



Recipe Roundup

HEALTHY MEAL IDEAS FOR APRIL



recipes for the month



BREAKFAST

- 4 Signature Green Smoothie Bowl
- 5 Southwest Breakfast Skillet
- 6 Fresh & Vibrant Maple Citrus Salad
- 7 Cinnamon Fig Toast
- 8 Chocolate Chip Mint Overnight Oats
- 9 Tater Tot Waffles
- 10 Coconut Breakfast Cookies
- 11 Chocolate Chip Oatmeal Pancakes



LUNCH

- 13 Green & Mean Superfood Salad
- 14 Squash Green Salad
- 15 Simple & Easy Antioxidant Salad
- 16 Chickpea Chopped Salad
- 17 Peanut Cabbage Salad
- 18 Nourishing Superfood Kale Salad
- 19 Grapefruit Greens Salad
- 20 Taco Pasta Salad



DINNER

- 22 Spinach & Garlic Orecchiette
- 23 Potato Leek Soup
- 24 Sweet Potato & Black Bean Burritos
- 25 Broccoli Fritters
- 26 Roasted Asparagus Soup
- 27 Chipotle Jackfruit Tacos
- 28 Tomato Spaghetti
- 29 Plant-Packed Grilled Taco Bowl



SNACK

- 31 Pineapple Kiwi Smoothie
- 32 Mango Berry Avocado Smoothie
- 33 De-Bloat Green Smoothie
- 34 Avocado Citrus Smoothie
- 35 Easy Cashew Mayo
- 36 Air Fried Chocolate Chickpeas
- 37 Fruity Spring Rolls
- 38 Strawberries & Peanut Butter Dip



Breakfast

I D E A S

SIGNATURE

Smoothie Bowl



INGREDIENTS:

1 cup unsweet almond milk
1 cup filtered water
1 scoop vanilla protein powder
2 cups fresh spinach or kale
2 tsp chia seeds
1 frozen banana
1/2 fresh banana, sliced
1 kiwifruit, sliced
unsweet coconut flakes

DIRECTIONS:

1. Combine the milk, water, protein, spinach, chia seeds and frozen banana to a high speed blender. Blend until smooth and creamy.
2. Add more water if you want the texture thinner, add some ice if you want it thicker.
3. Pour into a large bowl and top with sliced bananas, kiwifruit and coconut flakes.
4. Enjoy immediately!

SERVES: 1

SOUTHWEST

Breakfast Skillet



INGREDIENTS:

1-1/2 cup potatoes, small cubes
1 cup mushrooms, sliced
1 cup zucchini, diced
1/2 cup red onion, diced
1/2 a red pepper, diced
1 tsp garlic powder
1 tsp chili powder
1/2 tsp cumin
1/2 tsp paprika
sea salt & black pepper, to taste

TOPPING

1/2 cup green onion, chopped
handful of fresh cilantro, chopped

*optional - plant-based sausage
(such as Field Roast, Lightlife or
Tofurky), avocado & salsa

DIRECTIONS:

1. Add everything to a skillet and cook over med-high heat.
2. Add splashes of water if it starts to stick to the pan.
3. Cook until the potatoes and veggies are softened. Approximately, 10 minutes.
4. Season with salt & pepper, top with avocado, salsa, chopped green onion, fresh cilantro and hot sauce.

SERVES: 2-3

FRESH & VIBRANT

Maple Citrus Salad



INGREDIENTS:

2 pink grapefruits
2 navel oranges
2 blood oranges
juice of 1 lime
2 Tbsp pure maple syrup

*optional garnish - fresh tarragon, fresh mint, pomegranate arils and coconut.

*great to enjoy with coconut yogurt or chia seed pudding.

DIRECTIONS:

1. Peel and slice the citrus fruits into segments. Transfer the segments onto a large plate and squeeze out any remaining juice into a small bowl.
2. In the small bowl, also combine the lime and pure maple syrup; mix well.
3. Pour the syrup mixture over the citrus plate and slightly toss to coat.
4. Sprinkle your add'l garnish options over top and serve.

SERVES: 4-5

CINNAMON

Fig Toast



INGREDIENTS:

plant-based butter
cinnamon
pure maple syrup
1-2 fresh figs, sliced into rounds
crushed pistachios (optional)
1 large slice of sourdough bread

DIRECTIONS:

1. Toast the slice of bread until it is golden brown.
2. Spread a thin layer of butter on top.
Dash with some cinnamon and a drizzle of maple syrup.
3. Top with the sliced figs and pistachios then enjoy!

