



HGG MEMBER RECIPE CLUB

february week three

RECIPE 1: BREAKFAST

banana nut overnight oats

MAKES 2 SERVINGS

INGREDIENTS:

To Make Overnight Oats:

1 cup rolled oats

1 cup unsweetened non-dairy milk

1 tablespoon of chia seeds

1/2 teaspoon vanilla extract

For Topping:

1 medium ripe banana, sliced

1/4 cup chopped walnuts

1 teaspoon stevia, honey or maple syrup

DIRECTIONS:

Add oats, non-dairy milk, chia seeds and vanilla extract into a medium sized bowl and mix together. Divide evenly into two mason jars and top with sliced banana, chopped walnuts & sweetener. Store in refrigerator overnight and it will be ready in the morning! Enjoy within 3-5 days.

RECIPE 2: LUNCH

hummus and veggie wrap

MAKES 1 SERVING

INGREDIENTS:

1 tortilla wrap (sprouted or gluten-free)

2 tablespoons hummus

1/4 cucumber, sliced

1/4 cup cherry tomatoes, diced

1 tablespoon red onion, diced

2 tablespoons red bell pepper, diced

Handful of spinach

Salt and pepper, to taste

1 tablespoon hemp seed

DIRECTIONS:

Assemble wrap by spreading hummus down the middle and then topping with veggies & hemp seeds. Roll up and enjoy!



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RECIPE 3: DINNER

lentil, sweet potato and brussels hash

MAKES 4 SERVINGS

INGREDIENTS:

3 medium sweet potatoes, diced into cubes

1/2 cup red onion, diced

1/2 cup celery, diced

1 bell pepper, diced

16 oz brussels sprouts, thinly sliced

2 cloves of garlic, minced

1 (15-oz) can of lentils, drained and rinsed

2 tablespoons coconut oil

2 teaspoons Italian seasoning

Salt and pepper, to taste

Optional: Veggie patties for protein in place of lentils

DIRECTIONS:

Preheat oven to 425 Fahrenheit. Coat the sweet potatoes with spices and 1T coconut oil. Roast for 25-35 mins or until slightly browned. Meanwhile add 1T coconut oil to large saucepan and cook onion, bell pepper, celery, brussels, garlic, and salt & pepper over medium heat until soft. Add lentils and cook until heated through. Add roasted sweet potatoes and enjoy!

NUTRITION + SHOPPING TIPS:

what's in season...

Red Onion

Brussel Sprouts

Garlic

how to...

When storing seeds, such as chia seeds or flax seeds, keep them on the upper shelves of your refrigerator. This will help keep the seeds fresh and prevent them from going rancid quickly!

did you know...

Garlic contains antibacterial and antiviral properties that can help support our immune system during these winter months. It also contains many vitamins and minerals that can promote cardiovascular health.

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february 2017: week three grocery list

PRODUCE

1 cucumber
1 small red onions
1 red bell pepper
1 bell pepper, any color
2 stalks celery
3 medium sweet potatoes
16 oz. brussel sprouts
2 cloves of garlic
Small box of cherry tomatoes
Spinach
1 banana

DRY, BULK, PANTRY

1 cup rolled oats
1 tablespoon chia seeds
1/4 cup walnuts
1/2 teaspoon vanilla extract
1 cup unsweetened non-dairy milk
1 tortilla wrap (sprouted or gluten-free)
Hummus
Hemp seeds
1 (15-oz) can of lentils

OILS & CONDIMENTS

Coconut oil
Maple syrup, honey or stevia

HERBS & SPICES

Salt
Pepper
Italian seasoning

ADDITIONAL GROCERIES

Veggie Patties