



Eating Matters

# Recovery-Minded Cookbook

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# From Amanda & Jill

## Amanda

Learning culinary fundamentals at Johnson and Wales University as part of my education in Dietetics and Applied Nutrition, helped me understand how simple and fulfilling properly nourishing my body could be. We all start as novices in the kitchen and over time we can develop cooking skills and confidence in our ability to make great food. My hope is that you come to enjoy the culinary experience as well.

As a dietetic intern working with Jill, I have learned a lot about eating disorders. I'm understanding that helping people build a more positive relationship with food is key in the recovery process. I know that cooking can help facilitate this. Using the "all foods fit" approach along with my culinary training, I created a variety of wholesome recipes to nudge you into the kitchen and inspire you to cook. I hope you enjoy the collection and will look forward to your feedback.

## Jill

Cooking can be fun, creative, and often therapeutic. Building and re-establishing positive experiences and memories in the kitchen can be an important part of recovering from an eating disorder. Cooking helps us to slow down and pay attention to making decisions about what food we want to eat, lights up our senses, and can be a vital part of eating more mindfully and intuitively. While cooking may be challenging for those with fears around food and eating, the exposures we encounter throughout the cooking process move us forward.

I am so pleased to host the Eating Matters Recovery-Minded Cookbook on my website. It is a collection of a wide range of very inventive and yummy recipes which we hope you will enjoy. I am grateful to Amanda for all her hard work and efforts in developing and launching this project. She was vital in the design, ideas and the laborious testing of each recipe. It has been a joy collaborating with her. We welcome hearing from you, please message us on the contact page.



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# Breakfast

"[Breakfast] is the mouthful that is the commitment to a new day, a continuing life. "

- A.A. Gill





# Not Your Average Avocado Toast

## Ingredients:

1 Serving

## Directions:

- 2 slices of your favorite Bread
- 2 Tbsp Goat Cheese or Cream cheese
- 1/2 Avocado, mashed
- 2 oz Cold Smoked Salmon
- Dill, dried or fresh-to taste

1. Toast Bread slices
2. Spread cheese and avocado on each slice
3. Split the salmon in half and layer on each slice
4. Top with dill
5. Enjoy open faced

## Notes:



# Blackberry Almond Buckwheat Pancakes

## Ingredients:

Family Size Recipe

## Directions:

- 1 cup Buttermilk  
OR  
Whole Milk + 1 tsp  
Apple Cider Vinegar
- 1/2 cup Buckwheat  
Flour
- 3/4 cup Oat Flour
- 2 Tbsp Honey
- 1 Large Egg
- 1 Tbsp Baking Powder
- 1 tsp Vanilla Extract
- 1/4 tsp Salt
- 1/2 cup Slivered  
Almonds
- 1/2 cup Blackberries
- Maple Syrup- to taste

- 1.Heat and oil a pan/ griddle
- 2.Combine all ingredients (excluding berries, almonds, and syrup) in a large bowl
- 3.Pour 1/4 cup of batter on the griddle
- 4.Repeat as many times as necessary
5. Cook for 3 minutes or until lightly browned
- 6.Top with berries, almonds, and syrup
- 7.Store leftovers in a closed container in the refrigerator

**Notes:** Do not over mix. The batter will be thick when mixing. Enjoy with a glass of milk or juice. Omit nuts if allergic.



# Southwest Breakfast Burrito

## Ingredients:

1 Serving

## Directions:

- 1 Large 12 in. Tortilla
- 2 Large Eggs
- 1 Tbsp Butter or Oil
- 1/4 cup Black Beans
- 3 Tbsp Salsa
- 2 Tbsp Sour Cream
- 1/2 Avocado, sliced

1. Scramble eggs in butter or oil
  2. Heat black beans
  3. Layer all ingredients in a warmed tortilla
  4. Wrap snug
- Optional: Crisp the top & bottom of the tortilla in a heated saute pan until golden brown

## Notes:



# Sunrise Breakfast Hash

## Ingredients:

1 Serving

## Directions:

- 2 Large Eggs
- 1 Zucchini, chopped
- 1 Sweet Red Pepper, chopped
- 1/4 cup Green Peas
- 1/4 cup Corn
- 1 Small Sweet Potato, chopped and boiled
- 4 Red Bliss Potatoes, chopped and boiled
- 1 Tbsp Vegetable Oil

1. Heat saute pan or skillet with oil
2. Add all vegetables and saute until lightly browned
3. Push hash to the side of the pan and cook eggs your way (scrambled, over easy, sunny side up) season with salt and pepper to taste

## Notes:

Enjoy this recipe with toast or a bagel





# Maple Walnut Oatmeal

Ingredients: *Family Size Recipe* Directions:

- 1 cup Steel Cut Oats
- 4 cups Water
- 2 Tbsp Maple Syrup
- 1/2 cup Walnut Pieces
- 1 Banana Sliced

1. bring water to boil gradually stir in oats
2. Simmer uncovered for about 30 min or until desired doneness
3. Stir in maple syrup and walnuts
4. Top with banana

**Notes:** Store leftovers in an airtight container. Leftovers can be microwaved for the next morning. Omit nuts if allergic.



