



Perfect Roast Chicken

4 servings
45 minutes

Ingredients

- 1.5 kilograms Whole Roasting Chicken
- 2 Tomato (cut into chunks)
- 1 White Onion (cut into chunks)
- 3 Garlic
- 3 tbsps Dried Rosemary
- 2 tbsps Oregano
- 1 cup Lemon Juice
- 2 cups Mini Potatoes

Nutrition

Amount per serving	
Calories	523
Fat	11g
Saturated	3g
Trans	0g
Polyunsaturated	3g
Monounsaturated	3g
Carbs	25g
Fiber	4g
Sugar	3g
Protein	79g
Cholesterol	244mg
Sodium	313mg
Vitamin C	52mg
Phosphorous	822mg
Magnesium	124mg

Directions

- 1 Stuff the whole chicken with some of the tomato, garlic and onions chunks
- 2 Place the chicken in a baking dish and surround with the remaining vegetables as well as baby potatoes
- 3 Cover vegetables and chicken in herbs and lemon juice, salt and pepper and add water for a gravy. Keep adding water to prevent the chicken drying out or cover in foil
- 4 Roast covered or uncovered (remember to add water) in a pre-heated oven at 180 degrees for 45-60 minutes, turning half way



Paleo Stuffing

6 servings
1 hour 30 minutes

Ingredients

1 head Cauliflower (chopped into florets)
1 tbsp Coconut Oil
Sea Salt & Black Pepper (to taste)
1/2 cup Extra Virgin Olive Oil
4 cups Portobello Mushroom (diced)
1 Leeks (chopped)
3 stalks Celery (diced)
1 cup Walnuts
1 Lemon (juiced)
3 Garlic (cloves, minced)
1 tbsp Thyme
1/2 cup Parsley (chopped)
1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	376
Fat	34g
Saturated	6g
Trans	0g
Polyunsaturated	12g
Monounsaturated	15g
Carbs	15g
Fiber	6g
Sugar	5g
Protein	8g
Cholesterol	0mg
Sodium	258mg
Vitamin C	61mg
Phosphorous	238mg

Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 2 Toss your cauliflower florets in coconut oil. Season with sea salt and black pepper to taste. Spread the cauliflower across your baking sheet and bake in the oven for 30 minutes.
- 3 Remove cauliflower from oven and set aside. Reduce oven heat to 375°F (191°C).
- 4 While your cauliflower roasts, place a frying pan over medium heat. Add half of your olive oil and saute mushrooms, leek and celery for about 10 minutes or until the mushrooms are soft.
- 5 In a food processor, add the walnuts, lemon juice, garlic, thyme, parsley and sea salt. Add the remaining olive oil and roasted cauliflower and pulse (do not blend) until the mixture reaches a coarse, stuffing-like consistency. Do not over process as you do not want the mixture to turn into a paste. Note: If you don't mind some manual labour, you can skip the food processor and use a fork and knife to finely chop the stuffing. Once it reaches a good consistency, spoon the mixture into a baking dish. Place in the oven and bake for 1 hour. Stir every 15 minutes or so to prevent burning.
- 6 Remove from oven and transfer into a serving dish. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is equal to approximately one cup.

Magnesium

67mg



Mushroom & Carrot Stuffing

8 servings

30 minutes

Ingredients

14 slices Gluten-Free Bread (small, cubed, or torn)
1 tbsp Avocado Oil
2 Carrot (medium, finely diced)
3 stalks Celery (thinly sliced)
12 Cremini Mushrooms (chopped)
3 tbsps Thyme (fresh, chopped)
Sea Salt & Black Pepper (to taste)
2 cups Vegetable Broth

Nutrition

Amount per serving	
Calories	169
Fat	6g
Saturated	0g
Trans	0g
Polyunsaturated	1g
Monounsaturated	4g
Carbs	25g
Fiber	3g
Sugar	6g
Protein	4g
Cholesterol	0mg
Sodium	411mg
Vitamin C	4mg
Phosphorous	68mg
Magnesium	21mg

Directions

- 1 Preheat the oven to 225°F (105°C). Spread the bread evenly across a baking tray. Toast for 30 minutes or until crispy.
- 2 Meanwhile, heat the oil in a pan over medium-high heat. Cook the carrot and celery for five minutes. Add the mushrooms, thyme, salt, and black pepper. Cook for five to ten more minutes, or until veggies are tender.
- 3 Add the vegetable broth and simmer for five minutes. Transfer to the baking tray and pour over the toasted bread until absorbed. Enjoy!

