

1. [Steel Cut Oatmeal 007 – Risotto Style](#)
2. [Delicata Squash Stacks](#)
3. [Bow-Tie Pasta with Sun-Dried Tomato Dressing](#)
4. [White Bean Pesto Dip on Bagel Rounds](#)
5. [Almond Milk and Almond Spread](#)
6. [Sicilian Eggplant Stuffed with Meat or Vegetables](#)
7. [Baby Artichoke and Mushroom on Kaniwa](#)
8. [BBQ Grilled Lime Ginger Glazed Wild Salmon](#)
9. [Chocolate Coconut Banana Bread](#)
10. [Chia Seed Porridge Lite](#)
11. [Swiss Chard Burger](#)
12. [Layered Lemon Blackcurrant Frozen yogurt](#)