



Mother's Day Cookbook



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Happy Mother's Day to all of the moms at Forward Thinking Fitness! We know how hard it is balancing your fitness journey and being a mom, but we are here for you! Here are different 20 brunch recipes from drinks to dessert that will make the whole family happy. Please enjoy and let us know how you like them!

Happy Mother's Day!!

-FTF team



Vegan Chocolate Mousse

2 servings

35 minutes

Ingredients

- 6 ozs Silken Tofu (drained)
- 4 ozs Dark Chocolate (at least 70% cacao, melted, plus extra for optional garnish)
- 2 tbsps Maple Syrup
- 1/4 cup Raspberries

Nutrition

Amount per serving	
Calories	445
Fat	26g
Saturated	14g
Carbs	44g
Fiber	7g
Sugar	27g
Protein	9g
Cholesterol	2mg
Sodium	18mg
Vitamin A	27IU
Vitamin C	4mg
Calcium	92mg
Iron	8mg

Directions

- 1 In a blender or food processor, blend the tofu, melted dark chocolate, and maple syrup until smooth.
- 2 Pour the mixture into a bowl and place in the fridge for 30 minutes.
- 3 Divide the mousse between serving bowls. Top with raspberries. Use additional chocolate as an optional garnish. Enjoy!

Notes

Leftovers: Refrigerate the mousse in an airtight container for up to four days. Top with raspberries before serving.

Serving Size: One serving is equal to approximately 1/2 cup of mousse.

More Flavor: Add vanilla or almond extract.

Additional Toppings: Chopped nuts, other fresh berries, and/or shredded coconut.



Vegan Carrot Lox Bagels

2 servings

1 hour 25 minutes

Ingredients

- 1/4 tsp Sea Salt
- 2 Carrot (medium, trimmed, unpeeled, cut in half)
- 1 1/2 tbsps Extra Virgin Olive Oil
- 2 tsps Rice Vinegar
- 1 tbsp Tamari
- 1 tsp Miso Paste (white)
- 1/2 cup Water
- 3 ozs Vegan Cream Cheese
- 2 Bagel (plain, toasted)
- 2 tsps Capers
- 2 tsps Fresh Dill

Nutrition

Amount per serving	
Calories	539
Fat	22g
Saturated	5g
Carbs	68g
Fiber	4g
Sugar	14g
Protein	18g
Cholesterol	0mg
Sodium	1657mg
Vitamin A	10209IU
Vitamin C	4mg
Calcium	259mg
Iron	6mg

Directions

- 1 Fill a medium-sized pot with water and season with the salt. Add the carrots. Bring to a boil over medium-high heat and boil for six to ten minutes, until the carrots are fork-tender, but not falling apart. Remove the carrots and transfer them to a bowl of cold water.
- 2 In a container or shallow bowl, stir the oil, vinegar, tamari, miso paste, and water.
- 3 Using a sharp knife, thinly slice the carrots into ribbons. Transfer to the bowl with the marinade and cover. Place in the fridge for 60 minutes, or overnight. When ready to eat, remove them and let them sit out for ten minutes.
- 4 Spread the cream cheese over the bagel. Remove the carrots from the marinade and place on top followed by the capers and dill. Enjoy!

Notes

Leftovers: Store leftover carrot lox in the fridge for up to five days.

Serving Size: One serving is equal to one bagel with cream cheese and about 1/3 cup carrot lox.

Gluten-Free: Use a gluten-free bagel.



Smoked Salmon Latkes

4 servings

35 minutes

Ingredients

- 2 Russet Potato (medium, peeled)
- 1/2 White Onion (medium)
- 1 Egg
- Sea Salt & Black Pepper (to taste)
- 3 tbsps Extra Virgin Olive Oil
- 7 1/16 ozs Smoked Salmon (sliced)
- 1/3 cup Cream Cheese, Regular
- 1/4 cup Red Onion (thinly sliced)
- 3 tbsps Capers
- 1/2 Lemon (juiced)
- 2 tbsps Fresh Dill