# Berry Nutty Waffles

## Ingredients:

1 Serving

## Directions:

- 2 Waffles (any brand or homemade)
- 2 Tbsp Peanut Butter
- 1/2 cup Your favorite berries
- Maple Syrup to taste
- 1 Large Banana

1. Toast or make waffles
2. Spread peanut butter on each waffle
3. Top with berries
4. Drizzle with maple syrup

**Notes:** Omit nut butter if allergic to nuts.



# PB & J Parfait

## Ingredients:

1 Serving

## Directions:

- 1 cup Strawberry or Vanilla Yogurt
- 1 Tbsp Peanut Butter
- 1 Tbsp Strawberry Jelly
- 1/4 cup Granola

1. Layer all ingredients in a bowl
2. Mix and enjoy

**Notes:** If using thick peanut butter warm in microwave to blend easier. Omit nut butter if allergic to nuts.



# Simplified "Shakshuka"

## Ingredients:

1 Serving

## Directions:

- 2 Large Eggs
- 1 1/2 Cups Marinara Sauce (pg. 29)
- 1/4 Cup Crumbled Feta Cheese
- Salt & Pepper To Taste

1. Place sauce into a medium sized oven safe cooking vessel
2. Crack eggs into sauce
3. Bake in the oven until eggs are cooked to desired doneness
4. Top with crumbled feta, salt, and pepper

**Notes:** This recipe pairs deliciously with pita, fresh baguette, or toasted chibatta.



# Entrees

"A recipe is a story that ends with a good meal."

- Pat Conroy





# Chicken Buddha Bowl w/ Peanut Dressing

## Part 1 - Veggie Base

Adapted From: [Delish.com](https://www.delish.com)

### Ingredients: Family Size Recipe Directions:

- 1 large sweet potato, peeled and cut into 1/2-inch cubes
  - 1 large red onion, diced
  - 1 Tbsp Vegetable Oil
  - 4 cup Quinoa or Rice, cooked
  - 2 cups Baby Spinach
  - 1 Tbsp Cilantro, freshly chopped
  - 1 tsp. Sesame Seeds, toasted
1. Preheat oven to 425 F
  2. On a large baking sheet, toss sweet potatoes and onion with oil and season with salt and pepper.
  3. Bake until tender, 20 to 25 minutes.
  4. Toast sesame seeds in an oil free preheated pan until golden
  5. Layer all ingredients in a bowl. Top with cilantro and sesame seeds

**Notes:** Add seared chicken and peanut butter dressing (recipes to follow).



# Chicken Buddha Bowl w/ Peanut Dressing

## Part 2- Seared Chicken

Adapted From: [Delish.com](https://www.delish.com)

### Ingredients: Family Size Recipe Directions:

- 1/2 tsp Garlic Powder
- 1/2 tsp Salt
- 1/2 tsp Black Pepper
- 1 Tbsp Vegetable Oil
- 1 lb. Chicken, boneless and skinless chicken breast

- 1. Heat a medium skillet over medium- high heat
- 2. Add and heat oil
- 3. Season chicken with garlic powder, salt, and pepper
- 4. Cook until golden and no longer pink
- 5. About 8 minutes per side
- 6. Allow chicken to cool then slice

**Notes:** Enjoy with peanut butter dressing (recipe to follow).



# Chicken Buddha Bowl w/ Peanut Dressing

## Part 3- Peanut Sauce

Adapted From: [Delish.com](https://www.delish.com)

### Ingredients: Family Size Recipe Directions:

- 1 clove Garlic, minced
- 2 Tbsp Creamy Peanut Butter
- 1/4 cup Lime Juice
- 1 Tbsp Soy Sauce
- 1 Tbsp Honey
- 1 Tbsp Sesame Oil

1. In a small bowl, whisk together garlic, peanut butter, lime juice, soy sauce, and honey.
2. Whisk in sesame oil and remaining 1 tablespoon olive oil until smooth.

**Notes:** This is the perfect dressing for any Buddha bowl with. Don't let it stop you from trying in other recipes with other foods. Omit nuts if allergic- try an allergy friendly "nut"butter instead.





