



# Recipe Roundups

HEALTHY MEAL IDEAS FOR JULY



# recipes for the month



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*Breakfast*

**I D E A S**

# CHOCOLATE CHIP

## Oatmeal Pancakes



### INGREDIENTS:

1 flax egg  
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 melted coconut oil  
1/3 cup almond milk  
1/2 cup rolled oats  
2 Tbsp almond meal  
1/4 cup flour  
3 Tbsp chocolate chips  
1 tsp maple syrup

\*optional - more chocolate chips  
and nuts for serving.

### DIRECTIONS:

1. Prepare the flax egg by mixing 1 Tbsp flaxseed meal and 2.5 Tbsp of water in a bowl. Let it set for 5 minutes.
2. Add your banana and baking powder; mash and mix.
3. Add the coconut oil, salt, vanilla, almond butter, milk and mix well.
4. Stir in the oats, almond meal and flour until just combined.
5. Then sprinkle in the chocolate chips and fold gently. Let rest for 5 minutes while pre-heating the griddle to med-low heat
6. Scoop 1/4 cup measurements onto the lightly greased griddle and make a pancake shape.
7. Cook for 4-5 minutes on each side or until golden brown. They are ready to flip when bubbles start to form on top and the edges appear dry.
8. Serve as is or with syrup, chocolate chips and nuts on top.

**SERVES: 4-6**

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## AIR FRYER

# Cauliflower Hashbrowns



### INGREDIENTS:

1/2 head of cauliflower (3-4 cups riced)  
1/2 onion, chopped  
1/4 cup chickpea flour  
1 Tbsp arrowroot starch or cornstarch  
1 Tbsp nutritional yeast flakes  
1 tsp ground paprika  
1/2 tsp garlic powder  
1/2 tsp sea salt, to taste

### DIRECTIONS:

1. Break the cauliflower into florets, place them into a strainer and rinse under cold water. Drain and loosely pat them with a clean cloth or paper towel to remove excess water.
2. Put them into a food processor with the onion and process until crumbly.
3. Scoop the mixture into a bowl and add the chickpea flour, starch, nutritional yeast and seasonings. Mix together and make sure the batter holds.
4. Divide the mixture into 6-8 equal portions and shape them into flat oval disks that are about 1/2" thick.
5. Brush or spray with oil to prevent sticking then place 3-4 in your air fryer basket at a time. Cook at 375F for 20-25 minutes. Turn them halfway.
6. Repeat with the remaining portions then enjoy with your favorite sauce or along side a scramble.

**SERVES: 6-8**

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# SWEET POTATO

## Chickpea Hash



### INGREDIENTS:

1 can chickpeas, drained & rinsed  
1 onion, chopped  
2 sweet potatoes, cut into cubes  
2 zucchini, cut into cubes  
3 garlic cloves, minced  
1 red chili, deseeded & finely chopped  
1/2 tsp smoked paprika  
1/2 tsp dried oregano  
1 tsp sea salt  
2 Tbsp extra virgin olive oil  
juice of 1 lemon  
1 Tbsp fresh parsley, chopped

### DIRECTIONS:

1. Add the oil to a large skillet over medium heat. When hot, add the onion and cook for 5 minutes or until translucent.
2. Add the sweet potato, garlic and chili along with two Tbsp of water. Stir to combine then reduce heat to low and cover with a lid.
3. Cook for 15 minutes, stirring occasionally.
4. Then add in the zucchini and cook for another 10-15 minutes.
5. Once veggies are starting to tender, add in the chickpeas, salt, smoked paprika and oregano. Cook for another 5 minutes.
6. Remove from heat. Squeeze in the lemon juice and top with parsley.

