







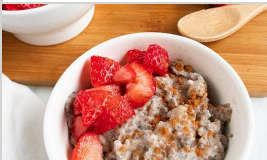

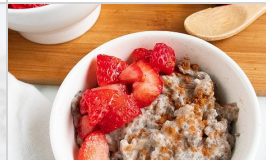

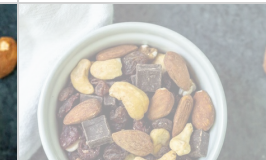

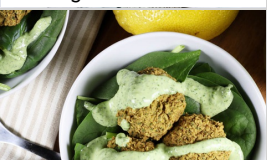
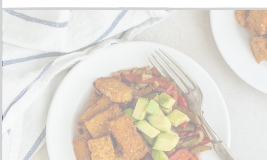
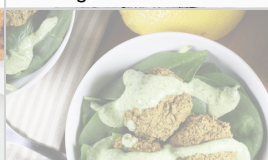

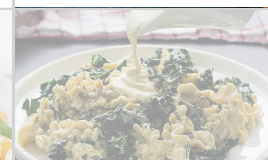



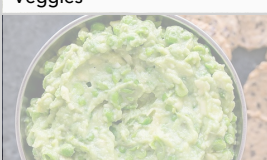
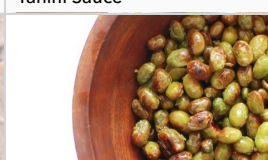

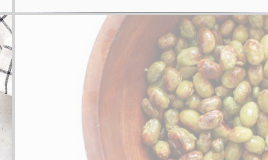
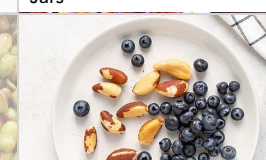
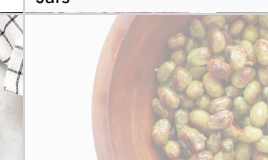
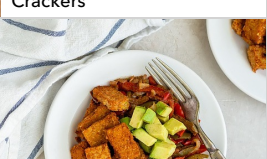
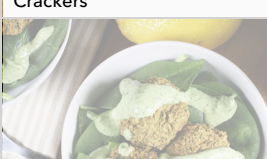


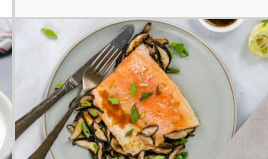

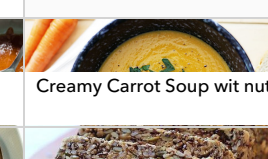

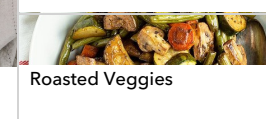




Menopause Friendly Recipes

Sarah Carolides

<https://www.sarahcarolides.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Chocolate Zucchini Bread Smoothie	 Berry Avocado Smoothie	 Chocolate Zucchini Bread Smoothie	 Berry Avocado Smoothie	 Chocolate Zucchini Bread Smoothie	 Salmon Stuffed Avocado Boats	 Zucchini Turkey Breakfast Skillet
Snack 1	 Raspberry Chia Protein Pudding	 Coconut Chia Seed Yogurt	 Raspberry Chia Protein Pudding	 Coconut Chia Seed Yogurt	 Clean Trail Mix	 Clean Trail Mix	 Clean Trail Mix
Lunch	 Falafel Salad with Green Tahini Sauce	 Chili Lime Tempeh & Veggies	 Falafel Salad with Green Tahini Sauce	 Mango Chickpea Salad with Grilled Chicken Kebabs	 Creamy Pasta with Kale	 Rainbow Chopped Salad Jars	 Rainbow Chopped Salad Jars
Snack 2	 Smashed Peacamole with Crackers	 Smashed Peacamole with Crackers	 Roasted Edamame	 Brazil Nuts & Blueberries	 Roasted Edamame	 Brazil Nuts & Blueberries	 Roasted Edamame
Dinner	 Chili Lime Tempeh & Veggies	 Falafel Salad with Green Tahini Sauce	 Mango Chickpea Salad with Grilled Chicken Kebabs	 Creamy Pasta with Kale	 Citrus Glazed Salmon with brown rice	 Spicy Miso Steak	 Creamy Carrot Soup wit nuts
	 Roasted Veggies				 High Fiber Seed Loaf		





