



32 Appetizers **VEGETARIAN**

★ **RECIPE EBOOK** ★



**UNDER
20MINS**
less 7 ingredients



Sweet Potato Toast with Avocado & Sauerkraut

2 servings

15 minutes

Ingredients

- 2 Sweet Potato (small, ends trimmed, sliced lengthwise)
- 1 Avocado (peeled and mashed)
- 47 grams Sauerkraut
- 2 grams Sea Salt

Directions

- 1 Pop the sweet potato slices into the toaster and toast two to three times. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 to 6 minutes per side, or until golden brown.
- 2 Top the sweet potato toasts with mashed avocado and sauerkraut. Season with sea salt. Enjoy!

Notes

Add Greens: Add a layer of baby spinach before you spread on the avocado.

Guacamole Lover: Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

No Sweet Potato: Use bread, crackers, crispbread, pita or tortillas instead.

Storage: Best enjoyed immediately but can be refrigerated in an airtight container up to 3 days.



Mint & Goat Cheese Stuffed Tomatoes

2 servings

15 minutes

Ingredients

37 grams Goat Cheese (crumbled)
6 grams Mint Leaves (chopped,
divided)
223 grams Cherry Tomatoes (halved,
seeds removed)

Directions

- 1 In a bowl, mix together the goat cheese and half the mint until well combined.
- 2 Stuff each cherry tomato half with the cheese mixture and transfer to a plate.
- 3 Garnish with the remaining mint and enjoy!

Notes

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

Serving Size: One serving equals approximately 3/4 cup of stuffed cherry tomatoes.

More Flavor: Drizzle extra virgin olive oil overtop.

No Mint: Use parsley or basil instead.

Make it Vegan: Use cashew cream cheese instead.



Stuffed Avocado with Sumac-Spiced Black Beans

2 servings

10 minutes

Ingredients

1 Avocado (large, halved)
16 grams Black Beans (cooked, rinsed)
9 grams Cherry Tomatoes (sliced into quarters)
9 grams Corn (fresh or frozen/thawed)
500 milligrams Ground Sumac
Sea Salt & Black Pepper (to taste)

Directions

- 1 Remove the avocado pit. Scoop out additional flesh of the avocado from where the pit was removed, creating space for the black bean mixture to go.
- 2 In a bowl, combine the scooped avocado flesh with the remaining ingredients.
- 3 Stuff the avocado with the black bean mixture. Serve immediately and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

Serving Size: One serving is equal to one half of a stuffed avocado.

More Flavor: Add lemon juice or additional spices, such as cayenne or chili flakes.



Pesto Tofu Spinach Rolls

4 servings

15 minutes

Ingredients

481 grams Tofu (extra-firm, pressed and crumbled)

126 grams Pesto

8 Rice Paper Wraps

120 grams Baby Spinach

1 Cucumber (julienned)

Directions

- 1 In a bowl, combine the tofu and pesto together.
- 2 Soften a sheet of rice paper under warm water by submerging it for 5 to 10 seconds. Transfer to a plate. Add the spinach, cucumber and pesto tofu near the bottom of the wrap. Fold the bottom over the filling, then fold the sides. Tightly roll the rice paper until completely wrapped. Transfer to a separate plate and repeat this process until all ingredients are used up. Enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to two days. Separate the rolls with a damp cloth to prevent sticking.

Serving Size: One serving equals approximately two rolls.

More Flavor: Season the pesto tofu with salt and red pepper flakes.

Additional Toppings: Carrots, red bell peppers, red cabbage, avocado.

No Tofu: Use edamame, paneer, or tempeh instead.

Extra Firm Tofu: To press the tofu, wrap in paper towel, place a plate or cutting board on top of the block of tofu. Place a heavy pan or heavy object on the cutting board. Let the tofu rest like this for 15 to 30 minutes.



Lentil Salsa with Toast

1 serving
10 minutes

Ingredients

149 grams Green Lentils (cooked, drained and rinsed)
195 grams Salsa
1 gram Cilantro (chopped, optional)
1 slice Gluten-Free Bread (toasted)

Directions

- 1 In a saucepan over medium heat, stir together the lentils and salsa until warmed through, about five minutes.
- 2 Transfer to a bowl, garnish with cilantro if using, and serve with toast. Enjoy!

