

@HAPPI.HEALTHI

RESOURCE FOR A

HAPPY

&

HEALTHY

LIFE

FOOD FACTS, PANTRY STAPLES,
ORGANIZATION, & JOURNAL

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PURPOSE

This is your resource for building a happier and healthier life. Along this journey you will gain an understanding of the impact of food on your health and the environment, learn organizational techniques to help maintain a balanced lifestyle, and grow to maintain a stable relationship with food, mind and body.

WHAT IS YOUR PURPOSE?





QUICK
INFO:
EATING
HABITS

EATING HABIT THEMES

prevalence of
dieting for
weight loss

keto, paleo, vegan,
intermittent fasting

dieting & the
environmental
impact

keto & paleo vs. veganism

rise of the plant-
based diet &
environmental
impact

vegan, vegetarian,
pescatarian



DEFINITIONS

KETO

low-carb, high-fat: intake of protein and fats, which the liver turns into fat, or, “ketones” for energy use during a metabolic state of ketosis in the absence of carbs.

PALEO

"caveman diet": based on what hunter-gatherers would have eaten during the Paleolithic age, avoid processed foods and unnatural sugars

VEGETARIAN/ PESCATARIAN

vegetarians avoid the consumption of meat, fish, & seafood while pescatarians incorporates fish and seafood into vegetarian diet

VEGAN

avoidance of any animal products or animal by-products: ethical, environmental and health conscious

WFPB

whole foods/plant based avoids refined and processed foods in addition to all animal derived products, and focuses on all natural and plant sourced ingredients

INTERMITTENT FASTING

restrictive eating that focuses on when you eat rather than what you eat



PRO

CON

KETO

benefits people with epilepsy and some proven weight loss

increase in meat consumption, difficult to maintain long term

PALEO

encourages consumption of whole foods

more meat, caloric and nutrient deficient

VEGETARIAN/ PESCATARIAN

evidence based health benefits, environmental impact

not necessarily eat healthier; some live on just carbs

VEGAN

helps with cholesterol and heart disease, environmentally conscious and sustainable

absence of B12, "vegan" doesn't mean healthy, often high in saturated fat and sodium

WFPB

weight management and disease prevention

more restrictive than vegan and often hard to maintain, possible nutrient deficiencies

INTERMITTENT FASTING

promotes weight-loss, unrestricted eating

not long-term, does not promote healthy eating habits

DAIRY & GLUTEN FREE

eating restrictions can be associated with allergies (immune system reaction) or an intolerance (digestive issues)

DAIRY FREE

a lactose intolerance or the inability to digest lactose, the primary sugar found in dairy products

GLUTEN FREE

avoidance of wheat and certain grains, most common for those with celiac disease (autoimmune disease in the small intestine)



REFLECTION

everyone's health journey is different

amidst a world of stigmatized body image and pursuits of more sustainable living, diets have emerged taking center stage. however, the term "diet" is a lifestyle choice rather than an eating restriction or for weight loss.

there is no right or wrong path for eating well and overall healthier living. it is a process of trial and error until you find what works best with your lifestyle. like most things in life, this will take time, thought and effort, it is not just a quick fix.

it is not about calories, carbs, sugars or any of those toxic concepts. it is a lifestyle change that centers around you feeling happy and confident in your own skin and conscious of the environment.

thus, eating can be cultural and emotional, it is the connection you establish between food and thoughts, not purely physical or environmental. listen to your body.

my hope is that there is at least something in here that resonates with you and leads you to the mentally and physically healthy person you want to be.



MY JOURNEY

My name is Andi and I am a 21-year-old female collegiate athlete with a passion for eating and cooking healthy, hearty, and delicious foods while trying to live my best, most wholesome life.

In my personal health journey, I have struggled with chronic digestive issues which has led me to experiment with all of the eating habits from the resource book. Everything in that book are my healthy choices that I have found to work best with my body, but every individual has their own choices.



The recipes in this cookbook incorporate a variety of my staples for quick, easy to make and health conscious foods. Additionally, the planner and journal materials in the resource are what I personally use daily to keep me organized and productive, which allows me the time to focus on my mental and physical wellbeing.



