



SPRING REBOOT RECIPES

GIVE YOUR MENU A SPRING
MAKEOVER WITH 15 OF OUR
FAVORITE SALAD, WRAP, DINNER,
AND DESSERT RECIPES!





INTRODUCTION

CONGRATS ON PICKING UP THIS MONTH'S EDITION OF THE RECIPE BOOK FOR THE V SHRED FOODIES CLUB!

Spring is finally here and now is a great time to start lightening up your menu with a smoothie (or two!). This month we've gathered some of our BEST smoothie recipes that can double as a dessert or even a meal replacement — some of them are made with protein powder to help make it a complete meal.

From the Mint Chocolate Chip Protein Smoothie to the Peanut Butter and Jelly Smoothie, you have several delicious (and nutritious) options to choose from!

Have fun, and don't forget to join our private FB Group to post your latest creations!

[Share Your Recipes and Photos in the V Shred Foodies FB Group Here!](#)



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GRILLED CHICKEN CAESAR WRAP

480

CALORIES

19

FAT

25

CARBS

49

PROTEIN

4

SERVINGS

This is an easy one to put together on a busy day! Succulent grilled chicken nestled in crisp romaine lettuce, kissed by the tang of Caesar dressing, all wrapped up for a satisfying bite of freshness and flavor.

INGREDIENTS

2 large boneless, skinless chicken breasts
Salt and pepper to taste
4 whole wheat or spinach wraps
4 cups romaine lettuce, chopped
1 cup cherry tomatoes, halved
1/2 cup grated Parmesan cheese
Caesar dressing (use a light or homemade version to keep it healthy)
Cooking spray or olive oil for grilling

INSTRUCTIONS

1. Preheat your grill or grill pan over medium-high heat.
2. Season the chicken breasts with salt and pepper.
3. Grill the chicken breasts for about 6-7 minutes per side, or until they are cooked through and no longer pink in the center. Let them rest for a few minutes before slicing.
4. While the chicken is cooking, warm the wraps on the grill for about 30 seconds per side, until they are pliable.
5. Lay out the wraps and divide the chopped romaine lettuce evenly among them.
6. Slice the grilled chicken breasts into thin strips and distribute them evenly among the wraps.
7. Add cherry tomatoes and grated Parmesan cheese on top of the chicken.
8. Drizzle Caesar dressing over the fillings.
9. Roll up the wraps tightly, folding in the sides as you go, to secure the fillings.
10. Slice each wrap in half diagonally and serve immediately.

THAI PEANUT TOFU WRAP

409

CALORIES

20

FAT

36

CARBS

25

PROTEIN

4

SERVINGS

Tantalizing Thai flavors dance on your palate with each bite of this wrap, featuring hearty tofu, crunchy veggies, and a luscious peanut sauce that's sure to become your new obsession.

INGREDIENTS

1 block (14 oz) extra firm tofu, drained and pressed
 4 whole wheat or spinach wraps
 2 cups shredded purple cabbage
 1 large carrot, julienned or shredded
 1/4 cup chopped fresh cilantro
 1/4 cup chopped peanuts
 Thai peanut sauce (store-bought or homemade)
 Cooking spray or olive oil for cooking

INSTRUCTIONS

1. Preheat your oven to 400°F (200°C).
2. Slice the pressed tofu into thin rectangles or cubes.
3. Lightly grease a baking sheet with cooking spray or olive oil and arrange the tofu slices in a single layer.
4. Bake the tofu for 25-30 minutes, flipping halfway through, until golden and slightly crispy.
5. While the tofu is baking, warm the wraps on a skillet or in the microwave until they are pliable.
6. In a small bowl, toss together the shredded cabbage and julienned carrot.
7. Once the tofu is done baking, assemble the wraps by placing an even amount of tofu slices on each wrap.
8. Top with the shredded cabbage and carrot mixture, chopped cilantro, and chopped peanuts.
9. Drizzle Thai peanut sauce over the fillings.
10. Roll up the wraps tightly, folding in the sides as you go, to secure the fillings.
11. Slice each wrap in half diagonally and serve immediately.

AVOCADO AND BLACK BEAN WRAP



295

CALORIES

12

FAT

41

CARBS

7

PROTEIN

4

SERVINGS

Creamy avocado meets earthy black beans in this wholesome wrap, perfectly balanced with a zesty salsa verde for a burst of Southwestern flair.

