



21-DAY CLEANSE BONUS

# Easter Recipes



SIMPLE GREEN  
*smoothies*



# Almond Butter and Jam Muffins

★★★★★ 4

🕒 30 min

🍴 12

## INGREDIENTS

$\frac{1}{3}$  cup +  $\frac{1}{8}$  tsp almond butter  
 $\frac{1}{4}$  cup coconut oil, at room temperature  
 $\frac{1}{2}$  cup maple syrup  
2 egg  
1 tsp vanilla extract  
 $\frac{3}{4}$  cup all-purpose flour  
 $\frac{3}{4}$  cup whole wheat flour  
1  $\frac{1}{2}$  tsp baking powder  
 $\frac{1}{4}$  tsp baking soda  
 $\frac{1}{4}$  tsp sea salt  
 $\frac{1}{4}$  tsp ground cinnamon  
 $\frac{1}{2}$  cup almond milk  
 $\frac{1}{4}$  cup strawberry jam

## INSTRUCTIONS

- 1 Preheat the oven to 400°F. Line a 12-cup muffin pan with paper liners.
- 2 In a large bowl, and using an electric mixer on high speed, beat the almond butter and oil until creamy. Add the maple syrup and beat until well combined. Add the eggs and vanilla and continue beating until creamy.
- 3 In a separate bowl, whisk together the flour, baking powder, baking soda, salt, and cinnamon. Add one-third of the flour mixture to the creamed mixture and beat on low speed just until combined. Add half of the almond milk and beat again. Add another third of the flour mixture, followed by the rest of the almond milk, and ending with the remaining flour mixture. Continue mixing just until the batter comes together. Do not overmix.
- 4 Using a small ice cream scoop or spoon, fill the muffin cups one-quarter full. Use the tip of a spoon to push the batter to cover the entire bottom and a little up the sides. Place 1 rounded teaspoon of jam in each muffin cup, trying to center it as much as possible. Top the jam with the remaining batter, making sure it covers the jam.
- 5 Bake for 15 to 20 minutes, or until the tops are golden brown and spring back when gently pressed. Let cool in the pan for 10 minutes, then remove and serve.





# Apple Cinnamon Baked Oatmeal

★★★★★ 5

🕒 60 min

🍴 6

## INGREDIENTS

- 1 cup oat flour
- 2 cups rolled oats
- 1 cup pecans, chopped
- 2 tsp cinnamon, ground
- 1 tsp baking powder
- ½ tsp sea salt
- 2 cups almond milk, unsweetened
- ½ cup maple syrup
- 2 tbsp ground flaxseed
- 2 tsp vanilla extract
- ½ cup applesauce, unsweetened
- 1 apple
- 3 tbsp coconut sugar

## INSTRUCTIONS

- 1 Preheat oven to 375 degrees F. Grease a 9-inch square baking dish.
- 2 Once the oven has preheated, toss the pecans onto a rimmed baking sheet and lightly toast for 3-5 minutes, or until fragrant.
- 3 In a medium bowl, whisk together almond milk, maple syrup, applesauce, 1/2 of the diced apples, ground flaxseed and vanilla. Let sit 5 minutes.
- 4 Add rolled oats to blender or food processor and pulse until chopped.
- 5 In a large bowl, mix oat flour, blended rolled oats, cinnamon, baking powder and salt.
- 6 Pour wet ingredients into the large bowl of dry ingredients and stir.
- 7 Add roasted pecans to bottom of greased baking dish, spread out evenly across bottom.
- 8 Pour oatmeal mixture evenly into greased baking dish (over top pecans) then top with remaining diced apples, coconut sugar, and additional cinnamon (optional).
- 9 Bake for 45 minutes, or until the top is nice and golden. Remove from oven and let cool for 5 minutes.

## NOTES

Drizzle with maple syrup before serving.



