

## “MORE PLANTS” RECIPES

### “Hit the spot” Soup

Make your own!!

Roast at 375-400 for 40 minutes.

(3) Turnips, head of cauliflower, lots Rosemary, garlic bulbs & olive oil drizzled all over them & tossed & coated.

Eat like that one day.

Omg!!! It's sweet!!!!

Soup;

Purée until smooth:

the above with

2 can cannelli beans

4 cups Veggie broth or water

Sea salt pepper

Top with toasted pumpkin seeds

### Salsa:

Peaches

Tomatoes

Cilantro

Garlic

Jalapeno peppers {de seeded}

Lime juice

•chop + mix

### Lettuce wraps:

Bibb Lettuce

Avocado

Tomatoes

Cucumbers

Jalapeños

Black olives

Sesame seeds

Fresh or jarred salsa

•combine all and use lettuce to scoop + eat

### Stuffed peppers:

Whole Yellow bell peppers deseeded

•Lightly sautéed spinach + herbs + mushrooms + tomatoes stuffed inside peppers

Zucchini noodles with raw dressing + topped with fresh sliced banana peppers

### Veggie platter:

Sliced carrots + cucumbers + garlic stuff tomatoes + bell peppers with dip.

### Raw dressing

Purée tomatoes + garlic + basil + avocado + optional jalepenos

### Raw dressing 2

Purée tomatoes + mangoes + dill.

### Raw Dressing 3

PULSE jalepenos tomatoes garlic cilantro

### “Rice”

Cauliflower rice with:

- fresh cherry tomatoes + olive oil
- scallions + garlic
- diced jalepenos
- any veggies mixed in like chopped asparagus + fresh corn

### Asparagus

Roast in oven + take out + drizzle with balsamic vinegar, olive oil + fresh basil over

### Lasagna

Spinach & zucchini instead of noodles

Fresh tomatoes & puréed tomatoes with spices

Lots of Fresh Basil

Pesto

Goat cheese (optional)

Cashew cheese ( separate recipe)

### Loaded salad

Roasted garlic

Artichokes

Corn sliced in chunks off cob

Tomatoes

Cucumbers

Red bell peppers

Toasted Cashews

Shredded lettuce

Jalapenos ( fresh & de-seeded)

Black olives

•whisk: Olive oil & apple cider vinegar & sea salt & pepper

### Mashed cauliflower with garlic + toasted pine nuts.

(purée cooked cauliflower with a little almond milk + real garlic + spices)

Top with toasted pine nuts

### Turmeric tea

•1/2 lemon juice •1 tsp turmeric •hot water •stevia

MAKE TEA WITH THIS.

### Easy Garlic

Take a bulb of it + put it in a bowl with a little bit a water in the microwave for 30 to 45 seconds.

Be careful, will be hot.

It Softens. peels easy.

Smoosh & chop into a paste.

### Raw pad Thai

Broccoli florets

Carrot shreds

Ginger

Cilantro

Red cabbage thinly shredded

Zucchini noodles

Edamame

•Sauce: whisk: nut butter + siracha + lime juice + sesame oil + olive oil

### Cauliflower rice tabbouleh

Dressing: whisk- Garlic Lemon juice

Mint Parsley Olive oil sea salt + pepper

Cauliflower rice cooked + cooled

And mix in Cucumber Tomatoes

Scallions

### Pb cups

Chocolate: Melted sugar free chocolate & a-little coconut oil

PB: melted peanut butter, sweetener, chia seeds + a little brown rice cereal optional if want a crunch)

•pre-sprayed cupcake liners

+ pour chocolate, then Pb, then chocolate

Harden in fridge

### Raw cinnamon buns

Dough:

Apple chunks

Flaxseed meal

Chia seed

Almonds

Cinnamon

Coconut oil

Sweetener

Brown rice flour or almond flour

Purée + Combine into a dough.

Filling: walnuts & coconut sugar sprinkle on dough

Roll dough flat & fill & roll & cut into pinwheels

Refridge ALL of the above!

Baked version with extra ingredients ( separate email)

### Raw energy balls:

1-Nut butter: peanut butter almond butter cashew butter

2-Nuts: walnuts almonds macadamia nuts pecans sunflower seeds

3-Sweetener: brown rice syrup

4-Dry: chia seeds flax seed meal hemp seeds gluten-free oats

5-Optional add ins:

- pure vanilla extract
- ground cinnamon
- Himalayan or sea salt
- almond meal or oat flour
- melted coconut oil
- shredded coconut
- Vegan flavored protein powder
- ground flax seeds, chia seeds
- dried fruit (ONLY unsweetened or with less sweetener – HARD TO FIND IN STORES. cranberries, raisins, blueberries, cherries etc.)
- chopped chocolate or chocolate chips

Combine your choices above in mixer + form balls & refrigerate.

6-Examples:  
chocolate chip balls.  
Apple cinnamon.  
carrot cake.  
Lemon coconut

### Apples + dip

Sliced apples + dip in melted nut butter + then dip into crushed walnuts

-Feeling Creative with these food ideas? Like what you see? Ready to keep it coming!?

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