

# 15 Back-to-School Snacks

**YOUR KIDS ARE GUARANTEED TO LOVE!!!**



*Photo by thebestideasforkids.com*

*@FITNFAB.WITH.CARLA*

# CONTENTS

HOMEMADE RANCH DIP	03
GIRL SCOUT COOKIE BARS	04, 05
2-WAY VEGGIES/CHIPS DIP	06
DELICIOUS DONUT RECIPE	07
HUMMUS 3-WAYS	08
SECRET INGREDIENT BROWNIES	09
BANANA OATMEAL BLENDER MUFFINS	10
THE BEST HEALTHY BUCKEYES	11
BAKED APPLE CHIPS	12
HONEY ROASTED FETA DIP	13
{FLOURLESS} PUMPKIN CUSTARD BARS	14
COPYCAT MINI PEANUT BUTTER CUPS	15
GLUTEN FREE CHOCOLATE CAKE WITH PEANUT BUTTER FROSTING	16
TASTY BANANA BREAD	17
COCOA-BANANA OAT BARS	18
PUMPKIN OAT COOKIES	19
<b>BONUS RECIPES:</b>	
CHOCOLATE CHIA PUDDING	20
MINT CHIP BANANA ICE CREAM	21

# HOMEMADE RANCH DIP

*This healthy 21 Day Fix ranch dressing (or dip!) is SO delicious and uses my favorite not-so-secret-anymore ingredient: cottage cheese! It's such a creamy, dreamy, protein-packed ranch!*



## INGREDIENTS

- 1/2 cup low-fat cottage cheese
- 2 tbsp 1% or 0% Greek yogurt
- 1 1/2 tbsp (2 1/2 tbs if you want to use this as a dressing) low-fat milk, skim milk or unsweetened plain almond milk
- 2 tsp lemon juice
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 3/4 tsp dried dill
- 1 1/2 tbsp green onion, minced
- 1 tbsp fresh parsley, chopped
- a pinch of salt and black pepper, to taste

 PREP TIME: 10 MINUTES

 COOK TIME: 10 MINUTES

 TOTAL TIME: 20 MINUTES

 YIELD: 4 SERVINGS

PHOTO & RECIPE BY:  
THEFOODIEANDTHEFIX.COM

## INSTRUCTIONS

In a blender, add in the first 7 ingredients (through dill) and blend away until the mixture is SUPER smooth.

Pour into whatever container you're going to keep your ranch in (it should last a good 5 days in the fridge). Stir in the minced green onion and fresh parsley. Season with salt and pepper. Yum!

Serve with your favorite veggies.

# GIRL SCOUT COOKIE BARS

*It's Girl Scout Cookies are amazing all year and these Healthy Samoas Cookie Bars are my new favorite way to get my cookie fix! Dare I say it – they taste better than the originals, plus they are gluten and dairy free and 21 Day Fix Approved!*



## INGREDIENTS

For the cookie layer:

- 1 1/4 cups unsweetened shredded coconut
- 1/4 cup coconut flour
- 1/8 tsp sea salt
- 2 tbsp coconut oil, melted
- 2 tbsp of honey
- 1 tsp vanilla extract

For the chocolate layer:

- 3 tbsp real maple syrup (you can sub honey, but I definitely prefer the syrup)
- 3 tbsp coconut oil
- 2 1/4 tbsp cacao or cocoa powder

For the coconut caramel layer:

- 1/4 cup coconut oil
- 1/4 cup real maple syrup
- 2 tbsp almond butter (you can sub peanut butter) sprinkle of sea salt
- 1/4 tsp vanilla extract
- 1/4 – 1/3 cup of shredded coconut

SEE INSTRUCTIONS ON THE NEXT PAGE...

 PREP TIME: 10 MINUTES

 COOK TIME: 10 MINUTES

 TOTAL TIME: 20 MINUTES

 YIELD: 4 SERVINGS

PHOTO & RECIPE BY:  
CONFESSIONSOFAFITFOODIE.COM

# GIRL SCOUT COOKIE BARS

*It's Girl Scout Cookie Season and these Healthy Samoas Cookie Bars are my new favorite way to get my cookie fix! Dare I say it – they taste better than the originals, plus they are gluten and dairy free and 21 Day Fix Approved!*



## INSTRUCTIONS

Preheat oven to 350 degrees.

In a food processor, combine shredded coconut and coconut flour.