**SERVES: 3-4**

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# PISTACHIO ORANGE

## Rice Pudding



### INGREDIENTS:

1 cup brown rice, cooked to al dente  
1 cup almond milk  
1 Tbsp pure maple syrup  
1/4 tsp cinnamon, plus garnish  
1/4 tsp pure vanilla extract  
1/8 tsp orange blossom water  
1/2 tsp tapioca flour  
1-1/2 Tbsp pistachios, plus garnish

*\*orange blossom water is available in specialty food stores or at target or amazon. Usually in the middle eastern aisles. You could also sub with orange extract or orange zest.*

### DIRECTIONS:

1. Combine the rice, milk, syrup, cinnamon, vanilla and orange blossom water in a small saucepan. The milk should cover the rice completely. Stir to combine.
2. Bring the mixture to a boil, then reduce heat to medium and simmer, stirring constantly until the liquid has been absorbed. The rice should open and the liquid is below the level of rice.
3. Turn off heat and add the tapioca flour. Stir for 1 minute until it thickens then stir in the pistachios.
4. Let cool slightly then garnish with additional cinnamon and pistachios.
5. Serve and enjoy!

**SERVES: 2**

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# TROPICAL YOGURT

## Parfait



### INGREDIENTS:

1 cup coconut yogurt  
1-2 Tbsp pure maple syrup  
pinch of cinnamon  
1/2 cup chopped pineapple  
2 Tbsp chopped macadamia nuts  
2 Tbsp unsweet coconut flakes  
1 Tbsp fresh lemon zest

### DIRECTIONS:

1. Whisk together the yogurt and syrup in a small bowl.
2. Spread 1/2 cup of yogurt in an even layer on the bottom of a small bowl or jar.
3. Sprinkle in the cinnamon.
4. Distribute 1/4 cup pineapple over the cinnamon.
5. Add the remaining yogurt in a single layer on top the pineapple.
6. Sprinkle the remaining pineapple over the yogurt, followed by the macadamia nuts and coconut.
7. Garnish with lemon zest and serve immediately.

**SERVES: 1**

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EASY

# Fruit Platter



## INGREDIENTS:

handful of blueberries  
handful of strawberries, sliced  
handful of raspberries  
handful of grapes  
1 orange, sliced  
2 kiwis, sliced  
1 banana, sliced  
squeeze of lime

## DIRECTIONS:

1. Wash and prepare all fruit.
2. Place on platter and squeeze your lime on top.
3. Eat as is and enjoy!

**SERVES: 2**

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# BLACK BEAN

## Tofu Scramble



### INGREDIENTS:

1 Tbsp extra virgin olive oil  
1/4 onion, thinly sliced  
2 cloves of garlic, diced  
1/2 bell pepper, thinly sliced  
1 pkg organic extra firm tofu, drained  
1/4 tsp turmeric  
1/2 tsp cumin  
1/2 tsp chili powder  
dash of black salt  
1 cup spinach or kale  
1 can black beans, drained & rinsed  
sea salt & black pepper, to taste

\*optional - salsa & avocado

### DIRECTIONS:

1. Heat the olive oil in a large skillet over medium heat, then sauté the onion and pepper for about 3 minutes.
2. Add the garlic and continue sautéing for 3 more minutes.
3. While the veggies are cooking, crumble the tofu into pieces using a fork or your fingers.
4. Add the tofu to the skillet and sauté for 5 minutes; stirring occasionally.
5. Stir in the spices; combine well.
6. Add in the black beans and greens. Cook until greens are wilted and tofu is brown. About 5 minutes.
7. Season with salt & pepper to taste.
8. Serve immediately with avocado and salsa if desired.

**SERVES: 4**

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## FRESH BERRIES

# Breakfast Bowl



### INGREDIENTS:

1 cup of coconut yogurt  
1/2 cup of strawberries, sliced  
1/2 cup of blueberries  
1 Tbsp of pure maple syrup

\*optional - sprinkle of coconut flakes and crushed nuts

### DIRECTIONS:

1. In a medium bowl, add the yogurt.
2. Top with the berries then drizzle with maple syrup.
3. Add any other optional toppings.