Notes

Leftovers: Refrigerate the lentil salsa in an airtight container for up to four days.

Serving Size: One serving equals approximately one and a half cups of lentil salsa with one slice of toast.

More Flavor: Add cayenne or your choice of spices and herbs.

Additional Toppings: Avocado or plain yogurt.

No Lentils: Use chickpeas or black beans instead.



Everything Bagel Hummus & Veggies

2 servings

5 minutes

Ingredients

123 grams Hummus
6 grams Everything Bagel Seasoning
2 Carrot (medium, peeled and cut into sticks)
1/2 Cucumber (medium, sliced)

Directions

1

Add the hummus to a bowl and stir in the Everything Bagel seasoning. Serve with carrot sticks and cucumber slices. Enjoy!

Notes

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

Veggies: Use any raw vegetable instead or serve with crackers or pita bread.

Everything Bagel Seasoning: If you don't have store-bought Everything Bagel Seasoning, make your own by mixing together even amounts of poppy seeds, sesame seeds, garlic powder, and dried onion flakes. Add sea salt to taste.



Creamy Pesto Dip & Cherry Tomatoes

1 serving

5 minutes

Ingredients

28 grams Unsweetened Coconut
Yogurt
32 grams Pesto
75 grams Cherry Tomatoes

Directions

1

In a small bowl combine the yogurt and pesto. Serve with the cherry tomatoes and enjoy!

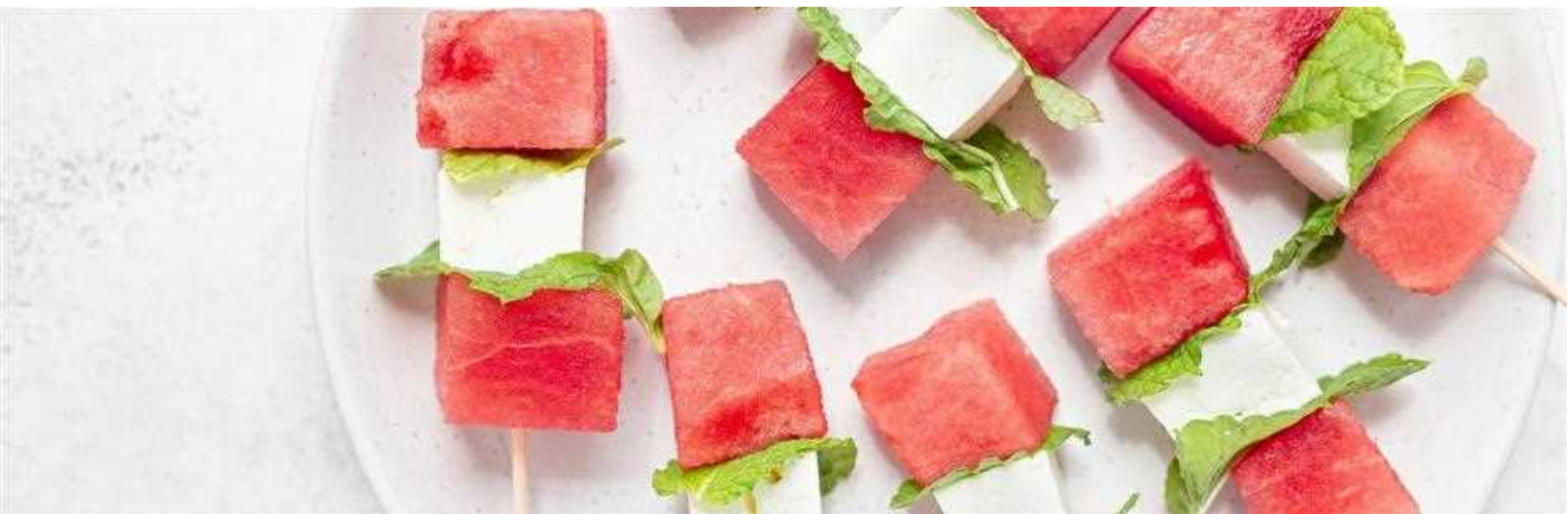
Notes

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

Pesto: Use store-bought or homemade pesto.

Make It Vegan: Ensure pesto is dairy-free or vegan-friendly.

