

PRDX RECIPIES



LETTER TO THE READER

Friends-

Food is an essential element of community. Dining together offers a special opportunity to swap stories, bond, and open our hearts to the people we're breaking bread with. It's also a chance to nourish and restore our bodies- a sacred task.

At our retreats, we take our food seriously. We work with chefs who create delicious, healthy food to fuel all our participants. We know that if you put good in, you'll get good out.

The same way we want you to take your retreat learnings with you in your day-to-day life, we want you to continue to get to experience the culinary love we give you at retreats. We've gathered some of our favorite retreat recipes you already know and love, so you can recreate the magic of community and nourishment in your home.

Some of these recipes have been specially designed by our chefs for our retreat guests, like our blue majik smoothie bowls. Others, like Chivi's Frittata, are family recipes we're delighted to share with you. And others still are our favorites from other talented chefs who share their recipes on the internet. If you want to view the original recipe you can simply click the underlined titles.

Bon Appétit!

Hungry for more opportunities to connect with the PRDX community and enjoy delicious meals? Join us for another one of our transformational experiences. To learn more, visit our [website](#) or reach out directly to our CEO, Michael, at michael@prdx.co

BREAKFAST



Chivi's Frittata

GF

6 SERVINGS

TOTAL TIME: 1 HR 10 MINUTES

COOK TIME: 40 MINUTES

INGREDIENTS

2 - 3 sweet potatoes; thinly sliced

1 medium onion sliced

1 bag of spinach or kale

1 bunch of asparagus

5 - 6 hearts of artichokes cut in halves
or thirds

2 big tomatoes sliced

cilantro

Parmesan cheese *

1 ½ cup of milk *

8 eggs

pinch of salt

pinch pepper

pinch of nutmeg

pinch of tarragon

*OK to substitute CABOT Cheddar
cheese, almond milk, oat milk, etc... for
dairy-free alternatives

DIRECTIONS

1. Preheat oven to 375F

2. Sauté the sliced onion in oil until caramelized. Put aside

3. Sauté the asparagus in oil until crispy and then add the spinach and tarragon
(optional) (3min)

4. Remove from stove once the spinach begins to wilt. Put aside

5. Mix and whisk milk, eggs, salt, pepper, nutmeg, crushed red pepper

Layers of the Frittata

1. In a Pyrex (rectangle): Layer the bottom of the Pyrex with overlapping circles of
the sliced sweet potatoes

2. Sprinkle parmesan cheese on top of the sweet potatoes

3. Spread caramelized onion on top of the cheese

4. Spread asparagus and spinach mixture on top of onion

5. Place artichokes among the asparagus and spinach

6. Pour the mix of eggs + milk over the vegetables

7. Place sliced tomatoes on top of everything. Add cilantro on top of each tomato

8. Bake at 375F for 45 minutes or until firm



Zucchini Quiche

GF

6 SERVINGS

TOTAL TIME: 50 MINUTES

COOK TIME: 40 MINUTES

INGREDIENTS

Pie crust
1 large onion
1 large zucchini
4 eggs
 $\frac{3}{4}$ cup milk
1 cup grated sharp cheese
(gruyere, asiago, etc.)
salt and pepper to taste

DIRECTIONS

1. Preheat oven to 350F
2. Sauté the onion flavored with salt and pepper and spread over the bottom of pie crust
3. Slice zucchini thinly and spread a layer over the onion layer
4. Mix 4 eggs with milk and pour over the vegetables
5. Cover everything with grated cheese
6. Put the pie crust on a cookie sheet in case it spills over when baking
7. Bake at 350F for 35 - 40 minutes, or until firm



Homeade Granola

GF, VEGAN

6 SERVINGS

TOTAL TIME: 40 MINUTES

COOK TIME: 30 MINUTES

INGREDIENTS

1 cup raw oats
1 cup cornflakes (gluten free)
1/2 cup sunflower seeds (raw)
1/2 cup almond slivers
1/2 cup hemp hearts
1/2 cup coconut oil, melted
2 tbsp cinnamon
1/2 cup maple syrup
1 tbsp vanilla

DIRECTIONS

1. Preheat oven to 350F
2. In a large bowl mix in all dry ingredients
3. In a medium bowl mix all wet ingredients together
4. Combine wet and dry ingredients
5. Place a sheet of parchment paper on top of a baking sheet and spread the granola on the baking sheet evenly
6. Place in the oven for 30 minutes or until golden
7. Store in the freezer in an airtight bag for optimal freshness



Banana Pancakes

GF, VEGAN

4 SERVINGS

TOTAL TIME: 15 MINUTES

INGREDIENTS

2 overripe bananas
2 cups of gf flour
½ tsp baking powder
½ tsp vanilla extract
1 ½ cup plant milk
¼ cup avocado oil

DIRECTIONS

1. Mash bananas
2. Combine all ingredients
3. Cook on a greased/buttered pan until golden brown; flip and serve once both sides are golden brown.

