



HGG MEMBER RECIPE CLUB

may week two

RECIPE 1: BREAKFAST

peanut butter banana oatmeal

MAKES 1 SERVING

INGREDIENTS:

1 banana (3/4 for oatmeal, 1/4 for topping)
1/2 cup oats
1/2 tablespoon chia seeds
1 cup unsweetened almond milk
1 tablespoon peanut butter
1 tablespoon hemp seeds
1 tablespoon walnuts, chopped

DIRECTIONS:

Add 3/4 banana, oats, chia seeds and almond milk to a medium saucepan and cook on medium heat for 8-10 minutes or until liquid is absorbed. Stir while cooking to blend banana and chia seeds into oatmeal. Top with peanut butter, remaining banana slices, hemp seeds and chopped walnuts.

RECIPE 2: LUNCH

greek kale salad

MAKES 4 SERVINGS

INGREDIENTS:

4 cups kale
1 cup cherry tomatoes, sliced
1 cucumber, diced
1 (15-ounce) can chickpeas, drained & rinsed
1/4-1/2 red onion, diced
1/4 cup olives

Dressing:

1/2 cup olive oil
1/2 lemon, squeezed
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 tomatoes, cucumber and red onion. In a large bowl, combine kale, diced veggies, olives and chickpeas. Top with dressing and toss to combine!



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RECIPE 3: DINNER

bear pasta with tomato sauce

MAKES 4-6 SERVINGS

INGREDIENTS:

1 box lentil pasta
1 tablespoon coconut oil
1/2 small sweet onion, diced
1 large shallot, diced
2 cups cherry tomatoes
1 (15-ounce) can diced tomatoes
1 bunch fresh basil leaves
1 teaspoon salt
1 teaspoon italian seasoning
1/2 teaspoon pepper

DIRECTIONS:

Turn oven to broil to warm up. Cook pasta according to directions. Meanwhile, add coconut oil to saute pan over medium heat. Add onion and shallot & cover with lid to let cook until translucent and golden. Spread tomatoes on sheet pan and let broil for about 10 minutes until or until blistering and starting to blacken. Add diced tomatoes to saute pan (not drained) with basil leaves and seasoning. Once cherry tomatoes are done, add to saute pan and stir sauce together. Top pasta with sauce & enjoy!

NUTRITION + SHOPPING TIPS:

what's in season...

Herbs
Shallots
Kale

how to...

If buying fresh herbs is too expensive, opt to grow your own herbs! Herbs are a cheap and healthy way to get amazing flavor into your dishes and can be grown right on your kitchen window sill!

did you know...

Cherry tomatoes are packed with vitamins and minerals. 1 cup contains 1.8 grams of fiber, 1.3 grams of protein, vitamin C, vitamin K, vitamin E, folate, niacin, phosphorous, copper, potassium and manganese!

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may week two grocery list

PRODUCE

4 cups kale
1 bunch, basil leaves
3 cups cherry tomatoes
1 cucumber
1 red onion
1 small sweet onion
1 shallot
1 clove garlic
1 lemon
1 banana

DRY, BULK, PANTRY

1 (15-ounce) can diced tomatoes
1 (15-ounce) can chickpeas
1/4 cup olives
1 box lentil pasta
1 tablespoon walnuts
1 tablespoon hemp seeds
1 tablespoon peanut butter
1/2 tablespoon chia seeds
1/2 cup oats
1 cup unsweetened almond milk

OILS AND CONDIMENTS

Coconut oil
Olive oil

HERBS & SPICES

Italian seasoning
Salt
Pepper

ADDITIONAL GROCERIES