INGREDIENTS

1 ripe avocado, peeled, pitted, and sliced
 1 can (15 oz) black beans, drained and rinsed
 4 whole wheat or spinach wraps
 1 cup cooked brown rice
 1/2 cup corn kernels (fresh, frozen, or canned)
 1/4 cup diced red onion
 1/4 cup chopped fresh cilantro
 Juice of 1 lime
 Salt and pepper to taste

INSTRUCTIONS

1. In a small bowl, mash half of the black beans with a fork until they form a chunky paste.
2. Spread the mashed black beans evenly onto each wrap.
3. Divide the cooked brown rice among the wraps, spreading it over the mashed black beans.
4. Top the rice with sliced avocado, remaining whole black beans, corn kernels, diced red onion, and chopped cilantro.
5. Squeeze lime juice over the fillings and season with salt and pepper to taste.
6. Roll up the wraps tightly, folding in the sides as you go, to secure the fillings.
7. Slice each wrap in half diagonally and serve immediately.

LEMON GARLIC SHRIMP SKEWERS

148

CALORIES

7

FAT

3

CARBS

15

PROTEIN

4

SERVINGS

Juicy shrimp marinated in a zesty lemon garlic sauce, threaded onto skewers and grilled to perfection, delivering a burst of citrusy freshness in every bite.

INGREDIENTS

1 pound large shrimp, peeled and deveined
 2 cloves garlic, minced
 Zest of 1 lemon
 Juice of 1 lemon
 2 tablespoons olive oil
 Salt and pepper to taste
 Wooden or metal skewers, soaked if using wooden

INSTRUCTIONS

1. In a blender, combine the frozen mixed berries, peanut butter, almond milk, banana, honey or maple syrup (if using), and vanilla extract.
2. If you prefer a colder smoothie, you can add ice cubes to the blender.
3. In a bowl, combine minced garlic, lemon zest, lemon juice, olive oil, salt, and pepper. Stir well to combine.
4. Add the shrimp to the bowl and toss until they are evenly coated with the marinade. Let them marinate for about 15-30 minutes in the refrigerator.
5. Preheat your grill or grill pan over medium-high heat.
6. Thread the marinated shrimp onto the skewers, leaving a little space between each shrimp.
7. Place the shrimp skewers on the grill and cook for 2-3 minutes per side, or until they are pink and opaque.
8. Once cooked, remove the shrimp skewers from the grill and serve immediately.
9. Taste the smoothie and adjust sweetness if necessary.
10. Pour the Peanut Butter and Jelly Smoothie into four glasses.
11. Optionally, you can garnish with a drizzle of peanut butter or a few whole berries.
12. Serve immediately and enjoy this nostalgic and satisfying peanut butter and jelly-flavored smoothie!

BAKED SALMON WITH DILL YOGURT SAUCE



477

CALORIES

19

FAT

6

CARBS

67

PROTEIN

4

SERVINGS

Tender salmon, baked to flaky perfection and adorned with a refreshing dill yogurt sauce, creating a harmonious symphony of flavors that's both light and indulgent.

INGREDIENTS

4 salmon fillets (about 6 oz each), skin-on or skinless
 Salt and pepper to taste
 1 tablespoon olive oil
 1 tablespoon lemon juice
 1 teaspoon garlic powder
 1 teaspoon onion powder
 1/2 cup Greek yogurt
 2 tablespoons chopped fresh dill
 1 tablespoon lemon zest
 1 tablespoon Dijon mustard
 1 clove garlic, minced

INSTRUCTIONS

1. Preheat your oven to 375°F (190°C).
2. Place the salmon fillets on a baking sheet lined with parchment paper or aluminum foil. If using skin-on salmon, place them skin-side down.
3. In a small bowl, whisk together olive oil, lemon juice, garlic powder, onion powder, salt, and pepper.
4. Brush the olive oil mixture over the salmon fillets, coating them evenly.
5. Bake the salmon in the preheated oven for 12-15 minutes, or until the salmon is cooked through and flakes easily with a fork.
6. While the salmon is baking, prepare the dill yogurt sauce. In a mixing bowl, combine Greek yogurt, chopped fresh dill, lemon zest, Dijon mustard, minced garlic, salt, and pepper. Stir until well combined.
7. Once the salmon is done baking, remove it from the oven and let it cool slightly.
8. Serve the baked salmon warm with a dollop of dill yogurt sauce on top.

