



Winter Berry Smoothie

2 servings

10 minutes

Ingredients

- 1 1/2 cups Unsweetened Almond Milk
- 1 tbsp Ground Flax Seed
- 1 tbsp Hemp Seeds
- 1 Navel Orange (peeled and sectioned)
- 1 1/2 cups Frozen Berries
- 2 cups Baby Spinach

Nutrition

Amount per serving	
Calories	168
Fat	6g
Carbs	27g
Fiber	8g
Protein	6g
Calcium	426mg

Directions

- 1 Place all ingredients together in a blender. Blend until smooth. Pour into glasses and enjoy! (Pour into a mason jar if you are on the go.)



Almond, Broccoli & Cabbage Salad

4 servings
15 minutes

Ingredients

- 2 cups Broccoli (cut into florets)
- 1 cup Purple Cabbage (thinly sliced)
- 1/4 cup Raisins
- 1/4 cup Slivered Almonds
- 1/4 cup Shallot (chopped, divided)
- 1/3 cup Orange Juice
- 1 tbsp Miso Paste
- 1 tbsp Almond Butter
- 1 tbsp Avocado Oil

Nutrition

Amount per serving	
Calories	185
Fat	11g
Carbs	20g
Fiber	4g
Protein	6g
Calcium	80mg

Directions

- 1 Add the broccoli, cabbage, raisins, almonds, and half of the shallots together in a bowl.
- 2 In a separate bowl or cup, with an immersion blender, blend the orange juice, miso, almond butter, remaining shallots, and oil until smooth. You can also use a mini food processor or small blender.
- 3 Pour the dressing over the vegetables and toss to combine. Divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately two cups of salad.

Additional Toppings: Cilantro, parsley, and/or chives.



Pumpkin Loaf

12 servings

1 hour

Ingredients

- 3 Egg
- 3/4 cup Sunflower Seed Butter
- 1/3 cup Maple Syrup
- 1/2 cup Pureed Pumpkin
- 3 tbsps Coconut Oil
- 1/2 Lemon (juiced)
- 1/4 cup Coconut Flour
- 2 tsps Cinnamon
- 1 tsp Nutmeg
- 1/3 tsp Baking Powder
- 1 1/2 tsps Ginger (grated)
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	185
Fat	14g
Carbs	12g
Fiber	2g
Protein	5g
Calcium	42mg

Directions

- 1 Preheat oven to 350°F (177°C). Lightly grease a loaf pan or line it with parchment paper.
- 2 In a food processor, combine your eggs, sunflower seed butter, maple syrup, pumpkin puree, coconut oil and lemon juice. Blend until smooth and creamy. (Note: You can also mix by hand if you prefer.)
- 3 Add the coconut flour, cinnamon, nutmeg, baking powder, ginger and sea salt. Blend again until smooth.
- 4 Transfer the batter into the loaf pan. Bake for 40 to 45 minutes. (You can test if it is done by inserting a toothpick. It will come out clean when the loaf is finished.)
- 5 Remove the loaf from the oven and allow to cool in the pan for at least 15 minutes. Remove from the pan and let cool entirely before slicing. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. If not eating right away, wrap and store in the freezer for up to two months.

Muffins: Bake in a muffin tin instead of a loaf pan. Baking time will decrease to 30 to 40 minutes.

Make it Sweet: Stir in a handful of dark chocolate chips to the batter before baking.

Serve it With: A cup of herbal tea or coffee.