Cozy Winter eating plan

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Hi,

Welcome to your personal recipe collection! Here you will find a collection of delicious recipes I have put together just for you. These recipes will keep you inspired and help you eat more nutrient-dense foods.

How to Use

All of these recipes have been selected based on your needs. Get started by adding a couple of new recipes from this collection into your regular meal rotation.

Recipe Tips

On each recipe, you'll see the total time, the number of servings, ingredients, and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance, like dicing vegetables. It's also helpful to read through the directions before you start cooking so you have an idea of what to expect.

Leftovers

Cook once, eat multiple times! Most leftovers can last about three days in the fridge, so maximize your time in the kitchen. Make enough dinner to take for lunch the next day or double a recipe to last for a few days. This is a great habit that will save you time and money.

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of my services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.

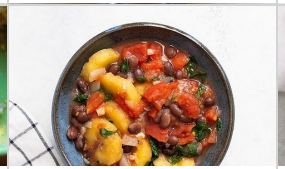
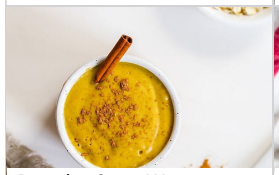
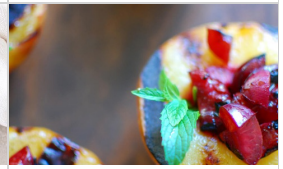
Dirty Dozen™

- Strawberries
- Spinach
- Kale
- Nectarines
- Apples
- Grapes
- Peaches

- Cherries
- Pears
- Tomatoes
- Celery
- Potatoes
- + Hot Peppers

Clean Fifteen™

- Avocados
- Sweet Corn
- Pineapple
- Onions
- Papaya
- Sweet Peas Frozen
- Eggplant
- Asparagus
- Cauliflower
- Cantaloupe
- Broccoli
- Mushrooms
- Cabbage
- Honeydew Melon
- Kiwi

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Protein-Packed Avocado Toast	Pear Spice Overnight Oats	One Pan Breakfast Hash	Warm Citrus, Maple & Ginger Tonic	Warm Apple Chia Pudding	Soba Breakfast Bowl	Savory Golden Oats
Snack 1	Sweet Potato Nachos	Mushroom Miso Soup	Parsnip Fries	Immunity Boosting Bone Broth	Crispy Baked Tofu	Warm Mango with Coconut & Almond Milk	Poached Pears
Lunch	Sweet Potato Soup	Mac n' 'Cheese'	 Black Beans & Plantain Stew	Guacamole Rollups	Chicken Noodle Soup	Tofu Veggie Wrap	Loaded Baked Potato
Snack 2	Savory Breakfast Biscuits	Hot Chocolate Smoothie	Simple Congee with Eggs	Sauerkraut Egg Cups	Grilled Fruit Medley	Coconut Lime Quinoa	Avocado & Egg Bagel
Dinner	Warm Spinach Pesto & Chickpea Salad	Spaghetti Squash Chow Mein	Slow Cooker Beef Stew	Eggplant Lasagna	Butternut Squash Chili	Southern Shrimp & Grits	Lentil Masala Soup
Snack 3	 Pumpkin Spice Warm Smoothie	Golden Turmeric Hot Chocolate	Cinnamon Flax Muffins	Coconut Chia Pudding	Pecan Pie Squares	Double Chocolate Mug Cake	 Grilled Cherry Stuffed Peaches

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Mon

Fat	47%
Carbs	40%
Protein	13%

Calories	2304
Fat	126g
Carbs	243g
Fiber	67g
Sugar	55g
Protein	76g
Cholesterol	102mg
Sodium	2139mg
Vitamin A	56634IU
Vitamin C	155mg
Calcium	919mg
Iron	21mg
Vitamin B12	0.4µg
Selenium	40µg

Tue

Fat	36%
Carbs	45%
Protein	19%

Calories	1842
Fat	79g
Carbs	220g
Fiber	46g
Sugar	59g
Protein	93g
Cholesterol	107mg
Sodium	3822mg
Vitamin A	13855IU
Vitamin C	126mg
Calcium	1830mg
Iron	19mg
Vitamin B12	10.2µg
Selenium	80µg

Wed

Fat	37%
Carbs	43%
Protein	20%

Calories	1872
Fat	78g
Carbs	205g
Fiber	38g
Sugar	60g
Protein	97g
Cholesterol	792mg
Sodium	4667mg
Vitamin A	14285IU
Vitamin C	242mg
Calcium	665mg
Iron	18mg
Vitamin B12	5.4µg
Selenium	120µg

Thu

Fat	54%
Carbs	30%
Protein	16%

Calories	1136
Fat	70g
Carbs	88g
Fiber	26g
Sugar	33g
Protein	45g
Cholesterol	275mg
Sodium	1498mg
Vitamin A	5427IU
Vitamin C	84mg
Calcium	670mg
Iron	10mg
Vitamin B12	2.7µg
Selenium	48µg

Fri

Fat	40%
Carbs	45%
Protein	15%

Calories	1480
Fat	69g
Carbs	177g
Fiber	44g
Sugar	65g
Protein	59g
Cholesterol	60mg
Sodium	2824mg
Vitamin A	24589IU
Vitamin C	181mg
Calcium	1188mg
Iron	16mg
Vitamin B12	0.4µg
Selenium	37µg

Sat

Fat	40%
Carbs	42%
Protein	18%

Calories	1987
Fat	89g
Carbs	208g
Fiber	25g
Sugar	62g
Protein	87g
Cholesterol	568mg
Sodium	3114mg
Vitamin A	11193IU
Vitamin C	140mg
Calcium	1410mg
Iron	16mg
Vitamin B12	2.1µg
Selenium	68µg

Sun

Fat	33%
Carbs	53%
Protein	14%

Calories	2173
Fat	81g
Carbs	300g
Fiber	54g
Sugar	70g
Protein	79g
Cholesterol	414mg
Sodium	4530mg
Vitamin A	9297IU
Vitamin C	129mg
Calcium	668mg
Iron	22mg
Vitamin B12	6.9µg
Selenium	61µg

Fruits

- [ ] 1 Apple
- [ ] 6 1/2 Avocado
- [ ] 2 Banana
- [ ] 1 cup Blueberries
- [ ] 1 cup Cherries
- [ ] 1 Clementines
- [ ] 1 1/3 Lemon
- [ ] 4 1/4 Lime
- [ ] 1 tsp Lime Juice
- [ ] 3/4 Mango
- [ ] 1 Nectarine
- [ ] 2 Peach
- [ ] 4 Pear
- [ ] 2 cups Pineapple
- [ ] 2 Plantain
- [ ] 1 cup Strawberries

Breakfast

- [ ] 1/4 cup Almond Butter
- [ ] 3 1/2 tbsps Maple Syrup
- [ ] 1/3 cup Old Fashioned Grits

Seeds, Nuts & Spices

- [ ] 1 cup Almonds
- [ ] 1/2 tsp Black Pepper
- [ ] 1/4 tsp Cajun Seasoning
- [ ] 2 1/2 cups Cashews
- [ ] 1 1/16 cups Chia Seeds
- [ ] 1 1/2 tsps Chili Powder
- [ ] 2 1/2 tbsps Cinnamon
- [ ] 1/2 tsp Cumin
- [ ] 1 1/2 tsps Dried Thyme
- [ ] 1 tsp Everything Bagel Seasoning
- [ ] 1 tbsp Garam Masala
- [ ] 1 1/4 tsps Garlic Powder
- [ ] 1 tsp Ground Allspice
- [ ] 2 cups Ground Flax Seed
- [ ] 1/3 cup Hemp Seeds
- [ ] 1 tbsp Italian Seasoning
- [ ] 1 1/2 tsps Onion Powder

Vegetables

- [ ] 3/4 cup Arugula
- [ ] 2 cups Baby Carrots
- [ ] 6 cups Baby Spinach
- [ ] 1/2 cup Basil Leaves
- [ ] 4 cups Brussels Sprouts
- [ ] 8 cups Butternut Squash
- [ ] 4 1/4 Carrot
- [ ] 1/2 head Cauliflower
- [ ] 6 stalks Celery
- [ ] 1 cup Cherry Tomatoes
- [ ] 1 1/8 cups Cilantro
- [ ] 2 cups Coleslaw Mix
- [ ] 1/4 Cucumber
- [ ] 2 Eggplant
- [ ] 19 1/2 Garlic
- [ ] 1/3 cup Ginger
- [ ] 7 1/2 stalks Green Onion
- [ ] 12 cups Kale Leaves
- [ ] 1/4 cup Microgreens
- [ ] 2 1/2 cups Mushrooms
- [ ] 1 cup Parsley
- [ ] 6 Parsnip
- [ ] 1/2 cup Purple Cabbage
- [ ] 1 1/2 Red Bell Pepper
- [ ] 2 cups Red Onion
- [ ] 1 Russet Potato
- [ ] 1 1/2 cups Shiitake Mushrooms
- [ ] 1/2 Spaghetti Squash
- [ ] 1 1/2 Sweet Onion
- [ ] 5 Sweet Potato
- [ ] 1 tsp Thyme
- [ ] 1 Tomato
- [ ] 3 1/2 Yellow Onion

Boxed & Canned

- [ ] 1 cup Beef Broth
- [ ] 4 cups Black Beans
- [ ] 5 cups Brown Rice Macaroni
- [ ] 3 1/2 ozs Buckwheat Soba Noodles
- [ ] 4 1/2 cups Canned Coconut Milk

