



Recipe Roundup

HEALTHY MEAL IDEAS FOR JANUARY



recipes for the month



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Breakfast

I D E A S

BANANA BREAD

Oatmeal Bowl



INGREDIENTS:

1 banana, mashed
1 cup unsweet vanilla almond milk
1/4 cup chopped walnuts
3 Tbsp chia seeds
3 Tbsp hemp seeds
3 Tbsp flax seeds
2 Tbsp pure maple syrup
1 tsp pure vanilla extract
a couple pinches of sea salt

*for topping - sliced banana,
chopped nuts, creamy nut butter,
cacao nibs and/or cinnamon

DIRECTIONS:

1. Mash the banana in a bowl or container with a lid.
2. Add the rest of the ingredients, cover and shake it all together.
3. Place in the fridge overnight.
4. In the morning, separate the mixture into two smaller bowls and top with your desired toppings. Enjoy!

SERVES: 2

CHOCOLATE

Oatmeal



INGREDIENTS:

1/2 cup old-fashioned rolled oats
1 Tbsp unsweet cocoa powder
1 Tbsp dark chocolate chips
1/4 tsp cinnamon
1/2 cup cold water
1/2 cup unsweet almond milk
1/2 tsp pure vanilla extract
1 Tbsp pure maple syrup
pinch of sea salt

*for serving - sliced almonds, chopped nuts, berries, peanut butter, coconut flakes and/or dark chocolate shavings

DIRECTIONS:

1. In a small bowl whisk together the oats, cocoa, chocolate chips, cinnamon and salt. Set aside.
2. In a small saucepan, add the milk and cold water. Bring to a light boil.
3. Reduce to low heat and stir in the dry ingredients. Cook stirring occasionally until all the liquid is almost absorbed.
4. Remove from heat and stir in the vanilla and maple syrup. Cover and set aside for a few minutes until thick and creamy.
5. Serve with your favorite toppings and enjoy!

SERVES: 1

SPINACH + ARTICHOKE

Plant-based Quiche



INGREDIENTS:

2 large tortillas
cooking spray
1 Tbsp extra virgin olive oil
1/2 large onion, chopped
3 garlic cloves, minced
2 cups fresh spinach
14 oz organic soft tofu
1/2 cup nutritional yeast
1 tsp dijon mustard
juice of 1 lemon
1 tsp dried basil
1/2 tsp turmeric
sea salt & black pepper, to taste
14 oz can artichokes, drained & chopped

DIRECTIONS:

1. Preheat oven to 350 F.
2. Grease a pie plate with the cooking spray.
3. Rip the 2 tortillas in half and arrange them so that the bottom and sides are covered.
4. Bake for 15 minutes and make sure they are staying put and not bubbling. Break any bubbles that form.
5. While the crust is baking, heat the oil in a large pan. Add the onion and cook until translucent. Add the garlic and cook another few minutes. Stir in the spinach and cook until it is wilted. Remove from the heat.
6. In a food processor, add the tofu, yeast, lemon juice and spices. Process until smooth.
7. Add the artichokes and onion mixture to the processor and pulse 20 times until mixed.
8. Pour the mixture into the pie pan and bake for 45 minutes more.

SERVES: 4

POTATO & TOFU

Breakfast Tacos



INGREDIENTS:

2 medium red potatoes, peeled & cubed
1 tsp garlic powder
1/2 tsp thyme
1/2 tsp sage
1/4 tsp paprika
pinch of cayenne
sea salt, to taste

corn tortilla shells

*optional add-ins - tofu scramble,
tempeh crumbles, tomatoes, sour cream,
cheese, salsa, avocado, black beans,
chickpeas, shredded lettuce

DIRECTIONS:

1. Preheat oven to 450F.
2. Toss the potatoes with the seasonings then spread them out evenly on a baking sheet lined with parchment paper.
3. Bake for 30 minutes, tossing halfway.
4. In the meantime, prep anything else you want in your tacos.
5. Once the potatoes are done, scoop them into your shells along with your other toppings and enjoy!

