



Episode 10 - Recipes

August 2019

Beet Burgers

INGREDIENTS - makes 12 small beet burgers

- 1 cup cooked quinoa
- 3 large beets, peeled, cubed and cooked
- 1 can chickpeas, drained and rinsed
- 2 tablespoons tahini
- 4 cloves garlic minced
- 2 tablespoons grated ginger
- 1 onion chopped
- 1 orange zested
- 1/2 cup fresh cilantro finely chopped
- 1/2 cup fresh parsley finely chopped
- 1 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 1 egg beaten
- 1/3 cup old fashion oats (more if the mixture is too wet)
- sea salt and fresh ground pepper to taste
- 12 buns - I used the pretzel slider buns from Whole Foods



DIRECTIONS

1. Preheat oven to 375
2. Prepare the quinoa according to the package
3. Roast the beets - parchment lined sheet, drizzle with EVOO & S&P, bake at 400 for approx 20 min. (otherwise buy cooked beets from the grocery store and chop them)
4. Place beets, onions, chickpeas, tahini into food processor and pulse.
5. Add the rest of the ingredients (except the quinoa) and pulse a few times until evenly mixed. You do not want it mushy.
6. Add quinoa to the food processor and do a quick pulse. Use a spoon to mix it all together.
7. Prepare baking sheet with parchment paper and shape beet mixture into patties
8. Bake for 20-30 minutes depending on the size. They should have a slightly crispy outer layer.
9. Serve with avocado, goat cheese, arugula and sweet potato fries.



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Sweet Potato Fries

INGREDIENTS

- 2 sweet potatoes or yams
- 3 Tablespoons EVOO (extra virgin olive oil)
- 1/2 teaspoon cinnamon
- 1 teaspoon sea salt
- 1 teaspoon fresh pepper
- 1 teaspoon paprika
- 1/2 teaspoon coconut sugar

DIRECTIONS

1. Preheat oven to 425 degrees.
2. Line baking sheet with parchment paper
3. Peel and cut sweet potatoes to desired shapes.
4. Mix all ingredients in bowl and mix to coat potatoes with spices and oil
5. Spread potatoes in a single layer on a baking sheet.
6. Bake for approx. 30 minutes until crispy and browning at the edges.





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Matcha Latte

INGREDIENTS

- 1 teaspoon good quality matcha (or less)
- 1/4 cup almond milk (or milk of your choice)
- 1 cup hot water
- 1/2 teaspoon coconut butter
- 1 tablespoon local honey
- 1/2 teaspoon vanilla

top with cinnamon

DIRECTIONS

1. Put all ingredients into the blender
2. Blend on high for 30 seconds
3. Pour over ice or serve hot
4. Top with cinnamon