Notes

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

Serving Size: One serving equals approximately 1 1/2 cups.

More Flavor: Add garlic and onions.



Braaied Lamb Chops with Green Goddess Dressing

copy

2 servings
30 minutes

Ingredients

227 grams Lamb Shoulder Chop
1/2 tsp Sea Salt (divided)
1/4 tsp Coriander (finely chopped)
1/4 cup Mint Leaves (finely chopped)
1 Lime (juiced, zested)
2 tbsps Extra Virgin Olive Oil
1 Garlic (clove, minced)
1 tsp Avocado Oil

Nutrition

Amount per serving	
Calories	336
Fat	26g
Saturated	5g
Trans	0g
Polyunsaturated	2g
Monounsaturated	14g
Carbs	3g
Fiber	0g
Sugar	0g
Protein	24g
Cholesterol	67mg
Sodium	685mg
Vitamin C	8mg
Phosphorous	223mg
Magnesium	29mg

Directions

- 1 Generously season both sides of each lamb chop with half of the sea salt. Let sit for 15 to 20 minutes to tenderize.
- 2 In a small bowl, add the cilantro, mint, lime juice and zest, extra virgin olive oil, garlic and remaining salt. Stir to combine.
- 3 Toss the meat in the oil before adding to a hot brazil grill. Add the lamb chops to the braai and cook about 5 minutes per side, for medium-rare.
- 4 Remove the lamb chops from braai and place on a cutting board to rest a few minutes.
- 5 Plate the lamb chops and top with the green dressing. Serve and enjoy!

Notes

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

Make it a Meal: Serve with roasted veggies, quinoa, rice and/or a side salad.



Slow Roasted Eggplant, Tomato & Lamb Stew

4 servings

2 hours

Ingredients

605 grams Lamb Shoulder Chop
(boneless, cut into 1-inch cubes)
1 Eggplant (large, quartered)
1 Red Bell Pepper (large, thinly sliced)
1/4 cup Parsley (chopped)
1 tsp Sea Salt
1 tbsp Cumin Seed
6 Tomato (medium, sliced)
1 Lemon (juiced)
1/2 cup Water

Nutrition

Amount per serving	
Calories	326
Fat	15g
Saturated	4g
Trans	0g
Polyunsaturated	1g
Monounsaturated	4g
Carbs	17g
Fiber	7g
Sugar	6g
Protein	35g
Cholesterol	89mg
Sodium	793mg
Vitamin C	77mg
Phosphorous	385mg
Magnesium	77mg

Directions

- 1 Preheat the oven to 325°F (165°C)
- 2 In a deep baking dish with a lid, place the lamb, eggplant, bell pepper, and parsley. Sprinkle with salt and cumin seeds. Toss everything together to combine.
- 3 Lay the tomato slices on top and drizzle with lemon juice and water. Cover and bake in the oven for 1 1/2 hours.
- 4 Remove the cover, increase the oven temperature to 375°F (190°C), and continue cooking for an additional 20 minutes or until the mixture has significantly reduced.
- 5 Remove from the oven. Divide the stew evenly between bowls and enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

Save Time: Add all of the ingredients to a pressure cooker and cook for 30 minutes on high pressure.

More Flavor: Use broth in place of water. Add more fresh herbs like basil, oregano, or chives.

Serve it With: Rice, couscous, pasta or crusty bread.



