Recipes for a Rainy Day

Suzy Larsen
http://suzylarsen.ca
Hi there,
With more time at home than ever before, we might be either really excited to try some new recipes or a little baffled when it comes to creating recipes from scratch. I wanted to take the guesswork out and put the fun back into food creation so I've compiled some of my favorite recipes for you to try out whether it's on a rainy day OR any other day when we need to stick around home a bunch--like now!

Be well and enjoy.
Suzy Larsen
Registered Nutritional Consulting Practitioner
Culinary Nutrition Expert
Functional Nutrition Coach
suzy@shaw.ca
Butternut Squash & Apple Hash with an Egg

3 servings
25 minutes

**Ingredients**

- 3 tbsp Extra Virgin Olive Oil (divided)
- 2 cups Butternut Squash (peeled and chopped into 1 cm cubes)
- 1/2 cup Red Onion (chopped)
- 1/4 tsp Sea Salt
- 1 Apple (small, finely chopped)
- 2 cups Kale Leaves (chopped)
- 1/4 tsp Cinnamon
- 6 Egg

**Directions**

1. Heat 2/3 of the oil in a skillet over medium heat. Add the butternut squash and onion and cook, stirring often, for 10 to 12 minutes until the squash is tender. Season with the salt.

2. Add the apple and kale leaves and continue to cook until the kale has wilted down and the apple is warmed through and just tender, about 3 to 5 minutes. Add the cinnamon and stir to combine. Season with additional salt if needed.

3. In a second pan, heat the remaining oil over medium heat. Crack the eggs in the pan and cook until the whites are set and the yolks are cooked to your liking.

4. Divide the breakfast hash between plates and top with an egg. Enjoy!
Chocolate Chip Cookie Dough Overnight Oats

2 servings
3 hours

**Ingredients**

- 3/4 cup Unsweetened Almond Milk
- 1/2 cup Quick Oats
- 1 tbsp Maple Syrup
- 1 tbsp Chia Seeds
- 1 tbsp Organic Dark Chocolate Chips
- 1 tsp Vanilla Extract
- 1/2 tsp Cinnamon
- 1/8 tsp Nutmeg

**Directions**

1. Combine all the ingredients into a small mixing bowl.
2. Cover and refrigerate for at least 3 hours or up to overnight. Stir in additional almond milk to thin if needed before serving. Enjoy!
Mashed Sweet Potato Breakfast Bowl

1 serving
35 minutes

Ingredients

1 Sweet Potato (medium sized, cut in half)
2 tbsp Unsweetened Almond Milk
1/3 cup Blueberries
1 tbsp Almond Butter
1 tsp Hemp Seeds

Directions

1. Heat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the sweet potato on the pan, cut side down. Cook for 25 to 30 minutes, or until cooked through.

2. Remove the sweet potato and let it cool for a few minutes. Once cool to touch, scoop out the flesh and add it to a blender along with the almond milk. Blend until smooth.

3. Pour the sweet potato into a bowl and top with blueberries, almond butter and hemp seeds. Enjoy!
Blueberry & Lemon Pancakes

**Ingredients**

- 4 Egg
- 1/2 cup Coconut Flour
- 1/2 cup Unsweetened Almond Milk
- 2 tsbs Coconut Oil (melted, divided)
- 1/4 tsp Baking Soda
- 1/2 cup Maple Syrup (divided)
- 1/4 Lemon (juiced, zested)
- 1/2 cup Blueberries (divided)

**Directions**

1. In a large bowl, whisk the eggs, coconut flour, almond milk, and half of the coconut oil until combined.

2. To the same bowl, add in the baking soda, half of the maple syrup, lemon juice and zest. Once the mixture is smooth, fold in half of the blueberries.

3. Heat a large skillet over medium heat and add the remaining coconut oil. Once the pan is hot, pour the batter into the skillet, making each pancake about 3-inches wide. Work in batches being sure not to overcrowd the skillet.

4. Cook on each side for roughly 3 to 4 minutes, or until small holes begin to appear on the surface of the pancake. Repeat until batter is finished.

