

Recipes

[Veggie Thin Crackers](#)

Makes about 40 What you'll need... 1 tbsp chia seeds 2 $\frac{1}{2}$ tbsp warm water 1 cup almond flour 3 ...

[Read More](#)

[Spicy Italian "Sausage" Scramble](#)

Makes 1-2 servings What you'll need... 1 pkg (227g) organic Tempeh, crumbled using fingers 2 tbsp extra virgin oil 2-3 ...

[Read More](#)

[Silky Smooth Oven Roasted Sweet Potatoes](#)

Serves 2-3 What you'll need... 2-3 medium sized sweet potatoes, scrubbed 1-2 tbsp coconut, avocado or coconut oil salt & ...

[Read More](#)

[Creamy Cashew Caesar Dressing](#)

Makes 1 cup What you'll need... $\frac{2}{3}$ cup soaked raw cashews $\frac{1}{3}$ cup water $\frac{1}{2}$ - 1 clove garlic, minced ...

[Read More](#)

[Roasted Mushrooms & Cauliflower](#)

Serves 4 What you'll need... 500g whole cremini mushrooms $\frac{1}{2}$ head cauliflower $\frac{1}{4}$ cup extra virgin olive oil 1 clove ...

[Read More](#)

[Portuguese Green Soup](#)

Makes roughly 2 liters What you'll need... $\frac{1}{4}$ cup (60 mL) extra virgin olive oil 2 medium onions, diced 1-2 ...

[Read More](#)

[Massaged Kale Salad with Creamy Avocado Vinaigrette](#)

Makes 4-6 servings What you'll need... 1 bunch kale, stems

removed, torn into pieces (about 6 cups total) 1½ tsp ...

[Read More](#)

Indian “Butter” Mushrooms

Makes 4-6 servings What you'll need... 3 cups (750 mL) chopped fresh or canned diced tomatoes 1 cup (250 mL) ...

[Read More](#)

