



TRICK OR TREATS

Halloween Delights

30 Hauntingly Healthy Halloween Recipes

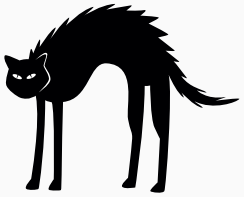






180°Fitness

Happy Halloween



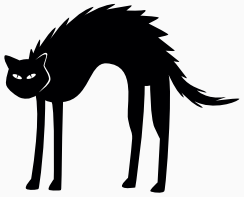
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Chocolate Chip Pumpkin Muffins

PREP TIME	COOK TIME	TOTAL TIME	SERVES
10 Mins	25 Mins	35 Mins	12



INGREDIENTS

- 4 cups Oats (rolled)
- 4 cups Pureed Pumpkin
- 1/3 cup Maple Syrup
- 1 tbsp Cinnamon
- 1 cup Dark Chocolate Chips

DIRECTIONS

1. Preheat the oven to 350°F (177°C).
2. In a large bowl, combine the oats, pureed pumpkin, maple syrup and cinnamon.
3. Gently fold in the chocolate chips until well combined.
4. Scoop the mixture into a muffin tray. Bake for 20 minutes or until cooked through.
5. Let cool before serving and enjoy

NOTES

- Leftovers: Refrigerate in an airtight container for up to five days. Freeze for up to three months.
- Serving Size: One serving equals one muffin.
- More flavor: Add nutmeg, crushed nuts or dried fruit into the batter before baking.
- Additional Toppings: Nut butter, whipped coconut cream, vegan or nut-based cream cheese, or a dab of coconut oil

Nutrition per Serving

Calories: 278
Protein: 6g
Carbs: 47g
Fiber: 5g
Fats: 9g

Chocolate Peanut Butter Muffins

PREP TIME	COOK TIME	TOTAL TIME	SERVES
10 Mins	40 Mins	50 Mins	9

INGREDIENTS



- 3 Bananas (medium, ripe, mashed)
- 3 Eggs
- 1/3 cup Maple Syrup
- 1/2 tsp. Vanilla Extract
- 3 tbsps. Coconut Oil
- 1/2 tsp. Sea Salt
- 1 cup All Natural Peanut Butter (divided)
- 1/2 tsp Baking Soda
- 1 tsp. Baking Powder
- 1/2 cup Cacao Powder

DIRECTIONS

1. Preheat the oven to 375°F (190°C).
2. Line a muffin tray with liners or use a silicone muffin tray.
3. Mix the mashed banana and egg together. Using a hand mixer or stand mixer is best, but a whisk will also work. Slowly add the maple syrup and vanilla and continue mixing. Next, add the oil until an even consistency is achieved.
4. Add the salt and 3/4 of the peanut butter. Continue to mix, then add the baking soda and baking powder. Slowly add the cacao powder. Continue to mix until a pancake batter-like consistency is achieved.
5. Fill each muffin liner with the batter, approximately 1/3 cup each. Add the remaining peanut butter onto the top of each muffin and if desired, swirl with a toothpick.
6. Bake in the oven for 25 minutes or until muffin tops are firm. Remove from the oven, allow to cool in the muffin tin for 10 minutes before removing. Enjoy

NOTES

- Leftovers: Keep on the counter in an airtight container for up to five days. Freeze for up to six months.
- Serving Size: One serving is equal to one muffin.
- Additional Toppings: Turn them into cupcakes. Make the icing by whipping together peanut butter, coconut oil, coconut cream, maple syrup, and salt

Nutrition per Serving

Calories: 334
Protein: 10g
Carbs: 26g
Fiber: 4g
Fats: 26g

No Bake Frosted Carrot Bars

PREP TIME	COOK TIME	TOTAL TIME	SERVES
25 Mins	30 Mins	55 Mins	9



DIRECTIONS

1. Line a square baking dish with parchment paper.
2. In a large bowl, combine the almond flour, coconut flour, cinnamon, and half of the salt.
3. Mix well. In another bowl, combine the pumpkin puree, 2/3 of the cashew butter, maple syrup, and 1/4 of the almond milk. Mix until well combined, then add to the dry ingredients and continue to mix until a batter has formed.
4. Add the grated carrot into the dough and kneed with your hands until fully incorporated.
5. Add the dough to the prepared baking dish and spread it evenly across the pan with your hands.
6. In a bowl, add the protein powder, remaining salt, remaining cashew butter, and remaining almond milk. Mix well until smooth. If needed, add more milk until desired frosting consistency, one tablespoon at a time.
7. Spread the frosting evenly over top of the dough with a spatula. Transfer to the fridge to set for at least 30 minutes. Slice, serve, and enjoy!

