



HGG MEMBER RECIPE CLUB

june week one

RECIPE 1: BREAKFAST

strawberry pb roll up

MAKES 1 SERVING

INGREDIENTS:

1 brown rice or sprouted tortilla
1/2 cup strawberries, sliced
2 tablespoons peanut butter
1 tablespoon hemp hearts

DIRECTIONS:

Spread peanut butter on half of tortilla.
Top with strawberries and hemp hearts.
Roll up and enjoy!

RECIPE 2: LUNCH

peach and pecan salad

MAKES 2 SERVINGS

INGREDIENTS:

2-4 cups spinach
1 cup (cooked) quinoa
1 peach, sliced
1/4 red onion, sliced
1/4 cup pecans, chopped

Dressing:

1 whole lemon, juiced
1/4 cup olive oil
2 tablespoons tahini
pinch of sea salt

DIRECTIONS:

Cook quinoa according to directions.
Meanwhile, whisk dressing ingredients in a small bowl and set aside. Add cooked quinoa & the rest of the salad ingredients into a large bowl. Top with dressing and mix together to incorporate.



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RECIPE 3: DINNER

gluten-free butternut squash mac

MAKES 4 SERVINGS

INGREDIENTS:

1 box of your favorite gluten-free pasta
1 cup cubed butternut squash
1 tablespoon coconut oil
1/2 cup plain, unsweetened, non-dairy yogurt
1 tablespoon tahini
1/2 teaspoon onion powder
1/2 teaspoon paprika
1/2 teaspoon garlic powder
1/4 teaspoon sea salt
1/4 teaspoon black pepper

DIRECTIONS:

Preheat oven to 425 Fahrenheit. Spread cubed butternut squash on baking sheet with one tablespoon coconut oil. Roast in the oven for 25 minutes. Meanwhile, cook pasta according to directions. Once squash is finished, add into blender with non-dairy yogurt, tahini, and all spices. Blend until smooth. Pour sauce over cooked pasta and mix together. Enjoy!

NUTRITION + SHOPPING TIPS:

what's in season...

Spinach
Garlic
Lemon

how to...

When picking out nut butters, make sure to read the ingredient list. A lot of brands have added sugar and other processed ingredients. We love the brands Justin's and Naturally More!

did you know...

Did you know tahini is just ground up sesame seeds? Tahini is rich in vitamins & minerals and is a healthy fat! It is great in a homemade salad dressing and also for making cashew cream sauce.

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june week one grocery list

PRODUCE

4 cups spinach
1/4 red onion
1 butternut squash
1/2 cup strawberries
1 peach
1 lemon

OILS AND CONDIMENTS

Olive oil
Coconut oil
Tahini

ADDITIONAL GROCERIES

DRY, BULK, PANTRY

1 brown rice or sprouted tortilla
2 tablespoons peanut butter
1 tablespoon hemp hearts
1/2 cup dry quinoa
1/4 cup pecans
1 box gluten-free pasta
1/2 cup plain, unsweetened, non-dairy yogurt

HERBS & SPICES

Sea salt
Black pepper
Garlic powder
Onion powder
Paprika