



Clean Eating Recipes

For the Whole Family

Gluten Free, Sugar Free,
Delicious, & Easy!



Ingredients:

- 2 Cups milk, coconut, or almond
- 1 Cup uncooked quinoa
- 2 Tablespoons water
- 1/2 Teaspoon ground cinnamon
- 1/3 Cup chopped walnuts
- 2 Cups organic berries
- 1 Sliced banana
- 1 Tsp organic honey (or maple syrup) *optional

Serves 4



QUICK FACT:

Quinoa is one of the few vegetable options considered a complete protein. It is also packed with fiber, iron, B's and minerals.



Cinnamon Quinoa Breakfast Bowl

Rinse quinoa well. Combine milk, water and quinoa in a medium saucepan. Bring to a boil over high heat. Reduce heat to medium-low; cover and simmer 15 minutes or until the majority of the liquid is absorbed. Turn off heat; let stand covered 5 minutes.

Stir in berries, bananas and cinnamon; transfer to four bowls and top with walnuts. Drizzle honey or maple syrup on top. For more sweetness without the blood sugar spike, you can add a sprinkle of stevia powder.

Ingredients:

4 Organic Whole Eggs
2 Egg whites
1/2 Cup chopped spinach
2 Tbsp chopped basil
1 Tomato, diced
5 Button mushrooms, diced
1/2 Red onion, diced
1 Small zucchini, grated
1/8 Cup grated organic cheese or
cheese substitute (optional)
4 Tbsp nutritional yeast flakes
1 Clove garlic, crushed
Bragg's Organic Sprinkle

Serves 4



QUICK FACT:

Nutritional yeast adds cheesy
flavor while being packed full
of b-vitamins and protein



Veggie Frittata Muffins

Grease a standard 12-cup muffin pan with olive oil. Mix eggs with whites and beat until frothy, add a pinch of the Bragg's Organic Sprinkle and mix. Add all other ingredients to the eggs, and distribute evenly in muffin pan.

Top with optional cheese or cheese substitute.

Bake for 20-24 minutes at 350 (checking periodically after 15 minutes to ensure they don't burn).

Ingredients:

- 2 Large eggs (or organic tofu if for a veggie option)
- 3 Tbsp salsa
- 1/2 Avocado
- Organic soft corn tortilla
- 2 Tbsp chopped cilantro
- 1 Tsp fresh lime juice
- 1/4 Cup black beans

Serves 1



Mexi Breakfast Burrito

Crack eggs in a bowl, add a splash of water & whisk until frothy. Scramble eggs in a pan until fully cooked. Place corn tortilla on a pan to warm, then place on a plate, and add the eggs, salsa, avocado, black and cilantro. Drizzle lime juice over the egg mixture, and sprinkle some sea salt & pepper if you like.



QUICK FACT:

Cilantro helps release heavy metals from the body, balance blood sugar and boosts the immune system

Ingredients:

- 1/2 Cup plain organic 2% Greek yogurt (or coconut/soy for veg option)
- 2 tbsp. chia seeds
- 1/4 Cup milk (rice/almond/hemp etc)
- Dash of vanilla extract
- Sprinkle of cinnamon
- 1 Cup Fresh berries of your choice
- * Optional: a sprinkle of Stevia powder to sweeten

Serves 1



QUICK TIP:

- Chia seeds are packed with
- omega 3 fatty acids, blood
- sugar balancing, belly fat
- fighting fiber



Chia Fruit Pudding

Stir all ingredients together.

Cover and place in the fridge for a minimum of 2 hours or overnight. Eat for breakfast, a snack, or dessert. Top with berries.

Ingredients

3/4 Cup almond milk
1/2 Cup almond flour
1/2 Cup plain rolled oats
1 Tsp olive oil
1 Tsp pure vanilla extract
2 Eggs (or egg substitute)
1/2 Tsp baking soda
1 Tsp baking powder
Dash sea salt

Sauce

1/4 cup frozen blueberries
1/4 Cup frozen raspberries

Serves 2



QUICK TIP:

You can store leftovers in the fridge & pop them in the toaster the next morning!



Gluten Free Almond Pancakes

In a small saucepan over medium heat warm the frozen blueberries & raspberries mixing with a spoon as it heats up until it forms a chunky sauce. Place all other ingredients in a blender and mix until it forms a smooth batter. Let batter sit for a few minutes to thicken. Poor 1/4 of the mix on to a hot pan, and cook over medium high until lightly bubbling. Flip and cook the other side until done. Repeat until you have 4 pancakes. Top the pancakes with the warm berry sauce and serve.

Ingredients

1 Mashed banana
2 Eggs
1/2 Cup oats
Dash cinnamon

Sauce

1/4 cup frozen blueberries
1/4 Cup frozen sliced strawberries

Serves 1



4 Ingredient Protein Pancakes

In a small saucepan over medium heat warm the frozen blueberries & strawberries mixing with a spoon as it heats up until it forms a chunky sauce. Place all other ingredients in a blender and mix on low until it forms a smooth batter. Poor 1/2 of the mix on to a hot pan, and cook over medium high until lightly bubbling. Flip and cook the other side until done. Repeat with the remaining batter.

