



## Pumpkin Pie Overnight Oatmeal

4 servings

8 hours

### Ingredients

- 4 cups Oats (quick or traditional)
- 4 cups Unsweetened Almond Milk
- 4 cups Pureed Pumpkin
- 1/4 cup Chia Seeds
- 1 tbsp Maple Syrup
- 2 tbsps Pumpkin Pie Spice
- 1 cup Pecans (toasted and chopped)

### Directions

- 1 In a large bowl, combine the oats, almond milk, pumpkin puree, chia seeds, maple syrup and pumpkin pie spice. Mix well. Cover and store in the fridge overnight or until set.
- 2 Once set, divide into jars and top with toasted pecans. Enjoy cold or warm in the microwave for a minute before eating.

### Notes

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

**No Pumpkin Pie Spice:** Use cinnamon instead.

**No Pecans:** Use any type of crushed nuts or hemp seeds instead.



## Pesto Tuna & Pea Quinoa Salad

4 servings  
 20 minutes

### Ingredients

- 1 cup Quinoa (uncooked)
- 1 3/4 cups Water
- 2 cans Tuna (drained, broken into chunks)
- 2 cups Frozen Peas (thawed)
- 1/4 cup Pesto

### Directions

- 1 Combine the quinoa and water together in a pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork.
- 2 Add the tuna, peas and pesto. Stir gently until well combined. Divide into bowls and enjoy!

### Notes

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

**Serving Size:** One serving equals approximately 1 1/2 cups.

**More Flavor:** Drizzle with a splash of olive oil and/or cook the quinoa using broth.

**Additional Toppings:** Cherry tomatoes, cucumber, chopped spinach, mushrooms or zucchini.

**Make it Vegan:** Use chickpeas or lentils instead of tuna.

**No Quinoa:** Use pasta instead.



## Penne with Broccoli and Lemon

4 servings  
 20 minutes

### Ingredients

4 cups Brown Rice Penne (uncooked)  
 6 cups Broccoli (sliced into florets)  
 1/4 cup Butter  
 2 Lemon (juiced)  
 1 cup Hemp Seeds  
 Sea Salt & Black Pepper (to taste)

### Directions

- 1 Fill a medium-sized pot with water and bring to a boil. Add the pasta and cook as per the directions on the package.
- 2 In the last two minutes of cooking the pasta, add the broccoli to the pasta water. Drain the pasta and broccoli, then return it to the pot.
- 3 Add the butter, lemon juice, and hemp seeds to the pasta and broccoli. Stir well to coat. Season with sea salt and black pepper, divide between plates and enjoy!

### Notes

**More Protein:** Use chickpea or a bean-based pasta, or top with sliced chicken breast.  
**No Fresh Broccoli:** Use canned artichokes and/or canned green beans for a pantry-full option!  
**Dairy-Free:** Use olive oil instead of butter.



## Chickpeas with Sweet & Spicy Peanut Sauce

4 servings  
 35 minutes

### Ingredients

- 1 cup Brown Rice
- 1/2 cup All Natural Peanut Butter
- 1/4 cup Organic Coconut Milk (from the can)
- 2 tbsps Lime Juice
- 1 1/2 tbsps Coconut Aminos
- 1 tbsp Maple Syrup
- 1/2 tsp Red Pepper Flakes
- 2 Garlic (clove, minced)
- 1/2 cup Water (divided)
- 4 cups Baby Spinach (chopped)
- 1 1/2 cups Chickpeas (cooked, rinsed)
- 1/2 Yellow Onion (chopped)

### Directions

- 1 Cook the brown rice according to package directions.
- 2 Meanwhile, in a small pot over medium-low heat add the peanut butter, coconut milk, lime juice, coconut aminos, maple syrup, red pepper flakes, garlic and half of the water. Whisk until combined. Continue to heat until just warmed through, stirring often to prevent burning. Season with salt or additional lime juice if needed.
- 3 Heat a large skillet or pan with a lid over medium-high heat. Add the spinach, chickpeas and onion to the pan along with the remaining water and cover with the lid. Steam for about 5 minutes or until the onions have softened and most of the water has evaporated.
- 4 Remove from the heat and add the warm peanut sauce to the pan with the chickpeas and stir to combine.
- 5 To serve, divide the rice between plates and top with the peanut chickpea mixture. Enjoy!

### Notes

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

**More Flavor:** Add fresh ginger to the peanut sauce.

**Additional Toppings:** Serve with lime wedges, hot sauce and/or freshly chopped cilantro.

**No Coconut Aminos:** Use tamari or other soy sauce instead.