Pulse in salt, coconut oil, honey, and vanilla until mixed well...mixture should form crumbs and be easy to press together.

Line an 8x8 square baking pan with 2 sheets parchment paper layered on top of each other in opposite directions.

Place cookie mixture at the bottom of the lined pan, spreading with a spoon, and then pressing with the sides of the parchment to even the mixture out.

Bake for 8-10 minutes.

While cookie layer is baking, melt coconut oil over low heat or in the microwave. Remove from heat and whisk in maple syrup, then slowly whisk in the cacao powder until smooth. Taste and adjust for sweetness or a deeper chocolate flavor. If chocolate is too runny, add a sprinkle more of cacao powder to thicken it up.

When the cookie layer is finished, spoon chocolate over the shortbread spreading it as even as possible, reserving a few tablespoons to drizzle on the topping at the end. Freeze for 20 minutes or until chocolate is firm.

While the bars in the freezer, make the caramel sauce.

In your microwave, melt the coconut oil and maple syrup together in a microwave safe glass container for 1 minute. Carefully remove (glass will be hot) and whisk in the 2 T of almond butter until the mixture is smooth and creamy. Sprinkle in salt and vanilla extract and continue to stir. Sauce should start to thicken. Set aside until the chocolate layered cookies are ready.

After the chocolate is set on the bars, remove baking pan from freezer. Using the top layer of the parchment paper to help, lift and flip the bars so the chocolate later is on the bottom.

Stir caramel sauce, then add in  $\frac{1}{4}$  –  $\frac{1}{3}$  cup of shredded coconut. (My kids like a little less, but a true Samoa has a lot, so go for the full  $\frac{1}{3}$  if you want!) Spread the coconut caramel sauce on top of the plain side of the cookie. Sprinkle with some extra shredded coconut and a bit of sea salt, if desired, and drizzle with the remaining chocolate sauce.

Allow to set in the freezer for 30 minutes.

Cut into 16 bars and enjoy!!

# 2-WAY CHIPS / VEGGIES DIP

*21 Day Fix Secret Ingredient Queso Dip and Guacamole (Chipotle Copy Cat Recipe)*



## INGREDIENTS

### QUESO DIP

- 4 cups of cauliflower florets
- 1/2 cup of broth or milk of your choice
- 2 cloves of garlic, minced
- 2 tsp of butter or olive oil
- 1 1/3 cups of freshly shredded sharp cheddar or cheddar jack cheese
- 1 can of diced tomatoes with green chilies, drained – mild, medium, or hot depending on your taste
- 1/2 tsp salt
- chili powder (optional)
- cumin (optional)

### GUACAMOLE (CHIPOTLE COPY CAT RECIPE)

- 2 ripe Hass avocados
- juice from one lime
- 2 tbsp cilantro (chopped)
- 1/4 cup red onion (finely chopped)
- 1/2 jalapeño, including seeds (finely chopped)
- 1/4 tsp kosher salt

### HOMEMADE CHIPS

- Corn tortillas
- Olive Oil Cooking Spray
- Salt

PHOTOS & RECIPES BY:  
CONFESSIONSOFAFITFOODIE.COM

## INSTRUCTIONS

### QUESO DIP

Place cauliflower florets in a large microwave-safe bowl with enough water to just cover the bottom of the bowl. Cover bowl loosely with waxed paper or a paper towel and steam cauliflower in microwave on high until tender, 4 to 5 minutes; drain. Using a food processor, blend cauliflower with broth or milk to make a puree. Set aside. Heat a skillet over medium-low heat. Melt butter and saute garlic 1-2 minutes or until fragrant. Add cauliflower puree to skillet and heat until warm, then stir in cheese until melted. Next add in drained tomatoes and salt. Cook on low ten minutes or until the flavors blend. Sprinkle in some chili pepper and cumin if desired, adjusting to taste. Garnish with cilantro or jalapeno if you are feeling it!

### GUACAMOLE (CHIPOTLE COPY CAT RECIPE)

Choose the right avocado. It should feel squishy yet firm (like the palm of your hand), and be a nice dark green color on the inside. Cut the avocado in half and remove the pit (carefully!) Scoop the avocados and place in a medium bowl. Toss and coat with juice from half of a lime. Add the salt and using a fork or potato masher, mash until a smooth consistency is achieved. Fold in the remaining ingredients and mix well. Taste the guacamole on a chip and adjust seasoning if necessary. I like to add more lime juice!

