

Recipes:

Fruit + Kale Smoothie:

- Handful frozen Kale
- ½ - ¾ Cup frozen fruit
- 2 Tbsp. pomegranate arils
- 2 Scoops Protein Powder
- 2 Scoops Collagen Powder
- 1 Cup Almond Milk

Hard Boiled Eggs:

- 7 Eggs
- 2 Quarts Water
- ¼ Cup White Vinegar
 - Place all ingredients in heavy bottom saucepan. Bring to a full rolling boil for 30 seconds. Turn off heat and allow water to cool completely. Store eggs in fridge until ready to peel and eat. Serve with hot sauce or pepper flakes.

Lemon-Ginger Water:

- 12oz warm water
- Juice of half a lemon
- ¼ tsp cayenne
- Ginger tea bag or ½ tsp fresh grated ginger
 - Steep for 10 minutes before drinking

Chia Cup

- ½ Cup Almond Milk
- 2 Tbsp. Chia Seeds
- 1 Tbsp. of Flax Seeds, Hemp Hearts or Chopped Nuts
- 1 Tbsp. of Nut Butter
- 1 tsp of pollen (optional)
- Sprinkle of Fresh Berries
 - Mix everything together, let sit overnight in fridge.

Oat Cup

- ½ Cup almond milk
- ¼ Cup steel cut oats
- 1 Tbsp. of Flax Seeds, Hemp Hearts or Chopped Nuts
- 1 tsp of pollen (optional)

- 1 Tbsp. of Nut Butter
- Sprinkle of Fresh Berries
 - Mix everything together, let sit overnight in fridge.

Red Pepper Hummus

- 1 Red Pepper
- 1 Can Garbanzos, drained and rinsed
- 1 tsp salt
- Juice of ½ a lemon
- 1/3 cup tahini
- 2 tsp chili powder
- 3 garlic cloves
- ¼ cup olive oil
 - Roast red pepper over flame, (or cut flat and roast under broiler) turning occasionally until skin is evenly blackened, immediately wrap in plastic and let sit for about 20mn.
 - Put half of red pepper, and all other ingredients except olive oil in blender and process until smooth.
 - With blender still running, slowly pour in olive oil until fully combined and smooth emulsion is formed.
 - Fine dice other half of red pepper, serve as garnish on top of hummus.

White Bean Dip

- 1 can small white beans (cannellini)
- ¼ cup fresh parsley, chopped
- ¼ cup fresh tarragon, chopped
- 2 Tbsp. fresh dill, chopped
- 1 Tbsp. fresh oregano, chopped
- 1 Tbsp. fresh thyme, chopped
- 1 tsp fresh rosemary, chopped
- Juice of half a lemon
- 1 tsp salt
- 1/3 cup tahini
- 1 tsp smoked paprika
- 3 garlic cloves
- ¼ cup olive oil
 - Blend all ingredients except olive oil in blender until smooth.
 - With Blender still running slowly add olive oil until fully combined and smooth emulsion is formed.
 - Garnish with leftover chopped herbs, if desired.

Pumpkin Soup w/Blackened Broccoli

- 1 cup broccoli florets
- 1 cup whole coconut milk
- ½ cup vegetable stock
- 1 small pumpkin
- 1 medium shallot, diced
- 2 garlic cloves, minced
- 1 Tbsp. yellow curry powder
- 1 ½ tsp salt
- 1 tsp smoked paprika
- 1 tsp black pepper
- ½ cup unsalted pumpkin seeds (Pepitas)
 - Cut pumpkin in half, scoop out seeds and place in a shallow baking dish, cut side down. Pour just enough water to cover the bottom of the pan into the dish. Roast the pumpkin halves at 325F until soft to the touch, about 30 – 45 minutes.
 - Remove the pumpkin from the pan and wipe clean. Increase oven temp to 425F. Put the broccoli, a drizzle of olive oil, and a shake of salt and pepper onto the pan and toss to combine. Roast until edges of broccoli are just beginning to blacken. 15 - 20mn.
 - Scoop the pumpkin out into a bowl. In a 3 quart saucepan bring a drizzle of olive oil to medium heat. Add the shallot and garlic. Cook until translucent. Add the spices and cook until fragrant, about 30 seconds. Reduce the heat to medium low. Add the pumpkin and coconut milk and stir to combine.
 - Using an immersion blender, or regular blender, pulse soup until creamy and no chunks remain. Add veggie stock until desired consistency is reached. Remove from heat and stir in broccoli. Garnish with Pepitas.

