

who we are

Superfood School so far

We've been busy traveling the USA learning how to help people get more plants on their plates.

Online courses coming soon!



40 +
Branded Events
demos, lectures
workshops



20 +
Partner Events
festivals, panels
conventions



50 +
Private Events
Iunches, brunches
retreats

who we are

meet our community!

I am not a vegan, but interested in understanding how to make better choices! It was so easy and FAST!

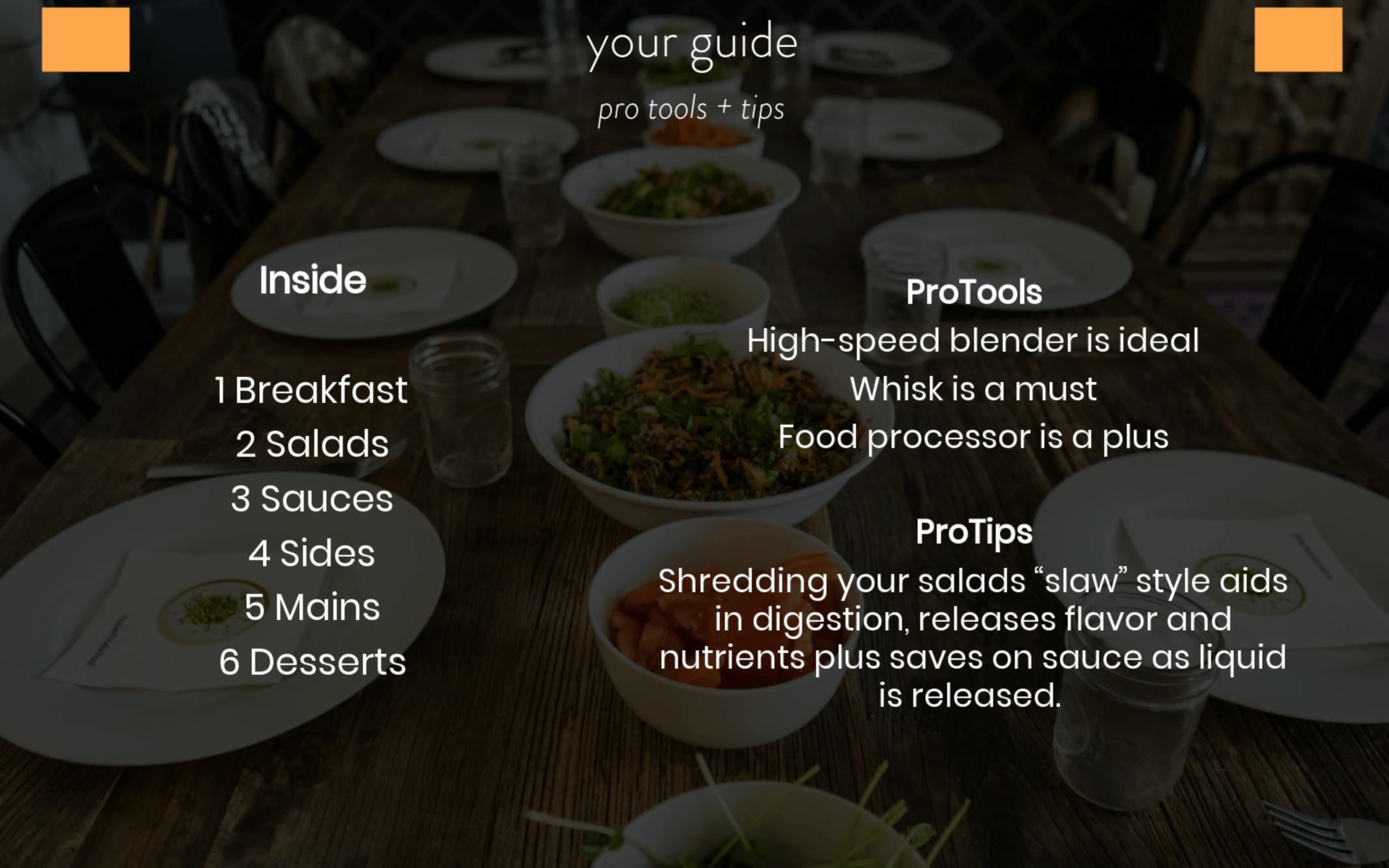
Kristi T

The environment, presentation meal and presentation are all top-notch (but accessible!), so I'd recommend this to anyone, regardless of age or background.