Serve with your favorite veggies or homemade chips.

For the chips – cut Corn tortillas into 6 pieces and lay them on a baking sheet lined with parchment paper. Spray with olive oil spray and cook for 8-10 minutes at 350. Chips will crisp up as they cool.

# DELICIOUS DONUT RECIPE

*This healthy donut recipe is a weekend treat! I love a good blender recipe, they're easy to prep—you're going to love these healthier donuts!*



## INGREDIENTS

- 5 eggs
- ½ cup coconut milk
- ½ cup maple syrup
- ½ cup pumpkin puree
- ¼ cup coconut oil
- ¾ cup almond flour
- ½ cup coconut flour

### Spices:

- 1 tsp vanilla
- 1 tsp baking soda
- 1 tsp cinnamon
- ½ tsp nutmeg or ginger
- ¼ tsp cloves
- ¼ tsp salt

 PREP TIME: 10 MINUTES

 COOK TIME: 20 MINUTES

 TOTAL TIME: 30 MINUTES

 YIELD: 12 SERVINGS

PHOTO & RECIPE BY:  
MYCRAZYGOODLIFE.COM

## INSTRUCTIONS

Preheat oven to 350. Oil the insides of your donut pan really well with olive oil spray.

Place the egg, coconut milk, pumpkin, maple, coconut oil, and vanilla in a blender.

Blend until frothy (about 15 seconds).

Add dry ingredients and blend on low for 10 to 20 seconds.

Spoon the batter into the pan, filling each cavity 2/3 of the way full. Bake 20 minutes.

Let cool for 10 minutes before removing from pan. Before removing, run a knife around the edges of each donut to loosen from the pan. Lift gently to keep the donut from falling apart. Very lightly spray the donuts with olive oil and sprinkle with a mixture of cinnamon and coconut crystals.

Let cool on a baking rack until fully cool or just slightly warm. Best stored in the refrigerator.

# HUMMUS 3-WAYS

Hummus is a great healthy snack — in moderation, of course. The best part is that it's so easy to make at home. Homemade hummus is often not only a healthier and cheaper alternative, but you can also get creative and mix up unique flavors.



## INGREDIENTS

### Homemade hummus

- 1 (15 oz.) can chickpeas (garbanzo beans), reserve liquid
- ¼ cup fresh lemon juice
- 1 tbsp extra-virgin olive oil
- 14 cloves garlic, coarsely chopped
- ¼ cup tahini (sesame butter)
- Sea salt (or Himalayan salt) (to taste; optional)
- Ground paprika (for garnish; optional)

### Avocado Hummus

- 1 (15 oz.) can chickpeas (garbanzo beans), reserve liquid
- ¼ cup fresh lemon juice
- 1 tbsp extra-virgin olive oil
- 2 cloves garlic
- ¼ cup tahini (sesame butter)
- Sea salt (or Himalayan salt) and ground black pepper to taste; optional
- 2 medium ripe avocados cut into chunks
- 1 dash ground cumin
- 2 tbsp finely chopped cilantro for garnish; optional

### Thai Hummus With Peanuts

- 1 (15 oz.) can chickpeas (garbanzo beans), reserve liquid
- 2 tbsp all-natural peanut butter
- 1 tbsp hot pepper sauce (like Sriracha)
- ¼ tsp ground ginger
- 2 cloves garlic, coarsely chopped
- ½ tsp raw honey (or pure maple syrup)
- Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
- 1 tbsp extra-virgin olive oil
- 3 to 4 tbsp iced water
- ¼ cup chopped raw peanuts
- 2 medium green onions, finely chopped
- 2 tbsp fresh cilantro, finely chopped
- Fresh lime juice

## INSTRUCTIONS

### Homemade hummus

Place chickpeas, lemon juice, oil, and garlic in food processor or blender and pulse until chickpeas are mashed. Add tahini; pulse for 1 minute. If hummus is too thick, add some of the reserved chickpea liquid. Add salt, if desired. Garnish with paprika, if desired.

### Avocado Hummus

Place chickpeas, lemon juice, oil, and garlic in food processor (or blender) and pulse until chickpeas are mashed. Add tahini; pulse for 1 minute. If hummus is too thick, add some of the reserved chickpea liquid. Season with salt and pepper if desired. Add avocados and cumin; pulse until mixture is smooth and creamy. Garnish with cilantro if desired.

