





Chocolate Almond Hemp Seed Porridge

1 serving
10 minutes

Ingredients

- 1/2 cup Canned Coconut Milk (full fat)
- 1/2 cup Water
- 2 tsp Monk Fruit Sweetener
- 2 tsp Cocoa Powder
- 1/4 tsp Vanilla Extract
- 3 tbsps Hemp Seeds
- 1 1/2 tbsps Ground Flax Seed
- 1 tbsp Chia Seeds
- 1 tbsp Almond Butter
- 1 tsp Unsweetened Shredded Coconut
- 1 tsp Cacao Nibs
- 1/4 cup Strawberries

Nutrition

Amount per serving	
Calories	635
Fat	55g
Saturated	24g
Polyunsaturated	16g
Monounsaturated	8g
Carbs	31g
Fiber	11g
Protein	20g
Vitamin A	8IU
Vitamin C	21mg
Calcium	186mg
Vitamin D	0IU
Vitamin K	1µg
Riboflavin	0.3mg
Vitamin B6	0.2mg
Folate	51µg

Directions

- 1 Heat the coconut milk and water over medium heat. Just before the milk starts to bubble stir in monk fruit sweetener, cocoa powder and vanilla. Whisk until well combined.
- 2 Reduce heat to low and whisk in the hemp seeds, ground flax and chia seeds. Let it simmer while stirring frequently until the porridge has thickened. If the porridge becomes too thick, add a tablespoon of additional water or coconut milk at a time until desired consistency is reached.
- 3 Transfer the porridge to a bowl and stir in the almond butter. Top the porridge with the coconut, cacao nibs and strawberries. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, reheat on the stovetop with additional coconut milk until warmed through. This recipe can also be served chilled.

Serving Size: One serving is approximately 1 1/2 cups of porridge.

Nut-Free: Use sunflower seed or pumpkin seed butter instead of almond butter.

More Flavor: Add ground cinnamon.

Additional Toppings: Top with seeds, chopped nuts or berries.

No Coconut Milk: Use unsweetened almond milk instead.

Vitamin B12	0µg
Magnesium	314mg
Zinc	4mg



Pumpkin Tahini Energy Balls

15 servings

15 minutes

Ingredients

- 1/2 cup Coconut Flour (Bob's Red Mill)
- 2 tbsps Coconut Oil (melted)
- 1/2 cup Pureed Pumpkin
- 1/4 cup Tahini
- 3 tbsps Maple Syrup
- 2 tpsps Cinnamon
- 1/4 cup Sesame Seeds

Nutrition

Amount per serving	
Calories	84
Fat	6g
Saturated	3g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	7g
Fiber	2g
Protein	2g
Vitamin A	1275IU
Vitamin C	0mg
Calcium	50mg
Vitamin D	0IU
Vitamin K	1µg
Riboflavin	0.1mg
Vitamin B6	0mg
Folate	7µg
Vitamin B12	0µg
Magnesium	15mg
Zinc	0mg

Directions

- 1 In a medium sized mixing bowl, combine the coconut flour, coconut oil and pureed pumpkin. Mix thoroughly.
- 2 Add tahini, maple syrup and cinnamon. Continue to mix until well combined. The mixture should be very doughy and stiff.
- 3 Roll dough into small balls. Pour sesame seeds onto a small plate and roll each ball in the seeds to coat.
- 4 Cover and store in the fridge up to 5 days, or the freezer for a month.

Notes

No Tahini: Use any type of nut or seed butter.

No Sesame Seeds: Roll them in crushed pumpkin seeds or hemp seeds instead.

Best Results: This recipe was developed and tested using Bob's Red Mill coconut flour. Results may vary with other brands.



