

# 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.

# Oil-Free Hummus

SERVES 8-10

## Ingredients

---

- 1 can (15 oz) chickpeas, drained and rinsed
- ½ tsp baking soda
- ¼ cup tahini
- ¼ cup fresh lemon juice
- 1 garlic clove
- ½–¾ tsp salt
- ¾ tsp ground cumin
- 2 Tbsp reserved chickpea liquid (aquafaba)
- 3–5 Tbsp cold water (to thin as needed)



## Directions

---

1. Soften the chickpeas: Drain the can of chickpeas, reserving 2 tablespoons of the liquid (aquafaba). Rinse the chickpeas, then place them in a small pot and cover with water. Stir in the baking soda and simmer for about 15 minutes, until very soft. Drain and rinse well.
2. Blend the flavor base: In a food processor, pulse the garlic until finely chopped. Add tahini, lemon juice, salt, and cumin, and blend until smooth.
3. Make it creamy: Add the warm chickpeas and reserved aquafaba to the processor. Blend until thick and creamy, adding cold water one tablespoon at a time until you reach your desired texture.
4. Taste and adjust: Add more lemon, salt, or cumin to your liking.
5. Serve and store: Spoon into a bowl, sprinkle with paprika or parsley if you like, and refrigerate leftovers for up to a week.

# 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

# Zucchini Bean Roll Ups

SERVES 2

## Ingredients

---

- 2 cups Zucchini - About 2 medium-sized, or 1 large-sized zucchinis
- 1 cup White Navy Beans (cooked, rinsed)
- 1 ½ cups Basil Leaves
- ¼ cup Lemon Juice
- 2 tbsps Nutritional Yeast
- 2 Garlic Cloves
- ⅛ tsp Black Pepper
- 1 cup Tomato Sauce



## Directions

---

Preheat your oven to 350°F.

Slice the zucchini in half lengthwise. Using a mandolin or a peeler and applying steady pressure, create long, thin slices from the cut side of each zucchini. If you don't have a mandolin or peeler, use a sharp knife to make thin, flexible slices.

In a food processor or blender, combine the white beans, basil, lemon juice, nutritional yeast, and garlic. Pulse until smooth. Taste and season with black pepper as desired.

Lay the zucchini strips flat on a cutting board and spread each strip with about 1 tablespoon of the white bean mixture. Roll them up and place in a casserole dish.

Once all the zucchini roll-ups are in the dish, cover with the tomato sauce. Bake uncovered for 30 minutes.

### Note

Don't have White Navy Beans: Use chickpeas instead.

# 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.



# Creamy Potato Soup

SERVES 4

## Ingredients

---

- 2 LB Potatoes (I used russet), peeled & cut into 1 inch cubes
- 1/2 Medium Yellow Onion, diced
- 18-20 oz Vegetable Broth, enough to cover the potatoes and onions
- 1/2 can Coconut Milk, unsweetened
- 3/4 tsp Salt
- 1/4 tsp Pepper
- 1/4 tsp Garlic Powder
- 1/4 tsp Dried Thyme
- Broccoli Pieces for garnish, optional



## Directions

---

Combine potatoes, onions and broth in a medium pot. Bring to a boil for 8 minutes, making sure the potatoes can be pierced easily

Remove from heat and let cool for 15 minutes. Scoop out 1 cup of potatoes and set aside

Pour the remaining contents into a blender. Add coconut milk and seasonings, blend until smooth. An immersion blender can also be used in the pot.

Pour back into pot along with the 1 cup of potatoes set aside and simmer

Serve with broccoli garnish

# Sweet Potato Quinoa Soup

SERVES 6

## Ingredients

---

- 2 sweet potatoes, peeled and diced
- ½ medium onion, diced
- ¼ cup nutritional yeast
- 1 cup quinoa
- 1 can black beans, drained
- 1-2 cups of baby spinach
- ¼ cup tomato paste
- 8-10 cups of vegetable broth
- 3 garlic cloves, minced
- 1 teaspoon cumin powder
- 1 teaspoon paprika (optional)
- 1 tbsp oil
- Salt and Pepper to taste



## Directions

---

1. Prepare all the ingredients: peel and dice sweet potatoes. Open a can of beans, drain and rinse.
2. Turn a pot on medium heat, add nutritional yeast, and toast for 2-3 minutes. Stir frequently.
3. Next, add the oil and diced onions. Cook for 3 minutes or until fragrant. Add minced garlic and cook for another minute.
4. Next, add a few splashes of vegetable broth and tomato paste. Begin mixing the tomato paste in the broth to dissolve it. Add more broth if necessary. Once it's dissolved, add the rest of the broth.
5. Once the vegetable broth is boiling, add the diced sweet potato, quinoa, and spices/seasonings. Turn the heat down to a simmer. Cover and let cook for 12-14 minutes.
6. Once the sweet potato is tender and the quinoa is cooked, add the black beans. Taste the broth and adjust seasonings to your preference.
7. Once the soup is finished, turn off the heat and stir in the baby spinach.

