



Joyful Meals & Happy Treats

Joyful Meals and Happy Treats include whole, plant-based ingredients that decrease inflammation and boost mood:

1. Apples, berries, grapes
2. Onions
3. Green tea
4. Spices such as cloves, oregano, cinnamon, and nutmeg.
5. Tryptophan-rich foods such as dark chocolate, sesame, sunflower and pumpkin seeds.

Based on these scientifically proven joyful ingredients, we can come up with different recipes, such as:

1. Hot or iced-matcha latte
2. Apple Nachos
3. Date Snickers
4. Baked Oatmeal
5. Fresh salads with fruits
6. Blueberry cupcakes
7. Chocolate mousse
8. Chai latte
9. Tahini-spiced hot chocolate
10. Very berry smoothie



11. Chocolate covered strawberries
12. Frozen grape skewers
13. Matcha cheesecake
14. Pumpkin energy balls
15. Pumpkin seed pesto
16. Pumpkin seed crackers
17. Tahini cookies
18. Onion soup
19. Caramelized onions
10. Baked sweet potato with tahini dressing and pumpkin seeds

Here are all of the ingredients that Melanie uses for the five recipes that she demonstrates in the video lesson:

1. Iced-Matcha Latte:

matcha powder, unsweetened plant-based milk, ice, water.

2. Apple Nachos:

red apple, cinnamon, sunflower butter, cacao nibs.

3. Date Snickers:

dark chocolate bar, dates, sunflower butter, cinnamon.

4. Baked Oatmeal:

apples, rolled oats, dates, sunflower butter, walnuts, cinnamon, nutmeg, cloves.

5. The Happy Salad:

fresh kale, shredded carrots, fresh blueberries, red apple, pumpkin seeds.

Tahini dressing: tahini, liquid aminos/low sodium soy sauce, dates, lemon, minced garlic, onion, oregano, smoked paprika, pepper.

Always remember measurements and quantities are not strictly necessary when it comes to whole food plant-based cooking.



It's important for you to practice and develop your skills little by little.

I promise, you'll feel more confident as you practice and this way you won't need to follow a paper with exact instructions every time you want to prepare a meal.

Melanie Cano, MD

If you'd like to purchase Melanie's step-by-step Cookbook with 40+ plant-based recipes she has created, send her an email **hola@somosplantpowered.com**