# Strawberry Hazelnut Crepe

★★★★★ 5

🕒 30 min

🔪 4

## INGREDIENTS

- 1 cup quinoa, rinsed and drained
- 2 cups almond milk, unsweetened
- 1 tbsp coconut sugar
- 3 egg, at room temperature
- 1 tsp vanilla extract
- ½ tsp sea salt
- coconut oil
- 2 cups chocolate hazelnut spread
- 2 cups strawberries, sliced

## INSTRUCTIONS

- 1 Blend quinoa in a high-speed blender or food processor until finely ground and powdery.
- 2 Add almond milk, coconut sugar, eggs, vanilla extract, and salt. Blend again until smooth.
- 3 Heat a non-stick skillet over medium high heat. Spread coconut oil lightly on the pan. Pour 2 tablespoons of batter into pan and immediately tilt for batter to cover the entire bottom of skillet. Cook for 1-2 minutes, or until the crepe is set. Flip the crepe and cook for an additional 1-2 minutes. Transfer to a plate to keep warm. Repeat until batter is gone.
- 4 Spread chocolate hazelnut spread on crepe and layer with berries. Repeat until your stack is the desired height.

## NOTES

If quinoa has not been pre- rinsed, place the quinoa in a fine-mesh sieve and wash under cool water. Allow as much water as possible to drain off. Then proceed with the recipe.

Use crepes immediately, or store tightly wrapped in the fridge for up to 1-2 days. To reheat, place in a warm skillet to make them pliable again.

Swap egg for a [flaxegg](#) to make vegan.





# Vegan Waffles

★★★★★ 0

🕒 35 min

🍴 4

## INGREDIENTS

- 1 ½ cups oat milk
- 1 tbsp apple cider vinegar
- 1 cup whole wheat flour
- 1 cup oat flour
- ⅓ cup + ⅛ tsp applesauce
- 3 tbsp coconut sugar
- 2 tsp baking powder
- 2 tsp cinnamon, ground
- 1 tsp vanilla extract
- 1 tsp sea salt
- 2 tbsp coconut oil, melted

## INSTRUCTIONS

- 1 Mix oat milk and vinegar then allow to sit for 5 minutes.
- 2 Add remaining ingredients to milk + ACV mixture and mix well.
- 3 Use waffle iron according to appliance settings + measurements.
- 4 Top with your fresh berries, cashew cream, banana + almond butter, etc.

## NOTES

If you don't have oat flour on hand, you can easily make it with your blender. Just add 1 cup old-fashioned oats to your blender and blend on high until fine powder forms.

Each waffle maker is different so make sure to read instructions before pouring batter in to ensure you don't overfill yours.

Swap oat milk with the plant milk of your choice.

Swap coconut sugar with the natural sweetener of your choice.



# Blueberry Delight Overnight Oats

★★★★★ 5

🕒 15 min

🍴 4

## INGREDIENTS

### OAT BASE:

- 1 cup rolled oats
- 1 tbsp chia seeds
- 1 tsp flaxseed meal
- 1 cup almond milk, unsweetened
- 1 tsp vanilla extract
- 1 tbsp maple syrup

### TOPPINGS:

- 1 tsp blueberry jam
- ¼ cup blueberries, fresh
- ¼ tsp ground cinnamon

## INSTRUCTIONS

- 1 Mix all the base ingredients in a bowl.
- 2 Cover bowl and refrigerate overnight.
- 3 Remove bowl from fridge and top with desired toppings.

## NOTES

Add more maple syrup to make your overnight oats sweeter, if desired.

Tip: You can sub any kind of plant milk for the almond milk.

Tip: If not vegan, you can swap in honey for the maple syrup.

Tip: An additional tbsp of jam can be added, if desired.



