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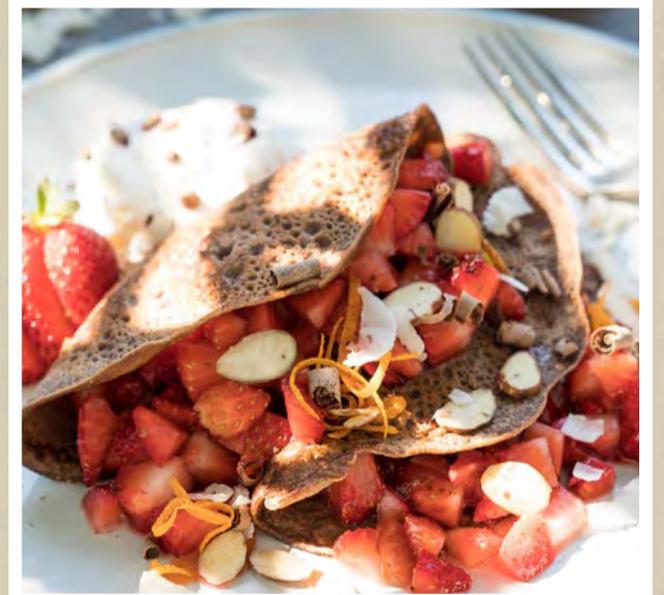
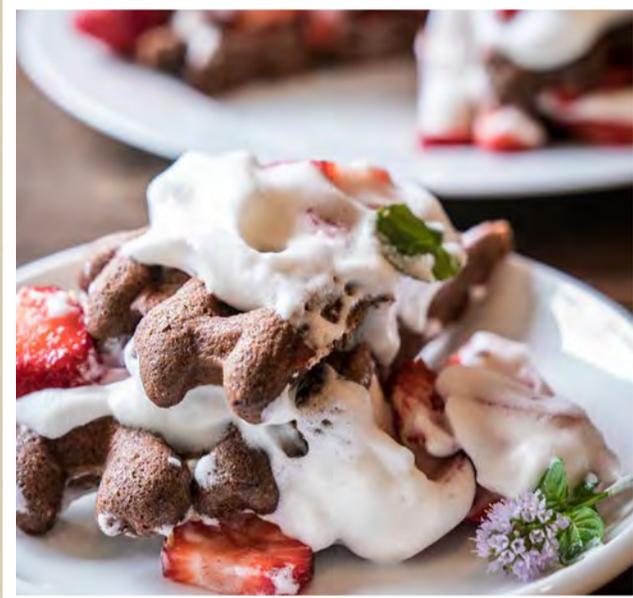
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Snacks



@BotanicaHealth

January is that time of year where we all like to get ourselves back to health! After all the food indulgence, alcoholic drinks, late nights, and the stress of the holiday season, it's important to hit the reset button. Instead of setting unrealistic resolutions for the new year, let's try something different! Let's get ourselves back to health, with the recipes you love that fit your lifestyle needs. This month, we would like to support you in finding your unique path back to health through some of our favourite recipes that you can incorporate into your routine over the week, month, or year.

SUNDAY:

BREAKFAST

Chocolate Waffle Strawberry Cake (Serves 4)

Waffles

- 1 cup (250 mL) whole wheat flour
- ¼ cup (60 mL) Botanica Chocolate Perfect Protein
- 2 tbsp (30 mL) cocoa powder
- ½ tsp (2 mL) baking powder
- ½ tsp (2 mL) baking soda
- ¼ tsp (1 mL) salt
- ¼ tsp (1 mL) cinnamon
- 1 cup (250 mL) almond milk
- 1/3 cup (75 mL) Botanica Coconut Oil, melted
- 1/3 cup (75 mL) honey
- 1 large egg
- 1 tsp (5 mL) vanilla

Toppings & Filling

- 2 cups (500 mL) fresh strawberries, reserving a couple whole
- 2 tbsp (30 mL) fine berry sugar
- 2 + 1 tsp (15 mL) vanilla
- 1 tsp (5 mL) cinnamon
- 14 oz (398 mL) chickpeas*

