



Veggie and Vegan 25g+ protein meals



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## Kimchi Tofu Scramble

2 servings

10 minutes

### Ingredients

- 1 1/2 tsps Sesame Oil
- 453 grams Tofu (regular firm, patted dry, crumbled)
- 1 tbsp Tamari
- 4 cups Kale Leaves (stems removed, finely chopped, packed)
- 2 tbsps Nutritional Yeast
- 1 cup Kimchi (drained)

### Nutrition

Amount per serving	
Calories	283
Fat	16g
Carbs	10g
Fiber	7g
Sugar	3g
Protein	31g

### Directions

- 1 Heat the oil in a large skillet over medium-high heat. Add the crumbled tofu and cook for two to three minutes, stirring gently.
- 2 Reduce the heat to medium and add the tamari and kale. Cook until soft, about three to five minutes. Turn the heat off.
- 3 Add the nutritional yeast and kimchi. Heat until just warmed through, about one minute. Divide into bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving equals approximately one cup.



## One Pan Tempeh & Veggies

2 servings

50 minutes

### Ingredients

- 1/4 cup Balsamic Vinegar
- 2 tbsps Dijon Mustard
- 2 tbsps Vegetable Broth
- 2 Garlic (clove, minced)
- 1 tsp Oregano
- 3/4 tsp Sea Salt
- 255 grams Tempeh (cut into thin strips)
- 2 cups Broccoli (cut into florets)
- 1/2 cup Frozen Edamame (thawed)
- 1/4 head Cauliflower (cut into florets)
- 1/2 Red Bell Pepper (chopped)

### Nutrition

Amount per serving	
Calories	398
Fat	16g
Carbs	32g
Fiber	7g
Sugar	10g
Protein	35g

### Directions

- 1 Combine the balsamic vinegar, Dijon mustard, vegetable broth, garlic, oregano, and sea salt in a zipper-lock bag. Add the tempeh and marinate for at least 20 minutes.
- 2 Meanwhile, add the broccoli, edamame, cauliflower, and bell pepper to a large bowl.
- 3 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 4 Transfer the marinated tempeh to one side of the baking sheet, arranging in a single, evenly spaced layer.
- 5 Pour about half of the marinade on the vegetables and toss to coat. Transfer them to the other side of the baking sheet. Bake for about 24 to 26 minutes, turning the tempeh and stirring the vegetables halfway through. Divide between plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Additional Toppings:** Fresh herbs or green onion.

**Serve It With:** Brown rice, quinoa or cauliflower rice.

**Vegetables:** Use carrots, zucchini, Brussels sprouts, green beans, asparagus, or eggplant instead.

**No Vegetable Broth:** Use water instead.



## Chili Lime Tempeh & Veggies

2 servings

1 hour 40 minutes

### Ingredients

- 2 tsps Chili Powder (divided)
- 2 tsps Cumin (divided)
- 1 tsp Garlic Powder (divided)
- 3/4 tsp Sea Salt (divided)
- 1/2 tsp Smoked Paprika
- 1/4 cup Lime Juice
- 1/4 cup Vegetable Broth
- 1 tsp Maple Syrup
- 255 grams Tempeh (cut into thin pieces)
- 1 Red Bell Pepper (thinly sliced)
- 1 Green Bell Pepper (thinly sliced)
- 1/2 Yellow Onion (thinly sliced)
- 1 tbsp Water
- 1 Avocado (diced)

### Nutrition

Amount per serving	
Calories	484
Fat	30g
Carbs	36g
Fiber	11g
Sugar	10g
Protein	30g

### Directions

- 1 In a shallow bowl or zipper-lock bag combine half of the chili powder, half of the cumin, half of the garlic powder, two-thirds of the salt and the paprika. Stir in the lime juice, vegetable broth and maple syrup and mix well. Add the tempeh and gently toss to coat in the marinade. Let the tempeh marinate for at least one hour or up to 8 hours. If marinating for longer than 1 hour, keep the tempeh in the fridge.
- 2 When the tempeh has finished marinating, preheat your oven to 375°F (190°C) and line a large baking sheet with parchment paper.
- 3 Add the peppers and onion to a large mixing bowl. Add the remaining chili powder, cumin, garlic, salt and water and toss to coat the vegetables. Transfer the seasoned vegetables to the prepared baking sheet and arrange on one-third of the pan.
- 4 Gently toss to coat the tempeh in the marinade again then arrange the tempeh evenly on the remaining two-thirds of the baking sheet. Ensure the tempeh pieces are not overlapping or touching. Discard any remaining marinade. Bake for 28 to 30 minutes, flipping halfway through, or until the vegetables are tender.
- 5 Divide between plates. Top with diced avocado and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days.

