



**40 Healthy & Affordable Recipes
~ Allon-Z!**

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Broccoli & Chickpea Green Curry

3 servings

15 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1 Yellow Onion (small, diced)
- 2 cups Broccoli (cut into florets)
- 1 1/2 cups Chickpeas (cooked)
- 1 cup Canned Coconut Milk
- 2 tbsps Green Curry Paste

Directions

- 1 Heat the oil in a large pan over medium heat. Once hot, add the onion and sauté for three to four minutes or until the onions are translucent.
- 2 Add the broccoli, chickpeas, coconut milk, and curry paste to the pan and mix well to incorporate the curry paste. Cover, lower the heat to a simmer and cook for three to five minutes or until the broccoli is tender.
- 3 Divide evenly between bowls and enjoy!

Notes

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

Serving Size: One serving is approximately 1 1/3 cups.

More Flavor: Add lime juice, salt, and/or pepper.

Additional Toppings: Chopped cilantro.

Serve it With: Enjoy as is or serve over rice.



Cod, Veggie & Rice Soup

2 servings

25 minutes

Ingredients

- 1/4 cup Brown Rice (dry, rinsed)
- 3 cups Chicken Broth
- 2 cups Frozen Vegetable Mix
- Sea Salt & Black Pepper (to taste)
- 1 Cod Fillet (chopped into chunks)
- 2 tbsps Fresh Dill (chopped)

Directions

- 1 Cook the rice according to the package directions and then set aside.
- 2 Place the broth and vegetables in a large pot. Bring to a boil over high heat, then reduce to a simmer. Cook for 10 minutes. Season with salt and pepper.
- 3 Add the fish and let it simmer for another three to five minutes or until the fish is cooked through.
- 4 Divide the rice evenly between bowls. Top with the soup and season with dill. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serving Size: Add tomato paste, green onions, and/or lemon juice.

Fillet Size: One cod fillet is equal to 231 grams or eight ounces.



Blended Chickpea Tomato Soup

1 serving
25 minutes

Ingredients

- 1 1/2 cups Crushed Tomatoes (from the can)
- 1/4 White Onion (small, chopped)
- 2 Garlic (clove)
- 2/3 cup Chickpeas (cooked, rinsed)
- 1 tsp Smoked Paprika
- 1/2 tsp Cumin (ground)
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Add the crushed tomatoes, onion, and garlic to a saucepan. Bring to a boil. Reduce the heat to simmer and let it simmer uncovered for about 10 minutes.
- 2 Add chickpeas, paprika, and cumin. Stir well, cover with a lid, and let simmer for another 15 minutes.
- 3 Season with salt and pepper. Use an immersion blender and blend the soup until it is smooth. Divide evenly between bowls and enjoy!

Notes

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

Serving Size: One serving is equal to approximately two cups.

More Flavor: Add lemon juice and coconut milk.

Additional Toppings: Fresh herbs.

Make it Spicy: Add chili flakes.

Consistency: This soup was developed to be a thick consistency. If you'd prefer a thinner consistency, blend additional water or broth while blending until your desired consistency is reached.



Simple Banana Pancakes

2 servings

20 minutes

Ingredients

- 2 Banana (ripe)
- 4 Egg
- 1 tbsp Coconut Oil

Directions

- 1 In a bowl, mash the bananas very well until quite smooth. Add the eggs and beat gently with a fork for about 30 seconds.
- 2 Heat coconut oil in a skillet over medium heat. Add 1/4 cup of the batter at a time to form pancakes, cooking for about 1-2 minutes per side.
- 3 Serve with a sprinkle of cinnamon or a drizzle of maple syrup if desired.

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to three months. Best reheated in a dry pan.

Serving Size: One serving is approximately two pancakes.

Likes it Sweet: Add blueberries or chocolate chips into the batter.



Pressure Cooker Taco Spiced Lentils

4 servings

30 minutes

Ingredients

- 1 1/2 cups Dry Green Lentils (rinsed)
- 3 cups Water
- 1/2 cup Tomato Sauce (plain)
- 1 1/2 tbsps Taco Seasoning
- 1/2 tsp Sea Salt

Directions

- 1 Combine all ingredients in the pot of the pressure cooker.
- 2 Close the lid. Set to "sealing", then press manual/pressure cooker and cook for 12 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully.
- 3 Stir the lentils well and season with additional salt if needed. Enjoy!

Notes

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

Serving Size: One serving is approximately equal to one cup.

More Flavor: Add fresh garlic, lime juice, or other dried herbs and spices to taste. Use vegetable broth instead of water.

Serve it With: Use as filling for tacos or burritos, in bowls, as a side dish or as a dip for tortilla chips.



