

WELL YOUR WORLD

PRODUCT RECIPES






APRIL 29TH LIVESTREAM
NO ADDED SALT, OIL, OR SUGAR



WELL YOUR WORLD

ALWAYS SOS-FREE

HEALTHY VEGAN PRODUCTS

-  100% plant-based
-  no added salt
-  no added oil
-  no added sugar
-  gluten free
-  nut free



WELLNESS MADE SIMPLE: YOUR HEALTHY KITCHEN SOLUTION

Delicious meets nutritious in our thoughtfully crafted food lineup. Designed to keep you on track with your healthy lifestyle, our convenient options deliver bold flavors without artificial additives or unnecessary ingredients. Your wellness journey just got easier—explore our complete selection at wellyourworld.com.



MEET OUR SAUCES:

- Asian Everything Sauce
- BBQ Sauce
- Indian Everything Sauce
- Marinara Magnifica
- Mushroom Basil Pasta Sauce
- Pizza Sauce
- Sriracha Chili Sauce
- Tomato Ketchup



MEET OUR DRESSINGS:

- Balsamic Vinaigrette
- Desert Catalina Dressing
- Italian Dressing
- Sweet Heat Dressing
- Sweet Mustard Dressing



MEET OUR DRY MIXES & BLENDS:

- Banana Pancake Mix
- Cheese Sauce Mix
- Date Powder
- Mushroom Gravy Mix
- Nooch
- Dried Veggie Blend
- Veggie Broth Mix



MEET OUR SOUPS:

- Smoky White Bean Soup
- Potato Corn Chowder
- Kitchari Indian Stew
- Butternut Squash Soup
- Tomato Rice Soup
- Mighty Mushroom Soup
- Hearty Lentil Soup
- Creamy Potato Soup
- Cauliflower Chowder
- Black Bean and Rice Stew



MEET OUR SEASONINGS:

- Calypso Caribbean Seasoning
- Chili Lime Seasoning Blend
- Everything Bagel Seasoning
- Fiesta Blend
- Galaxy Dust Salt Substitute
- Lemon Pepper Pizzazz
- Stardust Salt Substitute
- Voodoo Cajun Seasoning Blend
- Zesty No-Salt Seasoning Blend
- Cosmic Dust Seasoning Blend
- Green Chile Seasoning
- Red Chile Seasoning
- Indian Seasoning
- Italian Seasoning

APRIL 29TH LIVESTREAM

Microwave Fruit Crumble

INGREDIENTS

- ~1 cup frozen fruit
- 2 teaspoons WYW Date Powder
- 1/2 cup WYW Banana Pancake Mix
- 1/4 cup soy milk
- 1/4 teaspoon ground cinnamon



METHOD

Add the frozen fruit and Date Powder to a small bowl or mug. Stir and microwave uncovered for 45 seconds. Set aside.

In a small bowl, add the remaining ingredients and mix well with a fork. Spread the mixture on top of the fruit. Microwave again uncovered for about 45 seconds, depending on the strength of your microwave.



Chef's Notes

We used berries and peaches in this one, but you can use any favorite fruit!

APRIL 29TH LIVESTREAM

Tomato Artichoke Salad

INGREDIENTS

- 1 15 oz. chickpeas, drained and rinsed
- 1 12 oz. bag frozen artichoke hearts, thawed and chopped
- 1 pint cherry tomatoes, chopped
- 1/4 red onion, sliced thin
- 1 handful fresh basil, chopped
- 1 handful fresh parsley, chopped
- 1 handful fresh mint, chopped
- 1 handful fresh chives, chopped (optional)
- 1 tablespoon capers (optional)
- crushed red pepper (optional)

Dressing

WYW Italian Dressing

OR

WYW Balsamic Vinaigrette



To Serve

- diced avocado
- chopped olives

METHOD

To prepare the salad, add all of the ingredients to a large mixing bowl.

Drizzle on as much dressing as you would like to the salad and toss well to combine.

If desired, stir in some diced avocado or a few chopped olives, and enjoy!



Chef's Notes

No fresh herbs? Sub fresh for a couple teaspoons of dried herbs.

