

# KID-FRIENDLY RECIPES



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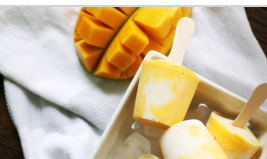
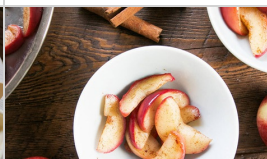


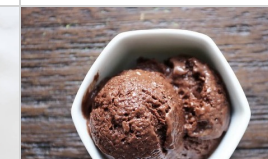
Experienced Naturopath &  
Nutritionist Emma can help you in  
healing your acne, eczema,  
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issues.



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EMMAGRACE

Naturopathy 

	Mon	Tue	Wed	Thu	Fri
Breakfast	 Sweet Potato & Egg Hash	 Lucky Green Smoothie	 Simple Banana Pancakes	 Berry Avocado Smoothie	 Greek Yogurt Waffles
Snack 1	 Carrot & Banana N'Oatmeal Bake	 Hummus Dippers	 Yogurt & Berries	 Eggs, Cheese & Crackers	 Kiwi & Apple Chips
Lunch	 Turkey Hummus Sandwich	 Savory Roasted Chickpeas	 Egg & Arugula Wrap	 Spinach & Sausage Egg Muffins	 Tuna Avocado Sandwich
Snack 2	 Strawberry Coconut Oatmeal Muffins	 Moroccan Lamb Meatballs	 Carrots & Guacamole	 Brownie Batter Protein Balls	 Chocolate Cherry Chia Pudding
Dinner	 One Pan Chicken Fajita Bowls	 Slow Cooker Spaghetti Squash & Meatballs	 Penne with Bursting Cherry Tomato Sauce	 Herbed Chicken Tenders with Honey Dijon	 Steak Fried Rice
Snack 3	 Mango Coconut Popsicles	 Warm Apples with Cinnamon	 Sunbutter Pumpkin Protein Balls	 Cranberry Orange Sorbet	 Chocolate Banana Ice Cream

**Fruits**

- 1 Apple
- 3 1/4 Avocado
- 7 Banana
- 3/4 cup Cherries
- 1 Kiwi
- 2 Lime
- 1/2 cup Strawberries

**Breakfast**

- 3 1/2 tbsps Maple Syrup
- 1/3 cup Pumpkin Seed Butter

**Seeds, Nuts & Spices**

- 3/4 tsp Black Pepper
- 1/2 tsp Cayenne Pepper
- 1/3 cup Chia Seeds
- 1 tbsps Chili Powder
- 1 tsp Cinnamon
- 1 tsp Coriander
- 1 1/2 tbsps Cumin
- 2 tbsps Ground Flax Seed
- 1/3 cup Hemp Seeds
- 1 1/2 tpsps Italian Seasoning
- 1 1/2 tpsps Oregano
- 1 1/2 tpsps Paprika
- 1 tbsps Poultry Seasoning
- 1 1/16 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 tsp Smoked Paprika
- 1 1/2 tpsps Turmeric

**Frozen**

- 1 Brown Rice Tortilla
- 2 1/2 cups Frozen Berries
- 1/4 cup Frozen Cauliflower
- 1 1/4 cups Frozen Cranberries
- 2 3/4 cups Frozen Mango
- 2 cups Frozen Vegetable Mix

**Vegetables**

- 1 cup Arugula
- 7 cups Baby Spinach
- 1 cup Basil Leaves
- 13 3/4 Carrot
- 4 stalks Celery
- 3 cups Cherry Tomatoes
- 1/4 cup Cilantro
- 2 Garlic
- 1 Green Bell Pepper
- 2 stalks Green Onion
- 2 cups Kale Leaves
- 1 cup Mixed Greens
- 1 Orange Bell Pepper
- 3 Red Bell Pepper
- 2 tbsps Red Onion
- 1/2 Spaghetti Squash
- 2 Sweet Potato
- 3/4 Yellow Bell Pepper
- 1/2 Zucchini

**Boxed & Canned**

- 2 cups Black Beans
- 3 2/3 cups Canned Coconut Milk
- 113 grams Chickpea Pasta
- 3 cups Chickpeas
- 1 1/2 cups Crushed Tomatoes
- 2/3 cup Jasmine Rice
- 78 grams Oat Crackers
- 1 can Tuna

**Baking**

- 2 1/2 tpsps Baking Powder
- 1/2 tsp Baking Soda
- 2 tbsps Brown Rice Flour
- 1 tbsps Cacao Powder
- 2 tbsps Cocoa Powder
- 1/2 cup Coconut Flour
- 1/2 cup Dark Chocolate Chips
- 1 tbsps Nutritional Yeast
- 1 1/4 cups Oats

