



Recipe Roundups

HEALTHY MEAL IDEAS FOR JANUARY





Breakfast

I D E A S

INSTANT POT

Pear Oatmeal



INGREDIENTS:

coconut oil or cooking spray
1-1/2 cups steel cut oats
4 cups oat milk
6 pitted medjool dates, chopped
2 large pears, peeled & diced
1-1/2 tsp pure vanilla extract
pinch of sea salt
1-1/2 tsp ground cinnamon
1/2 tsp ground ginger
1/2 tsp ground allspice
1/2 tsp ground cardamom

*for serving - additional pear slices, raw nuts, maple syrup, and cinnamon

DIRECTIONS:

1. Lightly coat the inner pot of your instant pot with coconut oil or cooking spray.
2. Add all the ingredients to the instant pot.
3. Secure the lid and set the valve to sealing. Select pressure cook at high pressure for 12 minutes.
4. Once the 12 minute timer has completed, allow a natural pressure release for 20 minutes. Then turn the knob from sealing to venting to release any remaining steam.
5. Open the pot and stir the oatmeal thoroughly.
6. Divide into six bowls and serve with your desired toppings. Enjoy!

SERVES: 6

HEARTY & HEALTHY

Cornmeal Pancakes



INGREDIENTS:

1/2 cup cornmeal
1/2 cup rolled oats, coarsely chopped
1/4 cup brown rice flour
1 Tbsp flaxmeal
2 Tbsp pure maple syrup
1-1/2 tsp baking powder
1/8 tsp baking soda
1/2 cup unsweet almond milk
2 Tbsp almond butter, softened
1/2 cup bananas, mashed
pinch of sea salt

*toppings - fruit, unsweet applesauce, fresh jelly, maple syrup, sprinkle of powdered sugar, almond butter, etc.

DIRECTIONS:

1. Place the oats in a food processor to break them up a bit. Then add in all the remaining ingredients and process until smooth and combined.
2. Preheat a nonstick pan to medium-high then lower it to medium once it is hot.
3. Take about 1/4 cup of batter and place it onto the pan. It will be about 3-4" sized pancake.
4. When the sides are firm, the bottom is golden and it has been about 3 minutes gently slid a spatula underneath and give it a flip.
5. Cook about 3-4 minutes for the first side and about 2-3 minutes for the flipped side.
6. Serve with desired toppings and enjoy!

MAKES: 5-6 pancakes

CARROT CAKE

Oatmeal Bake



INGREDIENTS:

DRY

4 cups rolled oats
2 tsp baking powder
1/2 tsp pumpkin pie spice
2 tsp cinnamon
1/2 tsp sea salt

WET

6 medjool pitted dates
1 Tbsp pure vanilla extract
1/2 cup unsweet almond butter
1/2 cup pure maple syrup
2-1/4 cups unsweet almond milk

OTHER

3/4 cups finely grated carrots
2/3 cup chopped walnuts
2/3 cup raisins

DIRECTIONS:

1. Preheat oven to 375 F and line a 9x13 baking dish with parchment paper.
2. In a large bowl, add the dry ingredients and mix well.
3. In a food processor, add the dates and pulse to break them up. Then add in the rest of the wet ingredients and process until well mixed.
4. Add the wet mixture to the dry mixture and mix well. Stir in the carrots, walnuts and raisins.
5. Carefully dump the mixture into the baking dish. Spread it out evenly with a spatula and press down lightly.
6. Bake for 30 minutes then remove and allow to sit for 10 minutes before serving.

SERVES: 8

CREAMY MUSHROOM

Avocado Toast



INGREDIENTS:

2 Tbsp extra virgin olive oil, divided
3 shallots, diced
2 garlic cloves, minced
1 jalapeno pepper, diced
8 oz mushrooms, sliced
8 sprigs fresh thyme leaves
sea salt & black pepper, to taste
1/3 cup canned coconut milk
1-1/2 tsp red wine vinegar
1 large ripe avocado
dash of red pepper flakes
juice of 1/2 a lemon
6 slices of bread

DIRECTIONS:

1. Heat a large skillet over medium high heat with 1 Tbsp of the oil. Once oil is shimmering, add the shallots and cook for 4 minutes or until softened.
2. Add the minced garlic and diced jalapeno pepper and cook for 2 minutes.
3. Pour in the remaining oil along with the mushrooms and thyme. Allow the mushrooms to cook undisturbed for 4 minutes, then toss and cook for 3 more minutes. Once they begin to brown, season with salt and pepper. Continue cooking until they are completely brown.
4. Reduce heat the low and add in the coconut milk. Remove from heat and stir in the vinegar. Taste and adjust seasonings.
5. While mushrooms are cooking, prepare the avocado by spooning out the flesh and placing it in a bowl. Add the red pepper flakes, lemon juice, salt and pepper. Use a fork to smash it until you have your desired texture.
6. Spread the avocado onto each slice of bread and finish it with a few spoonfuls of cooked mushrooms. Enjoy!

