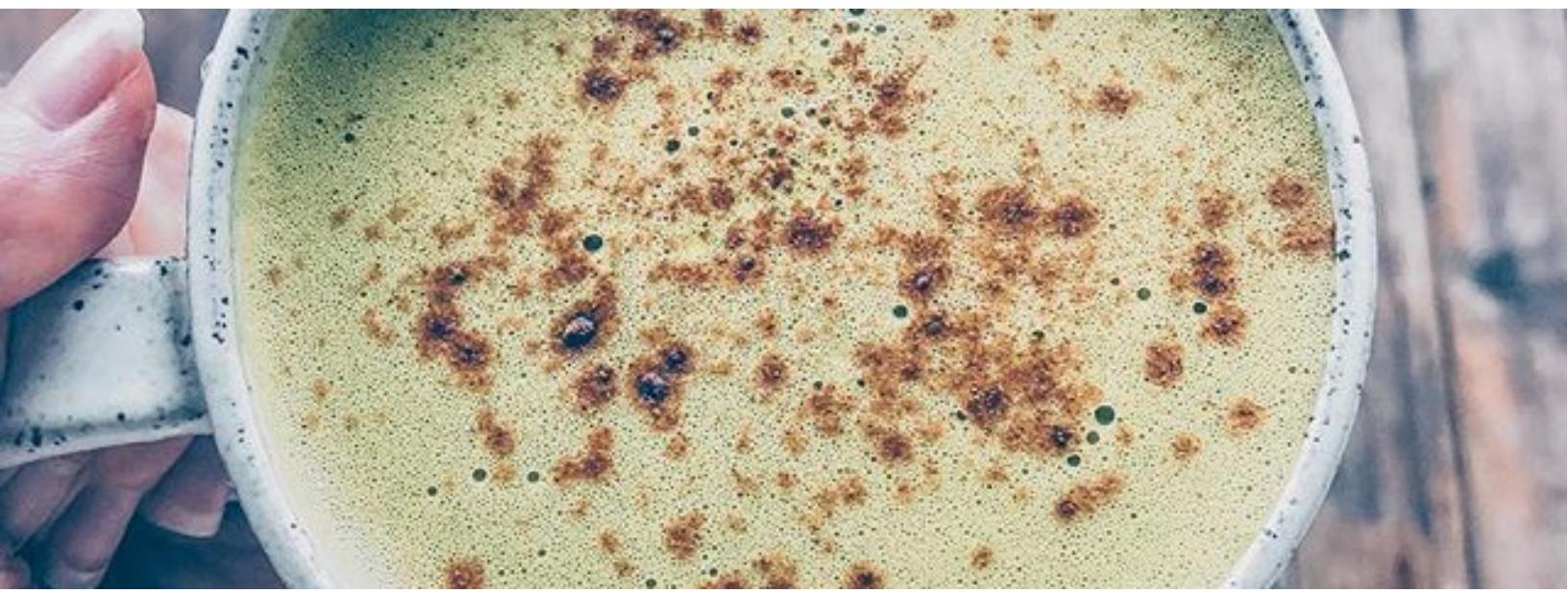


# Pumpkin Spice Matcha Latte

8 ingredients · 5 minutes · 1 serving



## Directions

1. Blend all ingredients together and top with cinnamon!

## Ingredients

- 1 tsp** Wild Foodsco Matcha
- 1 scoop** Vital Protein Collagen
- 1 tsp** Vanilla Ghee
- 1 tbsp** Pureed Pumpkin
- 1 tsp** Pumpkin Pie Spice
- 1 tsp** Maca Powder
- 1 tsp** Coconut Oil
- 1 cup** Water

# Easy Gluten Free Chicken Noodle Soup

14 ingredients · 45 minutes · 6 servings



## Directions

1. In a large pot add olive oil, onions, and celery. Saute on medium-high until translucent.
2. Add remaining veggies, chicken, oregano, thyme, salt and pepper. Saute for ~5 more minutes.
3. Add coconut milk and water. Leave on medium-high until comes to a boil and reduce heat to medium-low.
4. Allow to simmer with a low boil for ~30 minutes. Chicken will cook & you can pull apart to shred.
5. Add collagen. Stir in pasta cook through. (Adding pasta at the end ensures it will not be overdone).
6. Stir in spinach (will wilt pretty quickly)
7. You can continue simmering on low for several hours. You can also try this in a crock pot.

## Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 Yellow Onion
- 6 **stalks** Celery
- 1 cup Carrot
- 1 cup Turnip
- 2 **cups** Russet Potato
- 2 **breasts** Chicken Breasts
- 1 **can** Organic Coconut Milk
- 6 **cups** Water
- 1 **tbsp** Oregano
- 3 **ozs** Thyme Sprigs
- 2 **scoops** Collagen Peptides
- 1 **package** Chickpea Pasta
- 3 **cups** Baby Spinach

# Chocolate Blueberry Oats

8 ingredients · 10 minutes · 1 serving



## Directions

1. Combine all ingredients in a small saucepan and heat over medium heat. Stir in almond butter last.
2. Add toppings: frozen blueberries, pumpkin seeds, sunflower seeds.

## Ingredients

- 1/2 cup** Oats
- 1/4 cup** Vanilla Protein Powder (1 scoop)
- 1 tsp** Cocoa Powder
- 1 cup** Water
- 1 tsp** Almond Butter
- 1/2 cup** Frozen Blueberries
- 1 tbsp** Pumpkin Seeds
- 1 tbsp** Sunflower Seeds

# Chocolate Banana Olive Oil Pancakes

9 ingredients · 20 minutes · 4 servings



## Directions

1. Grease and heat a skillet over medium high heat.
2. Scoop  $\frac{1}{2}$  cup batter per pancake.
3. Flip when batter starts to bubble.
4. Top with your favorite toppings. Recommended: almond butter, unsweetened coconut flakes, & pomegranate seeds

## Ingredients

- 1/2 cup** All Purpose Gluten Free Flour
- 1/3 cup** Coconut Flour
- 1 tsp** Ground Flax Seed
- 1 tbsp** Extra Virgin Olive Oil
- 1 tbsp** Cacao Powder
- 1/2** Banana (Mashed with fork)
- 2** Egg
- 1 tsp** Baking Soda
- 1/2 cup** Water (Add to desired consistency)

