

so hormoniöus

Vegan Nutritional Support Planner



By



So Harmonious Vegan Meal Planner

Aeryon Wellness

This nutritional planner is a guideline for a balanced healthy approach. As always, we must listen to our bodies and our hunger cues.

The recipes provided may contain ingredients that may cause allergic reactions in some individuals.

These recipes are suggestions only. Do not make a recipe that contains ingredients that you are allergic to. If you are unsure about potential allergic reactions please consult your family physician.

All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions.

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So Harmonious Vegan Meal Planner

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Carrot Cake Chia Pudding	Carrot Cake Chia Pudding	Coconut Hemp Seed Breakfast Pudding	Coconut Hemp Seed Breakfast Pudding	Grain-Free Coconut Almond Porridge	Grain-Free Coconut Almond Porridge	Buckwheat Pineapple Pancakes
Snack 1	Stuffed Avocado with Sumac-Spiced Black Beans	Stuffed Avocado with Sumac-Spiced Black Beans	Stuffed Avocado with Sumac-Spiced Black Beans	Blueberry Coconut Chia Pudding	Blueberry Coconut Chia Pudding	Super Seed Chocolate Bark	Super Seed Chocolate Bark
Lunch	Mediterranean Chickpea Quinoa Bowl	Mediterranean Chickpea Quinoa Bowl	Asparagus, Soba & Tempeh	Asparagus, Soba & Tempeh	Sauerkraut Chickpea Bowl	Sauerkraut Chickpea Bowl	Sauerkraut Chickpea Bowl
Snack 2	Blueberry Buckwheat Blender Muffins	Blueberry Buckwheat Blender Muffins	Blueberry Buckwheat Blender Muffins	Super Seed Chocolate Bark	Super Seed Chocolate Bark	Blueberry Coconut Chia Pudding	Blueberry Coconut Chia Pudding
Dinner	Sweet Potato Black Bean Quinoa Bake	Sweet Potato Black Bean Quinoa Bake	Chickpea Omelette with Asparagus	Chickpea Omelette with Asparagus	Chickpea Omelette with Asparagus	Burrito Bowl with Quinoa Tofu Taco Filling	Burrito Bowl with Quinoa Tofu Taco Filling
Snack 3	Nori & Seed Crackers	Nori & Seed Crackers	Nori & Seed Crackers	Strawberry Blueberry Smoothie	Strawberry Blueberry Smoothie	Apple with Almond Butter	Apple with Almond Butter

So Harmonious Vegan Meal Planner

80 items

Fruits

- 4 Apple
- 10 1/2 Avocado
- 2 1/2 Banana
- 4 cups Blueberries
- 2 Lime
- 2 tbsps Lime Juice
- 1/2 cup Pineapple
- 1/2 cup Raspberries
- 1 cup Strawberries

Breakfast

- 1/2 cup Almond Butter
- 1 1/16 cups Maple Syrup

Seeds, Nuts & Spices

- 2 2/3 cups Chia Seeds
- 3 2/3 tbsps Chili Powder
- 2 1/2 tpsps Cinnamon
- 3 tbsps Cumin
- 1 1/3 tbsps Garlic Powder
- 2/3 cup Ground Flax Seed
- 1/2 tsp Ground Ginger
- 3/4 tsp Ground Sumac
- 1 cup Hemp Seeds
- 1 tsp Italian Seasoning
- 2 tpsps Oregano
- 1 3/4 cups Pumpkin Seeds
- 2 2/3 tpsps Sea Salt
- 0 Sea Salt & Black Pepper
- 3/4 cup Sesame Seeds
- 1 3/4 cups Sunflower Seeds
- 3/4 tsp Turmeric
- 1/2 cup Walnuts
- 1/3 cup Whole Flax Seeds

Frozen

Vegetables

- 4 1/2 cups Asparagus
- 2 Carrot
- 3 tbsps Cherry Tomatoes
- 2 Cucumber
- 1/3 cup Fresh Dill
- 2 tpsps Ginger
- 9 stalks Green Onion
- 12 cups Kale Leaves
- 8 Red Bell Pepper
- 1 cup Red Onion
- 3 heads Romaine Hearts
- 12 Sweet Potato