SERVES: 3

BANANA BLUEBERRY

Yogurt Parfait



INGREDIENTS:

1-1/2 cup coconut yogurt
1/2 cup simple healthy granola
1 banana, sliced
1 cup blueberries
dash of cinnamon
drizzle of maple syrup

DIRECTIONS:

1. Place 1/2 the yogurt into the bottom of a jar and lightly sprinkle some cinnamon and syrup over top.
2. Next add 1/2 of your granola.
3. Place 1/2 of the banana and blueberries on top of the granola.
4. Repeat the layers again and ending with another dollop of yogurt, sprinkle of granola and a few blueberries.
5. Enjoy!

SERVES: 1

TOFU SCRAMBLE POTATO

Breakfast Bowl



INGREDIENTS:

1-1/2 lbs small potatoes, cubed
1 Tbsp extra virgin olive oil
1/2 tsp smoked paprika
1/4 tsp garlic powder
sea salt & black pepper, to taste
2 ripe avocados, mashed
2 tsp fresh lime juice

14 oz pkg of organic extra firm tofu
1 Tbsp extra virgin olive oil
2 garlic cloves, minced
1/2 tsp smoked paprika
1/2 tsp ground cumin
pinch of red pepper flakes
1/4 tsp turmeric
1/4 tsp sea salt
2 tsp fresh lime juice
1/2 tsp black salt
black pepper, to taste

*optional garnish - plant-based cheese,
fresh salsa, chives, etc.

DIRECTIONS:

1. Preheat the oven to 400F and line a baking sheet with parchment paper.
2. Press the tofu and drain out all the water. Wrap in a few paper towels and place something heavy on top of it to help squeeze out as much water as possible. Let stand for 15-30 minutes.
3. Meanwhile, cook the potatoes by tossing them with the oil, paprika, garlic, salt & pepper. Arrange them in a single layer and roast for 15 minutes. Flip them and cook another 10 minutes until they are golden brown.
4. Prepare the guacamole by combining the avocados in a bowl and mashing them with the lime juice and pinch of salt.
5. Then make the tofu scramble by crumbling the tofu with your hands into a skillet over medium heat. Add the garlic, paprika, cumin, red pepper flakes, turmeric, salt & pepper. Cook until tofu is heated through, about 5 minutes. Season with black salt, pepper & lime juice.
6. For serving divide the potatoes among 4 bowls and top with the tofu scramble, guacamole and any other additional toppings you desire.

SERVES: 4

PUFFED AMARANTH

Breakfast Bowl



INGREDIENTS:

2 Tbsp dry amaranth
1/2 cup unsweet almond milk
1 tsp pure maple syrup
1/2 tsp unsweet cocoa powder
1/4 tsp ground cinnamon

*toppings - fresh berries, almond butter
and pumpkin seeds

DIRECTIONS:

1. Over very high heat, heat the tallest pot you have until an amaranth grain dropped in it pops within 3 seconds.
2. Wearing oven mitts, drop half of the amaranth into the pot. Stir constantly with a wooden spoon until most have popped. Then place them into a small bowl.
3. Repeat with the remaining grains.
4. Then in a separate bowl combine the rest of the ingredients and whisk to blend.
5. Pour that milk mixture over the popped amaranth bowl and top with your desired toppings.

SERVES: 1

HOMEMADE

Protein Donuts



INGREDIENTS:

7 oz organic silken tofu, pressed
2 tsp coconut sugar
1/2 cup whole wheat flour
1/4 cup peanut butter powder
1 tsp baking powder
dash of sea salt
1 Tbsp plant-based cream cheese
1 Tbsp coconut yogurt
1/2 tsp cornstarch
1/2 tsp pure vanilla extract
1 tsp coconut sugar

DIRECTIONS:

1. Preheat oven to 375 F degrees and line a baking sheet with parchment paper. Lightly coat it with cooking spray.
2. In a medium bowl add the tofu and 2 tsp of coconut sugar. Press and stir with a fork until it is fine crumbs.
3. Add in the flour, PB powder, baking powder and salt. Stir until well combined.
4. Divide the dough into 4 parts. Roll each until it is about 5" long. Then loop the ends around and press them together to form a donut shape. Place it on the baking sheet and repeat.
5. Bake for 18-25 minutes then let cool.
6. While the donuts are baking, make the glaze by adding the cream cheese, yogurt, cornstarch, vanilla extract and coconut sugar to a small bowl, stir.
7. Once donuts are cooled, divide the glaze evenly on top and enjoy.