No Cherry Tomatoes: Use bell pepper, cucumber or celery instead.



Watermelon & Feta Skewers

6 servings

15 minutes

Ingredients

1/2 Seedless Watermelon (medium, cut into cubes)

6 grams Mint Leaves

225 grams Feta Cheese (cubed)

Directions

1

Take a toothpick and thread the watermelon, a mint leaf, and feta cheese one at a time. Repeat until each toothpick is full. Serve and enjoy!

Notes

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

Serving Size: One serving equals approximately four toothpicks.

More Flavor: Drizzle balsamic glaze overtop.

Additional Toppings: Add cucumber slices.



Creamy Pesto Dip & Carrots

1 serving

5 minutes

Ingredients

28 grams Unsweetened Coconut
Yogurt

32 grams Pesto

2 Carrot (medium, peeled and cut into
sticks)

Directions

- 1 In a small bowl combine the yogurt and pesto. Serve with carrot sticks. Enjoy!

Notes

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

Pesto: Use store-bought or homemade pesto.

No Carrots: Use bell pepper, cucumber, or celery instead.



Spiced Halloumi Kabobs

6 servings

10 minutes

Ingredients

255 grams Halloumi
3 Barbecue Skewers (cut in half)
8 milliliters Avocado Oil
5 grams Za'atar Spice
450 milligrams Cayenne Pepper

Directions

- 1 Cut the halloumi into thick squares. Thread onto skewers and brush with oil. Sprinkle the za'atar and cayenne over the skewers, using your hands to ensure all pieces are coated.
- 2 Grill over medium-high heat for two to three minutes per side, until charred. Remove and let cool slightly. Enjoy!

Notes

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

Serving Size: One serving is one 6-inch skewer.

Serve it With: Over a salad, with rice and grilled vegetables, or with your favorite dipping sauce.



Melon & Tomato Salsa

4 servings

5 minutes

Ingredients

1/2 Cantaloupe (small, cut into small cubes)

149 grams Cherry Tomatoes (quartered)

80 grams Red Onion (finely chopped)

8 grams Cilantro (finely chopped)

2 Garlic (clove, minced)

2 Lime (juiced)

Sea Salt & Black Pepper (to taste)

Directions

1

Add the cantaloupe, tomatoes, red onion, cilantro, garlic, and juice of the lime to a bowl and mix to combine. Season with salt and pepper to taste. Enjoy!

Notes

Serving Size: One serving is approximately equal to 3/4 cups of salsa.

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

More Flavor: Add jalapeno or red pepper flakes.

Serve it With: Chips, on top of salads, or beside protein of choice.

Cantaloupe: One-half of a small cantaloupe is approximately two cups.

No Cantaloupe: Use peaches, mango, or honeydew instead.



Pretzel Nachos

1 serving

10 minutes

Ingredients

64 grams Pretzels
28 grams Cheddar Cheese (shredded)
8 grams Black Olives
1/2 Tomato (small, diced)
10 grams Red Onion (diced)
1/2 Avocado (medium, diced)
1 stalk Green Onion (sliced)

Directions

- 1 Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.
- 2 Arrange the pretzels onto the baking sheet and sprinkle cheddar cheese over top. Bake for three minutes or until the cheese is melted. Remove from oven.
- 3 Top the pretzels with black olives, tomato, red onion, avocado, and green onion. Enjoy!

Notes

Leftovers: This is best enjoyed right after cooking, but can be refrigerated for up to three days.

Gluten-Free: Use gluten-free pretzels or crackers.

Dairy-Free: Use vegan cheese or omit cheddar cheese completely.

Additional Toppings: Add sliced jalapeños, black beans, ground beef, or corn.



Rainbow Veggie Pinwheels

1 serving

15 minutes

Ingredients

57 grams Plain Greek Yogurt
 1 Whole Wheat Tortilla (large)
 Sea Salt & Black Pepper (to taste)
 1/4 Green Bell Pepper (small, thinly sliced)
 1/4 Yellow Bell Pepper (small, thinly sliced)
 1/4 Carrot (small, thinly sliced)
 21 grams Coleslaw Mix

Directions

- 1 Spread the yogurt over the tortilla and season generously with salt and pepper. Arrange the green bell pepper, yellow bell pepper, carrot, and coleslaw on top.
- 2 Tightly roll up the tortilla and cut into slices. Enjoy!

