






## Sweet Spot Recipes

Five Sweet Spot Recipes from On Track.

Group weight loss and nutrition coaching with weekly meal plans, recipes and shopping lists!

# Banana Cinnamon Smoothie

#breakfast #snack #vegetarian #vegan #eggfree #glutenfree #nutfree #smoothie #dairyfree #lowfodmap #elimination #nightshade-free

 7 ingredients  5 minutes  2 servings

## Directions




1. Add all ingredients to blender and blend until smooth. Pour into a glasses and enjoy!

## Ingredients

- **1/2 cup** Vanilla Protein Powder
- **2 tbsps** Ground Flax Seed
- **2 tbsps** Chia Seeds
- **2** Banana (frozen)
- **4** Ice Cubes
- **2 cups** Water
- **1/2 tsp** Cinnamon

# Chocolate Cupcakes

#snack #dessert #vegan #vegetarian #eggfree #nightshade-free #glutenfree #nutfree

 15 ingredients  3 hours  12 servings

## Directions



1. Preheat oven to 350 degrees F and line a muffin pan with 12 liners. Brush the liners with coconut oil to prevent the cupcakes from sticking.
2. Peel the sweet potato and dice into small cubes. Fill a saucepan with 2 inches of water and bring to a boil. Drop the sweet potato in and steam for 7 minutes or until tender when pierced with a fork. Drain off the liquid and transfer the steamed sweet potato to a bowl. Mash with a fork to make a smooth puree. Divide the sweet potato puree. For 12 cupcakes 1 cup will be used for the batter and 1.5 cups for the frosting.
3. In a large mixing bowl, combine the ground flax, water, almond milk, apple cider vinegar and baking soda. Whisk and let stand for 5 minutes to thicken slightly. Add the maple syrup, coconut sugar, sea salt, coconut oil, almond flour, oat flour, all-purpose gluten-free flour, and half of the cocoa powder. Mix the batter until thoroughly combined.
4. Divide the batter between cupcake liners and bake for 35-40 minutes or until a toothpick comes out clean. Remove from the oven. Let sit in the pan for 20 minutes before transferring to a rack to cool completely.
5. Make the frosting by adding the remaining sweet potato puree to a small saucepan with the chocolate chips. Heat over medium heat until the chocolate chips are completely melted. Transfer to a food processor, add the remaining cocoa powder and process until very smooth.
6. Let the frosting and cupcakes completely cool to room temperature before frosting. Frost using a piping bag or a spatula then let chill for an hour in the fridge. Enjoy!

## Ingredients

- 2 Sweet Potato (large)
- 2 tbsps Ground Flax Seed
- 1/3 cup Water
- 3/4 cup Unsweetened Almond Milk
- 1 tbsp Apple Cider Vinegar
- 1 1/2 tsps Baking Soda
- 1/4 cup Maple Syrup
- 1/4 cup Coconut Sugar
- 1/2 tsp Sea Salt
- 1/4 cup Coconut Oil (melted)
- 1/2 cup Almond Flour
- 1/2 cup Oat Flour
- 3/4 cup All Purpose Gluten-Free Flour
- 1 cup Cocoa Powder (divided)
- 1 1/2 cups Organic Dark Chocolate Chips

# Chocolate Chip Cookies

#snack #dessert #vegan #nightshade-free #vegetarian #egg-free #gluten-free

 7 ingredients  20 minutes  12 servings

## Directions

1. Preheat oven to 350 degrees F and line a baking sheet with parchment paper.
2. Combine the almond flour and baking powder together in a mixing bowl. Mix well. Then add in the remaining ingredients and mix again.
3. Plop the dough onto the baking sheet using a heaping tablespoon. Use the palm of your hand to gently form and flatten the cookies.
4. Place in the oven and bake for about 15 minutes for soft cookies, or 15 to 20 minutes for crunchy cookies.
5. Remove from oven and let cool. Enjoy!

## Ingredients

- **1 1/2 cups** Almond Flour
- **1 1/2 tsps** Baking Powder
- **3 tbsps** Coconut Oil (melted)
- **3 tbsps** Maple Syrup
- **1 tsp** Vanilla Extract
- **2 tbsps** Unsweetened Almond Milk
- **1/3 cup** Organic Dark Chocolate Chips

# Peanut Butter Cup Overnight Oats

#breakfast #snack #vegetarian #vegan #eggfree #glutenfree #dairyfree #lowfodmap #nightshade-free

 7 ingredients  8 hours  3 servings

## Directions




1. Combine oats, almond milk, peanut butter, chia seeds, maple syrup, cocoa powder and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
2. Remove from fridge. Divide into single-serving size jars or containers. Enjoy!

## Ingredients

- **1 1/2 cups** Oats (quick or rolled)
- **1 1/2 cups** Unsweetened Almond Milk
- **1/4 cup** All Natural Peanut Butter
- **2 tbsps** Chia Seeds
- **2 tbsps** Maple Syrup
- **1 tbsps** Cocoa Powder
- **1/2 cup** Water

# Fudge Protein Brownies

#snack #eggfree #glutenfree #dessert #dairyfree #lowfodmap #nightsshadefree

 6 ingredients  30 minutes  9 servings

## Directions

1. Preheat oven to 350. Line a cake or loaf pan with parchment paper.
2. In a small saucepan over low-medium heat, melt the peanut butter.
3. In a mixing bowl, mash the bananas, cocoa powder, protein powder and nut butter until combined. Stir in chocolate chips.
4. Pour into pan, sprinkle with walnuts and bake for 25 minutes. Remove from oven and let cool completely before serving.

## Ingredients

- **1 cup** All Natural Peanut Butter
- **4** Banana
- **1/2 cup** Cocoa Powder
- **1/2 cup** Chocolate Protein Powder
- **1/2 cup** Organic Dark Chocolate Chips
- **1/2 cup** Walnuts (chopped)