

EAT HIKE LOVE

Summer 2019 Retreat Menu

FRIDAY

LUNCH

LETTUCE WRAP TACOS

Romaine, broccoli slaw taco filling, spiced black beans, bell pepper, shredded carrots, tomato, fresh guacamole

+

FRESH FRUIT

SNACK

CASHEW SESAME KALE CHIPS

Kale, cashew butter, tahini, garlic, sesame seed, poppyseed, onion, sea salt

DINNER

VEGAN SALSICCIA PASTA

Hearty tomato-basil marinara with walnut-cauliflower "bolognese" and olives with quinoa-brown rice pasta

DESSERT

LEMON COCONUT BARS

Oat flour, lemon, oats, honey, shredded coconut

+

HOT CHOCOLATE

Cacao, coconut milk, cinnamon, coconut sugar, nutmeg

SATURDAY

BREAKFAST

SAVORY MILLET BOWL

Millet, salt, pepper, savory spices, fresh avocado

+

Coffee or tea

SNACK

ORGANIC CHOCOLATE BAR

LUNCH

SWEET + SPICY LENTILS

Green lentils, carrots, red onion, capers, raisins, cardamom, clove, cumin, nutmeg, dijon

SNACK

MIXED NUTS + SEEDS

Pecans, almonds, Brazil nuts, sunflower seeds, pumpkin seeds, salt

+

FRUIT CHEWS

Strawberry + kiwi

DINNER

AFRICAN PEANUT STEW

Ginger, garlic, sweet potato, collard greens, peanut, tomato, cumin with brown basmati rice

DESSERT

CRANBERRY-APRICOT BARS

Dried cranberries, sunflower seeds, honey, sesame seeds, dried apricots

+

HOT CHOCOLATE

Cacao, coconut milk, cinnamon, coconut sugar, nutmeg

SUNDAY

BREAKFAST

PEACH-GINGER QUINOA BOWL

Quinoa, coconut milk, peaches, ginger, cinnamon

+

Coffee or tea

SNACK

CHERRY-PISTACHIO SALAMI

Dried cherries, roasted pistachios, sea salt, black pepper

LUNCH

LIFE-CHANGING CRACKERS +

HUMMUS

Sunflower, flax, pumpkin, sesame, and chia seed crackers with hummus trio: chickpea, cannellini, and black bean