Nutrition

Amount per serving	
Calories	315
Fat	19g
Saturated	6g
Carbs	21g
Fiber	2g
Sugar	2g
Protein	15g
Cholesterol	76mg
Sodium	605mg
Vitamin A	151IU
Vitamin C	11mg
Calcium	49mg
Iron	2mg

Directions

- 1 In a medium bowl, grate the potatoes and onion. Transfer to a clean kitchen towel or a piece of cheesecloth. Squeeze as much liquid as possible from the grated vegetables.
- 2 Transfer to another bowl and add the egg, salt, and pepper. Mix well until combined.
- 3 Heat the oil in a large pan over medium heat. In batches, carefully drop two tablespoons of the potato mixture into oil for each latke, pressing to flatten. Cook until crisp and golden, about four minutes per side.
- 4 Drain on paper towel. Top each latke with smoked salmon, cream cheese, red onion, and capers. Squeeze the lemon juice on top and garnish with dill. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is three latkes with toppings.

More Flavor: Top with avocado and/or cucumber.

Dairy-Free: Use dairy-free cream cheese instead.



Sheet Pan Ricotta Blueberry Pancake

6 servings

30 minutes

Ingredients

- 3 Egg
- 1/4 cup Cow's Milk, Whole
- 2 tbsps Butter (melted)
- 1/2 Lemon (zested)
- 1/2 cup Ricotta Cheese
- 1 tsp Vanilla Extract
- 5 ozs Unbleached All Purpose Flour
- 2 tps Baking Powder
- 1/4 cup Coconut Sugar
- 1 cup Blueberries

Nutrition

Amount per serving	
Calories	231
Fat	9g
Saturated	5g
Carbs	31g
Fiber	1g
Sugar	9g
Protein	8g
Cholesterol	114mg
Sodium	226mg
Vitamin A	376IU
Vitamin C	4mg
Calcium	165mg
Iron	2mg

Directions

- 1 Preheat the oven to 350°F (175°C) and line a high-rimmed baking sheet with parchment paper.
- 2 In a bowl, whisk together the eggs, milk, butter, lemon zest, ricotta, and vanilla until smooth. In a separate bowl, mix the flour, baking powder, and coconut sugar.
- 3 Add the dry mixture to the wet and mix until just combined. Add the blueberries and stir well. Pour the batter into the prepared baking sheet and spread it evenly to all corners.
- 4 Bake for 20 minutes or until the pancake feels spongy and looks set. Slice the pancake and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: A 13 x 18-inch (33 x 46 cm) standard sheet pan was used to create six servings. One serving is equal to approximately two square pancakes.

Additional Toppings: Icing sugar or maple syrup.



Roasted Strawberries & Feta on Toast

2 servings

15 minutes

Ingredients

- 1 1/2 cups Strawberries (chopped)
- 1 tsp Extra Virgin Olive Oil
- 2 tsps Raw Honey
- 3 1/2 ozs Sourdough Bread (sliced, toasted)
- 1/4 cup Feta Cheese (crumbled)

Nutrition

Amount per serving	
Calories	248
Fat	7g
Saturated	3g
Carbs	39g
Fiber	3g
Sugar	11g
Protein	8g
Cholesterol	17mg
Sodium	453mg
Vitamin A	92IU
Vitamin C	65mg
Calcium	110mg
Iron	2mg

Directions

- 1 Preheat the oven to 375°F (190°C). Place the strawberries on a rimmed baking sheet. Drizzle with oil and honey and toss to combine.
- 2 Cook the strawberries in the oven for 10 to 12 minutes or until slightly soft.
- 3 Top the toasted bread with roasted strawberries and feta cheese. Enjoy!

Notes

Leftovers: Refrigerate the roasted strawberries in an airtight container for up to three days. Assemble before serving.

Serving Size: One serving is equal to one toast.

Sourdough Bread: One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.

Additional Toppings: Top with mint and chili flakes.

Gluten-Free: Use gluten free bread instead.



