

Healthy,
No-Bake
Snacks & Treats

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Hi, friends!

As you may have guessed from this book, I'm a BIG snacker. I love snacks and treats, especially if they are sweet. If you love snacks as much as I do, then you'll love these healthy snacks and treats.

I gathered the best healthy and no-bake recipes from my blog to create this little cookbook. These recipes are all gluten-free, simple, and quick - perfect snack recipes! Whether you crave cookies, smoothies, or cakes, there is a healthy treat for you in this book.

Every recipe is easy to make and the ingredients are at most grocery stores. Each recipe in this book is also soy-free, egg-free, and dairy-free, with plenty of vegan, grain-free, and nut-free options. Anyone can enjoy these snacks and treats, even if they are on a special diet.

Feel free to make substitutions based on dietary needs: if you have nut allergies, use rice, flax, or oat milk instead of almondmilk. Use sunflower seeds instead of almonds, use SunButter in place of almond butter, etc. Any recipes calling for honey can easily be made vegan by using maple syrup or coconut nectar instead. Make each recipe fit YOU!

What are you waiting for - let's get snacking!



These are probably the easiest cookies you can make, plus they are healthy. Win-win!

NO-BAKE TRAIL MIX COOKIES



Makes 12 cookies

Gluten-Free, grain-free, vegan

1/2 cup dried figs

1/2 cup raisins

1/4 cup unsweetened shredded coconut, + @ 1/4 cup more for coating

2 Tablespoons sunflower seeds or chopped nuts of choice

1/4 cup cooked quinoa

1. In a small food processor, process the figs and raisins into a thick paste. You can add a Tablespoon of applesauce if the dried fruit is too thick to puree very well. Transfer to a bowl
2. Add the coconut, sunflower seeds, and quinoa to the fig mixture and stir together until well mixed. You can use your hands to knead the mixture if you want
3. Separate the dough into 12 portions (@ 1 Tablespoon each). Roll into a ball then flatten into a cookie shape. Press the outside in shredded coconut and store in the fridge.