Couscous & Arugula Salad with Baked Cod

2 servings

30 minutes

Ingredients

- 1/2 cup Couscous (dry)
- 1 1/2 tbsps Sesame Oil (divided)
- 2 Cod Fillet
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Fresh Dill (chopped, divided)
- 2 cups Arugula

Directions

- 1 Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 2 Cook the couscous according to the package directions and let cool.
- 3 Rub 1/3 of the sesame oil all over the cod fillets, season with salt and pepper, and sprinkle 1/2 of the chopped dill on top. Place the fillets on the baking sheet and bake in the oven for 14 to 16 minutes or until the fish is flakey and cooked through.
- 4 In a bowl, toss together the couscous, arugula, and the remaining dill and oil. Season with salt and pepper. Divide everything evenly between plates and enjoy!

Notes

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

Serving Size: One serving is equal to one cod fillet and approximately 1 1/4 cups couscous salad

More Flavor: Add red bell pepper and/or diced red onion to the salad.

No Couscous: Use quinoa instead.

No Cod: Use another white fish, like haddock, instead.

Fillet Size: One fillet is equal to 231 grams or 8 ounces.



Lemon & Dill Baked Sole

4 servings

15 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil
1 Lemon (divided)
2 tbsps Fresh Dill (chopped)
Sea Salt & Black Pepper (to taste)
1 lb Sole Fillet (boneless)
6 cups Asparagus (woody ends trimmed)

Directions

- 1 Preheat the oven to 350°F (180°C) and line a baking sheet with parchment paper or a silicone mat.
- 2 In a bowl, combine the olive oil, juice of half the lemon, dill, salt, and pepper.
- 3 Arrange the sole fillets and asparagus onto the baking sheet and coat evenly in the lemon-dill mixture. Top with the remaining lemon cut into slices. Bake for 10 to 15 minutes or until the fish is opaque and the asparagus is tender. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in airtight container up to two days.

Serving Size: One serving equals approximately 113 grams (4 ounces) of sole and 1 1/2 cups of asparagus.

More Flavor: Add garlic and red pepper flakes.



Asparagus & Mushroom Frittata

4 servings

25 minutes

Ingredients

- 8 Egg
- 1/4 cup Water
- 1 tbsp Extra Virgin Olive Oil
- 2 cups Mushrooms (sliced)
- 1 cup Asparagus (sliced)
- 2 stalks Green Onion (chopped)
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Add the eggs and water to a bowl and whisk well. Set aside.
- 3 Heat the oil in a cast-iron skillet, or another oven-proof skillet, over medium heat. Add the mushrooms and asparagus and cook until the mushrooms have softened and the asparagus is fork-tender, five to seven minutes. Stir in the green onion, salt, and pepper, and continue to cook for another minute until the green onions have softened.
- 4 Pour the whisked eggs into the skillet with the vegetables and let the eggs cook for about 30 seconds or until they just begin to set, before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven.
- 5 Bake for 12 to 15 minutes or until eggs have set and are firm to the touch in the center of the pan. Let sit for five minutes before cutting into wedges. Season with additional salt and pepper if needed and enjoy!

Notes

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

Serving Size: A 10-inch cast-iron pan was used for four servings.

More Flavor: Use milk of choice instead of water. Add fresh or dried herbs, garlic, or red pepper flakes.



Cucumber & Black Bean Salad

3 servings

10 minutes

Ingredients

- 1 1/2 cups Black Beans (cooked)
- 1/2 Cucumber (medium, diced)
- 1/2 cup Red Onion (diced)
- 1 Lime (medium, juiced)
- 1 tsp Chili Powder
- 1/4 tsp Sea Salt

Directions

1

Add all of the ingredients to a bowl and toss to combine. Taste and add more seasoning if desired. Enjoy!

Notes

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

Serving Size: One serving is approximately one cup.

Additional Toppings: Top with feta cheese.



One Pan Halibut & Green Beans

3 servings

20 minutes

Ingredients

- 1 Lemon (zested and juiced)
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Fresh Dill (stems removed, chopped)
- 1/8 tsp Sea Salt
- 5 cups Green Beans (trimmed)
- 1 lb Halibut Fillet (sliced into thin, long pieces)

Directions

- 1 Preheat the oven to 400°F (205°C). Line a large baking sheet with parchment paper.
- 2 In a large bowl, whisk together the lemon zest and juice, oil, dill, and salt.
- 3 Add the green beans to the marinade and gently toss until well coated. Transfer to the baking sheet.
- 4 Add the halibut to the marinade and coat evenly. Transfer to the baking sheet alongside the green beans.
- 5 Cook for 10 to 12 minutes or until the halibut flakes easily and the green beans are fork tender. Divide onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two to three days.

Serving Size: One serving equals approximately 5 1/3 ounces of Halibut and one cup of green beans.

More Flavor: Add garlic, ground coriander, and dried oregano to the marinade.

Additional Toppings: Add cherry tomatoes, bell peppers, or mushrooms. Serve with rice, pasta, or salad greens.



