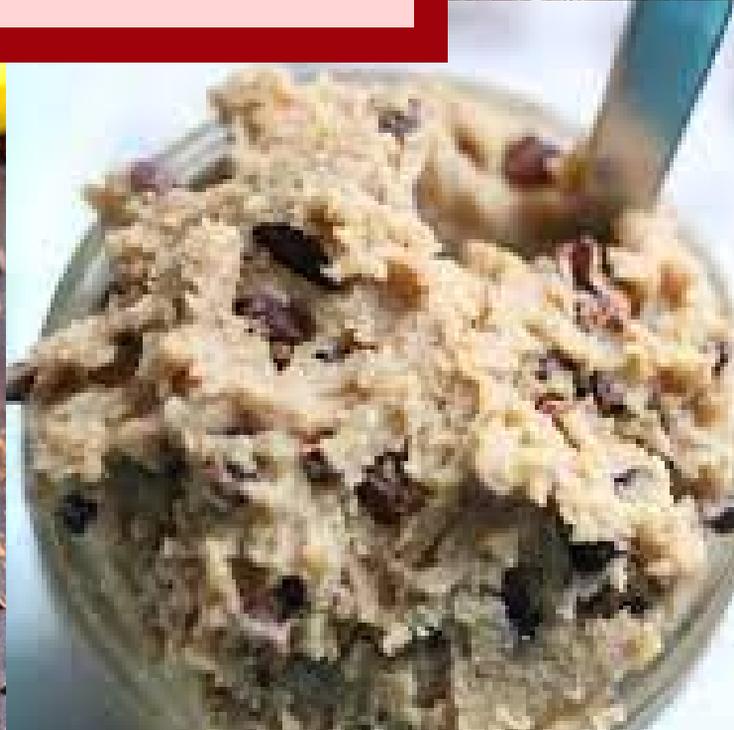




HEALTHY SWEET SNACK IDEAS

With Mika



APPLE WITH HOMEMADE ALMOND BUTTER

Serves 1



Prep: 5 mins
Total time: 5 mins



Plant-based: yes

INGREDIENTS

16 ounces (3 cups) raw almonds

¼ teaspoon salt

Optional: ¼ teaspoon ground cinnamon

Optional: ½ teaspoon vanilla extract

Optional: 2 tablespoons maple syrup or honey

1 apple of your choice

METHOD

Preheat the oven to 350 degrees Fahrenheit. Spread the almonds across a large, rimmed baking sheet and toast the almonds for 10 minutes, stirring halfway.

Let the almonds cool until they're just warm (not hot), about 10 minutes. Transfer the almonds to a high-speed blender or food processor.

Blend until creamy, pausing to scrape down the sides as necessary. You're going to think it'll never blend, but be patient!

The almonds will go from flour-like clumps, to a ball against the side of the food processor (keep scraping down the sides and breaking up the ball), and finally, it will turn lusciously creamy.

If the mixture gets crazy hot along the way, stop and let it cool for a few minutes. Once the almond butter is very smooth and creamy (no sooner!), you can blend in any add-ins you would like.

Add salt, for more flavor overall. You can also add cinnamon for a hint of spice, and vanilla and/or maple syrup for almond butter that tastes more special than store-bought. Blend until the add-ins are evenly dispersed. Let the almond butter cool to room temperature, then transfer the mixture to a mason jar and screw on the lid. Store in the refrigerator for up to 2 weeks, or until you see or smell any signs of spoilage.

Slice your apple and add 1-2 tablespoons of your homemade almond butter to a small bowl to dip your apples slices into!



COCONUT AND CHOCOLATE PROTEIN BITES

Makes 9 bites



Prep: 20 mins
Total time: 30 mins



Plant-based: yes

INGREDIENTS

1 cup desiccated coconut
2 tablespoons honey or agave syrup
2 1/2 tablespoons coconut oil
1/2 teaspoon vanilla flavouring
50g dark chocolate for melting (i.e. chocolate chips)
1 1/2 scoops Arbonne chocolate protein

METHOD

Pulse the coconut in a blender or food processor until the texture becomes like thick flour. Transfer to a bowl and add the honey or maple syrup, coconut oil, and vanilla. Stir until a thick paste forms.

Using your hands, squeeze the mixture into about 9 small balls. I found that rolling was difficult because they weren't sticky enough, but I was able to shape them into balls by first squeezing them in my palm a few times (you'll get some oil on your hands), and then gently shaping it from an oval into a round ball. Place the coconut balls in the refrigerator for about 30 minutes or until firm.

Melt the chocolate slowly and gently until smooth and spreadable in the microwave for 30 seconds at a time. Mix in the chocolate protein until fully combined.

Lay out a sheet of parchment paper on a tray which will fit in your fridge. Using two forks, roll each coconut ball in the chocolate until completely covered. Scoop the ball out with the fork and let the extra chocolate drip off the fork.

