

Caramelized onion, mushrooms, and greens toast

- 1 tbsp olive oil
 - ½ medium red onion, sliced
 - 1 garlic clove, minced
 - 3-4 cremini/button mushrooms, sliced
 - handful of greens of choice (spinach, kale, collard, chard, etc.)
 - 1 tbsp balsamic vinegar
 - ½ tbsp tamari (or soy sauce)
1. Heat olive oil in a pan over medium heat. Add the onion and garlic. Let the onion caramelize, meaning it should be golden and start to get jammy.
 2. Add mushrooms and let them cook. Add greens.
When the mushrooms are cooked, finish off with tamari (or soy sauce) and balsamic vinegar.
 3. Spread some avocado on toasted bread and add the onion, mushrooms, and greens you just made.

Avocado kale salad with crispy chickpeas

crispy chickpeas

- ¾ cup canned chickpeas
 - cayenne (or red chili powder)
 - black pepper
 - salt
 - drizzle of olive oil
1. Mix chickpeas with cayenne, black pepper, and salt to taste. Add a drizzle of olive oil.
 2. Air fry at 400 F for 12-15 minutes or roast in oven at 425 F 25-30 minutes.

avocado kale salad

- ½ an avocado
- 1 tsp dijon mustard
- ½ tbsp lemon juice
- ½ tsp cayenne (or red chili powder)
- ½ tsp cumin
- ¼ tsp black pepper
- salt to taste
- ½ tbsp white miso (optional)
- 1.5-2 cups chopped kale

1. Mash avocado with a fork. Add everything else and mix. Gentle mix in the kale until everything is well-combined.
2. To your toast, add some avocado kale salad and top it off with crispy chickpeas.

Chickpea avocado salad toast or sandwich

- 1 15 oz. can of chickpeas
- ½ a small red onion, chopped
- ¼ cup parsley, chopped
- ¼ cup cilantro, chopped
- handful of chopped greens (optional)
- 1.5 tbsp yogurt or mayo
- 1 tsp dijon mustard
- 1/2 tsp cayenne or chili powder
- 1/2 tsp cumin
- 1/2 tsp coriander
- 1/2 tsp black pepper
- 1/2 tsp turmeric
- 1/4 tsp garlic powder
- 1/2 tbsp lemon juice
- salt to taste

1. Smash half the chickpeas and leave the rest of the chickpeas whole. Then just add everything else and mix. You can get creative with what spices/condiments you add; sometimes I add some tahini or hot sauce. Eat on its own or build a sandwich!

Caramelized bananas and nut butter toast

- 2 tsp coconut oil or butter
- 1 banana, sliced into 1/4-inch thick coins
- cinnamon
- nut butter of choice

1. Heat coconut oil in a pan over medium heat. Place the bananas on the pan. Flip after 3-4 minutes or until the bottom side is golden-brown and caramelized.
2. Spread nut butter of your choice on toast. Top it with the caramelized bananas and a dash of cinnamon.