



# Recipe Roundups

HEALTHY MEAL IDEAS FOR FEBRUARY

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# recipes for the month



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Breakfast

I D E A S

# SWEET CINNAMON

## Muffins



### INGREDIENTS:

2 Tbsp flaxseed meal  
1 cup filtered water  
1/3 cup organic coconut sugar  
1/4 cup melted plant-based butter  
1-1/2 tsp pure vanilla extract  
2 cups almond flour  
3/4 cup cornstarch  
1/3 cup brown rice flour  
2-1/2 tsp baking powder  
1/2 tsp sea salt

#### Optional Topping:

3 Tbsp cane sugar  
1-1/2 tsp cinnamon

### DIRECTIONS:

1. Preheat oven to 375F degrees and line a standard muffin tin with baking cups.
2. If using the optional topping, combine the sugar and cinnamon in a small bowl and mix to evenly combine. Set aside.
3. In a medium mixing bowl, combine the flaxseed meal and water. Allow it to gel for 5 minutes. Add the coconut sugar to the mixture and whisk to combine. Then add the melted butter and vanilla. Mix again.
4. Add the almond flour, cornstarch, brown rice flour, baking powder and salt. Mix until smooth. It will be kinda thick. Scoop the batter into each cup evenly. Then top each with 1/2 tsp of cinnamon sugar.
5. Bake for 20-25 minutes or until a toothpick inserted into the center comes out clean. Remove from oven and let cool for 5 minutes. Then remove from pan and cool completely on a cooling rack.
6. Keep muffins in fridge for 4-5 days or freezer for 1 month.

**SERVES: 12**

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# GLUTEN-FREE

## Crispy Latkes



### INGREDIENTS:

1lb russet potatoes, peeled & grated  
1/2 cup onion, grated  
2 Tbsp chickpea flour  
2 Tbsp filtered water  
1/4 cup cornstarch  
1 tsp baking powder  
1/2 tsp sea salt  
1/4 cup avocado oil

\*for serving - thinly sliced green onion,  
applesauce and/or non-dairy sour cream

### DIRECTIONS:

1. After grating the potatoes and onions place them into a cheesecloth or clean dish towel. Squeeze as much liquid out as possible.
2. In a medium mixing bowl, combine the chickpea flour and water. Whisk until smooth. Then add the potato & onion mixture, cornstarch, baking powder and salt. Stir to combine.
3. Heat 2 Tbsp of oil in a large skillet over medium-high heat. Form latkes using 1/4 cup of mixture and pressing it in your palms into a flat patty with jagged edges.
4. Once oil is hot, add as many latkes that can fit and cook for 2-3 minutes per side. They should be deep golden brown and crispy.
5. Once done transfer them to a plate lined with a paper towel and sprinkle with salt. Add the remaining 2 Tbsp of oil to the skillet and repeat process.
6. Serve warm as desired!

**SERVES: 4**

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# CHUNKY MONKEY

## Overnight Oats



### INGREDIENTS:

1/2 of a ripe banana  
1/2 cup old-fashioned rolled oats  
1/2 cup non-dairy milk  
2 tsp chia seeds  
2 tsp cacao powder  
1-2 Tbsp pure maple syrup  
2 Tbsp creamy nut butter  
1/2 tsp vanilla extract  
ground cinnamon, to taste

### DIRECTIONS:

1. In a medium mixing bowl, mash banana.
2. Add oats, milk, chia, cacao, and maple syrup. Stir well to combine.
3. Add peanut butter. Gently stir to combine.
4. Transfer mixture to a mason jar or small bowl. Then lightly press down with a spoon to make sure oats are fully immersed in the liquid.
5. Cover and refrigerate at least 5 hours or overnight.
6. Enjoy as is or top with fresh banana, berries, cinnamon and cacao nibs, etc.

**SERVES: 1**

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# SOUTHWEST

## Tofu Burrito



### INGREDIENTS:

1 cup brown rice  
14oz organic extra-firm tofu  
3 Tbsp taco seasoning  
3 Tbsp lime juice  
15oz can black beans, drained & rinsed  
1 large avocado (or guacamole)  
1 cup fresh salsa  
8 large tortillas

\*other toppings: non-dairy cheese and sour cream, sweet corn, tomatoes, hot sauce, cilantro, etc.

