



WITH SALT
& wit
Top 15 Make Ahead Recipes





the scoop

With Salt and Wit is a blog devoted to uncomplicated cooking. You will find seasonal recipes that are easy to prepare, use minimal ingredients, and come with meal preparation tips. While I don't focus on one specific diet, most of the recipes focus on allergy free cooking – gluten free, dairy free, egg free, etc – but all recipes remain healthy and are insanely delicious.

laugh often. eat well.
megan

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Overnight Blueberry Lemon Cheesecake Oats

Cheesecake flavored oats bursting with lemon and blueberries, all come together in a protein packed, make ahead breakfast!

YIELD

Serves 1/2 of Recipe

PREP TIME

5 min

COOK TIME

12 hr

TOTAL TIME

12 hr, 5

INGREDIENTS

1 cup oats
 1 scoop Vanilla Protein Powder
 2 tablespoons chia seeds
 1/2 cup unsweetened vanilla almond milk (or milk of choice)
 1/2 cup fat free vanilla greek yogurt
 1 cup frozen blueberries
 Stevia, Maple Syrup, Honey or Sugar, if desired
 1/4 cup light cream cheese
 1/4 tsp lemon extract
 2 tablespoons sugar free maple syrup

DIRECTIONS

1. Combine oats, protein powder and chia seeds. Stir in yogurt. Divide between two mason jars. Feel free to add in sweetener here, if using.
2. In a small bowl, combine cream cheese, lemon extract and maple syrup. Stir until fully combined and smooth.
3. Top oat mixture with cream cheese mixture then blueberries.
4. Seal mason jars with lid, then set in fridge to let sit overnight.
5. In the morning, devour!

meal prep tip

Overnight Blueberry Lemon Cheesecake Oats

1. this healthy overnight oats recipe is the perfect make ahead breakfast for a busy week! Simply throw together at the beginning of the week, store in individual, sealed containers in the fridge. Then your breakfast is ready in the morning!
2. perfect for on the run mornings and to save a few minutes in the morning even if you are staying around home!



{One Bowl} Chia Seed Peanut Butter Banana Breakfast Cookies

Peanut Butter Banana Breakfast Cookies are ready in 15 minutes, only take one bowl and are a delicious and dessert-like breakfast treat to start your day!

YIELD

Serves 1 Cookie

PREP TIME

10 min

COOK TIME

15 min

TOTAL TIME

25 min

INGREDIENTS

3 small mashed ripe bananas
 2 cups old fashioned oats
 1 1/2 teaspoon cinnamon
 3 tablespoons ground flax seed
 1 tablespoon chia seeds
 1/4 teaspoon sea salt
 1 1/2 teaspoons vanilla extract

Peanut Butter Drizzle:

1/2 cup Peanut flour
 1/4 - 1/2 cup unsweetened almond milk

DIRECTIONS

1. Cookies: Preheat oven to 350 degrees F. Line a baking sheet with a silicon mat or parchment paper.
2. In a large bowl, mash the banana. Stir in the remaining ingredients.
3. With a small cookie scoop, scoop the dough into 12 mounds. Don't worry about spacing, they won't spread when being baked. Press down with the bottom of a glass that has been sprayed with non stick spray or wet your hand slightly, and flatten each cookie to about 1/4 inch.
4. Bake the cookies for 13-15 minutes or until the cookies are slightly firm, but soft to the touch.
5. Let cookies cool for about 5 minutes on cookie sheet, then transfer to a wire rack.
6. Peanut Butter Drizzle: In a small bowl, whisk together the peanut flour with 1/4 cup of milk until smooth. Add more if yours is too thick. Drizzle each cookie.
7. Store in an air tight container in the refrigerator.

meal prep tip

{One Bowl} Chia Seed Peanut Butter Banana Breakfast Cookies

1. these Peanut Butter Banana Breakfast Cookies are perfect to make on the weekend, then snack on all week! Store in a sealed container in the fridge for up to a week.
2. i love to enjoy these as a energy boosting snack or for a breakfast on the run!



