

# New Year Glow Smoothie Bowl



## Ingredients

For the smoothie bowl:

- $\frac{3}{4}$  cup water
- 1 heaping cup frozen mango chunks
- $\frac{1}{2}$  avocado
- $\frac{1}{2}$ -inch piece peeled ginger, or to taste
- 1 cup packed fresh baby spinach
- 1 small orange, peeled
- 1 -2 pitted Medjool dates
- 3 ice cubes
- $\frac{1}{2}$  tsp matcha green tea powder (optional)

Suggested toppings:

- Diced fresh mango
- Raspberries, blueberries, sliced banana, kiwi and/or strawberries
- Oranges, segmented and chopped
- Granola of choice
- Hemp hearts
- Chia seeds

## Directions

Add the water into a high-speed blender followed by the rest of the smoothie bowl ingredients. Blend on high until smooth. Pour into a bowl and add toppings as desired. Serve and enjoy!

# The Best Fluffy Vegan Pancakes



## Ingredients

*For the dry ingredients:*

- 1 cup all purpose flour
- 1 tbsp baking powder
- ¼ tsp salt

*For the wet ingredients:*

- 1 tbsp ground flaxseed
- 1 tsp apple cider vinegar
- 1 tbsp sweetener of choice
- 2 tbsp melted, cooled coconut oil
- 2 tsp vanilla
- 1 cup + 1 tbsp milk of choice

*Optional mix-ins:*

- ¼ tsp almond extract
- ¾ cup fresh or frozen blueberries (if using frozen, toss berries with 1 tbsp flour)
- ⅓ cup mini chocolate chips, dairy-free if desired

For greasing the skillet:

- Coconut oil or vegan butter

## Directions

1. In a large bowl, whisk together the flour, baking powder and salt. Set aside.
2. In a separate large bowl, mix the ground flaxseed, apple cider vinegar, sweetener, melted coconut oil, vanilla and almond extract until it comes together. Slowly whisk in the milk.
3. Add the dry ingredients to the wet ingredients and mix until a batter forms; it doesn't need to be perfectly smooth. Stir in any mix-ins you are using. If you would like the batter to be thinner, add another tablespoon of milk. Do not over-mix.
4. Lightly coat a griddle or frying pan with oil and place over medium heat. Add ⅓ cup of the batter to the griddle for each pancake and cook for 3-4 minutes until the pancakes puff up and you see bubbles along the edges. Flip cakes and cook until golden brown on the underside.
5. Wipe the skillet clean and repeat with more oil and remaining batter.
6. Enjoy!

# Glowing Green Salad

## Ingredients

### *For the salad*

- 1 small head green cabbage
- 3-4 baby cucumbers or 1 large cucumber
- ¼ cup chives
- 1 bunch green onions or scallions

### *For the dressing*

- 1 cup basil leaves
- 1 cup fresh spinach
- 2 cloves garlic
- 1 small shallot
- 2 lemons, juiced
- ¼ cup olive oil
- ¼ cup nuts of your choice
- ⅓ cup nutritional yeast
- 1 tsp salt
- 2 tbsp rice vinegar
- any extra chives you have on hand



## Directions

1. Wash and chop all of the salad ingredients with a sharp knife as small as you would like (confetti-sized works well). Place in a large bowl.
2. Add all salad dressing ingredients to a blender or food processor and blend until it becomes a thick, pourable consistency.
3. Pour the dressing over the salad ingredients.
4. Mix well and enjoy!



# Carrot Arugula Salad with Fig, Goat Cheese & Avocado

## **Ingredients**

### *For the carrots*

- 4 large carrots, cut in half vertically and stems/tops removed
- 1 tbsp avocado oil
- salt and pepper

### *For the salad*

- 5 ounces baby arugula (approx. 3 cups)
- ¾ cup dried fig halves
- ½ cup walnuts halves and pieces
- ⅓ cup goat cheese, crumbled
- 1 avocado, sliced
- ½ cup roasted chickpeas (optional, for extra protein)

### *Maple tahini dressing*

- ¼ cup tahini
- 2 tbsp fresh lemon juice
- 1-2 tsp maple syrup
- ½ tsp dijon mustard
- ¼ tsp garlic powder
- 2-3 tbsp warm water, to thin out dressing
- ¼ tsp salt
- freshly ground black pepper



## **Directions**

1. Add vertically cut carrots to a large bowl or a platter and drizzle with avocado oil, ensuring they are coated well. Season with freshly ground salt and pepper.
2. Preheat your grill to medium-high heat (about 400° F) and grill the carrots for 15-25 minutes or until slightly tender, flipping halfway through. Note: If you don't want to grill your carrots, you can roast them at 400° F for 30 minutes or until tender on a baking sheet lined with parchment paper.
3. Toast walnuts in a dry skillet over medium heat, stirring occasionally until toasted and fragrant, about 5 minutes. Set aside.
4. While the carrots are cooking, mix the dressing together. In a medium bowl whisk together the tahini, lemon juice, maple syrup, dijon, garlic powder, water (1 tbsp at a time until you reach your desired consistency) and salt and pepper. Set aside.
5. Add arugula to a large platter or bowl and layer with the toppings: grilled carrots, dried fig halves, toasted walnuts, goat cheese, avocado slices and roasted chickpeas (if using).
6. Drizzle tahini dressing all over the top and season with freshly ground salt and pepper. Divide into bowls and enjoy!

