



AMRITA

PLANT- BASED RECIPES

27 CREATIVE AND COLORFUL
PLANT-BASED DISHES



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plant-based recipes | volume I | series no. 1

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About Amrita Health Foods

My family and I are a great testimony that food when taken in the right form and way has immense healing abilities. Today, more than 80% of the food being sold is made in a plant rather than being grown as a plant. It is no wonder that obesity, infertility and chronic condition cases are at their all-time high. Plant based nutrition is all you need to be the healthiest you have ever been and to help you attain your ideal weight. You have to be carefully even when feeding from the plant kingdom as there are some plants that can potentially wreck-havoc in your body.

Plants containing gluten, GMO foods and nuts usually cause so many allergic reactions leaving you feeling bloated and fatigued in addition to other gastrointestinal problems that they expose you to. My son was diagnosed with autism and severe gastrointestinal issues. As you can imagine, this was a very stressful period for my family but my wife and I put him on very aggressive gluten and dairy free plant based nutrition program and this was a game changer for us.

The diet change healed the gastrointestinal issues he had and as I write, he is in a regular classroom with amazing academic performance. This is a perfect example to show that the foods we eat can either make us sick or healthy. Your health is always in your hands and only you can ensure that you never have to step into a doctor's office your entire life.

The perfect diet is one that helps the body flush out all the toxins; boosts immunity; promotes healthy gut flora and balances all the body's physiological functions. This book contains very quick, simple and great tasting recipes with ingredients that are readily available, that are going to help you become healthier and more energized to face your daily activities

Set up your kitchen, get your apron ready and let us embark on this healthy culinary journey together! Who knows, you could be the next iron chef.



Why plant-based diet?

Recent medical research indicates that a plant-based diet – one full of fruits, vegetables and whole foods – helps reverse a plethora of diseases, such as cancer and cardiovascular heart disease. It can help prevent heart attack and stroke, it is healthy for our bones and teeth, and it plays an important role in weight loss. Meanwhile, a diet high in animal protein, fats and sugars can wreak havoc on our bodies, making us sick, overweight and constantly feeling rundown.

Food is fuel. Our bodies deserve the very best. When we understand this, and view food as a tool to nourish and heal our bodies, we become our healthiest and most efficient selves. Sadly, this way of thinking and eating isn't always that easy to understand and come by, especially when more than 80% of the foods being sold and served in stores and restaurants today are made in a power plant rather than being grown as a plant and served in its full, most nutrient-dense form.

It is no wonder that obesity, infertility and chronic diseases and illnesses are at all-time highs, and that one in three American kids and teens today are considered to be overweight or obese, triple the rate in 1963, according to the American Heart Association. Health experts have also predicted that today's generation of children may be the first to live shorter life spans than their parents because of health conditions. But that doesn't have to be our families' fate. If we take control of our health and take the time to educate ourselves about what our families should and shouldn't be eating on an individual level, we can change those stark statistics.

All that being said, even when we eat a plant-based diet, we have to be aware that not every person has the exact same health needs. Some of us may have certain food-resistant allergies that cause us to react negatively to certain foods, even if



they are considered to be healthy foods, such as plants containing gluten and nuts. For some people, like my son, certain foods may cause an allergic reaction, leaving that person feeling bloated and fatigued, in addition to gastrointestinal and other health problems.

We must also understand that some foods, even fruits and vegetables, can contain GMOs, or genetically modified organisms, meaning scientists have altered the genes in the plant to make it grow bigger and faster in order to produce more and make more money, while costing us our health. Everyone should read food labels and look for those that have a “No GMO” seal.

Ultimately, this book was made to empower you and help you take control of your family’s health. We know it’s not easy, especially in our busy world when everyone is overworked and overbooked, and stopping at a drive-through fast food restaurant on the way to a meeting or sports practice seems like an easy and fast solution to feed our bodies. But as this book will show you, eating a healthy, plant-based diet doesn’t have to be difficult – or tasteless. This book will make your plant-based meals simple and yummy, and provide the right kind of fuel for your body. I hope this culinary journey will be enjoyable for you, and more importantly, I hope you, too, will experience the awesome power of plants.



