

## **6 Easy Recipes to Make NOWe or Later**



**By:Juliane Nowe**

## **Quinoa Meatless Meat Loaf**

2 Cups of Meatless Beef (I use Gardein. This brand can be found in the natural source section of superstore and sobeys)

3-4 eggs

3/4 cups quinoa

1/2 medium onion

5 gloves garlic

1 tsp red pepper chilis (I use more because we like spicy)

olive oil or coconut oil

2 tsp thyme

2 sticks of rosemary (remove from the stick)

salt and pepper as you like

Directions:

cook quinoa according to the package ( I use \_\_)  
preheat oven to 350 degrees F

Dice onions and garlic.

In a bowl add 2 cups of the meat less meat, add onion, chili, thyme, rosemary, garlic, eggs ( depending on size of egg-I use 3 but you can add another if you feel it's not sticking together well).

Add quinoa to the bowl.

Stir together. Grease leaf pan with oil. Add mixture. Bake for 1 hour or more (I like the edges a little crunchy )

\*To make this vegan you could use “flax seed egg” instead of eggs)



## **Vegan Mediterranean Salad** (serves 2, to serve more double or triple recipe)

2 Handfuls of organic cherry tomatoes (you can use any kind) cut in 1/2 or 1/3

1/2 red pepper diced

1/2 green pepper diced

1/3 of cucumber diced

parsley ( We love parsey so I just rip it right off the stem and add a lot but you could also add less or a brand that's already cut up)

2tbsp olive oil

1 lemon (squeezed with hand or tool to remove the juice)

garlic powder, salt and pepper (add to your liking)

1/2 oregano

1tbsp chia seeds (optional)

1 tbsp hemp seeds (optional)

Mix fist 5 ingredients in bowl

In seperate small bowl add the rest of ingredients and stir.

Pour dressing over salad. Leave it for a few minutes to let it marinate or as long as you like!



## Cozy Baked Apples

3 medium apples (any kind)

1/4 cup tahini

chia seeds

hemp seeds

1/2 lemon (squeeze out juice )

rind from 1/2 the lemon

1/2 tsp vanilla

cinnamon ( 1/4-1/2 tsp I live cinnamon but Fabian doesn't! Add the amount you like!)

Preheat oven to 350 degrees F. If your oven is intense preheat to 325.

If you have an apple core remover tool use that, I use a knife and cut a hole in the top of the apple to remove as much of the core as possible and continue to do the same with the middle of the core using a knife or spoon). Try not to pierce through the bottom.

In a small bowl mix tahini, seeds ( I shake the bag twice for the amount of seeds), lemon juice, rind, vanilla and cinnamon. Mix.

Use a spoon and fill the apple's with above mixture. You can replace the apple tops but I don't! I just add as much as possible and pile it on top ahah

Place apples on tray and bake 25 minutes (until apples are soft)



## Kick of Green Juice Recipe

1 cucumber  
2 whole stalks of kale  
1 apple  
2 Handfuls of Strawberries  
2 Whole Peppers  
1 Whole Bunch of Celery  
Chunk of Ginger

I use a Kitchen Aid Juicer. Place off ingredients through. Mix and Serve in fancy glasses, regular glasses, mugs, to go cup, whatever will make sure you drink it all! :) To purchase one of my at home juice Packages go here:



## The Best Kale Chips

Rip Kale leaves off of Stem (I cover a whole pan but you can do more or less depending on number of people eating)

drizzle oil over Kale ( i use hemp or olive oil)

Massage the oil into the kale ( you can always add more oil)

preheat oven to 375 degrees F

Place kale in oven.

After about 4-5 minutes remove pan and stir kale around on the pan. This way all of the kale gets cooked evenly.

We like extra crispy so I cook it until it's a dark colour.

When you remove from oven. Pour Kale into a strainer in the sink. This way the extra oil will drain and not keep the leaves soggy.

We season with salt. You can use any seasoning though-ranch, dill, etc.

Eat fresh. You can save in a ziploc bag, just make sure to store after leaves have cooled and with no extra oil or they will become soggy in the bag



## Easy Poached Eggs

Place a Medium Pot of water on the stove and bring to a boil

I turn the Temp back to about 7

Stir the water so the water in move in a circle continuously and the water bubbles slightly

crack egg in the middle of the water

You may have to stir the water again to make sure the egg stays together

I leave in the water 4-8 minutes depending on how runny you want the eggs.

To remove, use a noddle scoop with a hole in the middle so the water can drain when you remove the egg. Serve!