1. In a large bowl combine dry ingredients. Stir to blend.
2. In a separate bowl combine wet ingredients and whisk together to blend.
3. Stir wet ingredients into dry mixture and fold together, stirring just until combined. Set batter aside to rest for up to 15 minutes while preheating waffle iron.
4. Lightly spray waffle iron with cooking spray. Cook waffles according to manufacturer's instructions. Remove and cool as they are done. The batter can make 3 or 4 waffles, depending on the size you want.
5. Hull berries. Gently wash and blot dry. Thickly slice almost all berries leaving some whole for garnish.
6. Place sliced berries in a bowl. Sprinkle with sugar, 2 tsp (10 mL) vanilla and cinnamon. Gently toss together. Set aside.
7. Drain liquid from chickpeas into an electric stand mixer. Refrigerate chickpeas in a covered container for use in another recipe. Add 1 tsp (5 mL) vanilla and cream of tartar to chickpea liquid. Whip mixture on high speed for 4 to 5 minutes or until whipped and airy. The mixture will look just like whipped meringue.
8. To assemble the cake, place one waffle on a serving plate. Layer with ¼ cup (60 mL) whipped topping and scatter with sliced berries. Add another waffle and repeat.
9. Garnish with remaining whipped topping and more berries. Can be refrigerated for a couple of hours. Slice into wedges and serve.



LUNCH

Perfectly Healthy Orange Vanilla Smoothie (Serves 1)

- 1 cup (250 mL) orange juice
- 1 cup (250 mL) diced mango
- ½ cup (125 mL) plain yogurt or kefir
- ¼ cup (60 mL) Perfect Protein - Vanilla
- 1 tsp (5 mL) ginger paste

1. Combine all ingredients in a high-speed blender and whirl until blended and foamy.
2. Add a little more orange juice if you wish to have a thinner shake. Pour into a tall glass and serve.



DINNER

Dragon Bowl with Asian Peanut Sauce (Serves 4)

Sauce

- ½ cup (125 mL) peanut butter, softened
- ½ cup (125 mL) coconut milk
- 1 inch (2.5 cm) piece gingerroot, peeled and chopped
- 1 garlic clove, minced
- 2 Tbsp (30 mL) seasoned rice vinegar
- 1 Tbsp (15 mL) low sodium tamari sauce
- Juice from 1 lime
- 1 Tbsp (15 mL) Botanica Daily Energy Shot

Bowl

- Baby spinach leaves, basmati rice, shaved radishes, shaved carrots, shredded red cabbage, red onion, baby kale, toasted peanuts and sprouts.
1. Combine sauce ingredients in a high-speed blender. Whirl until creamy.
 2. Assemble serving dishes with a combination of bowl ingredients. Drizzle with sauce and serve.
 3. Refrigerate extra sauce in a tightly sealed container up to 3 days. Simply shake and serve.



BREAKFAST

Toasty Peach and Mango Parfaits (Serves 2)

- 1/3 cup (75 mL) quick-cooking oats
- 1/3 cup (75 mL) chopped pistachios or almonds, plus extra for garnish
- ¼ cup (60 mL) all-purpose flour
- 2 tbsp (30 mL) light brown sugar
- 3 tbsp (45 mL) Botanica Coconut Oil, melted
- Pinch of salt
- 2 large peaches, peeled and pitted
- 1 ataulfo mango, peeled and pit removed
- 3 Tbsp (45 mL) brown sugar or coconut sugar
- 1 cup (250 mL) plain, full fat Greek yogurt
- 4 tsp (20 mL) Botanica Peach Mango Perfect Omega
- Maple syrup



1. Preheat oven to 350 F (180 C).
2. In a medium bowl, combine oats, nuts, flour and sugar. Stir in coconut oil until evenly blended. Add a sprinkle of salt.
3. Spread mixture onto a small baking sheet. Toast in oven for 10 minutes or until crispy. Stir occasionally. Remove and cool in pan on rack.
4. Increase oven temperature to 500 F (260 C). Slice peaches and mango and spread out on a baking sheet. Sprinkle with sugar. Bake in the oven for about 5 minutes or until they begin to turn golden in places. Remove and cool.
5. To serve, place a few slices of fruit in the bottom of two parfait glasses. Drizzle each with a teaspoon of Perfect Omega. Sprinkle fruit with some toasted oat mixture and ¼ cup (60 mL) scoop yogurt. Repeat layers ending with a little of the toasted oat mixture and a drizzle of maple syrup. Enjoy!