Bread, Fish, Meat & Cheese

- [ ] 6 1/2 slices Bacon
- [ ] 2 slices Bacon, Cooked
- [ ] 6 slices Bread
- [ ] 6 2/3 ozs Cheddar Cheese
- [ ] 6 ozs Chicken Breast
- [ ] 12 1/3 ozs Chicken Thighs
- [ ] 1 1/2 lbs Extra Lean Ground Beef
- [ ] 8 ozs Extra Lean Ground Chicken
- [ ] 4 ozs Gluten-Free Bagel
- [ ] 6 ozs Mozzarella Cheese
- [ ] 4 ozs Pork Sausage
- [ ] 1 1/2 cups Ricotta Cheese
- [ ] 8 ozs Shrimp
- [ ] 2 lbs Stewing Beef
- [ ] 1 1/2 lbs Tofu
- [ ] 1 Whole Chicken Carcass
- [ ] 2 Whole Wheat Tortilla

Condiments & Oils

- [ ] 1 tbsp Apple Cider Vinegar
- [ ] 1/3 cup Avocado Oil
- [ ] 2 tbsps Coconut Aminos
- [ ] 1 1/2 tsps Coconut Butter
- [ ] 1/3 cup Coconut Oil
- [ ] 3/4 cup Extra Virgin Olive Oil
- [ ] 3 tbsps Miso Paste
- [ ] 1/4 cup Red Wine Vinegar
- [ ] 1 1/2 tsps Rice Vinegar
- [ ] 2/3 cup Sauerkraut
- [ ] 1 tbsp Sesame Oil
- [ ] 1/4 cup Tahini
- [ ] 1/2 cup Tamari
- [ ] 1 1/2 cups Tomato Sauce

Cold

- [ ] 26 1/3 Egg
- [ ] 3/4 cup Plain Coconut Milk
- [ ] 2 cups Plain Kefir
- [ ] 4 cups Unsweetened Almond Milk

Other

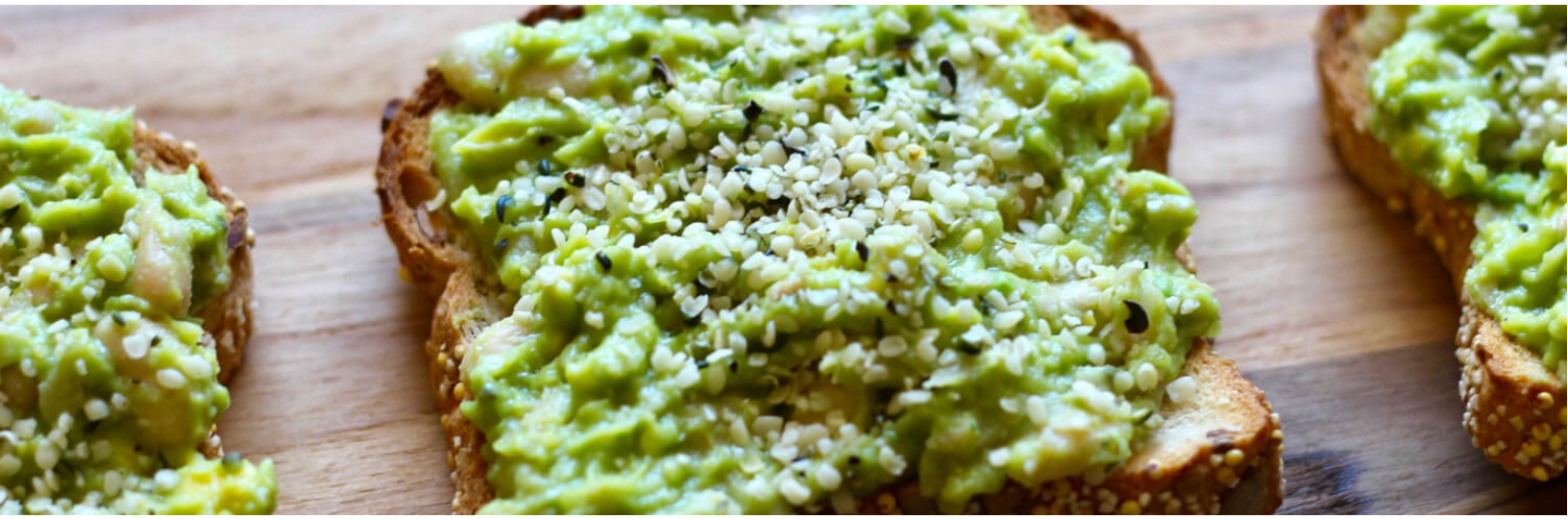
- [ ] **2 1/8 cups** Pecans
- [ ] **1/2 cup** Pine Nuts
- [ ] **1/2 cup** Pumpkin Seeds
- [ ] **3 1/2 tbsps** Sea Salt
- [ ] **0** Sea Salt & Black Pepper
- [ ] **1 tbsp** Sesame Seeds
- [ ] **1 1/16 tbsps** Turmeric

Frozen

- [ ] **1** Brown Rice Tortilla
- [ ] **1/2 cup** Frozen Cauliflower
- [ ] **1 cup** Frozen Mango
- [ ] **6 cups** Chicken Broth
- [ ] **2 cups** Chickpeas
- [ ] **4 1/2 cups** Diced Tomatoes
- [ ] **1 1/4 cups** Dry Red Lentils
- [ ] **4 cups** Fire Roasted Diced Tomatoes
- [ ] **1 cup** Jasmine Rice
- [ ] **2 cups** Quinoa
- [ ] **13 3/4 cups** Vegetable Broth
- [ ] **1 1/2 cups** White Navy Beans

Baking

- [ ] **3/4 cup** Almond Flour
- [ ] **2 tbsps** Arrowroot Powder
- [ ] **1 1/3 tbsps** Baking Powder
- [ ] **1/4 cup** Brown Rice Flour
- [ ] **1 tbsp** Cacao Powder
- [ ] **1/4 cup** Cocoa Powder
- [ ] **1 tbsp** Dark Chocolate Chips
- [ ] **1/2 tsp** Honey
- [ ] **2 1/8 tbsps** Nutritional Yeast
- [ ] **2 tbsps** Oat Flour
- [ ] **3 1/4 cups** Oats
- [ ] **2 cups** Pitted Dates
- [ ] **3/4 tsp** Pumpkin Pie Spice
- [ ] **1 1/2 cups** Pureed Pumpkin
- [ ] **2 tbsps** Raw Honey
- [ ] **1 1/8 cups** Unsweetened Coconut Flakes
- [ ] **2 tsps** Vanilla Extract
- [ ] **12** Barbecue Skewers
- [ ] **1 tsp** Bee Pollen
- [ ] **1/4 cup** Chocolate Protein Powder
- [ ] **30 1/4 cups** Water



Protein-Packed Avocado Toast

3 servings
15 minutes

Ingredients

1 1/2 Avocado
1 1/2 cups White Navy Beans (cooked)
1/3 Lemon (juiced)
1/3 tsp Sea Salt
6 slices Bread
1/3 cup Hemp Seeds

Nutrition

Amount per serving	
Calories	555
Fat	30g
Carbs	59g
Fiber	20g
Sugar	6g
Protein	19g
Cholesterol	0mg
Sodium	558mg
Vitamin A	149IU
Vitamin C	13mg
Calcium	119mg
Iron	5mg
Vitamin B12	0µg
Selenium	3µg

Directions

1. In a bowl, mash the avocado, white beans, lemon juice and sea salt together with a fork. Continue to mash until you get a guacamole-like consistency.
2. Divide the avocado bean mixture onto the toast. Sprinkle with hemp seeds and enjoy!

Notes

No White Beans: Use chickpeas instead.
Likes it Spicy: Add hot sauce or chili flakes into the avocado bean mixture.

Pear Spice Overnight Oats

4 servings
8 hours

Ingredients

2 cups Plain Kefir
1 cup Water
2 cups Oats (rolled)
2 tbsps Raw Honey
1 tsp Cinnamon
1 tsp Ground Allspice
2 tbsps Chia Seeds
2 Pear (sliced and divided)
1/4 cup Tahini

Nutrition

Amount per serving	
Calories	426
Fat	14g
Carbs	65g
Fiber	10g
Sugar	26g
Protein	15g
Cholesterol	5mg
Sodium	107mg
Vitamin A	286IU
Vitamin C	5mg
Calcium	342mg
Iron	4mg
Vitamin B12	0.6µg
Selenium	17µg

Directions

1. In a large bowl, combine the kefir, water, oats, honey, cinnamon, allspice, chia and half of the sliced pear. Cover and refrigerate overnight.
2. In the morning, divide into bowls or individual containers and top with tahini and the remaining pears. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
More Toppings: Add your favourite toppings such as walnuts, pecans, nutmeg, hemp seeds, ground flax, sesame seeds, pumpkin seeds or shredded coconut.
Dairy-Free: Use coconut milk kefir or any alternative milk instead.
No Pears: Use apples instead.

