

COMPLIMENTS OF  
**Nature's  
EMPORIUM**  
Your Neighbourhood  
Health Food Market



mike & mike's™  
**organics**

# PLANT-BASED RECIPES


BY MIKE & MIKE'S ORGANICS & NATURE'S EMPORIUM









A wide-angle photograph of a lush green agricultural field, likely a soybean field, with rows of crops stretching towards the horizon. The sky is filled with soft, colorful clouds in shades of blue, purple, and orange, suggesting a sunset or sunrise. The lighting is warm and golden, highlighting the texture of the leaves.

"The food you eat can be either the safest  
and most powerful form of medicine *or*  
the slowest form of poison"

— Ann Wigmore

# ABOUT

## An Organic Partnership

Thank you for picking up your copy of *Mike & Mike's Organics Plant-Based Recipes*!

Together with Nature's Emporium we bring you more than just a cookbook filled with a delicious collection of recipes. We have also included important facts about certified organic produce to bolster your knowledge and awareness of organic living and the advantages of a plant-based diet.

We have come together to create colourful, delicious and approachable recipes that support a healthy lifestyle.

We look forward to having a place in your kitchen and hope that you will refer back to our versatile recipes that are simple to make and healthy to eat.

We would love to see you recreate these recipes and share them on social media. Please tag Mike & Mike's Organics and Nature's Emporium for your chance to win 1 of 6 healthy food baskets. Follow us @mikeandmikesorganics and @naturescanada to learn more.

In Health,



Mike Fronte  
CEO

Mike & Mike's Organics  
we are all organic



Joe D'Addario  
President

Nature's Emporium  
Your Neighbourhood Health Food Market







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# BIOGRAPHIES



**Mike Fronte**

*CEO of Mike & Mike's Organics*

Mike Fronte has been immersed in the food industry for over three decades. He is passionate about making a difference in the sustainability of agriculture and in helping people live a healthy lifestyle. His quest led to the inception of Mike & Mike's Organics, Ontario's only distributor of exclusively certified organic produce.



**Joe D'Addario**

*President of Nature's Emporium*

"Growing up, my family was deeply involved in the food business. It helped shape the way I think. Today – as the president and co-founder of Nature's Emporium – I draw upon those experiences to help our customers and employees eat well and live better!"



**Sabrina Cellupica**

*Holistic Nutritionist & Event Coordinator*

With over 20 years in the food service industry, Sabrina Cellupica, CNP, changed her focus eight years ago from coordinating events to educating and empowering people to make healthier food and lifestyle choices. Sabrina focuses on the benefits of nutrition through wellness coordinating and facilitating educational seminars, cooking classes, in-store tours and menu development.



**Michelangelo Colella**

*Head Chef — Vaughan*

Having accumulated over 20 years of experience in the food industry, Chef Michelangelo Colella has worked in everything from small restaurants to large hotel chains, for a high-end catering company and on a food truck. He has worked in Europe and was an owner of a successful fine dining Italian restaurant. He has been with Nature's Emporium since September 2016.



**Laszlo Gloszauer**

*Head Chef — Newmarket*

Chef Laszlo Gloszauer's career was greatly influenced by his grandma, who taught him the love of cooking. He completed culinary school in 1989 in Hungary and has worked as a chef ever since.



**Stephanie Tucci**

*Head Chef — Burlington*

Wellness Chef and Holistic Nutritionist (CNP) Stephanie Tucci has had a strong presence in the health and wellness industry over the last 10 years. Her passion for holistic nutrition and culinary arts allows her to create nourishing, beautiful food with a sophisticated flair.

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# ENTER TO WIN!



Prizing may not appear as shown

Do you love our recipes?  
Do you have what it takes to recreate these  
delicious organic delights?  
If so, we invite you to serve it up on social media!

Nature's Emporium wants to give you the chance to  
**WIN GIFTS and PRIZES**  
featuring Mike & Mike's Organics products and more!

For contest details and to enter, follow us  
@naturescanada @mikeandmikesorganics





# we are all organic



**Q: What's the difference between something labelled "organic" and something that is certified organic?**

A: Organic certification is performed by a third party, and is your guarantee that the product you're buying has been produced following the Canadian Organic Standards, or other internationally regulated equivalents.

