

DAY 1

Breakfast-Apple Cinnamon Hot Cereal

Mid-morning Snack-Antioxidant Smoothie

Lunch-Black Bean Minestrone

Snack-Handful of Nuts

Dinner-Cabbage Wraps and Black Bean Minestrone

Apple-Cinnamon Hot Cereal

Serves 8

1 (14.5 oz) can coconut milk

2 cups cooked brown rice

1 apple, chopped, unpeeled

1 banana, mashed

1 cup roughly chopped dates

1 1/2 teaspoons cinnamon

Pinch nutmeg

1/2 cup toasted pecans/walnuts

Add coconut milk, brown rice, apple, banana, dates, cinnamon, and nutmeg to a medium saucepan. Cook over medium-low heat about 10 minutes or until heat-ed through. Stir frequently to prevent burning on bottom of pan. Sprinkle 1 tablespoon pecans/walnuts over each serving.

Antioxidant Smoothie

Serves 2

2 cups mixed frozen berries

1 cup unsweetened pomegranate juice

1 cup water

Combine all ingredients in a blender and mix until smooth.

Black Bean Minestrone

Ingredients:

1 tablespoon extra-virgin olive oil

1/2 cup chopped onion

1 cup chopped carrots

2 stalks celery, sliced

2 cloves garlic, minced

4 cups water or Vegetable Broth

1 (15-oz) can black beans, rinsed and drained

1 cup fresh or frozen green beans, cut into 1-inch pieces

1 cup chopped tomatoes, unpeeled, unseeded

1 cup chopped fresh spinach or 1/2 cup frozen spinach, thawed

2 tablespoons chopped fresh basil or 1 1/2 teaspoons dried basil

2 tablespoons chopped fresh parsley or 1 1/2 teaspoons dried parsley

1/2 teaspoon salt

1/8 teaspoon pepper

Directions:

Heat olive oil in a large saucepan over medium heat. Cook onions, carrots, and celery until vegetables are softened. Stir in garlic, and cook for another minute, stirring constantly so garlic doesn't burn.

Add water or broth, black beans, green beans, tomatoes, spinach, basil, salt and pepper. Bring to a boil. Simmer, un-covered, over low heat about 20 minutes to allow the flavors to blend. Stir in parsley before serving.

Yield: 6 servings (serving size: about 1 1/4 cups)

Cabbage Wraps

1/4 cup and 5 tablespoons olive oil

3 tablespoons minced garlic

1 medium cabbage

1 bag chopped spinach

2 zucchini, cubed

1 small sweet onion, chopped

1/2 cup scallions

1/4 cup leek, chopped

1/2 cup cilantro

1/4 fennel, sliced

2-3 tablespoon fresh dill, chopped

Sea salt and black pepper, to taste

1. In a 4-quart pot boil 3-4 cups salted water, adding 3-4 tablespoons olive oil and 1 tablespoon garlic.

2. As the water comes to a boil, peel 6-8 cabbage leaves gently off and rinse.

3. Use a pair of tongs to dip one leaf at a time in the boiling water. Hold each leaf for 1 minute on one side, then turn over and hold for 1 minute on the other side. Do this until the leaf is tender and pliable to the touch. Dip the remaining leaves one at a time and set each aside.

4. In a saucepan heat 1/4 cup olive oil and remaining garlic. Add spinach, zucchini, onion, scallions, leek, cilantro, fennel, dill, salt and pepper. Sauté for approximately 5 minutes.

Remove from heat.

5. Take a cabbage leaf and fill it with spinach-zucchini mixture. Depending on the size of the leaf, you will use 1 or 2 tablespoons of mixture per leaf.

6. As you fill each leaf, fold the leaves in and place the seams downward on the serving plate.

DAY 2

Breakfast-Avocado Breakfast

Mid-morning Snack-Almond Butter Bites

Lunch-Cucumber and Sweet Onion Salad

Snack-Spicy Veggie Sticks

Dinner-Quinoa and Fresh Vegetables

Avocado Breakfast

Serves 2

Simple Berry Sauce

1 cup strawberries

1 tablespoon coconut oil

Pinch salt

Avocado Breakfast

4 cups mixed berries, sliced

2 diced avocados

1 cup simple berry sauce

1. Combine all sauce ingredients in a blender and blend well. Transfer to a storage container for use for up to five days. Store in the refrigerator.

