

# 1 HOUR FREEZER PREP

## Session 17: Grab-and-Go Breakfast



PUMPKIN CHOCOLATE CHIP MUFFINS  
(X2)



CHOCOLATE PEANUT BUTTER  
ENERGY BITES (X2)



CHOCOLATE COVERED CHERRY  
SMOOTHIE PACKS (X2)

- INCLUDES:**
- Meal Prep Menu with Serving Suggestions
  - Shopping and Prep Lists
  - 1 Hour Step-by-Step Instructions
  - Recipes Used in This Prep Session
  - Freezer Labels

# Start Here!

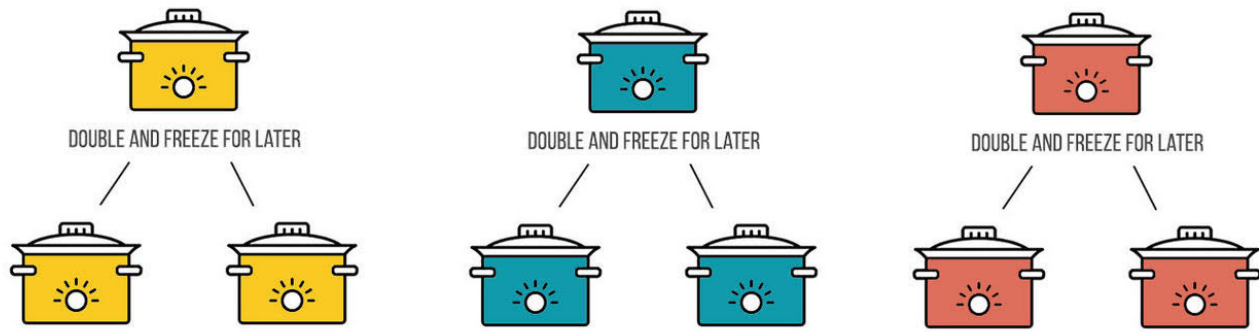
## WHAT TO EXPECT

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Get ready to stock your freezer with healthy, delicious meals in no time!

This prep session's cheap, full of good nutrition, dairy-free and can be gluten-free (if you use our subs), and SO delicious. Plus, it's a chocolate-lover's dream! Whether you use these recipes for a grab-and-go breakfast or a hearty snack, you'll be glad you have these on hand in the freezer.

**Here's the concept: 3 doubled recipes = 6 freezer meals in about 1 hour\*!**



Each freezer meal will provide at least 4-6 servings and sometimes more (hurray for leftovers!).

**Our recipes provide flexibility for your needs. We'll show you:**

- What side dishes go well with each meal
- How to tweak the menu for a gluten-free or dairy-free diet, when applicable
- Ways to change up how you serve them

When you're ready to use one of your meals, just follow the freezer meal instructions on the individual recipes or the included freezer labels. We recommend using them within 3 months for optimal flavor and texture, but your meals are safe to eat anytime after that as long as they've remained fully frozen.

We're excited to help make your life easier and mealtimes healthier and more enjoyable for you and your loved ones. Let's get started!

*-Polly Conner and Rachel Tiemeyer*

**Share Your 1 Hour Prep!**

If you complete this session, snap a photo, post it, and tag us @thrivinghome.

\*Note: Each prep session will take about 1 hour for the step-by-step meal prep instructions. All set up and clean up will take additional time.

# MENU AND SERVING SUGGESTIONS

You'll find all the hyperlinked recipes mentioned below on [ThrivingHome.org](http://ThrivingHome.org).

## RECIPE #1: PUMPKIN CHOCOLATE CHIP MUFFINS (P. 7)

We make these whole grain muffins year round because they are nutrient dense, easy to freeze for breakfast, and disappear quickly around our houses.

### Serving Suggestions:

Serve warm. We love to cut them in half and top with butter, cream cheese, or peanut butter.

### Mix It Up:

- Replace the pumpkin with [butternut squash](#) or sweet potato puree.
- Replace the applesauce with overripe mashed banana.



