



HGG MEMBER RECIPE CLUB

september week two

RECIPE 1: BREAKFAST

apple smoothie bowl

MAKES 1 SERVING

INGREDIENTS:

1 honeycrisp apple

3 tablespoons orange juice

Toppings:

Coconut shreds

Cashews

Raspberries

DIRECTIONS:

Core and chop apple. Steam for 10 minutes over boiling water. Blend apple and orange juice in blender for 30 seconds or until smooth. Top with toppings and enjoy!

RECIPE 2: LUNCH

quinoa veggie wrap

MAKES 1 SERVINGS

INGREDIENTS:

1/2 cup quinoa, cooked

2 collard greens leaves

2 tablespoons hummus

1/2 avocado, sliced

1/2 tomato, sliced

1 tablespoon hemp hearts

DIRECTIONS:

Cook quinoa according to directions. Slice avocado and tomato. Assemble wrap on collard greens leaf with hummus and quinoa first, then top with sliced avocado and tomato. Sprinkle with hemp seeds.



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RECIPE 3: DINNER

avocado and black bean tostada

MAKES 4 SERVINGS

INGREDIENTS:

8 corn tortillas
1 (15-ounce) can black beans, drained & rinsed
2 avocados
1 tomato
1/2 white onion
1 jalapeno
1 bunch cilantro
1 lime
1 tablespoon coconut oil
1 teaspoon chili powder
1 teaspoon cumin
Salt and pepper, to taste

DIRECTIONS:

Preheat oven to 425 Fahrenheit. Drizzle tortillas with coconut oil and cook in oven until slightly crisp, about 3-5 minutes each side. Meanwhile, chop onion, tomato, jalapeño and cilantro in a small bowl and set aside. Mash avocados in a small bowl and add spices and juice from 1/2 lime. Mix together. Assemble tostada with avocado mash, black beans, homemade pico and squeeze of lime juice.

NUTRITION + SHOPPING TIPS:

what's in season...

Apples
Tomatoes
Onions

how to...

Sick of eating the same thing every day for lunch? Switch out the flavor of your hummus to make a new and exciting wrap each day of the week!

did you know...

Apples are high in fiber and vitamin C, which make them a nutritious snack that'll support your digestive health and keep you feeling full for longer!

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september week two grocery list

PRODUCE

1 honeycrisp apple
1 navel orange
Raspberries
1 bunch collard greens
1 avocado
1 tomato
3 avocados
1 tomato
1 white onion
1 jalapeno
1 bunch cilantro
1 lime

DRY, BULK, PANTRY

3 tablespoons orange juice
Coconut shreds
Cashews
1/4 cup dry quinoa
1 tablespoon hemp hearts
1 (15-ounce) can black beans
8 corn tortillas

HERBS & SPICES

Salt
Black pepper
Cumin
Chili powder

OILS AND CONDIMENTS

2 tablespoons hummus
Coconut oil

ADDITIONAL GROCERIES