

Cayla's Clean Eats Cookbook

Plant-Based | Gluten-Free | Dairy-Free



BEFORE YOU BEGIN

I want to hear from you!

Please reach out to Cayla if you have any questions about the recipes. If you take photos or videos of your recipes, I would love to see and share them!! Be sure to tag me on instagram and TikTok.



[@caylanoellehealth](https://www.tiktok.com/@caylanoellehealth)

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Acknowledgements

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Introduction

For years I struggled with my relationship with food and was so obsessed with tracking every calorie and macro, weighing my food, and overexercising. I was on an unhealthy road of restriction; physically, mentally, & emotionally.

Finding holistic health has completely changed my life and perspective on food in the most positive way possible. I learned how to listen to my body and eat intuitively to feel my best each day. I think it is so neat I have my body as a personal science experiment to find what works best for me. I use food as medicine because that's what it is! The first time I implemented food this way was for my gut health issues. Discovering which foods work and which don't, I have been able to control acid reflux symptoms of heartburn and indigestion. Also, the uncomfortable feelings of bloating and inflammation I used to feel have dispersed as well and all I did was learn how to eat for my body!

Introduction

Learning to eat for myself in a nourishing way (eating mostly plant based) is one of the best things I've ever done. It is a sustainable lifestyle I enjoy so much because I now know what it feels like to be energized and comfortable in my own skin every day.

From listening to my body, I learned I do not tolerate gluten or dairy well. My love for baking and cooking has allowed me to experiment in the kitchen and create healthier alternatives to my favorite recipes. I love sharing my tips and tricks with others, and get so excited when I receive feedback that my health story and recipes have helped them too!! That is why I created social media pages (@caylas_clean_eats) and now *Cayla's Clean Eats Cookbook*. My love for a holistic lifestyle led me to becoming a Certified Holistic Nutritionist, to help others feel their best and most confident self. On top of that I am a Certified Yoga Instructor which goes hand-in-hand with holistic living and nutrition. I love helping others find sustainable and healthy habits through a holistic, balanced, and fulfilled lifestyle approach!♥

Kitchen tools & equipment

Basics:

- ~ Set of knives
- ~ Cutting Boards
- ~ Mixing bowls (small, medium, & large)
- ~ Colander
- ~ Silicone spatulas
- ~ Silicone or wooden spoons
- ~ Measuring cups
- ~ Wire whisk
- ~ Tongs
- ~ Grater
- ~ Veggie peeler
- ~ Can opener
- ~ Parchment paper
- ~ Citrus juicer
- ~ Nut milk bag
- ~ Sealable glass containers for storing
- ~ Mason Jars
- ~ Metal Tea Infuser

Appliances:

- ~ High speed blender
- ~ Food Processor
- ~ Frother
- ~ Juicer

Pots & Pans:

- ~ Large and small non-stick stainless steel sauté pans
- ~ Baking sheets
- ~ Square and or rectangle baking dishes
- ~ 2 quart and 4 quart saucepans with lids
- ~ Steamer basket



Top Pantry Necessities

Grains

- ~ Brown rice
- ~ Quinoa
- ~GF rolled oatmeal

Beans & Legumes

- ~Garbanzo beans
- ~Black beans
- ~ Great northern beans
- ~ Kidney Beans

Superfoods

- ~ Goji Berries:
antioxidants
- ~ Maca: hormonal
balance
- ~ Cacao nibs:
antioxidants
- ~Cacao Powder:
antioxidants &
cognition
- ~Hemp Hearts: Omega-
3 fatty acids
- ~ Ashwagandha
powder: anxiety,
depression, cognition

Nuts & Seeds

- ~ Raw unsalted
almonds
- ~ Raw unsalted
cashews
- ~ Walnuts
- ~ Pecans
- ~ Pumpkin Seeds
- ~ Sunflower Seeds
- ~Flax Seeds
- ~ Chia seeds

Top Pantry Necessities Continued

Healthy oils

- ~ Avocado
- ~ Coconut
- ~ Olive

Baking

- ~ Baking powder & soda
- ~ Pure vanilla extract
- ~ Coconut sugar
- ~ Coconut flour
- ~ Unsweetened apple sauce
- ~ Pure maple syrup/honey
- ~ Unsweetened shredded coconut
- ~ Vegan chocolate chips
- ~ Dates
- ~ Peanut butter
- ~ Almond butter
- ~ Canned coconut milk

Spices & Herbs

- ~ Turmeric: anti-inflammatory
- ~ Ginger: aids in digestion
- ~ Cinnamon: regulates blood sugar
- ~ Black pepper & Salt

Extras

- ~ White & Apple cider vinegar
- ~ Vegetable broth
- ~ Tamari
- ~ Coconut aminos
- ~ Tahini

Reading Labels

Reading labels can be so confusing and difficult to understand. I get it and have been there, but it is such an important part of your grocery shopping, so you can find the right foods that make you feel good and can actually be digested and absorbed by your body. Now of course, nobody is perfect and it is impossible to stay away from some ingredients, but knowledge is power when grocery shopping!

Here are a few simple tips to get you started. When reading a label if you can't pronounce a word or multiple words on a label, then it is probably not something you should ingest! Look for labels with minimal ingredients, those are best. Even better get most of your foods with no labels, meaning your fruits and veggies. These are whole, real foods and you know exactly what you are putting in your body. Also, opt for organic when possible. Organic foods contain way less pesticides and toxic chemicals that harm our bodies than non-organic items. Avoid labels that have added sugar or salt as well. Take the extra time in the grocery aisles to read labels of food you are buying, and it'll be easier and less time consuming the more it is done.

WEBSITE



QR code to website

Check out
www.caylanoelle.com/harmony to
check out more of what Cayla
offers!

Breakfast.



Superfood Smoothie Bowl

One of my favorite ways to start the day is with a smoothie bowl. They're so delicious, full of nutrients and fiber, customizable, and keep me full all morning.

