

Nut-Free Pesto

3 SERVINGS 5 MINUTES



INGREDIENTS

1 1/4 cups Basil Leaves
2 tbsps Pumpkin Seeds
1 tbsps Lemon Juice
1 Garlic (clove)
2 tbsps Nutritional Yeast
1/4 tsp Sea Salt
3 tbsps Extra Virgin Olive Oil

DIRECTIONS

- 01 Add the basil, pumpkin seeds, lemon juice, garlic, nutritional yeast, and sea salt to a food processor.
- 02 With the food processor running, slowly stream in the olive oil. Continue to blend for 30 seconds until pesto is smooth and emulsified. Season with additional salt or lemon juice, if needed.
- 03 Transfer to a jar and enjoy!

NOTES

LEFTOVERS

Store in an airtight container for up to four days. This pesto also freezes well.

SERVING SIZE

One serving is equal to two tablespoons of pesto.

MORE FLAVOR

Add chili flakes.

SERVE IT WITH

Pasta, cauliflower rice, with meat or as a dip.

Smooth Triple Berry Chia Jam

16 SERVINGS 20 MINUTES



INGREDIENTS

1 cup Frozen Strawberries
1 cup Frozen Raspberries
1 cup Frozen Blueberries
1/2 cup Water
1/2 tsp Vanilla Extract
1/4 tsp Cinnamon (optional)
3 tbsps Chia Seeds

DIRECTIONS

- 01 Add the berries, water, vanilla and cinnamon, if using, to a pot over medium heat. Bring to a simmer and continue to cook until the berries are tender and the mixture is juicy, about 10 minutes.
- 02 Remove the cooked berries from the heat and stir in the chia seeds. Let cool slightly.
- 03 Transfer the mixture to a blender and blend until smooth, about a minute. If the jam is too thick, add a tablespoon of water a time until desired consistency is reached.
- 04 Let it cool completely then transfer to an airtight jar or container and refrigerate until ready to use. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to seven days or freeze for up to two months.

SERVING SIZE

One serving is approximately 2 tablespoons.

LIKE IT SWEET

Add maple syrup, honey, stevia or monk fruit sweetener to taste.

NO FROZEN BERRIES

Use fresh berries instead.

HOW TO USE

Spread on toast, muffins, rice cakes or crackers. Use as a topping for oats, or in any recipe that calls for jam.

Vegan Tzatziki

6 SERVINGS 5 MINUTES



INGREDIENTS

- 1 1/2 cups Unsweetened Coconut Yogurt
- 1/2 Cucumber (grated)
- 1 1/2 tbsps Lemon Juice
- 1/4 tsp Sea Salt

DIRECTIONS

- 01 Combine all ingredients in a bowl. Adjust salt and lemon juice as needed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is equal to 1/4 cup.

MORE FLAVOR

Add dill, garlic, paprika, or a drizzle of olive oil.

NO LEMON JUICE

Use apple cider vinegar instead.

Bell Pepper & Taco Dip

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Unsweetened Coconut Yogurt
1 tsp Taco Seasoning (to taste)
1 Red Bell Pepper (sliced)

DIRECTIONS

01 In a small bowl mix the yogurt and taco seasoning together. Serve with the red bell pepper slices for dipping. Enjoy!

NOTES

LEFTOVERS

Refrigerate the dip in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Add sea salt and black pepper to taste.

NO COCONUT YOGURT

Use Greek yogurt instead.