Roasted Chickpeas, Veggies and Feta

2 servings

15 minutes

Ingredients

2 cans Chickpeas (canned)
1 cup Cherry Tomatoes
1 cup Red Bell Pepper
90 grams Feta Cheese

Directions

1

Place the canned chickpeas and veggies in an oven safe dish and top with feta.
Bake until veggies are roasted (15 minutes max)

Nutrition

Amount per serving	
Calories	611
Fat	22g
Saturated	4g
Trans	0g
Polyunsaturated	10g
Monounsaturated	6g
Carbs	82g
Fiber	26g
Sugar	19g
Protein	25g
Cholesterol	0mg
Sodium	834mg
Vitamin C	60mg
Phosphorous	483mg
Magnesium	140mg



Egg Salad Wrap

2 servings
25 minutes

Ingredients

- 4 Egg
- 2 tbsps Mayonnaise
- 1 tsp Dijon Mustard
- Sea Salt & Black Pepper (to taste)
- 2 Whole Wheat Tortilla
- 1 cup Arugula

Nutrition

Amount per serving	
Calories	369
Fat	24g
Saturated	7g
Trans	0g
Polyunsaturated	9g
Monounsaturated	7g
Carbs	20g
Fiber	4g
Sugar	2g
Protein	17g
Cholesterol	378mg
Sodium	513mg
Vitamin C	2mg
Phosphorous	348mg
Magnesium	52mg

Directions

- 1 In a medium-sized pot add the eggs and cover with water. Bring to a boil, and then turn off the heat and remove from heat. Cover and let stand for 10 minutes.
- 2 Remove the eggs and let them cool in an ice bath. Once cooled, peel and add to a bowl. Add the mayonnaise, mustard, salt, and pepper. Mash with a fork to your desired consistency.
- 3 Place the tortilla on a plate and layer with arugula. Add the egg salad on top. Fold in the sides of the tortilla and roll it up. Slice the wrap in half. Enjoy!

Notes

Leftovers: Best enjoyed immediately. Ingredients can be refrigerated separately in airtight containers for up to three days.

Serving Size: One serving is equal to one wrap.

Make it Vegan: Use crumbled tofu instead.

More Flavor: Add a pinch of cayenne.

Additional Toppings: Add chives, chopped red onion, or chopped celery to the egg salad.

Gluten-Free: Use a gluten-free tortilla.



Cobb Salad

2 servings
25 minutes

Ingredients

2 Egg
2 slices Bacon
2 tbsps Extra Virgin Olive Oil
2 tbsps Lemon Juice
1/2 tsp Dijon Mustard
8 leaves Romaine (chopped)
198 grams Chicken Breast, Cooked (chopped)
1/2 Cucumber (sliced)
2 stalks Green Onion (chopped, greens parts only)

Nutrition

Amount per serving	
Calories	489
Fat	32g
Saturated	8g
Trans	0g
Polyunsaturated	5g
Monounsaturated	17g
Carbs	9g
Fiber	3g
Sugar	4g
Protein	42g
Cholesterol	308mg
Sodium	359mg
Vitamin C	14mg
Phosphorous	457mg
Magnesium	72mg

Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat then turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Transfer the eggs to a bowl of cold water and let the eggs sit until cool enough to handle. Peel and slice.
- 2 Meanwhile, cook the bacon in a large pan over medium heat for about five minutes per side or until the bacon is cooked through and crispy. Transfer to a paper towel-lined plate to let the bacon cool slightly then chop into small pieces.
- 3 To a jar add the oil, lemon juice, and mustard. Shake to combine.
- 4 To serve, divide the romaine between plates and top with the chicken, egg, bacon, cucumber, and green onion. Drizzle the dressing on top. Enjoy!

Notes

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

More Flavor: Add honey or maple syrup, dried herbs, fresh garlic, salt, and/or pepper to the dressing.

Additional Toppings: Cheese, olives, tomatoes, and/or avocado.

No Romaine: Use baby spinach or another salad green instead.