1 Serving

For the base

6oz Unsweetened almond milk
1 handful spinach
1 frozen banana
1/4c frozen raspberries
1tsp maca powder
1/2tsp ashwagandha powder
1/2 scoop vegan vanilla protein powder
1tbs cacao nibs

For the toppings

cinnamon
fresh blueberries
unsweetened shredded coconut
homemade granola (pg. 29)
sliced almonds

1 To a high speed blender add all base ingredients except cacao nibs.

2 Blend until thick smoothie forms (scraping sides as needed). Avoid over blending to keep the smoothie thick!

3 Add cacao nibs to blender & blend in for a couple seconds.

4 Add smoothie base to your favorite bowl.

5 Sprinkle with cinnamon & add the rest of toppings.



3 Ingredient Pancakes

Who doesn't love a good stack of pancakes for breakfast? I know I do. These pancakes are a healthy and delicious way to start your day!

1 Serving

For the pancakes

1 medium banana
1/2c rolled oats
3 1/2 tbs unsweetened almond milk
1/4tsp cinnamon (optional)
handful spinach (optional)

For the Syrup

1/4c Pure maple syrup
1/2tbs chia seeds
1/4c frozen wild blueberries

- 1 Heat a non-stick skillet to medium heat while you make the pancake batter. The skillet should be hot when you pour the batter.
- 2 To a blender add all pancake batter ingredients.
- 3 Blend until smooth
- 4 Pour equal sized circular pancakes on skillet. Cook 1-2 minutes on each side or until golden brown. (Covering your skillet with a lid helps the cooking process). Repeat with the other side of the pancake.
- 5 In a separate small pan simmer syrup, chia seeds, and blueberries for 3-4 minutes, stirring often
- 6 Serve pancakes with syrup drizzled all over.



Fancy Avo Toast

A quick and flavorful breakfast. A go-to staple for me!

1 Serving

2 slices gluten free bread
1 avocado
1/2 lemon
1/4tsp red pepper flakes
1/4tsp everything bagel seasoning
pickled onions (pg 94)
4 grape tomatoes
microgreens
balsamic glaze

- 1** Toast 2 slices of gluten free bread.
- 2** In a small bowl add avocado, lemon juice from 1/2 a lemon, 1/4tsp red pepper flakes , & 1/4tsp everything bagel seasoning; mashing until combined.
- 3** Add avocado mixture to toast; dividing evenly between the two slices.
- 4** Top with pickled red onions, sliced grape tomatoes, & micro greens.
- 5** drizzle with balsamic glaze.



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Antioxidant Rich Protein Smoothie

One of the easiest meals to bring on the go! This smoothie is rich in antioxidants, superfoods, and protein to keep you full, and the nibs add a perfect crunch. Yum!

1 Serving

6oz unsweetened
almond milk
handful spinach
1 frozen banana
1/4c frozen cranberries
1/4c frozen blueberries
2tbs vegan protein
powder
1tbs flaxseeds
1tbs almond butter
1/2tbs collagen
(optional)
1/2tbs cacao nibs

- 1** Add all ingredients to a blender except cacao nibs.
- 2** Blend until combined.
- 3** Add cacao nibs to blended smoothie and blend again for a few seconds; just until nibs are blended in.
- 4** Pour in your favorite glass or to-go cup.



Chai Spiced Muffins

If you love the warming flavors of chai you need to make these muffins. Perfect to make ahead of time when you need a grab and go breakfast.

1 Serving

1 3/4c oat flour
3/4c coconut sugar
1tbs baking powder
1/4tsp salt
1tsp cinnamon
1/2tsp cardamom
1/2tsp ginger
1/2tsp ground cloves
1c apple sauce
1/2c almond milk
1/2c coconut oil melted
2tbs pure maple syrup

1 Preheat oven to 400F and grease or line a 12 cup muffin pan.

2 In a large bowl whisk together flour, sugar, baking powder, salt, cinnamon, cardamom, ginger, & cloves.

3 In a separate bowl, whisk together remaining ingredients. Pour dry ingredients into wet and mix until combined.

4 Fill muffin pan into 12 even muffins (about 2/3 of the way) and bake 18-20 minutes.

5 Cool before removing from pan.



Berry Good Nutty Toast

Looking for a sweet toast to start your morning, give this pretty and delicious one a try!

1 serving

2 slices gluten free bread
2tbs peanut butter
honey or agave
Unsweetened coconut flakes
1/4 banana
3-4 strawberries
2 raspberries halved
fresh mint
cacao nibs
cinnamon

mini cutter shapes
(optional)

- 1** Toast 2 slices of gluten-free bread.
- 2** To the toast spread a thin layer of peanut butter on each.
- 3** Drizzle honey/agave and use a toothpick dragging diagonally to make pretty designs.
- 4** Use mini cutter for banana and strawberries or cut into slices & add to toast.
- 5** Top with coconut, cacao nibs, and cinnamon sprinkle.



Tofu Scramble & Sweet Potato Home Fries

A plant-based alternative to scrambled eggs. You'll be surprised how delicious and similar tasting this meal is to your traditional scrambled egg breakfast.

2 servings

For the scramble

1 8oz Extra Firm Tofu
1/2tsp turmeric
2 tbs nutritional yeast
1/4 tsp garlic powder
1tbs avocado oil
1/4c chopped sweet peppers
1/4c chopped tomato
sliced avocado
chopped green onions
black pepper

For the home fries

3tbs coconut oil
2 medium sweet potatoes peeled
& cut into 1/2 inch cubes
1/4c onion diced
1/2tsp paprika
1/2tsp chili powder
1tsp sea salt

- 1 Mash the tofu with a fork; leaving some bigger chunks.
- 2 Mix turmeric, nutritional yeast, & garlic powder in a small bowl.
- 3 Add avocado oil to a pan and heat until hot. Add chopped peppers and tomatoes first until they start softening, then add tofu and cook until lightly browned, careful not to break it up too much when moving around the pan.
- 4 Add the spice mixture and lightly mix in the tofu; cook for another 2-3 minutes
- 5 top with green onions, black pepper, & sliced avocado.

