

# winter Cleanse Plan

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# Recipes

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## PLANT-BASED WHOLE FOODS TO HEAL FROM THE INSIDE OUT

You've got your pantry and fridge beautifully full of leafy greens, rainbows of veggies, nuts, seeds and mason jars waiting to be filled up with smoothies. Now, it's time to jump in with both feet and explore a world of nourishing plant-based recipes.

This cleanse will show you how amazing you can feel when eating foods that support your body and clean out your system. Prepare for glowing skin, big-time energy and healthier habits.

*let's rank!*



RISING | SERVES 1

# Turmeric Tea

This anti-inflammatory tea can be consumed anytime, but we suggest first thing in the morning. Jump-start the daily detox process while helping your digestive system get "moving," too.

## INGREDIENTS

- 1 cup hot water (240mL)
- ½ teaspoon turmeric, ground (2.5mL)
- 1 teaspoon coconut oil (5mL)
- 1 tablespoon lemon juice (15mL)
- ¼ teaspoon black pepper, ground (1.25mL)
- 1 teaspoon honey (5mL)

## DIRECTIONS

1. Combine hot water with turmeric in a mug. Stir well to break up any clumps.
2. Add remaining ingredients and stir again.
3. Let stand for 2 minutes, then drink.



Using cubes? Add one Turmeric Tea cube to one cup hot water and stir until thawed.



Sensitive teeth? Sip Turmeric Tea with a straw to help teeth sensitivity and possible staining.



AFTERNOON | SERVES 1

# Metabolism Tea

This tea uses a bit of apple cider vinegar, lemon juice and cayenne pepper to wake up your metabolic system naturally. We've added honey, cinnamon and ginger root to make it taste better and soothe your digestive system.

## INGREDIENTS

1 cup water (240mL)  
1 tablespoon honey (15mL)  
1 tablespoon lemon juice (15mL)  
1 tablespoon apple cider vinegar (15mL)  
1 tablespoon ginger root, sliced (15mL)  
dash cinnamon, ground  
dash cayenne pepper

## DIRECTIONS

1. Combine all ingredients in a glass.
2. Stir until honey is dissolved.



Using cubes? Add one Metabolism Tea cube to one cup hot water and stir until thawed.



Change it up! You can drink this tea warm or over ice.



EVENING | SERVES 1

# Vanilla Chamomile Steamer

This calming, warm almond milk beverage is just the thing to help unwind and relax after a long day. Chamomile tea is steeped directly in the almond milk and lightly sweetened. Add dried lavender buds for an extra calming effect.

## INGREDIENTS

1 cup almond milk, unsweetened (240mL)  
1 chamomile lavender tea bag  
1 tsp honey (5mL)  
½ tsp vanilla extract (2.5mL)

## DIRECTIONS

1. Place the almond milk into a small saucepan. Have a teacup or mug ready.
2. Heat the almond milk until very hot, but not boiling. Add the chamomile tea bag and allow to steep 5 minutes.
3. Remove tea bag and pour into a mug with honey and vanilla extract.



Change it up! You can drink this tonic over ice or even warmed up.



SMOOTHIE | SERVES 1

# Apple Detox Smoothie

Enjoy this high-fiber smoothie to keep you nourished and your tummy full as you work your way through this cleanse. The hemp hearts and avocado are wonderful superfoods high in omega-3s, which can reduce the risk of heart disease and alleviate inflammation.

## INGREDIENTS

1 cup kale, stems removed (240mL)  
1 cup water (240mL)  
½ green apple, peeled and cored  
½ cup pineapple, frozen (120mL)  
¼ avocado, peeled  
½ lime, juiced  
2 tbsp hemp hearts (30mL)

## DIRECTIONS

1. Place kale and water in blender. Puree until smooth.
2. Add green apple, pineapple, avocado, lime juice and hemp seeds. Blend again.



Swap hemp hearts for one serving of **Homemade Protein Powder** - visit [sgs.to/protein](https://sgs.to/protein).



SMOOTHIE | SERVES 1

# Pomegranate Cherry Bowl

Berries and pomegranates are antioxidant powerhouses. I've amped up this smoothie bowl with fresh kale, cherries and hemp hearts to make it healthy and satisfying.

