

# Purely

## Plant-Based

Support for a Whole New You

# Recipes



# Copyright

Copyright © 2018 by The Health Coach Group  
All Rights Reserved. No part of this book may be reproduced or redistributed in any form or by any electronic or mechanical means, including information storage and retrieval systems, without permission in writing from the publisher.

Published in the United States by:  
The Health Coach Group, LLC,  
7601 Military Avenue, Omaha, NE 68134  
<http://www.thehealthcoachgroup.com>

Disclaimer: The information contained in this book is intended to help readers make informed decisions about their health. It should not be used as a substitute for treatment by or the advice of a professional health-care provider. Although the author and publisher have endeavored to ensure that the information provided herein is complete and accurate, they shall not be held responsible for loss or damage of any nature suffered as a result of reliance on any of this book's contents or any errors or omissions herein.

*StephanieLeach.com*

Copyright 2016 The Health Coach  
Group | Used with Permission

# Index

## Breakfast Recipes

Banana Oat Blender Pancakes	12
Vanilla Chia Pudding	14
Sweet Potato Toast	16
Strawberry Overnight Oats	18
Avocado Toast	20
Blueberry Muffins	22
Overnight Raspberry Chia Oats	25
Sweet Potato Black Bean Breakfast Burrito	27
Pumpkin Chia Muffins	30
Hearty Rice Porridge	33
Flax Waffles with Blackberry Compote	35
Carrot Cake Overnight Oats	38
Black Bean Sweet Potato Hash	41

## Lunch Recipes

Black Bean Soup	45
White Bean & Hummus Veggie Pitas	48
Mushroom Soup	50
Chickpea Collard Wrap	53

Pumpkin Soup	55
Chard Wrap with White Bean Hummus	57
Veggie Nachos	60
Quinoa Bowl with Snow Peas & Carrots	63
Hummus Wrap	66
Chard Artichoke Quesadilla	68
Brown Rice and Collards Bowl	70
<b>Dinner Recipes</b>	
Spaghetti Squash Stroganoff	74
Black Bean Tacos	77
Cannellini Bean & Quinoa Skillet	80
Wild Rice Pilaf with Sweet Potato	83
Crunchy Greens Stir Fry	85
Green Chickpea Curry	88
Zucchini Noodles with Walnut Pesto	91
Sweet Potato Coconut Curry Soup	94
Pinto Bean Tostadas	96

Butternut Squash Risotto	98
Portobello Steaks with Arugula Salad	100
Asparagus Stir Fry	103
Navy Bean & Kale Soup	106
Baked Zucchini Boats	109
Walnut Meat Tacos	112
Black Bean Burgers	114
Butternut Squash Stew	116
Thai Zucchini Noodle Salad	119
Quinoa & Chard Stuffed Sweet Potatoes	121
Artichoke Farrotto	124
Spinach Pesto Pasta	127
Farm Stand Stew	129
Warm Wild Rice & Mushroom Salad	132
Lentil Soup	134
Mediterranean Tabbouleh Salad	137
Cauliflower Rice & Collard Soup	140

	14
Israeli Couscous Primavera	3
	14
Sweet Potato Lettuce Cups	5
<b>Salad Recipes</b>	
	14
Roasted Chickpea Salad	9
	15
Massaged Kale Salad	2
	15
Beet Salad with Pears and Red Onion	4
	15
Arugula Salad with Orange and Fennel	6
	15
Spinach Strawberry Jicama Salad	8
	16
Collards with Shaved Brussels & Apple Vinaigrette	0
	16
Arugula Salad with Blueberries and Cherries	2
	16
Broccoli Apple Cranberry Salad	4
	16
Cauliflower and Kale Salad	6
	16
Strawberry Spinach Salad	8
	17
Kale Caesar Salad	0

## Smoothie Recipes

Apple Blueberry Kale Smoothie	184
The OG Smoothie	186
Sunrise Smoothie	188
Spinach Peach Mango Smoothie	190
Aussie Smoothie	192
Immune Boosting Smoothie	194
Pineapple Kiwi Delight	196
Sunshine Daydream Smoothie	198
Avo-Choco Smoothie	200
Go-To Smoothie	202
Blueberry Cherry Smoothie	204
Pineapple Slushy	206
Carrot Strawberry Orange Smoothie	208
Blueberry Lemon Cooler	210
Green Berry Smoothie	212
Orange Razzmatazz Smoothie	214

## Snack Recipes

Chocolate Covered Frozen Banana	217
Baked Apples with Cinnamon & Walnuts	219
Popcorn with Nooch (nutritional yeast)	221
Raspberry Sorbet	223
Banana Sushi	225
Strawberry Nice Cream	227
Ants on a Log	229
Chocolate PB Banana Bites	231
Kale Chips	233
Sweet & Salty Popcorn	235
<b>Buckwheat Crackers with Nut Butter</b>	237
Dark Chocolate Dipped Strawberries	240
Almond Butter Power Bites	242
Raspberry Ice	244
Blueberry Chia Pudding	246
Coconut Lemon Energy Bites	248
Power Bites	250



Strawberry Sorbet	252
Golden Milk Latte	254
Baked Plum Crumble	256
PB Cookie Dough Bites	258
Watermelon Granita	259
Kettle Corn	261
Yogurt Covered Mango	263
Roasted Spiced Cashews	265
Peach Granita	267
Almond Stuffed Dates	268
Chai Spiced Latte	270
Vanana Chia Pudding	272
Dark Chocolate Covered Raspberries	274
<b>Dressing &amp; Dip Recipes</b>	
Green Goddess	276
Tzatziki	277

# BREAKFAST RECIPES



# Banana Oat Blender Pancakes

**Yield: 8-10 pancakes**

## **Ingredients:**

- 1 cup unsweetened plant milk
- 2 cups old fashioned oats
- 1 ripe banana
- 2 teaspoons vanilla extract
- 2 teaspoons baking powder
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon kosher salt

## **Instructions:**

- Place all ingredients in blender. Puree until combined.
- Let the batter rest for about 5 minutes.
- Preheat nonstick pan/griddle.
- For each pancake, pour approximately 1/4 cup of batter onto the griddle/pan.
- Cook until the pancakes begin to bubble. Flip and cook on the other side until golden brown.
- Serve with toppings of your choice.

## **Optional toppings:**

- Fresh fruit, seed/nut butter or pure maple syrup



# Vanilla Chia Pudding

**Serves: 1**

## **Ingredients:**

- 3 tablespoons chia seeds
- 1 cup unsweetened plant milk
- 1/4 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1 date (or 1 teaspoon maple syrup)

## **Instructions:**

- Add all ingredients to blender and blend until smooth. Transfer to a covered container and chill overnight.



# Sweet Potato Toast

**Serves: 2**

## **Ingredients:**

- 1 large sweet potato

## **Optional toppings:**

- Nut butter and bananas or blueberries
- Avocado, mashed with sea salt

## **Instructions:**

- Slice the sweet potato lengthwise into  $\frac{1}{4}$  inch thick slices.
- Place the sweet potato slices in a toaster on high until cooked through. You may need to toast multiple times.
- Top with nut butter and banana slices/fresh berries, or mashed avocado with sea salt.





# Strawberry Overnight Oats

**Serves: 1**

## **Ingredients:**

- 1/2 cup old fashioned oats
- 1/3 cup unsweetened plant milk
- 1/4 cup plain/vanilla non-dairy yogurt
- 1 tablespoon ground flax and/or chia seeds
- 1/2 teaspoon vanilla extract
- 1/2 cup mashed strawberries

## **Instructions:**

- Place all ingredients except strawberries into a covered container. Stir/shake until combined. Place strawberries on top of mixture, cover and refrigerate overnight.
- Stir before serving.



# Avocado Toast

**Serves: 1**

**Ingredients:**

- 1 slice gluten free bread, well toasted
- 1/2 ripe avocado
- Sea salt to taste
- Crushed red pepper to taste (optional)

**Instructions:**

- Toast bread until dark (well toasted, not burned).
- Top with avocado, mash with fork.
- Sprinkle with salt and crushed red pepper.



# Blueberry Muffins

**Yield:** 12 large muffins

## **Ingredients:**

- 2 cups oat flour
- 1/4 cup ground flax
- 1/2 cup shredded coconut
- 2 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1 teaspoon vanilla extract
- 1 cup unsweetened plant milk
- 1 teaspoon apple cider vinegar
- 1/2 cup applesauce
- 1/2 cup mashed banana
- 1.5 - 2 cups fresh or frozen blueberries
- 1/2 cup chopped walnuts
- Muffin tin liners

## **Instructions:**

- Preheat Oven to 375 degrees.
- In a small bowl combine milk and vinegar. Let sit for 10 minutes.
- In a large bowl combine flour, flax, coconut, baking powder, salt, and cinnamon.
- Add wet ingredients to dry ingredients, mix until well combined.

# Blueberry Muffins, Cont...

- Fold in blueberries and walnuts.
- Add liners to muffin pan. Divide batter equally into pan.
- Cook 20-25 minutes until an inserted toothpick comes out clean.

Adapted from recipe by Katherine Baker, 40 Easy Vegan Desserts





# Overnight Raspberry Chia Oats

**Serves: 1**

**Ingredients:**

- 1/2 cup oats
- 1 cup unsweetened plant milk
- 1/2 teaspoon vanilla extract
- 1 tablespoon chia seeds
- 1/2 cup raspberries

**Instructions:**

- Place oats, milk and vanilla into a covered container. Stir/shake until combined.
- In a small bowl, combine mashed raspberries and chia seeds.
- Place raspberry chia mixture on top of oats, cover and refrigerate overnight.
- Stir before serving.



# Sweet Potato, Black Bean Breakfast Burrito

**Serves: 4**

## **Ingredients:**

- 2 medium sweet potatoes, diced
- 1 yellow onion, diced
- 1 (15 oz.) can black beans, rinsed and drained
- 1/4 teaspoon cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika (omit if no nightshades)
- 1/4 teaspoon chili powder (omit if no nightshades)
- 1 avocado, diced
- 1 small bunch of cilantro/parsley, chopped (optional)
- 4 medium tortillas

## **Instructions:**

- Preheat oven to 300 degrees.
- Wrap tortillas in foil and set in oven until ready to assemble burritos.
- Add 2-4 tablespoons of water to a large skillet over medium-high heat. Add sweet potatoes, onions, and spices. Continue adding water if skillet gets too dry.
- Add the black beans and cook until warm.

# Sweet Potato, Black Bean Breakfast Burrito, Cont...

- Divide ingredients equally into center of tortillas.
- Top with avocado & cilantro/parsley.
- Fold bottom of tortilla over ingredients, fold right and left sides in and then tightly roll remaining tortilla.



# Pumpkin Chia Muffins

**Yield:** 6 large muffins

## **Ingredients:**

- 1 tablespoon flaxseed meal
- 1/2 cup canned pumpkin puree
- 6 tablespoons coconut sugar
- 1/2 teaspoon vanilla extract
- 1 teaspoon pumpkin spice
- 1/4 cup gluten free baking flour
- 1/2 cup brown rice flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 2 tablespoons chia seeds

## **Instructions:**

- Preheat oven to 350 degrees.
- Line 6 cups in a muffin pan with liners.
- Combine flaxseed meal with about 2 1/2 tablespoons of water in a small bowl. Stir well, and let rest for about 5 minutes.
- In a medium bowl, stir together pumpkin, coconut sugar, vanilla extract, and pumpkin spice.

# Pumpkin Chia Muffins, Cont...

- Next, stir in the flaxseed meal & water mixture.
- Sprinkle the flours, baking soda, salt and chia seeds on top. Mix very well.
- Divide the muffin mixture between 6 cups.
- Bake for 18-20 minutes, until a toothpick inserted comes out cleanly.
- Store any leftovers tightly covered on the counter for up to 2 days.