Boxed & Canned

- 6 1/4 cups Black Beans
- 14 1/8 ozs Buckwheat Soba Noodles
- 8 cups Canned Coconut Milk
- 8 cups Chickpeas
- 3 tbsps Corn
- 2 cups Lite Coconut Milk
- 3 cups Quick Oats
- 5 cups Quinoa
- 2 cups Salsa
- 4 cups Vegetable Broth

Baking

- 1/2 cup Almond Flour
- 1/2 tsp Baking Powder
- 5 cups Buckwheat Flour
- 1 1/2 cups Chickpea Flour
- 11 1/4 ozs Dark Chocolate
- 1/4 tsp Ground Cloves
- 2 tpsps Monk Fruit Sweetener
- 3 2/3 tpsps Nutritional Yeast
- 2 tpsps Stevia Powder
- 1/4 cup Unsweetened Coconut Flakes

Bread, Fish, Meat & Cheese

- 1 cup Hummus
- 1 1/2 lbs Tempeh
- 1 lb Tofu

Condiments & Oils

- 2/3 cup Apple Cider Vinegar
- 2 2/3 tpsps Coconut Oil
- 1 3/4 cups Extra Virgin Olive Oil
- 1/3 cup Miso Paste
- 1 cup Pitted Kalamata Olives
- 1/4 cup Rice Vinegar
- 2 1/4 cups Sauerkraut
- 3/4 cup Tahini

Cold

- 8 cups Unsweetened Almond Milk

Other

- 12 Nori Sheets
- 1/2 cup Vanilla Protein Powder
- 3 1/4 cups Water

4 cups Frozen Blueberries

1 1/16 cups Unsweetened Shredded Coconut

1 1/2 tbsps Vanilla Extract

Carrot Cake Chia Pudding

9 ingredients · 3 hours · 2 servings



Directions

1. In a medium sized mixing bowl, combine the shredded carrot, cinnamon, cloves, ginger and stevia. Add the almond milk, then whisk in the chia seeds. Let sit for 5 minutes, then stir again to redistribute the chia seeds. Cover the bowl and refrigerate for 3 hours or overnight.
2. Divide into bowls or mason jars and garnish with shredded coconut and chopped walnuts. Enjoy!

Notes

Storage

Keeps well in the fridge for 3 to 4 days.

Extra Creamy

Replace half of the almond milk with full-fat canned coconut milk.

Ingredients

- 1 Carrot (medium, grated)
- 1/2 tsp Cinnamon
- 1/8 tsp Ground Cloves
- 1/4 tsp Ground Ginger
- 1 tsp Stevia Powder (to taste)
- 2 cups Unsweetened Almond Milk
- 1/2 cup Chia Seeds
- 1/4 cup Walnuts (chopped)
- 2 tbsps Unsweetened Coconut Flakes

Coconut Hemp Seed Breakfast Pudding

8 ingredients · 3 hours · 1 serving



Directions

1. In a small mixing bowl, whisk the coconut milk, monk fruit sweetener and vanilla together. Stir in hemp seeds, ground flax seeds and chia seeds. Mix well.
2. Cover the coconut milk and seed mixture. Refrigerate until set. This will take at least 3 hours. You can also set it overnight.
3. Thin with additional coconut milk or water, if necessary. Top the pudding with the shredded coconut and raspberries. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately 3/4 cup of hemp seed pudding.

Additional Toppings

Top with chopped nuts, cacao nibs or additional monk fruit sweetener.

No Raspberries

Use strawberries or blueberries instead.

Ingredients

- 1/2 cup Canned Coconut Milk (full fat)
- 1 tsp Monk Fruit Sweetener
- 1/4 tsp Vanilla Extract
- 1/4 cup Hemp Seeds
- 1 1/2 tbsps Ground Flax Seed
- 1 1/2 tbsps Chia Seeds
- 1 tsp Unsweetened Shredded Coconut
- 1/4 cup Raspberries

Grain-Free Coconut Almond Porridge

5 ingredients · 10 minutes · 1 serving



Directions

1. Add all of the ingredients to a saucepan over medium heat. Whisk continuously until your desired thickness is reached, about 3 to 5 minutes.
2. Divide into bowls and enjoy!

