

HEALTHY RECIPES



Oatmeal Banana Bites

- 1 cup rolled oats
- 1 cup oat flour
- 1 teaspoon baking powder
- 1/4 teaspoon sea salt
- 1/2 teaspoon cinnamon
- 1/8–1/4 teaspoon freshly grated nutmeg
- 1 cup pureed overripe banana (roughly 2 large bananas, see note)
- 1 teaspoon vanilla extract
- 2 tablespoons grain-sweetened vegan chocolate chips (optional)



Preheat oven to 350 F. In a mixing bowl, combine all dry ingredients. Add the banana and vanilla (and chocolate chips, if using) to the dry mixture, and stir through until combined. Using a cookie scoop, place mounds of the batter (about 2 to 2 1/2 tablespoons) on to a baking sheet lined with parchment paper. Bake for 14 to 15 minutes, until set to the touch and a touch golden. Remove and let cool.

Collard Green Wrap With Rainbow Veggies

- 1 cup collard green (washed & dried)
- 1/4 cup avocado, mashed
- 1/4 cup grated carrots
- 1/4 sliced cucumber (~5 strips)
- 1/4 cup red bell pepper (~5 strips)
- 1/4 cup orange bell pepper (~5 strips)



Lay collard green flat, spread with avocado and top with quinoa. Repeat with remaining veggies add optional mustard or hummus, then Enjoy!

Hummus

- 1 clove garlic, smashed
- Juice of 1 lemon
- 2 cups cooked, rinsed chickpeas
- 1 -2 tablespoon tahini
- 1/2 teaspoon salt
- Water



Combine all ingredients in a food processor, add some water if needed.

Fettuccine with Grilled Asparagus, Peas, and Lemon

- 6–8 stalks asparagus
- 2 cloves garlic, minced
- Juice of 1 lemon, about 2 tablespoons
- Pinch of coarse sea salt
- Water
- 6 ounces fettuccine
- 2 tablespoons minced parsley
- 1 cup peas



Toss the asparagus in the garlic, lemon juice, and salt. Grill the asparagus until it just starts to develop a few blackened spots. The asparagus should still be crispy. Cut the asparagus into 2-inch-long pieces. Bring the water to a boil. Boil the pasta until it is al dente. Toss the cooked pasta with the asparagus, parsley, and peas.

Hummus and Sun-Dried Tomato Wrap

- 1/4 cup Hummus
- 1 whole wheat tortilla
- 6–8 sun-dried tomatoes, packed in water
- 1/2 cup sprouts
- 1/8 teaspoon freshly ground black pepper



Options: Hot sauce to taste; 1/4 cup shredded zucchini or carrot
Spread the Hummus over half of the tortilla. About 2 inches in from one of the edges, make a line of sun-dried tomatoes, repeating with the sprouts, and topping with the black pepper. Roll the tortilla to make your wrap.
Options: Pour hot sauce over the sprouts. Then shred some zucchini and carrot with the large slats of a cheese grater and place them between the sun-dried tomato and sprout layers for a great texture.



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