

Frozen DF Yogurt Bark With Nuts and Berries

- **Ingredients**

- 2 cups Greek or dairy free yogurt
- Berries of choice (1-2 cups)
- Nuts of choice (chopped, ~1 cup)

- **Directions**

- Add parchment paper to a baking sheet
- Spread yogurt with a spatula
- Sprinkle with fruit and nuts
- Place in the freezer overnight or until frozen
- Break up into pieces and store in the freezer in an airtight container



Image credit:

<https://foolproofliving.com/frozen-yogurt-bark/>

Dates with Nut Butter

Ingredients

- Medjool dates, split and remove the pit
- Peanut butter (~1 teaspoon per date)
- Optional toppings: dark chocolate chips, coconut flakes, ground nuts...

Directions

- Split dates, add peanut butter and optional toppings





MAPLE CANDIED PECANS

🕒 prep time: 5 MINUTES 🕒 cook time: 20 MINUTES

🕒 total time: 25 MINUTES 🍴 yield: 2 CUPS 1x

DESCRIPTION

This 5-ingredient Maple Candied Pecans recipe is naturally sweetened with just maple syrup, and it's perfect for snacking, sprinkling on salads, and giving as homemade holiday gifts. Cooking time may vary according to the size of your batch and pan.

INGREDIENTS

- 2 cups raw pecan halves
- 1/2 cup real maple syrup
- 1 1/2 teaspoons ground cinnamon
- 1/2 teaspoon fine sea salt
- 1/8 teaspoon ground cayenne

SCALE 1x 2x 3x

INSTRUCTIONS

- 1 Combine all ingredients in a sauté pan, and toss with a spoon or spatula until the pecans are evenly coated and the spices have mostly dissolved into the maple syrup.
- 2 Cook the mixture on medium heat until the maple syrup comes to a low simmer, stirring occasionally. (We're looking for small, gentle bubbles here — not a vigorous boil.)
- 3 Reduce heat to medium-low (or whatever temperature works on your stovetop to maintain a low simmer). Continue simmering the mixture for about 20-25 minutes — stirring often — until the liquid in the maple syrup has evaporated and its sugars have crystallized. The maple syrup will go through the following stages: (1) **Thin and liquidy**: It will simmer and bubble easily, and the pecans will be lightly coated. Stir every 1-2 minutes or so. (2) **Thick and syrupy**: The bubbles will start to get thicker and slower, and the pecans will start to stick together more. (3) **Crystallized and grainy**: Once the maple syrup has almost completely evaporated (there may still be some tiny bubbles on the bottom of your pan), you'll notice that it starts to crystallize and look like microscopic little grains of sugar on the pecans. This is good — it



Healthy Fat Recipes

Almond Ginger Drizzle

¼ cup smooth almond butter

1 Tbs rice vinegar

2 tsp. maple syrup

½ tsp minced ginger and ½ tsp minced garlic

1 – 2 tsp hot pepper sesame oil (optional)

1/3 cup water (or more to desired consistency)

Salt to taste

Combine all ingredients in a small saucepan and simmer until combined. Add salt to taste. Can be stored in the refrigerator for 1 – 2 weeks.

Tastes excellent over rice, quinoa, meat and vegetables

Recipe credit: Feeding the Whole Family by Cynthia lair



5-minute avocado green goddess dressing (vegan)

Author: [Lindsay Pleskot](#) Total Time: 5 minutes Yield: 4-6 servings 1x

Diet: Vegan



This simple 5-ingredient Avocado Green Goddess Dressing is so easy to make, and can double as a nutritious salad dressing or flavorful dip that will have you returning again and again to that plate of freshly chopped veg! Avocado replaces the typical dairy cream base making it vegan, while providing nourishing plant-based fats.

INGREDIENTS

- 1 avocado (or sub for 1 cup Greek or vegan yogur)
- 1 clove garlic, minced or grated
- Juice of 1/2 a lemon (about 1 tbsp)
- 2 tbsp extra virgin olive oil
- 3 tbsp warm water
- Coarse ground salt + fresh-cracked pepper
- Fresh herbs (approx 1 cup) – I used basil, parsley, cilantro (or sub for mint, dill, or tarragon)
- Optional: For a ceasar-ish dressing, add 2-4 tbsp nutritional yeast or Parmesan cheese

SCALE 1x 2x 3x

<https://www.lindsaypleskot.com/avocado-green-goddess-dressing/print/16128/>

INSTRUCTIONS

1. In a high speed blender, combine all ingredients.
2. Pulse on high until super smooth and creamy.
3. Add 2-4 tbsp nutritional yeast or Parmesan cheese (Optional. This gi
4. Drizzle on your salad greens or put in a bowl to dip your fresh veggies. Enjoy!

