

"LITTLE ADAPTS"

Clean Comfort Cookbook



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LITTLE ADAPTS BY JAX ❤️

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Breakfast





VEGAN GRAIN-FREE CHOCOLATE CHIP PANCAKES

INGREDIENTS

- 1 cup almond flour
- 1/4 cup coconut flour
- 1 tbsp tapioca flour (sub arrowroot)
- 1/2 tsp baking powder
- 1 tsp cinnamon
- 2 flax eggs (2 tbsp ground flaxseed + 3 tbsp water)
- 1 tsp vanilla extract
- 1 cup unsweetened almond milk
- 1/4 cup vegan dark chocolate chips
- Optional: 2 scoops vanilla vegan protein powder
- Toppings: Maple syrup, fresh berries, nut butter, etc.

PREP TIME

- Prep | 5 m
- Cook | 20 m
- Yields | 8 pancakes (2-3 servings)
- Keeps | 2 weeks in the fridge

PROCEDURE

- 01 Heat up your griddle or pan to medium-low heat and mix ground flaxseed + water for flax eggs and let it sit for at least 5 minutes to thicken.
- 02 Add all dry ingredients except chocolate chips to large bowl and mix.
- 03 Add in wet ingredients and mix with a whisk until well combined. (Note: If it's too dry, add in a splash of almond milk. If it's too wet, add a 1 tbsp coconut flour. You want it to be thick enough that it will hold shape on the griddle.)
- 04 Spray the pan or griddle with coconut oil and pour batter to create a pancake that is 2-3 inches in diameter. Sprinkle in dark chocolate chips into each pancake.
- 05 Flip after about 3 minutes or until one side is browned and you can flip without it falling apart. Make all pancakes.
- 06 Serve with maple syrup and fresh berries + banana. Enjoy!



HOMEMADE GRANOLA

INGREDIENTS

- 2 1/2 cups of rolled oats
- 1/2 tsp cinnamon
- 1/4 cup vegan dark chocolate chips
- 1/4 cup cacao nibs
- 1 flax egg (1 tbsp ground flaxseed + 1.5 tbsp water)
- 1/2 cup coconut oil
- 2 tbsp almond butter
- 2 tbsp chia seeds
- 1/4 cup maple syrup
- Optional: 1 tbsp maca powder and/or 2 tbsp vegan protein powder

PREP TIME

- Prep | 5 m
- Cook | 16 m
- Yields | 8 servings (1/2 cup per serving)
- Keeps | 1 month in the fridge

PROCEDURE

- 01 Preheat oven to 350 degrees F.
- 02 Mix wet ingredients together and then add in dry ingredients.
- 03 Then fold in chocolate chips and cacao nibs.
- 04 Place on a baking tray and press down with the spatula so you get sections that stick together, but also thin enough to bake entire mixture.
- 05 Bake for 8 minutes and then carefully with a large spatula flip in sections to keep the clusters of granola together.
- 06 Place the tray back in the oven making sure to rotate the tray in order to have the granola bake evenly. Bake for another 8 minutes or until the granola is browned.
- 07 Take out of the oven for 10 minutes to cool. Then break up into clusters and enjoy!

GLUTEN-FREE CINNAMON RAISIN BAGELS

PROCEDURE

- 01 Preheat oven to 350° F and line a baking sheet with parchment paper.
- 02 Fill a large pot halfway up with water and bring to a boil. Once the water has come to a boil, reduce heat slightly to keep water at a gentle boil.
- 03 Combine the almond flour, coconut flour, flaxseed, tapioca flour, baking powder, cinnamon and sea salt in a large bowl. Add $\frac{2}{3}$ cup warm water, apple cider vinegar, and honey and mix (by hand) until a dough forms. Fold in raisins.
- 04 Use wet hands and form dough into 6 balls. Flatten the balls and use your finger to create a hole in the middle to create the bagel shape. Place the bagels on the prepared baking sheet.
- 05 Carefully drop 3 bagels in the boiling water until they float (about 30 seconds). Remove with slotted spoon and place them back on the baking sheet. Repeat until all bagels have been boiled. Bake the boiled bagels for 10 minutes.
- 06 Remove bagels from oven, brush with coconut oil, and sprinkle each bagel with cinnamon. Return bagels to the oven and cook an additional 15 minutes.
- 07 Remove bagels once more, and carefully flip them over to make sure the bottom half cooks (should no longer be moist). Bake for an additional 5 to 7 minutes.
- 08 Finally, flip the bagels back over to show the everything seasoning side and broil for 1-2 minutes max if you like your bagels extra crispy!
- 09 Cool on a baking rack for 10 minutes and then serve with your favorite toppings! Last 2 weeks in the fridge and a few month in the freezer.



