

Food For Thought

HEALTHY FOOD ALTERNATIVES
A RECIPE BOOK

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Labouyi Bannann

Yields

3-4 servings

Prep Time

10 min

Cook Time

8 min

Total Time

18 min

INGREDIENTS

- 2 Plantains
- 2 ½ cups of coconut milk
- 1 Cinnamon stick
- 2 Star anis pods

DIRECTIONS

1. Peel and chop plantains and place them into a blender
2. Add coconut milk
3. Blend until purée
4. Add more coconut milk if preferred a more liquified porridge
5. Transfer the blended mix into a pot over low heat for seven minutes
6. Stir gently
7. Rinse cinnamon and star anis and place on porridge
8. After 7 minutes of cooking and stirring transfer porridge into a bowl
9. Include toppings, such as but not limited to diced banana, and cinnamon powder





Oil Free Garlic 'Smashed' Potatoes

Yields

4 servings

Prep Time

0 min

Cook Time

50 min

Total Time

50 min

INGREDIENTS

- 1 1/2 pd. Baby potatoes
- 1/4 c. aquafaba (water from chickpea can)
- 1 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/4 tsp. Salt (or to taste)
- snipped chives for garnish (optional)

DIRECTIONS

1. Preheat oven to 425F and line a sheet pan with parchment paper.
2. Add potatoes to a large saucepan and cover with water. Bring to a boil then reduce to a simmer and cook for 18-20 minutes, or until no resistance is met when pierced with a fork.
3. Drain potatoes and put on prepared baking sheet. Using a potato masher, or the bottom of a glass, firmly smash down the potatoes so that the skin is broken open and some of the fluffy inside is showing, but the potato is still intact.
4. Mix aquafaba, garlic powder, onion powder, and salt together. Brush the smashed potatoes with the aquafaba mixture, then flip the potatoes and brush the other side.
5. Roast in the oven for 15-20 minutes, or until brown and crispy on the underside. Flip the potatoes and roast another 8-10 minutes until lightly browned and crispy on the bottom. Garnish with chives if desired and enjoy!





Roasted Lemon Cauliflower Pasta

Yields

2-3 servings

Prep Time

10 min

Cook Time

20 min

Total Time

30 min

INGREDIENTS

- 1 head cauliflower
- 2 tbsp olive oil
- 3 minced garlic cloves
- Salt and pepper
- ¼ tsp chili flakes
- Lemon zest from one lemon
- 4-6 oz of gluten free pasta
- 1 cup fresh parsley
- ½ toasted walnuts, chopped
- Finely grated pecorino
- 2 tbsp capers

DIRECTIONS

1. Preheat oven to 425F
2. Trim and cut cauliflower and place in a bowl. Drizzle with olive oil, sprinkle with salt and pepper, 1/2 of the lemon zest, 2/3 of the minced garlic and chili flakes. Toss well and roast in oven until tender and golden, about 20-25 minutes.
3. Cook pasta in 2qrts of water and a little salt
4. Drizzle pasta with olive oil and add remaining finely minced garlic, parsley, lemon zest, toasted walnuts, and capers. Sprinkle with pecorino and chili flakes
5. Taste, and add more salt and pepper if necessary





Tofu Scramble Breakfast Burrito

Yields
4 servings

Prep Time
10 min

Cook Time
20 min

Total Time
30 min

INGREDIENTS

- 3 Yukon potatoes
- Olive oil (to taste)
- ½ tsp paprika
- ½ tsp dried oregano
- 3 tsp garlic powder
- Salt and pepper (to taste)
- 1 block extra firm tofu
- 3 tbsp soy sauce
- 3 tbsp nutritional yeast
- 1 tsp onion powder
- ½ tsp ground turmeric
- 1 cup grape tomatoes, halved
- 3 cups spinach
- 4 large flour tortillas
- 1 avocado, for serving, diced

DIRECTIONS

1. Preheat oven to 400 °F
2. Peel and cube potatoes, combining with olive oil, paprika, oregano, ½ tsp garlic powder, salt and pepper before adding to a baking sheet
3. Toss and bake in oven for 20 minutes, flipping halfway through
4. In a large saucepan, add a drizzle of olive oil. Once warmed, crumble to block of tofu. Add additional garlic powder, onion powder, turmeric, salt, and pepper and stir
5. Add the tomatoes and cook for 4-5 minutes
6. Add the spinach and cook until wilted, 3-4 minutes.
7. Assemble burrito as desired, and enjoy!

<https://tasty.co/recipe/tofu-scramble-breakfast-burrito>





Peanut Butter Banana Ice Cream

Yields
2servings

Prep Time
10 min

Cook Time
0min

Total Time
10 min

INGREDIENTS

- 3 ripe bananas, frozen
- 3 tbsp peanut butter
- ¼ tsp vanilla extract
- Dash of cinnamon
- Sea salt (to taste)

DIRECTIONS

1. Place all ingredients in a blender or food processor
2. Pulse until fully mixed
3. Add toppings as desired





Almond Flour Chocolate Cupcakes

Yields

12 servings

Prep Time

30 min

Cook Time

30 min

Total Time

1 hr

INGREDIENTS

- 2 c. almond flour
- 1/3 c. cane sugar
- 1/4 c. cocoa powder
- 1/2 tsp. baking soda
- 1/2 tsp. Salt
- 4 eggs (can swap with flax egg)
- 3/4 c. organic maple syrup
- 2 tsp. vanilla extract
- Icing (Tub of Vegan Truwhip)

DIRECTIONS

1. Preheat oven to 350F
2. Combine almond flour, sugar, cocoa, baking soda, and salt in a separate bowl and set aside.
3. In a separate bowl, whisk eggs together and then add syrup and vanilla.
4. Combine wet and dry ingredients.
5. Transfer batter to cupcake tray.
6. Bake for 25-30 min or until toothpick comes out clean.
7. Add icing once cupcakes have completely cooled.



