



HGG MEMBER RECIPE CLUB

february week four

RECIPE 1: BREAKFAST

cherry berry smoothie

MAKES 1 SERVING

INGREDIENTS:

1/2 cup mixed berries, frozen
1/4 cup fresh or frozen cherries
1 banana, peeled and frozen
1 handful of kale, stem removed
1/4 cup unsweetened non-dairy milk

Optional Ideas:

Add 1 serving of plant-based protein powder

Add 1 teaspoon cacao powder

Use half of a ripe avocado in place of the banana for a low-sugar smoothie alternative

DIRECTIONS:

Add all ingredients to a high-speed blender and blend on high for about 30 seconds or until evenly blended.

RECIPE 2: LUNCH

southwest quinoa salad

MAKES 2 SERVINGS

INGREDIENTS:

1 cup cooked quinoa
1/4 red bell pepper, diced
1/4 orange bell pepper, diced
1/4 cup frozen/canned corn, rinsed and drained
1/2 cup canned black beans, rinsed and drained
1/4 cup green onion, diced
2 tablespoons cilantro, chopped
1/2 avocado, diced

HGG Lemon Vinaigrette:

1/2 cups olive oil
2 tablespoon apple cider vinegar
1/2 lemon, juiced
1 teaspoon real maple syrup
A pinch of sea salt

DIRECTIONS:

Cook quinoa according to directions. In a large bowl, combine onion, peppers, corn, black beans, cilantro and avocado. Mix together and add quinoa. Fold in lemon vinaigrette dressing. Serve cold or warmed.



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RECIPE 3: DINNER

chickpea curry

MAKES 6 SERVINGS

INGREDIENTS:

1 (15-ounce) can of unsweetened pumpkin
1 (15-ounce) can of full fat coconut milk
2 (15-ounce) cans of chickpeas (garbanzo beans)
1 medium yellow onion, diced
2 cups vegetable broth
3 handfuls of spinach
2 cloves of garlic, minced
1 tablespoon curry
1/4 teaspoon cayenne pepper
1 tablespoon garam masala
1 teaspoon turmeric
Fresh lime
Fresh cilantro

DIRECTIONS:

Add all ingredients into a crockpot or slow cooker except the cilantro and lime, and cook for 2 hours on high or 4 hours on low. Top with squeezed fresh lime juice and cilantro. Serve with sprouted bread toast or brown rice!

NUTRITION + SHOPPING TIPS:

what's in season...

Onion
Garlic
Kale

how to...

Cook quinoa in vegetable broth instead of water to add more flavor to your dish!

did you know...

Cherries contain anti-inflammatory benefits that can be great for joint health! Berries are high in antioxidants, which fight free radicals and are great for overall health.

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february week four grocery list

PRODUCE

1 red bell pepper
1 orange bell pepper
1 bunch green onions
1 bunch cilantro
1 avocado
1 medium yellow onion
2 cloves of garlic
1 lime
2 lemon
Kale
Spinach
1 banana

DRY, BULK, PANTRY

1/2 cup frozen mixed berries
1/4 cup frozen cherries
Non-dairy milk, unsweetened
Quinoa
Brown rice
2 cups vegetable broth
1 (15-ounce) can black beans
1 (15-ounce) can corn or frozen
1 (15-ounce) can unsweetened pumpkin
1 (15-ounce) can of coconut milk
2 (15-ounce) cans of chickpeas (garbanzo beans)

OILS AND CONDIMENTS

Coconut oil
Olive oil
Salsa
100% real maple syrup

HERBS & SPICES

Curry
Cayenne pepper
Garam masala
Turmeric

ADDITIONAL GROCERIES