

Recipe Cards

The Convergence Bowl

15 min | ~\$1.50 | 6/6 + flax

Ingredients: 2 cups spinach, 3/4 cup cooked lentils, 1/2 cup broccoli, 1/4 onion, 1/2 cup mushrooms, 1/2 cup berries, 1 tbsp ground flax, lemon + vinegar + mustard

Method: 1. Water-saute onion. 2. Add mushrooms, then broccoli. 3. Add hot lentils over spinach. 4. Top with vegetables, dressing, and flax. 5. Eat berries on the side.

The Feria Soup

30 min | ~\$0.80/serving | 5/6 + flax

Ingredients: 1 cup lentils, onion + garlic, greens, mushrooms, broccoli/cabbage, carrots, tomatoes, cumin + turmeric

Method: 1. Dry-saute onion/garlic. 2. Add spices, lentils, carrots, tomatoes, water. 3. Simmer 20-25 minutes. 4. Add mushrooms and cruciferous veg. 5. Finish with greens and flax.

Daily Dozen Smoothie

5 min | ~\$1.50 | 3/6 + flax

Ingredients: water or plant milk, frozen banana, berries, spinach/kale, ground flax, peanut butter or almonds

Method: 1. Blend everything until smooth. 2. Add white beans or oats if more calories are needed.

Street-Food Hack

0 min | \$2-5 | 2-3/6

Ingredients: rice, beans, vegetables, travel flax, lemon/hot sauce

Method: 1. Order: arroz con frijoles y verduras, sin carne, sin queso, sin crema, sin aceite. 2. Add flax from your container.

Overnight Oats Base

5 min prep | ~\$0.80 | berries + flax

Ingredients: 1/2 cup oats, 1 cup water/plant milk, 1 tbsp flax, 1/2 cup berries, nuts or peanut butter

Method: 1. Add to jar. 2. Stir. 3. Refrigerate overnight. 4. Eat cold or warm.