

# Moroccan Carrot Slaw Bowl

Moroccan cooking often incorporates cinnamon and cumin, so we've used both those spices in this carrot slaw. The currants add a slightly sweet taste that pairs well with the acidity of fresh lemon juice. Feel free to add extra lemon juice if you like!

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Prep Time	Total Time
20 mins	20 mins

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Course: Main Course    Cuisine: Mediterranean, Moroccan    Servings: 4

## Ingredients

### Carrot Slaw

- 3 carrots shredded
- 1/4 cup cilantro chopped
- 1 green onion chopped
- 2 Tbsp currants or chopped raisins
- 1/4 tsp ground cinnamon
- 1/8 tsp ground cumin optional
- 2 Tbsp lemon juice
- pinch sea salt and pepper

### The Bowl

- 4 mini cucumbers sliced in matchsticks
- 1 red pepper sliced in strips
- 4 cups kale chopped
- 1/2 cup green olives or other type, sliced
- 1/4 cup sundried tomatoes sliced
- 1 cup hummus

### Additional Toppings:

- drizzle of extra virgin olive oil
- 1 lemon squeezed

### Optional additional protein:

- 2 cups cooked chicken cut in cubes or shredded

- 1 small can chickpeas or 1.5 cups cooked chickpeas

## Instructions

1. Shred the carrots in a food processor using the grater setting. If you don't have a food processor, you can use a hand grater instead.
2. Toss the shredded carrots together with the rest of the ingredients for the slaw in a mixing bowl. Set aside and let sit while you prepare the other ingredients. The flavours will improve as it marinates for a bit.
3. Slice the cucumber, red pepper, kale, olives and sundried tomatoes.
4. To compile the bowls, place kale in each bowl, divide the carrot slaw between the bowls, as well as the cucumber, red pepper, olives and sundried tomatoes.
5. Drizzle extra virgin olive oil and a large squeeze of lemon juice over each bowl. Add a scoop of hummus to each bowl. You can add in cooked chicken or chickpeas if you'd like additional protein.

## Notes

### Substitution Guide:

- Cilantro: Mint or parsley can work instead.
- Kale: Any lettuce can work here instead, romaine or mixed greens.
- Cucumber and Red Pepper: You can swap in other veggies in stead if you prefer or have something else on hand. Radishes, salad turnips, cherry tomatoes, celery- could all work.
- Currants: Sub chopped raisins instead.
- Green olives: Kalamata olives or any type of olive that you like can be used instead.

### Prep Guide:

- Carrot Slaw: It can be made the day before or earlier in the day before serving. The flavours actually get better as it sits longer. Just store in the fridge.
- Veggies: They can always be chopped the day before or earlier in the day.

# Roasted Carrots w/ Yogurt Sauce and Dukkah

Roasted carrots are so good- slightly caramelized on the edges and sweet on the inside. Everyone who has tried this simple yogurt lemon sauce drizzled over the carrots, always loves the combo! For a simple protein addition, you could serve this as a side with seared fish or scallops (or it would pair well with falafels or tofu for a vegetarian option).

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Prep Time	Cook Time	Total Time
15 mins	20 mins	35 mins

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Course: Side Dish    Cuisine: Mediterranean, Middle Eastern    Servings: 4

## Ingredients

### Carrots

- 2 lbs rainbow carrots or sub normal carrots
- 2 Tbsp extra virgin olive oil
- 2 tsp maple syrup
- pinch sea salt and pepper

### Dukkah

- 1/2 cup almonds or hazelnuts chopped finely
- 2 Tbsp sesame seeds
- 1 tsp ground cumin or cumin seeds
- 1 tsp ground coriander or coriander seeds
- 1/2 tsp sea salt

### Yogurt Sauce

- 1/2 cup plain, unsweetened yogurt or dairy-free yogurt
- zest from 1/2 a lemon
- juice from 1/2 a lemon
- pinch sea salt and pepper

## Instructions

### Carrots

1. Preheat oven to 400 and line a baking sheet with parchment paper.

2. Trim the carrots and remove any stringy pieces from the top. You can peel the carrots if you prefer (sometimes we leave the skin on if they're organic carrots). Leave them whole, unless they are large carrots, then you'll want to slice them in half lengthwise. Slicing large carrots in half lengthwise will ensure that they cook properly and get soft inside.
3. Spread the carrots out on the parchment paper and rub with the olive oil, maple syrup, sea salt and pepper.
4. Roast the carrots for 20 minutes, or until they get lightly browned on the edges, starting to caramelize and get soft inside. Depending on the size of the carrots, they might need another 5-10 minutes to roast.

### **Dukkah**

1. Preheat oven or toaster oven to 375 and spread the nuts, sesame seeds and spices out on a baking sheet. Roast for around 5 minutes or until just lightly toasted.
2. Then add the toasted ingredients to a food processor (a mini sized one would probably work best here with the quantity) and pulse to finely chop. If you don't have a food processor, you can chop everything with a knife.

