



## AIP Friendly Snacks

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## Chocolate Banana Ice Cream

2 servings

5 minutes

### Ingredients

- 2 Banana (sliced and frozen)
- 2 tbsps Cocoa Powder

### Directions

- 1 Add frozen bananas and cocoa powder to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
- 2 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

### Notes

**Double Chocolate:** Stir in dark chocolate chips right after processing.

**More Creamy:** Add 2 tbsp coconut milk.

**More Scoopable:** Add 1 tbsp vodka to prevent hard freeze.

**Leftovers:** Freeze in an airtight container for up to three months.



## Green Tea Banana Ice Cream

2 servings

5 minutes

### Ingredients

- 2 Banana (sliced and frozen)
- 1 1/2 tsps Green Tea Powder

### Directions

- 1 Add frozen bananas and green tea powder to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
- 2 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

### Notes

**More Creamy:** Add 2 tbsp coconut milk.

**More Scoopable:** Add 1 tbsp vodka to prevent hard freeze.





## Strawberry Ice Cream

2 servings

5 minutes

### Ingredients

2 Banana (sliced and frozen)  
220 grams Frozen Strawberries

### Directions

- 1 Add frozen bananas and strawberries to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
- 2 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

### Notes

**More Creamy:** Add 2 tbsp coconut milk.

**More Scoopable:** Add 1 tbsp vodka to prevent hard freeze.

**Make it Chunky:** Set aside 1/4 cup of the strawberries before blending and add them to the processor after blending. Pulse until roughly chopped.





## Pina Colada Ice Cream

2 servings

5 minutes

### Ingredients

- 1 Banana (sliced and frozen)
- 165 grams Pineapple (cut into chunks and frozen)
- 60 milliliters Canned Coconut Milk

### Directions

- 1 Add all ingredients to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 minutes).
- 2 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

### Notes

It's 5 O'Clock Somewhere: Add rum.



## Carrots & Guacamole

2 servings

5 minutes

### Ingredients

- 4 Carrot (medium)
- 1 Avocado
- 1 Lime (juiced)
- 1/4 tsp Sea Salt (or more to taste)

### Directions

- 1 Peel and slice carrots into sticks.  
;
- 2 Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.  
;
- 3 Dip the carrots into the guac & enjoy!

### Notes

**Leftovers:** Store the guacamole in an airtight container in the refrigerator for up to two days. Sliced carrots can be stored in the refrigerator for up to four days.

**Spice it Up:** Add chili flakes, salsa and/or chopped cilantro to the guacamole.



## Smoked Salmon Wrapped Avocado

2 servings

5 minutes

### Ingredients

1 Avocado  
100 grams Smoked Salmon (sliced)

### Directions

1

Slice the avocado and wrap each slice with the smoked salmon. Transfer to a plate and enjoy!





## Banana Chia Crisps

1 serving  
25 minutes

### Ingredients

- 1 Banana (medium, ripe)
- 50 grams Chia Seeds
- 1 tsp Cinnamon

### Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a small bowl, mash banana with the back of a fork. Mix in chia and cinnamon until combined.
- 3 Transfer small dollops to the baking sheet. Press down gently using your fingers or the back of the fork. Bake for 20 to 25 minutes.
- 4 Remove from oven. Let cool and enjoy!

### Notes

**Storage:** Refrigerate in an air-tight container up to 5 days or freeze.

**Serving Size:** One serving is equal to approximately 12 small crisps.



## Tahini Green Smoothie

1 serving  
10 minutes

### Ingredients

235 milliliters Water  
45 grams Baby Spinach  
1/4 Avocado  
1/4 Zucchini (diced, frozen)  
1/2 Banana (frozen)  
1 tbsp Tahini  
1 tsp Ginger (fresh)  
1 tbsp Chia Seeds

### Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**More Protein:** Add a scoop of protein powder or collagen.

