



Low glycemic Anti-Inflammatory Recipes in 30 minutes or Less

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Chocolate Almond Hemp Seed Porridge

12 ingredients · 10 minutes · 1 serving



Directions

1. Heat the coconut milk and water over medium heat. Just before the milk starts to bubble stir in monk fruit sweetener, cocoa powder and vanilla. Whisk until well combined.
2. Reduce heat to low and whisk in the hemp seeds, ground flax and chia seeds. Let it simmer while stirring frequently until the porridge has thickened. If the porridge becomes too thick, add a tablespoon of additional water or coconut milk at a time until desired consistency is reached.
3. Transfer the porridge to a bowl and stir in the almond butter. Top the porridge with the coconut, cacao nibs and strawberries. Enjoy!

Ingredients

- 1/2 cup** Organic Coconut Milk (full fat, from the can)
- 1/2 cup** Water
- 2 tsps** Monk Fruit Sweetener
- 2 tsps** Cocoa Powder
- 1/4 tsp** Vanilla Extract
- 3 tsps** Hemp Seeds
- 1 1/2 tsps** Ground Flax Seed
- 1 tbsp** Chia Seeds
- 1 tbsp** Almond Butter
- 1 tsp** Unsweetened Shredded Coconut
- 1 tsp** Cacao Nibs
- 1/4 cup** Strawberries

Chocolate Avocado Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Ingredients

- 1/4** Avocado
- 1 cup** Unsweetened Almond Milk
- 1 tbsp** Almond Butter
- 1 cup** Baby Spinach
- 1/4 cup** Chocolate Protein Powder

Blueberry Chia Parfait

5 ingredients · 30 minutes · 2 servings



Directions

1. In a bowl, mix together the almond milk, chia seeds and maple syrup. Whisk until well combined. Let the mixture sit for 30 minutes at room temperature or cover and store in the fridge overnight.
2. Once it has thickened up, layer chia pudding into mason jars or containers. Add a layer of blueberries and sprinkle with slivered almonds. Repeat layers until all ingredients are used up.
3. Eat right away or seal jars and store in the fridge until ready to eat. Enjoy!

Ingredients

- 1 3/4 cups** Unsweetened Almond Milk
- 1/3 cup** Chia Seeds
- 1 tbsp** Maple Syrup
- 1 cup** Frozen Blueberries (thawed)
- 1/4 cup** Slivered Almonds

Overnight Paleo N'Oats

9 ingredients · 5 minutes · 3 servings



Directions

1. Add the almonds, pumpkin seeds and flax seeds to a blender and process until almost ground. Transfer to a large glass jar along with the chia seeds, almond milk and cinnamon. Place in the fridge overnight or for at least 4 hours.
2. In the morning, divide into jars and top with pomegranate seeds, cacao nibs, and almond butter. Enjoy hot or cold!

Ingredients

1 cup Almonds (raw)
1/2 cup Pumpkin Seeds (raw)
1 tbsp Ground Flax Seed
2 tbsps Chia Seeds
1 1/2 cups Unsweetened Almond Milk
1/4 tsp Cinnamon (ground)
3 tbsps Pomegranate Seeds
3 tbsps Cacao Nibs
3 tbsps Almond Butter

Green Goddess Bowl with Dill Hummus Dressing

12 ingredients · 20 minutes · 4 servings



Directions

1. In a jar, combine hummus, lemon juice, olive oil, dill and season with sea salt and black pepper. Shake well and set aside. (Note: Depending on the original consistency of your hummus, you may need to add a tablespoon or two of warm water to thin.)
2. Heat coconut oil in a large frying pan over medium heat. Add kale and zucchini. Saute just until the kale is wilted. Remove from heat and set aside.
3. Divide sauteed kale and zucchini between bowls. Top each bowl with edamame, green peas, green onions and avocado. Drizzle with dill hummus dressing. Enjoy!

Ingredients

- 1/2 cup** Hummus
- 1/2** Lemon (juiced)
- 1 tbsp** Extra Virgin Olive Oil
- 1 tbsp** Fresh Dill (chopped)
- Sea Salt & Black Pepper (to taste)
- 1 tbsp** Coconut Oil
- 8 cups** Kale Leaves
- 1** Zucchini (diced)
- 1 cup** Frozen Edamame (thawed)
- 1 cup** Frozen Peas (thawed)
- 4 stalks** Green Onion (chopped)
- 1** Avocado (diced)

Cream of Celery & Asparagus Soup

10 ingredients · 25 minutes · 4 servings



Directions

1. Heat coconut oil in a large stock pot over medium heat. Add yellow onion and celery. Saute for 5 minutes or until veggies are slightly softened. Add minced garlic and saute for another minute.
2. Add water, sea salt and black pepper to the stock pot. Cover and bring to a boil then reduce to a simmer. Remove lid and set asparagus on top. Cover and let steam for 5 minutes or until bright green.
3. Add hemp seeds and baby spinach to your blender. Pour soup over top and puree. Ladle into bowls. Enjoy!