PANTRY
&
GROCERIES

PANTRY STAPLES

pt. 1

FRUIT:

BANANA, APPLE, GRAPES,
STRAWBERRIES, BLUEBERRIES,
MANDARINS, TOMATO, AVOCADO,
FROZEN FRUIT (SMOOTHIES)

PROTEIN:

SALMON, CHICKEN, TOFU, BEANS
(GARBANZO, BLACK, PINTO), EGGS,
CANNED TUNA, TEMPEH, NUTS
(ALMOND, WALNUT), ALMOND
BUTTER/PEANUT BUTTER

BAKING :

BAKING POWDER, BAKING SODA,
COCONUT SUGAR, OATS, ALMOND
FLOUR, COCONUT OIL, FLAX MEAL,
VANILLA EXTRACT, CHOCOLATE
(SEMI-SWEET), HEMP SEEDS

VEGETABLES:

CARROTS, BROCCOLI, BELL PEPPER,
GREEN BEANS, CUCUMBER,
MUSHROOMS, SPINACH, ARUGULA,
LETTUCE, SWEET POTATO, POTATO, SUN
DRIED TOMATO, LEMON/LIME, RED
ONION, OLIVES

DAIRY/SUBSTITUTES:

PARMESAN, GOAT CHEESE, SHARP
CHEDDAR, FETA, MOZZARELLA,
COCONUT/ALMOND YOGURT

HERBS & SPICES:

SALT & PEPPER, CINNAMON, GARLIC
POWDER, CHILI POWDER, EBTB
SEASONING, BASIL, ROSEMARY

PANTRY STAPLES

pt. 2

GRAINS & CEREALS:

SOURDOUGH, RICE CAKES, GRANOLA,
CRACKERS, CORN TORTILLAS,
WHITE/BROWN RICE,
CHICKPEA/QUINOA PASTA

CONDIMENTS:

OLIVE OIL, BALSAMIC VINEGAR, APPLE
CIDER VINEGAR, KETCHUP, DIJON
MUSTARD, MAPLE SYRUP, HONEY,
SOY SAUCE, PESTO, TOMATO SAUCE,
AVOCADO/SUNFLOWER OIL, COOKING
SPRAY, BUTTER, NUTRITIONAL YEAST

KITCHEN NEEDS:

PARCHMENT PAPER, TIN FOIL,
BLENDER (NUTRIBULLET), MUFFIN TIN,
LOAF PAN, BAKING SHEET, SAUCE
PAN, POT, ELECTRIC KETTLE

SNACKS:

POPCORN, ENERGY BARS (RX, GO
MACRO, PERFECT BAR), COCONUT
FLAKES, COCOA NIBS

DRINKS:

SELTZERS, ALMOND/OAT MILK,
COFFEE CREAMER (NUTPODS),
COFFEE, TEA (CHAI, PEPPERMINT,
MATCHA)

EXTRAS:



GROCERY LIST

fruit

vegetables

protein

dairy

baking goods

spices

grains

condiments

drinks

other





PLANNER

MEAL PLAN

WEEK: _____

BREAKFAST

LUNCH

DINNER

SUN

MON

TUES

WED

THUR

FRI

SAT

NOTES / ITEMS TO BUY



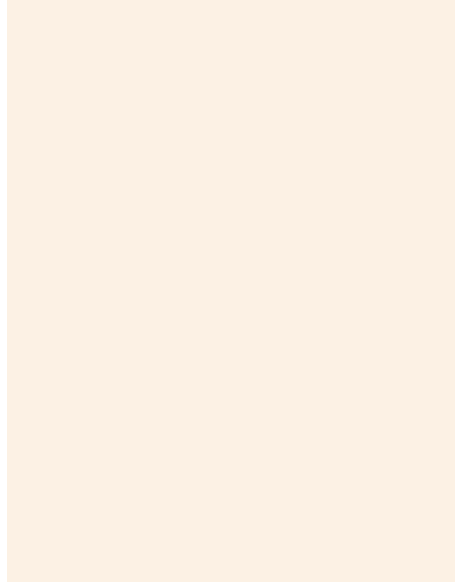
DAILY PLANNER

DAY: _____

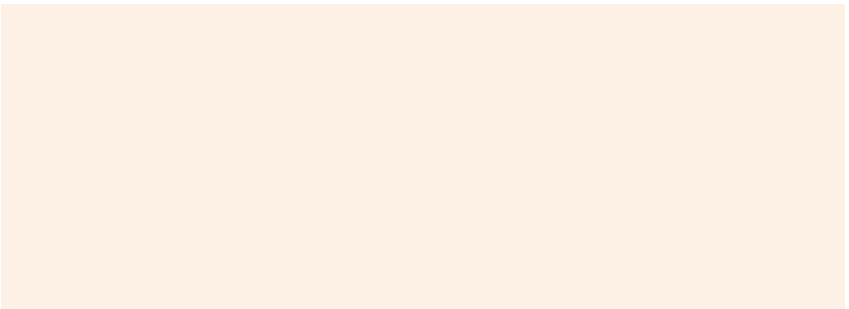
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AFFIRMATIONS



NOTES/ REMINDERS



WEEKLY PLANNER

WEEK: _____

MON.

FRI.

TUES.

SAT.

WED.

SUN.

THURS.

NOTES.

QUOTE OF THE WEEK:



MONTHLY PLANNER

MONTH: _____

S M T W TH F S

NOTES/MAJOR EVENTS

GOALS FOR THE MONTH



FITNESS PLANNER

WEEK: _____

	ACTIVITY	MOOD BEFORE EXERCISE	MOOD AFTER EXERCISE
DAY 1			
DAY 2			
DAY 3			
DAY 4			
DAY 5			
DAY 6			

WEEKLY FITNESS GOAL:





JOURNAL

TODAY I'M

grateful

FOR

A solid light orange horizontal bar, intended for writing the first item one is grateful for.A solid light orange horizontal bar, intended for writing the second item one is grateful for.A solid light orange horizontal bar, intended for writing the third item one is grateful for.



Self-Care check-in

How do I feel today?

What I am grateful for right now?

What positive affirmation do I want to focus on?

How can I channel my negative attitudes to be more positive?

What can I do to be a better version of myself?

Do I need more support? If so, from whom?



JOURNAL PROMPTS

self love

How do I feel (physically & mentally)? Write one or more things I love about myself. How can I appreciate my body more?

reflection

What is my body telling me? What can I do to better myself today and everyday? What makes me feel good?

affirmation

Reflect on a powerful moment and be proud of it. Tell myself thank you. What makes me, me? Be proud of my uniqueness.

gratitude

Reflect on someone or something that has made my life better. What is important to me and why? How can I show gratitude?

goals

What is something I want to accomplish today? Tomorrow? How do I feel when I accomplish a goal?

dreams

What dreams do I have? Now, what will help me accomplish those dreams? Reflect on my future manifestations.

accomplishments

I am strong. What have I accomplished? What has led me to those successes? How can I turn more lows into highs?



JOURNAL REFLECTION

Date:

Reflect on any prompt from above, or
create your own. Write down anything
that is on your mind, a brain dump.

Mood:

Note how you feel and why you might
feel that way. Discuss the good, the bad
and everything in between.

Focus:

Fitness Journal

TIME: _____

DATE: _____

HOW YOU FEEL
BEFORE EXERCISE:

HOW YOU FEEL
AFTER EXERCISE:

WORKOUT COMPLETED:

MY FITNESS GOAL:



RESOURCES

BOOKS

Meatonomics: How the Rigged Economics of Meat and Dairy Make You Consume Too Much And How to Eat Better, Live Longer, and Spend Smarter, (2013) David Robinson Simon

How Not To Die, (2015) Michael Greger

The Cow with Ear Tag #1389, (2018) Kathryn Gillespie

Ethics and Animals: An Introduction, (2012) Lori Gruen

DOCUMENTARIES

The Game Changers, (2019) Netflix

Forks Over Knives, (2015)

Eating You Alive, (2016)

PODCAST

Rich Roll (with Impossible Foods founder & CEO Pat Brown)

Main Street Vegan



THANK
YOU

I wish you the best of luck in your health journey!

