



## The Ultimate Holiday Recipe Book

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NATURALLY  
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HOLISTIC PRACTITIONER

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Hi,

Welcome to your clean holiday recipe book!

On the next pages, you will find a collection of delicious recipes I put together just for you :)

We all tend to overindulge in sugary treats more than usual during the holiday season so I've provided a few clean versions of some holiday favorites along with some plant based main + side dishes as well.

All recipes are vegan or vegetarian.

Enjoy, and feel free to tag me in your creations!

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Cinnamon Sweet Potato Smoothie Bowl copy	 Gingerbread Smoothie	 Winter Yogurt Bowl	 Roasted Pear French Toast	 Shiitake Bacon	 Apple Crumble Bites	 Warm Apple Chia Pudding
Snack 1	 Pistachio Pomegranate Bark	 Chewy Gingerbread Cookies	 Sticky Cinnabon Oatmeal	 Cabbage Wedges	 Gingerbread Brownies	 Ooey Goey Date Squares	 Gingerbread Oatmeal Bars
Lunch	 Roasted Winter Vegetables with Tahini Drizzle	 Peach & Lentil Freekeh Salad	 Creamy Potato, Lentil & Kale Casserole	 Roasted Carrot White Bean & Tahini Soup	 Lentil Mushroom Loaf	 Roasted Broccoli Salad with Lemon Dressing	 Spinach & Pea Risotto
Snack 2	 Avocado Brownies	 Chocolate Chip Cookie Pie	 Sweet Potato Crostini with Pomegranate & Goat Cheese	 Chocolate Avocado Pudding	 Spicy Cashews	 Peanut Butter Cookies	 Dark Chocolate Peanut Butter Cups
Dinner	 Shredded Brussels Sprouts Slaw with Crispy Lentils	 Cauliflower Mash	 Fennel, Radicchio & Grapefruit Salad	 Vegan Stuffed Mushrooms	 Socca with Tomatoes & Zucchini	 Mushroom & Barley Risotto	 Creamy Roasted Garlic & Kale Soup with Cauliflower

## Fruits

- 3 Apple
- 3 Avocado
- 1 Banana
- 2 Grapefruit
- 1 Lemon
- 1/2 cup Lemon Juice
- 1/2 Lime
- 1 Peach
- 1/2 Pear
- 2 1/3 cups Pomegranate Seeds

## Breakfast

- 2 cups All Natural Peanut Butter
- 1 cup Almond Butter
- 1 cup Maple Syrup

## Seeds, Nuts & Spices

- 1/16 tsp Black Pepper
- 2 cups Cashews
- 1/4 cup Chia Seeds
- 1 tsp Chili Powder
- 2 2/3 tbsps Cinnamon
- 1/4 tsp Dried Thyme
- 1 tbsps Garlic Powder
- 3/4 cup Ground Flax Seed
- 1 2/3 tbsps Ground Ginger
- 1/3 cup Hazelnuts
- 1 1/3 tbsps Italian Seasoning
- 1/4 tsp Nutmeg
- 2 tbsps Pecans
- 1 cup Pistachios
- 2/3 cup Pumpkin Seeds
- 3/4 tsp Red Pepper Flakes
- 3 1/2 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/4 tps Smoked Paprika
- 1 tsp Turmeric
- 2 3/4 cups Walnuts

## Frozen

## Vegetables

- 3 cups Baby Kale
- 3 cups Baby Spinach
- 1/4 cup Basil Leaves
- 3 cups Broccoli
- 2 cups Brussels Sprouts
- 20 Carrot
- 2 heads Cauliflower
- 3 stalks Celery
- 24 Cremini Mushrooms
- 3/4 Delicata Squash
- 1 1/4 bulbs Fennel
- 27 1/4 Garlic
- 1/2 tsp Ginger
- 14 cups Kale Leaves
- 1/4 cup Mint Leaves
- 3 1/2 cups Mushrooms
- 1 cup Parsley
- 1 1/2 cups Purple Cabbage
- 3 cups Radicchio
- 2 tbsps Red Onion
- 2 tbsps Shallot
- 2 cups Shiitake Mushrooms
- 3 Sweet Potato
- 1/3 cup Thyme
- 1 Tomato
- 3 1/2 Yellow Onion
- 6 Yellow Potato
- 1 Zucchini

## Boxed & Canned

- 1 cup Arborio Rice
- 4 3/4 cups Canned Coconut Milk
- 1 cup Freekeh
- 6 cups Green Lentils
- 1 1/4 cups Lentils
- 15 3/4 cups Vegetable Broth
- 4 cups White Navy Beans

## Baking

- 2 1/4 cups Almond Flour

## Bread, Fish, Meat & Cheese

- 1/4 cup Feta Cheese
- 3/4 cup Goat Cheese
- 2 slices Rye Bread

## Condiments & Oils

- 2 tbsps Apple Cider Vinegar
- 3 3/4 tbsps Avocado Oil
- 2 1/4 tbsps Balsamic Vinegar
- 2 2/3 tbsps Coconut Aminos
- 1 1/8 cups Coconut Oil
- 1/8 tsp Dijon Mustard
- 1 1/8 cups Extra Virgin Olive Oil
- 1/4 cup Pitted Kalamata Olives
- 1/2 cup Sun Dried Tomatoes
- 1/3 cup Tahini

## Cold

- 2 tbsps Butter
- 10 2/3 Egg
- 3 1/4 tbsps Ghee
- 2 tbsps Grapefruit Juice
- 1/2 cup Plain Coconut Milk
- 1 cup Plain Greek Yogurt
- 3 3/4 cups Unsweetened Almond Milk

## Other

- 1 tsp Bee Pollen
- 1 cup Pearl Barley
- 1/3 cup Sugar Free Ketchup
- 1/3 cup Vanilla Protein Powder
- 5 2/3 cups Water

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- 1/2 cup Frozen Cauliflower
  - 1 cup Frozen Peas
  - 1 1/3 tbsps Baking Powder
  - 1 1/4 tbsps Baking Soda
  - 2 tbsps Blackstrap Molasses
  - 1/2 cup Cacao Powder
  - 3/4 cup Cane Sugar
  - 1 cup Chickpea Flour
  - 2/3 cup Cocoa Powder
  - 1 cup Coconut Flour
  - 1/2 cup Coconut Sugar
  - 1 1/8 lbs Dark Chocolate
  - 1 1/3 cups Dark Chocolate Chips
  - 1/3 cup Dried Unsweetened Cranberries
  - 1/2 cup Fancy Molasses
  - 2/3 tsp Ground Cloves
  - 1/3 cup Nutritional Yeast
  - 1/2 cup Oat Flour
  - 4 1/2 cups Oats
  - 2 1/2 cups Pitted Dates
  - 3 cups Pureed Pumpkin
  - 2 tbsps Raw Honey
  - 1/2 cup Unsweetened Applesauce
  - 1/2 cup Unsweetened Coconut Flakes
  - 2 1/4 tbsps Vanilla Extract



