



Holiday Treats

Biked Goods + Smart Bellies

Fundraiser To Help Feed 400 Kids



*Biked Goods and Smart Bellies Are On A Mission
To Reduce Food Insecurity In Children By Providing
Nutritious, Kid-Friendly Meals and Snacks*

More than 1 in 6 children don't have consistent access to nutritious food. Biked Goods and [Smart Bellies](#) are not okay with that. So we teamed up to provide nutritious snacks to over 400 children in Summit County, CO during the holiday season.

The Biked Goods community helped raise over \$500 dollars to help buy the ingredients for the recipes you'll find in this book. From there, [Cool River Coffee House](#), a local shop in Breckenridge, reached out to lend their bakery to help bake all the Biked Goods!

The homemade baked goods were then delivered to Smart Bellies where they distributed the food to kids across their network of schools and families in Summit County, especially to those most in need. Amazing!

As a small gift to the community for helping promote and raise money for this cause, I've put together this cookbook with all the recipes we made for the kids. This way you can give them a try and share with others this holiday season!

Key Ingredients

Rolled Oats and Oat Flour

Wholesome, whole grain energy that keeps you full for longer.

Pamela's Pancake and Baking Mix

A blend of rice flours, almond meal and 8 grams of whole grains per serving, this mix can be used to make all types of delicious baked goods!

Organic Coconut Sugar

An unrefined sugar that can be used as a 1:1, better alternative to refined sugars. Favorite Brand: Madhava.

Flaxseed

Ass some flaxseed into your baked goods to provide a good source of protein, fiber and omega-3s.

Virgin Coconut Oil

Contains healthy fats and helps absorb fat-soluble vitamins. Can often be used as a 1:1 replacement for butter in baked goods.

Farmers We Know Sprouted Brown Rice Cocoa Cereal

This brand uses sprouted brown rice with cacao and low-glycemic coconut palm sugar that makes a great cereal bar.

Almond Butter

Delicious, healthy alternative to peanut butter. Almond butter contains healthy fats, good protein, vitamins and minerals.

Honey

Natural sweetener that is a good source of antioxidants.

Unsweetened Applesauce

This is a great substitute for oil in baked goods. It keeps food moist without all the added saturated fats. Plus, unsweetened applesauce contains naturally occurring sugars that are already sweet, reducing the need for sugar in a recipe.

Recipes

5. *Almond Butter
Mini Muesli Bites*

7. *Cocoa Bike
Crispy Bars*

9. *Applesauce and Coconut
Sugar Mini Muffins*

11. *Mini Chocolate Chunk
Kid Cookies*



Almond Butter Mini Muesli Bites

SERVINGS: 24 PREP TIME: 5 min COOK TIME: 10 min

Ingredients

- 2-1/2 cups organic rolled oats
- 1/3 cup coconut sugar
- 1/2 cup almond butter
- 1/3 cup honey
- 1/3 cup coconut oil, melted
- 2/3 tsp vanilla extract
- 1/3 cup almond slices
- 1 tsp salt
- Love, lots and lots of love

Directions

Preheat the oven to 350 degrees. Lightly grease a 24 count mini-muffin pan. Pour 1 cup of rolled oats into a food processor. Process for about 1 minute until oats are pulverized into oat flour. Add in the remaining 1-1/2 cups rolled oats, and coconut sugar,

Pulse until base and add-ins are in small bits. Pour in honey, coconut oil, and vanilla extract. Pulse just until combined. The result should be a sticky, gooey batter, similar to cookie dough.

Fill each muffin tin about 3/4 way full, making sure not to overfill! Bake in the oven for 8 to 12 minutes or until golden brown. Remove pan from oven and let cool in pan on a wire cooling rack in the pan. Once completely cooled, remove from the pan and store in an airtight container for 4 to 5 days or in the freezer for longer.





Cocoa Bike Crispy Bars

Ingredients

4 cups of cocoa crispy rice cereal (Try OneDegree Organics Sprouted Brown Rice Crisps!)

2/3 cup almond butter

1/2 cup honey

1 Tbsp vanilla extract

1/2 tsp salt

1/3 cup chocolate chips

SERVINGS: 12-16 PREP TIME: 5min TOTAL TIME: 1 hr

Directions

In a small bowl, melt the almond butter and sweetener (about 30 seconds in the microwave). Stir in the vanilla extract.