CHERRY CHOCOLATE BITES



Makes 7-9 bites

Gluten-Free, grain-free, nut-free, vegan

½ cup dried cherries

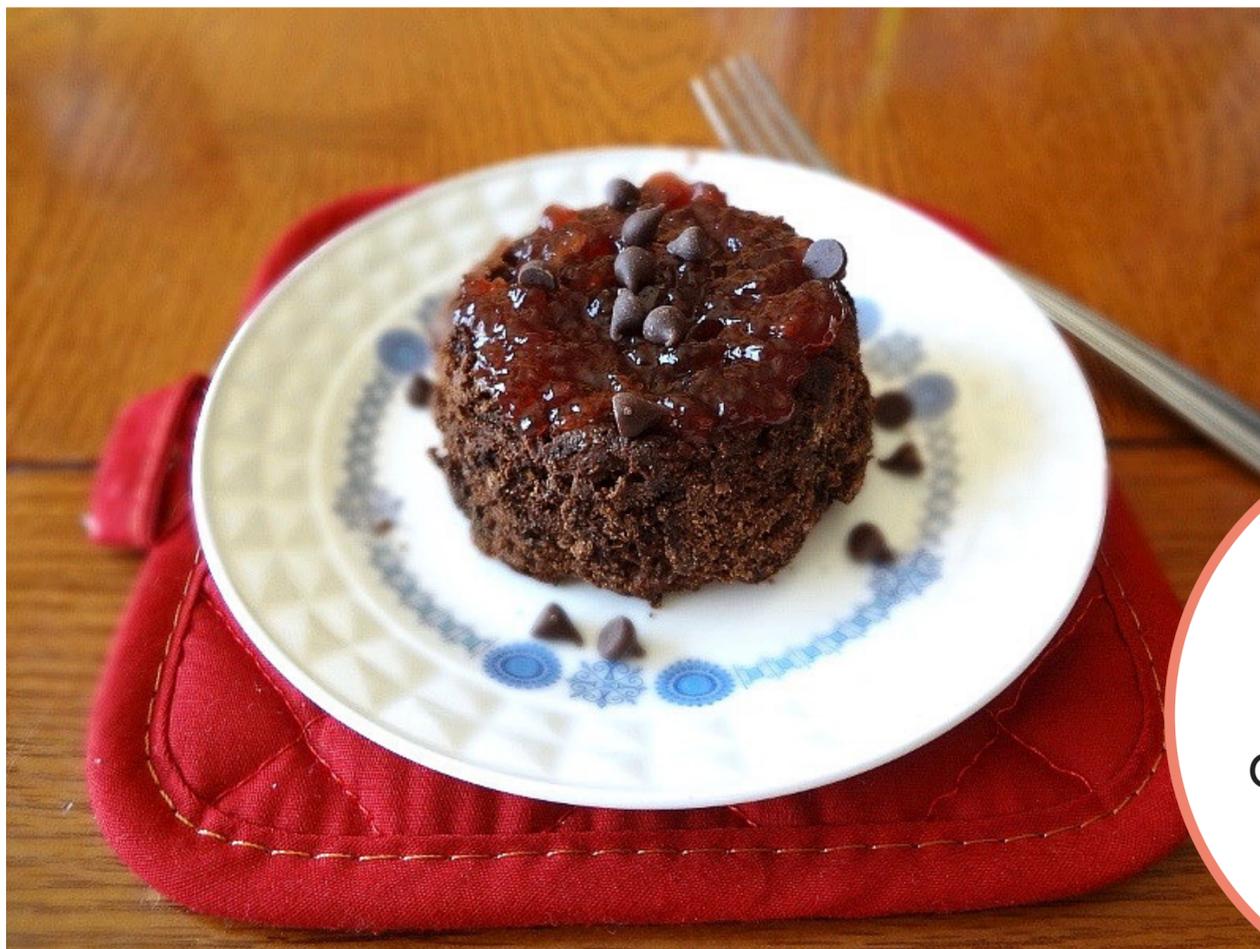
¼ cup sunflower seeds

¼ cup chocolate chips

1. Combine all ingredients in a small food processor and process until it begins to stick together but is still chunky.
2. Roll cherry mixture into 7-9 balls. Chill in the fridge until set and firm. Store in an airtight container in the fridge.

These bites are a bit like Cherry Pie Larabars, only allergy-friendly!





This cake is no-bake: it cooks in your microwave!

3-MINUTE CHOCOLATE CAKE



Makes 1 cake

Gluten-Free, grain-free, sugar-free,
vegan;

- 1/4 cup applesauce, unsweetened
- 1-1/2 teaspoon ground flax seeds
- 1-1/2 Tablespoons cocoa powder
- 1-1/2 Tablespoons fine coconut flour
- 1/2 teaspoon vanilla
- Stevia, to taste
- Dash salt
- Pinch of baking soda
- Optional: mini chocolate chips

1. Lightly oil the bottom of a 4 ounce ramekin. Set aside.

{3-minute Chocolate Cake continued}

2. In a small bowl, mix together the applesauce and flax meal. Let sit for about 1 minute to allow the flax meal to thicken a bit.

3. Stir the cocoa powder, coconut flour, vanilla, Stevia, salt, and baking soda into the applesauce and mix well

4. Stir in mini chocolate chips if using. Scoop the batter into the ramekin and smooth the top with a spoon (the batter will be thick)

5. Cook in the microwave for 2 minutes on high until baked through.

6. Let cool for 2 minutes and turn onto a plate or eat out of the ramekin. You can eat this alone or top it with cherry jam or chocolate syrup



Craving
cookies?
Make some of
these instead -
no baking
needed!



SARAH J PARKER

CHOCOLATE CHIP COOKIE BITES



Makes 15 bites

Gluten-Free, vegan, nut-free

1 cup whole pitted dates

1 Tablespoon coconut oil

¼ Cup SunButter

2 Teaspoons vanilla

½ Cup (scant) gluten-free quick oats

Dash of salt

2 Tablespoons mini allergy-friendly chocolate chips

1. In a food processor, process the dates until chopped. Add a Tablespoon coconut oil to the dates and process again until finely chopped

