

HEALTHY SWEET TREATS PLANNING PACKET

CREATE A HABIT THAT SUPPORTS YOU FOR LIFE



PLANSIMPLE
Meals

SWEETS

LIFESTYLE CHECKLIST

Please do not take on the whole list at once. Choose one, play with it, and then move onto the next one.

We love thinking through changes as “Weekly Wellness Experiments.” Each Sunday, choose what you will work on for the week, make a plan for how to weave it into your schedule, then play.

- ☐ **Make a sweet treat or two every Sunday, so you have something to grab all week long.**
- ☐ **Make a family commitment to avoid all boxed sweet treats for a week.**
- ☐ **Make a healthy sweet treat for your next potluck.**
- ☐ **Bake or blend with your kids.**
- ☐ **Commit to a smoothie whenever you are craving ice cream.**
- ☐ **Find a brand in your health market that fits the gluten-free, vegan low sugar model. Know it is there if you need it.**
- ☐ **Create a monthly system for buying nuts, seeds, superfoods and flours needed for sweet treats.**



CAKE POPS

Ingredients

1 cup Cashews (soaked for an hour)
1 cup Cacao
1 cup Brazil Nuts
 $\frac{3}{4}$ cup Maple Syrup

Unsweetened coconut flakes for
topping (optional)

Directions

Process all ingredients in food
processor to form a dough.

Place bowl in refrigerator for at least
30 minutes.

Roll dough into balls for cake pops or
roll out dough and use a cookie cutter
to make shapes or just make organic
cookie shapes with your hands —
let the kids help!

Roll them in coconut flakes.

You can freeze these and enjoy them
cold; dehydrate them for 12 hours;
or bake at 250° for 10 minutes.

Store in airtight container.



LEMON BALLS

Ingredients

Juice from 2 Lemons (about 7 table-
spoons)
Lemon Zest from the 2 lemons
1 cup Cashews
1 cup Sunflower Seeds
8 Dates
1/4 cup Coconut Sugar
1 cup Dried Coconut Flakes
1 cup Almond Flour

Directions

Process all ingredients in food
processor, except almond flour.

Transfer to a bowl and slowly fold in
almond flour.

If your mixture seems too moist, you
can add more almond flour.

Place bowl in refrigerator for at least 30
minutes.

Roll dough into balls for cake pops or
make flat cookies. Sprinkle with a little
more lemon zest and coconut.

You can freeze these or dehydrate them
for 12 hours.



RAW BROWNIES

Ingredients

1 cup Raw Walnuts
1 cup Raw Pecans
 $\frac{3}{4}$ cup Raw Cacao Powder
1 cup Medjool Dates, pitted and
firmly packed
A pinch of Sea Salt
Sesame Seeds (optional)

Directions

Pulse walnuts and pecans in a food processor, with S-blade, until nuts are finely ground.

Add cacao and dates. Process until mixture begins to stick together.

Press dough into a loaf pan that is lined with parchment paper.

Refrigerate until ready to eat.

Variations

Rolls in balls instead of pressing to make squares.

Roll in sesame seeds.





CHIA PUDDING

Ingredients

¼ cup Chia Seeds
1 cup Raw Cashews,
(soaked for 1-3 hours)
3 cups Water
3 Dates
1 tablespoon Vanilla Extract
1 teaspoon Cinnamon
a pinch of Sea Salt

Directions

Place the chia seeds in a Ball jar (big enough for 4.5 cups of liquid).

Place the rest of the ingredients in a high-speed blender (such as Vitamix) and blend on high until smooth.

Pour the cashew mixture into the jar and shake very well, so no seeds stick to bottom.

Place in the refrigerator overnight.

Serve alone or with fruit.

Good for 3-4 days in the fridge.



CHOCOLATE CHIP COOKIES

Ingredients

2 cups gluten-free oats
¼ cup gluten-free, dairy-free
chocolate chips
¼ cup coconut oil, melted
½ cup maple syrup
¼ cup coconut flour
4 dates
3 tablespoons almond butter
½ teaspoon sea salt

Directions

Melt coconut oil by placing the glass jar in hot water.

Blend oil, maple syrup, dates, almond butter and salt in a blender.

Put oats and coconut flour in a bowl and stir in blended mixture.

Once mixed, fold in chocolate chips.

Make into 1" rounds. Shape them like the cookie form you want because they stay true to shape.

Bake at 200° for 45 minutes (you can also dehydrate these overnight at 108°).



AVOCADO CHOCOLATE PUDDING

Ingredients

2 ripe avocados, halved and peeled
1/3 cup cacao powder
¼ cup maple syrup
1 teaspoon vanilla extract
Pinch of sea salt

Directions

Place the ingredients in a Vitamix or food processor and blend until smooth, using a plunger or adding a small amount of coconut milk if necessary.

Sprinkle with nuts, hemp seeds or cashew cream — or a little of each!

Good for 2-3 days in the fridge.



BLACK BEAN BROWNIES

Ingredients

2 ½ tablespoons Flaxseed
6 tablespoons Water
¾ cup Cocoa Powder*
1 ¾ cups Black Beans (cooked)
1 cup Maple Syrup
1 tablespoon Vanilla
½ teaspoon Sea Salt
1 ½ teaspoon Baking Powder
½ cup Gluten Free Oats
3 tablespoons Peanut Butter
1 tablespoon Safflower Oil

*Read label to make sure there is no added sugar or dairy.

Directions

Blend flaxseed and water and let sit for 5 minutes.

Add the rest of the ingredients to the blender and blend until smooth.

Pour into silicone cupcake molds or a greased cupcake pan.

Bake at 350° for 20–25 minutes.





ABOUT MIA

I'm Mia Moran, a mom of 3, a wife, a creative, author, podcaster, and queen of the laundry ... I wear lots of hats. It would be easy to get overwhelmed or lose sight of what really matters, but I've created a system that helps me focus on the 4 pillars that I know I need in my life. Nine years ago my life wasn't working—too much caffeine, missing meals, pulled between work and family. One day I made a choice. I made the decision to feel great. I believed it was possible. I found support. I took action one doable change at a time. I now have the tools to be the best I can in every one of my roles, every day. You can have them too!



The FLOW planner gives you a space to plan your food, lifestyle, om (spirituality and self-care), and work all one page so that you can fit the things that “matter most” into your day. With worksheets and process pages along with weekly planning pages, you can get down everything on paper ... from your desires to plotting daily tasks. Get your FLOW planner at theflowplanner.com and get into FLOW.