**SERVES: 1**

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*Lunch*

**I D E A S**

# BBQ HUMMUS

## Summer Rolls



### INGREDIENTS:

#### HUMMUS

- 1 can chickpeas, drained & rinsed
- 1 Tbsp red wine vinegar
- 1 Tbsp tahini
- 3 garlic cloves, minced
- 2 tsp soy sauce or tamari
- 2 tsp ketchup
- 1 tsp dijon mustard
- 1 tsp smoked paprika
- 1 tsp ground cumin

#### WRAP

- 1-2 heads boston lettuce leaves
- 10-8" brown rice paper wrappers
- 2 carrots, cut into 3" long sticks
- 1 red bell pepper, cut into 3" long sticks
- 1 cucumber, cut into 3" long sticks
- 1 zucchini, cut into 3" long sticks
- 1 avocado, cut into 1/2" slices

### DIRECTIONS:

1. Combine all hummus ingredients in a food processor and pulse until smooth. Add a Tbsp of water at a time as needed and scrape down the sides.
2. Create an assembly station with the lettuce and other ingredients. Fill a wide, shallow bowl halfway with lukewarm water, and place the bowl and a cutting board at the beginning.
3. Take one rice paper and submerge it fully into the water for 5 seconds. Remove the paper and let any excess water drip off. Place it on your cutting board.
4. Then place one lettuce leaf a little off-center on the side closest to you. Spread 2 Tbsp of hummus, top with 2 sticks of red pepper, cucumber, carrot and zucchini each. Then 1-2 pieces of avocado. Place another lettuce leaf on top.
5. To close, fold the edge of the rice paper that is closest to you over the filling, tucking it under the roll and pulling the roll toward you. Hold the fold in place with your thumbs on either side and fold the sides of the wrapper over the filling to close the sides -like a burrito. Roll it away from you as it is rolled up. Repeat with remaining.
6. Just before serving, slice the rolls in half using a sharp knife.

**MAKES 10 rolls**

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# SUMMER SQUASH

## Mixed 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**

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# THE BEST KALE

## Summer 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  
1/2 cup shredded carrots  
1 cup strawberries, sliced  
1 cup mango  
1 green apple, diced  
1/2 cup raspberries  
1/2 cup pomegranate arils  
1/4 cup sliced almonds  
sliced avocado

### DIRECTIONS:

1. In a small bowl, whisk together the dressing ingredients until thoroughly combined.
2. In a large bowl, combine the kale, carrots 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, pomegranate, almonds and avocado to the salad and toss until combined.

**SERVES: 4**

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# BBQ GARLIC AIOLI

## Jackfruit Wraps



### INGREDIENTS:

1 (20oz can) jackfruit, drained & rinsed  
1 tsp onion powder  
1/2 tsp garlic powder  
1/2 cup veggie broth  
1/2 cup BBQ sauce  
sea salt, to taste  
4 large tortillas  
shredded romaine or arugula  
sliced tomatoes  
sliced red onions  
sliced avocado

#### AIOLI SAUCE

1/4 cup vegan mayo  
1 tsp lemon juice  
1 garlic clove, minced  
pinch of sea salt

### DIRECTIONS:

1. In a bowl, toss the jackfruit with the onion and garlic powder.
2. Heat the broth in a large skillet over medium heat, add the jackfruit, bbq sauce and stir to coat.
3. Cover, lower heat and cook for about 15-20 minutes, stirring occasionally by using two forks to shred the jackfruit.
4. To make the aioli sauce, combine all ingredients in a small bowl and whisk.
5. Heat the tortillas either in the microwave or on stovetop until soft. Lay each on a cutting board and spread it with aioli sauce, top with lettuce, tomato, onion, avocado and jackfruit.
6. Wrap the tortilla into a burrito and slice it in half.

