

# mindfulbites

learn about how you can be more sustainable in the kitchen, and even make it fun for the kids!





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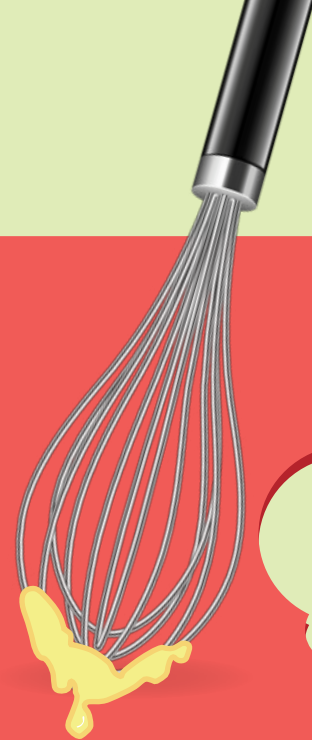


**\* not for  
kid eyes**

# for the kids

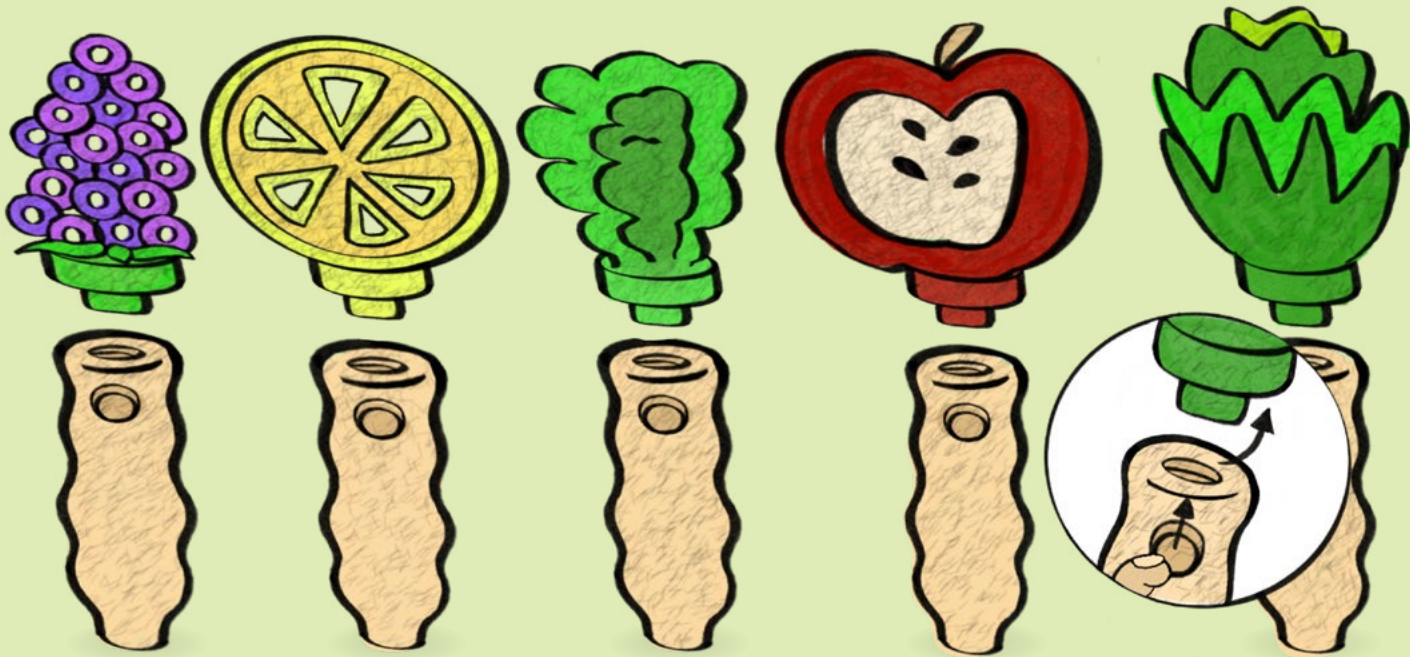
## how to use

learn how to use the mindfulbites kitchenware and the best way to store them in your kitchen.