INGREDIENTS

- 2 cups almond flour
- 1/4 cup coconut flour
- 1/4 cup ground flaxseed
- 1 cup tapioca flour/starch
- 1 tsp cinnamon
- 2 tsp baking powder
- 1 tsp sea salt
- 2 tbsp honey
- 2 tbsp apple cider vinegar
- 2/3 cup warm water
- 2 tbsp coconut oil
- 1/3 cup raisins

PREP TIME

- Prep | 15 m
- Cook | 35 m
- Yields | 6 bagels
- Keeps | 2 weeks in the fridge + a few months in the freezer



VITAMIN COLADA SMOOTHIE

INGREDIENTS

- 6 oz unsweetened vanilla almond milk
- 1/2 frozen banana
- 1/4 cup frozen mango
- 1/4 cup frozen pineapple
- 1 handful raw spinach
- 1 tbsp MCT or coconut oil
- 1/2 tsp spirulina or 2 tbsp hemp hearts
- 1 tsp camu camu powder
- Optional: 1 scoop or 1/2 packet of vanilla vegan protein powder
- Toppings: Unsweetened shredded coconut flakes

PROCEDURE

- 01** Add ingredients to high speed blender and mix until well combined. If too thin, add a handful of ice for a thicker smoothie. If too thick, add a splash of almond milk.
- 02** Sprinkle with coconut flakes + enjoy!

PREP TIME

- Prep | 5 m
- Cook | 0 m
- Yields | 1 serving
- Keeps | Drink immediately for best taste. You can refrigerate or freeze + defrost to drink within the same day.

Main Meals





VEGAN BAKED RIGATONI

INGREDIENTS

VEGAN "MEAT" SAUCE

- 2 tbsp olive oil
- 2 15 oz tomato sauce cans
- 1 15 oz diced tomatoes can
- 15 cherry tomatoes halved
- 1/3 yellow onion, diced
- 5 garlic cloves, minced
- 1/2 yellow bell pepper, diced
- 2 celery stalks, diced
- 1 can of lentils, rinsed + drained
- 1/2 tsp cinnamon
- 1 tsp basil
- Black pepper + sea salt to taste
- 1/2 tsp red pepper flakes

**Note: You can also use the [Vegan Bolognese sauce](#) if you have that on hand!*

VEGAN MOZZARELLA SAUCE

- 1 cup raw cashews (soaked overnight or for 4-6 hours and drained + rinsed)
- 1 cup water
- 1/2 cup coconut milk
- 1 tbsp coconut oil
- 1 tsp apple cider vinegar
- 1 clove garlic, minced
- 2 tbsp tapioca starch, arrowroot flour or corn starch
- 2 tbsp nutritional yeast
- Black pepper + to taste

ADDITIONAL INGREDIENTS

- 1.5 boxes Banza rigatoni pasta
- 2 cups raw spinach
- Optional: Chickpea bread crumbs or Mary's Gone Crackers on top for crunch!

PREP TIME

- Prep | 25 m
- Cook | 25 m
- Yields | 8 servings
- Keeps | Store covered in the fridge for up to 2 weeks and you can freeze half for a few months.



VEGAN BAKED RIGATONI CONT...