**Additional Toppings:** Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

**No Frozen Zucchini:** Use fresh zucchini.

**No Fresh Ginger:** Use a pinch of dried ginger instead.

**No Chia Seeds:** Omit or use flax seeds instead.

**Extra Creamy:** Replace the fresh avocado with cubed, frozen avocado.



## Coconut Chive Flatbread

4 servings

15 minutes

### Ingredients

55 grams Coconut Flour  
2 tbsps Psyllium Husk Powder  
1 gram Dried Chives  
1/4 tsp Baking Soda  
1/2 tsp Sea Salt  
1 tbsp Extra Virgin Olive Oil (plus extra for greasing)  
235 milliliters Water (warm)

### Directions

- 1 In a mixing bowl, combine the flour, psyllium husk, dried chives, baking soda and salt.
- 2 Add the oil and water. Knead with your hands and form a ball. The texture should be soft and elastic, but not sticky. If the dough is too wet, add more psyllium husk. If it is too dry, add water.
- 3 Cut the dough into the according number of recipe servings. Roll into balls.
- 4 Place one dough ball between two sheets of parchment paper and use a rolling pin to roll it out evenly to approximately 8 inches wide. Repeat until the remaining balls of dough are shaped.
- 5 Very lightly grease a cast iron or non-stick pan and place over medium-high heat. Cook for 2 to 3 minutes. Flip and cook for another 1 to 2 minutes. Grease the pan as needed and repeat until all servings are cooked. Enjoy!

### Notes

**Leftovers:** Stack between layers of parchment paper and refrigerate in an airtight container or storage bag for up to five days. Freeze for up to one month. Reheat on a pan or in the oven for best results.

**Serving Size:** One serving is equal to one 8-inch flatbread.

**More Flavor:** Add your choice of herbs or spices to the flour before mixing.





## Coconut Banana Energy Bites

12 servings

30 minutes

### Ingredients

160 grams Unsweetened Coconut Flakes  
1 Banana (small, very ripe)  
1 tbsp Coconut Oil  
35 grams Coconut Flour  
20 grams Collagen Powder  
3/4 tsp Cinnamon  
1/4 tsp Ginger  
1/4 tsp Sea Salt

### Directions

- 1 Preheat the oven to 350°F (176°C) and arrange coconut flakes on a baking sheet. Bake for 8 to 10 minutes until golden brown and fragrant. Let cool.
- 2 Add toasted coconut flakes to a food processor and blend until a fine, moist crumb forms. Add the remaining ingredients to the food processor and blend until a ball of dough forms. If a ball hasn't formed, add an additional tablespoon of coconut flour and continue blending.
- 3 Scoop a tablespoon of dough out at a time and roll into a ball. Place rolled balls on a plate or in a container and place in the fridge to set for approximately 20 minutes. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to one ball.

**More Flavor:** Add your favorite baking spices like nutmeg, clove, or vanilla extract.

**Additional Toppings:** Press the rolled balls into a mixture of shredded coconut, coconut sugar and cinnamon for an extra sweet treat.

**Make It Vegan:** Omit the collagen powder and substitute extra coconut flour instead.



## Smoked Salmon & Avocado Cucumber Bites

2 servings

5 minutes

### Ingredients

1/2 Cucumber (large)  
1/2 Avocado (mashed)  
170 grams Smoked Salmon  
1 tsp Capers  
1/8 tsp Sea Salt

### Directions

- 1 Slice cucumber into 1/4-inch thick rounds.
- 2 In a small bowl, mash the avocado with a fork.
- 3 Top the cucumber with mashed avocado, smoked salmon, capers and sea salt. Serve and enjoy!

