



DAY 5

Breakfast	Blueberry French Toast Muffins
Lunch	Tomato Basil Soup
Dinner	Kale, Black Bean, and Avocado Bowl

BLUEBERRY FRENCH TOAST MUFFINS

Prep time: 20 min

Cook time: 35 min

Ingredients

- 1 cup unsweetened cashew milk
- 1 tablespoon ground flaxseed
- 1 tablespoon almond meal
- 1 tablespoon maple syrup
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- 2 teaspoons nutritional yeast
- 3/4 cup frozen blueberries
- 9 slices soft bread

Crumble topping

- 1/4 cup oats
- 1/3 cup raw pecans (walnuts would also work)
- 1/4 cup coconut sugar
- 3 tablespoons coconut butter
- 1/8 teaspoon sea salt

Instructions

- 1 Preheat oven to 375° F
- 2 Mix flax, almond meal, nutritional yeast, maple syrup, milk, vanilla and cinnamon in a bowl. Use a fork or whisk and mix well.
- 3 Place in refrigerator so ingredients can set.
- 4 Put all crumble topping ingredients, except coconut butter, into a food processor and pulse until chopped. Add coconut butter and pulse to combine.

- 5 Slice bread slices into 4 squares each, you should have a total of 36 small squares.

Layer as follows in each space of your muffin tin:

- 1 Put 1 teaspoon of liquid mixture in the bottom of each muffin space.
- 2 Add 1 square piece of bread.
- 3 Place about 5-6 blueberries, depending on size, so that they cover the center of the bread.
- 4 Sprinkle about 1/2 tablespoon of crumble topping over the blueberries.
- 5 Put 1 square piece of bread over the top and use your fingers to pack it in well.
- 6 Place 5-6 more blueberries on the bread.
- 7 Sprinkle about 1/2 tablespoon of crumble topping over the blueberries.
- 8 Put another square piece of bread over the top and use your fingers to pack it in well.
- 9 Sprinkle with a little bit of the crumble topping (about a teaspoon).
- 10 Carefully add 1 tablespoon of liquid mixture over the top, making sure to evenly coat so that all the bread gets soaked.
- 11 Add 2-3 more blueberries on top for décor, and sprinkle with a tad of plain coconut sugar if you want.
- 12 Bake for 35 minutes. Because ovens vary, start checking them at 25 minutes. They are ready when the tops begin to brown



TOMATO BASIL SOUP

Prep time: 15 min

Cook time: 70 min

Ingredients

For the roasted tomatoes:

3 pounds roma or plum tomatoes, cut in half

8 cloves garlic, peeled

3 tablespoons olive oil

Freshly ground salt and pepper

For the caramelized onions:

1/2 tablespoon olive oil

2 yellow onions, thinly sliced

Additions to the soup

1/2 cup packed basil leaves

1/2 teaspoon dried oregano

1-2 cups water or vegetarian broth, depending on how thick you want the soup

Freshly ground salt and pepper, to taste

Instructions

1. Preheat oven to 400° F.
2. Line a large baking sheet with parchment paper. Place halved tomatoes and garlic cloves on the baking sheet and drizzle with 3 tablespoons of olive oil. Generously season with salt and pepper. Roast in the oven for 40-45 minutes.
3. While the tomatoes are roasting, make the caramelized onions: Add ½ tablespoon olive oil to a large pot and place over medium heat. Add the onion slices and stir to coat the onions with olive oil. Cook, stirring occasionally. Check onions every 5-10 minutes until they have completely caramelized and turned golden in color, about 20 minutes.
4. Once tomatoes and garlic are done roasting, allow them to cool for 10 minutes, then add them to a food processor and blend until smooth. Next add basil and caramelized onions and blend again.
5. After blending, transfer back to pot, turn to medium low heat and add in oregano, vegetarian broth and salt and pepper to taste. Allow tomato soup to simmer 10 minutes before serving.



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SWEET POTATO, CHICKPEA, AND QUINOA BURGER

Cook time: 90 min

Ingredients

- 1 small sweet potato, baked
- 1/4 cup dry quinoa
- 1/4 cup dry buckwheat
- 15-ounce can garbanzo beans, rinsed and drained
- 2 Tbsp parsley
- 1 tsp cayenne pepper (optional)
- 1-1/2 tsp cumin
- 1/2 tsp salt
- 1/2 tsp pepper
- 2 Tbsp gluten-free flour
- 2 Tbsp olive oil
- 1-1/2 fresh red peppers

Instructions

1. Preheat oven to 400° F. Bake the sweet potato for 45-60 minutes or until soft.
2. While the sweet potato is baking, cook the quinoa and buckwheat in separate pots until soft, about 30-60 minutes.
3. Remove the stem and seeds from the red peppers. Cut the whole pepper in quarters and the half a pepper in half, and roast all six pieces in the oven for about 15-20 minutes.
4. Once the sweet potato is baked and cooled, combine garbanzo beans, sweet potato, parsley, cayenne pepper, cumin, salt and pepper, flour, and one Tbsp oil in a food processor.
5. Allow the grains to cool, and then in a separate bowl, mix the bean mixture with the quinoa and barley.
6. Heat the remaining Tbsp of oil in a large pan on medium heat. Place heaping spoonfuls of the mixture onto the hot pan, and use the back of the spoon to pat them flat and form four-inch diameter patties. Brown both sides of each burger. Serve on a bun with one piece of the roasted pepper, slice



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