## Grinch Tea

6 ingredients · 10 minutes · 1 serving



### Directions

1. Add everything to a blender and blend to combine.

### Ingredients

- 1 tsp** Matcha
- 1/2 cup** Organic Coffee (Doesn't need to be organic)
- 1 scoop** Mocha Collagen Creamer
- 1 tsp** Maca Powder
- 1 tsp** Coconut Oil
- 1 cup** Water

# Chocolate Peppermint Holiday Oats

8 ingredients · 10 minutes · 1 serving



## Directions

1. Put ingredients in a pot with water and heat to a bowl, then simmer until the oats are cooked.
2. Add desired toppings

## Ingredients

- 1/2 cup** Oats
- 1/2 scoop** Vanilla Protein Powder
- 1 tbsp** Cacao Powder
- 1 drop** Peppermint Extract
- 1/4 cup** Pomegranate Seeds (Optional topping)
- 1/4 cup** Unsweetened Coconut Flakes (Optional Topping)
- 1/4 cup** Pumpkin Seeds (Optional Topping )
- 1 cup** Water (Add for desired consistency )

# Pumpkin Chocolate Chip Waffle

15 ingredients · 20 minutes · 2 servings



## Directions

1. Mix all ingredients together in a large mixing bowl until batter consistency.
2. Heat waffle iron + spray with coconut oil.
3. Scoop  $\frac{1}{4}$  -  $\frac{1}{2}$  cup batter per waffle. Sprinkle with chocolate chips before closing iron. Cook according to waffle iron instructions.
4. Top with: almond butter drizzle, frozen blueberries, pecans, unsweetened coconut flakes, chocolate chips, sunflower seeds, and maple syrup (optional).

## Notes

### Homemade Cashew Milk

Blend 1/4 cup cashews with 1 cup water for 1-2 minutes. Use a 1:4 ratio for more or less.

## Ingredients

- 1/2 cup All Purpose Gluten Free Flour
- 1/4 cup Coconut Flour
- 1/4 cup Ground Flax Seed
- 1/4 cup Oats
- 1 tbsp Cacao Powder
- 1 tsp Baking Powder
- 1/4 cup Pureed Pumpkin
- 1 Egg
- 3/4 cup Unsweetened Cashew Milk
- 1 tbsp Almond Butter
- 1/4 cup Frozen Blueberries
- 1 tbsp Pecans
- 1 tbsp Unsweetened Coconut Flakes
- 1 tbsp Organic Dark Chocolate Chips
- 1 tbsp Sunflower Seeds

# Stovetop Berry Vanilla Cinnamon Oats

9 ingredients · 10 minutes · 1 serving



## Directions

1. Add oats, cashew milk, protein powder, and cinnamon to a small saucepan and heat over medium until cooked, stirring occasionally
2. Add more water/cashew milk for creamier oats.
3. Top with toppings: almond butter, pecans, pumpkin seeds, sunflower seeds, frozen raspberries, granola

## Notes

### Overnight Oats

Combine oats, cashew milk, protein powder, and cinnamon in a small glass container, top with toppings, and store in the fridge overnight. Grab & go for a quick breakfast!

### Homemade Cashew Milk

Blend 1/4 cup cashews and 1 cup water for 1-2 minutes until smooth. Use a 1:4 ratio to make more or less.

## Ingredients

- 1/2 cup Oats
- 3/4 cup Unsweetened Cashew Milk (Homemade)
- 1/2 scoop Vanilla Protein Powder
- 2 tsps Cinnamon
- 1 1/2 tsps Almond Butter
- 1 tbsp Pecans
- 1 tbsp Sunflower Seeds
- 1/2 cup Frozen Raspberries
- 2 tbsps Granola

# Easy Tomato Chicken Soup

15 ingredients · 45 minutes · 10 servings



## Directions

1. In a large pot heat 1 Tbsp olive oil and onions over medium-high and sauté until translucent
2. Add carrots and potatoes, sauté for 3-5 minutes.
3. Add chicken thighs, salt, pepper, basil, oregano, additional olive oil, and ghee. Sauté for about 5 minutes.
4. Add tomato paste, coconut milk, and water. Stir to combine. Add collagen peptides and stir.
5. Cover and bring to a boil. When chicken is cooked through, shred with two forks. Stir in spinach last (it wilts quickly).

## Ingredients

- 2 tbsps** Extra Virgin Olive Oil
- 1 serving** Red Onion
- 1 cup** White Onion
- 4** Carrot
- 4** Russet Potato
- 3 lbs** Chicken Thighs (No bones)
- 1 tbsp** Ghee
- 2 tsps** Dried Basil
- 2 tsps** Oregano
- 1 tsp** Cayenne Pepper
- 3/4 cup** Tomato Paste
- 2 cups** Organic Coconut Milk (full fat (1 15 ounce can))
- 4 cups** Water
- 3 cups** Baby Spinach
- 2 scoops** Collagen Peptides

# Gluten Free Strawberry Banana Pancakes

10 ingredients · 30 minutes · 10 servings



## Directions

1. Grind the almonds and coconut flakes into a flour in a blender
2. Blend strawberries in a blender until smooth
3. Mix all ingredients in a bowl and whisk
4. Add water if consistency is too thick.
5. Grease a skillet on medium heat and use a 1/4 measuring cup for each pancake.
6. Flip when bubbles start to form. Cook until golden brown on both sides.
7. Add your favorite toppings. Enjoy!

## Ingredients

- 1 Banana
- 1 Egg
- 2 tbsps Ground Flax Seed
- 3/4 cup All Purpose Gluten Free Flour
- 1 scoop Collagen Peptides
- 1/4 cup Almonds
- 1/4 cup Unsweetened Coconut Flakes
- 1/2 cup Oats
- 1/2 cup Strawberries
- 2 tbsps Coconut Oil

# Chocolate Berry Muffins

11 ingredients · 1 hour · 12 servings



## Directions

1. Preheat oven to 375 degrees F. Lightly grease a 12 cup muffin tin with coconut oil spray.
2. In a small bowl combine flax seed and water and set aside to form flax egg.
3. Add whole almonds and coconut flakes to a blender and blend briefly until ground and flour-like.
4. In a large mixing bowl combine dry ingredients: almond + coconut blend, gluten-free flour, oats, collagen peptides, and baking soda.
5. In a small bowl combine flax egg, mashed banana, vanilla ghee, and vanilla extract. Add wet ingredients to dry ingredients and stir to combine. Add 1/3 cup water (if needed). Stir in raspberries to muffin batter.
6. Divide batter evenly among 9 muffin cups (about 1/3 cup - 1/2 cup each)
7. Bake for 15-20 minutes or until lightly browned on top and a toothpick comes out clean. Remove from oven and allow to cool for at least 15 minutes before removing from muffin tin.