# Avocado Infusion Veggie Packed Pita Sandwich

## Ingredients

### *Broccoli chickpea filling*

- 1 bunch of broccoli, florets removed and sliced thin
- 1 can (15 ounces) chickpeas, rinsed and drained, or 1 ½ cups cooked chickpeas
- ⅓ cup oil-packed sun-dried tomatoes, rinsed and chopped
- ⅓ cup finely chopped red onion
- ⅓ cup thinly sliced Kalamata olives
- *Optional: ⅓ cup crumbled feta cheese*

### *Lemon dressing*

- ¼ cup olive oil
- 2 tbsp lemon juice, to taste
- 1½ tsp Dijon mustard
- 1½ tsp honey or maple syrup, to taste
- 1 clove garlic, pressed or minced
- ¼ tsp salt, to taste
- Pinch red pepper flakes

### *Everything else*

- 2 medium avocados
- Salt, to taste
- 4 whole grain pita bread, or 4 large, thick slices of hearty whole grain bread



## Directions

1. To prepare the broccoli chickpea filling: in a medium mixing bowl, combine all of the ingredients listed. Toss to combine.
2. To prepare the lemon dressing: in a small bowl, combine the ingredients as listed and whisk together until emulsified. Taste, and add additional salt if necessary. The dressing should be a little tart, but if it's too tart, add a little more sweetener to balance the flavours. If it's not tart enough for your liking, add a little more lemon juice.
3. Pour the dressing over the broccoli chickpea filling and toss to combine. Set the bowl aside to marinate while you work on the rest.
4. To make the mashed avocado: halve and pit the avocados, then scoop the flesh of the avocados into a bowl. Mash them with a fork until they are mostly mashed, and spreadable. Season with a pinch of salt or to taste.
5. To prepare the pita breads, warm them for a few minutes in the oven, toaster oven, or even in the microwave.
6. Spread mashed avocado over one-half of the top surface of each pita round, and cover the other half with a few generous spoonfuls of broccoli chickpea filling.  
Serve immediately. Enjoy!



# Pesto Pasta Salad



## **Ingredients**

- 8 ounces whole wheat fusilli pasta (about 3 cups)
- 1 cup small broccoli florets
- 2 cups packed fresh basil leaves
- ¼ cup pine nuts, *toasted*
- ¼ cup grated Parmesan cheese
- 2 tbsp mayonnaise
- 2 tbsp extra-virgin olive oil
- 2 tbsp lemon juice
- 1 large clove garlic, *quartered*
- ¾ tsp salt
- ½ tsp ground pepper
- 1 cup quartered cherry tomatoes

## **Directions**

1. Bring a large pot of water to a boil. Add fusilli and cook according to package directions. One minute before the pasta is done, stir in broccoli. Cook for 1 minute, then drain and rinse under cold running water to stop further cooking.
2. Meanwhile, place basil, pine nuts, Parmesan, mayonnaise, oil, lemon juice, garlic, salt and pepper in a mini food processor. Process until almost smooth. Transfer to a large bowl. Add the pasta and broccoli, along with tomatoes. Toss to coat. Enjoy!

# Almond Butter Peach Blueberry Oatmeal Cups

## **Ingredients**

- ½ cup creamy almond butter
- 2 tbsp melted and cooled coconut oil
- 2 eggs, *at room temperature*
- ¼ cup pure maple syrup
- ¾ cup milk of choice
- 1 tsp vanilla
- 2 cups old fashioned rolled oats
- 1 tsp baking powder
- 1 tsp cinnamon
- ¼ tsp salt

## *Mix-ins:*

- ¾ cup diced peaches (~ 1 medium peach)
- ¾ cup fresh blueberries

## *For topping:*

- 12 thin peach slices (~ 1 small peach)



## **Directions**

1. Preheat the oven to 350 °F. Line a 12 cup muffin pan with muffin liners and spray with nonstick cooking spray to prevent oatmeal cups from sticking.
2. In a medium bowl, mix together the almond butter, coconut oil, eggs, maple syrup, milk and vanilla until smooth and well combined.
3. Stir in dry ingredients: oats, baking powder, cinnamon and salt; stir well to combine. Fold diced peaches and blueberries into the batter.
4. Evenly distribute oatmeal batter between muffin liners. Place a peach slice on top of each muffin. Bake for 25-30 minutes. Drizzle with your favourite nut butter before serving, if desired. Serves 12.

*To store: store these oatmeal cups in the fridge in an airtight container for up to 4-5 days.*

*To freeze: allow them to cool completely after baking, then place them in an airtight container or reusable bag and freeze for up to 3 months. Once ready to eat you can microwave them for 45 seconds-1 minute until warm.*