{Chocolate Chip Cookie Bites continued}

2. Add the dates to a medium-large bowl and stir in the SunButter and vanilla.

3. Stir in the gluten-free quick oats, salt, and mini chocolate chips until well combined.

4. The mixture should stick when pressed together but shouldn't stick to your hands. If it's too sticky, add a Tablespoon more of the quick oats. If the mixture seems too dry, mix in another teaspoon SunButter

5. Roll into balls and store in the fridge in a air-tight container for up to 4 days



Sarah J Parker

GREEN MONSTER SMOOTHIE



Makes 1 smoothie
Gluten-Free, grain-free, vegan

1-1/2 cups unsweetened almondmilk
1-1/2 cups frozen chopped kale
1 teaspoon barley grass juice powder
Vanilla Stevia drops, to taste

1. Blend all ingredients in a blender or Nutri-Bullet until very smooth.
2. Enjoy immediately!



Smoothies are
the perfect way
to add more
greens to your
diet

These sweet "donuts" make a great snack for kids



CARAMEL APPLE "DONUTS"



Makes about 8 donuts

Gluten-free, grain-free, nut-free

4 tablespoons SunButter

6 Tablespoons honey (for vegan, use thick coconut nectar)

½ teaspoon vanilla

2 Granny Smith apples (or your favorite variety of apples)

Toppings you love: mini chocolate chips, sprinkles, coconut, etc.

1. In a small bowl, stir or whip together with a hand mixer the SunButter, honey, and vanilla until creamy and well mixed. Set aside
2. With an apple corer, remove the core from 2 unpeeled Granny Smith apples. Slice the apples horizontally in about ¼-inch to 1/2 - inch slices
3. Spread apple slices with caramel sauce and sprinkle with your favorite toppings!
4. Serve immediately. Caramel sauce can be stored at room temperature for 2-3 days.



This protein-packed smoothie tastes like cookies, but is healthy!

My Snickerdoodle Cookie Smoothie recipe is featured on the Silk website!

SNICKERDOODLE COOKIE SMOOTHIE



Makes 1 smoothie
Gluten-free, vegan

- 1 cup unsweetened vanilla almondmilk
- 2-3 medium soft dates, chopped
- 3 Tablespoons vanilla brown rice or pea protein powder
- 1 teaspoon creamy almond butter
- 2-3 drops butter extract
- Dash cinnamon

1. Add all ingredients into a blender and process well until smooth.

This recipe makes a small batch. Double or triple this for a bigger crowd



CHOCOLATE CHIP SUNBUTTER FUDGE



Makes 6 pieces

Gluten-Free, grain-free, vegan, sugar-free

- 1/3 cup creamy SunButter
- 1/4 cup coconut oil
- 1 teaspoon vanilla extract
- Vanilla Stevia drops, to taste
- 1-2 Tablespoons mini chocolate chips

1. In a small bowl, cream together the coconut oil and SunButter, vanilla, and Stevia with a hand blender until smooth and creamy
2. Line a small, square pan with parchment or waxed paper and pour the SunButter mixture into the prepared pan
3. Refrigerate until the fudge begins to set up. Sprinkle the mini chocolate chips on top and return to the fridge until the fudge has completely set up

This melts quickly, so keep stored in the fridge

APRICOT ALMOND BITES



Makes about 15 bites
Gluten-free, grain-free

- 1 cup dried apricots, whole & pitted
- 1/2 cup Blue Diamond Almonds, your favorite flavor
- 2 Tablespoons almond butter
- 2 Tablespoons honey (for vegan use maple syrup)

1. Combine the apricots and almonds in a food processor or small blender and process/blend until the mixture is coarsely ground. You want this to be a little sticky but not a paste.
2. Add the almond/apricot mixture to a bowl then stir in the almond butter and honey and mix well. You want the resulting mixture to be sticky and hold together when you roll it
3. Roll the almond/apricot mixture into 1-inch balls and store in the fridge



You can make these nut-free by using sunflower seeds instead of almonds

This recipe is a banana bread version of my 3-minute Chocolate Cake!



