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**Back to School Breakfast And Snacks**

**Tropical Breeze**

* 8 oz Coconut water
* 1 packet of Zija Smart mix
* ½ cup of Mango
* ½ frozen Banana
* 3 ice cubes

**Berry Blast**

* 1cup almond milk
* 1 cup mixed berries
* 1 scoop vanilla whey protein powder
* 1TBS Flaxseed or Chia seeds
* Dash of Cinnamon
* 3 ice cubes

**Power Egg Muffins**

*The added chickpeas give these egg muffins an extra punch of low fat protein*

* 2 large omega three eggs
* 2 large egg whites
* ½ cup chopped low sodium Chick Peas
* ¼ cup unsweetened almond milk or organic low fat milk if you don’t have almond

Mix all these ingredients in a blender and set aside.

Pre heat oven to 400. Coat 6- cup muffin tin with cooking spray.

Fill the muffin tin ¾ way with the egg mix. Add what ever you like into each cup creating your own mini quiche. For example:

* Spinach , feta cheese and tomato and basil
* Nitrate free Turkey bacon (trader Joes has a great one )and low fat cheddar cheese sprinked on top
* Salsa and black beans

Be creative and add what ever you like! This is especially fun for the kids.

Bake until the eggs puff and are cooked through about 12 to 15 minutes.

Remove the muffin pan and cool slightly before serving.

Make extra and keep in the refrigerator or in the freezer, then reheated for a quick snack. Eat with toast or put in a wrap with greens and salsa or veggies. Think of these power egg muffins not only for breakfast but as your clean protein nugget!

**Banana Breakfast Wrap**

* 1 sprouted whole grain tortilla
* 2 tablespoons unsweetened almond butter
* 1 banana, diced

1. Spread almond butter on tortilla.
2. Top with bananas and roll.

**Chocolate Cranberry Power Bars**

* 2 ¼ cups pecans, lightly toasted
* ¼ cup [cacao powder](http://www.elanaspantry.com/ingredients/cacao-powder/)
* 15 large [medjool dates](http://www.nuts.com/driedfruit/dates/organic.html), pits removed
* 1 tablespoon [vanilla extract](http://www.elanaspantry.com/ingredients/vanilla-extract/)
* 10 drops [stevia](http://www.elanaspantry.com/ingredients/stevia/)
* 2 tablespoons [agave nectar](http://www.elanaspantry.com/ingredients/agave-nectar/)
* ½ cup [dried cranberries](http://www.edenfoods.com/store/product_info.php?products_id=103262) (you can add more if you like)

1. Blend pecans and cacao powder in [food processor](http://www.amazon.com/gp/product/B002I5DMTQ/ref=as_li_ss_tl?ie=UTF8&tag=elanaspantryc-20&linkCode=as2&camp=1789&creative=390957&creativeASIN=B002I5DMTQ)http://www.assoc-amazon.com/e/ir?t=&l=as2&o=1&a=B002I5DMTQ until combined and coarsely ground
2. Add in dates and process until blended into dry ingredients
3. Process in vanilla, stevia and agave until well combined
4. Stir (or work in) dried cranberries with a spoon or by hand
5. Press mixture into an [8x8 inch Pyrex baking dish](http://www.amazon.com/gp/product/B000MF8SL6?ie=UTF8&tag=elanaspantryc-20&linkCode=as2&camp=1789&creative=390957&creativeASIN=B000MF8SL6)http://www.assoc-amazon.com/e/ir?t=elanaspantryc-20&l=as2&o=1&a=B000MF8SL6
6. Freeze for 1 hour, or until firm, then cut into 16 squares

**Zucchini Hummus and Veggies**

* 1 medium zucchini, sliced
* 2 tablespoons tahini
* 1 tablespoon lemon juice
* 1 tablespoon extra virgin olive oil
* 1 clove of garlic, peeled and minced
* ½ teaspoon cumin seed
* Dash sea salt
* Your favorite vegetables.

Combine all ingredients (except vegetables) in a food processor or blender and mix until smooth. Serve with cut vegetables or spread on a pita wrap or gluten-free bread along with veggies.

**Super Yum Gluten Free Chocolate Chip Cookies**

2 cups blanched almond flour.

1/4 cup coconut flour.

1/2 teaspoon sea salt.

1/2 teaspoon baking soda

½ cup grape seed oil

2 tablespoons water

1 Omega 3 Egg.

1 tablespoon vanilla extract

1/3 cup organic unrefined Brown sugar

1/3 cup Evaporated Pure Cane Sugar

1 cup Hershey’s Dark Chocolate Chips /or if want dairy free, gluten-free chips. I like Enjoy Life or or Sweet Dreams Dark Chocolate Chips

1. Combine dry ingredients in a large bowl.
2. Stir together wet ingredients in a smaller bowl.
3. Mix wet ingredients into dry.
4. Using a tablespoon scoop 1 inch balls and press onto a parchment paper lined baking dish.
5. Bake at 350 for 7 to 10 min.- It's very important not to over cook. As soon as you see the cookies cracking on the top pull out of the oven.
6. Cool and serve with a nice glass of almond or coconut milk- Heaven!

**Along with the recipes above, you can add the following to your kids’ lunches:**

* Bugs on a log (celery sticks with almond butter and raisins)
* Coconut yogurt
* Seasonal fruit kabobs
* Leftovers
* Veggie soups in a thermos
* Kale chips
* Veggies and salsa
* Fruit salad
* Brown rice and beans
* Raw almonds or seeds
* Homemade trail mix

## ****What Not to Put in Your Kids’ Lunchbox****

In order to give your kids the healthiest possible foods, avoid the following common lunch items:

* Cheese
* Breads containing wheat
* Candy
* Commercial granola bars
* Commercial fruit snacks
* Juice boxes
* Dairy yogurt
* Milk
* Potato chips
* Processed meats like bologna or hot dogs
* Soft drinks and energy drinks
* Fast processed snacks like Lunchables or packaged cheese and crackers
* Cookies and snack cakes

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