

# SNACKS

HEALTH  
HUB

Healthy recipes you  
can make today



# BAKED FALAFEL



## MAKES 32 FALAFELS

- Non-stick cooking spray
- 3 cups (492 g) (17oz) cooked chickpeas
- ¼ cup (60 ml) fresh lemon juice
- 3 cloves garlic, minced
- ⅓ cup (20 g) (0.71oz) packed fresh parsley
- ⅓ cup (5 g) (0.18oz) packed fresh cilantro
- ⅓ cup (53 g) (1.9oz) minced red onion
- 2 tbsp (32 g) (1.1oz) tahini
- 1 tbsp (15 ml) toasted sesame oil
- 1½ tsp ground cumin
- 1½ tsp ground coriander
- ¼ tsp cayenne pepper
- ½ tsp fine sea salt, or to taste
- 3 tbsp (23 g) (0.81oz) whole wheat pastry flour or all-purpose flour
- ½ tsp baking soda
- 2 tbsp (30 ml) olive oil

## NUTRITIONAL VALUES

- Calories: 192kcal
- Fat: 11.8g (6.8g S.Fat)
- Carbs: 19.2g
- Protein: 3.8g
- Sugar: 13.9g
- Sodium: 145mg

## DIRECTIONS

Preheat the oven to 400°F (200°C, or gas mark 6). Lightly coat 32 cups out of two 24-cup mini muffin tins with cooking spray.

Place the chickpeas, lemon juice, garlic, parsley, and cilantro in a food processor.

Consider doing this in a couple of batches, depending on the size of your food processor. Pulse a few times, stopping to scrape the sides with a rubber spatula: You're looking for a somewhat smooth texture but not exactly a paste. The beans should be broken down, but it's fine if a few pieces remain if the mixture is cohesive.

Remove from the food processor and place in a large bowl. Add the onion, tahini, sesame oil, cumin, coriander, cayenne pepper, and salt. Stir to combine. Add the flour and baking soda on top and stir until thoroughly combined.

Gather 1 packed tbsp (18 g) of mixture per falafel, gently shape into a ball and place in the mini muffin tin. Repeat with remaining mixture. Lightly brush the tops with olive oil.

Bake for 15 minutes, carefully flip each falafel, and lightly brush with oil. Bake for another 8 minutes or until golden brown.

Remove from the oven and let stand 5 minutes before serving.

# GREEN DIP



## MAKES 2 ½ CUPS

- 12 ounces (340 g) (12oz) extra-firm silken tofu
- 2 avocados, pitted, peeled, and chopped
- 1 cup (100 g) (3.5oz) chopped scallion
- 1 cup (160 g) (5.6oz) chopped onion
- ¼ cup (60 ml) fresh lemon juice
- 4 cloves garlic, minced
- 1 tbsp plus 1 tsp (11 g) (0.39oz) nutritional yeast
- ¼ cup plus 2 tbsp (24 g) (0.84oz) chopped fresh dill
- 2 tbsp (6 g) (0.21oz) chopped fresh chives
- 2 tsp seasoned salt
- 2 tsp agave nectar
- 2 tsp prepared yellow mustard
- 2 tsp hot sauce
- ½ tsp ground black pepper
- 1 cup (20 g) (0.71oz) packed fresh baby arugula

## NUTRITIONAL VALUES

- Calories: 738kcal
- Fat: 64.4g (39g S.Fat)
- Carbs: 32.7g
- Protein: 14.8g
- Sugar: 6.1g
- Sodium: 357mg

## DIRECTIONS

Combine the tofu, avocados, scallion, onion, lemon juice, garlic, and nutritional yeast in a small blender or food processor. Process until smooth. Add the dill, chives, salt, agave, mustard, hot sauce, and pepper. Process until smooth. Add the arugula and pulse a few times to chop. Let sit for 1 hour for the flavours to meld. Taste and adjust the seasonings.

Serve with toasted baguette slices or raw vegetables.

## RECIPE NOTES

For a tortilla chip dip, substitute minced fresh cilantro for the dill and use lime juice instead of lemon juice.

If desired, this recipe is easily halved.

# CRISPY AMARANTH PATTIES



## MAKES 12 PATTIES

- 1 cup (180 g) (6.3oz) dry amaranth
- 1½ cups (355 ml) water
- ½ ounce (14 g) (0.49oz) dry mushroom of choice
- ¾ cup (180 ml) vegetable broth, boiling
- 3 tbsp (45 ml) fresh lemon juice
- 1 tbsp (15 ml) olive oil
- ⅓ cup (53 g) (1.9oz) minced red onion
- 2 cloves garlic, grated or pressed
- 1 tbsp (8 g) (0.28oz) nutritional yeast
- ½ tsp dried oregano
- ½ tsp Scant dried basil
- ¼ tsp dried thyme
- ½ tsp fine sea salt
- Ground peppercorn
- ¼ cup (30 g) (1.1oz) whole wheat pastry flour or (31 g) (1.1oz) all-purpose flour
- 2 tbsp (16 g) (0.56oz) cornstarch or arrowroot flour
- 1 tbsp (12 g) (0.42oz) chia seeds, optional
- Non-stick cooking spray or oil spray

## NUTRITIONAL VALUES

- Calories: 54kcal
- Fat: 2g (0.2g S.Fat)
- Carbs: 8.8g
- Protein: 0.8g
- Sugar: 6.2g
- Sodium: 38mg

## DIRECTIONS

Combine the water in a rice cooker with the amaranth and cook until the liquid is absorbed, about 20 minutes. (Alternatively, cook the amaranth on the stove top, following the directions on the package.) Let cool completely before preparing the patties.

Soak the mushrooms in the broth for 15 minutes. Gently squeeze out the liquid from the mushrooms once it is cool enough to handle, making sure not to discard the broth for use in other recipes. Finely mince the mushrooms and set aside.

We like to use our stand mixer fitted with the paddle attachment for what follows, but it's not necessary. It just makes the preparation a little easier and less messy, as cooked amaranth is sticky. In a large bowl, combine the cooled amaranth, mushrooms, lemon juice, oil, onion, garlic, nutritional yeast, oregano, basil, thyme, salt, and pepper. Add the flour, cornstarch or arrowroot, and chia seeds, stirring to thoroughly combine. Cover and refrigerate for at least 1 hour.