LUNCH

Brain Boosting Berry Smoothie (Serves 1)

- 1 scoop of Perfect Protein Elevated Brain Booster
 - 1 cup of frozen blueberries
 - 1/2 cup of frozen strawberries
 - 1 cup of unsweetened almond milk
 - 1 cup of ice
1. Combine ingredients in blender and whirl until creamy.
 2. Pour into a bowl and top with your favourite ingredients.
 3. Serve with a spoon and enjoy!

DINNER

Leftover Dragon Bowl with Asian Peanut Sauce

TUESDAY:

BREAKFAST

PB&J Overnight Oats (Serves 4)

- 2 cups (500 mL) frozen, unsweetened fruit of your choice, chopped and thawed
- 5 tsp (10 mL) Botanica Perfect Omega Peach Mango
- 2 Tbsp (30 mL) chia seeds, divided
- 2 cups (500 mL) large flake rolled oats
- ½ cup (125 mL) natural peanut or almond butter
- 2 Tbsp (30 mL) Botanica Coconut Oil, softened
- 1 Tbsp (15 mL) maple syrup
- 3 cups (750 mL) almond or soy milk



1. In a bowl combine thawed fruit, Botanica Perfect Omega Peach Mango and 1 tablespoon (15 mL) chia seeds. Mash together with a fork until almost smooth.
2. Divide equally among 4 jars. Top with equal amounts oatmeal.
3. In a bowl combine peanut butter, Botanica Coconut Oil and maple syrup together. Stir to blend and drizzle equal amounts over oats. Divide milk over top. Do not stir.
4. Cover and refrigerate overnight. Enjoy the following day. Can be refrigerated for a couple of days.
5. Serve with diced fresh fruit and remaining chia seeds on top.



LUNCH

Adrenal Support Sunrise Smoothie (Serves 1)

- 1 scoop of Perfect Protein Elevated Adrenal Support
 - ½ cup frozen mango
 - 1 cup of frozen strawberries
 - ½ cup of unsweetened almond milk
 - ½ cup of ice
 - ½ small banana
1. Combine ingredients in blender and whirl until creamy.
 2. Pour into a bowl and garnish with your favourite toppings.
 3. Serve with a spoon and enjoy!

DINNER

Kale and Veg Salad with Creamy Mango Dressing (Serves 4)

Dressing

- ¼ cup (60 mL) extra virgin olive oil
- 2 Tbsp (30 mL) Botanica Perfect Omega Peach Mango
- 2 Tbsp (30 mL) rice vinegar
- 1 tsp (5 mL) lime juice
- 1 tsp (5 mL) fish sauce
- Salt and freshly ground black pepper, to taste

Salad

- 1 bunch kale, ribs removed, kale torn into bite-sized pieces
- 2 cups (500 mL) mixed spring salad greens
- ½ unpeeled English cucumber, thinly sliced
- 2 heirloom tomatoes, coarsely chopped
- 1 shallot, thinly sliced
- Generous pinches of fresh chervil
- Cilantro leaves, for garnish

1. Combine dressing ingredients in a high-speed blender and whirl until smooth. Set aside.
2. Place torn kale in a large bowl. Add a tablespoon (15 mL) dressing and massage into kale leaves until tender and slightly wilted.
3. Add remaining salad ingredients, toss together and arrange in a serving bowl. Serve with dressing on the side.



BREAKFAST

Beetroot Berry Smoothie Bowl (Serves 4)

Smoothie

- 3 medium-size red beetroots
- 2 cups (500 mL) packed baby spinach leaves, washed and spun dry
- 2 scoops Botanica Berry Perfect Greens
- ½ unpeeled lemon, sliced and pitted
- 1 cup (250 mL) water

Toppings

- Handful of Botanica Organic Goji Berries
- 1 tbsp hemp seeds
- 1 tbsp chia seeds
- Hand of toasted nuts and fresh fruits



LUNCH

Leftover Kale and Veg Salad with Creamy Mango Dressing

1. Preheat oven to 350°F (180°C). Place unpeeled beets in a large, oven-safe saucepan. Add ¼ cup (60 mL) water. Cover with lid and place pan in oven. Bake for 50 to 60 minutes or until beets are tender when pierced. Remove from oven and set aside to thoroughly cool.
2. Peel beets and cut into chunks. Place in a high-speed blender along with spinach, Botanica Berry Perfect Greens, lemon slices and water. Whirl, scraping down sides of bowl occasionally until mixture is smooth and silky. The mixture can be refrigerated in a tightly sealed container for several days if you wish.
3. To serve, generously scoop into a serving bowl. Serve with an assortment of your favourite toppings.



