

Transition To Health Cookbook



Spira
HEALTH & WELLNESS

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Introduction

Hi, I'm Cassidy! I'm a wife, mother, nutritionist, health coach, PhD student, speaker, author and owner of Spiro Health and Wellness. I'm so excited that you bought my cookbook and are ready to start out of this new adventure of healthy eating. My journey began several years ago when I was plagued with a number of health conditions. I was in and out of doctors and specialist and it seemed to me that I was doomed to a life of pain. I had resigned myself to the fact that I was just going to die early and there was nothing I could do about it. Through a series of very fortunate events, I was introduced to the world of nutrition. I decided to go back to school to get my PhD and the rest is history. My latest bloodwork showed that I had 100% reversed every disease and condition I once had! I was so excited about the healing that I had found, that I decided to share it with others.

Now here you are! On the road to health and ready to enjoy good food along the way. Early in my journey, I discovered a need for easy, healthy, and fast recipes. I realized that there were very few resources for those just beginning to become healthier. Each cookbook I looked at was daunting and overwhelming. They mentioned ingredients that I had never heard of before! My hope is that I can help you transition to health in way that is affordable, convenient, and easy for your family.



Before delving into the good stuff, I want to give you a brief overview of food and health so you can understand the why behind each recipe. Then I'll give you a brief introduction to some new health foods that some may not be familiar with.

Macro-nutrients. Science has shown us that the optimal diet for human performance is high in carbohydrates (clean, not refined), and low in fat and protein. This means that we should strive for approximately 70% of our diet being carbs, 15% being fat and 15% protein. This breakdown will help each organ and cell in our body to function at their highest capacity. A diet high in fats and protein will starve of body of glucose, the necessary fuel for our body. It will also inhibit digestion and the excess will putrefy and be released into the bloodstream, creating toxins that manifest themselves as disease. It is important to get enough fat and protein, but too much causes a number of complications in the system.

Animal Products. This cookbook is free of animal products including meat, dairy, and eggs. An increasing number of academic studies have shown that a diet high in fruits, vegetables, grains and legumes and void of meat, dairy and processed foods is the only proven path to reverse heart disease, Alzheimer's, diabetes, and a number of other health issues. A study completed by Dr. Dean Ornish found that arteries of those eating a primarily plant based diet were the healthiest of any diet.

Conversely, the arteries of those on a high animal product diet (aka Keto and Paleo) were severely damaged and the worst arteries of any diet tested. A recent study indicated that eating meat once a week leads to 146% increase in heart disease, 152% increase in stroke, 166% increase in diabetes, 231% increase in weight gain and 3.6 year decrease in life expectancy. Furthermore, the largest nutritional study in the world, The China Study, indicated that there was a direct link (over 8000 statistically significant variables!) with nearly every disease and the consumption of animal products. The studies are endless and the evidence is damning. A plant based diet is ideal for health and longevity. It is because of this that each recipe in this book is made from natural, whole food plants.





Beans. Beans should be a staple in our diet as they have been linked to helping to promote health in aging, improved digestion, and much more. They are also high in calories, and are great protein sources for those looking to bulk up. Beans are cheapest when bought dry. All you have to do is soak them in water overnight and cook them over the stove for around an hour on medium-low heat. This is the healthiest and cheapest option. Soaking the beans is an important measure used to get rid of lectins and ensure easier digestion.

Grains. Grains are an essential part of a healthy diet. Many studies have shown the benefits of grains on health. However, today's wheat doesn't make the cut. The modern "dwarf wheat" (which comprises 99% of all wheat in the U.S.) can't be digested and has no nutritional value. This is in large part the reason that a growing number of Americans are gluten-intolerant. So, as we talk about grains, we should look to sources other than wheat. A few examples are oats, quinoa, rice, amaranth, spelt, teff, and buckwheat.

Many of these grains have not been tampered and are free from harmful chemicals and full of beneficial nutrients that can keep you satiated and healthy. This book contains no wheat, but you will still find delicious alternatives that the whole family can enjoy.

Nuts and Seeds. Consumption of nuts and seeds is associated with a 50% lower risk of cardiovascular disease. If that isn't enough, they also significantly reduce inflammation in the body, are packed with Omega-3's and contain many other bioactive compounds. To say they are beneficial is an understatement. There are a number of ways to incorporate more nuts and seeds into your diet, and they are a great meat replacement. But be careful to not overdo it, because they are extremely calorie dense a little bit goes a long way. Eating a cup a day would well exceed recommended daily fat intake, so enjoy your nuts and seeds, but don't go too wild!

Soy. Soy is often avoided by people because it is a rumored hormone disruptor. However, this couldn't be further from the truth. Studies have shown that soy plays an important role in preventing prostate and breast cancer. It is one of the only "complete" plant proteins, as it contains all 9 necessary amino acids. They also contain antioxidants and phytochemicals which are key to health. Unprocessed soy is a wonderful addition to a plant based diet including tofu, tempeh, edamame and more. There is no reason to stay away, simply choose options that do not have chemicals and additives or that are genetically modified.

Oil. At best, oils are empty calories and they provide no nutritional value. All of the potential vitamins and minerals are stripped from the plant when it is turned into an oil. However, it is not simply that oil doesn't add health, it can also be very detrimental to our health. Immediately upon consumption, oil stiffens arteries. Just one tablespoon of oil can send someone over the edge if they are already at risk for cardiovascular disease. Studies have also shown that it thins the blood and decreases the body's ability to synthesize other vitamins and minerals eaten with oil. Getting rid of oil can help to reduce overall fat consumption and a number of dangerous diseases. In the place of oil, most recipes can simply use water. You will notice that there is no oil in this book and there are a number of alternatives from water to a flax egg.

Fruits. Fruits are a great source of calories. They are high in vitamin and mineral content, and they also contain a great deal of purified water content that is very helpful to digestion. The sweet nature of fruits is what satiates us and fills the sweet tooth that we have all had since birth. Fruits do not have to be cooked and are nature's "fast food" ready to go at any time. Because of this, I recommend that a lot of fruit be consumed each day! Some naysayers believe that more than a cup of fruit can be harmful to us, though there is no evidence to support this claim.

Avoid buying genetically modified fruits, as they may contain more harm than benefit. You can identify a genetically modified food if it starts with a PLU 3 or 8. For instance 3897 or 83302, should be avoided. Traditionally grown (PLU code 4) and organically grown (PLU code 9) are optimal.

Vegetables. Vegetables are the best source of phytonutrients, essential acids, chemicals, and vitamins. We eat vegetables not for their satiating taste or high calorie count (they have neither), but we eat it for the essential nutrients that it provides to our body. I often hear people say that they eat an entire salad and were still hungry! Well, of course you are, I respond. An entire head of lettuce contains approximately 15 calories. That wouldn't fill a newborn. Therefore, we remember to pair our vegetables with high calorie foods. Vegetables are best eaten from a garden where they have fresh dirt containing vitamin B12 on them. When this is not possible, avoid buying genetically modified vegetables, as they may contain more harm than benefit. Again, look at the PLU codes to make the determination.

Plant Based Staples. There may be some new foods or ingredients suggested in this book that may seem overwhelming at first. However, I can assure you that these will soon become staples in your home

There are no specialty ingredients in this book that are expensive or need to be special ordered. Everything in here I have found at Winco, Costco, Sprouts, and more.

- **Nutritional Yeast-** A cheese like alternative that is high in vitamins and minerals. It adds a great cheesy flavor to pasta dishes, dressings, and much more.
- **Dates-** These are a beautiful source of sweetener in desserts. They are also amazing on their own as a snack. They are high in fiber and over 80 calories each, so they are a filling snack. Recent studies have also shown that eating 6 dates a day in the last month of pregnancy cuts birth time and birth complications in half!
- **Liquid Aminos-** This is exactly like soy sauce, but it's actually healthy. It is taken from another part of the soy, so it is still flavorful, but it is much healthier and contains significantly less sodium.
- **Cacao-** Is a lot like the traditional cocoa that you are used to using, but much healthier and richer. Ditch the cocoa for an unprocessed and divine chocolate that is sure to satisfy.
- **Edamame-** Is a soy based bean that is green. They are high in protein and very delicious as a snack or in an Asian dish. I buy mine in bulk at Costco.
- **Flax Eggs-** Are an egg and oil alternative. It is made by combining 1 tablespoon ground flax with 2 ½ tablespoons water and letting it sit. This creates a binding agent that can be used in a number of baked dishes. You can also substitute the ground flax for ground chia for the same result.

Plant based diets are optimal for human health and I've experienced that firsthand. I hope that you will give a transition to plant based some consideration as there are more benefits that you can imagine. Meat consumption is the biggest contributor to climate change, malnutrition and much more. I could go on and on about the benefits, but there is simply not enough space.

As a nutritionist, health coach and PhD student, I run a business helping people to get healthy and helping them to reverse disease. If you are interested in becoming a client or learning more or you simply have questions about this book, please email me at cassidy@spirohealthandwellness.com for more information. I am happy to chat with anyone!



Breakfast



Buckwheat Pancakes




TOTAL TIME
10 MIN


SERVES
4


CALORIES
350

INGREDIENTS

- 1 cup buckwheat flour
- 4 TBSP maple syrup
- 2 cups plant based milk
- 1 ripe banana, mashed
- 2 TBSP ground flax
- 1 tsp baking powder
- 1 tsp baking soda
- $\frac{1}{8}$ tsp salt

DIRECTIONS

1. In a large bowl, mix the buckwheat flour, flax, salt, baking powder, and baking soda.
2. Add mashed banana, plant milk, and maple syrup to the dry ingredients and mix to combine. It should be a thick but runny batter.
3. Cook over medium heat. Use $\frac{1}{4}$ cup batter at a time. You will have to spread the batter on the pan to thin it out.
4. Cook approximately 2 minutes or until little bubbles begin popping up. Flip over and cook for another two minutes.
5. Top with fresh berries (or berry compote), almond butter, pumpkin seeds, and dried coconut.

Banana Oat Pancakes

 TOTAL TIME 10 MIN	 SERVES 6	 CALORIES 385
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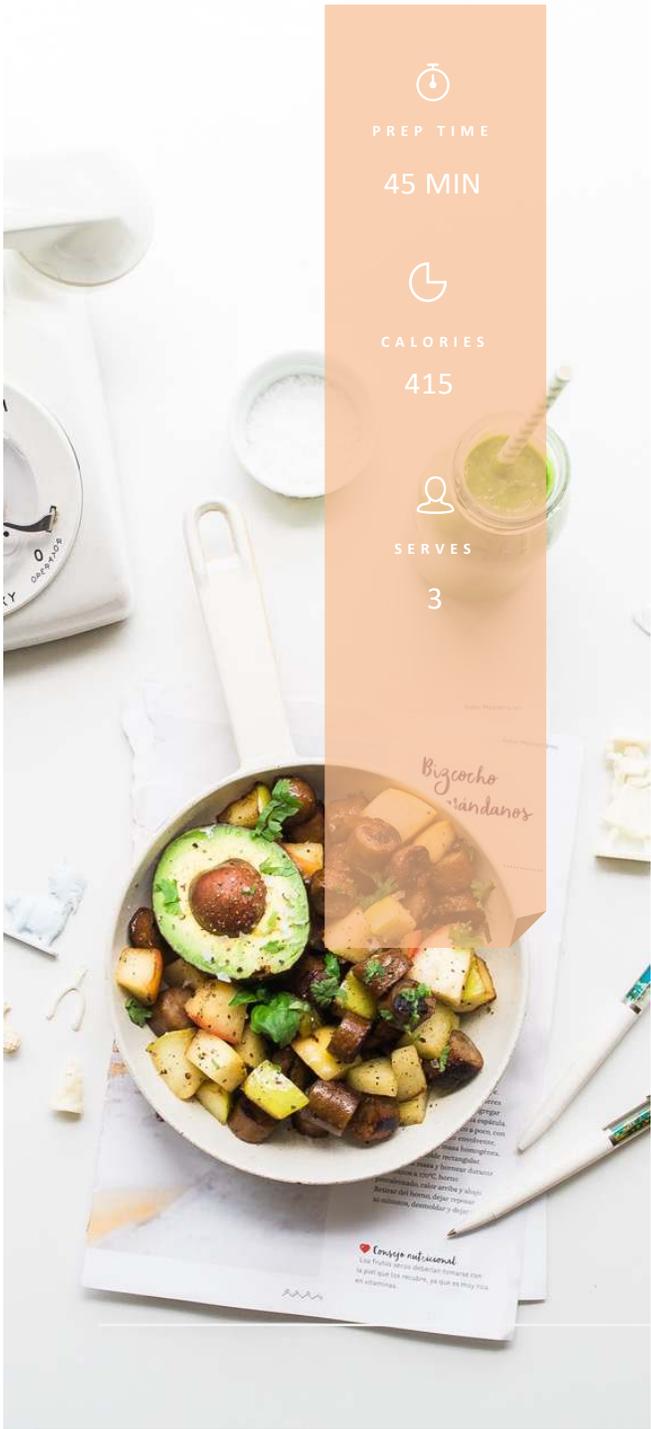
INGREDIENTS

- 3 ½ cups oat flour (can be made by blending oats)
- ½ cup almond or buckwheat flour
- 1 TBSP baking powder
- 1 tsp salt
- 1 tsp vanilla
- 1 TBSP pumpkin spice
- 2 ripe bananas, mashed
- 2 TBSP maple syrup
- 3 cups plant based milk

INSTRUCTIONS

- 1. In a large bowl, mix oat flour, almond/ coconut flour, baking powder, salt, cinnamon, and pumpkin spice. Set aside.*
- 2. In a smaller mixing bowl, add banana, vanilla, maple syrup, and plant based milk and whisk with fork.*
- 3. Slowly add wet ingredients to the dry ingredients and gently mix together. Batter will be thick but scoopable. Feel free to add in more milk until desired consistency is reached starting with ¼ cup at a time.*
- 4. Pour ¼ cup of the batter into a hot skillet.*
- 5. Over medium heat, pour ¼ cup of the batter into skillet at a time. It will be thick, so you may need to use a spoon to spread the batter around the pan to thin it out to desired consistency.*
- 6. Cook approximately 2 minutes or until until little bubbles begin popping up. Flip over and cook for another two minutes.*
- 7. Serve with berries, banana and maple syrup.*





Breakfast Hash

WITH MUSHROOM KALE MIX

- 4 medium yellow potatoes cubed (bite-size)
- 3 medium sweet potatoes cubed (bite-size)
- 1 tsp paprika
- 2 tsp oregano
- 2 TBSP nutritional yeast
- 1 tsp turmeric
- 1 tsp thyme
- 1 tsp rosemary
- 1 tsp pepper
- 1 cup sliced mushrooms
- 12 leaves organic kale stems removed, chopped
- 2 cloves garlic minced
- 1 tsp salt
- 1 tsp lemon pepper

INSTRUCTIONS

1. Preheat oven to 425F.
2. Mix the cubed potatoes in a medium-size bowl with 3 TBSP water. Then add all the spices, and mix well until coated. Remember there is turmeric, so do not use your hands! It will stain.
3. Place all potatoes in a large baking sheet, spread the potatoes around so they are not touching.
4. Bake at 425F for 30-35 minutes, or until nicely golden and roasted on the edges.
5. While potatoes are cooking, warm a large pan over medium heat.
6. Add 2 TBSP water and immediately put in the sliced mushrooms. Sauté for about 5-7 minutes or until roasted on the edges.
7. Mix in the chopped kale and the minced garlic, and sauté for about 4-5 minutes until the kale starts to wilt.
8. Sprinkle with salt and pepper, and add to the roasted potatoes in the pan when they're ready.
9. Serve with avocado and salsa or tofu sausage.



Simple Chia Pudding



TOTAL TIME
OVERNIGHT



SERVES
2



CALORIES
375

INGREDIENTS

- 6 TBSP chia seed
- 2 cups plant based milk
- ½ tsp vanilla
- 2 TBSP maple syrup
- Fruit for topping (berries, banana, kiwi, mango, etc.)

INSTRUCTIONS

1. In a large mason jar, mix together chia seeds, milk, maple syrup and vanilla. Close lid tightly and shake the mixture to combine well.
2. Let sit for 5 minutes, and give it another shake to break up any clumps of chia seeds. (This may require a spoon to break up stubborn pieces).
3. Replace lid and put the mixture in the fridge to “set-up” for 1-2 hours or overnight. Can also be served within 15 minutes in a pinch.
4. Top with fresh or frozen fruit before serving and enjoy.

