



HGG MEMBER RECIPE CLUB

december week two

RECIPE 1: BREAKFAST

orange turmeric ginger smoothie

MAKES 1 SERVING

INGREDIENTS:

1 banana
1 orange, peeled and sliced
1/2 inch piece ginger
1/2 inch piece turmeric
1 cup coconut milk beverage
pinch black pepper
Handful of ice

DIRECTIONS:

Add all ingredients into a blender and blend on high until smooth.

RECIPE 2: LUNCH

chickpea pomegranate salad

MAKES 2-4 SERVINGS

INGREDIENTS:

4 cups arugula
1 (15-ounce) can chickpeas
1/2 cup pomegranate seeds
2 tablespoons hemp hearts
2-3 tablespoons of your favorite dressing

DIRECTIONS:

Drain and rinse chickpeas. In a large bowl add all salad ingredients and top with dressing. Mix until well incorporated.



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RECIPE 3: DINNER

lemon carrot & cauliflower soup

MAKES 6-8 SERVINGS

INGREDIENTS:

2 heads of cauliflower
1 lemon
5 large carrots
4 cups chicken or vegetable stock
1 cup coconut milk
1 teaspoon curry powder
1 teaspoon salt
1 teaspoon black pepper
1 teaspoon onion powder

DIRECTIONS:

Wash & chop cauliflower into florets. Peel & chop carrots. In a large soup pot, add cauliflower, carrots, seasonings & stock. Bring soup to a boil, add the lid & let simmer for 20-30 minutes or until vegetables are soft. Turn off the heat & use an immersion blender to blend the soup until it is smooth & creamy. Lastly, add the juice from the whole lemon & coconut milk & whisk until incorporated.

NUTRITION + SHOPPING TIPS:

what's in season...

Cauliflower
Carrots
Orange

how to...

Can't find a specific fruit or veggie? Check out the frozen section for a nutritious alternative!

did you know...

Ginger has anti-inflammatory effects that can ease gastrointestinal problems and may help ease other pain like arthritis.

Curcumin, the antioxidant found in turmeric is better absorbed when consumed with black pepper and a healthy fat, such as coconut milk.

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december week two grocery list

PRODUCE

1 banana
1 orange
1/2 inch piece ginger
1/2 inch piece turmeric
4 cups arugula
1/2 cup pomegranate seeds
2 heads cauliflower
1 lemon
5 large carrots

DRY, BULK, PANTRY

1 cup coconut milk beverage
1 (15-ounce) can chickpeas
2 tablespoons hemp hearts
4 cups vegetable stock
1 (15-ounce) can coconut milk

HERBS & SPICES

Sea salt
Black Pepper
Curry powder
Onion powder

OILS AND CONDIMENTS

Favorite dressing

ADDITIONAL GROCERIES