DINNER

Red Lentil and Spinach Dal (Serves 4)

- 1 tbsp (15 mL) Botanica Coconut Oil
- ½ red onion, diced
- 1 inch (2.5 cm) piece ginger root, peeled and grated
- 2 garlic cloves, minced
- 1 Thai chili pepper, minced
- 1 tsp (5 mL) yellow mustard seeds
- 1 tsp (5 mL) cumin seeds
- 1 tsp (5 mL) turmeric
- 1 tsp (5 mL) ground coriander
- 3 cups (750 mL) water
- 1 cup (250 mL) dried red lentils, rinsed and drained
- 4 tsp (20 mL) Botanica Daily Anti-Inflammatory Shot

Accoutrements:

- fresh baby spinach, chopped tomatoes, cilantro, coconut, yogurt, rice, roti, and diced squash
1. Heat oil in a large saucepan. Add onion, gingerroot, garlic and Thai chili. Sauté until onion is soft.
 2. Add seasonings sautéing until seeds begin to pop. Add water and lentils and bring to a boil.
 3. Cover, reduce heat to medium and cook gently for about 15 minutes. Stir in spinach and tomatoes and heat through.
 4. Serve a ladle of dal on a bed of rice with the recommended daily drops of Botanica Daily Anti-Inflammatory Shot. Top with remaining accoutrements, if you wish.

BREAKFAST

Nutty Granola Bars (42 squares)

- 1/3 cup (75 mL) water
- 2 tbsp (30 mL) chia seeds
- 1½ cups (375 mL) large flake, gluten-free oatmeal
- 1¼ cups (300 mL) chopped walnuts, divided
- 1 cup (250 mL) pitted chopped dates
- 1 cup (250 mL) unsweetened coconut flakes
- ½ cup (125 mL) Botanica Vanilla Perfect Protein
- 1/3 cup (75 mL) pumpkin seeds, plus extra
- ¼ cup (60 mL) hemp hearts
- 2 tbsp (30 mL) sesame seeds
- 2 tsp (10 mL) cinnamon
- ½ tsp (2 mL) ground ginger
- ½ tsp (2 mL) sea salt
- Generous pinches of ground nutmeg and cloves
- 3 ripe bananas, sliced
- 1/3 cup (75 mL) Botanica Coconut Oil, melted
- ¼ cup (60 mL) pure maple syrup, plus extra
- 2 tsp (10 mL) vanilla extract
- 2 tbsp (30 mL) raw cane sugar



1. Preheat oven to 350 F (180 C). Grease and line a 10 x 12-in (23 cm x 33 cm) baking pan.
2. Combine water and chia seeds in a small bowl. Stir together to blend. Set aside.
3. Combine oatmeal, 1 cup (250 mL) chopped walnuts, dates, coconut, protein powder, pumpkin seeds, hemp hearts, sesame seeds and seasonings in a large bowl.
4. In a food processor or blender, combine bananas, coconut oil, maple syrup and vanilla. Pulse on and off until blended. Add chia and water and whirl in.
5. Pour over dry ingredients and fold together until evenly blended. Transfer to prepared pan and spread out to an even thickness.
6. Scatter remaining chopped walnuts and a few extra pumpkin seeds evenly over top. Gently pat into the surface.
7. Drizzle with a little extra maple syrup and sprinkle with raw cane sugar.
8. Bake for 25 minutes or until a cake tester comes out clean when tested and edges are golden.
9. Remove to a cake rack to cool before cutting into squares and storing in a tightly sealed container in the refrigerator. Can be refrigerated for several days or frozen.

LUNCH

Superfood Fruity Smoothie Bowl (Serves 1)

- 1 cup (250 mL) plain full fat Greek yogurt
- ½ cup (125 mL) unsweetened black cherry juice
- 1 scoop Botanica Superfruit Perfect Greens
- Fresh fruits such as strawberries, raspberries, blueberries, blackberries and dragon fruit

1. Whisk yogurt, cherry juice and Botanica Superfruit Perfect Greens together in a bowl.
2. Top with an assortment of fresh fruit, carving rounds of dragon fruit with a melon baller, if you wish. Serve immediately.