SERVES: 6

SAVORY OATMEAL

Taco Bowl



INGREDIENTS:

1 tsp extra virgin olive oil
2 garlic cloves, minced
3/4 quick cooking oats
1/2 tsp taco seasoning
1/4 tsp paprika
1 tsp lime juice
2 cups filtered water
sea salt, to taste

*for serving -

corn
avocado
jalapeno
fresh salsa
black or pinto beans
cilantro

DIRECTIONS:

1. Heat oil in a pot and add the garlic. Cook for 1 minute or until fragrant.
2. Add in the oats, taco seasoning, paprika, lime juice, water and salt. Mix well and bring everything to a boil. Simmer for a few minutes until the oats are cooked and the mixture has thickened up. About 3-5 minutes.
3. Top with your favorite taco toppings like corn, salsa, jalapeno, avocado and beans.
4. Serve hot and enjoy!

SERVES: 1

SPICY KALE

Potato Hash



INGREDIENTS:

3 Tbsp extra virgin olive oil, divided
1 large sweet potato, cut into cubes
1 large russet potato, cut into cubes
1 medium onion, diced
1/2 tsp sea salt, or to taste
2 cups kale, chopped
1/2 tsp cumin
1 jalapeno, sliced
3 stalks spring onions, sliced
1/4 cup cilantro, chopped

*for serving - salsa

DIRECTIONS:

1. Heat 2 Tbsp oil in a large skillet over a medium low heat. Spread out the potatoes over the bottom of the pan as evenly as possible, cover and let cook about 10 minutes.
2. Add the remaining oil and diced onions to the potatoes and sprinkle with about 1/2 teaspoon salt. Sauté 4-5 minutes until the onions are soft and starting to golden. Add the kale and cumin and stir until the kale starts to wilt.
3. Add the jalapeño and spring onions and stir. Cook until the added veggies begin to soften.
4. Taste and season with more salt as needed. Sprinkle the chopped cilantro over the top along with extra spring onions if you like.
5. Serve along with a salsa verde, hot sauce or enjoy as is!

SERVES: 3-4

SWEET POTATO & LENTIL

Breakfast Quesadillas



INGREDIENTS:

3 large sweet potatoes
2 red onions, finely chopped
2 cans cooked green lentils
1 tsp ground cumin
1 tsp smoked paprika
1-2 tsp hot chilli powder
1 pint chopped tomatoes
1/2 cup veggie broth
12 plain tortilla wraps
non-dairy shredded cheese

*for serving - non-dairy sour cream and salsa

DIRECTIONS:

1. Heat oven to 400F and prick the sweet potatoes with a knife or fork. Place them on a baking sheet covered with parchment paper.
2. Add the onion with a little oil in a skillet and cook over medium heat until translucent. Then add the cumin, paprika and chili; mix well.
3. Drain the lentils and add to the pan with the veggie broth. Gently simmer until most of the liquid is absorbed. Add in the tomatoes. Leave to simmer for about 10 minutes or until thickened.
4. Check the potatoes and when they are tender, remove. Scoop out the flesh and add it to the pan. Mix well.
5. Dry heat a separate skillet for your tortillas on medium-high. Place one tortilla in the pan and top with cheese. Add a few Tbsp of the potato/lentil mixture, spread it evenly then add more cheese. Let it cook for a few minutes until the bottom is golden brown. Add another tortilla on top and flip over. Cook again until golden.
6. Repeat with the remaining tortillas. Cut each into 6 slices and serve as desired.

SERVES: 6

COLD BREW

Chia Pudding



INGREDIENTS:

2/3 (scant) cup chia seeds
2/3 cup hemp seeds
1 cup full fat, unsweet coconut milk
2 cups cold brew coffee
2 tsp pure vanilla extract
2 tsp pure maple syrup
1/2 tsp sea salt
1 tsp cinnamon
1/4 cup coconut butter (optional)

DIRECTIONS:

1. In a large bowl whisk together the chia seeds and hemp seeds.
2. Add in the coconut milk, cold brew, vanilla, syrup, salt, and cinnamon, whisk continuously for 1 minute. Set aside.
3. In a small skillet melt the coconut butter over medium heat until it smells toasty and a few parts are lightly browned.
4. Begin whisking the chia seed pudding again and add in the toasted coconut butter.
5. Whisk for one minute, then distribute the pudding between 3 containers or jars.
6. Close with lids and let them set in the fridge at least 4 hours before enjoying!