Notes

Leftovers: Enjoy immediately for best results or refrigerate in an airtight container for up to two days.

Gluten-Free: Use gluten-free tortilla.

Dairy-Free: Use coconut yogurt, hummus, or pesto instead of plain Greek yogurt.

More Flavor: Add your choice of dried herbs or seasonings.

Additional Toppings: Add avocado, shredded chicken, ham, turkey, crumbled tofu, or tempeh.

Serving Size: One serving is equal to one stuffed wrap sliced.



Avocado & Feta Dip

4 servings

5 minutes

Ingredients

2 Avocado (cubed)
40 grams Red Onion (sliced thin)
50 grams Feta Cheese (crumbled)
15 milliliters Extra Virgin Olive Oil
8 milliliters White Wine Vinegar
Sea Salt & Black Pepper (to taste)
2 grams Cilantro (chopped)

Directions

1

In a medium-sized bowl, combine the avocado, red onion, and feta cheese. Drizzle with oil and vinegar and season with salt and pepper. Top with cilantro and stir gently to combine. Enjoy!

Notes

Leftovers: Best enjoyed the day you make it.

Serving Size: One serving size is about 3/4 cup.

Serve With: Crackers or chips.

More Flavor: Add chili flakes.

Additional Toppings: Add chopped tomatoes.

Make it Vegan: Use a vegan cheese.



Cucumber & Herbed Yogurt Dip

1 serving

5 minutes

Ingredients

75 grams Unsweetened Coconut Yogurt

556 milligrams Fresh Dill (finely chopped)

4 grams Parsley (finely chopped)

2 grams Sea Salt (to taste)

1/2 Cucumber (large, sliced)

Directions

1

In a bowl, combine the coconut yogurt, dill, parsley, and salt. Serve alongside the cucumber slices. Enjoy!

Notes

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

More Flavor: Add fresh chives, basil, and green onion to the yogurt dip.

Additional Toppings: Add pita bread, crackers, cherry tomatoes, carrots, celery, or radishes.



Guacamole & Plantain Chips

2 servings

10 minutes

Ingredients

1 Avocado (medium, ripe)
18 grams Nutritional Yeast
15 milliliters Lemon Juice
2 grams Sea Salt
19 grams Plantain Chips (store-bought or homemade)

Directions

- 1 In a bowl, mash together the avocado, nutritional yeast, lemon juice, and sea salt with a fork.
- 2 Place the guacamole in a bowl and serve with plantain chips. Enjoy!

Notes

Leftovers: Best enjoyed immediately but the guacamole can be stored in a resealable container in the fridge for up to one to two days.

Serving Size: One serving is equal to approximately 1/4 cup of guacamole and 1/4 cup of plantain chips.

More Flavor: Add chopped cilantro to the guacamole for a fresh twist.



California Naan Pizza

1 serving
15 minutes

Ingredients

1 piece Naan
30 milliliters Water
60 grams Baby Spinach
15 grams Tomato Sauce
28 grams Mozzarella Cheese (shredded)
10 grams Sun Dried Tomatoes (sliced)
38 grams Feta Cheese (crumbled)

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Once preheated, put the naan on the baking sheet and bake for five minutes.
- 2 Meanwhile, heat the water in a pan over medium-high heat. Cook the spinach until wilted, about one to two minutes. Pat dry and set aside.
- 3 Spread the tomato sauce evenly over the naan. Top with mozzarella, sautéed spinach, sun dried tomatoes, and feta cheese. Return to the oven and bake for six to eight more minutes, or until the cheese is melted and the crust is crispy.
- 4 Cut into slices and enjoy!

Notes

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

Gluten-Free: Use a cauliflower crust or brown rice tortilla instead of naan, and adjust the baking time accordingly.

Dairy-Free: Use vegan cheese.

More Flavor: Add red pepper flakes or top with chili oil.

Naan: One piece of naan is 3.2 oz or 90 grams.



Dried Figs & Goat Cheese

1 serving

5 minutes

Ingredients

75 grams Dried Fig

14 grams Goat Cheese

Directions

- 1 Spread the goat cheese onto each dried fig. Enjoy!

Notes

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

Additional Toppings: Serve it with honey, pistachios, and/or prosciutto.



