

# Yummy Yam Energy Balls

Submitted by Nicole

Recipe Attribution: Half Your Plate

Prep Time: 30 mins

Cook Time: 10 mins

Yields: 24 small balls



## Ingredients

- 3 cups yam/sweet potato (the kind with the orange-coloured flesh\*)
- 1 cup oats
- 1/2 cup toasted sesame seeds (or other roasted seeds/chopped nuts)
- 1/4 cup plus 2 Tbsp sunflower seed butter (or peanut, almond, etc.)
- 1/4 cup plus 2 Tbsp maple syrup
- 1/4 cup Tbsp cocoa powder
- 1 tsp salt
- 1/2 cup coconut flakes (optional)

## Equipment

- measuring cups and spoons
- Microwave safe bowl
- Fork
- Kitchen knife
- Spoon
- 2 Mixing bowls
- Mixing spoon

Rating: ☆ ☆ ☆ ☆ ☆

## Notes

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# Yummy Yam Energy Balls

Submitted by Nicole

## Method

1. Puncture holes in the yam/sweet potatoes with a fork.
2. Microwave on high for ~ 10 minutes (until soft; flipping them halfway through).
3. In a large bowl, mash the yam/sweet potato.
4. In a separate bowl, mix together sunflower seed butter, maple syrup, cocoa powder, and salt.  
When mixed through, fold in oats and sesame seeds.
5. Add oat mixture to the yam/sweet potato and mix well.
6. Refrigerate for ~ 20 minutes (until slightly firm)
7. Roll into 24 small balls.
8. Roll in grated coconut (optional)
9. Enjoy!

Leftovers last 3-4 days in a sealed container but they also freeze really well.

## Additional Notes

*Whole and sliced sweet potato*

*\*There is often confusion about yam versus sweet potato. I've called*

*Image not found or type unknown*

*these yam energy balls because at my grocery store, the orange-fleshed vegetable I suggest using for this recipe, are usually labelled as "yams". However, they are technically sweet potatoes! If you use an actual yam (the one with the purple or yellow flesh), it will be a lot drier and not as good for this recipe. So, whether you call them yams or sweet potatoes, make sure you have the vegetable with the orange-coloured flesh!*

*Thank you to Half your Plate for the recipe inspiration!*

# Trail Mix Cookies

Submitted by Skye Moore

Recipe Attribution: @skyeshealtheats

Prep Time: 10 mins

Cook Time: 15 mins

Yields: 12



## Ingredients

### DRY INGREDIENTS

- 1 cup rolled oats, blended into oat flour
- ½ cup almond flour
- ½ cup rolled oats
- ½ cup sliced almonds
- ¼ cup coconut or brown sugar
- ¼ cup shredded coconut
- ? cup mini dark chocolate chips
- ? cup dried cranberries
- 3 Tbsp pumpkin seeds
- 2 Tbsp chia seeds
- ¾ Tbsp cinnamon
- ½ tsp baking powder
- ½ tsp baking soda

### WET INGREDIENTS

- 1 Tbsp ground flax + 2 Tbsp water
- ¼ cup creamy all-natural peanut butter
- ¼ cup melted coconut oil
- ¼ cup maple syrup
- ½ Tbsp vanilla

## Equipment

- measuring cups and spoons
- 2 mixing bowls (large and medium)
- mixing spoon
- baking sheet
- parchment paper
- cooling rack

Rating: ☆ ☆ ☆ ☆ ☆

## Notes

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# Trail Mix Cookies

Submitted by Skye Moore

## Method

1. Preheat oven to 350° F (180° C).
2. Mix together the ground flax and water in a medium mixing bowl and set aside.
3. In large mixing bowl, mix together all of the dry ingredients.
4. In the medium mixing bowl, mix together all of the wet ingredients.
5. Add the wet mixture to the dry mixture and stir until well combined.
6. Scoop out the batter into balls on a lined baking sheet and use your palm to smash the cookies down slightly into small mounds.
7. Bake cookies for 15 minutes, until lightly golden brown on the bottom.



## Additional Notes

*These cookies will be delicate when they first come out of the oven so let cool on baking sheet for 5 minutes and then transfer to a cooling rack until completely cool.*

# Yogurt Rainbow Parfait

Submitted by Cristel Moubarak

Recipe Attribution: BC Dairy Association

Prep Time: 10 mins

Yields: depends on number of people making the parfaits!



