



# RECIPES

*recipes*



# FEATURED RECIPES

CREAMY COCONUT  
RED LENTIL CURRY  
FROMMYBOWL.COM



TANGY THAI KEMP  
NOODLE SALAD  
WHOLE BY NATURAL HARRY



VEGAN OATMEAL  
BLENDER PANCAKES  
MAKINGTHYMEFORHEALTH.COM



INSTANT POT CREAMY  
MEXICAN CHICKEN SOUP  
AGAINSTALLGRAIN.COM



MUNG BEAN  
SALAD



PEANUT BUTTER  
RASPBERRY BALS  
DELICIOUSLYELLA.COM



HARRISON'S HEARTY SMOOTHIE





# CREAMY COCONUT & RED LENTIL CURRY

PREP TIME: 7 MINUTES  
COOK TIME: 23 MINUTES  
SERVES: SERVES 4-6

## Ingredients:

- 1 SMALL YELLOW ONION, DICED
- 3 CLOVES GARLIC, MINCED
- 1 TBSP GINGER, FINELY MINCED
- 1/2 BUNCH CILANTRO, CHOPPED; STEMS AND LEAVES DIVIDED
- 1 TBSP SALT-FREE CURRY POWDER
- 1/4- 1/2 TSP CAYENNE PEPPER *(optional)*
- 1 1/2 CUPS (309G) DRY RED LENTILS
- ONE 13.5 OUNCE (398 ML) CAN FULL-FAT COCONUT MILK
- 2 CUPS (470 ML) VEGETABLE BROTH + 2 CUPS WATER
- SALT TO TASTE
- COOKED BASMATI OR JASMINE RICE, TO SERVE *(optional)*

## Instructions:

1. BRING A LARGE SAUCEPAN TO MEDIUM HEAT AND ADD A SPLASH OF VEGETABLE BROTH OR NEUTRAL COOKING OIL. ADD THE ONION AND A PINCH OF SALT TO THE PAN AND SAUTÉ UNTIL TRANSLUCENT, 3 TO 5 MINUTES.
2. ADD THE GARLIC, GINGER, AND CHOPPED CILANTRO STEMS TO THE PAN AND SAUTÉ FOR AN ADDITIONAL 1-2 MINUTES, THEN STIR IN THE CURRY POWDER AND COOK FOR AN ADDITIONAL MINUTE. RINSE THE LENTILS BRIEFLY, THEN ADD THEM TO THE SAUCEPAN WITH THE COCONUT MILK, VEGETABLE BROTH AND WATER AND STIR TO COMBINE.
3. BRING TO A BOIL OVER HIGH HEAT, THEN REDUCE THE HEAT TO MEDIUM-LOW AND SIMMER FOR 18-20 MINUTES, OR UNTIL THE LENTILS ARE TENDER. STIR OCCASIONALLY TO ENSURE EVEN COOKING AND FLAVOR DISTRIBUTION. *(Add more salt if needed)*
4. SERVE WARM WITH RICE, BROCCOLI, CAULIFLOWER, CHICKEN, MEAT OR ANYTHING YOU WISH; LEFTOVERS WILL KEEP IN THE FRIDGE FOR UP TO 5 DAYS OR CAN BE FROZEN FOR UP TO ONE MONTH.





# TANGY THAI KELP NOODLE SALAD

PREP TIME: 10 MINUTES

SERVES: 2

## Ingredients:

- 1 PACKET (12 OUNCES) KELP NOODLES
- 2 CARROTS, GRATED
- 1 BELL PEPPER, JULIENNED
- 1/2 CUP CHIVES, CHOPPED
- 1/3 CUP CILANTRO LEAVES, CHOPPED
- 1/2-3/4 CUP TANGY MISO SAUCE
- 3/4 CUP CASHEW NUTS, CHOPPED

## Instructions:

1. PLACE THE KELP NOODLES IN A BOWL OF COLD WATER WHILE YOU PREPARE THE REST OF THE DISH.
2. HEAT A NON-STICK FRYING PAN ON LOW. ADD THE CASHEW NUTS AND LIGHTLY TOAST. SET ASIDE TO COOL.
3. DRAIN THE KELP NOODLES UNTIL NO LIQUID REMAINS.
4. COMBINE ALL THE SALAD INGREDIENTS IN A BOWL AND TOSS THE MISO SAUCE THROUGH. SCATTER WITH THE TOASTED CASHEW NUTS AND SERVE.