Percival G

Such a great experience, I learned so much and can't wait to incorporate the new recipes into my meals. Highly recommend

Vanessa F

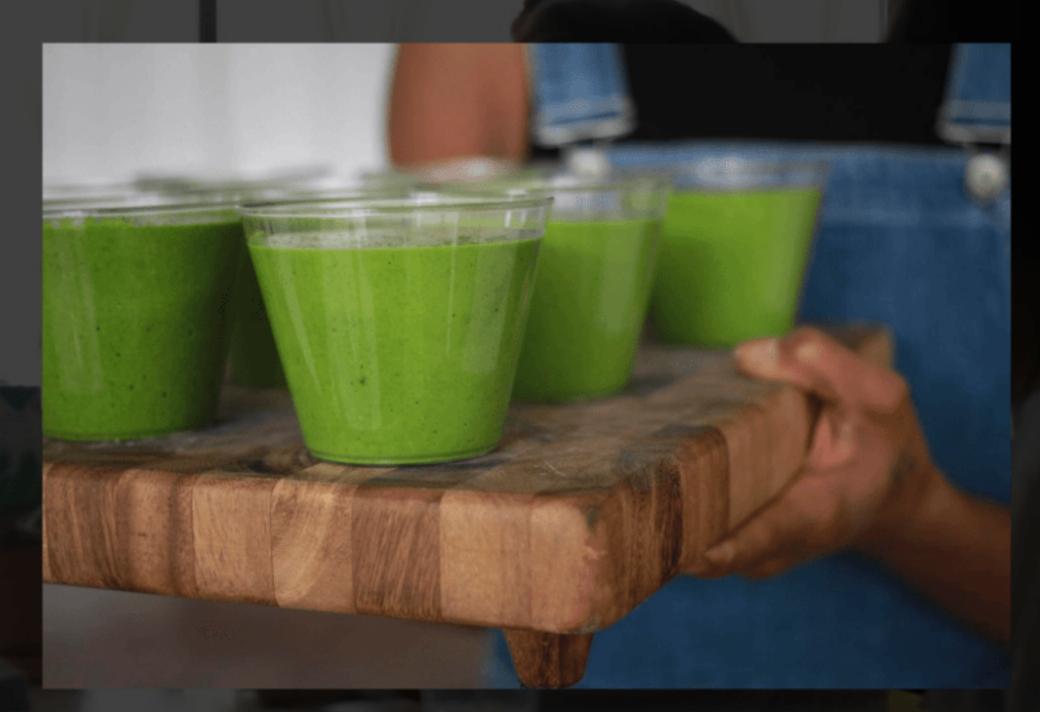


green delight smoothie chicago, il

1 banana (ripe)
1/2c mango (fresh or frozen)
1-2t spirulina or chlorella powder
1 1/2c plant based milk (sugar free)
a handful of greens like spinach, chard or kale