# Turkey Veggie Meatballs

## Ingredients:

Family Size Recipe

## Directions:

- 2lbs. Ground Turkey
- 1 1/2 Tbsp Salt
- 1 1/2 Tbsp Pepper
- 2 Tbsp Garlic Powder
- 4 Tbsp Parsley, dried
- 1 Sweet Red Pepper, finely diced
- 1 Sweet Yellow Pepper, finely diced
- 1 Small Zucchini, finely diced
- 1 cup Crispy Dried Onions
- 5 Tbsp Vegetable Oil

1. Preheat Oven to 350 F
2. Combine all ingredients into a large mixing bowl
3. Mix with hands then form into 1 in. balls
4. Bake for 20-25 minutes or until done

**Notes:** This recipe makes 24 large meatballs. Add marinara sauce (pg. 29) and your favorite pasta with a sprinkle of cheese for a complete meal. Feel free to freeze extras or scale back on recipe.



# Seared Salmon & Grains

## Ingredients:

1 Serving

## Directions:

- 1 Small Tomato, diced
- 1 Tbsp Lemon juice
- 1 clove of Garlic, minced
- 1 cup Couscous, Quinoa, Farro, or Rice, cooked
- 4oz. Salmon Filet
- 1 Tbsp Butter
- 1/4 tsp Garlic Powder
- Salt and Pepper- to taste

1. Preheat oven to 450 F
2. Season salmon with salt, pepper, garlic, and 1/2 lemon
3. Place on a baking sheet and bake for 12-15 min or until cooked through
4. Heat butter in a small sauce pan saute garlic until golden
5. Stir in cooked grains and tomatoes to heat & season with salt and pepper
6. Layer salmon on top of grains

**Notes:** Pair this recipe with fresh greens or extra veggies.



# Gnocchi & Meat Sauce

## Ingredients: *Family Size Recipe*      Directions:

- 1 Tbsp Vegetable Oil
- 1 Lb. Ground Beef
- 1 Tbsp Salt
- 1 Tbsp Pepper
- 1 Tbsp Onion Powder
- 1 Tbsp Garlic Powder
- 1 lb. Gnocchi or your favorite Pasta, cooked
- 4 cups Sauce (pg. 29)

1. Heat oil in a large sauce pan
2. Add ground beef and spices
3. Break up the ground beef into small crumbles while mixing in the spices
4. Cook about half way through then add sauce
5. Simmer for about 10 minutes or until beef is cooked through
6. Turn off the heat and add cooked pasta in to the pot
7. Allow pasta to sit in the sauce about 5 minutes before serving.

**Notes:** Recipe can be cut down or leftovers can be stored in the refrigerator or freezer and heated in the oven for another meal.



# Chicken Caprese Sandwich

## Ingredients:

1 Serving

## Directions:

- 1 Ciabatta Roll, toasted
- 1 Seared Chicken Breast, sliced (pg 10)
- 2 oz. Fresh Mozzarella Cheese
- 1 Tbsp Pesto (pg 34)
- 2 slices of Large Tomato
- 1/4 tsp Balsamic Vinegar
- Salt- to taste
- Pepper- to taste

1. Spread pesto on the toasted roll
2. Layer all ingredients on the toasted roll
3. Season with salt and pepper to taste

**Notes:** Suggested additions: sauteed mushrooms or artichoke hearts



# Shrimp Tacos

## Ingredients:

1 Serving

## Directions:

- 2-3 Small Taco Shells, hard or soft
- 9 Baby Shrimp, cooked
- 1 Tbsp Butter
- 2 Tbsp Lime Juice
- 1 tsp Chili Powder
- 1 clove Garlic Minced
- 3 Tbsp Feta Cheese, crumbled
- 1/4 cup Cabbage Slaw
- 1/2 Avocado, cubed

1. Heat butter in a medium saute pan
2. Saute garlic until golden brown
3. Add shrimp, lime juice, and chili powder
4. Heat shrimp until warmed
5. Layer slaw, shrimp, cheese, and avocado on each of the tortillas & enjoy!

