



HGG MEMBER RECIPE CLUB

october week three

RECIPE 1: BREAKFAST

protein breakfast cookies

MAKES 1 SERVING

INGREDIENTS:

1 cup gluten-free oats
1 cup gluten-free 1-to-1 baking flour
1/3 cup vanilla protein powder
1 teaspoon cinnamon
1 teaspoon baking powder
1/2 teaspoon sea salt
1/4 cup peanut butter
1/2 cup coconut sugar (or sweetener of choice)
1/2 cup melted coconut oil
1 tablespoon ground flax seeds
1/4 cup coconut milk
1/4 cup of pecans (or nut of choice)
1/4 cup of hemp seeds (or seed of choice)
1/4 cup of dried blueberries (or fruit of choice)

DIRECTIONS:

Preheat oven to 350 degrees Fahrenheit. Make a flax 'egg' in a small bowl, add warm water to the ground flax seeds and let set for 3-5 minutes. In a medium bowl mix together oats, gluten-free 1-to-1 flour, protein powder, cinnamon, sea salt & baking soda. In another medium bowl, mix together peanut butter, maple syrup, coconut oil, the flax egg & non-dairy milk. Add dry ingredients to the wet ingredients and mix well. Fold in pecans, hemp seeds & dried fruit. Cover & chill dough for 30 minutes. Press dough into cookie shapes & lay flat on a baking sheet. Bake for 18 minutes & then let cool for 3 minutes before enjoying. Store in an air-tight container in the refrigerator & eat within 1 week. The cookies will be a bit crumbly right out of the oven, however they firm up in the fridge!

RECIPE 2: LUNCH

white bean avocado mash sandwich

MAKES 4-6 SERVING

INGREDIENTS:

6-8 pieces of bread
1 (15-ounce) can white beans, drained & rinsed
1 avocado
Handful of spinach
1/2 lemon
Salt and pepper, to taste

DIRECTIONS:

In a medium bowl, add white beans and avocado and mash together with a fork. Add in salt, pepper, and lemon juice and mix together. Spread on slice of bread and top with a spinach. Enjoy as is or grill sandwich on stovetop.



HGG MEMBER RECIPE CLUB

october week three

RECIPE 3: DINNER

veggie and wild rice soup

MAKES 4 SERVINGS

INGREDIENTS:

4 cups veggie broth
1 tablespoon olive oil
1 small onion, chopped
3 medium carrots, chopped
3 celery ribs, chopped
4 large garlic cloves, minced
1 tablespoon Italian seasoning
1/4 teaspoon stone ground mustard
1/2-1 tablespoon sea salt
1/2 cup dry wild rice
3 tablespoons nutritional yeast
1 (15-ounce) can white beans, drained
1 1/2 cups water
2 small bay leaves

DIRECTIONS:

In a large soup pot over medium heat, add olive oil, chopped veggies, and Italian seasoning. Sauté for 5-7 minutes or until veggies are soft. Stir in the rice and cook a few more minutes. Add the remaining ingredients and bring to a boil. Reduce the heat, cover and let simmer for 30-40 min, or until the rice is fully cooked. Remove bay leaves. Enjoy!

NUTRITION + SHOPPING TIPS:

what's in season...

Spinach
Carrots
Onion

how to...

Prep large batch of soup and cookies over the weekend for quick grab-n-go meals throughout the week!

did you know...

Celery contains vitamin K and other antioxidants that may have anti-inflammatory effects that aid in cardiovascular and digestive support.

HGG MEMBER RECIPE CLUB

october week three grocery list

PRODUCE

Handful of spinach
1 lemon
1 avocado
1 small onion
3 medium carrots
3 celery ribs
4 large garlic cloves
1/2 cup dry wild rice

HERBS & SPICES

Cinnamon
Sea salt
Black pepper
Italian seasoning
Ground mustard
Bay leaves

ADDITIONAL GROCERIES

DRY, BULK, PANTRY

1 cup gluten-free oats
1 cup gluten-free 1-to-1 baking flour
1/3 cup vanilla protein powder
1 teaspoon baking soda
1/4 cup peanut butter
1/2 cup coconut sugar
Ground flaxseed
1/4 cup coconut milk
1/4 cup of pecans
1/4 cup of hemp seeds
1/4 cup of dried blueberries
6-8 pieces of bread
2 (15-ounce) cans white beans
4 cups veggie broth
1/2 cup dry wild rice
Nutritional yeast

OILS AND CONDIMENTS

Coconut oil
Olive oil