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**From  
NaturalGirlDiary.com**

# Peanut Butter Nuggets

## **Ingredients**

1/3 cup natural peanut or almond butter  
1 and 1/3 cups whole oats  
1/3 cup honey  
1/8 teaspoon vanilla extract  
1/4 teaspoon cinnamon



## **Toppings**

1/3 cup crushed nuts, dried fruit, coconut flakes, cocoa nibs or melted chocolate (whatever you love!)

## **Directions**

1. Pulse 1/3 cup whole oats in blender until powdered (leave additional cup of oats whole)
2. Mash ingredients together with a fork in a medium bowl until they won't mix any further
3. With clean hands, begin to knead mixture to thoroughly combine all ingredients
4. Roll mixture into 1 inch balls
5. Roll nuggets in topping of choice to coat the outside and place on parchment paper
6. Eat right away, or if you prefer, firm up in refrigerator for 1-2 hours
7. Cover and store remaining nuggets in refrigerator.

## Guacamole

### Ingredients

- 1-2 large organic avocados
- Juice of one-half a lime
- 1/4 – 1/2 teaspoon sea salt (to taste)

### Directions

1. Remove skin and pit from avocados
2. Mash avocados with a fork in a small bowl
3. Make as smooth or chunky as desired
4. Squeeze 1/2 lime over bowl being careful that no seeds fall into the dip
5. Add salt to taste
6. Stir until all flavors are blended and serve with tortilla chips, rice chips or bell pepper slices



## Cranberry “Applesauce”

### Ingredients

- 1 organic orange (do not peel)
- 7.5 ounces of organic cranberries
- 1/3 to 1/2 c. honey
- 6 ounces of quality orange juice

### Directions

1. Wash orange well and cut off stem and blossom end.
2. Cut orange into quarters leaving peel on.
3. Place cranberries in a large bowl filled with enough water for the berries to float. Remove any "duds" that have sunk to the bottom and sift through the rest with fingers to feel the firmness of the cranberries. Remove any that feel squishy or are beginning to turn (they will start to resemble raisins).
4. Place all ingredients in high powered blender or food processor.
5. Blend until consistency of apple sauce.
6. Some prefer the tartness of the cranberries while others do not. Sweeten to your taste.
7. Serve in a small bowl and enjoy!



## Chocolate Pudding

### Ingredients

- 2 avocados
- 2 medjool dates
- 5 Tbsp. of cocoa powder
- 1/2 cup 100% pure maple syrup
- 1/4 c water

### Directions

1. Cut avocado in quarters, remove pit and skin
2. Remove pits from dates
3. Combine all ingredients in a high powered blender or food processor.
4. Blend until consistency of pudding (no chunks!). More water may be necessary.
5. Do a taste test before you scoop out to serve so you can add a little more syrup to sweeten to your desired taste
6. Serve with fresh fruit for dipping or sprinkle it on top



## Yummus Hummus

### Ingredients

- 1 can (15 oz.) organic garbanzo beans
  - \*save liquid in can\*
- 1 clove garlic
- 1/2 teaspoon cumin
- 1/2 teaspoon of lemon juice
- 1 teaspoon sea salt
- 1 tablespoon olive oil

### Directions

1. Combine all ingredients in blender or food processor
2. Blend on low gradually adding liquid from beans until desired consistency is reached
3. Add salt to taste
4. Serve in bowl with a sprinkle of paprika for color and pine nuts for texture. Cucumbers, celery sticks, carrots and crackers are all great for dipping!



# **Banana Ice Cream**

## **Ingredients**

3 ripe bananas 1 medjool date

5-6 ice cubes

1/3 cup water (to start)

## **Directions**

1. Blend all ingredients in blender or food processor until smooth

~ option 1 ~

2. Pour blended mixture into freezer safe container and freeze for 1 hour; or,



~ option 2 ~

2. Pour blended mixture into cups and enjoy as a smoothie



# Trail Mix Cookies

## Ingredients

1/2 cup 100% pure maple syrup

1/2 cup grapeseed oil

1/2 teaspoon baking soda

1 heaping tablespoon cinnamon

1 teaspoon vanilla

1/4 teaspoon baking powder

1/4 teaspoon sea salt

1 egg

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1 1/2 cup oats or granola

1 cup whole wheat pastry flour

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1 cup raisins or dried cranberries

1/2 cup chopped walnuts or pecans

1/4 cup sunflower seeds

1/4 cup pumpkin seeds

1/2 cup chocolate or carob chips



## Directions

1. Heat oven to 370 degrees
2. Combine first eight ingredients in large bowl and mix thoroughly
3. Stir in oats and flour
4. Add any other desired ingredients (raisins, dried cranberries, nuts and seeds of choice)
5. Drop teaspoon of batter onto cookie sheet and bake for 10 minutes and 30 seconds (or until golden brown)

(Cookies are crumbly but delicious and nutritious. Recipe adapted from the book "The Healthiest Kid in the Neighborhood" by Dr. Sears)