

NOURISH
AND
THRIVE



Budget-Friendly Recipes
CLOVE + CHAI



FAMILY-FRIENDLY FRITTATA

INGREDIENTS

- 12 eggs, whisk until yolks and whites are blended
- 3 tablespoons of coconut or unsweetened almond milk
- 3-5 cups cooked and seasoned vegetables or your choice of add-ins
- 1 tablespoon olive oil
- 1 cup (4 oz.) grated cheese - omit if DF or use a DF cheese alternative.
- 1/2 teaspoon salt

PREP TIME: 20MINS

COOK TIME: 25MINS

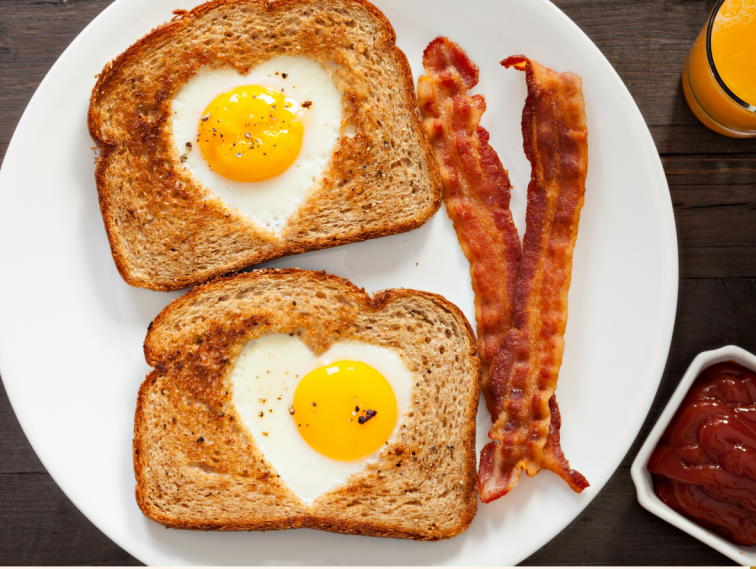
TOTAL TIME: 1HR

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DIRECTIONS

- 1. Preheat oven to 350 degrees.**
- 2. Crack eggs in a medium mixing bowl. Add dairy and salt. Whisk until blended. Whisk in cheese until blended. Set mixture aside.**
- 3. Warm olive oil in a skillet. Add dense vegetables and cook for a few minutes, then add in any softer vegetables next. Cook until tender. Season with salt, to taste**
- 4. Stir vegetables into the egg mixture. Grease a 9x13 pan then pour the mixture into the pan.**
- 5. Bake for 20-25 minutes, until eggs are puffed and the center jiggles just a bit. Remove from oven and cool. Slice and serve.**

**This dish is Gluten-Free and Dairy-Free
Serves 4**



NESTED EGGS

INGREDIENTS

- 8 slices of whole wheat bread or GF bread
- 8 eggs, whole
- 3 tablespoons butter or Dairy-Free alternative
- salt and pepper to taste
- 1 small-mouthed glass for cutting a hole or 1 circle cookie cutter

PREP TIME: 10MINS
COOK TIME: 10MINS
TOTAL TIME: 30MINS

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DIRECTIONS

- 1. Preheat griddle or non-stick pan, once hot add butter to griddle or pan.***
- 2. Butter all 8 pieces of bread.***
- 3. Using a small-mouthed glass, cut out a hole in each piece of bread (do not throw away the round cut-outs)***
- 4. Place two pieces of bread on the hot griddle with it's corresponding cut-out circle (or we call it a cookie)***
- 5. Crack an egg into each hole and let cook. Once the egg is cooked through, flip each piece of bread over to finish cooking. Flip the cookie over as well. Once completely cooked, add to a plate. Serve with fruit, bacon, or sausage.***

**This dish is Gluten-Free and Dairy-Free
Serves 4**



SIMPLE AND FAST HOMEMADE WAFFLES

INGREDIENTS

- 2 eggs, beaten
- 2 cups All-Purpose Flour (GF option is to use Cup-4-Cup Flour)
- 1 3/4 cups milk (DF option use almond or coconut milk)
- 1/2 cup avocado oil
- 1 tablespoon sugar
- 4 teaspoons baking powder
- 1 teaspoon vanilla extract
- 1/3 teaspoon salt

PREP TIME: 5MINS

COOK TIME: 5MINS

TOTAL TIME: 10MINS

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DIRECTIONS

1. Add eggs to a blender and blend on low until combined. (use can also whisk, use a hand mixer or stand mixer)

2. Add the flour, oil, milk, sugar, baking powder, vanilla extract, and salt in with the eggs. Blend until smooth.

3. Spray your preheated waffle iron with non-stick cooking spray or use butter. Add small amounts of batter and cook until golden brown.

4. Serve with warm maple syrup and cut-up berries.

This dish can be made Gluten-Free and Dairy-Free

Yields 6 Waffles



SHEET PAN CHICKEN WITH ROASTED VEGETABLES

INGREDIENTS

- 4 chicken breast
- 1 cup broccoli florets
- 1 cup carrots-sliced
- 1 cup zucchini or yellow squash
- 1 cup potatoes - cubed
- 1 tablespoon avocado oil
- salt and pepper to taste

PREP TIME: 15MINS

COOK TIME: 30MINS

TOTAL TIME: 45MINS

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DIRECTIONS

1. Preheat oven to 375.

2. Place chicken breast in the middle of a lined cookie sheet.

3. Add the cut-up vegetables (these can be your favorite vegetables) around the chicken on the cookie sheet.

4. Drizzle the avocado oil over top of the vegetables and chicken. Sprinkle the salt and pepper over top of chicken and vegetables.