Make ahead?

1. Simply combine yogurt, juice and Botanica Perfect Greens in a jar. Stir to blend.
2. Seal and refrigerate for up to a couple days.
3. When ready to eat, serve with fresh fruit.

DINNER

Delicious Flaxseed Oil Dressing and Crisp Greens (Serves 4)

Dressing

- ¼ cup (60 mL) flax oil
- 2 Tbsp (30 mL) seasoned rice vinegar
- 2 tsp (10 mL) Dijon mustard
- 1 tsp (5 mL) pure maple syrup
- 1 tsp (5 mL) Botanica Key Lime Perfect Omega
- Salt and freshly ground black pepper to taste

Salad

- 6 cups (1.5 L) mixed greens such as baby kale, spinach, and romaine
- 1 firm, ripe tomato, diced
- 1 boneless skinless chicken breast, seasoned and grilled
- 1 pear, sliced and grilled
- ¼ cup (60 mL) sliced natural almonds, toasted
- ¼ cup (60 mL) crumbled goats cheese
- 1 Tbsp (15 mL) flax seeds

1. Combine dressing ingredients in a bowl. Whisk to blend, adding salt and pepper to taste and set aside.
2. Combine greens and tomato in a large serving bowl. Toss with dressing.
3. Arrange chicken and pear slices on top. Sprinkle with remaining ingredients and serve.



BREAKFAST

**Stovetop Goji Granola
Breakfast Donuts (Serves 6)**

- 2 Tbsp (30 mL) Botanica Coconut Oil
- 1 cup (250 mL) old-fashioned oats
- 1/3 cup (75 mL) sliced natural almonds
- 3 Tbsp (45 mL) honey
- 1 Tbsp (15 mL) organic raw or brown sugar
- ¼ tsp (1 mL) cinnamon
- Generous pinch salt
- ½ cup (125 mL) Botanica Organic Goji Berries
- ½ cup (125 mL) prepared caramel sauce
- 12 prepared plain donuts



1. To make granola, in a large deep pan, melt the coconut oil. Add oats and almonds and stir continually over medium heat until oatmeal and nuts are lightly toasted, about 10 minutes.
2. Stir in honey, sugar, salt and cinnamon stirring constantly until golden and begins to stick together and oats feel dry to the touch, about 5 minutes.
3. Stir in goji berries and spread out on a parchment-lined baking sheet to cool.
4. Crumble mixture with your fingers. Can be stored in a tightly covered container at room temperature for up to 2 weeks. If it lasts that long!
5. To serve, dip donuts into caramel sauce and then into granola. Delicious!

LUNCH

Chilled Golden Mylk Turmeric Smoothie (Serves 1)

- 1 cup (250 mL) chilled almond milk
- 1 small banana, sliced
- 1 small mango, diced
- 1 tbsp (15 mL) Botanica Coconut Oil, melted
- 1 tsp (5 mL) Botanica Turmeric Golden Mylk, plus extra
- 1 tsp (5 mL) ginger root paste
- 1 tsp (5 mL) chia seeds, plus extra
- 2 ice cubes

1. Heat oil in a large saucepan. Add onion, gingerroot, garlic and Thai chili. Sauté until onion is soft.
2. Add seasonings sautéing until seeds begin to pop. Add water and lentils and bring to a boil.
3. Cover, reduce heat to medium and cook gently for about 15 minutes. Stir in spinach and tomatoes and heat through.
4. Serve a ladle of dal on a bed of rice with the recommended daily drops of Botanica Daily Anti-Inflammatory Shot. Top with remaining accoutrements, if you wish.



