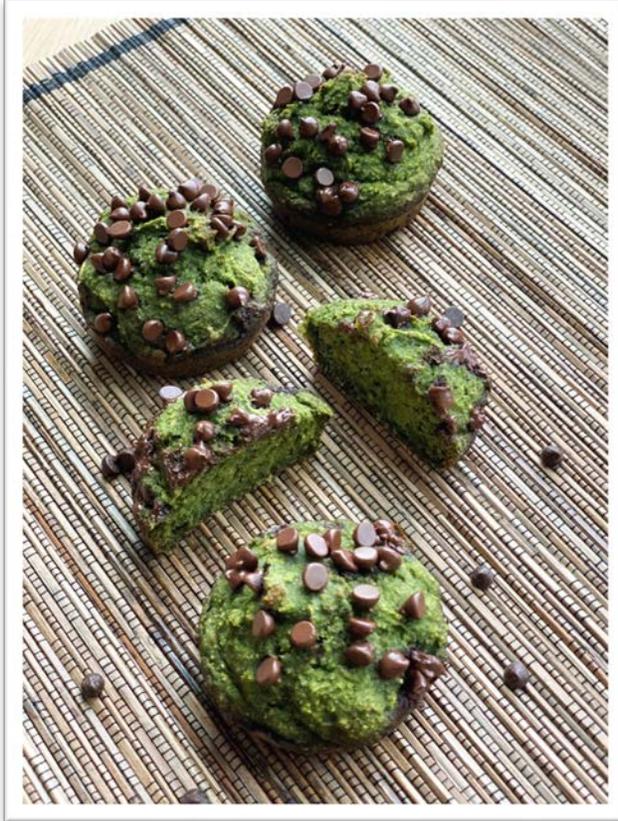


Cooking with Cortney Webinar - Recipes

Spinach Banana Blender Muffins

Servings: 4-6 muffins



Ingredients:

- 1 large ripe banana
- 3 pitted dates
- 2 large eggs (or egg replacer - Bob's Red Mill is preferred)
- 2 t vanilla extract
- 2 handfuls baby spinach
- 1 cup gluten free rolled oats
- ½ t baking soda

Topping: dairy-free chocolate chips

Instructions:

- Preheat oven to 350°F. Grease a muffin pan with cooking spray, set aside.
- Using a high-powered blender, combine wet ingredients first into the blender (follow the order as shown above).
- Blend until smooth.
- Fill each muffin tin ¾ full and top with chocolate chips
- Bake in oven for 13 mins or until toothpick inserted comes out clean.

Shakshuka

Servings: 2-4



Ingredients:

- 2 T olive oil
- ½ large white onion – diced
- ½ green bell pepper – diced
- 3 garlic cloves – finely chopped
- 2 T tomato paste
- 1 T harissa
- 1 t cumin
- 1 t paprika
- ½ t red chili flakes
- 28 oz can of diced tomatoes
- ½ t ground black pepper

Salt to taste
4 large eggs
Chopped cilantro to garnish

Instructions:

In a sauté pan or cast-iron skillet, heat oil over medium high heat.
Add onion and green bell pepper, and cook until the vegetables are soft and caramelized.
Add in garlic and cook for one minute.
Add and combine the tomato paste, harissa, cumin, paprika, and red chili flakes – stirring occasionally.
Diced tomatoes are next. Stir and let the sauce thicken, around 6-7 minutes over medium low heat.
Add pepper, and salt to taste
Turn the heat up to medium – make a small well in the sauce for each egg to go in. Carefully crack an egg into each well.
Cook uncovered for 10 minutes – whites should be cooked through, but the yolks runny.
Top with chopped cilantro

Overnight Oats

Servings: 1



Ingredients:

½ c rolled oats
¾ c water (or milk or milk alternative)
Pinch of salt

Toppings:

½ banana, sliced
¼ c fresh raspberries
1 T almond butter
1 T pecans, chopped
1 t hemp hearts

Instruction:

Combine oatmeal, salt and water in bowl or jar. Cover and refrigerate overnight.
Top with fruit, almond butter, pecans and hemp hearts, or other desired toppings.

Overnight Chocolate Chia Seed Pudding

Servings: 4

Ingredients:



¼ cup unsweetened cocoa powder
4 T maple syrup
½ t ground cinnamon
½ t vanilla extract
1 ½ cups soy milk
½ cup chia seeds

Instructions:

In a small mixing bowl combine cocoa powder, maple syrup, cinnamon, and vanilla extract.

Whisk to combine.

Next, slowly add in the soy milk while whisking until thick.

Add in the chia seeds, whisk once more to combine.

Refrigerate for 30 minutes; stir.

Then, leave it covered in refrigerator for 3-5 hours to overnight.

Serve cold with desired toppings of fruit, granola, etc.