SNACKS

Healthy Chocolate Chia Pudding



Ingredients:

- 1/4 cup chia seeds
- 1 1/2 cup unsweetened almond milk
- 1 tbsp. pure maple syrup
- 2 tbsp. carob flour/powder
- 1 tbsp. cocoa powder
- Shaved chocolate, optional

Directions

Whisk together all ingredients in a large bowl until the clumps disappear. Refrigerate the mixture for at least 1 hour or overnight. When ready, stir to combine well, add more almond milk, if you like, to attain your desired thickness. Serve chilled and garnished with chocolate.

Gluten Free

Dairy Free

Soy free

Nut Free

Corn Free

Egg Free



Vegan Cupcakes

These vegan cupcakes taste great and are easy to make. You are free to play around and substitute different extracts, oils, and milks; just about any will do. These cup cakes are amazing with a simple frosting of orange juice, powdered sugar and cocoa powder.



Makes 18 cupcakes
Prep Time: 45 Minutes
Total Time: 1 Hour 5 minutes

Ingredients

- 2 cups all-purpose flour
- 1 1/2 cups almond milk
- 1 tbsp. apple cider vinegar
- 1 1/4 tsp. vanilla extract
- 1/2 cup coconut oil, warmed until liquid
- 1/2 tsp. baking soda
- 1 cup white sugar
- 2 tsp. baking powder
- 1/2 tsp. salt

Directions

Preheat the oven to 175°C (350°F). Coat 2 12 cup muffin pans with butter or line them with paper liners.



Pour apple cider vinegar into one 2-cup measuring cup. Fill the cup 1 ½-cups full with almond milk and let stand for 5 minutes or until curdled.

Whisk together flour, salt, baking soda, baking powder and sugar in a large bowl. In another bowl, combine coconut oil, almond milk mixture and vanilla; whisk until well combined. Combine the dry ingredients and the wet ingredients; stir until just combined. Spoon equal amounts of batter into the lined cups and bake for about 20 minutes or until the tops spring back when pressed lightly. Cool the cupcakes in the pan on a wire rack; transfer to serving platter and frost with your favorite frosting before serving.

Gluten Free

Dairy Free

Soy free

Nut Free

Corn Free

Egg Free



Baked Kale Chips

A tablespoon extra-virgin olive oil and a teaspoon seasoning salt is all you need to turn the fresh kale leaves into a yummy good-for-you baked snack! These chips are a great low calorie nutritious snack that you enjoy anytime of the day. They are perfect for casual parties and a good conversation topic –an excellent nutritious alternative to the typical potato chips!



Total Time: 20 Minutes

Prep Time: 5 Minutes

Cook Time: 15 Minutes

Servings: 2

Ingredients:

- 1 bunch kale
- 1 tbsp. extra virgin olive oil
- 1/2-1 tsp. seasoning salt

Directions:

- Preheat oven to 350°F. Lightly grease a baking sheet or line with parchment paper.
- Wash and dry kale. Cut away inner stems and discard. Tear into bite-sized pieces and place in a large bowl.
- Drizzle with olive oil and sprinkle with salt. Toss with your hands to mix. Spread out on prepared baking sheets.
- Bake for 15-20 minutes or until desired crispiness.

Benefits of Kale: Low in calories, high in fiber and contains zero fat.

☑ **Gluten Free**

☑ **Soy free**

☑ **Corn Free**

☑ **Dairy Free**

☑ **Nut Free**

☑ **Egg Free**



Beet Chips

Thinly sliced beet chips are delicious, earthy and crisp when you fry them like potato chips. These chips are another example of super healthy snack that you should make at home for the entire family. They are great when served the same day they are made, sprinkled with fleur de sel or coarse sea salt.



Total Time: 45 Minutes

Prep Time: 5 Minutes

Cook Time: 40 Minutes

Servings: 4

Ingredients:

- Raw beets, trimmed and scrubbed clean
- Vegetable oil, for frying
- Sea salt

Directions:

1. Heat oil in a deep pan or in a deep fryer. (I heat my deep fryer.)
2. Slice beets thinly using a mandolin or vegetable slicer. The key is to get the consistent thinness.
3. When the oil has come to temperature slowly drop the sliced beets in. The moisture in the beets will cause the oil to bubble quite crazy so be careful.
4. Using tongs separate the beet slices so they crisp up and cook evenly.
5. Once they are crispy (not browned too much) remove the beets to a plate lined with paper towel to soak up any extra oil.
6. Sprinkle with sea salt while still hot.
7. Consume.

