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ingredient
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A little something.

Ten healthy treats
for whenever you fancy

There are only so many boiled eggs, chopped carrots and handfuls of nuts a girl (or guy) can eat at morning or afternoon tea. It's my opinion that meal and snack times deserve to be something to get excited about.

On that note, I'd like to introduce this hand-picked selection of nourishing, delicious treats – a gorgeous array of 'little somethings' for that very moment your tummy starts to talk.

Make a cuppa, pop your feet up, take a bite and savour the moment. Life is for living – and loving every little morsel.

Aims x

This little book is dedicated to my amazing friends and followers, as a thank you for your incredible support during a hugely exciting and transformational journey.





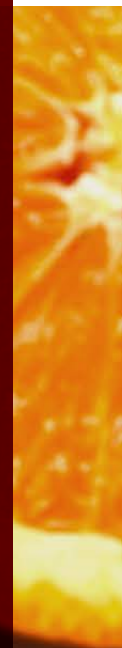
I love this recipe, not only because it contains cacao, but also because you've got a beautifully healthy snack in just 5 minutes that you can pop in a jar and take with you.

Choc-Orange Jaffa Smoothie.

- 1½ cups coconut water
- ½ orange, peeled
- ¼ avocado
- 1 heaped tablespoon whey protein powder or powder of choice (optional)
- 2 heaped tablespoons dairy or coconut yoghurt
- 2 heaped teaspoons cacao powder
- 1 heaped teaspoon maca powder
- 1 heaped teaspoon mesquite powder

Blend until very smooth. Taste and add more cacao or coconut water if necessary. It should not require any extra sweetener.

If you've got cacao nibs, sprinkle some on top for a crunchy texture.



Who doesn't love a cracker or some crudité's in a dip? You can be rest assured there's no guilt to be had in this delicious recipe.

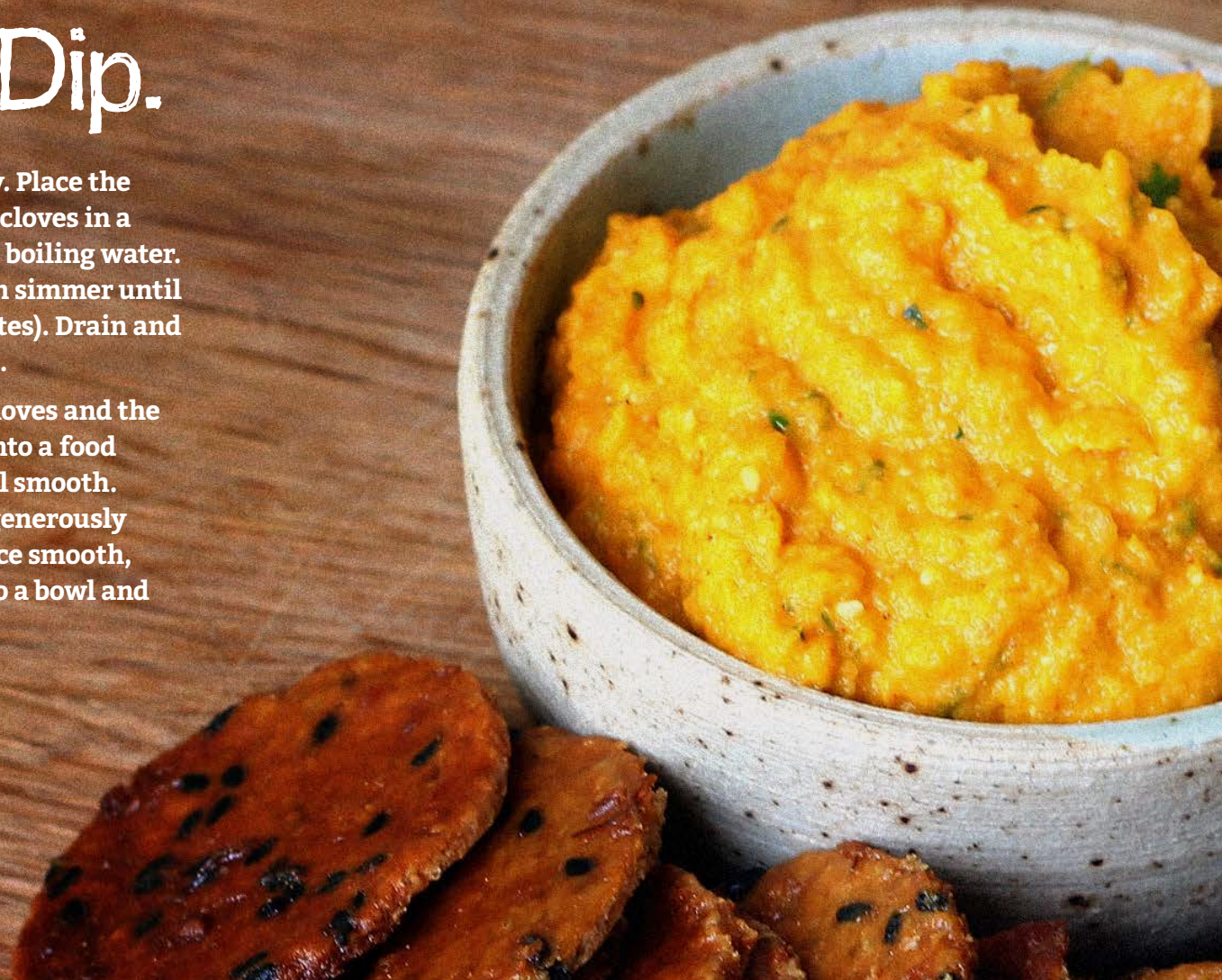
Thanks to Amie from [The Art of Paleo](#) for creating this vibrant number.