5. Bake for 30 minutes or until chicken is cooked through and veggies are soft. Serve with fruit.

**This dish is Gluten-Free and Dairy-Free
Serves 4**



TOMATO SOUP WITH GRILLED CHEESE SANDWICHES

INGREDIENTS

- 1 tablespoon of avocado oil
- 1 cup chopped yellow onion
- 1 tablespoon of minced garlic
- 3 cups of tomato puree
- 2 cups low-sodium vegetable broth
- 1/2 tablespoon Italian Herb seasoning
- salt and pepper to taste
- 1/2 cup of non-dairy milk - non-sweetened, non-vanilla, almond milk or coconut milk

PREP TIME: 15MINS

COOK TIME: 30MINS

TOTAL TIME: 45MINS

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DIRECTIONS

- 1. Heat a pot on high heat with avocado oil.. Once heated, add the onion and minced garlic and let soften - 5 mins.**
- 2. Then add the remaining ingredients to the pot - tomato puree, vegetable broth, Italian seasoning, salt, pepper, and almond milk.**
- 3. Brint it to a boil and once it starts to boil, stir once more and then cover with a lid and turn the heat down to medium-low. Let it cook covered for 20-25 minutes. Stir a few times during.**
- 4. If you have an emersion blender, blend your soup in the pot until everything is smooth. You can also use a blender to puree your soup. The soup is very HOT! Very carefully, and soup to blender. Blend on high until completely smooth.**
- 5. Pour into bowls and serve. I make grilled cheese sandwiches to go with the soup. Enjoy!**

**This dish is Gluten-Free and Dairy-Free
Serves 4**



TOMATO ASPARAGUS PASTA

INGREDIENTS

- 1 tablespoon of avocado oil
- 1 pint of cherry tomatoes, halved
- 1 pound of asparagus, cut into small pieces
- 1 box of pasta (can be GF pasta)
- 2 cups of fresh mozzarella cheese
- 1/4 cup balsamic vinegar
- salt and pepper to taste

PREP TIME: 15MINS

COOK TIME: 30MINS

TOTAL TIME: 45MINS

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DIRECTIONS

1. Preheat oven to 400 degrees

2. Add cherry tomatoes and asparagus to a lined baking sheet. Drizzle with avocado oil and bake for 20 minutes or until soft.

3. While vegetables are cooking, bring a large pot of water to a boil and cook pasta accordingly to the package. Reserve 1/4 cup of pasta water.

4. Once pasta is cooked, drain water and add the pasta to the cooked vegetables on the baking sheet. Add your reserved pasta water and mix.

5. Top your pasta with the fresh mozzarella and drizzle the balsamic vinegar over top. Serve immediately.

This dish can be made Gluten-Free

Serves 4



SIMPLE APPLE CRISP

INGREDIENTS

- 3 pounds of apples (I use Granny Smith apples)
- 1/2 cup granulated sugar
- 1 tablespoon of fresh lemon juice
- 1 tablespoon of cornstarch
- 1 tablespoon of cinnamon, divided
- 1/2 cup unsalted butter or a (DF alternative)
- 1 cup of Gluten-Free Rolled Oats
- 1 cup all-purpose flour or (GF Cup-4-Cup Flour)
- 1/3 cup brown sugar, packed
- 1 teaspoon cinnamon
- 1/4 teaspoon salt

PREP TIME: 20MINS

COOK TIME: 1HR

TOTAL TIME: 1HR30MINS

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DIRECTIONS

- 1. Preheat oven to 350 degrees and oil a 9x13 baking dish with avocado oil**
- 2. Peel the apples with a knife or vegetable peeler. Cut each apple into 1 inch chunks.**
- 3. Place the apples, granulated sugar, lemon juice, cornstarch, and 2 teaspoons ground cinnamon in a large bowl and stir until combined.**
- 4. Pour the mixture into the prepared baking dish and spread it into an even layer. Melt the butter in a medium bowl in the microwave for 40-60 seconds**
- 5. Add the oats, flour, brown sugar, remaining 1 teaspoon and salt and stir until combined.**
- 6. Sprinkle the crumble evenly over the mixture. Bake for 50-60 minutes until bubbly and golden brown. If browning occurs too quickly, cover with parchment paper or foil. Let cook on rack for 15 minutes. Serve warm!!**



EASY NO-BAKE COOKIES

GLUTEN-FREE AND DAIRY-FREE

INGREDIENTS

- 1/2 cup almond milk
- 1/2 cup peanut butter
- 1/2 cup cocoa
- 1 teaspoon vanilla
- 1 1/2 cups sugar
- 2 1/2 cups gluten-free quick-cooking
oats
- 1/2 cup butter or coconut oil (DF)

PREP TIME: 5MINS

COOK TIME: 10MINS

REST TIME: 30MINS

TOTAL TIME: 45MINS


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DIRECTIONS

- 1. In a 2-quart saucepan over medium heat, mix milk, cocoa, sugar and butter (coconut oil)**
- 2. Bring to a boil and boil for 2 minutes.**
- 3. Remove from heat and stir in peanut butter and vanilla. Then beat in the oats.**
- 4. When the mixture is well-blended, pour into a greased 8 x 8 pan and cut into bars or drop by spoon on waxed paper. Let cool on the counter or place in the refrigerator.**



Recipe Card



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RECIPE NAME

CUISINE

TIME TO PREPARE

TIME TO COOK

TOOLS TO USE

INGREDIENTS

PROCEDURE