## Notes:

Enjoy with a side of tortilla chips and salsa.  
Top with a drizzle of our favorite

### Crema Recipe :

1 spoonful of sour cream + 1 spoonful of mayo + 1 squeeze of lime juice + 1 Pinch of salt, garlic powder, & onion powder



# Soba Noodle Stir Fry

## Ingredients:

1 Serving

## Directions:

- 1 cup Soba Noodles, cooked
- 4 oz. Chicken, Beef, or Salmon, seared and sliced
- 1 Yellow Pepper, sliced
- 1/2 cup small Broccoli Florets, steamed
- 1 clove of Garlic, minced
- 1 tsp Ginger Powder
- 1 Tbsp Onion Powder
- 1 Tbsp Soy Sauce
- 2 Tbsp Water
- 1 Tbsp Rice Vinegar
- 1 Tbsp Honey
- 1 Tbsp Vegetable Oil

1. Heat vegetable oil in a medium saute pan
2. Saute garlic until golden then add remaining vegetables and continue to cook until soft.
3. Add ginger powder, onion powder, water, vinegar, honey, and soy sauce and heat until liquid is reduced.
4. Add noodles and protein of choice back into pan to warm.

**Notes:** To sear protein: heat pan with a small amount of oil on medium to high heat. Cook each side until golden and crispy. Then lower temperature and cook through.



# Garden Hummus Flatbread

## Ingredients:

1 Serving

## Directions:

- 1 Large Flatbread
- 3 Tbsp Hummus (pg. 33)
- 1 cup Mixed Greens
- 1 Small Tomato, sliced
- 2-3 Cooked Falafel, halved
- 4 Cucumber, sliced
- 3 Red Onion, sliced

1. Spread hummus on flatbread
2. Layer all vegetables and falafel on top

## Notes:



# White Chicken Chili

**Ingredients:** Family Size Recipe

**Directions:**

- 1 Yellow Onion, diced
- 1/2 lb. Chicken Thighs, boneless and skinless
- 1/2 can Navy Beans
- 1/2 cup Kidney Beans
- 4 oz Can Green Chiles
- 1 Lime, juiced
- 1 1/2 cup Chicken Stock
- 1 1/2 cup Water
- 1 Tbsp Chili Powder
- 1 Tbsp Garlic Powder
- 2 tsp Cumin
- 1 Avocado, sliced
- 1 Tbsp Vegetable Oil
- 1/2 cup Fresh Cilantro, chopped
- Salt and Pepper- to taste

- 1.Heat oil in a large stock pot
- 2.Add onion and saute until translucent
- 3.Add all ingredients except avocado and cilantro
- 4.Cook on medium for about 15 minutes or until chicken is no longer pink
- 5.Remove chicken and shred then put back into the chili
- 6.Allow to cook for about 5 more minutes
- 7.Garnish with fresh cilantro and avocado

**Notes:** Add crumbled tortilla chips on the top for a crunch.





# Snacks

"Food is nourishment of the soul and body; it's truly love."  
- Giada de Laurentiis





# Date Bars

**Ingredients:** *Family Size Recipe* **Directions:**

- 1 cup Whole Dates, pitted
- 1 cup Dried Fruit (of choice: fig, mango, apricots, cherries)
- 1 cup Walnuts

1. Add all ingredients to a food processor and process until well combined but still crumbly
2. Empty on to a parchment lined 1/2 sheet pan and press evenly
3. Cut into 2x2 in. squares

**Notes:** To get a clean cut allow the bars to chill in the freezer until hardened before cutting. Omit nuts if allergic- use extra dried fruit instead.



# Simply Balanced Snack Pack

## Ingredients:

1 Serving

## Directions:

- 8 Strawberries
- 1 Large Handful Mini Pretzels
- 1/4 cup Cheese Cubes
- 1 Large Hard Boiled Egg

1. Place all ingredients in your favorite to-go container & enjoy.

## Notes:



# Tropical Smoothie

Ingredients: *Family Size Recipe* Directions:

- 1 cup Pineapple
- 1 cup Mango
- 1 cup Strawberries
- 1 Banana
- 1 cup Yogurt
- 1/3 cup Water or Milk

1. Combine all ingredients in a blender until smooth.
2. Add water as necessary to reach desired thickness.

**Notes:** Looking for a thicker smoothie? Use frozen fruit instead of fresh. Garnish with coconut flakes.



# Coconut Cashew Butter Oat Balls

Ingredients: *Family Size Recipe* Directions:

- 1/2 cup Cashew Butter (or other nut butter of choice)
- 1/2 cup Honey
- 1 1/4 cup Rolled Oats
- 1/2 cup Shredded Coconut + 1/2 cup for rolling
- 1/2 cup Ground Flax Seeds
- 1 tsp Vanilla Extract
- 1/4 tsp Salt

1. Combine all ingredients in a bowl by hand until thoroughly mixed
2. Allow to chill about 20 minutes
3. Use a small cookie scoop to portion and roll into balls
4. Roll each ball in coconut if desired

Notes: Substitute sun butter if allergic to nut butter.



