



BIÂN

BIAN Juice Program  
Meal/Snack Book

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<http://www.livebian.com>

Welcome to your recipe book and meal plan framework for the BIAN Juice Program! On the next pages, you will find a collection of delicious recipes I put together just for you. These recipes will keep you inspired and help you eat nutrient-dense foods during your program.

Our philosophy is that a juice program does not have to be a severe caloric restriction, or a fasting period or a "cleanse". Hunger is a natural healthy response and we encourage you to follow it. However, this program's intention is to give the body a rest and nourish it with real foods.

Our suggestion is to be plant-based during the program, meaning that dairy products & meat sources of protein should be minimized or refrained for the duration. This recipe book will give you plenty of ideas for meals & snacks to have ready to prepare for the duration of your program.






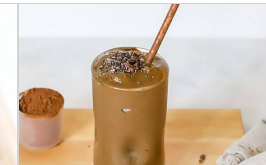







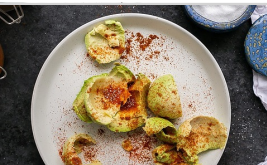






### **Recipe Tips**

On each recipe, you'll see the total time, the number of servings, ingredients, and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance, like dicing vegetables. It's also helpful to read through the directions before you start cooking so you have an idea of what's coming up before you dive in.

Good luck with your program and be well!

Ben Schuff, ND, LDN



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Meal 1 Options	 Curried Tofu Scramble	 Blueberry Overnight Oats	 Sauerkraut Chickpea Bowl	 Roasted Butternut Squash Soup with Kale Chips	 Cozy Slow Cooker Split Pea & Kale Stew	 High Fat Chocolate Smoothie	 High Fat Green Smoothie
Meal 2 Options	 Mediterranean Buddha Bowl	 Warm Lentil & Sweet Potato Salad	 Lemony Chickpea & Herb Salad	 Rainbow Tempeh Bowls	 Edamame & Soba Noodle Salad	 Carrot, Hummus & Arugula Wrap	
Snack Ideas	 Simple Spiced Avocado	 Cheezy Walnuts	 Cherries & Pumpkin Seeds	 Cinnamon Ginger Energy Balls	 Roasted Chickpeas	 Hummus Dippers	 Toasted Trail Mix

## Fruits

- ☐ 2 Apple
- ☐ 2 Avocado
- ☐ 1/2 Banana
- ☐ 1 cup Blueberries
- ☐ 1 cup Cherries
- ☐ 1/3 cup Lemon Juice
- ☐ 2 tbsps Lime Juice

## Breakfast

- ☐ 1/3 cup All Natural Peanut Butter
- ☐ 1/4 cup Maple Syrup

## Seeds, Nuts & Spices

- ☐ 1 1/2 cups Almonds
- ☐ 1/4 cup Cashews
- ☐ 2 tbsps Chia Seeds
- ☐ 1/4 tsp Chili Powder
- ☐ 2 1/2 tps Cinnamon
- ☐ 1 tsp Curry Powder
- ☐ 1 tbsps Dried Thyme
- ☐ 1/4 tsp Ground Ginger
- ☐ 3 tbsps Hemp Seeds
- ☐ 1/2 tsp Italian Seasoning
- ☐ 1/4 tsp Paprika
- ☐ 3/4 cup Pumpkin Seeds
- ☐ 1 cup Raw Peanuts
- ☐ 1 1/8 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 tsp Sesame Seeds
- ☐ 1 cup Slivered Almonds
- ☐ 1/4 cup Walnuts

## Frozen

- ☐ 2 cups Frozen Edamame

## Vegetables

- ☐ 4 cups Arugula
- ☐ 7 cups Baby Spinach
- ☐ 3 cups Broccoli
- ☐ 4 cups Butternut Squash
- ☐ 7 Carrot
- ☐ 6 stalks Celery
- ☐ 2 tbsps Chives
- ☐ 1/2 cup Cilantro
- ☐ 1 Cucumber
- ☐ 6 Garlic
- ☐ 1 2/3 tbsps Ginger
- ☐ 10 cups Kale Leaves
- ☐ 1 cup Matchstick Carrots
- ☐ 1/4 cup Mint Leaves
- ☐ 1/3 cup Parsley
- ☐ 3 Red Bell Pepper
- ☐ 1 cup Red Onion
- ☐ 3 leaves Romaine
- ☐ 1 head Romaine Hearts
- ☐ 1 Sweet Onion
- ☐ 2 Sweet Potato
- ☐ 1 Yellow Bell Pepper
- ☐ 1 1/2 Yellow Onion
- ☐ 1/2 Zucchini