Fluffy Vanilla Greek Yogurt Pancakes

Fluffy and easy, healthy vanilla greek yogurt pancakes you can whip up quickly for a delicious, whole grain breakfast!

YIELD
Serves per Pancake

PREP TIME
10 min

COOK TIME
20 min

TOTAL TIME
30 min

INGREDIENTS

2 cups white whole wheat flour
 2 tablespoons coconut sugar
 1 tablespoon baking powder
 1/2 teaspoon sea salt
 2 large eggs
 1 1/2 cups unsweetened vanilla almond milk
 1 cup non fat vanilla Greek yogurt
 1 tablespoon vanilla extract
 2 1/2 tablespoons coconut oil, melted
 Garnish: Berries, peanut butter and maple

DIRECTIONS

1. In a large bowl, combine the flour, truvia, baking powder and sea salt. Whisk well and set aside.
2. In another bowl, combine the eggs, milk, yogurt, and vanilla extract. Whisk well until mixed then while whisking pour in the oil. This will prevent the oil from solidifying further upon mixing with the cold ingredients. Whisk until smooth.
3. Add the yogurt mixture to the dry ingredients and stir until batter is combined.
4. Heat a griddle pan over medium heat and spray with non stick cooking spray. Once heated, pour 1/4 cup of batter onto preheated pan. You may need to spread out a bit into an even circle.
5. Cook for 2-3 minutes, or until bubbles start to appear gently, or until light golden brown. Gently flip and cook for 2 more minutes. Repeat with remaining batter.
6. Serve with sliced strawberries, granola and maple, if desired.

meal prep tip

Fluffy Vanilla Greek Yogurt Pancakes

1. these pancakes are the perfect breakfast to make on the weekend, freeze by placing parchment paper between each pancake, then store in a freezer-friendly baggie. reheat by placing in microwave or toaster to thaw out!
2. to make preparation easier, mix the dry ingredients ahead of time then add the wet ingredients when ready to make!



Hawaiian Pork Burrito Bowls

Slow Cooker Hawaiian Pork Burrito Bowls are a dinner saver as they cook all day in a homemade enchilada sauce then topped with sautéed peppers and juicy, seared pineapple!

YIELD
6 servings

PREP TIME
30 min

COOK TIME
3 hr, 30

TOTAL TIME
4 hr

INGREDIENTS

(14.5 oz) can tomato sauce	2 teaspoon salt
2 tablespoon tomato paste	2 teaspoon pepper
2 tablespoon chili powder	1/2 tablespoon coconut oil
2 tablespoon cumin	1 1/2 cups quinoa, uncooked, rinsed and drained
1 teaspoon onion powder	3 cups water
1 teaspoon garlic powder	2 bell peppers, thinly sliced (I used red and orange)
1/4 teaspoon paprika	1 green onion, thinly sliced
1/8 teaspoon cayenne	1 Pineapple, sliced into rings
1/4 teaspoon salt	Avocado, sliced
1/4 teaspoon pepper	Cilantro, chopped
1 cup pineapple juice	
1 tablespoon coconut oil (or olive oil)	
2 lbs pork sirloin roast	
2 teaspoon cumin	
1 teaspoon chile powder	

