



Wroten & Associates, Inc.
Attorneys at Law

Wroten & Associates Cookbook

*Recipes that you can Sink
Your Teeth Into*

The recipes in this book have been compiled from many sources including books, various websites, and individuals. If you would like more information, the sources have been identified on each individual recipe.

Nutritional facts have been included with some of the recipes contained in this book when known at the time of compilation.

A special thank you to Kimberli Poppe-Smart, a Senior Attorney at Wroten & Associates and a Certified Health Coach, for making this cookbook possible!

From the Wroten Team to yours ENJOY!

APPETIZERS

Creamy Artichoke Spinach Dip gluten-free, soy-free, oil-free, dairy free

Adapted from Dreena Burton of *Plant-Powered Kitchen's* recipe: "Creamy Artichoke Spinach Dip (without the junk)"

¾ c. raw cashews (unsoaked)

¾ c. plain unsweetened almond milk

2 ½ - 3 tbsp. freshly squeezed lemon juice

2-4 medium-large cloves garlic

¾ tsp. sea salt

¾ tsp. dry (ground) mustard

Freshly ground black pepper to taste

2 c. frozen artichoke hearts, partially thawed (helps for pulsing in blender)

(Available at Trader Joe's)

2 c. (loosely packed) spinach leaves

Preheat oven to 425 degrees. In a blender, first add cashews, milk, lemon juice, garlic, salt, dry mustard, and pepper. Blend until very smooth. Add artichokes and spinach and *just PULSE* through. Do not fully blend, keep some chunky texture! Transfer to an oven-proof baking dish, and bake for 17-20 minutes.

This mixture is an excellent substitute for ricotta cheese in lasagna, manicotti and other pasta dishes.

Hummus

Contributed by **Nicole Shelley**

1 16 oz. can garbanzo beans

1 tsp. Cumin (I like mine a little smokier so I use 2 tsp.)

3 Tbsp. lemon juice

2 cloves garlic chopped

Toasted sesame seeds

Tahini (makes it thicker)

Olive oil

Salt (if desired)

Drain chickpeas and set aside liquid from can. Combine remaining ingredients in blender or food processor. Add ¼ cup of liquid from chickpeas. Blend for 3-5 minutes on low until thoroughly mixed and smooth. Add a little tahini (1 Tbsp) if you desire more thickness. Scoop out of blender, make a shallow area in the middle of the hummus, drizzle with olive oil, sprinkle with paprika and toasted sesame seeds. I like to add a little crushed parsley on top also.

Fig and Cheese Appetizer

Contributed by **Kimberli Poppe-Smart**

Figs (choose number depending upon serving desired)

Cheese (Havarti, brie, goat)

Heat oven to 400 degrees

Cut figs in half. Place on a baking sheet or baking pan. Place a small wedge or chunk of cheese (about the size of a quarter) into soft center of fig.

Bake in oven until cheese melts (5-10 minutes depending upon size and density of the cheese). Serve warm.

Fig, Fresh Nutmeg and Honey Appetizer

Contributed by **Kimberli Poppe-Smart**

Figs (number to meet your serving needs)

Nutmeg, whole with grater (or ground if you don't have whole)

Honey

Heat oven to 400 degrees.

Cut figs in half gently. Place on a baking sheet or baking pan. Grate fresh nutmeg over the cut fruit (or sprinkle with ground nutmeg) and drizzle with honey. Bake until the figs are quite soft, about 15-20 minutes). Serve sliced cheese and/or crackers.

