



**Whole &
Healthy**

GRAINS

Empanadas (inset) **Paella (border)**
BiancaZapatka.com HolyCowVegan.net



**Cauli-Power Fettuccine
"Alfredo"**
OhSheGlows.com



Fiesta Quinoa Salad
ForksOverKnives.com



**Baked Zucchini and
Amaranth Patties**
OneGreenPlanet.org



Receive these and more recipes.
Sign up for updates at BotaniCuisine.com