5. Top the pancakes with the remaining blueberries and maple syrup. Enjoy!
Quinoa & Kale Egg Muffins

6 servings
30 minutes

Ingredients

1 1/2 tsp Avocado Oil
1/3 cup Quinoa (dry)
1 tbsp Extra Virgin Olive Oil
3 cups Kale Leaves (finely chopped)
1 Tomato (diced)
7 Egg
1/4 cup Water
1/2 tsp Sea Salt

Directions

1. Preheat the oven to 350°F (177°C). Grease a muffin pan with the avocado oil.

2. Cook the quinoa according to package directions.

3. While the quinoa is cooking, heat the extra virgin olive oil in a large pan over medium heat. Cook the kale until wilted and tender. Remove from heat.

4. Add the cooked quinoa and the tomato to the wilted kale and stir to combine. Transfer the quinoa mixture evenly into the muffin cups of the prepared pan.

5. In a mixing bowl whisk the eggs until well scrambled. Whisk in the water and salt. Pour the egg mixture into the muffin cups to cover the quinoa, kale and tomatoes.

6. Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. Remove from the oven, let cool and enjoy!
High Fat Chocolate Smoothie

1 serving
5 minutes

Ingredients

- 1 cup Water
- 3 leaves Romaine (roughly chopped)
- 1/2 Zucchini (chopped, frozen)
- 1/2 Avocado (frozen)
- 1/2 Banana (frozen)
- 1/4 cup Chocolate Protein Powder
- 1 tbsp Cacao Powder
- 1 tbsp All Natural Peanut Butter
- 1 tsp Cacao Nibs (optional, for topping)

Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!
Savory Crêpes with Creamy Mushrooms & Kale

2 servings
25 minutes

Ingredients

1 1/2 tbsp Extra Virgin Olive Oil (divided)
12 Cremini Mushrooms (sliced)
4 stalks Green Onion (chopped)
3 cups Kale Leaves (chopped)
2 Garlic (clove, minced)
1/2 tsp Sea Salt (divided)
1/4 cup Organic Coconut Milk (full fat, from the can)
3 Egg
1/2 cup Almond Flour
1/2 tsp Oregano
1/2 tsp Nutritional Yeast

Directions

1. Heat 2/3 of the oil in a large frying pan over medium-high heat. Add the mushrooms, green onion and kale and cook until the mushrooms are tender and the kale has wilted, 5 to 8 minutes.

2. Add the garlic and half of the salt to the pan and cook for another minute. Stir in the coconut milk. Reduce heat to low to keep warm.

3. In a mixing bowl, whisk the eggs. Stir in the almond flour, oregano, nutritional yeast and the remaining salt.

4. Heat a small non-stick pan over medium heat. Add just enough oil to evenly coat the bottom of the pan. This won’t be all of the remaining oil.

5. Add about 1/4 cup of the crêpe batter to the oiled pan and tilt the pan in a circular motion to distribute the batter evenly. Cook for 60 to 90 seconds or until just golden brown and the crêpe releases easily from the pan. Flip and continue cooking for 30 to 60 seconds. Repeat the process with the remaining oil and batter.

6. To serve, divide the creamy mushrooms and kale between the crêpes then fold or roll. Enjoy!
Coconut Chicken Curry & Zoodles

**4 servings**

**30 minutes**

### Ingredients

- 2 tbsp Avocado Oil (divided)
- 454 grams Chicken Breast (boneless, skinless, cubed)
- 1 1/2 cups Organic Coconut Milk
- 3 tbsp Coconut Flour
- 2 tbsp Turmeric
- 1 tbsp Curry Powder
- 1 tsp Cumin
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 2 Zucchini (spiralized)

### Directions

1. In a large skillet, heat half of the avocado oil over medium heat. Add in the cubed chicken breast and cook for 10 to 12 minutes or until the chicken is cooked through.

2. In a small saucepan, whisk together the coconut milk, coconut flour, turmeric, curry powder, cumin, salt and pepper. Bring to a gentle boil, reduce heat and allow the sauce to thicken slightly.

3. Once the sauce is your desired thickness, add it to the skillet with the chicken and cook for 5 minutes.

4. In a separate skillet, add the other half of the avocado oil over low heat and add the spiralized zucchini. Add a lid to steam the zucchini and cook for 5 to 10 minutes on low heat.