Top the pancakes with the warm berry sauce or chia jam (p.34) and serve.

Ingredients:

- 2 Hard boiled eggs, sliced
- 1 Organic tomato, sliced
- 5 Basil leaves, chopped
- 1/2 Avocado, sliced

Serves 1



Eggs, Tomato, Avocado & Basil

Boil the eggs for 9 minutes, and let cool. Slice tomato, and avocado. Sprinkle with some fresh ground pepper, and a dash of Himalayan sea salt. Top with chopped basil.

Quick & Easy!



QUICK FACT:

Pairing avocado (healthy fat) with tomato helps the body absorb 7x more lycopene!

Ingredients:

2 Egg whites
2 Eggs
2 Tbsp water
1/4 Tsp sea salt
Dash black pepper
1 medium tomato, chopped
1/4 Cup chopped spinach
1 Small onion, chopped
1/4 Cup chopped green pepper
1/4 Cup chopped mushrooms
1 Tsp nutritional yeast
1/3 Cup shredded organic cheese or
cheese substitute (optional)

Serves 1



Veggie Omelet

Saute onion, mushrooms, and green pepper until tender. Add the zucchini, tomato, spinach and pepper. Cook and stir for 2 more minutes or until vegetables are tender and liquid is nearly evaporated. Set aside and keep warm. In a small bowl, beat eggs, egg whites, water, & salt. Pour into a hot non stick pan and let cook until lifting the sides bit by bit until most of the egg is firm and resembles a pancake. Don't overcook! Spoon Veggies onto one half of the circle, and then fold the other half over it. Sprinkle veggies with nutritional yeast, salt & optional cheese. Let sit until cheese is melted, then enjoy!

Ingredients:

1 Cup gluten free flour blend

1/8 Tsp salt

2 Large eggs beaten

2 Tbsp coconut oil, melted

1 1/2 Cups 'milk' of your choice

* Fill with chia jam & fresh berries, or eggs & veggies. Get creative! :)

Serves 4



Gluten Free Crepes

Stir together flour & salt in a small bowl and set aside. In a large bowl, whisk eggs and melted oil, then add milk and mix until well-blended. Add flour mixture whisking until batter is smooth, thin & easy to pour. Heat a non-stick 12-inch skillet over medium-high heat. When hot, pour 1/4 cup of batter into skillet, spreading evenly & thinly. Cook until set, NOT crispy (1-2 minutes). Flip crepe over with a large spatula & cook for roughly 30 seconds. Remove crepe from the pan and cover with a moist paper towel. Repeat process with batter keeping cooked crepes covered until ready to serve.



QUICK TIP:

Easy gluten free flour blend: 1 1/2 cups sorghum flour (or brown rice flour) + 1 1/2 cups potato starch (not potato flour) + 1 cup tapioca flour/starch

Ingredients:

- 1/2 Cup plain rolled oats
- 1/2 Cup organic milk, coconut milk or almond milk
- 1 Tablespoon chia seeds
- 2 Tablespoons chopped pistachios
- 1/8 Cup shredded coconut
- 1/2 Tsp maple syrup
- 1 Teaspoon vanilla extract

Serves 1



Overnight Oats

Mix all the ingredients together in a mason jar, or other type of glass jar with a lid. Stir well, cover, and refrigerate overnight.

The next morning, remove from the fridge, top off with your favorite fresh fruit, and enjoy!



QUICK FACT:

Soaking reduces the phytate found in oats which helps you better absorb the vitamins and minerals in your meal.

Ingredients:

- 1/2 Cup milk or alternative (almond, rice, etc)
 - 1 1/4 Cups quick steel cut oats
 - 1 Cup gluten free flour mix
 - 1/4 Cup ground flaxseeds
 - 1/4 Cup sorghum flour
 - 1/3 Cup applesauce (or 1 snack size container)
 - 1 Tbsp baking powder
 - 1/2 Tsp sea salt
 - 1/2 Tsp cinnamon
 - 1 Large egg
 - 2 Tsp pure vanilla extract
 - 1/3 Cup softened coconut oil
 - 1/8 Cup coconut palm sugar (or maple syrup)
 - 3/4 Cups frozen blueberries (or diced apple for a recipe variant!)
- 1 sconut = 1 serving



Oats To-Go - Sconut Style! (GF!)

Place oats in a bowl and cover with the 1/2 cup of milk. Let them soak while you prepare the rest of the ingredients. Mix the flours, flax, cinnamon, baking powder and coconut sugar in a bowl. In another bowl mix the apple sauce, vanilla, and egg beating well. Mix the dry ingredients into the wet ingredients, then add the oats mixing until just combined. Add blueberries, mixing again until they are evenly distributed. Place in a donut pan, evenly spreading the mixture (if you don't have a donut pan, simply flatten the mix between 2 sheets of wax paper with a rolling pin, & cut into triangles to place on a baking pan). Cook at 375 for roughly 12-18 minutes (25 minutes if you are using a flat baking pan).