# Bright Berry Salad

★★★★★ 5

🕒 10 min

🍴 4

## INGREDIENTS

1 cup strawberries  
1 cup blueberries  
1 cup blackberries  
1 cup raspberries  
2 grapefruit  
 $\frac{1}{3}$  cup + 2  $\frac{1}{8}$  tsp orange, juiced  
2 tbsp maple syrup  
 $\frac{1}{2}$  cup mint, fresh  
 $\frac{1}{2}$  cup almonds, sliced

## INSTRUCTIONS

- 1 In a serving bowl, combine the berries and grapefruit.
- 2 Drizzle the orange juice and maple syrup on top.
- 3 Sprinkle with the mint and almonds.

## NOTES

Recipe from [Simple Green Meals](#).





# Peachy Toast

★★★★★ 5

🕒 10 min

🍴 4

## INGREDIENTS

4 whole grain bread, sliced  
¼ cup almond butter  
2 peach, pitted and thinly sliced  
1 tbsp + 1 tsp honey  
ground cinnamon

## INSTRUCTIONS

- 1 Toast the bread lightly
- 2 Layer on your toppings and enjoy!

## NOTES

Recipe from [Simple Green Meals](#)



# Rawkstar Parfait

★★★★★ 4

🕒 60 min

🍴 4

## INGREDIENTS

4 cups cashew yogurt

1 cup granola

½ cup strawberries

½ cup blueberries

1 tbsp maple syrup, to taste

## INSTRUCTIONS

- 1 Layer into each jar: 3 tablespoons yogurt, 1/4 cup strawberries, 2 tablespoons granola, 3 tablespoons yogurt, 1/4 cup blueberries, 2 tablespoons granola.
- 2 Refrigerate until ready to eat.

## NOTES

Any non-dairy yogurt will work with this.

For granola, you can make your own or buy at the store.

Assembled, the parfaits will keep 2-3 days in fridge.

Recipe from [Simple Green Meals](#).

EASTER BRUNCH

# Lunch Ideas







# Hansard Farm Deviled Eggs

★★★★★ 5

🕒 25 min

✂️ 8

## INGREDIENTS

4 egg, hard-boiled and halved

$\frac{1}{3}$  cup +  $\frac{1}{8}$  tsp hummus

$\frac{2}{3}$  pickles, diced

1  $\frac{1}{3}$  tsp yellow mustard

sea salt

ground black pepper

ground paprika

## INSTRUCTIONS

- 1 Remove the egg yolks from the whites. Place the yolks in a medium mixing bowl and mash with a fork. Stir in the hummus, diced pickle, mustard, and a pinch of salt and pepper.
- 2 Place the egg white halves on a serving plate. Spoon the hummus mixture into the whites. Sprinkle with the paprika, then refrigerate, covered, until ready to serve.

## NOTES

Recipe from [Simple Green Meals](#).