Cauliflower Fajitas with Avocado Crema

- 6 large romaine or butter lettuce leaves
- 1 small head cauliflower, chopped into bite size pieces
- 1 ½ Tbsp. chili powder
- 1 ½ tsp black pepper
- 1 ½ tsp salt
- 2 tsp cumin
- 1 ½ tsp oregano
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp smoked paprika
- 1 green bell pepper, sliced into strips
- 1 red bell pepper, sliced into strips
- ½ red onion, sliced into strips
- 2 cloves garlic, finely diced
- Olive oil
- Avocado
- ½ cup cashews, soaked for at least 4 hours
- ¼ cup water
- ½ tsp salt
- 1 Tbsp. lemon juice
 - Make Avo crema: pulse soaked cashews, water and salt in blender until very finely ground. Add lemon juice and avocado and pulse until creamy, adding more water if necessary for consistency. Season to taste.
 - Make Cauliflower: Heat oven to 425. Place florets on sheet pan and drizzle with olive oil. Add 1 Tbsp. chili powder, 1 tsp black pepper, 1 tsp salt, 1 tsp cumin 1 tsp oregano, garlic powder, onion powder and paprika. Stir cauliflower to combine and then roast, stirring occasionally until cauliflower starts to brown. 20 – 30 minutes. Remove from oven and allow to cool.
 - Make fajita veggies: add a drizzle of olive oil to large pan and heat to medium high. Add onions and garlic and sauté until just translucent. Add pepper and sauté until beginning to brown. Sprinkle with remaining spices and sauté 30 seconds longer. Remove from heat.
 - Assemble: place ¼ cup of fajita veggies in bottom of lettuce leave. Add ¼ cup of cauliflower. Drizzle with avocado crema. Enjoy!

Asian Zoodles w/Chickpeas

- 3 medium zucchini
- 3 small yellow squash
- ½ red onion, sliced thin
- 1 Tbsp. sesame oil
- 1 can black beans
- 2 garlic cloves, minced
- ¼ cup soy sauce
- 2 Tbsp. mango or orange juice concentrate (unsweetened)
- ¼ cup balsamic vinegar
- 2 tsp Sriracha
- ¼ cup water
- 1 tbsp. corn starch
- 2 Tbsp. sesame seeds
- ¼ cup green onions, chopped
- ¼ cup cilantro, chopped
 - Spiralize zucchini and yellow squash, set aside.
 - Shake together ingredients from garlic cloves to corn starch until corn starch is completely mixed in. This may need to be shaken again immediately before pouring into zoodles to redistribute.
 - Heat sesame oil in a large pan to medium high. Throw in zoodles and onion and sauté until beginning to brown, stirring frequently. Add chickpeas and heat through. Pour in sauce and cook until it begins to thicken.
 - Serve with a garnish of green onions, sesame seeds and cilantro.