SERVES: 2 (2 donuts each)



Lunch

I D E A S

EASY TUSCAN

Bean Salad



INGREDIENTS:

2 cans cannellini beans, drained & rinsed
3/4 cup chopped roma tomatoes
1/3 cup organic corn
3 garlic cloves, minced
1/3 cup thinly sliced red onion
1 Tbsp finely chopped fresh rosemary
1/2 tsp sea salt
1/2 tsp black pepper
3 Tbsp extra virgin olive oil
1 Tbsp red wine vinegar
1/4 cup fresh basil leaves, chiffonade

DIRECTIONS:

1. Combine all ingredients into a large mixing bowl and toss gently to blend.
2. Allow the flavors to settle for 30 minutes to an hour then enjoy!

SERVES: 6

ARTICHOKE

Chickpea Salad



INGREDIENTS:

SALAD

4 cups artichoke hearts, drained/rinsed
1 Tbsp extra virgin olive oil
1/2 tsp sea salt
1-1/2 cups firm tofu, drained & cubed
1/2 cup red onion, sliced
1/4 cup chickpeas, drained & rinsed
1/4 cup fresh basil leaves, torn
1/4 cup cherry tomatoes, halved
1/4 cup roasted red peppers, drained
2 Tbsp capers

DRESSING

1/2 cup chickpeas, drained & rinsed
1/4 cup fresh parsley
2 Tbsp extra virgin olive oil
3 Tbsp fresh lemon juice
1 tsp capers
2 garlic cloves, minced
1/2 tsp sea salt
1/2 tsp black pepper
2 Tbsp filtered water

DIRECTIONS:

1. Preheat the oven to 350 F degrees and line a large baking sheet with parchment paper.
2. Place the artichokes in a medium bowl and add the oil and salt; toss gently.
3. Spread the artichokes on the baking sheet and bake for 20 minutes or until they are golden brown on the edges.
4. While the artichokes are cooking, place all dressing ingredients into a blender and blend on high until smooth.
5. Place the cooked artichokes, tofu, onion, chickpeas and dressing into a large mixing bowl and toss to coat. Set aside to marinate for about 30 minutes.
6. When ready to serve, top with basil, tomatoes, red peppers and capers.

SERVES: 4

INSTANT POT

Couscous Salad



INGREDIENTS:

1 cup green lentils, soaked for 2 hours
1 yellow onion, diced
2 bell peppers (red, yellow or orange), diced
2 carrots, diced
6 garlic cloves, minced
1 cup pearl couscous
3-1/2 cups veggie broth
2 tsp sea salt
black pepper, to taste
2 bay leaves
handful of fresh thyme springs

2-1/2 Tbsp extra virgin olive oil
1-1/2 Tbsp red wine vinegar
1 small bunch of fresh dill, chopped
1 cup flat leaf parsley, chopped
15 green or kalamata olives, sliced
1 pint cherry tomatoes, halved
sea salt & black pepper, to taste

DIRECTIONS:

1. Soak the lentils for 2 hours and then drain. Place them along with the onion, peppers, carrots, garlic, couscous, broth, salt, pepper, bay leaves and thyme springs into your instant pot. Stir.
2. Secure lid and seal. Select pressure cook and cook at high pressure for 3 minutes.
3. Once it has beeped, allow natural release for 10 minutes then turn the knob to venting to release all steam.
4. Open the pot and discard the bay and thyme leaves.
5. Transfer the mixture to a large bowl and allow it to cool to room temp.
6. Then stir in the oil, vinegar, dill, parsley, olives, tomatoes, salt and pepper. Taste and adjust flavor as desired.
7. Serve and enjoy!

