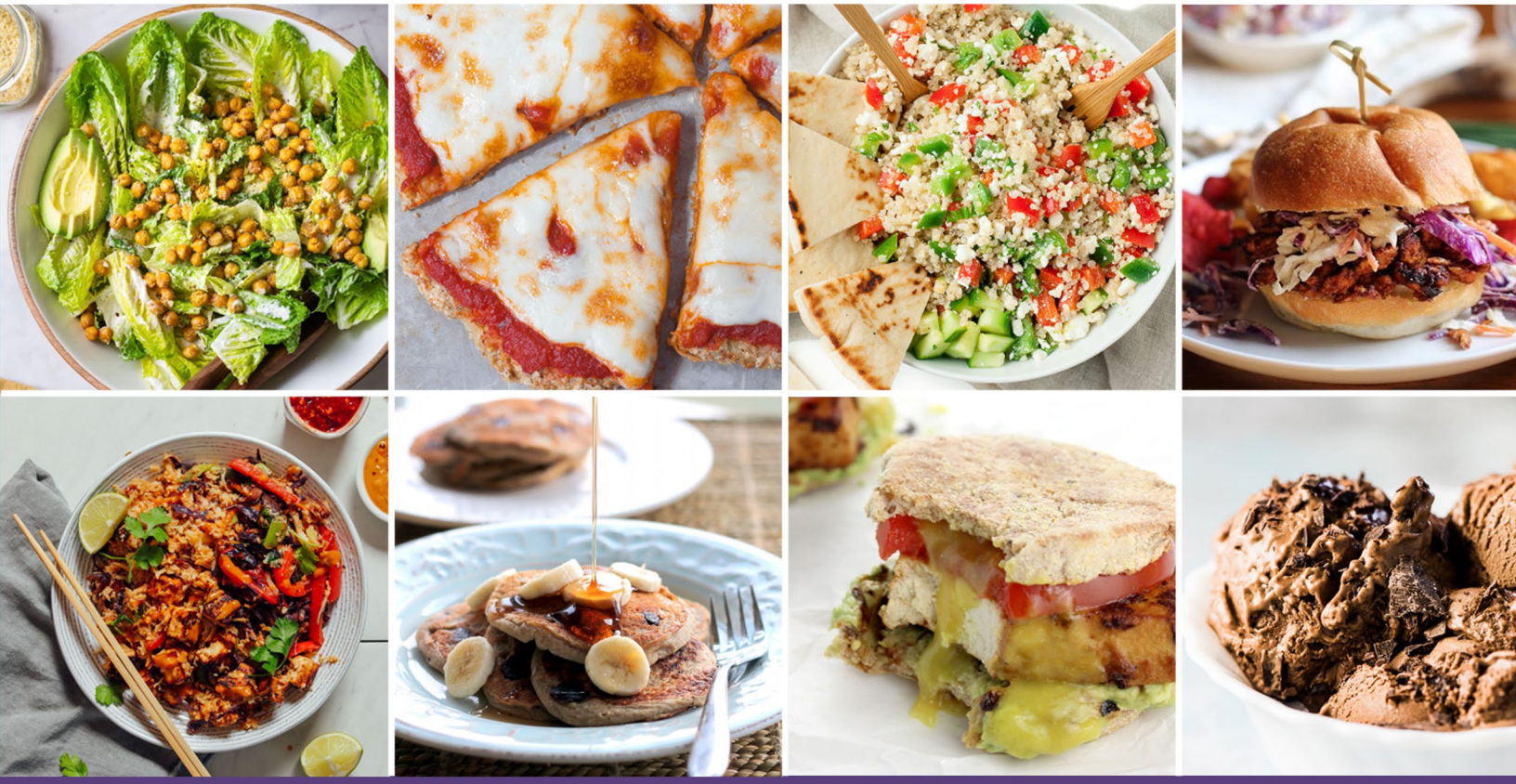
FAVORITE RECIPES



DELICIOUS HIGH FIBER RECIPES THAT FEED YOUR BIOHME

50 FAVORITE FOOD HIGH-FIBER RECIPES

Salads

Caesar Salad

INGREDIENTS:

- ¼ cup quick soaked cashews
- 3 Tbsp. light miso
- 2 Tbsp. lemon juice
- 8 Tbsp. filtered water
- 4 Large garlic cloves
- 1 Tbsp. Dry Nutritional Yeast
- 1 Tsp. Dijon Mustard
- ½ Tsp. Sea Salt
- ¼ Tsp. Black Pepper
- 1 Tbsp. Olive Oil
- 1 Head Romaine Lettuce, Chopped
- ½ Can Chickpeas, Drained and Rinsed

DIRECTIONS:

1. Chickpea Croutons: Preheat oven to 400F. Rinse and dry chickpeas, removing any loose skins. Toss chickpeas in olive oil and ¼ Tsp salt until coated. Place on baking sheet with parchment paper and bake for 45 min.
2. Dressing: Soak cashews in hot water for 5 minutes. Place in blender with miso, lemon juice, water, garlic cloves, nutritional yeast, mustard and remain salt and pepper.
3. Arrange Salad: Place the chopped romaine in large mixing bowl. Add as much dressing as you like, store leftover. Top with chickpea croutons.

Cobb Salad

INGREDIENTS:

- 1 ½ Tbsp. Nutritional Yeast
- 1 ½ Tbsp. Olive Oil
- 1 Tbsp. Apple Cider Vinegar
- 1 ½ Tbsp. Soy Sauce
- ¼ Tbsp. Garlic Powder
- 1 Tbsp. Fresh Chives, Chopped
- ½ Maple Syrup
- 75g Soft Organic Tofu
- 175g Extra Firm Organic Tofu
- 4oz Button Mushrooms, Sliced
- 5 Cups Romaine or Iceberg Lettuce, Chopped
- ¾ Cups of Grape or Cherry Tomatoes
- ½ Cup Organic Corn Kernels

DIRECTIONS:

1. Tender Baked Tofu: Preheat oven to 375F. Line large backing sheet with parchment paper. Mix 1 Tbsp nutritional yeast, ½ Tbsp olive oil, ½ Tbsp soy sauce and garlic powder in a small bowl. Break hard tofu into small chucks and toss evenly to coat. Spread tofu evenly across baking sheet and bake for 30 minutes, until lightly golden.
2. Mushrooms: Mix 1Tbsp olive oil, maple syrup in a bowl. Slice mushrooms and gently toss evenly in sauce. Spread mushrooms in single layer on baking sheet and pour remaining sauce over them. Bake for 20 minutes until dark golden.
3. Dressing: Add soft tofu, ½ nutritional yeast, apple cider vinegar into blender and mix until smooth.
4. Salad Assembly: In a large platter, evenly spread chopped lettuce. Top with baked mushrooms, baked tofu, cherry tomatoes, and corn kernels. I like to display the veggies in rows for a rainbow effect. Add dressing and garnish with chives.

Coleslaw Salad

INGREDIENTS:

- ½ Head Green Cabbage. Shredded
- ¼ Head Red Cabbage, Shredded
- ½ Cup Carrots, Shredded
- 1/8 Cup Parsley, Finely Chopped
- 1 Block Firm Organic Tofu
- 3 Tbsp. Dijon Mustard
- 2 Tbsp. Lemon Juice
- 2 Tsp. Vinegar
- ¼ Tsp. Liquid Stevia Extract

DIRECTIONS:

1. Dressing: Add tofu, mustard, lemon juice, vinegar and liquid stevia to high speed blender.
2. Salad Assembly: Add cabbage, carrot and parsley to a large mixing bowl. Add as much dressing as you like, store leftover. Toss to coat. Cover and place in fridge for 1 hour to let flavors marinate. Toss once more before serving.

Caprese Salad

INGREDIENTS:

- ½ Head Green Cabbage. Shredded
- ¼ Head Red Cabbage, Shredded
- ½ Cup Carrots, Shredded
- 1/8 Cup Parsley, Finely Chopped
- 1 Block Firm Organic Tofu
- 3 Tbsp. Dijon Mustard
- 2 Tbsp. Lemon Juice
- 2 Tsp. Vinegar
- ¼ Tsp. Liquid Stevia Extract

DIRECTIONS:

1. Dressing: Add tofu, mustard, lemon juice, vinegar and liquid stevia to high speed blender.
2. Salad Assembly: Add cabbage, carrot and parsley to a large mixing bowl. Add as much dressing as you like, store leftover. Toss to coat. Cover and place in fridge for 1 hour to let flavors marinate. Toss once more before serving.

