



HGG MEMBER RECIPE CLUB

june week two

RECIPE 1: BREAKFAST

banana oat breakfast cookies

MAKES 15-20 COOKIES

INGREDIENTS:

3 bananas, ripened
1/2 cup peanut butter
3 tablespoons maple syrup or honey
2 flax eggs (2 tablespoons flaxseed + 6 tablespoons water)
1 teaspoon vanilla extract
2 cups rolled oats
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1/2 cup raisins or dairy-free chocolate chips

DIRECTIONS:

Preheat oven to 350 Fahrenheit. Line a baking sheet with parchment paper. In a large bowl, add bananas and mash until smooth. Add in peanut butter, maple syrup, flax eggs and vanilla. Mix together. Add oats, baking powder and baking soda and stir until smooth. Fold in raisins or chocolate chips. Scoop or roll into balls and place on parchment paper. Bake for 12-15 minutes or until slightly browned. Enjoy once cooled.

RECIPE 2: LUNCH

chickpea and veggie summer salad

MAKES 6-8 SERVINGS

INGREDIENTS:

2 (15-ounce) cans chickpeas, drained and rinsed
1/4 red onion, diced
1 red bell pepper, diced
1/2 yellow or orange bell pepper, diced
1 cucumber, diced
1 tomato, diced
1 avocado, sliced or diced as topping

Dressing:

1/4-1/2 cup olive oil
1 lemon, juiced
1 teaspoon salt
1/2 teaspoon garlic powder
1 teaspoon oregano

DIRECTIONS:

Whisk together dressing ingredients and set aside. In a large bowl, combine all veggies, except the avocado, and mix together. Add dressing to the salad and stir until well incorporated. Keep salad in a sealed container in the fridge and enjoy throughout the week, before enjoying top with avocado!



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RECIPE 3: DINNER

healthy pizza with a carrot ginger sauce

MAKES 4 SERVINGS

INGREDIENTS:

1 pre-made pizza crust (We love Alvarado Street Bakery)

1/4-1/2 cup dairy-free cheese

1/4 red onion, sliced

1/2 red bell pepper, sliced

Fresh basil, sliced into ribbons

1/4 cup hemp hearts

Sauce:

3 large carrots

1 teaspoon fresh grated ginger

1 teaspoon apple cider vinegar

1 teaspoon sea salt

DIRECTIONS:

Preheat oven to 425 Fahrenheit. Wash, peel and chop carrots. Boil for 8 minutes. Drain and puree carrots. Add pureed carrots and the rest of the sauce ingredients to a bowl and whisk together. Top pizza crust with sauce and reminder of toppings. Bake in the oven for 20-25 minutes or until edges are lightly browned. Remove from oven and top with hemp hearts, slice & enjoy!

NUTRITION + SHOPPING TIPS:

what's in season...

Carrots

Cucumbers

Bell peppers

how to...

When buying pre-made pizza crust, make sure to read the label to avoid any artificial ingredients or added sugar. Can't find any gluten-free options? Look in the baking section to find pre-made gluten-free pizza flours and make your own crust!

did you know...

Carrots contain a wide variety of vitamins & minerals as well as antioxidants. One of the main vitamins found in carrots is vitamin A. The nutritional content in carrots may have anti-cancer, cardiovascular, and vision benefits.

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june week two grocery list

PRODUCE

3 large carrots
1 red onion
2 red bell peppers
1 yellow or orange bell pepper
1 cucumber
1 tomato
1 avocado
1/2 inch fresh ginger
1 lemon
3 bananas
Fresh Basil

HERBS & SPICES

Sea salt
Garlic powder
Oregano

OILS AND CONDIMENTS

Olive oil
Apple cider vinegar
Maple syrup
Vanilla extract

ADDITIONAL GROCERIES

DRY, BULK, PANTRY

1/2 cup peanut butter
2 tablespoons ground flaxseed
2 cups rolled oats
1/2 cup raisins or dairy-free chocolate chips
Baking powder
Baking soda
2 (15-ounce) cans chickpeas (garbanzo beans)
1 pre-made pizza crust
1/2 cup dairy-free cheese
1/4 cup hemp hearts