# Strawberry Oatmeal Bars

## Ingredients: *Family Size Recipe* Directions:

- 1/2 cup Coconut Oil, melted
- 1/2 cup Butter, melted
- 1/2 cup Honey
- 2 Large Eggs
- 1/2 tsp salt
- 1 tsp Vanilla Extract
- 2 Cups Fresh Strawberries, quartered
- 2 cups Steel Cut Oats
- 2 Cups Flour (Whole Wheat or White)
- 1/4 cup Strawberry Jam

1. Combine all ingredients except oats, flour, jam into large bowl
2. Mix oats and flour then add to bowl
3. Stir in strawberries
4. Spread 1/2 the batter evenly on a 1/2 sheet pan
5. Spread jam evenly on the batter
6. Spread the remaining batter over the jam
7. Bake for 20 minutes or until golden and a toothpick inserted in the center comes out clean

## Notes:



# Fruit Flatbread

Ingredients:

1 Serving

Directions:

- 3 Full Graham Cracker Sheets
- 3 Tbsp Whipped Cream Cheese
- 1 Kiwi, peeled and cubed
- 5 Raspberries
- 5 Blackberries
- 10 Blueberries
- 1 Tbsp Honey

1. Spread 1 Tbsp of cream cheese on each graham cracker
2. Layer fruit on each graham cracker in a pattern of your choice and drizzle with honey

Notes:



# Matcha Mint Milkshake

## Ingredients:

1 Serving

## Directions:

- 3/4 cup Vanilla or Mint Ice Cream
- 1/4 cup Whole Milk
- 1/2-3/4 tsp Matcha Powder (depending on your taste preference)
- 4 Fresh Mint Leaves (optional)

1. Blend all ingredients until well combined and smooth
2. Enjoy immediately

## Notes:





# Soups, Sauces, Dips, & Sides

"The soup was delicious in the way that very simple things can be"  
- Philip Kazan





# Tomato Basil Bisque

## Ingredients:

Family Size Recipe

## Directions:

- 4 Large Tomatoes, cut into quarters
- 3 cloves of Garlic, peeled
- 1 Large Yellow Onion, cut into quarters
- 3 Tbsp Vegetable Oil
- 1/2 cup Heavy Cream
- 1/2 cup Chicken Stock
- 2 Tbsp Honey
- 1 small handful Basil leaves, chopped
- Salt and Pepper to taste

1. Preheat oven to 350 F
2. Spread tomatoes, garlic, and onions on a large baking sheet (with edges). Drizzle with oil and sprinkle a pinch of salt and pepper
3. Roast veggies until tomatoes begin to wrinkle & onion and garlic are golden
4. Allow to cool then blend until smooth
5. Add blended mixture into a large pot. Slowly add cream, honey, and stock into the mixture using a whisk.
6. Stir in basil before serving

## Notes:

Keep it classic and enjoy with a grilled cheese.

WARNING: Blending liquid when hot is dangerous. Please allow time for the mixture to cool.



# Carrot Ginger Soup

## Ingredients: *Family Size Recipe* Directions:

- 1 Tbsp Vegetable Oil
- 4 Medium Onions, chopped
- 1 (3-inch) piece Fresh Ginger, peeled & chopped
- 6 cups Vegetable Stock
- 8 Large Carrots, roughly cut in evenly sized pieces
- 1/4 tsp Pepper
- Fresh Cilantro, chopped-to taste
- Salt- to taste

- 1.Heat the oil in a dutch oven over low heat
- 2.Saute onions until translucent
- 3.Add the ginger and saute for an additional two minutes
- 4.Increase the heat and add the broth and carrots and bring to a gentle boil
- 5.Reduce heat and simmer over medium heat until carrots are tender
- 6.Blend with a hand blender until smooth
- 7.Add salt, pepper, and cilantro to taste

## Notes:

Garnish with crumbled goat cheese



# Marinara Sauce

## Ingredients:

Family Size Recipe

## Directions:

- 1 Large Yellow Onion, diced
- 3 cloves of Garlic, minced
- 2 28oz. cans Crushed Tomatoes
- 1 6oz. can Tomato Paste
- 2 Tbsp Basil
- 1 Tbsp Salt
- 1 Tbsp Peper
- 2 Tbsp Vegetable Oil

1. Heat a large stock pot with oil on medium heat
2. Add onions and saute until translucent
3. Add garlic and saute until golden
4. Add tomato products and allow to simmer on medium to low for 45 min.
5. Stir intermittently. Season with salt and pepper to taste.