Berry Oatmeal

 TOTAL TIME 10 MIN	 SERVES 3	 CALORIES 435
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INGREDIENTS

- 4 cups water
- 2 cups rolled oats
- ½ tsp cinnamon
- ½ cup raisins
- 1 cup berries
- Small handful nuts (optional)
- Plant Milk (optional)

INSTRUCTIONS

1. *Combine water, oats, and cinnamon in a large pan.*
2. *Bring to a boil, lower heat, and cook for approximately 5-7 minutes, stirring occasionally.*
3. *Move oatmeal to bowl and eat thick as is, or use plant based milk to thin to desired consistency.*
4. *Top with raisins, berries and nuts (health permitting).*



Chocolate Peanut Butter Oats

WITH DATE CARAMEL SAUCE

THIS MELT IN YOUR MOUTH OATMEAL WILL TAKE 15 MINUTES TO PREPARE, AND IS INCREDIBLY HIGH IN HEALTHY CALORIES. IT'S BASICALLY LIKE EATING DESSERT FOR BREAKFAST, SO YOU'D BETTER BUCKLE UP! AND EAT TO YOUR HEARTS CONTENT- BECAUSE THIS BREAKFAST IS AS HEALTHY AS THEY COME CONTAINING PLENTY OF ANTIOXIDANTS AND HEALTHY WHOLE FATS AND PROTEINS.



SEE RECIPE ON NEXT PAGE >>



Chocolate Peanut Butter Oats

 TOTAL TIME 10 MIN	 SERVES 4	 CALORIES 380
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INGREDIENTS

- 4 cups water
- 2 cups oats
- 2 TBSP cacao powder
- 2 bananas chopped
- Small dollop of peanut butter

SAUCE

- ½ cup dates (about 5 dates)
- ¼ cup boiling water
- ½ tsp vanilla

INSTRUCTIONS

1. *Combine water, oats and cacao in a heavy saucepan.*
2. *Bring to a boil, lower heat, and cook, stirring occasionally, for about 5-8 minutes.*
3. *Take oats off heat and divide into 4 bowls.*
4. *While oats are cooking, combine dates, water, and vanilla in blender.*
5. *Blend on high for 1 minute.*
6. *Pour date sauce over each bowl.*
7. *Place nut butter and chopped banana on bowl.*
8. *Option to add cherries and cacao nibs.*



Coconut Yogurt Parfait

 TOTAL TIME 2 MIN	 SERVES 2	 CALORIES 350
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INGREDIENTS

- 1 ½ cups coconut yogurt (any flavor)
- ½ cup berries of choice
- 1 TBSP flax seed
- 1 TBSP shredded coconut
- 3 TBSP granola of choice

INSTRUCTIONS

1. *Place coconut yogurt into bowl.*
2. *Place all toppings on top of yogurt.*
3. *Mix evenly to distribute and enjoy right away.*

Banana Blueberry Muffins



TOTAL TIME
40 MIN



SERVES
4



CALORIES
375

INGREDIENTS

- 4 ripe bananas
- 2 cups oat flour (can make by blending oats)
- ½ cup apple juice
- ½ cup applesauce (or 1 apple cut up and boiled for 10 minutes)
- 2 TBSP ground flax
- 1 TBSP cinnamon
- 2 tsp vanilla
- ½ TBSP apple cider vinegar
- ½ TBSP baking powder
- ½ tsp baking soda
- 1 ½ cups fresh or frozen blueberries

INSTRUCTIONS

1. Preheat oven to 350F.
2. In a large bowl combine all dry ingredients; oat flour, flax, cinnamon, baking powder, baking soda. Set aside.
3. In a blender, combine bananas, apple juice, applesauce, vanilla and apple cider vinegar. Blend on high for 30 seconds.
4. Pour contents of blender over dry ingredients and gently mix until combined. Do not overmix.
5. Gently fold in blueberries
6. Pour into fully lined muffin tin. Fill each liner to the top.
7. Bake for 25-30 minutes until tops are golden brown.

Avocado Toast



INGREDIENTS

- 2 pieces bread of choice
- ½ avocado, pitted and peeled
- Dash of salt
- ¼ tsp dill
- ¼ tsp chives
- Sprinkle of red pepper flakes

INSTRUCTIONS

1. *Place bread in toaster.*
2. *Mix remaining ingredients in bowl and mash.*
3. *Spread thinly over toast.*
4. *ENJOY!*


TOTAL TIME
3 MIN


SERVES
2


CALORIES
370



French Toast



TOTAL TIME
30 MIN



SERVES
3



CALORIES
415

INGREDIENTS

- 1 TBSP chia seed
- 1 TBSP maple syrup
- 1 cup plant based milk
- 1 tsp cinnamon
- ½ tsp vanilla
- 5 slices sturdy or stale rustic bread

INSTRUCTIONS

1. *Mix all ingredients except the bread in a large bowl. Place in the fridge to activate for 10-20 minutes.*
2. *Dip each slice of bread in batter until well absorbed. Anywhere from 15-35 seconds on each side.*
3. *Cook in pan until golden brown, approximately 4-5 minutes. Using a spatula, flip and cook other side until golden brown, approximately 3-4 minutes.*
4. *Top with berries, bananas and maple syrup.*



Tofu Scramble

INGREDIENTS

- 1 package firm tofu
- 3 TBSP nutritional yeast
- 1 tsp salt
- ½ tsp lemon pepper
- ½ tsp black salt (optional)
- 2 cups fresh spinach
- Salsa- for serving
- Avocado- for serving

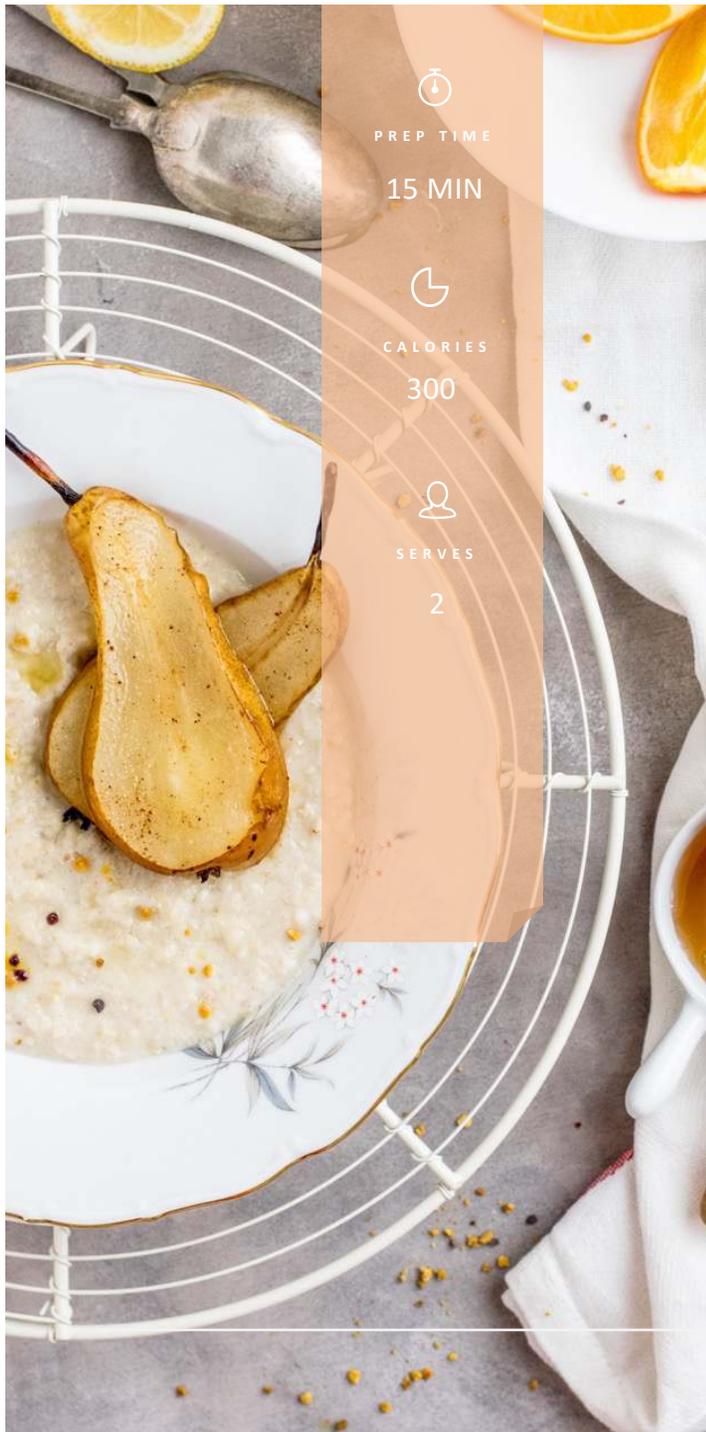
INSTRUCTIONS

1. *In a large skillet, begin cooking 1 package firm tofu with 2 TBSP water over medium heat.*
2. *Use spatula to break down tofu into "scrambled egg" like pieces.*
3. *Add nutritional yeast, salt, pepper, and spinach and stir.*
4. *Continue cooking for 3-5 minutes or until sufficiently hot.*
5. *Take off heat and serve immediately with salsa and avocado.*


TOTAL TIME
10 MIN


SERVES
2


CALORIES
350



Quinoa Porridge

- ½ cup uncooked quinoa
- 1 ½ cup plant based milk
- 2 tsp cinnamon
- 2 tsp vanilla
- 1 pinch salt
- 2 TBSP nuts (optional, for serving)
- Shredded coconut (optional, for serving)
- 2 TBSP maple syrup (optional, for serving)
- Fruit (optional, for serving)

INSTRUCTIONS

- 1. Bring quinoa, plant milk, maple syrup, cinnamon, vanilla and salt to a boil in a small pot over medium-high heat.*
- 2. Once boiling, reduce to a low and simmer for 10 minutes or until quinoa has absorbed most of the liquid.*
- 3. Place cooked quinoa in a bowl, and top with sliced fruit, nuts, coconut and a drizzle of maple syrup. Or serve with your favorite toppings.*

Chickpea Omelet



TOTAL TIME
10 MIN



SERVES
2



CALORIES
395

INGREDIENTS

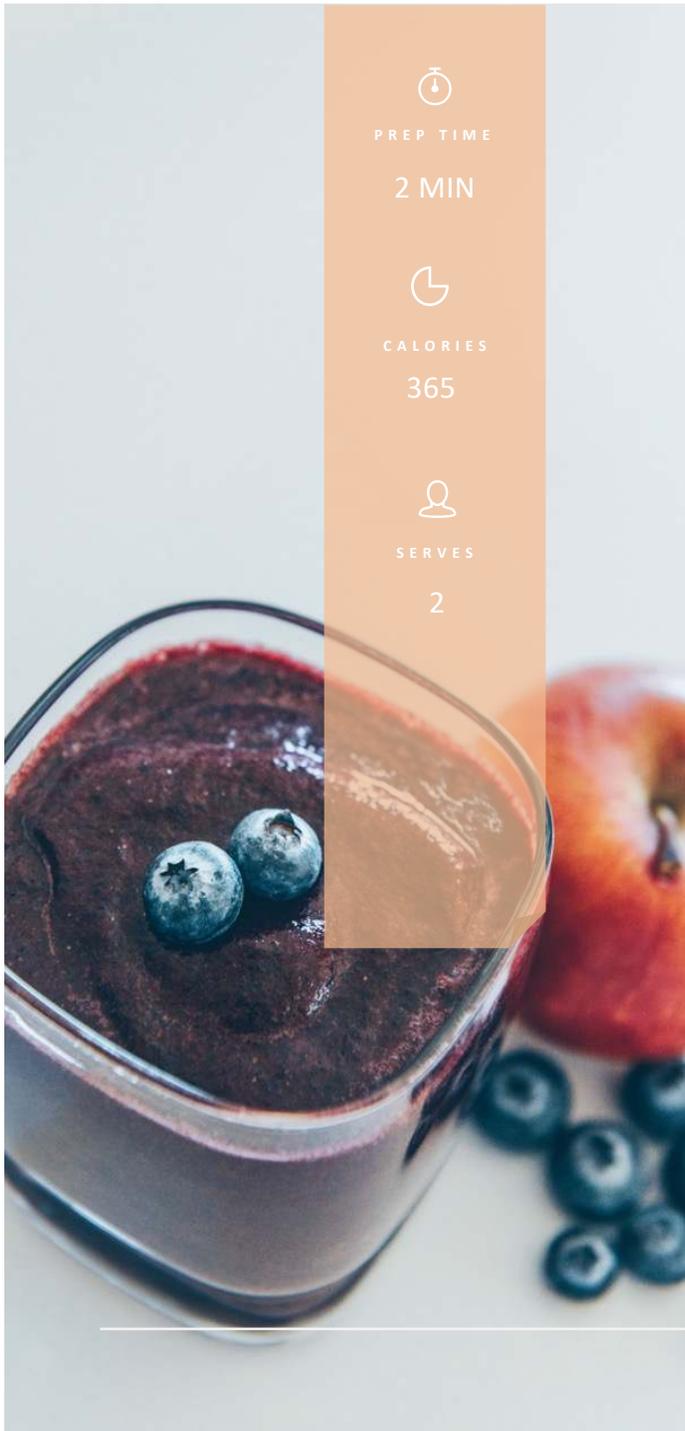
- 1 cup chickpea flour
- ½ tsp onion powder
- ½ tsp garlic powder
- ½ tsp black pepper
- ½ tsp salt
- ½ tsp black salt
- 1/3 cup nutritional yeast
- ½ tsp baking soda
- ½ cup spinach
- ½ cup chopped mushrooms
- ¼ avocado, mashed
- 2 TBSP salsa

INSTRUCTIONS

1. *Combine the chickpea flour, all spices, nutritional yeast, and baking soda in a small bowl. Whisk with a fork.*
2. *Slowly add 1 cup water and stir until the batter is smooth.*
3. *Heat a frying pan over medium heat. Pour the ¼ cup of the batter into the pan, as if making pancakes.*
4. *Sprinkle chopped mushrooms, spinach and green onion on top of the omelet. Let cook for 1-3 minutes. Flip the omelet. When the underside is browned, flip the omelet again, and cook the other side for a minute.*
5. *Serve your with avocado mash, salsa and eat immediately.*

Smoothies & Juices





Creamy Berry Shake

INGREDIENTS

- 5 bananas
- 2 cups berries of choice
- 2 cups plant based milk or water
- 2-4 cups spinach
- 1-2 tsp chia, flax or hemp seed (optional)

INSTRUCTIONS

- 1. Combine all ingredients in blender and blend on high for 1 minute.*
- 2. Pour into glass and enjoy immediately.*

Banana Mango Smoothie

 TOTAL TIME 2 MIN	 SERVES 2	 CALORIES 320
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INGREDIENTS

- 2-4 cups spinach
- 3 cups plant based milk or water
- 2 cups mango
- 4 frozen bananas

INSTRUCTIONS

1. *Combine all ingredients in blender and blend on high for 1 minute.*
2. *ENJOY!*



Chocolate Cherry Shake



TOTAL TIME
3 MIN



SERVES
2



CALORIES
410

INGREDIENTS

- 3 cups frozen cherries, pitted
- 3 large bananas
- 2 TBSP cacao powder
- ½ TBSP chia seeds
- 1 tsp vanilla
- 2 cups water
- 3 dates, pitted

INSTRUCTIONS

1. *Combine all ingredients in blender and blend on high for 1 minute.*
2. *ENJOY!*



Green Tropical Goddess

 TOTAL TIME 2 MIN	 SERVES 2	 CALORIES 290
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INGREDIENTS

- 2-4 cups spinach
- 3 cups water
- 2 cups pineapple
- 2 cups papaya
- 2 cups mango
- 2 bananas

INSTRUCTIONS

1. Add a generous 2 cups of spinach and water and blend together until all leafy chunks are gone.
2. Add mango, pineapple, papaya, and bananas and blend on high for 1 minute.
3. ENJOY!

