



HGG MEMBER RECIPE CLUB

february week one

RECIPE 1: BREAKFAST

banana chocolate baked oatmeal

MAKES 4-6 SERVINGS

INGREDIENTS:

1 flax egg (1 tablespoon ground flaxseeds & 3 tablespoons water)
2 cups rolled oats
1/3 cup coconut sugar
1 teaspoon baking powder
1 teaspoon cinnamon
1/2 teaspoon salt
3 tablespoons coconut oil
2 teaspoons vanilla extract
3 bananas, cut into thin slices
1/2 cup dark chocolate chips
2 cups unsweetened almond milk

DIRECTIONS:

Preheat oven to 350 degrees Fahrenheit. Mix flax & water together, stir & let set for 3 minutes. In separate bowl, mix together the oats, coconut sugar, baking powder, cinnamon, salt, coconut oil, vanilla extract and chocolate chips. Add oat mixture to a baking dish. Top almond milk & then banana slices. Bake for 40 minutes or until slightly browned.

RECIPE 2: LUNCH

simple greek salad

MAKES 2 SERVING

INGREDIENTS:

4 cups romaine lettuce
1 cup cherry tomatoes, sliced
1/2 cup pitted olives, sliced
1/2 medium cucumber, diced
1/4 red onion, diced
1 (15-ounce) can garbanzo beans
Fresh parsley, to taste

DRESSING INGREDIENTS:

3/4 cup Organic virgin olive oil
1/4 cup apple cider vinegar
1/2 lemon, juiced
1 tablespoon 100% pure maple syrup
1 teaspoon garlic powder
A pinch of sea salt

DIRECTIONS:

Wash, dry and chop romaine lettuce. Dice all other fresh veggies. Drain and rinse garbanzo beans. Mince fresh parsley. Assemble the salad and top with HGG's lemon vinaigrette dressing!



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RECIPE 3: DINNER

very veggie pizza

MAKES 2-4 SERVINGS

INGREDIENTS:

1 pre-made crust or homemade pizza crust
1 cups of jarred spaghetti sauce
1/4 bell pepper, sliced
1/4 red onion, sliced
1/4 cup artichoke hearts
1/4 cup olives, sliced
1 cup spinach, sliced into ribbons
Sprinkle of sea salt

Optional Toppings:
Red Chili Pepper Flakes
Hemp Seeds
Roasted Chickpeas
Dairy-Free Cheese

DIRECTIONS:

Preheat oven to 425 Fahrenheit. Wash and chop veggies. Add sauce onto pizza crust and then top with remaining vegetables. Bake according to crust instructions, usually around 15 minutes. Remove from oven and top with optional toppings if desired.

NUTRITION + SHOPPING TIPS:

what's in season...

Oranges
Broccoli
Red Onion

how to...

To make a flax egg, mix one tablespoon of ground flax seed with three tablespoons of water. Let sit for about three minutes or until mixture thickens.

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february 2017: week one grocery list

PRODUCE

1 lemon
1 cup spinach
4 cups romaine lettuce
1 red onion
1 bell pepper
1 cup cherry tomatoes
1 cucumber
1 box mushrooms
1 head of broccoli
3/4 cup olives
1 bunch parsley
1 garlic bulb
3 bananas

DRY, BULK, PANTRY

1 (15-ounce) can of garbanzo beans
1/4 cup artichoke hearts
2 cups rolled oats
1 tablespoon ground flax
1/3 cup coconut sugar
Baking powder
Dark chocolate chips
Vanilla extract
Unsweetened Vanilla Almond milk

FRIDGE / FREEZER

1 pre-made pizza crust
Dairy-Free Cheese (Optional Pizza Topping)

OILS & CONDIMENTS

Coconut oil
1 (12-ounce) jar of spaghetti sauce
Organic virgin olive oil
Apple cider vinegar
100% pure maple syrup

HERBS & SPICES

Sea Salt
Cinnamon
Garlic Powder

ADDITIONAL GROCERIES