Roasted Red Pepper Hummus

4 red peppers- roasted at 400 degrees until they start to char

2 cans of chickpeas, drained

6 Tbsp. lemon juice

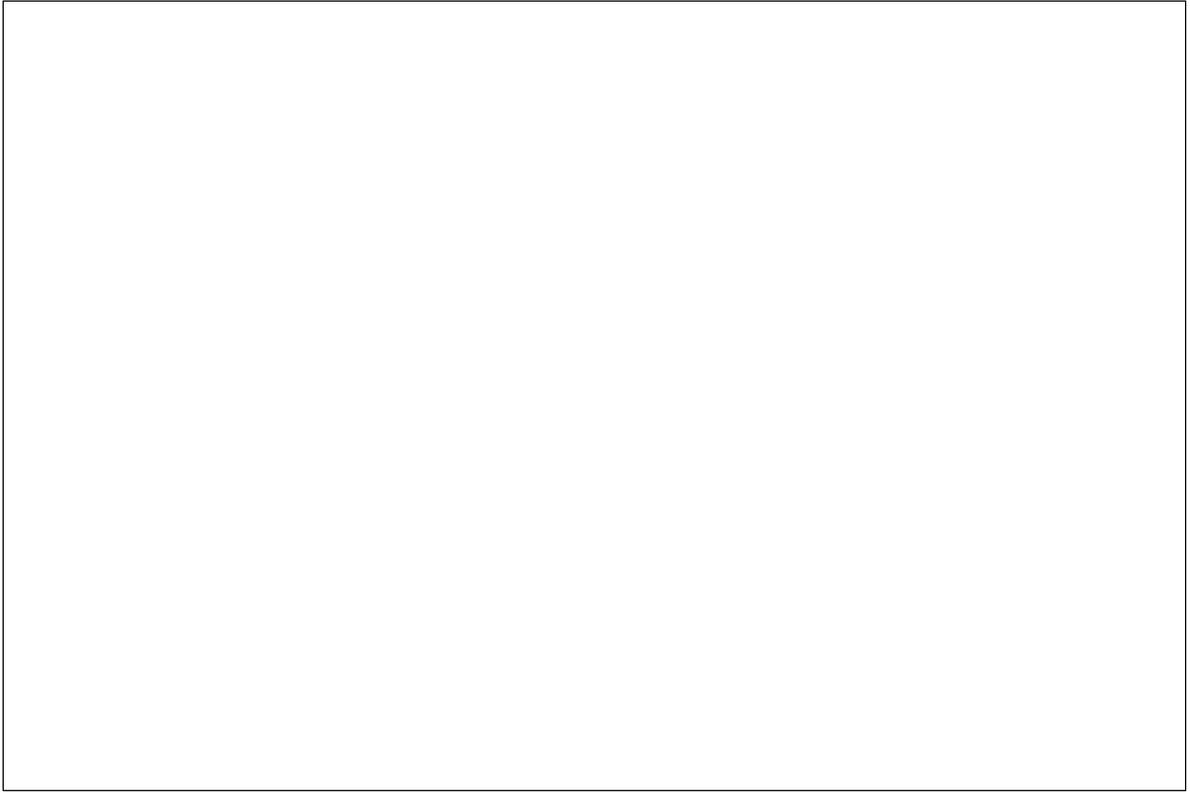
4 crushed cloves of garlic

2-4 Tbsp. of water

1 tsp. cumin

Dash of Himalayan salt

Add all ingredients to blender or food processor and blend until smooth. Serve with veggies.



BREAKFAST

Super Simple Veggie Scramble

<http://www.hungryforchange.tv/article/super-simple-veggie-scramble-anyone-can-cookhungryforchange.com>

3 free range, organic eggs
1 spring onion, sliced
¼ c. grated pumpkin
½ c. leafy greens (spinach/kale/silver beet)
¼ c. frozen green peas
4 cherry tomatoes
½ tsp. ground or fresh turmeric (great anti-inflammatory!)
Handful of parsley
Natural sea salt & pepper to taste
Sea dulse flakes or natural sea salt to taste
Avocado to serve (optional)
1 tsp. of coconut or olive oil (or other plant based oil suitable for heating at medium heat)

In a bowl whisk together the eggs, salt, pepper, parsley and turmeric (optional). Set aside.

Place pan on medium heat and add 1 teaspoon of oil before adding the onion, pumpkin, leafy greens, peas and tomatoes. Cook for a few minutes until about half cooked.

Add the egg mixture and stir through the vegetables. Keep stirring through until cooked.

Place Veggie scramble on a plate and sprinkle with sea dulse flakes or natural sea salt. Optional: Slice half an avocado and place on top.

Grab your morning paper, favorite book or turn up the tunes and now for the most important step: relax and enjoy your breakfast.

Breakfast Quinoa

Suzanne Somers' book *Sexy Forever: How to Fight Fat over 40*

Quinoa is a very versatile grain. It's related to the leafy green family, with a low glycemic index {about the same as wild rice}, so it gives you the satisfaction of a carbohydrate without the same consequences. And it has the nutrients of a complete protein! I use it as a side dish at dinner, or as a main dish as a pilaf, but here's a truly novel idea — breakfast! Instead of oatmeal I have quinoa with goat milk and a little agave for sweetness. Gluten free, dairy free, sugar free, and delicious.

1 c. quinoa
2 c. water
¼ tsp. sea salt
Nonfat milk
Agave nectar

In a small saucepan, combine quinoa, water and salt. Bring to a boil, then cover and decrease the heat to low and cook for 15 minutes. The water should be completely evaporated. Fluff with a fork and place into serving bowls. Add a splash of mild and squeeze of agave.

Spicy Fried Eggs with Basil and Crispy Onions

Suzanne Somers' book *Sexy Forever: How to Fight Fat over 40*

2 large onions
4 Tbsp. olive oil
4 large eggs
Sea salt and freshly ground pepper
¼ tsp. turmeric
⅛ tsp. cayenne pepper
⅛ tsp. paprika
4 fresh basil leaves, thinly sliced

To make crispy onions, peel the skin off the onions and slice them as thinly as possible with a sharp knife. In a large skillet, heat 1 teaspoon. olive oil over medium-high heat. When the oil is hot, add the sliced onions. Let them cook until they are brown and crispy, about 10 minutes. Season with salt and pepper. Scrape up the onions with a spatula and divide between two plates.

To fry the eggs, add the remaining 3 tablespoons of olive oil to the same skillet and heat over medium-high. When the oil is nice and hot, crack 2 eggs into the skillet. Sprinkle with salt, pepper, turmeric, cayenne, and paprika. Cook until the whites start to brown on the edges. Cover the skillet with a lid and cook for 1 minute more. When you lift the lid, the whites will be cooked all the way through and the yolks will be slightly runny. If you prefer them more cooked, leave the lid on longer. Lift the eggs out with a spatula and place onto the plated onions. Repeat with the other 2 eggs. Top with fresh basil and serve. Servings: 2

Clean Eating Peaches and Millet

www.thegraciouspantry.com

½ c. dry millet

2 c. milk + extra (regular, rice, almond or hemp milk work best)

¼ tsp. ground cinnamon

3 peaches, sliced or diced (1 peach per serving)

Pecans (optional)

In a small pot, bring the 2 cups of milk, cinnamon and millet to a boil and immediately reduce to a simmer. It's best to keep the lid on, but check it from time to time. Different milks may need a slightly different amount than what's listed above. So just be sure it doesn't cook out before the millet is soft and cooked (about 30 minutes, depending on the milk).