Notes

No Rice Milk

Use an alternative milk of your choice.

Likes it Sweet

Add raisins, dates, maple syrup, honey or your sweetener of choice.

Leftovers

Refrigerate in an airtight container up to 3 to 5 days.

Serving Size

One serving is equal to approximately 1 1/4 cup of porridge.

Ingredients

3/4 cup Unsweetened Almond Milk

1/4 cup Almond Flour

1/4 cup Unsweetened Shredded Coconut

1 tbsp Ground Flax Seed

1/2 tsp Cinnamon

Buckwheat Pineapple Pancakes

10 ingredients · 30 minutes · 4 servings



Directions

1. Mix the flax seed and water together in a large bowl and set aside for five minutes.
2. In the meantime, mix the flour, baking powder, salt and cinnamon together.
3. Add the banana and coconut milk to the flax mixture and mix well. Add the dry ingredients to the wet ingredients and mix until just combined. Add the pineapple and stir until evenly mixed in.
4. Heat a large pan over medium heat and grease with oil. Scoop 1/3 cup of batter at a time into the pan. Flip the pancakes when they bubble on top and continue cooking until they are lightly browned. Repeat with the remaining batter.
5. Serve the pancakes with maple syrup and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for three days. Alternatively, you can freeze the pancakes in an airtight container for up to one month and toast them in the toaster when ready to eat.

Serving Size

One serving is approximately three pancakes.

Ingredients

- 2 **tbps** Ground Flax Seed
- 1/4 **cup** Water
- 2 **cups** Buckwheat Flour
- 1/2 **tsp** Baking Powder
- 1/8 **tsp** Sea Salt
- 1/2 **tsp** Cinnamon
- 1 Banana (mashed)
- 2 **cups** Lite Coconut Milk
- 1/2 **cup** Pineapple (chopped)
- 1/4 **cup** Maple Syrup

Stuffed Avocado with Sumac-Spiced Black Beans

6 ingredients · 10 minutes · 2 servings



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.

Ingredients

- 1 Avocado (large, halved)
- 1 1/2 **tbps** Black Beans (cooked, rinsed)
- 1 **tbsp** Cherry Tomatoes (sliced into quarters)
- 1 **tbsp** Corn (fresh or frozen/thawed)
- 1/4 **tsp** Ground Sumac
- Sea Salt & Black Pepper (to taste)

Blueberry Coconut Chia Pudding

5 ingredients · 35 minutes · 2 servings



Directions

1. Add the coconut milk, blueberries, and vanilla to a blender and blend well until combined.
2. Pour the blueberry mixture into a medium-sized bowl and add the chia seeds. Stir well to combine. Refrigerate for at least 30 minutes or overnight to thicken.
3. Divide evenly between bowls or in to-go containers. Top with extra blueberries and shredded coconut, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to approximately 1 1/3 cups of chia pudding.

Likes it Sweeter

Add maple syrup or honey.

More Flavor

Add cardamom.

Ingredients

- 1 cup** Canned Coconut Milk
- 1 cup** Blueberries (plus extra for garnish)
- 1 tsp** Vanilla Extract
- 1/4 cup** Chia Seeds
- 2 tbsps** Unsweetened Shredded Coconut (plus extra for garnish)

Super Seed Chocolate Bark

5 ingredients · 40 minutes · 8 servings



Directions

1. Line a plate or baking sheet with parchment paper.
2. Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape. Bring water to a boil then reduce heat to low.
3. Add the chocolate and coconut oil the double boiler and stir occasionally until the chocolate has melted completely.
4. Remove the bowl from the double boiler and stir in the seeds. Mix well until the seeds are completely covered in the chocolate.
5. Transfer the chocolate and seeds to the prepared parchment paper and spread into an even layer. Place the bark in the freezer for about 30 minutes or until solid.
6. When solid, break into pieces and store in an airtight container in the freezer or fridge until ready to eat. Enjoy!

