

# No-Bake Energy Balls

These energy balls are great for a quick breakfast on-the-go, as an afternoon snack, or if you're craving a dessert but wanting to keep it healthy. Flax seed is a great source of fiber and Omega-3 fatty acids. You can get creative with this recipe, substitute the cranberries for other dried fruit, add some other nuts, or play around with flavour using cinnamon or nutmeg.

## Ingredients:

| <i>For 1 person (22 balls)</i>   | <i>For 2 people (44 balls)</i>   | <i>For 3 people (66 balls)</i>  |
|--|--|---|
| <ul style="list-style-type: none"><li>• 1 cup rolled oats</li><li>• 2/3 cup shredded coconut</li><li>• 1/3 cup of grated apple tossed with 1 TSP of lemon juice</li><li>• 1/2 cup natural peanut butter</li><li>• 3 TBSP ground flaxseed</li><li>• 1/2 cup dried cranberries</li><li>• 1/2 cup sunflower seeds, unsalted</li><li>• 1/4 cup honey</li><li>• 3/4 TSP vanilla extract</li><li>• 2 TBSP water (optional)</li></ul> | <ul style="list-style-type: none"><li>• 2 cup rolled oats</li><li>• 1 1/3 cup shredded coconut</li><li>• 2/3 cup of grated apple tossed with 2 TSP of lemon juice</li><li>• 1 cup natural peanut butter</li><li>• 6 TBSP ground flaxseed</li><li>• 1 cup dried cranberries</li><li>• 1 cup sunflower seeds, unsalted</li><li>• 1/2 cup honey</li><li>• 1 1/2 TSP vanilla extract</li><li>• 4 TBSP water (optional)</li></ul> | <ul style="list-style-type: none"><li>• 3 cup rolled oats</li><li>• 2 cups shredded coconut</li><li>• 1 cup of grated apple tossed with 3 TSP of lemon juice</li><li>• 1 1/2 cup natural peanut butter</li><li>• 9 TBSP ground flaxseed</li><li>• 1 1/2 cup dried cranberries</li><li>• 1 1/2 cup sunflower seeds, unsalted</li><li>• 3/4 cup honey</li><li>• 2 1/4 TSP vanilla extract</li><li>• 6 TBSP water (optional)</li></ul> |

## Directions:

1. Combine all ingredients except for the water in a large mixing bowl. If the mixture seems too dry, add some water. You want the mixture to stick together, and not be too crumbly.
2. Roll into small, equal sized balls. They should be about 1.5" diameter.
3. Chill in the fridge for 20 minutes before eating.

## At home:

Store in an airtight container and keep refrigerated for up to 1 week, or freeze them and take them out as needed.

Adapted from The Conscious Dietitian: <http://www.theconsciousdietitian.com/all-recipes/no-bake-100-calorie-peanut-butter-energy-balls/>

# Apple and Zucchini Lettuce Wraps

## Ingredients:

| <i>For 1 person (8 servings)</i>   | <i>For 2 people (16 servings)</i>   | <i>For 3 people (24 servings)</i>   |
|--|---|---|
| <ul style="list-style-type: none"> <li>romaine lettuce leaves</li> </ul> <p><b>Filling:</b></p> <ul style="list-style-type: none"> <li>1 zucchini, julienned</li> <li>½ apple, shredded and tossed with 2 tsp lemon juice</li> <li>½ red pepper, diced finely</li> <li>2 radishes, sliced into thin sticks</li> <li>¼ cup chopped green onions</li> <li>¼ cup fresh mint</li> <li>¾ cup cooked edamame beans</li> <li>optional – chilli garlic sauce (to taste)</li> </ul> <p><b>Ginger Soy marinade:</b></p> <ul style="list-style-type: none"> <li>4 TBSP soy sauce</li> <li>3 TBSP rice vinegar</li> <li>1 TSP ground ginger</li> <li>2 TSP honey</li> <li>¼ TSP sesame oil</li> <li>1 tablespoon lime juice</li> </ul> | <ul style="list-style-type: none"> <li>romaine lettuce leaves</li> </ul> <p><b>Filling:</b></p> <ul style="list-style-type: none"> <li>2 zucchini, julienned</li> <li>1 apple, shredded and tossed with 4 tsp lemon juice</li> <li>1 red pepper, diced finely</li> <li>4 radishes, sliced into thin sticks</li> <li>½ cup chopped green onions</li> <li>¼ cup fresh mint</li> <li>1 ½ cups cooked edamame beans</li> <li>optional – chilli garlic sauce (to taste)</li> </ul> <p><b>Ginger Soy marinade:</b></p> <ul style="list-style-type: none"> <li>8 TBSP soy sauce</li> <li>6 TBSP rice vinegar</li> <li>2 TSP ground ginger</li> <li>4 TSP honey</li> <li>½ TSP sesame oil</li> <li>2 tablespoon lime juice</li> </ul> | <ul style="list-style-type: none"> <li>romaine lettuce leaves</li> </ul> <p><b>Filling:</b></p> <ul style="list-style-type: none"> <li>3 zucchini, julienned</li> <li>1 ½ apple, shredded and tossed with 6 tsp lemon juice</li> <li>1 ½ red pepper, diced finely</li> <li>6 radishes, sliced into thin sticks</li> <li>¾ cup chopped green onions</li> <li>¾ cup fresh mint</li> <li>2 ¼ cup cooked edamame beans</li> <li>optional – chilli garlic sauce (to taste)</li> </ul> <p><b>Ginger Soy marinade:</b></p> <ul style="list-style-type: none"> <li>12 TBSP soy sauce</li> <li>9 TBSP rice vinegar</li> <li>3 TSP ground ginger</li> <li>6 TSP honey</li> <li>¾ TSP sesame oil</li> <li>3 tablespoon lime juice</li> </ul> |