SERVES: 3



Lunch

I D E A S

CRANBERRY APPLE

Chickpea Sandwich



INGREDIENTS:

3 cups chickpeas
1 celery rib, chopped
1/2 cup apple, diced
1/2 cup dried cranberries
1/3 cup pecans, chopped
5 oz container coconut yogurt
2 tsp mustard
2 tsp fresh lemon juice
1/8 tsp onion powder
sea salt & black pepper, to taste

*for serving - bread, pita and/or any add'l toppings if desired

DIRECTIONS:

1. In a small bowl, whisk together the yogurt, mustard, lemon juice, onion powder, salt and pepper. Set aside.
2. Roughly smash the chickpeas using a fork or pulse in a food processor. Sprinkle with a little salt and stir.
3. In a large bowl combine all ingredients and drizzle with the yogurt mixture. Gently mix to coat.
4. Cover and refrigerate for at least 30 minutes before serving.
5. Assemble your sandwiches with your chickpea filling and any other toppings such as spinach or lettuce and enjoy!

SERVES: 5-6

EGGPLANT

Sandwich



INGREDIENTS:

SANDWICH

1 eggplant, peeled, sliced & pre-soaked in salted water
2 large panini or ciabatta buns
1 large tomato, sliced
1/2 cucumber, sliced
1/2 cup arugula or green leaf lettuce

*optional - mayo or hummus

MARINADE

1 Tbsp extra virgin olive oil
1 Tbsp soy or tamari sauce
1 tsp pure maple syrup
1 tsp smoked paprika
1/4 tsp sea salt
1/4 tsp black pepper

DIRECTIONS:

1. Preheat oven to 350F degrees and line a baking sheet with parchment paper.
2. Mix all of the marinade ingredients in a small bowl then brush it over the eggplant slices or allow the slices to sit in the marinade for 15-20 minutes.
3. Place the slices on the baking sheet and bake for 20-25 minutes.
4. To make your sandwiches, start by slicing your bread in half lengthwise.
5. Spread a thin layer of mayo or hummus, add a layer of eggplant slices, followed by tomato, cucumber, sprinkle of salt & pepper, arugula/lettuce and cover with the other half of your bread.
6. Optional - cover with foil and toast the sandwiches on a grill. Once you remove, cut through the foil in half to enjoy right away or leave to take with you on the go.

SERVES: 4

PESTO

Spaghetti Squash



INGREDIENTS:

1 large spaghetti squash
2 tsp fresh lemon juice
1-2 Tbsp pesto sauce

PESTO

2 cups fresh basil
3 Tbsp raw walnuts or sunflower seeds
3 large garlic cloves
4 Tbsp lemon juice
3-4 Tbsp nutritional yeast
1/2 tsp sea salt
2-3 Tbsp extra virgin olive oil
3-6 Tbsp of filtered water

DIRECTIONS:

1. Preheat the oven to 400F.
2. Slice the spaghetti squash in half lengthwise and scoop out the seeds.
3. Drizzle the inside with fresh lemon juice and sprinkle with salt & pepper.
4. Place the squash cut sides down on a baking sheet lined with parchment paper. Use a fork to poke holes in it.
5. Roast for 30-40 minutes or until lightly browned on the outside and fork tender.
6. Remove from oven and flip so the cut sides are up.
7. When cool to touch, use a fork to scrape and fluff out the strands.
8. Place the strands into a large bowl and pour the 1-2 Tbsp pesto sauce over top. Toss to coat.
9. Evenly divide the spaghetti squash between four serving bowls and enjoy!

