



MAKE IT FUN HEALTH

Daring Adventure Cooking Jam - Week 4 Menu

Theme - Legumes

Goals

1. Eat more legumes
 2. Make it easy
 3. Help your microbiome adjust
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1. **Vivacious Veggie Broth** – Store-bought veggie broth is usually a sodium bomb. Fortunately, making your own is incredibly easy, budget-friendly, and creates a flavorful base for this week's soup.
 2. **Lentil-licious Garden Soup** - A cozy comfort food featuring the MVP of the legume world: red lentils. They require zero soaking, cook in a flash, and are the absolute easiest on your digestive tract.
 3. **No fuss Navy Beans** - Canned beans are convenient but packed with salt. Buying them dry and cooking them in an electric pressure cooker saves money, cuts the sodium, and tastes better. When you eat legumes daily, a pressure cooker will pay for itself in no time.
 4. **Smooth Sailing Navy Hummus** - A great way to add more flavor to raw fruits and veggies while eating more legumes at the same time.

You can do it when you make it fun!