Spinach Salad with Tuna & Egg

2 servings

10 minutes

Ingredients

- 2 Egg
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Lemon Juice
- 5 cups Baby Spinach
- 1 can Tuna (flaked and drained)
- 1/2 cup Pitted Kalamata Olives
- 1/8 tsp Sea Salt

Directions

- 1 Bring a pot of water to a boil. Once boiling, reduce the heat slightly and add the eggs. Cook for 7 minutes for a soft boiled egg. Once the eggs are done, add them to a bowl of ice water.
- 2 In a small bowl, whisk together the extra virgin olive oil and lemon juice to create the dressing.
- 3 Add the spinach to a plate and top with tuna, olives and the egg. Drizzle with the dressing and season with sea salt. Serve and enjoy!

Notes

Leftovers: Refrigerate the salad and dressing in separate airtight containers for up to two days. If you're using the egg later, you may wish to cook it hard-boiled.

Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.

More Flavor: Mix mayonnaise with the tuna.

No Baby Spinach: Use arugula or mixed greens instead.

Additional Toppings: Add sliced avocado, cherry tomatoes or cucumber to the salad.

No Olives: Omit or use sun-dried tomatoes instead.



Scrambled Eggs with Peppers & Kale

2 servings

15 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 1 Red Bell Pepper (sliced)
- 2 cups Kale Leaves (chopped)
- 6 Egg
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Heat the olive oil in a skillet over medium heat. Add the red bell pepper and kale leaves and saute until softened, about 5 to 7 minutes.
- 2 While the veggies are cooking, crack the eggs into a bowl and season with salt and pepper. Beat gently with a fork until well combined.
- 3 Push the veggies to one side of the pan, and pour the beaten eggs into the empty side. Use a spatula to scramble, slowly incorporating the veggies once the eggs are no longer very wet.
- 4 Divide between plates and enjoy!

Notes

More Carbs: Serve with toast, roasted potatoes, or sweet potatoes.

Egg-Free: Use mashed tofu instead of eggs.



One Pan Chicken, Radishes & Broccoli

2 servings

40 minutes

Ingredients

10 ozs Chicken Breast
Sea Salt & Black Pepper (to taste)
1/2 Lemon (sliced into rounds)
2 cups Radishes (quartered)
3 cups Broccoli (chopped into florets)
2 tbsps Avocado Oil

Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with foil. Place chicken breasts in the middle of the sheet, sprinkle with sea salt and black pepper (if desired), and top with sliced lemon.
- 2 Toss the radishes and broccoli with avocado oil and sea salt. Add veggies to the pan, around the chicken. Bake for 30 minutes, or until chicken is cooked through.
- 3 To serve, divide chicken and veggies between plates, and squeeze lemon juice over top. Enjoy!

Notes

Leftovers: Keep covered in the fridge up to 3 days.



Chickpeas, Eggs & Brown Rice

2 servings

35 minutes

Ingredients

- 1/4 cup Brown Rice
- 2 tsps Butter
- 4 Egg
- 1 cup Chickpeas (drained, rinsed)
- 2 tsps Parsley (chopped)
- 1/2 Lemon (sliced)

Directions

- 1 Cook the brown rice according to package directions.
- 2 Meanwhile, warm the butter in a skillet over medium heat. Once melted, add the eggs to the skillet and cook until the whites are set and the yolk is cooked to your liking.
- 3 Divide the chickpeas and rice evenly between bowls or plates. Add the eggs on top. Garnish with the parsley and squeeze the lemon on top. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. If meal prepping in advance, hard boil the eggs so they can easily be stored in the fridge.

Serving Size: One serving is two eggs, 1/2 cup of chickpeas and 1/2 cup of brown rice.

More Flavor: Cook the rice with broth instead of water. Toss the chickpeas with olive oil and mint.

Additional Toppings: Microgreens, hot sauce, and/or sesame seeds.

Dairy-Free: Use oil instead of butter.



Navy Bean Tomato Soup

8 servings

20 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 4 Garlic (clove, minced)
- 3 1/2 cups Diced Tomatoes (from the can, with juices)
- 2 cups White Navy Beans (cooked)
- 1 tsp Italian Seasoning
- 1/2 cup Plain Greek Yogurt
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Heat the oil in a non-stick skillet. Add the garlic and cook for one minute. Add the diced tomatoes, beans, and Italian seasoning. Cook on a low simmer for 15 minutes.
- 2 Remove from the heat and add the Greek yogurt. Use an immersion blender or a high-powered blender to blend the soup until it is smooth. Season with salt and pepper. Divide evenly between bowls and enjoy!

Notes

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

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

Dairy-Free: Omit the yogurt or use coconut milk and/or coconut yogurt instead.

Consistency: For a thinner consistency, add water or broth to the soup before blending. Strain the soup through a sieve before serving.