## Ingredients

- vanilla or strawberry yogurt
- oat flakes
- fresh fruit (such as diced apple, pear, peaches) or frozen blueberries
- sunflower or pumpkin seeds (unsalted, raw or roasted)
- raisins

## Equipment

- cup
- spoons
- bowls

Rating: ☆ ☆ ☆ ☆ ☆

## Notes

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# Yogurt Rainbow Parfait

Submitted by Cristel Moubarak

## Method

1. Line up ingredients on the counter.
2. Layer your parfait as follows:  
yogurt—oats—fruit—yogurt—seeds—raisins

## Additional Notes

*Every spoonful will be a unique mixture of flavours!*

*Try using plain yogurt! If you don't like the tart flavour, add a spoonful of honey.*

# Vegan Baked Banana Chocolate Oatmeal Cups

Submitted by **Skye Moore**

Recipe Attribution: **@skyeshealthy eats**

Prep Time: 10 mins

Cook Time: 20 mins

Yields: 12



## Ingredients

- 4 cups rolled oats
- 2 large ripe bananas
- 2 + 1/3 cup almond milk
- 1/4 cup coconut or brown sugar
- 1/3 cup maple syrup
- 1/2 cup almond or peanut butter
- 2 tsp vanilla extract
- 2 tsp cinnamon
- 1 tsp baking powder
- 1/2 tsp salt
- 1/2 cup mini dark chocolate chips

## Equipment

- measuring cups and spoons
- large mixing bowl
- fork to mash banana
- spatula or mixing spoon
- muffin tray
- airtight storage container

Rating: ☆ ☆ ☆ ☆ ☆

## Notes

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# Vegan Baked Banana Chocolate Oatmeal Cups

Submitted by Skye Moore

## Method

1. Preheat oven to 375° F/190° C.
2. Mash the bananas in a large mixing bowl.
3. Add all the ingredients, except chocolate chips, and mix until well combined.
4. Fold in the chocolate chips.
5. Grease a muffin tray and evenly pour batter into muffin cups.
6. Bake for 20 mins or until cooked through.
7. Store in an airtight container in the fridge.



# Oven Roasted Yam Wedgie Fries

Submitted by Barbara Finley  
Recipe Attribution: Project CHEF

Prep Time: 15 mins  
Cook Time: 35 mins  
Yields: 4



## Ingredients

- 2 yams or sweet potatoes
- 2 Tbsp. chopped fresh rosemary
- 2 Tbsp. extra virgin olive oil
- 1/2 tsp. coarse sea salt

## Equipment

- Cutting board
- Small sharp knife, or kitchen scissors
- Medium-sized bowl
- Cookie sheet
- Parchment paper
- Pancake flipper

Rating: ☆ ☆ ☆ ☆ ☆

## Notes

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# Oven Roasted Yam Wedgie Fries

Submitted by Barbara Finley

## Method

1. Heat oven to 450° F (*A very hot oven! Be sure your oven is clean or you will have a very smoky kitchen.*)
2. Pluck the rosemary leaves from the stem then tear the rosemary leaves into a medium-sized bowl.
3. Wash and dry the potatoes. Cut the potatoes in half then cut lengthwise into 2 cm wide wedges.
4. Place wedges in a bowl and add the rosemary, olive oil and sea salt. Toss the potatoes until evenly coated.
5. Place the potato wedges in a single layer on a parchment-lined cookie sheet (or greased cookie sheet).
6. Place in the hot oven for 15 minutes. After 15 minutes, have an adult carefully remove the tray from the oven. Flip the fries over with a pancake flipper. Return to the oven for 15 to 20 minutes, or until tender.
7. Serve right away.

