



Potato and Leek Soup

PREP TIME: 10 MINS

YIELD: 10 servings

COOK TIME: 30 MINS

Ingredients

- 6 russet potatoes, peeled and cut into large pieces
- 2 leeks, whites only, thinly sliced
- 1 shallot, thinly sliced
- 2 Tbsp olive oil
- 6 cups bone broth (or chicken/vegetable stock)
- 1/2 tsp dried thyme
- salt and pepper as needed
- 1 cup fat-free greek yogurt (can use heavy cream for a richer taste if preferred)

Directions

1. Heat olive oil in a large stockpot over medium-high heat.
2. Add leeks and shallot, sauté 5-8 minutes until softened but not browned.
3. Add in broth, potatoes, and thyme. Bring to a boil.
4. Let boil for about 15-20 minutes until potatoes are soft.
5. Add in greek yogurt.
6. Use an immersion blender (or a blender/food processor) and blend the soup until smooth.
7. Season with salt and pepper as needed. Garnish with herbs and/or herb oil. Enjoy!

Storage: Soup will keep in the fridge for 3-5 days or in the freezer for up to 3 months.



German Chocolate Date and Nut Bars

PREP TIME: 30 MINS

SERVINGS: 12 bars

COOK TIME: - MINS

Ingredients

- 2 cups pitted Medjool dates, roughly chopped
- 2 cups raw cashews
- 1 cup raw unsalted almonds
- 3/4 cup unsweetened cocoa powder
- 1/2 cup unsweetened shredded coconut
- 2 Tbsp coconut oil, melted
- 1 Tbsp water, more as needed
- 2 tsp vanilla extract
- 1/2 tsp salt

Directions

1. Place dates, cashews, almonds, cocoa powder, shredded coconut, coconut oil, water, vanilla, and salt in a food processor.
2. Pulse a few times and then let process continually for about 1 minute until mixture is moist enough to come together into a chunky ball, add more water if needed.
3. Line a baking sheet with parchment and press mixture evenly into pan.
4. Refrigerate for a few hours and then slice into 12 bars.
5. Individually wrap each bar in plastic wrap and store in fridge. (Bars stay fresh for 2-3 weeks.)