# Hummus Veggie Wraps

★★★★★ 0

🕒 20 min

🍴 4

## INGREDIENTS

### SIMPLE HUMMUS

1 ½ cups chickpeas, canned, rinsed and drained

¼ cup olive oil

3 tbsp lemon, juiced

½ cup tahini

3 garlic clove

1 tsp cumin, ground

½ tsp sea salt

dash of paprika, ground

### HUMMUS VEGGIE WRAPS

4 tortillas

½ cup spinach

1 yellow bell pepper, cut into strips

½ cucumber, cut into sticks

½ cup carrots, grated

½ cup beets, grated

¼ cup red onion, cut into sticks

½ lemon, cut into wedges

1 tbsp + 1 tsp olive oil

### EVERYTHING BAGEL SPRINKLE

1 tbsp garlic, minced, dried

1 tbsp poppy seeds

1 tbsp onion, minced, dried

3 tbsp sesame seeds

1 tsp sea salt

## INSTRUCTIONS

- 1 For Simple Hummus: In a food processor or blender, pulse the chickpeas until chopped. Add 1/4 cup oil, the lemon juice, tahini, garlic, cumin, salt and paprika. Process or blend until smooth. Stop to scrape down the sides as needed.
- 2 For Everything Bagel Sprinkle: In a jar with a lid, combine the sesame seeds, poppy seeds, onion, garlic, and salt. Attach the lid and store the jar in a cool, dry place. Keeps for several months.
- 3 Lay all tortillas out on a clean surface. Spread 2 tbsps hummus onto each tortilla and top with ¼ cup baby spinach, laying the leaves flat against the hummus. Leave a bit of a border around the shell for easy wrapping.
- 4 On one half of each tortilla, about 1-inch from the edge, layer the remaining veggies, dividing them up evenly between the wraps. Squeeze fresh lemon juice over the veggies, drizzle with olive oil and sprinkle with the bagel seasoning.
- 5 To roll the wraps, start with the side with the veggies and bring the empty border over the veggies, pulling them into a tight bundle tucking the edge underneath to secure them.
- 6 Wrap tightly with waxed paper or parchment and refrigerate until ready to eat. Will keep 4-5 days stored in the refrigerator.

## NOTES

Feel free to use gluten free shells, spinach wraps, lettuce, etc. to wrap your veggies.

In place of hummus you can use [pesto](#).

Use whatever veggies you have on hand to fill this wrap; I like to spice mine up with jalapeños, swap spinach with kale (or another leafy green!) or add some hot sauce.

This is great for a packed lunch as it should stay nice and fresh until lunchtime (and as leftovers for the next day!).

Everything bagel seasoning adds good spice to these wraps, yet Italian or Greek seasoning would be great as well.



# Lemon Arugula Salad

★★★★★  
4.3

🕒 20 min

🍴 4

## INGREDIENTS

### FOR SALAD:

8 cups arugula

1 fennel bulb

1 cup barley, uncooked

1 cup sugar snap peas

½ cup walnuts, chopped

¼ cup green onion, thinly sliced

### FOR TARRAGON-LEMON DRESSING

¼ cup lemon, juiced

2 tsp honey

½ cup olive oil

¼ cup tarragon, fresh

1 tsp dijon mustard

dash of sea salt

dash of ground black pepper

2 tbsp chives, chopped

## INSTRUCTIONS

- 1 Cook barley according to package. Allow to cool.
- 2 Prepare fennel by cutting off the green stalks. Halve the white bulb and carefully remove the core. Place the cut side down on a cutting board and using a very sharp knife, thinly cut or shave the fennel.
- 3 Place the fennel in the bowl with the arugula, barley, pea pods, walnuts, and green onions.
- 4 For Dressing: Place all ingredients in a small jar and shake well. Refrigerate until ready.
- 5 Drizzle dressing over the salad, gently toss, and serve immediately.

## NOTES

Swap in maple syrup for honey to make this salad vegan.





# Roasted Veggie Sandwich

★★★★★ 5

🕒 25 min

🍴 4

## INGREDIENTS

4 ciabatta rolls, cut in half  
olive oil, for brushing  
2 zucchini, halved and sliced  
sea salt  
ground black pepper  
¼ cup pesto  
8 roasted red peppers, jarred, drained well  
1 red onion, cut into ¼" rounds  
2 tomato, thinly sliced  
1 cup arugula  
2 tbsp balsamic vinegar

## INSTRUCTIONS

- 1 Set oven to broil on high. Lightly oil a rimmed baking sheet with olive oil.
- 2 Arrange zucchini in a single layer on the baking sheet. Season with salt and pepper.
- 3 Broil for 3 minutes, or until zucchini is lightly browned and tender when pierced with the tip of a knife. Remove from oven.
- 4 Place ciabatta halves in oven and broil for 2 minutes, or until toasted to your liking. Remove from oven.
- 5 Prepare sandwich: Spreading pesto on the toasted rolls and layer with vegetables. Drizzle balsamic vinegar over the top of vegetables. Top with the other half of the roll and enjoy!

## NOTES

Try our rawkin' [homemade Basil Pesto](#).



