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## Recipes of the Month



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\*All recipes are vegan, gluten-free, and dairy-free. Use organic ingredients whenever possible.

## **Breakfast: Chia seed pudding**

**Prep Time: 1 hour and 15 minutes**

**Servings: 1**

### **Ingredients:**

1/2 cup almond or other non-dairy milk  
2 tbsp chia seeds

### **Optional:**

1 tsp maple syrup  
1/2 tsp vanilla extract  
fresh fruits, nuts, and seeds



### **Preparation:**

1. Add the chia seeds and milk (along with optional sweeteners) to a bowl or a jar and stir together. Let sit for 10 minutes, then stir again once the seeds have started to gel.
2. Cover the bowl or jar and place in the refrigerator for at least one hour. Chia seeds can also be made overnight for breakfast the next morning.
3. Stir the chia pudding before serving and add your favourite fruit nuts and spices!

## **Lunch: Panzanella Salad**

**Time: 20 minutes**

**Servings: 4**

### **Ingredients:**

1 cup chickpeas, drained and rinsed  
1 cup cherry tomatoes chopped  
1 large cucumber, chopped  
6-inch ciabatta baguette chopped  
1/2 red onion, thinly sliced  
1/2 cup chopped kalamata olives  
1/2 cup non-dairy feta  
2-3 tbs dill finely chopped  
Kosher salt  
Freshly ground black pepper

### **Dressing:**

1/4 c. extra-virgin olive oil  
1-2 tbs balsamic vinegar  
1/2 tsp oregano  
1/2 tsp Italian seasoning  
Kosher salt  
Freshly ground black pepper

### **Preparation**

1. Heat a pan over medium heat, add in ciabatta bread and drizzle with olive oil and season with salt and pepper. Cook until golden and then set aside.
2. Prepare vegetables and add to a large bowl.
3. In a separate small bowl whisk all the ingredients together for the dressing.
4. Add everything together and toss.
5. Enjoy!



## Dinner: Stir-Fry

**Time: 15 minutes**

**Servings: 6**

### Ingredients:

1 tbsp olive oil  
1 red bell pepper sliced  
1 yellow bell pepper sliced  
1 cup sugar snap peas  
1 cup carrots sliced  
1 cup mushrooms sliced  
2 cups broccoli  
1 cup baby corn  
½ cup water chestnuts  
¼ cup soy sauce  
3 garlic cloves minced  
1 tsp sesame oil  
½ cup vegetable broth  
1 tbsp cornstarch  
Chopped green onions and sesame seeds for garnish optional



### Preparation:

1. In a large skillet add 1 tbsp olive oil over medium heat. Add bell pepper, peas, carrots, mushroom, broccoli, baby corn, and water chestnuts. Sauté 2-3 minutes until veggies are tender.
2. In a small bowl, whisk together soy sauce, garlic, sesame oil, vegetable broth and cornstarch.
3. Pour over veggies and cook until the sauce has thickened. Garnish with chopped green onions and sesame seeds if desired.

**Dessert: Chocolate nut butter cups**

**Time: 4 hours 15 minutes**

**Servings: 9**

**Ingredients:**

1 (3.5 ounce) 85% dairy free dark chocolate bar

½ cup creamy natural peanut butter or almond butter

½ tbsp pure maple syrup

½ tbsp coconut flour

Pinch salt

Fancy sea salt to sprinkle on top

**Preparation:**

1. Line a mini muffin pan with muffin liners.
2. Melt chocolate: You can melt half the chocolate in a medium saucepan over low heat, stirring frequently.
3. Once chocolate is melted add 1 tsp to the bottom of each cup. Use the spoon to push/spread the chocolate all the way up the sides of each liner.
4. Once filled, place the pan in the freezer for just a few minutes to harden the chocolate.
5. Make the peanut butter cup filling: Add peanut butter, maple syrup and coconut flour to a medium bowl and mix until smooth, place ½ tablespoon of the mixture in each cup on top of the chocolate. It should fill pretty much to the top.
6. Place back in the freezer while you melt the remaining chocolate on the stovetop as you did with the previous bar.
7. Spoon about 1 tsp on top of the peanut butter, making sure you cover all of the peanut butter filling. Freezer for 5-10 minutes until chocolate is solid.
8. Once cups are firm, you can store them in the fridge or freezer until ready to eat.



## **Snack: Vegetarian Apple chips**

**Time: 3 hours**

### **Ingredients:**

2 apples, thinly sliced

2 tsp. granulated sugar

½ tsp cinnamon

### **Preparation:**

1. Preheat oven to 200F degrees.
2. In a large bowl toss apples with sugar and cinnamon.
3. Place a metal rack inside a rimmed baking sheet.
4. Lay apples slices on top of rack, spacing them so that no apples overlap.
5. Bake for 2 to 3 hours, flipping apples halfway through, until apples dried out but still pliable.
6. Apples will continue to crisp while cooling.
7. Once cooled,
8. Enjoy!