Preheat the oven to 400°F (200°C, or gas mark 6). Lightly coat a whoopie pie pan with cooking spray.

Use 3 packed tbsp (about 55 g) of mixture for each patty, placing them on the pan; you will need to moisten your hands to help make the shaping easier as the mixture will be sticky. Flatten to fit the pan. Repeat with remaining mixture. You should get 12 patties in all.

Lightly coat the patties with cooking spray. Bake for 15 minutes, flip, coat with cooking spray again, and bake another 12 to 15 minutes until golden brown and firm. Let stand 10 minutes before serving warm or at room temperature.

# MAPLE-GLAZED MIXED NUTS



## DIRECTIONS

Preheat the oven to 325°F.

Mix the nuts and maple syrup together in a medium bowl. Make sure that each nut has been coated well. Spread out on a baking sheet so they are in one layer but still close to each other. Touching is okay. Bake for 7 minutes.

Remove from oven and flip with a spatula. They can overlap some at this point. Put back in the oven and bake another 6 minutes or so. Watch closely. If they're in too long, they start to burn quickly.

Take the baking sheet out of the oven, flip the nuts again, and let cool completely. Eat right away or pack in an airtight container. These nuts will keep in your pantry for quite a few weeks and will keep in the fridge about 2 to 3 months. The freezer will store them for 6 months.

## MAKES 6 SERVINGS

- 1 cup walnuts
- 1 cup pecans
- 1 cup cashews
- 1½ cups maple syrup

## NUTRITIONAL VALUES

- Calories: 65kcal
- Fat: 5g (6.5g S.Fat)
- Carbs: 27.8g
- Protein: 10.2g
- Sugar: 11.4g
- Sodium: 187mg

# SEED CRACKERS



## MAKES 100 CRACKERS

- 3 tbsp (36 g) (1.3oz) white chia seeds
- 1/3 cup (80 ml) water, more if needed
- 1/2 cup (120 g) (4.2oz) packed cooked and cooled amaranth (See headnote.)
- 1/2 cup plus 2 tbsp (75 g) (2.6oz) whole wheat pastry flour, plus extra for rolling
- 3 tbsp (30 g) (1.1oz) shelled hemp seeds
- 3 tbsp (23 g) (0.81oz) golden roasted flaxseeds
- 2 tbsp (15 g) (0.53oz) almond meal
- 1 1/2 tsp nutritional yeast
- 1/2 tsp Generous fine sea salt
- 2 tbsp (30 ml) olive oil

## NUTRITIONAL VALUES

- Calories: 128kcal
- Fat: 8.4g (2.5g S.Fat)
- Carbs: 13.5g
- Protein: 2.8g
- Sugar: 9.5g
- Sodium: 22mg

## DIRECTIONS

Combine the chia seeds with the water in a small bowl. Let stand 2 minutes to thicken.

Place the amaranth, flour, hemp seeds, flaxseeds, almond meal, nutritional yeast, and salt in the bowl of a stand mixer. Add the thickened chia mixture and oil on top. Use a stand mixer fitted with a flat blade attachment to thoroughly combine. If the dough is crumbly or dry, add extra water, a few drops at a time. The dough should come together as a not-too-sticky ball.

Shape the dough into a 5-inch (13 cm) disc; tightly wrap the dough in plastic wrap and refrigerate for 2 hours or overnight.

Preheat the oven to 400°F (200°C, or gas mark 6). Line two large baking sheets with parchment paper. Divide the dough into 4 portions.

Place a quarter of the dough on a lightly floured piece of parchment paper, lightly dust the top of the dough with flour, and roll out extremely thinly, about 1/16 inch (1.6 mm). Using a 2-inch (5 cm) round cutter, cut the dough into crackers and transfer to the prepared sheets. Roll out the dough scraps until you run out and repeat with the other 3 quarters of dough. You can also wrap the remaining dough tightly and place it back in the refrigerator for later use for up to 4 days.

Bake for 8 minutes and check for doneness: The crackers should be light golden brown all over. Some crackers are likely to bake faster than others; just remove those that are ready and transfer them onto a wire rack. Bake the rest until ready, in 1-minute increments, until light golden brown all over. Let cool on a wire rack before storing in an airtight container at room temperature. Leftovers should be enjoyed within 2 days.

# TRIPLE POWER PATTIES



**MAKES 6 SERVINGS**

## **PATTIES:**

- 2 medium sweet potatoes, peeled and chopped into 2-inch cubes (equal to 2 cups mashed sweet potato)
- 1 cup quinoa
- 2 tbsp extra virgin olive oil, divided
- ¼ cup diced onion
- 2 tbsp raw shelled hempseed
- ¼ tsp paprika
- ¼ tsp ground cumin
- ¼ cup panko
- 1 14-ounce can black beans, drained and rinsed

## **SPICY MAYO DIP:**

- ½ cup vegan mayonnaise
- ¼ cup sweet chili sauce
- 1 tsp tamari
- ½ tsp Tabasco

## **NUTRITIONAL VALUES**

- Calories: 1008kcal
- Fat: 80.1g (55g S.Fat)
- Carbs: 69.3g
- Protein: 19.1g
- Sugar: 27.9g
- Sodium: 65mg

## **DIRECTIONS**

### **PATTIES:**

Place the sweet potato cubes in a medium saucepan and cover with water. Cover and bring to a boil and then turn the heat down to medium high. Cook with the lid cracked a bit, about 15 minutes or until you can pierce the sweet potatoes with a fork. Drain and mash. Set aside.

Cook the quinoa in another saucepan: place quinoa in a sieve and rinse well. In a small saucepan, combine quinoa and ⅔ cup water. Bring to a boil, cover, and reduce to a simmer. Cook for 10 to 15 minutes or until the water is absorbed. Remove from the heat and let set with the cover on for 5 minutes. Remove lid and fluff.

Meanwhile, add 1 tbsp of oil to a skillet and heat to medium high. Add the onion and sauté for about 10 to 15 minutes or until translucent.

To a large bowl, add the mashed potatoes, quinoa, sautéed onion, hempseed, paprika, cumin, and panko and stir well. Stir in the black beans. Make twelve balls and then flatten to patties that are about ¼ inch thick.