Benefits of Beets: Lower your blood pressure, boosts your stamina and helps fight inflammation.

✔ **Gluten Free**

✔ **Soy free**

✔ **Corn Free**

✔ **Dairy Free**

✔ **Nut Free**

✔ **Egg Free**



Sundried Tomato Humus

This recipe brings together fresh sundried tomatoes and the classic humus – a little bit of Mediterranean sunshine makes things better! This hummus is great when served with warm pita bread for an amazing, healthy mid-afternoon treat!



Total Time: 5 Minutes

Prep Time: 5 Minutes

Cook Time: 0 Minutes

Servings: 6

Ingredients:

- 1 x 19 oz. can chick peas, ½ liquid reserved
- ¼ cup lemon juice
- ¼ cup tahini
- ½ teaspoon salt
- ¼ cup or so sundried tomatoes, in oil or dried and reconstituted
- 3 or more cloves of garlic

Directions:

- Combine all ingredients in a food processor and blend until smooth.
- Serve with your choice of veggies or gluten-free crackers.

Benefits of Hummus: Helps with weight loss, can lower cholesterol and chickpeas help reduce your risk of colorectal cancer.

Gluten Free
 Dairy Free

Soy free
 Nut Free

Corn Free
 Egg Free



MEALS

Vegan and Gluten free "Meat" balls

This is definitely one of the best meat balls recipes ever! Brown rice and lentils give this dish a higher protein level...plus a great taste.



Total Time: 30 Minutes

Prep Time: 15 Minutes

Cook Time: 15 Minutes

Servings: 4

Ingredients:

- ½ cup cooked lentils
- 1 cup cooked brown rice (I used my favorite sprouted brown rice)
- ¼ cup gluten-free rolled oats (I used Only Oats)
- ⅓ cup unsalted sunflower seeds
- 1 tablespoon Bragg's Liquid Soy Seasoning
- 2 tablespoons olive oil
- 2 teaspoons lemon juice
- ¼ cup brown rice flour
- ½ teaspoon kosher salt
- ½ teaspoon ground black pepper
- 1 teaspoon balsamic vinegar
- ⅛ teaspoon nutmeg, optional
- 1 teaspoon chili powder
- 1 teaspoon paprika
- ½ teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon maple syrup (or agave nectar)
- 1 teaspoon dry mustard powder



Directions:

- Preheat oven to 400°F.
- Place all ingredients in a food processor and pulse until ingredients are combined and resemble ground meat. Lentils should no longer be whole. Do not over mix.
- Wet hands and form mixture into 16 small (1" to 2") balls. You should get approximately 16.
- Bake in preheated oven for 10-15 minutes, turning once halfway through.
- Let rest on baking sheet for 10 minutes to allow them to firm up before serving with pasta and sauce.

Gluten Free

Dairy Free

Soy free

Nut Free

Corn Free

Egg Free



Veggie Stuffed Mushroom Caps

There is no better way to eat your veggies and add another healthy recipe to your list vegetarian dishes. You can serve this dish as is or over pasta.



Total Time: 35 Minutes

Prep Time: 10 Minutes

Cook Time: 25 Minutes

Ingredients:

- 24 medium whole mushrooms
- 1/3 cup vegan margarine
- 1 medium onion
- 2 carrots, peeled
- 2 ribs of celery
- 2 cloves garlic
- 1/4 teaspoon seasoning salt

Directions:

- Gently twist stems off mushrooms, reserving stems.
- Place mushroom stems, onion, carrots, celery and garlic in the work bowl of your food processor. Pulse a few times until evenly and finely chopped.
- In a skillet, heat margarine over medium heat. Saute the finely chopped veggies with seasoning salt.
- Fill the mushroom caps with the vegetable mixture.
- Place on a parchment-lined baking sheet and place under the oven broiler until they get bubbly, watching carefully, for about 10 minutes.

Benefits of Mushrooms: Aids in weight management, increased levels of vitamin D and improves immune system function.