INGREDIENTS

- 1 1/2 cup Almond Flour
- 3/4 cup Coconut Flour
- 1 tsp Cinnamon
- 1/2 tsp Sea Salt (divided)
- 1/2 cup Pureed Pumpkin
- 3/4 cup Cashew Butter (divided)
- 1/4 cup Maple Syrup
- 1/2 cup Unsweetened Almond Milk (divided)
- 1 cup Grated Carrot (finely grated)
- 3/4 cup Vanilla Protein Powder

Nutrition per Serving

Calories: 278
Protein: 6g
Carbs: 44g
Fiber: 5g
Fats: 9g

NOTES

- Leftovers: Refrigerate in an airtight container for up to five days. Freeze individually for up to three months.
- Serving Size: A 9 x 9-inch baking dish was used to make nine servings. One serving is equal to one bar.
- More Flavor: Add nutmeg, clove, and dried fruit

Mini Flourless Chocolate Cakes

PREP TIME	COOK TIME	TOTAL TIME	SERVES
20 Mins	20 Mins	40 Mins	6



INGREDIENTS

- 1 1/16 oz Avocado Oil Spray
- 2 2/3 oz Dark Chocolate (at least 70% cacao)
- 2 tbsps. Butter
- 2 Egg (yolks and white separated)
- 2 tbsps. Coconut Sugar
- 1 tsp. 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 and butter in 20-second increments in the microwave.
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 four days.
- Serving Size: One serving is equal to one mini chocolate cake.
- More flavor: Add vanilla or espresso powder.
- Avocado Oil Spray: One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.

Nutrition per Serving

Calories: 144
Protein: 4g
Carbs: 9g
Fiber: 1g
Fats: 11g

Cinnamon Rolls

PREP TIME	COOK TIME	TOTAL TIME	SERVES
15 Mins	25 Mins	2 Hrs 25 Mins	6

INGREDIENTS



- ¼ cup Cow's Milk, Whole (warm)
- 1 tsp Instant Yeast
- 1 ½ tbsp. Honey
- 6 ⅓ cup Unbleached All Purpose Flour
- 1 Egg
- ¼ cup Butter (divided, room temperature)
- ½ tsp. Sea Salt (divided)
- ⅛ oz Avocado Oil Spray (divided)
- 3 tbsps. Brown Sugar
- 1 tbsp. Cinnamon

DIRECTIONS

1. In a bowl of a stand mixer, add the milk, yeast, and honey. Whisk until combined and let sit for about five minutes.
2. Add the flour, egg, and half of the butter to the bowl. Use a hook attachment and knead for about seven to ten minutes on medium-low speed or until a dough forms. Add half of the salt and knead for another minute.
3. Spray a bowl with half of the oil spray. Use your hand and shape the dough into a ball. Transfer the dough to the bowl. Cover with a damp towel and let sit in a slightly warm place for 60 minutes or until doubled in size.
4. Meanwhile, in a small bowl, mix together the remaining butter, brown sugar, cinnamon, and the remaining salt. Gently roll the dough out into a rough rectangle, about 8 inches (20 cm) long and 1/4 inch (1/2 cm) thick. Spread the cinnamon mixture evenly on top of the dough.
5. Starting on one long side, gently roll the dough into a log. Use a sharp knife and cut the log into six equal pieces. Spray a baking dish with the remaining oil spray. Add the cinnamon rolls to the dish. Cover with a towel and let sit at room temperature for 30 minutes.
6. Meanwhile, preheat the oven to 350°F (175°C). Bake in the oven for 20 to 25 minutes or until golden brown on top. Enjoy!

NOTES

- Leftovers: Refrigerate in an airtight container for up to three days.
- Serving Size: One serving is equal to one cinnamon roll
- Additional Toppings: Top with cream cheese frosting

Nutrition per Serving

Calories: 249
Protein: 5g
Carbs: 35g
Fiber: 1g
Fats: 9g

Avocado Brownies

PREP TIME	COOK TIME	TOTAL TIME	SERVES
10 Mins	20 Mins	30 Mins	12



DIRECTIONS

1. Preheat the oven to 350°F (177°C).
2. Add the avocado, eggs, vanilla, coconut sugar and ghee to a food processor or blender and mix well until combined.
3. Add the almond flour, cacao powder, baking soda and sea salt. Process again until combined.
4. Stir in the chocolate chips, reserving some to place on top. Line a pan with parchment paper and pour brownie batter in.
5. Smooth the top down and sprinkle the remaining chocolate chips on top.
6. Bake for 18 to 20 minutes. Remove from the oven and let cool before slicing. Enjoy!

INGREDIENTS

- 1 Avocado (medium, ripe)
- 2 Eggs
- ½ tsp. Vanilla Extract
- ½ cup Coconut Sugar
- 3 tbsps. Ghee
- ½ cup Almond Flour
- ½ cup Cacao Powder (or cocoa powder)
- 1 tsp. Baking Soda
- ½ tsp. Sea Salt
- ⅓ cup Dark Chocolate Chips

Nutrition per Serving

Calories: 177
Protein: 3g
Carbs: 14g
Fiber: 3g
Fats: 12g

NOTES

- Avocado: One medium avocado is equal to approximately one cup of mashed avocado
- No Ghee: Use coconut oil or coconut butter instead.
- Pan Size: For 12 servings, we used a 9 x 9-inch pan.

