



## Healthy App's

Created by Pam Rocca



## Healthy App's

Pam Rocca

Serve up some fresh healthy summer snacks or appetizers, enjoy the 12 easy recipes shared below. Pair with an abundance of veggies for a lot of extra nutrition.



# Healthy App's

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Snack 1	Layered Nacho Dip	Crispy Prosciutto-Wrapped Asparagus	Easy Black Bean Salsa	Basil Pesto Hummus	Guacamole Rollups	Cucumber Tuna Bites	Vegan Stuffed Mushrooms
Snack 2	Cucumber Hummus Bites	Roasted Red Pepper Lentil Dip	Salmon Cucumber Bites	Quinoa & Lentil Fritters	Black Bean, Corn & Quinoa Salad	Sea Salt & Garlic Crackers	Tofu, Bell Pepper & Pineapple Skewers



# Healthy App's

7 days

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Calories</b> 488	<b>Calories</b> 209	<b>Calories</b> 272	<b>Calories</b> 580	<b>Calories</b> 642	<b>Calories</b> 559	<b>Calories</b> 489
<b>Fat</b> 34g	<b>Fat</b> 10g	<b>Fat</b> 10g	<b>Fat</b> 4g	<b>Fat</b> 23g	<b>Fat</b> 40g	<b>Fat</b> 32g
<b>Carbs</b> 38g	<b>Carbs</b> 17g	<b>Carbs</b> 27g	<b>Carbs</b> 107g	<b>Carbs</b> 96g	<b>Carbs</b> 26g	<b>Carbs</b> 38g
Fiber 12g	Fiber 5g	Fiber 7g	Fiber 18g	Fiber 25g	Fiber 12g	Fiber 7g
Sugar 5g	Sugar 3g	Sugar 5g	Sugar 15g	Sugar 8g	Sugar 4g	Sugar 26g
<b>Protein</b> 16g	<b>Protein</b> 16g	<b>Protein</b> 19g	<b>Protein</b> 26g	<b>Protein</b> 22g	<b>Protein</b> 31g	<b>Protein</b> 21g
Cholesterol 0mg	Cholesterol 25mg	Cholesterol 16mg	Cholesterol 0mg	Cholesterol 0mg	Cholesterol 36mg	Cholesterol 0mg
Sodium 922mg	Sodium 919mg	Sodium 359mg	Sodium 871mg	Sodium 742mg	Sodium 593mg	Sodium 800mg
Vitamin A 594IU	Vitamin A 1030IU	Vitamin A 941IU	Vitamin A 224IU	Vitamin A 2829IU	Vitamin A 215IU	Vitamin A 982IU
Vitamin C 56mg	Vitamin C 14mg	Vitamin C 30mg	Vitamin C 6mg	Vitamin C 103mg	Vitamin C 4mg	Vitamin C 83mg
Calcium 100mg	Calcium 47mg	Calcium 110mg	Calcium 127mg	Calcium 179mg	Calcium 228mg	Calcium 383mg
Iron 6mg	Iron 5mg	Iron 3mg	Iron 9mg	Iron 7mg	Iron 7mg	Iron 5mg
Vitamin D 0IU	Vitamin D 0IU	Vitamin D 355IU	Vitamin D 0IU	Vitamin D 0IU	Vitamin D 40IU	Vitamin D 4IU
Vitamin B12 12.7µg	Vitamin B12 0µg	Vitamin B12 1.6µg	Vitamin B12 0µg	Vitamin B12 0µg	Vitamin B12 2.1µg	Vitamin B12 8.5µg
Zinc 3mg	Zinc 1mg	Zinc 1mg	Zinc 3mg	Zinc 4mg	Zinc 2mg	Zinc 3mg



# Healthy App's

61 items

## Fruits

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- 3 Avocado
- 1 Lemon
- 2 tbsps Lemon Juice
- 2 Lime
- 3 1/3 tbsps Lime Juice
- 3 cups Pineapple

## Breakfast

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- 3 tbsps Maple Syrup

## Seeds, Nuts & Spices

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- 3/4 tsp Black Pepper
- 1 1/2 cups Cashews
- 1/2 cup Chia Seeds
- 2 tpsps Chili Powder
- 3/4 tsp Cumin
- 1 tbsp Dried Parsley
- 1 3/4 tpsps Garlic Powder
- 1/2 cup Pumpkin Seeds
- 1 1/8 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 cup Sunflower Seeds
- 1 cup Walnuts