✔ **Gluten Free**

✔ **Soy free**

✔ **Corn Free**

✔ **Dairy Free**

✔ **Nut Free**

✔ **Egg Free**



Traditional Coleslaw

When it comes to casual summer get-togethers, picnics, or barbecues, there's nothing better than the great, traditional coleslaw! This traditional Coleslaw is loaded with cabbage, mayonnaise, carrots, apple cider vinegar, and onion –it's sure to become a family favorite once you try it!



Total Time: 10 Minutes

Prep Time: 10 Minutes

Cook Time: 0 Minutes

Servings: 2

Ingredients:

- 1 package shredded cabbage (coleslaw mix)
- 1 carrot grated
- 2 green onions, minced
- ½ cup vegan mayonnaise (I use Veganaise by Follow Your Heart)
- ¾ tablespoons sugar (or less if you prefer it a bit less sweet)
- ¼ cup apple cider vinegar
- 1 teaspoon poppy seeds, optional

Directions:

- In a large bowl, combine coleslaw mix with carrots and green onions.
- In a small bowl mix vegan mayonnaise, sugar and vinegar well. Pour over coleslaw and toss to coat.
- Sprinkle with poppy seeds, if desired.

Benefits of cabbage: Ideal for weight loss, helps detoxify the body and helps keep blood pressure from getting high.

☑ **Gluten Free**

☑ **Dairy Free**

☑ **Soy free**

☑ **Nut Free**

☑ **Corn Free**

☑ **Egg Free**



Thai Red Curry Lentils

This will definitely become your all-time favorite lentil recipe once you try it! This Thai Red Curry Lentil dish is creamy, thick, saucy, and excellent as leftovers.



Total Time: 40 Minutes

Prep Time: 10 Minutes

Cook Time: 30 Minutes

Servings: 2

Ingredients:

- 2 tablespoons olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 inch fresh ginger, minced
- 2 tablespoons Thai red curry paste
- 1 10oz can coconut milk
- 1 cup dried red lentils
- 2 cups water
- 1 zucchini, cut into half-moons
- 1 10oz can baby corn
- 1 4oz can sliced water chestnuts

Directions:

- Heat olive oil in a large skillet over medium heat.
- Sauté onion, garlic, ginger until onion begins to soften, about 4-5 minutes.
- Add curry paste. Sauté for a minute longer.
- Add coconut milk and lentils and 1 cup of water. Stir to combine.
- Add zucchini, baby corn and water chestnuts.
- Reduce heat and let simmer for 20 minutes, adding remaining water as necessary.
- Serve over rice or quinoa.

✔ **Gluten Free**

✔ **Dairy Free**

✔ **Soy free**

✔ **Nut Free**

✔ **Corn Free**

✔ **Egg Free**



Fresh Tomato Soup

You can use orange tomatoes for their attractive color, but the red tomatoes a soup that is just tasty. This recipe is deceptively simple, and the flavors are well-defined and fresh.



Total Time: 35 Minutes

Prep Time: 5 Minutes

Cook Time: 30 Minutes

Servings: 4

Ingredients:

- 4 cups diced fresh tomatoes
- 1 large onion, diced
- 4 cloves garlic, chopped
- 2 cups vegetable broth (or water, plus 1 veggie bouillon cube)
- 2 tablespoons vegan margarine
- 3 tablespoons gluten-free flour (I used sorghum flour)
- 1 teaspoon sugar
- ¼ teaspoon sea salt
- ¼ teaspoon ground pepper
- ¼ teaspoon ground cinnamon

Directions:

- In a large pot combine tomatoes, onion, garlic and vegetable broth. Bring to a simmer over medium heat and let simmer for about 20 minutes.
- Remove from heat and transfer (in batches, if necessary) to a blender. Blend until smooth. Set aside.
- Heat the same pot over medium heat. Melt vegan margarine. Whisk in gluten-free flour. Continue to cook mixture, whisking often, over medium heat until it begins to turn light brown.
- Add in a bit of the pureed tomato mixture, whisking constantly to prevent lumps. Add in the remaining pureed tomato a bit at a time, continuing to whisk, heating through.
- Add in sugar, sea salt, pepper and cinnamon. Stir and taste for seasoning, adjusting salt and sugar if necessary.
- Serve hot.



Benefits of Tomatoes: Contains disease fighting Lycopene and offers a range of health benefits because it provides phytonutrients.