Ingredients:

- 1 Apple
- 4 Strawberries
- 1/4 Cup Blueberries
- 1 Kiwi
- 1/4 Cup Pineapple
- 2 Tbsp Chia Seeds
- 1/4 Cup Buckwheat Groats

Serves 1



Super Fruit Salad

Chop fruit into bite size pieces, and mix with the chia seeds & buckwheat groats. Eat right away.

* OPTIONAL - Top with a dollop of organic plain Greek yogurt sweetened with a sprinkle of vanilla stevia powder.



QUICK FACT:

Fruit alone can leave you hungry in a short time, but the added fiber from chia & groats helps you stay full longer

★ Lunch & Dinner Recipes ★

Any of these meals can be eaten at lunch or dinner so they have been placed in the same category



Ingredients:

- 2 ½ Cups sliced red pepper
- 2 ½ Cups sliced green pepper
- 1 Cup sliced yellow zucchini
- 1 Cup sliced mushrooms
- 1 Cup sliced green zucchini
- 1 Sliced onion
- ¼ Cup balsamic vinegar
- 1 Tbsp chopped fresh rosemary
- 2 Tsp fresh dill
- 2 Tbsp chopped parsley
- 1 Tbsp crushed garlic
- Dash of sea salt & black pepper
- 2 Tbsp Olive Oil



QUICK TIP:

Don't overcook. Maintain nutrients in the veggies by only lightly grilling - slightly tender but still slightly crisp



Grilled Rosemary Veggies

Mix together all ingredients and refrigerate for an hour or two. Place veggies on a grill pan over medium-high heat & cook for roughly 7 minutes until veggies are slightly tender but still crisp. Drizzle any left over balsamic vinegar sauce over cooked veggies.

Eat alone, or add your choice of protein to the dish.

Ingredients:

1 Chicken breast
1/8 Tsp cayenne pepper
1/2 Tsp sea salt
Pinch of pepper
1 Tbsp coconut oil

“Salsa” Ingredients:

1/2 avocado
1/4 cup finely chopped red onions
1/4 cup finely chopped cilantro
1/2 lime

Serves 1



QUICK FACT:

Soaking reduces the phytate found in oats which helps you better absorb the vitamins and minerals in your meal.



Cayenne Chicken with Avocado Salsa

Mix the salsa ingredients together, and squeeze all of the juice out of the lime into the salsa. Mix, and set aside. Melt the coconut oil and rub it all over the chicken breast. Mix cayenne, salt, & pepper together and sprinkle it over the chicken breast, being sure to cover evenly.

Fry on med heat for around 15 minutes per side, or until no longer pink. Once done, place the chicken on a plate, and cover with the avocado salsa.

Ingredients:

3-4 Yams
1 Tbsp olive oil
Bragg Sprinkle
Himalayan sea salt
Onion powder
Garlic powder

Chipotle Dip Ingredients:

1/2 cup plain Greek yogurt
1 Tbsp olive oil mayonnaise (or
Vegenaise)
1 Tablespoons chipotle chilies
1-2 cloves garlic, crushed
1 tsp organic raw honey
1/4 teaspoon smoked paprika
1/4 teaspoon chili powder
1/4 teaspoon salt
1/4 tsp onion powder

*Serve with your choice of protein or
a salad



Baked Yam Fries

Preheat oven to 350°. Coat two baking sheets with cooking spray or cover with parchment paper. Cut yams into 'fries' or wedges. Soak for 30 minutes to an hour then rinse & drain. Drizzle olive oil over potatoes. Toss vigorously to coat. Add Bragg Sprinkle, sea salt, onion powder, and garlic powder. Spread potatoes out on prepared baking sheets so the pieces aren't touching. Place in preheated oven and bake for 30 minutes. Increase the oven temperature to 425°, take fries out, turn over the fries on the baking sheet, and bake for 10 more minutes or until the yams lightly browned and crispy.

Ingredients:

- 1 Red pepper
- 1 Yellow pepper
- 1 Large yellow onion
- 6 Button mushrooms
- 2 Organic boneless, skinless chicken breasts
- 2 Zucchini
- Guacamole

Sauce Ingredients:

- 3 Cloves of garlic
- 1 Tsp sesame oil
- 1 Tbsp grated fresh ginger
- Dash Worcestershire sauce
- 1/4 Cup Bragg's Liquid Amino's



QUICK TIP:

Zucchini noodles are a fantastic alternative to grain noodles. They go with anything taking on the flavor of the dish!



