



# DAY 3

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|------------------|------------------------------------|
| <b>Breakfast</b> | Banana Oat Muffins                 |
| <b>Lunch</b>     | Chickpea Broccoli Salad            |
| <b>Dinner</b>    | Kale, Black Bean, and Avocado Bowl |

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## BANANA OAT MUFFINS

Prep Time: 5 min

Total Time: 20 min

### Ingredients

- 2 cups old fashioned oats
- 2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 3 bananas, mashed
- 2 tablespoons flax meal
- 1/4 cup melted vegan butter or coconut oil
- 1 teaspoon vanilla
- 1/2 cup maple syrup
- 1/2 cup walnut pieces
- 2/3 cup fresh blueberries
- 1/2 cup gluten free granola

### Instructions

1. Line a muffin tin with parchment liners. Preheat the oven to 375° F.
2. Place the oats in a blender and blend into flour. Add the baking powder, baking soda, and salt. Blend again to combine.
3. In a medium bowl, stir together the mashed bananas, flax meal, butter or coconut oil, vanilla, and maple syrup. Stir the dry ingredients into the wet ingredients just until blended. Fold in the walnuts and blueberries.
4. Spoon the batter into the prepared muffin cups. Sprinkle with granola. Bake until a tester comes out clean, about 20 minutes. Cool slightly and enjoy warm!



## CHICKPEA BROCCOLI SALAD

Prep Time: 20 min

Total Time: 20 min

### Ingredients

#### For the salad:

- 1 head of broccoli, very finely chopped
- 1 cup shredded carrots
- 1 (15 ounce) can chickpeas, rinsed and drained
- 1/2 cup toasted sliced almonds (can also use chopped roasted almonds)
- 1/2 cup dried cranberries
- 1 bunch green onions, chopped
- 3/4 cup chopped fresh cilantro

#### For the dressing:

- 1/4 cup tahini
- 1/2 large lemon, juiced
- 3-5 tablespoons warm water, to thin dressing
- 1 clove garlic, finely minced
- 1-2 teaspoons pure maple syrup, to sweeten
- 1 teaspoon yellow curry powder
- 1/2 tablespoon freshly grated ginger
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon salt
- Freshly ground black pepper

### Instructions

1. In a large bowl, add finely chopped broccoli, chickpeas, carrot, cranberries, green onion, and cilantro. Set aside.
2. Make the dressing by whisking together the following ingredients in a small bowl: tahini, lemon juice, water, garlic, maple syrup, curry powder, ginger, turmeric, salt and pepper. Immediately drizzle over salad and toss to combine. Sprinkle almonds on top and toss a few more times. Serve immediately with fresh squeeze of lemon or place in the fridge for later. Salad will keep well up to 5 days.



## KALE, BLACK BEAN, AND AVOCADO BOWL

Prep Time: 20 min

Total Time: 50 min

### Ingredients

#### *Brown rice*

1 cup brown rice, rinsed (short grain/arborio or long grain/basmati recommended)

1/4 teaspoon salt

#### **Lime marinated kale**

1 bunch curly kale, ribs removed and chopped into small, bite-sized pieces

1/4 cup lime juice

2 tablespoons olive oil

1/2 jalapeño, seeded and finely chopped

1/2 teaspoon cumin

1/4 teaspoon salt

#### **Avocado salsa verde**

1 avocado, pitted and sliced into big chunks

1/2 cup mild salsa verde

1/2 cup fresh cilantro leaves

2 tablespoons lime juice

Seasoned black beans

2 cans black beans, rinsed and drained

1 shallot, finely chopped

3 cloves garlic, pressed or minced

1/4 teaspoon chili powder

1/4 teaspoon cayenne pepper

### Instructions

1. Cook the rice: Bring a big pot of water to a boil, dump in rinsed brown rice and boil, uncovered, for 30 minutes. Turn off the heat, drain the rice and return it to the pot. Cover and let the rice steam in the pot for 10 minutes, then fluff the rice with a fork and season with 1/4 teaspoon salt, or more to taste.
2. Make the kale salad: Whisk together the lime juice, olive oil, chopped jalapeño, cumin and salt. Toss the chopped kale with the lime marinade in a mixing bowl.
3. Make the avocado salsa verde: In a food processor or blender, combine the avocado chunks, salsa verde, cilantro and lime juice and blend well.
4. Warm the beans: In a saucepan, warm 1 tablespoon olive oil over medium-low heat. Sauté the shallot and garlic until fragrant, then add the beans, chili powder and cayenne pepper. Cook until the beans are warmed through and softened, stirring often, about 5 to 7 minutes. If the beans seem dry at any point, mix in a little splash of water.
5. To serve, spoon generous portions of rice, beans and kale salad into a bowl along with a couple spoonfuls of avocado salsa verde.



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