**More Flavor:** Add cayenne pepper or hot sauce for a spicy tempeh. Use avocado oil instead of water to roast the vegetables.

**Additional Toppings:** Lime wedges or cilantro.

**Serve it With:** Brown rice, quinoa, cauliflower rice or tortillas as a taco filling.



## Omelette with Tomatoes & Cottage Cheese

1 serving

10 minutes

### Ingredients

- 3 Egg
- Sea Salt & Black Pepper (to taste)
- 1 tsp Avocado Oil
- 1/2 cup Cottage Cheese
- 1 Tomato (small, chopped)

### Nutrition

Amount per serving	
Calories	376
Fat	24g
Carbs	8g
Fiber	1g
Sugar	3g
Protein	32g

### Directions

- 1 Whisk the eggs in a small bowl and season with salt and pepper to taste.
- 2 Heat the oil in a pan over medium heat. Add the eggs and cook until almost set. Fold in half and transfer to a cutting board. Cut into slices.
- 3 Serve the omelette with tomatoes and cottage cheese. Enjoy!

### Notes

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## Mushroom & Chive Omelette

1 serving

15 minutes

### Ingredients

- 1 tbsp Butter (divided)
- 2 cups Mushrooms (sliced)
- 1 tbsp Chives (chopped)
- 4 Egg

### Nutrition

Amount per serving	
Calories	431
Fat	31g
Carbs	8g
Fiber	2g
Sugar	5g
Protein	31g

### Directions

- 1 Heat half of the butter in a pan over medium heat. Add the mushrooms and cook for five to seven minutes until the mushrooms have softened. Add the chives and transfer to a plate to set aside.
- 2 Whisk the eggs in a small bowl.
- 3 Heat the remaining butter in the pan. Add the eggs and cook until almost set. Place the mushrooms on one half of the omelette and fold the other half over top. Remove from heat and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Dairy-Free:** Use oil instead of butter.

**More Flavor:** Add garlic, onions, red pepper flakes, hot sauce, and/or salt.

**Additional Toppings:** Add cheese and/or fresh herbs.

**Make it Fluffy:** For a fluffier omelette, whisk the eggs with milk or water.

**More Veggies:** Add spinach or kale.



## Fluffy Kale & Mushroom Egg White Omelette

1 serving

10 minutes

### Ingredients

- 3/4 cup Water (divided)
- 1 cup Kale Leaves (tough stems removed, chopped)
- 4 Cremini Mushrooms (diced)
- 1 tsp Nutritional Yeast
- 1/8 tsp Garlic Powder
- 1/8 tsp Sea Salt
- 1 cup Egg Whites

### Nutrition

Amount per serving	
Calories	162
Fat	1g
Carbs	6g
Fiber	2g
Sugar	3g
Protein	31g

### Directions

- 1 In a large non-stick pan, heat 1/3 of the water over medium heat. Cook the kale, mushrooms, nutritional yeast, garlic powder, and salt until soft, about two minutes. Set aside.
- 2 Add the remaining water to the same pan and bring to a simmer over medium to medium-high heat. Add the egg whites and cook until fluffy and slightly firm, about five minutes. Rotate the pan as needed to help spread and evenly cook the egg whites. Using a heat-safe spatula, gently scrape down the sides and transfer to a plate.
- 3 Arrange the kale and mushrooms down the middle of the omelette. Fold the sides of the omelette towards the center and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Sauté the kale and mushrooms with your choice of oil instead of water. Add a squeeze of lemon juice overtop.

**No Nutritional Yeast:** Use parmesan, feta, vegan cheese, or omit completely.

**No Non-Stick Pan:** Use your choice of oil as needed.



## Vanilla Protein Pancakes

2 servings

15 minutes

### Ingredients

2 Banana (plus extra for topping)

4 Egg

1/2 cup Vanilla Protein Powder

1 tbsp Coconut Oil

### Nutrition

Amount per serving

Calories	394
Fat	17g
Carbs	29g
Fiber	4g
Sugar	15g
Protein	33g

### Directions

- 1 In a large bowl, mash the bananas. Add the eggs and protein powder. Mix well until a batter forms.
- 2 Melt the coconut oil in a large skillet over medium heat. Once hot, pour the batter into the skillet, roughly 1/4 cup at a time. Cook for 3 minutes, or until the top starts to bubble slightly, and flip. Repeat the process until all the batter is used up.
- 3 Transfer to a plate and top with additional banana slices. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Freeze for up to one month.