**Q: How is organic food grown?**

A: Organic farmers do not use synthetic pesticides, herbicides, fungicides or fertilizers. They're also prohibited from using Genetically Modified Organisms (GMO). They rely on crop rotation, cover crops and dense planting to enrich the soil in which they grow their crops.

**Q: What is organic certification?**

A: Each step in its organic certification process must meet the federal organic standards, from the land on which an organic product is grown to the producers growing it, the post-harvest facilities preparing the product and the processing and handling facilities transforming it.

**Q: How can I reduce the costs of buying organic?**

A: When you choose organic food you are paying the real costs of food. Organic produce often costs more to produce and distribute due to higher labour costs and smaller economies of scale. You can reduce costs by buying in season and buying in bulk.

**Q: How are organic products beneficial for the environment?**

A: Organic agriculture is based on practices that not only protect environmental health but also strive to improve it. Organic agriculture helps to reduce our carbon footprint and combat climate change by prohibiting the use of petroleum-based fertilizers and absorbing carbon dioxide from the air.

**Q: What are the nutritional benefits of organics?**

A: Some studies have found that organic foods offer higher levels of antioxidants, which may offer a host of health benefits. They are rich in nutrients, and have less exposure to nitrates and pesticides.

**Q: How do organic products help workers?**

A: They reduce public health risks to farm workers, their families and consumers by minimizing their exposure to synthetic chemicals on the farm and in food, the soil, the air and the water. Offering organic food and products into the marketplace gives workers the option of choosing items produced without the use of these toxins.

**Q: How is organic food processed?**

A: Organic food processors follow strict legal restrictions on allowable materials and take extra steps to make sure organic ingredients are not contaminated with non-organic materials. Organic always means: no GMOs, no irradiation, no artificial flavours, no artificial colours and no artificial preservatives.

For more info, visit [www.inspection.gc.ca](http://www.inspection.gc.ca)







## 8 BENEFITS OF A PLANT-BASED LIFESTYLE

### 1. LOWER BLOOD PRESSURE

Potassium helps decrease the effects of sodium and its tendency to raise blood pressure in the body. All fruits and vegetables contain high levels of potassium and vitamin B6, which may help to manage blood pressure.

### 2. LOWER CHOLESTEROL

Plants do not contain any cholesterol. A plant-based diet also provides abundant fibre, which helps the body remove cholesterol and other waste products.

### 3. BETTER BLOOD SUGAR

A great way to manage high blood sugar levels is to eat more fibre. It slows down sugar absorption, helps regulate appetite and can help balance cortisol levels. Fruit and vegetables are high in fibre and play an essential role in a healthy diet.

### 4. IMPROVED HEART HEALTH

A diet rich in fresh fruits and vegetables greatly reduces your risk of developing a cardiovascular disease.

### 5. HEALTHY WEIGHT

A plant-based, minimally-processed diet that's low in

sugar can help you achieve your weight loss goals. It also provides the nutrients needed to help maintain a healthy weight.

### 6. BETTER VISION

All four major causes of vision loss - age-related macular degeneration, diabetes, glaucoma and cataracts - may be managed or prevented with a healthy plant-based diet. In each case, a deficiency or an excess of specific nutrients can make the issue worse. Adjusting your diet to include specific fruits and vegetables may help prevent or slow further vision loss.

### 7. IMPROVED SKIN CARE

Nutritious plant foods are rich in vitamins A and C, antioxidants, water and vitamin E, all of which are great for your skin.

### 8. CANCER PREVENTION

A diet that's rich in fruits and vegetables provides a crucial foundation for overall wellness, and may reduce your risk factors for many types of cancer. It also provides many of the nutrients needed to nourish recovering cancer survivors.



Sources:

[www.naturesemporium.com](http://www.naturesemporium.com) | [www.cog.ca](http://www.cog.ca) | [www.ota.com](http://www.ota.com) | [www.mayoclinic.com](http://www.mayoclinic.com) | [www.cancer.ca](http://www.cancer.ca) | [www.webmd.com](http://www.webmd.com)









# ROASTED TOMATO AVOCADO TOAST

BY CHEF STEPHANIE TUCCI

VEGAN/  
GLUTEN-FREE  
OPTION

YIELDS 4 SERVINGS

## Nutrition Facts\*

Calories	304 cal
Protein	4 g
Total Fat (0 g trans fat)	25 g
Carbohydrates	19 g
Sugar	3 g
Sodium	324 mg

## Nutritionist Approved

These days, the avocado has become an incredibly popular food when transitioning into a healthier lifestyle — mainly because it's high in nutrients like fibre, healthy fats and offers more potassium than a banana. Pair it with easy-to-digest fermented sourdough bread and spicy arugula, and you've got a perfect meal!