CAPRESE PASTA SALAD WITH CHICKEN



361

CALORIES

8

FAT

28

CARBS

42

PROTEIN

4

SERVINGS

A delightful twist on a classic, this pasta salad features juicy chicken, sweet tomatoes, fresh basil, and creamy mozzarella tossed in a balsamic vinaigrette for a burst of Italian flavor.

INGREDIENTS

8 oz pasta (such as fusilli, penne, or rotini)
 2 boneless, skinless chicken breasts
 Salt and pepper to taste
 1 tablespoon olive oil
 1 cup cherry tomatoes, halved
 1 cup fresh mozzarella balls (bocconcini), halved
 1/4 cup fresh basil leaves, thinly sliced
 2 tablespoons balsamic glaze or balsamic vinegar reduction

For the dressing:

3 tablespoons extra virgin olive oil
 2 tablespoons balsamic vinegar
 1 garlic clove, minced
 Salt and pepper to taste

INSTRUCTIONS

1. Cook the pasta according to the package instructions until al dente. Drain and rinse under cold water to stop the cooking process. Set aside.
2. Season the chicken breasts with salt and pepper on both sides.
3. Heat olive oil in a skillet over medium-high heat. Add the chicken breasts and cook for 6-7 minutes per side, or until cooked through and no longer pink in the center. Remove from heat and let them rest for a few minutes before slicing.
4. In a large mixing bowl, combine the cooked pasta, cherry tomatoes, fresh mozzarella, and sliced basil.
5. In a small bowl, whisk together the ingredients for the dressing: extra virgin olive oil, balsamic vinegar, minced garlic, salt, and pepper.
6. Pour the dressing over the pasta salad and toss until everything is evenly coated.
7. Slice the cooked chicken breasts into thin strips.
8. To serve, divide the pasta salad among serving plates or bowls. Top each portion with sliced chicken breasts.
9. Drizzle balsamic glaze or balsamic vinegar reduction over the salad.
10. Garnish with additional fresh basil leaves if desired.
11. Serve immediately, or refrigerate until ready to serve.

CHICKEN FAJITA LETTUCE WRAPS

251

CALORIES

10

FAT

29

CARBS

11

PROTEIN

4

SERVINGS

Vibrant fajita-spiced chicken nestled in crisp lettuce cups, topped with vibrant peppers and onions, creating a satisfyingly light and flavorful meal that's perfect for any occasion.

INGREDIENTS

1 pound boneless, skinless chicken breasts, thinly sliced
 1 tablespoon olive oil
 1 onion, thinly sliced
 1 red bell pepper, thinly sliced
 1 green bell pepper, thinly sliced
 2 cloves garlic, minced
 1 teaspoon chili powder
 1 teaspoon ground cumin
 1/2 teaspoon paprika
 Salt and pepper to taste
 Juice of 1 lime
 1/4 cup chopped fresh cilantro
 1 head of iceberg or butter lettuce, leaves separated

INSTRUCTIONS

1. Heat olive oil in a large skillet over medium-high heat.
2. Add sliced chicken breasts to the skillet and cook until browned and cooked through, about 5-6 minutes per side. Remove the cooked chicken from the skillet and set aside.
3. In the same skillet, add sliced onion and bell peppers. Cook until they are softened and slightly charred, about 5-6 minutes.
4. Add minced garlic, chili powder, cumin, paprika, salt, and pepper to the skillet with the vegetables. Stir well to combine and cook for an additional 1-2 minutes.
5. Return the cooked chicken to the skillet with the vegetables. Stir in lime juice and chopped cilantro. Cook for another 1-2 minutes to heat through.
6. To serve, spoon the chicken fajita mixture into individual lettuce leaves, using them as wraps.
7. Top with optional toppings such as sliced avocado, diced tomatoes, shredded cheese, Greek yogurt or sour cream, and salsa.
8. Serve immediately and enjoy!

BEEF AND BROCCOLI STIR-FRY WITH BROWN RICE



367

CALORIES

15

FAT

28

CARBS

28

PROTEIN

4

SERVINGS

Tender beef, crisp broccoli, and savory sauce come together in a stir-fry that's as quick to make as it is delicious, served over nutty brown rice for a wholesome twist on a takeout favorite.