5. Divide the zucchini noodles between plates. Top with the coconut chicken curry. Enjoy!
Zucchini Noodle Carbonara

3 servings
30 minutes

Ingredients

- 1/4 cup Cashews
- 2 tbsp Extra Virgin Olive Oil (divided)
- 227 grams Chicken Breast (cubed)
- 4 slices Organic Bacon, Cooked (chopped)
- 1/2 White Onion (diced)
- 1 cup Mushrooms (sliced)
- 2 Zucchini (medium, spiralized into noodles)
- 2 tbsp Nutritional Yeast
- 1/4 cup Unsweetened Almond Milk
- 1 Garlic (clove, minced)
- 1 tbsp Arrowroot Powder
- 1 tsp Sea Salt
- 1 tbsp Parsley (chopped)

Directions

1. Boil enough water to cover the cashews. Pour the water over the cashews and allow them to soak while you prepare the meat.

2. In a pan over medium heat, add half of the oil. Once heated, add the chicken breast and bacon and cook for 7 to 10 minutes or until cooked through. Discard the fat and set the bacon and chicken aside.

3. To the same pan, add the remaining oil, along with the onions and mushrooms. Cook on medium heat for 5 minutes or until soft.

4. While the mushrooms and onions are cooking, prepare the sauce. Drain the cashews and add them to a blender along with the nutritional yeast, almond milk, garlic, arrowroot powder and sea salt. Blend until smooth and creamy.

5. In the same pan as the onions and mushrooms, add the zucchini noodles, chopped chicken and bacon. Pour the sauce into the pan and mix well to combine. Keep everything in the pan until it is warmed through.

6. Divide between bowls and top with fresh parsley. Enjoy!
Coconut Cod Chowder

4 servings
30 minutes

Ingredients

1 tsp Coconut Oil
1/3 cup Shallot (chopped in large chunks)
1 tsp Ginger (minced)
2 Garlic (clove, minced)
2 Sweet Potato (cut into large cubes)
1 3/4 cups Organic Coconut Milk (from the can)
1/2 cup Water
1/2 tsp Sea Salt
1/2 tsp Turmeric
2 Cod Fillet
2 stalks Celery (sliced)
2 tbsp Lime Juice
1/4 cup Cilantro (optional, for topping, chopped)

Directions

1. In a large pot over medium heat, add the oil and the shallot and cook for 2 to 3 minutes, until just cooked through. Then add the ginger and garlic and cook for 30 seconds, until fragrant. Add the potatoes, coconut milk, water, salt and turmeric. Bring to a boil, and then reduce to a simmer. Cook for 8 to 10 minutes, until the potatoes are fork-tender.

2. Add the cod and simmer for 4 minutes. Add the celery and cook for an additional 4 to 5 minutes, until the cod is cooked through and flaky. Remove from the heat and stir in the lime juice. Divide between bowls and top with cilantro, if using. Enjoy!
Shrimp & Veggie Curry

2 servings
20 minutes

Ingredients

1 tbsp Coconut Oil
1/2 Yellow Onion (chopped)
2 Garlic (clove, minced)
1 tbsp Ginger (fresh, minced or grated)
2 tps Turmeric
1/2 tsp Sea Salt
1/4 tsp Cinnamon
1 cup Organic Coconut Milk (full fat, from the can)
1/2 cup Water
1 Carrot (peeled, sliced)
1 Zucchini (sliced)
340 grams Shrimp (peeled, deveined)
1 tbsp Lime Juice (optional)

Directions

1. In a large pot, heat the oil over medium-high heat. Add the onion, garlic and ginger and cook for about 5 minutes until the onion has softened. Add the turmeric, salt and cinnamon and stir to combine.

2. Stir in the coconut milk and water and bring to a gentle boil then add the carrots. Stir often and let the carrots cook for 5 to 7 minutes until just tender.

3. Add the zucchini and the shrimp. Continue to stir often and cook for another 3 to 5 minutes or until the shrimp are cooked through and zucchini is just tender. Stir in the lime juice, if using. Divide between plates & enjoy!
Borscht

Ingredients

- **6 cups** Organic Vegetable Broth
- **1 tbsp** Extra Virgin Olive Oil
- **454 grams** Pork Ribs
- **1 White Onion** (diced)
- **2 Garlic** (minced)
- **2 Carrot** (peeled, chopped)
- **2 stalks** Celery (chopped)
- **4 Beet** (medium, peeled, chopped)
- **2 Yellow Potato** (chopped)
- **2 tbsp** Tomato Paste
- **2 cups** Diced Tomatoes
- **1 tsp** Sea Salt
- **2 tbsp** Fresh Dill (chopped)

Directions

1. In a large pot, add the vegetable broth, olive oil, pork ribs, onion and garlic. Turn to medium heat and let the broth simmer for 30 minutes or until the ribs are cooked through.