SERVES: 4

30 MINUTE

Zucchini Fritters



INGREDIENTS:

2 lbs zucchini, shredded
1 tsp sea salt
2 Tbsp ground flaxseeds
5 Tbsp filtered water
1/2 cup all purpose flour
1/4 cup cornstarch
1 tsp baking powder
4 green onions, finely chopped
2 Tbsp fresh dill or parsley
extra virgin olive oil, for frying

*for serving - with sour cream or your favorite dipping sauce

DIRECTIONS:

1. Trim the ends of your zucchini and shred using the large holes of a grater.
2. Place the shreds in a strainer over the sink and toss with salt. Let sit 10 min.
3. In a large mixing bowl, add the ground flaxseed and water. Stir and allow to thicken for a few minutes.
4. Once zucchini has rested, use your hands to squeeze out any excess liquid. Then place the zucchini into the bowl with the flaxseed mixture.
5. Add the flour, cornstarch, baking powder, green onions and herbs. Stir until well incorporated.
6. In a large pan, heat 3-4 Tbsp of oil over medium heat. When it is hot add about 2 Tbsp of the zucchini mixture and flatten with a spatula or spoon.
7. Fry for 2-3 minutes then flip and cook another 2-3 minutes or until golden brown.
8. Repeat with all of the mixture, adding more oil as needed.
9. Place them on a plate lined with a paper towel and enjoy!

SERVES: 4

RAISIN

Carrot Salad



INGREDIENTS:

1lb grated carrots (or shredded)
1/2 cup golden dried raisins
2 Tbsp pumpkin seeds
2 Tbsp sliced almonds
2 Tbsp chopped pecans
2 Tbsp fresh parsley

DRESSING

1/4 cup extra virgin olive oil
1 tsp dijon mustard
2 Tbsp lemon juice
1 Tbsp orange juice
1/4 tsp garlic powder
1/2 tsp pure maple syrup
1 tsp sea salt
1/4 tsp cumin
1/4 tsp turmeric
1/2 tsp curry powder

DIRECTIONS:

1. First add the nuts and seeds to a non-stick pan and toast until fragrant. Season with salt and remove to cool.
2. Trim, peel and grate your carrots either using a hand grater or food processor. Then place the carrots in a large salad bowl. Set aside in the fridge.
3. Add all dressing ingredients to a bowl and whisk to combine. Set aside.
4. To assemble, top the carrots with the raisins, parsley, seeds and nuts. Add the dressing then toss to evenly blend.
5. Refrigerate for at least an hour to increase the flavor then serve immediately.

SERVES: 8

RAW BRUSSELS

Sprouts Salad



INGREDIENTS:

SALAD

4 cups brussels sprouts
1 cup sliced almonds
1/2 cup dried cranberries
10 sun-dried tomatoes
1 small handful of parsley
1 apple, diced
1 avocado, diced

DRESSING

3 Tbsp extra virgin olive oil
3 Tbsp lemon juice
2 tsp dijon mustard
4 tsp pure maple syrup
sea salt & black pepper, to taste

DIRECTIONS:

1. Wash the sprouts and remove any outer leaves if necessary. Then, using a mandolin, or a slicer attachment on a food processor, slice the sprouts into thin shreds. Place into a large bowl.
2. Add the sliced almonds to the sprouts, along with the dried cranberries. Then finely slice the sun-dried tomatoes and parsley to add too.
3. Whisk together all the ingredients for the dressing and pour over the salad. Mix everything together well.
4. When ready to serve add the avocado and enjoy!

SERVES: 6

CAULIFLOWER ASPARAGUS

Tabbouleh



INGREDIENTS:

1 bunch asparagus
4 Tbsp extra virgin olive oil, divided
1 tsp sea salt, divided
1 medium cauliflower
1 cup grape tomatoes, halved
1/4 cup flat-leaf parsley, chopped
2 green onions, chopped
2 Tbsp mint, finely chopped
2 Tbsp lemon juice
sea salt & black pepper, to taste

DIRECTIONS:

