

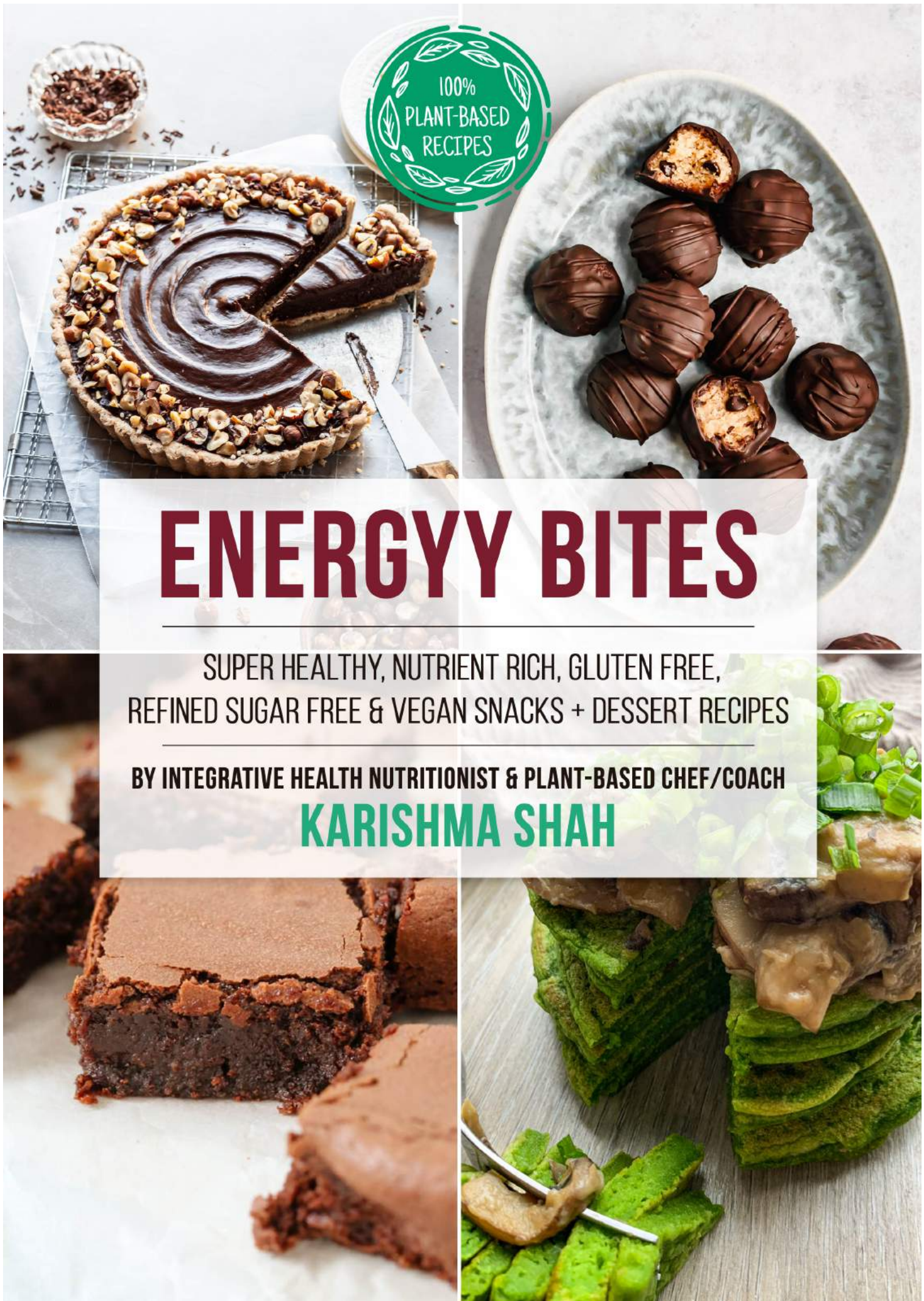



ENERGY BITES

SUPER HEALTHY, NUTRIENT RICH, GLUTEN FREE,
REFINED SUGAR FREE & VEGAN SNACKS + DESSERT RECIPES

BY INTEGRATIVE HEALTH NUTRITIONIST & PLANT-BASED CHEF/COACH

KARISHMA SHAH





*In this book you will find
a collection of nutritionally
balanced snack recipes,
that are rich in nutrients!*

ENERGY BITES

balance • nourish • energise

by

ks

KARISHMA SHAH

NUTRITION CONSULTANT



www.karishmahnutrition.com

- 100% PLANT-BASED
- GLUTEN & DAIRY FREE
- REFINED SUGAR FREE

ABOUT ME



Hi, I'm Karishma Shah

I'm an Integrative Health Nutritionist and Holistic Wellness Coach from Mumbai.

