

# **The Whole Pie**

## **12 Bonus Recipes**



# Recipe #1: Double Chocolate Almond Protein Bar

## Ingredients

- ¼ cup dates
- ¼ cup almonds
- ¼ cup hemp seeds
- ½ tsp almond extract
- ½ tsp vanilla extract
- 1 tsp unsweetened cocoa powder
- 1 Tbsp chocolate chips
- 4 whole almonds
- 1 tsp coconut oil

## Instructions

1. Place dates in a medium bowl and set aside. Combine nuts and hemp in a food processor and pulse for 30 seconds to 1 minute - until nuts have released their oils and large chunks become very small. Add extract and pulse again for 10 seconds.
2. Add nut mixture to the dates and knead together with your hands, breaking up larger chunks of dates while massaging the mixture together. Knead until everything is thoroughly combined and sticky, approximately 1 minute.
3. Add remaining ingredients to the bowl and continue to knead until everything is evenly distributed, especially the coconut oil. The mixture is done when it retains its shape when squeezed into a small ball.
4. Eat immediately or pour the mixture into a mold, packing down firmly. The tighter it's packed, the better the bar will turn out.
5. Refrigerate for at least one hour. Slide a knife gently around the edges to loosen the bar and turn the mold over to remove. Wrap individually and store bars in the refrigerator or freezer.

## Recipe #2 Orange Julius Protein Smoothie

### Ingredients

- ¾ cup Greek yogurt
- ¼ cup orange juice
- 1 Tbsp chia seeds
- 2 Tbsp coconut flakes
- 1 tsp coconut oil
- 1 tsp vanilla extract
- ¼ cup cottage cheese
- 1 cup loosely packed spinach
- ½ cup banana (½ medium)
- 1 cup orange slices (1 large)

### Instructions

1. Add ingredients in the order listed to the blender and process. If the smoothie is too thick, add optional liquid and blend a second time.

## Recipe #3 Eggnog Smoothie

### Ingredients

- 1 cup kefir or Greek yogurt
- 2 bananas
- 1 cup loosely packed spinach
- 1 Tbsp coconut oil or coconut cream concentrate
- 1 raw egg
- 2 Tbsp maple syrup (optional)
- 1 tsp vanilla extract
- pinch nutmeg

### Instructions

1. Add ingredients in the order listed to the blender and process. If the smoothie is too thick, add optional liquid and blend a second time.

## Recipe #4 Cinnamon Bun Smoothie

### Ingredients

- 1 cup kefir
- 1 cup loosely packed spinach
- 2 bananas
- 1 tsp vanilla extract
- 1 tsp almond extract
- pinch cinnamon
- pinch nutmeg
- 1 Tbsp coconut oil or coconut cream concentrate
- 1 pitted date, chopped

### Instructions

1. Add ingredients in the order listed to the blender and process. If the smoothie is too thick, add optional liquid and blend a second time.

## Recipe #5 Oatmeal Chocolate Chip Protein Bar

### Ingredients

- ¼ cup dates
- ¼ cup cashews
- 2 Tbsp hemp seeds
- 2 Tbsp chia seeds
- 3 Tbsp old fashioned oats
- 1 tsp vanilla extract
- 1 Tbsp chocolate chips
- 1 tsp coconut oil

### Instructions

1. Place dates in a medium bowl and set aside. Combine nuts and hemp in a food processor and pulse for 30 seconds to 1 minute - until nuts have released their oils and large chunks become very small. Add extract and pulse again for 10 seconds.
2. Add nut mixture to the dates and knead together with your hands, breaking up larger chunks of dates while massaging the mixture together. Knead until everything is thoroughly combined and sticky, approximately 1 minute.
3. Add remaining ingredients to the bowl and continue to knead until everything is evenly distributed, especially the coconut oil. The mixture is done when it retains its shape when squeezed into a small ball.
4. Eat immediately or pour the mixture into a mold, packing down firmly. The tighter it's packed, the better the bar will turn out.
5. Refrigerate for at least one hour. Slide a knife gently around the edges to loosen the bar and turn the mold over to remove. Wrap individually and store bars in the refrigerator or freezer.