1. Preheat oven to 400F and line a baking sheet with parchment paper.
2. Toss the asparagus with 2 Tbsp of oil and 1/2 tsp of sea salt. Place them on the baking sheet and roast for 15 minutes.
3. While the asparagus is cooking, cut your cauliflower into florets. Put the florets through your food processor with the shredding attachment to make "rice"
4. Place the "rice" in a large skillet with 2 Tbsp oil over medium-high heat. Cook for about 5 minutes stirring occasionally.
5. Turn the heat to low and continue to keep warm, stirring occasionally.
6. Rinse out your processor. Remove the asparagus and place them in the processor with the regular blade.
7. Add the garlic and remaining salt. Process until finely chopped
8. Add the asparagus to the cooked rice along with the rest of the ingredients. Remove from heat.
9. Transfer to serving bowls and enjoy!

SERVES: 4

CASHEW DRESSING

Zoodle Salad



INGREDIENTS:

- 1 zucchini, spiralized
- 2 carrots, spiralized
- 1 tsp sea salt
- 2 kale leaves, chopped
- 1/2 red cabbage, shredded
- 1 red bell pepper, diced or thinly sliced
- 1 cup broccoli florets
- 1 green onion, chopped
- 2 Tbsp cilantro, chopped
- 1/2 cup raw cashews, chopped
- 3 Tbsp creamy cashew butter
- 3 Tbsp soy sauce
- 1 Tbsp pure maple syrup
- 1/2 Tbsp rice vinegar
- 1/2 Tbsp sesame oil
- 2 garlic cloves, minced

DIRECTIONS:

1. Spiralize your zucchini and carrots. Let them sit on a paper towel and sprinkle with sea salt.
2. Add the kale, cabbage, bell pepper, broccoli, green onion, cilantro and cashews to a large bowl.
3. In a jar with a lid, combine the cashew butter, soy sauce, syrup, vinegar, oil and minced garlic. Shake until combined.
4. Toss the zucchini and carrots with the rest of the vegetables.
5. Drizzle the dressing over the bowl and serve.

SERVES: 4



Dinner

I D E A S

PLANT PACKED

Grilled Taco Bowl



INGREDIENTS:

2/3 cup zucchini, sliced & halved
2/3 cup bell peppers, sliced
1/4 red onion, thinly sliced
2/3 cup mushrooms, sliced
handful of baby spinach, chopped
1/2 tsp salt
1-1/2 cup cooked rice
1 can black beans, drained & rinsed
3 Tbsp taco sauce

*for serving - tomato, diced,
guacamole, salsa, tortilla strips,
cheese, cilantro, lime wedges

DIRECTIONS:

1. Combine the cooked rice, beans and taco sauce in a microwave safe container and heat on high for 3 minutes.
2. Preheat your grill or skillet (high heat). Brush with olive oil.
3. Cook the peppers, onions and zucchini for about 5 minutes. Add the mushrooms and sprinkle with salt and cook another 5 minutes. Add spinach and cook until just wilted.
4. To serve, scoop 1/2 of the rice and bean mixture into a bowl and add 1/2 of the grilled veggies.
5. Top with additional items as desired.

SERVES: 2

PLANT-BASED

Cajun Pasta



INGREDIENTS:

2 Tbsp extra virgin olive oil
1 yellow onion, finely diced
4 garlic cloves, minced
1 can chickpeas, drained & rinsed
1 red bell pepper, cut into strips
1 green bell pepper, cut into strips
1-1/2 Tbsp cajun seasoning

12oz penne pasta, uncooked
2 Tbsp nutritional yeast
1 can fire-roasted diced tomatoes
1-1/2 cup veggie broth
1/2 cup coconut cream
1 Tbsp cornstarch

*for serving - fresh parsley, chopped

DIRECTIONS:

1. In a large skillet, warm the oil over medium heat. Add the onion and cook for 2 minutes.
2. Stir in the bell peppers, garlic, chickpeas and 1 Tbsp cajun seasoning. Cook for a few more minutes until the peppers are roasted. Remove and set aside on a plate.
3. In the same skillet, add the uncooked pasta, remaining 1/2 Tbsp cajun seasoning, nutritional yeast, veggie broth and tomatoes. Stir to combine. Cover and bring to a boil.
4. Once boiling, reduce to low and cook for 10-12 minutes, stirring frequently to prevent sticking. Cook until pasta is al-dente and sauce is thick.
5. Meanwhile, prepare the slurry. In a small bowl, whisk the coconut cream and cornstarch. Pour the slurry in the skillet along with the cooked peppers and chickpeas.
6. Stir to combine and cook for a few more minutes until sauce has thickened. Serve topped with parsley and enjoy!

