



HGG MEMBER RECIPE CLUB

january week one

RECIPE 1: BREAKFAST

cinnamon almond butter oatmeal

MAKES 1 SERVING

INGREDIENTS:

1/2 cup rolled oats
1 cup water
1 handful blueberries
1/2 banana
1-2 tablespoons almond butter
1/2 teaspoon cinnamon

DIRECTIONS:

Add oats and water in on a stovetop pot on medium heat and bring to boil. Then, reduce heat to a simmer and let cook for 5-10 minutes stirring occasionally. Add cooked oatmeal to bowl and stir in almond butter and cinnamon. Top with blueberries and banana. Enjoy! Optional: Drizzle of maple syrup for extra sweetness.

RECIPE 2: LUNCH

kale caesar salad

MAKES 4 SERVINGS

INGREDIENTS:

8 cups kale, chopped
Capers (as many as you like)
Crispy Chickpeas:
1 15-ounce can of chickpeas
1/2 tablespoon of coconut oil
1 pinch of sea salt
Dressing:
1/2 cup olive oil
2 tablespoons lemon juice
6 roasted garlic cloves
1 tablespoon tahini
1 pinch of sea salt

DIRECTIONS:

Add chickpeas, coconut oil, and sea salt to a baking sheet and bake for 25-30 minutes at 350 Fahrenheit. Massage chopped kale with 1 tbsp. lemon juice until soft. Add dressing ingredients to blender and blend until smooth. Top salad with chickpeas, dressing, and capers.



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RECIPE 1: DINNER

loaded vegetable lentil soup

MAKES 6-8 SERVINGS

INGREDIENTS:

1 onion, diced
2 carrots, diced
3 stalks of celery, diced
1 bell pepper, diced
2 cups kale, chopped
1 can lentils, drained and rinsed
6 cups vegetable broth
3 cloves of garlic, minced
1/2 teaspoon cumin and paprika
Salt and pepper, to taste
1 can fire roasted tomatoes
1 tablespoon coconut oil

DIRECTIONS:

In a large soup pot over medium heat, add coconut oil, onion, carrots, celery & bell pepper, cook for 5 minutes. Add spices & garlic and cook until soft (about 2 minutes). Add lentils, broth & tomatoes. Bring to boil & then reduce to simmer and cook covered for about 30 minutes. Add kale & cook until wilted.

NUTRITION + SHOPPING TIPS:

what's in season...

Bananas
Kale
Onions
Carrots

how to roast garlic...

Peel and discard the papery outer layers of the whole garlic bulb, leaving intact the skins of the individual cloves of garlic. Using a sharp knife, cut 1/4 to a 1/2 inch from the top of cloves, exposing the individual cloves of garlic. Place the garlic head in a baking dish, cut side up, drizzle with a couple of teaspoons of coconut oil. Bake at 400°F for 30-35 minutes, or until the cloves feel soft when pressed.

did you know...

Bananas contain potassium! Potassium benefits include supporting healthy blood pressure, relief from heart and kidney disorders, anxiety and stress, as well as enhanced muscle strength, metabolism, water balance, electrolytic functions, and nervous system.

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january week one grocery list

PRODUCE

Blueberries
Bananas
2 bunches of kale
Carrots
Celery
1 bell pepper
1 lemon
1 onion
1 garlic head

DRY, BULK, PANTRY

1/2 cup rolled oats
Almond butter
Capers
6 cups vegetable broth
1 (15-ounce) can fire roasted tomatoes

OILS & CONDIMENTS

Coconut oil
Tahini
Olive Oil

PROTEIN

1 (15-ounce) can chickpeas
1 (15-ounce) can lentils

HERBS & SPICES

Sea Salt
Pepper
Paprika
Cumin
Cinnamon

ADDITIONAL GROCERIES