When the millet is cooked, put ⅓ of it into a bowl, sprinkle with a little extra cinnamon and an extra dash of milk. Add one, cut up peach and ¼ cup pecans to each bowl (assuming you are making all three servings).

Peach & Millet Pancakes

<http://www.cleaneatingmag.com/recipes/reader-recipes/peach-millet-pancakes/>

½ c. millet flour
3 Tbsp. brown rice flour
2 Tbsp. gluten-free oat flour
1 ½ tsp. low-sodium baking powder
½ tsp. baking soda
1 tsp. chia seeds
¼ tsp. ground cinnamon
1 egg plus 1 egg white
½ c. plain unsweetened soy or almond milk
1 tsp. organic evaporated cane juice
2 Tbsp. nonfat plain Greek yogurt
1 ½ tsp. melted coconut oil
Olive oil cooking spray
1 peach, pitted and thinly sliced, divided

In a medium bowl, whisk flours, baking powder, baking soda, chia and cinnamon, if desired.

Add egg, milk and cane juice and gently mix until just incorporated. Add yogurt and oil and whisk until just incorporated but some small lumps remain; do not over-mix.

Mist a large nonstick skillet with cooking spray and heat on medium. Working in batches, add batter in ½ cup increments; carefully arrange 1 slice peach in center of each. When tops begin to bubble, flip pancakes and cook until golden. Transfer to a large plate and cover to keep warm.

Mist skillet with cooking spray and heat on medium. Add remaining peach slices and cook, stirring occasionally, until golden and caramelized. Divide pancakes among serving plates and top with peach slices.

MAIN DISHES

Cauliflower Pizza

Contributed by **Shereen Greeno**

1 small head of cauliflower

1 tsp. of garlic powder

1 tsp. of Italian seasoning

1 tsp. of baking powder

(you don't have to use this, one recipe I saw used it so I thought I would throw it in. This possibly may keep the crust from getting crunchy)

1 c. of mozzarella cheese

1-2 eggs beaten (I used 2 eggs in mine and this too may have kept it from turning crunchy so try with one egg your first time)

Preheat oven to 450 degrees. Shred the cauliflower with a cheese grater (just the flowery part not the stem). Cook in microwave for 8 minutes to soften. Depending on microwave may need to be a little more or less.

After microwaving, mix in the rest of the ingredients. Form into a circle or rectangle on a non-stick surface. I used parchment paper on a pizza pan. Bake for 15 minutes or until golden brown.

Let cool for a few minutes then top with your toppings. If you want veggies on your pizza, you may want to sauté them first because you are only broiling the toppings onto the crust and they will still be raw.

Put back into the oven and broil on low or high depending how long you want to sit there and watch it to prevent it from burning. Let it broil until cheese is completely melted to your liking.

Scallops and Fennel Bulbs

Contributed by **Kimberli Poppe-Smart**

1 lb. scallops (any size but I prefer jumbo as they are less likely to get chewy)

2 fennel bulbs (core removed and quartered)

1 splash apple cider vinegar

¼ tsp. rosemary

1 clove of garlic, sliced

1 orange, peeled and chunked (preserve the juice from the cutting board)

Steam fennel bulbs for 15 minutes. Heat a pan and add a splash of water. Sear 1 lb. of scallops.

Mix the apple cider vinegar, rosemary, garlic and orange juice in a small dish or jar.

Toss the cooked scallops with the vinegar sauce, fennel bulbs and orange chunks.

Sprinkle with onion salt (or lemon pepper if you prefer something bolder). Serve and enjoy.

Chicken & Veggies with Sesame/Soy Sauce

Contributed by **Kimberli Poppe-Smart**

½ lb. chicken breast or chicken breast fillet, without skin, cut into bite-sized pieces
Salt and pepper
1-2 Tbsp. olive oil
2 c. vegetable, chicken or mushroom broth
6 Tbsp. soy sauce or tamari sauce (light in sodium)
5 Tbsp. sesame oil
1 Tbsp. tahini or almond or peanut butter
4 c. chopped vegetables (e.g., mushrooms, onions, asparagus and broccoli)
1 package brown rice Pad Thai or vermicelli noodles or other healthy noodles of your choice

Sauté vegetables in olive oil and/or broth and set aside. Sauté chicken pieces in oil and/or broth until cooked through, adding salt and pepper to taste.

In separate saucepan cook remaining broth, soy or tamari sauce, sesame oil, and nut butter.

Cook noodles per package direction. Mix all together and serve.

Soba Noodles with Veggies and Red Thai Sauce

Contributed by **Kimberli Poppe-Smart**

½ package Soba (buckwheat) noodles
4 c. chopped vegetables
2 Tbsp. olive oil
½ lb. jumbo shrimp
1 can tomatoes (14 ounce)
2 tsp. Thai red curry paste
4 tbsps. nut butter (peanut or almond or cashew)
1 can coconut milk

Sauté vegetables in oil. Add shrimp and cook until pink.

To make sauce, heat tomatoes in a saucepan. Add nut butter to melt. Whisk in curry paste and coconut milk and heat through.

Cook noodles per package directions. Add vegetables with shrimp and sauce to drained noodles. Serve and enjoy.

Clean Eating Chicken & Mushroom Quinoa

Contributed by **Kimberli Poppe-Smart**

The Gracious Pantry blog by Tiffany McCauley documents her journey to incorporate clean eating into her family's diet and to improve her health. Her recipes are generally very practical and she often has slow cooker recipes for the busy family.

