



HEALTHY, HAPPY & WHOLE

with *Shaunna Leinster*

“Easy recipes that nourish your soul”



ALMOND FLAX CRACKERS

Ingredients

1 cup almond flour

1 cup flax meal

½ cup filtered water, or date water

1 tsp sea salt

Coarse sea salt for garnish

Optional: fresh rosemary, thyme, or other herb of choice

Preparation

1. Preheat oven to 350°.

2. Mix ingredients together in a bowl to form a dough. Do not over mix.

3. Using a rolling pin, lay the dough flat on a baking sheet lined with parchment paper.

4. With a sharp knife, score the dough making lines about one inch apart until you have squares. It doesn't have to be perfect!

5. Bake for 30 minutes, or until the edges are golden and the dough is firm to touch.

6. Allow it to cool, and then, using the lines you created, break apart the crackers.

7. Once the crackers have cooled completely, store in an airtight container at room temperature for up to two weeks.

Yields approximately 50 crackers



TOASTED OAT DATE BARS

Ingredients

- 1 cup of thick cut oats
- ½ cup raw almonds
- 1 ½ cups of dates
- ¼ cup pure maple syrup
- ¼ cup coconut oil, melted
- 2 tbsp chia seeds
- ½ tsp vanilla

Preparation

1. Preheat oven to 350° and toast almonds and oats on a baking sheet for 10 minutes. Using a high-speed blender, pulse toasted almonds until slightly crushed. Add all other ingredients and blend until incorporated.
2. Scrap the mixture out onto parchment paper and form into a rectangular log, flattening out the top. Allow it to set in the fridge for 1 hour.
3. Cut into bars and wrap in pieces of parchment paper. Store in an airtight container in the fridge.

ROSEMARY BALSAMIC HUMMUS

Ingredients

- 1 can of organic chickpeas, drained and rinsed
- ½ cup filtered water
- 3 garlic cloves, crushed
- 2 tbsp tahini
- 2 tbsp of good quality balsamic vinegar
- ¼ of a lemon, juiced
- 1 tbsp minced rosemary
- ½ tsp sea salt
- Freshly ground black pepper
- 2 tbsp of extra virgin olive oil, or more if desired

Preparation

1. Combine all ingredients, except olive oil, in blender or food processor, and combine. While blending, slowly drizzle in the olive oil and continue blending until incorporated and desired consistency is reached.

Facts:

All of these snacks are made with superfoods! They are high in fiber, which most of us don't get enough of, and packed with omega 3 fatty acids (helps brain, heart and nervous system health), Dates are truly one of the most nutrient dense foods.

Benefits of dates:

- High in fiber so they will help keep you full
- Packed with B vitamins which provide energy
- Manage blood sugar levels (they are ideal for diabetics)
- Crushes sugar cravings
- High in antioxidants
- High in potassium (great for bone mass!)

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