DIRECTIONS

1. Enchilada sauce: in a crock pot, add the ingredients for the enchilada sauce: tomato sauce through the pineapple juice. whisk until well combined.
2. For the pork: in a large skillet, add the coconut oil and heat over medium high heat.
3. Season all sides of the pork with the cumin, chile powder, salt and pepper.
4. Add the pork to the skillet and sear on all sides, about 2 mins per side. Once seared add to a slow cooker. Spoon some of the enchilada sauce over the top of the pork. Cook on high for 3 1/2 hours, or until done.
5. Remove the pork from the slow cooker and onto a large plate. Shred with two forks. Place back into slow cooker and mix well with the sauce.
6. Cook the quinoa according to the packages instructions. Set aside until ready to serve. Remove from the heat.
7. Meanwhile, in a large skillet, heat the coconut oil over medium heat. Add the peppers and sauté for 5 minutes or until soft. Remove from the heat and add the pineapple slices. Cook until slightly browned, about 1 minute.
8. To serve, add quinoa to a bowl, top with the pepper mixture then the pork. Garnish with the pineapple rings, avocado and cilantro.

meal prep tip

Hawaiian Pork Burrito Bowls

1. cook and cool quinoa. store in sealed container in the fridge then reheat before serving.
2. prechop veggies. store in sealed container in the fridge. or cook the veggies, store in the fridge then reheat at meal time, your choice.
3. this meal reheats well so make earlier then reheat at meal time, ie. lunches, dinner.



Honey Teriyaki Chicken Rice Bowls

These delicious Skinny Honey Teriyaki Chicken Rice Bowls is a super quick dinner! Tender chicken is sautéed until juicy and simmered in a homemade, healthy teriyaki sauce. Served with fresh veggies and rice, you will forget all about takeout!

YIELD
4 servings

PREP TIME
10 min

COOK TIME
10 min

TOTAL TIME
20 min

INGREDIENTS

1/2 cup soy sauce (gluten free if needed)
2 tablespoons water
2 tablespoons rice vinegar
2 tablespoons coconut sugar (or brown sugar)
1 tablespoon honey
3/4 teaspoon garlic powder
1 teaspoon ground ginger
1 1/2 teaspoon cornstarch
1 1/2 pounds raw boneless chicken breast or tenders
2 cups uncooked instant brown rice
2 cups steamed broccoli florets
2 green onions, sliced thin
Garnish, sesame seeds

DIRECTIONS

1. Sauce: In a small bowl, combine the sauce ingredients. Whisk well until all ingredients are incorporated. Set aside.
2. Rice: In a medium saucepan, cook the rice according to the package instructions. During the last 7 minutes, add the broccoli and cook until tender crisp. Set aside and keep warm.
3. Chicken: While rice cooks, in a large saute pan, preheat over medium-high heat. Spray with non-stick cooking spray.
4. Add the chicken to the pan and cook until golden brown on one side, 3 minutes. Flip chicken and add the sauce ingredients. Cook the chicken until it is no longer pink and the sauce is thickened, 3 to 5 minutes.
5. To serve, divide the rice and broccoli between 4 bowls. Top with chicken, sauce, green onions and sesame seeds, if desired.

meal prep tip

Honey Teriyaki Chicken Rice Bowls

1. this teriyaki chicken bowl recipe is the perfect make-ahead lunch/dinner option. make a double batch, then store in individual containers. at meal time, reheat and you are set!
2. to make this meal even quicker, make the sauce ahead of time and store in the fridge. then when it is ready to be added to the recipe, remove from fridge and add to saute pan.



Slow Cooker Honey Chipotle Chicken Tacos

Slow Cooker Honey Chipotle Chicken Tacos are slightly sweet and slightly spicy! The slow cooked chicken is fall apart tender, juicy and full of chipotle and honey! Delicious in tacos or over lettuce for a lighter option!