Gluten Free

Soy free

Corn Free

Dairy Free

Nut Free

Egg Free



Mexican Bean Salad



Total Time: 4 Hours 15 Minutes

Prep Time: 15 Minutes

Servings: 8

Ingredients:

Salad

- 1 ½ cups grape tomatoes, halved
- ¼ cup fresh cilantro, chopped
- 8 medium green onions, sliced
- 1 medium red bell pepper, chopped
- 1 medium green bell pepper, chopped
- 1 (11-oz) can whole kernel sweet corn, no-salted, drained
- 1 (15-oz) can dark red kidney beans, drained, rinsed
- 2 (15-oz) cans black beans, drained, rinsed

Dressing:

- 1 tbsp. chili powder
- 3 tbsp. canola oil
- 3 tbsp. cider vinegar or white wine vinegar
- ¼ tsp. pepper
- ½ tsp. salt

Directions:

Mix together all the salad ingredients in a large bowl.

Mix together the dressing ingredients in a small bowl, whisking with a wire whisk until well blended. Toss together the salad and dressing. Cover and chill for about 4 hours to blend the flavors.

☑ **Gluten Free**

☑ **Dairy Free**

☑ **Soy free**

☑ **Nut Free**

☑ **Corn Free**

☑ **Egg Free**



Healthy Tomato Salsa



Total Time: 20 Minutes

Prep Time: 20 Minutes

Servings: 11

Ingredients:

- 3 cups seeded and chopped tomatoes
- 1 tbsp. jalapeño chili, finely chopped
- 2 tbsp. chopped fresh cilantro
- ½ cup sliced green onions
- 3 finely chopped garlic cloves
- ½ cup chopped green bell pepper
- 2 to 3 tbsp. lime juice
- ½ tsp. salt

Directions:

In a plastic or glass bowl, combine together all the ingredients.
Refrigerate, covered, until ready to serve.

Gluten Free

Dairy Free

Soy free

Nut Free

Corn Free

Egg Free



Vegan Lentil Soup



Total Time: 20 Minutes
Prep Time: 20 Minutes
Cook Time: 30 Minutes

Servings: 10

Ingredients:

- 5-6 new potatoes, chopped
- 2 cups red lentils
- 5 garlic cloves, diced
- 1 vegetable bouillon cube
- 10 cups water
- 2-3 tablespoons olive oil
- 1 onion, diced
- 2 carrots, sliced
- salt and pepper

Directions:

In a soup pot, heat oil over medium heat. Sauté garlic and onions for a few minutes or until onion is transparent.

In the meantime, dissolve vegetable bouillon cube in one cup of water. Add potatoes, lentils, the bouillon, carrots, salt, pepper, and the remaining water to the pot with garlic and onions; stir and cover. Cook the mixture for a few minutes or until potatoes are tender. Enjoy!

✔ **Gluten Free**

✔ **Dairy Free**

✔ **Soy free**

✔ **Nut Free**

✔ **Corn Free**

✔ **Egg Free**



Cucumber Onion Salad

This is a very refreshing crisp salad that is not only perfect for gluten-free eaters but also healthy for everybody.



Total Time: 1 Hour 5 Minutes

Prep Time: 5 Minutes

Cook Time: 1 Hour

Servings: 1

Ingredients:

- 2 tbsp. cider vinegar
- 2 tbsp. olive oil
- 1/2 thinly sliced cucumber
- 2 tbsp. lemon juice
- 1/4 thinly sliced onion
- 1 diced celery

Dressing:

- 1/2 tsp. oregano
- 1/2-1 tsp. sugar
- 1/4 tsp. minced garlic

Directions:

In a large bowl, combine together all the ingredients and refrigerate for as long as you can wait. Serve.

Gluten Free
 Dairy Free

Soy free
 Nut Free

Corn Free
 Egg Free



DRINKS

Blueberry Banana Smoothie

The creamy, smooth banana taste and sweet blueberries; what could be better? You can garnish with some cinnamon for a refreshing taste!



