

PURELY

MEAL GUIDE

VALENTINE'S DAY



*EAT YOUR
HEART OUT*
SWOON-WORTHY RECIPES
WITHOUT HEARTBREAKING
INGREDIENTS

JANUARY 2021

VALENTINE'S DAY MEAL GUIDE

We LOVE love, and we love you, so we're head over heels excited to announce our very first Valentine's Day Mini Mag! Featuring some of our fave galentines from the Purely community, our mini mag is full of swoon-worthy recipes that are delicious and indulgent, without any of the *heartbreaking* ingredients usually found in your favorite V-day treats. Better yet, they're all Purely-approved, meaning they're actually GOOD for you! So, grab your sweetheart, galentine, or dive in solo, and enjoy to your heart's content.

Elizabeth

TABLE OF CONTENTS

04 SAVORY

12 SWEETS

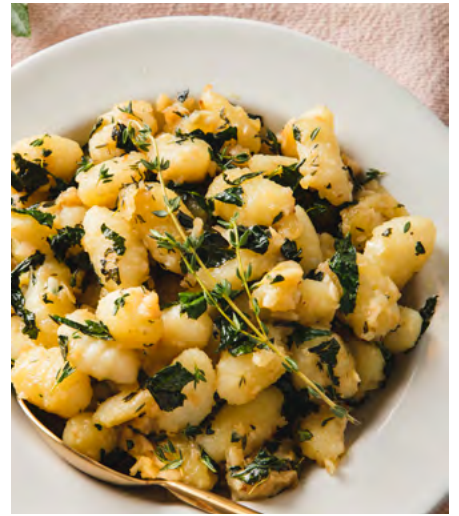
20 DRINKS

SAVORY





CRAY



SAVORY CHEESE BOARD



INGREDIENTS

- ✦ Brie
- ✦ White cheddar, cubed and cut into hearts
- ✦ Blueberry goat cheese log
- ✦ Assortment of crackers
- ✦ Greek olives
- ✦ Raspberries
- ✦ Red seedless grapes
- ✦ Blood orange slices
- ✦ Pomegranate
- ✦ Strawberries
- ✦ Marcona Almonds with Rosemary
- ✦ Pecans
- ✦ Dark chocolate wedges

INSTRUCTIONS

Find a large cheese platter or cutting board, and start by arranging your cheeses. Decide which cheese will be the hero, place it in the middle, arranging the remaining cheeses around it. Add your assortment of crackers. Place the olives in a small dish and add it to the cheeseboard, along with the fruit. Sprinkle the almonds, pecans, and dark chocolate in the empty spots.

TOMATO SOUP + GRILLED CHEESE WAFFLES

INGREDIENTS

- ✦ 1 tbsp extra virgin olive oil
- ✦ 1 large yellow onion, diced
- ✦ 3 cloves garlic, minced
- ✦ 1 (28oz) can whole peeled tomatoes
- ✦ 1 (15oz) can full fat coconut milk
- ✦ 1 teaspoon herbs de provence (or italian seasoning)
- ✦ 1 tsp salt
- ✦ 1 tsp freshly ground black pepper
- ✦ 2 servings Purely Elizabeth Grain-Free Pancake + Waffle Mix
- ✦ 1/4 cup oil (olive, coconut, avocado)
- ✦ 1/4 cup water
- ✦ 2 eggs
- ✦ Sharp cheddar cheese
- ✦ 2 Tbsp unsalted butter

INSTRUCTIONS

Heat a medium dutch oven or saucepan over medium heat. Add the olive oil, followed by the onion, and cook until onions are soft and translucent, about 5-7 minutes. Add the garlic, and cook for 1-2 minutes. Add the entire can of tomatoes to the pot and use a spoon to crush the tomatoes as much as you can. Add the coconut milk, seasoning, salt, and pepper. Bring to a boil, lower heat and simmer for 20 minutes. Transfer all of the mixture to a high powered blender or use an immersion blender directly in the pot. Blend until smooth. Transfer back to the pot, allow mixture to simmer for another 5-10 minutes, taste, and adjust seasonings accordingly.