# Hearty Rice Porridge

**Serves:** 2

## **Ingredients:**

- 3 cups cooked brown rice
- 1 3/4 cups plain, unsweetened plant milk
- 3 tablespoons coconut sugar or maple syrup
- 2 tablespoons flaxseed meal
- 2 tablespoons raisins
- 3/4 teaspoon ground cinnamon
- 1/8 teaspoon nutmeg
- 1 pinch salt
- 1 teaspoon pure vanilla extract
- 2 tablespoons chopped cashews

## **Instructions:**

- Add rice, milk and sugar to a sauce pan over medium high heat.
- As rice starts to smooth out and the milk thickens, add the sugar, flax and spices.
- Stir to combine and heat until desired consistency.
- Garnish with cashews and serve immediately.



# Flax Waffles with Blackberry Compote

**Serves: 2**

## **Ingredients:**

- 1 cup gluten free baking flour
- 1 tablespoon flaxseed meal
- 2 teaspoons baking powder
- 1 tablespoon coconut sugar or maple syrup
- A pinch of salt
- 1 cup unsweetened plant milk
- 1/2 pint blackberries
- 1/2 teaspoon lemon zest
- 1 teaspoon vanilla extract
- 2-3 tablespoon maple syrup or coconut sugar

## **Instructions:**

- Preheat waffle iron to your desired setting.
- In a large bowl, combine dry ingredients (flour, flaxseed, baking powder, sugar, salt).
- Pour milk in with dry ingredients and stir until just combined. Do not over stir!
- Pour (1/4 - 1/3 cup) batter on to waffle iron and cook until golden brown.

# Flax Waffles with Blackberry Compote, Cont...

- BLACKBERRY COMPOTE
- Add blackberries to a sauce pan with lemon zest, vanilla extract and maple syrup.
- Cook over medium low heat until bubbling.
- Serve over waffles immediately.



# Carrot Cake Overnight Oats

**Serves: 2**

## **Ingredients:**

- 2 medjool dates, pits removed
- 1 large carrot, peeled
- 1 cup unsweetened plant milk
- 3/4 cup old fashioned rolled oats
- 1 tablespoon chia/flax seeds
- 1/2 teaspoon cinnamon
- 1/4 teaspoon dried ginger
- 1/4 teaspoon nutmeg
- 1 teaspoon vanilla extract
- 1/4 teaspoon sea salt
- 1/2 teaspoon almond extract (optional)
- 2 tablespoons chopped walnuts or pecans
- 1 tablespoon shredded coconut

## **Instructions:**

- Grate 2 tablespoons of carrot and chop remaining. Set aside grated carrot.
- In a blender combine banana, dates, chopped carrot, and milk until blended.

# Carrot Cake Overnight Oats, Cont...

- In a covered container combine oats, chia seeds, and spices with grated carrot.
- Add liquid to oats and shake/stir until oats are soaked.
- Let sit in fridge overnight and top with chopped walnuts or pecans and coconut flakes. NOTE: Eat cold or reheat with a bit of extra plant milk in a saucepan.





# Black Bean Sweet Potato Hash

**Serves: 2**

## **Ingredients:**

- 1 medium sweet potato, peeled and cut into 1/2 inch cubes
- 2 large cloves garlic, minced
- 1 jalapeño pepper, seeded and minced (optional / omit if no nightshades)
- 1 yellow onion, diced
- 1 orange or red sweet pepper (omit if no nightshades)
- 4 teaspoons ground cumin
- 1/2 teaspoon salt
- 3/4 cup water
- 1/2 cup fresh or frozen corn kernels
- 1 (15 oz.) can black beans, drained and rinsed
- 2 tablespoons chopped fresh cilantro
- Fresh squeezed lime juice, to taste
- Freshly ground pepper, to taste

## **Instructions:**

- Heat 3 tablespoons of water in a large cast-iron skillet or frying pan over medium-high heat.
- Add onions and sauté for 3 to 5 minutes, adding more water if it gets too dry.

# Black Bean Sweet Potato Hash, Cont...

- Add sweet potato and cook, stirring, until it starts to brown in spots, 5 to 7 minutes.
- Stir in garlic, jalapeno, peppers, cumin and salt; sauté until fragrant, about 30 seconds.
- Add water and cook, scraping up any browned bits, until liquid is absorbed, 3 to 5 minutes.
- Stir in corn and black beans and cook until heated through.
- Stir in cilantro and season with salt and pepper.
- Squeeze lime over mixture before serving.

# LUNCH RECIPES



# Black Bean Soup

**Serves: 4**

## **Ingredients:**

- 1 pound dried black beans
- 4 cups vegetable broth
- 2 cups water
- 3 cloves garlic, minced
- 2 yellow onions, diced
- 4 celery stalks, chopped
- 1 bunch cilantro, chopped
- 2 green onions, chopped
- 1.5 teaspoons cumin
- 1 teaspoon turmeric
- 2 limes: 1 juiced and the other cut into wedges

## **Instructions:**

- Place beans in a large pot, cover with water, bring to a boil, cook for 2 minutes. Remove from heat and let sit for 1 hour. Alternately, beans can soak in a bowl of water overnight (rinse before using).
- In a large pot, sauté onions and celery over medium heat until translucent, about 5 minutes.
- Add garlic to pan. Cook for 1 minute.

# Black Bean Soup Cont...

- Add beans, stock and water to pot. Bring to a boil, reduce heat and simmer for 1.5 hours.
- Add cumin, turmeric and lime juice. Stir. Cover and simmer another 30 minutes or until desired consistency.
- Serve with chopped onions and lime wedge.



# White Bean Hummus and Veggie Pitas

**Serves: 4**

## **Hummus Ingredients:**

- 1 (15 oz.) can of cannellini beans, drained and rinsed
- 1 tablespoon lemon juice
- 1 garlic clove, minced
- 1/2 teaspoon ground cumin
- Water to desired consistency
- Salt and pepper to taste

## **Wrap Ingredients:**

- 4 pitas gluten free
- 1 carrot, shredded
- 1 cucumber, seeded and thinly sliced
- 1 avocado, sliced
- 4 cups spinach

## **Instructions:**

- In the bowl of a food processor, combine beans, lemon juice, garlic, cumin. Process until smooth, adding water as needed. Add salt and pepper to taste.
- Spread hummus inside pita, divide carrots, cucumbers, spinach and avocado inside each pita.





# Mushroom Soup

**Serves: 2**

## **Ingredients:**

- 1 large yellow onion, diced
- 10 oz. button mushrooms, sliced
- 10 oz. cremini mushrooms, sliced
- 10 stalks of fresh thyme, leaves removed
- 1 cup vegetable broth
- 1 tablespoon tapioca flour
- 1 cup unsweetened plant milk
- 1 dried bay leaf
- 1/2 teaspoon liquid aminos
- 1/2 teaspoon salt
- black pepper to taste

## **Instructions:**

- In a large pot, over medium heat, add diced onions. Cook about 5 minutes, stirring occasionally.
- Add sliced mushrooms, cook 5 minutes, stirring occasionally.
- Add thyme, cook 10 more minutes.
- Add bay leaf, salt, liquid aminos. Stir to combine.
- Add tapioca flour to broth – mix well. Add to pot.

# Mushroom Soup Cont...

- Add plant milk. Stir to combine. Cook for at least 15 minutes, stirring occasionally.
- Add pepper and salt to taste.



# Chickpea Collard Wrap

**Yield:** 4

## **Ingredients:**

- 1 (15 oz.) can chickpeas, drained and rinsed
- 1 medium stalk celery, diced
- 1/4 cup roasted red peppers, chopped (omit if no nightshades)
- 1 medium carrot, shredded
- 1 lemon, juiced
- 1/4 cup parsley (or cilantro)
- 1.25 tablespoons tahini
- Salt and pepper to taste
- 2 teaspoons paprika
- 1 avocado, sliced
- 4 collard leaves

## **Instructions:**

- In a large bowl, mash chickpeas. Then add celery, roasted red peppers, carrots, lemon juice, parsley, tahini, salt, pepper and paprika. Stir until well combined.
- Divide mixture between 4 collard leaves. Top with sliced avocado.
- Fold the edges in, then roll the leaf like a burrito.



# Pumpkin Soup

**Serves: 2**

## **Ingredients:**

- 1 (15 oz.) can of pumpkin
- 1 medium yellow onion, diced
- 3 cloves garlic, minced
- 2 cups vegetable stock
- 1 cup coconut milk
- 2 tablespoons maple syrup
- 1/4 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- Salt and pepper to taste

## **Instructions:**

- In a medium saucepan heat 3 tablespoons of water. Add onion, sauté for 3 minutes. Add a bit more water if pan gets too dry.
- Add garlic, cook for one minute stirring often to avoid browning garlic.
- Add remaining ingredients, bring to a simmer.
- Use an emulsion blender to puree the soup and continue cooking for five more minutes.





# Chard Wrap with White Bean Hummus

**Serves: 2**

## **Salad Ingredients:**

- 2 leaves Swiss or rainbow chard.
- A handful of shredded purple cabbage
- A handful of sprouts of any kind
- 1 lemon
- Salt and pepper to taste

## **Hummus Ingredients:**

- 1 (12 oz.) can cannellini beans
- 1/2 lemon, juiced
- 1/8 teaspoon ground cumin
- 1 clove garlic, minced
- 1/4 cup tahini paste
- 1/4 cup water
- Salt and pepper to taste

## **Hummus Instructions:**

- Place all of the ingredients except water into a food processor or high powered blender.

# Chard Wrap with White Bean Hummus Cont...

- Start on low and slowly pour the water into the mixture. You may have to stop and scrape the sides down a couple of times. Process until smooth.

## **Salad Instructions:**

Add purple cabbage and sprouts to a small bowl. Right before assembling your wrap, toss with lemon juice, salt and pepper.

## **Wrap Instructions:**

- Spread hummus on chard leaf.
- Add the dressed vegetables.
- Roll the chard leaf.

Recipe Credit: Amybeth Whissel, [melamywellness.com](http://melamywellness.com)



# Veggie Nachos

**Serves: 4**

## **Nachos Ingredients:**

- Corn chips (make using corn tortillas)
- 1.5 cup cooked black beans
- 1 teaspoon garlic powder
- 1/2 teaspoon chili powder (omit if no nightshades)
- 1 teaspoon cumin
- Sea salt to taste

## **Guacamole:**

- 1 ripe avocado
- 1/4 teaspoon salt
- 1 tablespoon lime juice
- 1/2 chopped tomato (optional, omit if no nightshades)
- 3 tablespoons cilantro, chopped

## **Optional Toppings:**

- Salsa (omit if no nightshades)
- Jalapeños, thinly sliced

# Veggie Nachos Cont...

## **Guacamole Instructions:**

- Prepare guacamole by mashing avocado with salt and lime juice.
- Add chopped tomatoes and cilantro. Stir to combine.

## **Beans Instructions:**

- In a medium pot add black beans, garlic powder, chili powder, cumin, and salt.
- Cook stirring often until heated through.

## **Nachos Instructions:**

Arrange half of the chips on a large serving platter or individual plates, top with half of the beans, guacamole, salsa, and jalapenos. Repeat with the other half of the ingredients to make a second layer.



