

Potato Crisps



Ingredients:

2 potatoes
3 tbsp avocado oil
Sea salt

Instructions:

Preheat oven to 425f.

Cover a baking tray with parchment paper.

Thinly slice (approx 1/8 inch) potato using a mandolin.

Place in a single layer on baking tray.

Brush lightly with avocado oil and sprinkle with sea salt.

Bake for 15 minutes and then flip over.

Bake for another 10 - 15 minutes. Check after 10 minutes to make sure they don't burn.

Cook on rack or just on baking tray if not available. If they're not as crispy as you'd like, place back in oven for 5 minutes but be careful to watch them.

Optional BBQ Spice Topping

1 tsp smoked paprika

1/2 tsp onion powder

1/4 tsp chili powder

1/2 tsp garlic powder

1/2 tsp salt

1/2 tsp Lakanto sweetener

1/2 tsp sea salt

Sprinkle on potato crisps either before or after baking


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Sweet Potato Pad Thai

Ingredients

- 2 tbsp olive oil
- 2 sweet potatoes, peeled and spiralized
- 2 cups carrots, diced
- 2 cups cauliflower, cut into small florets
- 1 red pepper, diced
- 3/4 cup snap peas, chopped
- 3/4 cup bean sprouts (optional)
- Garnish - cilantro, hemp seeds or sesame seeds, almond slices

Sauce:

- 1/4 cup olive oil
- 1/4 cup tamari
- 2 tbsp almond butter
- 1 tbsp maple syrup
- 1/2 lime freshly squeezed
- 1 inch piece of grated ginger

Instructions:

Preheat a large skillet on medium heat and pour in olive oil. Once hot, saute cauliflower and carrots for 5 minutes. Follow with pepper and snow peas (and optional bean sprouts) for 3 minutes. Transfer to a mixing bowl.

In the same pan, add a little more olive oil and saute sweet potato noodles for 8 minutes, tossy until shiny, not brown.

Prepare the pad thai sauce by whisking all ingredients together. Add sauteed vegetables and sauce back into pan and mix. Add garnish.



Dark Chocolate Raspberry Balls



Ingredients

10 Medjool dates
1/4 cup raw almonds
1/4 cup raw cashews
1/2 cup large flake oats
1/4 cup cacao powder
1/4 cup combination of cacao nibs
& dark chocolate chips
1 cup frozen raspberries
2 tbsp vanilla vegan protein powder
1/2 tsp pure vanilla extract
pinch of salt

Instructions

Add all of the ingredients to a food processor and blend until well combined.
Form into 1 inch balls (wetting hands if necessary).
Freeze for 15 mins to firm up.
They can be kept in the fridge for 1 week or freezer for 3 months


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