## INGREDIENTS

1 cup kale, stems removed (240mL)  
¼ cup water (60mL)  
2 clementines, peeled  
¼ lemon, peeled  
1 cup sweet cherries, frozen (240mL)  
½ banana, fresh or frozen

## TOPPINGS

¼ cup pomegranate arils (120mL)  
2 tbsp hemp hearts (30mL)

## DIRECTIONS

1. Place kale, water, orange and lemon in blender. Puree until smooth.
2. Add the blueberries and banana. Blend again.
3. Top with pomegranate seeds and hemp hearts.



Swap hemp hearts for one serving of **Homemade Protein Powder** - visit [sgs.to/protein](https://sgs.to/protein).



SMOOTHIE | SERVES 1

# Cherry Beet Smoothie

Sweet beets and cherries are a power-packed superfood combo in this tasty, bright red cherry beet smoothie that's loaded with antioxidants like vitamin C. Beets can help increase your immune system and lower your risk of cancer and other chronic illnesses.

## INGREDIENTS

¼ beets, peeled and chopped  
1 cup sweet cherries, frozen (240mL)  
¼ banana  
½ cup pomegranate juice (120mL)  
½ cup water (120mL)  
2 tbsp chia seeds (30mL)

## DIRECTIONS

1. Place all ingredients in a blender.
2. Blend until smooth.



Swap chia seeds for one serving of **Homemade Protein Powder** - visit [sgs.to/protein](https://sgs.to/protein).



SMOOTHIE | SERVES 1

# Basil Detox Smoothie

All kinds of rawesomeness are packed inside this smoothie. Leafy greens and basil are good sources of vitamin K, which is essential in forming various proteins necessary for bone formation and repair. Blend these leafy greens together with frozen pineapple and peaches for a light and healthy meal on the go.

## INGREDIENTS

- 1 cup spinach, fresh (240mL)
- 2 basil leaves
- 1 cup coconut water (240mL)
- 1 cup peaches, frozen (240mL)
- ¼ cup pineapple, frozen (60mL)
- ¼ lime, juiced
- 2 tbsp chia seeds (30mL)

## DIRECTIONS

1. Blend the spinach, basil and coconut water until smooth.
2. Add the peaches, pineapple, lime juice and chia seeds and blend again.



Swap chia seeds for one serving of **Homemade Protein Powder** - visit [sgs.to/protein](https://sgs.to/protein).



SMOOTHIE | SERVES 1

# Pumpkin Pear Smoothie

I know it can be hard to get excited about a frosty green smoothie on a cold winter morning, so I've added this warm smoothie to the mix. It's more like a sweet, warm "soup" that is as comforting as it is nutritious.

## INGREDIENTS

1 cup spinach, fresh (240mL)  
1 cup almond milk, unsweetened (240mL)  
1 ½ pear, cored  
¼ cup pumpkin puree, canned (60mL)  
dash of cinnamon, ground  
dash of nutmeg, ground  
2 tbsp chia seeds (30mL)

## DIRECTIONS

1. Warm almond milk in a saucepan until steaming.
2. Place spinach and warm almond milk in blender. Puree until smooth.
3. Add remaining ingredients and blend again.



Swap chia seeds for one serving of **Homemade Protein Powder** - visit [sgs.to/protein](https://sgs.to/protein).



Use extreme caution while blending warm liquids. Vent lid a little or cover blender with a towel to prevent any splattering. Alternatively, the smoothie can be warmed up after blending.



This smoothie can also be served cold. Use chilled almond milk and pumpkin puree and frozen pears, if desired.



SMOOTHIE | SERVES 1

# Mango Carrot Smoothie

Vitamin A is essential for beautiful skin and healthy eyesight. This smoothie is chock full of vitamins A, C, iron and heart-healthy dietary fiber. The cashews add a nice creamy element and healthy fat.

## INGREDIENTS

1 cup spinach, fresh (240mL)  
1 cup water (240mL)  
1 clementine, peeled  
2 tbsp raw cashews (30mL)  
1 cup mango, frozen (240mL)  
½ cup sliced carrots, frozen (120mL)  
¼ lemon, peeled  
½ tsp ginger root, peeled (2.5mL)  
dash of cinnamon, ground

## DIRECTIONS

1. Place spinach, water, orange and cashews in blender. Puree until smooth.
2. Add mango, carrot, lemon juice, ginger and ground cinnamon. Blend again.



Add one serving of **Homemade Protein Powder** to increase protein - visit [sgs.to/protein](https://sgs.to/protein).



