

# Brownie Protein Pancakes

9 ingredients · 15 minutes · 2 servings



## Directions

1. Combine the ground flax and water in a small bowl. Whisk and set aside to thicken for about 5 minutes.
2. In a medium sized bowl, combine the chickpea flour, protein powder, cocoa powder, and baking powder.
3. Add the almond milk and flax mixture to dry ingredients. Mix well until a smooth batter forms. Fold in the chocolate chips.
4. Heat coconut oil in a nonstick skillet over medium heat. Spoon the batter into the pan in 1/4 cup portions. Cook pancakes for about 3 to 4 minutes per side.
5. Plate the pancakes and enjoy!

## Notes

### Protein Powder

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, results may vary.

### Save Time

Make the pancake batter in a blender.

### Toppings

Maple syrup, honey, fresh fruit, granola, seeds or nuts.

### Leftovers

Store in a sealed container in the fridge up to 3 days. Reheat in the oven, toaster oven or in a skillet.

### No Chickpea Flour

Try oat flour instead. Results may vary.

## Ingredients

**2 tbsps** Ground Flax Seed

**1/3 cup** Water

**1/2 cup** Chickpea Flour

**1/2 cup** Chocolate Protein Powder

**1 tbsp** Cocoa Powder

**1 tbsp** Baking Powder

**1 cup** Unsweetened Almond Milk (or water)

**1/4 cup** Dark Chocolate Chips

**1 1/2 tsps** Coconut Oil

# Curried Tofu Scramble

8 ingredients · 25 minutes · 3 servings



## Directions

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1. In a skillet over medium-low heat, add the vegetable broth along with the pepper and onion. Sauté for 8 to 10 minutes.
2. Break apart the tofu into large chunks and add to the pan. Use the back of a wooden spoon to break it apart into smaller pieces. Add the curry powder, nutritional yeast and sea salt. Stir to combine the spices evenly.
3. Add arugula to the pan and stir until just wilted, about 1 minute. Remove from the heat, serve and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### No Vegetable Broth

Use avocado oil or extra virgin olive oil instead.

### More Flavor

Add mushrooms or fresh herbs to the dish.

## Ingredients

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- 1 **tbsp** Vegetable Broth
- 1 Red Bell Pepper (chopped)
- 1/2 Yellow Onion (chopped)
- 447 grams** Tofu (extra firm, drained and pressed to remove water)
- 1 **tsp** Curry Powder
- 1 **tbsp** Nutritional Yeast
- 1/4 **tsp** Sea Salt
- 3 **cups** Arugula

# Toast with Peanut Butter

2 ingredients · 5 minutes · 1 serving



## Directions

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1. Toast the bread slices, then spread on the peanut butter. Enjoy!

## Notes

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### Topping Ideas

Banana slices, jam, honey, cinnamon, chia seeds, hemp seeds apple slices or fresh berries.

## Ingredients

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**2 slices** Whole Grain Bread (or any type of bread)

**2 tbsps** All Natural Peanut Butter (or any nut butter)



# Toast with Nut Butter, Banana & Hemp Seeds

5 ingredients · 5 minutes · 1 serving



## Directions

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1. Spread the almond butter onto the toast and top with sliced banana, hemp seeds and cinnamon. Enjoy!

## Notes

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### No Hemp Seeds

Omit or use sunflower seeds or pumpkin seeds instead.

### Gluten-Free

Use a certified gluten-free bread.

### Nut-Free

Use sunflower seed butter instead.

## Ingredients

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**2 slices** Whole Grain Bread (toasted)

**2 tbsps** Almond Butter

**1/2** Banana (sliced)

**1 tbsp** Hemp Seeds

**1/8 tsp** Cinnamon

# Celery with Peanut Butter

2 ingredients · 5 minutes · 4 servings



## Directions

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1. Spread peanut butter across celery sticks. Happy munching!

## Notes

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### Nut-Free

Use sunflower seed butter or hummus instead.