### DIRECTIONS:

1. Rinse and cook your rice according to package instructions.
2. Press excess moisture from tofu (either with a tofu press or between paper towels).
3. Crumble tofu in a medium bowl. Add taco seasoning and lime juice. Stir.
4. In a large non-stick skillet over medium-high heat, add tofu mixture. Sauté 8 minutes, stirring, until tofu is lightly browned. Then add black beans. Cook for 2 more minutes.
5. Meanwhile, slice avocado and prepare desired toppings.
6. Assemble burritos: Warm your tortillas then spoon cooked rice, tofu/black bean mixture, salsa, avocado, and any other toppings of choice down the center. Tuck ends in, and tightly roll up.
7. Crispy option: Place finished burritos on a skillet or grill pan over medium heat. Let heat for about 3-4 minutes on each side or until lightly browned and crispy.

**SERVES: 8**

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# VANILLA BLUEBERRY

## Yogurt Bowls



### INGREDIENTS:

10-11oz vanilla cashew or coconut yogurt  
8oz ancient grain granola, or your choice  
1/2 cup fresh blueberries  
1 Tbsp hemp seeds

\*other toppings - dried fruit, crystallized ginger, coconut flakes, bananas, berries, chia seeds or sliced almonds

### DIRECTIONS:

1. Divide the yogurt between 4 bowls.
2. Top with granola, blueberries, hemp seeds and any other toppings you desire. Enjoy!

**SERVES: 4**

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# SLOW COOKER SWEET POTATO

## Breakfast Crumble



### INGREDIENTS:

3 sweet potatoes, peeled & chopped  
4 apples, peeled & sliced  
1 cup quick cooking oats  
2/3 cup sliced almonds  
1/2 cup almond flour  
1/3 cup coconut sugar  
1/4 cup coconut flakes  
1/4 cup maple syrup  
1/3 cup apple sauce  
2 tsp cinnamon (or more)  
dash of nutmeg  
dash of salt

### DIRECTIONS:

1. Add sweet potato and apples to crockpot
2. Add about 3-4 Tbsp water
3. Mix rest of the ingredients in a bowl
4. Add oat mixture on top
5. Cover and cook on low for 3-4 hours

**SERVES: 6**

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# QUINOA STUFFED

## Breakfast Squash



### INGREDIENTS:

2 Tbsp extra virgin olive oil  
1/2 cup quinoa  
2 cups veggie broth  
1 cup mushrooms, sliced  
1 bunch fresh spinach  
1 onion, thinly sliced  
3 garlic cloves, minced  
2 Tbsp balsamic vinegar  
1/2 cup sliced almonds  
1 butternut squash, halved  
sea salt, to taste

### DIRECTIONS:

1. Preheat oven to 400F.
2. Cut the squash lengthwise and scoop out the seeds. Brush the flesh with a little oil and sprinkle with salt. Place cut-side down on baking sheet and roast until easily punctured. About 20-30 minutes.
3. In a small saucepan, heat the quinoa and veggie broth over high heat. Once boiling, cover, reduce heat and simmer until liquid is absorbed. About 10 minutes.
4. In a large saucepan, heat the remaining oil over medium heat. Add mushrooms, onions, garlic and spinach. Saute until softened. Add the cooked quinoa, almonds, balsamic vinegar and saute for another 5 minutes. Set aside and keep covered.
5. When squash is done, let it cool briefly. Then spoon the quinoa mixture into the squash. Serve immediately and enjoy!

**SERVES: 2**

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KIWI BERRY

# Matcha Pancakes



## INGREDIENTS:

2 cups all-purpose flour (or gluten-free)  
3 Tbsp baking powder  
3 Tbsp matcha powder  
2-1/4 cups non-dairy milk  
1/3 cup turbinado sugar  
2 kiwis, sliced  
1 cup strawberries, sliced  
2 Tbsp plant-based butter  
1 Tbsp coconut oil  
dash of salt

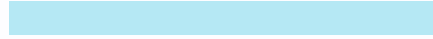
\*for serving - pure maple syrup

## DIRECTIONS:

1. Add the flour, baking powder, matcha, sugar and dash of salt to a large bowl. Stir to combine. Then add the milk and mix.
2. Heat the coconut oil in a large nonstick skillet over medium heat. Add 1/3 cup of the batter and cook until it starts to bubble, 2-3 minutes. Flip and cook for 2 more minutes or until cooked through. Repeat with the remaining batter.
3. Divide the matcha pancakes between plates and top with kiwi, berries and a little maple syrup. Enjoy!

