

Olympics Themed Treats

eCookbook

**THESE KID-FRIENDLY OLYMPIC TREATS ARE ALL
GLUTEN-FREE AND ARTIFICIAL DYE FREE**



Olympic Torches

Ingredients

- 16** cake cup cones
- 2** cups Greek yogurt
- 2** tbsp flaxseed (We used Carrington Farms milled flax)
- ½** cup pineapple
- ½** cup strawberries
- 2** nectarines
- 1** mango

Directions

- 1.** In a medium sized bowl, pour your yogurt and flaxseed together and mix well.
- 2.** Using a small spoon, add dollops of yogurt into each cone.
- 3.** On a large cutting board, cut your pineapple, mango, and nectarines into flame shaped slices. Slice your strawberries and arrange all your fruit in the center of the cone to resemble flames. Enjoy!



Olympic Ring Cupcakes

Ingredients

Olympic Cupcakes:

- 6 large eggs
- $\frac{2}{3}$ cup pure maple syrup
- $\frac{1}{2}$ cup ghee (we used Carrington Farms)
- 2 tbsp milk
- 2 tsp vanilla extract
- $\frac{1}{2}$ cup coconut flour
- $\frac{1}{4}$ cup lupin flour (we used Carrington Farms)
- 1 scoop protein powder (we used Simply Tera Protein Powder)
- 1 tsp baking powder
- $\frac{1}{2}$ tsp salt
- 1 cup blueberries

Frosting:

- Clean store-bought frosting
(to make life easy!)



Olympics Apple Ring Toppers:

- 12 apples, cored and sliced into rings
- 1 cup white chocolate chips
- $\frac{1}{2}$ cup chocolate chips for black
- 2 tsp coconut oil (we used Carrington Farms), split
- 1 tsp goji berry powder (we used Carrington Farms) for red
- 1 tsp matcha powder (we used Carrington Farms) for green
- 1 tsp blue spirulina for blue
- 1 tsp green spirulina for green
- $\frac{1}{4}$ tsp turmeric for yellow
- Optional: dye-free colored sprinkles to match each ring color

Olympic Ring Cupcakes

(continued)

Directions

1. Preheat oven to 350F.
2. In a small bowl, beat the eggs, pure maple syrup, ghee, milk, and vanilla extract.
3. In a separate bowl, combine the coconut flour, lupin flour, protein powder, baking powder, and salt.
4. Add flour mixture to egg mixture; stir to combine. Fold in the blueberries.
5. Pour into a silicone muffin tray. Bake for 18-20 minutes until a toothpick comes out clean. Let the muffins cool.
6. Once cooled completely, frost your cupcakes.
7. Melt your white chocolate with 1 tsp coconut oil. Do the same with chocolate chips.
8. Divide the white chocolate into 4 separate bowls and add color to each one. Mix to combine.
9. Line a baking sheet with parchment paper. Using a spoon, pour chocolate on each apple slice to resemble a different Olympic ring color. Freeze for 10 minutes. Remove from freezer and top each cupcake with a different ring color. Enjoy!



Patriotic Fruit Skewers

Ingredients

Patriotic Skewers:

- Star shaped skewers
- ½ cup strawberries, chopped or raspberries, whole
- ½ cup mini vegan marshmallows
- ½ cup blueberries or blackberries

Chocolate dipping sauce:

- ½ cup chocolate chips
- 1 tsp coconut oil (We used Carrington Farms)



Directions

1. Line a baking sheet with parchment paper.
2. Using the pattern of red, white, and blue, onto the skewer, add a raspberry, then marshmallow, then blackberry, and repeat.
3. Melt the chocolate with coconut oil and serve as a dipping sauce. Enjoy!