# Smashed Chickpea Salad Sandwich

★★★★★ 4.8

🕒 15 min

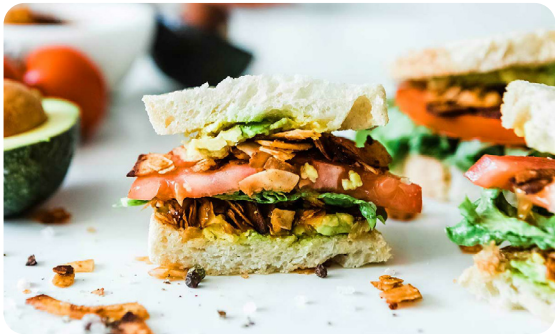
🍴 4

## INGREDIENTS

3 cups canned chickpeas  
½ cup red onion, finely chopped  
½ cup celery, finely chopped  
½ cup plain coconut yogurt  
¼ cup parsley, chopped  
2 tbsp dill, fresh, chopped  
2 tbsp dijon mustard  
1 tbsp apple cider vinegar  
2 garlic clove, minced  
½ tsp sea salt  
ground black pepper, to taste  
8 whole grain bread, sliced  
1 tomato, sliced  
1 avocado, sliced  
1 cup clover sprouts

## INSTRUCTIONS

- 1 Place drained chickpeas, red onion, and celery in a large mixing bowl. Mash using a potato masher or your hands. The mixture should remain a little chunky - it's okay if some of the chickpeas stay whole.
- 2 In a medium bowl, stir together the unflavored coconut yogurt, herbs, mustard, garlic, salt, and pepper. Taste and add more salt and pepper, if needed. Store in fridge in airtight container until ready to serve.
- 3 Mix together.
- 4 To serve, divide the chickpea salad between four slices of bread. Top with tomato, avocado, and sprouts. Top with remaining bread slices. Serve immediately with Watermelon Salad on the side.



# Vegan BLT with Coconut Bacon

★★★★★ 0

🕒 20 min

🍴 4

## INGREDIENTS

1 tbsp tamari  
1 tbsp maple syrup  
½ tsp liquid smoke  
1 cup coconut strips, unsweetened and wide-flaked  
¼ tsp paprika  
¼ tsp black pepper  
dash of sea salt  
8 whole grain bread, sliced  
1 avocado, divided into 4 pieces  
½ tomato, sliced  
4 romaine lettuce leaves

## INSTRUCTIONS

- 1 Preheat oven to 350 degrees F. Line a baking sheet with parchment paper.
- 2 Stir together in a small bowl, tamari, maple syrup, and liquid smoke.
- 3 Place the coconut strips in a bowl and pour the tamari mixture over top. Toss gently to coat. Sprinkle the paprika, salt and black pepper over top, then gently toss again.
- 4 Spread the coconut mixture evenly on the prepared baking sheet. Bake for 10 to 15 minutes, or until lightly golden.
- 5 Lightly toast the sandwich bread.
- 6 Mash a portion of avocado each on 1/2 of your slices of bread.
- 7 Top with tomato slice, coconut bacon, lettuce and remaining slice of bread. Serve immediately.

## NOTES

Swap maple syrup with honey to make vegetarian (not vegan).

Can use gluten-free bread in place of regular bread.





EASTER BRUNCH

# Beverages



# Avocado Smoothie

★★★★★ 0



15 min



1

## INGREDIENTS

1 cup cashew milk

1 cup spinach

1 tbsp cashews

½ avocado

1 cup pineapple

## INSTRUCTIONS

1

Blend the spinach, cashews, and cashew milk together.

2

Add the avocado and pineapple and blend again.



