

Sweet Potato Quinoa Salad

SERVES 8

Ingredients

Base

- 1 large Sweet Potato, peeled and cubed or 2 - 12 oz bags of frozen organic diced sweet potato
- 1 cup White Quinoa, rinsed
- 3 Green Onions, finely diced, white and some green part

Dressing

- ¼ cup Lemon Juice (fresh squeezed if possible)
- ½ cup pure organic Maple Syrup
- 1 tsp Salt
- ½ tsp Black Pepper

Directions

Preheat oven to 350°F

Spread diced sweet potatoes on a baking sheet with parchment paper and roast for 30 minutes, until tender.

While sweet potatoes roasts, cook quinoa according to package directions (usually 2 cups water to 1 cup quinoa, simmer until fluffy).

Finely dice the green onions

In a small bowl, whisk lemon juice and maple syrup, salt and pepper together. Cool sweet potatoes and quinoa before combining in a medium bowl. Add in green onion. Drizzle with the lemon-maple mixture. Stir to blend dressing into the salad. Season with extra salt and pepper if needed.

Optional serving idea: Top with fresh parsley or spinach if desired.

Serve at warm temperature for best flavor.



Veggie Wrap

SERVES 4

Ingredients

- 8 Collard Greens (washed and stems removed)
- 2 medium Beet
- 1 medium Cucumber
- 2 medium Zucchini
- 3 medium Carrots
- 2 Bell Peppers
- ½ cup organic Hummus
- 4 oz Alfalfa Sprouts
- ¼ medium Red Onion (optional)

Directions

1. Wash the collard greens and remove the stems. Try to keep as much of each side of the full leaf in contact as possible as you will use these to roll your vegetables into a wrap form.
2. Prepare the beets, zucchini, carrots, cucumbers and peppers into thin noodle-like strips or match sticks and transfer to a large mixing bowl.
3. Mix all vegetables together in the mixing bowl.
4. Lay your collard green wraps across a clean counter. Add the hummus in a thin layer, then the sprouts, and top with the mix of veggies and onion if using.
5. Wrap and secure with a toothpick if needed.

Great to pack for on the go and picnics

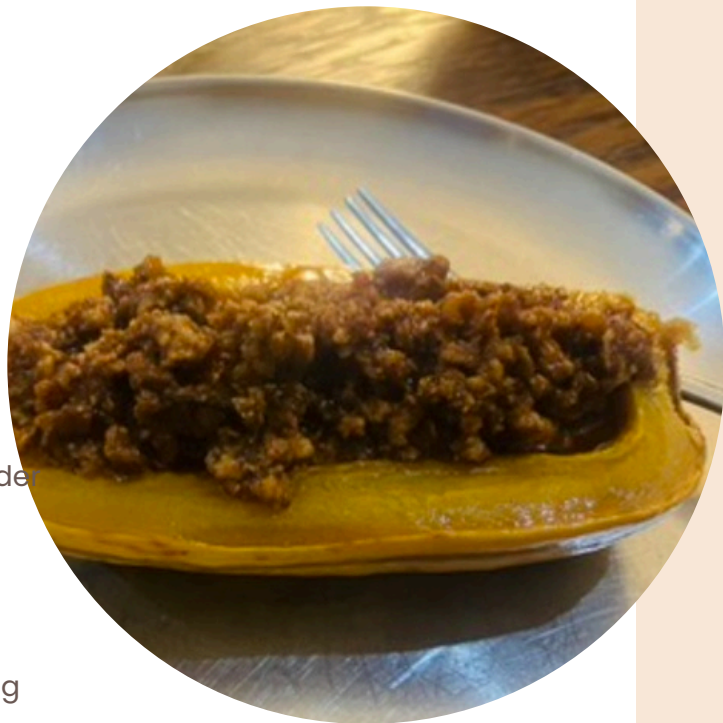


Squash Pizza Boat

SERVES 2

Ingredients

- 1 Squash, cut in half lengthwise (butternut or delicata)
- 1 lb Ground Beef or Ground Sausage
- 6 oz jar Tomato Paste or 3 TB Tomato Powder
- 2 cups broth
- 4 tsp Italian Seasoning
- 1 tsp salt
- 1 tsp pepper
- Diced onion, peppers, olives, etc for topping (optional)



Directions

Preheat oven to 350°F

Place squash, cut side down, on baking sheet with parchment paper. Roast for 45 minutes to an 1 hour, until soft.

While squash is in oven, brown meat in large skillet. Stir in tomato paste, seasoning, salt, pepper and broth. Let simmer.

Remove squash from oven. Scoop out the seeds and place squash on serving plate. Fill the cavity with meat mixture. Sprinkle with toppings if desired.

Serve immediately

Ranch Dressing

MAKES 24 OZ

By Jordan Gatlin

Ingredients

- 1 cup organic Cashews, soaked
- 1 cup water
- ¼ cup Apple Cider Vinegar
- 10 tsp Lemon Juice
- 2 tsp Parsley
- 1 ½ tsp Onion Powder
- 1 ½ tsp Salt
- 1 tsp Garlic Powder
- ½ tsp Dill
- ¼ tsp Black Pepper
- ¼ tsp Mustard Powder



Directions

1. In a glass jar, add the cashews and soak for 8 hours or overnight.
If last minute, cover with boiling water. Allow them to soak 15 minutes.
2. Drain cashews and rinse
3. Combine all ingredients into a blender and blend until smooth.
4. Refrigerate for at least 30 minutes to chill

Store in an airtight container in the fridge for up to 1 week.

Chia Seed Pudding

SERVES 2

Ingredients

- 1/4 cup Chia Seeds
- 1 cup Almond Milk or Canned Coconut Milk
- 1 tsp Vanilla Extract
- 1 tbsp Maple Syrup
- Berries (optional)



Directions

1. In a small bowl, mix chia seeds, almond milk, vanilla extract, and maple syrup.
2. Stir well, cover, and refrigerate overnight or up to 8 hours
3. Serve with berries