

Apple Cookies

Yields: 5 to 6 cookies

Prep: 10 minutes

Total time: 10 minutes

Ingredients:

1 Fuji or Gala apple, washed and dried

5 to 6 tablespoons almond butter or peanut butter or sun butter

Shredded Coconut

Mini Chocolate chips

Granola

Dried cranberries/blueberries

Chopped nuts

Instructions:

Core apple. Slice apple into thin rings. Spread 1 tablespoon of almond butter on top of each apple slice. Sprinkle with your choice of toppings.

Edible Cookie Dough

Yield: 2 to 3 servings

Active Time: 10 minutes

Total Time: 10 minutes

Ingredients:

1 can chickpeas, drained and rinsed

5 soft dates, pitted

1/4 cup almond butter

1/4 cup sweetened almond milk

1 tablespoon honey

1 teaspoon vanilla extract

1 teaspoon sea salt

1/2 cup mini chocolate chips

Instructions:

In a food processor add chick peas, process until smooth. Add dates, almond butter, almond milk, all ingredients except chocolate chips. Puree until smooth. Add chocolate chips and pulse 2 times. Serve. Store and leftovers in airtight container for 1 week or make into single serve balls and freeze up to 3 months.

Sweet and Spicy Popcorn

Yields: 2 servings

Prep time: 5 minutes

Total time: 5 minutes

Ingredients:

¼ cup unsalted butter, melted

1 tablespoon honey

1 teaspoon kosher salt

½ teaspoon garlic powder

½ teaspoon onion powder

¼ teaspoon black pepper

6 cups store bought low sodium popcorn

Instructions:

Whisk together butter, honey, salt, garlic, powder, and black pepper. Pour over popcorn and toss well.