



Fruits

- ☐ 1 Apple
- ☐ 6 Banana
- ☐ 1 cup Strawberries

Vegetables

- ☐ 2 cups Baby Spinach
- ☐ 1/2 Beet
- ☐ 2 Carrot
- ☐ 1 Zucchini

Condiments & Oils

- ☐ 1 1/2 cups Tahini

Boxed & Canned

- ☐ 9 cups Chickpeas
- ☐ 3 cups Lite Coconut Milk

Baking

- ☐ 2 tbsps Baking Powder
- ☐ 1/4 cup Dark Chocolate Chips
- ☐ 4 cups Oats
- ☐ 2 tbsps Raisins
- ☐ 2 tbsps Vanilla Extract



Strawberry Beet Muffins

9 servings
25 minutes

Ingredients

2/3 cup Oats
1 Banana
1 1/2 cups Chickpeas
1 tsp Baking Powder
1/4 cup Tahini
1 tsp Vanilla Extract
1/2 cup Lite Coconut Milk
1 cup Strawberries (sliced thin)
1/2 Beet (peeled and shredded)

Directions

- 1 Process oats in a high powered blender or food processor until they reach a flour consistency.
- 2 Add remaining ingredients and process until smooth.
- 3 Transfer the mixture to a medium-sized bowl and mix in the beets and strawberries.
- 4 Distribute batter in a greased muffin tin and bake on 350 Degrees F for 20-25 minutes. Enjoy!

Nutrition

Amount per serving	
Calories	136
Fat	6g
Carbs	18g
Fiber	4g
Sugar	4g
Protein	5g
Cholesterol	0mg
Sodium	71mg
Vitamin A	24IU
Vitamin C	11mg
Calcium	79mg
Iron	2mg



Banana Spinach Muffins

9 servings

25 minutes

Ingredients

2/3 cup Oats
1 Banana
1 1/2 cups Chickpeas
1 tsp Baking Powder
1 cup Baby Spinach
1/4 cup Tahini
1 tsp Vanilla Extract
1/2 cup Lite Coconut Milk

Directions

- 1 Process oats in a high powered blender or food processor until they reach a flour consistency.
- 2 Add remaining ingredients and process until smooth.
- 3 Distribute batter in a greased muffin tin and bake on 350 Degrees F for 20-25 minutes. Enjoy!

Nutrition

Amount per serving	
Calories	130
Fat	6g
Carbs	16g
Fiber	4g
Sugar	3g
Protein	5g
Cholesterol	0mg
Sodium	70mg
Vitamin A	333IU
Vitamin C	2mg
Calcium	79mg
Iron	2mg



Apple Carrot Muffins

9 servings
25 minutes

Ingredients

2/3 cup Oats
1 Banana
1 1/2 cups Chickpeas
1 tsp Baking Powder
1/4 cup Tahini
1 tsp Vanilla Extract
1/2 cup Lite Coconut Milk
1 Apple (shredded)
1 Carrot (shredded)

Directions

- 1 Process oats in a high powered blender or food processor until they reach a flour consistency.
- 2 Add remaining ingredients and process until smooth.
- 3 In a medium bowl, mix the apple and carrots into the batter.
- 4 Distribute batter in a greased muffin tin and bake on 350 Degrees F for 20-25 minutes. Enjoy!

Nutrition

Amount per serving	
Calories	142
Fat	6g
Carbs	20g
Fiber	4g
Sugar	6g
Protein	5g
Cholesterol	0mg
Sodium	73mg
Vitamin A	1163IU
Vitamin C	3mg
Calcium	79mg
Iron	2mg



Zucchini Chocolate Muffins copy

9 servings
25 minutes

Ingredients

2/3 cup Oats
1 Banana
1 1/2 cups Chickpeas
1 tsp Baking Powder
1/4 cup Tahini
1 tsp Vanilla Extract
1/2 cup Lite Coconut Milk
2 tbsps Dark Chocolate Chips
1 Zucchini (shredded)

Directions

- 1 Process oats in a high powered blender or food processor until they reach a flour consistency.
- 2 Add remaining ingredients and process until smooth.
- 3 In a medium bowl, mix the zucchini into the batter.
- 4 Distribute batter in a greased muffin tin and top with chocolate chips. Bake on 350 Degrees F for 20-25 minutes. Enjoy!

Nutrition

Amount per serving	
Calories	153
Fat	7g
Carbs	19g
Fiber	4g
Sugar	5g
Protein	5g
Cholesterol	0mg
Sodium	69mg
Vitamin A	64IU
Vitamin C	5mg
Calcium	79mg
Iron	2mg



Spinach Chocolate Muffins

9 servings
25 minutes

Ingredients

2/3 cup Oats
1 Banana
1 1/2 cups Chickpeas
1 tsp Baking Powder
1/4 cup Tahini
1 tsp Vanilla Extract
1/2 cup Lite Coconut Milk
2 tbsps Dark Chocolate Chips
1 cup Baby Spinach

Directions

- 1 Process oats in a high powered blender or food processor until they reach a flour consistency.
- 2 Add remaining ingredients and process until smooth.
- 3 Distribute batter in a greased muffin tin and top with chocolate chips. Bake on 350 Degrees F for 20-25 minutes. Enjoy!

Nutrition

Amount per serving	
Calories	150
Fat	7g
Carbs	18g
Fiber	4g
Sugar	5g
Protein	5g
Cholesterol	0mg
Sodium	70mg
Vitamin A	333IU
Vitamin C	2mg
Calcium	79mg
Iron	2mg



Carrot Raisin Muffins

9 servings

25 minutes

Ingredients

2/3 cup Oats
1 Banana
1 1/2 cups Chickpeas
1 tsp Baking Powder
1/4 cup Tahini
1 tsp Vanilla Extract
1/2 cup Lite Coconut Milk
2 tbsps Raisins
1 Carrot (shredded)

Directions

- 1 Process oats in a high powered blender or food processor until they reach a flour consistency.
- 2 Add remaining ingredients and process until smooth.
- 3 In a medium bowl, mix together the shredded carrots and the batter.
- 4 Distribute batter in a greased muffin tin and top with raisins. Bake on 350 Degrees F for 20-25 minutes. Enjoy!

Nutrition

Amount per serving	
Calories	138
Fat	6g
Carbs	19g
Fiber	4g
Sugar	5g
Protein	5g
Cholesterol	0mg
Sodium	73mg
Vitamin A	1153IU
Vitamin C	2mg
Calcium	79mg
Iron	2mg