2 c. dry quinoa
1 Tbsp. garlic powder
4 c. chicken broth
14 oz. sliced crimini mushrooms
½ large, red onion
1 Tbsp. coconut or extra virgin olive oil (I used coconut)
3 large, baked chicken breasts, cut into chunks
1 c. chopped, fresh, Italian (flat leaf) parsley
Salt and pepper to taste after cooking.

Bake your chicken breasts at 350 degrees for about 40 minutes or until they reach at least 165 degrees on a meat thermometer. (I sprinkled mine with garlic powder, salt, pepper).

While that bakes, cook the quinoa with the garlic powder in the chicken broth to package directions.

While that is cooking, sauté the mushrooms and onion in the oil over low to medium heat. Keep the heat low so that the liquid from the mushrooms will seep out and help cook them. This way you won't have to add more oil.

When the chicken is done, cut it into chunks and stir into the finished quinoa along with the parsley.

Nutritional Content:

(Data is for 1 cup.)
Calories: 195
Total Fat: 4 gm
Saturated Fats: 1 gm
Trans Fats: 0 gm
Cholesterol: 33 mg
Sodium: 79 mg
Carbohydrates: 24 gm
Dietary fiber: 3 gm
Sugars: 2 gm
Protein: 19 gm

***Please Note:** Nutritional information estimated at MyFitnessPal.com. Data may not be accurate and is subject to the availability of specific foods in their database. Where one ingredient is not listed, substitutions must be used. Therefore, you should not refer to this data as being exact. It's more of a ballpark figure. The Gracious Pantry does not take responsibility for the inadequacies of the nutrition calculator used. This data is provided as a courtesy and general reference only. It is not exact.*

Roasted Red Pepper Sauce

Contributed by **Kimberli Poppe-Smart**

4 red peppers roasted, seeded and chopped*

*Peppers can be roasted on grill or under broiler. Roast until blackened, about 10 minutes at 400 degrees under broiler. Let the peppers rest a few minutes then place in sealed plastic bag so they can sweat for now.

4 Tbsp. toasted pine nuts

1 small onion

¼ to ½ tsp. crushed red pepper flakes

3 cloves garlic

1 Tbsp. olive oil

¼ c. vegetable broth

½ c. almond milk (or soy, oat or hemp)

⅓ c. chopped fresh flat-leaf parsley

Ground pepper to taste

Sea salt to taste

Pasta of your choice (brown rice pasta will boost the protein content)

Toast pine nuts in a skillet over medium heat, tossing the pine nuts about to avoid burning. Remove from heat and allow cooling.

Mince the garlic and dice the onion. Peel the skin from the peppers. It should slide off using your fingers. Cut the top off, open the pepper, remove the seeds and cut into chunks. Pulse the peppers in a blender until mostly smooth. Add toasted pine nuts and pulse to chop the pine nuts.

Prepare water for pasta of your choice and cook according to directions.

In sauce pan, over medium heat, add 1 olive oil. Cook onions and crushed red pepper flakes until onions begin to brown and stick to skillet. Add broth and garlic. Cook 1 minute or until liquid has evaporated.

Stir in blended peppers, alternating with milk. Whisk until combined and smooth. Simmer 3-4 minutes or until heated through. Stirring frequently. Remove from heat. Add salt and pepper to taste. Mix with pasta and add chopped parsley.

Variations:

Add 1-2 tsp. dried basil

Use chicken broth instead of vegetable and add ⅓ c. grated Parmesan cheese, substitute cilantro for parsley and 2 tsp. minced jalapeno for red pepper flakes

Serve with steamed shrimp or chicken breast

Stir in steamed veggies

Use as a substitute for red sauce in a variety of recipes

If you are looking for a way to enjoy pasta without tomato sauce, which can cause inflammation and stomach upset for some, try this roasted red pepper sauce. This has become a favorite when I entertain. Guests of all ages enjoy it and I love preparing it.

Marinated Beef Brisket

Contributed by **Kimberli Poppe-Smart**

Brisket is not generally thought of as a go-to cut for entertaining but this lower-priced cut of beef tenderizes nicely in the marinade. For one of those occasions when nothing but beef will do, try this. I encourage you to use grass-fed, hormone beef if possible.

Boil water in stock pot. Use enough water to cover the brisket by 2 inches.
When boiling add:

- 3-4 lbs. beef brisket
- 1 leek (large chunks),
- 1 carrot (large chunks)
- 20-30 whole peppercorns
- Spice (e.g., 2 bay leaves or ½ tsp. Italian spices or ¼ tsp. allspice, 2 cloves)
- 1 whole unpeeled onion cut in ½ and browned in hot pan without oil
- 1 to 1 ½ tsp. salt
- 1 stock celery (large chunks)

Boil until tender. Cool to room temperature and slice cross-grain.

Combine vinaigrette:

- 3 Tbsp. chopped (red) onion
- 2 Tbsp. (red) bell pepper
- ½ tsp. salt
- ⅛ tsp. pepper (maple/black pepper if available)
- ½ - 1 tsp. sugar (white)
- 2 Tbsp. red wine and 2 Tbsp. white vinegar or 4 tbsp. wine vinegar
- 3 Tbsp. olive oil
- ½ c. brisket broth

Pour vinaigrette over sliced brisket, allow to marinate 1 hour and serve at room temperature.

What's in the Kitchen Spring Rolls

Contributed by **Kimberli Poppe-Smart**

This is a fun way to play with the kids in the kitchen, impress guests or enjoy your fresh veggies. Throw out the rules of the "right" way to make a spring roll or fresh roll and let your imagination run.

