



Non-Perishable Foods Program

Created by Swan Integrative Health and Wellness



Non-Perishable Foods Program

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Berry Baked Oatmeal	Berry Baked Oatmeal	Berry Baked Oatmeal	Pumpkin Pie Overnight Oats	Pumpkin Pie Overnight Oats	Pumpkin Pie Overnight Oats	Pumpkin Pie Overnight Oats
			Toasted Walnuts	Toasted Walnuts			Toasted Walnuts
Snack 1	Rice Cakes with Almond Butter	Almond Butter Stuffed Dates	Almond Butter Stuffed Dates	Sweet & Crunchy Chickpeas	Rice Cakes with Almond Butter	Sweet & Crunchy Chickpeas	Peanut Butter Rice Krispies
Lunch	Mexican Street Corn Soup	Slow Cooker Black Beans & Rice	Brown Rice Chips with Salsa	Slow Cooker Black Beans & Rice	Brown Rice Chips with Salsa	Mexican Street Corn Soup	Slow Cooker Black Beans & Rice
			Lentils		Lentils		
Snack 2	Peanut Butter Rice Krispies	Peanut Butter Rice Krispies	Rice Cakes with Almond Butter	Cinnamon Ginger Energy Balls	Peanut Butter Rice Krispies	Cinnamon Ginger Energy Balls	Cinnamon Ginger Energy Balls
Dinner	Slow Cooker Black Beans & Rice	Brown Rice Chips with Salsa	Spicy Coconut Lentil Soup	Spicy Coconut Lentil Soup	Mexican Street Corn Soup	Slow Cooker Black Beans & Rice	Spicy Coconut Lentil Soup
		Lentils					
Snack 3	Organic Sea Salt & Coconut Popcorn	Organic Sea Salt & Coconut Popcorn	Sweet & Crunchy Chickpeas	Organic Sea Salt & Coconut Popcorn	Sweet & Crunchy Chickpeas	Organic Sea Salt & Coconut Popcorn	Cinnamon Ginger Energy Balls

Non-Perishable Foods Program

7 days

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Calories 1905	Calories 1917	Calories 1766	Calories 1890	Calories 1811	Calories 1828	Calories 1826
Fat 63g	Fat 57g	Fat 79g	Fat 68g	Fat 65g	Fat 50g	Fat 69g
Saturated 15g	Saturated 14g	Saturated 9g	Saturated 15g	Saturated 8g	Saturated 11g	Saturated 11g
Carbs 298g	Carbs 305g	Carbs 223g	Carbs 277g	Carbs 271g	Carbs 308g	Carbs 264g
Fiber 40g	Fiber 41g	Fiber 40g	Fiber 43g	Fiber 44g	Fiber 48g	Fiber 35g
Sugar 48g	Sugar 67g	Sugar 58g	Sugar 38g	Sugar 68g	Sugar 49g	Sugar 53g
Protein 58g	Protein 60g	Protein 58g	Protein 56g	Protein 60g	Protein 57g	Protein 52g
Cholesterol 0mg	Cholesterol 0mg	Cholesterol 0mg	Cholesterol 0mg	Cholesterol 0mg	Cholesterol 0mg	Cholesterol 0mg
Sodium 1955mg	Sodium 2510mg	Sodium 1646mg	Sodium 1678mg	Sodium 2042mg	Sodium 2034mg	Sodium 941mg
Potassium 2864mg	Potassium 2688mg	Potassium 2326mg	Potassium 2426mg	Potassium 3019mg	Potassium 3093mg	Potassium 2373mg
Vitamin A 1768IU	Vitamin A 1069IU	Vitamin A 1667IU	Vitamin A 20474IU	Vitamin A 21285IU	Vitamin A 20945IU	Vitamin A 20450IU
Vitamin C 34mg	Vitamin C 25mg	Vitamin C 20mg	Vitamin C 15mg	Vitamin C 24mg	Vitamin C 27mg	Vitamin C 14mg
Calcium 563mg	Calcium 576mg	Calcium 675mg	Calcium 647mg	Calcium 689mg	Calcium 619mg	Calcium 652mg
Iron 14mg	Iron 14mg	Iron 14mg	Iron 17mg	Iron 18mg	Iron 17mg	Iron 17mg
Vitamin D 34IU	Vitamin D 34IU	Vitamin D 34IU	Vitamin D 50IU	Vitamin D 50IU	Vitamin D 50IU	Vitamin D 50IU
Vitamin B6 8.4mg	Vitamin B6 0.9mg	Vitamin B6 1.2mg	Vitamin B6 0.8mg	Vitamin B6 8.9mg	Vitamin B6 8.4mg	Vitamin B6 0.8mg
Folate 457µg	Folate 579µg	Folate 580µg	Folate 620µg	Folate 564µg	Folate 586µg	Folate 505µg
Vitamin B12 33.8µg	Vitamin B12 0µg	Vitamin B12 0µg	Vitamin B12 0µg	Vitamin B12 33.8µg	Vitamin B12 33.8µg	Vitamin B12 0µg