Chicken Stir-fry on Zucchini Noodles

Using a spiralizer or another noodling gadget, create noodles out of 2 medium zucchinis. Lay evenly on a plate and sprinkle with a light layer of sea salt. Let sit. Cut chicken and onion into bite-size strips and begin stir-frying for 5-10 minutes. While chicken is cooking, slice up peppers and mushrooms and add to chicken, cooking until chicken pieces are no longer pink, and the veggies are just soft but still crisp. Add in sauce, and mix well. Transfer chicken & veggies onto the zucchini noodles, top with a dollop of guacamole and enjoy!

Ingredients:

- 6-8 Large lettuce leaves
- 30 Prawns (peeled)
- 1/2 Cup chopped cilantro
- 1 Mango, cut into small cubes
- 1/4 Cup slivered almonds
- 2 Cups broccoli slaw
- 1 Avocado, cut into small cubes
- 1 Tsp coconut oil

Sauce:

- 2 Cloves garlic, crushed
- 1/4 Cup apple cider vinegar
- 1 Inch cube of fresh ginger, grated
- 1 Tsp raw honey
- 2 Tbsp olive oil

Serves 2



Prawn Mango Lettuce Boats

Whisk together all ingredients for sauce & set aside. Rinse & dry off lettuce leaves, then set aside. Saute the shrimp in coconut oil with 1 clove of garlic until fully cooked. Remove from heat and place in a large bowl. Saute broccoli slaw for 2-3 minutes until just slightly soft. Add broccoli slaw to the shrimp, and add all other ingredients tossing with a large spoon to mix. Add sauce, and spoon mixture onto lettuce leaves.

Ingredients:

Mixed Organic Greens

1 Tin sardines

Grape Tomatoes

Red Peppers

Red Onion

Strawberries

Top with "Simple Balsamic Dressing"
(P. 36)

Serves 1



QUICK FACT:

Sardines are lower in mercury than the larger fish, and are loaded with heart, bone, and brain health nutrients



Sardine Salad

Slice grape tomatoes in half, slice strawberries, and peppers. Slice red onion very thinly and chop. Place all ingredients on a bed of mixed organic greens and top with sardines & Balsamic Booster (in the dressings section of this book).

Ingredients:

2 Large Yams
4 Cups Baby Kale
Garlic Powder
Onion Powder
Bragg Sprinkle
1 Tsp Olive Oil

Dressing: (make & let sit while yams are roasting)

1 Garlic Clove
1 Tsp Apple Cider Vinegar
1 Tsp Olive Oil
Dash of ground sea salt
Dash of ground pepper
1/4 tsp Dried Thyme

Serves 2



Roasted Yam & Baby Kale

Scrub yams until clean, and cut into 1/2-1 inch squares. Toss in olive oil and lay flat on a baking pan lined with parchment paper. Roast yams at 375 for 20-35 minutes. Keep an eye on them, they burn easy! While yams are roasting, put all ingredients for dressing in a blender or grinder & blend until smooth. Set aside. When yams are cooked, pull out and top with baby kale. Put pan back in the oven & roast the yams and kale for additional 3 minutes. Place yams & kale in a large bowl, mix in the dressing, and serve.

Ingredients:

- 4 Cups cooked brown rice
- 1 Cup beets, grated
- 1 Cup carrots, grated
- 1 Cup almonds, toasted
- 2 Cups spinach leaves
- 1 Cup organic tempeh (or organic tofu), cubed

Top with "Glowing Goddess Dressing"
(P. 36)

Serves 4



QUICK FACT:

Beets help cleanse the blood, detoxify the body, and are loaded with iron, fiber, folate, and vitamins A & C



Glowing Goddess Salad

Cook brown rice according to package & set aside. Saute tempeh cubes in a skillet until slightly crispy. Placing cooked brown rice into a bowl, top with spinach leaves, carrots, beets, almonds and sautéed tempeh cubes. Drizzle Glowing Goddess dressing on top, and serve.

Ingredients:

- 4 Cloves garlic (minced)
- 3 Tbsp grated fresh ginger
- 6 Cups green beans (frozen or fresh)
- 1/2 Cup sliced mushrooms
- 1 Eggplant chopped into pieces (skin on)
- 1 Pkg of organic coconut curry tempeh
- 4 Tbsp unpasteurized apple cider vinegar
- 1 Tsp sesame oil
- 4 Tbsp Bragg liquid aminos
- 2 Tbsp black sesame seeds

Serves 4



QUICK FACT:

Tempeh is chock full of mood & immune boosting probiotics that also help promote nutrient absorption.



Sesame Green Bean Tempeh

In a large skillet, saute on medium heat garlic and ginger with the beans, mushrooms, and eggplant for about 5 minutes or to desired firmness (do not overcook). Use a bit of water as needed to avoid food sticking to pan. Add tempeh for a minute or two – just to warming point. When veggies are just soft, remove from heat, mix apple cider vinegar, bragg, and sesame oil, & add the mixture to the veggies, and stir. Top with sesame seeds, mix and serve!

