

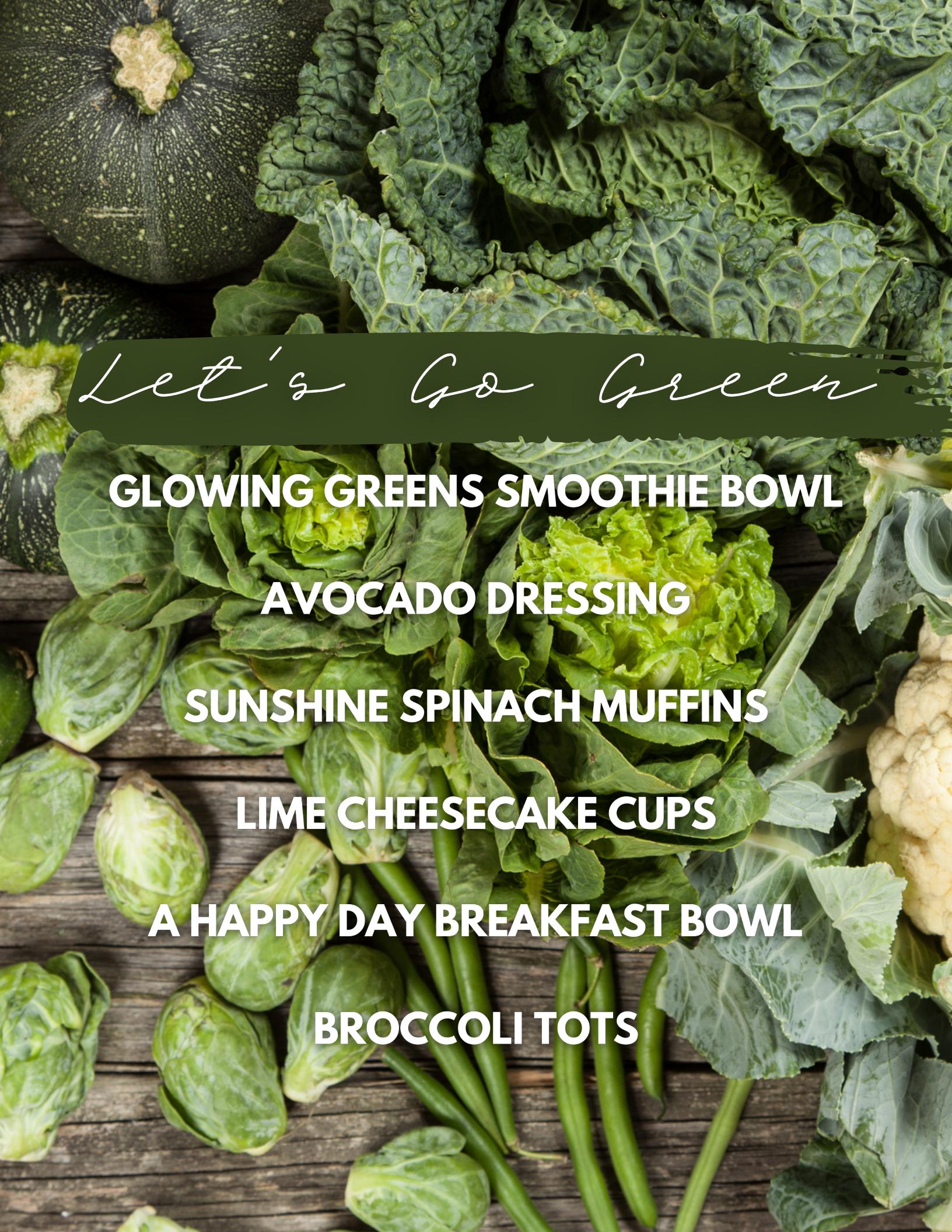


SPRING INTO

GREENS

Greens

A GUIDE TO ADDING MORE
GREENS TO YOUR DAY



Let's Go Green

GLOWING GREENS SMOOTHIE BOWL

AVOCADO DRESSING

SUNSHINE SPINACH MUFFINS

LIME CHEESECAKE CUPS

A HAPPY DAY BREAKFAST BOWL

BROCCOLI TOTS

Glowing Green

SMOOTHIE BOWL

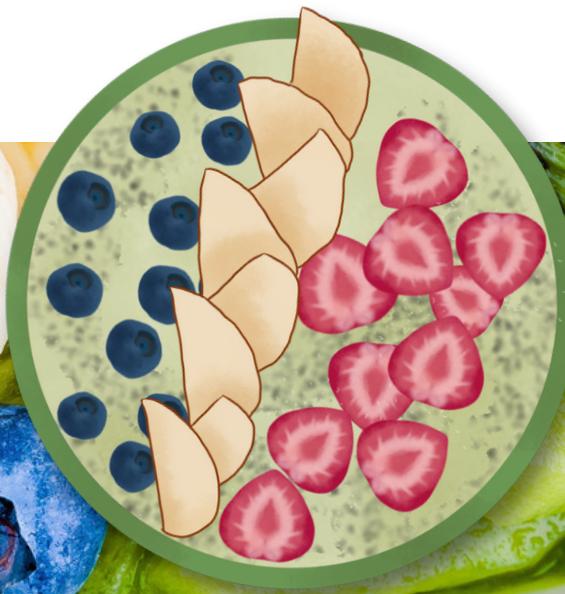
INGREDIENTS

- 1 cup milk of choice
- 1 cup ice
- 1 scoop vanilla protein powder (I use Shakeology!)
- 1 cup raw spinach
- 1/4 large banana, cut into thick slices
- 1 medium kiwi, peeled + cut into thick slices
- 2 tbsp unsweetened shredded coconut