**SERVES: 4**

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*Lunch*

I D E A S

# BBQ CHICKPEA

## Salad



### INGREDIENTS:

4 cups romaine lettuce  
1/3 cup shredded purple cabbage  
1/3 cup shredded carrot  
1/4 Tbsp sweet corn  
1/4 Tbsp red onion, diced  
1 avocado, diced  
1 can chickpeas, drained & rinsed  
BBQ sauce, your choice  
salad dressing, your choice

### DIRECTIONS:

1. In a large bowl toss together all of the salad ingredients so that they are evenly combined. Then portion out into two serving bowls or plates.
2. In a small saucepan, add your chickpeas and enough BBQ sauce to coat. Cook on med-high until warm. Remove from heat.
3. Top your salad with the BBQ chickpeas and a drizzle of dressing. Enjoy!

**SERVES: 2**

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# LENTIL

# Spinach Soup



## INGREDIENTS:

1 yellow onion, diced  
2 carrots, diced  
4 garlic cloves, minced  
1 cup green/brown lentils  
15oz can diced tomatoes  
4 cups veggie broth  
4 oz baby spinach  
1 tsp ground cumin  
1/2 tsp smoked paprika

## DIRECTIONS:

1. In a stockpot over medium-high heat, sauté onion and carrot for about 8 minutes. You can use 3 Tbsp. water/broth for oil-free.
2. When onion is softened, add garlic, cumin, and smoked paprika. Stir and sauté 1 minute.
3. Add broth, tomatoes, and lentils (rinsed and drained). Increase heat and bring to a light boil.
4. Then reduce heat, cover, and simmer for about 30 minutes or until lentils are tender.
5. Meanwhile, roughly chop spinach. Add spinach during last couple minutes of cooking.
6. Salt to taste and enjoy!

**SERVES: 4**

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# SPICY SOUTHWEST

## Rotini Salad



### INGREDIENTS:

1 pkg Banza chickpea rotini, cooked  
1 pint cherry tomatoes, sliced  
1 red bell pepper, diced  
1 small red onion, diced  
1 cup cilantro, finely chopped  
1 can black beans, drained & rinsed  
1 can fire-roasted corn, drained  
1/2 de-seeded jalapeño (optional)  
salt & pepper, to taste

### DRESSING:

1 cup raw cashews, soaked in hot water for several hours (then drain)

1 cup unsweetened almond milk  
2-3 limes, juiced  
4 garlic cloves  
3 chipotle peppers in adobo sauce  
1 tsp chili powder  
1 tsp cumin  
1 tsp smoked paprika  
1 tsp onion powder (or onion granules)  
1 tsp sea salt

### DIRECTIONS:

1. Prepare salad by cooking noodles according to package then rinse with cold water and let cool.
2. In a large bowl add the noodles and rest of the salad ingredients.
3. Blend the dressing ingredients in a high speed blender until smooth and creamy. Taste and adjust seasoning as desired. I ended up adding more lime, salt & some garlic powder.
4. Pour dressing into the salad bowl and combine well. It should be very creamy.
5. Store in the fridge for a few hours to allow flavors to mingle then serve.

**SERVES: 6**

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# PEA & PASTA

## Salad



### INGREDIENTS:

1 pkg chickpea pasta, your choice  
1 cup frozen green peas, thawed  
2 celery stalks, finely diced  
half green pepper, finely diced  
1 can chickpeas, drained & rinsed  
1 small red onion, finely diced  
1/4 cup pimentos  
1/3 cup dill pickles, diced  
4 vegan cheese slices, cut up  
2-3 Tbsp ground mustard  
1/2 cup vegan mayo, or to taste  
sea salt & black pepper, to taste

### DIRECTIONS:

1. Cook your pasta according to the package directions. Elbow or shells pasta works great! Rinse with cold water and set aside to cool.
2. In a large salad bowl add the rest of the ingredients. Toss with the pasta and stir well to combine.
3. Chill in the fridge for at least a few hours or overnight. Then enjoy!

**SERVES: 3-4**

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# CUCUMBER

## Lemon Quinoa



### INGREDIENTS:

1 cup quinoa, rinsed & drained well  
2 english cucumbers, finely chopped  
1-1/2 cups filtered water  
1/3 cup hemp seeds  
3 scallions, finely chopped  
1/2 cup italian parsley, chopped  
1 large lemon, juiced & zested  
sea salt & black pepper, to taste

### DIRECTIONS:

1. In a pot, add the water and quinoa with a pinch of salt. Bring to a simmer over medium-high heat. Cover with a lid and reduce to low. Cook for 10-15 minutes or until water is absorbed. Remove from heat and allow to sit covered for 10 minutes. Fluff with a fork then refrigerate until chilled.
2. Transfer the chilled quinoa to a salad bowl with the hemp seeds, cucumbers, scallions and parsley. Toss with the lemon juice and zest.
3. Taste and adjust seasonings as desired and serve chilled.