METHOD Blend into a smoothie, best consumed fresh, serves 1

CUSTOMIZE
young coconut
fresh mint



get your greens first thing in the morning

coco berry smoothie bowl

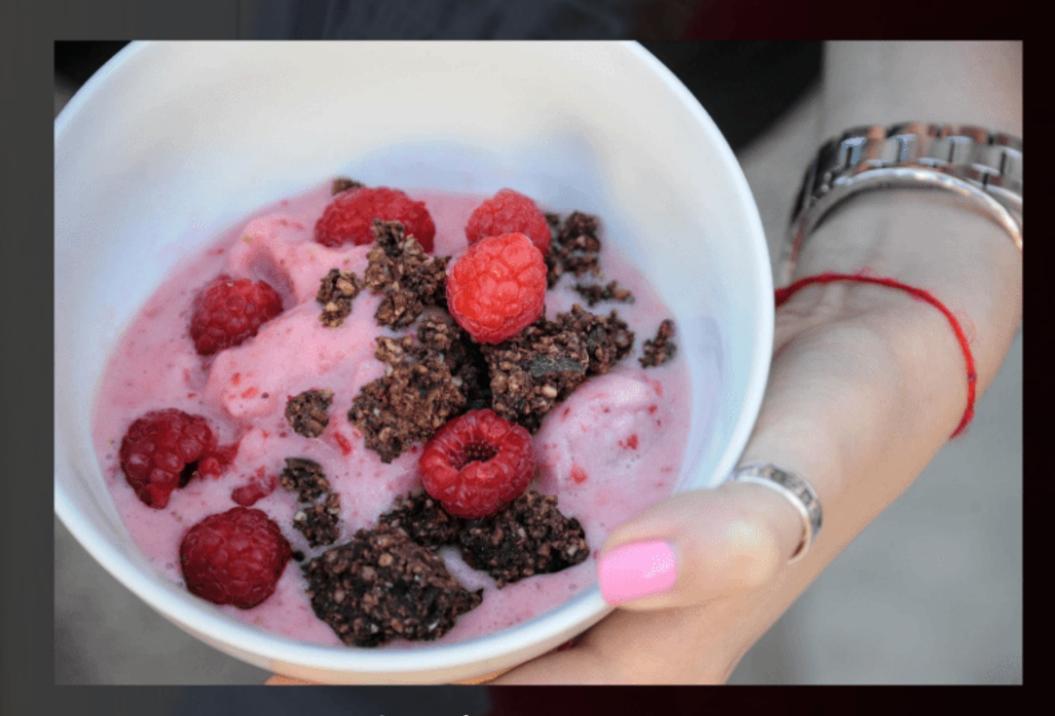
venice, ca

Ic mixed frozen berries
2tb coconut cream
A handful of greens like spinach, chard or kale
Optional: dates or maple syrup, to taste

METHOD

Blend until smooth, adding additional coconut milk or ice as needed, serves 1

SPRINKLE WITH granola It acai powder



berries + cream...

chia pudding

seattle, wa

2tb chia seeds
1/2c plant milk
1t maple syrup
1/8t vanilla bean or extract
Optional: 1tb cacao or strawberry powder

METHOD

Mix or shake really well in an 8oz mason jar until there are no clumps.

Cover and refrigerate for at least an hour, 4 ideal.

Eat alone or blend in smoothies.

Stores for a week



4 grams of protein per serving

coconut curry kale slaw

chicago, il

1 can of coconut cream (11/4c)
1 can of hearts of palm (11/4c)
2tb curry powder
1c scallions about 1-2 bunches
3c purple cabbage
2c kale
1c currants or raisins
1/2c sliced raw almonds
Salt + sweetener to taste



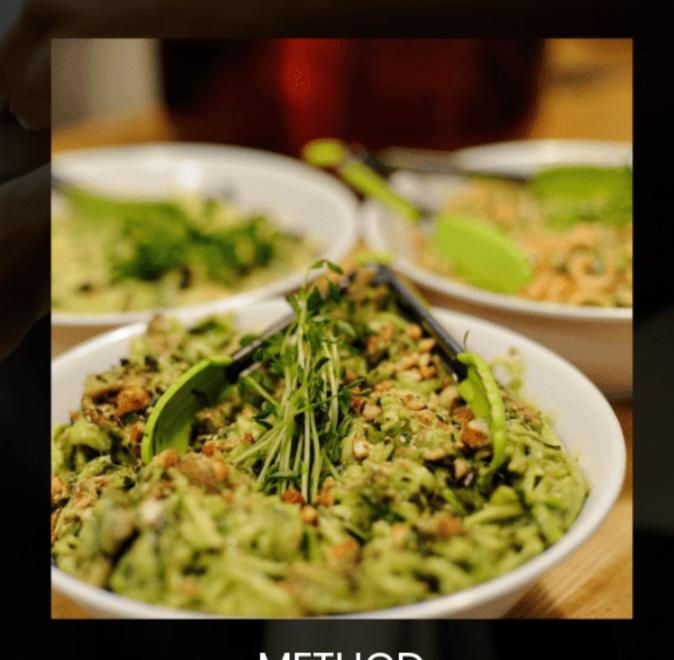
METHOD

Mix cream + curry, add salt + sweetener to taste
Roughly chop hearts of palm
Mince green onions
Shred cabbage and kale into a slaw
Mix ingredients, keep sauce separate until
serving. Serves 5

asian sesame noodles

venice, ca

3-4 medium zucchini (peel on)
11/2c shiitake mushrooms
2 avocado
3/4c sliced almonds
3/4c scallions, sliced
2tb rice vinegar
2tb + 1t toasted sesame oil or paste
salt + sweetener + black pepper to taste
Optional: red pepper flakes, seaweed



METHOD

Mix sesame, vinegar, salt, avocado and sweetener until creamy

Sautee shrooms in water or broth 3-4 min Spiralize zucchini into noodle-like slices.