APRIL 29TH LIVESTREAM

Tofu Ricotta Lasagna

INGREDIENTS

Tofu Ricotta

- 1** 14-16 oz. block firm tofu, drained
- ~2** cups fresh spinach or 1 10 oz. bag frozen spinach, thawed and drained
- 2+** tablespoons WYW Italian Seasoning
- 1/2** teaspoon WYW Lemon Pepper Pizzazz

Sauce

- 2** jars WYW Mushroom Basil Pasta Sauce or Marinara Magnifica

Lasagna

- Sauce
- ~9 uncooked lasagna noodles
- Tofu Ricotta

METHOD

Preheat the oven to 375°F.

To prepare the Tofu Ricotta add all of the ingredients to a food processor and process until smooth, using a spatula to scrape down the sides once or twice. Set aside.

To assemble, cover the bottom of a 9x12 casserole dish with 1 jar of sauce. Using a spatula, spread a layer of Tofu Ricotta onto three lasagna noodles and place the noodles ricotta-side-up on the sauce. Repeat with another layer of noodles and ricotta along with a 3rd layer of noodles. If you have extra ricotta, you can spread it onto your third layer of noodles as well!

Pour on the second jar of sauce and spread evenly. Cover in tin foil and bake in the oven for 20 minutes. Remove the foil and bake for an additional 20 minutes.



APRIL 29TH LIVESTREAM

Speedy Black-Eyed Peas & Greens

INGREDIENTS

- 1 15 oz. can no-salt black eyed peas, drained and rinsed**
- 1 10-12 oz. bag frozen chopped onion**
- 2-3 teaspoons minced garlic**
- 1-2 tablespoons any WYW Seasoning Blend**
- 2 big handfuls of fresh greens like kale**
- 1/2 lemon, juiced**



METHOD

Add the black eyed peas, onion, and garlic to a large saucepan and sauté over medium-high heat for 5-7 minutes until tender, adding veggie broth as needed to keep from sticking.

Add your favorite no-salt seasoning such as Well Your World Cosmic Dust, Galaxy Dust, or Stardust and continue to sauté for another minute.

Add the greens and stir continuously until they begin to wilt and integrate with the beans, about 1-2 minutes.

Squeeze fresh lemon juice over the top just before serving. Enjoy!



Chef's Notes

For even more convenience, try this with frozen greens like kale, spinach, or collards. No chopping required and they cook in the same amount of time!

APRIL 29TH LIVESTREAM

Spaghetti-Orzo's

INGREDIENTS

- 5 oz. whole wheat orzo**
- 1 15 oz. can tomato sauce**
- 2 tablespoons soy milk**
- 1/2 teaspoon onion powder**
- 1/2 teaspoon garlic powder**
- 1/2 teaspoon paprika**
- 1/4 cup WYW Nooch**
- 1 tablespoon WYW Date Powder**

METHOD

Prepare the pasta according to the package directions and set aside.

While the pasta is cooking, add the remaining ingredients to a separate sauce pan, whisk, and slowly bring to a boil. Use a lid to avoid splatter!

Add the pasta to the sauce, stir, simmer for a minute, and enjoy!



Chef's Notes

In the last few minutes of boiling the pasta, I love to throw in chopped broccoli or zucchini to add more variety to this dish.

APRIL 29TH LIVESTREAM

Weeknight Potato Curry

INGREDIENTS

- 3 large gold potatoes, cubed**
- 1 teaspoon cumin seeds (optional)**
- 1 yellow onion, diced**
- 1 green chili or bell pepper, diced**
- 2-3 tablespoons WYW Indian Seasoning**
- 2 cups soy milk + 2 tablespoons shredded coconut**
- 1 cup frozen peas**



To Serve

- **fresh chopped cilantro**
- **lemon juice**
- **brown rice**



METHOD

Add the potatoes to a boiling pot of water and boil for about 10 minutes or until tender. Strain and set aside.

While the potatoes are cooking, toast the cumin seeds for a minute or two in a dry pan on medium heat, stirring constantly. You can skip this step if you like but it adds flavor!

Add the onion and chili to the pan. Sauté over medium-high heat for 3-5 minutes, adding a little water or veggie broth as needed to keep from sticking. Add the Indian Seasoning and cook for a couple more minutes until the veggies are soft.

Blend the soy milk and coconut together to make a low-fat coconut milk.

Stir in the cooked potatoes, low-fat coconut milk and peas. Continue to cook on medium-low heat for a couple minutes or until everything is heated through.

Serve with fresh chopped cilantro and lemon juice on a bed of brown rice.

Chef's Notes

We also love to stir in some chopped kale, collard greens, or swiss chard and cook with the sauce until wilted.