2. Once the pork ribs are cooked, add the carrots, celery, beets, potatoes, tomato paste, diced tomatoes and sea salt. Cook on medium heat for another 20 to 25 minutes, stirring every so often.

3. When all of the vegetables are soft, remove the pork ribs from the pot and cut the meat off the ribs. Add the meat back to the soup and stir to combine. Divide the soup into bowls and top with fresh dill. Enjoy!
Pressure Cooker Cumin Citrus Black Beans & Rice

4 servings
1 hour 5 minutes

Ingredients

1 cup Dry Black Beans (rinsed well)
1 cup Brown Rice (uncooked)
1 tbsp Cumin
1 1/2 tsp Oregano
1 tsp Sea Salt
3 cups Water
1 Navel Orange (cut in half, juiced)
6 Garlic (cubes, smashed then roughly chopped)
1 Yellow Onion (peeled, cut into quarters)
1/2 cup Cilantro (chopped, optional)

Directions

1. Combine the black beans, rice, cumin, oregano and salt in the pressure cooker. Stir in the water, juice of the orange and garlic. Place the juiced halves of the orange cut side down in the beans and rice along with the onion quarters. Close the lid.

2. Set to “sealing”, then press manual/pressure cooker and cook for 30 minutes on high pressure. Once it is done, let the pressure release naturally for 20 minutes then release the remaining pressure manually. Remove the lid carefully.

3. Using a spoon carefully remove the orange halves and onion quarters and discard. Stir in the cilantro, if using, and season with additional salt if needed. Divide between plates and enjoy!
Coconut Turmeric Cauliflower Bowls

Ingredients

- 2 cups Jasmine Rice (dry, rinsed)
- 2 cups Plain Coconut Milk (from the carton)
- 1 tsp Turmeric
- 1 tsp Sea Salt
- 1 tsp Black Pepper
- 1 head Cauliflower (chopped into florets)
- 1/4 cup Unsweetened Shredded Coconut
- 1/4 cup Cilantro (chopped)

Directions

1. Cook the jasmine rice according to the directions on the package.

2. While the rice cooks, heat a skillet over medium heat and add the coconut milk, turmeric, salt and black pepper. Whisk together and let simmer on low.

3. Once bubbles start to appear in the sauce, add the cauliflower florets and cook covered with a lid for 15 to 20 minutes, or until your desired consistency is reached.

4. Divide the rice between bowls. Top with the creamy cauliflower, shredded coconut and cilantro. Enjoy!
Spaghetti Squash, Turkey & Broccoli

**Ingredients**
- 1 Spaghetti Squash (medium)
- 454 grams Extra Lean Ground Turkey
- 2 cups Water
- 4 cups Broccoli (chopped into florets)
- 1/4 cup Nutritional Yeast
- 1 tsp Sea Salt

**Directions**

1. Preheat the oven to 425°F (218°C). Cut the spaghetti squash in half through its belly, remove the seeds and place flesh-side down on a baking sheet lined with parchment paper. Cook for 30 to 35 minutes, or until cooked through. Remove from the oven and let it cool slightly.

2. While the squash is in the oven, cook the turkey in a pan over medium heat. Break it up with the back of a wooden spoon until crumbled and cooked through. Remove from heat and set aside.

3. In a small saucepan, bring the water to a boil and add in the broccoli florets. Cook for 10 minutes or until soft. Drain the broccoli and set aside.

4. Scoop out the spaghetti squash into noodles using a fork and divide them between plates. Add the broccoli and ground turkey to the plates and top with nutritional yeast and sea salt. Enjoy!
Lemony Kale & Cauliflower Salad

Ingredients

- 1/2 cup Lemon Juice
- 1/2 tsp Garlic Powder
- 1/4 tsp Sea Salt
- 3 cups Kale Leaves (finely chopped)
- 1/2 cup Parsley (chopped)
- 1/2 cup Green Olives (pitted, chopped)
- 1/2 head Cauliflower (small, chopped into florets)
- 2 tbsp Extra Virgin Olive Oil

Directions

1. In a mixing bowl combine the lemon juice, garlic powder and salt. Add in the kale to the mixing bowl and use your hands to massage the lemon juice into the kale leaves. Mix in the parsley and olives. Set aside.

2. Add the cauliflower florets to a food processor and pulse until the cauliflower has a rice-like consistency. Do this in batches, if needed.

