



## Making Love In The Kitchen with Meghan: Doing It Veggie Style

For more delicious, love filled recipes, visit [www.meghantelpnerblog.com](http://www.meghantelpnerblog.com) for your daily dose of nutrition inspiration

### Granola

2 1/2 cups rolled oats  
1/3 c. toasted kasha (buckwheat)  
1/4 c. pumpkin seeds  
1/4 c. sunflower seeds  
1/4 coconut  
1 TBS cinnamon  
1 TBS coconut oil (cold pressed)  
1/2 cup honey  
2 TBS maple syrup (optional)  
1/4 cup dried cranberries and/or raisins and/or chopped dried apricot

- Preheat oven to 300
- Mix dry ingredients together in a large mixing bowl
- Add honey, maple syrup and coconut oil and mix thoroughly
- Grease baking sheet with coconut oil
- Spread mix out on baking sheet
- Place in oven for 20 minutes. Remove, mix around on baking sheet and return to oven for another 20-30 minutes (should look slightly browned)
- Remove from oven and allow to cool
- Mix in dried fruit and store in glass mason jars

Serve with ground flax, fresh sliced fruit and choice of milk alternative (ie. organic soy, rice milk, almond milk)

For bars: add 1 Tbs of ground flax, mixed with 1/4 cup of water. Mix in to the granola mix and form into bars. Bake as outlined above.

### Egg Replacement

For each egg to be replaced, blend in a blender/food processor 1 tablespoon flax seed with 1/4 water until the mixture is thick and creamy. You may also wish to add a little arrowroot or tapioca starch- just a tsp or two.

### Nut/Seed/Coconut Milk

2 1/2 cups water  
1 1/2 cups nuts, seeds, and/or coconut  
3 pitted medjool dates, soaked  
1/2 tsp vanilla extract (optional)

*Note: If using almonds, sesame seeds, sunflower seeds, walnuts, cashews, pecans or flax seeds- then soak for 4-6 hours whenever possible.*

- Place 1 1/2 cups of water, and all other ingredients into a blender.
- Blend on high speed until very smooth. Add remaining cup of water and blend until smooth.
- Pour through fine mesh strainer over a medium size bowl. Using a rubber spatula, stir and press the pulp to get as much of the liquid drained.
- Store in fridge. Remaining nut mixture can be used in baking or dehydrated as a bread crumb alternative.

For more great vegetarian and vegan recipes, check out Meghan's **Veggie Transition** program available online at [www.meghantelpner.com/shop](http://www.meghantelpner.com/shop)

### Green Mint Chocolate Milk Shake

large handful of mint leaves  
(or 2 drops mint essential oil)  
handful of spinach  
2 Tbs raw cacao  
dash of maca (optional)  
1 cup almond or hemp milk  
1 cup iced peppermint tea  
1/2 - 1 whole banana  
2 Tbs hemp seeds  
stevia/honey to sweeten

- Blend together until smooth.

For more great smoothie inspiration, check out Meghan's **Green Smoothie Cleanse** program available online at [www.meghantelpner.com/shop](http://www.meghantelpner.com/shop)

### Almond Oat Cleansing Meal

*Turn your granola into a face scrub!*

- 1 tsp ground almonds
- 1 tsp kaolin or other clay
- 1 tsp finely powdered oats
- 1 tsp honey powder, coconut sugar or cane sugar
- 1/2 tsp borax
- 3 Tbs water or tea

Combine all ingredients.

For use mix well with 3 tsp of water. Let sit for 5 minutes so the liquid ingredients can be absorbed by the oats, clay and honey powder. Massage a generous amount gently across dampened face and neck to cleanse. You can leave some on as a mask if you'd like. After it dries (about 5-10 minutes), rinse well with warm water.

*For more great natural body care inspiration, check out Meghan's **Natural Body Care** program available at [www.meghantelpner.com/shop](http://www.meghantelpner.com/shop)*

### Maple Oatmeal Super Cookies

- 1/2 cup rolled oats
- 1 Tbsp coconut oil
- 1 Tbsp pure maple syrup
- 3 Tbsp raw honey
- 1/2 tsp pure vanilla extract
- 2 Tbsp (30 ml) finely ground flax seeds
- 3 Tbsp whole flax seeds
- 1 Tbs chia seeds
- 2 Tbs cacao nibs (optional)
- 2 Tbs golden berries or goji berries (optional)
- 1/4 tsp baking soda
- 1/4 tsp baking powder
- 1/8 tsp fine sea salt

- Preheat oven to 350F (180C). Line a cookie sheet with parchment paper.
- Mix all ingredients together with hands or spoon
- Dollop about 1 Tbs worth onto cookie sheet and form into cookie shape- not too thin though as they do flatten as they cook
- Bake for about 10-12 minutes.

*For more great super food inspired recipe inspiration, check out Meghan's **Healing with Superfoods** program available at [www.meghantelpner.com/shop](http://www.meghantelpner.com/shop)*

### Mixed Bean or Vegetable Hummus

- 1 whole zucchini
- 1/2 avocado
- OR
- 2 cups mixed beans of choice

AND

- 1/4 cup tahini or olive oil (or blend of olive oil and flax oil)
- 1/2 – 1 tsp celtic sea salt or Himalayan rock salt
- 1 1/2 tsp ground cumin
- 1 clove mashed garlic or 1/2 inch fresh ginger root, grated
- 1/3 cup fresh lemon juice

- Process all ingredients in food processor or hand held blender
- If consistency is too thick, add some water
- If serving as a dip- pour some olive oil on top and sprinkle with some paprika, cumin and chopped parsley.

### Walnut Crackers

- 1 cup almond meal (grind almonds in food processor)
- 1 cup gluten-free flour of choice (keep it super low glycemic and use a bean flour!)
- 1 tsp celtic sea salt
- 1/2 cup walnuts, chopped
- 1 egg whisked (or use egg replacement)
- 2 tbs olive oil

- Preheat oven to 350
- Stir together almond flour, salt, walnuts, eggs and oil until well blended
- Line baking sheets with parchment paper
- Place one half of the dough in the center of each lined sheet
- Cut another piece of parchment paper and place it over the dough
- Roll dough out between the two pieces of parchment paper, until it is the desired thickness (thin is better for crispy crackers, keep it thicker for flat bread style)
- Cut the dough with a knife or pizza cutter into 2 inch squares
- Bake for 10-12 minutes until golden

*For more great low glycemic recipes inspiration, check out Meghan's **Low Glycemic Eating** program available at [www.meghantelpner.com/shop](http://www.meghantelpner.com/shop)*