Greek Salad

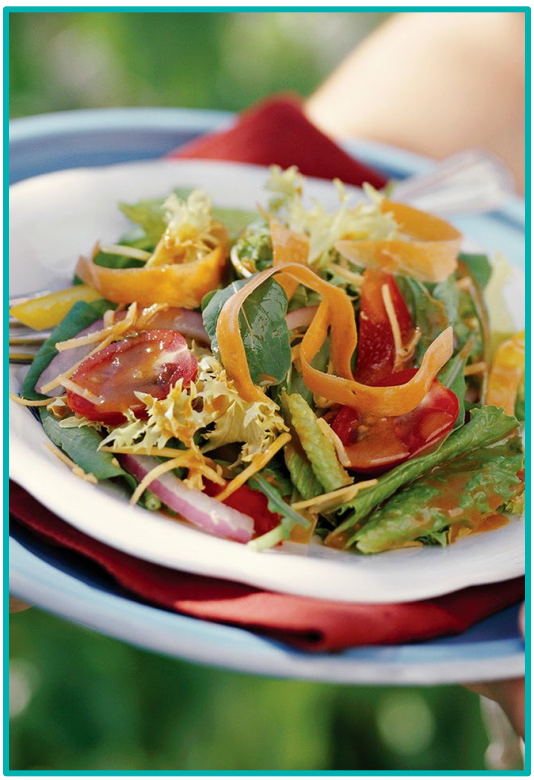
INGREDIENTS:

- ½ Block Firm Organic Tofu, Cubed
- ½ Cup Lemon Juice
- 1 Tbsp. Nutritional Yeast
- ½ Tsp. Sea Salt
- ¼ Tsp Garlic Powder
- ¼ Cup Apple Cider Vinegar
- 1/8 Cup Of Olive Oil
- ½ Tsp. Dried Oregano
- 1 Large Tomatoes, Chopped
- 1 Large Cucumber, Chopped
- 1 Head Romaine Lettuce
- ½ Medium Red Onion, Thinly Sliced
-
- ¼ Cup Black Pitted Olives
- ¼ Cup Green Bell Pepper

DIRECTIONS:

1. Tofu Cheese: Cut the tofu into 1cm cubes. Make the tofu feta by stirring the lemon juice, garlic, nutritional yeast and salt together in a medium bowl. Add the tofu cubes and gently toss to cost. Marinate for 30 minutes.
2. Dressing: While tofu marinates, whisk the olive oil, vinegar, dried oregano together in a small bowl until well mixed.
3. Salad Assembly: Place the chopped lettuce, cucumbers, tomatoes, green pepper, red onion and olives in a large bowl. Drain the tofu feta and add it to the bowl. Drizzle with dressing and gently toss to coat everything.

Garden Salad



INGREDIENTS:

- 3 Cups of Mixed Greens Salad
- 1 Carrot, Shaved
- ½ Cup Grape Or Cherry Tomatoes
- ¼ Cup Tomato Juice
- 3 Tbsp. Vinegar Of Your Choice
- 1 Tablespoon Honey
- 1 Tsp. Paprika
- ¼ Tsp. Garlic Powder

DIRECTIONS:

1. Dressing: Mix tomato juice, vinegar, honey, paprika and garlic powder into a small bowl until mixed well.
2. Salad Assembly: Place the mixed greens, shaved carrots and tomatoes in a large bowl. Drizzle with dressing and gently toss to coat everything.

Asian Salad

INGREDIENTS:

- 3 Cups Cabbage, Shredded
- 1 Cup Red Cabbage, Shredded
- ½ Cup Carrots, Shredded
- ½ Red Bell Pepper, Sliced Thin
- 1/8 Cup Slivered Almonds
- 2 Green Onions, Finely Sliced
- 1 Tbsp. Sesame Seeds
- ¼ Cup Soy Sauce
- 2 Tbsp. Rice Vinegar
- 2 Tbsp. Olive Oil
- ¼ Tsp. Garlic Powder
- 1 Tsp. Fresh Ginger, Grated
- 3 Large Pitted Dates

DIRECTIONS:

1. Dressing: Combine soy sauce, vinegar, oil, garlic, ginger and pitted dates in a small blender. Process until dates are completely ground and dressing is creamy.
2. Salad Assembly: Place the shredded cabbage, carrots, bell pepper, onion, sesame seeds and almonds in a large bowl. Drizzle with dressing and gently toss to coat everything.

Broccoli Salad

INGREDIENTS:

- 5 Cups Fresh broccoli Florets
- ¼ Cup Green Onions, Diced
- 1 Cup Frozen Peas, Thawed
- ½ Cup Grape Or Cherry Tomatoes
- ¼ Cup Raisins
- ½ Cup Raw Cashews, Soaked
- ¼ Cup Of Filtered Water
- 2 Tbsp. Maple Syrup
- 2 Tbsp. Apple Cider Vinegar
- ¼ Tbsp. Garlic Powder
- ½ Tsp. Sea Salt
- Freshly Ground Black Pepper.

DIRECTIONS:

1. Dressing: Place cashews in a bowl and soak for a least 1 hour. Drain cashews and add to blender with water, maple syrup, vinegar and garlic powder. Blend until completely smooth and creamy.
2. Salad Assembly: Place chopped broccoli, onions, tomatoes, peas and raisins in a large mixing bowl. Add dressing and toss thoroughly to coat. Season with salt and pepper to taste.

Kale Salad

INGREDIENTS:

- ½ Cup Lemon Juice
- 2 Tsp. Olive Oil
- ¼ Tsp. Garlic Powder
- 2 Bunches Of Kale, Desteemed & Copped
- 1 Red Bell Pepper, Diced
- 1 Cup Carrots, Shredded
- ½ Small Red Onion, Diced
- ½ Avocado, Diced

DIRECTIONS:

1. Dressing: Place lemon juice, olive oil, garlic and salt in bowl. Whisk together until combined and set aside.
2. Salad Assembly: In a large bowl, toss kale, bell peppers, onions and carrots together. Add dressing. Use hands to massage kale with dressing. Place in refrigerator for 30 minutes. Before serving, toss salad again. Top with almonds and avocado.

Cucumber Salad

INGREDIENTS:

- 2 English Cucumbers, Sliced
- 1 Medium Onion, Thinly Sliced
- ¼ Cup White Wine Vinegar
- 1/3 Cup Fresh Dill, Chopped
- 1 Tsp. Sea Salt
- 1 Tsp. Olive Oil
- ½ Tsp. Black Pepper

DIRECTIONS:

1. Dressing: Mix vinegar and oil. Stir well.
2. Salad Assembly: Slice cucumber into slices. Thinly sliced cucumbers into thin strips. Mix cucumber and onions in a large bowl. Pour dressing on top and mix thoroughly. Add fresh dill and salt and pepper to taste.

Breakfast

Chia Seed Breakfast Bowl

INGREDIENTS:

- ¼ Cup Chia Seeds
- 1 ½ to 2 Cups Milk Of Your Choice (Organic soy, almond, coconut, hemp or Oat)
- 2 Tbsp. Pure Maple Syrup
- 1 Tsp. Vanilla

DIRECTIONS:

1. Mix all ingredients in a bowl, whisk well to prevent clumping. Or blend all ingredients together using a high-speed blender. (Note: For thicker pudding, decrease amount of milk used.)
2. Store in an airtight container and refrigerate for an hour.
3. Serve with topping of your choice! Mangos, bananas, berries, kiwi, pineapple, cinnamon, maple syrup etc.

Green Veggie Smoothie Bowl

INGREDIENTS:

- ½ Large Avocado
- Handful of Frozen Broccoli
- 100g Frozen Spinach
- 2 Small Frozen Bananas, Peeled & Chopped
- 1 ¼ Cups of Milk (Organic soy, almond, coconut, hemp or Oat)
- ½ Tsp. Ground Vanilla
- Juice From 1 Lemon
- Toasted Coconut
- Freeze Dried Berries or Raisins
- Sunflower Seeds

DIRECTIONS:

1. Add avocado, broccoli, spinach, bananas, milk, vanilla and juice of 1 lemon to a blender and pulse until you have a creamy soft textured smoothie.
2. Pour into a bowl and add your toasted coconut, berries, sunflower seeds or toppings of choice and serve right away.