½ tsp ginger root = ¼ inch



SMOOTHIE | SERVES 1

# Easy Flaxseed Smoothie

Sip on this creamy smoothie with a hint of caramel, thanks to the Medjool date. Feel free to use half of a banana and one more date if you like how this sounds. The flaxseeds and almond butter provide the healthy fats and protein needed to turn this smoothie into a meal replacement.

## INGREDIENTS

1 cup almond milk, unsweetened (240mL)  
1 Medjool dates  
1 banana  
1 tbsp almond butter (15mL)  
1 tbsp flaxseeds (15mL)  
1 tsp vanilla extract (5mL)  
½ tsp cinnamon, ground (2.5mL)

## DIRECTIONS

1. Place ingredients into blender and puree until smooth. Add a little extra almond milk if smoothie is too thick.
2. Pour into glass and enjoy. Garnish with extra ground cinnamon, if desired.



Swap flaxseeds and almond butter for one serving of **Homemade Protein Powder** - visit [sgs.to/protein](https://sgs.to/protein).



To make extra cold, serve smoothie over ice.



Turn this into a green smoothie by adding 1 cup of spinach, or leafy green of your choice.



DAILY AFTERNOON SNACK | SERVES 8 (SERVING SIZE = 1/4 CUP)

# Savory Trail Mix

Roasting a batch of this trail mix makes a flavorful snack to have on hand throughout the week. The coconut flakes are packed with flavor and compliment the rosemary beautifully.

## INGREDIENTS


- 2/3 cup raw almonds (160mL)
- 2/3 cup raw pecans (160mL)
- 1/4 cup coconut flakes (60mL)
- 1/4 cup raw pepitas (60mL)
- 1/4 cup raw sunflower seeds (60mL)
- 1 tbsp olive oil (15mL)
- 2 tsp fresh rosemary, finely minced (10mL)
- 1/2 tsp sea salt (2.5mL)

## DIRECTIONS

1. Preheat oven to 350°F. Place nuts, coconut, pepitas and sunflower seeds on a rimmed baking sheet.
2. Drizzle the olive oil over the nuts and seeds and sprinkle with the herbs and sea salt. Toss to coat.
3. Bake for 8–10 minutes, or until nicely toasted. Remove from oven and let cool completely. Transfer to an airtight container.



Each serving is 1/4 cup and 7 of the servings are for daily afternoon snacks. The remaining serving is to be used as a topping for Loaded Warm Kale Salad, the day 1 dinner.



SNACK | SERVES 2

# Warm Apple Crisp

This doesn't feel like a snack. It feels like a dessert! And boy, oh, boy is it delicious. Warm, appley and lightly sweet with a nutty topping. The dollop of cashew cream is optional, but go ahead and treat yo' self.

## INGREDIENTS

2 green apples, peeled, cored and diced  
2 tsp maple syrup (10mL)  
2 tsp lemon, juiced (10mL)

## CRUMB TOPPING


2 tbsp almond flour (30mL)  
2 tbsp raw pecans (30mL)  
2 tsp maple syrup (10mL)  
1 tsp coconut oil, melted (5mL)  
½ tsp cinnamon, ground (2.5mL)  
dash of sea salt

## CASHEW CREAM

¼ cup raw cashews, soaked 2 hours (60mL)  
1 tbsp water (15mL)  
1 ½ tsp lemon, juiced (7.5mL)  
dash of sea salt

## DIRECTIONS

1. Preheat oven to 350°F. Combine apple, maple syrup and lemon juice in a baking dish.
2. In a small food processor, chop the almond flour, pecans, maple syrup, melted coconut oil, cinnamon and pinch of sea salt until crumbly. Sprinkle almond flour mixture on top of apples in baking dish.
3. Place in the oven and bake for 20-25 minutes, or until apples are soft and top is brown.
4. Cashew cream: Drain and rinse cashews well. Place ingredients in a small food processor or blender bowl and puree until smooth and creamy. Stop and scrape down sides, as needed. Add a little more water if the mixture is too thick.
5. Once browned in the oven, divide into two servings and top with cashew cream if desired. Store in an airtight container in the fridge until ready to eat.



SNACK | SERVES 2

# Winter Ambrosia Salad

Winter in a bowl coming right up! This hearty, citrus-infused fruit salad is made even better with plant-based protein additions. I love antioxidant-rich pomegranates, and Winter is the best time to find them at my grocery store.

