



## Meal Planning With California Prunes

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### Fruits

- 2 Avocado
- 2 Banana
- 1 tsp Orange Zest

### Breakfast

- 1 tbsp Maple Syrup

### Seeds, Nuts & Spices

- 3 tbsps Chia Seeds
- 1/2 tsp Garlic Powder
- 3 tbsps Hemp Seeds

### Vegetables

- 1/2 cup Carrot
- 1 Carrot
- 4 cups Kale Leaves
- 2 cups Purple Cabbage

### Boxed & Canned

- 1 cup Quinoa

### Baking

- 1 tsp Baking Powder
- 2 tbsps Brown Sugar
- 3 cups California Prunes
- 1/4 cup Cocoa Powder
- 2 tbsps Coconut Flour
- 1 cup Dark Chocolate Chips
- 2 cups Oats
- 1 tbsp Vanilla Extract
- 2 ozs White Chocolate Chips

### Bread, Fish, Meat & Cheese

- 14 ozs Tempeh

### Condiments & Oils

- 1/16 oz Avocado Oil Spray
- 1 tbsp Rice Vinegar
- 3 tbsps Soy Sauce
- 1/4 cup Tahini

### Cold

- 2 cups Cottage Cheese
- 2 tbsps Margarine
- 1 cup Soy Yogurt
- 1 1/8 cups Unsweetened Almond Milk

### Other

- 1/2 cup Chocolate Protein Powder
- 1 1/3 cups Water



## Carrot Cake Double Chocolate Prunes Baked Oatmeal

6 servings  
30 minutes

### Ingredients

3/4 cup California Prunes  
2/3 cup Water  
2 tbsps Margarine  
2 cups Oats  
2 tbsps Brown Sugar  
1/4 cup Cocoa Powder  
3 tbsps Chia Seeds  
1 tsp Baking Powder  
1 cup Unsweetened Almond Milk  
1 tsp Vanilla Extract  
1/2 cup Carrot (shredded)  
1/2 cup Dark Chocolate Chips  
1 cup Soy Yogurt  
1 tbsp Maple Syrup

### Nutrition

Amount per serving	
Calories	396
Fat	16g
Carbs	57g
Fiber	8g
Sugar	28g
Protein	8g
Cholesterol	0mg
Sodium	157mg
Vitamin A	85IU
Vitamin C	1mg
Calcium	197mg
Iron	3mg

### Directions

- 1 Preheat the oven to 350°F (180°C) and line an 8 x 8 inch (20 x 20 cm) square baking pan with parchment paper.
- 2 Cut the prunes in half, place in a bowl, cover with water then put it in the microwave for 3 minutes. Then transfer it into the food processor and pulse until smooth.
- 3 Return the prune puree to the bowl, add all the ingredients in the order indicated, except for the yogurt and maple syrup.
- 4 Mix evenly then pour the mixture into the prepared mold. Level and smooth the surface for uniformity.
- 5 Add a few extra chocolate chips by pressing them lightly into the mixture.
- 6 Bake for 30 minutes. Remove from the oven, let cool for 20 minutes. Mix together the yogurt and maple syrup and spread on top of bake. Slice.
- 7 Store for 3-4 days at room temperature in an airtight container.



## White Chocolate California Prune Protein Bars

4 servings  
30 minutes

### Ingredients

1/16 oz Avocado Oil Spray  
1/2 cup Chocolate Protein Powder  
2 Bananas  
2 tbsps Coconut Flour  
2 tbsps Unsweetened Almond Milk  
1/4 cup California Prunes  
2 ozs White Chocolate Chips  
3 tbsps Hemp Seeds

### Nutrition

Amount per serving	
Calories	259
Fat	9g
Carbs	34g
Fiber	4g
Sugar	23g
Protein	13g
Cholesterol	2mg
Sodium	33mg
Vitamin A	55IU
Vitamin C	5mg
Calcium	83mg
Iron	1mg