Double Chocolate Mint Energy Balls

PREP TIME	COOK TIME	TOTAL TIME	SERVES
15 Mins	N/A	15 Mins	6



INGREDIENTS

- 1/2 cup Pitted Dates
- 1/2 cup Almonds (raw)
- 2 tbsps. Cacao Powder
- 1 tbsp. Cacao Nibs
- 1/8 tbsp. Sea Salt
- 1/2 tsp. Peppermint Extract
- 1 tbsp. Water

DIRECTIONS

1. Add the dates, almonds, cacao powder, cacao nibs, sea salt and peppermint extract to the bowl of a food processor.
2. While the food processor is running stream in the water. Run the food processor until the date mixture forms a ball.
3. Form the mixture into small balls with your hands and enjoy

NOTES

- No Almonds: Use raw cashews instead.
- Serving Size: One serving is equal to two balls
- Storage: Store in the fridge up to five days, or in the freezer for up to three months

Nutrition per Serving

Calories: 124
Protein: 3g
Carbs: 17g
Fiber: 4g
Fats: 7g

Salted Peanut Fat Bombs

PREP TIME	COOK TIME	TOTAL TIME	SERVES
20 Mins	35 Mins	55 Mins	6

INGREDIENTS

- 1/2 cup All Natural Peanut Butter
- 1/4 cup Coconut Oil
- 1/4 tsp. Sea Salt
- 1/8 tsp. Stevia Powder



DIRECTIONS

1. Arrange paper baking cups on a plate or a small baking sheet. Set aside.
2. Set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape. Bring water to a boil then reduce to lowest heat.
3. Add the peanut butter and coconut oil to the smaller pot. Allow them to melt and stir to combine. Stir in the salt and stevia powder.
4. Divide the peanut butter mixture between the paper baking cups then transfer to the freezer. Allow the fat bombs to set for at least 30 minutes or until solid. Transfer to an airtight container and keep frozen. Enjoy

NOTES

- Leftovers: Keep fat bombs in the freezer for up to one month. Fat bombs will melt at room temperature.
- Serving Size: One serving is one fat bomb
- No Stevia Powder: Use liquid stevia drops, monk fruit sweetener drops or other powdered sugar alternative (not granulated)

Nutrition per Serving

Calories: 209
Protein: 5g
Carbs: 5g
Fiber: 1g
Fats: 20g

Chocolate Pumpkin Muffins

PREP TIME	COOK TIME	TOTAL TIME	SERVES
10 Mins	25 Mins	35 Mins	12



DIRECTIONS

1. Preheat the oven to 350°F (177°C).
2. Add the avocado, eggs, vanilla, coconut sugar and ghee to a food processor or blender and mix well until combined.
3. Add the almond flour, cacao powder, baking soda and sea salt. Process again until combined.
4. Stir in the chocolate chips, reserving some to place on top. Line a pan with parchment paper and pour brownie batter in.
5. Smooth the top down and sprinkle the remaining chocolate chips on top.
6. Bake for 18 to 20 minutes. Remove from the oven and let cool before slicing. Enjoy!

INGREDIENTS

- 1 tbsp. Ground Flax Seed
- 3 tbsps. Water
- 1 cup Pureed Pumpkin
- ¼ cup Oat Milk
- ⅓ cup Coconut Sugar
- ¼ cup Coconut Oil
- 1 ⅓ cup Oat Flour
- ½ cup Cocoa Powder
- 2 tsps. Pumpkin Pie Spice
- 1 tsp. Baking Powder
- ½ tsp. Baking Soda
- ¼ tsp. Sea Salt
- ½ cup Dark Chocolate Chips (optional)

Nutrition per Serving

Calories: 189
Protein: 4g
Carbs: 27g
Fiber: 3g
Fats: 10g

NOTES

- Leftovers: Refrigerate in an airtight container for up to five days. Place in an airtight freezer bag for up to two months.
- Serving Size: One serving is equal to one muffin.
- Additional Toppings: Chopped pecans or walnuts.

Chocolate Pumkin Energy Bars

PREP TIME	COOK TIME	TOTAL TIME	SERVES
15 Mins	N/A	45 Mins	6



INGREDIENTS

- 1/3 cup Pumpkin Seed Butter (melted)
- 3 tbsps. Maple Syrup
- 1/2 tsp. Ground Ginger
- 1/2 tsp. Cinnamon
- 1 1/2 cups Rice Puffs Cereal
- 1/2 cup Pumpkin Seeds
- 1 oz Dark Chocolate (chopped)

DIRECTIONS

1. In a mixing bowl, whisk together the pumpkin seed butter, maple syrup, ginger, and cinnamon. Gently fold in the rice puffs cereal and pumpkin seeds.
2. Transfer and spread the mixture across a parchment-lined container or baking dish. Place another layer of parchment paper on top and firmly press into an even packed layer. (Note: If not compact enough, the bars may come out crumbly.)
3. In the microwave, heat the dark chocolate in a small bowl for 30 seconds at a time, until melted. Drizzle overtop with a small spoon.
4. Freeze for about 30 minutes and slice into bars. Enjoy!

NOTES

- Leftovers: Refrigerate in an airtight container for up to two weeks, or freeze for up to two months.
- Serving Size: One serving equals two bars. A 9 x 6 1/2-inch container was used to make 12 bars or six servings. No Pumpkin Seed Butter: Use tahini, sunflower seed butter, peanut butter, or almond butter instead

Nutrition per Serving

Calories: 218
Protein: 7g
Carbs: 15g
Fiber: 2g
Fats: 15g

Apple Pie Cashew CheeseCake Cups

PREP TIME	COOK TIME	TOTAL TIME	SERVES
20 Mins	7 Mins	2 Hrs 30 Mins	9

INGREDIENTS



- 2 cups Oats (rolled)
- 2 tsps. Cinnamon (divided)
- 1/3 cup Coconut Oil (melted, divided)
- 1/3 cup Maple Syrup (divided)
- 1 tsp. Vanilla Extract (divided)
- 1/2 tsp. Sea Salt (divided)
- 1 cup Cashews (raw, soaked for at least 6 hours and drained)
- 1 1/2 Apple (large, chopped, divided)

