



Cooking With Frozen Fruits & Veggies

Created by Swan Integrative Health and Wellness



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Buying frozen fruits and veggies can be a great way to keep produce on hand without worrying about it going bad. In addition, frozen produce may be less expensive AND it maintains much of its nutrient content through the freezing process.

Knowing what to do with frozen produce can be the downside - most people end up steaming their frozen veggies, then being disappointed with the outcome. This recipe book is here to help! In it you'll find 25 recipes that utilize frozen fruits and veggies in delicious and nutritious ways - no more mushy steamed broccoli :)

Enjoy!

Your friends at Swan Integrative Health and Wellness

Berry Avocado Smoothie

7 ingredients · 5 minutes · 1 serving



Directions

1. Combine all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chia Seeds

Use flax seeds instead.

No Avocado

Use almond butter or sunflower seed butter instead.

Additional Toppings

Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

Protein Powder

This recipe was developed and tested using a plant-based protein powder.

Ingredients

1 cup Plain Coconut Milk (unsweetened, from the box)

1/2 Zucchini (chopped, frozen)

1/4 cup Frozen Cauliflower

1/2 cup Frozen Berries

1/4 Avocado

1 tbsp Chia Seeds

1/4 cup Vanilla Protein Powder

Nutrition

Amount per serving

Calories	370	Vitamin C	57mg
Fat	17g	Calcium	674mg
Saturated	6g	Iron	3mg
Carbs	33g	Vitamin D	101IU
Fiber	12g	Vitamin B6	0.5mg
Sugar	18g	Folate	91µg
Protein	25g	Vitamin B12	3.6µg
Cholesterol	4mg	Magnesium	119mg
Sodium	93mg	Zinc	2mg
Potassium	924mg	Selenium	7µg
Vitamin A	773IU		

Protein Berry Oatmeal Cups

12 ingredients · 35 minutes · 12 servings



Directions

1. Preheat the oven to 350F (177°C). Line a muffin tin with liners.
2. Add mashed banana, eggs, maple syrup and almond milk to a medium-sized bowl. Mix well.
3. In a large bowl, whisk the oat flour, rolled oats, protein powder, baking powder, cinnamon and sea salt. Combine the wet ingredients into the dry then add the melted coconut oil. Mix again until combined.
4. Fold the thawed berries into the mixture. Once combined, scoop into the muffin tin and bake for 18 to 20 minutes. Remove, let cool and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. Freeze in a storage bag for up to three months.

Serving Size

One serving size is equal to one oatmeal cup.

Nut-Free

Use boxed coconut milk instead of almond milk.

No Frozen Berries

Use fresh berries instead.

Protein Powder

This recipe was developed and tested using a plant-based protein powder.

No Protein Powder

Omit or use collagen instead.

Ingredients

- 1 Banana (mashed)
- 2 Egg
- 1/4 cup Maple Syrup
- 1/2 cup Unsweetened Almond Milk
- 1/2 cup Oat Flour
- 2 cups Oats (rolled)
- 1/4 cup Vanilla Protein Powder
- 1 tsp Baking Powder
- 1 tsp Cinnamon
- 1/4 tsp Sea Salt
- 1 tbsp Coconut Oil (melted)
- 1 1/2 cups Frozen Berries (thawed)

Nutrition

Amount per serving

Calories	139	Vitamin C	6mg
Fat	3g	Calcium	78mg
Saturated	1g	Iron	1mg
Carbs	22g	Vitamin D	11IU
Fiber	3g	Vitamin B6	0.1µg
Sugar	7g	Folate	11µg
Protein	6g	Vitamin B12	0.1µg
Cholesterol	31mg	Magnesium	29mg
Sodium	113mg	Zinc	1mg

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Potassium	151mg	Selenium	7µg
Vitamin A	73IU		

Fruit-On-The-Bottom Chia Pudding

4 ingredients · 30 minutes · 2 servings



Directions

1. In a large bowl, combine the chia seeds with the almond milk and whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
2. Divide the thawed berries between jars and add the chia pudding mixture on top. Top with almond butter and enjoy!

Notes

Storage

Store covered in the fridge up to 4 to 5 days.

Additional Toppings

Blackberries, sliced peaches or any chopped fruit you like.

No Almond Milk

Use any other type of milk instead.

Likes it Sweet

Add a drizzle of maple syrup or honey.

Ingredients

1/4 cup Chia Seeds

1 cup Unsweetened Almond Milk

1/2 cup Frozen Berries (thawed)

2 tbsps Almond Butter

Nutrition

Amount per serving

Calories	250	Vitamin C	10mg
Fat	18g	Calcium	420mg
Saturated	1g	Iron	3mg
Carbs	18g	Vitamin D	50IU
Fiber	9g	Vitamin B6	0mg
Sugar	4g	Folate	8µg
Protein	8g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	122mg
Sodium	81mg	Zinc	1mg
Potassium	365mg	Selenium	0µg
Vitamin A	250IU		

Strawberry Banana Ice Cream

3 ingredients · 10 minutes · 1 serving



Directions

1. Place all ingredients in a food processor or blender. Blend until a creamy consistency forms. Enjoy it before it melts!