## INGREDIENTS

2 clementine, peeled and segmented  
½ cup pomegranate arils (120mL)  
1 green apple, cored and diced  
2 tbsp raw pecans, chopped (30mL)

## AMBROSIA CREAM

¼ cup raw cashews, soaked 2 hours (60mL)  
1 tbsp lemon, juiced (15mL)  
1 tbsp tsp water (15mL)  
dash of cinnamon, ground  
2 tsp maple syrup (10mL)  
dash of sea salt

## DIRECTIONS

1. Ambrosia Cream: Drain and rinse cashews well. Place all ingredients in a small food processor or blender bowl and puree until smooth and creamy. Stop and scrape down sides, as needed. Add a little more water if the mixture is too thick.
2. Combine the fruit, nuts and ambrosia cream in the bowl.
3. Divide into two servings and store in an air-tight container in the fridge until ready to eat.



Have leftover cashew cream? Stir 2 tablespoons cashew cream with cinnamon, maple syrup and salt to make the Ambrosia Cream.



SNACK | SERVES 2

# Pumpkin Chia Pudding

Cha-cha-cha-chia! Protein, dietary fiber, healthy fats and all of that aside, I love chia seeds because they make a kickin' pudding. This pumpkin spice version will make you super excited for snack time.

## INGREDIENTS

2 cups almond milk, unsweetened (480mL)  
½ cup chia seeds (120mL)  
2 tbsp pumpkin puree (30mL)  
1 tbsp + 1 tsp maple syrup (20mL)  
dash of sea salt  
dash of ginger, ground  
dash of cinnamon, ground  
dash of nutmeg, ground

## FOR TOPPING

2 tbsp raw pecans, chopped (30mL)  
1 pear, diced

## DIRECTIONS

1. Combine all of the ingredients together, except for the pecans and diced pears and divide into 2 pint jars.
2. Cover and refrigerate until ready to eat. The mixture will thicken as it stands. Mixture is ready after 15 minutes, but can also be prepped as early as a week in advance.
3. Stir before dividing into 2 servings and top with nuts and diced pears. Store in an air-tight container in the fridge until ready to eat.



If you love the taste of pumpkin, add more pumpkin puree to the chia pudding.



SNACK | SERVES 1

# Thai Almond Dip and Veggies

Are you tired of boring veggie dips? This is not that kind. It's so delicious you'll be looking for more veggies to dip.

## INGREDIENTS

2 tbsp almond butter (30mL)  
1 tbsp coconut milk, canned (15mL)  
1 tsp maple syrup (5mL)  
1 tsp ginger root, peeled (5mL)  
½ tsp red curry paste (2.5mL)  
½ tsp tamari (2.5mL)  
½ tsp lime, juiced (2.5mL)

## DIRECTIONS

1. In a small food processor or blending bowl attachment, puree the almond butter, coconut milk, maple syrup, ginger, curry paste, tamari and lime juice. Add a little water to reach desired consistency.
2. Serve with cucumber and celery.

## FOR SERVING

½ cup cucumber, sliced (120mL)  
½ cup celery, cut into sticks (120mL)

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💡 Red curry paste can be swapped for green or yellow, depending on your preference.

💡 1 tsp ginger root = ⅓ inch



DINNER | 30 MINUTES | SERVES 1

# Loaded Warm Kale Salad

Cooler weather when kale is plentiful and at its sweetest is a great time to make a hearty salad loaded with veggies and other good stuff.

## INGREDIENTS

2 tsp olive oil, divided (30mL)  
2 cups kale, stems removed and chopped (480mL)  
½ fennel bulb, thinly sliced  
1 carrots, thinly sliced  
½ yellow onion, thinly sliced  
½ green apple, cored and diced  
¼ avocado, peeled and sliced  
3 tbsp Savory Trail Mix (p. 25) (45mL)

## ORANGE ROSEMARY DRESSING

2 tbsp clementine, juiced (30mL)  
1 tsp olive oil (5mL)  
1 tsp fresh rosemary, stems removed and chopped (5mL)  
1 tsp Dijon mustard (5mL)  
1 garlic clove, minced  
dash of sea salt  
dash of black pepper, ground

## DIRECTIONS

1. Preheat oven to 425°F. Line a baking sheet with parchment paper.
2. Combine Orange Rosemary Dressing ingredients in a jar and shake well. Set aside until ready to serve.
3. Toss the fennel, carrots and onion with 1 teaspoon olive oil and salt and pepper. Place on the baking sheet.
4. Roast for 20 minutes, or until veggies are tender. If you prefer crispier veggies, feel free to cook longer.
5. While the veggies are roasting, add kale ribbons to a separate baking sheet and drizzle with remaining olive oil. Place in the oven for 5-6 minutes.
6. Remove both baking sheets from oven and combine warm ingredients on a plate. Top with diced apple, avocado, pepitas, sliced almonds and sunflower seeds.
7. Pour the dressing over the top and serve immediately.



