

LiveNaturally

YOUR HEALTHY LIFE STARTS HERE

RECIPES TO REFUEL



FUEL
FOR
FITNESS

VEGGIE-FLAX
BURGERS
PG. 11



CONTENTS

LIVENATURALLYMAGAZINE.COM

3
BREAKFAST

Superseed Baked French Toast
Carrot Cake Overnight Oats
Sweet Potato Fritter Breakfast Sandwiches

6
SMALL BITES

Spicy Pumpkin Power Bites
Mixed Roasted Vegetables
Grilled Caesar Salad with Tofu Croutons
Twice Smashed Sweet Potatoes
Grilled Lemon-Garlic Asparagus with Roasted
Tomato Confit

11
ENTREES

Veggie-Flax Burgers
Quinoa Sushi Bowl with Garlic Ginger Shrimp
and Spicy Mayo
Buckwheat Bowls with Spinach and Balsamic
Tahini Dressing
Tempeh Taco Bowl
Tempeh Beetloaf
Rotini Pasta Vegan Power Bowl
Vegan Quinoa Quiche
Salmon and Seaweed Salad

19
DESSERTS

Blueberry-Cherry Balsamic Cobbler
Summer Protein Pops

21
BEVERAGES

Banana Almond Butter Blend
Celery Sunshine



PHOTO CREDIT:
ELIZABETH ARRAJ



Superseed Baked French Toast

AUTHOR: Mark Reinfeld **SERVINGS:** 2-3

6-8 slices bread

1 tablespoon maple syrup

1/4 cup sunflower seeds, raw or toasted

DIPPING MIXTURE

1/2 teaspoon cinnamon

1/4 teaspoon cinnamon or cardamom

1 cup almond milk or soy or
coconut milk

SUPERSEED CRUST

3 tablespoons almond butter

1/2 cup pumpkin seeds raw or toasted

1/4 cup hemp seeds

INSTRUCTIONS:

1. Preheat oven to 400°. Place dipping mixture ingredients in a bowl and whisk well.
2. Place superseed crust ingredients in a food processor and process until well ground. Transfer to a shallow dish.
3. Dip each piece of bread in dipping mixture until soaked through. Place on plate with superseed crust, and coat both sides of bread with superseed crust. Transfer to a parchment paper-lined baking sheet.
4. Place in oven and cook 15 minutes. Carefully flip and cook an additional 15 minutes before serving.



PHOTO CREDIT:
JENNIFER KELSO



Carrot Cake Overnight Oats

AUTHOR: Jennifer Kelso **SERVINGS:** 1

½ cup rolled oats

½ cup plain nonfat or low-fat Greek yogurt

½ cup nonfat or low-fat milk

¼ cup shredded carrot

2 tablespoons raisins

½ teaspoon ground cinnamon

1-2 tablespoons chopped walnuts (optional)

INSTRUCTIONS:

1. Combine all of the ingredients in a lidded jar; shake well, and refrigerate overnight.
2. Enjoy cold, or heat in the microwave for 1 to 2 minutes or on the stovetop for 2 to 3 minutes, or until bubbling.

TIP: You can swap the rolled oats for steel-cut oats in this recipe as both contain nearly identical nutritional profiles. Rolled oats will soak up the liquid for a smoother, silkier texture, while steel-cut oats will have a chewier, heartier texture.



PHOTO CREDIT:
JONES DAIRY FARM



Sweet Potato Fritter Breakfast Sandwiches

AUTHOR: Jones Dairy Farm **SERVINGS:** 2-3

2 cups grated sweet potato, squeezed of excess water

2 tablespoons chopped chives, plus more for garnish

$\frac{3}{4}$ cup yellow cornmeal

3 eggs, whisked

3 tablespoons milk

Salt and pepper to taste

Oil for frying

6 slices Jones Dairy Farm Canadian Bacon

6 eggs, soft boiled

INSTRUCTIONS:

1. Combine sweet potato, chives, cornmeal, eggs, milk, salt and pepper in large bowl. Mix together with fork until fully incorporated.