Fig Overnight Oats

INGREDIENTS:

- 2 Cups Gluten-Free Rolled Oats
- 2 Cups Almond Milk, Unsweetened
- 1 Vanilla Bean Pod
- 1 Tbsp. Chia Seeds
- 3 Dates, Pitted
- 4 Fresh Figs

DIRECTIONS:

1. In a large bowl, add rolled oats and chia seeds and set aside.
2. Using a pairing knife, gently split vanilla bean pod lengthwise into two halves. Carefully scrape out the tiny black seeds form the pod and place in blender. Add almond milk, dates and figs to blender and blend until mixture is fully combined.
3. Pour the delicious fig and vanilla milk over oats and stir to combine. Cover and refrigerate overnight.
4. In the morning, top oats with fresh figs or fruits of your choice and drizzle with honey if desired.

PB & Jam Smoothie

INGREDIENTS:

- 1 Ripe Banana
- 1 Cup Frozen Strawberries
- ¼ Cup Gluten-Free Rolled Oats
- 2 Tbsp. Peanut Butter Powder
- 1 Tbsp. Chia Seeds
- ½ Cup Almond Milk, Unsweetened
- 1 Tsp Honey

DIRECTIONS:

1. Add all the ingredients to a blender and blend until smooth.
   (Note: You can also add ice cubes if you want it extra cool and ice cream like.)

Chocolate Smoothie

INGREDIENTS:

- 1 Frozen Banana
- 2 Medjool Dates, Pitted
- 2 Tbsp. Peanut Butter Powder
- 2 Tbsp. Raw Cocao Powder
- 1 Tbsp. Chia Seeds
- 1 Cup Raw Almond Milk

DIRECTIONS:

1. Add all the ingredients to a blender and blend until smooth.
   (Note: You can also add ice cubes if you want it extra cool and ice cream like.)

Banana Oat Pancakes

INGREDIENTS:

- 1 Cup Quick Rolled Oats, Gluten-Free
- ¾ Cups Nut Milk
- 2 Ripe Bananas
- 1 Tbsp. Pure Maple Syrup
- 2 Tbsp. Vegan Chocolate Chips
- 1 ½ Tsp. Baking Powder
- ½ Tsp. Ground Cinnamon
- ¼ Tsp. Sea Salt

DIRECTIONS:

1. In a blender, add banana and almond milk. Puree for 30 seconds or until thoroughly blended and smooth. Next, add oats, baking powder, and salt and blend again. About 1 minute. Set aside to thicken up.
2. After 5 minutes, the batter should be somewhat thick. Add a tablespoon or two of almond milk and blend again.
3. Lightly coat a large non-stick skillet or griddle with olive oil and heat over medium.
4. Drop batter by ¼ cup onto skillet and gently spread out a bit with a spoon.
5. Place 5-6 chocolate chips on top of each pancake and cook until bubbles appear on top, about 2 minutes. Gently flip cakes and cook until golden brown on underside, about 2 minutes.
6. Wipe skillet clean and re-oil. Repeat for remaining pancakes.
7. Top with fresh fruit and maple syrup.

Avacodo Toast

INGREDIENTS:

- 2 Slices Gluten Free Bread, Toasted
- ½ Avocado, Halved
- 1 Medium Rip Tomato, Thinly Sliced
- ½ Cup Cucumber, Thinly Sliced
- 1 Cup Baby Spinach
- ½ Cup Fresh Alfalfa Spouts
- 2 Tbsp. Lemon Juice
- Salt and Pepper, To Taste

DIRECTIONS:

1. Spread each toasted bread slice with avocado. Top with tomato, cucumber, spinach and alfalfa sprouts.
2. Sprinkle with salt and pepper and drizzle with lemon juice. Serve immediately.

Tofu Scramble

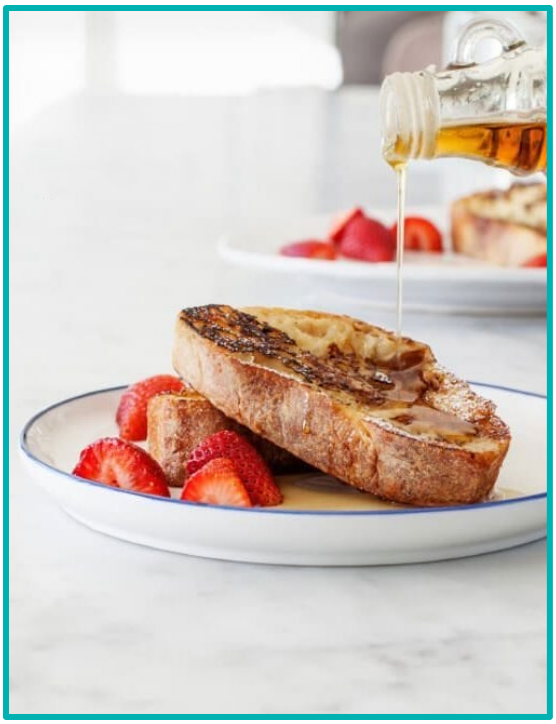
INGREDIENTS:

- 16 Oz. Firm Organic Tofu
- 1 Tbsp. Olive Oil
- 2 Tbsp. Nutritional Yeast
- 1 Tsp. Sea Salt
- ¼ Tsp. Turmeric
- ¼ Tsp. Garlic Powder
- 2 Tbsp. nut milk, unsweetened/unflavored

DIRECTIONS:

1. Heat the olive oil in a pan over medium heat. Mash the block of tofu right in the pan with a fork. Cook, stirring frequently, for 3-4 minutes until the water from the tofu is mostly gone.
2. Now add the nutritional yeast, salt, turmeric and garlic powder. Cook and stir constantly for about 5 minutes.
3. Pour the nut milk into the pan and stir to mix.
4. Serve immediately with sliced avocado and gluten free toast.

French Toast



INGREDIENTS:

- 2 Slices, Gluten-Free Bread, ½ Inch Thick
- 1/3 Cup Almond Milk
- 1 Tbsp. Maple Syrup
- 2 Tbsp. Millet, Spelt Flour
- 1 Tbsp. Nutritional Yeast
- 1 Tsp. Cinnamon Powder
- ¼ Tsp. Nutmeg Powder
- Pinch of Sea Salt
- Coconut Oil, For Pan
- Fresh Fruit

DIRECTIONS:

1. In a small bowl, whisk together the almond milk, maple syrup, flour, nutritional yeast, cinnamon, nutmeg and salt.
2. Place the bread in a shallow dish that holds all the bread. Pour the mixture over the bread, then lift or flip the break over to make sure both sides are evenly coated.
3. Heat a drizzle of coconut oil in a large skillet or medium heat. When the pan is hot, add the bread slices and cook for a few minutes per side, until golden brown.
4. Server with maple syrup and fresh fruit.

Breakfast Sandwich

INGREDIENTS:

- 3 oz. Extra Firm Organic Tofu
- ½ Tbsp. Nutritional Yeast
- ½ Tbsp. Olive Oil
- ½ Tbsp. Soy Sauce
- ½ Tbsp. Filtered Water
- ¼ Tsp Garlic Powder
- 1 Gluten-Free English Muffin, Halved
- ¼ Avocado, Mashed
- ½ Tomato, Sliced

DIRECTIONS:

1. Prepare Tofu: Mix the nutritional yeast, olive oil, soy sauce, water, and garlic powder together in a large resealable bag or a small casserole dish. Add the tofu pieces and turn them to coat evenly. Let marinate for a minimum of 30 minutes.
2. When you are ready to cook the tofu, heat a large skillet or frying pan over medium-high heat. When hot add the tofu slices and any remaining marinade. Cook for about 5 minutes on each side until golden brown. The marinade will get sticky and brown, so just push it onto the tofu with a spatula as this will add even more flavor.
3. Prepare Sandwich: Take the mashed avocado and spread it on the bottom layer of an English muffin. Top the avocado with a slice of tofu, add 1 - 2 tomato slices, and then add the English muffin top.