## Cinnamon Sweet Potato Smoothie Bowl copy

1 serving  
3 hours 25 minutes

### Ingredients

- 1 Sweet Potato (small, cut into cubes)
- 1 cup Water (cold)
- 1/4 cup Canned Coconut Milk
- 1/2 Banana (frozen, plus additional fresh banana for optional topping)
- 1/2 cup Frozen Cauliflower
- 1 tsp Maple Syrup
- 1 tsp Cinnamon

### Directions

- 1 Steam the sweet potato for 10 to 12 minutes until very tender. Transfer to a plate or small baking sheet lined with parchment and freeze for at least 3 hours or overnight until solid.
- 2 Add the frozen sweet potato and the remaining ingredients to a blender. Blend until very smooth.
- 3 Transfer the smoothie to a bowl. Top with the additional banana, if using. Enjoy!

### Notes

**Sweet Potato:** The sweet potato can be steamed ahead of time and frozen for up to one month.

**More Fat:** Add almond butter.

**More Protein:** Add collagen powder or protein powder of choice.

**More Flavor:** Add vanilla, nutmeg or clove.

**Additional Toppings:** Sliced banana, shredded coconut, chopped almonds, chia seeds or ground flax seeds.

**No Bowl:** Serve as a smoothie in a glass instead of a bowl.



## Gingerbread Smoothie

1 serving

5 minutes

### Ingredients

1 cup Unsweetened Almond Milk  
1/4 cup Vanilla Protein Powder  
1/2 Banana (frozen)  
1 tbsp Chia Seeds  
1 tbsp Almond Butter  
1 1/2 tsp Blackstrap Molasses  
1/2 tsp Ginger (fresh, minced)  
1/4 tsp Cinnamon (ground)  
1/8 tsp Ground Cloves

### Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**No Chia Seeds:** Use flax seeds instead.

**No Blackstrap Molasses:** Use maple syrup instead.

**Nut-Free:** Use coconut milk instead of almond milk. Omit the almond butter or use coconut butter or sunflower seed butter instead.

**More Veggies:** Add frozen cauliflower.



## Winter Yogurt Bowl

1 serving  
30 minutes

### Ingredients

- 1/2 Delicata Squash (small, seeds removed and sliced into rings)
- 3/4 tsp Ghee (melted)
- 1/8 tsp Cinnamon (ground)
- 1 cup Plain Greek Yogurt
- 2 tbsps Pomegranate Seeds
- 1 tbsp Pumpkin Seeds
- 1 tbsp Almond Butter

### Directions

- 1 Preheat the oven to 400°F (204°C) and add the squash to a baking sheet lined with parchment paper. Toss the squash with melted ghee and cinnamon. Bake for 15 to 20 minutes or until tender.
- 2 Divide the yogurt into bowls and top with the roasted squash, pomegranate seeds, pumpkin seeds and almond butter. Enjoy!

### Notes

**Dairy-Free:** Use plain coconut yogurt instead of Greek yogurt.

**No Delicata Squash:** Use butternut squash or sweet potato instead.

**No Ghee:** Use melted coconut oil instead.

**Nut-Free:** Use sunflower seed butter instead of almond butter.

**Storage:** Assemble bowls, cover and store in the refrigerator for up to 3 days.



## Roasted Pear French Toast

1 serving  
30 minutes

### Ingredients

1/2 Pear (sliced)  
1 Egg  
1 tbsp Ground Flax Seed  
1 tbsp Unsweetened Almond Milk  
1/2 tsp Cinnamon  
2 slices Rye Bread  
1 1/2 tsps Coconut Oil

### Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper. Lay the pear slices on the baking sheet and roast them for 20 minutes, turning halfway.
- 2 Beat together the eggs, ground flax, almond milk, and cinnamon. Dip the bread in this mixture to absorb.
- 3 Heat the coconut oil in a skillet over medium heat. Add the soaked bread slices and cook for about 3 minutes per side, or until they are cooked through.
- 4 Divide the french toast slices onto plates and top with the roasted pear slices, and a sprinkle of cinnamon. Enjoy!

### Notes

**Mix it Up:** Swap out the pears for other roasted fruit, such as apples, peaches or berries.



## Shiitake Bacon

3 servings  
35 minutes

### Ingredients

2 cups Shiitake Mushrooms (stem removed, sliced)  
1 tsp Avocado Oil  
1/4 tsp Smoked Paprika  
2 tsps Coconut Aminos  
1/8 tsp Sea Salt

### Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 In a small bowl, add the mushrooms and toss with the oil, smoked paprika, coconut aminos, and salt. Place on the prepared baking sheet and put in the oven.
- 3 Cook for 30 minutes, flipping and turning the mushrooms every 10 minutes, until crispy. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately three tablespoons.

**No Coconut Aminos:** Use tamari or soy sauce.

**More Flavor:** Add a drizzle of liquid smoke.



## Apple Crumble Bites

4 servings  
35 minutes

### Ingredients

- 1/2 cup Canned Coconut Milk
- 1/2 cup Ground Flax Seed
- 1 tsp Cinnamon
- 2 Apple (medium; cored and sliced into 1/2-inch wedges)

### Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Add the coconut milk to a bowl. Add the flax and cinnamon to a second bowl and stir to combine.
- 3 Place the apple wedges into the coconut milk, in batches if needed, and toss to evenly coat the apples. One apple wedge at a time, press each side into the flax mixture. Gently tap off the excess flax coated then transfer to the prepared baking sheet. Repeat with remaining apple wedges.
- 4 Bake for 20 to 24 minutes carefully flipping halfway through or until the apples are tender. Let the apple wedges cool slightly on the pan before serving. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Enjoy cold or reheat in the oven until just warmed through.