SERVES: 6

TACO

Pasta Salad



INGREDIENTS:

16oz chickpea pasta shells
10oz pkg frozen corn
1 batch cashew mayo (pg #34 recipe)
juice of 2 limes
1-1/2 Tbsp taco seasoning
1 tsp sea salt
4 roma tomatoes, diced
1 can black beans, drained & rinsed
1/2 large red onion, diced
1/2 orange bell pepper, diced
1/2 cup cilantro, chopped

*for serving - add'l cilantro, avocado, salsa, cheese, tortilla chips, etc.

DIRECTIONS:

1. Cook the pasta according to the package directions. Drain and rinse with cold water.
2. While pasta is cooking, microwave the corn or cook in a small saucepan according to the package.
3. Wash and chop all your other ingredients as well as make the mayo dressing.
4. In a large bowl combine everything together and use a spatula to gently mix until coated.
5. Divide into serving bowls and top as desired.

SERVES: 6-8

CURRIED

Chickpeas & Rice



INGREDIENTS:

1 cup brown or white basmati rice
1/4 cup finely chopped green onions
1/4 tsp cumin seeds
1/4 tsp curry powder
1 tsp sea salt
1-1/2 cups cooked chickpeas
1 Tbsp fresh lime juice

DIRECTIONS:

1. Rinse the rice and add it to a saucepan with 2-1/2 cups of water. Bring to a boil over high heat and cook for 20 minutes.
2. Reduce heat to medium and simmer, covered for 10 minutes.
3. Add the green onions to a separate saucepan with 2 Tbsp of water and cook until soft. Add the seasonings and chickpeas; cook for another minute.
4. Add the cooked rice and cook for 1 more minute then remove from heat and add the lime juice.
5. Serve hot and enjoy!

SERVES: 4

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 ounces 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

CREAMY *Peanut Stew*



INGREDIENTS:

1 tsp extra virgin olive oil
1 onion, diced
5 garlic cloves, minced
1 red bell pepper, diced
1 jalapeno, diced
1 sweet potato, peeled & cubed
1 (28 oz) can diced tomatoes, with juice
sea salt & black pepper
1/3 cup creamy peanut butter
4 cups veggie broth
2 tsp chili powder
1/4 tsp cayenne pepper
1 (15 oz) can chickpeas, drained & rinsed
2 handfuls baby kale, torn

*garnish - crushed roasted peanuts,
cilantro or parsley

DIRECTIONS:

1. In a large saucepan over medium heat saute the onion and garlic with the oil for 5 minutes.
2. Add the pepper, jalapeno, sweet potato and tomatoes. Raise the heat to medium-high and simmer for 5 minutes. Season the vegetables with salt & pepper.
3. In a medium bowl, whisk together the peanut butter and 1 cup of the veggie broth. Make sure no clumps remain.
4. Stir into the veggies along with the rest of the broth, chili powder and cayenne.
5. Cover the pan with a lid and reduce to a simmer. Cook for 15-20 minutes or until the potatoes are tender.
6. Stir in the chickpeas and kale. Cook until kale is wilted. Season and adjust taste as desired.
7. Divide into bowls and garnish with crushed peanuts and cilantro or parsley.

SERVES: 6

AIR FRYER

Baked Potatoes



INGREDIENTS:

4 medium russet potatoes
2 Tbsp extra virgin olive oil
1 tsp flakey sea salt
1/2 tsp ground black pepper
your favorite toppings!

