



Spinach Egg Muffins

Breakfast seems to be one of those meals that's not as easy as a bowl of cereal, or a slice of toast once choosing a healthier lifestyle. This easy, filling recipe will have you loving a quick breakfast again. Quick, easy, and perfect for on-the-go!

Ingredients:

- 8-10 eggs
- 1 (10 oz) package of fresh spinach
- 1 clove of garlic, minced
- 1/4 onion, finely chopped
- 1 tbsp coconut oil
- 1 red bell pepper, finely chopped
- 1 small zucchini, peeled and finely chopped
- 5 mushrooms
- 1/2 cup Daiya mozzarella cheese (or cheese of your choice)
- 1 tbsp of non-dairy milk
- 1/2 tsp sea salt
- 1/4 tsp pepper

Directions:

Preheat oven to 375 F. Heat the oil in the skillet over medium heat. Saute onions and garlic until translucent. Add mushrooms and fry until mushrooms are cooked. Add spinach and cook until spinach is wilted (may have to add a bit of water to "steam"

the spinach). Set aside and cool slightly.

In a bowl, whisk eggs. Add the chopped red peppers, cheese, salt, pepper, zucchini and spinach mixture. Mix well.

Fill each greased muffin cup with egg mixture 2/3 of the way full. Bake for 20-25 minutes, or until it's well set and a tester/toothpick inserted into the centre comes out clean.

Leave in the muffin tins for a few minutes or just until it's cool enough to handle. Cool completely before refrigerating. Muffins will keep about a week in the refrigerator.

Tips & Ideas:

These freeze EXCELLENT! I make a huge batch and freeze the rest. Perfect for breakfasts on the go, or when you just don't have time to be in the kitchen! Can be served with a side of kimchi, or add to a fresh simple salad. Re-heat in oven, or take out the night before and place in fridge to thaw for the next day.

As a variation, skip the muffin cups and bake this recipe in a baking dish and serve for Sunday brunch!



Wild Rice & Bean Salad

This recipe came from one of my dear friends. It's one of those great, filling salads that store well in the fridge for your busy work week, or is good enough to take to a family occasion. It can easily be adapted to your family's likings and complements any summer time meal. Enjoy!

Ingredients:

- 1 cup of rice of your choice (I like to use a 1/3 cup quinoa, 1/3 cup brown rice, 1/3 cup wild rice)
- 2 cans of mixed bean salad (drained and rinsed)
- 1 can of chick peas (drained and rinsed) (can also use black beans instead)
- 3 stalks of celery (chopped)
- 1 red pepper (chopped)
- Handful of fresh parsley (chopped)

Dressing:

- Juice of 3 Limes
- 1/2 cup olive oil
- 1/4 cup balsamic vinegar
- 1 tsp honey
- 1 tsp dehydrated onion flakes
- 1/2 tsp dried parsley
- 1/2 tsp garlic powder
- 1/2 tsp sea salt

Directions:

Cook one cup of the rice of your choice. Make sure not to over-cook as you want your rice firm in your salad. I cook the quinoa, wild rice and brown rice in one pot. Once cooked, remove from heat and allow to cool completely.

Add all dressing ingredients to a blender. Blend for about 30 seconds until creamy and well combined.

Add all ingredients to large bowl and toss with dressing. You may need to add more sea salt to taste.

Tips & Ideas:

This stores excellent in the fridge for up to a week. Great staple to make for the week.

It's beautiful topped with fresh chopped tomatoes or avocados. Although I add to each serving bowl, as adding it into the salad wouldn't make it last as long to store in the fridge.



Sweet Potato Coconut Soup

There's nothing like a good soup. This very simple, yet elegant recipe will have you going back for seconds.

Ingredients:

- 4 large sweet potatoes
- 1 tbsp coconut oil
- $\frac{1}{2}$ onion diced
- 2 cloves garlic minced
- 1 tbsp grated fresh ginger root (more if desired)
- 4 cups chicken broth
- 1 can full fat coconut milk
- Salt and pepper to taste
- Powdered ginger to taste (optional)

Directions:

Heat oven to 400F. Place sweet potatoes on cookie sheet and bake until tender (could take up to an hour). Allow to cool, remove skins (should easily come off) and set aside.

Heat coconut oil in large pot. Sauté onions, garlic and ginger until tender and fragrant. Add sweet potatoes and mix well (or even mash with potato masher). Add broth and bring to a boil for about 10 minutes.

Blend soup in blender until smooth (or use an emersion blender).

Place blended soup back into the pot and add coconut milk. Cook another 5 minutes. Add salt, pepper and additional ginger to taste.

Serve immediately. Stores well in the fridge or even freezer.



Coconut Cauliflower Rice

This recipe came from a dear friend. I was delightedly surprised at how much my family loved it!

Cauliflower is the perfect alternative to traditional rice. This recipe has the perfect blend of aroma's and flavours that we are convinced it will one of your favourite go-to recipes. All spices and herbs can easily be adapted to your taste buds. Enjoy!!