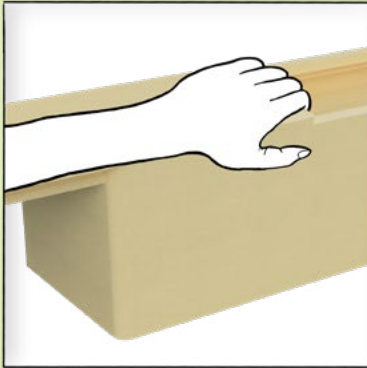




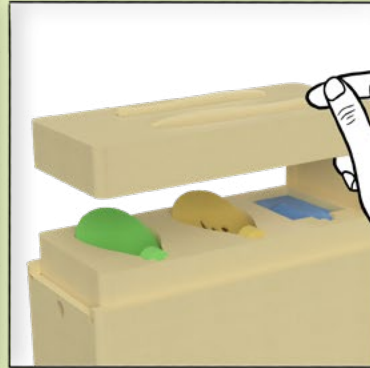
**twist** the  
attachment  
top to  
disconnect



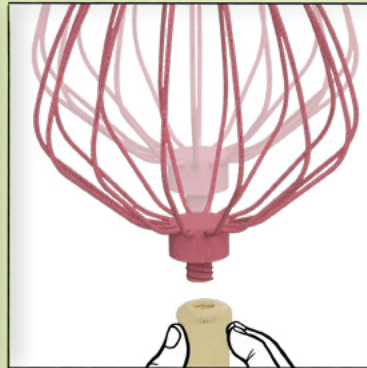
**push up on the release button  
and the attachment topper  
will pop out**



**1. slide the lid  
off box**



**2. separate the  
two sections**



**3. screw chosen  
attachment into  
the handle**



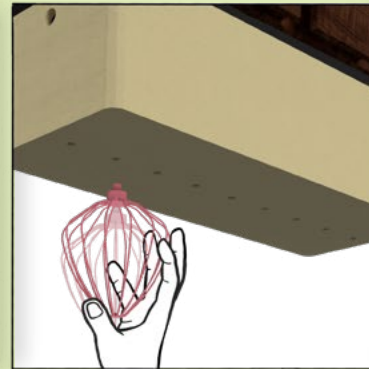
**4. enjoy using!**



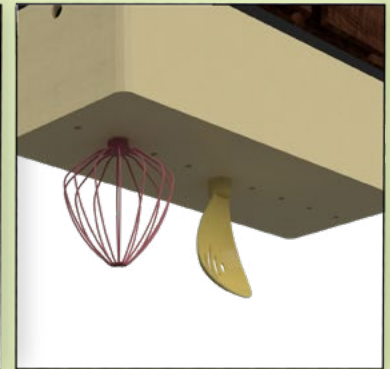
**1. securely place  
rack under a  
shelf**



**2. slide the box  
of attachments  
onto the rack**



**3. screw the  
attachments  
into a hole**



**4. enjoy having  
more counter  
space!**

# for the kids

## nutritional value

get ready to discover how eating healthy can make you feel strong, energized, and happy!





**reds**

improve your heart & blood health & help your joints.

**oranges**

to prevent cancer & promote collagen (protein) growth.

**yellows**

helps your heart, vision, digestion, & immune system.

**greens**

powerful detoxers that improve your immune system.

**blues**

improve mineral absorption & soothes stomach.

**whites**

activates cells that naturally protect you & reduce cancer risk.

**why you should be eating around the rainbow!**



# healthy eating

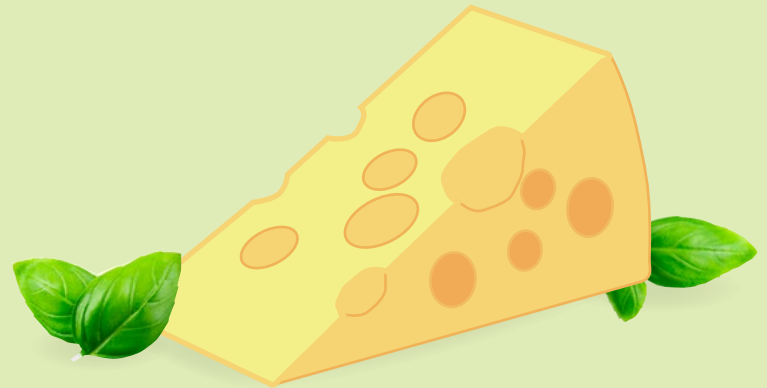
## breakfast recipes

breakfast is the most important meal of the day and plays a vital role in maintaining a healthy diet. get ready to discover some delicious morning recipes, with food combos you never would've thought to pair!



# breakfast toasts...

crunchy toast topped with a variety of different cheeses and other ingredients to liven up the flavor profile.



