



HGG MEMBER RECIPE CLUB

april week one

RECIPE 1: BREAKFAST

berry chia pudding

MAKES 1 SERVING

INGREDIENTS:

3/4-1 cup almond milk
1/2 tablespoon maple syrup
3/4 cup berries
1/4 cup chia seeds

DIRECTIONS:

Blend almond milk, berries and maple syrup in a blender until smooth. Add mixture into a small container with chia seeds and mix together. Place on a lid and store in the refrigerator overnight. Enjoy the next day or throughout the week!

RECIPE 2: LUNCH

colorful detox salad

MAKES 2 SERVINGS

INGREDIENTS:

1/4 purple cabbage, shredded
2 carrots, shredded
1 red bell pepper, diced
2 cups spinach, chopped
1-2 handfuls of parsley, chopped
1 (15-ounce) can chickpeas, drained and rinsed

HGG creamy hummus dressing:

1 cup original or plain hummus
4 tablespoons olive oil
2 tablespoons water
1 lemon, juiced
1/2 teaspoon salt

DIRECTIONS:

Add all dressing ingredients to a food processor and pulse together until creamy. Prep all veggies, drain and rinse beans and add everything to a large mixing bowl. Slowly incorporate desired amount of dressing and mix together. Enjoy!



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RECIPE 3: DINNER

spicy kale and potato burrito

MAKES 4 SERVINGS

INGREDIENTS:

4 sprouted tortillas or brown rice tortillas
2 cups baby potatoes
1 tablespoon coconut oil
1 tablespoon Italian seasoning
1 box of Hilary's Spicy Veggie Breakfast Sausage
1/2 cup black beans
2 large leaves of dino kale
1 ripe avocado
4 tablespoons sriracha

DIRECTIONS:

Preheat oven to 400 Fahrenheit. Cut the baby potatoes in half and toss them in oil and seasoning. Roast on baking sheet for 20-25 minutes. Once potatoes have been cooking for 10 minutes, add the veggie sausage and cook for the remaining 10-15 minutes. Flip halfway through. Remove kale leaves from stem and roughly chop. Add leaves and black beans to steamer basket over boiling water for 8-10 minutes. Mash avocado and then spread 1/4 over each tortilla. Top with kale, beans, potatoes, sriracha and veggie sausage. Roll up and enjoy!

NUTRITION + SHOPPING TIPS:

what's in season...

Onion
Carrots
Limes

how to...

When buying maple syrup, always look for brands that say "100% pure maple syrup" and show this as the only ingredient. This will ensure the syrup still has it's nutrients and isn't loaded with other artificial ingredients.

did you know...

Chia seeds are considered a superfood! One ounce of chia seeds contains 11 grams of fiber, 4 grams of protein, 9 grams of omega-3 fatty acids, and various micronutrients to help nourish your body!

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april week one grocery list

PRODUCE

1 bunch dino kale
2 cups spinach
1 bunch parsley
1 purple cabbage
2 carrots
2 cups baby potatoes
1 red bell pepper
1 avocado
1 lemon
3/4 cup berries

DRY, BULK, PANTRY

Almond milk
1/4 cup chia seeds
1 (15-ounce) can chickpeas
1 (15-ounce) can black beans
4 sprouted tortillas or brown rice tortillas

OILS AND CONDIMENTS

Coconut oil
Maple syrup
Sriracha
Hummus
Olive oil

HERBS & SPICES

Salt
Italian seasoning

ADDITIONAL GROCERIES

1 box Hilary's Spicy Breakfast Sausage