

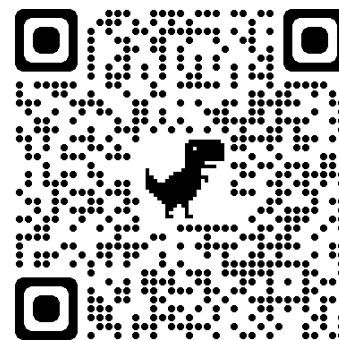
## Recipe:

- 1** Chop strawberries into small cubes then add them to a mixing bowl.
- 2** Peel the skin off the kiwis. Next, chop them into small cubes. Add the kiwis to the strawberries in the bowl.
- 3** Add honey, minced mint, and lime juice.
- 4** Gently mix everything together. Be sure not to bruise or mash the fruit.
- 5** Serve right away or store for a few hours before serving. in the refrigerator

### Ingredients:

**Strawberries**                      *6 kiwis*  
**2 tbsp honey**                      *1 tbsp lime juice*  
**Minced mint leaves**  
*(loose, not packed)*

**Prep Time:**    10 Minutes  
**Servings:**        4



## STRAWBERRY KIWI FRUIT SALAD



### Nutritional Information:

Calories: **154kcal** | Carbohydrates: **38g** | Protein: **2g** |  
 Fat: **1g** | Sodium: **6mg** | Potassium: **615mg** | Fiber: **6g** |  
 Sugar: **26g** | Vitamin A: **250IU** | Vitamin C: **195.2mg** |  
 Calcium: **71mg** | Iron: **1mg**

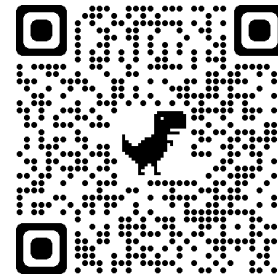
## Recipe:

- 1** Peel and slice bananas into thick rounds.
- 2** Line two platters/plates or baking sheets with parchment paper. Spread the peanut butter on a banana slice and top with another as if making tiny sandwiches. Repeat until you have used up the banana slices and have around 30 bites. Place bites on the prepared platter(s) and put in the freezer to harden.
- 3** Once your peanut butter banana bites have hardened, make your melted chocolate. Add the dark chocolate chips and coconut oil to a small bowl. Microwave for one minute, then stir and microwave for another 30 seconds. Continue stirring and microwaving until all the chocolate is melted.
- 4** Take your frozen banana bites and dip them into the melted chocolate so half of each bite is coated, place them back on the baking sheet. Continue until all bites have been dipped. Place them back in the freezer so they can harden again and become ready to eat.

### Ingredients:

<i>Bananas</i>	<i>Dark chocolate chips</i>
<i>Peanut butter</i>	<i>Coconut oil</i>

**Prep Time:** 15 Minutes  
**Cook Time:** 0 Minutes  
**Total Time:** 15 Minutes  
**Servings:** 30



## **DARK CHOCOLATE PEANUT BUTTER BANANA BITES**



### Nutritional Information:

Calories: **99kcal** | Carbohydrates: **12g** | Protein: **2g** | Fat: **6g**  
| Saturated Fat: **3g** | Sodium: **28mg** | Fiber: **2g** | Sugar: **7g**

## Recipe:

- 1** Heat oil in a large pan over medium heat. Add onions and sauté until softened. Add the garlic. Sauté for one minute more.
- 2** Add collards, lemon juice, salt, and pepper. Cook for about four minutes.
- 3** Add tomatoes and beans. Cook, while stirring occasionally, until collards are lightly wilted or until beans and tomatoes are heated through. The end of cooking time will vary depending on how soft you want the collards. Cooking longer will make them tougher.
- 4** Serve with a squeeze of lemon.

### Ingredients:

*Collard greens*

*1 can beans (chickpeas preferably), drained, rinsed*

*1 tbsp olive oil (or ¼ cup water or veggie broth)*

*Diced onion (green or white)*

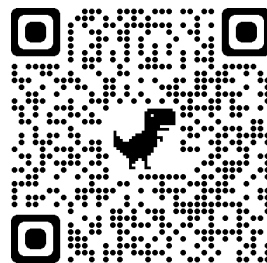
*1 can diced tomatoes (with juice drained)*

