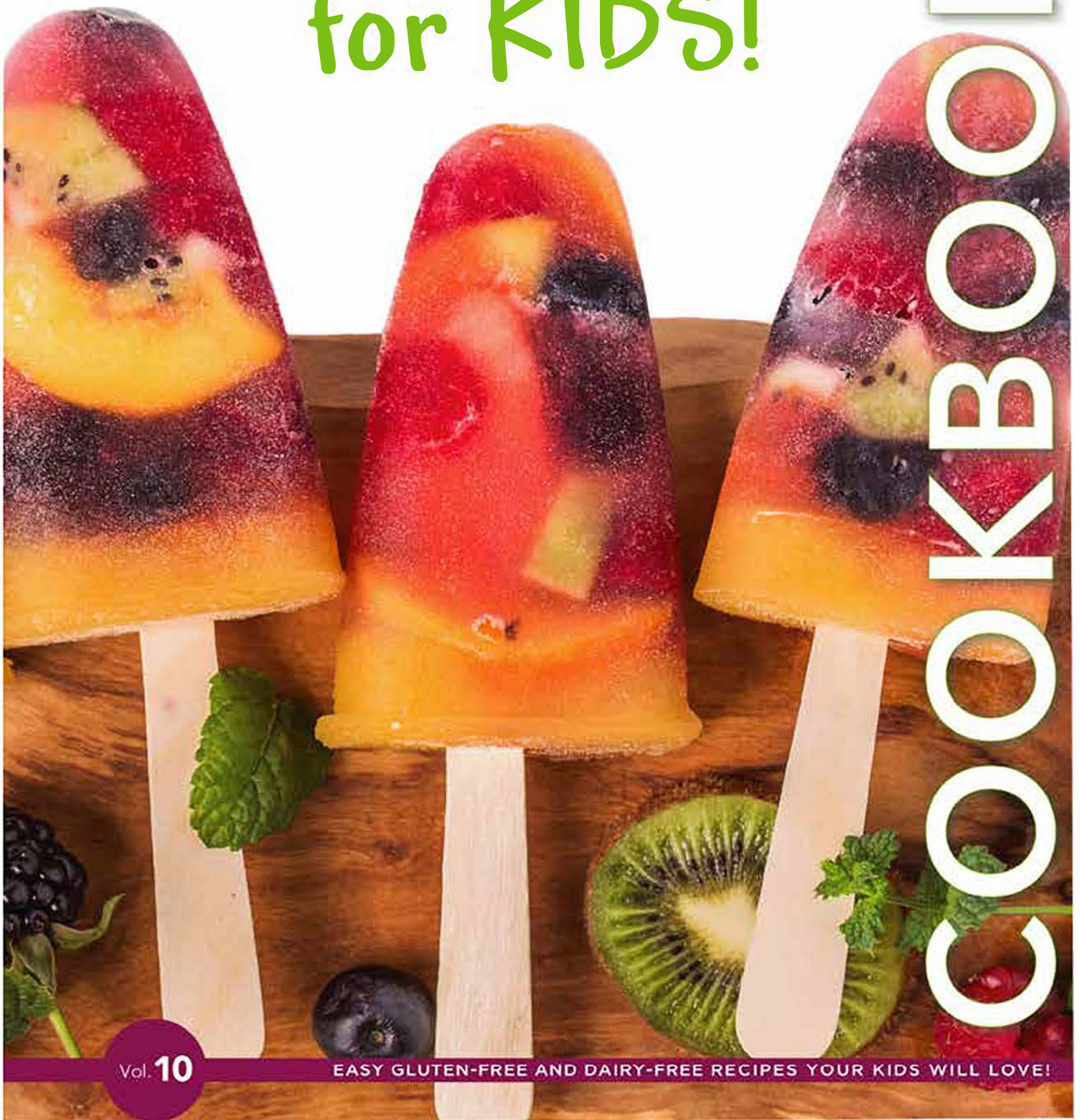


Revolution RECIPES

SUMMERTIME SNACKS for KIDS!

COOKBOOK



Vol. 10

EASY GLUTEN-FREE AND DAIRY-FREE RECIPES YOUR KIDS WILL LOVE!

NO FORCING. More exploring!

Why not make healthy living fun?

No matter if you are the parent, grandparent or family friend, the Juice Plus+ Company cares about the people you love and wants to see them thrive.

That's why we've created **Healthy Starts for Families**. Going strong for over 20 years, there are now more than 1.5 million families worldwide who have participated by documenting how their families are making the shift towards better health. Check out the short video below for more information, then contact the person who shared this with you to join the program and enjoy free nutritional support for your child!