SERVES: 1

CHOCOLATE CHIP MINT

Overnight Oats



INGREDIENTS:

1/3 cup coconut yogurt
1/2 cup rolled oats
2/3 cup unsweet almond milk
2 Tbsp unsweet cocoa powder
1/8 tsp peppermint extract
1/4 cup chopped dark chocolate
1 Tbsp chia seeds
1/2 tsp vanilla extract
pinch of sea salt
1 Tbsp pure maple syrup

*optional garnish - chia seeds,
chocolate chips, unsweet coconut
flakes, coconut yogurt...

DIRECTIONS:

1. Whisk together all ingredients in a medium sized bowl. Divide it in half and spoon into jars.
2. Cover with lids and refrigerate overnight.
3. In the morning, give it another stir and enjoy as is or top with add'l garnish.

SERVES: 2 small servings

TATER TOT

Waffles



INGREDIENTS:

1 (32oz) bag of frozen tater tots, thawed
1 Tbsp cajun seasoning
sea salt & black pepper, to taste
2 Tbsp parsley, chopped

DIRECTIONS:

1. Preheat a waffle iron to medium-high heat and lightly oil the top and bottom.
2. Spread the tater tots in an even layer onto the waffle iron. Watch your fingers!
3. Season with cajun, salt & pepper. Close and press down firmly to flatten.
4. Cook for about 6 minutes or until golden brown.
5. Repeat with the remaining tater tots and add more oil if needed.
6. Serve immediately garnished with parsley or your desired toppings.

SERVES: 6-8

COCONUT

Breakfast Cookies



INGREDIENTS:

1 cup rolled oats
2/3 cup unsweetened coconut
1/2 cup almond flour
1 tsp arrowroot starch
1 tsp baking powder
pinch of sea salt
3 Tbsp coconut oil, melted
2 Tbsp pure maple syrup
1 tsp vanilla extract
4 Tbsp warm water

DIRECTIONS:

1. Preheat oven to 350F degrees and line a baking sheet with parchment paper
2. Place the oats, coconut, flour, starch, baking powder and salt in a large bowl and mix until combined.
3. In a separate bowl, mix together the oil, syrup, vanilla and water. Then pour the wet ingredients into the dry ingredients and mix well.
4. Roll level tablespoons of the mixture into balls and place on your sheet.
5. Flatten slightly using your fingers or a fork. Allow room for spreading during baking.
6. Bake for 15-18 minutes or until golden brown. Let cool and then enjoy!

SERVES: 8-10

CHOCOLATE CHIP

Oatmeal Pancakes



INGREDIENTS:

1 Tbsp flaxmeal + 2.5 Tbsp water
1 very ripe banana
1 tsp baking powder
1 pinch of sea salt
1/2 tsp pure vanilla extract
1 Tbsp almond butter
1 Tbsp coconut oil
1/3 cup unsweet almond milk
1/2 cup rolled oats
2 Tbsp almond meal
1/4 cup gluten-free all-purpose flour
3 Tbsp mini chocolate chips
1 tsp pure maple syrup

DIRECTIONS:

1. Prepare the flax egg in a large bowl by mixing the flaxmeal and water. Let sit for 5 minutes.
2. Add your banana and baking powder. Mash it all together.
3. Then stir in the oil, salt, vanilla, almond butter, and almond milk.
4. Sprinkle in the chocolate chips and fold. Allow to rest while preheating your griddle to medium-low heat.
5. Scoop 1/4 cup measurements onto the lightly greased griddle and spread into a pancake shape. Cook for 3-4 minutes on each side.
6. Flip when bubbles form on top and edges appear dry. These will cook slower than regular pancakes because they are more dense.
7. Serve as is or with some coconut whip cream and extra chocolate chips on top!

