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FINGER-FOOD AND LUNCH BOX RECIPES



Peanut Butter Energy Bites

SERVINGS: 8

PREPPING TIME: 15 MIN

COOKING TIME: 15 MIN

Ingredients

- 1 cup rolled oats (gluten-free, if needed)
- 1/2 cup crunchy peanut butter, natural
- 1/2 cup flax meal
- 1/3 cup maple syrup
- 1/2 cup chocolate chips
- unsweetened coconut flakes, optional

Directions

Prep

1. Measure ingredients.

Make

1. Mix all ingredients in a medium-sized mixing bowl.
2. Roll the mixture into bite-sized (~1-inch) balls.
3. Sprinkle coconut flakes on top, if using.
4. Enjoy immediately or store in the fridge for 7-10 days.

Nutrition Facts	
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 16g	20%
Saturated Fat 4g	20%
Trans Fat N/A	
Cholesterol N/A	0%
Sodium 6mg	0%
Total Carbohydrates 33g	12%
Dietary Fiber 5g	18%
Total Sugars 21g	
Sugars, added N/A	0%
Protein 8g	
Vitamin D N/A	0%
Calcium 33mg	3%
Iron 14mg	75%
Potassium 223mg	5%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Oatmeal Banana Breakfast Bars

SERVINGS: 10

PREP TIME: 15 MIN

COOK TIME: 40 MIN

Ingredients

- 2 bananas, small
- 1/2 cup almond butter, or other nut/seed butter
- 2 eggs
- 1 tsp vanilla extract
- 2 Tbs coconut oil, melted
- 3 Tbs maple syrup
- 1 1/2 cups oats, quick-cook, gluten-free if necessary
- 1/2 cup almond flour
- 1/2 cup coconut flour
- 1/4 cup flax meal
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 cup dark chocolate chips

Directions

Prep

1. Peel and chop bananas.
2. Preheat oven to 350°F and line a baking sheet with parchment paper.

Make

1. Add bananas, almond butter, eggs, vanilla extract, coconut oil, and maple syrup to a blender or food processor and process until smooth.
2. In a mixing bowl, whisk together oats, flours, flax meal, baking powder, and baking soda. Make a well in the middle and add wet ingredients.
3. Stir until just combined, then stir in chips.
4. Using an ice cream scoop or a 1/4 cup measuring cup, place batter on parchment-lined baking sheet and shape into bars [or any shape you would like].
5. Bake for 15–18 minutes or until edges are brown.
6. Cool on wire rack. Wrap and freeze leftovers

Nutrition Facts	
Amount per serving	
Calories	237
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 4g	19%
Trans Fat 0g	
Cholesterol 33mg	11%
Sodium 100mg	4%
Total Carbohydrates 24g	9%
Dietary Fiber 5g	19%
Total Sugars 8g	
Sugars, added N/A	0%
Protein 8g	
Vitamin D N/A	0%
Calcium 87mg	7%
Iron 7mg	39%
Potassium 380mg	8%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Mini Broccoli Frittatas

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

Ingredients

- 4 eggs, whisked
- 2 Tbs almond milk, unsweetened
- salt, to taste
- pepper, to taste
- 1/2 cup broccoli, finely chopped
- 1/3 cup onion, finely chopped
- 2 cloves garlic, minced

Directions

Prep

1. Preheat oven to 350°F. Spray cupcake or muffin pan with cooking spray.
2. In a medium-sized bowl, whisk together eggs, unsweetened almond milk, salt, and pepper.
3. Chop broccoli, onions, and garlic.

Make

1. Fill muffin wells halfway with the broccoli, onion, and garlic mixture.
2. Pour whisked eggs over the veggie mixture, leaving a little space at the top. (Eggs will rise as they bake)
3. Bake for about 15 minutes or until eggs are cooked through.

Nutrition Facts	
Amount per serving	
Calories	155
% Daily Value*	
Total Fat 6g	7%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol N/A	0%
Sodium 310mg	13%
Total Carbohydrates 26g	9%
Dietary Fiber 2g	8%
Total Sugars 9g	
Sugars, added N/A	0%
Protein 2g	
Vitamin D N/A	0%
Calcium 33mg	3%
Iron 1mg	3%
Potassium 168mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Spring Rolls with Peanut Ginger Sauce

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 30 MIN

Ingredients

Wraps

- 12 leaves Bibb lettuce, cut in half lengthwise
- 6 scallions, sliced thin lengthwise and cut in half
- 2 pepper, red, thinly sliced
- 1 cucumber, English, thinly sliced
- 3 carrots, shredded
- 1/2 cup cilantro leaves
- 1/2 cup basil leaves
- 12 spring roll rice wrappers, 8"