Carrot Dip.

500 grams of organic carrots, chopped
¼ cup raw cashews, ground
2 garlic cloves, peeled and whole
3 tablespoons of olive oil
1 tablespoon of apple cider vinegar
½ handful of fresh parsley, chopped
½ handful of fresh coriander, chopped
1 teaspoon of raw organic honey (optional)
1 teaspoon of freshly grated ginger
1 teaspoon of sweet paprika
1 teaspoon of ground cumin
¼ - ½ teaspoon of ground chilli powder
Sea salt and black pepper to taste

Wash carrots thoroughly. Place the carrots and whole garlic cloves in a saucepan and cover with boiling water. Bring to the boil and then simmer until soft (approx. 15-20 minutes). Drain and pat dry with paper towel.

Place the carrot, garlic cloves and the remaining ingredients into a food processor and blend until smooth. Ensure that you season generously with salt and pepper. Once smooth, transfer the mixture into a bowl and cool in the fridge.





I was rather excited about this little creation. It ticks the right boxes – crunchy texture, protein component and rawness.

A word of warning: I recommend you store it in the freezer. Too long out, the coconut oil melts and you may instead have muesli.

Crunchy Cashew Caramel Chew.

1 cup cashews,
coarsely chopped
¾ cup coconut flakes
½ cup sunflower seeds
½ cup sesame seeds
¼ coconut nectar
¼ cup coconut oil
2 tablespoons lucuma powder
1 teaspoon vanilla powder

Optional:

70 grams Loving Earth
Caramel Chocolate
(or dark chocolate
would be delish!)

Seeds of ½ pomegranate

Mix together all the dry ingredients. Melt the coconut oil and stir in the coconut nectar. Combine with the dry ingredients. Line a slice tin with baking paper (I used a tin that was 28cm x 18cm). Press mixture firmly into the tin and pop into the freezer for approximately 30 minutes.

Whilst in the freezer, gently melt your chocolate in a small dish over hot water on the stove. Remove the slice from the freezer. Sprinkle the pomegranate over the slice then drizzle with the chocolate. Pop back into the freezer to set for another 10-15 minutes. Remove and slice.

For the tahini lovers out there (and I can think of a few), you're going to love this one.

It's crunchy, super simple and full of flavour. Pop a couple in your bag and off you trot.

Crunchy-Nut Tahini Balls.

1 cup roughly chopped cashews, almonds and brazil nuts (or nuts of choice)

½ cup desiccated coconut

½ cup tahini

¼ cup goji berries

¼ cup raw honey

¼ cup cacao nibs

1 heaped tablespoon maca powder

Mix all dry ingredients in a mixing bowl. Combine the honey and tahini and pour into the dry ingredients. Roll into balls and coat in coconut. Pop into your fridge or freezer.

Makes about 16 balls.



These little delights are the yummiest crackers I've tried. Please, make them.

This glorious recipe was donated by our special friend Catie from [The Staple Store](#).