INGREDIENTS

- 1 pound flank steak, thinly sliced against the grain
- 3 cups broccoli florets
- 2 tablespoons soy sauce (use low-sodium if preferred)
- 1 tablespoon oyster sauce
- 1 tablespoon hoisin sauce
- 2 cloves garlic, minced
- 1 teaspoon fresh ginger, minced
- 2 tablespoons vegetable oil, divided
- 2 cups cooked brown rice

INSTRUCTIONS

1. In a bowl, marinate the thinly sliced flank steak with soy sauce, oyster sauce, and hoisin sauce. Let it marinate for about 15-30 minutes.
2. Heat 1 tablespoon of vegetable oil in a large skillet or wok over medium-high heat.
3. Add minced garlic and ginger to the skillet and stir-fry for about 30 seconds until fragrant.
4. Add the marinated beef to the skillet and stir-fry until it is browned and cooked through, about 2-3 minutes. Remove the beef from the skillet and set it aside.
5. In the same skillet, add another tablespoon of vegetable oil if needed. Add broccoli florets and stir-fry for about 3-4 minutes until they are crisp-tender.
6. Return the cooked beef to the skillet with the broccoli and toss everything together until well combined and heated through.
7. Serve the beef and broccoli stir-fry over cooked brown rice.
8. Garnish with sliced green onions and sesame seeds if desired.
9. Serve immediately and enjoy!

GRILLED CHICKEN AND MANGO SALAD WITH LIME DRESSING

443

CALORIES

20

FAT

23

CARBS

44

PROTEIN

4

SERVINGS

Tender grilled chicken meets sweet mango and crunchy veggies, all drizzled with a zesty lime dressing for a refreshing salad that screams summertime.

INGREDIENTS

2 boneless, skinless chicken breasts
1 ripe mango, peeled, pitted, and diced
6 cups mixed salad greens (such as spinach, arugula, and romaine)
1/4 cup red onion, thinly sliced
1/4 cup chopped fresh cilantro
1/4 cup chopped roasted unsalted cashews
1 avocado, peeled, pitted, and diced

For the Lime Dressing:

3 tablespoons extra virgin olive oil
2 tablespoons fresh lime juice
1 teaspoon honey or maple syrup
1 clove garlic, minced
Salt and pepper to taste

INSTRUCTIONS

1. Preheat your grill or grill pan over medium-high heat.
2. Season the chicken breasts with salt and pepper.
3. Grill the chicken breasts for about 6-7 minutes per side, or until they are cooked through and no longer pink in the center. Let them rest for a few minutes before slicing.
4. In a small bowl, whisk together the ingredients for the lime dressing: extra virgin olive oil, fresh lime juice, honey or maple syrup, minced garlic, salt, and pepper. Set aside.
5. In a large salad bowl, combine the mixed salad greens, diced mango, sliced red onion, chopped cilantro, chopped roasted cashews, and diced avocado.
6. Slice the grilled chicken breasts into thin strips.
7. Add the sliced chicken to the salad bowl.
8. Drizzle the lime dressing over the salad and toss until everything is evenly coated.
9. Divide the salad among serving plates or bowls.
10. Serve immediately and enjoy!

SALMON QUINOA BOWL WITH LEMON TAHINI DRESSING



555

CALORIES

26

FAT

48

CARBS

33

PROTEIN

4

SERVINGS

Nutrient-packed quinoa, succulent salmon, and crisp veggies come together in a bowl that's both hearty and wholesome, topped with a creamy lemon tahini dressing for a burst of Mediterranean flavor.

INGREDIENTS

2 salmon fillets
1 cup quinoa, rinsed
2 cups water or vegetable broth
2 cups baby spinach or mixed greens
1 cup cherry tomatoes, halved
1 cucumber, diced
1 avocado, sliced

For the Lemon Tahini Dressing:

1/4 cup tahini
2 tablespoons fresh lemon juice
1 tablespoon extra virgin olive oil
1 clove garlic, minced
2 tablespoons water, or more as needed
Salt and pepper to taste