**Bread, Fish, Meat & Cheese**

- 4 slices Bread
- 56 grams Cheddar Cheese
- 680 grams Chicken Breast
- 227 grams Extra Lean Ground Turkey
- 400 grams Ground Lamb
- 1 cup Hummus
- 249 grams Pork Sausage
- 100 grams Sourdough Bread
- 454 grams Top Sirloin Steak
- 227 grams Turkey Breast, Cooked

**Condiments & Oils**

- 2 1/2 tpsps Avocado Oil
- 2 1/16 tpsps Coconut Oil
- 3 tpsps Dijon Mustard
- 2/3 cup Extra Virgin Olive Oil
- 1/4 cup Sunflower Seed Butter

**Cold**

- 3/4 cup Cow's Milk, Reduced Fat
- 21 1/2 Egg
- 1/3 cup Egg Whites
- 1 tbsps Oat Milk
- 1/2 cup Orange Juice
- 2 cups Plain Coconut Milk
- 2 1/3 cups Plain Greek Yogurt

**Other**

- 28 grams Apple Chips
- 3/4 cup Chocolate Protein Powder
- 1/3 cup Vanilla Protein Powder
- 2 cups Water



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- 1/3 cup Pitted Dates
  - 1/4 cup Pureed Pumpkin
  - 1/2 cup Raisins
  - 1 1/2 tbsps Raw Honey
  - 227 grams Unbleached All Purpose Flour
  - 1 1/16 cups Unsweetened Shredded Coconut
  - 1 1/2 tsps Vanilla Extract



## Sweet Potato & Egg Hash

2 servings

25 minutes

### Ingredients

- 1 tsp Coconut Oil
- 1 Sweet Potato (medium, diced)
- 1/2 tsp Smoked Paprika
- 1 Red Bell Pepper (diced)
- 2 cups Kale Leaves (chopped and packed)
- 2 Egg
- Sea Salt & Black Pepper (to taste)
- 1 Avocado (sliced)
- 1 stalk Green Onion (sliced)

### Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Heat a cast iron pan over medium heat and add oil. Once melted, add the diced sweet potato. Cook for about 4 minutes undisturbed. Once browned, flip them around and continue cooking for 5 more minutes.
- 3 Add the smoked paprika and diced pepper and cook for another 2 minutes. Then add the chopped kale and cook until just wilted. Remove the pan from the heat.
- 4 Make two spaces in the hash mix and crack eggs into each space. Season with sea salt and pepper and place in the oven to bake for 6 to 8 minutes, or until eggs are cooked to your preference.
- 5 Remove from the oven and garnish with avocado and green onion. Divide onto plates and enjoy!

### Notes

**No Sweet Potato:** Use butternut squash instead.

**No Kale:** Use another leafy green, such as beet greens or rapini.

**More Protein:** Add extra eggs.

**Prep Ahead:** Chop vegetables in advance to save time.



## Lucky Green Smoothie

1 serving  
10 minutes

### Ingredients

3/4 cup Frozen Mango  
1 Lime (juiced)  
1 cup Baby Spinach (packed)  
1 tbsp Ground Flax Seed  
2 tbsps Hemp Seeds  
1 3/4 cups Water

### Directions

1

Place all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

### Notes

**No Mango:** Add frozen pineapple or banana instead.

**More Protein:** Add a scoop of your favorite protein powder.



## Simple Banana Pancakes

2 servings

20 minutes

### Ingredients

2 Banana (ripe)  
4 Egg  
1 tbsp Coconut Oil

### Directions

- 1 In a bowl, mash the bananas very well until quite smooth. Add the eggs and beat gently with a fork for about 30 seconds.
- 2 Heat coconut oil in a skillet over medium heat. Add 1/4 cup of the batter at a time to form pancakes, cooking for about 1-2 minutes per side.
- 3 Serve with a sprinkle of cinnamon or a drizzle of maple syrup if desired.

### Notes

**Serving Size:** One serving is approximately two pancakes.

**Likes it Sweet:** Add blueberries or chocolate chips into the batter.





## Berry Avocado Smoothie

1 serving

5 minutes

### Ingredients

1 cup Plain Coconut Milk  
(unsweetened, from the box)  
1/2 Zucchini (chopped, frozen)  
1/4 cup Frozen Cauliflower  
1/2 cup Frozen Berries  
1/4 Avocado  
1 tbsp Chia Seeds  
1/4 cup Vanilla Protein Powder