DIRECTIONS

1. Preheat the oven to 350°F (175°C) and line a muffin tin with silicone or paper muffin liners.
2. In a food processor, combine the oats, half of the cinnamon, 1/3 of the coconut oil, 1/3 of the maple syrup, half of the vanilla, and half of the salt. Process until a sticky batter is formed.
3. Scoop 1 1/2 tablespoons of the batter into each muffin liner. With your fingers press and mold the batter to form an even crust around the bottom and sides. Transfer to the oven and bake for seven minutes.
4. Wipe out the food processor and add the cashews, 2/3 of the apple, and the remaining of the following ingredients: cinnamon, coconut oil, maple syrup, vanilla, and salt. Blend for two to three minutes or until the mixture is very smooth.
5. Divide the cashew mixture evenly into each of the baked crusts. Top with the remaining apple, and sprinkle with cinnamon to garnish. Transfer the cups to the fridge to set for at least two hours. Enjoy

NOTES

- Leftovers: Refrigerate in an airtight container for up to five days or freeze for up to three months.
- Serving Size: One serving is equal to one cheesecake cup
- Different Flavors: Use pumpkin pie spice in place of the cinnamon, and swap out the apple for pumpkin puree.

Nutrition per Serving

Calories: 290
Protein: 5g
Carbs: 41g
Fiber: 4g
Fats: 17g

Super Seed Chocolate Bark

PREP TIME	COOK TIME	TOTAL TIME	SERVES
10 Mins	N/A	30 Mins	8



DIRECTIONS

1. Line a plate or baking sheet with parchment paper.
2. Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape. Bring water to a boil then reduce heat to low.
3. Add the chocolate and coconut oil the double boiler and stir occasionally until the chocolate has melted completely.
4. Remove the bowl from the double boiler and stir in the seeds. Mix well until the seeds are completely covered in the chocolate.
5. Transfer the chocolate and seeds to the prepared parchment paper and spread into an even layer. Place the bark in the freezer for about 30 minutes or until solid.
6. When solid, break into pieces and store in an airtight container in the freezer or fridge until ready to eat. Enjoy!

INGREDIENTS

- 2 3/4 oz Dark Chocolate
- 2 tsps. Coconut Oil
- 1/4 cup Pumpkin Seeds
- 1/4 cup Sunflower Seeds
- 2 tbsps. Hemp Seeds

Nutrition per Serving

Calories: 140
Protein: 4g
Carbs: 6g
Fiber: 2g
Fats: 11g

NOTES

- Leftovers: Refrigerate in an airtight container for up to two weeks or in the freezer for up to three months
- Serving Size: One serving is equal to approximately 1/4 cup of bark
- More Flavor: Add sea salt or vanilla extract.

No Bake Maple Pecan Bars

PREP TIME	COOK TIME	TOTAL TIME	SERVES
15 Mins	N/A	2 Hrs 10 Mins	12



INGREDIENTS

- 1 1/2 cup Oats
- 1 cup Almonds
- 1/3 cup Maple Syrup
- 2 tsps. Cinnamon
- 1 tbsp. Coconut Oil
- 1/2 tsp. Sea Salt (divided)
- 2 cups Pitted Dates
- 2 tbsps. Water
- 1 tsp. Vanilla Extract
- 1/4 cup Cashew Butter
- 3/4 cup Pecans (roughly chopped)

DIRECTIONS

1. Line a baking pan with parchment paper.
2. In a food processor, combine the oats, almonds, maple syrup, cinnamon, oil, and half the salt. Pulse until a fine crust has formed and can be pressed between your fingers.
3. Pour the crust into the prepared baking pan and press down to hold the crust together. Place in the freezer while you make the topping.
4. Wipe out the food processor bowl with a paper towel. Combine the dates, water, vanilla, cashew butter, and remaining salt. Pulse on high until a somewhat smooth consistency is reached. Add a splash of more water if needed to combine.
5. Remove the crust from the freezer. Using a butter knife spread the date mixture on top of the crust until smooth. Add the pecans on top, pressing down slightly so they stick to the filling. Transfer to the freezer to set for about two hours.
6. Remove the pecan bars from the freezer and take them out of the pan by pulling out the parchment paper. Use a sharp knife to slice into squares. Enjoy

NOTES

- Leftovers: Store leftover slices in the fridge for up to one week, or freeze for longer.
- Serving Size: One serving is one square
- Gluten-free: Use gluten-free oats

Nutrition per Serving

Calories: 284
Protein: 6g
Carbs: 46g
Fiber: 5g
Fats: 15g

Chocolate Pistachio Protein Balls

PREP TIME	COOK TIME	TOTAL TIME	SERVES
15 Mins	N/a	15 Mins	15

INGREDIENTS

- 6 oz Dark Chocolate (roughly chopped)
- ¼ cup Cocoa Powder
- 1 ½ tbsps. Vanilla Protein Powder
- ⅔ cup Sunflower Seed Butter
- 1 cup Pistachios (removed from shell, divided)



DIRECTIONS

1. Add the dark chocolate, cocoa powder, protein powder, sunflower seed butter, and half the pistachios to a food processor and blend until well mixed and sticky. Add more sunflower seed butter if the mixture is too dry, or more pistachios if too wet.
2. Transfer to a mixing bowl and form into even balls with your hands, roughly one-inch in diameter.
3. Crush the remaining pistachios and coat each ball evenly. Store in the fridge or freezer until ready to enjoy

