





## Radish & Cucumber Salad

2 servings

15 minutes

### Ingredients

- 3 tbsps Hemp Seeds
- 2 tbsps Hemp Oil
- 2 tbsps Apple Cider Vinegar
- 3 tbsps Fresh Dill (divided)
- 1 1/2 Cucumber (sliced)
- 1 cup Radishes (sliced)

### Directions

- 1 To make the dressing, add the hemp seeds, hemp oil, apple cider vinegar and half of the fresh dill into a food processor or blender and blend until smooth.
- 2 Add the sliced cucumber and radishes into a bowl and toss together with the dressing.
- 3 Top with the remaining dill and enjoy!





## Celery Root & Parsnip Mash

4 servings

35 minutes

### Ingredients

2 1/2 cups Celery Root (peeled, cubed)  
 3 Parsnip (peeled, chopped)  
 1/2 cup Organic Vegetable Broth  
 1 tbsp Extra Virgin Olive Oil  
 3/4 tsp Sea Salt  
 1/2 tsp Dried Thyme

### Directions

1

Add the celery root and parsnips to pot of salted water. Bring to a boil and cook the vegetables for about 15 minutes or until very tender. Drain the water and transfer the cooked vegetables back into the warm pot to rest for 5 minutes.

2

Add the cooked vegetables to a food processor along with the broth, olive oil, salt and thyme. Blend until smooth. Season with additional salt if needed. Enjoy!



## Cucumber & Carrot Sesame Salad

2 servings

15 minutes

### Ingredients

- 1 Cucumber (large)
- 2 Carrot
- 1 tbsp Sesame Oil
- 1 tbsp Rice Vinegar
- 1 1/2 tsps Tamari
- 1 tsp Raw Honey
- 1 tbsp Sesame Seeds

### Directions

- 1 Spiralize the cucumber and the carrots into noodles. Place in a bowl and set aside.
- 2 Whisk together the sesame oil, vinegar, tamari and honey in a small bowl.
- 3 Drizzle the dressing over the noodles and top with sesame seeds. Enjoy!



## Salmon Chowder

4 servings

40 minutes

### Ingredients

- 2 tbsps Coconut Oil
- 1 bulb Fennel (sliced)
- 2 cups Celery Root (peeled and cubed)
- 2 cups Rutabaga (peeled and cubed)
- 2 cups Organic Chicken Broth
- 340 grams Salmon Fillet
- 1 cup Organic Coconut Milk
- 1/4 tsp Sea Salt (or more to taste)
- 1/4 cup Parsley (chopped, optional garnish)

### Directions

- 1 In a large soup pot, melt the coconut oil over medium-low heat. Add the sliced fennel, celery root, and rutabaga. Cover and let cook for about 15 minutes, or until tender.
- 2 Add the chicken broth to small saucepan and place the salmon skin-side down into the broth. Bring to a simmer and poach the salmon for 5-10 minutes. Remove the salmon and set aside.
- 3 Add the chicken broth to the pot with the softened veggies and bring to a simmer. Let cook for 10 minutes, then use an immersion blender to blend about half the soup so the texture is still chunky.
- 4 Remove the skin from the salmon, and flake the fish into chunks. Add to the soup pot along with the coconut milk. Season to taste with sea salt.
- 5 To serve, divide between bowls and garnish with chopped parsley if desired. Enjoy!





## Golden Beet Hummus

4 servings

50 minutes

### Ingredients

- 1 Golden Beet (skin on, washed)
- 1 3/4 cups Chickpeas (cooked, rinsed)
- 1 Lemon (juiced)
- 1/2 tsp Sea Salt
- 2 tbsps Tahini
- 2 Garlic (cloves)
- 1/3 cup Water (ice cold)
- 2 tps Sesame Seeds (optional)
- 1 tbsp Chives (chopped, optional)
- 1 tbsp Extra Virgin Olive Oil (optional)

### Directions

- 1 Preheat the oven to 400F (204°C). Wrap the beet in foil and bake for 40 to 45 minutes, or until cooked through. Remove the beet from the oven, let it cool and then peel.
- 2 In a blender or food processor, add the chickpeas and blend until smooth. Next, add the beet and blend again. Add the lemon, sea salt, tahini and garlic and blend until mixed together. Slowly drizzle in the water and keep blending until smooth and creamy.
- 3 Add to a serving dish and garnish with sesame seeds, chopped chives and extra virgin olive oil, if using. Enjoy!