## Boxed & Canned

- ☐ 3/4 cup Brown Rice
- ☐ 7 1/16 ozs Buckwheat Soba Noodles
- ☐ 6 cups Chickpeas
- ☐ 2 cups Lentils
- ☐ 1 cup Quinoa
- ☐ 12 3/4 cups Vegetable Broth
- ☐ 2 cups Yellow Split Peas

## Baking

- ☐ 1 tsp Cacao Nibs
- ☐ 1 tbsps Cacao Powder
- ☐ 1 3/4 tbsps Nutritional Yeast
- ☐ 1 1/2 cups Oats
- ☐ 3/4 cup Pitted Dates

## Bread, Fish, Meat & Cheese

- ☐ 1 3/4 cups Hummus
- ☐ 9 ozs Tempeh
- ☐ 15 3/4 ozs Tofu
- ☐ 1 Whole Wheat Tortilla

## Condiments & Oils

- ☐ 3 3/4 tbsps Apple Cider Vinegar
- ☐ 2 tps Avocado Oil
- ☐ 2 tbsps Balsamic Vinegar
- ☐ 2/3 cup Extra Virgin Olive Oil
- ☐ 1/2 cup Pitted Kalamata Olives
- ☐ 2 tbsps Rice Vinegar
- ☐ 1/3 cup Sauerkraut
- ☐ 2 tps Sesame Oil
- ☐ 2 tbsps Tahini
- ☐ 1/3 cup Tamari

## Cold

- ☐ 1 1/2 cups Unsweetened Almond Milk

## Other

- ☐ 1/4 cup Chocolate Protein Powder
- ☐ 2 1/2 cups Water

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- ☐ 1/2 cup Raisins
  - ☐ 1/2 tsp Vanilla Extract



## Curried Tofu Scramble

3 servings

25 minutes

### Ingredients

1 tbsp Vegetable Broth  
1 Red Bell Pepper (chopped)  
1/2 Yellow Onion (chopped)  
15 3/4 ozs Tofu (extra firm, drained and pressed to remove water)  
1 tsp Curry Powder  
1 tbsp Nutritional Yeast  
1/4 tsp Sea Salt  
3 cups Arugula

### Directions

- 1 In a skillet over medium-low heat, add the vegetable broth along with the pepper and onion. Sauté for 8 to 10 minutes.
- 2 Break apart the tofu into large chunks and add to the pan. Use the back of a wooden spoon to break it apart into smaller pieces. Add the curry powder, nutritional yeast and sea salt. Stir to combine the spices evenly.
- 3 Add arugula to the pan and stir until just wilted, about 1 minute. Remove from the heat, serve and enjoy!

### Notes

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

**No Vegetable Broth:** Use avocado oil or extra virgin olive oil instead.

**More Flavor:** Add mushrooms or fresh herbs to the dish.





## Blueberry Overnight Oats

4 servings

8 hours

### Ingredients

- 1 1/2 cups Oats
- 1 1/2 cups Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 2 tbsps Maple Syrup
- 1 tsp Cinnamon
- 1/2 cup Water
- 1 cup Blueberries
- 1 cup Slivered Almonds

### Directions

- 1 Combine oats, almond milk, chia seeds, maple syrup, cinnamon and water together in a large tupperware container. Stir well to mix. Seal and place in the fridge overnight (or for at least 8 hours).
- 2 Remove oats from fridge. Use single-serving size mason jars and place a large spoonful of the oat mix in the bottom of each, then a layer of blueberries followed by a layer of slivered almonds. Repeat until all ingredients are used up. Store in the fridge until ready to eat. Enjoy hot or cold!

### Notes

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



## Sauerkraut Chickpea Bowl

2 servings

25 minutes

### Ingredients

1 Sweet Potato (medium, diced)  
 2 tbsps Tahini  
 2 1/4 tsps Apple Cider Vinegar  
 1 tbsp Water  
 1/2 tsp Maple Syrup  
 1/16 tsp Sea Salt  
 2 cups Kale Leaves (tough stems removed, torn)  
 1 cup Chickpeas (cooked)  
 1/3 cup Sauerkraut

### Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Arrange the diced sweet potato onto the baking sheet in an even layer and bake for 20 to 25 minutes, tossing halfway.
- 3 In a bowl, whisk together the tahini, apple cider vinegar, water, maple syrup, and salt. Set aside.
- 4 Divide the kale, chickpeas, sauerkraut and sweet potato into bowls. Drizzle the tahini dressing ovetop and enjoy!

