

# Maple Granola Bars

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YIELD: 12 BARS

## INGREDIENTS

½ cup maple syrup  
½ cup coconut sugar  
½ cup olive oil  
½ cup peanut butter  
1 tsp vanilla

¾ cup rolled oats  
2 cups ground oats\*  
¾ cup pumpkin seeds  
½ cup sunflower seeds  
1 cup shredded coconut  
½ cup dried cranberries  
¼ cup sesame seeds  
¼ tsp salt

## DIRECTIONS

1. Preheat oven to 350°F.
2. In a large bowl, combine maple, sugar, olive oil, peanut butter, and vanilla. Mix thoroughly.
3. In a separate bowl, combine dry ingredients and mix thoroughly.
4. In 3 batches, add dry ingredients to wet, fully incorporating each batch before adding the next.
5. Transfer mix onto an 8x8" or 9x9" pan and press into pan until firm and even throughout.
6. Bake for 25-35 minutes or until edges are golden brown. Remove from oven and cool. Center should be firm when cool.
7. Cut into 12 bars. Store in airtight container for up to a week.

\*grind your own oats in the blender or use oat flour



# Mochi Snackin' Cake

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YIELD: 9 PIECES

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## INGREDIENTS

1 cup coconut sugar  
1 cup coconut milk  
2 eggs  
2 tsp vanilla  
2 cups mochiko\*  
1 tsp cardamom  
1 tsp salt  
1 tsp baking powder

optional: sesame seeds  
or shredded coconut

\*sweet rice flour

## DIRECTIONS

1. Preheat oven to 350°F and grease an 8x8" or 9x9" baking dish with coconut oil.
2. In a large bowl, combine sugar and coconut milk. Mix until no clumps remain.
3. Whisk in eggs and vanilla.
4. In a separate bowl, combine mochiko, cardamom, and salt, then whisk into sugar mixture.
5. In 3 batches, stir dry mixture into wet mixture, fully incorporating before adding more dry.
6. Transfer mix into the baking dish and sprinkle with sesame seeds or coconut.
7. Bake for 45-55 minutes or until top begins to crack and edges are golden brown. Remove from oven and cool.
8. Cut into 9 squares. Store in airtight container for up to 3 days.



# Tahini-Zucchini Quinoa

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YIELD: 4 SERVINGS

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## INGREDIENTS

1 cup quinoa, rinsed  
2 cups veggie broth  
1 shallot, minced  
4 zucchini, sliced  
¼ cup tahini  
½ cup olive oil  
juice from 1 lemon  
2 tsp white wine vinegar  
1 tsp salt  
½ tsp black pepper  
  
optional: crumbled feta

## DIRECTIONS

1. Combine quinoa with broth, bring to a boil, then cover and reduce to a simmer for 10 minutes or until quinoa is soft and cooked through.
2. Heat a large skillet on medium. Add shallot, zucchini, and a splash of olive oil. Saute until soft and cooked through, stirring occasionally.
3. In a blender, combine tahini, olive oil, lemon juice, vinegar, salt, and pepper. Puree until smooth, adding water if necessary.
4. To serve, combine quinoa, zucchini, and dressing. Top with crumbled feta.



# Chickpea Tomato Pasta

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YIELD: 6 SERVINGS

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## INGREDIENTS

16 oz Banza pasta\*  
½ cup olive oil  
½ cup onion, minced  
2 tsp garlic, minced  
15 oz (can) diced tomatoes  
¼ cup sundried tomatoes,  
minced  
1 tsp rosemary, chopped  
½ tsp dried oregano  
15 oz (can) garbanzo beans  
1 pint cherry tomatoes,  
halved  
salt + pepper to taste

## DIRECTIONS

1. Cook pasta according to package directions.
2. Heat a large skillet over medium heat. Add olive oil and onion, then cook until onion softens and begins to brown.
3. Add garlic and cook 2-3 more minutes, stirring occasionally.
4. Add tomatoes, sundried tomatoes, rosemary, and oregano. Cook for about 20 minutes, stirring occasionally, until tomatoes have reduced.
5. Remove from heat, then stir in garbanzo beans and fresh tomatoes.
6. To serve, top pasta with sauce.

\*or any pasta you choose

