

# Green Bean Casserole

Servings: 6

Time: 1 hr 5 mins

## Ingredients

- 3 to 4 medium shallots, in their skins
- 1 pound fresh green beans, stemmed and halved
- 1 tbsp extra virgin olive oil
- 8 oz cremini mushrooms, sliced
- 2 tbsp butter
- 3 tbsp flour
- 1 ½ cup stock of choice
- 3 tsp fresh thyme leaves
- Freshly ground black pepper
- 1 cup bread crumbs



## Instructions

- Preheat oven to 400°F. Put the shallots (in their skins) on a small baking dish, roast until soft, about 30 minutes. When cool enough to handle, skin and coarsely chop the shallots. Set aside.
- In a medium saucepan, bring water to a boil. Add green beans, cook uncovered until crisp-tender and bright green, about 3 minutes. Drain beans and rinse with cold water. Set aside.
- In the same saucepan, heat oil, add mushrooms and season with salt. Cook, stirring occasionally, until browned, about 7 minutes. Add mushrooms to beans.
- Melt butter in a small saucepan over medium heat. Add flour, cook until golden brown, about 2 minutes. Slowly whisk in broth, bring to a boil. Add shallots, 1 tsp thyme, and salt to taste. Reduce heat and simmer for 5 minutes. Pour sauce over vegetables and stir to combine.
- Add vegetable mixture to a baking dish, add remaining thyme and breadcrumbs. Bake uncovered until the sauce bubbles and the crumb browns, about 20 minutes.
- Serve and Enjoy!

# Happy Heart Valentine's Chocolates



Servings: 12

## Ingredients

- 1 ½ cup walnuts, chopped
- 8 medium dates, Medjool
- ½ cup cocoa powder, unsweetened

## Additional Toppings

- Dried fruit
- Coconut
- Granola
- Peanut butter

## Instructions

- Blend walnuts in a high powered blender or food processor until a powder.
- Pit dates, then add walnut powder to a bowl and the pitted dates. Using your hands mix the two ingredients together until the dates are completely incorporated.
- Add the cocoa. Shape into a mold.
- Garnish with your topping of choice!
- Serve and enjoy!

# Yogurt Bark

Servings: 6

## Ingredients

- ¾ cup frozen fruit of choice, thawed
- 3 tbsp water
- 1 ½ cups Greek yogurt
- 1 tsp vanilla

## Additional Toppings

- 6-8 strawberries
- 1 handful pumpkin seeds
- 1 handful unsweetened coconut
- 1 handful dark chocolate chips



## Instructions

- Using an immersion blender, or food processor, purée your favourite frozen fruit with water until smooth and evenly combined.
- Line baking sheet with parchment paper.
- Mix vanilla and yogurt; spread across baking sheet in a layer approximately one centimetre thick.
- Pour the fruit purée over the yogurt. Create a marbled effect by running the tip of a knife through the mixture in a circular motion.
- Sprinkle on your favourite toppings.
- Place in freezer until the yogurt is completely frozen (about two hours).
- Break the bark into pieces.
- Serve and enjoy!

**Tip:** Break the bark up and store in the freezer in an airtight container for a quick go-to snack!

# Baked Apple Chips



## Ingredients

- 3 large apples (your favourite kind)
- 3 tsp cinnamon
- 1 tbsp sugar

## Instructions

Core and cut apples into thin slices. Evenly lay out apple slices on a parchment paper covered baking sheet. Sprinkle half the cinnamon and sugar on apples. Bake at 200 °F for 40-50 mins. Flip apples, and sprinkle remaining cinnamon and sugar. Bake for another 40-50 mins. Let cool - serve and enjoy!

# Banana Ice Cream



## Ingredients

2 large ripe frozen bananas, peeled and sliced

## Instructions

Freeze bananas for 2 hours or until solid. Transfer pieces to a food processor or blender. Blend until banana is smooth.

Mix in your favourite topping like:  
peanut butter, nuts, fruit, cocoa powder, honey,  
etc.

Serve and enjoy!

# Scrumptious Apple Nachos



## Ingredients

- 1 medium crisp sweet apple
- 1 tbsp chopped dark chocolate  
or dark chocolate chips
- 1 tbsp peanut butter
- 1 tbsp coconut flakes
- ½ tbsp chopped almonds or nut  
of choice

## Instructions

- Core and thinly slice apples.
- Arrange on a plate or tray.
- Melt chocolate. Melt peanut  
butter in a separate bowl until  
smooth. Drizzle chocolate and  
peanut butter over apples.
- Sprinkle with almonds. Serve  
and enjoy!

