



## Day 4 Extra Materials: Delicious Grain-Free, Sugar-Free Recipes

### Breakfast Quinoa

So good and besides having no sugar or grains, it also has cinnamon to help reduce inflammation and cashews and quinoa are great sources of plant-based protein. Much better than a high carbohydrate, grain-laden cereal!

#### Ingredients:

- ½ cup quinoa
- ½ cup water
- ½ cup plant-based milk
- ½ teaspoon ground cinnamon
- ½ tsp. vanilla extract
- ½ cup dried cherries
- ½ cup cashews
- 5 drops of stevia or equivalent in powdered stevia (sweetness depends on brand so just put in a little at first, and taste for sweetness)
- ½ cup fresh blackberries or strawberries or blueberries

#### Directions:

1. Bring quinoa, water, milk, cinnamon, and vanilla extract to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until quinoa is tender and has absorbed the water, 10 to 15 minutes. Remove saucepan from heat.
2. Mix cherries, cashews, and stevia into the quinoa mixture; top with berries and serve.

## **Grain-Free Vegan Sweet Potato Buddha Bowl Lunch (or dinner)**

The great thing about Buddha bowls is that you can basically put anything in them. I'm giving you this recipe to get your creative juices flowing!

This makes 2 servings at least – depending on how much you eat, so you can have this for at least 2 lunches (or dinners).

### **Ingredients:**

- 2 small sweet potatoes, peeled and diced
- 1 medium sweet Italian red onion, sliced into 1 inch thick slices
- 1 1/2 heads broccoli cut into florets
- 10 leaves kale with stems removed
- 2 handfuls baby spinach
- 14.5 oz canned organic chickpeas drained and patted dry
- 3 cups cooked quinoa or any grain-free substitute (if using rice, be sure it is wild rice or grown rice)
- 3 Tbsp avocado oil divided
- salt to taste
- ground black pepper to taste
- 1 tsp onion powder divided
- 1 tsp garlic powder divided
- 1 tsp paprika divided

### **Directions:**

Wash and peel/chop all veggies, making sure to leave them in bite-sized chunks. Preheat oven to 400F and line a baking sheet with parchment paper.

Spread the veggies out over the baking sheet and drizzle 2 Tbsp Avocado oil over the veggies, then season with 1/2 teaspoon of onion powder, garlic powder, and paprika. Add salt and pepper to taste.

Toss the veggies to coat evenly with the oil and seasoning, and place in the oven for 10 minutes.

Remove from oven, toss and turn, and place back in for 10 minutes or until roasted and tender.

While the veggies cook, place 1Tbsp Avocado oil in a medium-sized skillet and heat until hot.

Place the drained and dried chickpeas into the skillet and season with the remaining onion powder, garlic powder, and paprika, adding salt and pepper to taste.

Cook on medium-high heat, tossing as needed, until roasted and fragrant. While the veggies roast, cook quinoa or your grain/grain-free substitute of choice according to package directions.

Once everything is cooked, put into a bowl (about 1/2 cup roasted veggies, 1/2 cup quinoa, and 2-3tbsp chickpeas), top with some extra-virgin olive oil or dairy-free, sugar-free dressing, or leave as-is. You can also sprinkle with lemon juice.

### **Veggie “Pasta” with Vegan “Alfredo” Sauce**

Quick, easy, and incredibly delicious. Make zucchini spirals, spaghetti squash, or quinoa or chia pasta and top with this delicious sauce. Serve with a green salad and you have an easy, delicious meal for any night of the week.

This sauce is great no matter what you put it on! Just have your veggies or pasta basically cooked when you start the sauce, as it is ready fast.

The “Alfredo” sauce Ingredients:

- 1 cup milk of choice
- 2/3 cup fully mashed avocado (160g)
- 1/4 tsp. garlic powder
- 1/2 tsp. salt, or more to taste
- 2 tsp. olive oil or Vegan Butter (see Vegan Basics). This adds richness and helps the sauce adhere to pasta, but it can be omitted.

Mix all ingredients together in a small saucepan, whisk until smooth. Heat until sauce thickens and begins to boil, then stir in the spiralized zucchini, spaghetti squash, or pasta and remove from the heat. Serve immediately, sprinkling with nutritional yeast.

For even more flavor, try making a batch of the Alfredo sauce and mixing it with half of the vegan pesto recipe on the next page. It is extremely flavorful and packed full of nutrients. And you can save the other half of the pesto for another day. Just put a thin layer of olive oil on top to keep it from browning. It stays about a week in the fridge.

## **Bonus: Vegan Pesto**

### **Ingredients:**

- 2 cups tightly packed fresh basil
- 1/2 cup walnuts or pine nuts
- 2 cloves garlic, roughly chopped
- 1/2 cup extra-virgin olive oil
- 1 pinch sea salt and freshly ground pepper, plus more to taste
- 1 tablespoon lemon juice
- 3 tablespoons nutritional yeast

### **Directions:**

Place the basil, walnuts or pine nuts, and garlic in a food processor fitted with the S blade. Pulse to combine, until the mixture is coarsely ground.

With the motor on, drizzle in the olive oil in a thin stream.

Add the sea salt, pepper, lemon, and nutritional yeast, and pulse a few more times to combine. Taste and adjust the seasoning to taste.