



HGG MEMBER RECIPE CLUB

may week three

RECIPE 1: BREAKFAST

blueberry coconut protein smoothie

MAKES 1 SERVING

INGREDIENTS:

1 ripe banana, peeled
1 cup frozen blueberries
1 serving plant-based protein powder
1 cup unsweetened coconut milk
1 tablespoon unsweetened coconut flakes

Optional Smoothie Boosters!

1 teaspoon coconut butter
1 tablespoon chia seeds
1 tablespoon ground flaxseeds
1 tablespoon shelled hemp hearts
2 tablespoons fresh avocado

DIRECTIONS:

Add banana, frozen blueberries, protein powder and coconut milk to a high speed blender and blend on high for about 30 seconds or until smooth. Pour into glass and top with coconut flakes!

RECIPE 2: LUNCH

hummus, avocado and tomato sandwich

MAKES 2 SERVINGS

INGREDIENTS:

4 slices of bread (organic sprouted whole-wheat or gluten-free)
1 ripe avocado, sliced
4 tablespoons hummus
1/2 tomato, sliced
1 teaspoon of shelled hemp hearts
Salt
Pepper
Coconut oil

DIRECTIONS:

Heat coconut oil in a saucepan over medium heat. On one side of bread, spread hummus and top with tomato, avocado, hemp hearts, salt & pepper. Put the other slice of bread on top and grill in saucepan until browned on each side. Repeat with the other sandwich & enjoy!



HGG MEMBER RECIPE CLUB

may week three

RECIPE 3: DINNER *tomato white bean soup*

MAKES 4 SERVINGS

INGREDIENTS:

1/2 white onion, diced
1 teaspoon coconut oil
3 cups white beans
1 cup canned coconut milk (thick creamy part)
2 cloves garlic, minced
2 (28-ounce) jars whole tomatoes
Fresh basil, for garnish
Salt
Pepper

DIRECTIONS:

Add coconut oil to soup pot over medium heat. Add diced onion and cook until translucent. Drain and rinse white beans and then whole tomatoes. Add coconut milk, garlic, tomatoes, salt & pepper into a blender and blend on high until creamy. Pour soup into soup pot and cook for 10-15 minutes. Then add in white beans and let cook for another 3-5 minutes. Garnish with fresh basil leaves before serving!

NUTRITION + SHOPPING TIPS: *what's in season...*

Herbs
Garlic
Onions

how to...

When buying canned goods, such as beans, coconut milk or tomatoes, make sure you buy cans that contain a BPA-free lining and do not contain any added sugar!

did you know...

Coconut contains lauric acid which is believed to have antibacterial and antimicrobial properties. Coconut is one of the most versatile, and delicious, plant-based foods easy to enjoy every week!

HGG MEMBER RECIPE CLUB

may week three grocery list

PRODUCE

1 tomato
1 avocado
1 white onion
2 cloves garlic
1 banana

DRY, BULK, PANTRY

1 (15-ounce) can coconut milk
2 (28-ounce) jars whole tomatoes
2 (15-ounce) cans white beans
1 cup unsweetened coconut milk
1 tablespoon unsweetened coconut flakes
4 slices sprouted bread
Shelled hemp hearts

OILS AND CONDIMENTS

Coconut oil
Hummus

HERBS & SPICES

Fresh basil leaves
Salt
Pepper

FROZEN

1 cup frozen blueberries

ADDITIONAL GROCERIES

Plant-based protein powder