Goan Chickpea Curry

4 servings
20 minutes

Ingredients

2 tsps Coriander Seed
1 tsp Cumin Seed
1 tbsp Ginger (grated or minced)
1/2 tsp Sea Salt (to taste)
1/2 tsp Paprika
1/2 tsp Turmeric
1 1/2 tsps Coconut Oil
1 Yellow Onion (diced)
1 Tomato (medium, diced)
2 tsps Tamarind Paste
1 cup Canned Coconut Milk
2 cups Chickpeas (cooked, rinsed well)

Nutrition

Amount per serving	
Calories	282
Fat	15g
Saturated	12g
Trans	0g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	30g
Fiber	8g
Sugar	8g
Protein	9g
Cholesterol	0mg
Sodium	410mg
Vitamin C	6mg
Phosphorous	154mg
Magnesium	48mg

Directions

- 1 Heat a skillet over medium heat. Toast the coriander and cumin seeds until fragrant, about one minute. Remove from heat.
- 2 Using a mortar and pestle or small food processor, crush the coriander and cumin along with the ginger, salt, paprika, and turmeric into a paste. Set aside.
- 3 Heat the oil in the same skillet over medium heat. Cook the onion for five minutes, then stir in the spice paste for another minute. Add the tomato and cook until soft, about two minutes.
- 4 Stir in the tamarind, coconut milk, and chickpeas. Bring to a gentle simmer and season with more salt if needed. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days, or freeze if longer.

Serving Size: One serving equals approximately one cup of chickpea curry.

More Flavor: Add mustard seeds, cayenne, garlic, and green chili peppers.

Additional Toppings: Top with cilantro. Serve with rice, roasted vegetables, bread, or quinoa.



Orange Popsicles

5 servings

5 hours

Ingredients

- 1 Carrot (small, peeled and chopped)
- 1 1/2 cups Orange Juice (freshly squeezed)
- 2 tbsps Maple Syrup

Nutrition

Amount per serving	
Calories	59
Fat	0g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	14g
Fiber	0g
Sugar	12g
Protein	1g
Cholesterol	0mg
Sodium	10mg
Vitamin C	38mg
Phosphorous	17mg
Magnesium	11mg

Directions

- 1 Add the carrots to a small pot of boiling water. Cook for eight to 10 minutes or until very tender. Drain and rinse the cooked carrots with cold water to help them cool. Set aside.
- 2 Add the orange juice, maple syrup, and cooked carrots to a blender and blend until very smooth and creamy.
- 3 Carefully pour the orange juice mixture into a popsicle mold and transfer to the freezer.
- 4 Freeze for about 60 minutes or until partially frozen. Insert popsicle sticks. Allow the popsicles to chill in the freezer for four to five hours more or until solid. Enjoy!

Notes

Leftovers: Keep frozen popsicles in an airtight container or zipper-lock bag for up to one month.

Serving Size: One serving equals one popsicle.

More Flavor: Add vanilla extract or orange zest.

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

Carrot: One small carrot is approximately 1/2 cup chopped carrot.

No Maple Syrup: Use a liquid sweetener of choice or omit.



Quinoa Radish Bowl

4 servings

22 minutes

Ingredients

- 1 cup Quinoa (uncooked)
- 2 cups Black Beans (cooked)
- 1 Carrot (medium, shredded)
- 2 cups Radishes (sliced)
- 2 cups Alfalfa Sprouts
- 1/4 cup Lemon Juice
- 1/4 cup Fresh Dill (chopped)
- 1 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	294
Fat	3g
Saturated	0g
Trans	0g
Polyunsaturated	2g
Monounsaturated	1g
Carbs	53g
Fiber	12g
Sugar	3g
Protein	15g
Cholesterol	0mg
Sodium	38mg
Vitamin C	17mg
Phosphorous	346mg
Magnesium	157mg

Directions

- 1 Cook the quinoa according to the directions on the package, and set aside to cool.
- 2 Once the quinoa has cooled, divide it between bowls along with the black beans, carrots, radishes, and alfalfa sprouts.
- 3 Whisk together the lemon juice, dill, and garlic. Drizzle over top of the quinoa bowls and season with salt and pepper to taste. Enjoy!

