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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: Strawberry Banana Smoothie

Prep Time: 5 minutes

Servings: 1

Ingredients:

½ cup coconut yogurt

2 cups strawberries frozen

1 banana fresh or frozen

1 cup almond milk

2 teaspoons honey optional

½ teaspoon chia seeds optional

Preparation:

1. Place frozen fruit in the blender, add remaining ingredients.
2. Blend until smooth. Serve immediately.
3. Leftover blended smoothie can be frozen in cubes for future use.



Lunch: Classic Tomato Sandwich

Time: 10 minutes

Servings: 1

Ingredients:

2 slices of bread (bread of your choice)

1 tomato sliced

2-3 leaves of romaine lettuce torn-up

Vegan mayo

Salt and pepper

Preparation:

1. Wash and prepare vegetables
2. Toast bread and spread with mayo
3. Place 2-4 slices of tomato on bread, season well with salt and pepper and top with lettuce.
4. Serve with veggies and enjoy!



Dinner: Veggie Bowl

Time: 20 minutes

Servings: 2

Ingredients:

2 cups cooked brown rice or other grain,
bulgur, quinoa, etc.

2 cups broccoli florets

1 cup shredded broccoli

1/2 cup shredded carrots

1 cup cooked chickpeas or another bean
crushed peanuts (or other seeds or nuts),
optional

1 cup tahini sauce (ingredients below)

Sauce:

1/3 cup tahini paste

1/3 cup water

1/3 cup lemon juice

1-2 tablespoons maple syrup or another sweetener, optional

1/2 teaspoon minced garlic , optional

1/4 teaspoon turmeric, optional

sriracha sauce or other hot sauce, optional





Preparation:

1. Cook grain according to package instructions. I love to use leftover rice or bulgur that is already in my refrigerator. Another option is to buy the brown rice in boil-in bags that can be cooked on the stove top in about 10 minutes.
2. Steam broccoli by placing florets in approximately 4 Tbsp of water, and cooking on stove top for 3 minutes.
3. To assemble, place cooked rice or other grain in medium serving bowl with cooked broccoli or other vegetables of choice. Roasted cauliflower or sweet potatoes work well too.
4. Add cooked beans if using. Normally, I used chickpeas in my veggie bowl, but any beans you have on hand will be fine. Some favorites are edamame, peas, lentils, black beans, or others.
5. Add shredded broccoli, carrots, other vegetables, crushed peanuts.
6. Drizzle tahini sauce over top and serve!
7. Tahini Sauce
8. Add all ingredients except the water to a medium-sized bowl and whisk together.
9. Slowly add in water and whisk until creamy and pourable. If the mixture seems stiff at first, continue to whisk and add small amounts of water at a time until smooth and creamy.
10. Keeps in the refrigerator for up to 10 days.

Dessert: Vegan Lemon Bars

Time: 50 minutes

Servings: 16 (bars)

Ingredients:

For the base:

- 1 1/2 cups all-purpose flour
- 1/2 cup white organic sugar
- 1/4 teaspoon salt
- 1/2 cup coconut oil softened a bit but not melted
- 1/2 cup unflavored soy or almond milk

For the lemon curd:

- 2/3 cup lemon juice about 4 to 6 lemons
- 1/2 cup white organic sugar
- 1/4 cup cornstarch
- 2 tablespoons lemon zest
- 1/2 teaspoon lemon extract
- 1/4 teaspoon salt
- Pinch turmeric optional, for color
- 3/4 cup coconut cream

For topping:

- Powdered sugar





Preparation:

1. Preheat the oven to 350°F and lightly oil a 9 x 9-inch square baking pan.
2. Make the base by stirring together the flour, sugar, and salt together in a medium mixing bowl. Add the coconut oil and cut it in using a fork, until the mixture resembles fine crumbs. Stir in the milk to form a dough, continuing to stir or mix with your hands until it's nice and uniform.
3. Press the dough evenly into the bottom of the prepared baking pan. Place it into the oven and bake just until the edges begin to brown, about 20 minutes.
4. While the base bakes, make the curd. Place the lemon juice, sugar, cornstarch, lemon zest, lemon extract, salt, and turmeric (if using) into a small saucepan. Whisk until uniformly combined. Place the saucepan over medium heat and whisk in the coconut cream. Continue to whisk the mixture constantly as it heats up. The mixture should thicken up quickly once it gets to a simmer. Cook about 1 minute more, continuing to whisk vigorously, then remove the saucepan from the heat.
5. Once the base comes out of the oven, pour the lemon mixture over it, and smooth it out into an even layer. Return the pan to the oven and bake about 15 minutes longer. You should see a few bubbles forming in the curd by this time.
6. Remove the pan from the oven and transfer it to a cooling rack to cool. The curd will continue to set as it cools. Once it has cooled completely and the curd has set, slice into 16 bars.
7. Sprinkle with powdered sugar and serve.

Snack: Popcorn

Time: 10 minutes

Servings: 4

Ingredients:

3 tbsp extra virgin olive oil

1/3 cup high quality popcorn kernels

Salt

Preparation:

1. Heat oil in saucepan on medium high heat
2. Put 3 kernels in the pan and wait for them to pop.
3. Once they have popped, add the rest of the popcorn.
4. Cover the pot, remove from heat and count to 30 seconds.
5. Return the pan to the heat, the popcorn should begin popping right away. Once popping starts, shake pan back and forth over the burner.
6. Once the popping slows down enough, remove the lid, and dump the popcorn immediately into a wide bowl.
7. Sprinkle with salt and enjoy!