## Ingredients

- 2 tbsps Ground Flax Seed
- 1/3 cup Water
- 1/2 cup Almonds
- 3/4 cup All Purpose Gluten Free Flour
- 1/2 cup Unsweetened Coconut Flakes
- 1/2 cup Oats
- 2 scoops Chocolate Blackberry Collagen Peptides
- 1/2 tsp Baking Soda
- 1/3 cup Water
- 1 1/2 Banana
- 1 tbsp Ghee
- 1 cup Raspberries

# Green Bean Casserole

10 ingredients · 1 hour 20 minutes · 4 servings



## Directions

1. Preheat oven to 400 degrees F.
2. Add 1 Tbsp ghee and garlic to a large skillet and heat over medium. Add mushrooms and sauté until soft. Add green beans, salt, pepper, and another Tbsp of ghee and sauté for 5-7 minutes. Add cashew milk and stir to combine. Allow to thicken for 2-3 minutes.
3. Meanwhile, in a small bowl combine almond flour, remaining Tbsp of ghee, salt, pepper, garlic powder, and dried thyme for topping.
4. Transfer green beans and mushrooms to an 8x8 casserole dish and top with topping.
5. Bake for 15-20 minutes, or until topping is golden brown. Remove from oven and top with cayenne (optional).

## Notes

### Vegan

Sub olive or coconut oil for ghee.

## Ingredients

- 3 tbsps Ghee (Divided)
- 3 Garlic (Cloves Diced)
- 2 cups Mushrooms (sliced)
- 2 1/2 cups Green Beans (Trimmed)
- 1 Sea Salt & Black Pepper (To Taste)
- 1/2 cup Unsweetened Cashew Milk
- 1/2 cup Almond Flour
- 1/2 tsp Garlic Powder
- 1/2 tsp Dried Thyme
- 1/2 tsp Cayenne Pepper (Optional)

# Spiced Cranberry Sauce

10 ingredients · 20 minutes · 6 servings



## Directions

1. In a small sauce pan, combine the water, maple syrup, lemon zest, lemon juice, pumpkin pie spice, and cinnamon over medium-high heat. Bring to a boil, then reduce to a simmer for 5 minutes.
2. Add the cranberries and cook for 5-10 minutes. The cranberries should burst and the sauce will thicken. Add in apples, oranges, and the gelatin packet and stir to combine.
3. Remove from the heat and allow to cool for 5 minutes before transferring to a mold, or storage jar. Allow to chill for at least 2-3 hours before serving.

## Notes

### Cranberries

Do not cook the cranberries longer than 15 minutes, or pectin will start to break down and the sauce will not set as well.

### Vegan

Do not add gelatin packet.

## Ingredients

- 1/3 cup Water
- 2 tbsps Maple Syrup
- 1 tsp Lemon Zest
- 1/2 Lemon (Juice)
- 1 tsp Pumpkin Pie Spice
- 1/2 tsp Cinnamon
- 2 cups Frozen Cranberries (or Fresh)
- 1/2 Apple (Red, Chopped)
- 1/2 Navel Orange (Chopped)
- 1 package Gelatin

# Creamy Garlic Thyme Mashed Potatoes

7 ingredients · 20 minutes · 4 servings



## Directions

1. Add potatoes to a large pot and cover with water. Place lid on pot and bring to a boil, then reduce heat to low. Cook for 10-15 minutes or until fork tender.
2. Drain water and transfer potatoes back to the pot or to a large bowl. Mash potatoes and mix in ghee, broth, cashew milk, garlic powder, thyme, and salt and pepper to taste.

## Notes

### No Potatoes

Use sweet potatoes or cauliflower instead.

### Leftovers

Store in the fridge and reheat in the oven, or in a skillet with a bit of oil.

### Vegan

Sub olive or coconut oil for ghee.

## Ingredients

- 4 Yellow Potato (Skin On, Chopped into 1 Inch Pieces)
- 2 tbsps Ghee
- 1/2 cup Organic Vegetable Broth (or Bone Broth)
- 1/4 cup Unsweetened Cashew Milk (Optional - Added Creaminess)
- 2 tsps Garlic Powder
- 1 tbsp Thyme (Fresh)
- Sea Salt & Black Pepper (to taste)

# Pumpkin Sage Vegan Mac & Cheese

8 ingredients · 20 minutes · 6 servings



## Directions

1. Bring a large pot of water to a boil and cook pasta per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
2. Meanwhile, blend together cashew (or coconut) milk, garlic powder, nutritional yeast, pureed pumpkin, sage, salt, and pepper until smooth. Transfer to a small saucepan and heat over medium heat. Once steaming whisk in gluten-free flour 1 Tbsp at a time until clumps are gone.
3. Turn down to low heat and cook until the sauce has thickened, about 5-6 minutes.
4. Pour the pumpkin sauce over the pasta and mix well. Divide into bowls, garnish with additional sage, and enjoy!

## Notes

### Leftovers

Store in an air-tight container in the fridge for up to 5 days.

### Spice Lover

Add chili flakes, hot sauce, paprika, cayenne, oregano and/or rosemary.

### More Protein

Add cooked diced chicken, chickpeas or lentils.

### More Vegetables

Add wilted spinach, kale and/or sauteed mushrooms.

### No Cashew Milk

Used canned coconut milk.

## Ingredients

- 1 lb Chickpea Pasta (1 Box)
- 1 cup Unsweetened Cashew Milk
- 1 tsp Garlic Powder
- 1/4 cup Nutritional Yeast
- 1 tbsp Fresh Sage
- 1/2 cup Pureed Pumpkin
- Sea Salt & Black Pepper (to taste)
- 3 tbsps All Purpose Gluten Free Flour

# Sweet Potato Casserole

8 ingredients · 50 minutes · 6 servings



## Directions

1. Preheat oven to 400 degrees F. Poke holes in sweet potatoes and bake for 40-45 minutes, or until soft.
2. Allow to cool and carefully peel skin and mash sweet potatoes in a large mixing bowl. Mix in 2 Tbsp ghee, cashew milk, and flaxseed.
3. Reduce oven to 350 degrees F.
4. For topping mix together oats, pecans, 2 Tbsp ghee, cinnamon, and maple syrup.
5. Grease an 8x8 baking dish with coconut oil. Transfer sweet potato mixture to baking dish and top with topping.
6. Bake for 25-30 minutes, until topping has lightly browned.