2. Heat enough oil in bottom of large skillet over medium-high heat so that there is a thin coating to pan fry the sweet potato fritters.

3. Divide sweet potato batter into 6 portions. Roll into ball then flatten and place in hot oil. Pan fry each fritter for about 4 minutes per side, or until golden brown and sticking together. Flip and cook for 4 minutes. Remove to paper towel

lined cooling rack and set aside. Cook in batches until all sweet potato mixture is gone, adding oil to pan as needed.

4. Fry slices of Canadian Bacon in leftover oil for 1-2 minutes per side, until browned.

5. Place a piece of cooked Canadian Bacon on top of each fritter. Top with soft boiled egg, garnish with additional chives and serve immediately.



PHOTO CREDIT:
GHAZALLE BADIOZAMANI



Spicy Pumpkin Power Bites

AUTHOR: Melissa Hartwig Urban **SERVINGS:** 4

½ cup Whole30-compliant sunflower seed butter

⅓ cup plain canned pumpkin

½ teaspoon ground cinnamon

¼ teaspoon ground ginger

⅛ teaspoon cayenne pepper

¼ cup coconut flour

2 tablespoons unflavored collagen powder

¼ cup finely chopped toasted almonds or walnuts

2 tablespoons finely chopped unsweetened raisins or dried figs

2 tablespoons unsweetened flaked coconut

INSTRUCTIONS:

1. In a medium bowl, stir together the sunflower seed butter, pumpkin, cinnamon, ginger, and cayenne until well combined. Add the coconut flour and collagen powder. Stir until well combined. Add in the almonds and raisins. (You may need to use your hands at the end to mix everything well.)

2. Shape the mixture into 8 balls about 1½ inches in diameter. (Use 2 heaping tablespoons of the mixture per ball.) Roll in the flaked coconut. Place the balls in an airtight container.

TO TRAVEL:

These bites do not need to be chilled for traveling unless they will be sitting in a hot car. In that case, store them in an insulated cooler with several ice packs.

Excerpted from *The Whole30 Friends & Family: 150 Recipes for Every Social Occasion* © 2019 by Melissa Hartwig Urban. Photography © 2019 by Ghazalle Badiozamani. Reproduced by permission of Houghton Mifflin Harcourt. All rights reserved.



PHOTO CREDIT:
JENNIFER OLSON



Mixed Roasted Vegetables

AUTHOR: Johnson & Wales University **SERVINGS:** 8

1 tablespoon fresh rosemary

2½ teaspoons fresh thyme

2 teaspoons fresh oregano

1 teaspoon salt

1 teaspoon ground black pepper

1 teaspoon onion powder

1 teaspoon garlic powder

½ cup blend of canola oil (75%) and
olive oil (25%)

1½ cups cauliflower, cut into ½-inch
florets

1 cup beets peeled and cut ¼-inch
cubes

1 cup eggplant cut into ¼-inch cubes

1½ cup carrots

INSTRUCTIONS:

1. Preheat oven to 425°. Wash all vegetables and set aside.

2. Mince fresh rosemary, thyme and oregano very finely. In a medium bowl, combine with other seasonings and oil. Whisk until well-combined.

3. Keep all vegetables separate for roasting. This helps keep proper coloration and cook time.

4. Peel carrots, and slice into a faux tourné by cutting at a 45-degree angle, giving the carrot a quarter turn and then cutting again at an angle. Continue cutting each carrot this way, all

the way down its length. Place on one half of sheet with beets. Place eggplant and cauliflower on other half of baking sheet.

5. Rewhisk oil mixture, and coat vegetables as evenly as possible. Place in oven, and cook until desired tenderness: eggplant and cauliflower 20 minutes, carrots and beets 30 minutes.

