

CARROTS & PUMPKINS ROCK THE SEASON



CARROT GINGER SOUP

The spice and warmth from the ginger gives a fiery kick in contrast to the sweetness of the carrot and coconut milk.

PLANT PROTEIN CARROTS, sliced

1 cup boiled = 1.2 grams

1 cup juice = 2.2 grams



MAPLE PUMPKIN SCONES

Regardless of the season, enjoy the warm and cozy flavors of maple and pumpkin pie spice reminiscent of fall in every bite.

The richness of coconut cream pairs well with squash or sweet potato if pumpkin puree is unavailable.

RECIPE

RECIPE



Not all Carrots are Created Equal

"Everybody thinks a carrot's a carrot's a carrot—well that's the furthest thing from the truth" Bob Jones Sr.

Check out specialty carrots grown by Farmer Lee Jones at [The Chef's Garden](#)

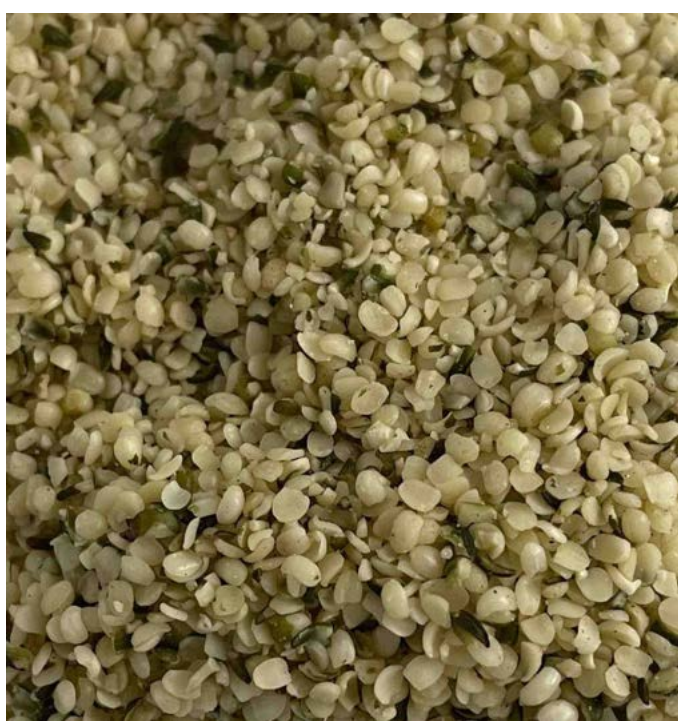
PROTEIN RICH & MILK REPLACEMENTS



RECOMMEND BUYING ORGANIC HEMP SEEDS, 18OZ MANITOBA HARVEST

Organic hemp seeds are a protein-packed superfood: with 10g of plant protein per serving per 30 gm serving, they have two times more protein than chia or flax.

These super seeds also offer 12g Omegas 3 & 6 and only 1g of carbs per serving. With a light, nutty flavor that complements almost any dish, Hemp Hearts are an easy and perfect protein and flavor boost to any meal.



HEMP HEARTS

Hemp hearts are hulled hemp seeds. They are nutritious and protein-dense with a mild nutty taste. Commercial brands can replicate dairy milk's texture and color by adding sweeteners, nutrients, and emulsifiers.

MAKE HEMP HEART MILK

Quick to make, combine in a blender bowl ½ cup hulled hemp seeds, 3 (thicker) - 4 (thinner) cups water, salt to taste, and a pitted date, or tbsp maple syrup for sweetness. Blend the mixture on high until smooth, strain if desired, refrigerate, and store in a serving container for up to 5 days. Chill for a refreshing glass of non-dairy milk or add to smoothies, cereal, or baked goods.

BUY

MILK REPLACEMENTS

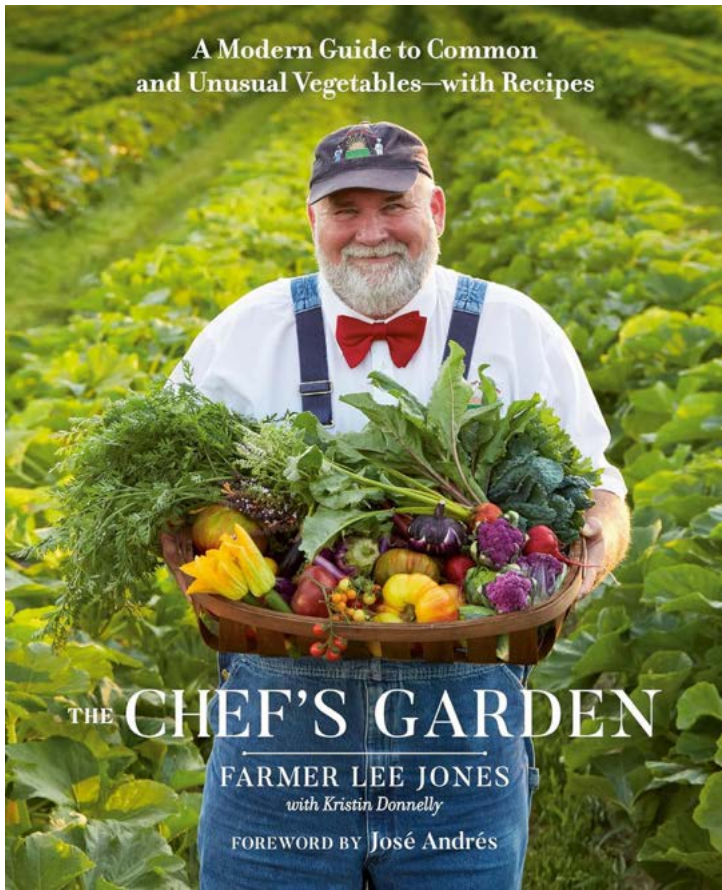
MY GO -TO KITCHEN HELPERS



OXO GOOD GRIPS STAINLESS STEEL BENCH SCRAPER, CHOPPER, & DOUGH CUTTER FOR BAKING

Grip the Non-Slip Handle: Your go-to scraper kitchen tool should not be slipping during important tasks that need to be done quickly.

Our Bench Scraper & Chopper has a large, soft handle you can keep a grip on.



FARMER LEE JONES COOKBOOK

An approachable, comprehensive guide to the modern world of vegetables, from the leading grower of specialty vegetables in the country. Featuring more than 500 entries, from herbs, to edible flowers, to varieties of commonly known and not-so-common produce. With 100 recipes created by the head chef at The Chef's Garden Culinary Vegetable Institute.

BUY

BUY

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Refresh and edit your pantry and recipe box to include plant-based ingredients, nourishing meals, and explore some healthy swops to adopt. Enjoy!

*Chef Anne Callaghan*

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