Easy Ways to Eat More Fish

- Fish Tacos
<https://www.delish.com/cooking/recipe-ideas/recipes/a53296/easy-fish-taco-recipe/>
- Panko baked fish (can be gluten free)
<https://www.food.com/recipe/panko-encrusted-cod-394616>
- Ceviche
<https://www.muydelish.com/fish-mango-ceviche/>
- Mediterranean fish soup:
<https://www.themediterraneandish.com/fish-soup-recipe/>



Crudité Style Meals

- Nuts /Seeds
- Cut up veggies
- Fruits / berries
- Whole grain crackers or bread
- Potatoes
- Humus
- Edamame
- Avocado
- Olives
- Pickles



Image credits: <https://thedeliciouslife.com/green-goddess-crudites-board-with-green-goddess-dip-recipe/>
<https://camillestyles.com/food/crudite-platter/>

Vegan Walnut Taco Meat (Fast & Easy!)



★ ★ ★ ★ ★ 4.9 from 17 reviews

Prep Time: 5 minutes **Cook Time: 10 minutes**

Yield: 4 servings (about 3 cups)

The secret to vegan taco meat that pleases everyone? This walnut taco meat is beyond delicious in tacos, salads, & more.

Ingredients

- 2 cups whole walnuts*
- 8 ounces baby bella (cremini) mushrooms
- 2 tablespoons soy sauce or tamari (or coconut aminos for soy free)
- 2 tablespoons ketchup
- 1 tablespoon cumin
- 1/2 tablespoon each smoked paprika**, onion powder, and garlic powder
- 1/2 teaspoon [kosher salt](#)
- 2 tablespoons olive oil, divided

Instructions

1. Roughly chop the mushrooms. Place them in a large [food processor](#), then add the walnuts and tamari, ketchup, cumin, spices, and salt. Pulse gently multiple times until everything is evenly chopped, being careful not to over process (or it will be too mushy). If you don't have a [food processor](#), use a chef's knife to roughly chop everything and place in a bowl with the spices.
2. Heat 1 tablespoon of the olive oil in a non-stick skillet over medium low heat. Cook for 7 to 10 minutes, stirring until it releases all of its liquid then becomes dry and browned. Stir in the remaining 1 tablespoon olive oil. Taste and add more salt to taste if desired. Store refrigerated for 1 week or freeze on a sheet pan, then place in a sealed container and freeze up to 3 months.

Notes

*It also works with 1 cup walnuts and same amount of mushrooms: reduce the [kosher salt](#) to 1/4 teaspoon and then add more to taste.

**If you can't find smoked paprika, you can substitute chili powder here.

<https://www.acouplecooks.com/walnut-vegan-taco-meat/print/90038/>

SPICED ROASTED NUTS

Author: [Nyssa Tanner](#) Total Time: 25 minutes Yield: 4 cups 1x Diet: Vegan

Spiced roasted nuts are the easy homemade recipe you need to tie any holiday or snack spread together. Perfect to serve for Thanksgiving, Christmas, with your favorite charcuterie spread, or as an every day snack. They are perfectly seasoned with a savory seasoning blend, only take minutes to prep and less than half an hour to roast. Made with walnuts, pecans, almonds, and cashews, but easily customizable based on your preferences. Whole30, paleo, gluten free, sugar free, and vegan (no egg whites).



INGREDIENTS

- 1 cup pecans
- 1 cup walnuts
- 1 cup almonds
- 1 cup cashews
- 1/2 – 3/4 teaspoon kosher salt, to taste
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried dill
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon chili powder
- 2 tablespoons olive oil or avocado oil

INSTRUCTIONS

1. **Preheat oven to 325 degrees.**
2. **Prep and bake nuts.** Toss nuts with olive oil and spices until thoroughly coated. Transfer to a baking sheet and roast in a single layer for 18-20 minutes, taking out halfway through to toss – until toasted and fragrant.
3. **Set aside to cool.** Once cool, transfer to an airtight container until ready to serve. Will keep for up to 10 days on the counter!



Power Bowls

- Whole grains
- Beans
- Nuts or seeds

- Keep some dressings on hand to vary the flavors
- Brand recommendations: Primal Kitchen, Chosen Foods, Braggs
- Look for dressings with olive oil or avocado oil



<https://www.eatingwell.com/gallery/8049906/vegan-grain-bowl-recipes/>



Kale Salad with Cashew Dressing and Chickpea Croutons

Serves 6

Cashew Dressing:

- ½ cup raw cashews, soaked overnight in water in the refrigerator or for 30 minutes in very hot water
- 1 teaspoon Dijon mustard
- 1 clove garlic
- 1 tablespoon capers, drained
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- ¼ cup warm water
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

To make dressing, put ingredients in blender and blend on high until a thick dressing forms. If the dressing is too thick, add a tablespoon of water and blend again.

Chickpea Croutons:

- 1 (14-ounce) can chickpeas, drained and rinsed
- 1 teaspoon olive oil
- ½ teaspoon salt
- ½ teaspoon dried oregano
- ½ teaspoon garlic powder
- 1/8 teaspoon ground black pepper

Preheat oven to 400°F. Pour chickpeas on dish towel and rub them dry, then place in medium-sized bowl. Add olive oil, salt, oregano, garlic powder, and pepper, and stir to evenly coat



<https://www.brainandlife.org/the-magazine/online-exclusives/4-magnesium-rich-recipes/>