Spring Recipe Pack

This collection of healthy, satisfying sweet and savory recipes includes creations that are not only Spring but are also good for your wellbeing.



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Welcome!

I'm so glad you're here.
Our team of credentialed nutrition professionals and culinary facilitators have created these healthy recipes to help you meet your health goals. All are extensively tested and feature whole food ingredients with easy-to-follow directions for people of all cooking levels.
The recipes in this e-book are available on my digital meal plans +1,000s more. You can build your ultimate meal plan with our search-click-and-drag technology with automatic nutrition facts calculation and grocery list generation.
Now, let's get cooking!



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Recipes

SWEET

- Chocolate-Covered Strawberries
- Dark Chocolate Truffles
- Chocolate Fudge Smoothie
- Easy Tofu Chocolate Mousse
- Mixed Berry Chia Seed Jam

SAVORY

- Roasted Beet and Vegetable Salad
- Beet Hummus
- Roasted Red Pepper and Tomato Soup



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Dark Chocolate Covered Strawberries

Serves 4

Prep: 5 mins. | Total: 15 mins.

Ingredients

- 12 strawberries, large, washed, and dried
- 1/4 cup dark chocolate chips
- 1 1/2 tsp coconut oil

Per serving:

111 calories

9g carbohydrates

2g fiber 9g

total fat

1g protein



Prep

1.Wash and dry strawberries.
2.Line baking sheet with parchment paper.

Make

1.Stir chocolate chips and coconut oil in a saucepan over low heat until completely melted and smooth.
2.Place liquified chocolate in a small bowl and dip strawberries in the sauce.
3.Sprinkle on additional toppings as desired - see notes.
4.Place strawberries on a parchment paper lined baking sheet and place in refrigerator until hardened.
5.Feel free to sprinkle with toppings such as coconut and finely chopped nuts.
6.Serve within 4 hours as strawberries will begin to sweat and chocolate will separate from fruit.

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Dark Chocolate Truffles

Serves 20

Prep: 15 mins. | Total: 3 hrs.

Ingredients

- 1 3/4 cups dark chocolate chips
- 1 cup coconut cream
- 1/4 cup cocoa powder, unsweetened
- 1/4 cup coconut flakes, finely shredded, unsweetened

Per serving:

162 calories

11g carbohydrates

2g fiber

12g total fat

2g protein



Prep

1.Place cocoa powder and coconut flakes into separate, small bowls.

Make

1.Add chocolate chips to a glass mixing bowl.
2.In a small saucepan, heat coconut cream until it just simmers. Pour over chocolate chips and stir until chips are completely melted.
3.Cover and place in refrigerator for at least 3 hours.
4.Using a small ice cream scoop, drop the mixture into either cocoa powder or coconut and gently use your hands to form a ball. Do not over-handle as chocolate will begin to melt again.
5.Place truffles on a parchment-lined plate and return to refrigerator until ready to serve.

Notes:

- Coconut cream is different from coconut milk - it has a higher fat content necessary to make the truffles solid
- Dark chocolate is typically dairy-free but please check the ingredient label to be certain [look for 70%+ cocoa]
- A variety of coatings work well here - our other favorites: peanut butter powder and finely crushed nuts

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Chocolate Fudge Smoothie

Serves 2

Prep: 10 mins. | Total: 4 hours

Ingredients

- 1 cup coconut milk, canned
- 1 cup Zucchini, chopped and frozen
- 1/4 cup cocoa powder, unsweetened
- 2 Medjool dates, pitted and chopped
- 1 Tbs almond butter
- salt, pinch
- 1/2 cup water (or more as needed)

Per serving:

373 calories

31g carbohydrates

6g fiber

30g total fat

7g protein



Prep

1. Chop and freeze zucchini [freeze for at least 4 hours]

Make

1. Add all ingredients to a blender and process until smooth and creamy. Add more water as needed to process.

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Double Berry Chia Jam

Serves 6

Prep: 15 mins. | Total: 20 mins.

Ingredients

- 1 cup raspberries, frozen or fresh
- 1 cup blueberries, wild, frozen
- 1 lemon, juiced (2 tablespoon)
- 2 Tbs maple syrup
- 2 Tbs chia seeds

Per serving:

66 calories

13g carbohydrates

4g fiber

1g total fat

1g protein



Prep

1. Wash raspberries if using fresh.

Make

1. Add berries to the saucepan with lemon juice and simmer over medium heat until the fruit breaks down. Mash with a fork to break it apart.
2. Remove from heat and stir in maple syrup and chia seeds.
3. Let stand for 10 minutes to thicken. If you want a thicker consistency, stir in more seeds a teaspoon at a time.
4. Transfer to a jar to cool.
5. Store in refrigerator for up to two weeks.