**SERVES: 4**

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# INSTANT POT MUSHROOM

## Potato Tacos



### INGREDIENTS:

8oz mushrooms, sliced  
1/2 cup bell pepper, finely diced  
4 garlic cloves, minced  
1 tsp ground cumin  
1 tsp smoked paprika  
1/2 tsp chili powder  
1/2 cup filtered water  
2 cups diced potato  
sea salt, to taste

\*for serving - taco shells, shredded lettuce, cashew cream, plant-based nacho cheese, chopped cilantro, tomatoes, salsa, etc.

### DIRECTIONS:

1. Using the saute setting over normal heat, saute the mushrooms, pepper and garlic until mushrooms begin to release their juices.
2. Next add the spices and saute for one more minute. Pour in the water and stir to combine.
3. Add the potatoes and press them under the water. Place lid on and make sure the steam release handle is set to sealing. Cook on high pressure for 10 minutes.
4. Carefully move the pressure valve to steam release handle and let the pressure release manually. Add salt to taste.
5. If the mixture is a little thin, mash a few potato pieces and mix well. You can also saute some more and cook until the water reduces.
6. Serve in your favorite soft or hard taco shells with your desired toppings. Enjoy!

**SERVES: 4**

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# ARTICHOKE ASPARAGUS

## Pasta Salad



### INGREDIENTS:

3/4 lb pasta, your choice  
2 (14oz) cans artichoke hearts, in water  
1 lb asparagus, cut into pieces  
1/3 cup fresh basil leaves, for garnish  
red pepper flakes, for garnish

#### MARINADE

2 lemons, juiced  
5 Tbsp extra virgin olive oil  
4 garlic cloves, minced  
10 sprigs thyme, leaves only  
sea salt & black pepper, to taste  
zest from 1 lemon

### DIRECTIONS:

1. Make marinade: Drain the artichoke hearts and add them to a mixing bowl. Zest one of the lemons over top and add the garlic. Squeeze the lemon juice and drizzle the oil. Sprinkle with sea salt, thyme leaves and black pepper. Toss to coat and let marinate while cooking the pasta.
2. Make the pasta salad: Preheat a cast iron skillet over medium high heat and add the asparagus pieces. Grill until al dente and you see some grill marks. Try not to overcook. Transfer to a plate and set aside.
3. Bring a large pot of water to a rolling boil and season with sea salt. Cook the pasta according to the package directions until al dente. Drain and rinse with cold water.
4. Transfer the pasta to a large salad bowl with the asparagus. Add the marinated artichoke hearts and marinade. Mix well until combined and nicely coated.
5. Taste and adjust seasonings. Serve garnished with basil and pinch of red pepper flakes if you desire.

**SERVES: 4**

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# COCONUT SPINACH

## Rice Pilaf



### INGREDIENTS:

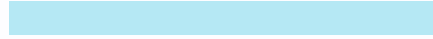
2 cups quick cooking brown rice  
4 cups baby spinach  
2 (13.5oz) cans coconut milk  
1 yellow onion, diced  
4 garlic cloves, minced  
sea salt & black pepper, to taste  
1 lime, cut into wedges

### DIRECTIONS:

1. Rinse rice and drain well.
2. Preheat a medium stockpot over low and saute the onion with salt in a little water.
3. Stir in the garlic and cook a few seconds just until fragrant then add the rice. Mix well.
4. To make broth: add the coconut milk and baby spinach to a blender with 1.5 tsp salt. Blend until smooth then pour over the rice. Bring to a simmer.
5. Turn heat to low but still simmering. Cover and cook for 20 minutes or adjust timing according to the instructions on the package of rice you are using.
6. After 20 minutes remove from heat but leave lid on and allow the rice to continue steaming for 10 minutes.
7. Remove the lid and fluff with a fork. Taste and adjust seasoning then give it a good squeeze of lime.
8. Serve hot topped with toasted coconut flakes, crispy fried onions, sesame seeds, scallions, chives or your favorite fresh herbs.