\*This nutrition information is provided as an estimate only, and individual results may vary due to natural fluctuations in fresh produce or with product choices.

Avocado toast is so versatile and easy to assemble, and the combinations are endless. Something as simple as roasting cherry tomatoes and adding some dressed arugula really elevates this recipe, turning it into something special.

## INGREDIENTS

### For the Avocado Smash

2 ripe avocados  
1 garlic clove, grated  
¼ tsp. salt  
⅛ tsp. black pepper  
1½ tbsp. lemon juice  
Zest of ½ a lemon

### For the Toppings

2 small handfuls of arugula  
1 tbsp. extra virgin olive oil  
1 tbsp. lemon juice  
Balsamic reduction (to drizzle over)  
4 thick-cut slices of sourdough or gluten-free bread

### For the Roasted Tomatoes

2 cups cherry tomatoes  
2 tbsp. extra virgin olive oil  
⅛ tsp. salt

## METHOD

- 1 Preheat your oven to 375 degrees F and line two baking sheets with parchment paper.
- 2 **For the avocado smash:** In a large bowl, scoop out the avocado flesh, discarding the pit and skin. Add the grated garlic, salt, black pepper, lemon juice and zest. Mash together with a fork or potato masher until well combined — it does not have to be smooth and should still have some texture. Then cover and set aside until ready to use.
- 3 Toss your cherry tomatoes in 2 tbsp. of olive oil and lay out on one of your prepared baking sheets. Then roast for 6 to 8 minutes, until they just start to burst but still hold their shape.
- 4 At this point you can toast the bread to your liking.
- 5 **When you are ready to assemble:** spread a generous amount of avocado smash on each slice of bread. Then toss your arugula in 1 tbsp. of extra virgin olive oil and 1 tbsp. of lemon juice. Place a small pile of dressed arugula on each slice overtop the smashed avocado.
- 6 Over the arugula place your roasted tomatoes.
- 7 Serve right away.





# KIWI LIME SUPERFOOD SMOOTHIE BOWL

BY CHEF STEPHANIE TUCCI

VEGAN/  
GLUTEN-FREE  
YIELDS 2 SERVINGS

## Nutrition Facts\*

Calories	255 cal
Protein	3 g
Total Fat (0 g trans fat)	14 g
Carbohydrates	34 g
Sugar	18 g
Sodium	25 mg

## Nutritionist Approved

Smoothies offer a quick and convenient snack or meal, and are an easy way to incorporate more fruit and vegetables into your diet. This recipe in particular is packed with lots of fibre and good healthy fats which are essential for a high-energy smoothie!

\*This nutrition information is provided as an estimate only, and individual results may vary due to natural fluctuations in fresh produce or with product choices.

## INGREDIENTS

2 kiwis	½ cup coconut milk
1 cup unsweetened coconut yogurt	½ cup ice
2 dates	<b>Toppings</b>
1 banana	Coconut flakes
2 tbsp. coconut flakes	Granola of choice
2 tbsp. mint leaves	Fresh kiwi slices
¼ tsp. vanilla	Mint leaves

## METHOD

- 1 Place all the smoothie ingredients into a blender and blend on high speed until smooth.
- 2 Pour into two bowls and divide the toppings over both bowls.
- 3 Serve right away.















# POWER FUEL KALE SALAD

BY CHEF STEPHANIE TUCCI

VEGAN/  
DAIRY-FREE/  
GLUTEN-FREE  
YIELDS 4 SERVINGS

## Nutrition Facts\*

Calories	362 cal
Protein	19 g
Total Fat (0 g trans fat)	25 g
Carbohydrates	29 g
Sugar	12 g
Sodium	1,233 mg

## Nutritionist Approved

Kale is a "nutrition powerhouse!" It's an anti-inflammatory, dark green, leafy vegetable that is high in fibre, iron and antioxidants. Tossed with radicchio and this mixture of superfoods, this salad is a meal that delivers the benefits of the ingredients' amazing health profiles.

