



*healthy*  
**CHOCOLATE**

Recipes!



# PEANUT BUTTER STUFFED PRETZEL BITES

---

Creamy peanut butter filling gets sandwiched between two salty pretzels and dipped in chocolate for these easy and delicious PB Stuffed Pretzel Bites!

**Prep Time:** 20 minutes

**Total Time:** 40 mins

**Serves:** Lots!

---

1 cup natural peanut butter

1 cup almond flour

2 tablespoons maple syrup

1/4 teaspoon salt

Pretzels

1 cup non dairy chocolate chips

1 teaspoon coconut oil

**1.** In a bowl, mix together the peanut butter, almond flour, maple syrup and salt until a uniform dough forms.

**2.** Take teaspoon amounts of the peanut butter mixture and roll it into a ball before sandwiching it between two pretzels. Place the "sandwich" on a silicone lined baking sheet and continue this process until all the peanut butter filling has been used up. Place the baking sheet in the freezer while you melt the chocolate.

**3.** Place the chocolate chips and coconut oil into a bowl and microwave them for 30 seconds intervals until melted. Alternatively you could use a double boiler.

**4.** Dip the pretzel sandwiches into the melted chocolate or drizzle the chocolate ovetop of the sandwiches.

**5.** Return the sandwiches to the freezer until the chocolate hardens.

**6.** Store the peanut butter pretzel bites in a sealable baggie in the fridge or freezer.

---

## FAITH'S TIP

Feel free to skip the pretzels and just make peanut butter cups. Press the peanut butter mixture into silicone muffin cups and top with the melted chocolate.

# VEGAN TAHINI BROWNIES

---

Made with rich sesame seed paste and sweetened with coconut sugar and maple syrup, these Easy Vegan Tahini Brownies will make for a gooey, crowd pleasing dessert!



SOY FREE



NUT-FREE



GLUTEN FREE

**Prep Time:** 10 minutes

**Total Time:** 35 minutes

**Serves:** 8

---

2 flax eggs (6 tablespoons water +  
2 tablespoons ground flaxseed)

1 cup runny tahini

1/2 cup coconut sugar

1/4 cup maple syrup

1/3 cup cocoa powder

1/2 teaspoon baking soda

1/4 teaspoon salt

1/3 cup dairy free chocolate chips

**1.** Preheat your oven to 350 degrees and spray a loaf pan with cooking spray.

**2.** In a small bowl, whisk together the ground flaxseed and water to create two flax eggs. Set aside to thicken.

**3.** In a mixing bowl, stir together the tahini, coconut sugar, maple syrup and thickened flax eggs until smooth.

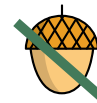
**4.** Add in the cocoa powder, baking soda and salt and stir until combined.

**5.** Lastly, stir in the chocolate chips.

**6.** Pour the batter evenly into your prepared loaf pan and bake the brownies for about 18-24 minutes.

**7.** Allow the brownies to cool until set and serve alone or with non-dairy ice cream! Store any leftover brownies in an airtight container at room temperature for 4-5 days.

# CHOCOLATE CHICKPEA FLOUR PANCAKES



NUT-FREE



GLUTEN FREE



SOY FREE

Made with protein-rich chickpea flour and naturally sweetened, these Healthy Chocolate Chickpea Flour Pancakes will quickly become a staple in your house!

**Prep Time:** 15 minutes  
**Total Time:** 35 minutes  
**Serves:** 4

1 cup non-dairy milk  
1 tablespoon coconut oil, melted  
2 ripe medium-sized bananas  
2 tablespoons maple syrup  
2 teaspoons apple cider vinegar  
1/2 teaspoon vanilla  
1 1/2 cups chickpea flour\*  
3 tablespoons cocoa powder  
1 teaspoon baking soda  
1/2 teaspoon baking powder  
1/8 teaspoon sea salt

## FAITH'S TIP

\*Chickpea flour tastes horrible raw, so as tempting as it may be, don't lick the batter!

