

# Sweet Shipt Snacks

## Apple “Cookies”



These apple slices act as a great base for a multitude of “cookie,” such as almond chocolate chip and coconut snickerdoodle. Get creative and mix and match spreads and toppings or make up your own flavors!

### Ingredients:

- 1 Organic apple (green apples are the best for this recipe)

### Toppings:

- Nut or seed butter of choice (peanut, cashew, almond or sunflower seed)
- Shredded coconut
- Nuts or seeds
- Cacao nibs
- Cinnamon
- Honey
- Granola

### Instructions:

- Wash and dry each apple.
- Core each apple.
- Slice each apple into 1/4 inch slices.
- Pat the cut sides with a paper towel to dry.
- Spread nut butter on one cut side of each slice.
- Sprinkle your toppings of choice onto the nut butter.

## Banana “Ice Cream”



This recipe is very flexible! Make any favor of banana ice cream you want! You don’t have to cook the bananas first, but I promise its worth it for the taste and texture!

### Ingredients: (serves 2)

- 2 ripe bananas
- 1 Tablespoon coconut oil
- 2-4 Tablespoons full fat coconut milk
- 1-2 teaspoons of flavoring: ex. cacao powder or golden milk powder.

### Toppings:

- Toasted coconut
- Nuts or seeds
- Cacao nibs
- Cinnamon
- Granola

### Instructions:

- Cut bananas into quarters
- Melt coconut oil over medium-high heat in a frying pan and add the banana slices to the pan and fry for 2 minutes on each side. (Don’t worry they may become mushy!)
- Place cooked bananas on a baking sheet lined with parchment paper and freeze in the freezer overnight
- Combine all ingredients in a high speed blender or food processor and blend until thick and creamy (it will resemble frozen soft serve yogurt).
- You can eat it as is or you may freeze for 1-2 hours