Ingredients:

- 1 x 400g can of chickpeas
- ½ Red onion, finely diced
- 1 Small zucchini, grated
- 3 Tbsp finely chopped cilantro
- ½ Tsp paprika
- ½ Tsp ground coriander
- ½ Tsp ground cumin
- 1 Tsp black pepper
- Zest of 1 lemon
- 1 Cup quick rolled oats
- 1/2 Tsp Sea salt

Serves 4



QUICK FACT:

1 Cup of chickpeas provides 19 grams of protein, are high in fiber & a great source of folate, manganese, zinc & iron .



Vegan Burger Patties

Drain and place the chickpeas into a food processor with the cilantro. Add the spices, lemon zest, and salt, then pulse until combined, but not smooth. Place in a bowl & add in zucchini, onion & oats. Mix together until well combined. On a piece of wax paper, divide and shape the mixture into four equally sized patties (roughly 2cm thick). Place on a tray and place in the fridge for 20-30 minutes to firm up. Fry in a pan with a bit of oil for 3-5 minutes a side.

Ingredients:

- 1 Cup cooked kidney beans
- 1 Cup cooked adzuki beans
- 1 Cup cooked pinto beans
- 2 Tbsp olive oil
- 1 Medium yellow onion, chopped
- 1 Red pepper, chopped
- 1 Green pepper, chopped
- 2 Cups finely chopped cauliflower
- 1 Cup diced celery
- 1 Cup diced tomatoes
- 2 Cups vegetable broth
- 4 Tbsp chopped garlic
- 3 Tbsp cumin
- 5 Tbsp chili powder
- Diced Avocado (topping)

QUICK TIP:

Soak beans in a large bowl of water for 8 hours prior to using to prevent gas & bloating



3 Bean Veggie Chili

Over moderate heat, add oil to a deep pot and combine onion, peppers, celery, and garlic. Saute for 3 to 5 minutes to soften vegetables. Add broth, and remaining ingredients (except avocado), stirring to combine.

Season chili with cumin, chili powder, and sea salt. Bring to a boil, then immediately turn down to medium low and simmer for 1 hour. Alternately, place ingredients into a slow cooker/crock pot and cook 3-4 hours on high or 7-8 hours on low. Serve topped with diced avocado.

Ingredients:

2 Cups cooked quinoa
1 Red pepper, diced
1 Orange pepper, diced
1 Zucchini, grated
1 Red onion, diced
1/2 Cup finely chopped cilantro
1/2 Cup finely chopped parsley
1 Cup chick peas
Feta cheese for topping

Dressing:

3 Cloves of garlic, crushed
1' Square piece of ginger, grated
1/2 Cup raw apple cider vinegar
1/4 Cup olive oil
Pinch of fresh pepper
Mix ingredients for dressing first, and let sit.

Serves 4



Ultimate Quinoa Salad

Cook quinoa according to package & set aside. Mix all chopped and diced vegetables together in a bowl. Add warm quinoa and mix well. Add dressing, mixing to ensure the ingredients are evenly coated. Top with crumbled feta cheese and serve.

Ingredients:

- 1/3 Cup green lentils
- ¼ Tsp sea salt
- 1 Head broccoli cut into small florets
- 1 Medium sweet potato cut into bite size cubes
- 2 Cups shredded red cabbage
- 1 Cup grated carrot



Rice Bowl with Cashew Sauce

Combine rice and lentils in a medium bowl, cover with water and rinse a couple of times until water is clear. Cover with water again and soak overnight / for up to 8 hours. Drain and rinse. In a medium saucepan place the rice and lentils, plus 1½ cups water (add 2 cups if you did not soak in advance), & sea salt. Bring to a boil, simmer covered until water has been absorbed & rice and lentils are cooked through, 30-45 minutes (30 minutes if you soaked the grains, up to 45 if you didn't). Ten minutes before the grains are done, add the sweet potato. If the water has all dried up, add a bit more. After 5 minutes, add the broccoli on top of the sweet potato. Remove from heat, mix rice & lentil mixture with raw shredded cabbage & carrots, top with sauce & serve.

**** Top with Zesty Cashew Dressing (P.36)**

Serves 4

Ingredients:

1 Eggplant
Spinach
Tomato
Basil
Feta
Cheese (or non-dairy alternative)
Onion powder
Garlic Powder

Serves 2



Eggplant Pizza's

Slice the eggplant into 1 inch thick rounds. Grill for around 3 minutes each side, and place on a baking pan. Top with tomato sauce, fresh basil, garlic powder, onion powder, thinly sliced tomato, and top with feta and a sprinkle of cheese (or dairy alternative 'cheese').

Bake on 350 for 10 minutes, then broil for 1-2 minutes to melt the cheese.