Add the remaining oil to a skillet and heat to medium high. Brown the patties on each side for about 3 to 5 minutes or until lightly browned.

### **SPICY MAYO DIP:**

Mix all the dip ingredients together thoroughly.

Serve in a bowl alongside Triple Power Patties.

# MIXED BAG CHOCOLATE WALNUT PROTEIN BARS



## MAKES 8 SERVINGS

- 3 tbsp peanut butter
- 3 tbsp maple syrup
- 1½ tbsp coconut oil
- 1 tbsp ground chia seeds
- 1¼ cups quick-cooking oats
- ½ cup walnuts
- ½ cup dairy-free chocolate chips
- ⅓ cup coconut sugar
- ¼ cup raw shelled hempseed
- 3 tbsp protein powder
- ½ tsp ground cinnamon
- ¼ tsp salt

## NUTRITIONAL VALUES

- Calories: 379kcal
- Fat: 22.2g (10.2g S.Fat)
- Carbs: 30.3g
- Protein: 17.1g
- Sugar: 6.4g
- Sodium: 133mg

## DIRECTIONS

Preheat the oven to 350°F.

Prepare an 8-inch square baking dish with parchment paper coming up on the sides on two opposite ends. Not over the top, just the sides. This makes for easier removal.

Add the peanut butter, maple syrup, and coconut oil to a small saucepan. Heat to melt the peanut butter and stir well. Take off heat and let cool a bit.

Mix the ground chia seeds and 3 tbsp water in a small bowl and set aside.

Add the oats, walnuts, chocolate chips, sugar, hempseed, protein powder, cinnamon, and salt to a large bowl. Mix well. Add the chia mixture and peanut butter mixture to the bowl of dry ingredients and mix well.

Pour the mixture into the prepared dish and press down with your fingers to make the mix firm and pressed into all corners.

Bake for 30 to 35 minutes. The bars will get harder as they cool, so don't over bake.

Let cool on a wire rack. To remove, grab hold of the extra parchment paper on the opposite ends of the dish and lift. Place on a cutting board and slice into bars that are about 2 inches wide and then in half at 4 inches long.

# SLOW COOKER SPICED PEANUTS



## DIRECTIONS

Put the peanuts in a slow cooker. Add the oil and stir so that there is a little bit of oil on all the peanuts. It will be enough. Add the spices and stir. Cook on low for 1 hour. Uncover and then cook 15 more minutes.

## MAKES 6 SERVINGS

- 3 cups peanuts
- 2 tsp extra virgin olive oil
- ½ tsp ground cumin
- ½ tsp powdered garlic
- ½ tsp cayenne powder
- ½ tsp smoked paprika
- ½ tsp salt

## NUTRITIONAL VALUES

- Calories: 430kcal
- Fat: 37.6g (5.2g S.Fat)
- Carbs: 12.2g
- Protein: 19g
- Sugar: 3g
- Sodium: 207mg

# AMAZING LENTIL ENERGY BALLS



## MAKES 9 SERVINGS

- ½ cup lentils
- ½ cup dairy-free chocolate chips
- 2 cups quick-cooking oats
- ¼ cup sunflower seed kernels
- ¼ cup raw shelled hempseed
- ¼ cup unsweetened shredded coconut
- ½ cup almond butter
- ½ cup maple syrup

## NUTRITIONAL VALUES

- Calories: 171kcal
- Fat: 15.7g (5g S.Fat)
- Carbs: 6.4g
- Protein: 4.4g
- Sugar: 1.4g
- Sodium: 172mg

## DIRECTIONS

Rinse and drain the lentils. Place 1 cup water and the lentils in a medium-large saucepan. Bring to a boil over high heat. When the water comes to a boil, turn down to medium high and cook for 20 to 25 minutes or until the lentils are tender. All the water should be absorbed. Set aside to cool.

Add the chocolate chips, oats, sunflower seeds, hempseed, and coconut in a large bowl. Mix in the cooled lentils. Add almond butter and maple syrup. Mix well. Form into thirty-six balls and place in a glass container with a lid.

Refrigerate for about 30 minutes. Store in the refrigerator for up to 5 days or freeze for up to 6 months.

# THAI SWEET CHILI TOFU STACKS



## MAKES 6 SERVINGS

- 1 tbsp cornstarch
- ½ cup rice vinegar
- ½ cup coconut sugar
- 1 chili pepper, such as jalapeño or cayenne, chopped fine
- 2 cloves garlic, chopped fine
- 2 tsp tamari
- ½ tsp chopped parsley
- ¼ tsp cayenne pepper
- 8 ounces extra-firm tofu, drained, and cut into 1-inch cubes
- 1 8-ounce can sliced pineapple

## NUTRITIONAL VALUES

- Calories: 83kcal
- Fat: 2.3g (0.2g S.Fat)
- Carbs: 9.1g
- Protein: 4.3g
- Sugar: 4g
- Sodium: 119mg

## DIRECTIONS

Prepare the sauce by mixing the cornstarch and 1 tbsp of water together until smooth and set aside.

Add the rice vinegar, ⅔ cup water, sugar, chili pepper, garlic, tamari, parsley, and cayenne pepper to a food processor. Process until well blended and the chili pepper is broken up very well.

Pour mixture into a small saucepan and heat until boiling, stirring until the sugar is dissolved. Turn down heat and cook 5 minutes. Add the cornstarch mixture and stir occasionally for about 5 minutes or until mixture is a bit thickened. Take off heat and let it cool.

Add the tofu cubes to the cooled sweet chili sauce. Let marinate about 30 minutes.

Drain the pineapple and slice the rings into about 1- to 1¼-inch wedges.

Place a slice of pineapple on a plate and center a cube of marinated tofu on top. Place another slice of pineapple on the tofu and secure with a toothpick.