YIELD
Serves 1 Taco

PREP TIME
15 min

COOK TIME
3 hr, 30 min

TOTAL TIME
3 hr, 45 min

INGREDIENTS

2 pounds skinless, boneless chicken breasts

1/3 cup honey

Honey Chipotle Marinade:

1 1/2 teaspoons chili powder

2 teaspoons chipotle in adobo sauce (or ground chipotle powder if gluten free)

1 tablespoon ground cumin

1 1/2 teaspoons paprika

1 1/2 teaspoon garlic salt

1 teaspoon onion powder

heaping 1/2 teaspoon ground coriander

1/2 teaspoon pepper

8 taco sized corn or flour tortillas

1/2 cup Pepper Jack cheese, shredded, if desired

Red Cabbage, diced

Avocados, sliced thin

Lime wedges

DIRECTIONS

1. Place chicken in the bottom of a slow-cooker.
2. Mix together the chicken rub ingredients. Sprinkle evenly over the chicken. Pour honey over top.
3. Cover and cook on high for 3 - 3 1/2 hours or low for 5-6 hours or until meat is cooked through and easily falls apart.
4. Once the chicken is cooked, remove from the slow cooker and shred with two forks.
5. Return the shredded chicken back to the slow cooker to absorb the cooking liquid. Taste and season with salt and pepper, if desired.
6. You can either char your tortillas by placing over a gas grill until lightly charred or you can wrap them in a paper towel and microwave for 10 seconds.
7. In the center of each tortilla, add the chicken mixture and top with desired garnishes. Serve immediately.

meal prep tip

Slow Cooker Honey Chipotle Chicken Tacos

1. the slow cooker mexican chicken for this dish is ideal to make and freeze! so double the ingredients for the chicken. once cooked, let cool, then add to an airtight container or place in a plastic freezer bag, lay flat on a baking sheet in the freezer. (laying on the baking sheet, makes the freezer bag flat and easier to store but it is not necessary if you don't mind it not being flat.) and let freeze. remove from the freezer the evening before and place in the fridge. this chicken is ideal for not only tacos, but salads, burritos, taquitos, and quesadillas!
2. since this chicken reheats well, make on a sunday then eat all week long. you can prepare the tacos one evening, taco salads the next. and don't forget lunches! pack in individual containers to reheat at meal time!
3. for the fresh ingredients, such as the cabbage, slice ahead of time then you are ready when its meal time. i advise against cutting the avocado ahead of time as it will brown too quickly.



One Pot Thai Quinoa Bowl with Chicken and Spicy Peanut Sauce

A healthy and filling, One Pot Thai Quinoa Bowl filled with crunchy veggies and drizzled with a spicy and addicting peanut sauce!

YIELD
6 servings

PREP TIME
10 min

COOK TIME
40 min

TOTAL TIME
50 min

INGREDIENTS

1 tablespoon olive oil	1/4 cup peanut butter
1 small red onion, chopped	3 tablespoon water
3 garlic cloves, minced	3 tablespoon rice vinegar
2 cups broccoli, chopped	1 tablespoon gluten free soy sauce
2 cups sliced red cabbage	1 tablespoon honey
2 cups julienned carrots	1/8 teaspoon sesame oil
1 cup uncooked quinoa, rinsed and drained	1/4 teaspoon red pepper flakes
2 1/2 cups chicken stock	1/4 teaspoon ground ginger
2 teaspoon ground ginger	Handful Cilantro
1 1/2 teaspoon sea salt	1/4 cup Chopped Peanuts
1 1/2 teaspoon pepper	
2 cups frozen edamame, thawed	
2 cups precooked, chopped chicken	

DIRECTIONS

1. Quinoa Bowl: In a large skillet, heat olive oil over medium heat. Add the red onion and sauté for 4-5 minutes, or until soft. Add the minced garlic, and cook 30 seconds or until fragrant.
2. Add the broccoli, red cabbage and carrots. Stir and cook 1 minute.
3. Add the quinoa, chicken stock, ginger, salt and pepper. Stir well. Cover and cook for 20 minutes.
4. Remove lid and fluff. Add the edamame and chicken. Stir in and let cook 1 - 2 minutes, or until chicken is heated through.
5. To Make the Peanut Sauce: While quinoa cooks, mix all the ingredients for the sauce and stir well until completely smooth.
6. To Serve: In a bowl, add the quinoa mixture, top with peanut sauce, cilantro, and peanuts.

meal prep tip

One Pot Thai Quinoa Bowl with Chicken and Spicy Peanut Sauce

1. this dish is perfect to reheat for lunches or dinners. Simply store in individual, microwave safe containers, store in the fridge then reheat before consuming.
2. to make dinner time go smoothly, ensure the chicken is cooked and chopped, along with preparing the veggies ahead of time. Store in individual containers. You can prepare the peanut sauce ahead of time as well. Whisk then store in a sealed container.



