



# DARING ADVENTURE COOKING JAM

## Week 1 Recipes

### Experiment and Make It Your Own

Welcome to your first week! Feel free to modify these recipes—and any others you find—to suit your taste. These are just a starting point. As you explore these meals, look for ways to boost your intake of fruits and vegetables. For example, add berries to your cereal or a carrot to your smoothie.

We are easing into a whole-food, plant-based (WFPB) lifestyle together. Remember: it's about **progress, not perfection**. Adjust things until they are exactly how you like them!

#### Finding Your "Go-To" Meals

The goal of these sessions is to help you discover 12 to 24 meals that you genuinely love. They don't have to be our specific recipes—use them as a springboard! Most people rotate through the same few favorites, so our goal is to help you find the delicious meals that fit your life.

#### Give Your Taste Buds Time to Adapt

Taste buds are adaptable. Something you only "sort of" like today might become a favorite in a few months. Have fun with the process and enjoy watching your palate evolve!

### A Note on Salt

Naturally occurring salt in whole foods is all our bodies need. Standard diets rely heavily on processed foods, leading to excess sodium. While cutting back may make food taste "flat" initially, your taste buds will adjust, making natural flavors taste more vibrant than ever.

#### How to Handle Salt for Now:

- **Cook at Home:** Preparing whole plant foods naturally reduces salt intake.
- **Salt to Taste:** Unless medically restricted, feel free to salt your food to taste for now to ease the transition.
- **Reduce Gradually:** Slow changes are the most sustainable.

- **Use Flavor Boosters:** Herbs, spices, and citrus add "zing" without the shaker.

## Overnight Oats

Serves 2

### Equipment

- Mixing bowl, casserole dish, or food storage container
- Measuring cups and spoons

### Ingredients

- 1 cup rolled oats
- 2 cups cashew milk (or other plant-based milk)
- 2 mashed bananas
- 1/2 cup chopped pineapple (fresh or frozen)
- 1/2 cup chopped mango (fresh or frozen)
- 1/2 tbsp flax or chia seeds
- 1/4 cup raisins or chopped dates (optional)
- 2 tbsp unsalted nuts (walnuts, pecans, peanuts, or almonds)
- **Optional Add-ins:** Vanilla extract, cinnamon, or cacao

### Instructions

1. Combine all ingredients in your container and stir well.
2. Cover and refrigerate overnight. The oats will absorb the liquid and be creamy by morning!

*Swap the pineapple and mango for berries or peaches depending on the season!*

## Hot Cereal

Serves 2

### Ingredients

- 1/2 cup rolled oats
- 2 tbsp ground flaxseed

- 1 cup water
- 2 bananas, mashed
- 1/2 tsp cinnamon or cacao
- **Toppings:** Unsalted nuts, raisins, or fresh/frozen berries

## Stovetop Instructions

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1. Add all ingredients to a pot and bring to a boil over high heat.
2. Reduce to low/medium-low and simmer, stirring occasionally, until water is absorbed.

## Microwave Instructions

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1. Combine ingredients in a **large** microwave-safe bowl.
2. Cook on high for 2 minutes, stir, then cook for another 60–90 seconds. Let sit for 1 minute.

### Variations:

- **Steel-Cut:** Use 1/2 cup oats; cook for ~20 mins.
- **Teff or Bulgur:** Use 1:2 or 1:3 grain-to-water ratio; cook 10–12 mins.
- **Warm Berries:** Add frozen berries during the last few minutes of cooking.

## Homemade Cashew Milk

### Instructions

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1. **Soften:** Soak 1/2 cup cashews in water overnight (or boil for 10 mins).
2. **Blend:** Drain soaking water and blend with 2 cups fresh water on high until smooth.

*If using a standard blender, soak overnight and blend for 2–3 minutes, pausing to rest the motor.*

## Green Smoothie

- 1 cup water + 2 cups mild greens (spinach/beet greens)
- 2 cups total fruit (banana, grapes, pineapple, or mango)
- 1 tbsp flax/chia seeds and 2–3 dates (optional)

### Instructions

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Blend water and greens first, then add fruit and seeds and blend until perfectly smooth.

## Zesty Fruit Salad

Combine sliced banana, grapes, and chopped apple. Squeeze fresh lemon or lime juice over the top to add brightness and prevent browning. Toss and serve!

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*"You can do it when you make it fun!"*