



HGG MEMBER RECIPE CLUB

january week four

RECIPE 1: BREAKFAST

coconut yogurt & hemp heart parfait

MAKES 1 SERVING

INGREDIENTS:

3/4 cup coconut yogurt
1/2 cup low-sugar granola
1/4 cup blueberries
1 tablespoon pumpkin seeds
2 tablespoons hemp hearts

DIRECTIONS:

Layer ingredients in a bowl or mason jar, from the bottom up: yogurt, granola, blueberries, hemp hearts, yogurt, granola, blueberries, pumpkin seeds, hemp hearts!

RECIPE 2: LUNCH

pasta salad with butternut squash

MAKES 3-4 SERVINGS

INGREDIENTS:

1 butternut squash, cubed
12 oz of pasta, Lentil, Brown Rice or Whole-Wheat
1/4 cup red onion, chopped
1-2 handfuls of kale, spinach, or arugula
1 tablespoon coconut oil
1 teaspoon paprika
Salt and pepper, to taste
HGG lemon vinaigrette dressing

DIRECTIONS:

Peel and slice squash into cubes and place on a baking sheet. Drizzle with coconut oil, salt, pepper, and paprika. Bake at 375 Fahrenheit for 30-40 minutes until golden brown. Meanwhile, cook pasta according to package directions. Take squash out and let cool. In a large bowl, combine greens, onion, pasta and squash. Top with dressing and enjoy!

NOTE: See shop list for HGG lemon vinaigrette dressing ingredients. Mix together & enjoy!



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RECIPE 3: DINNER

cabbage rolls

MAKES 4 SERVINGS

INGREDIENTS:

1 head of cabbage
1 lb portobello mushrooms, diced
1 onion, diced
3 cloves garlic, minced
1 cup cooked brown rice
1 (15-ounce) can of lentils
1 jar of your favorite spaghetti sauce
1/2 teaspoon salt and pepper
1/2 teaspoon cumin + 1/2 teaspoon paprika
1 tablespoon coconut oil

DIRECTIONS:

Preheat oven to 350 Fahrenheit. Cut cabbage into large leaves. Add to boiling water and cook until soft. Drain and set aside. In a saucepan over medium heat, add oil, onions, mushrooms, garlic and spices and cook until soft. Add brown rice & lentils. Put a scoop of the mixture in the cabbage and roll up. Place rolled leaves in baking dish. Top with tomato sauce and bake for 35-40 minutes.

NUTRITION + SHOPPING TIPS:

what's in season...

Butternut squash
Cabbage
Carrots
Lemons

how to...

When buying a butternut squash, it should be an even cream color, feel heavy for its size, be firm and not contain any bruises. Store your squash in a cool, dry place.

did you know...

Using natural sugars like honey and pure maple syrup provide your body with minerals like iron, calcium, magnesium and potassium.

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january week four grocery list

PRODUCE

1 bunch kale, spinach, or arugula
1 red onion
1 white or yellow onion
1 head cabbage
1 butternut squash
1-lb portobello mushrooms
1 head garlic
1/4 cup blueberries

DRY, BULK, PANTRY

3/4 cup coconut yogurt
1/2 cup granola
1 tablespoons pumpkin seeds
2 tablespoons hemp hearts
1/3 cup brown rice
12-ounce pasta of choice

OILS & CONDIMENTS

Coconut Oil
1 (12-ounce) jar spaghetti sauce

HERBS & SPICES

Salt
Pepper
Cumin
Paprika

HGG'S LEMON VINAIGRETTE SALAD DRESSING

3/4 cup Organic virgin olive oil
1/4 cup apple cider vinegar
1/2 lemon, juiced
1 tablespoon 100% pure maple syrup
1 teaspoon garlic powder
A pinch of sea salt

ADDITIONAL GROCERIES