



HEALTHY

snack prep



Homemade Clif Bars

These Homemade Clif Bars are a delicious, grab-and-go snack for busy days. Not to mention they're so much healthier for you than the store bought bars!



SOY FREE

Prep Time: 10 minutes

Total Time: 1 hour, 10 mins

Serves: 16

1 cup pitted Medjool dates
1 cup puffed wheat cereal
1 cup old-fashioned rolled oats
1/4 cup coarsely chopped peanuts
2 tablespoons ground flaxseed
1 1/2 teaspoon ground cinnamon
Pinch salt
1/2 cup peanut butter
1/4 cup maple syrup
1 teaspoon vanilla extract

1. Prepare an 8x8 baking dish by lining it with parchment paper.
2. In a food processor, process the pitted dates until coarsely chopped. Add in the puffed wheat cereal, oats, chopped peanuts, flaxseed, cinnamon and salt and pulse a few times until everything is mixed together and there are no large pieces. Pour these dry ingredients into a large bowl and set aside.
3. In a small sauce pan over low heat, or in a microwave-safe bowl, warm the peanut butter and sweetener until heated through and thoroughly combined. Remove from the heat and stir in vanilla. Pour the sweet, peanut butter mixture over the dry ingredients and stir well. It will seem dry, but that's fine.
4. Once all the ingredients are fully mixed, pour everything into your prepared 8x8 pan and press down firmly with your hands until the mixture is flat.
5. Place the pan in the refrigerator so the bars can set, about 1 hour.
6. Cut into 16 bars.

FAITH'S TIP

This recipe is really adaptable! Try out different kinds of cereal, nuts and nut butter to create different variations or to use up what you have on hand!

Whole Wheat Fig Newtons



SOY FREE

These fig newtons have a gingerbread-like taste to the dough which complements the pure, fig filling so well. They're hearty and subtly sweet and are great for a quick snack on the go!

Prep Time: 40 minutes

Total Time: 1 hour

Serves: 16

1/4 cup coconut oil, melted
1/4 cup almond butter
1/4 cup maple syrup
1 flax egg*
1 teaspoon vanilla
1/4 teaspoon cinnamon
1/4 teaspoon baking soda
1 cup whole wheat flour
1 1/2 cups dried figs*

FAITH'S TIP

*To make a flax egg, simply whisk together 3 tablespoons water and 1 tablespoon of ground flaxseed. Allow the mixture to thicken.

*This recipe tastes amazing with other dried fruit purees! Try out prunes, dates or even raisins!

1. In a large bowl stir together the coconut oil, almond butter, maple syrup, vanilla and thickened flax egg. Add in the remaining ingredients except for the dried figs and stir to form a moist dough.
2. Wrap the dough in plastic wrap and place it in the freezer while you make the fig filling.
3. If needed, soak your figs in boiling water for about 10 minutes. Once they're soft drain the water and add the figs to a food processor and process until a smooth puree forms, scraping down the sides of the bowl if necessary.
4. Preheat your oven to 350 degrees. Remove your dough from the freezer or fridge. Divide the dough in half and place one half of the dough back in the fridge. On a lightly flour surface, roll out the dough into a long rectangle that is about 5 inches wide and 1/4 inch thick. As you roll out the dough you may need to use your hands to fix slight tears and keep the edges in a straight line.
5. Spread half of the fig puree down the middle of the dough, leaving about 1.5 inches on the sides. Lift up one side of the dough using the parchment paper and fold it over the fig puree so that it covers half of the fig puree. Repeat with the other side of the dough. Press the middle seam together and press the ends of the dough together.
6. Cut the log into 6-8 newtons each and spread them out on a baking sheet covered with parchment paper. Repeat this process with the other half of the dough.
7. Bake the newtons for 10-15 minutes or until slightly golden and set. Let them cool completely before storing in an airtight container in the fridge.

