



Strawberry Rhubarb Oatmeal Parfait



1 serving



10-15 minutes

INGREDIENTS

- 3-5 strawberries, sliced
- 1/2 cup rhubarb, chopped
- 1/2 cup oats (any kind)
- 1 cup coconut milk
- 1/4 tsp cinnamon
- 2 tsp raw honey
- 1 tbsp chia seeds
- 1-2 tbsp plain unsweetened yogurt
- toppings: sliced almonds, chopped walnuts, chopped pecans, ground flaxseed

DIRECTIONS

1. Rinse and chop the strawberries and the rhubarb.
2. Add the oats, coconut milk, cinnamon, honey, chia seeds, strawberries, and rhubarb to a medium sized sauce pan.
3. Bring to a boil over medium-high heat. Turn heat down to a simmer and cover with lid. Cook, stirring frequently, for about 5-10 minutes, or until rhubarb is tender.
4. Remove from heat and let stand for 5 minutes.
5. Add the cooked oats to a bowl and top with a dollop of your favorite yogurt and chopped nuts.
6. Enjoy!

NOTES:

No coconut milk: sub other non-dairy unsweetened milk

No honey: sub pure maple syrup or chopped dates

Yogurt: use greek yogurt or non-dairy

Nut-free: omit or sub sunflower seeds, pumpkin seeds, or ground flaxseed

Less thick: add more liquid

Fruit subs or adds: raspberries, banana, peaches



Simple Asian Style Rice Bowl



2+ servings



30 minutes

INGREDIENTS

- 1/2 block extra firm tofu, organic
- 2 cups cooked brown rice
- 2 bunches baby bok choy
- 2-3 stalks green onion, chopped
- 2 cups sugar snap peas
- 1/2 cup raw or roasted cashews, unsalted
- salt and pepper, to taste
- 1 tsp minced garlic
- 1/2 tbsp avocado oil
- 1/2 tsp sesame oil
- coconut aminos, to taste
- sesame seeds, to taste

DIRECTIONS

1. Cook brown rice according to package directions or use already cooked brown rice. Set aside.
2. Preheat oven to 400F and line a baking sheet with parchment.
3. Press the tofu between 2 paper towels to absorb the liquid.
4. Cut tofu into cubes and evenly place on the baking sheet. Season with salt and pepper and bake for 20 minutes or until golden brown.
5. Heat a dry pan over medium heat. Add the cashews and toast for 5 minutes until fragrant. Set aside.
6. Rinse bok boy, sugar snap peas, and green onions. Chop green onions and separate green parts from the white. Set the green aside.
7. Using the same pan over medium heat, add both the oils. Then, add the whites of the green onions, garlic, bok choy, and snap peas. Saute until veggies are tender, about 10 minutes. Season with salt and pepper, to taste.
8. Assemble the bowls by starting with rice, then tofu, then veggies. Sprinkle with sesame seeds, toasted cashews, and drizzle with coconut aminos, to taste.

NOTES:

No brown rice: sub white or jasmine

No coconut aminos: sub low sodium soy sauce or teriyaki sauce

Veggies: feel free to swap or add in any others such as broccoli, green beans, bell peppers, or carrots

No cashews or nut-free: omit or sub peanuts



5 Minute Dairy-Free Pesto



4 servings



5 minutes

INGREDIENTS

- 1 cup fresh basil
- 1/2 cup fresh parsley
- juice of 1 lemon
- 1-2 tbsp walnuts
- 5 tbsp pine nuts
- 6 tbsp extra virgin olive oil (or avocado oil)
- 1.5 tsp minced garlic
- 4 tbsp nutritional yeast
- salt to taste
- optional: small handful of kale

DIRECTIONS

1. Rinse and pat dry the basil, parsley, and the optional kale.
2. Add them to a food processor or high powered blender.
3. Add in the walnuts, pine nuts, garlic, salt, and nutritional yeast.
4. Slice the lemon in half and squeeze the juice into a small bowl or measuring cup. Remove any seeds that may have fallen in while squeezing. Add the juice into your processor or blender.
5. Turn your blender or processor on and while it's running, add the oil through the top.
6. Blend until smooth.
7. Enjoy with pasta or on pizza!

NOTES:

No kale: sub arugula or spinach

Leftovers: best enjoyed immediately. Refrigerate in an airtight container for up to 5-7 days. Or store in the freezer for 4+ months. Freeze in ice cube trays for easy thawing.

Servings: serving size is only an estimate and not approximate. Recipe makes about 1 large cup.



Simple Spring Pesto Pasta



4 servings



30 minutes

INGREDIENTS

- 1 bunch asparagus
- 2 tsp avocado oil
- 1 box chickpea pasta (any shape)
- 1 lb. chicken breast
- salt and pepper, to taste
- garlic powder, to taste
- 1 cup homemade pesto
- optional: sprinkle of parmesan or red pepper flakes

DIRECTIONS

1. Preheat oven to 400F and line a glass baking dish or pan with parchment.
2. Season your chicken breasts with salt, pepper, and garlic powder. Add to the prepared pan and bake for 20-30 min or until temperature reaches 165F.
3. Meanwhile, rinse and chop the asparagus into bite sized pieces.
4. Heat a pan over medium heat with oil and saute the asparagus for about 7 minutes, or until fork tender. Set aside.
5. Cook the pasta according to package directions. Drain and portion into bowls.
6. Toss the pasta generously with the prepared homemade pesto and then add the asparagus.
7. Remove the chicken from the oven and add a piece to each bowl.
8. Sprinkle with cheese or red pepper flakes and enjoy!

NOTES:

No asparagus or want more veggies: sub zucchini, broccoli, kale, spinach, tomatoes, or add any other veggie you like

Leftovers: best enjoyed immediately. Refrigerate in an airtight container for 3-4 days.

Pasta: can sub brown rice pasta, whole wheat, or any other type of pasta

No chicken: sub salmon, ground turkey, shrimp, or tempeh or lentils for meatless

Servings: serving size is only an estimate and not approximate.