**Serving Size:** One serving is approximately two pancakes.

**Additional Toppings:** Honey, maple syrup, pureed fruit sauce, nut butter, chocolate chips and/or chopped nuts



## Chocolate Protein Pancakes

2 servings

15 minutes

### Ingredients

- 2 Banana (ripe)
- 4 Egg (medium)
- 1/2 cup Chocolate Protein Powder
- 1 tbsp Coconut Oil

### Nutrition

Amount per serving	
Calories	394
Fat	17g
Carbs	29g
Fiber	4g
Sugar	15g
Protein	33g

### Directions

- 1 In a large bowl, mash the bananas. Then add in the eggs and protein powder. Mix well until a batter forms.
- 2 Melt coconut oil in a large skillet over medium heat. Once hot, pour pancake batter into the skillet, about 1/4 cup at a time. Cook each side for about two to three minutes or until browned. Enjoy!

### Notes

**Serving Size:** One serving is approximately two pancakes.

**Toppings:** Top with honey, maple syrup, banana slices, fresh fruit, pureed fruit sauce, chocolate chips or chopped nuts.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder. Please note that if using a different type of protein powder, results may vary.



## Cauliflower Margherita Pizza

2 servings

15 minutes

### Ingredients

240 grams Cauliflower Pizza Crust  
(baked)

2/3 cup Marinara Sauce

142 grams Mozzarella Cheese  
(shredded)

1 tsp Chili Flakes

2 tbsps Basil Leaves

### Nutrition

Amount per serving	
Calories	423
Fat	29g
Carbs	7g
Fiber	2g
Sugar	4g
Protein	28g

### Directions

1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.

2 Place the baked pizza crust on the baking sheet and spread the marinara sauce on top. Top with mozzarella and bake in the oven for seven to eight minutes or until the cheese has melted.

3 Sprinkle with chili flakes and top with basil leaves. Slice the pizza and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. To freeze, wrap the baked pizza tightly with plastic wrap and freeze for up to a month. Reheat in the oven before serving.

**Serving Size:** One serving is 120 grams (4.2 ounces) of pizza crust before adding your toppings.

**Additional Toppings:** Add your favorite pizza toppings.



## Garlic & Parmesan Roasted Edamame

1 serving

15 minutes

### Ingredients

- 1 cup Frozen Edamame (thawed)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Parmigiano Reggiano
- 1/4 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Hemp Seeds

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a bowl, toss together the edamame, oil, parmesan cheese, garlic, salt, and pepper. Bake for 12 to 15 minutes, or until golden brown.
- 3 Add the hemp seeds, toss to combine, and enjoy!

### Nutrition

Amount per serving	
Calories	380
Fat	26g
Carbs	15g
Fiber	9g
Sugar	4g
Protein	26g

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving is equal to approximately one cup.

**Dairy-Free:** Substitute parmesan cheese with nutritional yeast.



## Avocado Toast with Tofu Scramble

1 serving

15 minutes

### Ingredients

- 170 grams Tofu (silken, drained)
- 1 1/2 tsps Nutritional Yeast
- 1/2 tsp Garlic Powder
- 1/4 tsp Paprika
- 1/8 tsp Sea Salt
- 50 grams Sourdough Bread (toasted)
- 1/2 Avocado (sliced)

### Nutrition

Amount per serving	
Calories	450
Fat	24g
Carbs	37g
Fiber	11g
Sugar	2g
Protein	27g

### Directions

- 1 In a pan over medium heat, add the tofu, nutritional yeast, garlic powder, paprika, and salt. Use the spatula to stir and gently break up the tofu. Cook until the edges are firm and liquid is gone, about 15 minutes.
- 2 Top the sourdough with avocado and the scrambled tofu. Add more salt if desired. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Add black pepper, turmeric, and black salt.