- 1.** Start by warming the cup of milk and the coconut oil in the microwave for a few seconds until at room temperature. This will keep the coconut oil from turning solid when added to the other cold wet ingredients.
- 2.** In a large mixing bowl, mash the two ripe bananas until fairly smooth. Add in the room temperature milk, coconut oil, maple syrup, apple cider vinegar and vanilla and whisk until combined.
- 3.** Add in the remaining dry ingredients and whisk until a smooth batter forms and no large lumps remain.
- 4.** Cook the pancakes on a non-stick skillet over medium heat. I use a 1/3 cup measurer (not completely full) to scoop up the batter and pour it on the skillet. Allow bubbles to form around the edges before flipping. You'll know the pancakes are ready to flip when it's easy to slide a spatula underneath. If it gets stuck, allow the pancakes to cook a little longer. Continue this process until all the batter has been used.
- 5.** Serve the pancakes with nut butter, fruit, granola, maple syrup, etc.

# CHOCOLATE GRANOLA

---

Sweetened with coconut sugar and maple syrup and packed with fiber-rich oats, nuts and seeds, this clustery chocolate granola won't last long!



GLUTEN FREE SOY FREE

**Prep Time:** 10 minutes

**Total Time:** 35 minutes

**Serves:** 16 1/2 cup servings

---

1/3 cup cocoa powder

1/2 cup maple syrup

1/2 cup coconut oil

4 cups rolled oats

1 1/2 cups nuts and seeds,  
chopped if necessary

1/4 cup coconut sugar

1 teaspoon sea salt

Optional: 1/2 cup mix-ins

(chocolate chips, raisins,  
coconut chips etc.)

---

## FAITH'S TIP

Be patient while your granola is cooling! If you stir it too quickly, it won't stick together and form clusters.

- 1.** Preheat your oven to 350F/175C and line a baking sheet with a silicone baking mat. Set aside.
- 2.** In a saucepan over medium heat, combine the cocoa powder, maple syrup and coconut oil. Allow the ingredients to warm through until the coconut oil is liquid. Whisk well to combine.
- 3.** While the oil is melting, in a large mixing bowl combine all of the dry ingredients, from the rolled oats to the sea salt.
- 4.** Pour the melted chocolate mixture overtop of the oat and nut mixture and stir well until all the oats, nuts and seeds have been well coated in the chocolate sauce.
- 5.** Pour the granola onto your lined baking sheet and use a spatula to press it down into an even layer.
- 6.** Bake the granola for 10 minutes. Remove the pan and flip or stir the granola. Press it down again until level and flat before baking it for another 8-12 minutes or until fragrant.
- 7.** Allow the granola to cool **completely** on the sheet pan before breaking it into clusters, adding in your mix-ins, and storing it in an airtight container.

# HEALTHY CHOCOLATE BREAKFAST MUFFINS

Made with a base of whole grains and naturally sweetened with banana and maple syrup, these healthy, Chocolate Breakfast Muffins are an awesome way to start your day!



GLUTEN FREE

SOY FREE

**Prep Time:** 20 minutes

**Total Time:** 20 minutes

**Serves:** 6-12

2 flax eggs (6 tablespoons water  
+ 2 tablespoons ground  
flaxseed)  
1 cup mashed banana  
(about 3 super ripe bananas)  
1/2 cup non-dairy milk  
1/4 cup maple syrup  
1/4 cup coconut oil  
1 teaspoon vanilla  
1 teaspoon baking powder  
1 teaspoon baking soda  
1/4 teaspoon salt  
1/2 cup cocoa powder  
1 3/4 cup oat flour  
1/2 cup almond flour  
Optional: 1-2 handfuls dairy free  
chocolate chips

- 1.** Preheat your oven to 350 degrees and grease 12 muffin cups with oil or cooking spray.
- 2.** Prepare your flax eggs by whisking together 2 tablespoons of ground flaxseed with 6 tablespoons of warm water. Set the mixture aside to thicken.
- 3.** In a large mixing bowl, stir together all of the wet ingredients, from the mashed banana to the vanilla. Add in the thickened flax egg and combine.
- 4.** Add the remaining dry ingredients into the wet ingredients and stir until just combined.
- 5.** Divide the batter evenly among your 12 prepared muffin cups. Bake the muffins for about 18 minutes or until set. Allow the muffins to cool for 5 minutes in the pan before removing them to a wire rack to cool completely.
- 6.** Store any leftover muffins in an airtight container in the fridge for 4-5 days.

