

Love You More International  
Presents



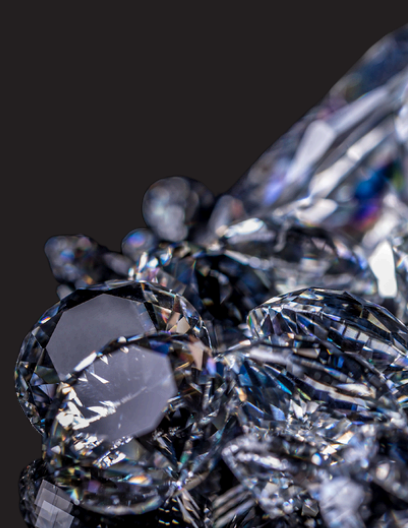
# ROOTED IN THE Kitchen

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## *Dallas*

RECIPE GUIDE

Created by Toye Penny, Founder of Love You More  
International and The Rooted Luxe Collection





## A Note From Toyé

Thank you for sharing the table with me.

What we prepared together was simple by design, food meant to nourish, steady, and bring us back to ourselves. My hope is that these recipes continue to meet you where you are, not just in the kitchen, but in the pace of your days and the way you care for yourself and others.

May what you make here remind you that nourishment doesn't have to be complicated to be meaningful. Sometimes, it just needs to be shared.

Love You More,

Toyé Penny

*Toyé Penny*

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## Cajun-Spiced Plant Shrimp Burrito with Mexican Quinoa

Warm, vibrant berries finished with a golden, lightly crisped topping. Bright, balanced, and designed to close the table with lightness.

### Ingredients (Serves 4–6)

#### For the Burrito

- Beleaf Plant-Based Shrimp
- Large cassava or gluten-free tortillas (we used Coyotas Cassava)
- Lacinato kale, chopped
- Frozen organic corn
- Yellow onion, sliced
- Red, green, and orange bell peppers, sliced

#### Seasoning Blend

- Paprika
- Cumin
- Salt
- Cajun seasoning
- Taco seasoning
- Teriyaki sauce
- Ginger syrup

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## Mexican Quinoa

- 1 cup quinoa
- 2 cups water
- 1 teaspoon vegan vegetable broth
- Fody Taco Seasoning
- 1 tablespoon nutritional yeast
- Cumin

## Toppings: (optional)

- Vegan Mexican-style cheese (we used Violife)
- Vegan feta cheese (we used Follow Your Heart)
- Green onions
- Fresh cilantro
- Lime wedges
- Guacamole
- Rooted Luxe Collection™ Crimson Root™ beet salsa

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## Instructions

### 1. Cook the Mexican Quinoa

- Add quinoa and water to a pressure cooker.
- Pressure cook for 2 minutes.
- Once complete, release pressure and season with vegan broth, taco seasoning, nutritional yeast, and cumin.
- Switch to “bake” setting and cook for an additional 10 minutes to deepen flavor.

### 2. Sauté the Vegetables

- Heat olive oil in a skillet over medium heat.
- Add kale, corn, onion, and bell peppers.
- Sauté for 5 minutes until slightly softened and vibrant.

### 3. Prepare the Cajun Plant Shrimp

- In a separate skillet, heat olive oil.
- Add Beleaf Plant-Based Shrimp and sauté for 7 minutes.
- Add seasoning blend (paprika, cumin, Cajun, taco seasoning, salt, teriyaki sauce, ginger syrup).
- Cook until slightly crisp and well-coated.

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## 4. Warm the Tortillas

- Lightly heat tortillas in a skillet with a touch of olive oil until warm and pliable.

## 5. Assemble the Burritos

- Layer sautéed vegetables onto tortilla.
- Add Cajun plant shrimp.
- Spoon in Mexican quinoa.
- Add vegan cheeses.

## 6. Finish & Serve

- Top with green onions, cilantro, lime juice, guacamole, and Crimson Root™ beet salsa.
- Wrap tightly and serve warm.

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## Cinnamon-Roasted Japanese Sweet Potatoes

### Ingredients

- White Japanese sweet potatoes
- Olive oil spray
- Cinnamon
- 6–8

### **Instructions**

#### 1. Prepare the Potatoes

- Wash and keep the skin on.
- Chop into even square pieces for consistent cooking.

#### 2. Steam

- Steam for 10 minutes until just tender.

#### 3. Roast

- Lightly spray with olive oil.
- Place in the oven and bake for 10 minutes until edges begin to crisp.

#### 4. Finish

- Sprinkle with cinnamon and serve warm.

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## Golden Spring Crisp™

Warm, vibrant berries finished with a golden, lightly crisped topping. Bright, balanced, and designed to close the table with lightness.

### Serves

- 6–8

### Berry Filling

#### Ingredients:

- 7–8 cups mixed berries
- (Strawberries, raspberries, blueberries)
- 3 Tbsp maple syrup
- 2 Tbsp arrowroot starch (or cornstarch or gluten-free flour)
- 1 Tbsp fresh lemon juice

#### Instructions:

1. Preheat oven to 350°F (176°C).
2. Add berries directly to a 9×13-inch baking dish (or similar size).
3. Top with maple syrup, arrowroot starch, and lemon juice.
4. Gently toss to combine until berries are evenly coated.

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## Crisp Topping

### Ingredients:

- 1 cup gluten-free flour
- ⅔ cup shredded or desiccated coconut
- 1 cup roughly chopped pecans (or nut of choice)
- ½ cup coconut sugar (or organic cane sugar)
- ½ tsp sea salt
- 4 Tbsp coconut oil or vegan butter, melted
- 2 Tbsp agave syrup (optional, for added sweetness)

### Instructions

1. In a large mixing bowl, combine gluten-free flour, shredded coconut, pecans, coconut sugar, and sea salt.
2. Stir to combine.
3. Add melted coconut oil (or vegan butter) and mix until evenly distributed and crumbly.
4. Taste and adjust sweetness if desired by adding a touch more coconut sugar or agave.



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## Assemble & Bake

1. Evenly spread the crisp topping over the berry mixture.
2. Bake uncovered on the center rack for 40–45 minutes, or until:  
the fruit is bubbling the topping is golden brown
3. Let cool for 10 minutes before serving.

## To Serve

### Serve warm with:

- Vegan vanilla ice cream
- or Coconut whipped cream

## Storage

Store leftovers covered in the refrigerator for up to 4 days.