### Directions

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

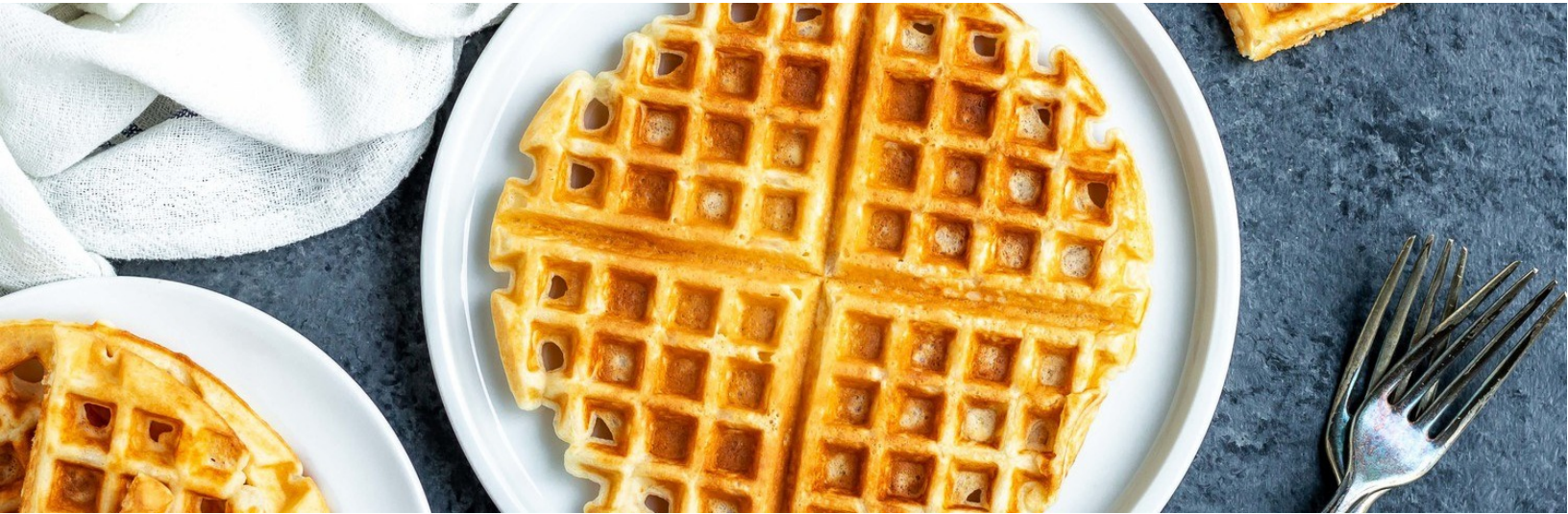
### Notes

**No Chia Seeds:** Use flax seeds instead.

**No Avocado:** Use almond butter or sunflower seed butter instead.

**Additional Toppings:** Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder.



## Greek Yogurt Waffles

3 servings

25 minutes

### Ingredients

3/4 cup Cow's Milk, Reduced Fat  
1/3 cup Plain Greek Yogurt  
1 Egg  
3/4 tsp Vanilla Extract  
227 grams Unbleached All Purpose Flour  
2 tsp Baking Powder  
1/8 tsp Sea Salt  
1 tbsp Avocado Oil (for the waffle maker)

### Directions

- 1 In a mixing bowl, combine the milk, Greek yogurt, egg, and vanilla extract. Whisk in the flour, baking powder, and salt and continue to stir until just combined.
- 2 Preheat the waffle maker to medium-high heat. Lightly brush the waffle maker with some of the oil. Spoon the batter onto the bottom side of the waffle maker in 1/2 cup portions. Cook the waffles for two to three minutes or until golden brown. Repeat with the remaining batter brushing the waffle maker with more oil between each waffle.
- 3 Divide waffles between plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Freeze for up to two months. Reheat in a toaster or toaster oven.

**Serving Size:** One serving equals two waffles.

**Gluten-Free:** Use all-purpose gluten-free flour instead.

**More Flavor:** For a sweeter waffle add maple syrup, honey, or sweetener of choice to the batter.

**Additional Toppings:** Maple syrup, fresh fruit, jam, or nut butter.

**No Waffle Maker:** Make them into pancakes instead.

**No Cow's Milk:** Use almond milk or another milk alternative instead.



## Carrot & Banana N'Oatmeal Bake

6 servings

1 hour

### Ingredients

1 3/4 cups Canned Coconut Milk  
3 Banana (medium, ripe, mashed)  
1/4 cup Coconut Flour  
1/2 tsp Baking Soda  
6 Carrot (medium, shredded)  
3/4 cup Unsweetened Shredded Coconut (plus more for garnish)  
1/2 cup Raisins

### Directions

- 1 Preheat the oven to 350°F (175°C). Line a baking dish with parchment paper.
- 2 In a large mixing bowl, stir together all the ingredients until well combined. Transfer to the baking dish and spread evenly. Bake for 55 minutes.
- 3 Garnish with shredded coconut (optional). Slice and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for one week, or freeze in individual portions if longer.

