



HEALTHY BAKING RECIPES

With Mika

PEANUT BUTTER BANANA BAKED OATMEAL



INGREDIENTS

- 1 cups old-fashioned oats
- 1/2 teaspoon cinnamon
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1 over ripe banana
- 3/4 cups almond milk
- 1/4 cup creamy peanut butter
- 1 tablespoon maple syrup
- 1/2 tablespoon ground flaxseed
- 1/2 teaspoon vanilla extract

PREP TIME

- Prep | 10 mins
- Bake | 30 mins
- Serves: 2

METHOD

Preheat the oven to 375° F. In a small baking dish, combine the oats, cinnamon, baking powder and salt.

In a large mixing bowl, mash the banana, then add the almond milk, peanut butter, maple syrup, flaxseed and vanilla extract. Allow the mixture to stand for 5 minutes for the flaxseed to set.

Pour over the wet ingredients over the oat mixture and stir to combine.

Bake uncovered in the preheated oven until the top of the oatmeal is golden and the mixture is set, about 30-35 minutes. Remove and allow it to cool for 5 minutes.

Serve with drizzled peanut butter and banana slices, if desired.

RASPBERRY CHOCOLATE CHIP PROTEIN BROWNIES



INGREDIENTS

- 1/4 cup gluten free rolled oats
- 1/2 cup unsweetened cocoa powder
- 2 scoops Arbonne chocolate Protein Powder
- 1/2 cup unsweetened applesauce
- 1 egg
- 1 tablespoon honey
- 1 teaspoon vanilla extract
- 2/3 cup almond milk
- 2 tablespoons coconut oil
- 1/4 cup chocolate chips, plus 2 tablespoons for topping
- 1/2 cup raspberries, broken up into large pieces

PREP TIME

- Prep | 15 mins
- Bake | 6 mins
- Servings: 12 cookies

PROCEDURE

Preheat oven to 350 degrees F. Spray 8x8 inch baking pan with nonstick cooking spray.

Place oats in blender and blend for a minute or until they resemble the consistency of flour (yes, you just made oat flour!). Transfer oat flour to medium bowl then whisk in protein powder and cocoa powder; set aside.

Whisk together applesauce, egg, honey, vanilla and almond milk until smooth and well combined.

Add to dry ingredients and mix together until just combined.

Heat coconut oil and 1/4 cup of the chocolate chips in a small saucepan over very low heat; stir continuously until all chocolate chips and coconut oil have melted together. (You can also heat them in a microwave safe bowl for 30-45 seconds.) Gently stir into brownie batter.

Pour mixture into prepared pan. Sprinkle remaining 2 tablespoons of chocolate chips and raspberries on top.

Bake for 18-22 minutes or until just cooked through and the top has set.

Transfer pan to wire rack to cool completely.

Once cool, cut into 12 bars -- please note that bars should be kept covered in the refrigerator and enjoyed cold!

PEANUT BUTTER AND JELLY SNACK BARS



INGREDIENTS

- 60 g gluten-free rolled oats
- 74.67 g raw almonds
- 0.17 tsp sea salt
- 16 g coconut sugar
- 45.33 g coconut oil, melted

FILLING

- 160 g sugar-free strawberry jam
(ensure vegan friendliness)
- 53.33 g frozen or fresh strawberries
(or raspberries // chopped)
- 21.33 g creamy peanut butter

PROCEDURE

Preheat oven to 350 degrees F (176 C) and line an 8x8-inch baking dish with parchment paper.

Add oats, almonds, sea salt, and coconut sugar to a food processor or high speed blender and pulse into a fine meal, making sure no large pieces remain.

Transfer to a mixing bowl and add melted coconut oil. Stir with a spoon to incorporate. Then use your hands to work the oil into the dry ingredients until the mixture resembles wet sand.

PREP TIME

- Prep | 30 mins
- Bake | 32 mins
- Servings: 9 bars

Spread the mixture into the baking dish and press down into an even layer with your fingers or a flat object (such as a drinking glass).

Bake for 15 minutes. Then increase heat to 375 degrees F (190 C) and bake for 5 minutes more, or until the crust is fragrant and the edges are slightly golden brown.

In the meantime, add jam and strawberries to a small saucepan and warm over medium-low heat until hot and pourable - about 5-7 minutes. Remove from heat and set aside.

Once crust is slightly golden brown, remove from oven and immediately add strawberry jam. Use a spoon to spread into an even layer. Then dollop on peanut butter in 1 teaspoon amounts.

Use the handle end of a spoon (or a chopstick) to gently swirl the two together.

Reduce oven heat to 350 degrees F (176 C) and bake for another 12-17 minutes or until the strawberry topping is warm and bubbly.

Remove squares from oven and let cool completely - 2-3 hours. Once cooled, gently lift bars from pan and slice into 9 even squares, or 10 bars (amounts as original recipe is written // adjust if altering batch size).

Store leftovers in a well-sealed container at room temperature for 2 days, in the refrigerator for 3-4 days, or the freezer up to 1 month.