3. Add the cauliflower and oil to the kale mixture and stir to mix well. Season with additional salt, if needed. Enjoy!
Chickpea Stir Fry

3 servings
25 minutes

Ingredients

2 tbsp Avocado Oil
2 cups Chickpeas (cooked and rinsed)
2 Carrot (peeled, chopped)
1/2 cup Red Onion (chopped)
2 stalks Celery (chopped)
2 cups Broccoli (florets, chopped)
1 cup Water
1/4 cup Tamari
1 tbsp Sesame Seeds

Directions

1. In a medium pan, over medium heat, add the avocado oil. Add the chickpeas and cook for 5 minutes.

2. Add the carrots, onion, celery, broccoli, water and tamari. Stir to combine. Cook the mixture for 15 to 20 minutes or until everything is slightly soft, stirring every few minutes.

3. Divide between plates, sprinkle sesame seeds on top, and enjoy!
Roasted Brussels Sprouts with Bacon & Dates

3 servings
35 minutes

Ingredients

3 cups Brussels Sprouts (trimmed, halved)
1/2 tsp Avocado Oil
1/4 tsp Sea Salt
4 slices Organic Bacon
1/3 cup Pitted Dates (chopped)

Directions

1. Preheat the oven to 400°F (204°C) and line two baking sheets with parchment paper.

2. Place the brussels sprouts on one sheet and toss with the avocado oil and sea salt. Place the bacon strips on the other baking sheet. Cook the bacon for 14 to 16 minutes, until crispy, then remove from the oven and set aside. Cook the brussels sprouts for an additional 10 to 12 minutes, until crispy, then remove.

3. Chop the bacon and add to a bowl along with the brussels sprouts and dates. Serve and enjoy!
Teriyaki Chicken Meatballs & Parsnip Rice

Ingredients

- 454 grams Extra Lean Ground Chicken
- 2 Garlic (clove, minced, divided)
- 2 tsp Ginger (fresh, minced, divided)
- 1 tbsp Coconut Flour
- 1/2 tsp Sea Salt
- 1/4 cup Cilantro (chopped)
- 2 Parsnip (peeled, chopped)
- 1/2 tsp Avocado Oil
- 3 tbsp Coconut Aminos
- 2 tbsp Orange Juice
- 1 tsp Arrowroot Powder
- 1 tbsp Water

Directions

1. Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.

2. In a large bowl add the ground chicken, half the garlic, half the ginger, coconut flour, sea salt and cilantro. Mix well until combined. Roll into balls, roughly the size of golf-balls, and place on the baking sheet. Cook for 22 to 25 minutes, until cooked through.

3. While the meatballs cook, add the chopped parsnips to a blender or food processor and process until it resembles rice, about 30 seconds.

4. In a skillet over medium-low heat add the avocado oil and the riced parsnip to the skillet. Cook for about 5 to 7 minutes, until cooked through.

5. In a small pot over medium-low heat, add the coconut aminos, the remaining garlic, remaining ginger and orange juice. Whisk the ingredients and bring to a low simmer. Whisk in the arrowroot powder and water. Cook for 2 to 3 minutes, until thickened.

6. Divide the parsnip rice between plates. Top with chicken meatballs and pour the teriyaki sauce over top. Enjoy!
Black Bean Chili Stuffed Sweet Potatoes

**Ingredients**

- 4 Sweet Potato (medium size)
- 1 tbsp Organic Vegetable Broth
- 1 Yellow Onion (chopped)
- 1 Yellow Bell Pepper (chopped)
- 2 Garlic (clove, minced)
- 1 1/2 tbsp Chili Powder
- 1 tsp Oregano
- 1/2 tsp Cumin
- 1 3/4 cups Black Beans (cooked, drained, rinsed)
- 3/4 cup Tomato Sauce
- 1/3 cup Water
- 1/4 cup Cilantro (chopped)

**Directions**

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Poke a few fork holes in the sweet potatoes and place on the baking sheet. Bake for 45 to 50 minutes until cooked through.

2. While the potatoes cook, in a medium-sized pot over medium heat, add the vegetable broth. Add the onion and bell pepper and sauté for 5 to 7 minutes, or until cooked through. Add the garlic and cook for 1 minute more. Then add the chili powder, oregano and cumin. Stir to combine. Reduce the heat to low, and add the black beans, tomato sauce and water and cook for 6 to 8 minutes.