Goes well with whipped cream, maple syrup, and/or other fruits.



Blue Majik Smoothie

GF, VEGAN

2 SERVINGS

TOTAL TIME: 10 MINUTES

INGREDIENTS

2 frozen bananas

$\frac{3}{4}$ cups oats

[Blue Majik Powder \(spirulina\)](#)

1 cup oat milk (or dairy free milk)

1 tbsp chia seeds

Dash of cinnamon

For toppings, consider: coconut flakes, blackberries, raspberries, blueberries, hemp seeds, granola, nut butter

DIRECTIONS

1. Blend together frozen bananas & oat milk
2. Add frozen fruit, oats, and cinnamon. Blend.
3. Once the mixture is smooth, add the blue Majik powder and chia seeds. Lightly blend in
4. Pour into a glass or bowl and add your favorite toppings

Oatmeal Buddha Bowl

GF

1 SERVING

PREP TIME: 10 MINUTES

TOTAL TIME: 30 MINUTES



INGREDIENTS

1/2 cup rolled oats

1 1/2 cup water

1 tbsp chia

2 tbsp coconut sugar (add more if you like)

1 tbsp vegan protein powder

1/4 cup plain coconut yogurt

1 tbsp crushed walnuts

Optional toppings: Cacao nibs, Sliced strawberries, bananas, or blueberries

DIRECTIONS

1. In a pot, bring water to a boil and add oats
2. Reduce the heat and stir until the mixture thickens
3. Take it off the heat, add coconut sugar, chia, protein powder, yogurt, and stir well
4. Transfer to your bowl
5. Top with fruits, walnuts, and cacao nibs

Coconut Chia Pudding with Stewed Apples

GF, VEGAN

1 SERVING

PREP TIME: 10 MINUTES AND
OVERNIGHT

TOTAL TIME: 30 MINUTES



INGREDIENTS

Chia Pudding:

5 tbsp chia seeds

1/2 cup coconut milk

1/2 cup almond milk

1/3 cup unsweetened applesauce

1 tbsp maple syrup/honey

1 tsp vanilla extract

Stewed Apples:

1 tbsp coconut oil

2 apples peeled and cut into cubes

2 tbsp maple syrup

1/2 tsp cinnamon

DIRECTIONS

1. Whisk all the chia pudding ingredients together in a bowl
2. Place in the fridge to set for at least an hour, but ideally overnight
3. Heat the coconut oil in a pan on medium high heat
4. Add apples, syrup and cinnamon and mix everything together letting it cook for 2 min.
5. Reduce heat to medium and cook for another 5-6 minutes, stirring often until the apples are soft, then remove from heat and let cool
6. Place Stewed Apples on top of chia pudding and serve

SOUP



Potato Leek Soup

GF

6 SERVINGS

COOK TIME: 40 MINUTES

TOTAL TIME: 1 HOUR 5
MINUTES

INGREDIENTS

3 tbsp unsalted butter
4 large leeks, white and light
green parts only, roughly
chopped (about 5 cups)
3 cloves garlic, peeled and
smashed
2 lbs Yukon Gold potatoes,
peeled and roughly chopped
into 1/2-inch pieces
7 cups low sodium chicken or
vegetable broth
2 bay leaves
3 sprigs fresh thyme
1 tsp salt
1/4 tsp ground black pepper
1 cup heavy cream
Chives, finely chopped, for
serving

DIRECTIONS

1. Melt the butter over medium heat in a large soup pot. Add the leeks and garlic and cook, stirring regularly, until soft and wilted, about 10 minutes. Adjust the heat as necessary so as not to brown
2. Add the potatoes, broth, bay leaves, thyme, salt and pepper to the pot and bring to a boil. Cover and turn the heat down to low. Simmer for 15 minutes, or until the potatoes are very soft.
3. Fish out the thyme sprig and bay leaves, then purée the soup with a hand-held immersion blender until smooth (Alternatively, use a standard blender to purée the soup in batches; see note.) Add the heavy cream and bring to a simmer. Taste and adjust seasoning with salt and pepper. If the soup is too thin, simmer until thickened. If it's too thick, add water or stock to thin it out. Garnish with fresh herbs if desired