2. In a small mixing bowl, toss together half the berries and half the avocado lightly with half the berry sauce until well coated. Repeat with remaining berries, avocado, and sauce.

Optional: Serve over a half of avocado.

ALMOND BUTTER BITES

1/2 cup almond butter

1/4 cup raw sunflower seeds

1/4 cup raisins

1/4 cup chopped almonds

2 tablespoons unsweetened shredded coconut

1/4 teaspoon cinnamon

Mix all ingredients in a bowl until well combined. Use a 1/2 tablespoon measuring spoon or a large melon ball scoop to form mixture into small balls. Place in an 8-inch baking dish and freeze until firm. Serve frozen or slightly thawed.

Cucumber and Sweet Onion Salad

2 cucumbers, thinly sliced

1 large sweet onion, thinly sliced 3-4 tbsp. cilantro, chopped

4 tbsp. garlic

3-5 tbsp. scallions, chopped Juice of 2 lemons

Sea salt and black pepper Louisiana Hot Sauce (optional)

1/4 cup olive oil

Directions

1. Place cucumber and onion slices in large bowl. Add cilantro, garlic, and scallions to mixture.
2. Pour lemon juice over the entire mixture and sprinkle with sea salt and pepper to taste.
3. Add Louisiana Hot Sauce to taste, if desired.
4. Toss with olive oil and mix until all ingredients are evenly coated. Add more seasoning if needed and serve.

Spicy Veggie Sticks

Spicy House Seasoning to taste

2 tablespoons olive oil

6 carrots, washed

4 potatoes, washed

1. Preheat oven to 450°.

2. Clean and peel the above vegetables. Cut them into thick sticks resembling fries.

3. Toss them in the olive oil until coated evenly.

4. Place them in a single layer on a cookie sheet and bake them on the top rack for 20 minutes, turning every 5 minutes.

5. While hot, sprinkle with Seasoning mix, to taste.

Quinoa with Fresh Veggies

4 cloves of garlic, minced

1 cup quinoa

1-2 tablespoons olive oil

2 small cucumbers

1 bunch mint

A few green onions

1 package cherry tomatoes

1 small red onion

1 lemon zested

A bunch of pea sprouts

1/2 lemon, juiced

1 tablespoon olive oil

2 tablespoons pesto

1. Heat oil over medium heat in a pot and add garlic. Cook until just aromatic and add quinoa.

Lightly cook until just toasted. Add 1 1/2 cups water or stock to the quinoa, bring to a boil, add salt, reduce heat and simmer, covered until cooked through (15-20 minutes).

2. In a small bowl combine pesto, lemon juice and 1 tablespoon olive oil.

3. Once quinoa is cooked add all remaining ingredients to the quinoa pot and stir until mixed through.

4. Serve hot.

DAY 3

Breakfast-Baked Oatmeal

Mid-morning Snack-Nuts
Lunch-Cabbage Wraps
Snack-Almond Butter Bites
Dinner-Black Bean Minestrone and Cucumber & Sweet Onion Salad

Baked Oatmeal

Serves 6

1 1/2 cups old-fashioned rolled oats
1 1/2 cups unsweetened almond milk
1/2 cup unsweetened applesauce
1/4 cup chopped dried apricots
1/4 cup chopped dates or raisins
1/4 cup chopped pecans or walnuts
1/2 teaspoon cinnamon
1/4 teaspoon salt

Preheat oven to 350 degrees. Put all ingredients in a large bowl and stir well. Transfer to an 8 by 8 inch baking dish that has been lightly rubbed with olive oil. Pour oatmeal mixture into dish and bake 45-50 minutes or until slightly browned and crispy on top.

Optional: Serve with Almond Butter or Date Honey.

Cabbage Wraps

1/4 cup and 5 tablespoons olive oil
3 tablespoons minced garlic
1 medium cabbage
1 bag chopped spinach
2 zucchinis, cubed
1 small sweet onion, chopped
1/2 cup scallions
1/4 cup leek, chopped
1/2 cup cilantro
1/4 fennel, sliced
2-3 tablespoon fresh dill, chopped
Sea salt and black pepper, to taste

1. In a 4-quart pot boil 3-4 cups salted water, adding 3-4 tablespoons olive oil and 1 tablespoon garlic.

2. As the water comes to a boil, peel 6-8 cabbage leaves gently off and rinse.

3. Use a pair of tongs to dip one leaf at a time in the boiling water. Hold each leaf for 1 minute on one side, then turn over and hold for 1 minute on the other side. Do this until the leaf is tender and pliable to the touch. Dip the remaining leaves one at a time and set each aside.

