





## Spicy Fajita Seasoning

4 servings

5 minutes

### Ingredients

- 2 tbsps Chili Powder
- 1 tbsp Smoked Paprika
- 1 tsp Cumin
- 1 tsp Garlic Powder
- 1 tsp Oregano
- 3/4 tsp Sea Salt
- 3/4 tsp Black Pepper
- 1/2 tsp Cayenne Pepper

### Directions

1

Combine all the spices into a jar or container with a lid and shake well to combine. Enjoy!

### Nutrition

Amount per serving	
Calories	23
Fat	1g
Saturated	0g
Polyunsaturated	1g
Monounsaturated	0g
Carbs	4g
Fiber	2g
Protein	1g
Vitamin A	2143IU
Vitamin C	0mg
Calcium	29mg
Vitamin D	0IU
Vitamin K	8µg
Riboflavin	0.1mg
Vitamin B6	0.1mg
Folate	3µg
Vitamin B12	0µg
Magnesium	13mg
Zinc	0mg





## Nut-Free Dukkah with Pita

8 servings

10 minutes

### Ingredients

- 1 cup Sunflower Seeds (roasted)
- 2 tbsps Sesame Seeds (white and/or black, toasted)
- 2 tbsps Dried Thyme
- 1 tsp Fennel Seed
- 1 tsp Cumin (ground)
- Sea Salt & Black Pepper (to taste)
- 1 cup Extra Virgin Olive Oil
- 120 grams White Pita Bread (halved)

### Directions

- 1 Combine the sunflower seeds, sesame seeds, thyme, fennel, cumin, salt and pepper in a food processor or blender. Process until you reach a coarse grainy texture. Transfer to a bowl or airtight container.
- 2 Dip the pita in olive oil, then into the dukkah. Enjoy!

### Nutrition

Amount per serving	
Calories	390
Fat	36g
Saturated	5g
Polyunsaturated	9g
Monounsaturated	22g
Carbs	13g
Fiber	3g
Protein	5g
Vitamin A	34IU
Vitamin C	1mg
Calcium	66mg
Vitamin D	0IU
Vitamin K	30µg
Riboflavin	0.1mg
Vitamin B6	0.2mg
Folate	58µg
Vitamin B12	0µg
Magnesium	36mg
Zinc	1mg



## Coconut Turmeric Cauliflower

4 servings

30 minutes

### Ingredients

- 2 cups Plain Coconut Milk (from the carton)
- 1 tbsp Turmeric
- 1 tsp Sea Salt
- 1 tsp Black Pepper
- 1 head Cauliflower (chopped into florets)
- 1/4 cup Cilantro (chopped)

### Directions

- 1 Heat a skillet over medium heat and add the coconut milk, turmeric, salt and black pepper. Whisk together and let simmer on low.
- 2 Once bubbles start to appear in the sauce, add the cauliflower florets and reduce the heat slightly. Cook covered with a lid for 15 to 20 minutes, or until your desired consistency is reached.
- 3 Divide the cauliflower mixture between bowls. Top with cilantro and enjoy!

### Nutrition

Amount per serving	
Calories	85
Fat	3g
Saturated	3g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	13g
Fiber	4g
Protein	3g
Vitamin A	321IU
Vitamin C	71mg
Calcium	266mg
Vitamin D	50IU
Vitamin K	27µg
Riboflavin	0.1mg
Vitamin B6	0.3mg
Folate	85µg
Vitamin B12	1.5µg
Magnesium	28mg
Zinc	1mg





## Turmeric Chicken with Brown Rice

3 servings

30 minutes

### Ingredients

- 1 cup Brown Rice (dry, uncooked)
- 454 grams Chicken Breast (skinless and boneless)
- 1 tbsp Avocado Oil
- 1 tsp Turmeric
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	451
Fat	11g
Saturated	2g
Polyunsaturated	2g
Monounsaturated	5g
Carbs	48g
Fiber	2g
Protein	39g
Vitamin A	45IU
Vitamin C	0mg
Calcium	15mg
Vitamin D	2IU
Vitamin K	1µg
Riboflavin	0.3mg
Vitamin B6	1.5mg
Folate	28µg
Vitamin B12	0.3µg
Magnesium	116mg
Zinc	2mg

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cook the brown rice according to the directions on the package.
- 3 While the rice cooks, toss each chicken breast in the avocado oil, turmeric, salt and pepper. Transfer to the baking sheet and cook for 25 to 30 minutes or until cooked through.
- 4 Once the chicken and rice are cooked, divide between plates and enjoy!