Ingredients

- 2 3/4 ozs Dark Chocolate
- 2 tsps Coconut Oil
- 1/4 cup Pumpkin Seeds
- 1/4 cup Sunflower Seeds
- 2 tbsps Hemp Seeds

Notes

Leftovers

Refrigerate in an airtight container for up to two weeks or in the freezer for up to three months.

Serving Size

One serving is equal to approximately 1/4 cup of bark.

More Flavor

Add sea salt or vanilla extract.

No Seeds

Use chopped nuts instead.

Mediterranean Chickpea Quinoa Bowl

12 ingredients · 10 minutes · 4 servings



Directions

1. Cook the quinoa according to the directions on the package, and set aside.
2. Divide the chopped romaine equally between serving bowls or plates. Top with equal amounts of quinoa, chickpeas, cucumber, red bell pepper, red onion, hummus and olives.
3. Add the olive oil, apple cider vinegar, Italian seasoning and sea salt to a jar. Seal and shake well to combine.
4. Drizzle the dressing over top of the assembled buddha bowls and serve immediately. Enjoy!

Notes

Leftovers

For best results, refrigerate the ingredients separately in airtight containers for up to four days.

No Hummus

Use tzatziki instead.

Prep Ahead

All ingredients can be chopped and prepared in advance. Assemble bowls when ready to eat.

More Flavour

Serve with a lemon wedge and black pepper. Top with crumbled feta cheese.

Ingredients

- 1 cup Quinoa (dry, uncooked)
- 1 head Romaine Hearts (chopped)
- 1 cup Chickpeas (cooked, from the can)
- 1 Cucumber (chopped)
- 1 Red Bell Pepper (chopped)
- 1/2 cup Red Onion (finely chopped)
- 1/2 cup Hummus
- 1/2 cup Pitted Kalamata Olives
- 1/4 cup Extra Virgin Olive Oil
- 3 tbsps Apple Cider Vinegar
- 1/2 tsp Italian Seasoning
- 1/8 tsp Sea Salt

Asparagus, Soba & Tempeh

8 ingredients · 15 minutes · 4 servings



Directions

1. Cook the soba noodles according to the directions on the package. With two minutes remaining, add the asparagus. Drain and rinse with cold water until completely cooled.
2. Meanwhile, stir together the miso paste, rice vinegar, ginger, and water in a bowl.
3. In a separate bowl, combine the tempeh and half the dressing until well coated. Let sit for five minutes. Heat a non-stick pan over medium heat and add the tempeh. Cook for about eight to 10 minutes, flipping halfway through. Remove and set aside.
4. Divide the soba noodles into bowls and top with the tempeh, asparagus, and sesame seeds. Drizzle with your desired amount of leftover dressing. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Additional Toppings

Add sliced green onions or red pepper flakes.

Ingredients

- 7 **1/16 ozs** Buckwheat Soba Noodles (dry, uncooked)
- 1 **1/2 cups** Asparagus (trimmed, cut into bite sized pieces)
- 3 **tbsps** Miso Paste
- 2 **tbsps** Rice Vinegar
- 1 **tsp** Ginger (fresh, minced)
- 3 **tbsps** Water
- 12 **ozs** Tempeh (cut into strips)
- 2 **tsp** Sesame Seeds

Sauerkraut Chickpea Bowl

9 ingredients · 25 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Arrange the diced sweet potato onto the baking sheet in an even layer and bake for 20 to 25 minutes, tossing halfway.
3. In a bowl, whisk together the tahini, apple cider vinegar, water, maple syrup, and salt. Set aside.
4. Divide the kale, chickpeas, sauerkraut and sweet potato into bowls. Drizzle the tahini dressing overtop and enjoy!

Notes

Leftovers

Store dressing separately and refrigerate in an airtight container for up to four to five days.

More Flavor

Add minced garlic and/or grated ginger to the dressing.

