

Table of Contents

Gluten Free

Breakfast

- Portobello Eggs.....3
- Almond Flour Blueberry Muffin Bread.....4
- Triple Berries & Cream Baked Oatmeal.....5
- Easy Gluten Free Pancakes6
- Chorizo Breakfast Egg Skillet7

Lunch

- Mediterranean Chickpea Salad.....8
- Quinoa Deli Salad.....9
- Black Bean & Plantain Arepa Sandwich10
- Hibachi Steak Lettuce Wraps11
- Simple Salmon Bowl12

Dinner

- P.F. Chang's Chicken Lettuce Wraps13
- Coconut Curry Zoodle Ramen.....14
- One Pan Chicken & Rice15
- Picadillo.....16
- Cauliflower Pizza Crust17

Snacks & Sides

- No Bake Energy Bites18
- Crispy Quinoa Sweet Potato Fritters.....19
- Apple Chips20
- Easy Seed Crackers with Everything Bagel Seasoning21
- Elote (Mexican Street Corn)22

Gluten Free



Easy Gluten-Free Pancakes



Chorizo Breakfast Skillet



Mediterranean Chickpea Salad



Simple Salmon Bowl



Picadillo



Easy Seed Crackers with
Everything Bagel Seasoning

Portobello Eggs

Healthy Recipes



2 servings



30 minutes

INGREDIENTS

4 large portobello mushrooms

Olive oil spray

½ teaspoon Diamond Crystal kosher salt divided

½ teaspoon black pepper, divided

½ teaspoon garlic powder

4 medium eggs

2 tablespoons grated Parmesan cheese

4 tablespoons chopped parsley for garnish



INSTRUCTIONS

1. Preheat broiler, setting the temperature to high. Set an oven rack in the middle of the oven. Line a rimmed broiler-safe baking sheet with foil.
2. Wipe the mushrooms clean with a damp paper towel. Gently twist off or the stem of each mushroom. Holding each mushroom in one hand, use a spoon to gently scrape out the gills.
3. Spray the mushroom caps with olive oil cooking spray on both sides. Sprinkle with ¼ teaspoon kosher salt, ⅛ teaspoon pepper, and ¼ teaspoon garlic powder. Broil 5 minutes on each side, or until just tender.
4. Remove the mushrooms from the oven. Drain any liquids. Switch oven from broil to bake, setting the temperature to 400 degrees F.
5. Break an egg into each mushroom. Sprinkle with the cheese. Bake 15 minutes, until the egg whites are cooked.
6. Sprinkle the eggs with the remaining ¼ teaspoon salt and ⅛ teaspoon pepper. Garnish with parsley and serve.

NUTRITIONAL INFORMATION

Calories 258

Fat 16g

Protein 19.7g

Sugars 4g

Carbohydrates: 11g

Almond Flour Blueberry Muffin Bread

Ambitious Kitchen



12 servings



1 hour

INGREDIENTS

1 cup unsweetened applesauce

3 eggs

3 tablespoons pure maple syrup (or sub honey)

1/2 teaspoon almond extract

2 1/2 cups packed fine blanched almond flour

1/2 cup flaxseed meal

1 teaspoon baking soda

1/4 teaspoon salt

1 cup fresh or frozen blueberries

Optional: 1 tablespoon poppy seeds

Optional: 1 tablespoon lemon zest



INSTRUCTIONS

1. Preheat the oven to 350 degrees F. Line an 8 1/2 x 4 1/2 inch loaf pan with parchment paper. Spray the pan with nonstick cooking spray to prevent sticking.
2. In a large bowl, whisk together the applesauce, eggs, pure maple syrup and almond extract until well combined. Add in the almond flour, flaxseed meal, baking soda and salt. Use a wooden spoon to combine. Fold in the blueberries.
3. Pour batter into prepared loaf pan, smoothing the top with a spatula. Bake for 45 minutes-1 hour or until the tester comes out clean in the middle of the bread. Cool bread for 10 minutes in the pan, then remove and transfer to a wire rack to finish cooling completely. Once cool, cut into 12 slices. Top with butter and enjoy!