stay strong, stay positive, & be happy

connect with me on social for more recipe
and healthy living inspiration

@happi.healthi

xoxo

Andi



@HAPPI.HEALTHI

HAPPY
&
HEALTHY

RECIPE BOOK

INDEX

- 1 reflection (my journey)
- 2 quick kitchen tips
- 3 go-to meal ideas
- 4 breakfast
- 5 lunch/dinner
- 6 snacks/sides
- 7 baked goods
- 8 resources

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GO-TO MEAL IDEAS

BREAKFAST

yogurt,
granola, fresh
fruit &
almond butter

pancakes:
oats, banana,
egg, vanilla

eggs: veggie
omelet or
breakfast burrito

LUNCH

avocado toast:
avocado, lemon
juice, EBTB,
nutritional
yeast

smoothie: fruit,
ice, almond
milk, protein
powder

salad: mixed
greens, tomato,
cucumber, bell
pepper, avocado

DINNER

pasta with red
sauce, pesto,
or lemon olive
oil

sautéed tofu,
spinach,
mushrooms,
bell pepper

tomato, basil,
mozzarella,
avocado, balsamic
& olive oil

SNACKS:

popcorn, nuts, carrots & hummus, frozen
grapes, apple & almond butter

QUICK KITCHEN TIPS

SUBSTITUTIONS

egg: flax egg (1 T flax meal, 3 T water, let sit for 3 min) or apple sauce

flour: oat flour (blend regular oats in a blender), almond flour, coconut flour

canola oil: coconut oil, avocado or sunflower

cheese: nutritional yeast

yogurt: coconut, almond, oat

sugar: coconut sugar, maple syrup, honey

pasta: chickpea, lentil, quinoa

ABBREVIATIONS

df = dairy free

gf = gluten free

v = vegan

T = tablespoon

tsp = teaspoon

min = minute



RECIPE INDEX

BREAKFAST

sweet potato pancakes
granola
french toast sticks
chocolate sea salt granola
breakfast cookies

LUNCH/DINNER

kale chips
candied walnuts
sweet potato fries
homemade pesto: caprese
marinated white beans
energy balls: brownie
hummus
yogurt bark: pumpkin
swirl

SNACKS/SIDES

sweet potato gnocchi
avocado toast
quiche
butternut squash
apple soup

BAKED GOODS

zucchini chocolate cookies
chocolate walnut date bars
easy banana bread
mini blueberry muffin
apple cinnamon crumble
muffin
chocolate chip cookies
plum crisp
homemade bagels
brownie bites
pumpkin cinnamon roll
bites
peanut butter blossoms
chickpea brownies
vegan carrot cake



BREAKFAST

SWEET POTATO PANCAKES

INGREDIENTS



- 1 mashed sweet potato (forked and microwaved for 2 min)
- 1 egg
- 1 tsp vanilla
- 1 T coconut flour
- 1/4 cup almond flour
- 1 tsp coconut sugar
- splash of almond milk
- pinch of salt
- lots of cinnamon
- 1/4 tsp baking soda
- 1/2 scoop vanilla protein powder (optional)
- 1/4 tsp baking powder

RECIPE

1. mix together wet ingredients & dry ingredients separately
2. combine the dry ingredients into the wet and stir until smooth
3. pour a generous scoop of pancake mix onto a hot, nonstick pan and flip when the batter begins to bubble



I topped my pancake stack with a mixture of plain Greek yogurt, vanilla and cinnamon with a drizzle of almond butter, maple syrup & fresh fruit



GRANOLA

INGREDIENTS

- 2 cup oats
- 1/3 cup coconut flakes
- 1 tsp vanilla
- 1/4 cup nut butter (used almond)
- 2 T maple syrup
- 1/4 melted coconut oil
- 1 T chia seeds
- lots of cinnamon
- added nuts (used walnuts and sunflower seeds)
- 1 scoop collagen (optional)



RECIPE

separately mix dry and wet ingredients then combine wet into dry, bake for about 35 min @ 325° or until crispy (check every so often to rotate)

FRENCH TOAST STICKS

INGREDIENTS

- mix 1 egg
- 2 T vanilla oat milk creamer (nutpods)
- 1 tsp vanilla
- lots of cinnamon
- pinch of salt

