

Spicy Brussel sprouts & beans

Serves 2

Ingredients

- 1 tbsp coconut oil
- 4 cups brussels sprouts, trimmed and halved
- 1 cup red/yellow or orange bell peppers cut in strips
- 1 cup cooked bean medley (mixed beans can be found canned or frozen)
- ¼ cup toasted cashews
- 1 cup kale
- Sauce
 - 2 tsp white vinegar
 - 2 tbsp sambal chili paste
 - 1 tbsp finely chopped garlic
 - ¼ cup coconut milk
 - 1 tbsp peanut (almond or cashew) butter (tahini also works)
 - Salt & pepper to taste

Preparation

- Heat a pan or skillet on medium, add coconut oil followed by sprouts & peppers. Increase heat if necessary to brown your vegetables & avoid steaming (this is key to develop flavor) for 5 minutes
- Combine all sauce ingredients, mix well & pour over sprouts, add bean medley & simmer sauce until reduced by half
- Garnish with kale (add at last minute) & toasted cashews

Orange Ginger Chicken & Broccoli

Serves 4

Ingredients

- 1/2 cup Oat flour (see demo video)
- 2 cups boneless skinless chicken thighs sliced in strips
- 2 cups broccoli florets
- 1 cup purple cabbage (can use greens)
- 1/4 tsp ground cinnamon
- 1/4 tsp ground cloves
- 1/4 tsp ground nutmeg
- 1 tablespoons coconut oil
- 1 tbsp toasted sunflower seeds
- Salt & pepper to taste

Sauce

- 2 tbsp low-sodium soy sauce
- 1 tsp finely chopped garlic
- 1 tsp fresh ginger finely chopped
- 1 cup orange juice

Preparation

- Place chicken in a bowl, mix well with cinnamon, cloves & nutmeg.
- Add oat flour and toss to coat chicken
- Heat a pan or skillet on medium, add coconut oil & brown chicken strips on both sides. Do this in batches to avoid overcrowding, set chicken aside, add broccoli florets, stir fry for 1-2 minutes
- Combine all sauce ingredients, mix well & pour over broccoli. Scrape the bottom of the pan with a wooden spoon to dissolve all

the caramelization from the chicken (this will add flavor to the sauce)

- Once sauce starts heating up, add back chicken & simmer until sauce thickens & chicken is cooked through
- Garnish with toasted sunflower seeds

Baby Bok Choy with mushrooms

Serves 4

Ingredients

- 4 heads baby bok choy, trimmed & halved
- 2 cups Button mushrooms, washed & halved
- 2 medium carrots, peeled & sliced in coins
- ½ cup sliced green beans
- 1 tbsp toasted sesame seeds
- 1 tbsp coconut oil

Sauce

- 1 tbsp honey
- 1 tbsp fresh grated ginger
- 2 cloves garlic, finely chopped
- 1 tbsp low-sodium soy sauce
- ¼ cup bone broth/stock

Preparation

- Heat a pan or skillet on medium, add coconut oil & brown mushrooms. Follow with carrots, green beans & bok choy
- Combine all sauce ingredients, mix well & pour over vegetables. simmer until sauce thickens
- Garnish with toasted sesame seeds