

Sweet Potato Power Bowl with Gingerbread Granola

(Makes 4 servings)

Ingredients:

Granola

- 1/3 cup orange juice
- 1/3 cup applesauce
- 2 tablespoons molasses
- 1/3 cup coconut flakes
- 2 cups rolled oats
- ½ cup pecans, chopped
- 1 tablespoon dark buckwheat flour
- 1 teaspoon ground dried ginger
- 1 teaspoon cinnamon
- ½ teaspoon sea salt

Bowls

- 4 small, sweet potatoes
- Zest of 1 orange
- 1 teaspoon dark brown sugar

Sweet Cream

- 1 box silken tofu
- 5 dates
- 1 teaspoon vanilla
- 1 teaspoon agave

Directions:

1. Preheat oven to 300 degrees.
2. **Crisp:** Line a baking sheet with parchment paper. In a large bowl mix all the ingredients for the pecan crisp and then spread evenly onto the baking sheet. Bake for about 25 to 30 minutes or until it reaches a nice golden brown. Cool completely.
3. **Bowls:** Preheat the oven to 400 degrees and line a baking sheet with parchment paper. Add the sweet potatoes to the baking sheet and prick the skin with a fork a few times. Bake for about 40

to 45 minutes until very tender and beginning to caramelize. Cool for 10 minutes. Mash the sweet potatoes and then add to a bowl.

4. **Sweet Cream:** add all ingredients to a blender or a food processor and blend until smooth. Set aside.
5. **Serve:** add the sweet potatoes to your dish, cut lengthwise down the center and placing one side in one bowl and the other side in another bowl. Dollop with sweet cream and top with the pecan crisp and orange zest. Add the 1 teaspoon dark brown sugar, if wanted.

Plant Based Chilaquiles Power Bowl

(makes 4 servings)

Ingredients:

Sauce

4 small or medium tomatoes, small diced

1 serrano pepper, small diced

1 small onion, small diced

2 garlic cloves, minced

Sea salt and black pepper to taste

Tofu

1 block extra firm tofu, drained and crumbled

Sea salt and black pepper to taste

Extras

1 bag corn tortillas, sliced in triangles

1 16 ounce can black beans, drained and rinsed

Sliced avocado

Fresh tomatoes

Fresh salsa

Chopped fresh cilantro, for serving

Directions:

1. **Sauce:** in a blender, combine the tomatoes, pepper, onions and garlic and blend until smooth. If the sauce is too thick, add in a drizzle of water. In a large sauté pan over low heat, add the sauce and simmer.
2. **Tofu crumble:** crumble the tofu and add sea salt and black pepper, to taste. Add the tofu to the sauce and then add the tortilla strips.
3. **Assembly:** Add the tofu, sauce and the tortilla strips to a bowl and top with more sauce, avocado slices, black beans, fresh tomatoes, salsa and fresh cilantro. Enjoy for breakfast or dinner.