Ingredients:

- 1 large head of cauliflower (chopped in the food processor until rice-like. Not too fine)
- 2 tbsp coconut oil
- 1 small onion (diced)
- 2-3 cloves garlic (minced)
- 1 tbsp freshly grated ginger
- Sea Salt
- Pepper
- Pinch of red pepper flakes
- 5 tbsp canned coconut milk
- Freshly squeezed lime
- Chopped cilantro

Directions:

Have all ingredients out and prepared as this meal cooks rather fast.

Heat coconut oil in large frying pan. Sauté onions until golden brown and almost thoroughly cooked. Add ginger and garlic. Sauté for another few minutes. Add in riced cauliflower. Top with a sprinkle of sea salt, pepper, and red pepper flakes (all to taste). Stir.

After about 5-7 minutes, cauliflower should be cooked (soft, but still firm). Add in coconut milk. Fry for another minute or so. Remove from heat and add freshly squeezed lime and chopped cilantro. Serve immediately.



Thai Coconut Soup

Simple. Refreshing. Light. This thai coconut soup is perfect soup to compliment any meal.

Ingredients:

- 4 oz skinless, boneless chicken breasts (cut into thin 1/4" strips)
- 1 1/2 cups mushrooms (sliced into large thin pieces)
- 1 stick lemon grass
- 1 inch fresh ginger (sliced into thin rounds)
- 1 tbsp minced garlic
- 1/8 tsp red chilli pepper flakes (less or more to taste)
- 1 can full fat coconut milk
- 1 cup chicken broth
- 2 tbsp fresh lime (or lemon) juice
- 1 tbsp fish sauce
- Coconut oil as needed for frying
- Fresh cilantro to garnish

Directions:

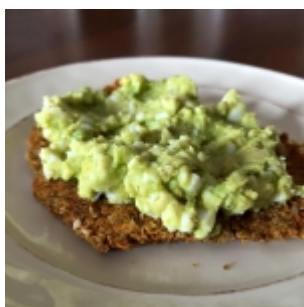
Heat frying pan over medium heat. Add 2 tbsp of coconut oil. Add sliced mushrooms and cook for about 10 minutes (until mushrooms are cooked and browned. Set aside once cooked. While mushrooms are frying, smash lemon grass with the flat of a chef's knife and then cut into 1" pieces. Set aside.

In a large pot over medium heat coconut milk and chicken broth for 2-3 minutes, ensuring it doesn't boil. Reduce heat and add

lemon grass, grated ginger, minced garlic, and chilli flakes. Cook for 2 minutes, stirring continuously making sure it doesn't boil.

Add chicken strips and cook until chicken is cooked (about 5-10 minutes). Make sure not to over cook or boil. Add lemon or lime juice, fish sauce, and fried mushrooms. Cook for another minute or two.

Remove from heat and serve immediately. Top with fresh cilantro and more freshly squeezed lime (if desired). If this is your first time enjoying thai soup, ensure that you remove the chunks of lemon grass and ginger before devouring.



Avocado Egg Salad

This recipe is ridiculously simple and so tasty. I didn't think egg salad could be good without mayo... enter avocados!

Ingredients:

- 4 boiled eggs
- 2 small ripe avocados
- Juice of 1 lime
- 1 tsp of Epicures guacamole dip mix (or a combination of dried onion flakes, pinch of dried red chilis, sea salt, dried garlic, dried parsley)

Directions:

- Mash all ingredients in small bowl and serve!
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Hearty Borsch Soup

This is a fall favourite in our home. We use as much garden fresh veggies as we have available as that's where all the flavor comes from. I hope you love this comforting soup as much as we do. And feel free to adjust quantities of whatever you have on hand for veggies. I usually don't measure when making a soup like this... just throwing stuff into the pot until whatever pot I'm using is full 😊 You can use this as a guideline.

Ingredients:

- 1/4 cup coconut oil
- 1/2 cup organic, grass-fed butter
- 1 large onion
- 4-6 carrots, coarsely chopped
- 3 turnups, coarsely chopped
- 1 small bunch of celery (with leaves)
- 1 small head of cabbage, coarsely chopped
- 1/2 cup fresh dill, finely chopped
- 1/4 cup fresh parsley, finely chopped
- 2 cups shredded beets

- Sea salt & Pepper to taste
- Optional* [Cashew Sour Cream](#) & Vinegar to Serve

Directions:

Heat coconut oil in large soup pot over medium heat. Add in chopped onions. Allow to cook for about 5-7 minutes. Then add in the chopped celery and their leaves along with the butter. Fry until fragrant (about 10 minutes). Add in the carrots, turnips, shredded beets and enough hot water to cover the vegetables. Bring to a hearty simmer. Place the lid on the pot and allow to simmer until carrots are almost done.

Once carrots are almost done, add in the remainder of the ingredients. Add more hot water to your desired level. Bring back to a good simmer and allow to cook until all the veggies are done.

Once veggies are tender, allow to cool slightly and serve immediately. Can be eaten like this, or topped with my favourite – cashew sour cream and sometimes a splash of vinegar.



Kelp Noodle Salad with Almond

Miso Dressing

Who doesn't love a good, light, flavourful salad? This salad will have your taste buds jumping and non-salad eaters coming back for seconds.