**Additional Toppings:** Serve it with salsa or fresh fruit.



## Egg, Spinach & Mozzarella Quesadilla

1 serving

10 minutes

### Ingredients

- 1/2 tsp Extra Virgin Olive Oil
- 2 Egg (whisked)
- Sea Salt & Black Pepper (to taste)
- 1 1/2 cups Baby Spinach
- 1 Brown Rice Tortilla
- 1/2 Tomato (chopped)
- 43 grams Mozzarella Cheese (shredded)

### Nutrition

Amount per serving	
Calories	438
Fat	22g
Carbs	31g
Fiber	4g
Sugar	4g
Protein	25g

### Directions

- 1 Heat a medium-sized skillet over medium-low heat. Add the oil and once hot, add the eggs. Cook, stirring occasionally until fluffy and cooked through. Season with salt and pepper. Remove and set aside.
- 2 In the same skillet, over low heat, add the spinach and cook until wilted, about two minutes. Remove and set aside with the eggs. Squeeze out excess water from the spinach.
- 3 In the same skillet over medium heat, add the tortilla, and then add the spinach, eggs, tomato, and mozzarella to one side of the tortilla. Fold the tortilla in half and gently press down. Cook for two to three minutes per side or until browned and crispy. Let the quesadilla cool slightly and then cut into wedges. Enjoy!

### Notes

**Leftovers:** Best enjoyed when made fresh.

**Dairy-Free:** Use a dairy-free cheese.

**Additional Toppings:** Add pitted olives and/or chopped parsley.



## Vegan Lasagna

6 servings

1 hour 10 minutes

### Ingredients

- 3 tbsps Water
- 1/2 Yellow Onion (diced)
- 2 Zucchini (diced)
- 12 Cremini Mushrooms (chopped)
- 1/2 tsp Italian Seasoning
- 2 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 481 grams Tofu (firm, drained, broken into large chunks)
- 2 tbsps Nutritional Yeast
- 2 tbsps Miso Paste
- 2 tbsps Lemon Juice
- 2 cups Tomato Sauce (divided)
- 12 Lasagna Sheets (no boil)

### Nutrition

Amount per serving	
Calories	466
Fat	7g
Carbs	80g
Fiber	8g
Sugar	7g
Protein	25g

### Directions

- 1 Preheat the oven to 375°F (191°C).
- 2 In a large skillet over medium heat, add the water, onion, zucchini, mushrooms, and Italian seasoning. Sauté for about seven to nine minutes, until softened. Add the garlic and cook for one minute more. Remove from heat and season with salt and pepper and set aside.
- 3 Meanwhile, in a food processor, add the tofu, nutritional yeast, miso, lemon juice, and salt and pepper. Process until mostly smooth and combined. Set aside.
- 4 Spread 1/3 of the pasta sauce on the bottom of a baking dish. Add a layer of lasagna noodles, followed by half of the tofu ricotta and half of the vegetables, and then a layer of noodles. Continue with another layer of sauce, the remaining tofu ricotta, and the remaining vegetables. Layer the final lasagna noodles and sauce on top. Cover with foil.
- 5 Place in the oven to bake for 40 minutes. Remove and let it rest covered for five minutes, then remove the foil and cool for ten minutes before slicing. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is one square slice.

**Gluten-Free:** Use Gluten-Free noodles.

**Baking Dish:** This was made in a 9 x 12 baking dish.

**Additional Toppings:** Top with vegan cheese, and/or basil.



## Kale, Feta & Egg Burrito

1 serving

15 minutes

### Ingredients

- 2 tsps Extra Virgin Olive Oil (divided)
- 1/2 cup Kale Leaves (tough stems removed, chopped)
- 3 Egg (whisked)
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Feta Cheese (crumbled)
- 1 Whole Wheat Tortilla (large)
- 1/3 cup Salsa

### Directions

- 1** Heat half the oil in a pan or skillet over medium heat. Cook the kale until tender, about three minutes. Set aside.
- 2** Heat the remaining oil in the same pan. Add the eggs and move them around with a spatula continuously, until fluffy and barely set, about two minutes. Stir in the kale, salt, and pepper.
- 3** Arrange the eggs and kale down the middle of the tortilla. Top with feta and salsa. Fold into a wrap and enjoy!

### Nutrition

Amount per serving	
Calories	475
Fat	30g
Carbs	26g
Fiber	6g
Sugar	5g
Protein	26g

### Notes

- Leftovers:** Refrigerate in an airtight container for up to three days.
- Dairy-Free:** Use nutritional yeast instead of feta cheese.
- More Flavor:** Add red pepper flakes.
- Additional Toppings:** Fresh herbs, sliced red onions, smoked salmon, salsa, or guacamole.



