



HGG MEMBER RECIPE CLUB

february week two

RECIPE 1: BREAKFAST

creamy chocolate smoothie

MAKES 1 SERVING

INGREDIENTS:

1 banana, peeled and frozen
1/2 ripe avocado, seeded, peeled, and sliced
2 tablespoons cocoa powder, unsweetened
1/2 cup non-dairy milk
Optional: 1 serving of Healthy Grocery Girl, or
your favorite plant-based protein powder

DIRECTIONS:

To freeze banana: peel and wrap with saran wrap, place in the freezer overnight. In the morning add all ingredients into a high-speed blender and blend on high for about 30 seconds or until evenly blended.

RECIPE 2: LUNCH

cauliflower corn chowder

MAKES 4-6 SERVINGS

INGREDIENTS:

1 (15-ounce) can of corn, drained and rinsed
1 cauliflower, cut into small florets
4 cups vegetable broth
1 1/2 cup coconut milk
1 yellow onion, diced
4 cloves garlic, minced
3 tablespoons arrowroot starch
1 tablespoon italian seasoning
Salt and pepper, to taste
2 tablespoons coconut oil

DIRECTIONS:

In a large soup pot over medium heat, add oil and saute onion, garlic, and italian seasoning until soft. Stir in corn, cauliflower, broth, salt, pepper, and 1/2 cup water. Bring to boil, cover, reduce heat and let simmer for about 8-10 minutes. Puree all of soup and then return to pot. Whisk arrowroot starch into coconut milk and add to soup. Bring to boil uncovered and reduce to simmer for about 30 minutes or until soup thickens.



HGG MEMBER RECIPE CLUB

february week two

RECIPE 3: DINNER

easy lo-mein noodle bowl

MAKES 2 SERVINGS

INGREDIENTS:

4-ounces udon or lo mein noodles

2 tablespoons coconut oil

1 red bell pepper

1/2 small red onion

1/2 pound of mushrooms

3 cloves of garlic

1 cup snow peas

Sesame seeds for topping

Sauce:

3 tablespoons coconut liquid aminos

1 tablespoon of sriracha sauce

1 tablespoon maple syrup

DIRECTIONS:

Par cook your noodles by boiling water in large pot and cook for 6-8 mins. Wash, chop and prep all your veggies. In a small bowl, mix sauce ingredients together. Heat 1T coconut oil in saucepan over medium heat and cook onions and mushrooms for 4 mins with lid on. Add garlic and snow peas to cook 2 mins with lid off. Toss in noodles, sauce, 1T coconut oil and cook until it sauce reduces and absorbs. Plate and top with sesame seeds!

NUTRITION + SHOPPING TIPS:

what's in season...

Cauliflower

Green Onions

Garlic

Carrots

how to...

When you can't find fruits or vegetables in season, look for them in the frozen section! Frozen produce contains the same nutrient content as buying the products fresh.

did you know...

Cauliflower is a cruciferous vegetable filled with vitamins and minerals, that nourish our bodies and keep us full! Cauliflower may aid in cardiovascular and cholesterol health as well.

HGG MEMBER RECIPE CLUB

february 2017: week two grocery list

PRODUCE

1 head of cauliflower
1 red bell pepper
1/2 lb mushrooms
1 yellow onion
1 small red onion
1 cup snow peas
1 head of garlic
1 avocado
1 banana

DRY, BULK, PANTRY

2 tablespoons cocoa powder
1.5 cups coconut milk
4 cups vegetable broth
3 tablespoons arrowroot starch
1 (15-ounce) can corn
Sesame seeds
4-ounces udon or lo mein noodles
1/2 cup almond milk

OILS & CONDIMENTS

Coconut oil
Coconut liquid aminos
Sriracha
Maple syrup

HERBS & SPICES

Salt
Pepper
Italian seasoning

ADDITIONAL GROCERIES

Plant-based protein powder