Round rice papers (these are dried and in cellophane packaging—easy to keep on hand in the pantry)

Rice vermicelli noodles (also dried and easy to keep on hand)

Any or all of the following:

Cilantro or parsley sprigs, Thai basil leaves sliced like matchsticks, mint leaves

Peeled cucumber sliced into matchsticks

Grated carrots, cabbage, lettuce

Red, yellow, orange, purple and/or green peppers, sliced into matchsticks

Egg (whisk eggs, pour into pan like making scrambled eggs but do not stir, flip to cook both sides, slice into matchsticks)

Shrimp (cooked and cut into 2 pieces lengthwise)

Chicken (cooked and cut into strips)

Bean sprouts

Veggies of your choice, grated or chopped

Cook rice noodles per package direction. I boiled mine for 2 minutes and removed from heat.

Prepare all fresh ingredients and place on cutting board, plate, or in bowls so you can pick up a small handful of whichever you are including.

Prepare rice paper as directed. I have a pie plate with water for dipping, a plate to make the rolls on and a serving dish to transfer each one to as I get it wrapped.

Soak 1 rice paper in water for 5 seconds (or whatever package directions call for), remove from water and place on plate. Tear off a group of noodles about ½-inch thick and 4 inches in length. Place on top of rice paper, in the center. Layer the other ingredients so you have a pile that is about 4 inches long and an inch around. Fold one long end over, then the 2 short ends, then roll over the last open side. Place on serving dish.

Slow Cooker Chicken Korma

Contributed by **Nicole Shelley**

2 Tbsp. Sunflower Oil
8 Skinned & boned Chicken thighs, cut into cubes (or 6 boneless skinless chicken breasts)
2 Onions finely chopped
1 inch piece fresh ginger, peeled and finely chopped
5 Tbsp. Korma curry paste
250 ml. Coconut cream or milk
300 ml Chicken stock
2 Tbsp. ground almonds
Salt and pepper to taste
Greek or Non-fat plain yogurt

Preheat the slow cooker to LOW.

Heat the oil in a frying pan and add the chicken pieces. Fry until brown, then remove and place in slow cooker.

Add the onions, ginger and korma curry paste to the pan and fry for 2-3 minutes, stirring constantly.

Add the coconut cream (or milk), chicken stock and ground almonds, season with salt and pepper.

Bring the sauce to a boil, stirring occasionally, then spoon over the chicken in the slow cooker.

Cover and cook in the slow cooker on LOW for 6-8 hours.

When you are ready to serve your Chicken Korma, simply give it a stir, then ladle into bowls and top with spoonfuls of yogurt.

Grilled Halibut

Contributed by **Kimberli Poppe-Smart**

About 1 lb. of halibut (4 steaks)

1 onion sliced into thin rings

1 Tbsp. paprika

2 tsp. garlic salt

1 Tbsp. dill or ½ teaspoon oregano and ½ tsp. basil

2 Tbsp. lemon juice plus 1 quartered lemon

Place halibut on broiler pan or foil for baking or grilling. Sprinkle with paprika, dill (or oregano and basil), and garlic salt and lemon juice. Wrap up if on foil and bake until flakey or place under broiler until flakey. Serve with quartered lemon.

The halibut can be broiled, baked or grilled.

Roasted Beef on the Grill for Tacos

Contributed by **Kimberli Poppe-Smart**

1 - 2 lb. roast

Salt & pepper

Garlic powder

Splash vinegar

Warm grill up to 300 degrees, leaving the burner off under the spot your roast will be. Place roast in heavy roasting pan or Dutch oven. Add salt, pepper and garlic powder to taste. Splash with apple cider or red wine vinegar. Roast 90-120 minutes or until cooked through. I put foil under my pan to avoid discoloring the pan and keep the burner under the roast off to avoid overcooking the bottom.

Remove from heat and allow to cool. Shred the beef with a fork if tender enough, or cut into chunks and tear it apart with your hands. Place in a large pan on the stove and add your favorite taco sauce/seasoning. Watch the sauce for added sugars and other ingredients you are trying to avoid.

Orange Roughy Tequila Style Taco Filling

Contributed by **Kimberli Poppe-Smart**

2 large orange roughy fillets, cut into 2-inch wide strips (approximately 1.5 pounds)
1 shot tequila (or lime juice with a touch of agave nectar)
½ c. basil, chopped*
Juice from ½ orange
Juice from 1 lime or 4 small key limes
Salt and pepper to taste
½ tsp. cayenne pepper
2 tsp. ground coriander
1 tsp. chili powder
2 Tbsp. oil (vegetable, sunflower, avocado, olive, coconut or mixture)

Stir together all ingredients except fish. Pour into a pan or bag large enough to add the fish to marinade. Marinade 30 minutes, turning the fish over to allow all sides to soak in the marinade.

Grill the fish over a medium grill. I lined a vegetable grilling basket with foil and grilled it in that. It will fall apart so it's a bit tricky to grill it directly on the grill rack.

Serve as a fillet with a side dish or chunk it and serve as a taco filling.

Coconutty Tequila Shrimp Taco Filling

Contributed by **Kimberli Poppe-Smart**

1 lb. medium or large shrimp, shelled and deveined
¼ c. coconut oil
4 cloves garlic
1 shot tequila (or lime juice with a touch of agave nectar)
Juice from 1 lime or 4 key limes for extra flavor
½ tsp. salt
½ c. cilantro, cleaned and chopped
1 tsp. chili powder

Rinse and dry shrimp.

