

## Carrot Cucumber Salad

### Vinaigrette Marinade:

3 T fresh lemon juice  
3 T extra virgin olive oil  
2 T white vinegar  
¼ t salt  
1/8 t dill  
½ t minced garlic  
1/8 t garlic powder

### Veggies:

2 cups chickpeas (drained and rinsed)  
½ c fresh chopped cilantro  
½ cucumber (chopped)  
1 cup chopped green bell pepper  
¼ c finely minced onion

### Noodles:

2-3 large carrots (spiralized)  
1 large cucumber (spiralized)

### Dressing:

2 T honey  
2 T rice vinegar

### Garnish:

1 T sesame seeds  
1 T chia seeds  
Additional cilantro

Whisk together marinade

Combine veggies in bowl and pour marinade over

Allow to marinate for 15-30 minutes – drain if desired

Whisk together dressing

Combine veggies with noodles and dress to taste

Top with garnish

Enjoy!

## Vegan Blueberry Zucchini Bread

3 T flax meal

7 ½ T water

### Dry ingredients:

2 c white whole wheat flour or spelt flour

1 ½ t baking powder

1 ½ t cinnamon

½ t baking soda

½ t salt

¼ t nutmeg

1 c grated zucchini (about 1 medium)

½ c coconut sugar

½ c unsweetened applesauce

½ c unsweetened almond milk

2 T coconut oil

2 t vanilla extract

1 c blueberries

Preheat oven to 350 F

Grease a 9x5 loaf pan with cooking spray or oil

Mix flax meal and water and set aside to thicken for at least 5 minutes

Fully combine dry ingredients

Combine remaining ingredients in separate bowl (except blueberries)

Add wet mix to dry and stir until just combined

Fold in blueberries until evenly distributed

Pour batter into loaf pan

Bake for 60-75 minutes depending on oven

Allow to cool in pan for at least 15 minutes

Important: do not underbake! Check for doneness with toothpick or paring knife  
Cover with foil if exterior is too dark and inside is not fully baked