



CARROT CAKE PROTEIN BITES

@TAPEY1026

INGREDIENTS

- 1/3 cup chopped carrot (about one medium carrot)
- 1/2 cup rolled oats
- 3 TBS milk of choice
- 1/3 cup vanilla protein powder
- 1 tsp cinnamon
- 1/8 tsp nutmeg
- Dash of salt
- 2 TBS raisins

DIRECTIONS

- 1. Mix everything together in a bowl.***
- 2. Roll into balls about the size of a rounded TBS.***
- 3. Store in fridge.***



MINT CHOCOLATE CHIP MUFFINS (WITH SPINACH!)

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INGREDIENTS

- 2 cups oat flour
- 1/2 tsp baking soda
- 1 tsp baking powder
- 1/4 tsp salt
- 3-4 TBS coconut sugar
- 2/3 cup applesauce
- 2/3 cup milk of choice
- 2-3 handfuls of spinach (about 2 cups)
- 2 tsp vanilla
- 5-7 drops peppermint extract
- 1/4 cup dark chocolate chips

DIRECTIONS

- 1. Blend spinach + all wet ingredients together until smooth.***
- 2. Mix dry ingredients together in a bowl (except chocolate chips) and add the wet ingredients to the bowl. Once mixed, fold in the chocolate chips.***
- 3. Pour 3/4 of the way full into a greased or lined muffin tin. The batter will be thick.***
- 4. Bake at 350 for 15-20 min and let cool. Makes about 12 muffins.***

****NOTE - I've also made these without peppermint extract and they are just as good!***



GRANOLA BARS

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INGREDIENTS

- 3/4 cup finely chopped fresh spinach
- 1/4 cup raisins
- 1 cup oats
- 1/4 cup pumpkin seeds
- 1 TBS hemp seeds
- 1/3 cup sunflower butter
- 1/4 tsp cinnamon
- 1.5 TBS maple syrup (or honey)

DIRECTIONS

- 1. Mix all ingredients together in a large bowl.***
- 2. Press into molds or 9x9 pan and store in fridge.***
- 3. Wait 3 hours before using/cutting into bars.***