DINNER

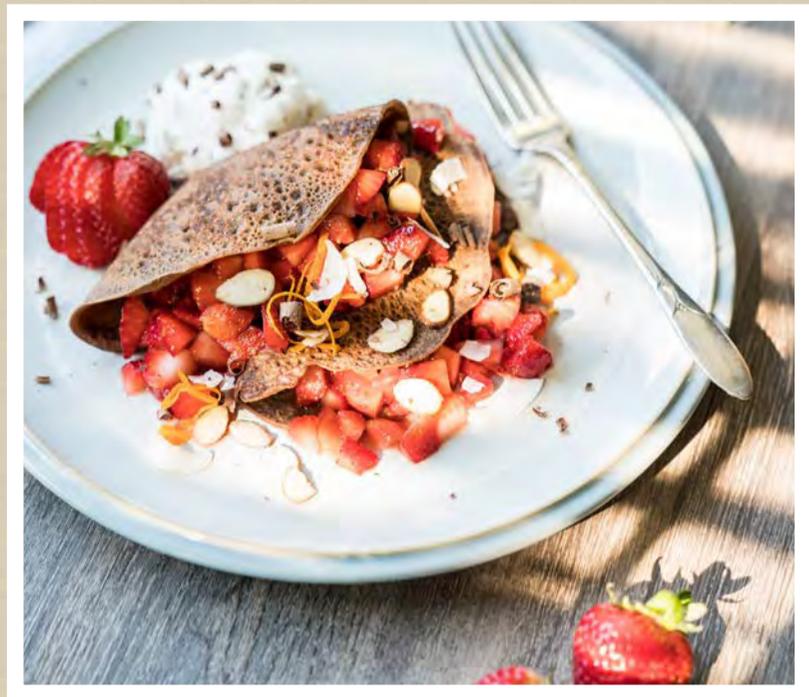
Left over Delicious Flaxseed Oil Dressing and Crisp Greens

SATURDAY:

BREAKFAST

Delicious Decadent Chocolate Crepes (Serves 4)

- ¾ cup (175 mL) all purpose of gluten free flour
- ¼ cup (60 mL) Botanica Perfect Protein Chocolate
- 2 Tbsp (30 mL) cocoa
- 2 Tbsp (30 mL) coconut sugar
- 3 eggs, whisked
- 2/3 cup (160 mL) cold almond milk
- 2/3 cup (160 mL) cold water
- 1 tsp (5 mL) pure vanilla extract
- ¼ tsp (1 mL) sea salt
- 3 Tbsp (45 mL) Botanica Coconut Oil, melted, plus extra
- Finely diced strawberries or fruit of choice
- Chilled whipped coconut cream
- Orange zest and flaked chocolate for garnish



1. In a large bowl combine dry ingredients. Add eggs, ½ cup (125 mL) milk and whisk until smooth. Gradually add remaining ingredients except for diced fruit and coconut cream and orange zest, stirring constantly.
2. Preheat a 9-in (23 cm) non-stick crepe pan over medium-high heat. When hot, brush with a little coconut oil.
3. For each crepe, pour about ¼ cup (60 mL) batter in the center of the pan. Tilt pan to spread batter evenly to coat the entire bottom of crepe pan. When edges of crepe begin to loosen, and top appears firm, flip crepe with a spatula. Continue cooking for 10 to 15 more seconds. Then turn out onto a plate. Cover with foil. Repeat cooking additional crepes and layering them on a plate with waxed paper in between to keep them from sticking.
4. Serve crepes filled with diced fresh fruit and whipped coconut cream. Garnish with orange zest and flakes of chocolate.

LUNCH

Lime Green Smoothie (Serves 1)

- 1 cup (250 mL) packed greens, such as kale, spinach, pea shoots and Swiss chard
- 1 scoop Botanica Unflavoured Perfect Greens
- 1 cup (250 mL) filtered water
- ½ cup (125 mL) almond or soy milk
- 2 Tbsp (30 mL) lime juice
- 2 Tbsp (30 mL) chia seeds
- 1 Tbsp (15 mL) honey

1. Combine ingredients in a high-speed blender and whirl until smooth and frothy.
2. Pour into a tall glass and serve with some seed crackers on the side for extra protein. Great start to your day!

DINNER

Dragon Bowl with Asian Peanut Sauce (Serves 4)

Sauce

- ½ cup (125 mL) peanut butter, softened
- ½ cup (125 mL) coconut milk
- 1 inch (2.5 cm) piece gingerroot, peeled and chopped
- 1 garlic clove, minced
- 2 Tbsp (30 mL) seasoned rice vinegar
- 1 Tbsp (15 mL) low sodium tamari sauce
- Juice from 1 lime
- 1 Tbsp (15 mL) Botanica Daily Energy Shot

Bowl

- Baby spinach leaves,
- basmati rice,
- shaved radishes,
- shaved carrots,
- shredded red cabbage,
- red onion,
- baby kale,
- toasted peanuts
- sprouts

1. Combine sauce ingredients in a high-speed blender. Whirl until creamy.
2. Assemble serving dishes with a combination of bowl ingredients. Drizzle with sauce and serve.
3. Refrigerate extra sauce in a tightly sealed container up to 3 days. Simply shake and serve.