Pomegranate Lime Mimosa Mocktail

2 servings

5 minutes

Ingredients

- 1 cup Pomegranate Juice
- 1 cup Sparkling Water
- 1 tbsp Lime Juice
- 1/4 cup Pomegranate Seeds

Nutrition

Amount per serving	
Calories	84
Fat	1g
Saturated	0g
Carbs	20g
Fiber	1g
Sugar	18g
Protein	0g
Cholesterol	0mg
Sodium	14mg
Vitamin A	4IU
Vitamin C	4mg
Calcium	29mg
Iron	0mg

Directions

1

Divide the pomegranate juice, sparkling water, and lime juice into glasses. Stir to combine then top each with pomegranate seeds. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately one cup.

Make it Sweet: Add honey, maple syrup, or sweetener of choice.



Iced Matcha

1 serving
10 minutes

Ingredients

- 1/2 tsp Green Tea Powder
- 1/4 cup Water (hot)
- 1/2 tsp Vanilla Extract
- 1 tsp Maple Syrup
- 6 Ice Cubes
- 3/4 cup Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	45
Fat	2g
Saturated	0g
Carbs	5g
Fiber	1g
Sugar	4g
Protein	1g
Cholesterol	0mg
Sodium	123mg
Vitamin A	374IU
Vitamin C	0mg
Calcium	356mg
Iron	0mg

Directions

- 1 In a small bowl, whisk together the green tea powder and hot water until it becomes frothy. Add the vanilla and maple syrup and whisk again.
- 2 Fill a glass with ice and add the almond milk. Pour the green tea powder mix into the glass. Stir, taste, and add more sweetener if desired. Enjoy!

Notes

- Leftovers:** Best enjoyed immediately.
- Serving Size:** One serving is approximately one cup.
- No Almond Milk:** Use other milk of choice.
- No Maple Syrup:** Use a sweetener of your choice.



Crispy Chickpea & Avocado Toast

2 servings

30 minutes

Ingredients

- 1 cup Chickpeas (cooked)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 tsp Cumin
- 1/4 tsp Garlic Powder
- 1/4 tsp Smoked Paprika
- 1/4 tsp Sea Salt (plus more for garnish)
- 1 Avocado (medium)
- 2 slices Whole Grain Bread (toasted)
- 1/2 Lemon (medium, juiced)
- 2 tbsps Cilantro (chopped, optional)

Nutrition

Amount per serving	
Calories	441
Fat	22g
Saturated	3g
Carbs	50g
Fiber	16g
Sugar	8g
Protein	15g
Cholesterol	0mg
Sodium	467mg
Vitamin A	385IU
Vitamin C	16mg
Calcium	102mg
Iron	4mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Add the chickpeas, oil, cumin, garlic powder, smoked paprika, and salt to the prepared baking sheet. Mix well to coat.
- 3 Cook in the oven for 20 to 25 minutes or until crispy.
- 4 When ready to serve, mash the avocado evenly between the slices of toast. Top with roasted chickpeas and drizzle with lemon juice. Season with more salt and cilantro, if desired.
- 5 Serve immediately and enjoy!

Notes

Leftovers: Best enjoyed fresh. Prepare the chickpeas ahead and store in the fridge. Reheat in a pan or oven.

Serving Size: One serving is one toast with toppings.

Additional Toppings: Tzatziki, sesame seeds, and/or green onions.

Gluten-Free: Use gluten-free bread.



Chocolate Lava Cakes with Raspberries

2 servings

20 minutes

Ingredients

- 2 tbsps Coconut Oil (melted and cooled)
- 1/2 cup Unsweetened Almond Milk
- 1/2 tsp Apple Cider Vinegar
- 1/2 tsp Vanilla Extract
- 1/2 cup All Purpose Gluten-Free Flour
- 1/4 cup Coconut Sugar
- 2 tbsps Cocoa Powder
- 1/2 tsp Baking Powder
- 1/8 tsp Baking Soda
- 1/8 tsp Sea Salt
- 1 1/2 ozs Dark Chocolate (squares)
- 1/3 cup Raspberries

Nutrition

Amount per serving	
Calories	481
Fat	24g
Saturated	17g
Carbs	66g
Fiber	12g
Sugar	24g
Protein	5g
Cholesterol	1mg
Sodium	389mg
Vitamin A	124IU
Vitamin C	5mg
Calcium	194mg
Iron	4mg