Lentils, Rapini & Mashed Potatoes

4 servings

25 minutes

Ingredients

- 1 1/2 tsps Sea Salt (divided)
- 4 Russet Potato (medium, peeled and chopped)
- 8 ozs Rapini (chopped, divided)
- 2 cups Green Lentils (cooked, drained and rinsed)

Directions

- 1 Bring a large pot of water to a boil. Stir in 2/3 of the salt. Add the potatoes to the pot and boil for 15 minutes or until soft.
- 2 Transfer the potatoes to a bowl and mash with a potato masher until creamy. Season with the remaining salt to your preference.
- 3 Drain the water from the pot and add the rapini stems with enough water to cover halfway. Bring to a simmer and boil for 1 minute. Add the leaves and florets and cook for 3 to 4 more minutes or until tender.
- 4 Divide the potatoes, rapini, and cooked lentils onto plates or into containers. Enjoy!

Notes

Extra Creamy: Mash the potatoes with coconut or almond milk for extra creaminess.

No Rapini: Use broccoli, broccolini or green beans instead.

Less Bitter Rapini: Sauté the rapini in your choice of oil and seasoning after boiling.

Storage: Refrigerate in an airtight container up to 3 to 4 days.

Serving Size: One serving is equal to approximately 3/4 to 1 cup of mashed potatoes, 1 cup of rapini and 1/2 cup of lentils.



Slow Cooker Butternut Squash & Ginger Soup

5 servings

4 hours

Ingredients

- 8 cups Butternut Squash (peeled, seeds removed and chopped)
- 1 1/2 tbsps Ginger (peeled and grated)
- 1 tbsp Curry Powder
- 3 cups Vegetable Broth
- 2 tbsps Apple Cider Vinegar
- 1 tsp Sea Salt

Directions

- 1 Combine all ingredients into the slow cooker. Cook on high for 3 to 4 hours, or on low for 6 hours.
- 2 Using a handheld blender, blend the soup until smooth or until desired consistency is reached. Divide into bowls and adjust salt to taste if needed. Enjoy!

Notes

Serving Size: One serving is equal to approximately 1.5 cups of soup.

Leftovers: Refrigerate in an airtight container up to 5 to 7 days or freeze if longer.

Save Time: Use pre-sliced butternut squash cubes (fresh or frozen).

Optional Toppings: Roasted pumpkin or squash seeds, plain yogurt, coconut cream, or cilantro.

No Curry Powder: Use turmeric instead.

No Vegetable Broth: Use bone broth or almond milk instead.



Sole & Asparagus with Brown Rice

4 servings

45 minutes

Ingredients

- 1 cup Brown Rice (dry, uncooked)
- 2 cups Water
- 4 cups Asparagus (woody ends sliced off)
- 3 tbsps Extra Virgin Olive Oil
- 1 lb Sole Fillet (boneless)
- Sea Salt & Black Pepper (to taste)
- 1/2 Lemon (juiced)

Directions

- 1 Preheat oven to 375°F (191°C).
- 2 In a medium saucepan, combine the brown rice with the water. Bring to a boil then reduce to a simmer. Cover and let simmer for 40 minutes.
- 3 Once the rice is on, lay the asparagus in a single layer on the baking sheet and drizzle with half the olive oil. Lay the sole fillets over top of the asparagus, drizzle with remaining olive oil and season to taste with salt and pepper. Squeeze the lemon juice over top and bake for about 20 minutes, or until the sole is cooked through.
- 4 Divide rice, asparagus, and sole between plates or containers. Enjoy!

Notes

Leftovers: Keeps well in the fridge for 2 to 3 days.

No Asparagus: Use green beans or sliced zucchini instead.

More Flavour: Sprinkle the fish with thyme or dill.



Zucchini White Bean Roll Ups

2 servings

1 hour

Ingredients

- 2 Zucchini (medium)
- 2 cups White Navy Beans (cooked, from the can)
- 1/4 cup Pesto
- Sea Salt & Black Pepper (to taste)
- 1 cup Tomato Sauce

Directions

- 1 Preheat your oven to 350°F (177°C).
- 2 Slice the zucchinis in half lengthwise. Using a mandolin, create long, thin slices from the cut-side of each zucchini. If you don't have a mandolin, use a sharp knife to make thin, flexible slices. You should end up with about 12 strips per zucchini.
- 3 In your food processor or blender, combine the white beans and pesto. Pulse until smooth. Taste and season with sea salt and black pepper as desired.
- 4 Lay the strips flat on your cutting board and spread each strip with about 1 tbsp of the white bean mixture. Roll them up and place into a casserole dish. When all the zucchini roll-ups are in the dish, cover with the tomato sauce.
- 5 Bake uncovered for 30 minutes. Remove from the oven, divide between plates and enjoy!

Notes

No White Beans: Use chickpeas instead.