Southwest Bowl

- 2 cobs corn, kernels cut off and set aside
- 1 red pepper, diced
- 1 Poblano pepper, diced
- 1 Tbsp. chili powder
- 1 tsp cumin
- 1 can black beans, rinsed
- ½ 1 small head cauliflower, blitzed in blender briefly to make 'rice'
- 1 lime, halved – 1 half cut into wedges, the other juiced and zested
- ½ cup cilantro, chopped
- 1 mango, seed remove and cut into chunks
- 1 tomato, seeds removed and diced
- 1 shallot, diced small
- 1 jalapeño, minced fine
- 2 cloves garlic, minced fine
- 2 Tbsp. natural coconut yoghurt
- 1 small head romaine, sliced thin
- Salt
- White Pepper
 - Cook the Veggies: Heat a drizzle of olive oil over medium high heat in a large skillet. Add the corn, red pepper and Poblano and sauté until they start to brown. Add cumin, chili powder and ½ tsp salt, ¼ tsp white pepper and cook another 30 seconds. Remove from heat and stir in black beans.
 - Make the Cilantro Rice: Put the cauliflower in a large pot with ½ cup of veg stock. Add 1 tsp salt, and ½ tsp white pepper. Cover and cook on medium low until cauliflower rice starts to condense, 10 -15mn. Turn off heat and stir in ¼ cup cilantro, and lime zest.
 - Make the Pico: stir together remaining cilantro, lime juice ½ tsp salt, ¼ tsp white pepper, mango, tomato, shallot, jalapeno and garlic.
 - To Serve: Divide all ingredients in half between two bowls, placing the romaine on the bottom, and dolloping some coconut yogurt on the top. For service the next day place the veggies and cauliflower rice in one container (to reheat) and the Pico and romaine in another (to keep cold). Keep the yoghurt separate until serving.

Northern Farmers Market Bowl

- 1 sweet potato, peeled and cut into ½” chunks
- ½ small head cauliflower, cut into ½” chunks
- 1 tsp smoked paprika
- ½ tsp turmeric
- 1 tsp salt
- ½ tsp white pepper
- 1 can navy beans, rinsed
- 1 small cucumber, sliced thin
- 1 orange, halved and sliced thin
- 1 apple, halved and sliced thin
- 1 avocado, pitted and sliced thin
- 2 cups arugula
- 1 green pepper, halved and sliced thin
- 2 Tbsp. sauerkraut
- 2 tsp flax seeds
 - Heat the oven to 425F. Put the sweet potato and cauliflower on a baking sheet, drizzle with olive oil. Sprinkle with turmeric, smoked paprika, and salt and pepper. Bake until veggies are browned and starting to crisp, stirring occasionally, 20 – 30 minutes.
 - To Serve: Divide everything in half and fill two bowls with half of each ingredient. If preparing for the next day, place the cauliflower, sweet potato, and navy beans in one container (to be reheated) and everything else in another (to stay cold). Hold the sauerkraut separately until ready to eat.

Costa Rican Bowl

- 1 ripe plantain, cut into ½ inch chunks
- ½ tsp cinnamon
- ½ tsp salt
- ½ cup long grain brown rice, cooked according to package directions
- 2 Tbsp. olive oil
- 1 can black beans, NOT rinsed
- 1 red bell pepper, finely chopped
- ½ small onion, finely chopped
- 2 cloves garlic, minced
- ½ cup cilantro, chopped
- 1 Tbsp. Worcestershire
- 1 tsp cumin
- 1 cup fresh pineapple, diced
- 1 cup fresh watermelon, diced
- 1 cup spinach, roughly chopped
- 3 eggs
- Salt
- Black Pepper
 - Make the Fried Plantains: Heat a dash of olive oil in a skillet over medium heat.
 - Add the plantain pieces to the skillet, arranging in an even layer, cut side down. Sprinkle with salt and cinnamon.
 - Cover and cook until plantains are softened, and bottoms are browned. Flip the plantains and continue to cook until other side is browned.
 - Make the Gallo Pinto: heat a dash of oil over medium high heat. Add the pepper, onion and garlic and sauté until the onion is translucent. Add the rice and sauté for a minute until it starts to sizzle a bit.
 - Reduce heat to medium low. Add the beans and their liquid and cook until liquid is almost completely gone. Stir in ¼ cup of the cilantro, Worcestershire and cumin. Taste and adjust seasoning as necessary.
 - Make the Ensalada Fruta: Mix the pineapple, watermelon and spinach together. Add a squirt of lime juice.
 - Make the eggs: scramble the three eggs in a skillet over medium heat until just barely set (otherwise they'll overcook when reheated), season with salt and pepper.
 - To Serve: arrange half of each ingredient in two separate bowls. If preparing for the next day place the plantains, eggs and gallo pinto in one container (to reheat) and the fruit salad in another (to stay cold).