## Golden Turmeric Hot Chocolate

1 serving

5 minutes

### Ingredients

- 1 tbsp Cacao Powder
- 1/4 tsp Turmeric (dried, ground)
- 1/4 tsp Cinnamon
- 1 1/2 tps Coconut Butter
- 1/2 tsp Honey
- 1 cup Water (hot)
- 1/2 cup Unsweetened Almond Milk

### Directions

1

Add the cacao powder, turmeric, cinnamon, coconut butter, honey, hot water and almond milk to a blender. Blend on high until smooth and creamy. Transfer to a mug and enjoy!

### Nutrition

Amount per serving	
Calories	116
Fat	9g
Saturated	5g
Polyunsaturated	0g
Monounsaturated	1g
Carbs	9g
Fiber	4g
Protein	2g
Vitamin A	252IU
Vitamin C	0mg
Calcium	267mg
Vitamin D	50IU
Vitamin K	0µg
Riboflavin	0mg
Vitamin B6	0mg
Folate	0µg
Vitamin B12	0µg
Magnesium	55mg
Zinc	0mg



## Turmeric Lemonade

3 servings

5 minutes

### Ingredients

1 Lemon (juiced)  
1/2 tsp Turmeric  
3 tbsps Maple Syrup  
3 cups Water

### Directions

- 1 Add all ingredients to a pitcher and stir well until combined. Pour into a glass over ice and enjoy!

### Nutrition

Amount per serving	
Calories	57
Fat	0g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	15g
Fiber	0g
Protein	0g
Vitamin A	1IU
Vitamin C	6mg
Calcium	46mg
Vitamin D	0IU
Vitamin K	0µg
Riboflavin	0.3mg
Vitamin B6	0mg
Folate	3µg
Vitamin B12	0µg
Magnesium	11mg
Zinc	0mg





## Turmeric Hummus

4 servings

10 minutes

### Ingredients

- 2 cups Chickpeas (cooked)
- 1 Garlic (clove)
- 1 tbsp Tahini
- 3 tbsps Apple Cider Vinegar
- 1/4 cup Extra Virgin Olive Oil
- 1/2 tsp Turmeric
- 1/2 tsp Sea Salt

### Directions

1

Add all ingredients together in a food processor. Blend until a creamy consistency forms. Enjoy!

### Nutrition

Amount per serving	
Calories	281
Fat	18g
Saturated	2g
Polyunsaturated	3g
Monounsaturated	11g
Carbs	24g
Fiber	7g
Protein	8g
Vitamin A	25IU
Vitamin C	1mg
Calcium	59mg
Vitamin D	0IU
Vitamin K	11µg
Riboflavin	0.1mg
Vitamin B6	0.1mg
Folate	145µg
Vitamin B12	0µg
Magnesium	44mg
Zinc	1mg





## Spiced Lentils & Broccolini with Lemon

3 servings  
30 minutes

### Ingredients

- 1 bunch Broccolini (trimmed)
- 1/2 Lemon (sliced thin)
- 1 tbsp Avocado Oil
- 1/2 tsp Sea Salt (divided)
- 3 tbsps Extra Virgin Olive Oil
- 1 Garlic (clove, thinly sliced)
- 3/4 tsp Coriander
- 3/4 tsp Fennel Seed (ground)
- 1 cup Green Lentils (cooked, drained and rinsed)
- 1/4 cup Mint Leaves (chopped)

### Nutrition

Amount per serving	
Calories	281
Fat	19g
Saturated	3g
Polyunsaturated	3g
Monounsaturated	13g
Carbs	20g
Fiber	10g
Protein	12g
Vitamin A	6700IU
Vitamin C	59mg
Calcium	201mg
Vitamin D	0IU
Vitamin K	382µg
Riboflavin	0.3mg
Vitamin B6	0.5mg
Folate	227µg
Vitamin B12	0µg
Magnesium	69mg

### Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Add the broccolini and lemon and toss with the avocado oil and half the sea salt. Roast for 8 to 10 minutes, until the broccolini is slightly browned in spots. Remove and set aside.
- 2 In a skillet over medium-low heat, add the extra virgin olive oil, garlic, coriander and fennel. Sauté until the garlic is lightly browned, stirring frequently to prevent burning, about 3 to 4 minutes.
- 3 Drizzle half of the oil mixture into the cooked lentils and stir. Divide onto plates and top with the broccolini and lemon and then drizzle the remaining oil on top. Finish with mint leaves, serve and enjoy!

