



Week Four Recipes

Banana Pear Chia Seed Pudding

(plan to make this recipe about 5 hours before you want to eat it, or the night before)

serves 1-2

- 1 cup almond milk
- ½ tsp cinnamon
- 1 ripe banana
- 1 ripe pear
- 1 tbsp maple syrup
- 3 tbsp chia seeds

Blend almond milk, banana, pear, cinnamon, and maple syrup in a blender. Pour into a large jar, add the chia seeds and stir well. Cover and place the pudding in the refrigerator to allow the chia seeds to thicken, at least 5 hours.

Chocolate Almond Smoothie

serves 2

- 3 cups almond milk
- 2 tbsp almond butter
- 2 frozen bananas
- dash of cinnamon
- 1 ½ tbsp raw cacao powder
- 1 date (optional for extra sweetness)

Add all ingredients to a high-speed blender and blend until smooth.

Carrot Lentil Cakes

makes about 12 cakes

- ¼ cup onion, diced
- ½ cup lentils
- 1 cup shredded carrot
- 2 tbsp Dijon mustard
- 1 tsp cumin
- ¼ tsp sea salt + more to taste
- ¼ tsp black pepper



In a pot, heat 1 tablespoon of olive oil. Add onions and saute until translucent. Add lentils and toast for a few seconds. Add 2 cups of water and bring to a boil. Cook for 15 minutes then add sunchokes. Cook until lentils are tender and liquid is completely absorbed, another 10 minutes.

Heat oven to 400° and line a baking sheet with parchment paper.

Place half of the lentils into a food processor with the carrots, and lightly puree. Add puree to a large bowl, add remaining lentils, Dijon mustard, cumin, salt and pepper. Mix well to combine. Scoop out some of the mixture into your hands, about 1/4 cup, and form into patties. Place onto baking sheet and repeat until you've used all of the lentil mixture. Bake for 20 minutes.

Remove from oven to cool then enjoy over arugula and top with mustard.

Coconut Black Bean Soup

serves 6

4 cups black beans, cooked OR 2 cans black beans, drained and rinsed

1 cup onion, diced

2 garlic cloves, minced

1 cup butternut squash or sweet potato, cubed & steamed

1 red bell pepper, diced (save some for garnish)

2 carrots, diced

1 can coconut milk

2 tsp cumin powder

2 tsp coriander powder

½ tsp cayenne pepper powder

1 tsp sea salt

¼ of a vegetable bouillon cube

1 tbsp coconut oil OR olive oil

red onion, minced for garnish

fresh mint or cilantro for garnish

In a large pot heat 1 tablespoon of coconut oil (or olive oil) on medium heat. When warm, add onions and garlic and saute until translucent. While the onions are sauteing, steam butternut squash in a separate pot.

To the onions and garlic, add carrots and red bell pepper. Cook for a couple of minutes then add coconut milk plus 2 more cups of water and 1/4 of the bouillon cube. Bring soup to a boil, then reduce heat and simmer to cook until the vegetables have reached your desired texture, about 10 minutes. Add butternut squash then season with cumin, coriander, cayenne and salt. Stir well and cook for another few minutes. Add more spices to taste.

Garnish with minced red onion, red bell pepper and mint or cilantro.



Tempeh Tacos

makes 6 tacos

marinated tempeh (recipe below)

6 carrots, shredded

¼ head red cabbage, shredded

1 cup cilantro, packed tight

1-2 avocados

1 pack of tortillas, corn or wheat, warmed in microwave, oven or stove

Fill each tortilla with tempeh, carrots, cabbage, ¼ sliced avocado and garnish with fresh cilantro. Season to taste with salt and pepper.

tempeh:

1 pack of tempeh (cut into four or five pieces, then halved)

¼ cup soy sauce

¼ cup balsamic vinegar

2 tablespoons maple syrup

1 tbsp chipotle chili powder

Stir together the soy sauce, vinegar, syrup and chili powder, and pour over tempeh. Allow the tempeh to marinate for at least one hour. Once it has marinated, roast tempeh in an oven at 350° for 15 minutes. Allow to cool before using in rice paper wraps.

Sweet Potato Salad with Lentils

serves 4

½ lb fingerling potatoes

3 medium sweet potatoes, peeled and cubed

1 cup cooked lentils

dressing:

3 tbsp brown mustard

3 tbsp maple syrup

2 tsp apple cider vinegar

2 tbsp shallot, minced

1 tsp cinnamon

1/4 tsp cayenne pepper

juice from half a lemon

3 tbsp olive oil



1 tsp sea salt
fresh black pepper

Steam or roast whole fingerlings and sweet potatoes until tender, 15-20 minutes for steaming, 30 minutes at 425° for roasting. While potatoes are cooking, make dressing and cook lentils.

Combine ingredients mustard to lemon, and stir. Slowly pour in the olive oil, whisking steadily to emulsify.

When the potatoes have finished cooking, place them in a large bowl with the lentils. Pour on the dressing and toss to coat. Season with salt and pepper.

Buddha Bowl

serves 2

1 cup brown rice or quinoa, cooked

4 cups kale, sauteed in olive oil

2 sweet potatoes, cubed and roasted

1 cup cooked black beans, chickpeas, lentils or marinated tempeh

1 cup kimchi or sauerkraut

Combine all ingredients in a large bowl for a balanced and delicious meal! Sprinkle on some sesame seeds for crunch.