Total Time: 5 Minutes

Prep Time: 5 Minutes

Cook Time: 0 Minutes

Servings: 1 (Makes one glass)

Ingredients:

- 1 frozen banana (fresh is OK too)
- 2/3 cup ice cubes
- 1/3 cup frozen blueberries
- 1 1/2 cup liquids (I use half and half of unsweetened almond milk and water)
- 1 tsp. vanilla essence (optional)
- 1 tsp. cinnamon (optional)
- 1 scoop vegan vanilla or unflavored protein powder (optional)

Directions:

- Combine all the ingredients in a blender and blend until all the frozen ingredients are completely smooth. Add in vanilla essence and cinnamon to taste, and pour the smoothie into a large glass. Just like the protein powder you can make this with or without vanilla as well, that is just personal preference.

Benefits of bananas: Help overcome depression, protect against muscle cramps during a workout and are high in potassium and low in salt.

☑ **Gluten Free**

☑ **Dairy Free**

☑ **Soy free**

☑ **Nut Free**

☑ **Corn Free**

☑ **Egg Free**



Mango Chia Limeade



Prep time: 5 minutes + resting time

Prep Time: 5 Minutes

Cook Time: 0 Minutes

Servings: 4

Ingredients:

- 1 cup lime juice
- 2 1/2 cups mango nectar
- 2 tbsp. chia seeds

Directions:

- Stir the chia seeds in $\frac{3}{4}$ cup water in a bowl. Set aside to stand for about 30 minutes or until a gel forms.
In a small pitcher, mix together the chia gel, lime juice and mango nectar; stir to combine well. Chill and serve.

☑ **Gluten Free**

☑ **Dairy Free**

☑ **Soy free**

☑ **Nut Free**

☑ **Corn Free**

☑ **Egg Free**



Watermelon chia fresca



Total Time: 5 Minutes

Prep Time: 5 Minutes

Servings: 2

Ingredients:

- 1 heaping tbsp. chia seeds
- 1/2 lime, skin removed
- 1 mint leaf sprig
- 6 cups watermelon, cubed

Directions:

Run lime, mint leaf and watermelon through a juicer. Transfer the juice to a pitcher; add chia seeds and stir until well blended. Chill the mixture for at least 10 minutes or until chia seeds absorb some juice and plump up. Serve.

Gluten Free

Dairy Free

Soy free

Nut Free

Corn Free

Egg Free



Vegan Almond Milk

This almond milk is good for porridge or cereal.



Total Time: 10 Minutes

Prep Time: 10 Minutes

Cook Time: 0 Minutes

Servings: 2

Ingredients:

- 1/2 cup raw almonds
- 2 cups water
- 2 dates, pitted

Directions:

Blend raw almonds in a food processor or blender until they are even meal. Add dates and water and continue blending until smooth. Strain the mixture of any lumps and refrigerate.

Gluten Free

Dairy Free

Soy free

Nut Free

Corn Free

Egg Free



Cranberry-Raspberry Tea



Total Time: 5 Minutes

Prep Time: 5 Minutes

Servings: 8

Ingredients:

- 4 cups chilled raspberry-cranberry drink
- 4 cups chilled brewed tea
- Fresh mint sprig, for garnish

Directions:

Mix together tea and raspberry-cranberry drink.
Garnish with mint and serve over ice.

Gluten Free

Dairy Free

Soy free

Nut Free

Corn Free

Egg Free



Watermelon-Kiwi-Banana Smoothie



Total Time: 10 Minutes

Prep Time: 10 Minutes

Servings: 2

Ingredients:

- ¼ cup chilled apple juice
- 1 ripe banana, frozen, peeled and cut into chunks
- 2 ice cubes
- 1 peeled and cubed kiwifruit
- 1 cup seeded watermelon, coarsely chopped

Directions:

Place all the ingredients in a food processor or blender. Cover and pulse on high until very smooth.

Divide the smoothie among serving glasses and serve immediately.

Gluten Free

Dairy Free

Soy free

Nut Free

Corn Free

Egg Free



Raw Vegan Tropical Green Smoothie

If you are looking for a perfect way to enjoy your daily dose of fresh fruits in one drink, then this smoothie is just what you need. Fruity and delicious, this green smoothie is sure to please even the pickiest eater.



Total Time: 5 Minutes

Prep Time: 5 Minutes

Cook Time: 0 Minutes

Servings: 1(makes 1 glass)

Ingredients:

- 2 cups leaf spinach
- 1 cup frozen chopped mango (or pineapple)
- 3/4 frozen banana
- water

Directions:

Combine all the ingredients in a high-speed blender. Start with adding in 1 1/2 cup water. If you want the smoothie to have a thinner consistency, add in more water but do so gradually. When the smoothie is completely smooth, pour it into a glass and enjoy!