Note: If using a standard blender to purée the soup, be sure not to fill the jar more than halfway. Leave the hole in the lid open and cover loosely with a dishtowel to allow the heat to escape; and pour blended soup into a clean pot

Freezer-Friendly Instructions: The soup can be frozen, without the cream, for up to 3 months. Defrost the soup in the refrigerator for 12 hours and then reheat it on the stovetop over medium heat until hot. Once heated through, add the cream and bring to a simmer before serving



Curried Squash Soup

GF, VEGAN

4 SERVINGS

PREP TIME: 40 MINUTES

TOTAL TIME: 1 HOUR

INGREDIENTS

- 4 tbsp (½ stick) unsalted butter
- 2 cups finely chopped yellow onions
- 4-5 tsp curry powder
- 2 medium-size butternut squash (about 3 lbs. total)
- 2 apples, peeled, cored, and chopped
- 3 cups chicken stock
- 1 cup apple juice
- Salt, freshly ground black pepper, to taste
- 1 shredded unpeeled Granny Smith apple, for garnish

DIRECTIONS

1. Melt the butter in a large heavy pot over low heat. Add the onions and curry powder and cook, covered, until the onions are tender, about 5 minutes
2. Meanwhile, peel the squash (a regular vegetable peeler works best). Cut in half horizontally, scrape out the seeds, and chop the flesh
3. When the onions are tender, pour in the stock, add the squash and chopped apples, and bring to a boil. Reduce the heat and simmer, partially covered, until the squash and apples are very tender, about 25 minutes
4. Pour the soup through a strainer, reserving the liquid, and transfer the solids to a food processor, or use a food mill fitted with a medium disc. Add 1 cup of the cooking stock and process until smooth
5. Return the pureed soup to the pot and add the apple juice and about 2 cups more stock, until the soup is of the desired consistency
6. Season with salt and pepper, simmer briefly to heat through, and serve immediately, garnished with the shredded apple



Coconut Red Lentil Soup

GF

6 SERVINGS

TOTAL TIME: 50 MINUTES

COOK TIME: 40 MINUTES

INGREDIENTS

1 cup yellow split peas
1 cup red split lentils (masoor dal)
7 cups water
1 medium carrot, cut into 1/2-inch dice
2 tbsp fresh peeled and minced ginger
2 tbsp curry powder
2 tbsp butter, ghee, or coconut oil
8 green onions (scallions), thinly sliced
3 tbsp golden raisins
1/3 cup tomato paste
1 14-ounce can coconut milk
2 tsp fine grain sea salt
one small handful cilantro, chopped
Optional: cooked brown rice or farro, for serving

DIRECTIONS

1. Give the split peas and lentils a good rinse - until the water runs clear
2. Place them in an extra-large soup pot, cover with water, & bring to a boil
3. Reduce heat to a simmer and add the carrot and 1/4 of the ginger
4. Cover and simmer for about 30 minutes, or until the split peas are soft. In the meantime, in a small dry skillet or saucepan over low heat, toast the curry powder until it is quite fragrant. Be careful though, you don't want to burn the curry powder, just toast it. Set aside
5. Place the butter in a pan over medium heat, add half of the green onions, the remaining ginger, and raisins. Sauté for two minutes stirring constantly, then add the tomato paste and sauté for another minute or two more
6. Add the toasted curry powder to the tomato paste mixture, mix well, and then add this to the simmering soup along with the coconut milk and salt. Simmer, uncovered, for 20 minutes or so. The texture should thicken up, but you can play around with the consistency if you like by adding more water, a bit at a time, if you like. Or simmer longer for a thicker consistency.

You can serve over ~1/2 cup of warm brown rice. Sprinkle each bowl generously with cilantro and the remaining green onions.