Combine all ingredients

spicy peanut sauce

los angeles, ca



the crowd favorite at Foodie Con

1/4c Creamy Peanut Butter
1/4c Coconut Aminos
1/4c Rice Vinegar
1/8t Cayenne Pepper
1/4t Garlic Powder
1/4t Onion Powder
Salt + sweetener to taste
Milk

METHOD

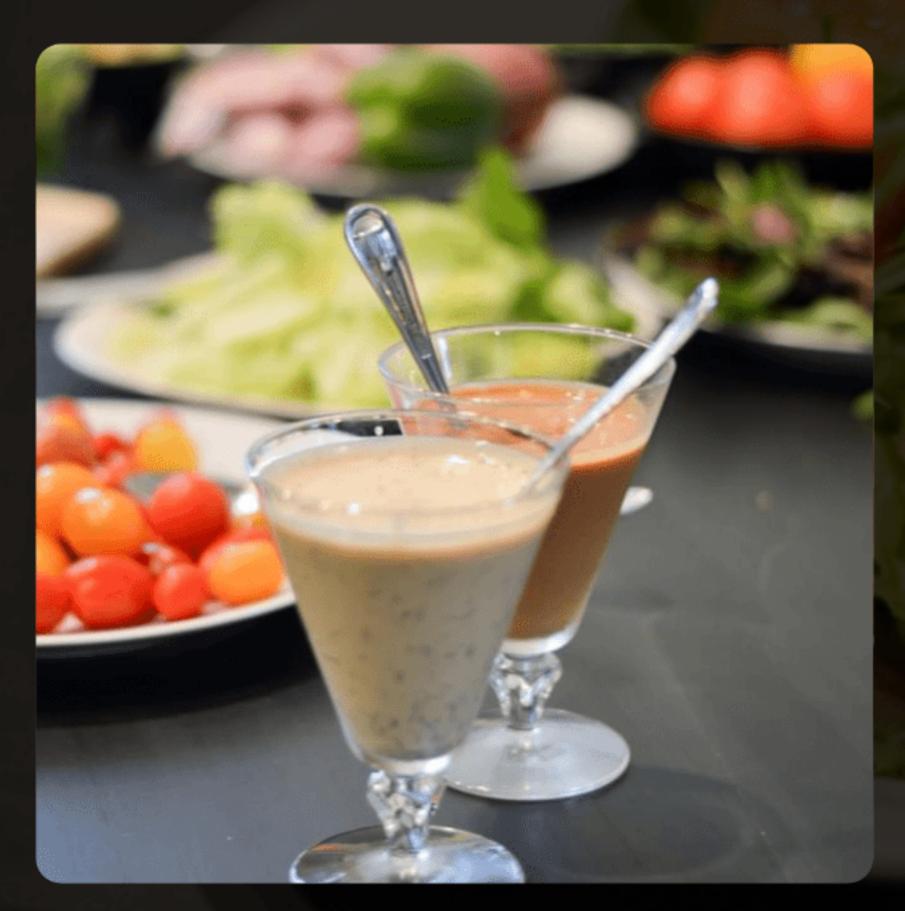
Whisk all ingredients into a sauce, slowly add in milk to desired consistency.

Adjust seasonings if needed.

Makes 1c

tahini ranch

atlanta, ga



1/4c Tahini
1/4c Kosher Pickle Brine
1/4c fresh dill
1/4t Garlic Powder
1/4t Onion Powder
Salt + sweetener to taste
Milk

METHOD

Whisk all ingredients into a sauce, slowly add in milk or more brine to desired consistency.

Adjust seasonings if needed.

Makes about 1c

sauce is boss!

