

MEXICAN STREET CORN SALAD

Recipe by Emani Parsons, MSc.

INGREDIENTS

- 1 pack of frozen corn
- 1/4 diced jalapeno pepper
- 1/4 diced onion
- Handful of cilantro diced
- 1/2 diced bell pepper
- Taco seasoning to taste
- Vegan goat cheese, vegan feta cheese, or vegan mayo
- Salt to taste
- 1 or 2 splashes of lime or lemon juice

DIRECTIONS

1. Cook frozen corn on the stove top (should take 8-10 minutes)
2. Add corn and ingredients to a large mixing bowl and mix it all together.



CHOCOLATE BERRY SMOOTHIE

Recipe by Emani Parsons, MSc.

INGREDIENTS

- 1 cup plant-based milk
- 1/2 cup strawberries
- 1/2 cup blueberries
- 1 handful of walnuts or almonds (optional)
- 1 tbsp cacao powder or
- 1 tbsp cacao nibs
- 1 tbsp hemp seeds

DIRECTIONS

1. Gather all ingredients
2. Place all ingredients into a blender and blend until contents are fully mixed
3. Pour the contents into a cup and enjoy!