## FAITH'S TIP

I love to make 6 jumbo muffins using this batter. If you do so, you'll need to use a jumbo muffin tin and bake the muffins for about 25-30 minutes.

# 4 INGREDIENT CHOCOLATE CHIA SEED PUDDING

---

This rich and creamy 4 Ingredient Chocolate Chia Seed Pudding is full of fiber, protein and healthy fats to keep you full all morning long.



GLUTEN FREE



SOY FREE



NUT-FREE

**Prep Time:** 10 minutes  
**Total Time:** 8 H, 10 mins  
**Serves:** 1

---

3 tablespoons chia seeds  
1 tablespoon cocoa powder  
2 teaspoons maple syrup  
1 cup non-dairy milk

- 1.** In a bowl or jar, mix together the chia seeds and cocoa powder until combined.
- 2.** Add in the maple syrup and non-dairy milk and mix well, adding in more maple syrup if you want a sweeter chocolate pudding.
- 3.** Allow the mixture to sit for 5 minutes and then mix well again.
- 4.** Cover the mixture and place the chia seed pudding in the refrigerator for a couple of hours or overnight.
- 5.** Once it has thickened you can eat it as is or add any toppings you desire, such as fresh or dried fruit, cacao nibs, granola, nut butter, etc.

---

## FAITH'S TIP

If your pudding doesn't thicken, it's probably because your chia seeds are old or bad!

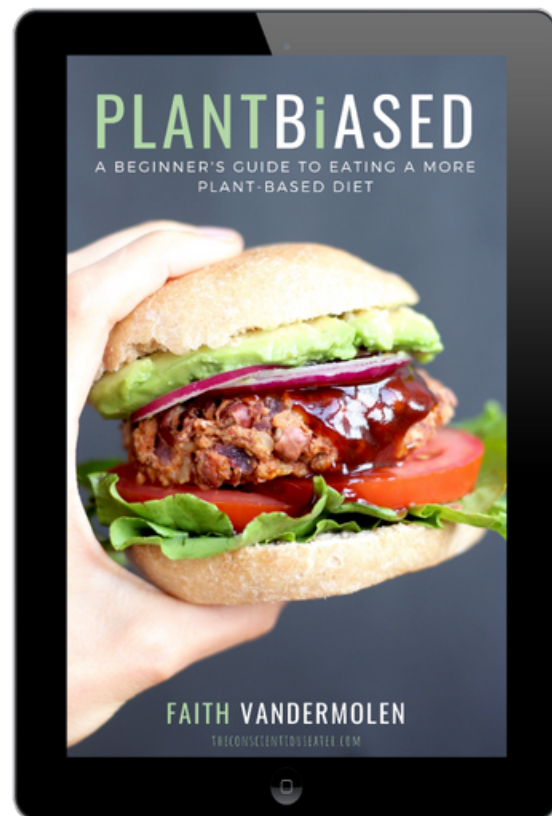
# PLANT BiASED

---

If you want to try out more of my all-time favorite recipes -- plus some eBook exclusives! -- be sure to check out my Plant Biased eBook. It contains more than 80 of my favorite plant-based recipes in addition to tips on how to transition to a more plant-based diet!

## Here's what's included:

- Plant based protein sources
- How to transition to a more plant-based diet
- My pantry staples
- 20 sweet & savory vegan breakfast recipes
- 22 vegan lunch & dinner recipes
- 6 vegan snack recipes
- 6 vegan bread recipes
- 11 vegan condiment recipes
- 15 vegan dessert recipes
- 9 vegan drink recipes



CHECK OUT PLANT BIASED!



## About the The Conscientious Eater

Faith started her plant-based food blog over six years ago as a way to document her (overnight!) transition to a plant-based diet. Her recipes are often inspired from her travels around the world and are both family and friend approved. As a new mom, Faith focuses on quick, wholesome recipes that the entire family can enjoy together.

She believes in a balanced diet, so baked goods and dessert are always included! She hopes the recipes she shares on her blog will not only inspire you in the kitchen, but make plant-based eating seem fun and attainable.



THECONSCIENTIOUSEATER.COM