



WHOLE & HEALTHY FOOD

Recipes

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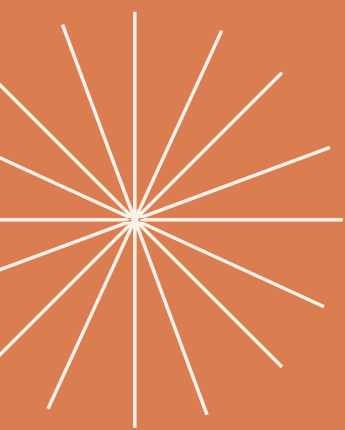


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Breakfast

3-INGREDIENT VEGAN PANCAKES (GF)

Adapted from SweetSimpleVegan
<https://sweetsimplevegan.com/>

These 3-ingredient vegan pancakes are gluten-free, oil-free, and perfect for meal prep.

Ingredients

- 3 cups gluten-free rolled oats
- 2 1/4 cups unsweetened almond milk (or plant-based milk of choice)
- 2 medium spotty bananas*

recommended add-ins:

- 2 Tbsp sugar or 2 medjool dates, pitted
- 1/2–1 tsp cinnamon
- 1/4 tsp vanilla extract
- 1/2 cup of: chocolate chips or blueberries or crushed nuts, etc.

4 servings

Directions

- 1 Heat a non-stick pan on medium low.
- 2 Add all of the ingredients to a high-speed blender and blend until smooth.
- 3 Stir in any additional add-ins such as the chocolate chips, blueberries, or crushed nuts.
- 4 Use a 1/3 cup measuring up to scoop the batter onto the heated pan. Cook only 1 pancake to start to see if you need to modify the heat of the pan. Allow the pancake to cook until bubbles appear around the edges, then flip and cook until golden. Serve.



Nutrition

without any add-ins

SERVING: 1 SERVING CALORIES: 355 KCAL

CARBOHYDRATES: 65G. PROTEIN: 9G.

FAT: 8G. FIBER: 9.6G

SUGAR: 9G

BLUEBERRY ALMOND OVERNIGHT OATS

Recipe from Budget Bytes

<https://www.budgetbytes.com/>

These Blueberry Almond Overnight Oats are naturally sweet without any added sugar, and provide plenty of flavor and texture.

Ingredients

- 1 cup old-fashioned rolled oats
- 1/4 cup chia seeds, optional*
- 1/2 cup sliced almonds
- 1/4 tsp nutmeg
- 1 1/3 cup unsweetened applesauce
- 1 cup blueberries, frozen or fresh
- 2 cups milk
- 1/2 tsp almond extract



4 servings

Directions

- 1 Gather four jars or bowls. To each of four containers add 1/4 cup oats, 1 Tbsp chia seeds, 2 Tbsp sliced almonds, and a pinch of nutmeg.
- 2 On top of the dry ingredients add 1/3 cup applesauce and 1/4 cup blueberries to each container.
- 3 Stir the almond extract into the milk, then add 1/2 cup milk to each container. Stir the containers well to prevent the chia seeds from clumping. Place a lid on the containers and refrigerate for at least 8 hours or up to 4 days.
- 4 When ready to eat, simply stir with a spoon and then enjoy!

Nutrition

SERVING: 1 SERVING CALORIES: 350KCAL
CARBOHYDRATES: 41G PROTEIN: 11G
FAT: 17G. SODIUM: 57MG
FIBER: 10G SUGAR: 10G

MIXED BERRY SMOOTHIE

Recipe from BudgetBytes

<https://www.budgetbytes.com/>

Smoothies are refreshing, satisfying, easy to make, and perfect for a simple breakfast or a sweet midday snack!

2 servings (16 oz. cup)

Directions

- 1 Add the frozen mixed berries, frozen banana (sliced in half), yogurt, vanilla extract, sugar, and almond milk to a large blender.
- 2 Blend the ingredients until smooth. If the smoothie is too thick, add more milk as needed to make it blend smoothly. Serve immediately and enjoy.

Ingredients

- 3 cups frozen mixed berries
- 1 frozen banana, sliced
- 1/2 cup plain yogurt
- 1/2 tsp vanilla extract
- 1 Tbsp sugar
- 1 1/2 cups unsweetened almond milk* (You can use any type of dairy or non-dairy milk that you like.)



Nutrition

SERVING: 1 (16OZ.) CALORIES: 261KCAL
CARBOHYDRATES: 52G PROTEIN: 5G
FAT: 6G. SODIUM: 275MG
FIBER:8G SUGAR: 15G

PEANUT BUTTER, CHOCOLATE, & BANANA SMOOTHIE

Adapted from Susan Cannon

Just throw the ingredients in a blender and enjoy a sweet on-the-go breakfast or snack.

Ingredients

- 1 ¼ c. water
- ¼ c. oats
- 2 frozen bananas, cut into at least two pieces
- 1 Tbsp cacao powder
- 2 Tbsp peanut butter
- Dash of cinnamon
- 1 cup berries of your choice, if desired.

2 servings

Directions

- 1 Place oats into a container with water for at least an hour (can be refrigerated).
- 2 Blend oats and water together for 1-2 minutes
- 3 Add peanut butter, cacao, cinnamon and blend for another minute.
- 4 Add banana and blend until mixture is smooth. Enjoy.

Nutrition

SERVING: 1 SERVING CALORIES: 266KCAL

CARBOHYDRATES: 36G PROTEIN: 7G.

FAT: 11G. FIBER: 6.2G.

SODIUM: 95MG SUGAR: 21G



AVOCADO TOAST

Avocado toast is packed with healthy fats that provide lasting energy and keep you feeling full throughout the morning. Its rich array of vitamins, minerals, and fiber kickstart your day.