Ingredients

- 2 tbsps** Coconut Oil
- 1** Yellow Onion (chopped)
- 6 stalks** Celery (chopped)
- 3** Garlic (cloves, minced)
- 4 cups** Water
- 1 tsp** Sea Salt
- 1/2 tsp** Black Pepper
- 3 cups** Asparagus (woody ends snapped off)
- 1/2 cup** Hemp Seeds
- 4 cups** Baby Spinach

Lentil Salad with Maple Roasted Squash

11 ingredients · 30 minutes · 4 servings



Directions

1. Preheat oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Arrange butternut squash cubes on the baking sheet and season with avocado oil and half of the salt. Roast in the oven for 20 minutes then remove from oven and drizzle with maple syrup. Return to the oven for an addition 5 to 10 minutes, or until the butternut squash is tender and maple syrup has started to caramelize. Remove from the oven and let cool slightly.
3. In a large mixing bowl whisk together the extra virgin olive oil, apple cider vinegar, cinnamon and remaining salt. Fold in lentils, green onion, cranberries, parsley and butternut squash. Season with additional salt if needed. Enjoy!

Ingredients

2 cups Butternut Squash (chopped into 1 cm cubes)
1 1/2 tsps Avocado Oil
1/4 tsp Sea Salt (divided)
2 tbsps Maple Syrup
1/4 cup Extra Virgin Olive Oil
2 tbsps Apple Cider Vinegar
1/4 tsp Cinnamon
2 cups Lentils (cooked, from the can)
4 stalks Green Onion (chopped)
1/4 cup Dried Unsweetened Cranberries
1/4 cup Parsley (chopped)

Mason Jar Lentil Salad with Tahini Dressing

9 ingredients · 30 minutes · 1 serving



Directions

1. Combine the tahini, water, olive oil, lemon juice and sea salt in a bowl. Whisk to combine.
2. Add the tahini dressing to a mason jar followed by the chopped cabbage, watermelon radish, lentils, and kale. Seal with a lid.
3. When ready to eat, shake well and dump into a bowl. Enjoy!

Ingredients

- 2 **tbps** Tahini
- 3 **tbps** Water
- 1 **1/2 tps** Extra Virgin Olive Oil
- 1 **tbsp** Lemon Juice
- 1/8 **tsp** Sea Salt
- 1/2 **cup** Purple Cabbage (chopped)
- 1/4 **cup** Watermelon Radish (sliced thinly)
- 1/3 **cup** Lentils (cooked)
- 3/4 **cup** Baby Kale

Chickpea Edamame Salad with Lemon & Dill

8 ingredients · 10 minutes · 2 servings



Directions

1. In a large mixing bowl, whisk together the lemon juice, avocado oil, dijon, maple syrup and dill.
2. Toss in the spinach, chickpeas and edamame until well combined. Enjoy!

Ingredients

- 1/2 Lemon (juiced)
- 1 **tbsp** Avocado Oil
- 1 **tsp** Dijon Mustard
- 1 **tsp** Maple Syrup
- 2 **tbsps** Fresh Dill (chopped)
- 2 **cups** Baby Spinach (chopped)
- 1 **cup** Chickpeas (cooked)
- 1 **cup** Frozen Edamame (thawed)

Sauteed Mushrooms & Bok Choy with Quinoa

8 ingredients · 25 minutes · 4 servings



Directions

1. Combine quinoa 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 simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff the quinoa with a fork. Turn off the heat and set aside.
2. In a large saucepan, heat oil and honey over medium-high heat. Add mushrooms and bok choy. Cook for about 5 to 8 minutes or until just tender.
3. Divide the quinoa and mushroom/bok choy mix onto plates. Season with salt and garnish with sesame seeds. Enjoy!

Ingredients

- 1 cup** Quinoa (uncooked)
- 2 cups** Water
- 2 tbsps** Sesame Oil
- 1 1/2 tps** Raw Honey
- 4 cups** Mushrooms (halved or quartered)
- 8 cups** Bok Choy (baby, halved)
- 1/4 tsp** Sea Salt
- 1 1/2 tps** Sesame Seeds

Black Eyed Peas Masabacha

8 ingredients · 15 minutes · 4 servings



Directions

1. Heat a pan or skillet over medium heat. Add the cooked black eyed peas and sear for 1 minute. Add tomatoes and half of the garlic. Stir occasionally and cook for 3 to 5 minutes or until the tomatoes are soft.
2. Add the tahini, water, lemon juice, salt, and the remaining garlic to a blender and blend until smooth.
3. Transfer the tahini to a serving plate. Top with the black eyed peas masabacha. Garnish with parsley and enjoy with your choice of dippers (see notes for suggestions).

