



*Love Your Food*

CLEAN, NUTRITIOUS EATS THAT STILL TASTE DELICIOUS



# Contents

BERRIES AND CREAM OVERNIGHT OATS

STRAWBERRY ALMOND DREAM SHAKE

VEGAN SLOPPY JOES

PASTA E FAGIOLI

EASY NO BEAN CHILI

MINI STRAWBERRY CHEESECAKES

SUGAR COOKIE WONDER WHIP

APPLESAUCE CAKE

## Berries and Cream Overnight Oats

### Ingredients

- 1 cup chopped strawberries, divided use
- ¼ cup + 2 Tbsp. reduced-fat (2%) plain Greek yogurt
- ½ cup canned lite coconut milk
- 1 tsp. pure maple syrup
- 1 Tbsp. reduced-sugar strawberry jam
- ¼ cup dry rolled oats, gluten-free
- 1 Tbsp. chia seeds

### Instructions

Place ½ cup strawberries, yogurt, coconut milk, maple syrup, and jam in blender; cover and blend until smooth. Place remaining ½ cup strawberries, oats, and chia seeds in a medium bowl. Top with yogurt mixture; stir to combine. Cover tightly; refrigerate four hours, or overnight.

Servings: 1



## Strawberry Almond Dream Shake

### Ingredients

- 1 scoop strawberry protein powder (I love Shakeology!)
- 1 cup ice
- 8-10 oz. almond milk
- 1 tbsp. almond butter
- 1 cup frozen or fresh strawberries

### Instructions

Place all ingredients in a blender. Blend until smooth; serve immediately. Enjoy!

Servings: 1

# Vegan Sloppy Joes

## Ingredients

- 3 cups riced cauliflower
- ½ cup chopped green bell pepper (approx. ⅔ medium)
- 1 Tbsp. onion powder
- 2 tsp. chili powder
- 1 tsp. garlic powder
- ½ tsp. sea salt (or Himalayan salt)
- 1½ cups all-natural tomato sauce
- ½ cup all-natural ketchup
- 1 tsp. Dijon mustard
- 1 Tbsp. olive oil

## Instructions

Combine cauliflower, bell pepper, onion powder, chili powder, garlic powder, and salt in a medium bowl; toss gently to blend. Set aside.

Combine tomato sauce, ketchup, and mustard in a medium bowl; mix well. Set aside. Heat oil in large nonstick skillet over high heat until very hot. Add cauliflower mixture; cook, stirring frequently, for 5 minutes, or until golden brown.

Add tomato sauce mixture. Reduce heat to medium low; gently boil, covered, for 5 minutes.

Servings: 3



# Pasta E Fagioli

## Ingredients

- 1 Tbsp. olive oil
- ¼ cup chopped fresh parsley
- ½ cup chopped onion (approx. ⅓ medium)
- 2 cloves garlic, finely chopped
- 1 cup chopped tomatoes (approx. 1 medium)
- ½ tsp. sea salt (or Himalayan salt)
- ½ tsp. ground black pepper
- ¼ cup dry white wine
- 1 cup chopped arugula
- 1 cup low-sodium organic vegetable broth
- 1 cup cooked whole-grain pasta
- 1 cup canned cannellini beans, drained

## Instructions

In a large skillet heat oil over medium heat, until very hot; add parsley and cook, stirring frequently, until lightly crisped, about 30 seconds. Add onion, garlic, tomatoes, salt, and pepper and cook for 5 minutes, stirring occasionally, or until tomatoes begin to break down.

Add white wine and cook, stirring as needed, until almost all of liquid has evaporated, about 2 minutes.

Add arugula and cook 1 minute, or until wilted. Add broth and ¼ cup of reserved bean liquid; cook 6 to 8 minutes, or until sauce begins to thicken. Add pasta and beans and simmer 2 to 3 minutes, until sauce is thick and beans are warmed through.

Serve immediately, or store refrigerated in an airtight container for up to 5 days.

Servings: 4

# Easy No-Bean Chili

## Ingredients

- 1 Tbsp. ghee (organic grass-fed, if possible)
- 1 lb. raw 96% lean ground beef
- $\frac{3}{4}$  cup chopped onion (approx. 1 medium)
- 3 cloves garlic, finely chopped
- 2 cups low-sodium organic chicken broth
- 2 cups all-natural tomato puree
- 1 Tbsp. chili powder
- 1 tsp. ground smoked paprika
- $\frac{3}{4}$  tsp. sea salt (or Himalayan salt)
- $\frac{1}{2}$  tsp. ground black pepper
- $\frac{1}{2}$  tsp. garlic powder

## Instructions

Heat ghee in a large soup pot over medium-high heat. Add beef; cook, breaking apart with a spoon, for 4 to 6 minutes, or until lightly browned.