10 Minute Cabbage Bowl

2 servings

10 minutes

Ingredients

- 2 tbsps Coconut Oil (divided)
- 6 cups Coleslaw Mix
- 4 Egg

Directions

- 1 Heat half of the coconut oil in a large frying pan over medium heat. Add the coleslaw mix. Cover and cook for 5 minutes stirring occasionally.
- 2 Once the coleslaw mixture is softened, season with salt and pepper then transfer to bowls.
- 3 Add the remaining coconut oil to the pan and use it to fry the eggs. Top the cabbage bowls with fried eggs and enjoy!

Notes

On-the-Go: Add a hard boiled egg onto the cabbage bowl instead of fried.



Cabbage Egg Nests

1 serving
15 minutes

Ingredients

- 1/2 tsp Avocado Oil
- 2 cups Purple Cabbage (shredded)
- 2 Egg
- 1/8 tsp Sea Salt

Directions

- 1 Heat a skillet over medium heat and add the avocado oil. Once the pan is hot, add the cabbage and cook for 3 to 4 minutes, until softened.
- 2 Make two spaces in the cabbage and crack the eggs into each space. Season with sea salt and cover with a lid. Cook for 3 to 4 minutes or until the whites are set and the yolks are cooked to your preference. Serve and enjoy!

Notes

Leftovers: The eggs are best enjoyed the same day. Refrigerate the cabbage in an airtight container for up to four days.

No Avocado Oil: Use olive oil or coconut oil.

More Flavor: Add nutritional yeast, everything bagel seasoning and/or cook with ghee.

Additional Toppings: Top with sliced avocado.



Warm Peas with Eggs

2 servings

15 minutes

Ingredients

1/2 White Onion (diced)
3 tbsps Water
3 cups Frozen Peas
1/4 tsp Sea Salt
4 Egg

Directions

- 1 In a pan over medium-high heat, sauté the onions with the water. Cook until browned, stirring frequently and adding more water as needed to prevent the onions from sticking.
- 2 Add the peas and stir until warmed through. Season with salt.
- 3 Crack the eggs over the peas, spacing them out evenly. Cover the pan with a lid and bring down the heat to low. Cook for 3 to 5 minutes or until the egg whites have cooked through and the yolk is set to your liking.
- 4 Remove from heat and serve immediately. Enjoy!

Notes

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

Serving Size: One serving equals approximately two eggs with 1 1/2 cups of the pea and onion mixture.

More Flavor: Use broth or oil instead of water.

Additional Toppings: Top with avocado, diced tomatoes, salsa, olives and/or feta cheese. Serve with toast, rice cakes, toasted sweet potato slices or as is.



Spicy Tomato Scramble

1 serving

10 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 1/4 cup Cherry Tomatoes (cut in half)
- 1/2 Jalapeno Pepper (small, finely chopped)
- 1 tbsp Cilantro (optional)
- 2 Egg
- 1/8 tsp Sea Salt

Directions

- 1 Heat the oil in a non-stick pan over medium heat. Add the tomatoes and jalapeno pepper to the pan and sauté for 3 to 5 minutes or until the tomatoes and jalapeno have softened. If using, add the cilantro and mix well.
- 2 While the tomato mixture is cooking, crack the eggs into a small bowl and beat well. Add in the salt.
- 3 Push the tomato mixture to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the tomato mixture in once the eggs are no longer very wet.
- 4 Divide between plates and enjoy!

Notes

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

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

More Flavor: Add onions and garlic to the tomato mixture.

Additional Toppings: Top with hot sauce, diced avocado or extra cilantro. Serve with toast, roasted potatoes or sautéed greens.



Blueberry Overnight Steel Cut Oats

3 servings

8 hours

Ingredients

- 1 cup Steel Cut Oats
- 3 cups Water (boiling)
- 2 cups Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 3/4 cup Blueberries

Directions

- 1 Place the steel cut oats in a large bowl and cover with boiling water. Let it sit for 10 to 15 minutes.
- 2 Drain and rinse the oats. Add to a large container along with the almond milk and chia seeds. Stir and place in the fridge overnight or for at least 8 hours.
- 3 When ready to eat, top with blueberries. Serve and enjoy!

Notes

Leftovers: Overnight steel cut oats taste better the longer they sit, so make a big batch and keep it in the fridge for up to three days.

Nut-Free: Use coconut milk or hemp milk instead of almond milk.

More Flavor: Add cinnamon or maple syrup if you like it sweeter.

Additional Toppings: Top with coconut flakes, strawberries, raspberries or banana.

More Protein: Stir in your favorite protein powder when adding the milk.



Fried Chickpeas & Spinach Yogurt Bowl

2 servings

15 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 2 cups Chickpeas (cooked, patted dry)
- 1/2 tsp Sea Salt
- 2 cups Baby Spinach (chopped)
- 1 cup Unsweetened Coconut Yogurt

Directions

- 1 Heat the oil in a large pan over medium heat.
- 2 Add the chickpeas and salt, stirring occasionally until heated through, about 8 to 10 minutes. If the chickpeas begin to stick to the pan, add more olive oil or a bit of water, as needed.
- 3 Stir in the chopped spinach and cook until wilted, about one minute.
- 4 Divide the yogurt into bowls. Top with chickpea and spinach mixture. Enjoy!