# Quinoa Bowl with Snow Peas and Carrots

**Serves: 2**

## **Ingredients:**

- 1/4 pound sugar snap peas
- 3/4 cups quinoa, rinsed and drained
- 1/8 cup water
- 1/2 tablespoon champagne vinegar
- 1/4 cup pistachios, chopped
- 1/4 cup dried cherries (or raisins/currants/cranberries)
- 1/4 cup minced chives
- 1 carrot, shredded
- Salt and pepper to taste

## **Instructions:**

- In a small saucepan of boiling salted water, simmer snap peas about 1 minute. Drain, pat dry with a paper towel, then cut into 1-inch pieces.
- In the same small (dry) saucepan, toast quinoa on medium heat for 2 minutes, stirring constantly to prevent burning.
- Add 1 cup of water to quinoa and bring to a boil.
- Cover, reduce heat to medium-low and cook until water has evaporated and quinoa is tender, about 12-15 minutes. Uncover and fluff quinoa. Set aside to cool.

# Quinoa Bowl with Snow Peas and Carrots Cont..

- In a small frying pan, add pistachios and cook for about 2 minutes until they start to brown. Set aside until ready to assemble salad.
- In a large bowl, whisk vinegar with water, salt and pepper to taste.
- Add quinoa, peas, pistachios, carrots, cherries, and chives to bowl with dressing. Stir to combine.





# Hummus Wrap

**Yield: 4**

## **Ingredients:**

- 1 (15 oz.) can chickpeas, drained and rinsed
- 1/2 lemon, juiced
- 1/4 cup tahini
- 1 garlic clove
- 1/4 teaspoon paprika
- 1/4 teaspoon cumin
- 1/2 teaspoon salt
- Water (for consistency)
- 4 pita, cut in half
- 4 cups arugula
- 1 cup shredded purple cabbage

## **Instructions:**

- In a food processor or blender, combine chickpeas, lemon juice, tahini, garlic, paprika, cumin, and salt. Pulse until mixture is crumbly. Slowly add water until mixture is smooth. Taste and adjust seasonings as desired.
- To assemble pitas: open pita halves. Spread hummus inside pitas, divide arugula and cabbage between pitas.



# Chard Artichoke Quesadilla

**Serves: 2**

## **Ingredients:**

- 1 1/4 cups unsweetened plant milk
- 3 tablespoons tapioca flour
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 tablespoon fresh lemon juice
- 2 cups finely chopped chard
- 1 (14 oz.) jar artichoke hearts, drained and finely chopped
- Salt and pepper to taste
- 4 gluten free tortillas

## **Instructions:**

- Combine milk, tapioca flour, onion, garlic powder, and lemon juice in a saucepan. Bring to a boil, reduce heat and simmer for 5-7 minutes, stirring frequently until sauce thickens to a spreadable consistency.
- Add chard and artichoke hearts to mixture. Season with salt and pepper to taste. Cook 2 more minutes until chard is wilted. Add 1-2 tablespoons water if sauce gets too thick.
- Heat tortillas.
- Spread mixture on one tortilla. Top with a second tortilla.
- Cut into quarters and serve.



# Brown Rice and Collards Bowl

**Serves: 2**

## **Ingredients:**

- 1 bunch of collard greens, stems removed, roughly chopped
- 2-3 tablespoons water
- 1 small onion, finely chopped
- 2 garlic cloves, diced
- salt and pepper to taste
- 1/2 cup brown rice
- 1 tablespoon lightly toasted pine nuts
- 1/4 cup raisins
- 3/4 teaspoon cinnamon
- 3/4 teaspoon allspice
- 1 teaspoon dried dill
- 1/2 lemon

## **Instructions:**

- Cook brown rice to package directions. After rice is finished cooking, add raisins, stir and cover pot. Let rice sit until ready to assemble bowl.
- In a small pan, add pine nuts. Heat, stirring frequently until they start to brown. Be careful not to burn. Remove from heat and set aside.

# Brown Rice and Collards Bowl Cont...

- In a large pan, heat 2-3 tablespoons of water. Add onion, cook for several minutes until translucent.
- Add garlic, cook until fragrant, about 1 minute. Add spices, stir to combine.
- Add collards, cook until wilted.
- Salt and pepper to taste.
- Combine rice and raisins with collards.
- Garnish with dill and squeezed lemon.

# DINNER RECIPES





# Spaghetti Squash Stroganoff

**Serves: 4**

## **Ingredients:**

- 1/2 yellow onion, chopped
- 2 garlic cloves, diced
- 1 1/2 teaspoons salt, more or less to taste
- 1/2 teaspoon black pepper
- 1 teaspoon dried parsley
- 1 1/2 cups vegetable broth
- 2 teaspoons tamari or liquid aminos
- 1/4 cup unsweetened plant milk
- 1/4 cup white wine
- 1 tablespoon arrow root powder
- 2 (8 oz.) packages cremini mushrooms, sliced
- 2 spaghetti squash, cut in half lengthwise

## **Instructions:**

- Preheat oven to 375 degrees.
- Cut squash in half. Scoop out seeds. Place cut sides up in an oven safe dish.
- Cook 30 - 40 minutes, until squash easily separates when pulled with a fork.

# Spaghetti Squash Stroganoff Cont...

- Meanwhile, in a large stockpot, heat 2-3 tablespoons of water.
- Add mushrooms, garlic, onions, and spices. Cook until onions start to soften. Stir regularly to prevent burning, adding water as needed to prevent pan from getting too dry.
- Slowly whisk in broth, tamari, milk, and white wine.
- Whisk in arrowroot powder. Simmer for about 8 minutes.
- Using a fork, scoop out squash strands.
- Serve mushroom mixture over squash.



# Black Bean Tacos

**Yield: 4**

## **Beans Ingredients:**

- 1 clove minced garlic
- 1 (14.5 oz.) cans black beans, drained and rinsed
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1 teaspoon chili powder (omit if no nightshades)
- Salt to taste
- 4 soft corn tortillas

## **Optional Toppings**

- Sliced avocado
- Shredded lettuce
- Chopped tomato (omit if no nightshades)
- Minced red onion
- Lime wedges
- Hot Sauce (omit if no nightshades)
- Chopped cilantro

# Black Bean Tacos Cont..

## Instructions:

- Preheat oven to 350 degrees. Wrap tortillas in foil and warm until ready to serve.
- Heat 2-3 tablespoons of water in a medium pot or skillet over medium heat.
- Add minced garlic, cook for 1 minute stirring frequently.
- Place beans, cumin, coriander, and chili powder in pot. Cook for 5 – 10 minutes until hot, stirring occasionally. Add water as needed if vegetables get too dry.
- Slightly mash some beans if desired.
- Taste and add salt as needed.
- Assemble the tacos with bean mixture and desired toppings.



# Cannellini Bean and Quinoa Skillet

**Serves: 4**

## **Ingredients:**

- 1 yellow onion, chopped
- 2 cloves garlic, minced
- 2 tablespoons tomato paste
- 1/4 teaspoon red pepper flakes (optional, if no nightshades)
- 1/2 teaspoon oregano
- 1/2 teaspoon thyme
- Salt and pepper to taste
- 1 cup quinoa, uncooked
- 2 cups tomatoes, diced and seeds removed (omit if no nightshades & substitute w/ 1 cup sliced button mushrooms and 1 cup of extra broth)
- 1 1/2 cups vegetable broth
- 2 cups cannellini beans, soaked and cooked
- 4 cups kale, chopped (or baby kale)
- 1/2 lemon, squeezed
- Fresh basil, chopped



# Cannellini Bean and Quinoa Skillet Cont...

## Instructions:

- Heat 2-3 tablespoons of water in a large pot over medium heat.
- Sauté onion and garlic until softened, about 5 minutes. Add more water if pan gets too dry.
- Add tomato paste, red pepper, oregano, thyme, salt and pepper. Cook until fragrant.
- Add quinoa, tomatoes, vegetable broth, and cannellini beans . Bring to a simmer.
- Cover and cook until liquid is absorbed and quinoa is cooked – about 15 minutes.
- Add kale and stir until wilted.
- Garnish with fresh basil and fresh squeezed lemon juice.



# Wild Rice Pilaf with Sweet Potato

**Serves: 4**

## **Ingredients:**

- 1 onion, chopped
- 1 cup Brussels sprouts, thinly sliced
- 2 cloves garlic, peeled and minced
- 3.5 cups vegetable stock
- 1.5 cups wild rice
- 1 large sweet potato, peeled and diced
- Zest and juice of 1 lemon
- Salt and pepper to taste
- Water (for sautéing)

## **Instructions:**

- Add 2-4 tablespoons of water into a large pan.
- Sauté onion, garlic, and Brussels Sprouts until onions are translucent. Continue adding water if pan gets too dry.
- Add the vegetable stock and rice, bring to a simmer, cover and cook for 30 minutes.
- Add the sweet potato and cook until tender, about 15 minutes.
- Stir in the, lemon zest and juice, and season with salt and pepper.



# Crunchy Greens Stir Fry

**Serves: 2**

## **Ingredients:**

- 1 crown of broccoli, cut into bite sized pieces
- 2 handfuls of snow peas, ends cut off and strings removed
- 1/2 jicama, peeled and cut into matchsticks
- 1 teaspoon minced fresh ginger
- 1 teaspoon sesame seeds
- 2 green onions
- Brown rice, cooked to package directions
- 2-4 tablespoons water

## **For Sauce:**

- 1/2 cup tamari
- 1/2 cup vegetable broth
- 1 tablespoon arrowroot powder
- 1 tablespoon honey/agave
- 1/4 cup cider vinegar
- 1 one-inch piece of ginger, peeled and grated/minced
- 2 garlic cloves, grated/minced

# Crunchy Greens Stir Fry Cont...

## Instructions:

- Add sauce ingredients in a small bowl and whisk to combine.
- Add 2-4 tablespoons of water to a large pan or wok over high heat.
- When water begins to simmer, add the broccoli and snow peas to the pan, cook 4-5 minutes. Continue adding water if pan gets too dry.
- Add garlic and ginger, cook for 1 minute, stirring often.
- Add sauce to vegetables..
- When the sauce begins to bubble, add jicama and toss until coated.
- Sprinkle with sesame seeds and green onions.
- Serve with cooked rice.



# Green Chickpea Curry

**Serves: 2**

## **Ingredients:**

- 2-4 tablespoons water
- 1/2 yellow onion, diced
- 2 cloves garlic, minced
- 1 tablespoon grated or minced ginger
- 2 carrots, diced
- 1 15-ounce can chickpeas, drained and rinsed
- 1/2 lb. fingerling potatoes, 1/4" sliced (omit if no nightshades)
- 3 tablespoons green curry paste
- 1 can coconut milk, unsweetened (regular or lite)
- 1 cup vegetable stock
- 3-4 tablespoons coconut sugar (or maple syrup)
- 1 teaspoon lime zest
- Salt to taste
- Lime juice
- Cilantro, chopped



# Green Chickpea Curry

## Instructions:

- Heat 2-4 tablespoons of water in a large pot over medium heat.
- Add onion, garlic, ginger, carrot and potato. Cook, stirring frequently, until vegetables are tender. Continue to add water if pan gets too dry.
- Add curry paste. Cook for 1-2 minutes.
- Add chickpeas. Cook for 3-4 minutes.
- Add coconut milk, broth, coconut sugar (or maple syrup), and lime zest. Bring mixture to a simmer and cook for 10 - 15 minutes.
- Add salt to taste.
- Serve with fresh squeezed lime juice and chopped cilantro.



# Zucchini Noodles with Walnut Pesto

**Serves: 2**

## **Ingredients:**

- 2 cloves garlic
- 3 cups kale, packed
- 3/4 cup toasted walnuts
- 1/4 cup nutritional yeast “nooch”
- 2 tablespoons lemon juice
- 1/4 teaspoon fine-grain sea salt
- 1/4 teaspoon ground pepper
- Red pepper flakes, optional (omit if no nightshades)
- 1/4 cup water
- 2 medium zucchini, spiralized (if you don’t have a spiralizer use a potato peeler to make ribbons)
- Handful of cherry tomatoes, cut in half (omit if no nightshades)

## **Instructions:**

- Spiralize zucchini. Set aside.
- Make the pesto: In a food processor, add the peeled garlic cloves and process until the garlic is minced.
- Add the kale, walnuts, lemon juice, nutritional yeast, salt and pepper.
- Turn on the food processor and drizzle in the water. Process until the pesto reaches your desired consistency, stopping to scrape down the sides as necessary.