**Notes:** Extra sauce can be stored in a glass container or jar once cooled then frozen for later use.

Optional: garnish with basil



# Caramel Dipping Sauce

By: The Slow Roasted Italian

**Ingredients:** Family Size Recipe **Directions:**

- 1 cup Light Brown Sugar, Packed
- 3 Tbsp Butter
- 1 cup Heavy Cream
- 1 Tbsp Vanilla Extract
- 1 tsp Salt

1. Combine ingredients except for vanilla in a medium saucepan over medium heat whisking occasionally
2. Cook for 5 minutes then remove from heat and add vanilla
3. Return to heat for 1 minute and enjoy.

**Notes:** Enjoy with apples, pears, graham crackers or chocolate.  
Refrigerate leftover



# Creamy Maple Cashew Dressing

Ingredients: *Family Size Recipe* Directions:

- 1/4 cup Cashews (raw)
- 1/8 cup Water
- 2 Tbsp. Maple Syrup
- 1 Garlic Clove
- 1/2 tsp. Lime Juice
- 1 tsp Salt

1. Combine all ingredients in a blender until smooth.
2. Add water as necessary to reach desired thickness.

## Notes:

Drizzle on salads, roasted vegetables, potatoes, chicken, or tofu dishes. Substitute plain, unsweetened yogurt for cashews if allergic to nuts.



# Lemon Tahini Hummus

**Ingredients:** Family Size Recipe **Directions:**

- 1 can Chickpeas, drained
- 2 Lemons, juiced
- 1/4 cup Tahini
- 3 Tbsp Olive Oil
- 1 clove of Garlic
- 1 Tbsp Water
- 1 tsp Salt
- 1 tsp pepper
- 1 tsp Paprika

1. Combine all ingredients in a food processor until smooth.
2. Add water as necessary to reach desired thickness.

**Notes:** Enjoy this dip with your favorite crackers, vegetables, or as a spread on any sandwich.



# 5 Minute Guacamole

**Ingredients:** Family Size Recipe **Directions:**

- 1 Large Avocado
- 1/2 Lime, juiced
- 1/4 cup Tomato, diced
- 1 Tbsp Garlic Powder
- 1 Tbsp Onion Powder
- 2 tsp Chili Powder
- 2 tsp Salt
- 1 tsp Black Pepper

1. Mash avocado until desired texture
2. Mix in all ingredients and serve

**Notes** Enjoy this dip with tortilla chips, or vegetables. Guacamole can also be used as a spread on toast or a sandwich.





# Easy Peasy Pesto

**Ingredients:** Family Size Recipe **Directions:**

- 2 cups Spinach
- 1 cup Green Peas, frozen and defrosted
- 1/2 cup basil
- 1/4 cup Olive Oil
- 1/4 cup Water
- 1 Tbsp Garlic Powder
- 2 Tbsp Parmesean Cheese, grated
- 1/2 Tbsp Salt

1. Combine all ingredients in a blender
2. Blend until well

**Notes:** This sauce can be used as a spread on a sandwich or a sauce over pasta, fish, or chicken.



# Crispy Smashed Potatoes

**Ingredients:** *Family Size Recipe* **Directions:**

- 2lbs. Red Bliss Potatoes
- 2 Tbsp Vegetable Oil
- 1 Tbsp Garlic Powder
- 2 tsp Cayenne Powder
- 2 tsp Black Pepper
- 1/2 Tbsp Salt

Optional Seasonings:

- Dill, dried
- Curry Powder
- Cumin
- Italian Seasoning Mix

1. Preheat oven to 450 F
2. Bake or boil potatoes 20 min. or until fork tender
3. Smash potatoes to break the skin with the bottom of a glass cup or metal spatula
4. Drizzle with oil and season
5. Bake again until golden and crispy- about 15 min.

**Notes:** Use this recipe as a side dish for breakfast or dinner!



## Maple Roasted Brussels Sprouts w/ Pomegranate Seeds

Ingredients: *Family Size Recipe* Directions:

- 1 lb. Brussels Sprouts, halved
- 2 Tbsp Vegetable Oil
- 1 tsp Salt
- 1/2 tsp Black Pepper
- 3 Tbsp Maple Syrup
- 1/2 Tbsp Garlic Powder
- 2 Tbsp Pomegranate Seeds

1. Preheat oven to 400 F
2. Place brussels sprouts in the roasting pan and toss with oil and seasonings
3. Roast until brussels sprouts are crispy and fork tender (about 20-25 minutes)
4. Drizzle with syrup and toss
5. Top with pomegranate seeds

Notes:



# Desserts

"Kindness is like sugar, it makes life taste a little sweeter."