Crustless Tofu Quiches

INGREDIENTS:

- 3 oz. Extra Firm Organic Tofu
- ½ Tbsp. Nutritional Yeast
- ½ Tbsp. Olive Oil
- ½ Tbsp. Soy Sauce
- ½ Tbsp. Filtered Water
- ¼ Tsp Garlic Powder
- 1 Gluten-Free English Muffin, Halved
- ¼ Avocado, Mashed
- ½ Tomato, Sliced

DIRECTIONS:

1. Preheat oven to 190°C (375°F). Lightly grease muffin tins with cooking oil spray.
2. Heat oil in a large pan. Saute garlic, bell peppers, mushrooms and broccoli over medium heat until the mushrooms just begin to exude juice.
3. Stir in green onions, rosemary and black pepper. Remove from heat and set aside.
4. Using a food processor or blender, blend together tofu, soy beverage, nutritional yeast, cornstarch, tahini, onion powder, turmeric, and salt. Blend until completely smooth.
5. In a separate bowl, gently mix together the blended tofu mixture with the sautéed vegetables until well combined. Spoon equal portions of the mixture into the muffin tray and place in the oven.
6. Immediately reduce heat to 175°C (350°F). Bake until tops are golden brown and a knife comes out clean (25-35 minutes). Remove from oven and let cool for 10 minutes before serving.v

Cauliflower Pizza

INGREDIENTS:

- ½ Medium Head of Cauliflower
- 1 ½ Tsp. Baking Powder
- ¼ Cup of Filtered Water
- 1/3 Cup Spelt Flour
- 1 Tsp. Dried Oregano
- ¼ Tsp. Garlic Powder
- ½ Tsp. Sea Salt

DIRECTIONS:

1. Line a baking sheet with parchment and set aside. Whisk together baking powder and water and set aside.
2. Chop cauliflower into small florets, then steam until fall-apart soft. Drain fully.
3. Preheat oven to 450 F.
4. Once cauliflower cools a little, place it in a clean dish towel or cheesecloth over a sink or bowl, and squeeze out as much moisture as possible. At least 2/3 cup water should come out – You want it as dry as possible. Place the squeezed-out cauliflower into a medium bowl and add the flax mixture. Mash and stir well. Then stir in flour.
5. Form into a ball, and place on top of the parchment-lined baking sheet. Pat into a circle, then use another sheet of parchment on top (and a rolling pin, if desired) to spread the circle to about 1/4 inch thick. (Take off the top sheet of parchment before baking.)
6. Bake 25 minutes, or until lightly browned with crispy edges.
7. Remove and add toppings of choice. Vegan cheese and or veggies you normally like on a pizza.
8. Bake an additional 8 minutes. Allow to cool 5 minutes, then slice and enjoy!

Tomato & Lentil Stew

INGREDIENTS:

- 1 Cup Uncooked Green Lentils
- 1 Medium Yellow Onion, Peeled & Diced
- 1 Can Crushed Tomatoes
- 2 Cups Filtered Water
- 2 Tbsp. Olive Oil
- 2 Gloves Garlic, Minced
- 1 ½ Tsp. Dried Rosemary
- 1 Tsp. Sea Salt
- ¼ Tsp. Crushed Red Pepper Flakes
- 2 Tsp. Balsamic Vinegar
- 2 Sprigs of Fresh Thyme

DIRECTIONS:

1. Heat the olive oil in a dutch oven or large stock pot over medium heat. Add the onion and cook for 6 minutes or until soft and translucent, stirring occasionally. Add the garlic, dried rosemary, sea salt, and red pepper flakes, and cook for another 1 to 2 minutes or until the garlic softens, stirring frequently.
2. Add the lentils, crushed tomatoes, filtered water, and balsamic. Stir to combine and nestle the sprigs of thyme into the liquid. Increase heat to medium-high and bring to a rapid boil. Then, reduce heat to low, cover, and simmer for 30 to 35 minutes or until the lentils are tender.
3. Carefully remove the thyme sprigs. Taste and season with more sea salt, if desired. I typically don't add any additional salt; however, feel free to season as you wish.

Tomato & Lentil Stew

INGREDIENTS:

- 2 Cups Cooked Chickpeas
- 2 Cups Baby Spinach, Chopped
- ¼ Cup Red Onion, Finely Chopped
- 1 Large Lemon, Juiced
- 1 Tsp. Dijon Mustard
- 1 Garlic Clove, Minced
- 1 Tsp. Ground, Cumin
- ¼ Tsp. Paprika
- Black Pepper To Taste
- Large Lettuce or Collar green Leaves

DIRECTIONS:

1. Combine the drained chickpeas, spinach, and onion in a large bowl.

2. In a separate bowl, whisk together the lemon juice, mustard, garlic, cumin, and smoked paprika until well combined.

3. Pour the dressing on top of the chickpea mixture and stir well. Add pepper to taste. Let the salad marinate for about 15-30 minutes.

4. Place collard leaves flat on a cutting board (so that the stem is pointing up) and carefully shave down the length of the stem with a paring knife (being careful not to cut through the leaf). Repeat for each leaf.

5. Place leaves cut side down and scoop some of the filling in a vertical column (going the same direction as the stem) on one side of the leaf. Fold the top and bottom flaps of the leaf toward the center. Starting from the side with the filling, carefully roll from one side to the other. Slice in half if desired. Enjoy!

Carrot Hot Dogs

INGREDIENTS:

- 2 Medium Carrots, Peeled & Trimmed
- 1 Tbsp. Olive Oil
- ¼ Cup Vegetable Broth
- ¼ Apple Cider Vinegar
- 2 Tbsp. Soy Sauce
- 1 Tsp. Maple Syrup
- ½ Tsp. Garlic Powder
- ½ Tsp. Smoked Paprika
- 2 Gluten-Free Hot Dog Buns
- Ketchup & Mustard To Taste

DIRECTIONS:

1. Add the carrots to a small roasting pan and toss with olive oil. In a small bowl, whisk together broth, vinegar, soy sauce, maple syrup, garlic powder, paprika and liquid smoke. Pour over carrots and cover pan with foil. Let sit for 30 minutes.
2. Preheat oven to 425°. Place the foil-covered baking dish in the oven and roast carrots for 30 minutes. Remove the foil and roast for another 20 minutes, until the carrots are just tender enough to stab with a fork.
3. Place carrots in hot dog buns, serve with ketchup and mustard.

Black Bean & Cauliflower Rice

INGREDIENTS:

- 1 Can Black Beans, Rinsed & Drained
- 1 Large Head of Cauliflower
- 2 Tbsp. Olive Oil
- 3 Cloves Fresh Garlic, Minced
- ½ Cup Sweet Onion, Finely Chopped
- ½ Cup Red Bell Pepper, Diced
- ½ Cup Fresh Parsley, Diced
- Sea Salt & Black Pepper, To Taste

DIRECTIONS:

1. Rinse and drain black beans. After removing excess water, place on paper towels or flat surface for remaining water to evaporate while preparing the vegetables.
2. Cut cauliflower into florets and remove the thick core. Pulse in small batches in food processor to make "rice". See picture in post for proper consistency. Empty into large bowl and repeat. If there are uncut pieces of the core, remove them and discard. A box grater can be used as an alternative to a food processor. You will need about 3 full rounded cups of cauliflower "rice". Set aside.
3. Begin warming olive oil in medium/large skillet over medium heat. Add garlic to olive oil and saute until golden. Add onion, bell pepper, cayenne pepper, salt and black pepper to garlic, stirring occasionally, and continue sautéing until onion begins to turn translucent. Add pickled jalapeno and stir. Pour cauliflower on top of vegetables, sprinkle well with salt and black pepper, then mix. Continue cooking approx. 5-7 minutes (until cauliflower is soft but not mushy) flipping and stirring about half way through. Add black beans and cook additional 2 minutes (enough to warm and gently soften beans). Add parsley, mix well and serve.

Grilled Vegetable Wrap

INGREDIENTS:

- 1 Medium Sized Eggplant
- 1 Large Zucchini
- 1 Red Bell Pepper
- 2 Tbsp. Olive Oil
- ½ Tsp. Sea Salt
- ½ Tsp. Black Pepper
- ¾ Tsp. Ground Dried Rosemary
- ¼ Cup Hummus
- 2 Gluten-Free, Organic Tortillas
- 6 Large Basil Leaves, Thinly Sliced

DIRECTIONS:

1. Preheat the grill to medium heat.
2. Cut the eggplant into ½-inch slices (total 12 slices). Cut the zucchini in half crosswise. Cut each half into ¼/-inch slices (total 8 slices).
3. Lay the eggplant and zucchini slices on a baking sheet. Brush on both sides with olive oil and season with salt and pepper.
4. Grill until the vegetables are tender, but not overcooked, about 4 minutes per side for the eggplant and 3 minutes per side for the zucchini and red bell pepper.
5. Transfer the vegetables to a cutting board and cut them into strips.
6. Spread 1 tablespoon on each tortilla and divide the grilled vegetables and basil leaves between the 4 wrap sandwiches.
7. Fold up the bottom of the tortilla and fold in the sides. Serve.

