



Carrot Fritters

Servings: 20

Ingredients

- 1 lb carrots, grated
- 2 small eggs
- 8 TBSP all-purpose flour, plus more if needed
- 2 garlic cloves, grated
- 2 TSP ground cumin
- 4 TBSP coriander leaves, chopped
- 1 TSP fine salt
- ¼ TSP black pepper (optional)

Yogurt-Hummus Dip

- 1 cup hummus
- 1 cup plain yogurt
- 2 TBSP lemon juice

Directions

1. Preheat the oven to 400° F and grease or line a baking sheet with parchment paper.
2. Using a food processor or a box grater, grate the carrots, then drain and squeeze them with a paper towel to remove the excess moisture. Add them to a bowl.
3. Add the remaining ingredients to the grated carrots and mix until well combined. If the mixture is still wet and difficult to handle, you might add more flour.
4. Place a heaping tablespoon of the mixture on the baking sheet and flatten slightly with your hand.
5. Bake the fritters in the preheated oven for about 12 minutes, then turn them over and bake for a further 12 minutes, or until golden and crispy. Check your oven; the baking time might be slightly different.
6. Yogurt-hummus dip: Mix plain yogurt, hummus, and lemon juice.
7. Serve the fritters with the yogurt-hummus dip



Black Bean Burgers

Servings: 20

Ingredients

- 10 cans (14.5 ounces each) seasoned black beans
- 1 cup seasoned breadcrumbs
- 1 ¼ cup grated white onion
- 2 eggs
- 2 ½ TSP chili powder
- Salt and pepper to taste
- Hot sauce (optional)
- 40 slices Swiss cheese
- Olive oil, for frying
- Butter, for frying and grilling
- 20 whole Kaiser rolls or good hamburger buns
- Mayonnaise
- Lettuce or other greens as topping
- 20 slices of tomato
- Other toppings of your choice!

Directions

1. Drain, but do not rinse, the black beans. Place them in a bowl and use a fork to mash them. Keep mashing until they're mostly broken up, but still have some whole beans visible.
2. Add the breadcrumbs, onion, egg, chili powder, salt, pepper, and hot sauce. Stir until everything is combined, then let the mixture sit for 5 minutes.
3. Form the bean mixture into patties slightly larger than the buns you're using (the patties will not shrink when they cook.)
4. Heat a tablespoon or two of olive oil with an equal amount of butter in a skillet over medium-low heat. Place the patties in the skillet and cook them about 5 minutes on the first side. Flip them to the other side, place 2 slices of cheese onto each patty, and continue cooking them for another 5 minutes, or until the burgers are heated through. (Place a lid on the skillet to help the cheese melt if needed.)
5. Grill the buns with a little butter until golden. Spread the buns with mayonnaise and hot sauce, then place the patties on the buns. Top with lettuce and tomato.



Peanut Butter Chocolate Chip Cookie Bars

Servings: 25

Cookie Layer

- ½ cup plus 2 TBSP creamy peanut butter
- ¼ cup plus 1 TBSP melted coconut oil
- ¼ cup plus 1 TBSP maple syrup
- 2 TSP vanilla extract
- Heaping ½ TSP sea salt
- 2 ½ cups almond flour
- 2 ½ TBSP maca powder
- 1 cup chocolate chips

Cacao Layer

- 1 ½ cups walnuts
- 2 TBSP cacao powder
- ¼ TSP sea salt
- 10 soft medjool dates
- 2 TBSP water
- Flaky sea salt for sprinkling on top (optional)

Directions

1. Line an 8x8-inch baking pan with parchment paper.
2. In a large bowl, stir together the peanut butter, coconut oil, maple syrup, vanilla, and salt until combined. Add the almond flour and maca and stir to combine (the mixture will be thick). Fold in the chocolate chips and press into the pan.
3. Place in the freezer so that it firms up a bit while making the next layer.
4. In a small food processor, pulse the walnuts, cacao powder, and sea salt until the walnuts are well chopped. Add the dates and pulse to combine, adding 2 TBSP water if the blade gets stuck. Process until smooth, then spread onto the cookie layer. Sprinkle with sea salt if desired.
5. Freeze for 30 minutes (this will help them firm up, making them easier to cut). Remove and slice into bars.



- | | |
|---|---|
| ☐ 1 lb carrots | ☐ ¼ cup + 1 TBSP coconut oil |
| ☐ 2 garlic cloves | ☐ ¼ cup + 1 TBSP maple syrup |
| ☐ 1 ¼ cup white onion | ☐ ½ cup + 2 TBSP creamy peanut butter |
| ☐ 4 TBSP coriander leaves | ☐ 2 TSP vanilla extract |
| ☐ Lettuce or other greens | ☐ 8 TBSP all-purpose flour (+ extra if needed) |
| ☐ 20 tomato slices (≈ 3-4 tomatoes) | ☐ 2 ½ cups almond flour |
| ☐ 1 lemon (for 2 TBSP juice) | ☐ 1 cup chocolate chips |
| ☐ 4 eggs | ☐ 1 ½ cups walnuts |
| ☐ 40 slices Swiss cheese | ☐ 10 medjool dates |
| ☐ 1 cup plain yogurt | ☐ 2 TBSP water |
| ☐ Butter | ☐ 2 TSP ground cumin |
| ☐ 20 Kaiser rolls or hamburger buns | ☐ 2 ½ TSP chili powder |
| ☐ 1 cup seasoned breadcrumbs | ☐ 2 TBSP cacao powder |
| ☐ 10 cans (14.5 oz) seasoned black beans | ☐ 2 ½ TBSP maca powder |
| ☐ Hummus | ☐ Sea salt |
| ☐ Mayonnaise | ☐ Flaky sea salt |
| ☐ Hot sauce | ☐ Black pepper |
| ☐ Olive oil | |