

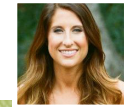


HEALTHY RECIPES FOR A LEAN 2015



# CARROT CAKE OATMEAL INFUSED WITH CINNAMON TEA

serves 1



Amy Clevenger

VIEW  
RECIPE  
ON THE  
BLOG

- INGREDIENTS:**
- 1 bag carrot cake-flavored or [cinnamon tea](#)
  - 1 cup [oats](#)
  - 1 tsp. [honey](#)
  - 1/8 cup carrots, diced
  - 2 Tbsp. [chia seeds](#)
  - 2 Tbsp. [raisins](#)
  - 1/4 tsp. [cinnamon](#)
  - 1/2 tsp. [vanilla](#)
  - 2 cups hot water
  - Optional: [chopped walnuts](#)

- DIRECTIONS:**
1. In a medium-sized pot, boil water and steep tea for about 5 minutes.
  2. Stir in oats, carrots, chia seeds, vanilla, cinnamon and raisins.
  3. Cook oatmeal over medium heat, stirring occasionally, until almost all liquid is absorbed.
  4. Stir in honey and sprinkle on walnuts.



# ORANGE-PECAN PROTEIN MUFFINS

makes 9 muffins

- INGREDIENTS:**
- |  |                                     |
|--|-------------------------------------|
| 1 cup <a href="#">oat flour</a>            | 1/4 cup <a href="#">coconut oil</a> |
| 1 scoop <a href="#">egg protein powder</a> | 1 whole egg                         |
| 1/3 cup <a href="#">coconut sugar</a>      | Juice from 1/2 an orange            |
| 1/3 cup <a href="#">pecans</a> , crushed   | Orange zest                         |
| 1 tsp. <a href="#">baking powder</a>       |                                     |

- DIRECTIONS:**
1. In a large bowl, mix all ingredients together until well blended.
  2. Pour batter into paper-lined muffin pan and top with more orange zest and more pecan pieces.
  3. Bake at 325°F for about 20 minutes, or until a toothpick comes out clean.



Jasmine Schmalhaus

VIEW  
RECIPE  
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# PEANUT BUTTER-GLAZED APPLE CUPCAKES

makes 4 cupcakes



Nicolette Stamara

## INGREDIENTS:

1/4 cup [almond meal flour](#)  
1/4 cup [whole wheat pastry flour](#)  
1/2 scoop [vanilla protein powder](#)  
2 Tbsp. peanut protein powder or low-fat [peanut powder](#)  
1/4 cup [xylitol](#)  
3 Tbsp. [unsweetened vanilla almond milk](#)  
2 Tbsp. plain Greek yogurt  
1 Tbsp. [coconut oil](#), melted or [flavorless liquid coconut oil](#)  
1/4 cup apple, diced  
1 whole egg

## DIRECTIONS:

1. Preheat oven to 350°F and place 4 silicone cupcake liners or paper liners in a muffin pan.
2. In a large bowl, whisk egg, coconut oil, yogurt and almond milk until smooth.
3. Add remaining ingredients (except diced apple) and stir until well combined. Once batter is smooth and thoroughly mixed, stir in apple chunks.
4. Pour and divide batter among cupcake liners, filling up each one about two-thirds. Bake 15-18 minutes, or until a toothpick comes out clean. Remove from oven and let cool while you prepare peanut butter glaze.
5. In a small bowl, whisk together all glaze ingredients until smooth.
6. For the topping, add all ingredients to a small saucepan over medium heat and cook until apples soften, about 5-10 minutes. Once mixture has thickened, it's ready.
7. Once the cupcakes have cooled completely, spread peanut butter glaze over each one. Spoon apple mixture over top and serve immediately!

