



HEALING
LEAKY GUT

VEGAN RECIPES





BEVERAGES & BREAKFASTS

GREEN SMOOTHIE

Total Time: 5 minutes Serves: 1

INGREDIENTS

½ bunch spinach
½ banana
½ cucumber, peeled
½ avocado
1 teaspoon cinnamon
½ cup coconut milk
½ cup ice
Water (as needed)

- 1** Place all ingredients in a blender and blend on high until well incorporated.

RASPBERRY BANANA CHIA SMOOTHIE

Total Time: 5 minutes Serves: 1-2

INGREDIENTS

1 cup raspberries
1 banana
1 cup coconut milk
1 teaspoon maple syrup
1 tablespoon sprouted
flax seeds
1 tablespoon sprouted
chia seeds

- 1 Add all ingredients to blender and blend on high until desired consistency is reached.

PEACHES AND CREAM SMOOTHIE

Total Time: 5 minutes Serves: 1

INGREDIENTS

8 ounces coconut milk
1 cup peaches, frozen
1 tablespoon sprouted
flax meal
1 tablespoon sprouted chia
Stevia to taste

- 1 Add all ingredients to blender and blend until mixed well.

BERRIES AND CREAM SMOOTHIE

Total Time: 5 minutes Serves: 1

INGREDIENTS

1 tablespoon sprouted chia
½ cup coconut milk
1 cup kale
¼ cup blueberries
¼ cup blackberries
½ avocado
1 tablespoon maple syrup
Water (as needed)

- 1 Place all ingredients in a blender and blend on high until well incorporated.

SWEET POTATO-BEET HASH

Total Time: 45 minutes Serves: 2

INGREDIENTS

1 large sweet potato,
peeled and cubed
1 large beet, peeled
and cubed
1 tablespoon coconut
oil, melted
1 onion, diced
1 teaspoon sea salt
½ teaspoon pepper

- 1** Preheat oven to 400 degrees F. Toss sweet potatoes and beets with coconut oil and season with salt and pepper.
- 2** Place on a baking sheet and bake for 25-30 minutes until cooked through. In a skillet over medium heat, add onions and season with salt. Cook until onions caramelize.
- 3** Add the sweet potatoes and beets to the pan and stir. Cook for another 5 minutes.

BAKED QUINOA WITH APPLES

Total Time: 25 minutes

Serves: 1

INGREDIENTS

½ cup quinoa
2 tablespoons sprouted
flaxseed mixed in 6
tablespoons of water
5 tablespoons
applesauce
⅛ teaspoon sea salt
¼ teaspoon cinnamon
2 teaspoon pecans,
chopped
¾ cup apple, chopped
1 teaspoon maple syrup

- 1** Cook quinoa as indicated on package.
- 2** Pour quinoa into oven safe bowl. Add flaxseed and water mixture, applesauce, salt and cinnamon. Broil in oven on low for 7 minutes.
- 3** Top with pecans, apple and maple syrup.



COCONUT-CHIA PANCAKES

Total Time: 15 minutes Serves: 1-2

INGREDIENTS

¼ cup pancake flour
2 tablespoons coconut flour
½ teaspoon baking powder
½ teaspoon sea salt
1 tablespoon chia seeds
1 tablespoon coconut flakes
1 tablespoon chia seed in 3
tablespoons water
4 tablespoons coconut milk

- 1** Combine all dry ingredients in a bowl.
- 2** Add wet ingredients and stir together.
- 3** Heat a pan over medium heat and coat with coconut oil. Pour 2 tablespoons of batter to form a pancake.
- 4** Cook for a few minutes. Once bubbles start to form, flip and cook the opposite side until cooked through.

A close-up photograph of a white ceramic bowl filled with a light-colored, creamy soup. Several slices of sautéed mushrooms are floating on the surface, garnished with small pieces of fresh green herbs. The bowl is placed on a dark wooden surface, and a single green leaf is visible in the lower-left foreground. In the background, more mushrooms and a yellow vegetable are blurred. A white rectangular box is superimposed over the center of the bowl, containing the text 'SOUPS & SALADS' in a bold, white, sans-serif font.

SOUPS & SALADS

APPLE-FENNEL SOUP

Total Time: 20-30 minutes Serves: 2-3

INGREDIENTS

1 tablespoon coconut oil
1 medium onion, sliced
1 fennel bulb, core and stalks removed, sliced
2 cups butternut squash
4 cups vegetable broth
1 teaspoon sea salt
1 teaspoon pepper
2 green apples, chopped
1 knob ginger, minced

- 1 Add all ingredients to pot. Cook over medium high heat until onions are translucent. (The longer it cooks, the more flavors will come out.)

