

KAB COOKS

SNACKS

FRUIT AND NUT ENERGY BARS

FROM KATHY MARTIN (ORIGINAL FROM WASHINGTON POST, ELLIE KRIEGER)



Active: 20 mins; Total: 40 mins

Makes 18 servings

INGREDIENTS

Oil or oil spray for the pan	
2 tablespoons	chia seeds
1/3 cup	water
1 cup	almond meal
1 cup	raw whole almonds
1 cup	whole pitted dried dates
1/2 cup	shelled raw sunflower seeds
1/2 cup	hemp seeds (hearts)
1/2 cup	dried apricots
1/2 cup	raisins
3/4 teaspoon	ground cinnamon
1/8 teaspoon	salt

NUTRITION PER BAR

Calories:	170
Total fat:	10 g
Saturated fat:	1 g
Cholesterol:	0 g
Sodium:	10 mg
Carbohydrates:	16 g
Dietary fibre:	4 g
Sugars:	8 g
Protein:	6 g

DIRECTIONS

Preheat oven to 350°F

Brush or spray 9x13" baking pan with oil

In a small bowl, stir chia seeds with water and let soak.

In a food processor, add remaining ingredients and pulse until finely chopped.

Add chia mixture; pulse until everything is combined and it looks like a thick paste

Using a piece of wax paper on the top, spread and press the mixture into the baking pan. Discard the wax paper.

Bake for 15 to 18 minutes until fragrant, brown on the edges, and lightly browned and set in the centre.

Cool completely and cut into 18 bars

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NO BAKE ENERGY BITES

FROM SHIDA ASMAEIL



INGREDIENTS

1 cup	rolled oats
$\frac{2}{3}$ cup	organic coconut flakes
$\frac{1}{2}$ cup	natural peanut butter (not jiffy)
$\frac{1}{2}$ cup	ground flaxseed
$\frac{1}{3}$ cup	chocolate chips (optional)
$\frac{1}{3}$ cup	organic honey
1 tablespoon	chia seeds
1 teaspoon	natural vanilla extract

DIRECTIONS

Mix all ingredients together and let set in fridge for about 1/2 hour.

Roll into small balls about 1 inch in size.

Store in air tight container in fridge.

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FLOURLESS BLUEBERRY BANANA MUFFINS

FROM LORI-ANNE CUNNINGHAM (ORIGINAL FROM MAKINGTHYMEFORHEALTH.COM)



Makes 12 muffins

INGREDIENTS

2	ripe, medium-sized bananas
½ cup	almond butter
¼ cup	unsweetened vanilla almond milk (or other similar non-dairy milk)
2	eggs
½ cup	pure maple syrup
1 tablespoon	vanilla extract
2¼ cup	rolled oats
1 teaspoon	baking powder
½ teaspoon	baking soda
¼ teaspoon	salt
¼ cup	fresh or frozen (defrosted) blueberries*

* you may want to rinse the frozen blueberries first to prevent the muffins turning a greyish blue colour

DIRECTIONS

Preheat oven to 350°F

Grease or line muffin tin for 12 muffins

Starting with the wet ingredients, place ALL ingredients, except blueberries, in a blender or food processor and blend for 30 sec. until smooth.

Using a spoon, gently stir the blueberries into the batter.

Pour the batter into the muffin tins, filling ¾ of the way full.

Bake for 20 mins until golden brown.

Allow to cool for 15 to 20 min before shoving into your mouth.

Store leftovers in an airtight container for up to 3 days. Refrigerate to keep extra fresh.

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MILKA (CHICKPEA) MUFFINS

FROM MILKA VUJNOVIC (ORIGINAL FROM SKINNYFITALICIOUS.COM)



Active: 5 mins; Total: 40 mins
Makes 12 muffins

INGREDIENTS

15 ounces	chickpeas, drained
2	large eggs
2 teaspoon	vanilla extract
½ cup	creamy almond butter, or peanut butter (any brand)
⅓ cup	rolled oats
⅓ cup	coconut sugar
1 teaspoon	baking powder
¼ teaspoon	salt
¼ cup	mini chocolate chips (dairy free)

NUTRITION PER MUFFIN

Calories:	178 kcal
Fat:	8 g
Saturated Fat:	1 g
Cholesterol:	31 mg
Sodium:	75 mg
Potassium:	242 mg
Carbohydrates:	19 g
Fiber:	4 g
Sugar:	7 g
Protein:	6 g
Vitamin A:	65 %
Vitamin C:	0.5 %
Calcium:	82 %
Iron:	1.7 %

DIRECTIONS

Preheat oven to 350°F.

Grease or line muffin tin for 12 muffins.

Place all the ingredients except the chocolate chips into a food processor or blender; blend on high until smooth.

Transfer the batter to a mixing bowl and fold in the chocolate chips.

Fill the muffin tins 3/4 of the way full with the batter.

Bake for 20 minutes or until slightly brown and a toothpick can be removed from the center clean.