Ingredients

- 1 slice of bread (recommended: thick-sliced whole-grain bread)
- ½ ripe avocado
- Pinch of salt

recommended toppings

- Minced garlic or mix a tiny pinch of garlic powder into the avocado.
- Sprinkle chopped fresh basil, cilantro, dill or parsley on top.
- Top avocado toast with a fried egg for extra protein.

1 serving

Directions

- 1 Toast your slice of bread until golden and firm.
- 2 Remove the pit from your avocado. Use a big spoon to scoop out the inside. Put it in a bowl and mash it up with a fork until it's as smooth. Mix in a pinch of salt (about ⅛ teaspoon) and add more to taste, if desired.
- 3 Spread avocado on top of your toast. Enjoy as-is or top with any extras.

Nutrition

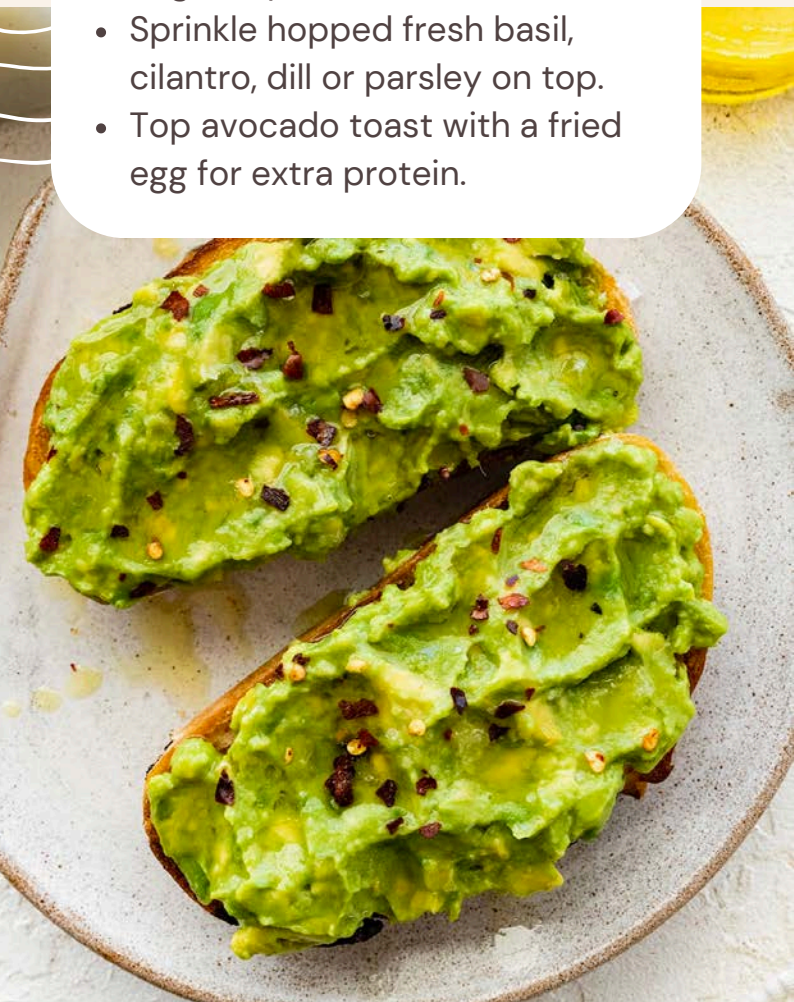
without any add-ins

SERVING: 1 CALORIES: 230KCAL

CARBOHYDRATES: 24G FAT: 12G

PROTEIN: 5G SODIUM: 200 MG

FIBER: 7G SUGAR: 3G





Lunch & Dinner

WHITE BEAN ALFREDO

Recipe from PastaBased
<https://www.pastabased.com/>

4 servings

Directions

- 1 Mince garlic and chop onion. Heat olive oil in a small saucepan on medium heat.
- 2 Add garlic and onion and sauté until soft.
- 3 In a blender, add garlic and onion, vegetable broth, lemon juice, cannellini beans, nutritional yeast, salt and pepper. Blend until creamy and smooth. Heat in saucepan and serve over pasta of your choice.

Ingredients

- 3 cloves garlic
- 1/2 onion (yellow or white)
- 1 Tbsp olive oil
- 1/2 cup vegetable broth
- 2 Tbsp lemon juice
- 1 can cannellini beans drained and rinsed
- 1 Tbsp nutritional yeast
- 1 tsp salt
- 1/2 teaspoon pepper
- Cooked pasta noodles



Nutrition

SERVING: 1 CALORIES: 129KCAL
CARBOHYDRATES: 20G FAT: 3G
PROTEIN: 7G SODIUM: 935 MG
FIBER: 6G SUGAR: 1G

SPAGHETTI, LENTILS & MARINARA SAUCE

Recipe from COOKIE+kate

<https://cookieandkate.com/>

With this recipe, you've turned a traditionally carb-heavy pasta dish into a well-balanced, fiber-rich dinner.

4 servings

Directions

- 1 To cook the lentils, first pick through the lentils for debris (I once bit into a tiny rock) and then rinse them in a fine-mesh colander. In a small saucepan, combine the lentils, bay leaf, garlic, salt and broth.
- 2 Bring the mixture to a simmer over medium-high heat, then reduce heat to maintain a gentle simmer. Simmer until the lentils are cooked through and tender, which will take somewhere between 20 to 35 minutes, depending on the age and variety of the lentils. Drain the lentils, discard the bay leaf and garlic, and set the pot aside, uncovered.
- 3 Meanwhile, bring a large pot of salted water to boil. Cook the pasta until al dente, according to the package directions. Drain, then return the pasta to the pot and set it aside.