**Serving Size:** One serving equals one square. A 9 by 13-inch baking dish was used to make six servings.

**More Flavor:** Add cinnamon, nutmeg, vanilla extract, your sweetener of choice and/or a pinch of salt.

**Additional Toppings:** Walnuts, whipped coconut cream, yogurt, or ice cream.

**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.



## Hummus Dippers

3 servings

15 minutes

### Ingredients

- 3/4 Yellow Bell Pepper
- 3/4 Carrot
- 3 stalks Celery
- 3/4 cup Hummus

### Directions

- 1 Slice your pepper, carrot and celery into sticks.
- 2 Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with ¼ cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

### Notes

**Mix it Up:** Substitute in different veggies like cucumber or zucchini.



## Yogurt & Berries

2 servings

5 minutes

### Ingredients

- 2 cups Plain Greek Yogurt
- 2 cups Frozen Berries (thawed)

### Directions

- 1 Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

### Notes

**Dairy-Free:** Use a dairy-free yogurt like coconut, almond or cashew.

**No Frozen Berries:** Use any type of fresh fruit instead.



## Eggs, Cheese & Crackers

2 servings

15 minutes

### Ingredients

- 2 Egg
- 56 grams Cheddar Cheese (sliced)
- 78 grams Oat Crackers

### Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Peel the eggs when they are cool enough to handle and slice into halves.
- 3 Serve the eggs with the cheese and crackers on a plate or in a container if on the go. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Store crackers separately.

**Serving Size:** One serving is equal to one egg, one ounce of cheese, and four crackers.

**Dairy-Free:** Use dairy-free cheese instead.

**More Flavor:** Season the egg with salt and pepper.

**Additional Toppings:** Add raw veggies, like cucumber slices, celery, or carrot sticks.

**No Oat Crackers:** Use another cracker instead.



## Kiwi & Apple Chips

1 serving

5 minutes

### Ingredients

1 Kiwi (halved)  
28 grams Apple Chips

### Directions

- 1 Place the kiwi and apple chips on a plate. Enjoy!

### Notes

**Additional Toppings:** Almonds, brazil nuts, or cashews.



## Turkey Hummus Sandwich

2 servings

5 minutes

### Ingredients

4 slices Bread  
227 grams Turkey Breast, Cooked  
2 tbsps Hummus  
1 tsp Dijon Mustard  
1 cup Mixed Greens

### Directions

- 1 Lightly toast the bread.
- 2 Spread one slice of the bread with hummus and mustard. Layer on the turkey and mixed greens. Place the second slice of bread over top. Slice and enjoy!

### Notes

**No Turkey:** Use chicken breast instead.

**Vegan & Vegetarian:** Use smashed chickpeas instead of turkey.

**Gluten-Free:** Use gluten-free bread instead or make it as a lettuce wrap.





## Savory Roasted Chickpeas

2 servings

30 minutes

### Ingredients

3 cups Chickpeas (canned, or cooked and drained)  
1 tbsp Extra Virgin Olive Oil  
1 tbsp Poultry Seasoning  
1/2 tsp Sea Salt  
1/4 tsp Black Pepper

### Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Pat chickpeas dry with a paper towel. Place chickpeas in a mixing bowl and add olive oil, poultry seasoning, sea salt, and black pepper. Mix until chickpeas are evenly coated.
- 3 Spread the chickpeas across the baking sheet. Bake for 20 minutes, tossing halfway through.
- 4 Let cool before storing in an airtight container in the fridge.

### Notes

**Leftovers:** They keep well in an airtight container in the fridge for up to 5 days. They will lose their crunchiness with time, so throw them back into the oven before eating if you want to crisp them back up.

**Make Them Crispy:** Bake for longer if you like them really crispy.



## Roasted Sweet Potato Rounds

2 servings

35 minutes

### Ingredients

1 Sweet Potato (medium, washed and scrubbed)

3/4 tsp Coconut Oil

### Directions

- 1 Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Slice the sweet potatoes into 1/2 inch rounds and place them on the baking sheet.
- 3 Brush the slices with melted coconut oil, then flip them over and repeat.
- 4 Place in the oven and bake for 30 to 35 minutes, flipping them at the halfway point. The rounds should be starting to brown on each side.
- 5 Remove from oven. Season them with your favourite spices (we like sea salt and cinnamon) and enjoy!

### Notes

**Serve it With :** A side dish, with guacamole, or with your favorite dressing for dipping. You can also use them as a burger bun replacement!



## Egg & Arugula Wrap

1 serving

10 minutes

### Ingredients

- 1 1/2 tps Avocado Oil
- 1 Egg
- 1/3 cup Egg Whites
- 1/4 tsp Sea Salt (to taste)
- 1/2 Avocado (mashed)
- 1 Brown Rice Tortilla
- 1 cup Arugula

### Directions

- 1 Heat the oil in a large pan over medium-high heat. Add the egg and egg whites into the pan. Cook for 15 seconds, then shake the pan gently to break the yolk. Rotate the pan to spread and cook the eggs evenly. Season with salt and fold into an omelette.
- 2 Spread the avocado onto the tortilla and top with the arugula and omelette. Roll up the wrap and enjoy!