I'm also a Weight Loss Expert & Certified Plant-Based Food + Raw Food Chef.

I'm extremely passionate about creating and sharing new recipes
which are healthy, nutritious and super tasty.

Today I put the knowledge I've acquired to good use, creating delicious, beautiful and healthy desserts and energy bites. I express my artistic side through my creations and healthy food; I share my enthusiasms through Instagram, my website and in my e-book. I invite you to come along with me on my journey, and to learn how to make my healthy treats to share with your loved ones.

My goal with this e-book is to inspire others and to prove that everyone can partake in the joy of delicious sweets, without guilt.

I created this e-book for everyone with a sweet tooth.

Because I believe that we all have a right to guilt-free, healthy and nutritious desserts.

Because I believe that sweets made with whole, organic, plant-based ingredients,
without refined sweeteners, and without processed ingredients
are the most satisfying treats of all.

Because I believe that we all deserve to sometimes indulge in desserts and treats that
feed our spirits while they satisfy our cravings.

After all, what makes us happier than a luscious sweet or chocolate-y bite?

Hope you enjoy these recipes as much as I did creating them for you.



GETTING STARTED

One of the biggest challenges for people trying to eat healthily is snacking. It is often considered as unhealthy and a guilty pleasure, however snacking does not have to be unhealthy at all. In this book you will find a collection of nutritionally balanced snack recipes, that are rich in nutrients and will naturally help to support your energy levels, weight, gut health, mood and overall well-being.

SNACK RECIPE BENEFITS:

- **NUTRITIONALLY BALANCED**

Nutritionally balanced snack recipes,
high in protein and fibre.

- **RICH IN VITAMINS & MINERALS**

Recipes created with healthy ingredients that are
naturally rich in vitamins and minerals.

- **NUTRITIONAL INFORMATION & PORTION GUIDE**

Nutritional information and recommended portion sizes
included to make it easy for you to know how many
servings each batch of snacks will make.

- **QUICK, EASY & COST-EFFECTIVE**

Based on natural ingredients and minimal steps, recipes
are designed to be quick, simple and convenient.

- **100% PLANT-BASED**

Working on the principle that many of us could benefit
from eating more plant-based food, each recipe has
been solely created with plant-based ingredients.

- **FREE FROM GLUTEN, DAIRY & REFINED SUGAR**

All recipes are free from gluten, dairy and refined sugar.

WHAT YOU'LL NEED:

To create the recipes in this book, useful kitchen items include:
a food processor, a set of cup measures and spoons, Weighing scales,
Square and round baking tins, Greaseproof paper, Small and large bowls.

• STORE CUPBOARD ESSENTIALS:

Keep your store cupboard well stocked with basic ingredients so you'll always have key snack recipe ingredients to hand. It may look like a lot to start with, but once you have them, these ingredients will last for many batches of snacks.

• A NOTE ABOUT BALANCE:

Healthy eating is all about balance. This book includes healthy snacks to enjoy every day, along with naturally delicious treats to enjoy more moderately. In order for you to make informed choices, the nutritional content for each recipe has been calculated and included on each recipe page.

FLOUR, POWDERS & GRAINS:

Coconut flour
Chickpea flour
Cocoa powder
Raw cacao powder
Nutritional yeast
Ground almonds
Vanilla protein powder
Gluten free rolled oats

NUTS:

Pecan nuts
Cashew nuts
Walnuts
Hazelnuts
Almonds

SEEDS:

Ground flaxseeds
Shelled hemp seeds
Pumpkin seeds
Sesame seeds

NUT & SEED BUTTERS:

Peanut butter
Cashew butter
Almond butter
Sunflower seed butter
Tahini

LEGUMES:

Overnight Soaked &
Boiled Chickpeas

COCONUT-BASED:

Coconut oil
Unsweetened desiccated coconut
Coconut sugar

NATURAL SWEETNERS:

Maple syrup
Coconut Sugar
Honey
Dates
Apple puree
Agave Syrup

CHOCOLATE:

Dark chocolate (70% cocoa)
Dark chocolate chips

GROUND SPICES:

Cinnamon
Ginger
Allspice
Nutmeg
Chilli powder

OTHER INGREDIENTS:

Vanilla extract
Baking powder
Bicarbonate of soda or
Baking Soda
Sea Salt

CONTENTS:

Raw Material Staples:

- Date Syrup
- Cashew Butter
- Tahini

Recipes:

1. Coconut & Hemp Seed Bars
2. Chocolate Mousse Original / Chocolate Orange
3. Tahini Cookies
4. Peanut Butter Chocolate Chip Blondies
5. Gingerbread Blondies
6. Cashew Almond Blondies
7. Signature Apple Crumble
8. Cashew Butter Fudge
9. Raw Cocoa & Hazelnut Pie
10. Avocado Ice Cream
11. Dark Chocolate Brownies
12. Green Goddess Smoothie
13. Happy Gut Smoothie
14. Cheesy Broccoli Bites / Patties
15. Spinach & Walnut Pancakes
16. Protein Cookie Dough Truffles

DATE SYRUP

● Ingredients:

1 ½ / 260g cups Dates
1 ½ / 350ml cups Hot Water

● Instructions:

1. Bring just the water to a boil and let cool for 5 minutes.
2. Check for any pits in the dates and put everything into a blender.
3. Blend everything together until smooth.
4. Pour date syrup into a jar and keep in the fridge where it will last for a month.

CASHEW BUTTER

● Ingredients:

3 cups (450g) Roasted, Cashews
2 Tbsp Coconut Oil (Melted)

● Instructions:

1. Add the roasted, cashew nuts to the food processor and process. It will start off crumbly then will start to clump and stick to the sides. Stop the food processor and scrape down the sides and start up again.
2. While the machine is running, pour in the melted coconut oil.
3. Keep processing until it reaches a smooth, creamy cashew butter consistency.
4. If you use raw cashew nuts, roast them first, in a single layer on a baking sheet, at 180°C or 350°F for around 12-15 minutes until nicely roasted. Then add to the food processor and follow the rest of the directions.

TAHINI RECIPE

• Ingredients:

1 cup (140 grams) sesame seeds
2 to 4 tablespoons neutral flavored oil such as light olive oil
Pinch of salt, optional

• Instructions:

TOAST SESAME SEEDS

Add sesame seeds to a wide, dry saucepan over medium-low heat and toast, stirring constantly until the seeds become fragrant and very lightly colored (not brown), 3 to 5 minutes.

Careful here, sesame seeds can burn quickly.

Transfer toasted seeds to a baking sheet or large plate and cool completely.

MAKE TAHINI

Add sesame seeds to the bowl of a food processor then process until a crumbly paste forms, about 1 minute.

Add 3 tablespoons of the oil then process for 2 to 3 minutes more, stopping to scrape the bottom and sides of the food processor a couple times. Check the tahini's consistency. It should be smooth, not gritty and should be pourable. You may need to process for another minute or add the additional tablespoon of oil.

Taste the tahini for seasoning then add salt to taste.

Process 5 to 10 seconds to mix it in.

TO STORE

Store tahini covered in the refrigerator for one month. You may notice it separates over time, like a natural peanut butter would.

If this happens, give the tahini a good stir before using.

COCONUT & HEMP SEED BARS

These low carb bars are packed full of heart-healthy fats, protein and minerals. An energising and delicious snack, prepared in five simple steps.

• PER PORTION

210 KCALS
6g CARBS
8g PROTEIN
17g FAT
3g FIBRE

MAKES 6 PORTIONS

• Ingredients:

1 tbsp coconut oil
1 tbsp pumpkin seeds
1 tbsp sesame seeds
2 tbsp unsweetened desiccated coconut
6 tbsp shelled hemp seeds
1 tbsp ground flaxseeds
3 tbsp tahini
2 tbsp honey
1 tsp cinnamon
2 tbsp coconut flour

1. Melt the coconut oil in a saucepan over a gentle heat.
2. With the exception of the coconut flour, add the remaining ingredients into a large bowl, then pour in the melted coconut oil and mix together.
3. Stir in the coconut flour until well-combined.
4. Spoon the mixture into a square baking tin. Press into the corners with the back of a spoon so that the mixture is flat.
5. Refrigerate the bars for at least an hour.
Once chilled, slice into 6 bars.

Coconut & Hemp Seed Bars



CHOCOLATE MOUSSE

A guilt-free way to get your ultimate chocolate fix. This recipe is naturally rich in protein, requiring just four ingredients and a quick whizz in the blender!

• PER PORTION

194 KCALS
16g CARBS
10g PROTEIN
10g FAT
2g FIBRE

MAKES 3 PORTIONS

• Ingredients:

50g dark chocolate
(70% cocoa solids)
350g silken tofu
2 tbsp maple syrup OR
coconut sugar or sweetener of choice
1 tbsp cocoa powder

1. Melt the chocolate in a heatproof bowl over a pan of barely simmering water (don't let the water touch the bowl or it may burn the chocolate).
2. Once the chocolate has melted, add it to a food processor along with the remaining ingredients.
3. Blend until smooth.
4. Refrigerate the mousse for a minimum of 2 hours.

