



# HGG MEMBER RECIPE CLUB

*december week three*

## RECIPE 1: BREAKFAST

*cinnamon pecan french toast*

MAKES 2 SERVINGS

### INGREDIENTS:

1 very ripe banana  
1 1/2 cup unsweetened non-dairy milk  
1 tablespoon ground flax seed  
1 teaspoon vanilla extract  
1/4 teaspoon cinnamon  
4 slices of your favorite bread  
1 tablespoon coconut oil

Toppings:

1 banana, sliced  
1/4 cup chopped pecans  
2 tablespoons maple syrup

### DIRECTIONS:

In a small bowl, mash banana. Add in non-dairy milk, flax seed, cinnamon and vanilla extract. Mix together until a smooth batter forms. Heat a skillet on medium and add coconut oil. Dip bread into batter and let soak for 5-10 seconds. Add dipped bread to skillet and cook on both sides until golden brown. Top with chopped pecans, sliced banana and maple syrup!

## RECIPE 2: LUNCH

*sweet potato, bean & avocado wrap*

MAKES 2 SERVINGS

### INGREDIENTS:

1 sweet potato, peeled and diced  
1 (15-ounce) can black beans, drained & rinsed  
1 avocado, sliced  
1 cup spinach  
2 tortilla wraps  
1 teaspoon chili powder  
1 teaspoon cumin  
Salt and pepper, to taste

### DIRECTIONS:

Fill a large pot with water and bring to a boil. Add in diced potato and cook until fork tender, about 15 minutes. Meanwhile, add beans to a small saucepan along with seasonings. Cook until heated through. Once sweet potatoes are done, mash in a small bowl and season with salt and pepper. Spread sweet potato mixture on the bottom of tortilla and then top with black beans, avocado and spinach. Wrap and enjoy! Optional: Grill tortilla before hand for added texture.



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### RECIPE 3: DINNER

*vegetarian chili*

MAKES 6-8 SERVINGS

#### INGREDIENTS:

- 1 tablespoon coconut oil
- 1 small white onion, diced
- 2 cups diced butternut squash
- 28-ounces of crushed tomatoes
- 2 cups vegetable stock
- 4 tablespoons chili powder
- 2 teaspoons oregano
- 2 teaspoons garlic powder
- 2 teaspoons cumin
- 2 teaspoons black pepper
- 2 tablespoons sea salt
- 1 (15-ounce) can lentils, drained & rinsed
- 1 (15-ounce) can kidney beans, drained & rinsed

#### DIRECTIONS:

In a large soup pot over medium, heat coconut oil. Add onion and butternut squash, sauté for 8 to 10 mins, until the onions start to brown. Add crushed tomatoes, vegetables stock and all of the spices. Simmer for 30 minutes. Add beans and simmer for 10 minutes.

### NUTRITION + SHOPPING TIPS:

*what's in season...*

Sweet Potatoes  
Butternut Squash  
Onions

*how to...*

Prep lunch wraps over the weekend and put into freezer to enjoy all week long!

*did you know...*

Sweet potatoes are a source of vitamins A & C. They also contain manganese and antioxidants!

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## *december week three grocery list*

### PRODUCE

2 bananas  
1 sweet potato  
1 avocado  
1 cup spinach  
1 small white onion  
1 butternut squash

### DRY, BULK, PANTRY

1 1/2 cup unsweetened non-dairy milk  
1 tablespoon ground flax seed  
4 slices of your favorite bread  
1/4 cup chopped pecans  
1 (15-ounce) can black beans  
1 (15-ounce) can lentils  
1 (15-ounce) can kidney beans  
1 (28-ounce) jar crushed tomatoes  
2 cups vegetable stock  
Tortilla wraps

### HERBS & SPICES

Sea salt  
Pepper  
Cinnamon  
Chili powder  
Cumin  
Oregano  
Garlic powder

### OILS AND CONDIMENTS

Vanilla extract  
Coconut oil  
Maple syrup

### ADDITIONAL GROCERIES