

Baked Almond 'Falafel' Bites with Tahini Drizzle

Serves: 2

INGREDIENTS:

1 cup raw almonds
1/4 cup hempseeds
2 cloves garlic
1 tsp ground cumin
1 tsp chili powder
1/2 tsp onion powder
1/2 tsp salt
1 egg
2 tbsp coconut oil
1/2 cup fresh parsley
avocado or coconut oil spray
wraps of choice *optional
1/3 cup plain hummus

Lemon Tahini Dressing:

1/3 cup tahini
juice 1 lemon
1 tbsp pure maple syrup
1 tbsp avocado oil



Serving size: 1 wrap with 3-4 falafels + 1 spoonful of tahini on top with veggies

INSTRUCTIONS:

1. Preheat the oven to 350 degrees and take out a baking sheet.
2. Place almonds, hempseeds, garlic, cumin, chili powder, onion powder and salt in a food processor and process for 10 seconds.
3. Add in egg, coconut oil and parsley and process for another 10 seconds.
4. Scoop into a bowl and pop in the fridge for 30 minutes or so.
5. Scoop out the ingredients and roll into a 12 balls using your hands. Place on the baking sheet and bake for 20 minutes.
6. While waiting, whisk up the dressing and set aside.
7. When the falafel is done, take it out, spray with non stick spray and pop it back in for 2 minutes to get golden brown. Let them cool slightly.
8. Heat up your wraps, add a smear of hummus, arugula, few balls, red onion and drizzle of tahini!



Faux Oatmeal

Serves: 1

INGREDIENTS:

3/4 cup light canned coconut milk
3 tbsp chia seeds
2 tbsp flaxseeds
1/2 cup frozen organic blueberries
1 serving vanilla vegan protein powder

INSTRUCTIONS:

In a small soup pan, add milk and turn heat to low-medium. Allow milk to simmer and add seeds and berries, stir and cover for 8 minutes.

Remove lid and stir in protein powder.

If you like it thicker, cover with the lid for another 2-3 minutes.

Want it thinner? Add a touch more milk.

Serve warm with 1 tbsps nuts or 1 tbsp almond butter + lots of cinnamon.

Sweet N Salty Snack Mix

Makes: 3 cups

INGREDIENTS:

- 1 tsp cinnamon
- 1 tsp cayenne pepper
- 1/2 tsp cumin
- 1 tsp smoked/regular paprika
- 1 tsp salt
- pinch black pepper
- 1 tbsp olive oil
- 2 tbsp pure maple syrup
- 1.5 cups of nuts of choice (whatever you have on hand or simple the same nut, like almonds or cashews.)
- 1/4 cup seeds of choice (hemp, sunflower or pumpkin work best)



Serving size: 1/4 cup

INSTRUCTIONS:

1. Preheat the oven to 350 degrees.
2. In a small bowl, mix all spices together.
3. In a larger bowl, toss the nuts with olive oil and maple syrup. Sprinkle in the spices to coat the nuts. Toss again so they are covered evenly.
4. Lay out on a sheet pan and pop in the oven for 12-15 minutes. Let them cool and then store in a covered container in the pantry for up to 1-2 weeks.

Great snack to have on hand, leave on the counter during the holiday season/football season or take to a get together as a gift!