6. Gently combine all roasted vegetables in a bowl, and serve.



PHOTO CREDIT:
JENNIFER OLSON



Grilled Caesar Salad with Tofu Croutons

AUTHOR: Johnson & Wales University **SERVINGS:** 8

2 packages tofu (14-ounce)

2 teaspoons salt

2½ teaspoons garlic powder

1½ teaspoons cayenne powder

2 heads romaine lettuce

2 bunches kale

olive oil

1 cup cornstarch

DRESSING

½ cup buffalo sauce

¼ cup reduced-sodium tamari

1 tablespoon black pepper

2 teaspoons salt

3 garlic cloves

1 teaspoon Dijon mustard

1 cup olive oil

Water, as needed

INSTRUCTIONS:

1. Drain tofu and cut into ½-inch cubes. Add salt, garlic powder and cayenne powder. Combine and let marinate 10 minutes.

2. Wash lettuce and kale. Dry and chop; set aside.

3. Heat a medium skillet with olive oil. Coat tofu with corn starch, and sauté until crispy and lightly browned. Let cool.

4. For dressing, combine all ingredients except water. Add water only as needed for preferred consistency.

5. Toss dressing and all ingredients together, and serve.



PHOTO CREDIT:
JENNIFER OLSON


SHOP
RECIPES
ON OUR
WEBSITE

Twice Smashed Sweet Potatoes

AUTHOR: Johnson & Wales University **SERVINGS:** 8

1 sweet potato, peeled and cubed

1 small butternut squash, peeled and cubed

5 Yukon gold potatoes, peeled and cubed

¼ cup olive oil

1 tablespoon salt

½ cup caramelized onions (optional)

½ cup shiitake-mushroom bacon

CARAMELIZED ONIONS

3 yellow onions

¼ cup coconut sugar

2 tablespoon oil

SHIITAKE-MUSHROOM BACON

1 pound shiitake mushrooms

¼ cup tamari or soy sauce

1 teaspoon salt

1 teaspoon red pepper flakes

½ cup olive oil

¼ cup coconut sugar

INSTRUCTIONS:

1. Preheat oven to 350°. Place sweet potato, butternut squash and potatoes in a large pot with cold, salted water. Boil until fork-tender, and strain.

2. Place cooked ingredients in a large bowl, and mash with your hands. Add olive oil and salt to mash, and mix in. Place in a baking dish, and bake 30 mins.

3. To make onions, add all ingredients to a preheated sauté pan over low heat. Allow onions to slowly caramelize, and cook down until soft and golden brown. As needed, add water to prevent sticking. Stir occasionally.

4. To make shiitake bacon, add all ingredients to a preheated sauté pan

over medium heat. Mix well, and sauté until mushrooms are golden brown on edges and soft. Remove from pan, and place on paper towel to absorb residual grease.

5. Top cooked potatoes with caramelized onions and shiitake bacon.



PHOTO CREDIT:
JENNIFER OLSON



Grilled Lemon-Garlic Asparagus with Roasted Tomato Confit

AUTHOR: Johnson & Wales University **SERVINGS:** 8

6 plum tomatoes

¼ cup olive oil

½ teaspoon salt

½ teaspoon ground black pepper

2 teaspoons fresh thyme, minced

1½ pounds asparagus

4½ tablespoons olive oil

3 cloves garlic

1½ teaspoons lemon zest

½ teaspoon paprika

½ teaspoon salt

½ teaspoon ground black pepper

INSTRUCTIONS:

1. Preheat oven to 250°. Prepare an ice bath with ice cubes in cold water in a medium-sized bowl.

2. Bring a large saucepan of water to a boil. With a sharp paring knife, carefully core each tomato. Score the opposite end gently, just breaking the skin. Place tomatoes in a large heatproof bowl.

3. Pour boiling water over tomatoes; let soak 30 seconds. Remove with a slotted spoon, and place in ice bath to cool quickly. Remove after 2 minutes.

4. Peel tomatoes when cool enough to handle. Cut in half lengthwise, and place, cut side up, on a parchment-lined baking sheet. Drizzle evenly with olive oil; season with salt, pepper and thyme.

5. Roast until tomatoes are dried halfway through, 5–6 hours. Let stand to cool. At this point, you can cut or blend them up slightly to make more of a jam-like consistency. To store, place in a sealable container. Pour oil from baking sheet over the top. Refrigerate up to 1 week.