- ~
- 1 Heat the coconut oil in a medium pan over medium-high heat.
 - 2 Add cubed sweet potatoes and coat in oil; allow to cook for 5 minutes.
 - 3 Stir in chopped onion and cook for 7-8 minutes until potatoes and onions brown.
 - 4 Turn down heat and add the remaining ingredients. Sauté and stir constantly for 8-10 minutes, until sweet potatoes are cooked through.



Chocolate Raspberry Chia Seed Pudding

The combo of raspberry and chocolate has me drooling already! Prep this pudding for an on the go breakfast on those busy days.

1 serving

For the Pudding

1c nut milk (I like coconut, almond, or cashew)
3-4tbs chia seeds
1/2 tbs honey
1tsp vanilla extract
1/2tbs raw cacao powder
1/4tsp cinnamon
1/2tbs cacao nibs (optional)
scoop of collagen (optional)

For the toppings

fresh raspberries
Homemade granola (pg. 32)
(optional)
almond butter (optional)

- 1** In a bowl or mason jar, stir together all ingredients, or shake with lid on if using a mason jar.
- 2** Let sit for 5 minutes and shake/stir again breaking up any clumps of chia seeds.
- 3** Cover and put in fridge for at least 2 hours or overnight. Pudding should be thick, if liquidy add another tbs of chia seeds, stir and refrigerate for another 30 minutes.
- 4** When ready to serve top with fresh raspberries and granola and/or almond butter if you choose.



Beet Waffles

Don't you just love the color of these? The beets are what do it, yes I said beets! Beets are nutrient dense and earthy, but taste so delicious in these waffles, you won't even notice you're getting a serving of veggies in this meal!

1-2 Servings

1/2 medium beet, roasted & peeled
1 1/4c rolled oats
2tsp baking powder
2tbs ground flax seeds
6tbs water
1/3c nut milk (I use almond)
1tbs agave (or honey)
coconut oil for cooking

- 1** Roast 1/2 medium beet in the oven on 350F for 45mins. Let cool & Peel (can be done a few days in advance).
- 2** Make flax egg combining ground flax and water, mix well and set aside in fridge for 5 minutes to thicken.
- 3** Heat up waffle maker while prepping batter.
- 4** In a food processor, puree beet and almond milk. Add flax egg, agave, oats, and baking powder processing until combined.
- 5** Lightly grease waffle maker with coconut oil and add mixture to hot waffle maker cooking until golden.
- 6** Top with fresh fruit, pure maple syrup, or coconut whipped cream.

Snacks.



D.I.Y. Larabars

I love the simplicity of ingredients in larabars. Making your own is just as simple as the ingredients, and personally I think these taste way better than the packaged ones.

10-12 Servings

1c medjool dates pitted
1c raw cashews
1/4c peanut butter
1tbs water

- 1** Combine all ingredients in a food processor until a sticky mixture forms.
- 2** Pick up mixture with hands and squeeze together forming one big ball.
- 3** Press down onto a cutting board or wax paper forming a rectangle (use a knife or hands to make edges straight).
- 4** Slice into 10-12 even squares & store in fridge.



Best Grain Free Granola EVER

Hands down the best granola ever! I eat this by the handfuls or as cereal, it is that good.

Servings 20 (1/4c)

1/2c unsweetened
coconut flakes
1c raw almonds
1c raw pecans
1c raw walnuts
1c raw cashews
3tbs chia seeds
1tbs flaxseeds
1tbs ground flax
2tbs cacao nibs
1 1/2tsp cinnamon
2tbs coconut sugar
1/4tsp sea salt
3tbs coconut oil melted
1/3c pure maple syrup

- 1** Preheat oven to 350F and line a baking sheet with parchment paper.
- 2** Start by breaking almonds, pecans, walnuts, and cashews down with a food processor or rolling pin; leave large pieces.
- 3** In a large mixing bowl combine coconut, nuts, seeds, cacao nib, sugar, and salt.
- 4** Add melted coconut oil and maple syrup, mixing in until completely dry ingredients are completely coated.
- 5** Spread mixture evenly on baking sheet and bake for 15 minutes. Remove from oven and stir granola.
- 6** Return to oven for another 12-15 minutes or until golden brown.
- 7** Remove from the oven and cool completely.
- 8** store in an air tight container.



Apple Nachos

A dessert or a snack. You really can't go wrong with this one. Customize the toppings to what you like & enjoy this tasty, yet healthy snack.

1 Serving

1 large apple thinly sliced
2 dates chopped
2tbs natural peanut butter
1/2tbs cacao powder
1/2tbs coconut oil
cinnamon
chopped walnuts
mini vegan dark chocolate chips
1tbs unsweetened shredded coconut

- 1** In a small sauce pan on medium-low heat add peanut butter, cacao powder, and coconut oil for 2-3 minutes until combined and warm.
- 2** On a plate spread out thinly sliced apples in a circular pattern.
- 3** Drizzle peanut butter mixture all over apples.
- 4** Top with remaining ingredients and sprinkle each all over.



Energy Balls

This is a fan fav recipe that everyone I know absolutely loves. Take them to go or as a mid day pick-me-up. These will not disappoint.

18-20 servings

1c gluten free rolled oats,
1/2c natural peanut butter
1c unsweetened shredded coconut
1/2c ground flax
1/3c vegan dark chocolate chips (mini),
1/3c pure maple syrup

- 1** Combine oats, peanut butter, coconut, ground flax, 1/3c maple syrup in a medium bowl.
- 2** Fold in chocolate chips.
- 3** set in fridge 20 mins before rolling into balls.
- 4** Store in an airtight container in the fridge.



Berry Bars

A simple granola bar recipe
everyone will enjoy!

12 Servings

2 cups gluten free rolled
oats
2 tbsp ground flaxseed
1 tbsp ground
cinnamon
1/2 tsp ground nutmeg
1/2 tsp ground ginger
1/2 tsp salt
1/4c pure maple syrup
1 1/4c nut milk (I use
almond)
1/2c chopped walnuts
2 c fresh or frozen
berries (I used frozen
mixed berries)

- 1 Pre heat oven to 350F.
- 2 Combine rolled oats, ground flaxseed, cinnamon, nutmeg, ginger, salt, maple syrup, almond milk, chopped walnuts in a large bowl and allow about 5 minutes for some of the liquid to be absorbed.
- 3 Fold in frozen berries
- 4 Line a square pan with parchment paper and add the mixture to it spread evenly.
- 5 Bake 45-50 minutes
- 6 Allow to cool completely and store in an air tight container in the fridge.