Heat coconut oil in skilled on the stove over medium heat. Add garlic and shrimp, tossing to coat the shrimp. Stir about 2 minutes then add tequila, lime juice, salt and chili powder. Cook another 2 minutes. Add cilantro.

Serve on a bed of shredded cabbage or steamed squash coins, with rice or pasta or in a tortilla. (Watch those tortilla shells for sugar!) You can leave the tequila out if you want or substitute with cactus/agave nectar and a little extra lime juice.

Shredded zucchini, yellow squash, white or sweet potatoes is a non-processed alternative to traditional pastas. I encourage you to use it in your favorite pasta dish. It is preferable to use organic vegetables. If they are unavailable to you, soak your vegetables in vinegar water to clean the vegetables.

There is a "raw" food movement that would encourage you to eat the shredded vegetables as pasta without cooking. I personally enjoy mine most when I have "steamed" them by placing them in a colander and pouring boiling water over them. You may prefer to boil your vegetable noodles briefly or sauté them with a touch of oil and then top with your favorite sauce.

Following are some recipes using vegetables that have been "noodled". These are great as leftovers wrapped in an Ezekiel brand sprouted grain wraps, generally found in the freezer of the natural foods section of your store. Enjoy!

Chili Zucchini and Red Peppers

1 ½ Tbsp. olive oil
6 cloves chopped garlic
2 tsp. chili powder
1 red pepper, diced
2 zucchinis, "noodled"
1 c. cubed cooked chicken or shrimp (peeled and de-veined pre-cooked)

Add olive oil to pan and place over medium heat. Sauté garlic for 2 minutes.
Add diced red pepper and zucchini noodles and chili powder. Cook for 5 minutes.

If desired, add cubed cooked chicken or shrimp.

One Pan Mexican Quinoa

Contributed by Melissa Keeney

Ingredients

1 Tbsp. olive oil
2 cloves garlic, minced
1 jalapenos, minced
1 c. uncooked quinoa
1 c. vegetable broth
1 (15-ounce) can black beans, drained and rinsed
1 (14.5 oz) can fire-roasted diced tomatoes
1 c. corn kernels
1 tsp. chili powder
½ tsp. cumin
Kosher salt and freshly ground black pepper, to taste

Toppings

1 avocado, halved, seeded, peeled and diced
Juice of 1 lime
2 Tbsp. chopped fresh cilantro leaves

Instructions

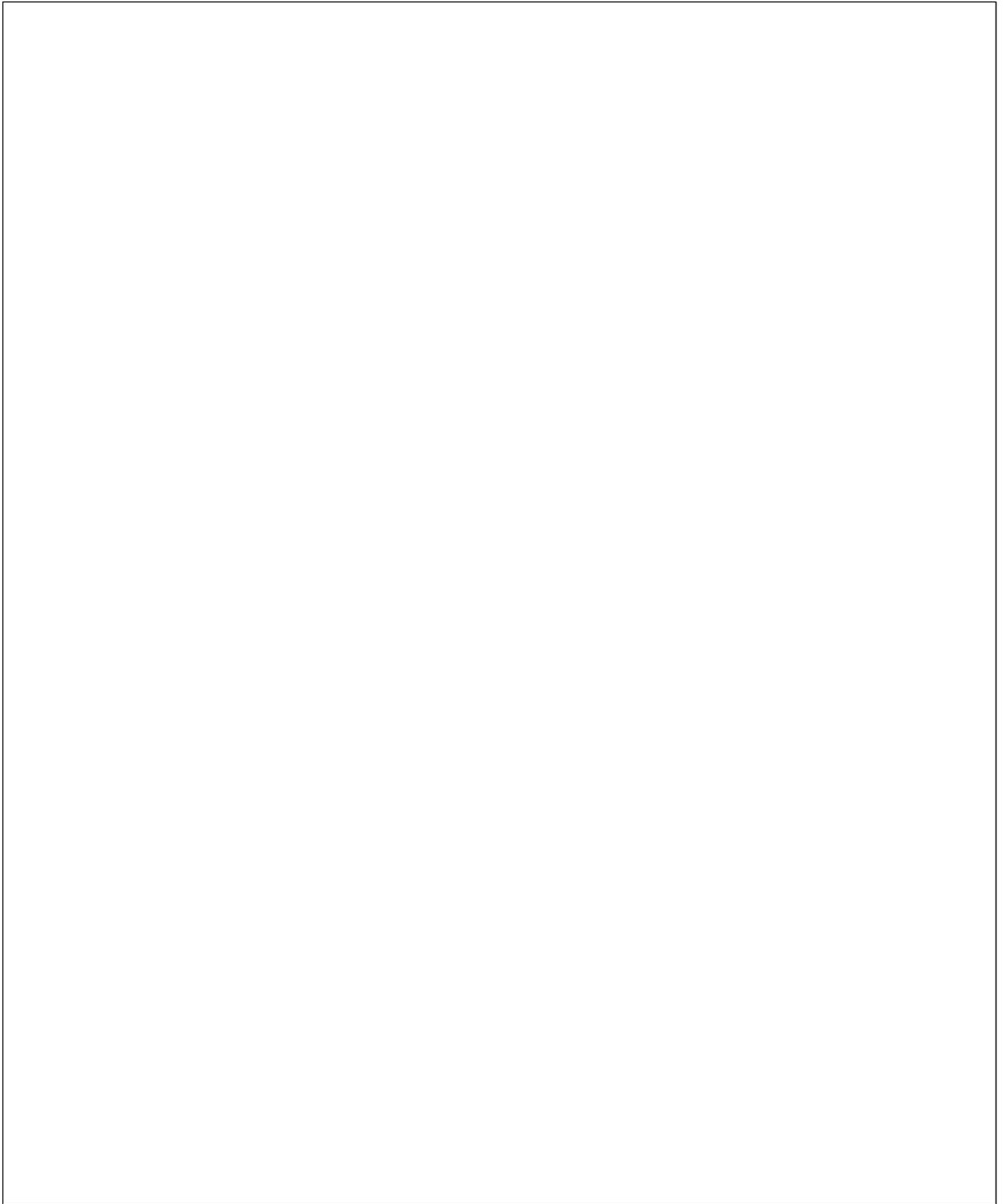
Heat olive oil in a large skillet over medium high heat. Add garlic and jalapeno, and cook, stirring frequently, until fragrant, about 1 minute.