NUTRITIONAL INFORMATION

Calories 216

Fat 15.7g

Protein 8.6g

Sugars 7.3g

Carbohydrates: 15.1g

Triple Berries & Cream Baked Oatmeal

Ambitious Kitchen



6 servings



50 minutes

INGREDIENTS

Wet ingredients:

- 2 eggs
- ¼ cup pure maple syrup
- 1 (15 ounce) can light coconut milk*
- 1 tablespoon vanilla extract
- ¼ teaspoon almond extract

Dry ingredients:

- 2 cups old fashioned rolled oats, gluten free if desired
- ¼ cup unsweetened shredded coconut
- 1 teaspoon baking powder
- ¼ teaspoon salt

Mix-ins:

- ¾ cup hulled and halved strawberries (or sub diced strawberries)
- ¾ cup blueberries
- ½ cup raspberries (or sub blackberries)

Optional:

- ¼ cup sliced raw almonds (not slivered)
- ¼ cup unsweetened shredded coconut



INSTRUCTIONS

1. Preheat the oven to 350 degrees F. Grease a 9x9 inch pan with oil or nonstick cooking spray and set aside.
2. In a large bowl, whisk together the eggs, pure maple syrup, coconut milk and vanilla and almond extract.
3. Add the dry ingredients to the bowl with the wet ingredients: oats, shredded coconut, baking powder and salt. Mix until combined, then stir in half of the mixed berries.
4. Pour mixture into the prepared pan and smooth top. Sprinkle the remaining half of the berries on top. Sprinkle the top with sliced almonds and shredded coconut, if using. Bake for 35-45 minutes or until the edges are slightly golden brown and the center is set. Remove from the oven, allow to cool for 10 minutes, then cut into 6 slices and serve.

NUTRITIONAL INFORMATION

Calories 244

Fat 9.4g

Protein 5.9g

Sugars 14g

Carbohydrates: 33.4g

Easy Gluten Free Pancakes

Laura Fuentes



10 servings



15 minutes

INGREDIENTS

1 $\frac{1}{4}$ to 1 $\frac{1}{2}$ cups of gluten-free all-purpose flour

3 teaspoons baking powder

$\frac{1}{2}$ teaspoon salt

1 Tablespoon sugar

1 $\frac{1}{4}$ cups milk

1 egg

3 Tablespoons butter, melted (optional)



INSTRUCTIONS

1. In a large bowl, sift together the flour, baking powder, salt, and sugar.
2. Make a well in the middle and pour in the milk, egg and melted butter; mix with a fork or whisk until smooth.
3. Heat a non-stick griddle or large pan over medium-high heat. Pour or scoop $\frac{1}{4}$ cup of batter for each pancake. Wait until bubbles form to flip. Brown on the other side and serve with butter and blueberry syrup.

NUTRITIONAL INFORMATION

Calories 208

Fat 6.9g

Protein 6.1g

Sugars 4.8g

Carbohydrates: 31.3g

Chorizo Breakfast Skillet

Avocado Pesto



2 servings



20 minutes

INGREDIENTS

2 teaspoons extra virgin olive oil

1/2 small onion halved and thinly sliced

6 slices chorizo cold cuts quartered

1/2 cup cherry tomatoes halved

3 sun-dried tomatoes chopped

4 eggs

handful fresh basil slivered



INSTRUCTIONS

1. Heat oil over medium heat in a pan.
2. Add onion and cook for a couple mins.
3. Add chorizo, in single layer, cook for a couple minutes.
4. Add cherry tomatoes, in single layer, cut side down. Cook for a couple minutes.
5. Add sun-dried tomatoes and mix everything together.
6. Create four mini craters in the four corners of the pan and crack four eggs, one into each hole.
7. Add salt/pepper to taste. Cook until eggs are set (use spatula to crack the yolks if you prefer a non runny yolk).
8. Remove from heat. Serve sprinkled with fresh basil.

NUTRITIONAL INFORMATION

Calories 200

Fat 13g

Protein 2g

Sugars 3g

Carbohydrates: 6g

Mediterranean Chickpea Salad

Downshiftology



8 servings



10 minutes

INGREDIENTS

2 15-ounce cans chickpeas, drained and rinsed

1 large cucumber, diced

1 red bell pepper, diced

2 cups cherry tomatoes, halved

1/4 cup red onion, diced

4 oz feta cheese, crumbled

1/4 cup finely chopped parsley

lemon vinaigrette, as much or as little as you'd like

- 1/3 cup olive oil
- 1/4 cup lemon juice
- 1 teaspoon Dijon mustard
- 1/2 teaspoon honey, or maple syrup
- 1 garlic cloves, minced
- salt and pepper, to taste



INSTRUCTIONS

1. Vinaigrette: Add all of the ingredients to a small bowl and whisk together.
2. Add all of the ingredients to a mixing bowl.
3. Pour the lemon vinaigrette over the salad and give it a gentle stir.
4. Transfer the salad to a large bowl and serve.