Ingredients

1/4 cup Frozen Banana

1 cup Frozen Strawberries

2 tbsps Unsweetened Almond Milk

Nutrition

Amount per serving

Calories	114	Vitamin C	94mg
Fat	1g	Calcium	94mg
Saturated	0g	Iron	2mg
Carbs	29g	Vitamin D	13IU
Fiber	6g	Vitamin B6	0.2mg
Sugar	15g	Folate	45µg
Protein	1g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	37mg
Sodium	25mg	Zinc	0mg
Potassium	466mg	Selenium	2µg
Vitamin A	186IU		

Rice Cakes with Chia Jam

5 ingredients · 30 minutes · 6 servings



Directions

1. In a small saucepan over medium-low heat, add the blueberries, lemon juice and maple syrup. When the blueberries begin to release their juices let the mixture simmer for about 15 minutes until the blueberries start to break down.
2. Stir in the chia seeds and continue to simmer for about 5 minutes more until the blueberry mixture starts to thicken. Remove from the heat and let it cool. The jam will continue to thicken as it cools.
3. Spread the chia jam evenly on top of the rice cakes. Enjoy!

Notes

Leftovers

Store the chia jam and rice cakes separately. Refrigerate the chia jam in an airtight container for up to seven days or freeze for up to two months.

Serving Size

One serving is approximately one rice cake and 2 tablespoons of chia jam.

More Flavor

Add vanilla extract to the chia jam.

No Blueberries

Use strawberries or raspberries instead.

No Maple Syrup

Use honey, or substitute stevia or monk fruit sweetener to taste.

Ingredients

1 1/2 cups Frozen Blueberries

3 tbsps Lemon Juice

2 tbsps Maple Syrup

1 tbsps Chia Seeds

6 Plain Rice Cake

Nutrition

Amount per serving

Calories	84	Vitamin C	4mg
Fat	1g	Calcium	23mg
Saturated	0g	Iron	0mg
Carbs	18g	Vitamin D	0IU
Fiber	2g	Vitamin B6	0mg
Sugar	8g	Folate	6µg
Protein	1g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	21mg
Sodium	4mg	Zinc	0mg
Potassium	84mg	Selenium	2µg
Vitamin A	18IU		

Mango Coconut Green Smoothie

7 ingredients · 10 minutes · 1 serving



Directions

1. Place all ingredients in a high-powered blender and blend until smooth. Pour into a glass and enjoy!

Notes

Coconut Butter

Also called "Coconut Manna". Coconut butter is the ground meat of the whole coconut. If you do not have it on hand, you can use cashew butter instead.

No Protein Powder

Use hemp seeds instead.

Ingredients

1/4 cup Frozen Cauliflower

1/4 cup Frozen Broccoli

1/2 cup Frozen Mango

1 cup Unsweetened Almond Milk

1/4 cup Organic Coconut Milk (full fat)

1/4 cup Vanilla Protein Powder

1 tbsp Coconut Butter

Nutrition

Amount per serving

Calories	391	Vitamin C	64mg
Fat	24g	Calcium	595mg
Saturated	19g	Iron	2mg
Carbs	24g	Vitamin D	101IU
Fiber	7g	Vitamin B6	0.3mg
Sugar	14g	Folate	76µg
Protein	24g	Vitamin B12	0.6µg
Cholesterol	4mg	Magnesium	81mg
Sodium	235mg	Zinc	2mg
Potassium	521mg	Selenium	8µg
Vitamin A	1538IU		

Chocolate Cauliflower Shake

7 ingredients · 5 minutes · 2 servings



Directions

1. In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

Notes

Make it Mocha

Replace half of the almond milk with chilled coffee.

Likes it Sweeter

Add pitted medjool dates.

No Maca Powder

Leave it out or use cinnamon instead.

Ingredients

2 cups Frozen Cauliflower

2 Banana (frozen)

2 tbsps Almond Butter

1/4 cup Cacao Powder

1/2 cup Chocolate Protein Powder

2 cups Unsweetened Almond Milk

1 tbsp Maca Powder

Nutrition

Amount per serving

Calories	449	Vitamin C	67mg
Fat	16g	Calcium	695mg
Saturated	2g	Iron	4mg
Carbs	50g	Vitamin D	101IU
Fiber	17g	Vitamin B6	0.8mg
Sugar	20g	Folate	114µg
Protein	31g	Vitamin B12	0.6µg
Cholesterol	4mg	Magnesium	236mg
Sodium	235mg	Zinc	2mg
Potassium	1345mg	Selenium	9µg
Vitamin A	593IU		

Cherry Blueberry Coconut Popsicles

3 ingredients · 4 hours · 6 servings



Directions

1. If you do not have popsicle moulds, purchase 3oz cups and popsicle sticks from the dollar store. Insert each popsicle stick into the middle of a cherry to anchor it in each cup.
2. Add chopped cherries and blueberries to fill about 3/4 of the cup, around the stick. Fill remainder of cup with coconut milk.
3. Place in freezer for 4 hours or until completely frozen.
4. Once frozen, run under warm water for a few seconds to make it easier to remove from the cup or mould. Enjoy!

Notes

More Creamy

Blend all ingredients together in a food processor or blender and divide into cups.

No Coconut Milk

Use almond milk or any other dairy milk alternative.

