

*State of Fitness*

# REAL FOOD, REAL TASTY

*a collection of our favorite healthy snack recipes*



STATE OF FITNESS

*Forewords by Justin Grinnell and Jessica Stemen*

# Table of Contents

## *Snacks*

Peanut Butter Banana Almond Cookies  
pg 5

PB & Banana Chocolate Chunk Cookies  
pg 6

Almond Chocolate Coconut Bars  
pg 6

Morning Glory Muffins  
pg 7

Energy Balls  
pg 8

Ezekiel Bread Toppers  
pg 8

Top 5 Healthiest Gas Station Snacks  
pg 9



# PEANUT BUTTER BANANA ALMOND COOKIES

## STEP 1

### INGREDIENTS

4 Medjool dates, pits removed  
2 ripe bananas  
½ cup peanut butter (or another type of nut butter)  
1 egg  
½ teaspoon vanilla extract  
½ teaspoon nutmeg  
¼ teaspoon ground cloves  
¼ teaspoon cinnamon  
½ teaspoon baking soda  
½ cup chopped almonds  
1/3 cup dried cranberries

## STEP 2

### DIRECTIONS

Preheat oven to 350 degrees Fahrenheit.  
Add dates to food processor and pulse until chopped. I feel like my food processor is going to blow up because 4 little dates are just tornadoing around in there. Thank goodness, it doesn't break and we can move on to step 3.  
Add in the bananas, peanut butter, egg, vanilla extract, and process until the batter is very smooth.  
Add in your spices, the baking soda, chopped almonds and give it a little blend.  
Add in cranberries either by mixing in or just processing in, depending on your chunk-liking. Shreds of cranberries or whole cranberries? Hmm.  
Scoop the batter onto a cookie sheet lined with parchment paper. They do spread a little.  
Bake for 10-12 minutes or until golden brown on the bottom.  
Remove from the oven and let cool.  
Keep in fridge or freezer!  
Enjoy!

NOTE: These cookies are not that cookie-like, they're more cake-like.

## Peanut Butter & Banana Chocolate Chunk Cookies



(If you want these gluten-free, ensure you use gluten-free oats.)

- 3 large, very ripe bananas
- 1/2 cup peanut butter, preferably all-natural or almond butter
- 1/4 cup olive oil
- 1 tsp. vanilla extract
- 2 cups old-fashioned oats
- 1 tsp. baking powder
- 1 tsp. cinnamon
- 1/4 tsp. salt
- 1/2 – 1 cup chopped dark chocolate chips

### Directions

Preheat oven to 350°F. In a large bowl mash the bananas, then mix in the peanut butter, oil and vanilla. In another bowl stir together the oats, baking powder, cinnamon, and salt. Add the dry ingredients to the wet ingredients along with the chocolate and stir until combined.

Drop spoonfuls of dough onto a parchment or Silpat lined baking sheet, or one that is sprayed with nonstick spray, and bake for 12-14 minutes, until just set. Makes about 2 dozen cookies.

You can add whatever you'd like into the concoction as well; I added dried cranberries before and they were oh-so-good. Simply wonderful. Enjoy these yummy treats!

## Almond Chocolate Coconut Bars



### Ingredients

- 2 cups whole raw almonds
- 1 cup shredded unsweetened coconut
- 1/2 cup nut butter
- 2/3 cup coconut oil
- 1 tablespoon coconut flour
- 1 1/2 tablespoons honey
- 1 tablespoon vanilla extract
- 3 oz 70-85% dark chocolate

### Directions

Melt the coconut oil. Using a food processor, pulse the almonds until you get a coarse meal. You do not want it the fine texture of almond meal.

Add the rest of the ingredients to the food processor. My food processor is a baby so I have to pulse my almonds in two portions. Then I place in a big bowl, add the rest of the ingredients in there and mix it around a little. Then I put some in the food processor and grind to a paste-like texture, pour that in a different bowl. I repeat this process until all of the beginning mixture has been processed and paste-like.

I give it a nice stir once it's all done.

Pour into a baking dish lined with wax paper.

Refrigerate for about an hour.

Melt chocolate in a double boiler right before the bars are hardened. I don't have a double boiler so I just kept a metal bowl in a pan of boiling water and it worked great.