Additional Toppings

Microgreens, toasted sesame seeds, hemp seeds, leftover vegetables, brown rice, or quinoa.

Ingredients

- 2 Sweet Potato (medium, diced)
- 1/4 cup Tahini
- 1 1/2 tbsps Apple Cider Vinegar
- 2 tbsps Water
- 1 tsp Maple Syrup
- 1/8 tsp Sea Salt
- 4 cups Kale Leaves (tough stems removed, torn)
- 2 cups Chickpeas (cooked)
- 3/4 cup Sauerkraut

Blueberry Buckwheat Blender Muffins

8 ingredients · 45 minutes · 8 servings



Directions

1. Preheat the oven to 350°F (175°C). Line a muffin tray with liners or use a silicone muffin tray.
2. Add all of the ingredients to a blender and blend until mixed well. Evenly divide the batter between muffin cups. Bake for 35 minutes or until a toothpick comes out clean.
3. Let the muffins thoroughly cool in the muffin tray. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is one muffin.

More Flavor

Add cinnamon, vanilla extract, and/or coconut sugar.

Additional Toppings

Top with chopped walnuts, pumpkin seeds, and/or oats.

Ingredients

- 1/2 Banana (mashed)
- 1 cup Frozen Blueberries
- 1 cup Buckwheat Flour
- 1 tbsp Ground Flax Seed
- 1/4 cup Water
- 1 cup Canned Coconut Milk
- 1/3 cup Extra Virgin Olive Oil
- 1 cup Quick Oats

Sweet Potato Black Bean Quinoa Bake

12 ingredients · 55 minutes · 6 servings



Directions

1. Preheat oven to 375°F (190°C).
2. In a large baking dish, add the sweet potatoes, black beans, quinoa, pepper, onion, chili powder, cumin, garlic and sea salt. Stir well to combine and then add the broth.
3. Cover the baking dish with foil and bake for 40 minutes or until the broth has absorbed completely, the quinoa is fluffy and the sweet potatoes are tender. Remove from the oven.
4. Let the quinoa bake sit for 5 minutes before dividing between plates. Top each plate with lime juice and avocado. Enjoy!

Notes

Baking Dish

Use a 9x13-inch dish for six servings.

No Green Onion

Use a white or red onion instead.

No Red Bell Pepper

Use a green or yellow bell pepper instead.

Leftovers

Keeps well in the fridge for up to four days.

More Flavor

Top with chopped cilantro, shredded cheese, salsa and/or sour cream.

Ingredients

- 3 Sweet Potato (small, peeled and chopped)
- 2 cups Black Beans (cooked, from the can)
- 1 cup Quinoa (dry, uncooked)
- 1 Red Bell Pepper (chopped)
- 3 stalks Green Onion (chopped)
- 1 tbsp Chili Powder
- 1 tbsp Cumin (ground)
- 1 tsp Garlic Powder
- 1/4 tsp Sea Salt
- 2 cups Vegetable Broth
- 1 Lime (juiced)
- 1 Avocado (diced)

Chickpea Omelette with Asparagus

10 ingredients · 15 minutes · 1 serving



Directions

1. In a medium bowl, add the chickpea flour, water, nutritional yeast, turmeric and sea salt. Whisk well to combine. Set aside.
2. In a skillet over medium heat add the oil and the asparagus. Cook, turning occasionally until the asparagus is fork tender, but still crisp, about 5 to 6 minutes. Remove and set aside.
3. In the same skillet, add more oil if necessary. Over medium heat, pour the chickpea omelette mixture and move the pan around to ensure it covers the skillet evenly, in one layer. Let it cook for 3 to 4 minutes until golden brown on the bottom. Add the asparagus to the omelette, then fold in half over the filling.
4. Gently, remove the omelette from the skillet and place on a plate. Top with dill, sliced avocado and green onion. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to one omelette with all the toppings.

More Flavor

Add chili flakes or black pepper.

Additional Toppings

Top with goat cheese or feta.