SERVES: 2



Lunch

IDEAS



GREEN AND MEAN

Superfood Salad



INGREDIENTS:

2 large handfuls arugula
3 tomatoes, diced
1 cucumber, diced
1 avocado, diced
1-2 radish, sliced
1/4 cup shelled edamame
1/4 cup pumpkin seeds
1/4 tsp sea salt
1/4 cup black olives, sliced
3 Tbsp extra virgin olive oil
2 Tbsp hemp seeds
2 Tbsp spirulina powder
1 lemon, juiced
1 handful fresh basil, chopped

DIRECTIONS:

1. Add all ingredients to a large mixing bowl and gently mix to combine well.
2. Enjoy this refreshing energizing salad!

SERVES: 2-3

SQUASH

Green Salad



INGREDIENTS:

1/4 cup walnuts, chopped
1 baby zucchini, cut in ribbons
1 yellow squash, cut in ribbons
1 cucumber, diced
3-4 cups mixed greens
sea salt to taste

DRESSING

1 tsp finely grated lemon zest
1 Tbsp fresh lemon juice
1 garlic clove, minced
1 tsp fresh thyme, chopped
1 tsp fresh mint, chopped
1 tsp italian parsley, chopped
3 Tbsp extra virgin olive oil

DIRECTIONS:

1. Use the vegetable peeler to shave the squashes into paper-thin ribbons. Spread the ribbons on a cutting board and season with sea salt and let them sit for 20 minutes.
2. In a small skillet, toast the walnuts until they are golden and fragrant.
3. Make the dressing by whisking together the lemon zest, juice, garlic, thyme, mint and parsley in a small bowl. While whisking, drizzle the olive oil in until well blended. Set aside.
4. In a large bowl, combine the mixed greens, cucumber, walnuts and zucchini.
5. Right before serving, whisk the dressing one last time and drizzle into the salad. Toss to coat and serve immediately.

SERVES: 4

SIMPLE & EASY

Antioxidant Salad



INGREDIENTS:

3-4 cups fresh salad mix
1 hot house cucumber, chopped
1 small yellow bell pepper, chopped
1/2 cup beans of choice (ex. chickpeas)
3 artichoke hearts, jarred in water
big squeeze of lemon juice
drizzle of extra virgin olive oil
sea salt & black pepper, to taste

*optional - other salad add-ins -
tomato, olives, onion, fresh herbs,
avocado.

DIRECTIONS:

1. Add the salad mix to a large bowl.
2. Top with the veggies and beans.
3. Add in any other desired add-ins.
4. Squeeze the lemon liberally and drizzle with olive oil. Add a pinch of sea salt & black pepper. Toss to coat.

SERVES: 1

CHICKPEA

Chopped Salad



INGREDIENTS:

1/2 cup finely diced red onion
2 cans chickpeas, drained & rinsed
1-1/2 cups chopped flat leaf parsley
1 chopped red bell pepper
1 chopped orange bell pepper
1 chopped green bell pepper
1/2 chopped large english cucumber
1/2 cup sliced kalamata olives

DRESSING

3 Tbsp extra virgin olive oil
3 Tbsp red wine vinegar
2 tsp dried oregano
1 tsp sea salt
1/2 tsp black pepper
splash of lemon juice

DIRECTIONS:

1. Add all ingredients to a large mixing bowl and gently mix to combine well.
2. If time allows, let marinate in the fridge for 30 minutes for the flavors to develop.
3. Enjoy this refreshing energizing salad!

SERVES: 4-5

PEANUT

Cabbage Salad



INGREDIENTS:

DRESSING

1/3 cup filtered water
1/4 cup powdered peanut butter
1/4 cup rice vinegar
1 Tbsp coconut aminos
1 Tbsp hot sauce
3 garlic cloves, minced
1 tsp ground ginger
1 Tbsp pure maple syrup

SALAD

4 cups green cabbage, shredded
4 cups red cabbage, shredded
2 cups carrots, shredded
1 red bell pepper, thinly sliced
4 green onions, thinly sliced
1/4 cup roasted peanuts, chopped
1/4 cup fresh cilantro, chopped

DIRECTIONS:

1. Make the dressing by adding all ingredients to a small blender or a small bowl and combine well.
2. Make the salad by adding the cabbage, carrots and bell peppers to a large bowl.
3. Drizzle the dressing in the salad bowl and toss to coat.
4. Divide evenly among 5 bowls and garnish with the green onions, peanuts and cilantro. Enjoy!

