



Edamame Curried Savory Oats

1 serving
15 minutes

Ingredients

- 1 cup Water
- 1/2 cup Oats (rolled)
- 1 tsp Curry Powder
- 1/2 cup Frozen Edamame
- 1/2 tsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	274
Fat	9g
Carbs	35g
Fiber	9g
Protein	15g
Calcium	105mg

Directions

- 1 In a small saucepan, bring the water to a boil. Add the oats and curry powder. Reduce to a steady simmer and cook, stirring occasionally, for about five minutes or until the oats are tender and most of the water is absorbed.
- 2 Add the edamame to the pot. Cover with a lid, remove it from the heat, and let everything steam for five minutes.
- 3 Once the five minutes are up, remove the lid and stir to mix everything really well together. Divide evenly between bowls. Garnish with oil, salt, and pepper. Enjoy!

Notes

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

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



Chickpea, Quinoa & Artichoke Mason Jar Salad

2 servings
25 minutes

Ingredients

- 1/2 cup Quinoa (dry, rinsed)
- 1/4 cup Green Goddess Salad Dressing
- 1 cup Chickpeas (cooked)
- 1/2 cup Artichoke Hearts (from the jar, chopped)
- 1 cup Cherry Tomatoes (halved)
- 1/2 cup Parsley (roughly chopped)

Nutrition

Amount per serving	
Calories	450
Fat	18g
Carbs	58g
Fiber	13g
Protein	16g
Calcium	119mg

Directions

- 1 Cook the quinoa according to the package directions. Let it cool for 10 to 15 minutes.
- 2 Divide the dressing into each mason jar then layer with chickpeas, quinoa, artichoke, tomatoes, and parsley.
- 3 Seal the jar and refrigerate until ready to serve. When ready to eat, shake the jar, and dump into a bowl. Enjoy!

Notes

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

Serving Size: 16 fl oz (473 mL) mason jars were used for this recipe. One serving is one mason jar.

Additional Toppings: Add feta cheese, goat cheese, cucumber and/or onions.

No Green Goddess Dressing: Use other dressing of choice.



Spiced Chai Energy Balls

7 servings

15 minutes

Ingredients

- 1 1/2 cups Pitted Dates
- 1 cup Cashews (raw)
- 3/4 tsp Cinnamon
- 1/2 tsp Ground Ginger
- 1/4 tsp Cardamom (ground)
- 1/4 tsp Sea Salt
- 1/8 tsp Ground Cloves

Nutrition

Amount per serving	
Calories	203
Fat	9g
Carbs	30g
Fiber	3g
Protein	4g
Calcium	25mg

Directions

- 1 Add all ingredients into a food processor and blend on high for two to three minutes, stopping to scrape down the sides as needed. Blend until the mixture is sticky and holds together.
- 2 Use a teaspoon or one-inch cookie scoop to scoop out the mixture and roll it into balls. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week. Freeze for up to three months.

Serving Size: One serving is two energy balls.