# Chick-Free Noodle Soup

SERVES 4

By Jordan Gatlin

## Ingredients

---

- 1 Large Onion, chopped
- 5 Large Carrots, chopped
- 3 Celery Ribs, Chopped
- 2 Garlic Cloves, minced
- 1 tsp dried Thyme
- 1 tsp Salt
- ½ tsp Black Pepper
- 3 cups Vegetable Broth
- 8 oz Gluten free pasta of choice
- Fresh Parsley, optional



## Directions

---

- In a large pot, heat oil over medium-high heat.
- Add the onions, carrots, and celery and cook until slightly softened, about 5-7 minutes.
- Add the garlic and thyme, and season with salt and pepper.
- Cook for another 2-3 minutes.
- Add the vegetable broth and bring mixture to a boil.
- Then add the pasta, reduce the heat and simmer covered for about 15 minutes.
- Remove from the heat, sprinkle with fresh parsley and serve.

# Golden Garlic Lentil Soup

SERVES 4

## Ingredients

---

- 1 cup red lentils, rinsed
- 1 Large Onion, diced
- 4-5 Garlic Cloves, minced
- 5 cups vegetable broth or water
- 1-2 large Carrots, diced
- 2 Celery stalks, diced
- 1 tsp Salt
- 1 tsp Cumin
- 1 tsp Turmeric
- ½ tsp dried Thyme
- Extra Virgin Olive Oil
- Pepper to taste

## Directions

---

- Heat olive oil in large pot. Add onion and saute for 3 minutes
- Stir in garlic and cook 1 minute
- Add 5 cups of broth or water
- Add lentils, carrots, celery, onion, turmeric, thyme, salt and pepper. Stir well.
- Bring to a boil, reduce heat and simmer 15-20 minutes, until lentils and veggies are tender. Top with fresh cilantro and fresh squeezed lemon.



# Hearty Beef & Veggie Soup

SERVES 5

## Ingredients

---

- 2.5-3 lb beef roast, cut in 1-inch cubes
- 2 Tbsp olive oil
- Water (to fill pot)
- 1 onion, diced
- 8-10 cloves garlic, chopped
- Mixed veggies: Broccoli, Cauliflower, Green Beans, Peas, Carrots
- 1 can diced tomatoes
- 2 TBSP red wine vinegar
- Salt & pepper to taste



## Directions

---

1. Prepare all ingredients: peel and dice sweet potatoes. Open a can of beans, drain and rinse.
2. Turn a pot on medium heat, add nutritional yeast, and toast, add beef and bro for 2-3 minutes. Stir frequently.
3. Next, add the oil and diced onions. Cook for 3 minutes or until fragrant. minced garlic and cook for another minute.
4. Next, add to the pot a few splashes of vegetable broth and tomato paste. Begin mixing the tomato paste in the broth to dissolve it. Add more broth if necessary. Once it's dissolved, add the rest of the broth.
5. Once the vegetable broth is boiling, add the diced sweet potato, beans, and spices/seasonings. Turn the heat down to a simmer. Cover and let cook for 12-14 minutes. Once the sweet potatoes are tender and the beans are cooked, add the black beans. Taste the broth and adjust seasonings to your preference.
6. Once the soup is finished, turn off the heat and stir in the baby spinach.

# 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

# Curry Veggies Over Rice

SERVES 4

By Jordan Gatlin

## Ingredients

---

- 1 TBSP Olive Oil
- 1 Large White or Yellow Onion, Diced
- 1 1/2 cups Carrots, Sliced
- 1/2 cup Peas
- 1/4 cup Chopped Asparagus
- 5 Garlic Cloves, Minced
- 1 tsp Salt
- 1/2 tsp Black Pepper
- 3/4 tsp Curry Powder
- 1/2 tsp Ground Ginger
- 1/4 tsp Ground Turmeric
- 2 Bay Leaves
- 1/4 can Coconut Milk
- 1 cup Vegetable Broth
- Cooked Rice
- Fresh Parsley, optional



## Directions

---

1. In a large pot, heat oil over medium-high heat, add the onions and other veggies. Cook until slightly softened, about 5-8 minutes. Stir occasionally.
2. Add garlic, curry, ginger, and turmeric to the pot. Cook for another minute.
3. Add the coconut milk, vegetable broth, bay leaves, salt and pepper. Bring to a simmer, cover and reduce to low heat. Simmer for 8-10 minutes.
4. Remove from heat, add in the cooked rice, stir to combine. Sprinkle with fresh parsley.