**Serving Size:** One serving is approximately 6 to 8 wedges, or half of an apple.

**More Flavor:** Add vanilla extract to the coconut milk. Add nutmeg or allspice to the flax mixture.

**Serve it With:** Drizzle of honey or yogurt for dipping.

**Apple:** Gala apples were used to create this recipe.



## 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)

### 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.



## Pistachio Pomegranate Bark

7 servings  
30 minutes

### Ingredients

- 12 1/3 ozs Dark Chocolate (at least 70% cacao)
- 1 3/4 cups Pomegranate Seeds
- 1 cup Pistachios (shelled and chopped)
- 1/2 cup Unsweetened Coconut Flakes

### Directions

- 1 Line a large baking sheet with parchment paper. Prepare the pomegranate seeds, pistachios and coconut flakes in bowls.
- 2 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot! Break the dark chocolate into pieces and add it to the smaller pot. Stir continuously just until melted. Remove from stove top immediately once melted. Do not overheat as this will cause the chocolate to get lumpy.
- 3 Pour the melted chocolate onto the baking sheet. Use a spatula to smooth the chocolate into an even layer, about 1/4 inch thick. Quickly sprinkle the pomegranate seeds evenly over top, followed by the pistachios and finally the coconut. Transfer to the fridge or freezer and let chill for 20 to 30 minutes, or until firm.
- 4 Once the chocolate is firm, break or cut it into pieces. Enjoy!

### Notes

**Storage:** Store in an airtight container in the fridge or freezer and use wax paper to separate the layers.



## Chewy Gingerbread Cookies

12 servings

20 minutes

### Ingredients

- 1 cup Almond Flour
- 1/4 cup Coconut Flour
- 1 1/2 tsps Baking Powder
- 2 tsps Ground Ginger
- 1 tsp Cinnamon
- 3 tbsps Coconut Oil (melted)
- 1 Egg (room temp)
- 1 tsp Vanilla Extract
- 1/4 cup Fancy Molasses
- 1/4 cup Maple Syrup

### Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a mixing bowl, combine the almond flour, coconut flour, baking powder, ginger and cinnamon. Mix well using a fork to break up any clumps. Add in the coconut oil, egg, vanilla, molasses and maple syrup. Mix again.
- 3 Roll the dough into even balls and place on the baking sheet. Gently flatten with the palm of your hand. Bake in the oven for 12 to 15 minutes. Remove from oven and let cool completely. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to seven days. Freeze for up to six months.

**Serving Size:** One serving is equal to one cookie.

**Coconut Flour:** This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.



## Sticky Cinnabon Oatmeal

1 serving  
15 minutes

### Ingredients

2/3 cup Unsweetened Almond Milk  
1/3 cup Oats (quick or traditional)  
1/16 tsp Sea Salt  
2 tsps Maple Syrup  
1/3 tsp Cinnamon  
2/3 Egg (whites only)  
2 tsps Coconut Flour  
1 3/4 tsps Vanilla Protein Powder  
2 tsps Coconut Oil (melted)

### Directions

- 1 In a saucepan over medium heat, combine almond milk, oats, salt, maple syrup and cinnamon. Bring to a simmer and stir until liquid is absorbed, about 5 to 8 minutes.
- 2 Whisk in egg whites and mix thoroughly. Add coconut flour and stir until batter is thick. (Note: Add extra coconut flour or almond milk if needed for desired consistency.) Remove from heat.
- 3 In a small bowl, make your glaze by mixing the protein powder and melted coconut oil. Add a bit of almond milk if needed for desired consistency.
- 4 Divide oatmeal into bowls, drizzle with glaze and dust with extra cinnamon.

### Notes

**Make it Vegan:** For each egg, combine 1 tbsp of ground flax seed with 3 tsps of water. Set in fridge for 15 minutes to create a sticky egg-like substitute.

**No Maple Syrup:** Use honey instead.

**Leftovers:** Divide into mason jars and refrigerate up to 3-5 days. When reheating, add some almond milk.



## Cabbage Wedges

1 serving  
40 minutes

### Ingredients

- 1 1/2 cups Purple Cabbage (sliced into wedges)
- 3/4 tsp Avocado Oil
- 1/16 tsp Sea Salt
- 3/4 tsp Lemon Juice

### Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Place the cabbage wedges on the baking sheet and drizzle all sides with avocado oil. Sprinkle with sea salt.
- 2 Bake for 15 minutes, remove and flip the wedges over. Bake for 15 minutes more. Remove from the oven, squeeze lemon juice on top and serve. Enjoy!

### Notes

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

**No Avocado Oil:** Use olive oil or coconut oil.

**More Flavor:** Season with garlic powder, nutritional yeast or parmesan cheese.

**Additional Toppings:** Top with bacon, coconut bacon or tahini.



## Gingerbread Brownies

12 servings

35 minutes

### Ingredients

2/3 cup Pitted Dates  
4 Egg  
3 1/2 tbsps Fancy Molasses  
2/3 cup Coconut Oil  
2 2/3 tsps Vanilla Extract  
1 1/3 cups Unsweetened Almond Milk  
2/3 cup Coconut Flour  
1/3 cup Cocoa Powder  
2 2/3 tsps Ground Ginger  
1/3 tsp Ground Cloves  
1 1/3 tsps Baking Soda  
1 tsp Baking Powder  
2/3 tsp Sea Salt

### Directions

- 1 Preheat the oven to 350°F (177°C).
- 2 Place dates in a food processor and pulse until pureed, or chop the dates finely.
- 3 In a large bowl, blend the dates, eggs, molasses, melted coconut oil, vanilla extract and almond milk until thoroughly combined.
- 4 Combine the remaining dry ingredients in a separate bowl.
- 5 Slowly add the dry ingredients to the wet ingredients and combine thoroughly, scraping down the sides until you have a smooth batter.
- 6 Line a 9x9 baking pan with parchment paper, pour in the batter and spread evenly. Bake for 30 minutes or until a toothpick comes out clean.
- 7 Sprinkle with a little cocoa powder and let cool for at least 10 minutes. Slice, serve and enjoy!

### Notes

**Storage:** Refrigerate in an air-tight container up to 4 days. To freeze, wrap brownies tightly with aluminum foil or plastic freezer wrap, or place in a heavy-duty BPA-free freezer bag.

**Make it as a Cake:** Cut out parchment paper to line a 9" cake pan. Cook per instructions above and let cool. Top with whipped coconut cream.



