



Craving something hearty first thing?



Try healthy bowls!



Açaí Na Tigela (Açaí Bowl)



This vibrant Açaí Na Tigela bowl blends velvety açai, banana, and plant-based yogurt into a chilled base that's as refreshing as it is energizing. Top it with homemade granola, coconut, hemp seeds, and cacao nibs for crunch, creaminess, and a little tropical escape in every bite.

Açaí Na Tigela, or Açaí Bowl, is a refreshing and nutrient-packed breakfast or snack that's both delicious and energizing. This recipe combines frozen açai with banana and plant-based yogurt to create a creamy, smoothie-like base. Top it off with a variety of tasty and nutritious toppings like Simple Homemade Granola, hemp seeds, shredded coconut, and cacao nibs.

Ingredients for 2 portions

- 2 packs of açai (7 - 8 ounces)
- 1 medium banana (fresh or frozen)
- ½ cup plant-based yogurt (unsweetened)
- 1 tbsp plant-based milk (unsweetened, see directions)

Toppings

- ¼ cup Simple Homemade Granola (recipe in Chef's Notes, or organic dry rolled oats)
- 1 tbsp hemp seeds
- 1 tbsp shredded coconut (unsweetened)
- 1 tbsp cacao nibs (fair trade)

Directions

Add the açai, banana, and yogurt to a blender and blend until smooth. If needed to help get the blender going, add 1–2 tablespoons of plant-based milk, but not too much or else your smoothie base will be too runny.

Divide between two bowls, sprinkle the topping ingredients over top of the açai base, and enjoy!

Chef's Notes—Substitutions

In place of plant-based yogurt, try silken tofu.

In place of shredded coconut try pumpkin seeds or sunflower seeds.

In place of açai try 1–2 cups of your favorite berry of choice.

Prep Ahead—Make the Simple Homemade Granola ahead of time and store it in an airtight container in the refrigerator for up to two weeks.

Storage—Store Açaí Na Tigela in an airtight container in the refrigerator for up to 4 days.

Note: protein totals vary on the type of plant milk used. This recipe is calculated with fortified soy milk.

Country Breakfast Bowl

Seasoned red potatoes and sautéed kale with savory lentil sausage and mushroom gravy. Finished with herbs and nutritional yeast, this breakfast bowl captures the spirit of a down home meal. To make this an easy breakfast on-the-go if you are short on time, cut the vegetables ahead of time and mix the spices together so that all you have to do is cook them on the stovetop.



Ingredients for 2 portions

- 1 tsp garlic powder
- ½ tsp onion powder
- 1 tsp smoked paprika
- ½ tsp dried oregano
- 3 cups organic red potatoes (cut into ½-inch cubes)
- ¼ cup vegetable broth (unsalted, preferably homemade)
- 1 cup onion (diced)
- 1 cup red bell pepper (diced)
- 2 cups organic kale (chopped)
- 1 green onion (sliced)
- 1 tbsp parsley (minced)
- 2 tbsp nutritional yeast (optional)
- 1 batch of Lentil Sausage (optional)
- 1 batch of Mushroom Gravy (optional)
- salt, ground black pepper (optional to taste)

Directions

In a medium bowl, add the garlic powder, onion powder, smoked paprika, oregano, salt and pepper (if using). Mix together. Add the cut potatoes and mix well until they're covered with the seasoning.

Heat a large stovetop pan over medium-high heat. Add the vegetable broth and onions, continuously stirring until they're translucent, about 2–3 minutes.

Add the red peppers and potatoes to the pan. Add water or vegetable broth as needed to keep the potatoes and peppers from sticking to the pan. Cook until the potatoes are tender, about 10–12 minutes.

Once the potatoes are tender, turn off the heat and stir in the kale. Taste for additional seasonings or salt and pepper, if using. Top with green onion, parsley, and nutritional yeast.

If desired, add the optional Lentil Sausage and Mushroom Gravy., Tip: You may want to skip the nutritional yeast if you're adding Lentil Sausage and Gravy as the flavors don't complement each other as well.

Chef's Notes—Substitutions

For the onion, you can use purple, yellow, white, or shallots.

Substitute green, yellow, or orange bell pepper for red bell pepper.

