

RECIPE

# Sweet Potato Toast



Created by Leah Grace Barack, M.S.

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## Ingredients

- 2 large sweet potatoes
- Avocado oil
- Fine grain salt
- *For sweet option:* nut butter, hemp seeds, and cinnamon
- *For savory option:* ½ smashed avocado and a fried or poached egg

## Preparation

1. Preheat oven to 400° F.
2. Slice sweet potatoes lengthwise into ½ inch thick pieces, and lay on a parchment paper lined baking pan.
3. Cover potatoes in avocado oil and salt, and massage with hands to ensure they are all fully covered.
4. Bake in oven for 15 minutes, then flip and bake for another 15 minutes.
5. Let cool, then top with either sweet or savory toppings of choice.

RECIPE

# Roasted Broccoli



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## Ingredients

- 2 large heads broccoli, cut into florets
- ½ large red onion, diced
- 2 Tbs avocado oil
- ½ tsp salt
- ¼ tsp pepper
- Squeeze of lemon

## Preparation

1. Preheat the oven to 400° F.
2. Place the broccoli and onion on a parchment paper lined baking sheet, and pour oil, salt, and pepper over them. Stir thoroughly so everything is coated evenly.
3. Bake for ~30 minutes, stirring halfway through, or until broccoli is cooked through and easily pierceable with a fork.
4. Once the broccoli is done remove it from the oven and squeeze fresh lemon juice over it.

RECIPE

# Orange Ginger Tahini Dressing



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## Ingredients

- ½ cup orange juice, freshly squeezed
- Zest from 1 orange
- ½ cup tahini
- ½ Tbs ginger, freshly grated
- 1.5 Tbs apple cider vinegar
- ¼ tsp salt, more to taste
- 1 Tbs maple syrup or honey
- 2-3 Tbs cold water (optional, if need to thin out dressing)

## Preparation

1. Place all ingredients (except water) in a blender or jar, and blend or shake vigorously until mixture is smooth.
2. If it is too thick, add a small amount of water at a time. Taste and add more salt as needed.
3. Store in an airtight container in the fridge, and serve over salads, veggies, or grain bowls.

RECIPE

# Hummus



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## Ingredients

- 1 can chickpeas, drained (*\*save aquafaba from can*)
- ¼ cup tahini
- 1 lemon, juiced
- 2 Tbs aquafaba (more for thinner consistency)
- 1 clove fresh garlic
- 2 Tbs olive oil
- 1 tsp cumin
- ¼ tsp salt
- Optional: extra olive oil, dried paprika, and/or fresh parsley for topping and serving

## Preparation

1. Combine all ingredients in a food processor, and process until fully combined. Stop intermittently to scrape down sides.
2. Place in a glass sealable container, and store in the fridge for up to 5 days. Cover with optional toppings such as olive oil, paprika, and/or parsley before serving.

RECIPE

# Herb Roasted Chicken Thighs



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## Ingredients

- 4 boneless chicken thighs
- 1.5 Tbs Avocado oil
- ½ tsp dried basil
- ½ tsp ground oregano
- ½ tsp salt
- ¼ tsp black pepper

## Preparation

1. Preheat the oven to 400° F.
2. Pat chicken dry and remove excess fat.
3. Place chicken thighs, oil, spices, salt and pepper in a bowl and mix thoroughly until all chicken is evenly covered.
4. Place the chicken on a parchment paper-lined baking sheet, and bake for ~30-35 minutes, or until chicken reaches 165°F. Remove from oven and serve immediately, or store in the fridge for 3-4 days.

RECIPE

# Hard Boiled Eggs



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## Ingredients

- Eggs
- Water
- Ice

## Preparation

1. Place eggs in a saucepan and fill with water until there is about an inch of water covering eggs.
2. Bring to a boil over medium heat, then once boiling remove from heat and let sit covered for 10-11 minutes.
3. Meanwhile, prepare an ice bath in a large bowl by filling the bowl with water and ice.
4. Once eggs are finished remove them with a slotted spoon and place in the ice bath to cool.
5. Remove eggs after they are completely cooled, let dry, and store in an airtight container in the fridge for up to one week.

RECIPE

# Granola



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## Ingredients

- 1.5 cups oats
- ½ cup buckwheat groats
- ¼ cup pepitas (pumpkin seeds)
- ¼ cup hemp seeds
- ¼ cup cashew OR walnuts
- ¼ cup coconut oil
- 1 tsp salt
- ½ tsp cinnamon
- ⅛ tsp ground ginger
- 2 tsp vanilla extract
- ⅓ cup maple syrup

## Preparation

1. Preheat the oven to 350° F.
2. Combine oats, buckwheat, pepitas, hemp seeds, and cashews (or walnuts) in a large bowl.
3. Put coconut oil, salt, cinnamon, ginger, vanilla, and maple syrup in a small saucepan, and heat gently over low heat for ~3 minutes or until coconut oil is melted.
4. Pour wet mixture over dry mixture, and stir thoroughly until everything is evenly coated.
5. Place mixture on a parchment-paper lined baking sheet, and bake for about 18-20 minutes or until granola is lightly golden.
6. Remove from the oven, and let cool for *at least* 45 minutes before transferring to keep it clumpy and chunky. Store in an airtight container at room temperature for 1-2 weeks. Serve over chia pudding, with nut milk and fruit, on smoothie bowls, or on its own as a snack or breakfast.