### Thai Hummus With Peanuts

Place chickpeas, peanut butter, hot sauce, ginger, garlic, and honey in food processor (or blender); pulse until chickpeas are mashed. Season with salt and pepper if desired. Pulse until well blended. With food processor running, slowly add oil and water until smooth. If hummus is too thick, add reserved liquid 1 Tbsp. at a time. Fold in peanuts, green onions, and cilantro; mix well. Drizzle with lime juice. Serve this with fresh veggies, whole-grain pita bread, or use it as a spread in sandwiches and wraps.



PREP TIME: 10 MINUTES EACH



YIELD: 10 SERVINGS EACH

PHOTOS AND RECIPES BY:  
BEACHBODYONDEMAND.COM

# SECRET INGREDIENT BROWNIES

*No beans were harmed in the making of these healthy brownies. Their secret ingredient gives them the perfect brownie texture while keeping them completely 21 Day Fix approved!*



## INGREDIENTS

- 3 1/2 tbsp coconut oil, melted
- 1/4 cup semisweet mini chocolate chips
- 1 tbsp grass-fed butter
- 2/3 cup cooked and mashed butternut squash (you can either peel, cube, steam or boil or put the whole thing into a crockpot on high for 4 hours, then just cut in half, scoop out the seeds and scoop out the flesh) or canned pumpkin puree if you're in a pinch!
- 1/4 cup mashed banana (about 1/2 of a banana)
- 1 tsp pure vanilla extract
- 2 large eggs
- 6 tbsp raw sugar
- 3/4 tsp baking powder
- 1/4 tsp salt
- 1/3 cup unsweetened cocoa powder
- 1/2 tsp instant coffee granules (not optional, trust me!)
- 1/2 cup whole wheat pastry flour (I haven't tested this with any other flours, just fyi)

## INSTRUCTIONS

Preheat your oven to 350 degrees, spray an 8X8 baking dish with olive oil or coconut oil cooking spray and set aside.

In a small bowl, melt together the coconut oil, butter and chocolate chips, set aside.

In a large bowl, whisk together the mashed butternut squash, mashed banana, eggs and vanilla until fully combined (it's ok if it's not completely smooth). Next, add in the raw sugar, baking powder, salt, cocoa powder and coffee granules and whisk again until fully combined. Whisk in the melted chocolate chip mixture and the whole wheat pastry flour, taking care not to overmix.

Pour into prepared baking dish and bake for 20 - 25 minutes or until a toothpick in the center comes out clean. Keep a close eye and don't over-bake.

 PREP TIME: 10 MINUTES

 COOK TIME: 20 MINUTES

 TOTAL TIME: 30 MINUTES

 YIELD: 9 BROWNIES

PHOTO & RECIPE BY:  
THEFOODIEANDTHEFIX.COM

# BANANA OATMEAL BLENDER MUFFINS

*So quick and easy, these Healthy Banana Oatmeal Blender Muffins are a perfect for make ahead breakfast for you or the kids. Naturally gluten-free, dairy-free, and refined sugar free, too – perfect for the 21 Day Fix or Weight Watchers!*



## INGREDIENTS

- 1  $\frac{3}{4}$  cup of Gluten Free Old Fashioned Rolled Oats
- $\frac{1}{2}$  tsp salt
- 1 tsp gluten-free baking soda
- $\frac{1}{2}$  tsp ground cinnamon
- $\frac{1}{2}$  cup of unsweetened applesauce
- $\frac{1}{4}$  cup honey or maple syrup
- 2 eggs
- 1 rounded cup mashed ripe bananas (about 3 medium or 2 large bananas – and get them super ripe and sweet)
- $\frac{1}{4}$  cup unsweetened vanilla almond milk
- 1 teaspoon vanilla extract
- Cooking oil spray
- optional toppings: dark chocolate chips, blueberries, diced strawberries, diced bananas and walnuts

 PREP TIME: 5 MINUTES

 COOK TIME: 20 MINUTES

 TOTAL TIME: 25 MINUTES

 YIELD: 12 MUFFINS

PHOTO & RECIPE BY:  
CONFESSIONSOFAFITFOODIE.COM

## INSTRUCTIONS

Preheat oven to 350.

Place GF Old Fashioned Oats in your blender and blend on high until a flour forms.