APRIL 29TH LIVESTREAM

Easy BBQ Wrap

INGREDIENTS

Chickpea Filling

- 1** 15 oz. can chickpeas, drained and rinsed
- 1/2** cup frozen fire roasted corn, thawed
- 1/2** cup BBQ Sauce

Wrap Ingredients

- whole wheat lavash
- Chickpea Filling
- 1-2** ribs celery, sliced thin
- 1** red bell pepper, sliced thin
- 1** carrot, sliced thin
- 1/2** cucumber, sliced thin
- 1** avocado, sliced

METHOD

In a mixing bowl, add the chickpeas, corn, and BBQ sauce. Mash into a coarse texture with a potato masher.

Lay down the whole wheat lavash, add some chickpea filling along with as much of the other wrap ingredients as you like, roll it up, and cut the wrap in half.

Enjoy this no-heat Summer recipe! This will yield at least a couple wraps.



APRIL 29TH LIVESTREAM

Lemony Asparagus Polenta

INGREDIENTS

Polenta

- 2 cups cornmeal**
- 2 cups water + 7 cups**

Chickpea Asparagus

- 1 small yellow onion, diced**
- 2 teaspoons minced garlic**
- 1 15 oz. can chickpeas, drained and rinsed**
- 1/2 cup WYW Veggie Broth**
- 1/2 teaspoon dried basil**
- 1-2 teaspoons WYW Lemon Pepper Pizzazz**
- 1 teaspoon flour (optional)**
- 1 bunch asparagus, chopped lemon juice, to taste**



METHOD

To prepare the Polenta, add the cornmeal and 2 cups of water in a mixing bowl. Whisk well until there are no clumps. Set aside.

In a large pot, add the remaining 7 cups of water and bring to a boil. Slowly stir in the whisked mixture and bring back to a boil.

Whisk continuously while the cornmeal begins to thicken, then reduce the heat to low, cover, and let cook for about 10 minutes. Remove from heat and set aside.

In a saucepan, sauté the onion over medium-high heat for 3 minutes, adding water as needed to keep from sticking. Add the garlic and chickpeas, cook for another minute. Then, add the veggie broth, basil, and Lemon Pepper Pizzazz. Allow to simmer for a couple more minutes. If there is too much liquid, mix in a teaspoon of flour. Remove from the heat and set aside.

Bring a small pot of water to a boil and throw in the chopped asparagus. Allow the asparagus to blanch for 2 minutes, then drain well.

To serve, spoon some polenta into a bowl and top with the chickpea mixture and some asparagus. Squeeze on a little more lemon juice and enjoy!

Chef's Notes

For a creamy polenta add cashew cream to the cook pot: 1/4 cup cashews blended with 1/2 cup of soy milk or water.



POTATO CORN CHOWDER



MIGHTY MUSHROOM SOUP



BUTTERNUT SQUASH SOUP



BLACK BEAN & RICE STEW



TOMATO RICE SOUP



HEARTY LENTIL STEW



SMOKY WHITE BEAN SOUP



CREAMY POTATO SOUP



KITCHARI INDIAN STEW



CAULIFLOWER CHOWDER

JUST ADD WATER SOUP MIXES

Our line up of soups and stew are the most flavorful and satisfying complete meals you will find without added salt, oil, or sugar! From home to travel to camping, our soups are sure to become a staple in your life. Keep some on hand for busy days, so you are always prepared with a healthy meal. Give the gift of health and add a package or two to a gift basket!

Our soups are comprised of healthy whole food ingredients like veggies and starches, no added fillers or flavorings like MSG. They are also very low in calorie density and fat, which means you'll get full without the food coma. These soups will leave you energized and ready to take on the day!

INSTRUCTIONS

Just one box of our soups yields 2 hearty bowls, which is definitely a hefty meal.

Simply add the contents of the soup box to a pressure cooker or pot, add water, turn on the heat, and you'll be ready to eat in no time. Can't get any easier than that!



pressure
cooker

OR



+



=



2 complete
meals



stovetop

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WELL YOUR WEEKEND

We have a membership-based live cooking show where we go live twice a month featuring EASY and SIMPLE plant-based and SOS-free recipes (no added salt, oil, or sugar). We host our show on YouTube via a private link, so you can chat along with us and ask questions as we cook!

Join our other members who love to see the unedited Well Your World approach to simple, healthy cooking. We'll show you how to remove the complexity and spend less time working in the kitchen.



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ALL OF OUR COOKBOOKS HAVE:

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