## Ooey Goey Date Squares

12 servings

30 minutes

### Ingredients

- 3/4 cup Pitted Dates (finely chopped)
- 3/4 cup Water
- 3/4 cup Almond Flour
- 1/8 tsp Sea Salt
- 3/4 tsp Baking Soda
- 1 1/2 cups Oats
- 1 1/2 tsps Cinnamon
- 2 1/4 tsps Coconut Oil (melted)
- 3 tbsps Maple Syrup
- 3 tbsps Almond Butter

### Directions

- 1 Preheat oven to 375°F (191°C).
- 2 Place chopped dates in a small sauce pan with water. Place over low heat. Stir continuously with a fork until mixture forms a gooey paste.
- 3 In a large mixing bowl, combine flour, salt, baking soda, oats and cinnamon. Mix dry ingredients together. Then add oil, honey/maple syrup, almond butter and ¼ cup warm water. Use a spatula to stir well.
- 4 Divide the oat mixture into two even portions. Press one portion down into a pan to form the crust (we use an 8 x 8 inch square pan). Then use a spoon to spread date mixture evenly over the crust. Sprinkle the other half of the oat mixture evenly across the top.
- 5 Pop in the oven and let bake for 15 minutes. Remove from oven and let cool before cutting into squares. Enjoy!



## Gingerbread Oatmeal Bars

8 servings

1 hour 20 minutes

### Ingredients

- 1/3 cup Maple Syrup
- 1 1/2 tbsps Blackstrap Molasses
- 1/2 cup Almond Butter
- 1 cup Oats
- 1/3 cup Pumpkin Seeds
- 1/3 cup Walnuts (roughly chopped)
- 1/3 tsp Ground Ginger
- 1 tsp Cinnamon
- 1/4 tsp Nutmeg
- 1/4 tsp Ground Cloves
- 1/4 tsp Sea Salt

### Directions

- 1 Preheat the oven to 325°F (163°C) and line a baking pan with parchment paper.
- 2 In a large bowl add the maple syrup, molasses and almond butter and stir well. Add the oats, pumpkin seeds, walnuts, ginger, cinnamon, nutmeg, cloves and sea salt into the maple syrup mixture. Stir to mix, ensuring everything is well combined.
- 3 Pour the mixture into the prepared pan. Wet your fingertips with a bit of water to prevent sticking and smooth down the mixture with your hands. Bake for 16 to 18 minutes.
- 4 Let the pan cool for up to 20 minutes. Transfer to the fridge to chill completely for about an hour, and then slice into bars. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to one week. Freeze for up to three months.

**Serving Size:** One serving is equal to one bar. An 8x8 inch pan was used to make eight servings.



## Roasted Winter Vegetables with Tahini Drizzle

1 serving  
45 minutes

### Ingredients

- 1/4 Delicata Squash (small)
- 3/4 cup Brussels Sprouts (washed and halved)
- 1/4 bulb Fennel (coarsley chopped)
- 2 tbsps Red Onion (coarsley chopped)
- 1 tbsp Extra Virgin Olive Oil (divided)
- 1/16 tsp Sea Salt
- 1/16 tsp Black Pepper
- 1 tbsp Tahini
- 1/4 Garlic (clove)
- 1 tbsp Water
- 1/2 Lemon (small, juiced)
- 1 tbsp Pumpkin Seeds

### Directions

- 1 Preheat oven to 375°F (191°C). Line two baking sheets with parchment paper.
- 2 Slice delicata squash in half lengthwise and scoop out seeds, then slice into half rounds.
- 3 Toss the squash, brussels sprouts, fennel and red onion with half of the olive oil, and spread over the baking sheets. Roast vegetables in the oven for 30 minutes, stirring at the halfway point.
- 4 Meanwhile, prepare the dressing by combining the remaining olive oil, salt, pepper, tahini, garlic, water and lemon juice in a blender. Blend until smooth, adding more water if necessary for consistency.
- 5 Remove vegetables from oven and divide onto plates. Drizzle with tahini sauce and top with pumpkin seeds. Season with more sea salt and black pepper if you wish. Enjoy!

### Notes

**More Protein:** Add lentils, chickpeas or diced chicken.

**Leftovers:** Store covered in the fridge up to 2 - 3 days.



## Peach & Lentil Freekeh Salad

4 servings  
25 minutes

### Ingredients

- 1 cup Freekeh (uncooked)
- 2 1/2 cups Water
- 1 Peach (pit removed, chopped)
- 1 cup Lentils (cooked)
- 1/2 cup Parsley (finely chopped)
- 2 tbsps Apple Cider Vinegar
- 1 tsp Cinnamon
- 1/2 tsp Sea Salt

### Directions

- 1 Combine freekeh and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let it simmer for 20 minutes or until water is absorbed. Remove lid and fluff with a fork.
- 2 In a large mixing bowl, combine the freekeh with the remaining ingredients. Adjust any seasonings as needed. Divide into bowls or containers if on-the-go. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately 1 1/4 cup of salad.

**Gluten-Free:** Use quinoa instead of freekeh.

**More Flavor:** Cook with broth instead of water.



## Creamy Potato, Lentil & Kale Casserole

8 servings

1 hour

### Ingredients

- 6 Yellow Potato (thinly sliced)
- 4 cups Green Lentils (cooked, drained)
- 6 cups Kale Leaves (stems removed, leaves torn)
- 4 cups Canned Coconut Milk (full fat)
- 3 cups Pureed Pumpkin
- 1 tbsp Garlic Powder
- 2 tbsps Thyme (stems removed)
- 2 tps Sea Salt

### Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 In a baking dish, arrange 1/3 of the potato slices to form an even layer along the bottom. Spread half the lentils evenly overtop, and then add another layer using half of the kale. Repeat with the remaining potato, lentils and kale, ending with potatoes as your top layer.
- 3 In a bowl, whisk together the coconut milk, pumpkin, garlic powder, thyme and salt. Pour the mixture over the layers of potato, lentils and kale. Bake for 40 to 45 minutes or until the potato is cooked through and browned on top.
- 4 Divide onto plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days. Freeze for up to two months.

**Serving Size:** A 10 x 13-inch dish was used for 8 servings.



## Roasted Carrot White Bean & Tahini Soup

4 servings

1 hour

### Ingredients

18 Carrot (medium, peeled and roughly chopped)  
2 tbsps Extra Virgin Olive Oil (divided)  
1 Yellow Onion (medium, diced)  
3 stalks Celery (chopped)  
4 Garlic (cloves, minced)  
4 cups Vegetable Broth  
2 cups White Navy Beans (cooked, drained and rinsed)  
1 tsp Turmeric  
1/4 cup Tahini  
1/2 Lemon (juiced)  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Preheat your oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, toss the chopped carrots with half of the olive oil. Spread them over the baking sheet and roast for 40 minutes, tossing halfway through cooking.
- 3 In a large pot, heat the rest of the olive oil. Add the onion and celery, cook for 7-10 minutes or until softened. Then add the garlic and cook for 2 to 3 more minutes.
- 4 Add the roasted carrots, vegetable broth, white beans, turmeric, and tahini into the pot. Use an immersion blender to puree until completely smooth. Add lemon juice and salt and pepper to taste.
- 5 Divide between bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container up to 4 days, or freeze up to 6 months.