While the soup is sitting on low, prep the grilled cheese. Prepare the waffles according to the pouch instructions. Once the waffles are cooked, set a pan over medium heat and add 1 tbsp butter. Lay 2 waffles open face in the pan and top with cheese. Cook until the cheese has melted and the bottom becomes crispy. Sandwich the two waffles together and cook on both sides for 1-2 minutes each. Repeat for second waffle grilled cheese.



GRAIN-FREE | VEGETARIAN

2-4 SERVINGS

SPICY PENNE ALLA VODKA



GLUTEN-FREE | VEGAN

4 SERVINGS

INGREDIENTS

- ✦ 1/4 cup extra virgin olive oil
- ✦ 1 large onion, finely diced
- ✦ 3 cloves garlic, minced
- ✦ 1 teaspoon chili flakes
- ✦ 1 tsp dried oregano
- ✦ 1/4 cup chopped fresh parsley, plus more for serving
- ✦ 3/4 cup vodka
- ✦ 2 (28oz) cans whole peeled plum tomatoes, drained
- ✦ 1 tbsp salt
- ✦ 1 pound gluten-free penne pasta
- ✦ 1 (14oz) full fat coconut milk

INSTRUCTIONS

Heat olive oil in a large dutch oven or large skillet over medium heat. Add the onions and cook until translucent. Add the garlic, chili flakes, oregano and parsley and cook for one minute. Turn the heat up to high, pour in the vodka and stir to combine. Turn the heat down to medium low and let simmer for 5-7 minutes. Add whole tomatoes, one-by-one, crushing them in your hands before adding to the pot. Season with salt and pepper. Cover and let simmer for 30-40 minutes. Once the sauce has simmered for 30-40 minutes, begin cooking your pasta. Place a large pot of water over medium high heat. Once temperature reaches a boil, add the 1 tbsp salt. Stir in pasta and cook according to package instructions. Before straining pasta, reserve 1 cup of pasta water. Remove lid from sauce, stir in can of coconut milk and let cook for 2 minutes. Add your pasta directly to the sauce pot and add reserved pasta water until it reaches your desired consistency. Serve topped with fresh parsley and salt and pepper.

LEMON GARLIC CAULIFLOWER GNOCCHI



GLUTEN-FREE | VEGAN

3 SERVINGS

INGREDIENTS

- + 3 tbsp extra virgin olive oil
- + 1 package Trader Joe's Cauliflower Gnocchi (frozen)
- + 1/2 cup finely chopped shallots (1-2 medium shallots)
- + 3 garlic cloves, minced
- + 2 tbsp gluten free flour (can sub all-purpose flour)
- + 1/4 cup dry white wine
- + 1 tbsp fresh thyme leaves
- + 1 cup full fat coconut milk
- + 1 tbsp fresh lemon juice
- + 1 bunch lacinato kale, chopped
- + Salt and pepper, to taste

INSTRUCTIONS

Heat 2 tablespoons olive oil in a large skillet over medium heat. Add the frozen gnocchi and sauté until fully cooked through and all sides are brown and crispy, about 10 minutes. Remove from pan and set aside. Add remaining 1 tablespoon olive oil to skillet. Add shallots and cook until fully translucent, about 5 minutes. Add the garlic and cook for another minute. Stir in the flour, and cook, stirring constantly, until it creates a paste, about 1 minute. Stir in the wine and thyme leaves, increase heat and let simmer for 3-4 minutes. Stir in coconut milk, bring to a boil, and lower heat to let simmer for 5 minutes, stirring occasionally to ensure the bottom of the pan doesn't burn. At this point the sauce should be thick and smooth. Stir in the lemon juice, gnocchi and kale until kale is wilted. Season with salt and pepper. Serve.

