

Renew

THE
ANTI-AGING
JUMPSTART



SNACKS



Chocolate Crunch Bars

8 servings

2 hours

Ingredients

1/3 cup Almond Butter
1/4 cup Coconut Oil (melted)
1/4 cup Cocoa Powder
2 tbsps Hemp Seeds
2 tbsps Ground Flax Seed
1/4 cup Maple Syrup
2 1/2 cups Rice Puffs Cereal

Directions

- 1 Stir together all ingredients except the cereal in a mixing bowl. Once combined, gently fold in the cereal until well coated.
- 2 Transfer to a loaf pan or square pan lined with parchment paper and pack it down. Freeze for at least two hours.
- 3 Slice into bars and enjoy!

Notes

Serving Size, One serving is equal to one bar.

No Almond Butter, Use peanut butter, hazelnut butter or cashew butter instead.

Storage, After slicing, transfer to a freezer-safe bag and keep in the freezer until ready to eat.



Zucchini Fritters

6 servings

20 minutes

Ingredients

- 1 Yellow Potato (medium, peeled and grated)
- 2 Zucchini (small, grated)
- 1 Yellow Onion (medium, finely sliced)
- 2 Egg
- 1/4 cup Oat Flour
- 2 tbsps Ground Flax Seed
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Coconut Oil

Directions

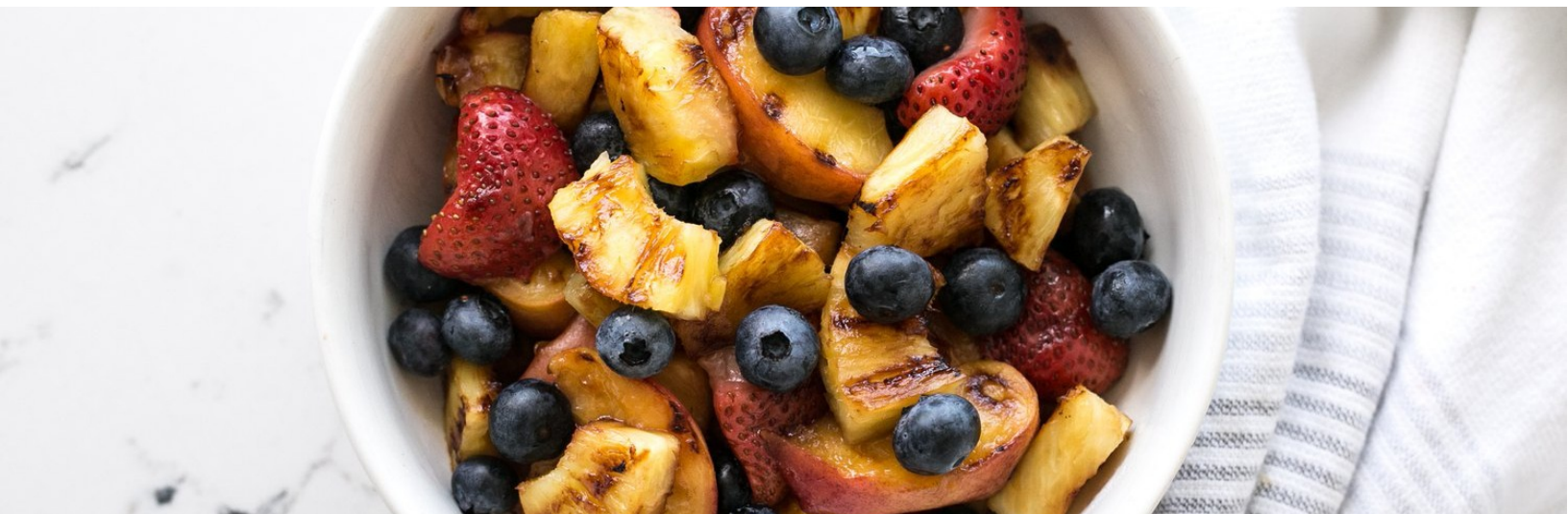
- 1 Combine all ingredients, except the coconut oil, into a large bowl and mix well.
- 2 Heat half of the coconut oil in a large pan over medium heat. Scoop enough of the zucchini mixture to create 3- to 4-inch wide fritters in the pan. Cook for 2 to 3 minutes per side and transfer to a plate lined with paper towel.
- 3 Taste the first batch and adjust seasoning accordingly. If the fritters are falling apart, add an extra tablespoon of oat flour at a time. Continue until the mixture is used up and add more coconut oil to the pan between batches if needed.
- 4 Let cool slightly before serving and enjoy!

Notes

Serving Size, One serving is equal to approximately three fritters.

