



Plant Based Vegan Summer Recipe Club

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WELLNESS WITH MISSY, LLC

Hello,

Welcome to your Plant Based Vegan summer recipes week one ebook! On the next pages, you will find a collection of delicious recipes I put together that are delicious, fun and easy to make. These recipes will keep you inspired.

This week recipes are all about Strawberries.

- A few quick shopping tips. When shopping for strawberries look for ones that are plump, bright red color from the top to the bottom and with fresh green leaves.
- Try to buy organic strawberries since they are on the 'dirty dozen"list. I have included a quick reference list of "dirty dozen and "clean fifteen" for you below.
- A few quick storing tips. Best to store them in the fridge wash them right before you are going to enjoy.

RECIPE TIPS

On each recipe, you'll see the total time, the number of servings, ingredients, and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance, like dicing vegetables. It's also helpful to read through the directions before you start cooking so you have an idea of what's coming up before you dive in.

LEFTOVERS

Cook once, eat multiple times! Most leftovers can last about three days in the fridge, so maximize your time in the kitchen. Make enough dinner to take for lunch the next day or double a recipe to last for a few days. This is a great habit that will save you time and money.

Dirty Dozen™

- Strawberries
- Spinach
- Kale
- Nectarines
- Apples
- Grapes
- Peaches

- Cherries
- Pears
- Tomatoes
- Celery
- Potatoes
- + Hot Peppers

CLEAN FIFTEEN™

- Avocados
- Sweet Corn
- Pineapple
- Onions
- Papaya
- Sweet Peas Frozen
- Eggplant
- Asparagus
- Cauliflower
- Cantaloupe
- Broccoli
- Mushrooms
- Cabbage
- Honeydew Melon
- Kiwi

Let's get started.

with gratitude,
Missy

That being said this recipe ebook/meal plan is a guideline and not intended to diagnose, treat or prevent any disease. Information and guidelines given are focused on the general public or specific subgroups thereof. Content should not be considered a substitute for professional medical expertise or treatment. You are fully responsible for consulting a qualified health professional for individualized treatment or information regarding health conditions or concerns. Wellness with Missy, LLC can not be held responsible for adverse reactions, effects, or consequences resulting from the use of any recipes provided.

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Strawberry Almond Protein Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 1/2 cups Strawberries (frozen)
1 Banana (small, frozen)
1/4 cup Vanilla Protein Powder
1 1/2 tbsps Almond Butter
1 tbsp Ground Flax Seed
1 1/4 cups Unsweetened Almond Milk

DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	474	Carbs	53g
Fat	20g	Protein	29g

Strawberry Asparagus Salad with Tahini Dressing

4 SERVINGS 20 MINUTES



INGREDIENTS

2 cups Asparagus
4 cups Arugula
1 cup Radishes (thinly sliced)
1 cup Strawberries (thinly sliced)
1 cup Frozen Peas (thawed)
1/4 cup Tahini
1 tbsp Maple Syrup
1 Lemon (juiced)
2 tbsps Water (warm)

DIRECTIONS

- 01 Trim the woody ends from the asparagus and cut the spears in half.
- 02 Fill a steamer pot with water and bring to a boil. Place asparagus in the steaming basket and steam for about 5 to 7 minutes, or until tender. (Note: The thicker the spears, the longer they will need to steam.) Remove the steamer from stovetop and run the asparagus under cold water until completely cool.
- 03 Fill the bottom of a salad bowl with arugula. Top with sliced radishes, strawberries, thawed green peas and asparagus.
- 04 In a small jar, combine the tahini, maple syrup, lemon juice and water. Shake well. Add more water to thin if necessary.
- 05 Drizzle desired amount of dressing over top of the salad and serve.

NUTRITION

AMOUNT PER SERVING

Calories	171	Carbs	20g
Fat	9g	Protein	7g

Sunflower Seed Butter & Strawberry Sandwich

1 SERVING 5 MINUTES



INGREDIENTS

- 2 slices Gluten-Free Bread
- 2 tbsps Sunflower Seed Butter
- 1/4 cup Strawberries (stems removed, sliced)

DIRECTIONS

- 01 Toast the bread (optional). Spread the sunflower seed butter onto the bread and top with sliced strawberries. Close the sandwich and slice. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	363	Carbs	35g
Fat	22g	Protein	9g

Strawberry Brownie Cake

6 SERVINGS 30 MINUTES



INGREDIENTS

1 cup Coconut Flour
1 cup Pitted Dates
1/4 cup Unsweetened Applesauce
1/2 cup Unsweetened Coconut Flakes
2 2/3 tbsps Cocoa Powder
1 Banana (ripe and mashed)
1 cup Cashews (soaked for 1 hour and drained)
2/3 cup Canned Coconut Milk
1/2 tsp Vanilla Extract
1/4 cup Maple Syrup
1 cup Strawberries (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	443	Carbs	57g
Fat	23g	Protein	8g

DIRECTIONS

- 01 To make the crust, combine coconut flour, dates, applesauce, coconut flakes and cocoa powder in a food processor. You may need to process in small batches and combine them with your fingers in a large bowl. The mixture should be moist and crumbly. Add almond milk or water if it's too dry, or more coconut flour if too wet.
- 02 Line a round 8" baking pan with plastic wrap and press gently crust mixture into the tray. Let your crust set in the freezer while you make the cream filling.
- 03 To make the cream filling, blend the banana, cashews, coconut milk, vanilla extract and maple syrup in a food processor or blender. You can do a taste test at this point and adjust the sweetness to your preference by adding more maple syrup.
- 04 Remove the crust from the freezer. Pour in the cream filling and spread across the crust evenly.
- 05 Return the pan to the freezer and let it set for approximately 1.5 hours before topping with strawberry slices and serving. Cover with plastic wrap and refrigerate up to 3 days, or freeze up to 1 week in an air-tight freezer-safe container.

Summer Buddha Bowl

2 SERVINGS 20 MINUTES



INGREDIENTS

1 1/2 tbsps Tahini
1 1/2 tbsps Lemon Juice
1 tbsp Extra Virgin Olive Oil
1/2 tsp Maple Syrup
3 tbsps Water
1/8 tsp Sea Salt
3 cups Arugula
1 Carrot (large, shredded)
1/2 cup Strawberries (halved)
1 Avocado
1/2 cup Chickpeas (roasted)

DIRECTIONS

- 01 Add tahini, lemon juice, extra virgin olive oil, maple syrup, water, and sea salt to a jar. Cover with lid and shake well until smooth and creamy.
- 02 Divide arugula between bowls and top with shredded carrot, strawberries, avocado and chickpeas. Drizzle with tahini dressing. Serve and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	393	Carbs	31g
Fat	29g	Protein	9g