<http://player.vimeo.com/video/198128357>

CONTENTS

Snack Prep Guide 4

Snack Hacks 5

Refrigerator

Healthy Fruit & Veggie Dips

Chocolate 6

Almond 6

Apple Cinnamon 7

Honey Cinnamon Vanilla 7

Key Lime 7

Coconut 8

Strawberry 8

Lola's Guacamola 9

Homemade Salsa 9

Cool & Creamy Non-Dairy Ranch Dip 9

Oil-Free Hummus 10

Pretty Pink Hummus 10

Healthy Sweets

Easy-Stir Peanut Butter Banana Cookies 11

No-Bake Chocolate Cookie Crisps 11

Donut Apples 12

Banana Sushi 13

Chocolate Complete Pudding 25

Freezer

Healthy Sweets

Frozen Fun Melon Pops 14

Sour Patch Grapes 14

Coconut All-Fruit Popsicles 15

Strawberry Banana Sorbet 15

Frozen Yogurt Fruit Bark 16

Smoothies

Chocolate Almond Joy 16

Strawberry Banana 16

Refreshing Honeydew 16

Chocolate Banana 16

Energy Bites

World's Healthiest Cookie Dough 17

Chocolate Mint Truffles 18

BP&J Snack Balls 18

Pantry

Funky Monkey Banana Bites 19

Mom's Best Kale Chips 19

Crunchy Rainbow Veggie Chips 20

Crunchy Salted Snack Peas 21

Crispy Baked Chickpeas 21

Fancy Flavored Popcorn 22

Sweet 'n Salty Trail Mix 23

Cherry Pepita Trail Mix 23

Old Fashioned Rice Crispy Treats 24

Grilled Peaches & Apples 24

People "Puppy Chow" 25



SNACK PREP GUIDE

How to use:

1. **Print** off a copy (or multiple copies) of this page.
2. **Before you go grocery shopping:** Have your child(ren) choose which foods from the list below they would like as snack options for the week. (Purchase at least a week's worth of snack food at a time for efficiency)

FRUIT

- ☐ Apples
- ☐ Oranges / Mandarins
- ☐ Blueberries
- ☐ Strawberries
- ☐ Watermelon
- ☐ Grapes
- ☐ Bananas
- ☐ Cantaloupe
- ☐ Pineapple
- ☐ Pears
- ☐ Plums
- ☐ Peaches, Nectarines
- ☐ Avocado
- ☐ Mango
- ☐ Applesauce cups
- ☐ Dried fruit (dates, figs, raisins, cranberries, apricots)
- ☐ _____
- ☐ _____
- ☐ _____

VEGETABLES

- ☐ Carrots
- ☐ Cherry tomatoes
- ☐ Celery stalks
- ☐ Bell peppers (red, orange, yellow, green)
- ☐ Avocado slices
- ☐ Salad greens (spinach, romaine, bibb)
- ☐ Broccoli
- ☐ Cauliflower
- ☐ Cucumber
- ☐ Snap peas, peas
- ☐ Green beans
- ☐ Sweet potatoes
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

STARCHES

- ☐ Sweet potato chips
- ☐ Popcorn
- ☐ GF crackers/chips
- ☐ GF pretzels
- ☐ Rice cakes
- ☐ _____
- ☐ _____
- ☐ _____

PROTEINS

- ☐ Nuts
- ☐ Nut/Seed butters
- ☐ Hummus
- ☐ Sunflower seeds
- ☐ Juice Plus+® Complete Shakes (chocolate, vanilla)
- ☐ Juice Plus+® Complete Bars
- ☐ Beans (garbanzo, black, kidney, edamame)
- ☐ _____
- ☐ _____
- ☐ _____

GF = Gluten Free

SNACK HACKS

Are your kids home on summer break, constantly hungry and requesting food at all hours? Are you struggling to keep up with their appetites and frustrated that they seem to want only junk food? Try some of these helpful snack hacks!

SNACK STATIONS

Snack stations are specific areas in your kitchen (refrigerator, freezer, pantry) where you keep all of the snacks your kids are allowed to have for the day (week.) They can help themselves to whatever they find there, but when it's empty they can't ask for any more. These stations can be special boxes, tupperware containers, ziploc bags, shelves or even muffin tins. Have your kids decorate their station and help you pick out and make some of their snacks.



ADVANCED BATCH PREP

Pick a day of the week for batch prepping snacks (and filling up snack stations.) Doing all of your prep at once (in a batch) saves so much time. With multiple reusable containers, you can quickly assemble several days worth of snacks. In addition to the recipes in this cookbook, here are some quick snacks that are easy to prepare in advance.

- **Raw veggies:** Wash, cut and store in containers in the refrigerator. Soak in lemon juice to prevent browning if necessary.
 - Pair with small containers of hummus, guacamole, salsa or ranch (see recipes on page 9) or nut butter.
- **Bake veggies** that your kids like cold (sweet potatoes, asparagus etc.) and store in containers in the refrigerator.
- **Fruit:** Wash, cut and store in containers in the refrigerator. Soak in lemon juice to prevent browning if necessary.
 - Pair with fruit dip (recipes on page 6-8) or nut butter.
- **Smoothie/sorbet packs:** Chop fruit and veggies into chunks, place all ingredients for 1 smoothie or one serving of sorbet into a freezer safe ziploc bag. Label, add instructions if necessary (see recipes on page 15-16) and store in the freezer.



MORE RESOURCES

Visit www.healthylivingrevolution.com for more free downloadable cookbooks including air fryer, pressure cooker, crockpot, holiday, mocktail, Tower Garden, Complete plant-based protein powder smoothie, energy bite and snack cookbooks.