### Notes

**Leftovers:** Each of these ingredients spoil quickly when exposed to air. This recipe is best enjoyed the same day.

**More Flavor:** Add spices like chili flakes, cayenne or black pepper.

**Make it Vegan:** Omit the smoked salmon and use hemp hearts on top instead.



## Berry Avocado Smoothie

1 serving

5 minutes

### Ingredients

240 milliliters Plain Coconut Milk (unsweetened, from the box)  
1/2 Zucchini (chopped, frozen)  
45 grams Frozen Cauliflower  
95 grams Frozen Berries  
1/4 Avocado  
1 tbsp Chia Seeds  
25 grams Vanilla Protein Powder

### Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**No Chia Seeds:** Use flax seeds instead.

**No Avocado:** Use almond butter or sunflower seed butter instead.

**Additional Toppings:** Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder.





## Balsamic Beet Dip

8 servings

1 hour

### Ingredients

4 Beet (medium, peeled, cut into small cubes)  
1 Yellow Onion (sliced)  
12 Garlic (cloves, peeled)  
1/2 tsp Sea Salt (divided)  
60 milliliters Extra Virgin Olive Oil (divided)  
60 milliliters Water  
1 1/2 tbsps Balsamic Vinegar  
2 tbsps Parsley (optional, chopped)

### Directions

- 1 Preheat the oven to 400°F (204°C). Cut a large piece of foil or parchment paper.
- 2 Place the beet, onion and garlic in the center of the foil or parchment and season with half of the salt and half of the oil. Wrap tightly and transfer to a baking sheet. Bake for 40 to 45 minutes or until the beets are tender. Let cool slightly.
- 3 Transfer the cooked beets, onions, garlic and all the juices to a blender along with the water, balsamic vinegar, remaining salt and remaining oil. Blend until smooth and silky.
- 4 Serve chilled and garnish with parsley, if using. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately 1/2 cup of dip.

**Beets:** 4 medium beets are approximately 2 1/2 cups cubed.

**Serve it With:** Sliced vegetables or crackers or use as a spread.



## Frozen Yogurt Bites with Berries

4 servings

3 hours

### Ingredients

- 115 grams Unsweetened Coconut Yogurt
- 40 grams Frozen Blueberries (chopped)
- 55 grams Frozen Strawberries (chopped)

### Directions

- 1 Combine all ingredients in a bowl until well incorporated. Scoop into an ice cube tray or mini muffin pan.
- 2 Tap the tray on the counter to help remove any air pockets. Freeze for 2 to 3 hours or until frozen. Enjoy!

### Notes

**Leftovers:** Transfer to a freezer-safe bag and store in the freezer for up to two months.

**Serving Size:** One serving is approximately three cubes.

**No Coconut Yogurt:** Use Greek yogurt, whole milk yogurt or plain sheep's milk yogurt instead.

**Additional Toppings:** Add granola, coconut chips or any chopped fruit.



## Vegan Tzatziki

6 servings

5 minutes

### Ingredients

340 grams Unsweetened Coconut  
Yogurt  
1/2 Cucumber (grated)  
1 1/2 tbsps Lemon Juice  
1/4 tsp Sea Salt

### Directions

- 1 Combine all ingredients in a bowl. Adjust salt and lemon juice as needed. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to 1/4 cup.

**More Flavor:** Add dill, garlic, paprika, or a drizzle of olive oil.

**No Lemon Juice:** Use apple cider vinegar instead.





## Flax Wraps

4 servings

30 minutes

### Ingredients

- 180 milliliters Water
- 1/4 tsp Sea Salt
- 155 grams Ground Flax Seed

### Directions

- 1 In a pot over high heat, bring the water to a boil. Add the salt.
- 2 Remove the pot from the heat and stir in the flaxseed. Continue to stir until a ball of dough forms, about a minute. Turn the dough out onto a piece of parchment paper and allow it to rest until cool enough to handle. Divide the dough into equal portions.
- 3 Heat a dry non-stick pan over medium heat.
- 4 One portion at a time, roll the dough out approximately eight inches in diameter between two pieces of parchment paper.
- 5 Carefully transfer the rolled out wraps to the pan, one at a time. Cook for one to two minutes per side until just browned but still soft in the middle (do not overcook). Transfer to a cooling rack to cool completely. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container or zipper-lock bag for up to three days in the fridge or up to three months in the freezer. Reheat wraps in a dry pan for 1 to 2 minutes per side if they become too wet in the fridge or after thawing.