Fruits

- 3 1/2 Avocado
- 1 1/2 Banana
- 148 grams Blueberries
- 5 2/3 Lemon
- 10 milliliters Lemon Juice
- 1 Lime
- 58 milliliters Lime Juice
- 1 Mango
- 185 grams Raspberries
- 72 grams Strawberries

Breakfast

- 47 grams Almond Butter
- 7 grams Maple Syrup

Seeds, Nuts & Spices

- 1/2 tsp Black Pepper
- 725 milligrams Black Pepper
- 67 grams Brazil Nuts
- 68 grams Cashews
- 300 grams Chia Seeds
- 5 grams Chili Powder
- 5 grams Cinnamon
- 225 grams Clean Trail Mix
- 6 grams Cumin
- 3 grams Garlic Powder
- 1 gram Oregano
- 10 grams Pine Nuts
- 75 grams Pumpkin Seeds
- 1/4 tsp Sea Salt
- 18 grams Sea Salt
- 0 Sea Salt & Black Pepper
- 1 gram Smoked Paprika
- 64 grams Sunflower Seeds
- 3 grams Turmeric
- 82 grams Whole Flax Seeds

Frozen

- 187 grams Frozen Berries
- 90 grams Frozen Cauliflower

Vegetables

- 4 cups Arugula
- 150 grams Baby Spinach
- 10 Carrot
- 98 grams Cherry Tomatoes
- 1/2 Cucumber
- 73 grams Fresh Peas
- 6 2/3 Garlic
- 200 grams Green Beans
- 1 Green Bell Pepper
- 7 stalks Green Onion
- 55 grams Kale Leaves
- 84 grams Matchstick Carrots
- 192 grams Mushrooms
- 122 grams Parsley
- 176 grams Purple Cabbage
- 1 Red Bell Pepper
- 1 1/2 cups Shiitake Mushrooms
- 1 Sweet Onion
- 2/3 Yellow Bell Pepper
- 1/2 Yellow Onion
- 6 1/2 Zucchini

Boxed & Canned

- 1 cup Brown Rice
- 113 grams Canned Wild Salmon
- 112 grams Chickpea Pasta
- 2 cups Chickpeas
- 325 grams Chickpeas
- 396 grams Lentils
- 260 grams Salsa
- 100 grams Seed Crackers
- 772 milliliters Vegetable Broth

Baking

- 8 grams Cacao Nibs
- 15 grams Cacao Powder
- 21 grams Honey
- 6 grams Nutritional Yeast
- 223 grams Oats
- 20 grams Psyllium Husks

Bread, Fish, Meat & Cheese

- 454 grams Chicken Breast
- 454 grams Extra Lean Ground Turkey
- 340 grams Ny Striploin Steak
- 227 grams Salmon Fillet
- 255 grams Tempeh

Condiments & Oils

- 45 milliliters Avocado Oil
- 30 milliliters Balsamic Vinegar
- 7 milliliters Coconut Oil
- 1 tbsp Extra Virgin Olive Oil
- 131 milliliters Extra Virgin Olive Oil
- 36 grams Miso Paste
- 1 1/2 tbsps Soy Sauce
- 78 grams Sriracha
- 1/2 cup Tahini
- 110 grams Tahini

Cold

- 3 Egg
- 1 tbsp Orange Juice
- 480 milliliters Plain Coconut Milk
- 1.4 liters Unsweetened Almond Milk
- 450 grams Unsweetened Coconut Yogurt

Other

- 73 grams Chocolate Protein Powder
- 97 grams Vanilla Protein Powder
- 1/2 cup Water
- 587 milliliters Water



-
- 1 cup Frozen Edamame
 - 20 grams Unsweetened Coconut Flakes
 - 465 grams Frozen Edamame



Chocolate Zucchini Bread Smoothie

1 serving
5 minutes

Ingredients

240 milliliters Unsweetened Almond Milk
1/2 Zucchini (chopped, frozen)
24 grams Chocolate Protein Powder
1/2 Banana (frozen)
12 grams Chia Seeds
16 grams Almond Butter
5 grams Cacao Powder
3 grams Cacao Nibs (optional)

Directions

- 1 Add all ingredients except the cacao nibs into a high-speed blender and blend until smooth.
- 2 Pour into a glass and top with cacao nibs (optional). Enjoy!