6. Wash asparagus with cold water. Remove woody stems by peeling the last 2–3 inches of each spear, and then slicing off tips on a bias to make a pointed end.

7. In a small bowl, whisk together remaining ingredients until well-combined. Toss trimmed asparagus into mixture until well-coated.

8. Cook asparagus outside on a grill in a grilling basket, about 3 minutes, or on a sheet pan at 400° for 15 minutes, until tender.



PHOTO CREDIT:
AARON COLUSSI



Veggie-Flax Burgers

AUTHOR: Cynthia Bellini **SERVINGS:** 4

1 (6.5-ounce) jar artichoke hearts,
drained and quartered

1 teaspoon garlic, chopped

¼ cup green onions, chopped

3 tablespoons fresh parsley, chopped,
or 2 teaspoons dried

¾ cup Simple Truth garbanzo beans,
drained and rinsed

¾ cup Simple Truth kidney or black
beans, drained and rinsed

3 tablespoons ground flaxseed, regular
or golden

2 tablespoons roasted tahini, or other
nut butter

4 generous twists of freshly ground
black pepper

½ cup cooked brown rice or millet

INSTRUCTIONS:

1. Place all ingredients except rice or millet in a food processor; pulse about eight times, until blended. Scrape down sides, and pulse another six times. Do not overprocess. Transfer to a bowl, and gently stir in cooked rice or millet.

2. Divide mixture into four portions, and form into ½-inch-thick patties.

3. Heat a large, nonstick frying pan over medium heat, and coat with cooking spray. Fry burgers until bottoms are brown, about 5 minutes. Spray tops of burgers with cooking spray, and flip. Cook until brown, about 5 minutes. Serve on buns, with lettuce, diced tomato and sliced avocado, if desired.



PHOTO CREDIT:
AARON COLUSSI

SHOP
RECIPES
ON OUR
WEBSITE

Quinoa Sushi Bowl with Garlic Ginger Shrimp and Spicy Mayo

AUTHOR: Genevieve Doll **SERVINGS:** 1

3 cups water	1 tablespoon tamari	3 tablespoons minced ginger
1½ cups quinoa	¼ teaspoon ground cayenne	2 ounces arugula
¾ teaspoon salt	2 sheets nori	½ medium cucumber, seeded and medium diced (about 1 cup)
1½ tablespoons rice vinegar	1½ tablespoons toasted sesame oil	1 avocado, diced
1/3 cup organic mayonnaise	1 pound shrimp, peeled and deveined	1 tablespoon sesame seeds, for garnish
1 tablespoon + 1 teaspoon lime juice	4 large garlic cloves, minced	

INSTRUCTIONS:

1. Bring water to a boil in a medium saucepan. Add quinoa and salt, cover, and reduce to a simmer. Cook 20 minutes, until water is absorbed. Turn off heat and steam with lid on for 5 minutes. Add rice vinegar and fluff with a fork.
2. Meanwhile, prepare spicy mayo by whisking mayonnaise, lime juice, tamari and cayenne in a small bowl. Season to taste.
3. Using scissors, slice nori into ½-inch strips. Stack together and cut into ½-inch squares. Stir half of the sliced nori into quinoa once it is cooked.
4. Heat sesame oil in a large sauté pan over medium-high heat. Add shrimp, and cook about 2 minutes on each side, until pink and no longer opaque. Stir in garlic, ginger and a pinch of salt, and cook for 1 minute more, until fragrant.
5. To assemble, divide quinoa into 4 bowls. Top with shrimp, a nest of arugula, cucumbers and avocado. Drizzle with mayo, and garnish with remaining nori and sesame seeds.