## Recipe #6 Cinnamon Persimmon Smoothie

### Ingredients

- 1 cup kefir
- ¼ cup coconut water
- 1 cup loosely packed spinach
- ½ banana (1/2 medium)
- ½ cup white beans
- 1 cup chopped persimmon (1/2 large)
- 1 tsp cinnamon

### Instructions

1. Add ingredients in the order listed to the blender and process. If the smoothie is too thick, add optional liquid and blend a second time.

## Recipe #7 Strawberry & Beet Smoothie

### Ingredients

- 1 cup kefir
- ¼ cup orange juice
- ½ cup full fat cottage cheese
- 1 cup loosely packed spinach
- ½ cup chopped cooked beets\*
- 1 cup banana (1 medium)
- 1 cup strawberries, hulled and sliced

### Instructions

1. Add ingredients in the order listed to the blender and process.

### Notes

\* Yellow beets are recommended for those who are sensitive to strong tastes or who have not had beets before. If you're a beet lover, go for the red ones!

Other substitution ideas include one small orange for orange juice, and blueberries or blackberries for strawberries.



## Recipe #8 Pineapple & Triple Veggie Smoothie

### Ingredients

- $\frac{3}{4}$  cup kefir
- $\frac{1}{3}$  cup full fat cottage cheese
- $\frac{1}{3}$  cup chopped cooked beets\*
- $\frac{1}{3}$  cup chopped green cabbage (about one large leaf)
- 1 cup loosely packed spinach
- 1 cup banana (1 medium)
- 1 cup pineapple

### Instructions

1. Add ingredients in the order listed to the blender and process.

### Notes

\* Yellow beets are recommended for those who are sensitive to strong tastes or who have not had beets before. If you're a beet lover, go for the red ones!

## Recipe #9 Double German Chocolate Protein Bar

### Ingredients

- ¼ cup dates
- ¼ cup cashews
- 2 Tbsp sunflower seeds
- 1 Tbsp dried coconut
- 1 tsp cocoa powder
- 1 tsp coconut oil
- ½ tsp vanilla
- 1 Tbsp chocolate pieces
- 2 Tbsp pecans, finely chopped

### Instructions

1. Place dates in a medium bowl and set aside. Combine cashews and sunflower seeds in a food processor and pulse for 30 seconds to 1 minute - until nuts have released their oils and large chunks become very small. Add extract and pulse again for 10 seconds.
2. Add nut mixture to the dates and knead together with your hands, breaking up larger chunks of dates while massaging the mixture together. Knead until everything is thoroughly combined and sticky, approximately 1 minute.
3. Add remaining ingredients to the bowl and continue to knead until everything is evenly distributed, especially the coconut oil. The mixture is done when it retains its shape when squeezed into a small ball.
4. Eat immediately or pour the mixture into a mold, packing down firmly. The tighter it's packed, the better the bar will turn out.
5. Refrigerate for at least one hour. Slide a knife gently around the edges to loosen the bar and turn the mold over to remove. Wrap individually and store bars in the refrigerator or freezer.

## Recipe #10 Strawberry Chia Smoothie

### Ingredients

- 1 cup Greek yogurt
- ½ cup coconut water, or plain water
- 2 Tbsp chia seeds
- 1 cup spinach, loosely packed
- 2 cups fresh strawberries, quartered

### Instructions

1. Combine yogurt, ¼ cup water and chia seeds in a blender and process. Allow to sit undisturbed for 5 minutes. Add strawberries and spinach and blend again, adding additional ¼ cup water if it's too thick.

# Recipe #11 Blueberry Cobbler Smoothie

## Ingredients

- 1 cup Greek yogurt
- 1 cup loosely packed spinach
- 1 banana
- 1 cup blueberries
- 1 Tbsp ground flaxseed
- ½ tsp lemon juice
- ¾ tsp cinnamon
- pinch nutmeg

## Instructions

1. Add ingredients in the order listed to the blender and process.

## Recipe #12 Strawberry 'Colada Smoothie

### Ingredients

- 1 cup kefir
- 1 cup loosely packed spinach
- 1 banana
- 2 cups strawberries
- 3 Tbsp coconut cream
- ¼ cup orange or pineapple juice (optional, but delicious)

### Instructions

1. Add ingredients in the order listed to the blender and process.