



## Class 2: Smoothies and Sweets

### Skillet Cookie

- 1 egg
- 3 tbsp maple syrup
- ¼ cup melted coconut oil
- 1/3 cup creamy cashew butter (sub any nut or seed butter)
- 1 tsp of vanilla extract
- 1 tbsp unsweetened almond milk
- 1 cup of almond flour (Bob's Red Mill finely ground almond flour works BEST!)
- ¼ tsp of baking soda
- ½ tsp of cinnamon
- ½-3/4 of dark chocolate bar or ½ cup of dark chocolate chips
- ¼ tsp of salt
- 8-9 inch cast iron skillet or a baking dish, cake tin or loaf tin

1. Preheat oven to 325 degrees F.
2. Whisk egg\* in large bowl then pour in maple syrup, melted coconut oil, cashew butter, vanilla and almond milk to whisk again.
3. \*If using flax egg, mix 1 tbsp ground flaxseeds with 3 tbsp water and let sit for 5 minutes before adding to recipe in place of egg.
4. Stir in almond flour, baking soda, cinnamon and some of the sea salt. Fold in chocolate chunks, leaving several chocolate chunks aside.
5. Very lightly spray an 8 or 9-inch cast iron skillet (13-inch if doubling the recipe) with coconut oil then pour batter into the base and spread out evenly using a silicone spatula. Place the last several pieces of chocolate over the top, sprinkle sea salt, then place in the oven for 19 minutes on the center rack. Turn the oven on broil and cook 1- 1 1/2 additional minutes \*\*keep a close eye on it because it can burn quickly!



## Lemon Turmeric Energy Bites

10 medjool dates  
1 cup rolled oats  
½ cup raw almonds  
1 tablespoon chia seeds  
3 tablespoons lemon juice  
1 teaspoon lemon zest  
1 teaspoon vanilla extract  
1 teaspoon turmeric powder  
Pinch of black pepper  
½ cup shredded coconut for dusting

1. Remove the pits from dates and soak them in hot water for several minutes. When the dates are softened, drain them and place in food processor. Reserve the water.
2. Add the other ingredients to a food processor and blend until mixture turns into a dough-like consistency. Add 1 tablespoon of water in which you have soaked the dates if the mixture is too dry.
3. With the small spoon scoop the mixture and roll into balls. Roll the balls in shredded coconut and place on the baking sheet.
4. Store energy balls in an airtight container in the refrigerator until serving.
  - Can be stored in the refrigerator for 2 weeks, freezer 2 months.



## **Chocolate Zucchini Smoothie (1 serving)**

- 1 cup of unsweetened almond milk
- 1 scoop of your choice of protein powder
- 1 cup chopped zucchini
- 2 medjool dates (pitted)
- ½ banana
- 2 teaspoons of cacao powder
- 1 tablespoon almond butter

1. Place ingredients in blender cup or blender in the order they appear above. Blend until smooth and creamy. Serve immediately.

\*Can substitute medjool dates with another sweetener, such as maple syrup or honey. Or simply omit if the banana adds enough sweetness.

## **Strawberry Spinach Smoothie (1 serving)**

- 4 fluid ounces of water
- 1 scoop of protein powder of your choice (vanilla or chocolate)
- ½ cup of frozen strawberries
- ½ a banana
- 1 cup of fresh spinach
- 1/3 cup of plain low-fat Greek yogurt
- 1 tablespoon of chia seeds

1. Place ingredients in blender cup or blender in the order they appear above. Blend until all ingredients are well combined. Enjoy a



## **Brownie Bites with Walnuts (1 dozen)**

1 cup of softened medjool dates

1 ½ cup of raw walnut halves

¼ cup of cocoa powder

1 teaspoon vanilla extract

¼ tsp of fine sea salt

1 tablespoon water

Additional cocoa for dusting

1. In a large food processor fitted with an "S" blade, grind the walnuts into a fine meal. Add in the rest of the ingredients, and process again until a sticky, uniform dough is formed. Scoop the batter by heaping tablespoons onto a plate or baking sheet lined with parchment paper, to prevent sticking. Roll the balls between your hands, and roll them in cocoa powder, if desired.
2. Store the balls in the fridge or freezer and serve them chilled for the firmest texture.