



**GLUTEN
FREE
RECIPE BOOK**

**42 NUTRITIONIST
DESIGNED RECIPES**

GRACE HAMILTON

Welcome

If you need some inspiration for gluten free eating, this recipe book is for you! There are 42 beautiful nutrition packed recipes covering baking, sweet treats, breakfasts, main meals and sides. There is something for all tastes here and all recipes are family friendly and easy to follow. Oat free. Suitable for vegans and vegetarians.

About Me:

Hi! I'm Grace Hamilton, a Masters qualified Nutritionist, Naturopath and food loving Vegan. I live in Sydney Australia and see clients both online and at my clinic. I have a special interest in chronic health issues such as cardiovascular disease and autoimmune disorders. I love to provide my clients with meal plans and recipes as part of their treatment plans to make life easier for them and give them a bit of extra guidance. Certain things get requested a LOT so I decided to put together a collection of my most popular recipes. I hope you enjoy! Do check out my website and socials and give me a follow if you haven't already.



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Bakes, balls & bars

Vegan Banana Bread

8 ingredients · 50 minutes · 3 servings



Directions

1. Preheat your oven to 350°F (177°C) and brush a loaf pan with some oil to prevent sticking.
2. In a large bowl, mash all but one of the bananas. Stir in the olive oil, maple syrup, and cashew milk. Mix well, then whisk in the ground flax. Let stand for 2 minutes.
3. In a small bowl, mix together the gluten-free flour, baking powder and sea salt. Add the dry ingredients to the wet and mix until well combined.
4. Pour the batter into your loaf pan. Slice the remaining banana in half length-wise and place both halves on top of the loaf. Bake for 40 minutes, or until a knife inserted into the centre comes out clean.
5. Let cool completely before slicing. Enjoy!

Notes

Serving Size

One serving is equal to one slice of banana bread.

Gluten-Free Flour

This recipe was developed and tested using Bob's Red Mill Gluten-Free All Purpose Flour. Results may vary if using another type of flour.

Add-Ins

Mix in blueberries, chocolate chips, walnuts, or anything else you like in your banana bread.

Storage

Keeps well in the fridge for 5 days or in the freezer for a few months.

Ingredients

- 3/4 Banana (ripe, divided)
- 1 1/4 tbsps Extra Virgin Olive Oil
- 1 tbsps Maple Syrup
- 2 tbsps Unsweetened Cashew Milk (or almond milk)
- 1 1/2 tsps Ground Flax Seed
- 1/2 cup All Purpose Gluten-Free Flour
- 3/4 tsp Baking Powder
- 1/16 tsp Sea Salt

Nutrition

Amount per serving

Calories	195	Sugar	8g
Fat	6g	Protein	2g
Saturated	1g	Sodium	176mg
Monounsaturated	4g	Calcium	82mg
Carbs	33g	Iron	1mg
Fiber	5g		



Coconut Shortbread Cookies

4 ingredients · 20 minutes · 8 servings



Directions

1. Preheat the oven to 350°F (180°C). Line a baking sheet with parchment paper or a silicone baking mat.
2. In a mixing bowl, stir the coconut flour, arrowroot and coconut sugar together. Fold in the coconut oil until evenly combined.
3. Gently roll a tablespoonful of batter at a time and transfer to the baking sheet. Flatten each ball using your fingers or a fork.
4. Bake for 6 to 8 minutes or until they just turn golden brown. Let cool completely before serving to allow the cookies to firm up, at least 15 minutes. If the cookies are too crumbly, freeze them before serving.

Notes

Leftovers

Freeze in an airtight container or freezer bag. Serve from frozen for best results.

Serving Size

Each serving equals one cookie.

Coconut Flour

This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.

Ingredients

- 1/2 cup Coconut Flour
- 2 tbsps Arrowroot Powder
- 1/4 cup Coconut Sugar
- 1/3 cup Coconut Oil (melted)

Nutrition

Amount per serving

Calories	143	Sugar	5g
Fat	11g	Protein	1g
Saturated	9g	Sodium	15mg
Monounsaturated	1g	Calcium	0mg
Carbs	10g	Iron	1mg
Fiber	3g		



Buckwheat Chocolate Chip Cookies

8 ingredients · 15 minutes · 6 servings



Directions

1. Preheat the oven to 350°F (180°C) and line a baking sheet with parchment paper or a silicone baking mat.
2. In a mixing bowl, combine the buckwheat flour, sugar, coconut oil, applesauce, vanilla and baking soda. When well combined, mix in the apple cider vinegar. Gently fold in the chocolate.
3. Scoop the dough using a tablespoon and transfer to the baking sheet. Bake for 10 minutes and let cool before serving. Enjoy!

Notes

Leftovers

Store in an airtight container at room temperature for 5 to 7 days or freeze if longer. For firmer cookies, keep in the fridge or freezer.

Serving Size

One serving equals one cookie.

More Flavor

Add cinnamon.

No Applesauce

Double the coconut oil and add a few tablespoons of water, or until the dough sticks together.

No Chocolate

Use chocolate chips, chopped nuts or raisins instead.

Ingredients

- 1 cup Buckwheat Flour
- 1/2 cup Coconut Sugar
- 1/4 cup Coconut Oil (melted)
- 1/4 cup Unsweetened Applesauce
- 1 tsp Vanilla Extract
- 1/2 tsp Baking Soda
- 1 tsp Apple Cider Vinegar
- 50 grams Dark Chocolate (2 oz roughly chopped)

Nutrition

Amount per serving

Calories	244	Sugar	15g
Fat	13g	Protein	3g
Saturated	10g	Sodium	107mg
Monounsaturated	2g	Calcium	13mg
Carbs	31g	Iron	2mg
Fiber	4g		



Peanut Butter Banana Muffin Brownie Bites

7 ingredients · 25 minutes · 9 servings



Directions

1. Preheat the oven to 350°F (180°C) and line a muffin tin with baking cups.
2. In a mixing bowl, combine the mashed banana, maple syrup, peanut butter, and almond milk. Stir in the cocoa powder and baking powder then fold in the chocolate chips. The batter should be thick and fudgy.
3. Divide the batter between the baking cups and bake for 17 to 20 minutes or until the brownies are spongy to the touch.
4. Let the brownies cool slightly in the pan before transferring to a cooling rack to cool completely. Enjoy!

Notes

Leftovers

Keep in an airtight container for up to five days.

Serving Size

One serving is one brownie.

More Flavor

Add vanilla extract or a pinch of salt.

Additional Toppings

Top with more chocolate chips before baking.

Banana

A ripe, just speckled banana works best for this recipe.

Ingredients

- 1 Banana (medium, mashed)
- 1/4 cup Maple Syrup
- 1/2 cup All Natural Peanut Butter
- 2 tbsps Unsweetened Almond Milk
- 1/2 cup Cocoa Powder
- 1/2 tsp Baking Powder
- 1/4 cup Dark Chocolate Chips

Nutrition

Amount per serving

Calories	172	Sugar	12g
Fat	10g	Protein	5g
Saturated	4g	Sodium	34mg
Monounsaturated	4g	Calcium	44mg
Carbs	19g	Iron	1mg
Fiber	3g		



Chewy Almond & Prune Bites

5 ingredients · 15 minutes · 4 servings



Directions

1. Add the prunes, cocoa powder, almond butter, and cinnamon to a food processor and blend until well mixed and sticky.
2. Form into even balls with your hands, roughly one-inch in diameter. Roll each ball in the hemp seeds until evenly coated. Store in the fridge or freezer until ready to enjoy.

Notes

Leftovers

Refrigerate in an airtight container for up to one week, or freeze if longer.

Serving Size

One serving equals approximately two balls.

