



# Healthy Treats

To satisfy a  
sweet tooth

# Healthy Treats

## Chocolate Truffles

### Ingredients

- 1/2 c. Refined Coconut Oil
- 1/4 c. Dark Cocoa
- 2 Tbsp. Honey
- 1 tsp. Vanilla

### Directions:

1. Melt coconut oil in a glass measuring cup (TIP: Do it in the oven on low heat)
2. Whisk in the honey, cocoa, and vanilla until smooth
3. Pour Immediately into small silicone ice cube trays (TIP: Fun shapes are cute)
4. Put in the freezer for 20 min.
5. Pop out and enjoy (TIP: Store in freeze)



## Rawtarian Brownies

### Ingredients

- 1 cup toasted pecans
- 1 cup dates
- 5 Tbsp. raw cocoa powder
- 4 Tbsp. shredded unsweetened coconut
- 2 Tbsp. honey
- 1/4 teas salt

### Directions:

1. Place pecans in food processor and process until the pecans become small and crumbly
2. Add pitted dates and process again until the mixture sticks together and dates are well processed
3. Add the remaining ingredients and process again until the mixture turns dark chocolatey brown. Stop before it gets too buttery (there should be air between the small bits)
4. Put the brownie mixture into a small pan and press down firmly.
5. Refrigerate for a few hours. And store in refrigerator.

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## Chocolate Fat Bombs

### Ingredients

1 1/2 c unsweetened shredded coconut  
1/4 c extra-virgin coconut oil  
1/4 c grass-fed butter (softened)  
or more coconut oil  
1/4 tsp cinnamon pinch salt  
20 drops Stevia - optional

### Directions:

1. Melt coconut oil in glass bowl.
2. Whisk in cocoa powder, Stevia, and butter.
3. Pour into silicone ice cube tray (or a 8x8 glass pan and cut into cubes).
4. Sprinkle with salt.
5. Freeze for 20 minutes.



## Chocolate Truffle Bites

### Version #2

### Ingredients

1.5 cups Almond Meal  
4 T cacao powder  
4 T honey  
2 T coconut oil, melted  
Splash H<sub>2</sub>O

### Directions

1. Mix all ingredients until fully combined
2. Roll (add a splash of water if not sticking together)
3. Sprinkle with sea salt
4. Serve cold

TIP: if too warm to roll, leave in fridge to cool before rolling.

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## Dark Chocolate

### Avocado Mousse

#### Ingredients

1/4 cup Chocolate Life Shake  
1/4 cup melted dark chocolate  
2 medium avocados, (about one cup) pits and skins removed  
1/2 cup full-fat coconut milk  
1/2 cup maple syrup, agave or honey if not vegan  
1/2 cup cocoa (or cacao) powder  
1 teaspoon vanilla extract  
1/2 teaspoon sea salt  
grated chocolate or cocoa powder for serving

#### Directions:

1. In a high-speed blender or food processor place all the ingredients and blend until smooth. If the mixture is too thick to blend, add a tablespoon or two of additional coconut milk until the desired consistency is reached.
2. Refrigerate the mixture for 30-45 minutes until it is chilled.



## Sea Salt Dark Chocolate Almond

### Clusters

#### Ingredients:

3 1/2 oz. unsweetened chocolate, chopped  
2 1/2 tsp. coconut oil  
2 Tbsp. honey or maple syrup or agave  
1/2 tsp. vanilla  
2 C. almonds  
3/4 tsp. Sea Salt

#### Directions:

1. Melt chocolate and coconut oil in a double broiler, stirring constantly. Stir in honey and vanilla, then remove from heat and let cool for 10 min.
2. Line a baking sheet with parchment paper.
3. Stir the almonds into the chocolate, then spoon mounds onto the prepared baking sheet. Sprinkle with sea salt.
4. Place in the fridge to set for 30 min until hardened.

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## Chocolate Covered Strawberry

### Protein Brownies

#### Ingredients

- ½ c + 2 T coconut oil
- 1 ¼ c coconut sugar
- ¾ c + 2 T cacao powder
- ¼ tsp salt
- ¼ cup chocolate life shake or chocolate meal shake
- 1 tsp vanilla extract
- 2 large eggs
- ½ cup almond flour

#### For chocolate topping:

- 1 cup fresh strawberries, diced
- ⅓ cup coconut oil
- ⅓ cup chocolate protein
- 2 T maple syrup

#### Directions:

1. Preheat oven to 325. Line 8x8 pan with parchment paper.
2. In a large microwave safe bowl, combine first 5 ingredients and heat to melt, about 45 seconds. Stop to stir and heat 10 seconds bursts until mixture has melted and can be stirred smooth.
3. Add vanilla and eggs, and stir until batter is thick, shiny and well blended. Add almond flour, stir until combined. Pour batter into the prepared pan and spread evenly.
4. Bake until toothpick comes out with moist crumbs attached, about 22-25 minutes. Don't over bake.
5. Spread strawberries evenly over brownies. Whisk together coconut oil melted, chocolate protein and maple syrup. Drizzle over top and allow to cool.



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## Superfood truffles

### Ingredients

- 1 cup oats
- 1/3 cup cocoa powder
- 2 scoops Shaklee Life chocolate protein
- 3 scoops Organic Greens booster
- 3/4 cup (8 dates-ish) dates
- 1/3 cup almond butter
- 2T Honey
- 2 T. coconut oil
- 1 tsp vanilla extract

### Directions:

1. In a food processor add oats, cocoa powder, protein powder, and organic greens booster. Process until a flour like consistency forms. Add dates, almond butter, honey, coconut oil, and vanilla. Process for a few minutes stopping the machine and scraping the edges until a dough like consistency forms.
2. Roll into tablespoon size balls. Let freeze or store in fridge.

