

BEET & ARUGULA SANDWICH

Ingredients

- 2 slices Dave's Killer Organic Bread
- 1 small beet
- 1 tbsp GO Veggie Cream Cheese
 - ½ avocado
 - ⅓ cup arugula
- Small handful pea shoots or sprouts



THE
GREEN AISLE
HEALTH & WELLNESS

GREENAISLEWELLNESS.com

PEA CROSTINI

Ingredients

- 1 cup organic peas, plus 2 tbsp for garnish
- 1 tbsp Earth Balance Olive Oil Butter, melted
- 1 garlic clove
- ¼ tsp sea salt
- ½ tsp white balsamic vinegar
- 6 slices sourdough baguette
- 1 radish, inch slivers
- ⅓ cup arugula
- 1½ tsp olive oil
- Dash cracked peppercorn
- Pinch of fresh parmesan



THE
GREEN AISLE
HEALTH & WELLNESS

GREENAISLEWELLNESS.com

COCONUT CREAM PIE

Ingredients

- ½ frozen banana
- 1 tsp maca
- ½ cup coconut water
- ⅛ tsp fresh ginger
- 1 tsp vanilla protein powder
- ¼ cup coconut flakes (or fresh coconut meat)
- ½ cup coconut milk
- 8 coconut milk ice cubes



THE
GREEN AISLE
HEALTH & WELLNESS

GREENAISLEWELLNESS.com

CAST-IRON GRILLED FRIED STEAK

Ingredients

- 1 lb. flank steak, 1-inch thick
- 2 tsp rib-eye steak seasoning by Spicely Organics
- ½ tsp sea salt
- 1 tsp Earth Balance Olive Oil Butter for frying (optional)



THE
GREEN AISLE
HEALTH & WELLNESS

GREENAISLEWELLNESS.com