# Parmesan Zucchini Sticks

Submitted by Marianne Thomas

Recipe Attribution: Cooking Light - Way To Cook Vegetarian

Prep Time: 5-10 mins

Cook Time: 25 mins

Yields: 8



## Ingredients

- 3 large zucchinis - about 1.5 lbs
- 1 cup dry breadcrumbs
- 1/2 cup Panko breadcrumbs
- 1/4 cup grated fresh Parmesan cheese
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- 2 large eggs
- Cooking oil spray

## Equipment

- knife and cutting board
- 2 shallow dishes
- wire rack

Rating: ☆ ☆ ☆ ☆ ☆

## Notes

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# Parmesan Zucchini Sticks

Submitted by Marianne Thomas

## Method

1. Preheat oven to 400° F.
2. Cut zucchini in half crosswise; cut each half lengthwise into 8 wedges.
3. In a shallow bowl, combine breadcrumbs, Panko, cheese, salt and pepper.
4. In another shallow bowl, whisk eggs.
5. In small batches, dip zucchini wedges in the egg mixture, then dredge with breadcrumb mixture.
6. Place zucchini on a wire rack coated with cooking spray. Lightly coat zucchini with cooking spray.
7. Bake for 25 minutes or until golden brown.
8. Serve immediately with a dipping sauce, such as marinara sauce.

# Rainbow Veggie Rolls

Submitted by Skye Moore

Prep Time: 20 mins

Cook Time: 30 mins

Yields: 6–10 rolls



## Ingredients

### BAKED TOFU

- 1 block extra-firm tofu
- 3 Tbsp low sodium soy sauce
- 1 Tbsp sesame oil
- 1/2 Tbsp garlic, minced
- 1/2 Tbsp fresh ginger, minced

### RICE PAPER VEGGIE ROLLS

- 6–10 rice paper rolls
- 1/2 bell pepper, julienned
- 2 medium carrots, julienned
- 1/2 cucumber, julienned
- 1 avocado, julienned
- 1 cup red cabbage, sliced
- small handful of lettuce of choice
- sesame seeds (for garnish)

### PEANUT LIME DIPPING SAUCE

- 1/2 Tbsp garlic, minced
- 3 Tbsp natural peanut butter
- 2 Tbsp low sodium soy sauce
- 1 Tbsp sesame oil
- 2 Tbsp fresh lime juice
- 1/2 Tbsp coconut sugar
- 1–2 Tbsp water to thin out as needed

## Equipment

- tea towel and heavy book
- mixing bowls (small and large)
- cutting board and knife
- measuring spoons
- baking sheet
- parchment paper

Rating: ☆ ☆ ☆ ☆ ☆

# Rainbow Veggie Rolls

Submitted by Skye Moore

## Method

### BAKED TOFU

1. Wrap your block of tofu in a tea towel and place something heavy on it, like a cookbook, for a couple of hours. If you are strained for time then just take a couple of paper towels and press out as much of the water as possible.
2. Slice your tofu into thin rectangle shapes and add to a mixing bowl.
3. To the bowl, add the soy sauce, sesame oil, garlic and ginger.
4. Gently mix to combine, then spread evenly over a baking sheet lined with parchment paper. There will be sauce left over in the bowl but set this aside to use for later.
5. Bake tofu for 10 minutes at 425° F. Remove baking sheet from oven, flip each piece over, and drizzle the remaining sauce that was left in the bowl over the tofu and bake for another 12 minutes or until crispy to your liking.
6. Let the tofu cool and then cut into thin strips.

### RICE PAPER VEGGIE ROLLS

1. Prepare your vegetables by julienning the bell pepper, carrot, cucumber, avocado, and cabbage.
2. To assemble the wraps, prepare a large bowl with hot water and have a clean cutting board ready to use.
3. Soak a single rice paper in the hot water until its completely soft and flexible (this usually takes 30 seconds).
4. Gently shake off the excess water and then lay the rice paper straight onto your cutting board.
5. Lay down the lettuce and then the julienned vegetables in the center of the rice paper (use about 1/6–1/10 of the vegetables for each wrap or more or less depending on how full you want your rolls).
6. Finally lay down a few strips of tofu and roll up the rice paper into a roll and cut in half (watching a youtube video on how to roll is very helpful for this step).
7. Sprinkle with sesame seeds for a garnish.