Let sit in the pan 5 minutes before gently removing and transferring to a wire baking rack.

Store muffins in the refrigerator 7-10 days and in the freezer for up to 60 days.

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FLOURLESS CHOCOLATE LENTIL MUFFINS

FROM PENNY ENOS



Makes 12 muffins

INGREDIENTS

1 cup	cooked lentils (any kind)
3	large eggs
1 large or 2 small	bananas
¼ cup	honey or maple syrup
½ cup	unsweetened cocoa
⅓ cup	coconut sugar
1 teaspoon	baking soda
3 tablespoons	coconut oil, melted
1 teaspoon	pure vanilla extract

DIRECTIONS

Preheat oven to 350°F.

Grease or line muffin tin for 12 muffins.

Place all the ingredients into a food processor; blend until smooth.

Fill the muffin tins 2/3 of the way full with the batter.

Bake for 15 minutes.

Cool completely.

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FLOURLESS BLENDER MUFFINS

FROM JO-ANNE ROGERSON (ORIGINAL FROM CHOCOLATECOVEREDKATIE.COM)



Total: 20 mins
Makes 8 to 9 muffins

INGREDIENTS

½ cup	quick oats or quinoa
¾ teaspoon	baking powder
¼ teaspoon	salt
⅛ teaspoon	baking soda
½ cup	mashed overripe banana
1 can	white beans (or 250g cooked)
¼ cup	peanut butter or allergy-friendly substitute
¼ cup	pure maple syrup, honey, or agave
2 teaspoon	pure vanilla extract
optional: handful	mini chocolate chips, crushed walnuts, shredded coconut, pinch cinnamon, etc.)

NUTRITION PER MUFFIN

Calories:	119 kcal
Fat:	4 g
Saturated Fat:	0.8 g
Cholesterol:	0 g
Sodium:	102 mg
Potassium:	270 mg
Carbohydrates:	17.6 g
Fiber:	2.5 g
Sugar:	7.1 g
Protein:	4.6 g
Vitamin C:	1 %
Calcium:	3 %
Iron:	11 %

DIRECTIONS

Preheat oven to 350°F.

Line muffin tin for 8 to 9 muffins.

Drain the beans and rinse extremely well, then pat dry.

Blend all ingredients until smooth in a blender or food processor.

Pour into the muffin tins – don't overfill or they will rise and then sink in the centers.

Bake 16 to 20 minutes. They will look underdone – let sit 20 minutes to firm up. Fudgy, not fluffy and flour-y like traditional muffins.

Muffins last for 3-4 days refrigerated or 2-3 weeks frozen.

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BANANA LOAF

FROM VERA FRITZ (ORIGINAL FROM ALLRECIPES.COM)



Active time: 10 mins.; Total time: 1 hour 10 mins.

Makes 1 loaf

Easily double the recipe to make two loaves

INGREDIENTS

½ cup	butter
1 cup	white sugar
2	eggs
3	ripe bananas, mashed
2 cups	all-purpose flour
1 teaspoon	baking soda
1 teaspoon	baking powder
½ teaspoon	salt
½ cup	chopped walnuts

DIRECTIONS

Preheat oven to 350°F.

Lightly grease a 9x5" loaf pan.

In a large bowl, cream together the butter and sugar until light and fluffy.

Stir in the eggs one at a time, beating well with each addition

Stir in the mashed bananas.

In a large bowl, sift together flour, baking powder, baking soda, salt.

Blend the banana mixture into the flour mixture; stirring just to combine.

Fold in the nuts.

Pour into prepared pan. Bake for 60 minutes, until a toothpick inserted into center of the loaf comes out clean.

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YUMMY HUMMUS

FROM NORMA MOORES (ORIGINAL FROM SHANNON BUCK)



INGREDIENTS

2 cans (540 mL) chick peas, rinsed and drained
¾ cup tahini
3 cloves garlic, chopped
8 tablespoons lemon (about 1 lemon squeezed)
5 tablespoons olive oil
1 teaspoon salt
lots Siracha sauce, as desired
splashes water

DIRECTIONS

Warm whole lemon in microwave for 30 sec (to produce more juice) then squeeze lemon.

Combine everything in a food processor and blend for 10 to 15 mins until very smooth. Add water, as needed, for desired consistency.

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PRIZE BUTTER TARTS

FROM ALETA THOMPSON



Makes 12 to 15 tarts

INGREDIENTS

1	pastry recipe
1	egg beaten
1/3 cup	butter
1 cup	brown sugar
2 tablespoons	milk
1/2 cup	raisins, cranberries or chopped pecans
1 teaspoon	vanilla

DIRECTIONS

Preheat oven to 450°F.

Prepare pastry; roll 1/8" thick and cut into 4" rounds. Press into muffin tins.

Mix all ingredients together; fill tart shells 2/3 full.

Bake for 8 minutes; reduce temperature to 350°F and bake 8 minutes longer or until pastry is delicately brown.