Ingredients

- 1/2 cup** Black Eyed Peas (cooked, drained and rinsed)
- 2** Tomato (medium, diced)
- 2** Garlic (cloves, minced, divided)
- 1 cup** Tahini
- 1 cup** Water
- 1** Lemon (juiced)
- 1/2 tsp** Sea Salt
- 1/4 cup** Parsley (stems removed, finely chopped)

Creamy Sun Dried Tomato Pasta

12 ingredients · 20 minutes · 4 servings



Directions

1. Heat avocado oil in a pan over medium-low heat and add garlic. Cook for 1 minute. Add the arrowroot powder and cook for another minute. Then add the almond milk and stir to combine. Stir until the milk has thickened.
2. Pour the almond milk mixture into a blender along with the sun dried tomatoes, nutritional yeast, sea salt and lemon juice. Blend until smooth and creamy. Add more water to thin if needed. Set aside.
3. Meanwhile, cook the pasta according to package directions. Drain and add the pasta back to the pot.
4. In a pan over medium heat, add the asparagus and sauté until cooked through, about 5 to 7 minutes. Once cooked through, add the asparagus in with the pasta. Mix in the sun dried tomato sauce. Divide onto plates and top with parsley and chili flakes, if using. Serve and enjoy!

Ingredients

- 1 **tbsp** Avocado Oil
- 2 Garlic (clove, minced)
- 1 **tbsp** Arrowroot Powder
- 1 **1/2 cups** Unsweetened Almond Milk
- 1/2 **cup** Sun Dried Tomatoes (drained)
- 1 **tbsp** Nutritional Yeast
- 1/2 **tsp** Sea Salt
- 1 **tbsp** Lemon Juice
- 8 **ozs** Chickpea Pasta
- 1 **cup** Asparagus (trimmed, cut into bite-sized pieces)
- 1/4 **cup** Parsley (chopped)
- 1/2 **tsp** Chili Flakes (optional)

Roasted Sweet Potato & Brussels Sprouts Salad

11 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (218°C). Line a large baking sheet with parchment paper.
2. Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
3. While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
4. Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
5. Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

Ingredients

- 2 Sweet Potato (medium. sliced into 1 inch cubes)
- 4 cups Brussels Sprouts (washed and halved)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Tahini
- 1 tbsp Maple Syrup
- 1/4 cup Water (warm)
- 1/4 tsp Cayenne Pepper (less if you don't like it spicy)
- 1/8 tsp Sea Salt
- 2 cups Lentils (cooked, drained and rinsed)
- 8 cups Baby Spinach (chopped)

Creamy Edamame & Mushroom Pasta

12 ingredients · 25 minutes · 2 servings



Directions

1. Bring a large pot of water to a boil and cook brown rice pasta as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
2. Meanwhile, heat olive oil in a large skillet over medium heat. Add mushrooms and cook until soft. Set mushrooms aside.
3. In the same saucepan over medium heat, add almond milk, onion powder, garlic powder, arrowroot powder, almond flour and salt. Bring to a boil, whisking occasionally.
4. Reduce heat and let simmer for 15 minutes, stirring occasionally until the sauce becomes thicker.
5. Add mushrooms, peas, edamame and spinach. When sauce is simmering again and spinach has wilted, add pasta and stir until well coated. Divide into bowls and enjoy!

Ingredients

1/2 cup Brown Rice Macaroni
1 tbsp Extra Virgin Olive Oil
1 cup Mushrooms (sliced)
1 cup Unsweetened Almond Milk
2 tsps Onion Powder
1 tsp Garlic Powder
1/2 tsp Arrowroot Powder
2 tsps Almond Flour
1 tsp Sea Salt
1/2 cup Frozen Peas
1/2 cup Frozen Edamame
2 cups Baby Spinach (chopped)

Smashed Peacamole with Crackers

6 ingredients · 10 minutes · 4 servings



Directions

1. In a bowl, smash the peas with the back of a fork.
2. Add avocado and mash until well combined. Stir in garlic, lemon juice and sea salt to taste.
3. Transfer to a serving bowl and enjoy with crackers.

Ingredients

- 1 cup** Fresh Peas
- 2** Avocado
- 2** Garlic (cloves, minced)
- 1/4** Lemon (juiced)
- 1/4 tsp** Sea Salt (or more to taste)
- 7 1/16 ozs** Seed Crackers

Cranberry Protein Cookies

6 ingredients · 20 minutes · 8 servings



Directions

1. Preheat oven to 350°F (177°C). Mash bananas in a bowl with a fork. Add protein powder and mix well.
2. Mix in the oats, almond butter, cinnamon and dried cranberries. Roll into balls and place on a baking sheet lined with parchment paper. Press down gently with a fork to flatten. Bake for 20 minutes or until golden brown. Enjoy!

Ingredients

1 Banana (mashed)
1/4 cup Vanilla Protein Powder
1 cup Oats
1 cup Almond Butter
1/2 tsp Cinnamon
1/4 cup Dried Unsweetened Cranberries