

🌱 This 5-minute spread might change your summer snacking 🍇 You've never had beets and blueberries like this before 📧 Forwarded this email? ✍️ Subscribe below to get connected and receive more updates like this directly!

[View in browser](#)



[Recipes](#)

[Shop](#)

[Connect](#)

[Subscribe](#)

**Welcome June with color, crunch, and a touch of sweetness.
You won't believe how good plant-based can taste!**

Hi ,

Summer's nearly here, bringing longer days and a slower pace. School's out, the farmer markets are bursting with vibrant produce, and everything begs to be turned into something fresh and colorful.

It's the perfect time for light bites, chilled dishes, and meals that celebrate the season's simple joys. Whether you're planning a getaway, tending your garden, or just craving something lighter, I hope [this recipe](#) brings sunshine to your table and flavor to your days.

Recipe

Olive Walnut Spread

Time to lighten up your appetizer game! *PLANTifull Fare's* [Delicious and Healthy Olive Walnut Spread](#) delivers bold Mediterranean flavor, perfect for any warm-weather gathering. Made without a drop of oil, it blends heart-healthy walnuts and briny olives into a rich, satisfying spread that feels indulgent without the heaviness.

Serve it as a dip with crisp endive leaves, celery sticks, or cucumber slices for a fresh, light bite - or pair it with hearty grilled sourdough bread for something a little more robust (and totally irresistible).



Stir it into warm pasta with a splash of cooking water for a light, savory sauce. Toss it with chilled pasta and garden vegetables for a refreshing summer salad. It also makes a delicious sandwich spread or a flavorful layer in a grilled panini.

Whether you're planning a potluck, packing a picnic, or just enjoying sunset snacks on the patio, this simple spread adds elegance to your summer table. It does so without turning on the oven.

Little Sprouts

Beet & Blueberry Mini Pancakes

June is bursting with the vibrant flavors of beets and blueberries. The other day, I found myself in the kitchen with one lone beet left over from our dinner salad and wondered - what could I make with it? More importantly, how could I get the grandbabies to enjoy beets? I had already tried pureeing them and serving it straight up - let's just say, it didn't go over well.

Still, this is the perfect time to introduce nutrient-rich foods to your little sprout, so I got creative. Try my [beet and blueberry pancakes](#).



Ideal for tiny hands (and grown-up snackers!), these mini pancakes are egg-free, oil-free, and naturally sweetened with applesauce. A dollop of beet purée adds a fun purple color and extra veggie goodness.

Soft, fluffy, and freezer-friendly, they're perfect for breakfast or whenever your little sprouts need a cheerful, nourishing bite!

Reflection

As spring fades and summer begins, it's the ideal time to pause and check in with yourself.

June is my birthday month, and it's always felt like a natural moment to reflect on how I've spent the first half of the year. Am I aligned with my goals? Have I taken meaningful steps toward better health? Have I nurtured connections or reached out to someone I've been meaning to call?

If you're feeling the pull to reflect, too, I've created a [PLANTifull Fare's Growth Reflection](#) to gently guide you. This week, take a breath. Set an intention. Recommit to what matters - and savor the sunny, simple joys of the [season](#) and all it has to offer.

May Your June Be Fresh, Flavorful & PLANTifull

I hope these fresh, feel-good recipes bring a burst of flavor and joy to your table. Thank you for being part of the [PLANTifull Fare](#) community. I love hearing how these dishes find their way into your lives, so feel free to hit "reply" and share what you're cooking this season.

Until next time - stay cool, eat colorfully, and keep it PLANTifull!

Peas n health,

~ Donna

PS ~ And if you enjoyed this newsletter, I'd love for you to pass this along to friends and family so they can [subscribe](#) too! Your support means the world to me!



Donna Spencer ~ PLANTifull Fare

Founder/Wellness Cooking Coach

PCRM Food for Life Instructor

Pod Lead PlantPure Communities PLANTifull Fare

PLANTifull Fare, LLC
Austin, TX United States



Ready to start?

My goal is to inspire YOU to embrace a plant-fueled lifestyle to live a healthier and more vibrant life. Tell me what classes are of interest, or download my free-oil and dairy-free salad dressing recipes and health goal recharger vs depleters worksheet.

Cooking Class Interest

Whole Food Plant-Based Salad Dressings

Health Goal Rechargers vs Depleters Worksheet



PLANTifull Fare, LLC

4002 Emory Peak Pass, Austin Texas

You're receiving this email because you signed up for a cooking class, subscribed, or made a purchase.

You may opt-out of receiving PLANTifull Fare recipes, upcoming class info, newsletters, and updates anytime.

[Unsubscribe](#)

