



HGG MEMBER RECIPE CLUB

january week two

RECIPE 1: BREAKFAST

homemade cinnamon vanilla granola

MAKES 6 SERVINGS

INGREDIENTS:

2 cups whole rolled oats
½ cup sliced almonds
¼ cup hemp seeds
3 tablespoons raw honey or real maple syrup
2 tablespoons coconut oil
½ teaspoon vanilla extract
1 pinch of sea salt

DIRECTIONS:

Preheat oven to 250 degrees Fahrenheit. Add all the ingredients together and mix well. Spread a thin layer across a baking sheet and bake for 1 hour. Stir occasionally to make sure granola does not burn. Add granola on top of non-dairy yogurt with fresh fruit or enjoy as cereal with almond milk! Store granola in an air-tight container in the fridge for 2 weeks.

RECIPE 2: LUNCH

creamy kale, avocado & quinoa salad

MAKES 2 SERVINGS

INGREDIENTS:

4 cups kale
1 ripe avocado: seeded, peeled & mashed
½ lemon, juiced
½ cup uncooked quinoa
1 cup water
2 tablespoons hemp hearts (seeds)
salt and pepper, to taste

DIRECTIONS:

Prepare quinoa according to package directions. Meanwhile, wash, dry, devein & chop kale. Add kale to a large bowl with lemon juice, salad & pepper. Massage kale with hands until kale is soft. Add mashed avocado, cooked quinoa & hemp hearts & mix all ingredients together to create a creamy salad! Enjoy!



HGG MEMBER RECIPE CLUB

january week two

RECIPE 3: DINNER

potato and brussel sprout hash

MAKES 2 SERVINGS

INGREDIENTS:

1 large potato or sweet potato, diced
2 cups brussel sprouts, cut in half
1 (15-ounce) can of chickpeas
1 tablespoon coconut oil
1 tablespoon chili powder
Salt and pepper, to taste
1/2 onion, chopped
1/2 bell pepper, diced
handful of kale or spinach

DIRECTIONS:

Preheat oven to 425 degrees Fahrenheit. Dice potato, cut brussels sprouts in half, drain & rinse chickpeas. Add to baking sheet with half of coconut oil and spices. Bake for 30 minutes. Using a large saucepan over medium heat, add the rest of the coconut oil, onions and bell peppers and saute until golden brown. Add in potato, chickpeas & brussels sprouts, mix & cook until kale is wilted.

NUTRITION + SHOPPING TIPS:

what's in season...

Potatoes and sweet potatoes
Brussel sprouts
Kale
Onions

how to...

When buying nuts, seeds, oats, and spices check out the bulk section of your local natural food store. Shopping from bulk can be an affordable way to stock up your pantry!

health benefit! did you know...

Cruciferous vegetables such as brussels sprouts can lower the risk of cancer, may help prevent against the risk of cardiovascular (heart disease) and contain fiber which is key for digestive health!

HGG MEMBER RECIPE CLUB

january week two grocery list

PRODUCE

1 bunch of kale
1 avocado
1 onion
1 bell pepper
2 cups brussel sprouts
1 potato or sweet potato
1 lemon

DRY, BULK, PANTRY

2 cups rolled oats
1/2 cup sliced almonds
1/2 cup dry quinoa
1 (15-ounce) BPA-FREE can of chickpeas
1/4 cup + 2 tablespoons hemp hearts

OILS & CONDIMENTS

Honey or maple syrup
Coconut oil
Vanilla extract

REFRIGERATED

So Delicious or Kite Hill Non-Dairy Yogurt
to enjoy with Granola recipe

HERBS & SPICES

Salt
Pepper
Cinnamon
Chili Powder

ADDITIONAL GROCERIES