

## RECIPES

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### Green Smoothie

#### Ingredients

1 cup filtered water **OR** coconut water  
3 cups greens (romaine, spinach, kale, chard...)  
½ cup celery, chopped  
½ frozen banana  
1 small pear **OR** green apple  
1-2 tbsp coconut oil (1) **OR** almond butter (2) **OR** ½ avocado  
1 scoop protein powder (optional) – hemp or pumpkin seed

#### Method

Combine all ingredients in a blender and blend until smooth and creamy.

### Berry Boost Smoothie

#### Ingredients

1 cup + non-dairy, non-soy beverage (hemp, coconut, sunflower) **OR** filtered or coconut water  
1 cup frozen berries (blueberry, raspberry, strawberry...)  
1 large handful fresh greens (baby spinach, kale, chard...)  
½ - 1 avocado  
1 scoop protein powder (optional) – hemp or pumpkin seed

#### Method

Combine all ingredients in a blender and blend until smooth and creamy.

#### Options

For Chocolate Version: 2 tbsp raw cacao powder and 1 tbsp raw cacao nibs

### Ultimate EnergyTrail Mix

#### Ingredients

½ cup, heaping raw, unsalted almonds  
½ cup, heaping raw walnut halves  
½ cup raw, unsalted sunflower seeds  
½ cup raw, unsalted pumpkin seeds  
¼ cup unsweetened dried cranberries  
¼ cup goji berries  
½ cup raw cacao nibs

#### Method

Place all ingredients into an airtight container and mix.

Store in the refrigerator, to preserve freshness.

Store in the freezer, for long term storage, to preserve freshness.

Makes about 3 cups

## Nourishing Salad/Collard Wraps

### Ingredients

¼ cup shredded carrot (store bought works great!)

¼ cup shredded beets

½ avocado, sliced or cubed

1 cup sprouts, any kind (pea, broccoli, alfalfa, sunflower...)

¼ cucumber, diced

½ cup cherry tomatoes, sliced (I usually omit these in the collard wraps, eat them whole on the side!)

¼ cup pumpkin or sunflower seeds

3 cups mixed greens (baby spinach, baby kale, swiss chard, arugula, mesclun mix)

Collard Greens OR Romaine Leaves OR Butter Lettuce

### Method – Nourishing Salad

Combine all ingredients in a bowl. Add 2 or 3 tbsp of dressing. Toss.

### Method – Collard Wraps

Combine all wrap ingredients except Collard Greens (or other lettuce). Place filling in wrap. Drizzle with dressing.

### Lemon Ginger Dressing

1 green onion, finely diced

1" piece ginger, grated (½ tsp of prepared minced ginger)

2 tbsp juice squeezed from a lemon OR apple cider vinegar

1 tbsp extra virgin olive oil

Combine all ingredients in a sealable jar. Shake vigorously.

## Lettuce Taco Wraps

### Ingredients

2 large tomatoes, seeded and diced

½ cup sun dried tomatoes, soaked in water, drained, and diced

½ red, green, yellow, orange peppers, diced (pick at least two!)

1 cup fresh cilantro, finely chopped

1 tbsp chili or chipotle powder

1 tsp cumin powder

1 tsp onion powder or ¼ cup sweet onion, finely diced

1 garlic clove, peeled and minced

1 avocado

½ lime, juiced

Pinch of sea salt

Romaine lettuce leaves

### Method

Combine first 8 ingredients in a large mixing bowl and set aside. Mash avocado with lime juice and pinch of sea salt. Spoon avocado mash inside romaine lettuce leaves and top with taco mix.

**Notes:** In a time crunch? Buy fresh salsa in the refrigerator section of your grocery store and just add the peppers, cilantro, and avocado mash.

## Stuffed Sweet Potatoes

### Ingredients

1 sweet potato  
½ tbsp.. coconut oil  
¼ sweet onion, diced  
½ garlic clove, minced  
¼ teaspoon red pepper flakes or 1 tsp. of your favourite hot sauce (optional)  
2 cups mixed greens (baby spinach, baby kale, swiss chard), roughly chopped  
Juice of 1/4 lemon

### Optional Add-ons:

raw sunflower or pumpkin or hemp seeds (protein bonus)  
fresh sprouts or pea shoots

### Method

Preheat oven to 400°F. Scrub the sweet potatoes and prick them in a few places with a fork. Place them on a baking sheet and bake until soft all the way through, about 45 minutes to 1 hour. While sweet potato is baking, heat oil on a medium pan and add the onion and garlic. Cook until soft. Remove from heat and stir in your greens (the heat will wilt them). Add your lemon juice, red pepper flakes and sea salt to taste. Remove sweet potatoes from oven. To serve, slice each sweet potato through the middle, top with greens mix, drizzle with dressing and add any of your extras.

### Tahini Dressing

¼ cup tahini  
¼ cup olive oil  
2 tbsp. coconut aminos  
1 clove garlic  
water, as needed

## Kale Chips

### Ingredients

1 large bunch kale, washed, stemmed, and patted dry  
4 tablespoons olive oil  
3 tablespoons apple cider vinegar  
sea salt to taste  
fresh ground black pepper to taste

### Method

Preheat oven to 300 F. Cut the leaves into large uniform pieces. In a mixing bowl combine kale, olive oil, and vinegar until the kale is coated well. Season with salt and pepper. Spread the kale on a baking tray and bake for 12 to 15 min., tossing the kale chips at least once to help dry them out.