RECIPE

1. soak bread in mixture for 5 min
2. cook in non-stick pan with coconut oil until crispy

dip: mix plain Greek yogurt with honey & cinnamon



CHOCOLATE SEA SALT GRANOLA



INGREDIENTS

- 2 cups oats
- 1/4 cup cocoa powder
- 1 tsp vanilla
- 1/2 tsp salt
- 2 T maple syrup
- 2 T melted coconut oil
- handful of cocoa nibs
- 2 tsp cinnamon

RECIPE

mix it all together, add a little sea or himalayan salt on top, and bake @350° for 18 min or until desired crunchiness



BREAKFAST COOKIES



INGREDIENTS

- 2 bananas
- 1 1/2 cup oats
- 1/2 cup chocolate chips

optional:

- 1 tsp vanilla
- 1 T maple syrup
- 2 tsp cinnamon

RECIPE

mix all ingredients and bake at 350° for 15-20 min
longer for extra crispy





LUNCH/
DINNER

SWEET POTATO GNOCCHI



INGREDIENTS

- 2 medium sweet potatoes
- 2 cups of flour
- pinch of salt

RECIPE

1. fork sweet potatoes and cook in microwave for 5 minutes, let cool and peel off skin then mash
2. make a hole in the flour and put sweet potato in then fold into a dough
3. roll and cut into gnocchi shaped then boil in water and remove after 1 min when they rise to the top

topped with a lemon olive oil rosemary sauce, parmesan cheese and extra rosemary

AVOCADO TOAST



RECIPE

- toasted sourdough
- 1/2 avocado
- lemon juice
- salt & pepper
- pickled red onions
- fresh garden tomatoes
- sun dried tomatoes
- hemp seeds with balsamic drizzle & basil garnish



QUICHE

INGREDIENTS



- 2 T olive oil
- 1 potato
- 1 medium fennel bulb
- 2 cups chopped zucchini
- 1 head of dino kale
- 2 scallions (green tops only)
- handful fresh basil
- salt & pepper
- 6 eggs
- 1 T almond milk
- feta & fresh parsley to top

RECIPE

1. in a cast iron pan with olive oil, sauté potato thinly sliced & small cut up fennel bulb then add chopped zucchini, kale (roughly chopped), scallions, basil, chopped roasted red peppers, salt & pepper
2. add eggs beaten with almond milk
3. sprinkle with feta and parsley then bake @ 400° for 15 min then broil to brown the top

BUTTERNUT SQUASH APPLE SOUP

INGREDIENTS

- 1/2 roasted butternut squash
- 1 can coconut milk
- 1/2 apple
- 2 tsp nutmeg, ginger and cinnamon
- 2 T olive oil
- 5 sage leaves
- 1 clove garlic
- salt & pepper to taste

add almond milk for more liquid texture





RECIPE

1. slice butternut squash in half long side, brush with olive oil salt and pepper and roast face down at 400° for 40 min
2. scoop out squash and combine all ingredients in a blender
3. garnish with tahini, cream or plain greek yogurt, sage and roasted pumpkin seeds (rinse and dry seeds from the squash, mix with olive oil salt and pepper and roast for 18 min at 400°)



SNACKS/
SIDES

KALE CHIPS



INGREDIENTS

- 1 head of kale
- 2 T olive oil
- 1 T nutritional yeast
- pinch of salt

RECIPE

1. wash a bunch of kale then dry it completely
2. coat in olive oil, pinch of salt & nutritional yeast
3. bake at 350° for 12-15 min



CANDIED WALNUTS



INGREDIENTS

- 1 cup walnuts
- 1/2 cup coconut sugar
- 1 T maple syrup
- 2 T coconut oil
- pinch of salt & cinnamon

RECIPE

bake at 350° for 15 minutes then let cool completely until hard and refrigerate

SWEET POTATO FRIES



INGREDIENTS

- 2 sweet potatoes (washed, peeled & sliced)
- 1 T olive oil
- salt & pepper to taste
- optional: garlic powder, onion powder, chili powder

RECIPE:

mix all ingredients together and put in the oven at 400°
for 20-25 min, flip half way for even crispiness



HOMEMADE PESTO: CAPRESE

INGREDIENTS

- mozzarella
- cherry tomatoes
- homemade pesto (walnuts, spinach, olive oil, garlic, salt & pepper, basil)
- fresh basil
- balsamic vinegar
- salt