## Notes

### No Cashew Milk

Use canned coconut milk.

### Vegan

Sub coconut oil for ghee.

## Ingredients

- 4 Sweet Potato (Washed)
- 1/4 cup Ghee
- 1/4 cup Unsweetened Cashew Milk
- 2 tbsps Ground Flax Seed
- 1/2 cup Oats
- 1 cup Pecans
- 1 tsp Cinnamon
- 2 tbsps Maple Syrup

# Gluten-Free Chestnut Skillet Stuffing

11 ingredients · 1 hour 20 minutes · 8 servings



## Directions

1. Prepare Simple Mills Artisan Bread according to package instructions. Once prepared leave out overnight to dry out.
2. Preheat oven to 250 degrees F. Cut bread into 1-inch cube pieces and spread out on baking sheet. Bake for 30-40 minutes until dried out.
3. Preheat oven to 400 degrees F.
4. Heat a 12-inch cast iron skillet over medium-high heat and add ghee and garlic. Add onion, apple, celery, chestnuts, salt, and pepper and sauté until soft. Add rosemary and thyme and stir to combine.
5. In a large mixing bowl add bread cubes and veggie mixture. Add broth and carefully combine. Wait until broth soaks bread through and transfer mixture back to the cast iron skillet.
6. Transfer skillet to oven and bake for 30-40 minutes or until lightly browned on top.

## Notes

### Vegan

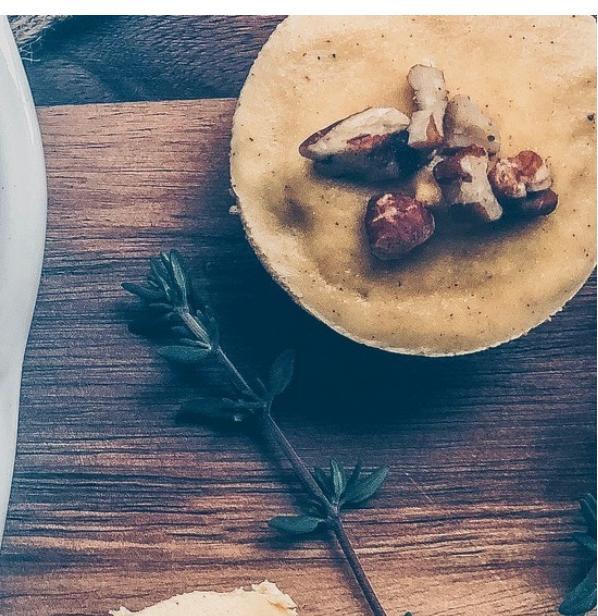
Sub olive or coconut oil for ghee.

## Ingredients

- 1 Simple Mills Artisan Bread Mix (Package)
- 1 **tbsp** Ghee
- 3 Garlic (Cloves Diced)
- 1 White Onion (Chopped)
- 1 Apple (Chopped)
- 4 **stalks** Celery (Chopped)
- 2 **cups** Chestnuts (Roasted + Peeled + Chopped)
- 1 Sea Salt & Black Pepper (To Taste)
- 1 **tbsp** Rosemary (Fresh)
- 1 **tbsp** Thyme (Fresh)
- 2 **cups** Organic Vegetable Broth (Or Bone Broth)

# Pumpkin Pie Cheesecake Bites

12 ingredients · 15 minutes · 24 servings



## Directions

1. Spray 2 12-cup mini muffin tins with coconut oil.
2. In a blender or food processor blend together dates, almonds, 1/4 cup pecans, coconut flakes, and cinnamon to form crust.
3. Roll crust into 24 balls and press each into the muffin tin.
4. In a blender blend cashews, pumpkin puree, coconut oil, coconut milk, lemon juice, maple syrup, and pumpkin pie spice. Spoon on top of crust (2-3 spoonfuls each). Top each with a pecan.
5. Place in the freezer and freeze for at least an hour. Let thaw for 5-10 minutes before removing from tin.

## Ingredients

- 8 Dates (Pitted)
- 3/4 cup Almonds
- 1/2 cup Pecans
- 1/2 cup Unsweetened Coconut Flakes
- 1 tsp Cinnamon
- 2 cups Cashews (Soaked)
- 1/4 cup Pureed Pumpkin
- 2 1/2 tbsps Coconut Oil
- 1/2 cup Organic Coconut Milk
- 2 tbsps Lemon Juice
- 1/4 cup Maple Syrup
- 1 tsp Pumpkin Pie Spice

# Veggie Egg Muffins

9 ingredients · 35 minutes · 4 servings



## Directions

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 12-cup muffin tin with coconut oil spray.
2. In a medium bowl combine chopped spinach and zucchini. Fill each muffin cup with veggie mixture (should be about 2/3 full).
3. In a separate bowl whisk together eggs, egg whites, cashew milk, salt, pepper, basil, and cayenne. Evenly divide among the 12 muffin cups (about 1/3 cup each).
4. Place in the oven and bake for 25-30 minutes until lightly browned on top.