HEALTHY DIPS



DELICIOUS, HEALTHY AND SIMPLE TO MAKE!

Fruit & veggie dips are a great way to encourage kids to eat more whole foods, to control the sugar they eat and to add some protein to their snacks which will help them feel full longer.

Unless otherwise stated, combine all ingredients in the recipes below and whisk until a thickened dip forms. Serve cold as a dip or as a topping for almost anything! Refrigerate for up to 1 week.

CHOCOLATE

RECIPE ADAPTED FROM: SWEETPEASANDSAFFRON.COM

½ cup dairy-free plain yogurt
1½ Tbsp. honey
1 Tbsp. cocoa powder
¼ tsp. vanilla
Pinch cinnamon



ALMOND

RECIPE ADAPTED FROM: SWEETPEASANDSAFFRON.COM

½ cup dairy-free plain yogurt
1½ Tbsp. honey
1 Tbsp. almond butter
¼ tsp. vanilla
¼ tsp. cinnamon



APPLE CINNAMON

RECIPE ADAPTED FROM: HAPPYHEALTHYMAMA.COM

½ cup dairy-free plain yogurt
½ cup unsweetened apple sauce
½ tsp. cinnamon
1 tsp. honey (optional)



HONEY CINNAMON VANILLA

RECIPE ADAPTED FROM: GIMMEDELICIOUS.COM

1 cup dairy-free plain yogurt
½ tsp. vanilla extract
¼ Tbsp. honey
Pinch cinnamon



KEY LIME

RECIPE ADAPTED FROM: SWEETPEASANDSAFFRON.COM

½ cup dairy-free plain yogurt
1½ Tbsp. honey
2 limes, zested
¼ tsp. vanilla



COCONUT

RECIPE ADAPTED FROM: SIMPLYJILLICIOUS.COM

1-2 cans full-fat coconut milk
1½ tsp. vanilla extract
2 Tbsp. honey
¼ tsp. cinnamon
Pinch salt

1. Refrigerate coconut milk cans overnight to solidify into cream.
2. Scoop the cold coconut cream into a mixing bowl. Whip with a hand mixer until smooth and creamy.
3. Add in remaining ingredients and mix once more with the hand mixer to make sure everything is evenly combined.



STRAWBERRY

RECIPE ADAPTED FROM: HAPPYHEALTHYMAMA.COM

1 cup strawberry chunks
¼ cup dairy-free plain yogurt (+ more to taste)
1 Tbsp. honey (+ more to taste)
½ tsp. pure vanilla extract

1. In a small saucepan, bring strawberries to a simmer over medium heat. Break apart using the back of a wooden spoon as they cook. Simmer until broken down and slightly reduced, about 10 minutes.
2. Allow to cool completely.
3. Whisk together strawberries and remaining ingredients. Taste and adjust thickness and sweetness as desired.



LOLA'S GUACAMOLA

RECIPE FROM: SHRED10 TASTE THE SHRED COOKING GUIDE (WWW.SHRED10.COM)

3 avocados
2 limes or lemons, freshly squeezed
2 garlic cloves, minced
Himalayan sea salt to taste
Freshly ground black pepper to taste
Tomato, chopped (optional)
Jalapeños, diced (optional)
Fresh cilantro, diced (optional)



1. Mash all ingredients together with a fork until desired consistency. Use immediately.

HOMEMADE SALSA

RECIPE FROM: SHRED10 TASTE THE SHRED COOKING GUIDE (WWW.SHRED10.COM)

½-1 cup fresh cilantro (approx. 1 bunch)
1-2 garlic cloves minced
1 jalapeño, quartered (optional)
10 Roma tomatoes, halved
1 tsp. cumin



1. In a food processor, pulse all ingredients about 10 times until combined and diced. Stop before salsa becomes soup. Taste and hand STIR in additional seasonings if desired.

COOL & CREAMY NON-DAIRY RANCH DIP

RECIPE FROM: SHRED10 TASTE THE SHRED COOKING GUIDE (WWW.SHRED10.COM)

½ cup vegan mayonnaise	1 Tbsp. dried chives
½ cup full-fat coconut milk	½ tsp. Himalayan salt
1 tsp. onion powder	¼ tsp. black pepper
1 tsp. garlic powder	1 tsp. apple cider vinegar
2 tsp. dried dill	1 tsp. white wine vinegar
2 tsp. dried parsley	



1. Combine all ingredients in a bowl. Whisk together until smooth. Transfer to a bottle or jar for storage and refrigerate for at least 1 hour before serving.

