

## **Kale, Sweet Potato, & Dried Cranberry Salad (vegan friendly, healthy, cheap, easy, and delicious!)**

- 1 bag of mixed shredded kale and Brussel sprouts (I just bought mine at Shaw's but I'm sure Hannaford and market basket sell something similar)
- 1 medium to large sweet potato
- Cashews (handful)
- Dried Cranberries (handful)
- 2 tbsp chopped parsley
- Brianna's homestyle poppyseed dressing

Preheat the oven to 450 degrees.  
Medium dice the sweet potato into cubes.  
Place on a baking sheet, drizzle with olive oil, season with salt and pepper, toss, and cook in the oven for ~20 min, or until tender when pierced with a fork. Put Kale/Brussel sprout mix, cashews, dried cranberries, and sweet potatoes into a bowl. Drizzle with as much of the poppyseed dressing as you want. Toss, and enjoy! Makes about 4 servings.

Inspiration for this salad came from [www.forksoverknives.com](http://www.forksoverknives.com)



## **Lentil dip**

### *Ingredients*

- 2 cans of lentils (or if you feelin fancy you can get raw lentils and simmer them for 15 minutes)
- 2 tablespoons of coconut milk (you don't need much, so I'd go full fat coconut milk because it tastes way better than the low fat stuff)
- ½ tbsp. cumin
- ½ tbst. garam masala (sounds fancy, but you just get it at any normal grocery store)
- Dash of salt/pepper

### *Instructions*

- Add all ingredients to a nutribullet/food processor
- Chill for 20 minutes
- Enjoy with whole wheat crackers or on toast!

## **Roasted White Miso and Honey Brussel Sprouts**

- White Organic White Miso Paste
- Maine Wildflower Honey
- Balsamic Vinegar
- EVOO
- Garlic

(you can add as much of each ingredient you prefer - I like it miso heavy - so I'd do something like 2-3 tbsp of Miso/1-2 tbsp of Honey/ 1-2 tbsp of balsamic/3-4 tbsp of EVOO and as much garlic as you want - make sure the consistency is still that of a liquid -add more EVOO so it can coat the sprouts evenly)

- Brussel sprouts - cut in half

Make sure you get them all coated with the mixture- leave some for later. Pop them in the oven at about 385 F- for approx 15 mins - but do keep an eye on them the last 5 mins. When you think they are done- take them out - brush the top with some more of the mixture (or just honey so you get that flavor popping). Put them back in on broil for 2-3 mins. They Crispy! Eat! And then the flatulence may prevail :)

## **Rose+Turmeric Chocolate Chip Oat Clusters**

140 g.	whole wheat flour
20 g.	rolled oats
20 g.	flax seed
150 g.	coconut sugar
½ tsp.	turmeric
¼ tsp.	cinnamon
¼ tsp.	baking powder
1 tbsp.	dried rose petals
150 g.	almond milk
30 g.	coconut oil, melted
50 g.	almond flour
80 g.	dark chocolate chips

1. Preheat oven to 400F
2. Whisk together flour, oats, baking powder, flax seed, almond flour, turmeric, coconut sugar, and rose petals.
3. Add almond milk and melted coconut oil.
4. Add the chocolate chips and stir to combine.
5. Bake cookies on sheet lined with parchment paper for 10-12 minutes.
6. Let cool and enjoy!

### Cardamom Sable Cookies

2 ¼ c.	all-purpose flour
¾ tsp.	ground cardamom
½ c.	raw sugar
1 c.	unsalted butter
1	large egg yolk
½ c.	honey

1. Whisk together all-purpose flour, ground cardamom, and sugar.
2. Whip butter until smooth. Add egg yolk and honey.
3. Slowly add the dry ingredients until incorporated.
4. Roll the dough into two 9" logs. Wrap in plastic wrap and chill in the refrigerator for 2 hours.
5. Preheat oven to 350F.
6. Slice dough into ¼" – ½" rounds and place cookies on parchment-lined baking sheet.
7. Bake cookies for 13-18 minutes.
8. Let cool and enjoy with a cup of coffee or tea.



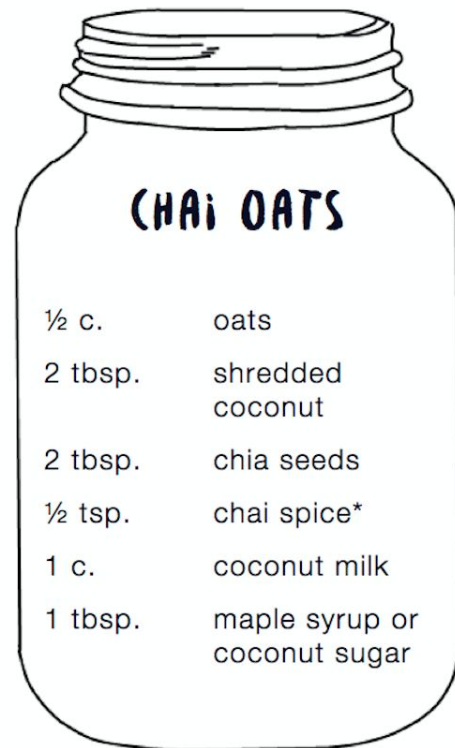


Mix it all up in the mason jar & store in the refrigerator overnight.

Top with fresh berries, shredded coconut, or almond butter for an extra protein boost!

~Enjoy a healthy & filling breakfast~

Serving: 1, Prep time: 10 mins, Cost: \$1.04



Mix it all up in the mason jar & store in the refrigerator overnight.

We like this topped with flax seed or sunflower seed for an extra crunch, and fresh berries!

\*To make chai spice, mix equal parts ground ginger, cardamom, clove, and cinnamon.

Serving: 1, Prep time: 10 mins, Cost: \$1.07