## PEANUT BUTTER GLAZE:

2 Tbsp. xylitol  
1 Tbsp. peanut protein powder or low-fat peanut powder  
2 Tbsp. plain Greek yogurt  
4 drops [English toffee liquid stevia](#)

## TOPPING:

2 Tbsp. [sugar-free maple syrup](#)  
1/3 cup apple, chopped  
1/2 tsp. [cinnamon](#)



# SPICED TEA LATTE WITH COCONUT BUTTER “CREAM”

serves 1

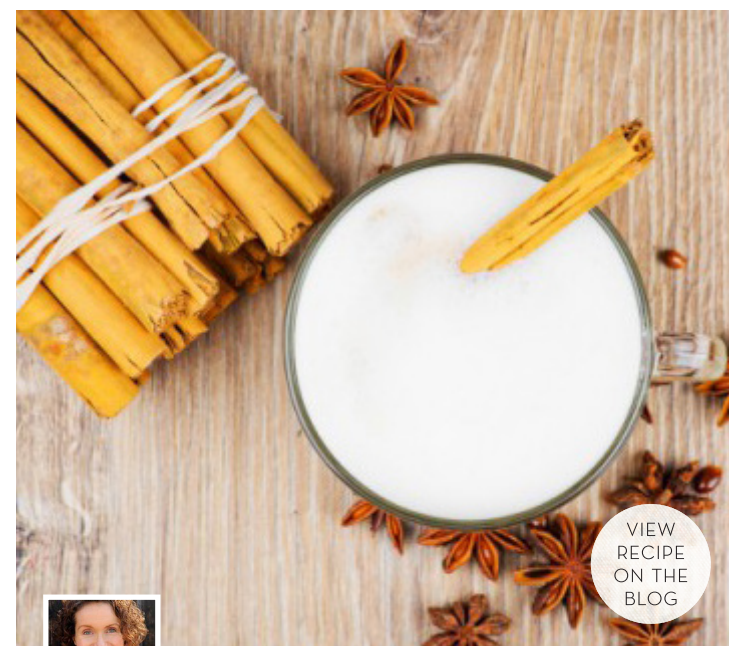


## INGREDIENTS:

2 Tbsp. unsweetened apple cider  
1 teabag [spicy herbal tea](#)  
2 tsp. [cinnamon](#)  
1/4 tsp. [ground cardamom](#)  
1/3 cup [unsweetened almond milk](#) or [cashew milk](#)  
1 Tbsp. [coconut butter](#)  
Boiling water

## DIRECTIONS:

1. In a saucepan, combine all ingredients.
2. Simmer gently, stirring frequently, until warmed.



Mo, The Morselist

VIEW  
RECIPE  
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# EASY (AND VEGAN!) BAKED ZUCCHINI FRIES

serves 1-2



Margaret Chapman

## INGREDIENTS:

1 Tbsp. [nutritional yeast](#)  
1/4 cup [Japanese-style Panko breadcrumbs](#)  
1/2 tsp. [onion powder](#)  
1/2 tsp. [garlic powder](#)  
1/4 tsp. pepper  
1/2 tsp. salt  
2 zucchini

## DIRECTIONS:

1. Preheat oven to 425°F.
2. Cut zucchini in half both vertically and horizontally, then cut into strips. (Note: thinner-cut strips make crispier fries!)
3. In a plastic zipper-lock bag, add breadcrumbs, nutritional yeast, onion and garlic powders and salt and pepper.
4. Adding half of strips at a time, place strips in bag and toss/shake to coat.
5. Arrange strips on lightly greased, foil-lined baking sheet.
6. Bake fries for 8 minutes. Flip and bake for an additional 8 minutes. For extra-crisp texture, broil for 2 to 3 minutes near end of cooking time.



