

# PROTEIN BURST SMOOTHIE

Serves 4



## INGREDIENTS

- 4 Tbsp. Creamy Peanut Butter
- 1 lb. Fresh Bananas
- 1 1/2 cup Ice
- 1/2 cup Vanilla Soy Milk

## INSTRUCTIONS

1. Place all ingredients into a blender and puree until smooth. Serve immediately.

SCAN TO ORDER  
YOUR INGREDIENTS



# ROASTED VEGETABLE & BEAN TOSTADA

Serves 1



## INGREDIENTS

- 2 Corn Tortillas, 6"
- 4 Tbsp. Vegetarian Refried Beans, canned
- 1 cup Fresh Broccoli
- 3 Tbsp. Fresh Red Bell Peppers, julienne sliced
- 3 Tbsp. Fresh Zucchini, sliced thin
- 3 Tbsp. Fresh Corn Kernels
- 2 cloves Fresh Garlic, peeled, crushed
- 1/2 tsp. Chili Powder
- 1 Tbsp. Canola Oil
- 1/2 cup Queso Fresco Cheese
- 5 Fresh Cherry Tomatoes, quartered
- 1 tsp. Fresh Cilantro, chopped
- 2 Tbsp. Fresh Red Onions, julienne sliced

## INSTRUCTIONS

1. Place the tortillas on a sheet pan and place into a 350° F oven for 7-10 minutes or until they turn golden brown and become stiff. Remove from the oven and set aside to cool.
2. Heat the refried beans to 165° F.
3. Roughly chop the broccoli (including stem). Place into a bowl with peppers, zucchini, corn, garlic, chili powder and oil. Coat the vegetables well with oil and roast on a sheet tray for 10-15 minutes.
4. Build the tostadas: Spread beans over each tortilla. Divide the roasted vegetables evenly between the tostadas. Garnish with queso fresco, tomato quarters and cilantro (including stems) and red onions.

SCAN TO ORDER  
YOUR INGREDIENTS



# LENTIL FRANKIE

Serves 4



Recipe Credit - [www.lentils.org](http://www.lentils.org)

## INGREDIENTS

- 3/4 cup Dry Red Lentils
- 3 1/2 cup Water
- 1 cup Red Potatoes, quartered
- 3 cup Water
- 3/4 tsp. Ground Turmeric
- 3/4 tsp. Curry Powder
- 3/4 tsp. Garam Masala
- 2 Tbsp. Canola Oil Split
- 1 tsp. Granulated Garlic
- 1 tsp. Kosher Salt, split
- 1 cup Cauliflower Florets
- 1 Tbsp. Ground Coriander
- 1 Tbsp. Ground Cumin
- 1 cup Plain Greek Yogurt
- 1/3 cup Fresh Mint
- 1 Tbsp. Lime Juice
- 4 10 in. Whole Wheat Tortilla Wraps
- 1 cup Fresh Shredded Beets
- 1 cup Carrots, grated
- 1 cup Red Onion, sliced
- 1 cup Spinach Leaves

## INSTRUCTIONS

1. Preheat an oven to 425° F. Place lentils and first listed water in a pot and boil for 15-17 minutes, drain and hold hot.
2. Simultaneously, place potatoes and second listed water in a pot and boil for 15-20 minutes until tender. Drain and keep warm.
3. In a mixing bowl combine lentils, potatoes, turmeric, curry powder, garam masala, 1 Tbsp. oil, garlic and 1/2 tsp salt. Mash mixture to a smooth yet textured consistency. Cover and keep warm.
4. Roughly chop cauliflower and toss with 1 Tbsp oil, coriander, cumin and 1/2 tsp salt. Transfer in an even layer to a sheet pan and roast in the oven for 20 minutes. Keep warm.
5. While cauliflower is roasting, blend yogurt, mint and lime juice in a blender until vibrant and green. Keep cold.
6. To build frankie: warm tortilla and spread the curried lentil mix. Then, top with cauliflower, beets, carrots, onion and spinach leaves. Drizzle with yogurt sauce.

SCAN TO ORDER  
YOUR INGREDIENTS



# JERK CHICKPEA SALAD WRAP

Serves 1



## INGREDIENTS

- 5 1/2 oz. Chickpeas, canned, drained, rinsed
- 1 1/2 Tbsp. Mayonnaise
- 1/2 tsp. Jerk Seasoning
- 2 Tbsp. Carrots, shredded
- 1 1/2 Tbsp. Pineapple, diced
- 2 Tbsp. Raisins, chopped
- 1 12" Whole Wheat Tortilla
- 1/2 cup Spring Mix Lettuce
- 3 Tomato Slices

## INSTRUCTIONS

1. Using a food processor, smash half of the chickpeas so they are crushed but not gummy.
2. In a medium bowl, mix together mayonnaise and jerk seasoning until well combined.
3. Fold in all chickpeas, carrots, pineapple and raisins.
4. Cover and place in refrigerator to chill.
5. To make the wrap, lay tortilla on a flat surface and place spring mix down the center of the wrap and top with tomato slices.
6. Spoon the chickpea mixture on top of the tomatoes and spread out evenly so it covers them.
7. Roll wrap up like a burrito and slice in half.
8. Serve cold.

SCAN TO ORDER  
YOUR INGREDIENTS

