



May Recipe Book 2025

Created by EpicLuv



Tomato, Peach & Burrata Salad

8 ingredients · 15 minutes · 4 servings



Directions

1. Spread the tomatoes and peach slices evenly on a serving dish. Top with dollops of burrata.
2. Whisk the oil and honey together in a small bowl and drizzle it over the salad. Sprinkle the salad with salt and chili flakes. Divide evenly between plates and enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one cup of salad with 1/4 cup of burrata.

Additional Toppings

Fresh basil or parsley.

Ingredients

4 Tomato (medium, cut into wedges)

1/2 cup Cherry Tomatoes (halved)

2 Peach (small, sliced)

8 ozs Burrata

2 tbsps Extra Virgin Olive Oil

2 tsps Raw Honey

1/2 tsp Sea Salt (flaky)

1/2 tsp Chili Flakes

Coconut & Almond Butter Seed Clusters

8 ingredients · 45 minutes · 9 servings



Directions

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a bowl, mix all of the ingredients together until well combined. Add approximately two tablespoons of the mixture to the baking sheet, and use your hands to gently shape it into a cluster. Repeat with the remaining mixture.
3. Bake for 13 to 16 minutes or until golden brown. Remove from the oven and let cool for at least 15 minutes before removing the clusters from the baking sheet. Enjoy!

Notes

Leftovers

Store in the pantry in an airtight container for up to two weeks. Use some of the crumbs as a topper for yogurt or oatmeal.

Serving Size

One serving is one cluster.

No Almond Butter

Use cashew butter, peanut butter, or tahini instead.

Ingredients

2 cups Unsweetened Coconut Flakes

1/2 cup Pumpkin Seeds

2 tbsps Hemp Seeds

2 tbsps Quinoa (dry)

3 tbsps Maple Syrup

2 tbsps Almond Butter

1 tsp Vanilla Extract

1/4 tsp Sea Salt

Broad Beans & Asparagus on Whipped Ricotta

9 ingredients · 20 minutes · 4 servings



Directions

1. Bring a pot of water to a boil. Add the broad beans and peas to the pot and boil for about five minutes or until soft. Strain and run cold water over the top to stop the cooking process.
2. In a bowl, add the cooked broad beans, peas, asparagus, half of the lemon juice and zest, oil, and chili flakes. Toss everything together, season with salt and pepper, and set aside.
3. In a food processor, add the ricotta, remaining lemon juice and zest, salt, and pepper. Blend until smooth.
4. Spread the whipped ricotta onto a serving plate. Top with broad beans mixture and garnish with mint leaves. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately one cup.

No Mint Leaves

Omit or use green onion or dill instead.

How to Serve

Serve as it is or with toasted bread.

Ingredients

1 cup Frozen Broad Beans
1 cup Frozen Peas
2 cups Asparagus (shaved)
1 Lemon (juiced, zested, divided)
1 1/2 tps Extra Virgin Olive Oil
1/2 tsp Chili Flakes
Sea Salt & Black Pepper (to taste)
1 cup Ricotta Cheese
2 tbsps Mint Leaves

Watermelon & Strawberry Salad

8 ingredients · 10 minutes · 4 servings



Directions

1. In a large bowl combine the watermelon, strawberries, cucumber, and half of the mint.
2. In a small bowl or jar, combine the oil, honey, salt, and remaining mint.
3. Pour the dressing over the salad and toss gently to combine. Top with feta. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups.

More Flavor

Add chopped jalapeño pepper.

Dairy-Free

Omit the feta cheese.

Ingredients

1/2 Seedless Watermelon (small, cut into cubes)

1 1/2 cups Strawberries (chopped)

1/3 Cucumber (medium, sliced in half moons)

3 tbsps Mint Leaves (chopped, divided)

1 tbsp Extra Virgin Olive Oil

1 tsp Raw Honey

1/4 tsp Sea Salt

3/4 cup Feta Cheese (crumbled)

Strawberry Oatmeal Bars

9 ingredients · 55 minutes · 9 servings



Directions

1. Preheat the oven to 350°F (175°C). Line a baking dish or pan with parchment paper going in both directions.
2. In a saucepan over medium-low heat, combine the strawberries, lemon juice, 1/4 of the maple syrup and arrowroot powder. Bring to a simmer, stirring occasionally until thickened, about six minutes. Remove the saucepan from the heat and set aside.
3. Add 1/3 of the oats to a blender and process until a fine flour has formed.
4. In a large bowl whisk the egg, remaining maple syrup, coconut oil, and vanilla. Add the remaining oats, blended oat flour, and salt. Mix to combine.
5. Transfer about 3/4 of the oat mixture into the pan and press down with a spatula to flatten. Pour the strawberry mixture over top. Scatter the remaining oat mixture over top.
6. Place in the oven and bake for 35 to 40 minutes, until the top is golden brown.
7. Let the pan cool for at least 30 minutes before removing and transferring the pan to a cooling rack. When the bars look firm and have mostly cooled, slice them into squares and enjoy!

Notes

Leftovers

Store in an airtight container at room temperature for the first day and then transfer to the fridge in a sealed container for up to five days.

Serving Size

An 8 x 8 inch (20 x 20 cm) dish was used to make nine servings. One serving is one square.

Make it Vegan

Replace the egg with a flax egg.

More Flavor

Add a pinch of cinnamon to the crust.

No Strawberries

Use pitted cherries or raspberries instead.