4. In a saucepan heat 1/4 cup olive oil and remaining garlic. Add spinach, zucchini, onion, scallions, leek, cilantro, fennel, dill, salt and pepper. Saute for approximately 5 minutes.

Remove from heat.

5. Take a cabbage leaf and fill it with spinach-zucchini mixture. Depending on the size of the leaf, you will use 1 or 2 tablespoons of mixture per leaf.

6. As you fill each leaf, fold the leaves in and place the seams downward on the serving plate.

Almond Butter Bites

1/2 cup almond butter
1/4 cup raw sunflower seeds
1/4 cup raisins
1/4 cup chopped almonds
2 tablespoons unsweetened shredded coconut
1/4 teaspoon cinnamon

Mix all ingredients in a bowl until well combined. Use a 1/2 tablespoon measuring spoon or a large melon ball scoop to form mixture into small balls. Place in an 8-inch baking dish and freeze until firm. Serve frozen or slightly thawed.

Black Bean Minestrone

Ingredients:

1 tablespoon extra-virgin olive oil
1/2 cup chopped onion
1 cup chopped carrots
2 stalks celery, sliced
2 cloves garlic, minced
4 cups water or Vegetable Broth
1 (15-oz) can black beans, rinsed and drained
1 cup fresh or frozen green beans, cut into 1-inch pieces
1 cup chopped tomatoes, unpeeled, unseeded
1 cup chopped fresh spinach or 1/2 cup frozen spinach, thawed
2 tablespoons chopped fresh basil or 1 1/2 teaspoons dried basil
2 tablespoons chopped fresh parsley or 1 1/2 teaspoons dried parsley
1/2 teaspoon salt
1/8 teaspoon pepper

Directions:

Heat olive oil in a large saucepan over medium heat. Cook onions, carrots, and celery until vegetables are softened. Stir in garlic, and cook for another minute, stirring constantly so garlic doesn't burn.

Add water or broth, black beans, green beans, tomatoes, spinach, basil, salt and pepper. Bring to a boil. Simmer, un-covered, over low heat about 20 minutes to allow the flavors to blend. Stir in parsley before serving.

Yield: 6 servings (serving size: about 1 1/4 cups)

DAY 4

Breakfast-Apple Cinnamon Hot Cereal
Mid-morning Snack-Almond Butter Bites
Lunch-Quinoa and Fresh Vegetables
Snack-Spicy Veggie Sticks
Dinner-Sweet Potato Patties

Apple-Cinnamon Hot Cereal

Serves 8

1 (14.5 oz) can coconut milk
2 cups cooked brown rice
1 apple, chopped, unpeeled
1 banana, mashed
1 cup roughly chopped dates
1 1/2 teaspoons cinnamon
Pinch nutmeg

1/2 cup toasted pecans/walnuts

Add coconut milk, brown rice, apple, banana, dates, cinnamon, and nutmeg to a medium saucepan. Cook over medium-low heat about 10 minutes or until heat-ed through. Stir frequently to prevent burning on bottom of pan. Sprinkle 1 tablespoon pecans/walnuts over each serving.

Almond Butter Bites

1/2 cup almond butter
1/4 cup raw sunflower seeds
1/4 cup raisins
1/4 cup chopped almonds

2 tablespoons unsweetened shredded coconut
1/4 teaspoon cinnamon

Mix all ingredients in a bowl until well combined. Use a 1/2 tablespoon measuring spoon or a large melon ball scoop to form mixture into small balls. Place in an 8-inch baking dish and freeze until firm. Serve frozen or slightly thawed.

Quinoa with Fresh Veggies

4 cloves of garlic, minced
1 cup quinoa
1-2 tablespoons olive oil
2 small cucumbers
1 bunch mint
A few green onions
1 package cherry tomatoes
1 small red onion
1 lemon zested
A bunch of pea sprouts
1/2 lemon, juiced
1 tablespoon olive oil
2 tablespoons pesto

1. Heat oil over medium heat in a pot and add garlic. Cook until just aromatic and add quinoa. Lightly cook until just toasted. Add 1 1/2 cups water or stock to the quinoa, bring to a boil, add salt, reduce heat and simmer, covered until cooked through (15-20 minutes).