Homemade Almond joys

Made with whole food ingredients, these Homemade Vegan Almond Joys are a healthy spin on my favorite childhood candy. They require only five ingredients and they're dairy-free too!



GLUTEN FREE



SOY FREE

Prep Time: 40 minutes

Total Time: 40 minutes

Serves: 20

2 cups shredded, unsweetened
coconut

6 tablespoons coconut oil +
1 teaspoon, divided

1/4 cup maple syrup

20 almonds

1 cup dairy-free chocolate chips

1. Line a baking sheet with wax or parchment paper and set it aside.

2. In a food processor, process the shredded coconut, 6 tablespoons of coconut oil and maple syrup until combined. You want the shredded coconut to be broken down into little bits. This will take about 3-5 minutes. Scrape down the sides of your food processor as necessary.

3. Form the coconut mixture into 20 almond joy shaped rectangles and place them onto your lined baking sheet. Press an almond into the center of each rectangle, reforming the shape if necessary. Place the baking sheet in the freezer for 15 minutes for the coconut mixture to harden.

4. Melt the chocolate chips with 1 teaspoon of coconut oil in a microwave safe bowl or with a double boiler. After 15 minutes, coat each almond joy in the melted chocolate. Do this by using a fork, shaking off excess chocolate before returning the chocolate coated almond joys to the wax paper. If possible, try to keep the uncoated almond joys in the freezer as you work. Once you have coated all the almond joys in chocolate, let the chocolate harden in the freezer for about 10-15 minutes.

5. Store the almond joys in an airtight container in the fridge.

Whole Wheat Crackers

If you have the proper tools, these crackers are really easy to make and you can make them any flavor you want. Not to mention you get to skip out on all the mystery ingredients that are in most store-bought crackers.



SOY FREE

Prep Time: 25 minutes

Total Time: 15 minutes

Serves: 10

2 cups whole wheat flour
1 teaspoon salt
3 tablespoons olive oil
1/2-1 1/2 cups water
1 tablespoon sesame seeds
2 teaspoons poppy seeds
Sea salt

FAITH'S TIP

Don't worry if you don't have sesame or poppy seeds! Add in some dried herbs or just use sea salt on top!

1. Preheat your oven to 450 degrees and in a small bowl combine the sesame seeds and poppy seeds. Set them aside.
2. In a large bowl whisk together the whole wheat flour and salt. Add in the olive oil and ½ cup water and stir until a crumbly ball of dough forms. If your dough is too dry, add more water a little splash at a time until all of the flour is incorporated into the dough. Add water sparingly to make sure you don't end up with a soggy dough.
3. Lightly flour some parchment paper or a silicone baking mat and use a rolling pin to roll out half of the dough into a large rectangle. Roll the dough out as thinly as possible (about 1/16 of an inch thick).
4. Sprinkle the dough with the sesame and poppy seed mixture, along with some sea salt. Gently roll over the seeds one more time with your rolling pin to push the seeds into the dough. This keeps them from falling off after baking.
5. Score the dough into your desired cracker shape with a knife or pizza cutter.
6. Transfer the dough and parchment paper onto a baking sheet and place the crackers in the oven to bake for 10-15 minutes. After the crackers have baked for 10 minutes, start checking them every 1-2 minutes to make sure they don't burn. You may need to remove the crackers on the edge and bake the center crackers longer.
7. While the first set of crackers are baking, begin the whole process again with the remaining dough until you have baked all of the crackers.
8. Let the crackers cool before storing in an airtight container.

PLANT BiASED

In my Plant Biased print book and ebook, I share practical advice and mouth-watering recipes (including 100+ photos so you know what you're making!) for those looking to start a healthier vegan or plant-based diet.

Whether you're an absolute beginner in plant-based healthy eating or you're looking for more inspiration to spice up your vegan meals, Plant Biased will be the one indispensable cookbook you always keep handy in the kitchen.



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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.



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