

Tahini Bites

Ingredients:

1.5 cups oats
1.5tsp ground ginger [or use 1 tbsp raw ginger]
½ cup seeds [sunflower, pumpkin, almond slivers]
½ cup maple syrup
¼ tsp sea salt
6 tbsp tahini paste

Preheat oven to 350F. Mix together dry ingredients, then add wet ingredients. Drop cookies on a cookie sheet [tip: use parchment paper]. Bake for 12-15 minutes.

Banana Oat Drops

Ingredients:

3 mashed bananas
1/3 cup apple sauce
2 cups oats
¼ cup almond milk
½ cup raisins [optional]
1 tsp vanilla
1 tsp cinnamon

Preheat oven to 350F. Stir in all ingredients and drop on cookie sheet. Bake for 15-20 minutes.

Homemade Granola

Ingredients:

½ cup coconut oil
½ cup maple syrup
3 cups oats
1 tsp vanilla
2 cups puffed quinoa [or just more oats]
1 tsp cinnamon
½ cup shredded coconut
½ cup hemp seeds
½ cup pumpkin seeds
¼ cup chia seeds
¼ cup dried fruit [optional - add near the end of cooking time]

Chunky Monkey Cookies

Ingredients:

3 ripe bananas
2 cups oats
¼ cup peanut butter
¼ cup cocoa powder
1/3 cup unsweetened apple sauce
1 tsp vanilla

Preheat oven to 350F. Mash bananas then add the rest of the ingredients and stir. Let sit for 20 min. Then drop by teaspoonful onto ungreased cookie sheet. Bake 10-12 minutes.



Melt all liquids together on low in the crockpot first. Then add all the other ingredients except for dried fruit. You will want to stir in the optional dried fruit in about 20 minutes before turning the crockpot off. Cook for about 4 hours on low with lid cracked to allow a little of the heat to escape. You do need to stir it from time to time to break up the large chunks. After granola is finished, store in glass mason jars in the fridge for up to 2 weeks.

To make Granola Bars – take 2 cups of this granola, mix in 2 eggs and bake for 20 mins at 350F. OPTIONAL: at this point in the granola bar creation process, you can add 1 scoop of protein powder and mini chocolate chips if you wish 😊