

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.

Watermelon Feta Salad

Ingredients

- 6 cups cubed watermelon
- ½ red onion, *chopped*
- ½ cup feta cheese
- ⅓ cup fresh mint leaves, *chopped*
- Balsamic vinegar or balsamic glaze, *optional*

Directions

1. In a large bowl combine cubed watermelon, red onion, feta and mint. Stir until ingredients are well combined. Drizzle lightly with balsamic vinegar or glaze if using.
2. Serve chilled. Enjoy!



Irresistible Apple Crisp

Ingredients

For the topping:

- ½ cup whole wheat pastry flour (or sub gluten-free oat flour or almond flour)
- ½ cup old-fashioned rolled oats
- ½ cup dark brown sugar
- ½ cup raw chopped pecans
- ¼ tsp cinnamon
- ¼ tsp salt
- ¼ cup cold butter or vegan butter

For the crisp:

- 5-6 medium Honeycrisp or Granny Smith apples, *peeled, cored and thinly sliced*
- ½ cup pure maple syrup
- 1 tsp cinnamon
- pinch of nutmeg
- 1 tbs pure vanilla extract



Directions

1. Preheat oven to 350°F. Generously grease an 8x8 baking pan with nonstick cooking spray. Set aside.
2. *To make the topping:* Combine the flour, oats, brown sugar, cinnamon, salt and pecans in a large bowl. Add in the pieces of butter and use your hands to squeeze and combine until the mixture becomes crumbly and resembles wet sand. Once finished, place the topping in the fridge.
3. *To make the filling:* Place apples, maple syrup, cinnamon, nutmeg and vanilla in a large bowl and toss to combine. Allow to sit for 5-10 minutes.
4. Take ½ cup of the topping mixture and toss with the apple mixture. Place the apple mixture in prepared pan and sprinkle topping on evenly.
5. Place baking pan on top of a baking sheet to bake (just in case the filling bubbles over) for 45-55 minutes, or until topping is golden brown and filling is bubbling. Remove from oven and cool for 10 minutes. Serve warm with your favourite vanilla ice cream. Enjoy!

Spicy Pumpkin Chili



Ingredients

1 pound ground beef
1/2 teaspoon crushed red pepper flakes,
or to taste
1 teaspoon minced garlic
1/2 large onion, diced
1 green bell pepper, chopped
1 red bell pepper, chopped
1 (15 ounce) can kidney beans,
rinsed and drained
1 (15 ounce) can black beans,
rinsed and drained
1 (15 ounce) can Great Northern beans,
drained and rinsed
1 (8 ounce) can tomato sauce
1 (4 ounce) can tomato sauce with garlic and
onions
2 (14.5 ounce) cans petite diced tomatoes
1 (14.5 ounce) can fire roasted diced tomatoes
1 (15 ounce) can pumpkin puree
2 teaspoons pumpkin pie spice
2 teaspoons chili powder
1 teaspoon ground cumin
1 teaspoon salt, or to taste

Directions

1. Large Skillet: Cook and stir the ground beef over medium-high heat until it crumbles and is no longer pink (approximately 5-7 mins). Stir in red pepper flakes, garlic, onion and continue cooking until the beef has browned and the onion has softened and is translucent. Add chopped green and red bell peppers and cook for 5 minutes, remove from heat.
2. Large Slow Cooker: Combine kidney beans, black beans, great northern beans (also known as white kidney beans or cannellini), tomato sauce, tomato sauce with garlic and onions, petite diced tomatoes, fire roasted diced tomatoes, and pumpkin puree in a large slow cooker. Season with pumpkin pie spice, chili powder, cumin, and salt. Stir in ground beef mixture and cook on Low until the chili is hot, 1 to 2 hours.

Stovetop option: This recipe could be made on a stovetop, with cooking time reduced to 30-45 minutes for chili to simmer.

Some garnishing ideas are cheese, jalapenos, Greek yogurt, sour cream, cilantro, green onions, avocado, tortilla chips, and/or lime wedges.

Skillet Rosemary Chicken

An even older symbol of love and remembrance is the herb, rosemary



Ingredients

- 3/4 pound small red-skinned potatoes, halved, or quartered if large
- 2 teaspoons Kosher salt, plus extra salt for cooking
- 2 sprigs fresh rosemary, plus 1 tablespoon leaves
- 1 clove garlic, smashed
- Pinch of red pepper flakes
- Juice of 2 lemons (squeezed halves reserved)
- 2 tablespoons extra-virgin olive oil
- 4 skin-on, bone-in chicken breasts (6 to 8 ounces each)
- 10 ounces cremini mushrooms, halved

Directions

1. Preheat the oven to 450 degrees F. Cover the potatoes with cold water in a saucepan and salt the water. Bring to a boil over medium-high heat and cook until tender, about 8 mins; drain and set aside.
2. Pile the rosemary leaves, garlic, 2 teaspoons salt and the red pepper flakes on a cutting board, then mince and mash into a paste using a large knife. Transfer the paste to a bowl. Stir in the juice of 1 lemon and the olive oil. Add the chicken and turn to coat.
3. Heat a large cast-iron skillet over medium-high heat. Add the chicken, skin-side down, cover and cook until the skin browns, about 5 minutes. Turn the chicken; add the mushrooms and potatoes to the skillet and drizzle with the juice of the remaining lemon. Add the rosemary sprigs and the squeezed lemon halves to the skillet; transfer to the oven and roast, uncovered, until the chicken is cooked through and the skin is crisp, 20 to 25 minutes. Serving suggestion: top with chopped parsley.

Firecracker Salmon



Ingredients

- 1 teaspoon garlic minced
- ½ teaspoon ginger minced
- 1 tablespoon olive oil
- 1 tablespoon low-sodium soy sauce
- 2 tablespoons Heinz chili sauce substitute with Buffalo sauce or hot sauce to suit your heat preference
- 1 teaspoon brown sugar or brown sugar substitute - optional
- 1 pinch of crushed red chili flakes
- 1-2 teaspoons sriracha adjust to suit your heat preference
- 4 skin off salmon fillets
- 1 pinch salt to season
- 1 pinch of pepper to season
- ½ teaspoon paprika mild, smoky or spicy
- ¼ cup chives chopped

Directions

1. In a shallow bowl, whisk together the minced garlic, minced ginger, olive oil, soy sauce, chili sauce, brown sugar, red chili flakes, and sriracha to combine.
2. Season salmon with salt, pepper, and paprika. Add salmon fillets to the marinade, turning each to evenly coat in the sauce.
3. Cover with plastic wrap and let marinate in the refrigerator for 2 hours or overnight (if time allows).
4. Preheat oven to 370°F (190°C). Heat an oven-proof skillet over medium heat with a small drizzle of oil.
5. Sear salmon for 2-3 minutes on both sides, undisturbed, to get a nice crust. (You may need to sear in batches depending on the size of your skillet.)
6. Transfer to a plate and repeat with the remaining salmon.
7. Return all salmon fillets to the skillet. Alternatively, transfer to a baking dish and bake for 8-10 minutes, or until cooked to your liking.
8. Serve warm with chopped chives.

FOR ADDED FLAVOUR: Make a double batch of firecracker sauce. Brush the salmon after baking with the extra sauce before serving.