SERVES: 4

ORANGE

Cauliflower



INGREDIENTS:

1 large head of cauliflower
1/4 cup + 2 Tbsp veggie broth
1/2 of a red onion, diced
3 garlic cloves, diced
1/2 yellow bell pepper, diced
1/2 orange bell pepper, diced
1 cup + 1 Tbsp fresh orange juice
squeeze of lemon juice
4 Tbsp soy sauce or tamari
3 Tbsp pure maple syrup
3 Tbsp rice vinegar
2 Tbsp cornstarch
2 Tbsp water
sesame seeds, for garnish
cooked brown rice, for serving

DIRECTIONS:

1. Preheat oven to 450 F degrees and line a baking sheet with parchment paper.
2. Cut the cauliflower into large bite size florets and toss them into a medium bowl with 1 Tbsp of orange juice and a squeeze of lemon.
3. Then place them onto the baking sheet and bake for 15-20 minutes. It should just be browning on the edges.
4. While the cauliflower is roasting, whisk together the orange juice, soy sauce, syrup and vinegar. Set aside.
5. Stir the cornstarch and water until smooth in another small bowl and set aside.
6. Add 1/2 cup of veggie broth to a large pan over medium heat. Add the onion and garlic and saute for 5 minutes.
7. Add another couple Tbsp of broth to the pan along with the peppers. Saute for 5 more minutes.
8. When the peppers are soft, add the orange sauce and bring to a boil.
9. Once boiling, add the cornstarch slurry and stir well. Simmer over medium heat until sauce reduces and thickens.
10. Add in the cauliflower and stir well to coat.
11. Serve immediately by itself or over rice with sesame seeds on top. Enjoy!

SERVES: 3-4

COCONUT

Chickpea Stew



INGREDIENTS:

1 Tbsp extra virgin olive oil
1/2 cup chopped onion
5 garlic cloves, minced
1/2 cup coined carrots
2 cups chickpeas, drained & rinsed
1 Tbsp fresh ginger, minced
1 tsp ground turmeric
1/2 tsp sea salt
1/4 tsp black pepper
1 can lite coconut milk
1 cup veggie broth
2 cups kale, roughly chopped
1 Tbsp fresh lime juice
4 tsp chopped mint

DIRECTIONS:

1. In a large pot, heat the oil over medium heat and saute the onion and garlic for 5 minutes.
2. Add the carrots, chickpeas and spices. Cook for 8 minutes.
3. Gently mash the chickpeas with a potato masher then add the milk and broth.
4. Bring the mixture to a simmer and cook for 30 minutes; stirring occasionally.
5. Next add the kale and simmer for 5 minutes.
6. Remove from heat and stir in the lime juice.
7. Divide the stew evenly between four serving bowls and top each one with 1 tsp of fresh mint. Enjoy!

SERVES: 4

AVOCADO CHICKPEA

Sandwich



INGREDIENTS:

2 slices whole grain bread
1 very ripe avocado
1 cup canned chickpeas
1 Tbsp tahini
1/2 lemon
4 tsp nutritional yeast
sea salt & black pepper, to taste
red chili flakes, optional

*for serving - cucumber, onions,
broccoli sprouts, lettuce, tomato

DIRECTIONS:

1. Slice open the avocado and spoon out the flesh. Mash it up with a fork.
2. Add in the chickpeas and mash those up, but leaving some chickpeas for texture.
3. Add in the tahini, lemon juice, nutritional yeast, salt, pepper and red chili flakes. Taste and adjust seasonings.
4. Spread the mixture onto both slices of the bread and top with desired sandwich fixins.

SERVES: 1

KUNG PAO ROASTED Brussels Sprouts



INGREDIENTS:

2 lbs Brussels Sprouts
2 Tbsp extra virgin olive oil
2 Tbsp reduced sodium soy sauce
2 Tbsp pure maple syrup
1 Tbsp rice vinegar
2 tsp toasted sesame seed oil
2 tsp sriracha sauce
4 garlic cloves, minced

*for garnish - 1/3 cup roasted peanuts,
chopped

*Other optional garnish - chopped
cilantro, chopped green onions, and red
pepper flakes.

DIRECTIONS:

1. Preheat oven to 400 F degrees.
2. Trim the ends of the sprouts and cut them in half lengthwise. Place them on a large baking sheet lined with parchment paper. Toss with the olive oil and then lay them flat sides down. Roast for 30 minutes, tossing halfway.
3. In the interim, add the soy sauce, maple syrup, vinegar, sesame oil, sriracha and garlic in a small saucepan. Whisk until combined and bring the mixture to a boil.
4. Reduce heat to medium and cook for 5 minutes, stirring often until the sauce has thickened.
5. When the sprouts are done, transfer them to a medium serving bowl and pour the sauce on top. Toss to coat.
6. Add the peanuts and any other garnish you desire and enjoy!