ENTRÉE



Stuffed Peppers

GF

2 SERVINGS

PREP TIME: 20 MINUTES

TOTAL TIME: 50 MINUTES

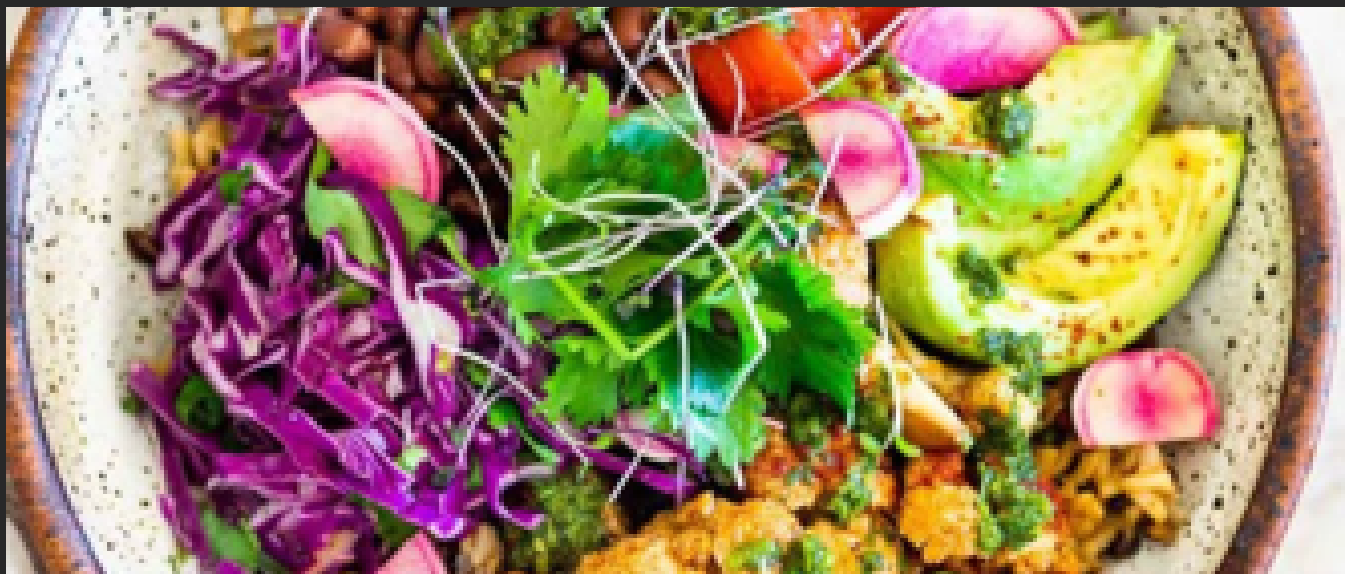
INGREDIENTS

- 4 yellow, red, or orange bell peppers (preferably round in shape)
- 3 tbsp cooking fat (or oil if Vegetarian/Vegan)
- ¼ cup finely chopped onion
- 2 cloves garlic, minced (or 1 tsp garlic powder)
- 4 kale leaves, stems removed, leaves finely chopped
- 1 lb. ground meat (lamb, beef, bison all work)
- 2 tbsp tomato paste
- ¼ tsp cumin
- ¼ tsp chili powder
- ½ tsp salt
- ¼ black pepper
- 1 cup finely peeled winter squash (acorn, butternut, etc)

DIRECTIONS

1. Preheat oven to 350F. Line a deep baking dish with parchment paper
2. With a paring knife, slice the top of each bell pepper and gently pull up on the stem. Discard the seeded core. Place the peppers in the prepared dish. Bake for 10 minutes, until softened. Set aside
3. Meanwhile, melt the cooking fat in a large skillet over medium heat and swirl to coat the bottom. When the fat is hot, add the onion and cook, stirring with a wooden spoon, until translucent, 2 to 3 minutes. Add the garlic and continue to cook until aromatic, about 1 minute. Add the kale and cook for 1 minute, stirring. Add the ground meat and cook, breaking up the meat with a spatula or wooden spoon and stirring it into the vegetables, for 2 to 3 minutes. Stir in the tomato paste, cumin, chili powder, salt, and pepper. Cook until the meat is mostly browned, 7 to 9 minutes. Stir in the squash and cook until the squash is slightly softened, 2 to 3 minutes.
4. Divide the meat and squash mixture evenly among the softened bell peppers. Return to the oven and bake for 10 minutes, until the peppers look wrinkly, and the beef is slightly browned on top.

Tip: If your peppers won't stay upright in the pan, gently slice across the bottom to create a flat surface. Only skim the bottom of the pepper with your knife, however- you don't want to cut away too much and create a hole for the meat and juices to leak through.



