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## Plant Based

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# Orange Cardamom No Bake Energy Bites

Minimalist Baker



16 servings



15 minutes

## INGREDIENTS

1 cup (packed) pitted dates

1/2 cup raw unsalted cashews

1/2 cup shredded unsweetened coconut

1 pinch sea salt

3/4 – 1 1/2 tsp ground cardamom

1/2 tsp (packed) orange zest

TOPPING optional

- 1 tsp (packed) orange zest
- 3 Tbsp desiccated coconut
- 1 Tbsp coconut sugar



## INSTRUCTIONS

1. To a food processor add pitted dates, cashews, coconut, sea salt, cardamom, and orange zest. Note: If you don't have a food processor you can try using a blender, but dates can be tough for blenders due to their sticky nature, so use a low speed if possible and pulse rather than blending.
2. Pulse until the mixture is broken down and crumbly — we like to stop before it becomes completely dough-like so that the bites maintain some texture. It should stick together when pressed between two fingers; if still dry and crumbly, continue processing until it is sticky enough to form into a ball. Taste and adjust as needed, adding more cardamom, orange zest, or salt to taste.
3. If using the coconut coating, prepare that at this time. In a small bowl, combine the orange zest, desiccated coconut, and coconut sugar. Now it's time to roll the balls!
4. Scoop out 1-Tbsp amounts and roll into balls. As the original recipe is written, ~16 balls. If using the coating, roll the balls in the coating until generously covered.
5. Enjoy immediately or store leftovers covered in the refrigerator up to 1 week, or in the freezer up to 1 month. We enjoy these right out of the fridge or after sitting at room temperature for 5-10 minutes.

### NUTRITIONAL INFORMATION

Calories 76

Fat 3.6g

Protein 1.1g

Sugars 8.7g

Carbohydrates: 11.4g

# Lemon & Herb White Bean Dip

Minimalist Baker



5 servings



10 minutes

## INGREDIENTS

1 (15-oz) can white beans (drained and rinsed)

1/4 cup tahini

1-2 tsp lemon zest

3-4 Tbsp lemon juice

1/2 tsp sea salt

4 cloves garlic, pressed or minced

1 Tbsp extra virgin olive oil

1/4 cup chopped fresh dill, loosely packed

FOR SERVING optional

- Pita bread or chips (or crackers // gluten-free as needed)
- Fresh or roasted veggies (e.g. carrots, radish, cucumber, beets)



## INSTRUCTIONS

1. To a food processor (or high-speed blender) add drained, rinsed white beans along with tahini, lemon zest and lemon juice (starting with lesser amounts of both), salt, garlic, and olive oil (reserve herbs for later).
2. Blend until creamy, scraping down sides as needed — about 1 minute. If you prefer more texture, blend for less time. If you prefer silky smooth dip, blend for longer.
3. Add chopped dill (or other herbs) and pulse again to combine.
4. Taste and adjust flavor as needed, adding more garlic for zing, lemon zest or juice for brightness or acidity, salt to taste, olive oil for creaminess / floral notes, dill for more herbal notes, or tahini for nuttiness. We like pretty bold flavors, so we added the additional lemon zest and juice and a pinch more salt.
5. Enjoy immediately, or refrigerate to chill, which allows the dip to thicken. Option to garnish with additional drizzle of olive oil, lemon zest, and fresh dill for serving. Serve with pita bread or chips, flatbread, crackers, or vegetables of choice.
6. Leftovers keep covered in the refrigerator for up to 4-5 days. Not freezer friendly.

### NUTRITIONAL INFORMATION

Calories 192

Fat 13.2g

Protein 6.9g

Sugars 1.1g

Carbohydrates: 13.8g

# Mexican Street Corn Salad with Chipotle Crema

Modern Proper



6 servings



25 minutes

## INGREDIENTS

6 ears corn of corn, about 4 cups

1/4 cup finely diced radishes

1/2 bunch green onions, roughly chopped

1 Tbsp lime juice, from 1 lime

1/2 tsp sea salt

1/4 tsp freshly cracked black pepper

1/3 cup chipotle mayo

1/4 cup roughly chopped cilantro leaves

1/4 cup crumbled cotija cheese

1/4 tsp chipotle chili powder (or regular chili powder)



