



Dr. Misa

Kid-Friendly Snacks

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Vanilla Coconut Cups

2 servings

3 hours

Ingredients

- 1 1/4 cups Canned Coconut Milk (full fat, divided)
- 1/4 oz Gelatin
- 1/2 tsp Honey
- 1/2 tsp Vanilla Extract
- 1/8 tsp Sea Salt
- 1/2 cup Blueberries (for topping)
- 1/2 cup Raspberries (for topping)

Nutrition

Amount per serving	
Calories	325
Fat	27g
Carbs	14g
Fiber	3g
Sugar	8g
Protein	6g
Sodium	186mg

Directions

- 1 In a medium bowl, add 1/4 of the coconut milk mixture and then sprinkle the gelatin on top. Let it sit for 2 to 3 minutes. Do not mix.
- 2 In a small pot over medium-low heat, add the remaining coconut milk and honey. Whisk to combine. Allow it to heat through for 2 to 3 minutes or until warm. Do not let it boil.
- 3 Add the warm coconut milk to the gelatin mix and use a whisk to mix as you pour. Add the vanilla and sea salt and stir to combine.
- 4 Place a sieve over the top of your jars and pour the mixture into the jars through the sieve. This will ensure there are no clumps of gelatin remaining. Store the jars in the fridge for two hours to set. Serve with berries and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

No Honey: Use maple syrup or another sweetener of your choice.

No Berries: Use another type of fruit instead.



Banana Mango Chia Pudding

4 servings

30 minutes

Ingredients

- 1/3 cup Chia Seeds
- 1 3/4 cups Canned Coconut Milk
- 2 1/2 tbsps Maple Syrup
- 1 tsp Vanilla Extract
- 1 Mango (cubed)
- 1 Banana (sliced)

Nutrition

Amount per serving	
Calories	378
Fat	24g
Carbs	37g
Fiber	6g
Sugar	24g
Protein	5g
Sodium	29mg

Directions

- 1 In a large bowl, combine the chia seeds with coconut milk, maple syrup, and vanilla. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Top the chia pudding with mango and banana. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Additional Toppings: Top with coconut flakes.



Cinnamon Toast Crunch Pumpkin Seeds

2 servings

50 minutes

Ingredients

1/2 cup Pumpkin Seeds (rinsed and dried)
1 1/2 tsps Extra Virgin Olive Oil
1 tbsp Maple Syrup
1/4 tsp Sea Salt
1/4 tsp Cinnamon

Nutrition

Amount per serving	
Calories	207
Fat	16g
Carbs	12g
Fiber	4g
Sugar	6g
Protein	7g
Sodium	301mg

Directions

- 1 Preheat oven to 300°F (149°C) and line a baking sheet with parchment paper.
- 2 Add all ingredients to a mixing bowl and mix well. Spread seeds across the baking sheet. Place in the oven and bake for 40 to 50 minutes or until golden brown. Stir at the halfway point.
- 3 Remove pumpkin seeds from the oven and let cool. Break into pieces and enjoy!

Notes

Best Results: This recipe was created and tested using fresh pumpkin seeds. It is a great one to whip up with leftovers seeds from any type of squash.

No Fresh Seeds: Use store-bought pumpkin seeds instead. Since they have already been dried, cut the time in the oven down to 30 minutes.

Storage: Once completely cooled, store in an air-tight container at room temperature.



Almond & Flax Oat Squares

24 servings

25 minutes

Ingredients

3 cups Oats (gluten-free)
2/3 cup Ground Flax Seed (brown or golden)
1/2 cup Almond Flour
1 cup Ghee (or butter)
1/2 cup Raw Honey
1/4 cup Maple Syrup
1/2 tsp Ground Ginger

Nutrition

Amount per serving	
Calories	180
Fat	13g
Carbs	15g
Fiber	2g
Sugar	6g
Protein	3g
Sodium	69mg

Directions

- 1 Preheat oven to 350 degrees F.
- 2 Blend oats, flax seeds and almond flour in a food processor. A Magic Bullet or immersion hand blender will also work.
- 3 In a medium-size pot under medium-high heat, melt ghee, honey and maple syrup. Lower to medium heat and continue stirring until the three have combined to look like one mixture.
- 4 Add the ginger and oat mixture to the pot and mix well.
- 5 Press the batter into an 8" x 11" glass pan and bake until the edges are slightly brown, about 15-20 minutes. Once cooled, cut into 24 squares.