DINNER | 50 MINUTES | SERVES 1

# Mediterranean Squash Bowl

I'm a huge fan of swapping traditional pasta for veggie noodles. And this recipe is no different! Spaghetti squash is very mild and has a great texture that can hold up to sauces and toppings like a champ. Bonus points for the squash pulling double duty as its own bowl.

## INGREDIENTS

½ spaghetti squash, seeds removed  
1 tsp olive oil (5mL)  
dash of sea salt  
dash of black pepper, ground

## VEGAN PARMESAN CHEESE

1 tbsp raw almonds (15mL)  
1 tbsp raw cashews (15mL)  
1 ½ tsp nutritional yeast (7.5mL)  
dash of sea salt  
dash of garlic powder

## TOPPINGS

1 cup kale, stems removed and thinly sliced (240mL)  
¼ cup marinated artichoke hearts, drained and chopped (60mL)  
2 tbsp Kalamata olives (30mL)  
2 tbsp raw walnuts, chopped (30mL)  
2 tbsp sun-dried tomatoes in oil, chopped (30mL)  
1 tbsp lemon, juiced (15mL)  
2 tbsp fresh parsley, roughly chopped (30mL)  
dash of crushed red pepper

## DIRECTIONS

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. Place the squash half on the baking sheet with the cut side up. Sprinkle with olive oil, salt and pepper. Flip it over and bake, cut-side down for 40–45 minutes.
3. While baking, prepare the vegan parmesan cheese, place all ingredients in small food processor and pulse until finely chopped. The mixture should look like breadcrumbs. Set aside.
4. When squash is done, remove from oven and scrape the inside of the squash with a fork to create "strands".
5. Add all toppings to squash, including vegan parmesan cheese.



To determine if squash is cooked enough, you should be able to easily insert the tip of a sharp knife into the squash at various places.



DINNER | 30 MINUTES | SERVES 1

# Roasted Cauliflower Soup

This soup is something special. It's super easy to make and tastes like a million bucks. It freezes well, so it's great to double, triple or even quadruple to keep in the freezer whenever you need a comforting bowl of velvety soup.

## INGREDIENTS

2 cups cauliflower florets (480mL)  
2 garlic clove  
1 carrots, peeled and chopped  
½ yellow onion, chopped  
1 tbsp coconut oil, melted (15mL)  
1 tsp smoked paprika (5mL)  
dash of black pepper, ground  
dash of sea salt  
1 cup vegetable stock (240mL)  
¾ cup coconut milk, canned (160mL)  
2 tbsp nutritional yeast (30mL)

## TOPPINGS

1 tbsp fresh parsley, stems removed (15mL)  
2 tbsp raw pepitas (30mL)  
2 tbsp sliced almonds (30mL)  
2 tbsp raw sunflower seeds (30mL)

## DIRECTIONS

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. Place cauliflower florets, garlic cloves, carrot and onion onto the baking sheet. Drizzle the coconut oil over the top. Sprinkle with smoked paprika, sea salt and black pepper. Roast for 15–20 minutes, or until vegetables are tender.
3. Remove from oven and set aside ¼ of the cauliflower florets. Place remaining cauliflower, garlic, carrots and onion in a blender. Add the vegetable stock and puree until smooth.
4. Add the coconut milk and nutritional yeast and blend on high speed for 5 minutes (or until heavy steam escapes from vented lid).
5. To serve, pour into a bowl and top with the reserved cauliflower florets and remaining toppings.



No high-speed blender? Pour soup into a sauce pan and heat it on the stovetop.



DINNER | 30 MINUTES | SERVES 1

# Spiralized Taco Salad

Sweet potatoes are one of the healthiest foods you can add to your diet. I'm always looking for ways to serve them in an exciting way and this taco salad is perfect. Each healthy bite is full of mouthwatering flavor, plant-based protein and detoxifying herbs.