# Cinnamon Date Smoothie

★★★★★ 5

🕒 10 min

🔪 1

## INGREDIENTS

½ cup rolled oats

3 Medjool dates, pitted

1 ½ cups almond milk

½ tsp vanilla extract

2 tsp ground cinnamon

1 cup ice

## INSTRUCTIONS

- 1 Blend oats until powdery.
- 2 Add dates, almond milk, vanilla extract, and cinnamon to blender, and blend again.
- 3 Pour into a glass containing 1 cup ice, for an extra cold beverage.



# Creamy Blueberry Smoothie

★★★★★ 5

🕒 5 min

🍴 1

## INGREDIENTS

1 cup blueberries, frozen

1 cup cashew milk

$\frac{1}{2}$  cup cashew yogurt

$\frac{1}{2}$  banana

## INSTRUCTIONS

- 1 Blend all ingredients until smooth.
- 2 Pour into your favorite glass and enjoy!

## NOTES

You can add more cashew milk to make the consistency thinner if needed.



# Creamy Mango Smoothie

★★★★★ 0

🕒 5 min

🍴 1

## INGREDIENTS

- 1 cup mango
- ½ cup cashew milk
- ½ cup cashew yogurt
- ½ tsp ground turmeric
- ½ orange

## INSTRUCTIONS

- 1 Add the cashew milk, cashew yogurt, mango, orange and turmeric to the blender. Blend until all of the ingredients are incorporated and there are no chunks.
- 2 Add more cashew milk or water for a thinner consistency.





# Dalgona Coffee

★★★★★ 0

🕒 15 min

🍴 1

## INGREDIENTS

- 1 tbsp instant coffee
- 1 tbsp coconut sugar
- 1 tbsp water
- ½ cup almond milk, heated or chilled

## INSTRUCTIONS

- 1 In a large bowl, whisk together instant coffee, coconut sugar, and water until coffee and sugar are completely dissolved.
- 2 Vigorously whisk the mixture until thick and creamy looking. (The coffee mixture should hold peaks like whipped cream.) Alternatively, use a hand mixer or stick blender with whipping blade to whip the coffee mixture.
- 3 To serve, pour 1/2 cup plant milk into each glass. Divide the whipped coffee between the glasses. Serve immediately.

## NOTES

Do not use finely ground coffee instead of instant, it will not work. The recipe will work with less or no sugar if you prefer your coffee less sweet or unsweetened. The whipped coffee mixture will not keep well; it is best made and used right away.



# Iced Matcha Latte

★★★★★ 4

⌚ 8 min

🔪 1

## INGREDIENTS

1 cup almond milk

1 ½ tsp matcha powder

¼ cup water, boiling

½ tsp vanilla extract, optional

## INSTRUCTIONS

- 1 Whisk matcha powder with boiling water to make a paste. Let cool slightly. Stir in vanilla and 1-2 tablespoons of almond milk. The mixture should be pour-able.
- 2 Fill a tall glass with crushed ice and add the matcha mixture. Fill the glass to the top with remaining almond milk. Drink immediately.



# Lemon Ginger Switchel

★★★★★ 4.7

🕒 10 min

🔪 1

## INGREDIENTS

2 tbsp apple cider vinegar, with the mother

2 ¼ tsp honey

1 ½ tsp ginger, peeled and finely minced

½ lemon, peeled and sliced

¾ cup + 2 tbsp water

## INSTRUCTIONS

- 1 Place all ingredients, except water in the jar of a blender. Blend until smooth.
- 2 Transfer to a quart-size mason jar and add water. (If desired, instead of adding water to the jar, keep as a concentrate and dilute just before serving with still or sparkling water.)

## NOTES

A regular lemon can be used in place of the Meyer lemon.