### PEANUT LIME DIPPING SAUCE

1. In a small mixing bowl whisk together all of the sauce ingredients.
2. Store any leftover sauce in the fridge.

# Dinner Pancakes

Recipe Attribution: [realsimple.com](https://realsimple.com)

Prep Time: 20 mins  
Cook Time: 15 mins  
Yields: 4



## Ingredients

- ½ small onion
- 1 clove garlic
- 1 cup raw vegetables (any combination of carrots, fresh spinach, zucchini, broccoli, peppers, and corn)
- 2 tablespoons olive oil, plus more for cooking the pancakes
- kosher salt and black pepper
- your kids' favorite pancake mix (enough for 10 to 12 pancakes), plus whatever additional ingredients are called for in the directions
- ¼ cup grated Parmesan (1 ounce)
- sour cream, for serving

## Equipment

- knife for chopping
- mixing bowl
- skillet
- spatula

Rating: ☆ ☆ ☆ ☆ ☆

## Notes

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# Dinner Pancakes

## Method

1. Finely chop the onion, garlic, and vegetables.
2. Heat 2 tablespoons of the olive oil in a large skillet over medium-low heat. Add the onion and garlic and cook, stirring, for 1 minute. Add the other vegetables, ½ teaspoon salt, and ¼ teaspoon pepper and cook, stirring occasionally, until everything is tender, 5 to 8 minutes.
3. While the vegetables are cooking, make the pancake batter according to the package directions.
4. Add the cooked vegetables and the Parmesan to the batter and mix to combine.
5. Cook the pancakes as you normally would (use olive oil instead of butter to help kick it up to dinner status). You can experiment with the amount of vegetables you include in each scoop of batter, depending on your kids' tolerance levels. Top with the sour cream and serve.

You can also substitute your favourite pancake recipe for the mix. Mmmm... pancakes for dinner!

# Greek Yogurt Tuna Salad

Submitted by Skye Moore

Recipe Attribution: Cooking Light Blog

Prep Time: 10 mins

Yields: 4



## Ingredients

- 1/4 cup 2% Greek yogurt
- 1 tsp Dijon mustard
- juice of 1/2 lemon
- 1 Tbsp extra-virgin olive oil
- 1/8 tsp kosher salt
- 1/8 tsp freshly ground black pepper
- 170 g (6 oz) white albacore tuna
- 1 stalk celery, finely diced
- 1 Tbsp chives, chopped
- 1 cup loosely-packed microgreens (such as radish or basil)

## Equipment

- measuring cups and spoons
- cutting board and knife
- small bowl
- medium bowl
- mixing spoon

Rating: ☆ ☆ ☆ ☆ ☆

## Notes

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# Greek Yogurt Tuna Salad

Submitted by Skye Moore

## Method

1. In a small bowl, combine yogurt, mustard, lemon juice, oil, salt, and pepper. Set aside.
2. In a medium bowl, combine tuna, celery, and chives. Add yogurt mixture; mix until well-combined.
3. Cover and refrigerate until ready to use.
4. When serving, garnish with microgreens.

# Vegetarian Burrito Bowls

Submitted by Britney Lentz

Recipe Attribution: [www.savourandshine.com](http://www.savourandshine.com)

Prep Time: 40 mins

Cook Time: 20 mins

Yields: 4



## Ingredients

### FOR THE BOWL:

- 1 cup brown rice, uncooked
- 1 Tbsp olive oil
- 1/2 cup onion, diced
- 1 clove garlic, minced
- 1 can (540 mL) black beans, rinsed and drained
- 1 can (398 mL) diced tomatoes
- 1/4 cup jalapenos, diced
- 1 cup corn kernels, fresh or frozen
- 1 tsp chili powder
- 2 cups romaine lettuce, chopped
- 2 cups spinach, chopped
- 1 avocado, peeled and diced
- 1 bell pepper, diced
- 1/2 cup cilantro, chopped
- Green onion (for garnish)
- Lime slices (for garnish)

### FOR THE SAUCE:

- 1 cup salsa
- 1/2 cup Greek yogurt
- Hot sauce, to taste
- Juice of one lime

## Equipment

- large pot, or rice cooker
- large skillet
- small mixing bowl for sauce
- variety of bowls for toppings

Rating:



## Notes



# Vegetarian Burrito Bowls

Submitted by Britney Lentz

## Method

1. Cook brown rice in a large pot or rice cooker according to package instructions.
2. In a large skillet, heat up olive oil over medium-high heat. Add onions and garlic and saute for 2-3 minutes.
3. Add in black beans, diced tomatoes, corn, jalapenos, and chili powder
4. Turn heat to medium-low and let the mixture simmer until most of the liquid cooks off.
5. Meanwhile, gather other ingredients and chop them if you haven't already. Place ingredients in small bowls for serving.
6. In a small mixing bowl, make the sauce by combining salsa, Greek yogurt, hot sauce, and the juice from 1 lime.
7. Once bean mixture is cooked, divide up the rice and bean mixture into four bowls. Add other toppings and desired garnishes, and serve!