**SERVES: 4**

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## 5 INGREDIENT

# Baked Tofu



### INGREDIENTS:

8oz organic extra firm tofu  
4 Tbsp tamari  
2 Tbsp pure maple syrup  
2 Tbsp sesame oil  
1/2 Tbsp hot pepper sauce (sriracha)

*\*serving suggestion - add it to salads, noodle bowls, sandwiches, rice, or with cooked veggies.*

### DIRECTIONS:

1. Preheat oven to 400F and line a baking sheet with parchment paper.
2. Drain the tofu and wrap in a clean towel. Press for 15-30 minutes.
3. Once tofu is thoroughly drained, cut it in cubes. Transfer the cubes to a large mixing bowl and set aside.
4. In a small bowl, whisk together the rest of the ingredients. Pour the marinade over the tofu and toss to coat. Let it sit for at least 30 minutes.
5. Drain and arrange tofu in a single layer on the baking sheet. Bake for 10-15 minutes, then turn the cubes and bake for an additional 10-12 minutes or until crisp.

**SERVES: 4**

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# SUMMER TOMATO PEACH

## Panzanella



### INGREDIENTS:

#### DISH:

2 yellow peaches, sliced  
1 lb heirloom tomatoes, halved  
1/3 cup red onion, thinly sliced  
2 cups sourdough bread, cut into 1" cubes

#### DRESSING:

1/3 cup extra virgin olive oil  
3 garlic cloves, minced  
3 Tbsp balsamic vinegar  
1 tsp dijon mustard  
salt & pepper, to taste

#### GARNISH:

1 cup fresh basil leaves, torn  
1 cup fresh mint leaves, torn  
raw nuts

### DIRECTIONS:

1. Place the peaches, tomatoes, red onion and bread into a large serving bowl; toss to combine.
2. To make the dressing, whisk together the oil, garlic, vinegar and mustard. Season with salt & pepper to taste.
3. Pour half of the dressing over the salad and toss to combine. Put the salad in the fridge for at least an hour so the bread can soak up the dressing.
4. Before serving, add the fresh herbs, raw nuts, dash of black pepper and a bit more dressing.

**SERVES: 4**

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# SNAP PEA SALAD WITH

## Lemon Tahini



### INGREDIENTS:

#### DRESSING

1 whole lemon, juiced  
1 Tbsp miso paste  
2 Tbsp raw tahini  
1 garlic clove, minced  
2 tsp dijon mustard  
1 tsp pure maple syrup  
1 Tbsp dried minced onion  
1/2 tsp sea salt  
1/4 tsp black pepper

#### SALAD

2 small pkgs snap peas, ends trimmed  
and sliced thinly diagonally  
  
1/4 cup fresh basil, chopped  
1/4 cup chopped pistachios  
1/2 tsp red pepper flakes  
3 green onions, chopped

### DIRECTIONS:

1. In a small blender add all the dressing ingredients and blend until smooth. You may need to adjust the liquid depending on texture preference.
2. In a large bowl, add all the salad ingredients and dressing. Toss to combine. Taste and adjust as needed.
3. Garnish with more basil, pistachios and red pepper flakes if desired. Serve right away.

**SERVES: 4**

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# QUINOA CHICKPEA

## Buddha Bowl



### INGREDIENTS:

1 cup dry quinoa  
1 (5oz) pkg baby kale & spinach

#### CHICKPEAS

2 cans chickpeas, drained & rinsed  
red pepper flakes  
lemon juice  
sea salt, to taste

#### TAHINI

1/2 cup raw tahini  
1/2 tsp sea salt  
1/2 tsp garlic powder  
1/4 cup lemon juice  
1/4 cup water

### DIRECTIONS:

1. Prepare your quinoa by cooking it according to the package directions.
2. Meanwhile, drain and rinse your chickpeas and place them into a saucepot or skillet. Heat on medium-high and season with red pepper flakes, lemon juice and sea salt. Cook until hot.
3. Prepare the tahini sauce by adding all ingredients to a small blender and blend until creamy. You may need to adjust liquid based on your desired texture preference.
4. Lastly, steam the greens by adding 1/2 inch of water to a medium saucepan and bring to a simmer over medium heat. Insert a steamer basket and the greens and cover. Steam for a few minutes or until vibrant green and wilted. Immediately remove.
5. Divide the quinoa, chickpeas and greens between 4 bowls. Then add your tahini sauce on top and enjoy!