## INGREDIENTS

1 sweet potato, peeled and spiralized  
1 tbsp olive oil (15mL)  
¼ tsp smoked paprika (1.25mL)  
¼ tsp garlic powder (1.25mL)

## WALNUT "MEAT"

¼ cup raw walnuts, soaked overnight (60mL)  
½ tsp chili powder (2.5mL)  
½ tsp cumin, ground (2.5mL)  
¼ tsp black pepper, ground (1.25mL)  
dash of sea salt

## TOPPINGS

½ cup kale, cut into thin ribbons (120mL)  
¼ avocado, peeled and diced  
¼ cup mango, diced (60mL)  
1 tbsp jalapeno pepper, ribs and seeds removed and diced (15mL)  
1 garlic clove, minced  
2 tsp lime, juiced (10mL)  
1 tbsp cilantro, stems removed (15mL)  
1 tbsp cashew cream, optional (15mL)

## DIRECTIONS

1. Preheat oven to 425°F. Line a baking sheet with parchment paper or lightly grease. Spiralize the sweet potato.
2. Toss the spiralized sweet potato with the olive oil and spices. Arrange on the baking sheet and bake for 15 minutes, or until tender. If you prefer crispy foods, feel free to cook the spiralized sweet potato longer.
3. While sweet potato is roasting, rinse and drain soaked walnuts. Combine walnuts, chili powder, cumin and sea salt in a small food processor. Pulse until finely chopped. Set aside.
4. To serve, place the sweet potato noodles on a plate. Top with the walnut "meat" and remaining toppings.



Short on time? Speed up the meal by flash soaking the walnuts. Pour boiling water over walnuts and allow to soak for 15 minutes.



The [Cashew Cream](#) recipe is on p. 12 if choose to add it as a topping to this recipe.



DINNER | 45 MINUTES | SERVES 1

# Mushroom Stuffed Sweet Potato

Comfort food at its finest! You know I'm probably the biggest fan of stuffed sweet potatoes. This one is hearty and savory. The earthy mushrooms combined with walnuts stand in for meat, but don't worry, you won't miss it one bit.

## INGREDIENTS

- |   |   |
|---|---|
| 2 tbsp raw walnuts, soaked overnight (30mL) | 1 cup baby bella mushrooms, diced (240mL)               |
| 1 sweet potato                              | 1 garlic clove, minced                                  |
| 1 tsp olive oil (5mL)                       | 1 tbsp tomato paste (15mL)                              |
| ¼ cup yellow onion, diced (60mL)            | ¼ cup vegetable stock (60mL)                            |
| ¼ cup carrots, peeled and diced (60mL)      | 2 tbsp fresh rosemary, stems removed and chopped (30mL) |
| ¼ cup celery, diced (60mL)                  | 2 tbsp fresh parsley, finely chopped (30mL)             |

## FOR SERVING

- ½ cup broccoli florets (120mL)
- 2 tbsp cashew cream, optional (30mL)

## DIRECTIONS

1. Either soaking overnight, or flash soaking - drain and rinse walnuts.
2. Preheat oven to 400°F. Prick sweet potato with a fork all over (this allows steam to escape while baking). Wrap in foil, if desired, or place on a baking sheet lined with foil (this will make cleanup easier). Bake for 30-40 minutes, or until tender.
3. Heat olive oil in a skillet set over medium-high heat. Add onion, carrot and celery and sauté for 3-4 minutes.
4. Finely chop the walnuts. Add mushrooms, walnuts and minced garlic to skillet with carrots. Sauté for another 3-4 minutes. Add tomato paste and cook for 30 seconds.
5. Add vegetable stock and half the fresh herbs. Stir well. Simmer for 2-3 minutes to allow flavors to blend.
6. Warm broccoli in microwave or saucepan, with 1 tablespoon water until desired temperature.
7. To serve, cut the sweet potato lengthwise through the center. Use a fork to mash up the inside. Add the mushroom filling onto the sweet potato and top with Cashew Cream (if using) and fresh herbs. Serve broccoli on the side.



Short on time? Speed up the meal by flash soaking the walnuts. Pour boiling water over walnuts and allow to soak for 15 minutes.



The [Cashew Cream](#) recipe is on p. 12 if choose to add it as a topping to this recipe.



DINNER | 30 MINUTES | SERVES 1

# Coconut Cauliflower Rice

The buttery, sweet flavor of coconut and spicy fresh ginger are infused into tender cauliflower rice and topped with roasted broccoli and another addictive Thai curry sauce that will knock your socks off.

