

EAT HEALTHY ON
BUDGET
& still treat yourself



Alina Z

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Dear reader,

During the times of stress and crisis it can be hard to focus and just breathe, let alone to eat healthy. But it is at times like that when we need to treat our bodies with nourishing foods so that our immune systems can kick in and kick some ass, protecting us from viruses, pathogens, etc.

The truth is, there is always something in the air that our bodies have to fight off - from daily pollution caused by cars and mass transportation to toxins and pesticides in food.

In this e-book I will share my tips on how you can protect your bodies and energize your spirits without breaking the bank so consequently you can take great care of yourself, your family, friends and community.

Prices that I mention in this book are as of March 2020.

With love,

Chef Alina Z

Bananas

Price per serving: 1 for 30 cents

Bananas are rich in potassium that helps lower blood pressure and reduce bloating, magnesium that helps relax your nervous system, Vitamin b-6 that can help boost energy, and Vitamin C that can help boost your immunity.

Bananas are perfect to make breakfast with or as an on-the-go snack, since they come in their own nature-made wrapper.

Check out my recipe for banana pancakes. They are to live for!



Chia Seeds

Price per serving 80 cents for 4 tablespoons when you buy a 32oz container for \$7 on Amazon.com

Rich in anti-inflammatory Omega-3 fatty acids, protein, fiber, calcium, magnesium and iron.

These little jewels of a seed can help bring inflammation down in your body, which can relieve aches and pains, therefore make you feel good!

Because chia seeds are pretty tasteless, you can dress them up in different flavors that you like. Check out the eAZy chia pudding recipe that's perfect for breakfast or as a dessert.



Old-Fashioned Oats

Price per serving: 13 cents for a 1/2 cup serving when you buy a 42-ounce container of store brand oats for around \$3.99.

Oats are rich in soluble fiber and have some protein, a combination of which can help keep you full and satisfied.

While traditionally many people use oats just to make oatmeal, I like to think outside the jar and make other things with this fabulous grain.

Try oats in this book's recipes such as no-cook overnight oatmeal, muffins, snack bars and banana pancakes.



Spaghetti Squash

Price per serving: 60 cents for a 1 cup serving when you buy the whole squash for \$1.20 per pound at stores like walmart.

What I love about spaghetti squash is that it is a delicious and nutritious alternative to pasta that makes you feel satisfied and light at the same time. A whole cup contains only 40 calories and is loaded with fiber, vitamin C, manganese, and vitamin B6 while regular wheat pasta has 200 calories and is usually stripped from nutrients as it is a highly processed food.

To make spaghetti squash quick and eAZy, steam it in a pot of boiling water for 15 minutes and it's ready to eat with your favorite pasta sauce. Full recipe is available in the end of the book.



Cabbage

Price per serving: 20 cents when you get cabbage for 80 cents a pound.

Cabbage is one of my favorite veggies for its versatility, price and nutrition. Because it is a part of cruciferous vegetables family it can help support your liver health – our largest detox organ. Remember that the stronger your liver is, the better and faster your body can detox from everyday pollutants.

Cabbage can also last a long time so in times of crisis and uncertainty people have stocked up on it to make soups, stews and side dishes.

Check out the cabbage crunch salad and the veggie soup recipes at the end of this book.



Brown Rice

Price per serving: 20 cents for a 1/4 cup serving when you get a 10-pound bag of rice for \$20 at stores like Walmart.

While I personally don't eat lots of rice as it is not a very nutritious food in general, I use it sparingly to slow down the digestion of veggies when I am very hungry and need energy for a few hours. Sometimes you just can't eat that many veggies to get the calories that will energize you.

With that said, I suggest pairing brown rice with veggies or beans and using no more than a 1/4 cup per serving. Z-Tip: combination of beans and rice creates complete protein.



Canned or Dry Legumes

Price per serving: About 50 cents for a 1/2 serving. You can buy a 13.5-ounce box of store brand beans for about \$1.49. Or you can get 1 pound of dry beans for \$1 (Goya brand) and soak them overnight, then cook. You will get 3 pounds of beans for \$1, making it 8 cents a half-cup serving.

Beans are rich in protein, fiber, calcium and iron and are perfect to eat with veggies, rice and sweet potatoes or make burritos, nachos, dips or enchiladas. If you like chickpeas, you can make hummus. Also, you can make great bean soups with a few left-over veggies, water and dry herbs.

