

Oil-Free Roasted Chickpeas

4 SERVINGS 45 MINUTES



INGREDIENTS

2 cups Chickpeas (cooked, rinsed)
1 tbsp Water
1 tbsp Lime Juice
1 1/2 tsp Paprika
1 tsp Chili Powder
1 tsp Cumin
1 tsp Garlic Powder
1/2 tsp Sea Salt

DIRECTIONS

- 01 Preheat oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Place chickpeas on the baking sheet and pat dry. Bake for 25 minutes.
- 03 In a bowl, add the remaining ingredients. Add the cooked chickpeas and toss to coat. Spread the chickpeas back on the baking sheet. Bake for an additional 20 minutes or until golden. Enjoy!

NOTES

LEFTOVERS

Store roasted chickpeas in an airtight container at room temperature for up to five days.

SERVING SIZE

One serving is equal to approximately a 1/2 cup of chickpeas.

MORE FLAVOR

Add in lime zest for extra flavor!

Nut & Seed Keto Granola

11 SERVINGS 10 MINUTES



INGREDIENTS

1 cup Almonds
1 cup Sunflower Seeds
1 cup Walnuts
1 tsp Cinnamon
1 1/2 tbsps Coconut Oil (melted)
1/4 tsp Sea Salt
1/3 cup Unsweetened Shredded Coconut
1/3 cup Hemp Seeds

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 02 In a large bowl, mix together the almonds, sunflower seeds, walnuts, cinnamon, coconut oil, and salt. Spread the mixture onto the baking sheet.
- 03 Bake the granola for eight minutes, stirring halfway. Be sure to watch the granola closely so that it does not burn.
- 04 Remove from the oven and pour it into a large bowl. Add the shredded coconut and hemp seeds and mix well. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to one week.

SERVING SIZE

One serving is 1/3 cup.

NUT-FREE

Omit the almonds and walnuts and replace them with pumpkin seeds and more sunflower seeds.

MORE FLAVOR

Add two tbsps of cacao powder to the mixture before baking.

Edamame Hummus & Veggies

3 SERVINGS 5 MINUTES



INGREDIENTS

- 2 cups Frozen Edamame (thawed, plus extra for garnish)
- 1/2 cup Hummus
- 3 tbsps Water
- 1 tbsp Extra Virgin Olive Oil (optional, for garnish)
- 1 tsp Sesame Seeds (optional, for garnish)
- 1 1/2 cups Broccoli (cut into small florets)
- 1 1/2 cups Radishes (quartered)

DIRECTIONS

- 01 In a food processor, add the edamame, hummus, and water. Blend until a creamy consistency forms. Add more water if necessary.
- 02 Transfer the edamame hummus to a serving bowl. Top with oil, sesame seeds, and extra edamame, if using. Serve with broccoli and radishes. Enjoy!

NOTES

LEFTOVERS

Refrigerate the edamame hummus in an airtight container for up to four days.

SERVING SIZE

One serving is equal to approximately 2/3 cup edamame hummus and one cup veggies.

MORE FLAVOR

Add fresh herbs like mint or dill.

MAKE IT SPICY

Add chili flakes or cayenne powder.

Tropical Fruit Salad

2 SERVINGS 5 MINUTES



INGREDIENTS

1 cup Papaya
1 Kiwi (peeled, chopped)
1 cup Pineapple
2 tsps Maple Syrup
1/2 tsp Cinnamon
1/4 tsp Cardamom

DIRECTIONS

- 01 Add the papaya, kiwi, pineapple, and maple syrup to a bowl. Toss to combine. Sprinkle the cinnamon and cardamom on top and mix again.
- 02 Divide into bowls and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is equal to approximately 1 1/4 cups.

Cucumber & Peanut Salad

2 SERVINGS 20 MINUTES



INGREDIENTS

1 Cucumber (thinly sliced)
1/4 tsp Sea Salt
1/4 cup Apple Cider Vinegar
2 tsps Tamari
2 tsps Sesame Oil
1 tsp Coconut Sugar
2 Garlic (clove, minced)
1/4 cup Raw Peanuts (finely chopped)
1/2 tsp Red Pepper Flakes

DIRECTIONS

- 01 In a medium bowl toss the cucumber slices with the sea salt and allow them to sit for 15 minutes. Drain the excess water.
- 02 Whisk together the apple cider vinegar, tamari, sesame oil, coconut sugar, and minced garlic in a small bowl. Pour over the cucumbers.
- 03 Top with peanuts and red pepper flakes. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is equal to approximately one cup.

NUT-FREE

Omit the peanuts or use sesame seeds instead.

MORE FLAVOR

Use chili crisp in place of red pepper flakes.

ADDITIONAL TOPPINGS

Garnish with cilantro.

Sweet Chili Edamame

2 SERVINGS 15 MINUTES



INGREDIENTS

1/4 cup Rice Vinegar
1/2 cup Water
2 tbsps Coconut Sugar
1 Garlic (clove, minced)
2 tsps Tamari
1 1/2 tsps Sriracha
1 tsp Arrowroot Powder
4 cups Edamame Pods

DIRECTIONS

- 01 In a small saucepan, combine the vinegar, water, sugar, garlic, tamari, and sriracha. Bring to a low boil over medium-high heat and then reduce the heat and simmer for seven to eight minutes.
- 02 Remove about 1/4 of the sauce and place in a small bowl. Whisk in the arrowroot powder to create a slurry and then add the slurry to the saucepan. Cook for 30 seconds or so, until thickened. Remove from the heat and set aside.
- 03 Meanwhile, bring a large pot of salted water to a boil.
- 04 Place the edamame pods in the boiling water and cook for five minutes, stirring occasionally. Drain and rinse with cold water and then add the edamame back to the large pot.
- 05 Add the sauce and toss to combine until the edamame is well coated. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is approximately two cups.

Red Curry Deviled Eggs

3 SERVINGS 15 MINUTES



INGREDIENTS

6 Egg
3 tbsps Mayonnaise
1 tsp Thai Red Curry Paste
2 tps Lime Juice
Sea Salt & Black Pepper
2 tbsps Raw Peanuts (finely chopped)
1 tbsp Cilantro (chopped)

DIRECTIONS

- 01 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 02 Carefully peel the eggs and cut them in half. Scoop out the yolks and add to a bowl.
- 03 Add the mayonnaise, red curry paste, lime juice, salt, and pepper to the yolks. Spoon the egg yolk mixture into the egg whites, or use a piping bag. Garnish with peanuts and cilantro. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is equal to four pieces.

NUT-FREE

Omit peanuts.

ADDITIONAL TOPPINGS

Top with red pepper flakes.

Sweet Potato Wedges & Mint Gremolata

3 SERVINGS 30 MINUTES



INGREDIENTS

1 Sweet Potato (large, cut into wedges)
3 tbsps Extra Virgin Olive Oil (divided)
1/8 tsp Sea Salt (to taste)
1/4 cup Mint Leaves (chopped)
1/2 Garlic (clove, minced)
1 tbsp Red Wine Vinegar
1/2 tsp Capers (minced)
1/4 Lime (juiced)

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 02 Toss the sweet potato wedges with 1/3 of the oil and salt to taste. Spread the wedges out on the baking sheet and roast for 25 to 30 minutes, flipping the wedges halfway through.
- 03 Mix the remaining oil with the remaining ingredients in a bowl to make the mint gremolata. Add salt to taste.
- 04 Serve the sweet potatoes with the gremolata. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.