Kiwi Berry

 TOTAL TIME 2 MIN	 SERVES 1	 CALORIES 345
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INGREDIENTS

- 2 cups frozen mixed berries
- 3 kiwis, peeled
- 1 cup orange juice
- 2-4 cups spinach

INSTRUCTIONS

1. *Place the frozen berries in the blender and let them thaw for about 10 minutes.*
2. *Add the kiwi and the orange juice and blend on high for 1 minute.*
3. *Enjoy*



Banana Date Oat



INGREDIENTS

- 4 frozen bananas
- 2 cups plant based milk
- 1/3 cup rolled oats
- ½ tsp grated ginger
- 4 medjool dates, pitted
- 1 tsp vanilla

INSTRUCTIONS

1. *Combine all ingredients in blender and blend on high for 1 minute.*
2. *ENJOY!*



TOTAL TIME
2 MIN



SERVES
2



CALORIES
450

Healing Orange Carrot Shake



TOTAL TIME
2 MIN



SERVES
2



CALORIES
290

INGREDIENTS

- 2 cups pineapple
- 3 bananas
- 2 cups orange juice
- ½ cups cut carrots
- ½ TBSP chia seed
- 1 tsp turmeric
- 2 cups water

INSTRUCTIONS

1. *Combine all ingredients in blender and blend on high for 1 minute.*
2. *ENJOY!*



Chocolate Peanut Butter

 TOTAL TIME 2 MIN	 SERVES 1	 CALORIES 415
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INGREDIENTS

- 4 frozen bananas
- 2 TBSP cacao
- 1 TBSP peanut butter
- 2 TBSP maple syrup
- 1 cup plant based milk

INSTRUCTIONS

1. Combine all ingredients in blender and blend on high for 1 minute.

2. ENJOY!

Peach Smoothie



TOTAL TIME
2 MIN



SERVES
1



CALORIES
335

INGREDIENTS

- 1 ½ cups frozen peaches
- 2 bananas
- 1 ½ cups plant based milk or water
- ¼ tsp cinnamon
- 1 TBSP maple syrup
- ½ cup Ice

INSTRUCTIONS

1. *Combine all ingredients in blender and blend on high for 1 minute.*
2. *ENJOY!*



Carrot Juice

 TOTAL TIME 4 MIN	 SERVES 1	 CALORIES 135
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INGREDIENTS

- 1 beat
- 6 carrot sticks
- 4 oranges

INSTRUCTIONS

- 1. Juice all ingredients in juicer.*
- 2. Stir in large cup/ bowl to combine.*
- 3. ENJOY!*

Apple Kale Juice

 TOTAL TIME 4 MIN	 SERVES 1	 CALORIES 110
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INGREDIENTS

- 2 apples
- 4 stalks celery
- 1 cucumber
- 1 inch thumb ginger
- 6 leaves kale
- ½ Lemon, peeled

INSTRUCTIONS

1. Juice all ingredients in juicer.
2. Stir in large cup/ bowl to combine.
3. ENJOY!





Tropical Green Juice

INGREDIENTS

- ½ pineapple
- 1 small cucumber
- 3 small kiwis, peeled
- 1 lemon, peeled
- 2 cups spinach

INSTRUCTIONS

1. Juice all ingredients in juicer.
2. Stir in large cup/ bowl to combine.
3. ENJOY! .



TOTAL TIME
4 MIN



SERVES
1



CALORIES
90

Soups & Salad



Pear Pecan Salad



TOTAL TIME
10 MIN



SERVES
2



CALORIES
440

INGREDIENTS

- 4 cups arugula or spinach
- 4 large ripe pears
- ½ cup cranberries or pomegranate seeds
- Handful pepitas

INSTRUCTIONS

1. *Wash and dry greens.*
2. *Wash and cut pears into bite sized pieces.*
3. *Combine all ingredients in bowl and serve with [“Balsamic Vinegar dressing”](#).*



Southwest Salad

 TOTAL TIME 15 MIN	 SERVES 2	 CALORIES 340
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INGREDIENTS

- 1 cup uncooked couscous
- 1 ½ cups vegetable broth
- 2 TBSP lime juice
- 1 TSP rice vinegar
- 1 tsp cumin
- 6 green onions, chopped
- 1 bell pepper, chopped
- 1 cup corn
- 2- 15 oz cans for 3 ½ cups black beans
- salt and pepper to taste
- ¼ cup cilantro, chopped (optional)

INSTRUCTIONS

1. *Bring vegetable broth to a boil in a large pan and stir in couscous. Cook for 2 minutes.*
2. *Cover the pot and remove from heat. Let stand for 5 minutes.*
3. *In a large bowl, whisk together the 2 TBSP water, lime juice, rice vinegar, and cumin. Add green onions, pepper, cilantro, corn and beans and toss to coat.*
4. *Fluff the couscous using a fork and add to the bowl with the vegetables. Mix together well.*
5. *Season with salt and pepper to taste and refrigerate until ready to serve.*

Apple Quinoa Salad

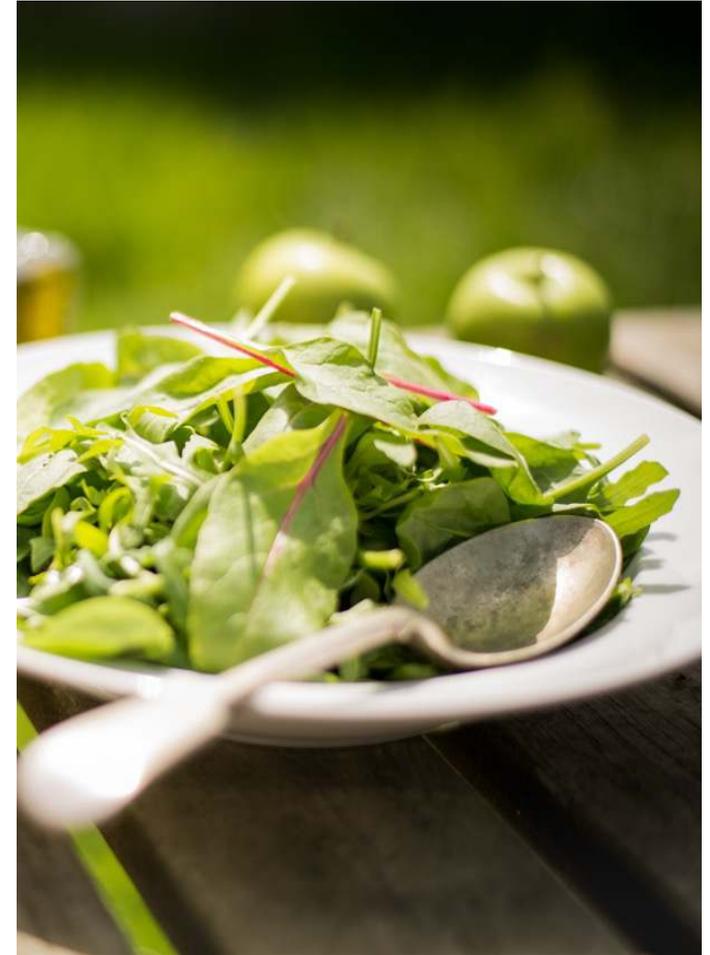
 TOTAL TIME 10 MIN	 SERVES 3	 CALORIES 435
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INGREDIENTS

- 4 cups spinach
- 1 ½ cups quinoa, cooked
- 2-3 apples, chopped
- ½ cup dried cranberries
- ½ avocado, chopped

INSTRUCTIONS

1. *Place all ingredients in salad bowl.*
2. *Drizzle with [“Poppy seed”](#) or [“Apple Cashew”](#) dressing.*
3. *Toss gently to combine.*





Avocado Cucumber Salad

INGREDIENTS

- 4 cups greens of choice
- 1 cucumber
- ½ cup cooked quinoa
- ½ cup chickpeas
- ½ large avocado, chopped
- 1 large green-pepper, chopped
- Dash of salt and pepper

INSTRUCTIONS

1. Place greens, chopped cucumber, avocado, pepper, quinoa, and garbanzo beans into a large salad bowl.
2. Drizzle with [“Avocado Cilantro dressing”](#).
3. Toss gently to combine.



TOTAL TIME
10 MIN



SERVES
2



CALORIES
345

Black Bean Mango Salad



TOTAL TIME
10 MIN



SERVES
4-6



CALORIES
500

INGREDIENTS

- 1 cup quinoa, cooked
- ½ cup pumpkin seeds
- 2 tsp salt
- 1 tsp paprika
- 1 cup black beans
- 1 mangos, diced
- 2 cups spinach, chopped and packed
- ½ avocado, diced

INSTRUCTIONS

1. Preheat oven to 325F. Toss pepitas with a pinch of water, ¼ tsp salt, and paprika. Toast pepitas for about 8 minutes. They will be slightly golden and fragrant when ready. Set aside to cool.
2. In a large bowl combine the quinoa, beans, mangos, spinach, cilantro, pepitas and remaining salt.
3. Just before serving, dice the avocado and gently toss into the salad along with either "[Poppy seed](#)" or "[Tahini](#)" dressing.



Berry Salad

 TOTAL TIME 5 MIN	 SERVES 1	 CALORIES 425
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INGREDIENTS

- 3 cups spring mix salad or spinach
- 2-3 cups berries of choice
- ¼ cup cooked and cooled quinoa or wild rice

INSTRUCTIONS

1. *In a large bowl, combine all ingredients.*
2. Add "[Poppy seed dressing](#)" and toss to coat.

Orange Walnut Salad

 TOTAL TIME 5 MIN	 SERVES 2	 CALORIES 435
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INGREDIENTS

- 4 large oranges
- ½ cup walnuts, chopped
- 2 cups blueberries
- 5 cups romaine lettuce

INSTRUCTIONS

1. *Peel and cut oranges into bite sized pieces and place into bowl along with blueberries and walnuts.*
2. *Lightly stir to evenly mix.*
3. *Enjoy with "[Poppy seed dressing](#)" and toss to coat.*

Thai Pasta Salad



INGREDIENTS

- 1/4 cup orange juice
- 5 TBSP peanut butter
- 2 TBSP rice vinegar
- 1 TBSP liquid aminos
- 1 TBSP maple syrup
- 1- 8oz box chickpea pasta
- 1 cup purple cabbage, shredded
- 1 cup carrots, shredded
- 1 cup wilted spinach
- 1 cup bell pepper, finely sliced



TOTAL TIME
20 MIN



SERVES
4



CALORIES
390

INSTRUCTIONS

1. Cook the pasta according to the package directions.
2. While cooking, whisk together all of the dressing ingredients in a large bowl.
3. Add in the vegetables and toss to coat.
4. Once pasta is done cooking, drain and wait for 5 minutes to cool.
5. Add to bowl and mix evenly to combine.
6. Store in fridge until ready to serve.

Brussels and Squash Salad

 TOTAL TIME 65 MIN	 SERVES 6	 CALORIES 345
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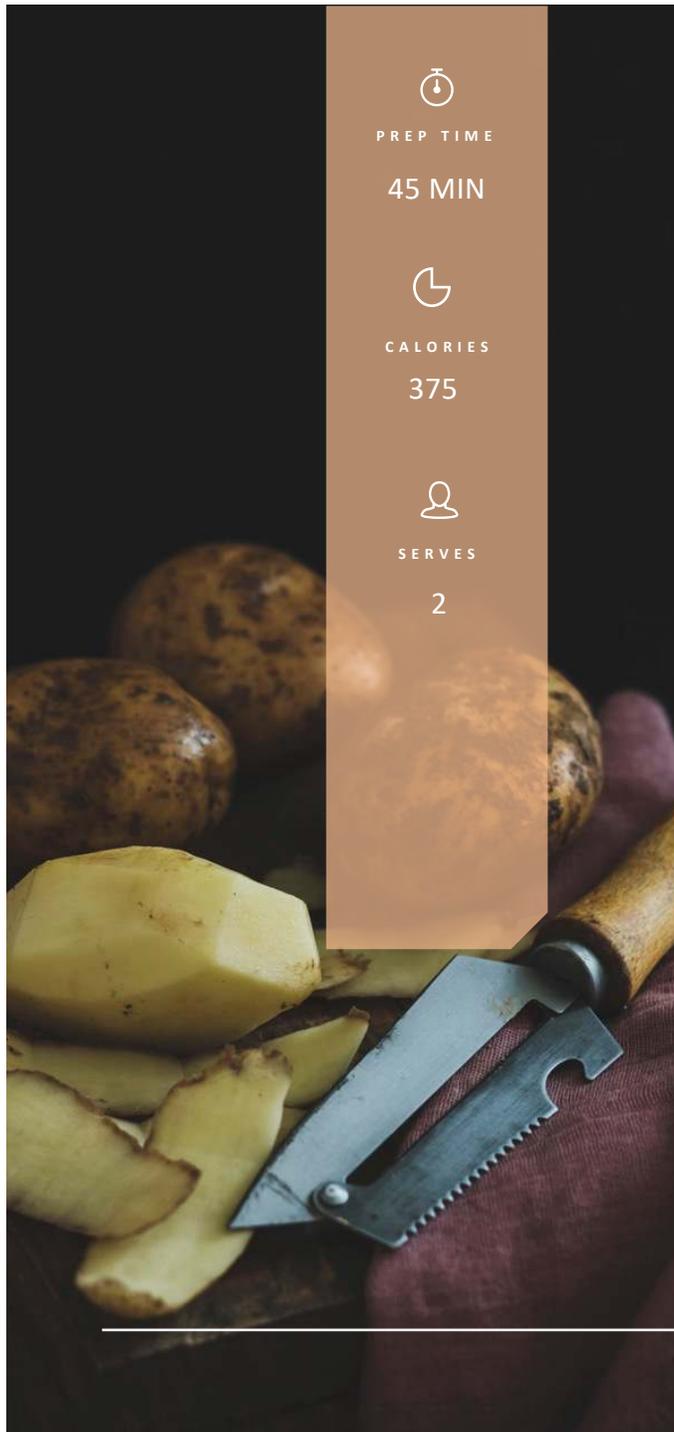
INGREDIENTS

- 3 cups brussels sprouts
- 1 tsp salt
- 1 tsp pepper
- 4 cups butternut squash (peeled, seeded, and cubed into 1-inch cubes)
- 4 TBSP maple syrup
- ½ tsp cinnamon
- ½ cup pecans, chopped
- 1 cup dried cranberries

INSTRUCTIONS

1. *Preheat oven to 400 degrees F.*
2. *In a medium bowl, combine cubed butternut squash (peeled and seeded), 1 TBSP water, maple syrup, and cinnamon, and toss to mix.*
3. *Place butternut squash in a single layer on the baking sheet. Bake for 30-35 minutes, turning once half-way through baking, until softened.*
4. *While squash is cooking, make sure Brussels sprouts have trimmed ends and yellow leaves are removed. Slice all Brussels sprouts in half.*
5. *In the same bowl, combine halved Brussels sprouts, 3 TBSP water, salt and pepper, and toss to combine.*
6. *Place onto a foil-lined baking sheet, cut side down, and roast in for about 20-25 minutes.*
7. *During the last 5-10 minutes of roasting, turn them over for even browning.*
8. *In a large bowl, combine roasted Brussels sprouts, roasted butternut squash, pecans, and cranberries, and mix to combine.*





Potato Salad

- 3 medium potatoes
- 2 small tomatoes
- ¼ cup corn kernels
- ¼ avocado (optional)
- ¼ cup kidney beans
- 1 green onion
- 2 tbsp finely chopped parsley
- 3 TBSP vegetable broth
- 2 tsp mustard
- 2 TBSP unsweetened plant based milk
- 1 tbsp balsamic vinegar
- dash salt & pepper

INSTRUCTIONS

1. *Dice potatoes into bite-sized cubes and boil in a large pot on high for 20-25 minutes or until soft. Once done, set in fridge and let cool for 30 minutes.*
2. *While potatoes are cooking, chop the tomatoes, green onion, and avocado and put in a large bowl with the corn and beans.*
3. *In a small separate bowl combine parsley, vegetable broth, mustard, plant milk, balsamic vinegar and salt and pepper.*
4. *Take potatoes out of fridge and add to large bowl of vegetables.*
5. *Pour dressing over the top and mix well.*
6. *Sprinkle parsley on top to garnish and enjoy*



Coconut Curry Soup

 TOTAL TIME 30 MIN	 SERVES 4	 CALORIES 350
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INGREDIENTS

- 6 cups water
- 4 carrots, chopped
- 4 celery stalks, chopped
- 8 mushroom, chopped
- ½ medium onion, chopped
- 1 cup garbanzo beans
- 1 can coconut milk
- 3 cups spinach
- 3 TBSP red curry paste
- 1 TBSP grated ginger
- 1 ½ TBSP curry powder
- 1 ½ TBSP turmeric powder
- ½ TBSP salt
- 2 blocks brown rice ramen noodles

INSTRUCTIONS

1. In a large pot, bring 6 cups water to a boil.
2. Add carrots, celery, garbanzo beans, mushroom and onion and let cook for 20 minutes.
3. Add coconut milk, red curry paste, ginger, curry powder, turmeric and salt. And stir well.
4. Once well combined add rice noodles and spinach and cook for 5 minutes or until noodles are tender.
5. Stir well to combine all ingredients and take off heat for 5 minutes to cool before serving.