Notes

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

Serving Size: One serving equals approximately three cups.

Additional Toppings: Add sauerkraut, kimchi, balsamic vinegar, pickled veggies, or your favorite dressing.



Roasted Cauliflower

4 servings

35 minutes

Ingredients

1 head Cauliflower (chopped into florets)
2 tbsps Avocado Oil
1/4 tsp Sea Salt (or more to taste)

Nutrition

Amount per serving	
Calories	99
Fat	7g
Saturated	1g
Trans	0g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	7g
Fiber	3g
Sugar	3g
Protein	3g
Cholesterol	0mg
Sodium	192mg
Vitamin C	71mg
Phosphorous	65mg
Magnesium	22mg

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Toss cauliflower florets with avocado oil, lay in a single layer on the baking sheet, and sprinkle with salt. Roast for 30 minutes or until golden brown, tossing at the halfway point.
- 3 Remove from oven and enjoy!

Notes

No Avocado Oil: Use coconut oil or olive oil instead.

Make it Cheesy: Toss in nutritional yeast after roasting.



Roasted Veggies

4 servings

40 minutes

Ingredients

- 2 Carrot (medium, chopped)
- 2 Zucchini (medium, chopped)
- 2 cups Mushrooms (chopped)
- 2 cups Green Beans (trimmed)
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Balsamic Vinegar
- 1 tsp Oregano (dried)
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper

Nutrition

Amount per serving	
Calories	93
Fat	4g
Saturated	1g
Trans	0g
Polyunsaturated	1g
Monounsaturated	2g
Carbs	13g
Fiber	4g
Sugar	8g
Protein	4g
Cholesterol	0mg
Sodium	331mg
Vitamin C	26mg
Phosphorous	110mg
Magnesium	40mg

Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Arrange the chopped veggies on the baking sheet. Drizzle with oil, vinegar, oregano, salt and pepper. Toss until everything is well coated.
- 3 Roast in the oven for 25 to 30 minutes, or until very tender, stirring once about halfway through.
- 4 Remove from oven and transfer to a bowl. Enjoy!

Notes

Leftovers: Keeps well in the fridge for up to three days. Reheat in a skillet or the oven.

Serving Size: One serving equals approximately two cups of veggies.

No Mushrooms: Swap in bell peppers or broccoli instead.

Even Cooking: Chop your vegetables to be approximately the same size to ensure even cooking.



Asian Rainbow Cabbage Salad

2 servings

5 minutes

Ingredients

- 1 cup Purple Cabbage (grated)
- 1 cup Green Cabbage (chopped)
- 1 bunch Broccolini
- 2 tbsps Sesame Oil

Directions

- 1 Combine the chopped cabbage and tender stem broccoli
- 2 Top with sesame oil (or olive) and teriyaki sauce 2 Tbs each

Nutrition

Amount per serving	
Calories	99
Fat	7g
Saturated	1g
Trans	0g
Polyunsaturated	3g
Monounsaturated	3g
Carbs	6g
Fiber	4g
Sugar	2g
Protein	5g
Cholesterol	0mg
Sodium	71mg
Vitamin C	61mg
Phosphorous	102mg
Magnesium	36mg



Veggie Pita Pizza

2 servings
15 minutes

Ingredients

2 Whole Wheat Pita
1/4 cup Tomato Sauce
85 grams Mozzarella Cheese (grated)
1/4 cup Baby Spinach (chopped)
2 tbsps Red Onion (chopped)
1 Tomato (small, diced)
1/4 Red Bell Pepper (chopped)

Nutrition

Amount per serving	
Calories	299
Fat	9g
Saturated	5g
Trans	0g
Polyunsaturated	1g
Monounsaturated	0g
Carbs	41g
Fiber	5g
Sugar	4g
Protein	15g
Cholesterol	38mg
Sodium	437mg
Vitamin C	32mg
Phosphorous	148mg
Magnesium	59mg

Directions

- 1 Preheat your oven to 375°F (190°C) and line a baking sheet with parchment paper. Place the pita on the baking sheet and top with the tomato sauce, cheese, and vegetables. Place in the oven and bake for 10 minutes or until the cheese has melted and the pitas are warmed through.
- 2 Remove from the oven, slice, and enjoy!