Directions

- 1 Preheat the oven to 350°F (175°C). Grease the ramekins with oil.
- 2 In a large bowl, whisk the coconut oil, milk, vinegar, and vanilla.
- 3 Add the flour, sugar, cocoa powder, baking powder, baking soda, and salt. Whisk until just combined.
- 4 Add half of the batter into each ramekin. Place the chocolate into the center and then fill the ramekins with the remaining batter.
- 5 Place the ramekins on a baking sheet and transfer to the oven. Bake for 14 to 15 minutes, until the sides are cooked through and the top is mostly firm to the touch.
- 6 Let cool a few minutes to continue cooking. Top with raspberries and serve. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: This recipe uses two eight ounce (120-mL) ramekin dishes for two servings. One ramekin is one serving.

Additional Toppings: Top with a dusting of cocoa powder or powdered sugar.

Gluten-Free: This recipe was tested using Bob's Red Mill 1-to-1 Gluten-Free Flour. If using another type of flour, results may vary.



Blueberry Vanilla Baked Oatmeal

2 servings

30 minutes

Ingredients

- 1/2 tsp Coconut Oil
- 2/3 cup Oats
- 2/3 cup Oat Milk
- 2 tbsps Unsweetened Applesauce
- 2 tps Maple Syrup
- 1/2 tsp Cinnamon
- 2 tps Chia Seeds
- 1/2 tsp Vanilla Extract
- 2/3 cup Blueberries

Nutrition

Amount per serving	
Calories	228
Fat	6g
Saturated	2g
Carbs	39g
Fiber	6g
Sugar	13g
Protein	6g
Cholesterol	0mg
Sodium	38mg
Vitamin A	33IU
Vitamin C	5mg
Calcium	173mg
Iron	2mg

Directions

- 1 Preheat the oven to 350°F (177°C). Grease the ramekins with the oil.
- 2 Add all remaining ingredients to a mixing bowl and stir until thoroughly combined.
- 3 Divide the mixture evenly between the ramekins and bake for 30 minutes or until a toothpick comes out clean. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: These were made in 8-ounce (120-mL) ramekin dishes. One ramekin is one serving.

No Applesauce: Omit or use mashed banana instead.



Berry Banana Fruit Salad

4 servings

5 minutes

Ingredients

- 1 cup Strawberries (chopped)
- 1 cup Raspberries
- 1 cup Blueberries
- 1 Banana (medium, sliced)

Nutrition

Amount per serving	
Calories	75
Fat	1g
Saturated	0g
Carbs	19g
Fiber	4g
Sugar	10g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Vitamin A	53IU
Vitamin C	35mg
Calcium	17mg
Iron	1mg

Directions

- 1 Add everything into a bowl and serve. Enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to three days and slice the banana just before serving.

Serving Size: One serving is approximately 3/4 cup.

More Flavor: Add honey, cinnamon and/or shredded coconut.



Asparagus & Goat Cheese Galette

6 servings

40 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil (divided)
- 1/4 cup Shallot (chopped)
- 1 cup Asparagus (trimmed, chopped)
- Sea Salt & Black Pepper (to taste)
- 8 1/8 ozs Prepared Pie Crust
- 3 tbsps Goat Cheese

Nutrition

Amount per serving	
Calories	208
Fat	13g
Saturated	4g
Carbs	22g
Fiber	1g
Sugar	1g
Protein	2g
Cholesterol	1mg
Sodium	174mg
Vitamin A	169IU
Vitamin C	2mg
Calcium	14mg
Iron	1mg

Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 2 Heat 2/3 of the oil in a small pan over medium heat. Add the shallots and asparagus and sauté for two to three minutes or until softened. Season with salt and pepper. Set aside to cool slightly.
- 3 Roll out the pie crust to 11-inches (28 cm) in diameter. Spread the goat cheese in the centre of the pie crust. Put the asparagus and shallot on top of the goat cheese and fold the crust inwards to create a galette. Brush the edges with the remaining oil.
- 4 Bake for 35 minutes or until golden brown. Let cool for ten minutes. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is one piece.

More Flavor: Add chopped dill to the goat cheese.