\*This nutrition information is provided as an estimate only, and individual results may vary due to natural fluctuations in fresh produce or with product choices.

This salad packs a punch with its bright dressing, superfood complex and visual colour from the pickled radish — this is sure to be a crowd pleaser. This salad can serve as a meal on its own or as a light appetizer.

## INGREDIENTS

### For the Pickled Radish

3 watermelon radishes, thinly sliced  
1 cup apple cider vinegar  
2 tbsp. maple syrup  
2 tsp. salt  
¼ cup warm water  
1 tsp. grated ginger

### For the Salad

1 head lacinato kale, thinly sliced  
1 head radicchio, thinly sliced  
⅓ cup pumpkin seeds, toasted  
⅓ cup sunflower seeds, toasted  
3 tbsp. cranberries

### For the Vinaigrette

Zest of ½ an orange  
2 tbsp. orange juice  
1 tbsp. maple syrup  
2 tsp. grated turmeric  
3 tbsp. extra virgin olive oil  
3 tbsp. white wine vinegar  
1 clove garlic, grated  
¼ tsp. salt  
¼ tsp. black pepper

## METHOD

- 1 Start with the pickled radish:** Mix the apple cider vinegar, maple syrup, salt, warm water and grated ginger. Pour the mixture over the sliced radish and let sit for a minimum of 15 minutes. This will yield extra, but it can be stored in its pickling juice for up to 2 weeks in the refrigerator sealed in a container.
- 2 In the meantime, for the vinaigrette:** Whisk all the ingredients together except for the extra virgin olive oil, then slowly whisk the oil in to emulsify.
- 3 For the salad:** In a large bowl add all the sliced kale and radicchio, then pour over the vinaigrette. With your hands, really massage the kale and radicchio, then add the toasted pumpkin seeds, toasted sunflower seeds, cranberries and 3 tbsp. of the pickled radish.
- 4 Toss all together and serve.**





# CITRUS AND ZUCCHINI RIBBON SALAD

BY CHEF MICHELANGELO COLELLA

VEGAN/  
DAIRY-FREE/  
GLUTEN-FREE  
YIELDS 2 SERVINGS

## Nutrition Facts\*

Calories	800 cal
Protein	8 g
Total Fat (0 g trans fat)	72 g
Carbohydrates	38 g
Sugar	17 g
Sodium	91 mg

## Nutritionist Approved

Grain-free lifestyles are on the rise, and this recipe is a delicious and nutritious meal that falls perfectly in this category. It also offers healthy fats and free of white sugar, as it is sweetened with maple syrup.

\*This nutrition information is provided as an estimate only, and individual results may vary due to natural fluctuations in fresh produce or with product choices.



## INGREDIENTS

### For the Salad

2 zucchini  
1 avocado (cubed)  
1 orange (segmented)  
1 grapefruit (segmented)  
¼ radicchio (roughly cut)  
1 cup baby spinach  
2 tbsp. sunflower seeds  
2 tbsp. pumpkin seeds  
Sea salt (to taste)  
Black pepper (to taste)

### For the Dressing

½ clove garlic (chopped)  
1 tbsp. shallot (chopped)  
1 tbsp. maple syrup  
¼ cup lemon juice  
½ cup extra virgin olive oil  
Sea salt (to taste)  
Black pepper (to taste)

## METHOD

- For the salad:** Using a vegetable peeler, peel zucchini into “ribbon”-like strands and place into mixing bowl. Add avocado, orange, grapefruit, radicchio, baby spinach, sea salt and pepper. Mix thoroughly.
- For the dressing:** In a small mixing bowl add garlic, shallots, maple syrup, lemon juice, salt and pepper. While whisking, slowly stream in olive oil to emulsify.
- Add dressing to salad and mix until evenly coated. Split salad evenly onto 2 flat plates. Sprinkle half of the sunflower seeds and half of the pumpkin seeds onto each plate. Enjoy!















# THAI LETTUCE WRAPS

BY CHEF MICHELANGELO COLELLA

This Asian-inspired dish is packed with bright and vibrant vegetables and paired with a delicious dipping sauce. Healthy, simple and a fun way to make a low-carb delight!