**SERVES: 4**

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*Dinner*

**I D E A S**

# RED CURRY

## Noodle Bowl



### INGREDIENTS:

1 can full fat coconut milk  
2 cups water  
3 Tbsp red curry paste  
8oz brown rice noodles  
3-4 cups chopped veggies, your choice  
juice of half a lime  
protein of choice or extra veggies

\*garnish - raw nuts or green onions

*\*choices of veggies - carrots, zucchini, snow peas, bell pepper, broccoli, cauliflower, cabbage and bok choy.*

### DIRECTIONS:

1. Add the coconut milk, water and curry paste to a large skillet with high sides. Cover and bring to a simmer over medium high heat.
2. Simmer for 5 minutes, until the coconut milk is all liquid then stir well to combine.
3. Add the rice noodles and stir. Cover and cook until al dente, about 3-5 minutes.
4. Add in the veggies, stir then cover and cook for 5 minutes.
5. Stir again to combine then cook uncovered until the sauce reduces to a thick layer on the bottom of the pan.
6. Drizzle with the lime juice and toss.
7. Serve immediately topped with protein, extra veggies, green onions or raw nuts.

**SERVES: 4-5**

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# TANDOORI TOFU

## Sheet Pan



### INGREDIENTS:

1 pkg organic extra-firm tofu, drained  
2 small sweet potatoes, cubed or wedges  
2 heaping cups cauliflower pieces  
1/2 large red onion, thinly sliced  
2 Tbsp extra virgin olive oil  
2 Tbsp tandoori spice seasoning  
1 tsp sea salt

*\*for serving optional - green chutney  
or mint chutney*

### DIRECTIONS:

1. Preheat oven to 425F and line two baking sheets with parchment paper.
2. Wrap your tofu in a clean towel and press it for 30 minutes.
3. Place the sweet potatoes on one baking sheet and the onion and cauliflower on another.
4. Crumble the tofu into pieces less than 1/2" in size next to the cauliflower.
5. Drizzle both pans with oil and sprinkle evenly with tandoori spice mix and salt.
6. Use your hands to toss and fully coat the veggies, sweet potato and tofu.
7. Bake for 20 minutes, flip, then bake for an additional 10-15 minutes. Remove when sweet potatoes and cauliflower are golden and tender. Tofu should be slightly crispy.
8. Serve warm garnished with chutney if desired.

**SERVES: 2**

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# FRESH HERB

# Potato Salad



## INGREDIENTS:

### POTATOES

- 2 pounds baby potatoes
- 1/4 cup parsley, finely chopped
- 2 Tbsp chives, chopped
- 2 Tbsp thyme, finely chopped

### DRESSING

- 1/4 cup extra virgin olive oil
- 3 tsp dijon mustard
- 2 garlic cloves, minced
- juice of 1 lemon
- sea salt & black pepper, to taste

## DIRECTIONS:

1. Wash, scrub and quarter the potatoes. Add them to a medium sized pot and cover with at least 1" of water.
2. Bring to a boil, reduce heat to medium-low and cook with a simmer for 6-8 minutes or until fork tender.
3. Drain the potatoes and rinse with cold water. Allow to cool for 10 minutes.
4. Whisk together all dressing ingredients in a small bowl until combined.
5. Once potatoes are cooled, add them, the herbs and dressing to a large bowl. Mix until well coated. Taste and adjust seasonings.

