



Cocoa Peanut Butter Popcorn

Serves 2-3

Ingredients:

- 1/3 cup popcorn kernels
- 2 tablespoons butter, olive oil, or spray oil
- 1 tablespoon cocoa powder (sub chocolate protein powder)
- 1 tablespoon PB Fit powder (peanut butter powder)
- Pinch of salt

Directions:

1. Pop popcorn using stove, microwave or air popper.
2. Pour melted butter or oil of choice over the popcorn. Stir or shake to coat.
3. Add cocoa powder, peanut butter powder and pinch of salt. Stir to combine and enjoy!



Ranch Popcorn

Ingredients:

- 4 cups popped popcorn
1 tsp oil
- ½ tsp dried dill
- ½ tsp dried chives
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp salt
- ¼ tsp pepper

Directions:

1. Prepare popcorn in either the microwave or traditionally on the stove. Spray or drizzle oil onto popcorn, tossing evenly to coat.
2. In a small bowl, combine the ingredients to your seasoning of choice.
3. Sprinkle seasoning over popcorn and toss to coat once more. Serve warm.



Garlic & Lemon Hummus

Ingredients:

- 1 can chickpeas, drained and rinsed
- 1/3 cup tahini
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice (lemon zest, optional)
- 3 garlic cloves
- 1/2 teaspoon sea salt
- 4 tablespoons water, or as needed to blend
- Garnish ideas: sesame seeds, paprika, red pepper flakes, parsley, dried herbs, fresh pepper, lemon zest

Directions:

1. Place the chickpeas, tahini olive oil, lemon juice, garlic, and salt into a food processor or blender.
2. Scrape sides to combine adding water as needed to blend and to reach desired consistency.
3. Transfer to a serving plate, top with desired garnishes and serve with warm pita and veggies, on sandwiches or in your favorite recipes!



Creamy Strawberry Ginger Smoothie

Makes 1

Ingredients:

- 2 dates, pitted
- 1 cup frozen strawberries
- 1/2 cup plain whole-milk yogurt
- 1/2 Tbsp. Finely grated ginger
- 1/2 cup water

Directions:

1. Puree all ingredients in a blender until smooth.
2. Transfer to a glass and enjoy!



Chocolate Chip Cookie Dough Bites

Ingredients:

- ½ cup whole oats
- ½ cup almond or peanut butter
- ½ cup dark or semi-sweet chocolate chips
- 2/3 cups shredded coconut
- 1/3 cup 100% maple syrup
- 1 tsp. vanilla extract
- 3 TBS flax seeds or flax meal
- 1 TBS chia seeds, optional
- 1/2 cup protein powder of choice, optional

Directions:

1. Mix all ingredients together in a medium bowl.
2. Form into small balls, wetting hands if necessary, as the mixture is sticky. It is easier to form the bites once chilled in the refrigerator.
3. Store covered in the refrigerator for a week!