## Frozen

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- 2/3 cup Frozen Corn

## Vegetables

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- 3 cups Asparagus
- 1/2 cup Basil Leaves
- 1 cup Cilantro
- 12 Cremini Mushrooms
- 2 1/2 Cucumber
- 6 Garlic
- 2 tbsps Parsley
- 2 1/2 Red Bell Pepper
- 3/4 cup Red Onion
- 120 grams Roasted Red Peppers
- 2 tpsps Thyme
- 1/2 Tomato
- 1 Yellow Bell Pepper
- 1 Yellow Onion

## Boxed & Canned

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- 2 1/2 cups Black Beans
- 2 cups Chickpeas
- 1/2 cup Corn
- 1 cup Dry Red Lentils
- 1 cup Quinoa
- 1 can Refried Beans
- 1 cup Salsa
- 1 can Tuna

## Baking

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- 1/4 cup All Purpose Gluten-Free Flour
- 1/2 cup Almond Flour
- 1/3 cup Dried Unsweetened Cranberries
- 1/4 cup Nutritional Yeast

## Bread, Fish, Meat & Cheese

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- 1 cup Hummus
- 142 grams Prosciutto
- 100 grams Smoked Salmon
- 565 grams Tofu
- 2 Whole Wheat Tortilla

## Condiments & Oils

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- 1/4 cup Black Olives
- 2 tbsps Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 2 tbsps Mayonnaise
- 2 tbsps Miso Paste
- 1 tbsp Tabasco Sauce
- 1 tbsp Tahini
- 1 1/2 tbsps Tamari

## Cold

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- 1/4 cup Plain Greek Yogurt

## Other

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- 5 cups Water



# Layered Nacho Dip

17 ingredients · 20 minutes · 8 servings



## Directions

1. Prepare your queso by combining cashews, nutritional yeast, sea salt, garlic powder, cumin, chili powder, tabasco sauce, olive oil and warm water in a blender or food processor. Blend until smooth and creamy. Add more warm water 1 tbsp at a time if necessary.
2. Create your guacamole by mashing avocado in a bowl. Add lime juice and season with sea salt and black pepper to taste. Mash well until creamy.
3. When ready to assemble your dip, spread refried beans in the bottom of a glass dish. Add the queso layer, then guacamole, then salsa. Top with diced bell pepper, black olives and cilantro. Serve immediately with brown rice chips or cover and refrigerate.

## Notes

### Meat Lover

Use ground meat instead of refried beans.

### Prep Ahead

This can be made up to 1 day in advance. Cover and store in the fridge until ready to eat.

### Serve it With

Veggie sticks, sweet potato chips or brown rice chips (check out our Garlic Chili Lime Chips).

## Ingredients

- 1 1/2 cups Cashews
- 3 tbsps Nutritional Yeast
- 1/2 tsp Sea Salt
- 1/4 tsp Garlic Powder
- 1/2 tsp Cumin
- 1 1/2 tps Chili Powder
- 1 tbsp Tabasco Sauce
- 1 tbsp Extra Virgin Olive Oil
- 1/4 cup Water (warm)
- 2 Avocado (ripe)
- 1 Lime (juiced)
- Sea Salt & Black Pepper (to taste)
- 1 can Refried Beans
- 1 cup Salsa
- 1 Yellow Bell Pepper (diced)
- 1/4 cup Black Olives (sliced)
- 1/4 cup Cilantro (chopped)

## Nutrition

Amount per serving

Calories	330	Vitamin A	499IU
Fat	23g	Vitamin C	54mg
Carbs	26g	Calcium	57mg
Fiber	8g	Iron	4mg



Sugar	3g	Vitamin D	0IU
<b>Protein</b>	11g	Vitamin B12	12.7µg
Cholesterol	0mg	Zinc	2mg
Sodium	658mg		



# Crispy Prosciutto-Wrapped Asparagus

2 ingredients · 15 minutes · 4 servings



## Directions

1. Preheat oven to 450°F (232°C). Line a baking sheet with foil.
2. Wrap each asparagus spear in prosciutto. Transfer to your baking sheet and bake for 10 minutes, flipping halfway.
3. Divide onto plates and enjoy!

## Notes

### No Prosciutto

Use bacon instead. Baking times may increase depending on the thickness of the bacon.

### Storage

Best enjoyed immediately but can be refrigerated in an airtight container up to 3 days. The asparagus may also be wrapped ahead of time and refrigerated up to 3 days until ready to bake.