Place oats in a small bowl and mix in salt, baking soda, and cinnamon. Set bowl aside. Place the remaining ingredients in the blender and blend on low until combined. (except toppings)

Pour oats back into blender and pulse a few times just until combined, using a rubber spatula to scrape sides as needed.

Line a cupcake tray with liners – I LOVE using parchment liners – and spray with coconut oil cooking spray.

Pour batter evenly into cupcake liners – about  $\frac{3}{4}$  full.

Top each muffin with 1 Tablespoon of the fruit toppings or  $\frac{1}{2}$  Tablespoon of the chocolate chips.

Bake for 20-24 minutes or until toothpick comes out clean.

Store in the refrigerator or freezer after cooling.

# THE BEST HEALTHY BUCKEYES

*These Healthy Buckeyes are a gluten free way to satisfy a peanut butter cup craving! Just four ingredients to a low sugar and healthy dessert—including honey and coconut flour!*



## INGREDIENTS

- 2 cups peanut butter or almond butter
- 1/2 cup coconut flour as needed to form balls
- 2 tbsp honey
- 1/2 cup dark chocolate chips melted

- 🕒 PREP TIME: 5 MINUTES
- 🕒 COOK TIME: 20 MINUTES
- 🕒 TOTAL TIME: 25 MINUTES
- 🍴 YIELD: 40 SERVINGS

PHOTO & RECIPE BY:  
MYCRAZYGOODLIFE.COM

## INSTRUCTIONS

Mix peanut butter and sweetener with coconut flour in a medium bowl, using just enough to form a firm ball that stays together. Roll into 1 inch peanut butter balls and place onto a wax paper lined baking sheet.

Place the balls in the freezer for several minutes to firm up. If peanut butter mixture is still too sticky or soft, place in the freezer for 10 minutes and try again. I've found the best luck when I leave them in the freezer for 30 minutes or so and then take out half at a time to dip. If the balls lose their shape, re-roll once removed from the freezer.

Melt the chocolate on the stovetop or in the microwave. Make sure to stir the chocolate often to check that it doesn't burn.

Dip the balls in chocolate (or stab them with a cocktail fork and then drizzle the chocolate over the balls). Drizzling uses a ton of chocolate, so be prepared for that!

Once the balls are drizzled or dipped in chocolate, store these in the fridge or freezer until you're ready to enjoy them.

# BAKED APPLE CHIPS

*This recipe for Baked Apple Chips is the perfect mid-day snack to satisfy those hungry pantry-goers.*



## INGREDIENTS

- 4 small red apples
- 1 tsp ground cinnamon
- parchment paper

## INSTRUCTIONS

Preheat oven to 275° F.

Line baking sheet with parchment paper. Set aside.

Place apples in a medium bowl. Sprinkle evenly with cinnamon; toss to blend.

Place apples on prepared baking sheet. Bake for 45 minutes, turn, bake for an additional 45 minutes, turn, bake for 30 to 45 minutes, or until apples have dried and are starting to get crisp.

 PREP TIME: 10 MINUTES

 COOK TIME: 2 HOURS 15 MINUTES

 TOTAL TIME: 2 HOURS 25 MINUTES

 YIELD: 4 SERVINGS

PHOTO & RECIPE BY:  
BEACHBODYONDEMAND.COM

# HONEY ROASTED FETA DIP

*This dip is so good, you could spread it on anything and love it. For real.*



## INGREDIENTS

- 1 1/3 cups of crumbled Feta (or sub a full block)
- 2 tsp extra-virgin olive oil
- 1/2 tbsp honey
- ground black pepper
- thyme sprigs, for garnish (optional)
- gluten-free or multigrain crackers

## INSTRUCTIONS

Preheat oven to 400°. Place feta in a small oven safe dish or ovenproof skillet (I used my cast iron pan). Be sure to use a dish that's just large enough to hold the cheese; otherwise, oil could catch fire under broiler.

Pour olive oil over feta and bake until cheese is soft but not melted, about 8 minutes.

Remove from oven and heat broiler.

In a small microwavable bowl, combine honey and 1 tsp. water. Microwave until thin and easy to pour, about 20 seconds. Pour honey mixture over feta. Broil until top of cheese is golden and begins to bubble, 1 to 2 minutes.

Season with ground black pepper and garnish with thyme, if using. Serve warm with crackers.