Notes

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

Serving Size: One serving is equal to one pita pizza.

Gluten-Free: Use a gluten-free pita or tortilla.

Dairy-Free: Use dairy-free cheese.

No Tomato Sauce: Use marinara sauce, pizza sauce or pesto instead.



Turkey Hummus Sandwich

1 serving

5 minutes

Ingredients

2 slices Bread
113 grams Turkey Breast, Cooked
1 tbsp Hummus
1 1/2 tsps Dijon Mustard
1/2 cup Mixed Greens

Nutrition

Amount per serving	
Calories	356
Fat	10g
Saturated	1g
Trans	0g
Polyunsaturated	3g
Monounsaturated	4g
Carbs	27g
Fiber	3g
Sugar	5g
Protein	39g
Cholesterol	79mg
Sodium	541mg
Vitamin C	2mg
Phosphorous	353mg
Magnesium	59mg

Directions

- 1 Lightly toast the bread.
- 2 Spread one slice of the bread with hummus and mustard. Layer on the turkey and mixed greens. Place the second slice of bread over top. Slice and enjoy!

Notes

No Turkey: Use chicken breast instead.

Vegan & Vegetarian: Use smashed chickpeas instead of turkey.

Gluten-Free: Use gluten-free bread instead or make it as a lettuce wrap.



Baked Salmon Sandwich

1 serving
20 minutes

Ingredients

142 grams Salmon Fillet
1/2 tsp Sea Salt
3 tbsps Unsweetened Coconut Yogurt
1 tbsp Fresh Dill (chopped)
1/4 head Green Lettuce (small, leaves separated)
1/4 Tomato (sliced)
2 slices Rye Bread

Nutrition

Amount per serving	
Calories	341
Fat	10g
Saturated	3g
Trans	0g
Polyunsaturated	2g
Monounsaturated	3g
Carbs	28g
Fiber	4g
Sugar	2g
Protein	36g
Cholesterol	72mg
Sodium	1615mg
Vitamin C	6mg
Phosphorous	437mg
Magnesium	66mg

Directions

- 1 Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
- 2 Place the salmon on the baking sheet and season with sea salt. Bake for 15 minutes, or until the salmon flakes with a fork.
- 3 Meanwhile, combine the coconut yogurt with dill.
- 4 Layer the lettuce, tomato, salmon and coconut yogurt dill sauce between the slices of bread. Enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

Gluten-Free: Use gluten-free bread instead.

No Coconut Yogurt: Use mayonnaise or greek yogurt instead.



Coconut Chia Pudding

2 servings

1 hour

Ingredients

3/4 cup Canned Coconut Milk
3/4 cup Water
1/4 cup Chia Seeds
1 tsp Vanilla Extract

Nutrition

Amount per serving	
Calories	278
Fat	23g
Saturated	15g
Trans	0g
Polyunsaturated	6g
Monounsaturated	1g
Carbs	13g
Fiber	8g
Sugar	1g
Protein	5g
Cholesterol	0mg
Sodium	28mg
Vitamin C	0mg
Phosphorous	0mg
Magnesium	2mg

Directions

- 1 Combine all ingredients in a large container. Refrigerate for at least one hour or until chia seeds have set.
- 2 Stir well and divide into cups or containers if on-the-go. Enjoy!

Notes

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

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

More Flavor: Add maple syrup, honey, monk fruit sweetener, cinnamon or cardamom.

Additional Toppings: Top with shredded coconut, berries, banana slices, nuts or bee pollen.



