



MARY'S HEALTHY SNACKS
AND SWEETS
RECIPE BOOK

marychanwellness.com



Pina Colada Ice Cream

2 servings

5 minutes

Ingredients

- 1 Banana (sliced and frozen)
- 1 cup Pineapple (cut into chunks or frozen)
- 1/4 cup Organic Coconut Milk (canned)

Directions

- 1 Add all ingredients to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 minutes).
- 2 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.



Cranberry Energy Bars

10 servings

30 minutes

Ingredients

- 3/4 cup Unsweetened Coconut Flakes
- 1/2 cup Pecans (chopped)
- 1/3 cup Sesame Seeds
- 1/4 cup Pumpkin Seeds
- 1/4 cup Sunflower Seeds
- 3 tbsps Ground Flax Seed
- 1/4 cup Dried Unsweetened Cranberries
- 1/4 tsp Sea Salt
- 1/4 cup Raw Honey
- 1/4 cup All Natural Peanut Butter

Directions

- 1 Preheat oven to 350 degrees F. Line a pan with parchment paper and lightly grease with some olive or coconut oil. (I recommend a 8x8 square pan)
- 2 Throw coconut, pecans, sesame seeds, pumpkin seeds and sunflower seeds into a large frying pan. Place over medium-low heat and stir occasionally for 3-5 minutes or until lightly toasted. Remove from heat and place in a large mixing bowl with the ground flax seed, cranberries and sea salt.
- 3 Add honey and peanut butter into the mixing bowl and mix well until all ingredients are evenly distributed. Transfer mix into the square pan and press down evenly. Take some time to really pack it in there tightly. If you don't pack it down firmly enough, the bars will crumble.
- 4 Bake in oven for 10-15 minutes.
- 5 Remove from oven and let it cool COMPLETELY. Once cool, lift parchment paper out of the tin and slice into bars with a sharp knife. (The bars will crumble more easily if not let cool completely before you slice them.)

Notes

If you have nut allergies, skip the pecans and double up on the sunflower and pumpkin seeds.

To substitute for peanut butter, use sunflower seeds butter or almond butter.

To substitute for honey, use maple syrup.

For storage, refrigerate in an airtight container for up to a week.



Chocolate Almond Balls

10 servings

30 minutes

Ingredients

- 1/2 cup Almonds
- 10 Pitted Dates (Medjool)
- 2 tbsps Raw Cacao Powder
- 1 1/4 tbsps Almond Butter
- 1 tbsp Coconut Oil
- 2 tbsps Hazelnuts (crushed, for coating)

Directions

- 1 In a food processor, add almonds and pulse until they become the texture of coarse sand.
- 2 Add the pitted dates, raw cacao powder, almond butter and coconut oil. Process until you get a sticky dough.
- 3 Roll about 10 balls with your wet hands, coat each of them with crushed hazel nuts. Store in the fridge for up to a week or freeze for longer.



Sesame Balls

10 servings

30 minutes

Ingredients

- 2 tbsps Pumpkin Seeds
- 2 tbsps Sunflower Seeds
- 1/3 cup Oats (rolled)
- 10 Pitted Dates (Medjool)
- 2 tsp Vanilla Powder
- 2 tsp Tahini
- Sea Salt (a pinch)
- 2 tbsps Sesame Seeds (for coating)

Directions

- 1 In a food processor, add pumpkin seeds, sunflower seeds, rolled oats and pulse until they turn into the texture of coarse sand.
- 2 Add the pitted dates, vanilla powder, tahini and salt. Process until you've made a sticky dough.
- 3 Roll about 10 balls with your wet hands, coat each one with sesame seeds. Store in the fridge for up to a week or in the freezer for longer.



Zucchini Bread

8 servings

1 hour 20 minutes

Ingredients

- 1 cup Almond Flour
- 1/2 cup Coconut Flour
- 1 tsp Baking Soda
- 1/4 tsp Sea Salt
- 1/2 tsp Cinnamon
- 1 tbsp Ground Flax Seed
- 1 Banana (ripe and mashed)
- 1 tbsp Extra Virgin Olive Oil
- 2 Egg (whisked)
- 1/4 cup Maple Syrup
- 1/2 Zucchini (grated, about 1 cup)

Directions

- 1 Preheat oven to 350 degrees F.
- 2 Combine the dry ingredients together in a bowl (flours, baking soda, sea salt, cinnamon and flax seed).
- 3 In a separate bowl, mash your banana. Add in olive oil, eggs, maple syrup and grated zucchini. Mix well to combine. Add in your dry ingredients and mix again.
- 4 Line a loaf pan with parchment paper and press the dough evenly across the pan. Bake in the oven for 1 hour. Test to see if it is done by inserting a toothpick into the centre. If it comes out clean, the bread is finished. Remove from oven and let cool. Lift parchment paper out of loaf pan and slice into pieces. Enjoy!