# Zucchini Noodles with Walnut Pesto Cont...

- Taste and add more lemon, salt or pepper if necessary.
- Toss pesto with zucchini noodles & serve.

Note: zucchini noodles can be warmed in a pan with a little water for several minutes before adding pesto.



# Sweet Potato Coconut Curry Soup with Toast Points

**Serves: 2**

## **Ingredients:**

- 4 tablespoons of water
- 1 yellow onion, chopped
- 2 cloves garlic, minced
- 2 medium sweet potatoes, cut into 1" cubes
- 1 tablespoons curry powder
- 1 (15 oz. can) coconut milk
- 2 cups vegetable broth
- Salt and pepper to taste
- Gluten free bread, toasted and cut into triangles

## **Instructions:**

- Heat 4 tablespoons of water in a large pot. Add onions and cook until translucent. Add more water if pan gets too dry.
- Add garlic, cook for 1 minute.
- Add sweet potatoes and curry powder. Cook for 5 minutes, stirring frequently.
- Stir in coconut milk, cover and simmer until sweet potatoes are tender.
- Puree using an immersion blender, food processor or blender.
- Add salt and pepper to taste.
- Serve with toasted bread.



# Pinto Bean Tostadas

**Yield: 6**

## **Ingredients:**

- 2-4 tablespoons water
- 1 onion, sliced thin
- 2 cloves garlic, minced
- Salt & pepper to taste
- 2 (15 oz.) can pinto beans, drained and rinsed
- 1 teaspoon chili powder (omit if no nightshades)
- 6 corn tortillas
- 2 cups shredded cabbage
- 1/2 cup salsa (omit if no nightshades)
- 1 lime, cut into wedges

## **Instructions:**

- Preheat oven to 400 degrees. Arrange tortillas on a baking sheet and cook until crisp, about 8-10 minutes.
- In a large pan, heat 2-4 tablespoons of water over medium-high heat.
- Add onion and cook until translucent.
- Add garlic; cook until fragrant, about 1 minute.
- Stir in beans, hot sauce, chili powder and salt. Mash the beans.
- Top tortillas with beans, cabbage, salsa and freshly squeezed lime juice.





# Butternut Squash Risotto

**Serves: 4**

## **Ingredients:**

- 1 yellow onion, chopped
- 2 cloves garlic, minced
- 1.5 cups Arborio rice
- 4 tablespoons water
- 1 butternut squash, peeled and cut into a 1/2-inch dice
- 4-5 cups vegetable stock
- 1 tablespoon chopped fresh sage or 1 teaspoon dried sage
- Salt and ground black pepper to taste
- 1 teaspoon saffron threads (optional)

## **Instructions:**

- Heat a large pot with 4 tablespoons of water. Add onion and cook until translucent. Add garlic and cook until fragrant, about 1 minute.
- Add butternut squash. Sauté over medium-high heat, stirring frequently, about 8 minutes or until the squash starts to soften and caramelize. Continue to add water if pan gets too dry.
- Add rice and stir about 1 minute.
- Add 1/2 cup of vegetable stock, stirring often until liquid is absorbed. Repeat until the rice is cooked (approximately 35-40 minutes).
- Stir in sage, saffron, and salt and pepper to taste.



# Portobello Steaks Arugula Salad

**Serves: 3-4**

## **Mushrooms Ingredients:**

- 3-4 large Portobello mushrooms, stems removed, wiped clean & gills removed
- 1/3 cup balsamic vinegar
- 1 tablespoon tamari
- 1/2 teaspoon cumin
- 1/2 teaspoon black pepper
- 1/4 teaspoon smoked paprika (omit if no nightshades)
- 3 cloves garlic, minced

## **Salad Ingredients:**

- Arugula, 4 cups
- Cherry tomatoes, 1 pint, cut in half (omit if no nightshades)
- 1 avocado, sliced
- 1/4 cup pine nuts

# Portobello Steaks with Chimichurri and Arugula Salad Cont...

## Instructions:

- Preheat oven to 350 degrees.
- In a shallow baking dish large enough to hold the mushrooms, whisk together balsamic vinegar, tamari, cumin, black pepper, paprika, and garlic.
- Add mushrooms to marinade, making sure all sides are covered. Set aside for 15 minutes.
- Place mushrooms in the oven and cook for 15 minutes. Flip mushrooms, baste with marinade. Continue cooking for another 15 minutes or until desired doneness.
- Remove mushrooms and baste again with remaining sauce. Slice into 1/2 inch strips.
- To serve: place 1 cup of arugula on a plate, top with sliced avocado, cherry tomatoes, and pine nuts. Top with sliced mushrooms.



# Asparagus Stir Fry

**Serves: 3-4**

## **Ingredients:**

- 2-4 tablespoons water
- 1 bunch asparagus, trimmed and sliced diagonally in 1" pieces (ends cut off and discarded)
- 2 medium carrots, sliced in matchsticks
- 1 medium zucchini, sliced in matchsticks
- 1 package buckwheat soba noodles, boiled and drained
- 1 tablespoon sesame seeds, toasted

## **Sauce Ingredients:**

- 1 orange zest
- 1/3 cup orange juice
- 1/4 cup soy sauce or tamari
- 1/2 teaspoon ground ginger
- Pinch of red pepper flakes (omit if no nightshades)
- 1 tablespoon honey or maple syrup

## **Instructions:**

- Combine all the ingredients for the sauce and set aside
- Heat the water in a wok or a deep pan.
- Fry the asparagus for 7-8 minutes, stirring all the time, till they start to soften, then add carrots and sauce.

# Asparagus Stir Fry Cont...

- Let the sauce reduce by less than a half.
- Add zucchini and cook for another minute, then stir in the noodles to warm up and sesame seeds.
- Serve immediately.





# Navy Bean and Kale Soup

**Serves: 4**

## **Ingredients:**

- 1 yellow onion, diced
- 3 cloves garlic, minced
- 4 carrots, diced
- 2 celery stalks, diced
- 1/2 cup brown rice
- 2 teaspoons dried oregano
- 1 teaspoon dried thyme
- 1/2 teaspoon smoked paprika
- 1 teaspoon fresh rosemary, finely chopped
- 4 cups vegetable broth
- 2 bay leaves
- 1 bunch kale, de-stemmed and roughly chopped
- 2 cups navy beans, soaked and cooked
- Salt and pepper to taste

## **Instructions:**

- In a large pot, heat 2-3 tablespoons of water over medium heat, cook onions until translucent. Stir in minced garlic, carrots and celery. Cook until vegetables begin to soften.

# Navy Bean and Kale Soup Cont...

- Add oregano, rosemary, thyme and paprika. Cook for 1 minute stirring frequently.
- Add rice, broth and bay leaves. Bring to boil. Reduce heat to low, cover, and let simmer for 45 minutes or until rice is cooked.
- When rice is almost tender, stir in kale and navy beans and cook until kale is wilted and beans are hot.
- Remove bay leaves before serving.



# Baked Zucchini Boats

**Yield: 8**

## **Ingredients:**

- 4 medium zucchini, cut in half, seeds scooped out
- 1 (15.5 oz.) can chickpeas, rinsed and drained
- 1 sweet potato
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground turmeric
- Salt and pepper to taste
- 1 tablespoon cilantro, chopped
- 1-2 tablespoons water

## **Instructions:**

- Pre-heat oven to 425 degrees.
- Using a fork, pierce sweet potato, place in oven and cook 45 – 60 minutes, until tender.
- Cut zucchini in half, sprinkle with salt and pepper. Place the cut zucchinis on a baking pan cut-side-up. Add to oven with sweet potatoes after potatoes have cooked about 20 minutes.
- Meanwhile, heat water in a pan, add chickpeas and spices. Cook until heated through. Smash some of the chickpeas.
- After sweet potatoes are done and cool enough to handle, scoop out middle, place in a bowl and mix in chickpeas.
- Salt and pepper to taste.

# Baked Zucchini Boats

- Divide the sweet potato, chickpea mixture between the 8 hollowed-out zucchinis.
- Sprinkle with chopped cilantro.
- Serve warm.



# Walnut Meat Tacos

**Yield:** 2

## **Ingredients:**

- 1 cup toasted walnuts
- 1-2 tablespoons water
- 1.5 teaspoon chili powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground cumin
- 1/4 teaspoon sea salt
- 1/8 teaspoon cayenne
- 1/2 red cabbage, shredded
- 1 avocado, sliced
- 4 corn tortillas
- Salsa (omit if no nightshades)

## **Instructions:**

- Preheat oven to 350 degrees. Wrap tortillas in foil. Set in oven to warm.
- In a small pan toast walnuts over medium heat for several minutes, stirring often to prevent burning.
- Add walnuts, water, and spices to a food processor, wiping down the sides once or twice until everything is combined.
- Assemble tacos with walnut mixture and garnish with red cabbage, avocado and salsa.





# Black Bean Burgers

**Serves: 4**

## **Ingredients:**

- 2 cups black beans, soaked and cooked
- 1 yellow onion, shredded
- 2 garlic cloves, minced
- 1 teaspoon chili powder (omit if no nightshades)
- 1 teaspoon ground cumin
- 1/4 cup gluten free bread crumbs
- 2 tablespoons fresh cilantro, chopped
- Salt and pepper to taste

## **Salad Ingredients:**

- 6-8 cups of mixed greens
- 1 lemon

## **Instructions:**

- Preheat oven to 350 degrees.
- Add all ingredients into a food processor. Pulse until combined.
- Moisten hands with water, divide mixture into quarters and then shape into 4 patties.
- Cook about 10 minutes each side.
- Toss mixed greens with fresh squeezed lemon juice. Serve black bean burger over greens.



# Butternut Squash Stew

**Serves: 4**

## **Ingredients:**

- 1 tablespoon water
- 1 white onion, chopped
- 6 cloves of garlic, crushed
- 2 teaspoons cumin
- 1/2 teaspoon cinnamon
- Sea salt and freshly ground black pepper, to taste
- 1 can (15 oz.) chickpeas, rinsed and drained
- 1 can (28 oz.) diced tomatoes (omit if no nightshades)
- 3 cups organic vegetable broth
- 1 pound butternut squash, diced large (about 4 cups)
- 1 cup green lentils, rinsed well
- 1 1/2 tsp red wine vinegar
- A few dashes of red pepper flakes
- 1/3 cup chopped cilantro

## **Instructions:**

- Heat the water in a medium pot over medium-high heat.
- Add the onion and cook until translucent.
- Add the garlic and cook one minute more.

# Butternut Squash Stew

## Cont...

- Add the spices, salt and pepper; cook for a few more minutes until spices are fragrant.
- Add chickpeas, tomatoes, broth, butternut squash, lentils. Bring to a boil, then cover, reduce heat and simmer for 15-20 minutes or until butternut squash is tender and lentils are fully cooked.
- Stir in vinegar, red pepper flakes and cilantro.
- Taste and adjust seasonings as necessary.
- Garnish with extra cilantro and plant based yogurt, if desired.