Magnesium 434mg	Magnesium 367mg	Magnesium 439mg	Magnesium 403mg	Magnesium 474mg	Magnesium 424mg	Magnesium 432mg
Zinc 8mg	Zinc 7mg	Zinc 9mg	Zinc 8mg	Zinc 11mg	Zinc 8mg	Zinc 8mg
Selenium 20µg	Selenium 15µg	Selenium 21µg	Selenium 21µg	Selenium 27µg	Selenium 22µg	Selenium 21µg

Non-Perishable Foods Program

47 items

Fruits

☐ 1/3 Lime

Breakfast

☐ 2/3 cup All Natural Peanut Butter

☐ 1 1/2 cups Almond Butter

☐ 1 1/2 cups Maple Syrup

☐ 16 Plain Rice Cake

☐ 3 1/3 cups Rice Puffs Cereal

Seeds, Nuts & Spices

☐ 1/2 cup Almonds

☐ 3 1/3 Bay Leaf

☐ 1/4 cup Cashews

☐ 1/3 cup Chia Seeds

☐ 2 tbsps Chili Powder

☐ 1 1/8 tbsps Cinnamon

☐ 2 1/8 tbsps Cumin

☐ 1/4 tsp Ground Ginger

☐ 2 tpsps Nutmeg

☐ 1 cup Pecans

☐ 2 1/3 tbsps Sea Salt

☐ 1/4 cup Sliced Almonds

☐ 1 tbsp Smoked Paprika

☐ 1/3 tsp Turmeric

☐ 1 3/4 cups Walnuts

Frozen

☐ 6 Brown Rice Tortillas

☐ 2 cups Frozen Berries

☐ 12 cups Frozen Corn

Vegetables

☐ 3/4 cup Cilantro

☐ 1 2/3 White Onion

☐ 1 1/2 Yellow Onion

Boxed & Canned

☐ 3/4 cup Brown Basmati Rice

☐ 4 cups Chickpeas

☐ 2 1/2 cups Diced Tomatoes

☐ 3 1/3 cups Dry Black Beans

☐ 2 1/4 cups Dry Lentils

☐ 5 1/16 cups Jasmine Rice

☐ 3 cups Organic Salsa

Baking

☐ 1/3 cup Nutritional Yeast

☐ 6 cups Oats

☐ 1 1/3 cups Organic Popcorn Kernels

☐ 1 3/4 cups Pitted Dates

☐ 2 tbsps Pumpkin Pie Spice

☐ 4 cups Pureed Pumpkin

☐ 1/2 cup Unsweetened Applesauce

☐ 1/3 cup Unsweetened Shredded Coconut

☐ 1/2 tsp Vanilla Extract

Condiments & Oils

☐ 1/2 cup Coconut Oil

☐ 1/2 cup Extra Virgin Olive Oil

Cold

☐ 6 cups Unsweetened Almond Milk

Other

☐ 30 3/4 cups Water

Berry Baked Oatmeal

8 ingredients · 45 minutes · 6 servings



Directions

1. Preheat oven to 350°F (177°C). Grease a baking pan with coconut oil.
2. Add all ingredients except the sliced almonds to a mixing bowl and stir until thoroughly combined.
3. Transfer to baking pan and bake for about 45 minutes or until a toothpick comes out clean. Sprinkle with sliced almonds before serving. Enjoy!

Notes

Leftovers

Refrigerate in an air-tight container up to 3-5 days. Freeze if longer.

No Applesauce

Use mashed banana instead.

No Almonds

Replace with pecans, walnuts, pumpkin seeds or sunflower seeds.

