

Healthy 4 Ingredient Reese's Eggs

Makes: 8

Prep time: 1 hour

Cook time: 1 hour

INGREDIENTS:

2/3 cup natural drippy peanut butter

1 tbsp pure maple syrup

1-2 tbsp coconut flour

3.5 oz, 70% (or more) dark chocolate

Optional: Sea salt on top!



Serving size: 1 Reese's egg

INSTRUCTIONS:

1. In a medium bowl, mix together the peanut butter, maple syrup and 1 tbsp coconut flour. Add another tbsp of coconut flour if the batter is runny (this will depend on the peanut butter brand you use). You can also place the mixture in the fridge for 10-20 minutes but it should be a sticky-wet consistency like a wet cookie dough.
2. Measure out a scoop of cookie dough using a spoon and add to a baking tray. Slightly flatten the top of each with your fingers to form an egg shape. Place the baking sheet in the freezer for 20 minutes up to 1 hour. The longer the eggs sit and freeze, the easier they will be to dip in chocolate!
3. Once you are ready to coat the eggs, melt the chocolate bar in a small pot on the stove top over very low heat, stirring frequently. Transfer the melted chocolate to a bowl.
4. Quickly use a fork to dip each peanut butter egg into the chocolate. Make sure to coat evenly, then transfer the peanut butter egg back to the sheet pan and sprinkle with sea salt.
5. Immediately place back in the fridge for 1 hour. Keep in the freezer until ready to eat!

Freezer Friendly Smoothie Packs

Makes: 3+

Prep time: 5-10 minutes

Cook time: 2 minutes

INGREDIENTS:

Tropical Smoothie:

1 cup fresh or already frozen pineapple chunks

few slices banana

Handful of power greens

1 scoop vegan vanilla protein powder

+ 1 tbsp almond butter or tahini + 1 tbsp hempseeds

Mint Choco Chip Smoothie:

1 full banana sliced

2 tbsp cacao powder

handful spinach

1 scoop vanilla protein powder

+ mint extract or fresh mint leaves

Very Berry Smoothie:

1/2 cup frozen mixed berries

1/2 sliced banana

Handful spinach

1 scoop vegan vanilla protein powder

+ add in 1 tbsp nut butter + 1 tbsp chia seeds
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INSTRUCTIONS:

1. Grab your plastic baggies or storage containers.
2. Chop all fruit and add to the baggies depending on what flavor you want to make! Anything listed after the (+) sign, wait until you're ready to make to add these additions.
3. Freeze the smoothie packs for up to 3 months.
4. Blend with either water or nut milk - my suggestion is a light canned coconut milk.
5. Pour and enjoy!



Serving size: 1 smoothie bag + added protein + additions as you please

Creamy White Bean Chicken Enchilada Soup

Serves: 4

Prep time: 30 minutes

Cook time: 1 hour 15 minutes

INGREDIENTS:

- 1 tbsp olive oil
- 1 white onion
- 1 jalapeño, seeded and diced
- 1 small green bell pepper, very finely diced
- 1/2 cup finely diced cilantro
- 3 cloves garlic, minced
- 1 tsp cumin
- 1 tsp ground coriander
- 1/2 tsp ground turmeric
- 1/2 tsp garlic powder
- 1/2 tsp oregano
- 1 cup red enchilada sauce
- 4 cups chicken bone broth or low sodium chicken broth
- 2, 15 oz cans cannellini white beans, rinsed and drained
- 1 lb boneless skinless chicken breasts
- 1/2 tsp salt
- Fresh ground black pepper

Mix-ins:

- 3/4 cup frozen corn
- 1 medium lime, juiced
- 1/4 cup fresh, chopped cilantro

To garnish:

- Tortilla strips or chips
- Extra cilantro
- Avocado slices
- Jalapeno slices
- Lime wedge



Serving size: 1.5 cups + toppings of choice

CREAMY WHITE BEAN CHICKEN ENCHILADA SOUP

INSTRUCTIONS:

1. Place a large pot on the stove top over medium-high heat. Add the olive oil, onion, jalapeno, green bell pepper, cilantro and garlic. Saute until the onions are translucent and begin to soften, about 2-4 minutes.
2. Turn the heat to low, and stir in all spices: cumin, coriander, turmeric, garlic powder, oregano, salt and pepper. Cook for 20 seconds then stir in the chicken broth, enchilada sauce, 1 can of rinsed and drained beans, uncooked chicken breasts and salt/pepper.
3. Bring the soup to a boil then reduce to simmer for 25-30 minutes. Do not cover! After 25 minutes or so, remove the chicken and shred on a cutting board with 2 forks. Add the shredded chicken back to the pot and stir.
4. Add the other can of rinsed and drained beans with water to a food processor or blender. Blend until somewhat smooth, adding a little more water if necessary.
5. Add the blended white beans to the pot of soup and then stir in the corn, lime juice and cilantro. Taste and add more salt/pepper as needed.
6. Simmer the soup for 10 more minutes to thicken and bring flavors together.
7. Serve with toppings of choice!