3-MINUTE BANANA CAKE



Makes 1 cake

Gluten-free, grain-free, vegan

- 1 small banana
- 1 teaspoon creamy almond butter or SunButter
- 2 teaspoons almondmilk
- ¼ teaspoon vanilla
- Vanilla Cream Stevia drops, to taste
- 1 ½ teaspoon ground flaxseed
- 1 ½ Tablespoons fine coconut flour
- Dash salt and cinnamon

1. Spray the bottom of an 8 oz. ramekin or mug with a little oil. Set aside
2. In a small bowl, mash bananas very well, then stir in the almond butter, almondmilk, vanilla, and Stevia
3. Mix the ground flaxseed, coconut flour, salt, and cinnamon into the banana mixture and mix well
4. Scoop the batter into the prepared ramekin or mug and microwave on high for 2 minutes until cooked through
5. Allow the cake to cool for a couple minutes before eating

CHOCOLATE ALMOND MACAROONS



Makes 10 macaroons
Gluten-free, grain-free

- ½ cup almonds
- 1 cup unsweetened shredded coconut
- 2 Tablespoons unsweetened cocoa powder
- 2 Tablespoons almond butter
- 1 Tablespoon coconut oil
- 1 Tablespoon honey (for vegan use maple syrup)
- ½ teaspoon vanilla extract
- Liquid Stevia, to taste (about 5-10 drops)

1. Grind the almonds in a food processor until finely ground. Place the ground almonds in a medium bowl.
2. Stir the unsweetened coconut and the cocoa powder into the ground almonds until well blended. Set aside.

Chocolate goodness in less time! These macaroons are egg-free, too





{Chocolate Almond Macaroons continued}

3. In a small bowl, combine the almond butter, coconut oil, honey, vanilla, and Stevia, and mix well. You can warm this up if you need to make it easier to mix.

4. Add the almond butter mixture to the dry ingredients and mix together thoroughly until the mixture begins to hold together. If it needs more moisture, you can add more honey or almond butter to help it stay together.

5. Scoop out about 1 Tablespoon dough and roll into 10 balls and place on a parchment-lined cookie sheet and chill until well set, about 15-20 minutes. Store in the refrigerator



Use regular instant coffee for an energy boost, or decaf so you can snack on these in the evenings

MOCHA BROWNIE BITES



Makes 12 bites

Gluten-free, grain-free, vegan

1/2 cup pecans (or other nuts, such as cashews, etc.)

3/4 cup pitted dates, roughly chopped

2 Tablespoons cocoa powder

1 Tablespoon instant coffee

1 teaspoon vanilla extract

Dash salt

1. Place all the ingredients in a food processor and process until mixed well and a coarse dough forms; this may take a minute or two of processing.

2. You can roll this into balls or roll out onto parchment paper and cut into shapes with a cookie cutter. If you want to make cutouts, roll the dough to about 1/4-1/2 inch thick between 2 pieces of parchment paper. Chill the rolled dough for a little bit to stiffen the dough, and cut with cookie cutters

PEACH-BERRY ICE BOX CRUMBLE



Serves 5-6

Gluten-free, vegan

2-3 peaches

2 Tablespoons white chia seeds (whole)

1 cup fresh blueberries

1 cup fresh raspberries

Stevia (optional)

1/4 cup unsweetened coconut, shredded fine

2 Tablespoons chia seeds, ground

1/4 cup gluten-free oats

1/4 teaspoon cinnamon

Dash salt

1 Tablespoon pure maple syrup

1 Tablespoon coconut oil

1 teaspoon vanilla

This makes a perfect summer treat: use up your fruit without baking!



{Peach-Berry Ice Box Crumble Continued}

1. Cut up the peaches into chunks (with skin on) and place in a blender or food processor. Blend or process the peaches until they are pureed and smooth. You will have about 1-3/4 to 2 cups puree. If you want the filling to be sweeter, you can add some Stevia or other sweetener to your taste.
2. Place peach puree in a large bowl and stir in the whole chia seeds. Refrigerate puree until the chia seeds have softened and the puree has thickened, at least 1 hour.
3. Once thickened, stir in the blueberries and raspberries and spread into a dish. Keep chilled while you prepare the crumb topping.
4. For the crumb topping, grind 2 Tbsp. chia seeds with the gluten-free oats until coarsely ground. Mix with the coconut, cinnamon, and salt.
5. Melt the coconut oil and mix with the maple syrup. Stir in the vanilla. Add the honey/oil mixture into the dry ingredients and stir with a fork until mixed well and it looks crumbly.
6. Sprinkle the crumb on top of the peach-berry filling. Serve immediately or make ahead and keep chilled until ready to serve (you can also serve this at room temperature, too).