**Serving Size:** One serving is equal to one wrap.

**More Flavor:** Add garlic powder, onion powder, dried herbs, or other spices.

**Serve it With:** Fill with your favourite sandwich toppings or serve beside hummus or tzatziki for dipping.

**Flax Seed:** Finely ground flax seed works best for this recipe.

**Wraps:** Trace around a small plate or bowl to make perfectly round wraps.



## Sunflower Seed Butter Stuffed Dates

1 serving

5 minutes

### Ingredients

35 grams Pitted Dates  
2 tbsps Sunflower Seed Butter

### Directions

- 1 Use a knife to make a slit in each date and open the date slightly.
- 2 Spoon an even amount of sunflower seed butter into the center of each date.  
Enjoy!

### Notes

**Serving Size:** One serving is equal to approximately four to five stuffed dates.

**Additional Toppings:** Sprinkle with coconut flakes, cacao nibs, or hemp seeds.



## Prune Pudding

2 servings

5 minutes

### Ingredients

175 grams Pitted Prunes  
1/2 tsp Cinnamon  
1/4 tsp Cardamom  
120 milliliters Water

### Directions

- 1 Add the prunes, cinnamon, and cardamom to a food processor. Blend until smooth, slowly drizzling in the water until your desired consistency is reached. Enjoy!

### Notes

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

**Serving Size:** One serving equals approximately 1/4 cup.

**More Flavor:** Add lemon juice, a pinch of sea salt and/or your sweetener of choice.

**Additional Toppings:** Sprinkle shredded coconut otop, serve it as a spread over rice crackers, or as a sauce with plain yogurt.





## Applesauce & Berries

2 servings

5 minutes

### Ingredients

490 grams Unsweetened Applesauce  
70 grams Strawberries (chopped)  
75 grams Blueberries

### Directions

- 1 Divide the applesauce into bowls and top with strawberries and blueberries. Enjoy!

### Notes

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

**More Flavor:** Add cinnamon.

**Additional Toppings:** Sliced banana, crushed nuts, or granola.



## Celery with Creamy Dijon Dip

2 servings

5 minutes

### Ingredients

55 grams Unsweetened Coconut Yogurt  
2 tsps Dijon Mustard  
4 stalks Celery (cut into sticks)

### Directions

- 1 In a small bowl combine the yogurt and Dijon mustard. To serve, dip the celery in the yogurt and enjoy!

### Notes

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

**More Flavor:** Add a pinch of garlic powder, onion powder, or salt & pepper.

**No Celery:** Use another raw vegetable instead.

**No Coconut Yogurt:** Use Greek yogurt instead.



## Applesauce

2 servings

5 minutes

### Ingredients

245 grams Unsweetened Applesauce

### Directions

- 1 Divide between bowls and enjoy!

### Notes

**Additional Toppings:** Cinnamon, chopped nuts, seeds or granola.





## Creamy Pesto Dip & Carrots

1 serving

5 minutes

### Ingredients

2 tbsps Unsweetened Coconut Yogurt  
2 tbsps Pesto  
2 Carrot (medium, peeled and cut into sticks)

### Directions

1 In a small bowl combine the yogurt and pesto. Serve with carrot sticks. Enjoy!

### Notes

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

**Pesto:** Use store-bought or homemade pesto.

**No Carrots:** Use bell pepper, cucumber, or celery instead.



## Citrus Avocado Smoothie

1 serving  
10 minutes

### Ingredients

1/2 Avocado  
1/3 Cucumber (medium)  
1 Lime (juiced, zested)  
4 Ice Cubes  
Sea Salt & Black Pepper (to taste, optional)

### Directions

- 1 Combine all the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**More Flavor:** Add your sweetener of choice. Add protein powder, collagen powder, hemp seeds, blueberries, or spinach.