One Pan Breakfast Hash

2 servings
40 minutes

Ingredients

4 cups Brussels Sprouts (halved)
1/2 cup Red Onion (chopped)
1 tsp Avocado Oil
Sea Salt & Black Pepper (to taste)
5 slices Bacon (chopped)
4 Egg

Nutrition

Amount per serving	
Calories	530
Fat	38g
Carbs	20g
Fiber	7g
Sugar	6g
Protein	28g
Cholesterol	418mg
Sodium	713mg
Vitamin A	1894IU
Vitamin C	153mg
Calcium	143mg
Iron	5mg
Vitamin B12	1.3µg
Selenium	48µg

Directions

1. Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
2. Add the brussels sprouts and onion to the baking sheet. Drizzle with avocado oil, sea salt, and pepper. Add the chopped bacon on top and place in the oven for 15 minutes. Remove from the oven, stir and bake for 10 minutes more.
3. Remove the sheet from the oven and use a spoon to push ingredients aside to make divots for the eggs. Carefully crack the eggs into the divots. Bake for 6 to 8 minutes, or until the eggs are cooked to your liking. Divide between plates and enjoy!

Notes

No Bacon: Use prosciutto, ham or turkey bacon.

More Vegetables: Use additional vegetables such as peppers, potatoes or mushrooms.

More Flavor: Use garlic powder, onion powder, chili flakes, or everything bagel seasoning.

Leftovers: Refrigerate leftover vegetables in an airtight container for up to 4 days. Reheat the vegetables and cook additional eggs as needed.

Warm Citrus, Maple & Ginger Tonic

1 serving
10 minutes

Ingredients

1 1/2 cups Water
1 1/2 tbsps Ginger (sliced)
1 Clementines (peeled)
1 tbsp Maple Syrup

Nutrition

Amount per serving	
Calories	94
Fat	0g
Carbs	24g
Fiber	1g
Sugar	19g
Protein	1g
Cholesterol	0mg
Sodium	11mg
Vitamin A	0IU
Vitamin C	37mg
Calcium	80mg
Iron	0mg
Vitamin B12	0µg
Selenium	0µg

Directions

1. Add the water and ginger slices to a small pot and bring to a boil. Lower the heat and simmer for about 5 minutes, or longer if you prefer a spicier drink.
2. Use the end of a wooden spoon to mash the clementine in a mug. Add the hot ginger water and maple syrup to the mug. Stir until dissolved. Enjoy!

Notes

Leftovers: Refrigerate for up to seven days and reheat over the stovetop (optional). As the ginger will continue to steep, you may need to add more water if it is too spicy.
More Flavor: Use the zest of the clementine.
No Maple Syrup: Use raw honey instead.
No Clementine: Use lemon juice or apple cider vinegar instead.

Warm Apple Chia Pudding

1 serving
10 minutes

Ingredients

3 tbsps Chia Seeds
3/4 cup Unsweetened Almond Milk
1/4 tsp Cinnamon
1 Apple (cored and diced)
2 tbsps Pecans
1 tbsp Almond Butter
1 tsp Bee Pollen (optional)

Nutrition

Amount per serving	
Calories	493
Fat	32g
Carbs	48g
Fiber	18g
Sugar	21g
Protein	12g
Cholesterol	0mg
Sodium	124mg
Vitamin A	482IU
Vitamin C	9mg
Calcium	620mg
Iron	4mg
Vitamin B12	0µg
Selenium	1µg

Directions

1. Whisk together the chia seeds, almond milk and cinnamon in a small pot over medium-low heat.
2. Stir until heated through and the mixture has thickened up, about 5 to 7 minutes.
3. Remove from heat and add to a bowl. Top with apples, pecans, almond butter and bee pollen. Enjoy!

Notes

Leftovers: Keeps well in the fridge in an air-tight container up to 3 to 4 days.
No Heat: Mix together the chia seeds, almond milk and cinnamon then let it sit in the fridge for 15 to 20 minutes to thicken before adding toppings.
Nut-Free: Use coconut milk instead of almond milk, and use pumpkin seeds instead of pecans.

Soba Breakfast Bowl

2 servings
15 minutes

Ingredients

3 1/2 ozs Buckwheat Soba Noodles
1 1/2 tsps Tamari
1 1/2 tsps Rice Vinegar
4 Egg
4 cups Kale Leaves (stems removed, roughly chopped)
1/4 cup Water
1 tbsp Sesame Seeds (black)

Nutrition

Amount per serving	
Calories	418
Fat	13g
Carbs	40g
Fiber	3g
Sugar	1g
Protein	21g
Cholesterol	372mg
Sodium	569mg
Vitamin A	2561IU
Vitamin C	39mg
Calcium	210mg
Iron	3mg
Vitamin B12	0.9µg
Selenium	33µg

Directions

1. Cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled. Toss with the tamari and vinegar and set aside.
2. Heat a non-stick skillet over medium heat and crack the eggs in the skillet. Cook until the whites are set and the yolks are cooked to your liking. Repeat for each serving and transfer to a plate.
3. Gently scrape any bits and wipe down the skillet. Add the kale leaves and water over medium heat. Cook until wilted, about 3 minutes. Drain any excess liquid.
4. Divide the kale and soba noodles into bowls. Top with fried eggs, black sesame seeds and additional tamari, if desired. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately one serving of soba noodles, two eggs and 1 1/2 cups of cooked kale.

Make it Vegan: Top with marinated tofu, tempeh, chickpeas or edamame instead of eggs.

Savory Golden Oats

1 serving
20 minutes

Ingredients

2 cups Vegetable Broth
1/2 cup Oats (rolled)
1/4 cup Dry Red Lentils
1/2 tsp Onion Powder
1/2 tsp Turmeric
1/4 tsp Garlic Powder
1/8 tsp Sea Salt
1 cup Baby Spinach
1/2 tsp Nutritional Yeast (optional)

Nutrition

Amount per serving	
Calories	389
Fat	4g
Carbs	70g
Fiber	13g
Sugar	4g
Protein	21g
Cholesterol	0mg
Sodium	1635mg
Vitamin A	3865IU
Vitamin C	10mg
Calcium	84mg
Iron	8mg
Vitamin B12	5.6µg
Selenium	12µg

Directions

1. Bring the vegetable broth to a gentle boil over medium-high heat.
2. Add the oats, lentils, onion powder, turmeric, garlic powder and salt. Stir to combine. Reduce the heat to medium-low and cook for 12 to 15 minutes, stirring often, until the lentils are tender.
3. Stir in the baby spinach and nutritional yeast, if using. Season with additional salt if needed. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, reheat with additional broth on the stove or in the microwave.
More Flavor: Add red pepper flakes, fresh ground black pepper or fresh garlic.
Additional Toppings: Fresh herbs, green onions, diced tomatoes or sesame seeds.
No Vegetable Broth: Use water instead and increase the sea salt to taste.

Sweet Potato Nachos

3 servings
45 minutes

Ingredients

3 Sweet Potato
1 1/2 tbsps Extra Virgin Olive Oil
6 ozs Chicken Breast
3 Avocado (peeled and mashed)
3/4 Mango (peeled and diced)
1/3 cup Red Onion (finely diced)
3 Lime (juiced)
1/3 tsp Sea Salt

Nutrition

Amount per serving	
Calories	630
Fat	38g
Carbs	61g
Fiber	19g
Sugar	20g
Protein	20g
Cholesterol	41mg
Sodium	409mg
Vitamin A	19685IU
Vitamin C	68mg
Calcium	86mg
Iron	2mg
Vitamin B12	0.1µg
Selenium	15µg

Directions

1. Preheat oven to 375°F (191°C) and line 2 to 3 baking sheets with parchment paper.
2. Season your chicken breast with sea salt and black pepper to taste.
3. Cut sweet potato into rounds as thinly as possible. Try to be consistent with how thin you slice them so they bake evenly.
4. In a mixing bowl, toss the sweet potato rounds with olive oil and sea salt.
5. Place the chicken and sweet potato rounds across the baking sheets in a single layer and bake for approximately 30 minutes in the oven. Flip the sweet potato rounds about halfway through, depending on the thickness or until golden brown. Remove from oven.
6. While your chicken and sweet potato chips cook, assemble the guac by combining avocado, mango, red onion, lime juice and sea salt. Mix and mash with a fork until creamy. Store in fridge until ready to eat.
7. Assemble a layer of baked sweet potato chips and top with shredded chicken and guac. Enjoy!

Notes

Chip Lover: Make brown rice tortilla chips instead of sweet potato chips.
Vegetarian or Vegan: Use 1 can of black beans instead of chicken and skip step 2.
Likes it Spicy: Use extra cayenne pepper.

Mushroom Miso Soup

2 servings
25 minutes

Ingredients

3 cups Water
1 cup Vegetable Broth
1 1/2 cups Shiitake Mushrooms (sliced)
6 ozs Tofu (drained, rinsed and cut into cubes)
1 tsp Ginger
1 tbsp Tamari
3 tbsps Miso Paste
2 cups Kale Leaves (roughly chopped)
2 stalks Green Onion (optional, sliced)

Nutrition

Amount per serving	
Calories	199
Fat	7g
Carbs	26g
Fiber	6g
Sugar	9g
Protein	15g
Cholesterol	0mg
Sodium	2103mg
Vitamin A	1754IU
Vitamin C	22mg
Calcium	343mg
Iron	3mg
Vitamin B12	0µg
Selenium	38µg

Directions

1. Add the water and broth to a medium sized pot and bring to a boil. Reduce to a simmer, and add the mushrooms. Cook for 4 to 5 minutes.
2. Add the tofu, ginger and tamari and ensure the broth is lightly simmering. Continue cooking for 2 to 3 minutes more.
3. In a small bowl, add the miso paste, and ladle in some of the hot broth and whisk. Add the miso mixture to the pot and stir to combine. Add the kale leaves and simmer for 1 minute more.
4. Divide the miso soup into bowls and top with green onion, if using. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is approximately 2 cups.
More Flavor: Add sesame oil once finished cooking.
Additional Toppings: Add noodles, or some nori to the soup when finished cooking.
No Vegetable Broth: Use water instead and increase the amount of miso slightly for more flavor.
Miso Paste: This recipe was developed and tested using white miso.