### Serving Size

One serving is equal to approximately 3 to 4 wrapped asparagus spears.

### BBQ Lover

Brush your prosciutto-wrapped asparagus with oil and grill them over medium-high heat until slightly charred, turning frequently.

## Ingredients

**3 cups** Asparagus (woody ends trimmed)

**142 grams** Prosciutto (thinly sliced strips)

## Nutrition

Amount per serving

<b>Calories</b>	96	Vitamin A	760IU
<b>Fat</b>	5g	Vitamin C	6mg
<b>Carbs</b>	4g	Calcium	24mg
Fiber	2g	Iron	3mg
Sugar	2g	Vitamin D	0IU
<b>Protein</b>	11g	Vitamin B12	0µg
Cholesterol	25mg	Zinc	1mg
Sodium	661mg		





# Easy Black Bean Salsa

9 ingredients · 10 minutes · 4 servings



## Directions

1. Add everything to a mixing bowl and stir to combine. Season with additional lime juice or salt and pepper if needed. Enjoy!

## Notes

### Leftovers

Best enjoyed after refrigerating for an hour or two. Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is approximately 1/2 cup.

### More Flavor

Add green onion, jalapeno, chopped tomatoes, diced avocado, hot sauce, taco seasoning, or cumin.

### Serve it With

Corn chips, tacos, burrito bowls, or on top of salads.

## Ingredients

- 1 1/2 cups Black Beans (cooked and rinsed)
- 1/2 cup Corn (cooked)
- 1/2 Red Bell Pepper (finely chopped)
- 1/2 cup Red Onion (finely chopped)
- 1 Garlic (large clove, minced)
- 1/2 cup Cilantro (chopped)
- 2 tbsps Extra Virgin Olive Oil
- 1 Lime (large, juiced)
- Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

Calories	179	Vitamin A	660IU
Fat	7g	Vitamin C	26mg
Carbs	23g	Calcium	28mg
Fiber	7g	Iron	2mg
Sugar	3g	Vitamin D	0IU
Protein	7g	Vitamin B12	0µg
Cholesterol	0mg	Zinc	1mg
Sodium	4mg		



# Basil Pesto Hummus

5 ingredients · 10 minutes · 6 servings



## Directions

1. Add all ingredients together in a food processor or high-speed blender. Blend until a creamy consistency forms, scraping the sides down as needed. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days, or freeze for up to six months.

### Serve it With

Veggie sticks, brown rice tortilla chips, on a salad, in a wrap or as a sandwich spread.

### More Flavor

Use olive oil, avocado oil, broth and/or leftover liquid from the chickpeas instead of water.

### Consistency

If hummus is too thick, add one tablespoon of cold water at a time.

## Ingredients

- 2 cups Chickpeas (cooked)
- 1/2 cup Basil Leaves (roughly chopped)
- 1 Lemon (juiced)
- 1/2 cup Water
- 1 tsp Sea Salt

## Nutrition

Amount per serving

Calories	92	Vitamin A	202IU
Fat	1g	Vitamin C	4mg
Carbs	16g	Calcium	35mg
Fiber	4g	Iron	2mg
Sugar	3g	Vitamin D	0IU
Protein	5g	Vitamin B12	0µg
Cholesterol	0mg	Zinc	1mg
Sodium	398mg		



# Guacamole Rollups

6 ingredients · 10 minutes · 2 servings



## Directions

1. In a bowl, combine the avocado, cilantro, lime juice, salt, and tomatoes. Spread onto each tortilla and roll tightly into wraps. Slice into quarters and enjoy!

## Notes

### Leftovers

For best results, assemble the wrap just before eating.

### Serving Size

One serving is one full tortilla.

### More Flavor

Add red onions and minced garlic.

### Additional Toppings

Add spinach, chickpeas, tofu, or chicken breast.

## Ingredients

- 1 Avocado (mashed)
- 2 tbsps Cilantro (finely chopped)
- 1 tsp Lime Juice (to taste)
- 1/8 tsp Sea Salt (to taste)
- 1/2 Tomato (small, diced)
- 2 Whole Wheat Tortilla (large)

## Nutrition

Amount per serving

<b>Calories</b>	293	Vitamin A	633IU
<b>Fat</b>	19g	Vitamin C	16mg
<b>Carbs</b>	29g	Calcium	115mg
Fiber	11g	Iron	2mg
Sugar	2g	Vitamin D	0IU
<b>Protein</b>	6g	Vitamin B12	0µg
Cholesterol	0mg	Zinc	1mg
Sodium	420mg		



# Cucumber Tuna Bites

3 ingredients · 5 minutes · 2 servings



## Directions

1. Add the tuna to a small bowl with the mayonnaise and mix together.
2. Top each cucumber round with a spoonful of the tuna mixture. Enjoy!

