 1 tablespoon unrefined coconut oil
- 1/2 teaspoon vanilla
- 1/8 teaspoon salt
- 1/4 cup of your favorite mix-ins {nuts, dried cranberries, dark chocolate}

DIRECTIONS

- 1 Mix together melted coconut oil, maple syrup, and vanilla.
- 2 Combine with coconut and salt in a stand mixer or food processor and mix well.
- 3 Stir in your favorite mix-ins. We love walnuts, dried cranberries, and dark chocolate chunks.
- 4 Scoop out the coconut mixture with a tablespoon and then drop onto a plate lined with parchment paper.
- 5 Put the cookies in the fridge until firm. Keep leftovers in the fridge in a ziplock or other sealed container.

NUTRITION INFORMATION

{serving size = 1 cookie - recipe makes 16 servings}

51 calories, 0.6g fiber, 0.5g protein

Caramel Pecan Apple Nachos

Makes 4 servings

INGREDIENTS

- 2 medium fuji apples (gala or granny smith would be great too)
 - 1/4 cup chopped pecans
 - 4 tablespoons Homemade {paleo, dairy free, & refined sugar free!} Caramel Sauce
 - 2 tablespoons melted dark chocolate (70% cacao or more)*
- * I just melted 2 small squares of one of my favorites - Ghirardelli Chocolate Intense Dark Bar.

DIRECTIONS

- 1 Thinly slice both apples. I cut mine into 16 slices each. If you aren't going to be eating the nachos right away, toss them in a little bit of lemon juice, to keep them from browning.
- 2 Warm your Homemade Caramel Sauce and melt your dark chocolate. I just melt mine in the microwave 20-30 seconds at a time, stirring in between each heating.
- 3 Now just assemble your nachos!
- 4 Start with a layer of apples, then add pecans and drizzle with caramel and chocolate. Then top with another little sprinkle of pecans.
- 5 Enjoy!

NUTRITION INFORMATION

{serving size = 1/4th of recipe - makes 4 servings}
204 calories, 3g fiber, 1.6g protein

Dark Chocolate Peanut Butter Apples

Serves: 2 servings

INGREDIENTS

- 1 medium crisp sweet apple
- 1 tablespoon chopped dark chocolate or dark chocolate chips (70% cocoa or higher)
- 1/4 teaspoon unrefined coconut oil {optional}
- 1 tablespoon natural peanut butter or other nut butter
- 1 tablespoon unsweetened coconut flakes
- 1/2 tablespoon chopped almonds or other nuts

INSTRUCTIONS

- 1 Core the apple and slice into 1/4 inch slices. Arrange in a single layer on a plate.
- 2 Put chocolate and coconut oil in a small microwave-safe bowl and microwave 15-20 seconds at a time, until melted and smooth. The coconut oil is optional, depending on the kind of chocolate you use. I just chopped up a square of dark chocolate and melted it without the coconut oil and it still worked great.
- 3 In a separate bowl, melt the peanut butter for 20-30 seconds, until soft and you're able to drizzle it with a spoon.
- 4 Drizzle chocolate and peanut butter over the apples. Sprinkle with coconut and almonds. ENJOY!

NUTRITION INFORMATION

Serving size: 1/2 the plate

Calories: 155 Fat: 9.8 Carbohydrates: 14.8 Sugar: 9.1 Sodium: 43.3

Fiber: 4.2 Protein: 2.7

Homemade Microwave Popcorn

Makes 1 servings

INGREDIENTS

- 1/4 cup popcorn kernels
- 1 brown paper bag
- real butter, sea salt, or other seasonings

DIRECTIONS

- 1 Put 1/4 cup popcorn kernels in the brown paper lunch sack.
- 2 Fold down the top of the sack a few times. Do not staple or even tape the bag. I promise, folding it over is all you need to do.
- 3 Put the bag in the microwave. I just stand mine up, but most of the time it ends up falling over, so I'm sure it would be fine if you are short on space and just set it on it's side.
- 4 Start the microwave on high and listen carefully. Mine usually takes around 2-3 minutes, but every microwave is different. Just listen and stop it when there is 2 or 3 seconds between each pop. Don't let it go too long, or it will burn.
- 5 Enjoy! You can add a little melted butter and salt or even a little spice. Over the next few weeks I'll also share some of our favorite toppings. The natural, real-food possibilities are endless!

