



HGG MEMBER RECIPE CLUB

december week one

RECIPE 1: BREAKFAST

winter breakfast quinoa

MAKES 1 SERVING

INGREDIENTS:

1/2 cup dry quinoa, rinsed
1 cup unsweetened almond milk
1/2 tablespoon coconut sugar
1 teaspoon cinnamon

Toppings:

Pecans

Unsweetened coconut flakes

DIRECTIONS:

In a small saucepan, add quinoa, almond milk, coconut sugar and cinnamon. Bring to a boil and then reduce to a simmer and cook covered for 15-20 minutes or until quinoa is finished. Top with desired toppings.

RECIPE 2: LUNCH

spinach, broccoli and apple salad

MAKES 2-4 SERVINGS

INGREDIENTS:

4 cups spinach
2 cups broccoli, chopped
1 apple, cubed
1/4 cup red onion, chopped
1/2 cup cashews
2 tablespoons hemp hearts

Dressing:

1/4 cup olive oil
juice from 1/2 lemon
2 garlic cloves, minced
1 teaspoon maple syrup

DIRECTIONS:

Whisk together dressing ingredients and set aside. In a large bowl, add salad ingredients. Pour dressing over and mix to combine. Enjoy!



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RECIPE 3: DINNER

nourish bowl

MAKES 2 SERVINGS

INGREDIENTS:

1 cup of cooked brown rice
1 cup of carrots, sliced
½ cup of purple cabbage, sliced
2 cups of spinach
1 small avocado, seeded, peeled & sliced
13 Dr. Praeger's Carrot Puffs each bowl
1 cup of roasted chickpeas
2 tablespoons hemp & sunflower seeds

Sauce Ingredients:

½ cup cashews
1 roasted red bell pepper
1 teaspoon garlic powder
½ teaspoon sea salt
1 teaspoon sriracha

DIRECTIONS:

Preheat oven to 425 F. Roast chickpeas 20 minutes & Carrot Puffs according to package instructions. Make sauce by adding cashews to a bowl & cover with water, let sit for at least 30 mins. Drain soaked cashews & add to a blender with ¼ cup of fresh water & remaining sauce ingredients, blend on high until smooth. Add the rest of the ingredients to a large bowl & top with sauce.

NUTRITION + SHOPPING TIPS:

what's in season...

Broccoli
Cabbage
Carrots

how to...

Soak cashews overnight to make sauce super creamy.

did you know...

Purple cabbage is packed with vitamin K and vitamin C! Enjoy it's anti-inflammatory and antioxidant benefits!

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december week one grocery list

PRODUCE

- 1 package spinach
- 2 cups broccoli
- 1 apple
- 1 red onion
- 1 lemon
- 2 garlic cloves
- 3 large carrots
- 1/4 purple cabbage
- 1 avocado
- 1 (roasted) red bell pepper

DRY, BULK, PANTRY

- 1/2 cup dry quinoa
- 1/2 cup dry brown rice
- 1 cup unsweetened almond milk
- 1/2 tablespoon coconut sugar
- Pecans
- 1 cup cashews
- 2 teaspoons hemp seeds
- 2 teaspoons sunflower seeds
- Unsweetened coconut flakes
- 2 tablespoons hemp hearts
- 1 package Dr. Praeger's Carrot Puffs
- 1 (15-ounce) can chickpeas

HERBS & SPICES

- Cinnamon
- Sea salt
- Garlic powder

OILS AND CONDIMENTS

- Olive oil
- Maple syrup
- Sriracha

ADDITIONAL GROCERIES