Nut-Free

Use sunflower seed butter, pumpkin seed butter, or tahini instead of almond butter.

More Flavor

Vanilla extract and/or your sweetener of choice.

Ingredients

- 2/3 cup Pitted Prunes
- 2 2/3 tbsps Cocoa Powder
- 2 2/3 tbsps Almond Butter
- 2/3 tsp Cinnamon
- 2 tbsps Hemp Seeds

Nutrition

Amount per serving

Calories	170	Sugar	12g
Fat	9g	Protein	5g
Saturated	1g	Sodium	2mg
Monounsaturated	4g	Calcium	61mg
Carbs	23g	Iron	2mg
Fiber	5g		



No-Bake Pumpkin Protein Bars

10 ingredients · 15 minutes · 8 servings



Directions

1. Line a pan with parchment paper. (Tip: Use an 8x8 inch pan if making 8 servings.)
2. Add the coconut flour, protein powder and pumpkin pie spice into a large mixing bowl and whisk to combine.
3. Using a small pot over low heat, add the almond butter and maple syrup and whisk until combined and sticky, then add the vanilla extract.
4. Add the wet ingredients to the dry ingredients along with the pureed pumpkin. Stir until it is all combined, then add the milk and chocolate chips. Stir again until well combined. The dough will feel very thick.
5. Transfer the dough into your pan and flatten with your hands, applying firm pressure to ensure it is packed. Refrigerate for at least 30 minutes.
6. Remove the dough from the fridge and slice into even bars. Drizzle the bars with melted coconut butter. Store in the fridge until you are ready to eat. Enjoy!

Notes

Nut-Free

Use tahini or pumpkin seed butter instead of almond butter. Use coconut milk instead of almond milk.

No Coconut Butter

Omit, or use melted chocolate as a drizzle instead.

Storage

Store in the fridge or freezer until ready to eat. They will be too soft at room temperature.

Protein Powder

This recipe was developed and tested using a plant-based protein powder. Please note that if using a different type of protein powder, results may vary.

Ingredients

- 1/2 cup** Coconut Flour
- 1/4 cup** Vanilla Protein Powder
- 3/4 tsp** Pumpkin Pie Spice
- 1/2 cup** Almond Butter
- 1/3 cup** Maple Syrup
- 1 tsp** Vanilla Extract
- 1/2 cup** Pureed Pumpkin
- 1 tbsp** Unsweetened Almond Milk
- 1/2 cup** Dark Chocolate Chips
- 1 tbsp** Coconut Butter (melted)

Nutrition

Amount per serving

Calories	280	Sugar	16g
Fat	16g	Protein	8g
Saturated	8g	Sodium	25mg
Monounsaturated	5g	Calcium	90mg
Carbs	25g	Iron	2mg
Fiber	5g		



Coconut Mug Cake

7 ingredients · 5 minutes · 3 servings



Directions

1. In a mug combine the melted coconut oil and coconut milk then stir in the monk fruit sweetener. Add the almond flour, coconut flour, coconut, and baking powder and stir until a thick batter forms.
2. Microwave for 90 seconds until the cake is spongy and cooked through. Allow the cake to cool slightly and enjoy!

Notes

Leftovers

Best enjoyed immediately.

More Flavor

Add vanilla extract, coconut extract, or lemon extract.

Additional Toppings

More shredded coconut or coconut whipped cream.

No Monk Fruit Sweetener

Use another granulated sugar or sugar alternative.

Ingredients

- 1 1/2 tbsps Coconut Oil (melted)
- 1/2 cup Canned Coconut Milk (full fat)
- 3 tbsps Monk Fruit Sweetener
- 1/4 cup Almond Flour
- 3 tbsps Coconut Flour
- 3 tbsps Unsweetened Shredded Coconut
- 3/4 tsp Baking Powder

Nutrition

Amount per serving

Calories	264	Sugar	2g
Fat	24g	Protein	4g
Saturated	17g	Sodium	150mg
Monounsaturated	0g	Calcium	92mg
Carbs	21g	Iron	2mg
Fiber	4g		



Coconut Chive Flatbread

7 ingredients · 15 minutes · 4 servings



Directions

1. In a mixing bowl, combine the flour, psyllium husk, dried chives, baking soda and salt.
2. Add the oil and water. Knead with your hands and form a ball. The texture should be soft and elastic, but not sticky. If the dough is too wet, add more psyllium husk. If it is too dry, add water.
3. Cut the dough into the according number of recipe servings. Roll into balls.
4. Place one dough ball between two sheets of parchment paper and use a rolling pin to roll it out evenly to approximately 8 inches wide. Repeat until the remaining balls of dough are shaped.
5. Very lightly grease a cast iron or non-stick pan and place over medium-high heat. Cook for 2 to 3 minutes. Flip and cook for another 1 to 2 minutes. Grease the pan as needed and repeat until all servings are cooked. Enjoy!

Notes

Leftovers

Stack between layers of parchment paper and refrigerate in an airtight container or storage bag for up to five days. Freeze for up to one month. Reheat on a pan or in the oven for best results.

Serving Size

One serving is equal to one 8-inch flatbread.

More Flavor

Add your choice of herbs or spices to the flour before mixing.

Serve it With

Tofu, roasted chickpeas, fresh veggies and tzatziki sauce.

Ingredients

- 1/2 cup Coconut Flour
- 2 tbsps Psyllium Husk Powder
- 1/4 cup Dried Chives
- 1/4 tsp Baking Soda
- 1/2 tsp Sea Salt
- 1 tbsp Extra Virgin Olive Oil (plus extra for greasing)
- 1 cup Water (warm)

Nutrition

Amount per serving

Calories	91	Sugar	1g
Fat	5g	Protein	2g
Saturated	2g	Sodium	405mg
Monounsaturated	2g	Calcium	8mg
Carbs	8g	Iron	2mg
Fiber	5g		



Breakfasts

Golden Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Zucchini

Omit or replace with frozen cauliflower or diced avocado.

No Fresh Ginger

Use powdered ginger instead, reduce to 1/2 tsp per serving.

Ingredients

- 1 cup Lite Coconut Milk
- 1 cup Frozen Pineapple
- 1/2 Banana (frozen)
- 1/2 Zucchini (chopped and peeled, frozen)
- 1 1/2 tsps Ginger (fresh, minced)
- 1 tsp Turmeric

Nutrition

Amount per serving

Calories	314	Sugar	29g
Fat	16g	Protein	3g
Saturated	12g	Sodium	72mg
Monounsaturated	0g	Calcium	46mg
Carbs	44g	Iron	3mg
Fiber	6g		



Mango Coconut Green Smoothie

7 ingredients · 10 minutes · 2 servings



Directions

1. Place all ingredients in a high-powered blender and blend until smooth. Pour into a glass and enjoy!

Notes

Coconut Butter

Also called "Coconut Manna". Coconut butter is the ground meat of the whole coconut. If you do not have it on hand, you can use cashew butter instead.

No Protein Powder

Use hemp seeds instead.

Ingredients

- 1/2 cup Frozen Cauliflower
- 1/2 cup Frozen Broccoli
- 1 cup Frozen Mango
- 2 cups Unsweetened Almond Milk
- 1/2 cup Canned Coconut Milk (full fat)
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Coconut Butter

Nutrition

Amount per serving

Calories	391	Sugar	14g
Fat	24g	Protein	24g
Saturated	19g	Sodium	235mg
Monounsaturated	2g	Calcium	595mg
Carbs	24g	Iron	2mg
Fiber	7g		



Green Smoothie Bowl

8 ingredients · 10 minutes · 2 servings



Directions

1. Add frozen bananas, baby spinach, water and ice cubes to the blender. Blend until smooth. Divide between bowls and top with kiwi, coconut flakes, slivered almonds and hemp seeds. Enjoy right away!