Lemon Rosemary Chicken Sheet Pan Dinner with Crispy Potatoes

Lemon Rosemary Chicken Sheet Pan Dinner with Crispy Potatoes is the holy grails of dinner! Garlic, crispy potatoes are cooked right along lemon rosemary scented asparagus and chicken, on one pan!

YIELD
4 servings

PREP TIME
10 min

COOK TIME
20 min

TOTAL TIME
30 min

INGREDIENTS

1 pound red new potatoes, cut in half (or forth's if large)

1 1/2 pound skinless, boneless chicken breasts*

1 pound thick-stemmed asparagus

2 tablespoons olive oil

1 lemon

8 rosemary sprigs, leaves removed and minced

1 teaspoon garlic powder

1 teaspoon onion powder

1 teaspoon salt

1 teaspoon pepper

DIRECTIONS

1. Preheat oven to 415 degrees F. Spray sheet pan with non-stick spray or grease with olive oil. Set aside.
2. In a medium bowl, whisk together the olive oil, juice and zest of lemon, minced rosemary, garlic powder, onion powder, salt and pepper.
3. Add the potatoes to the bowl, toss and lay onto sheet pan along the outside. There will be seasoning left in the bowl.
4. Add the chicken to the bowl, toss and lay into the middle of the sheet pan.
5. Place the pan in the oven. Bake for 10 minutes. Toss the potatoes around and move the potatoes to the end of the pan, as seen in the pictures. Lay asparagus down the sides, next to the chicken. Place back in the oven and bake for 10 more minutes. Remove from oven and serve immediately.

meal prep tip

Lemon Rosemary Chicken Sheet Pan Dinner with Crispy Potatoes

1. prepare marinade ahead of time. if you wish, add chicken. before roasting, add potatoes, toss then add to sheet pan.
2. trim asparagus. seal in plastic bag or sealed container, until ready to add to sheet pan.



One Pot Cheesy Taco Zucchini Noodle Skillet

One Pot Cheesy Taco Zucchini Noodle Skillet is a healthy spin on Taco Tuesday! Zucchini noodles, enchilada spiced ground turkey, black beans, corn and creamy avocado help makeover this dish!

YIELD
6 servings

PREP TIME
10 min

COOK TIME
20 min

TOTAL TIME
30 min

INGREDIENTS

1 pound Jennie-O Lean ground turkey	1 cup shredded cheddar cheese
Enchilada Sauce:	1 cup cherry tomatoes, halved
1 (14.5 oz) can tomato sauce	4 small zucchini noodles, spiralized
2 tablespoon tomato paste	1 avocado, sliced
2 tablespoon chili powder	Green onions or chives, garnish
2 tablespoon cumin	Cheddar Cheese, for garnish if desired
1 teaspoon onion powder	
1 teaspoon garlic powder	
1/4 teaspoon paprika	
1/8 teaspoon cayenne	
1/4 teaspoon salt	
1/4 teaspoon pepper	
1 (14.5 ounce can) black beans, drained & rinsed	
1 cup fresh corn kernels	

