



# 11 Healthy & Delicious Microgreens Recipes



# Sunflower Guacamole

## Ingredients

- 2 avocados Juice of
- 1/2 lime
- 1/4 tsp salt
- 2/3 cup roughly chopped sunflower shoots
- 1/4 cup finely chopped red onion
- 1/2 jalapeno, finely chopped

## Directions

Place avocado, lime juice, and salt in bowl and mash into a chunky mixture. Stir in sunflower shoots, red onion, and jalapeno.



# Microgreen Pesto

## Ingredients

- 2 cups of Sunflower microgreens
- 1 cup of basil
- 1 clove of garlic, crushed
- 1 clove of garlic, crushed
- 1/4 cup of roasted pine nuts
- 1/2 cup of olive oil
- Salt, pepper

## Directions

1. In a blender, add the microgreens, basil, garlic, lemon juice, and olive oil. Blend to a spreadable paste.
2. Adjust flavours – add salt, pepper, olive oil and more lemon juice to reach the consistency and taste you desire.
3. Enjoy immediately or store in an airtight, sterilised container in the fridge for up to 5 days.

Other additions: 1/3 cup of parmesan. Spinach or kale to replace basil.



# Spring Salad

## Ingredients

### Salad

- 1 cup or more of microgreens of your choice
- 1 blood orange cut into small pieces
- 1/2 avocado cubed
- 1/2 cup of julienned daikon radish
- 1/4 cup walnut pieces
- 1/2 jalapeno, finely chopped

### Dressing

- 1 Tbsp. cold-pressed olive oil
- 1 Tbsp. lemon juice
- 1 clove chopped garlic (optional)
- A dash of salt and pepper

## Directions

1. Toss all the salad ingredients together. Shake the dressing ingredients in a lidded jar. Dress, toss, and serve! (Great with a soft-boiled egg)

# The Green Dream

## Ingredients

- ½ cup grapefruit juice
- ½ cup aloe vera juice
- ½ an apple
- 1/3 cup of plain or vanilla yogurt
- 3 bunches of microgreens

## Directions

1. Add all ingredients to a blender and blend until all ingredients are combined into a smoothie texture.





# Pho Bowl With Microgreens

## Ingredients

### Broth

- 8 cups of beef bouillon
- 1 tbsp fish sauce
- 1 tbsp soy sauce
- 1 cinnamon stick
- 1 star anise
- 1 stick lemongrass, halved lengthwise
- 1 red chilli pepper, deseeded, cut into rings
- 2 tbsp ginger, finely grated

### Soft-boiled eggs

- 4 fresh eggs water, boiling

### Soup ingredients

- 1 cup rice noodles
- 1 cup bean sprouts
- 1 scallion, cut into thin rings
- 1/2 lb. rump roast, thinly sliced
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### To garnish

- 1 cup Micro Greens
- 1 lime, rinsed with hot water, dabbed dry, cut into segments
- 1 bunch peppermint, leaves broken off
- 1 bunch coriander, leaves broken off




# Roasted Broccoli Microgreen Soup

## Ingredients

- 1 head broccoli, cut into small florets
- 1 large yellow onion, sliced into 1 in (2.5 cm) wedges
- 4 whole garlic cloves, peeled
- 1 Tbsp. grapeseed oil
- 1/4 tsp salt
- 4 cups vegetable broth, preferably salt free
- 2 cups microgreens, plus more for garnish
- 3 oz. feta cheese, chopped (about 1/2 cup), plus more for garnish
- 1 cup cooked or canned navy beans Juice of 1/2 lemon
- 1/2 tsp chili powder (optional)
- 3 Tbsp. unsalted roasted sunflower seeds
- 2 Tbsp extra-virgin olive oil

## Directions

1. Preheat oven to 425 F (220 C) and place a rimmed baking sheet in oven as it heats. Toss broccoli, onion, and garlic with oil and salt. Spread out on hot baking sheet and roast until broccoli is darkened in spots, about 25 minutes, stirring once.
2. Place broth, roasted vegetables, microgreens, feta, beans, lemon juice, and chili powder (if using) in blender or food processor container and blend until smooth. Warm soup in saucepan, and thin as needed with additional broth or water.
3. Serve soup garnished with additional microgreens and feta, sunflower seeds, and a drizzle of oil.



