

Servings: 5
Prep Time: 15 mins

Chickpea & Avocado Salad



Ingredients:

- 4 cups cooked chickpeas, or 2 (15-ounce) cans, drained and rinsed
- 1 small red onion, peeled and diced small
- 2 cloves garlic, peeled and minced
- 1 cup fresh spinach (chopped)
- Zest of 1 lime and juice of 4 limes
- 1 jalapeño pepper, minced (for less heat, remove the seeds)-optional
- ½ cup chopped cilantro
- 1 avocado, coarsely chopped
- Sea salt to taste



Chickpea Avocado Salad

Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving	% Daily Value*	
Calories	250.5 kcal	13 %
Total Fat	9.3 g	14 %
Saturated Fat	1.1 g	6 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	250.7 mg	10 %
Total Carbohydrate	35.7 g	12 %
Dietary Fiber	11 g	44 %
Sugars	6.5 g	
Protein	9.8 g	20 %
Vitamin A	1 % • Vitamin C	33 %
Calcium	7 % • Iron	9 %

* Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on your calorie needs.

Chickpea & Avocado Salad

Instructions:

- Combine all ingredients in a medium bowl and mix well.
- Add the avocado just before serving.
- Enjoy!

Servings: 6

Prep Time: 20 mins

Cook Time: 10-15 mins

Lentil Sloppy Joe



Ingredients:

Lentils:

- 2 cups brown lentils
- ½ cup red lentils
- 1 tsp of salt
- ¾ tsp of both garlic and onion powder
- 2 bay leaves
- 5 cups water (if lentils aren't fully cooked, add a little more water, start with 5)
- 1 cup chopped celery
- 1 large red onion, chopped, ~1 cup
- 1 cup small diced red/yellow/or orange peppers
- 4 tbsp freshly minced ginger
- 4 tbsp minced garlic
- 2-3 tsp sambal oelek or chili garlic sauce (add more for additional spice)
- ¼ cup soy sauce or coconut aminos (GF)
- 2 tbsp rice vinegar
- 1-2 tbsp maple syrup (optional)
- 3 tbsp lime juice (2 limes)
- 2 -15 oz cans stewed tomatoes
- Salt and pepper to taste
- Parsley for topping

Lentil Sloppy Joes

Nutrition Facts

Serving Size1 Serving

Amount Per Serving

Calories360.9

% Daily Value*

Total Fat1.5 g2 %

Saturated Fat0.2 g1 %

Trans Fat0 g

Cholesterol0 mg0 %

Sodium1369 mg60 %

Total Carbohydrate68.2 g25 %

Dietary Fiber11.4 g41 %

Total Sugars9.4 g

Added Sugars0 g0 %

Protein22.9 g

Vitamin D0 mcg0 %

Calcium117.5 mg9 %

Iron7.7 mg43 %

Potassium1077.6 mg23 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Lentil Sloppy Joe



Instructions:

- Place water, lentils, garlic & onion powder, salt and bay leaf in a stock pot. Bring to boil, reduce heat to low and simmer until cooked (not mushy), about 10-15 minutes. If lentils taste done, and water remains, strain extra water.
- Sauté celery and onion in a hot pan with a little water to prevent sticking, until softened (about 5 minutes). Add bell pepper, ginger, garlic and sauté for a few more minutes.
- Add in lentils, soy sauce, maple syrup, vinegar, lime juice, sambal oelek & tomatoes. Cook about 5 minutes stirring until heated through.
- Serve on top of salad, rice, as a lettuce wrap (use bib lettuce), or on slider rolls. Season with salt and pepper and top with fresh parsley.
- Enjoy!

Servings: 16

Prep Time: 10 mins

Dark Chocolate Blueberry Clusters

Ingredients:

- 1 cup dark chocolate (70% cacao or more)
- 2 cups fresh blueberries (washed and completely dried)
- ¼ cup chopped walnuts (or any nuts)
- Sea salt- sprinkle



Dark Chocolate Blueberry Clusters

Nutrition Facts

Serving Size 1 Serving

Amount Per Serving

Calories 119.5

% Daily Value*

Total Fat 8.1 g 10 %

Saturated Fat 4.1 g 20 %

Trans Fat 0 g

Cholesterol 0.5 mg 0 %

Sodium 12.3 mg 1 %

Total Carbohydrate 10.4 g 4 %

Dietary Fiber 2.3 g 8 %

Total Sugars 5.8 g

Added Sugars 3.7 g 7 %

Protein 1.6 g

Vitamin D 0 mcg 0 %

Calcium 15.7 mg 1 %

Iron 2 mg 11 %

Potassium 143.8 mg 3 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full info at cronometer.com

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Dark Chocolate Blueberry Clusters

Instructions:

- Line a baking sheet with parchment or wax paper.
- Melt chocolate
 - To melt on the stove: In a double boiler, carefully stir the chocolate c until they're completely smooth over low heat.
 - To melt in the microwave: Heat the chocolate in a microwave-safe dish. Cook for 3 minutes at 50% power.
- Stir the blueberries and nuts into the melted dark chocolate.
- Using a soup-spoon (or something of a similar size), spoon clumps of the melted dark chocolate/blueberries/nuts onto the parchment paper-lined baking sheet.
- Sprinkle each cluster with sea salt if preferred
- Place in refrigerator for approximately 30 minutes to set.
- Plate and enjoy!