



HGG MEMBER RECIPE CLUB

may week one

RECIPE 1: BREAKFAST

springtime smoothie bowl

MAKES 1 SERVING

INGREDIENTS:

1 banana (3/4 for smoothie, 1/4 for topping)
1 cup frozen mixed berries
1/4 cup water
1/4 cup fresh blueberries
1/4 cup unsweetened granola
1 tablespoon raw almonds, chopped
1 tablespoon whole chia seeds

DIRECTIONS:

Add banana, frozen berries and water into a high speed blender. Blend on high for 20-30 seconds or until thick consistency forms. Pour smoothie into bowl and top with banana slices, fresh blueberries, granola, almonds and chia seeds.

Tip!

Visit the Healthy Grocery Girl Blog to try our Turmeric Ginger Granola!

RECIPE 2: LUNCH

strawberry salad with walnuts

MAKES 4 SERVINGS

INGREDIENTS:

4 cups arugula
1 cup strawberries, sliced
1/2 cup walnuts, chopped
1/4 cup hemp seeds

Balsamic vinegar dressing:

2 tablespoons balsamic vinegar
4 tablespoons olive oil
1 clove garlic, minced
Pinch of sea salt

DIRECTIONS:

Add dressing ingredients to a small bowl and whisk together until fully incorporated. Set aside. Wash and cut strawberries into slices. Using a large bowl, add arugula, strawberries, walnuts and hemp seeds. Top with dressing and toss to combine!



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RECIPE 3: DINNER

kale rice and bean soup

MAKES 6-8 SERVINGS

INGREDIENTS:

1 small onion, diced
3 carrots, diced
3/4 cup dry brown rice
2 cloves of garlic
6 cups vegetable broth
2 (15-ounce) cans garbanzo beans
3 cups kale, chopped
3/4 cup unsweetened coconut milk
Coconut oil
1 tablespoon oregano
Salt and pepper, to taste

DIRECTIONS:

Drain and rinse beans. In a large soup pot over medium heat, add coconut oil, onions and carrots. Cook until translucent, about 5 minutes. Add garlic, oregano, salt and pepper and cook 1 minute. Add rice, chickpeas and broth and bring to boil. Cover, reduce heat and let simmer for 30 minutes or until rice is tender. Add coconut milk and kale. Simmer until kale is wilted. Add salt and pepper if needed.

NUTRITION + SHOPPING TIPS:

what's in season...

Strawberries
Arugula
Kale

how to...

When picking out strawberries, look for the USDA organic label. Strawberries are a part of the "dirty dozen" list, which means these are ranked high in pesticide residue when not purchased organic.

did you know...

Chickpeas are a great source of protein. One cup of chickpeas has 15 grams of protein! Chickpeas also contain fiber, manganese and folate!

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may week one grocery list

PRODUCE

4 cups arugula
3 cups kale
1 small onion
3 medium carrots
1/4 cup fresh blueberries
1 cup strawberries
1 banana
3 cloves of garlic

DRY, BULK, PANTRY

2 (15-ounce) cans garbanzo beans
3/4 cup dry brown rice
6 cups vegetable broth
3/4 cup unsweetened coconut milk
1/4 cup hemp seeds
1/2 cup walnuts
1 tablespoon chia seeds
1 tablespoon raw almonds
1/4 cup unsweetened granola

OILS AND CONDIMENTS

Coconut oil
Balsamic vinegar
Olive oil

HERBS & SPICES

Oregano
Salt
Pepper

FROZEN

1 cup frozen mixed berries

ADDITIONAL GROCERIES