Meals.



Buddha Bowl

Buddha Bowls are very simple to make, healthy, and customizable to your liking! I love prepping lots of ingredients ahead of time to make a quick healthy meal during the week. The recipe amounts I gave are for one serving, but feel free to prep ahead as many as you'd like!

1 Serving

1/4 uncooked Brown rice
1/2c water
1/4 package tempeh cubed
1/4c eggplant sliced and quartered
1/2tsp turmeric powder
1tbs nutritional yeast
2tbs tamari or coconut aminos
1/4c shredded carrots
1/4c purple cabbage shredded
1/4c garbanzo beans & great northern beans
spoonful pickled red onion (pg. 99)
1tbs chopped parsley
Spicy Chipotle sauce (optional)

1 Add rice and water to a small saucepan, bring to a boil, then reduce to a simmer for 30-35 minutes (until water is absorbed).

2 Place cubed tempeh, quartered eggplant, tamari, nutritional yeast, and turmeric in a small/medium bowl and mix until tempeh and eggplant are coated. Add tempeh and eggplant to an air fryer, oven or toaster oven at 375F for 15-17 minutes (until crispy).

3 Plate cooked rice in a bowl, top with remaining veggies, beans, and cooked tempeh and eggplant.

4 Drizzle spicy chipotle sauce on top or any other sauce you enjoy!



Naan Margarita Pizza (It's Gluten Free Too!)

Everyone enjoys a good piece of pizza. This is one your stomach will thank you for later. Naan is so delicious, but it is so hard to find a gluten-free option, so here is the one you have been looking for!

For the Naan

(makes about 8)

1/2c tapioca flour
1/4c coconut flour
1c full fat coconut milk
1tsp salt

For the pizza

(per 1 pizza)

3-4 slices Miykios
mozzarella cheese (vegan)
3tbs pizza sauce of your
choice
2 sundried tomatoes sliced
1tbs fresh basil sliced
1/2tsp dried oregano

- 1 Heat a round non stick pan to medium heat. While the pan is heating mix all naan ingredients together in a bowl. Pour 1/4c of batter onto the pan spreading out with a spoon if needed.
- 2 After 2-3 minutes, or when batter looks mostly cooked, flip to the other side until golden. Repeat for remaining batter.
- 3 Preheat oven to 375F and place freshly made naan on a baking sheet.
- 4 Top with sauce spreading out evenly, add cheese and tomato slices, sprinkle with fresh basil, dried oregano, and little drizzle of olive oil.
- 5 Bake for 7-9 and broil high at the end for 1 minute.



BBQ Jackfruit Tacos

Never heard of Jackfruit? It is a tropical fruit, that mimics "pulled pork", especially when mixed with BBQ sauce. Crazy right?! Try it for yourself in these fresh tacos!

2 servings

For the Sour Cream

3/4c raw cashews soaked overnight
1/2c non-dairy yogurt
juice from 1/2 a lemon
1/2tsp apple cider vinegar
1/2tsp salt

For the Tacos

1 Head of Romaine lettuce
1/2c black beans
1 can jackfruit
1/3c GF BBQ sauce
red cabbage thinly sliced
chopped cilantro
1/2 lime
1/4 jalapeño thinly sliced

1 To make the sour cream, drain/rinse soaked cashews and add all ingredients to a high speed blender. Blend until creamy and smooth. Allow to firm in fridge for an hour. (I prep mine a day ahead of time).

2 In a medium pan add jackfruit and BBQ sauce. Break apart jackfruit with a spatula and cook for 5-7 minutes on medium-low heat.

3 While the jackfruit is cooking, prepare/plate other ingredients; begin with romaine lettuce leaving the leaves whole lay flat on plate, add black beans and cabbage, add cooked jackfruit, jalapeños, sour cream, cilantro, and lime squeeze all over.



Spring rolls with Peanut Sauce & Miso Soup

A very simple recipe for a typical takeout kind of meal. The spring rolls are light and fresh, while the miso soup is warm and comforting.

For the Rolls (1 serving)

3 spring roll wrappers
2 large carrots thinly sliced
1 cucumber peeled and thinly sliced
Pickled cabbage thinly sliced
4 leaves spinach thinly sliced
red pepper thinly sliced
mint thinly sliced
sesame seeds

For the Sauce (1 serving)

2tbs natural peanut butter
1tbs rice vinegar
1tbs tamari
1tbs honey or maple syrup
1/2tbs sesame oil
1tsp minced garlic
1-2tbs water if needed

For the Soup (2 servings)

4c veggie broth
1 sheet nori (dried seaweed)
tbs white or yellow miso paste
1/2c chopped green chard
1/2c chopped green onion
1/4c firm tofu cubed

- 1 To make the spring rolls, prepare veggies so they're ready to add to wrappers.
- 2 Soak the wrappers one at a time in warm water for about 15 seconds (so paper becomes flexible), lay on a flat surface or cutting board & sprinkle sesame seeds first then add a small amount of each veggie and herb.
- 3 To roll fold the lower edge over the fillings pressing together the filling, press over the sides and continue rolling until closed. Repeat with other wrappers.
- 4 For the sauce whisk all ingredients together except water until combined. Whisk in 1-2tbs water as needed to slightly thin sauce.
- 5 For the soup; add veggie broth to a medium sauce pan and bring to a low simmer.
- 6 While waiting to simmer place miso in a small bowl and whisk with a little hot water (this will prevent clumping when added later), set aside.
- 7 Add chard, green onion, and tofu to broth and cook for 5 minutes. Then add nori. Remove from heat and add miso stirring until combined.



Butternut Squash Carrot Curry Soup

Anything with curry in the name makes me think lots of spice and flavor. That is exactly what you get with this soup. Veggie loaded and so delicious.

