



OATMEAL COOKIE BITES

INGREDIENTS

1 CUP UNSWEETENED COCONUT
3/4 CUP ROLLED OATS
1/2 CUP MAPLE SYRUP
1/2 CUP NATURAL PEANUT BUTTER
1 TSP VANILLA
PINCH OF CINNAMON
PINCH OF SEA SALT
1/4 CUP DARK CHOCOLATE CHIPS

DIRECTIONS

1. Process oats and coconut in a blender or food processor and add to a medium bowl. Alternatively, leave oats and coconut whole for a chunkier treat.
2. Mix in maple syrup, peanut butter, vanilla, cinnamon, and sea salt. Stir thoroughly to combine.
3. Stir in chocolate chips until well combined. Refrigerate mixture for 30 minutes or freezer for 10 minutes.
4. After mixture has chilled, roll into bite sized balls and add to a parchment lined container. Refrigerate for 2 weeks or freeze up to 6 months.

PREP TIME: 5 MINS

COOK TIME: 30 MINS

TOTAL TIME: 35 MINS



RED LENTIL HUMMUS

INGREDIENTS

2 1/2 CUPS COOKED RED LENTILS

2 CLOVES GARLIC

1/4 CUP TAHINI

1 1/2 TSP SEA SALT

1/2 TSP BLACK PEPPER

1/2 TSP CUMIN

JUICE OF 1 LEMON

1/4 CUP OF OLIVE OIL

1 ROASTED RED PEPPER

DIRECTIONS

1. Cook 1 cup red lentils or rinse 1 can lentils thoroughly
2. Add lentils to a blender or food processor with garlic, tahini, sea salt, black pepper, cumin, lemon juice, olive oil, and roasted red pepper. Process until smooth.
3. Serve with crackers, tortilla chips, or crudite.

PREP TIME: 15 MINS

COOK TIME: N/A

TOTAL TIME: 15 MINS



MONKEY COFFEE

INGREDIENTS

1 VERY RIPE BANANA

1 CUP COLD COFFEE OR COLD BREW

1 TBSP COCOA POWDER

SPLASH OF ALMOND MILK

2 PITTED MEDJOOOL DATES OR 1 TBSP COCONUT

SUGAR

1/2 TSP VANILLA

1 TBSP NATURAL PEANUT BUTTER

DIRECTIONS

1. Add all ingredients to a blender and blend until smooth.
2. Serve blended with ice or over ice if desired.
3. Pour into a mason jar and enjoy immediately.

PREP TIME: 5 MINS

COOK TIME: N/A

TOTAL TIME: 5 MINS



COVID 19 HEALTH CHECK

- Lean into a morning routine: have a family or solo breakfast, tea time, or exercise.
- Shower and get dressed as if you are going to work - wear your cozy clothes if you need a little extra comfort. :)
- Help those in need if you are able - helping people boosts your feel good neurotransmitters! It's a great time to support your local food bank, small businesses, or even your neighbors if you can.
- Minimize sugar and alcohol - these seriously lower your immunity which is the opposite of what we need right now.
- Choose comforting meals like soups, stews, and braised dishes that will nourish your body and soul - they're also great for using up root vegetables and frozen veggies which keep well. Get some sun on your face!
- If you're able to get outside, that's great. If not, go into your backyard or even crack a window to let the fresh air and sunshine boost your mood.
- Stay informed - catch up the news once daily instead of checking it all day long. Avail of government resources to stay up to date.
- Move your body - take advantage of the many classes that are being offered for free online, bundle up and go for a walk, have a dance party, or do some deep stretching. Movement is medicine.
- Feel your feelings - this is healthy and a great way to release stress.
- Cry if you need to.
- Listen to your favorite music

RIGHT NOW, CHOOSE: SIMPLICITY. COMFORT. KINDNESS.