2. In a small bowl combine pesto, lemon juice and 1 tablespoon olive oil.

3. Once quinoa is cooked add all remaining ingredients to the quinoa pot and stir until mixed through.

4. Serve hot.

Spicy Veggie Sticks

Spicy House Seasoning to taste

2 tablespoons olive oil

6 carrots, washed

4 potatoes, washed

1. Preheat oven to 450°.

2. Clean and peel the above vegetables. Cut them into thick sticks resembling fries.

3. Toss them in the olive oil until coated evenly.

4. Place them in a single layer on a cookie sheet and bake them on the top rack for 20 minutes, turning every 5 minutes.

5. While hot, sprinkle with Seasoning mix, to taste.

Sweet Potato Quinoa Patties

2 cups baked sweet potato

2 cups cooked quinoa

Medium yellow onion

3 cloves of crushed garlic

1 tablespoon finely chopped fresh thyme

1 tablespoon olive oil

Sea salt

Fresh cracked pepper

Earth balance vegan butter or coconut oil for cooking

1. Prepare quinoa according to package instructions.

2. Preheat oven to 400°, pierce sweet potatoes with fork and bake for 45 minutes or until soft.

Remove skins, mash with a fork to remove all chunks and place in large mixing bowl.

3. In a saute pan combine onions, olive oil, a hearty pinch of sea salt and cook over medium-low heat until onions are translucent. Add garlic and cook an additional minute, stirring continually to prevent the garlic from burning. Add thyme at the very end and mix well.
4. Add onions, quinoa, 1/4 teaspoon sea salt, a bit of fresh cracked pepper to large mixing bowl with sweet potatoes and stir until well combined

Day 5

Breakfast-Creamy Banana Oatmeal

Mid-morning Snack-Beet Juice and Nuts

Lunch-Sweet Potato Patties

Snack-Celery and Hummus

Dinner-Lentil-Spinach "Meatballs" and Pesto Spaghetti Squash

Creamy Banana Oatmeal

Serves 2

2 cups oats (Old Fashioned)

3 cups Silk Organic Soy Milk

1 whole banana

1/4 teaspoon of cinnamon

1. Combine Oats and soy milk in a medium pot. Cook over medium heat stirring continually until thick. Be aware that old fashioned whole oats take time to soften and thicken.
2. Add fruit.

Beet Juice

1. Wash beets, carrots, apple, and gingerroot, and cut in quarters.

2. Cut lemon in half.

3. Add the ingredients to juicer and juice.

Serves 2

2-3 beets

2 carrots

1 apple

1/2 inch ginger root

1/2 lemons

1. Wash beets, carrots, apple, and gingerroot, and cut in quarters.

2. Cut lemon in half.

3. Add the ingredients to juicer and juice.

Sweet Potato Quinoa Patties

2 cups baked sweet potato

2 cups cooked quinoa

Medium yellow onion

3 cloves of crushed garlic

1 tablespoon finely chopped fresh thyme

1 tablespoon olive oil

Sea salt

Fresh cracked pepper

Earth balance vegan butter or coconut oil for cooking

1. Prepare quinoa according to package instructions.

2. Preheat oven to 400°, pierce sweet potatoes with fork and bake for 45 minutes or until soft. Remove skins, mash with a fork to remove all chunks and place in large mixing bowl.

3. In a saute pan combine onions, olive oil, a hearty pinch of sea salt and cook over medium-low heat until onions are translucent. Add garlic and cook an additional minute, stirring continually to prevent the garlic from burning. Add thyme at the very end and mix well.

4. Add onions, quinoa, 1/4 teaspoon sea salt, a bit of fresh cracked pepper to large mixing bowl with sweet potatoes and stir until well combined

Hummus-Cilantro & Scallions

1 15-oz. can garbanzo beans

5 tbsp. garlic

1/4 cup tahini

1/2 cup olive oil

Juice of 2 lemons

1/4 cup cilantro

1/4 cup scallions

1 large carrot

4 celery stalks

Sea salt and ground black pepper

1. Place garbanzo beans, garlic, tahini, olive oil, and the juice of 1 lemon in a food processor and blend until all items are chopped.

2. Add remaining ingredients and process until well blended. Sprinkle with salt and pepper. Process again to make sure all ingredients are well blended.