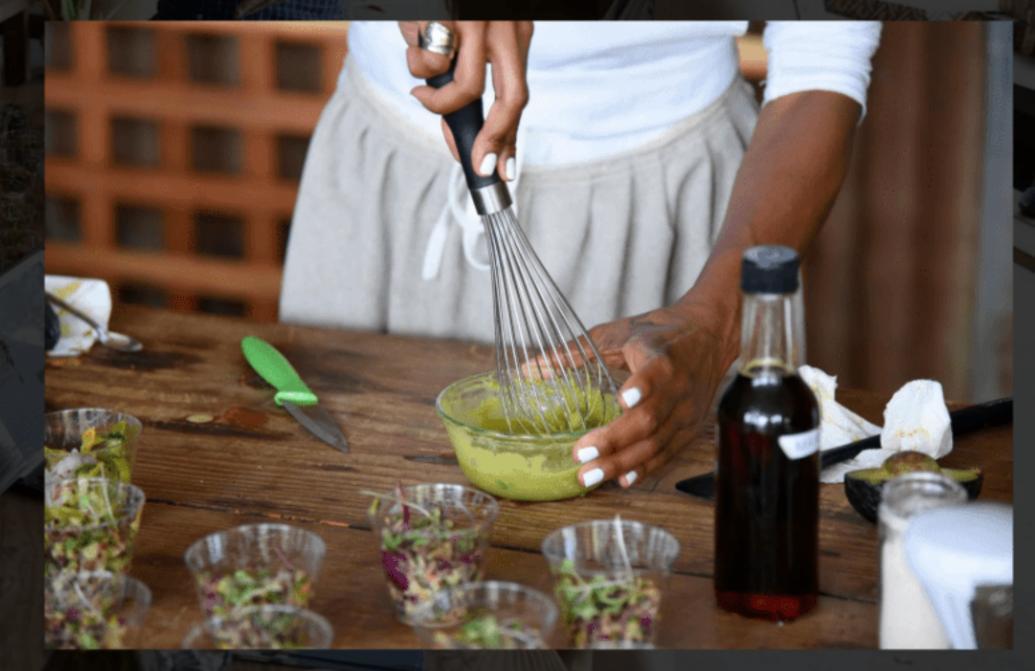
smoky avocado sauce

los angeles, ca

2 medium avocado 1/8c apple cider vinegar 2t smoked paprika powder 1/4t onion powder Milk

Salt + sweetener to taste Optional: smoked sea salt

METHOD
Use whisk to mash avocado
Mix all ingredients until creamy
Add milk if needed
Serves 2-3



keep it thick for a dip or blend into a sauce

tex mex quinoa

new york, ny

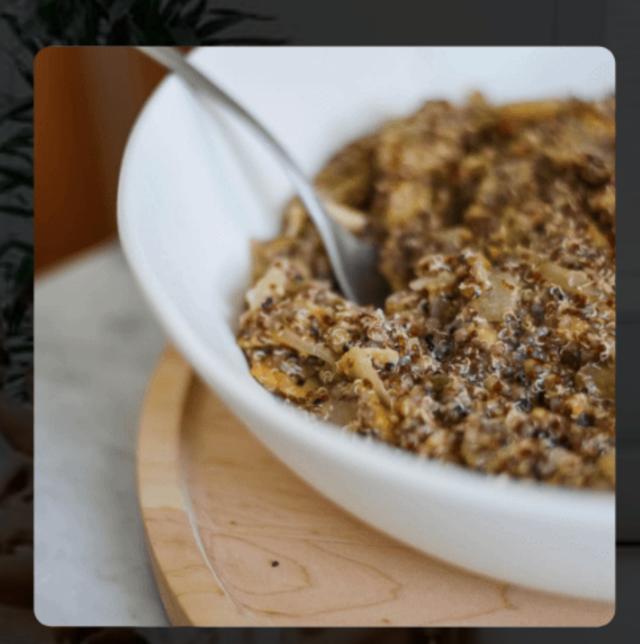
METHOD

Bring quinoa, stock and spices to a boil over medium-high heat, immediately decrease to a soft simmer. Cook until the quinoa has absorbed all of the water, about 10 to 20 minutes. Reduce heat as needed

Remove the pot from heat, cover, and let the quinoa steam for 5 minutes.

Remove the lid and fluff the quinoa with a fork. Serve with sides of choice

Makes 3 cups.