OIL-FREE HUMMUS

RECIPE FROM: SHRED10 TASTE THE SHRED COOKING GUIDE (WWW.SHRED10.COM)

2 cans (15 oz.) chickpeas, rinsed and drained
3 cloves garlic
1 lemon, juiced
2 tsp. ground cumin
2 tsp. Braggs liquid aminos
¼ cup water or vegetable broth
½ tsp. salt (+ more to taste)

1. In a food processor, blend together all ingredients to a smooth, thick paste. Add salt to taste.



PRETTY PINK HUMMUS

RECIPE FROM: SHRED10 TASTE THE SHRED COOKING GUIDE (WWW.SHRED10.COM)

2 small beets, cut into ½ inch cubes
1 (15 oz.) can of garbanzo beans, drained & rinsed
Zest of 1 lemon (reserve a pinch for garnish)
Juice of ½ lemon
2 garlic cloves
2 Tbsp. tahini
¼ tsp. paprika
¼ tsp. cumin
¼ cup olive oil
Salt & pepper to taste



1. Preheat oven to 375° F. Spread out beets in a single layer in a 9x13 glass baking dish or on a non-stick baking sheet. You want the vegetables to have a little space to “breathe” and not be crowded so they cook evenly. Cook for 45-60 minutes. Flip a few times while they cook. Beets are ready when they are tender and easily pierced with a fork.
2. Allow roasted beets to cool. Then place in your food processor with remaining ingredients.
3. Blend until hummus is smooth.
4. Garnish with a drizzle of olive oil, salt, pepper, and a pinch of lemon zest.

EASY-STIR PEANUT BUTTER BANANA COOKIES

RECIPE FROM: REVOLUTION RECIPES COOKBOOK VOL. 5 (HEALTHYLIVINGREVOLUTION.COM)

- ¼ cup gluten-free oats
- 1 spoonful nut butter
- 1 serving vanilla Complete
- 1 banana, mashed
- 1 sprinkle almonds, sliced
- Splash almond milk (as needed for consistency)
- 1 tsp. chia seeds (optional)
- ¼ cup nuts of choice (optional)

1. Mix all ingredients together in a bowl.
2. Spoon onto small parchment lined cookie sheet and refrigerate until hard.



NO-BAKE CHOCOLATE COOKIE CRISPS

RECIPE FROM: REVOLUTION RECIPES COOKBOOK VOL. 5 (HEALTHYLIVINGREVOLUTION.COM)

- ¼ cup honey (or maple syrup)
- ¼ cup nut butter
- 1 serving chocolate Complete
- ¼ tsp. sea salt
- ¼ cup coconut oil
- 1 cup gluten-free puffed rice cereal
- ¼ cup dairy-free chocolate chips
- 1 cup unsweetened coconut flakes
- ¼ tsp. peppermint extract (optional)

1. Melt honey (or maple syrup), nut butter, Complete, sea salt, and coconut oil over medium heat until smooth. (This happens quickly.)
2. Add rice cereal, chocolate chips, coconut flakes and peppermint extract (optional). Mix well. Drop by spoonfuls onto wax-lined baking sheet. Refrigerate for 20 minutes. Store in the refrigerator.



MORE PLANT-BASED SNACK, SMOOTHIE AND DESERT RECIPES are available in the *Healthy Living Revolution Vol. 5 Cookbook - Complete Creations*. Download your FREE copy at www.healthylivingrevolution.com.

DONUT APPLES

RECIPE ADAPTED FROM: SALTANDBAKER.COM

Apples

SPREAD IDEAS

Nut butter (almond, cashew, peanut, pistachio, walnut, hazlenut)

Apple butter

Seed Butter (sunflower, sesame, hemp, pumpkin, watermelon)

Pumpkin butter

Coconut butter

Dairy-free yogurt

Fruit Dip (see recipes pages 6-8)



TOPPING IDEAS

Almonds, sliced

Pecans, chopped

Walnuts, chopped

Sunflower seeds

Pepitas

Mini dairy-free chocolate chips

Coconut, toasted flakes

Dried fruit

Cinnamon

Berries

Bananas, sliced

Beets, chopped

Carrots, grated

Celery, chopped

Pears or other fruit, chopped

Granola

Complete bar, crumbled

Fresh mint

Dates

Dairy-free cheese, grated

1. Cut top and bottom off each apple. Slice apples into ½-inch thick circles. Use a small melon baller or spoon to cut a hole in the center of each apple to make the "donut." If prepping in advance, soak slices in lemon water to prevent browning.
2. Smooth about ½ Tbsp. of chosen spread over one side of the apple donut. Sprinkle on toppings of choice. (You can create a sprinkle station with a muffin pan or other small containers. Just fill them up with all of your approved ingredients and let the kids create!)

A GREAT OPPORTUNITY FOR THE KIDS TO GET CREATIVE AND HAVE A LITTLE FUN MAKING THIER OWN HEALTHY SNACKS! If you don't have all the spreads and toppings above, no worries ... they're just ideas to get you started! Substitute whatever you have on hand. Apples taste good with just about anything!

BANANA SUSHI

RECIPE ADAPTED FROM: MYFUSSYEATER.COM

A FUN WAY TO GET KIDS INVOLVED IN MAKING THEIR OWN HEALTHY SNACKS.

Making healthy fun and delicious is a great way to help your kids develop good snack habits and to try foods they may otherwise turn their nose up at.