# CHICKPEA SALAD CROSTINI



## MAKES 4 SERVINGS

- 1 baguette, cut into 12 slices
- 2 tbsp extra virgin olive oil
- 1 15-ounce can chickpeas, drained and rinsed
- 1 15-ounce can black beans, drained and rinsed
- 1 8-ounce can corn, drained and rinsed
- 1 4-ounce can black olives, drained and sliced
- 1 tbsp fresh lime juice
- 2 tsp flaxseed meal
- 1 tsp ground cumin
- ¼ tsp chili powder
- ¼ tsp onion powder
- ¼ tsp salt
- Fresh thyme, for garnish

## NUTRITIONAL VALUES

- Calories: 586kcal
- Fat: 10.2g (2g S.Fat)
- Carbs: 112.2g
- Protein: 9.2g
- Sugar: 81.1g
- Sodium: 167mg

## DIRECTIONS

### CROSTINI TOASTS:

Lay out the bread slices on a baking sheet. Lightly brush each slice of bread with oil. (The new silicone brushes are great for this, and they wash up really easily.) Put the baking sheet under the broiler. Don't do anything else. Just stand there and keep checking the bread and don't let it burn. It only takes a couple of minutes. After the toasts are lightly browned, remove the sheet from the oven. You can make these ahead of time and keep them in the refrigerator for later use, too.

### TO ASSEMBLE:

In a large bowl, mix all the remaining ingredients together, except the thyme.

Top each toast with the chickpea mixture just before serving. Garnish with fresh thyme.

# RAINBOW VEGGIE PROTEIN PINWHEELS



## DIRECTIONS

Mix together the hummus and tempeh.

Lay out tortillas. Spread hummus mixture in a thin layer over the whole surface of each tortilla stopping 1 inch from the edges. Lay a thin strip of each of the four vegetables, next to each other, over the hummus mixture.

Roll each tortilla tightly and cut crosswise into pinwheels. You can use toothpicks if needed, but the hummus helps them stick together at the edges.

## MAKES 6 SERVINGS

- ¼ cup hummus
- ¼ cup tempeh, crumbled in a food processor
- 2 large spinach tortillas
- ¼ cup thinly sliced red bell pepper
- ¼ cup thinly sliced yellow bell pepper
- 1 carrot, sliced thin
- ¼ cup very thinly sliced purple cabbage

## NUTRITIONAL VALUES

- Calories: 133kcal
- Fat: 4.8g (0.3g S.Fat)
- Carbs: 17.9g
- Protein: 2.4g
- Sugar: 3.7g
- Sodium: 41mg

# PEANUT BUTTER CHOCOLATE SEEDBALLS



## MAKES 16 SERVINGS

- 16 ounces dairy-free chocolate chips
- ½ cup creamy peanut butter
- ½ cup raw shelled hempseed
- ½ cup unsweetened shredded coconut
- 1 cup sunflower seed kernels, pulsed fine in a mini food processor, divided

## NUTRITIONAL VALUES

- Calories: 281kcal
- Fat: 18.9g (6.7g S.Fat)
- Carbs: 22.8g
- Protein: 6.2g
- Sugar: 10.7g
- Sodium: 166mg

## DIRECTIONS

Melt the chocolate in a double boiler. Stir in the peanut butter and blend well. Take off of the heat and mix in the hempseed, shredded coconut, and ½ cup sunflower seeds. Refrigerate until the dough is firm enough to use a small cookie scoop, about 30 minutes.

Remove the dough from the refrigerator and scoop out forty- eight balls. You can roll them into smoother balls with the palms of your hands. While they are still warm from rolling, roll them in the remaining pulsed sunflower seeds.

These will keep in the fridge for about 3 weeks and in the freezer for about 6 months.

# PROTEIN POWER PISTACHIO BITES



## DIRECTIONS

Add all the ingredients to a large bowl and mix well.

Roll into eighteen balls.

## MAKES 18 BALLS

- ½ cup old-fashioned oats
- ½ cup almond butter
- ¼ cup maple syrup
- ⅓ cup oat bran
- ⅓ cup flaxseed meal
- ⅓ cup pistachios, ground
- 1 tbsp raw shelled hempseed

## NUTRITIONAL VALUES

- Calories: 433kcal
- Fat: 34g (7.1g S.Fat)
- Carbs: 22.2g
- Protein: 14.5g
- Sugar: 4.6g
- Sodium: 1010mg

# ITALIAN MEAT FREE BALLS



## MAKES 16 to 18 SERVINGS

- 8 ounces (227 g) blended soft silken tofu
- 2 tbsp (30 ml) olive oil
- 2 tbsp (30 ml) fresh lemon juice
- 2½ tbsp (10 g) (0.35oz) sun-dried tomatoes (drained and rinsed if packed in oil), minced
- 1 tbsp (9 g) (0.32oz) capers, drained and minced
- ¼ cup (30 g) (1.1oz) nutritional yeast
- 1½ tsp onion powder
- 2 cloves garlic, pressed
- ½ tsp Scant fine salt
- 1 tsp dried basil
- ½ tsp dried thyme
- ½ tsp dried oregano
- ½ cup (72 g) (2.5oz) vital wheat gluten
- 1 cup (80 g) (2.8oz) panko crumbs
- Non-stick cooking spray or oil spray
- Favourite vegan marinara sauce, for serving

## NUTRITIONAL VALUES

- Calories: 65kcal
- Fat: 3.7g (1.1g S.Fat)
- Carbs: 4.7g
- Protein: 3.1g
- Sugar: 1.7g
- Sodium: 156mg

## DIRECTIONS

Preheat the oven to 350°F (180°C, or gas mark 4). Line a baking sheet with parchment paper or a silicone baking mat.

In a large bowl, stir the tofu, oil, lemon juice, sun-dried tomatoes, capers, nutritional yeast, onion powder, garlic, salt, basil, thyme, and oregano until combined.

Add the vital wheat gluten and panko crumbs on top and stir again until thoroughly combined.

Scoop 2 packed tbsp (28 g) per ball. Shape into a ball and place on the prepared baking sheet. Repeat until you run out of the mixture: You should get 16 to 18 balls in all.

Lightly coat the top of the balls with cooking spray.

Bake for 14 minutes, flip, lightly coat the other side with cooking spray, and bake for another 8 minutes or until golden brown.

Remove from the oven and let stand a few minutes before serving with your favourite marinara.

# TROPICAL LEMON PROTEIN BITES



## DIRECTIONS

Place the cashews in a food processor and process until very fine. Add the rest of the ingredients and process until well blended. Dump the mixture into a large bowl.

Take a clump of the dough and squeeze it into a ball. Keep squeezing and working it a few times until a ball is formed and solid.