INSTRUCTIONS

1. Place milk, protein powder, spinach, and ice in the blender; cover and blend until smooth.
2. Pour your smoothie into a medium bowl. Top with the banana, kiwi, and coconut. Eat immediately + enjoy!

Servings: 1





Avocado Dressing

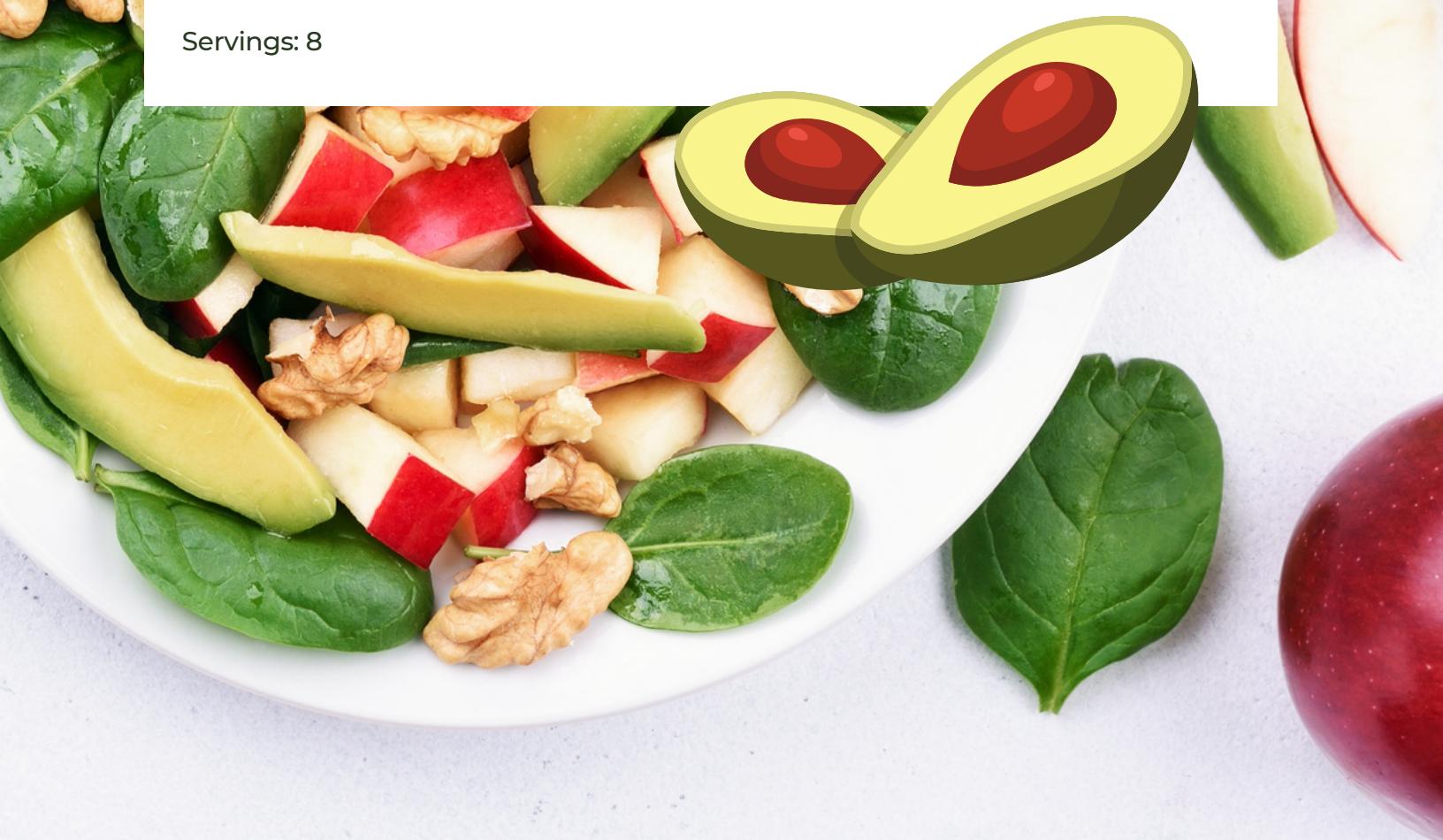
INGREDIENTS

- 1 ripe medium avocado, cut into cubes
- $\frac{1}{2}$ cup 2% Greek yogurt
- 1 clove finely chopped garlic
- 1 Tbsp. finely chopped red onion
- 1 Tbsp. fresh lemon juice
- 2 Tbsp. fresh parsley sprigs, chopped