Chocolate Mousse



CHOCOLATE ORANGE MOUSSE

To create a chocolate orange version of this recipe, add the juice and zest of one orange along with one extra tablespoon of cocoa powder to the food processor at step 2 of the recipe.

• PER PORTION

230 KCALS
21g CARBS
11g PROTEIN
11g FAT
3g FIBRE



TAHINI COOKIES

Tahini cookies are nutritionally rich and high in calcium. Try this healthy cookie recipe packed with oats, nuts and seeds.

• PER PORTION

213 KCALS
17g CARBS
5g PROTEIN
13g FAT
3g FIBRE

MAKES 6 PORTIONS

(EACH PORTION IS 2 COOKIES)

• Ingredients:

1 cup gluten free rolled oats
1/3 cup ground pecans or walnuts or almonds
1 tsp cinnamon
1 pinch sea salt
1/3 cup tahini
1/4 cup coconut sugar

1. Using a large bowl, mix together the oats, pecans, cinnamon and salt.
2. Pour in the tahini and coconut sugar, mixing until well-combined.
3. Allow the mixture to rest for 15 minutes on the side, whilst you preheat the oven to 180°C/ 350°F/ gas.
4. Once the mixture has rested, roll into 12 balls.
5. Line a baking tin with greaseproof paper and place the balls into the tin. Flatten the balls slightly with the palm of your hand so that they resemble small thick disks.
6. Bake for 12-15 minutes.

The cookies will appear under-baked on the baking sheet but will set as they cool.

Tahini Cookies



PEANUT BUTTER CHOCOLATE CHIP BLONDIES

Blondies or 'blonde brownies' are similar to classic chocolate brownies but with a vanilla twist. These blondies contain a secretly healthy ingredient.

• PER PORTION

194 KCALS
19g CARBS
7g PROTEIN
10g FAT
3g FIBRE

MAKES 8 PORTIONS

• Ingredients:

1 & 1/2 cups overnight soaked
and then boiled chickpeas,
rinsed and drained
1/2 cup peanut butter
1/3 cup date syrup
2 tsp vanilla extract
Pinch of sea salt
1 tsp baking powder
1/3 cup dark chocolate chips

1. Preheat the oven to 180°C/ 350°F and line a 20 x 20cm baking tin with greaseproof paper.
2. Add all of the ingredients apart from the chocolate chips to a food processor and blend until smooth.
3. Fold in two-thirds of the chocolate chips.
4. Spread the mixture evenly into the prepared baking tin and sprinkle the remaining chocolate chips on top.
5. Bake in the oven for 25-30 minutes until lightly golden on the surface. The blondies will appear under-baked on the baking sheet but will firm up as they cool.
6. Allow to cool for 20-30 minutes and then slice into 8 bars.

*Peanut Butter
Chocolate Chip Blondies*



GINGERBREAD BLONDIES

These gingerbread blondies are delicately flavoured with sweet spices. Ginger is a powerful superfood that has been used medicinally for centuries to soothe the digestive tract, reduce inflammation and ease painful joints.