## Notes

### Leftovers

Refrigerate leftovers separately in a sealed container up to three days.

### More Flavor

Add spices or herbs to the tuna mixture such as chili flakes, cayenne, dill or parsley.

### Additional Toppings

Top with some sprouts or microgreens.

## Ingredients

1 can Tuna (flaked and drained)

2 tbsps Mayonnaise

1 Cucumber (large, sliced into rounds)

## Nutrition

Amount per serving

<b>Calories</b>	187	Vitamin A	214IU
<b>Fat</b>	11g	Vitamin C	4mg
<b>Carbs</b>	6g	Calcium	39mg
Fiber	1g	Iron	2mg
Sugar	3g	Vitamin D	40IU
<b>Protein</b>	17g	Vitamin B12	2.1µg
Cholesterol	36mg	Zinc	1mg
Sodium	294mg		



# Vegan Stuffed Mushrooms

10 ingredients · 35 minutes · 4 servings



## Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Heat a pan over medium heat and add the extra virgin olive oil along with the onion, walnuts, and thyme. Cook until lightly toasted, about 4 to 5 minutes and then add the minced garlic and cook for 30 seconds longer. Add the sea salt and cranberries and remove from heat.
3. Use a spoon to add the walnut mixture to the mushrooms and sprinkle the nutritional yeast on top. Transfer to the baking sheet and bake for 16 to 18 minutes.
4. Remove the mushrooms from the oven and top with minced parsley. Enjoy immediately.

## Notes

### Serving Size

One serving is equal to three stuffed mushrooms.

### No Cremini Mushrooms

Use portobello mushrooms or white button mushrooms instead.

### No Thyme

Use another herb like sage or rosemary.

### Prep Ahead

Make the onion/walnut mix ahead of time and then prepare the rest before eating by stuffing the mushrooms and cooking them.

## Ingredients

- 1 **tblsp** Extra Virgin Olive Oil
- 1/2 Yellow Onion (finely chopped)
- 1 **cup** Walnuts (raw, chopped)
- 2 **tsps** Thyme (fresh)
- 1 Garlic (clove, minced)
- 1/4 **tsp** Sea Salt
- 1/3 **cup** Dried Unsweetened Cranberries (roughly chopped)
- 12 Cremini Mushrooms (whole, stems and gills removed)
- 1 **tblsp** Nutritional Yeast
- 2 **tblsps** Parsley (chopped)

## Nutrition

Amount per serving

<b>Calories</b>	285	Vitamin A	179IU
<b>Fat</b>	23g	Vitamin C	5mg
<b>Carbs</b>	16g	Calcium	43mg
Fiber	4g	Iron	2mg
Sugar	10g	Vitamin D	4IU
<b>Protein</b>	8g	Vitamin B12	8.5µg
Cholesterol	0mg	Zinc	1mg
Sodium	159mg		



# Cucumber Hummus Bites

3 ingredients · 10 minutes · 4 servings



## Directions

1. Slice cucumber into 1/4-inch thick rounds.
2. Top each round with 1 to 2 teaspoons of hummus and a pinch of black pepper. Serve immediately. Enjoy!

## Notes

### More Flavour

Top each cucumber hummus bite with a pitted olive, chopped roasted red pepper, some roasted garlic or spicy red pepper flakes.

## Ingredients

- 1 Cucumber (large)
- 1 cup Hummus
- 1/2 tsp Black Pepper

## Nutrition

Amount per serving

<b>Calories</b>	158	Vitamin A	95IU
<b>Fat</b>	11g	Vitamin C	2mg
<b>Carbs</b>	12g	Calcium	43mg
Fiber	4g	Iron	2mg
Sugar	2g	Vitamin D	0IU
<b>Protein</b>	5g	Vitamin B12	0µg
Cholesterol	0mg	Zinc	1mg
Sodium	264mg		



# Roasted Red Pepper Lentil Dip

8 ingredients · 20 minutes · 6 servings



## Directions

1. Add the lentils and water to a pot over medium heat. Bring to a gentle simmer and cook for 12 to 15 minutes or until tender. Drain really well to remove excess water.
2. Add the lentils and remaining ingredients to a food processor and blend until very smooth. Season with additional salt and lemon juice if needed.
3. Serve chilled and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately 1/3 cup of dip.

