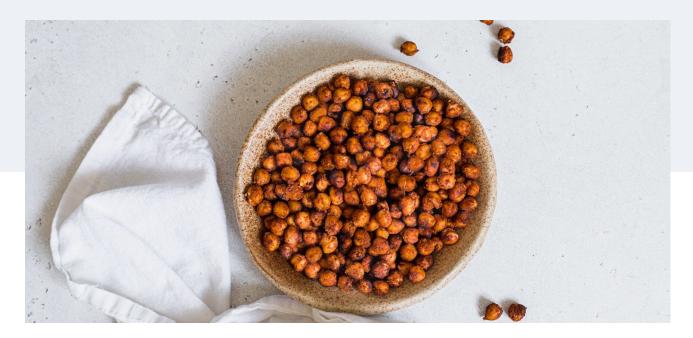
# **Oil-Free Roasted Chickpeas**

# 4 SERVINGS 45 MINUTES



# **INGREDIENTS**

2 cups Chickpeas (cooked, rinsed)

1 tbsp Water

1 tbsp Lime Juice

11/2 tsps Paprika

1 tsp Chili Powder

1 tsp Cumin

1 tsp Garlic Powder

1/2 tsp Sea Salt

# **DIRECTIONS**

- 01 Preheat oven to  $400^{\circ}F$  ( $205^{\circ}C$ ) 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
- 11/2 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)

11/2 cups Broccoli (cut into small florets)

11/2 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.
- O2 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

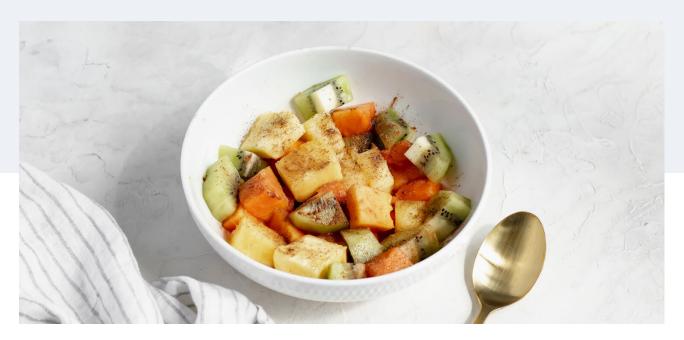
Add fresh herbs like mint or dill.

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**

- O1 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.
- **O2** 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

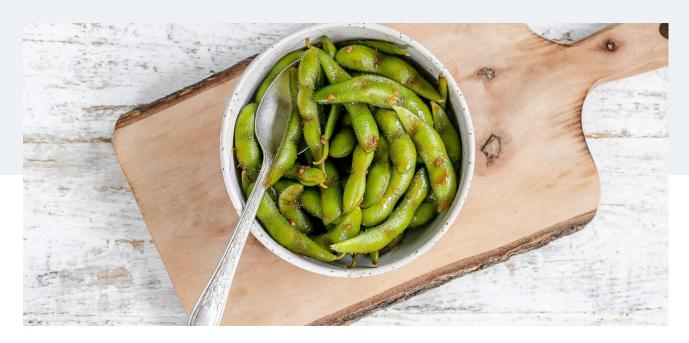
Use chili crisp in place of red pepper flakes.

#### **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

11/2 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.
- O4 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 tsps 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.
- O2 Carefully peel the eggs and cut them in half. Scoop out the yolks and add to a bowl.
- O3 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.
- O2 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.