## INSTRUCTIONS

1. To make this salad with Boiled Corn: Bring a large pot of water to a boil over high heat. Husk the corn, completely removing silky hairs. Boil the corn cobs for 8 minutes before removing them from the water, set aside to cool. Once the corn has cooled completely, use a sharp knife to remove the kernels from the corn.
2. To make this salad with Frozen Corn: In a large skillet, set over high, heat 1 tablespoon of vegetable oil over high heat. Add 4 cups of frozen corn and spread them out into a single layer. Allow the corn to cook over high heat until it begins to char. Stir corn and cook for another 2 minutes. Remove the pan from the heat and allow the corn to cool completely before using in the salad.
3. Assemble of Salad: In a medium sized bowl combine the corn kernels with the radishes, green onions, lime juice, salt and pepper. Toss the corn mixture with chipotle crema until completely coated. Add a little more if desired. Sprinkle the salad with cilantro, cotija and chipotle powder.

### NUTRITIONAL INFORMATION

Calories 129

Fat 15g

Protein 2g

Sugars 5g

Carbohydrates: 19g

# Quick Refrigerator Pickles

Minimalist Baker



8 servings



1 hr 50 mins

## INGREDIENTS

### CUCUMBERS

- 1 medium cucumber, sliced into wedges
- 1 tsp coriander seed
- 1 tsp mustard seed
- 1 handful fresh dill sprigs

### BRINE

- 1 ½ cups white distilled vinegar
- 1 tsp organic cane sugar
- 2 tsp sea salt



## INSTRUCTIONS

1. Add cucumber slices to a large mason jar or glass container along with coriander seed, mustard seed, and dill. Set aside.
2. To a small saucepan add distilled white vinegar, sugar, and salt. Bring to a simmer over medium heat and stir to fully dissolve salt and sugar. Taste and adjust flavor as needed, adding more salt or sugar to taste.
3. Let the brine cool in the refrigerator for at least 30 minutes to 1 hour. Once cooled, pour the brine over the cucumbers until your glass container is full. Ensure the cucumbers are fully submerged. If needed, add more vinegar or a little water to cover.
4. Seal well and shake to combine. Then refrigerate for at least 1 hour. The flavors will deepen and intensify the longer it marinates. Best flavor is achieved after 24 hours.
5. Will keep in the refrigerator for 2-3 weeks (sometimes longer). Not freezer friendly.

### NUTRITIONAL INFORMATION

Calories 8

Fat 0.2g

Protein 0.3g

Sugars 1g

Carbohydrates: 1.7g

# Baked Plantain Chips & Garlicky Guacamole

Minimalist Baker



6 servings



30 minutes

## INGREDIENTS

### Chips

- 2 medium unripe (green, starting to turn yellow) plantains (peeled)
- 2 Tbsp melted coconut or avocado oil
- 1/2 tsp sea salt
- 1/2 tsp lime zest (optional)

### Guacamole

- 2 medium ripe avocados
- 2 cloves garlic (minced)
- 1/2 cup finely diced red onion
- 2 Tbsp lime juice
- 1/4 cup minced cilantro (optional // plus more for garnish)
- 1/4 tsp sea salt plus more to taste



## INSTRUCTIONS

1. Preheat oven to 375 degrees F (190 C) and line 2 baking sheets with parchment paper (as original recipe is written // use fewer or more baking sheets if altering batch size).
2. Thinly slice plantains with a mandolin for best results. They should be not quite paper thin but close.
3. Add to a mixing bowl and drizzle with oil and salt. Gently toss with a spoon to combine. Then arrange in a single layer on the baking sheets, making sure none are overlapping or they won't crisp up.
4. Bake for 18-25 minutes or until crispy and slightly golden brown, being careful not to burn. Rotate pans at the halfway point to ensure even baking.
5. Once out of the oven, sprinkle with a bit more salt and lime zest (optional) and toss. Let cool.
6. While chips are baking, prepare guacamole by adding all ingredients to a small mixing bowl, mashing with a fork, then stirring to combine. Taste and adjust flavor as needed, adding more lime for acidity, salt for saltiness, or garlic for bite/zing. Transfer to serving dish.
7. Serve guacamole with chips and enjoy. Store leftover guacamole covered in the refrigerator up to 3 days, placing plastic wrap or parchment paper on the surface (in addition to a lid) to help from browning. Plantain chips are best the same day. But store completely cooled leftovers at room temperature up to 3 days in a sealed container.

### NUTRITIONAL INFORMATION

Calories 261

Fat 18.3g

Protein 2.3g

Sugars 10g

Carbohydrates: 26.8g