3. Remove the sweet potatoes from the oven. Slice each one down the centre and stuff with the black bean chili. Top with cilantro. Serve and enjoy!
Roasted Broccoli & Pecans

**Ingredients**
- 4 cups Broccoli (cut into florets)
- 2 tbsp Extra Virgin Olive Oil
- 1/4 cup Nutritional Yeast
- 1/4 tsp Sea Salt
- 1/3 cup Pecans (chopped)

**Directions**

1. Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Arrange the broccoli florets on the baking sheet and season with olive oil, nutritional yeast and sea salt. Add the pecans and mix well.
3. Cook the broccoli in the oven for 15 minutes. Remove from the oven, toss the mixture and cook for 10 minutes more or until the broccoli is slightly browned.
4. Remove from the oven and divide between plates. Enjoy!

4 servings
30 minutes
## Smoked Salmon Sweet Potato Crostini

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweet Potato</td>
<td>2</td>
<td>large, sliced into even rounds</td>
</tr>
<tr>
<td>Avocado Oil</td>
<td>1/2 tsp</td>
<td></td>
</tr>
<tr>
<td>Sea Salt</td>
<td>1/8 tsp</td>
<td></td>
</tr>
<tr>
<td>Avocado</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Smoked Salmon</td>
<td>71 grams</td>
<td>roughly chopped or sliced</td>
</tr>
<tr>
<td>Chives</td>
<td>1 tbsp</td>
<td>finely chopped</td>
</tr>
</tbody>
</table>

### Directions

1. Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.

2. In a bowl, add the sweet potato rounds along with avocado oil and sea salt. Toss to combine. Place the rounds on the baking sheet, ensuring they are spread out evenly. Bake for 12 minutes, flip and bake for 10 minutes more. Remove and set aside.

3. In a bowl, add the avocado and mash with a fork. Add the mashed avocado to the sweet potato crostini and top with smoked salmon and chives. Serve and enjoy!
Spiced Cauliflower Rice Bowl

**Ingredients**

- 2/3 cup Brown Rice (dry, uncooked)
- 1/4 tsp Sea Salt
- 1/2 head Cauliflower (chopped into florets)
- 1/4 tsp Turmeric
- 1/2 tsp Paprika
- 1/2 tsp Thyme (dried)
- 2 tbsp Tahini
- 1 Garlic (clove, minced)
- 1 tbsp Lemon Juice
- 1 tbsp Water
- 1 Avocado (sliced)
- 1/4 cup Cilantro (chopped)
- 1 tsp Sesame Seeds (for topping)

**Directions**

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.

2. Cook the brown rice according to the directions on the package. Once finished cooking, add the sea salt to the rice and mix.

3. While the rice cooks, add the cauliflower to a medium-sized bowl and toss with the turmeric, paprika and thyme. Place on the baking sheet and bake for 30 to 35 minutes.

4. In a small bowl whisk together the tahini, garlic, lemon juice and water. Set aside.

5. Divide the rice between bowls and top with cauliflower, avocado, cilantro and sesame seeds. Drizzle the tahini dressing over top. Enjoy!
BLT Salad Bowls

2 servings
15 minutes

Ingredients

- 2 Egg
- 4 slices Organic Bacon
- 4 cups Arugula
- 1 cup Cherry Tomatoes (halved)
- 1/2 Avocado (sliced)
- 2 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)

Directions

1. Hard boil your eggs by placing them in a small pot and fill with enough cold water to cover them by 1-inch. Bring to a boil over medium-high heat. Once boiling, cover the pot and remove it from the heat. Let stand for 12 minutes then drain. Place eggs in a bowl of ice-cold water for 10 minutes.

2. While the eggs are cooling, cook your bacon in a pan over medium heat until crispy. Remove from pan and pat excess oil away with paper towel. Once cool, chop it up.

