

VIVA LIFE PILATES & FITNESS



*guilt free
snacks*

NOURISH YOUR BODY & SATISFY
YOUR MUNCHIES

Cashew Bliss Balls

INGREDIENTS

- 1 cup of raw cashews
- 8 pitted dates
- 2 tablespoons raw cacao powder
- 1 teaspoon of vanilla extract
- 1/2 cup of shredded unsweetened coconut
- 2 teaspoons agave syrup

METHOD

Add cashews, dates, cacao powder and vanilla to a food processor. Blend and while blending add the agave syrup. Form the mixture into small balls and then roll them in a bowl with the coconut until coated. Place in fridge until balls are hardened.



Raw Snickers Bar

INGREDIENTS

BASE

1 cup cashews
½ cup gluten free oats
½ cup desiccated coconut
¼ cup rice malt syrup
2 tablespoons peanut butter
1 teaspoon vanilla extract
pinch of salt

CARAMEL CENTRE

2 cups / 20 Medjool dates, pitted
⅓ cup melted coconut oil
pinch of salt
2 tablespoons peanut butter
1 tablespoon tahini
1 tablespoon rice malt syrup
½ cup crushed peanuts

CHOCOLATE TOP LAYER

3 tablespoons raw cacao powder
3 tablespoons melted coconut oil
2 tablespoons rice malt syrup



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METHOD

BASE

Line a square cake tin with baking paper or plastic wrap. Place all base ingredients into a food processor and pulse until well combined into a dough [this may take a few minutes], if needed add a tablespoon of water to ensure dough sticks well together. Cover and place in freezer to set until quite firm.

CARAMEL

Place dates, coconut oil and salt into food processor and blitz into a thick, paste like consistency. Add the peanut butter, tahini, rice malt syrup, salt and blend a further couple of minutes until a smooth, thick caramel. Remove from processor and combine crushed peanuts in with a spoon [or knead in using your hands]. Press down evenly over the base layer and place back in the freezer to set until quite firm.

CHOCOLATE TOP LAYER

in a bowl whisk together the cacao, melted coconut oil, rice syrup and pour over the top of the caramel layer. Place back in the freezer to set.

Once firm, cut into 16 squares and store and serve straight from the freezer.

Vegetable Chips

INGREDIENTS

1 large carrot
1 large parsnip
1 sweet potato
1 Yukon Gold potato
1 large beet
Canola oil [for frying]

SEASONING MIX

2 teaspoons Kosher salt
1/4 teaspoon garlic powder
1/4 teaspoon onion powder

METHOD

Heat oven to 200°C. Thinly slice vegetables [approx. 2mm thickness] and place slices in a large bowl. Toss well to coat in oil and seasoning mix. Arrange in a single layer on a sheet of baking paper. Bake the chips, turning them often, for 25 mins.



Choc-Cherry Almond Slice

INGREDIENTS

1/3 cup [114g] honey or brown rice syrup

1/4 teaspoon pure vanilla extract

1/3 cup [40g] almond meal

1/8 teaspoon salt

1 Tablespoon [15g] almond butter

2 cups [280g] whole almonds, roughly
chopped

1/2 cup [60g] dried cherries, roughly
chopped

1/3 cup [58g] mini chocolate chips



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M E T H O D

Preheat oven to 150°C. Line an 8 or 9-inch square baking pan with parchment paper with enough overhang on the sides to easily remove the bars from the pan.

Set aside.

Using a rubber spatula or wooden spoon, mix the honey, vanilla, almond meal, salt, and almond butter together until combined. Fold in the almonds, cherries, and chocolate chips until combined.

Transfer mixture to prepared baking pan and press very firmly into an even layer. You really want it packed in tight- as tight as possible.

Bake for 20 minutes.

Remove from the oven and allow to cool completely in the pan set on a wire rack for 1 hour, then transfer to the refrigerator to chill for 1 more hour. This helps firm up the bars which makes them stay compact.

Remove bars from the pan using the overhang on the sides and cut into bars. Individually wrap each bar in plastic wrap or parchment.

Store at room temperature for 1 week or in the refrigerator for up to 2 weeks. I find they get a little sticky at room temperature over a few days, so I prefer the refrigerator.

Avo - Tuna Bites

INGREDIENTS

1 can tuna, drained
¼ cup mayonnaise
1 medium avocado, cubed
¼ cup Parmesan cheese
1/3 cup almond flour
½ tsp. garlic powder
¼ tsp. onion powder
Salt and pepper to taste
½ cup coconut oil

METHOD

Add tuna, mayonnaise, parmesan cheese, garlic powder, and onion into bowl and mix.

Fold avocado into tuna mix.

Form mix into balls and cover with almond flour.

Heat coconut oil in a pan on medium heat.

Once hot, add tuna balls and fry until browned on all sides.





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