Ingredients

2 cups Oats (quick or traditional)

2 cups Unsweetened Almond Milk

2 tbsps Maple Syrup

1/2 cup Unsweetened Applesauce

1 tsp Cinnamon

2 tbsps Chia Seeds

2 cups Frozen Berries

1/4 cup Sliced Almonds

Nutrition

Amount per serving

Calories	222	Vitamin C	14mg
Fat	7g	Calcium	223mg
Saturated	1g	Iron	2mg
Carbs	35g	Vitamin D	34IU
Fiber	7g	Vitamin B6	0mg
Sugar	11g	Folate	9µg
Protein	6g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	57mg
Sodium	56mg	Zinc	1mg
Potassium	246mg	Selenium	8µg
Vitamin A	174IU		

Toasted Walnuts

1 ingredient · 15 minutes · 6 servings



Directions

1. Preheat oven to 350°F (177°C) and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
2. Remove from oven, let cool and enjoy!

Notes

Extra Flavour

Sprinkle with sea salt or spices of your choice.

Ingredients

1 3/4 cups Walnuts (shelled)

Nutrition

Amount per serving

Calories	235	Vitamin C	0mg
Fat	23g	Calcium	35mg
Saturated	2g	Iron	1mg
Carbs	5g	Vitamin D	0IU
Fiber	2g	Vitamin B6	0.2mg
Sugar	1g	Folate	35µg
Protein	5g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	57mg
Sodium	1mg	Zinc	1mg
Potassium	159mg	Selenium	2µg
Vitamin A	0IU		

Pumpkin Pie Overnight Oats

7 ingredients · 8 hours · 8 servings



Directions

1. In a large bowl, combine the oats, almond milk, pumpkin puree, chia seeds, maple syrup and pumpkin pie spice. Mix well. Cover and store in the fridge overnight or until set.
2. Once set, divide into jars and top with toasted pecans. Enjoy cold or warm in the microwave for a minute before eating.

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

No Pumpkin Pie Spice

Use cinnamon instead.

No Pecans

Use any type of crushed nuts or hemp seeds instead.

Ingredients

- 4 cups** Oats (quick or traditional)
- 4 cups** Unsweetened Almond Milk
- 4 cups** Pureed Pumpkin
- 1/4 cup** Chia Seeds
- 1/2 cup** Maple Syrup
- 2 tbsps** Pumpkin Pie Spice
- 1 cup** Pecans (toasted and chopped)

Nutrition

Amount per serving

Calories	383	Vitamin C	6mg
Fat	15g	Calcium	350mg
Saturated	1g	Iron	5mg
Carbs	57g	Vitamin D	50IU
Fiber	11g	Vitamin B6	0.1mg
Sugar	17g	Folate	31µg
Protein	9g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	131mg
Sodium	92mg	Zinc	3mg
Potassium	564mg	Selenium	13µg
Vitamin A	19325IU		

Rice Cakes with Almond Butter

2 ingredients · 5 minutes · 2 servings



Directions

1. Spread almond butter across the rice cakes and enjoy!

Notes

No Almond Butter

Use any type of nut or seed butter instead.

Likes it Sweet

Add honey, jam, sliced bananas or berries.

Ingredients

4 Plain Rice Cake

1/4 cup Almond Butter

Nutrition

Amount per serving

Calories	262	Vitamin C	0mg
Fat	18g	Calcium	110mg
Saturated	1g	Iron	1mg
Carbs	21g	Vitamin D	0IU
Fiber	4g	Vitamin B6	0.1mg
Sugar	2g	Folate	20µg
Protein	8g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	111mg
Sodium	7mg	Zinc	2mg
Potassium	286mg	Selenium	5µg
Vitamin A	0IU		

Almond Butter Stuffed Dates

2 ingredients · 5 minutes · 2 servings



Directions

1. Spoon an even amount of nut butter into the centre of each date. Enjoy!

Notes

Nut-Free

Use sunflower seed butter or tahini instead of almond butter.

Dress Them Up

Sprinkle with coconut flakes, cacao nibs, or hemp seeds.

Ingredients

1/2 cup Pitted Dates

1/4 cup Almond Butter

Nutrition

Amount per serving

Calories	296	Vitamin C	0mg
Fat	17g	Calcium	123mg
Saturated	1g	Iron	1mg
Carbs	33g	Vitamin D	0IU
Fiber	6g	Vitamin B6	0.1mg
Sugar	25g	Folate	24µg
Protein	7g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	103mg
Sodium	3mg	Zinc	1mg
Potassium	475mg	Selenium	2µg
Vitamin A	4IU		

Mexican Street Corn Soup

9 ingredients · 45 minutes · 6 servings



Directions

1. Heat oil in a large pot over medium-high heat. Add corn, onion, chili powder and salt. Stir occasionally for 6 to 8 minutes, or until onion is soft.
2. Scoop out 1/3 of the mixture and set aside. Add water to the pot. Bring to a boil and reduce to a simmer for 20 minutes.
3. Use a handheld immersion blender to puree until smooth (or carefully transfer to a blender). Stir in nutritional yeast, lime juice and half the reserved corn mixture. Adjust seasoning as needed.
4. Divide the soup into bowls and garnish with the remaining corn mixture, cilantro and additional chili powder (optional).

