**Whole Foods on the Go (Banner Elk - Transitioning weekend)**

***Green Smoothie***

**Ingredients:**

Pineapple juice

2 medium green apple coarsely chopped

6 cups mixed leafy greens (spinach, swiss chard, kale, collards, mustard, turnips, baby greens, cilantro, parsley, lettuce)

2 stalks celery, chopped

1 cup cucumber, peeled and chopped

Zest and pulp of one lemon

1-2 thumbs of ginger, peeled and diced

1 small avocado, peeled and pitted

1-2 tbs sunflower lecithin, optional

1-2 tbs cellular nutrition, optional

1 TBS colloidal minerals, optional

2 TBS flax seeds

**Instructions:**

Blend all ingredients until smooth. Thin with pineapple juice to your taste.

Makes about 3 20-oz servings.

***Carrot Cake Protein Shake***

**Ingredients:**

1½ cups fresh-pressed carrot juice

1-2 cups of ice

½ cup cashew milk or almond creamer

½ to 1 serving of vanilla plant-based protein powder

2-3 pitted Medjool dates, *optional*

1-2 pinches "not cinnamon" blend or coriander/cardamom blend or Chinese 5 spice (without black pepper variety), *optional*

pinch of sea salt

Makes about 2 16 oz servings.

***"Living" Oatmeal***

**Ingredients:**

3 cups Steel cut oats

juice of 1 lemon

1or 2 large bananas

a pinch of sea salt, *optional*

Apple, pear or pineapple juice

dried fruit and coconut

seeds

assorted, diced fruit

**Instructions:**

1.      Soak oats overnight in filtered water with juice of 1 lemon, then rinse well and drain.

2.      Blend 1½ cups of the oats with banana, salt and just enough juice to blend. Process until smooth adding more juice, if needed.

3.      Place the remaining oats, the contents of the blender and your fruit into a large bowl. Mix well to combine.

4.      Eat immediately. You may store any unused portions in the fridge for up to 5 days.

***Un-Tuna***

**Ingredients:**

2 cups cooked chickpeas

½-⅔ cup homemade vegenaise (see recipe that follows)

¼ cup each of: minced red onion, celery and red onion

1-2 tsp of Kelp or dulse granules

½ tsp each of: onion powder, garlic powder, celery seeds, sea salt

**Instructions:**

1.       Place the garbanzos in a food processor. Pulse a few times until the garbanzos look flaky like tuna chunks. Scrape down the sides of the bowl if needed.

2.    Scrape the garbazos into a medium mixing bowl.

3.    Add remaining ingredients then stir until completely incorporated.

3.       Serve immediately or refrigerate any unused portions for up to 5 days.

***Homemade Vegenaise***

Combine the following items in a high speed blender:

1 cup soaked cashews, ½ cup medium or tofu, ⅓ cup Zucchini (peeled and coarsely chopped), ¼ cup fresh lemon juice, 2 TBS lime juice, 1 tsp each of granulated garlic, granulated onion and sea salt, 1 packet Stevia and ¼ - ⅓ cup water (to your desired thickness - note it does thicken somewhat in the fridge).

Store in an air-tight container and keep in the coldest part of your fridge for up to 3 weeks

***Rainbow wrap***

**Ingredients:**

4 Collard Green leaves, with stems shaved

Your choice or brightly colored vegetables, sliced or julienned according to preference

Un-tuna mix

**Instructions:**

Place a ¼-1/3 cup of untuna near the edge of the outer leaf portion of the collard green, add colorful strips of veggies then roll up toward the stem portion, securing with a toothpick, as needed. Repeat with remaining ingredients. Cut in halves for easier eating.

Makes approximately 4 servings

***Mediterranean Falafel Bowl***

Servings: about 4

**Ingredients:**

4 Cups Baby Spinach or mixed greens

1 cup Yellow Bell pepper, cut into 1-inch strips

1½ cup Grape tomatoes, sliced in half, lengthwise

1½ cup cucumber, cut as desired

2 cups canned Artichoke hearts, drained and cut in half, lengthwise

1 cup Black olives

Falafels (½ of recipe that follows)

Tabouleh (½ of recipe that follows)

Tzatziki (recipe follows)

**Instructions:**

1. To assemble: place 1cup of tabouleh in the bottom of each bowl. This will be your base.
2. Layer ½ cup of the tabouleh in a corner of each bowl.
3. Place your remaining veggies side by side to make a neat pattern. Finish with your spinach in the far corner. You may lightly wilt your spinach and serve that way if you prefer.
4. Place 4-6 falafels on your bowl, then drizzle the tzatziki in a zigzag pattern over everything.
5. Serve immediately with onion herb flatbread and freshly made hummus.