## INGREDIENTS

2 cups broccoli florets (480mL)  
1 tsp coconut oil (5mL)  
¼ tsp sea salt (1.25mL)  
¼ tsp black pepper, ground (1.25mL)  
¼ tsp crushed red pepper (1.25mL)  
2 tbsp sliced almonds (30mL)  
1 tbsp coconut flakes (15mL)

## CAULIFLOWER RICE

1 tsp coconut oil (5mL)  
2 tbsp yellow onion, diced (30mL)  
1 garlic clove, minced  
1 tsp ginger root, grated (5mL)  
1 cup riced cauliflower, riced (240mL)  
¼ tsp sea salt (1.25mL)  
¼ cup coconut milk, canned (60mL)

## THAI CURRY SAUCE

1 tsp maple syrup (5mL)  
2 tbsp coconut milk, canned (30mL)  
1 tsp red curry paste (5mL)  
2 tbsp almond butter (30mL)  
1 tsp ginger root, grated (5mL)  
1 garlic clove, minced

## DIRECTIONS

1. Preheat oven to 425°F. Line a baking sheet with parchment paper.
2. Toss the broccoli with coconut oil, salt, pepper and crushed red pepper. Arrange on baking sheet and roast for 15 minutes, or until tender.
3. While broccoli is roasting, prepare the cauliflower rice. Melt coconut oil in a medium skillet over medium-high heat. Add the onion and saute for 2 minutes, or until onion is tender. Stir in garlic and ginger and cook for 30 seconds. Add the cauliflower rice and sea salt. Sauté for a few minutes, then add the coconut milk. Cook uncovered until liquid is mostly absorbed.
4. Remove broccoli from oven and top with sliced almonds and coconut flakes. Put back in oven for 2-3 minutes, or until lightly toasted.
5. Whisk the Thai Curry Sauce ingredients together. (If too thick, add a little water to thin it out.)
6. Place cauliflower on a plate and top with broccoli and Thai Curry Sauce.



No Riced Cauliflower? Buy a head of cauliflower and chop in food processor.



DINNER | 30 MINUTES | SERVES 1

# Rosemary Cauliflower Bowl

The sauce, oh the sauce! Roasted veggies are always going to be delicious, but when you drizzle them with the special Cashew Cream-based Rosemary Dijon Sauce, they really sing. Don't let the roasted pear scare you. It rounds out all of the other flavors.

## INGREDIENTS

½ cup Brussels sprouts, trimmed and halved lengthwise (120mL)  
1 cup butternut squash, cubed (240mL)  
1 pear, cored and diced  
¼ cup yellow onion, chopped (60mL)  
1 tbsp olive oil (15mL)  
1 tbsp fresh rosemary (15mL)  
dash of sea salt  
dash of black pepper, ground  
1 cup riced cauliflower (240mL)  
2 garlic clove, minced  
2 tbsp raw pecans, chopped (30mL)

## ROSEMARY DIJON SAUCE

2 tbsp raw cashews, soaked 2 hours (30mL)  
1 tbsp vegetable stock (15mL)  
1 tsp lemon, juiced (5mL)  
1 tsp maple syrup (5mL)  
1 tsp Dijon mustard (5mL)  
¼ tsp sea salt (1.25mL)  
2 tsp fresh rosemary, finely minced (10mL)

## DIRECTIONS

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. Place Brussels sprouts, butternut cubes, pear and onion on the baking sheet. Drizzle with the olive oil and season well with rosemary, sea salt and black pepper. Roast for 15 minutes.
3. Remove from oven and stir in cauliflower rice, coating with the olive oil on the pan. Roast for 5 minutes.
4. Remove from oven and add the garlic and pecans on top. Roast for 3-5 more minutes, or until pecans are golden.
5. For Rosemary Dijon Sauce: Drain cashews and rinse well. Puree all sauce ingredients in a blender (or food processor) until smooth and creamy. Stop and scrape down sides, as needed and add a little more water if the mixture is too thick.
6. To serve, place roasted veggies on a plate and drizzle the sauce over the top.



Use a small food processor or small blending bowl for best results when making Rosemary Sauce.



Have cashew cream? Stir 2 tablespoons cashew cream with vegetable stock, mustard, rosemary and salt to make the Rosemary Dijon Sauce.