## RECIPE #2: CHOCOLATE PEANUT BUTTER ENERGY BITES (P. 8)

These high protein, high fiber energy bites taste like classic no-bake cookies. Your kids will gladly gobble them up. Great fuel for athletes, too.

### Serving Suggestions:

Serve cold or at room temp. Pair with a smoothie from this prep session or some fruit for a quick breakfast.

### Mix It Up:

- Toss in your favorite dried fruit (like dried cranberries), mini chocolate chips, ground flaxseed, or finely chopped nuts in place of the shredded coconut.
- Replace peanut butter with almond butter or SunButter.



## RECIPE #3: CHOCOLATE COVERED CHERRY SMOOTHIE PACKS (P. 9)

A smoothie that tastes like a chocolate shake and yet is chock full of antioxidants? It's true. Just blend together the packet contents and your choice of milk, and breakfast is ready in about 1 minute.

### Serving Suggestions:

This can be a stand alone breakfast or lunch. However, for a heartier meal, serve with one of these options:

- [Baked Ham and Egg Cups](#)
- [5 Ingredient Breakfast Casserole](#) (from [Session #9](#))
- [Breakfast Casserole Muffins](#)

### Mix It Up:

- For more protein, add in a handful of walnuts, some Greek yogurt, more nut butter, or protein powder.
- Try stemmed, chopped kale in place of the baby spinach.
- If you don't like bananas, replace with ¼ cup of vanilla Greek yogurt in each smoothie pack. *(The yogurt is fine to freeze for a smoothie.)*



# SHOPPING AND PREP LISTS

Before starting, make sure you have all of these ingredients and equipment on hand. It's important to read through our last minute tips, too.

\*Dairy-free or gluten-free dietary substitutions available on p. 4.

## INGREDIENT SHOPPING LIST: (FOR ALL 6 MEALS!)

### Canned/Dry/Pantry:

- 2 1/2 cups white whole wheat flour (sub: 1 1/2 cups whole wheat + 1 cup all purpose flour)\*
- 3 cups quick oats\*
- 1 1/2 cups unsweetened shredded coconut (sub: ground flax)
- 1 cup + 2 tablespoons 100% cocoa powder (or raw cacao powder)
- 1/2 cup ground flaxseed (sub: oats)
- 1 cup sugar (use coconut sugar for a healthier alternative)
- 2 teaspoons baking soda
- 1 teaspoon baking powder
- 1 tablespoon cinnamon
- 1 tablespoon pure vanilla extract
- 1 1/2 cups (one 15-ounce can) pumpkin puree
- 2/3 cup avocado oil or melted coconut oil
- 1/2 cup unsweetened applesauce
- 1 cup semi-sweet chocolate chips\*
- 1 1/2 cups (15 ounces) peanut butter (sub: almond butter or SunButter)
- 1 1/4 cups (12 ounces) almond butter (sub: your favorite nut butter) (Tip: Refrigerate to make it easier to handle.)
- 1 cup 100% pure maple syrup (sub: honey)

### Produce:

- 5 bananas, sliced (sub: 2 1/2 cups vanilla Greek yogurt or 1/4 cup per smoothie pack)
- 10 cups fresh baby spinach, packed (sub: stemmed, chopped kale)

### Refrigerated/Dairy:

- 3 large eggs

### Frozen:

- 10 cups frozen dark sweet cherries (NOT red tart cherries)

### Make Sure You Have These Pantry Staples:

- Cooking spray
- Salt

## WANT TO MAKE ONE OF YOUR FREEZER MEALS THIS WEEK?

Add the following fresh ingredients to your list. Check p. 2 for serving and side dish ideas to add to your grocery list, too.