### **Yogurt Sauce**

1. While the carrots are roasting, stir together the yogurt sauce ingredients in a bowl. Add sea salt and pepper to taste.
2. Once the carrots are roasted, drizzle the yogurt sauce over top and sprinkle around 2 Tbsp of dukkah over top.

### **Notes**

#### **Substitution Guide:**

- Dukkah: If you don't have it or don't want it, you could use za'atar instead. Or, you could use toasted slivered almonds or walnuts over top.

#### **Prep Guide:**

- Dukkah: We made this back in Week 11, so you might have a batch already made. If you end up making a new batch for this recipe, you can save leftovers to use as a topping for other recipes. It's delicious sprinkled on top of salad. One of the best ways to use it is by dipping toasted sourdough bread (or gluten free bread) into extra virgin olive oil and then dip the oiled bread into a plate/dish of dukkah.
- Yogurt Sauce: You can make this a day or two in advance. Just give it a stir if the lemon juice and yogurt separate.

# Harvest Bowls

This is one of our favorite types of meals: tons of different vegetables, some roasted and crisp, some lightly steamed and the delicious pickled taste of sauerkraut to balance it out. This time of year, late summer, is the beginning of the harvest season. With so many vegetables growing now, it's an easy time to make a delicious veggie bowl!

Prep Time 10 mins	Cook Time 30 mins	Total Time 40 mins
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Course: Main Course    Cuisine: Healthy, Mediterranean    Servings: 4

## Ingredients

- 1 cauliflower cut in florets
- 1/2 lb asparagus trimmed
- 1/2 lb brussels sprouts cut in quarters
- 1 small bunch kale (or collards or spinach) chopped
- 8 oz soba noodles or rice, quinoa, or mixed greens
- 4 scoops sauerkraut
- 4 handfuls peashoot sprouts or other green sprouts

## Toppings

- 1/2 cup hempseeds (2 Tbsp per serving)
- 1 lemon cut in wedges
- drizzle of tamari or coconut aminos

## Instructions

1. Preheat oven to 400 and line a baking sheet with parchment paper.
2. Place the cauliflower, brussels sprouts and asparagus on the parchment paper in their own sections. It's alright if they mix together, but we prefer to keep them separate so then they can be served in the bowl in different sections (it looks pretty! But, it'll still taste delicious if the veggies get mixed together).
3. Rub the veggies with some avocado oil (or extra virgin olive oil), sea salt and pepper.
4. Roast for 15 or 20 minutes and then take a peek. We like to remove the asparagus from the baking sheet at this point so that they don't get over cooked. Put the cauliflower and brussels sprouts back in to roast another 10 minutes, until crispy on the edges.

5. Meanwhile, prepare the soba noodles according to the package.
6. Steam the chopped kale (or collards or baby spinach) until bright green and tender.
7. Divide the soba noodles between 4 bowls. Top with roasted cauliflower, brussels sprouts, asparagus, steamed greens, a scoop of sauerkraut and a handful of peashoot sprouts.
8. Sprinkle the hempseeds over top. Add a squeeze of lemon juice and drizzle of tamari (or coconut aminos).

## Notes

### Substitution Guide:

- Veggies: You can swap in any veggies that you prefer or have on hand instead. Broccoli or zucchini would be good options instead of cauliflower (they won't need to roast as long- they're should be good with 20 minutes). If you like bell peppers, green beans or portobello mushrooms, you could use them instead of asparagus.
- Kale: Collards, baby spinach or any leafy green works here.
- Soba Noodles: Rice or quinoa work well instead. If you are grain-free, you can place everything over top of a bed of mixed greens instead.
- Additional Protein: Feel free to add extra protein into these bowls if you desire. Hard boiled eggs would be easy to add!

### Prep Guide:

- Veggies: You can prepare the veggies in advance. You can even roast them the day before or the morning before putting this dish together, just store them in the fridge and reheat.
- Soba Noodles: If you make these in advance, store them in the fridge. You can drizzle a little bit of avocado oil on them to prevent them from sticking together in one blob.

# Asian Lettuce Wraps

This recipe has been a long-time favorite of our private chef clients and we've made tons of variations of it. It was originally based on a recipe that we found in the cookbook *It's All Good* by Gwyneth Paltrow, but we've made it with different types of vegetables and used crumbled tempeh instead of turkey to make a vegetarian version. If you have leftovers, store the filling separately from the lettuce leaves and then combine them together when you're ready to eat.