PROCEDURE

- 01 Preheat oven to 350° F and line a baking sheet with parchment paper.
- 02 Add pepper + celery. Cook for 5 minutes until veggies soften.
- 03 Add in the lentils and cook for another 5 minutes.
- 04 Add tomato sauce, diced tomatoes, cherry tomatoes + all spices. Mix and cover and reduce to a simmer and cook for about 10-15 minutes while you make everything else.
- 05 While the sauce is simmering, bring water in a pot to a boil and only cook pasta for 5 minutes as it will continue to cook while baking in the oven. Rinse + drain once it's done.
- 06 Throw all of the vegan mozzarella ingredients into a blender or food processor and blend until it is a liquid. Don't worry if it's runny as it will thicken in the oven when it bakes!
- 07 Using a large Pyrex or casserole dish (you want it to be deep as you'll be making about 2-3 layers of pasta), add a few spoonfuls of the sauce so the bottom of the casserole dish is covered.
- 08 Add 1/3 of the pasta on top of the sauce and then add ½ of the veggie tomato sauce on top of this. Followed by a layer of spinach and about ¼ of the mozzarella sauce. Repeat this whole step again.
- 09 Finally, add the remainder of the pasta and pour over all of the remaining mozzarella sauce. Sprinkle with chickpea breads or Mary's Gone Crackers for extra crunch!
- 10 Bake for about 20-25 minutes until golden brown. Broil for about 3 to 5 minutes to get it extra crispy!
- 11 Let it cool for about 5-10 minutes and you can eat it solo or serve with a side salad for extra veggies. Store covered in the fridge for up to 2 weeks and you can freeze half for a few months. Enjoy!



VEGAN MAC N' CHEESE WITH BROCCOLI

INGREDIENTS

- 1 box of bean based pasta
- 1 head of broccoli chopped into small florets
- 1 cup raw cashews (soaked overnight or 4 to 6 hours)
- 2 tbsp olive oil
- 1/2 white onion diced
- 2 garlic cloves minced
- 1 cup vegetable broth or water
- 1/2 cup full fat coconut milk
- 1/2 tsp paprika
- 1/4 tsp cayenne pepper
- 2 tbsp nutritional yeast
- Black pepper + sea salt to taste
- 1 tbsp tapioca flour (sub arrowroot flour)
- Optional: chickpea breadcrumbs and/or fresh diced chives to serve

PREP TIME

- Prep | 10 m
- Cook | 20 m
- Yields | 4 servings
- Keeps | 2 weeks in the fridge

PROCEDURE

- 01** Preheat the oven to 425 degrees F and boil water for pasta.
- 02** Place broccoli on a baking tray and drizzle with remaining olive oil and a little bit of black pepper + sea salt. Bake for about 15-20 minutes (tossing halfway) until browned. I recommend keeping the broccoli in the oven right up until you add it to the pasta.
- 03** In a medium skillet over medium-low heat, sauté onion and garlic in olive oil. stir and cook until soft - about 5 - 7 minutes.
- 04** Place onion + garlic into the blender and add all remaining ingredients except chickpea bread crumbs and diced chives. Blend until everything turns into a liquid. (Don't worry as it will thicken when heated on the stove!)
- 05** Drain the pasta, rinse, and cover with a towel in the strainer. Using the same pot you boiled the noodles in, add the cashew cheese and cook on low stirring frequently until sauce starts to thicken.
- 06** Add pasta and baked broccoli to the cheese sauce and stir. Serve with chickpea breadcrumbs and fresh chives. Enjoy!



LEFTOVER CHILI CAULIFLOWER BURRITO BOWL

INGREDIENTS

- 1.5 cups leftover **3 bean chili** (sub 1 can of black beans or pinto beans)
- 1 bag of cauliflower rice
- 1/2 tsp cayenne
- 1/2 tsp paprika
- 1/2 orange bell pepper, diced
- 1/2 white onion, diced
- 1 clove of garlic, minced
- Black pepper + sea salt to taste
- 2 tbsp avocado oil
- 1 head chopped lacinato kale
- Toppings for each bowl: 1 big scoop of guacamole or avocado slices and 1/4 cup cherry tomatoes halved

PREP TIME

- Prep | 15 m
- Cook | 20 m
- Yields | 3-4 servings
- Keeps | 2 weeks in the fridge

PROCEDURE

- 01** Dice onion + orange pepper. Heat a pan on medium-low heat + once heated, add in avocado oil.
- 02** Add in onions, yellow pepper, garlic, black pepper + sea salt to the pan. Sauté until the onions start to turn golden brown.
- 03** Add in the cauliflower rice, lacinato kale, cayenne + paprika and stir. Mix ingredients well and bring down to low heat. Cook for about 5 to 7 minutes until all the flavors have been absorbed. Make sure to stir periodically.
- 04** Add in the leftover bean chili, stir and then cover. Cook for another 5 minutes or so. Turn off the heat, uncover + allow to cool for a few minutes.
- 05** Serve burrito bowl with guac or avocado slices and cherry tomatoes. Enjoy!



