

Healthy Chocolate

- 8" piece of fine dark chocolate
- 1 scoop natural Vanilla protein powder (my personal preference is Absolute Whey by Interactive)
- 1 cup chopped nuts/ seeds (pumpkin, sunflower, almonds, flax)

Melt chocolate and add protein powder. Add nuts and seeds and mix together. Spread onto a metal tray and cool in a freezer. Serve, and enjoy

Maple nuts

Lightly roast ½ cup soaked and dehydrated nuts (pecans/ walnuts/ cashews/ almonds) in a dry cast iron fry pan. Stir in 2 Tbsp maple syrup until evaporated. Sprinkle with cinnamon.

Walnut-Date Chocolates

Process to a paste in food processor:

- ½ cup dried dates, packed
- ½ cup walnuts or other nuts
- ½ cup coconut

Add and blend in any of the following optional ingredients:

- ½ tsp vanilla
- Up to 1/8 tsp stevia powder
- 1 Tbsp cocoa powder
- 1 Tbsp rum or liqueur or other flavoring agent.

Chill mixture until it can easily be formed into balls.

Melt over low heat:

- ½ cup organic chocolate chips
- 1-2 Tbsp liquid (organic milk, cream, water, rum, etc)

Roll balls of filling mixture in chocolate sauce one at a time until coated. Place on a sheet of wax paper or large plate. Chill to harden.

Healthy candy

- 1 cup natural almond butter or peanut butter
- 1/2 cup carob powder or cocoa
- 1/2 cup mashed banana
- 2 tsp. vanilla

Mix together, shape into balls, and roll in cinnamon. If desired, press a walnut half on top. Store in the refrigerator. Variation: Mix peanut and almond butter and granola and refrigerate.

Birdseed candy

- ½ c. raw pumpkin seeds
- ½ c. raw sunflower seeds
- ½ c. raw sesame seeds
- 3 ½ c. Ancient Grains Corn Flakes (we can get them at Superstore)
- 1 c. oatmeal
- 1c. dates or raisins
- 1 c. butter
- ½ c demerara sugar
- ¼ c. corn syrup
- 1 tsp. Vanilla

Melt together butter, sugar and corn syrup in pot on medium heat. Add vanilla after melted (this mixture doesn't have to boil – just melt) Mix dry ingredients together in large bowl. Pour melted ingredients over dry ingredients. Mix until well coated. Press into cookie sheet. Bake at 300 degrees for 15-20 mins. Press mixture down with back of spoon. Cool. Put into frig or freezer for 10 mins. But into slices. Wrap individually in Saran Wrap. You can add coconut, almonds, walnuts, carob/choc. chips, dried fruit etc
as long as the dry ingredients equals 7 cups.

High Calcium Candy

- 1 cup tahini
- ½ cup honey
- ¼ cup ground almonds
- ¼ cup chopped apricots
- Soy protein powder (enough to thicken)
- 2-4 Tbsp powdered calcium
- ¼ cup toasted sesame seeds and/ or coconut

Mix honey and sesame butter together. Add remainder of ingredients. Adjust flavors. Thicken with protein powder to form into balls. Roll in toasted sesame seeds or coconut.

Greens+ Popsicles

- 1 cup yogurt
- 1 cup apple juice
- 1 cup blueberries

- 3 scoops Greens+ kids

Mix & Freeze

Tangerine Dream Greensicle

- 3 tsp Tangerine Dream Greens+
- 1-2 scoops Vanilla proteins+
- ½ cup water
- ½ cup rice or almond milk

Place into shaker cup; shake & enjoy

Protein Power Punch

- ½ cup silken tofu
- 1 ¼ cup fresh apple juice
- ½ cup pineapple, diced
- ½ frozen banana, sliced
- 1 tsp fresh lime juice

Combine tofu and apple juice in blender (or with hand blender). Add remaining ingredients. Blend until smooth. Makes 2 servings.

Cranberry tea punch

Combine in saucepan:

- 6-8 cranberry tea bags
- ½ tsp stevia powder
- 2 cups boiling water

Leave to cool. Pour into 2 liter pitcher. Add 6 cups plain carbonated water. Garnish with fruit slices.

Hot Apple Cider

- 2 litre box apple juice (or cranberry juice or a combination)
- ½ tsp allspice berries
- ½ tsp clove berries
- Orange peel (half an orange)
- Lemon peel (half a lemon)
- 2 cinnamon sticks

Pour the apple juice into a saucepan and add all ingredients. Place over moderate heat for 7-10 minutes, or until the cider is very hot but not boiling. Strain into coffee butler to keep it hot and replace cinnamon sticks back in the mixture.