



Riboflavin (Vitamin B2) belongs to the "Gang of B's" - your B vitamins.

Like most of your B vitamins, animal proteins are an excellent source of Riboflavin. BUT, if animal proteins are not your "jam," then look to mushrooms, spinach and almonds to grab your B2. Also, because beets belong in our Influencer Ingredients, beet greens also happen to be a great source of B2. So buy your beets with their tops on and use them in a stir fry, pesto or whatever!



Savory Crêpes with Creamy Mushrooms & Kale

2 servings

25 minutes

Ingredients

- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 12 Cremini Mushrooms (sliced)
- 4 stalks Green Onion (chopped)
- 3 cups Kale Leaves (chopped)
- 2 Garlic (clove, minced)
- 1/2 tsp Sea Salt (divided)
- 1/4 cup Canned Coconut Milk (full fat)
- 3 Egg
- 1/2 cup Almond Flour
- 1/2 tsp Oregano
- 1/2 tsp Nutritional Yeast

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 459 |
| Fat | 38g |
| Saturated | 10g |
| Polyunsaturated | 3g |
| Monounsaturated | 10g |
| Carbs | 15g |
| Fiber | 6g |
| Protein | 21g |
| Vitamin A | 2885IU |
| Vitamin C | 36mg |
| Calcium | 209mg |
| Vitamin D | 69IU |
| Riboflavin | 1.5mg |
| Niacin | 8mg |
| Vitamin B6 | 1.0mg |
| Folate | 81µg |

Directions

- 1 Heat 2/3 of the oil in a large frying pan over medium-high heat. Add the mushrooms, green onion and kale and cook until the mushrooms are tender and the kale has wilted, 5 to 8 minutes.
- 2 Add the garlic and half of the salt to the pan and cook for another minute. Stir in the coconut milk. Reduce heat to low to keep warm.
- 3 In a mixing bowl, whisk the eggs. Stir in the almond flour, oregano, nutritional yeast and the remaining salt.
- 4 Heat a small non-stick pan over medium heat. Add just enough oil to evenly coat the bottom of the pan. This won't be all of the remaining oil.
- 5 Add about 1/4 cup of the crêpe batter to the oiled pan and tilt the pan in a circular motion to distribute the batter evenly. Cook for 60 to 90 seconds or until just golden brown and the crêpe releases easily from the pan. Flip and continue cooking for 30 to 60 seconds. Repeat the process with the remaining oil and batter.
- 6 To serve, divide the creamy mushrooms and kale between the crêpes then fold or roll. Enjoy!

| | |
|-------------|-------|
| Vitamin B12 | 3.6µg |
| Magnesium | 114mg |
| Zinc | 2mg |



Balsamic Grilled Mushrooms

2 servings

25 minutes

Ingredients

- 5 cups Mushrooms (halved)
- 2 tbsps Balsamic Vinegar
- 1 tbsp Tamari
- 2 Garlic (cloves, minced)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 77 |
| Fat | 1g |
| Saturated | 0g |
| Polyunsaturated | 0g |
| Monounsaturated | 0g |
| Carbs | 12g |
| Fiber | 3g |
| Protein | 9g |
| Vitamin A | 0IU |
| Vitamin C | 6mg |
| Calcium | 19mg |
| Vitamin D | 17IU |
| Riboflavin | 1.0mg |
| Niacin | 9mg |
| Vitamin B6 | 0.3mg |
| Folate | 43µg |
| Vitamin B12 | 0.1µg |
| Magnesium | 28mg |
| Zinc | 1mg |

Directions

- 1 Stir all the ingredients together and let marinate for at least 15 minutes.
- 2 Cook in a grill pan over medium-high heat for 8 to 10 minutes or until tender. Alternatively, you can skewer the mushrooms and grill over medium-high until soft and slightly charred, about 2 to 3 minutes per side.
- 3 Remove from the grill and enjoy!