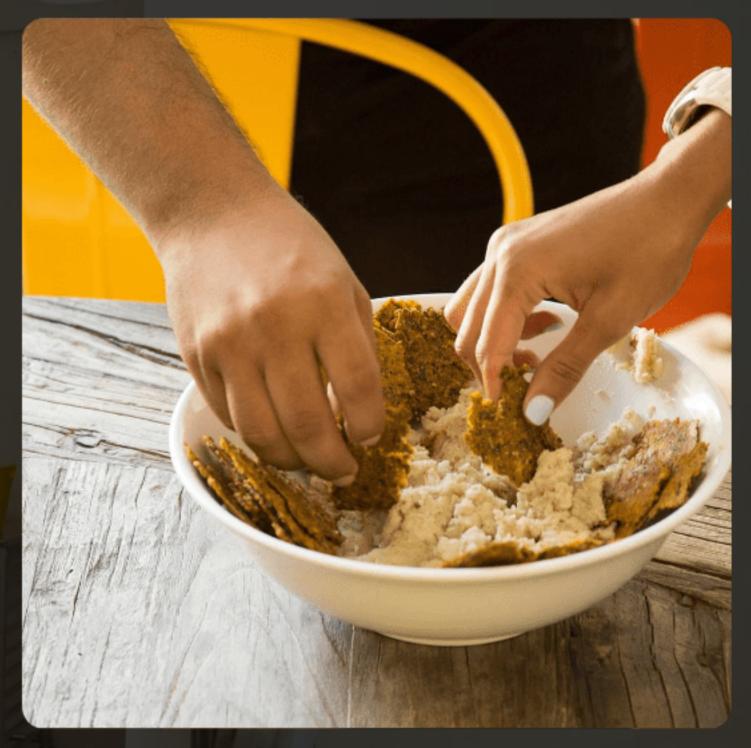


Ic Quinoa, rinsed + drained
2t Cumin
It Chili Powder
It Garlic Powder
It Onion Powder
Ic Vegetable Stock

white bean hummus

venice, ca

1 can cannellini beans (15 oz), drained + rinsed
2tb tahini
juice of 1 or 2 lemons
1 clove garlic
1/2t garlic powder
1/2t onion powder
salt to taste
milk



Place ingredients in food processor, except milk, and blend until desired consistency. Add milk as needed. Great warm or room temp.

Makes 11/2 c

buckwheat risotto

washington, dc



loz dried porcini mushrooms, rehydrated in broth
3 1/2 c vegetable broth
1/2 lb mixed mushrooms, sliced (oyster + crimini ideal)
3 tb avocado oil, divided
2 garlic cloves, minced
1 large onion, finely chopped
1 c buckwheat groats
1t onion powder
1t garlic powder
parsley for garnish
sea salt + black pepper, to taste

METHOD

Heat 2tb broth in a large, deep skillet over mediumlow heat. Add mushrooms, toss to coat, sauteé for about 10 min, stirring occasionally, until tender. Set aside

In the same pan, add oil and onion, stirring occasionally until softened. Add garlic, stir to coat. Add buckwheat and toss until slightly toasted; about 2 min.

Add 11/2c of broth, stir and simmer until liquid is almost absorbed, then an additional 1/2c and simmer until absorbed, repeating until you have added all the broth. Buckwheat should be tender and almost all of the liquid absorbed.

Turn off heat, add mushrooms and garnish with parsley

coconut curry jackfruit + wild rice

seattle, wa

2tb curry powder
2tb garlic powder
2tb onion powder
2tb coconut aminos
13/4c full fat coconut cream (one 14oz can)
4c jackfruit, (two 14oz cans)
1 medium sweet onion, sliced
2 cloves garlic, minced
Optional: maple syrup



METHOD

Blend spices, coconut aminos and cream.

Chop jackfruit into smaller pieces.

Combine all ingredients into a electric cooker or cast iron pot and cook on low for 4-6 hours.