**Serving Size:** One serving is approximately 2 cups.

**No Immersion Blender:** Use a regular blender instead, ensuring there is a place in the lid for the steam to escape.

**Carrot Tip:** If using different sized carrots, aim for about 0.5 lb. of carrots per serving.

**No Carrots:** Use sweet potato instead.

**Add Toppings:** Greek yogurt, avocado, roasted vegetables, pumpkin seeds, sesame seeds, hemp seeds, cinnamon or extra turmeric.



## Lentil Mushroom Loaf

10 servings  
1 hour 5 minutes

### Ingredients

- 1 tsp Avocado Oil
- 12 Cremini Mushrooms (sliced)
- 1/2 Yellow Onion (chopped)
- 2 Carrot (finely chopped)
- 3 Garlic (cloves, minced)
- 2 tbsps Coconut Aminos
- 3 tbsps Ground Flax Seed (ground)
- 1/3 cup Water
- 1 cup Walnuts (toasted)
- 1/2 cup Sun Dried Tomatoes (chopped)
- 2 tbsps Thyme (fresh, chopped)
- 2 cups Green Lentils (cooked)
- 3/4 cup Oats
- 1/2 cup Oat Flour
- 1 tsp Sea Salt
- 1/3 cup Sugar Free Ketchup
- 2 tbsps Balsamic Vinegar

### Directions

- 1 Preheat the oven to 350°F (177°C) and line a loaf pan with parchment paper.
- 2 In a skillet over medium heat, add the oil. Once hot, add the mushrooms and cook for about 4 minutes, until softened. Stir in the onion and carrots and cook for an additional 3 minutes. Add the garlic cloves and coconut aminos and stir for 1 minute. Remove from heat and set aside.
- 3 Add the flax seeds and water to a small bowl, stir and set aside.
- 4 Add the walnuts to a food processor, pulse to chop and then place in a large bowl. Then add the vegetable mixture, sun dried tomatoes and thyme to the food processor and pulse to a rough consistency, while still leaving some vegetable chunks. Add to the large bowl. Then add about 3/4 of the lentils to the food processor and pulse to incorporate, but not completely smooth. Add this along with the remaining lentils to the large bowl.
- 5 Add the oats, oat flour, flax mixture and salt to the large bowl and mix to combine. Pour into the prepared loaf pan, pressing down to ensure it's smooth.
- 6 Mix the ketchup and balsamic together in a small bowl. Add this glaze on top of the lentil loaf and place in the oven for 45 to 50 minutes, until cooked through. It should be golden brown and the edges dry to the touch. Let it rest for 10 minutes in the pan, then remove and place on a cooling rack. Slice and enjoy!

### Notes

**Leftovers:** Refrigerate an airtight container for up to four days. Freeze leftover slices in an airtight container or in a freezer-safe bag wrapped in parchment paper for up to two months.

**Serving Size:** One serving size is one slice.

**Nut-Free:** Use toasted sunflower seeds or omit the walnuts.

**More Flavor:** Use a mix of mushrooms such as shiitake and cremini.

**No Coconut Aminos:** Use tamari instead.



## Roasted Broccoli Salad with Lemon Dressing

4 servings  
30 minutes

### Ingredients

- 3 cups Broccoli (florets, chopped)
- 1 tsp Avocado Oil
- 1/4 tsp Sea Salt (divided)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- 3 cups Baby Kale
- 3 tbsps Pomegranate Seeds
- 2 tbsps Pumpkin Seeds
- 1/4 cup Feta Cheese (crumbled)

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add the broccoli, avocado oil and half the sea salt to the sheet and toss to combine. Bake for 15 to 20 minutes, until crispy.
- 2 In a small bowl, add the extra virgin olive oil, lemon juice and the remaining sea salt.
- 3 Add the kale to a large bowl along with the broccoli, pomegranate seeds, pumpkin seeds and feta. Drizzle the dressing over top and toss to combine. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate the salad contents and dressing in separate airtight containers for up three days.

**Dairy-Free:** Omit the feta or use a dairy-free cheese.

**No Avocado Oil:** Use olive oil instead.

**Additional Toppings:** Add chickpeas, edamame, cooked chicken or salmon to make it a meal.



## Spinach & Pea Risotto

4 servings  
35 minutes

### Ingredients

- 4 cups Vegetable Broth
- 2 tbsps Extra Virgin Olive Oil
- 1/2 Yellow Onion (finely chopped)
- 2 Garlic (cloves, minced)
- 1/2 tsp Sea Salt (divided)
- 1 cup Arborio Rice
- 3 tbsps Lemon Juice
- 3 cups Baby Spinach (chopped)
- 1 cup Frozen Peas
- 3 tbsps Nutritional Yeast

### Directions

- 1 Heat the vegetable broth in a medium pot over medium-high heat. Once it starts to simmer, reduce heat to low to keep warm.
- 2 Meanwhile, heat the olive oil over medium heat in a large pot. Saute the onions for 5 minutes or until translucent but not browned. Add the garlic and half of the salt. Cook for another minute. Add the rice and lemon juice and gently stir until the lemon juice is absorbed.
- 3 Add 1/2 cup of the warmed broth to the rice in the pot stirring constantly until the broth has been absorbed. The rice and broth should be at a gentle simmer throughout the cooking process, not a boil.
- 4 Continue to add the broth 1/2 cup at a time until all but a 1/2 cup of broth is remaining and rice is cooked through. Aim for al dente rice, not mushy. This will take about 20 to 25 minutes.
- 5 Next, add the last 1/2 cup of broth along with the spinach, peas and remaining salt. Continue to stir until the last of the broth has been absorbed, the spinach is wilted and the peas are tender. Remove from the heat and stir in the nutritional yeast. Season with additional salt or lemon juice as needed.
- 6 Divide between plates and enjoy.

### Notes

**Leftovers:** Keep refrigerated in an airtight container for up to three days.

**Serving Size:** One serving is equal to approximately 1.25 cups of risotto.

**More Flavor:** Top with additional nutritional yeast, vegan parmesan cheese, freshly chopped parsley, basil, lemon zest or freshly ground black pepper.