Coconut Banana Ice Cream

6 servings
1 hour 30 minutes

Ingredients

- 1 1/2 cups Canned Coconut Milk (full fat)
- 5 Banana (sliced and frozen)

Nutrition

Amount per serving	
Calories	194
Fat	11g
Saturated	10g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	24g
Fiber	3g
Sugar	13g
Protein	2g
Cholesterol	0mg
Sodium	16mg
Vitamin C	9mg
Phosphorous	22mg
Magnesium	27mg

Directions

- 1 Add all ingredients into a blender and blend until smooth. Occasionally turn the blender off and scrape down the sides if needed.
- 2 Scoop into bowls and enjoy immediately as soft serve or for firmer ice cream, transfer to a baking pan and freeze for at least 1.5 hours before scooping.

Notes

Chocolate Lover: Add cocoa powder while blending.

Topping Ideas: Nut butter, jam, chocolate chips, granola, crushed nuts, melted dark chocolate or fresh fruit.



Strawberry Ice Cream

2 servings

5 minutes

Ingredients

2 Banana (sliced and frozen)
1 cup Frozen Strawberries

Nutrition

Amount per serving	
Calories	144
Fat	1g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	37g
Fiber	5g
Sugar	19g
Protein	2g
Cholesterol	0mg
Sodium	3mg
Vitamin C	56mg
Phosphorous	40mg
Magnesium	44mg

Directions

- 1 Add frozen bananas and strawberries to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
- 2 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

Notes

More Creamy: Add 2 tbsp coconut milk.

More Scoopable: Add 1 tbsp vodka to prevent hard freeze.

Make it Chunky: Set aside 1/4 cup of the strawberries before blending and add them to the processor after blending. Pulse until roughly chopped.



Prune Pudding

2 servings**5 minutes**

Ingredients

1 cup Pitted Prunes
1/2 tsp Cinnamon
1/4 tsp Cardamom
1/2 cup Water

Nutrition

Amount per serving	
Calories	211
Fat	0g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	56g
Fiber	7g
Sugar	33g
Protein	2g
Cholesterol	0mg
Sodium	3mg
Vitamin C	1mg
Phosphorous	61mg
Magnesium	38mg

Directions

- 1 Add the prunes, cinnamon, and cardamom to a food processor. Blend until smooth, slowly drizzling in the water until your desired consistency is reached. Enjoy!

Notes

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

Serving Size: One serving equals approximately 1/4 cup.

More Flavor: Add lemon juice, a pinch of sea salt and/or your sweetener of choice.

Additional Toppings: Sprinkle shredded coconut ontop, serve it as a spread over rice crackers, or as a sauce with plain yogurt.



Warm Apple Chia Pudding

1 serving
10 minutes

Ingredients

- 3 tbsps Chia Seeds
- 3/4 cup Unsweetened Almond Milk
- 1/4 tsp Cinnamon
- 1 Apple (cored and diced)
- 2 tbsps Pecans
- 1 tbsp Almond Butter
- 1 tsp Bee Pollen (optional)

Nutrition

Amount per serving	
Calories	483
Fat	31g
Saturated	2g
Trans	0g
Polyunsaturated	14g
Monounsaturated	12g
Carbs	48g
Fiber	21g
Sugar	21g
Protein	12g
Cholesterol	0mg
Sodium	129mg
Vitamin C	9mg
Phosphorous	134mg
Magnesium	81mg

Directions

- 1 Whisk together the chia seeds, almond milk and cinnamon in a small pot over medium-low heat.
- 2 Stir until heated through and the mixture has thickened up, about 5 to 7 minutes.
- 3 Remove from heat and add to a bowl. Top with apples, pecans, almond butter and bee pollen. Enjoy!

Notes

Leftovers: Keeps well in the fridge in an air-tight container up to 3 to 4 days.

No Heat: Mix together the chia seeds, almond milk and cinnamon then let it sit in the fridge for 15 to 20 minutes to thicken before adding toppings.

Nut-Free: Use coconut milk instead of almond milk, and use pumpkin seeds instead of pecans.