Notes

Nut-Free: Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

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



Berry Avocado Smoothie

1 serving
5 minutes

Ingredients

240 milliliters Plain Coconut Milk
(unsweetened, from the box)
1/2 Zucchini (chopped, frozen)
45 grams Frozen Cauliflower
93 grams Frozen Berries
1/4 Avocado
12 grams Chia Seeds
24 grams Vanilla Protein Powder

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chia Seeds: Use flax seeds instead.

No Avocado: Use almond butter or sunflower seed butter instead.

Additional Toppings: Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

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



Salmon Stuffed Avocado Boats

1 serving
10 minutes

Ingredients

1 Avocado
113 grams Canned Wild Salmon
1/4 Lemon (juiced)

Directions

- 1 Slice the avocado in half and remove the pit. Use a spoon to scoop out enough avocado to create a bigger hole that the salmon will fit into. Transfer scooped out avocado to a small bowl.
- 2 Drain the salmon and add it to the bowl with the scooped out avocado. Add lemon juice and mash until well mixed.
- 3 Fill the hollowed out avocado halves with the mashed salmon mixture. Enjoy!

Notes

Likes it Spicy: Add hot sauce.

No Canned Salmon: Use smoked salmon, cooked salmon fillet or tuna instead.



Zucchini Turkey Breakfast Skillet

3 servings
20 minutes

Ingredients

7 milliliters Coconut Oil
454 grams Extra Lean Ground Turkey
2 Zucchini (large, finely diced)
260 grams Salsa
3 Egg
Sea Salt & Black Pepper (to taste)

Directions

- 1 Add the coconut oil to a large skillet and place over medium heat.
- 2 Cook the ground turkey, breaking it up as it cooks through. Once it starts to brown, stir in the zucchini. Continue to saute until the zucchini has softened (about 3 - 5 minutes).
- 3 Add the salsa to the skillet and stir well to mix.
- 4 Use a spoon to create pockets for the eggs. Crack an egg into each pocket and cover the skillet with a lid. Let the eggs cook until done to your liking (3 to 5 minutes).
- 5 Divide onto plates and season with sea salt and black pepper to taste. Add hot sauce if you'd like some heat. Enjoy!

Notes

Leftovers: For best results, refrigerate the turkey/zucchini mixture separate from the eggs in an airtight container for up to three days. When reheating, add the eggs just before serving.

More Protein: Add extra eggs.

Vegetarian: Use lentils instead of ground turkey.

More Greens: Stir in baby spinach or kale right after you add the salsa. Stir until wilted.

No Salsa: Use crushed tomatoes instead.



Raspberry Chia Protein Pudding

4 servings
30 minutes

Ingredients

96 grams Chia Seeds
480 milliliters Unsweetened Almond Milk
49 grams Vanilla Protein Powder
185 grams Raspberries (divided)
20 grams Unsweetened Coconut Flakes

Directions

- 1 In a large bowl, combine the chia seeds with the almond 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 In a small bowl, mash half the raspberries with a fork. Top the chia pudding with the mashed raspberries, remaining raspberries and coconut flakes. Serve and enjoy!

Notes

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

Nut-Free: Use coconut milk instead of almond milk.

Likes it Sweet: Add a drizzle of maple syrup or honey.

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



Coconut Chia Seed Yogurt

1 serving
30 minutes

Ingredients

225 grams Unsweetened Coconut Yogurt
48 grams Chia Seeds
3 grams Cinnamon
36 grams Strawberries (chopped)

Directions

- 1 Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
- 2 Top with strawberries and enjoy!

Notes

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

More Flavor: Add maple syrup, honey, monk fruit sweetener or cardamom.

Additional Toppings: Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.



Clean Trail Mix

3 servings

2 minutes

Ingredients

225 grams Clean Trail Mix

Directions

- 1 This is meant to be a quick and easy snack. Find a clean trail mix in any health food store or in the healthy food section of your grocery store. Read the ingredients to make sure there are no additives. We recommend checking out brands such as Prana or Central Roast.
- 2 Pour into bowl and snack away!