Chimichurri Cauliflower Bowls

GF

4 SERVINGS

TOTAL TIME: 40 MINUTES

INGREDIENTS

DIRECTIONS

Smoky Roasted Cauliflower:

one head cauliflower, cut into small florets

red bell pepper, cut in half

3 tbsp avocado oil

1 tsp salt

2 tsp coriander

1 tsp cumin

1 tsp smoked paprika

1 tsp chili powder

1/2 tsp ground chipotle (optional)

1/2 tsp garlic powder

Seasoned Black Beans:

1 x 14-ounce can black beans (serves 2-3,
feel free to double) rinsed, drained

1/4 cup water

1/2 tsp salt

1/2 tsp cumin

1/2 tsp chili powder

1/2 tsp smoked paprika

drizzle avocado oil

2 cups cooked rice (optional, or sub quinoa
or black rice)

Mexican Slaw (or sub shredded cabbage
or radishes)

Chimichurri Sauce

Other toppings: sliced avocado, pickled red
onions, cilantro, sprouts.

1. Preheat oven to 425F

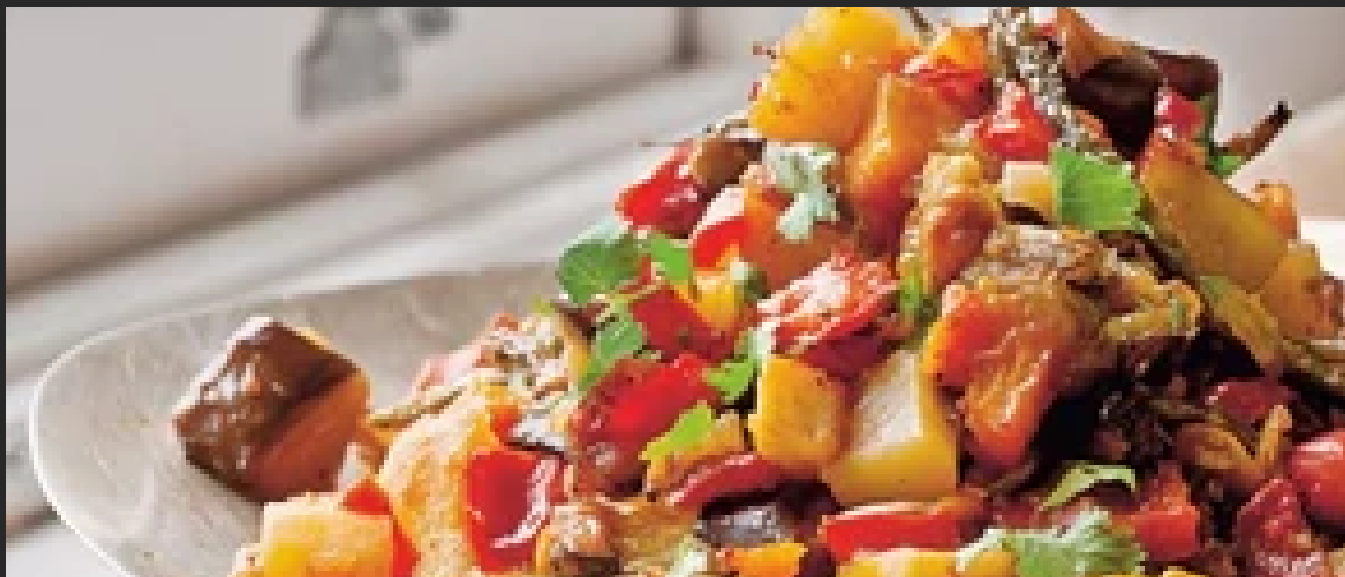
If making rice or quinoa, cook it according to directions first.

2. Roast the Cauliflower: Toss Cauliflower with olive oil, salt and spices in a large bowl, and place in a single layer, on parchment-lined sheet pans (you may need two). Cut the bell pepper in half and place on the same sheet pan open side down. Roast for 12 minutes, turn cauliflower over, rotating racks (top rack will cook faster) and cook for another 12-15 minutes, until nice and golden, and fork-tender

3. Make the Chimichurri Sauce, optional [Mexican slaw](#) and optional [pickled onions](#)

4. Season the black beans: Warm up the black beans in a small pot on the stove, adding water, spices, salt and avocado oil

5. Assemble Bowls: Layer rice and beans, top with roasted cauliflower. Drizzle with a little chimichurri sauce and garnish with the slaw, avocado, [pickled onions](#), sprouts and cilantro