PHOTO CREDIT:
AARON COLUSSI



Buckwheat Bowls with Spinach and Balsamic Tahini Dressing

AUTHOR: Kimberly Lord Stewart **SERVINGS:** 4

- | | | |
|--------------------------------------|---------------------------------------|--|
| 4 cups water | 1/3 English cucumber, cubed | 1 tablespoons extra-virgin olive oil |
| 2 cups buckwheat groats | 1 cup edamame | 3 tablespoons balsamic vinegar |
| 1 tablespoon extra-virgin olive oil | 1 bunch scallions, thinly sliced | 1/2 teaspoon Worcestershire or soy sauce |
| 1 bunch broccolini, chopped coarsely | Shaved Parmesan, for garnish | 1 clove garlic, chopped |
| 10 ounces baby spinach | Tahini Balsamic Dressing: | Salt and pepper, to taste |
| 1 cup kalamata olives, halved | 1/2 cup tahini | |
| 1 cup cherry tomatoes, halved | 3/4 cup water (add more if too thick) | |

INSTRUCTIONS:

1. Bring water to a boil; add buckwheat. Bring to a rolling boil. Cover, reduce heat to a simmer, and cook 12 minutes. Remove from heat, and let stand covered 10 minutes.
2. Place dressing ingredients in food processor and blend well, or whisk in a small bowl.
3. Heat a large skillet to medium-high heat. Add oil and quickly cook broccolini until just tender, about 3-5 minutes. Add spinach; toss well. Remove from heat, and sauté until spinach is just wilted. Add salt and pepper to taste.
4. Divide buckwheat in four bowls. Top with broccolini and spinach. Arrange olives, tomatoes, cucumbers and edamame on top. Garnish with scallions and shaved Parmesan, and dress with tahini dressing.



PHOTO CREDIT:
AARON COLUSSI



Tempeh Taco Bowl

AUTHOR: Genevieve Doll **SERVINGS:** 4

2 (8-ounce) packages tempeh
¼ cup coconut oil
2 teaspoons chili powder
1 teaspoon onion powder
1 teaspoon coriander
1 teaspoon cumin
1 teaspoon salt

Juice of 1 lime

CABBAGE SLAW:

3 cups thinly sliced purple cabbage
2 tablespoons chopped cilantro
1 tablespoon olive oil
Juice of ½ lime
½ teaspoon salt

GUACAMOLE:

1 large or 2 medium avocados
Juice of ½ lime
1 tablespoon minced jalapeno
1 garlic clove, minced
¼ teaspoon salt

INSTRUCTIONS:

1. Dice tempeh, or use your hands to crumble. In a medium skillet, heat coconut oil over medium-low heat. Add tempeh, and stir to coat.

2. Add spices and salt, and sauté for 5 minutes, adding more coconut oil if needed to prevent sticking. Use lime juice to deglaze pan.

3. In a medium bowl, combine slaw ingredients.

4. In a small bowl, mash avocado. Add remaining guacamole ingredients.

5. Divide tempeh among four bowls, and top with slaw and a dollop of guacamole.



PHOTO CREDIT:
JENNIFER OLSON



Tempeh Beetloaf

AUTHOR: Johnson & Wales University **SERVINGS:** 8

2 beets	1 teaspoon onion powder	½ cup walnut pieces
olive oil for cooking and roasting	1 teaspoon garlic powder	1½ cups green lentils cooked and divided
salt and ground black pepper to taste	1 teaspoon smoked paprika	½ cup raw cashews soaked and simmered for about 15 minutes, until semi-soft
1 block tempeh	½ teaspoon dried thyme	1 tablespoon egg replacer or flax egg
1 cup yellow onion chopped	1 tablespoon chia seeds	2 tablespoons ketchup
2 cups cremini mushrooms chopped	1 cup cooked quinoa	
3 tablespoons reduced-sodium tamari	½ cup rolled oats soaked overnight	

INSTRUCTIONS:

1. Preheat oven to 400°. Cut beets into cubes. Toss with oil, salt and pepper, and roast 30 minutes, until tender. Reduce temperature to 375°.
2. Cut tempeh into cubes. In a skillet or nonstick frying pan, add oil and cook onions and mushrooms until tender. Add tempeh, and cook until browned. Add tamari, onion powder, garlic powder, paprika, cumin, thyme and chia seeds. Stir to evenly coat. Remove from heat, and allow to cool.
3. Combine tempeh mix with quinoa, oats, walnuts and ¾ cup lentils. Mix well.
4. In a food processor, combine cashews, beets, egg replacer and remaining lentils. Pulse until only little pieces of beet and lentils are visible. Add to tempeh mix. Adjust seasoning to taste.
5. Moderately grease a loaf pan with oil, and fill with tempeh mixture, packing down to fill any gaps. Evenly spread ketchup on top. Bake 50 minutes.