VEGAN/  
DAIRY-FREE/  
GLUTEN-FREE  
YIELDS 2 SERVINGS

## Nutrition Facts\*

Calories	242 cal
Protein	5 g
Total Fat (0 g trans fat)	17 g
Carbohydrates	17 g
Sugar	9 g
Sodium	226 mg

## Nutritionist Approved

Inspired by a plant-based diet, this recipe allows for a great alternative to a high-carb meal. With the added nutritional benefits of butter lettuce, the vegetables and the dipping sauce are a great pairing. Butter lettuce is flavourful, low in calories and rich in nutrients like vitamin A and vitamin K.

\*This nutrition information is provided as an estimate only, and individual results may vary due to natural fluctuations in fresh produce or with product choices.

## INGREDIENTS

### For Wraps and Toppings

- 1 head butter lettuce
- ¼ cup zucchini (julienned)
- ¼ cup carrot (julienned)
- ¼ cup red pepper (julienned)
- ¼ cup mango (julienned)
- 1 avocado (sliced thin)
- 1 Thai chili (sliced thin)
- ¼ cup cilantro
- ¼ cup roasted cashews (roughly chopped)

### For the Dressing/Dipping Sauce

- ⅓ cup gluten-free soy sauce
- ½ tbsp. ginger (chopped)
- 1 clove garlic (chopped)
- 1 tsp. sesame oil

## METHOD

- For wraps and toppings:** Combine zucchini, carrot, red pepper and mango in a bowl and mix thoroughly.
- For dressing/dipping sauce:** Combine all ingredients in a small bowl and mix thoroughly.
- Using lettuce as a wrap, fill with vegetable mixture. Add 1 slice of avocado, a couple of the Thai chilies slices, cilantro leaves and roasted cashews. Either spoon in the dressing or use it as a dipping sauce. Enjoy!





# FRONTE FAMILY BANANA ENERGY BALLS

BY CHEF MIKE FRONTE

**VEGAN**  
YIELDS 2 SERVINGS

## Nutrition Facts\*

Calories	175 cal
Protein	3 g
Total Fat (0 g trans fat)	9 g
Carbohydrates	21 g
Sugar	7 g
Sodium	2 mg

## Nutritionist Approved

This recipe is amazing for everyone: it's easy to follow. It freezes well and allows for a healthy alternative when craving something sweet. It has no added sugar as it is sweetened with bananas, making it a perfect treat!

\*This nutrition information is provided as an estimate only, and individual results may vary due to natural fluctuations in fresh produce or with product choices.

## INGREDIENTS

### Base

- 1 large ripe banana
- 1 cup rolled oats

### Optional add-ins

- Walnuts
- Chocolate chips
- Shredded coconut (a Fronte family fave)
- Blueberries
- Apples
- Cinnamon

## METHOD

- 1 Preheat oven to 350 degrees.
- 2 Mash bananas with fork until smooth.
- 3 Add in all dry ingredients and mix together.
- 4 Roll dough by hand into golf-ball-sized portions.
- 5 Place on a baking sheet and bake for 30 minutes.











# QUINOA STUFFED PEPPERS

BY CHEF LASZLO GLOSZAUER

Stuffed peppers are what dreams are made of. This easy vegan lunch or dinner is loaded with flavour, fibre and plant-based protein. With a bit of a Mexican flair, this dish is baked to perfection.

VEGAN/  
DAIRY-FREE/  
GLUTEN-FREE  
YIELDS 4 SERVINGS

## Nutrition Facts\*

Calories	270 cal
Protein	14 g
Total Fat (0 g trans fat)	2 g
Carbohydrates	49 g
Sugar	6 g
Sodium	58 mg

## Nutritionist Approved

This recipe is a plant-based protein powerhouse. Quinoa and beans are protein-rich and extremely high in fibre. Housed in a bell pepper, which is also high in fibre and is an excellent source of vitamin A and vitamin C, this recipe offers the benefits of broth, cumin and fresh herbs.

\*This nutrition information is provided as an estimate only, and individual results may vary due to natural fluctuations in fresh produce or with product choices.