Serve Them With, Scrambled eggs, fish, a fried egg and salad, guacamole, goat cheese with pine nuts, greek yogurt, cottage cheese, or sliced tomatoes with mozzarella.

Bake Them in the Oven, Scoop onto a parchment-lined baking sheet and bake in the oven for 20 to 25 minutes at 375 F.



Grilled Fruit Medley

4 servings

10 minutes

Ingredients

2 cups Pineapple (diced and cored)
1 cup Strawberries (halved and stems removed)
1 Nectarine (sliced and pit removed)
12 Barbecue Skewers
1 cup Blueberries
1/4 Lime (juiced)

Directions

- 1 Preheat grill to high heat. Slide the pineapple, strawberries and nectarine onto skewers. (Note: If using wooden skewers, they should be soaked in water beforehand.)
- 2 Grill fruit skewers for 1 to 2 minutes per side, or until grill marks appear.
- 3 Slide the grilled fruit off the skewers and into a bowl. Add the blueberries, top with lime juice and enjoy!

Notes

Other Grilled Fruit Ideas, Use watermelon, peach, apricot, cantaloupe, or mango.

No Grill, Use a grill pan on the stovetop instead, or broil in the oven.

Serve it With, Yogurt, ice cream, whipped coconut cream, oatmeal, granola or a bit of honey.

Serve it as a Salad, Add arugula, spinach, basil, goat cheese, feta cheese, walnuts and/or pecans, with a dressing of your choice.

Storage, This recipe is best enjoyed immediately but can be refrigerated in an airtight container up to 2 to 3 days.



Blueberry Ice Cream Floats

2 servings

15 minutes

Ingredients

1 cup Blueberries (fresh or frozen)
1/4 cup Water
1/4 cup Maple Syrup
2 cups Organic Coconut Ice Cream
3 cups Sparkling Water

Directions

- 1 In a small pot, simmer the blueberries, water and syrup for about 5 minutes. Remove from heat.
- 2 Once cooled, divide the blueberry syrup and ice cream into bowls or glasses. Top with sparkling water, and garnish with extra blueberries (optional). Enjoy immediately!

Notes

No Blueberries, Use kombucha instead.

Prep Ahead, Prepare the blueberry syrup ahead of time and refrigerate in an airtight container for up to 3 days.



Apple Nachos

1 serving

5 minutes

Ingredients

- 1 Apple (sliced)
- 1 tbsp Sunflower Seed Butter
- 1/4 cup Granola

Directions

1

Arrange apple slices on a serving plate. Drizzle sunflower seed butter and sprinkle granola ovetop. Enjoy!

Notes

No Granola, Use any nuts or seeds, raisins, dark chocolate chips or shredded coconut instead.

No Sunflower Seed Butter, Use any nut butter, maple butter, melted coconut butter, melted dark chocolate or caramel instead.

Homemade Granola, Try this recipe with our Paleo Granola, Pumpkin Spice Granola or Banana Coconut Granola.



Cinnamon Flax Muffins

12 servings

30 minutes

Ingredients

2 cups Ground Flax Seed
1 tbsp Baking Powder
1/4 tsp Sea Salt
2 tbsps Cinnamon
6 Egg (room temperature)
1/3 cup Coconut Oil (melted)
1/2 cup Water (warm)

Directions

- 1 Preheat your oven to 350F and line a muffin tin with paper liners.
- 2 In a medium bowl, mix together ground flax seed, baking powder, salt, and cinnamon. Use a whisk to stir until well combined.
- 3 In another bowl, beat eggs with a whisk for 30 to 60 seconds. Add coconut oil and water, mixing until combined.
- 4 Add wet ingredients to dry and stir until combined. Let the batter sit for 1 to 2 minutes to thicken slightly.
- 5 Divide the batter between muffin cups and bake for 20 minutes, or until a toothpick inserted into the centre comes out clean.
- 6 Let cool and enjoy!

Notes

Likes it Sweet, If you want these muffins to be sweet, use 1/3 cup coconut sugar, or granulated stevia.

Storage, Store in an airtight container in the fridge for up to 5 days, or in the freezer for longer.



Edible Chocolate Chip Cookie Dough

4 servings

15 minutes

Ingredients

2 cups Chickpeas (cooked)
1/2 cup Sunflower Seed Butter
1/4 cup Maple Syrup
1 tsp Vanilla Extract
1/2 cup Organic Dark Chocolate Chips

Directions

- 1 Place chickpeas, sunflower seed butter, maple syrup, and vanilla extract in a food processor. Process until smooth.
- 2 Transfer cookie dough to a bowl and stir in chocolate chips. Divide into bowls, or roll into balls. Enjoy!

Notes

No Sunflower Seed Butter, Use peanut butter, almond butter or cashew butter.
Leftovers, Store in an air-tight container up to 4 days in the fridge.