Bananas, peeled and cut into 1-2 inch chunks

Toothpicks or popsicle sticks

Small dishes or a muffin tin

SPREAD IDEAS

Nut butter (almond, cashew
peanut, pistachio, walnut,
hazlenut)

Seed Butter (sunflower,
sesame, hemp, pumpkin,
watermelon)

Coconut butter

Dairy-free chocolate, melted



TOPPING IDEAS

Chia seeds

Hemp seeds

Nuts, finely chopped

Coconut, toasted flakes

GF Rice krispies or other cereal

GF Granola

GF graham crackers, crushed

Strawberries or other fruit, finely chopped

Complete bar, crumbled

Mini dairy-free chocolate chips

1. Place cut bananas on a plate or cutting board. Insert toothpicks or popsicle sticks into one end.
2. Fill small containers or muffin tins with chosen spreads and toppings.
3. Holding the toothpick or popsicle stick, roll banana sides in desired spread, leaving top uncoated.
4. Roll coated bananas in chosen toppings. Stand upright on a plate. Serve immediately or place in the refrigerator to firm for 15-20 minutes. Place leftovers in a ziploc bag in the freezer. They make great frozen treats too!

FROZEN FUN MELON POPS

RECIPE ADAPTED FROM: MYFUSSYEATER.COM

1 watermelon, sliced into 1-inch thick rounds
Wooden popsicle sticks

1. Cut watermelon slices into triangle portions.
Use knife to make a slit in the skin of each portion and insert the popsicle stick.
2. Freeze on a plate or baking tray for 1 hour.
Transfer the popsicles into freezer bags to store.



NOTE: You can also try other whole fruits like kiwi, cantaloupe, & honeydew.

SOUR PATCH GRAPES

RECIPE ADAPTED FROM: TEASPOONOFSPICE.COM

3 cups grapes, washed and dried
½ lime, juiced
1 package (0.36 oz) freeze-dried mango
(or other freeze-dried fruit)

1. Place grapes in a bowl. Pour lime juice over grapes and mix to combine.
2. Split the grapes into 2 pint-sized ziploc plastic bags.
3. Blend mango (or other freeze-dried fruit) in a food processor until it becomes powder.
4. Sprinkle the mango powder over grapes in each plastic bag. Close bag and shake to combine.
5. Freeze for at least 8 hours before eating.



NOTE: You can also freeze the grapes without any fruit powder topping for a tasty snack. Store grape bags in the freezer where your kids can easily find them.

COCONUT ALL-FRUIT POPSICLES

RECIPE ADAPTED FROM: VEGANFAMILYRECIPES.COM

Fresh fruit (watermelon, blueberries, raspberries, strawberries, mango, kiwi, etc.), diced
13.5 fl. oz. unsweetened coconut water
1 tsp. honey or pure maple syrup (optional)

1. Fill each Popsicle mold with as much fruit as you wish. (This is a great activity for kids to get creative and try different flavor combinations!)
2. If you want your coconut water sweetened, mix it with honey or maple syrup in a pitcher to taste. If you want unsweetened coconut water Popsicles, skip this step.
3. Pour coconut water into each Popsicle mold, covering the fruit and leaving about an inch of space at the top. Put the Popsicle mold cover on top and push one Popsicle stick into each mold.
4. Freeze for at least 3 hours or until completely frozen. Run the Popsicle mold under warm water to easily remove each Popsicle from its mold.



STRAWBERRY BANANA SORBET

RECIPE ADAPTED FROM: SUPERHEALTHYKIDS.COM

3 cups strawberries, sliced
2 medium bananas, sliced
1 medium lemon, juiced

1. Place strawberries and bananas on a baking sheet in the freezer for 1 hour. (Time Saver: batch prep these in advance, see page 5.)
2. Blend frozen fruit in food processor along with the lemon juice and process until smooth. The sorbet will be soft serve style texture right out of the blender. Put it in the freezer to firm up for a bit if you prefer.

NOTE: Try with any of your children's favorite fruits!



FROZEN YOGURT FRUIT BARK

RECIPE ADAPTED FROM: COURTNEYSSWEETS.COM

- 1 large container of plain dairy-free yogurt
- 1 Tbsp. vanilla
- 1 Tbsp. pure maple syrup, (optional)
- 2 cups fruit, chopped

1. Line a large baking sheet with parchment paper.
2. Mix yogurt with vanilla (add maple syrup for extra sweetness if desired.) Pour yogurt onto baking sheet and spread evenly. Sprinkle on the chopped fruit and freeze for 3-4 hours until frozen solid.
5. Break up and serve. Store pieces in a ziploc bag in the freezer where you kids can easily find it.



SMOOTHIES

RECIPE FROM: REVOLUTION RECIPES COOKBOOK VOL. 5 (HEALTHYLIVINGREVOLUTION.COM)

JUICE PLUS+ COMPLETE is gluten-free, non-dairy, low glycemic, 100% vegan and provides 13g. of delicious plant-based protein your kids will love.