Ingredients

1/2 cup Frozen Cherries (roughly chopped)

1/2 cup Blueberries

1/2 cup Organic Coconut Milk

Nutrition

Amount per serving

Calories	48	Vitamin C	1mg
Fat	4g	Calcium	3mg
Saturated	3g	Iron	0mg
Carbs	4g	Vitamin D	0IU
Fiber	1g	Vitamin B6	0mg
Sugar	3g	Folate	1µg
Protein	0g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	2mg
Sodium	5mg	Zinc	0mg
Potassium	56mg	Selenium	0µg
Vitamin A	119IU		

Sweet Cherry Steel Cut Oats

4 ingredients · 20 minutes · 4 servings



Directions

1. In a saucepan, combine your steel cut oats with the water. Bring to a boil. Reduce heat and let simmer for 10 to 20 minutes, depending on how crunchy you like your oats.
2. Defrost your cherries in the microwave. 40 to 60 seconds usually does the trick.
3. Spoon your cooked steel cut oats into bowl and top with 1/2 cup cherries. Sprinkle on 2 tbsps of hemp hearts per serving. Enjoy!

Notes

No Cherries

Any fruit will work.

Ingredients

1 cup Steel Cut Oats
3 cups Water
2 cups Frozen Cherries
1/2 cup Hemp Seeds

Nutrition

Amount per serving

Calories	316	Vitamin C	1mg
Fat	14g	Calcium	56mg
Saturated	2g	Iron	3mg
Carbs	41g	Vitamin D	0IU
Fiber	6g	Vitamin B6	0.2mg
Sugar	8g	Folate	26µg
Protein	11g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	151mg
Sodium	5mg	Zinc	2mg
Potassium	498mg	Selenium	0µg
Vitamin A	676IU		

Slow Cooker Burrito Soup

16 ingredients · 4 hours · 6 servings



Directions

1. Add all ingredients except kale, avocado and salsa to slow cooker. Cover and cook on high for at least 4 hours. Cook up to 8 hours, depending on how thick you like your soup.
2. About 10 minutes before serving, remove the lid and set kale leaves on top. Cover with lid and let sit for 10 minutes.
3. After 10 minutes, stir to mix in kale evenly throughout. Ladle into bowls and top with a spoonful of organic salsa and avocado. Enjoy!

Ingredients

- 2 cups** Black Beans (cooked, drained and rinsed)
- 3 cups** Diced Tomatoes
- 1** Sweet Onion (diced)
- 1 cup** Frozen Corn
- 1/2** Green Bell Pepper (diced)
- 2** Jalapeno Pepper (de-seeded and diced)
- 2 tbsps** Chili Powder
- 2 tsps** Cumin
- 1 tsp** Oregano
- 1/2 tsp** Black Pepper
- 2 tsps** Sea Salt
- 1 cup** Brown Rice (uncooked)
- 4 cups** Water
- 4 cups** Kale Leaves (chopped)
- 1** Avocado (peeled and diced)
- 1/4 cup** Organic Salsa

Nutrition

Amount per serving

Calories	331	Vitamin C	46mg
Fat	7g	Calcium	132mg
Saturated	1g	Iron	4mg
Carbs	58g	Vitamin D	0IU

Fiber	13g	Vitamin B6	0.5mg
Sugar	8g	Folate	155µg
Protein	11g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	117mg
Sodium	982mg	Zinc	2mg
Potassium	752mg	Selenium	7µg
Vitamin A	2224IU		

Turkey & Quinoa Zucchini Boats

13 ingredients · 45 minutes · 4 servings



Directions

1. Preheat oven to 350°F (177°C).
2. Place quinoa in a saucepan with water and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside.
3. Trim the ends off zucchini. Cut zucchini in half lengthwise and scoop out pulp using a teaspoon. Finely chop the pulp.
4. In a large skillet, heat olive oil over medium heat. Add onion, ground turkey, zucchini pulp, red bell pepper, corn, black pepper and half of the sea salt. Stir until turkey is cooked through (8 to 10 minutes).
5. When turkey is cooked, drain the skillet of excess juice and stir in tamari and cooked quinoa. Remove from heat.
6. Make "breadcrumbs" by combining almond flour, nutritional yeast and remaining sea salt.
7. Spoon turkey quinoa filling into the zucchini shells and top with almond breadcrumbs. Bake in oven for 20 minutes or until zucchini is tender.
8. Remove from oven and let cool for 5 to 10 minutes before serving.

Notes

Vegetarian

Skip the ground turkey and use chickpeas or lentils, about 2 cups.

Leftovers

Refrigerate the zucchini boats or just the turkey quinoa filling up to 3 to 4 days.

Ingredients

- 1/2 cup Quinoa (uncooked)
- 1 cup Water
- 4 Zucchini
- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (diced)
- 1 lb Extra Lean Ground Turkey
- 1 Red Bell Pepper (diced)
- 1/2 cup Frozen Corn
- 1/2 tsp Black Pepper
- 2 tsps Sea Salt (divided)
- 1 tbsp Tamari
- 2 tsps Almond Flour
- 1 1/2 tsps Nutritional Yeast

Nutrition

Amount per serving

Calories	375	Vitamin C	74mg
Fat	17g	Calcium	95mg
Saturated	3g	Iron	5mg
Carbs	30g	Vitamin D	16IU
Fiber	6g	Vitamin B6	1.9mg
Sugar	9g	Folate	116µg
Protein	30g	Vitamin B12	5.6µg
Cholesterol	84mg	Magnesium	124mg