Minestrone Soup



TOTAL TIME
40 MIN



SERVES
3



CALORIES
370

INGREDIENTS

- 1 small onion, diced
- 2 cloves garlic, minced
- 2 carrots, chopped
- 2 celery stalks, chopped
- 3 tsp basil
- 2 tsp oregano
- ¾ tsp thyme
- 1 tsp salt
- 1 - 32 oz can crushed tomatoes
- 4 cups vegetable broth
- 1 zucchini, chopped
- 1/4 cup red kidney beans
- 1/4 cup chickpeas
- 1/4 cup chickpea pasta
- 1 cup fresh spinach
- 2 TBSP balsamic vinegar

INSTRUCTIONS

1. *In a large add onions, garlic, salt, carrots and celery and sauté with 3 TBSP water for 5 minutes.*
2. *Add basil, oregano and thyme and sauté for an additional 60 seconds.*
3. *Add the crushed tomatoes, vegetable broth, zucchini, and both of the beans. Add just enough water to cover the vegetables.*
4. *Bring soup to a boil, then reduce heat and allow to simmer for 20-25 minutes or until vegetables are tender.*
5. *Stir in the pasta, balsamic vinegar and spinach and and cook for another 10-15 minutes, or until pasta is cooked.*
6. *Adjust water level for desired level of thinness, and add additional salt and pepper as needed.*



Easy Potato Soup

THIS RECIPE IS PROBABLY THE CHEAPEST AND EASIEST POTATO SOUP YOU WILL EVER ENCOUNTER. BUT THE GREATEST PART IS THAT IT IS INSANELY GOOD. IT'S CREAMY, CHEESEY FLAVOR IS PERFECT ON A COLD WINTER DAY.

THIS SOUP IS ALSO EASILY DIGESTIBLE BECAUSE IT IS MADE WITH ONE STARCH AND NOTHING ELSE. THAT MEANS YOU CAN ASSIMILATE EVERY NUTRIENT AVAILABLE! PLUS, YOU KEEP THE SKINS ON FOR LESS PREP TIME AND MORE NUTRITION. IT'S A WIN- WIN ALL AROUND.



SEE RECIPE ON NEXT PAGE >>





TOTAL TIME
40 MIN



SERVES
2



CALORIES
420

INGREDIENTS

- 4 cups chopped yellow potatoes, unskinned
- 4 cups water
- ½ medium onion, chopped
- 1 TBSP italian seasoning
- ¾ TBSP salt
- ½ TBSP lemon pepper
- 3 TBSP nutritional yeast
- Dash of cayenne (optional)

INSTRUCTIONS

1. *Place water, potatoes, and onion in pot and boil on high for 30 minutes or until potatoes fall apart.*
2. *Pour all mixture in blender and add seasonings*
3. *Blend on high for 1 minute*
4. *Pour back into pot and allow to cool for 5 minutes*

Tomato Rice Soup

 TOTAL TIME 20 MIN	 SERVES 2	 CALORIES 450
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INGREDIENTS

- 2- 28 oz cans of crushed tomatoes
- 1 cup coconut milk
- 1 cup basil
- 3 cloves garlic
- 6 TBSP nutritional yeast
- 2 cups brown rice, cooked

INSTRUCTIONS

1. *Blend or process all ingredients besides the rice in a blender or food processor until smooth.*
2. *Transfer to a pot and season with salt and pepper. Heat on medium-high until simmering.*
3. *Place rice into bowl pouring soup over the top, stir to mix.*



Butternut Squash Soup

 TOTAL TIME 70 MIN	 SERVES 2	 CALORIES 325
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INGREDIENTS

- 1 large butternut squash
- 2 carrots
- 3 stalks of celery
- 1 large onion
- 5 cloves of garlic
- 2 TBSP sage
- 2 TBSP thyme
- 2 TBSP rosemary
- 1/4 tsp cayenne (optional)
- salt and pepper to taste
- 3 ½ cups vegetable stock

INSTRUCTIONS

1. Preheat the oven to 350 F.
2. Peel, pit and chop the butternut squash, carrots, celery, garlic and onions in big chunks and place in large oven safe pan.
3. Add 2 TBSP water and toss to coat.
4. Next, add the the herbs, salt and pepper (and cayenne if desired).
5. Roast for 1 hour or until vegetables are soft and mushy.
6. Once the vegetables and herbs are roasted, place *vegetables into blender along with vegetable stock and blend on high for one minute.*
7. Let cool for 3-5 minutes and and serve with pumpkin seeds.

Non-Toxic Ramen

 TOTAL TIME 10 MIN	 SERVES 2	 CALORIES 340
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INGREDIENTS

- 2 blocks rice noodles
- 4 Cups water
- ¼ cup liquid aminos
- ½ TBSP ginger, grated
- ½ TBSP garlic powder
- ½ cup mushrooms, chopped (optional)
- ½ cup edamame beans (optional)
- 1 cup spinach (optional)

INSTRUCTIONS

1. *In a medium pot, bring water to a rolling boil.*
2. *Option to add in mushrooms, edamame, and spinach and let boil for 5 minutes.*
3. *Add in Rice noodles, liquid aminos, garlic powder and ginger and let boil for 3-4 minutes or until noodles are tender.*
4. *Take off heat and serve immediately.*





Crowd Pleasing Chili

INGREDIENTS

- 2 medium onions, chopped
- 1 bell pepper, diced
- 2 tsp salt
- ½ tsp pepper
- 1 tsp ground cumin
- 2 TBSP chili powder
- 1 tsp garlic powder
- 1- 15oz can or 1 ½ cups kidney beans
- 1- 15oz can or 1 ½ cups black beans
- 1- 15oz can or 1 ½ cups garbanzo beans
- 6 oz tomato paste
- 28 oz can crushed tomato
- 8 oz tomato sauce
- 1 cup corn
- 1 TBSP maple syrup

DIRECTIONS

1. *Sauté onions in 1 TBSP water and a pinch of salt for 2 minutes*
2. *Add spices and cook additional 1 – 2 minutes*
3. *Add tomato paste and stir for 1 minute*
4. *Add remaining ingredients and place lid on. Cook over medium- low heat for 30 minutes, stirring occasionally.*
5. *Serve with fresh avocado and cashews.*



TOTAL TIME
35 MIN



SERVES
4



CALORIES
415

Main Course



BBQ “Pulled Pork”



TOTAL TIME
15 MIN



SERVES
4



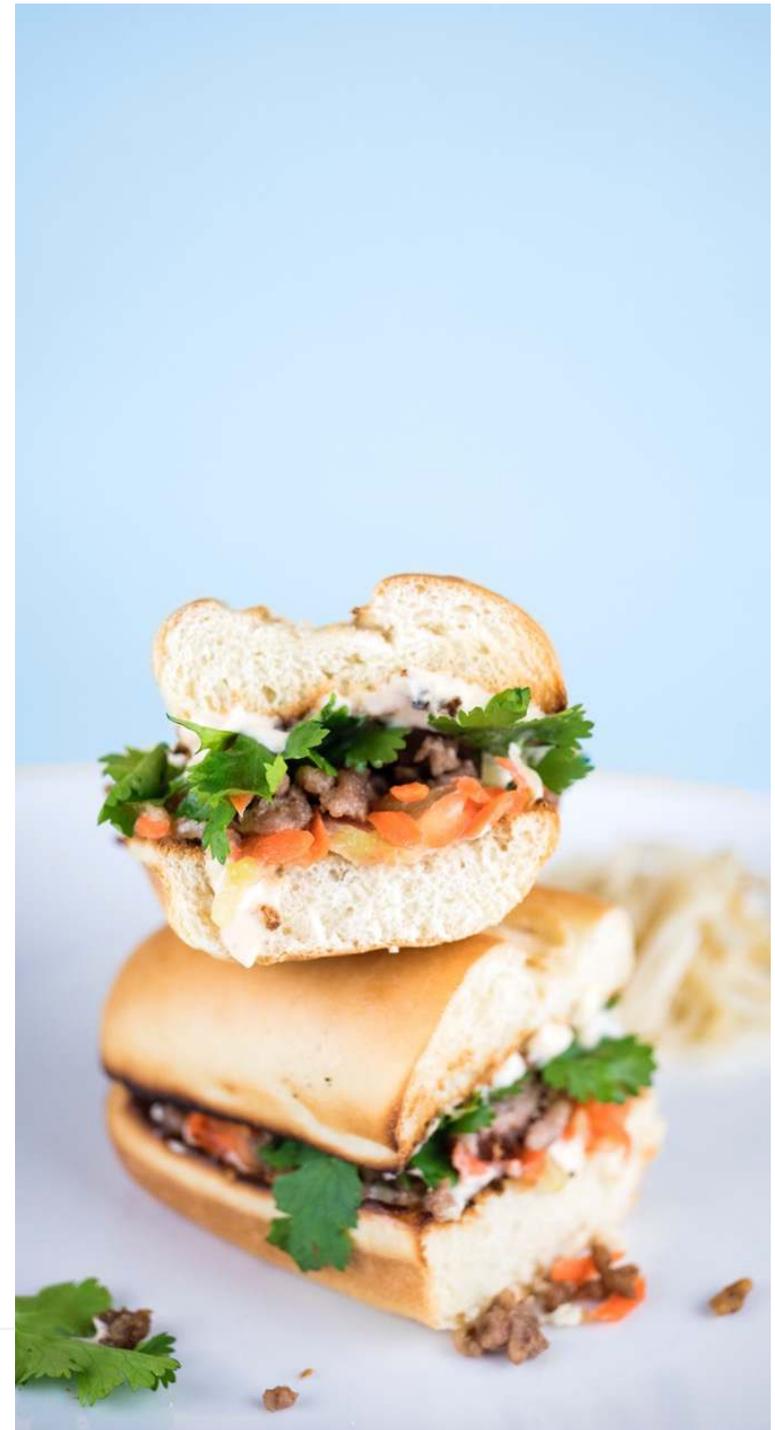
CALORIES
270

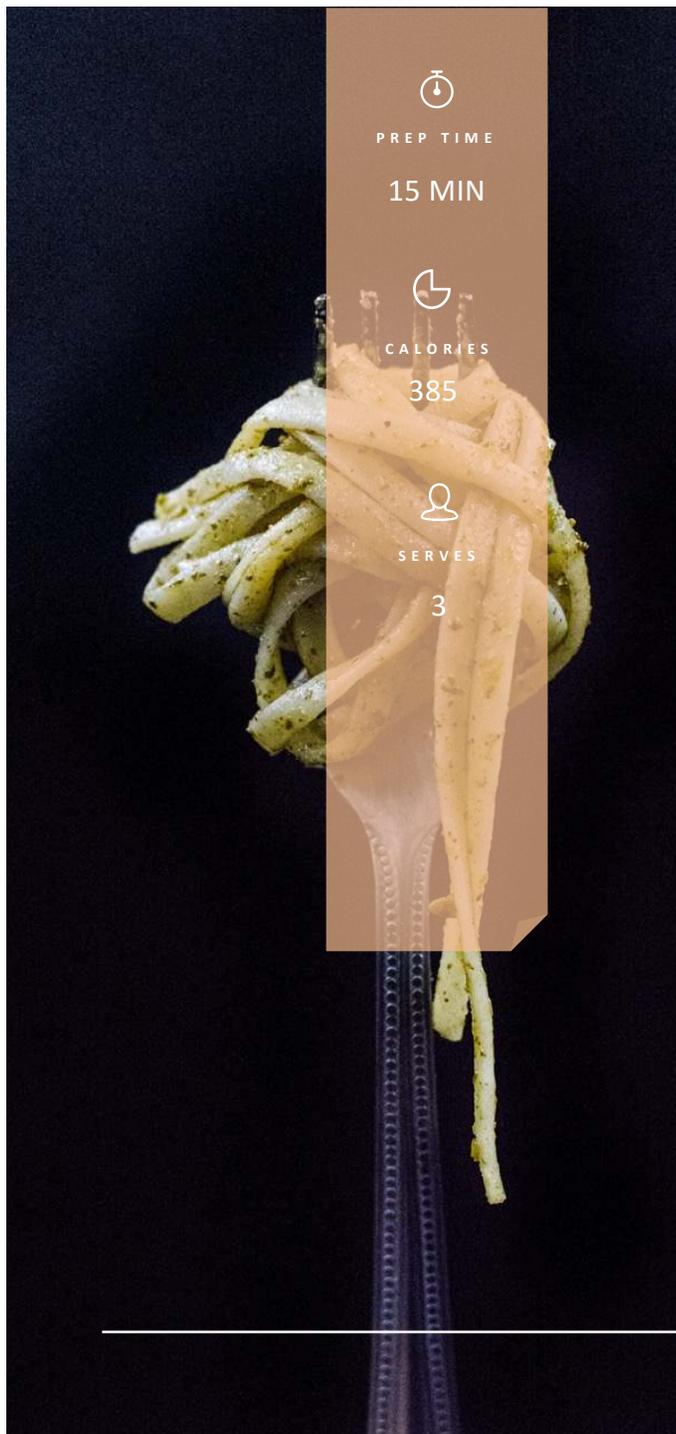
INGREDIENTS

- 2 cans jackfruit
- ½ cup chopped onion
- 4 TBSP water
- Pinch of salt and pepper

INSTRUCTIONS

1. *Combine all ingredients in frying pan and cook on medium heat for 8-10 minutes stirring frequently.*
2. *Use fork and pull apart large jackfruit pieces into smaller portions*
3. *Add in 1 cup [“Best BBQ sauce”](#)*
4. *Serve on buns or bread of choice with your favorite toppings.*





Easy Cheesy Pasta

- 8 ounce box pea or chickpea pasta
- 1 avocado
- 1/4 cup nutritional yeast
- 1/2 tsp lemon pepper
- 1/2 tsp salt
- 1 tsp cumin
- 1 tsp Italian seasoning
- 1/3 cup water

INSTRUCTIONS

1. *Cook pasta according to instructions on box.*
2. *While pasta is cooking, combine all remaining ingredients in a small blender and blend on high for 15 seconds to create sauce.*
3. *After pasta is done cooking, return to pan still hot and pour sauce on top of the noodles.*
4. *Gently stir and serve immediately.*

Savory Quinoa Bowl



TOTAL TIME
15 MIN



SERVES
4



CALORIES
410

INGREDIENTS

- 4 cups quinoa
- 1 tsp salt
- ½ tsp pepper
- 1 cup black beans
- ½ small onion, chopped
- 1 red pepper, diced
- 1 large zucchini, diced
- ½ cup salsa
- ½ cup pumpkin seeds
- ¼ cup [cashew cheese](#)

INSTRUCTIONS

1. Cook quinoa according to package instructions, adding in salt and pepper.
2. While quinoa is cooking, saute onion on medium-high heat for 2-3 minutes in pan with 1 TBSP water and a pinch of salt.
3. Add in red pepper, zucchini and black beans and cook for 5 minutes or until soft.
4. Once quinoa and vegetable mix are done cooking, divide quinoa in 4 different bowls and divide vegetables otop.
5. Top with salsa, pumpkin seeds, and cashew cheese and enjoy while still warm.

“Meatball” Spaghetti

 TOTAL TIME 10 MIN	 SERVES 4-6	 CALORIES 500
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INGREDIENTS

- 1-15 oz can or 1 1/2 cups kidney beans
- 6 TBSP quick oats
- 1 TBSP onion powder
- 1 TBSP garlic powder
- 1 tsp salt
- 1 TBSP oregano
- 1 TBSP chili powder
- 3 TBSP tomato sauce
- 1 TBSP liquid aminos
- 2 TBSP mustard

INSTRUCTIONS

1. *Preheat oven to 350F, line baking sheet with parchment paper*
2. *Add kidney beans to large bowl and mash until no whole-bean pieces remain. Add remaining ingredients, and stir well.*
3. *Scoop out about 1 TBSP of the mixture, and use your hands to form into small meatballs.*
4. *Place on baking sheet and bake for 20 minutes, or until crispy.*
5. *Serve over pasta and marinara sauce. For best results, cook in marinara sauce for 5 minutes before serving.*



Shepherds Pie



- 3 cups cooked lentils
- 3 medium carrots, chopped
- 1 medium green pepper, chopped
- 1 small onion, chopped
- 1 cup mushrooms, diced
- 4 cloves garlic, chopped
- 1 TBSP rosemary
- 1 TBSP thyme
- 2 TBSP paprika
- 2 TBSP chili powder
- 1 TBSP + 1 tsp Salt
- 1 tsp black pepper
- 6 TBSP tomato paste
- 2 TBSP flax + 4 TBSP water
- 2 large sweet potatoes, cubed

INSTRUCTIONS

1. Preheat oven to 400°F.
2. In a skillet on medium heat add the chopped carrots, onions, peppers, mushrooms and minced garlic.
3. Cook on medium heat until carrots are soft, about 12-15 minutes.
4. While the vegetables are cooking, place cubed sweet potatoes in a medium pan on stove. Boil on high for 20 minutes or until soft.
5. Once Sweet Potatoes are cooking, mix flax with 4 TBSP water and let sit for 5 minutes. This will create the “flax egg”.
6. Once the carrots are soft, stir in lentils, tomato paste, flax egg, and seasonings.
7. Once the sweet potato is soft, drain from water and mash in a bowl along with 3 TBSP water and 1 tsp. salt.
8. Transfer lentil vegetable mixture into a 9 x 9 pan and spread evenly across the bottom. Then add the sweet potato mash and spread evenly across the top.
9. Bake for 20 minutes. Remove from oven and let cool for 5-10 minutes before serving.