**SERVES: 6**

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*Dinner*

I D E A S

# CROCKPOT CHICKPEA

## Tortilla Soup



### INGREDIENTS:

1 white onion, diced  
5 garlic cloves, minced  
1 can fire-roasted corn, drained  
1 can chickpeas, drained & rinsed  
1 can black beans, drained & rinsed  
1 can fire-roasted diced tomatoes  
1 (16oz) jar of salsa  
1 not chikn bullion cube  
1 tsp cumin  
1 tsp garlic powder  
1 tsp smoked paprika  
2 tsp chili powder  
1/2 tsp salt  
4 cups water

\*optional toppings - brown rice,  
tortilla strips, cilantro, avocado,  
jalapeno, and lime juice

### DIRECTIONS:

1. Put all ingredients (except toppings) in your slow cooker. Cook on high for 3-4 hours.

**SERVES: 3-4**

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# WHITE BEAN & EDAMAME

## Green Enchiladas



### INGREDIENTS:

1 yellow onion, diced  
4 garlic cloves, minced  
4oz diced green chiles  
2 tsp ground cumin  
2 cups shelled edamame  
1 cup sweet corn (fresh, frozen or can)  
15oz can cannellini beans, rinsed  
2 cups baby spinach, roughly chopped  
16oz tomatillo salsa  
8 large tortillas (gluten-free if desired)

\*optional - plant-based shredded cheese, nutritional yeast, fresh cilantro, and avocado

### DIRECTIONS:

1. Preheat oven to 350F.
2. In a large skillet over medium-high heat, saute onion for 8 minutes with 3 Tbsp of water or broth.
3. Add the garlic, green chiles and cumin. Stir and saute 2 more minutes.
4. Add the edamame and corn. Saute another 2 minutes.
5. Add the white beans and spinach. Stir to combine and remove from heat.
6. Distribute the bean mixture evenly down the center of each tortilla. Top with cheese or nutritional yeast if desired. Then roll up tightly, tucking in the ends.
7. Place each enchiladas seam side down in a 9x13" pan. Evenly coat the top with salsa.
8. Place in the oven and bake for 25 minutes. Add any desired toppings before serving and enjoy!

**SERVES: 4**

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# ONE POT MUSHROOM

## Tetrazzini



### INGREDIENTS:

1 Tbsp extra virgin olive oil  
16oz mushrooms, sliced  
3 garlic cloves, minced  
1/4 cup plant-based butter  
1/4 cup all-purpose flour  
3 cups veggie broth  
1 cup almond milk  
10oz spaghetti noodles  
1/2 cup frozen peas  
1/2 cup panko bread crumbs  
2 Tbsp nutritional yeast  
sea salt & black pepper, to taste  
parsley for garnish

### DIRECTIONS:

1. Preheat the oven to 450F.
2. In an oven safe pot, heat the oil on medium high. Add the mushrooms and garlic. Saute for 5 minutes until the liquid has been released and evaporated. Season with salt & pepper. Once done, remove from pot and set aside.
3. Next add the butter to the pot and melt. Reduce heat to low and cook for one minute stirring then adding the flour. Whisk to make a roux and cook for 2 more minutes until thickened.
4. Add the broth and almond milk. Whisk to combine with the roux. Bring heat up and bring to a boil. Add the spaghetti and stir to make sure it is fully covered. Cook for 3-5 minutes.
5. Then add back in the mushrooms along with the frozen peas. Stir to combine and cook for another minute. Taste and adjust seasoning.
6. Turn off heat. In a bowl combine the panko and nutritional yeast. Sprinkle on top of the pasta. Bake for 10 minutes or until the top has browned. Then enjoy!

**SERVES: 6-8**

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## PLANT-BASED

# Spinach Lasagna



### INGREDIENTS:

4-1/4 cups tomato sauce  
6 cups baby spinach  
1lb mushrooms, sliced  
1/2 onion, diced  
12oz no boil lentil lasagna noodles  
1 large heirloom tomato, sliced  
1/3 cup basil leaves, for garnish  
1 pinch red pepper flakes  
sea salt, to taste  
non-dairy cheese, for topping

#### CASHEW RICOTTA

2 cups raw cashews  
3/4 cups filtered water  
1 lemon, juiced  
3 garlic cloves, minced  
1/2 tsp onion powder  
1/2 tsp garlic powder  
1/2 tsp sea salt