Pie Crust: One pie crust is 8 1/8 ounces (230 grams). One pie crust was used to make six servings.



Pineapple Basil Mocktail

2 servings

10 minutes

Ingredients

- 2 cups Pineapple (chopped)
- 4 fl ozs Pineapple Juice
- 2 tbsps Lime Juice
- 2 tbsps Maple Syrup
- 2 tbsps Basil Leaves (chopped)
- 8 Ice Cubes (as needed)

Nutrition

Amount per serving	
Calories	163
Fat	0g
Saturated	0g
Carbs	42g
Fiber	2g
Sugar	34g
Protein	1g
Cholesterol	0mg
Sodium	6mg
Vitamin A	243IU
Vitamin C	98mg
Calcium	53mg
Iron	1mg

Directions

- 1 Add all the ingredients except for the ice cubes to a blender. Blend until smooth.
- 2 Divide the ice cubes between glasses. Pour the drink overtop and enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to two days.

Serving Size: One serving is equal to approximately 1 1/2 cups.

No Maple Syrup: Use honey instead.

No Basil: Use mint instead.



Grape & Mint Virgin Mojito

1 serving
10 minutes

Ingredients

- 1/4 cup Grapes
- 1/2 Lemon (plus more for garnish)
- 2 tbsps Mint Leaves (plus more for garnish)
- 1/2 tsp Monk Fruit Sweetener
- 6 Ice Cubes (as needed)
- 1 cup Sparkling Water (as needed)

Nutrition

Amount per serving	
Calories	23
Fat	0g
Saturated	0g
Carbs	8g
Fiber	1g
Sugar	4g
Protein	0g
Cholesterol	0mg
Sodium	6mg
Vitamin A	160IU
Vitamin C	11mg
Calcium	36mg
Iron	0mg

Directions

- 1 In a glass add the grapes, lemon, mint, and monk fruit sweetener. Muddle until mashed.
- 2 Add the ice cubes and pour in the sparkling water.
- 3 Give a quick stir. Garnish with a sprig of fresh mint and sliced lemon and serve chilled. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is equal to approximately 1 1/3 cup.

No Monk Fruit Sweetener: Use another sweetener of choice, adjusting the amount as needed.



Savory Cheddar Cheese Scones

8 servings

35 minutes

Ingredients

- 9 ozs Unbleached All Purpose Flour
- 1 tbsp Baking Powder
- 3/4 tsp Garlic Powder
- 1/2 tsp Sea Salt
- 1 stalk Green Onion (sliced)
- 3 1/2 ozs Cheddar Cheese (shredded)
- 1/2 cup Butter (grated, cold)
- 2/3 cup Buttermilk (plus extra for brushing on top)
- 1 Egg (whisked)

Nutrition

Amount per serving	
Calories	292
Fat	17g
Saturated	10g
Carbs	27g
Fiber	1g
Sugar	1g
Protein	8g
Cholesterol	68mg
Sodium	444mg
Vitamin A	637IU
Vitamin C	0mg
Calcium	226mg
Iron	2mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, combine the flour, baking powder, garlic powder, salt, green onion, and cheese. Mix well to combine.
- 3 Add the butter to the flour mixture and disperse with your hands. Add the buttermilk and egg. Mix with a spatula until combined.
- 4 On a lightly floured surface, using floured hands, turn the dough out onto the surface. If the dough is too sticky, add more flour; if it's too dry, add a splash more buttermilk. Form the dough into a large disc.
- 5 Use a bench scraper or knife and slice into even triangles. Transfer to the baking sheet and brush lightly with buttermilk. Place in the oven and bake for 22 to 24 minutes, until lightly browned on top, and crispy on the bottom.
- 6 Cool the scones on the baking sheet for about five minutes and then transfer to a cooling rack. Enjoy!

Notes

Leftovers: Store in an airtight container at room temperature for up to one day and then transfer to the fridge for up to five days.

Serving Size: One serving is one scone.

More Flavor: Add a pinch of cayenne to the dough.

Additional Toppings: Top with softened butter.

To Freeze: Store in a freezer-safe bag for up to three months. Thaw in the fridge overnight and reheat in the microwave or oven on low until warmed through.