Sodium	1533mg	Zinc	4mg
Potassium	1061mg	Selenium	24µg
Vitamin A	1452IU		

Grilled Chickpea Stuffed Avocados

11 ingredients · 30 minutes · 4 servings



Directions

1. Preheat grill to medium heat.
2. Combine the peas, corn and cherry tomatoes in a bowl. Set aside.
3. Combine the lemon and tahini together in a small jar. Seal and shake well. Set aside. (Tip: Add extra water 1 tbsp at a time if the dressing is too thick.)
4. In a small bowl, toss your chickpeas with olive oil and chili powder. Season with sea salt and black pepper to taste. Toss well until coated and transfer into a grilling basket. Grill for 15 to 20 minutes or until crispy. Toss with tongs periodically to prevent burning.
5. Brush the flesh of the avocado with a bit of olive oil then place face down on the grill. Grill for 5 minutes.
6. Remove the avocados from the grill. Stuff with the peas, corn and tomato mix. Add chickpeas on top then drizzle with tahini sauce. Garnish with chopped parsley and enjoy!

Notes

Extra Grilled Chickpea Mix

Not all of the grilled chickpea and veggie mix will fit inside the avocados, so serve it as a salad on the side.

Ingredients

- 1/2 cup Frozen Peas (thawed)
- 1/2 cup Frozen Corn (thawed)
- 1/2 cup Cherry Tomatoes (halved)
- 1 Lemon (juiced)
- 2 tbsps Tahini
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Chili Powder
- Sea Salt & Black Pepper (to taste)
- 2 Avocado (halved and pits removed)
- 1/4 cup Parsley (chopped)

Nutrition

Amount per serving

Calories	415	Vitamin C	26mg
Fat	25g	Calcium	104mg
Saturated	3g	Iron	5mg
Carbs	42g	Vitamin D	0IU
Fiber	16g	Vitamin B6	0.5mg
Sugar	7g	Folate	260µg
Protein	13g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	93mg
Sodium	97mg	Zinc	3mg
Potassium	944mg	Selenium	7µg

Vitamin A 1704IU

One Pot Taco Pasta

14 ingredients · 40 minutes · 6 servings



Directions

1. Heat oil in a large skillet with a tight-fitting lid over medium-high heat. Add the beef, and break it up with a wooden spoon or spatula as it cooks. Once it is cooked through and no longer pink, drain any excess drippings.
2. Add onions and garlic to the pan with the beef and cook for 3 to 5 minutes or until onions are translucent.
3. Add cumin, chili powder, salt, diced tomato, corn, black beans and bell pepper to the pot and stir to incorporate with the meat. Cook the vegetables for 2 to 3 minutes.
4. Stir in the broth, salsa and pasta. Bring everything to a boil, then cover and reduce heat to medium-low. Let simmer for 12 to 15 minutes or until pasta is cooked through and tender. Stir every 3 to 4 minutes as it cooks, to ensure the pasta isn't sticking to the bottom of the pan.
5. Remove from heat, divide into bowls and serve immediately. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

No Ground Beef

Use ground chicken or turkey instead.

Vegan & Vegetarian

Swap the ground meat out for cooked lentils.

Optional Toppings

Grated cheese, sour cream, avocado, fresh lime, cilantro or extra salsa.

Likes it Spicy

Stir in a chopped jalapeno and a pinch of cayenne with the other vegetables and spices.

No Brown Rice Pasta Shells

Use any other type of pasta or pasta shell instead like whole wheat penne or chickpea fusilli.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 **lb** Extra Lean Ground Beef
- 4 **stalks** Green Onion (finely chopped)
- 2 **Garlic** (cloves, minced)
- 1 **tsp** Cumin (ground)
- 1 **tsp** Chili Powder
- 1/4 **tsp** Sea Salt
- 1 **Tomato** (large, diced)
- 1/2 **cup** Frozen Corn (thawed)
- 1/2 **cup** Black Beans (cooked, from the can)
- 1 **Red Bell Pepper** (diced)
- 2 1/2 **cups** Organic Chicken Broth
- 1 **cup** Organic Salsa
- 2 **cups** Brown Rice Pasta Shells (dry, uncooked)

Nutrition

Amount per serving

Calories	369	Vitamin C	31mg
Fat	12g	Calcium	43mg
Saturated	4g	Iron	3mg
Carbs	44g	Vitamin D	2IU
Fiber	5g	Vitamin B6	0.5mg
Sugar	4g	Folate	50µg
Protein	22g	Vitamin B12	1.7µg

Cholesterol	51mg	Magnesium	44mg
Sodium	864mg	Zinc	4mg
Potassium	639mg	Selenium	14µg
Vitamin A	1594IU		

Roasted Veggies with Cranberries & Orange

9 ingredients · 35 minutes · 4 servings



Directions

1. Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
2. Arrange the sweet potato, fennel, brussels sprouts and cranberries on the baking sheet. Drizzle with oil and season with the salt. Toss to evenly coat everything.
3. Bake in the oven for 30 to 35 minutes or until very tender, stirring once halfway through.
4. In a small mixing bowl combine the orange juice, thyme and maple syrup. Drizzle over top of the roasted veggies. Season with additional salt if needed. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately 3/4 cup.