### Notes

**Leftovers:** Store dressing separately and refrigerate in an airtight container for up to four to five days.

**More Flavor:** Add minced garlic and/or grated ginger to the dressing.

**Additional Toppings:** Microgreens, toasted sesame seeds, hemp seeds, leftover vegetables, brown rice, or quinoa.





## Roasted Butternut Squash Soup with Kale Chips

4 servings

1 hour 30 minutes

### Ingredients

4 cups Butternut Squash  
1 tsp Cinnamon (plus extra for garnish)  
2 tbsps Extra Virgin Olive Oil (divided)  
2 Apple (peeled, cored and sliced)  
1 Sweet Onion (diced)  
1 tbsp Ginger (grated)  
4 cups Vegetable Broth  
2 tsps Sea Salt (divided)  
4 cups Kale Leaves (cut into large pieces)

### Directions

- 1 Preheat the oven to 420°F (216°C). Cut the squash in half lengthwise and scoop out the seeds. Place on a baking sheet with the flesh side up. Sprinkle with cinnamon and bake in the oven for 45 minutes or until tender.
- 2 Remove the squash from the oven and let cool. Use a spoon to scoop out the flesh and set aside. Discard the skin.
- 3 Place a large pot over medium heat and add half of the olive oil. Add the apples, onion, and ginger and saute for about 5 minutes or until soft.
- 4 Add the vegetable broth, cooked squash, and half of the sea salt. Reduce heat to a simmer. Let simmer while you prepare the kale chips.
- 5 Set the oven to 350°F (177°C) and line a baking sheet with parchment paper. Place your kale in a large bowl and massage it with your remaining olive oil and sea salt. Transfer kale leaves to the baking sheet in a single layer. Don't overcrowd. Place in the oven and bake for 10 to 15 minutes. Remove from the oven when crisp and let cool.
- 6 Using a blender or immersion blender, puree the soup until smooth. Divide soup between bowls and garnish with a sprinkle of cinnamon. Serve with kale chips for dipping. Enjoy!

### Notes

**Leftovers:** Refrigerate for up to four days. Freeze for up to three months.

**More Protein:** Blend in a 1 can of cooked red lentils or top with some shredded chicken breast



## Cozy Slow Cooker Split Pea & Kale Stew

6 servings

8 hours

### Ingredients

- 1 Yellow Onion (medium, diced)
- 2 Garlic (cloves, minced)
- 2 Carrot (medium, diced)
- 2 stalks Celery (diced)
- 1 tbsp Dried Thyme
- 2 cups Yellow Split Peas (dry/uncooked)
- 8 cups Vegetable Broth
- 4 cups Kale Leaves (chopped)
- Sea Salt & Black Pepper (to taste)

### Directions

- 1 In your slow cooker, add the onion, garlic, carrots, celery, thyme and dried split peas. Pour the broth over all ingredients and cook on low for 8 hours. Stir every few hours to prevent the split peas from sticking to the bottom.
- 2 In the last 30 minutes of cooking, add chopped kale. Once the kale is wilted, season to taste with salt and pepper. Enjoy!

### Notes

**Leftovers:** Store in the fridge up to 4 days or freeze.

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



## High Fat Chocolate Smoothie

1 serving

5 minutes

### Ingredients

- 1 cup Water
- 3 leaves Romaine (roughly chopped)
- 1/2 Zucchini (chopped, frozen)
- 1/2 Avocado (frozen)
- 1/2 Banana (frozen)
- 1/4 cup Chocolate Protein Powder
- 1 tbsp Cacao Powder
- 1 tbsp All Natural Peanut Butter
- 1 tsp Cacao Nibs (optional, for topping)

### Directions

1

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

### Notes

**No Romaine :** Use another green such as spinach.

**Nut-Free:** Use sunflower seed butter instead of peanut butter, or omit completely.

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





## High Fat Green Smoothie

1 serving

5 minutes

### Ingredients

- 1 cup Water (cold)
- 2 tbsps Lemon Juice
- 1 cup Baby Spinach
- 1/2 Avocado (frozen)
- 1/4 cup Mint Leaves (fresh, roughly chopped)
- 1 tsp Ginger (fresh, roughly chopped)

