



Fuel Your Walk



Jennifer Redmond

Protein Pancakes

Serves 1

- 1 small ripe banana
- 1 egg
- 1 TB almond butter
- Coconut oil for cooking

Directions:

1. Using a fork, mash banana in a medium size bowl, then add egg and almond butter and stir until combined.
2. Heat a medium skillet-over medium high heat. When warm, add coconut oil and swirl to coat skillet.
3. When oil has melted, scoop some of the pancake mix into the pan and cook until set and browned on one side, then flip, cooking and set until browned on the other side, then remove from pan.
4. Serve with a little real maple syrup or fresh fruit.

Cinnamon Pear Smoothie

Serves 1

- 1 ripe pear, seeded
- 2 TB almond butter
- 1 TB ground flax seeds
- $\frac{2}{3}$ – 1 C almond milk
- $\frac{1}{4}$ tsp cinnamon
- $\frac{1}{4}$ honey
- Small handful baby spinach
- $\frac{1}{2}$ C ice cubes

Directions:

1. Combine all ingredients in your blender.
2. Turn your blender on low and increase speed until all ingredients are incorporated. Serve immediately.

Pumpkin Breakfast Cookies

Approximately 16 cookies

- 1 ½ C almond meal or almond flour
- ⅓ C unsweetened coconut flakes
- 2-3 tsp pumpkin pie spice
- 1 tsp cinnamon
- Dash of nutmeg
- 1 tsp baking soda
- 1 TB chia seeds, soaked in ¼ C of water for 10 minutes (this will create a chia gel)
- ½ C pureed pumpkin (from a can is fine)
- ½ C almond butter
- 1 TB vanilla
- ¼ C honey or maple syrup
- 1 TB freshly grated ginger or 1/4 tsp dried
- ½ C walnuts, broken into small pieces
- ½ C dried currants, cranberries or raisins (no sugar added)

Directions:

1. Preheat oven to 375 degrees.
2. Combine dry ingredients (minus the walnuts and the dried fruit) in a large bowl. Make a small well in the middle and add the wet ingredients.
3. Mix until well combined, then add walnuts and dried fruit and mix gently until just combined.
4. Line a baking sheet with parchment paper and spoon out 1-2 TB per cookie. Flatten the cookies a bit – these won't rise like other cookies do.
5. Bake for 12-15 minutes, let cool, then enjoy.

Store in the fridge in an airtight container for about a week.

Note: These cookies might look daunting, but they are so yummy. If you make a batch of these, you'll have breakfast for days as well as plenty of snacks.