





# CAULIFLOWER HUMMUS

CREAMY & SAVORY VARIATION ON TRADITIONAL HUMMUS



 8 servings

 20 minutes

## INGREDIENTS

- 3 cloves of garlic
- ½ cup extra virgin olive oil
- ½ head of cauliflower, cut into medium florets
- 1 Tbs white miso paste
- 1 Tbs nutritional yeast
- ½ cup tahini
- ¼ cup lemon juice
- Zest of 1 lemon
- 1 tsp salt

1. Heat olive oil and garlic cloves in a small pot until oil is simmering and fragrant. Set aside to cool.
2. Bring a large pot of salted water to a boil and blanch cauliflower for 3 minutes. Immediately submerge in ice-water to stop cooking while still firm. Then drain and pat dry.
3. Add cauliflower to a food processor and blend until coarse. Add remaining ingredients including garlic and oil and blend until smooth. If too dry, add more olive oil ¼ cup at a time.
4. Serve with sliced fresh vegetables or whole grain crackers.

## NUTRITION FACTS

Calories: 240  
Total fat: 20g  
Saturated fat: 3g  
Cholesterol: 0g  
Sodium: 400mg  
Total carb: 7g  
Fiber: 2g  
Sugar: 2g  
Protein: 4g


Provided nutrition facts are estimates




# BEAN & HERB SALAD

QUICK & DELICIOUS WAY TO ADD PROTEIN & FIBER



 8 servings

 15 minutes

## INGREDIENTS

- 1 can each of kidney, garbanzo, & cannellini beans, drained & rinsed
- 2 stalks celery
- ½ red onion
- 1 cup parsley
- 1 Tbs fresh rosemary
- 1 tsp fresh thyme
- ⅓ cup apple cider vinegar
- ¼ cup granulated sugar
- ¼ cup extra virgin olive oil
- ¼ tsp salt & pepper

1. Add drained & rinsed beans to a large bowl
2. Finely chop all vegetables and herbs and add to beans
3. Add vinegar, sugar, olive oil, salt, and pepper to a large Mason jar. Close the lid tightly and shake until well combined
4. Add to salad and toss to mix
5. Chill in refrigerator for an hour or until ready to serve

## NUTRITION FACTS

Calories: 250  
Total fat: 7.5g  
Saturated fat: 1g  
Cholesterol: 0g  
Sodium: 514 mg  
Total carb: 39g  
Fiber: 8g  
Sugar: 7.5g  
Protein: 10g

Provided nutrition facts are estimates

# RASPBERRY CHIA PUDDING

SUPER QUICK AND EASY DESSERT EVERYONE LOVES


Eat Your Greens



with Dr. Black



 6 servings

 10 minutes

## INSTRUCTIONS

1. Add everything except chia seeds to a blender and blend until smooth.
2. Pour into glass container with a lid.
3. Add chia seeds and stir well.
4. Let sit for 15 minutes and then stir again to ensure there are no clumps of chia seeds.
5. Chill in refrigerator for a minimum of 1 hour to allow pudding to thicken.
6. Serve topped with fresh raspberries or use to make a parfait with granola, quinoa, or vegan chocolate pudding.

## INGREDIENTS

- 1 cup fresh raspberries
- 1 Tbs maple syrup
- 3 pitted dates
- 1 cup unsweetened soy milk
- 1 tsp vanilla extract
- 4 Tbs chia seeds

## NUTRITION FACTS

Calories: 135  
Total fat: 4g  
Saturated fat: 0.4g  
Cholesterol: 0g  
Sodium: 19 mg  
Total carb: 23g  
Fiber: 6g  
Sugar: 3g  
Protein: 3g

Provided nutrition facts are estimates

# VEGAN CHOCOLATE PUDDING

RICH & CREAMY HIGH PROTEIN DESSERT

Eat Your Greens



with Dr. Black



 6 servings

 15 minutes

## INSTRUCTIONS

1. Add everything except chocolate chips to a high speed blender and blend until combined
2. Carefully melt chocolate chips in a bowl in the microwave: Start with 30 seconds and then continue at 15 second intervals, stirring often until just melted. Use caution here. Chocolate burns easily.
3. Once melted, blend into other ingredients until well combined and smooth.
4. Chill in refrigerator until set. Serve topped with raspberry chia pudding and fresh berries.

## INGREDIENTS

- 16 oz block silken tofu
- 3 Tbs cocoa powder
- 4 Tbs maple syrup
- 1 tsp vanilla extract
- 3 pitted dates
- 1 cup dairy-free chocolate chips

## NUTRITION FACTS

Calories: 250  
Total fat: 9g  
Saturated fat: 5g  
Cholesterol: 0g  
Sodium: 69 mg  
Total carb: 40g  
Fiber: 5g  
Sugar: 20g  
Protein: 8g

Provided nutrition facts are estimates