NOTES

- Leftovers: Refrigerate in an airtight container for up to seven days or in the freezer for three months.
- Serving Size: One serving is equal to one ball
- More Flavor: Add vanilla extract

Nutrition per Serving

Calories: 189	
Protein: 5g	
Carbs: 11g	
Fiber: 3g	
Fats: 15g	

Pumpkin Spice Banana Ice Cream

PREP TIME	COOK TIME	TOTAL TIME	SERVES
10 Mins	N/A	10 Mins	2



DIRECTIONS

1. In a food processor or high-speed blender, add all of the ingredients and blend until a creamy consistency is reached.
2. Occasionally scrape down the sides and continue to blend if needed.
3. Divide into bowls right away for a soft serve style ice cream or freeze for 30 minutes for slightly firmer ice cream. Enjoy!

INGREDIENTS

- 2 Frozen Bananas (ripe)
- 3/4 cup Pureed Pumpkin
- 1 1/2 tsp. Pumpkin Pie Spice
- 1 tbsp. Maple Syrup
- 2/3 oz Collagen Powder
- 2 tbsps. Plain Coconut Milk (from the carton)

Nutrition per Serving

Calories: 298
Protein: 12g
Carbs: 67g
Fiber: 9g
Fats: 1g

NOTES

- Leftovers: Best enjoyed immediately or within 60 minutes after freezing
- Serving Size: One serving is equal to approximately 1/2 cup.
- Homemade Pumpkin Spice: Mix 1/4 cup ground cinnamon, 4 tsp ground nutmeg, 4 tsp ground ginger, and 1 tbsp ground allspice. Store in an airtight container

Pistachio & Coconut Date Roll

PREP TIME	COOK TIME	TOTAL TIME	SERVES
15 Mins	10 Mins	12 Hrs 30 Mins	6



INGREDIENTS

- 1/3 cup Pistachios (shells removed, roughly chopped)
- 1/3 cup Almonds (chopped)
- 2 tbsps. Sesame Seeds
- 1 tbsp. Butter
- 1 1/3 cup Pitted Dates
- 1/4 cup Water
- 2 tbsps. Unsweetened Shredded Coconut

DIRECTIONS

1. Add the pistachios, almonds, and sesame seeds to a pan. Toast them over low heat for about 10 minutes and stir occasionally.
2. Add the butter and dates to the pan and mix everything together. Add the water and simmer for five to seven minutes or until the dates are soft. Stir and use the back of a fork to smash the dates and make a paste. Remove from the heat.
3. Let the mixture get cool enough to handle. Transfer the date mixture to plastic wrap and roll it into an approximately two-inch thick log. Refrigerate overnight.
4. Unwrap the log and cover in shredded coconut. Cut into about half-inch thick slices and enjoy!

NOTES

- Leftovers: Refrigerate in an airtight container for up to two weeks.
- Serving Size: One serving is equal to approximately two 1/2-inch slices from the date roll.
- More Flavor: Add cardamom and vanilla
- Make it Vegan: Use plant-based butter.

Nutrition per Serving

Calories: 222
Protein: 5g
Carbs: 25g
Fiber: 5g
Fats: 12g

Chocolate Orange Ginger Truffles

PREP TIME	COOK TIME	TOTAL TIME	SERVES
20 Mins	N/a	2 Hrs 20 Mins	10

INGREDIENTS



- 1 cup Pitted Dates
- 1/2 cup Candied Ginger
- 2 tbsps. Coconut Oil
- 1/2 cup Unsweetened Shredded Coconut
- 1 tsp. Orange Extract
- 1/2 tsp. Sea Salt
- 1/2 cup Cacao Powder (divided)
- 1/3 cup Dark Chocolate Chips

DIRECTIONS

1. Add the dates, ginger, coconut oil, shredded coconut, orange extract, salt, and 1/4 of the cacao powder to the bowl of a food processor. Process until a smooth consistency is achieved.
2. Fold in the chocolate chips and roll the batter into 1 1/2-inch balls. Add the remaining cacao powder to a small bowl. Roll each ball in it until well coated.
3. Transfer the balls to a plate or container and refrigerate for two hours, or until firm. Enjoy now or freeze for later!

NOTES

- Leftovers: Refrigerate in an airtight container for up to seven days. Freeze for up to three months.
- Serving Size: One serving is equal to approximately one truffle.
- More Flavor: Mix cinnamon and ginger powder into the rolling cacao

Nutrition per Serving

Calories: 204
Protein: 2g
Carbs: 26g
Fiber: 2g
Fats: 10g

Pumpkin Snickerdoodle Cookies

PREP TIME	COOK TIME	TOTAL TIME	SERVES
10 Mins	12 Mins	55 Mins	14



DIRECTIONS

1. Heat a small saucepan over medium and add the butter. Let it melt, stirring constantly with a spatula, until bubbling and browned, about five to eight minutes total. Adjust the heat as needed to medium-low to avoid burning. Remove from the heat and add to a medium bowl to cool. Transfer to the fridge for five to ten minutes while you prepare the rest.
2. In a large bowl, whisk together the flour, baking powder, baking soda, salt, and pumpkin pie spice.
3. Add the brown sugar, vanilla, and pumpkin to the bowl with the cooled butter. Mix very well with a spatula until smooth.
4. Add the wet ingredients to the dry ingredients and stir with a spatula until just combined and no flour remains. Cover and transfer to the fridge for 30 minutes.
5. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper. In a small bowl mix together the cinnamon and cane sugar. Remove the cookie dough from the fridge and scoop approximately two tablespoons of batter into your hands and roll it into a ball. Roll the ball in the cinnamon sugar mixture until completely coated.
6. Transfer the dough balls to the baking sheet and lightly press down on each with the palm of your hand or the back of a measuring cup until the cookie is approximately 2 1/2-inches (6 cm) in diameter. Bake for 11 to 12 minutes. Remove from the oven and allow them to cool for at least 10 minutes. Enjoy!