NUTRITION INFORMATION

Serving size: 4 cups {recipe makes 1 serving}

Calories: 122 Fiber: 4.8 Protein: 3.8

Healthy Homemade Kettlecorn

Makes 4 servings

INGREDIENTS

- 3 tablespoons unrefined coconut oil
- 1/2 cup popcorn kernels
- 1/4 cup coconut sugar
- 3/4 teaspoon salt

DIRECTIONS

- 1 Line a baking sheet with parchment paper and set it near the stove. You'll pour the popcorn onto this sheet to cool.
- 2 In a small bowl, stir together the coconut sugar and salt. You'll also want to measure the kernels so that both of these will be ready to add when the oil gets hot.
- 3 Measure the coconut oil into a large 4-quart sauce pot with a lid and drop three kernels of popping corn into the oil. These three kernels will let you know when the oil is hot. Cover with the lid and set over medium-high heat.
- 4 When you hear one of the kernels pop, uncover the pot and pour in the rest of the kernels and the sugar/salt mix. Quickly stir everything together to coat the kernels and replace the lid.
- 5 Shake the pan occasionally as the popcorn starts to pop, and then more frequently and vigorously as the popping increases. Rest the pot on the burner every few seconds to maintain the heat.
- 6 Listen closely - when you hear the popping begin to slow to 1-2 seconds between pops, remove the pan from heat. Don't wait for the popping to stop completely or you'll burn the popcorn. Total popping time on my gas stove is right around 3 minutes.

- 7 Immediately after removing from the heat, uncover the pot, give the popcorn a quick stir, and then pour it onto the prepared baking sheet. Use a spoon to spread the popcorn into an even layer to cool.
- 8 Let the kettle corn cool for at least 5 minutes - the popcorn will crisp as it cools. Eat immediately or store in an airtight container for several days (if you can get it to last that long! :)
- 9 Start cleaning the pan as soon as you dump out the popcorn by filling it immediately with hot water. I just put the pan full of hot water back onto the stove for a few minutes and any cooked sugar cleans off easily.

NUTRITION INFORMATION

{serving size = 4 cups - recipe makes 4 servings}

189 calories, 11g fat, 1.6g fiber, 0g protein

Peanut Butter Greek Yogurt Fruit Dip

Makes 2 servings

INGREDIENTS

- 1 6 oz. container of plain Greek Yogurt
- 1-2 Tablespoons of natural Peanut Butter, plain or crunchy
- Optional: add honey, vanilla, or cinnamon.

DIRECTIONS

- 1 Mix together and you have a fabulous, high protein snack!
- 2 To make a lower calorie version of this delicious apple dip, you can use PB2. If you have never heard of PB2, it is a powdered peanut product made from real roasted peanuts, but the peanuts have been pressed to remove a lot of the oil and fat. The powder is simply reconstituted with water. It has a definite peanut butter flavor and can be used in place of peanut butter for sandwiches, blended into a smoothie, as a spread for crackers or celery... whatever you like! The savings on calories is substantial. Two tablespoons of regular peanut butter has 180 calories and 16 g fat. Two tablespoons of PB2 powder contains just 45 calories and 1.5 g fat.
- 3 To make the lower calorie apple dip, reconstitute 2 tablespoons of PB2 with 1 tablespoon of water in a small dish. Stir until smooth. Stir the creamy PB2 into 1/2 cup fat-free vanilla (or greek) yogurt. That's it!

NUTRITION INFORMATION

{serving size = about 1/2 cup - recipe makes 2 servings}

170 calories, 8g fat, 1g fiber, 16g protein

Energy Bites

Makes 12 servings

INGREDIENTS

- 1 cup old fashioned oats
- 3 tablespoons natural peanut butter
- 1 teaspoon vanilla
- 1 tablespoon honey

DIRECTIONS

1. Pulse oats in a food processor until they're about the size of granola pieces.
2. Add peanut butter and pulse a few more times to get it incorporated. This is a good time to adjust the recipe and see if you need a bit more peanut butter, based on whether the crumbs look too dry or not.
3. Add vanilla and honey. The mixture will be slightly sticky, but not too sticky. If the mixture is too sticky, add in an additional tablespoon or two of oats and pulse until just right.
4. Scoop heaping teaspoons of mixture out and roll into balls with your hands. Makes about a dozen.

