

PLANT Love

5 whole food plant based recipes



GREEN GODDESS



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INGREDIENTS

- 1 cup frozen bananas
- 1/2 cup frozen mango
- 1 handful of kale
- 1 handful of dandelion greens
- 1 teaspoon of chia or flax seeds
- 1 teaspoon of hemp seeds
- 1 tablespoon organic amla powder - ([linked here!](#))
- 1/2 teaspoon bakuchi powder - ([linked here!](#))
- 1 teaspoon lucuma powder – ([linked here!](#))
- 1 dash of cinnamon or clove
- 1 cup of filtered water

Optional: Four Sigmatic Adaptogen Blend Mix Balance Powder - ([linked here!](#))

INSTRUCTIONS

1. In blender, blend all ingredients until smooth and enjoy being a green goddess.

PANCAKES



PANCAKES

INGREDIENTS

- 1 bag (8.8 ounces) melted down vegan chocolate chips
- $\frac{3}{4}$ cup peanut butter
- $\frac{1}{2}$ cup pure maple syrup (add in more if you like your chocolate very sweet)

INSTRUCTIONS

1. In double boiler, over low heat melt chocolate chips and add in maple syrup, stirring occasionally.
2. Add chocolate/maple mix to mold and fill up half way. (silicone molds we used linked here!)
3. Refrigerate for at least 20 minutes or until chocolate has hardened.
4. Remove from fridge and add in a scoop of peanut butter or favorite nut butter to center.
5. Fill up rest of the way with more chocolate, covering the peanut butter. You may have to re-melt some of your left over mixture.
6. Refrigerate for about an hour or until completely solid. Store in fridge or freezer.

Note: Popping in freezer takes some time off the hardening phase and makes a delicious frozen treat, too!

CHOCOLATE CHERRY CHIP NICE CREAM



Chocolate Cherry Chip Nice Cream

INGREDIENTS

- 4 frozen bananas
- ½ cups frozen pitted cherries
- 1 ½ cups chocolate almond milk (see recipe in drinks section)

INGREDIENTS

Add ingredients to high-speed blender. When thoroughly blended, add in a handful of chocolate chips and cacao nibs and pulse blend a few times.

MINI ICE CREAM SANDIES



Mini Ice Cream Sandies

BASE ICE CREAM INGREDIENTS

- 3 ½ cups of coconut milk (see drinks section for recipe)
- 1/2 cup pure maple syrup

MINT ICE CREAM

- coconut, maple base
- 1 handful of spinach
- 5-10 mint leaves (depending on how minty you like it)
- cacao nibs or vegan chocolate chips

1. Add milk/maple blend, spinach and mint leaves to high-speed blender.
2. Blend until uniform. Add nibs/chips in after blended. Add mix to ice cream machine.

We recommend using an ice cream machine rather than any other method ([linked here!](#))

Note: You can always use frozen bananas as substitute for the milk, making into “nicecream” in high-speed blender, and omit the ice cream maker.

Peanut Butter Cups



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INGREDIENTS

- 1 bag (8.8 ounces) melted down vegan chocolate chips
- $\frac{3}{4}$ cup peanut butter
- $\frac{1}{2}$ cup pure maple syrup (add in more if you like your chocolate very sweet)

INSTRUCTIONS

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