

Spring

EATING WITH THE SEASONS



SPRING!

To help celebrate the fresh and vibrant foods of the season, I've put together a collection of favourite Spring recipes for you to enjoy.

ARUGULA GARLIC MINT ARTICHOKE PEAS ASPARAGUS STRAWBERRIES RHUBARB

RECIPE TIPS

On each recipe, you'll see total time, number of servings, ingredients and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance. It's also helpful to read through the directions before you start cooking so you have an idea of what's coming up before you get started.

COOK ONCE...EAT TWICE

Cook once, eat at least twice! Most leftovers can last about three days in the fridge. By making enough dinner to take for lunch the next day or double a recipe to last for a few days, you can maximize your time in the kitchen. Take it a step further and double a recipe and freeze in meal size containers set for a grab 'n go lunches or dinners. This one habit alone will save you time, money and from being derailed by not having anything in the fridge or freezer ready to serve.

Bon Appétit

Jennifer

'Health makes life taste better'



Strawberry Rhubarb Chia Parfait

4 servings

4 hours

Ingredients

2/3 cup Chia Seeds (or 2/3 cup)
2 cups Unsweetened Almond Milk
1 tbsp Raw Honey
2 cups Rhubarb (diced)
3 cups Strawberries (diced)

Directions

- 1 Combine the chia seeds, almond milk and honey together in a bowl and mix well until all clumps are dissolved. Cover and let sit in the fridge for 4 hours or until thickened.
- 2 Preheat oven to 350°F (177°C). Place the rhubarb and strawberries together in a glass baking dish and bake in the oven for 30 minutes. Remove from oven and set aside to cool.
- 3 To make parfaits, set out mason jars (we use size 250 mL), layer in chia seed pudding and use a slotted spoon to add the strawberry rhubarb mix. Repeat to create layers. Enjoy!

Notes

Storage: Store in the fridge up to 5 days.

No Rhubarb: Use diced apple instead.



Berry & Nut Breakfast Bowl

1 serving
10 minutes

Ingredients

1/2 cup Strawberries (chopped)
1/2 cup Blackberries (cut in half)
2 tbsps Walnuts (chopped)
2 tbsps Almonds (chopped)
1 tbsp Pumpkin Seeds
1 tbsp Hemp Seeds
1/4 cup Unsweetened Almond Milk

Directions

- 1 Add strawberries and blackberries to a bowl. Top with the nuts and seeds.
- 2 Pour the almond milk over top and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Keep the almond milk, berries and nuts separately until ready to serve.

Additional Toppings: Add a pinch of cinnamon, shredded coconut, additional nuts and seeds, a dollop of yogurt or a drizzle of honey.

No Berries: Use peaches, mango, pineapple or banana instead.

No Almond Milk: Use another non-dairy milk instead.



Strawberry Rhubarb with Banana Cashew Cream

2 servings

15 minutes

Ingredients

- 1 cup Rhubarb (chopped)
- 1 cup Strawberries (sliced)
- 3/4 cup Cashews (soaked for 1 hour and drained)
- 1/2 cup Water
- 1 Banana (large, ripe)

Directions

- 1 Place rhubarb and strawberries in a sauce pan over medium heat. Stir occasionally for about 10 minutes or until rhubarb starts to break down and a sauce starts to form. Turn off the heat and set aside to cool while you prepare the rest.
- 2 Combine cashews, water and banana in a blender. Blend very well until smooth and creamy.
- 3 Divide the stewed strawberry rhubarb in between small glasses or jars and spoon the cashew banana cream over top. Garnish with extra fruit or nuts. Enjoy!

Notes

Toppings: Sprinkle with shredded coconut, pistachios, slivered almonds or extra fruit.

More Protein: Add protein powder or hemp seeds into the blender before blending the banana cashew cream.

Chocolate Lover: Add cocoa powder into the blender before blending the banana cashew cream.