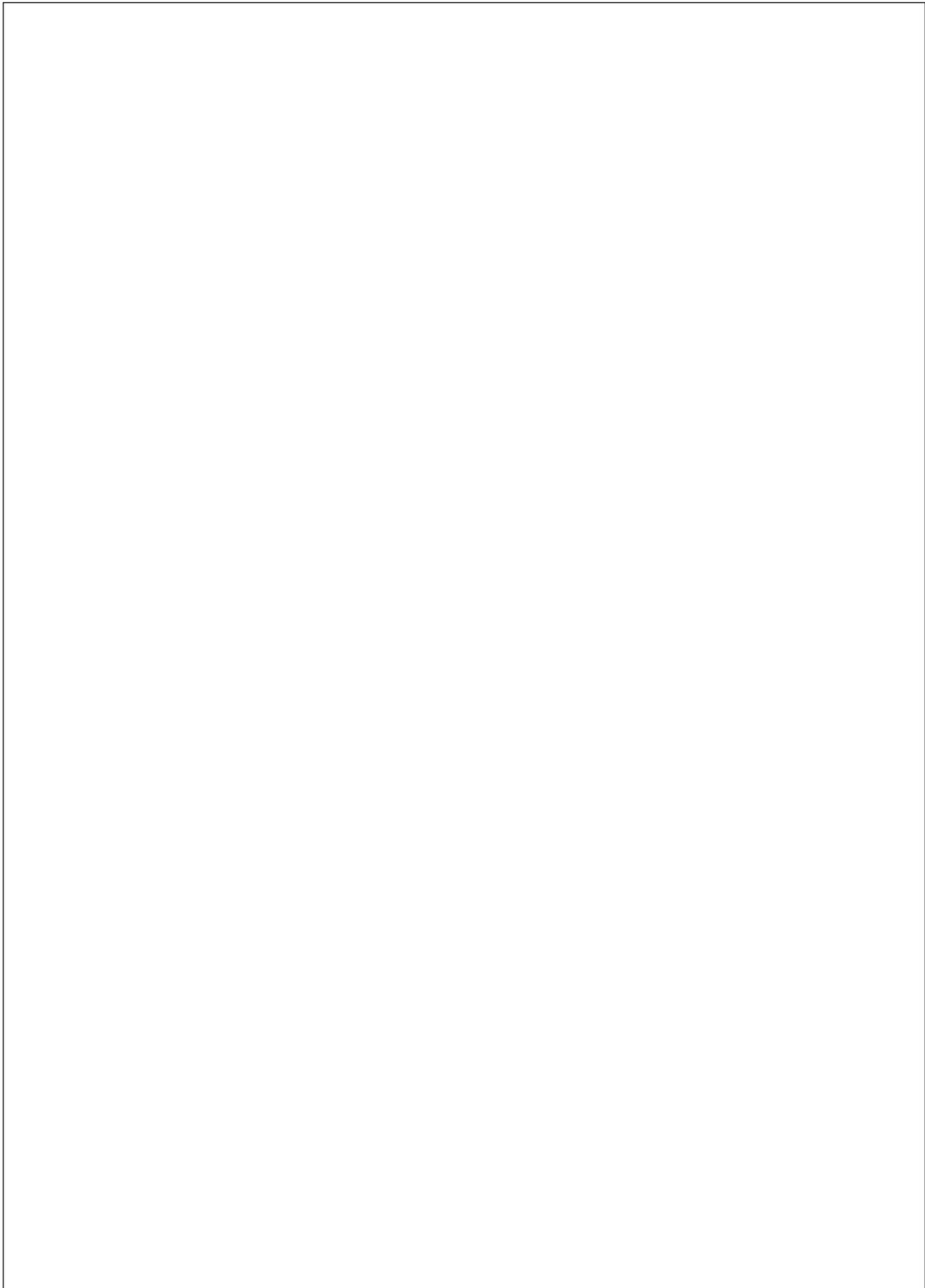
Stir in quinoa, vegetable broth, beans, tomatoes, corn, chili powder and cumin; season with salt and pepper, to taste. Bring to a boil; cover, reduce heat and simmer until quinoa is cooked through, about 20 minutes. Stir in avocado, lime juice and cilantro.