Z-Tip on beans – Sprout your lentils and whole peas to get amazing live food that's full of enzymes that can increase your vitality and boost energy. Put them in cold water over night and rinse the next day. Let them air-dry and they will be ready to eat in a few hours.



Salsa

Price per serving: 4 cents per serving. Pace Chunky Salsa costs \$5.65 for 64 ounces.

Salsa is one of the already made foods that I will actually buy myself and enjoy in soups, my eAZy chili or add as flavor as a substitute for ketchup which is usually full of sugar.



Garlic

Price per serving: 4 cents per clove. You can get garlic for \$2 a pound and 1 pound of garlic will get you about 50 servings.

Garlic is one of the best anti-bacterial foods as it can keep you healthy! It's great for sautéing in side dishes, soups and stews.

Z-TIP: If I feel I may be getting a cold, I chop up a clove of garlic and eat it on top of toasted gluten-free or sprouted Ezekiel bread with a little bit of hummus. I usually feel better right away.

Onions

Price per serving: 10 cents. You can get onions for 84 cents a pound.

Onion is another great liver-supporting food that also has anti-bacterial properties to help keep you healthy!

Onions are great for adding flavor to food by sautéing it in side dishes, soups and stews.

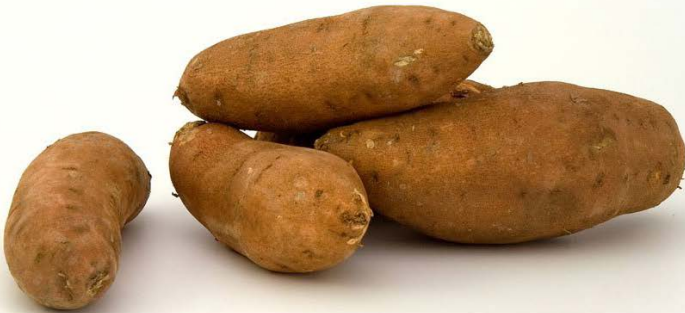


Sweet Potato

Price per serving: About 28 cents per sweet potato. You can buy a 3-pound bag of sweet potatoes at Walmart for about \$2.87, and a bag can contain about 10 small sweet potatoes.

Sweet potatoes are rich in fiber, vitamin A, vitamin C and manganese. They are great baked and eaten with some salt and coconut oil, stuffed with sautéed cabbage, as an alternative to traditional breakfast potatoes, in salads, casseroles and stews.

Check out my eAZy Chili recipe and stuff a baked sweet potato with it for an amazing meal.



Frozen Vegetables

Price per serving: Around 25 cents. Frozen vegetables come in 12-ounce to 24-ounce bags that cost anywhere from \$1.75 to \$2.25 and contain 6-8 cups, depending on the vegetable and the size of the bag. At one national store, you can buy a bag of frozen organic green beans for \$1.79. A bag of petite peas will cost you \$1.19, and a 10-ounce box of frozen chopped spinach costs \$1.19.

While all veggies vary in nutrition, 1-cup serving of frozen mixed vegetables (classic mix) has 6 grams fiber, 4 grams protein, 115% of the Daily Value for vitamin A, 8% of the Daily Value for vitamin C, and 7% of the Daily Value for potassium.

Of course, I would love for everyone to buy fresh organic veggies, but I realize it's not always possible for everyone, so I recommend frozen as the next best. They can be cooked quickly and are definitely better than junk food.

If you can, please buy organic veggies and if you are on a very tight budget, get them on sale and stock up. Z-TIP: Check out Costco for their wide selection of organic frozen veggies.

You can make soups, stews and side dishes with these veggies. One of my favorite recipes is my macrobiotic bowl and the veggies soup that I have at the end of this book.



Organic vs Conventional Produce

12 Most Contaminated Produce

If organic is not available, then I prefer to skip these items altogether.

Strawberries
Spinach
Kale
Nectarines
Apples
Grapes
Peaches
Cherries
Pears
Tomatoes
Celery
Potatoes

15 Least Contaminated Produce

If organic items from this list are not available, conventional are OK

Avocados
Sweet corn
Pineapples
Frozen sweet peas
Onions
Papayas
Eggplants
Asparagus
Kiwis
Cabbages
Cauliflower
Cantaloupes
Broccoli
Mushrooms
Honeydew melons

Source: Environmental Working Group
www.ewg.org



*“When health is absent,
wisdom cannot reveal itself,
art cannot manifest, strength
cannot fight, wealth becomes
useless, and intelligence
cannot be applied.”*

- Herophilus

TOP 10 Z-TIPS TO SAVING MONEY ON FOOD

1. Shop at farmer's market either first thing in the morning or right before they close. When you go there first, you can get bags of slightly-bruised for a fraction of the cost. For example, you can get 3-4 pounds of apples for \$1!

