

**Note: Easy to make ahead and bring with you—and don't forget to pack the healthy tortilla chips!**

## GUACAMOLE

Serves 4

### Ingredients:

2 medium avocados, mashed  
1/2 purple onion, diced  
1/3 very ripe tomato, diced  
1 Tablespoon lemon or lime juice  
1 Tablespoon garlic chili-flavored flaxseed oil (or plain)  
1 Tablespoon mayonnaise  
1/4 teaspoon Herbamare® (or salt)  
2 green onions, diced

### Directions:

Mix all ingredients in a bowl. Place chopped green onion on top. Serve immediately with sprouted and/or flaxseed organic tortilla chips.

*Recipe courtesy of Nicki Rubin*



## POWER PACK SNACKS

Makes 24 cookie balls or squares

### Ingredients:

1/4 cup pumpkin seeds  
1/4 cup sunflower seeds  
1/2 cup raw oats  
1/2 cup shredded coconut flakes  
1/4 cup goji berries  
1/2 scoop Garden of Life RAW Fit™  
1 Tablespoon Garden of Life Extra Virgin Coconut Oil  
3 Tablespoons water  
3 pitted Medjool dates  
1 teaspoon cinnamon  
dash of salt

### Directions:

Place all ingredients except water and dates into a food processor using the "S" blade. Process until well mixed, then add water and dates and pulse several times until mixture sticks together. Roll into cookie balls or press mixture into a brownie pan and cut into squares. Store in refrigerator for up to 10 days or in freezer for up to one month. Take out when ready to use.

**Note: Easy to make ahead and bring with you.**



## RAW PROTEIN PEANUT BUTTER OATMEAL CHEWIES

### Ingredients:

3 cups rolled old-fashioned oats  
1 cup of organic brand peanut butter  
1/2 cup vanilla almond milk or regular milk  
1 teaspoon vanilla  
1/4 cup Garden of Life Extra Virgin Coconut Oil (can also substitute 1/4 cup butter, if you prefer)  
1 scoop or one packet of Garden of Life RAW Protein Vanilla OR Original Flavor  
1 Tablespoon stevia extract

Makes 24 Medium Chewies



**Note: You can even use your grill to make these yummy, healthy chewies!**

### Directions:

In a large saucepan, mix the stevia extract, coconut oil and almond milk. Bring to a full boil for one minute and stir the mixture constantly so it does not stick to the pan. Remove from heat and add peanut butter and vanilla, stirring until peanut butter is completely melted. Stir in the oats and RAW Protein, and stir well with a wooden spoon until combined. Quickly drop spoonfuls on sheets of wax or parchment paper and cool completely. Enjoy!!

*Recipe courtesy of Gwen Marzano, Garden of Life Educator and Certified RAW, Vegan Chef*

*Recipe courtesy of Rhonda Price, Director of Media and Public Relations at Garden of Life* Volume 19 2013 || 43