



Turkish Eggs

2 servings

10 minutes

Ingredients

- 2 Egg
- 1 cup Plain Greek Yogurt (room temperature)
- 1 Garlic (clove, minced)
- 2 tbsps Extra Virgin Olive Oil
- 1 tsp Chili Flakes
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Mint Leaves (torn)

Nutrition

Amount per serving	
Calories	285
Fat	21g
Carbs	7g
Fiber	0g
Protein	17g
Calcium	284mg

Directions

- 1 Bring a pot of water to a boil. Once boiling, reduce the heat slightly and add the eggs. Cook for seven minutes for a soft boiled egg. Once the eggs are done, add them to a bowl of ice water. Once cooled, peel the shell.
- 2 In a small bowl, mix together the yogurt and garlic. Divide onto plates evenly.
- 3 In a small skillet, over low medium-low heat, pour in the oil and chili flakes and heat until just warmed.
- 4 Slice the eggs open down the middle and divide onto plates on top of the yogurt. Drizzle the oil mixture over top and season with salt and pepper. Garnish with mint. Enjoy!

Notes

Leftovers: This is best enjoyed at room temperature immediately after making. Store leftover eggs peeled but not sliced in the fridge for up to three days.

Dairy-Free: Use a plain dairy-free yogurt.

Poached Eggs: Rather than a soft-boiled egg, make a poached egg.

No Mint: Use another fresh herb such as parsley, or omit.



Strawberry Banana Oat Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Oat Milk
- 1/4 cup Oats (rolled)
- 1 cup Frozen Strawberries
- 1/2 Banana (medium)
- 3 Ice Cubes
- 132 grams Tofu (soft)

Nutrition

Amount per serving	
Calories	436
Fat	14g
Carbs	65g
Fiber	11g
Protein	20g
Calcium	772mg

Directions

- 1 Add all ingredients to a blender and blend on high until smooth. Pour in a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

Serving Size: One serving is approximately two cups.

Additional Toppings: Granola and/or hemp seeds.



Pecan Chia Granola

6 servings
30 minutes

Ingredients

- 3 tbsps Coconut Oil (melted)
- 3 tbsps Maple Syrup
- 1 1/2 cups Oats (rolled)
- 1/2 cup Pecans (chopped)
- 2 tbsps Chia Seeds

Nutrition

Amount per serving	
Calories	239
Fat	15g
Carbs	23g
Fiber	4g
Protein	4g
Calcium	52mg

Directions

- 1 Preheat the oven to 300°F (150°C) and line a baking sheet with parchment paper.
- 2 In a mixing bowl, combine the melted coconut oil and maple syrup. Stir in the oats then add the pecans and chia seeds. Mix well.
- 3 Transfer the granola mixture to the prepared baking sheet. Bake for 22 to 25 minutes, stirring halfway through, or until the oats are golden brown.
- 4 Allow the granola to cool completely on the baking sheet before transferring to an airtight container. Enjoy!

Notes

Leftovers: Store in an airtight container at room temperature for up to one week.

Serving Size: One serving is approximately 1/2 cup.

Nut-Free: Omit pecans or use pumpkin seeds or sunflower seeds instead.

More Flavor: Add a pinch of salt, vanilla extract, or cinnamon.

No Pecans: Use another nut instead, like walnuts.