





Pretzel Nachos

1 serving
10 minutes

Ingredients

64 grams Pretzels
28 grams Cheddar Cheese (shredded)
1 tbsp Black Olives
1/2 Tomato (small, diced)
1 tbsp Red Onion (diced)
1/2 Avocado (medium, diced)
1 stalk Green Onion (sliced)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 544 |
| Fat | 27g |
| Carbs | 65g |
| Fiber | 10g |
| Protein | 16g |
| Calcium | 247mg |

Directions

- 1 Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.
- 2 Arrange the pretzels onto the baking sheet and sprinkle cheddar cheese over top. Bake for three minutes or until the cheese is melted. Remove from oven.
- 3 Top the pretzels with black olives, tomato, red onion, avocado, and green onion. Enjoy!

Notes

Leftovers: This is best enjoyed right after cooking, but can be refrigerated for up to three days.

Gluten-Free: Use gluten-free pretzels or crackers.

Dairy-Free: Use vegan cheese or omit cheddar cheese completely.

Additional Toppings: Add sliced jalapeños, black beans, ground beef, or corn.



Rosemary & Sea Salt Oat Crackers

4 servings

25 minutes

Ingredients

- 1 cup Oat Flour
- 1/4 tsp Baking Powder
- 1 tsp Sea Salt (divided)
- 1 1/2 tsps Dried Rosemary (divided)
- 1/3 cup Water (plus more if needed)
- 2 tsps Coconut Oil (melted)

Nutrition

| Amount per serving | |
|--------------------|------|
| Calories | 143 |
| Fat | 5g |
| Carbs | 20g |
| Fiber | 3g |
| Protein | 5g |
| Calcium | 40mg |

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 In a medium bowl, stir together the oat flour, baking powder, half of the salt and two-thirds of the dried rosemary. Mix in the water and knead a few times with your hands, adding additional water if needed to form a cohesive dough.
- 3 Place the dough between two sheets of parchment paper and roll it out until the dough is approximately one to two millimeters thick.
- 4 Cut the dough into approximately two-inch squares and transfer them to the prepared baking sheet. Poke each cracker with a fork, brush with the oil, and top with the remaining salt and dried rosemary.
- 5 Bake the crackers for 15 minutes until crispy and golden around the edges. Let cool completely on the baking sheet. Enjoy!

Notes

Leftovers: Store in an airtight container at room temperature for two to three days.

Serving Size: One serving is equal to six two-inch crackers.

Homemade Oat Flour: Pulse oats in the blender or food processor until finely ground. One cup of oats yields approximately one cup of flour.

More Flavor: Switch up the herbs or use your spice of choice.

Kid-Friendly: Use cookie cutters to make fun-shaped crackers.



Sun Dried Tomato Hummus

6 servings

10 minutes

Ingredients

2 cups Chickpeas (cooked, rinsed)
2 tbsps Tahini
1/3 cup Sun Dried Tomatoes (plus extra for optional garnish)
1 tbsp Lemon Juice
1 Garlic (clove)
1/2 tsp Sea Salt
1 tbsp Extra Virgin Olive Oil (divided)
1 tsp Sesame Seeds (optional for garnish)

Nutrition

| Amount per serving | |
|--------------------|------|
| Calories | 151 |
| Fat | 7g |
| Carbs | 18g |
| Fiber | 5g |
| Protein | 6g |
| Calcium | 57mg |

Directions

- 1 In a food processor, process together the chickpeas, tahini, sun dried tomatoes, lemon juice, garlic, sea salt, and half of the olive oil until smooth, about two to three minutes.
- 2 Spoon the hummus into your serving plate. Top it with the remaining olive oil. Garnish with optional chopped sun dried tomatoes and sesame seeds. Enjoy.

Notes

Leftovers: Refrigerate the leftovers in an airtight container in the fridge for up to six days.

Serving Size: One serving is equal to approximately 1/3 cup hummus.

Additional Toppings: Fresh herbs and/or Za'atar spice.

How To Serve: Serve with your choice of crackers, flatbread, or vegetables.



Halloumi & Pesto Toast

2 servings

5 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 113 grams Halloumi (cut into large pieces)
- 2 slices Whole Grain Bread (toasted)
- 2 tbsps Pesto
- 1/2 Tomato (small, sliced)
- 1 tsp Basil Leaves
- 1/8 tsp Sea Salt (flaky)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 423 |
| Fat | 28g |
| Carbs | 20g |
| Fiber | 4g |
| Protein | 22g |
| Calcium | 599mg |

Directions

- 1 In a pan, add the olive oil and heat on medium-high heat. Add halloumi and sear on both sides for one to two minutes until golden. Remove from heat.
- 2 Onto each slice of toast, add pesto, tomato slices, halloumi, basil, and sea salt. Enjoy!

Notes

Leftovers: This recipe is best enjoyed immediately but can be refrigerated in an airtight container for up to two days.

Serving Size: One serving is equal to one slice of toast.

Gluten-Free: Use gluten-free bread.



Baked Veggie Pakoras

4 servings

40 minutes

Ingredients

1/2 cup Red Onion (thinly sliced)
1 Yellow Potato (medium, peeled and grated)
1 Carrot (medium, peeled and grated)
1/2 tsp Sea Salt
1/4 cup Cilantro (roughly chopped)
1 Garlic (clove, minced)
1 tsp Ginger (fresh, minced or grated)
1 tsp Curry Powder
1/4 tsp Baking Powder
1/2 cup All Purpose Gluten-Free Flour
1 tsp Coconut Oil (melted)

Nutrition

| Amount per serving | |
|--------------------|------|
| Calories | 139 |
| Fat | 1g |
| Carbs | 29g |
| Fiber | 5g |
| Protein | 3g |
| Calcium | 38mg |

Directions

- 1 Preheat the oven to 450°F (230°C) and line a baking sheet with parchment paper.
- 2 Add the onion, potato, and carrots to a mixing bowl and season with the salt. Mix to combine. Set the mixture aside for 10 minutes to rest.
- 3 To the same bowl, add the cilantro, garlic, ginger, curry powder, and baking powder and mix to combine. Add the gluten-free flour and stir until a loose dough forms.
- 4 Form the mixture into equal-sized balls, one to two inches in diameter. Place them onto the baking sheet and gently flatten.
- 5 Bake for 11 to 13 minutes or until browned on the bottom. Remove from the oven and lightly brush the top side with some of the coconut oil before flipping over and lightly brushing the second side with the remaining coconut oil. Return to the oven and continue baking for six to eight minutes or until browned and crispy.
- 6 Allow the pakoras to rest on the baking sheet for five minutes then divide between plates and enjoy!

Notes

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

Serving Size: One serving is equal to three pakoras.

More Flavor: Add other dried herbs and spices to taste.

No Gluten-Free All-Purpose Flour: Use a combination of chickpea and brown rice flour or wheat flour instead.

No Curry Powder: Use a combination of turmeric, cumin, chili powder, and black pepper instead.

Serve it With: Spicy cilantro chutney, tamarind chutney, or a yogurt-based sauce for dipping.