## Spicy Edamame Fried Cauliflower Rice

2 servings

15 minutes

### Ingredients

- 1 1/2 tsps Sesame Oil
- 1/2 Yellow Onion (finely chopped)
- 1 Yellow Bell Pepper (chopped)
- 1 1/2 cups Frozen Edamame
- 175 grams Tofu (extra firm, crumbled)
- 3 tbsps Tamari
- 2 Garlic (clove, minced)
- 1 1/2 tsps Ginger (fresh, grated)
- 1 1/2 tsps Sriracha
- 1 cup Cauliflower Rice

### Nutrition

Amount per serving	
Calories	316
Fat	14g
Carbs	26g
Fiber	10g
Sugar	8g
Protein	28g

### Directions

- 1 Heat the oil in a large pan or skillet over medium-high heat. Add the onion, bell pepper, and edamame. Cook for 3 to 5 minutes, stirring often until the onions have softened and edamame has warmed through. Add the crumbled tofu and continue to cook for about 3 minutes more until the tofu has warmed through.
- 2 Meanwhile, combine the tamari, garlic, ginger, and sriracha in a small mixing bowl.
- 3 Make a well in the middle of the pan. Pour the sauce into the well then slowly start to stir it into the tofu mixture. Continue to cook for another minute.
- 4 Stir in the cauliflower rice and cook until the cauliflower meets your desired texture. Divide between plates and enjoy!

### Notes

- Leftovers:** Refrigerate in an airtight container for up to three days.
- Additional Toppings:** Green onion, cilantro, sesame seeds, or red pepper flakes.
- More Vegetables:** Add carrots, peas, or baby spinach.
- No Yellow Bell Pepper:** Use any color bell pepper or mushrooms instead.
- No Sesame Oil:** Use coconut oil or avocado oil instead.



## Lentil Meatballs & Pasta

5 servings

35 minutes

### Ingredients

1/2 cup Dry Green Lentils  
 1 cup Vegetable Broth  
 1/2 tsp Extra Virgin Olive Oil  
 1/3 cup Shallot (chopped)  
 1 tbsp Ground Flax Seed  
 3 tbsps Water  
 1/4 cup Nutritional Yeast  
 1/2 cup Almonds (chopped)  
 3/4 tsp Sea Salt  
 1/2 cup Parsley (divided, chopped)  
 283 grams Chickpea Pasta (shells)  
 2 cups Tomato Sauce

### Nutrition

Amount per serving	
Calories	413
Fat	12g
Carbs	58g
Fiber	16g
Sugar	11g
Protein	28g

### Directions

- 1 Add the lentils and broth to a medium-sized saucepan or pot. Bring to a boil. Lower the heat to a simmer and cook for 15 to 20 minutes or until softened and cooked through. Drain any excess liquid and set aside.
- 2 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Heat a small skillet over medium heat and add the oil. Once hot, add the shallot and cook for four to five minutes or until softened. Remove from heat and set aside.
- 3 In a small bowl, add the ground flax seeds and water and let sit for a few minutes until thickened slightly.
- 4 In a food processor, add the lentils, shallot, flax seed mixture, nutritional yeast, almonds, salt, and half of the parsley. Pulse until combined and the dough starts to hold together.
- 5 Using slightly damp hands, roll the dough into golf-ball sized balls. Place on the baking sheet. Bake for 25 minutes, flipping halfway through.
- 6 While the lentil meatballs are in the oven, cook the pasta according to package directions. Drain and add the pasta back to the pot. Add the tomato sauce and mix. Divide evenly between plates and top with the lentil meatballs and remaining parsley. Enjoy!

### Notes

**Leftovers:** For best results, store the meatballs and pasta separately. Refrigerate the meatballs for up to three days or freeze for up to two months. Refrigerate the pasta for up to three days.

**Serving Size:** One serving is approximately three lentil meatballs balls with roughly one cup of pasta.



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**More Flavor:** Add minced garlic to the shallot mixture. Add tomato paste and/or tamari for more flavor. Top the pasta with red pepper flakes.