## MAKES 24 BALLS

- 1¾ cups cashews
- ¼ cup coconut flour
- ¼ cup unsweetened shredded coconut
- 3 tbsp raw shelled hempseed
- 3 tbsp maple syrup
- 3 tbsp fresh lemon juice

## NUTRITIONAL VALUES

- Calories: 202kcal
- Fat: 15.2g (3.4g S.Fat)
- Carbs: 4.8g
- Protein: 12.6g
- Sugar: 0.7g
- Sodium: 445mg

# SPICY CHICKPEA SEITAN TOFU ROLLUPS



## MAKES 6 SERVINGS

- 2 ounces extra-firm tofu, drained
- 1 cup canned chickpeas, drained and rinsed
- 2 tbsp dairy-free chipotle mayonnaise
- 1 tbsp hot sauce
- 2 tsp hempseed, toasted in shell
- 2 tsp tahini
- ½ tsp cider vinegar
- ½ tsp garlic powder
- 1 green onion, chopped
- ¼ tsp salt
- Pinch of ground black pepper
- ½ cup Steamed Seitan Smoky Nuggets
- 2 large spinach tortillas
- Fresh parsley, for garnish (optional)

## NUTRITIONAL VALUES

- Calories: 200kcal
- Fat: 13.4g (8.9g S.Fat)
- Carbs: 16.6g
- Protein: 3.7g
- Sugar: 11.6g
- Sodium: 124mg

## DIRECTIONS

Add the tofu, chickpeas, mayonnaise, hot sauce, hempseed, tahini, vinegar, garlic powder, onion, salt, and pepper to a food processor. Process until well combined and spreadable with a knife.

Chop seitan nuggets into very small pieces. (You could also pulse in a food processor a couple of times.) Fry seitan in a small skillet over medium-high heat for about 4 minutes, stirring often to keep from burning. Set aside.

Divide the tofu filling into two portions and spread evenly onto each tortilla. Leave about an inch from the edge on one side without filling to aid in rolling. Sprinkle seitan over each tortilla. Start rolling each tortilla at the opposite side of the edge that you did not cover. Roll firmly but not too tight, so as not to squeeze out the filling.

Pin toothpicks along the edge of the tortilla about 1½ to 2 inches apart. Slice between each toothpick. This helps to keep the rolls together until you can set them on a plate. They do stick together very well. Garnish with fresh parsley, if desired.

# CHERRY CHOCOLATE HEMP BALLS



## MAKES 24 BALLS

- 1 cup old-fashioned oats
- ½ cup unsweetened shredded coconut
- ½ cup dried cherries, chopped
- ½ cup pistachios, chopped
- ⅓ cup dairy-free chocolate chips
- ⅓ cup peanut butter
- ¼ cup maple syrup
- ¼ cup raw shelled hempseed

## NUTRITIONAL VALUES

- Calories: 77kcal
- Fat: 4.8g (1.8g S.Fat)
- Carbs: 6.9g
- Protein: 2.3g
- Sugar: 2.8g
- Sodium: 26mg

## DIRECTIONS

Add all of the ingredients to a large bowl. Mix well with a sturdy wooden spoon. Roll into 24 balls.

Store in the refrigerator for up to 5 days or freeze for up to 6 months.

# CHICKPEA BALL POPPERS



**MAKES 6 SERVINGS**

## CHICKPEA BALLS:

- 1 28-ounce can chickpeas, drained (save the liquid to use as aquafaba) and rinsed
- 1 tsp tamari
- 2 tsp onion powder
- 1 tsp salt
- ½ tsp ground black pepper
- 4 tbsp aquafaba
- 1 cup fresh breadcrumbs

## SPICY MAYO DIP:

- ½ cup vegan mayonnaise
- ¼ cup sweet chili sauce
- 1 tsp tamari
- ½ tsp Tabasco

## NUTRITIONAL VALUES

- Calories: 635kcal
- Fat: 13.7g (1.1g S.Fat)
- Carbs: 101.6g
- Protein: 28.7g
- Sugar: 19.6g
- Sodium: 867mg

## DIRECTIONS

### CHICKPEA BALLS:

Preheat the oven to 400°F.

Add all the chickpea ball ingredients to a food processor. Pulse until the chickpeas are broken down and the ingredients are mixed. Form mixture into twenty-four bean balls and place them on a baking sheet. Bake for 25 minutes.

### SPICY MAYO DIP:

Mix all the dip ingredients together thoroughly.

Serve in a bowl with toothpicks alongside the chickpea ball poppers.

# PROTEIN PEANUT BUTTER BALLS



## DIRECTIONS

Place the peanut butter and maple syrup in a medium bowl. Mix well. Add the powdered soy milk, flaxseed meal, and coconut flour. Mix well and roll into 24 balls. Lightly roll each ball in the chopped peanuts.

Store in the refrigerator for up to 2 weeks.

## MAKES 24 BALLS

- ½ cup creamy peanut butter
- ½ cup maple syrup
- ½ cup powdered soy milk, non-GMO
- ¼ cup flaxseed meal
- ½ cup coconut flour
- ¼ cup peanuts, chopped fine

## NUTRITIONAL VALUES

- Calories: 52kcal
- Fat: 3.5g (3g S.Fat)
- Carbs: 4.2g
- Protein: 1.1g
- Sugar: 0.8g
- Sodium: 121mg

# ENGLISH MUFFIN PROTEIN TRIANGLES



## MAKES 6 SERVINGS

- 3 English muffins
- ⅔ cup raw almonds, soaked in water from one hour to overnight
- 1½ tbsp lemon juice
- 1½ tbsp nutritional yeast
- 1 tsp curry powder
- ½ tsp mustard powder
- ½ tsp salt
- Pinch of ground black pepper
- ⅓ cup extra virgin olive oil, more if desired
- ⅓ cup seitan, crumbled (Slow Cooker Log for Thin Slices and Crumbles)
- ¼ cup black olives, sliced
- Freshly cut parsley, for garnish (optional)

## NUTRITIONAL VALUES

- Calories: 156kcal
- Fat: 9.4g (3.7g S.Fat)
- Carbs: 14.7g
- Protein: 4.4g
- Sugar: 6.6g
- Sodium: 166mg

## DIRECTIONS

Break apart the English muffins at the center and toast. Place on a baking sheet and set aside.