### Directions

1

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

### Notes

**Leftovers:** Refrigerate in an airtight container for up to one day.

**Likes it Sweeter:** Add frozen banana, pineapple or apple.

**More Protein:** Add protein powder or collagen powder.

**No Mint:** Use cilantro or basil instead.



## Mediterranean Buddha Bowl

4 servings

10 minutes

### Ingredients

- 1 cup Quinoa (dry, uncooked)
- 1 head Romaine Hearts (chopped)
- 1 cup Chickpeas (cooked, from the can)
- 1 Cucumber (chopped)
- 1 Red Bell Pepper (chopped)
- 1/2 cup Red Onion (finely chopped)
- 1/2 cup Hummus
- 1/2 cup Pitted Kalamata Olives
- 1/4 cup Extra Virgin Olive Oil
- 3 tbsps Apple Cider Vinegar
- 1/2 tsp Italian Seasoning
- 1/8 tsp Sea Salt

### Directions

- 1 Cook the quinoa according to the directions on the package, and set aside.
- 2 Divide the chopped romaine equally between serving bowls or plates. Top with equal amounts of quinoa, chickpeas, cucumber, red bell pepper, red onion, hummus and olives.
- 3 Add the olive oil, apple cider vinegar, Italian seasoning and sea salt to a jar. Seal and shake well to combine.
- 4 Drizzle the dressing over top of the assembled buddha bowls and serve immediately. Enjoy!

### Notes

**Leftovers:** For best results, refrigerate the ingredients separately in airtight containers for up to four days.

**No Hummus:** Use tzatziki instead.

**More Protein:** Top with crumbled feta cheese or cooked chicken breast.

**Prep Ahead:** All ingredients can be chopped and prepared in advance. Assemble bowls when ready to eat.

**More Flavour:** Serve with a lemon wedge and black pepper.



## Warm Lentil & Sweet Potato Salad

2 servings

15 minutes

### Ingredients

- 1 Sweet Potato (medium, peeled and cut into small cubes)
- 2/3 cup Vegetable Broth (divided)
- 1/2 cup Red Onion (chopped)
- 3 Garlic (cloves, minced)
- 1/4 tsp Sea Salt
- 2 cups Baby Spinach
- 2 cups Lentils (cooked, rinsed)
- 2 tbsps Balsamic Vinegar
- 1/4 cup Parsley (chopped, optional)

### Directions

- 1 Place sweet potato in a steamer over boiling water, cover, and cook for 8 to 10 minutes or until tender.
- 2 Meanwhile, add half of the broth to a large pan with the onions and garlic. Cook over medium heat until the onions have softened, about 3 to 5 minutes. Add the salt and stir to combine. Wilt in the spinach.
- 3 Add the lentils, balsamic vinegar, and the remaining broth. Continue to cook over medium heat for about 5 minutes more until most of the liquid has been absorbed.
- 4 Remove the pan from the heat and stir in the steamed sweet potato and parsley. Divide into bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Reheat with extra vegetable broth if lentils become too dry.

**Serving Size:** One serving is equal to approximately 1 1/2 cups of salad.

**No Sweet Potato:** Use cubed butternut squash instead.





## Lemony Chickpea & Herb Salad

2 servings

10 minutes

### Ingredients

2 cups Chickpeas  
 2 tbsps Parsley  
 2 tbsps Chives  
 1/4 cup Lemon Juice  
 2 tbsps Extra Virgin Olive Oil  
 1 Garlic (clove, small, minced)  
 2 tsps Nutritional Yeast  
 1/8 tsp Sea Salt  
 4 cups Baby Spinach  
 2 tbsps Hemp Seeds (optional)

### Directions

- 1 In a mixing bowl, combine the chickpeas, parsley, chives, lemon juice, oil, garlic, nutritional yeast, and salt. Mix well. Season with additional lemon juice or salt if needed.
- 2 Divide the baby spinach between plates or bowls and top with the chickpea salad mixture and any excess dressing. Add the hemp seeds on top (optional). Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Assemble the salad just before serving.