# Thai Zucchini Noodles

**Serves: 2**

## **Ingredients:**

- 1 large zucchini, spiralized or cut in ribbons
- 1/2 cup shredded red cabbage
- 10 sugar snap peas, trimmed and strings removed
- 1/2 cup jicama, grated or cut into matchsticks
- 1/2 red bell pepper, thinly sliced (omit if no nightshades)
- 1/2 cup shelled edamame, defrosted, rinsed and drained
- 1/2 cup fresh chopped cilantro
- 1/4 cup fresh chopped Thai basil (omit if you can't find it)
- Chopped peanuts
- 1/2 lime, cut into wedges for serving

## **Dressing Ingredients:**

- 3.5 tablespoons smooth and creamy peanut butter
- 2 tablespoons apple cider vinegar
- 1/2 lime, juiced
- 1 tablespoon coconut sugar
- 1 tablespoon tamari

# Thai Zucchini Noodles

## Cont...

### Dressing Ingredients Continued:

- 1 small garlic clove, grated or finely minced
- 1/2 teaspoon grated fresh ginger
- 1-2 teaspoons chili garlic sauce (omit if no nightshades)
- 1-2 tablespoons of hot water, to thin out (or more as needed for consistency)

### Instructions:

- Make the zucchini noodles with a spiralizer, vegetable peeler or mandolin.
- Add the zucchini to a large bowl along with the cabbage, snap peas, carrots, bell pepper, edamame and half of the cilantro and basil.
- Whisk the dressing ingredients together until thoroughly combined.
- Pour dressing over the salad and toss to combine.
- Top with remaining herbs, chopped peanuts and serve with lime wedges.



# Quinoa and Chard Stuffed Sweet Potatoes

**Serves: 2**

## **Ingredients:**

- 2 medium sweet potatoes
- 1 cup quinoa
- 1 tablespoon finely diced shallots
- 3 tablespoons finely diced fennel
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- 2 cups water (for quinoa), plus 4 tablespoons water (for sautéing)
- 1/2 teaspoon fine sea salt
- 2 cloves garlic, minced
- Pinch of red pepper flakes
- 1/4 cup dried cherries (or cranberries)
- 6 cups stemmed and chopped Swiss or rainbow chard
- Fresh-squeezed lemon juice

## **Instructions:**

- Preheat oven to 400°F.
- Using a fork, prick holes in sweet potatoes. Roast for approximately 45 minutes.
- Put quinoa in a fine mesh sieve and rinse under cold running water.

# Quinoa and Chard Stuffed Sweet Potatoes Cont...

- Heat 2 tablespoons of water in a saucepan over medium heat.
- Add the shallot and fennel. Sauté until soft, about 3 minutes.
- Stir in the cumin and coriander, then stir in the quinoa.
- Add 2 cups of water and 1/4 teaspoon of sea salt, cover, and bring to a boil, then lower the heat and simmer for 15-20 minutes, until the quinoa has absorbed all of the liquid. Remove from heat, and fluff with a fork.
- While the quinoa is cooking, heat 2 tablespoons of water in a large sauté pan over medium heat, add garlic, red pepper flakes, and cherries. Stir for 10 seconds, then add the chard and the remaining 1/4 teaspoon of salt. Sauté until the greens are tender, (about 3 minutes). Add more water if pan gets too dry.
- Remove from the heat and stir in a squeeze of lemon juice.
- Spoon the quinoa mixture into the sweet potatoes.
- Top each with a scoop of greens.



# Artichoke Farrotto

**Serves: 2**

## **Ingredients:**

- 1/2 cup farro (or use Arborio rice if gluten free and start at step #3)
- 1 cup boiling water
- 3 1/2 cups vegetable or garlic stock or broth
- 2-4 tablespoon water
- 1/2 cup onion, finely chopped
- 1 garlic clove, minced
- 1/4 cup dry white wine
- Salt and freshly ground pepper to taste
- 1/4 cup minced flat leaf parsley
- 1 tablespoons chopped fresh marjoram
- 1 cup artichoke hearts

## **Instructions:**

- Several hours or the day before you plan on serving, place farro in a bowl and add 1 cup boiling water. Let sit for 3 hours, or refrigerate overnight.
- Drain farro and place in a food processor fitted with steel blade. Pulse 5 to 10 times. Scrape down sides of bowl and pulse again 5 to 10 times. Some, but not all of the farro should be broken. Scrape into a bowl.
- Put your stock or broth into a saucepan and bring it to a simmer on the stove, with a ladle nearby or in the pot. Make sure that it is well seasoned.

# Artichoke Farrotto

- Heat 2-4 tablespoons of water (or stock) in a wide, heavy skillet or saucepan over medium heat. Add onion and cook gently until just tender, 3 to 5 minutes.
- Add garlic and cook, stirring, until fragrant, about 30 seconds.
- Add farro and stir over medium heat until grains dry out a bit and begin to crackle.
- Add wine and cook, stirring, until wine is no longer visible in pan.
- Stir in enough of the simmering stock or broth to just cover the farro. The stock should bubble slowly. Cook, stirring often, until it is just about absorbed. Add another ladleful or two of the stock and continue to cook in this fashion, not too fast and not too slowly, adding more stock when the farro is almost dry and stirring often, until mixture is creamy and farro is tender, about 25 minutes. Taste, adjust salt, and add pepper.
- Add another ladleful or two of stock to the pan. Stir in the parsley, marjoram and artichokes, and remove from heat. The mixture should be creamy. Serve right away in wide soup bowls or on plates.



# Spinach Pesto Pasta

**Serves: 2**

## **Ingredients:**

- 1/4 box gluten free linguine or spaghetti (or a spiralized vegetable like zucchini)
- 5 cups baby spinach
- 2 cups fresh basil
- 1/4 cup pistachios
- 2 tablespoons nutritional yeast “nooch”
- 1/2 lemon, juiced
- 1 teaspoon mellow white miso
- 2 garlic cloves
- 1/2 teaspoon salt
- 1/4 cup water
- 1 avocado, chopped

## **Instructions:**

- Cook pasta according to box directions (or spiralize vegetable noodles and sauté in a medium sized pan with 2 tablespoons of water for about 5 minutes, until tender and warm).
- Meanwhile, add the spinach, basil, pistachios, nutritional yeast, lemon juice, miso, garlic, and salt to a food processor or blender, and process until the ingredients are coarsely chopped.
- While the processor is still running, add water through the top opening. Process until mixed thoroughly.
- Pour pesto over cooked noodles.
- Top with chopped avocado.





# Farm Stand Stew

**Serves: 2**

## **Ingredients:**

- 2-4 tablespoons water
- 1 medium red onion, chopped
- 2 garlic cloves, minced
- 1 small zucchini, diced
- 2 cups cauliflower florets
- 2 cups green beans - chopped in 1" pieces
- 1 small fennel bulb, cut into 1" pieces
- 1.5 cups canned kidney beans
- 2 cups vegetable broth
- 3-4 tablespoons dry white wine
- 1 tablespoons tamari
- 1/2 teaspoons dried basil
- 1/2 teaspoons dried thyme
- 1 bay leaf
- 1 large tomato, chopped in 1" pieces
- Salt and pepper to taste

## **Instructions:**

- To a large sauce pan, heat 2-4 tablespoons of water.

# Farm Stand Stew Cont...

- Sauté the onion for 3-5 minutes.
- Add garlic. Stir and cook for one more minute.
- Add all the vegetables, seasonings and stock and bring to a simmer.
- Allow to cook for 25 minutes or until vegetables are tender.
- Remove bay leaf.
- Salt and pepper to taste.



# Warm Wild Rice and Mushroom Salad

**Serves: 2**

## **Ingredients:**

- 1 cup cooked wild rice, prepared to package directions
- 3 cups arugula
- 5 – 6 oz. cremini mushrooms, stems removed. Cut in half if large or leave whole if small.
- 2-3 tablespoons water
- 2 cloves garlic, crushed
- 1 lemon, cut in half
- Salt and pepper to taste

## **Instructions:**

- Heat water over medium-high heat, in a large sauté pan.
- Add mushrooms, cook for about 10 minutes, stirring occasionally.
- Add garlic, cook about 1 minute.
- Season mushrooms and garlic liberally with salt and pepper.
- Add the cooked rice and warm through.
- Remove pan from heat and add arugula.
- Once arugula is wilted, add a squeeze of one lemon before serving.



# Lentil Soup

**Serves: 4**

## **Ingredients:**

- 1 medium onion, diced
- 2 cloves garlic, minced
- 2 tablespoons tomato paste (omit if no nightshades)
- 2 medium carrots, diced
- 2 russet potatoes, diced (substitute with sweet potatoes or squash if no nightshades)
- 1/8 teaspoon cinnamon
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder (omit if no nightshades)
- 1/2 teaspoon ground ginger
- 1/2 teaspoon turmeric
- A pinch of clove
- 1 bay leaf
- 4 cups vegetable stock
- 1 cup green lentils

## **Instructions:**

- Heat 2-3 tablespoons of water in a sauté pan. Add onion and sauté until translucent. Add more water if pan gets too dry.

# Lentil Soup Cont...

- Add garlic and stir until fragrant, about 1 minute.
- Add tomato paste, cook for 2 minutes.
- Add carrots and potatoes, cook 3-4 minutes.
- Add remaining spices, stock and lentils, stir to combine.
- Turn heat up, bring to a simmer. Cook for 30 minutes, slightly covered or until lentils are tender.
- Remove bay leaf and serve.

Note: For pressure cooker, bring to pressure and cook for 15 minutes, then do a natural release. After ten minutes, manually release remaining pressure and open.

Recipe credit: Amybeth Whissel, [www.melamywellness.com](http://www.melamywellness.com)





# Mediterranean Tabbouleh Salad

**Serves: 2**

## **Ingredients:**

- 1/2 cup bulgur (or quinoa if gluten free)
- 1/2 cup boiling water
- Zest of one lemon
- 1-1/2 tablespoons lemon juice
- 1-1/2 tablespoons honey
- 2 teaspoons finely minced garlic
- 1/2 cup chopped flat leaf parsley
- 1/2 cup chopped mint leaves
- 1/4 cup sliced red onions
- 1-1/2 cups chopped tomatoes
- 3/4 cup chopped cucumbers
- Salt and pepper to taste

## **Instructions:**

- Put bulgur into a bowl big enough to hold the finished salad. Add boiling water, stir, and set aside until all the water is absorbed. (At least 30 minutes but longer is better.) If gluten free, cook quinoa according to package directions.
- Zest one lemon and add to a small bowl.
- Squeeze lemon juice into bowl, adding until you have 1.5 tablespoons.

# Mediterranean Tabbouleh Salad Cont...

- Add finely minced garlic, then whisk in honey.
- When bulgur has absorbed all the water, stir in this dressing and let marinate while you chop herbs and veggies into a 1" dice.
- Combine herbs and vegetables with bulgur and dressing.
- Season with salt and pepper and allow to sit so flavors can meld together.



# Cauliflower Rice and Collard Soup

**Serves: 2**

## **Ingredients:**

- 5-6 cups of cauliflower florets (about 3-4 cups when "riced")
- 2-3 tablespoons curry powder (omit if no nightshades)
- 1 teaspoon garlic powder
- 1/2 teaspoon cumin
- 1/2 teaspoon paprika (omit if no nightshades)
- 1/4 teaspoon sea salt
- 4 tablespoons of water, divided
- 3/4 cup yellow onion chopped
- 1 teaspoon minced garlic
- 8 collard leaves with stems removed and chopped
- 2 cups (5 oz.) chopped carrots
- 4 cups vegetable broth
- 1 cup plant milk
- 1/2 teaspoon red pepper or chili flakes (omit if no nightshades)
- 1/2 teaspoon black pepper
- Salt to taste

## **Instructions:**

- Preheat oven to 400F.