# EGG WHITE OMELETTE WITH AVOCADO, GOAT CHEESE, AND MICRO GREENS

## Ingredients

- 2 Egg Whites
- 2 tsp of Milk Cooking
- Spray Sale & Pepper
- 1/2 Avocado
- 1/2 cup Goat Cheese
- Microgreens Of Choice

## Directions

1. Whisk together two egg whites and 2 tsp of milk.
2. Add mixture to a skillet with a light coat of cooking spray and cook them over medium to low heat.
3. Add some salt and pepper to the egg while cooking, flip the egg over when the bottom looks cooked.
4. Once the other side is done, transfer it to a plate fill it with sliced avocado, crumbled goat cheese, and some fresh microgreens and fold it in half.



# Gourmet Mushroom Veggie Burger

## Ingredients

- 1 frozen veggie burger
- About half a bell pepper, seeds removed
- 1 egg
- A handful of washed microgreens of choice
- Sracha

## Directions

1. Start by cooking your veggie burger in a frying pan on the stove. I usually do about 4 min per side.
2. Add some oil to the pan to make sure that the veggie burger and egg don't stick.
3. Slice your bell pepper so that you get one ring and a bunch of spears.
4. Place the ring in the frying pan, and crack your egg into the ring
5. Place the rest of the bell pepper slices into the pan.
6. Continue until the burger and the egg are done to your liking.
7. Arrange the bell pepper slices on a plate in a nice pile.
8. Place the cooked veggie burger on the pile.
9. Place the cooked egg on top of the veggie burger.
10. Spread the microgreens on the top.
11. Add some sracha if you want it to be extra spicy!



# MICROGREEN, MINT + MANGO JUICE

## Ingredients

- 1/2 cup mixed microgreens
- 1 large sprig mint (approx. 6-8 large leaves)
- 1 mango, peeled and cut into chunks
- a 1-inch piece of fresh ginger root, peeled and chopped rough
- Juice from 1 lemon
- 5-6 coconut water ice cubes (you can also use water ice cubes)

## GARNISH

- Chia seeds
- Extra mint leaves

## Directions

Place all ingredients into a high-speed blender and blend for about 1 minute. for a juice with out pulp, pass the juice mixture through a fine mesh sieve over your glass. garnish with chia seeds and mint, and drink immediately.



# Green Vitality Wild Rice Salad

## Ingredients

- 1/2 cup wild rice
- 1/2 cup brown long grain rice
- 1/2 chopped spring onion
- 1/2 chopped flat leaf parsley
- 1/2 chopped coriander
- 1/2 chopped dill
- 1 small red onion
- 2 tbs olive oil
- 1/4 cup blanched almonds
- 1/4 cup golden raisins
- 2 cups Microgreens
- Sea salt, pepper to taste
- Lemon

## Directions

1. Soak the raisins in cold water. Preferably overnight or at least for couple of hours.
2. Cook the rice according to the packaging instructions. Once its cooked fluff it with the fork and let it cool in a big mixing bowl.
3. In the meantime chop the red onion and fry it in olive oil until golden brown. Scoop it into the mixing bowl with rice.
4. In the same pan toast almonds, then raisins. Add them into the bowl with the rest of the ingredients.
5. Mix all the microgreens, herbs and rice thoroughly, season with sea salt and pepper, add generous squeeze of lemon.

# Avocado Toast with Microgreens



## Ingredients

- 2 pieces gluten-free toast
- 1 avocado
- 1 cup microgreens
- Balsamic glaze
- Salt
- Crushed red pepper

## Directions

1. Spread avocado on 2 pieces of toast and sprinkle on salt
2. Pile on the Microgreens
3. Add a drizzle of balsamic syrup and a sprinkle of crushed red pepper...