Nori & Seed Crackers

10 servings

1 hour

Ingredients

- 4 Nori Sheets (raw or roasted, crushed)
- 1/4 cup Pumpkin Seeds (raw)
- 1/4 cup Sunflower Seeds (raw)
- 2 tbsps Whole Flax Seeds
- 2 tbsps Chia Seeds
- 1/4 cup Sesame Seeds
- 1/4 cup Maple Syrup

Nutrition

Amount per serving	
Calories	100
Fat	6g
Saturated	1g
Polyunsaturated	3g
Monounsaturated	2g
Carbs	9g
Fiber	3g
Protein	3g
Vitamin A	161IU
Vitamin C	1mg
Calcium	70mg
Vitamin D	0IU
Vitamin K	0µg
Riboflavin	0.1mg
Vitamin B6	0.1mg
Folate	13µg
Vitamin B12	0µg
Magnesium	33mg
Zinc	1mg

Directions

- 1 Preheat oven to 250°F (121°C) and line a baking sheet with parchment paper.
- 2 Mix all ingredients in a bowl until well combined. Spread the mix onto the parchment paper and gently press down into an even layer. Bake for 45 minutes, rotating the pan about every 15 minutes.
- 3 Let the crackers cool completely before slicing them into 1" x 3" bars. Enjoy!

Notes

Storage: Refrigerate in an airtight container up to 5 days, or freeze if longer.

Serving Size: One serving is equal to one 1" x 3" cracker.



Green Goddess Bowl with Dill Hummus Dressing

4 servings

20 minutes

Ingredients

- 1/2 cup Hummus
- 1/2 Lemon (juiced)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Fresh Dill (chopped)
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Coconut Oil
- 8 cups Kale Leaves
- 1 Zucchini (diced)
- 1 cup Frozen Edamame (thawed)
- 1 cup Frozen Peas (thawed)
- 4 stalks Green Onion (chopped)
- 1 Avocado (diced)

Nutrition

Amount per serving	
Calories	319
Fat	23g
Saturated	6g
Polyunsaturated	5g
Monounsaturated	10g
Carbs	23g
Fiber	11g
Protein	12g
Vitamin A	3646IU
Vitamin C	63mg
Calcium	176mg
Vitamin D	0IU
Vitamin K	224µg
Riboflavin	0.4mg
Vitamin B6	0.4mg
Folate	242µg

Directions

- 1 In a jar, combine hummus, lemon juice, olive oil, dill and season with sea salt and black pepper. Shake well and set aside. (Note: Depending on the original consistency of your hummus, you may need to add a tablespoon or two of warm water to thin.)
- 2 Heat coconut oil in a large frying pan over medium heat. Add kale and zucchini. Saute just until the kale is wilted. Remove from heat and set aside.
- 3 Divide sauteed kale and zucchini between bowls. Top each bowl with edamame, green peas, green onions and avocado. Drizzle with dill hummus dressing. Enjoy!

Notes

More Protein: Add grilled chicken, tuna, sunflower seeds, extra edamame or serve over quinoa.

No Hummus: Use tahini instead.

Speed it Up: Skip step 2 and serve everything raw.

Vitamin B12	0µg
Magnesium	96mg
Zinc	2mg



Chickpea Edamame Salad with Lemon & Dill

2 servings

10 minutes

Ingredients

- 1/2 Lemon (juiced)
- 1 tbsp Avocado Oil
- 1 tsp Dijon Mustard
- 1 tsp Maple Syrup
- 2 tbsps Fresh Dill (chopped)
- 2 cups Baby Spinach (chopped)
- 1 cup Chickpeas (cooked)
- 1 cup Frozen Edamame (thawed)

Nutrition

Amount per serving	
Calories	311
Fat	13g
Saturated	2g
Polyunsaturated	4g
Monounsaturated	6g
Carbs	34g
Fiber	11g
Protein	17g
Vitamin A	3110IU
Vitamin C	19mg
Calcium	124mg
Vitamin D	0IU
Vitamin K	169µg
Riboflavin	0.3mg
Vitamin B6	0.3mg
Folate	443µg
Vitamin B12	0µg
Magnesium	114mg
Zinc	3mg

Directions

- 1 In a large mixing bowl, whisk together the lemon juice, avocado oil, dijon, maple syrup and dill.
- 2 Toss in the spinach, chickpeas and edamame until well combined. Enjoy!

Notes

Storage: Refrigerate in an airtight container up to 3 to 5 days.

No Spinach: Use mixed greens, arugula, kale or romaine lettuce instead.

Soy-Free: Use green peas instead of edamame.

No Chickpeas: Use lentils or black beans instead.