SWEET POTATO SOUP

Total Time: 90 minutes Serves: 2-3

INGREDIENTS

1 tablespoon gluten free flour
2 tablespoons coconut oil
1½ cups vegetable broth
1 tablespoon coconut sugar
1½ cups cooked sweet potatoes, peeled
⅛ teaspoon ginger
¼ teaspoon cinnamon
⅛ teaspoon nutmeg
1 cup coconut milk
½ teaspoon sea salt

- 1** Cook flour and coconut oil in a skillet over medium high heat.
- 2** Add in broth and coconut sugar. Bring mixture to a boil and then reduce heat and allow it to simmer.
- 3** Stir in the sweet potatoes and spices.
- 4** Bring mixture to a simmer again.
- 5** In a separate skillet, cook onions until lightly caramelized and then add into sweet potato mixture.
- 6** Transfer soup to a high powered blender and puree.
- 7** Once a smooth consistency is achieved, return it to heat and add in coconut milk.
- 8** Bring mixture to a boil and then reduce heat and allow it to simmer for 30-50 minutes. (The longer, the more flavor)

PUMPKIN-GINGER SOUP

Total Time: 25 minutes Serves: 3-4

INGREDIENTS

2 cans pumpkin puree
2 onions, peeled and
chopped
5-7 cups vegetable broth
3 tablespoons ginger,
grated
3 garlic cloves, chopped
1 cup coconut milk
1 teaspoon sea salt
½ teaspoon pepper
2-3 tablespoons coconut oil

- 1** Place pumpkin, broth, ginger and garlic in a pot and bring to a boil. Reduce heat and allow it to simmer.
- 2** Sauté onions in a separate pan with coconut oil over medium high heat until caramelized.
- 3** Add both the broth mixture and the onions to a blender and blend until a smooth consistency is reached.
- 4** Transfer smooth mixture back into large pot and add coconut milk and seasonings.

MUNG BEAN MUSHROOM SOUP

Total Time: 6 hours Serves: 2-3

INGREDIENTS

4 cups vegetable broth
2 cups mushrooms
2 cups mung beans
5 celery ribs, chopped
5 carrots, chopped
1 onion, chopped
4 garlic cloves, minced
4 fresh thyme sprigs,
 chopped
1 teaspoon sea salt
½ teaspoon pepper
1 tablespoon parsley

- 1** Add all ingredients to slow cooker and cook on low for 6 hours.

MUNG BEAN SOUP

Total Time: 50 minutes Serves: 8

INGREDIENTS

3 tablespoons coconut oil
1 small onion, chopped
5 garlic cloves, minced
1 cup mung beans
3 cups water
3 cups vegetable broth
2 cups kale, chopped
1 teaspoon turmeric
1 teaspoon cumin
1 tablespoon coriander
1 teaspoon sea salt
½ teaspoon pepper

- 1** In a pot, heat the coconut oil over medium heat and add the onions. Cook for 5 minutes. Add the garlic and cook for another few minutes.
- 2** Add the mung beans and spices and stir to mix well.
- 3** Add water and bone broth. Cover and cook for 35-40 minutes or until beans are tender. Stir occasionally and make sure there is still liquid in the pot.
- 4** Once the beans are softened, add the kale and cook for an additional 5 minutes.

MUSHROOM SOUP

Total Time: 25 minutes Serves: 2-3

INGREDIENTS

3 tablespoons coconut oil
1 cup onions, chopped
3 cups mushrooms, sliced
1 teaspoon dried dill
½ tablespoon paprika
½ tablespoon coconut
 aminos
1 cup vegetable broth
½ cup coconut milk
1½ tablespoon arrowroot
 power
½ teaspoon sea salt
½ teaspoon pepper
1 teaspoon lemon juice
⅛ cup fresh parsley,
 chopped

- 1** In a pot, heat the coconut oil over medium heat and add the onions. Cook for 5 minutes. Add the garlic and cook for another few minutes.
- 2** Add the mung beans and spices and stir to mix well.
- 3** Add water and bone broth. Cover and cook for 35-40 minutes or until beans are tender. Stir occasionally and make sure there is still liquid in the pot.
- 4** Once the beans are softened, add the kale and cook for an additional 5 minutes.

BLUEBERRY-BASIL KALE SALAD

Total Time: 20 minutes Serves: 2-3

INGREDIENTS

2 cups kale
½ cup blueberries
¼ cup walnuts
½ cucumber, peeled and sliced
¼ cup sprouts
½ cup beets, chopped
¼ red onion, chopped
½ cup quinoa, cooked
½ avocado, chopped

Dressing:

½ cup blueberries
1/4 cup basil, chopped
5 teaspoons apple cider vinegar
2 tablespoons olive oil
1 teaspoons maple syrup
Pinch of sea salt

- 1** Combine dressing ingredients in a blender and mix until smooth.
- 2** Combine remaining salad ingredients in a bowl. Mix and drizzle with dressing.

