

Cooking up Nutrition Class

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Let's Cook Up Nutrition each week together and talk about why it's so good for us!



Guacamole Corn & Feta Dip

8 servings
15 minutes

Ingredients

3 Avocado (diced)
2 Tomato (medium, seeds removed and chopped)
1 cup Corn (cooked)
1/2 cup Red Onion (finely chopped)
1/4 cup Cilantro (finely chopped)
1 Garlic (clove, minced)
2 tbsps Extra Virgin Olive Oil
3 tbsps Apple Cider Vinegar
1/2 tsp Sea Salt
1/2 cup Feta Cheese

Directions

1. Add the avocado, tomato, corn, and onion to a mixing bowl and gently stir to combine.
2. Add the cilantro, garlic, olive oil, apple cider vinegar and salt to the bowl and gently mix together.
3. Transfer to a serving bowl and top with feta cheese. Enjoy!

Notes

Serve it With: Brown rice chips, tortilla chips or pita wedges. Also goes great as a side with chicken or fish.

Leftovers: This recipe is best enjoyed immediately as the avocado will start to brown over time, however, leftovers can keep in the fridge, tightly sealed for about 1 to 2 days. Stir well before mixing.

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



Healthy Chocolate Nice Cream

2 servings
10 minutes

Ingredients

2 cups Frozen Banana (Sliced)
1/4 cup Cocoa Powder (Unsweetened)
1 tsp Vanilla Extract
1/4 cup Unsweetened Almond Milk

Directions

1. Place all ingredients into a high-speed blender and mix on high until a smooth, thick consistency has been formed. Option to add more milk by the tablespoon as needed.
2. Serve immediately or transfer into a parchment-lined bread loaf. Then, place into the freezer for 1 to 2 hours to firm up.
3. Serve with chocolate chips.

Notes

Almond Milk: Depending on how frozen the bananas are, you may need to add 1 to 2 more tablespoons of almond milk.



Raw Cacao Energy Balls

12 servings

15 minutes

Ingredients

1/2 cup Raw Almonds
1/2 cup Walnuts
1 cup Old Fashioned Oats
2 tbsps Cacao Powder
3/4 cup Pitted Dates (chopped)
1/2 tsp Salt
3 tbsps Water

Directions

1. Put the almonds, walnuts, oats, cacao, and salt in the bowl of a food processor. Pulse until the nuts break down and combine with the other ingredients. The meal should be fine, but retain some texture – you don't want to make nut butter!

2. Add the dates and a tablespoon of water and run the food processor until the mixture becomes thick and sticky. You should be able to squeeze a bit of the mixture between your fingers. If it's too loose and crumbly, add more water slowly and process until everything comes together.

3. Line a baking sheet with a piece of parchment paper. Scoop pieces of the mixture and roll it into balls between your palms, slightly smaller than the size of a golf ball. Line them up on the baking sheet and place it in the refrigerator to chill for at least an hour, overnight if possible. Store the raw cacao energy balls in an airtight container in the refrigerator or freezer.



Hearty Kale & Apple Tuna Salad

4 servings
10 minutes

Ingredients

1 can Tuna (drained)
2 stalks Celery (diced)
4 cups Kale Leaves (finely sliced)
1 Carrot (grated)
1 Apple (diced)
1/4 cup Sunflower Seeds
2 tbsps Dijon Mustard
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

Directions

1. Place all ingredients together in a large salad bowl. Add olive oil and mustard and toss well. Season with sea salt and pepper to taste. Enjoy!



Gingerbread Smoothie

1 serving
5 minutes

Ingredients

1 cup Unsweetened Almond Milk
1/4 cup Vanilla Protein Powder
1/2 Banana (frozen)
1 tbsp Chia Seeds
1 tbsp Almond Butter
1 1/2 tsps Blackstrap Molasses
1/2 tsp Ginger (fresh, minced)
1/4 tsp Cinnamon (ground)
1/8 tsp Ground Cloves

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 Blackstrap Molasses: Use maple syrup instead.
Nut-Free: Use coconut milk instead of almond milk. Omit the almond butter or use coconut butter or sunflower seed butter instead.
More Veggies: Add frozen cauliflower.



Chocolate Black Bean Blender Muffins

12 servings
26 minutes

Ingredients

15 ozs Black Beans (1 can rinsed and drained)
3 Eggs
1/2 cup Cocoa Powder (unsweetened)
1/2 cup Old Fashioned Rolled Oats
1/2 cup Plain Greek Yogurt
1/2 cup Maple Syrup (honey, agave or date paste are subs)
1 tsp Baking Powder
2 tsps Vanilla Extract
1/2 cup Organic Dark Chocolate Chips

Directions

1. Preheat oven to 350 degrees F. Line a muffin tin with silicone (or paper) liners.
2. Place all ingredients, except for the chocolate chips, in a blender. Blend until smooth.
3. Pour the mixture into the prepared muffin tin, filling each muffin cup almost to the top. Drop 4-5 chocolate chips onto the top of each muffin.
4. Bake for 18-20 minutes, until a toothpick inserted into the center of a muffin comes out clean. Cool 5 minutes in the pan and then remove to a wire rack to cool completely. (Silicone liners can be removed once muffins are cool.)



Pumpkin Pie Protein Smoothie

2 servings
10 minutes

Ingredients

2 cups Unsweetened Almond Milk
1 cup Pureed Pumpkin
2 Banana (frozen)
1 tsp Vanilla Extract
1 tsp Pumpkin Pie Spice
1/2 cup Vanilla Protein Powder

Directions

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

Notes

No Pumpkin Pie Spice: Use cinnamon instead.

Toppings: Sprinkle with extra cinnamon or pumpkin spice if desired, and top with raw pumpkin seeds if you like some crunch.

Warm it Up: To serve this warm, whisk together the almond milk, pureed pumpkin, and vanilla in a small sauce pan over medium heat and bring to a gentle simmer before adding it to the blender with the remaining ingredients.