### Notes

**Leftovers:** This recipe is best enjoyed immediately. Refrigerate in an airtight container for up to one day.

**More Flavor:** Add sauerkraut, pickled red onion, kimchi, and/or mayonnaise.

**Additional Toppings:** Add tomatoes, snap peas, fresh dill, cucumber, bell pepper, and/or grated carrot.



## Spinach & Sausage Egg Muffins

6 servings

30 minutes

### Ingredients

1 1/2 tps Extra Virgin Olive Oil  
249 grams Pork Sausage (casing removed)  
6 cups Baby Spinach (chopped)  
8 Egg  
1/4 cup Water  
1/4 tsp Sea Salt  
1 stalk Green Onion (chopped)

### Directions

- 1 Preheat the oven to 350°F (176°C) and grease a muffin tray with the oil or use a silicone muffin tray.
- 2 In a pan over medium-high heat, cook the sausage until no longer pink, about 5 to 8 minutes. Break it up into little pieces as it cooks. Drain the excess drippings from the pan and stir in the spinach. Cook until the spinach has wilted then remove the pan from heat to let cool slightly.
- 3 In a mixing bowl whisk the eggs together with the water and sea salt. Fold in the green onion.
- 4 Divide the sausage mixture evenly into the prepared muffin tray and pour in the egg mixture. Bake for 15 to 18 minutes until the egg is firm to the touch and just brown around the edges. Let the egg muffins cool slightly before removing them from the tray. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is two egg muffins.

**More Flavor:** Use milk of choice instead of water. Add chili flakes, black pepper or hot sauce to the eggs.

**Make it Vegetarian:** Omit the sausage.

**No Sausage:** Use ground pork, turkey or chicken instead. Season the ground meat with additional salt.

**No Spinach:** Use kale or chard instead.



## Tuna Avocado Sandwich

1 serving

10 minutes

### Ingredients

1 can Tuna  
Sea Salt & Black Pepper (to taste)  
1 stalk Celery (finely chopped)  
2 tbsps Red Onion (finely chopped)  
1/2 Avocado (medium)  
100 grams Sourdough Bread (toasted)

### Directions

- 1 In a small bowl add the tuna, salt and pepper, celery, and red onion. Mix together until well combined. Add the avocado and mash into the tuna mixture.
- 2 Scoop the tuna on top of one of the slices of bread and place the other slice on top. Slice and enjoy!

### Notes

**Leftovers:** Refrigerate the tuna in an airtight container for up to three days. For best results, mix with the avocado and serve it on the bread just before enjoying.

**Gluten-Free:** Use gluten-free bread instead.

**Canned Tuna:** One can of tuna is equal to 165 grams or 5.8 ounces, drained.

**No Red Onion:** Use chives or green onions instead.

**No Avocado:** Use mayonnaise or Greek yogurt instead.

**Sourdough Bread:** One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.



## Strawberry Coconut Oatmeal Muffins

6 servings

40 minutes

### Ingredients

- 1 cup Canned Coconut Milk (full fat)
- 2 tbsps Maple Syrup
- 3/4 tsp Vanilla Extract
- 1 tbsp Ground Flax Seed
- 1 cup Oats (rolled)
- 1/4 cup Unsweetened Shredded Coconut
- 1/2 tsp Baking Powder
- 1/2 cup Strawberries (fresh, chopped)

### Directions

- 1 Preheat the oven to 375°F (190°C) and line a muffin tray with liners or use a silicone muffin tray.
- 2 In a small mixing bowl combine the coconut milk, maple syrup, vanilla extract, and ground flax. Stir to combine and let it sit for at least five minutes.
- 3 In a second mixing bowl combine the oats, shredded coconut and baking powder. Add the coconut milk mixture to the oats and mix well. Fold in the chopped strawberries.
- 4 Divide the oatmeal batter between the muffin cups and bake for 24 to 28 minutes or until the muffins are golden brown around the edges and just firm to the touch. Let the muffins cool in the tray for five minutes before transferring to a cooling rack to cool completely. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days or freeze for up to one month.