Parsnip Fries

4 servings
50 minutes

Ingredients

6 Parsnip (large)
2 tbsps Avocado Oil
1/4 tsp Sea Salt (or more to taste)

Nutrition

Amount per serving	
Calories	232
Fat	8g
Carbs	41g
Fiber	9g
Sugar	12g
Protein	3g
Cholesterol	0mg
Sodium	172mg
Vitamin A	0IU
Vitamin C	31mg
Calcium	89mg
Iron	1mg
Vitamin B12	0µg
Selenium	4µg

Directions

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. While oven is preheating, wash and peel the parsnips. Slice them into long, thin fry shapes. Lay on the baking sheet and drizzle with avocado oil. Toss the fries gently to coat and sprinkle with sea salt.
3. Bake for 40 minutes, turning halfway through cooking.
4. Remove from the oven and enjoy!

Notes

Storage: Keeps well in fridge for up to 4 days.

Spice it Up: Add seasonings like cajun seasoning, cayenne pepper, chili powder, black pepper, paprika, onion powder or garlic powder to add more flavour to the fries.

Jenny Berk
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Immunity Boosting Bone Broth

4 servings
12 hours

Ingredients

1 Whole Chicken Carcass (about 2 lbs of bones)
1 Carrot (peeled and chopped)
1 Yellow Onion (diced)
2 stalks Celery (chopped)
3 Garlic (cloves, halved)
1 tbsp Apple Cider Vinegar
1 tsp Sea Salt
1 cup Parsley (chopped)
6 cups Water

Nutrition

Amount per serving	
Calories	30
Fat	0g
Carbs	7g
Fiber	2g
Sugar	3g
Protein	1g
Cholesterol	0mg
Sodium	634mg
Vitamin A	3918IU
Vitamin C	22mg
Calcium	84mg
Iron	2mg
Vitamin B12	0µg
Selenium	0µg

Directions

1. Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
2. After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Serving Size: One serving is approximately 1 to 1 1/2 cups.

Low FODMAP: Omit garlic and onions.

Crispy Baked Tofu

3 servings
40 minutes

Ingredients

12 1/3 ozs Tofu (extra-firm, pressed and cubed)
2 tbsps Tamari
2 tbsps Arrowroot Powder

Nutrition

Amount per serving	
Calories	122
Fat	6g
Carbs	7g
Fiber	1g
Sugar	1g
Protein	13g
Cholesterol	0mg
Sodium	675mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	331mg
Iron	3mg
Vitamin B12	0µg
Selenium	15µg

Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Add the tofu cubes to a bowl and gently toss with the tamari. Then add the arrowroot powder and gently toss until the tofu cubes are well coated.
3. Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Reheat in the oven until warmed through.

More Flavor: Season with salt before serving.

Serve it With: Stir fry, tacos, veggie and grain bowls or salad. Toss or dip in your favorite sauce to maximize the flavor.

No Tamari: Use soy sauce or coconut aminos instead.

No Arrowroot Powder: Use corn starch instead.

Tofu: This recipe was created and tested using extra firm tofu. To press the tofu to remove moisture, wrap the tofu in paper towel, place a plate or cutting board on top of the block of tofu and then place a heavy pan, book or object of similar weight on the plate or cutting board. Let the tofu rest like this for 15 to 30 minutes.

Warm Mango with Coconut & Almond Milk

1 serving
10 minutes

Ingredients

1 cup Frozen Mango
1/2 cup Unsweetened Almond Milk
2 tbsps Unsweetened Coconut Flakes

Nutrition

Amount per serving	
Calories	180
Fat	9g
Carbs	28g
Fiber	4g
Sugar	23g
Protein	3g
Cholesterol	0mg
Sodium	85mg
Vitamin A	2035IU
Vitamin C	60mg
Calcium	244mg
Iron	1mg
Vitamin B12	0µg
Selenium	1µg

Directions

1. Add fresh or frozen mangos to a small sauce pot and add almond milk. Heat over lowest heat stirring occasionally just until warmed through. Do not overheat as this will curdle the milk.
2. Pour mango and milk into a bowl. Sprinkle with coconut and enjoy it while it's hot!

Poached Pears

2 servings
20 minutes

Ingredients

2 Pear (peeled, cored and quartered)

Nutrition

Amount per serving	
Calories	101
Fat	0g
Carbs	27g
Fiber	6g
Sugar	17g
Protein	1g
Cholesterol	0mg
Sodium	2mg
Vitamin A	45IU
Vitamin C	8mg
Calcium	16mg
Iron	0mg
Vitamin B12	0µg
Selenium	0µg

Directions

1. Fill a pot half full with water and place it over medium-high heat. Once warm, add the pears and bring to a simmer for 15-20 minutes or until cooked through. Let cool in its liquid before serving. Enjoy!

Notes

Extra Flavour: Add a cinnamon stick, whole cloves, peppercorns, lemon slices, vanilla bean, star anise and/or fresh ginger slices to the water.

Serve It With: Oatmeal, granola, pecans, walnuts, maple syrup, coconut ice cream or yogurt.

Leftovers: Store in a covered container in the fridge up to 3 days.

Sweet Potato Soup

4 servings
50 minutes

Ingredients

1/2 Yellow Onion (large, chopped)
3 Garlic (large cloves, minced)
1 1/2 tbsps Ginger (fresh, minced or grated)
7 cups Water (divided)
1 tsp Sea Salt
1 1/2 tsps Turmeric
2 Sweet Potato (large, peeled and cubed)
1/2 head Cauliflower (small, cut into florets)
2 Carrot (medium, peeled, and chopped)

Nutrition

Amount per serving	
Calories	101
Fat	0g
Carbs	23g
Fiber	5g
Sugar	7g
Protein	3g
Cholesterol	0mg
Sodium	679mg
Vitamin A	14317IU
Vitamin C	40mg
Calcium	99mg
Iron	2mg
Vitamin B12	0µg
Selenium	1µg

Directions

1. Heat a large pot over medium-high heat. Add the onion, garlic, and ginger along with enough water to cover the bottom of the pot. Cook for five to six minutes until the onions begin to soften. Stir in the salt and turmeric and continue to cook for another minute.
2. Add the sweet potato, cauliflower, carrot, and the remaining water to the pot and stir to combine. Increase the heat slightly to bring the soup to a gentle boil then reduce the heat and simmer for 25 to 30 minutes or until the vegetables are very tender.
3. Remove the pot from the heat and use an immersion blender to blend until smooth. Season the soup with additional salt if needed. Divide the soup between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.
Serving Size: One serving is approximately equal to two cups of soup.
More Flavor: Use vegetable broth instead of water. Add other dried herbs and spices.
Sweet Potato: Two large sweet potatoes yields approximately five cups of sweet potato cubes.
Cauliflower: Half a small cauliflower yields approximately three cups of florets.

Mac n' 'Cheese'

8 servings
1 hour

Ingredients

4 cups Butternut Squash (peeled, seeded and sliced into 1 inch cubes)
1/2 Sweet Onion (diced)
2 Garlic (cloves, whole)
2 tbsps Extra Virgin Olive Oil
1 cup Almonds
1 tsp Garlic Powder
1 tsp Onion Powder
1 cup Cashews
2 tbsps Nutritional Yeast
2 tsps Sea Salt
1 cup Water
4 cups Brown Rice Macaroni (uncooked)

Nutrition

Amount per serving	
Calories	492
Fat	22g
Carbs	64g
Fiber	8g
Sugar	4g
Protein	13g
Cholesterol	0mg
Sodium	605mg
Vitamin A	7442IU
Vitamin C	16mg
Calcium	101mg
Iron	3mg
Vitamin B12	8.4µg
Selenium	3µg

Directions

1. Preheat oven to 420°F (216°C).
2. Place butternut squash, sweet onion and garlic cloves in a large mixing bowl. Add olive oil, season with a bit of sea salt and pepper and mix well. Transfer onto a large foil-lined baking sheet. Roast in the oven for 30 minutes.
3. Now let's make the "breadcrumbs". In a food processor, combine the almonds, garlic powder and onion powder. Pulse until almonds are coarsely chopped. Set aside.
4. In a blender, add cashews, nutritional yeast, sea salt and water. Blend until a creamy consistency forms. Now add in the roasted butternut squash and onion mix and blend until smooth.
5. Reduce oven to 350°F (177°C).
6. Bring a large pot of water to a boil and cook brown rice macaroni as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
7. In a large bowl, mix together cooked macaroni and "cheese" sauce. Toss until well coated then transfer into a casserole dish. Top with almond breadcrumbs and bake for 20 minutes.
8. Remove from oven. Let cool for 10 minutes. Spoon into bowls. Devour.

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately two cups. For 8 servings an 11 x 17-inch casserole dish was used.

More Protein: Add diced chicken.

Make it Spicy: Add some clean hot sauce, chili flakes or cayenne pepper.

Extra Vegetables: Add sautéed spinach and mushrooms.

Appetizer Size: Line a muffin tray with liners and fill each with a few spoonfuls of Mac n' 'Cheese' for a bite-sized snack.

