



100% Organic

BETTINA'S RECIPES

Table Of Contents



Avocado Toast	01.
Hibachi Station	02.
Fruit Salad	03.
Chia Pudding	04.
Avocado Salad	05.
Mini Potato Souffles	06.
Poached Chicken	07.
Roasted Veggies	08.
Veggie Tray	09.
Waffles	10.
Vegetable Lentil Soup	11.
Lettuce Wraps	12.
Hummus	13.



01.



AVOCADO TOAST

VEGAN, GLUTEN-FREE

Ingredients:

- Avocado
- Gluten-free bread (toasted with some coconut oil)
- Sea salt
- Sesame seeds
- Homemade balsamic glaze
- Sesame oil

Optional base:

- Rice cake

Directions:

- Slice avocado and place onto toast or rice cake.
- Season with some salt, sesame oil, balsamic glaze, and sesame seeds.





02.



HIBACHI STATION

GLUTEN-FREE, (VEGAN), (PALEO)

Ingredients:

- | | |
|----------------------|-------------------------|
| • Broccoli | • Napa cabbage |
| • Cauliflower | • Zucchini |
| • Sweet bell peppers | • Yellow squash |
| • Carrot | • Coconut oil |
| • Mushroom | • Sesame oil |
| • Sweet onion | • Coconut liquid aminos |

Optional Side Dishes and Protein:

- Jasmine rice
- Cilantro-lime jasmine rice
- Spiralized zucchini & beets (Paleo)
- Shredded cabbage (Paleo)
- Poached chicken (Paleo)

Directions:

- Cut vegetables into long strips and small florets.
- Blanche vegetables.
- Stir-fry vegetables with oils and liquid aminos.





03.



FRUIT SALAD

VEGAN, GLUTEN-FREE, PALEO

Ingredients:

- Cantaloupe
- Honeydew
- Strawberries
- Blueberries
- Watermelon
- Grapes

Directions:

- Cut fruits into bite-sized pieces and mix in a bowl.





04.



CHIA PUDDING & FRUIT TOPPINGS

VEGAN, GLUTEN-FREE, PALEO

Ingredients:

Using 4 oz. mason jar:

- Chia seeds (1.5 TBSP)
- Nut milk (3.5 oz)
- Maple syrup (1/2 TBSP)

Toppings:

- Strawberries
- Blueberries
- Banana
- Coconut flakes
- Cacao nibs
- Maple syrup

Directions:

- Mix chia seeds, nut milk, and maple syrup in 4oz. mason jar. Stir.
- Stir again after a few minutes. Refrigerate.
- Dice fruits and serve on the side along with other toppings.





05.



AVOCADO SALAD

VEGAN, GLUTEN-FREE

Ingredients:

- Avocado
- Tomato
- Kalamata olives
- Olive brine
- Cucumber
- Red onions
- Cilantro

Directions:

- Dice avocado and tomatoes.
- De-seed cucumber and cut into slices.
- Mix everything into a mixing bowl.





06.



MINI POTATO SOUFFLES

VEGAN, GLUTEN-FREE

Ingredients:

- Red potatoes
- Coconut oil
- Nutritional yeast
- Chives
- Flax egg (flaxseed meal and water)
- Sea salt
- Coconut oil spray (on muffin tin)

Directions:

- 1 flax egg = 1 TBSP flaxseed meal + 2.5 TBSP water, rest 5 min
- Boil and smash potatoes.
- Add chopped chives, coconut oil, nutritional yeast, and salt. Mix well.
- Spray muffin tin with avocado spray.
- Scoop mixture into tin and bake at 400°F until golden.





07.



POACHED CHICKEN

GLUTEN-FREE, PALEO

Ingredients:

- Chicken
- Lemon
- Bay leaf
- Fresh herbs (rosemary, parsley)
- Onion
- Sea salt

Directions:

- Boil water. Add lemon, onion, sea salt, and bay leaves.
- Place chicken into boiling water, cover with lid, remove from heat
- Let sit for at least 20 min (8oz breast), up to 1 hour.
- Check internal temp for 165°F.
- Slice or cut into bite-sized pieces.





08.



ROASTED VEGGIES

VEGAN, GLUTEN-FREE, PALEO

Ingredients:

- Sweet potatoes
- Beets
- Carrots
- Fresh rosemary
- Cinnamon
- Sea salt
- Coconut oil (melted)

Directions:

- Preheat oven to 450°F.
- Dice sweet potatoes, beets, carrots.
- Toss vegetables with melted coconut oil, herbs, and salt.
- Place on baking sheet and bake until crisp edges.
- Turn the veggies midway roasting for an even cook.





09.



VEGGIE TRAY

VEGAN, GLUTEN-FREE, (PALEO)

Ingredients:

- Carrots (baby)
- Celery
- Broccoli
- Cauliflower
- Sweet bell peppers
- Cucumber
- Cherry tomatoes
- Hummus (not Paleo)
- Sweet potato chips

Directions:

- Cut celery and sweet bell peppers into long sticks/strips.
- Cut broccoli and cauliflower into small florets.
- De-seed cucumber and cut into half slices.
- Serve with side of hummus and sweet potato chips.





10.



WAFFLES WITH TOPPINGS

VEGAN, GLUTEN-FREE

Ingredients:

- Gluten-free waffle mix (Bob's Red Mill)
- Nut milk
- Coconut oil (instead of butter)
- Flax egg (flaxseed meal and water)
- Coconut oil spray (for waffle maker)

Toppings:

- Strawberries
- Blueberries
- Banana
- Cacao nibs
- Maple syrup

Directions:

- 1 flax egg = 1 TBSP flaxseed meal + 2.5 TBSP water, rest 5 min.
- Follow recipe on package using above substitutions.
- Spray coconut oil spray onto waffle maker.
- Pour mixture into machine and remove when cooked.

Tip: Use rotating waffle machine for best results.





11.



VEGETABLE LENTIL SOUP

VEGAN, GLUTEN-FREE

Ingredients:

- Vegetable stock
- Lentils
- Pumpkin
- Carrot
- Onions
- Cabbage
- Radish
- Mushroom
- Herbs (bay leaves, rosemary)
- Sea salt

Directions:

- Cut vegetables into bite-size pieces, slightly thicker for squashes.
- Cook everything together and season with salt and herbs.





12.



LETTUCE WRAPS

VEGAN, GLUTEN-FREE, (PALEO)

Ingredients:

- Lettuce
- Hummus (not Paleo)
- Red cabbage
- Carrot
- Sweet bell pepper
- Cucumber
- Radish
- Homemade balsamic glaze
- Sesame oil
- Sprouted microgreens (when available)

Directions:

- Thinly slice: red cabbage, carrot, sweet peppers, cucumber, radish.
- Spread hummus on lettuce and add thinly sliced veggies.
- Top with balsamic glaze, sesame oil, and microgreens.

Optional: use thinly sliced jicama instead of lettuce (not Paleo).





13.



HUMMUS

VEGAN, GLUTEN-FREE

Ingredients:

- Chickpeas (wash and remove skins)
- Tahini
- Lemon juice
- Olive oil
- Garlic (optional)
- Roasted pepper (optional)

Directions:

- Blend all ingredients in a blender and serve at room temperature.

