

FOR THE LOVE OF FOOD

NOURISH YOUR BODY, MIND
& SOUL



 **MAP**  *Wellness*
& Baker's Dozen
BY: MEG PEARSON

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Legend

t = tsp T = tbsp C= cup



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SOAKED OATS



STEP 1

INGREDIENTS

Mylk
2 cups shredded coconut
3 cups water
1 teaspoon vanilla
pinch sea salt

Oats
1/2 ripe banana
1/2 + 1/4 cup mylk
1-2 teaspoons honey or agave
1/2 cup rolled oats
1/4 raisins

STEP 2

MYLK

Add 2 cups dried coconut to blender jar.
Add 1 teaspoon vanilla, pinch sea salt and 3 cups water.

Blend until creamy in appearance.

Strain. Discard pulp & refrigerate mylk in glass jar.

STEP 3

OATS

Add 1/2 cup mylk back into blender jar. Toss in 1/2 ripe banana & sweetener. Blend until smooth.

Add mylk mixture, oats, raisins to bowl and stir to combine. Cover and set overnight. Stir in 1/4 cup mylk before serving.

BANANA PANCAKES



TWO WAYS

O A T

OAT BANANA

(makes lots!)

3 cups gluten-free oat flour
2 cup mylk
2 spotty bananas
1/2 teaspoon vanilla

Blend milk, banana, &
vanilla,

Combine all ingredients in
large bowl to form a liquid
batter.

Griddle cakes till golden

F L A X

FLAX BANANA

(serves 2)

1 large spotty banana
3 tablespoons ground flax
seed
6 tablespoons mylk
1 teaspoon cinnamon
coconut oil for frying

Combine all ingredients in
a bowl to form bater.

Griddle cakes til golden.

S A U C E

DRIZZLE THIS!

Add 1/2 cup raisins,
juice of 1/2 orange, & 2
cups fresh red berries
(strawberries &
raspberries work
nicely) in to blender jar.

Blend until smooth.
adding water or more
juice to thin as
needed.

Sauce stores up to 5
days in fridge.

BANANA BREAD



Y U M

INGREDIENTS

1 1/4 C all-purpose flour
1 t baking soda
1/2 t salt
3 very ripe medium bananas, mashed (about 1 1/4 C)
3/4 C brown sugar
1/2 C plain coconut* or soy milk yogurt (you could use regular milk)
1/2 C vegetable or coconut oil
1 t pure vanilla extract

Y U M

STEPS 1-4

Preheat oven to 350F degrees. Oil, or line loaf pan with parchment paper.

Combine all the dry ingredients in large bowl.

Set aside.

Add bananas, sugar, yogurt, oil and vanilla to jug of high powered blender.

Y U M

STEPS 5-7

Blend until just smooth.

Fold wet banana mixture into flour mixture.

Pour into prepared pan and bake 40 mins to 1 hour until fork comes out clean.

*I used fresh full fat coconut milk combined with 1/2 teaspoon lemon

FRUIT CRISP



MAKE

STEPS 1 - 2

Combine 1 clamshell sliced fresh berries and 4 sliced peaches in large bowl. Add in 2 tbsp coconut flour (to thicken), 1 tsp vanilla, pinch sea salt and toss well!

For the topping: add to another bowl, 1 cup oats, 1/2 cup sliced almonds, 2 tbsp coconut sugar, 2 tsp vanilla, 5 tbsp coconut oil, melted combined with 2 tbsp honey. Mix well.

YUM

STEPS 3-5

Add filling to bottom of coconut oiled baking dish. Top with topping.

Bake at 350F for 40-45 mins till too is golden and the fruit base bubbles with love!

Sprinkle goji berries and serve!

SPIRULINA SMOOTHIE



STUFF

SERVES 2

2 handfuls spinach
2 T spirulina powder
2 frozen bananas
1 cup frozen mango
2 scoops vegan protein powder, vanilla flavor*
2 C coconut, almond, or other non-dairy milk
pinch sea salt
stevia, raw honey or maple syrup to taste
3-4 standard ice cubes

MAKE

Add all ingredients into jug of high powered blender.

