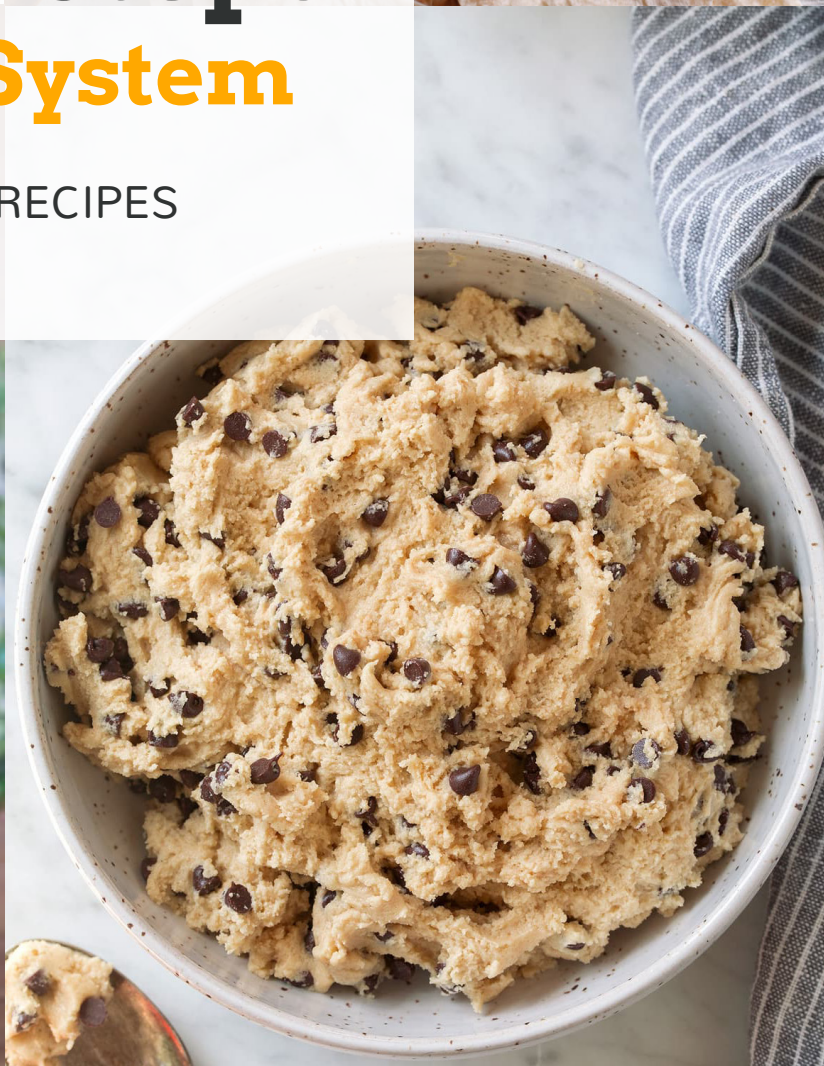




fresh  
steps  
MEAL SYSTEM

# Fresh Steps Meal System

VEGAN RECIPES



## Introduction

Our Meal Starters serve as the foundation for any meal- they contain essential vitamins, minerals and an appropriate balance of protein, carbohydrate and fats. Our Smoothie, Soup, Vegan and Egg Meal Starters truly are your kitchen training wheels. Simply pair with fresh ingredients as part of any recipe to create a healthy portion-controlled meal to leave you satisfied. Although the foundation of your meal, Meal Starters are only part of the story. It is the grocery ingredients and spices that you pair which round out a balanced meal.

## Superfoods

While the addition of fresh ingredients, specifically fruits and vegetables, are of critical importance, so too is the type of produce selected. Eating a diet rich in vitamins, minerals and antioxidants is an important habit of a healthy lifestyle. Nutrient-dense foods or **superfoods** not only make you feel great, but they may even reduce your risk of certain chronic health conditions while providing multiple health benefits. For this reason, we have highlighted the **superfoods** part of each recipe to keep you informed! While there are many foods that can be described as super, it is important to understand that there is no single food that holds the key to good health or disease prevention. The key instead lies with a nutrient dense diet filled with delicious ingredients highlighted in these recipes!





# Vegan Recipes



## Chocolate Peanut Butter Muffin Drops (Serves 5)


### INGREDIENTS

- 1.5 serving Vegan Smoothie Meal Starter
- 2 tbsp sugar free Maple Syrup
- 1/3 cup Unsweetened Soy Milk
- ¼ cup Unsweetened Apple Sauce
- 1 tsp Vanilla Extract
- 1 tsp Baking Soda
- ¼ tsp Salt
- 8 tbsp Unsalted Natural Peanut Butter
- 1.5 tbsp Unsweetened Cocoa Powder
- 2 tbsp Chia seeds
- 3 tbsp Nutritional Yeast Seasoning

**Super Food:** More than 50% of the fat contained in chia seeds are omega 3 fatty acids. This fat in particular promotes a heart healthy lifestyle given its proven protection against increased cholesterol, triglycerides and blood pressure, as well as proving a decreased likelihood of developing blood clots.

### DIRECTIONS

- 1 Preheat oven to 400 degrees and grease a muffin pan.
- 2 Mix all ingredients thoroughly in a large mixing bowl (leaving soy milk until the end). Slowly add in soy milk.
- 3 Once mixture is smoothed and in a thick consistency, set aside for ~ 10 minutes.
- 4 After mixture sits for ~ 10 minutes, transfer muffin mixture into muffin pan to make about 10 small-medium sized muffins.
- 5 Once mixture is in the oven for about 8-10 minutes, remove pan from oven. (Put back into oven in 2-3 minute intervals until fully baked).
- 6 Once bake is complete, remove from oven and let cool.
- 7 Once muffins are cooled, remove 2 from pan and enjoy!

