

Green Apple Cinnamon Smoothie

6 ingredients · 10 minutes · 1 serving



Directions

1. Place apple, kiwi, ground flax, cinnamon and almond milk in a blender and blend well. Then add in baby spinach and blend again. Pour and enjoy!

Ingredients

- 1 Apple (peeled, cored and chopped)
- 2 Kiwi (peeled and sliced)
- 1 **tbsp** Ground Flax Seed
- 1/2 **tsp** Cinnamon
- 1 **cup** Unsweetened Almond Milk
- 2 **cups** Baby Spinach

Smashed Peacamole with Crackers

6 ingredients · 10 minutes · 4 servings



Directions

1. In a bowl, smash the peas with the back of a fork.
2. Add avocado and mash until well combined. Stir in garlic, lemon juice and sea salt to taste.
3. Transfer to a serving bowl and enjoy with crackers.

Ingredients

- 1 cup** Fresh Peas
- 2** Avocado
- 2** Garlic (cloves, minced)
- 1/4** Lemon (juiced)
- 1/4 tsp** Sea Salt (or more to taste)
- 200 grams** Seed Crackers

Zucchini White Bean Roll Ups

5 ingredients · 1 hour · 2 servings



Directions

1. Preheat your oven to 350°F (177°C).
2. Slice the zucchinis in half lengthwise. Using a mandolin, create long, thin slices from the cut-side of each zucchini. If you don't have a mandolin, use a sharp knife to make thin, flexible slices. You should end up with about 12 strips per zucchini.
3. In your food processor or blender, combine the white beans and pesto. Pulse until smooth. Taste and season with sea salt and black pepper as desired.
4. Lay the strips flat on your cutting board and spread each strip with about 1 tbsp of the white bean mixture. Roll them up and place into a casserole dish. When all the zucchini roll-ups are in the dish, cover with the tomato sauce.
5. Bake uncovered for 30 minutes. Remove from the oven, divide between plates and enjoy!

Ingredients

- 2 Zucchini (medium)
- 2 cups White Navy Beans (cooked, from the can)
- 1/4 cup Pesto
- Sea Salt & Black Pepper (to taste)
- 1 cup Tomato Sauce