BEETROOT GOAT CHEESE + WALNUT TART



GLUTEN-FREE | VEGETARIAN
4-6 SERVINGS

INGREDIENTS

- ✦ 1/2 cold, unsalted butter, cut into 1 inch cubes
- ✦ 1/2 tsp salt
- ✦ 1 large egg
- ✦ 1 tbsp cold water
- ✦ 1/2 cup gluten-free flour
- ✦ 3/4 cup sorghum flour
- ✦ 2 small beets, stalks and green leaves removed and reserved
- ✦ 12oz ricotta
- ✦ 4oz goat cheese
- ✦ 2 eggs
- ✦ 1 tsp salt
- ✦ 1/4 tsp ground black pepper
- ✦ 1 tbsp dried herbs (oregano, marjoram, herbs de provence)
- ✦ handful of chopped walnuts
- ✦ extra virgin olive oil, for drizzling

INSTRUCTIONS

Preheat the oven to 400 degrees F. Place butter and salt in a food processor and pulse until combined. Add the egg, water and gluten-free flour. Pulse until combined.

Add the sorghum flour and pulse until it forms into a ball. Transfer to a lightly floured surface and press into a disc. Wrap in plastic wrap and refrigerate for 1 hour or up to 24 hours. Meanwhile, bake the beets. Individually wrap beets in aluminum foil and place on a baking sheet or oven-safe glass dish. Bake for 40-60 minutes, or until a knife can pierce through the beets smoothly. Once beets have cooked fully, run the beets under cold water and gently press on the skin. The skin should remove easily. Slice beets into thinly sliced rounds. Set aside. In a small bowl, mix together ricotta, goat cheese, 1 egg, salt, pepper and dried herbs until smooth. Once the tart dough has chilled for 1 hour, remove from the refrigerator and let sit on the counter for 10 minutes before rolling. Lightly flour a work surface and roll out the dough into a rectangle (or preferred shape) to about 11x14 inches. Transfer dough to a parchment-lined baking sheet. Spread cheese mixture on the dough but leave about 2 inches of dough without cheese mixture for folding. Lay beets, parts of the beet's stalks and greens over the cheese mixture. Sprinkle walnuts and olive oil. Gently fold edges to make a crust. Beat remaining egg and lightly brush onto crust edges. Place on a middle rack in the oven and bake for 40-50 minutes, or until edges are golden brown and center is set.



STW

FLET





HEALTHY TWIX BARS



A childhood favorite that often accompanied your homemade valentines... reimagined with a healthy Purely twist! Inspired by the recipe by @rachaelsgoodeats, @feastingonfruit used our Original Ancient Grain Granola for a crunchy cookie crust.

INGREDIENTS

Bottom Layer (Crust):

- + 3/4 bag of Purely Elizabeth Original Ancient Grain Granola (8oz)
- + 1/3 cup coconut oil

Caramel Layer:

- + 1/2 cup almond butter (sub any nut butter)
- + 1/4 cup coconut oil
- + 1/4 cup maple syrup
- + 1 tsp vanilla extract
- + Pinch of sea salt

Chocolate Layer:

- + 1/2 cup chocolate chips or 2.5oz of a chocolate bar
- + 1 tbsp coconut oil

Optional toppings:

- + Purely Elizabeth Original Ancient Grain Granola (crushed)
- + Pinch of sea salt

INSTRUCTIONS

1. Line a 9x5 baking loaf pan with parchment paper. In a food processor, pulse granola and coconut oil until a coarse meal forms. Transfer to the pan and create an even layer. Place in the freezer while you prep the caramel layer.
2. Combine all caramel ingredients in a small saucepan over medium-low heat and continuously whisk until all ingredients liquify and you begin to notice the sauce thickening. Do not walk away from the sauce as it can easily burn! Remove from the burner and cool completely.
3. Once cool, pour onto granola crust and place in the freezer while you prep the chocolate layer. In a small bowl, combine chocolate and coconut oil and microwave for 20-30 seconds. Once cooled, pour over the caramel layer, top with remaining granola and place in the freezer for 30 minutes to harden.