- Carla Yerovi





# Chocolate PB Pudding

## Ingredients:

- 1 Large Banana, very ripe
- 3 Tbsp Maple Syrup
- 1 Tbsp Water
- 3 Tbsp Cocoa powder
- 1 Tbsp Peanut Butter Chips

1 Serving

## Directions:

1. Blend all ingredients except peanut butter chips until smooth
2. Adjust liquid amount if necessary- just enough to keep things moving in the blender
3. Stir in peanut butter chips
4. Chill in the refrigerator about 30 min



## Notes:



# Banana Nut Bread

**Ingredients:** Family Size Recipe **Directions:**

- 3 Large Bananas, overripe (brown) mashed
- 1 cup All Purpose Flour
- 1/4 cup Whole Wheat Flour
- 1/4 cup melted butter
- 1/4 cup melted coconut oil
- 1 Large Egg
- 1 tsp Baking Soda
- 1 tsp Vanilla
- 1/4 cup Brown Sugar, packed
- 1/4 cup Walnuts

1. Preheat oven to 350 F
2. Mix all ingredients except nuts until thoroughly combined (do not over mix)
3. Fold in nuts
4. Pour into a greased or parchment lined 10 in. loaf pan
5. Bake for about 25 min or until a toothpick inserted to middle comes out clean
6. Allow the bread to cool before removing from pan.

**Notes:** If you are allergic to nuts exclude walnuts and add chocolate chips instead.



# Berry Crumble a la Mode

## Ingredients:

- 1 cup Frozen Mixed Berries, defrosted
- 1/2 cup Granola
- 2 Tbsp Honey
- 1 tsp Vanilla Extract
- 1 tsp Cinnamon
- 1/2 cup Ice Cream

1 Serving

## Directions:

1. Allow time for the berries to completely defrost or heat in a microwave or small sauce pan
2. Mix berries with honey, vanilla, and cinnamon
3. Add a scoop of your favorite ice cream and top with granola

## Notes:



# Classic Chocolate Chunk Cookies

## Ingredients: *Family Size Recipe* Directions:

- 1 1/2 cup All Purpose Flour
  - 1/2 cup Oat Flour
  - 1/2 cup Butter, softened
  - 1/4 cup Coconut Oil, softened
  - 1 cup Brown Sugar
  - 1/2 cup Cane Sugar
  - 2 Large Eggs
  - 1 Tbsp Vanilla Extract
  - 1/2 tsp Baking Soda
  - 1 tsp Salt
  - 1 cup Chocolate chunks
1. Preheat oven to 350 F
  2. Mix together butter, coconut oil, and both sugars with a hand mixer until smooth in a large bowl
  3. Add eggs and vanilla until combined
  4. In a separate bowl combine both flours, baking soda, and salt
  5. Add flour mixture into the large bowl and mix until just combined
  6. Fold in chocolate chunks
  7. Portion in to 1 in. balls
  8. Bake on a parchment lined baking sheet for 15 minutes or until golden.

**Notes:** Enjoy with a glass of milk or a warm latte.





# Cranberry Orange Sugar Cookies

## Ingredients:

Family Size Recipe

## Directions:

- 1/2 cup Butter softened
- 1/2 cup Coconut Oil softened
- 1 cup Sugar
- 1 Egg
- 1 tsp Vanilla Extract
- 3 Tbsp Orange Juice
- 1 tsp Orange Zest
- 3 cups Flour
- 2 tsp Baking Powder
- 1/2 tsp Salt
- 2 cups Dried Cranberries, chopped

1. Preheat oven to 350 F
2. Beat butter and sugar together until smooth
3. Mix in egg, vanilla, orange juice and zest
4. Combine flour, baking powder, and salt and add 1/2 cup at a time into the wet mixture
5. Once the dough is formed begin kneading in cranberries by hand.
6. The dough will be very thick.
7. Roll the dough into 1 in. balls and flatten into 1/4 in. thick circles
8. Bake on a parchment lined baking sheet for 6-8 minutes.