QUICK FACT:

Eggplant skin contains nasunin,
an antioxidant & free radical
scavenger that protects cell
membranes from damage

Ingredients:

- 1 Tbsp olive oil
- 1 Yellow onion, finely chopped
- 1/2 leek, trimmed of all but 1 inch of dark-green top, sliced
- 2 garlic cloves, crushed
- 2 Cups broccoli, trimmed & cut into small florets
- 2 Cups chopped asparagus
- 5 Cups vegetable stock
- 1/3 Cup soaked pine nuts
- 1/2 Tsp sea salt

Serves 4



Pine Nut Asparagus Soup

Heat oil in a large saucepan over medium-low heat. Add onion, leek & and garlic cooking for 8 to 10 minutes or until soft. Add broccoli, asparagus, sea salt, stock and 2 cups water to pan. Cover and bring to the boil. Reduce heat to low and simmer, covered, for 15 to 20 minutes or until tender. Remove from heat. Heat a small frying pan over medium heat & dry-fry pine nuts, stirring, for 3-4 minutes or until golden & add to soup. Using a food processor or blender, process soup, in batches, until smooth. Season with black pepper.

Ingredients:

2 Tbsp olive oil
2 Tbsp chopped garlic
2 Cups chopped leeks (white parts only)
1 1/2 Teaspoons miso paste
1/2 Tsp dried thyme
1 Head cauliflower, chopped
6 Cups vegetable broth
1/4 Cup raw unsalted overnight soaked cashews
Juice of 1 lemon

Serves 4



QUICK TIP:

Remove the plastic cap in the blender top & cover the opening with a kitchen towel to allow steam to escape while you blend.



Creamy Cauliflower Soup

In a large saucepan, heat the oil over medium heat and saute the garlic & leeks for about 3 minutes until soft. Add cauliflower and saute for another 2 minutes. Add the vegetable broth, miso paste, thyme & lemon and increase the heat to high, bringing to a boil. Quickly reduce heat to medium & simmer for about 20-30 minutes, until cauliflower is tender. Remove from heat and allow the soup to cool slightly then stir in cashews. Pour the soup into a blender in batches & puree on high for 1 - 2 minutes until smooth and creamy.

Ingredients:

1 tablespoon coconut oil
1 medium onion, chopped
4 tablespoons finely grated fresh ginger root
3 cups carrots, chopped
3 cloves garlic, crushed
1/2 medium butternut squash
8 cups chicken or vegetable stock
3 large strips of zest from an organic orange
Salt to taste
Dash of dry sherry (optional)
Dash of nutmeg
Chopped fresh parsley or cilantro for garnish

Serves 4



Carrot Ginger Soup

Heat the oven to 350 degrees F (175 degrees C). Scoop seeds out of the butternut squash half, and place cut side down onto a greased baking sheet. Bake 30-40 minutes, or until softened. Allow to cool, then scoop the squash flesh out of the skin using a large spoon and set aside. Discard skin. Heat coconut oil in a large pot, add the onion, 1/2 the garlic and 1/2 the ginger, and sauté, stirring, just until the onion is translucent. Add the carrots, stock & zest. Bring to a boil, cover, reduce heat and boil gently until the vegetables are tender, about 20-30 minutes. Remove zest and discard. Add the remaining raw garlic & ginger, the nutmeg, and optional sherry. Purée the soup in batches in a blender or food processor.

Ingredients:

4 oz Smoked wild salmon
1 English cucumber
1/2 Red onion, diced very small
Dill
Capers (optional)

Serves 1



Smoked Salmon Cucumber Snacks

Cut the cucumber on the diagonal into longer slices. Top with diced red onion, smoked salmon, and sprinkle with dill. Add capers if desired & serve.



QUICK FACT:

Salmon boost brain function,
promotes good sleep, and
helps protect against
cardiovascular disease.

★ Dips, Spreads & Dressings ★

Tasty recipes to add pizzazz to your veggies, and zing to your salads!



Ingredients:

2 Avocados
3 Garlic cloves
1/4 cup cilantro
Juice of 1 lime
Dash of pepper
Dash of Himalayan sea salt

Serves 2



Quac-o-licious!

Put everything in a food processor, or use a blending wand and process until smooth - or whatever texture you prefer.

Easy peasy!



QUICK FACT:

| Store bought guacamole often |
| contains chemicals, coloring, |
| inflammation causing oil, |
| modified starches, and gums. |

Ingredients:

- 1 – 19oz or 540ml Can of chick peas
- 1 – 2 Cloves of garlic
- 1/4 Cup water
- 2 Tbsp Sherry vinegar (or white wine vinegar)
- 2 TBSP Extra Virgin Olive Oil
- Dash sea salt

Serves 2



Best Ever Hummus

Add all ingredients into a food processor and process until very smooth, scraping down a few times. The longer you process the dip...the more smooth and creamy it gets.

Store in refrigerator for up to 1 week.



QUICK FACT:

- | Chickpeas help balance blood
- | sugar, lower cholesterol, blood
- | pressure & help reduce
- | inflammation, & cancer risk

Ingredients:

- 1 1/2 cups fresh or frozen strawberries (tops removed)
- 2 Tablespoons chia seeds
- * Optional 1 tsp vanilla bean powder
- * Optional add a sprinkle of stevia to sweeten

Makes about 1 1/2 cups of jam.



