



# Savory Smashed Lentil Wraps

Mix in a food processor or blender or smash with a fork...

- 1 can lentils
  - (or use dried if you like, just soak overnight or at least 3 hr before needed if you get gassy from these. Otherwise for every 1 cup dried lentils, cook in 350ml broth – bring to a boil, should take 15-25 minutes then add to blender with ingredients or smash away!)
- 4 Tbsp. Nutritional Yeast
- 1 Tbsp. lemon or lime juice
- Salt & pepper (to taste)
- Optional...red pepper flakes, garlic powder, turmeric/cumin, ginger
- Small – Medium Tortillas – could also use Naan bread or gluten free tortillas
- Toppings: plain Greek yogurt, salsa or sliced tomatoes, veggies (bell peppers, cucumber, grated carrots, leafy greens (spinach/kale/romaine hearts). A tbsp. or two of grated cheese is also a nice addition ;)

# Chocolate Peanut Butter Shake / High Pro Popsicles



- 250-300ml Fairlife chocolate milk or plain (lactose free and high pro!)
- 1 Tbsp. peanut butter/almond butter/hemp hearts/chia seeds (choose one you like!)
- If you like extra chocolatiness add 1-2 tsp. unsweetened cocoa powder
- For an ice cap feel, add a tsp. or two of your favorite instant coffee or cooled off brewed coffee
- Handful ice

Blend and enjoy!

Or... make into High Protein popsicles!



# No Bake energy bites...

*Ingredients:* (makes 10-18)

- ½-¾ cup peanut butter/nut butter alternative...WowButter
- (some are more liquid than others...may need to adjust the cereal if not able to form a ball), 2 Tbsp. honey, 1 tsp. vanilla, ½ cup oats, ½ cup Rice Krispies/puffed rice cereal, 4 Tbsp. chocolate chips

(other optional additions...craisins/raisins, coconut flakes, chia seeds, hemp hearts)

*Preparation:*

- Place peanut butter (or alternative), honey, vanilla in a bowl and mix. Add and mix in oats and puffed rice cereal. Add chocolate chips.
- Form into bite sized balls.
- Enjoy! These store well in both the fridge and freezer! Supplies: bowl, measuring

Supplies:

- Measuring cups, measuring spoons, mixing spoon, plate/cutting board