Lemon & Dill White Bean Dip

8 servings

10 minutes

Ingredients

- 2 cups Cannellini Beans (cooked)
- 1/4 cup Fresh Dill (chopped, plus more for garnish)
- 3 tbsps Extra Virgin Olive Oil
- 1/4 cup Tahini
- 3 tbsps Lemon Juice
- 1 tsp Sea Salt
- 2 Garlic (clove, minced)
- 2 cups Radishes (halved)
- 2 cups Green Beans (trimmed)

Nutrition

Amount per serving	
Calories	159
Fat	9g
Saturated	1g
Carbs	15g
Fiber	5g
Sugar	2g
Protein	5g
Cholesterol	0mg
Sodium	487mg
Vitamin A	201IU
Vitamin C	10mg
Calcium	61mg
Iron	2mg

Directions

- 1 In a food processor, combine the beans, dill, oil, tahini, lemon juice, salt, and garlic. Blend until creamy.
- 2 Serve with veggies and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is approximately 1/4 cup of dip and 1/2 cup veggies.

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



Savory Bread Pudding with Leek & Pancetta

4 servings

50 minutes

Ingredients

- 3 ozs Pancetta (thick slice, chopped)
- 1 Leeks (small, sliced)
- 4 Egg
- 2/3 cup Cow's Milk, Whole
- Sea Salt & Black Pepper (to taste)
- 12 ozs Sourdough Bread (sliced)
- 3 ozs Cheddar Cheese (shredded)
- 2 tbsps Parsley (chopped)

Nutrition

Amount per serving	
Calories	485
Fat	20g
Saturated	9g
Carbs	48g
Fiber	2g
Sugar	3g
Protein	25g
Cholesterol	221mg
Sodium	820mg
Vitamin A	1131IU
Vitamin C	7mg
Calcium	248mg
Iron	4mg

Directions

- 1 Preheat the oven to 350°F (175°C) and lightly grease a baking dish.
- 2 Heat a pan over high heat. Add the pancetta and cook for about five minutes or until crisped up. Remove from the pan and add the leeks to the same pan. Stir and cook for about ten minutes.
- 3 In a large bowl, whisk together the eggs, milk, salt, and pepper. Stir in the cooked leeks and pancetta.
- 4 Arrange the sliced bread into the prepared baking dish. Pour the egg mixture over top of the bread and top with cheddar cheese. Bake for 30 to 35 minutes or until the tip of a knife inserted in the center of the dish comes out clean.
- 5 Garnish with parsley before serving and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: A 6 x 9-inch (15 x 23 cm) baking dish was used to make four servings. One serving is roughly one cup.

More Flavor: Add chili flakes and garlic.

Gluten-Free: Use gluten-free bread instead.

Sourdough Bread: One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.



Mediterranean Chickpea Frittata

2 servings

25 minutes

Ingredients

- 1 cup Chickpea Flour
- 1/4 tsp Baking Powder
- 3/4 cup Water
- 1 Tomato (medium, diced)
- 1 cup Baby Spinach (chopped)
- 1/4 cup Pitted Kalamata Olives (sliced)
- 1/4 cup Basil Leaves (chopped, plus more for garnish)
- 1 tbsp Extra Virgin Olive Oil
- 1 Avocado (medium, sliced)

Nutrition

Amount per serving	
Calories	432
Fat	27g
Saturated	4g
Carbs	39g
Fiber	13g
Sugar	6g
Protein	14g
Cholesterol	0mg
Sodium	258mg
Vitamin A	2737IU
Vitamin C	24mg
Calcium	117mg
Iron	5mg

Directions

- 1 In a large bowl, whisk together the chickpea flour, baking powder, and water until smooth. Add the tomatoes, spinach, olives, and basil and mix well.
- 2 Heat the oil in a non-stick pan over medium-high heat. Add the mixture, cover, and cook for eight to 10 minutes until the bottom is golden.
- 3 Cover the pan with a large upside-down plate, place your hand on it, and quickly turn the frittata over on the plate before gently sliding it back onto the pan. Cook for an additional five to eight minutes until fully cooked.
- 4 Top with sliced avocado and garnish with basil, if desired. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: A 10-inch (25 cm) pan was used to make two servings. One serving is roughly half of the frittata.