**Consistency:** If risotto has become too thick after stirring in the spinach and peas, thin

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with two tablespoons of warm water at a time until desired consistency is reached.

**Rice:** This recipe was developed and tested using Arborio Rice. We have not tested this recipe using any other type of rice.



## Avocado Brownies

12 servings

30 minutes

### Ingredients

- 1 Avocado (medium, ripe)
- 2 Egg
- 1/2 tsp Vanilla Extract
- 1/2 cup Coconut Sugar
- 3 tbsps Ghee
- 1/2 cup Almond Flour
- 1/2 cup Cacao Powder (or cocoa powder)
- 1 tsp Baking Soda
- 1/2 tsp Sea Salt
- 1/3 cup Dark Chocolate Chips

### Directions

- 1 Preheat the oven to 350°F (177°C). Add the avocado, eggs, vanilla, coconut sugar and ghee to a food processor or blender and mix well until combined.
- 2 Add the almond flour, cacao powder, baking soda and sea salt. Process again until combined. Stir in the chocolate chips, reserving some to place on top .
- 3 Line a pan with parchment paper and pour brownie batter in. Smooth the top down and sprinkle the remaining chocolate chips on top. Bake for 18 to 20 minutes.
- 4 Remove from the oven and let cool before slicing. Enjoy!

### Notes

**Avocado:** One medium avocado is equal to approximately one cup of mashed avocado.

**No Ghee:** Use coconut oil or coconut butter instead.

**Pan Size:** For 12 servings, we used a 9 x 9-inch pan.



## Chocolate Chip Cookie Pie

12 servings

45 minutes

### Ingredients

- 1 tbsp Coconut Oil
- 2 cups White Navy Beans (cooked, from the can)
- 1 cup Oats (quick or rolled)
- 1/2 cup Unsweetened Applesauce
- 2 tsps Vanilla Extract
- 1/2 tsp Baking Soda
- 1 1/2 tsps Baking Powder
- 1/2 cup Pitted Dates
- 1 cup Dark Chocolate Chips (divided)
- 1/2 tsp Sea Salt (coarse, optional)

### Directions

- 1 Preheat oven at 350°F (177°C) and grease your pie pan or springform pan with coconut oil (use a 10-inch pan for 12 servings).
- 2 Combine beans, oats, applesauce, vanilla, baking soda, baking powder and dates in a food processor until well blended. Stir in 3/4 of the chocolate chips.
- 3 Transfer the cookie batter to your pan and spread into an even layer. Sprinkle the remaining chocolate chips on top, and bake for 35 minutes or until golden brown.
- 4 Remove from oven. Sprinkle with salt (optional) and let cool before serving. Enjoy!

### Notes

**No White Beans:** Use chickpeas instead.

**Storage:** Refrigerate up to 5 days or freeze in individual servings.



## Sweet Potato Crostini with Pomegranate & Goat Cheese

8 servings  
35 minutes

### Ingredients

2 Sweet Potato (medium, sliced into even rounds)  
1 1/2 tsps Extra Virgin Olive Oil  
1/8 tsp Sea Salt  
1/2 cup Goat Cheese (crumbled)  
1/2 cup Walnuts (toasted and chopped)  
1/4 cup Pomegranate Seeds  
1 1/2 tsps Thyme (fresh, removed from the stem)  
1 tbsp Raw Honey

### Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Add the sweet potato slices to a bowl and drizzle the extra virgin olive oil and sea salt over top. Mix well. Place them in a single layer on the sheet and bake for 15 minutes. Flip and roast for 5 to 10 minutes more.
- 3 Remove the sweet potato slices from the oven and top with goat cheese, walnuts, pomegranate, thyme and drizzle with honey. Serve immediately. Enjoy!

### Notes

**Serving Size:** There are approximately two sweet potato crostini per serving.

**Dairy-Free:** Use a cashew cheese instead of goat cheese.

**Nut-Free:** Use toasted pumpkin seeds instead of walnuts.

**No Pomegranate Seeds:** Use dried cranberries instead.

**No Thyme:** Use rosemary, or another herb of your choice instead.

**Prep Ahead:** Bake the sweet potatoes ahead of time and then reheat before topping and serving them.



## Chocolate Avocado Pudding

3 servings

10 minutes

### Ingredients

- 2 Avocado
- 1/2 cup Pitted Dates (chopped, soaked and drained)
- 2 tbsps Maple Syrup
- 1/2 cup Plain Coconut Milk (from the carton)
- 1/3 cup Cocoa Powder

### Directions

- 1 Add the avocado, soaked dates and maple syrup to the food processor and pulse to combine. Add the coconut milk and blend until the avocado mixture is smooth, scraping down the sides of the bowl as needed.
- 2 Add the cocoa powder and blend again until combined.
- 3 Serve chilled. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately 1/2 cup of pudding.

**More Flavor:** Add vanilla extract. Adjust maple syrup to taste for a sweeter pudding.

**Additional Toppings:** Fresh berries or toasted coconut.

**Dates:** Medjool dates were used to create this recipe.

**No Coconut Milk:** Use another non-dairy or dairy milk instead.

**No Food Processor:** Use a blender instead.



## Spicy Cashews

8 servings  
25 minutes

### Ingredients

2 cups Cashews (raw)  
1 tsp Smoked Paprika  
1/2 tsp Red Pepper Flakes  
1 tsp Chili Powder  
1/2 Lime (juiced and zested)  
2 tps Raw Honey  
1 tsp Avocado Oil  
1/2 tsp Sea Salt

### Directions

- 1 Preheat the oven to 325°F (163°C) and line a baking sheet with parchment paper.
- 2 Add the cashews, smoked paprika, red pepper flakes, chili powder, lime juice, honey, avocado oil and sea salt to a large bowl and mix until all the cashews are fully coated.
- 3 Place on the baking sheet, making sure to have them spread out evenly. Bake for 10 minutes, then remove from the oven and toss. Put them back in the oven for an additional 10 to 12 minutes, or until slightly crispy.
- 4 Remove the cashews from the oven and let them cool on the pan for 5 to 10 minutes. Garnish with lime zest if desired and serve. Enjoy!