RECIPE: pesto

blend together in a food processor or nutri bullet 2 cups of spinach (or a mixture with arugula), 1 cup walnuts (or pine nuts), 2 T olive oil, whole bunch of fresh basil leaves, 1 garlic clove, salt & pepper to taste and add more olive oil or water for desired texture

MARINATED WHITE BEANS

INGREDIENTS

- 1 bell pepper
- 1 clove of garlic
- fresh bunch of rosemary
- 2 T olive oil
- 1 can of white beans
- salt & pepper

RECIPE

1. sauté bell peppers with a little bit of garlic and fresh rosemary in olive oil
2. drain and rinse can of white beans
3. combine ingredients, add in salt and pepper to taste



ENERGY BALLS: BROWNIE



INGREDIENTS

- 1 cup oats
- 1/2 cup nut butter (used almond)
- 2 T maple syrup
- 1/3 cup cocoa powder
- pinch of salt
- 2 T cocoa nibs
- almond milk (as needed to form balls)

RECIPE:

blend ingredients in a food processor or nutri bullet, roll into balls, then refrigerate

HUMMUS

INGREDIENTS

- 1 can chickpeas (drained and rinsed)
- 1 clove garlic
- 2 T olive oil
- 3 T lemon juice (about 1/2 lemon)
- 2 T tahini
- 1 T water
- 1 1/2 tsp cumin
- salt & pepper to taste



RECIPE:

blend ingredients in a food processor or nutri bullet,
add more water to desired texture then garnished with
olive oil, paprika, and dried basil

YOGURT BARK: PUMPKIN SWIRL

INGREDIENTS

- 2 cups plain greek yogurt

mixed with

- 2 T maple syrup
- 2 tsp cinnamon
- 2 tsp vanilla extract



RECIPE:

1. pour yogurt mixture into parchment paper lined 8x8 pan
2. swirl in pumpkin butter, crumble candied walnuts on top and sprinkle with pumpkin spice
3. place in freezer for 1 hour then break into pieces



SALAD DRESSING

INGREDIENTS

- 1T olive oil
- 1/2T balsamic vinegar
- 1T dijon mustard
- 1/2T lemon juice
- salt & pepper

RECIPE

mix ingredients
together and
enjoy!



greek chickpea salad

1 can drained and rinsed chickpeas, red onion, red pepper, feta, kalamata olives, sun dried tomato, & avocado topped with salad dressing



BAKED
GOODS

ZUCCHINI CHOCOLATE COOKIES

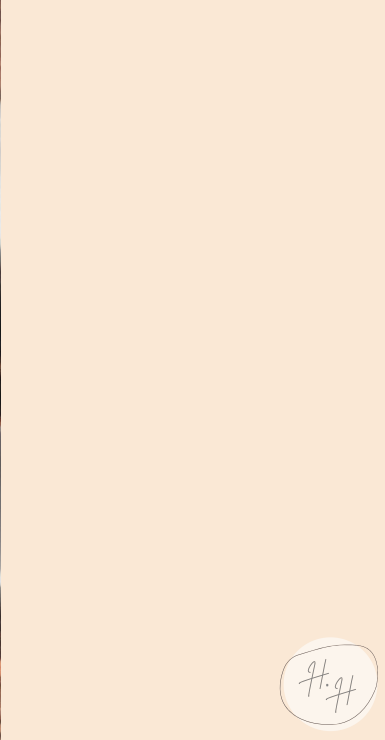
INGREDIENTS

- 1 1/2 cups gf flour
- 1/2 cup cocoa powder
- 1/3 cup coconut sugar
- 2 T coconut oil
- 2 T crunchy peanut butter
- 1 tsp baking powder
- 1 1/3 T maple syrup
- pinch of salt & cinnamon
- 1 flax egg
- 1 cup shredded zucchini
- almond milk (to moisten used about 2 T)
- chocolate chips



RECIPE

combine dry ingredients then add in wet ingredients and last the chocolate chips then bake for about 10 minutes @ 350°



CHOCOLATE WALNUT DATE BARS

INGREDIENTS

- 1 cup oats
- 5 pitted dates
- 1/2 cup shredded coconut
- 1 cup walnuts
- 1 T maple syrup
- 1 scoop vanilla protein powder (optional)

