MOVIE THEME SNACK IDEAS & MEAL INSPO

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FUNFETTI CAKE BATTER DIP

RECIPE:
1 can of chickpeas
4 TBS coconut flour
2 TBS almond flour
½ Cup coconut sugar or granulated sugar of choice
3 TBS melted coconut oil
2 ½ TBS Vanilla extract
¼ C Pure maple syrup
Pinch of salt (if chickpeas are unsalted)
3 TBS almond milk
Fold in sprinkles

Mix everything together in a food processor except for sprinkles. Serve with fruit!

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CINNAMON BUN CANDIED ALMONDS

A sweet crunch!

RECIPE:
1½ Cups Raw Almonds
¼ Cup Pure Maple Syrup
2 TSP Coconut oil

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2 TSP Vanilla Extract
1 TBS Ground Cinnamon + more for sprinkling
1 TBS Coconut Sugar for sprinkling

Roast almonds on a baking sheet at 350F for about 10 minutes stirring/shaking pan halfway through to prevent burning. In a medium saucepan combine maple syrup, coconut oil, vanilla, and cinnamon. Bring to just a boil then add in almonds and mix thoroughly removing from heat. Pour almonds into a medium sized bowl and sprinkle with coconut sugar and cinnamon and give it a toss. Cover baking sheet with parchment paper and pour almonds onto the sheet. Can leave the almonds out to cool completely or put back into the now cooling oven with the door open.

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CRISPY CHILI LIME ROASTED CHICKPEAS

A salty crunch!

RECIPE:
1 Can of chickpeas
1½ TSP Chilli powder
¼ TSP Himalayan Salt
Zest of 1 Lime
Juice of 1 Lime
1 TBS Olive Oil

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Preheat oven to 400F and line a baking sheet with parchment paper. Mix everything in a bowl and pour onto backing sheet. Bake for 35-45 minutes until crisp. After finished baking sprinkle with more chilli powder and lime zest (optional).

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STUFFED DATES

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RECIPE:
Pitted Medjool dates
Almond butter (or any nut butter)
Ground Cinnamon
Dairy free chocolate chips (I use *Enjoy Life* brand)
Unsweetened Coconut Flakes

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Slice open the dates and fill with nut butter of choice. Sprinkle with cinnamon, place chocolate chunk inside and then sprinkle with coconut flakes. Consuming a protein source such as almond butter with a sugary food item such as dates slows the release of glucose into the bloodstream and therefore helps to stabilize blood sugar levels. Cinnamon also helps to stabilize blood glucose levels.

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BUTTERY CHEESY POPCORN

Can’t go wrong with a traditional movie snack!

RECIPE:
Popcorn kernels (I use Orville Redenbacher)
Vegan butter
Nutritional Yeast

Follow stovetop directions on container on how to pop the kernels. Melt some vegan butter over the stovetop and drizzle over popcorn. Sprinkle with nutritional yeast

for a cheesy flavour! If you don't have any you can easily order it online, otherwise can find it in grocery stores.

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SWEET POTATO NACHOS

Who doesn't love some nachos while couching down?!

RECIPE:
1 Large Sweet potato
1 LB Lean Ground Beef
Lactose free/dairy free cheese
Green onions chopped for garnish
1 Roma Tomato chopped
Salsa
Guacamole

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Preheat oven to 350F and prepare baking sheet(s) lined with parchment paper. Thinly slice sweet potato with a mandolin or slicer. Toss in a bowl with some Olive Oil and Salt. Bake for 20 minutes then flip the chips and bake for an additional 20 minutes until crispy. In the meantime cook up your beef in a pan on the stove. I like to flavour our nacho beef with taco seasoning but this is completely optional! After sweet potato chips are finished baking, top with beef, cheese and tomatoes and bake until cheese is melted. (It's tougher for dairy free cheese to melt, so bake until cheese has softened in this case). Lastly garnish with green onions, guac and salsa!

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CREAMY MAC N CHEESE

A comfort food staple

RECIPE:
Brown Rice Pasta/or other gluten free pasta
1 C Raw Cashews (soaked)
1 C Water
1 Clove of Garlic

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Salt & Pepper (I also like to use a herbed salt)
Juice of ¼ lemon
1 TBS Nutritional Yeast
Green onion chopped for garnish

To quickly soak the cashews, soak in hot water for 30 minutes. Drain cashews and add to blender. Add in water, garlic, salt, pepper, lemon juice, and nutritional yeast. Blend until smooth. Boil pasta, drain and pour sauce onto pasta. Garnish with green onion.

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WHITE BEAN & QUINOA BURGERS

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RECIPE:
2 Cups Cooked Quinoa (about 1 cup uncooked)
1 Can White Beans
½ Red Onion chopped
1 C Cremini Mushrooms chopped
¼ C Sundried Tomatoes
1/3 C Green Onion chopped
¾ C Parsley Chopped
1/3 C Oat Flour (Can blend up oats to make your own oat flour)
1 Garlic Clove

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1 TSP Ground Cumin
1 TSP Garlic Powder
1 TSP Onion Powder
1 TSP Dried Thyme
1 TSP Paprika
Salt and Pepper

Preheat oven to 400F and line a baking sheet with parchment paper. Cook onions, garlic, mushrooms, spices, and herbs except parsley in a pan and then set aside to cool. Mash up the beans in a bowl. Combine everything in a large bowl and measure out ½ C to form patties. Bake for 30 minutes, turning the baking sheet halfway. Top burgers with favourite toppings and enjoy!

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EVERYTHING BUT THE KITCHEN SINK SALAD

A good way to use up some veggies in the house!

RECIPE:
Spring Mix Salad
2 C Diced Cucumber
1 Green pepper chopped
1 Carrot shredded

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¼ C Red Onion diced
1 Roma Tomato diced
Juice of ½ lemon
1 Avocado diced and soaked in lemon juice
¾ C Fresh Parsley
1 Can of Chickpeas

Dressing Ingredients:
¼ C of Olive Oil
2 TBS Red Wine Vinegar
Salt and Pepper
½ TSP Dijon Mustard
2 TSP of lemon juice that's been soaking with avocado

Mix all salad ingredients together in large bowl. Allow avocados to soak with lemon juice first for about 5-10 minutes. Mix dressing ingredients all together and enjoy over salad!