GLUTEN-FREE | VEGAN



NATALIE THOMAS | @FeastingOnFruit

Natalie Thomas is the recipe creator, photographer, and dessert imagination behind Feasting on Fruit. She loves creating and sharing her own sweet take on traditional treats with an unconventional healthy-ish twist that always emphasize approachable ingredients, minimal prep work, and maximum decadence.

“REESE’S” GRANOLA CUPS



@taylorewebb recreated another Valentine's Day classic with healthy ingredients that you'll fall in love with. Hot tip: these bite-sized treats are best stored in a heart-shaped box.

INGREDIENTS

- + 1 bag of Purely Elizabeth Chocolate Sea Salt Probiotic Granola
- + 1 Tbsp of coconut oil
- + 1/4 cup of maple syrup
- + 1/4 - 1/3 cup peanut butter
- + 1/4 cup dairy-free chocolate chips

INSTRUCTIONS

Grease a mini muffin pan. Blend granola and maple syrup together in a high-speed blender until a sticky crust forms. Press the crust into each mini muffin mold and place in the freezer for 10 minutes. Fill each cup with peanut butter, and place in the freezer for 20 - 30 minutes. Melt together the coconut oil and chocolate chips, and pour on top of each cup. Place in the freezer to set. Slide each cup out of the molds and enjoy!



TAYLOR WEBB | @Taylorwebb

Taylor Webb is the healthy food blogger behind the Instagram account, @taylorewebb! She enjoys creating gluten-free and dairy-free recipes that are simple to make and delicious to eat. A lot of people believe that healthy eating means sacrificing taste, but Taylor proves them wrong with her yummy sweet treats and dishes that are made with real ingredients that fuel your body!

COCONUT CHOCOLATE DONUTS



What better way to show your love than chocolate donuts?! These Grain-Free Chocolate Donuts by @baranbakery have all the decadence, without the heartbreaking ingredients, since they're made with our Grain-Free Pancake + Waffle Mix.

INGREDIENTS

- ✦ 2 cups Purely Elizabeth Grain-Free Pancake Mix
- ✦ 1 cup unsweetened cocoa powder
- ✦ 1/2 tsp. baking soda
- ✦ 1/4 tsp salt
- ✦ 1 cup brown coconut sugar
- ✦ 1/4 cup maple syrup
- ✦ 2 eggs
- ✦ 1/4 cup coconut milk
- ✦ 1/4 cup greek yogurt

INSTRUCTIONS

Preheat oven to 350F. Use cooking spray to grease donut pan. In a large bowl, beat two eggs, coconut sugar, coconut milk, maple syrup and greek yogurt until well combined. In another bowl, whisk together pancake mix with baking soda, salt and unsweetened cocoa powder. Fold dry ingredients into wet until fully combined. Distribute evenly into donut pan and bake for 18-20 minutes. If you're making mini donuts, bake for 15-17 minutes. Place chocolate chips and coconut oil in a small-bowl and microwave on 20 second intervals, stirring in between, until fully melted. Dip cooled donuts into melted chocolate and place on a drying rack. Meanwhile, place a handful of coconut chips in a sauce pan, over low-medium heat, and toss intermittently until browned. They burn quickly so keep an eye on them. Place on top of wet chocolate and allow to dry. Enjoy!

BERNICE BARAN | @BaranBakery



Bernice Baran is the founder and creator behind Baran Bakery. Growing up with a mom as a baker she's always loved to bake, so she likes to say sugar and butter run through her veins. She started her blog in 2017 as a creative outlet after college, and has since grown to learn and appreciate the art of entertaining and food photography. She focuses mainly on sweets and baked goods with a little dash of life and something savory. On the blog, you'll find both different and decadent desserts and common comfort foods. If you're looking for unique recipes that will leave you drooling, she's the blogger for you.