When you go in the end of the day, farmers may give you food that they want to sell and don't want to take home, so you can get food for half the price!

2. Get free "Edible (Name of your state)" magazine to learn about your local farmer's markets.

3. Drink lots of water 30 minutes before your meals. Your brain will think it is full and you won't over-eat.

4. Shop store sales. Stock up on shelf-stable foods like rice and potatoes when they are on sale such as Buy One, Get One Free.

5. Visit your local CSA farms in the end of their CSA distribution. Local farms often have many left-over bags when clients don't come to pick them up. Ask if they can donate to you.

6. Get more local produce that's in season. Stock up on seasonal items on sale, then clean, chop up and freeze in eco-friendly bags. You can stock up on seasonal stuff for months.

7. Make big batches of cooked rice and freeze individual-size portions for later use.

8. Don't allow leftovers to go bad. You can eat them for a week or freeze them in individual portions for later.

9. Skip processed junk food that has conventional wheat, sugar, high fructose corn syrup or ingredients you can't pronounce. Chances are these "good-looking" foods are only there for one thing - to take advantage of you by robbing your body of its power, as your system will have to work overtime to get rid of the junk. You work too hard in your life, why add more work?

The price your body has to pay to get rid of these food imposters are much higher than meets the eye - it can cost you your energy, your vitality, your skin tone, your figure and even vitality of your organs. Save your hand-earned money and invest in foods that love you back such as the chocolate brownie and mousse in this book. They may not be too budget-friendly, but if you save a few dollars on junk food, then you will be able to afford those ingredients in no time!

10. Avoid costly animal protein and opt for plant-based complete protein of rice or potato with beans. Conventional, non-organic animal proteins are often full of hormones, steroids and disease. I suggest skipping them and saving money for foods that actually treat your body with respect you deserve.

If you must eat animal protein, choose organic, pasture-raised only. To stay on your budget, decrease the amount of animal protein you eat and increase the quality.

Humans don't need to eat animal protein at every meal and even every day. By cutting your animal protein consumption you will only save money and improve your health and wellbeing.

EAZY SWAPS

If you don't want to give up a food, simply swap it for a better one:

Canned tuna -> Canned sardines or wild salmon

Conventional meat, dairy & processed food -> Organic meat, dairy & processed food, but in smaller quantity to make up for the price increase

THREE BEYOND THE EDIBLE TREATS

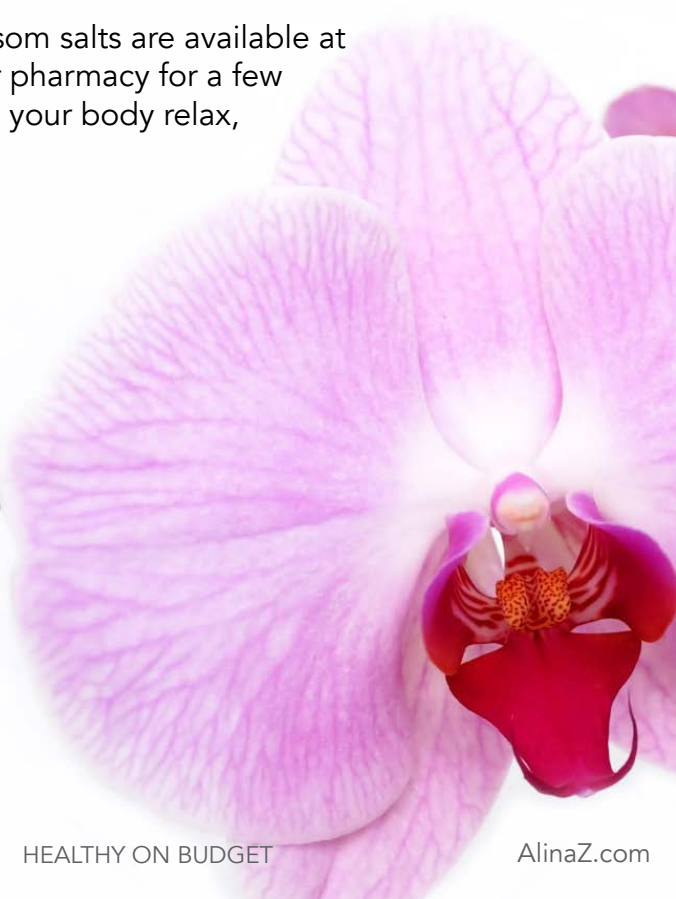
One of my favorite sayings is - If you don't choose time to relax your body, your body will choose the time for you.