Pour on top of the cereal, add salt, and mix until evenly coated. Stir in the chocolate chips. Make sure the mixture is not too hot or it will melt.

Press into a square pan that is lined with parchment paper or lightly oiled. Refrigerate for 3-4 hours until firm or freeze for 1-2 hours to speed things up!

Slice into 12 to 16 bars and enjoy!

Keep leftovers in the fridge in an airtight container for up to a week.





Applesauce and Coconut Sugar Mini Muffins

SERVINGS: 24 PREP TIME: 5 min COOK TIME: 20 min

Ingredients

- 1 cup Pamela's Pancake and Baking Mix
- 2 Tbsp coconut sugar
- 2 tsp baking powder
- 1 tsp cinnamon
- 1 large egg
- 1 cup unsweetened applesauce
- 1/2 tsp salt
- 1 tsp vanilla extract
- 1 Tbsp honey

For Coating

- 2 Tbsp coconut oil, melted
- 1-1/2 Tbsp cinnamon
- 3 Tbsp coconut sugar

Directions

In a bowl, stir together egg, applesauce, coconut sugar, honey and vanilla. Add in all dry ingredients: flour, baking powder, salt and cinnamon. Stir together. If your batter looks too thick to pour (this will depend on your brand of applesauce), add 1-3 tablespoons of water and stir to incorporate.

Let the finished batter sit for 5 minutes. During this time lightly grease a mini muffin tin and preheat the oven to 350 F.

Fill each muffin cup just shy of the brim. Bake for 15-20 minutes or until muffins turn slightly brown.

Let cool. Combine coconut sugar and cinnamon in a bowl. In a separate bowl, melt coconut oil. Dip each muffin in coconut oil then roll into cinnamon and sugar mixture

Store muffins in the fridge in an airtight container for the freshest results.





Mini Chocolate Chunk Kids Cookies

Ingredients

3/4 cup coconut sugar

1/2 tsp vanilla extract

1 Tbsp flaxseed

3 Tbsp almond milk (or dairy-free milk of choice)

1/3 cup melted and cooled coconut oil

Dry Ingredients

2 cups Pamela's Gluten-Free Pancake and Baking Mix

1/2 tsp baking soda

1/4 tsp salt

1/2 cup chocolate chunks

Flaky sea salt for sprinkling on top

SERVINGS: 30 PREP TIME: 10min COOK TIME: 8-10min

Directions

Preheat the oven to 350 degrees F. Line a large baking sheet with parchment paper. Set aside.

In a large bowl, whisk together the coconut sugar, vanilla, flaxseed and almond milk until well combined and wet.

Next, whisk in the melted and cooled coconut oil until completely smooth and creamy, about 1 minute.

Add the dry ingredients to the bowl: flour, baking soda and salt. Mix with a wooden spoon until well combined. Fold in chocolate chunks.

Use a medium cookie dough scoop to grab cookie dough, or use your hands to grab about 1 Tbsp of dough and roll it into a ball. Place cookie dough 2 inches apart on the baking sheet to prevent cookies from baking into each other.

Bake for 8-10 minutes. Sprinkle with flaky sea salt on top when done. Allow cookies to sit on the baking sheet for at least 10 minutes before removing them from the pan.





A BIG Shoutout To These People

A BIG thanks to Diane at Cool River Coffee Company in Breckenridge for lending out her kitchen to us. This was a HUGE help to have the space and equipment to produce this many baked goods.

Another BIG shoutout to Rebecca who works at Cool River Coffee Company. Rebecca a.k.a Peaches donated her money and time to help bake for this cause.

Also a BIG thanks to Haley who came by after work to help wrap (and taste test) all of the baked goods. Quality control at its finest.

And lastly, a BIG, BIG thanks to all the donors who helped raise money for us to buy these great ingredients and foods to provide kids a healthy, nutritious snack to be part of their food bags.

Cheers!



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Eat Good. Bike Good. Feel Good.

Hi, my name is Tyler. I'm a cyclist, mountain bike coach, and cooking fanatic. I can confidently say my food habits and choices have helped transform my life tremendously.

I believe that nutrition is a lifestyle and what we put in our bodies is what we get out of them. Whether you want to perform on the bike or in life eating good food is the best medicine we can prescribe ourselves.

When it comes to my food philosophy, I like to keep it simple. I love to eat whole, fresh, clean foods with a focus mostly on a variety of nuts, seeds, grains, fruits and vegetables.



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