

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

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.

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

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.