NUTRITIONAL INFORMATION

Calories 300

Fat 14g

Protein 12g

Sugars 8g

Carbohydrates: 34g

Quinoa Deli Salad

Eating Well



1 serving



10 minutes

INGREDIENTS

3 cups coarsely chopped Bibb, Boston, or butterhead lettuce

¼ cup thinly sliced red bell pepper

2 tablespoons red-wine vinaigrette, divided

¼ cup cooked quinoa

½ cup canned low-sodium chickpeas, rinsed

¼ cup drained canned artichoke hearts, quartered

1 slice low-sodium deli ham, diced (1 oz.)

2 tablespoons shredded low-moisture, part-skim mozzarella cheese (1/2 oz.)



INSTRUCTIONS

1. Toss lettuce and pepper with 1 Tbsp. plus 1 tsp. vinaigrette and place on a 9-inch plate.
2. Toss quinoa and chickpeas with the remaining 2 tsp. vinaigrette and place on top of the lettuce and pepper. Top with artichokes, ham, and mozzarella.

NUTRITIONAL INFORMATION

Calories 404

Fat 20.6g


Protein 17.9g

Sugars 7.3g

Carbohydrates: 38.7g

Black Bean & Plantain Arepa Sandwich

Minimalist Baker

 6 servings

 30 minutes

INGREDIENTS

Arepas

- 6 large arepas (or you could sub corn tortillas)

Plantains

- 2 large ripe and spotty plantains, peeled
- 1 Tbsp oil

Black beans

- 1 15-ounce can black beans, slightly drained
- 1/2 tsp ground cumin
- 1 Pinch sea salt

Guacamole

- 2 ripe avocados
- 2-3 Tbsp lime juice
- 1/4 tsp sea salt (plus more to taste)
- 1/4 cup diced onion
- 2 Tbsp chopped cilantro

For serving (optional)

- Cabbage
- Cilantro
- Habanero Hot Sauce (or other hot sauce)



INSTRUCTIONS

1. If you haven't already prepared your arepas, which take about 30 minutes (not included in prep time), do that now.
2. Preheat oven to 400 degrees F (209 C). Peel your plantains and slice on a diagonal into 1/2-inch pieces. Then add to a parchment-lined baking sheet and toss with oil. Arrange into an even layer and bake for about 15-20 minutes or until golden brown and caramelized. Toss near the 10-minute point to ensure even baking.
3. In the meantime, add (slightly drained) black beans to a small saucepan and heat over medium heat until bubbly and hot. Season with cumin and salt and stir to combine. Then turn heat off and set aside (cover to keep warm).
4. Lastly, prepare guacamole by mashing avocado in a small mixing bowl and adding lime, salt, onion, and cilantro. Stir to combine, and taste and adjust flavor as needed. Add more salt for saltiness, lime for acidity, or onion for crunch. Set aside.
5. You're ready to serve. Slice your hot arepas in half (or cut a "pita pocket" and stuff). Add guacamole, beans, plantains, and any other desired toppings, such as Habanero Hot Sauce, cabbage, or cilantro!
6. Best when fresh. Store leftovers (separate from each other) in the refrigerator up to 3 days.

NUTRITIONAL INFORMATION

Calories 459

Fat 12g

Protein 9g

Sugars 9.8g

Carbohydrates: 81.1g

Hibachi Steak Lettuce Wraps

Unbound Wellness



4 servings



20 minutes

INGREDIENTS

For the mustard sauce

- 1/2 cup paleo mayo
- 2 tbsp coconut aminos
- 1 tbsp ground mustard (dried)
- 1 tbsp honey
- 1 tsp garlic powder

For the steak lettuce cups

- 1 lb sirloin steak
- 1 tsp sea salt
- 1/4 tsp black pepper
- 1 tbsp avocado oil
- 1 tbsp ghee, divided
- 1 tsp garlic powder
- 2 tbsp coconut aminos
- 2 tsp lemon juice
- 4 butter lettuce leaves
- 1 cup steamed rice (sub cooked cauliflower rice for AIP/paleo/whole30)
- 1/3 cup shredded carrot
- 1 tbsp green onion, chopped



INSTRUCTIONS

1. Stir all of the ingredients for the mustard sauce until well combined. Set aside in the fridge.
2. Cut the steak into bite-sized pieces, removing any gristle, and season with salt and pepper.
3. Using a large deep pan, heat the avocado oil over medium-high heat. Once the oil is hot, add the steak and cook for 3-5 minutes or until the outside has browned. The internal temperature should be 145 F for medium-rare or 160 F for medium. Add the garlic powder, coconut aminos, ghee, and lemon juice and stir to coat. Set aside.
4. Assemble the lettuce cups by using one lettuce cup then adding rice, shredded carrot, steak, green onion, and mustard sauce if desired. Repeat for all of the lettuce cups. Serve with extra sauce on the side.

