



HGG MEMBER RECIPE CLUB

december week four

RECIPE 1: BREAKFAST

berry quinoa breakfast bowl

MAKES 1 SERVING

INGREDIENTS:

1/2 - 1 cup cooked quinoa
1/4 cup blueberries
6 raspberries
2 tablespoons pumpkin seeds
2 tablespoons pomegranate seeds
1 tablespoon hemp hearts (seeds)
1/2 teaspoon cinnamon
2 tablespoons of your favorite nut butter
1/4 cup steamed almond or coconut milk

DIRECTIONS:

Add 1/2 to 1 cup of cooked quinoa to a bowl and top with berries, seeds, nut butter, cinnamon and steamed non-dairy milk, enjoy!

RECIPE 2: LUNCH

spinach and brussels winter salad

MAKES 2 SERVINGS

INGREDIENTS:

2 cups spinach
1 cup brussel sprouts, shredded
1/4 cup red onion, diced
1 cup pecans, chopped
1/2 cup unsweetened dried cranberries

Dressing:

1/2 cup plain hummus
2 tablespoons olive oil
1/2 lemon, juiced
1/2 teaspoon sea salt

DIRECTIONS:

Whisk or blend dressing ingredients together and set aside. Add all the salad ingredients into a large bowl and top with dressing. Mix together until well incorporated!



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RECIPE 3: DINNER

hearty portobello stew

MAKES 6-8 SERVINGS

INGREDIENTS:

1-lb portobello mushrooms, sliced
1 large onion, chopped
3 celery stalks, chopped
3 carrots, sliced
2-lbs potatoes, peeled & cut into chunks
5 cloves garlic, minced
5 cups vegetable broth
2 tablespoons tomato paste
1 tablespoon coconut oil
1 tablespoon Italian herbs
1 tablespoon paprika
Salt and pepper, to taste

DIRECTIONS:

In a large soup pot over medium, heat coconut oil. Add onion, celery, and carrots and cook for 5 mins. Add in mushrooms and garlic and cook for an additional 5 mins. Next, add potatoes, broth, tomato paste and spices. Bring to a boil and then reduce and let simmer for 25-30 mins or until potatoes and carrots are tender. Use an immersion blender to blend about 1 cup of mixture to thicken up stew! Enjoy!

NUTRITION + SHOPPING TIPS:

what's in season...

Potatoes
Onions
Broccoli

how to...

Don't have an immersion blender? Use a regular blender and blend on high until smooth!

did you know...

Broccoli contains vitamin K and vitamin C and may have anti-inflammatory benefits!

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december week four grocery list

PRODUCE

1-lb portobello mushrooms
1 large onion
1 red onion
3 celery stalks
3 carrots
2-lbs potatoes
5 cloves garlic
1/4 cup blueberries
6 raspberries
1 pomegranate
2 cups spinach
1 cup brussel sprouts
1 lemon

DRY, BULK, PANTRY

5 cups vegetable broth
2 tablespoons tomato pasta
1/4 - 1/2 cup dried quinoa
2 tablespoons pumpkin seeds
1 tablespoon hemp hearts (seeds)
2 tablespoons nut butter
1/4 cup almond or coconut milk
1 cup pecans
1/2 cup unsweetened dried cranberries

HERBS & SPICES

Sea salt
Pepper
Italian herbs
Paprika
Cinnamon

OILS AND CONDIMENTS

Coconut oil
Plain hummus
Olive oil

ADDITIONAL GROCERIES