4 Servings

For the Rice

1c wild rice
3c water
pinch salt

For The Soup

1tbs avocado oil
2 garlic cloves minced
1c chopped carrots
4 1/2c butternut squash cubed
pinch of salt & pepper
1 1/2tbs curry powder
1/4tsp cinnamon
1 14oz can light coconut milk
2c low sodium veggie broth
2tbs coconut sugar
pumpkin seeds (optional: for topping)

- 1** Make the rice first, this will take the longest; Add rice, water and salt to a small saucepan; bring to a boil then let simmer on low for 40-45 minutes until water is absorbed.
- 2** While the rice is cooking begin making the soup. Heat a large pot over medium heat.
- 3** Add avocado oil and garlic, sauté for 2 minutes; stirring often.
- 4** Add carrots, butternut squash, salt/pepper, curry, & cinnamon stirring and coating. Then cook with lid on about 5 minutes.
- 5** Add coconut milk, veggie broth, and coconut sugar.
- 6** Bring to a boil on medium heat, then reduce heat to low, cover and simmer for 15-20 minutes (until squash and carrots are softened).
- 7** Use an immersion blender, or transfer to a blender, and puree until creamy and smooth. Return to pot if using blender.
- 8** Continue cooking for a few more minutes over medium heat.
- 9** Serve over wild rice & top with pumpkin seeds.



Veggie Tofu Stir Fry

A veggie filled stir-fry that makes for the perfect, simple week night meal. Not time consuming and you can customize the veggies to your liking (although the ones I chose compliment each other nicely!)

2 Servings

1/2c uncooked brown rice
1c water
4oz tofu cubed
1tbs coconut aminos
1tbs tamari
1tbs nutritional yeast
2tbs avocado oil
1tsp minced garlic
1/3c chopped Leeks
1/4c green beans
1/3c chopped broccoli
1/3c chopped cauliflower
1/2 can garbanzo beans
2 tbs chopped scallions
sesame seeds for topping
hot sauce(optional)

1 add rice and water to a small sauce pan, bring water to a boil then put on low with lid on for 35-40mins.

2 In a medium bowl add cubed tofu, coconut aminos, tamari, and nutritional yeast. Combine until tofu is completely coated.

3 Heat 1tbs avocado oil in medium sized pan on medium/high heat and add tofu; cook until 4 sides are golden about 2-3mins each side.

4 While the tofu is cooking, in a large skillet heat remaining 1tbs avocado oil to medium heat, add minced garlic and let cook for 2 mins. Add leeks, green beans, broccoli, cauliflower, and garbanzo beans cooking for 7-9 minutes until soften stirring occasionally.

5 Stir in cooked brown rice and diced by two bowl.

6 Add tofu to bowls and top with chopped scallions, sesame seeds, and hot sauce (optional).



Zesty Tahini Alfredo

A spin to your typical alfredo dish. A tangy, refreshing taste from the lemon and creamy, deliciousness from the tahini. Try this healthier take on alfredo.

4 Servings

2 1/2c dry brown rice quinoa pasta (or your fav pasta)
1/2c tahini
1/2c warm water
juice & zest of 1 lemon
2 garlic cloves chopped
1/2tsp salt
1/4tsp black pepper
1/2c mushrooms chopped
2tbs balsamic vinegar
1/4c spinach chopped
1/2c broccoli chopped
basil chopped

1 Start by cooking pasta in a saucepan with boiling water 8-10 minutes.

2 While pasta is cooking, add the tahini, lemon juice, lemon zest, garlic, salt, pepper, and warm water to a bowl and mix well.

3 When pasta is half done add broccoli to boil with pasta.

4 In a separate pan saute mushrooms, balsamic vinegar, and spinach on medium-high heat for 4-5 minutes.

5 Drain pasta and broccoli, add back to pot if removed and coat/mix in tahini sauce. Stir in sautéed mushroom mixture.

6 Top with fresh basil.



Spaghetti Squash

Tempeh Bolognese

Craving pasta? You'll be surprised how much spaghetti squash resembles your typical spaghetti, just without the dense calories.

2 Servings

1 large spaghetti squash
1-2 tbs avocado oil
1 medium white onion
chopped
2 garlic cloves minced
1 package tempeh
1 15oz can tomato sauce
1 15oz can diced tomato
1/2c veggie broth
1/2tsp black pepper
1tsp dried oregano
1tsp cumin
3c spinach and/or kale

Vegan parmesan cheese
(optional)

1 Preheat oven to 400F. Cut spaghetti squash in half, scoop the seeds out, and drizzle a little avocado oil, salt, and pepper. Cover with foil, place on a baking sheet, and bake for 30-35mins (so you can pull apart with a fork).

2 In the meantime, begin making bolognese. Add 1tbs oil and chopped onion to a large hot pot/pan on medium heat & sauté for 5 minutes. Add garlic & sauté for 2 minutes.

3 Crumble the tempeh into the pan and sauté for 2-3 more minutes

4 Add diced tomatoes, tomato sauce, veggie broth, and spices. Stir and cover with lid to simmer on low for 15 minutes (stirring every couple minutes).

5 Add spinach/kale and stir until wilted in. Scoop spaghetti squash out with a fork, top with bolognese, and sprinkle with vegan parmesan cheese.



Melt in your mouth Salmon, Veggies, & Chimichurri

If you love salmon, but have a hard time cooking it without drying the salmon out, then buying an air fryer is a must and should be on your to do list!

2 Servings

For the Brown Rice, Salmon & Spinach

1/2c brown rice
1c water
To Make Salmon
2 pieces salmon (fresh preferred)
salt & pepper
2 tbs tamari or coconut aminos
honey to drizzle
1/2 tbs sesame seeds
1/2c spinach
1tbs avocado or olive oil
1/2tbs minced garlic

For the Brussel Sprouts

2c brussel sprouts halved
avocado or olive oil
1tsp cumin
dash of salt and pepper
balsamic glaze

For the Chimichurri

1 bunch parsley
1 bunch cilantro
3/4c olive oil
4 garlic cloves
1/4c lemon juice
3tbs chopped red onion
2tspdried oregano
1tbs red wine vinegar
dash of salt & pepper
1tsp red pepper flakes

1 Add rice and water to a small sauce pan, bring water to a boil then put on low with lid on for 35-40mins.

2 Add halved brussel sprouts to a bowl and toss with olive or avocado oil, cumin, salt, and pepper. Add to a baking sheet and bake at 350F for 15-17 minutes.