### DIRECTIONS:

1. Make ricotta: rinse and soak the cashews with hot water for 20 minutes. Drain and rinse again. Add to a blender with the other ingredients and process until creamy and smooth. Refrigerate until needed.
2. Preheat oven to 400F.
3. Heat a large skillet over medium heat adding a tsp water to saute the onion for 5 mins.
4. Then add in the mushrooms for another 10 minutes or until water has evaporated. Season with salt and set aside.
5. In the same skillet add another tsp of water and the spinach. Saute until wilted and season with salt. Transfer to a colander to drain. Once cool, squeeze out liquid and set aside.
6. In your lasagne pan (8x12) spread 1.5 cups of tomato sauce on the bottom. Layer with noodles that slightly overlap and cover the bottom.
7. Add the ricotta over top evenly. Then top with spinach and mushrooms and 1.25 cups of tomato sauce.
8. Add another layer of noodles and layer with the remaining sauce. Finish with sliced heirloom tomatoes and cheese. Sprinkle with a pinch of salt and red pepper flakes.
9. Cover with foil and bake for 45-50 minutes or until noodles have cooked through. Allow to cool and set for 15 minutes before serving with fresh basil.

**SERVES: 6**

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# POTATO JACKFRUIT

## Tomato Stew



### INGREDIENTS:

4 cups young jackfruit pieces - (plain & drained well if packed in water)

3 cups potatoes, diced into 1" cubes

1/2 yellow onion, chopped

6 cloves garlic, minced

1 large carrot, sliced into rounds

9 cups veggie stock -low sodium

1-1/2 cup cherry tomatoes, chopped

1/2 tsp red pepper flakes

3-4 tsp smoked paprika

3 leaves bay

10 sprigs thyme

2 tsp dry oregano

3 tsp onion powder

2 tsp chili powder

sea salt, to taste

1.5 Tbsp flax + chia meal

1/3 cup Italian parsley, chopped

\*if you don't have jackfruit, just omit and add in more potatoes & tomatoes!

### DIRECTIONS:

1. Heat up a large stockpot over medium heat. Add the onion, a pinch of salt and a splash of water to saute for 5 minutes. Stir in the carrots and garlic, cook for another minute.
2. Stir in all the spices, thyme and bay leaves. Then add the jackfruit pieces. Pour in the veggie stock and bring the stew to a good simmer. Cover with a lid and cook for 40 minutes.
3. Use a potato masher or fork to shred the jackfruit into smaller bites. Add the potatoes and flaxmeal and simmer stew for another 15 minutes or until potatoes are tender.
4. Add the tomatoes, taste and adjust seasonings. Remove from heat and discard the bay leaf and thyme sprigs. Stir in most of the parsley but reserve some for garnish.
5. Allow the stew to sit covered for a few minutes and thicken up before serving.

**SERVES: 6**

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# CAULIFLOWER CABBAGE

## Spicy Soup



### INGREDIENTS:

3 cups raw coleslaw mix (or green cabbage)  
1 small onion, diced  
4-5 garlic cloves, minced  
small head of cauliflower, florets  
1/2 bag of frozen peas & carrots  
1 large tomato, chopped  
2 cartons veggie broth  
3 Tbsp miso  
2 Tbsp apple cider vinegar  
1 tsp oregano  
2 tsp red pepper flakes  
dashes & dashes of cayenne  
sea salt & black pepper, to taste

### DIRECTIONS:

1. Wash and cut necessary ingredients with a sharp knife.
2. Saute onion and garlic in some broth. Then add all other ingredients except coleslaw.
3. Cook until cauliflower is tender, then add in coleslaw. Cook for about five more minutes.
4. Ladle out into bowls and enjoy!

**SERVES: 3-4**

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# INSTANT POT

## Mushroom Risotto



### INGREDIENTS:

2 tsp extra virgin olive oil  
1/2 white onion, chopped  
5 garlic cloves, minced  
8oz sliced mushrooms  
1/2 tsp sea salt, divided  
1/2 tsp dried thyme  
1/2 tsp rosemary  
1/2 tsp poultry seasoning  
dash of black pepper  
1 cup arborio rice  
2-1/4 cup veggie broth  
2 cups baby spinach

\*for garnish - non-dairy parm and freshly chopped parsley

### DIRECTIONS:

1. Put instant pot on saute. Once hot, add the oil, onion, garlic and pinch of salt. Mix and cook for 2 minutes.
2. Add the mushrooms and cook for 4 minutes. Add 2 Tbsp water to deglaze in between.
3. Add the herbs and black pepper. Add the rice and mix well. Roast for 2 minutes.
4. Then add the broth and salt. Mix well. Cancel saute, close lid and pressure cook on high for 6 minutes.
5. Once done, press cancel and carefully quick release the pressure in short bursts until the pressure indicator falls.
6. Open the lid and mix it well. Taste and adjust flavor as needed. Add in the spinach. Allow it to sit for a minute.
7. You can serve garnished with parsley or scallions with garlic bread, tofu or roasted veggies!

