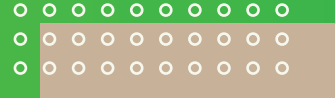




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Cooking With Heart



Smoothie Bowl

Ingredients

- ½ cup frozen dragon fruit
- ½ frozen blueberry
- 1 banana
- 4 dates
- ¼ cup hemp milk or plant-based milk of choice
- 1 tbsp. Moringa powder (optional)

Toppings

- Shredded coconut
- Chia or hemp seeds
- Goji berries
- Granola
- Fruit

Directions

- Add to your favorite blender for 20 seconds.
- Finish with desired toppings.

Summer Rolls

Ingredients

- Vegan egg roll wraps
- 1 head of pre-cooked purple cabbage
Cook with 1 tbsp vegan butter, 1 tbsp avocado oil, balsamic vinegar, 1 tbsp maple syrup, and a dash of Himalayan salt and pepper
- 1 cup of shredded carrots
- 8 oz. sliced shiitake mushrooms
- 1 sweet onion, sliced
- Avocado oil for air fryer
- A little water for the wraps

Dipping Sauce

- ¾ cup vegan mayo
- ½ tsp. Sriracha
- 2 tbsp. organic ketchup
- ¼ tsp. creole seasoning
- 1 tsp. agave (optional)
- ½ tsp. key lime juice or lime juice
- Can add plant-based milk to make sauce thinner

Directions

- Prepare fryer at 400°.
- Place a small amount of purple cabbage and sautéed veggies in wraps.
- Wet the insides and begin to fold over and tuck food inside into a roll.
- Place roll into air fryer for 3 minutes and turn (can also pan fry over stove).

Curry Butternut Squash Soup

Ingredients

- 1 organic butternut squash, chopped into cubes
- Avocado oil 1 tbsp. + 1 tbsp. for squash
- 2 shallots
- 1 tsp. cinnamon
- 2 tbsp. curry powder
- 3 cups vegetable stock
- 16 oz. organic coconut milk
- ½ tsp. pepper

Directions

- Rub squash with avocado oil and place into the oven on 350°F for 15 minutes .
- Place avocado oil in the pot.
- Sauté shallots for 1 minute.
- Add in seasonings and cook until fragrant .
- Add in butternut squash and cook until tender.
- Add in vegetable stock and bring to a boil.
- Let simmer for 15 minutes, add in coconut milk.
- Add maple syrup.
- Add more seasonings if desired .

