



HGG MEMBER RECIPE CLUB

july week three

RECIPE 1: BREAKFAST

granola fruit bowl

MAKES 1 SERVING

INGREDIENTS:

1/2 cup granola
1 cup non-dairy milk
1/2 kiwi, sliced
1/4 cup blueberries
1/2 banana, sliced
1/2 cup strawberries, sliced
2 tablespoons hemp hearts

DIRECTIONS:

Add non-dairy milk and granola to bowl.
Top with fruit and hemp hearts!

RECIPE 2: LUNCH

black bean and veggie wrap

MAKES 2-4 SERVINGS

INGREDIENTS:

4 large collard green leaves
1 (15-ounce) can black beans, drained and rinsed
1 (15-ounce) canned corn, drained
1 - 2 cups (cooked) brown rice
1/2 cup salsa
1 avocado, sliced
1 lime, squeezed
Salt and pepper, to taste

DIRECTIONS:

Cook brown rice according to directions. Wash and dry collard leaves. Assemble wrap with desired amounts of brown rice, black beans, corn, salsa and avocado slices. Squeeze lime juice on top with a pinch of salt and pepper. Roll up & enjoy!



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RECIPE 3: DINNER

crockpot sweet potato stew

MAKES 6 SERVINGS

INGREDIENTS:

1 tablespoon coconut oil
1 small white onion, diced
2 cloves garlic, minced
2 medium sweet potatoes, diced
1 cup vegetable broth
2 celery stalks, chopped
2 large carrots
2 (15-ounce) cans chickpeas
1 (24-ounce) jar of fire roasted tomatoes
1 (15-ounce) can of coconut milk
3 handfuls of spinach
1 teaspoon cayenne pepper
1 teaspoon ground turmeric
Salt and pepper, to taste

DIRECTIONS:

Add coconut oil, onion and garlic to a stovetop pan over medium heat and saute until onions are translucent. Add remaining ingredients into crockpot or slow cooker. Cook on high for 4 hours or low for 6 hours. Enjoy as is or serve over quinoa, brown rice, wild rice or with sprouted bread!

NUTRITION + SHOPPING TIPS:

what's in season...

Avocados
Kiwi
Blueberries

how to...

Use raw collard green leaves for wraps or blanch quickly in boiling water to enhance color and soften.

did you know...

Kiwis are a little nutritional powerhouse! They contain vitamin C, A, K, E, B vitamins, potassium, copper, folate and fiber!

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july week three grocery list

PRODUCE

- 1 bunch spinach
- 2 celery stalks
- 4 large collard green leaves
- 1 avocado
- 2 medium sweet potatoes
- 2 large carrots
- 1 white onion
- 2 cloves garlic
- 1 lime
- 1 banana
- 1 kiwi
- 1/4 cup blueberries
- 1/2 cup strawberries

DRY, BULK, PANTRY

- 1/2 cup granola
- 1 cup non-dairy milk
- 2 tablespoons hemp hearts
- 1 cup vegetable broth
- 2 (15-ounce) cans chickpeas
- 1 (15-ounce) can black beans
- 1 (15-ounce) canned corn
- 1 (24-ounce) jar fire roasted tomatoes
- 1 (15-ounce) can coconut milk
- 1/2 cup salsa
- 1 cup (dry) brown rice

HERBS & SPICES

- Salt
- Pepper
- Cayenne pepper
- Ground turmeric

OILS AND CONDIMENTS

- Coconut oil

ADDITIONAL GROCERIES