Falafel Salad with Green Tahini Sauce

3 servings
30 minutes

Ingredients

61 grams Oats (quick or traditional)
396 grams Lentils (cooked, drained and rinsed)
2 Garlic (cloves, minced)
3 grams Sea Salt
122 grams Parsley (divided)
1 Lemon (juiced and divided)
30 milliliters Extra Virgin Olive Oil (divided)
60 grams Tahini
59 milliliters Water
120 grams Baby Spinach (or mixed greens)

Directions

- 1 Preheat the oven to 420°F (216°C) and line a baking sheet with parchment paper.
- 2 Place your oats in a food processor and pulse into a fine powder. Ensure your lentils are very dry. Excess liquid will make the batter harder to work with. Add lentils, garlic, sea salt, half of the parsley, half of the lemon juice and half the olive oil. Pulse until well combined. Form the batter into small patties or balls and transfer them to the baking sheet. Bake in the oven for 20 to 25 minutes.
- 3 Meanwhile, rinse out the food processor container and dry it well. Then combine the remaining parsley, lemon juice and olive. Add the tahini, water and season with sea salt. Blend until smooth. Taste and adjust lemon juice and sea salt to taste.
- 4 Plate the baby spinach. Serve the baked falafels over top and drizzle with tahini dressing. Enjoy!

Notes

Speed It Up: Skip making the tahini sauce and serve with hummus instead.



Rainbow Chopped Salad Jars

2 servings

15 minutes

Ingredients

50 grams Tahini
1 1/3 Lemon (juiced)
2 grams Sea Salt
20 milliliters Water
328 grams Chickpeas (cooked, from the can)
99 grams Cherry Tomatoes
85 grams Matchstick Carrots
2/3 Yellow Bell Pepper (chopped)
178 grams Purple Cabbage (chopped)

Directions

- 1 Combine the tahini, lemon juice, and sea salt. Whisk until combined, adding water as needed to attain a creamy salad dressing consistency. Divide the dressing equally into the bottom of large jars.
- 2 On top of the dressing, layer the chickpeas, tomatoes, carrots, bell pepper, and top with the purple cabbage. Cover and store in the fridge.
- 3 When you're ready to eat the salad, dump it into a bowl and toss well. Enjoy!

Notes

Storage: Keeps well in the fridge for up to 4 days.

No Tahini: Use a nut butter or sunflower seed butter instead.



Smashed Peacamole with Crackers

2 servings

10 minutes

Ingredients

73 grams Fresh Peas
1 Avocado
1 Garlic (cloves, minced)
1/8 Lemon (juiced)
750 milligrams Sea Salt (or more to taste)
100 grams Seed Crackers

Directions

- 1 In a bowl, smash the peas with the back of a fork.
- 2 Add avocado and mash until well combined. Stir in garlic, lemon juice and sea salt to taste.
- 3 Transfer to a serving bowl and enjoy with crackers.

Notes

Leftovers: Refrigerate in an airtight container for up to three days. To prevent it from turning brown, add a layer of plastic wrap within the container.

Serving Size: There is approximately 1/3 cup of peacamole per serving.

Likes it Spicy: Add chili powder, red pepper flakes, jalapeno slices and/or cayenne pepper.

No Fresh Peas: Use frozen peas, corn or edamame instead.

No Lemon Juice: Use apple cider vinegar instead.



Roasted Edamame

3 servings
45 minutes

Ingredients

465 grams Frozen Edamame
22 milliliters Extra Virgin Olive Oil
2 grams Sea Salt

Directions

- 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!

Notes

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



Brazil Nuts & Blueberries

1 serving
5 minutes

Ingredients

33 grams Brazil Nuts
74 grams Blueberries

Directions

- 1 Divide the Brazil nuts and blueberries onto a plate and enjoy!

Notes

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

Nut-Free: Use pumpkin seeds or sunflower seeds instead of Brazil nuts.



Chili Lime Tempeh & Veggies

2 servings

1 hour 40 minutes

Ingredients

5 grams Chili Powder (divided)
4 grams Cumin (divided)
3 grams Garlic Powder (divided)
5 grams Sea Salt (divided)
1 gram Smoked Paprika
58 milliliters Lime Juice
59 milliliters Vegetable Broth
7 grams 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)
15 milliliters Water
1 Avocado (diced)

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.