### Notes

**Leftovers:** Store in a sealed container for up to one week. Freeze for longer.

**No Honey:** Use maple syrup instead.

**No Cashews:** Use almonds, walnuts or pecans instead.



## Peanut Butter Cookies

20 servings

30 minutes

### Ingredients

- 1 1/2 cups All Natural Peanut Butter
- 2 Egg
- 3/4 cup Cane Sugar
- 1/4 tsp Sea Salt (optional)

### Directions

- 1 Preheat the oven to 325°F (162°C) and line a baking sheet with parchment paper.
- 2 In a large mixing bowl combine peanut butter, eggs, sugar and sea salt (optional). Stir until a thick dough forms.
- 3 Use a tablespoon to drop even amounts of the dough onto the prepared baking sheet about 2 inches apart. Gently flatten the drops with a fork.
- 4 Bake for 10 to 12 minutes, or until golden on the bottom. Remove from the oven and let the cookies cool for 5 minutes. Transfer the cookies to a cooling rack to set completely. Enjoy!

### Notes

**Serving Size:** One serving is equal to one cookie.

**Storage:** Store the cookies in an airtight container on the counter for 5 days. Cookies can also be frozen up to 3 months.

**No Cane Sugar:** Use coconut sugar, brown sugar or white sugar instead.



## Dark Chocolate Peanut Butter Cups

10 servings  
1 hour 15 minutes

### Ingredients

5 1/4 ozs Dark Chocolate (at least 70% cacao, broken into pieces)  
1 1/2 tbsps Coconut Oil  
1/2 cup All Natural Peanut Butter  
1/2 tsp Vanilla Extract  
1/8 tsp Sea Salt

### Directions

- 1 Arrange paper baking cups on a plate or a small baking sheet. Set aside.
- 2 Set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape.
- 3 Bring water to a boil then reduce to lowest heat. Add the dark chocolate and coconut oil to the smaller pot and stir until melted. Remove from heat.
- 4 Divide half of the melted chocolate between the paper baking cups. There should be a thin, even layer of chocolate in each baking cup. Freeze for 10 to 15 minutes until solid.
- 5 Meanwhile, in a bowl combine the peanut butter, vanilla and salt. Stir until smooth.
- 6 Divide the peanut butter between the baking cups by spooning the peanut butter into the center of solid chocolate. Drizzle the remaining melted dark chocolate around and overtop the peanut butter.
- 7 Return to the freezer for about 30 minutes or until solid. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to one week or freeze for up to one month. Peanut Butter Cups will melt if stored at room temperature.

**Serving Size:** One serving is one peanut butter cup.

**Nut-Free:** Use sunflower seed butter instead.

**Additional Toppings:** Sprinkle the top of the peanut butter cups with coarse sea salt.

**No Double Boiler:** Microwave the dark chocolate and the coconut oil in a large glass bowl at 50% power for 30 seconds at a time until melted. Be careful not to overheat.



## Shredded Brussels Sprouts Slaw with Crispy Lentils

1 serving  
30 minutes

### Ingredients

- 1/4 cup Lentils (cooked)
- 1 tbsp Pumpkin Seeds (raw)
- 1/2 tsp Avocado Oil
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tsps Extra Virgin Olive Oil
- 3/4 tsp Balsamic Vinegar
- 1/8 tsp Dijon Mustard
- 1/4 tsp Maple Syrup
- 1 1/4 cups Brussels Sprouts (trimmed, very thinly sliced)
- 1 tbsp Pomegranate Seeds (optional)

### Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 In a medium bowl, add the lentils, pumpkin seeds, avocado oil, sea salt and pepper. Mix well to combine. Spread in an even layer on the baking sheet and bake for 10 minutes. Remove, shake the pan around and place back in the oven for 10 minutes more. Remove and set aside.
- 3 In a small bowl or jar, add the extra virgin olive oil, balsamic vinegar, mustard and maple syrup. Shake well and season with salt and pepper as needed.
- 4 Add the brussels sprouts, lentils, pumpkin seeds and dressing to a large bowl. Toss to combine. Top with pomegranate seeds, if using. Divide onto plates, serve and enjoy!

### Notes

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

**More Flavor:** Season the lentils with garlic powder, onion powder, cumin, dill and/or dried basil.

**Additional Toppings:** Top with goat cheese, feta or parmesan.

**Lentils:** It is recommended to use French green lentils as they hold their shape better. Red or brown lentils will not work the same as they tend to get too mushy.



## Cauliflower Mash

4 servings  
30 minutes

### Ingredients

- 1 head Cauliflower (large, sliced into florets)
- 2 Garlic (cloves, minced)
- 2 tbsps Butter
- 1 tbsp Thyme
- Sea Salt & Black Pepper (to taste)

### Directions

- 1 Place cauliflower florets in a large steamer basket on the stove. Cover, bring to a boil and steam for 10 to 15 minutes, or until very soft.
- 2 Transfer steamed cauliflower to a food processor or blender along with the garlic, butter, thyme, salt and pepper. Process until desired texture. (If you like a chunkier mash, you can use a hand masher for this step.)
- 3 Divide between plates and top with extra butter if desired. Enjoy!

### Notes

**More Carbs:** Make with half cauliflower and half mashed potatoes.

**Dairy-Free:** Replace butter with olive oil.

**Make it Cheesy:** Add nutritional yeast or parmesan cheese to the mash (about 1 tbsp per serving).



## Fennel, Radicchio & Grapefruit Salad

4 servings  
25 minutes

### Ingredients

- 1 bulb Fennel (cored and thinly sliced)
- 3 cups Radicchio (thinly sliced)
- 2 tbsps Shallot (thinly sliced)
- 2 tbsps Grapefruit Juice
- 1/4 cup Extra Virgin Olive Oil
- 1 tsp Raw Honey
- 1/8 tsp Sea Salt
- 2 Grapefruit (peeled and pulled apart into pieces)
- 1/4 cup Mint Leaves (thinly sliced)
- 1/3 cup Hazelnuts (toasted and chopped)

### Directions

- 1 Add the sliced fennel, radicchio and shallot to a large salad bowl.
- 2 In a small bowl, combine the grapefruit juice, extra virgin olive oil, honey, and sea salt. Mix well.
- 3 Add the grapefruit slices, mint and hazelnuts to the salad bowl and drizzle with the dressing. Enjoy!

### Notes

- No Radicchio: Use endive or romaine lettuce instead.
- No Grapefruit: Use navel orange instead.
- No Honey: Use maple syrup instead.