DIRECTIONS:

1. Preheat air fryer to 400F degrees.
2. Wash and dry your potatoes.
3. Rub with oil, salt and pepper.
4. Pierce each potato with a fork in a few different areas.
5. Arrange the potatoes in the air fryer tray or in the basket in a single layer with room in between each.
6. Air fry for 30-45 minutes depending on how large your potatoes are.
7. Remove from the air fryer and slice lengthwise down the center of the potatoes.
8. Top with your favorite toppings!

SERVES: 4

CREAMY GARLIC TAHINI

Cavatappi Pasta



INGREDIENTS:

8oz cavatappi pasta (or your choice)
1 onion, coarsely chopped (2 cups)
2 tbsp extra virgin olive oil
1/2 cup creamy tahini (plain or garlic)
1/3 cup filtered water
1/3 cup reserved pasta water
2 Tbsp pure maple syrup
3-4 large garlic cloves
1/4 tsp sea salt
3 Tbsp chopped nuts (pine, almond, cashew)
1 cup fresh basil, plus more for garnish

DIRECTIONS:

1. Bring a pot of water to boil and cook the pasta according to the package directions.
2. Add the oil and chopped onions to a skillet over medium low heat.
3. Saute the onions for about 30 minutes until they are golden brown.
4. While the pasta is cooking and the onions are caramelizing, add the tahini, 1/3 cup filtered water, syrup, garlic and salt to a blender. Blend until creamy then set aside.
5. Once the onions are done and the pasta drained - reserving 1/3 cup of pasta water. Add the tahini sauce, 1/3 cup pasta water, pasta and basil to the pan with the onions. Toss until coated.
6. Plate the pasta and top with your chopped nuts and additional basil if desired.

SERVES: 4



Snack

I D E A S

IMMUNE BOOSTING

Green Smoothie



INGREDIENTS:

1 large handful of spinach
1 thumb size piece of ginger
2 medjool dates
2 oranges, juiced
1/2 lemon, juiced
1/4 tsp turmeric powder
handful of ice

DIRECTIONS:

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

SERVES: 1

PINA COLADA

Smoothie



INGREDIENTS:

2 cups frozen pineapple
1 cup coconut milk
2 Tbsp coconut yogurt
1 Tbsp shredded coconut
2 tsp pure maple syrup

2 Tbsp unsweet desiccated coconut
wedge of pineapple
1 tsp toasted coconut flakes

DIRECTIONS:

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

SERVES: 2

ZUCCHINI

Smoothie



INGREDIENTS:

1 cup almond milk
1 cup frozen zucchini
1 small banana
1 Tbsp vanilla protein powder
1 cup baby spinach
1 Tbsp creamy peanut butter
1 tsp pure maple syrup
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

QUICK & EASY

Banana Jam



INGREDIENTS:

4 ripe bananas
2 Tbsp lemon juice
1/4 cup pure maple syrup
1/4 tsp ground cinnamon
1/4 tsp sea salt
1 tsp pure vanilla extract

DIRECTIONS:

1. Place the bananas, syrup, lemon juice, cinnamon and salt in a pot over medium heat.
2. Use the back of a fork to mash the bananas until you get a smooth yet slightly chunky texture.
3. Once you get your desired consistency, continue to cook until it thickens, about 2-3 minutes.
4. Remove from heat and stir in the vanilla.
5. Store in an airtight container in the fridge.
6. Serve on toast, waffles, pancakes, breads, muffins, even on ice cream or cookies!

MAKES 2 cups

HEALTHY

Funfetti Dip



INGREDIENTS:

15oz can chickpeas, drained & rinsed
1/2 creamy cashew butter
1/2 cup pure maple syrup
2 Tbsp coconut sugar
1 tsp pure vanilla extract
1 cup super fine blanched almond flour
1 tsp sea salt
1/3 cup rainbow sprinkles

DIRECTIONS:

1. Add the chickpeas, cashew butter, syrup, sugar, and vanilla to a food processor. Process for 1 minute or until smooth.
2. Add the almond flour and salt. Process again until combined.
3. Fold in the sprinkles and transfer to a dip bowl. Sprinkle a few more sprinkles on top.
4. Serve with your favorite fresh fruit or sweet whole-grain crackers!

