



## **No-Grain-ola Bowl**

Prep time: 5 minutes

Yields: 3 servings (2 tablespoons/serving)

### **Ingredients:**

1 tablespoon	unsweetened shredded coconut
1 tablespoon	chia seeds
1 tablespoon	pumpkin seeds
1 tablespoon	sunflower seeds
1 tablespoon	cacao nibs
1 tablespoon	goji berries

### **Other Ingredients (For 1 serving):**

½ - 1 cup	<b>UNSWEETENED</b> Vanilla Almond Milk, LIGHT Coconut Milk or PLAIN Coconut Yogurt
1 cup	organic fresh or frozen Berries <b>AND/OR</b> 1 Organic Apple, chopped. Stevia or honey, to taste**

### **Directions:**

Mix up all the ingredients in a bowl and enjoy with almond milk, berries and stevia or honey. You can also eat it cold or heat it up for a “Hot Breakfast Cereal.”

\*\* If you use liquid stevia, keep in mind that you will only need 3-4 drops because it is 10-15 times sweeter than sugar.

## **Turmeric Cumin Steelhead Trout or Salmon**

Prep Time: 25 minutes

Cook Time: 20 minutes

Yields: 3 servings

### **Ingredients:**

1 pound	steelhead trout or salmon, 2 inches thick
1 teaspoon	turmeric
teaspoon	cumin
¼ teaspoon	salt
1/8 teaspoon	ground black pepper
1 tablespoon	coconut aminos (not Bragg's liquid aminos.)
1 tablespoon	olive oil or toasted sesame oil
2 tablespoons	fresh rosemary

### **Directions:**

Preheat oven to 400.

Line a sheet pan with parchment paper and grease with oil.

Place fish in a large bowl.

Mix turmeric, cumin, salt, coconut aminos and oil in a small bowl.

Pour and rub the spice mixture over the fish evenly.

Let marinade for 20 minutes or up to 2 days.

Place fish on parchment paper lined sheet pan. Sprinkle with rosemary.

Place in oven and cook for 20 minutes. Fish is done when it is cooked through and no longer opaque in color.

### **Cooking Note:**

If the fish is 2 inches thick, bake for 20 minutes. If your fish is 1 inch thick, bake for 12 minutes.





## **Vegan Sesame Asian Chop Salad**

Make time: 15 minutes

Yields: 4 servings

### **Ingredients:**

2 cups	Chinese or Napa cabbage, julienne
1 cup	purple cabbage, julienne
1 cup	endive, sliced lengthwise into strips
1 cup	radicchio, sliced in strips
1	Asian pears or apples, cored and thinly sliced
4 tablespoons	toasted sesame seeds
½ cup	sliced almonds, toasted

### **Ingredients:**

Julienne the Napa/Chinese cabbage and the purple cabbage. Slice endive and radicchio. Core and slice the pears/apples.

Combine all of the slaw ingredients in a large salad bowl and gently toss with just enough of the Sesame Citrus Dijon Dressing to coat the leaves.

## **Sesame Citrus Dijon Vinaigrette**

Make time: 10 minutes

Yields: approximately 1 cup (2 tablespoons per serving)

### **Ingredients:**

¼ cup	Dijon mustard
¼ cup	orange juice
2 tablespoons	seasoned rice vinegar
2 tablespoons	water
¼ cup	tahini or any nut butter (Almond or cashew butter also work well.)
2 tablespoons	fresh ginger, peeled
2 small	garlic cloves
2 teaspoons	sesame oil
1 teaspoons	chili oil or more to taste
½ cup	coconut liquid aminos

### **Directions:**

Combine all ingredients in a blender. Pulse until dressing is smooth and thick.





## All Green Meatballs

Prep time: 10 minutes

Cooking time: 20 to 25 minutes

Yield: 4 servings

### Ingredients:

1 tablespoon	organic extra-virgin coconut oil, for cooking the greens and meatballs
1½ cups	chopped spinach
1 cup	chopped kale
½ bunch	parsley, chopped
½ bunch	cilantro, chopped
½ teaspoon, plus 2 pinches	pink salt or sea salt
1	large egg, or 2 egg whites
1 tablespoon	Dijon mustard
½ tablespoon	coconut flour, or 1½ tablespoons almond flour
½ teaspoon	garlic granules
½ teaspoon	freshly ground black pepper
1 pound	organic ground bison, beef, turkey, or lamb

### Directions:

Preheat the oven to 400°F.