DIRECTIONS

1. Prepare the zucchini noodles: Spiralize zucchini using the ribbon blade or a vegetable peeler; set aside. Pat dry with a paper towel. (This step can be done up to 3 days in advance. Simply store zoodles in an airtight container with a paper towel to help absorb excess moisture.)
2. Heat a large skillet over medium-high heat and spray with nonstick cooking spray. Add in the ground turkey and cook until browned, about 3-4 minutes, making sure to crumble and break down into small pieces as it cooks; drain excess fat.
3. Add the tomato sauce, tomato paste, chili powder, cumin, onion powder, garlic powder, paprika, cayenne, salt, and pepper. Stir well to fully incorporate.
4. Cook for 2 to 3 minutes, or until starting to thicken.
5. Add the black beans, corn, cheddar cheese, and cherry tomatoes. Cook for 2 minutes, or until starting to heat through.
6. Add the ribboned zucchini noodles, cook for 5 minutes, stirring every 2 minutes or so.
7. Remove from stove, top with sliced avocado and sprinkle with green onions and more cheddar cheese if desired.

meal prep tip

One Pot Cheesy Taco Zucchini Noodle Skillet

1. Spiralize the zucchini ahead of time, store in the fridge, in a sealed container until ready to prepare.
2. This dish reheats wonderfully!
3. If looking to make the meal prep easier, combine the ingredients for the enchilada sauce ahead of time (or use prepared).



Simple {no cook} Zucchini Caprese Salad

My go-to summer meal! Simple {no cook} Zucchini Caprese Salad is fully on fresh summer flavors and takes no time to throw together as no cooking is required. Filled with fresh tomatoes, garlic, balsamic, basil and zucchini!

YIELD
4 servings

PREP TIME
20 min

COOK TIME
-

TOTAL TIME
20 min

INGREDIENTS

4 cups halved cherry tomatoes
 3 garlic cloves
 1/2 teaspoon salt
 1/2 teaspoon pepper
 1/2 cup light balsamic vinaigrette
 4 medium zucchinis, spiralized or cut with a madeleine
 4 ounces fresh mozzarella, optional
 1/2 cup lightly packed basil, julienned

DIRECTIONS

1. In a large bowl, combine the halved cherry tomatoes, garlic, salt, pepper and balsamic vinaigrette.
2. Add the zucchini and mozzarella to the bowl. Toss to combine and set aside for 10 minutes for flavors to combine.
3. Divide mixture between 4 plates. Top with julienned basil and serve immediately.

meal prep tip

Simple {no cook} Zucchini Caprese Salad

1. this is the perfect salad to whip up in a moments notice! Spiralize the zucchini ahead of time, toss with tomatoes and cheese, then store in a sealed container. I prefer to toss with chopped tomatoes only a day or two before to save the freshness of the tomatoes.
2. meal prep for weekly lunches or dinners by storing in individual containers to make packing lunches simpler.
3. add a protein to make a complete meal



Rainbow Power Kale Salad with Peanut Dijon Dressing

This colorful and nutrient dense Power Kale Salad is filled with crunchy vegetables, drizzled with a peanut dijon dressing and topped with salty peanuts! The perfect salad to fuel you up!

YIELD

Serves Roughly 2 Cups

PREP TIME

20 min

COOK TIME

-

TOTAL TIME

20 min

INGREDIENTS

1 large bunch kale, finely chopped

1 red bell pepper, diced

1 1/2 cups julienned carrots

1/2 head purple cabbage, sliced

2 cups finely chopped broccoli florets

1 (14.5 ounce) can chickpeas, drained & rinsed

3/4 cup peanuts

Dressing:

2 tablespoons peanut butter

1 tablespoon olive oil

1/2 lime, juiced

3 tablespoons water

1 tablespoon dijon mustard

1/2 tablespoon maple syrup

1/4 teaspoon salt

1/4 teaspoon pepper

3/4 teaspoon garlic

DIRECTIONS

1. Toss all kale, red bell pepper, carrots, cabbage, broccoli and chickpeas together in a large bowl. Set aside.
2. In a small blender, prepare the dressing.
3. When ready to serve, add 2 tablespoons, per serving, over the salad and toss. Top with chopped peanuts.

meal prep tip

Rainbow Power Kale Salad with Peanut Dijon Dressing

1. this kale power salad is the perfect meal prep meal! whip up a big batch of this salad, store in an air tight container, or individual containers, in the fridge then drizzle with the dressing before serving.
2. looking to make this a salad a main dish? add your favorite protein, such as grilled chicken!