### More Flavor

Add red pepper flakes for a spicier dip.

### Serve it With

Veggies, crackers or flatbread.

### No Store-Bought Peppers

Roast your own red peppers instead.

## Ingredients

- 1/2 cup Dry Red Lentils (rinsed well)
- 2 cups Water
- 120 grams Roasted Red Peppers (from the jar)
- 2 tbsps Lemon Juice
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 tbsp Tahini
- 1 Garlic (small, minced)
- 1/2 tsp Sea Salt

## Nutrition

Amount per serving

Calories	113	Vitamin A	270IU
Fat	5g	Vitamin C	8mg
Carbs	13g	Calcium	23mg
Fiber	3g	Iron	2mg
Sugar	1g	Vitamin D	0IU
Protein	5g	Vitamin B12	0µg
Cholesterol	0mg	Zinc	0mg
Sodium	258mg		



# Salmon Cucumber Bites

4 ingredients · 5 minutes · 2 servings



## Directions

1. Add a dollop of yogurt to each cucumber slice and top with a small slice of smoked salmon. Sprinkle with black pepper. Refrigerate until ready to serve. Enjoy!

## Notes

### No Greek Yogurt

Use cheese, plain coconut yogurt, sheep's yogurt or cottage cheese instead.

## Ingredients

- 1/4 cup Plain Greek Yogurt
- 1/2 Cucumber (sliced)
- 100 grams Smoked Salmon (sliced)
- 1/4 tsp Black Pepper

## Nutrition

Amount per serving

<b>Calories</b>	93	Vitamin A	281IU
<b>Fat</b>	3g	Vitamin C	4mg
<b>Carbs</b>	4g	Calcium	82mg
Fiber	0g	Iron	1mg
Sugar	2g	Vitamin D	355IU
<b>Protein</b>	12g	Vitamin B12	1.6µg
Cholesterol	16mg	Zinc	0mg
Sodium	355mg		





# Quinoa & Lentil Fritters

10 ingredients · 1 hour · 2 servings



## Directions

1. Add the quinoa, lentils and water to a pot over high heat. Bring the water to a gentle simmer then reduce heat, cover and cook for 12 to 15 minutes or until the water has absorbed, the quinoa is tender and lentils are soft. Transfer the quinoa and lentils to a mixing bowl to rest until cool enough to handle.
2. Meanwhile, add the onions and garlic to a non-stick pan with a splash of water. Heat over medium heat until the water starts to bubble then continue to cook for three to five minutes until the onions soften (adding more water as needed). Transfer the cooked onions and garlic to the same mixing bowl as the quinoa.
3. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
4. Add half of the Dijon mustard, parsley, and salt and mix well. Stir in the flour one tablespoon at a time until a soft dough-like consistency forms. Form the mixture into patties approximately three to four inches in diameter and place on the prepared baking sheet. Bake for 25 to 28 minutes, carefully flipping halfway.
5. Meanwhile, in a small bowl combine the maple syrup and the remaining Dijon mustard. Season with salt if needed. To serve, divide the fritters and maple dipping sauce between plates and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is approximately five fritters.

### More Flavor

Add other dried herbs and spices.

### Serve it With

Salad greens, roasted vegetables, or steamed vegetables.

### No Maple Syrup

Use honey or another liquid sweetener instead.

## Ingredients

- 1/2 cup Quinoa
- 1/2 cup Dry Red Lentils
- 1 3/4 cups Water
- 1/2 Yellow Onion (finely chopped)
- 2 Garlic (clove, minced)
- 2 tbsps Dijon Mustard (divided)
- 1 tbsp Dried Parsley
- 1/4 tsp Sea Salt
- 1/4 cup All Purpose Gluten-Free Flour
- 1 1/2 tbsps Maple Syrup

## Nutrition

Amount per serving

Calories	488	Vitamin A	22IU
Fat	3g	Vitamin C	2mg
Carbs	91g	Calcium	92mg
Fiber	14g	Iron	7mg
Sugar	12g	Vitamin D	0IU
Protein	21g	Vitamin B12	0µg
Cholesterol	0mg	Zinc	2mg
Sodium	473mg		



# Black Bean, Corn & Quinoa Salad

10 ingredients · 25 minutes · 2 servings



## Directions

1. Cook the quinoa according to package directions. Let the quinoa cool slightly.
2. Cook the corn according to package directions. Drain and rinse under cold water to cool.
3. Combine the lime juice, garlic, salt, chili, and cumin in a large mixing bowl. Add the black beans, red pepper, red onion, quinoa, and corn to the bowl and stir to combine. Season with additional lime juice and salt if needed. Divided between bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is approximately two cups.

