



## Roasted Red Pepper and Kale Frittata

A healthy and delicious breakfast change for the morning.

### Ingredients

2 large eggs  
1 cup chopped kale  
1 scallion  
¼ cup diced roasted red pepper  
1 Tbsp extra-virgin olive oil or coconut oil  
Sea salt and freshly ground black pepper to season

**TO PREPARE:** Heat oven to 350°. In a small ovenproof skillet, heat 1 Tbsp of oil over medium heat. Add 1 sliced scallion and 1 cup chopped kale and cook, stirring, until just wilted, about 2 minutes. Add ¼ cup diced roasted red pepper and cook until heated thoroughly. Season with coarse salt and freshly ground black pepper. Pour the 2 large eggs, whisked, over vegetables and transfer skillet to oven. Bake until eggs are cooked through, about 5 minutes.

Source: [wholeliving.com](http://wholeliving.com)



## Banana-Apple Buckwheat Muffins

Delicious and nutritious, great for breakfast or a snack.

### Ingredients

2 large eggs  
½ mashed banana  
¼ cup of raw uncooked honey  
¼ cup buckwheat flour  
1 tsp baking powder  
½ tsp ground cinnamon  
Pinch of sea salt  
½ finely diced (peeled and cored) sweet apple  
¼ cup chopped walnuts (optional)

**TO PREPARE:** Heat oven to 350°. Place four baking cups in a muffin tin. In a bowl, whisk together ¼ cup buckwheat flour, 1 tsp baking powder, ½ tsp ground cinnamon and 1/8 tsp sea salt. In another bowl, whisk together 2 large eggs, ½ mashed banana, and a ¼ cup of raw uncooked honey. Mix the wet ingredients into the dry, then fold in ½ finely diced (peeled and cored) sweet apple (such as Honeycrisp) and ¼ cup chopped walnuts. Fill the batter to the tops of the lined cups and fill remaining cups halfway with water. Bake 30 minutes, or until a tester comes out clean. Let cool on a wire rack.

These can be stored in an airtight container for 2 days.

Source: [wholeliving.com](http://wholeliving.com)

## Avocado and Black Bean Tacos

Quick and easy lunch item.

### Ingredients

2 corn tortillas  
½ cup thinly sliced kale  
¼ cup cooked black beans  
½ avocado  
½ minced garlic clove  
1 Tbsp lime juice  
2 Tbsp toasted sunflower seeds  
Dash of cumin  
Sea salt and freshly ground black pepper to season

**TO PREPARE:** In a medium bowl, mash ½ avocado with ½ minced clove garlic, 1 Tbsp lime juice and a dash of cumin. Season with sea salt and freshly ground black pepper. Toast two corn tortillas over a gas burner, turning, until lightly charred or warm in a conventional or toaster oven. Divide avocado mixture between tortillas and top with ½ cup thinly sliced kale, ¼ cup cooked black beans and 2 Tbsp toasted sunflower seeds. Season with sea salt.

Source: [wholeliving.com](http://wholeliving.com)

## Red Lentil and Sweet Potato Stew

This is a warm stew, perfect for cold weather that can be stored and re-heated for up to 3 days.

### Ingredients

2 peeled and diced sweet potatoes  
1 diced, stemmed and seeded red bell pepper  
1 ½ cups rinsed red lentils  
6 cups vegetable broth  
1 diced large yellow onion  
4 minced garlic cloves  
2 Tbsp ginger (recommend minced fresh)  
1 tsp ground cumin  
1 tsp ground turmeric  
1 Tbsp curry powder  
2 Tbsp coconut or extra-virgin olive oil  
Sea salt and ground pepper for seasoning  
Chopped fresh cilantro for garnish

**TO PREPARE:** Heat 2 Tbsp coconut or extra-virgin olive oil in a large pot over medium heat. Cook 1 tsp each ground cumin and turmeric and 1 Tbsp curry powder until fragrant, about 1 to 2 minutes. Add 1 diced large yellow onion with a few pinches of sea salt, and cook, stirring, until tender, about 6 minutes. Add 4 minced cloves garlic and 2 Tbsp ginger, cook, stirring, until tender, about 2 minutes. Add 2 peeled and diced sweet potatoes and 1 diced (stemmed, seeded) red bell pepper and cook 1 minute.

Add 1 ½ cups rinsed red lentils and 6 cups vegetable broth. Bring to a boil, then reduce heat and simmer until lentils are tender, 20 to 25 minutes. Season with salt and freshly ground black pepper. Top with chopped fresh cilantro before serving.

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