SERVES: 4 (as sides)

ROASTED VEGGIE

Quinoa Dish



INGREDIENTS:

1/3 cup uncooked quinoa, rinsed
1 small eggplant, diced
1 zucchini, diced
1 yellow squash, diced
1/2 yellow bell pepper, sliced
1/2 red onion, sliced
3-4 Tbsp olive oil, divided
sea salt & black pepper, to taste
2 Tbsp lemon juice
3 garlic cloves, minced
1/2 cup grape tomatoes, quartered
2 Tbsp cilantro, chopped
dash of paprika, to taste

DIRECTIONS:

1. Preheat the oven to 425 F degrees and line two large baking sheets with parchment paper.
2. Divide the vegetables between both baking sheets and drizzle with a Tbsp of olive oil; toss to coat. Sprinkle with salt & pepper. Roast until crisp-tender, about 20 minutes. Then set the vegetables aside to cool.
3. Cook the quinoa according to the package directions; remove from heat and fluff with a fork.
4. In a large serving bowl, whisk together the lemon juice and garlic. Pour in the remaining olive oil while whisking constantly.
5. Add the tomatoes, quinoa, cilantro, and roasted vegetables. Gently stir to combine. Season with lemon, paprika, salt and pepper, to taste.

SERVES: 4



Dinner

I D E A S

LEMON ASPARAGUS

Penne Pasta



INGREDIENTS:

1 pkg (10-12oz) of penne pasta
2 large lemons
extra virgin olive oil
sea salt & black pepper, to taste
1 tsp dijon mustard
2 shallots, thinly sliced
5 garlic cloves, thinly sliced
1/4 tsp red pepper flakes
1 bunch of asparagus, sliced 1" pieces
1/2 cup toasted walnuts, crushed
3 Tbsp nutritional yeast
1/2 cup flat-leaf parsley, chopped
1/2 cup basil leaves, slivered
2 Tbsp capers, drained
1/4 cup green olives, sliced
1 can white beans, rinsed & drained

DIRECTIONS:

1. Cook your pasta according to the package directions. Reserve 1 cup of the cooking liquid.
2. Zest the lemons and divide it into two. Set aside.
3. Make the sauce by adding the juice from both lemons to a jar. Add 1/4 cup of oil, dijon mustard, 1 tsp sea salt and black pepper to taste. Shake well.
4. Cook 1-1/2 Tbsp of oil in a large skillet over medium heat. Once hot, add the shallots and garlic. Cook for 3 minutes, stirring frequently. Add the red pepper flakes and cook for 1 more minute.
5. Add the asparagus pieces and one of the lemon zests. Season with salt and pepper. Cook for 3 minutes until the asparagus is crisp-tender. Remove from heat and set aside.
6. Add the penne pasta and sauce to the asparagus along with the crushed walnuts and nutritional yeast. Add 1/2 cup of the reserved cooking water and return the pan to medium high heat. Toss everything together.
7. Add in the remaining zest, basil, parsley, capers, olives and white beans. Cook for 1 more minute and toss well. Serve warm and enjoy!

SERVES: 4

COLORFUL

Fiesta Rice



INGREDIENTS:

2-1/2 Tbsp extra virgin olive oil
2 Tbsp lime juice
1 tsp lime zest
1/4 cup cilantro, finely chopped
1/2 tsp ground cumin
1 large garlic clove, minced
2-1/2 cups cooked brown rice, chilled
1 can black beans, drained & rinsed
2 roma tomatoes, chopped
3/4 orange bell pepper, chopped
1 small jalapeno, seeded & minced
1 cup frozen corn, thawed
1/2 cup red onion, chopped
1 large avocado, diced
sea salt & black pepper, to taste

DIRECTIONS:

1. You will want to cook your brown rice according to the package the day before and have it chilled.
2. Then in a small mixing bowl whisk together the oil, lime, cilantro, cumin and garlic.
3. To a large bowl, add the rice, beans, tomatoes, pepper, corn, onion and avocado.
4. Pour the lime mixture into the bowl and toss evenly to coat.
5. Season with salt and pepper. Taste, adjust and enjoy!

SERVES: 6

GARBANZO BEAN

Soup



INGREDIENTS:

3 cans chickpeas, drained & rinsed
1 cup veggie broth
1 yellow onion, chopped
1 red bell pepper, roughly chopped
4 garlic cloves, minced
1 large tomato, diced
1/2 cup tomato sauce
2 Tbsp white vinegar
2 tsp onion powder
1 tsp dried oregano
1 tsp dried basil
1 tsp sea salt
dash of black pepper
dash of red pepper flakes
4 cups filtered water

*optional to add in coined carrots
and/or chopped potato

DIRECTIONS:

1. In a large stock pot over medium heat, add the broth along with the onions, bell peppers and garlic. Cook until soft and tender. Add more broth as needed.
2. Then add in your chickpeas, tomatoes, tomato sauce, vinegar, seasonings and water.
3. Bring to a boil, then reduce to a simmer and cook for 10-15 more minutes.
4. Remove from heat. Allow to cool slightly and then serve.