HEALTHY APPLE CRUMB BARS



INGREDIENTS

For the crust and crumble

- 1 cup natural almond butter
- 2/3 cup maple syrup
- 2 teaspoon vanilla extract
- 1 1/2 teaspoons cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon salt
- 2 cup old fashioned oats
- 1/4 cup oat flour
- 3 tablespoons almond flour
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For The Apple Filling

- 2 large apples, peeled, cored and diced
- 1 tablespoon maple syrup
- 2 teaspoons cinnamon
- 1/4 teaspoon nutmeg

PREP TIME

- Prep | 20 mins
- Bake | 40 mins
- Servings: 6 bars

PROCEDURE

Preheat the oven to 350°F and line an 8×8 inch square pan with parchment paper. In a large mixing bowl, mix the almond butter, maple syrup and vanilla extract together until combined.

Add in the oats, oat flour, almond flour, salt, cinnamon, and nutmeg and mix until everything comes together. Let the batter sit for 10 minutes to thicken.

While the batter sits, prepare the apple filling. In a large bowl combine the chopped apples, cinnamon, nutmeg and maple syrup and toss together until the apples are evenly coated.

Place half of the cookie crust in prepared pan, spreading the dough into an even layer all the way to the edge. Put the apple filling over the bottom layer and crumble the remaining half of the dough over the apple filling.

Bake for 40 minutes, or until the edges are golden brown.

Allow to cool and enjoy!

HEALTHY ZUCCHINI MUFFINS



PREP TIME

- Prep | 20 mins
- Bake | 16 mins
- Servings: 12 muffins

PROCEDURE

Preheat oven to 400 degrees Fahrenheit.

Toast the nuts (if using): Once the oven has finished preheating, pour the chopped nuts onto a small, rimmed baking sheet. Bake until the nuts are fragrant and toasted, about 4 to 5 minutes, stirring halfway.

In a medium mixing bowl, combine the coconut oil and honey. Beat them with a whisk until they are combined. Add the eggs and beat well. Add the milk and vanilla.

Whisk to combine, and set the bowl aside. (If your coconut oil solidifies on contact with cold ingredients, simply let the bowl rest in a warm place for a few minutes, like on top of your stove, or warm it for about 30 seconds in the microwave.)

In a large mixing bowl, combine the flour, cinnamon, baking powder, baking soda, salt and nutmeg. Using a big spoon, stir to combine.

Pour the liquid mixture into the dry and stir just until combined (a few lumps are ok!).

Add the zucchini and toasted nuts, if using. Gently fold the zucchini and nuts into the batter, being careful not to over-stir.

Divide the batter evenly between the 12 muffin cups. Bake muffins for 16 to 19 minutes, or until the muffins are golden on top and a toothpick inserted into a muffin comes out clean.

Place the muffin tin on a cooling rack to cool. If you have leftover muffins, store them, covered, at room temperature for two days, or in the refrigerator for up to 4 days. Freeze leftover muffins for up to 3 months.

INGREDIENTS

- ¾ cup roughly chopped raw walnuts or pecans (optional)
- ⅓ cup melted coconut oil
- ½ cup honey or maple syrup
- 2 eggs
- ⅔ cup milk of choice mixed with 2 teaspoons vinegar (allow to rest for 5 minutes before using)
- 2 teaspoons vanilla extract
- 1 ¾ cups white whole wheat flour or regular whole wheat flour
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon fine sea salt
- ¼ teaspoon ground nutmeg
- 1 ½ cups grated zucchini (gently squeeze out excess moisture from the grated zucchini over the sink)

VEGAN FRUIT AND NUT FLAPJACKS



PREP TIME

- Prep | 5 mins
- Bake | 30 mins
- Servings: 8 squares

INGREDIENTS

- 175 g fine rolled porridge oats
- 40 g plain flour
- 50 g mixed nuts
- 100 g mixed dried fruit - larger pieces roughly chopped
- 25 g mixed seeds
- 100 g dairy and soy free butter
- 85 g golden syrup
- 100 g light brown soft sugar

PROCEDURE

Preheat the oven to 160C/325F/gas mark 3. Grease a 23cm/9in square cake tin and line with baking parchment. (If you are making plain flapjacks without any mix-ins then use a 20cm/8in tin instead.)

Mix together the oats, flour, nuts, fruit and seeds in a large bowl.

Place the vegan butter, golden syrup and brown sugar in a pan over a low heat. Heat, stirring occasionally, until melted and smooth.

Pour the syrup into the oats and stir until thoroughly combined, there should be no dry patches at all.

Tip the mixture into the prepared tin, spread it out level and press down firmly until well compacted.

Bake for 25-35 minutes until set and golden (they will still be a little soft to the touch and will firm up a lot as they cool).

Leave to cool for 10 minutes then cut into slices with a sharp knife while still in the tin. Leave to cool completely then turn out and re-slice. Store in an airtight container for up to 10 days.