# Cauliflower Rice and Collard Soup Cont...

- In a small bowl, toss your cauliflower florets with the curry powder, garlic powder, cumin, paprika, salt, and 2 tablespoons of water.
- Spread the cauliflower florets on a baking dish or roasting pan. Place in oven and roast for 20 -22 minutes until tender but slightly undercooked. Remove and set aside.
- While the cauliflower is cooling, prep the rest of your vegetables.
- Place cauliflower florets in a food processor or blender and pulse a few times until the cauliflower is "riced."
- Place 2 tablespoons of water, onion, and minced garlic in large stock pot. Sauté for 5 minutes until fragrant.
- Add broth, milk, veggies, cauliflower "rice", red chili pepper, and black pepper.
- Bring to a simmer for 20 minutes or until vegetables are tender.
- Add salt and pepper to taste.



# Israeli Couscous Primavera

**Serves: 2**

## **Ingredients:**

- 2-4 tablespoons water
- 1/3 cup chopped scallions (1 bunch, white and light-green parts)
- 1 1/2 cups Israeli couscous
- Salt and freshly ground black pepper to taste
- 1 3/4 cups vegetable broth, heated just to boiling
- Zest and juice of 1 lemon
- 1 bunch of asparagus, bottoms trimmed, cut into 1-inch pieces
- 1 cup frozen peas, defrosted
- 1 ounce radicchio, chopped in 1" pieces
- 2 tablespoons chopped fresh parsley

## **Instructions:**

- Heat 2-4 tablespoons of water in a 2-to-3-quart saucepan over medium heat.
- Add the scallions; cook for 1 to 2 minutes, stirring frequently, until just softened.
- Add the couscous and season with salt and pepper to taste; stir to combine.

# Israeli Couscous Primavera Cont...

- Add the hot broth, lemon zest and juice. Bring to a boil, add the asparagus radicchio and peas, and cover. Cook for about 10 minutes, stirring occasionally until the liquid has been absorbed and the couscous is cooked through.
- Combine the cooked couscous, parsley, and vegetables.
- Taste, and adjust the seasonings as needed.
- Serve immediately.



# Sweet Potato Lettuce Cups

**Serves: 2**

## **Taco Filling Ingredients:**

- 2 tablespoons water
- 1 clove minced garlic
- 2 sweet potatoes, diced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon chili powder (omit if no nightshades)
- Salt to taste
- Bibb lettuce, to use as taco shells

## **Optional Toppings:**

- Sliced avocado
- Chopped tomato (if no nightshades)
- Minced red onion
- Lime wedges
- Hot sauce/salsa (if no nightshades)
- Chopped cilantro

## **Instructions:**

- Heat water in a large skillet over medium heat.

# Sweet Potato Lettuce Cups Cont...

- Add sweet potatoes and cook until tender, about 15 minutes, stirring occasionally.
- Add minced garlic and spices, cook for about 1 minute stirring frequently.
- Add salt as needed.
- Continue cooking until sweet potatoes are fork tender.
- Assemble lettuce cups with potato mixture and desired toppings.

# SALAD RECIPES



# Roasted Chickpea Salad

**Serves: 2**

## **Chickpeas:**

- 2 cups chickpeas, soaked and cooked
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- 1 tablespoon paprika (omit if no nightshades)
- 1/2 teaspoon cayenne pepper (optional, omit if no nightshades)
- 1/4 teaspoon salt

## **Salad:**

- 1/4 red onion, thinly sliced
- 1/2 cucumber, peeled, seeded and chopped
- 4 cups mixed greens
- 1 carrot, shredded
- 1 cup cherry tomatoes, cut in half (omit if no nightshades)
- 1 lemon
- Black pepper

## **Instructions:**

- Preheat oven to 400 degrees.
- Toss chickpeas with 2-3 tablespoons of water and spices.

# Roasted Chickpea Salad, Cont...

- Spread chickpeas onto a parchment lined baking sheet and roast for about 20-25 minutes, until lightly browned but not hard. Toss half way through.
- In a large bowl, toss mixed greens, carrot, onion and cucumber with fresh squeezed lemon juice and pepper to taste.
- Top greens with roasted chickpeas.



# Massaged Kale Salad

**Serves: 2**

## **Ingredients:**

- 4 cups Lacinato kale, stem removed, cut or torn into bite sized pieces,
- 1 avocado
- 1 cup diced cucumber
- 1/2 cup artichoke hearts, rough chopped
- 1/4 cup pitted Kalamata olives, halved
- 1/4 cup sunflower seeds
- 1-2 tablespoons balsamic vinegar

## **Instructions:**

- In a large bowl, add the kale + 1/4 of the avocado and a pinch of kosher/sea salt.
- Massage for 2 minutes.
- Add the remaining ingredients and toss to combine.





# Beet Salad with Pears and Red Onion

**Serves: 2**

## **Ingredients:**

- 2 cooked beets cut into large bite sized pieces (cooking directions below or buy pre cooked beets)
- 1 pear cut into 1/4 inch half moons
- 1 shredded carrot
- 1/8 cup thinly sliced red onion
- 4 cups mixed greens
- 1/2 cup chopped almonds
- 1.5 tablespoons balsamic vinegar
- Salt and pepper to taste

## **Instructions:**

- Place steamer basket and 1/2" of water in a small/medium pot.
- Add beets and steam on medium/medium high heat until fork tender, about 20 minutes.
- Remove and let cool.
- Peel and cut the beets into large bite sized pieces.
- Place mixed greens into bowl. Add beets, pears, carrots, and onion. Toss with balsamic vinegar, salt, and pepper.
- Top with chopped almonds.



# Arugula Salad with Orange and Fennel

**Serves: 2**

## **Ingredients:**

- 1 orange, peeled and cut into segments
- 1/2 tablespoon white-wine vinegar
- 1/2 tablespoon Dijon mustard
- 1 beet, cooked (steamed or roasted), cut into bite sized pieces
- 1/2 fennel bulb, cored and very thinly sliced
- Coarse salt and ground pepper
- 4 cups baby arugula
- 1/4 cup chopped walnuts

## **Instructions:**

- Working over a large bowl, cut out orange segments, then squeeze juice from membranes.
- To the same bowl add vinegar, mustard, salt and pepper. Whisk to combine.
- Add beets, fennel, arugula, and orange segments.
- Toss to combine.
- Top with chopped walnuts.



# Spinach Strawberry Jicama Salad

**Serves: 2**

## **Ingredients:**

- 4 cups baby spinach
- 1/2 small jicama, peeled & cut into matchsticks
- 1 cup strawberries, cut in half
- 1 kiwi, peeled & cut into 1/4" half moons
- 1/2 cucumber, peeled, diced and seeds removed
- 2 green onions, thinly sliced

## **Dressing Ingredients:**

- 1 tablespoon honey or agave
- 2 tablespoons orange juice (fresh squeezed)
- 1 tablespoon apple cider vinegar
- 2 teaspoons Dijon mustard
- 1/2 teaspoon poppy seeds (optional)
- Salt and pepper to taste

## **Instructions:**

- Combine dressing ingredients in a bowl. Whisk to combine.
- Place salad ingredients into bowl with dressing.
- Toss to combine.



# Collards with Shaved Brussels and Apple Vinaigrette

**Serves: 2**

## **Ingredients:**

- 1 bunch collard greens, cut into bite sized pieces
- 12 ounces Brussels sprouts, shaved/thinly sliced
- 1/2 cup pecans, chopped
- 1 pinch sea salt

## **Dressing Ingredients:**

- 1/4 cup apple cider vinegar
- 1 teaspoon Dijon mustard
- 1 small shallot, grated
- 1/2 teaspoon Kosher salt
- Pepper to taste

## **Instructions:**

- In a large bowl, combine collard greens and Brussels sprouts.
- To make dressing: in a medium bowl, whisk together apple cider vinegar, Dijon mustard, shallot, grated/chopped apple, salt, and pepper to taste.
- Toss greens and Brussels sprouts with apple vinaigrette.
- Top with chopped pecans.





# Arugula Salad with Blueberries and Cherries

**Serves: 2**

## **Salad Ingredients:**

- 4 cups arugula
- 1/2 cup fresh blueberries
- 1/2 cup dried cherries
- 1/2 cup chopped almonds

## **Dressing Ingredients:**

- 1 tablespoon lemon juice
- 1 tablespoon honey
- Salt and pepper to taste

## **Instructions:**

- Put dressing ingredients in a large bowl and whisk to combine.
- Add arugula, blueberries and cherries to bowl with dressing. Toss to coat.
- Divide salad between two bowls.
- Top with chopped almonds and serve.



# Broccoli Apple Cranberry Salad

**Serves: 2**

## **Salad Ingredients:**

- 1 medium head of broccoli, shredded
- 2 apples, diced
- 1/4 cup green onions, thinly sliced
- 1/2 cup dried cranberries
- 1 cup walnuts
- 1 tablespoon chia seeds

## **Dressing Ingredients:**

- 1 cup plain, non-dairy yogurt (coconut, almond or cashew)
- 1 tablespoon apple cider vinegar
- 2 tablespoons honey
- Salt and pepper to taste

## **Instructions:**

- In a large bowl, whisk dressing ingredients together.
- Add remaining ingredients to bowl with dressing.
- Toss to combine.



# Roasted Cauliflower and Kale Salad

**Serves: 2**

## **Ingredients:**

- 4 cups cauliflower, cut into bite sized pieces
- 4 cups kale, stems removed & cut into bite sized pieces
- 1 lemon, juiced
- Salt & pepper
- 1/2 cup dried cranberries

## **Instructions:**

- Preheat oven to 350 degrees.
- On a parchment lined baking sheet, toss cauliflower with 2 tablespoons water, salt and pepper. Roast about 20 minutes.
- Meanwhile massage kale with a pinch of salt until wilted.
- Add kale to cauliflower and bake for approximately 10 more minutes.
- Remove pan from oven, squeeze fresh lemon juice over veggies, sprinkle dried cranberries over top. Toss again. Enjoy!



# Strawberry Spinach Salad

**Serves: 2**

## **Ingredients:**

- 4 cups baby spinach
- 6 strawberries, hulled and sliced
- 1/2 English cucumber, sliced
- 1 stalk of celery, chopped
- 1/4 cup pecans, chopped
- 1/2 lemon, juiced
- 1 tablespoon honey
- Salt and pepper to taste

## **Instructions:**

- Prepare the spinach, celery, pecans and strawberries. Combine in a bowl. Set aside.
- Mix lemon juice, honey, and a bit of salt and pepper.
- Drizzle desired amount of dressing over the salad, serve immediately.





# Kale Caesar Salad

**Serves: 2**

## **Salad Ingredients:**

- 4 cups of kale, de-stemmed and cut into ribbons

## **Dressing Ingredients:**

- 2 tablespoons Dijon mustard
- 2 tablespoons nutritional yeast flakes “nooch”
- 2 tablespoons almonds, soaked overnight and skins removed OR blanched and ground
- 3 garlic cloves, minced
- ¼ cup water
- 2 tablespoons lemon juice
- ¼ tablespoon tamari
- ¼ teaspoon pepper

## **Crouton Ingredients:**

- 2 slices gluten free bread
- ¼ teaspoon oregano
- ¼ teaspoon parsley
- ¼ teaspoon nooch
- 1/8 teaspoon pepper

# Kale Caesar Salad Cont...

## **Salad Instructions:**

- In a medium bowl, make a paste from first four dressing ingredients.
- Add remaining dressing ingredients and whisk until combined.
- Add kale ribbons and toss to coat.
- Top with croutons.

## **Crouton Instructions:**

- Heat oven to 375 degrees.
- Cube bread into 1 inch pieces.
- In medium bowl toss bread with spices.
- Dump onto a sheet tray and bake in oven for 5-7 minutes.



# Broccoli Beet Salad

**Serves: 2**

## **Ingredients:**

- 1 head of romaine, chopped
- 1 cup raw broccoli florets, cut into tiny pieces
- 1 cup cooked beets
- 1/4 cup water
- 2 tablespoons balsamic dressing
- 2 teaspoons honey/maple syrup
- 1 teaspoon dried fennel
- Salt and pepper to taste
- 2 tablespoons sunflower seeds

## **Instructions:**

- In a medium bowl, combine romaine, broccoli and beets.
- In a small bowl whisk remaining ingredients to make dressing.
- Toss vegetables with dressing and garnish with sunflower seeds.