Lentil Meatballs

5 servings

35 minutes

Ingredients

- 1/2 cup Dry Green Lentils (rinsed)
- 1 cup Vegetable Broth
- 1/2 tsp Extra Virgin Olive Oil
- 1/3 cup Shallot (chopped)
- 1 tbsp Ground Flax Seed
- 3 tbsps Water
- 1/4 cup Parsley (chopped)
- 1/4 cup Nutritional Yeast
- 1/2 cup Almonds (chopped)
- 3/4 tsp Sea Salt

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 200 |
| Fat | 8g |
| Saturated | 1g |
| Polyunsaturated | 2g |
| Monounsaturated | 5g |
| Carbs | 20g |
| Fiber | 6g |
| Protein | 13g |
| Vitamin A | 369IU |
| Vitamin C | 6mg |
| Calcium | 62mg |
| Vitamin D | 0IU |
| Riboflavin | 6.1mg |
| Niacin | 33mg |
| Vitamin B6 | 6.3mg |
| Folate | 107µg |
| Vitamin B12 | 27.0µg |
| Magnesium | 52mg |
| Zinc | 1mg |

Directions

- 1 Add lentils and broth to a medium-sized saucepan or pot. Bring to a boil. Lower the heat to a simmer and cook for 15 to 20 minutes, or until softened and cooked through. Drain any excess liquid and set aside.
- 2 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 3 Heat the oil in a small skillet over medium heat. Once hot, add the shallot and cook for 4 to 5 minutes or until softened. Remove from heat and set aside.
- 4 In a small bowl, add the ground flax seeds and water and let sit for a few minutes to thicken slightly.
- 5 In a food processor, add the lentils, shallot, flax mixture, parsley, nutritional yeast, almonds, and salt. Pulse until combined and the dough starts to hold together.
- 6 Using slightly damp hands, roll the dough into golf-ball sized balls. Place on the baking sheet. Bake for 25 minutes, flipping halfway through. Enjoy!



Kale & Eggs

1 serving
10 minutes

Ingredients

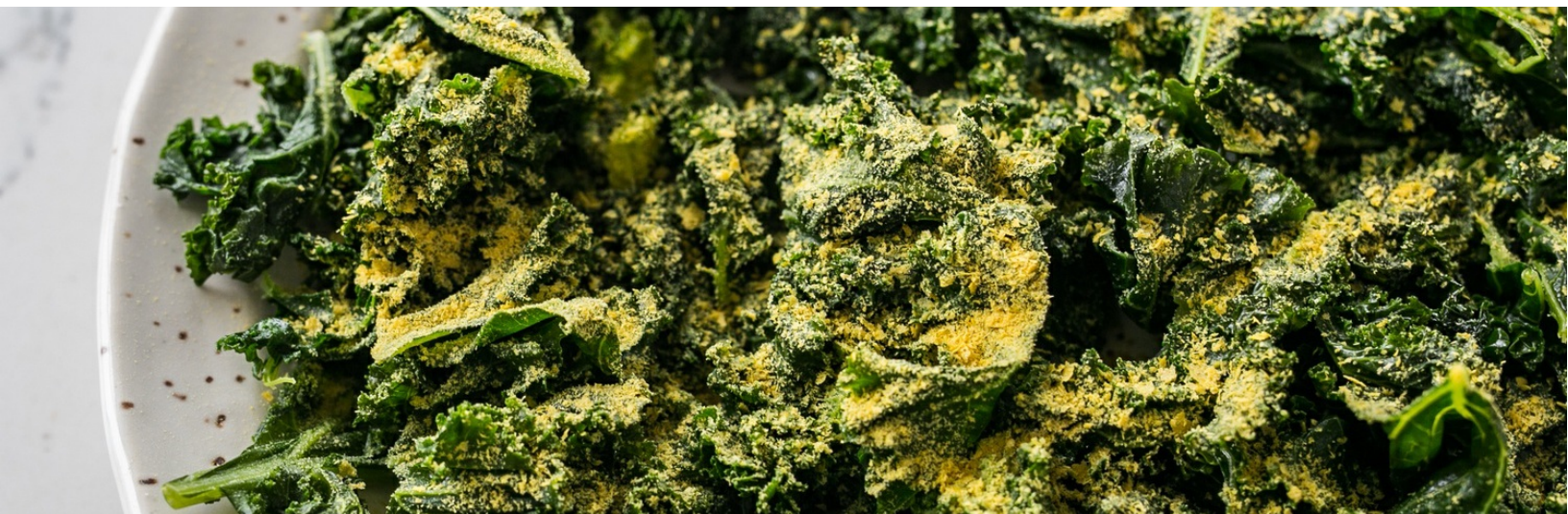
- 1/2 tsp Ghee
- 3 cups Kale Leaves (roughly chopped)
- 2 Egg
- 2 tbsps Pitted Kalamata Olives
- 1 tbsp Nutritional Yeast
- 1/8 tsp Sea Salt