INSTRUCTIONS

1. Place avocado, yogurt, garlic, onion, lemon juice, and parsley in a blender; cover. Blend until smooth.

Servings: 8



SUNSHINE

Spinach Muffins

INGREDIENTS

nonstick cooking spray (optional)
2 cups whole wheat flour
2 tsp baking powder
½ tsp baking soda
½ tsp fine sea salt
1 large egg
½ cup pure maple syrup
¾ cup unsweetened almond milk
¼ cup extra-virgin organic coconut oil, melted
1½ tsp pure vanilla extract
1 6-oz bag fresh spinach
2 medium ripe bananas, mashed

INSTRUCTIONS

1. Preheat the oven to 350° F. Prepare 12 muffin cups by lining with muffin papers or lightly coating with spray.
2. Combine flour, baking powder, baking soda, and salt in a large bowl. Mix well and set aside.
3. Place egg, maple syrup, almond milk, oil, extract, and spinach in the blender (or food processor). Cover and blend until smooth.
4. Add wet ingredients into the flour mixture; mix well until just blended. Gently fold in the mashed bananas.
5. Evenly divide the batter among the prepared muffin cups. Bake for 20 to 25 minutes or until a toothpick inserted into the center comes out clean.

Servings: 12

LIME

Cheesecake bites

INGREDIENTS

½ cup raw cashews
1 cup water
14 oz. soft silken tofu
¼ cup fresh lime juice
½ cup pure maple syrup
1 tsp pure vanilla extract
1 Tbsp lime peel, finely grated
⅓ cup extra-virgin coconut oil
12 4-oz mason jars (or custard cups)

INSTRUCTIONS

1. Place cashews and water in a small bowl; cover and refrigerate overnight. Drain.
2. Place drained cashews, tofu, lime juice, maple syrup, extract, and lime peel in the blender. Pulse until blended, scraping down the sides with a spatula as needed.
3. With the blender running, add the oil and blend until well mixed.
4. Divide the tofu mixture evenly between the jars; chill for 2-3 hours and serve cold.

If you don't have mason jars, you can use custard cups, any small glasses, or make this cheesecake in a casserole dish or pie pan!

Servings: 12



HAPPY DAY

Breakfast Bowl

INGREDIENTS

$\frac{1}{4}$ cup hemp seeds, hulled
 $\frac{1}{4}$ cup chia seeds
 $\frac{1}{4}$ teaspoon cinnamon
1-2 Tablespoons maple syrup
1 teaspoon vanilla extract
 $1\frac{1}{2}$ cups non-dairy milk, room temperature

EXTRA ADD-INS:

$\frac{1}{4}$ cup raisins
 $\frac{1}{2}$ teaspoon almond extract

TOPPINGS:

Fresh fruit (bananas, strawberries, raspberries, peaches)
Chopped nuts
Shredded coconut
Sunflower or pumpkin seeds

INSTRUCTIONS

1. Place the hemp seeds, chia seeds, cinnamon, and maple syrup, as well as any other add-ins (like raisins) into a container - at least 4 cup size - and mix well.
2. Add milk and stir well, mixing up any clumps of chia seeds. Refrigerate overnight. The chia seeds will plump up, absorbing 9-10 times their weight in liquid! The result will be a bit like a tapioca pudding.
3. Stir well in the morning and add more milk if desired. Top with fresh fruit, nuts, and/or shredded coconut.

Servings: 1

Broccoli Tots

INGREDIENTS

nonstick cooking spray
Hot water
12 oz broccoli florets (about 5 cups)
1 large egg, lightly beaten
 $\frac{2}{3}$ cup whole-grain panko bread crumbs
2 cloves garlic, finely chopped
 $\frac{1}{4}$ cup finely chopped green onions
 $\frac{2}{3}$ cup shredded cheddar cheese
 $\frac{1}{4}$ tsp sea salt
 $\frac{1}{4}$ tsp ground black pepper
2 tsp hot pepper sauce (optional)

INSTRUCTIONS

1. Lightly coat a large baking sheet with spray and set aside. Preheat oven to 400° F.
2. Boil water in a steamer or large saucepan over high heat. Reduce the heat to medium-high and place broccoli in the steamer basket; cook for 3-4 minutes or until the broccoli is tender-crisp and bright green. Then, drain and chop.
3. Combine the broccoli, egg, bread crumbs, garlic, green onions, cheese, salt, pepper, and hot sauce (if you like it!) in a large bowl and mix well. Refrigerate, covered, for 15-30 minutes.
4. To make your tots, shape roughly 2-3 tbsp of the broccoli mixture into tot shape. Place on your prepared baking sheet. You should have 8 tots.
5. Bake for 8-10 minutes. Then, turn over your tots and bake for an additional 7-8 minutes, or until they are golden brown. Yum!

Servings: 4