



SIMPLE & TASTY WHOLE FOOD RECIPES

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Shrimp and Asparagus Pesto Pasta

2 SERVINGS 30 MINUTES



INGREDIENTS

3 cups Asparagus (chopped into 1 inch pieces)
8 ozs Shrimp (uncooked, shells on)
2 tbsps Extra Virgin Olive Oil
1/8 tsp Sea Salt (or more to taste)
1 Lemon (sliced into rounds)
4 ozs Chickpea Pasta
2 tbsps Pesto

DIRECTIONS

- 01 Preheat oven to 400°F (204°C).
- 02 Lay the asparagus and shrimp on a baking sheet. Drizzle with olive oil and toss gently to coat. Sprinkle with sea salt and top with lemon slices. Bake for 15 to 18 minutes, or until shrimp are fully cooked and have turned pink.
- 03 While the shrimp and asparagus bake, bring a medium saucepan full of water to a boil. Add the chickpea pasta and cook according to the directions on the package. Drain and rinse the pasta and return it to the pot. Stir in pesto and mix well to combine.
- 04 Remove shells from shrimp. Mix the shrimp and asparagus into the pasta and divide between bowls. Enjoy!

NOTES

LEFTOVERS

Keeps well in the fridge for 2 to 3 days. Enjoy cold or reheated.

NO ASPARAGUS

Use green beans, broccoli, or zucchini instead.

MORE GREENS

Top with microgreens, arugula, purple basil. Serve with a green salad.



Asian Veggie Omelette with Shiitake Mushrooms

2 SERVINGS 20 MINUTES



INGREDIENTS

- 1 tbsp Coconut Oil
- 1 cup Shiitake Mushrooms (sliced)
- 2 cups Bok Choy (sliced into quarters)
- 3 Egg
- 1 1/2 tbsps Tamari
- 4 stalks Green Onion (sliced)

DIRECTIONS

- 01 Heat coconut oil in a medium-sized frying pan over medium heat. Saute the bok choy for 2 minutes. Add mushrooms and cook for 2-3 more minutes or until all veggies are soft. Transfer the veggies to a bowl and set aside.
- 02 In a bowl, whisk together eggs, tamari and green onion.
- 03 Pour the egg mixture into the same pan over medium heat, and let cook until almost set. Place the mushrooms and bok choy on one half of the omelette and fold the other half over top. Remove from heat and season with sea salt and black pepper to taste. Enjoy!

NOTES

MAKE IT FLUFFY

Whisk unsweetened almond milk into your egg mixture.

MORE FLAVOUR

Whisk sesame oil into your egg mixture.

MIX IT UP

Use up whatever vegetables you have on hand. Red onion, bell peppers or baby spinach work well.

LIKES IT SPICY

Serve with hot sauce.

GLUTEN FREE

Use coconut aminos in place of Tamara.

EGG FREE

Use organic tofu to make it into a plant-based scramble.



Beet & Arugula Salad

4 SERVINGS 50 MINUTES



INGREDIENTS

4 Beet (skin on, washed)
3 tbsps Extra Virgin Olive Oil
1 1/2 tbsps Balsamic Vinegar
1 1/2 tsps Raw Honey
Sea Salt & Black Pepper (to taste)
4 cups Arugula (packed)
1 Apple (thinly sliced)
1/2 cup Goat Cheese (crumbled)
1/4 cup Pumpkin Seeds

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Wrap the beets in foil and bake for 40 to 45 minutes, or until cooked through. Remove the beets from the oven, let them cool then peel and slice into quarters.
- 02 While the beets cook, make the dressing in a small bowl by whisking together the olive oil, balsamic, honey salt and pepper. Set aside.
- 03 Add the arugula to a salad bowl and top with the beets, apple, goat cheese, and pumpkin seeds. Drizzle the dressing on top. Toss and enjoy!

NOTES

DAIRY-FREE

Omit the goat cheese, or use a plant-based cheese instead.

NO PUMPKIN SEEDS

Omit or use sunflower seeds instead.

NO APPLE

Use a pear instead.

NO HONEY

Use maple syrup instead.

SAVE TIME

Roast the beets ahead of time.

Almond Chocolate Chip Cookies

12 SERVINGS 20 MINUTES



INGREDIENTS

1 1/2 cups Almond Flour
1 1/2 tsp Baking Powder
3 tbsps Coconut Oil (melted)
2 tbsps Maple Syrup
1 tsp Vanilla Extract
2 tbsps Unsweetened Almond Milk
1/3 cup Organic Dark Chocolate Chips

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Combine the almond flour and baking powder together in a mixing bowl. Mix well. Then add in the remaining ingredients and mix again.
- 03 Plop the dough onto the baking sheet using a heaping tablespoon. Use the palm of your hand to gently form and flatten the cookies.
- 04 Place in the oven and bake for about 15 minutes for soft cookies, or 15 to 20 minutes for crunchy cookies.
- 05 Remove from oven and let cool. Enjoy!

NOTES

NO CHOCOLATE CHIPS

Use chopped dark organic chocolate or cacao nibs instead.

NO MAPLE SYRUP

Use honey instead.

LEFTOVERS

Store at room temperature for 2 to 3 days, or freeze in an air-tight container.

SERVING SIZE

A 12-serving recipe yields 12 small cookies, 9 medium cookies or 6 large cookies.