**SERVES: 2-3**

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# SLOW COOKER COCONUT

## Chickpea Curry



### INGREDIENTS:

2 cans of chickpeas, drained & rinsed  
1 small onion, chopped (about one cup)  
2 large cloves of garlic, minced  
14.5oz can of tomato sauce  
6oz can of tomato paste  
13.5oz can of coconut milk  
2 cups of frozen peas  
3 Tbsp pure maple syrup  
2 Tbsp curry powder  
1 tsp salt  
1 tsp crushed red pepper

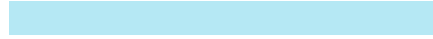
### DIRECTIONS:

1. Add all ingredients to your slow cooker and cook on "low" setting for 8 hours or until onions are soft.
2. Serve as is or over cooked brown rice.

**SERVES: 3-4**

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*Snack*

I D E A S

# MORNING GLORY

## Smoothie



### INGREDIENTS:

2 oranges  
6oz shredded carrots  
4oz healthy granola  
1 Scoop Life Shake(Protein Powder)  
2 (5oz) coconut yogurt  
coconut milk, for thinning  
handful of ice

\*optional - 3 Tbsp raisins and additional granola for garnish

### DIRECTIONS:

1. Add all ingredients into a high-speed blender and blend until smooth.
2. If too thick, add a few Tbsp of coconut milk at a time.
3. Divide into two glasses and garnish if desired.
4. Enjoy your glass of healthy goodness!

**SERVES: 2**

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## BLOOD ORANGE

# Coconut Smoothie



### INGREDIENTS:

1 can light coconut milk  
2 frozen bananas  
[2 Scoops Life Shake \(Protein Powder\)](#)  
1 tsp pure vanilla extract  
3/4 cup squeezed blood orange juice  
pinch of pink salt  
pinch of turmeric

\*for garnish - blood orange slices and  
coconut flakes

### DIRECTIONS:

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

**SERVES: 2**

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# STRAWBERRY BURST

## Smoothie



### INGREDIENTS:

1-1/2 cups frozen strawberries  
1/2 cup frozen raspberries  
1/4 cup frozen peaches  
1 frozen banana  
2 Tbsp hemp seeds or protein powder  
squeeze of lemon juice  
3/4 cup almond milk  
1/2 cup coconut water

### DIRECTIONS:

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

**SERVES: 2**

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# ORANGE CARDAMOM

## Cookies



### INGREDIENTS:

1-1/4 cups almond flour  
2 Tbsp coconut flour  
1/4 tsp baking soda  
1/4 tsp sea salt  
1/4 tsp vanilla extract  
1/2-1 tsp cardamom  
1 Tbsp flaxseed meal  
3 Tbsp of filtered water  
1/4 cup pure maple syrup  
1 Tbsp coconut oil  
1 Tbsp orange juice  
1 Tbsp orange zest

You may sub out regular flour for the almond and coconut flours.

### DIRECTIONS:

1. Preheat oven to 350F and line a baking sheet with parchment paper.
2. In a small bowl, whisk together the flaxseed meal and water. Allow to sit for 5 minutes.
3. In a large mixing bowl, whisk together the dry ingredients. Then add the flax egg, syrup, coconut oil, orange juice and zest to the bowl. Mix together with a spatula until it forms a thick and pliable dough.
4. Roll pieces of dough in your hands to form a Tbsp sized balls. Place each ball on the baking sheet and repeat with all the dough. Gently flatten with your hands and bake for 10 minutes.
5. Remove from oven and allow to cool.

