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Gluten Free

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No Bake Energy Bites

A Couple Cooks



20 servings



15 minutes

INGREDIENTS

2 ½ cups Old Fashioned rolled oats

⅓ cup cocoa powder

¼ cup mini chocolate chips

¼ cup unsweetened shredded coconut

½ cup creamy peanut butter (no sugar added, or sunflower butter or tahini for nut free)

½ cup honey (or agave syrup for vegan)

¼ teaspoon kosher salt

¼ teaspoon cinnamon



INSTRUCTIONS

1. Mix all ingredients together in a bowl, starting with 2 ¼ cups rolled oats. If the dough feels fairly stiff move to the next step; otherwise add the additional ¼ cup if the dough feels fairly sticky. Freeze the bowl for 5 minutes to allow the dough to firm up even more: it should feel stiff and rollable at this point. If not, you can mix in a handful more oats — or if it's too crumbly, add a hint more peanut butter and honey.
2. Roll the dough into 20 small balls, pressing the dough together with your hands. A 1 1/2-inch cookie scoop is helpful to make uniform balls. Store refrigerated to firm up the texture even more, but you can eat immediately. Refrigerate for up to 2 weeks.

NUTRITIONAL INFORMATION

Calories 114

Fat 4.2g

Protein 3.1g

Sugars 8.1g

Carbohydrates: 16.7g

Crispy Quinoa Sweet Potato Fritters

Minimalist Baker

 11 servings  30 minutes

INGREDIENTS

Quinoa

- 2 cups cooked + cooled quinoa

Veggies

- 2 cups shredded sweet potato (no need to peel)
- 2 Tbsp avocado or coconut oil, plus more for cooking
- 1/2 cup diced red or white onion
- 4 cloves garlic, minced
- 1 healthy pinch each sea salt and black pepper
- 2 cups chopped greens (we prefer spinach)

Fritters

- 3 medium eggs, whisked
- 1/2 tsp sea salt, plus more to taste
- 1 tsp curry powder (optional)
- 1/2 cup gluten-free flour blend

For Serving, optional

- Sauce (such as coconut yogurt, hummus, or garlic dill sauce)
- Fresh herbs (mint, cilantro, parsley)



INSTRUCTIONS

1. If you do not already have cooked quinoa, prepare it at this time. 2/3 cup uncooked quinoa will yield ~2 cups cooked.
2. Shred sweet potato using either the coarse side of a box grater or the grater attachment of a food processor.
3. Heat a large pot or rimmed skillet over medium heat. Once hot, add oil, onion, sweet potato, garlic, salt, and pepper. Sauté for 4-5 minutes, stirring frequently, or until the onion and sweet potato are tender and fragrant. Add chopped greens and stir to slightly wilt. Set aside.
4. Add eggs to a medium mixing bowl and whisk until well combined. Set aside.
5. To a large mixing bowl add sautéed vegetables, cooked and cooled quinoa, salt, and curry powder (optional) and stir. Then add eggs and stir. Lastly, add gluten-free flour and stir until combined. You should have a slightly tacky but moldable mixture. Add more gluten-free flour as needed if too wet to handle.
6. Form into thin 1/4-inch-thick patties the size of the palm of your hand. In the meantime, heat a large rimmed skillet (we prefer cast iron).
7. Once hot, add a little oil to coat the pan and enough fritters to comfortably fit without crowding. Pan fry until golden brown ~ 4 minutes on each side.
8. Serve hot with garnishes of choice, such as lemon juice, dairy-free yogurt, hummus, garlic dill sauce, or fresh herbs (all optional). Store leftovers covered in the refrigerator up to 3-4 days, or in the freezer up to 1 month. Reheat on the stovetop over medium heat, in a 350 degree F (176 C) oven, or in the microwave until hot. If frozen, thaw before reheating.