**For Pumpkin Chocolate Chip Muffins:**  
N/A

**For Chocolate Peanut Butter Energy Bites:**  
N/A

**For Chocolate Covered Cherry Smoothie Packs:**  
1 - 1 1/2 cups milk of your choice per pack

## \*DIETARY INGREDIENT SUBSTITUTIONS:

### GF GLUTEN-FREE SUBSTITUTIONS:

#### Pumpkin Chocolate Chip Muffins:

- Use gluten-free 1-to-1 baking flour, like Bob's Mill brand, in place of the wheat flour.

#### Chocolate Peanut Butter Energy Bites:

- Use certified gluten-free oats.

#### Chocolate Covered Cherry Smoothie

##### Packs:

- N/A

### DF DAIRY-FREE SUBSTITUTIONS:

#### Pumpkin Chocolate Chip Muffins:

- N/A

#### Chocolate Peanut Butter Energy Bites:

- N/A

#### Chocolate Covered Cherry Smoothie

##### Packs:

- Use plain almond milk or another dairy-free milk.

## EQUIPMENT NEEDED:

For your convenience, we've provided some affiliate links to Amazon products we recommend. See full disclaimer [here](#).

- 2 ([12 cup](#)) [muffins pans](#) or 1 (24 cup) muffin pan
- Optional: [24 paper or silicone cupcake liners](#)
- 1 [large mixing bowl](#)
- 2 [medium \(or large\) mixing bowls](#)
- A smaller spoon (for scooping out ingredients)
- [Measuring cups](#)
- [Measuring spoons](#)
- Wooden spoon
- Whisk
- [Scraper/Spatula](#)
- Toothpick (for checking muffins)
- [Cooling rack](#)
- Tape
- 6 [gallon-sized freezer bags](#)
- 10 plastic sandwich baggies
- [Small or medium cutting board](#)
- A paring knife or butter knife

## LAST MINUTE TIPS BEFORE STARTING:

Take a few minutes to do these things to ensure your prep session only takes about 1 hour.

1. Print out the freezer meal labels (single-sided) and cut them apart (pp. 10-11).
2. Write out any side dish or serving ideas on the labels using ideas on p. 2.
3. Read through the 1 Hour Step-by-Step Instructions (p. 5-6).
4. Gather and lay out all the required equipment (p. 4).
5. Gather and lay out all ingredients by recipe (p. 3).
6. During the prep session, be sure to wash your hands well after touching raw eggs to avoid cross-contamination on other surfaces.

# 1 HOUR PREP SESSION: STEP-BY-STEP INSTRUCTIONS

## □ STEP 1: Bake the Muffins

1. Arrange the racks in the oven so that they are equidistant from the top and bottom. Preheat oven to 350° F. Spray two (12 cup) muffin tins with cooking spray and/or line with cupcake liners.
2. In a large mixing bowl, add the following ingredients and stir until combined:
  - 2 1/2 cups white whole wheat flour (sub: 1 1/2 cups whole wheat + 1 cup all purpose flour)
  - 1/2 cup ground flaxseed (sub: oats)
  - 1 cup sugar
  - 2 teaspoons baking soda
  - 1 teaspoon baking powder
  - 2 teaspoons cinnamon
  - 1/2 teaspoon salt
3. In a medium mixing bowl, add the following ingredients and whisk until combined:
  - 1 1/2 cups (or one 15-ounce can) pumpkin puree
  - 2/3 cup avocado oil or melted coconut oil
  - 1/2 cup unsweetened applesauce
  - 1 teaspoon pure vanilla extract
  - 3 large eggs
4. Add the wet ingredients to the dry ingredients and stir just until combined. Then, fold in 1 cup of chocolate chips.
5. Scoop 2 heaping tablespoons of batter into each muffin cup.  
*(Tip: Use a spatula or spoon to get as much batter out as possible.)*
6. Place one muffin tin on each rack in the oven. Bake for about 18-22 minutes if using two pans at a time (or 16-20 minutes if only using one pan), until the tops are set and a toothpick inserted into the middle comes out clean. Note that silicone pans may require a few minutes more of bake time.  
**(Note: While the muffins bake, move on to the next steps.)**
7. Allow muffins to cool in the pan for about 5 minutes before removing to a cooling rack.

