



Spiced Salmon Kabobs

4 servings
 20 minutes

Ingredients

2 tbsps Parsley (chopped)
 1 tbsp Sesame Seeds
 1/2 tsp Black Pepper
 1/2 tsp Sea Salt
 1/2 tsp Red Pepper Flakes
 2 tbsps Maple Syrup
 2 tbsps Extra Virgin Olive Oil (plus extra for asparagus)
 1 1/4 lbs Salmon Fillet (sliced into 1 inch cubes)
 2 Lemon (sliced into thin rounds)
 8 Barbecue Skewers
 6 cups Asparagus (woody ends trimmed off)
 Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat grill to medium heat.
- 2 In a mixing bowl, mix the parsley, sesame seeds, black pepper, sea salt, red pepper flakes, maple syrup and olive oil. Mix well. Add the salmon pieces and toss well to coat.
- 3 Grab your BBQ skewers and slide on a piece of salmon, followed by a folded lemon slice. Repeat until all ingredients are used up and several kabobs are made.
- 4 Toss asparagus in a splash of olive oil and season with sea salt and black pepper to taste.
- 5 Place kabobs on one side of the grill and asparagus on the other. Grill both for about 3 - 4 minutes per side, or until salmon flakes with a fork. Remove from the grill and divide between plates. Enjoy!

Notes

Add Carbs: Serve with quinoa, brown rice or sweet potato.

Time Saver: Chop the salmon and add it to a zip lock baggie with the marinade. Store in the fridge up to 1 day.



Key Lime Mousse

4 servings
10 minutes

Ingredients

- 2 Avocado (peeled and pitted)
- 2 Lime (zested and juiced)
- 2 tbsps Maple Syrup
- 2 tbsps Organic Coconut Milk (canned)
- 1 tsp Vanilla Extract

Directions

- 1 In a food processor or blender, combine the avocados, lime juice, lime zest, maple syrup, canned coconut milk, and vanilla extract. Process until smooth, scraping down sides if necessary. Divide into bowls and enjoy!

Notes

Toppings: Kiwi slices, hemp seeds, or shredded coconut.

No Coconut Milk: Use almond milk or cashew milk instead.



Grilled Pineapple & Chicken Salad

4 servings

20 minutes

Ingredients

1/4 cup Extra Virgin Olive Oil (divided)
 1 tbsp Apple Cider Vinegar
 1 tbsp Maple Syrup
 Sea Salt & Black Pepper (to taste)
 1 lb Chicken Breast
 3 cups Pineapple (sliced into rings)
 6 cups Baby Spinach
 1 cup Blueberries
 1 Avocado (diced)
 1/2 cup Feta Cheese (crumbled)
 1/2 cup Red Onion (thinly sliced)

Directions

- 1 Add 3/4 of the olive oil, apple cider vinegar, maple syrup, salt and pepper (to taste) to a small mason jar. Shake and set aside.
- 2 Preheat grill on medium heat. Brush both sides of each chicken breast with the remaining olive oil and season with salt, pepper and any other spices you like.
- 3 Place pineapple slices and chicken breasts on the grill. Grill the chicken about 15 to 20 minutes or until cooked through, flipping halfway. Cook pineapple slices until grill marks appear, about 6 minutes each side.
- 4 Meanwhile, toss together spinach, blueberries, avocado, feta and red onion in a large bowl. Chop pineapple into chunks and chicken into strips. Add to salad. Divide onto plates and coat with desired amount of salad dressing.

Notes

No BBQ: Preheat the oven to 350°F (177°C). Cook chicken for 30 minutes and pineapple slices for 15 to 20 minutes until soft.

Vegetarian: Skip the chicken and grill chickpeas in a grilling basket instead.



Strawberry Brownie Cake

6 servings
30 minutes

Ingredients

1 cup Coconut Flour
 1 cup Pitted Dates
 1/4 cup Unsweetened Applesauce
 1/2 cup Unsweetened Coconut Flakes
 2 2/3 tbsps Cocoa Powder
 1 Banana (ripe and mashed)
 1 cup Cashews (soaked for 1 hour and drained)
 2/3 cup Organic Coconut Milk
 1/2 tsp Vanilla Extract
 1/4 cup Maple Syrup
 1 cup Strawberries (sliced)

Directions

- 1 To make the crust, combine coconut flour, dates, applesauce, coconut flakes and cocoa powder in a food processor. You may need to process in small batches and combine them with your fingers in a large bowl. The mixture should be moist and crumbly. Add almond milk or water if it's too dry, or more coconut flour if too wet.
- 2 Line a round 8" baking pan with plastic wrap and press gently crust mixture into the tray. Let your crust set in the freezer while you make the cream filling.
- 3 To make the cream filling, blend the banana, cashews, coconut milk, vanilla extract and maple syrup in a food processor or blender. You can do a taste test at this point and adjust the sweetness to your preference by adding more maple syrup.
- 4 Remove the crust from the freezer. Pour in the cream filling and spread across the crust evenly.
- 5 Return the pan to the freezer and let it set for approximately 1.5 hours before topping with strawberry slices and serving. Cover with plastic wrap and refrigerate up to 3 days, or freeze up to 1 week in an air-tight freezer-safe container.

Notes

No Strawberries: Top with your fruit of choice (raspberries, blueberries, blackberries, kiwi, bananas, etc!).