Notes

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

Serving Size: Each serving equals approximately one cup of chickpeas and 1/2 cup of yogurt.

More Flavor: Add pesto, chimichurri, or dried herbs to the chickpea mixture.

Additional Toppings: Top with feta cheese, cherry tomatoes, basil, parsley or cilantro.



Oatmeal with Blueberries

1 serving
10 minutes

Ingredients

- 1 cup Water
- 1/2 cup Oats (quick or rolled)
- 1/2 cup Blueberries (fresh or frozen)

Directions

- 1 Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about 5 minutes or until oats are tender and most of the water is absorbed.
- 2 Transfer the cooked oats to a bowl and top with blueberries. Enjoy!

Notes

Extra Toppings: Peanut butter, almond butter, sunflower seed butter, almond milk, nuts, seeds, yogurt, honey, maple syrup or granola.

No Blueberries: Top with raspberries, strawberries, peaches or bananas.

No Stove Top: Cook oats in the microwave instead.



Peanut Butter Banana Oatmeal Bake

4 servings

40 minutes

Ingredients

2 Banana (divided)
2 cups Oats (quick or traditional)
2 cups Unsweetened Almond Milk
2 tbsps Maple Syrup
2 tbsps Chia Seeds
1/3 cup All Natural Peanut Butter (divided)

Directions

- 1 Preheat oven to 375°F (191°C). Line a square or loaf pan with parchment paper, or grease it with your choice of oil.
- 2 Cut half of your bananas into slices, and mash the remaining half with the back of a fork.
- 3 In a mixing bowl, combine the oats, milk, maple syrup, chia, mashed bananas, and 2/3 of the peanut butter.
- 4 Transfer the mixture to your pan. Top with banana slices and drizzle the remaining peanut butter over top. Bake for 35 minutes and let cool slightly before serving. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container up to 3 to 5 days.

No Peanut Butter: Use sunflower seed, almond, cashew or hazelnut butter instead.

No Maple Syrup: Use honey, dates, stevia or extra banana instead.

No Almond Milk: Use cashew milk or regular milk.

More Fibre: Add ground flax seed.



Fried Eggs & Steamed Spinach

1 serving
10 minutes

Ingredients

2 cups Baby Spinach
1 tbsp Water
Sea Salt & Black Pepper (to taste)
1 tsp Ghee
2 Egg

Directions

- 1 Heat a pan over medium heat and add spinach and water. Stir just until wilted, then remove from heat. Season with sea salt, pepper and ghee. Transfer to a plate.
- 2 In the same pan, cook your eggs. Season with sea salt and pepper.
- 3 Plate the spinach with eggs. Enjoy!

Notes

No Ghee: Use butter or oil instead.

More Flavour: Sprinkle everything with nutritional yeast or Everything Bagel Seasoning.



Green Egg Scramble

1 serving
10 minutes

Ingredients

- 2 Egg
- 1 cup Baby Spinach
- 1/4 tsp Sea Salt
- 1 1/2 tsps Coconut Oil

Directions

- 1 Place eggs, spinach and salt in a blender and blend until well combined.
- 2 Heat coconut oil in a large skillet over medium heat. Pour the mixture into the skillet and continuously stir to scramble the eggs while they cook.
- 3 Divide onto plates and enjoy!

Notes

No Coconut Oil: Use butter, ghee or avocado oil.

Serve it With: Bacon, toast, whole grain crackers, or our Grain-Free Flax Bread recipe.



Slow Cooker Maple Cinnamon Oatmeal

8 servings

8 hours

Ingredients

- 1 1/2 tps Coconut Oil
- 3 cups Steel Cut Oats
- 9 cups Water
- 2 tps Cinnamon
- 1/4 cup Maple Syrup
- 1/2 tsp Sea Salt

Directions

- 1 Grease your slow cooker with coconut oil.
- 2 Add the remaining ingredients to your slow cooker. Do not stir as the ingredients will mix as it cooks. Set the slow cooker to low and cook for 8 hours.
- 3 Enjoy immediately or divide into separate containers to let cool and refrigerate.

Notes

Storage: Refrigerate in an airtight container up to 6 days.

Toppings: Fruits, nuts, berries, hemp hearts, ground flaxseed, chocolate chips, nut or seed butter, shredded coconut.

Oatmeal Party: Set up your desired assortment of toppings for each guest to dress their own bowl of oatmeal.

No Steelcut Oats: Use old-fashioned or rolled oats instead. Note that they will require less cooking time (check at 4 hrs).



Mango Oat Smoothie

2 servings

5 minutes

Ingredients

2 cups Frozen Mango
1 Banana
1/4 cup Oats
2 cups Unsweetened Almond Milk
2 tbsps Hemp Seeds
1/4 Lemon (juiced)

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Banana: Sweeten with raw honey, maple syrup or soaked dates instead.