## Tangy Miso Sauce

MAKES 1 CUP

### Ingredients:

- 1 MEDIUM LEMON, JUICED
- 1 GARLIC CLOVE
- 2 TBSPS MISO
- 2 TBSPS HULLED TAHINI
- 2 TBSPS COCONUT AMINOS

### Instructions:

- ADD ALL INGREDIENTS TO YOUR BLENDER. PULSE TO COMBINE AND BLEND UNTIL SMOOTH. STORE IN A GLASS JAR IN THE FRIDGE FOR UP TO ONE WEEK.







# VEGAN OATMEAL BLENDER PANCAKES

PREP TIME: 5 MINUTES  
COOK TIME: 10 MINUTES  
YIELDS: 5 PANCAKES

## *Ingredients:*

- 1/2 CUP UNSWEETENED APPLESAUCE
- 3/4 CUP UNSWEETENED VANILLA ALMOND MILK *(or soy milk)*
- 1 TBSP APPLE CIDER VINEGAR
- 1 TBSP VANILLA EXTRACT
- 2 TBSPS PURE MAPLE SYRUP
- 2 CUPS ROLLED OATS
- 1 TSP BAKING POWDER
- 1 TSP BAKING SODA
- 1 TSP CINNAMON
- 1/2 TSP SALT
- 1 TBSP MELTED COCONUT OIL

## *Instructions:*

1. STARTING WITH THE WET INGREDIENTS FIRST, LAYER EVERYTHING INTO A BLENDER OR FOOD PROCESSOR, THEN ADD THE MELTED COCONUT OIL LAST.
2. BLEND ON HIGH UNTIL SMOOTH, FOR ABOUT 20 SECONDS. A HIGH SPEED BLENDER IS IDEAL FOR BEST RESULTS *(but not necessary)*. ADD MORE ALMOND MILK IF TOO THICK.
3. LIGHTLY GREASE A NON-STICK SKILLET AND WARM OVER MEDIUM-LOW HEAT. POUR THE BATTER INTO THE SKILLET AND COOK ON EACH SIDE, WAITING UNTIL THE EDGES ARE FIRM WITH SMALL BUBBLES BEFORE FLIPPING. NOTE THAT THE BATTER WILL THICKEN THE LONGER IT SITS SO IF YOU'RE MAKING ONE PANCAKE AT A TIME, YOU MAY NEED TO USE A SPOON OR SCOOPER TO GET IT OUT OF THE BLENDER.
4. ONCE IT'S IN THE SKILLET, USE THE SPOON TO GENTLY SPREAD IT OUT INTO A CIRCLE. SERVE WARM WITH PURE MAPLE SYRUP AND ENJOY!





# INSTANT POT CREAMY MEXICAN CHICKEN SOUP

SERVES: 8 PEOPLE

## *Ingredients:*

2 LBS BONELESS SKINLESS CHICKEN THIGHS *(frozen or fresh)*

2 CUPS ROASTED-TOMATILLO SALSA

4 CUPS CHICKEN BONE BROTH, FROZEN OR FRESH

3 CUPS PEELED AND CUBED SWEET POTATOES

1 1/2 CUPS PEELED AND SLICED CARROTS

2 TSP FRESH LIME JUICE

1 TSP MINCED GARLIC

1/2 TSP SEA SALT

2 CUPS CHOPPED SPINACH

GARNISH: CHOPPED CILANTRO AND DICED AVOCADO

## *Instructions:*

FOR INSTANT POT

1. PLACE BONE BROTH IN INSTANT POT AND HIT THE SAUTÉ BUTTON. THIS HELPS IT COME TO PRESSURE A LITTLE FASTER. ADD THE CARROTS, GARLIC, SWEET POTATOES, SALSA, CHICKEN AND LIME JUICE IN THE POT.
2. SECURE THE LID AND PUT ON SOUP/BROTH OPTION FOR 35 MIN FOR FROZEN CHICKEN, OR 15 MIN FOR FRESH. FOR OTHER MACHINES, SELECT HIGH PRESSURE FOR 35 MIN.
3. RELEASE THE PRESURE AND OPEN THE LID. REMOVE THE CHICKEN FROM THE POT, AND USING 2 FORKS, SHRED THE MEAT.
4. SCOOP ALL BUT 1/2 CUP OF THE VEGGIES INTO A BLENDER AND BLEND ON HIGH SPEED UNTIL PURÉED, ABOUT 15 SECONDS, AND THEN INCORPORATE BACK INTO THE SOUP.
5. ADD THE CHICKEN AND BABY SPINACH BACK INTO THE POT AND STIR TO WILT THE SPINACH. SERVE HOT WITH AVOCADO AND CILANTRO ON TOP.





