



February Recipe Book 2024

Created by EpicLuv



Apple & Beet Quinoa Salad

11 ingredients · 25 minutes · 4 servings



Directions

1. Cook the quinoa according to package directions. Once it has finished cooking, set it aside to cool.
2. Combine the cooled quinoa and all remaining ingredients in a large bowl and mix until well combined. Divide evenly between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to approximately one cup.

Make it a Meal

Serve with your favorite protein on top.

Ingredients

- 1/2 cup Quinoa (uncooked)
- 1 Apple (julienned)
- 2 Beet (small, peeled, grated)
- 2 Carrot (small, peeled, grated)
- 1 cup Kale Leaves (chopped)
- 1/3 cup Dried Unsweetened Cranberries
- 1/4 cup Orange Juice
- 2 tbsps Apple Cider Vinegar
- 1 tbsp Dijon Mustard
- 2 tbsps Hemp Seeds
- 1/2 tsp Sea Salt

Salty Orange Mocktail

4 ingredients · 3 minutes · 1 serving



Directions

1. Add all of the ingredients to a glass and stir to combine. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

Additional Benefits

Add a scoop of collagen powder.

Ingredients

5 Ice Cubes

1/2 cup Orange Juice (freshly squeezed)

1/2 cup Coconut Water

1/16 tsp Sea Salt

Spiced Granola Stuffed Apples

8 ingredients · 1 hour · 5 servings



Directions

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Cut off the top of each apple and remove the core. Scoop out the flesh with a spoon, leaving approximately 1/2-inch of flesh on the apples. Finely chop up half of the apple flesh and discard the rest.
3. Add the chopped apple, oats, pecans, coconut sugar, pumpkin pie spice, and arrowroot powder in a bowl. Stir to combine. Add the vanilla extract and melted coconut oil, and stir until crumbly.
4. Divide the crumble mixture evenly between the apples. Transfer them to the prepared baking sheet. Bake for 30 minutes or until the apples are soft to the touch. Serve and enjoy!

Ingredients

- 5 Apple (medium)
- 1/2 cup Oats (rolled)
- 1/4 cup Pecans (chopped)
- 2 tbsps Coconut Sugar
- 1 tsp Pumpkin Pie Spice
- 1 tbsp Arrowroot Powder
- 1 tsp Vanilla Extract
- 2 tbsps Coconut Oil (melted)

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is equal to one stuffed apple.

Additional Toppings

Top with whipped cream or Greek yogurt.

Extra Apple

Use the leftover apple flesh to make apple sauce, add to smoothies, or combine with rhubarb or blueberries and make a baked crumble.

No Bake Strawberry Cheesecake Cups

10 ingredients · 1 hour 15 minutes · 4 servings



Directions

1. In a saucepan over medium-low heat combine the strawberries, half the lemon juice, arrowroot powder, and water. Stir to combine. Cook, stirring often until thickened, about eight to nine minutes. Remove from the heat and set aside.
2. Add the graham crackers to a food processor and blend until a fine crumb has formed. Transfer to a bowl and mix with the butter until you can press the dough together with your fingers.
3. Wipe out the food processor and add the yogurt, cream cheese, vanilla, remaining lemon juice, and honey. Blend until the mixture comes together.
4. Divide the crumbs evenly between jars, followed by the yogurt mixture. Top with the strawberries. Refrigerate for one hour and then enjoy!

Notes

Leftovers

Refrigerate in airtight jars or containers for up to four days.

Serving Size

One serving is one 7 fl oz (205 mL) jar.

Gluten-Free

Use gluten-free graham crackers instead.

Ingredients

- 1 cup Strawberries (chopped)
- 2 tsps Lemon Juice (divided)
- 1 tsp Arrowroot Powder
- 3 tsps Water
- 3 ozs Graham Crackers
- 2 tsps Butter (softened)
- 2/3 cup Plain Greek Yogurt
- 3/4 cup Cream Cheese, Regular
- 1/2 tsp Vanilla Extract
- 2 tsps Honey

Smashed Avocado & Lima Bean Toast

7 ingredients · 5 minutes · 2 servings



Directions

1. In a bowl, smash the avocado until smooth. Add the lima beans to the bowl, lightly smash the beans and mix with avocado. Add the lime juice and sea salt, adjusting the seasoning to your taste.
2. Add the bean mixture to the toast. Top with alfalfa sprouts and chili flakes. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to one toast.

More Flavor

Add red onion and chopped tomato to the bean mixture.

Gluten-Free

Use gluten-free bread instead.

Sourdough Bread

One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.

Ingredients

- 1 Avocado (medium)
- 1 cup Lima Beans (cooked)
- 1/2 Lime (medium, juiced)
- 1/4 tsp Sea Salt
- 3 1/2 ozs Sourdough Bread (sliced, toasted)
- 1 cup Alfalfa Sprouts
- 1/4 tsp Chili Flakes

Beet & Broccoli Salad

5 ingredients · 15 minutes · 3 servings



Directions

1. Cut the florets off of the broccoli and use a vegetable peeler to peel the stalks into ribbons. Add both the florets and ribboned stalks to the bowl.
2. Peel the beets into ribbons and add them to the bowl.
3. Add the oil, lemon juice, salt, and pepper. Toss to combine. Divide evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate into an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups.