Blend on low for :20, then increase to high until well blended and bright green

Add ice to blender and blend until incorporated and thick.

* Sun Warrior is a great brand

BLOOD BUILDER JUICE



STUFF

SERVES 1

Nourishes your body on a cellular level via beta-carotene, antioxidants for healthy skin, iron support, and blood cleansing.

2 large beets
3 medium carrots
1/2 green apple
juice of 1/2 lemon
handful parsley

MAKE

Add ingredients into running juicer in the order listed.

Consume straight away to enjoy optimal benefits.

SUGAR FREE GREEN SMOOTHIE



STUFF

SERVES 1

1 C water
2 T cashews
2 C spinach
2 T cacao powder
1 T hemp seeds
Flesh of 1/2 avocado
5 - 10 drops liquid vanilla
stevia

1 C ice

MAKE

Add ingredients into
blender jug in the order
listed. Blend on low for 10
seconds, and then
increase speed to high.

Add in ice cubes and
blend until broken down.

Consume straight away to
enjoy optimal benefits.

CURRIED SQUASH SOUP



STUFF

SERVES 2

3/4 fresh carrot, chopped
1 C fresh apple juice
Juice of 1/2 lemon
1/2 inch fresh ginger
3/4 C hard squash
(butternut, acorn, pumpkin)
1/2 C full fat coconut milk*
1 T yellow curry powder
1 medium clove garlic
pinch salt
1/2 C water
2-3 T fresh cilantro leaves
*alternative: 1/4 cup raw
cashews

MAKE

Toss all into your Vitamix
except cilantro, and puree
until thick and creamy.

Pulse in cilantro leaves.

Pour into serving bowls,
and garnish with fresh
cilantro, pepitas & a
drizzle of good olive oil.

PESTO



INGREDIENTS

- 1/3 C firmly packed fresh organic basil*
- 5-6 organic kale leaves, washed, trimmed, and torn into pieces*
- 2-4 garlic cloves, depending on your tolerance!
- 1/3 C walnuts (raw, or toasted for a denser flavour)
- 1/4 C nutritional yeast***
- 2-3 T freshly squeezed lemon juice
- 1.5 t sea salt
- 1/4 C extra virgin olive oil, more as needed

STEPS 1-4

- Add all ingredietsns to food processor or high powered blender jar.
- Process until well combined.
- Serve with pasta, veggie noodles, or as a dip! Delish on sandwiches too!



TACO TUESDAY

OLE

INGREDIENTS

3 C fresh or frozen & thawed corn
juice of 1/2 lime or lemon
1 red bell pepper, seeded and chopped
½ onion
1 T cumin
1 T smokey paprika
1 ½ t salt
2 T nutritional yeast
¾ C finely ground flaxseed

PROCESS

Blend all of the ingredients, except the flaxseed, in a food processor. Transfer the mixture to a bowl and mix in the flaxseed.

Spread this mixture onto a non-stick oven sheet in 6 inch circles.

Bake at 200 degrees for 30-40 mins, until top is dry and you can peel the taco shell from the sheet.

Carefully drape each tortilla over two bars of wire oven rack. Bake for another 10-20 minutes until completed baked through and

FILLING

3 C raw sunflower seeds
2 T olive oil
juice of 1/2 lemon
1/2 cup sun-dried tomatoes
1 T cumin
1 t paprika
1 T honey
3 cloves garlic
2 T sea salt
handful fresh cilantro



YUM

STEPS 1-4

All all ingredients, aside from cilantro to bowl of food processor.

Blend until crumbly, and the texture resembles ground meat,

Pulse in the herb.

Hold at room temperature if serving today, refrigerate up to 5 days if not.

YUM

Serve tacos with the filling, and top with fresh avocado or guacamole, hot sauce, cashew cream, and a pineapple or mango salsa:

- diced pineapple/mango
- diced tomato
- diced jalepeno
- red onion
- chopped cilantro
- pinch of sea salt to taste
- squeeze of lemon.