Cook along with us!

[Watch our step-by-step video here](#) or use the QR code below.



## □ STEP 2: Prep the Freezer Bags

1. Tape the freezer labels onto 6 gallon-sized freezer bags. Open and set them on the counter.
2. Open the 10 smaller bags for the individual smoothie packs, so they are ready for you.  
*(Note: No need to label the smaller bags.)*



### □ **STEP 3: Make and Freeze the Energy Bites**

1. Rinse out the 1 cup, ½ cup, and 1 teaspoon measuring tools.
2. In a large mixing bowl, stir together the following ingredients until smooth:
  - 1 ½ cups peanut butter (sub: almond butter)  
*(Tip: spray the cup with cooking spray first.)*
  - 1 cup 100% pure maple syrup (sub: honey)
  - 2 teaspoons pure vanilla
3. Add in the following ingredients to the same bowl and stir everything together until well combined:
  - 3 cups quick oats
  - 1 ½ cups unsweetened shredded coconut (sub: ground flax)
  - ½ cup 100% cocoa powder (or raw cacao powder)
  - 1 teaspoon ground cinnamon
4. Scoop out a heaping tablespoon-sized amount of the mixture per energy bite. Roll into balls and place about 18-20 in a single layer in each freezer bag.  
*(Tip: Wet your hands so the dough doesn't stick to them.)*
5. Seal, squeezing out any excess air, and freeze flat until the energy bites are frozen solid.

### □ **STEP 4: Assemble and Freeze the Smoothie Packs**

1. On a medium cutting board, cut 5 bananas in half and then cut each of those halves into slices (keep the banana halves in separate piles).
2. Fill all of the 10 bags with the following ingredients in this order (we found that filling all the bags with 1 ingredient at a time was easiest):
  - ½ banana, sliced
  - 1 cup fresh baby spinach, packed (about a good handful)
  - 2 tablespoons almond butter (about a heaping soup spoon full)
  - 1 cup frozen dark sweet cherries
  - 1 tablespoon 100% cocoa powder (or raw cacao powder)
3. Seal each small bag tightly, squeezing out the air. Place 5 small bags in each Smoothie Pack gallon-sized freezer bag, seal, and freeze.

### □ **STEP 5: Freeze the Muffins**

Once the muffins are cool\*, place 12 muffins in a single layer inside each freezer bag. Seal, squeezing out excess air, and freeze flat until they are frozen solid.

*\*We recommend giving these about an hour to fully cool before packaging and freezing, so go ahead and clean everything up and do this last.*

**CONGRATULATIONS ON MAKING 6 FREEZER MEALS TO ENJOY LATER!**

# PUMPKIN CHOCOLATE CHIP MUFFINS

GF GLUTEN-FREE OPTION

DF DAIRY-FREE OPTION

**Yield:** 2 dozen muffins (2 freezer meals)

**Prep Time:** 20 minutes     **Cook Time:** 20 minutes

## INGREDIENTS

- 2 1/2 cups white whole wheat flour (sub: 1 1/2 cups whole wheat + 1 cup all purpose flour) (GF Use 1-to-1 gluten-free baking flour like Bob's Red Mill brand.)
- 1/2 cup ground flaxseed (sub: oats)
- 1 cup sugar (use coconut sugar for a healthier alternative)
- 2 teaspoons baking soda
- 1 teaspoon baking powder
- 2 teaspoons cinnamon
- 1/2 teaspoon salt
- 1 1/2 cups (or one 15 ounce can) pumpkin puree
- 2/3 cup avocado oil or melted coconut oil
- 1/2 cup unsweetened applesauce
- 3 large eggs
- 1 teaspoon pure vanilla extract
- 1 cup semi-sweet chocolate chips (DF Use dairy-free chocolate chips like Enjoy Life brand.)