3. To assemble the salads: divide arugula between bowls and top with cherry tomatoes, avocado, chopped bacon and hard-boiled egg. Drizzle with olive oil and season with salt and pepper, to taste. Enjoy!
Tuna Salad Plate

1 serving
5 minutes

Ingredients
- 1 can Tuna (drained, broken into chunks)
- 1/2 Avocado (pit removed)
- 1/4 cup Unsweetened Coconut Yogurt
- 1/4 Cucumber (sliced)
- 1/4 tsp Sea Salt

Directions
1. Assemble all the ingredients onto a plate or into a container if on-the-go.
   Season with salt and enjoy!
Cilantro Lime Dressing

Ingredients

- 1/2 Avocado (sliced)
- 2 tbsp Extra Virgin Olive Oil
- 1 tsp Sea Salt
- 1 tsp Ground Ginger
- 2 tbsp Lime Juice
- 1/4 cup Cilantro (finely chopped)
- 1/2 cup Organic Coconut Milk (from the can)

Directions

1. Add all of the ingredients into a blender and blend until completely smooth.
2. Season with additional salt or lime juice if needed. Transfer to an airtight jar or container and refrigerate until ready to use. Enjoy!
# Bison Meatballs & Cauliflower Mash

**2 servings**  
**40 minutes**

## Ingredients

- **454 grams** Ground Bison  
- **4** Garlic (coves, minced, divided)  
- **1 tsp** Lemon Zest  
- **1/4 cup** Parsley (chopped)  
- **1 tsp** Sea Salt (divided)  
- **1 head** Cauliflower (large, chopped into florets)  
- **1 tbsp** Extra Virgin Olive Oil

## Directions

1. Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. In a large bowl, combine the bison, half the minced garlic, lemon zest, parsley and half the sea salt. Form into meatballs, about 2 inches thick. Place on the baking sheet and bake for 23 to 25 minutes.
3. Meanwhile, bring a large pot of water to a boil under a steamer basket. Place the cauliflower florets in the steamer basket and cook for 10 to 12 minutes, or until soft. Remove and place the florets into a blender or food processor.
4. In a small skillet over low heat add the extra virgin olive oil and the remaining minced garlic. Heat through until fragrant and lightly browned, being careful not to let the garlic burn. Add this to the cauliflower along with the remaining salt and process until smooth.
5. Serve the cauliflower mash along with the bison meatballs. Enjoy!
Protein Packed Deviled Eggs

Ingredients
4 Egg (hard boiled)
1 can Tuna (drained)
1/2 Avocado
1 stalk Green Onion (chopped)
Sea Salt & Black Pepper (to taste)
1/2 tsp Paprika
1/2 Cucumber (sliced)

Directions
1. Hard boil your eggs.
2. Once cool, peel the eggs and slice them in half. Remove the yolk and add it to a bowl. Add in the tuna, avocado and green onion. Season with sea salt and black pepper to taste. Mix and mash very well and then stuff the mixture back into the eggs. Sprinkle with paprika and enjoy with cucumber slices on the side.
Homemade Almond Milk

4 servings
15 minutes

**Ingredients**

- 1 cup Almonds (raw, unsalted)
- 2 tbsp Pitted Dates
- 4 cups Water
- 1/4 tsp Cinnamon
- 1/2 tsp Vanilla Extract

**Directions**

1. Soak almonds in water for 8-12 hours. Drain and rinse.

2. Combine almonds, dates and water in a blender, about 1 minute on high.

3. Over a large bowl or pot, strain the pulp out of the nut milk using cheesecloth or a nut milk bag.

4. Add cinnamon and vanilla extract to the nut milk and whisk until combined.

5. Divide into glasses and enjoy!
Dairy-Free Parmesan

**Ingredients**

- 1/4 cup Cashews
- 1/4 cup Brazil Nuts
- 2 tbsp Hemp Seeds
- 1 tbsp Nutritional Yeast
- 1/2 tsp Garlic Powder
- 1 1/2 tsp Extra Virgin Olive Oil
- 1/4 tsp Sea Salt

**Directions**

1. In a blender or food processor add the cashews, Brazil nuts, hemp seeds, nutritional yeast and garlic powder. Process until the mixture comes together and everything is finely blended. Add the extra virgin olive oil and sea salt and pulse a few more times to combine. Remove and place in a sealed container. Enjoy!
Golden Turmeric Hot Chocolate

**Ingredients**

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

**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!
Pumpkin Spice Latte

1 serving
10 minutes

Ingredients

- 1/2 cup Organic Coffee
- 2 tbsp Pureed Pumpkin
- 1 1/2 tbsp Maple Syrup
- 1/2 tsp Pumpkin Pie Spice
- 3/4 cup Unsweetened Almond Milk
- 1/2 tsp Vanilla Extract

Directions

1. Brew your coffee and set aside.

2. In a saucepan over medium heat, stir the pumpkin, maple syrup and pumpkin pie spice until combined. Slowly whisk in almond milk. Bring mixture to a low simmer, stirring occasionally and remove from heat. Stir in vanilla extract.