SERVES: 5

NOURISHING SUPERFOOD

Kale Salad



INGREDIENTS:

DRESSING

3 Tbsp apple cider vinegar
2 Tbsp dijon mustard
2 Tbsp pure maple syrup
3 Tbsp extra virgin olive oil
sea salt & black pepper to taste

SALAD

1 bunch kale, finely chopped
1 cup strawberries, sliced
1 apple, diced
1/2 cup blueberries
1/2 cup raspberries
4 Tbsp dried cranberries
1/4 cup chopped pecans
sliced avocado

DIRECTIONS:

1. In a small bowl, whisk together the dressing ingredients until thoroughly combined.
2. In a large bowl, combine the kale and dressing. Massage the dressing into the kale until coated. Set in the fridge to marinate for a few minutes while you chop the fruit.
3. Before serving, add the diced fruit, cranberries, pecans and avocado to the salad and toss until combined.

SERVES: 3-4

GRAPEFRUIT

Greens Salad



INGREDIENTS:

DRESSING

3/4 cup grapefruit, peeled & chopped
1 tsp pure maple syrup
1/4 cup frozen strawberries
2 Tbsp extra virgin olive oil
1 tsp dijon mustard
2 tsp poppy seeds
1/8 tsp arrowroot powder (or cornstarch)
1" orange rind
1" grapefruit rind

SALAD

1 large grapefruit, peeled & chopped
1 lb of mixed greens, roughly chopped
1/2 cup raw nuts, crushed
1/4 cup avocado, diced
1/4 cup pomegranate arils

DIRECTIONS:

1. To make the dressing, blend all ingredients in a high-speed blender for 30 seconds or until smooth.
2. To make the salad, combine the grapefruit and mixed greens in a large mixing bowl.
3. Pour the dressing on top and toss until evenly coated.
4. Plate the salad and top with crushed nuts, avocado and pomegranate.

SERVES: 2-3

TACO

Pasta Salad



INGREDIENTS:

16oz chickpea pasta shells
10oz pkg frozen corn
1 batch cashew mayo (pg #35 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



Dinner

I D E A S

SPINACH & GARLIC

Orecchiette



INGREDIENTS:

4 oz orecchiette pasta
2 Tbsp extra virgin olive oil, divided
4 Tbsp bread crumbs
1/4 tsp sea salt
1/4 tsp black pepper
5 garlic cloves, minced
8 cups baby spinach

DIRECTIONS:

1. Cook the pasta according to the package directions, drain well.
2. In the meantime, heat half of the oil in a large skillet over medium heat; cook the breadcrumbs, salt and pepper for about 2 minutes or until lightly toasted. Transfer to a small dish.
3. Heat the remaining oil in the same skillet and cook the garlic for about 30 seconds. Add the spinach and cook until it starts to wilt.
4. Add the pasta to the spinach and toss to coat. Top with the bread crumb mixture and serve.

SERVES: 3

POTATO

Leek Soup



INGREDIENTS:

1 Tbsp extra virgin olive oil
2 cups leeks, white & light green parts
3 garlic cloves, minced
1 tsp sea salt
4 cups veggie broth
2 cups yukon gold potatoes, chopped
1 cup canned coconut milk
2 bay leaves
1/2 tsp dried thyme
1/4 tsp black pepper

DIRECTIONS:

1. Wash and chop the leeks, potatoes and garlic.
2. Heat oil in a large soup pot over medium heat.
3. Add the leeks, garlic and salt cooking for 8-10 minutes; stirring occasionally.
4. Once the leeks are soft, add the broth, potatoes, coconut milk, bay leaves, thyme and pepper; bring it to a boil. Reduce to a gentle boil and cook for 15-20 minutes.
5. Puree the soup with an immersion blender, divide into bowls and serve warm.

SERVES: 4

SWEET POTATO &

Black Bean Burritos



INGREDIENTS:

1 yellow onion, diced
3 medium sweet potatoes, diced
1 cup black beans
1 cup fresh salsa
2 cups fresh spinach
tortilla wraps of choice

*optional - parchment paper for wrapping & storing

DIRECTIONS:

1. Wash, peel and dice the onion and sweet potatoes.
2. Then add the veggies and a 1/3 cup of water to a skillet. Cover and cook over medium-high for 6-8 minutes.
3. Remove the lid and reduce heat to medium. Add the black beans and salsa. Stir, cover and cook for another 10-15 minutes or until potatoes are tender.
4. Remove from heat and allow to cool until cool enough to handle.
5. Make your burritos using your tortillas. Add a small handful of spinach, then the mixture, roll up and serve with salsa, guacamole or hummus.
6. If not eating right away, wrap up with the parchment paper and store in the fridge for up to 6 days. Reheat in the microwave for 2-3 minutes or until warm.

