

Empowered365 Kitchen

NUT CUP SMOOTHIE

SERVES: 2

TOTAL TIME: 5 MINUTES

INGREDIENTS

- 1 frozen banana
- 1 cup unsweetened almond milk
- 1 tbsp unsweetened cocoa powder
- 1 tsp cinnamon
- 1 tbsp ground flax seed
- 2 tbsps nut butter
- 1 tbsp honey or agave syrup (optional)

DIRECTIONS

Place all ingredients in a high-powered blender.

Blend until smooth, and serve.

NOTES

Pre- or Post-Workout

This is a protein-packed smoothie to get your day movin', and you feeling a little nutty. You can also add additional protein powder.

Make Ahead

Blend ingredients the night before and store in an air-tight travel cup. Shake if separation occurs. Consume within 24 hours.

Reduce Calories

Replace nut butter with powdered peanut butter, cut half the milk with water, and avoid additional sweeteners.



Empowered365 Kitchen

LEMON GINGER SMOOTHIE

SERVES: 2

TOTAL TIME: 5 MINUTES

INGREDIENTS

1/2 cup frozen cubed pineapple
1/2 cup frozen cubed mango
1/2 banana
1 serving vanilla protein powder
1 cup baby spinach
1/2 cup kale
1/2 cup cucumber (peeled, cubed)
Juice of 2 fresh lemons
1-2 inches fresh ginger root (peeled)
1 cup water
ice cubes

DIRECTIONS

Combine all ingredients in a high-powered blender, and blend until smooth.

NOTES

Not a fan of Mango?

Replace frozen mango with 1 medium green apple (peeled and cored).

Have a sweet tooth?

Use apple juice instead of water, but be mindful of the additional CHOs, calories and sugar this adds.



ENERGY BITES

MAKES: 25 (1-INCH) BITES

TOTAL TIME: 40 MINUTES

INGREDIENTS

1 cup old-fashioned oats
1 cup nut butter
1/2 cup ground flaxseed OR
1/4 cup chia seeds
1/3 cup honey
1 tsp pure vanilla extract

STIR IN ANY TWO OF THESE:

1/2 cup dried fruit
1/2 cup unsalted chopped nuts
1/2 cup dark chocolate
1/2 cup whole-grain pretzels
1/4 cup coconut flakes
1/4 cup unsweetened cocoa powder
1/4 cup ground coffee

DIRECTIONS

Place all ingredients in a large bowl and stir until well combined.

Cover and refrigerate for at least 30 minutes.

Using clean hands or a cookie scoop, roll the dough into 25 (1-inch) round bites.

Refrigerate in an airtight container for up to 1 week.



Empowered365 Kitchen

CAULIFLOWER TACOS

SERVES: 4

TOTAL TIME: 50 MINUTES

INGREDIENTS

1 1/2 tbsps avocado oil
1 tsp cumin
1 tsp smoked paprika
1/2 tsp garlic powder
1/2 tsp sea salt (divided)
1 head cauliflower (chopped into florets)
1/3 cup cashews (soaked, drained, rinsed)
1 1/2 limes (juiced)
1/4 cup water
8 corn tortillas
1 cup purple cabbage (thinly sliced)
1/2 cup cilantro (roughly chopped)
1 avocado (chopped for garnish, optional)
2 jalapenos (sliced, optional)

DIRECTIONS

Preheat the oven to 425F and line a baking sheet with parchment paper. In a small bowl stir together the oil, cumin, paprika, garlic powder and half the salt. Add the cauliflower to the sheet and pour the oil mixture on top. Toss with your hands. Bake for 20 minutes. Remove, flip the cauliflower around and roast for an additional 15 minutes.

Meanwhile, add the soaked and rinsed cashews to a blender along with the lime juice, water, and remaining sea salt. Blend on high until smooth and creamy.

Divide the tortillas between plates. Add the cabbage, roasted cauliflower, avocado, and jalapenos to each tortilla. Drizzle the cashew lime sauce over each taco and garnish with cilantro.



Empowered365 Kitchen

BEET LENTIL BURGERS

SERVES: 6

TOTAL TIME: 1 HOUR, 15 MINUTES

INGREDIENTS

4 medium-sized beets (peeled, cubed)
1 cup lentils (cooked, rinsed)
1/2 cup walnuts (roughly chopped)
1/2 cup parsley (chopped)
1/4 ground flax seed
1/2 tsp sea salt
2 garlic cloves (peeled, minced)

DIRECTIONS

Add the beets to a steaming basket over boiling water and cover. Steam for approximately 25 minutes, or until tender. Let cool.

Preheat oven to 350F and line a baking sheet with parchment paper.

In a food processor, add the lentils, walnuts, parsley, ground flaxseeds, salt, garlic and cooked beets. Pulse until coarse crumbs form. Do not over mix.

Scoop 1/2 cup of the mixture and form into patties (about 4-5in in diameter). Place on the prepared baking sheet, and bake for 30 minutes, carefully flipping halfway through.

Serve with roll of choice or lettuce wrap.

Top with sliced avocado or greek yogurt.



Empowered365 Kitchen

SUMMER GRAIN BOWL

SERVES: 2

TOTAL TIME: 1 HOUR, 15 MINUTES

INGREDIENTS

1 1/2 tbsps tahini
Juice of 1 1/2 lemons
1 tbsp extra virgin olive oil
1/2 tsp maple syrup
3 tbsps water
1/8 tsp sea salt
3 cups arugula
1/2 cup uncooked farro (cooked according to package directions)
1 carrot (large, shredded)
1/4 cup edamame
1/2 cup strawberries (halved)
1/2 cup blueberries
1/2 cup cucumber (peeled, cubed)
1/2 cup chickpeas (roasted)

DIRECTIONS

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.

Divide arugula between bowls and top with 1/2 cup cooked farro, shredded carrot, edamame, strawberries, blueberries, cucumber, and chickpeas. Drizzle with tahini dressing.



Empowered365 Kitchen

HAWAIIAN BBQ CHICKEN BOWL

SERVES: 4

TOTAL TIME: 30 MINUTES

INGREDIENTS

FOR THE CHICKEN

1/2 Tbsp Oil
4 Boneless Chicken Breasts (diced)
2/3 cup BBQ Sauce
2/3 cup Pineapple Juice
Salt & Pepper to taste

FOR THE SLAW

1 Large Red Onion (sliced)
1 Small Pineapple (diced or canned chunks)
1 Large Green Pepper (sliced)
Juice of Two Small Limes
Salt & Pepper to taste

TO SERVE

Shredded Lettuce
Sour Cream
Corn
Sliced Avocado

DIRECTIONS

Heat oil in a large frying pan over medium-high heat. Add the chicken and cook until browned on all sides, about 3-4 minutes, stirring occasionally.

Pour the BBQ sauce and pineapple juice over the chicken and stir well. Cook for 4-5 minutes or until the sauce is thickened and evenly coats the chicken. Season with salt and pepper.

Toss onion, pineapple and green pepper with lime juice, salt and pepper in a medium bowl. Divide amongst serving bowls, and top with lettuce, sour cream, corn, sliced avocado, and lime wedges.

