

Baked Carrot Chips

Ingredients:

- 2 pounds carrots (Pick the fattest carrots you can find.)
- 1/4 cup olive oil or melted coconut oil
- 1 tablespoon sea salt
- 1 teaspoon ground cumin
- 1 teaspoon ground cinnamon

Directions:

1. Preheat the oven to 425 degrees F. Line several large baking sheets with parchment paper and set aside.
2. Trim the carrot tops off. Starting on the thick end slice the carrots paper-thin on the bias to create elongated slices. You can do this with a chef's knife, but it's better to use a mandolin slicer on the smallest setting. When you get down to the thin end, stop and save them to use in soup or salad.
3. Place the carrot slices in a large bowl and add the oil, salt, cumin, and cinnamon. Toss well to thoroughly coat. Then lay the slices in a single layer on the baking sheets.
4. Bake for 12-15 minutes, until the edges start to curl up and turn crisp. Then flip all the chip over and bake another 5-8 minutes to crisp the bottoms. Once cool, store in an airtight container for up to 2 weeks.



Recipe found at: A Spicy Perspective <http://www.aspicyperspective.com/healthy-baked-carrot-chips/2/>

Homemade Baked Sweet Potato Tots

Ingredients:

- 1 lb sweet potatoes
- 1/4 cup brown rice flour
- 1 tsp kosher salt

Directions:

1. Boil a large pot of water.
2. Add the potatoes to the water and boil for 20 minutes.
3. Remove from the water and allow to cool.
4. Once cool enough to handle, peel the potatoes.
5. Shred the peeled potatoes with a box grater.
6. Add the grated sweet potatoes to a large bowl with the flour and salt. Combine well.
7. Roll and squish the potatoes into tot shapes.
8. Place them on a baking sheet and into a 375° oven for 30 minutes



Recipe found out: Whitney Bond

<http://whitneybond.com/2012/10/12/whats-for-a-side-homemade-baked-sweet-potato-tots/>

Baked Cauli-Tots

Ingredients:

- 3 cups (about half of a head) shredded cauliflower (see Note)
- 4 oz. (about 1 cup) shredded sharp cheddar cheese
- 1 egg
- 1/4 cup cornmeal (bread crumbs or ground oats also work)
- 1 teaspoon kosher salt
- a few grinds black pepper
- 1/2 teaspoon ground mustard



Directions:

1. Preheat your oven to 400°F. Spray a mini muffin tin with oil or cooking spray.
2. Place the shredded cauliflower in a kitchen towel and squeeze out the excess moisture.
3. Combine all of the ingredients in a large bowl, and mix together thoroughly. I like to use a fork.
4. Using a spoon or scoop, divide the mixture between the muffin cups and press down firmly into the cups.
5. Bake at 400°F for 20-25 minutes, or until golden brown.
6. Allow to cool slightly before running a knife around the edge to pop the tots out of the muffin tin.

Recipe found at: Cupcakes and Kale Chips

<http://cupcakesandkalechips.com/baked-cauli-tots/>

Vegan Goldfish Crackers

Ingredients:

- 1 cup all-purpose flour, plus extra for work surface
- 2 tablespoons nutritional yeast
- ¼ teaspoon onion powder
- 1/8 teaspoon tumeric
- 1 teaspoon sea salt
- ½ teaspoon ground black pepper (optional, but recommended for adults)
- 5 tablespoons vegan margarine
- 3 tablespoons cold water

Directions:

1. Preheat the oven to 375 degrees F.
2. In a food processor, combine flour, nutritional yeast, salt, onion powder, and turmeric. Process until combined. Add margarine, and pulse about 15 times until crumbly. Add water and process until mixture just comes together.
3. On a lightly floured work surface, roll out the dough until it is 1/8-inch thick. It will be easier to roll if you work with half of the dough at a time.
4. Using a goldfish cookie cutter, or other small cookie cutter, cut out the fish and line then on a baking sheet. If desired, carve a face, as pictured. I used the prong of a fork for the eyeball and a toothpick for the smile.
5. Bake for 12 to 15 minutes until golden and very lightly browned. Let cool and store at room temperature in a tightly sealed container or bag.