Benefits of Spinach: One of the best sources of dietary potassium, one of the best sources of dietary magnesium and it also contains vitamin K, fiber, phosphorus and thiamine.

☑ **Gluten Free**

☑ **Dairy Free**

☑ **Soy free**

☑ **Nut Free**

☑ **Corn Free**

☑ **Egg Free**



Fresh Ginger Carrot Drink

This is a refreshing summer drink made with fresh carrots, and ginger. Drinking carrot ginger drink is one of the healthiest lifestyle choices possible. This drink is loaded with vital vitamins and minerals.



Total Time: 5 Minutes

Prep Time: 5 Minutes

Cook Time: 0 Minutes

Servings: 2

Ingredients:

- 1 Granny Smith apple, cut in half
- 1 carrot, peeled and cut in to a few pieces
- 1 inch piece of ginger, peeled
- 1 cup cold water

Directions:

- Throw it all into the blender or juicer and let it go.
- If you like super cold juice, you could shake with some ice

Benefits of Ginger: improves the absorption and assimilation of essential nutrients in the body, prevents Inflammation of the colon and reduces exercise-induced muscle pain by 25%.

☑ **Gluten Free**

☑ **Dairy Free**

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☑ **Corn Free**

☑ **Egg Free**



KIDS

Maple Apple Oatmeal Muffins

The combo of maple and apples makes a perfect addition to the moist oatmeal muffins. They are perfect for breakfast on the run.



Total Time: 50 Minutes

Prep Time: 25 Minutes

Cook Time: 25 Minutes

Servings: 4

Ingredients:

- 1 cup gluten-free quick oats
- ¼ cup gluten-free rolled oats
- 1½ cups unsweetened non-dairy milk
- 1 cup brown rice flour
- ½ cup sorghum flour
- ¼ cup tapioca starch
- ¼ cup cornstarch
- 1 teaspoon xanthan gum
- 1 tablespoon baking powder
- ½ teaspoon salt
- ⅓ cup coconut sugar
- ½ cup maple syrup
- ¼ cup unsweetened applesauce + ½ teaspoon baking soda
- ¼ cup coconut oil, melted
- 1 teaspoon good quality vanilla extract
- 2 cups apples, unpeeled and finely diced



Directions:

- Preheat oven to 400F. Lightly grease muffin tins with olive oil spray.
- In a medium bowl, combine both types of oats and non-dairy milk. Stir to combine and let sit for at least 5 minutes.
- In a large bowl, sift together brown rice flour, sorghum flour, tapioca starch, cornstarch, xanthan gum, baking powder and salt.
- Add coconut sugar, maple syrup, applesauce mixture, coconut oil and vanilla extract to the milk-oat mixture. Whisk to combine well.
- Pour the wet mixture over the dry mixture and add diced apples. Stir until combined but do not over mix.
- Spoon mixture into prepared muffin tin.
- Bake in preheated oven for 20-25 minutes until a pick inserted comes out clean and the tops are firm to the touch.
- Remove from oven. Sprinkle maple sugar over top, if using.
- Let cool in muffin tin for about 10 minutes before turning out to a wire cooling rack to finish cooling completely

Gluten Free

Soy free

Corn Free

Dairy Free

Nut Free

Egg Free



Gluten free Vegan Blueberry Muffins

These muffins only require one bowl and 30 minutes, from start to finish. They are hearty, sweet and loaded with healthy ingredients.



Total Time: 30 Minutes

Prep Time: 5 Minutes

Cook Time: 25 Minutes

Servings: 4

Ingredients:

- ½ cup brown rice flour
- ½ cup sorghum flour
- ½ cup tapioca starch
- 1½ teaspoon xanthan gum or guar gum
- ½ cup coconut sugar
- 2 teaspoons baking powder
- pinch salt
- ¾ cup unsweetened non-dairy milk
- ½ cup melted coconut oil
- ¼ cup applesauce + ¼ teaspoon baking soda
- 1 cup fresh blueberries

Directions:

- Preheat oven to 375F. Line 12-cup muffin tin with cupcake liners.
- In a large bowl sift together brown rice flour, sorghum flour, tapioca starch, xanthan (or guar) gum, coconut sugar, baking powder and pinch of salt.