Dressing

- 1 1/2 tsp ginger, fresh, grated
- 1/2 cup peanut butter, creamy
- 1 tsp sesame oil, toasted
- 2 Tbs tamari
- 1 Tbs maple syrup
- 6 Tbs warm water
- 1 Tbs sriracha, optional

Directions

Prep

1. Prepare all vegetables according to directions.
2. Grate ginger for dressing

Make

1. Fill a large, shallow bowl with about 2" of very hot water.
2. Submerge 1 rice paper for about 10 seconds and remove to a cutting board, allowing about 1" of the edge nearest you to hang over the end of the cutting board. This will make it easier to start wrapping.
3. Carefully layer your ingredients on the front half of the wrap closest to you, leaving 1" free along the sides. Start with 2 lettuce pieces per roll to prevent other vegetables from poking holes through the wrapper.
4. Fold the bottom over the filling, roll once, then fold in the sides and roll again to seal. Place on a serving plate. Rolls will be sticky, so be sure they do not touch each other while wet.
5. Continue until all rolls are complete. Serve with peanut sauce.
6. Add all ingredients except the water and sriracha to a bowl and whisk until smooth. Gradually whisk in warm water, 1 tablespoon at a time, until the dressing reaches your desired consistency.

Nutrition Facts	
Amount per serving	
Calories	281
% Daily Value*	
Total Fat 18g	23%
Saturated Fat 3g	14%
Trans Fat N/A	
Cholesterol N/A	0%
Sodium 720mg	31%
Total Carbohydrates 25g	9%
Dietary Fiber 7g	24%
Total Sugars 14g	
Sugars, added N/A	0%
Protein 11g	
Vitamin D N/A	0%
Calcium 94mg	7%
Iron 3mg	14%
Potassium 869mg	18%
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Banana Tortilla Wrap

SERVINGS: 2

PREPPING TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- 2 bananas, peeled and cut in half
- 1/4 cup peanut butter (or substitute)
- 4 tortillas, whole wheat (or gluten-free wraps)

Directions

Make

1. Peel bananas.
2. Spread each tortilla with an equal amount of peanut butter.
3. Place 1/2 banana on the front third of each tortilla and roll.
4. Roll to wrap the tortilla around the banana.
5. Wrap and refrigerate if not eating right away.

Nutrition Facts	
Amount per serving	
Calories	552
% Daily Value*	
Total Fat 25g	32%
Saturated Fat 7g	37%
Trans Fat 0g	
Cholesterol N/A	0%
Sodium 513mg	22%
Total Carbohydrates 72g	26%
Dietary Fiber 13g	45%
Total Sugars 20g	
Protein 16g	
Vitamin D N/A	0%
Calcium 222mg	17%
Iron 3mg	17%
Potassium 817mg	17%
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Turkey & Brown Rice Sliders

SERVINGS: 8

PREPPING TIME: 1 HR

COOKING TIME: 1 HR 20 MIN

Ingredients

- 1/2 lb ground turkey
- 1 cup brown rice
- 1 cup mushrooms, minced
- 1 cup carrots, shredded (2 carrots)
- 1 cup zucchini, shredded (1/2 medium zucchini)
- 1 tsp garlic powder
- 1 Tbs fresh basil, roughly chopped
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 tsp oregano
- 2 large eggs
- 1 tsp olive oil

Directions

Prep

1. Wash the mushrooms, carrots, and zucchini.
2. Mince the mushrooms.
3. Shred the carrots.
4. Chop the basil.
5. Cook the brown rice before using

Make

1. Preheat oven to 350°F and line a large baking sheet with parchment paper.
2. In a large bowl, combine the ground turkey, cooled brown rice, mushrooms, carrots, zucchini, spices, eggs and olive oil. Using gloves, mix until thoroughly combined and shape into 3 oz. patties. Line the patties on the baking sheet and continue until all of the mixture is gone.
3. Bake for 15–20 minutes or until sliders are thoroughly cooked.

Note: Have as a snack, add to a salad or make a burger out of these delicious sliders.

Nutrition Facts	
Amount per serving	
Calories	161
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 66mg	22%
Sodium 191mg	8%
Total Carbohydrates 20g	7%
Dietary Fiber 1g	5%
Total Sugars 1g	
Sugars, added N/A	0%
Protein 9g	
Vitamin D N/A	0%
Calcium 29mg	2%
Iron 1mg	6%
Potassium 243mg	5%
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