3. Transfer milk mixture to a blender and pulse several times until foamy and frothy. (You can also use a hand-held immersion blender instead.)

4. Add milk mixture to your hot coffee. You may want to use a spoon to gently hold back the frothy top layer while pouring. Top your latte with this remaining froth.

5. Top with a dollop of homemade organic whipped cream or coconut whipped cream (optional) and sprinkle with additional pumpkin pie spice. Enjoy!
# Pumpkin Muffins

**12 servings**

40 minutes

## Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tbsp</td>
<td>Ground Flax Seed</td>
</tr>
<tr>
<td>1/3 cup</td>
<td>Water</td>
</tr>
<tr>
<td>1/3 cup</td>
<td>Unsweetened Almond Milk</td>
</tr>
<tr>
<td>1 tsp</td>
<td>Apple Cider Vinegar</td>
</tr>
<tr>
<td>1 1/2 cups</td>
<td>Oat Flour</td>
</tr>
<tr>
<td>1 cup</td>
<td>Almond Flour</td>
</tr>
<tr>
<td>1 tsp</td>
<td>Baking Soda</td>
</tr>
<tr>
<td>1/2 tsp</td>
<td>Baking Powder</td>
</tr>
<tr>
<td>1 tsp</td>
<td>Pumpkin Pie Spice</td>
</tr>
<tr>
<td>1/4 tsp</td>
<td>Sea Salt</td>
</tr>
<tr>
<td>1 cup</td>
<td>Pureed Pumpkin</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Maple Syrup</td>
</tr>
<tr>
<td>2 tbsp</td>
<td>Coconut Oil (melted)</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Walnuts (roughly chopped)</td>
</tr>
</tbody>
</table>

## Directions

1. Preheat the oven to 350°F (177°C) and line a muffin tin with liners.

2. In a small bowl mix the ground flax seed with water and set aside. In another small bowl add the almond milk and apple cider vinegar and set aside.

3. In a medium-sized bowl add the oat flour, almond flour, baking soda, baking powder, pumpkin pie spice and sea salt. Whisk to combine. In a separate large bowl add the pureed pumpkin, maple syrup, coconut oil, almond milk mixture and flax mixture. Whisk until combined.

4. Add the dry ingredients to the wet and stir to combine. Fold in the chopped walnuts. Fill each muffin liner about 3/4 full and place in the oven to bake for 30 minutes.

5. Remove from oven and let cool before serving or storing. Enjoy!
Apple Coconut Breakfast Crisp

**Ingredients**

- 4 Apple (peeled, cored and chopped)
- 2 tbsp Tapioca Flour (divided)
- 1 1/2 tbsp Cinnamon
- 1 cup Unsweetened Shredded Coconut
- 2 tbsp Coconut Flour
- 1/3 cup Coconut Butter (softened)
- 2 tbsp Maple Syrup
- 1 tbsp Coconut Oil (melted)

**Directions**

1. Preheat the oven to 350°F (176°C).

2. In a mixing bowl combine the apples, half of the tapioca flour and the cinnamon. Transfer the apple mixture to a baking dish and bake for 20 minutes until the apples begin to soften.

3. Meanwhile, in the same mixing bowl combine the shredded coconut, coconut flour and the remaining tapioca flour. Stir in the coconut butter, maple syrup and coconut oil until a coarse meal forms.

4. Remove the apples from the oven and spoon the coconut mixture over top in an even layer. Return to the oven and continue to bake for 15 minutes or until the coconut crumble is golden brown. Enjoy!
Flaxseed Pudding Parfait

Ingredients

- 1/2 cup Ground Flax Seed
- 1 tsp Cinnamon
- 1 cup Unsweetened Almond Milk
- 1 tbsp Maple Syrup
- 2 cups Unsweetened Coconut Yogurt
- 1/2 cup Raspberries
- 1/4 cup Pecans (crushed)

Directions

1. In a bowl, whisk together the ground flaxseed, cinnamon, unsweetened almond milk and maple syrup. Let sit for 30 minutes, up to overnight.

2. To make the parfaits, set out glass cups or mason jars. Layer in the coconut yogurt and flaxseed pudding in separate layers.

3. Top the parfaits with raspberries and pecans. Enjoy!