NUTRITION INFORMATION

{serving size = about 1 bite - recipe makes 12 servings}
56 calories, 2g fat, 7g carbs, 1g fiber, 2g protein

Homemade Lara Bars

Makes 16 small square-shaped bars

INGREDIENTS

- 1 cup nuts
- 1 cup dried fruit
- 1 cup (12-15 whole) pitted dried dates

DIRECTIONS

1. Combine the nuts, dried fruit, and dates in a food processor. Pulse a few times just to break them up. Separate the dates if they start to clump together.
2. Process continuously for 30 seconds. By this point, the ingredients should all have broken down into crumb-sized pieces. Scrape the edges of the bowl and beneath the blade to make sure nothing is sticking.
3. Process continuously until a ball is formed, 1 to 2 minutes.
4. Lay a piece of plastic wrap or wax paper on your work surface and dump the dough on top. Press the dough with your hands until it forms a thick square, roughly 8"x8" in size. Wrap and chill for at least an hour or overnight.
5. Unwrap the chilled dough and transfer to a cutting board. Cut into 8 large bars or 16 small squares, as desired. Wrap each bar in plastic wrap or wax paper.
6. Store the bars. Store the bars in the fridge for several weeks or in the freezer for up to 3 months.

NUTRITION INFORMATION

{serving size = 1 square - recipe makes 16 servings}

102 calories, 5g fat, 15g carbs, 2g fiber, 1g protein

DESSERT RECIPES

with 4 ingredients or less



Coconut-Lime Crack Bars

Makes 8 small bars

INGREDIENTS

- 1 cup shredded unsweetened coconut
- 1/4 cup pure maple syrup
- 1 tablespoon + 1/2 teaspoon unrefined coconut oil
- 4-5 drops lime essential oil
- 1/8 teaspoon salt

DIRECTIONS

- 1 Mix together melted coconut oil, maple syrup, and essential oil.
- 2 Combine with coconut and salt in a stand mixer or food processor and mix well.
- 3 Dump into any small container and pat down.
- 4 Refrigerate for an hour before cutting into 8 bars (or, if you are too impatient like me...freeze for 15 minutes).
- 5 Store tightly covered in the fridge for up to 2 weeks.

NUTRITION INFORMATION

{serving size = 1 bar - recipe makes 8 servings}

113 calories, 1g fiber, 9g fat, 1g protein, 9g carbs

Homemade Caramel Sauce

Makes about 1 cup

INGREDIENTS

- 1 can (13.5oz) unsweetened full-fat coconut milk
- 1/2 cup pure maple syrup
- pinch of sea salt
- 1 tablespoon unrefined coconut oil
- 2 teaspoons vanilla extract

DIRECTIONS

1. In a large saucepan with a thick bottom, combine coconut milk, maple syrup and salt.
2. Bring to a boil over medium-high heat. Reduce the heat to medium-low and let simmer for about 40 minutes, stirring occasionally.
3. Add coconut oil and cook for another 5 minutes, or until it reaches a deep caramel color. Stir a little more often towards the end to keep the bottom from burning.
4. Remove from the heat, add the vanilla, then pour the caramel into a bowl and let it cool for about 5 minutes. Once it has cooled slightly, stir vigorously until it is smooth and glossy.
5. Stir leftovers (if there are any) in the fridge and reheat in a double boiler.

NUTRITION INFORMATION

{serving size = 1 tablespoon - recipe makes 16 servings}
73 calories, 4.3g fat, 0g fiber, 0.3g protein

Healthy Homemade Dark Chocolate

Makes about 16 squares

INGREDIENTS

1/2 cup + 1 tablespoon unsweetened cocoa powder
4 tablespoons unrefined coconut oil melted
1/4 cup 100% pure maple syrup
4-6 drops wild orange or peppermint essential oil (optional)
Coarsely ground sea salt (optional)

DIRECTIONS

1. Whisk together melted coconut oil and maple syrup. I just put both in a glass measuring cup and microwave them for 20-30 seconds, and then mix them in my KitchenAid.
2. Add the cocoa powder and whisk until it is completely combined and nice and thick. Add essential oils if you want to change the flavor a bit. I use doTerra oils and it doesn't take much, so be sure to test the flavor as you go.
3. When it is all mixed, just pour the chocolate into molds. Or, if you don't own any candy molds (like me!) just pour it into a quart size ziplock bag. Squish out any air, zip it tightly closed and then just lay it flat in the refrigerator or freezer until solid. Then just remove the chocolate from the baggie and cut into 16 squares. I love mine sprinkled with a little sea salt. YUM!