Edamame Hummus & Veggies

3 servings

5 minutes

Ingredients

310 grams Frozen Edamame (thawed, plus extra for garnish)

123 grams Hummus

44 milliliters Water

15 milliliters Extra Virgin Olive Oil (optional, for garnish)

3 grams Sesame Seeds (optional, for garnish)

137 grams Broccoli (cut into small florets)

174 grams Radishes (quartered)

Directions

1

In a food processor, add the edamame, hummus, and water. Blend until a creamy consistency forms. Add more water if necessary.

2

Transfer the edamame hummus to a serving bowl. Top with oil, sesame seeds, and extra edamame, if using. Serve with broccoli and radishes. Enjoy!

Notes

Leftovers: Refrigerate the edamame hummus in an airtight container for up to four days.

Serving Size: One serving is equal to approximately 2/3 cup edamame hummus and one cup veggies.

More Flavor: Add fresh herbs like mint or dill.

Make it Spicy: Add chili flakes or cayenne powder.



Portobello & Red Pepper Naan Pizza

1 serving
15 minutes

Ingredients

1 piece Naan
5 milliliters Extra Virgin Olive Oil
85 grams Portobello Mushroom Caps (chopped)
1/4 Red Bell Pepper (medium, diced)
15 grams Tomato Sauce
57 grams Vegan Cheese Shreds (divided)

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Once preheated, put the naan on the baking sheet and bake for five minutes.
- 2 Meanwhile, heat the oil in a pan over medium-high heat. Cook the mushrooms and bell peppers until soft, about five minutes.
- 3 Spread the tomato sauce evenly over the naan. Top with half the cheese shreds, the cooked mushrooms and bell peppers, and then the remaining cheese shreds.
- 4 Return to the oven and bake for six to eight more minutes, or until the cheese is melted and the crust is crispy. Cut into slices and enjoy!

Notes

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

Gluten-Free: Use a cauliflower crust or brown rice tortilla instead of naan, and adjust the baking time accordingly.

Naan: One piece of naan is 3.2 oz or 90 grams.



Naan Bruschetta

1 serving

15 minutes

Ingredients

1 piece Naan
1 Tomato (small, diced)
10 grams Red Onion (minced)
3 grams Basil Leaves (chopped)
1 Garlic (clove, minced)
750 milligrams Sea Salt

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Once preheated, put the naan on the baking sheet and bake for five minutes.
- 2 Meanwhile, combine the remaining ingredients in a bowl. Drain any excess liquid.
- 3 Top the naan with the bruschetta mix and return to the oven. Bake for six to eight more minutes, or until the crust is crispy. Cut into slices and enjoy!

Notes

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

Gluten-Free: Use a tortilla, gluten-free crackers, or gluten-free pizza crust instead of naan and adjust the baking time accordingly.

Additional Toppings: Add balsamic vinegar or balsamic glaze.

Naan: One piece of naan is 3.2 oz or 90 grams.



Coconut Pesto

4 servings

10 minutes

Ingredients

64 grams Basil Leaves (packed)
60 grams Unsweetened Shredded Coconut
3 Garlic (large cloves, crushed)
36 grams Nutritional Yeast
79 milliliters Extra Virgin Olive Oil
45 milliliters Lemon Juice
2 grams Sea Salt (to taste)

Directions

1

Add all ingredients in a food processor and process until smooth and creamy. If needed, add one tablespoon of water at a time and process to your desired consistency. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately three tablespoons.

Different Flavors: Swap the basil for any fresh herb or greens such as parsley, cilantro, kale, chard, or spinach. Swap the shredded coconut for any nut or seed such as pine nuts, hemp seeds, sunflower seeds, or pumpkin seeds. Swap out the nutritional yeast for parmesan cheese.

Serve it With: Use on vegetables, in bowls, on a protein of choice, combine with yogurt or sour cream to make a dip, or add water to create a salad dressing.



Cheesy Wonton Chips

12 servings

15 minutes

Ingredients

150 grams Wonton Wrapper
59 milliliters Extra Virgin Olive Oil
113 grams Cheddar Cheese (finely grated)
30 grams Parsley (finely chopped)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 Cut the wonton wrappers in half and place in a single layer on the baking sheet.
- 3 Lightly brush the wontons with oil and sprinkle each lightly with cheese, parsley, salt, and pepper.
- 4 Bake for six to eight minutes or until lightly browned and crisp.
- 5 Let the crackers cool completely before serving. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container up to five days or freeze if longer.

