

Oh Mega! Recipes



* House Salad Divine

- 3c baby salad greens
- 12 spears blanched asparagus spears, cut into 2" lengths
- 1/3c very thinly sliced red onion
- 2 hot house or vine ripened tomatoes cut into 8ths

*Place greens on a serving platter and arrange vegetables on top.

Dressing 1/4c Oh Mega! Oil

- 3 Tbsp dry red wine, juice of 1/2 a lemon and 1/4 tsp sea salt
- 1 Tbsp toasted yellow mustard seeds (do this in a saucepan on medium-low heat they start to "pop")
- 1 Tbsp maple syrup or liquid honey

*Whisk together well and drizzle over lettuce and vegetables, toss to coat evenly. Top with cooked chicken or seafood and fish for a bigger meal.

* Oh Mega! Hummous

- 1 can garbanzo beans, drained and rinsed
- 2 cloves garlic, pressed
- 3 Tbsp Tahini
- 1/3 c clean water & juice of 1/2 a lemon (more if desired)
- 1 tsp sea salt
- 3 Tbsp Oh Mega! Oil

*Combine the first five ingredients in a food processor on high. Transfer to a serving dish and drizzle with Oh Mega! Oil. Serve with crackers, raw vegetables or breads.

* Avocado and Mixed Vegetable Salad

- 1 peeled avocado diced
- 2 stalks celery, sliced,
- 1/2 small zucchini, quartered lengthwise and thinly sliced
- 1/2 c cooked edamame beans
- 1 small shallot, diced fine & small handful fresh parsley, chopped
- 4 Tbsp Oh Mega! Oil
- 1 Tbsp lemon juice
- Sea salt and fresh black pepper

*Mix the first 5 ingredients. Top it with the mix of Oh Mega! Oil, lemon and spices.

* Oh Mega! Bites

- 1/4 cup Oh Mega! Oil
- 3/4 cup brown sugar
- 1 egg

Beat together, then add

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| 1 1/4 cup ww flour | 1/2 tsp sea salt |
| 1/4 cup hemp hearts | 1/2 tsp bkg powder |

*Roll into small balls, press with a fork, Bake 12 mins at 360 F.