# SUPERFOOD KALE SALAD

serves 1

## INGREDIENTS:

1 bunch kale, center ribs and stems removed (save stems and ribs for juicing or eating later)	1 Tbsp. <a href="#">apple cider vinegar</a>
1 avocado	1-1/2 Tbsp. <a href="#">flaxseed oil</a>
	3/4 tsp. salt
	4 Tbsp. <a href="#">nutritional yeast</a>
	5 Tbsp. <a href="#">sunflower seeds</a>

## DIRECTIONS:

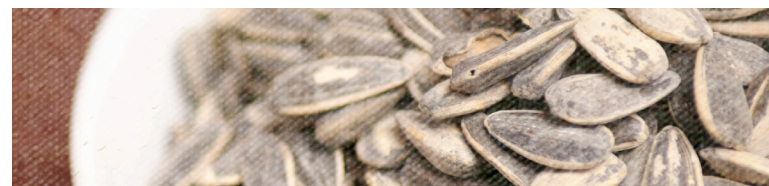
1. Tear kale leaves into small pieces and place in large bowl.
2. Massage avocado into kale leaves with your fingers, covering the kale with avocado.
3. Add remaining ingredients to the bowl and stir, or continue to massage the mixture with your fingers, until everything is well combined.

## LIANA'S TIPS:

- Add more of any of the ingredients to taste.
- Increase the amount of nutritional yeast if you would like the salad to have a cheesy flavor.
- Add pumpkin seeds for more protein.

## VARIATIONS:

- Wrap salad in a brown rice wrap for portability or to make a sandwich for kale wraps.
- Add 2 tsp. garlic powder for a garlic kale salad.



Liana Werner-Gray

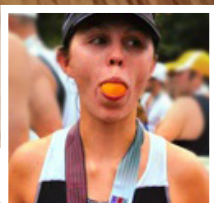




# TUSCAN BEAN casserole

makes 4-6 servings

VIEW  
RECIPE  
ON THE  
BLOG



Liz Lotts

## DIRECTIONS:

1. Preheat oven to 350°F and coat a large baking dish (13" x 9") with non-stick cooking spray.
2. In a medium pan, saute garlic, onion and kale in olive oil. Stir frequently until onion becomes translucent and kale begins to soften, but make sure kale leaves aren't completely wilted.
3. Drain and rinse beans. Pour into prepared baking dish.
4. Spread kale mixture evenly over top of beans.
5. Drain diced tomatoes and spoon into baking dish. Sprinkle basil over top.
6. Top off with cheese and sundried tomatoes.
7. Bake for 15-20 minutes, or until cheese is melted and casserole is heated through.
8. Serve with garlic bread or a simple salad and enjoy!



## INGREDIENTS:

- 2 15-oz. cans [cannellini beans](#)
- 1 14.5-oz can [organic diced tomatoes](#)
- 6 oz. kale
- 1/2 white or yellow onion, diced
- 3 oz. [sundried tomatoes](#)
- 1/2 cup shredded mozzarella cheese (I used Daiya Foods Mozzarella Style Shreds)
- 1 Tbsp. [olive oil](#)
- 2 cloves garlic, chopped
- 1 tsp. [dried basil](#)
- Salt and pepper to taste

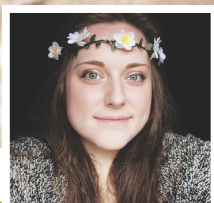




# VEGAN BLACK BEAN SOUP

with cashew cream drizzle

makes 6 servings



Margaret Chapman

VIEW  
RECIPE  
ON THE  
BLOG



## INGREDIENTS:

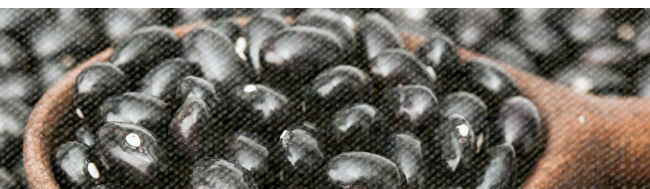
6 cups [low-sodium vegetable broth](#)  
1 lb. [dried black beans](#), soaked 6-8 hours or overnight  
1 tsp. [chili pepper flakes](#), ground  
3-4 cloves garlic, minced  
1 medium-sized yellow onion, diced thinly  
Pink salt and black pepper, to taste

## CASHEW CREAM DRIZZLE:

Filtered water for blending  
1 cup [raw cashews](#), soaked overnight  
1 tsp. [apple cider vinegar](#)  
Juice and zest of 1 lemon  
Pinch [pink salt](#)  
Optional: fresh dill

## DIRECTIONS:

1. In large soup pot, combine soaked/drained/rinsed black beans, vegetable broth, onion and seasonings.
2. Bring soup to a boil, then reduce heat, cover and simmer for 1.5 hours or until beans are tender.
3. To make cashew sour cream, combine all ingredients in a high-speed blender and blend until smooth.
4. Drizzle cashew cream over soup.