NUTRITIONAL INFORMATION

Calories 154

Fat 4.6g

Protein 4.6g

Sugars 2.8g

Carbohydrates: 23.8g

Apple Chips

Downshiftology



4 servings



2 hrs 30 mins

INGREDIENTS

3 large apples , such as Gala, Fuji, or Honeycrisp

1 teaspoon ground cinnamon



INSTRUCTIONS

1. Preheat oven to 200 degrees Fahrenheit (90 Celsius).
2. Line two large baking sheets with parchment paper or a silicone baking mat.
3. Wash and thinly slice the apples using a mandoline to about 1/8-inch thick. Remove the seeds from each slice.
4. Spread the apple slices closely in one layer onto the baking sheets. Sprinkle with cinnamon on both sides.
5. Bake the apples for 1 hour. Flip the apples over and bake for 1 more hour.
6. Turn the oven off and let the apples cool in the oven for about 30 minutes before taking out. If the apples are not crunchy, continue baking them in 15 minute increments.
7. Remove the apples from the baking sheet and enjoy, or store immediately in an airtight container.

NUTRITIONAL INFORMATION

Calories 88

Fat 1g

Protein 1g

Sugars 17g

Carbohydrates: 24g

Easy Seed Crackers with Everything Bagel Seasoning

Minimalist Baker



35 servings



1 hr 5 mins

INGREDIENTS

- 2 Tbsp ground flax seeds (flaxseed meal)
- 2 Tbsp brown rice flour
- 1/2 tsp sea salt
- 1/3 cup sunflower seeds
- 1/3 cup pepitas (pumpkin seeds)
- 1/4 cup hemp seeds
- 1 Tbsp chia seeds
- 1 cup boiling water
- 1-2 Tbsp Everything Bagel Seasoning (store-bought)



INSTRUCTIONS

1. Preheat the oven to 350 F (176 C) and line a standard-size (13×18-inch) baking sheet with parchment paper.
2. In a medium mixing bowl, whisk together the ground flax seeds, brown rice flour, and salt until well combined. Add the sunflower seeds, pepitas, hemp seeds, and chia seeds and toss to combine.
3. Pour the boiling water over the seed mixture and stir until there are no dry spots. Cover with a kitchen towel and let sit for 15 minutes until the seeds have absorbed the water and the mixture is thick and sticky.
4. Transfer the mixture to the prepared baking sheet and, using a rubber spatula, spread into as thin and even a layer as possible. On a standard-size baking sheet (13×18-inch), it should go all the way to the edges. Be sure that the middle isn't too thick and the edges aren't too thin, and try to avoid any gaps or holes. Then, sprinkle the Everything Bagel Seasoning over the top.
5. Bake your crackers for 35-45 minutes, or until they have become toasty in color and are dry and hard to the touch. If it feels soft in the middle, let it bake for a couple more minutes, but not past 50 minutes, or you'll have burnt crackers!
6. Let crackers cool completely on the baking sheet, then carefully break your large cracker into whatever size pieces you prefer. Enjoy right away or store in an airtight container at room temperature for up to 1-2 weeks.

NUTRITIONAL INFORMATION

Calories 26

Fat 2g

Protein 1.2g

Sugars 0g

Carbohydrates: 1.2g

Elote (Mexican Street Corn)

Modern Proper



4 servings



25 minutes

INGREDIENTS

4 ears corn

1/3 cup chipotle mayonnaise

1/4 cup cotija cheese

1/4 cup fresh cilantro, minced

1 tbsp chipotle chili powder (or regular chili powder)

1 lime, quartered



INSTRUCTIONS

1. Preheat grill to medium high. Prepare corn by removing husk and silk. Set corn directly on hot grill and allow to cook, rotating often, until slightly charred on all sides.
2. While still warm use the back of a spoon or a pastry brush to spread the chipotle mayo all over each corn. Sprinkle with cotija cheese, fresh cilantro and chipotle powder. Serve with a lime wedge. Enjoy!

NUTRITIONAL INFORMATION

Calories 134

Fat 19g

Protein 2g

Sugars 4g

Carbohydrates: 17g