

SHOPPING LIST

SWEET SWAPS

Baked Carrot Cake Oatmeal Cups
Frozen Yogurt Bark
Cookie Dough Granola Bars

PRODUCE

1 bunch carrots
frozen yogurt bark toppings: strawberries,
blueberries, raspberries...

DAIRY/COOLER

2 eggs
1 1/2 cups milk
1 block neufchatel cheese (lower fat cream
cheese)
2 cups nonfat yogurt (we use plain, but
choose flavored if you prefer!)

FROM YOUR PANTRY/GROCERY

1 jar unsweetened applesauce
1 bottle pure maple syrup
1 jar coconut oil
3 cups oats
1 tsp baking powder
1 jar cinnamon
salt
1/2 cup shredded unsweetened coconut
1/2 cup raisins
1/2 cup pecans
2 Tbsp vanilla extract
frozen yogurt bark toppings: walnuts,
pistachios, cashews...
1 cup whole raw cashews
2 Tbsp chia seeds
2 Tbsp flax seeds
2 Tbsp honey
2 Tbsp sugar free chocolate chips
2 Tbsp peanuts
flaky salt

BAKED CARROT CAKE OATMEAL CUPS

PREP TIME

15 mins

COOK TIME

30 mins

SERVINGS

12 oatmeal cups

INGREDIENTS

1 cup carrots, shredded
2/3 cup applesauce, unsweetened
2 eggs
1 cup milk of your choice (we use almond)
1/4 cup pure maple syrup
1 Tbsp coconut oil, melted & cooled
2 cups old-fashioned rolled oats
1 tsp baking powder
2 tsp cinnamon

1/4 tsp salt
1/2 cup shredded unsweetened coconut
1/2 cup raisins
1/2 cup chopped pecans

Cream Cheese Glaze (optional)

4 oz neufchatel cream cheese, softened
2 Tbsp maple syrup
1-2 Tbsp milk

INSTRUCTIONS

1. Preheat oven to 350°F. Line a 12 cup muffin tin with liners and spray with nonstick cooking spray just to be safe.
 2. In a medium bowl, combine shredded carrots, applesauce, eggs, milk, maple syrup and coconut oil.
 3. Add oats, baking powder, cinnamon and salt, stirring well to combine. Fold in shredded coconut, pecans and raisins.
 4. Distribute batter between the muffin liners and bake for 30 minutes until oatmeal cups are set.
 5. Make (optional) cream cheese glaze: while cups are baking, mix together the cream cheese, powdered sugar and milk until it is the consistency you'd like. Drizzle over the oatmeal cups after they've cooled for about 10 minutes.
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FROZEN YOGURT BARK

PREP TIME

10 mins

COOK TIME

0 mins

SERVINGS

6

INGREDIENTS

2 cups nonfat yogurt (we use plain, but you could use flavored if you prefer!)

1/4 cup pure maple syrup

1/2 tsp vanilla extract

Toppings

Topping Ideas (*choose about 2 cups of toppings, total*)

Fresh fruit (sliced strawberries, blueberries, and raspberries are all delicious here)

Chopped nuts (pecans, walnuts, pistachios, cashews are all great options)

INSTRUCTIONS

1. Line a baking sheet with wax or parchment paper.
 2. In a medium bowl, whisk together yogurt, maple syrup and vanilla until combined.
 3. Pour the yogurt mixture onto the parchment lined baking sheet and spread out evenly.
 4. Sprinkle your toppings evenly over the yogurt.
 5. Place baking sheet into the freezer for 2 hours. Break into pieces and enjoy! Store leftover bark in the freezer for some delicious snacking.
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COOKIE DOUGH GRANOLA BARS

PREP TIME

20 mins

COOK TIME

0 mins!

SERVINGS

4-6

INGREDIENTS

1 cup oats	2 Tbsp honey
1 cup whole raw cashews	2 tsp vanilla extract
2 Tbsp chia seeds	2 Tbsp mini chocolate chips
2 Tbsp flax seeds	2 Tbsp peanut butter chips or crushed
1/2 tsp salt	peanuts
3 Tbsp coconut oil, melted and cooled	flaky salt

INSTRUCTIONS

1. Preheat oven to 350 F. Line a loaf pan with parchment paper, overlapping just a bit so you're able to lift it out later.
 2. Spread the oats on a rimmed baking sheet and toast in the oven until fragrant, about 8-10 minutes. Transfer to a food processor with cashews, chia/flax seeds, brown sugar, and salt. Blend until very fine.
 3. To the food processor, add coconut oil, honey, and vanilla and pulse until dough starts to come together. It will be crumbly but hold together when you press.
 4. Transfer to prepared loaf pan, spread evenly, and press firmly. Sprinkle with chocolate and peanut butter chips and press down firmly one more time. Sprinkle with flaky salt.
 5. Place pan in the fridge for 20 minutes, then slice into 8 bars. Store in fridge, and enjoy!
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