## melted cheese toasts...

**STEP 1:** choose preferred toast.

**STEP 2:** select cheese (*ricotta is a good breakfast option*).

**STEP 3:** pick and choose from any of the following...

lemon + basil • sliced pears + walnuts • roasted tomatoes  
figs + thyme (try broiled) • sliced meat + pickle • fruity jam

**honey or olive oil  
make a great drizzle  
on top of any of these  
combos.**

## avocado toasts...

**step 1:** choose preferred toast.

**step 2:** grab a ripe avocado and slice it up.

**step 3:** pick and choose from any of the following...

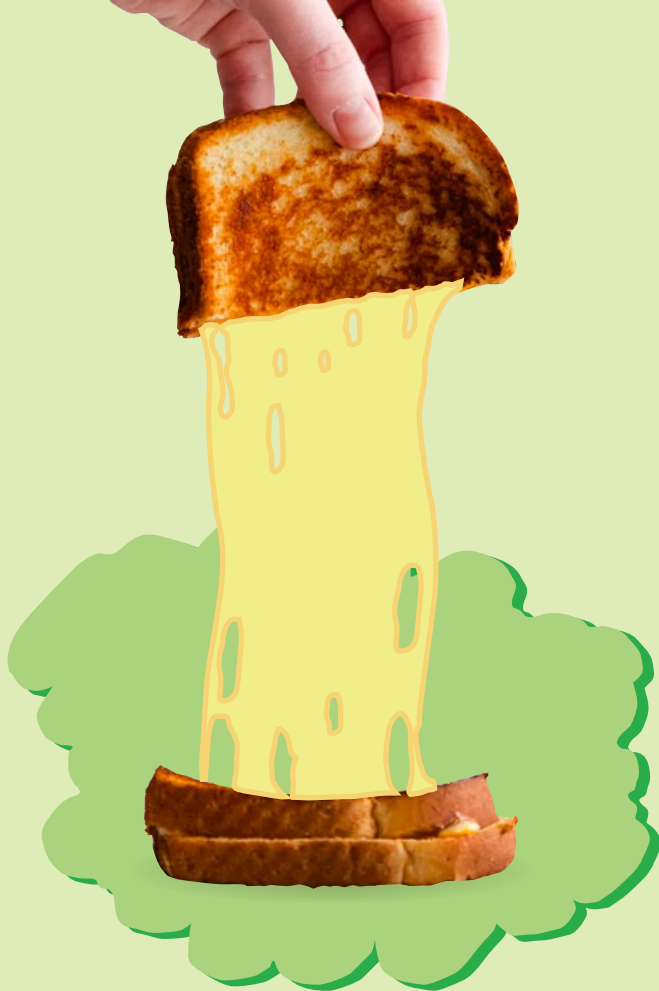
fried egg + chili crisp • bacon or tomato slices • roasted carrots + cheese  
cucumber + smoked salmon • sliced jalepenos + cheese • bacon + blue cheese + egg

**drizzle some  
lemon or lime  
juice on.**

# healthy eating

## lunch recipes

whether you're a busy parent looking for quick and healthy options, or a youngster searching for trendy recipes, you're in the right place. so pull up a chair, and let's make some magic!



# delicious sandwiches...

hungry for a simple, but yummy lunch? look no further...

*picture this: freshly baked bread, stacked high with endless combinations of succulent meats, vibrant veggies, and a symphony of flavorful spreads.*





## delicious sandwiches...

### creamy cucumber:

- 2 oz cream cheese, soft
- 1 tbs plain Greek yogurt
- 1 tbs sliced fresh chives
- 1 tbs chopped fresh dill
- ¼ tsp ground pepper
- 2 slices whole-wheat bread
- ⅓ cup thinly sliced cucumber

*combine first 5 ingredients, then top off bread with this mixture and cucumber!*

### veggie & hummus:

- 2 slices whole-grain bread
- 3 tbs hummus
- ¼ avocado, mashed
- ½ cup mixed salad greens

### cucumber caprese:

- 1 tbs pesto
- 1 tbs mayonnaise
- 2 slices whole-wheat bread, toasted
- 1 small tomato, sliced
- 1 oz sliced fresh mozzarella cheese
- ⅓ cup sliced cucumber (2 ounces)
- ½ cup baby kale or arugula

*mix pesto into the mayo, then top off remaining ingredients to bread & enjoy!*

- your choice of veggies to slice, dice, or chop and add to your sandwich

*spread the hummus and avocado on the bread slices, then add your vibrant veggies to it & enjoy your colorful sandwich!*

# healthy eating

## dinner recipes

get ready to dive into a world of mouthwatering recipes that will elevate your evening meals from ordinary to extraordinary!