INGREDIENTS

- 1/2 cup Butter
- 1 1/2 cup All Purpose Gluten-Free Flour
- 1 tsp. Baking Powder
- 1/4 tsp. Baking Soda
- 1/2 tsp. Sea Salt
- 1 tsp Pumpkin Pie Spice
- 3/4 cup Brown Sugar (light)
- 1 tsp. Vanilla Extract
- 1/3 cup Pureed Pumpkin (blot with paper towel to absorb excess moisture)
- 1 tbsp. Cinnamon
- 2 tbsps. Cane Sugar

Nutrition per Serving

Calories: 189
Protein: 1g
Carbs: 40g
Fiber: 2g
Fats: 7g

No Bake Hazelnut Date Brownies

PREP TIME	COOK TIME	TOTAL TIME	SERVES
15 Mins	N/a	1 Hour	8



INGREDIENTS

- 1 1/2 cup Pitted Dates
- 3/4 cup Unsweetened Shredded Coconut
- 1/4 cup Hemp Seeds
- 1 tbsp. Chia Seeds
- 1/3 cup Coconut Oil (divided)
- 2/3 cup Cacao Powder (divided)
- 1/4 cup Maple Syrup (divided)
- 3 tbsps. Hazelnuts (roasted, crushed)
- 2 tbsps. Cacao Nibs
- 2 tbsps. Goji Berries

DIRECTIONS

1. Add the dates, coconut, hemp seeds, and chia seeds to the bowl of a food processor. Add 1/3 of the coconut oil, 3/4 of the cacao powder, and 1/2 of the maple syrup. Process until a sticky dough is formed, about five minutes.
2. Line a loaf pan with parchment paper. Scoop the brownie dough into the pan and flatten with your hands or a spatula, until evenly spread. Transfer to the freezer to set for 15 minutes.
3. Meanwhile, in a small saucepan, combine the remaining coconut oil, cacao powder, and maple syrup. Heat on the stove over low until the coconut oil has melted. Whisk to combine and remove from the heat. Allow to cool for 10 minutes.
4. Pour the melted chocolate over top of the cold brownies. Sprinkle on the crushed hazelnuts, cacao nibs, and goji berries. Transfer to the fridge to set for 10 minutes. Slice, serve, and enjoy!

NOTES

- Leftovers: Refrigerate in an airtight container for up to one week. Freeze for up to six months.
- Serving Size: A 5 x 9-inch loaf pan was used to make eight servings. One serving is equal to one brownie.
- More Flavor: Add peppermint or orange extract.

Nutrition per Serving

Calories: 452
Protein: 5g
Carbs: 46g
Fiber: 8g
Fats: 22g

Raw Blueberry Cheesecake

PREP TIME	COOK TIME	TOTAL TIME	SERVES
20 Mins	N/a	3 Hrs 35 Mins	10

INGREDIENTS



- 1/4 cup Water
- 1/2 oz Gelatin
- 2 cups Oats (rolled)
- 3/4 cup Maple Syrup (divided)
- 1/2 cup Coconut Oil (divided)
- 2 tsps. Vanilla Extract (divided)
- 1/2 tsp. Sea Salt (divided)
- 3 cups Cashews (raw, soaked overnight, drained & rinsed)
- 2 cups Blueberries (fresh or frozen, divided)
- 2 tbsps. Lemon Juice

DIRECTIONS

1. Add the water to a small microwave-safe dish. Sprinkle the gelatin on top, then microwave for 30 seconds. Set aside and allow to cool.
2. Add the oats, 1/3 of the maple syrup, 2/5 of the coconut oil, half of the vanilla, and half of the sea salt to the blender or bowl of a food processor. Process until a sticky, slightly crumbly dough starts to form.
3. Pour the dough into the bottom of a springform pan. Spread the dough evenly with your hands or with the bottom of a cup. Set aside and wipe the blender or food processor clean.
4. Add the remaining following ingredients to the blender or food processor: maple syrup, coconut oil, vanilla, and salt. Add the cashews, half of the berries, and lemon juice. Process until very smooth and creamy. Stir in the remaining berries.
5. Pour the mixture into the springform pan on top of the crust. Smooth it out with a spatula, then transfer it to the fridge to set for at least three hours. Slice, serve, and enjoy!