Place the almonds in a food processor. Add lemon juice, nutritional yeast, curry powder, mustard powder, salt, and pepper. Blend until the mixture is as smooth as you can get it. It will still have a few little pieces. Slowly pour in the olive oil through the opening in the lid. You may add a little more oil if you would like it thinner. Pour mixture into a small bowl and mix with the crumbled seitan.

Divide the mixture and spread on the six muffin halves. It will be thick. Slide the baking sheet under the broiler for about 2 minutes, until lightly golden.

Top with black olive slices and cut each muffin into quarters. The easiest way to do this is by using a cleaver and pushing straight down as you would cut pizza. Stack on a plate and garnish with freshly cut parsley, if desired.

# OVER-THE-TOP BARS TO GO



## MAKES 16 SQUARES

- 1½ cups old-fashioned oats
- ½ cup pecans
- ½ cup pistachios
- ½ cup cashews
- ½ cup dried cranberries
- ¼ cup dates, pitted and chopped
- ¼ cup sunflower seed kernels
- ¼ cup pepitas
- 2 tbsp raw shelled hempseed
- ½ cup peanut butter
- ½ cup brown rice syrup
- 3 tbsp maple syrup

## NUTRITIONAL VALUES

- Calories: 256kcal
- Fat: 11g (1.9g S.Fat)
- Carbs: 35.5g
- Protein: 7.7g
- Sugar: 12.2g
- Sodium: 64mg

## DIRECTIONS

Line an 8-inch square baking dish with parchment paper and come up about 3 inches on opposite sides. This will act as a handle to remove the bars from the dish.

Mix all the ingredients except the peanut butter and the syrups together in a large bowl. Add the peanut butter and start to mix in with a wooden spoon, and then use your hands to mix and pinch so that the peanut butter is well incorporated into the dry ingredients.

Add the brown rice syrup and maple syrup to a small saucepan. Bring to a boil and cook to hard ball stage, 260°F, on a candy thermometer. Pour the syrups over the oat mixture and stir well. Then quickly spread the mixture into the prepared dish. It will cool quickly, so you can use your fingertips to press down into the dish as evenly as possible. You can also use the bottom of a measuring cup to press down firmly. Refrigerate for at least 30 minutes.

Grab the “handles” of the parchment paper and lift out of the dish. Place on a cutting board and slice into sixteen squares.

# RAW DATE CHOCOLATE BALLS



## DIRECTIONS

Place the sunflower seeds, dates, walnuts, cacao powder, maple syrup, almond butter, oats, and hempseed in a large bowl. Mix well.

Pinch off pieces of dough and roll into twenty-four balls. Roll each ball in shredded coconut. Place in the refrigerator to harden for about 30 minutes.

## MAKES 24 BALLS

- $\frac{3}{4}$  cup sunflower seed kernels, ground
- $\frac{1}{2}$  cup dates, pitted, chopped well
- $\frac{1}{2}$  cup walnuts, chopped
- $\frac{1}{2}$  cup unsweetened cacao powder
- $\frac{1}{2}$  cup maple syrup
- $\frac{1}{2}$  cup creamy almond butter
- $\frac{1}{2}$  cup old-fashioned oats (use gluten-free if desired)
- $\frac{1}{4}$  cup raw shelled hempseed
- 6 ounces unsweetened coconut, for coating

## NUTRITIONAL VALUES

- Calories: 269kcal
- Fat: 15.1g (7.8g S.Fat)
- Carbs: 26.9g
- Protein: 7.3g
- Sugar: 14.1g
- Sodium: 196mg

# ARTICHOKE QUINOA DIP



## MAKES 4 SERVINGS

- ½ cup quinoa
- 1 tbsp extra virgin olive oil
- ½ cup diced onion
- 4 ounces baby spinach, with stems chopped off
- ¼ cup raw shelled hempseed
- ½ tsp onion powder
- ½ tsp garlic powder
- 1 tsp salt
- ¼ tsp ground black pepper
- 8 ounces artichoke hearts in water, drained 1 tbsp lemon juice

## NUTRITIONAL VALUES

- Calories: 198kcal
- Fat: 8.9g (1.2g S.Fat)
- Carbs: 21.7g
- Protein: 7.1g
- Sugar: 0.9g
- Sodium: 836mg

## DIRECTIONS

Place quinoa in a sieve and rinse well. Combine quinoa and 1 cup water in a small saucepan. Bring to a boil, cover, and reduce to a simmer. Cook for 10 to 15 minutes or until the liquid is absorbed. Remove from the heat and let set with the cover on for 5 minutes. Remove lid and fluff.

Heat the oil in a large skillet over medium-high heat. Add the onion and sauté over medium heat for 10 minutes. Stir in the spinach and cook until wilted, about a minute or so. Add the hempseed and spices and stir in quickly. Remove from the heat.

Cut off the top of the artichoke hearts. Discard the toughest of the outside leaves.

Add everything to a food processor. Process until well combined and chopped very small.

Serve with homemade pita chips (see note).

## RECIPE NOTES

Making homemade pita chips is a very simple process: Buy a bag of pita pockets or flatbread. Brush pita pockets with oil and cut into triangles. Lay on a baking sheet. Bake at 400°F for about 5 to 7 minutes. Watch very closely to make sure they do not burn

# SPLIT PEA PATTIES



## MAKES 8 SERVINGS

- $\frac{3}{4}$  cup (148 g) (5.2oz) dry green split peas, cooked al dente (See Recipe Note.), drained
- 3 tbsp (45 ml) fresh lemon juice
- 1 tbsp (15 ml) neutral-flavoured oil
- 3 cloves garlic, grated or pressed
- $\frac{1}{3}$  cup (53 g) (1.9oz) minced red onion
- $\frac{1}{4}$  cup (4 g) (0.14oz) minced fresh cilantro or (15 g) (0.53oz) fresh parsley
- 1 tsp ground cumin
- 1 tsp garam masala
- $\frac{1}{2}$  tsp fine sea salt
- $\frac{1}{2}$  tsp paprika (smoked or regular)
- $\frac{1}{2}$  tsp turmeric
- $\frac{1}{8}$  tsp cayenne pepper
- $\frac{1}{4}$  cup (30 g) (1.1oz) whole wheat pastry flour or (31 g) (1.1oz) all-purpose flour
- 2 tbsp (24 g) (0.85oz) potato starch or (16 g) (0.56oz) cornstarch
- $\frac{1}{2}$  tsp baking powder
- Water, as needed
- Non-stick cooking spray or oil spray