No Maple Syrup

Omit or use honey or agave instead.

No Fresh Thyme

Use another fresh herb like parsley instead.

Ingredients

- 1 Sweet Potato (peeled, cubed)
- 1 bulb Fennel (cored, sliced)
- 1 1/2 cups Brussels Sprouts (trimmed, halved)
- 1/2 cup Frozen Cranberries
- 2 tbsps Extra Virgin Olive Oil
- 1/8 tsp Sea Salt
- 1 tbsp Orange Juice (freshly squeezed)
- 1 1/2 tsps Thyme
- 1 tsp Maple Syrup

Nutrition

Amount per serving

Calories	132	Vitamin C	40mg
Fat	7g	Calcium	57mg
Saturated	1g	Iron	1mg
Carbs	17g	Vitamin D	0IU
Fiber	5g	Vitamin B6	0.2mg
Sugar	6g	Folate	41µg
Protein	2g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	28mg
Sodium	131mg	Zinc	0mg
Potassium	503mg	Selenium	1µg
Vitamin A	5453IU		

Chickpea Edamame Salad with Lemon & Dill

8 ingredients · 10 minutes · 2 servings



Directions

1. In a large mixing bowl, whisk together the lemon juice, avocado oil, dijon, maple syrup and dill.
2. Toss in the spinach, chickpeas and edamame until well combined. Enjoy!

Notes

Storage

Refrigerate in an airtight container up to 3 to 5 days.

No Spinach

Use mixed greens, arugula, kale or romaine lettuce instead.

Soy-Free

Use green peas instead of edamame.

No Chickpeas

Use lentils or black beans instead.

Ingredients

- 1/2 Lemon (juiced)
- 1 tbsp Avocado Oil
- 1 tsp Dijon Mustard
- 1 tsp Maple Syrup
- 2 tbsps Fresh Dill (chopped)
- 2 cups Baby Spinach (chopped)
- 1 cup Chickpeas (cooked)
- 1 cup Frozen Edamame (thawed)

Nutrition

Amount per serving

Calories	311	Vitamin C	19mg
Fat	13g	Calcium	124mg
Saturated	2g	Iron	5mg
Carbs	34g	Vitamin D	0IU
Fiber	11g	Vitamin B6	0.3mg
Sugar	8g	Folate	443µg
Protein	17g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	114mg
Sodium	62mg	Zinc	3mg
Potassium	767mg	Selenium	4µg
Vitamin A	3110IU		

Breakfast Tacos with Mashed Peas & Edamame

8 ingredients · 15 minutes · 2 servings



Directions

1. Set oven to broil (high setting).
2. Place your brown rice tortillas on a baking tray lined with parchment paper. Place in oven and watch closely for 2 to 4 minutes. (You can also toast the tortillas over a gas stove on low-medium heat for 3 to 5 minutes. Watch very closely.) Set toasted tortillas aside.
3. Heat a frying pan over medium heat. Add half of the olive oil and brush around the pan for non-stick. Fry eggs (one or two at a time gives the best results) and season with a bit of sea salt and pepper.
4. Add your frozen peas and edamame to the same frying pan on low-medium heat for 2 to 3 minutes or until thawed.
5. Transfer the peas and edamame to a bowl and combine with chopped mint leaves, remaining olive oil and lemon juice. Mash all ingredients with a fork.
6. Spread pea and edamame mixture onto the toasted tortilla and top with fried egg. Fold tortilla in half and enjoy!

Ingredients

- 2 Brown Rice Tortillas (thawed)
- 2 **tbsps** Extra Virgin Olive Oil (divided)
- 2 Egg
- Sea Salt & Black Pepper (to taste)
- 1/2 **cup** Frozen Peas
- 1/2 **cup** Frozen Edamame
- 2 **tbsps** Mint Leaves (about 2 tbsps, chopped)
- 1/4 Lemon (juiced)

Nutrition

Amount per serving

Calories	421	Vitamin C	9mg
Fat	23g	Calcium	66mg
Saturated	4g	Iron	3mg
Carbs	37g	Vitamin D	41IU
Fiber	7g	Vitamin B6	0.2mg
Sugar	6g	Folate	171µg
Protein	16g	Vitamin B12	0.5µg
Cholesterol	186mg	Magnesium	41mg
Sodium	273mg	Zinc	1mg
Potassium	297mg	Selenium	16µg
Vitamin A	1294IU		

Warm Mango with Coconut & Almond Milk

3 ingredients · 10 minutes · 1 serving



Directions

1. Add fresh or frozen mangos to a small sauce pot and add almond milk. Heat over lowest heat stirring occasionally just until warmed through. Do not overheat as this will curdle the milk.
2. Pour mango and milk into a bowl. Sprinkle with coconut and enjoy it while it's hot!

Ingredients

- 1 cup** Frozen Mango
- 1/2 cup** Unsweetened Almond Milk
- 2 tbsps** Unsweetened Coconut Flakes

Nutrition

Amount per serving

Calories	180	Vitamin C	60mg
Fat	9g	Calcium	244mg
Saturated	6g	Iron	1mg
Carbs	28g	Vitamin D	50IU
Fiber	4g	Vitamin B6	0.2mg
Sugar	23g	Folate	71µg
Protein	3g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	25mg
Sodium	85mg	Zinc	0mg
Potassium	295mg	Selenium	1µg
Vitamin A	2035IU		

Mango Oat Smoothie

6 ingredients · 5 minutes · 2 servings



Directions

1. Throw all ingredients into a blender. Blend well until smooth.
2. Divide into glasses and enjoy!

Notes

No Banana

Sweeten with raw honey, maple syrup or soaked dates instead.