Ingredients

- 2 Banana (chopped and frozen)
- 4 cups Baby Spinach
- 1 1/2 cups Water
- 2 Ice Cubes
- 2 Kiwi (peeled and chopped)
- 2 tbsps Unsweetened Coconut Flakes
- 2 tbsps Slivered Almonds
- 2 tbsps Hemp Seeds

Nutrition

Amount per serving

Calories	302	Sugar	22g
Fat	14g	Protein	9g
Saturated	4g	Sodium	56mg
Monounsaturated	1g	Calcium	136mg
Carbs	43g	Iron	3mg
Fiber	9g		



Butternut Squash Smoothie

9 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Nut-Free

Use coconut or oat milk and use sunflower seed butter instead of almond butter.

No Frozen Butternut Squash

Use fresh, cooked squash or canned.

Protein Powder

This recipe was developed and tested using a plant-based protein powder.

Ingredients

- 1 1/3 cups Unsweetened Almond Milk
- 1/2 cup Frozen Cauliflower
- 4 leaves Romaine (roughly chopped)
- 3/4 cup Butternut Squash (frozen, cubed)
- 1/2 Banana (frozen)
- 1/8 tsp Cinnamon
- 1/4 cup Vanilla Protein Powder
- 1 1/2 tbsps Chia Seeds
- 1 tbsp Almond Butter

Nutrition

Amount per serving

Calories	446	Sugar	12g
Fat	19g	Protein	31g
Saturated	1g	Sodium	283mg
Monounsaturated	7g	Calcium	979mg
Carbs	46g	Iron	5mg
Fiber	17g		



Apple Quinoa Breakfast Bake

7 ingredients · 50 minutes · 2 servings



Directions

1. Preheat oven to 350°F (180°C) and lightly grease a pie plate or small casserole dish with coconut oil. In a mixing bowl, combine quinoa, water, maple syrup, cinnamon, and apples. Pour into a pie plate and cover with foil. Cook for 35 minutes (or until water is absorbed) and remove from oven.
2. In a small bowl, mix the melted coconut oil with pecans and sprinkle with cinnamon. Mix until evenly coated.
3. Divide the apple/quinoa bake into bowls and top with the pecan mixture. Enjoy it while it's hot!

Ingredients

- 1/4 cup Quinoa
- 1/2 cup Water
- 1 tbsp Maple Syrup
- 1 tsp Cinnamon
- 2 Apple (cored and diced)
- 1/4 cup Pecans (chopped)
- 1 tbsp Coconut Oil (melted)

Nutrition

Amount per serving

Calories	348	Sugar	25g
Fat	17g	Protein	5g
Saturated	7g	Sodium	5mg
Monounsaturated	6g	Calcium	59mg
Carbs	48g	Iron	2mg
Fiber	8g		



Tofu Veggie Breakfast Scramble

9 ingredients · 15 minutes · 2 servings



Directions

1. Place the tofu in a small bowl and mash with a fork to the point where it is broken apart but chunks still remain. The texture should be similar to scrambled eggs.
2. In a non-stick pan, heat the avocado oil over medium heat. Add the onions, garlic and bell pepper. Saute for 4 to 5 minutes, or until onions are translucent.
3. Add the tofu, spinach, nutritional yeast and turmeric to the pan. Mix well and cook until the spinach wilts and the tofu is heated through.
4. Season with sea salt and black pepper taste. Enjoy!

Notes

More Carbs

Serve with toast or brown rice.

Likes it Spicy

Serve with hot sauce, cayenne pepper or chili flakes.

Leftovers

Store in the fridge up to 3 to 4 days.

Ingredients

- 220 grams** Tofu (1/2 lb firm tofu)
- 1 tbsp** Avocado Oil
- 1/2** Yellow Onion (medium, diced)
- 2** Garlic (cloves, minced)
- 1** Red Bell Pepper (sliced)
- 1 cup** Baby Spinach (chopped)
- 1 tbsp** Nutritional Yeast
- 1/4 tsp** Turmeric
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	206	Sugar	6g
Fat	13g	Protein	15g
Saturated	2g	Sodium	33mg
Monounsaturated	6g	Calcium	348mg
Carbs	11g	Iron	5mg
Fiber	5g		



Overnight Paleo Porridge

9 ingredients · 5 minutes · 3 servings



Directions

1. Add the almonds, pumpkin seeds and flax seeds to a blender and process until almost ground. Transfer to a large glass jar along with the chia seeds, almond milk and cinnamon. Place in the fridge overnight or for at least 4 hours.
2. In the morning, divide into jars and top with pomegranate seeds, cacao nibs, and almond butter. Enjoy hot or cold!

Notes

Reheating

Reheat on the stovetop in a pot over low heat until warmed through.

Leftovers

Store in an airtight jar in the fridge up to 5 days.

More Toppings

Serve with any fresh or frozen fruits, nut/seed butter, unsweetened coconut or nut butter.

Likes it Sweet

Drizzle with maple syrup

No Almond Milk

Use any other type of milk instead.

Ingredients

- 1 cup Almonds (raw)
- 1/2 cup Pumpkin Seeds (raw)
- 1 tbsp Ground Flax Seed
- 2 tbsps Chia Seeds
- 1 1/2 cups Unsweetened Almond Milk
- 1/4 tsp Cinnamon (ground)
- 3 tbsps Pomegranate Seeds
- 3 tbsps Cacao Nibs
- 3 tbsps Almond Butter

Nutrition

Amount per serving

Calories	591	Sugar	4g
Fat	49g	Protein	21g
Saturated	6g	Sodium	85mg
Monounsaturated	25g	Calcium	478mg
Carbs	26g	Iron	7mg
Fiber	16g		



Peanut Butter Breakfast Quinoa

8 ingredients · 40 minutes · 2 servings



Directions

1. Add uncooked quinoa to a medium pot with a tight-fitting lid. Whisk in water, coconut milk, maple syrup, cinnamon and salt.
2. Bring to a gentle boil then reduce to medium-low and cover with lid. Let simmer, stirring frequently to prevent quinoa from sticking to the bottom of the pot, for 25 minutes or until quinoa is tender.
3. Remove from heat and stir in peanut butter until well mixed. Divide into bowls and then top with strawberries. Enjoy!

Notes

No Coconut Milk

Any unsweetened milk will work.

No Peanut Butter

Use another natural nut butter like almond.

Leftovers

Store in the fridge up to 4 days. Reheat with an extra splash of milk or water.

More Toppings

Crushed peanuts, sliced banana or a drizzle of maple syrup.

Ingredients

- 1/2 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1/2 cup Canned Coconut Milk
- 1 tbsp Maple Syrup
- 1/4 tsp Cinnamon
- 1/8 tsp Sea Salt
- 1/4 cup All Natural Peanut Butter
- 1 cup Strawberries (sliced)

Nutrition

Amount per serving

Calories	505	Sugar	14g
Fat	30g	Protein	14g
Saturated	13g	Sodium	176mg
Monounsaturated	9g	Calcium	81mg
Carbs	48g	Iron	3mg
Fiber	6g		



Zesty Lemon Chia Pudding

5 ingredients · 4 hours · 4 servings



Directions

1. In a large bowl, combine the almond milk, lemon juice, maple syrup and vanilla extract. Whisk in the seeds and mix well. Let sit in the fridge overnight or for at least 4 hours.
2. To serve, divide between bowls or mason jars. Enjoy!

Notes

Optional Toppings

Fresh berries, sliced kiwi, coconut, pumpkin seeds, hemp seeds, almonds or sliced banana.

Leftovers

Keeps well in the fridge for 3 to 4 days.