# Potato Veggie Hash

SERVES 2

## Ingredients

---

- 1 1/2 lbs yellow potatoes - cut into small 1/2 to 1" chunks
- 1/4 cup low-sodium vegetable broth
- 2 medium onions - chopped
- 1/2 root celeriac - peeled and grated
- 1 medium green pepper - chopped
- 1 medium yellow pepper - chopped
- 1 cup kernel corn - fresh or frozen
- 4 leaves spinach - chopped
- 1/2 tsp black pepper
- 2 tsp paprika
- 1 tsp dried rosemary - crumbled
- 1 cup tomatoes - halved

## Directions

---

1. Bring a large pot of water to a boil and cook the potatoes for 7 to 10 minutes or until the potatoes are just starting to soften. Drain and set aside.
2. In a large pan heat up the vegetable broth and add the onion, garlic, and celeriac root. Sauté for 5 minutes.
3. Add the green and yellow peppers and continue to saute for another 5 to 7 minutes or until they have softened. Add a little more broth as needed so the vegetables don't stick to the pan.
4. Add the black pepper, paprika, rosemary and mix thoroughly.
5. Add the cooked potatoes and corn and cook for another 5 minutes. If you are adding the tomatoes to the cooking dish add them now. If you are going to use the tomatoes as a garnish or side dish leave them for when you plate the hash.
6. Lastly, add the spinach and stir until the leaves are wilted. Serve immediately.



# 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

# Cashew & Cranberry Bites

MAKES 12

## Ingredients

---

- 1 cup soaked and dehydrated raw cashews
- ½ cup dried cranberries
- 6 Medjool dates, pitted
- 2 tbsp pure maple syrup
- 2 tsp almond butter
- 1 tbsp flax meal (ground flaxseed)
- ¼ cup vegan white chocolate (chopped or chips)
- 2 tbsp coconut oil



## Directions

---

1. Soak and Dehydrate the Cashews
  - Place cashews in a bowl and cover with filtered water. Soak for 6–8 hours (or overnight). Drain and rinse well. Spread the cashews evenly on a parchment-lined baking sheet. Place in the oven on the lowest temperature for 18–24 hours, or use a dehydrator until fully dry and crisp.
2. Prepare the Energy Bite Mixture
  - Add the dehydrated cashews to a food processor and pulse until grainy — small bits, not a paste. Add the dried cranberries, pitted dates, maple syrup, almond butter, and flax meal. Blend until the mixture sticks together when pressed between your fingers.
3. Form the Bites
  - Line a tray with parchment paper. Roll the mixture into bite-sized balls and place them on the tray. Chill in the fridge for 15 minutes to firm up.
4. Add the White Chocolate Drizzle
  - Melt the vegan white chocolate and coconut oil together. Drizzle over each ball and return them to the fridge for another 15 minutes until set.

### Storage & Tips

- Keep in an airtight container in the fridge for up to a week, or freeze for longer.

# Coconut Pecan No-Bake Cookies

MAKES 16

## Ingredients

---

- ½ cup maple syrup
- 3 Tbsp cocoa powder
- 6 Tbsp coconut oil
- ½ cup coconut milk
- ½ cup almond butter or peanut butter
- ⅛ tsp sea salt
- 1 Tbsp vanilla extract
- 1 cup unsweetened flaked coconut
- 2 cups chopped pecans



## Directions

---

1. In a medium saucepan over medium heat, combine the coconut sugar, cocoa powder, coconut oil, and coconut milk. Cook, stirring frequently, until the coconut oil is melted and the mixture begins to boil. Do not let it boil for more than one minute.
2. Remove from heat and whisk in the nut butter, sea salt, and vanilla extract until smooth.
3. In a large mixing bowl, combine the flaked coconut and chopped pecans.
4. Pour the chocolate-nut butter mixture over the coconut and pecans, stirring until fully combined.
5. Using a 2-inch cookie scoop or spoon, drop mounds onto a parchment-lined baking sheet.
6. Chill in the refrigerator for about 2 hours, or until firm.