3 To make chimichurri, combine all ingredients in a food processor, pulsing just until combined.

4 Place salmon on a cutting board and sprinkle with salt and pepper and cover in tamari or coconut aminos, allowing to soak for 2-3 minutes. Place salmon in air fryer (or oven) and air fry at 375F for 6-7 minutes.

5 When salmon is done remove from air fryer or oven and drizzle with honey & sprinkle sesame seeds all over. Place back in air fryer and cook another 2-3 minutes.

6 Heat olive or avocado oil in small pan to medium heat, add spinach and minced garlic. Sauté 3-4 minutes

7 Plate salmon over rice and top with spinach, place a spoonful of pickled red onions and Brussel sprouts on the side and drizzle with balsamic glaze. Pour chimichurri over salmon.

Desserts.



Chickpea Blondies

Have you ever eaten cookie dough right out of the package before cooking it? I know I have! These blondies are safe to eat just as dough or baked. You won't believe how much this recipe resembles cookies, but with chickpeas as the main ingredient.

9 Servings

1 15oz can chickpeas
(drained and rinsed)
1/2c natural peanut
butter
1/3c pure maple syrup
1/2tsp baking powder
1/4tsp salt
2tsp vanilla extract
1/3c vegan dark
chocolate chips plus
more for topping
sea salt flakes for
topping (optional)

- 1** Pre heat oven to 350F and line a square pan with parchment paper.
- 2** Combine all ingredients, except chocolate chips, in food processor until combined and dough like consistency begins to form.
- 3** Fold in chocolate chips.
- 4** Add to lined pan and top with more chocolate chips and sea salt flakes.
- 5** Bake for 20-25 minutes until top is golden.
- 6** cool for 20 minutes, then cut into squares.
- 7** store in fridge up to 5 days.

P.S. The batter tastes just like cookie dough and is totally safe to be eaten as is and not baked;)



Pumpkin Date Cookies

These ooey, gooey pumpkin cookies are perfect for a last minute invite with friends or family that can be made in minutes or a dessert indulgent for that sweet tooth of yours.

8 Servings

1c medjool dates
1c gluten free rolled
oats
3tbs natural peanut
butter
dark chocolate bar
1/4c pumpkin puree

- 1 Start by soaking dates in water for 5 minutes.
- 2 Pre heat oven to 350F.
- 3 Combine dates (drained from water), oats, peanut butter, and pumpkin in a food processor until dough forms.
- 4 Roll into balls & add to a baking sheet; flatten cookies down on pan.
- 5 Break apart chocolate bar with hands & add 2-3 pieces to each cookie.
- 6 Bake for 8-10 minutes.



60 Second Peanut Butter Chocolate Mug Brownie

Anything with peanut butter or chocolate, count me in! And it's made in 60 seconds?! This mug brownie is the perfect fix when your sweet tooth is craving something chocolatey!

1 Serving

1/4c oat flour
2tbs cacao powder
1/2tsp baking powder
1tbs natural peanut butter
1/4c water
1/2tbs vegan dark chocolate chips

1 mug or ramekin

- 1** Whisk together oat flour, cacao powder, and baking powder.
- 2** Add peanut butter and water. Stir until combined. Stir in chocolate chips..
- 4** Add batter evenly to a large mug or ramekin making sure to leave enough space for the batter to rise.
- 5** Microwave for 1 minute (if need additional time add in increments of 10 seconds; depends on microwave wattage).



Chocolate Quinoa Crisps

These crisps have the perfect crunch and chocolatey treat! A great no-bake option as well for those warmer days you don't want the oven going.

12 Servings

1/2 c coconut oil,
melted
1/4 c agave or honey
1/4 c cocoa powder
1 tsp vanilla extract
1 1/2c puffed quinoa

- 1** whisk together the melted coconut oil, agave, cocoa powder, and vanilla until smooth.
- 2** Fold in puffed quinoa.
- 3** Using a cookie scooper scoop into silicone cupcake liners.
- 4** Put in freezer for 1-2hrs.
- 5** Pop out of silicone moldings & store in fridge.



Fudgey Black Bean Avocado Brownies

Don't let these ingredients shy you away from trying out these brownies. You'll be surprised how fudgy and gooey these brownies are that you'll be coming back to make more.

9 Servings

1 15 oz can black beans
drained & rinsed
2 flax eggs (2tbsground
flax 6tbs water)
1/2 large ripe avocado
1 tbs melted coconut oil
1 tsp baking powder
pinch of salt
1 tsp vanilla
2/3c coconut sugar
1/3c vegan dark choc
chips
coconut oil for pan

- 1** Make 2 flax eggs by combining 2tbs ground flax and 6tbs water and allow to thicken in fridge about 5 minutes.
- 2** preheat oven to 350F & grease a square pan with coconut oil.
- 3** Add all ingredients except for chocolate chips to blender or food processor and blend until a thick batter forms.
- 4** Fold in chocolate chips.
- 5** Evenly spread batter in pan.
- 6** Sprinkle extra chocolate chips on top.
- 7** Bake for 35-40 minutes.
- 8** Allow to cool completely before cutting (this is important or they will fall apart!).



Nut Clusters

Sweet and salty nut clusters makes for a super easy treat to whip up in minutes! You can play around with the recipe to suit your sweet tooth with ingredients already in your pantry.

15 Servings (2 per serving)

1c vegan dark
chocolate chips
1/3c goji berries
1/2c almonds
1/2c cashews
1/4c walnuts
1/4c pecans
sea salt flakes for
topping

- 1 Set up a baking sheet lined with parchment paper.
- 2 In a large bowl melt chocolate in 30 second intervals in the microwave; mixing in between.
- 3 Place nuts in a large zip lock bag and break into large pieces with a rolling pin.
- 4 Add nuts and goji berries to chocolate and mix until everything is completely covered.
- 5 Add small spoonfuls to the prepared baking sheet.
- 6 sprinkle sea salt flakes on top.
- 7 allow to harden completely in the fridge, then transfer to an airtight container and store in the fridge



Single Serve Tahini Chocolate Chip Cookie

Not sure about you guys, but sometimes I really just want one big, gooey chocolate chip cookie. Well, look no further, this recipe covers those wants! A recipe I created to perfection and has me drooling every time!