CHOCOLATE ALMOND JOY

- 1 cup almond milk
- 1-2 Tbsp. almond butter (or 8-10 almonds)
- ¼ tsp. almond extract
- 2 Tbsp. unsweetened coconut, shredded
- ½-1 banana
- 1 serving chocolate Complete

REFRESHING HONEYDEW

- 1 cup coconut water
- 1 lime, juiced
- ½ small honeydew melon, cut into chunks
- Handful swiss chard or other greens
- 4-5 mint leaves (pinch to release oils)
- Dash turmeric
- 1 serving vanilla Complete

STRAWBERRY BANANA

- 1 cup unsweetened coconut milk
- 1 Tbsp. honey (optional)
- 2 cups strawberries
- 1 banana
- 1 serving vanilla Complete



CHOCOLATE BANANA

- 1 cup unsweetened almond milk
- ½ tsp. vanilla extract
- 1 ripe banana
- 1 serving chocolate Complete

Prep smoothie bags in advance, see page 5. Visit www.healthylivingrevolution.com for a free downloadable cookbook with more Complete smoothie, energy bite and snack recipes.

ENERGY BITES

DELICIOUS AND HEALTHY NO-BAKE TREATS!

When the kids are craving a sweet snack, but you want them to eat something nutritious, Complete by Juice Plus+® Energy Bites are the perfect choice! They taste like a decadent dessert, but they pack a mighty healthy punch! Your kids will never know they're eating something that's actually good for them!

They're fun and easy to make too! Each recipe is slightly different, but generally, once you've combined the ingredients, scoop the mixture into your clean hands with a spoon and roll into 1-inch balls. Store in the refrigerator or freezer. That's it ... simple and easy! All recipes make approximately 12-15 energy bites, depending on size. For more energy bite recipes check out the *Healthy Living Revolution Vol. 5 Cookbook - Complete Creations*, available as a free download at www.healthylivingrevolution.com.



WORLD'S HEALTHIEST COOKIE DOUGH

RECIPE FROM: REVOLUTION RECIPES COOKBOOK VOL. 5 (HEALTHYLIVINGREVOLUTION.COM)

- 1½ cup cashews
- ⅔ cup gluten-free oats
- 1 serving vanilla Complete
- ½ cup almond meal
- 5 Tbsp. raw unfiltered honey
- ⅓ cup vegan mini chocolate chips

1. Blend cashews and oats in a food processor to a flour consistency.
2. Pour into a bowl and stir in Complete and almond meal.
3. Add raw honey and fold in chocolate chips.
4. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls. Roll balls in almond meal if desired.
5. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



CHOCOLATE MINT TRUFFLES

RECIPE FROM: REVOLUTION RECIPES COOKBOOK VOL. 5 (HEALTHYLIVINGREVOLUTION.COM)

2 servings chocolate Complete
2 cups rolled oats
3 Tbsp. cocoa powder
⅓ cup nut butter
⅓ cup honey
2½ Tbsp. water
¼ tsp. peppermint extract
½ cup dairy-free
1 Tbsp. coconut oil



1. Mix all ingredients in a food processor.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

BP&J SNACK BALLS

RECIPE FROM: REVOLUTION RECIPES COOKBOOK VOL. 5 (HEALTHYLIVINGREVOLUTION.COM)

1 cup gluten-free oats
1 serving vanilla Complete
½ cup peanut butter or other nut butter
½ cup dried cherries, strawberries, or
cranberries (no sugar added)
12 oz. Medjool dates, pitted
1 Tbsp. coconut oil
¼ cup peanuts (or other nut)



1. Mix all ingredients in a food processor.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

FUNKY MONKEY BANANA BITES

RECIPE FROM: REVOLUTION RECIPES COOKBOOK VOL. 5 (HEALTHYLIVINGREVOLUTION.COM)

4-5 bananas, thinly sliced
1 serving vanilla Complete

1. Coat both sides of banana slices with Complete. Bake at 250° F for 1 hour. Flip and cook 1 hour more. Leave in the oven until cooled.



MOM'S BEST KALE CHIPS

RECIPE ADAPTED FROM: OHSHEGLOWS.COM

Approx. ½ bunch kale leaves
½ Tbsp. extra virgin olive oil or melted coconut oil
1½ Tbsp. nutritional yeast
1 tsp. garlic powder
¾ tsp. chili powder
½ tsp. onion powder
½ tsp. smoked paprika
¼ tsp. fine grain sea salt or pink Himalayan sea salt
⅛ tsp. cayenne pepper (optional)



1. Preheat oven to 300°F. Line a large rimmed baking sheet with parchment paper.
2. Remove leaves from kale stems and roughly tear into large pieces. Compost the stems or freeze for smoothies. Wash and spin the leaves until thoroughly dry.
3. In a large bowl, massage oil into the kale leaves until all the nooks and crannies are coated. Sprinkle on the spices and seasonings and toss to combine. (For a simpler flavor pallet, try just salt and pepper.)
4. Spread out on prepared baking sheet in a single layer, being sure not to overcrowd the kale.
5. Bake for 10 minutes, rotate the pan, and bake for 12-15 minutes more until the kale begins to shrink and firm. Cool for 3 minutes before serving. Repeat this process as needed.

DEHYDRATOR: Follow steps 2 and 3 above and then follow your dehydrators instructions.