Additional Toppings

Feta cheese or goat cheese.

Save Time

Buy pre-chopped broccoli slaw.

Ingredients

3 cups Broccoli (including the stalk)

2 Beet (small, peeled)

2 tbsps Extra Virgin Olive Oil

1/2 Lemon (medium, juiced)

Sea Salt & Black Pepper (to taste)

One Pan Pork Chops, Carrots & Sweet Potatoes

8 ingredients · 30 minutes · 2 servings



Directions

1. Heat a heavy pan over medium-high heat and add the oil.
2. Once hot, sear the pork chops on each side for one to two minutes until browned. Remove from the pan and set aside.
3. Add the shallot, carrot, sweet potato, and water to the same pan and lower the heat to medium. Cook the veggies for 10 minutes, stirring halfway through.
4. Add the pork chops back to the pan and add the kale. Season with salt and pepper. Cook the pork chops for two to four minutes or until cooked through. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one pork chop and 1 1/2 cups of veggies.

More Flavor

Add minced garlic, soy sauce, and/or hot sauce.

Additional Toppings

Chopped green onions, sesame seeds, and/or chopped cilantro.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 **lb** Pork Chop (bone-in)
- 1/4 **cup** Shallot (sliced)
- 1 Carrot (large, cut on a bias)
- 1/2 Sweet Potato (large, sliced)
- 1/4 **cup** Water
- 2 **cups** Kale Leaves (chopped)
- Sea Salt & Black Pepper (to taste)

Arugula, Peach & Feta Salad

8 ingredients · 10 minutes · 2 servings



Directions

1. In a small bowl, mix together the oil, lemon juice, salt, and pepper.
2. In a serving bowl, add the arugula. Arrange the peach slices and prosciutto on top. Top with feta cheese and pine nuts. Drizzle with the lemon dressing and enjoy!

Notes

Leftovers

Refrigerate the salad and the dressing in separate containers for up to three days.

Serving Size

One serving is equal to approximately 2 1/3 cups.

Make it Vegan

Omit the prosciutto and use a plant-based cheese instead.

More Flavor

Add croutons and cucumber.

Dairy-Free

Use a plant-based cheese instead of feta.

No Pine Nuts

Use walnut or pecans instead.

Ingredients

- 2 **tbsps** Extra Virgin Olive Oil
- 1/2 **Lemon** (juiced)
- Sea Salt & Black Pepper (to taste)
- 3 **cups** Arugula
- 2 **Peach** (medium, pit removed and sliced)
- 2 **ozs** Prosciutto (thinly sliced)
- 1/4 **cup** Feta Cheese (crumbled)
- 2 **tbsps** Pine Nuts

Pomegranate Glazed Salmon

7 ingredients · 45 minutes · 2 servings



Directions

1. Combine the pomegranate juice, orange juice, and honey in a saucepan. Bring the sauce to a boil, stirring, then reduce to a simmer. Cook for 15 to 20 minutes, stirring occasionally, until the sauce thickens and reaches a syrupy consistency.
2. Preheat the oven to 300°F (150°C). Line a baking sheet with parchment paper.
3. Place the salmon on the prepared baking sheet, skin-side down. Season with salt and pepper. Brush the sauce generously over the salmon to coat.
4. Bake for 20 to 25 minutes, or until the salmon is cooked through. The cooking time may vary depending on the size of the salmon fillet.
5. Transfer the salmon to a serving platter. Garnish with pomegranate seeds and parsley. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add garlic and orange zest.

Serve it With

Quinoa, rice, farro, roasted vegetables, mixed greens, or over salad.

Additional Toppings

Green onions and orange slices.

Ingredients

- 1/2 cup Pomegranate Juice (unsweetened)
- 1/2 cup Orange Juice (freshly squeezed)
- 2 tbsps Raw Honey
- 12 ozs Salmon Fillet (with skin)
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Pomegranate Seeds
- 2 tbsps Parsley (chopped)

Blood Orange Tahini Overnight Oats

5 ingredients · 8 hours · 2 servings



Directions

1. Add the oats, coconut milk, chia seeds, and chopped oranges to a mixing bowl. Mix well. Cover and place in the fridge overnight, or for at least 8 hours.
2. Remove the oats from the fridge and divide them into jars. Top with tahini. Enjoy!

Notes

Leftovers

Store in an airtight container in the fridge for up to three days.

Gluten-Free

Use certified gluten-free oats.

More Flavor

Add maple syrup or cinnamon.

Hot or Cold

These oats can be enjoyed hot or cold. Reheat cold oats in the microwave or on the stove top.

No Blood Oranges

Use regular navel oranges instead.

Ingredients

- 1 cup Oats (rolled)
- 1 1/4 cups Plain Coconut Milk (unsweetened, from the carton)
- 1 tbsp Chia Seeds
- 2 Blood Orange (small, peeled and chopped)
- 1 tbsp Tahini