CHOCOLATE STRAWBERRY GRANOLA COOKIES



GLUTEN-FREE | VEGAN

These chocolate strawberry granola cookies are as cute as they are tasty, and they're the perfect treat to gift your galentines! Plus, they're gluten-free and vegan with a creamy cashew filling.

INGREDIENTS

Cookies

- + 1 8oz bag of Purely Elizabeth Chocolate Sea Salt Probiotic Granola
- + 1/3 cup coconut oil

Cashew Cream

- + 1 1/2 cup soaked cashews (3hrs)
- + 1/3 cup coconut oil
- + 1/3 cup honey
- + 2-3 strawberries, option to add more for brighter pink and more flavor

INSTRUCTIONS

For the crust, blend granola and oil together in blender or food processor. Form into small balls and press down in the center to form a cookie shape. Place in freezer for at least 30-45 minutes to harden while making the cashew cream. For the filling, blend it all up until smooth and pipe cream on top of each cookie. Top with fresh strawberries and chia seeds and enjoy!

SWEETHEART CHARCUTERIE BOARD



A loaded charcuterie board with a Valentine's twist! This sweet board filled with chocolate, fruit, and granola (of course), is perfect for sharing with your sweetheart or by yourself to your heart's content.

INGREDIENTS

- ✦ Purely Elizabeth Chocolate Hazelnut Grain-Free Granola
- ✦ Semi-sweet chocolate covered strawberries
- ✦ Unsweetened coconut flakes
- ✦ Purely Elizabeth Grain-Free chocolate waffles
- ✦ Fresh raspberries
- ✦ Milk chocolate chips
- ✦ Chopped walnuts
- ✦ Fresh blueberries
- ✦ Chocolate ganache
- ✦ Caramel Sauce
- ✦ Candy melt hearts & "love"



HEATHER'S HOME BAKERY @HeathersHomeBakery

I'm Heather, the creator, baker, and photographer behind Heather's Home Bakery. I enjoy developing and sharing delicious dessert recipes; from cakes to cookies to scones to muffins to brownies and beyond. So welcome to my bakery... I hope you stay a while, and in the process, find some desserts that you truly love... and love to share.

DRI



LINKS



PINK LEMONADE FLORAL ICE CUBES



This refreshing mocktail gets a lovely upgrade by adding your favorite dried edible flowers to your ice cubes - because flowers need not only come in bouquet form to make your heart happy!

RECIPE

1. Pour your favorite lemonade into ice tray
2. Sprinkle in a few dried edible flowers
3. Freeze
4. Pop into a cocktail, sparkling water or lemonade and enjoy!



ERICA DOMESEK
@psimadethis

Erica Domesek, founder of the innovative do-it-yourself (DIY) lifestyle brand P.S.- I made this...is a distinguished design and style expert living and creating in Los Angeles. Her mission is to inspire and encourage people everywhere to embrace the concept of "I see it. I like it. I make it." She's passionate about her mission in helping others stylishly personalize their lives through DIY.

BLOOD ORANGE MARGARITA



This margarita is equal parts sweet and spicy to match the occasion!

INGREDIENTS

- ✦ 2 oz Tequila
- ✦ 1 blood orange, juiced
- ✦ 2 limes, juiced
- ✦ 1-2 tsp Rumamok Spicy Maple Syrup

Rim

- ✦ 1-2 tsp sea salt
- ✦ 1 tsp cinnamon
- ✦ Lime wedge

On a plate, mix together salt and cinnamon. Take the lime wedge and run it around the top of your glass. Dip the rim of the glass into the cinnamon + sea salt. Pour tequila, orange juice, lime juice, maple syrup and ice into a cocktail shaker. Shake for 30 second and pour into rimmed glass with ice.

*THANKS FOR
READING!*