Mixed Berry Puff Pastry Tarts

12 servings

35 minutes

Ingredients

- 1 cup Strawberries (quartered)
- 1 cup Raspberries
- 1 cup Blueberries
- 2 tbsps Strawberry Jam
- 1 tsp Lemon Juice
- 1/4 oz Unbleached All Purpose Flour (for dusting)
- 1 1/16 lbs Puff Pastry (thawed)
- 1 Egg (whisked)

Nutrition

Amount per serving	
Calories	250
Fat	16g
Saturated	4g
Carbs	24g
Fiber	2g
Sugar	4g
Protein	4g
Cholesterol	16mg
Sodium	106mg
Vitamin A	34IU
Vitamin C	11mg
Calcium	12mg
Iron	1mg

Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 In a bowl, combine the strawberries, raspberries, blueberries, jam, and lemon juice. Set aside.
- 3 Use the flour to lightly dust a flat surface. Roll out the puff pastry into a large rectangle about 1/2 inch (13 mm) thick. Use a sharp knife and cut the puff pastry into 4 inch (10 cm) rectangles.
- 4 Use the knife to run an oval shaped border on the inside of each puff pastry rectangle, being careful not to pierce all the way through. Place them onto the baking sheet.
- 5 Pile the mixed berries in the oval and then brush the edges with the egg.
- 6 Bake in the oven for 20 to 25 minutes or until golden brown and the berries are bubbling.
- 7 Let the tarts cool slightly and then move to a cooling rack. Enjoy warm!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to three days. Reheat in the oven on low.

Serving Size: One serving is one tart.

Additional Toppings: Top with whipped cream, ice cream, or a glaze.

Gluten-Free: Use gluten-free pastry and flour.



Vegan Strawberry Cheesecake

12 servings

8 hours 30 minutes

Ingredients

- 2 cups Hazelnuts (raw)
- 1 cup Pitted Dates
- 1/4 cup Cocoa Powder
- 1/4 cup Coconut Oil (divided)
- 1/2 tsp Sea Salt
- 2 cups Cashews (raw, soaked overnight, rinsed)
- 1 cup Canned Coconut Milk (full fat)
- 3 tbsps Lemon Juice
- 1/3 cup Maple Syrup
- 2 cups Strawberries (chopped)
- 1 tsp Vanilla Extract

Nutrition

Amount per serving	
Calories	420
Fat	33g
Saturated	10g
Carbs	30g
Fiber	5g
Sugar	17g
Protein	8g
Cholesterol	0mg
Sodium	109mg
Vitamin A	9IU
Vitamin C	17mg
Calcium	57mg
Iron	3mg

Directions

- 1 Preheat the oven to 325°F (165°C).
- 2 Add the hazelnuts to a baking sheet and transfer to the oven. Bake for ten to 12 minutes, until toasted and fragrant. Transfer to a clean kitchen towel and shake vigorously to remove the skins.
- 3 Transfer the hazelnuts, dates, cocoa powder, half the coconut oil, and salt to a food processor. Blend on high until the mixture comes together and is finely chopped.
- 4 Add the dough to the bottom of a springform pan. Spread the dough evenly with your hands or with the bottom of a cup. Set aside.
- 5 Add the drained cashews, coconut milk, lemon juice, maple syrup, strawberries, vanilla, and remaining coconut oil into a blender. Blend on high until completely smooth and creamy.
- 6 Pour the cheesecake mixture on top of the crust. Smooth it out with a spatula, then transfer it to the freezer to set overnight, or for about eight hours. Let soften a little before slicing and enjoy!

Notes

Leftovers: Refrigerate covered or in an airtight container for up to five days. Freeze for up to three months.

Serving Size: An eight-inch (20 cm) springform pan was used for 12 servings. One serving is equal to one slice of cheesecake.

Additional Toppings: Top with extra sliced strawberries.

Short on Time: Soak the cashews in boiled water for at least 10 minutes.