



AAMAC Nutrition webinar-

October 24th, 2020

GRANOLA BITES: 40-45 small bites

INGREDIENTS:

- 2 cups large flake rolled oats
- ¼ cup ground flaxseeds
- 2 Tbsp hemp hearts (same as hemp seeds)
- ½ tsp salt
- ¼ tsp ground cinnamon
- 1 cup any natural nut or seed butter (at room temperature)
- ¼-½ cup honey
- ½ cup chocolate chips (or replace with any other add-in variations below)

Add in variations:

Oatmeal raisin

- ½ tsp cinnamon
- ¼ cup raisins

Crispy-crunchy

- ¼ cup crisp rice cereal
- 2 Tbsp chopped pecans

Tropical

- ¼ cup toasted coconut
- ½ tsp vanilla extract

Chocolate cherry

- ¼ cup chocolate chips
- 2 tbsps dried cherries, chopped

Almond Joy

- 2 Tbsp chocolate chips
- 2 Tbsp coconut
- 2 Tbsp chopped almonds

DIRECTIONS:

1. Line a baking sheet with parchment paper.
2. Preheat oven to 350°F. Toast oats for 10 minutes. Set aside until fully cooled (this is an important step). THIS STEP MAKES THE OATS TASTE NUTTY, BUT IS COMPLETELY OPTIONAL.
3. In a large bowl, add oats, flaxseeds, hemp seeds, salt, cinnamon, nut or seed butter, honey, and chocolate chips (or any of the add-ins). Using your hands or a spatula, combine until completely mixed in and sticky.
4. Using a tablespoon, scoop out oat mixture and roll it tightly into a bite-sized ball. Place on parchment paper. Repeat until oat mixture is used up. It should make 40-45 small bites.
5. Place baking sheet in fridge or freezer for 1 hour.
6. Store the bites in a freezer- safe container. Keep frozen in a large Freezer safe Ziploc bag.



AAMAC Nutrition webinar-

October 24th, 2020

GINGER PEAR SMOOTHIE – 4 – 1 cup servings

INGREDIENTS:

- 2 pears, cored and chopped (leave peel on)
- 1 Tbsp fresh ginger, peeled and chopped into small pieces
- 3 Tbsp hemp hearts (same as hemp seeds)
- 1-2 Tbsp maple syrup
- 2 Tbsp natural almond butter
- 1 ½ cup unsweetened almond or soymilk

DIRECTIONS:

1. Add all ingredients into a blender.
2. Blend on high until mixture is smooth.
3. Pour into a glass and enjoy!