SNACKS:

Key Lime Fruit Dip (Serves 4)

- ½ cups (375 mL) raw cashews
- 1 ripe avocado
- ½ cup (125 mL) plain Greek yogurt or coconut cream
- 2 Tbsp (30 mL) Botanica Perfect Omega – Key Lime
- Maple syrup or honey to taste

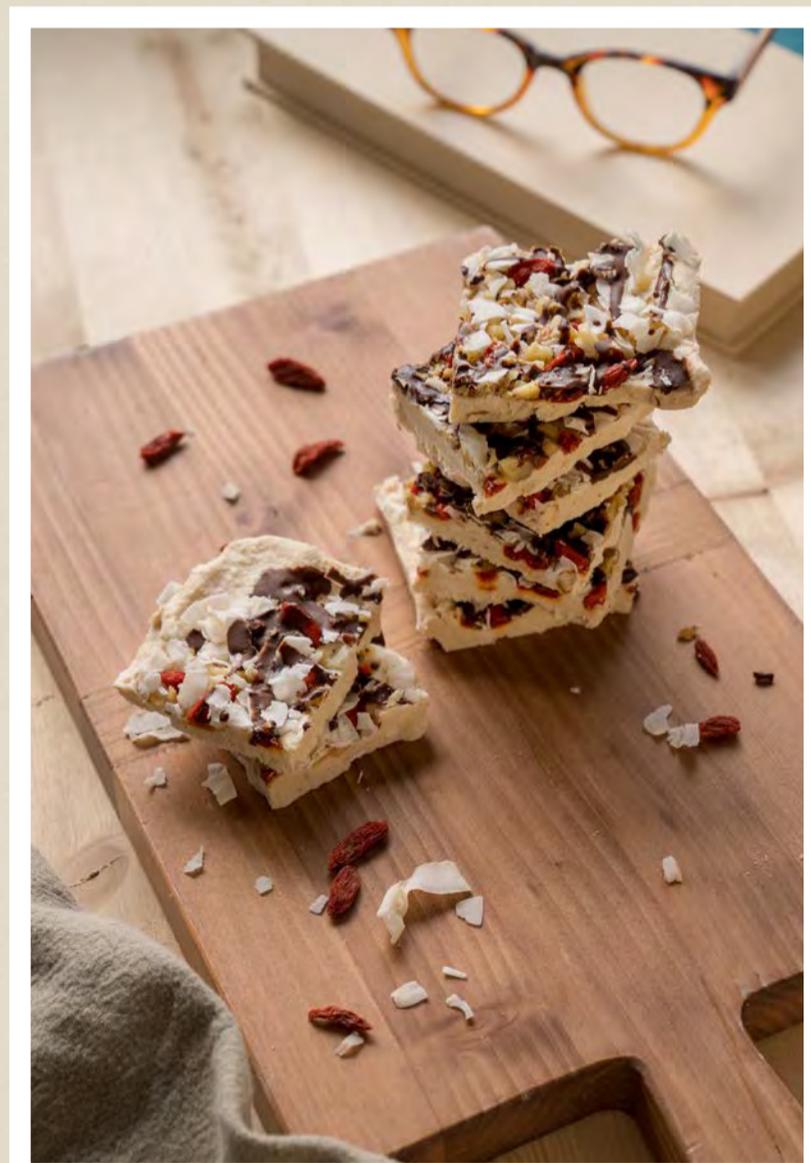


1. In a bowl, place cashews and cover with water. Refrigerate to soak for 4 hours or overnight.
2. Drain well and place in a high-speed blender. Whirl until crumbly.
3. Add the flesh from ripe avocado, yogurt or coconut cream and Botanica Perfect Omega.
4. Blend until creamy, scraping down sides of bowl as you go. Whirl in maple syrup to taste. Add a splash of water if needed to make it creamy enough for dipping.
5. Serve with an array of fresh fruits and biscuits for dipping.