## NUTRITIONAL VALUES

- Calories: 305kcal
- Fat: 2.9g (0.5g S.Fat)
- Carbs: 52.5g
- Protein: 18.1g
- Sugar: 4.8g
- Sodium: 418mg

## DIRECTIONS

Place the cooked split peas in a food processor and pulse about 15 times to break down the peas slightly. You're not looking to purée them, but to make it so the mixture will hold together better to form patties. In a large bowl, combine the split peas with the lemon juice, oil, garlic, onion, cilantro, cumin, garam masala, salt, paprika, turmeric, and cayenne pepper until thoroughly mixed. Add the flour, starch, and baking powder on top.

Stir until thoroughly mixed. If the mixture is dry and crumbly, stir water into it, 1 tbsp (15 ml) at a time until the mixture holds together better. We usually have to add 2 tbsp (30 ml) of water. Refrigerate for 1 hour.

Preheat the oven to 350°F (180°C, or gas mark 4).

Divide the mixture into 8 patties (each one a scant but packed  $\frac{1}{4}$  cup, or 60 g) of a little under 3 inches (7 cm) in diameter and  $\frac{1}{2}$ -inch (1.3 cm) in thickness. Place on a baking sheet lined with parchment paper or press into a lightly greased whoopie pie pan. Lightly coat the top with cooking spray.

Bake for 15 minutes on one side, flip, lightly coat with cooking spray, and bake for another 10 minutes until golden brown.

Store leftovers in an airtight container in the refrigerator for up to 4 days. Gently reheat in a pan or in the oven or enjoy cold or at room temperature.

## RECIPE NOTES

If you are looking for a protein boost, serve this with your favourite tofu scramble. Make it a pesto tofu scramble to keep the green theme going. Or nosh on a super simple small bowl of warm shelled edamame, sprinkled with a little sea salt.

# HIGH-PROTEIN PEANUT BUTTER COOKIE DOUGH



## DIRECTIONS

Mix the peanut butter and the syrup in a large bowl. Add the remaining ingredients and mix well. Shape into balls and eat.

If you'd like a little bit more of a refined look for serving, roll the balls into finely ground peanuts. For easier handling, store in the refrigerator between snacking.

## MAKES 45 BALLS

- 1 cup crunchy peanut butter
- 1 cup maple syrup
- ½ tsp salt
- 1 cup chickpea flour
- ¾ cup almond meal flour
- ½ cup peanuts, chopped
- ½ cup cashews, chopped
- ½ cup old-fashioned oats
- Finely ground peanuts, for coating (optional)

## NUTRITIONAL VALUES

- Calories: 113kcal
- Fat: 6.3g (1.4g S.Fat)
- Carbs: 12g
- Protein: 3.7g
- Sugar: 6.5g
- Sodium: 67mg

# SAVOURY EDAMAME MINI CAKES



**MAKES 14 to 16 CAKES**

## FOR THE SAUCE:

- 3 tbsp (45 ml) tamari
- 1 tsp smooth peanut butter
- 1 tsp seasoned rice vinegar, or to taste
- 1 tsp sambal oelek, or to taste

## FOR THE CAKES:

- 1 cup (150 g) (5.3oz) frozen, shelled edamame, thawed
- ¼ cup (36 g) (1.3oz) minced bell pepper (any colour)
- 3 tbsp (30 g) (1.1oz) minced red onion
- 2 cloves garlic, minced
- ½ tsp 5-spice powder
- ¼ tsp Generous fine sea salt
- Pinch of ground black pepper
- 1 cup (140 g) (4.9oz) whole spelt flour
- 1/3 cup plus 1 tbsp (95 ml) unsweetened plain vegan milk
- 2/3 cup (53 g) (1.9oz) panko crumbs
- 2 tbsp (16 g) (0.16oz) toasted sesame seeds
- 2 tbsp (30 ml) high-heat neutral-flavoured oil

## NUTRITIONAL VALUES

- Calories: 41kcal
- Fat: 14g (2.1g S.Fat)
- Carbs: 4.9g
- Protein: 2.4g
- Sugar: 0.8g
- Sodium: 251mg

## DIRECTIONS

### TO MAKE THE SAUCE:

In a small bowl, whisk together the tamari, peanut butter, rice vinegar, and sambal oelek until smooth. Set aside.

### TO MAKE THE CAKES:

Put the edamame, bell pepper, onion, garlic, 5-spice powder, salt, and pepper in a medium-size bowl. Stir to combine. Stir in the flour, then the milk to form a dough. It should be shape-able, but some of the edamame may poke out. Combine the panko and the sesame seeds on a shallow plate.

Heat the oil in a large skillet over medium-high heat.

Scoop 1 tbsp (26 g) of the mixture and shape it into a small round no more than ½ inch (1.3 cm) thick and about 1½ inches (3.8 cm) in diameter. Put it in the panko mixture and pat to coat well on both sides, continuing to shape it into a small cake. Repeat until all the cakes have been formed. Put half of the cakes into the skillet and cook for 3 to 5 minutes until golden brown.

Turn over to cook the second side for 2 to 4 minutes, until also golden brown. Drain on a paper towel-lined plate. Cook the remaining cakes in the same manner, adding more oil if needed. Serve with the sauce for dipping.

# CARROT CAKE TWO-BITE BALLS



## DIRECTIONS

Add the oats, almond meal, pecans,  $\frac{1}{3}$  cup coconut, carrots, dates, and cocoa powder to a food processor. Mix on high until well processed. You may have to scrape down the edges a couple of times to make sure the dates aren't clumping. Add the almond butter, cinnamon, nutmeg, and ginger. Mix again until well mixed. Scrape down again if needed.

Transfer to a flat surface and make sure all is blended well. Use your hands if necessary. Pinch off pieces of dough and roll into sixteen balls. Roll the balls in additional shredded coconut, if desired.