In place of red potatoes, use purple, Russet or sweet potatoes.

In place of kale, use spinach, mustard greens, or other organic greens of choice.

Add plant-based protein: Toss in crumbled, organic tofu during the cooking process. **Add** organic edamame or chickpeas.

Prep Ahead—Prepare the Lentil Sausage ahead of time.—Prepare the Mushroom Gravy ahead of time.

Storage—Store in an airtight container in the refrigerator for up to 5 days.

Mediterranean Quinoa Breakfast Bowl



This Mediterranean Quinoa Breakfast Bowl is packed with fiber-rich quinoa, creamy hummus, and crunchy veggies like tomato, lettuce, and red onion. With olives, avocado, lemon, and parsley to tie it all together.. Stick with the vegetables and flavors here or switch them up based on what you have in the fridge. In any case you'll be starting the day with protein- and fiber-rich quinoa, colorful and nutrient-dense vegetables, and whole food fat-containing avocado.

Ingredients for 2 portions

- 2 cups quinoa (cooked)
- 1 cup carrots (shredded)
- 1 medium organic tomato (diced)
- 2 cups organic red leaf lettuce (chopped)
- 1 large avocado (cubed)
- ½ cup red onion (diced)
- ¼ cup olives (Kalamata, diced [or other olive of choice])
- ½ cup hummus (preferably homemade and oil-free)
- 1 large lemon (juiced)
- 2 tbsp parsley (chopped)
- salt (to taste, optional)
- black pepper (freshly ground to taste, optional)

Directions

In a large bowl, add quinoa, carrots, tomato, lettuce, avocado, onion and olives. Mix well.

In a small bowl, add hummus and lemon. Mix well. Check consistency and add 1–2 Tbsp of water if you'd like a thinner consistency to pour over the salad.

Pour hummus and lemon over salad and mix well. Sprinkle with salt and pepper if desired.

Dish into two bowls and enjoy!

Chef's Notes—Substitutions

Swap the red leaf lettuce for other organic greens, such as spinach, kale, arugula or endive.

Replace the tomato with another red vegetable like organic red bell pepper or radish.

Substitute green, white or yellow onion for the red.

Instead of quinoa, try organic farro, wheat berries, kamut or barley.

Layer it up

Add chickpeas or lentils for some additional protein.

Add more herbs from your garden like basil, dill or cilantro.

Add more color! If you have radish, kale, arugula or cucumber in your garden, then use those as well.

Top the salad with grilled organic tofu or tempeh.

Sprinkle with pumpkin or sunflower seeds.

Top with the Roasted Red Pepper Sauce.

Smoky Chorizo and Polenta Bowl

Mornings don't have to be mellow. The Smoky Chorizo and Polenta Bowl brings bold flavor to the breakfast table with creamy turmeric-infused polenta and spicy, smoky tempeh chorizo. Topped with jalapeño poblano salsa, avocado, and lime.



Ingredients for 2 portions

Polenta

- ½ cup organic cornmeal
- 1 ½ cups plant-based milk (plain, unsweetened)
- 1 cup vegetable broth (unsalted, preferably homemade)
- ½ tsp ground turmeric
- ¼ tsp smoked paprika (or regular)
- 2 tbsp nutritional yeast

Other

- 1 pack Vegetarian Chorizo
- 1 batch of Jalapeño Poblano Salsa Verde (or your favorite store-bought salsa)
- 1 avocado (cubed)
- hot sauce (optional, to taste)
- lime wedges (as a garnish)

Directions

Make the polenta: Add the cornmeal and milk together in a medium bowl. Stir well then set aside.

In a medium stovetop pot over medium-high heat, bring the vegetable broth to a boil.

Slowly stir in the cornmeal and milk mixture.

Bring to a boil then lower to simmer, stirring often (to prevent clumping and sticking to the bottom), for 10–12 minutes. Remove from the heat. Once the cornmeal is cooked and thickened, stir in the turmeric, paprika, and nutritional yeast, and set aside.

Meanwhile make the chorizo: Heat a large stovetop pan over medium heat. Add the tempeh to the pan along with 1–2 tablespoons of water. Increase heat to medium-high and let cook until all of the water is absorbed, stirring occasionally, about 3–5 minutes.