Ingredients

3 1/2 cups Unsweetened Almond Milk

1/2 cup Lemon Juice

2 tbsps Maple Syrup (or honey)

2 tsps Vanilla Extract

1 cup Chia Seeds

Nutrition

Amount per serving

Calories	304	Sugar	7g
Fat	18g	Protein	9g
Saturated	0g	Sodium	142mg
Monounsaturated	1g	Calcium	675mg
Carbs	30g	Iron	4mg
Fiber	13g		



Coconut Chia Pudding

4 ingredients · 1 hour · 3 servings



Directions

1. Combine all ingredients in a large container. Refrigerate for at least one hour or until chia seeds have set.
2. Stir well and divide into cups or containers if on-the-go. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container up to five days.

Serving Size

One serving is equal to approximately 1.5 cups of chia pudding.

More Flavor

Add maple syrup, monk fruit sweetener, cinnamon or cardamom.

Additional Toppings

Top with shredded coconut, berries, banana slices or nuts.

Ingredients

1 cup Canned Coconut Milk

1 cup Water

1/3 cup Chia Seeds

1 1/2 tsps Vanilla Extract

Nutrition

Amount per serving

Calories	254	Sugar	1g
Fat	21g	Protein	5g
Saturated	13g	Sodium	22mg
Monounsaturated	0g	Calcium	130mg
Carbs	11g	Iron	2mg
Fiber	5g		



Brownie Protein Pancakes

9 ingredients · 15 minutes · 2 servings



Directions

1. Combine the ground flax and water in a small bowl. Whisk and set aside to thicken for about 5 minutes.
2. In a medium sized bowl, combine the chickpea flour, protein powder, cocoa powder, and baking powder.
3. Add the almond milk and flax mixture to dry ingredients. Mix well until a smooth batter forms. Fold in the chocolate chips.
4. Heat coconut oil in a nonstick skillet over medium heat. Spoon the batter into the pan in 1/4 cup portions. Cook pancakes for about 3 to 4 minutes per side.
5. Plate the pancakes and enjoy!

Notes

Protein Powder

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, results may vary.

Save Time

Make the pancake batter in a blender.

Toppings

Maple syrup, fresh fruit, granola, seeds or nuts.

Leftovers

Store in a sealed container in the fridge up to 3 days. Reheat in the oven, toaster oven or in a skillet.

No Chickpea Flour

Try oat flour instead. Results may vary.

Ingredients

- 2 **tbps** Ground Flax Seed
- 1/3 **cup** Water
- 1/2 **cup** Chickpea Flour
- 1/2 **cup** Chocolate Protein Powder
- 1 **tbsp** Cocoa Powder
- 1 **tbsp** Baking Powder
- 1 **cup** Unsweetened Almond Milk (or water)
- 1/4 **cup** Dark Chocolate Chips
- 1 1/2 **tsps** Coconut Oil

Nutrition

Amount per serving

Calories	444	Sugar	17g
Fat	19g	Protein	29g
Saturated	13g	Sodium	866mg
Monounsaturated	2g	Calcium	773mg
Carbs	37g	Iron	4mg
Fiber	6g		



Main Meals

Peanut Ramen Soup

13 ingredients · 25 minutes · 3 servings



Directions

1. Add the avocado oil, ginger and garlic to a pot over medium-low heat. Saute for 1 to 2 minutes. Add the curry paste and stir to combine.
2. Add the vegetable broth, coconut milk, peanut butter, tamari, coconut sugar, and lime juice to the pot. Whisk to combine. Add the sliced mushrooms and simmer for 5 to 10 minutes.
3. While the soup simmers, cook the noodles according to the directions on the package and set aside.
4. During the last minute, add the spinach and then remove from heat. Divide the noodles into bowls and top with the soup. Add optional garnishes (see notes) and enjoy!

Notes

Optional Garnishes

Lime wedges, chopped peanuts, mint leaves and/or sesame seeds.

No Peanut Butter

Use almond butter instead.

Nut-Free

Use tahini instead of peanut butter.

Leftovers

Store in an airtight container in the fridge for up to three to five days.

More Protein

Add tofu

No Coconut Sugar

Sweeten with agave or maple syrup instead.

No Red Curry Paste

Use green curry paste instead.

No Ramen Noodles

Use spaghetti noodles, vermicelli noodles or buckwheat noodles instead.

Ingredients

- 1 tsp Avocado Oil
- 1 tsp Ginger (minced)
- 1 Garlic (clove, minced)
- 1 tbsp Thai Red Curry Paste
- 4 cups Vegetable Broth (low sodium)
- 3/4 cup Lite Coconut Milk (from the can)
- 1/2 cup All Natural Peanut Butter
- 1 tbsp Tamari
- 1 tbsp Coconut Sugar
- 1 Lime (juiced)
- 3 cups Mushrooms (sliced)
- 250 grams Gluten-Free Ramen Noodles (1/2 lb. dry)
- 2 cups Baby Spinach

Nutrition

Amount per serving

Calories	684	Sugar	12g
Fat	32g	Protein	22g
Saturated	8g	Sodium	1388mg
Monounsaturated	12g	Calcium	58mg
Carbs	87g	Iron	3mg
Fiber	6g		

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Egyptian Lentil Soup with Caramelized Onions

7 ingredients · 30 minutes · 2 servings



Directions

1. In a large pot, heat the water over high heat while you prepare the remaining ingredients.
2. Add the lentils, 1/2 the onion, garlic, cumin and salt. Simmer for 20 minutes.
3. Meanwhile, prepare a separate pan over medium-high heat with a bit of water. Add the remaining onions and cook until soft and golden brown, about 15 to 20 minutes. Stir frequently and add more water as needed. Set aside.
4. Add lemon juice to the soup and adjust the salt to your preference. Use a handheld blender to puree the soup until it reaches a smooth consistency.
5. Divide into bowls and top with the caramelized onions. Enjoy!

Notes

More Toppings

Garnish the soup with yogurt, parsley, cilantro, slivered almonds, crushed pistachios, pomegranate seeds or red pepper flakes.

No Lemon Juice

Use apple cider vinegar instead.

Serving Size

One serving is equal to approximately one cup of soup.

Storage

Refrigerate in an airtight container for up to 5 to 7 days. Freeze for longer.

Ingredients

2 cups Water

1/2 cup Dry Red Lentils (rinsed)

1 Yellow Onion (medium, peeled and sliced, divided)

1 Garlic (cloves, minced)

1/2 tsp Cumin

1/2 tsp Sea Salt

1/2 Lemon (juiced)

Nutrition

Amount per serving

Calories	219	Sugar	6g
Fat	1g	Protein	14g
Saturated	0g	Sodium	598mg
Monounsaturated	0g	Calcium	63mg
Carbs	41g	Iron	6mg
Fiber	9g		



Maple Mustard Kale Salad with Crispy Tofu

10 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. Add the tofu cubes to a bowl and gently toss with the tamari. Add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through. Let the tofu cool slightly.
3. Add the kale to a mixing bowl. Add the lemon juice and half of the oil and massage with your hands for one to two minutes until wilted and tender.
4. In a small bowl combine the remaining oil with the Dijon mustard and maple syrup.
5. To serve, divide the massaged kale between plates and top with cucumber, red pepper and the crispy tofu. Spoon the remaining dressing over. Enjoy!

Notes

Leftovers

Refrigerate the kale salad in an airtight container for up to three days. Store dressing and tofu separately.

Additional Toppings

Add tomato, grated carrot, green onion, or red onion.

No Tamari

Use coconut aminos instead.

No Maple Syrup

Use agave or other liquid sweetener instead.