## MAKE IT NOW:

1. Arrange the racks in the oven so that they are equidistant from the top and bottom. Preheat the oven to 350°F. Spray two (12 cup) muffin tins with cooking spray and/or line with cupcake liners. (Or use one muffin tin and bake in two batches.)
2. In a large mixing bowl, combine the flour, flax, sugar, baking soda, baking powder, cinnamon, and salt.
3. In a medium bowl, whisk together the pumpkin puree, oil, applesauce, eggs, and vanilla extract.
4. Stir wet mixture into dry ingredients; mix just until combined. Gently fold in the chocolate chips.
5. Spoon 2 heaping tablespoons of batter into each muffin cup.
6. Place one muffin tin on each rack in the oven. Bake for about 18-22 minutes if using two pans at a time (or 16-20 minutes if only using one pan), until the tops are set and a toothpick inserted into the middle comes out clean. Note that silicone pans may require a few minutes more of bake time.
7. Allow muffins to cool in the pan for about 5 minutes before removing to a cooling rack. (Freezing instructions begin here.)

## FREEZE FOR LATER:

Bake muffins as directed in recipe. Let cool completely. Once cool, place muffins in a single layer in two freezer-safe bags or containers, squeeze out as much air as possible, and seal tightly. Freeze for up to 3 months.

## PREPARE FROM FROZEN:

Thaw desired amount of muffins overnight in the refrigerator or warm them slightly in the microwave.

## NUTRITION INFO PER SERVING (1 MUFFIN):

205 cal | 10.7 g fat | 23.3 mg cholesterol | 170.4 mg sodium | 25.9 g carbs | 3.3 g fiber | 14.5 g sugar | 3.7 g protein



# CHOCOLATE PEANUT BUTTER ENERGY BITES

GF GLUTEN-FREE OPTION

DF DAIRY-FREE

**Yield:** 20-25 (1 ½ inch round) cookies (1 freezer meal)

**Prep Time:** 20 minutes

## INGREDIENTS

- ¾ cup peanut butter (sub: almond butter or sunbutter)
- ½ cup real maple syrup (sub: honey)
- 1 teaspoon pure vanilla
- 1 ½ cups quick oats  
(<sup>GF</sup> Use gluten free quick oats.)
- ¾ cup unsweetened shredded coconut (sub: ground flax)
- ¼ cup 100% cocoa powder (or raw cacao powder)
- ½ teaspoon ground cinnamon

## MAKE IT NOW:

1. In a medium mixing bowl, stir together the peanut butter, maple syrup, and vanilla until smooth.  
(*Tip: If the peanut butter or coconut oil is hard or cold, warm these ingredients in the microwave for 10-20 seconds to make this step easier.*)
2. Stir in the oats, shredded coconut, cocoa powder, and cinnamon until well combined.
3. Using a tablespoon or small cookie dough scoop, shape the mixture into about 30-35 (1 ½ inch) balls. You'll need a heaping tablespoon of mixture per cookie.  
(*Tip: Wet your hands to make this step easier.*)
4. Store in an air-tight bag or container in the fridge or freezer to keep them fresh the longest.

## FREEZE FOR LATER:

Place the cookies in a single layer in a gallon-size freezer bag. Seal, squeeze out extra air, and freeze the bag flat until the cookies are frozen solid.

(*Tip: Place the bags on a cookie sheet in the freezer until frozen.*)

## PREPARE FROM FROZEN:

Thaw cookies on the counter for a few minutes or microwave one for about 10 seconds.