Miso- Glazed Rice Crackers.

Miso-Glazed Rice Crackers.

Dough:

- 1 cup cooked brown rice
- 1 cup almond meal
- 2 tablespoons chia seeds
- 2 tablespoons filtered water
- 2 tablespoons tamari
- 2 tablespoons rice bran oil
- 1 teaspoon black pepper

Glaze:

- 2 tablespoons coconut nectar or coconut sugar
- 2 tablespoons filtered water
- 1 tablespoon white miso (ideally brown rice miso)
- 1/2 teaspoon mineralized salt

Topping:

- 1/4 cup black sesame seeds

Preheat oven to 180°C. Combine chia, water, tamari and rice bran oil and allow mixture to stand for 10 minutes to form a 'chia gel'. In a food processor combine the chia gel, almond meal, cooked rice and black pepper, until a ball forms. Rest mixture for 10 minutes.

Meanwhile, combine all glaze ingredients in a bowl with a fork. To roll out the crackers divide the dough in half (work half the dough at a time) and place on greaseproof paper. Place another piece of greaseproof paper of equal size over the top. Using a rolling pin, roll the dough into a thin, very even layer. Remove the top piece of paper. Scatter black sesame seeds over the dough. Replace the top layer of paper and roll to ingrain the dough with the seeds.

With a pastry brush, coat the dough with glaze. Using a round cookie cutter cut the dough. Do not remove the paper underneath, or the spare dough between the freshly cut cookies. Pop into the oven at 180C for 15 minutes. Remove from the oven. Reduce heat to 100C and allow temperature to fall. Apply another layer of glaze and pop back into the oven for 15 minutes. Remove and sit on a rack until comfortable to touch. Break the sheet up into outlined cookie shapes. Place the individual crackers back on the oven tray and into the oven at 100C. Check at intervals. Remove when crisp. Allow to cool on rack.

Store crackers in an air tight container. Serve with dip, cheese, pickles or plain.

These are a great after-school (or work) treat, and to be enjoyed free of guilt.

Swap the fruit with your fave varieties and create any taste sensations you desire.

Mango & Raspberry Coconut Popsicles.

1 cup full fat
Greek yoghurt

½ cup coconut cream

½ mango

¼ heaped cup raspberries
(fresh or frozen)

Stevia to taste.
(I use Pure Leaf Stevia)
or your choice of sweetener

Combine the coconut cream and Greek yoghurt then divide the mixture in half. To one half add the mango, to the other add the raspberry. Add your choice of sweetener to taste (the mango mixture should not need sweetening). Blend each mixture separately.

Half fill the popsicle moulds with the mango mixture and place in the fridge for one hour. Remove from the fridge and top up the popsicle moulds with the raspberry mixture so that two layers are formed. Place in the freezer overnight. Remove from popsicle moulds by running hot water over the moulds.

Makes 6 popsicles.



How utterly delectable do these look? Wrap them in baking paper, tie up with string, pop into the fridge, and they'll be ready to go for lunchboxes.

Thank you to Kate from [Kenko Kitchen](#) for her generous recipe donation.

Raw Energising Granola Bars.

In a bowl combine the puffed quinoa, puffed amaranth, desiccated coconut, cacao nibs and seeds and salt. Add the rice malt syrup, date paste, nut butter and coconut oil. Use your hands to combine. Empty the mixture into a lined rectangular baking tin. Press the mixture into the tin firmly, ensuring it is even and the top flattened. Cover with cling film and place in the fridge to set for an hour or so. Once chilled, turn onto a chopping board and slice into desired sizes. These will keep for two weeks.

***If you can't find date paste at the grocer, you can easily make this by combining soaked medjool dates in a food processor and keeping the almost pureed paste in a jar in the fridge. This creates a great natural sweetener for smoothies, desserts and breakfasts!**

2 cups puffed quinoa
1½ cups desiccated coconut
1 cup puffed amaranth
1 cup nut butter (I use a homemade brazil/walnut/almond mix)
½ cup rice malt syrup or raw honey
½ cup date paste*
¼ cup coconut oil
¼ cup hemp seeds
¼ cup cacao nibs
2 tablespoons flax seeds
2 tablespoons sunflower seeds
2 tablespoons chia seeds
Pinch sea salt
Extra tablespoon of hemp seeds and sunflower seeds for sprinkling on top



Raw Chocolate & Passionfruit Creams.