# Sensational Strawberry Frozen Yogurt



## Ingredients

- 4 cups strawberries (fresh or frozen)
- 3 tbsp honey or maple syrup
- ½ cup plain Greek Yogurt
- 1 tbsp lime juice

## Instructions

Put all the ingredients into a blender. Blend until smooth. If you use fresh strawberries, after blending, freeze until desired consistency is reached. Top with your favourite nuts or treats. Try different flavours by swapping out the strawberries for your favourite fruit! Serve and enjoy!

# Hearty Pumpkin Chili

## Ingredients

- 1 yellow onion
  - 1 carrot
  - 1 bell pepper
  - 1 jalapeno
  - 2-3 cloves of garlic
  - 1 tsp olive oil
  - 1 tbsp soy sauce or tamari
  - 2½ tbsp mild chili powder
  - 1 tsp dried oregano
  - 1 tsp ground cumin
  - 1 14.5 oz can of diced tomatoes
  - 1½ cups of pureed pumpkin
  - 2 cups vegetable broth
  - 3 cups of your favourite beans (cooked)
- Top with: cilantro, avocado, or tortilla chips



## Instructions

Chop onion, carrot, and bell pepper into small chunks. In a large pot, heat oil, add veggies and sauté until brown (~5 mins). Mince jalapeno and garlic. Add garlic, jalapeno, soy sauce and spices and cook altogether for 30 seconds. Add tomatoes, pumpkin, broth, and beans; stir until everything is mixed. Turn down heat and simmer for 15 mins, stirring occasionally. Remove from heat, stir in lime juice.

Serve and enjoy immediately!



# Classic Potato Leek Soup

## Ingredients

- 2-3 large leeks, diced
- olive oil, as needed
- 1 container (32oz) broth of choice
- 1 ¾ cup water
- 2 pounds potatoes (Yukon Gold), cut into cubes
- ¾ tsp cayenne pepper
- salt to taste



## Instructions

Heat olive oil in pot, cook and stir leeks until completely softened (~10 mins), adding olive oil as needed. Pour broth and water into pot; add potatoes. Bring to a boil, reduce heat to medium-low, and cook at a simmer until potatoes are completely tender (~25 mins). Pour mixture into a blender, no more than half full. Blend in batches, mix it all together and blend again. Put back into pot, stir in cayenne pepper and salt to taste. Serve and enjoy!

# Delectable Gingerbread Loaf

## Ingredients

- ¼ cup molasses
- ¼ cup maple syrup
- 1 cup unsweetened apple  
sauce
- 1 egg
- ¼ olive oil
- ½ cup almond milk
- 2 cups whole wheat flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tbsp powdered ginger
- 2 tsp cinnamon
- ½ tsp nutmeg
- ¼ tsp ground cloves



## Instructions

Preheat oven to 350°F and prepare a greased 8"x4" loaf pan. In a bowl, mix molasses, maple syrup, applesauce, egg, milk and oil until smooth. Add in flour, baking powder, baking soda and spices. Pour batter into the greased 8"x4" loaf pan. Bake for 40-45 mins or until a toothpick comes out clean from middle of the loaf. Allow bread to cool for 30 mins, store in an airtight container and refrigerate. Serve and enjoy when desired!

# Millionaire Shortbread

## Ingredients

### *Shortbread Layer*

- 1¼ cup flour
- ¾ cup maple syrup
- ½ cup coconut oil, melted
- ½ tsp vanilla extract
- ¼ tsp sea salt

### *Caramel Layer*

- 1 cup pitted dates
- 2 tbsp almond butter
- ¼ cup maple syrup
- ¼ coconut milk
- 1 tsp vanilla extract
- 1 pinch sea salt

### *Chocolate Layer*

- 1 cup dark chocolate chips
- 3 tbsp coconut oil
- 1 pinch sea salt



## Instructions

*Shortbread Layer:* Mix together flour, syrup, coconut oil, vanilla extract and salt in a bowl. Spread mixture in a thin layer onto the bottom of a prepared pan. Set in fridge for 15 mins while preparing next layer.

*Caramel Layer:* Blend together dates, almond butter, syrup, milk, salt, and vanilla extract. Spread mixture onto the shortbread layer, cool for another 15 mins in the fridge.

*Chocolate Layer:* Melt chocolate chips, coconut oil, and salt using a double boiler. Remove from heat and allow to cool for 5 mins before spreading onto other layers. Allow entire pan to cool in fridge for 20-30 mins. Remove from pan using parchment paper, cut into squares.

Serve and enjoy!