**More Flavor:** Add other fresh herbs, red pepper flakes, or parmesan cheese.

**No Chickpeas:** Use whites beans or lentils instead.

**No Baby Spinach:** Use romaine lettuce, mixed greens, or arugula instead.



## Rainbow Tempeh Bowls

3 servings

40 minutes

### Ingredients

3/4 cup Brown Rice (dry, uncooked)  
 3 cups Broccoli (chopped into florets)  
 1/2 tsp Avocado Oil  
 9 ozs Tempeh (cubed)  
 2 tps Sesame Oil (divided)  
 1/4 cup Tamari (divided)  
 2 tbsps Lime Juice (divided)  
 1 tbsp Maple Syrup  
 1/4 cup All Natural Peanut Butter  
 3 Carrot (peeled, shredded)  
 1 Red Bell Pepper (sliced)  
 1 tsp Sesame Seeds (optional, for garnish)

### Directions

- 1 Cook the brown rice according to the directions on the package.
- 2 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add the broccoli and avocado oil and toss to combine. Bake for 15 to 20 minutes. Remove and set aside.
- 3 In a bowl, add the tempeh along with half the sesame oil, half the tamari and half the lime juice. Let it sit for 5 minutes. Heat a non-stick pan over medium heat and add the tempeh. Cook for about 8 to 10 minutes, flipping halfway through. Remove and set aside.
- 4 In a blender or food processor add the remaining sesame oil, the remaining tamari, the remaining lime juice, maple syrup and peanut butter and blend until smooth and creamy.
- 5 Divide the rice, broccoli, tempeh, carrots and bell pepper evenly between bowls. Drizzle the peanut sauce on top and sprinkle with sesame seeds, if using. Enjoy!

### Notes

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

**Nut-Free:** Use sunflower seed butter instead of peanut butter.

**More Flavor:** Add minced garlic to the tempeh or the sauce. Add chili flakes for some heat.

**Additional Toppings:** Roasted peanuts, crushed cashews and/or sesame seeds.





## Edamame & Soba Noodle Salad

4 servings

15 minutes

### Ingredients

7 1/16 ozs Buckwheat Soba Noodles  
(dry, uncooked)  
2 cups Frozen Edamame  
2 tbsps Extra Virgin Olive Oil  
2 tbsps Tamari  
2 tbsps Rice Vinegar  
1 tbsp Maple Syrup  
1 tsp Ginger (fresh, minced)  
1 cup Matchstick Carrots  
1/2 cup Cilantro (chopped)

### Directions

- 1 Cook the soba noodles according to the directions on the package. With two minutes remaining, add the edamame. Drain and rinse with cold water until completely cooled.
- 2 Meanwhile, stir together the olive oil, tamari, rice vinegar, maple syrup, and ginger in a bowl.
- 3 Place the soba noodles and edamame into a large bowl with the carrots. Add the dressing and toss well to combine. Divide into bowls and top with cilantro. Enjoy!

### Notes

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

**Serving Size:** One serving equals approximately two cups.

**More Flavor:** Add sriracha to the dressing.

**Additional Toppings:** Top with sesame seeds or chopped peanuts.





## Carrot, Hummus & Arugula Wrap

1 serving

5 minutes

### Ingredients

- 1 Carrot (large, grated)
- 1/4 cup Hummus
- 1 tbsp Hemp Seeds
- 1 Whole Wheat Tortilla (large)
- 1 cup Arugula

### Directions

- 1 In a bowl, mix together the carrot, hummus, and hemp seeds until well combined.
- 2 Lay the tortilla flat and layer with arugula and the carrot hummus mixture. Roll the wrap tightly and enjoy!

### Notes

**Leftovers:** Refrigerate any leftover carrot hummus mixture in an airtight container for up to three days. For best results, make the wrap the day of.

**More Flavor:** Add everything bagel seasoning or your choice of herbs and spices.

**Additional Toppings:** Avocado, sprouts, cucumber, bell pepper, sauerkraut, or kimchi.



## Simple Spiced Avocado

1 serving

5 minutes

### Ingredients

1 Avocado (halved)  
1/4 tsp Paprika  
1/4 tsp Chili Powder  
1/8 tsp Sea Salt

### Directions

- 1 Roughly scoop out the avocado flesh. Sprinkle with paprika, chili powder and sea salt. Enjoy!

