

Quick Sesame Garlic Noodles

This is one of those quick recipes that's perfect for busy days when you don't feel like cooking dinner. Toasted sesame oil is often used in very small amounts in recipes, sort of like an accent that's added in to round out a dressing or sauce. But, it tastes so flavourful on its own and doesn't always need to be combined with lots of other ingredients. Toasted sesame seeds enhances the nutty, rich flavor of this recipe!

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| Prep Time 5 mins | Cook Time 20 mins | Total Time 25 mins |
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Course: Main Course Cuisine: Asian Servings: 4

Ingredients

- 4 servings soba noodles GF if needed
- 2 Tbsp avocado oil
- 8 cloves garlic chopped
- 1 bunch broccolini (broccollette)
- 2 to 3 Tbsp toasted sesame oil
- 1/4 cup sesame seeds toasted
- 1/4 tsp red pepper flakes optional!
- sea salt to taste

Optional Protein

- 1 block tofu cut in cubes
- 2 cups cooked chicken shredded or cut in cubes

Instructions

1. Prepare the soba noodles according to package instructions. Once cooked, drain immediately out of the water.
2. Trim the broccolini and cut into smaller pieces. If the stalks are thick, you can cut them in half lengthwise. We usually trim off the bottom 1/2 to 1 inch of the stalks since it's too tough.
3. Heat the avocado oil in a skillet. Once it's hot, add the garlic and saute for 30 seconds. Then add in the broccolini and cook for 5 to 7 minutes, stirring every minute or so.
4. Toast the sesame seeds. You can do this in a small cast iron skillet over the stove top. Shake the skillet every 30 seconds until you can smell the toasty scent of the sesame seeds. Alternatively, you can toast the sesame seeds

in a toaster oven or oven for around 5 minutes at 375, until just lightly browned.

5. In a large bowl, combine the cooked soba noodles, sauteed garlic and broccolini, toasted sesame seeds. Drizzle the toasted sesame oil over top and toss together.
6. Add a pinch of sea salt and toss together. If you like tamari or coconut aminos, you could always add a drizzle of one of those into the noodles too. If you like red pepper flakes, add them in.
7. If you're including tofu, heat some coconut oil in a skillet. Once the pan is hot add in the tofu cubes and sear for around 3 minutes on the first side, until they get crispy. Then flip and cook on second side for a few more minutes, until crispy. Add into the noodles.

Notes

Substitution Guide:

- Broccolini: Broccoli or even rapini (broccoli rabe) would work instead
- Soba noodles: We like this [brand](#) if you are able to eat spelt flour. If you need GF noodles, we like this [brand](#).

Prep Guide:

- You can cook the soba noodles in advance and store them in the fridge before combining everything together. It can be helpful to drizzle a little bit of toasted sesame oil over the noodles to keep them from sticking together.

Eggs and Black Bean Bowl

Lately this has been a favorite go-to dinner recipe, although it works really well as a brunch meal. The first time I had beans and eggs together was while visiting family friends in Vermont when I was a kid (Sarah). They used to make these epic brunches with eggs, refried beans and kale in a cast iron skillet so the eggs got crispy on the edges but had the perfect runny yellow yolks. To this day, I still love the combo and prefer making it for easy dinners.

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| Prep Time 5 mins | Cook Time 15 mins | Total Time 20 mins |
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Course: Main Course Cuisine: Healthy, Mexican Servings: 4

Ingredients

For the beans

- 2 tsp avocado oil or extra virgin olive oil
- 2 15 oz cans black beans drained and rinsed
- 1 tsp chili powder
- 1 tsp tamari
- pinch sea salt and pepper

For the greens and eggs

- 2 to 3 tsp avocado oil or extra virgin olive oil
- 4 cloves garlic chopped
- 1 bunch green kale or collards chopped
- 1/4 to 1/2 a lemon squeezed
- pinch sea salt and pepper
- 4 eggs

Optional Add ons

- 1 avocado sliced
- 4 pieces sourdough or GF bread toasted

Instructions

1. Heat oil in a cast iron skillet or large non-stick skillet. Once the oil is hot, add the black beans and season with chili powder. Stir around and cook the beans for around 5 minutes. You can mash them a little bit if you like with

- the back of the spatula, or just leave them whole. Drizzle the tamari over top and season with sea salt and pepper, to taste. Remove the cooked beans from the skillet and set aside in a bowl.
2. Pour some more oil into the skillet and once it's hot, add the garlic and saute for 30 seconds. Add in the kale or collards and saute for 2-3 minutes, until just wilted. Squeeze lemon juice over top and add sea salt and pepper. Remove from the pan.
 3. Add a bit more oil to the skillet one more (this is the last part!). Once it's hot, crack the eggs into the skillet and cook for about 2 minutes or until the yolk is cooked to your preference. We usually flip the eggs and cook for 20 seconds on the other side to make an over easy egg.
 4. Divide the cooked greens between plates, along with the black beans and an egg for each serving.
 5. Add in any of the optional items that you'd like!