1 Serving

1tbs coconut sugar
3tbs almond flour
1/8tsp baking soda
pinch of salt
2tbs tahini
1tbs almond milk
1/4tsp vanilla
1tbs vegan chocolate chips
Dash course sea salt

- 1 Preheat oven to 375F.
- 2 In a small bowl combine all ingredients.
- 3 Place in the freezer for 10-15 mins (this will help form the dough together, so it bakes best)
- 4 Scoop cookie onto parchment lined baking sheet
- 5 Sprinkle course sea salt on top to liking
- 6 Bake 8-10 minutes or until golden. Allow to cool before eating.



Banana Bread

Save your over ripe bananas for this healthier and simple banana bread recipe! Moist on the inside and golden on the outside, what more could you ask for?!

10 Servings

3 ripe bananas (very ripe) &
1/2 banana for topping
(optional)
1/2c pure maple syrup
1/3c unsweetened apple
sauce
1tsp vanilla
1 1/2c rolled oats
1/4c ground flaxseed
1tsp baking soda
1/2tsp baking powder
1/2tsp cinnamon

- 1** Pre-heat the oven to 350F.
- 2** In a food processor or high speed blender add all ingredients and blend until combined (can also be done by hand if no blender by mashing bananas and using oat flour instead of rolled oats).
- 3** Pour batter into a bread pan lined with parchment paper or coated in coconut oil and top with additional slices from 1/2 a banana.
- 4** Bake for 45-50 minutes (check the center with a butter knife, it should come out clean when bread is done).
- 5** Cool completely before cutting and serving.



Oatmeal

Zucchini Cookie

You won't believe how delicious and moist these cookies are! Want to know the secret to these cookies being so moist...the zucchini!

12 Servings

1c oat flour (I blended
gluten free rolled oats)
1/2c gluten free rolled
oats
1 flax egg (1tbs flax plus
3tbs water)
1/3c coconut sugar
1tsp baking powder
pinch of salt
1/4c melted coconut oil
1/2c shredded zucchini
(after shredded allow
extra water to soak in a
paper towel)
2tsp vanilla extract
1/3c vegan dark
chocolate chips
1tbs chia seeds

- 1** Pre heat oven to 350F and grease a baking sheet with coconut oil.
- 2** In a large bowl mix oat flour, rolled oats, coconut sugar, chia seeds, salt & baking powder.
- 3** Add remaining ingredients folding until a dough forms.
- 4** Refrigerate dough for 30 minutes.
- 5** Form 12 balls on lined baking sheet.
- 6** Add more chocolate chips on top if you would like.
- 7** Bake 20-25 minutes
- 8** Store in an airtight container in the fridge.

Beverages.



Golden Milk Latte

A warming, anti-inflammatory latte. Black pepper activates the turmeric in your body to allow its amazing properties to be effective. Try it out, your body will love you for it.

1 Serving

1c nut milk (I like cashew, hazelnut, or almond)
1tsp turmeric
1/2tsp cinnamon
1/4tsp black pepper
1tbs pure maple syrup (optional)

- 1** Add all ingredients to a small saucepan.
- 2** Simmer on low heat for 6-8 minutes until little bubbles form on the edges (but not to a boil).
- 3** Continuously use a whisk to mix/froth ingredients together (if you have a hand held frother you can use that as well).
- 4** Pour in your favorite mug and enjoy while its still warm.



Energy Boosting Juice

The perfect juice for that mid-day slump or fuel after working out!

1 Serving

1 beet quartered
thumb size amount
of ginger
1 1/2 apples;
quartered
2 bundles of celery
2-3 kale leaves
1/2 lemon peeled

- 1** Wash and prepare all ingredient.
- 2** Add all ingredients to your juicer (order doesn't matter, but end with celery this will also make cleaning easier).
- 3** Enjoy on the same day or place in a sealed container in the fridge for 1-3 days (the juice is best on the day of because the juice begins to oxidize!).



Peppermint Matcha Latte

Rather than grabbing a cup of coffee for a boost in energy, try this latte. Matcha naturally boosts energy, is very high in antioxidants, and can help protect against diseases!

1 Serving

2oz warm water
1tsp matcha powder
1c nut milk (I like cashew or hazelnut best)
1/2tsp cinnamon
1/2tsp vanilla
squeeze of honey
1/2tsp peppermint extract

- 1** In a mug, add warm water (from a kettle or microwaved) & matcha powder; whisk or froth together until combined.
- 2** In a small saucepan add milk, cinnamon, vanilla honey, & peppermint; Bring to a simmer on low-med heat; whisk/froth on stovetop until it gets foamy/little bubbles form.
- 3** Add to mug and whisk/froth until combined



Cashew Milk

Perfect on its own or to add to your favorite latte or smoothie. Cashew milk is one of the creamiest kinds of nut milks.

4 Servings

1c Cashews soaked
in water overnight
4c coconut water
1tsp vanilla extract
1tsp cinnamon

- 1** Soak cashews in water overnight, then drain and rinse.
- 2** Place all ingredients in a high speed blender until smooth.
- 3** Pour milk through a fine mesh strainer if you prefer a smoother milk.
- 4** Put milk in an airtight container in the fridge.



Tummy Loving Herbal Tea

Have you ever just had one of those days your tummy doesn't feel right? Me too! This tea is the perfect remedy to calm your stomach down & support overall GI health.

2 Servings

1 tsp burdock root
1 tsp lemon balm
1 tsp calendula flowers
1 tsp dried
peppermint
pinch of ground
ginger
1c hot water
Tea infuser

- 1** Prepare hot water in a tea kettle, microwave, or stovetop.
- 2** In a small bowl combine burdock root, lemon balm, calendula flowers, and peppermint.
- 3** Add 1 1/2 tsp of mixture into tea infuser.
- 4** Pour hot water into your favorite mug and drop in tea infuser. Allow to steep for 5 minutes.
- 5** Sprinkle ginger on top & enjoy warm.