# leftover chicken?

do you regret throwing out your uneaten leftovers?  
whatever the reason may be, stop throwing them out right  
now and look ahead to discover how you can re-vamp your  
leftover chicken into a fresh new recipe!



## #1 way to fix your meal...

the quickest (and easiest!) way to use up leftover chicken is to throw everything in a bowl on a fresh bed of lettuce for a healthy chicken salad!

### **15 minute leftovers quesadilla:**

- leftover chicken (shredded is easiest)
- cream cheese
- clove of garlic
- 1 jalapeno

*mix toppings together, spread them on 1/2 of a tortilla with cheese on top, and toast on both sides until golden brown!*

### **10 minute pasta:**

- quick cooking macaroni
- leftover shredded chicken
- grape tomatoes, chopped
- mozzarella cheese
- garlic
- olive oil
- tomato paste
- chopped dill (topping)

*place chicken, tomatoes, oil and garlic into a pan and cook on med-high for 5 minutes until mixture forms.*

*add some water and a little bit of tomato paste, then mix in the macaroni and dill,*

*cook until macaroni is ready, then top with mozzarella and serve!*

# after hours...

## snacktime!

snacking should never be boring or unhealthy.  
in the following pages, you can discover  
delicious and nutritious snack ideas that will  
have you coming back for more!



# snack attack!

some low calorie snacks to munch on in between meals or at night when it's too late to make yourself another dinner.





## frozen yogurt bark!

this delicious snack is not only quick and easy to make, but it's also customizable to fit your taste buds and give you the freedom to choose your toppings.

### what you need...

- 2.5 cups of yogurt
- 4 tbs of honey or syrup
- 1 tsp vanilla extract
- 1 cup of your fruit(s) of choice

*line a pan with parchment paper, and in a bowl mix together the first 3 ingredients. sprinkle your fruit on top of the sheet of yogurt, and freeze for at least 2 hours.*

**add nuts for some crunch!**

## healthy potato chips!

- 15 oz can of chickpeas
- 2 cups white vinegar
- 1 tbs garlic powder
- 1 tsp sea salt
- 1 tbs parsley flakes

*rinse and drain chickpeas, then place them in a pot with vinegar and boil for 15 min. after done, let sit for 30 min.*

*preheat oven to 400 degrees. drain vinegar from chickpeas (**but don't rinse them**) and pour onto baking sheet.*

*add spices and stir them around on the sheet. place in oven and cook for 45-60 min, **STIRRING EVERY 15 MINUTES.***

*remove from oven, allow to cool, and eat!*

# sustainability...

everyone should learn about the importance of sustainability, because it equips them with the knowledge and tools to become future stewards of the planet.

# why is food waste an issue?

- learning about food waste is essential for creating a more sustainable and responsible approach to food.
- reducing food waste is environmentally important because it keeps food out of landfills.
- by adopting sustainable practices, there could be long-term cost savings, improved resource efficiency, and new economic opportunities.
- food waste drives up prices making it harder for some people to afford, and is also a lost opportunity to feed the hungry.

# why is composting important?

- it helps convert organic waste, such as food scraps, into nutrient-rich soil known as “black gold,” which can enhance the soil fertility and promote healthier plant growth.
- composting also plays a role in reducing greenhouse gas emissions. organic waste that sits in landfills releases harmful gases into the air, but by composting it instead promotes the release of carbon dioxide, a less harmful gas.
- also, by composting, it reduces the amount of waste that ends up in landfills, which decreases the production of harmful chemicals.

# mindfulness

## all about hemp!

hemp and marijuana have very different meanings in the eyes of the law, but they're simply two different names for the same plant.

*simply put, hemp used for food won't get you high.*

# what is indian hemp?

- a branched perennial that has smooth opposite leaves and small greenish white flowers.

the fibres from the stem can be used to make things like

- bags, mats, clothing, and more!
- the plant contains a milky juice (latex) which makes rubber, and the dried roots of Indian hemp and a related plant make a drug that acts as a heart stimulant.

# what is indian hemp?



**hemp**

- easily grown, tall with skinny leaves
- very low THC (less than .3%), high in CBD
- not psychoactive
- used to make textiles, clothing, paper, etc...