Ingredients

- ½ cup dry lentils (French green lentils or regular brown lentils), or 1 ½ cup cooked lentils (leftover or from a can, rinsed and drained).
- 1 bay leaf
- 1 large garlic clove, peeled but left whole
- ¼ tsp salt
- 2 cup vegetable broth
- 2 cup marinara sauce
- 8 ounce whole-grain pasta (or 12 ounce, if you like your pasta less saucy)

Optional garnishes: grated Parmesan or vegan Parmesan and/or chopped fresh basil



Continued...

SPAGHETTI, LENTILS & MARINARA SAUCE

Recipe from COOKIE+kate

Directions continued . . .

- 4 Stir the marinara into the lentils and warm them together over medium heat. Divide pasta into bowls, top with warm marinara and lentils, and garnish with Parmesan and/or chopped fresh basil, if you'd like. Serve warm. Leftovers will keep well, covered and refrigerated, for up to 4 days.

NOTES

Substitute the pasta with your favorite gluten-free pasta.

To make it vegan, don't add cheese, or choose a vegan alternative.

Nutrition

SERVING: 1 CALORIES: 331
CARBOHYDRATES: 63G FAT: 2G
PROTEIN: 15G FIBER: 18G
SODIUM: 861 MG SUGAR: 8.5G



KALE, BROCCOLI, APPLE SALAD

Recipe from Susan Cannon

Packed with nutrient-rich kale, crunchy broccoli and sweet apples, this recipe is a perfect balance of textures and taste.

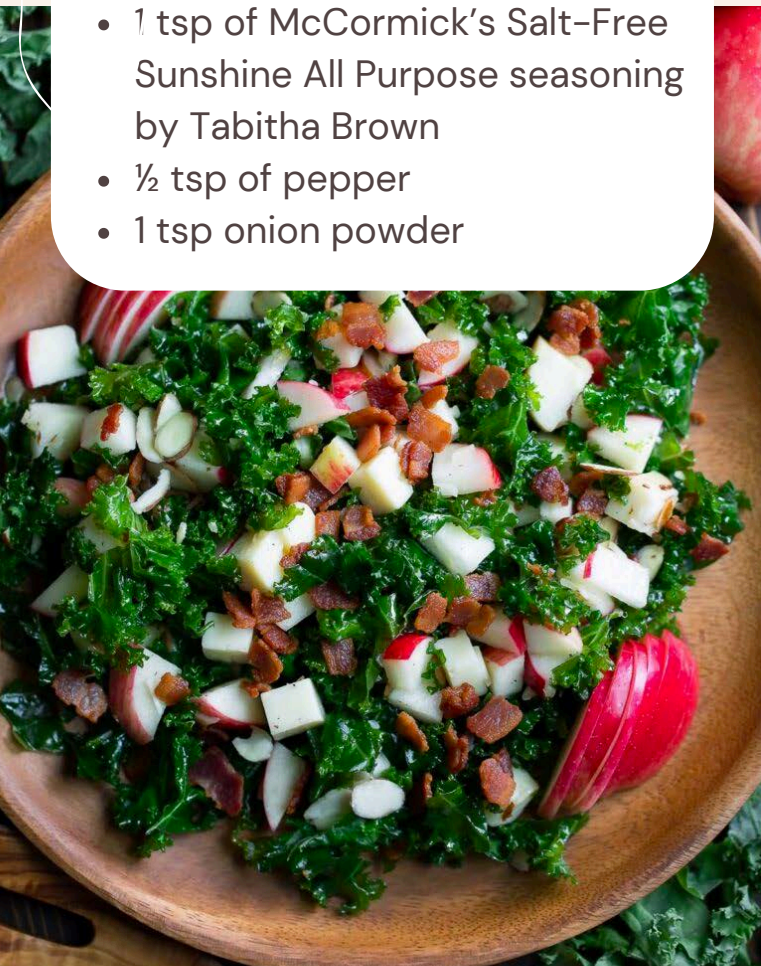
4 servings

Directions

- 1 ·Massage your kale with a drizzle of olive oil (if you prefer).
- 2 Cut up the apples, broccoli, and cucumbers.
- 3 Then stir all of the ingredients together into the kale.
- 4 Mix together the dressing found in the dressings section or add your preferred dressing.
- 5 ·Shake all ingredients including the dressing together in a large, covered bowl and enjoy! (You can change the amounts of ingredients to your liking)

Ingredients

- 2 bags of pre-washed kale
- 2 large apples, chopped
- 2 stalks of fresh broccoli, chopped
- 1 large cucumber
- 1 Bag of dried cranberries
- 1 bag of raw sunflower seeds
- 1 tsp of McCormick's Salt-Free Sunshine All Purpose seasoning by Tabitha Brown
- ½ tsp of pepper
- 1 tsp onion powder



Nutrition

SERVING: 1 CALORIES: 250
CARBOHYDRATES: 34G FAT: 12G
SODIUM: 150MG FIBER: 8G
PROTEIN: 8G SUGAR: 28G

BUTTERNUT SQUASH & PEAR QUINOA SALAD

Packed with antioxidant-rich ingredients like butternut squash, pear, and arugula, this recipe is a deliciously wholesome addition to your culinary repertoire.

Recipe Adapted from EatingWell
<https://cookieandkate.com/>

Ingredients

- 3 cups diced peeled butternut squash (1/2-inch pieces)
- 5 Tbsp extra-virgin olive oil, divided
- ½ tsp salt, divided
- ½ tsp ground pepper, divided
- ¼ tsp crushed red pepper
- 1 firm ripe pear, sliced into 8 wedges
- 2 tsp finely chopped fresh ginger
- 1 clove garlic, finely chopped

continued . . .

- 1½ cup quinoa
- 1 cup vegetable broth
- 1 scallion, sliced
- 3 Tbs pear vinegar or cider vinegar
- 2 tsp minced red onion
- 1 tsp Dijon mustard
- 1 tsp chopped fresh rosemary
- Minced fresh small hot pepper to taste
- 2 cups baby arugula



Continued . . .