NUTRITIONAL INFORMATION

Calories 408

Fat 20.2g

Protein 27.5g

Carbohydrates: 27.9g

Simple Salmon Bowl

A Couple Cooks



4 servings



30 minutes

INGREDIENTS

1 cup dry rice of any type (or couscous for a quicker meal)

1 cup of Tahini Dressing

- ½ cup tahini
- 2 tablespoons white wine vinegar
- 1 tablespoon maple syrup, honey or sugar
- 1 tablespoon olive oil
- ¼ teaspoon garlic powder
- ½ teaspoon kosher salt
- 5 tablespoons warm water

1 pound wild caught salmon fillets, skin on*

Olive oil

kosher salt and fresh ground pepper

1 1/2 pounds fresh broccoli, stem on (about 3 large heads or 6 heaping cups florets)

1 teaspoon garlic powder

½ teaspoon onion powder

¼ teaspoon dry mustard powder (optional)



INSTRUCTIONS

Tahini Dressing

1. Whisk together all ingredients, adding additional warm water if necessary to get it to come to a light and creamy consistency (this varies based on the texture of the tahini brand). Store up to 1 month refrigerated; bring to room temperature before serving (add a splash of water if it needs thinning out).

Bowl

1. Make the rice :Rinse the rice in cold water in a strainer for 15 to 20 seconds, then shake it dry. Place the rice in a pot with the water and bring it to a boil. Once boiling, cover the pot and simmer for 13 to 15 minutes, until the water is completely absorbed . Remove from the heat. Cover and rest for 10 minutes
2. Broil the salmon: Preheat the broiler to high. Place a large sheet of aluminum foil on a baking sheet and brush it with olive oil. Pat each piece of salmon dry and place it on the foil skin side down. Brush salmon with a bit of olive oil and sprinkle with ½ teaspoon salt and fresh ground pepper. Broil 4 to 5 minutes for very thin salmon or 7 to 10 minutes for 1-inch thick salmon, until it's just tender and pink at the center (the internal temperature should be between 125 to 130 degrees Fahrenheit in the center).
3. Meanwhile, make the broccoli: Chop the broccoli into medium sized florets. In small bowl, mix together ¼ cup water with the garlic powder, onion powder and mustard powder. Add 3 tablespoons olive oil to a large skillet and heat it on medium high heat. Add broccoli and ½ teaspoon salt. Cook 2 to 3 minutes until starting to brown, stirring occasionally. Reduce heat to medium, and add the water and spices. Cook an additional 4 to 5 minutes until fork tender, stirring occasionally. Taste and add additional salt and black pepper as necessary. Serve immediately.

NUTRITIONAL INFORMATION

Calories 363

Fat 13.6g

Protein 32g

Sugars 4.8g

Carbohydrates: 30.3g

P.F. Chang's Lettuce Wraps

The Girl on Bloor



4 servings



30 minutes

INGREDIENTS

- 1 tbsp sesame oil
- 1 lb shiitake mushrooms, *finely chopped*
- 1 lb ground chicken
- 1 pinch salt
- 1 yellow onion, diced
- 4 cloves garlic minced
- 1 tbsp freshly minced ginger (or 1 tsp dried)
- 2 tbsp tamari
- 2 tsp sriracha (optional)
- 1 (227mL) can water chestnuts, *finely chopped*
- 1/2 cup matchstick carrots
- 4 green onions, sliced
- 1 head romaine or Boston leaf lettuce



INSTRUCTIONS

1. Heat sesame oil in a large frying pan over med-high heat. Add mushrooms and cook for 4-5 minutes until juices start to release, then add chicken, season with a pinch of salt, and break up with a slotted spoon, cooking for 2 minutes until lightly browned.
2. Add onions, garlic, ginger, soy sauce, sriracha, water chestnuts and carrots, mixing all together and sauteing until chicken is fully cooked, about 8-10 minutes. Remove from heat and stir in green onions.
3. Add chicken mixture to lettuce leaves then serve and enjoy!