With that in mind, here are some low-cost ways to relax your body and soul, therefore decreasing your appetite for stimulating or food-coma inducing foods.

Rose Petal Baths with Epsom Salts

Rose petals baths may sound like they are extravagant, but in reality you can buy very inexpensive dry rose petals on Amazon.com that will last you months, if not years.

Magnesium-rich epsom salts are available at any grocery store or pharmacy for a few dollars and will help your body relax, therefore boosting your immunity.



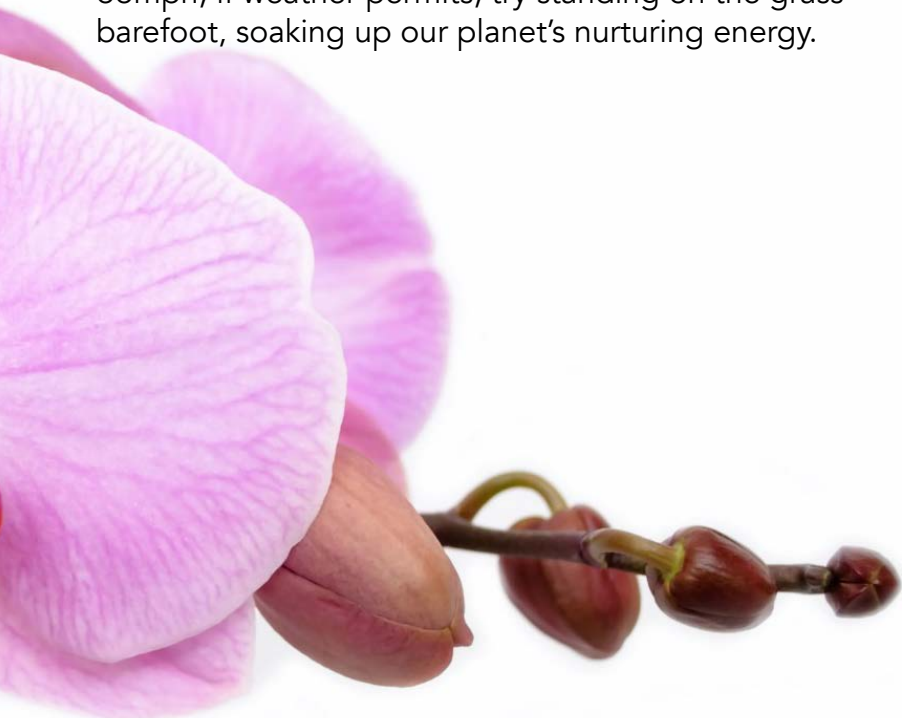
Live Orchid

Another sweet treat for the eyes that is better than candy can be fresh flowers. I recommend getting a live orchid that only requires 2 ice cubes a week to upkeep and can bloom for months at a time. I have one orchid that has bloomed 3 times already. That's at least 8 months of fresh flowers for the initial investment of \$10.

Nature Walks and Tree Hugs

Did you know that hugs boost our serotonin as well as sugar? Skip the calories and head out to connect with nature and hug a couple of trees.

You will feel light, refreshed and energized. For extra oomph, if weather permits, try standing on the grass barefoot, soaking up our planet's nurturing energy.



BANANA PANCAKES

Batter

- 1 Cup oat flour (you can finely grind rolled oats & measure out 1 cup)
- 3/4 Cup vanilla almond milk
- 1 Ripe banana
- 1 Organic Vital Farms® egg or Just Egg® egg substitute
- 1 Tablespoon ground golden flaxseeds
- 1 Teaspoon baking powder
- 1-2 Teaspoons honey or maple syrup
- 1/4 Teaspoon sea salt
- Grapeseed oil spray

Strawberry sauce

- 2 Cups berries of your choice, chopped
- 1/2 Cup pitted dates

Preparation

To make the batter, mix all dry ingredients and set aside. In a separate bowl, mash banana with a fork and mix with egg and almond milk.

Combine all ingredients into pancake batter.

Heat up a non-stick pan on medium heat, spray with grapeseed oil and pour desired amount of the batter onto pan. I like to make small pancakes, using 1/4 cup of the batter per piece. Cook for about 1 minute on each side.