Notes

More Toppings

Top with lime zest, feta, Cotija cheese, avocado slices, or more nutritional yeast.

More Veggies

Add potatoes, eddoes, jicama, chopped kale, red bell pepper, mushrooms or zucchini.

Serve it With

Our Savoury Roasted Chickpeas, or alongside our Black Bean & White Fish Wraps or Mexican Quinoa Wraps recipe.

Leftovers

Refrigerate in an airtight container up to 5 days, or freeze if longer.

No Frozen Corn

Use fresh corn, or canned corn.

Ingredients

3 tbsps Extra Virgin Olive Oil
12 cups Frozen Corn (thawed)
1 1/2 Yellow Onion (large, diced)
1 1/2 tbsps Chili Powder
1 1/2 tsps Sea Salt
9 cups Water
1/3 cup Nutritional Yeast
1/3 Lime (juiced)
1/3 cup Cilantro

Nutrition

Amount per serving

Calories	379	Vitamin C	13mg
Fat	9g	Calcium	68mg
Saturated	1g	Iron	4mg
Carbs	71g	Vitamin D	0IU
Fiber	11g	Vitamin B6	8.0mg
Sugar	13g	Folate	117µg
Protein	14g	Vitamin B12	33.8µg
Cholesterol	0mg	Magnesium	103mg
Sodium	685mg	Zinc	2mg
Potassium	1046mg	Selenium	3µg
Vitamin A	1319IU		

Peanut Butter Rice Krispies

4 ingredients · 30 minutes · 8 servings



Directions

1. Grease a loaf pan with coconut oil or line with parchment paper (use a larger baking dish if serving size is adjusted higher).
2. In a medium pot over low-medium heat, whisk together maple syrup and peanut butter until thoroughly combined. Remove from heat and let cool, about 5 minutes.
3. Add puffed rice and gently mix with a spatula until evenly coated.
4. Transfer to loaf pan and press down firmly. Freeze for 20 minutes or until firm. Slice into bars or squares and enjoy!

Notes

No Peanut Butter

Use any nut or seed butter instead.

No Maple Syrup

Use raw honey instead.

Storage

Freeze in an airtight container

Ingredients

1 1/3 tbsps Coconut Oil

2/3 cup Maple Syrup

2/3 cup All Natural Peanut Butter

3 1/3 cups Rice Puffs Cereal

Nutrition

Amount per serving

Calories	242	Vitamin C	0mg
Fat	13g	Calcium	38mg
Saturated	4g	Iron	2mg
Carbs	28g	Vitamin D	0IU
Fiber	1g	Vitamin B6	0.1mg
Sugar	18g	Folate	20µg
Protein	5g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	43mg
Sodium	7mg	Zinc	1mg
Potassium	183mg	Selenium	2µg
Vitamin A	0IU		

Cinnamon Ginger Energy Balls

7 ingredients · 15 minutes · 12 servings



Directions

1. Add the dates, almonds, cashews, cinnamon, ginger, vanilla and sea salt to a food processor and blend until well mixed and sticky.
2. Transfer to a medium-size mixing bowl. Form into even balls with your hands and store in the fridge or freezer until ready to enjoy.

Notes

Serving Size

One serving is equal to one ball.

Leftovers

Store in an airtight container in the fridge up to one week. Store in the freezer for longer.

Ingredients

3/4 cup Pitted Dates
1/2 cup Almonds (raw)
1/4 cup Cashews (raw)
1/2 tsp Cinnamon (ground)
1/4 tsp Ground Ginger
1/2 tsp Vanilla Extract
1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	78	Vitamin C	0mg
Fat	4g	Calcium	22mg
Saturated	0g	Iron	1mg
Carbs	9g	Vitamin D	0IU
Fiber	2g	Vitamin B6	0mg
Sugar	6g	Folate	6µg
Protein	2g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	28mg
Sodium	50mg	Zinc	0mg
Potassium	121mg	Selenium	1µg
Vitamin A	1IU		

Slow Cooker Black Beans & Rice

9 ingredients · 6 hours · 10 servings



Directions

1. Add all ingredients except rice into the slow cooker and cook on high for 6 to 8 hours.
2. Cook the rice according to the instructions on the package.
3. Remove bay leaves from the slow cooker, and serve the beans over rice. Enjoy!