**cannabis**

- requires a lot of care to grow
- high in THC (5%-35%)
- psychoactive
- cultivated for active cannabinoids (THC & CBD)

# benefits of hemp

- hemp seeds themselves are a complete source of protein, and are especially rich in an amino acid called arginine, which has benefits for heart health.
- hemp oil contains vitamin E, which is good for your immune system, and it contains anti-inflammatory compounds that can improve skin conditions and reduce inflammation.
- with hemp fashion, it provides eco-friendly clothing that are natural, soft, breathable, lightweight, and durable.



# why choose hemp plastic?



## reduces plastic waste

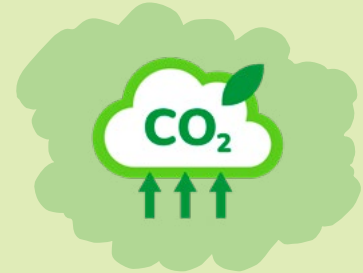
customers can reduce 25%-100% of plastic waste by switching over to hemp plastic products.



## eco-friendly

by using 100% bio-based resin, the polymers in hemp plastics can be biodegradable or compostable.

*begins to decompose after 3-6 months with no added chemicals*



## carbon negative

hemp is a renewable resource that consumes far more greenhouse gasses than are emitted in its production.

# how is it produced?

## collect raw materials

find a *suitable source* of raw hemp material for use in hemp plastic production.



## chemical baths

once extracted, the hemp cellulose goes through a variety of *soaking processes that purify it* and prevent crystallization.



## extract cellulose

cellulose can be extracted from hemp biomass using a variety of different machines and methods. the idea is to *remove as much cellulose as possible* without damaging it or including any other substances.

## molding and cooling

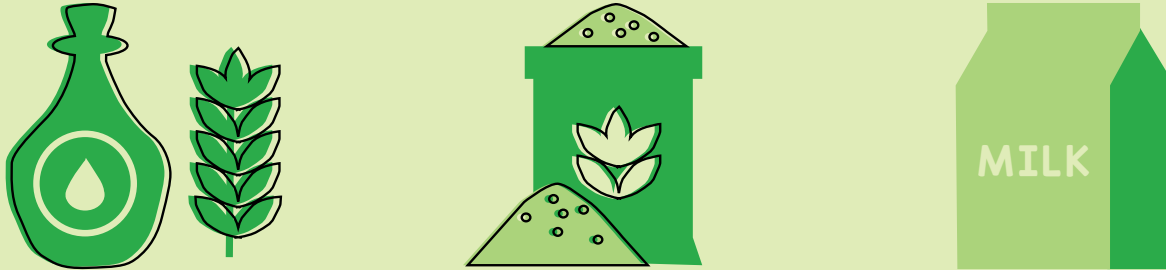
once it is finished, the hemp plastic is *placed in molds and allowed to cool* after taking on its final form. from this point onward, the finished hemp plastic is then turned into other products.



## extrusion and finishing

the finished hemp cellulose plastic is *heated* and either extruded through small holes to make strings or kept in bricks or sheets.

# cooking with hemp!



- you can consume it either in seed or oil form, and it's also processed into flour, protein powder and other ingredients that can easily be incorporated into recipes.
- because hemp seeds don't naturally contain THC, you don't have to worry about psychoactive effects, making hemp safe for kids and even pets to enjoy.

## hemp seed suggestions...

- **cream and milk substitutes**  
*just add water for a creamy beverage*
- **meaty grounds alternatives**  
*adds texture and protein to a veggie bowl*
- **grain bowls**  
*add 1 tbsp to a grain bowl for extra nutrition*
- **salads**  
*toss some hemp seeds in your bowl of leafy greens*
- **soups**  
*hemp seeds are great to blend in with hot soup*
- **(hot) cereal**  
*warm up a bowl of oatmeal and throw in some seeds*
- **cookies and bars**  
*make a protein bar or healthy cookie with ground seeds*
- **smoothies**  
*blend hemp seeds into a delicious, creamy drink*

## hemp oil dressings...

- tahini dressing**
- 8 tbsp tahini
  - 2 garlic cloves minced finely
  - 1 lemon (juice)
  - 4 tbsp hemp seed oil
  - 1/4 tsp salt
  - 8 tbsp lukewarm water

- garlic dressing**
- 4 tbsp hemp oil
  - 4 tbsp white wine vinegar
  - 3 cloves garlic minced
  - 1/8 tsp pepper
  - 1/8 tsp salt

- hemp vinaigrette**
- 4 tbsp hemp oil
  - 1 ½ tsp lemon juice
  - 1 ½ tsp balsamic vinegar
  - 1 tbsp dijon mustard
  - salt and pepper to taste