SERVES: 6

VEGAN CHIK'N

Noodle Soup



INGREDIENTS:

2 Tbsp extra virgin olive oil
1 large onion, chopped
5 garlic cloves, minced
3 stalks celery, sliced
3 carrots, peeled & sliced
8 cups filtered water
2 not chicken bouillon cubes
2 cups vegan "chicken"*
1 tsp dried basil
1/2 tsp dried thyme
12 oz pasta, your choice
sea salt & black pepper, to taste
fresh chopped parsley, for serving

**You can use Tofurky's Plant-based Chik'n, seitan pieces or even sub with chickpeas or shredded young jackfruit cooked in broth.*

DIRECTIONS:

1. Add the oil to a large pot and warm over medium-high heat. Add the onion, garlic and celery. Saute for 5 minutes or until softened.
2. Add in the carrots, water, bouillon, vegan chik'n, basil and thyme. Bring to a boil and simmer for 10 minutes.
3. While the soup simmers, cook the pasta in a separate pot according to the package directions but minus 1 minute. Drain and pour into the pot with veggies and broth.
4. Taste the soup and adjust seasoning as desired. Serve with a sprinkle of fresh parsley and enjoy!

SERVES: 8

SWEET POTATO

Bean Chili



INGREDIENTS:

1-1/2 Tbsp extra virgin olive oil
1 yellow onion, diced
4 garlic cloves, finely chopped
2 jalapeno peppers, diced
2 Tbsp tomato paste
2 Tbsp chili powder
1 Tbsp ground cumin
2 tsp dried oregano
1-1/2 tsp paprika
2 cups veggie broth
1-1/2 Tbsp unsweet cocoa powder
1 bay leaf
1-1/2 tsp sea salt, or to taste
black pepper, to taste
2 cans pinto beans, drained & rinsed
1 can red kidney beans, drained & rinsed
1 cup corn, fresh or frozen
3 medium sweet potatoes, finely diced
2 chipotle peppers in adobo sauce
1 (28oz) can diced tomatoes
2 Tbsp masa harina
1/4 cup fresh cilantro, chopped
1 Tbsp lime juice

DIRECTIONS:

1. Heat a large pot on medium-high heat. Add the oil and onions. Cook until fully browned and softened, 8-10 minutes. Deglaze with water when needed.
2. Add the garlic, jalapeno and tomato paste. Cook for 3 minutes. If dry, add a little bit more water.
3. Stir in the spices for 30 seconds, adding more water when needed.
4. Pour in the broth. Add the cocoa, bay leaf, sea salt, black pepper, beans, corn, sweet potatoes, chipotle peppers and diced tomatoes. Stir well.
5. Bring to a simmer and maintain it for 30 minutes; stirring occasionally.
6. Once the sweet potatoes are fully tender discard the bay leaf and stir in the masa harina. Whisk to combine and simmer for 3 minutes until texture has further thickened.
7. Stir in the cilantro and lime juice. Serve and enjoy!

SERVES: 5-6

TOMATO & WHITE

Bean Casserole



INGREDIENTS:

CASSEROLE

10 oz of rustic bread, cut into cubes
extra virgin olive oil
sea salt & black pepper, to taste
2 containers of grape tomatoes
5 medium shallots, sliced into rings
5 garlic cloves, chopped
1 Tbsp fresh thyme leaves
2 cans of cannellini beans, drained & rinsed

CASHEW PARM

1/2 cup raw cashews
2 Tbsp nutritional yeast
1 tsp sea salt
1/2 tsp extra virgin olive oil
1-2 tsp lemon juice
dash of garlic powder

CAPER GREMOLATA

1/2 cup flat-leaf parsley
1/2 cup fresh basil
2 garlic cloves, minced
2 Tbsp capers, drained
dash of sea salt

DIRECTIONS:

1. Preheat oven to 350 F degrees and line a baking sheet with parchment paper. Arrange your cut bread on it, drizzle with olive oil and sprinkle with salt. Bake for 10 minutes.
2. In a VERY large bowl, add the tomatoes, shallots, garlic, thyme and beans. Drizzle with a little olive oil and season with salt & pepper. Toss well to combine.
3. Once the bread is done, add the it to the large bowl and gently toss to coat. Transfer the mixture to a 3 quart baking dish.
4. Bake the casserole in the oven for 35-40 minutes or until the bread is golden and crunchy.
5. Meanwhile, make the parm by adding all ingredients into a food processor. Process until crumbly. Don't process too much!
6. To make the caper gremolata, finely chop the parsley and basil, add the minced garlic. Put capers and sea salt on top and chop all together.
7. Remove casserole from oven and sprinkle the parm on top. Place back in and bake (or broil) for a few more minutes until the topping is browned.
8. Remove and allow to cool for 10 minutes. Then sprinkle with the caper gremolata and enjoy!

SERVES: 8-10

GARLIC CHICKPEA

Broccoli Stir Fry



INGREDIENTS:

1/4 cup veggie broth
1/2 large white onion, diced
6 garlic cloves, diced
1 Tbsp fresh ginger, minced
1 tsp onion powder
1 tsp paprika
1/2 tsp smoked paprika
sea salt & black pepper, to taste
pinch of cayenne pepper
1 head of broccoli, cut into florets
1/3 cup veggie broth
1 can chickpeas, drained & rinsed
cooked brown rice, for serving

SAUCE

1/2 cup of filtered water
3 Tbsp soy sauce or tamari
2 Tbsp rice vinegar
2 Tbsp pure maple syrup
1 Tbsp cornstarch

DIRECTIONS:

1. Heat the 1/4 cup of veggie broth in a large skillet over medium heat.
2. Add the onion, ginger, garlic and all spices. Saute for 5 minutes or until tender.
3. Add the broccoli and 1/3 cup veggie broth. Stir fry until broccoli is tender, about 10 minutes.
4. Prepare the sauce by combining all ingredients into a small bowl and whisk.
5. Pour the sauce into the pan and add the chickpeas.
6. Bring to a boil then reduce to a simmer. Fry for a few more minutes.
7. Taste and adjust seasonings. Serve alone or with cooked brown rice. Enjoy!

SERVES: 4

SUN DRIED TOMATO

Broccoli Pasta



INGREDIENTS:

½ lb penne pasta
5 Tbsp extra virgin olive oil
6 garlic cloves, minced
½ tsp red pepper flakes
1 large broccoli, cut into small florets
½ cup oil-packed sun-dried tomatoes, chopped
15 kalamata olives, chopped
1 small lemon, juiced
1 can chickpeas, drained & rinsed
2 Tbsp nutritional yeast
sea salt & black pepper, to taste

DIRECTIONS:

1. Cook the pasta according to the package directions. Reserve 1 cup of the pasta water then drain the pasta and let it rest in the strainer.
2. In a large skillet, heat 3 Tbsp of oil over medium-low heat. Once hot, add the red pepper flakes and garlic. Stir constantly until garlic begins to simmer. Cook for another minute then place the seasoned oil into a bowl and set aside.
3. Clean out the skillet and add 2 Tbsp oil and heat over medium-low. Add the broccoli and season with salt and pepper. Cook until the broccoli has turned bright green and is starting to get toasty and brown.
4. Add the sun-dried tomatoes to the pan. Then pour 1/3 cup of the pasta water into the pan. Cover the pan and cook until the water is absorbed. Uncover and remove from heat.
5. Add in the pasta and the small bowl of seasoned oil. Stir well. Pour in another 2 Tbsp of pasta water, the olives, lemon juice, chickpeas and nutritional yeast. Stir well. If it seems dry, add in more pasta water or oil.
6. Serve right away and enjoy!

SERVES: 4



Snack

I D E A S

RASPBERRY

Zinger Smoothie



INGREDIENTS:

1 cup frozen cauliflower
1 cup frozen raspberries
1 lemon, juiced
1 scoop vanilla protein powder
1 Tbsp chia seeds
2 cups almond milk

DIRECTIONS:

1. Add all ingredients into a high-speed blender and blend until smooth.
2. Enjoy your glass of healthy goodness!

SERVES: 1

STRAWBERRY GRAPEFRUIT

Smoothie



INGREDIENTS:

2 cups grapefruit & juice
2 frozen bananas
3 cups frozen strawberries
4-6 oz coconut yogurt

*optional - 1 scoop of vanilla
superfood protein powder

DIRECTIONS:

1. Add all ingredients into a high-speed blender and blend until smooth.
2. Divide into four separate glasses.
3. Enjoy your glass of healthy goodness!