ASIAN NOODLES



INGREDIENTS

Dressing (makes 1/2 cup)
1/4 cup apple cider vinegar
1 T raw sugar
2 T fresh ginger
2 T honey
3 t sesame oil
2 t hot sauce
2 t garlic powder
2 T soy sauce
2 T coconut flour (to thicken)

Choose Your Salad Base:

- Buckwheat noodles
- Zoodles (spiralized zucchini)

Fresh veggies:

- carrots, julienne
- red cabbage, thinly sliced
- frozen edamame, thawed
- thinly sliced red pepper
- thinly sliced radish
- cherry tomatoes
- fresh cilantro, chopped
- lemon slices

STEPS 1-4

Add all dressing ingredients to food processor or high powered blender jar.

Process until well combined.

In large bowl, combine salad ingredients with dressing and top with fresh cilantro and serve with lemon slices and cashews!



RAW BAGELS



Y U M

INGREDIENTS

*dehydrator recipe

1 cup raw almonds
1 cup raw carrot, peeled and coarsely chopped
2.5 tablespoons apple cider vinegar
2 tablespoons olive oil
2 teaspoons salt
1/4 cup yellow onion, coarsely chopped
3 tablespoons ground flax seed

Add first 5 ingredients to bowl of food processor and process until almonds are broken down and the mixture becomes a coarse dough.

Add in the onion and flax and process until well combined and sticky. The dough should stick together when pressed together to form a ball. If it is too dry, add water one tablespoon at a time until it is moist enough to form into bagel shapes.

Scoop out the dough small handfuls at a time and roll into a ball.

Press ball onto non-stick dehydrator sheet and then poke a hole in the centre and form into a bagel shape ensuring no crumbly edges. Form all the dough into bagels.

Dehydrate at 110F degrees for 8 hours. Dough should be dried enough to peel from the sheet and then place on the mesh screen. Dry for another 3-4 hours until a nice crust forms, but the bagels are still soft in the center.

Store in an airtight container in the refrigerator for up to 7 days.

GLAZED SALMON



INGREDIENTS

2 T Dijon mustard
2 t apple cider vinegar
2 t raw sugar
1/2 t salt
1.5-1.75 lb wild salmon,
portioned into 4 pieces

Preheat oven to 425F.

Mix glaze ingredients in
small bowl.

Pat salmon fillets dry with
paper towel. Brush glaze
generously onto each piece.

Bake until salmon is just
cooked through and flakes
easily with a fork, 6 to 8
minutes.

STEPS 1-4

Stay tuned to my BLOG at
www.meghanpearson.ca
for more fish & seafood
recipes as I create and
collect them!

Plenty of shrimp dishes
coming your way!



YOUR CHEF



ABOUT

Meg is an international raw chef & plant based food educator, hailing from Toronto and residing in Costa Rica. She is also a certified yoga teacher & cookbook author, eating disorder awareness advocate, and retired television producer and director.

Meg is a certified CNE (Culinary Nutrition Expert) and has also completed Alissa Cohen's Raw Teacher program and has also done trainings with Matthew Kenney in California, Natalia Rose in New York City, and is a certified Professional Plant-Based chef with Rouxbe Culinary School.

Currently Meg is a student of both the Holistic Health mastery Course as well as Venice Nutrition Health Coach Certification. Meghan owns and operates her health and culinary company, MAP Wellness, and spends most of the year living in the Guanacaste Province of Costa Rica, where she personally runs private Raw Culinary Classes, caters retreats and events in Costa Rica, the US & Canada, while also developing new recipe and menu items for markets and cafes.

Through her company MAP Wellness, Meg's aim is to simply "spread the health", assisting her clients in discovering their personal path on their wellness journey, in realistic, fun and truly accessible ways. Meg connects clients to their bodies through conscious culinary coaching and plant-cation.

Meg has appeared on major TV networks in North America to spread the raw food wealth of health, and also contributes recipes and wellness articles to various print and online publications such as Huffington Post, Inspire Health Magazine, One Green Planet & Village Living Magazine, and is an active ambassador for Ascenta Health's NutraVege.

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