Ingredients

200 grams Tofu (7 oz. extra firm, pressed then cut into 1/2-inch cubes)

1 tbsp Tamari

1 tbsp Arrowroot Powder

6 cups Kale Leaves (finely chopped)

2 tbsps Lemon Juice

2 tbsps Extra Virgin Olive Oil (divided)

1 tbsp Dijon Mustard

1 tbsp Maple Syrup

1/2 Cucumber (chopped)

1/2 Red Bell Pepper (chopped)

Nutrition

Amount per serving

Calories	299	Sugar	10g
Fat	20g	Protein	14g
Saturated	3g	Sodium	627mg
Monounsaturated	11g	Calcium	469mg
Carbs	20g	Iron	4mg
Fiber	5g		



Potato Patties

7 ingredients · 40 minutes · 2 servings



Directions

1. Bring the water to a boil in a small saucepan. Add the potatoes and cook for 10 to 12 minutes or until soft. Once the potatoes are cooked, drain the water and add the almond milk, half of the avocado oil, sea salt and pepper. Mash together with a potato masher until smooth.
2. In a skillet over medium heat, add the rest of the avocado oil. Scoop roughly 1/2 cup of mashed potatoes and press down with a spatula until it forms a pancake shape. Cook on each side for 8 to 10 minutes or until golden brown. Repeat until all of the mash is cooked up.
3. Remove from the skillet and top with parsley. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to one month. For best results, reheat on the stove in a skillet.

Serving Size

One serving is equal to two potato patties.

More Flavor

Add additional spices such as onion powder or chilli powder.

Ingredients

- 1 cup Water
- 1 Russet Potato (peeled, chopped)
- 2 tbsps Unsweetened Almond Milk
- 1 tbsp Avocado Oil (divided)
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper
- 1 1/2 tpsps Parsley (chopped)

Nutrition

Amount per serving

Calories	147	Sugar	1g
Fat	7g	Protein	2g
Saturated	1g	Sodium	173mg
Monounsaturated	5g	Calcium	58mg
Carbs	19g	Iron	1mg
Fiber	2g		



Veggie Power Burgers

10 ingredients · 1 hour 20 minutes · 9 servings



Directions

1. Heat a large skillet over medium heat and add olive oil. Add the onion and saute until translucent. Add the garlic and saute for another minute. Add the carrot and zucchini and saute for 5 minutes or until softened. Remove from heat and set aside.
2. In a food processor combine lentils, sunflower seeds, turmeric and tamari. Blend until smooth and transfer to a large mixing bowl.
3. Transfer the cooked veggies to the mixing bowl and add your almond flour. Mix well with a spatula.
4. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
5. Divide the mixture into even patties and transfer onto the baking sheet. (Note: If the dough is too wet, you may need to adjust the amount of almond flour or let it sit in the fridge for 10 to 20 minutes so it will firm up.)
6. Bake in the oven for 60 minutes, flipping halfway through.
7. Remove burgers from oven. Serve on a bed of greens or in a lettuce wrap with your burger toppings of choice. Enjoy!

Notes

Leftovers

Store in the freezer in an airtight container. Defrost on the counter and place back in the oven to crisp up when ready to eat.

Serving Size

One serving is equal to one burger patty.

Skip the Oven

Fry the patties in a skillet or grill them on the barbecue.

Toppings

Avocado, tomato, dijon mustard, cheese, sprouts, spinach, lettuce or pickles.

Bun Alternatives

Grilled eggplant slices, lettuce wraps, cauliflower steaks or portobello mushroom caps.

Ingredients

- 1 **tblsp** Extra Virgin Olive Oil
- 1 Sweet Onion (finely diced)
- 2 Garlic (cloves, minced)
- 1 Carrot (grated)
- 1 Zucchini (grated)
- 2 **cups** Green Lentils (cooked, drained and rinsed)
- 1 **cup** Sunflower Seeds
- 1 **tsp** Turmeric
- 1/4 **cup** Tamari
- 3/4 **cup** Almond Flour

Nutrition

Amount per serving

Calories	225	Sugar	4g
Fat	14g	Protein	10g
Saturated	1g	Sodium	458mg
Monounsaturated	2g	Calcium	55mg
Carbs	19g	Iron	3mg
Fiber	7g		



Rainbow Wraps With Spicy Mango Dressing

14 ingredients · 15 minutes · 4 servings



Directions

1. In a large mixing bowl combine the cabbage, bell pepper, carrot and green onions. Toss to combine and set aside.
2. Add the mango, water, apple cider vinegar, garlic, red pepper flakes and sea salt to a food processor and blend until smooth.
3. To assemble the lettuce wraps, divide the cabbage mixture between the romaine leaves and garnish with avocado, sesame seeds, cilantro and spicy mango dressing. Serve immediately and enjoy!

Notes

Leftovers

Refrigerate veggies, dressing and toppings in separate airtight containers for up to five days. Assemble lettuce wraps just before serving

Serving Size

One serving is approximately two lettuce wraps. Each lettuce wrap is approximately 2/3 cup veggie filling and 2 tablespoons of dressing.

Additional Toppings

For extra crunch add sliced almonds or pumpkin seeds.

More Protein

Add tempeh or tofu.

Ingredients

- 1 1/2 cups Purple Cabbage (thinly sliced)
- 1 Red Bell Pepper (thinly sliced)
- 1 Carrot (medium, grated)
- 2 stalks Green Onion (thinly sliced)
- 1 Mango (small, chopped)
- 3 tbsps Water
- 2 tbsps Apple Cider Vinegar
- 1 Garlic (clove, small, minced)
- 1/2 tsp Red Pepper Flakes
- 1/8 tsp Sea Salt
- 1 head Romaine Hearts (large leaves separated, washed and dried)
- 2 Avocado (diced)
- 2 tsps Sesame Seeds
- 1/4 cup Cilantro (Coriander)

Nutrition

Amount per serving

Calories	251	Sugar	16g
Fat	16g	Protein	4g
Saturated	2g	Sodium	105mg
Monounsaturated	10g	Calcium	67mg
Carbs	28g	Iron	2mg
Fiber	10g		



Creamy Chickpea & Avocado Sandwich

9 ingredients · 10 minutes · 2 servings



Directions

1. In a large bowl, add the chickpeas and avocado. Mash well until everything is combined. Add the lemon juice, parsley, garlic, sea salt and pepper. Mix well once more.
2. On one slice of the toast, add the arugula and cucumber. Top with the mashed chickpea mixture and the other slice of toast. Slice and enjoy!

Notes

Leftovers

Refrigerate the leftover chickpea-avocado mix in a sealed container for up to two days.

More Flavor

Add fresh herbs or spices to the chickpea mixture, such as dill, cumin or cayenne.

Ingredients

- 1 cup Chickpeas (cooked, rinsed)
- 1 Avocado
- 1 tsp Lemon Juice
- 3 tbsps Parsley (finely chopped)
- 1 Garlic (small clove, minced)
- Sea Salt & Black Pepper (to taste)
- 4 slices Gluten-Free Bread (toasted)
- 1 cup Arugula (Rocket)
- 1/2 Cucumber (large, sliced)

Nutrition

Amount per serving

Calories	468	Sugar	11g
Fat	22g	Protein	14g
Saturated	3g	Sodium	275mg
Monounsaturated	13g	Calcium	121mg
Carbs	60g	Iron	4mg
Fiber	16g		



Peanut Thai Zucchini Noodles

11 ingredients · 20 minutes · 4 servings



Directions

1. To create the pesto, combine basil, peanuts, half of the peas, ginger, lime juice, lime zest, tamari, olive oil and sesame oil in a food processor. Add water, blend until smooth and set aside. (Note: You may need to add extra warm water 1 tablespoon at a time to reach desired consistency.)
2. Use a spiralizer to turn the zucchini into noodles. (If you don't have a spiralizer, you can use a box grater to create noodles.)
3. Toss the noodles in desired amount of pesto, add the remaining peas and then divide into bowls. Garnish with chopped peanuts, red pepper flakes and left over basil leaves. Enjoy!