**Serving Size:** One serving is equal to one muffin.

**More Flavor:** Add cinnamon or a pinch of salt.

**No Strawberries:** Use blueberries or raspberries instead. Fresh berries are best instead of frozen.

**No Maple Syrup:** Use honey or agave instead.

**No Rolled Oats:** Use quick oats instead.

**No Muffin Liners:** Use a non-stick muffin pan or grease pan with coconut oil.



## Moroccan Lamb Meatballs

4 servings

25 minutes

### Ingredients

400 grams Ground Lamb  
1/4 cup Cilantro (finely chopped)  
1 1/2 tsps Cumin  
1 1/2 tsps Turmeric  
1 1/2 tsps Paprika  
1 tsp Coriander  
1/2 tsp Cinnamon  
1/2 tsp Cayenne Pepper  
1/2 tsp Sea Salt  
1 tbsp Extra Virgin Olive Oil

### Directions

- 1 In a mixing bowl, combine the ground lamb, cilantro, cumin, turmeric, paprika, coriander, cinnamon, cayenne and sea salt. Mix well and roll into 1.5-inch balls.
- 2 Heat the oil in a large frying pan over medium heat. Add the meatballs to the pan and cook for 6 to 8 minutes. Flip the meatballs and continue to cook for an additional 6 to 8 minutes or until cooked through.
- 3 Serve immediately and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately three meatballs.

**More Flavor:** Add minced garlic or onions to the ground lamb mixture.

**Additional Toppings:** Garnish with fresh herbs like cilantro or parsley. Serve with tzatziki or hummus.

**No Extra Virgin Olive Oil:** Use avocado oil or coconut oil instead.

**Make it a Meal:** Serve meatballs on top of a salad, inside a pita or beside cauliflower rice or roasted potatoes.



## Carrots & Guacamole

2 servings

5 minutes

### Ingredients

- 4 Carrot (medium)
- 1 Avocado
- 1 Lime (juiced)
- 1/4 tsp Sea Salt (or more to taste)

### Directions

- 1 Peel and slice carrots into sticks.  
;
- 2 Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.  
;
- 3 Dip the carrots into the guac & enjoy!

### Notes

**Leftovers:** Store the guacamole in an airtight container in the refrigerator for up to two days. Sliced carrots can be stored in the refrigerator for up to four days.

**Spice it Up:** Add chili flakes, salsa and/or chopped cilantro to the guacamole.





## Brownie Batter Protein Balls

6 servings

40 minutes

### Ingredients

- 1/3 cup Pitted Dates (packed)
- 2 cups Black Beans (cooked)
- 1/2 cup Chocolate Protein Powder
- 1/3 cup Pumpkin Seed Butter
- 1/2 tsp Sea Salt
- 1 tbsp Cacao Powder
- 1/2 cup Dark Chocolate Chips (optional)

### Directions

- 1 Line a baking sheet with parchment paper.
- 2 Combine dates, black beans, chocolate protein powder, pumpkin seed butter, sea salt, and cacao powder in the bowl of your food processor. Process until smooth, scraping down the sides as necessary.
- 3 Roll the dough into 1-inch balls and place on the covered baking sheet. You should have about 3 balls per serving.
- 4 To make the optional chocolate drizzle: melt the chocolate chips in a double boiler and drizzle over balls.
- 5 Refrigerate at least 1 hour to set. Enjoy!

### Notes

**Serving Size:** Nutrition information is calculated based on 3 balls per serving.

**Storage:** Store in an airtight container in the fridge up to 1 week, or in the freezer for up to 1 month.

**No Pumpkin Seed Butter:** Use tahini, sunflower butter, almond butter or peanut butter instead.

**Preferred Protein Powder:** This recipe was developed and tested using Genuine Health Vegan Fermented Protein Powder in Chocolate. For best results, use a plant-based protein powder.



## Chocolate Cherry Chia Pudding

2 servings

30 minutes

### Ingredients

1/4 cup Chia Seeds  
1 cup Plain Coconut Milk  
(unsweetened, from the carton)  
1/4 cup Chocolate Protein Powder  
3/4 cup Cherries (pitted)  
1 tbsp Unsweetened Shredded  
Coconut

### Directions

- 1 In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Top the chia pudding with the cherries and the coconut. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**No Protein Powder:** Use raw cacao powder instead of protein powder, using half the amount.

**Likes it Sweet:** Add a drizzle of maple syrup or honey.

**Additional Toppings:** Add granola or cacao nibs on top for crunch.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder.



## One Pan Chicken Fajita Bowls

4 servings

40 minutes

### Ingredients

2 Red Bell Pepper (sliced)  
1 Orange Bell Pepper (sliced)  
1 Green Bell Pepper (sliced)  
2 tbsps Extra Virgin Olive Oil  
454 grams Chicken Breast  
1 tbsp Cumin  
1 tbsp Chili Powder  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, toss the sliced bell peppers with the olive oil. Transfer to a baking sheet and add the sliced chicken breast. Sprinkle with cumin, chilli powder, salt and pepper.
- 3 Bake for 30 minutes, or until chicken is cooked through.
- 4 Divide between bowls or containers. Enjoy!