Mango Chickpea Salad with Grilled Chicken Kebabs

4 servings

30 minutes

Ingredients

454 grams Chicken Breast
2 cups Chickpeas (cooked, drained and rinsed)
1 cup Frozen Edamame (thawed)
1/2 Cucumber (diced)
1 Mango (diced)
4 cups Arugula
1/2 cup Tahini
2 Lemon (juiced)
1/2 tsp Black Pepper
1 Garlic (clove, minced)
1/2 cup Water

Directions

- 1 Dice your chicken into cubes then slide them onto skewers for grilling. Season both sides of the kebabs with sea salt and pepper.
- 2 In a large bowl, combine the chickpeas, edamame, cucumber, mango and arugula. Set aside.
- 3 In a blender, combine the tahini, lemon juice, black pepper and minced garlic. Add water and blend well until smooth. Add more water 1 tbsp at a time if needed to reach desired consistency. Set dressing aside.
- 4 Preheat your grill over medium heat. Grill your kebabs for about 8 minutes per side or until cooked through.
- 5 Plate your salad and lay kebabs over top. Drizzle with desired amount of tahini dressing. Enjoy!

Notes

Vegans & Vegetarians: Skip the chicken. This is a complete meal without it! Roast the chickpeas before hand if you like it hot.

No Mango: Use diced pineapple or fresh blueberries instead.

No Arugula: Use baby spinach, kale or mixed greens instead.



Creamy Pasta with Kale

2 servings
40 minutes

Ingredients

113 grams Chickpea Pasta
56 grams Kale Leaves (sliced thin into ribbons)
2/3 Garlic (clove, minced)
69 grams Cashews (soaked for 30 minutes and drained)
79 milliliters Water
6 grams Nutritional Yeast (optional)
10 milliliters Lemon Juice
20 milliliters Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

Directions

- 1 Cook the pasta according to the directions on the package and set aside.
- 2 Heat a pan over medium-low heat. Sauté the kale and garlic for 5 to 7 minutes then mix in the cooked pasta until warmed through. Turn off the heat.
- 3 In a high powered blender, add the drained cashews, water, nutritional yeast, lemon juice, extra virgin olive oil, sea salt and black pepper. Blend on high until smooth.
- 4 Toss the pasta with the cream sauce and enjoy!

Notes

No Kale: Use another green instead such as spinach, collard greens or Swiss chard.

Leftovers: Store leftovers in the fridge in an airtight container for up to three days. Reheat leftovers in a pan over medium-low heat.

No Chickpea Pasta: Use lentil, quinoa, brown rice or whole wheat pasta instead.



Citrus Glazed Salmon with brown rice

2 servings

25 minutes

Ingredients

227 grams Salmon Fillet
1 tbsp Extra Virgin Olive Oil (divided)
1/4 tsp Sea Salt (divided)
5 stalks Green Onion (chopped, divided)
1 1/2 cups Shiitake Mushrooms (stems removed, sliced)
1 tbsp Orange Juice
1 1/2 tbsps Soy Sauce
1 Lime (juiced, zested)
1 cup Brown Rice (Prepare as per packet instructions)

Directions

- 1 Wash and drain the brown rice. Prepare as per packet instructions.
- 2 Preheat the oven to 350°F (177°C). Place the salmon in an oven-safe baking dish and drizzle with half of the extra virgin olive oil and season with half the sea salt. Bake for 13 to 16 minutes, until cooked through and flaky.
- 3 In a skillet over medium-high heat, add the remaining extra virgin olive oil. Add half of the green onions, mushrooms and the remaining sea salt. Cook for 5 to 6 minutes, until the mushrooms and green onion are lightly browned and cooked through.
- 4 In a small bowl, whisk together the orange juice, coconut aminos, lime juice and zest.
- 5 Add the salmon to a platter along with the mushroom mixture and remaining raw green onions. Drizzle the sauce over top. Serve and enjoy!

Notes

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

More Flavor: Add chili flakes.

Additional Toppings: Top with sesame seeds. Serve with rice, cauliflower rice, leafy greens or roasted veggies.

No Coconut Aminos: Use tamari or soy sauce instead.



Spicy Miso Steak

4 servings
15 minutes

Ingredients

340 grams NY Striploin Steak
Sea Salt & Black Pepper (to taste)
30 milliliters Extra Virgin Olive Oil
(divided)
36 grams Miso Paste
59 milliliters Water
78 grams Sriracha
21 grams Honey
2 stalks Green Onion (thinly sliced)

Directions

- 1 Season the steak with salt and pepper.
- 2 In a pan over medium-high heat, add half the oil. Add the steak and cook for three to four minutes per side, or until your desired doneness. Remove from heat.
- 3 Reduce the temperature to medium-low, and whisk in the remaining oil, miso, water, sriracha, and honey.
- 4 Slice the steak, drizzle with the spicy miso sauce, and top with green onions to garnish. Enjoy!