## Vegan Stuffed Mushrooms

4 servings  
35 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (finely chopped)
- 1 cup Walnuts (raw, chopped)
- 2 tsps Thyme (fresh)
- 1 Garlic (clove, minced)
- 1/4 tsp Sea Salt
- 1/3 cup Dried Unsweetened Cranberries (roughly chopped)
- 12 Cremini Mushrooms (whole, stems and gills removed)
- 1 tbsp Nutritional Yeast
- 2 tsps Parsley (chopped)

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Heat a pan over medium heat and add the extra virgin olive oil along with the onion, walnuts, and thyme. Cook until lightly toasted, about 4 to 5 minutes and then add the minced garlic and cook for 30 seconds longer. Add the sea salt and cranberries and remove from heat.
- 3 Use a spoon to add the walnut mixture to the mushrooms and sprinkle the nutritional yeast on top. Transfer to the baking sheet and bake for 16 to 18 minutes.
- 4 Remove the mushrooms from the oven and top with minced parsley. Enjoy immediately.

### Notes

**Serving Size:** One serving is equal to three stuffed mushrooms.

**No Cremini Mushrooms:** Use portobello mushrooms or white button mushrooms instead.

**No Thyme:** Use another herb like sage or rosemary.

**Prep Ahead:** Make the onion/walnut mix ahead of time and then prepare the rest before eating by stuffing the mushrooms and cooking them.



## Socca with Tomatoes & Zucchini

2 servings  
1 hour 20 minutes

### Ingredients

- 1 cup Chickpea Flour
- 1 cup Water
- 2 tbsps Avocado Oil
- 1/4 tsp Sea Salt
- 1 Zucchini (medium, sliced into ribbons)
- 1 Tomato (medium, diced)
- 1/4 cup Pitted Kalamata Olives (chopped)
- 1/4 cup Goat Cheese (crumbled)
- 1/4 cup Basil Leaves (sliced)
- 1/4 tsp Red Pepper Flakes ((optional))

### Directions

- 1 Add the chickpea flour, water, avocado oil and sea salt to a medium bowl and whisk together. Allow this to sit for about an hour at room temperature.
- 2 Turn on your oven to broil, and put your cast iron pan in the oven while it preheats to make sure it is really hot.
- 3 Pour the chickpea mixture into your hot cast iron pan and swirl it around if necessary to ensure it coats the pan. Broil for 5 to 7 minutes, keeping a close eye to avoid burning.
- 4 Remove the pan from the oven and then turn the oven to 425°F (218°C).
- 5 Top the socca with zucchini, tomato, olives and goat cheese and bake for 8 to 10 minutes.
- 6 Remove the pan from the oven. Garnish the socca with sliced basil. Let cool slightly before sliding it off the pan and onto a plate. Slice into quarters and top with red pepper flakes. Enjoy!

### Notes

**Additional Topping Ideas:** Pesto, herbs, a drizzle of olive oil or your favourite vegetables.

**No Avocado Oil:** Use olive oil instead.

**Leftovers:** Best enjoyed warm or at room temperature. Store in the fridge up to 3 to 4 days. Reheat in the oven.

**No Cast Iron Pan:** Use any flat, shallow oven-safe baking dish.

**Dairy-Free:** Omit the cheese.



## Mushroom & Barley Risotto

4 servings  
40 minutes

### Ingredients

- 4 cups Vegetable Broth
- 2 tbsps Extra Virgin Olive Oil
- 3 1/2 cups Mushrooms (sliced)
- 3 Garlic (clove, minced)
- 1/4 tsp Dried Thyme
- 1 tsp Sea Salt (divided)
- 1 cup Pearl Barley
- 2 tbsps Lemon Juice
- 1/4 cup Parsley (chopped, optional)
- 2 tps Nutritional Yeast (optional)

### Directions

- 1 Heat the vegetable broth in a medium pot over medium-high heat. Once it's simmering, reduce heat to low to keep warm.
- 2 Meanwhile, in a large pot or skillet heat the olive oil over medium heat. Add the mushrooms and cook for about 5 minutes until the mushrooms have softened. Add the garlic, thyme and half of the salt and cook for 2 to 3 minutes more.
- 3 Add the barley and lemon juice to the pan and stir to combine. Let cook for another 2 to 3 minutes and add the remaining salt.
- 4 Using a ladle or measuring cup, add 1/4 cup of the warm vegetable broth to the pan. Let the barley and broth simmer, stirring once or twice until the broth has been absorbed. Adjust the heat if needed to maintain a gentle simmer throughout the cooking process, not a boil. Continue to add the broth a 1/4 cup at a time until the barley is cooked to al dente, not mushy, about 25 to 30 minutes.
- 5 Stir in the parsley and nutritional yeast, if using, and season with additional salt if needed.
- 6 Divide the risotto between plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Reheat in the microwave or on the stove with additional stock or water.

**Serving Size:** One serving is roughly 1 cup of risotto.

**More Flavor:** Use a variety of mushrooms, like cremini, baby portabella or oyster.

**Additional Toppings:** Top with additional fresh herbs, nutritional yeast or parmesan cheese.



## Creamy Roasted Garlic & Kale Soup with Cauliflower

4 servings  
1 hour 15 minutes

### Ingredients

- 12 Garlic (cloves, peeled and trimmed)
- 1 Yellow Onion (large, roughly chopped)
- 1 head Cauliflower (sliced into florets)
- 3 tbsps Extra Virgin Olive Oil (divided)
- 1 1/3 tbsps Italian Seasoning
- 1 tsp Sea Salt
- 8 cups Kale Leaves (packed)
- 3 3/4 cups Vegetable Broth (divided)

### Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Arrange the garlic cloves, onion and cauliflower on the baking sheet. Drizzle with half of the olive oil, Italian seasoning and salt. Using your hand or a spatula, toss until vegetables are evenly coated in the spices. Roast for about 40 minutes or until very tender and caramelized, flipping halfway through.
- 3 When vegetables are just about done, heat remaining olive oil in a large soup pot over medium heat. Add the kale and 1/2 of the vegetable broth to the pot and cover. Let steam for 2 minutes, or until kale is wilted and tender.
- 4 Add the roasted vegetables and remaining vegetable stock in with the wilted kale. Bring soup to a gentle boil then remove from heat.
- 5 Puree soup in batches in a high-speed blender until smooth and creamy. Divide into bowls and enjoy!

### Notes

**Leftovers:** Store in an air-tight container in the fridge for up to 5 days, or in the freezer for up to 3 months.

**Serve it With:** An extra drizzle of olive oil, fresh herbs or a pinch of red chili flakes.

**Too Thick:** If soup is too thick in consistency, use water or more stock (1/2 cup at a time) to thin until desired consistency is reached.