ROASTED BUTTERNUT SQUASH & PEAR QUINOA SALAD

Recipe from EatingWell

6 servings

Directions

- 1 Preheat oven to 400 degrees F. Toss squash in a large bowl with 1 tablespoon oil, 1/4 teaspoon each salt and pepper and crushed red pepper. Spread on a large-rimmed baking sheet. Roast for 15 minutes. Stir the squash, add pear and roast until browned and tender, about 15 minutes more.
- 2 Meanwhile, heat 1 tablespoon oil in a large saucepan over medium heat and add ginger, garlic and turmeric; cook until sizzling, about 1 minute. Add quinoa and cook, stirring, for 30 seconds. Add broth and bring to a boil over high heat. Reduce heat to a simmer, cover and cook until the broth is absorbed, about 15 minutes. Remove from heat and let stand, covered, for 5 minutes. Stir in scallion and the remaining 1/4 teaspoon each salt and pepper and let cool.
- 3 Whisk vinegar, onion, mustard, rosemary and chile in a large bowl. Slowly whisk in the remaining 3 tablespoons oil. Stir half the dressing into the quinoa. Add the pears and squash to the bowl with the remaining dressing; gently stir to coat. Let stand, stirring occasionally, for 15 minutes or refrigerate separately for up to 1 day.
- 4 Fold arugula into the squash and pears and serve over the quinoa.

Nutrition

SERVING: 1 CALORIES: 210KCAL
CARBOHYDRATES: 22G FAT: 13G
PROTEIN: 3G SODIUM: 309MG
FIBER: 4G SUGAR: 5G

GREEK LETTUCE SALAD

Recipe from the Mediterranean Dish

<https://www.themediterraneandish.com/>

This refreshing Greek salad is incredibly simple but packed with loads of flavor.

Ingredients

- 2 hearts of romaine
- 4 green onions
- ½ bunch dill
- ½ bunch mint
- ½ cup crumbled feta cheese
- Greek Salad Dressing (Find the recipe in Spice Blends & Salad Dressings.)

4 servings

Directions

- 1 Crisp the romaine. Prepare a large mixing bowl with ice water.
- 2 Thinly slice the romaine lettuce, then add to the ice water for 5 minutes to crisp while you prepare the dressing and remaining ingredients.
- 3 Finely chop the dill and mint leaves, discarding the stem. Prepare the dressing.
- 4 Drain the salad from the ice water and dry very thoroughly. A salad spinner helps if you have one, or use paper towels. Add salad to a large serving bowl, along with the chopped herbs, and feta. Give everything a gentle toss.
- 5 Just before serving, give the dressing one more quick whisk and pour it all over the salad.
Mix well and serve immediately.

Nutrition

SERVING: 1 CALORIES: 150 KCAL
CARBOHYDRATES: 2.7G FAT: 15G
SODIUM: 149MG FIBER: 2G
PROTEIN: 3G. SUGAR: 0.6G



BUDDHA BOWL

Recipe from COOKIE + kate

<https://cookieandkate.com/>

This refreshing Greek salad is incredibly simple but packed with loads of flavor.

4 servings

Directions

Ingredients

- 1 ¼ cups short-grain brown rice or long-grain brown rice, rinsed
- 1 ½ cups frozen shelled edamame
- 1 ½ cups trimmed snap peas
- 1 to 2 TBSP reduced-sodium soy sauce
- 4 cups chopped red cabbage or spinach or romaine lettuce
- 2 ripe avocados, halved, pitted and thinly sliced into long strips

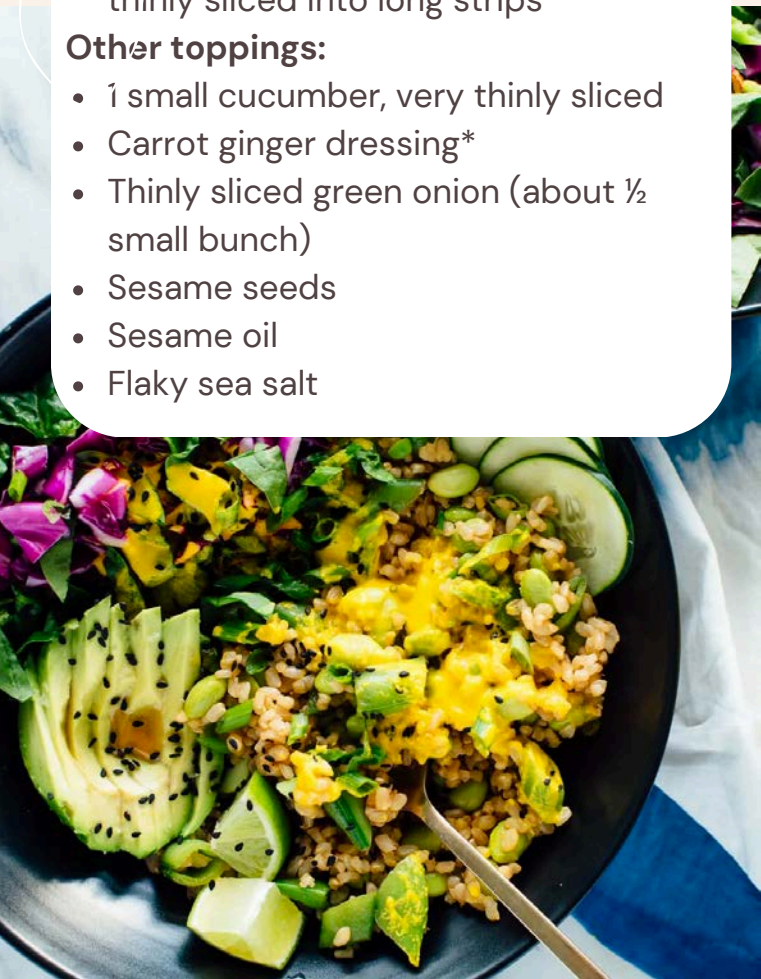
Other toppings:

- 1 small cucumber, very thinly sliced
- Carrot ginger dressing*
- Thinly sliced green onion (about ½ small bunch)
- Sesame seeds
- Sesame oil
- Flaky sea salt

- 1 Bring a large pot of water to boil (about 4 quarts water). Once the water is boiling, add the rice and continue boiling for 25 minutes. Add the edamame and cook for 3 more minutes. Then add the snap peas and cook for 2 more minutes.
- 2 Drain well, and return the rice and veggies to the pot. Season to taste with 1 to 2 tablespoons of soy sauce, and stir to combine.
- 3 Divide the rice/veggie mixture and raw veggies into 4 bowls. Arrange cucumber slices along the edge of the bowl. Drizzle lightly with carrot ginger dressing (find the recipe in the Spice Blends and Salad dressings section) and top with sliced green onion.
- 4 Lightly drizzle sesame oil over the avocado, followed by a generous sprinkle of sesame seeds and flaky sea salt. Serve promptly.

Nutrition

SERVING: 1 CALORIES: 567KCAL
CARBOHYDRATES: 69G FAT: 35G
SODIUM: 523MG FIBER: 16G
PROTEIN: 14G SUGAR: 9G



SOUTHWESTERN SOUP

Recipe from Hoorah to Health

<https://hoorahtohealth.com/>

Cozy up with a bowl of Southwestern Soup! It is nutritious with lots of vitamin A, vitamin C, potassium, iron, and 9g of fiber!

8 servings

Directions

- 1 Chop the onion, green pepper, and celery.
- 2 Heat olive oil in a large pot. Add onion, green pepper, and celery. Sauté for 3–4 minutes or until the vegetables are soft and tender.
- 3 Stir in the diced tomatoes, tomato sauce, green chiles, vegetable broth, chili powder, cumin, and onion powder. Simmer uncovered for 15 minutes.
- 4 Store your leftovers in an airtight container in the refrigerator for up to 5 days or in the freezer for up to 3 months. When it's time to serve, simply reheat either in the microwave or on the stovetop.

Dress your soup with toppings such as cheese, sour cream, and tortilla chips! Also add avocado, cilantro, and lime juice!

Ingredients

- 1 chopped onion
- 1 green pepper chopped
- 1 cup celery chopped
- 1 Tbsp olive oil
- 2 cans black beans drained and rinsed
- 14.5 ounce can diced tomatoes with juice
- 8-ounce can tomato sauce
- 4.5 ounces can chopped green chiles with juice
- 14-ounce bag of frozen corn
- 32 ounces vegetable broth
- 1 Tbsp chili powder
- 1 tsp cumin
- 1 tsp onion powder



Nutrition

SERVING: 1 CALORIES: 185KCAL
CARBOHYDRATES: 34G FAT: 3G
SODIUM: 686MG FIBER: 9G
PROTEIN: 9G SUGAR: 7G

MARIA'S VEGGIE WRAP

A perfect blend of fresh vegetables, creamy avocado, and zesty lime, this wholesome dish is not only easy to make but an ideal choice for a quick, healthy meal.

Ingredients

- 1 medium red bell pepper, seeded and sliced
- 1 medium yellow pepper, seeded and sliced
- 1 onion, sliced
- 1 tsp canola oil
- 1 can (15 ounces) low-sodium black beans, drained and rinsed
- ½ avocado, peeled and diced
- juice from 1 lime
- ½ cup chopped fresh cilantro
- 1 tsp chili powder (optional)
- 1 cup fat-free sour cream
- 4 8-inch whole-wheat tortillas
- 8 Tbsp fresh salsa (see salsa recipe in the sides section)

Recipe from *Platillos Latinos*

4 servings

Directions

- 1 In a nonstick pan, saute the peppers and onion in the canola oil for 5 minutes over medium heat. Add beans, stir well. Reduce heat to low and simmer about 5 minutes, then set aside.
- 2 In a small bowl, combine the avocado, lime juice, cilantro, and chili powder. Reserve half of the mixture for topping.
- 3 Add sour cream to beans and mix well.
- 4 Fill a warmed tortilla with ¼ bean mixture and ¼ avocado mixture. Drizzle 2 tablespoons of salsa over the bean and avocado mixture.
- 5 Fold ends of the tortilla over. Roll up to make wraps. Top the veggie wraps with remaining avocado mixture. Follow this process for three other wraps.

Nutrition

SERVING: 1 CALORIES: 375KCAL
CARBOHYDRATES: 66G FAT: 6G
SODIUM: 318MG FIBER: 14G
PROTEIN: 16G SUGAR: 16.8G



SWEET AND SPICY CAULIFLOWER TACOS

Packed with veggies and a hint of spice, these tacos are a delicious way to get your daily dose of vitamins and fiber.

Ingredients

- 1 Tbsp avocado oil
- 1 ½ cups of onion, sliced thin (red preferred)
- 2 cloves of garlic, minced
- 1 tsp sweet paprika
- 1 head cauliflower, cut into small florets (about 7 cups)
- ½ tsp dried oregano
- 2 Tbsp adobo sauce from canned chipotle peppers OR cajun seasoning + ¼ cup water
- 1 Tbsp honey or agave
- 8 Tortillas, warmed
- **Toppings:** guacamole or slices of avocado; shredded cabbage or slaw, or mixed greens; pico de gallo or salsa* (see recipe in sides section)

Adapted from Earthly Provisions

<https://earthly-provisions.com/>

4 servings (8 tacos)

Directions

- 1 Heat oil in a large non stick skillet over medium heat. Add onion and garlic and cook until soft, about 3 minutes.
- 2 Add paprika, cauliflower, salt and oregano. Put a lid on the skillet and cook for 5 minutes, occasionally stirring.
- 3 After 5 minutes have elapsed, add the adobo sauce and agave or honey into the skillet. Cook without the lid for 8-10 minutes longer, or until there is no liquid in the bottom of the pan and the cauliflower is tender.
- 4 Put the filling into tortillas, add desired toppings and serve.