TOTAL TIME
65 MIN



SERVES
4



CALORIES
330

Stir Fry



TOTAL TIME
25 MIN



SERVES
2



CALORIES
395

INGREDIENTS

- 2 medium carrots, chopped
- 1 red bell pepper, chopped
- 1 large zucchini, chopped
- 1 cup green pea pods
- 1 small onion, chopped
- 2 bricks brown rice ramen noodles
- ¼ cup liquid aminos
- 4 TBSP rice vinegar

INSTRUCTIONS

1. *In a large pan, saute onions with 1 TBSP water and a pinch of salt on medium-high heat for 3 minutes.*
2. *Add in carrots, bell pepper, zucchini, and green peas. Cook over medium-high heat for 15 minutes, occasionally adding a pinch of water as necessary. Stir every few minutes to cook evenly.*
3. *While vegetables are sautéing, cook rice noodle bricks according to instructions.*
4. *When rice noodles and vegetables are done cooking, stir together in a separate bowl while still hot. Add in liquid aminos and rice vinegar and stir until thoroughly combined.*
5. *Enjoy immediately while still hot.*

Stuffed Acorn Squash

 TOTAL TIME 65 MIN	 SERVES 4	 CALORIES 355
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INGREDIENTS

- 1 cup uncooked quinoa
- 2 cups water
- 3 medium acorn squash
- 1 small onion, finely diced
- 1 large apple, diced
- 8 oz mushrooms , diced
- ½ cup dried cranberries
- ½ cup pumpkin seeds
- 3 cloves garlic, minced
- 1 tsp sage
- 1 TBSP thyme
- 1 tsp cinnamon
- 2 TBSP salt
- 1 tsp lemon pepper

INSTRUCTIONS

1. *Preheat oven to 425 degrees F*
2. *Cut stems off the tops of each squash, if they protrude. Then cut each squash horizontally in half.*
3. *Scoop out the membranes and seeds inside of the squash & discard.*
4. *Place the squash on a parchment lined baking sheet, cut-side up and sprinkle with salt & pepper. Roast the squash for approximately 45 minutes, or until tender.*
5. *Add the quinoa and water to a medium pot. Bring to a boil and then turn heat down to maintain a low simmer. Add in cinnamon, salt and pepper. Cover with lid and cook until liquid is gone and quinoa is fluffy. Remove from heat and fluff with fork.*
6. *In a large pan, sauté the onion with 1 TBSP water and a pinch of salt for about 3-4 minutes.*
7. *Add the mushrooms,, garlic, sage, and thyme. Sauté about 5 minutes, or until mushrooms are tender*
8. *Remove mushroom mix from heat and add the cooked quinoa. Mix in pumpkin seeds, cranberries and apples.*
9. *When the squash is ready, fill with the stuffing mixture. Place in oven and bake 10-15 minutes, until the quinoa is lightly browned & crispy.*

Veggie Pizza



INGREDIENTS

- 1 cup water
- 1 cup buckwheat flour
- 3 TBSP tapioca starch
- 1 TBSP apple cider vinegar
- 1 TBSP ground flax seed
- 1 tsp baking powder
- 1 ½ tsp garlic powder
- 1 ½ tsp onion powder
- 1 ½ tsp oregano
- 1 cup pizza sauce
- 4 mushrooms, cut up
- 1 cup spinach
- 1 small bell pepper, cut
- ¼ cup [cashew cheese](#)

INSTRUCTIONS

1. Preheat the oven to 400 degrees F.
2. Line a pizza trays with parchment paper.
3. Using a whisk, mix buckwheat flour, tapioca starch, ground flax seed, baking powder, garlic powder, onion powder, and oregano in a bowl.
4. Add in water and apple cider vinegar and mix well. The mixture should be quite runny and similar to pancake batter.
5. Spoon the mixture onto parchment lined pizza tray and spread the mixture with a spoon until it's thin.
6. Place the pizza crusts in the oven and cook for 10 minutes.
7. Take out the oven and switch to 450 degrees F.
8. Add pizza sauce, and cover evenly with mushrooms, spinach and bell peppers. Spreading cashew cheese on top.
9. Place the pizza in oven for 5-10 minutes or until crispy.



TOTAL TIME
35 MIN



SERVES
2



CALORIES
500

Green Pizza

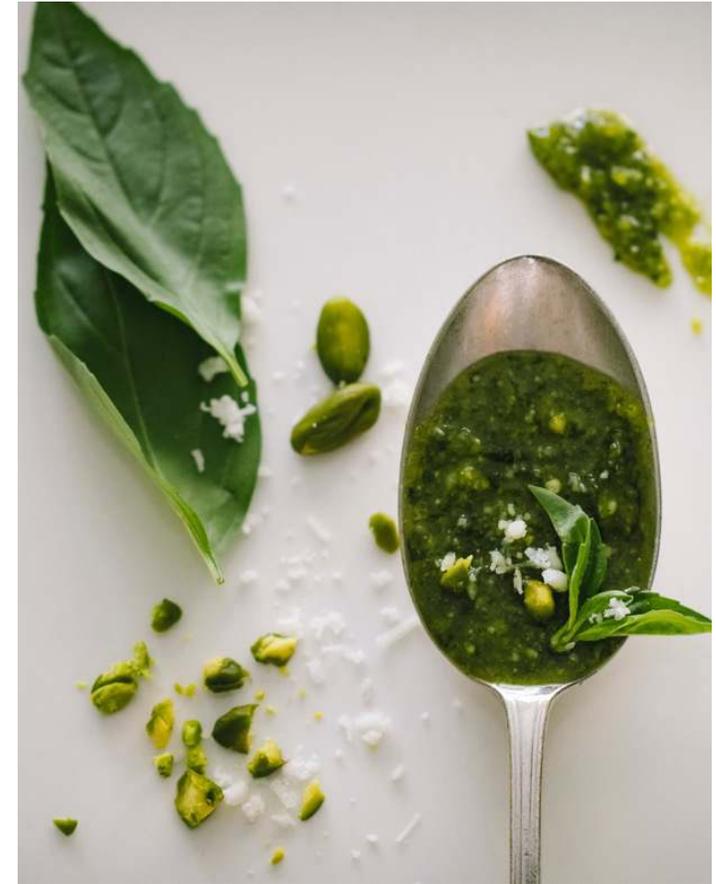
 TOTAL TIME 35 MIN	 SERVES 2	 CALORIES 485
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INGREDIENTS

- 1 cup water
- 1 cup buckwheat flour
- 3 TBSP tapioca flour
- 1 TBSP apple cider vinegar
- 1 TBSP ground flax seed
- 1 tsp baking powder
- 1 ½ tsp garlic powder
- 1 ½ tsp onion powder
- 1 ½ tsp oregano
- ¼ cup [Tofu Pesto](#)
- ¼ cup artichokes, cut
- 1 cup spinach
- ½ cup [Almond Ricotta Cheese](#)

INSTRUCTIONS

1. Preheat the oven to 400 degrees F.
2. Line a pizza trays with parchment paper.
3. Using a whisk, mix buckwheat flour, tapioca starch, ground flax seed, baking powder, garlic powder, onion powder, and oregano in a bowl.
4. Add in water and apple cider vinegar and mix well. The mixture should be quite runny and similar to pancake batter.
5. Spoon the mixture onto parchment lined pizza tray and spread the mixture with a spoon until it's thin.
6. Place the pizza crusts in the oven and cook for 10 minutes.
7. Take out the oven and switch to 450 degrees F.
8. Add the pesto, artichokes and spinach. Cover with Almond Ricotta Cheese.
9. Place the pizza in oven for 5-10 minutes or until crispy.





Thai Pineapple Fried Rice

 TOTAL TIME 30 MIN	 SERVES 2	 CALORIES 425
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INGREDIENTS

- ½ medium red onion, diced
- 3 cloves garlic, minced
- 1 TBSP ginger
- 1/2 small head of purple cabbage, chopped
- 2 carrots, chopped
- 1 head broccoli, chopped
- ½ cup pineapple chunks
- 2 ½ cup cooked brown rice

SAUCE

- 3 TBSP lime juice
- 4 TBSP liquid aminos
- 2 tsp sriracha
- 5 tsp maple syrup
- 1 tsp Curry powder
- 1 tsp Chinese five spice

INSTRUCTIONS

1. *In a small bowl, mix together the ingredients for the stir-fry sauce to dissolve the coconut sugar, and set aside.*
2. *Heat a large skillet or wok over medium-high heat. Add the onion. Stir and cook for about 30 seconds.*
3. *Add the garlic and ginger and cook, continuing to stir, just until the onion becomes translucent, about 1 more minute.*
4. *Add the cabbage, carrot, and broccoli, and continue to cook while stirring frequently, until the broccoli is crisp-tender, about 8 minutes (or until the broccoli and carrot are cooked to your liking).*
5. *Add the pineapple, rice, and stir-fry sauce to the skillet, and stir to combine. Continue cooking, stirring occasionally, until the sauce coats the rice and vegetables, about 1 minute.*
6. *Add more soy sauce or hot sauce to taste. Serve garnished with green onion and chopped nuts.*

One Pot Ratatouille



TOTAL TIME
35 MIN



SERVES
2



CALORIES
290

INGREDIENTS

- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 medium zucchini, diced
- 1/2 eggplant, diced
- 1/8 tsp black pepper
- 1/4 tsp salt
- 1/2 tsp oregano
- 1/4 tsp red pepper flakes
- 1 red bell pepper diced
- 2 roma tomatoes diced
- 1 cup brown rice
- 2 cups vegetable broth

INSTRUCTIONS

1. In a large pan, saute onion with 1 TBSP water and a dash of salt.. Cook for 3 to 5 minutes, stirring frequently, until translucent. Add the garlic and cook for an additional 60 seconds.
2. Add the zucchini, eggplant, black pepper, oregano, red pepper flakes, and salt. Stir well and cook for 90 seconds.
3. Add the bell pepper and tomatoes and cook for 3 minutes.
4. Finally, add the rice and vegetable broth and stir well.
5. Bring the pan to a gentle boil, then reduce to a simmer. Cover the pan and stir occasionally, for about 30 or until the rice is done, adding more broth if rice begins sticking.
6. Adjust seasonings to taste and serve immediately.



Mushroom French Dip



TOTAL TIME
15 MIN



SERVES
2



CALORIES
310

INGREDIENTS

- 1 medium onion, sliced into rings
- 2 garlic cloves, minced
- 4 Portobello mushroom caps, cleaned and sliced into thin strips
- 1 cup vegetable broth
- 1 TBSP liquid aminos
- 1 TBSP worcestershire sauce
- ½ tsp thyme
- ½ tsp liquid smoke
- ¼ tsp black pepper

INSTRUCTIONS

1. *Saute onions in a medium pan with 1 TBSP water and a pinch of salt. Allow to cook until caramelized, about 6 minutes, flipping occasionally. Add garlic and cook for an additional 2 minutes.*
2. *Add mushroom strips. Cook until lightly browned or about 8 minutes. Flipping occasionally.*
3. *Add broth, soy sauce, worcestershire sauce, thyme, liquid smoke and pepper. Bring to a simmer and allow to cook for 5 minutes, stirring occasionally.*
4. *Use a slotted spoon to remove onions and mushrooms from skillet, pressing lightly to squeeze out any excess juice. Divide onions and mushrooms into French bread or other hard bread.*
5. *Pour remaining liquid into a small bowl and serve with sandwiches, for dipping.*



Chickpea Avocado Sandwich

 TOTAL TIME 10 MIN	 SERVES 4	 CALORIES 325
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INGREDIENTS

- 1 ripe avocado
- 1- 15 oz can or 1 ½ cups chickpeas
- ¼ cup green onion, chopped
- 2 TBSP cilantro, chopped
- 1 lime, juiced
- 1 tsp cumin
- 1 tsp Italian herbs
- ¼ tsp cayenne (optional)
- 1/4 tsp salt
- Dash of pepper
- 8 slices bread

INSTRUCTIONS

1. *In a bowl, mash the chickpeas and avocado until avocado is well mashed and most of the chickpeas are not whole.*
2. *Add green onion, cumin, cayenne, cilantro lime juice, salt and pepper. Mixing well and adjust spices according to preference.*
3. *Place bread in toaster. When done, add 1/3 cup of the mixture along with sprouts, spinach, pickles, tomatoes or anything else that you desire.*

Chickpea Burger

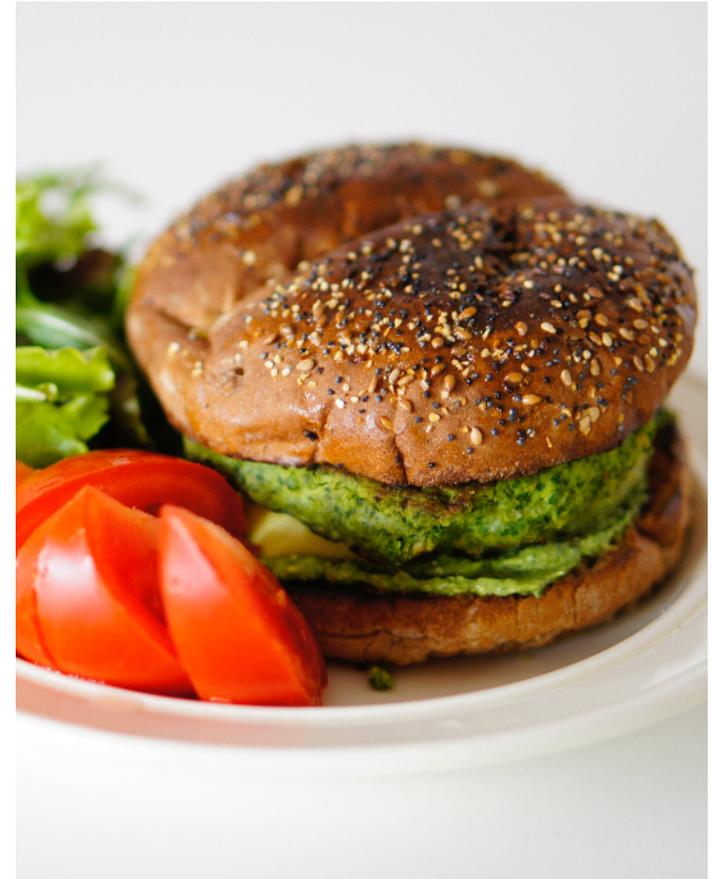
 TOTAL TIME 90 MIN	 SERVES 4	 CALORIES 395
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INGREDIENTS

- 2 medium carrots, chopped
- ½ bell pepper, chopped
- 1 cup spinach
- 2 cloves garlic
- ½ cup nutritional yeast
- 1 TBSP ketchup
- 1 tsp rice vinegar
- ½ TBSP Dijon mustard
- ¼ tsp lemon pepper
- ¾ cup oat flour (Can be made by blending oats)
- ¼ cup oats
- 2- 15 oz cans chickpeas or 3 cups, rinsed and drained

INSTRUCTIONS

1. *In a food processor, combine carrots, bell pepper, spinach, and garlic. Process for 30 seconds or until well chopped.*
2. *Add in nutritional yeast, rice vinegar, mustard, lemon pepper, oat flour, oats and chickpeas. Process and pulse until all ingredients are combined.*
3. *Let sit in fridge for 1 hour or until moldable.*
4. *Remove from fridge and shape into patties. Cook on grill or over medium heat on the stove for 5-7 minutes per side or until golden brown.*
5. *Serve on bun or bread of choice with your favorite burger fixings!*



