

A close-up photograph of a white bowl filled with granola. The granola consists of various ingredients including rolled oats, almond flakes, and small pieces of dried fruit like raisins and cranberries. A silver spoon is partially submerged in the granola, angled towards the upper right. The background is softly blurred, showing a wooden surface.

Recipes for you...

DIY

&

Delicious

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Hello there!



Thanks for downloading this recipe freebie. I'm excited to share it with you!

I love helping people explore the power of plants, and how a mostly (or entirely) plant-based diet can help us manage weight, improve cardiovascular health (reduce cholesterol and blood pressure, etc.), improve skin, balance hormones, and fight disease.

However, I understand that healthy intentions can only take us so far — especially in our time-starved, sleep-deprived, do-more culture. That's why I'm passionate about helping busy people like you figure out how to get healthier, delicious meals on the table more often — and with less hassle.

I hope you enjoy these recipes. If you have questions or feedback at any time, please email me at monica@monicametz.com. I'd love to hear from you!

Bon appétit!

Monica Metz



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Nutrition + Lifestyle

COCONUT CINNAMON GRANOLA

My Coconut Cinnamon Granola has far less sugar and fat than grocery store brands, and there are no weird industrial ingredients or additives to worry about. Plus, it's delicious, and transcends the cold cereal category altogether.

It's just like that fancy \$8 small-batch granola you see in artisan bakeries, but at a fraction of the price. And, you get to trick it out just the way you like it.

This recipe makes enough for a quart-sized jar of granola, plus enough leftovers for a little snack! It should stay fresh in the jar for several days, but believe me, it'll be gone way before then.

INGREDIENTS

- 3 cups of gluten free, old-fashioned oats (I use Bob's Red Mill — easy to find)
- 1/3 cup of melted coconut oil (don't microwave it; just set the jar in a bowl of hot water to melt the oil); can substitute with grapeseed oil
- 1/4 cup pure maple syrup
- 1/4 cup honey
- 2 teaspoons cinnamon
- 1/4 teaspoon ground ginger
- 1/2 teaspoon pumpkin pie spice
- 1 teaspoon vanilla extract
- 1/2 cup of unsweetened coconut flakes, toasted in the oven until golden (watch carefully!)
- 1/4 cup of candied ginger bits or chopped dried fruit of choice (apricots, dates, etc.)
- 1/2 cup hemp seeds
- OPTIONAL ADD IN: 1/2 – 1 cup of additional unsalted nuts and/or seeds (i.e. chia, pumpkin, etc.)



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INSTRUCTIONS

Preheat oven to 350 degrees and line two baking sheets with parchment paper or silpat sheets.

Add oats to a large mixing bowl. Pour coconut oil into a measuring cup and swirl it around a little, then add to the bowl. Measure maple syrup and honey into the same measuring cup and add to the bowl (the oil will help get the sticky sweeteners out of the cup and into the bowl).

Add the vanilla extract, cinnamon, ground ginger and pumpkin pie spice, then mix well. Make sure the oil and sweeteners are incorporated consistently throughout the oats.

Divide the mixture between the two baking sheets and use a spatula to create a single layer of oats on each pan. Bake until golden — watch carefully, the granola can burn easily. This should take about 15-20 minutes.

When the oats are good and toasted, remove the pans from the oven, and let the granola cool. Transfer to a clean mixing bowl and toss gently with the toasted coconut, candied ginger, hemp seeds, nuts, seeds and any other desired add-ins.

Serve with almond milk.



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For salad, “bowls”, and veggie sautés...

BALSAMIC-SHERRY VINAIGRETTE

Makes about 1 1/2 cups. The inspiration for this dressing comes from a farmers market demo I once saw featuring Le Pigeon's Gabriel Rucker (James Beard Foundation's Rising Star Chef of the Year). Previously, I had only used one type of vinegar for a dressing recipe — Gabriel's demo used both balsamic and sherry vinegars in one dressing. It ended up being a delicious combo — who knew?!

INGREDIENTS

- ¼ cup high-quality balsamic vinegar
- ¼ cup sherry vinegar
- 1 tablespoon freshly squeezed lemon
- 1 ½ tablespoons whole grain mustard
- 1 clove garlic, finely minced or pressed
- 1 teaspoon raw honey
- ¾ cup extra virgin olive oil
- sea salt and ground pepper to taste

INSTRUCTIONS

In a small mixing bowl, whisk vinegars with lemon juice, mustard, garlic and honey.

Slowly pour the olive oil into the vinegar mixture while whisking. Keep it to a thin stream so the dressing emulsifies properly. If you see the oil start to collect at the sides of the bowl, cut off the oil supply and continue to whisk until the oil is incorporated. Then, slowly start adding the oil back in, while whisking.

Whisk until all of the oil has been incorporated, then season to taste with salt and pepper.

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COCONUT CASHEW MILK

I love DIY “milks” — coconut, cashew, hemp, almond and brazil nut are my faves. These dairy-free milks are a great alternative for smoothies, chia seed pudding and warm latte-style drinks. When you make the milk at home, you don’t have to worry about added sugar or weird additives such as carageenan, a seaweed derivative that has been linked to inflammation and gut irritation.

This recipe was adapted from “Living Raw Food” by Sarma Melngailis — an amazing book for raw food enthusiasts and the raw-curious.

INGREDIENTS

- 1 cup unsweetened, dried coconut
- 1/4 cup cashews, soaked for an hour (or overnight in the fridge)
- 1 medjool date, softened in some warm water or 1 tablespoon of maple syrup (optional)
- 1 teaspoon vanilla extract
- a tiny pinch of sea salt — I love Vanilla Bean salt from Jacobsen Salt Co.
- About five cups of hot, filtered water

INSTRUCTIONS

Soak the dried coconut in hot water, covered, for 30 minutes.

Transfer the coconut and water to a high-speed blender, along with the soaked and drained cashews. Blend ingredients until smooth.

Strain milk using a nut milk bag — you can also use a paint strainer from the hardware store.

Return the milk to the blender, along with the softened date, vanilla and the salt (if using). Blend again until smooth. Pour into a large mason jar and chill. This should stay fresh about 2-3 days in the refrigerator, although I've been known to use it for longer.

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Hungry for more?

I hope this recipe pack has been helpful for you, and that you've enjoyed my tips and recipes.

If you'd like to take your healthy lifestyle game up a notch — and could benefit from extra support and guidance — then I encourage you to consider signing up for one of my coaching programs.

I offer both private coaching and online/group programs, where participants typically receive a meal plan and recipes — plus email support, and access to a private Facebook group. I also provide additional educational resources, handouts and other guidance.

If you'd like more info, feel free to email me at monica@monicametz.com. I'd love to hear from you.

Wishing you health + happiness,

Monica Metz

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