Strawberry Asparagus Salad with Tahini Dressing

4 servings

20 minutes

Ingredients

2 cups Asparagus
4 cups Arugula
1 cup Radishes (thinly sliced)
1 cup Strawberries (thinly sliced)
1 cup Frozen Peas (thawed)
1/4 cup Tahini
1 tbsp Maple Syrup
1 Lemon (juiced)
2 tbsps Water (warm)

Directions

- 1 Trim the woody ends from the asparagus and cut the spears in half.
- 2 Fill a steamer pot with water and bring to a boil. Place asparagus in the steaming basket and steam for about 5 to 7 minutes, or until tender. (Note: The thicker the spears, the longer they will need to steam.) Remove the steamer from stovetop and run the asparagus under cold water until completely cool.
- 3 Fill the bottom of a salad bowl with arugula. Top with sliced radishes, strawberries thawed green peas and asparagus.
- 4 In a small jar, combine the tahini, maple syrup, lemon juice and water. Shake well. Add more water to thin if necessary.
- 5 Drizzle desired amount of dressing over top of the salad and serve.

Notes

Cheese Lover: Add crumbled goat or feta cheese.

No Asparagus: Use green beans instead.

Leftovers: Store in the fridge up to 2 days with the dressing on the side.



Strawberry Quinoa Arugula Salad

4 servings
40 minutes

Ingredients

1/2 cup Quinoa (uncooked)
2 tbsps Tahini
1 tbsp Maple Syrup
1 1/2 tsps Lemon Juice
1 tbsp Water (warm)
1/8 tsp Sea Salt
6 cups Arugula
1/4 cup Sunflower Seeds
1 cup Strawberries (chopped)

Directions

- 1 Cook the quinoa according to package directions. Let cool.
- 2 In a large mixing bowl whisk together the tahini, maple syrup, lemon juice, water and salt. Season the dressing with additional salt or lemon juice if needed.
- 3 Pour the dressing over the arugula and toss to coat evenly. Fold in the cooked quinoa, sunflower seeds and strawberries. Transfer to plates and serve immediately. Enjoy!

Notes

Meal Prep: For best results, store all items separately in the fridge and assemble the salad just before serving.

No Arugula: Use baby spinach instead.

No Sunflower Seeds: Use pumpkin seeds, hemp seeds or chopped walnuts instead.



Shrimp & Avocado Salad

2 servings
20 minutes

Ingredients

1 tsp Avocado Oil
254 grams Shrimp (large, peeled, deveined)
1 tbsp Extra Virgin Olive Oil
1 tbsp Lime Juice
1/4 tsp Honey
1/2 tsp Coconut Aminos
4 cups Arugula
1 Carrot (shredded)
1/4 cup Radishes (thinly sliced)
1 Avocado (sliced)

Directions

- 1 In a skillet over medium heat, add the avocado oil and shrimp. Cook for 3 minutes each side, or until cooked through. Set aside.
- 2 While the shrimp cook, add the extra virgin olive oil, lime juice, honey, and coconut aminos to a small jar and shake to combine.
- 3 Add the arugula, carrot and radishes to a bowl. Top with the cooked shrimp, the dressing and avocado. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Add chopped cilantro or chopped peanuts to the dish.

No Coconut Aminos: Use tamari or soy sauce instead.

More Flavor: Marinate the shrimp in a combination of lime, honey & coconut aminos 15 minutes before cooking.



Roasted Garlic & Asparagus Soup

4 servings
50 minutes

Ingredients

4 cups Asparagus (trimmed, cut in half)
10 Garlic (cloves, peeled and cut in half)
1/2 Yellow Onion (cut into thick slices)
1/4 head Cauliflower (cut into florets)
1 tbsp Extra Virgin Olive Oil
1/2 tsp Sea Salt (divided)
2 1/2 cups Organic Vegetable Broth
2 cups Baby Spinach

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Toss the asparagus, garlic, onion and cauliflower with the olive oil and arrange in an even layer on the baking sheet. Season the vegetables with half of the salt then bake for 35 to 40 minutes or until the vegetables have caramelized and the garlic is fork-tender. Flip everything halfway through to prevent burning.
- 3 When the vegetables are just about done, heat the vegetable broth in a pot on the stove to a simmer. Add the spinach to the broth and stir to allow it to wilt.
- 4 To make the soup, transfer the warmed broth and spinach, the roasted vegetables and the remaining salt to a blender. Blend until smooth and creamy, allowing space for the heat to escape. If the soup is too thick, add more broth until your desired consistency is reached.
- 5 Divide between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is approximately 1 1/4 cups of soup.

More Flavor: Add fresh herbs or black pepper to the soup before blending.

Additional Toppings: Reserve a couple of spears of the roasted asparagus to chop and garnish the soup with.

No Spinach: Use kale instead.

No Blender: Use an immersion hand blender or food processor instead.