Storage: Refrigerate in a mason jar or other air-tight container up to 48 hours.

More Protein: Add more hemp seeds, a scoop of protein powder or spoonful of nut butter.

More Fiber: Add ground flax seed.

More Like Mango Lassi: Reduce almond milk and add coconut yogurt.



Eggplant Shakshuka

1 serving
25 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1 Eggplant (small, chopped)
- 1 Tomato (large, diced)
- 1/2 tsp Smoked Paprika
- Sea Salt & Black Pepper (to taste)
- 1 Egg
- 1 tbsp Parsley (chopped)

Directions

- 1 Heat the oil in a small pan over medium heat. Add the eggplant and sauté for four to five minutes until golden brown.
- 2 Add the tomato and paprika. Cook for about 10 minutes or until tomato is cooked and soft, stir frequently.
- 3 Season the mixture with salt and pepper. Create a pocket in the middle and crack the egg into the pocket. Cover the pan and cook until the whites are set and the yolk is cooked to your liking, about five to six minutes for a runny yolk.
- 4 Adjust the seasoning to your taste. Top with parsley and enjoy!

Notes

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

Serving Size: One serving is equal to approximately two cups.

More Flavor: Add spinach, chili flakes, and cumin.



Lemon Jello

5 servings

4 hours 10 minutes

Ingredients

- 3/4 cup Lemon Juice
- 1 tsp Lemon Zest
- 1/2 oz Gelatin
- 3 tbsps Honey
- 1 1/4 cups Water (boiling)

Directions

- 1 Add the lemon juice and lemon zest to a large bowl.
- 2 Sprinkle the gelatin powder on top of the lemon juice and allow to bloom for five minutes.
- 3 Mix the honey into the boiling water. Once the honey has dissolved, whisk the water into the bowl with the lemon juice and gelatin. Continue whisking until well incorporated.
- 4 Pour the gelatin mixture into your desired jello mold or a large dish. Chill for three to four hours or until the jello is set. Enjoy!

Notes

Leftovers: Refrigerate covered for up to five days

Serving Size: One serving is approximately 1/2 cup.



Raspberry Banana Ice Cream

2 servings

1 hour

Ingredients

- 2 Banana (frozen, chopped)
- 1 cup Frozen Raspberries

Directions

- 1 Add the bananas and raspberries to a food processor and blend until smooth. The mixture will be thick. Scrape down the sides as needed.
- 2 You can serve it at this point for a soft-serve consistency or freeze it for 45 minutes for a firmer consistency. Enjoy!

Notes

Leftovers: Freeze in an airtight container for up to one month.

Serving Size: One serving is one cup.

More Sweetness: Add maple syrup or honey.

Additional Toppings: Chocolate chips and/or shredded coconut.

More Scoopable: Add 1 tbsp of vodka per two servings to prevent a hard freeze.



Vanilla Rice Pudding

3 servings

45 minutes

Ingredients

3 cups Unsweetened Almond Milk
1/4 cup Maple Syrup
2 tsps Vanilla Extract
1/8 tsp Sea Salt
1/2 cup Arborio Rice

Directions

- 1 In a large pot combine the almond milk, maple syrup, vanilla and sea salt and stir together. Over medium heat, bring the almond milk mixture to a gentle boil. Stir in the rice and reduce heat to low.
- 2 Allow the rice to gently simmer and stir often. Every 3 to 5 minutes is best to prevent sticking and to help the pudding thicken. Continue for 20 to 25 minutes or until the rice is tender, the liquid has absorbed and the pudding has thickened.
- 3 Remove from the heat and let the rice pudding cool in the pot for 10 minutes. It will continue to thicken as it cools. Divide the warm pudding evenly between bowls. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Reheat with additional almond milk.

Serving Size: One serving is approximately 2/3 cup of pudding.

Nut-Free: Use a nut-free milk instead, like coconut, oat or dairy.

Additional Toppings: Garnish with cinnamon, fresh or mashed berries or raisins.

Cooking Temperature: Adjust heat as necessary to maintain a gentle simmer throughout cooking.

Consistency: If the pudding is too thick, thin with additional almond milk until desired consistency is reached.



No Bake Dark Chocolate Coconut Cookies

15 servings

1 hour

Ingredients

1 cup Unsweetened Shredded Coconut
1/2 cup Quick Oats
5 ozs Dark Chocolate (at least 70% cacao, broken into pieces)
1 tsp Vanilla Extract
1/8 tsp Sea Salt

Directions

- 1 Line a baking sheet with parchment paper.
- 2 Heat a large skillet or frying pan over medium heat. Add the coconut and the oats to the warm pan. Toast the coconut and oats for 5 to 8 minutes, stirring often, until golden brown. Transfer to a large mixing bowl to cool.
- 3 Meanwhile, set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape.
- 4 Bring water to a boil then reduce to lowest heat. Add the dark chocolate to the smaller pot and stir until melted. Remove from heat and stir in the vanilla and salt.
- 5 Pour the melted chocolate into the bowl with the toasted coconut and stir to combine.
- 6 Spoon the chocolate and coconut mixture onto the prepared baking sheet and form into flat cookie shape approximately 2-inches in diameter. Freeze for about 30 minutes until solid. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week or freeze for up to one month. Cookies will melt if stored at room temperature.

