



Snacks & Healthy Goodies

For more recipes, as well as PJ's Popular "Recipe of the Week", join her bur own trainer. Stop eating the cardboard, low fat crap and start eating real food again!

Almond Butter Chocolate Chip Cookies

Makes 24 cookies

1 c unsalted almond butter, stirred well

$\frac{3}{4}$ c Sucanat

(Sucanat stands for SUGAR Cane NATURAL. It's an organic sweetener made from 100% certified organic sugar cane. It's minimally processed to remain a natural and very tasty sweetener.)

1 large egg

$\frac{1}{2}$ tsp baking soda

$\frac{1}{4}$ tsp sea salt

3 oz dark chocolate (70% or higher cocoa) broken into small pieces

Directions:

- Preheat oven to 350 degrees.
- In a medium bowl, stir first 5 ingredients until blended.
- Stir in chocolate.
- Drop dough by the rounded teaspoonfuls onto parchment lined baking sheets.
- Bake for 10-12 min, or until lightly browned.
- Let cool on sheets for 5 minutes and remove to wire rack and let cool for another 15 min.

Apple & Ricotta

1 apple, chopped

$\frac{1}{2}$ c non ricotta cheese or cottage cheese

$\frac{1}{2}$ tsp cinnamon

1 packet Splenda or Stevia

1-2 tbsp unsweetened apple sauce

Directions:

Mix apple, ricotta or cottage cheese, cinnamon and sweetener until thoroughly blended. Serve topped with apple sauce and a sprinkle of cinnamon.

Baked Apple Treat

1 apple (I like Fuji)

1 tsp Blue Agave Nectar or a packet of Stevia or Splenda

1/2 teaspoon ground nutmeg

1/2 teaspoon ground cinnamon

1 teaspoon organic butter

Directions:

- Core the apple, leaving the bottom intact.
- In a bowl, mix the sugar substitute, cinnamon and nutmeg. Spoon the sugar mixture into the apples and set a teaspoon (or more to your taste) of butter on top of each apple. Place the apple in a deep casserole dish and cover.
- Microwave for 3 1/2 to 4 minutes or until tender. Let the apple sit for a couple minutes before serving.

Hummus

1/2 cup plain yogurt (Liberty is my fave)

1 tin (28 oz) chickpeas, drained and rinsed

1/4 cup lemon juice (fresh or bottled)

1 or 2 garlic cloves

1 tsp cumin, ground (optional)

1/4 cup parsley OR cilantro

1/4 cup tahini OR - 1/4 cup peanut butter OR you can use neither of these and add 1 tsp of sesame oil instead

Directions:

- Put all ingredients into food processor or blender (hand held works great) and blend until smooth.
- If it seems too thick you can drizzle in olive oil - or if you want to keep the calories down, use warm water.
- Store in fridge.

Watermelon Smoothie

serves one

2 cups of cut watermelon

1 cup of red grapes

5 ice cubes

1/2 cup of water

Directions:

- Place all of the listed ingredients into a blender.
- Blend on high until all of the ice is crushed up to tiny bits. Serve immediately.
- Tip: If you crush the ice before hand, it makes blending it much faster and easier

Peach Papaya Smoothie

serves two

1 1/2 cups frozen papaya

5 frozen strawberries

1/2-1 container peach yogurt

5 ice cubes

1 small banana, fresh or frozen

1 cup soy milk (or rice, almond, hemp)

1/4 cup fruit juice (pineapple, mango, orange, apple other)

Directions:

Add liquids, yogurt, frozen fruit and ice.

Leave out a bit of the liquid to add slowly mid blend.

Blend ingredients.

Zucchini Nut Bread

- Vegetable oil spray for greasing baking pan
- 1 cup soya powder
- 1 cup almonds, finely ground
- 1 cup granular sugar substitute (such as Splenda or Stevia)
- 1 1/2 teaspoons ground cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 cup olive oil
- 4 large eggs
- 1 medium zucchini, coarsely grated (about 1 1/2 cups)
- 1 teaspoon vanilla extract

Directions:

Preheat oven to 350 F. Grease an 8x 4 loaf pan generously with oil spray; set aside. In a large bowl whisk together bake mix, ground almonds, sugar substitute, cinnamon, nutmeg, salt, baking soda and baking powder. In a medium bowl, whisk together oil, eggs, zucchini and vanilla extract. Mix zucchini mixture into dry ingredients until just combined. Pour batter into prepared pan. Bake 45 minutes until golden brown and a cake tester inserted in center comes out clean. Cool in pan for 10 minutes before removing loaf from pan. With a serrated knife, cut into 18 slices for serving.