• PER PORTION

194 KCALS
19g CARBS
7g PROTEIN
10g FAT
3g FIBRE

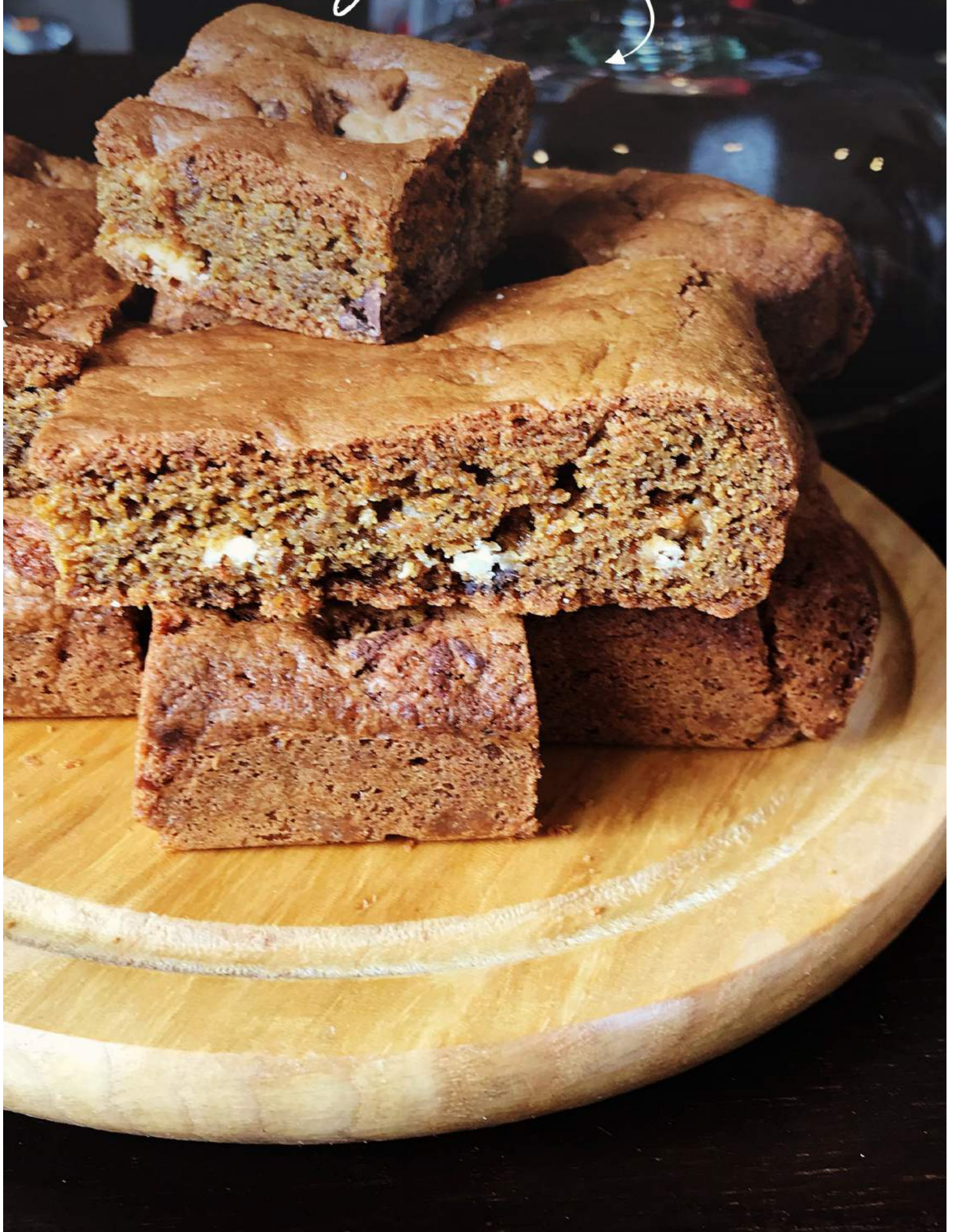
MAKES 8 PORTIONS

• Ingredients:

1 & 1/2 cups overnight soaked and then boiled chickpeas, rinsed and drained
1/2 cup almond butter
1/3 cup date syrup or coconut sugar
1 tsp vanilla extract
2 tsp ground ginger
1 tsp ground cinnamon
Pinch each of allspice, nutmeg & sea salt
1 tsp baking powder
1/4 tsp bicarbonate of soda
2 pieces of stem ginger, chopped

1. Preheat the oven to 180°C/ 350°F/ gas 4 and line a 20 x 20cm baking tin with greaseproof paper.
2. Add all of the ingredients apart from the stem ginger to a food processor and blend until smooth.
3. Fold in the chopped stem ginger.
4. Spread the mixture evenly into the prepared baking tin.
5. Bake in the oven for 25-30 minutes until lightly golden on the surface. The blondies will appear under-baked on the baking sheet but will firm up as they cool.
6. Allow to cool for 20-30 minutes and then slice into 8 bars.

Gingerbread Blondies



CASHEW ALMOND BLONDIES

The perfect partner to a mid-afternoon cup of tea, this blondie recipe is flavoured with almonds, cashew nuts and date syrup.

Nuts are a great stress-busting snack, high in vitamins and minerals as well as heart-healthy and brain-supportive fats.

• PER PORTION

190 KCALS
13g CARBS
5g PROTEIN
13g FAT
2g FIBRE

MAKES 10 PORTIONS

• Ingredients:

1 & 1/2 cups overnight soaked and then
boiled chickpeas, rinsed and drained
1 cup chopped Almonds
1/3 cup cashew butter
1/3 cup date syrup or coconut sugar
2 tsp vanilla
Pinch of salt
1 tsp baking powder

1. Preheat the oven to 180°C/ 350°F/ gas 4 and line a 20 x 20cm baking tin with greaseproof paper.
2. Add all of the ingredients to a food processor and blend until smooth.
3. Spread the mixture evenly into the prepared baking tin.
4. Bake in the oven for 25-30 minutes until lightly golden on the surface.
The blondies will appear under-baked on the baking sheet but will firm up as they cool.
5. Allow to cool for 20-30 minutes and then slice into 10 bars.

