



HAZELNUT MILK PORRIDGE WITH SALTED ALMOND-COCONUT BUTTER

SERVES 4

Nurturing, ultra-cozy warm grains are the base of this creamy, mellow vegan breakfast that can be made in advance for single servings throughout the work week.

4 cups (1 L) recently boiled water
1 cup (250 mL) blanched hazelnuts
1/4 cup (60 mL) maple syrup
2 Tbsp (30 mL) coconut oil, divided
1 1/2 cups (350 mL) rolled oats
1/4 tsp (1 mL) salt, divided
1/8 tsp (0.5 mL) grated nutmeg or ground cardamom
1/4 cup (60 mL) almond butter or peanut butter, room temperature
1 pint (475 mL) fresh berries of choice, lightly mashed
1/4 cup (60 mL) prepared or homemade vegan granola (optional)

To blender, add water and hazelnuts. Blend until milky in appearance, about 30 seconds. Using nut milk bag or cheesecloth-lined mesh sieve, strain hazelnut milk into large pot, leaving pulp behind for another use. Stir in maple syrup.

In skillet over medium heat, melt coconut oil. Reserve 1 Tbsp (15 mL) liquefied oil and place in small bowl. Add oats to skillet with remaining coconut oil and toast until fragrant, about 1 minute.

To hazelnut milk mixture, add toasted oats, 1/8 tsp salt and nutmeg or cardamom. Bring to a boil. Reduce to medium-low and cook, uncovered, until oats are thickened to your liking, about 10 to 15 minutes. If not eating immediately, transfer to large bowl, cover and refrigerate for up to 1 week. Reheat on stovetop with a splash of additional water, if needed.

To reserved coconut oil (still liquefied), add almond butter and stir until combined. Heat mixture briefly to combine if necessary, until smooth and very loose. To almond butter mixture, add remaining salt and stir.

To serve, add hot porridge to bowls and top with berries and a spoonful of almond-coconut butter. Sprinkle with granola for a touch of extra crunch, if desired.

EACH SERVING CONTAINS: 615 calories; 14 g protein; 41 g fat; 57 g total carbohydrates (19 g sugars, 13 g fiber); 153 mg sodium



COCONUT, COFFEE AND COCOA BARS

MAKES 6 BARS

These homemade power snacks that require neither a laundry list of ingredients nor an oven can be whipped up in a flash.

2 cups (500 mL) lightly packed, juicy pitted dates or apricots
1 cup (250 mL) banana chips
1/2 cup (125 mL) walnut halves
1/2 cup (125 mL) unsweetened shredded coconut
2 Tbsp (30 mL) cacao nibs or mini vegan chocolate chips
1 Tbsp (15 mL) freshly ground coffee
1/8 tsp (0.5 mL) salt

Line standard loaf tin with parchment paper, leaving overhang on all sides.

In food processor, pulse all ingredients until well blended and sticking together when pressed between your fingers. Transfer mixture to prepared loaf tin and very tightly pack into an even layer using the bottom of a drinking glass (a touch of water on the bottom of the glass will avoid too much sticking). Refrigerate for at least 30 minutes.

Using overhang, remove chilled mixture from pan and transfer to cutting board; slice into 6 bars. Wrap each bar in parchment and store at room temperature for up to 1 week.

EACH SERVING CONTAINS: 438 calories; 4 g protein; 22 g fat; 64 g total carbohydrates (50 g sugars, 9 g fiber); 56 mg sodium



GRAPEFRUIT AND VANILLA COCONUT YOGURT WITH RAW CRUMBLE

SERVES 4

Bright, inviting citrus punctuates creamy dairy-free coconut yogurt imbued with vanilla.

2 cups (500 mL) plain coconut yogurt
2 Tbsp (30 mL) maple syrup
1 tsp (5 mL) grapefruit zest
1/2 tsp (2 mL) vanilla extract
2 small or 1 large grapefruit, peeled and segmented
10 juicy pitted dates
1/2 cup (125 mL) raw unsalted cashews
1/8 tsp (0.5 mL) ground cinnamon
Pinch of salt

In medium bowl, whisk yogurt, maple syrup, grapefruit zest and vanilla until combined. Spoon yogurt mixture into glass Mason jars and evenly divide grapefruit segments overtop. Reserve.

In food processor, pulse dates, cashews, cinnamon and salt until crumbly and combined, about the texture of granola. Spoon date mixture on top of grapefruit, seal jars and refrigerate until ready to serve, up to 1 day. If not eating within a day, keep all components separate and assemble just before serving or packing to go.

EACH SERVING CONTAINS: 442 calories; 11 g protein; 16 g fat; 71 g total carbohydrates (53 g sugars, 6 g fiber); 98 mg sodium



30

minutes of physical activity—of any intensity—instead of sitting cuts the risk of early death by as much as 35 percent, according to a new study of 8,000 adults. Instead of watching TV after dinner, go for a brisk walk or kick a ball around with your kids. Every little bit of exercise helps, and even short bursts of activity have huge impact.



serving size of pasta or rice is 1/2 cup (125 mL)—that's the size of half of your fist. A portion of cheese is the size of two thumbs, and a portion of meat or poultry is about the size of your palm. It's easy to eat more, so it's important to be mindful, read labels carefully and know what portions *really* look like.



10

minutes of an activity you enjoy is often enough to help banish stress. Try reading a book, knitting, making art, walking the dog, gardening, doing yoga or taking a relaxing bath at the end of the day. Spending a few moments to forget your troubles can make a world of difference.

75%

of the salt we consume is from processed foods. Comparatively, we add very little salt to our food through cooking or at the table. Since we have no control of the salt added to processed foods, we tend to eat far too much, increasing our risk of heart disease, stroke and kidney disease. Cut down on processed foods to drastically reduce your sodium intake.



2/3

of people polled in a recent study reported having reduced their meat consumption in the past few years. Eating less meat is better for our health, our budgets and even our planet. Try going meatless once or twice a week to start. Beans, chickpeas, lentils, tofu and nuts are all wonderful plant-based sources of protein that have big health benefits.