For nut-free,
replace the
almonds with
sunflower seeds
and use
SunButter

ALMOND SNOWBALL TRUFFLES



Makes 16

Gluten-free, grain-free, vegan

- 1/2 cup oven roasted almonds
- 2/3 cup dates
- 1-2 Tablespoon almond butter
- 2 teaspoons vanilla
- 1/3 cup unsweetened coconut, finely shredded

1. Place almonds and dates in a food processor and process until course.
2. Add almond butter and vanilla and process again until it starts to stick together
3. Roll into 16 balls, then roll each ball in the coconut.. Store in the fridge

BUTTER PECAN PROTEIN SHAKE



Serves 1

Gluten-free, vegan

1 cup unsweetened almond milk

2 medium dates, chopped

2 Tablespoons roasted pecans

3 Tablespoons vanilla brown rice or pea protein powder

2-3 Drops imitation butter flavor

1. Combine all ingredients in a blender and blend on high speed until smooth and creamy.

2. Enjoy immediately!

Craving pecan pie? This tastes just as good, with more protein and less sugar



CALORIE ESTIMATES

These are calorie estimates using the Loselt! app.
Actual calories may vary depending on the brand
and type of ingredients you use



No-Bake Trail Mix Cookies, p. 1

Per cookie: 59 calories | 2 g fat | 11 g carbs
1 g fiber | 8 g sugars | 1 g protein

Cherry Chocolate Bites, p. 2

Per bite: 127 calories | 11 g fat | 7 g carbs
2 g fiber | 3 g sugars | 2.5 g protein

3-Minute Chocolate Cake, p. 3

Per cake: 155 calories | 5 g fat | 25 g carbs
12 g fiber | 8 g sugars | 5 g protein

Chocolate Chip Cookie Bites, p. 5

Per bite: 81 calories | 3.7 g fat | 11 g carbs
2 g fiber | 7 g sugars | 2 g protein

Green Monster Smoothie, p. 7

Per smoothie: 154 calories | 6 g fat | 20 g
carbs | 6 g fiber | 2 g sugars | 5 g protein

CALORIE ESTIMATES



Caramel Apple "Donuts", p. 8

1 apple slice + 1 Tbsp. caramel
sauce: 96 calories | 3 g fat | 16 g carbs | 2 g
fiber | 14 g sugars | 2 g protein

Snickerdoodle Cookie Smoothie, p. 9

Per smoothie: 168 calories | 6 g fat | 17 g
carbs | 3 g fiber | 9 g sugars | 18 g protein

Chocolate Chip SunButter Fudge, p. 10

Per piece: 194 calories | 17 g fat | 5 g carbs
2 g fiber | 3 g sugars | 3 g protein

Apricot Almond Bites, p. 11

Per bite: 74 calories | 3 g fat | 11 g carbs
1 g fiber | 7 g sugars | 1 g protein

3-Minute Banana Cake, p. 12

Per cake: 192 calories | 6 g fat | 32 g carbs
9 g fiber | 14 g sugars | 5 g protein

CALORIE ESTIMATES



Chocolate Almond Macaroons, p. 13

Per cookie: 127 calories | 11 g fat | 7 g carbs
| 2 g fiber | 3 g sugars | 2 g protein

Mocha Brownie Bites, p. 15

Per bite: 63 calories | 3 g fat | 9 g carbs | 2
g fiber | 8 g sugars | 1 g protein

Peach-Berry Ice Box Crumble, p. 16

Per serving: 171 calories | 8 g fat | 25 g
carbs | 5 g fiber | 13 g sugars | 4 g protein

Almond Snowball Truffles, p. 18

Per truffle: 70 calories | 5 g fat | 7 g carbs
1 g fiber | 5 g sugars | 2 g protein

Butter Pecan Protein Shake, p. 19

Per shake: 238 calories | 14 g fat | 17 g
carbs | 4 g fiber | 10 g sugars | 18.5 g
protein