### Notes

**Leftovers:** Keeps well in the fridge for 3 days.

**More Carbs:** Serve with brown rice, quinoa or black beans.

**More Fat:** Serve with avocado or cheese.

**Vegan/Vegetarian:** Use tofu or chickpeas instead of chicken.



## Slow Cooker Spaghetti Squash & Meatballs

2 servings

4 hours

### Ingredients

227 grams Extra Lean Ground Turkey  
2 tbsps Brown Rice Flour  
1/2 Egg (whisked)  
1 tbsp Extra Virgin Olive Oil (divided)  
1 1/2 tsps Oregano (divided)  
1 1/2 cups Crushed Tomatoes  
1/2 tsp Sea Salt (divided)  
1/2 tsp Black Pepper (divided)  
1/2 Spaghetti Squash (medium)

### Directions

- 1 In a large mixing bowl, combine the extra lean ground turkey, brown rice flour, egg, half of the olive oil and half of the oregano. Mix well. Use your clean hands to roll the turkey mixture into small meatballs, about the size of golf balls. Set on a plate.
- 2 In the bottom of your slow cooker, add the remaining olive oil and oregano. Add in the crushed tomatoes, half the sea salt and half of the black pepper. Mix well and then submerge your turkey meatballs into the sauce.
- 3 Very carefully cut your spaghetti squash in half lengthwise, and scoop out the seeds. Add the remaining salt and pepper. Place it flesh-side up in the tomato sauce. No need to submerge it in the sauce. (Note: If the spaghetti squash is too big to fit into the slow cooker, cut it into quarters.) Set your slow cooker on low for 6 hours or on high for 4 hours.
- 4 Before you are ready to eat, use tongs to lift the spaghetti squash out of the slow cooker. Use a fork to scrape out the flesh into a sieve/strainer (or onto a layer of paper towel) and let the excess fluid drain off.
- 5 Divide the spaghetti squash between plates and top with meatballs and tomato sauce. Enjoy!

### Notes

**No Ground Turkey:** Use any type of ground meat.

**Cheese Lover:** Sprinkle with parmesan cheese.



## Penne with Bursted Cherry Tomato Sauce

2 servings

30 minutes

### Ingredients

113 grams Chickpea Pasta (dry)  
1/4 cup Extra Virgin Olive Oil  
3 cups Cherry Tomatoes  
2 Garlic (cloves, minced)  
Sea Salt & Black Pepper (to taste)  
1 cup Basil Leaves (chopped)  
1 tbsp Nutritional Yeast

### Directions

- 1 Cook pasta according to the directions on the package. Run under cold water once cooked to prevent from over cooking.
- 2 In a large sauce pan, heat olive oil over medium-high heat. Add tomatoes, garlic, salt and pepper. Stir occasionally and cook until all the tomatoes have burst, about 15 to 20 minutes.
- 3 Toss pasta with the chopped basil and divide onto plates. Top each serving with the tomato sauce and nutritional yeast. Enjoy!

### Notes

**No Chickpea Pasta:** Use any other high-fibre, high-protein pasta such as lentil or black bean pasta. If using brown rice, quinoa, or regular whole grain pasta, add in extra protein like crumbled tofu, chickpeas, or hemp seeds.

**No Nutritional Yeast:** Use parmesan or omit completely.



## Herbed Chicken Tenders with Honey Dijon

2 servings

40 minutes

### Ingredients

227 grams Chicken Breast (skinless, boneless, sliced into strips)  
1 tbsp Avocado Oil (divided)  
1/4 cup Oats (quick)  
1 1/2 tsps Italian Seasoning  
1/4 tsp Sea Salt  
3 Carrot (medium, peeled and sliced into fries)  
2 tsps Dijon Mustard  
1 1/2 tsps Raw Honey

### Directions

- 1 Preheat oven to 400°F (204°C) and line two baking sheets with parchment paper. Brush chicken strips with half of the avocado oil.
- 2 Combine the oats, Italian seasoning, and sea salt and spread over a small plate. Press both sides of the chicken strips into the oat/spice mixture to coat, then lay on baking sheet.
- 3 Toss the carrot sticks in remaining avocado oil. Spread across the other baking sheet.
- 4 Place both pans in the oven and bake for 30 minutes, flipping the chicken and tossing the carrot fries halfway through.
- 5 Meanwhile, combine the Dijon and raw honey in a small bowl to make the sauce. Mix well and set aside.
- 6 To serve, divide the chicken tenders and carrot fries between plates and serve with honey Dijon dipping sauce. Enjoy!