Biscuits:

- 1 cup raw walnuts
- 1 cup shredded coconut
- ½ cup medjool dates, pitted (approximately 8)
- 5 tablespoons cacao powder
- 2 tablespoons cacao nibs
- 1 tablespoon coconut oil, melted
- ½ tablespoon mesquite powder
- ½ tablespoon rice malt syrup
- ¼ tablespoon vanilla extract

Passionfruit Cream:

- ½ cup raw cashews, soaked for at least an hour, drained and rinsed
- 2½ tablespoons rice malt syrup
- 1 tablespoon freshly squeezed lemon juice
- ½ tablespoon water
- ¼ tablespoon coconut oil, melted
- Pulp of 1 passionfruit

There's not much I can say about these vegan delights except 'WOW'. The addition of passionfruit makes these biscuits sing.

Thank you to the wonderful Mandy from [The Change Room](#) for this creation.

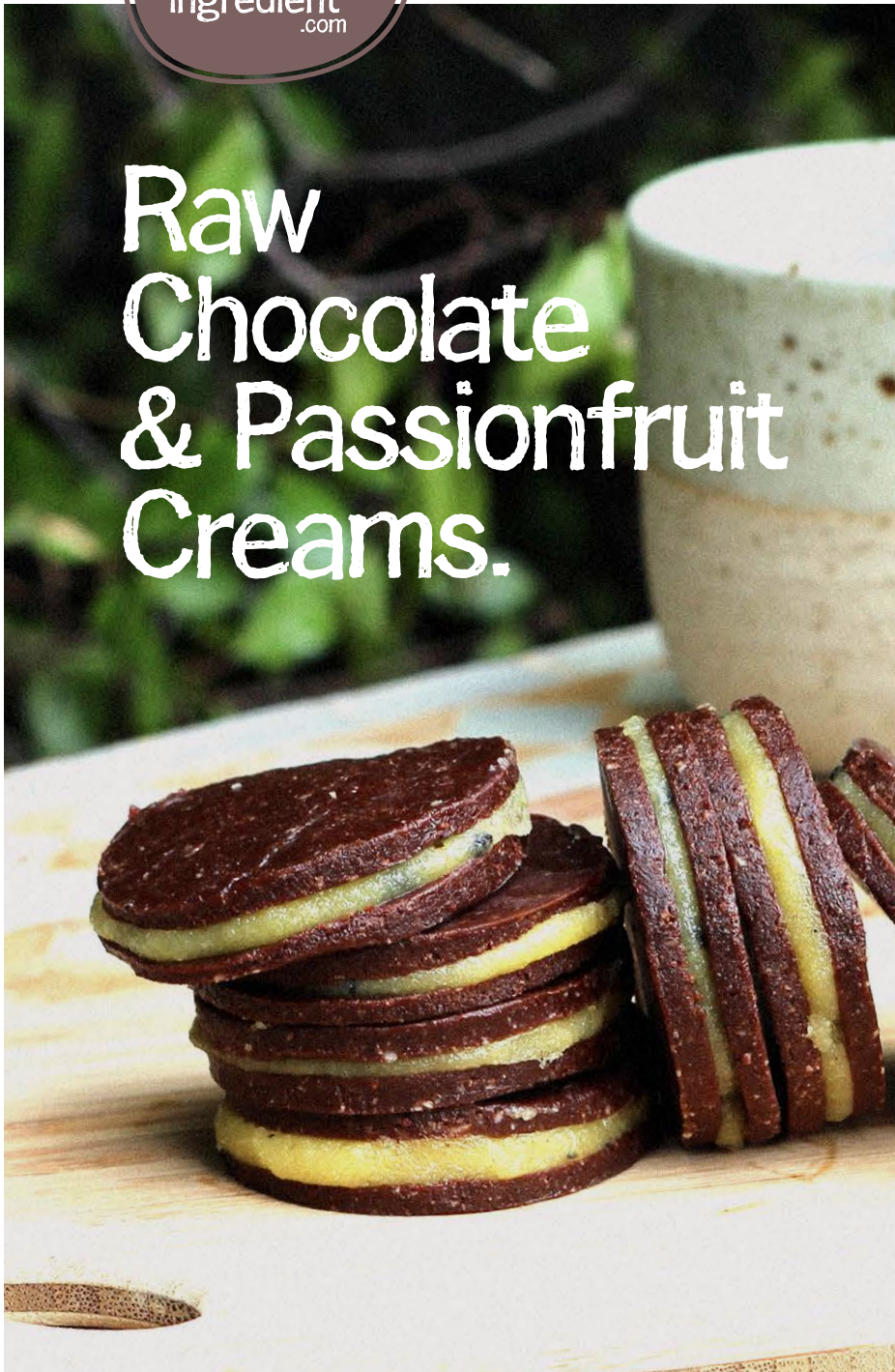
In a food processor, process the walnuts until they form a fine flour. Add the coconut, cacao, cacao nibs, mesquite and blend until well combined. Add the dates and blend again. Add the vanilla, oil and syrup and blend until combined.