# Strawberry Romaine Salad

**Serves: 2**

## **Ingredients:**

- 1 head of romaine, cut into bite sized pieces
- 1 cucumber, peeled, seeded and chopped
- 2 green onions, chopped
- 10 strawberries, hulled and sliced
- 2 tablespoons hemp seeds
- 20 almonds, chopped
- 4 tablespoons water
- 2 tablespoons balsamic vinegar
- Salt and pepper to taste

## **Instructions:**

- In a large bowl, whisk water, balsamic vinegar, salt, and pepper to taste.
- Add romaine, cucumber, green onion, and strawberries. Toss to dress.
- Sprinkle almonds and hemp seeds over salad to serve.





# Massaged Kale Salad with Cranberries and Pine Nuts

**Serves: 2**

## **Ingredients:**

- 1 bunch kale, stems removed, sliced thin
- 1 lemon, juiced
- 2 teaspoons honey
- Sea salt and ground black pepper to taste
- 1/4 cup dried cranberries
- 1/4 cup pine nuts

## **Instructions:**

- In large serving bowl, add the kale, half of lemon juice, and a little kosher salt. Massage until the kale starts to soften and wilt, 2 to 3 minutes. Set aside while you make the dressing.
- In a small bowl, whisk remaining lemon juice with the honey and lots of freshly ground black pepper.
- Toss kale with dressing, add dried cranberries and pine nuts.



# Grapefruit & Mint Salad

**Serves:** 1

**Ingredients:**

- 1 grapefruit, peeled and cut into wedges, juice reserved
- Fresh mint, chopped
- 1 teaspoon honey

**Instructions:**

- In a medium bowl, add grapefruit wedges, juice, honey and mint. Stir to combine.



# Watermelon & Mint Salad

**Serves: 2**

## **Ingredients:**

- 2 cups melon, cubed
- 1 lime, juiced and zested
- 4-5 mint leaves - about 1/4 oz., chopped
- 1 1/4 tablespoon maple syrup

## **Instructions:**

- Mix lime juice, zest and sweetener. Drizzle over watermelon.
- Sprinkle chopped mint over the top and serve.

# SMOOTHIE RECIPES



# Apple Blueberry & Kale Smoothie

**Serves: 1**

**Ingredients:**

- 1 green apple, chopped
- 1 cup baby kale
- 1 cup blueberries (fresh or frozen)
- 1 cup water
- Handful of ice, if desired

**Instructions:**

- Add all ingredients to blender and blend until smooth.





# The OG Smoothie

**Serves:** 1

**Ingredients:**

- 1 cup fresh/frozen mango
- 1 carrot, chopped
- 1 cup water or coconut water
- 1/2-inch piece ginger, peeled and chopped (optional)
- Handful of ice, if desired

**Instructions:**

- Add all ingredients to blender and blend until smooth.



# Sunrise Smoothie

**Serves:** 1

**Ingredients:**

- 1 orange
- 8 strawberries
- 1/2 cup pineapple
- 1 cup light coconut milk
- Handful of ice, if desired

**Instructions:**

- Place all the ingredients in a blender and blend until smooth.



# Spinach, Peach & Mango Smoothie

**Serves: 1**

**Ingredients:**

- 2 cups spinach
- 1 cup mango
- 1 peach
- 1/2 teaspoon vanilla extract
- 1 cup coconut water
- Handful of ice, if desired

**Instructions:**

- Place all the ingredients in a blender and blend until smooth.



# Aussie Smoothie

**Serves: 1**

**Ingredients:**

- 1 kiwi
- 1 cup grapes
- 1/2 cup pineapple
- 1 cup kale
- 1 tablespoon flax
- 1 cup water
- Handful of ice, if desired

**Instructions:**

- Place all the ingredients in a blender and blend until smooth.





# Immune Boosting Smoothie

**Serves: 2**

**Ingredients:**

- 2 oranges
- 1/2 lemon
- 1 grapefruit
- 1" piece of ginger
- 2 tablespoons maple syrup (optional)
- Handful of ice, if desired

**Instructions:**

- Add all ingredients to blender and blend until smooth.



# Pineapple, Kiwi Delight

**Serves:** 1

**Ingredients:**

- 1/2 cup pineapple
- 1 whole, peeled kiwi
- 1/2 cup green grapes
- 1/2 head of romaine lettuce
- 1/2 cup filtered water
- Handful of ice, if desired

**Instructions:**

- Add all ingredients to blender and blend until smooth.



# Sunshine Daydream Smoothie

**Serves:** 1

**Ingredients:**

- 1 whole mango, peeled & cubed
- 1/2 papaya, peeled & cubed
- 1/4 lemon, cut (rind optional)
- 1 cup coconut water
- Handful of ice, if desired

**Instructions:**

- Add all ingredients to blender and blend until smooth.



# Avo-Choco Smoothie

**Serves:** 1

**Ingredients:**

- 1 cup unsweetened plant milk
- 1/2 avocado
- 3-4 pitted Medjool dates
- 2 tablespoons cacao powder

**Instructions:**

- Add all ingredients to blender and blend until smooth.





# The Go-To Smoothie

**Serves:** 2

**Ingredients:**

- 1 tart apple (ex: Granny Smith)
- 1 lemon
- 2 handfuls of spinach
- 1 stalk celery
- 1/2 banana
- 2 cups water

**Instructions:**

- Add all ingredients to blender and blend until smooth.



# Blueberry Cherry Smoothie

**Serves: 2**

**Ingredients:**

- 1 cup blueberries
- 1 cup cherries
- 3 tablespoons hemp hearts
- 1 cup water
- Handful of ice, if desired

**Instructions:**

- Add all ingredients to blender and blend until smooth.



# Pineapple Slushy

. Serves: 1

## Ingredients:

- 8 oz. pineapple, cut into wedges
- 1/2 cup unsweetened plant yogurt
- 1 tablespoon maple syrup/honey

## Instructions:

- Add all ingredients to blender and blend until smooth



# Carrot Strawberry & Orange Smoothie

**Serves: 1**

**Ingredients:**

- 2 carrots
- 1/2 cup strawberries
- 1 orange, peeled
- 1.5 cups water

**Instructions:**

- Add all ingredients to blender and blend until smooth.





# Blueberry Lemon Cooler

**Serves:** 1

**Ingredients:**

- 1 cup blueberries
- 1 whole lemon, peeled
- 1/2 cup spinach
- 3-4 ice cubes

**Instructions:**

- Add all ingredients to blender and blend until smooth.



# Green Berry Smoothie

**Serves: 1**

**Ingredients:**

- 1/2 cup raspberries
- 1/2 cup blackberries
- 1 handful kale
- 1/2 avocado
- 1/2 fresh squeezed lime juice
- Handful of ice, if desired

**Instructions:**

- Add all ingredients to blender and blend until smooth.



# Orange Razzmatazz

**Serves: 1**

**Ingredients:**

- 1 orange
- 1/2 cup raspberries
- 1" piece of ginger
- 1/2 cup water
- 2-3 ice cubes

**Instructions:**

- Add all ingredients to blender and blend until smooth.

# SNACKS RECIPES





# Chocolate Covered Frozen Banana

**Serves: 2**

## **Ingredients:**

- Ingredients
- 1 banana
- 3 tablespoons (vegan) dark chocolate chips

## **Instructions:**

- Melt chocolate in a small glass bowl in the microwave, at 20 second intervals, stirring after each to prevent overheating. Melt until smooth.
- Cut bananas into 2" chunks.
- Add banana pieces to melted chocolate. Stir to combine.
- Place chocolate covered banana slices on parchment lined plate.
- Freeze for 1 hour.



# Baked Apples with Cinnamon & Walnuts

**Serves: 2**

## **Ingredients:**

- 2 large baking apples, such as Honeycrisp
- 2 tablespoons maple syrup
- 1/2 teaspoon cinnamon
- 1/4 cup chopped walnuts

## **Instructions:**

- Preheat the oven to 375 degrees.
- Wash and core apples, leaving enough of the core at the base of the apple to contain the filling.
- Combine syrup, cinnamon and chopped walnuts in a small bowl.
- Divide equal portions of the mixture between each apple to fill the core.
- Fill a baking dish with enough to cover the bottom.
- Place the apples upright in the dish. Bake until the apples are soft and the filling is browned, about 1 hour.



# Popcorn with Nooch

**Serves: 2**

## **Ingredients:**

- 1/2 cup organic popcorn kernels
- 1/4 cup nutritional yeast, or more/less to taste
- Salt, to taste

## **Instructions:**

- In a large (lidded) pot over medium high heat, add corn kernels. Cover.
- In a small bowl combine cinnamon, coconut sugar, and salt.
- When kernels begin to pop, shake continuously until kernels stop popping (about 3 minutes).
- Transfer to a large bowl. Toss with cinnamon, sugar and salt mixture.



# Raspberry Sorbet

**Serves: 4**

**Ingredients:**

- 16 oz. raspberries, washed
- 2 tablespoons maple syrup

**Instructions:**

- Freeze the raspberries for about an hour, or until they're very firm.
- Combine the frozen berries and sweetener in a food processor or powerful blender and process until smooth and creamy. Taste and add more sweetener if desired. Process after each addition.
- Enjoy soft, or transfer to a freezer safe container and let it firm up for about an hour.





# Banana Sushi

**Serves:** 1

**Ingredients:**

- 1 banana
- 2 tablespoons cashew nut butter

**Instructions:**

- Slice banana in half, lengthwise
- Spread cashew butter on each flat side of the banana



# Strawberry Nice Cream

**Serves: 2**

## **Ingredients:**

- 2 bananas, sliced and frozen
- 1 cup strawberries, sliced in half and frozen
- 2 tablespoons unsweetened plant milk
- 1 teaspoon vanilla extract

## **Instructions:**

- Peel and chop your bananas. Freeze.
- Wash, hull and cut strawberries in half. Freeze.
- Put all ingredients in a high-powered blender, puree until smooth.
- Eat right away, or transfer to a container and freeze for an hour.



# Celery with Almond Butter & Raisins (Ants on a Log)

**Serves: 2**

**Ingredients:**

- 2 stalks of celery, washed and dried
- 2 tablespoons almond butter (or any nut/seed butter)
- 2-3 teaspoons raisins

**Instructions:**

- Fill celery stalks with almond butter, top with raisins.



# Chocolate PB Banana Bites

**Serves: 2-4**

## **Ingredients:**

- 2 large bananas, peeled and sliced in half
- 4 tablespoons peanut butter
- 4 tablespoons (vegan) dark chocolate chips
- Sea salt, pinch

## **Instructions:**

- Carefully spread a thin layer of peanut butter on each banana half
- In a small saucepan, gently melt the chocolate chips on low heat, stirring frequently.
- Drizzle chocolate over each banana.
- Sprinkle sea salt on top.
- Freeze before serving.





# Kale Chips

**Serves: 2**

**Ingredients:**

- 1 bunch of kale
- 1 teaspoon seasoning salt

**Instructions:**

- Preheat oven to 350 degrees.
- Line a baking sheet with parchment paper.
- Wash and destem kale. Thoroughly dry. Cut/tear into large pieces.
- In a large bowl, combine kale and seasoning salt. Toss well massaging a little bit to incorporate seasonings onto kale.
- Put kale on baking sheet and bake until the edges are brown but not burnt, about 10 to 15 minutes.