Quick & Easy Chia Jam

In a small saucepan cook strawberries over low/medium heat for 5 minutes while stirring continually. The berries will release moisture and soften. If you like your jam more smooth than chunky, you can use a blender to puree it. Stir in the chia seeds & optional vanilla bean powder and remove from heat. Allow to cool before using or storing. After a few hours the chia seeds will thicken the jam into a beautifully spreadable texture.

You can use any variation of berries or fruit to create different flavors of jam.



QUICK FACT:

- | Super healthy, easy to make, |
- | and full of fiber and omega 3's. |
- | Lasts 4-5 days in an air tight |
- | jar in the refrigerator. |



DRESSINGS



TIP: Make dressings & store in the refrigerator for 3-4 days

Simple Balsamic Dressing

2 Parts balsamic vinegar
1 Part organic cold pressed
extra virgin olive oil
Dash Sea Salt
Sprinkle Black Pepper

Dijon Balsamic Booster:

Add 1 tsp Dijon Mustard to the recipe above for a delicious tangy flavor

Both Pair Well With:

Leafy Green Salads

Sweet Roasted Cashew Dressing

½ Cup roasted cashews
2 Tbsp lemon juice
1 Tsp organic honey
1 Tbsp seed mustard
½ Tsp salt
½ Cup water, to thin

Combine in a blender or food processor until smooth

Pairs Well With:

Spinach
Kale
Watercress

Immune Boosting Dressing

1 Part apple cider vinegar
2 Parts organic cold pressed
extra virgin olive oil
1+ Crushed cloves garlic
1 Tsp + grated ginger
Dash sea salt
Sprinkle Black Pepper

Pairs Well With:

Quinoa Salad
Gluten Free Noodle Salad
Warm Veggie Dishes
Rice Dishes

Glowing Goddess Dressing

1/2 Cup nutritional yeast flakes
1/3 Cup water
1/3 Cup tamari
1 Cup olive oil
2 Tbsp tahini paste
1/3 cup apple cider vinegar
2 cloves garlic, crushed
Dash sea salt
Combine in a blender or food processor until smooth

Pairs Well With:

Salad greens
Spinach (cooked or raw)
Rice Dishes

Zesty Cashew Dressing

4 Tbsp cup organic cold pressed
extra virgin olive oil
3/4 Cup raw soaked cashews
4 cloves of fresh organic garlic
The Juice of 2 lemons
1/4 Cup apple cider vinegar
1/4 Tsp black pepper
1 Tsp grated ginger
1/2 Tsp maple syrup
1/4 Cup water to thin out if
needed
Dash of sea salt

Combine in a blender or food processor until smooth



TIP: Dairy Free Creamy Dressing Substitutes



Roasted garlic:

Roasting garlic creates a sweeter version of its pungent raw state. When pureed, roasted garlic is a creamy, super-flavorful addition to any salad dressing



Soaked cashews:

Soaking and blending cashews for dairy substitutes is an amazing way to create creamy dressing that can be used for both savory and sweet uses. Soak in filtered water for about 2 hours prior to blending.



Coconut milk or cream:

Simply add a couple tablespoons to any dressing to get the benefits of a creamier salad dressing. And no...you wont even taste the coconut.



Avocado:

Blended avocado provides healthy fat and an deliciously smooth texture.



Sweet onions or shallots:

Think of anything sweet onion - so good! A little known fact is that sweet onion creates a delicious creaminess when blended into a dressing.



★ Guilt Free Goodies ★



Ingredients:

- 1 Cup dry roasted peanuts
- 2 Tbsp cacao powder
- ½ Cup unsweetened coconut
- 1 Cup raw almonds
- 3 Tbsp peanut butter
- 16 Medjool dates
- ¼ Cup ground flax
- 2 Scoops protein powder
- ¼ Cup water

1 bar = 1 serving



QUICK TIP:

- Place dough between two sheets of parchment paper or wax paper to flatten without sticking to the rolling pin.



Protein “Eatmore” Bars

Add nuts, flax, cacao powder, protein powder, & unsweetened coconut to a food processor. Pulse until nuts are in small pieces. Add remaining ingredients and blend until dough-like with visible pieces of nuts remaining. Remove dough and flatten with a rolling pin.

Use a pizza cutter to cut into bar shapes roughly 2 inch long by 1 inch wide. Place bars in a container each separated with a piece of parchment paper. Store in the refrigerator.

Ingredients:

3/4 Cup coconut flour
1/4 Cup gluten free oats
3 Large Eggs
1/2 Cup egg whites
1/4 Cup melted coconut oil
1/3 Cup apple sauce
3/4 Cup mashed banana
1/2 Tsp salt
1/2 Tsp baking soda
1 Tsp baking powder
1 Tsp vanilla bean powder (or vanilla extract)
1/4 Cup water
1/2 Cup dark chocolate chips

1 muffin = 1 serving



Gluten Free Choco-Nana Muffins

Mix all wet ingredients together in one bowl, and do the same with the dry ingredients. Add the flour mixture to the wet ingredients mixing well to get out any lumps. I use a hand held mixer. Add in chocolate chips, and mix with a spoon until evenly distributed.