SERVES: 4

CHOCOLATE HAZELNUT

Smoothie



INGREDIENTS:

1 cup unsweet almond milk
1 scoop chocolate protein powder
10 raw whole hazelnuts
1 tsp pure vanilla extract
1 tsp pure maple syrup
pinch of sea salt
handful of ice cubes

DIRECTIONS:

1. Add all ingredients into a high-speed blender and blend until smooth.
2. Enjoy your glass of healthy goodness!

SERVES: 1

GINGER PEACH

Smoothie



INGREDIENTS:

1 medium cucumber, peeled
2 cups frozen peaches
1 lemon, peeled
1 orange, peeled
1" piece of ginger, peeled
1 apple, cored
1/3 cup frozen strawberries
cold water (3-4 cups)

*optional - 1 scoop of vanilla protein powder

DIRECTIONS:

1. Add all ingredients into a high-speed blender, fill with water to cover and blend until smooth.
2. Divide into separate glasses.
3. Enjoy your glass of healthy goodness!

SERVES: 2

SUPER FRUIT

Avocado Smoothie



INGREDIENTS:

2 cups kale
1/2 avocado
1/4 cup mango chunks
1/2 cup frozen strawberries
1 Tbsp rolled oats
1/2 cup filtered water
1/4 cup coconut milk

DIRECTIONS:

1. Add all ingredients into a high-speed blender and blend until smooth.
2. Enjoy your glass of healthy goodness!

SERVES: 1

COCONUT

Macaroons



INGREDIENTS:

1-1/3 cups unsweet shredded coconut
3 Tbsp organic pure cane sugar
1 Tbsp coconut sugar
2 Tbsp all-purpose flour
1 pinch sea salt
1 heaping Tbsp unsweet applesauce
1 Tbsp creamy peanut butter
1 Bob Red Mill's Egg Replacer
1 tsp pure vanilla extract

DIRECTIONS:

1. Preheat the oven to 325F degrees.
2. Line a large baking sheet with parchment paper and set aside.
3. Add the coconut, sugar, flour and salt to a medium bowl; stir to combine.
4. Add in the applesauce, peanut butter, egg replacer and vanilla; stir to combine.
5. It will be a sticky dough and you may need to use your hands to mix well.
6. Spoon 15 evenly sized 1 Tbsp scoops onto the prepared pan. Press down slightly.
7. Bake for 18-20 minutes or until golden brown.
8. Allow to cool on the pan before serving.

MAKES 15 cookies

AIR FRIED

Chocolate Chickpeas



INGREDIENTS:

1 can chickpeas, drained, rinsed & dried
1 tsp organic coconut oil
2 Tbsp unsweet cocoa powder, divided
1 tsp cinnamon, divided
2 packets stevia

DIRECTIONS:

1. Set your air fryer temperature to 400 F degrees.
2. Toss the chickpeas and coconut oil in a small bowl. Stir in 1 Tbsp cocoa and 1/2 tsp cinnamon. Toss to coat.
3. Place the chickpeas in the air fryer and cook for 12 minutes. Flip them during the halfway point. They should start to brown and get dry.
4. Transfer the chickpeas to a small bowl and toss with the remaining oil, cocoa, cinnamon, and stevia.
5. Serve immediately or store in an airtight container and refrigerate.

SERVES: 3

COOKIE DOUGH

Hummus



INGREDIENTS:

2 cups chickpeas, drained & rinsed
1/4 cup dry rolled oats
1/2 cup raw cashews
4 Tbsp pure maple syrup
2 tsp pure vanilla extract
2 Tbsp coconut milk
1-1/2 Tbsp mini chocolate chips

DIRECTIONS:

1. Combine all ingredients minus chocolate chips into a blender or food processor. Process for about 2 minutes or until smooth.
2. It will be very thick so scrape down the sides as needed.
3. Place the mixture in a large bowl and fold in the chocolate chips.
4. Serve immediately or refrigerate until ready to serve. Can be stored for up to 5 days.
5. Serve by itself or with apple slices, pear slices, strawberries or your fav fruit!

SERVES: 6

STRAWBERRY

Avocado Dip



INGREDIENTS:

8 oz strawberries, diced
1/2 small red onion, diced
2 small jalapenos, seeded & diced
1/4 cup cilantro, chopped
1 large avocado, diced
juice of 1 lime
sea salt & pepper, to taste

DIRECTIONS:

1. In a medium serving bowl, combine all the ingredients and toss.
2. Taste and adjust flavor as desired.
3. Serve immediately with tortilla chips, pita chips, crackers or a large green salad.

SERVES: 4