CRUNCHY RAINBOW VEGGIE CHIPS

RECIPE FROM: REVOLUTION RECIPES COOKBOOK VOL. 9 (HEALTHYLIVINGREVOLUTION.COM)

1 sweet potato (about 4 oz.), scrubbed
1 purple potato (about 4 oz.), scrubbed
2 Tbsp. olive oil
1 tsp. Kosher salt
Black pepper, freshly ground
1 red beet (about 6 oz.), scrubbed
1 golden beet (about 6 oz.), scrubbed



1. Slice potatoes on a mandolin as thin as possible.
2. Transfer potato slices to a medium bowl and run under cold water until almost all the white starch comes off and the water runs clear. Dry well between a few paper towels. Dry the bowl as well.
3. Return dry potatoes back to the dry bowl and toss with 1 Tbsp. of the oil, ½ tsp. salt and a few grinds of pepper until evenly coated.
4. Preheat air fryer to 320°F. Layer the potatoes in the bottom of the basket (up to 2 layers.) Cook for about 20-25 minutes, until the edges are golden and crisp, tossing every 5 minutes with tongs so they're evenly cooked. If you notice a few slices are finished cooking and before others, remove them and continue air frying the remaining slices.
5. Meanwhile, slice beets on a mandolin as thin as possible. Transfer to another medium bowl and toss with the remaining 1 Tbsp. oil, ½ tsp. salt and a few grinds of pepper until evenly coated.
6. Return the air fryer to 320°F. Layer the beets in the bottom of the basket (up to two layers.) Cook for about 30 minutes until the beets are darkened around the edges and crisp, tossing every 5 minutes so they're evenly cooked. If you notice a few slices are finished cooking and completely crisp before others, remove and continue air frying the remaining slices.
7. Combine beet chips and potato chips in a large bowl, season with a pinch of salt and toss to combine. Serve immediately or let cool and store in an airtight container for up to 2 days.

NOTE

It is important not to cook them until crispy and golden brown all over or they will taste burnt. Under cook them just slightly and let dry overnight for best results.

CRUNCHY SALTED SNACK PEAS

RECIPE ADAPTED FROM: PARENTS.COM

2 cups frozen green peas, thawed

2 tsp. olive oil

¼ tsp. kosher salt

1. Preheat oven to 350°F. Place peas on a baking sheet. Toss with oil and salt.
2. Roast until brown and crisp, 35 to 40 minutes.
When cool, store in a container at room temperature up to 1 week.



CRISPY BAKED CHICKPEAS

RECIPE ADAPTED FROM: MINIMALISTBAKER.COM

1 can (15 oz.) chickpeas, well drained and thoroughly dried

1 Tbsp. avocado or other neutral oil (if avoiding oil, omit and don't rinse chickpeas, just drain)

½ tsp. sea salt

1 tsp. seasonings of choice (finely chopped fresh herbs, garlic, chili powder, curry powder, garam masala, cumin, smoked paprika, rosemary, thyme, salt & pepper)



1. Preheat oven to 350°F.
2. Transfer chickpeas to a mixing bowl and top with oil (or omit) and salt. Mix well to combine. DO NOT add the other seasoning at this point - it can interrupt the crisping process. Spread out in a single layer on a bare baking sheet.
3. Bake for 40-50 minutes or until golden brown and dry/crispy to the touch. Turn pan around and shake the chickpeas halfway through for even cooking. If omitting oil, they will cook faster.
4. Remove from oven and toss with seasonings (if desired) while still warm. Let cool 5-10 minutes. They will continue crisping as they cool.
5. To store, place in a storage container or jar and DO NOT tightly cover. Instead, crack the lid so they can "breathe" a bit so they stay crispy longer. These are best the first day, but will last for 4-5 days at room temperature. Alternatively, seal well and freeze for up to 1 month.

FANCY FLAVORED POPCORN

RECIPE ADAPTED FROM: PANTRYANDLARDER.COM AND COOKIEANDKATE

¼ cup popcorn kernels
½ tsp. extra-virgin olive oil, coconut
oil or oil alternatives (see list),
plus more to coat
Seasonings to taste (see list below)

SEASONING COMBINATIONS

- Dried basil or oregano with chili powder and salt
- Sea salt and nutritional yeast
- Garlic powder and sea salt
- Freshly ground black pepper and salt
- Lime juice and cumin

OIL ALTERNATIVES

- Water (or saltwater)
- Vinegar
- Soy sauce
- Lime juice
- Tabasco
- A mix of the above (Use water to dilute for milder taste)



STOVE TOP

1. Coat un-popped kernels with oil (or oil alternative) and your chosen seasonings. Mix thoroughly.
2. In a large, heavy-bottomed saucepan over medium heat, combine 2 Tbsp. oil (or oil alternative) and 2 popcorn kernels. Cover and wait for kernels to pop. Once kernels pop, remove from heat. Pour in remaining kernels. Cover and shimmy to distribute kernels evenly. Let rest for 60 seconds.
3. Continue cooking on medium heat, shimmying occasionally to cook evenly. Once kernels start popping, tip the lid a bit to allow steam to escape. Continue cooking until popping sound slows to about one pop every few seconds.
4. Remove lid and dump popcorn into serving bowl. Immediately taste and toss with more oil (or oil alternative) and seasonings if desired. Toss and serve.