## MAKES 16 BALLS

- 1 cup old-fashioned oats
- $\frac{1}{2}$  cup almond meal
- $\frac{1}{2}$  cup pecans
- $\frac{1}{3}$  cup plus 2 tbsp unsweetened shredded coconut, divided
- 3 medium carrots, grated
- 15 dates, pitted
- 2 tbsp unsweetened cocoa powder
- 2 tbsp almond butter
- 1 tsp ground cinnamon
- $\frac{1}{2}$  tsp ground nutmeg
- $\frac{1}{2}$  tsp ground ginger

## NUTRITIONAL VALUES

- Calories: 184kcal
- Fat: 13.1g (1.8g S.Fat)
- Carbs: 15.5g
- Protein: 6.4g
- Sugar: 10.2g
- Sodium: 237mg

# CHOCOLATE TRAIL MIXBARS



## MAKES 8 BARS

- ¾ cup old-fashioned oats
- ½ cup bran flakes cereal
- ½ cup mixed nuts, chopped
- ¼ cup dried cherries
- ¼ cup dried cranberries
- ¼ cup raw shelled hempseed
- 3 tbsp peanut butter
- ¼ cup maple syrup
- ½ cup dairy-free chocolate chips, melted

## NUTRITIONAL VALUES

- Calories: 193kcal
- Fat: 11.2g (2.1g S.Fat)
- Carbs: 19g
- Protein: 5.7g
- Sugar: 8g
- Sodium: 69mg

## DIRECTIONS

Line an 8-inch square baking dish with parchment paper and come up about 3 inches on opposite sides. This will act as a handle to remove the bars from the dish.

Add the oats, cereal, nuts, cherries, cranberries, and hempseed to a large bowl and mix well.

Mix the peanut butter and syrup together and pour into the large bowl. Mix well. Add the melted chocolate and mix again.

Press firmly into the prepared dish and into all corners. Let set in the refrigerator for 30 minutes.

Grab the “handles” of the parchment paper and lift out of the dish. Place on a cutting board and slice down the center. Turn and make three even cuts, which will give you eight long bars.

# VANILLA ALMOND DATE BALLS



## DIRECTIONS

Place all the ingredients except the ground sunflower seeds in a food processor. Process on high until all is combined well and forms a ball. Transfer into a large bowl and form twenty balls. This dough works well by squeezing each one a few times to form a ball. Roll in ground sunflower seeds.

## MAKES 20 BARS

- 1½ cups almond flour
- 16 dates, pitted
- 4 tbsp sunflower seed kernels
- 4 tbsp vanilla protein powder
- 2 tbsp flaxseed meal
- 1 tsp vanilla extract
- Pinch of salt
- 2 tbsp sunflower seed kernels, ground fine in a small food processor

## NUTRITIONAL VALUES

- Calories: 89kcal
- Fat: 6.8g (2.4g S.Fat)
- Carbs: 5g
- Protein: 2.5g
- Sugar: 2.7g
- Sodium: 42mg

# TEMPEH STUFFED CREMINI MUSHROOMS



## MAKES 6 SERVINGS

- 18 cremini mushrooms
- 2 tbsp diced red onion, small dice
- 3 ounces tempeh, diced very small, or pulsed small
- Pinch of onion powder
- Pinch of cayenne pepper
- ¼ cup rice, cooked
- 1 tbsp tamari

## NUTRITIONAL VALUES

- Calories: 117kcal
- Fat: 1.8g (0.4g S.Fat)
- Carbs: 16.9g
- Protein: 9g
- Sugar: 3.9g
- Sodium: 182mg

## DIRECTIONS

Remove stems from the mushrooms and set the caps aside. Finely chop the stems and set aside.

Heat 3 tbsp of water in a medium skillet. Add the chopped mushroom stems and onion. Sauté 10 to 15 minutes or until onion is translucent. Add the tempeh and cook another 5 minutes. Add onion powder, cayenne pepper, rice, and tamari. Cook 2 minutes, stirring occasionally.

Preheat the oven to 350°F.

Stuff mushroom caps and place on baking sheet. Bake for 20 minutes.

# ROASTED TACO-SEASONED EDAMAME AND CHICKPEAS



## MAKES 7 SERVINGS

- 12 ounces frozen edamame
- 1 15-ounce can chickpeas, drained (save the liquid to use as aquafaba) and rinsed
- 4 tbsp taco seasoning
- 3 tbsp aquafaba

## NUTRITIONAL VALUES

- Calories: 90kcal
- Fat: 4.4g (1g S.Fat)
- Carbs: 12.8g
- Protein: 1.6g
- Sugar: 10.5g
- Sodium: 10mg

## DIRECTIONS

Preheat the oven to 400°F.

Cook the edamame according to directions on package.

Spread the chickpeas and cooked edamame on a baking sheet. Bake for 20 minutes.

Place the taco seasoning in a medium bowl.

Remove the edamame and chickpeas from oven and toss with the aquafaba. Add to the bowl of taco seasoning and coat well.

Return to oven and bake another 10 minutes.

You can eat these as soon as they've cooled enough to handle, but let them cool in the oven for at least 2 hours to overnight before packing away. Store in an airtight container. They will keep for 2 weeks.

# PUMP UP THE POWER ENERGY BALLS



## DIRECTIONS

Mix the oats, almond meal, wheat germ, flaxseed meal, pepitas, hempseed, cinnamon, nutmeg, and currants together in a medium bowl.

Add the peanut butter, maple syrup, vanilla, and salt to the bowl of a stand mixer. Mix on medium speed until well combined. Pour the dry ingredients into the wet mixture. Mix on low until well combined.

Roll into thirty-two balls.

## MAKES 32 BALLS

- 1 cup old-fashioned oats
- ¾ cup almond meal
- ⅓ cup wheat germ
- ¼ cup flaxseed meal
- ¼ cup pepitas
- 2 tbsp raw shelled hempseed
- 1 tsp ground cinnamon
- ¼ tsp ground nutmeg
- ½ cup dried currants
- ½ cup peanut butter
- ⅓ cup maple syrup
- 1 tsp vanilla extract
- ¼ tsp salt

## NUTRITIONAL VALUES

- Calories: 81kcal
- Fat: 6g (1.9g S.Fat)
- Carbs: 1.2g
- Protein: 5.3g
- Sugar: 0.5g
- Sodium: 828mg