Storage

Refrigerate in a mason jar or other air-tight container up to 48 hours.

More Protein

Add more hemp seeds, a scoop of protein powder or spoonful of nut butter.

More Fibre

Add ground flax seed.

More Like Mango Lassi

Reduce almond milk and add greek yogurt.

Ingredients

2 cups Frozen Mango

1 Banana

1/4 cup Oats

2 cups Unsweetened Almond Milk

2 tbsps Hemp Seeds

1/4 Lemon (juiced)

Nutrition

Amount per serving

Calories	276	Vitamin C	68mg
Fat	9g	Calcium	485mg
Saturated	1g	Iron	2mg
Carbs	47g	Vitamin D	101IU
Fiber	7g	Vitamin B6	0.5mg
Sugar	30g	Folate	98µg
Protein	8g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	134mg
Sodium	164mg	Zinc	2mg
Potassium	688mg	Selenium	5µg
Vitamin A	2324IU		

Crispy Tofu Meal Prep Bowls

13 ingredients · 20 minutes · 4 servings



Directions

1. Combine flour, salt and pepper in a bowl. Coat tofu slices with the flour mixture and set aside.
2. Heat sesame oil in a large pan over medium-high heat. Cook the tofu slices for about 3 to 5 minutes each side, or until golden. Add more sesame oil if necessary. Transfer to a plate lined with paper towel.
3. Meanwhile, combine avocado oil, balsamic vinegar, tamari and maple syrup in a small mason jar. Cover with a lid and shake before serving.
4. Divide spinach, coleslaw, mango, edamame, tofu slices and sesame seeds between containers. Drizzle your desired amount of dressing over top, or store it in a separate container to add just before serving. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container up to 3 to 4 days.

Save Time

Leave the tofu uncooked and add it to the mason jar with the dressing. Let marinate until ready to serve.

No Tofu

Use a protein of your choice instead like diced chicken breast, flaked tuna or roasted chickpeas.

Ingredients

- 1/3 cup** All Purpose Gluten-Free Flour
- Sea Salt & Black Pepper (to taste)
- 15 3/4 ozs** Tofu (firm, sliced and patted dry)
- 2 tbsps** Sesame Oil
- 1/4 cup** Avocado Oil
- 2 tbsps** Balsamic Vinegar
- 1 tbsp** Tamari
- 1 tbsp** Maple Syrup
- 4 cups** Baby Spinach
- 4 cups** Coleslaw Mix
- 2 cups** Frozen Mango (thawed)
- 1 cup** Frozen Edamame (thawed)
- 1 tbsp** Sesame Seeds

Nutrition

Amount per serving

Calories	487	Vitamin C	77mg
Fat	30g	Calcium	450mg
Saturated	4g	Iron	5mg
Carbs	40g	Vitamin D	0IU
Fiber	9g	Vitamin B6	0.3mg
Sugar	20g	Folate	227µg
Protein	20g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	108mg

Sodium	315mg	Zinc	2mg
Potassium	661mg	Selenium	17µg
Vitamin A	6821IU		

Green Pea Hummus

8 ingredients · 10 minutes · 8 servings



Directions

1. Add all ingredients together in a food processor. Blend until a creamy consistency forms. If mixture is too thick, add 1 tbsp warm water at a time to loosen it up.
2. Serve with veggie sticks for dipping. Store in an airtight container in the fridge up to 1 week.

Ingredients

- 2 cups** Chickpeas (cooked, drained and rinsed)
- 1 1/2 cups** Frozen Peas
- 1** Garlic (clove, minced)
- 1** Lemon (juiced)
- 3 tbsps** Tahini
- 2 tbsps** Extra Virgin Olive Oil
- 1 tsp** Paprika
- 1** Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	157	Vitamin C	6mg
Fat	8g	Calcium	53mg
Saturated	1g	Iron	2mg
Carbs	17g	Vitamin D	0IU
Fiber	5g	Vitamin B6	0.1mg
Sugar	3g	Folate	95µg
Protein	6g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	33mg
Sodium	31mg	Zinc	1mg
Potassium	190mg	Selenium	4µg
Vitamin A	787IU		

Crispy Coconut Chicken Fingers

12 ingredients · 45 minutes · 6 servings



Directions

1. Preheat oven to 400°F (204°C). Slice raw chicken breasts into long strips. Sprinkle each side with flour and dip in whisked egg. Then sprinkle both sides with shredded coconut. Line chicken fingers on a foil-lined baking sheet and bake for 24 minutes, flipping halfway through.
2. While your chicken cooks, place quinoa in a saucepan with the water. Bring to a boil over high heat. Reduce heat to a simmer and cover. Let simmer for 12 minutes. When finished, remove from heat and fluff with fork.
3. Lightly steam broccoli and coarsely chop with a knife. In a large bowl, mix together quinoa, broccoli, peas and coconut oil. Season with a bit of salt and pepper and mix well.
4. To make your dipping sauce, combine mustard and honey in a small bowl and stir well.
5. Plate chicken fingers with quinoa mix and serve with honey-mustard dipping sauce on the side. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. For best results, reheat in the oven.