Meanwhile, in a small bowl, add all of the tempeh spices (from the chili powder to the cinnamon). Mix well and set aside.

Add to the tempeh: the mushrooms, walnuts, maple syrup, coconut aminos, liquid smoke, and optional black pepper, and cook until the mushrooms have softened and the moisture has been fully absorbed, about 5 minutes. Taste for seasoning and adjust to your liking.

Assemble the bowls: Divide the polenta between two serving bowls. Top with chorizo, Jalapeño Poblano Salsa Verde, avocado, hot sauce, and lime, if desired.

Chef's Notes—Substitutions

In place of tempeh try tofu, lentils, chickpeas, or your favorite plant-based protein of choice.

In place of polenta try organic yellow grits. Since grits and polenta have varying textures, more or less liquid may be required depending on the brand. Follow the package instructions.

Nut-free—Replace walnuts with raw sunflower seeds.

Prep Ahead—Prepare the Jalapeño Poblano Salsa Verde ahead of time.

Storage—Store in an airtight container in the refrigerator for up to 4 days.

Sweet Potato Breakfast Bowl

Beginning the day with a warm and filling bowl of sweet potatoes is the perfect way to rev up your energy and supply your body with vital nutrients for whatever the day brings. In this Sweet Potato Breakfast Bowl, you'll find creamy sweet potatoes layered with nutty almond butter, spiced banana topping, omega 3-rich flax meal, and crunchy pecans. It's hard to believe something so divine can be so good for you!



Ingredients for 2 portions

Sweet Potato Base

- 2 medium-large sweet potatoes
- ½ cup plant-based milk (unsweetened)
- 2 tbsp flax meal
- 2 tsp vanilla extract
- 1 tsp cinnamon
- 2 pinches nutmeg
- 1 pinch salt

Toppings

- 1 large banana (sliced)
- 1 tsp maple syrup (optional)
- ½ tsp cinnamon
- 2 tbsp pecans (chopped) +2 Tbsp as needed
- 2 tbsp almond butter (or another nut/seed butter)

Directions

Bake your sweet potatoes: Preheat oven to 400 degrees F.

Pierce the sweet potatoes 3–4 times with a fork and place them on a parchment-lined baking sheet.

Bake for 45–60 minutes or until they're tender (time will depend on the size of the potatoes). Alternatively, you could boil or microwave them, however, they won't be as naturally sweet.

Once the potatoes are tender, remove from the oven and allow to cool and then remove the skin.

Make your bowl: Add two cups of the sweet potatoes to a blender or food processor, along with the milk, flax, vanilla, cinnamon, nutmeg, and salt, if using. Blend until smooth. Set aside.

Make the banana topping: Heat a medium stovetop pan on medium-high. Add the sliced bananas, stirring for 30–60 seconds.

Add the maple syrup (if using), vanilla, cinnamon, nutmeg, and salt (if using). Stir well so that the bananas are completely coated in maple, vanilla, and spices. Reduce the heat to low-medium, continuing to stir a few times over the next 3–4 minutes.

Divide the creamy sweet potatoes between two bowls. Divide the bananas between the two bowls, as well as the pecans and almond butter. Stir in the toppings and enjoy!

Chef's Notes—Substitutions

Instead of sweet potato use pumpkin or butternut squash.

In place of almond butter use peanut butter, cashew butter or sunflower butter.

Instead of pecans try walnuts, almonds, or pistachios.

Prep ahead—Bake the sweet potatoes ahead of time and store in the refrigerator for up to 3 days.

Instead of raw pecans make the Sweet and Savory Pecans and store in an airtight container for up to 14 days.

Add more nutrition and deliciousness: Sprinkle unsweetened coconut on top. Add hemp or chia seeds.

Toss in blueberries or chopped figs.

Nut-free—Use pumpkin seeds or sunflower seeds in place of pecans.

Use sunflower butter in place of almond butter.

Storage—Store leftovers (without the toppings) in an airtight container in the refrigerator for up to 3 days.

Three-Grain Peaches and Cream Breakfast Bowl



Move over, oats – quinoa, millet, and buckwheat have arrived (although oats will always have a special place in our hearts). Juicy peaches and creamy plant-based yogurt top a protein-rich and chewy bed of wholesome grains for a new way to kick off your plant-powered morning!