VEGGIE PEANUT PAD THAI

INGREDIENTS

PEANUT SAUCE

- Juice of 3 limes
- ½ cup of peanut butter
- 1 tbsp sriracha
- 2 tbsp honey
- 3 tbsp water
- 2 tbsp soy sauce or coconut aminos
- 2 tsp ground ginger
- 1 tbsp sesame oil

VEGGIE PAD THAI

- 2 tbsp sesame oil
- 1 cup shredded cabbage or cole slaw
- 1 cup snap peas
- 1/2 onion, diced
- 1 clove garlic, minced
- 1 red bell pepper, thinly sliced
- Black pepper + sea salt to taste
- Brown rice thai noodles or zoodles
- Toppings: Sprouts, peanuts, chopped chives, sesame seeds + lime wedge

PREP TIME

- Prep | 20 m
- Cook | 15 m
- Yields | 4 servings
- Keeps | 2 weeks in the fridge

PROCEDURE

- 01** Heat a pan on medium-low heat + once heated, add in sesame oil.
- 02** Add in onions + garlic with black pepper + sea salt to the pan. Sauté until the onions start to turn golden brown.
- 03** Add in cabbage, snap peas and red pepper. Stir ingredients and cook for about 5 to 7 minutes. Make sure to stir periodically and turn down heat to low after it's cooked down.
- 04** While the stir fry is cooking, add all ingredients for the peanut sauce to a blender or food processor and blend on high until it's well combined. Taste test to see if you need to add more of anything. If you like your sauce thinner, add 1 tbsp of water at a time.
- 05** Cook the brown rice noodles according to the package or sauté the zoodles. Make sure to drain the zoodles as they release a lot of water.
- 06** In a large bowl, toss stir fry veggies, noodles or zoodles, and 2/3 of the peanut sauce. Serve with sprouts, peanuts, chive + sesame seeds. Enjoy! Store extra sauce for dipping or use as a salad dressing.

Snacks





NO BAKE ALMOND MAPLE ENERGY BITES

INGREDIENTS

- 1 cup rolled oats
- 1/2 cup creamy almond butter
- 1/4 cup maple syrup
- 2 tbsp hemp hearts
- 2 tbsp ground flaxseed
- 2 tbsp chia seeds
- 1 tsp vanilla extract
- 1/3 cup dark chocolate chips
- Optional: 2 tbsp vanilla protein powder and 1 tsp maca powder (or other adaptogenic herbs) for an extra boost!

PREP TIME

- Prep | 10 m
- Cook | 0 m
- Yields | 20 energy bites
- Keeps | Months in the freezer

PROCEDURE

- 01** Add all ingredients into a large bowl and mix with a spatula. If too dry, add more maple syrup or AB. If too wet, add more ground flaxseed or oats.
- 02** Once well combined, roll into small balls about the size of a golf ball.
- 03** Store in an airtight container in the fridge for 2 weeks or the freezer for up to a month (if they even last you that long). Enjoy!



MANGO, BANANA + COCONUT NICE CREAM

INGREDIENTS

- 1/2 cup frozen mango
- 1 frozen banana
- 1/4 cup full fat coconut milk
- Toppings: Unsweetened coconut flakes + chopped cashews

PROCEDURE

- 01** Add mango, banana + coconut milk to a high speed blender or food processor.
- 02** For Vitamix, you can run on the "frozen dessert" setting. If not, I would start to blend and then increase the speed very gradually just to get it enough to blend but not turn into a smoothie. Remember less liquid is better so only add a splash at time!
- 03** Serve in bowls and top with coconut flakes + cashews. Enjoy!

PREP TIME

- Prep | 5 m
- Cook | 0 m
- Yields | 2 servings
- Keeps | Eat immediately or store in the freezer

THANK YOU!

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*With Health + Happiness Always,
Jax*

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