Tamara's Ratatouille

GF

SERVES 4

COOK TIME: 1 HOUR

TOTAL TIME: 1 HOUR 30 MINUTES

INGREDIENTS

110 ml avocado oil
2 small onions, cut into 3 cm dice
4 garlic cloves, sliced
½ fresh green chili, thinly sliced
2 red bell pepper, cut into 3 cm dice
½ small butternut squash, peeled and cut into 3 cm dice
1 small parsnip, peeled and cut into 3 cm dice
200 g french beans, trimmed
1 courgetti, cut into 3 cm dice
½ large eggplant, peeled and cut into 3 cm dice
1 small potato, peeled and cut into 3 cm dice
2 tomatoes, peeled and chopped
½ tbsp coconut sugar
1 tbsp tomato purée
salt and black pepper
200 ml water
chopped coriander, to garnish

DIRECTIONS

1. Pour two-thirds of the oil into a large, heavy-based pot and place on a medium-high heat
2. Add the onions, fry for five minutes, stirring occasionally, then stir in the garlic, chili and peppers, and fry for another five minutes.
3. Add the squash and parsnip, and fry for five minutes
4. With a slotted spoon, transfer the vegetables to a bowl, leaving as much hot oil in the pot as possible
5. Add the remaining oil to the pot and fry the beans, courgetti and eggplant for five minutes, stirring occasionally
6. Return the other veg to the pot, add the potato, tomatoes, sugar, tomato purée and plenty of salt and pepper, stir, then add enough water to half-submerge the vegetables
7. Cover, leave to simmer gently for 30 minutes, then season to taste
8. Heat the oven to 400F
9. Use a slotted spoon to lift the vegetables from the pot and into a deep roasting tin in which they'll make a layer 2-3 cm thick
10. Pour in the liquid and bake for 30 minutes
11. When ready, the vegetables should be very soft and most of the liquid should have evaporated
12. Garnish with coriander and serve with steamed white rice



Chickpeas with Spinach & Kale

GF, VEGAN

6 SERVINGS COOK TIME: 25 MINUTES
TOTAL TIME: 40 MINUTES

INGREDIENTS

1 onion diced
5 cloves of garlic pressed
1 tsp of tomato paste
2 Bouillon cubes (vegetable or chicken)
1 can of diced tomato
1 can of Chickpeas rinsed
1 bag of baby spinach
1 bag of baby Kale (remove the stems if you need to)
¼ tsp smoked paprika
¼ tsp dried cumin
¼ tsp red crushed pepper
sea salt
black pepper

DIRECTIONS

1. Heat oil and sauté the onions and garlic (5 min)
2. Add 1 tsp of tomato paste, 2 bouillon cubes, ¼ teaspoon of cumin, ¼ teaspoon of smoked paprika, ¼ red crushed pepper, and mix everything together
3. Add the can of diced tomato
4. Add the can of rinsed Chickpeas
5. Add ½ cup (or more) of water to the pot so the garbanzos cook better
6. Cook for 20 minutes
7. Season with sea salt, black pepper
8. Add the Kale and let cook on LOW heat for about 5 min.
9. When the Kale is cooked, add the spinach, and remove from stove when the spinach is wilted
10. Serve alone or with white or brown rice