**SERVES: 6**

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# CURRIED

# Broccoli



## INGREDIENTS:

1 pound broccoli  
2 Tbsp organic coconut oil  
1 onion, chopped  
4 garlic cloves, minced  
1 tsp ginger, minced  
2 Tbsp curry powder  
1/2 tsp cumin powder  
1 (14oz) can coconut milk  
1 tsp sea salt  
1/4 tsp cayenne pepper

*\*serving suggestion - serve with brown rice, cilantro lime quinoa, flatbread, tofu or a noodle bowl*

## DIRECTIONS:

1. Wash and chop the broccoli into florets. Set aside.
2. Heat the oil in a nonstick saucepan over medium-high heat. Add the onions, garlic and ginger. Cook for 3 minutes.
3. Add the curry and cumin, cook until fragrant. About 1 minute.
4. Stir in the broccoli florets and mix with the spices. Add the coconut milk and bring to a simmer.
5. Cover the saucepan and cook until the florets are tender. About 8-10 minutes.
6. Serve immediately with your favorite dish such as rice, quinoa or noodles.

**SERVES: 4**

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# SPICY TOFU

## Pad Thai



### INGREDIENTS:

1 pack rice noodles  
1 Tbsp extra virgin olive oil  
1 pkg organic firm tofu, pressed & cubed  
1 green bell pepper, sliced  
1 red bell pepper, sliced  
1 large carrot, thinly sliced  
dash of cayenne pepper  
soy sauce or coconut aminos

### FOR SERVING

1-2 Tbsp lime juice  
green onions, chopped  
1/4 cup chopped peanuts  
fresh cilantro, chopped  
sweet chili sauce  
red pepper flakes

### DIRECTIONS:

1. Cook the noodles according to the package directions and set aside.
2. In a large frying pan heat the oil over medium heat and add the tofu. Fry until the tofu is slightly brown for 5 minutes.
3. Add in the peppers and carrots. Cook for another 10 minutes.
4. Add in the noodles, cayenne pepper and splash of soy sauce; cook for another couple of minutes.
5. To serve, divide among four serving bowls, drizzle with lime juice, garnish with green onion slices, chopped peanuts, cilantro, chili sauce and red pepper flakes. Enjoy!

**SERVES: 4**

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# VEGAN ZUPPA

## Toscana Soup



### INGREDIENTS:

#### CASHEW CREAM

1/2 cup cashews, soaked in warm water  
1 cup filtered water  
1 Tbsp tapioca flour or cornstarch

#### SOUP

2 Tbsp extra virgin olive oil  
4 plant-based sausages  
1 onion, chopped  
5 garlic cloves, minced  
2 sprigs fresh thyme  
6 small potatoes, diced  
5 cups veggie broth  
1 Tbsp nutritional yeast flakes  
1/2 tsp smoked paprika  
1 tsp onion powder  
1 tsp garlic powder  
4 cups kale, stems removed & chopped

\*for garnish - fresh chopped parsley

### DIRECTIONS:

1. Prepare cashew cream by draining the soaking cashews and adding all ingredients to a high-speed blender. Blend until creamy and set aside.
2. Heat 1 Tbsp of olive oil in a large pot over medium-high and add the sausages. Cook until brown, about 5 minutes. Remove and set on a plate.
3. Add in the garlic, thyme, potato and stir to coat for about 30 seconds.
4. Add the broth, nutritional yeast, paprika, onion powder, garlic powder and bring to a boil. Reduce heat to simmer for 10 minutes.
5. Stir in the kale, cashew cream and salt to taste. Cook for 5-10 minutes or until kale is tender.
6. Add the cooked sausage to the soup and adjust seasonings as desired.
7. Serve hot garnished with fresh chopped parsley.