## Notes

### Store Leftovers

Store in an airtight container in the fridge for up to 5 days or individually wrap and freeze for up to 3 months

### Reheat

In the toaster oven or microwave for ~30 seconds or ~1 minute from frozen

### Toppings

Add your favorite toppings: salsa, avocado, cilantro or parsley, hot sauce

### No Cashew Milk

Use another unsweetened non-dairy milk like almond or coconut milk or you can leave out

## Ingredients

- 1 tsp Coconut Oil (Spray)
- 2 cups Baby Spinach (Roughly Chopped)
- 1 Zucchini (Chopped)
- 6 Egg
- 1 cup Egg Whites
- 1/4 cup Unsweetened Cashew Milk (Optional)
- 1 Sea Salt & Black Pepper (Tsp Each)
- 2 tsps Dried Basil
- 1 tsp Cayenne Pepper (Optional)

# Meal Prep Salad

8 ingredients · 5 minutes · 1 serving



## Directions

1. Assemble all ingredients in an airtight container and store in the fridge for up to 5 days.

## Notes

### Greens

Use Kale Caesar Salad, Meal Prep Kale Salad, or greens of choice like spinach or arugula

### Protein

Use favorite protein of choice instead of eggs: canned tuna or salmon, smoked salmon, trout, or mackerel, grilled chicken or turkey, tofu, beans, or lentils

### Fermented Veggies

Use any fermented veggies instead of sauerkraut

## Ingredients

**1 cup** Kale Leaves

**1** Persian Cucumber (Chopped)

**1/2 cup** Quinoa

**1/4** Avocado

**2** Egg (Hard Boiled)

**1 tbsp** Pumpkin Seeds

**1 tbsp** Ground Flax Seed

**2 tbsps** Sauerkraut

# Hard Boiled Eggs

1 ingredient · 15 minutes · 1 serving



## Directions

1. Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
2. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
3. Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

## Ingredients

- 1 Egg

## Notes

### Leftovers

Refrigerate in a covered container with the shell on for up to 7 days.

### Easier to Peel

Add salt to the water while boiling.

# Tahini Sunflower Seed Bombs

9 ingredients · 10 minutes · 11 servings



## Directions

1. Place all ingredients in blender or food processor. Pulse until roughly combined and begins to form a dough. Do not over blend!
2. Roll into balls and lay flat into an airtight container. Make sure they do not touch so they do not stick together.
3. Store in the freezer for 3-4 months. Let thaw for ~5 minutes before enjoying!

## Notes

### Protein

Add 1 scoop of collagen peptides

### Sugar-Free

Leave out dates

## Ingredients

- 1/4 cup Tahini
- 1/2 cup Sunflower Seeds
- 1/2 cup Cashews
- 1/4 cup Cacao Nibs
- 1/2 cup Unsweetened Coconut Flakes
- 1/4 cup Coconut Oil
- 1/2 cup Pitted Dates (4 Dates)
- 1 tsp Cinnamon
- 1/2 tsp Vanilla Extract

# Lemon Thyme Baked Scallops

6 ingredients · 15 minutes · 2 servings



## Directions

1. Preheat oven to 350 degrees F. Lightly spray a baking sheet with coconut oil spray.
2. Coat scallops with 1 Tbsp olive oil, lemon juice, thyme, salt, and pepper. Place on baking sheet and bake for 10-15 minutes, flipping halfway through.
3. Optional: remove from baking sheet and transfer to cast iron skillet. Heat on both sides until lightly browned.

## Notes

### No Scallops

Use cod fillets

### Vegan

Use cubed tempeh or tofu in place of scallops

## Ingredients

- 1 tsp Coconut Oil (Spray)
- 6 Scallops
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 Lemon (Juice)
- 2 tsps Dried Thyme
- Sea Salt & Black Pepper (To Taste)

# Pumpkin Flax Seed Bombs

10 ingredients · 10 minutes · 11 servings



## Directions

1. Place all ingredients in blender or food processor. Pulse until roughly combined and begins to form a dough. Do not over blend!
2. Roll into balls and lay flat into an airtight container. Make sure they do not touch so they do not stick together.
3. Store in the freezer for 3-4 months. Let thaw for ~5 minutes before enjoying!

## Notes

### Protein

Add 1 scoop of collagen peptides

### Sugar-Free

Leave out dates

## Ingredients

- 1/4 cup Almond Butter
- 1/4 cup Ground Flax Seed
- 1/4 cup Pumpkin Seeds
- 1/2 cup Cashews
- 1/4 cup Cacao Nibs
- 1/2 cup Unsweetened Coconut Flakes
- 1/4 cup Coconut Oil
- 1/2 cup Pitted Dates (4 Dates)
- 1 tsp Cinnamon
- 1/2 tsp Vanilla Extract

# DIY Almond Milk

2 ingredients · 15 minutes · 4 servings



## Directions

1. Soak almonds in water for 8-12 hours. Drain and rinse.
2. Combine almonds and water in a blender for about 1 minute on high.
3. Over a large bowl or pot, strain the pulp out of the nut milk using cheesecloth or a nut milk bag.
4. Store in an airtight container (preferably glass) in the fridge.

## Notes

### Serve it With

Drink it plain or use it in any recipe that calls for almond milk.

### Storage

Refrigerate in an air-tight glass container up to 3-4 days. Shake well before using. It is natural for the milk to separate.

### Leftover Almond Pulp

Add to oatmeal, smoothies or vegetable/bean dips. Use as a crumble in dessert, or crust for chicken, fish, pork or shrimp.

### Make Almond Flour

Spread leftover nut pulp onto a parchment-lined baking sheet and bake at lowest setting for about 3 hours or until completely dry. Add almond meal to food processor and blend into a fine powder. Use in any recipe that calls for almond flour.

### No Almonds

You can use your favorite nut or seed (or combo) instead of almonds: cashew, macadamia, pecan, walnut, pumpkin seed, sunflower seeds, hemp seed.

## Ingredients

**1 cup** Almonds (raw, unsalted)

**4 cups** Water

# Chocolate Mousse Cheesecake Bites

11 ingredients · 15 minutes · 12 servings



## Directions

1. Spray a 12-cup muffin tin with coconut oil.
2. In a blender or food processor blend together dates, almonds, pecans, and coconut flakes to form crust.
3. Roll crust into 12 balls and press each into the muffin tin.
4. In a blender blend cashews, cacao powder, coconut oil, coconut milk, lemon juice, and coconut nectar. Spoon on top of crust (2-3 spoonfuls each). Top each with a blackberry.
5. Place in the freeze and freeze for at least an hour. Let thaw for 5-10 minutes before removing from tin.

## Ingredients

- 8 Dates (Pitted)
- 3/4 cup Almonds
- 1/4 cup Pecans
- 1/2 cup Unsweetened Coconut Flakes
- 2 cups Cashews (Soaked)
- 1/4 cup Cacao Powder
- 2 1/2 tbsps Coconut Oil
- 1/2 cup Organic Coconut Milk
- 2 tbsps Lemon Juice
- 1/4 cup Coconut Nectar
- 1 cup Blackberries (12 Berries)

# Dandelion Root Tea

4 ingredients · 5 minutes · 1 serving



## Directions

1. Add Dandy Blend to a mug. Top with hot water and stir in coconut butter. Enjoy!

## Notes

### Creamier

Use unsweetened non-dairy milk like almond, coconut, or oat

### Caution

Careful with hot liquids in blenders so the heat does not build up pressure and pop the lid off and spill. Use warm water or blend ingredients with a small amount of water, transfer to a mug, and top with hot water.