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 237 |
| Fat | 14g |
| Saturated | 5g |
| Polyunsaturated | 2g |
| Monounsaturated | 5g |
| Carbs | 8g |
| Fiber | 5g |
| Protein | 20g |
| Vitamin A | 3627IU |
| Vitamin C | 59mg |
| Calcium | 236mg |
| Vitamin D | 82IU |
| Riboflavin | 8.1mg |
| Niacin | 40mg |
| Vitamin B6 | 7.9mg |
| Folate | 86µg |
| Vitamin B12 | 34.7µg |
| Magnesium | 33mg |
| Zinc | 2mg |

Directions

- 1 Heat a skillet over medium heat and add the ghee. Once the skillet is hot, add the kale and cook for 2 to 3 minutes, until just wilted, stirring as needed.
- 2 Make two spaces in the kale and crack eggs into each space. Add the olives and season everything with nutritional yeast and sea salt. Cover with a lid and cook for 3 to 4 minutes or until the eggs are cooked to your preference.
- 3 Add the kale, olives and eggs to a plate. Serve and enjoy!



Sauteed Kale with Nutritional Yeast

4 servings

15 minutes

Ingredients

- 1/4 cup Water
- 12 cups Kale Leaves (chopped)
- 1 tbsp Coconut Oil
- 1/4 tsp Sea Salt
- 2 tbsps Nutritional Yeast

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 69 |
| Fat | 4g |
| Saturated | 3g |
| Polyunsaturated | 0g |
| Monounsaturated | 0g |
| Carbs | 4g |
| Fiber | 4g |
| Protein | 4g |
| Vitamin A | 3032IU |
| Vitamin C | 59mg |
| Calcium | 164mg |
| Vitamin D | 0IU |
| Riboflavin | 3.9mg |
| Niacin | 20mg |
| Vitamin B6 | 3.9mg |
| Folate | 39µg |
| Vitamin B12 | 16.9µg |
| Magnesium | 21mg |
| Zinc | 0mg |

Directions

- 1 Add water and kale to a deep saucepan and bring to a simmer. Cover and steam for about 3 to 5 minutes, stirring halfway.
- 2 Drain the pan and add coconut oil and salt to taste. Saute for another 1 to 2 minutes.
- 3 Transfer kale to a serving plate and top with nutritional yeast. Enjoy!



Spinach & Pea Risotto

4 servings

35 minutes

Ingredients

- 4 cups Vegetable Broth
- 2 tbsps Extra Virgin Olive Oil
- 1/2 Yellow Onion (finely chopped)
- 2 Garlic (cloves, minced)
- 1/2 tsp Sea Salt (divided)
- 1 cup Arborio Rice
- 3 tbsps Lemon Juice
- 3 cups Baby Spinach (chopped)
- 1 cup Frozen Peas
- 3 tbsps Nutritional Yeast

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 323 |
| Fat | 7g |
| Saturated | 1g |
| Polyunsaturated | 1g |
| Monounsaturated | 5g |
| Carbs | 54g |
| Fiber | 4g |
| Protein | 10g |
| Vitamin A | 3477IU |
| Vitamin C | 16mg |
| Calcium | 51mg |
| Vitamin D | 0IU |
| Riboflavin | 5.7mg |
| Niacin | 31mg |
| Vitamin B6 | 5.9mg |
| Folate | 70µg |
| Vitamin B12 | 25.3µg |
| Magnesium | 30mg |
| Zinc | 0mg |