PHOTO CREDIT
BARILLA



Rotini Pasta Vegan Power Bowl

AUTHOR: Barilla

1 box Barilla rotini

6 cups baby kale

1 pound maitake mushrooms

2 cups quinoa cooked

2 cups ripe plum tomatoes sliced

2 avocados

2 lemons juiced

1 cup edamame truffle parmesan

½ cup extra virgin olive oil

Salt and pepper to taste

INSTRUCTIONS:

1. Cook pasta and quinoa separately according to directions. Drain and toss with 1 tablespoon of extra virgin olive oil. Set aside flat on a sheet pan to cool down.

2. Cut the mushrooms in half lengthwise, sauté in a skillet with salt, pepper and enough olive oil to coat them, set aside.

3. Make a vinaigrette with extra virgin olive oil, salt, pepper and lemon juice. Cut avocado in cubes and season with half the vinaigrette, plate at the center of 10 bowls.

4. Cover and insert pop sticks into the molds. They should be supported and stand by themselves.

5. Garnish each bowl with tomatoes, pasta, kale, mushrooms and quinoa. Top with edamame and drizzle with remaining dressing before serving.



PHOTO CREDIT:
ELIZBETH ARRAJ

SHOP
RECIPES
ON OUR
WEBSITE

Vegan Quinoa Quiche

AUTHOR: Mark Reinfeld & Ashley Boudet, ND **SERVINGS:** 4

1 vegan piecrust (store-bought unsweetened crust)

1 cup water or vegetable stock

½ cup uncooked quinoa

1½ teaspoons sea salt, divided

1 cup cooked chickpeas

1 cup finely chopped spinach or arugula

1 cup halved cherry tomatoes

1 cup chopped artichoke hearts

1 tablespoon Italian Spice Mix (store-bought)

¼ teaspoon ground black pepper

Pinch of crushed red pepper flakes (optional)

INSTRUCTIONS:

1. Preheat the oven to 350°F. Poke a few holes in the bottom of the piecrust with a fork. Place the piecrust in the oven and bake for 5 minutes. Remove from the oven.

2. Meanwhile, place the water, quinoa, and ½ teaspoon of the salt in a small pot over high heat. Bring to a boil. Cover, lower the heat to low, and cook until all the liquid is absorbed, about 15 minutes. Allow to sit for 5 minutes.

3. Transfer to a bowl along with the remaining ingredients and mix well. Transfer to the piecrust, return the pie to the oven, and bake for 45 minutes.



PHOTO CREDIT:
FREELETICS



Salmon and Seaweed Salad

AUTHOR: Freeletics **SERVINGS:** 2

¼ pound salmon fillet
(fresh or frozen)

¾ ounce dried seaweed salad
or wakame

1 small romaine lettuce

2 spring onions

1 teaspoon black sesame

2 teaspoons low-sodium soy sauce

1 teaspoon honey or maple syrup

½ orange (zest and juice)

½ teaspoon chili flakes

½ clove garlic

1-inch piece fresh ginger

2 teaspoons roasted sesame oil

INSTRUCTIONS:

1. Preheat oven to 390 degrees. Place salmon fillet skin facing down on a piece of aluminum foil big enough to fold an airtight package.

2. Sprinkle salmon with chili, orange zest then brush with soy sauce and honey or agave syrup. Fold foil and bake on upper third for approximately 25 minutes. If salmon is frozen, bake for approximately 35 minutes.