SERVES: 16

CHICKPEA

Blondie Bars



INGREDIENTS:

1-1/2 cup chickpeas, drained, rinsed & dried
1/3 cup creamy peanut butter
1/2 cup pure maple syrup
1/2 Tbsp pure vanilla extract
1/4 tsp baking powder
1/4 tsp baking soda
1/2 tsp sea salt
1/3 cup almond flour
1/3 cup dark chocolate chips

DIRECTIONS:

1. Preheat oven to 350F and line a 9x9 brownie pan with parchment paper.
2. Dry the chickpeas on a clean towel and remove as much moisture as possible.
3. Place them into a food processor with the peanut butter, syrup, vanilla, baking soda, baking powder and salt. Process for 1 minute or until smooth.
4. Add in the flour and process again for 30 seconds.
5. Remove the blade and stir in the chocolate chips. Reserve 3 Tbsp to sprinkle on top.
6. Spread the blondie batter into your prepared pan and sprinkle the remaining chocolate chips on top.
7. Bake for 25-35 minutes or until golden on top. Insert a toothpick in the center and if it comes out clean with little crumbs it is ready.
8. Allow to cool for 10 minutes in the pan so they can firm up. Then gently loosen the sides with a knife and lift the parchment paper out. Transfer to a cooling rack for at least an hour before slicing.

SERVES: 12

ZESTY LEMON

Energy Balls



INGREDIENTS:

1 cup raw cashews
1-1/2 cup unsweet shredded coconut
3 Tbsp pure maple syrup
1/4 cup fresh squeeze lemon juice
2 Tbsp lemon zest
2 Tbsp hemp seeds
1/3 cup unsweet desiccated coconut

DIRECTIONS:

1. In a food processor, add the cashews, shredded coconut, and blend on high speed until a fine texture.
2. Add in the syrup, lemon juice, lemon zest.
3. Blend again on the high-speed setting until it forms a sticky dough that comes together.
4. Stir in the hemp seeds and pulse to incorporate. If the dough is too wet, add more coconut, 2 Tbsp at a time, blend on the high-speed. If the dough is too dry, add 1 Tbsp cold water at a time, blend and repeat if needed.
5. Scoop out one Tbsp of batter, roll into balls between your hands, then roll into the desiccated coconut to coat.
6. Store the balls on a plate covered with parchment while you roll the remaining batter into balls.
7. Store in the fridge in an airtight container for up to 1 week.

MAKES 18 balls

COCONUT CRANBERRY

Date Bars



INGREDIENTS:

1 cup medjool dates, well packed
1 cup unsweet fine coconut
1/2 cup raw almonds
1 cup raw cashews
1/2 cup almond butter
2 Tbsp flax seeds
2-3 Tbsp dried cranberries

DIRECTIONS:

1. Lightly oil an 8" square pan and cover the bottom and the sides with parchment paper. Make sure to leave a bit of excess paper to make it easier to remove the bars from the pan.
2. Place the almonds and cashews in a food processor bowl and pulse until they are a grainy consistency.
3. In the same bowl, add the almond butter and flax seeds. Pulse until you get a sticky mixture.
4. Transfer the mixture into the pan, folding in the cranberries. Press it firmly using your hands or something flat like a spatula.
5. Refrigerate for 1-2 hours or put in the freezer for 30 minutes until set.
6. Remove from the pan using the extra parchment paper hanging from the sides, and slice into bars with a sharp knife into 10 pieces.

MAKES 10 bars



NUTRITIONAL

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These plant-based recipe ideas provided may not be appropriate for all individuals. It is strongly recommended to consult your doctor or registered dietitian before beginning any exercise or diet program.

The recipes and/or information provided is for informational purposes only and is not intended to substitute or replace your physician's orders.

If you engage in these recipe ideas, you agree to do so at your own risk and assume all risk of injury to yourself and agree to release and discharge the assigned health coach from any and all claims of action known or unknown arising.

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