

1 Ingredients

- 1.5 cups flour
- 0.75 cups sugar
- 2 tsp baking powder
- 1/4 tsp salt
- 1/3 cup avocado oil
- 1 large egg
- 1/3 cup milk
- 2 teaspoons vanilla extract
- 1 cup blueberries (any berry can work)
- 12 oz baby broccoli
- 8 oz mozzarella
- 1/4 cup parmesan
- 2 cups flour + up to 1/2 cup
- 1 packet instant yeast
- 1.5 tsp sugar
- 1 tsp salt
- 2 tablespoons olive oil
- 3/4 cup warm water
- 1 eggplant
- 4 garlic cloves
- 4 ounces shredded mozzarella cheese
- 1/4 cup panko breadcrumbs
- 1 shallot
- 2 tsp Italian seasoning
- 1 can of fire roasted diced tomatoes
- 1 cup couscous
- 1 lemon
- 1 0.25 oz package of fresh basil
- 1 cup rice
- 8 oz mushrooms
- 3 garlic cloves
- 8 oz sugar snap peas
- 2 tsp gochujang
- 2 tablespoon mayonnaise
- 3 tsp sesame oil
- 5 oz spinach
- 4 eggs
- 1 cup kimchi

```
[1] "images/BreakfastMuffins.jpg" "images/Pizza.jpg"  
[3] "images/EggplantParmesan.jpg" "images/Bibimbap.jpg"
```

2 Recipe One

2.1 Instructions

- 1.5 cups flour
- 0.75 cups sugar
- 2 tsp baking powder
- 1/4 tsp salt
- 1/3 cup avocado oil
- 1 large egg
- 1/3 cup milk
- 2 teaspoons vanilla extract
- 1 cup blueberries (any berry can work)

2.2 Instructions

1. Preheat oven to 400 degrees and grease muffin pan.
2. Whisk flour, sugar, baking powder, and salt in a large bowl.
3. Whisk avocado oil, egg, milk, and vanilla in a medium bowl.
4. Mix the wet ingredients into the dry ingredients and then gently stir in the berries.
5. Divide the batter between muffin cups and bake 15-20 minutes, until the internal temperature reaches 207 or a toothpick comes out clean.

3 Recipe Two

3.1 Instructions

- 12 oz baby broccoli
- 8 oz mozzarella
- 1/4 cup parmesan
- 2 cups flour + up to 1/2 cup
- 1 packet instant yeast
- 1.5 tsp sugar
- 1 tsp salt
- 2 tablespoons olive oil
- 3/4 cup warm water

3.2 Instructions

1. Drizzle baby broccoli with olive oil and season with salt, pepper, and garlic powder. Bake at 400 degrees for 15-20 minutes until bright green and tender.
2. Mix 1 cup flour, instant yeast, sugar, and salt in a large bowl.
3. Stir in olive oil and warm water. Ensure water is 100-105 degrees.
4. Stir in 1 cup of flour and work into a dough. Add more flour if needed.
5. Oil the sides of a medium bowl and add pasta dough. Cover and set aside until it doubles in size (20-40 minutes).
6. On a lightly floured surface, knead dough until smooth.
7. Roll out into a circle, and place it on an oiled cookie sheet.
8. Drizzle olive oil over the pizza dough. Then top with sauce, broccoli, and cheese.
9. Cook on bottom shelf of the oven for 15-20 minutes.

4 Recipe Three

4.1 Instructions

- 1 eggplant
- 4 garlic cloves
- 4 ounces shredded mozzarella cheese
- 1/4 cup panko breadcrumbs
- 1 shallot
- 2 tsp Italian seasoning
- 1 can of fire roasted diced tomatoes
- 1 cup couscous
- 1 lemon
- 1 0.25 oz package of fresh basil

4.2 Instructions

1. Cut ends off eggplant, peel, and slice eggplant lengthwise into 4 slices. Mince garlic and shallot. Zest lemon, cut into wedges and juice half of them. Roughly chop basil.
2. Coat eggplant in olive oil and season with salt and pepper. Cook in an oven at 425 degrees for 20 minutes, flipping halfway.
3. Mix half the garlic, and the mozzarella, breadcrumbs and 1 tablespoon olive oil.
4. Cook remaining garlic, shallot in olive oil. Add Italian seasoning and cook until fragrant.
5. Add tomatoes, and a pinch of salt and pepper. Simmer until thickened, about 10 minutes.
6. Cook couscous according to package instructions. Remove from heat and stir in lemon zest and juice, half the basil, and a tablespoon of olive oil.
7. Top eggplant with tomato sauce and breadcrumbs, and cook an additional 5-10 minutes.
8. Serve topped with remaining basil and lemon.

5 Breakfast Recipe

5.1 Instructions

- 1 cup rice
- 8 oz mushrooms
- 3 garlic cloves
- 8 oz sugar snap peas
- 2 tsp gochujang
- 2 tablespoon mayonnaise
- 3 tsp sesame oil
- 5 oz spinach
- 4 eggs
- 1 cup kimchi

5.2 Instructions

1. Cook 1/2 cup rice according to package instructions.
2. Thinly slice mushrooms, mince garlic. Trim stem ends and strings from snap peas.
3. Combine garlic, gochujang, 1 tsp sesame oil, and mayonnaise. Mix in water 1 tsp at a time until sauce can be drizzled.
4. Cook mushrooms in a bit of oil until lightly browned.
5. Add sugar snap peas and cook for 3-4 minutes.
6. Add spinach and cook until wilted.
7. Add 2 tsp sesame oil and a pinch of salt and pepper.
8. Fry 4 eggs.
9. Divide rice, kimchi, stirfried vegetables, and eggs between bowls. Drizzle with gochujang sauce.