## Additional Notes

### NOTES:

*Make this bowl-style recipe fun for the whole family! Put various toppings out on the table, and let family members garnish their own bowls with their favourite toppings. Get creative with your own toppings - the possibilities are endless!*

# Breakfast Power Bowl

Submitted by BC Egg



## Ingredients

- 2 tsp (10 mL) vinegar
- 4 eggs
- 1/4 cup (60 mL) olive oil, divided
- 1 clove garlic, minced
- 6 cups (1.5 L) baby spinach
- 1/2 tsp (2.5 mL) each salt and pepper, divided
- 1 cup (250 mL) quinoa, cooked according to package directions
- 1 Tbsp (15 mL) lemon juice
- 1 ripe avocado, peeled pitted and chopped
- 1/4 cup (60 mL) crumbled goat cheese
- 2 Tbsp (30 mL) toasted pumpkin seeds

## Equipment

- saucepan
- small dish
- slotted spoon
- paper towel
- measuring cups and spoons
- cutting board and knife
- skillet

Rating: ☆ ☆ ☆ ☆ ☆

## Notes

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# Breakfast Power Bowl

Submitted by BC Egg

## Method

1. Fill saucepan with enough water to come 3 inches (8 cm) up side; heat to gentle simmer. Stir in vinegar. Break cold egg into small dish or saucer. Holding dish just above simmering water, gently slip egg into water; repeat with remaining eggs. Cook in barely simmering water for 3 to 5 minutes or until whites are set and yolks are cooked as desired. Remove eggs with slotted spoon. Drain on paper towel.
2. Heat half of the oil in skillet set over medium heat; cook garlic for about 1 minute or until fragrant. Add spinach; cook for 2 to 3 minutes or until starting to wilt. Season with half each of the salt and pepper.
3. Toss together quinoa, lemon juice and remaining olive oil; divide evenly among 4 bowls. Top with cooked spinach, avocado, goat cheese and pumpkin seeds. Top with poached eggs. Season with remaining salt and pepper.

## Additional Notes

*Substitute crumbled feta cheese for goat cheese if desired.*

# Grandma Chang's Cookies

Submitted by Chang Family

Prep Time: 15 mins  
Cook Time: 10–12 mins  
Yields: 12 cookies



## Ingredients

- 1/4 tsp salt
- 3/4 cup all-purpose flour
- 1/4 cup unsweetened coconut
- 1 cup oats
- 1/2 cup butter
- 1/2 cup brown sugar, packed
- 2 Tbsp boiling water
- 1 tsp vanilla extract
- 1 cup dark chocolate, chopped

## Equipment

- measuring cups and spoons
- small saucepan
- 2 mixing bowls
- sieve
- mixing spoon
- cutting board and knife
- baking sheet
- parchment paper

Rating: ☆ ☆ ☆ ☆ ☆

## Notes

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# Grandma Chang's Cookies

Submitted by Chang Family

## Method

1. Preheat the oven to 300° F.
2. In a pot, bring a cup of water to boil.
3. Sift the salt and flour together in one of the mixing bowls.
4. Once the flour is sifted, add in the coconut and oats and then stir until combined.
5. In the other mixing bowl, cream the butter and sugar together until the butter is fluffy and there are no more large clumps of sugar.
6. Measure out two tablespoons of boiling water and pour into the butter mixture; stir until combined.
7. Add the vanilla into the butter mixture.
8. Add the flour mixture and stir until the flour is almost fully combined.
9. On a cutting board, cut the dark chocolate bars until the pieces are around 1 cm<sup>2</sup>. Stir in the chocolate chunks and mix until fully combined.
10. Scoop the dough into 2 Tbsp portions and place onto a baking sheet lined with parchment paper; you will get around twelve cookies. Flatten the cookie dough into desired shapes (they will not spread out too much in the oven).
11. Bake for 10-12 minutes, or until the cookies have enough structure to be lifted off of the baking sheet.
12. Let the cookies cool on the baking sheet for 5-10 minutes and then enjoy!