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Prep Time	Cook Time	Total Time
10 mins	15 mins	25 mins

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Course: Main Course    Cuisine: Asian

## Ingredients

- 1 head butter lettuce or Boston lettuce or other head lettuce
- 1 Tbsp avocado oil
- 2 cloves garlic minced
- 1 inch ginger grated
- 1 medium zucchini diced
- 4 oz shiitake mushrooms diced
- 1 lb ground turkey or 1 block tempeh
- 2 Tbsp coconut aminos or tamari
- 1 Tbsp rice vinegar
- 1 tsp toasted sesame oil

## Toppings

- 1 green onion chopped
- 2 Tbsp sesame seeds

## Instructions

1. Heat avocado oil in a skillet and add the garlic for 30 seconds. Add in the ginger, zucchini and mushrooms and saute for around 6-7 minutes, or until they are tender.
2. Once the veggies are cooked, remove from the pan temporarily.

3. Add the ground turkey (or crumbled tempeh) and sear for a few minutes. You can add in a bit more avocado oil if the skillet seems dry. Once cooked, toss the veggies back in and combine together, along with the coconut aminos (or tamari), rice vinegar and toasted sesame oil.
4. Carefully separate the lettuce leaves from one another and gently wash them off. Make sure to dry well.
5. Serve a scoop of the cooked stir fry in each lettuce leaf.
6. Top with chopped green onions and sesame seeds.

## Notes

### Substitution Guide:

- Turkey: You can use ground chicken or even ground beef would work. For the vegetarian version, crumble up a block of tempeh with your fingers before adding it to the skillet.
- Butter lettuce: Any type of lettuce can work here. Ideally lettuces that have a bit of a circular shape to them are best. But, if needed you can use romaine or red leaf or green leaf.

### Prep Guide:

- Lettuce leaves: You can separate these the day before or the morning before you prepare this for dinner. Make sure they are dry before storing in the fridge to prevent them wilting.

# Summer Berry Gummies

I always loved jello as a kid and thought it was a special treat until I grew old enough to understand that it was packed with artificial food colouring and tons of sugar- two things that we try our best to avoid. But then I figured out how to make healthy gummies (or jello if you pour it into one large container) and it changed everything! These are low glycemic and packed with protein, so I absolutely love using them as a snack.

Prep Time	Total Time
2 hrs	2 hrs

Course: Dessert, Snack    Servings: 20

## Equipment

- gummy mould (see substitution note below if you don't have)

## Ingredients

- 1 cup berry juice or apple juice
- 1 cup filtered water
- 1/2 cup grass-fed gelatin
- 1.5 cups strawberries chopped
- 1/2 cup raspberries
- 1/4 additional cup filtered water
- 2 Tbsp maple syrup optional
- 1 Tbsp lemon juice

## Instructions

1. Pour the juice and 1 cup of water into a bowl and whisk in the gelatin until combined. Let it stand for 5 minutes.
2. In a blender, blend the berries, maple syrup, lemon juice and 1/4 cup water and pour into a pot.
3. Place the pot on the stove over low heat, then add the gelatin mixture until it fully dissolves, this will only take a few minutes.
4. Use a gummy dropper, syringe or small spoon to pour the liquid into the moulds. Don't attempt to pour it in with a measuring cup, we did this and it was too messy!
5. Refrigerate for 1-2 hours until gummies have hardened. To store, place them in an airtight container for 5 days.

**Notes****Substitution Guide:**

- Berries: You can use all strawberries or all raspberries if you don't want to combine them.
- Gelatin: If you prefer to avoid gelatin, you can use agar agar powder instead. Use 6 Tbsp. You can skip the first step and simply heat the agar agar with the juice and water in a small pot over low heat. Make sure to stir to remove any lumps and simmer on low for 3 minutes.
- Gummy Mould: If you don't have these, you can pour the mixture into a large baking dish or ice cube trays. Once it solidifies, cut into small cubes.

# Strawberry Almond Muffins

We discovered this recipe over a year ago and it's based on a recipe that's in the *Well and Good* cookbook. We made a couple of modifications, mainly using maple syrup instead of honey that the original recipe called for and strawberries instead of raspberries. So, if you don't have maple and strawberries, you can use honey and raspberries instead. We love muffins made with almond flour because they're high in protein and healthy fat to keep you fueled for longer than just carbs.

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Prep Time	Cook Time	Total Time
7 mins	20 mins	27 mins

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Course: Breakfast, Dessert, Snack    Cuisine: American    Servings: 10

## Ingredients

- 2 cups almond flour
- 2 eggs
- 1/4 cup coconut oil melted
- 1/4 cup maple syrup
- 1 tsp vanilla extract
- 1 tsp lemon juice or apple cider vinegar
- 1/2 tsp baking powder
- 1.25 cups strawberries, sliced

## Instructions

1. Preheat oven to 350.
2. In mixing bowl, whisk all the ingredients together except for the berries. Once batter is made, then fold in the berries.
3. Put muffin liners in a muffin tin and divide batter between 10 or 12 muffins.
4. Bake for 15 minutes (or might need 18-20 minutes), until tester comes out clean from the center.

## Notes

### Substitution Guide:

- Strawberries: Sub any berry that you like, such as raspberries or blueberries

- Maple syrup: Honey can be used instead