NUTRITIONAL INFORMATION

Calories 366

Fat 20g

Protein 31g

Sugars 6g

Carbohydrates: 15g

Coconut Curry Zoodle Ramen

Modern Proper



4 servings



20 minutes

INGREDIENTS

- 1 tbsp red curry paste
- 2 tbsp yellow curry powder
- 1 tbsp sesame oil
- 1 tbsp garlic, minced
- 1 tbsp fresh ginger, minced
- 4 cups vegetable Stock
- 2 cans full-fat coconut milk
- 1 bunch green onions, thinly sliced, divided
- 8 oz mushrooms sliced (crimini or shiitake)
- 2 limes, juiced
- 1 bell pepper, thinly sliced
- 1 tsp salt
- 6 cups zoodles (about 3 medium zucchini)
- 2 cups red cabbage shredded
- sesame seeds, optional



INSTRUCTIONS

1. In a medium sized pot set over medium heat, whisk the red curry paste, yellow curry powder, sesame oil, garlic and ginger until fragrant, about 2 minutes.
2. Add the stock, coconut milk, white and light green parts of green onion (reserve the dark green parts for garnish), mushrooms, lime juice, bell pepper and salt. Bring to a boil. Boil for 2 minutes.
3. Add the zucchini noodles and stir until noodles are incorporated. **
4. Divide the ramen into 4 bowls, garnish with remaining green onion tops, red cabbage and sesame seeds.

NUTRITIONAL INFORMATION

Calories 320

Fat 22g

Protein 11g

Sugars 9g

Carbohydrates: 24g

One Pan Chicken & Rice

DownShiftology



5 serving



1 hr 5 mins

INGREDIENTS

CHICKEN

- 5 chicken thighs, skin-on and bone-in
- 2 tablespoons olive oil

MARINADE

- 2 lemons, juiced and zested
- 2 teaspoons Dijon Mustard
- 3 garlic cloves, minced
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 tablespoon olive oil

RICE

- 1 yellow onion, diced
- 2 cups baby spinach, lightly packed and roughly chopped
- 2 garlic cloves, minced
- 1 teaspoon dried oregano
- 1 cup long grain white rice
- 2 cups chicken stock
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- chopped parsley, for garnish
- lemon zest or slices, for garnish



INSTRUCTIONS

1. **Marinade:** Add all of the marinade ingredients to a bowl and stir together.
2. Place chicken thighs in a glass dish, pour marinade over the chicken, and turn each piece to coat. Cover dish and marinate chicken in the fridge for at least 30 minutes and up to overnight.
3. **Cook the Chicken & Rice:** Preheat your oven to 350 degrees F. In a large ovenproof skillet, heat 2 tablespoons olive oil on medium-high heat. Add chicken thighs skin-side down and cook until skin is golden brown, about 5 minutes. Reserve the leftover marinade as you'll add that back in later.
4. Flip the chicken and cook another 5 minutes. Remove chicken thighs from skillet and set aside.
5. Use your tongs to scrape and remove any browned bits, and bunch up a couple of paper towels to soak up some fat from the pan, but not all. Reserve a little bit of grease to cook the onions.
6. Add the diced onions and stir for 1-2 minutes, or until they start to become translucent.
7. Add the chopped spinach, garlic, oregano, salt, pepper, and reserved marinade. Stir for another 30 seconds or until the spinach starts to wilt.
8. Add the rice to the skillet, and stir well to coat the rice with the oil.
9. Pour the chicken stock into the skillet and stir well. Bring this to a simmer on the stove.
10. Arrange chicken thighs on top of the rice, then cover the skillet and place in the preheated oven. Bake for 35 minutes. Remove the lid, return the skillet to the oven, and bake until chicken is cooked through and rice is tender, about 10 minutes more.
11. Let the chicken and rice rest for 5 to 10 minutes. The rice will look really dark as the spinach and onions rise to the surface. Just fluff the rice up with a fork to mix everything back together before serving.
12. Top with chopped parsley and grilled lemon slices or fresh lemon zest.