Black Bean Burgers



INGREDIENTS

- 2 TBSP flax + 3 TBSP water
- ½ cup brown rice, cooked
- 12 mushrooms, roughly chopped
- 1 medium onion, finely chopped
- 10 cloves garlic, minced
- 2 TBSP liquid aminos
- 2 ½ tsp paprika
- 2 ½ tsp paprika
- 2 tsp thyme
- 1/8 tsp pepper
- 1 ½ cups carrots
- 2- 15 oz can black beans or 3 cups
- ½ cup quick oats
- 1 TBSP liquid smoke

INSTRUCTIONS

1. *Preheat oven to 350°F .*
2. *Combine flax meal and water in a small bowl, creating a "flax egg", and set aside.*
3. *In a food processor, add mushrooms and carrots. Pulse until well chopped.*
4. *Transfer to a large skillet, adding onions, garlic, paprika, thyme, and pepper over medium high heat. Cook, stirring frequently, until mushrooms and carrots are tender, about 10 minutes.*
 - *Transfer to food processor. Add rice, beans, flax egg, oats and liquid smoke, liquid aminos.**Using a ½ cup measure, scoop 8 equally divided portions onto parchment lined baking sheet. Using a spoon, to spress down into burger pattie like shapes. ¼ inch thick.*
Bake for 60 minutes or until crispy, flipping half way.
5. *Serve on bun or bread of choice with your favorite burger fixings!*


TOTAL TIME
10 MIN


SERVES
4-6


CALORIES
500

Portobello Steak



TOTAL TIME
15 MIN



SERVES
2



CALORIES
310

INGREDIENTS

- 4 large Portobello mushrooms, stems removed
- ½ cup balsamic vinegar
- ½ tsp black pepper
- 2 TBSP liquid smoke
- 1 tsp garlic powder
- ¼ cup green onion (minced)
- 1 TBSP lime juice
- ¼ tsp salt
- 1 small avocado, diced
- 2 small roma tomatoes, diced

INSTRUCTIONS

1. *In a small mixing bowl, whisk together balsamic vinegar, liquid smoke, black pepper, garlic powder. Taste and adjust seasonings as needed.*
2. *Place mushrooms face down in a shallow dish, and pour sauce overtop. Use a pastry brush to brush on all sides. Marinate on one side for 5 minutes, then flip to the other side for an additional 5 minutes.*
3. *In the meantime, prepare chimichurri by adding onion, lime juice, salt, diced avocado and diced roma tomatoes.*
4. *Cook on grill or over medium heat on the stove. Cooking on each side for 3-4 minutes, or until caramelized.*
5. *Take off heat and serve with avocado chimichurri.*

Spicy Cauliflower Pasta

THIS PASTA IS A FAVORITE OF EVERYONE WHO TRIES IT. IT IS FLAVORFUL, SPICY COMBINATION OF FLAVORS THAT IS SURE TO IMPRESS. IT IS NOT YOUR AVERAGE VEGGIE PASTA. BUT, YOU MAY WANT TO DECREASE SPICE FOR A YOUNGER OR LESS SPICY TOLERANT AUDIENCE.



SEE RECIPE ON NEXT PAGE >>





INGREDIENTS

- 1 small head of cauliflower cut into florets
- 2 tsp paprika
- ¼ tsp cayenne (optional for spice)
- ½ tsp black pepper
- ¼ tsp red pepper flakes (optional for spice)
- ½ tsp dried thyme
- 1 tsp dried oregano
- 1 tsp garlic powder
- ¼ tsp onion powder
- ½ tsp salt

SAUCE

- 1- 8 oz box chickpea pasta
- 5 cloves garlic minced
- 2 cups unsweetened plant based milk
- 1 TBSP spelt or buckwheat
- 1 TBSP arrowroot starch
- 1 tsp paprika
- 1 ½ tsp Italian herbs
- 2 TBSP nutritional yeast
- 1 tsp salt



TOTAL TIME
45 MIN



SERVES
4



CALORIES
300

INSTRUCTIONS

Cajun Cauliflower:

1. Preheat the oven to 425 degrees F.
2. Add the Cauliflower florets to a large bowl. Mix with 2 TBSP water and remaining spices. Toss to coat.
3. Bake for 25 minutes or until crispy.

Sauce:

1. Make the pasta according to instructions on the package, drain and set aside.
2. In a separate large pan, add minced garlic with 2 TBSP water and cook for 3 to 4 minutes, or until golden.
3. Meanwhile blend the rest of the ingredients together in a blender for 30 seconds. A
4. Add sauce to the pan. Increase heat to medium.
5. Bring the sauce to a boil stirring occasionally. Simmer for another 2-3 minutes.
6. Fold in the pasta. Take off heat, cover and let sit for 2 minutes.
7. Taste and add additional spices according to taste.
8. Divide pasta into 4 bowl and top with cauliflower.

Stuffed Sweet Potato



TOTAL TIME
55 MIN



SERVES
2



CALORIES
505

INGREDIENTS

- 2 large sweet potatoes
- 1 ½ tsp cumin
- ½ tsp paprika
- ½ tsp salt
- ¼ tsp black pepper
- 1 cup cooked kidney beans
- 1 cup cooked chickpeas
- ½ cup red bell pepper diced

AVOCADO SAUCE

- 1 avocado roughly chopped
- 1 TBSP coriander
- 3 TBSP lime juice
- 1 clove garlic
- ½ tsp cumin
- 1/3 cup water
- ½ tsp salt
- Dash black pepper

INSTRUCTIONS

1. Preheat the oven to 400°F, pierce the sweet potatoes with a fork multiple times and bake for 40 minutes.
2. Meantime, add all the ingredients for the sauce into a blender and blend until smooth. Refrigerate until ready to use.
3. Take the baked sweet potatoes out of the oven and cut them lengthwise into half. Carefully scoop the flesh using a tablespoon into a medium-sized bowl and mix in the spices. Once well combined, add the bell pepper, kidney beans and chickpeas.
4. Fill the mixture into the potato skins and bake for an additional 10 minutes.
5. Remove from the oven and drizzle with avocado sauce.
6. Enjoy.



Jackfruit Tacos



TOTAL TIME
30 MIN



SERVES
4



CALORIES
320

INGREDIENTS

- 1 medium potato, diced very small
- 1 medium onion, diced very small
- 2 cloves fresh garlic, minced
- 1- 15-oz can diced tomatoes
- 1- 15 oz can jackfruit, drained and shredded
- 3 ½ TBSP taco seasoning
- 1 TBSP paprika
- ¼ tsp cayenne (optional)
- 2 TBSP lemon juice

INSTRUCTIONS

1. *In a large skillet, sauté the potatoes, onions, and garlic in ¼ cup water for 10-15 minutes or until the potatoes are soft.*
2. *Add the diced tomatoes, jackfruit, taco seasoning, paprika, lemon juice and cayenne and continue cooking for 10 minutes until the juice from the tomatoes is absorbed.*
3. *Take off heat and serve with tortillas, lettuce, corn, salsa, and avocado.*



Black Bean Enchilada

- 1 medium onion, finely chopped
- 2 cups tomato puree
- 2 cups cooked black beans
- 3 TBSP chili powder
- 2 tsp cumin
- 1 tsp salt
- 2 cloves garlic, minced
- ½ cup chopped fresh cilantro
- 1 jalapeno, chopped (optional)
- ¼ cup [cashew cheese](#)
- 12 Spelt tortillas

INSTRUCTIONS

1. Preheat oven to 350 °F.
2. Sauté onion and garlic with 1 TBSP water and a dash of salt. Cook until soft and fragrant, about 3 minutes. Add the chili powder, cumin, and salt. Cook an additional 2 minutes.
3. Add the beans and tomato puree and bring to a boil. Turn the heat to low. Mash the beans with a potato masher and simmer 5 minutes.
4. Remove the bean mixture from the heat and strain, reserving the sauce. Transfer the strained bean mixture to a medium bowl and mix together with ½ cup cilantro, jalapenos, and ¼ cup cashew cheese.
5. Spread ½ cup of the sauce in the bottom of the baking dish. Scoop about ¼ cup bean mixture into each tortilla and roll it up tightly.
6. Place the filled and rolled tortillas in a 9x13 baking dish. Placing side by side with other tortillas.
7. Pour the remaining sauce evenly over the enchiladas. Top with remaining cashew cheese.
8. Cover the baking dish with aluminum foil. Bake for 25 minutes.

Snacks & Sides



Oil Free Fries

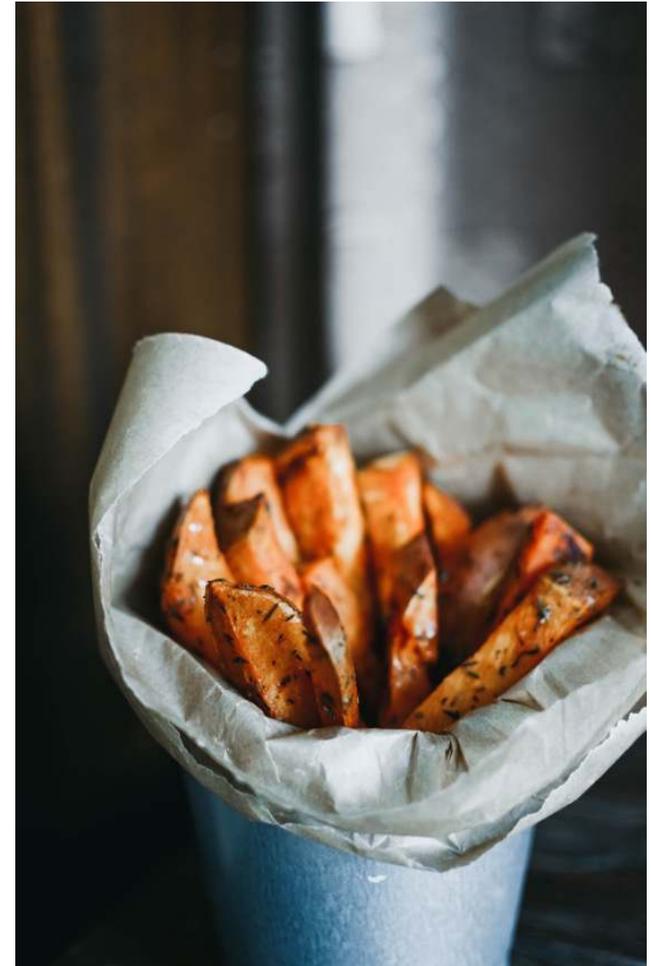
 TOTAL TIME 50 MIN	 SERVES 2	 CALORIES 200
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INGREDIENTS

- 4 yellow or sweet potatoes, cut into ¼ inch fries (or sweet potatoes)
- 2 tsp salt
- 2 tsp lemon pepper
- 2 tsp garlic powder
- 2 tsp Italian herbs
- 2 TBSP nutritional yeast

INSTRUCTIONS

1. *Preheat oven to 425 degrees F.*
2. *Cut potatoes and put in a large bowl.*
3. *Pour 3 TBSP water on fries and use hands to coat each wedge.*
4. *In a separate bowl combine salt, pepper garlic powder, Italian herbs and nutritional yeast.*
5. *Pour seasonings over the wet fries and use hands to coat evenly.*
6. *Place on parchment lined cookie sheet.*
7. *Place in oven for 45 minutes or until golden brown.*



Sweet Potato Toast



TOTAL TIME
15 MIN



SERVES
2



CALORIES
230

INGREDIENTS

- 4 sweet potato
- Any normal toast toppings you like! (avocado, nut butter, strawberries, etc.)

INSTRUCTIONS

1. Slice potatoes into $\frac{1}{4}$ inch thick slices.
2. Place slices in toaster, like bread.
3. Repeat toaster cycle at the longest setting 4 times or until browned and tender.



Granola

INGREDIENTS

- 2 cups oats
- ½ cup nuts of choice, chopped
- 1 cup dates, chopped
- ½ cup raisins
- ½ cup sunflower seeds
- 1 TBSP ground cinnamon
- ½ cup water
- 1 tsp vanilla
- 2/3 cup maple syrup

INSTRUCTIONS

1. Preheat the oven to 320°F
2. Mix the oats, almonds, dates, raisins, sunflower seeds and cinnamon in a large bowl using hands to mix.
3. In a saucepan, heat water, vanilla and maple syrup for about 2 minutes.
4. Pour over the dry ingredients and mix well.
5. Spread the granola onto a baking tray and bake for 25 minutes or until golden brown, stirring every 10 minutes.
6. Remove from the oven and allow the granola to cool completely.
7. Store in mason jar or other airtight contain for up to 3 weeks.



TOTAL TIME
35 MIN



SERVES
4



CALORIES
425

Homemade Hummus

 TOTAL TIME 5 MIN	 SERVES 2	 CALORIES 380
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INGREDIENTS

- 1- 15 oz can or 1½ cups chickpeas
- 1/3 cup aquafaba (remaining liquid from chickpeas whipped on high for 3 minutes)
- ¼ cup lemon juice
- ⅓ cup tahini
- 2 cloves garlic
- ½ tsp chili powder
- ½ tsp cumin
- Pinch salt

INSTRUCTIONS

1. Add chickpeas, ¼ cup aquafaba, lemon juice, tahini, garlic, chili powder, cumin, and salt in a food processor.
2. Blend 1-2 minutes or until completely smooth. Scrape the sides of the blender halfway through blending and adjust seasonings to taste.
3. Add hummus to a bowl or deep plate. Garnish with cumin, chili powder, and parsley. Enjoy with fresh vegetables or crackers.



Mango Guacamole



INGREDIENTS

- 3 avocados
- 2 TBSP green onion, chopped
- 2 limes, juiced
- ¼ cup cilantro
- 1 large mango
- 2 chili peppers, cut

INSTRUCTIONS

1. *Combine the onion and the juice of 2 limes in a small bowl; allow the onion to soak in the lime juice for at least 1 hour. Strain and discard the excess juice. Set the onion aside.*
2. *Process the chili peppers, the juice of 2 limes, and salt together in a food processor until no large chunks of pepper remain.*
3. *Add 1 avocado and process until creamy and smooth; repeat with remaining avocados. Transfer the mixture to a serving bowl; fold the onion, cilantro, and mango into the avocado mixture.*
4. *Serve at room temperature.*



TOTAL TIME
10 MIN



SERVES
4



CALORIES
310

Mashed Potatoes


TOTAL TIME
40 MIN


SERVES
2


CALORIES
325

INGREDIENTS

- 8 medium yellow potatoes, chopped
- 1 TBSP salt
- 1 tsp black pepper
- 5-6 cloves garlic
- 4 TBSP nutritional yeast
- 1 cup unsweetened plant based milk
- ¼ cup chives

INSTRUCTIONS

1. Boil potatoes in a large pot and cover with water.
2. Bring to a boil over medium-high heat, for 30 minutes or until very tender.
3. Once tender, drain your potatoes and place them back in the pot.
4. Mash your potatoes well using either a potato masher.
5. Add in plant milk, nutritional yeast, garlic, salt, pepper, and chives.
6. Taste and adjust seasonings as needed. Serve immediately.





Quick Quinoa Flatbread

 TOTAL TIME 20 MIN	 SERVES 2	 CALORIES 285
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INSTRUCTIONS

1. Preheat the oven to 425 degrees F.
2. Place the dry quinoa in a fine mesh strainer and rinse the quinoa really well with running water for two minutes. Shake to drain excess moisture.
3. Add the rinsed quinoa, plant milk, baking powder, and salt into a blender. Blend on high for 1 minute.
4. Move the quinoa flatbread batter onto the middle of a parchment lined baking sheet, using a spoon to evenly spread out. Ensure it is spread very thin.
5. Sprinkle nutritional yeast, Italian seasonings, and pepper over top.
6. Bake for 15 minutes. After 15 minutes, take the flatbread out of the oven and flip it over. Return to oven for an additional 6-7 minutes.

INGREDIENTS

- 1 cup quinoa, uncooked
- ½ cup unsweetened plant based milk
- 1 tsp baking powder
- ¾ tsp salt
- 1 TBSP nutritional yeast
- ½ TBSP Italian seasonings
- ½ tsp pepper



Roasted Chickpeas



TOTAL TIME
60 MIN



SERVES
2



CALORIES
200

INGREDIENTS

- 1-15 oz can or 1 ½ cups chickpeas
- ½ tsp cumin
- ½ tsp paprika
- ½ tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp coriander
- ½ tsp salt
- ¼ tsp pepper

INSTRUCTIONS

1. Preheat oven to 400 degrees F.
2. Use a towel to thoroughly dry the chickpeas.
3. In a small bowl, mix together cumin, paprika, garlic powder, salt, onion powder and pepper. Set aside.
4. Bake dried chickpeas in the preheated oven on a parchment lined baking sheet for 15 minutes
5. Remove the chickpeas from the oven and place in large bowl.
6. Add 2 TBSP water and stir to evenly coat.
7. Add spices to chickpeas and stir until evenly coated.
8. Place back on baking sheet and bake at 400 for 15-20 minutes, stirring halfway through.
9. Turn off oven and crack the door a bit. Let chickpeas cool in the oven to achieve maximum crispiness.
10. Enjoy immediately.