## Notes:



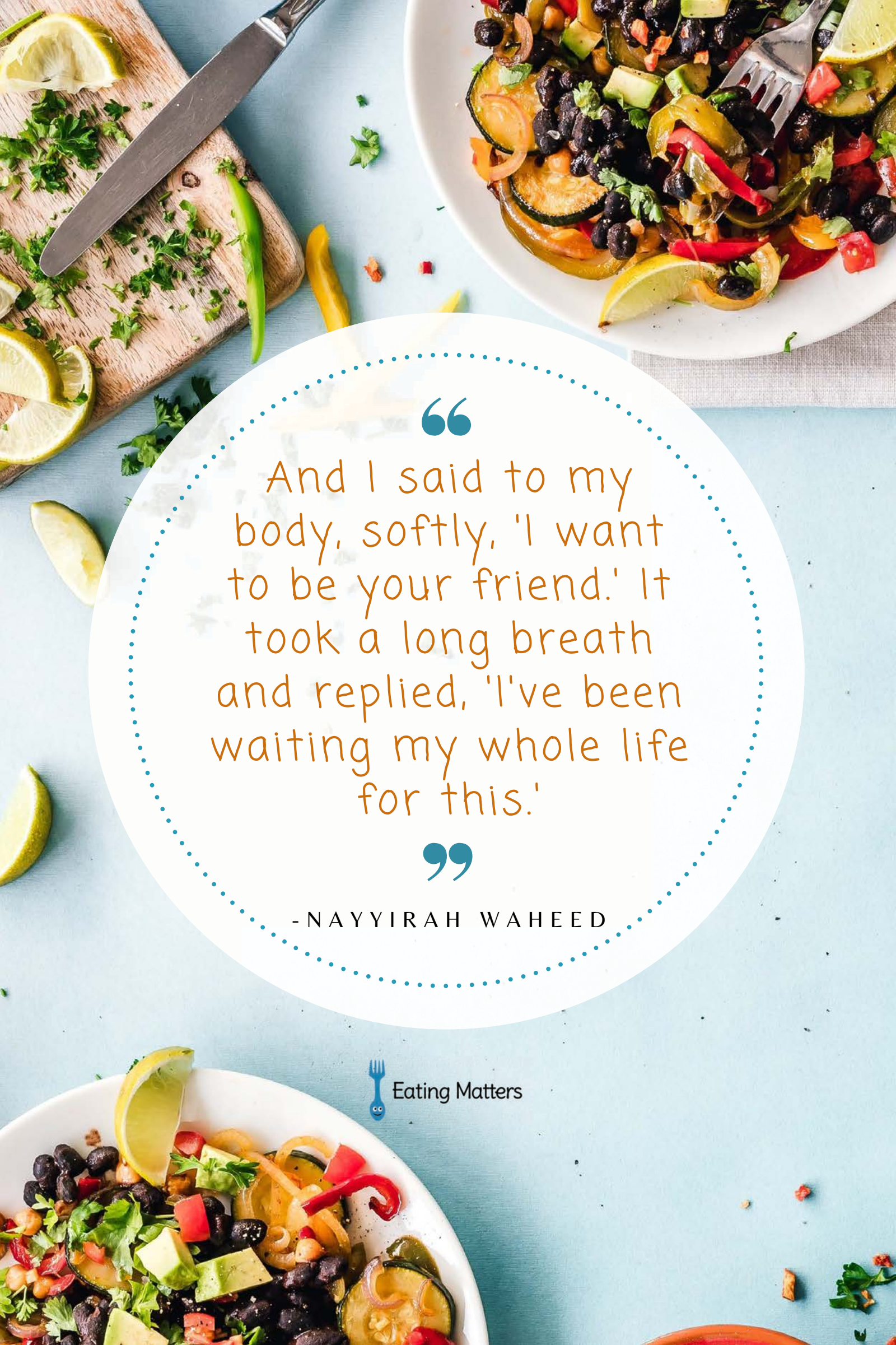
# Chocolate Tahini Brownie

By Ambitious Kitchen

Ingredients: Family Size Recipe Directions:

- 1 cup tahini
  - 1/2 cup sugar
  - 1/4 cup maple syrup
  - 1 teaspoon vanilla extract
  - 2 eggs
  - 1/3 cup unsweetened cocoa powder
  - 1 tablespoon All Purpose Flour
  - 1/2 teaspoon baking soda
  - 1/4 teaspoon salt
  - 1/3 cup chocolate chips
1. Preheat oven to 350 F
  2. In a large bowl, combine the tahini, sugar, syrup, vanilla, and eggs until smooth and well combined.
  3. Gently fold in cocoa powder, flour, salt and baking soda until batter is smooth.
  4. Fold in chocolate chips
  5. Spread batter evenly on to parchment lined baking sheet. It will be thick.
  6. Bake for 25 minutes or until toothpick inserted into the middle comes out clean.

Notes: Optional: top with you favorite nuts or seeds or shredded coconut.



“  
And I said to my  
body, softly, 'I want  
to be your friend.' It  
took a long breath  
and replied, 'I've been  
waiting my whole life  
for this.'

”

- NAYYIRAH WAHEED



Eating Matters