

Bonus Recipes

These recipes add a little something extra to make a meal even more flavorful. They are optional, with the exception of the date paste, which is used as a healthy sweetener. These options will come in handy as you follow the 1 week meal plan and when you are looking for healthier alternatives in the future.

DATE PASTE

INGREDIENTS

2 cups Medjool dates
1/2 cup water
(approx.)

Store in an airtight container in the fridge for up to a month. Use in a 1:1 ratio as a substitute for sugar or other sweeteners.

DIRECTIONS

1. Place tightly packed pitted Medjool dates into the bowl of a food processor, and add water (since date sizes vary, add water to just under the top of the dates).
2. Process to a smooth, paste-like texture, stopping to scrape the sides and incorporate dates as needed. Per your preference, add more dates if paste is too watery or add more water if paste is too thick (the texture can depend upon the moisture content of the dates).

HOMEMADE GRANOLA

topping for smoothies, smoothie bowls, overnight oats or to eat on its own!

INGREDIENTS

4 cups rolled oats
1 cup chopped walnuts (recommend raw & unsalted)
1/4 cup whole flaxseed (or 1/2 cup ground flaxseed)
4 tsp Ceylon cinnamon
1/2 cup raisins
1/2 cup applesauce (recommend unsweetened)
1/2 cup date paste*
1/8 cup almond butter (recommend unsweetened, unsalted & no oil added)
1 tbsp vanilla

DIRECTIONS

1. Preheat oven to 350 & line a baking sheet with a silicone mat or parchment paper.
2. Stir the following in a large bowl: rolled oats, chopped walnuts, ground flaxseed (grind just before using for best health benefits; makes approx. 1/2 cup once ground), Ceylon cinnamon.
3. Add the following to the dry mixture and stir everything to combine well: raisins, applesauce, date paste, almond butter, vanilla.
4. Spread mixture evenly onto the baking sheet. Bake for 20 minutes, stir, and bake for another 20 minutes or until golden brown & crunchy.
5. Cool & store in an airtight container for up to a month.

NOTE: Feel free to add other nuts, seeds, spices, & fruits per your preferences.

HEALTHY PIE CRUST

INGREDIENTS

1 tbsp	whole flaxseed (or 2 tbsp ground flaxseed)
1 cup	almond flour
1 cup	oat flour
2 tsp	herbes de Provence
½ tsp	salt (optional)
5 tbsp	vegetable stock (recommend low sodium & no oil added)

DIRECTIONS

1. Whisk together ground flaxseed (grind just before using for best health benefits; makes approx. 2 tbsp once ground) with water in a small bowl & set aside to gel.
2. In a large bowl, stir together almond flour & oat flour (can grind up whole almonds & oats in a food processor), along with herbes de Provence and salt (optional, but recommended).
3. Add flax/water mixture and low sodium vegetable stock (or water) to bowl with other ingredients & mix thoroughly. Dough should come together in a large ball and stick together when pressed between your fingers.
4. Preheat oven to 350. Place dough ball in center of pie (9 inch) or quiche (10 inch) pan and use palm/fingertips to press it into an even layer covering the bottom and sides.
5. Use a fork to poke holes in crust to vent, and bake (without any filling) for 10-15 minutes or until lightly golden & firm to the touch.

CHIA SEED JAM

INGREDIENTS

2 cups	fresh or frozen fruit
1 ½ tbsp	date paste*
1 tbsp	lemon juice
2 tbsp	chia seeds

DIRECTIONS

1. Heat fresh or frozen fruit (recommend blueberries, raspberries, or chopped strawberries) over medium heat; use a spoon or masher to mash the fruit to your consistency preference.
2. Heat through until it's broken down and bubbly. Remove from heat & stir in date paste, lemon juice, and chia seeds.
3. Let sit to gel for 15 minutes. Stir & serve. Refrigerate leftovers in a sealed container for up to 1 week.

BALSAMIC REDUCTION

INGREDIENTS

1 cup	aged balsamic vinegar
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Also goes great on: salads, strawberries, peaches, avocados, beets, brussels sprouts, bell peppers, sweet potatoes, asparagus, pizza, bruschetta, sandwiches, vanilla nice cream w/fresh raspberries

DIRECTIONS

1. Pour aged balsamic vinegar into a small saucepan; heat on medium high & bring to a boil.
2. Reduce heat and let it simmer for 7-10 minutes or until the vinegar has reduced. Stir occasionally & watch so that it doesn't burn. It will be thick & syrupy when done.



Cut out and save for later!