### Notes

**No Quick Oats:** Place rolled oats in your blender or food processor. Pulse a few times to break them up.

**Vegan and Vegetarian:** Use tofu strips instead of chicken.

**Leftovers:** Keeps well in the fridge up to 3 days.



## Steak Fried Rice

4 servings

25 minutes

### Ingredients

2/3 cup Jasmine Rice (dry, uncooked)  
454 grams Top Sirloin Steak (cubed)  
Sea Salt & Black Pepper (to taste)  
3 Egg (large, whisked)  
2 cups Frozen Vegetable Mix

### Directions

- 1 Cook the rice according to the package instructions and set aside.
- 2 Heat a large nonstick pan over medium-high heat. Add the cubed steak and season with salt and pepper. Cook to your desired doneness, then transfer to a bowl.
- 3 Add the eggs to the same pan and stir to scramble as it cooks, about two to three minutes.
- 4 Push the eggs to the side of the pan, and add the frozen vegetables. Season with salt and pepper and cook until warmed through, about three minutes.
- 5 Add the rice and cooked steak. Stir until well combined and season with additional salt and pepper if needed. Divide into bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately 1 1/2 cup.

**More Flavor:** Add soy sauce, tamari, coconut aminos, or sesame oil. Add sautéed garlic and onions.

**Additional Toppings:** Top with sliced green onions and cilantro.



## Mango Coconut Popsicles

4 servings

40 minutes

### Ingredients

- 2 cups Frozen Mango
- 1 cup Canned Coconut Milk (divided)

### Directions

- 1 Blend mango and 3/4 of the coconut milk in a food processor or blender until smooth.
- 2 Roughly scoop mango puree into 3oz. paper cups.
- 3 Spoon remaining coconut milk into each cup to fill in the gaps around the mango. This will create a swirl effect when frozen.
- 4 Insert popsicle sticks in the middle. Place in freezer for 4 hours or until completely frozen.

### Notes

**No Coconut Milk:** Use almond milk or cashew milk instead.





## Warm Apples with Cinnamon

1 serving  
10 minutes

### Ingredients

- 1 1/2 tps Coconut Oil
- 1 Apple (cored and sliced)
- 1/2 tsp Cinnamon

### Directions

- 1 In a pan, melt coconut oil over medium heat.  
;
- 2 Add apple slices and sauté until soft, about 5 to 8 minutes.  
;
- 3 Sprinkle cinnamon over top and stir to coat evenly.  
;
- 4 Divide into bowls and enjoy!

### Notes

**Serve it With:** Our banana ice cream, Paleo Granola or on top of oatmeal.

**No Apples:** Use pears.



## Sunbutter Pumpkin Protein Balls

10 servings

10 minutes

### Ingredients

1/4 cup Coconut Flour  
2 tbsps Vanilla Protein Powder  
1/4 cup Sunflower Seed Butter  
1/4 cup Pureed Pumpkin  
1 tbsp Oat Milk (unsweetened, plain)  
1/4 cup Hemp Seeds (for coating, optional)

### Directions

- 1 In a mixing bowl, combine the coconut flour, protein powder, sunflower seed butter, pumpkin, and oat milk. Mix well until a firm batter forms. Add more oat milk one tablespoon at a time if the mixture is too dry/crumby.
- 2 Form the dough into one-inch balls. Repeat until all the dough is used up. Firmly roll each ball in a small bowl of hemp seeds to form a coating (optional). Store in the fridge or freezer until ready to enjoy.

### Notes

**Leftovers:** Refrigerate in an airtight container for up to seven days, or freeze if longer.

**Serving Size:** One serving equals one ball, about one inch in diameter.

**More Flavor:** Add pumpkin pie spice, maple syrup and/or vanilla extract.

**No Hemp Seeds:** Roll in crushed nuts, cocoa powder, pumpkin seeds or sunflower seeds.

**No Sunflower Seed Butter:** Use almond butter, tahini or pumpkin seed butter instead.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.

**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.



## Cranberry Orange Sorbet

2 servings

40 minutes

### Ingredients

- 1 1/4 cups Frozen Cranberries
- 1/2 cup Orange Juice
- 1 1/2 tbsps Maple Syrup

### Directions

- 1 In a food processor, blend together the cranberries, orange juice, and maple syrup until smooth.
- 2 Transfer the mixture into a container and freeze for at least 30 minutes. Scoop into serving bowls and enjoy!

### Notes

**Leftovers:** Store leftovers in an airtight container in the freezer for up to one month. Thaw fifteen minutes before serving. Once frozen, the sorbet may take on a coarser, flakier texture (like granita). This is perfectly normal, but if you'd like it to be smoother, simply re-blend in the food processor for thirty seconds before serving.

**Serving Size:** One serving is equal to approximately 1/2 cup.

**More Flavor:** Add fresh mint.



## Chocolate Banana Ice Cream

2 servings

5 minutes

### Ingredients

- 2 Banana (sliced and frozen)
- 2 tbsps Cocoa Powder

### Directions

- 1 Add frozen bananas and cocoa powder to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
- 2 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

### Notes

**Double Chocolate:** Stir in dark chocolate chips right after processing.

**More Creamy:** Add 2 tbsp coconut milk.

**More Scoopable:** Add 1 tbsp vodka to prevent hard freeze.

**Leftovers:** Freeze in an airtight container for up to three months.