Directions

- 1 Heat the vegetable broth in a medium pot over medium-high heat. Once it starts to simmer, reduce heat to low to keep warm.
- 2 Meanwhile, heat the olive oil over medium heat in a large pot. Saute the onions for 5 minutes or until translucent but not browned. Add the garlic and half of the salt. Cook for another minute. Add the rice and lemon juice and gently stir until the lemon juice is absorbed.
- 3 Add 1/2 cup of the warmed broth to the rice in the pot stirring constantly until the broth has been absorbed. The rice and broth should be at a gentle simmer throughout the cooking process, not a boil.
- 4 Continue to add the broth 1/2 cup at a time until all but a 1/2 cup of broth is remaining and rice is cooked through. Aim for al dente rice, not mushy. This will take about 20 to 25 minutes.
- 5 Next, add the last 1/2 cup of broth along with the spinach, peas and remaining salt. Continue to stir until the last of the broth has been absorbed, the spinach is wilted and the peas are tender. Remove from the heat and stir in the nutritional yeast. Season with additional salt or lemon juice as needed.
- 6 Divide between plates and enjoy.



Sautéed Spinach with Toasted Pecans

4 servings

10 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 6 cups Baby Spinach
- 1/2 cup Nutritional Yeast
- 1/2 cup Pecans
- 1 tsp Sea Salt
- 1 tsp Black Pepper

Directions

- 1 Heat a skillet over medium heat and add the olive oil. Add the spinach and cook for five minutes or until it is soft.
- 2 Add the nutritional yeast, pecans, sea salt and black pepper. Sauté for 5 minutes or until the pecans begin to toast. Serve between plates and enjoy!

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 196 |
| Fat | 12g |
| Saturated | 1g |
| Polyunsaturated | 3g |
| Monounsaturated | 8g |
| Carbs | 10g |
| Fiber | 6g |
| Protein | 13g |
| Vitamin A | 4231IU |
| Vitamin C | 13mg |
| Calcium | 67mg |
| Vitamin D | 0IU |
| Riboflavin | 14.9mg |
| Niacin | 79mg |
| Vitamin B6 | 15.4mg |
| Folate | 90µg |
| Vitamin B12 | 67.6µg |
| Magnesium | 52mg |
| Zinc | 1mg |



Asian Veggie Omelette

1 serving
20 minutes

Ingredients

- 1 1/2 tsps Coconut Oil
- 1/2 cup Shiitake Mushrooms (sliced)
- 1 cup Bok Choy (sliced into quarters)
- 3 Egg
- 2 1/4 tsps Tamari
- 2 stalks Green Onion (sliced)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 339 |
| Fat | 21g |
| Saturated | 10g |
| Polyunsaturated | 3g |
| Monounsaturated | 6g |
| Carbs | 15g |
| Fiber | 3g |
| Protein | 23g |
| Vitamin A | 4898IU |
| Vitamin C | 35mg |
| Calcium | 175mg |
| Vitamin D | 143IU |
| Riboflavin | 0.9mg |
| Niacin | 2mg |
| Vitamin B6 | 0.6mg |
| Folate | 142µg |
| Vitamin B12 | 1.4µg |
| Magnesium | 51mg |
| Zinc | 3mg |

Directions

- 1 Heat coconut oil in a medium-sized frying pan over medium heat. Saute the bok choy for 2 minutes. Add mushrooms and cook for 2-3 more minutes or until all veggies are soft. Transfer the veggies to a bowl and set aside.
- 2 In a bowl, whisk together eggs, tamari and green onion.
- 3 Pour the egg mixture into the same pan over medium heat, and let cook until almost set. Place the mushrooms and bok choy on one half of the omelette and fold the other half over top. Remove from heat and season with sea salt and black pepper to taste. Enjoy!