# Ultra Creamy Healthy Coffee

★★★★★ 5

🕒 15 min

🔪 1

## INGREDIENTS

2 tbsp coffee, coarsely ground  
1 cup water, boiling  
1 tsp coconut oil  
2 tbsp grass-fed butter  
1 tsp vanilla extract  
1 tbsp collagen powder, optional

## INSTRUCTIONS

- 1 Grind the coffee at a coarse setting just before brewing to preserve the freshness and flavors and pour into french press.
- 2 Heat water to boiling, then pour it over the grounds.
- 3 Start a stopwatch.
- 4 After one minute, take a spoon and gently submerge the grounds that have formed a 'crust' on the surface.
- 5 Gently add remaining ingredients and blend until smooth.
- 6 Drink warm and enjoy the healthy fat goodness!

## NOTES

Standard pre-ground coffee is generally too fine for french press brewing and may get stuck in the mesh filter, creating a lot of resistance when you try to plunge.

After plunging the filter, make sure to decant all the coffee—otherwise it will slowly continue to brew and become bitter within the press.



# Vanilla Bean Yogurt Smoothie

★★★★★ 5

🕒 5 min

🔪 1

## INGREDIENTS

1 cup cashew yogurt

1 peaches, frozen

1 tbsp honey

½ tsp vanilla extract

## INSTRUCTIONS

1 Place ingredients into blender and puree until smooth.

2 Pour into a glass and enjoy!

## NOTES

To alter this recipe, use your favorite yogurt whether it is a dairy alternative like cashew, coconut, almond, or other plant-based option, or an alternative dairy such as sheep or goat milk.

The calorie and nutritional facts will vary according to the actual size of the peach.

If the smoothie is too thick when blending, add ¼ cup plant based milk.

If you need a little sweetener, add honey or maple syrup (vegan option).

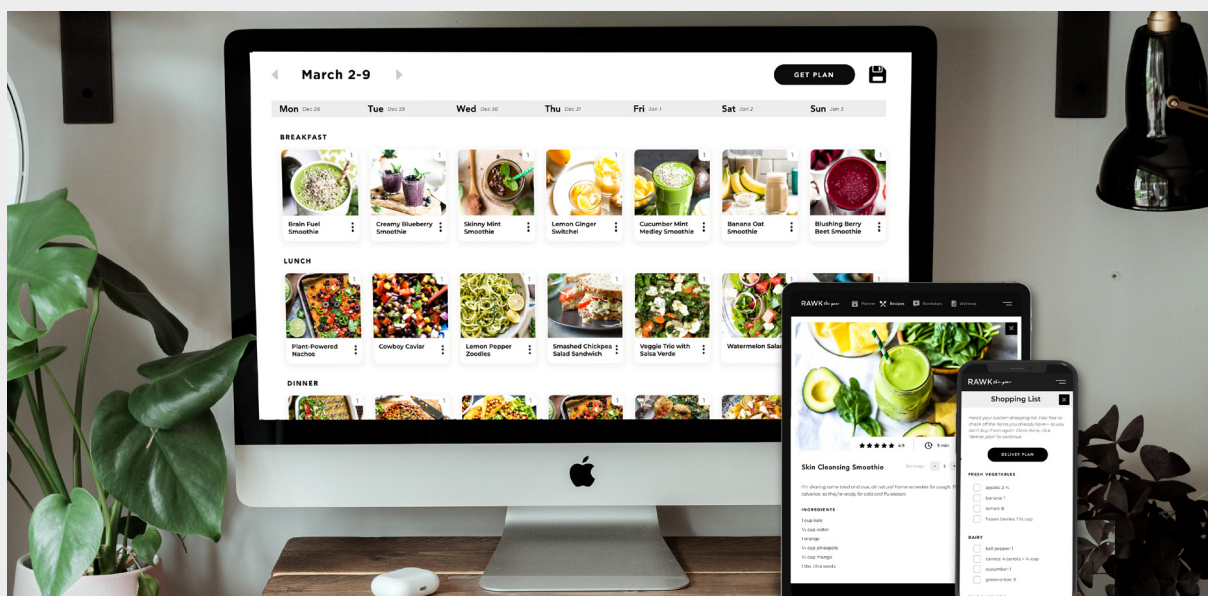




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