INSTRUCTIONS

1. Preheat your oven to 375°F (190°C).
2. Place the salmon fillets on a baking sheet lined with parchment paper or aluminum foil. Season with salt and pepper.
3. Bake the salmon in the preheated oven for 12-15 minutes, or until cooked through and flakes easily with a fork.
4. While the salmon is baking, cook the quinoa. In a medium saucepan, combine the rinsed quinoa and water or vegetable broth. Bring to a boil, then reduce the heat to low, cover, and simmer for 15-20 minutes, or until the quinoa is cooked and fluffy. Remove from heat and let it sit, covered, for 5 minutes. Fluff the quinoa with a fork.
5. In a small bowl, whisk together the ingredients for the lemon tahini dressing: tahini, fresh lemon juice, extra virgin olive oil, minced garlic, water, salt, and pepper. Add more water as needed to reach your desired consistency.
6. Assemble the quinoa bowls by dividing the cooked quinoa among serving bowls.
7. Top each bowl with baby spinach or mixed greens, cherry tomatoes, diced cucumber, sliced avocado, and baked salmon.
8. Drizzle the lemon tahini dressing over the bowls.
9. Garnish with optional toppings such as sliced radishes, toasted sesame seeds, and chopped fresh herbs.
10. Serve immediately and enjoy!

MEDITERRANEAN TUNA PASTA SALAD

327

CALORIES

17

FAT

23

CARBS

19

PROTEIN

4

SERVINGS

Dive into the flavors of the Mediterranean with this tantalizing pasta salad featuring flaky tuna, briny olives, sweet tomatoes, and tangy feta, all tossed in a herb-infused vinaigrette.

INGREDIENTS

8 oz pasta (such as fusilli or penne)
2 cans (5 oz each) tuna in water, drained
1 cup cherry tomatoes, halved
1/2 cup cucumber, diced
1/4 cup red onion, thinly sliced
1/4 cup Kalamata olives, pitted and halved
1/4 cup crumbled feta cheese
2 tablespoons chopped fresh parsley

For the Dressing:

1/4 cup extra virgin olive oil
2 tablespoons red wine vinegar
1 clove garlic, minced
1 teaspoon dried oregano
Salt and pepper to taste

INSTRUCTIONS

1. Cook the pasta according to the package instructions until al dente. Drain and rinse under cold water to stop the cooking process. Set aside to cool.
2. In a large mixing bowl, combine the cooked pasta, drained tuna, halved cherry tomatoes, diced cucumber, thinly sliced red onion, halved Kalamata olives, crumbled feta cheese, and chopped fresh parsley.
3. In a small bowl, whisk together the ingredients for the dressing: extra virgin olive oil, red wine vinegar, minced garlic, dried oregano, salt, and pepper.
4. Pour the dressing over the pasta salad and toss until everything is evenly coated.
5. Taste and adjust seasoning if needed.
6. Serve immediately, or refrigerate until ready to serve.

AVOCADO CHOCOLATE MOUSSE

227

CALORIES

15

FAT

25

CARBS

2

PROTEIN

4

SERVINGS

Indulge guilt-free with this velvety smooth chocolate mousse, made creamy and decadent with ripe avocado, proving that healthy desserts can be downright heavenly.

INGREDIENTS

2 ripe avocados, peeled and pitted

1/4 cup cocoa powder

1/4 cup maple syrup or honey

1 teaspoon vanilla extract

Pinch of salt

Optional toppings: sliced strawberries, raspberries, shaved chocolate, or whipped cream

INSTRUCTIONS

1. Scoop the flesh of the ripe avocados into a food processor or blender.
2. Add cocoa powder, maple syrup or honey, vanilla extract, and a pinch of salt to the food processor.
3. Blend all the ingredients until smooth and creamy, scraping down the sides of the bowl as needed.
4. Taste the mousse and adjust sweetness if needed by adding more maple syrup or honey.
5. Transfer the chocolate avocado mousse into serving bowls or glasses.
6. Chill in the refrigerator for at least 30 minutes to allow the mousse to firm up.
7. Before serving, garnish with sliced strawberries, raspberries, shaved chocolate, or a dollop of whipped cream if desired.

COCONUT MANGO RICE PUDDING

215

CALORIES

6

FAT

43

CARBS

5

PROTEIN

4

SERVINGS

Transport your taste buds to the tropics with this creamy rice pudding infused with luscious coconut and sweet mango, creating a dessert that's both comforting and exotic.