## Directions:

1. Prep all your filling ingredients and mix in a large bowl.
2. In a small bowl, mix together all marinade ingredients. Stir well.
3. Pour marinade onto filling and stir well.

## At Home:

1. Separate romaine lettuce leaves. Rinse & dry.
2. Put filling into romaine lettuce leaves, top with crushed peanuts or crispy wonton strips. Serve with sriracha hot sauce and lime wedge if you like.

Adapted from Love and Lemons: <https://www.loveandlemons.com/mango-zucchini-lettuce-wraps/>

# Squash & Veggie Soup

## Ingredients:

| <i>For 1 person (6 servings)</i>  | <i>For 2 people (12 servings)</i>  | <i>For 3 people (18 servings)</i>   |
|---|--|---|
| <ul style="list-style-type: none"> <li>• 1 TBSP olive oil</li> <li>• 1 yellow onion, diced</li> <li>• 2 carrots, diced</li> <li>• 2 celery, diced</li> <li>• 1 cup diced potato</li> <li>• 2 cloves garlic, chopped</li> <li>• 3 TBSP tomato paste</li> <li>• 1 (15 oz.) can white beans, rinsed (1 ½ cups)</li> <li>• 1 (28 oz.) can diced tomatoes</li> <li>• 3 cups broth</li> <li>• 3 cups water</li> <li>• 2 TSP dried thyme</li> <li>• 1 cup diced butternut squash</li> <li>• 4 Swiss chard leaves, roughly chopped</li> <li>• 6 green onions, sliced</li> <li>• Salt and pepper to taste</li> </ul> | <ul style="list-style-type: none"> <li>• 3 TBSP olive oil</li> <li>• 2 yellow onions, diced</li> <li>• 4 carrots, diced</li> <li>• 4 celery, diced</li> <li>• 2 cups diced potato</li> <li>• 4 cloves garlic, chopped</li> <li>• 6 TBSP tomato paste</li> <li>• 2 (15 oz.) can white beans, rinsed (3 cups)</li> <li>• 2 (28 oz.) cans diced tomatoes</li> <li>• 6 cups broth</li> <li>• 6 cups water</li> <li>• 4 TSP dried thyme</li> <li>• 2 cups diced butternut squash</li> <li>• 8 Swiss chard leaves, roughly chopped</li> <li>• 12 green onions, sliced</li> <li>• Salt and pepper to taste</li> </ul> | <ul style="list-style-type: none"> <li>• 3 TBSP olive oil</li> <li>• 3 yellow onions, diced</li> <li>• 6 carrots, diced</li> <li>• 6 celery, diced</li> <li>• 3 cups diced potato</li> <li>• 6 cloves garlic, chopped</li> <li>• 9 TBSP tomato paste</li> <li>• 3 (15 oz.) can white beans, rinsed (4 ½ cups)</li> <li>• 3 (28 oz.) cans diced tomatoes</li> <li>• 9 cups broth</li> <li>• 9 cups water</li> <li>• 6 TSP dried thyme</li> <li>• 3 cups diced butternut squash</li> <li>• 12 Swiss chard leaves, roughly chopped</li> <li>• 18 green onions, sliced</li> <li>• Salt and pepper to taste</li> </ul> |

## Directions:

1. Heat oil in a large soup pot. Add the yellow onion and cook, stirring often, until the onions start to soften.
2. Add the carrots, celery, and potato. Continue cooking, stirring often, for about 5 minutes.
3. Add the garlic and cook for another 30 seconds, being careful not to let it burn.
4. Next add the tomato paste and stir well. Let cook for 30 seconds then add beans, diced tomatoes, broth, water, thyme, and butternut squash. Add salt and fresh ground black pepper, to taste.
5. Bring to a boil, then let simmer for about 15-20 minutes, or until the squash is tender.
6. Add the chopped kale and green onion and let cook for another 5-10 minutes. Taste and add more salt and pepper, if needed.

Adapted from Hello Glow: <http://helloglow.co/hearty-vegetable-soup-weekly-meal-plan/>