Notes

Substitution Guide:

- Black beans: You can use another type of bean instead, such as pinto beans, kidney beans or white beans.
- Greens: If you don't like kale or collards, you can use another type of vegetable instead such as broccoli, cabbage or zucchini.

Prep Guide:

- The beans can be prepped in advance. It's best to make the eggs right before cooking though, so that they taste best!

Roasted Delicata Squash Autumn Salad

Seriously, this is a dream salad for Thanksgiving season and fall- it's cozy and the perfect combo of sweet roasted squash, the bite of sour cranberries, and creamy tahini dressing. We know you'll love it as much as we do!

Prep Time

10 mins

Cook Time

20 mins

Total Time

30 mins

Course: Main Course, Salad Cuisine: American, Healthy Servings: 4

Ingredients

- 2 delicata squash de-seeded and cut in 1/4 inch thick half moons
- 3 tsp extra virgin olive oil or avocado oil
- pinch sea salt and pepper
- 1/2 bunch kale chopped
- 1/3 cup dried cranberries
- 1/3 cup almonds or walnuts toasted

Dressing:

- 3 Tbsp tahini
- 2 Tbsp lemon juice
- 1/4 cup water add gradually to thin out
- 1 small clove garlic minced
- 1 tsp honey
- pinch sea salt and pepper

Instructions

1. Preheat oven to 375 and line a baking sheet with parchment paper. Cut the squash in half lengthwise and scoop out the seeds. Slice each half of the squash into thin pieces, to form half moons.
2. Spread out the squash on the baking sheet and toss with oil, sea salt and pepper. Roast for 20 minutes, or until the pieces of squash are just starting to get crisp on the edges.
3. Meanwhile, wash off the kale and dry well. Cut into small pieces and place in a salad bowl. We like to massage the kale with our fingers, adding in a drizzle of extra virgin olive oil and a pinch of sea salt. This helps soften the

kale and makes it easier to eat. Another option for this time of year: if you prefer the kale is cooked (for a warm salad), saute it for a couple of minutes with olive oil to gently wilt.

4. Toast the nuts.
5. Once the squash is roasted, serve it over top of the kale. Top with the toasted nuts, dried cranberries and drizzle the tahini dressing over top.

Notes

Substitution Guide:

- Kale: You can use mixed salad greens or another type of lettuce if you prefer.
- Delicata squash: Butternut squash or another type of squash can be used instead (if using butternut, remove the skin).
- Nuts: Seeds can be used instead, sunflower or pumpkin.

Prep Guide:

- You can make the dressing in advance and store in the fridge. Sometimes tahini dressing gets thicker when it's cold, so just let it sit out on the counter for a bit before serving, or you can always thin it out with a little bit of water.
- The squash can be roasted in advance. You can serve it cold or if you prefer it's warm, just reheat it in the oven for a little bit before adding to the kale.

Peanut Thai Kale Wild Rice

As it gets cooler here in Toronto, we've been craving more cooked foods, but still want an occasional salad. This one is a good combo of some cooked foods with some fresh produce. The weather might be different where you are, so maybe salads are still working perfectly for you! If you prefer a cooked version of this salad, it's easy to saute the veggies and serve them warm.

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

Ingredients

- 1/2 cup wild rice
- 1/4 cup brown rice
- 1/2 bunch green kale chopped
- 2 cups green or purple cabbage shredded
- 1 carrot grated/shredded
- 1/3 cup coconut flakes toasted
- 1/3 cup cashews toasted

Peanut Dressing

- 3 Tbsp peanut butter
- 1 lime juiced
- 1 clove garlic minced
- 2 Tbsp tamari
- 2 Tbsp honey
- 1-3 Tbsp water if needed to thin out consistency

