



# RECIPES

## Vanilla "Ice Cream"

- 1 frozen banana  
(store banana in the freezer peeled in a Ziploc bag)
- 1/3 cup non-dairy milk  
(we love Milkadamia nut milk, sold at Costco)
- 4 macadamia nuts or 5-6 cashews
- 1 crack of sea salt
- Optional: 1 scoop vanilla bone broth powder  
(we use Designs for Health collagen/bone broth powder)
- Optional: topping of choice

### INSTRUCTIONS

1. Combine all ingredients in a glass or ceramic bowl.
2. Pour boiling water over mixture and place a plate on top to let the oatmeal "cook" for 1-2 minutes.

#### CREDIT:

KELLY SCHMIDT WELLNESS  
WWW.KELLYSCHMIDTWELLNESS.COM

## Banana Protein Pancakes

- 2 eggs, free-range, organic
- 1 small banana  
(green tip preferred for better glycemic index)
- 1 tsp of cinnamon
- 1-3 tsp of butter
- Optional: 1 scoop of vanilla collagen peptides

### INSTRUCTIONS

1. Mash the above ingredients with a whisk until you get a rather smooth, batter-like mixture.
2. Heat a small skillet over medium to low heat.
3. Melt 1 tsp of butter or coconut oil in the skillet to help prevent the pancake from sticking.
4. Once the pancakes are cooked enjoy them plain or add a spoonful of nut butter, Kerrygold butter or a personal favorite coconut manna.
5. This batch can make 2 small pancakes, or 1 large.

## Kelly's Hummus

- 1 can white beans (15 oz.)
- 1/4 cup fresh lemon juice
- 1 clove garlic, minced  
Chop, and let sit for 10 minutes before adding to the recipe. This can increase the wellness benefits of garlic
- 3 tbsp extra virgin olive oil  
Use avocado or macadamia nut oil if you don't tolerate olives
- 2 tbsp water
- 1 pinch sea salt
- 1/4 cup well-stirred tahini

### INSTRUCTIONS

1. In a food processor, combine the tahini and lemon juice and process for 1 minute, scrape the sides and bottom of the bowl then process for 30 seconds more.
2. Add the olive oil, minced garlic, and salt to the whipped tahini and lemon juice. Process for 30 seconds, scrape the sides and bottom of the bowl then process another 30 seconds or until well blended.
3. Open, drain, and rinse the beans. Add half of the beans to the food processor and process for 1 minute. Scrape sides and bottom of the bowl, then add remaining beans and process until thick and quite smooth; 1 to 2 minutes.
4. If the hummus is too thick or if there are clumps of beans, add 1-2 tbsp of water until you reach the right consistency.
5. Taste for salt and adjust as needed. Serve hummus with a drizzle of olive oil and dash of paprika. Store homemade hummus in an airtight container and refrigerate up to one week.
6. Pair this with seasonal vegetables (carrots, celery, cucs) or flax crackers

# Healthy Twix Recipe

## Ingredients

### Shortbread Layer

1/2 cup coconut flour

1/2 cup almond flour

1/3 cup coconut oil, melted

3 tbsp honey, warmed

Feel free to sub maple syrup

### Caramel Layer

1/2 cup almond butter,  
creamy or crunchy

Or swap for your fave nut or seed butter

1/4 cup coconut oil

1 tsp vanilla extract

1/4 cup maple syrup

pinch sea salt

### Chocolate Layer

One 2.5 oz dark chocolate bar

I use Evolved Eating Signature Dark

Or sub 1/2 cup chocolate chips

1 tbsp coconut oil

1/4 tsp flakey sea salt

## Instructions

### Shortbread Layer

- Preheat oven to 350 degrees F.
- Combine coconut + almond flours with melted coconut oil and warmed honey in a large bowl. Stir out all the crumbles of flour until thoroughly combined.
- Line a smaller baking dish (I prefer a 6x6 baking dish) with parchment paper and pack down shortbread mixture into the base using a silicone spatula. If shortbread mix starts to stick to spatula, dip in melted coconut oil and continue to gently press down evenly into entire base of dish.
- Bake for 10-12 minutes, or until starting to turn golden brown.
- Remove once done and let cool completely.

### Caramel Layer

- Combine almond butter, coconut oil, vanilla, maple syrup and sea salt in a saucepan over the stove on medium-low heat and heat until completely liquified, whisking together, about 2-3 minutes.
- Remove from burner and let cool completely.

### Chocolate Layer

- Break up chocolate bar into small bowl and add coconut oil. Warm in microwave for 30 sec intervals, stirring in between, until completely liquified. Or, heat over the stove.

### Twix Bars

- Once shortbread & caramel have completely cooled, pour caramel sauce over the base layer, spreading out evenly. Set in freezer until it hardens \*completely,\* about 1-2 hours.
- Remove from freezer once frozen (if still soft, keep in freezer until fully hardened) and pour chocolate over the top, spreading out evenly. Sprinkle flakey sea salt as the last touch and set back in fridge for 1.5-10 minutes to harden.
- Once chilled, remove the hardened mold from pan by pulling on the sides of the parchment paper. Lay on cutting board and using a large chef's knife, slice into 1/2-inch strips, and from there, slice each strip into thirds. \*if you leave the chocolate layer in the freezer for too long, it may crack when you cut into slices.
- Ready to serve!! Enjoy! Store in airtight container in the freezer or fridge.

Credit:

Rachael's Good Eats

WWW.RACHAELSGOODDEATS.COM