

TRUCKER SERVICE ASSOCIATION

LIVE HEALTHY
DRIVER HEALTH CAMPAIGN

"SNACKING YOUR WAY TO
HEALTH"

August 2021

KUHLEFIT
RENEW YOUR VITALITY



WE'VE SPENT...

The last year and a half discussing all the numerous ways to radically improve our health, lower our blood pressure, minimize stress and optimize our sleep. This month we are dedicating to ways that we can indulge in our sweet tooth while still maintaining our health.

Eating healthy certainly does not mean food has to taste bland or that we cannot have treats to satisfy our cravings. There are numerous recipes and tactics that are easily employable to have the best of both worlds: Treats & health. The single best aspect to eating healthy is that it often takes minimal leg work up front to make drastic changes. It's as simple as substituting unhealthy ingredients for healthier options. An easy example is instead of using white processed sugar--which has a laundry list of negative health implications--we can use monk fruit sweetener or coconut sugar instead. That's it! Instead of using Hersey's Chocolate Chips, we can switch to Pascha Unreal Dark Chocolate.

ONE BITE AT A TIME!

The recipes shown below are my favorites. They are delicious options for eating throughout the week, creating and taking to a party, or even keeping them in the semi while on long trips. Throughout these recipes I'll include simple SUBSTITUTIONS that can take any unhealthy recipe and turn it into something you can be proud to eat. You can trust they'll be far better than any processed item you can buy at the local truck stop, allowing you to eat with confidence!

Let's start improving our health one bite at a time!



MONSTER COOKIES

Ingredients

- + 3 cups Rolled Sprouted Oats
- + 1 cup of UNREAL Chocolate
- + 1/2 cup Pascha Dark Chocolate
- + 2/3 cup Monk Fruit Sweetener or Coconut Sugar
- + 1 1/4 cup of Almond Butter
- + 1/4 cup melted Pasture-Raised Butter
- + 1 1/2 tsp. Baking Soda
- + 1/2 tsp. Redmond's Ancient Salt
- + 3 Whole Eggs
- + 1 1/2 tsp Pure Vanilla Extract



Instructions

1. Preheat oven to 350°. Line a 9x13 baking pan with parchment paper.
2. In a bowl, combine all ingredients and mix.
3. Add contents to pan and bake for 10-15 minutes or until edges start to harden. Let cool and enjoy.

BANANA COOKIES

Ingredients

- + 1 cup Rolled Sprouted Oats
- + 3 ripe Bananas
- + 1 Tbsp Ceylon Cinnamon
- + 1/4 cup Pascha Dark Chocolate
- + 1 scoop Vanilla Bone Broth Protein



Instructions

1. Preheat oven to 350°.
2. In a bowl, mash the ripe bananas and then combine all other ingredients and mix.
3. Scoop ingredients onto a baking sheet into cookie form. Bake for 12-15 minutes or until golden brown.

NICE CREAM

Ingredients

- + 1/2 cup Cashew Milk
- + 2 ripe Frozen Bananas

Optional Ingredients

- + 1/2 Avocado
- + 1 scoop Vanilla Bone Broth Protein
- + 1 tsp Pure Vanilla Extract or
- + 1 tsp Pure Mint Extract
- + 2 tbsp Chocolate Chips
- + 1/2 cup Fresh Berries
- + 1/4 cup UNREAL Candies



Instructions

1. Place all ingredients into a blender and blend for 1-2 minutes.
2. Stop and scrape the sides every so often. If more liquid consistency is desired, add additional milk substance of choice.
3. Pour into mug and enjoy immediately or place in freezer and enjoy at a later date.

COOKIE DOUGH

Ingredients

- + 1/3 cup Cashew Milk
- + 1 cup Oat Flour
- + 1/4 cup Chocolate Chips
- + 1 cup Dates
- + 1 tsp Pure Vanilla Extract



Instructions

1. Place all ingredients into a blender (except chocolate chips) and blend.
2. Mix in chocolate chips.
3. Enjoy healthy chocolate chip cookie dough.

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