Black Beans & Plantain Stew

4 servings
20 minutes

Ingredients

2 1/2 cups Water (divided)
2 Plantain (medium, green, sliced)
1/2 Yellow Onion (medium, diced)
3 Garlic (cloves, minced)
4 cups Fire Roasted Diced Tomatoes (from the can)
2 stalks Green Onion (minced)
2 cups Black Beans (cooked and drained)
Sea Salt & Black Pepper (to taste)
2 cups Kale Leaves (tough stems removed, chopped)

Nutrition

Amount per serving	
Calories	353
Fat	1g
Carbs	78g
Fiber	13g
Sugar	33g
Protein	12g
Cholesterol	0mg
Sodium	576mg
Vitamin A	3272IU
Vitamin C	48mg
Calcium	202mg
Iron	4mg
Vitamin B12	0µg
Selenium	4µg

Directions

1. Heat 1/3 of the water in a large nonstick pan over medium heat. Add the plantains, cooking two to three minutes per side or until slightly browned, adding more water as needed.
2. Add the onions and garlic. Cook until translucent, about five minutes, adding more water as needed.
3. Stir in the tomatoes and simmer for five minutes. Add the green onion, black beans, any remaining water, salt, and pepper. Bring to a boil then reduce to a simmer for 10 minutes.
4. Stir in the kale and cook until just tender. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.
Serving Size: One serving equals approximately two cups.
More Flavor: Add habanero and fresh ginger. Cook the plantain with oil instead of water.
Additional Toppings: Top with yogurt, cheese, or fresh parsley.

Guacamole Rollups

2 servings
10 minutes

Ingredients

1 Avocado (mashed)
2 tbsps Cilantro (finely chopped)
1 tsp Lime Juice (to taste)
1/8 tsp Sea Salt (to taste)
1/2 Tomato (small, diced)
2 Whole Wheat Tortilla (large)

Nutrition

Amount per serving	
Calories	293
Fat	19g
Carbs	29g
Fiber	11g
Sugar	2g
Protein	6g
Cholesterol	0mg
Sodium	420mg
Vitamin A	633IU
Vitamin C	16mg
Calcium	115mg
Iron	2mg
Vitamin B12	0µg
Selenium	16µg

Directions

1. In a bowl, combine the avocado, cilantro, lime juice, salt, and tomatoes. Spread onto each tortilla and roll tightly into wraps. Slice into quarters and enjoy!

Notes

Leftovers: For best results, assemble the wrap just before eating.
Serving Size: One serving is one full tortilla.
More Flavor: Add red onions and minced garlic.
Additional Toppings: Add spinach, chickpeas, tofu, or chicken breast.

Chicken Noodle Soup

6 servings
1 hour

Ingredients

1 1/2 tbsps Extra Virgin Olive Oil
2 stalks Celery (chopped)
1 Carrot (large, peeled, chopped)
1 Yellow Onion (medium, chopped)
2 Garlic (large clove, minced)
1/2 tsp Sea Salt
1 tsp Dried Thyme
6 cups Chicken Broth
12 1/3 ozs Chicken Thighs (bone-in, skin removed, trimmed)
1 cup Brown Rice Macaroni (dry)

Nutrition

Amount per serving	
Calories	201
Fat	7g
Carbs	19g
Fiber	2g
Sugar	3g
Protein	15g
Cholesterol	60mg
Sodium	1195mg
Vitamin A	1784IU
Vitamin C	1mg
Calcium	34mg
Iron	2mg
Vitamin B12	0.4µg
Selenium	15µg

Directions

1. Heat the oil in a large pot over medium heat. Add the celery, carrot, and onion to the pot and cook for eight to 10 minutes until softened. Add the garlic, salt, and thyme to the pot. Stir to combine and cook for another minute.
2. Add the broth and then place the chicken in the pot. Bring the soup to a gentle boil and simmer for about 20 minutes or until the chicken is cooked through and pulls easily.
3. Meanwhile, cook the pasta according to package directions.
4. Remove the chicken from the pot and shred the cooked chicken thighs with two forks until no large pieces remain. Return the chicken to the pot. Season the soup with additional salt if needed.
5. To serve, divide the soup between bowls and stir in the cooked macaroni. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is approximately one cup of soup and 1/4 cup of macaroni.
More Flavor: Add other dried herbs and spices, like parsley, sage, or oregano.
Chicken Broth: A low sodium chicken broth was used to create this recipe. Adjust salt to taste if needed. Add more broth if thick soup is desired.
No Brown Rice Macaroni: Use another pasta noodle instead.
More Veggies: Add spinach or kale, bell pepper, mushrooms, potatoes, or peas.

Tofu Veggie Wrap

1 serving
25 minutes

Ingredients

5 ozs Tofu (extra firm, pressed, sliced)
1 tbsp Tamari
1 Brown Rice Tortilla
1 cup Baby Spinach
1/4 Cucumber (julienned)
1/4 Carrot (julienned)
1/2 cup Purple Cabbage (chopped)

Nutrition

Amount per serving	
Calories	316
Fat	10g
Carbs	38g
Fiber	7g
Sugar	8g
Protein	21g
Cholesterol	0mg
Sodium	1229mg
Vitamin A	5936IU
Vitamin C	37mg
Calcium	468mg
Iron	5mg
Vitamin B12	0µg
Selenium	19µg

Directions

1. Marinate the tofu slices in tamari for 15 minutes.
2. Heat a skillet or cast iron pan over medium heat and add the drained tofu. Cook for 3 to 4 minutes per side, until crispy and browned on each side. Remove and set aside.
3. Place the tortilla flat and layer the spinach, cucumber, carrot, cabbage and marinated tofu on top. Tightly roll up the wrap and enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to three days.
More Flavor: Add additional tamari or sesame oil to the wrap.
Additional Toppings: Sesame seeds, avocado, mushrooms or bell peppers.
No Brown Rice Tortillas: Use whole-wheat tortillas or pita bread.
No Tofu: Use tempeh, edamame, sliced boiled eggs, chicken or turkey.
Extra Firm Tofu: To press the tofu, wrap in paper towel, place a plate or cutting board on top of the block of tofu. Place a heavy pan or heavy object on the cutting board. Let the tofu rest like this for 15 to 30 minutes.

Loaded Baked Potato

1 serving
1 hour

Ingredients

1 Russet Potato (large)
Sea Salt & Black Pepper (to taste)
2 slices Bacon, Cooked (diced)
1/2 Tomato (medium, diced)
1/2 Avocado (diced)
2/3 oz Cheddar Cheese (shredded)
1/4 cup Microgreens (optional)

Nutrition

Amount per serving	
Calories	511
Fat	29g
Carbs	50g
Fiber	12g
Sugar	3g
Protein	18g
Cholesterol	37mg
Sodium	540mg
Vitamin A	1249IU
Vitamin C	39mg
Calcium	195mg
Iron	3mg
Vitamin B12	0.4µg
Selenium	17µg

Directions

1. Preheat your oven to 400°F (204°C). Scrub your potato and pierce it all over with a fork. Place on a pan and bake for 45 to 50 minutes, or until it is cooked through.
2. Remove the potato from the oven. Once it is cool enough to handle, cut the potato down the middle and season with sea salt and black pepper to taste. Top with the diced bacon, tomato, avocado, cheese and microgreens. Enjoy!

Notes

Meal Prep: Bake the potatoes ahead of time to save time. Warm through before adding toppings.
No Tomato: Use salsa instead.
No Microgreens: Use chopped spinach, arugula or your favourite herbs instead.
No Russet Potato: Use a sweet potato instead.
Dairy-Free: Skip the cheddar cheese and use a dairy-free cheese (like cashew) instead.

Savory Breakfast Biscuits

10 servings
20 minutes

Ingredients

4 ozs Pork Sausage (casings removed)
1/2 Red Bell Pepper (chopped)
3/4 cup Almond Flour
1 tsp Baking Powder
1 tsp Thyme
1/2 tsp Sea Salt
2 Egg
6 ozs Cheddar Cheese (shredded, divided)

Nutrition

Amount per serving	
Calories	169
Fat	14g
Carbs	3g
Fiber	1g
Sugar	1g
Protein	8g
Cholesterol	61mg
Sodium	395mg
Vitamin A	464IU
Vitamin C	8mg
Calcium	173mg
Iron	1mg
Vitamin B12	0.3µg
Selenium	8µg

Directions

1. Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. In a cast-iron skillet over medium heat, add the sausage and peppers. Cook until the sausage is browned and the peppers are softened. Turn off the heat and set aside to cool.
3. In a large bowl, add the almond flour, baking powder, thyme and salt. Whisk to combine.
4. In a small bowl, add the eggs and whisk. Then add half of the cheese and stir to combine. Add the wet ingredients into the dry and then add the cooled sausage and peppers. Stir to combine until a sticky dough has formed.
5. Place roughly 3 tbsp of the mix onto the parchment-lined paper and press down gently to flatten. The mixture will be a little sticky. Repeat until the dough is used up. Top each biscuit with the remaining cheese.
6. Bake for 9 to 10 minutes or until the biscuits are cooked through and slightly browned on the bottom. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to two months.
Serving Size: One serving is one biscuit.
Nut-Free: Use gluten-free flour or brown rice flour instead of almond flour.
More Flavor: Add chili flakes, onion and/or minced garlic.

Hot Chocolate Smoothie

1 serving
5 minutes

Ingredients

1 cup Unsweetened Almond Milk
1/2 cup Frozen Cauliflower
1/2 Banana
1/4 cup Chocolate Protein Powder
2 tbsps Cocoa Powder
1 tbsp Chia Seeds
1/8 tsp Sea Salt (optional, for topping)

Nutrition

Amount per serving	
Calories	268
Fat	9g
Carbs	31g
Fiber	13g
Sugar	8g
Protein	26g
Cholesterol	4mg
Sodium	513mg
Vitamin A	546IU
Vitamin C	33mg
Calcium	664mg
Iron	4mg
Vitamin B12	0.6µg
Selenium	9µg

Directions

1. In a small saucepan over medium-low heat, add the almond milk. Bring to a simmer and then add to a blender.
2. Add the remaining ingredients. Blend carefully, allowing space for the heat to escape, until smooth and creamy. Serve warm and enjoy!