RECIPE

1. blend in a food processor
2. press into pan and freeze
3. melt handful of chocolate with about 1/2 T coconut oil then drizzle on top



EASY BANANA BREAD

INGREDIENTS

dry ingredients:

- 2 tsp cinnamon
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 1/2 cups oat flour

wet ingredients:

- 2 bananas
- 2 T maple syrup
- 1/4 cup coconut sugar
- 2 T coconut oil
- 2 flax eggs
- 1 1/2 tsp vanilla



RECIPE

Mix dry and wet ingredients separately then add wet to dry, pour into greased loaf pan and bake for 40-45 minutes @ 350

MINI BLUEBERRY MUFFINS

INGREDIENTS

dry ingredients:

- 1 cup almond flour
- 1/4 cup blended oats
- 1/2 tsp salt
- 1/2 tsp baking soda
- 1 tsp baking powder
- cinnamon to taste

wet ingredients:

- 2 mashed banana
- 1 tsp vanilla
- 1 egg
- 2 T maple syrup
- 2 T coconut oil
- 1/2 cup blueberries



RECIPE

Combine dry and wet ingredients separately, then fold wet into dry. Spray muffin tin, pour in batter, then bake @ 350° for 12 min.



APPLE CINNAMON CRUMBLE MUFFINS

INGREDIENTS

dry ingredients:

- 1 1/2 cups oat flour
- 1 tsp baking soda
- 1 tsp baking powder
- pinch of salt
- 2 tsp cinnamon

wet ingredients:

- 1 large apple
(or 2 small) finely
chopped
- 2 flax eggs
- 2 T maple syrup
- 1/4 cup coconut sugar
- 1/4 cup apple cider
- 2 T coconut oil
- 2 tsp cinnamon
- 1 tsp vanilla





crumble

- 3/4 cup oats
- 2 T coconut oil
- 1 T maple syrup
- 2 T coconut sugar
- pinch of salt & lots of cinnamon

RECIPE

mix dry and wet ingredients separately then fold in dry ingredients to wet, pour into greased muffin tin and top with crumble then bake @ 350° for 18 min or until golden around the edges



GF DF CHOCOLATE CHIP COOKIES

INGREDIENTS

wet ingredients:

- 1/3 cup coconut oil
(room temp.)
- 1/2 cup coconut sugar
- 1/4 cup brown sugar
- 2 tsp vanilla
- 1 T almond milk
- 1 flax egg

dry ingredients:

- 1 cup almond flour
- 3/4 cup oat flour
- 1/4 cup coconut flour
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1/2 tsp salt



RECIPE

In a food processor blend the wet ingredients then mix the dry ingredients separately and fold into the wet. Mix in a lot of chocolate chips & handful of unsweetened shredded coconut bake on parchment paper at 350° for about 12 min

PLUM CRISP

INGREDIENTS

plum filling:

- about 10 plums
- 1 T maple syrup
- 1/2 tsp cornstarch
- cinnamon

crumble topping:

- pinch of nutmeg,
cloves & cinnamon
- 1/4 cup coconut
sugar
- 1 T maple syrup
- 1 cup oats
- 1/4 cup almond flour
- 2 T butter
- 1 T coconut oil



RECIPE

1. set oven to 350°, grease pan (used a loaf pan but just depends how many plums you use)
2. combine ingredients for plum filling and pour into pan
3. mix together crumble and add on top
4. bake for about 40 minutes or until topping is crispy and golden brown

HOMEMADE BAGELS

INGREDIENTS

- 1 1/2 cups flour (used a combo of whole wheat & regular)
 - 1 cup non-fat Greek yogurt
 - 2 tsp baking powder
 - 1/2 tsp salt
 - egg white
- any toppings of your choice



RECIPE

1. preheat oven to 375°
2. mix the flour, baking powder & salt together in a bowl
3. fold in the yogurt with a spatula
4. dust flour on work surface and knead dough lightly
5. cut into 4 chunks and roll out then attach ends into a bagel shape
6. brush on egg white and add toppings (I used EBTB seasoning, cinnamon & coconut sugar, and left one plain)
7. bake for 25 min and let cool