**SERVES: 4**

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# LEMON & PEA

## Risotto



### INGREDIENTS:

1 white onion, chopped  
1 Tbsp extra virgin olive oil  
1 cup arborio rice, do not rinse  
5 cups veggie broth, warmed  
3 Tbsp fresh lemon juice  
2 tsp lemon zest  
1/2 tsp herbs de provence  
1 pinch sea salt, or to taste  
1/4 tsp black pepper  
1 cup frozen peas, thawed & drained

### DIRECTIONS:

1. Preheat the olive oil in a large pot. Add the onion and saute over medium heat until translucent.
2. Add the dry rice and saute with the onion until the rice becomes pearlescent.
3. Add one cup of the warm broth and stir gently but constantly until it is absorbed. Repeat with 3 more cups of broth.
4. If the risotto is now creamy, skip this step. If it isn't creamy enough, add another 1/2 cup of broth and stir. Add in the remaining 1/2 cup if needed.
5. Remove the pan from the heat and stir in the lemon juice, zest, herbs de provence, salt and pepper.
6. Mix in the thawed out peas.
7. Taste and adjust seasonings as needed then serve immediately.

**SERVES: 4**

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## SUMMER FRESH

# Watermelon Tacos



### INGREDIENTS:

#### TACO INGREDIENTS

1 can black beans, drained & rinsed  
1 cup fresh or canned corn  
1 Tbsp taco seasoning  
4 cups shredded lettuce  
8-12 corn taco shells

#### WATERMELON SALSA

2 cups watermelon, diced  
3/4 english cucumber, diced  
1/4-1/2 red onion, diced  
1 lime, juiced  
sea salt, to taste

### DIRECTIONS:

1. Mix together the ingredients for the salsa. Drain the watermelon as much as possible after cutting. It will be watery!
2. In another bowl, toss together the beans, corn and taco seasoning. Add a squeeze of lime and dash of salt. Microwave for 30 seconds.
3. Spoon the bean mixture into your tacos, add some lettuce, then the watermelon salsa and any other toppings you desire.
4. Enjoy your cool refreshing summer tacos!

**SERVES: 4**

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*Snack*

**I D E A S**

# HYDRATING HOMEMADE

## Pink Drink



### INGREDIENTS:

1/4 cup coconut water  
1/2 cup hibiscus tea, brewed strong  
1/3 cup coconut milk, from can  
1-2 Tbsp pure maple syrup  
1/3 cup fresh strawberries

### DIRECTIONS:

1. Add ice to two glasses and set aside.
2. Add the coconut water, tea, coconut milk and syrup to a blender. Blend to combine.
3. Add the strawberries and pulse one time or for a few seconds depending on the consistency you prefer.
4. Divide between the two glasses and garnish with additional strawberries if you like. Enjoy!

**SERVES: 2**

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# PINEAPPLE NUTMEG

## Smoothie



### INGREDIENTS:

1/2 cup baby carrots, chopped  
1 cup pineapple chunks, fresh or frozen  
1/4 cup mashed overripe banana  
2 Tbsp coconut milk  
1/2 tsp nutmeg  
1/4 tsp cinnamon  
3/4 cup pineapple juice  
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**

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# GERMAN CHOCOLATE

## Cake Shake



### INGREDIENTS:

1 cup coconut milk  
1 cup ice cubes  
1 scoop chocolate protein powder  
1/2 cup frozen cherries  
5 pecan halves  
1/2 tsp vanilla extract  
1 Tbsp shredded coconut

### DIRECTIONS:

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

**SERVES: 1**

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# CHOCOLATE CHERRY

## Smoothie



### INGREDIENTS:

1-1/2 cups coconut milk  
2 tsp maca powder  
1 Tbsp raw cacao powder  
1 scoop superfood protein powder  
1 cup spinach or kale  
1 cup of frozen cherries  
1 frozen banana

### DIRECTIONS:

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

**SERVES: 1**

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# SUMMER SUNSHINE

## Trail Mix



### INGREDIENTS:

3/4 cup diced dried tropical fruit  
(mango, papaya, pineapple)

1/4 cup pumpkin seeds  
1/2 cup raw or toasted walnuts  
1/2 cup raw almonds or cashews  
1/2 cup unsweet coconut flakes  
1/2 cup white or dark chocolate chips  
1/4 cup raw brazil nuts

### DIRECTIONS:

1. In a large mixing bowl, toss all of the ingredients together several times to combine.
2. Serve immediately or transfer to an airtight container to store.
3. Or portion into ziplock sandwich bags for easy snack packs to go!