Kale Chips



TOTAL TIME
10 MIN



SERVES
2



CALORIES
75

INGREDIENTS

- 1 bunch fresh kale
- 2 tsp tahini
- 2 tsp lemon juice
- 1 tsp liquid aminos
- ½ tsp maple syrup
- 3 TBSP nutritional yeast
- Pinch salt

INSTRUCTIONS

1. *Preheat oven to 275 degrees F.*
2. *Fully wash kale leaves by submerging bunch of kale in a sink of cold water. Agitate to release any debris.*
3. *Strip the leaves from the stems and use towel to dry. You want the leaves to be extremely dry before using.*
4. *In a large bowl, combine the tahini, lemon juice, tamari, and maple syrup. Stir or whisk through until fully smooth in the bottom of the bowl.*
5. *Add kale leaves and toss through with your hands, gently incorporating all of the tahini sauce, and working it gently through all the leaves.*
6. *Add the nutritional yeast, and continue to work through the kale leaves.*
7. *Transfer the kale to 2 parchment paper lined baking sheets.*
8. *Spread them out so they are not touching. Sprinkle with salt and place in over.*
9. *Bake for an approximately 20 minutes, rotating once halfway through.*

Trail Mix


PREP TIME

5 MIN


CALORIES

415


SERVES

4

- 3/4 cup pecans
- 3/4 cup cashews
- 1/2 cups sunflower seeds
- 1/2 cup raisins
- 1/2 cup chocolate chips
- 1/2 cup pumpkin seeds
- pinch of nutmeg
- ¼ tsp sea salt
- ½ tsp cinnamon

INSTRUCTIONS

- 1. Combine all ingredients in a large bowl and mix well.*
- 2. Store in an airtight contain for up to 4 weeks.*

Apples Cookies

 TOTAL TIME 10 MIN	 SERVES 2	 CALORIES 390
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INGREDIENTS

- 1 apple
- 1/4 cup peanut butter
- 1/4 cup shredded coconut
- 1/4 cup plant based chocolate chips

INSTRUCTIONS

1. *Slice apple into thin rings and remove core.*
2. *Spread peanut butter over one side of ring.*
3. *Top with coconut and chocolate chips or other toppings of choice.*
4. *Serve immediately.*

Fruit Bowl

 TOTAL TIME 5 MIN	 SERVES 2	 CALORIES 210
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INGREDIENTS

- 2 cups berries of choice
- 2 large mangos

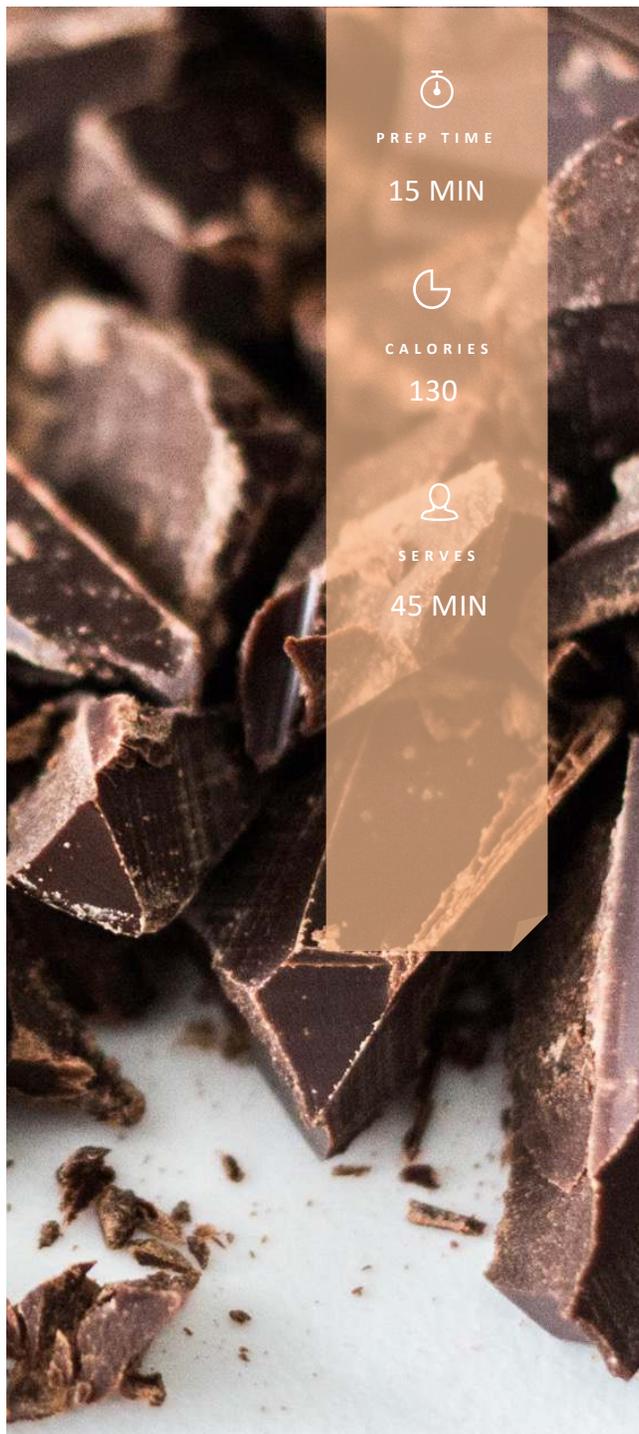
INSTRUCTIONS

1. *Peel, pit and chop the mangos into bite sized pieces.*
2. *Transfer mangos and berries into large bowl and mix to evenly combine.*
3. *Eat immediately or place into container for a snack later on.*



Dessert





Snickers Bars

- 1 packed cup dates, pitted
- 2 TBSP peanut butter
- 1 tsp vanilla
- ¼ tsp salt
- ⅔ cup oat flour (can be made by blending oats)
- ⅓ cup roasted peanuts
- 1 cup chocolate chips

INSTRUCTIONS

1. Place dates in a large bowl and cover with boiling water. Soak for 10-15 minutes.
2. Drain excess liquid from dates. They should not be dripping. Add to food processor with peanut butter and vanilla and blend on high for 30 seconds.
3. Remove the Date "Caramel" and place in small bowl. Add the Oat Flour to the food processor with ¼ cup of the Date Caramel and mix for 30 seconds or until well combined.
4. Firmly and evenly press the Oat Nougat onto a parchment lined cookie sheet in a square shape.
5. Spread remaining Date Caramel evenly over the Nougat,
6. Place peanuts over the caramel and firmly press into the caramel so they stay.
7. Place in the freezer for 30 minutes or until firm.
8. Remove the from freezer and use a sharp knife to cut it into Snickers bar-sized pieces
9. Melt chocolate using double boiler method.
10. Place 1 bar at a time into the bowl of melted Chocolate. Use two forks to completely cover bar on all sides.
11. Return the bars to the lined sheet and repeat with the remaining bars.
12. Place the bars in the fridge for 5-10 minutes, to allow the Chocolate to harden.
13. Enjoy immediately or keep in freezer for up to 3 weeks in airtight container.

No-Bake Walnut Brownies



TOTAL TIME
10 MIN



SERVES
8



CALORIES
180

INGREDIENTS

- 2½ cups dates, pitted and loosely packed
- 1 ½ cups walnuts
- 6 TBSP cacao
- 1 ½ tsp vanilla
- 2 tsp water
- ¼ tsp salt

Frosting:

- ¼ cup cacao
- 4 TBSP maple syrup
- 5 TBSP brown rice syrup
- ½ tsp vanilla

INSTRUCTIONS

1. *Combine all ingredients in a food processor.*
2. *Process 1-2 minutes or until completely smooth.*
3. *Move dough to an 8x8 pan and use spoon to press dough into bottom of pan, ensuring it is spread evenly.*
4. *In a small bowl, combine cacao, maple syrup, brown rice syrup and vanilla. Stir well with spoon until it forms a nice frosting.*
5. *Spread frosting evenly over brownies.*
6. *Refrigerate for 2-3 hours or until firm.*
7. *Best eaten immediately, but can be kept in fridge for 7 days in airtight container.*

Fudgy Brownies



TOTAL TIME
10 MIN



SERVES
6



CALORIES
100

INGREDIENTS

- 1-15oz can or 1 1/2 cups black beans, drained and rinsed
- 1 1/2 cups maple syrup or date paste
- 1/2 cup cacao
- 3/4 cup oat or spelt flour
- 2 TBSP ground flax seed
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1 TBSP vanilla
- 1/2 cup chocolate chips

INSTRUCTIONS

1. Pre-heat oven to 350 degrees F.
2. Add all the ingredients in food processor and process on high for 1-2 minutes or until well combined.
3. Pour batter into a parchment lined 9 x 9 baking dish.
4. Bake for 25-30 minutes or until a toothpick comes out clean.
5. Remove from oven and let cool for 20 minutes before serving.



3- Ingredient Samoa Cookies



TOTAL TIME
25 MIN



SERVES
8



CALORIES
65

INGREDIENTS

- 1 cup dates, pitted
- 1 cup shredded coconut
- ½ cup chocolate chips

INSTRUCTIONS

1. *Add dates and coconut into the food processor and pulse until a dough begins to form.*
2. *Remove from food processor, and divide into 1 tablespoon size pieces.*
3. *Flatten each cook and place on a cookie sheet to freeze for 20 minutes.*
4. *While cookies are hardening up, melt chocolate.*
5. *After 20 minutes, remove cookies and dip the bottoms of each cookie into chocolate and place back onto cookie sheet. Drizzle remaining chocolate over the top and return to fridge to firm up for 5 minutes.*

Cashew Cheesecake



TOTAL TIME
90 MIN



SERVES
8



CALORIES
130

INGREDIENTS

Crust:

- 1 cup medjool dates, pitted
- ½ cup sunflower seeds
- ½ cup cashews
- 2 TBSP coconut flour
- 1 tsp vanilla
- ½ tsp salt

Filling:

- 1 ½ cups cashews, soaked for 1 hour in boiling water
- 5 medjool dates, pitted
- ½ banana
- 1- 15 oz can of coconut cream
- ½ lemon, juiced
- 1 lemon zest
- 1 ½ tsp vanilla
- ½ tsp salt
- 1 tsp maple syrup
- ½ tsp nutritional yeast

INSTRUCTIONS

1. Put all crust ingredients in food processor and blend for 60 seconds or until sticky.
2. Remove from food processor and press into pie pan.
3. Cover with towel and place in freezer for 30 minutes.
4. Put all filling ingredients in food processor and blend on high for 2-3 minutes or until well combined.
5. Remove crust from freezer and spoon filling on top of crust. Spread evenly across the top and return to freezer for 60 minutes to set up.





Chocolate Nice Cream

 TOTAL TIME 5 MIN	 SERVES 1	 CALORIES 250
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INGREDIENTS

- 2 cups bananas, frozen
- 3 TBSP cacao
- 1 TBSP maple syrup
- 1 tsp cinnamon
- ¼ tsp salt

INSTRUCTIONS

1. Place bananas, coconut cream, cocoa powder, and almond milk in blender and blend until smooth.
2. Stir in chocolate chips.
3. Pour into a freezer-safe container and freeze until solid.
4. Scoop into bowls, and top with more chocolate chips and sprinkles.

Coconut Vanilla Nice Cream



 TOTAL TIME 30 MIN	 SERVES 2	 CALORIES 100
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INGREDIENTS

- 2- 14 oz cans coconut cream
- 1/2 cup maple syrup
- 1 pinch salt
- ½ tsp vanilla powder
- 2 tsp vanilla

INSTRUCTIONS

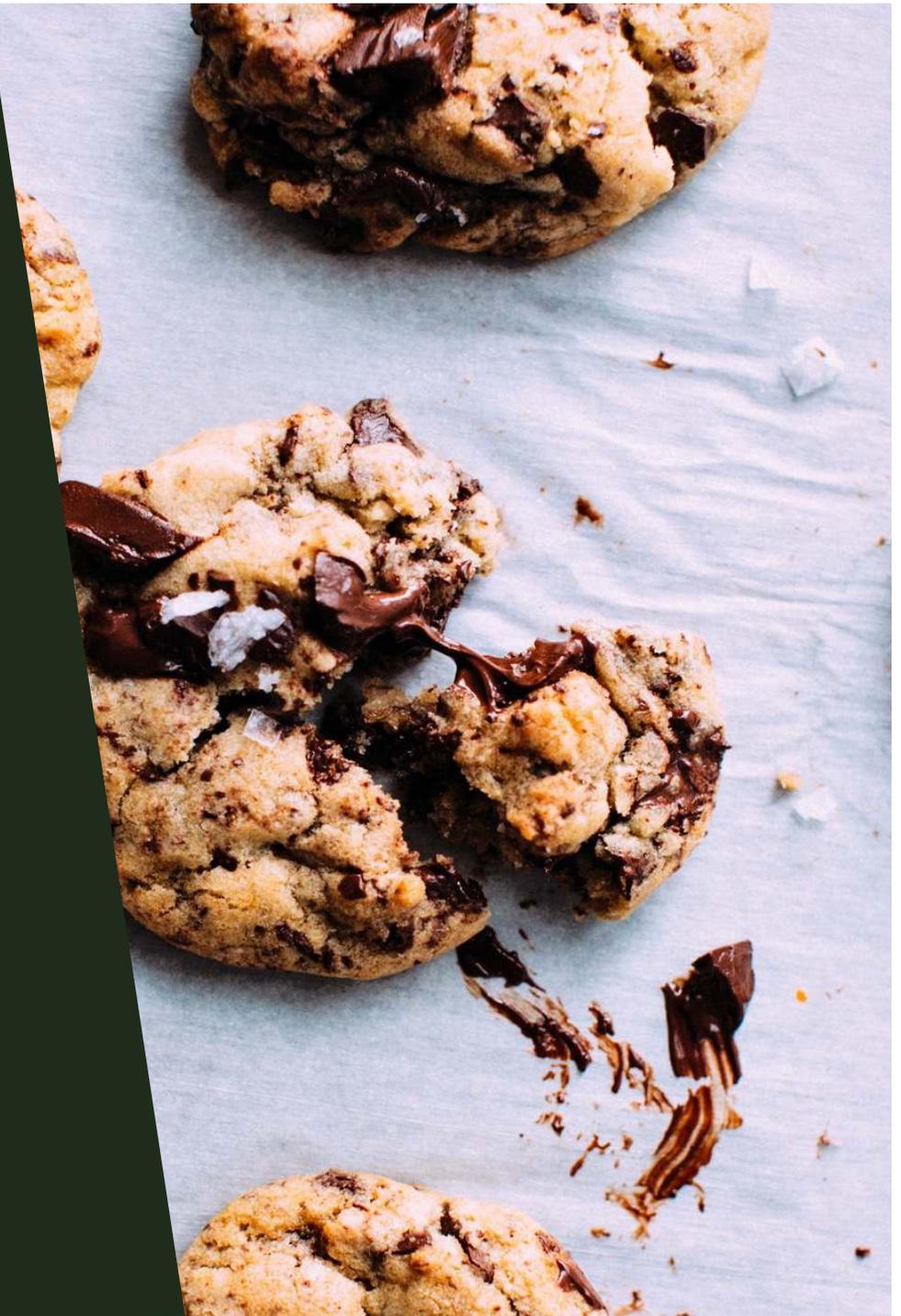
1. Place all ingredients in ice cream maker and follow maker directions.
2. Serve as soon as completed and enjoy with fruit.

Chocolate Chip Cookies

VERY FEW THINGS ARE AS DELICIOUS AS A CHOCOLATE CHIP COOKIES. THESE COOKIES ARE SO DELICIOUS AND HEARTY. THEY ARE RICH AND HAVE A BEAUTIFUL TEXTURE AS WELL. THE BEST PART IS, YOU DON'T HAVE TO FEEL GUILTY EATING THESE BEAUTIES.