## Ingredients

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**6 stalks** Celery (sliced into sticks)

**1/2 cup** All Natural Peanut Butter

# Chocolate Cherry Chia Pudding

5 ingredients · 30 minutes · 2 servings



## Directions

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1. In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
2. Top the chia pudding with the cherries and the coconut. Serve and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to five days.

### No Protein Powder

Use raw cacao powder instead of protein powder, using half the amount.

### Likes it Sweet

Add a drizzle of maple syrup or honey.

### Additional Toppings

Add granola or cacao nibs on top for crunch.

### Protein Powder

This recipe was developed and tested using a plant-based protein powder.

## Ingredients

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**1/4 cup** Chia Seeds

**1 cup** Plain Coconut Milk (unsweetened, from the carton)

**1/4 cup** Chocolate Protein Powder

**3/4 cup** Cherries (pitted)

**1 tbsp** Unsweetened Shredded Coconut



# Mocha Overnight Protein Oats

7 ingredients · 8 hours · 4 servings



## Directions

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1. Combine all ingredients in a large bowl and mix well. Cover and refrigerate overnight.
2. Divide between bowls or containers. Top with cacao nibs for some crunch. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

## Ingredients

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**2 cups** Oats (rolled)  
**1/4 cup** Chia Seeds  
**1/4 cup** Cocoa Powder  
**1/2 cup** Chocolate Protein Powder  
**2 cups** Unsweetened Almond Milk  
**1 cup** Coffee (brewed and chilled)  
**1/4 cup** Cacao Nibs

# Almonds

1 ingredient · 2 minutes · 1 serving



## Directions

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1. Place in a bowl and enjoy!

## Notes

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### Leftovers

Store in an airtight container in the pantry.

### More Flavor

Roast, toast and/or season with salt.

## Ingredients

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**1/4 cup** Almonds (raw)



# Chickpea Edamame Salad with Lemon & Dill

8 ingredients · 10 minutes · 2 servings



## Directions

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1. In a large mixing bowl, whisk together the lemon juice, avocado oil, dijon, maple syrup and dill.
2. Toss in the spinach, chickpeas and edamame until well combined. Enjoy!

## Notes

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### Storage

Refrigerate in an airtight container up to 3 to 5 days.

### No Spinach

Use mixed greens, arugula, kale or romaine lettuce instead.

### Soy-Free

Use green peas instead of edamame.

### No Chickpeas

Use lentils or black beans instead.

## Ingredients

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- 1/2 Lemon (juiced)
- 1 **tbsp** Avocado Oil
- 1 **tsp** Dijon Mustard
- 1 **tsp** Maple Syrup
- 2 **tbsps** Fresh Dill (chopped)
- 2 **cups** Baby Spinach (chopped)
- 1 **cup** Chickpeas (cooked)
- 1 **cup** Frozen Edamame (thawed)

# Quinoa

2 ingredients · 15 minutes · 4 servings



## Directions

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1. Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

One serving is approximately 3/4 cup.

## Ingredients

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**1 cup** Quinoa (uncooked)

**1 1/2 cups** Water



# Roasted Edamame

3 ingredients · 45 minutes · 2 servings



## Directions

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1. Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
2. Place frozen edamame in a large mixing bowl and add olive oil and sea salt. Toss well to coat. Spread across the baking sheet and place in the oven for 40 minutes. Stir at the halfway point.
3. Remove from oven when edamame is golden brown and let cool. Enjoy!

## Ingredients

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**2 cups** Frozen Edamame  
**1 tbsp** Extra Virgin Olive Oil  
**1/4 tsp** Sea Salt

## Notes

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### Less Time

Thaw your edamame ahead of time to reduce roasting time to approximately 30 minutes.