Notes

Warm it Up

Saute noodles in a frying pan with a bit of olive oil before serving.

Ingredients

- 1 cup Basil Leaves
- 1 cup Raw Peanuts
- 2 cups Fresh Peas (divided)
- 1 tbsp Ginger (grated)
- 1 Lime (zested and juiced)
- 2 tbsps Tamari
- 1/4 cup Extra Virgin Olive Oil
- 1 tsp Sesame Oil
- 1/4 cup Water
- 4 Zucchini
- 1 tsp Red Pepper Flakes (to taste)

Nutrition

Amount per serving

Calories	442	Sugar	11g
Fat	34g	Protein	17g
Saturated	5g	Sodium	530mg
Monounsaturated	19g	Calcium	108mg
Carbs	25g	Iron	4mg
Fiber	10g		



Korean Jackfruit Bowls

13 ingredients · 40 minutes · 3 servings



Directions

1. Cook rice according to the directions on the package, and set aside.
2. In a pan over medium heat, add the jackfruit, garlic, tamari, coconut sugar, red pepper flakes and lime juice. Stir until well combined and use a wooden spatula to break up and shred the jackfruit. Cook for 15 minutes, or until the jackfruit is soft. Once it is done, add the sesame oil and remove from heat.
3. Plate the rice, and add the cucumber, carrots, kimchi and jackfruit. Top with sesame seeds and diced green onion. Enjoy!

Notes

Save Time

Cook the rice ahead of time.

Leftovers

Store ingredients separately in airtight containers in the fridge for up to 3 to 5 days. Reheat the jackfruit mix before serving.

Grain-Free

Serve over mixed greens or cauliflower rice instead of regular rice.

No Tamari

Use soy sauce or coconut aminos instead.

Ingredients

- 3/4 cup** Brown Rice (dry, uncooked)
- 1 3/4 cups** Canned Jackfruit (young, drained and rinsed)
- 1** Garlic (clove, minced)
- 1 1/2 tbsps** Tamari
- 1 tsp** Coconut Sugar
- 1/4 tsp** Red Pepper Flakes
- 1/4** Lime (juiced)
- 1 tsp** Sesame Oil
- 1** Cucumber (diced)
- 2** Carrot (medium, grated or diced)
- 1/2 cup** Kimchi
- 1 tbsp** Sesame Seeds
- 1 stalk** Green Onion (diced)

Nutrition

Amount per serving

Calories	344	Sugar	6g
Fat	5g	Protein	7g
Saturated	1g	Sodium	672mg
Monounsaturated	2g	Calcium	123mg
Carbs	71g	Iron	3mg
Fiber	5g		



Mexican Spiced Tofu and Cauliflower Rice

14 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Toss the tofu with oil, cumin, chili powder, smoked paprika, garlic powder and half the salt. Bake in the oven for 15 minutes, remove, flip the tofu and bake for 10 to 12 minutes more. Remove and set aside.
3. Meanwhile, in a non-stick skillet over medium-low heat, add the cauliflower rice and stir often. Cook for 5 minutes or until the cauliflower is cooked through.
4. In a small bowl, add the avocado and mash with a fork. Then add the red onion, garlic, 1/4 of the lime juice and the remaining salt.
5. Divide the cauliflower rice into bowls and top with tofu, guacamole, celery and cilantro. Squeeze the remaining lime juice on top of each bowl and serve with lime slices, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Serve with salsa on the side and/or add cayenne to the tofu.

Additional Toppings

Extra veggies such as cucumber or mixed greens.

Ingredients

- 500 grams** Tofu (1lb. Extra firm, drained and cubed)
- 1 1/2 tps** Avocado Oil
- 1/2 tsp** Cumin
- 1/2 tsp** Chili Powder
- 1/2 tsp** Smoked Paprika
- 1/2 tsp** Garlic Powder
- 1/2 tsp** Sea Salt (divided)
- 4 cups** Cauliflower Rice
- 2** Avocado
- 1 tbsp** Red Onion (diced very small)
- 1** Garlic (clove, minced)
- 1** Lime (juiced, divided, plus additional slices for garnish)
- 3 stalks** Celery (roughly chopped)
- 1/4 cup** Cilantro (Coriander, for garnish, roughly chopped)

Nutrition

Amount per serving

Calories	313	Sugar	4g
Fat	23g	Protein	17g
Saturated	4g	Sodium	363mg
Monounsaturated	13g	Calcium	404mg
Carbs	17g	Iron	4mg



Smoky Lentils & Roasted Vegetables

10 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 350°F (180°C) and line a baking sheet with parchment paper.
2. Add the sweet potato and cauliflower to a large bowl. Add the coconut aminos and toss to coat the vegetables. Transfer to the baking sheet and bake for about 30 minutes, stirring halfway through. Season the roasted vegetables with salt, if needed.
3. Meanwhile, add a splash of the broth to a pot over medium heat along with the onions and garlic. Bring to a gentle boil and cook until the onions have softened, about 3 to 5 minutes.
4. Add the smoked paprika, cumin, and salt to the onion mixture and stir to combine. Cook for another minute. Stir in the lentils and the remaining vegetable broth and let the lentils simmer covered with a lid for about 20 minutes or until tender and the liquid has absorbed. If the lentils are not cooked through add a little more broth and continue to cook for a few more minutes. Season with additional salt, if needed.
5. To serve, divide the lentils between bowls and top with the roasted sweet potato and cauliflower. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

More Flavor

Add chili powder, chipotle chili powder, red pepper flakes, or cayenne pepper for spicier lentils.

Additional Toppings

Fresh herbs like cilantro.

More Veggies

Serve with fresh or wilted greens like spinach.

No Cauliflower

Use broccoli instead.

Ingredients

- 2 Sweet Potato (small, cubed and peeled)
- 1/4 head Cauliflower (small, cut into florets)
- 1 tbsp Coconut Aminos
- 2 cups Vegetable Broth
- 1/2 Yellow Onion (chopped)
- 2 Garlic (cloves, minced)
- 2 tsps Smoked Paprika
- 1/2 tsp Cumin
- 1/2 tsp Sea Salt
- 1/2 cup Dry Green Lentils (rinsed)

Nutrition

Amount per serving

Calories	342	Sugar	13g
Fat	1g	Protein	17g
Saturated	0g	Sodium	1480mg
Monounsaturated	0g	Calcium	104mg
Carbs	69g	Iron	6mg
Fiber	12g		



Cheesy Edamame and Parsley Pasta

8 ingredients · 15 minutes · 4 servings



Directions

1. Bring a large pot of water to a boil and add brown rice spaghetti. Cook according to the directions on the package. Remove from heat, strain and run cold water over pasta to prevent from over-cooking.
2. Meanwhile, make your 'parmesan' seasoning by adding cashews, nutritional yeast, garlic powder and sea salt to your food processor. Blend well until it reaches a spice-like consistency. Set aside.
3. In a large bowl, toss pasta with edamame, chopped parsley, salt and pepper to taste, and your desired amount of 'parmesan' seasoning. Divide into bowls and enjoy!

Notes

No Edamame

Use frozen peas or any leftover veggies.

Make it Spicy

Garnish with red pepper flakes.