### Directions

- 1 Preheat the oven to 325°F (165°C). Line a loaf pan with parchment paper and spray with the avocado oil.
- 2 Add the protein powder, bananas, coconut flour, almond milk, and California Prunes to a food processor. Blend until just smooth. Scrape down the sides as needed.
- 3 Pour the mixture into the loaf pan and bake for 15 minutes or until a toothpick comes out clean.
- 4 Use the parchment paper to lift the bars out of the loaf pan and onto a cooling rack. Cool for 10 minutes.
- 5 Meanwhile, melt the chocolate in a double boiler or in 30-second intervals in the microwave.
- 6 Cut the bars and drizzle the chocolate over top. Sprinkle the hemp hearts on the bars and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to seven days.

**Serving Size:** One serving is one bar. One loaf pan yields four servings.

**More Flavor:** Add peppermint extract to the batter for a chocolate peppermint flavor.

**Avocado Oil Spray:** One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.



## Nourishing Sticky Tempeh Bowl with California Prunes

6 servings  
35 minutes

### Ingredients

- 1 cup Quinoa
- 14 ozs Tempeh
- 4 cups Kale Leaves
- 1 cup California Prunes (chopped - divided)
- 2 tbsps Water
- 1/4 cup Tahini (sesame paste)
- 3 tbsps Soy Sauce
- 1 tbsp Rice Vinegar
- 1/2 tsp Garlic Powder
- 1 Carrot (shredded)
- 1 Avocado (sliced)
- 2 cups Purple Cabbage

### Nutrition

Amount per serving	
Calories	437
Fat	20g
Carbs	51g
Fiber	9g
Sugar	18g
Protein	22g
Cholesterol	0mg
Sodium	482mg
Vitamin A	2765IU
Vitamin C	34mg
Calcium	199mg
Iron	5mg

### Directions

- 1 Preheat oven to 375°F. Line baking sheet with parchment paper.
- 2 Cook brown rice according to package directions.
- 3 Steam tempeh for 10-15 minutes to remove bitterness.
- 4 Steam kale 5 minutes.
- 5 In a blender or food processor, combine 1/3 cup prunes, water, tahini, soy sauce, vinegar and garlic powder. Blend to combine.
- 6 Add tempeh and half of the sauce to a bowl and stir well. Reserve remaining sauce.
- 7 Spread tempeh onto baking sheet and bake 20 minutes.
- 8 In each of 6 serving bowls, add a layer of brown rice. Top with sections of tempeh, kale, carrot, avocado, purple cabbage and remaining 2/3 cup prunes. Drizzle with remaining sauce and serve.



## High-Protein Orange and Prune Chocolate Mousse

6 servings  
15 minutes

### Ingredients

1/2 cup Dark Chocolate Chips  
1 cup California Prunes  
1/2 cup Water (boiling water)  
2 cups Cottage Cheese (Use dairy-free if desired)  
1 Avocado  
2 tsp Vanilla Extract  
1 tsp Orange Zest (plus more for garnish)

### Nutrition

Amount per serving	
Calories	316
Fat	15g
Carbs	35g
Fiber	4g
Sugar	27g
Protein	10g
Cholesterol	12mg
Sodium	224mg
Vitamin A	151IU
Vitamin C	4mg
Calcium	74mg
Iron	1mg

### Directions

- 1 Finely grate 1 tbsp chocolate and set aside.
- 2 Break chocolate into small pieces. Place chocolate and prunes in a blender cup or large wide mouthed glass jar. Pour boiling water over and let sit 2 minutes.
- 3 Add cottage cheese, avocado, vanilla and zest. Blend with an immersion blender until mixture is puréed.
- 4 Fill 6 small glasses each with 1/2 cup mousse. Chill uncovered for 1 hour to let set.
- 5 Serve garnished with a sprinkling of reserved grated chocolate and orange zest.