Paleo Tabbouleh

4 servings
15 minutes

Ingredients

1 head Cauliflower (small, sliced into florets)
3 cups Parsley (finely chopped)
1 cup Mint Leaves (finely chopped)
1 Cucumber (diced)
2 Tomato (medium, diced)
1/4 cup Hemp Seeds
1 Lemon (juiced)
2 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

Directions

- 1 Rice the cauliflower by adding the florets to your food processor or blender, and pulsing until a rice-like texture is achieved.
- 2 Add the riced cauliflower to a large salad bowl along with the minced parsley, mint, cucumber, tomatoes, and hemp seeds. Add the lemon juice and olive oil and toss until everything is well combined.
- 3 Season with sea salt and black pepper to taste and enjoy alone or as a side dish!

Notes

More Protein: Serve with chicken breast or chickpeas.

Save Time: Buy cauliflower that has already been riced. You may find it with the pre-chopped vegetables in your produce aisle, or in the frozen vegetables section.



Paleo Falafel Salad with Mint Tahini Sauce

4 servings
45 minutes

Ingredients

1 tbsp Ground Flax Seed
3 tbsps Water
1/2 cup Hemp Seeds
2/3 cup Sunflower Seeds (divided)
1/3 cup Parsley (packed)
3 tbsps Lemon Juice (divided)
1 tbsp Tapioca Flour
1 tsp Cumin
1/8 tsp Turmeric
1 Garlic (clove, minced)
Sea Salt & Black Pepper (to taste)
2 tbsps Sesame Seeds (optional)
1 1/2 tbsps Tahini
3 tbsps Extra Virgin Olive Oil
1/4 cup Mint Leaves (packed)
1/8 tsp Sea Salt (or more to taste)
8 cups Mixed Greens
12 Heirloom Carrots (roasted)

Directions

- 1 Make a flax egg by combining the ground flax with water in a small bowl and set aside.
- 2 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 3 Add the hemp seeds, half of the sunflower seeds, parsley and the flax egg into a food processor and pulse until combined. Remove and add to a medium size bowl and add the remaining sunflower seeds, half of the lemon juice, tapioca flour, cumin, turmeric and garlic. Season with sea salt and pepper and mix well.
- 4 Using your hands, form balls with the falafel mix and flatten with your hands. Add sesame seeds to a plate and roll the flattened balls in the seeds then place them on the baking sheet. Bake for 25 to 30 minutes, flipping at the halfway point.
- 5 Meanwhile, make the mint tahini sauce by adding the tahini, olive oil, mint leaves, sea salt and remaining lemon juice to a food processor or blender. Blend until smooth and transfer to a jar.
- 6 Add mixed greens to your plate, with roasted carrots and falafels. Drizzle with tahini sauce. Enjoy!

Notes

Meal Prep: Make the falafels ahead and freeze for quick and easy meals down the road.

No Tapioca Flour: Use coconut flour instead.

Wet Falafels: If the falafel mix is a little too wet, add ½ tsp more flour to thicken.

Serving Size: One serving is equal to 3 falafels.



Peanut Thai Zucchini Noodles

4 servings

20 minutes

Ingredients

- 1 cup Basil Leaves
- 1 cup Raw Peanuts
- 2 cups Fresh Peas (divided)
- 1 tbsp Ginger (grated)
- 1 Lime (zested and juiced)
- 2 tbsps Tamari
- 1/4 cup Extra Virgin Olive Oil
- 1 tsp Sesame Oil
- 1/4 cup Water
- 4 Zucchini
- 1 tsp Red Pepper Flakes (to taste)

Directions

- 1 To create the pesto, combine basil, peanuts, half of the peas, ginger, lime juice, lime zest, tamari, olive oil and sesame oil in a food processor. Add water, blend until smooth and set aside. (Note: You may need to add extra warm water 1 tablespoon at a time to reach desired consistency.)
- 2 Use a spiralizer to turn the zucchini into noodles. (If you don't have a spiralizer, you can use a box grater to create noodles.)
- 3 Toss the noodles in desired amount of pesto, add the remaining peas and then divide into bowls. Garnish with chopped peanuts, red pepper flakes and left over basil leaves. Enjoy!

Notes

Warm it Up: Saute noodles in a frying pan with a bit of olive oil before serving.