### Iced

Use cold or room temperature water. Blend ingredients + pour over ice.

## Ingredients

**1** Dandy Blend (Individual Packet or Tbsp)

**1 tsp** Coconut Butter

**1 cup** Water (Filtered, Heated)

**1** Collagen Peptides (Scoop, Optional)

# Chai Tea Latte

6 ingredients · 5 minutes · 1 serving



## Directions

1. Steep chai tea bag in water for about 2 minutes. Allow to cool slightly before transferring to blender.
2. Add ingredients to a blender and blend until smooth. Transfer to mug and top with cinnamon (optional). Enjoy!

## Notes

### Creamier

Use unsweetened non-dairy milk like almond, coconut, or oat

### Caution

Careful with hot liquids in blenders so the heat does not build up pressure and pop the lid off and spill. Use warm water or blend ingredients with a small amount of water, transfer to a mug, and top with hot water.

### Iced

Use cold or room temperature water. Blend ingredients + pour over ice.

## Ingredients

- 1 Collagen Peptides (Scoop)
- 1 tsp Coconut Butter
- 1 tsp Almond Butter
- 1 Chai Tea (Bag)
- 1 cup Water (Filtered, Heated)
- 1/2 tsp Cinnamon (Optional)

# Strawberry Shortcake Pancakes

15 ingredients · 20 minutes · 3 servings



## Directions

1. In a blender combine almonds and shredded coconut until forms a flour.
2. Add dry ingredients to a large mixing bowl: ground almonds + coconut, gluten-free flour, cacao powder, baking powder, and collagen peptides. Add to dry ingredients and stir to combine.
3. Makes 6 pancakes. 1 serving = 2 pancakes
4. In a separate small bowl combine wet ingredients: eggs (or flax egg), mashed banana, peanut butter, coconut oil, and water (or nut milk).
5. Spray a large skillet with coconut oil and heat on medium-high. When hot, add batter in 1/3 cup portions to form pancakes. Flip when edges are cooked or bubbles start to form.
6. Remove from skillet, layer pancakes, and add desired toppings: sliced strawberries, almond butter, almond milk yogurt, cacao nibs.

## Notes

### Vegan

Substitute flax egg for eggs: 2 Tbsp ground flax + 5 Tbsp water, mix and set aside to thicken for about 5 minutes before adding to batter

### Additional Toppings

Top with your favorite granola, nuts, coconut flakes, fruit, or maple syrup / coconut nectar drizzle

## Ingredients

- 1/2 cup Almonds
- 1/4 cup Unsweetened Shredded Coconut
- 1/2 cup All Purpose Gluten Free Flour
- 1 tsp Baking Powder
- 1 tsp Cinnamon
- 1 Collagen Peptides (Optional)
- 2 Egg
- 2 tbsps Ghee (Vanilla, or Coconut Oil)
- 1 tbsp Apple Cider Vinegar
- 1/4 cup Unsweetened Cashew Milk
- 1 tsp Coconut Oil (Spray)
- 1 cup Strawberries (Sliced)
- 1 tbsp Almond Butter
- 1/4 cup Unsweetened Almond Greek Yogurt
- 2 tbsps Cacao Nibs

# Chocolate Peanut Butter Banana Pancakes

12 ingredients · 20 minutes · 3 servings



## Directions

1. In a blender combine almonds and shredded coconut until forms a flour.
2. Add dry ingredients to a large mixing bowl: ground almonds + coconut, gluten-free flour, cacao powder, baking powder, and collagen peptides. Add to dry ingredients and stir to combine.
3. Makes 6 pancakes. 1 serving = 2 pancakes
4. In a separate small bowl combine wet ingredients: eggs (or flax egg), mashed banana, peanut butter, coconut oil, and water (or nut milk).
5. Spray a large skillet with coconut oil and heat on medium-high. When hot, add batter in 1/3 cup portions to form pancakes. Flip when edges are cooked or bubbles start to form.
6. Remove from skillet, layer pancakes, and add desired toppings: sliced banana, cacao nibs, peanut butter.

## Notes

### Vegan

Substitute flax egg for eggs: 2 Tbsp ground flax + 5 Tbsp water, mix and set aside to thicken for about 5 minutes before adding to batter

### Additional Toppings

Top with your favorite granola, nuts, coconut flakes, fruit, or maple syrup / coconut nectar drizzle

## Ingredients

- 1/2 cup Almonds
- 1/4 cup Unsweetened Shredded Coconut
- 1/2 cup All Purpose Gluten Free Flour
- 2 tbsps Cacao Powder
- 1 tsp Baking Powder
- 1 Collagen Peptides (Optional)
- 2 Egg
- 1 Banana (Ripe, Mashed)
- 1 tbsp All Natural Peanut Butter
- 2 tbsps Coconut Oil
- 1/4 cup Water (Or Unsweetened Nut Milk)
- 1 Banana (Sliced)
- 2 tbsps Cacao Nibs
- 1 tsp Coconut Oil (Spray)

# Hot Cacao

5 ingredients · 5 minutes · 1 serving



## Directions

1. Add ingredients to a blender and blend until smooth. Enjoy!

## Notes

### Creamier

Use unsweetened non-dairy milk like almond, coconut, or oat

### Caution

Careful with hot liquids in blenders so the heat does not build up pressure and pop the lid off and spill. Use warm water or blend ingredients with a small amount of water, transfer to a mug, and top with hot water.

### Iced

Use cold or room temperature water. Blend ingredients + pour over ice.

## Ingredients

**1** Collagen Peptides (Scoop)

**1 tbsp** Coconut Butter

**2 tbsps** Cacao Powder

**1/2 tsp** Cinnamon

**1 cup** Water (Filtered, Heated)

# Golden Milk

5 ingredients · 5 minutes · 1 serving



## Directions

1. Add ingredients to a blender and blend until smooth. Enjoy!

## Notes

### Creamier

Use unsweetened non-dairy milk like almond, coconut, or oat

### Black Pepper

Black pepper makes the turmeric more bioavailable in the body - meaning the body can use and absorb all the beneficial + inflammatory benefits of turmeric because of a phytochemical in black pepper called piperine

### Caution

Careful with hot liquids in blenders so the heat does not build up pressure and pop the lid off and spill. Use warm water or blend ingredients with a small amount of water, transfer to a mug, and top with hot water.