*2 cloves garlic, minced*

*2-3 tbsp lemon juice*

*Salt and pepper*

*Red pepper flakes*



**Prep Time:** 10 Minutes

**Cook Time:** 15 Minutes

**Total Time:** 25 Minutes

**Servings:** 2-3

## VEGAN COLLARD GREENS



### Nutritional Information:

Calories: **64kcal** | Carbohydrates: **9g** | Protein: **2g** | Fat: **3g** | Saturated Fat: **0.4g** | Cholesterol: **0mg** | Sodium: **875mg** | Potassium: **204mg** | Fiber: **4g** | Sugar: **1g** | Vitamin A: **110%** | Vitamin C: **50%** | Calcium: **12%** | Iron: **4%**



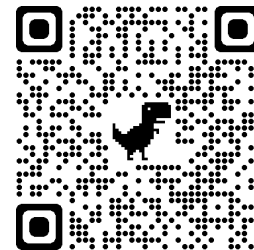
## Recipe:

- 1** Preheat oven to 425°F. Lightly grease a large baking sheet with nonstick cooking oil spray, then set it aside.
- 2** Trim ends of carrots and cut into thirds.
- 3** Melt butter in a pan or skillet over medium-heat. Pour in honey and cook, while stirring, until completely melting the butter. Add the garlic. Cook and stir for 30 seconds until fragrant.
- 4** Add the carrots. Allow sauce to thicken for a further minute, while tossing the carrots. Season with salt and pepper.
- 5** Transfer carrots to baking sheet in a single layer so they cook evenly. Toss to evenly coat.
- 6** Roast for 20 minutes or until carrots are tender. Broil (or grill) for 2-3 minutes on high heat to crisp/char the edges.
- 7** Season with a little extra salt and pepper if desired. Garnish with parsley. Then arrange onto platter and serve.

**Prep Time:** 5 Minutes  
**Cook Time:** 20 Minutes  
**Total Time:** 25 Minutes  
**Servings:** 4-6

### Ingredients:

<i>Carrots</i>	<i>3 tbsp honey</i>
<i>Butter</i>	<i>Salt</i>
<i>Cracked black pepper</i>	<i>Fresh chopped parsley</i>
<i>4 garlic cloves (minced)</i>	



## HONEY GARLIC BUTTER ROASTED CARROTS



### Nutritional Information:

Calories: **281kcal** | Carbohydrates: **35g** | Protein: **2g** | Fat: **15g** | Saturated Fat: **9g** | Cholesterol: **40mg** | Sodium: **306mg** | Potassium: **748mg** | Fiber: **6g** | Sugar: **23g** | Vitamin A: **38530IU** | Vitamin C: **17mg** | Calcium: **88mg** | Iron: **0.9mg**

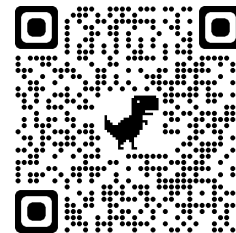
## Recipe:

- 1** Heat a large pan on medium heat. Add the bacon, sauté until crispy. Use a slotted spoon to remove the bacon the put it on a paper towel or small bowl.
- 2** Add the diced onion and red bell pepper to the pan. Sauté for one minute to soften.
- 3** Add the diced sweet potato and spices to the pan. Cook the sweet potato for 10-12 minutes, stirring often. Place a lid on the pan for the last 5 minutes to soften the sweet potato until tender.
- 4** Add the bacon back into the pan along with the kale and stir for an additional 1-2 minutes or until the kale is wilted.
- 5** Use a spatula to create 4 holes in the hash. Crack an egg into each hole and cook until the eggs are done to your liking. You can add a lid to the pan to cook the eggs faster.
- 6** Remove the breakfast hash from the heat. Season with salt and pepper and top with sliced green onion. Serve immediately.

**Prep Time:** 15 Minutes  
**Cook Time:** 20 Minutes  
**Total Time:** 15 Minutes  
**Servings:** 4

### Ingredients:

<i>Sweet potato</i>	<i>Onion, diced</i>
<i>Green onion, sliced</i>	<i>Bacon slices, cut thick</i>
<i>Kale leaves, roughly chopped</i>	<i>¼ tsp cumin</i>
<i>¼ tsp garlic powder</i>	<i>¼ tsp paprika</i>
<i>Salt and pepper</i>	<i>4 eggs</i>
<i>Red bell pepper</i>	



## SWEET POTATO BREAKFAST HASH



### Nutritional Information:

Calories: **222kcal** | Carbohydrates: **15g** | Protein: **11g** | Fat: **13g** | Saturated Fat: **4g** | Cholesterol: **178mg** | Sodium: **242mg** | Potassium: **481mg** | Fiber: **2g** | Sugar: **4g** | Vitamin A: **921IU** | Vitamin C: **82mg** | Calcium: **91mg** | Iron: **2mg**