# RAW CHOCOLATE-ALMOND BUTTER PIE

makes 16 slices



Liana Werner-Gray



## INGREDIENTS:

### CRUST:

- 1/4 cup [almond meal](#)
- 1/2 cup [raw cacao butter](#)
- 2 Tbsp. [cacao powder](#)
- 2 Tbsp. [maple syrup](#)
- 1 Tbsp. [extra-virgin coconut oil](#)

### FILLING:

- 1 14-oz. jar, or 2 cups [almond butter](#)

### RAW CHOCOLATE ICING:

- 1 avocado
- 2 Tbsp. cacao powder
- 2 Tbsp. maple syrup

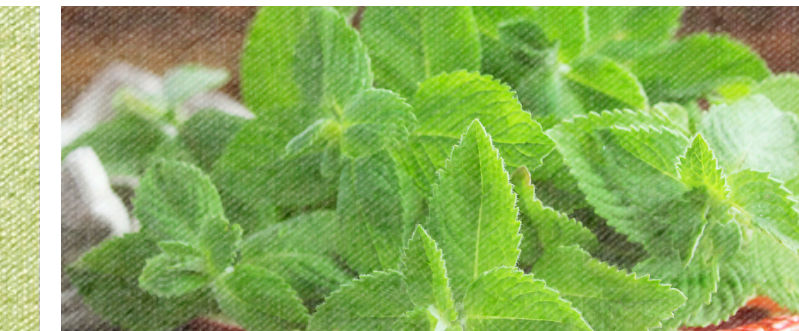
## DIRECTIONS:

1. In a saucepan over very low heat, melt cacao butter. Remove from heat and stir in almond meal, cacao powder, maple syrup and coconut oil.
2. Pour mixture into pie plate greased with coconut oil and tilt to spread evenly across bottom.
3. Freeze pie for about 20 minutes to harden base.
4. To make icing, mash avocado, then add maple syrup and cacao powder and mix until smooth.
5. Remove pie from freezer and spread on almond butter for filling. Top with icing.
6. Refrigerate pie for 2 hours before serving.



# MINTY CACAO CUPS

makes 8 cups



## INGREDIENTS:

### CHOCOLATE LAYERS:

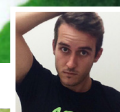
- 1/2 cup [coconut oil](#)
- 2/3 cup [cacao powder](#)
- 3 tbsp [maple syrup](#)

### MINT FILLING:

- 1/2 cup [pistachios](#)
- 1/4 cup [coconut milk](#)
- 3 Tbsp. coconut oil
- Handful [shredded coconut](#)
- Handful fresh mint leaves
- 1/4 cup spinach
- 2 drops [peppermint extract](#)

## DIRECTIONS:

1. In a blender, combine all chocolate layer ingredients; blend until well combined.
2. Pour small amount of mixture into 8 paper muffin cups and place in freezer for 30 minutes.
3. In a food processor, combine all mint filling ingredients; blend until smooth.
4. Remove muffin cups from freezer; drizzle mint filling onto chocolate layer.
5. Place cups back in freezer for 30 minutes.
6. Remove cups from freezer and spoon remaining chocolate mixture on top.
7. Freeze for 3 hours or until hardened.