Ingredients for 2 portions

Grains

- ¼ cup organic quinoa (rinsed well)
- ¼ cup organic millet (rinsed well)
- ¼ cup organic buckwheat (rinsed well)
- 1 ½ cups water
- 1 pinch salt (optional)

Mix-Ins

- 1 cup plant-based yogurt (unsweetened)
- ½ cup peaches (cut into cubes)
- 1 tbsp pecans (chopped), +1 Tbsp as desired
- ½ tsp ground cinnamon, +1/2 tsp as needed
- 1 tbsp maple syrup or date paste, link in Chef's Notes (or sweetener of choice), +1 Tbsp as desired

Directions

Heat water and grains in a medium saucepan on medium-high heat until boiling.

Lower heat to simmer, cover, and cook for 15 minutes or until the grains are tender. Remove from heat but leave the lid in place for 10 minutes.

Divide grains between bowls.

Top with yogurt, peaches, pecans, and cinnamon. Stir to combine.

Add sweetener of choice.

Chef's Notes—Substitutions

Substitute quinoa, millet, or buckwheat with rolled oats or your favorite grain of choice.

Substitute peaches with nectarines, plums, apricots, or your favorite stone fruits.

Substitute pecans with walnuts, almonds, hazelnuts, or macadamia nuts.

Whole Food Sweetener—Use date paste in place of maple syrup.

Nut-Free—Substitute pecans with hemp seeds, chia seeds, sunflower seeds, or pumpkin seeds.

Prep Ahead—Prepare the grains ahead of time and store for up to 3 days before using.

Storage—Store in an airtight container in the refrigerator for up to 5 days.

Warm Banana Chia Breakfast Pudding



Is it breakfast? Is it dessert? Can it be a snack? Yes, it can be all of those things and more! This tastes like a combination of bread pudding (without the bread), bananas foster (without the ice cream), and banana rice pudding (is that a thing?). Whatever you want to call it, know it's packed with fiber from the chia, oats, and bananas, giving you more than 10 grams of fiber in just one serving!

Ingredients for 2 portions

Banana Topping

- 2 medium bananas (extra ripe, sliced (fairtrade))
- 2 tbsp pure maple syrup (or date paste)
- 1 tsp vanilla extract
- ¼ tsp ground cinnamon
- 1 pinch nutmeg (ground)
- 1 pinch salt (optional)

Pudding

- 2 cups plant-based milk (unsweetened)
- 1/3 cup chia seeds
- ½ cup organic rolled oats
- 1 tsp vanilla extract
- 1 pinch salt (optional)
- ½ cup organic strawberries (sliced in half)
- ¼ cup Crunchy Candied Walnuts (link in directions; optional)

Directions

Start the banana topping: Heat a medium stovetop pan on medium-high. Add the sliced bananas, stirring for 30–60 seconds.

Add the maple syrup, vanilla, cinnamon, nutmeg, and optional salt. Stir well so the bananas are completely coated in maple, vanilla, and spices. Reduce the heat to low-medium, stirring a few times over the next five minutes. The bananas might get a little mushy, but that's okay! You'll want them soft and creamy.

In the meantime, make your chia pudding: Pour the two cups of plant-based milk into a medium saucepan. Stir in the chia, oats, vanilla, and optional salt. Heat the mixture over medium heat, continuously stirring until it becomes a pudding-like consistency (about 2–3 minutes). Keep an eye on the bananas! They should only need a stir or two during this time.

Once the chia, oat, and milk mixture is like a pudding, split it between two bowls.

Remove the bananas from the heat and divide them between the two bowls on top of the chia pudding.

Mix the bananas into the pudding.

Top with strawberries and Crunchy Candied Walnuts, if desired.

Chef's Notes—Substitutions

If you don't have extra-ripe bananas, it's okay; simply use ripe bananas.

Instead of strawberries, use your fruit of choice, such as blueberries, organic raspberries, or kiwi.

In place of candied walnuts, use raw walnuts, pecans, or sliced almonds.

Prep Ahead—Prepare Crunchy Candied Walnuts ahead of time.

Whole Food Sweetener—Use date paste in place of pure maple syrup.

Storage—Store in an airtight container in the refrigerator for up to 4 days.