***Tabouleh***

**Ingredients:**

1 cup Bulgar wheat

2 cups boiling water

2 cups diced fresh tomatoes, drain any excess liquid

1½ cup diced cucumber

1 cup each sliced black olives and cooked garbanzos

⅔ cup diced red onion

1-2 TBS fresh lemon juice, to taste

½ tsp each of Mediterranean seasoning and sea salt

**Instructions:**

1. In a medium bowl place bulgar wheat and boiling water. Cover with a tea towel and set aside for at least 45mins, then rinse and drain well.
2. While your bulgar is swelling, prepare all your veggies.
3. Drain any excess water from the bulgar wheat then place all ingredients in a large mixing bowl and stir well to combine.
4. Allow flavors to set in the refrigerator for 1 hour or overnight.

***Falafels***

**Ingredients:**

2 cups cooked chickpeas

½ cup breadcrumbs (your choice - gluten free works well also)

¼ cup minced red onion

2 TBS each of cilantro and mint

1 TBS each of flaxseed meal and garbanzo flour

½ tsp each of onion powder, garlic powder, Mediterranean seasoning, sea salt

¼ tsp each of cumin and chikn style seasoning (see recipe below)

**Instructions:**

1.       Preheat oven to 350°F or air fryer to 400°F if preferred.

2.       Process all ingredients in a food processor.

3.       Form mixture into 1½ to 2 inch balls, flatten into discs to bake.

4.       Line a cookie sheet or air fryer pan with baker’s sheet and place discs on it about ¼-inch apart.

5.       Bake for 20-25 minutes in the oven or 20 minutes in the air fryer, turning over half-way through cooking.

6.       Serve immediately or refrigerate any unused portions for up to 5 days.

Recipe for Chicken-like seasoning

Combine the following items in a blender:

1 cup yeast flakes, 2 TBS. each of granulated garlic, granulated onion and sea salt; 1 tsp. each of

rosemary, thyme, rubbed sage and celery seed; and ¼ tsp. each of turmeric and cumin.

Store in an air-tight container.

***Tzatziki Dressing***

**Ingredients:**

½ cup raw cashews, soaked overnight, rinsed and drained

½ 14-oz block of firm tofu

¼ cup cucumber

2 TBS each of pickle juice/sauerkraut and water (can replace with 3 TBS water, 1 TBS lemon juice, ¼ tsp salt)

1 tsp of chopped green onion

½ tsp each of onion powder, garlic powder, Mediterranean seasoning and dill

¼ tsp of mint, optional

⅛ tsp of Stevia, optional

**Instructions:**

1.      Place pickle juice, water, cashews, tofu, green onion, cucumber, Stevia, onion and garlic powder in a blender. Blend until smooth.

2.      Add the remaining ingredients and pulse for a few seconds.

3.      Serve immediately or refrigerate any unused portions for up to 7 days.

***Onion Herb Flat Bread***

**Ingredients:**

1 leveled cup each of Whole Wheat Pastry flour, Unbleached Bread flour and plain almond yogurt

3½ tsp EnerG baking powder

¼ tsp EnerG baking soda

1 tsp each of dried basil, fresh chopped parsley or cilantro, and sea salt

1½ TBS each of yeast flakes and onion flakes

½ tsp garlic powder

**Instructions:**

1.      Mix all the dry ingredients together in a medium mixing bowl.

2.      Add yogurt and chopped parsley or cilantro. Mix by hand until a soft dough ball is formed. If the dough is a little dry add warm water 1 tsp at a time. If too wet, add a dusting of flour (about 1/2 TBS). Knead for 5-6 minutes until dough is elastic. Cover with a tea towel and let rest for 10 minutes.

3.      Divide dough into 8 medium or 16 small pieces. Meanwhile heat countertop non-stick skillet to 325°F.

4.      Lightly flour workspace then using a rolling pin roll out circles about ⅛-inch thick. Cook on both sides for 3-4 minutes. Keep flatbread in a covered deep dish until all are done then serve immediately.