Serving Size

One serving is approximately 2 chicken fingers.

Ingredients

- 1 lb Chicken Breast (sliced into strips)
- 1 cup Unsweetened Coconut Flakes
- 1 Egg (whisked)
- 1/4 cup Almond Flour
- 1 cup Broccoli (cut into florets)
- 1/2 cup Quinoa (uncooked)
- 1 cup Water
- 1 cup Frozen Peas
- 1 tbsp Coconut Oil (melted)
- 1/4 cup Yellow Mustard
- 1 tbsp Raw Honey
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	326	Vitamin C	16mg
Fat	17g	Calcium	43mg
Saturated	11g	Iron	2mg
Carbs	21g	Vitamin D	8IU
Fiber	5g	Vitamin B6	0.8mg
Sugar	5g	Folate	62µg
Protein	24g	Vitamin B12	0.2µg
Cholesterol	86mg	Magnesium	73mg
Sodium	176mg	Zinc	1mg

Potassium	420mg	Selenium	22µg
Vitamin A	724IU		

Spinach & Goat Cheese Stuffed Mushrooms

7 ingredients · 40 minutes · 4 servings



Directions

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Wipe the mushrooms with a damp paper towel to remove any dirt and snap the stems off. Set mushroom caps aside.
3. To the bowl of a food processor add the mushroom stems, goat cheese, oil, garlic, salt and pepper. Blend until smooth.
4. Squeeze any excess moisture from the thawed spinach and add it to the food processor. Blend again until combined.
5. Spoon about one tablespoon of the filling into each mushroom cap and arrange on prepared baking sheet. Bake for 25 to 28 minutes or until mushrooms are very tender. Serve immediately with a sprinkle of fresh ground pepper on top. Enjoy!

Notes

Serving Size

One serving is equal to four stuffed mushrooms.

No Goat Cheese

Use parmesan or cashew cheese instead.

No White Button Mushrooms

Use portobello mushrooms instead.

Tipsy Mushrooms

Cut a small slice off the bottom of each mushroom to create a flat surface so they don't fall over.

Ingredients

16 White Button Mushrooms (whole)

1/2 cup Goat Cheese (crumbled)

1 tbsp Extra Virgin Olive Oil

1 Garlic (clove, minced)

1/4 tsp Sea Salt

1/4 tsp Black Pepper

1/2 cup Frozen Spinach (thawed)

Nutrition

Amount per serving

Calories	88	Vitamin C	3mg
Fat	7g	Calcium	39mg
Saturated	3g	Iron	1mg
Carbs	4g	Vitamin D	5IU
Fiber	1g	Vitamin B6	0.1mg
Sugar	2g	Folate	41µg
Protein	5g	Vitamin B12	0µg
Cholesterol	5mg	Magnesium	22mg
Sodium	231mg	Zinc	0mg
Potassium	302mg	Selenium	8µg
Vitamin A	2288IU		

Spinach & Pea Risotto

10 ingredients · 35 minutes · 4 servings



Directions

1. Heat the vegetable broth in a medium pot over medium-high heat. Once it starts to simmer, reduce heat to low to keep warm.
2. Meanwhile, heat the olive oil over medium heat in a large pot. Sauté the onions for 5 minutes or until translucent but not browned. Add the garlic and half of the salt. Cook for another minute. Add the rice and lemon juice and gently stir until the lemon juice is absorbed.
3. Add 1/2 cup of the warmed broth to the rice in the pot stirring constantly until the broth has been absorbed. The rice and broth should be at a gentle simmer throughout the cooking process, not a boil.
4. Continue to add the broth 1/2 cup at a time until all but a 1/2 cup of broth is remaining and rice is cooked through. Aim for al dente rice, not mushy. This will take about 20 to 25 minutes.
5. Next, add the last 1/2 cup of broth along with the spinach, peas and remaining salt. Continue to stir until the last of the broth has been absorbed, the spinach is wilted and the peas are tender. Remove from the heat and stir in the nutritional yeast. Season with additional salt or lemon juice as needed.
6. Divide between plates and enjoy.

Notes

Leftovers

Keep refrigerated in an airtight container for up to three days.

Serving Size

One serving is equal to approximately 1.25 cups of risotto.

More Flavor

Top with additional nutritional yeast, vegan parmesan cheese, freshly chopped parsley, basil, lemon zest or freshly ground black pepper.

Ingredients

- 4 cups** Organic Vegetable Broth
- 2 tbsps** Extra Virgin Olive Oil
- 1/2** Yellow Onion (finely chopped)
- 2** Garlic (cloves, minced)
- 1/2 tsp** Sea Salt (divided)
- 1 cup** Arborio Rice
- 3 tbsps** Lemon Juice
- 3 cups** Baby Spinach (chopped)
- 1 cup** Frozen Peas
- 3 tbsps** Nutritional Yeast

Nutrition

Amount per serving

Calories	323	Vitamin C	16mg
Fat	7g	Calcium	51mg
Saturated	1g	Iron	3mg
Carbs	54g	Vitamin D	0IU
Fiber	4g	Vitamin B6	5.9mg
Sugar	5g	Folate	70µg
Protein	10g	Vitamin B12	25.3µg
Cholesterol	0mg	Magnesium	30mg
Sodium	1016mg	Zinc	0mg
Potassium	391mg	Selenium	1µg
Vitamin A	3477IU		

Consistency

If risotto has become too thick after stirring in the spinach and peas, thin with two tablespoons of warm water at a time until desired consistency is reached.

