

10 delicious

**FESTIVE
FALL
SNACKS**



Cinnamon Protein Energy Bites

9 ingredients · 35 minutes · 14 servings



Directions

1. In a large mixing bowl combine quick oats, oat flour, protein powder, ground flax, chia seeds and cinnamon. Fold in the almond butter and maple syrup until a thick dough forms. If it is too thick to work with, add the almond milk.
2. Use a tablespoon to scoop out dough and roll into balls, approximately 1-inch in diameter. Chill in the fridge for at least 20 minutes before serving. Enjoy!

Notes

Storage

Keep energy bites in the fridge for up to seven days or freezer for up to three months. Always serve chilled.

Serving Size

One serving is equal to one ball.

Nut-Free

Use sunflower seed butter or pumpkin seed butter instead of almond butter. Use coconut milk instead of almond milk.

Protein Powder

This recipe was developed and tested using a plant-based protein powder.

No Maple Syrup

Use honey instead.

Gluten-Free

Use certified gluten-free quick oats.

No Quick Oats

For best results, these balls need a smaller oat-texture. If you substitute with rolled oats, pulse a few times in a food processor to chop them into a quick oats texture.

No Protein Powder

Use more oat flour instead.

Ingredients

1/3 cup Oats (quick)

1/4 cup Oat Flour

1/4 cup Vanilla Protein Powder

1/4 cup Ground Flax Seed

2 tbsps Chia Seeds

1 1/2 tsps Cinnamon

1/2 cup Almond Butter

1/4 cup Maple Syrup

1 tbsp Unsweetened Almond Milk (optional; if needed)

Maple Almond Popcorn

4 ingredients · 15 minutes · 4 servings



Directions

1. Place almonds in a small frying pan over medium heat for about 4 minutes, stirring occasionally to toast. Turn heat down to low and add maple syrup and cinnamon. Stir for about 3 minutes to ensure almonds are well coated. Remove from heat and spread across a piece of wax paper and let cool. Break apart into single pieces.
2. Divide popcorn and maple almonds into bowls. Enjoy!

Ingredients

- 4 cups** Popcorn
- 1 cup** Almonds
- 1 tbsp** Maple Syrup
- 2 tsp** Cinnamon

Pumpkin Pie Overnight Oats

7 ingredients · 8 hours · 4 servings



Directions

1. In a large bowl, combine the oats, almond milk, pumpkin puree, chia seeds, maple syrup and pumpkin pie spice. Mix well. Cover and store in the fridge overnight or until set.
2. Once set, divide into jars and top with toasted pecans. Enjoy cold or warm in the microwave for a minute before eating.

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

No Pumpkin Pie Spice

Use cinnamon instead.

No Pecans

Use any type of crushed nuts or hemp seeds instead.

Ingredients

- 2 cups** Oats (quick or traditional)
- 2 cups** Unsweetened Almond Milk
- 2 cups** Pureed Pumpkin
- 2 tbsps** Chia Seeds
- 1/4 cup** Maple Syrup
- 1 tbsp** Pumpkin Pie Spice
- 1/2 cup** Pecans (toasted and chopped)

No Bake Frosted Carrot Cake Bars

10 ingredients · 55 minutes · 9 servings



Directions

1. Line a square baking dish with parchment paper.
2. In a large bowl, combine the almond flour, coconut flour, cinnamon, and half of the salt. Mix well.
3. In another bowl, combine the pumpkin purée, 2/3 of the cashew butter, maple syrup, and 1/4 of the almond milk. Mix until well combined, then add to the dry ingredients and continue to mix until a batter has formed.
4. Add the grated carrot into the dough and knead with your hands until fully incorporated.
5. Add the dough to the prepared baking dish and spread it evenly across the pan with your hands.
6. In a bowl, add the protein powder, remaining salt, remaining cashew butter, and remaining almond milk. Mix well until smooth. If needed, add more milk until desired frosting consistency, one tablespoon at a time.
7. Spread the frosting evenly over top of the dough with a spatula. Transfer to the fridge to set for at least 30 minutes. Slice, serve, and enjoy!

Ingredients

- 1 1/2 cups Almond Flour
- 3/4 cup Coconut Flour
- 1 tsp Cinnamon
- 1/2 tsp Sea Salt (divided)
- 1/2 cup Pureed Pumpkin
- 3/4 cup Cashew Butter (divided)
- 1/4 cup Maple Syrup
- 1/2 cup Unsweetened Almond Milk (divided)
- 1 cup Grated Carrot (finely grated)
- 3/4 cup Vanilla Protein Powder

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Freeze individually for up to three months.

Serving Size

A 9 x 9-inch baking dish was used to make nine servings. One serving is equal to one bar.

More Flavor

Add nutmeg, clove, and dried fruit.

Protein Powder

This recipe was developed and tested using a plant-based protein powder. Please note that if using a different type of protein powder, results may vary.

No Bake Apple Cinnamon Bites

6 ingredients · 15 minutes · 14 servings



Directions

1. Combine oats, ground flaxseed and cinnamon together in a bowl. Mix well. Add almond butter, honey and diced apples. Mix well again.
2. Roll the dough into balls about the size of a golf ball. Wet hands before rolling to prevent sticking.
3. Place the bites on a plate and let sit in the fridge for at least 30 minutes to firm. Then transfer to an airtight container and store in the fridge for 3 to 4 days. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to seven days. Freeze for up to three months.

Serving Size

One serving is equal to one ball.

Vegan

Use maple syrup instead of honey.

Nut-Free

Use sunflower seed butter instead of almond butter.