Serves 6

superfood superfudge

new york, ny

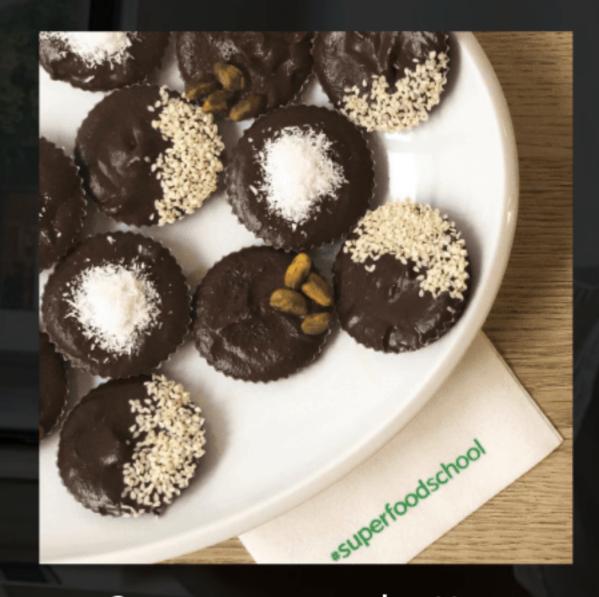
Melt cocoa butter whisking it constantly until it is completely melted and smooth.

Add maple syrup, almond butter, and vanilla to the bowl. Whisk until smooth and completely combined.

Add the sea salt and cacao powder and whisk until completely smooth. Pour 3tb each into cupcake liners

Place it on a flat surface in the fridge for at least two hours. When the fudge is completely hardened, transfer to fridge.

Makes about 20



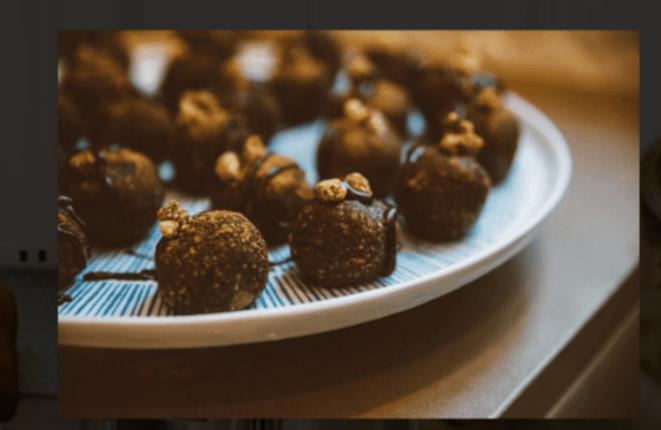
2 cups cocoa butter
1/2 cup maple syrup
1/2 cup creamy almond butter
splash vanilla extract
2 pinches sea salt
1 cup cacao powder
(Optional) 2tb maca powder

protein bites

austin, tx

1/2c Buckwheat Groats (or Oats)
1/2c Pumpkin Seeds
1/2c Almonds

20 Dates, pits removed
(soaked for 4 hrs or overnight)
1/4c Coconut Cream
1/8c Vanilla Extract
1t Cardamom Powder
1t Cinnamon Powder
1t Ginger Powder
1/4c Cacao Powder



Blend first 4 ingredients into a powder

Drain date soak water

Blend remaining ingredients with dates until completely creamy, adding soak water if needed

Mix wet mixture with dry to form a dough, roll 2tbs of mixture into balls Coat with additional toppings if desired. Makes about 2 dozen

sweet potato chickpea

our post popular social media post!

Preheat the oven to 375 F. Prick potatoes with a fork and roast for 45-55 min.

While the sweet potatoes are roasting, drain and rinse chickpeas. In a small bowl, toss chickpeas with 1/2 tb oil, 1/2 t salt, 1/4 t black pepper and cumin.

Spread in a single layer on a parchment paper-lined pan.

Bake for 25 – 35 min until crisp and browned, gently shaking the pan about halfway through cooking.

While potatoes and chickpeas are roasting, heat the remaining oil in a large skillet over medium high heat. Sauté the spinach until the leaves start to wilt, about 2 minutes. Add garlic and remaining salt and pepper, continue cooking until fragrant, about 1 minute.

Split potatoes lengthwise and top each half with chickpeas and spinach. Drizzle with tahini ranch (see recipe)



4 medium sweet potatoes
1-15 oz can chickpeas
1 tb avocado oil
1 t sea salt
1/2 t black pepper plus more for serving
1/2 t cumin
1 c baby spinach, roughly chopped
1 clove garlic, minced
Optional: Crushed red pepper flakes