Greek Quinoa Bowls

INGREDIENTS:

- 1 Cup Quinoa
- 1 ½ Cups Filtered Water
- 1 Cup Chopped Green Bell Pepper
- 2 Tbsp. Olive Oil
- 3 Tbsp. Apple Cider Vinegar
- 2 Tbsp. Fresh Parsley
- Sea Salt & Black Pepper To Taste

DIRECTIONS:

1. Preheat First rinse and drain your quinoa using a mesh strainer or sieve.
2. Bring a medium saucepan to medium heat and lightly toast the quinoa to remove any excess water. Stir as it toasts for just a few minutes. This step is optional but really adds to the nuttiness and fluff factor of the quinoa!
3. Next add your water, set burner to high, and bring to a boil.
4. Once boiling, reduce heat to low and simmer, covered with the lid slightly ajar, for 12-13 minutes or until quinoa is fluffy and the liquid has been absorbed.
5. While the quinoa cooks, chop and prep the remaining ingredients and whisk together your dressing ingredients.
6. Snag your now-fluffy quinoa from the pot and give it a little fluff with a fork.
7. For a chilled salad, you can pop the quinoa in the fridge for a few minutes prior to adding your veggies or simply let it cool on the countertop for a few minutes for a room temperature quinoa bowl. Totally up to you!
8. For the super simple vinaigrette, whisk together olive oil, apple cider vinegar, salt, and pepper. Pour over your quinoa bowl and toss with a pair of forks or salad servers.
9. Add any additional salt and pepper to taste, if desired.

Sweet Black Bean Chilli

INGREDIENTS:

- 1 Medium Yellow Onion, Diced
- 1 Medium Sweet Potato, Chopped
- 1/3 Jar of Salsa
- ½ Can of Black Beans
- ½ Cup Vegetable Stock
- ½ Cup Filtered Water
- 1 Tbsp. Olive Oil
- 1/3 Tsp. Chili Powder
- ¼ Tsp. Chipotle Powder

DIRECTIONS:

1. In a large pot over medium heat, sweat onions in 1 Tbsp oil and season with a healthy pinch each salt and pepper (amounts as original recipe is written // use more or less if altering batch size). Stir and continue cooking on medium heat until translucent and soft.
2. Add sweet potato and any desired spices at this time. Cook for 3 minutes. Then add salsa, water, and vegetable stock.
3. Bring mixture to a low boil on medium high heat and then lower heat to medium-low and simmer. Add black beans, cover and cook for at least 20 minutes more, preferably 30 - or until the sweet potatoes are fork tender and the soup and thickened. This soup is at its best when prepared the night before or allowed to rest for a few hours, so the flavor marries with the vegetables and beans.

Sweet Black Bean Chilli

INGREDIENTS:

- 1 Cup Cabbage Mix, Shredded
- 1 Gluten-Free Sandwich Buns
- ½ Cup Vegan Soy Curls
- 1 Tbsp. Vegan Mayonnaise
- ¼ Tsp. White Wine Vinegar
- ¼ Tsp. Lemon Juice
- 1/8 Tsp. Garlic Powder
- Pinch of Sea Salt
- BBQ Sauce of Choice

DIRECTIONS:

1. To Make Coleslaw: Combine vegan mayonnaise, white wine vinegar, lemon juice, granulated garlic, granulated onion, and pinch of salt in bowl. Add shredded cabbage mix and thoroughly combine. Set aside or cover & put in the refrigerator if making the sandwiches at a later time.
2. To Make Soy Curls: Place soy curls on a medium sized pan on low to medium heat. Cover with BBQ sauce of choice and cook until warm and thoroughly covered.
3. To Make Sandwich: Top two of the buns with any optional toppings like vegan mayonnaise, barbecue sauce, pickle slices, or chopped onions. Add a few generous spoonsful of vegan BBQ Soy Curls, and then a mound of vegan coleslaw. Cover the sandwiches with the remaining buns and serve.

Dinner

Mediterranean Zucchini Noodles

INGREDIENTS:

- 2 Large Zucchini or Package of Store Bought Zucchini Noodles
- 1 Tsp. Olive Oil
- 4 Cloves Garlic, Diced
- ½ Cup cherry Tomatoes, Cut In Half
- ½ Cup Jarred Artichoke Hearts
- ¼ Cup Sun-Dried Tomatoes
- 2 oz. Plain Hummus
- 1 Tsp. Oregano
- ½ Tsp. Red Wine Vinegar
- Sea Salt & Black Pepper To Taste
- Optional: Vegan Parmesan & Basil

DIRECTIONS:

1. Cut ends off of zucchini and spiralize. Set aside.
2. Heat olive in a pan over medium heat.
3. Add garlic and cherry tomatoes to the pan and sauté until tomatoes begin to burst (approx. 3-4 minutes).
4. Add zucchini noodles, artichoke hearts, sun-dried tomatoes, hummus, oregano and red wine vinegar to the pan. Sauté for 1-2 minutes, or until zucchini is tender-crisp* and everything is heated through.
5. Taste and add salt & pepper as needed.
6. Serve immediately with vegan parmesan and fresh basil.

Cashew Cauliflower Chicken

INGREDIENTS:

- 1 Large Head Cauliflower
- 1 Cup Nut Milk, Unsweetened
- 1 Tbsp. Lemon Juice
- 1 Cup Raw Cashews
- ¾ Tsp. Garlic Powder
- 3 Tbsp. Arrowroot Powder
- 1 Tbsp. Olive Oil
- 2 Tsp. Paprika
- Sea Salt to Taste

DIRECTIONS:

1. Preheat oven to 425F and line a large baking sheet with parchment paper.
2. TO CUT "Chicken," trim the stem and leaves off the cauliflower, being careful not to remove the center of the stem as it's what holds the "chicken" together.
3. Add 1 inch water and a steamer basket to a large pot and bring to a low boil over medium-high heat. Once simmering, add cauliflower "chicken," cover, and steam for 4-5 minutes to partially cook. This will soften the "chicken" to speed baking time and ensure the inside is tender when the exterior is crispy and brown. Once slightly softened, remove and set aside on a separate dish.
4. In the meantime, prepare your vegan buttermilk by adding cashew or almond milk to a shallow dish (shallow and wide enough to dip the cauliflower in) and add lemon juice. Stir and set aside.
5. Next, prepare the cashew coating by adding cashews, salt, cayenne pepper (optional), garlic powder, curry powder, paprika, and arrowroot starch to a food processor. Mix until a semi-fine meal is achieved. A little texture is okay, but you want it pretty fine so it can coat the cauliflower. Transfer coating to a shallow dish (again, shallow and wide enough to dip the cauliflower in) and set aside.

6. Dip the slightly steamed cauliflower “chicken” in the almond buttermilk, ensuring both sides are adequately coated. Then set back on platter (where excess will drip off) and season both sides with a pinch of salt.
7. Next, dredge the cauliflower in the cashew coating until thoroughly coated, using a spoon or your hands to add more coating to any bare spots. Then transfer cauliflower “steaks” to your prepared baking sheet (with or without a cooling rack). Lastly, drizzle with a little olive oil to help them crisp up (optional but recommended).
8. Bake for 25-35 minutes, or until the cauliflower “chicken” is easily pierced with a knife and the exterior appears golden brown and crispy. Remove from oven to cool slightly.

20 Minute, Tofu Stir-Fry

INGREDIENTS:

Tofu

- 1 Cup Extra Firm Organic Tofu, Cubed
- 1 Tbsp. Soy Sauce
- 2 Tsp. Sesame Oil

Sauce

- 2 Tbsp. Peanut Butter, Made with Powder
- 3 Tbsp. Soy Sauce
- 1 Tbsp. Maple Syrup

Stir Fry

- 1 Cup Shitake Mushrooms, Chopped
- 1 Cup Red Cabbage, Thinly Sliced
- 1 Cup Red Bell Pepper, Thinly Sliced
- 2 Cloves Garlic, Minced
- ¼ Cup Green Onion, Thinly Sliced
- 1 Tbsp. Fresh Ginger, Minced

DIRECTIONS:

1. If you haven't done so already, prepare cauliflower rice or quinoa.
2. Add cubed or crumbled tofu to a plate or shallow dish along with soy sauce and chili garlic sauce (optional) and gently toss/stir to coat. Set aside to briefly marinate.
3. Next, prepare sauce by adding all ingredients to a mixing bowl and whisking to combine. Taste and adjust flavor as needed, adding more chili garlic sauce for heat,

lime juice for acidity, maple syrup for sweetness, peanut butter to thicken, or soy sauce for saltiness and depth of flavor. Set aside.

