



Cooking Class Recipes

Berry Beet Smoothie

Ingredients:

- 1 cup plant-based milk (almond, coconut, etc)
- 1 small beet, washed, peeled, and diced
- 1 cup frozen strawberries
- 1 scoop protein powder of choice or 1 tbsp almond butter
- 1 tablespoon chia, hemp, or flax seeds
- Optional: stevia to taste, frozen spinach, 1 frozen banana, ¼ cup orange juice or small mandarin

Instructions:

1. Add all ingredients to a high-powered blender and blend until smooth. If using a low-powered blender, grate beet to create smaller pieces which make it easier to blend.

Creamy Salmon Dip

Ingredients:

- 1 2.5oz packet wild-caught salmon (packed in water), liquid drained
- 2 tablespoons dairy-free onion and chive cheese spread, such as Kite Hill Almond Spread
- 2 tablespoons minced celery
- 2 teaspoons capers, minced
- 1 tablespoon chopped scallions
- 1 tablespoon minced red onion (optional)
- Salt and pepper, to taste

Instructions:

1. Add all ingredients into a large bowl and gently mix together.
2. Serve immediately or cover and chill in refrigerator before serving.
3. Serve over a salad, with cassava chips, on toast, or with crackers or veggie crudités.

Avocado Salmon Dip or Salad

Ingredients:

- 1 2.5oz packet wild-caught salmon (packed in water), liquid drained
- ½ avocado, mashed
- 2-3 tablespoons finely chopped bell pepper (any color)
- 1 tablespoon chopped scallions
- 1-2 tablespoon minced red onion (optional)
- 1 tsp chopped cilantro (optional)
- 1 tablespoon lime juice
- ¼ teaspoon cumin
- Salt and pepper, to taste

Instructions:

1. In a small bowl, mash avocado until mostly smooth.
2. Add in cumin and lime juice. Stir to combine.
3. Add in remaining ingredients and stir gently to combine. Season to taste.
4. Serve immediately or cover and chill in refrigerator before serving.
5. Serve over a salad, with cassava chips, on toast, or with crackers or veggie crudités.

Chilled Avocado Cucumber Soup

Ingredients:

- 1 medium cucumber, peeled, coarsely chopped
- 1 medium ripe avocado, cut into chunks
- 1 tablespoon chopped fresh cilantro + more for garnish
- 1 tablespoon freshly squeezed lime juice
- ¼ tsp salt
- ½ to ¾ cup water or more if needed
- Coconut aminos, to taste (optional)
- ¼ small jalapeno or poblano pepper, seeded, diced (optional)

Instructions:

1. Place all ingredients in a high-speed blender and cover with lid. Blend until smooth. If consistency is too thick, add water.
2. Pour into large bowl. Cover and chill 2-3 hours before serving if desired. Garnish with remaining cilantro. Serve.

Recipe Notes:

- If wanting to serve immediately, either keep ingredients in the refrigerator before blending or blend in a few ice cubes to make the soup cold.
- Be creative with garnishes: mango salsa, corn salsa, pico de gallo, cassava tortilla chips, or a tuna or salmon salad.

Cauliflower Turmeric Rice

Ingredients:

- 1 tablespoon avocado oil
- ½ cup yellow onion, diced
- 1-2 small to medium carrots, peeled and finely diced
- 1 clove garlic, minced
- ½ teaspoon curry powder
- ¼ teaspoon turmeric
- Red pepper flakes (optional)
- 2 teaspoons fresh lime juice, plus lime slices for garnish
- 2 cups cauliflower rice
- Salt and pepper to taste
- ¼ cup chopped scallions
- ¼ cup toasted cashews, for garnish
- ½ cup chopped cilantro, for garnish

Instructions:

1. In a large Dutch oven or skillet, heat oil over medium heat. Add the onion and carrot. Cook 5 minutes or until soft, stirring occasionally. Add in garlic and cook for an additional 1 minute.
2. Reduce the heat to low and stir in the curry powder and turmeric, and then the lime juice. Add the cauliflower rice and the scallions. Cook 3 to 4 minutes, stirring occasionally, until the cauliflower is warmed through and the scallions are softened.
3. Season to taste and top with the cashews, red pepper flakes, and cilantro.

Veggie-Packed Coconut Curry

Ingredients:

- 1 tablespoon avocado or coconut oil
- 1 small onion, thinly sliced or cubed
- 1-2 medium to large carrots, sliced
- 2 cloves garlic, minced
- 3 tablespoons Thai red curry paste
- 1 tablespoon grated ginger root
- 8 ounces white mushrooms, sliced
- 1 bunch Bok choy, chopped
- 6 cups vegetable broth
- 1 13.5-ounce can lite-coconut milk
- 2 tablespoons soy sauce coconut aminos
- Salt and pepper to taste
- Sliced green onions, cilantro, and lime wedges for garnish

Instructions:

1. In a Dutch oven, heat oil over medium heat. Add the onions and carrots; cook for 3 minutes, or until they're just beginning to soften. Stir in the garlic, curry paste, and ginger and heat for 1 minute, until fragrant.
2. Add the mushrooms and Bok choy to the pot and stir to coat them in the curry paste. Cook for about 5 minutes, or until the vegetables are tender.
3. Add broccoli and red bell peppers. Stir to combine.
4. Add broth, coconut milk, and coconut aminos into the pot. Bring to a slow boil, then reduce to a simmer and cook for 8-10 minutes.
5. Remove the pot from heat and season with salt and pepper to taste.
6. Ladle into bowls and garnish as desired.

Recipe Note:

- This dish can be made into a soup or main dish served over rice or cauli-rice. To make a soup, use the stated amount of broth and coconut milk. If you desire a main dish with a slight amount of broth or sauce, add in 1 can of coconut milk and about ½ to 1 cup of vegetable broth.