Optional Topping

- handful green sprouts or microgreens

Optional Protein

- 12 cooked shrimp
- 1 cup cooked tempeh cut in small cubes

Instructions

1. Combine the brown rice and wild rice in a medium pot and add 1.5 cups of water. Bring to a boil and then reduce the heat to a simmer. Cover and simmer for 30 minutes, or until the water is absorbed and the rice is fluffy and cooked.
2. Meanwhile, prep all the vegetables for the salad.
3. Lightly toast the coconut flakes and cashews. We find it's easy to spread them out on a small baking sheet and roast in the toaster oven (or oven) at 350 for around 3 minutes for the coconut and 7 minutes for the cashews. Keep your eye on them so they don't burn (the coconut flakes can go from lightly toasted to burnt very quickly).
4. Whisk together the dressing ingredients. Add water gradually and stir to get a good consistency. You want it to be pourable so that you can drizzle it over top of the salad.
5. Once the rice is cooked, let it cool down. To speed up the cooling process you can spread the rice out on a plate and place it in the fridge for 10 minutes.
6. Toss together the vegetables with the cooked rice. Add in the toasted cashews and coconut flakes. Drizzle dressing over top and toss all together. Add sprouts on top if you'd like and any optional additional protein if you'd like.

Notes

Substitution Guide:

- Cabbage: Shredded brussels sprouts work instead
- Cashews: Other nuts or seeds can be used instead.
- Peanut butter: Almond butter or tahini

Prep Guide:

- The dressing can be made in advance and stored in the fridge.
- The rice can be made in advance. It's helpful if you make it the day before because then it'll cool in the fridge overnight.
- If you prefer cooked veggies: Saute the cabbage, kale and carrot for a few minutes with some avocado oil before combining with the rice and sauce.

Chocolate Zucchini Bread

A friend, who is also a holistic nutritionist, gave me her recipe for chocolate zucchini bread and I can't stop making it. This is a variation on her original recipe. It's perfect with some tea as an afternoon snack!

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| Prep Time | Cook Time | Total Time |
| 10 mins | 30 mins | 40 mins |

Course: Dessert Cuisine: American, Healthy Servings: 12 slices

Ingredients

- 3 eggs
- 1/4 cup maple syrup
- 1/3 cup coconut sugar
- 1.5 tsp baking powder
- 1 tsp baking soda
- 1/4 tsp sea salt
- 1/2 cup cacao powder
- 1/4 cup coconut oil melted
- 1/4 cup dairy free, unsweetened milk
- 1 cup grated zucchini squeezed
- 3/4 cup gluten free flour blend
- 1/3 cup oat flour
- 1/3 cup chocolate chips or dark chocolate chopped
- 1 tsp cinnamon optional

Instructions

1. Preheat oven to 375 F (190 C) and line a loaf pan with parchment paper.
2. Combine the eggs, maple syrup, coconut sugar, baking powder, baking soda, sea salt, cacao powder, and cinnamon (if using) in a bowl and stir to combine.
3. Add in the melted coconut oil (make sure it's not too hot) and dairy free milk and mix to combine with the dry ingredients.

4. Squeeze the grated zucchini with a paper towel or clean kitchen towel to release the excess liquid. Then add that into the bowl.
5. Add in the flours and mix until just combined. Stir in the chocolate chips or chopped chocolate.
6. Transfer the batter to the parchment paper lined loaf pan. If you'd like, you can sprinkle some extra chocolate on top.
7. Bake for 45 minutes to 1 hour, or until a toothpick or knife comes out clean.

Notes

Substitution Guide:

- GF Flour Blend: We used Bob's Red Mill all purpose GF flour blend, but you can use another brand if you have something else on hand.
- Cacao powder: Unsweetened cocoa powder
- Coconut oil: Avocado oil or melted butter

Prep Guide:

- This will keep well for a couple of days covered at room temperature. Then store in the fridge after that. You can make slices and freeze them if you want to keep for a long time.

Cozy Turmeric Latte

You've probably had a turmeric latte by now. There are lots of recipes out there, but we like making this spin on the traditional turmeric latte. Hempseeds provide protein and healthy fat and the date is a nutrient dense sweetener that we love using instead of sugar.

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| Prep Time | Total Time |
| 5 mins | 5 mins |

Course: Drinks, Snack Cuisine: Healthy Servings: 1

Ingredients

- 1.5 cups macadamia nut milk or other dairy free milk
- 2 Tbsp hempseeds
- 1 Medjool date or 1 Tbsp date syrup
- 1/2 tsp ground turmeric

Instructions

1. Gently warm up the milk in a small pot. Whisk in the turmeric. If you prefer more turmeric, feel free to add more in.
2. Once the milk is hot (don't bring to a full boil, take off the heat just before it is getting to that point).
3. Blend all of the ingredients in a high speed blender until smooth, creamy and frothy.

Notes

Substitution Guide:

- Macadamia nut milk: Any other dairy free milk that you like works
- Medjool date: You can use honey instead if you don't have dates or date syrup
- Hempseeds: You can omit them from the recipe if you don't have them (it just won't be as creamy or as filling).