Spinach & Artichoke Turkey Burgers with Roasted Tomato Mayo

4 servings
30 minutes

Ingredients

1 1/2 tsps Extra Virgin Olive Oil
4 cups Baby Spinach
1/2 cup Artichoke Hearts (chopped)
454 grams Extra Lean Ground Turkey
1/2 tsp Red Pepper Flakes
1/2 tsp Black Pepper
1 tsp Sea Salt (divided)
3/4 cup Almond Flour
1 Tomato
1/2 cup Cashews
1 head Green Lettuce (separated into leaves and washed)

Directions

- 1 Wilt your spinach by placing olive oil and spinach together in a large frying pan over medium heat and stirring continuously until wilted. Once wilted, remove from heat immediately. Once cool, finely chop.
- 2 Combine spinach, artichokes, ground turkey, red pepper flakes, black pepper, half of the sea salt and almond flour together in a bowl. Mix well and shape into 6 to 8 even-sized patties.
- 3 Heat grill over medium heat. Cut your tomato in half. Place both halves on the grill face down. Add the patties and grill for about 7 to 8 minutes per side or until cooked through. At about the 10 minute mark, remove the tomato from the grill and add it to your food processor or blender along with the cashews and remaining sea salt. Blend well until smooth. Pour into a dish and set aside.
- 4 When burgers are done, top them with your roasted tomato mayo and serve them wrapped in large green lettuce leaves. Enjoy!

Notes

No Grill: Cook burgers in the oven at 350°F (177°C) for 15 minutes per side. Roast your tomato in the oven as the burgers cook.

More Carbs: Serve on a bed of brown rice or in a brown rice tortilla wrap.

Leftovers: Can be frozen up to 6 months in an airtight container.



Spring Vegetable Pasta Salad

4 servings

30 minutes

Ingredients

- 1 cup Basil Leaves (chopped)
- 2 cups Kale Leaves
- 1 Lemon (juiced)
- 1 Garlic (clove, chopped)
- 1/2 cup Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 1/2 cup Sunflower Seeds
- 2 cups Asparagus
- 1 cup Frozen Peas (thawed)
- 1 cup Radishes (sliced into rounds)
- 4 cups Brown Rice Fusilli, Cooked

Directions

- 1 Create your pesto by combining basil, kale, lemon juice, garlic, olive oil sea salt and sunflower seeds together in a blender or food processor. Blend until smooth.
- 2 Trim the woody ends from the asparagus. Fill a pot with 2 cups water and a pinch of sea salt. Place on the stove and bring to a boil. Once boiling, reduce to a simmer, add the asparagus and cover. Let cook for 3 minutes. Transfer asparagus out of the water and slice into 1 inch pieces.
- 3 Bring another pot of water to a boil and cook brown rice fusilli as per the instructions on the package. Once cooked, strain and transfer to a bowl. Add in the asparagus, peas and radishes. Toss well with desired amount of pesto. Divide into bowls and enjoy!

Notes

More Protein: Add grilled chicken or roasted chickpeas.



Smashed Peacamole with Crackers

4 servings

10 minutes

Ingredients

1 cup Fresh Peas
2 Avocado
2 Garlic (cloves, minced)
1/4 Lemon (juiced)
1/4 tsp Sea Salt (or more to taste)
200 grams Seed Crackers

Directions

- 1 In a bowl, smash the peas with the back of a fork.
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- 2 Add avocado and mash until well combined. Stir in garlic, lemon juice and sea salt to taste.
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- 3 Transfer to a serving bowl and enjoy with crackers.

Notes

Leftovers: Refrigerate in an airtight container for up to three days. To prevent it from turning brown, add a layer of plastic wrap within the container.

Serving Size: There is approximately 1/3 cup of peacamole per serving.

Likes it Spicy: Add chili powder, red pepper flakes, jalapeno slices and/or cayenne pepper.

No Fresh Peas: Use frozen peas, corn or edamame instead.

No Lemon Juice: Use apple cider vinegar instead.



Mojito Sorbet

2 servings
10 minutes

Ingredients

1/2 Cucumber (large, chopped and frozen)
1/4 cup Mint Leaves (fresh)
1/2 Lime (juiced)
1 tbsp Maple Syrup
2 tbsps Water (cold)

Directions

- 1 Add frozen cucumber and mint to a food processor or high-powered blender and blend until completely shaved.
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- 2 Add lime juice, maple syrup and water until well combined and smooth. Scoop into bowls and enjoy!