Ingredients

- 1/2 cup Chickpea Flour
- 1/2 cup Water
- 1 tbsp Nutritional Yeast
- 1/4 tsp Turmeric
- 1/8 tsp Sea Salt
- 1 1/2 tps Extra Virgin Olive Oil
- 1/2 cup Asparagus (trimmed, chopped)
- 2 tbsps Fresh Dill (chopped)
- 1/2 Avocado
- 1 stalk Green Onion (chopped)

Burrito Bowl with Quinoa Tofu Taco Filling

15 ingredients · 35 minutes · 4 servings



Directions

1. Cook quinoa according to package directions.
2. Meanwhile, in a dry non-stick skillet over medium heat add the crumbled tofu. Cook, stirring often, until just golden brown, about 8 to 10 minutes. Transfer the tofu to a dish and set aside.
3. Add the oil to the pan followed by the cooked quinoa, chili powder, cumin, oregano, garlic powder and salt. Stir to combine then add half of the salsa, lime, nutritional yeast and browned tofu.
4. Spread the quinoa and tofu mixture into a flat even lay in the pan and let caramelize for 3 to 4 minutes before stirring and flattening again until quinoa is slightly crispy. Season with additional salt or lime juice if needed. Transfer the quinoa mixture to a dish and set aside.
5. To the same pan add the red pepper and adjust heat to medium-high. Let the peppers cook for 8 to 10 minutes until tender and slightly charred.
6. To assemble the burrito bowl, divide the quinoa mixture, red peppers, romaine, black beans, and avocado between bowls. Top with remaining salsa and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. To keep avocado from browning, dice just before serving.

Additional Toppings

Add cilantro, sliced jalapenos, cheese, sour cream, diced tomatoes or lime wedges.

Ingredients

- 1/2 cup Quinoa (uncooked)
- 8 ozs Tofu (extra firm, crumbled)
- 2 tbsps Extra Virgin Olive Oil
- 2 1/2 tsps Chili Powder
- 1 1/2 tsps Cumin
- 1 tsp Oregano
- 1 tsp Garlic Powder
- 1/2 tsp Sea Salt
- 1 cup Salsa (divided)
- 1 tbsp Lime Juice
- 1 tsp Nutritional Yeast
- 2 Red Bell Pepper (sliced)
- 1/2 head Romaine Hearts (chopped)
- 1 cup Black Beans (cooked)
- 2 Avocado (diced)

Nori & Seed Crackers

7 ingredients · 1 hour · 10 servings



Directions

1. Preheat oven to 250°F (121°C) and line a baking sheet with parchment paper.
2. Mix all ingredients in a bowl until well combined. Spread the mix onto the parchment paper and gently press down into an even layer. Bake for 45 minutes, rotating the pan about every 15 minutes.
3. Let the crackers cool completely before slicing them into 1" x 3" bars. Enjoy!

Notes

Storage

Refrigerate in an airtight container up to 5 days, or freeze if longer.

Serving Size

One serving is equal to one 1" x 3" cracker.

Ingredients

- 4 Nori Sheets (raw or roasted, crushed)
- 1/4 cup Pumpkin Seeds (raw)
- 1/4 cup Sunflower Seeds (raw)
- 2 tbsps Whole Flax Seeds
- 2 tbsps Chia Seeds
- 1/4 cup Sesame Seeds
- 1/4 cup Maple Syrup

Strawberry Blueberry Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

1. Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers

Best enjoyed immediately.

No Almond Milk

Use another plant-based milk such as coconut, cashew, or oat.

No Fresh Strawberries

Use frozen instead.

Protein Powder

This recipe was tested using plant-based vanilla protein powder.

Ingredients

1/2 cup Frozen Blueberries (wild)

1/2 cup Strawberries (stems removed)

1 1/4 cups Unsweetened Almond Milk

1 tbsp Chia Seeds

1/4 cup Vanilla Protein Powder

Apple with Almond Butter

2 ingredients · 5 minutes · 2 servings



Directions

1. Slice the apple and cut away the core. Dip it into almond butter and enjoy!

Notes

Nut-Free

Use sunflower seed butter instead of almond butter.

Ingredients

- 2 Apple
- 1/4 cup Almond Butter