NOTES

- Leftovers: Refrigerate covered or in an airtight container for up to five days. Freeze for up to three months.
- Serving Size: A nine-inch springform pan was used for 10 servings. One serving is equal to one slice of cheesecake.
- Coconut Oil: For 10 servings, use 3 tbsp of coconut oil in the crust and 1/3 cup in the filling

Nutrition per Serving

Calories: 484
Protein: 10g
Carbs: 45g
Fiber: 4g
Fats: 31g

Mini Raw Blueberry Cheesecakes

PREP TIME	COOK TIME	TOTAL TIME	SERVES
15 Mins	N/a	1 Hour 30 Mins	14



DIRECTIONS

1. Prepare a muffin tray with muffin liners or use a silicone muffin tray.
2. Pulse the almond flour and dates in a food processor until you create a crumbly, somewhat sticky mixture. Divide the mixture into your prepared muffin tray. Press the mixture down firmly to create a crust and set aside in the freezer.
3. Wipe clean the food processor and add the cashews, blueberries, lemon juice, coconut milk, and banana. Blend the mixture until you get a smooth, creamy texture. Remove the muffin tray from the freezer and spread approximately two tablespoons of the cashew mixture on top of the crusts, being sure to evenly distribute the mixture.
4. Put the muffin tray back in the freezer for at least one hour to set. When you are ready to enjoy the cheesecakes, remove them from the freezer five to ten minutes before to soften the cheesecake slightly. Enjoy!

INGREDIENTS

- 1/2 cup Almond Flour
- 1/2 cup Pitted Dates
- 1 cup Cashews (soaked for at least two hours)
- 1/2 cup Frozen Blueberries
- 2 tsps. Lemon Juice
- 1/4 cup Canned Coconut Milk
- 1/2 Banana

Nutrition per Serving

Calories: 190
Protein: 5g
Carbs: 17g
Fiber: 2g
Fats: 17g

NOTES

- Leftovers: Freeze in an airtight container for up to one week.
- Serving Size: One serving is one cheesecake
- More Flavor: Add maple syrup or honey to the cashew mixture for more sweetness.

Chocolate Lava Cakes with Raspberries

PREP TIME	COOK TIME	TOTAL TIME	SERVES
10 Mins	15 Mins	25 Mins	2



INGREDIENTS

- 2 tbsps. Coconut Oil (melted and cooled)
- 1/2 cup Unsweetened Almond Milk
- 1/2 tsp. Apple Cider Vinegar
- 1/2 tsp. Vanilla Extract
- 1/2 cup All Purpose Gluten-Free Flour
- 1/4 cup Coconut Sugar
- 2 tbsps. Cocoa Powder
- 1/2 tsp. Baking Powder
- 1/8 tsp. Baking Soda
- 1/8 tsp. Sea Salt
- 1 1/2 oz. Dark Chocolate (squares)
- 1/3 cup Raspberries

DIRECTIONS

1. Preheat the oven to 350°F (175°C).
2. Grease the ramekins with oil. In a large bowl, whisk the coconut oil, milk, vinegar, and vanilla.
3. Add the flour, sugar, cocoa powder, baking powder, baking soda, and salt. Whisk until just combined.
4. Add half of the batter into each ramekin. Place the chocolate into the center and then fill the ramekins with the remaining batter.
5. Place the ramekins on a baking sheet and transfer to the oven. Bake for 14 to 15 minutes, until the sides are cooked through and the top is mostly firm to the touch.
6. Let cool a few minutes to continue cooking. Top with raspberries and serve. Enjoy!

NOTES

- Leftovers: Refrigerate in an airtight container for up to three days
- Serving Size: This recipe uses two eight ounce (120-mL) ramekin dishes for two servings. One ramekin is one serving.
- Gluten-Free: This recipe was tested using Bob's Red Mill 1-to-1 Gluten-Free Flour. If using another type of flour, results may vary

Nutrition per Serving

Calories: 481
Protein: 5g
Carbs: 66g
Fiber: 12g
Fats: 24g

Chocolate Covered Chestnuts

PREP TIME	COOK TIME	TOTAL TIME	SERVES
10 Mins	N/a	25 Mins	5

INGREDIENTS



- 2 tsps. Coconut Oil
- 1/3 cup Dark Chocolate Chips
- 1 cup Chestnuts (roasted, deshelled)
- 1/4 tsp. Sea Salt (flaky)

DIRECTIONS

1. Line a baking sheet with parchment paper.
2. In a small saucepan over low heat, add the coconut oil and chocolate chips. Stir continuously until the chocolate is melted and smooth.
3. Transfer the melted chocolate to a bowl. Using a spoon or fork, roll each chestnut in the chocolate until coated. Place the chestnuts onto the baking sheet and sprinkle sea salt over them.
4. Freeze for 10 to 15 minutes. Enjoy!

NOTES

- Leftovers: After freezing, transfer the chestnuts to an airtight container and refrigerate for up to one week.
- Serving Size: One serving is approximately three chestnuts.

Nutrition per Serving

Calories: 182
Protein: 2g
Carbs: 24g
Fiber: 1g
Fats: 8g

Pumpkin Chocolate Freezer Fudge

PREP TIME	COOK TIME	TOTAL TIME	SERVES
15 Mins	N/a	4 Hours 15 Mins	8



DIRECTIONS

1. Line a loaf pan with parchment paper going in both directions.
2. In a large bowl, combine the cashew butter, coconut oil, pumpkin, honey, pumpkin pie spice, and salt. Mix very well with a spatula until smooth.
3. Stir in the chocolate chips and then pour into the prepared loaf pan.
4. Transfer to the freezer for four hours (or overnight). Remove the fudge and slice into squares. Enjoy!

