



Week Seven

Vegan Recipes

Copyright

Copyright © 2018 by The Health Coach Group

All Rights Reserved. No part of this program may be reproduced or redistributed in any form or by any electronic or mechanical means, including information storage and retrieval systems, without permission in writing from the publisher.

Published in the United States by:

The Health Coach Group, LLC,
7601 Military Avenue, Omaha, NE 68134

<http://www.thehealthcoachgroup.com>

Disclaimer: This book contains affiliate links that compensate our company should you make a purchase. The information contained in this book is intended to help readers make informed decisions about their business. It should not be used as a substitute for representation or advice of a professional attorney, banker, insurance agent or accountant. Although the author and publisher have endeavored to ensure that the information provided herein is complete and accurate, they shall not be held responsible for loss or damage of any nature suffered as a result of reliance on any of this book's contents or any errors or omissions herein.

Blueberry-Banana Walnut Pancakes

Ingredients

- 1/2 cup whole wheat flour
- 1/2 cup unbleached flour
- 2 teaspoons baking powder
- 1 banana, mashed
- 1 1/4 cups non-dairy milk
- 1 Tablespoon granulated sweetener
- 1/2 cup finely chopped walnuts
- 1 cup blueberries, fresh or (defrosted) frozen

Directions

1. In a large bowl, sift the flour and baking powder together.
2. In a small bowl, mash the banana with a fork and add 1/4 cup of the milk, mixing together until there are no lumps.
3. Add the banana, sweetener, walnuts, blueberries, and remaining milk to the dry mix and stir together until "just mixed".
4. Heat a nonstick pan or a lightly-oiled frying pan.
5. Using a measuring cup of your choice, scoop batter onto pan to make cakes. Let sit on medium heat until the bottom turns golden brown. Flip and cook other side. Repeat process until all the batter is gone.

Serving Size	Calories	Fat	Protein	Sodium
2 pancakes	274 per serving	12g per serving	8g per serving	38mg per serving

BREAKFAST

Raspberry, Avocado, & Mango Salad

Ingredients

- 1 1/2 cups fresh raspberries, divided
- 1/4 cup extra-virgin olive oil
- 1/4 cup red-wine vinegar
- 1 small clove garlic, coarsely chopped
- 1/4 teaspoon kosher salt
- 1/8 teaspoon freshly ground pepper
- 8 cups mixed salad greens
- 1 ripe mango, diced (see Tip)
- 1 small ripe avocado, diced
- 1/2 cup thinly sliced red onion
- 1/4 cup toasted chopped hazelnuts or sliced almonds

Directions

1. Puree 1/2 cup raspberries, oil, vinegar, garlic, salt and pepper in a blender until combined.
2. Combine greens, mango, avocado and onion in a large bowl. Pour the dressing on top and gently toss to coat.
3. Divide the salad among 5 salad plates. Top each with the remaining raspberries and sprinkle with nuts, if using.

LUNCH

Pesto Soup

Ingredients

- 2 teaspoons olive oil
- 3 cloves garlic, minced
- 1 small head cauliflower, leaves removed, cut into florets
- 4 cups vegetable broth, divided
- 1/2 teaspoon salt
- Big pinch dried thyme
- Lots of fresh black pepper
- 1 tablespoon arrowroot or cornstarch
- 1 cup loosely packed basil leaves, plus a little extra for garnish
- 8 oz frozen gnocchi, partially thawed
- 1 15 oz can navy beans, rinsed and drained
- 1 small bunch swiss chard, stems discarded, leaves torn into bite-sized pieces

Directions

1. Preheat a 4 quart stock pot over medium heat. Sauté garlic in olive oil for about a minute, being careful not to let it burn. Add cauliflower, 3 cups of broth, salt, thyme and several dashes fresh black pepper.
2. Cover pot and bring to a boil, stirring occasionally for about 10 minutes, or until cauliflower is tender.
3. Vigorously mix together the final cup of broth and the arrowroot until dissolved. Lower heat a bit so that the soup is at a slow boil.
4. Mix in the broth/arrowroot and cook uncovered for another 5 minutes until slightly thickened. stirring often. Add the basil leaves, and remove from heat. Use a submersion blender to puree until smooth. Salt and season to taste.
5. Return to the stove over medium heat and add the gnocchi, cover and let cook for 3 minutes or so.
6. Add the greens and beans and cook until greens are completely wilted and beans are heated through, about 5 more minutes. Be careful as you stir not to crush the gnocchi or beans.
7. Serve garnished with extra basil and pine nuts, if you like.

DINNER