



# super food school

more plants on your plate, all diets welcome



# 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**  
lunches, 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



your guide

*pro tools + tips*

## Inside

1 Breakfast

2 Salads

3 Sauces

4 Sides

5 Mains

6 Desserts

## ProTools

High-speed blender is ideal

Whisk is a must

Food processor is a plus

## ProTips

Shredding your salads “slaw” style aids in digestion, releases flavor and nutrients plus saves on sauce as liquid is released.



# 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

1c 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

1t 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 (1 1/4c)  
1 can of hearts of palm (1 1/4c)  
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)

1 1/2c 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



sauce is boss!

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



# 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.



1c Quinoa, rinsed + drained

2t Cumin

1t Chili Powder

1t Garlic Powder

1t Onion Powder

1c 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 1 1/2 c

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# buckwheat risotto

washington, dc



1oz 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 medium-low heat. Add mushrooms, toss to coat, sautéed 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 1 1/2c 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  
1 3/4c 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*

1c Flaxseed  
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

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# #superfoodschool

keep in touch + tag us in your creations!



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Plant-based Persona!

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