Notes

Nut-Free: Use coconut milk or another nut-free milk instead.
More Flavor: Add ground cinnamon.
Protein Powder: This recipe was developed and tested using a plant-based protein powder.

Simple Congee with Eggs

4 servings
1 hour

Ingredients

1 cup Jasmine Rice (dry, rinsed)
6 cups Vegetable Broth
1/2 tsp Sea Salt
2 tbsps Ginger (sliced)
4 Egg
2 stalks Green Onion (sliced)
1/4 cup Tamari

Nutrition

Amount per serving	
Calories	263
Fat	5g
Carbs	43g
Fiber	1g
Sugar	3g
Protein	12g
Cholesterol	186mg
Sodium	2354mg
Vitamin A	1299IU
Vitamin C	2mg
Calcium	45mg
Iron	2mg
Vitamin B12	0.5µg
Selenium	16µg

Directions

1. In large pot, add the rice, vegetable broth, salt and ginger. Bring to a simmer and stir occasionally.
2. Cook for one hour or until your desired consistency is reached, adding more liquid if needed. Season with additional salt to taste.
3. Meanwhile, cover the eggs with water in a saucepan and bring to a boil. Once boiling, turn off the heat and let the saucepan sit covered for 10 to 12 minutes.
4. Drain the water and refill the saucepan with cold water. Peel and halve the eggs once cool enough to handle.
5. Divide the congee into bowls, removing any slices of ginger that emerge. Add the eggs and garnish with green onion. Drizzle tamari overtop and enjoy!

Notes

Leftovers: Refrigerate the hard-boiled eggs for up to seven days with the shells on. Refrigerate the congee in an airtight container for up to five days.

Serving Size: One serving is approximately 1 1/2 cups of congee with one egg.

More Flavor: Use bone broth instead of vegetable broth. Add chicken or seafood (shrimp, scallops, crab meat, etc) during cooking.

Additional Toppings: Crispy fried shallots, sesame seeds, bok choy, toasted nuts, cilantro or Vietnamese coleslaw.

Make it Vegan: Top with sauteed veggies instead of hard boiled eggs.

No Tamari: Use soy sauce, coconut aminos, sesame oil or fish sauce instead.

No Vegetable Broth: Use water or another type of broth instead.

Save Time: Use leftover cooked rice and adjust the amount of broth as needed. Simmer for at least 15 minutes, stirring occasionally, until desired consistency is reached.

Sauerkraut Egg Cups

4 servings
25 minutes

Ingredients

1 tsp Extra Virgin Olive Oil
3 1/3 Egg (whisked)
2/3 cup Sauerkraut (drained)
1 1/3 tbsps Plain Coconut Milk (from the carton)

Nutrition

Amount per serving	
Calories	76
Fat	5g
Carbs	1g
Fiber	1g
Sugar	1g
Protein	5g
Cholesterol	155mg
Sodium	216mg
Vitamin A	240IU
Vitamin C	3mg
Calcium	40mg
Iron	1mg
Vitamin B12	0.4µg
Selenium	13µg

Directions

1. Preheat the oven to 375°F (190°C). Grease a muffin pan with the olive oil or use parchment muffin liners.
2. In a bowl, whisk together the eggs, sauerkraut, and coconut milk. Pour the mixture into the muffin pan, almost to the top of each compartment.
3. Bake in the oven for 20 to 25 minutes or until the egg cups are golden brown and cooked through. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze if longer.
Serving Size: One serving equals one egg cup.
More Flavor: Add your preference of spices or herbs.
Additional Toppings: Serve with avocado, smoked salmon, and/or a side of fresh fruit.
No Coconut Milk: Use oat milk, rice milk, or almond milk instead.

Grilled Fruit Medley

4 servings
10 minutes

Ingredients

2 cups Pineapple (diced and cored)
1 cup Strawberries (halved and stems removed)
1 Nectarine (sliced and pit removed)
12 Barbecue Skewers
1 cup Blueberries
1/4 Lime (juiced)

Nutrition

Amount per serving	
Calories	90
Fat	0g
Carbs	23g
Fiber	3g
Sugar	16g
Protein	1g
Cholesterol	0mg
Sodium	2mg
Vitamin A	191IU
Vitamin C	67mg
Calcium	21mg
Iron	1mg
Vitamin B12	0µg
Selenium	0µg

Directions

1. Preheat grill to high heat. Slide the pineapple, strawberries and nectarine onto skewers. (Note: If using wooden skewers, they should be soaked in water beforehand.)
2. Grill fruit skewers for 1 to 2 minutes per side, or until grill marks appear.
3. Slide the grilled fruit off the skewers and into a bowl. Add the blueberries, top with lime juice and enjoy!

Notes

Other Grilled Fruit Ideas: Use watermelon, peach, apricot, cantaloupe, or mango.
No Grill: Use a grill pan on the stovetop instead, or broil in the oven.
Serve it With: Yogurt, ice cream, whipped coconut cream, oatmeal, granola or a bit of honey.
Serve it as a Salad: Add arugula, spinach, basil, goat cheese, feta cheese, walnuts and/or pecans, with a dressing of your choice.
Storage: This recipe is best enjoyed immediately but can be refrigerated in an airtight container up to 2 to 3 days.

Coconut Lime Quinoa

4 servings
15 minutes

Ingredients

1 cup Quinoa (uncooked)
2 cups Canned Coconut Milk
1 Lime (zested and juiced)

Nutrition

Amount per serving	
Calories	371
Fat	24g
Carbs	31g
Fiber	3g
Sugar	2g
Protein	8g
Cholesterol	0mg
Sodium	33mg
Vitamin A	11IU
Vitamin C	3mg
Calcium	26mg
Iron	2mg
Vitamin B12	0µg
Selenium	4µg

Directions

1. Cook your quinoa by combining quinoa, coconut milk and lime juice in a sauce pan. Place over high heat and bring to a boil.
2. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes or until all the water is absorbed. Remove lid, fluff with a fork and set aside. Mix in lime zest. Enjoy!

Notes

Serve it With: Our Butter Chicken, Ginger Steamed Cod Fillets, any soup or curries.
Leftovers: Refrigerate in an air-tight container up to 4 days or freeze up to 1 month.
Freezer Tip: Squeeze out all the air and flatten your freezer bag to reduce freezer burn and optimize storage space.
Less Bitter: Rinse your quinoa before cooking.
Seasoning: Add sea salt and black pepper to taste while your quinoa is cooking.

Avocado & Egg Bagel

1 serving
10 minutes

Ingredients

2 Egg
1/2 tsp Avocado Oil
1 tsp Everything Bagel Seasoning
3/4 cup Arugula
4 ozs Gluten-Free Bagel (sliced in half, toatsed)
1/2 Avocado

Nutrition

Amount per serving	
Calories	674
Fat	33g
Carbs	76g
Fiber	8g
Sugar	15g
Protein	20g
Cholesterol	377mg
Sodium	1045mg
Vitamin A	1043IU
Vitamin C	15mg
Calcium	236mg
Iron	4mg
Vitamin B12	0.9µg
Selenium	31µg

Directions

1. Crack the eggs into a bowl and whisk well.
2. Heat a skillet over medium-low heat and once hot, add the oil. Add the eggs to the pan and move them around with a spatula continuously. Keep pushing the eggs around the skillet until fluffy, about three to four minutes, depending on preference. Season with everything bagel seasoning.
3. Layer the arugula over the bottom half of the bagel and top with avocado and then the egg. Place the other half of the bagel on top. Slice and enjoy!

Notes

Leftovers: Best enjoyed immediately.
Additional Toppings: Add sliced tomato and/or a slice of cheese.

Warm Spinach Pesto & Chickpea Salad

5 servings
20 minutes

Ingredients

1 cup Quinoa (uncooked)
2 cups Water
1/2 cup Pine Nuts
1/2 cup Basil Leaves
4 cups Baby Spinach (divided)
1/4 cup Extra Virgin Olive Oil (plus some extra for the dressing)
1 Garlic (clove, minced)
1 Lemon (juiced and divided)
Sea Salt & Black Pepper (to taste)
1/2 cup Pumpkin Seeds
1 cup Cherry Tomatoes (halved)
2 cups Chickpeas (cooked, drained and rinsed)

Nutrition

Amount per serving	
Calories	494
Fat	29g
Carbs	47g
Fiber	10g
Sugar	5g
Protein	16g
Cholesterol	0mg
Sodium	32mg
Vitamin A	2749IU
Vitamin C	16mg
Calcium	104mg
Iron	7mg
Vitamin B12	0µg
Selenium	6µg

Directions

1. Place quinoa and water in a saucepan over high heat. Bring to a boil. Once boiling, cover and reduce to a simmer. Let simmer for 12 - 15 minutes or until all water is absorbed. Remove lid and fluff with fork. Set aside.
2. To create the pesto, combine pine nuts, basil, 3/4 of the spinach, olive oil, garlic, half of the lemon juice, sea salt and pepper together in a food processor or Vitamix. Pulse well until a smooth consistency forms.
3. Place the chickpeas in a skillet or frying pan over medium heat and stir in the pesto and saute until heated through (about 3 - 5 minutes).
4. Mix salad dressing by combining the remaining lemon juice with a splash of extra virgin olive oil. Stir well. In a large bowl, combine quinoa, remaining baby spinach, pumpkin seeds and cherry tomatoes. Season with a pinch of sea salt and pepper. Add desired amount of dressing and toss well.
5. Place a large scoop of the salad mix onto a plate and top with a spoonful of the warm chickpea and pesto mix. Enjoy!