Nutrition

SERVING: 2 TACOS CALORIES: 258KCAL

CARBOHYDRATES: 103G FAT: 7G

SODIUM: 312MG FIBER: 6G

PROTEIN: 6G SUGAR: 11G



BLACK BEAN AND CORN TACOS

Recipe from Tammie Miller, XSEED

Cozy up with a bowl of Southwestern Soup! It is nutritious with lots of vitamin A, vitamin C, potassium, iron, and 9g of fiber!

4 servings (8 tacos)

Directions

- 1 Place beans in a saucepan with their liquid; place over medium heat until they just start to boil. Add corn, bring back to a boil, reduce heat to low.
- 2 Add salsa to the bean and corn mixture. Continue to cook until most liquid has evaporated. Stir frequently so that the mixture doesn't stick. Take the pan off the burner and set aside.
- 3 Warm the shells or tortillas in the oven for 5 minutes at 350 degrees.
- 4 Remove shells from oven; a small amount of shredded cheese can be added to the tortillas, if desired.
- 5 Add bean mixture and top with the fresh vegetables.

Ingredients

- 16 oz. can black beans
- 8 oz. corn (frozen is best but canned is fine, drained)
- 6 Tbsp salsa (see recipe in sides section) OR chopped tomatoes
- 3 cloves of garlic, chopped, or 1 tsp of garlic or onion powder
- 8 taco shells (soft tortillas preferred)
- Lettuce, torn into bite-sized pieces
- 6 green onions, chopped (pickled red onions can be substituted)
- 4 large radishes, chopped



Nutrition

SERVING: 2 TACOS CALORIES: 559KCAL
CARBOHYDRATES: 103G FAT: 8G
SODIUM: 339MG FIBER: 14G
PROTEIN: 23G SUGAR: 26G



Sides, Snacks, & Desserts

MIXED BERRY SUNDAE

Adapted from Taste of Home

Indulge in a refreshing summer dessert or snack with this satisfying treat that's perfect for hot days.

2 servings

Directions

- 1 In a small bowl, combine berries and 1 teaspoon honey. Then spoon mixed berries into 2 dessert dishes.
- 2 Combine the yogurt and remaining honey
- 3 Spoon the yogurt over the berries and mix gently. Sprinkle with walnuts.
- 4 Sprinkle with toasted walnuts.

Ingredients

- 1/4 cup halved fresh strawberries
- 1/4 cup each fresh raspberries, blueberries and blackberries
- 3 tsp honey, divided
- 1/2 cup fat-free plain Greek yogurt
- 2 Tbsp chopped walnuts, toasted



Nutrition

SERVING: 1 CALORIES: 200 KCAL
CARBOHYDRATES: 31G FAT: 7G
SODIUM: 45MG FIBER: 6G
PROTEIN: 8G SUGAR: 18G

SALSA

Recipe from *Platillos Latinos*

Pair this salsa with healthy tortilla chips for a nutritious and flavorful snack, or add it to a wrap to enhance a simple meal with fresh, vibrant flavors and essential nutrients.

4 servings

Directions

- 1 Combine all of the ingredients in a glass or stainless steel bowl.
- 2 Serve immediately or refrigerate and serve within 4 or 5 hours.

Ingredients

- 6 tomatoes, preferably Roma (or 3 large tomatoes), diced
- ½ medium onion, finely chopped
- 1 clove garlic, finely minced
- 2 serrano or jalapeño peppers, finely chopped
- 3 tablespoons fresh cilantro, chopped
- juice of 1 lime
- ⅛ tsp oregano, finely crushed
- ⅛ tsp salt
- ⅛ tsp pepper
- ½ avocado (black skin), diced



Nutrition

SERVING: 1 CALORIES: 37KCAL
CARBOHYDRATES: 6G FAT: 2G
SODIUM: 75MG FIBER: 2.3G
PROTEIN: 1G SUGAR: 5G

NO-BAKE OATMEAL BARS

Packed with oats, peanut butter, and honey, these bars provide a boost to keep you energized throughout the day.

Recipe from Taste of Home
<https://www.tasteofhome.com/>

9 servings

Ingredients

- 1 cup creamy peanut butter
- 3/4 cup honey
- 3 cups old-fashioned oats

Add-Ins

- Blueberries, chocolate chips, shredded coconut, chia seeds or dried cranberries all make excellent additions to these no-bake oatmeal peanut butter bars. Fold in any addition when you stir in the oats, before pressing them into the pan.

Directions

- 1 In a small saucepan, combine peanut butter and honey.
- 2 Cook and stir over medium-low heat until melted and blended
- 3 Remove from heat; stir in oats and any other add-ins
- 4 Spread into a greased 9-in. square pan; press lightly. Cool to room temperature; cover and chill for 1 hour.



Nutrition

SERVING: 1 CALORIES: 355KCAL
CARBOHYDRATES: 103G FAT: 17G
SODIUM: 122MG FIBER: 4G
PROTEIN: 10G SUGAR: 27G

HOMEMADE HUMMUS

Recipe from Reducetarian Foundation

<https://www.reducetarian.org/>

Discover the creamy delight of homemade hummus, adding a touch of Mediterranean magic to any snack.

