







## Japanese Eggplant & Tofu Stir Fry

2 servings

20 minutes

### Ingredients

- 2 tbsps Avocado Oil (divided)
- 2 Eggplant (Japanese, large, cut into 3-inch pieces)
- 161 grams Tofu (extra firm, drained and crumbled)
- 2 Garlic (cloves, thinly sliced)
- 2 tsps Sesame Seeds
- 1/3 cup Thai Basil (roughly chopped)
- 1 Red Hot Chili Pepper (chopped)
- 1 1/2 tbsps Lime Juice
- 2 tsps Tamari

### Directions

- 1 In a skillet over medium heat, add half of the avocado oil then the eggplant. Cook until slightly browned, about 6 to 8 minutes. Remove and set aside on a plate.
- 2 In the same skillet, add the remaining avocado oil and then the tofu. Cook for about 2 to 3 minutes. Add the garlic and sesame seeds and cook for 1 minute more. Add the basil, chili pepper, lime juice, tamari and the cooked eggplant. Cook for another 1 to 2 minutes or until everything is combined and warm.
- 3 Divide between plates, serve and enjoy!

### Notes

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

**Serving Size:** One serving is roughly 1 cup of eggplant and tofu.

**Like it Sweet:** Add a touch of maple syrup or honey.

**No Lime Juice:** Use rice vinegar instead.

**Additional Toppings:** Serve over top of rice, cauliflower rice or quinoa.



## 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.



## Blueberry Beet Chia Pudding

4 servings

3 hours

### Ingredients

- 1 Beet (medium)
- 3 cups Unsweetened Almond Milk
- 1 cup Canned Coconut Milk
- 1 cup Blueberries (fresh or frozen)
- 1 tsp Cinnamon
- 2 tbsps Maple Syrup
- 1 cup Chia Seeds

### Directions

- 1 Place the beets in a small steamer basket and steam for about 10 minutes, or until soft.
- 2 Add the steamed beets to a blender with the almond milk, coconut milk, blueberries, cinnamon and maple syrup. Blend until smooth.
- 3 Pour the beet mixture into a bowl and whisk in the chia seeds. Let stand for 10 minutes to thicken slightly then divide between jars/containers. Refrigerate for about 3 hours, or until set.
- 4 Remove chia pudding from fridge. Add desired toppings and enjoy!

### Notes

**Save Time:** Buy canned beets. Make sure they are not pickled!

**Topping Ideas:** Fresh berries, sliced kiwi, coconut, pumpkin seeds, hemp seeds, or almonds.





## Carrot Cake Chia Pudding

2 servings

3 hours

### Ingredients

- 1 Carrot (medium, grated)
- 1/2 tsp Cinnamon
- 1/8 tsp Ground Cloves
- 1/4 tsp Ground Ginger
- 1 tsp Stevia Powder (to taste)
- 2 cups Unsweetened Almond Milk
- 1/2 cup Chia Seeds
- 1/4 cup Walnuts (chopped)
- 2 tbsps Unsweetened Coconut Flakes

### Directions

- 1 In a medium sized mixing bowl, combine the shredded carrot, cinnamon, cloves, ginger and stevia. Add the almond milk, then whisk in the chia seeds. Let sit for 5 minutes, then stir again to redistribute the chia seeds. Cover the bowl and refrigerate for 3 hours or overnight.
- 2 Divide into bowls or mason jars and garnish with shredded coconut and chopped walnuts. Enjoy!

### Notes

**Storage:** Keeps well in the fridge for 3 to 4 days.

**Extra Creamy:** Replace half of the almond milk with full-fat canned coconut milk.



## Rainbow Chopped Salad Jars

3 servings

15 minutes

### Ingredients

- 1/3 cup Tahini
- 2 Lemon (juiced)
- 1/2 tsp Sea Salt
- 2 tbsps Water
- 3 cups Chickpeas (cooked, from the can)
- 1 cup Cherry Tomatoes
- 1 cup Matchstick Carrots
- 1 Yellow Bell Pepper (chopped)
- 3 cups Purple Cabbage (chopped)

### Directions

- 1 Combine the tahini, lemon juice, and sea salt. Whisk until combined, adding water as needed to attain a creamy salad dressing consistency. Divide the dressing equally into the bottom of large jars.
- 2 On top of the dressing, layer the chickpeas, tomatoes, carrots, bell pepper, and top with the purple cabbage. Cover and store in the fridge.
- 3 When you're ready to eat the salad, dump it into a bowl and toss well. Enjoy!

