



Easy Summer Recipes 2020

Created by Faith and Hope Wellness Associates



Slow Cooker Maple Ginger Ribs with Purple Yam

10 ingredients · 4 hours 30 minutes · 8 servings



Directions

1. In a bowl, make your marinade by whisking together the coconut aminos, fish sauce, maple syrup, white onion, ginger, garlic and green onion.
2. Place your ribs in the slow cooker and brush the marinade on all sides. Cook on low for 6 to 8 hours, or high for 4 hours.
3. About 20 minutes before your ribs are done, bring a pot of water to a boil and place the purple yams into a steaming basket. Cover and steam for about 10 to 15 minutes or until tender. Set aside.
4. Divide the lettuce onto plates and top with ribs and steamed yams. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Top with black and/or white sesame seeds.

No Ribs

Use wings, chicken breast or drumsticks instead.

No Coconut Aminos

Use soy sauce or tamari instead.

No Fish Sauce

Omit completely or use additional coconut aminos instead.

BBQ Lover

Remove ribs from the slow cooker and grill over medium heat for 10 minutes per side, or until slightly charred. Brush with any remaining marinade while cooking.

Ingredients

- 1/4 cup Coconut Aminos
- 2 tbsps Fish Sauce
- 3 tbsps Maple Syrup
- 1/2 White Onion (chopped)
- 1/4 cup Ginger (peeled, chopped)
- 5 Garlic (cloves, minced)
- 2 stalks Green Onion (chopped, divided)
- 4 lbs Pork Ribs
- 4 cups Purple Yam (small, halved)
- 1/4 head Green Lettuce

Nutrition

Amount per serving

| | | | |
|----------|-----|-------------|-------|
| Calories | 548 | Cholesterol | 132mg |
| Fat | 25g | Sodium | 625mg |
| Carbs | 30g | Vitamin A | 298IU |
| Fiber | 3g | Vitamin C | 15mg |
| Sugar | 7g | Calcium | 86mg |
| Protein | 48g | Iron | 2mg |

Blueberry Banana Protein Pancakes

10 ingredients · 15 minutes · 2 servings



Directions

1. In a mixing bowl or blender, mix the egg, protein powder, flax seed, banana, almond milk, cinnamon and oats.
2. Stir blueberries into mixture.
3. Heat coconut oil in a frying pan over medium-low heat. Pour in batter and cook pancakes about 2 minutes per side, or until they're firm enough to flip.
4. Serve topped with blueberries, maple syrup and sprinkle with cinnamon.

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to two months. Reheat in a pan or in the toaster.

Serving Size

One serving is approximately one large pancake or two small pancakes.

Egg-Free

Swap out the egg(s) for flax eggs. For every 1 egg, replace it with 1 tbsp ground flax seed mixed with 3 tbsp water.

Ingredients

- 1 Egg
- 1/4 cup Protein Powder
- 1 tbsp Ground Flax Seed
- 1 Banana
- 1 tbsp Unsweetened Almond Milk
- 1/4 cup Oats
- 1 tsp Cinnamon
- 1/4 cup Blueberries
- 1 1/2 tsps Coconut Oil
- 2 tsps Maple Syrup

Nutrition

Amount per serving

| | | | |
|-----------------|-----|--------------------|-------|
| Calories | 284 | Cholesterol | 95mg |
| Fat | 8g | Sodium | 63mg |
| Carbs | 40g | Vitamin A | 202IU |
| Fiber | 5g | Vitamin C | 7mg |
| Sugar | 21g | Calcium | 133mg |
| Protein | 16g | Iron | 2mg |

Garlicky Beef & Greens

7 ingredients · 20 minutes · 4 servings



Directions

1. In a small mixing bowl combine the coconut aminos, garlic, ginger and green onion. Set aside.
2. Heat a large skillet over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, transfer the cooked beef to a bowl and set aside. Drain any excess drippings from the pan.
3. To the same pan add the kale leaves and cook until wilted and tender. Add the cooked beef back to the pan with the kale and season with the salt.
4. Add the coconut aminos sauce and stir to combine. Let the sauce bubble and thicken for 1 to 2 minutes. Remove the pan from heat and divide between plates. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 cup.

More Flavor

Add sesame oil, lime juice, red pepper flakes or a drizzle of honey.

Additional Toppings

Top with sesame seeds or chopped cilantro. Serve over top of cooked rice, quinoa or cauliflower rice.

No Beef

Use ground chicken, turkey or pork instead.

No Coconut Aminos

Use tamari or other soy-based sauce instead.

Ingredients

- 1/4 cup Coconut Aminos
- 4 Garlic (clove, minced)
- 1 tbsp Ginger (fresh, grated or minced)
- 1 stalk Green Onion (chopped)
- 1 lb Extra Lean Ground Beef
- 4 cups Kale Leaves (finely chopped)
- 1/4 tsp Sea Salt

Nutrition

Amount per serving

| | | | |
|----------|-----|-------------|--------|
| Calories | 228 | Cholesterol | 74mg |
| Fat | 12g | Sodium | 505mg |
| Carbs | 5g | Vitamin A | 1147IU |
| Fiber | 1g | Vitamin C | 21mg |
| Sugar | 3g | Calcium | 74mg |
| Protein | 24g | Iron | 3mg |