Add onion and garlic; cook, stirring frequently, for 2 to 3 minutes, or until onion is translucent. Add broth, tomato puree, chili powder, smoked paprika, salt, pepper, and garlic powder; stir to combine.

Bring to a boil; reduce heat to low. Gently boil, stirring occasionally, for 10 minutes, or until chili is slightly reduced and thickened.

Servings: 4



# Mini Strawberry Cheesecakes

## Ingredients

### FOR CRUST

- 1  $\frac{1}{3}$  cups crushed graham crackers, gluten-free
- 1 Tbsp. pure maple syrup
- 3 Tbsp. extra-virgin organic coconut oil, melted

### FOR FILLING:

- 2 $\frac{3}{4}$  cups reduced-fat cream cheese
- $\frac{1}{4}$  cup reduced-fat sour cream
- $\frac{1}{4}$  cup pure maple syrup
- 2 large eggs
- 1 tsp. pure vanilla extract

### FOR GARNISH:

- 2 Tbsp. reduced-sugar organic
- strawberry jam, divided use
- 6 halved strawberries, divided use

## Instructions

Preheat oven to 350° F. Prepare twelve muffin cups by lining with muffin papers and lightly coating with spray.

Add graham crackers to a food processor; pulse until crackers are crumbs. Add maple syrup and oil; pulse until combined. Evenly divide crust mixture among muffin cups (approx. 2 Tbsp. each) and press down to form a compact base; set aside.

Place cream cheese and sour cream in a large mixing bowl; using a hand mixer, beat until fluffy. Add maple syrup, eggs, and extract; beat until combined, being careful not to overmix. Evenly divide filling among muffin cups.

Bake for 18 to 20 minutes, rotating pan once, halfway through, or until edges are set and centers are slightly jiggly. Remove from oven.

Let pan cool before placing in the refrigerator for 2 to 3 hours to chill and set. To serve, garnish each cheesecake with  $\frac{1}{2}$  tsp. strawberry jam and  $\frac{1}{2}$  strawberry.

Servings: 12

# *Sugar Cookie Wonder Whip*

## Ingredients

- 2 Tbsp. almond flour
- 1 tsp. dark molasses
- ¼ tsp. coconut oil, melted
- ¼ tsp. pure vanilla extract
- 1 dash ground cinnamon
- 1 pinch sea salt (or Himalayan salt)
- 1 cup reduced-fat (0 or 2%) plain Greek yogurt
- 3 Tbsp. unsweetened almond milk
- ¼ tsp. pure butter extract
- 1 cup fresh raspberries

## Instructions

Add almond flour, molasses, oil, vanilla extract, cinnamon, and salt to a small bowl; press and stir with a fork until a crumble forms. Set aside.

Add yogurt, almond milk, and butter extract to a medium serving bowl; stir to combine. Top with crumble; serve with raspberries.

Servings: 1



# Applesauce Cake

## Ingredients

### FOR CAKE:

- 1½ cups whole wheat flour
- ½ cup light brown sugar
- 2 tsp. baking powder
- 1 tsp. ground cinnamon
- ¾ tsp. sea salt (or Himalayan salt)
- 1 cup unsweetened coconut milk beverage
- 1 cup unsweetened applesauce

### FOR FROSTING:

- ¼ cup unsweetened applesauce
- 1 Tbsp. light brown sugar
- 1 dash ground cinnamon
- 1 pinch ground allspice
- 1 pinch ground ginger
- ¼ cup reduced-fat (2%) sour cream
- ¼ cup + 1 Tbsp. unsalted organic grass-fed butter, melted

## Instructions

Preheat oven to 350° F. Lightly coat an 8 x 8-inch springform cake pan with spray; line with parchment paper. Set aside.

To make cake, add flour, brown sugar, baking powder, cinnamon, and salt in a large mixing bowl; stir to combine. Set aside.

Add coconut milk, applesauce, and butter to a small mixing bowl; whisk to combine. Add coconut mixture to flour mixture; stir until just combined. Pour batter in prepared pan.

Bake for 25 to 30 minutes, or until a toothpick inserted into center comes out clean. Allow to cool completely in pan before frosting.

While cake bakes, make frosting by adding applesauce, brown sugar, cinnamon, allspice, and ginger to a small saucepan over medium heat; bring to a gentle boil. Cook, stirring often, for 5 minutes, or until thick and lightly caramelized.

Add sour cream to a medium mixing bowl. Add frosting mixture, whisking constantly, 1 Tbsp. at a time, to slowly warm sour cream. Chill in refrigerator until ready to use. Once cake is cool, spread frosting on top. Divide into 8 equal pieces.

Servings: 8