Kale Caesar Salad

GF, VEGAN

2 SERVINGS

COOK TIME: 40 MINUTES

TOTAL TIME: 50 MINUTES

INGREDIENTS

Salad Base

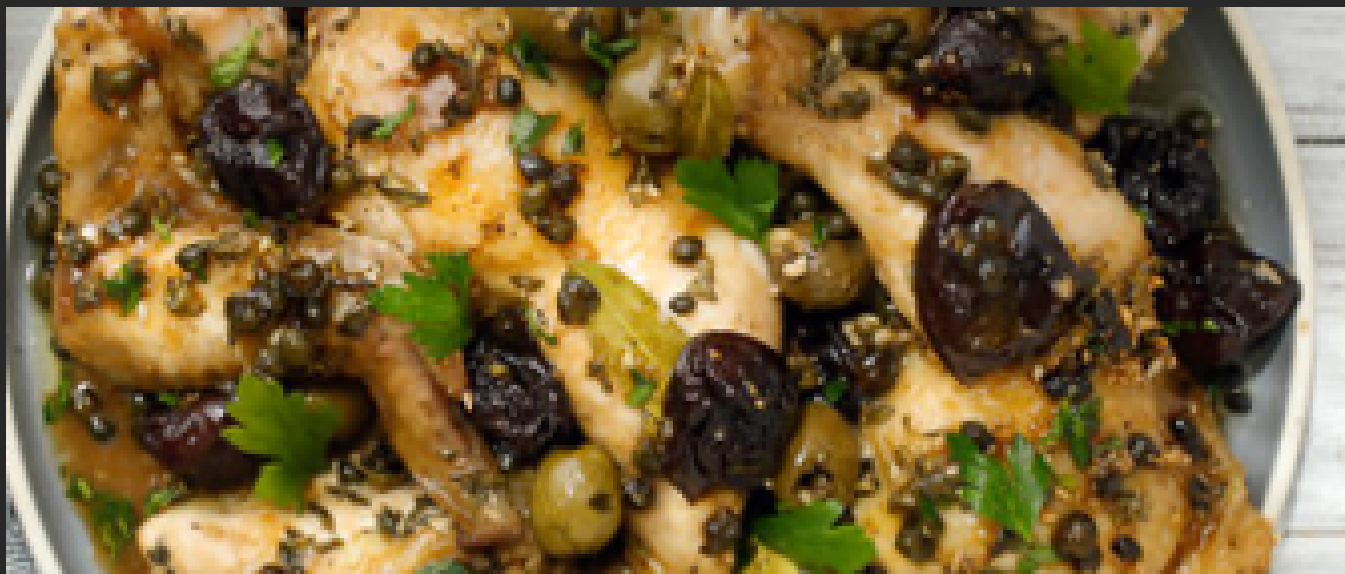
- 2 cups fresh kale
- 1 sweet potato, sliced
- 1 avocado, sliced
- 1 tbsp coconut oil
- 1 can chickpeas
- 1/4 cup hemp seeds
- 1 tbsp herbamare

Dressing:

- 1 cup raw cashews, soaked for ~7 hrs.
- 1/3 cup nutritional yeast
- 1 tsp. sea salt
- 2 garlic cloves
- 1/2 cup olive oil
- 1/2 cup apple cider vinegar
- 1/2 cup water
- 2 tbsp dijon mustard

DIRECTIONS

1. Preheat oven to 350F
2. To cook the sweet potatoes, place the sliced sweet potatoes on baking sheet, drizzle avocado oil and herbamare on top. Place in oven and cook for 30 mins
3. In a Vitamix, measure out all of the ingredients for the dressing and blend until smooth
4. In a large frying pan, sauté the chickpeas in the coconut oil over medium heat for 10 mins. Sprinkle the herbamare on top of the chickpeas
5. Massage the dressing into kale with your hands!
6. To serve put the desired amount of salad, sweet potatoes, chickpeas, and avocado. Sprinkle hemp seeds on top.



Chicken Marbella

GF

6-8 SERVINGS

TOTAL TIME: 1 HOUR 20 MINUTES,
PLUS OVERNIGHT REFRIGERATION

INGREDIENTS

½ cup avocado oil
½ cup red wine vinegar
1 cup pitted prunes
½ cup pitted Spanish green olives
½ cup capers, with a bit of juice
6 bay leaves
1 head of garlic, peeled and puréed
½ cup fresh oregano, chopped, or ¼ cup dried oregano
2 tsp of salt
¼ tsp freshly ground pepper
2 chickens, 3 ½ to 4 pounds each, quartered
1 cup dry white wine
¾ cup brown sugar
2 tbsp finely chopped flat-leaf parsley

DIRECTIONS

1. In a large bowl, combine the olive oil, vinegar, prunes, olives, capers and juice, bay leaves, garlic, oregano, salt and pepper. Add the chicken pieces and turn to coat. Refrigerate overnight
2. Preheat the oven to 350 degrees. Arrange the chicken in a single layer in a shallow roasting pan; spoon the marinade over it evenly. Pour in the wine and sprinkle the chicken with the brown sugar
3. Bake until the thigh pieces yield clear yellow juice when pricked with a fork, 50 to 60 minutes, basting two or three times with the pan juices once the chicken begins to brown. (When basting, do not brush off the sugar. If the chicken browns too quickly, cover lightly with foil)
4. Transfer the chicken pieces to a warm serving platter and top with the prunes, olives and capers; keep warm. Place the roasting pan over medium heat and bring the pan juices to a boil. Reduce to about ½ cup. Strain into a heatproof bowl, add the parsley and pour over the chicken

Note: You can add apricots, figs, parsnips, and carrots. Peel and dice the parsnips and carrots and add avocado oil, salt, and pepper before roasting. Once the Chicken Marbella is out of the oven, add the roasted parsnips and carrots to the dish. The apricots and figs go in with the prunes