Cashew Almond Blondies



SIGNATURE APPLE CRUMBLE

My signature apple crumble recipe is a family favourite, with a base of juicy baked apples, topped with a nutty, crunchy crumble. Both nutritious and delicious!

• PER PORTION

257 KCALS
22g CARBS
4g PROTEIN
17g FAT
4g FIBRE

MAKES 8 PORTIONS

• Ingredients:

6 medium-sized apples
1/2 cup coconut oil
1/3 cup Date syrup or Coconut Sugar
1/2 cup chopped cashew nuts
1/2 cup ground almonds
1 cup of gluten-free rolled oats
2 tbsp ground flaxseeds
2 tsp ground cinnamon
Pinch of nutmeg, mixed spice & sea salt

1. Preheat the oven to 200°C/ 400°F/ gas 6.
2. Peel and core the apples before cutting them into chunks and placing into a baking dish.
3. Sprinkle 1 tsp of the cinnamon onto the apples and bake for 20-25 minutes until the apples start to soften.
4. Whilst the apples are in the oven, begin making the topping by melting the coconut oil over a low heat on the hob.
5. Once the oil has melted, add all the remaining ingredients in a bowl, then stir in the coconut oil.
6. Evenly top the softened apple chunks with the moist oat mixture.
7. Place the dish back in the oven and bake for 25-30 minutes until the crumble topping starts to brown.
8. Allow to cool slightly before serving.

Signature Apple Crumble



CASHEW BUTTER FUDGE

A creamy melt-in-your-mouth freezer fudge made with only three ingredients. Little bites of heaven that can be eaten straight out of the freezer!

• PER PORTION

200 KCALS
7g CARBS
5g PROTEIN
17g FAT
1g FIBRE

MAKES 10 PORTIONS

• Ingredients:

250g cashew butter
35g coconut oil
2 tbsp date syrup or coconut sugar
Pinch of sea salt

1. Line a square baking tin with greaseproof paper.
2. Place the coconut oil and cashew butter in a heavy-based saucepan. Heat slowly, stirring continuously on a low heat for 2 minutes, just until the coconut oil has dissolved and the cashew butter has melted.
3. Remove from the heat and stir in the date syrup or coconut sugar and salt.
4. Pour the mixture into the tin and place in the freezer for a minimum of 2 hours.
5. Once set, cut the fudge into 10 pieces and serve.

Cashew Butter Fudge



RAW CACAO & HAZELNUT PIE

This deceptively nutritious recipe features avocado; full of nutrients and high in heart-healthy fats as well as providing a sumptuous creamy texture to the pie.

• PER PORTION

240 KCALS
15g CARBS
5g PROTEIN
18g FAT
3g FIBRE

MAKES 12 PORTIONS

• Ingredients:

For the base:

200g roasted hazelnuts, chopped

50g cashew nuts

50g dates

1 tsp vanilla extract

For the filling:

200g ripe avocado

20g coconut oil, melted

40g raw cacao powder

2 tsp vanilla extract

Pinch sea salt

1 tsp cinnamon

150g honey

1. Line a 23cm round baking tin with greaseproof paper.
2. For the base, add hazelnuts, cashews, dates and 1 teaspoon of the vanilla extract into a food processor.
3. Blend the mixture for a few minutes until it begins to come together. If it is very dry, you can add a tablespoon of water to form a sticky consistency.
4. Press the mixture into the bottom of the tin, applying even pressure with your hand or a spoon.
Refrigerate for at least 30 minutes.
5. Whilst the base is setting, blend all of the filling ingredients in a food processor until smooth.
6. Once the base is chilled, take it out of the fridge and pour the filling over the top. Smooth the filling with a spatula and place in the fridge for at least 5 hours or overnight to firm up.

Raw Cacao & Hazelnut Pie



AVOCADO ICE CREAM

An indulgent, sweet and creamy no-churn ice cream,
that makes the perfect summer treat.

