

Orange Creamsicles



9 servings



3hrs
10 minutes

INGREDIENTS

- 3 Navel Orange (peeled, seeds removed)
- 485 ml Canned Coconut
- 80 g Milk Maple Syrup
- 5 ml Vanilla Extract
- 5 ml Orange Extract
- 2 grams Sea Salt

DIRECTIONS

1. Add all ingredients to a blender and blend on high for at least one minute, or until smooth and creamy.
2. Pour into popsicle moulds and transfer to the freezer for at least three hours or until completely frozen. Enjoy!

Notes

Leftovers: Keep frozen for up to three months. One serving is equal to one creamsicle. Use half and half or heavy cream instead.



Mini Flourless Chocolate Cake



6 servings



40 minutes

INGREDIENTS

2 grams Olive Oil

76 grams 85% Dark Chocolate

28 grams Butter

2 Eggs

(yolk and white separated)

18 grams Coconut Sugar

2 grams Cocoa Powder

DIRECTIONS

1. Preheat the oven to 300°F (150°C). Grease ramekins or a muffin tray with the oil spray, or use a silicone muffin tray.
2. Add the chocolate and butter to a large glass bowl. Slowly heat the chocolate
3. In a bowl of a stand mixer, add the egg whites. With a whisk attachment, beat the egg whites on medium-high until soft peaks form. Slowly add the coconut sugar while beating, about one tablespoon at a time, until fully incorporated.
4. Add the egg yolks to the chocolate mixture and mix well. Add 1/3 of the egg whites to the chocolate, then stir to combine and lighten the chocolate mixture. Gently fold in the remaining egg whites.
5. Pour the batter into the ramekins or muffin cups and bake for 15 to 20 minutes. Let the cakes cool completely, then remove them from the muffin tray. Dust with cacao powder before serving and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to 4 days



Strawberries & Cottage Cheese



1 servings



5 minutes

INGREDIENTS

210 grams Cottage Cheese
65 grams Strawberries
(sliced)

DIRECTIONS

1. Add the cottage cheese to a bowl and top with the strawberries. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is one cup cottage cheese and 1/2 strawberries.

Additional Toppings: Hemp seeds, chia seeds, shredded coconut, and/or honey.



Strawberries & Cottage Cheese



3 servings



5 minutes

INGREDIENTS

195 grams Strawberries
(top removed)

3 Barbecue Skewers

80 grams Dark Chocolate Chips

DIRECTIONS

1. Thread the strawberries onto the skewers
2. Add the chocolate chips to a small bowl and microwave on high for 30 to 45 seconds intervals until melted. Stir with a spoon to fully combine.
3. Drizzle the melted chocolate on the strawberry skewers. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to one eight-inch skewer

Additional Toppings: Top with coconut flakes. Use additional berries to change the flavour profile.



Clementines & Pumpkins Seeds



3 servings



5 minutes

INGREDIENTS

2 Clementines (peeled,
sectioned)

32 grams Pumpkins Seeds

DIRECTIONS

1. Add the clementines and pumpkins seeds to a plate.
Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

No Pumpkin Seeds: Use other seeds or nuts of choice.

Cajun Kale Chips



2 servings



20 minutes

INGREDIENTS

15ml Extra Virgin Olive Oil

10 grams Cajun Seasoning

84 grams Kale Leaves (packed,
torn into pieces)

DIRECTIONS

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a bowl, mix together the oil and Cajun seasoning. Add the kale and massage lightly to coat the leaves.
3. Add the kale to the baking sheet, leaving space between the leaves. Bake in the oven for 15 to 17 minutes or until crispy. Serve and Enjoy!

Notes

Leftovers: Store in the freezer in an airtight container to keep crunchy for up to one month. If leftovers need more crunch, reheat in the oven for four to five minutes at 350°F (175°C).

Serving Size: One serving is equal to approximately one cup.

More Flavour: Add onion powder and smoked paprika.

Lower Sodium: Make your own Cajun seasoning.



Kiwi, Coconut Yoghurt & Maple Syrup



2 servings



20 minutes

INGREDIENTS

113ml grams Unsweetened
Coconut Yoghurt

1 Kiwi (peeled and sliced)

7 grams Maple Syrup (optional)

DIRECTIONS

1. Add the yoghurt and kiwi to a bowl. Top with maple syrup

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Add nuts and/or seeds.