## Mango Coconut Smoothie

1 serving  
10 minutes

### Ingredients

240 milliliters Coconut Water (or water)  
1/2 Banana (medium)  
60 grams Baby Spinach  
165 grams Frozen Mango  
165 grams Frozen Pineapple

### Directions

- 1 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**More Flavor:** Add cinnamon.

**Additional Toppings:** Hemp seeds, chia seeds, protein powder, or ground flax.





## Peach Strawberry Smoothie

1 serving

5 minutes

### Ingredients

1 Peach (large, ripe and chopped)  
220 grams Frozen Strawberries  
115 grams Unsweetened Coconut  
Yogurt

### Directions

1

Add all of the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Make it Green:** Add spinach or kale.

**Likes it Sweet:** Sweeten with honey or maple syrup.

**Consistency:** Adjust consistency to your liking by adding water to the blender.



## Pear with Tahini & Raisins

1 serving

5 minutes

### Ingredients

- 1 Pear (medium, sliced in half, cored)
- 2 tbsps Tahini
- 2 tbsps Raisins
- 1/8 tsp Cardamom (ground)

### Directions

- 1 Top the pear with tahini, raisins, and cardamom. Enjoy!

### Notes

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

**Additional Toppings:** Maple syrup or honey.



## Pear & Kale Protein Smoothie

1 serving

5 minutes

### Ingredients

295 milliliters Water (cold)  
20 grams Kale Leaves  
1/2 Pear (stem and seeds removed,  
chopped)  
25 grams Vanilla Protein Powder

### Directions

- 1 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Refrigerate in an airtight jar for up to two days.

**No Kale:** Use spinach instead.

**No Protein Powder:** Omit, or add a few spoonfuls of hemp seeds instead.





## Veggies & Turmeric Yogurt Dip

1 serving

5 minutes

### Ingredients

75 grams Unsweetened Coconut Yogurt  
1/4 tsp Turmeric  
1/8 tsp Sea Salt (to taste)  
1 Carrot (medium, peeled, cut into sticks)  
1 stalk Celery (cut into sticks)

### Directions

- 1 In a bowl, mix together the coconut yogurt, turmeric, and salt. Serve alongside the carrot and celery sticks. Enjoy!

### Notes

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

**More Flavor:** Add fresh herbs, paprika, garlic powder, black pepper, or onion powder.

**Additional Toppings:** Add cucumber slices, tomato, olives, bell peppers, or crackers.



## Cucumber & Herbed Yogurt Dip

1 serving

5 minutes

### Ingredients

- 75 grams Unsweetened Coconut Yogurt
- 1 tbsp Fresh Dill (finely chopped)
- 1 tbsp Parsley (finely chopped)
- 1/4 tsp Sea Salt (to taste)
- 1/2 Cucumber (large, sliced)

### Directions

- 1 In a bowl, combine the coconut yogurt, dill, parsley, and salt. Serve alongside the cucumber slices. Enjoy!

### Notes

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

**More Flavor:** Add fresh chives, basil, and green onion to the yogurt dip.

**Additional Toppings:** Add pita bread, crackers, cherry tomatoes, carrots, celery, or radishes.



## Pineapple Cucumber Smoothie

1 serving

2 minutes

### Ingredients

165 grams Pineapple (fresh or frozen)  
30 grams Baby Spinach  
120 milliliters Water  
1/4 Cucumber (roughly chopped)  
1 1/2 tsps Lemon Juice  
1 1/2 tsps Chia Seeds (optional)  
1 tsp Ginger (fresh, grated, optional)

### Directions

- 1 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**Serving Size:** One serving is approximately 1 1/2 cups.

