





Berry Baked Oatmeal

6 servings

45 minutes

Ingredients

- 2 cups Oats (quick or traditional)
- 2 cups Unsweetened Almond Milk
- 2 tbsps Maple Syrup
- 1/2 cup Unsweetened Applesauce
- 1 tsp Cinnamon
- 2 tbsps Chia Seeds
- 2 cups Frozen Berries
- 1/4 cup Sliced Almonds

Nutrition

Amount per serving	
Calories	221
Fat	7g
Saturated	1g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	35g
Fiber	7g
Protein	6g
Vitamin A	174IU
Vitamin C	14mg
Calcium	222mg
Vitamin D	34IU
Vitamin K	1µg
Riboflavin	0.2mg
Vitamin B6	0mg
Folate	9µg
Vitamin B12	0µg
Magnesium	57mg
Zinc	1mg

Directions

- 1 Preheat oven to 350°F (177°C). Grease a baking pan with coconut oil.
- 2 Add all ingredients except the sliced almonds to a mixing bowl and stir until thoroughly combined.
- 3 Transfer to baking pan and bake for about 45 minutes or until a toothpick comes out clean. Sprinkle with sliced almonds before serving. Enjoy!

Notes

Leftovers: Refrigerate in an air-tight container up to 3-5 days. Freeze if longer.

No Applesauce: Use mashed banana instead.

No Almonds: Replace with pecans, walnuts, pumpkin seeds or sunflower seeds.



Edamame, Cranberry & Feta Salad

2 servings

10 minutes

Ingredients

3 cups Frozen Edamame (thawed)
 1/2 cup Feta Cheese (crumbled)
 1/2 cup Dried Unsweetened
 Cranberries
 1 tbsp Extra Virgin Olive Oil
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	531
Fat	27g
Saturated	7g
Polyunsaturated	6g
Monounsaturated	10g
Carbs	44g
Fiber	14g
Protein	33g
Vitamin A	851IU
Vitamin C	14mg
Calcium	331mg
Vitamin D	6IU
Vitamin K	67µg
Riboflavin	0.7mg
Vitamin B6	0.4mg
Folate	735µg
Vitamin B12	0.6µg
Magnesium	156mg
Zinc	4mg

Directions

- 1 Combine all ingredients in a bowl and enjoy!

Notes

No Cranberries: Use raisins, blueberries or cherries instead.
Leftovers: Refrigerate in an airtight container up to 5-7 days.
No Edamame: Use green peas instead.



Raspberry Avocado Ice Cream

2 servings

5 minutes

Ingredients

- 1 Avocado
- 1 cup Raspberries (frozen)
- 1/2 Banana (small, frozen)
- 3 tbsps Canned Coconut Milk (full fat)
- 1 tbsp Maple Syrup

Nutrition

Amount per serving	
Calories	285
Fat	19g
Saturated	6g
Polyunsaturated	2g
Monounsaturated	10g
Carbs	30g
Fiber	12g
Protein	3g
Vitamin A	186IU
Vitamin C	29mg
Calcium	40mg
Vitamin D	0IU
Vitamin K	26µg
Riboflavin	0.3mg
Vitamin B6	0.4mg
Folate	100µg
Vitamin B12	0µg
Magnesium	53mg
Zinc	1mg

Directions

- 1 Add all ingredients to a food processor and blend until smooth and creamy.
- 2 Serve immediately and enjoy!

Notes

Leftovers: Store in the freezer until ready to eat. For easier scooping, let leftover frozen treat sit at room temperature for 15 minutes.

Serving Size: One serving is equal to approximately 3/4 cup.

More Flavor: Adjust maple syrup to taste, add a pinch of salt and/or a splash of vanilla extract.

Additional Toppings: Top with additional frozen raspberries, flaked coconut or granola for extra crunch.

No Raspberries: Use strawberries instead.



Strawberry Chia Jam

8 servings

20 minutes

Ingredients

2 cups Strawberries
1 tbsp Raw Honey
2 tbsps Chia Seeds

Nutrition

Amount per serving	
Calories	34
Fat	1g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	6g
Fiber	1g
Protein	1g
Vitamin A	4IU
Vitamin C	21mg
Calcium	23mg
Vitamin D	0IU
Vitamin K	1µg
Riboflavin	0mg
Vitamin B6	0mg
Folate	9µg
Vitamin B12	0µg
Magnesium	13mg
Zinc	0mg

Directions

- 1 Trim the stems from the strawberries and cut in half. Place strawberries, honey and chia seeds in a blender or food processor and pulse until it reaches your preferred jam-consistency.
- 2 Transfer jam into a saucepan and place on the stove over medium heat. Stir until it begins to bubble. Reduce heat to low and let simmer for 10 to 15 minutes or until jam begins to thicken.
- 3 Remove from heat and pour into a mason jar. Let cool and then store in the fridge for up to 7 days. Freeze if using down the road. Enjoy!

Notes

Get Creative: Try different combinations like strawberry-rhubarb or strawberry-peach!

Storage Tip: If freezing, be sure to leave at least 1 inch of space at the top of the jar to leave room for expansion. Otherwise the jar may shatter.

Vegan: Use maple syrup to sweeten instead of honey.