Notes

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

More Flavor: Add more honey for a sweeter sauce or reduce sriracha for less spice.



Roasted Veggies

4 servings
40 minutes

Ingredients

2 Carrot (medium, chopped)
2 Zucchini (medium, chopped)
192 grams Mushrooms (chopped)
200 grams Green Beans (trimmed)
15 milliliters Extra Virgin Olive Oil
30 milliliters Balsamic Vinegar
1 gram Oregano (dried)
3 grams Sea Salt
725 milligrams Black Pepper

Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Arrange the chopped veggies on the baking sheet. Drizzle with oil, vinegar, oregano, salt and pepper. Toss until everything is well coated.
- 3 Roast in the oven for 25 to 30 minutes, or until very tender, stirring once about halfway through.
- 4 Remove from oven and transfer to a bowl. Enjoy!

Notes

Leftovers: Keeps well in the fridge for up to three days. Reheat in a skillet or the oven.

Serving Size: One serving equals approximately two cups of veggies.

No Mushrooms: Swap in bell peppers or broccoli instead.

Even Cooking: Chop your vegetables to be approximately the same size to ensure even cooking.



Creamy Carrot Soup wit nuts

4 servings
50 minutes

Ingredients

15 milliliters Extra Virgin Olive Oil
8 Carrot (chopped into 1 inch rounds)
1 Sweet Onion (chopped)
2 Garlic (cloves, minced)
2 grams Cumin
3 grams Turmeric
Sea Salt & Black Pepper (to taste)
713 milliliters Vegetable Broth
240 milliliters Unsweetened Almond Milk
1 Lemon (cut into wedges)
30 grams Baby Spinach (chopped)
10 grams Pumpkin Seeds
10 grams Pine Nuts

Directions

- 1 In a large pot, heat olive oil over medium heat. Stir in onion, garlic, carrots, cumin and turmeric. Season with salt and pepper to taste. Sautee for about 10 minutes or until veggies start to brown.
- 2 Add in vegetable broth. Cover with lid and let simmer for 30 minutes.
- 3 After 30 minutes, pour in almond milk and stir well. Transfer soup to a blender to puree. Always be careful to leave a hole for the steam to escape or the lid will pop off while blending. Blend in batches and transfer back to pot. Taste and season with more sea salt and pepper if desired.
- 4 Ladle soup into bowls. Garnish with chopped spinach and drizzle with a squeeze of lemon wedge. Serve with a slice of bread for dipping and/or a mixed greens salad.

Notes

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

Serving Size: One serving is roughly 1 1/2 to 2 cups of soup.



High Fiber Seed Loaf

10 servings

3 hours

Ingredients

64 grams Sunflower Seeds
82 grams Whole Flax Seeds
65 grams Pumpkin Seeds
48 grams Chia Seeds
162 grams Oats (rolled)
20 grams Psyllium Husks
3 grams Sea Salt
45 milliliters Avocado Oil
356 milliliters Water

Directions

- 1 In a large bowl, combine sunflower seeds, flax seeds, pumpkin seeds, chia seeds, oats, psyllium husks and salt. Mix well.
- 2 In a separate bowl, whisk together the avocado oil and water. Add the wet ingredients to the dry ingredients and mix very well until everything is combined.
- 3 Line a loaf pan with parchment paper, allowing the ends of the parchment to come higher than the sides of the pan. Pour in the mixture. Let it stand for two hours (or overnight) to thicken further.
- 4 Preheat the oven to 350°F (177°C). Place the loaf pan in the oven and bake for 20 minutes. Then remove the loaf from the pan by pulling up the sides of the parchment. Remove the parchment and place the loaf upside down directly on the oven rack and bake for another 30 minutes.
- 5 Remove from the oven and let it cool completely before slicing. Enjoy!

Notes

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

Serving Size: One serving is equal to one slice of bread.

Additional Toppings: Serve with nut or seed butter, hummus, avocado, or chia jam.

Psyllium Powder: If you are using psyllium powder instead of the whole husks, cut the amount used in half.