Spaghetti Squash Chow Mein

2 servings
1 hour 30 minutes

Ingredients

1/2 Spaghetti Squash
1 tbsp Sesame Oil
1/2 Yellow Onion (medium, diced)
2 stalks Celery (sliced diagonally)
2 cups Coleslaw Mix
1 1/2 Garlic (cloves, minced)
1 1/2 tsps Ginger (peeled and grated)
3/4 tsp Coconut Oil
8 ozs Extra Lean Ground Chicken
2 tbsps Coconut Aminos

Nutrition

Amount per serving	
Calories	341
Fat	18g
Carbs	25g
Fiber	5g
Sugar	9g
Protein	22g
Cholesterol	98mg
Sodium	405mg
Vitamin A	3575IU
Vitamin C	50mg
Calcium	113mg
Iron	3mg
Vitamin B12	0.6µg
Selenium	13µg

Directions

1. Preheat oven to 350°F (177°C) and slice the spaghetti squash in half. Place cut-side down on a baking sheet and bake in the oven for about 60 minutes or until it can be easily pierced with a fork. When done, remove from oven. Turn over and let cool slightly.
2. While the spaghetti squash is cooling, heat the sesame oil over medium heat in a large skillet or wok. Add the onion, celery, coleslaw mix, garlic and ginger, stirring to combine. Cover and cook for about 10 minutes, stirring occasionally.
3. In a separate pan, melt the coconut oil and brown the ground chicken.
4. Carefully scoop the flesh out of the spaghetti squash. Add the spaghetti squash and the chicken to the pan with the sauteed veggies. Pour the coconut aminos over everything and mix well. Divide between bowls. Enjoy!

Notes

No Coconut Aminos: Use tamari instead.
Vegan and Vegetarian: Replace the ground chicken with scrambled eggs or tofu.
Likes it Spicy: Serve with hot sauce.
Leftovers: Refrigerate up to 3 days.

Slow Cooker Beef Stew

6 servings
4 hours

Ingredients

2 tbsps Extra Virgin Olive Oil
2 lbs Stewing Beef (sliced into bite-size pieces)
1/4 cup Red Wine Vinegar
2 cups Baby Carrots
1 Sweet Onion (diced)
2 1/2 cups Mushrooms (sliced)
1 cup Beef Broth
1/2 tsp Dried Thyme
1 tsp Sea Salt
1/2 tsp Black Pepper
1/4 cup Brown Rice Flour

Nutrition

Amount per serving	
Calories	311
Fat	12g
Carbs	16g
Fiber	3g
Sugar	6g
Protein	35g
Cholesterol	95mg
Sodium	645mg
Vitamin A	7681IU
Vitamin C	8mg
Calcium	64mg
Iron	4mg
Vitamin B12	3.4µg
Selenium	40µg

Directions

1. Add all ingredients except the brown rice flour to the slow cooker and mix well. Cover and cook on low for 4 to 6 hours, or until beef is tender.
2. Remove lid and stir in brown rice flour. Continue to stir until liquid thickens.
3. Ladle into bowls and enjoy!

Notes

Leftovers: Store in the fridge up to 3 days or freeze.
More Carbs: Serve it with roasted potatoes, rice or quinoa.
Add Greens: Stir in chopped kale or baby spinach just before serving.

Eggplant Lasagna

8 servings
40 minutes

Ingredients

2 Eggplant (large, trimmed, sliced lengthwise 1/4- to 1/2-inch thick)
2 tbsps Avocado Oil (divided)
Sea Salt & Black Pepper (divided)
1 1/2 lbs Extra Lean Ground Beef
1 1/2 cups Tomato Sauce
1 tbsp Italian Seasoning
1 1/2 cups Ricotta Cheese
1 Egg
6 ozs Mozzarella Cheese (shredded)

Nutrition

Amount per serving	
Calories	358
Fat	22g
Carbs	14g
Fiber	5g
Sugar	7g
Protein	27g
Cholesterol	120mg
Sodium	192mg
Vitamin A	636IU
Vitamin C	6mg
Calcium	204mg
Iron	3mg
Vitamin B12	2.3µg
Selenium	19µg

Directions

1. Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
2. Brush each of the eggplant slices with oil and season with salt and pepper. Place them on the baking sheet and cook for 15 minutes or until soft.
3. Meanwhile, heat a large skillet over medium-high heat. Cook the ground beef for 10 minutes or until cooked through, breaking it up as it browns. Drain any excess liquid and season with salt and pepper.
4. Stir in the tomato sauce and Italian seasoning. Simmer for five minutes or until warmed through. Remove from heat.
5. In a bowl, whisk the ricotta and egg together.
6. In a glass baking dish, arrange the eggplant slices in an even layer. Spread the meat mixture evenly over top, followed by the ricotta mixture. Repeat the layers until all ingredients are used up.
7. Sprinkle the mozzarella evenly overtop and bake for 15 to 20 minutes or until the cheese is golden brown. Let cool slightly and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days, or freeze if longer.
Serving Size: A 9- x 13-inch baking dish was used to make eight servings.
Dairy-Free: Use vegan cheese instead.
More Flavor: Add fresh basil and parmesan. Use marinara instead of tomato sauce.
No Ground Beef: Use ground bison, chicken, turkey, or lentils instead.

Butternut Squash Chili

3 servings
40 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil
4 cups Butternut Squash (peeled, chopped into 1/2-inch pieces)
1/2 cup Red Onion (chopped)
1 Red Bell Pepper (chopped)
1/2 tsp Cumin
1 1/2 tsps Chili Powder
3/4 tsp Sea Salt
2 cups Black Beans (drained, rinsed)
3/4 cup Vegetable Broth
1 1/2 cups Diced Tomatoes

Nutrition

Amount per serving	
Calories	329
Fat	6g
Carbs	59g
Fiber	16g
Sugar	11g
Protein	14g
Cholesterol	0mg
Sodium	824mg
Vitamin A	22123IU
Vitamin C	104mg
Calcium	159mg
Iron	5mg
Vitamin B12	0µg
Selenium	3µg

Directions

1. Heat the oil in a large dutch oven or pot over medium heat. Once hot, add in the squash, onion, and bell pepper and saute for five minutes.
2. Reduce the heat to medium-low and add the cumin, chili powder, salt, beans, broth, and tomatoes. Simmer covered for 25 to 30 minutes, until the squash is cooked through and some of the liquid has reduced.
3. Season with salt to taste and divide into bowls, serve and enjoy!

Notes

Leftovers: Refrigerate in a sealed container for up to four days, or freeze for up to two months.
Serving Size: One serving is equal to about 1 1/2 cups of chili.
More Flavor: Add more spice such as cayenne.

Southern Shrimp & Grits

2 servings
20 minutes

Ingredients

3/4 cup Water
3/4 cup Plain Coconut Milk (from the carton)
1/2 tsp Sea Salt (divided)
1/3 cup Old Fashioned Grits (uncooked)
1 1/2 slices Bacon (chopped)
8 ozs Shrimp (peeled, deveined)
1/4 tsp Cajun Seasoning
1 1/2 stalks Green Onion (sliced)

Nutrition

Amount per serving	
Calories	319
Fat	11g
Carbs	26g
Fiber	2g
Sugar	3g
Protein	28g
Cholesterol	196mg
Sodium	1040mg
Vitamin A	556IU
Vitamin C	1mg
Calcium	258mg
Iron	2mg
Vitamin B12	1.2µg
Selenium	9µg

Directions

1. In a pot, bring the water and milk to a boil. Add half of the salt and slowly whisk in the grits. Reduce the heat to medium-low and cook for about 15 minutes, or until thickened. Add more water as needed. Set aside.
2. In a skillet over medium-high heat, add in the chopped bacon and cook for 6 to 10 minutes or until crispy. Transfer the bacon to a paper towel-lined plate.
3. Reserve a few tablespoons of the bacon fat and return to medium-high heat. Add the shrimp, cajun seasoning and remaining salt. Cook for 3 to 4 minutes, or until the shrimp turns pink.
4. Divide the grits into bowls and top with the shrimp, bacon and green onions. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving equals approximately one cup of grits and 6 shrimp.
More Flavor: Use broth instead of water. Add butter and/or cheddar cheese to the grits.

Lentil Masala Soup

4 servings
30 minutes

Ingredients

1 1/2 tsps Coconut Oil
1/2 cup Red Onion (finely diced)
4 Garlic (cloves, minced)
1 tsp Turmeric
1 tbsp Garam Masala
1 tsp Sea Salt
1 cup Cilantro (finely diced)
4 cups Vegetable Broth
3 cups Diced Tomatoes
1 cup Dry Red Lentils
1 cup Canned Coconut Milk (full fat)
4 cups Kale Leaves (finely sliced)

Nutrition

Amount per serving	
Calories	391
Fat	14g
Carbs	50g
Fiber	11g
Sugar	9g
Protein	17g
Cholesterol	0mg
Sodium	1308mg
Vitamin A	2557IU
Vitamin C	42mg
Calcium	118mg
Iron	6mg
Vitamin B12	0µg
Selenium	1µg

Directions

1. Heat coconut oil in a large stock pot over medium heat. Add the onions and saute for about 4 minutes or until translucent. Add in the minced garlic. Saute for another minute.
2. Add in the turmeric, garam masala and sea salt. Stir for a minute or until spices are well mixed. Add in the cilantro, vegetable broth and diced tomatoes. Bring to a boil then reduce heat to a simmer.
3. Add in the dry lentils, cover and cook for 15 to 20 minutes. Once the lentils are cooked through, add in the coconut milk. Stir well to mix, then add in the kale. Stir again until the kale is wilted. Turn off the heat. Ladle into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to two months.
Additional Toppings: Top soup with chopped cilantro, sliced almonds and/or a dollop of coconut yogurt.