INGREDIENTS

1 cup jasmine rice
 2 cups water
 1 (13.5 oz) can coconut milk
 1/4 cup granulated sugar or sweetener of choice
 1/2 teaspoon vanilla extract
 Pinch of salt
 1 ripe mango, peeled, pitted, and diced
 Toasted coconut flakes for garnish (optional)

INSTRUCTIONS

- Rinse the jasmine rice under cold water until the water runs clear.
- In a medium saucepan, combine the rinsed rice and water. Bring to a boil over medium-high heat.
- Reduce the heat to low, cover, and simmer for about 15-20 minutes, or until the rice is cooked and most of the liquid is absorbed.
- In the same saucepan, stir in the coconut milk, granulated sugar or sweetener, vanilla extract, and a pinch of salt.
- Cook the mixture over medium-low heat, stirring frequently, for an additional 10-15 minutes, or until the pudding thickens to your desired consistency.
- Remove the saucepan from heat and let the pudding cool slightly.
- Stir in the diced mango.
- Divide the coconut mango rice pudding into serving bowls.
- Optionally, garnish with toasted coconut flakes for extra flavor and texture.
- Serve warm or chilled, and enjoy!

PINEAPPLE COCONUT ENERGY BALLS

261

CALORIES

10

FAT

44

CARBS

8

PROTEIN

4

SERVINGS

Bursting with tropical flavor, these energy balls pack a punch of sweetness and nutrition, making them the perfect on-the-go snack for fueling your adventures.

INGREDIENTS

1 cup dried pineapple, chopped
 1 cup rolled oats
 1/2 cup shredded coconut (unsweetened)
 1/4 cup almond butter or peanut butter
 1/4 cup honey or maple syrup
 1 teaspoon vanilla extract
 Pinch of salt (optional)
 Additional shredded coconut for rolling (optional)

INSTRUCTIONS

1. In a food processor, pulse the dried pineapple until it forms a coarse texture.
2. Add rolled oats, shredded coconut, almond butter or peanut butter, honey or maple syrup, vanilla extract, and a pinch of salt to the food processor.
3. Process the mixture until it comes together and forms a sticky dough.
4. If the mixture is too dry, add a little more honey or maple syrup. If it's too wet, add more oats.
5. Once the mixture reaches the desired consistency, transfer it to a bowl.
6. Scoop out portions of the mixture and roll them into balls using your hands.
7. Optional: Roll the energy balls in shredded coconut to coat them.
8. Place the energy balls on a baking sheet lined with parchment paper.
9. Chill the energy balls in the refrigerator for at least 30 minutes to firm up.
10. Once chilled, store the energy balls in an airtight container in the refrigerator for up to one week.

RASPBERRY ALMOND OAT BARS

258

CALORIES

15

FAT

36

CARBS

4

PROTEIN

4

SERVINGS

Sink your teeth into these wholesome oat bars, bursting with juicy raspberries and crunchy almonds, creating a satisfying treat that's perfect for breakfast or snacking anytime.

INGREDIENTS

1 cup rolled oats
 1 cup almond flour
 1/4 cup coconut oil, melted
 1/4 cup honey or maple syrup
 1/4 teaspoon almond extract
 Pinch of salt
 1/2 cup raspberry jam (preferably low-sugar or homemade)
 Fresh raspberries for topping (optional)

INSTRUCTIONS

1. Preheat your oven to 350°F (175°C). Grease or line an 8x8-inch baking pan with parchment paper, leaving some overhang for easy removal.
2. In a large mixing bowl, combine rolled oats, almond flour, melted coconut oil, honey or maple syrup, almond extract, and a pinch of salt. Mix until well combined and crumbly.
3. Press half of the oat mixture firmly into the bottom of the prepared baking pan to form the base layer.
4. Spread raspberry jam evenly over the oat base layer.
5. Sprinkle the remaining oat mixture evenly over the raspberry jam layer, pressing down lightly.
6. Optionally, top with fresh raspberries for extra flavor and decoration.
7. Bake in the preheated oven for 25-30 minutes, or until the top is golden brown and the edges are slightly crispy.
8. Remove from the oven and let the bars cool completely in the pan on a wire rack.
9. Once cooled, use the parchment paper overhang to lift the bars out of the pan.
10. Cut into squares or bars using a sharp knife.
11. Serve and enjoy!

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