Recipe found at: Chef Chloe

<http://chefchloe.com/recipes/on-the-side/vegan-goldfish-crackers.html>

Baked Apple Chips

Ingredients:

- 1 Red Apple
- Baking sheet and Parchment paper
- If you are wanting these to be sweet, you can dip the uncooked apple in cinnamon and/or brown sugar before baking

Directions:

1. Preheat oven to 200F.
2. Slice apples very thin, about 1/16 of an inch. Arrange on lined thick-bottomed baking sheet, making sure that none overlap.
3. Bake for 1 hour, flip slices, then bake for one more hour. Remove from oven and let cool to crisp. Store in an airtight container.

Recipe found at: The Viet Vegan

https://thevietvegan.com/baked-apple-chips/#_a5y_p=2111367



Pear Crisps

Ingredients:

- 2 Pears
- Parchment paper and Baking sheet

Directions:

1. Pre-heat the oven to 120C
2. Chop off the top and bottom of the pears.
3. Thinly slice (about 1mm thick) as uniformly as possible
4. Lay out the pear slices on a baking tray ensuring that none of the slices are overlapping and place in the oven for 1 hour 15 minutes.
5. After 1 hour 15 minutes, turn the pears and return them to the oven for a further 1 hour 15 minutes.
6. After they have finished cooking, turn off the oven but leave them in the oven for a further hour to become fully crisp.



Recipe found at: Charlotte's Lively Kitchen

http://charlotteslivelykitchen.com/pear-crisps/?utm_content=bufferc0fe0&utm_medium=social&utm_source=pinterest.com&utm_campaign=buffer

Paleo Baked Fries

Ingredients:

- 1 1/2 pounds organic potatoes
- 2 tablespoons avocado oil
- 1 1/2 tablespoons Real Salt Season Salt

Directions:

1. Preheat the oven to 425° and line a sheet tray with parchment paper.
2. Slice potatoes into 1/2 inch slices, or cut fingerlings in half.
3. Dry the potatoes thoroughly and place on the sheet tray.
4. Toss with avocado oil and then add the season salt. Toss again to evenly cover all fries.
5. Place as many cut-side-down as you can. This will help them get brown and crispy.
6. Bake for 30 minutes, flip and bake for 15-20 more minutes.



Recipe found at: Jay's Baking Me Crazy

<http://www.jaysbakingmecrazy.com/2016/01/04/paleo-baked-fries/>

Almond-Crusted Zucchini Sticks

Ingredients:

- olive oil spray
- 2 large zucchini, cut into 2-inch long strips
- 4 large egg whites, whisked with 1 tablespoon almond milk or water
- 1 1/2 cups coarsely-ground almond meal
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon garlic powder
- 1/8-1/4 teaspoon cayenne pepper
- 1 jar of your favorite marinara sauce



Directions:

1. Preheat your oven to 450 degrees F. Line a large baking sheet with foil and spray with a non-stick olive oil spray. Set aside.
2. In one shallow bowl, whisk together the egg whites and almond milk/water. Set aside.
3. In a second shallow bowl, whisk together the almond meal, salt, pepper, garlic powder and cayenne. Set aside.
4. Taking each zucchini stick, soak it in the egg mixture. When fully coated, transfer it to the the almond meal mixture and flip, pressing to adhere where necessary. Place it the zucchini sticks on the prepared baking sheet.
5. Once all of the zucchini sticks have been dredged, spray them with the olive oil spray and place them in the oven. Bake for 35-40 minutes or until crispy and brown. If after 40 minutes, the zucchini still haven't browned. Turn the broiler on high and broil until brown. Keep a close eye, as they can burn quickly. Remove from heat and let cool for just a second.
6. While the zucchini sticks are baking, pour the marinara in a medium saucepan. Heat over low heat until warmed through.
7. Serve the almond-crusted zucchini sticks with warm marinara and enjoy immediately!