Serving Size: One serving is equal to approximately four chips.

More Flavor: Use parmesan cheese, cilantro, basil, or chives instead.



Goat Cheese & Cucumber Bites

4 servings

5 minutes

Ingredients

- 1 Cucumber (large, sliced on the bias)
- 56 grams Goat Cheese (at room temperature)
- 10 grams Everything Bagel Seasoning

Directions

- 1 Lay out half of the cucumber slices. Spread each slice with goat cheese and top with everything bagel seasoning.
- 2 Place the other halves of the cucumber on top and enjoy!

Notes

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

Serving Size: One serving is three bites.

More Flavor: Add finely chopped nuts and chopped chives to the cheese.



Peach Salsa

2 servings

10 minutes

Ingredients

1 Peach (large, finely chopped)
40 grams Red Onion (finely diced)
1/2 Jalapeno Pepper (finely chopped)
3 grams Cilantro (finely chopped)
29 milliliters Lime Juice
2 grams Sea Salt

Directions

1 Combine all of the ingredients in a bowl and mix well. Serve, and enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1/4 cup.

Serve it With: Tortilla chips, in salads or bowls, on burgers, on tacos, or with protein of choice.



Spicy Salsa

3 servings

10 minutes

Ingredients

2 Tomato (medium, diced)
2 grams Cilantro (chopped)
40 grams Red Onion (diced)
1/2 Jalapeno Pepper (seeds removed,
finely chopped)
22 milliliters Lime Juice
2 grams Sea Salt

Directions

1 Combine all of the ingredients in a bowl and mix well. Serve, and enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1/3 cup.

Serve it With: Serve with tortilla chips, crackers, on top of tacos, salads, bowls, and/or sandwiches.

More Spicy: Increase the amount of jalapeño and/or add the seeds from the pepper(s).



Celery Root Latkes

3 servings

20 minutes

Ingredients

936 grams Celery Root (shredded)
3 Egg
1 gram Dried Dill
Sea Salt & Black Pepper (to taste)
10 milliliters Extra Virgin Olive Oil
113 grams Unsweetened Coconut Yogurt

Directions

- 1 In a large bowl, combine the shredded celery root, eggs, dill, salt, and pepper. Mix until well combined.
- 2 Heat the oil in a large pan over medium heat. Form the celery root mixture into patties with your hands, about 1/2 cup per latke. Transfer to the frying pan and cook for five minutes on each side or until golden.
- 3 Top the latkes with coconut yogurt. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Freeze for up to three months.

Serving Size: One serving is equal to two latkes.

More Flavor: Add garlic and onions.

No Coconut Yogurt: Use plain Greek yogurt, sour cream, and/or goat cheese instead.



Harissa Mushroom Skewers & Hummus

2 servings

20 minutes

Ingredients

172 grams Oyster Mushrooms
4 Barbecue Skewers
4 grams Harissa
750 milligrams Sea Salt
246 grams Hummus
8 grams Parsley

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Thread the mushrooms onto the skewers. Brush the harissa all over the mushrooms and sprinkle with salt. Bake in the oven for 12 to 15 minutes or until cooked through.
- 3 Spread the hummus on a serving plate. Top with mushroom skewers and parsley. Enjoy!

Notes

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

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

More Flavor: Add vegetables to the skewers such as bell pepper and/or red onion.

Additional Toppings: Lemon juice and/or sesame seeds.



Spicy Black Bean & Avocado Dip

4 servings

5 minutes

Ingredients

1 Avocado (medium)
172 grams Black Beans (drained, rinsed)
1 Lime (juiced)
3 grams Sea Salt
2 grams Cilantro (chopped)
1 Jalapeno Pepper (seeds removed, finely diced)
40 grams Red Onion (finely diced)

Directions

1

Add the avocado, black beans, lime juice, and salt to a blender. Blend until smooth.

⋮

2

Transfer the mixture to a serving bowl. Add in the cilantro, jalapeño, and red onion. Mix well and enjoy!