Notes

On-the-Go, make it more portable by turning it into muffins. Bake in a muffin tin instead of a loaf pan. Cut the baking time to 35 - 45 minutes.

For chocolate lovers, stir 1/3 cup dark organic chocolate chips into the dough before baking.

For storage, refrigerate in an airtight container for up to 5 days.



Mango Coconut Balls

10 servings

30 minutes

Ingredients

1/2 cup Almonds (raw)
1/2 cup Dried Unsweetened Mango
(coarsely chopped)
1/2 cup Unsweetened Coconut Flakes
(plus 2 Tbsp for coating)
2 tsps Raw Honey (to taste)
1/2 tsp Vanilla Extract
Sea Salt (a pinch)
1 tbsp Unsweetened Almond Milk (plus
more if needed)

Directions

- 1 In a food processor, put almonds in and pulse until they turn into texture of coarse sand. Set aside.
- 2 Put in dried mangoes and pulse until they are chopped finely.
- 3 Add into the chopped dried mangoes the almonds, 1/2 cup of coconut flakes, honey, vanilla extract, salt and 1 Tbsp of almond milk. Process until you get a sticky dough. If the dough is too dry add 1 more Tbsp of almond milk.
- 4 Roll about 10 balls with your hands, coat each of them with coconut flakes. Refrigerate in an airtight container for up to a week or freeze for longer.

Notes

To substitute for almonds, use cashews.



Superfood Chocolate Brownies

16 servings

30 minutes

Ingredients

1 cup Medjool Dates (about 7-8, pitted)
 1/4 cup Walnuts
 1/4 cup Pecans
 1/2 cup Pistachios (shelled, divided, plus 1 Tbsp for garnish)
 1/4 cup Unsweetened Shredded Coconut
 1 tbsp Chia Seeds
 3 cups Raw Cacao Powder
 2 tbsps Coconut Oil
 1 tsp Vanilla Extract
 1/4 tsp Sea Salt
 1/4 cup Goji Berries (plus 1 Tbsp for garnish)
 Warm Water (if needed)
 1 1/2 ozs Dark Organic Chocolate (melted, for topping)
 Sea Salt (Maldon or any coarse sea salt, for garnish)

Directions

- 1 In a food processor, add dates, walnuts, pecans, 1/4 cup of pistachios and process until slightly chunky. Next add in unsweetened shredded coconut, chia seeds, raw cacao, coconut oil and vanilla extract. Process again until mixture begins to form clumps.
- 2 Add in remaining 1/4 cup pistachios and goji berries. Pulse a few times until they are slightly chunky but not ground up completely. If the mixture is too dry, add a little more coconut oil or 1 tablespoon of warm water.
- 3 Put mixture into a 8x4 inch loaf pan lined with parchment paper, pressing evenly towards the sides of the pan. Alternatively use any small sheet pan lined with parchment paper and press the mixture into a 8x8 square. This will half the thickness of each brownie.
- 4 Melt dark chocolate in a small saucepan over low heat or microwave in 30 second increments, stirring in between until chocolate is fully melted and smooth. Add a little coconut oil if the melted chocolate is too thick to pour. Spread evenly over the bars.
- 5 Sprinkle over melted chocolate crushed pistachios and goji berries. Place the pan in the freezer for at least 30 minutes to harden.
- 6 When ready to serve, sprinkle with Maldon sea salt. Cut into 8 squares (if using 8x4 loaf pan) or 16 squares (if you have a 8x8 sheet). Store in an airtight container in the fridge for a week or the freezer for up to 1 month. Enjoy!



ABOUT MARY

Hi, I'm Mary, a certified yoga teacher and holistic nutrition coach.

My wellness journey began when I took my first yoga class almost 25 years ago. Being on the purple sticky mat I instantly felt grounded, connected and strong. I never looked back. Since then, I was certified at Sivananda and Jivamukti and have been teaching classes in New York as well as overseas retreats.

After the birth of my daughter, with a new mission to feed my family healthfully, I turned my efforts to cooking and studying about nutrition. In 2014 I graduated from the Institute of Integrated Nutrition and became a holistic nutrition coach. As the creator of Mary Chan Wellness, I coach clients one-on-one, run group cleanses, give nutrition talks and host cooking classes.

My nutrition motto is simple :
balance not diet, enjoyment not deprivation, consistency not perfection.

Much of what I've learnt from yoga I apply to my nutrition coaching. I invite my clients to focus on building a steady nutrition foundation ("asana") by eating real foods and balancing their macro nutrients instead of getting caught up with inflated claims of superfoods and hypes of fad diets. And practice, practice and practice! I love to engage my clients to cook and transform their knowledge about food into meals on the dinner table. Combining both my practices in nutrition and yoga, I am happy to help anyone who wants to seek joy and ease on their plates as well as their yoga mats.

If I am not in the kitchen or a yoga class, I am jogging in Prospect Park or working my shift at the Park Slope Food Coop! I live in Brooklyn with my lovely husband, beautiful daughter and off-the-charts cute chihuahua.