# Cherry Rhubarb Crumble

Submitted by BC Tree Fruits

Prep Time: 10 mins  
Cook Time: 45 mins  
Yields: 8-10 portions



## Ingredients

- 3 cups pitted cherries
- 1-1/2 cups chopped rhubarb
- 3-1/2 Tbsp liquid honey
- 1 tsp lemon juice
- 1 tsp almond extract
- 1/2 tsp vanilla extract
- 1/2 cup packed brown sugar
- 1/2 cup flour
- 1/2 cup rolled oats
- 1/4 cup cold, unsalted butter
- 1 pinch salt
- ice-cream or yogurt for serving

## Equipment

- 9" x 12" baking pan
- measuring cups and spoons
- mixing spoon
- large mixing bowl

Rating: ☆ ☆ ☆ ☆ ☆

## Notes

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# Cherry Rhubarb Crumble

Submitted by BC Tree Fruits

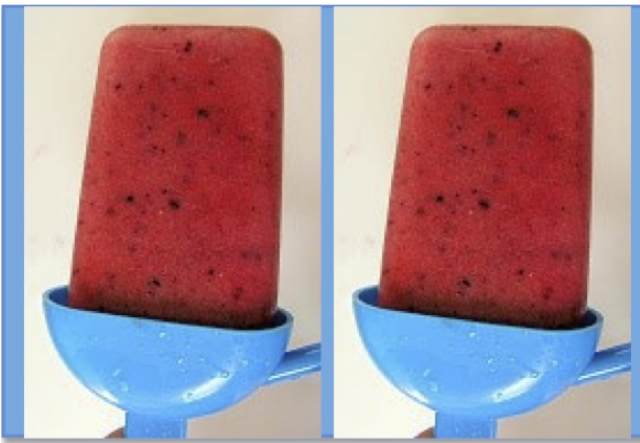
## Method

1. Preheat oven to 375° F. In a 9" x 13" baking pan, combine pitted cherries and chopped rhubarb. Drizzle with honey, lemon juice, almond and vanilla extract. Gently toss to combine well.
2. In a mixing bowl, mix together brown sugar, flour, rolled oats and salt. Using your fingers cut butter into small pieces and mix with oat mixture until it combines and becomes crumbly. Sprinkle the crumble mixture evenly over the fruit.
3. Bake in a 375° F oven for 40 to 45 minutes until the fruit is soft and the crumble mixture is golden brown. Serve crumble while still warm with some vanilla ice cream or vanilla yogurt.

# Strawberry Lemon Popsicles!

Submitted by Laura

Prep Time: 15 mins



## Ingredients

- 3 cups fresh strawberries
- 1 lemon
- 1/4 cup berry sugar (or to taste)

## Equipment

- measuring cup
- food processor
- popsicle molds

Rating: ☆ ☆ ☆ ☆ ☆

## Notes

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# Strawberry Lemon Popsicles!

Submitted by Laura

## Method

1. Wash and stem the strawberries and place in food processor.
2. Add the juice of 1 lemon and the sugar.
3. Purée and pour into popsicle molds.
4. Freeze for at least 4 hours.

## Additional Notes

*So easy and so delicious! My 7-year-old son makes them himself.*



# Fruity Flavoured Water

Recipe Attribution: Cristel Moubarak

Prep Time: 10 mins



## Ingredients

- Fruit of your choice (strawberries, watermelon, kiwi, orange, etc.)
- Vegetable or herb of your choice (cucumber, mint, etc.)
- Water

## Equipment

- cutting board
- knife
- pitcher or water bottle

Rating: ☆ ☆ ☆ ☆ ☆

## Notes

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# Fruity Flavoured Water

## Method

Try these refreshing combinations:

- Strawberry + Kiwi
- Blueberries + Orange
- Watermelon + Strawberry
- Mango + Orange
- Cucumber + Mint
- Lemon + Mint
- Grapefruit + Orange + Lemon + Honey

Add combination to your water bottle, shake, and let it sit for a few minutes or in the fridge.

## Additional Notes

*Try leaving it overnight to maximize the flavour infusion.*

## My Recipe

[illegible]