## INSTANT POT CREAMY MEXICAN CHICKEN SOUP

*(continued...)*

### *Instructions:*

FOR STOVE TOP

1. PLACE THE CHICKEN, SALSA, BROTH, SWEET POTATOES, CARROTS, LIME JUICE, GARLIC, AND SALT IN A STOCKPOT OVER MEDIUM-HIGH HEAT.
2. BRING TO A BOIL, THEN COVER AND SIMMER FOR 1 HOUR OVER MEDIUM-LOW HEAT.
3. REMOVE THE CHICKEN FROM THE POT, AND USING 2 FORKS, PULL THE MEAT AWAY FROM THE BONES AND SHRED IT. SET ASIDE.
4. SCOOP 2 CUPS OF VEGETABLES FROM THE SOUP AND PLACE IN A BLENDER WITH 1/4 CUP OF THE BROTH. PURÉE THE VEGETABLES FOR 15 SECONDS AND THEN INCORPORATE BACK INTO THE SOUP.
5. ADD THE CHICKEN AND SPINACH TO THE POT AND SIMMER FOR 10 MIN. UNTIL THE SPINACH IS SLIGHTLY WILTED. SERVE HOT, GARNISHED WITH SLICED AVOCADO AND FRESH CILANTRO.

## *Harrison's* HEARTY SMOOTHIE

### *Ingredients:*

- 1/2 CUP FROZEN BLUEBERRIES
- 1/2 CUP FROZEN STRAWBERRIES
- 1-2 CUPS ALMOND MILK OR NUT MILK OF CHOICE
- 2 TBSP ALMOND BUTTER
- 2 TBSP HEMP SEEDS
- 1/2 AVOCADO
- A HANDFUL OF SPINACH
- 1/4 CUP GLUTEN FREE OATS
- 1/4 CUP UNSWEETENED SHREDDED COCONUT
- 1 BANANA *(optional)* 1 DATE *(optional)*

### *Instructions:*

PUT ALL THE INGREDIENTS IN A HIGH-SPEED BLENDER. *Add a banana or date if you like it sweeter. add more nut milk if too thick. Enjoy!*





## MUNG BEAN SALAD

### *Ingredients:*

1 CUP OF DRIED SPROUTED MUNG BEANS

1 BUNCH OF RADISHES

1 CUCUMBER

1-2 HEIRLOOM TOMATOES

HALF A PACK OF ARUGULA

LEMONS OR LIMES

EXTRA VIRGIN OLIVE OIL

SALT

PEPPER

### *Instructions:*

1. COOK MUNG BEANS BY FOLLOWING THE DIRECTIONS ON MUNG BEAN PACKAGING. SET ASIDE TO COOL.
2. CUT THE RADISHES INTO JULIENNE STRIPS, OR LIKE THICK MATCHSTICKS. PEEL, DE-SEED AND SLICE CUCUMBERS. CUBE TOMATOES.
3. PUT ARUGULA, MUNG BEANS, RADISHES, CUCUMBERS AND TOMATOES IN A LARGE SERVING DISH. DRIZZLE QUITE A BIT OF EXTRA VIRGIN OLIVE OIL AND SQUEEZE THE LEMONS OR LIMES OVER THE SALAD. ADD SALT AND PEPPER TO TASTE.
4. IF YOU MAKE THE SALAD AHEAD OF TIME YOU MIGHT NEED TO ADD MORE LEMONS/LIMES AND SALT BEFORE YOU SERVE IT AS THE MUNG BEANS WILL SOAK UP SOME OF THE FLAVOR.







# PEANUT BUTTER RASPBERRY BALLS

YIELDS: 1 TRAY

## *Ingredients:*

6-7 LARGE PITTED MEDJOOL DATES

1/2 CUP GLUTEN FREE OATS

1/3 CUP SMOOTH PEANUT BUTTER OR ALMOND BUTTER

1/4-1/2 CUP FREEZE-DRIED RASPBERRIES

PINCH OF SALT

## *Instructions:*

1. PLACE THE DATES IN A FOOD PROCESSOR AND PULSE UNTIL THEY FORM A SMOOTH PASTE.
2. NEXT ADD IN THE OATS, PEANUT BUTTER OR ALMOND BUTTER, SALT AND RASPBERRIES AND PULSE AGAIN UNTIL THEY ARE WELL COMBINED.
3. TAKE A TABLESPOON OF THE MIXTURE AND ROLL INTO A BALL. CONTINUE DOING THIS UNTIL THE MIXTURE HAS FINISHED.
4. PLACE THE ROLLED BALLS INTO THE FRIDGE FOR AROUND 1 HOUR BEFORE SERVING. STORE IN AN AIRTIGHT CONTAINER IN THE FRIDGE.