**SERVES: 16**

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# HEALTHY BROWNIE

## Sandwich Cookies



### INGREDIENTS:

Cookies:

1/2 cup dates, pitted  
15oz can black beans, drained & rinsed  
1/2 cup oats  
2 Tbsp unsweetened cocoa powder  
1/4 cup salt-free peanut butter  
2 tsp pure vanilla extract

Filling:

2 Tbsp date syrup  
2 Tbsp salt-free peanut butter  
unsweetened soy milk or water, if needed  
unsweetened cocoa powder, if needed

### DIRECTIONS:

1. Preheat oven to 395F.
2. Fill a 1 cup measuring cup halfway with dates and add just enough boiling water to cover. Let dates soak for about 10 minutes. while preparing the rest of the ingredients.
3. Place beans, oats, cocoa powder, peanut butter, and vanilla in a food processor. Add the dates along with the soaking water and process until smooth, and there aren't big chunks of dates.
4. Divide the dough into 12 balls (the dough will be a bit sticky, use a spoon to scoop) and flatten on a baking sheet lined with a silicone mat or baking paper.
5. Bake for 10 minutes, then remove and let them cool on a cooling rack.
6. For the filling, combine the peanut butter and date syrup. The consistency of peanut butter can vary, so if the filling too thick, add a tiny dash of soy milk and if it's too runny add a little bit of cocoa powder.
7. Sandwich the cookies together using the filling and enjoy!

**SERVES: 6**

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## NON-DAIRY

# Vanilla Custard



### INGREDIENTS:

2-3/4 cups organic soy milk  
1/2 cup cornstarch  
1/3 cup organic cane sugar  
2 tsp pure vanilla extract  
dash of turmeric, for color

\*serving suggestion - as single-serve  
dessert snacks with layers of coconut  
whip cream

### DIRECTIONS:

1. In a small bowl, whisk 1/2 cup of milk and cornstarch until a slurry forms. Set aside.
2. In a small saucepan, add the remaining milk and sugar. Warm over med-high heat until it simmers and forms bubbles on the side of the pan.
3. Mix in the slurry and reduce to medium heat. Keep cooking, stirring slowly until the mixture thickens. 2-3 minutes.
4. Remove from heat and stir in the vanilla extract and turmeric.
5. Set it aside uncovered for 20 minutes to steam out. Then, place a piece of plastic wrap on top the saucepan. Make sure it touches the mixture to seal the custard.
6. Refrigerate for at least 1 hour overnight. It will thicken in the fridge. If you want to thin it out mix in 1/4 cup of cold milk.

**SERVES: 6**

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## RESTAURANT STYLE

# Blender Salsa



### INGREDIENTS:

28oz can fire-roasted diced tomatoes  
4oz can diced green chiles  
2 garlic cloves, minced  
1/3 cup yellow onion, diced  
1/2 cup fresh cilantro  
3 Tbsp fresh lime juice  
1/2 tsp pure maple syrup  
1/4 tsp ground cumin  
1/2 tsp sea salt, or more to taste

### DIRECTIONS:

1. Place all ingredients in a large food processor or good blender. Blend for about 10 seconds to combine. Blend longer to achieve a smoother consistency, or shorter for chunkier salsa.
2. Taste and adjust flavors or add more salt if desired. Tastes best after it chills for a couple hours or overnight. Store in an airtight container in the fridge for up to a week.

**SERVES: 8**

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# CARAMELIZED

## Onion Dip



### INGREDIENTS:

2 Tbsp extra virgin olive oil  
3 small yellow onions, thinly sliced  
2 large garlic cloves, minced  
3/4 tsp sea salt, divided  
2 Tbsp apple cider vinegar  
1 Tbsp tamari or soy sauce  
1 Tbsp white miso paste  
1 tsp pure maple syrup  
1 (12oz) pkg soft silken tofu  
1 tsp fresh lemon juice

\*for serving- pita bread, chips, crackers  
or sliced veggies

### DIRECTIONS:

1. Heat the oil in a large skillet over medium heat. Add the onions, garlic and 1/2 tsp of sea salt. Cook, stirring every 5 minutes for 25-30 minutes or until golden brown and caramelized. Reduce heat to med-low as needed.
2. In a small bowl, whisk together the vinegar, tamari, miso and maple syrup. Add this to the onions, scraping any off the bottom and stir well. Cook for another 5 minutes. Allow to cool slightly.
3. Then in a bowl, whisk together the tofu, lemon juice and remaining salt. Fold the onions into the tofu mixture until combined. Taste and adjust as needed.
4. Serve with warm pita bread, tortilla chips, crackers or sliced veggies.
5. Store in fridge for up to 3 days.

**SERVES: 6**

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## NUTRITIONAL

# Disclaimer

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

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

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

Each person is different, and the way you react to a certain food or product may be extremely different from the way other people react. The user of this guide assumes all responsibility and risk for any injury, loss or damage caused or alleged, directly or indirectly by using any information described in this guide.

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