Lentil-Spinach "Meatballs"

1/2 cup dry lentils

1 1/2 cups vegetable broth/water

1/2 cup diced onion

1 clove garlic

1 1/2 teaspoons olive oil

1 cup finely chopped white button mushrooms

1/2 package frozen chopped spinach

1/2 cup brown rice flour

2 tablespoons finely chopped walnuts

2 tablespoons flaxseed meal

1 teaspoon dried basil

1 teaspoon dried parsley

1/2 teaspoon garlic powder

Place lentils and broth in a medium saucepan and bring to a boil. Lower heat and add 1/4 cup onions and garlic. Cover, and simmer with lid tilted for 45 minutes. Preheat oven to 350°. While lentils cook, heat olive oil over medium-low heat in a large skillet. Add remaining 1/4 cup onions, mushrooms, and spinach. Cook 5 minutes, stirring frequently. Set aside. When lentils are done cooking, drain and stir into onion-mushroom-spinach mixture. Add oat flour, walnuts, flaxseed meal, basil, parsley, garlic powder, and salt. Stir well. Transfer to a food processor or blender and process 10-15 seconds or until smooth. Form mixture into balls and place on an 11x17-inch baking dish that has been rubbed with olive oil. Bake 30 minutes.

Pesto Spaghetti Squash

1 spaghetti squash (about 2 pounds)

1 Pesto recipe

Preheat oven to 375°. With a fork, prick squash all over and place in baking dish. Cook 1 hour and remove from oven.

Let squash cool 10-15 minutes before cutting in half and removing the seeds. Discard seeds.

Pull a fork lengthwise through the flesh to separate it into long strands. Place strands in a large bowl. Add Pesto to spaghetti squash and stir to coat. Mix well and serve immediately.

DAY 6

Breakfast-Baked Oatmeal

Mid-morning Snack-Apple Crisps

Lunch-Lentil-Spinach "Meatballs"
Snack-Nuts
Dinner-Stir-Fry Vegetables and Brown Rice

Baked Oatmeal

Serves 6

1 1/2 cups old-fashioned rolled oats
1 1/2 cups unsweetened almond milk
1/2 cup unsweetened applesauce
1/4 cup chopped dried apricots
1/4 cup chopped dates or raisins
1/4 cup chopped pecans or walnuts
1/2 teaspoon cinnamon
1/4 teaspoon salt

Preheat oven to 350 degrees. Put all ingredients in a large bowl and stir well. Transfer to an 8 by 8 inch baking dish that has been lightly rubbed with olive oil. Pour oatmeal mixture into dish and bake 45-50 minutes or until slightly browned and crispy on top.

Optional: Serve with Almond Butter or Date Honey.

Apple Crisps

3 large apples
cinnamon

1. Preheat oven to 275°.
2. Place apple strips in a single layer without overlapping on two large baking sheets lined with parchment paper.
3. Bake 2 hours or until apples are dry and crisp. For chewier crisps, remove from oven at 1 1/2 hours.
4. Using a spatula, transfer crisps to wire rack to cool.

Lentil-Spinach "Meatballs"

1/2 cup dry lentils
1 1/2 cups vegetable broth/water
1/2 cup diced onion
1 clove garlic
1 1/2 teaspoons olive oil
1 cup finely chopped white button mushrooms
1/2 package frozen chopped spinach
1/2 cup brown rice flour
2 tablespoons finely chopped walnuts
2 tablespoons flaxseed meal
1 teaspoon dried basil
1 teaspoon dried parsley
1/2 teaspoon garlic powder

Place lentils and broth in a medium saucepan and bring to a boil. Lower heat and add 1/4 cup onions and garlic. Cover, and simmer with lid tilted for 45 minutes. Preheat oven to 350°. While lentils cook, heat olive oil over medium-low heat in a large skillet. Add remaining 1/4 cup onions, mushrooms, and spinach. Cook 5 minutes, stirring frequently. Set aside. When lentils are done cooking, drain and stir into onion-mushroom-spinach mixture. Add oat flour, walnuts, flaxseed meal, basil, parsley, garlic powder, and salt. Stir well. Transfer to a food processor or blender and process 10-15 seconds or until smooth. Form mixture into balls and place on an 11x17-inch baking dish that has been rubbed with olive oil. Bake 30 minutes.