Rice

This recipe was developed and tested using Arborio Rice. We have not tested this recipe using any other type of rice.

Curried Chicken Slow Cooker Stew

9 ingredients · 6 hours · 6 servings



Directions

1. Add all ingredients except chicken breasts to the slow cooker and stir well to mix. Then lay chicken on top and season them generously with sea salt and pepper. Cover with lid and cook on low setting overnight or for 6 to 8 hours.
2. After 6 to 8 hours, remove the lid and lift the chicken out onto a plate. Use a fork to shred the chicken breasts and add them back to the slow cooker. Stir well to mix and let sit for 15 minutes.
3. Serve the stew on it's own or over brown rice. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups of stew.

More Carbs

Serve it over brown rice.

More Protein

Serve it over quinoa.

Vegan and Budget-Friendly

Skip the chicken breast and add an extra can of chickpeas, lentils or beans instead.

Turn it Into a Soup

Double up on the broth.

More Green Veggies

Right before serving, stir in a few cups of baby spinach or chopped kale just until wilted.

Ingredients

- 1 Sweet Potato (large, diced)
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1/2 cup Frozen Corn
- 1/2 cup Frozen Peas
- 1 tsp Cumin (ground)
- 1 tbsp Curry Powder
- 2 Garlic (cloves, minced)
- 2 cups Organic Vegetable Broth (or any type of broth)
- 8 ozs Chicken Breast

Nutrition

Amount per serving

Calories	185	Vitamin C	4mg
Fat	3g	Calcium	52mg
Saturated	0g	Iron	3mg
Carbs	26g	Vitamin D	0IU
Fiber	6g	Vitamin B6	0.5mg
Sugar	5g	Folate	113µg
Protein	15g	Vitamin B12	0.1µg
Cholesterol	27mg	Magnesium	54mg
Sodium	262mg	Zinc	1mg
Potassium	441mg	Selenium	12µg
Vitamin A	3587IU		

Cleaned Up Shepherd's Pie

16 ingredients · 1 hour 30 minutes · 8 servings



Directions

1. Cook your ground chicken in a skillet over medium heat. Stir every minute until cooked through. Drain liquid and transfer to a bowl. Set aside.
2. Place the skillet back over medium heat and add olive oil. Add the onion and carrot and cook for 8 to 10 minutes or until carrot starts to soften. Add the garlic, mushrooms and thyme and cook for another 5 minutes.
3. Transfer your cooked ground chicken back into the skillet. Add the flour and stir until well mixed. Add the vegetable broth and stir in half the salt and half the black pepper. Bring to a simmer stirring frequently. Once simmering, add the peas and stir well to evenly mix. Now transfer the mixture into a casserole dish and spread evenly across the bottom. Set aside.
4. Preheat the oven to 350°F (177°C).
5. Steam your sweet potato chunks and cauliflower florets together in a large steaming basket. Once they are tender (about 10 to 15 minutes), transfer to your food processor. Add the almond milk, coconut oil and remaining sea salt and black pepper. Process until smooth and creamy.
6. Transfer the potato mix to the casserole dish and spread it evenly so it covers the meat and vegetable mix. Bake in the oven for 25 minutes (or longer if you like the edges crispy).
7. Remove from oven. Let cool for about 5 minutes. Cut into slices and lift onto plates with a spatula. Enjoy!

Notes

Vegetarian & Vegan

Use 2 cans of cooked lentils instead of ground chicken and skip the first step.

Mini Version

Cut the recipe in half and bake in a square pan.

Leftovers

Store in an airtight container in the freezer for a great meal down the road.

Ingredients

- 1 lb Extra Lean Ground Chicken
- 1 tbsps Extra Virgin Olive Oil
- 2 Yellow Onion (chopped)
- 3 Carrot (diced)
- 3 Garlic (cloves, minced)
- 1 cup Mushrooms (sliced)
- 1 tsp Dried Thyme
- 2 tbsps Almond Flour
- 1/2 cup Organic Vegetable Broth
- 1/2 tsp Sea Salt (divided)
- 1/2 tsp Black Pepper (divided)
- 1 cup Frozen Peas
- 4 Sweet Potato (peeled and cut into 2 inch chunks)
- 1 head Cauliflower (cut into florets)
- 2/3 cup Unsweetened Almond Milk
- 2 tbsps Coconut Oil

Nutrition

Amount per serving

Calories	254	Vitamin C	41mg
Fat	11g	Calcium	110mg
Saturated	5g	Iron	3mg
Carbs	26g	Vitamin D	9IU

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Less Carbs

Skip the sweet potato and double up on the cauliflower.

Fiber	6g	Vitamin B6	0.6mg
Sugar	9g	Folate	68µg
Protein	15g	Vitamin B12	0.3µg
Cholesterol	49mg	Magnesium	55mg
Sodium	326mg	Zinc	1mg
Potassium	912mg	Selenium	8µg
Vitamin A	13545IU		