- In another bowl combine melted coconut oil, non-dairy milk and apple sauce-baking soda mixture. Whisk together to combine well.
- Add wet ingredients to dry ingredients and stir to combine well.
- Fold in blueberries gently.
- Measure out evenly into 12 muffin cups.
- Bake in preheated oven for 20-25 minutes, until tested done. Let cool in muffin tin for 5 minutes before removing to a wire cooling rack to continue to cool - or eat them warm!

Gluten Free

Dairy Free

Soy free

Nut Free

Corn Free

Egg Free



Gluten Free Dairy Free Pizza Quesadillas

Unlike the typical Mexican quesadillas, these pizza quesadillas call for mozzarella, mushrooms and seasoning. For a light dinner or lunch, serve these delicious, kid-friendly pizza quesadillas with soup or salad.



Total Time: 55 Minutes

Prep Time: 15 Minutes

Cook Time: 40 Minutes

Servings: 4

Ingredients:

- 8 corn tortillas
- 1 cup Daiya mozzarella shreds
- ¼ cup canned pizza sauce
- 2-3 large mushrooms, sliced thinly
- ¼ small red onion, grated or very finely chopped
- ½ tablespoon oil, for brushing tortillas

Directions:

- Heat a skillet over medium heat.
- Brush a bit of oil on one side of a corn tortilla and place it in the hot skillet.
- Sprinkle about 1 tablespoon worth of Daiya evenly on the tortilla.
- Place about 4 or 5 mushroom slices on top letting some of the cheese show through.
- Dollop a bit of pizza sauce over top.
- Brush one side of another corn tortilla and place it on top with the oiled side out.
- Let fry in the skillet for about 5 minutes until the bottom is just slightly browned. Flip carefully and let the other side crisp up slightly too, another 4 or 5 minutes.



- Repeat with the remaining quesadillas. If you have a larger skillet you can probably do two at a time.

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Gluten Free Date Squares

These are tasty date squares made with gluten free oats and an amazing date filling.



Total Time: 55 Minutes

Prep Time: 15 Minutes

Cook Time: 40 Minutes

Servings: 5 to 6

Ingredients:

- $1\frac{1}{2}$ cups gluten-free rolled oats
- 1 cups gluten-free flour
- 1 cup brown sugar
- 1 cup vegan margarine or coconut oil
- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon kosher salt
- $1\frac{1}{3}$ cups chopped dates
- $\frac{2}{3}$ cup organic cane sugar
- cup water

Directions:

- Preheat oven to 350°F. Grease an 8x8 baking dish.
- In a large bowl combine gluten-free rolled oats, gluten-free flour, brown sugar, vegan margarine or coconut oil, baking soda and kosher salt. Mix together until crumbly. Press half of the mixture firmly into the greased baking dish. Set aside the remaining half.
- In a saucepan combine chopped dates, cane sugar and water over medium heat. Bring to a boil then reduce to a simmer over medium-low heat. Simmer for about 5 - 10 minutes until the liquid is almost evaporated, the mixture forms a nice thick paste and the dates are softened.



- Spread the filling evenly over the crust in the baking dish. Smooth to the edges.
- Sprinkle the remaining half of the crumble mixture over top. Press gently but firmly into the filling.
- Bake in preheated oven for 30 minutes until the topping is golden brown.
- Let cool before slicing and serving.

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Vegan and Gluten free Rice Krispy Squares

These aren't just your standard squares –every ingredients used in these recipe is a specialty ingredient –and the end result is pretty much the same. They are very nutritious.



Total Time: 35 Minutes

Prep Time: 30 Minutes

Cook Time: 5 Minutes

Servings: 4 to 6

Ingredients:

- 1/2 cup Earth Balance
- 60 marshmallows
- 1 tsp. vanilla extract
- 5-6 cups rice krispy cereal

Directions:

- Melt Earth Balance in a large pot over med-low heat. Add marshmallows and stir constantly while they melt. Once melted add vanilla extract and stir quickly. Remove from heat and stir in rice krispy cereal. Mix well and press into a 11x7 greased baking dish.
- Let cool before cutting into squares and serving.

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