*MAKES 3 cups*

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# 5 INGREDIENT

## S'mores Bars



### INGREDIENTS:

#### CRUST

2 (5.5oz) box of graham crackers  
4-6 Tbsp organic coconut oil  
2 Tbsp coconut sugar

#### FILLING

2 cups dark chocolate chips  
1-1/2 Tbsp organic coconut oil

#### TOPPING

2-1/4 cups mini vegan marshmallows

### DIRECTIONS:

1. Preheat oven to 350F degrees and lightly grease an 8'x8' baking dish and set aside.
2. In a bowl of a food processor with an "s" blade, pulse the graham crackers several times until chopped.
3. Add the oil and process until the crackers are crushed and the mixture holds together when pressed.
4. Add cracker mixture to the prepared pan and press it into a firm even layer.
5. Bake for about 15 minutes.
6. While the crust is baking, melt the chocolate and oil together in the microwave in 20-30 second increments.
7. When the chocolate is smooth, pour it into the baked crust in an even layer. Allow it to set in the fridge for 30 minutes.
8. Then top with marshmallows.
9. Turn on your oven's broiler and make sure the rack is 10-12" from the heat. Place pan in oven for about 1 minute.
10. Check the marshmallows and if you'd like them to be toastier, leave in 30 second increments until to your liking.
11. Remove, cut and serve!

**MAKES 16 bars**

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# VANILLA CAKE

## Energy Balls



### INGREDIENTS:

1-1/2 scoops vanilla protein powder  
1-1/4 cups dry rolled oats  
1/3 cup creamy almond butter  
5 pitted dates, coarsely chopped  
1/4 cup chopped almonds  
1 large banana, mashed  
1 tsp vanilla extract

\*optional - roll in coconut flakes

### DIRECTIONS:

1. Combine the protein powder, oats, almond butter and dates into a food processor; pulse until dates are incorporated.
2. Add almonds, banana and extract; pulse until just blended.
3. Roll into 16 balls, about 1" in diameter.
4. Store refrigerated for up 3 days.

**MAKES 16 balls**

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# NO BAKE PEANUT BUTTER

## Criss-cross Cookies



### INGREDIENTS:

1/2 cup raw creamy peanut butter  
1/2 cup coconut or oat flour  
1/4 cup pure maple syrup

\*optional - 1/2 cup dark chocolate chips

### DIRECTIONS:

1. In a bowl add your peanut butter and maple syrup. Combine well until it forms a shiny paste.
2. Stir in the flour and keep mixing until it forms a cookie dough ball. You may need to mix with your hands.
3. If too dry, then add 1-2 tsp more of maple syrup.
4. Roll 8 balls of the same size between your hands and place the ball on a plate lined with parchment paper. Leave about an inch of space in between.
5. Flatten each ball using a fork. Press with the fork one way and then press again in the other direction to form a criss cross.
6. Place them in the fridge or freezer to set for about 10 minutes.
7. If using the chocolate chips, microwave in a bowl in 20 second increments. Mixing in between until melted and shiny.
8. Remove the cookie and dip one cookie at a time into the melted chocolate, only halfway.
9. Place back on the plate and repeat with the rest of the cookies.
10. Place back in the freezer for another 10-20 minutes until the chocolate is set.
11. Store in fridge for up to 3 weeks.

**MAKES 8 cookies**

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