Line a pan with muffin liners (highly recommended to avoid sticking), and fill muffin cups to the top, level with the pan.

Cook for 18-20 minutes at 375.

Ingredients:

- 2 Small yams
 - 1 Can black beans - drained & rinsed
 - 1 Tsp pure vanilla extract
 - 2 Eggs
 - 1/2 Cup raw cacao powder
 - 1/8 Cup ground oats (simply grind oats in a coffee or spice grinder)
 - 1/8 Cup ground flax seeds
 - 1/4 Cup almond meal
 - 2 Tbsp coconut oil
 - 1 Tsp baking powder
 - 3 Tbsp maple syrup
 - 1/4 Tsp sea salt
 - 2 Tbsp brewed coffee
 - 16 Medjool dates (soaked for 1 hr prior to using & pitted)
- *if you want it sweeter, add a sprinkle of stevia



Guilt Free Best-Ever Brownies

Soak dates in water for 1 hour prior to using. Chop yams into chunks, and steam until soft - 10-15 minutes. Add dates, yams, and the remaining ingredients into a large food processor & mix until smooth. Grease a baking pan & transfer mix in.

Bake at 350 for 25-30 minutes.

Ingredients:

- 1 Cup shaved almonds
- 2 Cups oats
- 1 Cup shredded coconut
- 1/4 Cup coconut oil
- 1/3 Cup applesauce
- 1/4 Cup honey or maple syrup
- 1 Tsp vanilla
- 1/4 Tsp Cinnamon

Chocolate Peanut Butter

Sauce:

- 1 Tbsp coconut oil
- 1 Tbsp peanut butter (optional due to allergies for school lunches etc - add an extra tbsp of coconut oil if you are omitting peanut butter)
- 1 Tbsp maple syrup
- 1/4 Cup organic cacao powder
- 1 Tsp vanilla

1 bar = 1 serving



Easy Peasy Granola Bars

Toast oats for 10 minutes @ 350 for added flavor prior to mixing with other ingredients.

Combine almonds, oats, & coconut in a bowl. In a saucepan melt the coconut oil & remove from heat. Add the remaining ingredients and stir well. Add the coconut oil mixture to the oat mixture and mix well so that all of the dry ingredients are moist. Press into a greased baking pan and bake at 350 for 10 minutes. Remove from heat and cool. Cut into 2 inch by 1 inch bars.

Ingredients:

1/4 Cup maple syrup
1/3 Cup raw cocoa powder
1/4 Cup unsweetened almond milk or
coconut milk
1/4 Cup coconut oil
1/4 Cup peanut (or almond) butter
1 Teaspoon vanilla bean powder
1/8 Teaspoon sea salt
2 Cups oats
1/4 Cup hemp seeds
1/3 Cup shredded coconut

2 balls = 1 serving



Choco-Peanut Butter Balls

In a medium saucepan, mix together maple syrup and cocoa powder. Heat over medium heat until it becomes a chocolate sauce. Stir in milk of your choice, and coconut oil until all is melted into a smooth sauce.

Remove pan from heat and stir in vanilla bean powder, salt, peanut or almond butter, oats, hemp seeds, and 1/2 of the coconut.

Scoop up a spoonful of batter, roll in hands, roll in the remaining coconut, and place balls onto wax paper. Let them chill & set for about 20 minutes in the fridge before serving.

Ingredients:

1/4 cup cocoa powder or raw cacao powder, sifted

2 Tbsp pure maple syrup

1/4 cup coconut oil

Fresh strawberries



Choco-Strawberries

Wash and pat the strawberries dry. Set aside.

In a small saucepan, whisk together the maple syrup, coconut oil, and cocoa powder over low to medium heat. Whisk for a couple minutes until all the coconut oil is melted and remove from heat.

Dip strawberries into the chocolate mixture, coating most of the strawberry. Place onto a plate lined with parchment paper. Repeat for the remaining strawberries. Chill in the fridge to set.



QUICK TIP:

When you need a chocolate fix, make your own! Conventional 'chocolate' is full of chemicals, colors, GMO's & HFCS

Ingredients:

2 Avocados
1/4 Cup raw cacao powder
1 Tsp Vanilla Extract
1 Tbsp pure maple syrup
1/8 Tsp vanilla stevia leaf powder
(optional)
1 Ripe banana
1/4 Cup plain organic kefir (for a
burst of probiotics!)

* You can also add a scoop of protein
powder if you like to add some extra
oomph!



Chocolate Avocado Pudding

Place all ingredients in a food processor, and blend until smooth. Top with fresh berries, and/or coconut for extra flavor.