



## Plant Based Vegan Summer Recipe Club week 2

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WELLNESS WITH MISSY, LLC

Welcome to your Plant Based Vegan summer recipes week two ebook! On the next pages, you will find a collection of recipes I put together that are delicious, fun and easy to make. These recipes will keep you inspired this summer season.

This week recipes are all about Peaches.

- A few quick shopping tips, when shopping for peaches look for ones that are hard or slightly soft flesh. The sweeter the smell the riper.
- Try to buy organic peaches since they are on the "dirty dozen" list. I have included a quick reference list of "dirty dozen" and "clean fifteen" for you below.
- A few quick storing tips. Peaches continue to ripen after they are picked so feel free to keep them on your counter top for a few days if they still need to ripen. Then store them in the fridge if you are not going to eat them right away.

## DIRTY DOZEN™

- Strawberries
- Spinach
- Kale
- Nectarines
- Apples
- Grapes
- Peaches
- Cherries
- Pears
- Tomatoes
- Celery
- Potatoes
- + Hot Peppers

## CLEAN FIFTEEN™

- Avocados
- Sweet Corn

- Pineapple
- Onions
- Papaya
- Sweet Peas Frozen
- Eggplant
- Asparagus
- Cauliflower
- Cantaloupe
- Broccoli
- Mushrooms
- Cabbage
- Honeydew Melon
- Kiwi

Be sure to tag me <https://www.instagram.com/wellnesswithmissy/>

Let's get started  
with gratitude,  
Missy

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# Watermelon Pizza

8 SERVINGS 10 MINUTES



## INGREDIENTS

- 1 1/2 cups Canned Coconut Milk (full fat, refrigerated overnight)
- 1/4 Seedless Watermelon (medium)
- 1/4 cup Blueberries
- 1 Peach (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	132	Carbs	14g
Fat	8g	Protein	2g

## DIRECTIONS

- 01 Scrape the coconut cream from the top of the can into a large mixing bowl. The cream should have separated from the coconut juice after being refrigerated.
- 02 Whip the coconut cream with a hand mixer until fluffy, about 5-10 minutes. Place in fridge until ready to use. (Note: it will not be as stiff as dairy whipped cream.)
- 03 Cut a round slice from the center of your watermelon, about 1 inch thick. Pat dry with paper towel.
- 04 Spread whipped coconut cream evenly across your watermelon and top with blueberries and peach slices. Carefully cut into servings and enjoy immediately.

# Easy Peach Crumble

3 SERVINGS 30 MINUTES



## INGREDIENTS

- 1 1/2 tsps Coconut Oil
- 1 cup Oats (rolled, divided)
- 1/4 cup Unsweetened Applesauce
- 2 tbsps Maple Syrup
- 2 Peach (pit removed, sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	205	Carbs	39g
Fat	4g	Protein	5g

## DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Grease a cast-iron pan or baking dish with the coconut oil.
- 02 Add 1/3 of the oats to a food processor or blender and blend into a fine powder to create oat flour. Transfer the oat flour to a mixing bowl and combine with the remaining rolled oats, applesauce and maple syrup.
- 03 Gently stir in the peaches and transfer to the cast-iron pan or baking dish. Bake for 20 to 25 minutes, or until the peaches are tender and the crumb is slightly golden.
- 04 Divide into bowls and enjoy!

# Peach & Lentil Freekeh Salad

4 SERVINGS 25 MINUTES



## INGREDIENTS

1 cup Freekeh (uncooked)  
2 1/2 cups Water  
1 Peach (pit removed, chopped)  
1 cup Lentils (cooked)  
1/2 cup Parsley (finely chopped)  
2 tbsps Apple Cider Vinegar  
1 tsp Cinnamon  
1/2 tsp Sea Salt

## DIRECTIONS

- 01 Combine freekeh and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let it simmer for 20 minutes or until water is absorbed. Remove lid and fluff with a fork.
- 02 In a large mixing bowl, combine the freekeh with the remaining ingredients. Adjust any seasonings as needed. Divide into bowls or containers if on-the-go. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	228	Carbs	49g
Fat	1g	Protein	11g

# Peach Raspberry Agua Fresca

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 Peach (peeled and quartered)  
1 cup Raspberries  
2 tbsps Maple Syrup  
2 cups Water  
6 Ice Cubes (optional)

## DIRECTIONS

01 Combine all ingredients except ice in a blender. Blend well until smooth.  
02 Refrigerate until ready to serve. Divide into glasses with ice and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	142	Carbs	35g
Fat	1g	Protein	2g

# Toast with Almond Butter & Peaches

1 SERVING 5 MINUTES



## INGREDIENTS

2 1/2 tbsps Almond Butter  
3 1/2 ozs Sourdough Bread (toasted)  
1 Peach (sliced)  
1/8 tsp Cinnamon

## DIRECTIONS

01 Spread the almond butter onto the toast. Top with the peach slices and cinnamon. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	547	Carbs	70g
Fat	22g	Protein	19g