Ingredients

- 2 cups Brown Rice Spaghetti
- 1/2 cup Cashews
- 2 tbsps Nutritional Yeast
- 1/2 tsp Garlic Powder
- 1/2 tsp Sea Salt
- 1 1/2 cups Frozen Edamame (thawed)
- 2 cups Parsley (finely chopped)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	598	Sugar	2g
Fat	14g	Protein	21g
Saturated	2g	Sodium	331mg
Monounsaturated	7g	Calcium	89mg
Carbs	101g	Iron	6mg
Fiber	10g		



Thai Cauliflower & Sweet Potato Curry

11 ingredients · 35 minutes · 2 servings



Directions

1. Heat a large pot over medium heat. Add the onion, garlic, ginger and water and cook until the onions are just tender and water has evaporated, about 3 to 5 minutes.
2. Add the curry paste and stir to combine with the onion mixture. Stir in the broth and coconut milk. Add in the lentils and cook for 8 to 10 minutes until the lentils are just tender, stirring often.
3. Add the cauliflower and sweet potato to the pot. Stir to combine then cover with a lid and reduce the heat to medium-low. Cook for 15 to 20 minutes or until the vegetables are tender, stirring often.
4. Season with additional salt if needed and divide between bowls. Top with cilantro, if using, and enjoy.

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately 2 cups of curry.

More Flavor

Stir in lime juice and serve with extra lime wedges and cilantro. For a spicier curry, add more curry paste or serve with hot sauce.

Serve it With

Serve with brown or jasmine rice, quinoa, rice noodles or cauliflower rice.

Ingredients

- 1/2 Yellow Onion (chopped)
- 2 Garlic (clove, minced)
- 1 1/2 **tsps** Ginger (fresh, grated or minced)
- 2 **tbsps** Water
- 1 **tbsp** Thai Red Curry Paste
- 1 **cup** Vegetable Broth
- 1/2 **cup** Canned Coconut Milk (full fat)
- 1/4 **cup** Dry Red Lentils
- 1/2 **head** Cauliflower (small, chopped into florets)
- 1/2 **Sweet Potato** (medium-sized, peeled and cut into cubes)
- 2 **tbsps** Cilantro (Coriander chopped, optional for garnish)

Nutrition

Amount per serving

Calories	298	Sugar	8g
Fat	12g	Protein	12g
Saturated	10g	Sodium	612mg
Monounsaturated	0g	Calcium	71mg
Carbs	39g	Iron	4mg
Fiber	8g		



Eggplant & Crispy Chickpeas with Tahini

8 ingredients · 40 minutes · 2 servings



Directions

1. Preheat the oven to 425F (220°C) and line a baking sheet with parchment paper. Place the eggplant on the sheet, cut side facing up and brush with half the avocado oil.
2. Lightly dry the chickpeas with paper towel and add to a medium-sized bowl. Toss with half the sea salt and cumin. Add the chickpeas to the baking sheet alongside the eggplant. Bake for 15 minutes. Remove, gently shake the baking sheet and flip the eggplant. Bake for 15 minutes more.
3. Make the tahini dressing by adding the remaining avocado oil, remaining sea salt, tahini and lemon juice to a mason jar. Shake vigorously until all ingredients are combined. If the dressing is too thick, thin with a splash of water.
4. Once the eggplant and chickpeas are finished cooking, add to a plate. Top with tahini dressing and parsley. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. For best results, store the tahini dressing separately. Reheat the eggplant and chickpeas in the oven or microwave.

More Flavor

Add spices to the chickpeas such as paprika, or add garlic to the tahini sauce.

Ingredients

- 2 Eggplant (cut in half lengthwise)
- 2 tbsps Avocado Oil (divided)
- 2 cups Chickpeas (cooked)
- 1/2 tsp Sea Salt (divided)
- 1/2 tsp Cumin
- 1 1/2 tbsps Tahini
- 1 tsp Lemon Juice
- 1/2 cup Parsley (chopped)

Nutrition

Amount per serving

Calories	605	Sugar	27g
Fat	26g	Protein	22g
Saturated	3g	Sodium	635mg
Monounsaturated	13g	Calcium	204mg
Carbs	81g	Iron	8mg
Fiber	31g		



Creamy Potato, Lentil & Kale Bake

8 ingredients · 1 hour · 8 servings



Directions

1. Preheat the oven to 400°F (200°C).
2. In a baking dish, arrange 1/3 of the potato slices to form an even layer along the bottom. Spread half the lentils evenly ovetop, and then add another layer using half of the kale. Repeat with the remaining potato, lentils and kale, ending with potatoes as your top layer.
3. In a bowl, whisk together the coconut milk, pumpkin, garlic powder, thyme and salt. Pour the mixture over the layers of potato, lentils and kale. Bake for 40 to 45 minutes or until the potato is cooked through and browned on top.
4. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Freeze for up to two months.

Serving Size

A 10 x 13-inch (25x35cm) dish was used for 8 servings.

Ingredients

- 6 Sweet Potato (thinly sliced)
- 4 cups Green Lentils (cooked, drained)
- 6 cups Kale Leaves (stems removed, leaves torn)
- 4 cups Canned Coconut Milk (full fat)
- 3 cups Pureed Or Mashed Pumpkin
- 1 tbsp Garlic Powder
- 2 tbsps Thyme (stems removed)
- 2 tsps Sea Salt

Nutrition

Amount per serving

Calories	491	Sugar	8g
Fat	22g	Protein	15g
Saturated	20g	Sodium	646mg
Monounsaturated	0g	Calcium	110mg
Carbs	60g	Iron	6mg
Fiber	15g		



Green Poutine

16 ingredients · 45 minutes · 1 serving



Directions

1. Preheat oven to 350°F (180°C) and line a baking sheet with parchment paper.
2. Slice the potatoes into french fry shapes then slice the woody ends off the asparagus. Cut the asparagus stalks in half, or into to a length similar to the fries.
3. Toss both the potatoes and asparagus together with half of the olive oil. Spread across the baking sheet and bake for 30 minutes, flipping at the halfway point.
4. Meanwhile, make the gravy by heating the remaining olive oil in a frying pan over medium heat. Add the mushrooms, onion, garlic and thyme and saute for about 10 minutes or until all liquid has released. Now transfer to your blender and add the broth and arrowroot powder. Blend until smooth and return to the pan, over medium heat, let it simmer and whisk periodically until thickened. Add extra broth if a thinner consistency is desired. Season to taste with salt and pepper. Rinse out the blender.
5. Now make the cheese sauce. Add the butternut squash and water to a small saucepan. Bring to a boil, cover and simmer for 10 minutes or until soft. Transfer the squash to your blender and add the cashews, nutritional yeast, lemon juice, and paprika. Blend until smooth. Season to taste with salt and pepper.
6. To serve, divide the fries and asparagus between plates. Top with gravy and cheese sauce. Enjoy!

Ingredients

- 1 Yellow Potato (medium)
- 1 cup Asparagus
- 1 tbsp Extra Virgin Olive Oil (divided)
- 1 cup Mushrooms (sliced)
- 1/4 Yellow Onion (medium, diced)
- 1 Garlic (clove, minced)
- 1 tsp Dried Thyme
- 1/4 cup Vegetable Broth
- 1/2 tsp Arrowroot Powder
- 1/2 cup Butternut Squash (peeled and cubed)
- 1/4 cup Water
- 2 tbsps Cashews
- 1/4 cup Nutritional Yeast
- 1/4 Lemon (juiced)
- 1/4 tsp Paprika
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	628	Sugar	12g
Fat	22g	Protein	34g
Saturated	4g	Sodium	294mg
Monounsaturated	15g	Calcium	166mg
Carbs	79g	Iron	13mg



Sides & Dips

Homemade Salsa

8 ingredients · 45 minutes · 3 servings



Directions

1. Add all ingredients except salt to a large saucepan and bring to a simmer for 30 minutes.
2. Season with salt to taste. Let cool and transfer to jars. Cover and refrigerate until ready to use.