4. Heat a large rimmed skillet (or wok) over medium-high heat. Once hot, add sesame oil (or water) and marinated tofu (including any remaining soy sauce) and cook until brown, gently flipping a few times to ensure even cooking. Remove from skillet and set aside.
5. Return the same skillet to medium-high heat. Once hot, add sesame oil, mushrooms, cabbage, and bell pepper and stir to sauté veggies. Cover and cook 2-3 minutes, stirring occasionally.
6. Next, add garlic, green onion, and ginger. Stir, cover, and cook for another 1-2 minutes.
7. Use a wooden spoon (or similar utensil) to move the veggies to one side of the pan. Add cauliflower rice (or cooked grains) to the other side of the pan. Cover and cook for 2 minutes or until slightly browned.
8. Return cooked tofu to the pan, add sauce, and stir fry for a few minutes, tossing/stirring occasionally until sauce is well incorporated and all ingredients are hot.

Baked Peanut Tofu

INGREDIENTS:

- 14 Oz. Extra Firm Organic Tofu
- 3 Tbsp. Soy Sauce
- 1 Tsp. Sesame Oil
- 3 Tbsp. Maple Syrup
- 4-5 Tbsp. Arrowroot
- 2 ½ Tbsp. Peanut Butter Powder

DIRECTIONS:

1. Preheat oven to 400Fand line a baking sheet with parchment paper.
2. Start pressing tofu using a tofu press, or wrap in clean, absorbent towel and set something heavy — like a cast iron skillet or books — on top to press out the moisture. Press for about 15-20 minutes.
3. In the meantime, prepare peanut sauce by combining peanut butter powder & water, soy sauce, 1 Tbsp. maple syrup, and sesame oil in a small mixing bowl and whisking thoroughly to combine. Set aside.
4. Cut pressed tofu into 3/4-inch cubes and add to a large plate. Top with sauce. Gently toss to combine using a spoon. Let marinate 2-3 minutes, tossing occasionally.
5. Use a slotted spoon or your hands to transfer tofu to a quart-size or large freezer bag. Add arrowroot 1 Tbsp at a time and toss to coat. Continue adding more arrowroot and tossing until tofu is coated in a gummy, white layer.
6. Transfer tofu to the prepared baking sheet and bake for about 20-25 minutes, flipping at the 18-minute mark to encourage even baking. It should be firm to the touch, firm on the edges, and slightly browned on the exterior once removed from the oven. Bake slightly longer if needed.
7. Heat a large metal or cast iron skillet (12 inch) over medium heat. Once hot, add tofu and the peanut sauce. Toss to coat. Stirring frequently, sauté the tofu for about 2 minutes, or until the tofu is hot and well coated with peanut sauce.

Green Goodness Sandwich

INGREDIENTS:

Herbed Ricotta

- 2 Cups Raw Cashews, Soaked
- ½ Cup Filtered Water
- 2 Garlic Cloves
- 2 Tbsp. Nutritional Yeast
- 2 Tsp. Lemon Juice
- ½ Tsp. Sea Salt
- 2 Tbsp. Fresh Parsley, Chopped
- 1 Tbsp. Fresh Chives, Chopped
- 1 Tbsp. Fresh Oregano
- 1/8 Tsp. Black Pepper

Tempeh "Beef"

- 12 Oz. Tempeh
- 1 Tbsp. Soy Sauce
- ½ Tsp. Dried Sage
- ½ Tsp. Dried Oregano
- ½ Tsp. Dried Parsley
- ¼ Tsp. Paprika
- 1/5 Tsp. Black Pepper
- 1 Tbsp. Olive Oil
- ½ Small Yellow Onion, Diced
- 2 Cloves Garlic, Minced

Everything Else

- 2 Large Zucchinis
- 1 Jar Marinara Sauce
- ¼ Cup Vegan Parmesan (Found at Health Grocery Store)

DIRECTIONS:

1. Preheat the oven to 375.
2. Drain and rinse the cashews. Place them in a food processor along with the remaining ingredients and pulse until the cashews are broken down and resemble ricotta cheese. Once it resembles ricotta, add the remaining herbed ricotta ingredients and blend until herbs are well incorporated. Set aside until ready to use.
3. Crumble up the tempeh in a bowl into small pieces. Mix in soy sauce, herbs, spices, and pepper. Heat cooking oil over medium heat in a heavy bottom pan. Add onions and garlic and sauté for 5 minutes, stirring frequently, until onions are fragrant and translucent. Add seasoned tempeh and sauté until tempeh is lightly browned. Remove from heat and set aside.
4. Cut 1" off each end of the zucchinis. Using a mandoline slicer set at .5mm, slice the zucchini lengthwise to get flat lasagna "noodles".
5. Layer a 7x11 pan with 1/2 cup of marinara sauce. Top with one layer of zucchini. Add a layer of herbed ricotta, tempeh beef, and marinara sauce in that order. Repeat once more ending with marinara sauce. Add one final layer of zucchini and marinara sauce. Top with vegan parmesan cheese.
6. Cover in foil and bake for 35 minutes. Uncover and bake an additional 15 minutes until parmesan is golden brown and sauce underneath is bubbling up.
7. Let sit 10 minutes before serving.

Cauliflower Rice

INGREDIENTS:

- 24 Oz. Cauliflower Florets
- 2 Tbsp. Soy Sauce
- 1 Tbsp. Freshly Grated Ginger
- ¼ Tsp. White Pepper
- 2 Gloves Garlic, Minced
- 1 Onion, Diced
- 6 Ounces Broccoli Florets, Chopped
- 2 Carrots, Peeled and Grated
- ½ Cup Frozen Organic Corn
- ½ Cup Frozen Peas
- 2 Green Onions, Thinly Sliced
- ½ Tsp. Sesame Seeds

DIRECTIONS:

1. To make the cauliflower rice, pulse cauliflower in the bowl of a food processor until it resembles rice, about 2-3 minutes; set aside.
2. In a small bowl, whisk together soy sauce, sesame oil, ginger and white pepper; set aside.
3. Heat 1 tablespoon vegetable oil in a medium skillet over low heat. Add eggs and cook until cooked through, about 2-3 minutes per side, flipping only once. Let cool before dicing into small pieces; set aside.
4. Heat remaining 1 tablespoon vegetable oil in a large skillet or wok over medium high heat. Add garlic and onion to the skillet, and cook, stirring often, until onions have become translucent, about 3-4 minutes. Stir in broccoli, carrots, corn and peas, and cook, stirring constantly, until vegetables are tender, about 3-4 minutes.
5. Stir in cauliflower, eggs, green onions and soy sauce mixture. Cook, stirring constantly, until heated through and the cauliflower is tender, about 3-4 minutes.
6. Serve immediately, garnished with sesame seeds, if desired.

Cauliflower Green Curry

INGREDIENTS:

- ¾ Cup Split Mung Beans
- 2 Tbsp. Coconut Oil
- 2 Medium Shallots, Thinly Sliced
- 2 Tbsp. Fresh Ginger
- 2 Cloves Garlic, Minced
- 5 Tbsp. Green Paste
- 2 Cups Cauliflower, Roughly Chopped
- 1 Can Light Coconut Milk
- 2 Tbsp. Soy Sauce
- 1 Tbsp. Maple Syrup
- 3-4 Cups Kale, Chopped
- 2 Tbsp. Fresh Lime Juice

DIRECTIONS:

1. Add beans to a bowl (or pot) and cover with water. Allow to soak for at least 1 hour, or overnight. Then rinse, drain, and set aside.
2. Heat a large rimmed skillet or pot over medium heat. Once hot, add oil, shallot, ginger, and garlic. Sauté for 2-3 minutes, stirring frequently. Then add curry paste and cook for 1-2 minutes more.
3. Add cauliflower and sauté a few minutes. Add milk and stir to combine. Bring to a simmer. Then add soaked drained beans, soy sauce, and maple syrup and stir.
4. Return to a simmer and cook for approximately 15-20 minutes or until beans are tender. In the last 5 minutes of cooking, add kale and stir until wilted (about 3 min).
5. Taste and adjust flavor as needed, adding lime juice for acidity, maple syrup for sweetness, soy sauce for saltiness, or green curry paste for more intense curry flavor.
6. Serve plain like a stew, or over grains like rice or quinoa. Garnish with cashews and lime juice (both optional). Store leftovers in the refrigerator up to 4-5 days, or in the freezer up to 1 month. Reheat in the microwave or on the stovetop. Rehydrate with water or coconut milk as needed.