- 🕒 PREP TIME: 10 MINUTES
- 🕒 COOK TIME: 10 MINUTES
- 🕒 TOTAL TIME: 20 MINUTES
- 🍴 YIELD: 4 SERVINGS

PHOTO & RECIPE BY:  
CONFESSIONSOFAFITFOODIE.COM

# PUMPKIN CUSTARD BARS

*These 21 Day Fix approved flourless pumpkin bars are everything you want from a pumpkin pie (creamy, dreamy, pumpkin-y deliciousness) without the calories! Bonus: you can pick one up and eat it on the go!*



## INGREDIENTS

- 1 1/2 cups pumpkin puree (1 can)
- 3 tbsp almond butter
- 1 tsp vanilla
- 3 tbsp maple syrup
- 1 tbsp pumpkin pie spice
- 3/4 tsp baking soda
- 2 eggs
- 1/16 tsp salt

Optional Add-Ons:

- pecans, maple syrup (just make sure you count them if you're a Fixer!)

 PREP TIME: 5 MINUTES

 COOK TIME: 40 MINUTES

 TOTAL TIME: 45 MINUTES

 YIELD: 9 SERVINGS

PHOTO & RECIPE BY:  
THEFOODIEANDTHEFIX.COM

## INSTRUCTIONS

Preheat an oven to 350 degrees. Spray an 8X8 baking dish with cooking spray.

Whisk all ingredients together until well combined and spread into the baking dish.

Bake for about 40 minutes or until a toothpick comes out clean from the center. Let cool, then cut into 9 bars.

Refrigerate any leftovers.

# COPYCAT MINI PEANUT BUTTER CUPS

*No treat swap needed for these gluten-free, dairy-free, and delicious copycat Reese's mini peanut butter cups!*



## INGREDIENTS

For the chocolate

- 1/4 cup coconut oil (use refined if you don't want coconut flavor)
- 1/4 cup maple syrup (or sub honey)
- 1/2 tsp vanilla extract
- sprinkle of sea salt
- 2 tbsp cocoa powder

For the peanut butter layer

- 2 tbsp peanut butter
- 1/2 -1 tbsp coconut flour or peanut butter powder
- 1 tbsp maple syrup (or sub honey)

 PREP TIME: 10 MINUTES

 TOTAL TIME: 10 MINUTES

 YIELD: 12 MINI CUPS

PHOTO & RECIPE BY:  
CONFESSIONSOFAFITFOODIE.COM

## INSTRUCTIONS

Mix the ingredients for the peanut butter layer together and set aside.

Line a baking sheet or mini cupcake pan with mini cupcake liners.

Melt coconut oil and mix with maple syrup, cocoa powder, and vanilla extract until smooth.

Pour 1/2 tsp of the chocolate mixture into each cupcake liner and place it in the freezer for about 5 minutes or until hard.

Add 1/2 tsp of the peanut butter filling to each cup and sort of flatten it down with your measuring spoon.

Top the peanut butter layer with another 1/2 tsp of chocolate.

Sprinkle with sea salt if desired, then place tray back in the freezer until set. Store in the freezer or fridge!

# CHOCOLATE CAKE WITH PEANUT BUTTER FROSTING

*This Gluten Free Chocolate Cake with Peanut Butter Frosting is made with clean ingredients, and is a healthier alternative to traditional boxed cake mix. A treat swap on the 21 Day Fix, dairy free, paleo, refined sugar free and grain free, too!*



## INGREDIENTS

- coconut oil or coconut oil spray
- 2 cups blanched almond flour
- ¼ cup unsweetened cocoa powder
- ½ tsp baking soda
- ½ tsp Himalayan pink salt
- 2 eggs
- 2/3 cup maple syrup
- 1/3 cup water
- 1 tsp vanilla

FOR THE PEANUT BUTTER FROSTING  
(DOUBLE IF YOU ARE MAKING A LAYER  
CAKE):

- 1/4 cup of pure maple syrup
- 1/2 cup of coconut oil (room temp or slightly chilled)
- 1/4 cup of PB2 or 2T of peanut butter

🕒 PREP TIME: 15 MINUTES

🕒 COOK TIME: 20 MINUTES

🕒 TOTAL TIME: 35 MINUTES

🍴 YIELD: 8-10 SERVINGS

PHOTO & RECIPE BY:  
CONFESSIONSOFAFITFOODIE.COM

## INSTRUCTIONS

Preheat oven to 350. Grease a round or square cake pan with coconut oil.