Preparation for the sauce

Blend 1 cup of berries with dates in a blender or food processor. Add remaining berries into mixture and combine by hand.

Serve pancakes with the sauce.



BERRY CHIA PUDDING

Ingredients

- 1.25 Cup almond or coconut milk
- 1/3 Cup chia seeds (white, black or a mix)
- 1 Tablespoon maple syrup or honey
- 1/4 Teaspoon cinnamon

Accessories

- 1 Tablespoon of either hemp, sunflower or pumpkin seeds
- 2 Teaspoons dried berries of your choice
- 1/2 Cup fresh berries of your choice, sliced

Preparation

Mix chia seeds, coconut nectar and cinnamon with milk. Stir for a minute to make sure the seeds don't stick together. Let sit for 15 minutes, stirring occasionally.

Mixture will thicken, making it a rich pudding.

Accessorize with dried and fresh berries and seeds.

Chia pudding recipe can be doubled and eaten the next day.

*Let food be thy
medicine and medicine
be thy food."*

- Hippocrates



CHIA BERRY JAM

2 cups frozen wild blueberries (*Trader Joe's has the best priced ones*)
1/2 cup frozen raspberries (or fresh mashed)
2 tablespoons - 1/3 cup chia seeds
1 tablespoon honey
Few squeezes of lemon
Trader Joe's gluten-free crisps

Put frozen berries in a jar and let thaw out.

Add chia seeds and mix well.

Let them absorb the liquid from the berries. Add the honey and lemon and enjoy!

If you prefer, you can use frozen strawberries or cherries, just mash them well with a fork or put half of the amount in a food processor to liquify them, then combine with the other half and use instructions above.

Put on top of Trader Joe's crisps or any other bread or crackers that you like and enjoy!

*I believe that the greatest gift you
can give your family and the
world is a healthy you.*

- Joyce Meyer



EASY SUPERFOOD MUFFINS

Dry ingredients

- 2 Tablespoons whole chia seeds
- 1.25 Cups oat flour
- 3/4 Cup oat bran
- 2/3 Cup ground flax seeds
- 2 Teaspoons baking powder
- 1/4 Teaspoon sea salt

Wet ingredients

- 1.25 Cups almond milk
- 1/2 Cup maple syrup or honey
- 1/2 Cup unsweetened applesauce
- 1 Teaspoon vanilla extract

Accessories

- 1/2 Cup fresh or frozen blueberries
- 1/2 Cup chopped walnuts or chocolate chips

Preparation

Mix chia seeds with wet ingredients first, stirring them with a fork. Let the seeds soak for five minutes while you prepare the dry ingredients in a separate bowl.

Once the seeds have soaked, add dry ingredients to the wet ones. Mix in the accessories.

Separate the dough between 12 muffin cups and bake for 25 minutes at 350°F. Let cool.



OVERNIGHT BERRY OATMEAL

Ingredients

- 1.25 Cups coconut, almond or cashew milk
- 1/4 Cup fresh or frozen mixed berries
- 1/2 Cup rolled oats
- 2 Tablespoons oat bran
- 1-2 Teaspoons ground flax seeds
- 1 Teaspoon vanilla extract
- 1 Tiny scoop of stevia, equivalent to 1 teaspoon of sugar
- Sea salt to taste

Preparation

Mix all of the ingredients together in a mason jar, seal and leave in the fridge overnight. If you'd like, you can add more coconut milk to thin it out in the morning.

Try substituting berries for fruit or chocolate chips to create a different flavor.

*Happiness is the
highest form of health.*

- Dalai Lama



VEGGIE & BEAN SOUP

Ingredients

1.5 cups dried cannellini beans or 3 cups cooked beans
2 tablespoons grapeseed oil
1 onion, chopped
1 carrot, chopped
1 celery rib, chopped
2 leeks, chopped
4 garlic cloves, chopped
1 white cabbage, finely sliced
1 sweet potato, chopped
4 medium zucchini, chopped
1.5 cups tomato puree
2 sprigs of fresh rosemary, thyme and sage
1 teaspoon red chile powder
Fresh dill
Salt and black pepper to taste
5 cups of water

Put beans in a bowl, cover with cold water and soak overnight. Then drain before ready to use. OR you can use 3 cups of already cooked beans.