Portobello Steaks

INGREDIENTS:

Mushrooms

- 3-4 Large Portobello Mushrooms
- 1/3 Cup Balsamic Vinegar
- 2 Tbsp. Olive Oil
- ½ Tsp. Black Pepper
- ¼ tsp. Paprika
- 3 Cloves Garlic, Minced
- 1 Tbsp. Steak Sauce

Mushrooms

- 1 ½ Cups Parsley, Finely Chopped
- 3 Cloves Garlic, Minced
- 1 Medium Shallot, Minced
- ¼ Tsp. Red Pepper Flakes
- 3 Tbsp. Lemon Juice
- 1 Small Ripe Avocado
- Sea Salt and Pepper to Taste

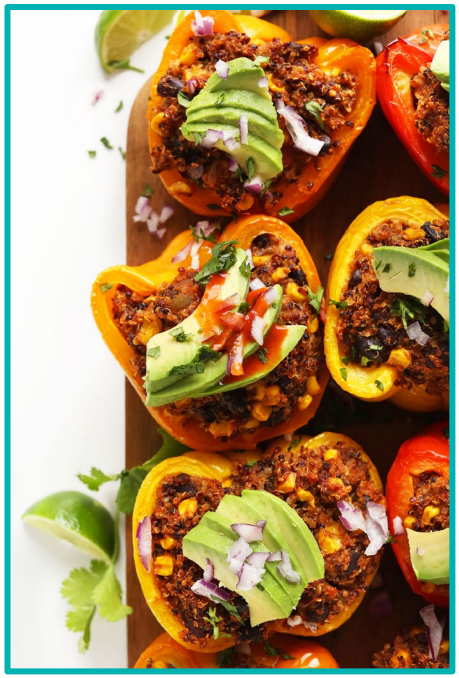
DIRECTIONS:

1. Add portobello mushrooms to a shallow baking dish or large freezer bag. Set aside.
2. In a small mixing bowl, whisk together balsamic vinegar, olive oil, cumin, black pepper, paprika, garlic, and steak sauce (optional). Taste and adjust seasonings as needed.
3. Add sauce to the mushrooms and use a pastry brush to brush on all sides. Marinate on one side for 5 minutes, then the other side for 5 minutes.
4. In the meantime, prepare chimichurri by adding parsley, garlic, shallot, red pepper flake, olive oil, lemon juice, salt, and pepper to a medium mixing bowl and whisking

to combine. Taste and adjust flavor as needed, adding more lemon juice for acidity, salt for flavor, or red pepper flake for heat. Add avocado and toss to combine. Set aside.

5. Heat a grill or a large skillet over medium heat. Cook on each side for 2-3 minutes, or until caramelized and deep golden brown. Brush on any remaining marinade while cooking to infuse more flavor.

Quinoa Stuffed Peppers



INGREDIENTS:

- 1 Cup Quinoa, Rinsed & Drained
- 2 Cups Vegetable Stock
- 4 Large Red Peppers, Halved, Seeds Removed
- ½ Cup Salsa
- 1 Tbsp. Nutritional Yeast
- 2 Tsp. Cumin
- 1 ½ Garlic Powder
- 1 15 Oz. Can Black Beans
- 1 Cup Organic Corn

DIRECTIONS:

1. Add quinoa and vegetable stock to a saucepan and bring to a boil over high heat. Once boiling, reduce heat, cover, and simmer until all liquid is absorbed and quinoa is fluffy - about 20 minutes.
2. Preheat oven to 375 degrees F (190 C) and lightly grease a 9x13 baking dish or rimmed baking sheet.
3. Brush halved peppers with a neutral, high heat oil, such as avocado oil or refined coconut oil.
4. Add cooked quinoa to a large mixing bowl and add remaining ingredients - salsa through corn. Mix to thoroughly combine then taste and adjust seasonings accordingly, adding salt, pepper, or more spices as desired.
5. Generously stuff halved peppers with quinoa mixture until all peppers are full, then cover the dish with foil.
6. Bake for 30 minutes covered. Then remove foil, increase heat to 400 degrees F (204 C), and bake for another 15-20 minutes, or until peppers are soft and slightly golden brown. For softer peppers, bake 5-10 minutes more.
7. Serve with desired toppings (listed above) or as is. Best when fresh, though leftovers keep covered in the refrigerator for 2-3 days. Reheat in a 350-degree F (176 C) oven until warmed through - about 20 minutes.

Quinoa Taco Meat

INGREDIENTS:

- 1 Cup Quinoa
- 1 Cup Vegetable Broth
- ¾ Cup Filtered Water
- ½ Cup Salsa
- 1 Tbsp. Nutritional Yeast
- 2 Tsp. Ground Chili Powder
- ½ Tsp. Garlic Powder
- ½ Tsp. Each Sea Salt and Black Pepper
- 1 Tbsp Olive Oil

DIRECTIONS:

1. Heat a medium saucepan over medium heat. Once hot, add rinsed quinoa and toast for 4-5 minutes, stirring frequently.
2. Add vegetable broth and water and bring back to a boil over medium-high heat. Then reduce heat to low, cover with a secure lid, and cook for 15-25 minutes, or until liquid is completely absorbed. Fluff with a fork, then crack lid and let rest for 10 minutes off heat.
3. Preheat oven to 375 degrees F (190 C).
4. Add cooked quinoa to a large mixing bowl and add remaining ingredients (salsa, nutritional yeast, cumin, chili powder, garlic powder, salt, pepper, and oil). Toss to combine. Then spread on a lightly greased (or parchment-lined) baking sheet.
5. Bake for 20-35 minutes, stirring/tossing once at the halfway point to ensure even baking. The quinoa is done when it's fragrant and golden brown. Be careful not to burn!
6. This quinoa taco meat goes extremely well in crispy taco shells and soft taco shells, and I also think it would be perfect on nachos, taco salads, tostadas, and in enchiladas. Dream big!
7. Store leftovers in the refrigerator up to 4-5 days. Reheat in the microwave, in a 350 degree F (176 C) oven, or in a skillet on the stovetop.

Snacks

Coconut Cream Larabars

INGREDIENTS:

- 2 Cups Dates, Pitted
- ¼ Cup Raw Cashews
- ¼ Cup Raw Almonds
- ¼ Cup Shredded Coconut, Unsweetened
- 1 Tbsp. Coconut Oil

DIRECTIONS:

1. Prepare Line an 8 x 8-inch pan or loaf pan with parchment paper and set aside.
2. In a high-speed blender or food processor, add your raw cashews and raw almonds and blend until a coarse texture remains- Do not over blend or you'll be left with nut butter.
3. Add your pitted dates and blend until just combined. Add your unsweetened shredded coconut and continue blending, scraping down the sides at regular intervals. Once a thick dough remains, add your coconut oil and blend once more.
4. Pour your batter into the lined pan and press firmly in place. Refrigerate until firm, before slicing into 12 bars.

Cheezy Kale Chips

INGREDIENTS:

- 10 Oz. Kale Leaves, Stems Removed
- 2 Tbsp. Olive Oil
- ¼ Cup Raw Cashews
- 6 Tbsp. Nutritional Yeast
- ¼ Tsp. Each Sea Salt & Black Pepper
- 1 Tsp. Garlic Powder

DIRECTIONS:

1. Prepare Preheat oven to 300 degrees F (148 C).
2. Add kale to a large mixing bowl and drizzle with oil. Use hands to massage the kale to soften its texture and disperse the oil. Set aside.
3. Add cashews, 4 Tbsp nutritional yeast, salt, pepper, and garlic pepper to a food processor and blend/pulse into a fine meal, scraping down sides as needed.
4. Add spice mixture to the kale and toss with hands to distribute, working it into the grooves so it's thoroughly coated.
5. Divide kale between 2 large baking sheets and spread into an even layer, making sure the pieces aren't overlapping to ensure crispiness. You may need to bake them in two batches depending on size of baking sheets.
6. Sprinkle the kale with remaining 1-2 Tbsp nutritional yeast for extra flavor and bake for 15 minutes. Then remove from oven and toss/flip kale to ensure even baking.
7. Bake for 5-10 minutes more, or until chips are crispy and golden brown. Watch carefully to ensure they don't burn. Let cool slightly before enjoying.
8. Once completely cooled, store leftovers in a large plastic bag or container for 2-3 days. The crispy texture begins fading past 24 hours, so enjoy as close to baking as possible!

