

## Four Gluten-Free Dairy-Free Meals

These meals are healthy and comforting—for faster prep make the vegan queso in advance

### Carrot Cake Rice Breakfast Pudding

½ cup cooked brown rice + ½ cup almond milk + ¼ tsp cinnamon + pinch of ginger + 3 dates chopped + 1 shredded carrot (cook on medium heat 10-15 minutes stirring occasionally—until thick) + top with ¼ cup walnuts + 1 tbsp coconut flakes



**Provides:** 450 calories, 24 grams fat (4 grams saturated), 55 grams carb, 9 grams protein, 8 grams fiber

### Loaded Baked Potato

1 baked potato + ½ cup pinto beans + ½ cup broccoli + 2 tbsp salsa + 1 scallion + ¼ avocado + 2 tbsp vegan queso



**Provides:** 390 calories, 7 grams fat (1 grams saturated), 70 grams carb, 15 grams protein, 16 grams fiber

### Spinach “Ricotta” Pasta

Sauté 1 tbsp olive oil + 1 garlic clove + 2 cups fresh spinach + ½ cup cherry tomatoes + 5 olives chopped + add 1 cup cooked gluten-free pasta + top with 2 tbsp almond ricotta + a few basil leaves



**Provides:** 490 calories, 26 grams fat (3 grams saturated), 55 grams carb, 12 grams protein, 8 grams fiber

### Loaded Nachos

10 corn tortilla chips + ¼ cup black beans + ¼ cup salsa + ½ cup chopped tomatoes + 1 scallion + ½ avocado + 5 olives + 4 tbsp vegan queso + chopped cilantro



**Provides:** 430 calories, 22 grams fat (4 grams saturated), 54 grams carbs, 11 grams protein, 13 grams fiber

### Whipped Almond Ricotta

Blend 2 cups slivered blanched almonds + 1 tbsp nutritional yeast + 2 tbsp lemon juice + ¾ tsp salt + ½ tsp garlic powder + ¾ cup water



**Provides** (per tbsp): 40 calories, 3 grams fat (0 grams saturated), 2 gram carb, 2 grams protein, 1 gram fiber

### Vegan Queso

Blend 1 cup roasted eggplant + 1¼ cups almond milk + 1 tbsp nutritional yeast + 1 garlic clove + 1 tsp cumin + 1 tsp chili powder + 2 tsp cornstarch + salt to taste (cook on medium heat 5 minutes—until thickens) + ¼ cup drained salsa + hot sauce



**Provides** (per tbsp): 10 calories, 1 gram fat (0 grams saturated), 1 gram carb, 0 grams protein, 0 grams fiber