INGREDIENTS

- 2/3 cup Cashew Butter (runny, drippy)
- 1/3 cup Coconut Oil (melted)
- 1/2 cup Pureed Pumpkin
- 1/3 cup Raw Honey
- 1 tsp. Pumpkin Pie Spice
- 1/4 tsp. Sea Salt
- 1/3 cup Dark Chocolate Chips

NOTES

- Leftovers: Store in the freezer for best results. Let them soften for about five minutes out of the freezer before enjoying.
- Serving Size: An 8 x 4-inch (20 x 10 cm) loaf pan was used to make eight servings. One serving is one square.
- Make it Vegan: Use maple syrup. Be sure to use room temperature maple syrup so it doesn't cause the coconut oil to harden when stirring.

Nutrition per Serving

Calories: 312
Protein: 5g
Carbs: 24g
Fiber: 1g
Fats: 24g

Boo-nana Ghost Pops

PREP TIME	FREEZE TIME	TOTAL TIME	SERVES
15 Mins	2 Hrs	2 Hrs 15 Mins	6



INGREDIENTS

- 3 Bananas
- 1 cup Greek Yogurt
- Mini chocolate chips for eyes
- Popsicle sticks

DIRECTIONS

1. Peel and cut each banana in half. Insert a popsicle stick into the cut end.
2. Dip bananas in yogurt, smoothing the surface with a knife.
3. Place two mini chocolate chips on each for eyes.
4. Freeze on a baking sheet lined with parchment paper until firm.

NOTES

- Leftovers: Put inside an airtight container and freeze. For best results consume within a day.

Nutrition per Serving

Calories: 90
Protein: 2g
Carbs: 19g
Fiber: 2g
Fats: 1g

Pumpkin Spice Energy Bites

PREP TIME	CHILL TIME	TOTAL TIME	SERVES
10 Mins	30 Mins	40 Mins	8

INGREDIENTS



- 1 cup rolled oats
- 1/2 cup pumpkin puree
- 1/4 cup honey
- 1 tsp pumpkin pie spice
- 1/2 cup almond butter
- 1/4 cup flax seeds

DIRECTIONS

1. Mix all ingredients in a bowl until well combined.
2. Roll into balls and chill in the refrigerator until firm.

NOTES

- Leftovers: Refrigerate in an airtight container for up to five days. Freeze for up to a week.
- Serving Size: One serving equals one pumpkin ball.
- Additional Toppings: Pumpkin seeds

Nutrition per Serving

Calories: 180
Protein: 5g
Carbs: 22g
Fiber: 4g
Fats: 9g

Witch's Hat Mini Cupcakes

PREP TIME	COOK TIME	TOTAL TIME	SERVES
20 Mins	15 Mins	35 Mins	12



DIRECTIONS

1. Combine dry ingredients. Mix in wet ingredients until smooth.
2. Pour into mini cupcake liners and bake at 350°F until a toothpick comes out clean.

INGREDIENTS

- 1 cup almond flour
- 1/4 cup cocoa powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 3 eggs
- 1/3 cup honey
- 1/4 cup coconut oil, melted
- 1/2 tsp vanilla extract

NOTES

- Leftovers: Refrigerate in an airtight container for up to one week.

Nutrition per Serving

Calories: 150
Protein: 4g
Carbs: 12g
Fiber: 2g
Fats: 10g

Candy Corn Fruit Cups

PREP TIME	FREEZE TIME	TOTAL TIME	SERVES
10 Mins	N/a	10 Mins	6



INGREDIENTS

- 2 cups pineapple, diced
- 2 cups oranges, diced
- 1 cup Greek yogurt or whipped coconut cream

DIRECTIONS

1. Layer pineapple, then oranges, and top with a dollop of yogurt in clear cups.

NOTES

- Leftovers: Cover and refrigerate for up to 2 days

Nutrition per Serving

Calories: 120
Protein: 3g
Carbs: 25g
Fiber: 3g
Fats: 1g

Spooky Spiderweb Brownies

PREP TIME	COOK TIME	TOTAL TIME	SERVES
15 Mins	20 Mins	35 Mins	12

INGREDIENTS



- 1 cup black beans (drained and rinsed)
- 2 eggs
- 1/2 cup cocoa powder
- 1/4 cup coconut oil
- 1/3 cup maple syrup
- 1 tsp vanilla extract
- 1/2 tsp baking powder
- White chocolate, melted for spiderweb design

DIRECTIONS

1. Blend all ingredients except white chocolate until smooth.
2. Pour into a greased pan, bake, cool, and drizzle melted white chocolate in a spiderweb pattern.

NOTES

- Leftovers: Refrigerate in an airtight container for up to one week.

Nutrition per Serving

Calories: 140
Protein: 4g
Carbs: 15g
Fiber: 4g
Fats: 8g

Creepy Crawly Date Bars

PREP TIME	COOK TIME	TOTAL TIME	SERVES
20 Mins	15 Mins	35 Mins	12



DIRECTIONS

1. Combine dry ingredients. Mix in wet ingredients until smooth.
2. Pour into mini cupcake liners and bake at 350°F until a toothpick comes out clean.

INGREDIENTS

- 1 cup almond flour
- 1/4 cup cocoa powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 3 eggs
- 1/3 cup honey
- 1/4 cup coconut oil, melted
- 1/2 tsp vanilla extract

NOTES

- Leftovers: Refrigerate in an airtight container for up to one week.

Nutrition per Serving

Calories: 150
Protein: 4g
Carbs: 12g
Fiber: 3g
Fats: 10g