



DAY 10

Breakfast	Blue Bowl
Lunch	Veggie Sushi Bowl
Dinner	Tomato Soup with Sweet Pitas

BLUE BOWL

Prep time: 15 min

Ingredients

2 bananas, diced into 1-inch pieces, and frozen overnight on a sheet tray
1 teaspoon vanilla powder
1-2 teaspoons protein powder plus more for dusting
splash of non-dairy milk, if needed

Instructions

1. In a food processor or blender, blitz banana, vanilla powder, and protein powder until

smooth and creamy. Add a splash of non-dairy milk, if needed, to make ingredients come together. Serve immediately or transfer into an air-tight container (with a piece of parchment paper) freeze in an airtight container for at least 2 hours.

2. Scoop and serve.
3. Quickly garnish with coconut whipped cream, fresh and freeze-dried cherries, strawberries, chia jam, nut butter, or dark chocolate shavings.

VEGGIE SUSHI BOWL

Prep time: 15 min

Cook time: 45 min

Ingredients

1 cup short grain brown rice
2 cups water
1 Green Tea bag
2 tablespoons rice vinegar
1 tablespoon brown rice syrup (or honey)
1/4 teaspoon sea salt
1/2 cup thinly sliced cucumbers
1/2 cup thinly sliced carrots
1/4 cup thinly sliced radishes
2 teaspoons toasted sesame oil
2 teaspoons black sesame seeds
1 small avocado
1/2 cup edamame
1/2 cup thinly sliced red pepper

2 to 3 tablespoons pickled ginger
Sesame Seeds (for serving)
Soy Sauce (for serving)
Scallions (for serving)

Instructions

1. Rinse the brown rice well. Combine with water in a medium pot. Cut open the green tea bag and sprinkle over the rice then give a stir to combine. Cover and let the rice cook until all the water has absorbed, 45 minutes. Whisk together the rice vinegar, rice syrup, and salt then stir into the cooked rice.
2. While the rice cooks, prepare the vegetables. Combine the cucumbers, carrots, radishes with the sesame oil and sesame seeds; let sit.
3. Once rice is done, assemble the bowls with all the vegetables and pickled ginger. Serve with extra sesame seeds and soy sauce.



TOMATO SOUP WITH SWEET PITAS

Prep time: 10 min

Cook time: 15 min

Ingredients

For Soup:

2 tablespoon olive oil
1 large onion, chopped
1 large red pepper, chopped
1/2 teaspoon salt
2 cloves garlic
1 jalapeño, finely chopped
1 1-inch piece ginger
2 teaspoon ground coriander
1 teaspoon ground cumin
2-1/2 lb. tomatoes, roughly chopped
2-1/2 cup water
2 pocketless pitas

For Topping

1 tablespoon brown sugar
2 tablespoon olive oil
2 tablespoon finely shredded unsweetened coconut
2 tablespoon cilantro

Instructions

1. Heat large Dutch oven on medium-low. Add olive oil, onion, red pepper, and salt, and cook, covered, stirring occasionally, until tender, 8 to 10 minutes.
2. Meanwhile, finely grate garlic, jalapeño, and ginger. Add to onion and cook, stirring, 1 minute. Stir in ground coriander and ground cumin and cook 1 minute.
3. Add tomatoes and water; increase heat and simmer, partially covered, 10 minutes.
4. While tomatoes are cooking, toast 2 pocketless pitas.
5. Using immersion blender (or standard blender, in batches), puree soup until smooth.
6. Combine brown sugar in bowl with olive oil, finely shredded unsweetened coconut, and cilantro. Spread onto toasted pitas, then cut and serve with soup.



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