Frozen Greek Yogurt Goji Bark (Serves 8)

- 2 cups (500 mL) plain coconut yogurt or full-fat plain Greek yogurt
- 2 scoops Botanica Perfect Protein Vanilla
- 2 Tbsp (30 mL) maple syrup or agave syrup
- ½ cup (125 mL) Botanica Organic Goji Berries
- 1/3 cup (75 mL) finely chopped walnuts
- ¼ cup (60 mL) ribbon coconut, toasted
- 1½ oz (45 g) dark chocolate
- 1 tsp (5 mL) Botanica Coconut Oil

1. Line a metal lasagna pan or shallow baking dish of equal size with parchment paper.
2. In a bowl combine yogurt, Botanica Perfect Protein Vanilla and syrup. Stir until blended. Spoon into lined dish and smooth out in an even layer.
3. Evenly scatter the top with Botanica Organic Goji Berries, walnuts and ribbon coconut. Melt chocolate and coconut oil together and drizzle over top.
4. Place pan in the freezer and freeze until firm. To serve, cut into squares or break into chunks. Serve frozen returning leftovers to the freezer to keep firm.





Golden Mylk Macaroons with Dark Chocolate (Makes 30)

- 4 egg whites
 - ½ cup (125 mL) agave syrup or honey
 - 1 tsp (5 mL) vanilla
 - ¼ tsp (1 mL) sea salt
 - 3 cups (750 mL) unsweetened shredded coconut
 - 2 Tbsp (30 mL) Botanica Turmeric Golden Mylk
 - ½ cup (125 mL) chopped and melted dark chocolate
 - 1 Tbsp (15 mL) Botanica Coconut Oil
1. Preheat oven to 325 F (165 C). Line a couple baking sheets with parchment paper and set aside.
 2. Whip egg whites with syrup, vanilla and salt in a large bowl until soft and foamy. Stir in coconut and Botanica Turmeric Golden Mylk until evenly distributed.



3. Using a tablespoon measure, scoop out and firmly pack with fingers. Then turn out of scoop onto the prepared baking sheet. Keep measuring and shaping mixture onto baking sheets.
4. Bake macaroons in preheated oven for 15 to 20 minutes until almost firm and slightly golden-tinged. Remove sheets from oven and set aside for macaroons to fully cool and harden, before coating with chocolate.
5. Stir melted chocolate and coconut oil together in a shallow bowl. Dip the base of each macaroon into melted chocolate and return to parchment lined baking sheets. Dip a fork into leftover chocolate and drizzle over top of macaroons.
6. Slide trays into a freezer and freeze until firm. Serve at room temperature.

High Fiber Energy Cookies (Makes 12)

- 1 cup (250 mL) large flake oatmeal
 - ½ cup (125 mL) liquid honey or maple syrup
 - ½ cup (125 mL) pumpkin purée or applesauce
 - ¼ cup (60 mL) Botanica Coconut Oil, melted
 - 2 eggs, whisked
 - 1 cup Botanica Vanilla Protein Powder
 - ½ cup (125 mL) golden seedless raisins
 - 2/3 cup (180 mL) Botanica Goji Berries
 - 2/3 cup (180 mL) pumpkin seeds, toasted
 - ½ cup (125 mL) ground flaxseeds
 - ¼ cup (60 mL) whole flaxseeds
 - 1 tsp (5 mL) cinnamon
 - ½ tsp (2 mL) salt
 - 1 egg white, whisked
 - Raw sugar
1. Preheat oven to 375 F (190 C).
 2. Line baking sheet with parchment paper. Sprinkle oatmeal on top and spread out. Toast in preheated oven for 10 minutes or until it begins to turn golden.

3. Remove and set aside to cool. Leave oven at 375 F (190 C).
4. Combine honey, pumpkin purée, coconut oil and eggs in a large bowl. Stir together to blend. Add remaining ingredients, except egg white and raw sugar, along with cooled oatmeal. Stir mixture together until evenly blended. You may need to use your hands to adequately mix ingredients.
5. Using a 1/3 cup (75 mL) measure, scoop out dough onto lined baking sheet placing mounds ½ inch (1.25 cm) apart. Gently press down into an even thickness.
6. Brush each with whisked egg white and dust with raw sugar. Bake in preheated oven for 12 to 15 minutes until firm and edges are beginning to crisp.
7. Remove and cool on a rack. Store in a tightly covered container in the refrigerator for up to a week or freeze for longer storage.