## Broccoli & Avocado Salad

### Ingredients

1 avocado, cubed  
½ head of broccoli  
½ cup cilantro  
1 lime, juiced  
½ tbsp. tahini  
1 tbsp. extra-virgin olive oil  
1 tsp. coconut aminos  
Sea salt to taste

### Method

Slice broccoli into small, bite-sized pieces and steam for about 7 minutes, until cooked but still crunchy. Set aside to cool. Combine remaining ingredients to make a dressing. Once cool, add avocado and cilantro to broccoli. Add dressing and toss.

## Meatballs\*

### Ingredients

1 ½ pounds ground meat (beef, lamb, turkey – dark meat)  
3 cloves garlic, minced  
1 ½ tsp dried oregano  
1 ½ tsp dried rosemary  
2 tbsp fresh lemon juice  
1 tbsp coconut oil, melted **OR** extra-virgin olive oil  
1 tsp sea salt  
Cracked black pepper, to taste

### Method

In a large bowl, mix all ingredients well. Marinate at room temperature for 30 minutes.

Preheat oven to 375°F. Form meat into balls (approx. 2") and place on a parchment-lined baking sheet.

Bake 20-25 minutes, until no longer pink in the center.

\* Adapted with gratitude from: Against All Grain – Danielle Walker

## Cauliflower Flatbread or Pizza Crust

### Ingredients

1 medium cauliflower, about 3 cups once processed  
½ tsp dried basil  
½ tsp dried oregano  
½ tsp garlic powder  
1 tsp crushed red pepper (optional)  
2 tbsp almond meal  
1 tbsp nutritional yeast (optional)  
1 tsp coconut oil  
1 egg  
Pinch sea salt

### Method

Preheat oven to 400°F. Line a cooking sheet with parchment paper and set aside.

Wash and thoroughly dry the head of cauliflower. Cut off the florets, and pulse in food processor until cauliflower is size of rice grains. If you don't have a food processor, grate the cauliflower with a cheese grater. Place cauliflower 'rice' in a large pot with 2-3 tbsp. of water, and cover. On medium heat, steam cauliflower until soft, about 5 minutes. (You can also do this in the microwave, cooking, covered, for approximately 4 minutes) Drain completely in a fine mesh sieve.

Transfer to a clean dish towel or cheese cloth. Gathering the ends together, wrapping the 'rice' in the towel. Squeeze to drain excess water (be careful, it's hot!). Squeezing out as much water as possible will help your crust hold together.

Once completely drained, transfer cauliflower to a large mixing bowl and add remaining ingredients.

Mix well to incorporate all the ingredients. Scoop out dough onto parchment-line baking sheet, and top with a second piece of parchment paper. Roll out dough between parchment layers to make one thin-layered crust. Bake for about 30-35 minutes or until it starts to turn golden brown and the edges crisp up.

Remove from oven. Add your toppings (raw or sautéed) and return to the hot oven and cook for another 10-15 minutes until the toppings are warm.

**Notes:** Makes approx. one 10" crust

I suggest doubling the recipe and making two at a time. Put one in the freezer for next time!

## **Roasted Lemon Chicken with Brussel Sprouts, Beets, & Apple\***

### **Ingredients**

4 – 5 lbs. roasting chicken  
2 tbsp. dried sage, divided  
1 tbsp. dried rosemary, divided  
½ tsp. dried thyme  
1 lemon, halved  
½ tps. lemon juice  
6 cloves garlic, peeled and crushed  
1 clove garlic, minced  
4 tbsp. extra-virgin olive oil **OR** coconut oil, divided  
¾ tsp. Dijon mustard  
sea salt & cracked pepper, to taste  
2 pints brussel sprouts, ends trimmed and halved  
2 beets, peeled and cut into ½” pieces  
1 gala apple, cored and cut into ¼ - ½” pieces  
2 tsp. apple cider vinegar

### **Method**

Rinse the chicken and pat very dry. Leave at room temperature for 1 hour.

Preheat oven to 425°F. Stuff the cavity with sage, rosemary, lemon halves, and garlic cloves. Generously sprinkle sea salt and pepper inside cavity. Place 2 tablespoons of oil, mustard, lemon juice, remaining sage, rosemary, minced garlic, and a pinch of sea salt and pepper in a bowl, and stir to combine. Rub all over chicken, and underneath the skin. Add remaining oil to a bowl with brussel sprouts and beets and toss.

Place the chicken in a roasting pan, breast side up, and place in the oven and roast for 10-15 minutes. Add brussel sprouts and beets and roast for an additional 10 minutes. Reduce the heat to 350°F and roast for an additional 25 minutes; stirring vegetables occasionally. Add the apple and roast the complete dish for a final 10-15 minutes, until the juices of the chicken run clear. An internal thermometer inserted into a cut between a leg and thigh should read 180°F. Brussel sprouts should be browned, beets should be tender, and apple softened. Remove the chicken to a platter and allow to rest, covered, for about 10 minutes. Toss the vegetables with apple cider vinegar. Slice the chicken and serve with vegetables.

\* Adapted with gratitude from: Against All Grain – Danielle Walker