Ingredients

- 3 cups Strawberries (sliced)
- 2 tsps Lemon Juice
- 1/2 cup Maple Syrup (divided)
- 2 tsps Arrowroot Powder
- 3 cups Oats (rolled, divided)
- 1 Egg
- 1/2 cup Coconut Oil (melted)
- 1 tsp Vanilla Extract
- 1/4 tsp Sea Salt

Stone Fruit Salad with Cottage Cheese

5 ingredients · 10 minutes · 2 servings



Directions

1. Divide the cottage cheese onto plates and top with cherries, mango and nectarine. Garnish with fresh basil and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately two cups.

No Fresh Fruit

Use frozen, thawed fruit instead.

Make it Vegan

Use coconut yogurt instead of cottage cheese.

Additional Toppings

Balsamic glaze, olive oil, sea salt, pepper, hemp seeds, and/or crushed nuts.

Ingredients

- 1 cup Cottage Cheese
- 1/2 cup Cherries (pitted, halved)
- 1/2 Mango (peeled, chopped)
- 1 Nectarine (pit removed, chopped)
- 1 tbsp Basil Leaves (chopped)

Cherry & Walnut Chia Overnight Parfait

6 ingredients · 8 hours · 2 servings



Directions

1. In a large bowl, mix the milk, chia seeds, oats, and cinnamon. Divide the mixture between serving jars and refrigerate for at least eight hours or overnight.
2. Remove from the fridge and top with cherries and walnuts. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is about 1 1/4 cups.

Make it Vegan

Use milk alternatives.

Ingredients

1 1/2 cups Cow's Milk, Whole

1/4 cup Chia Seeds

1/2 cup Quick Oats

1/2 tsp Cinnamon

1/2 cup Cherries (pitted)

2 tbsps Walnuts (chopped)

Grilled Teriyaki Chicken Salad

10 ingredients · 35 minutes · 2 servings



Directions

1. Brush the chicken with teriyaki sauce and let it marinate for five minutes.
2. Preheat the grill to medium-high heat.
3. In a small bowl, mix together the mayonnaise, sesame oil, and soy sauce.
4. Grill the chicken for 16 to 20 minutes or until cooked through. Flip the chicken every two to three minutes to evenly cook. Let it rest for five minutes.
5. Divide the spinach, cucumber, bell pepper, and peas evenly between plates. Top with grilled chicken. Drizzle the mayonnaise dressing on top and top with chopped almonds. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups of salad with chicken.

More Flavor

Add fresh herbs like cilantro or basil. Add green onions.

Ingredients

- 8 ozs Chicken Breast (boneless, skinless)
- 2 tbsps Teriyaki Sauce
- 1/4 cup Mayonnaise
- 1 tsp Sesame Oil
- 1 tsp Soy Sauce
- 2 cups Baby Spinach
- 1/2 Cucumber (medium, sliced)
- 1/2 Orange Bell Pepper (large, sliced)
- 1 cup Snap Peas (sliced)
- 2 tbsps Almonds (roasted, chopped)

Spring Cobb Salad with Yogurt Dill Dressing

10 ingredients · 20 minutes · 2 servings



Directions

1. Place the eggs in a saucepan and cover with water. Cover and bring to a boil. Once boiling, turn off the heat and let it sit for 12 minutes. Drain and run cold water over the eggs until cool enough to handle and peel. Quarter and set aside.
2. Meanwhile, in a small bowl or jar, combine the yogurt, lemon juice, dill, water, salt, and pepper. Whisk or shake the jar until well combined.
3. In a large salad bowl, add the romaine, radishes, peas, and cooked bacon. Add the dressing and toss to combine. Add the eggs and toss gently to incorporate. Divide evenly between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Add the dressing when ready to serve.

Serving Size

One serving is approximately 2 1/2 cups of salad and two eggs.

Additional Toppings

Crumbled blue cheese, nuts/seeds, and/or chives.

Ingredients

- 4 Egg
- 1/3 cup Plain Greek Yogurt
- 1 tbsp Lemon Juice
- 2 tbsps Fresh Dill (chopped)
- 2 tbsps Water
- Sea Salt & Black Pepper (to taste)
- 5 leaves Romaine (chopped)
- 1/3 cup Radishes (thinly sliced)
- 1 cup Snap Peas (trimmed)
- 4 slices Bacon, Cooked (chopped)

Citrusy Asparagus

7 ingredients · 5 minutes · 2 servings



Directions

1. Heat a skillet over medium-high heat. Once hot, add the oil and then the asparagus. Cook until bright green and still crispy while stirring occasionally, about 2 minutes.
2. Lower the heat to medium-low. Add the garlic, coconut aminos and water and toss until the garlic is fragrant, about 30 seconds to 1 minute.
3. Remove from the heat and add the orange juice and zest. Stir to combine. Transfer to a plate and top with cilantro. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to about 1 cup of asparagus.

More Flavor

Add a pinch of red pepper flakes or a small chili pepper.

Additional Toppings

Top with toasted sesame seeds.

No Blood Orange

Use a regular orange or grapefruit.

Ingredients

- 1 **tbsp** Avocado Oil
- 2 **cups** Asparagus (trimmed, sliced thin on the bias)
- 2 Garlic (cloves, minced)
- 1 **tbsp** Coconut Aminos
- 1 **tbsp** Water
- 1/2 Blood Orange (juiced, zested)
- 1/4 **cup** Cilantro (chopped)