## Mushroom & Edamame Stir Fry

2 servings

20 minutes

### Ingredients

- 1 1/2 tsps Sesame Oil
- 10 Cremini Mushrooms (sliced)
- 1/2 Yellow Onion (small, sliced)
- 1 cup Kale Leaves (finely chopped)
- 2 cups Frozen Edamame (thawed)
- 2 tbsps Vegetable Broth
- 2 tbsps Tamari
- 1 tbsp Ginger (fresh, finely grated)
- 2 Garlic (clove, minced)
- 2 cups Cauliflower Rice

### Nutrition

Amount per serving	
Calories	291
Fat	12g
Carbs	27g
Fiber	12g
Sugar	10g
Protein	26g

### Directions

- 1 Heat the sesame oil in a large pan or skillet over medium-high heat.
- 2 Add the mushrooms and onions to the pan and cook for 5 to 8 minutes or until the mushrooms and onions have started to brown.
- 3 Add the kale and stir to combine. Continue to cook until kale has wilted. Add in the edamame and cook for 2 to 3 minutes or until the edamame has warmed through.
- 4 Meanwhile, in a small bowl combine the vegetable broth, tamari, ginger and garlic.
- 5 Add the ginger and garlic sauce to the pan. Stir to combine and cook, stirring often, for 2 to 3 minutes more. Season the stir fry with additional tamari or sea salt if needed.
- 6 To serve, divide the cauliflower rice between plates and top with the mushroom and edamame stir fry. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**More Flavor:** Add rice vinegar, honey or red pepper flakes to the sauce.

**Additional Toppings:** Asian-style hot sauce or sesame seeds.

**No Cauliflower Rice:** Use white rice, brown rice or quinoa instead.

**No Kale :** Use spinach or Swiss chard instead.



## Chickpea Flatbread Pizza

2 servings

1 hour 20 minutes

### Ingredients

- 1 cup Chickpea Flour
- 1 cup Water
- 1 1/2 tbsps Avocado Oil (divided)
- 1/4 tsp Sea Salt
- 1/3 cup Tomato Sauce
- 1/4 tsp Oregano
- 1/8 tsp Garlic Powder
- 1/8 tsp Red Pepper Flakes
- 170 grams Mozzarella Cheese (shredded)
- 2 tbsps Basil Leaves (finely chopped)

### Directions

- 1 In a mixing bowl whisk the chickpea flour, water, two-thirds of the oil and salt together until smooth. Let the batter sit for 1 hour at room temperature.
- 2 About 10 minutes before the batter is done resting preheat the oven to 450°F (232°C) and place a 10-inch cast-iron pan inside the warming oven.
- 3 Remove the pan from the oven and turn the broiler to high. Add the remaining oil to the pan and swirl to coat. Pour the batter into the pan and place it under the broiler for 5 to 7 minutes until the edges have browned and the top of the flatbread is firm. Remove from the oven.
- 4 Reduce the oven temperature to 350°F (176°C).
- 5 Carefully remove the chickpea flatbread from the pan and transfer to a baking sheet. Top it with tomato sauce, spices and shredded cheese. Return to the oven and bake for 10 to 12 minutes until the cheese is bubbly and browned. Top with basil.
- 6 Slice and serve immediately. Enjoy!

### Nutrition

Amount per serving	
Calories	495
Fat	29g
Carbs	29g
Fiber	6g
Sugar	6g
Protein	26g

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. For best results, reheat in the oven until just warmed through and crisp.

**Serving Size:** One serving is equal to approximately three slices of pizza.

**Dairy-Free:** Use a dairy-free shredded cheese instead.

**More Flavor:** Add minced garlic and Italian seasoning to the tomato sauce.

**Additional Toppings:** Top with your favorite pizza toppings like pepperoni, bacon, olives, bell peppers or sautéed mushrooms.



## Spinach & Goat Cheese Omelette

2 servings

20 minutes

### Ingredients

- 1 1/2 tsps Coconut Oil
- 6 Egg
- 1/2 tsp Sea Salt
- 1 tsp Black Pepper
- 2 cups Baby Spinach
- 1/2 cup Goat Cheese (crumbled)
- 1/2 cup Salsa

### Nutrition

Amount per serving	
Calories	344
Fat	24g
Carbs	8g
Fiber	2g
Sugar	4g
Protein	25g

### Directions

- 1 Heat coconut oil in medium-sized frying pan over medium heat.
- 2 In a bowl, mix together eggs, sea salt and black pepper. Whisk until frothy. Divide into portions.
- 3 Pour 1 portion of the egg mixture into the frying pan and let cook until almost set. Place some spinach and goat cheese on one half of the omelette and then fold the other half over on top. Remove from heat and transfer onto a plate. Top with salsa.
- 4 Repeat with remaining ingredients. Enjoy!

### Notes

No Goat Cheese: Use feta cheese instead