3. Prepare seaweed or wakame according to package instructions then drain and chop roughly.

4. Cut spring onions and romaine lettuce into slices and mix with seaweed.

5. Chop garlic and ginger very finely and mix with orange juice, remaining soy sauce and sesame oil. Drizzle over seaweed salad.

6. Save the flavorful marinade when taking out the salmon and place on salad. Serve sprinkled with black sesame.



Blueberry-Cherry Balsamic Cobbler

AUTHOR: Johnson & Wales University **SERVINGS:** 8

1½ cups water

½ cup quinoa

3 cups fresh sweet cherries, pitted and halved

1 cup blueberries

1 tablespoon balsamic vinegar

½ cup coconut sugar

½ cup wheat flour

½ cup coconut oil

½ teaspoon ground cinnamon

¼ teaspoon ground allspice

¼ teaspoon salt

INSTRUCTIONS:

1. Preheat oven to 400°. In a saucepot, bring water to a boil and add quinoa. Reduce to a low simmer, and cover; cook 20 minutes, until tender and fluffy. Let cool in fridge 30 minutes.

2. In a bowl, gently toss cherries and blueberries with vinegar. Place in a 9-inch-deep pie dish (or an equivalent square baking dish).

3. In a separate bowl, combine remaining ingredients. Evenly sprinkle mixture over fruit

4. Bake 22-25 minutes, until topping is golden.



PHOTO CREDIT:
ORGAIN



Summer Protein Pops

AUTHOR: Orgain **SERVINGS:** 10

1 cup mixed berries (strawberries, raspberries, blueberries)

1½ cups coconut yogurt (or yogurt of your choice)

½ cup Orgain Lightly Sweetened Almond Milk

1 scoop Orgain Sweet Vanilla Bean Protein Powder

1 tablespoon honey

¼ cup chia seeds

1 teaspoon vanilla extract

Toppings: chocolate, granola (optional)

INSTRUCTIONS:

1. In a high-speed blender, combine coconut yogurt, Orgain Lightly Sweetened Almond Milk, Orgain Sweet Vanilla Bean Protein Powder, honey, vanilla extract and blend on high for 30 – 45 seconds. The longer you process it, the more it will emulsify resulting in a light and creamy pop.
2. Transfer into a large mixing bowl. Stir in chia seeds and allow to set for 15 minutes while the chia seeds expand.
3. Now, take your pop molds and evenly dollop berry mix in first. Next, pour the yogurt chia mix into the molds. Once they're filled, you'll want to tap the mold onto the counter or other hard surface to allow the mix to settle and fill all of the nooks and crannies.
4. Cover and insert pop sticks into the molds. They should be supported and stand by themselves.
5. Place in the freezer and allow to set for at least 8 hours or overnight.
6. To remove the pops, immerse molds in warm water for 1 minute. Gently remove and enjoy right away or dip in melted chocolate or top with granola as we did here.
7. To save, seal in zip lock bags for 1 week.
8. Enjoy!



PHOTO CREDIT:
DANNON



Banana Almond Butter Blend

AUTHOR: Dannon **SERVINGS:** 1

1 5.3 oz.-container Dannon Light & Fit Original Greek Vanilla nonfat yogurt

1 cup unsweetened Silk almond milk

2 tablespoons almond butter

1 medium banana, cut into chunks (1 cup)

1 tablespoon vanilla protein powder

½ cup ice cubes

INSTRUCTIONS:

1. Place yogurt, almond milk and butter, banana, protein powder and ice cubes in a blender and process until smooth.
2. Serve in a 16-ounce glass with a straw.



PHOTO CREDIT:
ADAMS MEDIA



Celery Sunshine

AUTHOR: Maryea Flaherty **SERVINGS:** 4

2 medium stalks celery

3 medium apples

1 medium lemon peeled and segmented

INSTRUCTIONS:

1. Prepare the celery stalks by cutting them into the appropriate-sized pieces for your juicer.
2. Prepare the apples by coring them and cutting them into appropriate-sized pieces for your juicer.
3. Process the celery, apples, and lemon through the juicer.
4. Consume immediately over ice or allow to chill in the refrigerator before serving.