

### 5 whole food plant based recipes



# GREEN GODDESS



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#### **INGREDIENTS**

- 1 cup frozen bananas
- 1/2 cup frozen mango
- I 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!)
- ½ 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**

I. 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
- ¾ cup peanut butter
- ½ 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

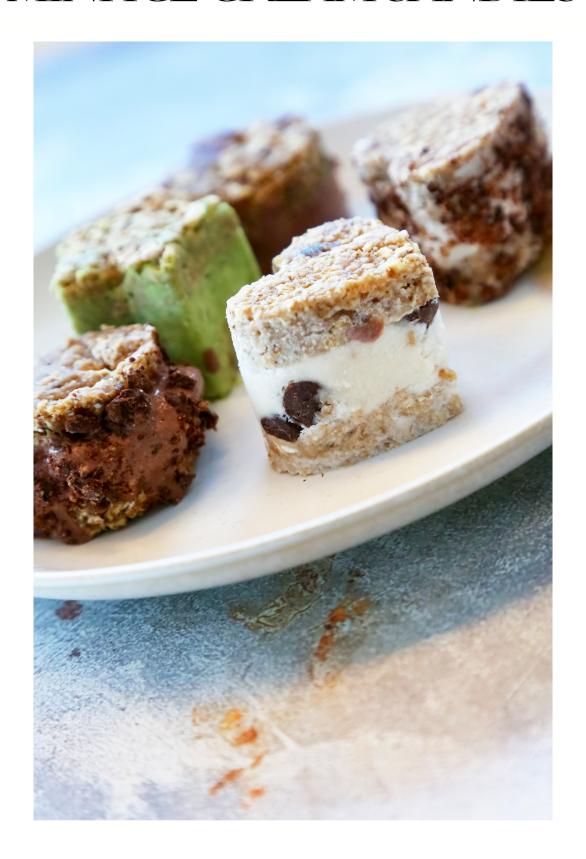
#### INGREDIENTS

- 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
- I 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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