

GWENCIPES

GRAIN-FREE *Banana Pancake*



I developed a sweet tooth at about 24 weeks into my pregnancy, which was ignited the moment I got out of bed in the morning. I decided to create this pancake recipe which reminds me of flan. Not only is this recipe fabulously delicious, it's also a great balance of healthy fats, carbs and protein. It's vegetarian, gluten free, dairy free and soy free as well! Use all organic ingredients when possible.

INGREDIENTS

- 2 eggs
- 1 ripe banana
- 1 teaspoon Garden of Life® RAW Organics™ Chia Seed
- ¼ teaspoon pumpkin pie spice
- ¼ teaspoon cinnamon
- 8 drops of liquid stevia (or 1 Tablespoon of honey)
- 1 Tablespoon Garden of Life Extra Virgin Coconut Oil

Optional:

- 1 Tablespoon almond butter
- 1 Tablespoon maple syrup

SERVES
1

PREPARATION

Peel banana, slice and place in a mixing bowl. Mash the banana with a fork. Add in the 2 eggs, spices, chia seed and stevia. Mix everything together with a fork. Place coconut oil in a skillet and heat to medium high. Pour in your "batter" and cook it like a pancake. Typically, it will only take 1-to-2 minutes on each side to cook. **Option:** Spread almond butter over cooked pancake and top with maple syrup. Eat right away. Another option is to use ½ cup of cooked sweet potato instead of the banana.

DELICIOUS *Red Lentil Soup*

During my second trimester, I have been able to move away from bland foods and incorporate spices into my recipes. The spices in this soup make it more exciting than a typical lentil soup and the ginger, of course, helps with digestion. This soup is vegan, gluten free, dairy free and soy free! Use all organic ingredients when possible.

INGREDIENTS

- 2 cups of red lentils
- 8 cups of vegetable broth
- 3 Tablespoons Garden of Life® Extra Virgin Coconut Oil
- 5 garlic cloves, finely chopped
- 1 cup red onion, chopped into small pieces
- 1 ½ cup carrots, chopped into small pieces
- 1 ½ Tablespoons ginger root, finely chopped
- 1 potato, medium sized, peeled and cubed
- 2 handfuls of greens (such as spinach or chopped kale)
- ½ Tablespoon curry powder
- 1 ½ teaspoons cumin powder
- ½ teaspoon red pepper flakes
- ¼ teaspoon cinnamon

SERVES
4-6

PREPARATION

In a large pot, heat coconut oil and add in onions, garlic, carrots and ginger. Sauté these ingredients for about five minutes. Next, add in vegetable broth, lentils, potato and spices and reduce heat to a simmer and let cook for 15-20 minutes (until the lentils soften). Finally, toss in your greens, stir and let cook another 10 minutes. Serve immediately, refrigerate for one week or freeze for two months.





MAMMA G's Cookies

If you don't want to use butter in this recipe, you can use all coconut oil. During pregnancy, I have been incorporating some grass-fed butter because it is very high in fat-soluble vitamins, which are great for the immune system and also contains generous amounts of calcium, selenium, iodine and potassium. Mamma G's Cookies are vegetarian, gluten free, soy free and dairy free (if you opt out of using butter). Use all organic ingredients when possible.

INGREDIENTS

- 2 cups gluten-free baking flour
- ¾ teaspoon baking soda
- ¼ teaspoon sea salt
- ¼ cup melted butter
- ½ cup melted Garden of Life® Extra Virgin Coconut Oil
- ¼ cup crunchy peanut butter
- 2 eggs
- ¼ cup maple syrup
- 1 ¼ cups turbinado sugar or coconut palm sugar
- 2 teaspoons vanilla extract
- 2 cups of dark chocolate chips

PREPARATION

Mix the first three dry ingredients and set aside. Next, mix together the following seven ingredients with an electric mixer or in the food processor. Gradually add in the flour mixture until you create a nice cookie dough batter. Manually stir in chocolate chips. I prefer refrigerating the batter overnight before baking the cookies. Preheat the oven to 375 degrees and bake cookies for 10-to-12 minutes.

MAKES
3 dozen

SERVES
4-6

IMPRESSIVE FESTIVE Quinoa Salad

During these colder months, I tend to eat a higher percentage of cooked foods as opposed to raw. However, you can always combine cooked and raw ingredients together to get the best of both worlds. This recipe has been great for me during pregnancy because it lasts five days and I can eat it for breakfast, lunch or dinner. If I need to add some extra protein, I will cook some fish and eat it with this salad. This quinoa salad is vegan, gluten free, dairy free and soy free. Use all organic ingredients when possible.

SALAD

- 2 cups water
- 1 cup tricolor quinoa
- ½ Tablespoon Garden of Life® Extra Virgin Coconut Oil
- 3 cups loose spinach and kale combo
- 1 large cooked sweet potato
- 1 medium apple (honeycrisp preferably)
- ⅓ cup chopped pecans
- ¼ cup dried cranberries
- 2 teaspoons Garden of Life RAW Organics™ Chia Seed
- Sea Salt

DRESSING

- ¼ cup olive oil
- 2 teaspoons apple cider vinegar
- 1 Tablespoon honey or coconut palm sugar
- ¼ teaspoon sea salt
- ¼ teaspoon cinnamon
- ⅛ teaspoon black pepper

PREPARATION

First, make the quinoa. Boil 2 cups of water with coconut oil and a dash of sea salt. Add quinoa, reduce to a simmer and cook for about 20 minutes—then let cool. Place kale and spinach in a large bowl. Drizzle a little olive oil and a dash of salt onto the kale and spinach and massage them down with your hands until the leaves soften in texture. Next, chop the apple and the cooked sweet potato and add those to the mix. Toss in chia seed, cranberries, pecans and cooled quinoa. Whisk together dressing ingredients and then pour over the salad and toss. Serve right away or keep refrigerated for up to five days.