## Mint Chocolate Truffles

### Ingredients

- 8 dates, pitted (About 1 cup)
- 1 cup raw cashews
- 1/4 cup cacao powder
- 1/4 cup dark chocolate chips (Enjoylife brand for dairy free)
- 1/2 - 1 tsp mint extract
- 4 scoops chocolate protein powder
- 2-4 T coconut milk

### Directions:

1. Add all ingredients into food processor, start with 2 T of milk and if still dry, slowly add a bit more.
2. Roll into balls. This recipe makes about 15-20 balls, depending upon size.
3. Store in fridge! Enjoy the chocolatey minty goodness!

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## **PBJ Protein Puppy Chow**

### **Ingredients**

- 3 scoops strawberry lifeshake
- 1 scoop vanilla life shake
- 2 T coconut oil
- ½ cup vanilla chips
- ½ cup peanut butter
- ¼ cup powdered peanut butter
- 8 cups rice chex cereal

### **Directions:**

1. Melt vanilla chips in double broiler
2. In separate bowl melt coconut oil. Add 1 scoop strawberry life shake and stir. Combine with vanilla chips.
3. Add in peanut butter and stir.
4. In a large bowl put in the chex cereal and combine the peanut butter mixture and stir until coated.
5. Sprinkle the rest of the shake and powdered peanut butter cover with a lid and shake!



## **Flourless Chocolate Banana Loaf**

### **Ingredients**

- 3 medium, overripe bananas
- ½ cup smooth peanut butter
- 2 T – ¼ cup cacao powder
- 2 scoops life shake (vanilla or chocolate)

### **Directions:**

1. Preheat oven to 350 degrees, grease small cake pan or loaf pan.
2. In blender combine all 4 ingredients until smooth. Pour into greased pan and bake for around 20 minutes.
3. Remove from oven and allow to cool before slicing

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## Peppermint Brownie Cookies

### Ingredients

box of brownie mix  
1/2 cup peppermint bark life shake  
2 large eggs  
5 T coconut oil  
1 T water  
1/2 cup mini chocolate chips  
crushed peppermint candies for  
topping

### Directions:

1. Preheat oven to 350 degrees and line a large baking sheet with parchment paper.
2. Combine all ingredients and mix well, crape down the sides, dough will be sticky.
3. Use a cookie scoop and drop onto prepared baking sheet about 2 in apart
4. Sprinkle peppermint pieces on top of cookies before baking
5. Bake for 12 minutes, so not overbake!! They will cook fast and dry out if overbaked!
6. Cool on pan for a couple minutes before placing onto cooling rack.

## Black Forest Cake Smoothie

### Ingredients

2 scoops Chocolate Shaklee Life Protein  
2 scoop collagen-9  
1/2 cup frozen cherries  
1/4 cup rolled oats  
1T cacao powder  
1T MCT oil  
1 handful spinach

### Directions:

1. Add 4-5 cubes of ice to blender
2. Add all ingredients to blender
3. Pour in 10-12 ounces liquid (water, milk or 1/2 of each!)
4. Blend for 1-2 minutes. If still chunky, blend for another minute
5. Add more liquid to make thinner consistency.



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## Blueberry Cashew Chia Pudding

### Ingredients

- 1 1/2 cup frozen blueberries, thawed
- 1 c unsweetened almond milk
- 1 cup canned coconut milk
- 2 tsp vanilla extract
- 1 1/2 servings vanilla protein (30 gm protein total)
- 3 Tbsp Cashew butter
- 1/2 c chia seeds

### Directions:

1. Mash blueberries and divide evenly into 3 jars/bowls
2. Whisk remaining ingredients together until combined
3. Carefully pour into jars/bowls
4. Refrigerate overnight.

## Peanut Butter Fudge

### Ingredients

- 1 c coconut oil
- 1/4 c cocoa powder
- 8 drops liquid Stevia (optional)
- 1/3 c peanut butter
- Pinch of salt

### Directions:

1. Blend all ingredients in a food processor or blender until smooth.
2. Pour into 12 greased or lined mini muffin tins (or roll into balls and put on cookie sheet).
3. Put in fridge or freezer and let set.

## Never Fail Granola Bars

### Ingredients:

- 3 Cups gluten free oats
- 2 Eggs
- 3/4 Cup Peanut butter
- 2 scoops Vanilla Life Shake
- 1/2 Cup honey or maple syrup
- 1/2 Cup chocolate chips

### Directions:

Preheat oven to 300 degrees. Combine and mix all ingredients in a bowl. Use parchment paper for easy removal Bake for 15-17 minutes Allow to cool and cut into bars

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## **Peanut Butter Fudge**

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1/4 c cocoa powder  
8 drops liquid Stevia (optional)  
1/3 c peanut butter  
Pinch of salt

### **Directions:**

1. Blend all ingredients in a food processor or blender until smooth.
2. Pour into 12 greased or lined mini muffin tins (or roll into balls and put on cookie sheet).
3. Put in fridge or freezer and let set.



## **Life Shake Peanut Butter Cups**

### **Ingredients:**

1/3 c unsweet cocoa  
1/3 c maple syrup  
1/3 c melted coconut oil  
1 scoop Chocolate Life Shake  
Your favorite nut/seed butter

### **Directions:**

1. Whisk first 4 ingredients together until smooth.
2. Cover bottom of mini silicone muffin mold with chocolate mixture. Or tablespoon(ish) in a regular size muffin pan.
3. Dollop your favorite nut butter on top the chocolate.
4. Top the nut butter with the remaining chocolate mixture (reheat if necessary)
5. Place in freezer until solid, pop out and DEVOUR!