



Association pour la santé environnementale du Québec  
Environmental Health Association of Québec

# ECO-JOURNAL

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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: Vegan Banana Bread

**Prep Time: 10 minutes**

**Servings: 8-10 (slices)**

### Ingredients:

1 3/4 cups flour (whole wheat, unbleached all-purpose, or gluten free blend)  
1/3 cup organic sugar  
1 1/2 tsp baking powder  
1/2 tsp baking soda  
pinch of mineral salt  
1/3 cup neutral flavored oil (or vegan butter at room temp or applesauce)

1 tsp vanilla extract

4 small or 3 large overripe bananas (about 1 1/2 – 1 3/4 cups) smashed

1/4 cup almond milk, use only if needed

Optional:

1/2 cup walnuts OR 1/2 cup chocolate chips



### Preparation:

1. Preheat oven to 350 degrees and grease your loaf pan.
2. One bowl method: In a medium sized mixing bowl, mash 3 – 4 bananas (about 1 1/2 cups - 1 3/4 cups), add oil and vanilla extract, mix again. Add the flour, sugar, baking soda, baking powder and salt, and mix well \*don't overmix\* until the flour is combined. Batter will be slightly thick with a few lumps. If mixture seems too thick, add non-dairy milk, especially if using heavier flours such as whole wheat.
3. Pour batter into a greased loaf pan. Bake for about 50 min – 1 hour.
4. Let cool for 10 min before slicing! Enjoy!

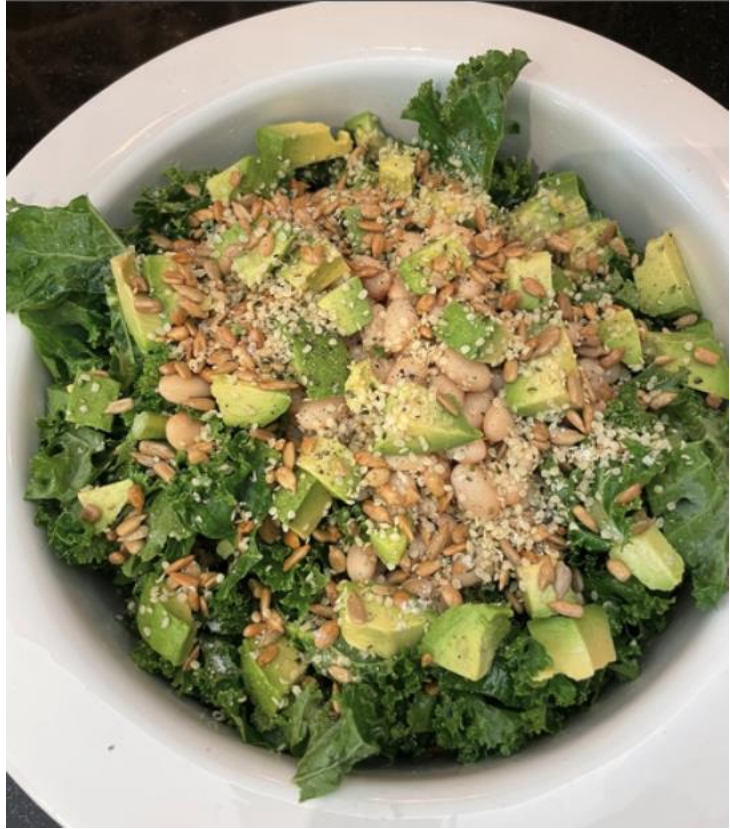
**Lunch: Chamberlain's Kale Salad**

**Time: 15 minutes**

**Servings: 6**

**Ingredients:**

- 1 bag chopped kale
- 1 ripened avocado
- 1 can organic great northern beans
- Roasted and unsalted sunflower seeds
- Shelled hemp seeds
- Light taste olive oil
- Salt
- Pepper
- For the dressing:
  - 3 tbsp lemon juice or one whole lemon
  - 2 tbsp maple syrup
  - 1 tbsp organic yellow mustard
  - 4 tbsp light taste olive oil



**Preparation:**

1. Wash and dry kale and place in a large bowl.
2. Drizzle with olive oil and massage into kale.
3. Add in white beans, sliced avocado, sunflower seeds.
4. Season with salt and pepper and mix salad together.
5. For the dressing, add lemon juice, maple syrup, mustard and olive oil and whisk all together.
6. Pour desired amount of dressing onto salad and mix.
7. Enjoy!

## **Dinner: Black Bean Veggie Burger**

**Time: 45 minutes**

**Servings: 6-7 burgers**

### **Ingredients:**

2 (14 ounce) cans black beans, drained, rinsed, and patted dry

1 Tbsp extra-virgin olive oil

3/4 cup finely chopped bell pepper (1/2 of a pepper)

1 cup finely chopped yellow onion (1/2 of a large onion)

3 garlic cloves, minced (about 1 Tbsp)

1 and 1/2 tsp ground cumin

1 tsp chili powder

1/2 tsp garlic powder

1/4 tsp smoked paprika

1/2 cup breadcrumbs or oat flour

1/3 cup mashed sweet potato

2 Tbsp ketchup, mayo, or BBQ sauce

pinch salt + pepper

### **Preparation:**

1. Preheat oven to 350 degrees. Spread beans evenly onto a lined baking sheet and bake for 15 minutes until slightly dried out.
2. Meanwhile, sauté olive oil, chopped pepper, onion, and garlic over medium heat until peppers and onions are soft, about 5-6 minutes. Gently blot some of the moisture out. Place in a large bowl or in food processor with the remaining ingredients (cumin, chili powder, garlic powder, smoked paprika, breadcrumbs, ketchup, salt, and pepper). Stir everything together, then add the black beans. Mash with a fork or pulse the mixture, leaving some larger chunks of beans.
3. Form into patties, about 1/3 cup of mixture in each.
4. To bake: Place patties on a parchment paper lined baking sheet and bake at 375 degrees for 10 minutes on each side.
5. To grill: Place patties on a greased aluminum foil and grill 8 minutes on each side. Grill on medium-high heat.
6. Serve with your favourite toppings!



**Dessert: Vegan frozen yogurt bars**

**Time: 3 hours & 10 minutes**

**Servings: 10**

**Ingredients:**

200 grams biscuits

50 grams oats

140 grams coconut oil (melted)

370 grams non-dairy yogurt

100 grams raspberries (or another berry)

1 tbsp maple syrup

**Preparation:**

1. Place gram biscuits in a food mixer and pulse until you get a flour, pour it into a bowl and add the coconut oil previously melted in the microwave.
2. Mix the mixture well and pour it into a low baking tray covered with parchment paper, forming a homogeneous and well compact layer. Place in the freezer for 5 minutes to solidify while you go in with the next step.
3. In a bowl mix the yogurt with the maple syrup, then pour it on the base of dry biscuits and coconut oil creating a uniform layer. Decorate the surface with the raspberries cut in half and put everything back in the freezer for at least 3 hours.
4. Once everything has solidified, remove from freezer, lift the parchment paper, and place the yogurt bar on a cutting board. Cut it into bars and serve after letting it rest 2-3 minutes at room temperature to soften them slightly.
5. Enjoy!



**Snack: Apple slices and nut-butter**

**Time: 10 minutes**

**Servings: 1**

**Ingredients:**

1 apple, cored and sliced

1 lemon, juiced

1-2 tbsp nut-butter of your choice

**Preparation:**

1. Core and slice apple
2. Add slices and lemon juice to a bowl and mix.
3. Serve with nut-butter of your choice on a plate!