Notes

More Toppings

Add diced tomatoes, red onion, bell pepper, hard-boiled eggs, cilantro, mint, sour cream or Greek Yogurt to your bowl of black beans and rice.

Leftovers

Refrigerate within 2 hours of cooking in an air-tight container up to 3 to 5 days, or freeze up to 8 months.

Ingredients

- 3 1/3 cups Dry Black Beans (uncooked)
- 1 2/3 White Onion (diced)
- 2 1/2 cups Diced Tomatoes (fresh or canned)
- 1 2/3 tbsps Cumin
- 1 2/3 tsps Sea Salt
- 3 1/3 tbsps Extra Virgin Olive Oil
- 8 1/3 cups Water
- 3 1/3 Bay Leaf (optional)
- 5 cups Jasmine Rice (dry)

Nutrition

Amount per serving

Calories	604	Vitamin C	7mg
Fat	6g	Calcium	124mg
Saturated	1g	Iron	4mg
Carbs	121g	Vitamin D	0IU
Fiber	13g	Vitamin B6	0.2mg
Sugar	4g	Folate	291µg
Protein	21g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	120mg
Sodium	413mg	Zinc	2mg
Potassium	1005mg	Selenium	2µg
Vitamin A	275IU		

Brown Rice Chips with Salsa

2 ingredients · 15 minutes · 6 servings



Directions

1. Preheat oven to 415°F (213°C). Defrost brown rice tortillas and slice into 1/8's using a pizza cutter. Place on a baking sheet and bake for 6 minutes.
2. Remove chips from oven. Serve with salsa. Enjoy!

Notes

Flavoured Chips

Flavour your chips by brushing them with a bit of olive oil and spices before baking. Sea salt, cumin and chili powder all work great!

Extra Mexican Flavour

Squeeze a lime wedge over the chips after baking.

Low FODMAP

Ensure the salsa is onion-free.

Ingredients

6 Brown Rice Tortillas

3 cups Organic Salsa

Nutrition

Amount per serving

Calories	188	Vitamin C	2mg
Fat	3g	Calcium	39mg
Saturated	0g	Iron	1mg
Carbs	36g	Vitamin D	0IU
Fiber	5g	Vitamin B6	0.2mg
Sugar	8g	Folate	5µg
Protein	5g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	19mg
Sodium	1091mg	Zinc	0mg
Potassium	356mg	Selenium	1µg
Vitamin A	597IU		

Lentils

3 ingredients · 30 minutes · 6 servings



Directions

1. Add lentils and water to a saucepan and bring to a boil. Reduce the heat to a gentle simmer. Cook the lentils uncovered for 20 to 30 minutes or until tender. Add more water if needed to ensure the lentils remain just barely covered.
2. When cooked, drain the excess liquid and season with salt to your preference. Enjoy!

Notes

Serve It With

Another side dish or add to any soup or salad for extra protein.

Simple Lentil Salad

Stir in olive oil, lemon juice, vinegar and/or fresh herbs.

Save Time

Use canned lentils instead, which are already cooked.

Storage

Refrigerate in an airtight container up to four days. Freeze for longer.

Serving Size

One serving is equal to approximately 1/2 cup of cooked lentils.

Ingredients

1 1/2 cups Dry Lentils (green or brown, rinsed)

3 cups Water

1/3 tsp Sea Salt

Nutrition

Amount per serving

Calories	169	Vitamin C	2mg
Fat	1g	Calcium	29mg
Saturated	0g	Iron	3mg
Carbs	30g	Vitamin D	0IU
Fiber	5g	Vitamin B6	0.3mg
Sugar	1g	Folate	230µg
Protein	12g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	25mg
Sodium	153mg	Zinc	2mg
Potassium	325mg	Selenium	0µg
Vitamin A	19IU		

Spicy Coconut Lentil Soup

10 ingredients · 40 minutes · 6 servings



Directions

1. Rinse the dry rice and lentils in a fine mesh sieve and add to a large pot along with the shredded coconut, smoked paprika, chili powder, turmeric, cumin, and sea salt. Add the water to the pot and bring to a boil. Once boiling, reduce the heat to a simmer.
2. Cook for about 25 to 30 minutes, or until the lentils and rice are cooked through. Divide into bowls and garnish with cilantro (optional). Enjoy!