Ingredients

- 1 (16-ounce) can chickpeas
- ¼ cup shelled raw sunflower seeds
- 3 cloves garlic
- 2 Tbsp freshly squeezed lemon juice
- 2 Tbsp tahini
- 1 roasted red bell pepper, drained if canned
- ½ tsp sea salt
- Any vegetables for dipping – broccoli, carrots, bell peppers, cucumber, etc.



3 cups

Directions

- 1 Drain chickpeas over a bowl to reserve the liquid. Rinse chickpeas and set them and the reserved liquid aside.
- 2 Combine sunflower seeds and garlic in the bowl of a food processor or blender. Process for 30 seconds, or until chopped
- 3 Add lemon juice, tahini, pepper, salt, and drained chickpeas to the food processor.
- 4 Scrape down the sides of the bowl and add reserved chickpea liquid, 1 tablespoon at a time, through the opening in the funnel and process until the mixture is smooth. The more liquid you add, the thinner the mixture will be.
- 5 Dip your favorite vegetables in!

Nutrition

SERVING: 1/4 CUP CALORIES: 90KCAL

CARBOHYDRATES: 10G FAT: 5G

SODIUM: 100MG FIBER: 3G

PROTEIN: 5G SUGAR: 2G

PLANT-BASED CORNBREAD

Adapted from Tammy Miller, XSEED

Packed with veggies and a hint of spice, these tacos are a delicious way to get your daily dose of vitamins and fiber.

Ingredients

- One cup of self-rising flour
- One cup of self-rising cornmeal
- 9 Tbsp hot water
- ¼ cup sugar
- 1/2 cup avocado oil
- 1 cup almond milk, unsweetened
- Flaxseed meal

4 servings (8 tacos)

Directions

- 1 In a small bowl, combine 3 tablespoons of flaxseed meal with 9 tablespoons of hot water. Stir well and let it sit for a few minutes until it becomes gelatinous.
- 2 In a large bowl, whisk together 1 cup of self-rising flour, 1 cup of self-rising cornmeal, and ¼ cup of sugar. Pour in 1 cup of unsweetened almond milk and ½ cup of avocado oil. Stir until well combined.
- 3 Add the prepared flaxseed mixture in the small bowl to the large bowl. Stir until everything is well combined. If the batter seems too thick, add a little more almond milk, a tablespoon at a time, until you reach a thick pourable consistency.
- 4 Grease your baking pan (9x9) or muffin tin with a little oil. Pour the batter into the prepared pan. Bake at 425°F (220°C) for 20 minutes.

Nutrition

SERVING: 1 MUFFIN CALORIES: 171KCAL
CARBOHYDRATES: 17G FAT: 11G
SODIUM: 179MG FIBER: 2G
PROTEIN: 3G SUGAR: 8G





Spice Blends & Dressings

GREEK LETTUCE DRESSING

This salad pairs beautifully with a classic Greek salad, adding a burst of citrus and herbs that complement the crisp vegetables and creamy feta. But this versatile dressing can enhance any salad.

Ingredients

- Juice of 1 large lemon
- Kosher salt
- ½ tsp dried oregano
- ⅓ cup extra virgin olive oil



Recipe from the Mediterranean Dish

<https://www.themediterraneandish.com/>

4 servings

Directions

- 1 In a medium mixing bowl, add the lemon juice, a large pinch of kosher salt, and the oregano and whisk to combine
- 2 Continue whisking as you drizzle in the extra virgin olive oil
- 3 Whisk until emulsified.
- 4 Just before serving, give the dressing one more quick whisk and pour it all over the salad.

Nutrition

SERVING: 2 TBSP CALORIES: 79KCAL

CARBOHYDRATES: 1G FAT: 8G

SODIUM: 80MG FIBER: 0.1G

PROTEIN: 0.03G. SUGAR: 0.3G

CARROT GINGER DRESSING

Recipe from COOKIE + kate
<https://cookieandkate.com/>

This salad dressing tastes remarkably fresh, creamy and light. It would pair nicely with other recipes with Asian flavors.