Stir-Fry Vegetables with Brown Rice

1 tablespoon sesame oil

3 green onions
3 tablespoons fresh ginger
4 cups fresh broccoli
1/2 a pound fresh green beans
2 carrots
2 cloves garlic, minced
4 cups greens, chopped
1 can sliced water chestnuts
3 cups cooked brown rice
2 tablespoons soy sauce
1 1/2 cups peas
1/2 cup toasted sliced almonds

1. Heat a deep skillet or wok over medium heat for about 1 minute. Add oil and heat for 1 minute.
2. Add green onions and ginger. Saute for 5 minutes.
3. Add broccoli, green beans, carrots, and garlic. Stir fry for 8-10 minutes.
4. Add greens and toss for about 2 minutes or until greens are wilted.
5. Stir in water chestnuts, brown rice, soy sauce, peas and almonds.
6. Serve as complete meal.

Day 7

Breakfast-Creamy Banana Oatmeal

Mid-morning Snack-Nuts

Lunch-Pesto Spaghetti Squash

Snack-Celery and Hummus with Nuts

Dinner-Avocado and Kale Salad and Lentil-Spinach "Meatballs"

Breakfast-Creamy Banana Oatmeal

Serves 2

2 cups oats (Old Fashioned)
3 cups Silk Organic Soy Milk
1 whole banana
1/4 teaspoon of cinnamon

1. Combine Oats and soy milk in a medium pot. Cook over medium heat stirring continually until thick. Be aware that old fashioned whole oats take time to soften and thicken.
2. Add fruit.

Pesto Spaghetti Squash

1 spaghetti squash (about 2 pounds)
1 Pesto recipe

Preheat oven to 375°. With a fork, prick squash all over and place in baking dish. Cook 1 hour, and remove from oven.

Let squash cool 10-15 minutes before cutting in half and removing the seeds. Discard seeds. Pull a fork lengthwise through the flesh to separate it into long strands. Place strands in a large bowl. Add Pesto to spaghetti squash and stir to coat. Mix well and serve immediately.

Hummus-Cilantro & Scallions with Celery Sticks

1 15-oz. can garbanzo beans
5 tbsp. garlic
1/4 cup tahini
1/2 cup olive oil
Juice of 2 lemons
1/4 cup cilantro
1/4 cup scallions

1 large carrot

4 celery stalks

Sea salt and ground black pepper

1. Place garbanzo beans, garlic, tahini, olive oil, and the juice of 1 lemon in a food processor and blend until all items are chopped.

2. Add remaining ingredients and process until well blended. Sprinkle with salt and pepper. Process again to make sure all ingredients are well blended.

Avocado and Kale Salad

Ingredients

1 bundle of kale

1 small red onion, thinly sliced

2 avocados, cubed

¼ cup scallions

¼ cup scallions

Directions

1. Soak kale in cold water and wash leaves individually.

2. Cut kale leaves thinly and place in salad spinner, then transfer to large bowl.

3. Place red onion slices into bowl.

4. Place avocado cubes in bowl.

5. Toss the scallions and cilantro in bowl.

6. Toss and serve with an approved dressing.

Lentil-Spinach "Meatballs"

1/2 cup dry lentils

1 1/2 cups vegetable broth/water

1/2 cup diced onion

1 clove garlic

1 1/2 teaspoons olive oil

1 cup finely chopped white button mushrooms

1/2 package frozen chopped spinach

1/2 cup brown rice flour

2 tablespoons finely chopped walnuts

2 tablespoons flaxseed meal

1 teaspoon dried basil

1 teaspoon dried parsley

1/2 teaspoon garlic powder

Place lentils and broth in a medium saucepan and bring to a boil. Lower heat and add 1/4 cup onions and garlic. Cover, and simmer with lid tilted for 45 minutes. Preheat oven to 350°. While lentils cook, heat olive oil over medium-low heat in a large skillet. Add remaining 1/4 cup onions, mushrooms, and spinach. Cook 5 minutes, stirring frequently. Set aside. When lentils are done cooking, drain and stir into onion-mushroom-spinach mixture. Add oat flour, walnuts, flaxseed meal, basil, parsley, garlic powder, and salt. Stir well. Transfer to a food processor or blender and process 10-15 seconds or until smooth. Form mixture into balls and place on an 11x17-inch baking dish that has been rubbed with olive oil. Bake 30 minutes.