## INGREDIENTS

1½ cups wild rice or quinoa  
 1½ cups vegetable broth  
 1½ cups plain tomato sauce  
 1 tsp. fresh herbs  
 ½ tsp. garlic powder  
 ½ tsp. smoked paprika  
 ½ tsp. cumin  
 2 cups chopped mushrooms  
 1 chopped red onion  
 4 red bell peppers (or yellow or green)  
 1 can (15 oz.) kidney beans  
 ½ cup green beans or sweet corn

## For Cooking

1 cup tomato sauce  
 ½ tsp. garlic powder  
 1 tsp. hot pepper flakes (optional)  
 1½ tsp. herbs

## Garnish

Green onion  
 Hot sauce  
 Avocado  
 Vegan cheese sauce (optional)

## METHOD

- 1 Simmer wild rice or quinoa on medium-low heat with vegetable broth, plain tomato sauce, herbs, mushrooms and red onion until rice or quinoa is fully cooked. When cooked, stir and mix in kidney beans and green beans or corn.
- 2 Preheat oven to 350 degrees F. While rice is cooking, prepare a casserole dish by adding tomato sauce and spices to the bottom of it. Prepare bell peppers by removing the seeds and white insides. Leave the tops of the peppers intact.
- 3 Fill the peppers by adding the rice mixture to the peppers (you will have a bit of rice mixture left over). Arrange the stuffed peppers side by side in the pan. Place tops back on. Cover and bake in the oven for 35 minutes. For the final 5 minutes remove the lid of the casserole dish and broil the stuffed peppers until the tops of the peppers just begin to blacken (being careful not to burn the peppers!).
- 4 Smother the stuffed peppers in the thick tomato sauce from the bottom of the pan and top off with your preferred garnish.







## DINNER

# GINGER TOFU ZUCCHINI NOODLES

BY CHEF MICHELANGELO COLELLA

VEGAN/  
DAIRY-FREE/  
GLUTEN-FREE  
YIELDS 2 SERVINGS

### Nutrition Facts\*

Calories	550 cal
Protein	24 g
Total Fat (0 g trans fat)	30 g
Carbohydrates	31 g
Sugar	19 g
Sodium	1,706 mg

### Nutritionist Approved

For plant-based proteins, choices are limited, so the addition of organic tofu to this recipe adds eight of the essential amino acids to make it a good protein choice. Try substituting zucchini as the noodle base for a low-carb, high-fibre alternative!

\*This nutrition information is provided as an estimate only, and individual results may vary due natural fluctuations in fresh produce or with product choices.

### INGREDIENTS

#### For Tofu and Marinade

1 pack (454 g) of extra firm premium organic tofu (sliced into thirds, then halved)  
 1/3 cup gluten-free soy sauce  
 1 tsp. ginger (chopped)  
 1 clove garlic (chopped)  
 2 tbsp. maple syrup  
 1 tsp. sesame oil  
 1 tsp. shallots (chopped)  
 2 tbsp. extra virgin olive oil

#### For the Zucchini Noodles

1 zucchini (spiralized)  
 1 tsp. garlic (chopped)  
 1 tsp. ginger (chopped)  
 1/2 tsp. dried red chili flakes  
 1 tbsp. gluten-free soy sauce  
 1 tsp. sesame oil  
 2 green onions (sliced)  
 1 red pepper (julienned)  
 1 carrot (julienned)  
 1/2 tsp. sesame seeds

### METHOD

- For the tofu and marinade:** Combine garlic, ginger, soy sauce, maple syrup, shallots and sesame oil in sealable bag and add tofu. Marinate for 12 to 24 hours.
- For the zucchini noodles:** In a hot, medium-sized frying pan add sesame oil, garlic, ginger and chili flakes. Sauté quickly, 5 to 10 seconds. Add zucchini and toss quickly. Add soy sauce to coat evenly. This should be done quickly to ensure zucchini isn't overcooked and still has a firm bite to it.
- Remove tofu from marinade and pat dry. Sear both sides in olive oil until golden brown. Place on top of zucchini noodles and on top with chopped green onions. Enjoy!



As seen in **CITY LIFE** Magazine  
[www.mycitylife.ca](http://www.mycitylife.ca)









# CREAMY ORANGE LEMON MINT SHERBET

BY CHEF STEPHANIE TUCCI

VEGAN /  
DAIRY-FREE /  
GLUTEN-FREE  
YIELDS 8 SERVINGS

## Nutrition Facts\*

Calories	80 cal
Protein	0 g
Total Fat (0 g trans fat)	3 g
Carbohydrates	13 g
Sugar	11 g
Sodium	11 mg

does not include toppings  
(fresh berries and mint)

## Nutritionist Approved

A great alternative to a high-calorie, high-sugar dessert. This citrus dessert is free of white sugar, is sweetened with maple syrup and infused with the benefits of mint. Rest assured that this treat is completely dairy-free with the addition of coconut milk, a healthy fat that makes it super smooth and delicious.