NUTRITIONAL INFORMATION

Calories 336

Fat 6g

Protein 11g

Sugars 1g

Carbohydrates: 57g

Picadillo

Modern Proper



6 servings



1 hr 15 mins

INGREDIENTS

- 1 tbsp extra virgin olive oil
- 1 lb ground beef, 80/20
- 1 small yellow onion, diced
- 4 garlic cloves, roughly chopped
- 1 bell pepper, cored and finely chopped
- 1 large carrot, grated
- 1 tsp sea salt
- 2 tsp chili powder
- 1 tsp dried oregano
- 2 tsp cumin
- 1/2 tsp cinnamon
- 2 tbsp tomato paste
- 2 cups chicken stock
- 1 large russet potato, peeled and 1/2 inch diced
- cooked rice for serving
- warm tortillas for serving
- fresh cilantro for serving
- jalapeño peppers slices for serving



INSTRUCTIONS

1. Heat olive oil In a large skillet set over medium high heat, cook the beef with the onions, garlic, bell pepper and carrots until meat is browned, about 8 minutes.
2. Add in the salt, chili powder, oregano, cumin, cinnamon and tomato paste mix for 30 seconds until incorporated.
3. Add in the chicken stock and potatoes, mix to combine. Turn the heat up to high and bring to a simmer. Reduce the heat to medium-low and cook until potatoes are tender and the mixture has completely thickened, about 20 minutes.
4. Serve with cooked rice or warmed tortillas, fresh cilantro and peppers if you want extra heat.

NUTRITIONAL INFORMATION

Calories 236

Fat 7g

Protein 25g

Sugars 3g

Carbohydrates: 16g

Cauliflower Pizza Crust

Downshiftology



4 servings



40 minutes

INGREDIENTS

Cauliflower Pizza Crust

- 1.5 pounds cauliflower, florets
- 1/2 cup shredded cheese, or 1/3 cup soft cheese
- 1 egg, beaten
- 1 teaspoon Italian seasoning
- salt and pepper, to taste

Pesto Chicken Pizza

- 1/3 cup pesto sauce
- 1/2 cup Shredded chicken
- 3/4 cup mozzarella cheese, shredded
- 2 cups (packed) baby spinach
- 2 garlic cloves, minced

Margherita Pizza

- 1/3 cup marinara sauce
- 4 oz mozzarella ball, sliced
- fresh basil leaves
- red pepper flakes (optional)



INSTRUCTIONS

1. Preheat your oven to 400 degrees Fahrenheit. Remove the cauliflower florets from the stem or use frozen and thawed cauliflower florets. Grate them using a food processor or box grater.
2. Add the cauliflower rice to a microwave safe bowl, cover, and microwave for 4-5 minutes to soften. Alternatively, you could saute the cauliflower rice in a pan on medium heat on the stove for 8-10 minutes. Then let it cool to the touch.
3. Transfer the cauliflower rice into a nut milk bag or thin kitchen towel. Drain the cauliflower by squeezing it until all the excess moisture is out. Squeeze as hard as you can!
4. Place the drained cauliflower rice in a large mixing bowl. Add the cheese, egg and seasonings. Use your hands to mix everything together to form the pizza dough.
5. On a parchment lined baking sheet, press the dough down into an even circle. The diameter should be around 9 inches. If you have a pizza stone, that's even better and will produce a crispier crust.
6. Bake for 25 minutes, or until slightly golden, then remove from oven. You could also bake for 20 minutes and flip the crust over, then bake an additional 5-10 minutes for an even crispier crust.
7. Add the toppings and bake for an additional 10 minutes.

NUTRITIONAL INFORMATION

Calories 177

Fat 11g

Protein 13g

Sugars 4g

Carbohydrates: 10g

No Bake Energy Bites

A Couple Cooks



20 servings



15 minutes

INGREDIENTS

2 ½ cups Old Fashioned rolled oats

⅓ cup cocoa powder

¼ cup mini chocolate chips

¼ cup unsweetened shredded coconut

½ cup creamy peanut butter (no sugar added, or sunflower butter or tahini for nut free)

½ cup honey (or agave syrup for vegan)

¼ teaspoon kosher salt

¼ teaspoon cinnamon



INSTRUCTIONS

1. Mix all ingredients together in a bowl, starting with 2 ¼ cups rolled oats. If the dough feels fairly stiff move to the next step; otherwise add the additional ¼ cup if the dough feels fairly sticky. Freeze the bowl for 5 minutes to allow the dough to firm up even more: it should feel stiff and rollable at this point. If not, you can mix in a handful more oats — or if it's too crumbly, add a hint more peanut butter and honey.
2. Roll the dough into 20 small balls, pressing the dough together with your hands. A 1 1/2-inch cookie scoop is helpful to make uniform balls. Store refrigerated to firm up the texture even more, but you can eat immediately. Refrigerate for up to 2 weeks.