Notes

Storage

Refrigerate in a mason jar or airtight container up to 5-7 days. Transfer to a freezer-safe container to freeze.

Serving Size

One serving is approximately 1/2 cup.

Make it Spicy

Add finely diced jalapeno.

Serve it With

Tortilla chips, burgers, baked potato.

Ingredients

3/4 cup Diced Tomatoes (canned or fresh)

1/2 Sweet Onion (medium, diced)

1/2 Green Bell Pepper (medium, diced)

1/2 Garlic (clove, minced)

1/8 tsp Cumin

1/4 cup Tomato Paste

2 tsps Apple Cider Vinegar

1/4 tsp Sea Salt (To taste)

Nutrition

Amount per serving

Calories	54	Sugar	7g
Fat	0g	Protein	2g
Saturated	0g	Sodium	29mg
Monounsaturated	0g	Calcium	33mg
Carbs	11g	Iron	1mg
Fiber	2g		



Green Tomato Salsa Verde

5 ingredients · 15 minutes · 3 servings



Directions

1. Set your oven to broil/grill and move the rack to the highest position.
2. Place the green tomatoes on a baking sheet. Broil/grill for 2 to 3 minutes each side, or until charred. Let cool.
3. Remove the core and peel. Transfer to a food processor with the remaining ingredients. Pulse until your desired consistency is reached, adding water if it is too thick. Adjust salt as needed and enjoy!

Notes

Leftovers

Best enjoyed immediately but can be refrigerated in an airtight container for up to four days.

Serving Size

One serving equals approximately 1/2 cup.

More Flavor

Add more jalapeno peppers to make it spicier.

Serve it With

Tortilla chips, roasted vegetables, baked potatoes, salads

No Green Tomatoes

Use tomatillos instead.

Ingredients

- 2 Green Tomato (large, halved)
- 2 Jalapeno Pepper (roughly chopped)
- 1/2 White Onion (roughly chopped)
- 1/4 tsp Sea Salt
- 1/2 cup Cilantro (roughly chopped)

Nutrition

Amount per serving

Calories	30	Sugar	4g
Fat	0g	Protein	1g
Saturated	0g	Sodium	210mg
Monounsaturated	0g	Calcium	18mg
Carbs	7g	Iron	1mg
Fiber	2g		



Black Bean Dip

6 ingredients · 15 minutes · 6 servings



Directions

1. Add all ingredients to the jar of your food processor and process until very smooth.
2. Transfer into a bowl and enjoy!

Notes

Serve it With

Brown rice tortilla chips, veggie sticks or as a spread.

Leftovers

Store in an airtight container in the fridge for 5 days, or freeze for two months or more.

Ingredients

- 2 1/4 cups Black Beans (cooked, from the can)
- 2 tsps Cumin
- 1/2 tsp Smoked Paprika
- 2 tsps Extra Virgin Olive Oil
- 1 Lime (juiced)
- 1 tsp Sea Salt

Nutrition

Amount per serving

Calories	130	Sugar	0g
Fat	5g	Protein	6g
Saturated	1g	Sodium	396mg
Monounsaturated	3g	Calcium	25mg
Carbs	16g	Iron	2mg
Fiber	6g		



Balsamic Beet Dip

8 ingredients · 1 hour · 8 servings



Directions

1. Preheat the oven to 400°F (200°C). Cut a large piece of foil or parchment paper.
2. Place the beet, onion and garlic in the center of the foil or parchment and season with half of the salt and half of the oil. Wrap tightly and transfer to a baking sheet. Bake for 40 to 45 minutes or until the beets are tender. Let cool slightly.
3. Transfer the cooked beets, onions, garlic and all the juices to a blender along with the water, balsamic vinegar, remaining salt and remaining oil. Blend until smooth and silky.
4. Serve chilled and garnish with parsley, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately 1/2 cup of dip.

Beets

4 medium beets are approximately 2 1/2 cups cubed.

Serve it With

Sliced vegetables or crackers or use as a spread.

Ingredients

- 4 Beet (medium, peeled, cut into small cubes)
- 1 Yellow Onion (sliced)
- 12 Garlic (cloves, peeled)
- 1/2 tsp Sea Salt (divided)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1/4 cup Water
- 1 1/2 tbsps Balsamic Vinegar
- 2 tbsps Parsley (optional, chopped)

Nutrition

Amount per serving

Calories	93	Sugar	4g
Fat	7g	Protein	1g
Saturated	1g	Sodium	182mg
Monounsaturated	5g	Calcium	23mg
Carbs	7g	Iron	1mg
Fiber	2g		



Golden Beet Hummus

10 ingredients · 50 minutes · 4 servings



Directions

1. Preheat the oven to 400F (200°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!

Notes

Leftovers

Refrigerate in an airtight container for up to five days, or in the freezer for up to six months.

Serve it With

Veggie sticks, brown rice tortilla chips, on a salad, in a wrap or as a sandwich spread.

More Flavor

Add spices such as turmeric, paprika or nutritional yeast.

Smooth Consistency

To make the hummus very smooth, pop the chickpeas out of their skins before blending.

Ingredients

- 1 Golden Beet (skin on, washed)
- 2 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 tsps Sesame Seeds (optional)
- 1 tbsp Chives (chopped, optional)
- 1 tbsp Extra Virgin Olive Oil (optional)

Nutrition

Amount per serving

Calories	231	Sugar	6g
Fat	10g	Protein	9g
Saturated	1g	Sodium	326mg
Monounsaturated	5g	Calcium	96mg
Carbs	28g	Iron	3mg
Fiber	8g		



Pico De Gallo

5 ingredients · 15 minutes · 4 servings



Directions

1. Combine all of the ingredients into a bowl. Mix until everything is well combined. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serve it With

Serve with tortilla chips, on top of tacos, as a salad topper or on a sandwich.

Serving Size

One serving is roughly 1/3 cup.

More Flavor

Add diced jalapeno or chilli flakes.

Ingredients

- 5 Tomato (small, diced)
- 1/4 cup Cilantro (chopped)
- 1/3 cup Red Onion (diced)
- 1 Lime (juiced)
- Sea Salt & Black Pepper

Nutrition

Amount per serving

Calories	31	Sugar	1g
Fat	0g	Protein	2g
Saturated	0g	Sodium	59mg
Monounsaturated	0g	Calcium	12mg
Carbs	7g	Iron	1mg
Fiber	2g		



Classic Guacamole

9 ingredients · 15 minutes · 5 servings



Directions

1. Scoop the avocado flesh into a medium-sized bowl. Mash the avocado with a fork until you've reached your desired texture.
2. Add the remaining ingredients and fold in everything until well combined. Serve and enjoy!

Notes

Leftovers

Refrigerate leftovers in an airtight container for up to three days.

Serving Size

One serving is roughly 1/4 cup of guacamole.

Additional Toppings

Chilli flakes or cayenne pepper for some heat.

Serve it With

Tortilla chips, on top of tacos, crackers, with vegetables or on top of salad.

Ingredients

- 4 Avocado (pit removed)
- 3 tbsps Cilantro (finely chopped)
- 2 Garlic (cloves, minced)
- 1 Jalapeno Pepper (seeds removed, finely chopped)
- 1/4 cup Red Onion (chopped)
- 2 Tomato (diced)
- 1 Lime (juiced)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper

Nutrition

Amount per serving

Calories	273	Sugar	2g
Fat	24g	Protein	4g
Saturated	3g	Sodium	149mg
Monounsaturated	16g	Calcium	28mg
Carbs	17g	Iron	1mg
Fiber	12g		