Mix almond flour, cocoa, baking soda and salt in a medium-sized bowl. In another bowl, whisk together the eggs, maple syrup, water and vanilla.

Pour the wet ingredients into the dry ingredients. Mix well and pour batter into prepared pan.

Bake 18-20 minutes, or until toothpick inserted comes out clean.

Cool completely before frosting

To make the frosting, place ingredients in a chilled glass bowl and beat using a hand mixer until it is smooth and spreadable, adding extra PB2 powder or peanut butter to taste/to desired texture. After frosting your cake, chill for best results. We love this cake cold! \*\*If the frosting is left out at room temp, it will separate after awhile...just an FYI!

# TASTY BANANA BREAD

*So dreamy delicious, this Gluten free Banana Bread is also dairy free, refined sugar free, and oil free. This Healthy Banana Bread is 21 Day Fix Approved too...but rivals even the best unhealthy banana breads of my past.*



## INGREDIENTS

- 1/3 cup of unsweetened applesauce
- 1/3 cup honey or maple syrup
- 2 eggs
- 1 rounded cup mashed ripe bananas (about 3 medium or 2 large bananas – and get them super ripe and sweet)
- 1/4 cup unsweetened vanilla almond milk
- 1 tsp gluten-free baking soda
- 1 tsp vanilla extract
- 1/2 tsp salt
- 1/2 tsp ground cinnamon
- 3/4 cups gluten-free all purpose flour (or sub whole wheat pastry flour or regular whole wheat flour)
- optional mix-ins: 1/2 cup dairy free chocolate chips (I used mini chips),

🕒 PREP TIME: 10 MINUTES

🕒 COOK TIME: 60 MINUTES

🕒 TOTAL TIME: 1 HOUR 10 MINUTES

🍴 YIELD: 8 SLICES

PHOTO & RECIPE BY:  
CONFESSIONSOFAFITFOODIE.COM

## INSTRUCTIONS

Preheat oven to 325 degrees Fahrenheit and line a 9×5-inch loaf pan with parchment paper or grease well with coconut oil or coconut oil spray.

In a large bowl, whisk the applesauce and honey together. Add the eggs and beat well, then whisk in the mashed bananas and almond milk.

Add the baking soda, vanilla, salt and cinnamon, and whisk to blend. Then fold in the flour, mixing just until the batter is combined.

If you're adding any additional mix-ins, gently fold them in now.

Pour the batter into your prepared loaf pan and bake for 55 to 60 minutes, or until a toothpick inserted into the center comes out clean. Let the bread cool in the loaf pan for 10 minutes, then transfer it to a wire rack to cool for 20 minutes before slicing.

# COCOA-BANANA OAT BARS

*A sweet, make-ahead snack that the whole family will love, these 21 Day Fix approved Oat Bars will satisfy your chocolate craving!*



## INGREDIENTS

- 2 bananas
- 1 1/2 tbsp unsweetened cocoa powder
- 1/2 tsp vanilla extract
- 3 tbsp almond butter (if you're sending these to school, you may want to use sunbutter instead as many schools don't allow nut products)
- 2 eggs
- 2 tbsp raw sugar
- 1/8 tsp salt
- 1/2 tsp baking soda
- 1 1/2 cups rolled oats (be sure to use oats that are labeled gluten free if you're GF!)

 PREP TIME: 5 MINUTES

 COOK TIME: 20 MINUTES

 TOTAL TIME: 25 MINUTES

 YIELD: 9 SERVINGS

PHOTO & RECIPE BY:  
THEFOODIEANDTHEFIX.COM

## INSTRUCTIONS

Preheat oven to 350 degrees and spray an 8X8 or 9X9 baking dish with olive oil cooking spray; set aside.

Mash together all of the ingredients EXCEPT for the oats in a medium bowl until fully combined. - There can still be some lumps of banana, no big deal. Stir in the oats until completely coated with the cocoa-banana batter.

Spread evenly in the prepared baking dish and bake for 20-25 minutes or until a toothpick in the center comes out clean. Let cool, then cut into 9 squares. Enjoy!