Gently nudge the chocolate covered ball onto wax paper and chill until the chocolate has hardened. Store in the refrigerator.

**It's very important to use coconut oil because other oils won't harden like coconut oil, and that hardening is what holds the shape together.



PROTEIN COOKIE DOUGH

Serves 1



Prep: 5 mins
Total time: 5 mins



Plant-based: yes

INGREDIENTS

1 large tablespoon almond butter
1 scoop Arbonne protein powder
(chocolate or vanilla)
Agave syrup or honey
Pinch of salt
1 tablespoon dark chocolate
chips/vegan chocolate chips

METHOD

Place the almond butter, protein powder and salt into a bowl.

Slowly add in the agave syrup or honey and mix until you get a cookie dough-like consistency.

Add in chocolate chips and mix.

Enjoy!



BANANA AND ALMOND ICE CREAM

Serves 2



Pre-prep: 4-5 hours
Prep: 10 mins
Total time: 5 hours 10 mins



Plant-based: yes

INGREDIENTS

4 bananas, peeled and cut into roughly similar-sized chunks
1 tbsp almond butter
50ml almond milk
1 scoop Arbonne vanilla protein powder
Toasted flaked almonds, to serve

**You will need to freeze the bananas at least 4 hours ahead.

METHOD

Line a baking tray with greaseproof paper and spread the banana chunks over it in a single layer.

Place the tray in your freezer and freeze for a minimum of 4 hours, or until the banana chunks are frozen solid.

Tip the frozen banana into a food processor, along with the almond butter, almond milk and the protein power if using, then pulse until virtually smooth.

Serve your ice cream topped with toasted almonds.



PROTEIN ALMOND BUTTER CUPS

Makes 6 cups



Prep: 10 mins
Cook: 20 mins



Plant-based: yes

INGREDIENTS

1 1/3 Cup Smooth peanut butter
1 Scoop Arbonne protein (vanilla or chocolate)
1 1/2 Cups Dark chocolate chips
1 Tbsp Coconut oil

METHOD

Place 6 paper liners in the wells of a muffin tin and set aside.

In a small bowl, mix together the protein powder and peanut butter until smooth.

Place the chocolate chips and coconut oil in a bowl; microwave in 30-second increments until fully melted.

Place approximately 1 tablespoon of melted chocolate in the bottom of each liner. Place the muffin tin in the freezer for 10 minutes or until chocolate is set.

Place 2 teaspoons of the peanut butter mixture on top of the chocolate layer.

Add an additional tablespoon of chocolate on top of the peanut butter mixture. Chill until firm.

Store in the refrigerator until ready to serve.

**It's very important to use coconut oil because other oils won't harden like coconut oil, and that hardening is what holds the shape together.



CHOCOLATE AND ALMOND PROTEIN BALLS

Makes 9-12 balls



Prep: 5 mins

Total time: 15 mins



Plant-based: yes

INGREDIENTS

1/2 cup of rolled oats
1/4 cup cacao powder
1/4 cup Arbonne chocolate protein
1/4 cup of almond butter
1 tablespoon honey

METHOD

Mix all of the ingredients in a medium bowl. Consistency must be thick but not dry.

If you would like a smoother consistency add an extra teaspoon of honey or almond butter.

Roll mixture up into balls and place on a plate. Place in the fridge for 5-10 mins to harden.

These are quick, easy and so delicious! Best thing is that they last in your fridge for up to 5 days! So snacks for the whole week!



CHOCOLATE CHIA PUDDING

Serves 1



Prep: 5 mins
Total time: 6h
(overnight)



Plant-based: yes

INGREDIENTS

3/4 cup oat milk
2 tsp maple syrup or honey
1 tsp pure vanilla extract
15g chia seeds
1 tbsp cacao powder or scoop
chocolate protein powder

METHOD

To a Mason jar or any container with a tight lid (I prefer glass), add milk, maple syrup and vanilla.

Then add chia and cacao powder. It's important to add ingredients in the order listed in the recipe - liquids first.

Whisk well or stir vigorously with a fork until cacao powder (protein) is well combined with the rest of ingredients.

Let sit for 10 minutes and stir again. Refrigerate for at least 6 hours or overnight.

When ready to eat, stir well again. Some lumps are OK, just stir well.

The thickness and sweetness can be adjusted to your taste.



AVOCADO CHOCOLATE MOUSSE

Serves 1



Prep: 5 mins
Total time: 5 mins



Plant-based: yes

INGREDIENTS

1 very ripe banana , with spots on the skin
1/2 ripe avocado
1 Tablespoon cocoa powder

METHOD

In a mini food processor, blend together the banana, avocado and cocoa powder, scraping down the bowl as needed.

Continue blending and scraping, until very smooth and creamy.

Add a splash of water, if needed, to help facilitate blending.

If a sweeter flavor is desired, you can also use a splash of maple syrup if desired, or add more banana.

Enjoy immediately, or chill in the fridge for a colder treat.