### Iced

Use cold or room temperature water. Blend ingredients + pour over ice.

## Ingredients

**1 Collagen Peptides (Scoop)**

**1 tbsp Coconut Butter**

**1 tbsp Turmeric**

**1/2 tsp Black Pepper**

**1 cup Water (Filtered, Heated)**

# Quinoa

2 ingredients · 15 minutes · 6 servings



## Directions

1. Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 - 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

## Notes

### Portion

1/2 cup cooked

## Ingredients

**1 cup** Quinoa (Uncooked)

**1 1/2 cups** Water

# Composed Blueberry Muffins

12 ingredients · 30 minutes · 12 servings



## Directions

1. Preheat oven to 375 degrees F. Lightly grease a 12-cup muffin tin with coconut oil spray.
2. In a small bowl combine flax seed and water and set aside to form flax egg.
3. Add whole almonds and coconut flakes to a blender and blend briefly until ground and flour-like.
4. In a large mixing bowl combine dry ingredients: almond + coconut blend, gluten-free flour, oats, collagen peptides, and baking soda.
5. In a small bowl combine flax egg, mashed banana, vanilla ghee, and vanilla extract. Add wet ingredients to dry ingredients and stir to combine. Stir in blueberries to muffin batter.
6. Divide batter evenly among 12 muffin cups (about 1/3 cup - 1/2 cup each).
7. Bake for 15-20 minutes or until lightly browned on top and a toothpick comes out clean. Remove from oven and allow to cool for at least 15 minutes before removing from muffin tin.

## Notes

### Storage

Store in an air tight container in the fridge for up to 5 days or in the freezer for up to 3 months

### Vegan

Use coconut oil instead of ghee and omit collagen peptides

## Ingredients

- 2 tbsps Ground Flax Seed
- 1/2 cup Almonds (Ground)
- 1/2 cup Unsweetened Coconut Flakes (Blended)
- 3/4 cup All Purpose Gluten Free Flour
- 1/2 cup Oats
- 1 Collagen Peptides (Scoop)
- 1 tsp Baking Soda
- 2/3 cup Water
- 2 Banana (Ripe, Mashed)
- 1 tbsp Ghee (Vanilla)
- 1 tsp Vanilla Extract
- 1 cup Blueberries (Fresh or Frozen)

# Vanilla Berry Chia Pudding

6 ingredients · 5 minutes · 1 serving



## Directions

1. Add chia seeds, coconut milk, vanilla extract, and blueberries to an 8 oz mason jar. Top with lid and shake well. Make sure no chia seeds are sticking to the sides (may need to use a fork to scrap sides).
2. Refrigerate for at least 1 hour or overnight.
3. Top with blackberries and hemp seeds. Enjoy!

## Notes

### Too Thin

Add more chia seeds and refrigerate another hour

### Too Thick

Add 1/4 cup of non-dairy milk at a time until desired consistency

## Ingredients

- 2 1/2 tbsps** Chia Seeds
- 1/2 cup** Lite Coconut Milk
- 1 tsp** Vanilla Extract
- 1/4 cup** Blueberries (Fresh or Frozen)
- 1/4 cup** Blackberries (Fresh)
- 1 tbsp** Hemp Seeds

# Chocolate Raspberry Chia Pudding

5 ingredients · 5 minutes · 1 serving



## Directions

1. Add chia seeds, coconut milk, cacao powder, and 1/4 cup raspberries to an 8 oz mason jar. Top with lid and shake well. Make sure no chia seeds are sticking to the sides (may need to use a fork to scrap sides).
2. Refrigerate for at least 1 hour or overnight.
3. Top with remaining 1/4 cup raspberries and hemp seeds. Enjoy!

## Ingredients

- 2 1/2 tbsps** Chia Seeds
- 1/2 cup** Lite Coconut Milk
- 1 tbsp** Cacao Powder
- 1/2 cup** Raspberries (Fresh or Frozen)
- 1 tbsp** Hemp Seeds

## Notes

### Too Thin

Add more chia seeds and refrigerate another hour

### Too Thick

Add 1/4 cup of non-dairy milk at a time until desired consistency

# Black Bean Blender Brownies

9 ingredients · 25 minutes · 12 servings



## Directions

1. Preheat oven to 350 degrees F. Lightly grease 2 mini 12-cup muffin tins with coconut oil spray.
2. Add all ingredients except cacao nibs and pumpkin seeds to a blender. Blender until smooth.
3. Divide batter evenly among mini muffin cups. Top with cacao nibs and pumpkin seeds.
4. Bake for 20-25 minutes. Remove from oven and allow to cool. Enjoy!

## Ingredients

- 1 tsp Coconut Oil (Spray)
- 2 cups Black Beans (1 15-oz can, Drained + Rinsed)
- 1 Collagen Peptides (Scoop)
- 1 cup Pitted Dates (6)
- 1/4 cup Cacao Powder
- 1/4 cup Unsweetened Shredded Coconut
- 1/4 cup Coconut Oil
- 2 Egg
- 2 tbsps Cacao Nibs
- 1/4 cup Pumpkin Seeds

# Meal Prep Kale Salad

4 ingredients · 5 minutes · 4 servings



## Directions

1. De-stem and chop kale leaves, then add to a large mixing bowl.
2. Add olive oil, salt, pepper, and lemon juice. Massage kale until leaves wilt and become soft and vibrant green.
3. Transfer to a container and store in the fridge for up to 5 days.

## Notes

### Use

Add as a side to any meal or as a base for bowl meals or salads

## Ingredients

- 4 cups Kale Leaves
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 Sea Salt & Black Pepper (Tsp Each)
- 1/2 Lemon (Juice)

## Watermelon Mint

3 ingredients · 5 minutes · 2 servings



### Directions

- 
1. Add all ingredients to a blender and blend. Enjoy!