Ingredients

1 cup Oats (quick or traditional)

1/4 cup Ground Flax Seed

1/2 tsp Cinnamon

1/3 cup Almond Butter

2 tbsps Raw Honey

1 Apple (peeled, cored and finely diced)

Warm Apple Chia Pudding

7 ingredients · 10 minutes · 1 serving



Directions

1. Whisk together the chia seeds, almond milk and cinnamon in a small pot over medium-low heat.
2. Stir until heated through and the mixture has thickened up, about 5 to 7 minutes.
3. Remove from heat and add to a bowl. Top with apples, pecans, almond butter and bee pollen. Enjoy!

Notes

Leftovers

Keeps well in the fridge in an air-tight container up to 3 to 4 days.

No Heat

Mix together the chia seeds, almond milk and cinnamon then let it sit in the fridge for 15 to 20 minutes to thicken before adding toppings.

Nut-Free

Use coconut milk instead of almond milk, and use pumpkin seeds instead of pecans.

Ingredients

- 3 tbsps** Chia Seeds
- 3/4 cup** Unsweetened Almond Milk
- 1/4 tsp** Cinnamon
- 1** Apple (cored and diced)
- 2 tbsps** Pecans
- 1 tbsp** Almond Butter
- 1 tsp** Bee Pollen (optional)

Whipped Feta Pumpkin Dip

9 ingredients · 10 minutes · 4 servings



Directions

1. In a blender, add the feta cheese, puréed pumpkin, honey, lemon, and chili flakes. Blend until mostly smooth and creamy or your desired consistency.
2. Taste and adjust the salt and pepper if needed.
3. Transfer the dip into a serving bowl. Drizzle the oil on top. Garnish with pistachios and more chili flakes (optional). Serve with crackers and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1/4 cup with crackers.

More Flavor

Add garlic and cumin.

Nut-Free

Omit the pistachios and garnish with fresh herbs.

Ingredients

- 2/3 cup** Feta Cheese (crumbled)
- 1/3 cup** Pureed Pumpkin
- 1 1/2 tsps** Raw Honey
- 1/4** Lemon (juiced)
- 1/2 tsp** Chili Flakes (plus extra for topping)
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tsps** Extra Virgin Olive Oil
- 1 tbsp** Pistachios (chopped, optional for topping)
- 6 ozs** Whole Grain Crackers

Butternut Squash Hummus

6 ingredients · 20 minutes · 6 servings



Directions

1. Steam the butternut squash in a steaming basket for 6 to 8 minutes, or until it is tender when pierced with a fork.
2. Add steamed squash to a blender or food processor along with the tahini, lemon juice and sea salt. Drizzle in the extra virgin olive oil and process until smooth and creamy.
3. Transfer the hummus to a bowl and refrigerate until ready to eat. Serve with crackers. Enjoy!

Notes

Leftovers

Keeps well in a sealed container in the fridge for 5 to 6 days.

No Butternut Squash

Use acorn squash or another type of squash instead.

More Flavour

Play around with adding garlic or herbs. You can also roast the squash for a deeper flavour.

Garnish With

Sesame seeds or hemp seeds.

Save Time

Buy pre-sliced butternut squash from the produce section or frozen aisle.

Ingredients

2 cups Butternut Squash (peeled and diced into 1-inch cubes)

2 tbsps Tahini

2 tbsps Lemon Juice

1/2 tsp Sea Salt

1/4 cup Extra Virgin Olive Oil

7 1/16 ozs Seed Crackers

Tahini Yogurt Dip with Apple

4 ingredients · 10 minutes · 1 serving



Directions

1. In a bowl mix together the yogurt, tahini, and maple syrup.
2. Serve with apple slices for dipping and enjoy!

Notes

Leftovers

Refrigerate the yogurt in an airtight container for up to four days and cut the apple just before serving.

Serving Size

One serving is approximately 3/4 cup of dip with one apple.

Make it Vegan

Use a plant-based yogurt alternative.

More Flavor

Add vanilla extract and/or cinnamon.

Ingredients

1/2 cup Plain Greek Yogurt

2 tbsps Tahini

2 tbsps Maple Syrup

1 Apple (cored and sliced)

Pumpkin Ricotta Spelt Muffins

11 ingredients · 35 minutes · 12 servings



Directions

1. Preheat the oven to 350°F (175°C) and line a muffin tray with muffin liners, or use a silicone muffin tray.
2. In a medium bowl, whisk the pumpkin, egg, ricotta, oil, and brown sugar until very well combined.
3. In a separate, large bowl, whisk the flour, pumpkin pie spice, baking powder, baking soda, and salt. Pour the wet ingredients into the dry and mix until combined, then fold in the walnuts.
4. Divide the batter evenly between muffin cups. Bake for 20 to 24 minutes or until a toothpick comes out clean.
5. Let the muffins rest in the tray until entirely cooled to prevent gumminess. Enjoy!

Notes

Leftovers

Store in an airtight container at room temperature for the first day and then transfer to the refrigerator in a sealed container for up to one week. Freeze for up to three months.

Serving Size

One serving is one muffin.

No Spelt Flour

Use oat flour instead.

Additional Toppings

Butter and/or a drizzle of maple syrup.

Ingredients

- 1 cup Pureed Pumpkin
- 1 Egg
- 1 cup Ricotta Cheese
- 1/3 cup Avocado Oil
- 1/2 cup Brown Sugar
- 1 1/3 cups Spelt Flour
- 2 tsps Pumpkin Pie Spice
- 1 tsp Baking Powder
- 1/2 tsp Baking Soda
- 1/4 tsp Sea Salt
- 3/4 cup Walnuts (chopped)