Recipe found at: Cooking and Beer

<http://www.cookingandbeer.com/2015/07/almond-crusted-zucchini-sticks-gluten-free-dairy-free/>

Cheesy Cauliflower Breadsticks

Ingredients:

- 4 cups riced cauliflower about 1 large head of cauliflower
- 4 eggs
- 2 cups mozzarella cheese
- 3 tsp oregano
- 4 cloves garlic minced
- salt and pepper to taste

Directions:

1. Preheat oven to 425 F degrees. Prepare 2 pizza dishes or a large baking sheet with parchment paper.
2. Make sure your cauliflower is roughly chopped in florets. Add the florets to your food processor and pulse until cauliflower resembles rice.
3. Place the cauliflower in a microwavable container and cover with lid. Microwave for 10 minutes. Place the microwaved cauliflower in a large bowl and add the 4 eggs, 2 cups of mozzarella, oregano, garlic and salt and pepper. Mix everything together.
4. Separate the mixture in half and place each half onto the prepared baking sheets and shape into either a pizza crust, or a rectangular shape for the breadsticks.
5. Bake the crust (no topping yet) for about 25 minutes or until nice and golden. Don't be afraid the crust is not soggy at all. Once golden, sprinkle with remaining mozzarella cheese and put back in the oven for another 5 minutes or until cheese has melted.
6. Slice and serve.

Recipe found at: Jo Cooks

<http://www.jocooks.com/healthy-eating/cheesy-cauliflower-breadsticks/>

Grain-free Homemade Graham Crackers

Ingredients:

- 2 eggs
- 1/4 cup honey
- 2 Tbsp melted coconut oil
- 3 cups almond flour
- 1 cup tapioca flour
- cinnamon
- organic sugar

Directions:

1. Preheat oven to 350°F
2. Combine the eggs, honey and coconut oil in a mixing bowl and whisk together
3. Add in the flours and stir
4. Now, mix with your hands to get a nice dough
5. Roll it out on baking sheet
6. Score the dough into cracker shapes using a pizza cutter. You can also make the little holes on the top so they look like real graham crackers, using a fork!
7. Mix up the cinnamon and sugar and sprinkle it on top of the dough, pressing it in gently
8. Bake 10-15 minutes, or until the edges begin to brown
9. Score again when you remove them from the oven, tracing the lines you did the first time
10. Allow to cool completely



Recipe found at: Real Food RN

<https://realfoodrn.com/grain-free-homemade-graham-crackers/>

20 Minute Barbeque Sauce

Ingredients:

- 15 oz Can Tomato Sauce
- 3/4 Cup Water
- 1/4 Cup Balsamic Vinegar
- 2 tsp Mustard
- 1/3 Cup Honey (or Vegan sweetener of choice, such as agave)
- 2 Tbl Maple Syrup
- 1 tsp Real Salt
- 3/4 tsp Onion Powder
- 1 tsp Smoked Paprika



Directions:

1. Add all ingredients to a medium sized saucepan and whisk together.
2. Bring to a simmer over medium/high heat.
3. Reduce heat to medium and let simmer for 15-20 minutes, or until sauce has thickened to desired consistency.
4. Let cool.
5. Store in an airtight container. Will keep for several weeks in the refrigerator.

Recipe found at: My Natural Family

<https://www.mynaturalfamily.com/recipes/paleo-recipes/paleo-bbq-sauce/>

Strawberry Gummy Bears

Ingredients:

- (2 cups) Organic Strawberry Puree
- ½ cup Lemon Juice, freshly squeezed
- 1 tsp honey
- Natural Red Food Coloring
- 60g (6 tbs) Unflavored Gelatin



Directions:

1. *Wash your strawberries, slice the greens off and puree in a blender. Measure 2 cups of the puree and place in a medium-sized bowl.
2. Stir in the lemon juice, honey and food coloring.
3. It helps to have another person help you here. Have one person spread open a nut milk bag over a large bowl while you pour the strawberry mixture inside. Tie the bag closed and squeeze the bag to get as much liquid out as you can. You should get 1¾ cup (or 334g) of the mixture after straining.
4. Pour the mixture into a nonstick saucepan, sprinkle the gelatin overtop and let it sit for 5 minutes. Stir it together and smush any big clumps of gelatin, don't worry about the small ones, they'll dissolve.
5. Place the pan over medium-high heat and stir occasionally, until it comes to a light boil. Stir constantly when the mixture boils harder. When you can't stir the bubbles away, keep it on the heat for ~30 seconds and then remove from the heat. Let the mixture sit for a few minutes so the foam/bubbles have a chance to go away, then carefully scoop the mixture into gummy bear molds.
6. Let the molds cool on the counter for about an hour, then place them in the fridge. Refrigerate until firm. To store, place gummy bears in an airtight container and refrigerate

Recipe found at: Desserts With Benefits

<https://dessertswithbenefits.com/healthy-homemade-gummy-bears/>

Sunny's Sweet 'n Spicy Popcorn

Ingredients:

- 2 tablespoons vegetable oil
- 1/2 cup popcorn kernels
- salt
- 1/4 cup butter
- 1/4 cup maple syrup
- 1/2 teaspoon cayenne
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground cinnamon
- pinch chili powder

Directions:

1. In a heavy pot on high heat, add the oil and 1 kernel of popcorn; then cover.
2. When the kernel pops, add the rest of the kernels and cover. Pop while gently sliding and shaking the pot back and forth to move kernels around inside.
3. Cook until the popping slows dramatically to 1 or 2 pops per second.
4. Remove the popcorn from the pot and pour on top of a wire rack in a parchment-lined baking sheet. Lightly salt. Using the same pot, add the butter, maple syrup, cayenne, cumin, cinnamon and chili powder and stir to combine.
5. Cook over medium-high heat until it bubbles. Gently pour over the popcorn, allow to cool slightly, then transfer to a bowl, toss with tongs, and serve immediately.

Recipe recommend by ADA who has made this recipe during Healthy Snack time!

Chocolate Energy Balls

Ingredients:

- 1 Cup dry rolled oats
- 2/3 cup toasted unsweetened coconut flakes
- 1/2 cup Natural Peanut Butter (no added sugars or salt)
- 1/4 cup ground flax seed
- 1/2 cup dark chocolate chips
- 1/3 cup honey or agave
- 1 Scoop of chocolate Shakeology
- 2 TBSP coconut oil (melted)

Directions:

Stir all ingredients together in a medium bowl until thoroughly mixed (I use my hands, it's much easier). Cover and let chill in the refrigerator for half an hour.

Once chilled, rolled into balls of whatever size you like. Store in airtight container and keep refrigerated.

Recipe given by Tammy Gilles, find more of her recipes on tammygilles.com

Kentucky Caviar

Ingredients:

- Canned black beans or black eyed peas (drained)
- Can of Rotel (don't drain)
- Small bag of frozen corn
- 1 can of no sugar added fruit of your choice peaches, pineapple and mandarin oranges are all yummy (don't drain)
- Green, red, and/or yellow peppers finely chopped
- Optional- finely chopped jalapeño's and onion
- 1 bottle of Zesty Italian dressing

Directions:

Dump all ingredients into a big bowl. Every canned liquid and the Zesty Italian dressing will make the marinade. Refrigerate for at least an hour- but best if it can marinate for a few hours or overnight. Drain when ready to serve!

Recipe recommended by Carly Stotts!

No Bake Energy Bites

Ingredients:

- 1 cup (dry) oatmeal
- 2/3 cup toasted coconut flakes
- 1/2 cup peanut butter
- 1/2 cup ground flax seeds
- 1/2 cup semi-sweet chocolate chips
- 1/3 cup honey or agave nectar
- 1 tablespoon chia seeds
- 1 teaspoon vanilla extract

Directions:

1. Stir all ingredients together in a medium bowl until thoroughly mixed. Cover and let chill in the refrigerator for half an hour.
2. Once chilled, roll into balls of whatever size you would like. Store in an airtight container and keep refrigerated for up to 1 week.
3. Makes about 20-25 balls.

Recipe recommended by Kim Quintela