Next day, heat half the oil in the sauce pan and sauté onion, leeks, garlic, carrot and celery and cook for 10 mins. Add sweet potato and cook for 10 more. Finally add cabbage and zucchini and cook for 10 mins, stirring a few times.

Add soaked beans, rosemary, thyme, sage, chile powder, salt and pepper. Cover with 2 liters of water, bring to boil and cook for 30 minutes.

Take out 3 large ladles of soup and mash well. Stir back into the soup, then pour into serving bowls, accessorize with fresh dill and enjoy!



EAZY MACRO BOWL

Ingredients

Frozen brown rice
Frozen already chopped sweet potato
Frozen broccoli
Frozen mixed mushrooms
Cooked beans
Sauerkraut from refrigerated section
Sea vegetables like hijiki or wakame, soaked
Store-bought ginger miso dressing

Steam frozen ingredients until ready.

Put everything in your favorite bowl, drizzle with a store-bought ginger miso dressing and enjoy!

*Keep your vitality. A life
without health is like a
river without water.*

- Maxime Lagacé



EASY HUMMUS

Ingredients

- 1.5 Cup cooked boxed chickpeas
- 1/2 - 1 whole squeezed lemon
- 1 Tablespoon sesame tahini
- 1 Teaspoon sea salt
- 1 Clove of garlic

Accessories

- Paprika
- Marinated artichokes
- Sun-dried tomatoes
- Cucumber slices
- Sami's Bakery millet and flax chips
- Marinated mushrooms

Preparation

Drain chickpeas and set liquid aside.

Blend all the ingredients in a high-speed blender or food processor. Add some chickpea water, if needed for thinner consistency. Serve with accessories of your choice.

*It is health that is real
wealth and not pieces of
gold and silver*

- Gandhi



3-MINUTE VEGAN CHILI

Ingredients

- 12-14 oz Un-flavored kidney beans
- 1 12-oz Jar salsa
- 1 Package of Beyond Meat crumbles (\$4.48 on Walmart.com)
- 1/2 cup Daiya cheddar cheese (\$4 for the whole bag, optional)
- 4 sweet potatoes

Preparation

Preheat oven to 400°F. Wash sweet potatoes, pierce the skin of each one with a fork 4-5 times. Place on a lined baking sheet and bake until tender, 45 minutes to 1 hour.

While sweet potatoes are baking, combine beans, salsa and crumbles together in pan and sauté for about 3 minutes.

Once sweet potatoes are cooked, cut them length-wise and stuff with chili. Drizzle with Daiya cheese, place in the oven for another 2-3 minutes to melt the cheese, then serve.

Z-TIP: Make this recipe without the potato and serve as an appetizer with Beanito bean chips.

I like to keep all of the ingredients on hand at the house in case friends come over for an unexpected get-together. It always wows even the most pickiest meat-eaters.



COCONUT BROWN RICE

Ingredients

- 2.5 Cups brown rice, cooked
- 1.5 Cup chickpeas, cooked
- 1/2 Cup carrots, shredded
- 1/2 Cup cabbage, shredded
- 1/2 Cup red pepper, chopped
- 1/2 Cup large coconut flakes
- 3 Tablespoons coconut oil
- 2 Cloves garlic, chopped
- 1 Inch ginger root, chopped
- 1/2 Teaspoon sea salt
- 1 To 2 teaspoons apple cider rice vinegar to taste

Preparation

Lightly sauté chopped garlic and ginger in pan with coconut oil until fragrant.

Add all vegetables and quick sauté for about 1 minute.

Add brown rice and chickpeas, then stir together for 1 minute to mix well and warm up. Season with sea salt and apple cider vinegar to taste.

EASY CABBAGE SALAD

Ingredients

- 2 cups shredded cabbage
- ½ cup shredded carrots
- 1/4 cup sprouted mung beans or lentils
- 1 tablespoon pumpkin seeds
- 1 tablespoon fresh dill, chopped
- 1 tablespoon olive oil
- ¼ teaspoon salt

Preparation

Mix together and serve for a satisfying and healthy side dish.



SPAGHETTI SQUASH

Ingredients

1 Medium spaghetti squash

16 Oz of tomato basil pasta sauce (Organic Tomato Basil one from Trader Joes is my favorite and costs under \$3)

1 Cup baby bella mushrooms

1 Container of Follow Your Heart® Soy-Free Parmesan (Optional)

Fresh herbs of your choice, such as parsley and oregano

Preparation

Cut the squash length-wise, scoop out seeds, place in pan with 1-inch deep hot water, cover with a lid and steam for about 15-20 minutes or until soft. Use a fork to punch through to check on the density.

