

Healthy Meal Recipes

Create a happy and healthy life that is flexible, fun, and free with these simple recipes

Matcha Green Tea Smoothie



Ingredients

- 1 Scoop or Packet Vanilla Protein Powder
- 2 ½ Cups Peaches or Mango Frozen
- 1 Banana
- 1 Cup Baby Spinach
- ¼ Cup Pistachios Shelled and Roasted
- 2 Tsp Matcha Green Tea Powder
- 1 Cup Vanilla Coconut Milk
- 1 Cup Ice

Directions

1. Combine the ingredients in a blender and puree until smooth
2. Add more liquid to reach the desired consistency.
3. Serve cold.

Buddha Bowl



Ingredients

- Quinoa, Hummus, Sweet Potato Bowl**
- 1 Large Sweet Potato, chopped into ¾-inch cubes
 - 1 (15-ounce) Can Chickpeas, drained, rinsed & dried
 - 1 Cup Quinoa
 - 1 Large Carrot, peeled & julienned
 - Purple Cabbage or vegetable of choice, shredded
 - Couple Handfuls of Greens for the base (optional)
 - Lots of Hummus
 - 1 Sliced Avocado
 - Hulled Hemp Seeds

Directions

1. Preheat oven to 400F and line two large baking sheets with parchment paper.
2. Toss the chopped sweet potato with 1 Tbsp olive oil, sea salt and ground pepper and spread out on one sheet.
3. Toss the chick peas with 1 Tbsp olive oil, ½ tea each of garlic powder, chili powder, cumin, cayenne, and sea salt and spread out on second sheet.
4. Roast sweet potato's and chick pea's in 400F oven for 15 minutes then mix / stir them both to then roast for 15 more minutes. Cool for 5 minutes.
5. Prepare the quinoa while the vegetables are roasting per the instructions on their label.
6. Assemble the Bowl: Place greens on the bottom of the bowl then add the roasted veggies, quinoa, followed by the sliced avocado, hummus, shredded veggies, and hemp seeds. Add dressing of choice if desired.

Strawberry Vanilla Mousse



Ingredients

- Strawberry Mousse**
- 1 ½ Cups Raw Cashews
 - 2 Cups Fresh or Frozen Strawberries
 - 1 Tsp Pure Vanilla Extract
 - ¼ Cup Pure Maple Syrup
 - 3 Medjool Dates
 - 1 Cup Full Fat Coconut Milk in a Can
- Chia Seed Pudding**
- 1 Cup Full Fat Coconut Milk in a Can
 - 1 Cup Vanilla Almond Milk
 - ½ Cup Chia Seeds
 - 2 Scoops Vanilla Protein Powder
 - 1 Tsp Pure Vanilla Extract
 - 2 Tsp Maple Syrup
 - 1 Tsp Sea Salt
 - Fresh Berries of Your Choice to Top

Directions

1. Soak the raw cashews for 1 hour in boiling water or for 4 hours in room temperature water and drain.
2. **Mousse:** Blend the soaked cashews, fresh strawberries, dates, maple syrup, coconut milk, vanilla extract and set aside.
3. **Pudding:** Blend the coconut milk, almond milk, maple syrup, sea salt, and protein powder. Add the chia seeds and pulse to thicken.
3. In a bowl, spoon in berry mousse and top with chia pudding. Top with fresh berries.

Radically improve your health and happiness through new foods, new energy, and new aspirations!