



HGG MEMBER RECIPE CLUB

june week four

RECIPE 1: BREAKFAST

peanut butter & jelly bars

MAKES 6 SERVINGS

INGREDIENTS:

1/4 cup coconut oil
1/2 cup peanut butter
1 flax egg (1 tablespoon flaxseeds and 3 tablespoons water)
1 teaspoon vanilla extract
1/4 cup coconut sugar
3/4 cup oat flour (rolled oats pulsed)
1/4 cup fresh strawberries
1/4 cup strawberry jam
Natural peanut butter
Raw unsalted peanuts

DIRECTIONS:

Preheat oven to 350 Fahrenheit. Make oat flour, but pulsing oats in a blender or food processor. Line a pan with parchment paper. In a large bowl, add coconut oil, peanut butter, flax egg and vanilla extract. Add coconut sugar and oat flour & stir together. Pour mixture into pan evenly and spread jam across the top. Place sliced strawberries on top. Bake for 25-30 mins. Allow bars to cool and drizzle with melted peanut butter and chopped peanuts.

RECIPE 2: LUNCH

berry citrus salad

MAKES 2 SERVINGS

INGREDIENTS:

4 cups spinach
2 clementines
1/4 cup blackberries
1/4 cup raspberries
1/4 cup walnuts, chopped
4 tablespoons hemp seeds
4 tablespoons balsamic vinaigrette

DIRECTIONS:

In a large bowl add spinach, fruit, walnuts, and hemp seeds. Drizzle dressing and toss to combine. Enjoy!



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RECIPE 3: DINNER

quinoa & veggie stir-fry

MAKES 2 SERVINGS

INGREDIENTS:

1 cup (dry) quinoa
1 tablespoon coconut oil
1 cup red bell pepper, sliced
1 head baby bok choy, sliced
1 inch fresh ginger, minced
1 cup mushrooms, sliced
1 cup spinach
1 cup broccoli
2 tablespoons sesame seeds

Sauce:

5 tablespoons coconut liquid aminos
1/2 tablespoon sesame oil
1-2 teaspoons honey
1/2 tablespoon lime juice
1 & 3/4 tablespoons arrowroot powder

DIRECTIONS:

Cook quinoa according to directions. In a large pan, add oil and veggies. Cook for 5-6 minutes. Whisk together sauce ingredients in small bowl. Add sauce to pan with veggies and cook until sauce has thickened. Add quinoa and veggie stir-fry to a bowl, top with sesame seeds and enjoy!

NUTRITION + SHOPPING TIPS:

what's in season...

Bok Choy
Bell peppers
Broccoli

how to...

Arrowroot powder is found in the baking section of the grocery store and is used in recipes to thicken sauces, soups and stews!

did you know...

Peanuts contain many vitamins & minerals like copper, manganese and vitamin B3. Peanuts are a source of plant-based protein and can be used in various breakfast, lunch and dinner recipes.

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june week four grocery list

PRODUCE

5 cups spinach
1 red bell pepper
1 head baby bok choy
1 cup mushrooms
1 cup broccoli
1 inch fresh ginger
1 lime
1/4 cup strawberries
1/4 cup blackberries
1/4 cup raspberries
2 clementines

DRY, BULK, PANTRY

1 cup (dry) quinoa
3/4 cup peanut butter
1 tablespoon flaxseed
2 tablespoons sesame seeds
4 tablespoons hemp seeds
1/4 cup walnuts
1/4 cup coconut sugar
3/4 cup oat flour
1/4 cup strawberry jam
2 tablespoons arrowroot powder
Raw unsalted peanuts

HERBS & SPICES

OILS AND CONDIMENTS

Coconut oil
Vanilla extract
Coconut liquid aminos
Sesame oil
Honey
Balsamic vinaigrette

ADDITIONAL GROCERIES