While the squash is cooking, sauté mushrooms in another pan for 2-3 minutes, then add tomato sauce.

When squash is cooked, scoop it out with large metal spoon and add to mushrooms and pasta sauce mixture. Be careful as squash will be hot! I always use oven mitts to protect my hands.

Mix well with the sauce and serve. Accessorize with fresh parsley and Follow Your Heart® Parmesan cheese.

Z-TIP: I prefer to steam this squash because it takes less time than baking. However, I do enjoy the baked flavor a little more. So, when I have extra time, I bake it at 350°F for 45 minutes.



BANANA ICE CREAM

4-5 Bananas

Vanilla extract

Vanilla almond milk or coconut cream (Optional)

Peel ripe bananas and freeze in an eco-friendly freezer bag overnight or until very firm. When ready to serve, place bananas in a power blender or food processor and blend with vanilla extract until you get the ice cream texture. If the bananas are too hard for the kitchen equipment you have, add some almond milk to soften up the texture.

Enjoy the banana ice cream with your favorite toppings.

CHOCOLATE MOUSSE

Mousse Ingredients

1/2 Cup vanilla almond milk or coconut water

1/2 Cup maple syrup

1/2 Cup unsweetened cocoa powder

2 Ripe avocados

1 Tablespoon vanilla extract

1/2 Teaspoon sea salt

Accessories

Fresh raspberries

Coconut shavings

Preparation

Place the mousse ingredients in the order as they appear, beginning with liquids, in a Vitamix® or another high-power blender and blend until smooth.

If the consistency is too thick, add more almond milk or coconut water. Accessorize with raspberries and coconut shavings.

Z-TIP: Use this recipe as ganache for the brownie or as a dipping sauce for fresh strawberries.



NO-BAKING APPLE COBLER

Topping

- 1 Cup pitted medjool dates (*Pit by hand, do NOT buy already pitted*)
- 1 Cup pecans or walnuts
- 1 Cup dry oats
- 1/2 Teaspoon sea salt
- 1/2 Teaspoon vanilla

Filling

- 3 Golden Delicious apples
- 2 Pitted medjool dates (*Pit by hand, do NOT buy already pitted*)
- 1 Teaspoons ground golden flax seeds
- 1 Teaspoons of cinnamon
- 1/2 Teaspoon sea salt
- 1/2 Teaspoon vanilla

Accessories

- Coconut shreds

Preparation for the topping

Process all topping ingredients in a food processor using an S-blade for 1-2 minutes. Set aside in a separate bowl.

Preparation for the filling

Quarter the apples and take out the seeds. Using the same food processor with the S-blade as you used for the topping, process half of the apples with dates, flax seeds, salt, cinnamon and vanilla to make apple sauce.

Take out the S-blade and switch to a slicing blade. Slice the rest of apples, feeding each piece through the narrow feeding tube.

Mix sliced apples with the apple sauce mixture using a large spatula and put in a serving dish. Sprinkle with the rest of the topping mixture and coconut shreds.



RAW VEGAN BROWNIE

Ingredients

- 2 Cups raw walnuts
- 1.5 Cups medjool dates (*Pit by hand, do NOT buy already pitted*)
- 1 Cup raw cacao powder
- 1/4 Teaspoon sea salt

Preparation

Process in food processor with an S-blade for 2-3 minutes until well-blended. Line a rectangular container with saran wrap and place dough on top, cover with saran wrap and push down with your hands to make the brownie. Remove the wrap, cut the brownie in desired pieces and it's ready to eat.