No Bake Salted Caramel Chocolate Oat Bars

These No Bake Salted Caramel Chocolate Oat Bars come together with only 9 ingredients and are refined sugar-free! They have a cookie dough-like crust, fudge chocolate, salted caramel and sprinkled with sea salt, all for only 150 calories!

YIELD
Serves 1 Bar

PREP TIME
30 min

COOK TIME
3 hr

TOTAL TIME
3 hr, 30 min

INGREDIENTS

1 1/2 cup gluten-free oats
 1 cups pitted Medjool dates (168 grams)
 1/4 cup unsweetened applesauce
 2 teaspoons vanilla extract
 1 teaspoon cinnamon
 1/2 cup cocoa powder
 1/4 cup coconut oil, melted
 1/4 cup maple syrup
 2 tablespoons coconut oil, melted
 3 1/2 tablespoons almond butter
 2 tablespoons maple syrup

DIRECTIONS

1. Crust: In a 9x5 loaf pan, line it with plastic wrap. Sticky side attached to pan. This will make getting the bars out when it's chilled much easier. (I speak from experience.) Set aside.
2. In a high-powered blender, add the dates, oatmeal, applesauce, vanilla and cinnamon. Process until the dates start to break down and the mixture starts to come together, like a stiff dough.
3. Add the 3/4 of the dough to the lined pan. Press to cover the bottom in an even layer. Set aside.
4. Chocolate: In a small bowl, whisk together the cocoa powder, coconut oil, and maple syrup. Pour over oatmeal crust. Smooth out evenly. Place in freezer for 30 minutes. Whisk the chocolate filling ingredients in a small mixing bowl until smooth. Pour over crust.
5. Caramel: Meanwhile, add the coconut oil, almond butter. And maple syrup to a blender. Process until smooth. Once chocolate filling is somewhat set, pour the caramel evenly over crust. Sprinkle with remaining oat mixture. Sprinkle with sea salt.
6. Place in freezer and chill for 2 or more hours. Cut into 12 bars and enjoy!

meal prep tip

No Bake Salted Caramel Chocolate Oat Bars

1. these bars taste great refrigerated! they hold great when sealed in an airtight container, chilled. feel free to make these bars up to 5 days in advance.
2. if wanting to make the dough but not assemble, make the dough ahead of time. store in an airtight container, then assemble as directed. i do not suggest making the caramel sauce or chocolate sauce ahead of time as it will set and become hard once cooled.
3. these no bake chocolate oat bars are perfect for holiday cookie exchanges! so double or triple the batch and hand them out around the holidays! everyone will love how they are healthier and won't feel bad about indulging in a couple!



Cranberry White Chocolate Energy Bites

Cranberry White Chocolate Energy Bites are highly addicting and could pass as a healthy dessert! Tart cranberries mixed with white chocolate, oats, cinnamon and honey for a wholesome snack!

YIELD
Serves 1 Bite

PREP TIME
10 min

COOK TIME
-

TOTAL TIME
10 min

INGREDIENTS

1-1/4 cups old fashioned oats
1/4 cup ground flaxseed
1/2 teaspoon cinnamon
1/4 teaspoon salt
1/2 cup creamy peanut butter
1/2 cup honey
1/4 cup dried cranberries
1/4 cup white chocolate chips

DIRECTIONS

1. In a medium mixing bowl, add the oats, flaxseed, cinnamon and salt mix.
2. In a microwave safe bowl, add the peanut butter and honey. Microwave for 30 seconds. Stir. Then add to the oat mixtures along with the cranberries and white chocolate.
3. Mix well.
4. Roll into 20 bites.
5. Store in an airtight container.
6. Note: May need to chill in the fridge for 30 minutes if dough is not coming together.

meal prep tip

Cranberry White Chocolate Energy Bites

1. no bake energy bites are the ideal snack to have waiting for you in the fridge! Add them to your meal prep days for those moments when you need a little energy boost.
2. I love to roll these bites into smaller balls so I always have a healthier sweet tooth option!
3. Looking for other options to enjoy these? crumble up and toss on top of yogurt, smoothies or ice cream!