• PER PORTION

203 KCALS
21g CARBS
1g PROTEIN
12g FAT
2g FIBRE

MAKES 4 PORTIONS

• Ingredients:

200g ripe avocado
60g tinned full fat coconut milk
1 tbsp fresh lime juice
100g honey

1. Blend together all ingredients in a food processor until smooth.
2. Freeze for a minimum of 4 hours and serve.

NOTE: If you leave the ice cream in the freezer for longer than 4 hours, take it out of the freezer for at least 30 minutes in order to thaw the ice cream prior to eating.

Avocado Ice Cream



DARK CHOCOLATE BROWNIES

Indulgent dark chocolate brownies that are decadent, moist, fudgy and easy to make. This brownie recipe is naturally sweetened with apples and a touch of coconut sugar.

• PER PORTION

230 KCALS
24g CARBS
4g PROTEIN
13g FAT
4g FIBRE

*Apple puree can be bought or made at home. To make it yourself, simply peel and core apples, cook in a pan until soft, then puree in a food processor.

MAKES 4 PORTIONS

• Ingredients:

45g gluten free rolled oats
150g dark chocolate (70% cocoa solids)
200g apple puree*
1 tbsp ground flaxseeds
1 tbsp coconut flour
2 tbsp coconut sugar
1 tsp vanilla extract
1 pinch of sea salt
1/2 tsp bicarbonate of soda
2 tbsp dark chocolate chips + extra for topping

1. Preheat the oven to 180°C/ 350°F/ gas 4 and line a 20x20cm square baking tin with greaseproof paper.
2. Add the oats to a food processor and blend on a high speed until they resemble a fine powder.
3. Melt the chocolate in a heatproof bowl over a pan of gently simmering water. Once the chocolate has melted, take the bowl off the heat and allow it to cool slightly.
4. In a large bowl mix together the ground oats, apple puree, ground flaxseeds, coconut flour, coconut sugar, vanilla extract, sea salt, bicarbonate of soda and melted chocolate.
Lastly stir in the chocolate chips.
5. Spoon the mixture into the baking tin. Press into the corners with the back of a spoon so that the mixture is flat.
Sprinkle some extra chocolate chips over the top.
Bake in the preheated oven for 35 minutes.
6. Once the brownies are baked, allow them to cool in the tin and then cut into 6 squares to serve.

Dark Chocolate Brownies



GREEN GODDESS SMOOTHIE

Whizz up this high protein smoothie full of detoxifying and nourishing ingredients.

• PER PORTION

180 KCALS
15g CARBS
20g PROTEIN
5g FAT
4g FIBRE

MAKES 1 PORTION

• Ingredients:

1 large handful of baby spinach
50g celery
125g cucumber
25g avocado
50g frozen pineapple
25g vanilla plant protein powder (optional)
Small handful fresh mint leaves
Juice of half a lime
1 cup of water

1. Roughly chop the celery, cucumber and avocado.
2. Put all the ingredients into a blender and pulse a few times, then blend until smooth.
3. Pour the smoothie into a glass to serve.

Green Goddess Smoothie



HAPPY GUT SMOOTHIE

This smoothie is great for soothing the stomach and is a rich source of vitamin C and vitamin A along with micronutrients. It is IBS-friendly, containing ingredients with anti-inflammatory, anti-bloat and anti-nausea properties.

• PER PORTION

125 KCALS
15g CARBS
5g PROTEIN
5g FAT
5g FIBRE

MAKES 1 PORTION

• Ingredients:

150g papaya
50g plain dairy free yoghurt
1 ½ cm piece of fresh ginger
1 chopped banana
1 cardamom pod
3 stems of fresh mint leaves
1 cup of unsweetened almond milk

1. Roughly chop the papaya, banana and ginger.
2. Deseed the cardamom pod by crushing the pod with the flat blade of a knife in order to split it open. Save the seeds and discard the cardamom pod shells.
3. Add all ingredients together.

Happy Gut Smoothie



CHEESY BROCCOLI BITES/ PATTIES

Eating broccoli never tasted so good! These delicious cheesy bites count as 1 of your 5 a day and are loaded with plant protein and gut-friendly fibre.