Pumpkin Spice Warm Smoothie

3 servings
5 minutes

Ingredients

1 1/2 cups Water
3/4 cup Oats (rolled)
1 1/2 cups Pureed Pumpkin
3/4 tsp Pumpkin Pie Spice
3 tbsps Almond Butter
3 tbsps Chia Seeds
1 cup Unsweetened Almond Milk
1 1/2 Banana
1 tbsp Maple Syrup

Nutrition

Amount per serving	
Calories	355
Fat	15g
Carbs	50g
Fiber	12g
Sugar	16g
Protein	10g
Cholesterol	0mg
Sodium	66mg
Vitamin A	19270IU
Vitamin C	10mg
Calcium	338mg
Iron	4mg
Vitamin B12	0µg
Selenium	7µg

Directions

1. Add the water and oats to a saucepan over medium-low heat. Bring to a simmer and cook for 4 minutes. Add the pumpkin and pumpkin pie spice and stir.
2. Add the pumpkin and oat mixture to a blender along with the remaining ingredients. Blend carefully, allowing space for the heat to escape, until smooth and creamy. Serve warm and enjoy!

Notes

Serving Size: One serving is approximately 1 1/2 cups.
Nut-Free: Use another dairy free milk such as coconut.

Golden Turmeric Hot Chocolate

1 serving
5 minutes

Ingredients

1 tbsp Cacao Powder
1/4 tsp Turmeric (dried, ground)
1/4 tsp Cinnamon
1 1/2 tsps Coconut Butter
1/2 tsp Honey
1 cup Water (hot)
1/2 cup Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	116
Fat	9g
Carbs	9g
Fiber	4g
Sugar	3g
Protein	2g
Cholesterol	0mg
Sodium	89mg
Vitamin A	252IU
Vitamin C	0mg
Calcium	267mg
Iron	2mg
Vitamin B12	0µg
Selenium	0µg

Directions

1. Add the cacao powder, turmeric, cinnamon, coconut butter, honey, hot water and almond milk to a blender. Blend on high until smooth and creamy. Transfer to a mug and enjoy!

Notes

No Cacao Powder: Use cocoa powder instead.
No Honey: Use maple syrup or stevia instead.
Nut-Free: Use oat milk or coconut milk instead.
No Coconut Butter: Use almond, cashew or sunflower seed butter instead.

Cinnamon Flax Muffins

12 servings
30 minutes

Ingredients

2 cups Ground Flax Seed
1 tbsp Baking Powder
1/4 tsp Sea Salt
2 tbsps Cinnamon
6 Egg (room temperature)
1/3 cup Coconut Oil (melted)
1/2 cup Water (warm)

Nutrition

Amount per serving	
Calories	183
Fat	14g
Carbs	7g
Fiber	5g
Sugar	0g
Protein	7g
Cholesterol	93mg
Sodium	207mg
Vitamin A	139IU
Vitamin C	0mg
Calcium	122mg
Iron	2mg
Vitamin B12	0.2µg
Selenium	8µg

Directions

1. Preheat your oven to 350°F (177°C) and line a muffin tin with paper liners.
2. In a medium bowl, mix together ground flax seed, baking powder, salt, and cinnamon. Use a whisk to stir until well combined.
3. In another bowl, beat eggs with a whisk for 30 to 60 seconds. Add coconut oil and water, mixing until combined.
4. Add wet ingredients to dry and stir until combined. Let the batter sit for 1 to 2 minutes to thicken slightly.
5. Divide the batter between muffin cups and bake for 20 minutes, or until a toothpick inserted into the centre comes out clean.
6. Let cool and enjoy!

Notes

Storage: Store in an airtight container in the fridge for up to 5 days, or in the freezer for longer.

Serving Size: One serving is equal to one muffin.

Likes it Sweet: If you want these muffins to be sweet, use 1/3 cup coconut sugar, or granulated stevia.

Coconut Chia Pudding

4 servings
1 hour

Ingredients

1 1/2 cups Canned Coconut Milk
1 1/2 cups Water
1/2 cup Chia Seeds
2 tsps Vanilla Extract

Nutrition

Amount per serving	
Calories	285
Fat	24g
Carbs	13g
Fiber	6g
Sugar	1g
Protein	5g
Cholesterol	0mg
Sodium	25mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	147mg
Iron	2mg
Vitamin B12	0µg
Selenium	0µg

Directions

1. Combine all ingredients in a large container. Refrigerate for at least one hour or until chia seeds have set.
2. Stir well and divide into cups or containers if on-the-go. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container up to five days.
Serving Size: One serving is equal to approximately 1.5 cups of chia pudding.
More Flavor: Add maple syrup, honey, monk fruit sweetener, cinnamon or cardamom.
Additional Toppings: Top with shredded coconut, berries, banana slices, nuts or bee pollen.

Pecan Pie Squares

16 servings
35 minutes

Ingredients

2 cups Pitted Dates (divided)
1 1/2 cups Cashews (soaked for 1 hour and drained)
1 cup Unsweetened Coconut Flakes
3/4 cup Water
2 cups Pecans

Nutrition

Amount per serving	
Calories	245
Fat	18g
Carbs	21g
Fiber	4g
Sugar	13g
Protein	4g
Cholesterol	0mg
Sodium	4mg
Vitamin A	9IU
Vitamin C	0mg
Calcium	23mg
Iron	1mg
Vitamin B12	0µg
Selenium	3µg

Directions

1. Preheat oven to 350°F (177°C).
2. Create the crust by combining half of the dates and all of the cashews and coconut flakes together in a food processor. Process until a thick, evenly distributed mixture forms.
3. Line a square baking dish with parchment paper. Press the crust mixture down evenly into the dish. Take some time to really pack it in there so the crust doesn't crumble.
4. Take the remaining dates and finely chop them into pieces. Place chopped dates in a saucepan with the water. Place over medium-low heat and stir continuously until a thick gooey mixture forms. Remove from heat and stir in about 3/4 of the pecans. Then transfer mix into the baking dish over top of the crust. Press the remaining pecans evenly into the top to make it pretty.
5. Place in the oven and bake for 20 minutes.
6. Remove from oven and let cool completely before lifting the parchment paper out of the dish and cutting into squares. Enjoy!

Notes

Leftovers: Store in an airtight container for up to four days. Freeze for up to three months.

Serving Size: One serving is one square. An 8 x 8-inch baking dish was used for 16 servings.

Double Chocolate Mug Cake

1 serving
5 minutes

Ingredients

- **2 tbsps** Oat Flour
- **2 tbsps** Cocoa Powder
- **1/4 tsp** Baking Powder
- **1 tbsp** Dark Chocolate Chips
- **3 tbsps** Unsweetened Almond Milk
- **1 1/2 tbsps** Maple Syrup
- **1 tbsp** Avocado Oil

Nutrition

Amount per serving	
Calories	383
Fat	22g
Carbs	45g
Fiber	6g
Sugar	25g
Protein	6g
Cholesterol	0mg
Sodium	158mg
Vitamin A	94IU
Vitamin C	0mg
Calcium	204mg
Iron	3mg
Vitamin B12	0µg
Selenium	2µg

Directions

1. In a mug combine the oat flour, cocoa powder, baking powder, and chocolate chips. Add the unsweetened almond milk, maple syrup, and oil. Stir well to combine.
2. Microwave for 90 seconds until the cake is spongy to the touch. Allow the cake to cool slightly and enjoy!

Notes

Leftovers: Best enjoyed immediately.
Nut-Free: Use oat milk or coconut milk instead.
More Flavor: Add vanilla extract or a pinch of salt.
Additional Toppings: Top with more chocolate chips before cooking.
No Avocado Oil: Use melted coconut oil instead.
No Maple Syrup: Use another liquid sweetener instead.

Grilled Cherry Stuffed Peaches

2 servings
10 minutes

Ingredients

2 Peach (large)
1 cup Cherries

Nutrition

Amount per serving	
Calories	107
Fat	1g
Carbs	27g
Fiber	4g
Sugar	22g
Protein	2g
Cholesterol	0mg
Sodium	0mg
Vitamin A	538IU
Vitamin C	15mg
Calcium	19mg
Iron	1mg
Vitamin B12	0µg
Selenium	0µg

Directions

1. Preheat grill to medium heat.
2. Cut the peaches in half and remove the pits. Cut the cherries in half and remove the pits.
3. Place the peaches and cherries face down on the grill and grill for 5 to 8 minutes, or until slightly charred. (Note: Use a basket to grill the cherries if the grates of the grill are too far apart.)
4. Remove everything from the grill and let cool. When cool enough to handle, roughly chop the cherries and stuff them into the centre of each peach. Enjoy!

Notes

Serve it With: For an added touch, serve it with coconut whipped cream or banana ice cream.