Serving Size: One serving is one cookie.

Sugar-Free: Use a sugar-free chocolate instead.

No Double Boiler: Microwave the dark chocolate in a large glass bowl at 50% power for 30 seconds at a time until melted. Be careful not to overheat.



Blackberry Popsicles

5 servings

6 hours

Ingredients

2 cups Frozen Blackberries
1/4 cup Water (warm)
3 tbsps Maple Syrup
1 tsp Lemon Juice

Directions

- 1 Blend all the ingredients together in a blender until mixed well and smooth.
- 2 Pour the mixture into a popsicle mold and transfer to the freezer.
- 3 Freeze popsicles for four to six hours, or until fully frozen. Enjoy.

Notes

Leftovers: Keep frozen popsicles in an airtight container for up to one month.

Serving Size: One serving is equal to one popsicle.

More Flavor: Add vanilla and or blend mint into the mixture.

No Popsicle Mold: Use paper cups with popsicle sticks instead.

No Maple Syrup: Replace it with honey.



Peanut Butter & Blueberry Frozen Yogurt Bark

4 servings

4 hours 5 minutes

Ingredients

- 1 1/2 cups Plain Greek Yogurt
- 1 tbsp Honey
- 3 tbsps All Natural Peanut Butter
- 1/2 cup Blueberries

Directions

- 1 Line a baking sheet with parchment paper and mix the yogurt and honey together. Spread the yogurt mixture evenly onto the lined baking sheet.
- 2 Using a spoon, add dollops of peanut butter to the yogurt mixture. Using a toothpick, gently swirl the peanut butter into the yogurt mixture. Top with blueberries.
- 3 Freeze for at least four hours or overnight. Slice or break apart into pieces. Enjoy!

Notes

Leftovers: Keep frozen in an airtight container or freezer bag for up to one month.

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

Dairy-Free: Use coconut yogurt instead of Greek yogurt.

More Flavor: Add chocolate chips or melted chocolate.

No Honey: Use maple syrup instead.

No Blueberries: Use other berries or banana instead.



Watermelon Sorbet

4 servings

10 minutes

Ingredients

- 1/2 Seedless Watermelon (medium, cubed, frozen)
- 1/4 tsp Sea Salt
- 2 tbsps Raw Honey

Directions

- 1 Combine all ingredients in a food processor and blend until a smooth consistency is achieved. Enjoy immediately, or scoop into a sealable dish and set in the freezer for an additional hour. Enjoy!

Notes

Leftovers: Freeze in an airtight container for up to one month.

Serving Size: One serving is equal to approximately one cup.

More Flavor: Add fresh mint or basil.



Chocolate Peanut Butter Banana Pops

10 servings

1 hour 30 minutes

Ingredients

- 2 Banana (large, ripe)
- 1/4 cup All Natural Peanut Butter
- 10 Popsicle Sticks
- 3 1/2 ozs Dark Chocolate (at least 70% cacao)
- 1 1/2 tsps Coconut Oil

Directions

- 1 Line a baking sheet with parchment paper.
- 2 Slice bananas into 1/2 inch thick rounds. Use a butter knife to spread peanut butter onto half of the banana slices. Place the remaining banana slices on top to create a sandwich. Transfer to the baking sheet.
- 3 Hold the sandwiches firmly on both sides with one hand and insert popsicle sticks through the middle of the top of each sandwich so they are sticking up vertically. Place in the freezer and let harden for ~30 minutes.
- 4 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot. Add the dark chocolate and coconut oil to the smaller pot and stir continuously until melted. Use a spatula to transfer all the chocolate into a small cup (note: this makes it easier for dipping).
- 5 Remove the bananas from the freezer and dip them one-by-one into the melted chocolate. Feel free to double dip if you have leftover chocolate. (If you are sprinkling with any toppings, do so quickly while the chocolate is still wet.)
- 6 Place the pops back onto the baking sheet with the popsicle sticks sticking up vertically. Place back in the freezer until chocolate is hardened (about 30 to 60 minutes). Enjoy right away or store in an airtight container for later.

Notes

No Peanut Butter: Use any type of nut butter, raw honey or Strawberry Chia Jam.

Optional Toppings: After dipping in dark chocolate, immediately sprinkle with toppings of choice like chopped nuts, shredded coconut or cacao nibs.

Bigger Pops: Slice the bananas into thicker rounds.



No Popsicle Sticks: Skip the popsicle sticks and make Chocolate Peanut Butter Banana Bites instead.