Notes

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

Serving Size: One serving is equal to 1/3 cup.

More Flavor: Add tomato and garlic.

Serve it With: Fresh-cut vegetables, tortilla chips, crackers, or on top of tacos or wraps.



Matzo Ricotta Pizza

1 serving
20 minutes

Ingredients

62 grams Ricotta Cheese
3 grams Basil Leaves (chopped, plus extra for garnish)
1/4 Lemon (juiced and zested)
Sea Salt & Black Pepper (to taste)
30 grams Matzo
75 grams Marinara Sauce
7 grams Parmigiano Reggiano (grated)

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a bowl, combine together the ricotta, basil, lemon juice, and zest. Season with salt and pepper.
- 3 Place matzo on the baking sheet. Spread the marinara evenly over the matzo. Spoon the ricotta mixture on top and sprinkle with parmesan cheese.
- 4 Bake in the oven for 12 to 15 minutes. Garnish with basil leaves and enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to two days. Reheat in the oven until warmed through.

Serving Size: One serving is one matzo pizza.

Make it Vegan: Use plant based cheese instead.

Additional Toppings: Add mushrooms and chili flakes.



Caprese Skewers

3 servings

10 minutes

Ingredients

6 Barbecue Skewers (small)
149 grams Cherry Tomatoes
14 grams Basil Leaves
113 grams Small Bocconcini
30 milliliters Balsamic Vinegar
Sea Salt & Black Pepper (to taste)

Directions

- 1 Take a barbecue skewer and thread a tomato, a piece of basil, bocconcini, another piece of basil, and another tomato onto it one at a time. Repeat with each barbecue skewer.
- 2 Top with balsamic vinegar, sea salt, and pepper. Enjoy!

Notes

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

Serving Size: One serving is equal to two six-inch skewers.

More Flavor: Use a balsamic reduction sauce rather than balsamic vinegar.



Black Bean Lettuce Wraps

2 servings

10 minutes

Ingredients

15 milliliters Water
8 grams Taco Seasoning
344 grams Black Beans (cooked)
1 head Boston Lettuce (washed with leaves eparated)
48 grams Sour Cream
65 grams Salsa

Directions

- 1 Heat a cast-iron or non-stick pan over medium heat. Add the water and taco seasoning and mix together.
- 2 Add the black beans to the pan and coat in the taco seasoning well. Heat for three to five minutes, stirring often. Remove from the heat.
- 3 Divide the black beans evenly between the lettuce leaves and top with the sour cream and salsa. Enjoy!

Notes

Leftovers: Refrigerate everything separately for up to three days. Make the wraps when ready to eat.

Serving Size: One serving is approximately six lettuce wraps.

Make it Vegan: Use vegan sour cream or omit.

More Flavor: Cook the black beans in oil instead of water. Add minced garlic and onion when cooking. Add salt and pepper to taste.

Additional Toppings: Add cheese, chopped green onions, cilantro and/or pickled jalapeños.

Congratulations on getting your hands on our recipe eBook! We believe that cooking and enjoying delicious, wholesome food is one of the most powerful steps you can take towards a healthier lifestyle. While this recipe eBook provides everything you need to start creating amazing meals, we'd also like to share some additional tools and recommendations to complement your journey. From weight management solutions to inflammation support and carefully selected products, we've curated a range of quality options that we believe you'll find useful. Remember, cooking at home is just one part of living a balanced lifestyle. We encourage you to keep exploring new ways to improve your way of living, boost your confidence, and support your long-term wellbeing goals.

Helpful Wellness Resources

10 Ways to Practice Mindful Eating (PDF) Explore simple, practical tips to bring more awareness and calm to your meals.

Click here to view/download the guide ›

<https://www.ruthforeverhealth.com/10-ways-to-practice-mindful-eating>



Lifewave X39® Patches Support your body's natural healing and energy with this innovative wellness technology.

Learn more about X39 patches › https://drive.google.com/file/d/17Rh72w3NaFMT0IeXhmU79yV6_XFIP6x3/view?usp=drivesdk



CLICK LINK TO ORDER!

<https://tinyurl.com/mtbtpksv>

or Scan QR Code below

Retail



**Join
wholesale**



LifeWave ID# 2350290

Questions ask Ruth: ruthforeverhealth12@gmail.com