NUTRITION INFORMATION

{servings size = 1 square – recipe makes 16 servings}
50 calories, 5g carbs, 4g fat

Pumpkin Cookies

Makes 8 cookies

INGREDIENTS

- 2 cups quick oats
- 1 cup pumpkin
- 1/4 cup coconut palm sugar
- Cinnamon (optional)
- Chocolate chips or nuts (optional)

DIRECTIONS

1. Preheat the oven to 350 degrees and lightly grease a baking tray and set aside.
2. In a large mixing bowl, combine the oats, pumpkin and coconut sugar and mix well.
3. Using your hands, form into small balls and place on the baking tray and press each ball into a cookie shape. Top with optional nuts and/or chocolate chips and bake for 12-15 minutes, depending on desired consistency.
4. Remove and allow to cool completely.

NUTRITION INFORMATION

{servings size = 1 cookie – recipe makes 8 servings}

110 calories, 22g carbs, 2g fat, 3g fiber, 3g protein

No Bake Three Ingredient Fudge

Makes 12 small squares

INGREDIENTS

2 cups almond flour

1/2 cup almond butter

1/2 cup pure maple syrup or honey

DIRECTIONS

1. Line a deep baking dish with parchment paper.
2. In a microwave safe bowl or stovetop, melt the nut butter with the sticky sweetener until combined. Pour the wet mixture into the almond flour and mix until fully combine - the batter should be very thick.
3. Transfer into the lined baking dish/tray and press firmly. Refrigerate for at least 30 minutes before slicing up,

NUTRITION INFORMATION

{servings size = 1 square – recipe makes 12 servings}
207 calories, 15g carbs, 15g fat, 3g fiber, 6g protein

3-Ingredient Brownies

Makes 8 servings

INGREDIENTS

- 20 dates, pitted
- 2 Tablespoons cocoa powder
- 1 cup almonds
- 1 tablespoon water

DIRECTIONS

1. First, place almonds in a small food processor and coarsely chop. Remove and set aside.
2. Next, put dates in food processor, and coarsely chop. Add in 1 tablespoon of water and 2 tablespoons of cocoa powder. Process until combined like cookie dough.
- 3 Add in almonds and pulse until relatively combined.
- 4 Transfer into a large bowl, and finish combining, by kneading dough into a bowl.
- 5 Lay a piece of parchment paper on your counter top and roll dough into about $\frac{1}{3}$ of an inch thick slab. Cut into square. This recipe makes 8-10 brownies.

NUTRITION INFORMATION

238 calories | 48g carbs | 6g fat | 4g protein | 41g sugar

Strawberry Frozen Yogurt

Makes 4 servings

INGREDIENTS

- 4 cups frozen strawberries
- 3 tablespoons honey
- ½ cup plain Greek yogurt
- 1 tablespoon lime juice

DIRECTIONS

- 1 Put all of the ingredients in a blender and blend until smooth. I use and LOVE my Blendtec blender. If you're using a cheaper blender, you may need to add more juice or other liquid, or use fresh strawberries.
- 2 If you use frozen strawberries you can scoop and enjoy immediately. If you use fresh strawberries, add extra liquid, or if you just want a more solid consistency, pour into a container with a lid and freeze until desired consistency is reached. Then just scoop and enjoy!

NUTRITION INFORMATION

Serving size: 1 cup

Calories: 114 | Fat: 0.5 | Carbohydrates: 26 | Fiber: 3.3 | Protein: 4.1

Pineapple Italian Ice

Makes 6 Servings

INGREDIENTS

- 1 (20 ounce) can Crushed Pineapple in 100% Pineapple Juice (or 3 cups fresh pineapple)
- 3 cups ice
- 1/4 cup honey

DIRECTIONS

- 1 Place all ingredients in a blender and blend until smooth.
- 2 Pour blended mixture into a 9x13 pan. Cover with foil and place in the freezer for 1 hour.
- 3 Using a fork, scrape the ice until it is slushy.
- 4 Return foil cover and place in the freezer for 1 hour.
- 5 Repeat scraping the mixture until slushy again.
- 6 Return to the freezer for 1 additional hour or until firm.
- 7 Serve and enjoy.

NUTRITION INFORMATION

Calories: 93 | Fat: 0 | Carbohydrates: 25 | Fiber: 1 | Protein: 0