

# PLANT-POWERED MEAL IDEAS

Incorporating more plant-based proteins can be a great addition to a school's meal or snack program. Try these ideas featuring plant-based protein foods.

When planning meals, aim for a variety of healthy foods from Canada's Food Guide, including at least one vegetable or fruit, one whole grain food and one protein food.

VEGETABLES & FRUITS	WHOLE GRAINS	PLANT-BASED PROTEIN FOODS	
mini carrots cherry tomatoes cucumber snap peas celery sticks easy peel oranges peppers bowl of whole fruit frozen berries bananas pears	whole grain crackers popcorn rice cakes whole grain toast whole grain cereal instant oatmeal whole grain bagel whole grain tortilla quinoa oats	tofu tempeh edamame soybeans lentils walnuts almonds hummus chickpeas	lima, black, or kidney beans fortified soy beverage soy based butter (Wowbutter) seed based butter peanut/almond butter hemp seeds sunflower seeds pumpkin seeds chia seeds

## FRUIT POUTINE

fruit (apple, pear, or banana)

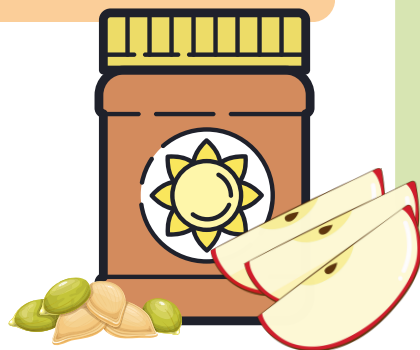
1 tsp cinnamon

1/3 cup nut, soy or seed butter

1 Tbsp honey (vegan substitute: maple syrup)

1/4 cup crushed nuts/seeds

1. Cut fruit into strips and sprinkle with cinnamon.
2. In a small microwave-safe bowl, heat nut, soy or seed butter and honey for 30 seconds or until melted.
3. Drizzle melted mixture on top of the fruit.
4. Sprinkle with crushed nuts/seeds and serve.



## HERE ARE SOME BREAKFAST IDEAS:

1. Banana wrap made with banana, Wowbutter and whole grain tortilla
2. Hummus with celery, carrots, peppers and whole grain crackers
3. Smoothie with juice or fortified soy-beverage, hemp or chia seeds, banana and berries
4. Wrap made with whole grain tortilla, black beans, peppers and salsa
5. Instant oatmeal with raisins, chia seeds, cinnamon and fortified soy-beverage
6. Scrambled tofu, sliced fruit and whole grain toast
7. Trail mix made with popcorn, roasted chickpeas and dried fruit