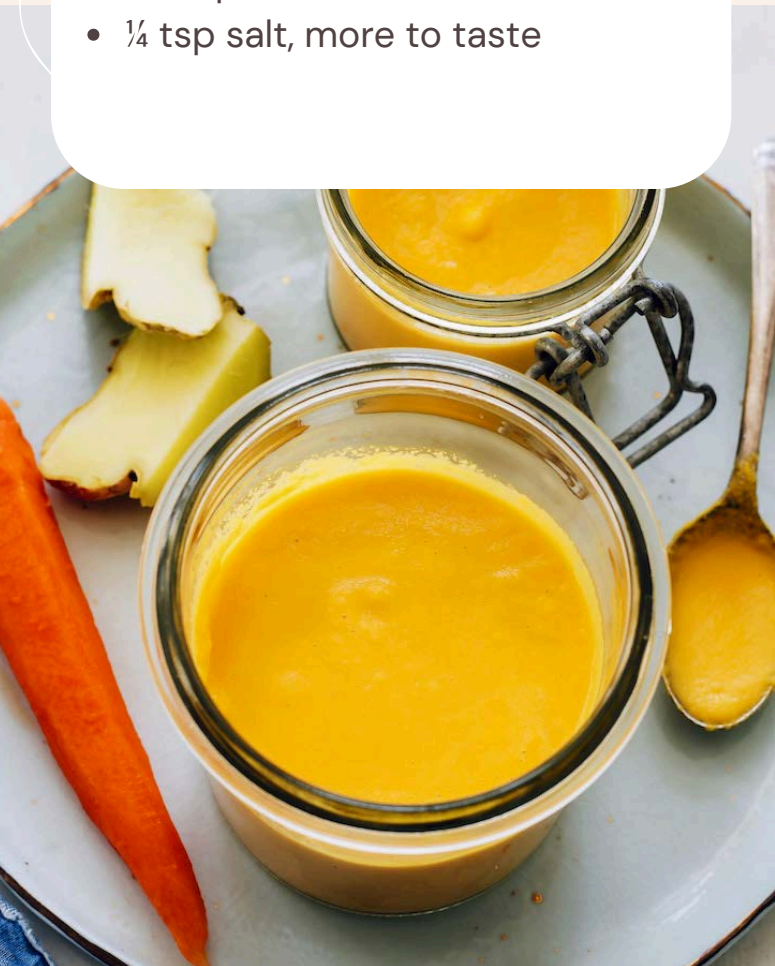
Ingredients

- ⅓ cup extra-virgin olive oil
- ⅓ cup rice vinegar
- 2 large carrots, peeled and roughly chopped (about ⅔ cup)
- 2 Tbsp peeled and roughly chopped fresh ginger
- 2 Tbsp lime juice
- 1 Tbsp plus 1 teaspoon honey
- 1 ½ tsp toasted sesame oil
- ¼ tsp salt, more to taste

4 servings

Directions

- 1 In a blender, combine all of the salad dressing ingredients as listed. Blend until completely smooth.
- 2 Taste, and add additional salt to your taste. If it's too sour (it should have some zing to it), blend in a bit more honey.
- 3 Serve over greens and any other ingredients you'd like. Recipe keeps well in the refrigerator, covered, for 1 to 2 weeks.



Nutrition

SERVING: 2 TBSP CALORIES: 76KCAL
CARBOHYDRATES: 3G FAT: 7G
SODIUM: 62MG FIBER: 6G
PROTEIN: 0.2G SUGAR: 3G

KALE, BROCCOLI, & APPLE SALAD DRESSING

Recipe from Susan Cannon

This light and flavorful vinaigrette perfectly complement your fresh kale, apple, and broccoli salad.

Ingredients

- ½ cup of Lemon juice
- ½ cup of Apple Cider Vinegar
- 1 Tbsp of Mayo (can use vegan)
- 1 pinch of sugar

4 servings

Directions

- 1 In a medium mixing bowl, whisk ½ cup of lemon juice, ½ cup of apple cider vinegar, with 1 Tbsp of mayo (can use vegan), with 1 pinch of sugar;
- 2 Pour over the finished salad.
- 3 Shake all ingredients together in a large, covered bowl and enjoy! (You can change the amounts of ingredients to your liking).



Nutrition

SERVING: 2 TBSP CALORIES: 25KCAL

CARBOHYDRATES: 1G FAT: 1G

SODIUM: 20MG FIBER: 0.1G

PROTEIN: 0.03G SUGAR: 0.07G

TACO SEASONING

Made with pantry staples like chili powder, ground cumin, sweet paprika, and a hint of crushed red pepper, this blend adds the perfect kick to your favorite taco meat.

Ingredients

- 2 tsp chili powder
- 1 tsp ground cumin
- 1/2 tsp sweet paprika
- 1/2 tsp crushed red pepper
- 1/2 tsp salt
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp dried oregano
- 1/4 tsp black pepper

4 servings (1 lb. of meat)

Directions

- 1 Measure out each spice.
- 2 Mix them all together and place in a sealable container.
- 3 Store in a cool, dry place.



Nutrition

SERVING: 1 CALORIES: 10KCAL
CARBOHYDRATES: 2G FAT: 0.45G
SODIUM: 294MG FIBER: 0.73G
PROTEIN: 0.4G SUGAR: 3G



Drinks

HIBISCUS TEA

Recipe from My Food Story

<https://myfoodstory.com/>

Discover the vibrant, tangy flavor of hibiscus tea, renowned for its antioxidants and health benefits, including heart health, immune support, and digestive aid.

Ingredients

- 2 cups fresh hibiscus flowers
OR ½ cup dried hibiscus flowers
- 8 cups water
- ¼ cup honey add more if you like your tea sweeter
- 3 Tbsp fresh lime juice

5 servings

Directions

- 1 If using fresh hibiscus flowers, remove the calyx or the green part at the base of the flower to which the stem is attached. You can also remove the pistil which is the thin thread-like tube in the middle of the flower which has pollen attached to it. You don't need to do this if you are using dried flowers.
- 2 Bring the hibiscus flowers and water to a boil in a large pot. Once the water starts boiling, switch off the flame and cover the vessel. Add any other herbs or add-ins such as basil, lemon grass, lemon zest etc. Let the tea steep for 15-20 minutes. Mix in the honey and lime juice till completely combined. Strain the tea.
- 3 You can either serve hibiscus tea warm or you can chill it in the refrigerator.

Nutrition

SERVING: 1 CALORIES: 89 KCAL

CARBOHYDRATES: 22G FAT: 1G

SODIUM: 23MG FIBER: 1G

PROTEIN: 1G SUGAR: 20G



OTHER WHOLE-FOOD RESOURCES

The Simple Veganista

<https://simple-veganista.com/>

Forks Over Knives

[https://www.forksoverknives.com/
recipes/](https://www.forksoverknives.com/recipes/)

Mr. McDougall

[https://www.drmcDougall.com/
recipes/](https://www.drmcDougall.com/recipes/)

My Plant-Based Family

<https://myplantbasedfamily.com/recipes/>

The Wimpy Vegetarian

<https://thewimpyvegetarian.com/>

Vegetarian Times

<https://www.vegetariantimes.com/>

Monkey & Me

[https://monkeyandmekitchen
adventures.com/](https://monkeyandmekitchenadventures.com/)

Healthy Food

<https://www.healthyfood.com/>

OH SHE GLOWS

<https://ohsheglows.com/>

Love & Lemons

<https://www.loveandlemons.com/>