NUTRITIONAL INFORMATION

Calories 114

Fat 4.2g

Protein 3.1g

Sugars 8.1g

Carbohydrates: 16.7g

Crispy Quinoa Sweet Potato Fritters

Minimalist Baker

 11 servings  30 minutes

INGREDIENTS

Quinoa

- 2 cups cooked + cooled quinoa

Veggies

- 2 cups shredded sweet potato (no need to peel)
- 2 Tbsp avocado or coconut oil, plus more for cooking
- 1/2 cup diced red or white onion
- 4 cloves garlic, minced
- 1 healthy pinch each sea salt and black pepper
- 2 cups chopped greens (we prefer spinach)

Fritters

- 3 medium eggs, whisked
- 1/2 tsp sea salt, plus more to taste
- 1 tsp curry powder (optional)
- 1/2 cup gluten-free flour blend

For Serving, optional

- Sauce (such as coconut yogurt, hummus, or garlic dill sauce)
- Fresh herbs (mint, cilantro, parsley)



INSTRUCTIONS

1. If you do not already have cooked quinoa, prepare it at this time. 2/3 cup uncooked quinoa will yield ~2 cups cooked.
2. Shred sweet potato using either the coarse side of a box grater or the grater attachment of a food processor.
3. Heat a large pot or rimmed skillet over medium heat. Once hot, add oil, onion, sweet potato, garlic, salt, and pepper. Sauté for 4-5 minutes, stirring frequently, or until the onion and sweet potato are tender and fragrant. Add chopped greens and stir to slightly wilt. Set aside.
4. Add eggs to a medium mixing bowl and whisk until well combined. Set aside.
5. To a large mixing bowl add sautéed vegetables, cooked and cooled quinoa, salt, and curry powder (optional) and stir. Then add eggs and stir. Lastly, add gluten-free flour and stir until combined. You should have a slightly tacky but moldable mixture. Add more gluten-free flour as needed if too wet to handle.
6. Form into thin 1/4-inch-thick patties the size of the palm of your hand. In the meantime, heat a large rimmed skillet (we prefer cast iron).
7. Once hot, add a little oil to coat the pan and enough fritters to comfortably fit without crowding. Pan fry until golden brown ~ 4 minutes on each side.
8. Serve hot with garnishes of choice, such as lemon juice, dairy-free yogurt, hummus, garlic dill sauce, or fresh herbs (all optional). Store leftovers covered in the refrigerator up to 3-4 days, or in the freezer up to 1 month. Reheat on the stovetop over medium heat, in a 350 degree F (176 C) oven, or in the microwave until hot. If frozen, thaw before reheating.

NUTRITIONAL INFORMATION

Calories 154

Fat 4.6g

Protein 4.6g

Sugars 2.8g

Carbohydrates: 23.8g

Apple Chips

Downshiftology



4 servings



2 hrs 30 mins

INGREDIENTS

3 large apples , such as Gala, Fuji, or Honeycrisp

1 teaspoon ground cinnamon



INSTRUCTIONS

1. Preheat oven to 200 degrees Fahrenheit (90 Celsius).
2. Line two large baking sheets with parchment paper or a silicone baking mat.
3. Wash and thinly slice the apples using a mandoline to about 1/8-inch thick. Remove the seeds from each slice.
4. Spread the apple slices closely in one layer onto the baking sheets. Sprinkle with cinnamon on both sides.
5. Bake the apples for 1 hour. Flip the apples over and bake for 1 more hour.
6. Turn the oven off and let the apples cool in the oven for about 30 minutes before taking out. If the apples are not crunchy, continue baking them in 15 minute increments.
7. Remove the apples from the baking sheet and enjoy, or store immediately in an airtight container.

NUTRITIONAL INFORMATION

Calories 88

Fat 1g

Protein 1g

Sugars 17g

Carbohydrates: 24g

Easy Seed Crackers with Everything Bagel Seasoning

Minimalist Baker



35 servings



1 hr 5 mins

INGREDIENTS

- 2 Tbsp ground flax seeds (flaxseed meal)
- 2 Tbsp brown rice flour
- 1/2 tsp sea salt
- 1/3 cup sunflower seeds
- 1/3 cup pepitas (pumpkin seeds)
- 1/4 cup hemp seeds
- 1 Tbsp chia seeds
- 1 cup boiling water
- 1-2 Tbsp Everything Bagel Seasoning (store-bought)