Andrew Davis



# MEET THE AUTHORS



## Mo, The Morselist

Founder at [www.macnmos.com](http://www.macnmos.com)



“Mo’s Healthy Morsels” is written by Maura (“Mo”) Knowles, Board Certified Health Coach (A.A.D.P.), Integrative Nutrition Health Coach, member of the International Association of Health Coaches (I.A.H.C.), recipe developer and owner of Mac-n-Mo’s, a low-sugar, no-sodium, gluten-free, vegan baked goods company created by Knowles to help her dad, Mac, a diabetic, after he survived quadruple bypass surgery in 2010. Mo’s recipes for snacks, treats and other fun and healthy dishes appear every week here on the Vitacost blog.

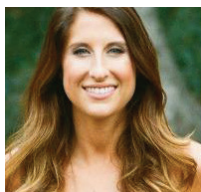


## Liana Werner-Gray

Founder at [The Earth Diet](http://TheEarthDiet.com)



Liana Werner-Gray is the founder and owner of The Earth Diet and an advocate for natural healing using a healthy diet and lifestyle. Her intention is to live her life the best she can, and hopefully to inspire others to live the lives of their dreams through a healthy lifestyle.



## Amy Clevenger

Founder at [Fantastically Fit](http://FantasticallyFit.com)



Amy Clevenger is a Los Angeles-based food blogger. In 2013, she started her popular Instagram account @FantasticallyFit to help keep her accountable in her journey to better health. Clevenger’s brand has since expanded to include Fantastically-Fit.com and the popular e-recipe book series, Healthy Eats. Clevenger’s passion for healthy eating and cooking began while she was pursuing her master’s degree in counseling and guidance from Cal Lutheran University. Her work with families helped her to realize that living a healthy, happy life starts in the kitchen. She believes clean eating doesn’t have to mean giving up on great taste. Today, Clevenger is married to her college sweetheart and lives in Los Angeles with her three cats, Kailani, Confettu and Harley.

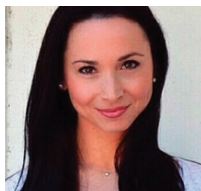


## Jasmine Schmalhaus

Founder at [JazzyThings](http://JazzyThings.com)



Jasmine Schmalhaus, “JazzyThings,” has a passion for cooking and baking. She loves experimenting in the kitchen and then sharing her “jazzy creations” with others. JazzyThings emphasizes you do not have to sacrifice flavor or efficiency when eating healthy and strives to create recipes that inspire creativity for others in the kitchen.

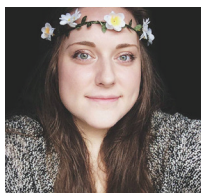


## Nicolette Stamara

Founder at [Protein Treats](http://ProteinTreats.com)



Nicolette Stamara believes passion is what drives you – and her passion is dessert. She loves sweets so much she started her own bakery. Over the years, her love for health and fitness has blended with her baking skills to create more wholesome versions of everyone’s favorites. From crepes to cheesecakes, Nicolette’s masterpieces prove that eating healthy can be a delightful treat.

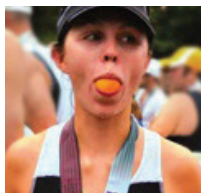


## Margaret Chapman

Founder at [The Plant Strong Vegan](http://ThePlantStrongVegan.com)



Living a plant-based, vegan lifestyle and loving every minute of it! Sharing my recipes along the way to inspire others to make healthier food choices.

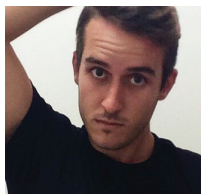


## Liz Lotts

Founder at [Lotts O’ Miles](http://LottsO'Miles.com)



Liz Lotts is a personal-trainer-turned-triathlete who is admittedly addicted to long distances and wants to share her real-life lessons as an endurance athlete.



## Andrew Davis

Head Chef at [Millennial Kitchen](http://MillennialKitchen.com)



Passionate about inspiring a healthy change for his generation, Andrew started the #MillennialKitchen movement – a food evolution revolution from fast, unhealthy food to a whole-food, plant-based, healthy diet. It’s time to show the world what real food is made of! This is not his movement, it’s OUR movement. Join the revolution. #MillennialKitchen