



HGG MEMBER RECIPE CLUB

april week four

RECIPE 1: BREAKFAST

avocado toast - 2 ways

MAKES 2 SERVINGS

INGREDIENTS:

Sriracha:

2 pieces of toast

1 avocado

1/2 lemon, squeezed

Squeeze of sriracha

Pinch of sea salt

Super Seeded:

2 pieces of toast

1 avocado

1/2 lemon, squeezed

2 teaspoons hemp seeds

2 teaspoons sesame seeds

2 teaspoons sunflower seeds

DIRECTIONS:

Mash up avocado in a bowl and then add lemon. Spread on toast and top with sriracha toppings or super seeded toppings.

RECIPE 2: LUNCH

cranberry orange quinoa salad

MAKES 3 SERVINGS

INGREDIENTS:

3 cups cooked quinoa

4 cups arugula

1/2 cup dried cranberries

1/2 cup sliced almonds

Orange vinaigrette dressing:

1 large orange

3/4 cup olive oil

2 tablespoons balsamic vinegar

1 tablespoon honey

1 tablespoon mustard

3/4 teaspoon salt

3/4 teaspoon pepper

DIRECTIONS:

Cook quinoa according to package directions. To make dressing: zest and juice orange. Add 4 tablespoons juice, 1 tablespoon zest and the rest of the dressing ingredients into a blender and blend until smooth. In a medium bowl add cooked quinoa, arugula, cranberries and almonds. Toss together with 1/2 cup dressing. Enjoy!



HGG MEMBER RECIPE CLUB

april week four

RECIPE 3: DINNER

3 bean chili

MAKES 8 SERVINGS

INGREDIENTS:

1 small onion, diced
1 bell pepper, diced
1/2 jalapeno, diced
4 cloves garlic, minced
1 (15-ounce) can black beans
1 (15-ounce) can kidney beans
1 (15-ounce) can great northern beans
2 cups frozen corn
3 roma tomatoes, chopped
1 bunch green onions, sliced
4 cups vegetable broth
1 tablespoon coconut oil
2 tablespoons chili powder
1 tablespoon cumin
Salt and pepper, to taste

DIRECTIONS:

Drain and rinse beans. Using a large soup pot, heat coconut oil on medium-high heat. Add onion, pepper, garlic and spices and cook for 5 minutes. Add beans, corn, tomatoes and vegetable broth. Bring chili to boil then reduce heat and simmer, covered for 30 minutes. Top with green onions.

NUTRITION + SHOPPING TIPS:

what's in season...

Oranges
Onions
Arugula

how to...

When picking out dried fruit, make sure the label says unsweetened. Sweetened dried fruit adds a lot of excess sugar! To save money, look for unsweetened dried fruit in the bulk section of your local health food store!

did you know...

Arugula is rich in chlorophyll, which has amazing alkalizing and detoxifying properties. It is a powerful antioxidant that may help prevent free radicals from damaging the cells in your body!

HGG MEMBER RECIPE CLUB

april week four grocery list

PRODUCE

4 cups arugula
1 onion
1 bell pepper
1 jalapeno
1 head garlic
3 roma tomatoes
1 bunch green onions
2 avocados
2 lemons
1 orange
2 cups frozen corn

DRY, BULK, PANTRY

1 (15-ounce) can black beans
1 (15-ounce) can kidney beans
1 (15-ounce) can great northern beans
4 cups vegetable broth
1 loaf of bread
2 tablespoons hemp seeds
2 tablespoons sesame seeds
2 tablespoons sunflower seeds
1 cup dry quinoa
1/2 cup dried cranberries
1/2 cup sliced almonds

OILS AND CONDIMENTS

Coconut Oil
Sriracha
Olive oil
Balsamic vinegar
Honey
Mustard

HERBS & SPICES

Chili powder
Cumin
Sea salt
Pepper

ADDITIONAL GROCERIES