SAUCES



Chimichurri Sauce

GF

10-12 SERVINGS TOTAL TIME: 15 MINUTES

INGREDIENTS

- 1/4 cup red onion (or sub a small shallot)
- 2 large garlic cloves
- 1-2 tbsp fresh red chili (Serano, Fresno or red jalapeño)
- 1 cup cilantro, packed (about 1 bunch) thin stems OK
- 1/2 cup flat-leaf parsley, packed, thin stems OK
- 2 tbsp fresh oregano (optional)
- 3 tbsp fresh lime juice
- 2 tbsp red wine vinegar
- 3/4 cup olive oil, add more to the desired consistency
- 1 tsp kosher salt
- 1 tsp pepper

Optional Additions:

- 1/2 tsp smoked paprika- (if you like a smoky flavor)
- 1/4 tsp Aleppo chili flakes, for garnish
- zest- lime or lemon

DIRECTIONS

Chop by Hand Version:

1. Finely chop the red onion, finely mince the garlic, finely mince the chili and place all in a medium bowl.
2. Finely chop the cilantro and parsley and optional oregano and add to the bowl.
3. Stir in the lime juice, vinegar, olive oil, salt and pepper. Add more oil, if you prefer a looser consistency.
4. Drizzle the top with olive oil and sprinkle with chili flakes (use Aleppo if you have them) and a cilantro sprig.

Food Processor Version:

1. Roughly chop the red onion, garlic, and fresh chili- and place in a food processor. Pulse several times until finely and uniformly chopped
2. Add cilantro, Italian parsley, and oregano, pulse again until uniformly chopped, not too fine
3. Place this in a medium bowl, stir in lime juice, vinegar, salt, pepper, then pour in 1/2 cup of olive oil, stirring, adding the remaining 1/4 cup a little at a time, creating your desired consistency
4. Drizzle the top with olive oil and sprinkle with chili flakes (use Aleppo if you have them) and a cilantro sprig



Basil Dressing

GF, VEGAN

6 SERVINGS

TOTAL TIME: 5 MINUTES

INGREDIENTS

1 cup avocado oil
½ cup white wine vinegar
½ cup basil
1 tsp sea salt
¼ cup maple syrup

DIRECTIONS

1. Chop basil finely
2. Stir together all ingredients
3. Enjoy on salad or whatever else suits your fancy!

DESSERT



Raspberry Almond Muffins

GF

8 SERVINGS

PREP TIME: 10 MINUTES

TOTAL TIME: 30 MINUTES

INGREDIENTS

1 1/2 cups Gluten-Free All-Purpose flour

1/2 cup almond flour

1 3/4 tsp baking powder

1/2 tsp baking soda

1/4 tsp salt

1 large egg, room temperature

1/2 cup granulated sugar

1/2 cup vanilla coconut yogurt, room temperature

1/4 cup + 2 tbsp neutral flavored oil i.e. avocado oil

1/4 cup coconut milk, room temperature

1/2 tsp vanilla extract

1/4 tsp almond extract

1 cup raspberries

Sliced almonds for garnish on top

DIRECTIONS

1. Preheat oven to 375F
2. Combine all dry ingredients together
3. In a separate bowl combine all wet ingredients together
4. Combine all ingredients together
5. Portion in muffin tins
6. Sprinkle sliced almonds on top
7. Bake for 20 minutes in oven, until golden on top



Black Bean Brownies

GF

9-12 SERVINGS

TOTAL TIME: 30 MINUTES
COOK TIME: 18 MINUTES

INGREDIENTS

1 1/2 cups black beans (1 15-oz can,
drained and well-rinsed)
2 tbsp cocoa powder
1/2 cup quick oats
1/4 tsp salt
1/3 cup pure maple syrup, honey, or
agave
pinch uncut stevia OR 2 tbsp sugar
1/4 cup coconut or vegetable oil
2 tsp pure vanilla extract
1/2 tsp baking powder
1/2 cup to 2/3 cup chocolate chips
(Not optional)

DIRECTIONS

1. Preheat oven to 350F
2. Combine all ingredients except chips in a good food processor, and blend until completely smooth. Really blend well. (A blender can work if you absolutely must, but the texture—and even the taste—will be much better in a food processor)
3. Stir in the chips, then pour into a greased 8x8 pan.
Optional: sprinkle extra chocolate chips over the top
4. Cook the black bean brownies 15-18 minutes, then let cool at least 10 minutes before trying to cut
5. If they still look a bit undercooked, you can place them in the fridge overnight and they will magically firm up!