Extras.



Traditional Hummus

Everyone needs a hummus recipe in their back pocket. Hummus is so easy to make and tastes so fresh compared to store bought. I love hummus on top of salads, in sandwiches, as a dip for a snack. It is so versatile.

6 Servings

1 15oz can chickpeas
Juice from 1 lemon
1/4c tahini
1 garlic clove, minced
2tbs olive oil
1/2tsp ground cumin
1/4tsp salt
2-3tbs water if needed

optional toppings
chopped parsley
olive oil drizzle
paprika sprinkled
pine nuts

- 1** Combine all ingredients, except water, in a food processor until completely blended and smooth.
- 2** Add water to food processor if hummus is too thick.
- 3** Serve with your choice of topping.
- 4** Store hummus in an airtight container in the fridge.



Apple Sauce

Naturally sweet from the apples, so delicious, and easy to make. Coming from someone who never liked apple sauce, this is so tasty on its own or great to have for baking. So much better than any store bought apple sauce!

8 servings (1/2c per serving)

6-8 chopped apples
1 tsp cinnamon

- 1** Steam chopped apples in steamer basket 20-25 minutes with lid on.
- 2** Add apples and cinnamon to food processor; blending until apple sauce consistency forms.
- 3** Store in a mason jar in the fridge for up to one week or freeze in a large cubed silicone tray for up to two months.



Elderberry Syrup

Feel a sickness coming or just need a vitamin boost? Elderberries are high in antioxidants and vitamins to boost immunity and this is so much cheaper to make on your own (Plus, you also know exactly what ingredients are in it because you made it yourself).

20 servings (1tsp per serving)

1/2c dried elderberries
(or schisandra berries)
2c water
1tsp cinnamon
1/2c honey

1 Combine elderberries, water, and cinnamon in a saucepan over high heat and bring to a boil. Lower heat to a simmer until the water has been reduced by half (25-30 mins).

2 Pour the berry mixture through a fine strainer into a clean bowl, to strain the berries (use the back of a spoon to press the berries in to the strainer to extract all the juice out).

3 Allow juice to cool to room temperature before adding honey (this is so the heat doesn't affect with the nutrients in the honey).

4 Whisk in the honey until incorporated, then transfer the syrup into a sealed glass jar & store in the fridge.



Pickled Veggies

Pickled veggies are so good to have on hand to make a dish go from good to great! I love adding pickled veggies on top of all my meals!

8-10 servings

1c water
1c white vinegar
1tbs coconut sugar
1tbs salt
1 32oz mason jar
veggies to pickle:red
onions, cabbage, or
radishes

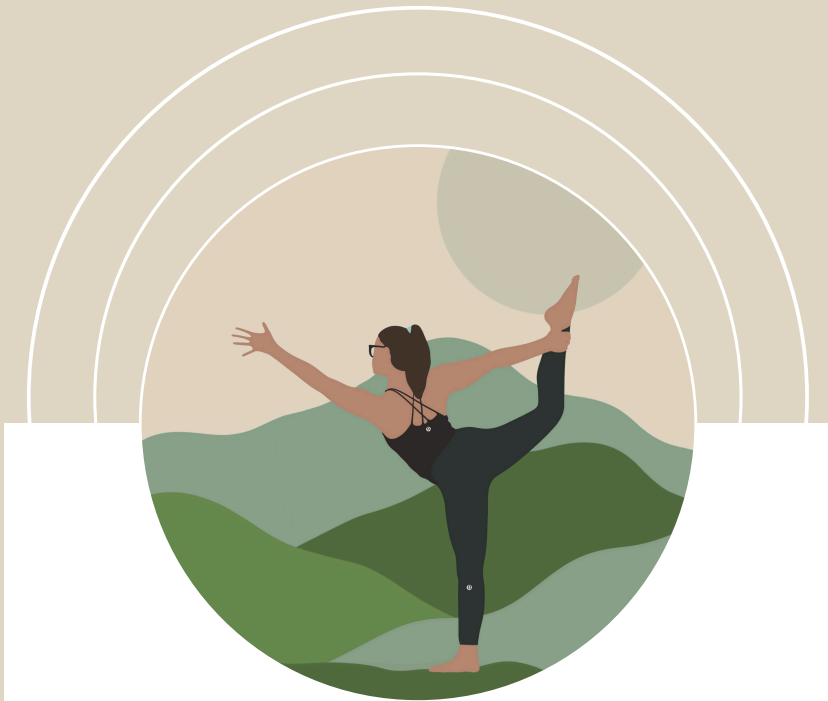
- 1** Choose veggies you want to pickle and thinly slice.
- 2** In a saucepan simmer water, vinegar, sugar, and salt for about 5-7 minutes.
- 3** Pour over veggies in mason jar and lid.
- 4** Place in fridge right away and let sit for a few hours.

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About The Author

Cayla is a certified integrative health practitioner, holistic nutritionist, yoga instructor, & occupational therapist who is passionate about finding balance in all aspects of her life. She is very busy and always on the go, leading to the recipes she created in "Cayla's Clean Eats Cookbook." All recipes she created in this book take little to no time to make and will leave your body feeling nourished and energized for whatever you have planned for the day! Healthy doesn't have to be boring, it can be colorful, vibrant, and delicious. This cookbook is a great start to a healthy lifestyle and relationship with food. All recipes are plant based, dairy-free, and gluten-free, so everyone can enjoy them!





In Cayla's Clean Eats Cookbook, Cayla introduces readers to over 40 simple, balanced, and healthy food choices. Each recipe tastes delicious and requires minimal effort and time. All recipes are plant-based, gluten-free, dairy-free, & refined sugar-free including-- Chai Spiced Muffins, Grain-Free Granola, Zesty Tahini Alfredo, Chickpea Blondies, Golden Milk Latte, and more. Let's revolutionize food as our medicine together.