SEE RECIPE ON NEXT PAGE >>





TOTAL TIME
25 MIN



SERVES
12



CALORIES
90

INGREDIENTS

- 1/3 scant cup spelt flour
- 1 1/3 cups oat flour (can be made by blending oats)
- 1 TBSP ground flax seed
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/4 cup nut butter of choice
- 1/2 cup maple syrup or date paste
- 1/3 cup applesauce
- 1/2 cup chocolate chips

INSTRUCTIONS

1. *Preheat oven to 350°F.*
2. *In a medium sized mixing bowl, combine applesauce, nut butter, maple syrup or date paste, and flax seeds with fork.*
3. *In a separate bowl, combine spelt flour, oat flour, baking soda, and salt. Mix until well combined and set aside.*
4. *Add wet ingredients to dry ingredients, mixing until just combined. Gently fold in chocolate chips. Be sure to not overmix.*
5. *Using a spoon, place 1 tablespoon sized balls of dough onto parchment lined baking sheets, and flatten slightly tight spoon.*
6. *Bake 8-10 minutes or until golden brown.*
7. *Remove from oven and let cool for 5 minutes before eating.*



Molasses Cookies



TOTAL TIME
10 MIN



SERVES
12



CALORIES
120

INGREDIENTS

- 2 ¼ cups spelt or teff flour
- ½ cup maple syrup
- 1 TBSP flax + 2 ½ TBSP water
- 3 TBSP molasses
- 1 tsp vanilla
- ½ tsp baking powder
- ½ tsp ginger
- ¼ tsp salt
- 4 TBSP coconut sugar (optional)
- 1 tsp cinnamon (optional)

INSTRUCTIONS

1. Preheat oven for 350°F.
2. Make flax egg but combining water and flax. Let sit for 10 minutes.
3. Combine flour, vanilla, baking powder, ginger and salt in a large bowl.
4. Fold in molasses, flax egg and maple syrup. And stir well.
5. Place dough in freezer for 30 minutes to set up.
6. Remove from freezer and make 1 tablespoon sized balls of dough and place on parchment lined baking sheet. Using a spoon to gently press down into cookie shape.
7. Option to dip uncooked dough into a mixture of coconut sugar and cinnamon to coat.
8. Cook for 10 minutes or until golden brown.

No Bake Cookies



TOTAL TIME
10 MIN



SERVES
8



CALORIES
110

INGREDIENTS

- 5 TBSP plant based milk
- 3 TBSP cacao powder
- 1/3 cup maple syrup
- 1/3 cup peanut butter
- ½ tsp vanilla
- 1 ¼ cups oats

INSTRUCTIONS

1. *In a medium sauce pan, combine milk, maple syrup and cacao over high heat on stove.*
2. *Bring to a boil and turn off immediately.*
3. *Take off heat and add in the peanut butter, vanilla and oats. Stir well.*
4. *Spoon into 1 inch “cookies” on parchment lined cookie sheet*
5. *Place into fridge or freezer for 1 hour to “set up”*

Pumpkin Oat Bites

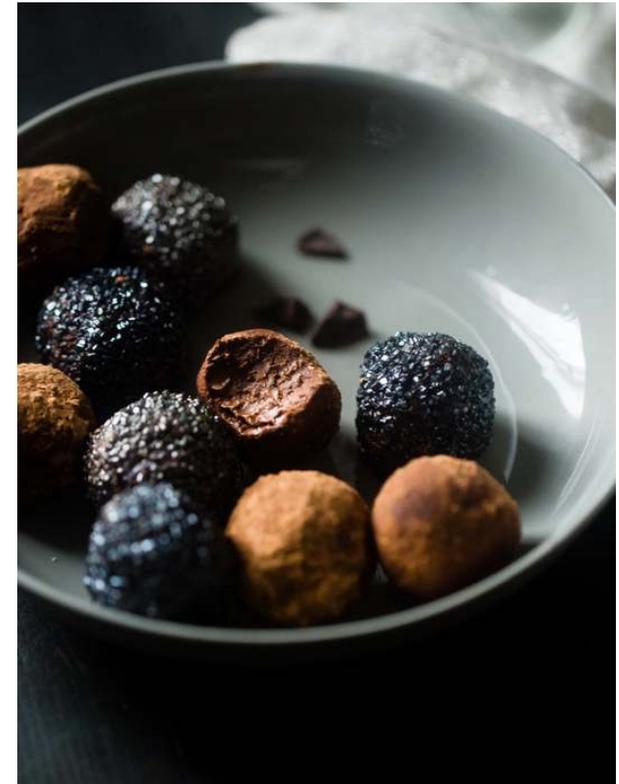
 TOTAL TIME 10 MIN	 SERVES 12	 CALORIES 135
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INGREDIENTS

- 1 ½ cups medjool dates, pitted
- 1/3 cup pumpkin puree
- ¾ cup oats
- 1 tsp vanilla
- ½ tsp pumpkin pie Spice
- Optional: ¼ cup chocolate chips

INSTRUCTIONS

1. *Combine all ingredients in a food processor. (Option to add in chocolate chips)*
2. *Pulse for 1-2 minutes or until evenly combined*
3. *Take out and roll into 1-inch diameter balls.*
4. *Place in freezer for 30 minutes to set up. Eat immediately or store in freezer for up to 3 weeks.*



Apple Crisp



TOTAL TIME
40 MIN



SERVES
6



CALORIES
210

INGREDIENTS

- 5 cups apples
- 1 tsp cinnamon
- ½ tsp allspice
- 1 TBSP maple syrup
- ¼ tsp salt
- ¼ cup chopped pecans
- ½ TBSP lemon juice

TOPPING

- 1/4 cup maple syrup
- 2 TBSP nut butter
- 1 ½ cups oats
- 3/4 cup spelt or teff flour
- 1 tsp cinnamon

INSTRUCTIONS

1. *Preheat the oven to 375°F .*
2. *Peel and slice the apples into ¼ inch wedges and place into large bowl.*
3. *In a small bowl mix cinnamon, allspice, maple syrup, salt, pecans and lemon juice.*
4. *Pour over the apples and stir and coat them very well. Spread the apples into parchment lined pie pan.*
5. *In a food processor, add only 3/4 cup of the and process for about 60 seconds*
6. *In a small bowl, add the oat flour, remaining oats, spelt or teff flour, maple syrup, almond butter and cinnamon. Stir well.*
7. *Pour the topping mix over the apples and spread out evenly overtop.*
8. *Bake for about 30 minutes or until the apples are tender or until golden brown.*
9. *Serve immediately with coconut vanilla nice cream.*

Caramel Apples

 TOTAL TIME 10 MIN	 SERVES 5	 CALORIES 135
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INGREDIENTS

- 5 green apples
- ½ cup peanut butter
- ½ cup brown rice syrup
- ¼ cup coconut flakes (optional)
- ¼ cup mini chocolate chips (optional)

INSTRUCTIONS

- 1. In a small saucepan, mix peanut butter and brown rice syrup; cook and over low heat. Stirring constantly.*
- 2. Remove from heat and dip apples into the mixture using a spoon to help spread evenly.*
- 3. Once covered, you can add coconut flakes and chocolate chips. You can also enjoy by simply dipping apples into the caramel sauce.*





Banana Bread

INGREDIENTS

- 2 cups spelt or teff flour
- 2 cups ripe mashed banana
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 tsp cinnamon
- 1/4 cup finely chopped dates
- 2 TBSP ground flax seed + 6 tbsp water

INSTRUCTIONS

1. *Pre-heat the oven to 350 F*
2. *Mix flax seed powder with water, stir well and set aside for 5 minutes.*
3. *Mash the banana well.*
4. *In a big bowl add the flour with baking soda, baking powder, salt, cinnamon and mix well.*
5. *Add the chopped dates, mashed banana, "flax egg" and stir until completely combined.*
6. *Be sure to not over mix. Just stir till it forms a hard dough.*
7. *Pour into a parchment lined bread pan.*
8. *Bake for 50 to 60 mins or until the crust is golden and a toothpick comes out clean.*
9. *Let the bread cool down completely. It'll be sticky and hard to cut into when it's still hot.*



TOTAL TIME
10 MIN



SERVES
6



CALORIES
150

Sauces & Dressings



Best BBQ Sauce



INGREDIENTS

- 1 cup tomato sauce
- 1 TBSP maple syrup
- 1 TBSP Worcestershire sauce
- 4 tsp apple cider vinegar
- 1 ½ tsp liquid smoke
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 pinch salt (or to taste)

INSTRUCTIONS

1. *Combine all ingredients in a medium bowl and whisk together until thoroughly combined.*
2. *Serve immediately with jackfruit, baked cauliflower, or as a dipping sauce.*



Rockin' Ranch

INGREDIENTS

- 1 cup raw cashews, soaked overnight
- 1 tsp garlic powder
- ½ tsp onion powder
- ½ tsp salt
- ¼ tsp black pepper
- 2 TBSP apple cider vinegar
- 2 TBSP lemon juice
- ¾ cup water
- 4 TBSP dried chives (double if fresh)
- 4 TBSP dried dill (double if fresh)
- 2 TBSP parsley (double if fresh)

INSTRUCTIONS

1. *Add cashews, garlic powder, onion powder, salt, pepper, apple cider vinegar, lemon juice, and water to a blender. Blend on high for 30 second or until well combined.*
2. *Take out of blender and pour into mason jar.*
3. *Add parsley, dill and chives into the jar and use a spoon to gently mix in.*
4. *Keep in fridge for 1-2 hours or overnight to thicken up.*

Apple Cashew Dressing



INGREDIENTS

- ½ cup apple juice
- 1 lemon, juiced
- ½ cup cashews, soaked overnight

INSTRUCTIONS

1. *Place all ingredients in blender and blend on high for 1 minute.*
2. *Serve over fruit or salad. Or use as a dipping sauce.*

Green Sauce

INGREDIENTS

- 2 cups spinach, packed
- 1 cup walnuts or cashews
- 4 cloves garlic
- 4 TBSP lemon juice
- 3 TBSP nutritional yeast
- 1 TBSP fresh basil
- Dash of salt
- Dash of pepper

INSTRUCTIONS

- 1. Place all ingredients in blender and blend on high for 1 minute.*
- 2. Serve immediately over pasta, salad, rice bowls, etc.*

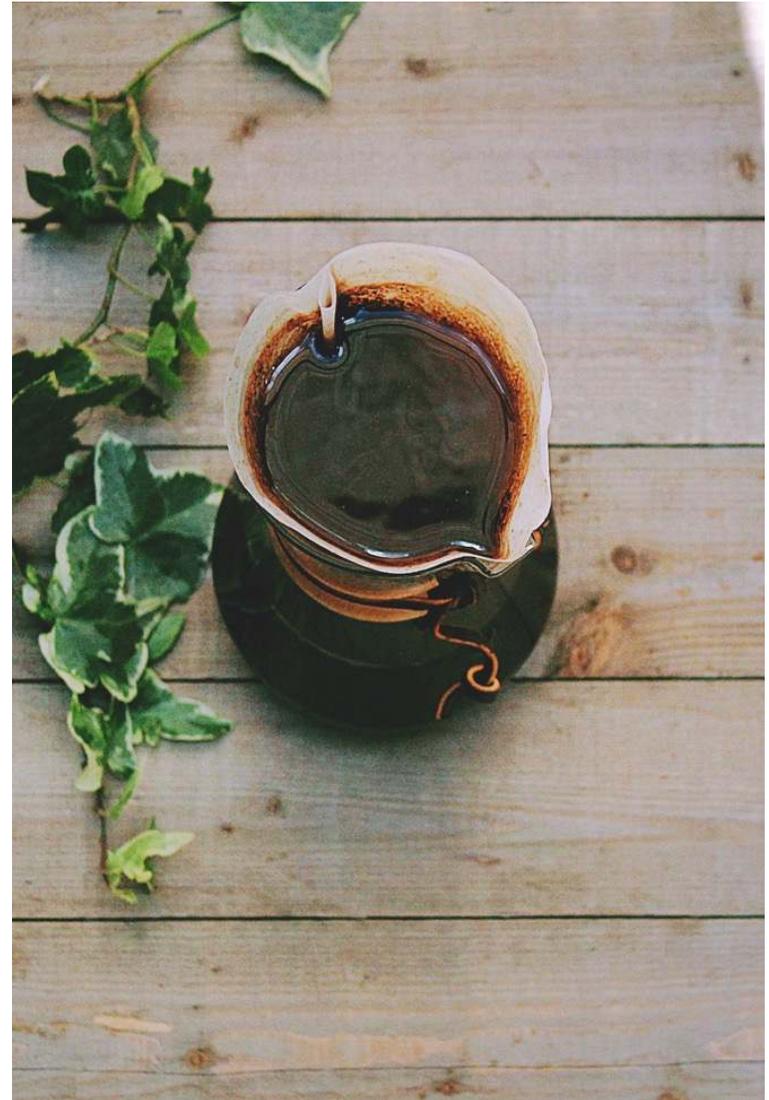
Balsamic Vinaigrette

INGREDIENTS

- 2 tsp balsamic vinegar
- 1 tsp dijon mustard
- 1 tsp nutritional yeast
- ¼ tsp dried basil
- 2 tsp water
- Salt and Pepper to taste

INSTRUCTIONS

1. In small bowl whisk together all ingredients, adjusting to taste as needed.
2. Serve immediately over salad or as a marinade for vegetables.





Sweet Poppyseed Dressing

- 2 TBSP lime juice
- 1 TBSP maple syrup
- 1 tsp poppy seeds
- 1 tsp grated fresh ginger
- 1 TBSP orange juice
- 1/2 tsp vanilla

INSTRUCTIONS

1. *Whisk all ingredients together in a small bowl.*
2. *Serve over any fruit or sweet salad.*

Avocado Cilantro

INGREDIENTS

- 1 avocado
- 2 tsp lime juice
- ½ tsp salt
- ½ cup unsweetened plant based milk
- 2 TBSP water
- 1 tsp black pepper

INSTRUCTIONS

- 1. In a food processor, add 1 avocado. Ensure that it is peeled, seeded and roughly chopped*
- 2. Add remaining ingredients and blend on low speed until well combined.*
- 3. Add more milk for a creamier texture.*



Tofu Pesto

INGREDIENTS

- 2 cups basil, packed
- ½ cup raw sunflower seeds
- ½ block (or 8 oz) tofu, drained
- 2 cloves garlic
- 1 TBSP lemon juice
- 4 TBSP nutritional yeast
- Dash lemon pepper

INSTRUCTIONS

- 1. Place all ingredients in high speed blender or food processor and blend on high for 1 minute.*
- 2. Serve immediately on pizza or with pasta.*



Tahini Sauce

INGREDIENTS

- ¼ cup tahini
- ½ lemon, juiced
- 2 garlic cloves, minced
- 4 TBSP water
- Dash of salt

INSTRUCTIONS

- 1. Place all ingredients in a small bowl and whisk for 1-2 minutes or until well combined.*
- 2. Enjoy over salad, cooked vegetables, or rice bowls.*

Almond Ricotta Cheese



INGREDIENTS

- 2 cups raw almonds
- 1/4 cup plain coconut yogurt
- 1 tsp salt
- 1/4 cup water

INSTRUCTIONS

1. *Soak the almonds in hot water for a few hours to loosen the skins.*
2. *Drain water and use hands to skin the almonds.*
3. *Add the almonds to a food processor along with the yogurt, salt, and water.*
4. *Blend on low speed for about 15 seconds or until the almonds are finely crumbled and the other ingredients well-incorporated.*
5. *Adjust water and salt to preference.*
6. *Use immediately or keep in fridge in an airtight container for up to 7 days.*

Cashew Cheese

INGREDIENTS

- 1 ½ cups raw cashews
- 1/2 cup water
- 3 TBSP nutritional yeast
- 1 TBSP lemon juice
- 1 tsp apple cider vinegar
- 1/2 tsp garlic powder
- 1/4 tsp black pepper
- 1/4 tsp salt

INSTRUCTIONS

- 1. Soak cashews for 1-2 hours in boiling water.*
- 2. Drain cashews and add along with remaining ingredients to a food processor.*
- 3. Process on high for 2-3 minutes or until well combined.*
- 4. Adjust water to make it more runny like a sauce, and spices to taste preference.*
- 5. Use immediately or transfer to airtight container and place in fridge to thicken up.*



Nacho Cheese Sauce

INGREDIENTS

- 3/4 cup raw cashews
- 1-7 oz can of green chiles
- 1 TBSP chili powder
- ½ tsp salt
- ¼ cup water
- ½ lime, juiced
- 2 TBSP nutritional yeast
- 1 TBSP arrowroot starch

INSTRUCTIONS

- 1. Soak cashews for 1-2 hours in boiling water.*
- 2. Drain cashews and add along with remaining ingredients to a food processor.*
- 3. Process on high for 2-3 minutes or until well combined.*
- 4. Add to small pot, and simmer over low heat for 5-6 minutes or until warm.*

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