Chili Salt Edamame

INGREDIENTS:

- 1 Bag of Frozen Edamame
- ¼ Tsp. Sea Salt
- 1/8 Tsp. Garlic Powder
- ¼ Teaspoon Red Chili Flakes

DIRECTIONS:

1. Cook and drain edamame according to package directions. (This is a great time to use the microwave.)
2. In a small bowl, mix together the salt and garlic powder.
3. While edamame is still very hot, sprinkle with garlic salt and chili flakes. Toss to distribute evenly. Serve immediately.

Roasted Chickpeas

INGREDIENTS:

- 1 Can of Chickpeas (Drained & Dried)
- 1 Tbsp. Olive Oil
- ½ Tsp. Sea Salt
- 1 Tsp. Seasoning of Choice

DIRECTIONS:

1. Preheat oven to 350 degrees F (176 C) and set out a bare baking sheet.
2. Drain chickpeas well. If using oil, rinse well with water and thoroughly drain. If omitting oil, simply drain well and skip rinsing with water.
3. Once drained well, spread the chickpeas out on a clean, absorbent towel and use your hands to gently roll and dry the chickpeas. Some of the skins should start coming off.
4. Transfer the chickpeas to a mixing bowl and top with oil and salt. Mix well to combine. DO NOT add the other seasoning at this point - it can interrupt the crisping process, so wait to add until after baking.
5. Bake for a total of 45-50 minutes or until golden brown and dry/crispy to the touch. I like turning my pan around and shaking the chickpeas around at the halfway point for even cooking.
6. Remove from oven and toss with seasonings (if desired) while still warm. Then let cool 5-10 minutes - they will continue crisping as they cool.

Real Fruit Rollups

INGREDIENTS:

- 3 Cups of Fresh Strawberries
- 3 Tbsp. Honey
- 2 Tbsp. Lemon Juice

DIRECTIONS:

1. Blend: Blend fruit in food processor or blender until smooth. Mix in sweetener and lemon juice.
2. Spread: Pour into a pan lined with plastic wrap or parchment paper then spread out ⅛ to ¼ inch thick.
3. Dehydrate: Dehydrate in oven at 140 to 170 degrees F (or as low as oven will go) for 4 to 6 hours, or until the middle is not longer tacky.
4. Cool: Allow to cool, then remove from sheet. With clean scissors, trim off edges then cut into 1 inch wide strips. Wrap with strips of parchment or tissue paper, then use tape or string to seal.

Green Goodness Sandwich

INGREDIENTS:

- 1 Can of Chickpeas, Rinsed & Drained
- 2 Cloves Garlic, Chopped
- 3 Tbsp. Fresh Lemon Juice
- 3 Tbsp. Filtered Water
- 1 Tsp. Soy Sauce
- 1 Small Bunch of Parsely

DIRECTIONS:

1. Blend all the ingredients into a thick paste, using a small amount of water as necessary to achieve desired consistency.
2. Serve chilled or room temperature with your favorite sliced vegetables.

Chocolate Banana Ice Cream

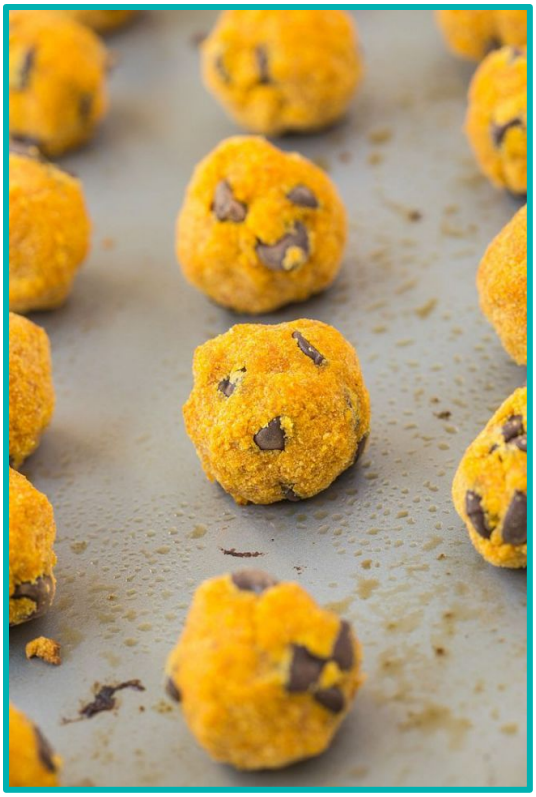
INGREDIENTS:

- 4 Frozen Bananas, Peeled
- ¼ Cup Cocoa Powder
- 2 Tbsp. Powdered Peanut Butter
- ¼ Cup of Nut Milk
  (Organic soy, almond, coconut, hemp or Oat)
- Optional: Vegan Chocolate Chips To Sprinkle on Top

DIRECTIONS:

1. Place the frozen bananas, cocoa powder, and almond butter into your high-powered blender.
2. Blend the bananas on high speed using the plunger to push the bananas down as needed. After 2-3 minutes the ice cream will run smoothly.
3. Either eat right away or freeze for 2 hours so that it is hard enough to scoop into cones. Sprinkle with chocolate chunks, if you'd like.

Pumkin Cake Pops



INGREDIENTS:

- 1 Cup Coconut Flour, Sifted
- 1 Sugar Pumpkin
- ½ Tsp. Cinnamon Powder
- 1 Tbsp. Monk Fruit Powder
- ¼ Cup Vegan Chocolate Chips

DIRECTIONS:

1. Preheat the oven to 350
2. Cut Pumpkin in half, stem to base. Remove seeds and pulp. Cover each half with foil. Bake in preheated oven, foil side up for 1 hour.
3. Scrape pumpkin meat from shell halves and puree in blender. Strain to remove any remaining stringy pieces.
4. Preheat oven to 350 and grease a large cookie sheet or baking tray and set aside.
5. In a large mixing bowl, combine the coconut flour, pumpkin puree, granulated sweetener and cinnamon mix well. If using chocolate chips, mix those in until fully incorporated.
6. Using your hands, shape into small balls and place on the greased cookie sheet. Depending on the texture you want, bake for around 10 minutes (for a softer cake texture) or up to 15 minutes (very dense and crumbly). Remove from oven and allow to cool completely before eating.

Oil Free Veggie Chips

INGREDIENTS:

- 1 Medium Golden Beetroot
- 1 Medium Beetroot
- 1 Medium Zucchini
- 1 Large Carrot
- 1 Small Sweet Potato
- 1 Small Turnip
- ½ Tsp. Sea Salt to Taste
- ½ Tsp. Black Pepper to Taste
- 1 Spritz of Olive Oil

DIRECTIONS:

1. Preheat the oven to 400F.
2. Slice all the veggies into uniformly thin slices with a knife or mandoline. In a bowl, toss them with the oil, salt, and pepper until evenly coated.
3. Spread out on baking pan(s) lined with parchment paper, minimizing overlap. Bake for 10 minutes at 400F. Flip. Bake for another 5-10 minutes until crispy and slightly brown but not burnt. Watch them carefully and even remove some early if they are browning before the others.
4. Remove from the oven and allow to cool for a few minutes before eating.

Green Goodness Sandwich

INGREDIENTS:

- 1 Large Apple, Sliced
- 2 Tbsp. Peanut Butter Powder
- ¼ Cup of Filtered Water
- 2 Tbsp. fruit jam, unsweetened

DIRECTIONS:

1. Cut apple(s) in thin slices and arrange on a plate.
2. Mix water and peanut butter powder until smooth and creamy.
3. Top apples with melted peanut butter and jelly.
4. Option to top with a sprinkle of chia seeds or nuts.
5. Enjoy!