### Notes

**Storage:** Keeps well in the fridge for up to 4 days.

**No Tahini:** Use a nut butter or sunflower seed butter instead.



## Warm Lentil & Sweet Potato Salad

2 servings

15 minutes

### Ingredients

- 1 Sweet Potato (medium, peeled and cut into small cubes)
- 2/3 cup Vegetable Broth (divided)
- 1/2 cup Red Onion (chopped)
- 3 Garlic (cloves, minced)
- 1/4 tsp Sea Salt
- 2 cups Baby Spinach
- 2 cups Lentils (cooked, rinsed)
- 2 tbsps Balsamic Vinegar
- 1/4 cup Parsley (chopped, optional)

### Directions

- 1 Place sweet potato in a steamer over boiling water, cover, and cook for 8 to 10 minutes or until tender.
- 2 Meanwhile, add half of the broth to a large pan with the onions and garlic. Cook over medium heat until the onions have softened, about 3 to 5 minutes. Add the salt and stir to combine. Wilt in the spinach.
- 3 Add the lentils, balsamic vinegar, and the remaining broth. Continue to cook over medium heat for about 5 minutes more until most of the liquid has been absorbed.
- 4 Remove the pan from the heat and stir in the steamed sweet potato and parsley. Divide into bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Reheat with extra vegetable broth if lentils become too dry.

**Serving Size:** One serving is equal to approximately 1 1/2 cups of salad.

**No Sweet Potato:** Use cubed butternut squash instead.





## Black Bean Chili

4 servings

35 minutes

### Ingredients

- 1 tbsp Avocado Oil
- 1 Yellow Onion (chopped)
- 1 Jalapeno Pepper (seeds removed and finely chopped)
- 4 Garlic (large cloves, minced)
- 3 tbsps Taco Seasoning
- 2 tsps Cocoa Powder
- 2 tbsps Tomato Paste
- 4 cups Black Beans (cooked, rinsed well)
- 1 1/2 cups Diced Tomatoes (from the can)
- 2 cups Vegetable Broth
- Sea Salt & Black Pepper (to taste)

### Directions

- 1 Heat the oil in a pot over medium heat. Add the onions and jalapeno and cook for about five minutes or until the onion begins to soften. Stir in the garlic, taco seasoning, and cocoa powder, and cook for another minute.
- 2 Add the tomato paste and black beans and mix well to combine, then add the diced tomatoes and vegetable broth. Season with salt and pepper to taste.
- 3 Bring the chili to a gentle boil then reduce the heat slightly and simmer for 15 to 20 minutes or until the chili has thickened.
- 4 Season with additional salt and pepper, if needed, and divide between bowls. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately 1 1/4 cups of chili.

**Additional Toppings:** Lime wedges, avocado, cheese, sour cream, tortilla chips, and/or hot sauce.

**No Taco Seasoning:** Use a combination of chili powder and cumin instead.





## Orange Ginger Chickpea Stir Fry

3 servings

25 minutes

### Ingredients

- 4 cups Frozen Vegetable Mix
- 1/2 cup Orange Juice
- 2 tbsps Tamari
- 2 tbsps Maple Syrup
- 1 tbsp Ginger (fresh, grated)
- 1 tsp Garlic Powder
- 1 tbsp Arrowroot Powder
- 3 cups Chickpeas (cooked, drained, rinsed)

### Directions

- 1 Heat a large pan over medium heat. Add the frozen vegetable mix and cook for 10 to 15 minutes, or until completely thawed.
- 2 In a bowl, combine the orange juice, tamari, maple syrup, ginger, garlic powder, and arrowroot powder. Whisk until well combined.
- 3 Add the chickpeas to the vegetables. Add the sauce and stir until everything is coated. Cook for another five minutes and allow the sauce to thicken. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately 1 1/2 cups.

**More Flavor:** Add orange extract and sesame oil to the sauce.

**Additional Toppings:** Sesame seeds, toasted cashews, sunflower, or mung bean sprouts.

**No Frozen Vegetable Mix:** Any vegetable mix will work here. Likewise, use the vegetables you have on hand like. We like zucchini, carrot, onion, mushrooms, peppers, celery, or bok choy.

**No Arrowroot Powder:** Use cornstarch instead.