BROWNIE BITES

INGREDIENTS

- 1 cup oat flour
- 1/3 cup cocoa powder
- 1 tsp baking soda
- 1/2 tsp salt
- 2 T maple syrup
- 1/2 cup full fat coconut milk (or sub with yogurt)
- 2 flax eggs
- 1 tsp vanilla
- 2 T coconut oil
- 1/2 cup chocolate chips



RECIPE

1. combine dry ingredients then add in wet, bake in greased or parchment paper lined brownie pan for 18-20 min at 350°
2. let cool then roll into balls, add milk if needed, and drizzle with melted chocolate and coconut oil

PUMPKIN CINNAMON ROLL BITES

INGREDIENTS

dough:

- 1/2 cup df milk
- 2 T melted coconut oil (or vegan butter)
- 2 T maple syrup
- Pinch of salt
- 1 tsp vanilla
- 2 tsp baking powder
- 2 cups oat flour

filling:

- Coconut sugar
- Cinnamon
- Pumpkin spice
- Pumpkin puree
- Melted vegan butter



RECIPE

combine dry ingredients then add in mixed wet ingredients. roll out dough and spread on filling, roll up, then cut into 1 inch sections or roll into bites then place onto baking sheet with parchment paper and bake for about 25 min at 350°. let cool then coat with df yogurt, pumpkin spice, maple syrup then top with extra cinnamon

INGREDIENTS

- 1/2 cup peanut butter
- 1 tsp vanilla
- 1/3 cup maple syrup
- 1 egg (or flax egg)
- pinch of salt
- 1 tsp baking powder
- 1 cup oat flour

hershey kisses

PEANUT BUTTER BLOSSOM



RECIPE

combine all ingredients then bake at 350° for 8-10 min,
remove from oven and press the chocolate kiss on top

CHICKPEA BROWNIES

INGREDIENTS

wet:

- 1 can of chickpeas
- 1/2 cup of almond butter
- 1/4 cup of maple syrup
- 2 large dates
- 2 tsp vanilla extract
- 1 TBS melted coconut oil
- 2 T coconut sugar

dry:

- 1 TBS coconut flour
- 1/4 cup almond flour
- 1/3 cup cacao powder
- 1/4 tsp baking powder
- 1/4 tsp baking soda
- pinch of salt
- 1/2 cup chocolate chips



RECIPE

1. preheat oven to 350°
2. coming all ingredients, except the chocolate chips, into food processor
3. fold in chips
4. pour into greased 8x8 pan
5. bake for 18-20 min



VEGAN CARROT CAKE



INGREDIENTS

dry ingredients:

- 2 T shredded coconut
- 1/4 cup almond flour
- 1 cup oat flour
- 1 tsp cinnamon
- 1/4 tsp baking soda
- 1/2 tsp baking powder
- 1/4 tsp nutmeg
- pinch of salt
- pinch of ginger

wet ingredients:

- 1 1/2 cups of carrots
- 1 tsp vanilla
- 2 T brown sugar
- 2 T maple syrup
- 2 T almond milk
- 1/4 cup coconut oil
- 1/2 mashed banana
- 2 flax egg



RECIPE

1. combine dry and wet ingredients separately
2. fold in dry to wet
3. bake in greased muffin tins at 350° for 18-20 min

Frosting: dairy free cream cheese, maple syrup, vanilla and a tiny bit of powdered sugar



RESOURCES

BOOKS

Meatonomics: How the Rigged Economics of Meat and Dairy Make You Consume Too Much And How to Eat Better, Live Longer, and Spend Smarter, (2013) David Robinson Simon

How Not To Die, (2015) Michael Greger

The Cow with Ear Tag #1389, (2018) Kathryn Gillespie

Ethics and Animals: An Introduction, (2012) Lori Gruen

DOCUMENTARIES

The Game Changers, (2019) Netflix

Forks Over Knives, (2015)

Eating You Alive, (2016)

PODCAST

Rich Roll (with Impossible Foods founder & CEO Pat Brown)

Main Street Vegan



THANK
YOU

I wish you the best of luck in your health journey!

stay strong, stay positive, & be happy

connect with me on social for more recipe
and healthy living inspiration

@happi.healthi

xoxo

Andi