# PUMPKIN OAT COOKIES

*Simple, wholesome ingredients come together to make these fall-flavored 21 Day Fix Pumpkin Oat Cookies so good for you that you could eat them for breakfast!*



## INGREDIENTS

- 2 tbsp pumpkin puree (not pumpkin pie filling)
- 1/4 of a large banana
- 2 tsp almond butter or other mild nut butter such as cashew
- 1 1/2 tsp raw sugar
- 1/4 tsp pumpkin pie spice or 1/8 tsp nutmeg and 1/4 tsp cinnamon
- 1/3 cup dry old-fashioned oats (be sure to use oats that are labeled gluten free if you're GF!)

### Toppings:

- 1/2 tsp raw sugar
- 2 1/2 pecan halves, finely chopped

 PREP TIME: 10 MINUTES

 COOK TIME: 15 MINUTES

 TOTAL TIME: 25 MINUTES

 YIELD: 1 SERVING

PHOTO & RECIPE BY:  
THEFOODIEANDTHEFIX.COM

## INSTRUCTIONS

Preheat your oven to 350 degrees. Prepare a baking sheet by covering it with a piece of parchment paper or a silicone baking mat.

In a medium-large bowl, mash together the pumpkin puree, banana, almond butter and 1 1/2 tsp raw sugar (I just use a fork). Stir in the spices and the oats.

Divide the "dough" into 4 cookies and place on prepared baking sheet. They should each be about 1 1/2 Tbs. Flatten cookies a bit with your hand and then divide the toppings between them.

Bake for 15 minutes. Let cool slightly if you can manage it because I never can - then enjoy your fall treat. Every single one of those cookies is just for you!

# BONUS: CHOCOLATE CHIA PUDDING

*Chia Pudding is naturally gluten free, dairy free, vegan, and can also be keto/low carb as well!*



## INGREDIENTS

- 1/2 cup chia seeds
- 3–4 tbsp unsweetened cocoa powder or raw cacao powder
- 1/4 tsp salt
- 1/2 tsp of cinnamon (optional)
- 3–4 tbsp pure maple syrup or honey
- 2 tsp vanilla extract
- 2 cups dairy free milk – almond or cashew are my favorites
- optional toppings: raspberries or other fruit

Homemade coconut whipped cream

- canned coconut milk or coconut cream – full fat, I prefer Thai Kitchen Brand, chill for 6-8 hours or overnight – or – So Delicious Coco Whip Topping if you can find it!

 PREP TIME: 5 MINUTES (PLUS TIME TO CHILL)

 TOTAL TIME: 5 MINUTES (PLUS TIME TO CHILL)

 YIELD: 4 SERVINGS

PHOTO & RECIPE BY:  
CONFESSIONSOFAFITFOODIE.COM

## INSTRUCTIONS

In a medium-size bowl, add the cocoa powder, maple syrup, vanilla extract, dairy-free milk, salt and chia seeds. Whisk together until all ingredients are combined and the cocoa powder is completely mixed in.

Leave the chia seed mixture in the bowl for 5 minutes without stirring for the chia seeds to gel. After 5 minutes, whisk it one more time.

Cover the bowl or divide into 4 equal servings (I love these Weck jars or mini mason jars) and place it in the refrigerator overnight or a minimum of 4 hours. Remove chia seed pudding from the fridge and stir together with a spoon.

Top with raspberries and 2 T of coconut whipped cream (if desired)

Coconut Whipped Cream

Open chilled can of Coconut Milk. Then carefully scoop out the chilled cream into large bowl. Using hand mixer or stand mixer with whisk attachment, whip cream until light and fluffy for about 5 minutes.

# BONUS: MINT CHIP BANANA ICE CREAM

*This, people, is so good, it's bananas.*



## INGREDIENTS

- 2 frozen bananas (frozen in slices)
- 1/4 cup of fresh mint leaves, or more to taste
- 4 tsp dark choc chips or cacao nibs
- splash of almond milk

## INSTRUCTIONS

Add frozen banana slices and mint leaves to your food processor. Blend until smooth, adding in a splash of almond milk if necessary. You may need to stop and scrape the sides occasionally. This could take 3-5 minutes, so trust the process.

Once your ice cream is the right texture, add in chocolate chips or cacao nibs and freeze or enjoy right away!

🕒 PREP TIME: 5 MINUTES

🕒 TOTAL TIME: 5 MINUTES

🍴 YIELD: 4 SERVINGS

PHOTO & RECIPE BY:  
CONFESSIONSOFAFITFOODIE.COM