And more often than not, you'll find this dressing in my fridge for anytime I'm in the mood for a good salad.

Ingredients:

- 1 package of kelp noodles
- 4-6 stems of kale (or a small pre-packaged bag of a kale salad mix)
- 1 tablespoon extra virgin olive oil

Dressing:

- 1/4 cup water
- 3 tbsp raw almond butter (fresh is always best)
- 1 tbsp sesame oil
- 2 tsp miso paste
- 1 clove garlic (minced)
- 1 tsp dried onion flakes
- 1 tsp lime juice
- 1/2 tsp ground ginger
- 1 drop liquid stevia (or 1 tsp of raw honey)
- Pinch of red pepper flakes

Directions:

Open and strain the package of kelp noodles. Use scissors to cut the noodles into more manageable sizes. Then put the noodles into your mixing bowl.

Wash kale and remove the stems. Chop into small pieces and add to the mixing bowl.

Drizzle kale and kelp noodles with olive oil and massage in.

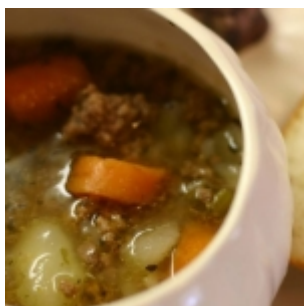
Add all dressing ingredients to blender and blend until smooth.

Top salad with prepared dressing and mix until dressing is worked in (sometimes I even use my hands).

Allow to sit for at 30 minutes to allow the dressing to soften the kelp noodles.

Transfer to serving bowl (or your plate) and enjoy!

This recipe even stays crunchy and flavourful the next day for leftovers.



Hearty Hamburger Soup

Some days, you are just in the mood for a good soup. A common challenge is finding a good healthy soup that will satisfy any hungry men or teenagers you may be feeding. This hamburger soup recipe is hearty, full of great nutrients and guaranteed to fill up even the hungriest of men.

Ingredients

- 3 tbsp coconut oil
- 1 large onion (diced)
- 4 cloves garlic (minced)
- 1/2 lbs organic ground beef (or bison)
- 1/2 tsp ground black pepper

- 1 tsp sea salt (less if beef broth is salted)
- 1/2 small head of green cabbage
- 4 large carrots (diced)
- 3 stalks celery (diced)
- 1 large clump of fresh parsley (chopped)
- 4 cups homemade beef broth

Directions

Heat large soup pot over medium heat. Add the coconut oil and diced onions. Cook until onions are almost transparent. Add in minced garlic and cook for another minute. Add the ground beef to the pot and cook until no pink remains. Place the chopped cabbage into the pot with about 1 cup of boiling water. Cover and cook for about 5 minutes. Add remaining ingredients to the pot, saving 1/4 of the chopped parsley for serving.

Depending on how you like your soup (more broth or more “chunky” you can adjust how much broth or water you add). Bring to boil. Reduce heat and simmer covered until vegetables are tender and to your liking (about 20-30 minutes). Ensure flavor is good before removing from heat.

Serve into individual bowls and top with chopped parsley

If you don't have access to fresh beef bone broth, store bought will work (although you wouldn't have the health benefits associated with homemade bone broth). You may have to adjust the salt and pepper added based on what you use. This soup is also great to freeze!



Kale Salad with Pecan Parmesan and Cranberries

This is by far my favourite salad this summer, best part of it is its ability to keep in the fridge for a few days which means less time in the kitchen and less dishes!

Ingredients:

For the Salad & Dressing

- 2 medium bunches destemmed kale (I use the curly kale), finely chopped
- 2 large garlic cloves
- 1/4 cup fresh lemon or lime juice (I prefer lime)
- 3-4 tablespoons extra virgin olive oil, to taste
- 1/4 teaspoon fine grain sea salt
- 1/4 teaspoon freshly ground black pepper
- 1-2 handfuls dried sweetened cranberries, for garnish

For the Pecans

- 1 cup pecan halves, toasted
- 1.5 tablespoons nutritional yeast
- 1 tablespoon extra virgin olive oil
- 2 pinches fine grain sea salt
- Optional: Use 1.5 tbsp of coconut sugar to coat pecans instead of nutritional yeast.

Directions:

Preheat the oven to 300F. Spread the pecans onto a baking sheet and toast in the oven for 8-10 minutes until fragrant and lightly golden.

Remove the stems from the kale and discard (you can save for juicing if you are hard core!). Finely chop the kale leaves (the smaller, the better!).

Place dried kale into a large bowl.

For the dressing: Throw garlic, lemon or lime juice, oil, salt and pepper into blender and pulse until well blended. Add to the kale and massage with hands or toss with spoons. Keep mixing for about 1 minute to ensure everything is coated perfectly.

For the pecans: Add in the nutritional yeast, oil, and salt to the pecans and mix until they are fully covered.

Sprinkle the pecans all over the salad. Toss on a handful or two of dried cranberries and serve!

[Slight adaptation of original recipe posted by Oh She Glows.](#)