Double Chocolate Black Bean Cookies

10 servings

25 minutes

Ingredients

1 1/2 cups Black Beans (cooked, drained and rinsed)
2 tbsps Unsweetened Almond Milk
2 tbsps All Natural Peanut Butter
2 tbsps Coconut Oil (melted)
1/4 cup Coconut Flour
1/4 cup Cacao Powder
1/4 cup Raw Honey
1/2 tsp Cinnamon
1/8 tsp Sea Salt
1/4 cup Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	164
Fat	8g
Carbs	20g
Fiber	4g
Sugar	10g
Protein	4g
Sodium	39mg

Directions

- 1 Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 2 Combine black beans, almond milk, peanut butter and coconut oil together in a food processor. Blend until smooth.
- 3 Add in flour, cacao, honey, cinnamon and sea salt. Process again until creamy. Use a rubber spatula to gently stir in the chocolate chips.
- 4 Measure out even amounts of dough onto the cookie sheet (we used 2 tbsp per cookie) and use your hands to form into cookies. Sprinkle a few chocolate chips on each cookie and press down gently for good measure. Bake in the oven for 15 to 20 minutes.
- 5 Remove from oven. Let cool and enjoy!

Notes

No Cacao: Use cocoa powder instead.



Chocolate Puppy Paws

16 servings

45 minutes

Ingredients

3/4 cup Coconut Sugar
1/2 cup Ghee (or butter or coconut oil)
1 Egg (room temperature)
1 tsp Vanilla Extract
1/4 tsp Sea Salt
1/2 tsp Baking Soda
1/2 tsp Apple Cider Vinegar (or white vinegar)
1 cup Cocoa Powder
2 tbsps Organic Dark Chocolate Chips (48 chips)

Nutrition

Amount per serving	
Calories	116
Fat	9g
Carbs	11g
Fiber	2g
Sugar	8g
Protein	2g
Sodium	134mg

Directions

- 1 In a mixing bowl, blend together coconut sugar and ghee at low speed.
- 2 Add egg and vanilla extract and mix well.
- 3 In a small bowl, sift together baking soda, salt and cocoa powder. Slowly add to the ghee mixture.
- 4 Add apple cider vinegar and mix, scraping down the sides of the bowl until well combined.
- 5 Chill the cookie batter in the freezer for 15 minutes so it is easy to handle.
- 6 Set the oven to 350 degrees F. Roll the batter into 1" size balls and place about 2" apart on a parchment-lined cookie sheet.
- 7 Press three dark chocolate chips into each of the cookies arranged like "claws".
- 8 Bake for 10 minutes. Let the cookies cool before transferring to a serving plate.

Notes

Substitutions: Ghee adds a caramel-y taste to the cookies, butter would also be fine to use. Coconut oil makes the cookies a little more crumbly, but still delicious!



Sunbutter Oat Cookies

8 servings

15 minutes

Ingredients

1 cup Sunflower Seed Butter
1 Egg
1/4 cup Coconut Sugar
3/4 cup Oats (large flake)

Nutrition

Amount per serving	
Calories	250
Fat	19g
Carbs	17g
Fiber	3g
Sugar	8g
Protein	7g
Sodium	10mg

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a bowl, mix the sunflower seed butter and egg together. Then add sugar and oats until thoroughly combined.
- 3 For each cookie, scoop one tablespoonful of the dough onto the baking sheet and flatten gently with a fork. Bake for 10 minutes. Let cool slightly before serving.

Notes

No Sunflower Seed Butter: Use tahini, peanut butter, almond butter or any alternative nut or seed butter instead.

No Coconut Sugar: Substitute 1:1 with brown sugar, date sugar, white sugar or stevia instead.

Storage: Refrigerate in an airtight container up to five days, or in the freezer for up to three months.

Serving Size: One serving is equal to approximately two cookies.