### Notes

**Leftovers:** Best enjoyed the same day. For best results, slice and serve the avocado just before enjoying.

**Additional Toppings:** Extra virgin olive oil, hemp seeds, sesame seeds, red pepper flakes or nutritional yeast.





## Cheezy Walnuts

1 serving

5 minutes

### Ingredients

1/4 cup Walnuts  
1 1/2 tps Avocado Oil  
1/2 tsp Nutritional Yeast  
1/8 tsp Sea Salt

### Directions

1

In a bowl, toss the walnuts with the oil until well coated. Sprinkle the nutritional yeast and sea salt overtop and enjoy!

### Notes

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

**More Flavor:** Add your choice of dried herbs or spices.





## Cherries & Pumpkin Seeds

1 serving

5 minutes

### Ingredients

1 cup Cherries

1/4 cup Pumpkin Seeds

### Directions

- 1 Serve the cherries with the pumpkin seeds and enjoy!

### Notes

**Leftovers:** Store cherries and pumpkin seeds separately until ready to serve.

**No Pumpkin Seeds:** Use another nut or seed instead.



## Cinnamon Ginger Energy Balls

12 servings

15 minutes

### Ingredients

3/4 cup Pitted Dates  
1/2 cup Almonds (raw)  
1/4 cup Cashews (raw)  
1/2 tsp Cinnamon (ground)  
1/4 tsp Ground Ginger  
1/2 tsp Vanilla Extract  
1/4 tsp Sea Salt

### Directions

- 1 Add the dates, almonds, cashews, cinnamon, ginger, vanilla and sea salt to a food processor and blend until well mixed and sticky.
- 2 Transfer to a medium-size mixing bowl. Form into even balls with your hands and store in the fridge or freezer until ready to enjoy.

### Notes

**Serving Size:** One serving is equal to one ball.

**Leftovers:** Store in an airtight container in the fridge up to one week. Store in the freezer for longer.



## Roasted Chickpeas

2 servings

30 minutes

### Ingredients

2 cups Chickpeas (cooked, rinsed)

2 tsps Extra Virgin Olive Oil

Sea Salt & Black Pepper (to taste)

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Pat the chickpeas dry with a paper towel and transfer them to the prepared baking sheet. Drizzle with the oil and season with salt and pepper to taste. Mix until the chickpeas are evenly coated.
- 3 Bake in the oven for 25 to 28 minutes, tossing halfway through, or until the chickpeas reach your desired crispiness. Season with additional salt and pepper if needed. Let cool slightly and enjoy!

### Notes

**Leftovers:** Store in an airtight container for up to two days. If leftover chickpeas get too chewy, reheat in the oven for five to eight minutes or until crispy again.

**Serving Size:** One serving is approximately 1/2 cup.

**More Flavor:** Add other dried herbs and spices to taste.

**No Extra Virgin Olive Oil:** Use avocado oil instead.





## Hummus Dippers

4 servings

15 minutes

### Ingredients

- 1 Yellow Bell Pepper
- 1 Carrot
- 4 stalks Celery
- 1 cup Hummus

### Directions

- 1 Slice your pepper, carrot and celery into sticks.
- 2 Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with  $\frac{1}{4}$  cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

### Notes

**Homemade:** Make your own hummus! Check out our Sweet Potato Hummus or Green Pea Hummus recipes.

**Mix it Up:** Substitute in different veggies like cucumber or zucchini.



## Toasted Trail Mix

4 servings

10 minutes

### Ingredients

- 1 cup Almonds (raw)
- 1/4 tsp Sea Salt (omit if using salted nuts)
- 1 cup Raw Peanuts
- 1/2 cup Pumpkin Seeds
- 1/2 cup Raisins

### Directions

- 1 Toss almonds and salt in a large pan over medium-low heat and toast for 2-3 minutes. Add peanuts and toss occasionally until the sides start to brown and it becomes fragrant. Remove from heat and transfer to a bowl.
- 2 Add pumpkin seeds and raisins. Let cool completely before serving. Enjoy!

### Notes

**Serve it With:** Fruit, yogurt, oatmeal or overnight oats. Or enjoy it alone as a crunchy snack.

**Make it Paleo:** Replace peanuts with another type of nut or seed.

**Storage:** Refrigerate in an air-tight container.

**Other Add-Ins:** Pecans, walnuts, cashews, hazelnuts, Brazil nuts, macadamia, pistachios, sunflower seeds, coconut flakes, dried cranberries, dried blueberries, goji berries, dried cherries, banana chips, dark chocolate chips and/or cacao nibs.