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Zinc

2mg



## Roasted Za'atar Cauliflower

4 servings

30 minutes

### Ingredients

- 1 head Cauliflower (chopped into florets)
- 2 tbsps Avocado Oil
- 2 tsps Za'atar Spice

### Nutrition

Amount per serving	
Calories	99
Fat	7g
Saturated	1g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	7g
Fiber	3g
Protein	3g
Vitamin A	0IU
Vitamin C	76mg
Calcium	32mg
Vitamin D	0IU
Vitamin K	23µg
Riboflavin	0.1mg
Vitamin B6	0.3mg
Folate	84µg
Vitamin B12	0µg
Magnesium	22mg
Zinc	0mg

### Directions

1

Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. If you cannot fit the cauliflower evenly onto one baking sheet, line additional sheets as needed.

2

Add the cauliflower florets to the baking sheets and ensure they are evenly spaced for roasting. Toss the cauliflower with the avocado oil and the za'atar. Place in the oven and cook for 25 to 30 minutes, flipping and rotating the pans halfway through. Serve and enjoy!





## Spicy Coconut Lentil Soup

4 servings  
40 minutes

### Ingredients

- 1/2 cup Brown Basmati Rice (uncooked)
- 1/2 cup Dry Lentils (uncooked)
- 1/4 cup Unsweetened Shredded Coconut
- 2 tsps Smoked Paprika
- 1 tsp Chili Powder
- 1/4 tsp Turmeric (ground)
- 1 tsp Cumin (ground)
- 1/2 tsp Sea Salt
- 7 cups Water
- 1/4 cup Cilantro (optional, chopped)

### Nutrition

Amount per serving	
Calories	206
Fat	4g
Saturated	3g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	35g
Fiber	4g
Protein	8g
Vitamin A	848IU
Vitamin C	1mg
Calcium	61mg
Vitamin D	0IU
Vitamin K	6µg
Riboflavin	0.1mg
Vitamin B6	0.2mg
Folate	116µg
Vitamin B12	0µg

### Directions

- 1 Rinse the dry rice and lentils in a fine mesh sieve and add to a large pot along with the shredded coconut, smoked paprika, chili powder, turmeric, cumin, and sea salt. Add the water to the pot and bring to a boil. Once boiling, reduce the heat to a simmer.
- 2 Cook for about 25 to 30 minutes, or until the lentils and rice are cooked through. Divide into bowls and garnish with cilantro (optional). Enjoy!

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Magnesium	25mg
Zinc	1mg



## Spiced Cauliflower Rice Bowl

2 servings

40 minutes

### Ingredients

- 2/3 cup Brown Rice (dry, uncooked)
- 1/4 tsp Sea Salt
- 1/2 head Cauliflower (chopped into florets)
- 1/4 tsp Turmeric
- 1/2 tsp Paprika
- 1/2 tsp Thyme (dried)
- 2 tbsps Tahini
- 1 Garlic (clove, minced)
- 1 tbsp Lemon Juice
- 1 tbsp Water
- 1 Avocado (sliced)
- 1/4 cup Cilantro (chopped)
- 1 tsp Sesame Seeds (for topping)

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cook the brown rice according to the directions on the package. Once finished cooking, add the sea salt to the rice and mix.
- 3 While the rice cooks, add the cauliflower to a medium-sized bowl and toss with the turmeric, paprika and thyme. Place on the baking sheet and bake for 30 to 35 minutes.
- 4 In a small bowl whisk together the tahini, garlic, lemon juice and water. Set aside.
- 5 Divide the rice between bowls and top with cauliflower, avocado, cilantro and sesame seeds. Drizzle the tahini dressing over top. Enjoy!

### Nutrition

Amount per serving	
Calories	529
Fat	26g
Saturated	4g
Polyunsaturated	6g
Monounsaturated	14g
Carbs	68g
Fiber	14g
Protein	13g
Vitamin A	585IU
Vitamin C	85mg
Calcium	136mg
Vitamin D	0IU
Vitamin K	51µg
Riboflavin	0.4mg



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Vitamin B6	0.9mg
Folate	199µg
Vitamin B12	0µg
Magnesium	146mg
Zinc	3mg



## Lentil Masala Soup

4 servings  
30 minutes

### Ingredients

- 1 1/2 tsp Coconut Oil
- 1/2 cup Red Onion (finely diced)
- 4 Garlic (cloves, minced)
- 1 tsp Turmeric
- 1 tbsp Garam Masala
- 1 tsp Sea Salt
- 1 cup Cilantro (finely diced)
- 4 cups Vegetable Broth
- 3 cups Diced Tomatoes
- 1 cup Dry Red Lentils
- 1 cup Canned Coconut Milk (full fat)
- 4 cups Kale Leaves (finely sliced)