 **Nutrition: 275 calories, 16 g fat, 530 mg sodium, 13 g carbohydrate, 6 g fiber, 7 g net carbohydrate, 16 g protein**

**41% Fat, 21% Carbohydrate, 46% Protein**



## No-Bake Cookie Dough (Serves 3)

### INGREDIENTS

- 1 serving Vegan Smoothie Meal Starter
- ¼ cup Unsweetened Soy Milk
- 2 tbsp Nutritional Yeast Seasoning
- 2 tbsp Almond Flour
- 6 tbsp Unsalted Natural Peanut Butter
- ¼ cup Low Sodium Chickpeas
- 2 tsp Cinnamon
- 1 tsp Vanilla Extract

### DIRECTIONS

- 1 Take a pot of water and put to a boil.
- 2 Once water is ready, pour chickpeas in. Let chickpeas boil for 8-10 minutes.
- 3 Once complete, take chickpeas out and set aside for 30-60 minutes or until fully cooled.
- 4 Once cooled, place in food processor.
- 5 Once chickpea consistency appears smoothed, add additional ingredients to food processor.
- 6 Continue pulsing until smoothed texture appears.
- 7 Once mixture is of a dough-like consistency, separate into 3 different containers (each container makes one serving).

 **Nutrition: 300 calories, 20 g fat, 161 mg sodium, 16 g carbohydrate, 7 g fiber, 9 g net carbohydrate, 19 g protein**

**60% Fat, 21% Carbohydrate, 25% Protein**

**Super Food:** Incorporating a small amount of nutritional yeast shows much benefit to overall health. Aside from the health benefits of yeast alone, nutritional yeast is low in fat, high in protein and loaded with vitamins and minerals. In fact, this superfood may enhance daily energy when consumed often.



## Cinnamon PB “Pudding” (Serves 1)

### INGREDIENTS

- 1 serving Fresh Vegan Smoothie Meal Starter
- $\frac{3}{4}$  cup Unsweetened Soy Milk
- 2 tbsp Chia Seeds
- 1 tsp Cinnamon, ground
- 1 tbsp Unsalted Peanut Butter

### DIRECTIONS

- 1 Place all ingredients into a blender. Blend ingredients well for 15-30 seconds.
- 2 Once thoroughly blended, pour mixture into a container.
- 3 Place in refrigerator and let sit for 8-10 hours.



**Nutrition: 400 calories, 23 g fat, 412 mg sodium, 21 g carbohydrate, 16 g fiber, 5 g net carbohydrate, 37 g protein**

**52% Fat, 21% Carbohydrate, 37% Protein**

**Super Food:** Loaded with antioxidants and anti-inflammatory properties, cinnamon can in fact be a very health protective ingredient, or better known as being a powerful superfood. Given its protective qualities, cinnamon alone can assist in fighting off infection.



## Protein Veggie Burgers (Serves 2)

### INGREDIENTS

- 1 serving Vegan Smoothie Meal Starter
- ½ cup chopped Onions
- ¼ cup cooked Lentils
- ¼ cup Low Sodium Chickpeas
- 1 tbsp Olive Oil
- 3 tbsp Nutritional Yeast Seasoning
- Ground pepper and garlic powder (to taste)

### DIRECTIONS

- 1 Place cooked chickpeas in a food processor. Continue pulsing until consistency appears smooth.
- 2 Add Meal Starter packet, olive oil and nutritional yeast to chickpea mixture and pulse again until fully mixed together.
- 3 Transfer mixture to a mixing bowl. Add in cooked lentils and chopped onions. Mix altogether.
- 4 Once mixture is complete, form 2 medium sized patties.
- 5 Place two patties on a non-stick skillet and cook each side for 5-8 minutes or until each side appears golden brown.



**Nutrition: 215 calories, 9 g fat, 232 mg sodium, 18 g carbohydrate, 7 g fiber, 11 g net carbohydrate, 19 g protein**

**(38% Fat, 33% Carbohydrate, 35% Protein)**

**Super Food:** Aside from containing a substantial amount of fiber, the large amount of minerals that this superfood chickpea contains, specifically calcium and iron, is what assists in enhancing bone and muscle strength.



## Protein Hummus (Serves 2)

### INGREDIENTS

- 1 serving Vegan Smoothie Meal Starter
- ¼ cup Low Sodium Chickpeas, cooked
- ¼ Avocado
- 2 tsp Garlic, minced
- 2 tsp Lemon Juice (increase as needed)
- 1 tsp Lime Juice (increase as needed)
- 2 tsp Olive Oil
- 3 tbsp Nutritional Yeast Seasoning
- Ground pepper and garlic powder (to taste)

**Super Food:** The fiber content that the avocado superfood contains is what assists in weight loss and more regulated blood sugar levels, thus lowering one's risk of developing obesity-related chronic conditions.

### DIRECTIONS

- 1 Place cooked chickpeas in a food processor until consistency becomes smooth.
- 2 Add in ½ of the meal starter packet, ¼ avocado, olive oil, and lemon/lime juice. Turn on food processor. Once smooth, add in 2nd half of packet (adding 2 tbsp of water as needed).
- 3 Add in additional ingredients into the food processor. Pulse again for 2-3 minutes until smoothed consistency.
- 4 Enjoy as is or as a side hummus dip!



**Nutrition: 200 calories, 10 g fat, 235 mg sodium, 13 g carbohydrate, 6 g fiber, 7 g net carbohydrate, 17 g protein**

**(45% Fat, 26% Carbohydrate, 34% Protein)**

### SOURCES:

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We cannot wait to see your delicious meals!