

Mango, Black Bean and Quinoa Salad

Ingredients

For the Salad:

2 cups cooked quinoa (about 1.5 cups uncooked)
14oz can of black beans, rinsed and drained
1 mango, peeled and diced
1 bell pepper, seeded and diced
2 green onions, finely chopped
1 handful cilantro, chopped

For the Vinaigrette:

2 tbsp. red wine vinegar
2 tbsp olive oil
2 tbsp lime juice (real lime is best)
1 tsp salt or to taste
1 tsp pepper or to taste

Directions:

1. Combine the salad ingredients
2. In a separate bowl combine the ingredients for the vinaigrette and whisk until smooth. Pour over the vegetables and quinoa and toss to combine.
3. Serve chilled or at room temperature.

Green Smoothie Muffins

Ingredients

1 tsp healthy fat (oil, use olive, avocado or coconut)
2.5 cups spinach
2 ripe bananas
2 tsp vanilla
3 pitted dates
¾ cup milk (any type will work)
2 eggs
2 cups rolled oats
1 tbsp baking powder
3 tbsp maple syrup (optional)

Directions:

1. Preheat oven to 350F and line muffin tin with liners
2. In blender, combine spinach, bananas, vanilla, dates and milk. Blend until smooth.
3. Add to blender the eggs, oats, baking powder and maple syrup(optional).
4. Blend until a batter is formed, you may have to scrape down the sides a few times to get everything together.
5. Pour or scoop the muffin batter into the muffin cups.
6. Bake for 18-20 minutes, or until a toothpick inserted into the muffins comes out clean and the tops are slightly browned.
7. Enjoy!

Yellow Squash and Spinach Muffin Cups

Ingredients

8 eggs (makes 12 muffin cups) beaten

1 tbsp healthy oil (olive, avocado)

2 yellow squash cut to bite size pieces

2 cups spinach

Cheese (optional)

Garlic and onion (optional)

Salt and pepper to taste

Any other herbs

Directions:

1. Preheat oven to 350F and line muffin tins with oil
2. In 1 tbsp healthy oil sauté the squash until it is almost done and a little brown is showing.
3. Add spinach to the squash and sauté until the spinach is wilted.
4. Place about a quarter cup of sautéed squash and spinach into each muffin cup
5. Beat the eggs. Add salt and pepper to taste
6. Pour the eggs into each cup, careful not to overflow the muffin cups.
7. Bake for 20 minutes, until they are firm.