### Ingredients

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- 2 cups** Seedless Watermelon (Cup)  
**1 cup** Water (Filtered)  
**1/4 cup** Mint Leaves (Finely Chopped)

# Mint Cucumber Lemonade

5 ingredients · 5 minutes · 3 servings



## Directions

1. Put lemon + cucumber through the juicer. Stir in chopped mint, water, and stevia. Enjoy!

## Notes

### No Juicer

Blend all ingredients in a high speed blender for at least 60 seconds. Place a nut milk bag over a large mixing bowl. Transfer contents to nut milk bag. Squeeze juice through and remove fiber. Transfer juice into a glass and enjoy!

### Nut Milk Bag

Ellie's Best on Amazon

## Ingredients

- 3 Lemon (Small)
- 1 Cucumber
- 1/4 cup Mint Leaves (Finely Chopped)
- 3 cups Water
- 1/8 tsp Stevia Powder (Optional)

# Beet Rosemary Sage

5 ingredients · 5 minutes · 1 serving



## Directions

1. Put all ingredients through the juicer. Enjoy!

## Notes

### No Juicer

Blend all ingredients in a high speed blender for at least 60 seconds. Place a nut milk bag over a large mixing bowl. Transfer contents to nut milk bag. Squeeze juice through and remove fiber. Transfer juice into a glass and enjoy!

### Nut Milk Bag

Ellie's Best on Amazon

### Rosemary

Wrap rosemary in sage if passing through a juice so it doesn't get caught

## Ingredients

- 2 Beet
- 1/2 cup Pineapple
- 4 stalks Celery
- 1 tbsp Rosemary
- 1 tbsp Fresh Sage

# Sweet Ginger Celery Juice

4 ingredients · 5 minutes · 1 serving



## Directions

1. Put all ingredients through the juicer. Enjoy!

## Notes

### No Juicer

Blend all ingredients in a high speed blender for at least 60 seconds. Place a nut milk bag over a large mixing bowl. Transfer contents to nut milk bag. Squeeze juice through and remove fiber. Transfer juice into a glass and enjoy!

### Nut Milk Bag

Ellie's Best on Amazon

## Ingredients

**8 stalks** Celery

**1/2 cup** Pineapple

**2 tbsps** Ginger

**2** Persian Cucumber

# Honey Turmeric Elixir

6 ingredients · 5 minutes · 1 serving



## Directions

1. Whisk ingredients together with a mini whisk or fork until smooth. Enjoy as a shot!

## Notes

### Serving Suggestions

Take as a shot or leave out the water and add to a smoothie, combine with olive or avocado oil to make a salad dressing, or add to 12 oz of hot water

## Ingredients

- 1 tbsp Turmeric (Ground)
- 2 tbsps Apple Cider Vinegar
- 1 tsp Raw Honey (Manuka)
- 1/2 Lemon (Juice)
- 1/4 tsp Black Pepper
- 1/4 cup Water

# Cucumber Cleanse

5 ingredients · 5 minutes · 1 serving



## Directions

1. Add all ingredients to your blender, blend, and enjoy!

## Notes

### Juice

Strain mixture with a nut milk bag to remove fiber for a smoother consistency

### Coconut Water

Use coconut water in place of filtered water

## Ingredients

**1/2 Cucumber**

**1/4 cup Parsley**

**2 tbsps Aloe Vera Gel**

**1/2 Lime (Juice)**

**1 cup Water (Filtered)**

# Maca Balance

5 ingredients · 5 minutes · 1 serving



## Directions

1. Add all ingredients to a blender, blend, and enjoy!

## Notes

### Afternoon

Perfect balancing elixir to help curb afternoon sugar cravings

### Serve Warm

Heat up in a small saucepan and serve warm

## Ingredients

- 1 1/2 tsps** Maca Powder
- 1 cup** Unsweetened Almond Milk
- 2 tbsps** Pitted Dates (1 Date)
- 1 tsp** Cinnamon
- 1/2 tsp** Vanilla Extract (Optional)

## Lemon ACV

3 ingredients · 5 minutes · 1 serving



### Directions

1. Juice lemon and add to a small glass. Add apple cider vinegar and water. Stir together and take as a shot to aid digestion!

### Ingredients

- 1 Lemon (Juice)
- 1 tbsp Apple Cider Vinegar
- 1/4 cup Water

# Spicy Ginger Tea

7 ingredients · 5 minutes · 1 serving



## Directions

1. Boil water. Add ginger, lemon slices, cinnamon, turmeric, and cayenne pepper to a mug. Cover with hot water, stir, and enjoy!

## Ingredients

- 1 tbsp** Ginger (Finely Chopped)
- 1/2 Lemon** (Sliced)
- 1 tsp** Cinnamon
- 1 tsp** Turmeric
- 1/4 tsp** Black Pepper
- 1/2 tsp** Cayenne Pepper
- 2 cups** Water (Hot)

# Grapefruit Lime Refresher

5 ingredients · 5 minutes · 2 servings



## Directions

1. Juice grapefruits (or use grapefruit juice). Transfer to a pitcher or divide among glasses filled with ice. Add chopped lime pieces. Squeeze in liquid stevia for sweetness if desired. Top with sparkling water, garnish with lemon, and enjoy!

## Notes

### Juice

Purchase fresh 100% grapefruit and lime juice instead of DIY

## Ingredients

- 2 Grapefruit
- 2 Lime (Chopped)
- 4 Liquid Stevia (Drops, Optional)
- 1 Lemon (Wedges for Garnish)
- 4 cups Sparkling Water

# Raspberry Mimosa

3 ingredients · 5 minutes · 1 serving



## Directions

1. Add frozen raspberries and juice to a glass. Top with sparkling water, mix, and enjoy!

## Ingredients

- 1/4 cup** Orange Juice
- 1/4 cup** Frozen Raspberries
- 2 cups** Sparkling Water

# Raspberry Basil Spritzer

5 ingredients · 5 minutes · 2 servings



## Directions

1. Using a mortar + pestle or in a small bowl with a wooden spoon muddle the raspberry and basil together.
2. Add mixture to a pitcher or divide among glasses filled with ice. Squeeze in liquid stevia for sweetness if desired. Top with sparkling water, garnish with lime wedges and enjoy!

## Ingredients

- 1/4 cup Raspberries
- 1/4 cup Basil Leaves (Chopped)
- 4 Liquid Stevia (Drops, Optional)
- 4 cups Sparkling Water
- 1 Lime (Wedges for Garnish)