### Nutrition

Amount per serving	
Calories	391
Fat	14g
Saturated	11g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	50g
Fiber	11g
Protein	17g
Vitamin A	2557IU
Vitamin C	42mg
Calcium	118mg
Vitamin D	0IU
Vitamin K	96µg
Riboflavin	0.1mg
Vitamin B6	0.1mg
Folate	20µg

### Directions

- 1 Heat coconut oil in a large stock pot over medium heat. Add the onions and saute for about 4 minutes or until translucent. Add in the minced garlic. Saute for another minute.
- 2 Add in the turmeric, garam masala and sea salt. Stir for a minute or until spices are well mixed. Add in the cilantro, vegetable broth and diced tomatoes. Bring to a boil then reduce heat to a simmer.
- 3 Add in the dry lentils, cover and cook for 15 to 20 minutes. Once the lentils are cooked through, add in the coconut milk. Stir well to mix, then add in the kale. Stir again until the kale is wilted. Turn off the heat. Ladle into bowls and enjoy!

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Vitamin B12	0µg
Magnesium	14mg
Zinc	0mg





## Creamy Carrot Soup

4 servings

50 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 8 Carrot (chopped into 1 inch rounds)
- 1 Sweet Onion (chopped)
- 2 Garlic (cloves, minced)
- 1 tsp Cumin
- 1 tsp Turmeric
- Sea Salt & Black Pepper (to taste)
- 3 cups Vegetable Broth
- 1 cup Unsweetened Almond Milk
- 1 Lemon (cut into wedges)
- 1 cup Baby Spinach (chopped)

### Nutrition

Amount per serving	
Calories	133
Fat	5g
Saturated	1g
Polyunsaturated	1g
Monounsaturated	3g
Carbs	22g
Fiber	5g
Protein	3g
Vitamin A	21612IU
Vitamin C	19mg
Calcium	192mg
Vitamin D	25IU
Vitamin K	56µg
Riboflavin	0.2mg
Vitamin B6	0.3mg
Folate	59µg
Vitamin B12	0µg
Magnesium	38mg

### Directions

- 1 In a large pot, heat olive oil over medium heat. Stir in onion, garlic, carrots, cumin and turmeric. Season with salt and pepper to taste. Sauté for about 10 minutes or until veggies start to brown.
- 2 Add in vegetable broth. Cover with lid and let simmer for 30 minutes.
- 3 After 30 minutes, pour in almond milk and stir well. Transfer soup to a blender to puree. Always be careful to leave a hole for the steam to escape or the lid will pop off while blending. Blend in batches and transfer back to pot. Taste and season with more sea salt and pepper if desired.
- 4 Ladle soup into bowls. Garnish with chopped spinach and drizzle with a squeeze of lemon wedge. Serve with a slice of bread for dipping and/or a mixed greens salad.

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Zinc

1mg



## Peanut Butter Curry Chickpea Stew

4 servings  
45 minutes

### Ingredients

- 1 tbsp Coconut Oil
- 1 Yellow Onion (medium, diced)
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (grated)
- 1 tsp Cumin
- 1 tsp Coriander
- 1 tsp Cinnamon
- 1 tbsp Turmeric
- 1/4 cup Water
- 1/4 cup All Natural Peanut Butter
- 2 cups Vegetable Broth
- 1 cup Unsweetened Almond Milk
- 1 tsp Sea Salt
- 1 Red Bell Pepper (sliced)
- 1 Zucchini (sliced)
- 2 Carrot (medium, peeled and sliced)
- 4 cups Chickpeas (cooked)
- 1 Lime (juiced)
- 1/4 cup Cilantro (chopped)

### Directions

- 1 Heat a large saucepan over medium-low heat and melt the coconut oil. Add the onion, garlic and ginger. Cook for 2-3 minutes, stirring frequently.
- 2 Add the spices and cook for 1 minute, until fragrant. Add the water to deglaze the pan, then stir in the peanut butter.
- 3 Add the vegetable broth and almond milk. Stir until all is smoothly combined. Add the salt.
- 4 Add the pepper, zucchini, carrots and chickpeas and stir well to mix. Simmer uncovered for 20 minutes, stirring occasionally.
- 5 Stir in the lime juice and cilantro. Divide into bowls, and top with more cilantro if desired. Enjoy!

### Nutrition

Amount per serving	
Calories	467
Fat	17g
Saturated	5g
Polyunsaturated	4g
Monounsaturated	6g
Carbs	63g
Fiber	17g



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Protein	21g
Vitamin A	6639IU
Vitamin C	55mg
Calcium	260mg
Vitamin D	25IU
Vitamin K	19µg
Riboflavin	0.3mg
Vitamin B6	0.5mg
Folate	330µg
Vitamin B12	0µg
Magnesium	138mg
Zinc	3mg