Notes

Serving Size

One serving is equal to approximately 1.5 to 2 cups of soup.

Meal Prep

This soup can be made ahead and stored in the fridge. Reheat on the stove or in the microwave before serving.

Leftovers

Store in the fridge for up to 5 days. Freeze for up to 3 months.

Likes it Creamy

Swap out some of the water for coconut milk.

Likes it Really Spicy

Add cayenne pepper.

No Smoked Paprika

Use regular paprika.

More Veggies

Add chopped kale, spinach, mushrooms, bell peppers, carrots, celery or any other favorite vegetables.

Ingredients

3/4 cup Brown Basmati Rice (uncooked)

3/4 cup Dry Lentils (uncooked)

1/3 cup Unsweetened Shredded Coconut

1 tbsp Smoked Paprika

1 1/2 tsp Chili Powder

1/3 tsp Turmeric (ground)

1 1/2 tsp Cumin (ground)

3/4 tsp Sea Salt

10 1/2 cups Water

1/3 cup Cilantro (optional, chopped)

Nutrition

Amount per serving

Calories	206	Vitamin C	1mg
Fat	4g	Calcium	61mg
Saturated	3g	Iron	3mg
Carbs	35g	Vitamin D	0IU
Fiber	4g	Vitamin B6	0.2mg
Sugar	1g	Folate	116µg
Protein	8g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	25mg
Sodium	328mg	Zinc	1mg
Potassium	220mg	Selenium	0µg
Vitamin A	848IU		

Organic Sea Salt & Coconut Popcorn

3 ingredients · 10 minutes · 8 servings



Directions

1. In a tall, deep pot, heat oil over medium heat for 5 minutes. Pour kernels in with oil and quickly cover with lid. Give the pot a quick shake and place back on heat.
2. Let kernels pop. Shake the pot when popping slows down holding the lid on tightly.
3. Remove from heat when popping stops. Pour into a bowl immediately to avoid the popcorn burning. Sprinkle with sea salt to taste. Enjoy! (Note: Never, ever, EVER leave stove top popcorn unattended.)

Ingredients

1 1/3 cups Organic Popcorn Kernels

1/3 cup Coconut Oil

2 2/3 tsps Sea Salt

Nutrition

Amount per serving

Calories	196	Vitamin C	0mg
Fat	10g	Calcium	0mg
Saturated	7g	Iron	1mg
Carbs	22g	Vitamin D	0IU
Fiber	4g	Vitamin B6	0mg
Sugar	0g	Folate	0µg
Protein	4g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	0mg
Sodium	787mg	Zinc	0mg
Potassium	98mg	Selenium	0µg
Vitamin A	0IU		

Sweet & Crunchy Chickpeas

5 ingredients · 1 hour · 8 servings



Directions

1. Preheat oven to 350°F (177°C). Ensure chickpeas are dry. Place chickpeas in a mixing bowl and add olive oil. Mix until chickpeas are evenly coated.
2. Line a cooking sheet with parchment paper. Spread the chickpeas over the sheet and bake for 50 minutes. At the halfway point (the 25 minute mark), remove the sheet and give it a shake to rotate the chickpeas.
3. Remove from oven and place roasted chickpeas in a mixing bowl. Add maple syrup, cinnamon and nutmeg. Toss again until evenly coated.
4. Transfer chickpeas back onto baking sheet and bake for another 10 to 15 minutes.
5. Remove from oven. Enjoy hot or cold!

Ingredients

- 4 cups** Chickpeas (cooked, drained and rinsed)
- 2 tbsps** Extra Virgin Olive Oil
- 3 tbsps** Maple Syrup
- 2 tsps** Nutmeg
- 2 tsps** Cinnamon

Nutrition

Amount per serving

Calories	188	Vitamin C	1mg
Fat	6g	Calcium	55mg
Saturated	1g	Iron	2mg
Carbs	28g	Vitamin D	0IU
Fiber	7g	Vitamin B6	0.1mg
Sugar	9g	Folate	141µg
Protein	7g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	42mg
Sodium	7mg	Zinc	1mg
Potassium	259mg	Selenium	3µg
Vitamin A	25IU		