MICROWAVE

1. Coat un-popped kernels with oil (or oil alternative) and your chosen seasonings. Mix thoroughly.
2. Pour popcorn into a brown paper lunch sack. Fold the top over twice to seal. Cook at full power for 2½ to 3 minutes or until you hear a 2 second pause between pops. Carefully open and pour into a serving bowl. Immediately taste and toss with more oil (or oil alternative) and seasonings if desired.

NOTE: To help seasonings stick, mist hot popcorn with oil (or oil alternative). Make sure seasonings are in a fine powder form. (Grind them yourself using a spice grinder or mortar and pestle if needed). Add seasonings and toss to combine while popcorn is hot.

SWEET 'N SALTY TRAIL MIX

RECIPE ADAPTED FROM: THEHEALTHYMAVEN.COM

- ¼ cup almonds
- ¼ cup pecans
- ¼ cup walnuts
- ¼ cup pepitas
- ⅔ cup dried cherries
- ¼ cup dairy-free dark chocolate chips
- 1 cup peanuts
- ⅔ cup unsweetened, unsulphured raisins
or other dried fruit
- ½ cup cashews
- Dried unsweetened coconut flakes
- Complete bar, crumbled (optional)



1. Combine all ingredients in a large bowl and mix well.
2. Store in a ziploc bag or mason jar. It will keep for up to 1 month.

CHERRY PEPITA TRAIL MIX

RECIPE FROM: CAROL HARPER

- 2 cups raw pepitas
- 1 cup raw almonds, sliced
- ¾ cup raw sunflower seeds
- 6 Tbsp. maple syrup
- 1 cup dried cherries, cranberries or cran-raisins



1. Preheat oven to 300°F.
2. Toss pepitas, almonds and sunflower seeds with maple syrup. Spread mixture on a parchment-lined baking sheet. Bake for 30 minutes or until golden brown.
3. Let cool and stir in dried fruit.
4. Store in a ziploc bag or mason jar. It will keep for up to 1 month.

OLD FASHIONED RICE CRISPY TREATS

RECIPE FROM: REVOLUTION RECIPES COOKBOOK VOL. 5 (HEALTHYLIVINGREVOLUTION.COM)

- 1 bag dairy-free dark chocolate chips (optional)
- 6 cups rice cereal (gluten-free with no added sugar)
- 2 servings vanilla Complete
- 1 cup raw honey
- 1 cup creamy peanut butter or other nut butter
- 1 tsp. vanilla extract



1. If using chocolate, preheat oven to 350° F.
2. Mix cereal and Complete in a large bowl and set aside.
3. In a pot, heat honey until boiling. Add peanut butter and stir until combined. Add vanilla and mix.
4. Pour mixture over cereal and stir until well incorporated. Spread mixture evenly into a 9x13 inch pan.
5. If not using chocolate, place in the refrigerator to cool and cut when ready to eat.
6. If using chocolate, sprinkle chocolate chips evenly on top. Put the pan back in the oven for about 3 minutes until chocolate is melted. Take out and spread the chocolate evenly over the top with a spatula. Place in the refrigerator to cool and let the chocolate harden. Cut and enjoy!
7. Store in the refrigerator in a sealed container.

GRILLED PEACHES & APPLES

RECIPE ADAPTED FROM: PARENTS.COM

- Peaches
- Apples
- Coconut oil or ghee
- Cinnamon (optional)

1. Brush peach and apple slices with coconut oil or ghee and grill on medium heat for 4 minutes per side. You can also use a waffle iron.
2. Sprinkle with cinnamon or other spices. Serve immediately.



PEOPLE "PUPPY CHOW"

RECIPE FROM: REVOLUTION RECIPES COOKBOOK VOL. 5 (HEALTHYLIVINGREVOLUTION.COM)

4½ cups rice Chex® cereal (gluten-free,
no sugar added)
3 oz. dairy-free dark chocolate
¼ cup creamy almond butter
¼ cup honey
1½ Tbsp. coconut oil
1 tsp. vanilla extract
⅔ cup vanilla Complete



1. Place the cereal in a large bowl and set aside.
2. In a microwave-safe bowl, melt chocolate, almond butter, honey, and coconut oil until completely melted. Start with 20 seconds. Mix, then try 20 more seconds etc. It should take less than 1 minute. Go slowly to not burn the chocolate.
3. Stir the vanilla extract into the melted chocolate mixture. Pour on top of the cereal and distribute throughout until each piece is well coated in chocolate.
4. Pour Complete powder into a large freezer bag. Scoop cereal into the bag. Seal the bag and shake until powder evenly coats the cereal.

CHOCOLATE COMPLETE PUDDING

RECIPE FROM: REVOLUTION RECIPES COOKBOOK VOL. 5 (HEALTHYLIVINGREVOLUTION.COM)

2 servings chocolate Complete
½ cup almond milk
1 avocado
Splash vanilla extract

1. Mix all ingredients together in a blender until smooth.
2. Chill for 30 minutes before serving.



Thank you to all of our contributors!

For more resources, please visit www.HealthyLivingRevolution.com.