SERVES: 5

BROCCOLI

Fritters



INGREDIENTS:

1 large bunch of broccoli
1/4 cup onion, chopped
1/4 cup packed cilantro
1/2 tsp sea salt
1/2 tsp garlic powder
1/2 tsp smoked paprika
1 tsp chipotle pepper powder
1 tsp extra virgin olive oil
1 Tbsp BBQ sauce
3/4 cup chickpea flour

*for serving - sriracha, ketchup, BBQ sauce, marinara or ranch

DIRECTIONS:

1. Process the broccoli, onion and cilantro in a food processor until chopped well.
2. Transfer the mixture to a bowl and stir in the rest of the ingredients. Allow it to sit for a few minutes so that it can create enough moisture to form patties.
3. If too wet add more flour, if too dry sprinkle a little bit of water.
4. Shape the mixture into 5-6 patties.
5. Heat a skillet over medium heat and spray with non-stick oil.
6. Pan fry the patties for about 5 minutes per side then serve with your desired sauce.

SERVES: 2

ROASTED

Asparagus Soup



INGREDIENTS:

16 asparagus spears
3 cloves of garlic
1/2 white onion, cut into thick slices
oil, salt & pepper, as needed
1/2 cup soaked cashews
2 cups veggie broth
1/2 tsp dried dill
1/4 cup packed basil leaves
2 tsp extra virgin olive oil
1/4 tsp salt or to taste
2 tsp nutritional yeast
black pepper, to taste

DIRECTIONS:

1. Preheat the oven to 450 F degrees and line a baking pan with parchment paper.
2. Remove the stems from the asparagus and chop them into 2" pieces. Place them on the baking pan with the garlic and onion in the center. Spray or brush with oil and sprinkle with salt & pepper. Bake for 10-15 minutes.
3. Allow to cool and then slightly blend with the rest of the ingredients. Add the blended puree to a pan and heat at medium-high heat bringing it to a gently boil. Stir frequently for 8-10 minutes. Taste and adjust seasonings. Add more broth if you'd like a thinner consistency.
4. Garnish with add'l basil leaves, oil and black pepper and serve.

SERVES: 2

CHIPOTLE

Jackfruit Tacos



INGREDIENTS:

2 20-ounce cans jackfruit in brine
2 Tbsp water
1/2 yellow onion, thinly sliced
4 cloves garlic, minced
1/2 tsp sea salt
1 Tbsp ground smoked paprika
1 Tbsp ground cumin
1 Tbsp chili powder
2-3 Tbsp pure maple syrup
1-2 chipotle peppers in adobo sauce
3 tsp adobo sauce
1/4 cup coconut aminos
2/3 cup water (plus more as needed)
3 Tbsp lime juice

*for serving - corn tortillas, refried beans, lettuce, salsa, avocado, tomatoes, cilantro, hot sauce

DIRECTIONS:

1. Rinse & drain the jackfruit. Chop and pull apart the jackfruit. Making sure to cut the center "core" portion into smaller pieces.
2. Heat a large skillet over med heat. Once hot, add water, onion and garlic. Sauté for 5 minutes or until softened.
3. Add jackfruit and the rest of the ingredients. Stir to coat and reduce heat to low medium. Cover and cook for about 20 minutes. Stirring occasionally.
4. Once the jackfruit has been simmered, taste and adjust flavor as needed.
5. Turn up the heat to medium-high and cook for 3 more minutes.
6. Remove from heat and prepare your tacos with toppings as desired.

SERVES: 5-6

TOMATO

Spaghetti



INGREDIENTS:

2 lbs ripe tomatoes
2 Tbsp extra virgin olive oil
2 Tbsp fresh lemon juice
1 tsp salt or to taste
1/4 tsp sugar (optional)
ground black pepper, to taste
2 garlic cloves, minced
1/2 lb whole grain spaghetti pasta
1/4 cup chopped fresh basil

DIRECTIONS:

1. Coarsely chop 2/3rds of the tomatoes. Halve the remaining tomatoes down the middle. Rub the cut sides of the tomatoes against a box grater set in a large bowl. Leave the pulp in the bowl and discard the skin.
2. Add the tomatoes, oil, lemon juice, salt, sugar, black pepper, and garlic to a bowl. Mix well and let it marinate while you cook the pasta.
3. Cook the pasta according to the package directions and reserve a cup of the cooking water before draining.
4. When pasta is finished, drain then return it back to the pot. Pour in all of the tomato sauce and 1/4 cup of the cooking water. Cook over med-low heat for 2 minutes, tossing often. Long enough for the tomatoes to soften.
5. Remove from heat and toss with basil. Serve immediately.