# Oil-Free Hummus

6 ingredients · 5 minutes · 6 servings



## Directions

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1. Add the chickpeas to the bowl of a food processor and blend until pureed.
2. Add the garlic, lemon juice, salt and tahini. Turn the food processor on high and slowly stream in the cold water. Continue to blend until really smooth and creamy. Season with additional salt or lemon juice, if needed. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

One serving is approximately 1/3 cup of hummus.

### Serve it With

Veggie sticks, brown rice tortilla chips, crackers, on a salad, in a wrap or as a sandwich spread.

### Consistency

If hummus is too thick, add additional cold water, one tablespoon at a time.

## Ingredients

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**2 cups** Chickpeas (cooked)

**1** Garlic (clove, minced)

**1/4 cup** Lemon Juice

**1 tsp** Sea Salt

**1/3 cup** Tahini

**1/4 cup** Water (cold)

# Chopped Bell Peppers

3 ingredients · 5 minutes · 4 servings



## Directions

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1. Remove stems and seeds of each bell pepper and cut into slices. Enjoy!

## Notes

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### Storage

Refrigerate in an airtight container up to 3 to 4 days.

## Ingredients

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- 1 Yellow Bell Pepper
- 1 Orange Bell Pepper
- 1 Red Bell Pepper



# One Pan Tofu, Brussels Sprouts & Cauliflower

10 ingredients · 45 minutes · 2 servings



## Directions

1. Preheat the oven to 400°F (204°C). Slice the tofu into cubes and pat dry with a paper towel, pressing gently to remove excess liquid. Place in a shallow baking dish and add the tamari, avocado oil, maple syrup, and arrowroot powder. Let it sit for 10 minutes to marinate, ensuring all of the tofu is covered.
2. Line a baking sheet with parchment paper and add the brussels sprouts and cauliflower to the pan. Drizzle with olive oil, sea salt, and pepper. Add the marinated tofu to the baking sheet. Bake for 30 to 35 minutes, flipping the tofu halfway through.
3. Remove from the oven and divide onto plates. Garnish with sesame seeds and enjoy!

## Notes

### More Carbs

Serve with rice or quinoa.

### Leftovers

Store in an airtight container in the fridge up to 3 to 4 days.

### Vegetable Alternatives

The cauliflower and Brussels sprouts can be swapped out for things like broccoli, sweet potato, carrots, green beans or squash.

## Ingredients

**450 grams** Tofu (extra firm, drained)  
**1 tbsp** Tamari  
**1 tbsp** Avocado Oil  
**1 tsp** Maple Syrup  
**1 tbsp** Arrowroot Powder  
**1 cup** Brussels Sprouts (trimmed and halved)  
**1/2 head** Cauliflower (chopped into florets)  
**1 tsp** Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)  
**2 tsps** Sesame Seeds



# Chili Lime Tempeh & Veggies

14 ingredients · 1 hour 40 minutes · 2 servings



## Directions

1. In a shallow bowl or zipper-lock bag combine half of the chili powder, half of the cumin, half of the garlic powder, two-thirds of the salt and the paprika. Stir in the lime juice, vegetable broth and maple syrup and mix well. Add the tempeh and gently toss to coat in the marinade. Let the tempeh marinate for at least one hour or up to 8 hours. If marinating for longer than 1 hour, keep the tempeh in the fridge.
2. When the tempeh has finished marinating, preheat your oven to 375°F (190°C) and line a large baking sheet with parchment paper.
3. Add the peppers and onion to a large mixing bowl. Add the remaining chili powder, cumin, garlic, salt and water and toss to coat the vegetables. Transfer the seasoned vegetables to the prepared baking sheet and arrange on one-third of the pan.
4. Gently toss to coat the tempeh in the marinade again then arrange the tempeh evenly on the remaining two-thirds of the baking sheet. Ensure the tempeh pieces are not overlapping or touching. Discard any remaining marinade. Bake for 28 to 30 minutes, flipping halfway through, or until the vegetables are tender.
5. Divide between plates. Top with diced avocado and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to two days.