## NUTRITION INFO PER SERVING (1 ENERGY BITE):

111 cal | 6.2 g fat | 0 mg cholesterol | 43 mg sodium | 12.5 g carbs | 1.6 g fiber | 6 g sugar | 3.2 g protein

# CHOCOLATE COVERED CHERRY SMOOTHIE PACKS

GF GLUTEN-FREE

DF DAIRY-FREE OPTION

**Yield:** 5 (16 ounce) smoothies (or 5 smoothie packs)

**Prep Time:** 10-15 minutes

## INGREDIENTS

### For Smoothie Packs:

- 2 ½ bananas, sliced (sub: 1 ¼ cups vanilla Greek yogurt or ¼ cup per smoothie)
- 5 cups fresh baby spinach, packed (sub: stemmed, chopped kale)
- 10 tablespoons (5-6 ounces) almond butter (sub: cashew butter or Sunbutter)
- 5 cups frozen dark sweet cherries
- 5 tablespoons 100% cocoa powder (or raw cacao powder)

### For Blending:

- 5-7 ½ cups milk (DF Use plain almond milk or oat milk)

## MAKE IT NOW:

### For one (16 ounce) smoothie:

Add 1 cup milk, ½ banana, 2 tablespoons almond butter, 1 cup packed spinach, 1 cup frozen cherries, and 1 tablespoon cocoa powder to a blender. Blend until very smooth, adding more milk if needed.

## MAKE FREEZER SMOOTHIE PACKS FOR LATER:

1. Layer these ingredients in 5 small zip-top sandwich bags in this order:
  - ½ banana, sliced
  - 1 cup fresh baby spinach, packed
  - 2 tablespoons almond butter
  - 1 cup frozen dark cherries
  - 1 tablespoon 100% cocoa powder (or raw cacao powder)
2. Seal tightly, squeezing out the air. Place in a gallon-sized freezer bag and freeze for up to 3 months.

## HOW TO BLEND A SMOOTHIE PACK:

Add 1 cup milk to a blender. Break up the ingredients of a smoothie pack by hitting it on the counter or crunching it with your hands. Dump the ingredients into a blender and blend until very smooth, stirring and adding more milk as needed.

## COOKING NOTES:

- It really helps to have a high-powered blender, like a [Vitamix or Ninja Blender](#).
- For more sweetness, add a dollop of honey.
- For more protein, add in walnuts, Greek yogurt, more nut butter, or protein powder.

## NUTRITION INFO PER SERVING (ONE 16 OUNCE SMOOTHIE):

373 cal | 21.9 g fat | 0 mg cholesterol | 213.7 mg sodium | 41.8 g carbs | 9.7 g fiber | 22.1 g sugar | 11.9 g protein

# PUMPKIN CHOCOLATE CHIP MUFFINS

**Yield:** 12 Muffins

**Directions:**

Thaw desired amount of muffins overnight in the refrigerator or warm them slightly in the microwave.

**Date Created:** \_\_\_\_\_

**Side Dish/Serving Ideas:** \_\_\_\_\_

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**Date Created:** \_\_\_\_\_

**Side Dish/Serving Ideas:** \_\_\_\_\_

# CHOCOLATE PEANUT BUTTER ENERGY BITES

**Yield:** 18-20 energy bites

**Directions:** Thaw cookies on the counter for a few minutes or microwave one for about 10 seconds.

**Date Created:** \_\_\_\_\_

**Side Dish/Serving Ideas:** \_\_\_\_\_

# CHOCOLATE PEANUT BUTTER ENERGY BITES

**Yield:** 18-20 energy bites

**Directions:** Thaw cookies on the counter for a few minutes or microwave one for about 10 seconds.

**Date Created:** \_\_\_\_\_

**Side Dish/Serving Ideas:** \_\_\_\_\_

# CHOCOLATE COVERED CHERRY SMOOTHIE PACKS

**Yield:** 5 (16 ounce) smoothies

**Fresh Ingredients Needed:** 1 - 1 ½ cups of milk (your choice)

## **How to Blend 1 (16 ounce) Smoothie:**

Add 1 cup milk to a blender. Break up the ingredients of a smoothie pack by hitting it on the counter or crunching it with your hands. Dump the ingredients into a high-powered blender and blend until very smooth, stirring and adding more milk as needed.

## **Tips**

- For more protein, add in walnuts, Greek yogurt, more nut butter, or vanilla protein powder.
- For more sweetness, add a dollop of honey.

**Date Created:** \_\_\_\_\_

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