Line a baking sheet with parchment paper and spray evenly with coconut oil or nonstick cooking spray.

Heat a sauté pan over medium-high heat. Add the coconut oil and swirl the pan to coat the bottom. Add the spinach, kale, parsley, and cilantro and cook, stirring frequently, until the greens are thoroughly wilted and any excess liquid they give off has evaporated, about 5 minutes. Stir in 2 pinches of the salt. Set aside to cool.

Crack the egg into a large bowl; add mustard and whisk until thoroughly combined. Add the greens mixture, coconut flour, ½ teaspoon salt, garlic granules, and pepper. Stir well. Add the meat and, with clean hands, lightly knead the ingredients until thoroughly combined, taking care not to overmix them.

Divide the mixture into 12 equal portions, about ¼ cup each. Moisten your hands with clean, cool water and roll each portion into a ball between your palms. If the meat starts to stick to your hands, wet them again, placing the balls onto the prepared baking sheet.

Bake the meatballs in the oven until they look browned and an instant-read thermometer inserted into the center of one reads 165°F, 20 to 25 minutes.





## **Herb Scented Root Veggies**

Prep time: 20 minutes

Cook time: 40 minutes

Yields: 4 servings

### **Ingredients:**

1 cup	purple carrots, cut into ½ cubes
1	celery root, cut into ½" cubes
1 cup	parsnips cut into ½" cubes
1 cup	butternut squash
4 cloves	garlic, roughly chopped
1 tablespoon	olive oil
1 tablespoon	Herbs de Provence
½ teaspoon	pink, smoked or Kosher salt
1 tablespoon	balsamic vinegar
	truffle oil (optional)

### **Directions:**

Pre-heat oven to 400 degrees.

Line a baking sheet with parchment paper and spray with cooking spray.

Place carrots, celery root, parsnips, butternut squash, garlic, olive oil and Herbs de Provence in a bowl. Season with salt. Drizzle with vinegar and toss until the vegetables are evenly coated.

Spread vegetables on a baking sheet in a single layer. Spray vegetables with cooking spray and roast for 30-40 minutes. Remove from the oven, stir, and place back in the oven so that they continue to brown.

Place the vegetables back in the oven and roast for another 15-20 minutes or until golden brown and fork tender.

Finish with a drizzle of truffle oil and a pinch of pink salt (if needed).

## **Crispy Garbanzo Beans**

Prep Time: 5 minutes

Cooking Time: 30-35 minutes

Yields: 4 servings

### **Ingredients:**

1 cup	chickpeas
2-4 pinches	sea salt
1 tablespoon	balsamic vinegar
1 tablespoon	cumin
2 tablespoons	Dijon mustard
1 tablespoon	olive oil
	coconut oil spray
2 tablespoons	cilantro or parsley, chopped

### **Directions:**

Pre-heat oven to 400. Line a sheet pan with parchment. Spray with coconut oil.

Toss chickpeas with salt, balsamic vinegar, cumin, Dijon mustard, olive oil and cilantro or parsley. Place on parchment and bake for 15 minutes, stir and bake for another 15-20 minutes or until crispy and golden brown.

Place in a bowl and garnish with cilantro or parsley.

## Quick Trail Mix Truffles

Prep/make time: 20 minutes

### **Ingredients:**

2 cups	trail mix
2 tablespoons	unsweetened cacao powder
1 tablespoon	coconut oil
1-2 tablespoons	almond butter
1 teaspoon	cinnamon
	salt
	vanilla stevia, to taste

### **Directions:**

Place all the ingredients in a food processor and roughly mix ingredients until ingredients look like small pebbles.

Remove from the food processor and make into balls, using 2 tablespoons of the mixture. Refrigerate for 30 minutes and ENJOY!



