



**FLEUR  
DE LIS  
FITNESS**

# "Health-ified" RECIPES

## Raw Cookie Dough

Adapted from [chocolatecoveredkatie.com](http://chocolatecoveredkatie.com)

1 can (or 1 1/2 cups cooked) chickpeas or white beans

2 tsp pure vanilla extract

1/4 cup almond butter - or allergy-friendly sub

1/3 cup pure maple syrup, honey, or agave  
stevia to taste

1/4 cup + 1 tbsp quick oats or flaxmeal

scant 1/4 tsp salt

heaping 1/8 tsp baking soda (this gives a cookie dough flavor)

1/3 cup to 1/2 cup chocolate chips (Trader Joe's chocolate covered  
almonds go really well in place of choco chips!)

Drain beans, rinse extremely well, and pat dry. Process all  
ingredients except chips in a strong food processor until completely  
smooth. Stir in chips. Enjoy!

## Thai Pineapple "Fried Rice"

Adapted from [cookieandkate.com](http://cookieandkate.com)

2 tablespoons coconut oil

2 eggs

1 1/2 cups chopped fresh pineapple

1 large red bell pepper, diced

3/4 cup chopped green onions (about 1/2 bunch)

2 cloves garlic, pressed or minced

1/2 cup chopped raw, unsalted cashews

2 cups cooked quinoa

1 tablespoon reduced-sodium tamari or soy sauce

1 to 2 teaspoons chili garlic sauce or sriracha

1 small lime, halved

Salt, to taste

Handful of fresh cilantro leaves, torn into little pieces

Cook quinoa. Scramble eggs then put aside. Cook the pineapple and  
red pepper with a bit of oil, stirring constantly, until the liquid has  
evaporated and the pineapple is caramelized on the edges, ~ 3 to 5  
min. Add the green onion and garlic for ~ 30sec, then add to eggs.

Cook cashews with oil ~30sec, then add cooked quinoa. Pour egg  
mixture back to pan, stir to combine, cook until contents are warmed  
through. Add tamari and chili garlic sauce to taste. Squeeze lime  
juice over dish and stir to combine, season with salt and pepper.

Serve with lime wedge, cilantro, bottles of tamari, chili garlic sauce,  
or sriracha on the side, and enjoy!

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