



# EVERYDAY WHOLE FOOD RECIPES

**ESTEFANIA LLANEZA**



# Apple Pie Smoothie

2 SERVINGS 5 MINUTES



## INGREDIENTS

- 1 Apple (medium, peeled and chopped)
- 1/2 Banana (frozen)
- 4 Ice Cubes
- 2 tbsps Vanilla Protein Powder
- 2 tbsps Oats
- 1 tbsp Almond Butter
- 3/4 tsp Cinnamon (ground)
- 1 cup Unsweetened Almond Milk

## DIRECTIONS

- 01 Add all ingredients to a high-speed blender and blend until smooth. Pour into a glass and enjoy!

## NOTES

### APPLE TYPE

For a distinct apple flavour, use a tart variety of apple like a Granny Smith.

### NO ALMOND MILK

Use any other type of milk instead.

### NO PROTEIN POWDER

Substitute with hemp seeds, pumpkin seeds or chia seeds instead.



# Roasted Veggies, Chickpeas, and Quinoa Bowl

4 SERVINGS 40 MINUTES



## INGREDIENTS

- 2 cups Broccoli (chopped into florets)
- 2 Sweet Potato (medium, cut into 1/2-inch cubes)
- 1 cup Chickpeas (cooked)
- 1/4 cup Lemon Juice (divided)
- 1 tsp Italian Seasoning
- 1/4 tsp Sea Salt
- 2/3 cup Quinoa (uncooked)
- 1 1/2 cups Organic Vegetable Broth
- 2 tbsps Tahini
- 2 tbsps Water (warm)
- 1 1/2 tbsps Maple Syrup
- 1 tbsp Pumpkin Seeds (optional)

## DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Transfer the chopped broccoli, sweet potatoes and chickpeas to the prepared baking sheet. Season the vegetables with half of the lemon juice, Italian seasoning and sea salt. Bake for 30 to 35 minutes until vegetables are very tender and chickpeas are crispy.
- 03 While the vegetables are roasting, add the quinoa and broth to a medium pot with a tight-fitting lid. Bring to a boil, cover with lid and reduce heat to low. Cook until the liquid is absorbed and quinoa is tender. Remove from heat and set aside.
- 04 While the quinoa is cooking, combine the tahini, warm water, maple syrup and remaining lemon juice in a small bowl. Whisk until smooth. Season with additional salt if needed.
- 05 To assemble, divide the quinoa and roasted vegetables between bowls. Drizzle with tahini sauce and top with pumpkin seeds (optional). Enjoy!

## NOTES

### LEFTOVERS

Store in the fridge for up to four days.

### NO QUINOA

Use rice or cauliflower rice instead.

### NO BROTH

Use water instead.

### COOKED CHICKPEAS

Use cooked chickpeas from the can to save time.

### MORE FLAVOR

Roast the vegetables in oil. Add salt, pepper and garlic to the dressing.



#### MORE VEGETABLES

Other veggies that go well in this dish: carrots, beets, purple sprouting broccoli, turnips (in place of sweet potato), and cauliflower.

# Roasted Carrots with Lentils & Tahini

4 SERVINGS 25 MINUTES



## INGREDIENTS

- 12 Heirloom Carrots (washed)
- 1 tbsp Coconut Oil
- 1/2 tsp Sea Salt
- 3 tbsps Tahini
- 1 Lemon (juiced)
- 1/4 cup Water
- 2 tbsps Extra Virgin Olive Oil (divided)
- 8 cups Kale Leaves (finely sliced)
- 1 tbsp Red Wine Vinegar
- 2 cups Lentils (cooked, drained and rinsed)

## DIRECTIONS

- 01 Preheat the oven to 430°F (222°C). Line a baking sheet with parchment paper. Rub the carrots with coconut oil then season with sea salt. Bake for 20 minutes. (Note: You can leave the green tops on or slice them off before roasting.)
- 02 Meanwhile, in a small jar combine the tahini, lemon juice, water and half the olive oil. Cover with a lid and shake vigorously until well mixed. Set aside.
- 03 Add the finely sliced kale to a large bowl and massage with the remaining olive oil and red wine vinegar. Divide between bowls and top with lentils. Add roasted carrots overtop and drizzle with tahini dressing. Enjoy!

## NOTES

### PREP AHEAD

Slice the kale and massage it in the olive oil and red wine vinegar. Drain and rinse the lentils. Store both covered in the fridge until ready to prep the rest.

### LEFTOVERS

Store covered in the fridge up to 3 days.





# Cauliflower, Kale & Lentil Soup

6 SERVINGS 40 MINUTES



## INGREDIENTS

2 tbsps Extra Virgin Olive Oil  
1 Yellow Onion (diced)  
2 stalks Celery (diced)  
2 Carrot (medium, peeled and diced)  
4 Garlic (cloves, minced)  
1 head Cauliflower (chopped into florets)  
4 cups Kale Leaves (chopped)  
6 cups Organic Vegetable Broth  
2 1/4 cups Lentils (cooked)  
Sea Salt & Black Pepper (to taste)

## DIRECTIONS

- 01 Heat the olive oil in a large pot. Add the onion, celery, and carrots. Cook for about 10 minutes, or until veggies are softened. Add the garlic and cook for 2-3 more minutes.
- 02 Add the cauliflower, kale, and vegetable broth. Bring to a boil then reduce heat to a simmer. Let simmer for 20 minutes.
- 03 Stir in the cooked lentils and season to taste with sea salt and black pepper. Divide between bowls. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in a covered container up to 4 days. Freeze up to 6 months.

### SERVING SIZE

One serving is equal to approximately 2 cups of soup.