One Pan Olive Pesto Pork Chops

2 servings

30 minutes

Ingredients

- 1 cup Black Olives (pitted, rinsed and patted dry)
- 1 Garlic (clove)
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Nutritional Yeast
- 227 grams Pork Chop
- 1 cup Green Beans (stems removed, chopped)
- 1 cup Cherry Tomatoes
- 1 Leeks (chopped into 1/2 inch medallions)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 601 |
| Fat | 45g |
| Saturated | 9g |
| Polyunsaturated | 5g |
| Monounsaturated | 29g |
| Carbs | 20g |
| Fiber | 6g |
| Protein | 31g |
| Vitamin A | 1936IU |
| Vitamin C | 23mg |
| Calcium | 141mg |
| Vitamin D | 24IU |
| Riboflavin | 7.7mg |
| Niacin | 48mg |
| Vitamin B6 | 8.7mg |
| Folate | 56µg |
| Vitamin B12 | 34.4µg |
| Magnesium | 65mg |

Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with foil.
- 2 In a food processor, combine black olives, garlic, olive oil and nutritional yeast until a paste forms. Set aside.
- 3 Add remaining ingredients to a large mixing bowl. Using your hands, generously coat the pork chops and veggies with your desired amount of olive pesto.
- 4 Transfer the pork chops and veggies onto the baking sheet in an even layer and bake for 25 minutes, or until pork is cooked through. Divide onto plates and enjoy!



Creamy Mushrooms & Chicken Liver

4 servings

20 minutes

Ingredients

- 1 tbsp Avocado Oil
- 4 cups Shiitake Mushrooms (sliced)
- 227 grams Chicken Liver
- 3/4 tsp Sea Salt
- 3/4 tsp Dried Thyme
- 1/4 cup Canned Coconut Milk (full fat)
- 3/4 cup Water

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 206 |
| Fat | 9g |
| Saturated | 4g |
| Polyunsaturated | 1g |
| Monounsaturated | 3g |
| Carbs | 22g |
| Fiber | 3g |
| Protein | 12g |
| Vitamin A | 6266IU |
| Vitamin C | 11mg |
| Calcium | 17mg |
| Vitamin D | 41IU |
| Riboflavin | 1.3mg |
| Niacin | 8mg |
| Vitamin B6 | 0.7mg |
| Folate | 363µg |
| Vitamin B12 | 9.4µg |
| Magnesium | 32mg |
| Zinc | 3mg |

Directions

- 1 In a large pan, heat the oil over medium-high heat. Add mushrooms and cook for about 3 to 5 minutes. Add chicken liver and stir occasionally for 1 to 2 more minutes.
- 2 Season with salt and thyme. Add coconut milk and water, and let it simmer for about 10 more minutes or until cooked through.
- 3 Divide into bowls and enjoy!



Quarter Chicken with Mushrooms & Kale

2 servings

45 minutes

Ingredients

- 567 grams Chicken Leg, Bone-in (skin on)
- 1/4 tsp Thyme (dried)
- 1/4 tsp Oregano (dried)
- 1/8 tsp Sea Salt
- 10 White Button Mushrooms (quartered)
- 4 cups Kale Leaves (roughly chopped)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 661 |
| Fat | 48g |
| Saturated | 13g |
| Polyunsaturated | 10g |
| Monounsaturated | 20g |
| Carbs | 6g |
| Fiber | 3g |
| Protein | 51g |
| Vitamin A | 2249IU |
| Vitamin C | 41mg |
| Calcium | 132mg |
| Vitamin D | 15IU |
| Riboflavin | 0.9mg |
| Niacin | 17mg |
| Vitamin B6 | 1.1mg |
| Folate | 50µg |
| Vitamin B12 | 1.8µg |
| Magnesium | 73mg |
| Zinc | 4mg |

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Season the chicken with thyme, oregano and sea salt on all sides. Heat a cast iron skillet over medium heat. Once the skillet is hot, add the chicken skin side down. Cook for 12 to 15 minutes without moving the chicken.
- 3 Flip the chicken over and add the mushrooms. Place in the oven for 18 to 20 minutes or until the chicken is cooked through.
- 4 Remove the chicken and mushrooms from the oven and transfer to a plate, leaving the drippings in the pan. Add the kale to the pan, and sauté over medium heat for 1 to 2 minutes or until wilted. Turn off the heat.
- 5 Divide the chicken, mushrooms and kale onto plates and enjoy!