### More Flavor

Add cayenne pepper or hot sauce for a spicy tempeh. Use avocado oil instead of water to roast the vegetables.

### Additional Toppings

Lime wedges or cilantro.

### Serve it With

Brown rice, quinoa, cauliflower rice or tortillas as a taco filling.

## Ingredients

**2 tsps** Chili Powder (divided)  
**2 tsps** Cumin (divided)  
**1 tsp** Garlic Powder (divided)  
**3/4 tsp** Sea Salt (divided)  
**1/2 tsp** Smoked Paprika  
**1/4 cup** Lime Juice  
**1/4 cup** Vegetable Broth  
**1 tsp** Maple Syrup  
**255 grams** Tempeh (cut into thin pieces)  
**1** Red Bell Pepper (thinly sliced)  
**1** Green Bell Pepper (thinly sliced)  
**1/2** Yellow Onion (thinly sliced)  
**1 tbs** Water  
**1** Avocado (diced)

# Tempeh, Quinoa & Broccoli

8 ingredients · 55 minutes · 3 servings



## Directions

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1. In a shallow bowl or zipper-lock bag combine the vegetable broth, balsamic vinegar, Italian seasoning, salt and garlic. Add the tempeh and gently toss to coat it in the marinade. Let the tempeh marinate for at least 20 minutes.
2. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
3. Arrange the marinated tempeh evenly on the baking sheet. Ensure the tempeh pieces are not overlapping or touching. Bake for 24 to 26 minutes, flipping halfway through. Season with additional salt if needed.
4. Meanwhile, cook the quinoa according to the package directions.
5. While the quinoa cooks, add the broccoli florets to a steaming basket over boiling water and cover. Steam for about 5 minutes, or until tender. Divide the tempeh, quinoa and broccoli between plates and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### No Quinoa

Use rice instead.

### No Italian Seasoning

Use any combination of dried herbs.

### More Flavor

Drizzle the broccoli with extra virgin olive oil.

### Broccoli

Use fresh or frozen broccoli or substitute other vegetable instead.

## Ingredients

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- 1/4 cup** Vegetable Broth
- 1/4 cup** Balsamic Vinegar
- 1 tsp** Italian Seasoning
- 1/2 tsp** Sea Salt
- 2** Garlic (clove, minced)
- 255 grams** Tempeh (cut into thin pieces)
- 3/4 cup** Quinoa (uncooked)
- 3 cups** Broccoli (cut into florets)



# Crispy Peanut Tofu with Cauliflower Rice

7 ingredients · 40 minutes · 4 servings



## Directions

1. Preheat the oven to 400°F (204°C). Slice the tofu into cubes and pat dry with a paper towel, pressing gently to remove excess liquid. Bake for 20 minutes.
2. While the tofu is baking, make the sauce by whisking together the sesame oil, tamari, coconut sugar, and peanut butter. Once the tofu is done baking add it to a dish and cover with the sauce to marinate.
3. Heat a skillet over medium heat. Add the cauliflower rice and cook for 5 to 6 minutes. Remove the rice and set aside. Then add the tofu with the sauce and cook for 2 to 3 minutes until heated through and slightly browned.
4. Divide the cauliflower rice between plates and top with tofu and a lime wedge. Enjoy!

## Notes

### No Tamari

Use soy sauce or coconut aminos.

### No Cauliflower

Use regular rice instead.

### Nut-Free

Use sunflower seed butter instead of peanut butter.

### No Coconut Sugar

Use another type of sweetener such as honey or brown sugar.

### Likes it Spicy

Garnish with red pepper flakes.

### Herb Lover

Garnish with fresh mint.

## Ingredients

**453 grams** Tofu (extra firm, drained)

**1 tbsp** Sesame Oil

**3 tbsps** Tamari

**1 1/2 tbsps** Coconut Sugar

**2 1/2 tbsps** All Natural Peanut Butter

**1 head** Cauliflower (medium, grated into rice)

**1** Lime (sliced into wedges)