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Simple Tofu Chocolate Mousse

Serves 4

Prep: 15 mins. | Total: 2 hrs.

Ingredients

- 5 oz dark chocolate, chopped
- 2 Tbs maple syrup
- 1 tsp vanilla extract
- 1/4 tsp salt
- 1 cup silken tofu
- 1 Tbs water

Per serving:	272
calories	24g
carbohydrates	
4g fiber	
16g total fat	
7g protein	



Prep

1. Melt the chocolate in a bowl over a double boiler. Remove the pan from the heat as soon as the chocolate has melted - be very careful not to burn it.

Make

1. In a blender combine the maple syrup, vanilla extract, silken tofu, water, and melted chocolate. Blend until thoroughly combined.
2. Divide equally between 4 - 1/2 cup ramekins or mason jars. Cover and refrigerate for at least 2 hours.
3. Top with fruit of choice just before serving.

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Roasted Beet and Vegetable Salad

Serves 6

Prep: 20 mins. | Total: 1 hr.



Ingredients

- 1 medium butternut squash, peeled, seeded and diced into 1/2 inch pieces
- 2 carrots, peeled and diced into 1/2 inch pieces
- 2 parsnips, peeled and diced into 1/2 inch pieces
- 3 small beets, peeled and diced into 1/2 inch pieces
- 2 Tbs olive oil
- 1 tsp thyme, dried
- 1 tsp rosemary, dried
- 1 1/2 cup lentils, canned, drained and rinsed
- 2 cloves garlic, smashed and peeled
- 1/4 cup parsley, chopped
- 6 scallions, chopped
- salt & black pepper to taste

Per serving:	377
calories	39g
carbohydrates	
9g fiber	
19g total fat	
6g protein	

Prep

1. Chop onion and press garlic.
2. Chop cauliflower into florets.

Dressing

- 1/4 cup sherry vinegar
- 2 tsp Dijon mustard
- 1/2 cup olive oil
- salt, to taste

Make

1. Place squash, carrots, parsnips, and beets in a large bowl. Toss with two tablespoons of olive oil salt, thyme, and rosemary.
2. Roast until vegetables are just fork tender, about 30-40 mins.
3. Meanwhile, drain and rinse canned lentils. Add to a large bowl with the garlic, salt, and pepper.
4. Add dressing ingredients to a Mason jar and shake to incorporate.
5. Add roasted vegetables and toss with enough dressing to coat.
6. Garnish with fresh parsley and scallions.

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Beet Hummus

Serves 6

Prep: 15 mins. | Total: 25 mins.

Ingredients

- 2 beets, pre-cooked
- 1 (15 oz.) can white beans, drained and rinsed
- 1 (15 oz.) can garbanzo beans, drained and rinsed
- 1/2 cup tahini
- 2 cloves garlic
- 1 Tbs olive oil
- 2 lemons, squeezed (for 1/2 cup juice)
- 1 1/2 tsp cumin, ground
- 1 tsp salt
- 2 red bell peppers, sliced into sticks or green
- 1 cucumber, cut into sticks
- 2 carrots, peeled and cut into strips

Per serving:

266 calories

32g carbohydrates

8g fiber

13g total fat

10g protein



Prep

1. Peel and chop garlic.
2. Juice lemon.
3. Cut vegetables.

Make

1. Place all ingredients into a food processor or process until smooth.
2. For an interesting display, place hummus in glass jars or cups and push in veggies.

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Roasted Red Pepper and Tomato Soup

Serves 8

Prep: 15 mins. | Total: 30 mins.

Ingredients

- 1 large onion, sweet, chopped
- 3 cloves garlic, pressed
- 2 cup cauliflower, florets
- 1 Tbs olive oil
- 4 Tbs nutritional yeast
- 3 Tbs miso paste (we love chickpea miso!)
- 6 cup water
- 1 (28 oz.) can tomatoes, diced, chopped (we love fire-roasted varieties)
- 1 roasted red pepper, jarred, drained
- 4 Tbs cashews, raw

Per serving:

133 calories

18g carbohydrates

5.7g total fat

6g protein



Prep

1.Chop onion and press garlic.
2.Chop cauliflower into florets.

Make

1.Sauté onions and garlic gently in olive oil until soft and fragrant. 2.Add nutritional yeast and stir to coat vegetables. 3.Add miso paste, cauliflower, water, tomatoes, pepper, and cashews. 4.Bring mixture to a boil then reduce heat and simmer for 20 minutes. 5.Remove soup from heat and let stand for 30 minutes to cool a bit. 6.Purée in a blender in batches. Season with salt and pepper to taste

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