Cranberry Energy Bars

10 servings

30 minutes

Ingredients

- 3/4 cup Unsweetened Coconut Flakes
- 1/2 cup Pecans (chopped)
- 1/3 cup Sesame Seeds
- 1/4 cup Pumpkin Seeds
- 1/4 cup Sunflower Seeds
- 1/4 cup Ground Flax Seed
- 1/4 cup Dried Unsweetened Cranberries
- 1/4 tsp Sea Salt
- 1/4 cup Raw Honey
- 1/4 cup Sunflower Seed Butter

Nutrition

Amount per serving	
Calories	225
Fat	18g
Saturated	5g
Polyunsaturated	5g
Monounsaturated	7g
Carbs	16g
Fiber	4g
Protein	5g
Vitamin A	7IU
Vitamin C	0mg
Calcium	68mg
Vitamin D	0IU
Vitamin K	0µg
Riboflavin	0mg
Vitamin B6	0.1mg
Folate	29µg
Vitamin B12	0µg
Magnesium	49mg

Directions

- 1 Preheat oven to 350°F (177°C). Line a pan with parchment paper and lightly grease with some olive or coconut oil. (We use an 8x8 square pan.)
- 2 Throw coconut, pecans, sesame seeds, pumpkin seeds and sunflower seeds into a large frying pan. Place over medium-low heat and stir occasionally for 5 minutes or until lightly toasted. Remove from heat and place in a large mixing bowl with the ground flax seed, cranberries and sea salt.
- 3 Add honey and sunflower seed butter into the mixing bowl and mix well until all ingredients are evenly distributed. Transfer mix into the square pan and press down evenly. Take some time to really pack it in there. If you don't pack it down firmly enough, the bars will crumble.
- 4 Bake in oven for 15 minutes.
- 5 Remove from oven and let cool completely. Once cool, lift parchment paper out of the tin and slice into bars with a sharp knife. Enjoy!

Notes

Nut Allergy: Skip the pecans and double up on the sunflower and pumpkin seeds.

Zinc

1mg



Pear Blackberry Smoothie

1 serving
10 minutes

Ingredients

1 Pear
1 cup Blackberries
2 tbsps Ground Flax Seed
1/2 tsp Cinnamon
1 cup Baby Spinach
1 cup Water
6 Ice Cubes

Nutrition

Amount per serving	
Calories	243
Fat	6g
Saturated	0g
Polyunsaturated	4g
Monounsaturated	1g
Carbs	47g
Fiber	18g
Protein	7g
Vitamin A	3170IU
Vitamin C	46mg
Calcium	144mg
Vitamin D	0IU
Vitamin K	182µg
Riboflavin	0.2mg
Vitamin B6	0.2mg
Folate	107µg
Vitamin B12	0µg
Magnesium	70mg
Zinc	1mg

Directions

- 1 Add all ingredients to your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Ground Flax Seed: Use chia seeds instead.

No Blackberries: Use blueberries instead.



Strawberry Quinoa Arugula Salad

4 servings

40 minutes

Ingredients

- 1/2 cup Quinoa (uncooked)
- 2 tbsps Tahini
- 1 tbsp Maple Syrup
- 1 1/2 tsps Lemon Juice
- 1 tbsp Water (warm)
- 1/8 tsp Sea Salt
- 6 cups Arugula
- 1/4 cup Sunflower Seeds
- 1 cup Strawberries (chopped)

Nutrition

Amount per serving	
Calories	202
Fat	10g
Saturated	1g
Polyunsaturated	5g
Monounsaturated	3g
Carbs	25g
Fiber	4g
Protein	7g
Vitamin A	725IU
Vitamin C	27mg
Calcium	107mg
Vitamin D	0IU
Vitamin K	34µg
Riboflavin	0.2mg
Vitamin B6	0.2mg
Folate	104µg
Vitamin B12	0µg
Magnesium	79mg
Zinc	2mg

Directions

- 1 Cook the quinoa according to package directions. Let cool.
- 2 In a large mixing bowl whisk together the tahini, maple syrup, lemon juice, water and salt. Season the dressing with additional salt or lemon juice if needed.
- 3 Pour the dressing over the arugula and toss to coat evenly. Fold in the cooked quinoa, sunflower seeds and strawberries. Transfer to plates and serve immediately. Enjoy!

Notes

Meal Prep: For best results, store all items separately in the fridge and assemble the salad just before serving.

No Arugula: Use baby spinach instead.

No Sunflower Seeds: Use pumpkin seeds, hemp seeds or chopped walnuts instead.



Blueberry Kale Salad

6 servings
20 minutes

Ingredients

- 10 cups Kale Leaves (chopped)
- 1 Cucumber (chopped)
- 4 stalks Celery (chopped)
- 2 cups Blueberries
- 2 Beet (peeled and spiralized)
- 1/2 cup Pumpkin Seeds
- 1/2 cup Extra Virgin Olive Oil
- 3 Lemon (medium, juiced)
- 1 tsp Dijon Mustard
- 1 tsp Sea Salt
- 1/4 tsp Black Pepper

Nutrition

Amount per serving	
Calories	279
Fat	23g
Saturated	3g
Polyunsaturated	4g
Monounsaturated	15g
Carbs	17g
Fiber	5g
Protein	5g
Vitamin A	1894IU
Vitamin C	50mg
Calcium	124mg
Vitamin D	0IU
Vitamin K	173µg
Riboflavin	0.2mg
Vitamin B6	0.1mg
Folate	72µg
Vitamin B12	0µg
Magnesium	32mg

Directions

- 1 In a large bowl, combine the kale, cucumber, celery, blueberries, spiralized beets, and pumpkin seeds.
- 2 In a mason jar, combine the olive oil, lemon juice, Dijon mustard, salt and pepper. Shake well.
- 3 Before serving, pour dressing over the salad and toss well. Enjoy!

Notes

Storage: Keeps well in the fridge for 4 days.

More Protein: Add a salmon fillet, grilled chicken breast, or lentils.

More Carbs: Add cooked quinoa.

Zinc

0mg