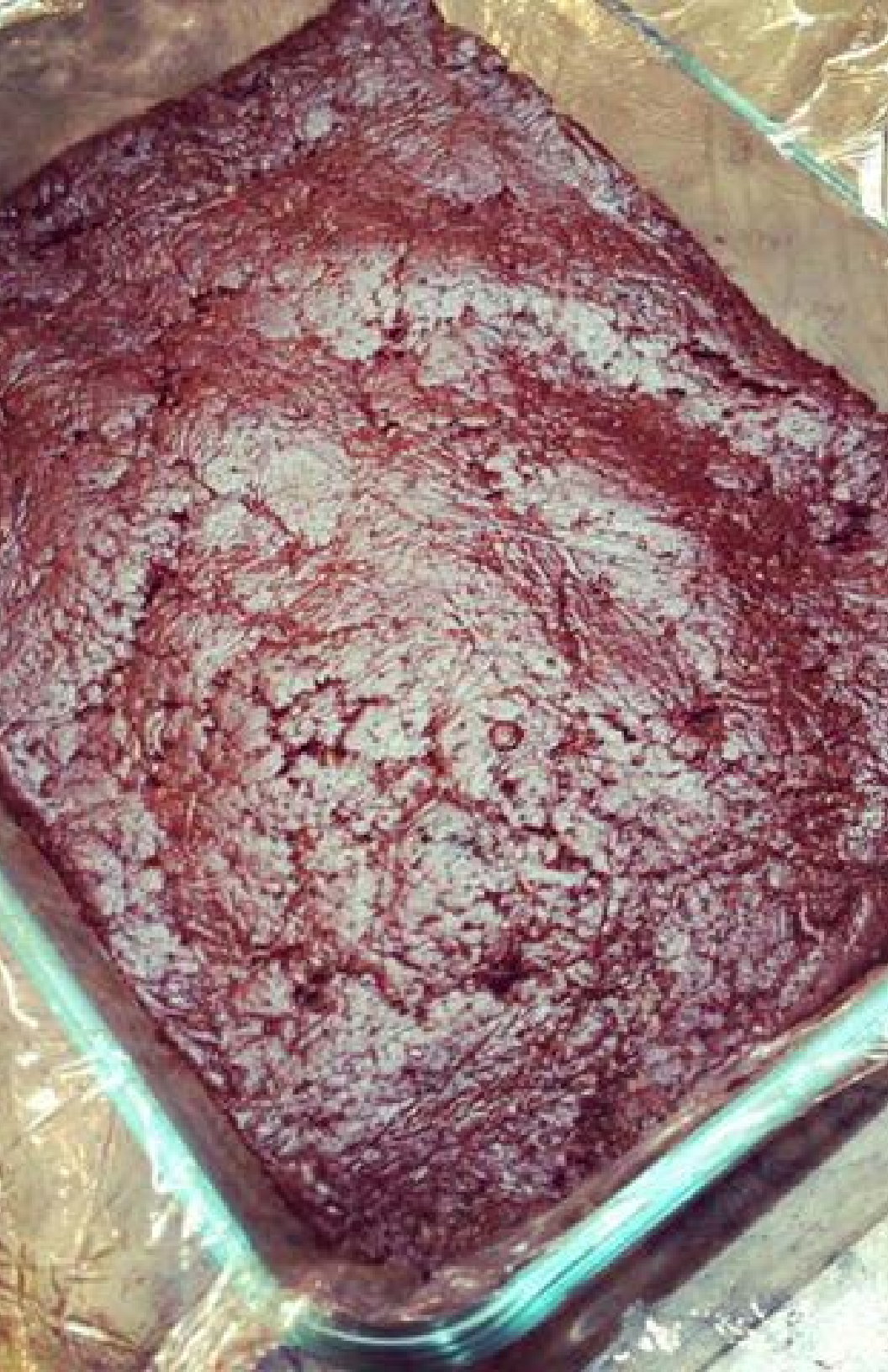
GRANOLA BARS

Ingredients

- 2 cups rolled oats
- ½ cup of oat flour (can make yourself from rolled oats)
- 1/3-1/2 cup local (to your region) honey
- 2/3 cup of miniature semisweet chocolate chips
- 1/3 cup of ground flax seeds
- 1/3 cup of sliced almonds
- 4 tablespoons of Earth Balance soy-free butter, melted
- 1 tsp. Vanilla extract
- 1/2 teaspoon cinnamon (optional)

Preparation

Preheat oven to 350 degrees. Line a pan with parchment paper. In a large mixing bowl combine all ingredients. Press mixture on top of the parchment paper the prepared pan. Bake for 20 minutes or until golden brown. Let cool for 2-3 hours and then cut into bars. Let bars cool completely in pan before removing or serving.



More recipes
& tips for healthy
eating, self-love
and happy living



ABOUT THE AUTHOR



Alina Z is an award-winning health coach, chef and co-creator of DLrevAMP - #1 Diet in America, as selected by Harper's Bazaar Magazine in 2015.

Alina's passion is in helping people fall in love with themselves and teaching them simple and easy solutions to healthy eating. When you fully and unconditionally love and accept yourself, then pair self-love with food that fits your unique personality and lifestyle, you can truly satisfy your hunger.

Alina Z has been featured in:



FOR MORE, VISIT:

www.AlinaZ.com

