

Packable Lunches VI: Sweet Treats!

Are you ready for a break from savory ideas? Here I share two of my favorite packable treats, one baked and the other raw. Both recipes are processed sugar free, dairy free, gluten free, and flavor-full!

These **Brookies** are new to my family but they certainly got rave reviews. They go together quickly and the baked bars keep for a few days fresh or can be frozen for later use.



Here are the ingredients for the bottom “cookie” layer:

- 1 cup almond flour
- 1 cup gluten free oat flour
- 1/4 tsp sea salt
- 1/2 tsp baking soda
- 2 Tbs coconut palm sugar
- 1/3 cup mini chocolate chips (I use Enjoy Life dairy free)
- 2 Tbs cashew butter (melted)
- 2 Tbs coconut oil (melted)
- 2 Tbs maple syrup
- 1 Tbs vanilla extract

The brownie layer on top will need the following:

- 1/4 cup + 1 Tbs almond flour
- 1/4 cup + 1 Tbs gluten free oat flour
- 4 Tbs (rounded) unsweetened cocoa (I use AH!LASKA dairy free)

brand)

1/4 tsp sea salt

1/4 agave (please use maple syrup or honey as a better replacement)

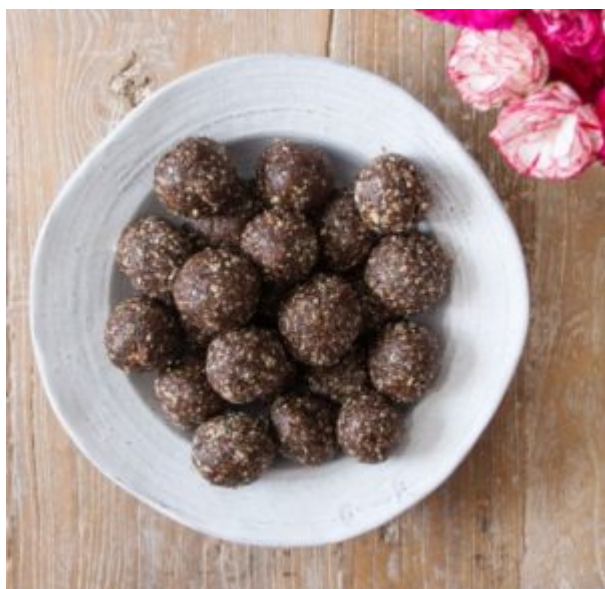
3 Tbs almond milk

1 Tbs vanilla extract

3 Tbs coconut oil

[Full Instructions Here](#)

Raw Energy Bites



You will find a wide variety of recipes in this category but I'm particular and prefer one that is grain free, naturally sweetened, a bit chocolaty, AND nutty. Because Deliciously Ella never disappoints, I turned to her for a place to start. Here is what she suggests you use, my alternatives are in parenthesis.

Ingredients

1 cup of medjool dates

3/4 of a cup of almonds (you can exchange this for fresh ground almond butter)

3/4 of a cup of walnuts or any other nut (cashews and or sunflower seeds are excellent)

2 Tbs of chia seeds
2 Tbs of ground flax seed
1 Tbs of coconut oil
1 Tbs of hemp protein powder (not a fan of protein powder, so I used hems seeds)
1 Tbsn of raw cacao powder (1 Tbs of crushed cocoa nibs are also good addition as well)

This basic list makes about 12-15 balls. You might consider using a mini ice cream scoop for quick portioning.

[Full Instructions Here](#)