**Likes it Sweet:** Add honey, dates, or another sweetener of choice to taste.

**More Protein:** Add collagen powder or hemp seeds.

**No Baby Spinach:** Use kale instead.

**Pineapple:** If using fresh pineapple add ice cubes for a colder smoothie.





## Peach Raspberry Smoothie

2 servings

5 minutes

### Ingredients

155 grams Frozen Peaches  
140 grams Frozen Raspberries  
485 milliliters Canned Coconut Milk

### Directions

- 1 In a blender, add all ingredients and blend until smooth. Pour into glasses and enjoy!

### Notes

**Serving Size:** One serving is equal to approximately 1 1/2 cups.

**More Flavor:** Add a scoop of vanilla protein powder to bump up the flavor and satiety factor.

**Additional Toppings:** Top with fresh raspberries or frozen peaches for a fun garnish.

**Blending Tip:** Thaw the peaches in the fridge overnight for an easier blend.



## Banana Cherry Smoothie

1 serving

5 minutes

### Ingredients

300 milliliters Plain Coconut Milk  
(unsweetened from the carton)  
155 grams Frozen Cherries  
115 grams Frozen Banana  
20 grams Collagen Powder  
1 tbsp Chia Seeds

### Directions

- 1 Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**Make it Vegan:** Omit collagen powder and use plant-based protein powder.

**Additional Toppings:** Add spinach, frozen cauliflower, or hemp seeds to your smoothie.



## Berry Coconut Smoothie

2 servings

5 minutes

### Ingredients

240 milliliters Canned Coconut Milk  
(full fat)  
95 grams Frozen Berries  
1/4 Avocado  
20 grams Collagen Powder

### Directions

- 1 Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**Serving Size:** One serving is approximately 3/4 cup.

**More Flavor:** Add baby spinach, hemp seeds, and/or chia seeds before blending.

**Make it Vegan:** Omit collagen powder and use plant-based protein powder.





## Pomegranate Pineapple Smoothie

1 serving

5 minutes

### Ingredients

110 grams Frozen Pineapple  
80 milliliters Pomegranate Juice  
120 milliliters Canned Coconut Milk

### Directions

1

Add all of the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Refrigerate in an airtight jar for up to two days.

**Serving Size:** One serving is equal to approximately 1 1/4 cup.

**More Flavor:** Add vanilla and mint leaves.



## Strawberry Orange Smoothie

1 serving

5 minutes

### Ingredients

1 Navel Orange (peeled and sectioned)  
110 grams Frozen Strawberries  
240 milliliters Plain Coconut Milk (from the carton)

### Directions

1 Add all of the ingredients to a blender and blend until smooth. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**Serving Size:** One serving is equal to approximately 1 1/4 cups.

**No Coconut Milk:** Use any other alternative milk.

**More Protein:** Add a scoop of vanilla or unflavored protein powder.

**More Fiber:** Add a combination of chia seeds, nut butter, and baby spinach before blending.



## Canned Peaches & Coconut Yogurt

1 serving

5 minutes

### Ingredients

120 grams Canned Peaches (sliced and drained)

115 grams Unsweetened Coconut Yogurt

### Directions

- 1 Add the ingredients to a bowl and enjoy!

### Notes

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





## Applesauce & Kiwi

1 serving

5 minutes

### Ingredients

120 grams Unsweetened Applesauce  
2 Kiwi (sliced)

### Directions

1 Add the applesauce and kiwi to a bowl. Enjoy!

### Notes

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



## Kiwi & Strawberries

1 serving

5 minutes

### Ingredients

2 Kiwi (sliced)

145 grams Strawberries

### Directions

- 1 Serve the kiwi with the strawberries. Enjoy!

### Notes

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



## Applesauce, Coconut Yogurt & Strawberries

1 serving

5 minutes

### Ingredients

225 grams Unsweetened Coconut Yogurt  
60 grams Unsweetened Applesauce  
145 grams Strawberries (chopped)

### Directions

- 1 Add the coconut yogurt and applesauce to a bowl. Stir to combine and top with strawberries. Enjoy!

### Notes

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