CABBAGE SALAD

Total Time: 40 minutes Serves: 1-2

INGREDIENTS

½ head cabbage, shredded
1 onion, chopped
½ cup pine nuts
4 tablespoons coconut oil
1 teaspoon apple cider
vinegar
1 teaspoon sea salt
½ teaspoon pepper

- 1** Add 2 tablespoons of coconut oil and the onion to a skillet over medium high heat and cook until translucent.
- 2** Add cabbage to skillet and cook until soft, about 20-30 minutes.
- 3** Turn heat to low and add in remaining ingredients. Mix until well incorporated.

BAKED ARTICHOKE SOUP

Total Time: 15 minutes Serves: 1

INGREDIENTS

1 can artichoke hearts
1 cup mushrooms
1 onion, chopped
1 cup vegetable broth
1 cup spinach
½ teaspoon garlic powder
1 teaspoon sea salt
½ teaspoon pepper
1 teaspoon Italian
seasoning

- 1** In a skillet over medium high heat with coconut oil, cook onions and mushrooms until softened.
- 2** In a pot over medium heat, heat broth. Add in spices, artichokes, mushrooms, spinach and onions. Cook until heated and cooked through.



MAIN DISHES

SLOW COOKER VEGETABLE SOUP

Total Time: 6-8 hours Serves: 4-6

INGREDIENTS

1 cup uncooked quinoa
3 onions
4 sweet potatoes
3 carrots
3 cups mushrooms,
 chopped
1 teaspoon sea salt
½ teaspoon pepper
¾ teaspoon poultry
 seasoning
1½ tablespoons
 Worcestershire
5 cups vegetable broth

- 1** Peel the potatoes and carrots. Dice the vegetables into medium sized chunks.
- 2** In a slow cooker, add all ingredients and mix well.
- 3** Cook on low for 6-8 hours or until cooked through. Adjust seasoning as needed.

SAUTÉED PESTO SPAGHETTI SQUASH

Total Time: 1 hour, 45 minutes Serves: 2

INGREDIENTS

1 spaghetti squash
2 cups fresh mushrooms
2 cups fresh basil, sage,
cilantro and parsley
2 garlic cloves, chopped
½ cup olive oil
¼ cup pine nuts

- 1** Preheat oven to 425 degrees F. Poke spaghetti squash with fork numerous times and place on a pan in oven to bake for 45-90 minutes, depending on size. (Poke with a fork, it should be soft when cooked through).
- 2** After it is cooked, remove from oven. Once it has cooled, cut it in half length wise.
- 3** Remove the guts with a spoon, then with a fork, comb against the “spaghetti” strands to piece them apart and remove from skin.
- 4** Combine herbs, garlic, oil and pine nuts in a food processor and process until the mixture is creamy.
- 5** In a skillet over medium high heat with coconut oil, sauté mushrooms until softened. Add mushrooms and pesto to spaghetti squash and serve.

EZEKIEL WRAP

Total Time: 5 minutes Serves: 1

INGREDIENTS

1 Ezekiel tortilla (if gluten intolerant, use coconut or rice wrap)
4 ounces of mushrooms
½ cup sprouts
½ avocado, chopped
2 tablespoons hummus
½ cup sauerkraut

- 1** Using a spoon, add the hummus onto the wrap and spread out over the wrap evenly.
- 2** Layer on the mushrooms, sprouts, avocado and sauerkraut.
- 3** Fold the wrap to hold everything in place.

The image shows two glass mugs filled with a white, speckled chia pudding. The mugs are placed on a rustic wooden surface. The mug in the foreground is topped with a generous amount of fresh blueberries, a sprig of green mint, and a piece of vanilla bean. The mug in the background is also topped with blueberries and mint. A silver spoon is visible in the background mug. The word "EXTRAS" is overlaid in large, white, bold, sans-serif capital letters across the center of the image, enclosed in a thin white rectangular border.

EXTRAS

BLUEBERRY PUDDING

Total Time: 5 minutes Serves: 4-6

INGREDIENTS

1 cup coconut milk
1 cup kefir
3 avocados
1 cup blueberries
4 tablespoons sprouted
chia seeds, ground
½ teaspoon sea salt
1 tablespoon vanilla
1 drop peppermint oil
extract
1 tablespoon honey

- 1 Blend all ingredients together in a high powered blender until well incorporated.