Press into a small tin (approx. 20 x 30cm) and use a rolling pin to ensure mixture is firmly compacted. Freeze for at least 10 minutes.

Blend the cashews, rice malt syrup, lemon juice, water and passionfruit pulp until smooth. Add coconut oil and blend again. Refrigerate until less runny.

Remove the cookie mixture from the freezer. Use a cookie cutter to cut cookies (about 5cm in diameter). Lay flat on a tray and freeze for 5 minutes to firm.

Dollop a small spoonful of passionfruit cream onto half the cookies, then sandwich with the remaining half. Serve immediately or refrigerate until ready to serve (they will soften if kept at room temperature).



If you're looking to sneak a few more veggies into your children's diet (or that of your other half) here's your chance. These are super easy, super chocolatey, super delicious and terribly moreish. You have been warned.

Thank you so much to Sarah from [Lady Home Made](#) for this gorgeous recipe.

Sweet Potato Fudge Brownies.

1kg sweet potatoes
100 grams dark chocolate
½ cup coconut oil
½ cup coconut flour
½ cup water
3 tablespoons chia seeds
2 tablespoon raw cacao powder
1 teaspoon vanilla extract (or ½ teaspoon vanilla powder)

Heat your oven to 180°C. Place the whole sweet potatoes on a roasting tray and stab a couple of times with a small knife. Roast until very tender (minimum 1 hour, depending on the size but may take up to 1.5 hours). Once roasted, remove from the oven and allow to cool. Carefully peel and scoop out the flesh and place into a food processor. In a separate small bowl or jug, mix the water and chia seeds together. Set aside for around 15 minutes for the chia seeds to soak up the water. Pop a bowl over a small saucepan of boiling water and melt the coconut oil and chocolate. Stir until well combined.

To the food processor add the melted chocolate, chia seed mix, vanilla extract, cacao and coconut flour and combine until smooth. Spread the mix into a lined 24cm x 24cm baking dish (approximate) and bake for 1 hour at 180C. Allow the brownies to cool to room temperature and chill in the fridge before serving, ideally overnight.

Makes approximately 20 squares.





Salted Caramel Popcorn Chocolate.

2 cups air-popped popcorn

6 pitted medjool dates

1/2 cup shredded coconut

1/2 cup raw cacao powder

1/2 cup coconut oil

2 teaspoons pure maple syrup

Good pinch of salt

Make this, find your favourite all-time movie, pop your feet up and indulge. Cinema popcorn has not one iota on this amazing creation!

Thank you to Han and Kate from [The Wholesome Life](#) for sharing this stunning creation with us.

Pop the popcorn kernels in a large saucepan over the stove (with a well fitting lid!) shaking the pot over the heat a few times to prevent burning. Once the popping slows, remove from heat.

Blend the dates until a smooth paste has formed. Over a low heat mix the cacao powder, coconut oil, pure maple syrup and date paste until well combined. In a bowl put almost all of the popcorn, sprinkle with a little salt and pour over almost all of the melted chocolate mix. Gently mix to coat the popcorn. Pour mixture into a baking tray and spread out until entire base is covered (should only be a few centimetres thick). Scatter the remaining bits of popcorn over the top and drizzle over the last of the chocolate mixture. Put in the freezer to set.

Makes one slab the size of a small tin.





involved.

Huge love and gratitude to Catie Gett, owner of The Staple Store (my favourite functional food store in Melbourne) for contributing the majority of ingredients for this little book.

And big thanks to my besties at Involved, the design agency who have crafted this little eBook and my awesome new website.

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