Mason Jar Lentil Salad with Tahini Dressing

1 serving
30 minutes

Ingredients

- 2 tbsps Tahini
- 3 tbsps Water
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 tbsp Lemon Juice
- 1/8 tsp Sea Salt
- 1/2 cup Purple Cabbage (chopped)
- 1/4 cup Watermelon Radish (sliced thinly)
- 1/3 cup Lentils (cooked)
- 3/4 cup Baby Kale

Nutrition

Amount per serving	
Calories	352
Fat	24g
Saturated	3g
Polyunsaturated	8g
Monounsaturated	11g
Carbs	28g
Fiber	11g
Protein	13g
Vitamin A	523IU
Vitamin C	39mg
Calcium	222mg
Vitamin D	0IU
Vitamin K	22µg
Riboflavin	0.2mg
Vitamin B6	0.3mg
Folate	168µg
Vitamin B12	0µg
Magnesium	66mg
Zinc	2mg

Directions

- 1 Combine the tahini, water, olive oil, lemon juice and sea salt in a bowl. Whisk to combine.
- 2 Add the tahini dressing to a mason jar followed by the chopped cabbage, watermelon radish, lentils, and kale. Seal with a lid.
- 3 When ready to eat, shake well and dump into a bowl. Enjoy!

Notes

Leftovers: Store in the fridge for up to two days.

More Flavor: Add herbs, chili flakes and/or garlic powder to the lentils.

Additional Toppings: Add hemp seeds or pumpkin seeds.

No Baby Kale: Use baby spinach, arugula or romaine instead.

No Watermelon Radish: Use regular radish instead.

Likes it Sweet: Add a little bit of maple syrup to the tahini dressing.



Paleo Falafel Salad with Mint Tahini Sauce

4 servings
45 minutes

Ingredients

- 1 tbsp Ground Flax Seed
- 3 tbsps Water
- 1/2 cup Hemp Seeds
- 2/3 cup Sunflower Seeds (divided)
- 1/3 cup Parsley (packed)
- 3 tbsps Lemon Juice (divided)
- 1 tbsp Tapioca Flour
- 1 tsp Cumin
- 1/8 tsp Turmeric
- 1 Garlic (clove, minced)
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Sesame Seeds (optional)
- 1 1/2 tbsps Tahini
- 3 tbsps Extra Virgin Olive Oil
- 1/4 cup Mint Leaves (packed)
- 1/8 tsp Sea Salt (or more to taste)
- 8 cups Mixed Greens
- 12 Heirloom Carrots (roasted)

Nutrition

Amount per serving	
Calories	496
Fat	37g
Saturated	4g
Polyunsaturated	19g
Monounsaturated	13g
Carbs	33g
Fiber	11g
Protein	16g
Vitamin A	31082IU

Directions

- 1 Make a flax egg by combining the ground flax with water in a small bowl and set aside.
- 2 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 3 Add the hemp seeds, half of the sunflower seeds, parsley and the flax egg into a food processor and pulse until combined. Remove and add to a medium size bowl and add the remaining sunflower seeds, half of the lemon juice, tapioca flour, cumin, turmeric and garlic. Season with sea salt and pepper and mix well.
- 4 Using your hands, form balls with the falafel mix and flatten with your hands. Add sesame seeds to a plate and roll the flattened balls in the seeds then place them on the baking sheet. Bake for 25 to 30 minutes, flipping at the halfway point.
- 5 Meanwhile, make the mint tahini sauce by adding the tahini, olive oil, mint leaves, sea salt and remaining lemon juice to a food processor or blender. Blend until smooth and transfer to a jar.
- 6 Add mixed greens to your plate, with roasted carrots and falafels. Drizzle with tahini sauce. Enjoy!

Notes

Meal Prep: Make the falafels ahead and freeze for quick and easy meals down the road.
No Tapioca Flour: Use coconut flour instead.
Wet Falafels: If the falafel mix is a little too wet, add ½ tsp more flour to thicken.
Serving Size: One serving is equal to 3 falafels.

Vitamin C	30mg
Calcium	219mg
Vitamin D	0IU
Vitamin K	114µg
Riboflavin	0.3mg
Vitamin B6	0.6mg
Folate	129µg
Vitamin B12	0µg
Magnesium	218mg
Zinc	4mg