Cinnamon Roll Granola Bars

A protein packed snack that tastes like your favorite bakery breakfast! Cinnamon Roll Granola Bars are full of cinnamon, white chocolate and whole grains from the oats!

YIELD
Serves 1 Bar

PREP TIME
10 min

COOK TIME
28 min

TOTAL TIME
38 min

INGREDIENTS

- 1 1/2 cups old fashioned oats
- 1 cup brown Rice Krispies
- 1/2 cup vanilla whey protein powder
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/4 cup almond butter
- 1/2 cup + 2 tablespoons unsweetened applesauce
- 2 tablespoons maple syrup (or 1/4 cup if your protein powder is not sweet)
- 1/2 cup unsweetened almond milk
- 1/4 cup raisins (or leave out if you don't like raisins in your cinnamon rolls)
- 1/4 cup mini or regular white chocolate chips or vanilla yogurt chips

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. In a medium bowl, combine the dry ingredients.
3. In a small microwavable bowl, add the almond butter, applesauce, maple and milk. Microwave for 30 seconds and stir to mix well.
4. Add the wet ingredients to the dry ingredients. Mix well.
5. Fold in yogurt chips and raisins.
6. In a 8x8 baking dish, line with parchment paper. Add dough and spread out evenly.
7. Bake for 25-28 minutes or until cooked through. Remove from oven, let cool on counter top.
8. Slice into 9 squares and store in an air tight container.

meal prep tip

Cinnamon Roll Granola Bars

1. having granola bars on hand are not only easier on your wallet but they are also healthier! Filled with only ingredients you can pronounce and can control!
2. store in a sealed container in the fridge or individual baggies for grab-n-go options!



Perfect Homemade Iced Coffee {Cold Brew}

This perfect homemade iced coffee is a simple, homemade cold brew coffee that will make you think it's a coffee house treat!

YIELD
8 Cups

PREP TIME
24 hr

COOK TIME
-

TOTAL TIME
24 hr

INGREDIENTS

6 oz coarse ground coffee beans

6 cups cold water

For Serving, Milk, Liquor, and/or Sweetener, of choice

DIRECTIONS

1. In a large container, combine coffee beans and water. Make sure all the coffee beans are covered and saturated.
2. Cover and allow to sit at room temperature overnight, 24 hours is ideal.
3. Set a fine mesh strainer, (optional: line with cheesecloth), over a pitcher or another container. Slowly pour coffee mixture through strainer, allowing all the liquid to seep through. You may need to help push the liquid through the strainer. Pour the mixture through the strainer one to two more times to ensure all the grounds have been caught. (This is where a cheesecloth comes in handy.) Discard grounds after filtering.
4. Place coffee in the fridge, in a sealed container and allow to chill until ready to use.
5. To make an iced coffee, add 1 cup ice cubes to glass. Add a 1:1 ratio of coffee to water in glass and mix well. Add sweetener and milk to taste, stir well. Taste and adjust milk and sweetener if needed.
6. Sit back and enjoy!

meal prep tip

Perfect Homemade Iced Coffee {Cold Brew}

1. Homemade Iced Coffee is one of the easiest thing to prepare ahead of time! Prepare it the night before, then it's ready for you all week long!
2. looking to jazz it up? Use flavored beans, add vanilla extract, cinnamon, cocoa powder or vanilla powder to put a personal touch on it!