• PER PORTION

140 KCALS
14g CARBS
9g PROTEIN
5g FAT
5g FIBRE

MAKES 4 PORTIONS

(EACH PORTION IS 4 BITES)

• Ingredients:

350g broccoli
1 tbsp ground flaxseeds plus 2 tbsp water
60g chickpea flour or Besan flour
3 tbsp nutritional yeast
1/2 tsp sea salt
1 garlic clove, minced
1 tbsp fresh rosemary, chopped
50g dairy free cheddar style cheese, grated (optional)

1. Thoroughly wash the broccoli and cut into florets.
2. Place the broccoli into a steamer basket (or a strainer/colander that fits on top of your saucepan). Set the basket over a pan of boiling water, then cover and steam for 3-5 minutes until the broccoli is tender to the bite.
3. Add the cooked broccoli to a food processor and blend until smooth.
4. In a small bowl, mix the flaxseeds with 2 tablespoons of water and set aside for 5 minutes to thicken.
5. In a separate large bowl, mix the chickpea flour, nutritional yeast, salt, garlic and rosemary together. Then stir in the broccoli, the flaxseed mixture and grated cheese.
6. Divide and shape the broccoli mixture into 16 patties and place onto a baking tin lined with greaseproof paper.
7. Cook in a medium-high grill for 8-10 minutes. Turn the patties over using tongs and grill for a further 6-8 minutes, until lightly

Cheesy Broccoli Bites / Patties



SPINACH & WALNUT PANCAKES

These fluffy pancakes are easy to make and highly nutritious, filled with leafy greens and walnuts.

• PER PORTION

180 KCALS
15g CARBS
20g PROTEIN
5g FAT
4g FIBRE

MAKES 2 PORTIONS

• Ingredients:

1 tbsp ground flaxseeds plus 2 tbsp water
2 tbsp walnuts
1 ½ tbsp ground almonds
1 handful fresh spinach
2 handfuls fresh basil
6 tbsp chickpea flour or Besan
2 large garlic cloves
Pinch of salt 2 tsp baking powder
½ cup unsweetened almond milk

1. In a small bowl mix the flaxseeds with 2 tablespoons of water and set aside to thicken.
2. In a food processor, blend together all of the remaining ingredients until smooth, then add the flaxseed mixture, pulsing a few times until combined.
3. Place the mixture in the fridge for a minimum of 15 minutes.
4. Heat up a little coconut or olive oil in a pan over a medium heat.
5. When the oil is hot, add a ladle of batter (or two if your frying pan is big enough to cook two pancakes at the same time)
6. Cook the pancakes on one side for a few minutes. Flip the pancakes over and cook for a couple of minutes on the other side before serving.

Spinach & Walnut Pancakes



PROTEIN COOKIE DOUGH TRUFFLES

Delicious no bake protein tahini chocolate chip cookie dough truffles! These eggless cookie dough bites are vegan, dairy free, gluten free and naturally sweetened. Keep them in your freezer for an easy no bake healthy dessert!

• PER PORTION

220 KCALS
16.9g CARBS
4g PROTEIN
17.1g FAT
3.4g FIBRE

For the dark chocolate coating:

1 bar of 70% dark chocolate
1 teaspoon coconut oil

MAKES 10 COOKIE DOUGH TRUFFLE

• Ingredients:

1/2 cup drippy tahini (refer to my recipe)
2 tablespoons coconut oil, melted and cooled
4 tablespoons coconut sugar or honey
1 teaspoon vanilla extract
1/2 cup packed fine blanched almond flour
2-3 tablespoons coconut flour (start with 2)
1/4 teaspoon salt
3 tablespoons chocolate chips

1. In a medium bowl, mix tahini and coconut oil together until smooth. Next stir in coconut sugar/honey and vanilla extract until well combined. Add in almond flour, 2 tablespoons coconut flour and salt and stir until a cookie dough consistency forms. Allow dough to sit for 5 minutes so that it thickens up. It should be doughy and moist but not overly wet; if it's too wet add another 1/2 tablespoon of coconut flour.

Stir in chocolate chips.

2. Grab about a tablespoonful of dough and roll into a ball and place on a baking sheet lined with parchment paper. You should get about 10 cookie dough balls.

Freeze for 10-15 minutes.

3. While the cookie dough is freezing, break chocolate up into chunks and place into a microwave safe bowl with coconut oil. Microwave on high in 30 second intervals until chocolate is melted and smooth.

Alternatively you can melt in a small saucepan over low heat.

4. Use a fork to dip each cookie dough ball into melted chocolate and stir to fully coat, then place cookie dough ball back on the baking sheet. You likely will not use all of the chocolate. Freeze again for 10 minutes, then take back out of the freezer and use a spoon to drizzle the cookie dough balls with remaining melted chocolate for a pretty look on top. Place back in freeze for 5 minutes, then enjoy! Makes 10.

5. Keep these chocolate chip cookie dough bites in an airtight container in your freezer or fridge for when you need a sweet, healthy treat. They'll stay good in your freezer for a couple of weeks, so you can make a double batch if you'd like.

If you store them in the freezer, I recommend leaving them out for a few minutes so that they soften just a little bit.

Protein Cookie Dough Truffles



THANK YOU!



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