### More Flavor

Use taco seasoning or add other dried herbs and spices.

### Additional Toppings

Avocado, cilantro, green onion, tomatoes, salsa.

### More Fat

Add avocado oil.

### More Protein

Serve with tofu, tempeh, cooked chicken, or cooked shrimp on top.

## Ingredients

- 1/2 cup Quinoa (dry)
- 2/3 cup Frozen Corn
- 1 cup Black Beans (cooked and rinsed)
- 1 Red Bell Pepper (diced)
- 1/4 cup Red Onion (finely chopped)
- 3 tbsps Lime Juice
- 1 Garlic (clove, minced)
- 1/2 tsp Chili Powder
- 1/4 tsp Sea Salt
- 1/4 tsp Cumin

## Nutrition

Amount per serving

Calories	349	Vitamin A	2196IU
Fat	4g	Vitamin C	87mg
Carbs	67g	Calcium	64mg
Fiber	14g	Iron	5mg
Sugar	6g	Vitamin D	0IU
Protein	16g	Vitamin B12	0µg
Cholesterol	0mg	Zinc	3mg
Sodium	322mg		



# Sea Salt & Garlic Crackers

7 ingredients · 30 minutes · 4 servings



## Directions

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. Combine all ingredients in a bowl and let sit for 1 to 2 minutes. Transfer to the baking sheet and press down evenly into a thin layer.
3. Bake for 20 minutes. Then use a spatula to carefully flip over and bake for an additional 5 minutes.
4. Let cool completely, then break apart into pieces. (Note: the crackers will harden as they cool.)
5. Enjoy!

## Notes

### Storage

Refrigerate in an air-tight container up to 1 week.

### Serve Them With

Hummus, nut butter, cheese, on top of salad or soup.

## Ingredients

**1/2 cup** Sunflower Seeds

**1/2 cup** Pumpkin Seeds

**1/2 cup** Chia Seeds

**1/2 cup** Almond Flour

**1/2 tsp** Sea Salt

**1 1/2 tsps** Garlic Powder

**1/2 cup** Water

## Nutrition

Amount per serving

<b>Calories</b>	372	Vitamin A	1IU
<b>Fat</b>	29g	Vitamin C	0mg
<b>Carbs</b>	20g	Calcium	189mg
Fiber	11g	Iron	5mg
Sugar	1g	Vitamin D	0IU
<b>Protein</b>	14g	Vitamin B12	0µg
Cholesterol	0mg	Zinc	1mg
Sodium	299mg		



# Tofu, Bell Pepper & Pineapple Skewers

7 ingredients · 45 minutes · 5 servings



## Directions

1. In a bowl, whisk together the miso, oil, tamari, and maple syrup. Add the tofu and gently toss until evenly coated. Cover and refrigerate for at least 30 minutes or overnight.
2. Add the tofu, bell pepper, and pineapple onto the barbecue skewers. Grill over medium-high heat, rotating occasionally for about eight to nine minutes or your desired doneness is reached. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving equals approximately two 12-inch skewers.

### Additional Toppings

Sprinkle sesame seeds over the tofu before grilling.

### Barbecue Skewers

If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

## Ingredients

- 2 **tblsp** Miso Paste
- 1 **tblsp** Extra Virgin Olive Oil
- 1 **1/2 tblsp** Tamari
- 1 **1/2 tblsp** Maple Syrup
- 565 **grams** Tofu (extra firm, drained and pat dry)
- 1 Red Bell Pepper (medium, chopped)
- 3 **cups** Pineapple (chopped)

## Nutrition

Amount per serving

<b>Calories</b>	204	Vitamin A	803IU
<b>Fat</b>	9g	Vitamin C	78mg
<b>Carbs</b>	22g	Calcium	340mg
Fiber	3g	Iron	3mg
Sugar	16g	Vitamin D	0IU
<b>Protein</b>	13g	Vitamin B12	0µg
Cholesterol	0mg	Zinc	2mg
Sodium	641mg		