SERVES: 4

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



Snack

I D E A S

PINEAPPLE KIWI

Smoothie



INGREDIENTS:

1 cup cubed pineapple
2 kiwifruit, peeled
5-6 mint leaves
1 cup coconut water or milk
handful of ice cubes

*optional - 1 scoop of vanilla
superfood protein powder

DIRECTIONS:

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

SERVES: 1

MANGO BERRY

Avocado Smoothie



INGREDIENTS:

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

DIRECTIONS:

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

SERVES: 1

DE-BLOAT

Green Smoothie



INGREDIENTS:

1/2 lemon, juiced
1/2 cup frozen mango
2 cups coconut water
5 mint leaves
1 Tbsp chia seeds
handful of spinach
2 stocks of celery
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

AVOCADO CITRUS

Smoothie



INGREDIENTS:

1/2 avocado
1 frozen banana
1/2 cup coconut yogurt
juice of half a lemon
juice of half an orange
1/2 cup almond milk
1/2 cup filtered water
pinch of sea salt

*optional - 1 scoop of vanilla
superfood protein powder

DIRECTIONS:

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

SERVES: 1

EASY

Cashew Mayo



INGREDIENTS:

1 cup cashews, soaked overnight
2 tsp fresh lemon juice
3 tsp distilled white vinegar
1 tsp nutritional yeast
1 tsp dijon mustard
3/4 tsp sea salt
1/3 cup almond milk

DIRECTIONS:

1. Drain your soaked cashews.
2. Add all ingredients into a high-speed blender and blend for at least one minute or until creamy.
3. If too thick to blend add a little more milk or lemon juice.

MAKES about 1-1/4 cup

AIR FRIED

Chocolate Chickpeas



INGREDIENTS:

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

DIRECTIONS:

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

SERVES: 3

FRUITY

Spring Rolls



INGREDIENTS:

ROLLS

- 4 sheets of rice paper
- 24 fresh mint leaves
- 8 strawberries, sliced thin
- 1/2 cup pineapple, cut into matchsticks
- 1/2 cup cantaloupe, cut into matchsticks
- 1/2 cup watermelon, cut into matchsticks

SAUCE

- 2 Tbsp lime juice
- 2 Tbsp watermelon, chopped
- 2 Tbsp cantaloupe, chopped
- 2 Tbsp pineapple, chopped
- 2 Tbsp strawberries, chopped
- 1 Tbsp fresh mint, chopped
- 1 tsp lime zest

*optional - you could sub any fruit for your preferred preference, ex. mango instead of watermelon, etc.

DIRECTIONS:

1. Dampen a clean kitchen towel and spread it out over a cutting board.
2. Soften one piece of rice paper according to the package and place it smooth-side down on top of the towel.
3. Layer each rice paper with 6 mint leaves and 2 Tbsp of each fruit. Leave room to fold the edges over.
4. Fold edges up to meet the filling, then roll the paper away from you to form a tight log. Repeat with the remaining papers.
5. For the sauce, combine all ingredients in a small blender and blend until smooth.
6. Serve and enjoy!

SERVES: 4

STRAWBERRIES &

Peanut Butter Dip



INGREDIENTS:

1/4 cup + 2 Tbsp peanut butter powder
3 Tbsp + 1 tsp filtered water
1/4 tsp pure vanilla extract
1/4 tsp ground cinnamon
8-10 medium strawberries

*optional - serve with whole-grain
toast or waffles

DIRECTIONS:

1. Add all ingredients except the strawberries into a small mixing bowl; whisk with a fork to combine.
2. Serve with the strawberries or spread on toast topped with strawberries and enjoy!

SERVES: 1



NUTRITIONAL

Disclaimer

These plant-based recipe ideas provided may not be appropriate for all individuals. It is strongly recommended to consult your doctor or registered dietician 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.

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