# Sweet & Salty Popcorn

**Serves:** 1

**Ingredients:**

- 4 tablespoons organic popcorn kernels
- 1/2 teaspoon cinnamon
- 2 teaspoons coconut sugar
- 1/2 teaspoon salt

**Instructions:**

- In a large (lidded) pot over medium high heat, add corn kernels. Cover.
- In a small bowl combine cinnamon, coconut sugar, and salt.
- When kernels begin to pop, shake continuously until kernels stop popping (about 3 minutes).
- Transfer to a large bowl. Toss with cinnamon, sugar and salt mixture.



# Buckwheat Crackers w/ Nut Butter

**Yield: 60 crackers**

## **Ingredients:**

- 1.5 cups buckwheat flour (note: buckwheat is gluten free)
- 2 tablespoons flaxseeds
- 1/4 teaspoon baking powder
- 1 tablespoon fresh rosemary, finely chopped
- 1/2 teaspoon sea salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon smoked paprika
- 1 teaspoon honey
- 4 tablespoons water (plus or minus depending on consistency)
- Nut butter of choice

## **Instructions:**

- Preheat oven to 350 degrees.
- Add all of the ingredients, except water, into a food processor and pulse until thoroughly combined.
- Add water, 1 tablespoon at a time, pulsing until it forms dough.
- Transfer dough to a parchment lined cookie sheet. Top dough with a second piece of parchment paper. Using a rolling pin, roll out dough to about 1/8th inch thick.
- Remove the top piece of parchment. Cut dough into cracker sized pieces.
- Bake for about 30 minutes or until golden brown. Watch carefully to avoid burning.
- Serve with nut butter.



# Dark Chocolate Dipped Strawberries

**Serves:** 1

**Ingredients:**

- 1/4 cup (vegan) dark chocolate chips
- 5-6 strawberries, washed and dried well

**Instructions:**

- Melt chocolate in the microwave at 20 second intervals, stirring after each interval, until completely melted.
- Dip strawberries into chocolate.
- Set chocolate covered strawberries on parchment lined plate.
- Refrigerate until ready to serve.





# Almond Butter Power Bites

**Yield: 6**

## **Ingredients:**

- 1/2 cup old fashioned oats
- 1/4 cup chopped dates
- 1/3 cup almond butter
- 2 teaspoons chia seeds
- 3 tablespoons honey
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon cinnamon

## **Instructions:**

- Place all ingredients in food processor and pulse until well combined, scraping sides as needed.
- Using hands, shape into balls and store in a covered container



# Raspberry Ice

**Serves: 2**

**Ingredients:**

- 1.5 cup raspberries
- 1/3 cup water
- 2 tablespoons maple syrup/honey

**Instructions:**

- Add all ingredients to blender and blend until smooth.
- Serve or freeze for later.



# Blueberry Chia Pudding

**Serves:** 1

**Ingredients:**

- 1/2 cup blueberries
- 2 tablespoons chia seeds
- 1/2 cup unsweetened plant milk
- 1 teaspoon maple syrup

**Instructions:**

- Add all ingredients to blender and blend until smooth.
- Refrigerate for at least 4 hours.



# Coconut Lemon Energy Bites

**Yield: 15**

## **Ingredients:**

- 1.5 cups raw cashews
- 2 tablespoons chia seeds
- 1 cup shredded coconut
- Zest from 1 lemon
- 1/4 cup lemon juice
- 1 cup dates, pitted
- 2 tablespoons water
- 1 pinch of sea salt
- Optional: 1/4 teaspoon ground turmeric and/or ground ginger.

## **Instructions:**

- Add all the ingredients to a food processor and pulse until combined.
- Roll into balls.
- Refrigerate before serving.





# Power Bites

**Yield:** 24

## **Ingredients:**

- 3/4 cup almond butter
- 1/4 cup maple syrup
- Water, as needed
- 1 cup old fashioned oats
- 1 cup dried figs, diced

## **Instructions:**

- Melt the first two ingredients on a low stove in a saucepan.
- Stir in oats and figs. Add water one tablespoon at a time if needed for consistency.
- Scoop in tablespoons onto a sheet tray lined with parchment or in a mini muffin tin.
- Refrigerate for at least an hour.
- Store in airtight container in refrigerator for up to 7 days or in the freezer for up to a month.



# Strawberry Sorbet

**Serves: 4**

**Ingredients:**

- 16 oz. strawberries, hulled and cut in half
- 1 drop stevia

**Instructions:**

- Freeze the strawberries for about an hour, or until they're very firm.
- Combine the frozen berries and sweetener in a food processor or powerful blender and process until smooth and creamy. Taste and add more sweetener if desired. Process after each addition.
- Enjoy soft, or transfer to a freezer safe container and let it firm up for about an hour.



# Golden Milk Latte

**Serves:** 1

**Ingredients:**

- 1 cup of unsweetened plant milk
- 1/4 to 1/2 teaspoon of organic turmeric powder
- Pinch of black pepper
- Large pinch of ginger, cinnamon and nutmeg (optional)
- Maple syrup, to taste (optional)

**Instructions:**

- Heat milk in a small pot.
- Add remaining ingredients and whisk well to combine.



# Baked Plum Crumble

**Serves: 4**

## **Ingredients:**

- 6 plums, sliced in 1/2" pieces
- 1/2 cup oatmeal
- 1/2 cup gluten free flour
- 1/3 cup maple syrup
- 1/4 cup pecans
- 1 tablespoon lemon juice
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- Pinch of salt

## **Instructions:**

- Preheat oven to 350 degrees.
- Line baking dish with parchment paper.
- Slice the plums and put them in a small bowl.
- Sprinkle the plums with lemon juice and 1 tablespoon of the maple syrup.
- Mix the pecans, flour, remaining maple syrup, vanilla extract, oatmeal, salt and the cinnamon in a food processor and pulse a few times. Add a tablespoon (or more) of water for desired consistency.
- Spread the crumble over the plums. Bake for 20-25 minutes





# PB Cookie Dough Bites

Yield: 12

## Ingredients:

- 1 1/2 cups old fashioned oats
- 1/4 cup peanut butter (or other nut/seed butter)
- 1/4 maple syrup
- 1 teaspoon vanilla extract
- 1/4 cup shredded coconut
- 1/4 teaspoon sea salt
- 1/8 cup mini (vegan) dark chocolate chips

## Instructions:

- In a food processor, combine oats, peanut butter, maple syrup, vanilla, coconut, and salt.
- Pour mixture into a bowl.
- Stir in chocolate chips.
- Roll dough into small balls.
- Refrigerate before serving.

# Watermelon Granita

**Serves: 2**

**Ingredients:**

2 cups watermelon

**Instructions:**

- In a blender, puree watermelon and freeze for at least two hours.
- Eat when frozen and slushy.



# Kettle Corn

**Serves: 2-4**

## **Ingredients:**

- 1/4 cup corn kernels
- 2 tablespoons maple syrup
- 1 teaspoon salt

## **Instructions:**

- In a large (lidded) pot over medium high heat, add popcorn and cover with lid.
- When kernels begin to pop, shake continuously until kernels stop popping.
- Transfer to a large bowl. Toss with maple syrup and salt.



# Yogurt Covered Mango

**Serves:** 1

**Ingredients:**

- 1 mango, peeled and cut into bite sized pieces
- 6 oz. coconut yogurt (or any plant yogurt of choice)

**Instructions:**

- In a medium bowl, toss yogurt with mango.
- Place on parchment lined plate and freeze for at least 30 minutes.



# Roasted Spiced Cashews

**Yield:** 1/2 pound

## **Ingredients:**

- 1 cup raw cashews (can usually be found in bulk food section)
- 1-2 tablespoons maple syrup
- 1/2 tablespoon finely chopped fresh rosemary
- 1/2 tablespoon kosher salt
- 1/2 teaspoon paprika
- 1/2 teaspoon black pepper
- 1/4 teaspoon chili powder (omit if no nightshades)

## **Instructions:**

- Preheat oven to 400 degrees.
- Line baking sheet with parchment paper.
- Spread raw cashews over baking sheet and bake 7-9 minutes until slightly golden.
- In a small bowl, combine maple syrup and spices.
- Add cashews. Stir to combine.
- Spread mixture on previously used baking sheet, cook for 5 more minutes.
- Cool on parchment lined baking sheet.





# Peach Granita

**Serves: 2**

**Ingredients:**

- 3 peaches, peeled and cut

**Instructions:**

- Puree peaches in blender or food processor.
- Freeze in lidded container for at least 1 hour.
- Enjoy when slushy.

# Almond Stuffed Dates

**Serves:** 1

**Ingredients:**

- 4 Medjool dates, pitted
- 4 - 8 Almonds
- 1 tablespoon Chinese Five Spice (substitute with cinnamon if no nightshades)

**Instructions:**

- Stuff 1-2 almonds in each date, toss in a small bowl with Chinese Five Spice.



# Chai Spiced Latte

**Serves: 2**

## **Ingredients:**

- 1 cup water
- 1 cup unsweetened plant milk
- 1/2 teaspoon ground ginger
- 4 green cardamom pods, crushed
- 2 cinnamon sticks, broken in half
- 2 star anise, broken into pieces
- 4 whole cloves
- 4 black tea bags (or 2 heaping tablespoons loose leaf black tea)
- Dash of black pepper
- Maple syrup (optional)

## **Instructions:**

- Place water, plant milk and spices in a small pot. Bring to a boil. Simmer for a few minutes and strain.
- Add optional maple syrup to sweeten.
- Remove from heat and add tea bags. Cover and steep 3 to 5 minutes.



# Vanana Chia Pudding

**Serves: 3-4**

## **Ingredients:**

- 2 ripe bananas
- 1 can coconut milk
- 1 teaspoon vanilla
- 1/4 cup chia seeds

## **Instructions:**

For textured pudding:

- Combine one banana, coconut milk and vanilla in a blender. Puree until smooth.
- Combine blended ingredients with chia seeds in a small covered container.
- Refrigerate overnight.
- Serve with fresh banana slices on top.

For smooth pudding:

- Add all ingredients to blender and blend until well combined and seeds are broken down.
- Put in a small covered container and refrigerate overnight.
- Serve with fresh banana slices on top.





# Dark Chocolate Covered Raspberries

**Serves: 2**

**Ingredients:**

- 1 pint raspberries, washed and dried very well
- 1/4 cup (vegan) dark chocolate chips, melted

**Instructions:**

- Melt chocolate in the microwave at 20 second intervals, stirring after each interval, until completely melted.
- Add raspberries to melted chocolate, stir to combine.

# DRESSING & DIP RECIPES

# Green Goddess

**Yield: 1.5 cups**

## **Ingredients:**

- 1 clove garlic
- 1 cup arugula
- 1/4 cup fresh basil
- 1/4 cup fresh parsley
- 1 avocado
- 1 tablespoon apple cider vinegar
- 1 tablespoon lemon juice
- 1 teaspoon tamari
- Water, to desired consistency
- Salt to taste

## **Instructions:**

- Add all ingredients, except water and salt, into a blender.
- Blend until smooth.
- Slowly add water until desired consistency is reached.
- Add salt to taste.

# Tzatziki

**Yield:** 1.5 cups

## **Ingredients:**

- 1 cucumber, seeds removed and finely diced (or grated and squeezed to remove liquid)
- 1 cup soaked cashews (or plain coconut yogurt – see note below)
- 2 garlic cloves, finely minced or grated
- 1/2 lemon, juiced
- 1/4 cup fresh dill
- 1 tablespoon fresh mint (optional)
- Salt and pepper to taste

## **Instructions:**

- Add cashews, garlic, lemon juice and dill to a blender. Pulse to combine. Pour/scrape into a bowl.
- Stir in cucumber.
- Add salt and pepper to taste.
- Chill before serving.

Note: if using plain coconut yogurt instead of cashews, omit the blender step and just combine ingredients in a bowl.