INSTRUCTIONS

1. Preheat the oven to 350 F (176 C) and line a standard-size (13×18-inch) baking sheet with parchment paper.
2. In a medium mixing bowl, whisk together the ground flax seeds, brown rice flour, and salt until well combined. Add the sunflower seeds, pepitas, hemp seeds, and chia seeds and toss to combine.
3. Pour the boiling water over the seed mixture and stir until there are no dry spots. Cover with a kitchen towel and let sit for 15 minutes until the seeds have absorbed the water and the mixture is thick and sticky.
4. Transfer the mixture to the prepared baking sheet and, using a rubber spatula, spread into as thin and even a layer as possible. On a standard-size baking sheet (13×18-inch), it should go all the way to the edges. Be sure that the middle isn't too thick and the edges aren't too thin, and try to avoid any gaps or holes. Then, sprinkle the Everything Bagel Seasoning over the top.
5. Bake your crackers for 35-45 minutes, or until they have become toasty in color and are dry and hard to the touch. If it feels soft in the middle, let it bake for a couple more minutes, but not past 50 minutes, or you'll have burnt crackers!
6. Let crackers cool completely on the baking sheet, then carefully break your large cracker into whatever size pieces you prefer. Enjoy right away or store in an airtight container at room temperature for up to 1-2 weeks.

NUTRITIONAL INFORMATION

Calories 26

Fat 2g

Protein 1.2g

Sugars 0g

Carbohydrates: 1.2g

Elote (Mexican Street Corn)

Modern Proper



4 servings



25 minutes

INGREDIENTS

4 ears corn

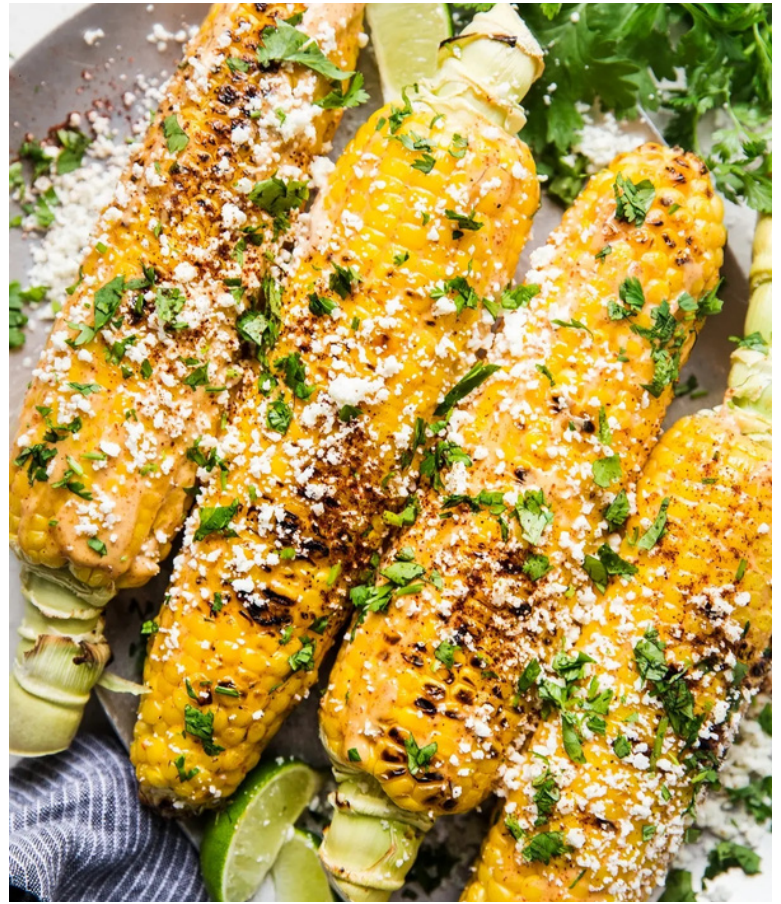
1/3 cup chipotle mayonnaise

1/4 cup cotija cheese

1/4 cup fresh cilantro, minced

1 tbsp chipotle chili powder (or regular chili powder)

1 lime, quartered



INSTRUCTIONS

1. Preheat grill to medium high. Prepare corn by removing husk and silk. Set corn directly on hot grill and allow to cook, rotating often, until slightly charred on all sides.
2. While still warm use the back of a spoon or a pastry brush to spread the chipotle mayo all over each corn. Sprinkle with cotija cheese, fresh cilantro and chipotle powder. Serve with a lime wedge. Enjoy!

NUTRITIONAL INFORMATION

Calories 134

Fat 19g

Protein 2g

Sugars 4g

Carbohydrates: 17g