Pour over the almond coconut goodness and spread evenly. Place back in fridge for about 5 minutes.

Take out by wax paper and place on a cutting board. Cut bars. Keep in airtight container, separated by wax paper or wrap individually. Prepare to have fireworks go off in your mouth when you eat these.



# MORNING GLORY MUFFINS

STEP 1

## INGREDIENTS

1 apple, peeled and  
cored, shredded  
1 large carrot,  
peeled  
½ cup nut butter (I  
used peanut butter  
because I love it so)  
1 cup pepitas  
(pumpkin seeds)  
3 eggs, whisked  
½ cup melted  
Coconut oil  
¼ cup dried  
cranberries (Raisins  
could be an option)  
¼ cup walnuts,  
roughly chopped  
1 tablespoon  
cinnamon  
1 tablespoon raw  
honey  
¼ teaspoon baking  
soda  
pinch of salt  
Pepitas

STEP 2

## DIRECTIONS

Preheat your oven to 350 degrees.

Add your apple and carrot to food processor with the shredding attachment. If you don't have a food processor, use a grater to shred your apple and carrot. Add your apple and carrot to a bowl along with your nut butter and rinse out your food processor bowl.

In a small to medium saucepan over medium heat, add a dollop of coconut oil and your pepitas.

Cook for 5-8 minutes, moving them around a lot. Muffin Batter #2

Then, add your roasted pepitas to the food processor and puree until you get a flour/meal. This will smell amazing.

Then, in the big bowl, add in your pepita flour, eggs, coconut oil, honey, dried cranberries, walnuts, cinnamon, salt, and baking soda. Mix well.

Pour your batter into 9-10 FULL muffins tins. (They are loaded to the brim) I used my fancy silicone liners and they just pop out perfectly. Paper liners or spray the tin will be fine too.

Bake for 25-30 minutes until cooked through.

Let cool slightly and give it a taste!

I store mine in the fridge. These freeze well, too.

Recipe adapted from: <http://paleomg.com/morning-glory-muffins/>

## Energy Balls



### Ingredients

1/2 C all natural nut butter

1/3 C honey

1 C old fashioned rolled oats

1/3 C shredded unsweetened coconut

1/3 cup of flaxseed

1-2 tsp vanilla

pinch of salt

1/2 C other addins (any kind of whole or roughly chopped nuts or seeds, dried fruit, chocolate chips, etc)

### Directions

In a large bowl add the nut butter, honey, vanilla and salt. If all your ingredients are room temperature you should be able to stir to combine. Once this is combined add the remaining ingredients. For my add-ins I used some chopped almonds and walnuts and a some dark chocolate chips. Mix well. Once it's all combined place in the fridge for about 30 minutes. Remove from the fridge, scoop out some dough, and roll into a ball. If yours are too sticky you can considering adding more dry ingredients into them or rolling them in something like ground nuts, coconut, etc so they aren't as sticky. I had extra chopped almonds/walnuts so I rolled some of the balls in there to get a good coating. Place the balls in an airtight container either in the fridge or freezer for quick and easy snacks. I keep mine in the fridge.

## SOF Ezekiel Bread Toppers



## Top 5 Healthiest Gas Station Snacks

Most gas stations will sell some sort of seeds, and even unsalted kinds. Look for unsalted sunflower seeds or pumpkin seeds. These offer a great burst of calories, some healthy fats, high-fiber content. Remember to be mindful of your portions when eating high calorie healthy food though.

You will usually find bags or cans of nuts. Look for almonds, walnuts, peanuts, pistachios that are low in salt and completely raw. Although nuts are filled with delicious nutrients, limit your intake to a handful or two.



Fruit. Many gas stations are offering bananas, apples, and oranges nowadays. A combo of some fruit and nuts/seeds would be a great snack! If there is no fresh fruit, look for dried and low-sugar fruit alternatives, such as raisins, dried apricots, cranberries, and prunes.

Bars. Bars are a great snack and if you can find a good one, you are set! Look for bars that are high in protein so it will satisfy you longer. Look at the ingredients too; most protein bars have tons of junk in them that do not make them any better than a candy bar. Keep the ingredients simple and low in sugar. KIND bars and Larabars are wonderful.



Water. Drink up and fill up on some water! Eating a small snack and guzzling some H2O will curb some cravings for a while until you reach your destination.