\*This nutrition information is provided as an estimate only, and individual results may vary due to natural fluctuations in fresh produce or with product choices.

This light treat is an excellent way to end a meal as it's not too sweet. With the addition of mint it's also refreshing, and it works as a great palate cleanser! This is a handy recipe for those that don't have an ice cream machine, because it works well with or without one.

## INGREDIENTS

1 can coconut milk	2 tbsp. chopped mint
350 ml orange juice	Pinch of sea salt
Zest of 1 orange	
2 tbsp. lemon juice	
Zest of 1 lemon	
¼ cup maple syrup	

## Toppings

Fresh berries of choice  
Fresh mint leaves

## METHOD

- 1 Whisk all ingredients together, then either pour into your ice cream maker or pour into a deep baking dish and allow to set in the freezer for approx 4 hours.
- 2 If using the deep baking dish method, every 15 minutes for the first hour, it is recommended to stir the mixture with a fork to help prevent it from getting too icy and keep it creamy.
- 3 When ready to serve, top with fresh berries and mint leaves.







# LEMON AND KIWI CASHEW CHEESECAKE

BY CHEF MICHELANGELO COLELLA

VEGAN/  
DAIRY-FREE/  
GLUTEN-FREE

YIELDS 8-10  
SERVINGS

## Nutrition Facts\*

Calories	567 cal
Protein	12 g
Total Fat (0 g trans fat)	38 g
Carbohydrates	53 g
Sugar	33 g
Sodium	104 mg

## Nutritionist Approved

Packed with vitamins, nutrients and antioxidants, cashews are a great non-dairy addition to this mouth-watering dessert. Leaving you without guilt and feeling light, this high-protein sweet is a healthier choice for you and your guests!

\*This nutrition information is provided as an estimate only, and individual results may vary due to natural fluctuations in fresh produce or with product choices.

The rich and velvety texture of this treat is meant to be savoured slowly. It's lusciously smooth and creamy with a tart, fruity topping. This over-the-top dessert will be sure to draw rave reviews.

## INGREDIENTS

### For the Crust

1 cup raw almonds  
1 cup raw walnuts  
10 medjool dates (pitted)  
½ tsp. sea salt

### For Filling

3 cups raw cashews (soaked for 3 hours)  
½ cup maple syrup  
½ cup lemon juice  
2 tbsp. lemon zest  
½ cup coconut oil

5 kiwis (peeled and quartered)  
5 kiwis (sliced thin)  
¼ cup water  
½ tsp. sea salt

## METHOD

- For the crust:** Combine almonds, walnuts, dates and salt into food processor and pulse until crumbly and it holds together when you press it between two of your fingers. Firmly press mixture into bottom of 8" springform pan. Set aside.
- For the filling:** Strain cashews and in a high-powered blender combine with maple syrup, lemon juice, lemon zest, coconut oil, 5 quartered kiwi, water and salt. Blend on high until smooth and creamy, 1 to 2 minutes.
- Pour mixture over crust and allow to set in freezer for 2 to 3 hours. Remove from freezer 20 minutes prior to serving. Garnish with sliced kiwi. Enjoy!







# ORGANIC SNACKS

Mike & Mike's Organics offers a lush assortment of healthy and tasty organic snacks. Find all your favourites, including trail mixes, nuts, seeds, dried fruit, snacks and superfoods to satisfy all your cravings. Fill your pantry with these heart-healthy snacks. You can stock up at Nature's Emporium every day!



Our assortment of products is available in:



VEGAN FOOD



GLUTEN-FREE



NON-GMO



RAW FOOD



GLYCEMIC INDEX  
LOW/MEDIUM

Certified Organic by /  
Certifiée biologique par®



**CSI**

Centre for Systems Integration







"Certified organic growers are committed to restoring balance in the soil so future generations can continue to grow healthy, nutritious food for years to come"

– Mike Fronte



"By avoiding the use of synthetic pesticides and herbicides, avoiding GMOs, and ensuring that sustainable practices are utilized in every step of the growing process, we can do our part as global citizens"

– Joe D'Addario



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