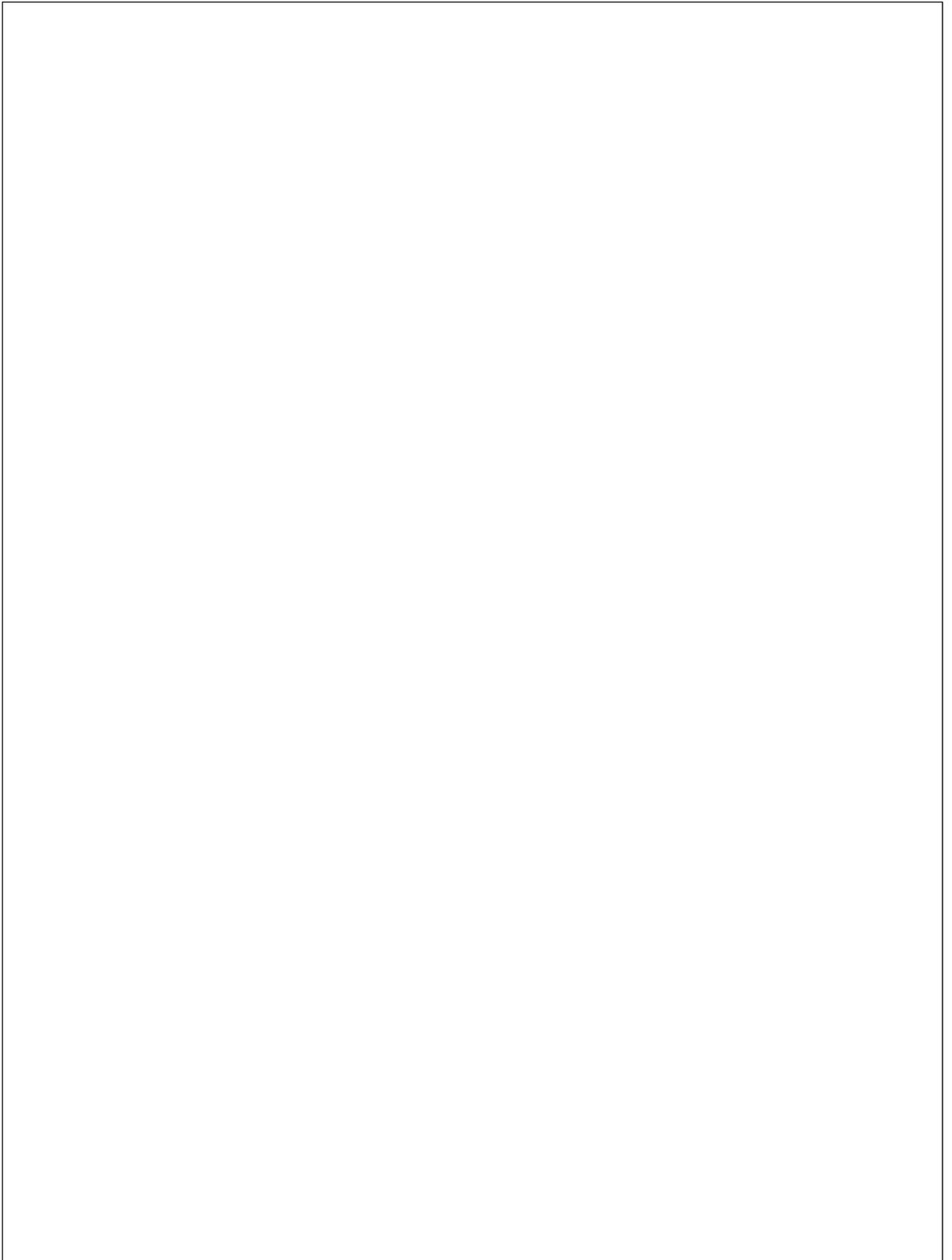
Serve immediately











SALAD DRESSINGS

Lite Mango dressing

1 small mango
½ c. water
2 tsp. apple cider vinegar
2 tsp. olive oil
¼ tsp. salt
1 tsp. dried basil
⅛ tsp. cayenne pepper (optional)
1 tsp. maple syrup of mango is not sweet

Puree together in blender.

Lemon Caper dressing

Juice from one lemon
Additional lemon, peeled, segmented and seeded
2 Tbsp. olive oil
1 tsp. honey
¼ tsp. black pepper
1 Tbsp. Dijon mustard
Blend together in blender.

Add 2 Tbsp. capers and lightly pulse to release their salty flavor but not pulverize them.

Creamy Garlic Dill Kefir

1 container organic grass fed kefir (5.5 ounces)
1 tsp. dried dill
1 tsp. garlic powder

Whisk together.

Quick peanut dipping sauce

1 c. organic peanut butter
4 cloves garlic, minced
Juice from 2 small or 1 large lime
3 Tbsp. Braggs amino acids (or soy sauce)
2 tsp. maple syrup
⅛ tsp. cayenne pepper or to taste
½ c. water

Blend together until smooth.

Lower Calorie Ranch Dressing

from www.snack-girl.com

(makes $\frac{3}{4}$ cup)

$\frac{1}{2}$ c. plain yogurt

$\frac{1}{4}$ c. mayonnaise

2 Tbsp. apple cider vinegar

$\frac{1}{4}$ tsp. salt

1 clove garlic, minced (optional)

minced fresh herbs (dill, basil, parsley) (optional)

Mix ingredients in small bowl and serve. This dressing will keep in your fridge for 2 weeks.

SALADS/ SIDE DISHES

Red Beet and Goat Cheese Salad

Contributed by **Kimberli Poppe-Smart**

2 Tbsp. balsamic vinegar
1 tsp. agave or maple syrup
¼ tsp. salt
¼ tsp. pepper
Juice from ½ orange
½ c. toasted walnuts
2 Tbsp. olive oil
6-8 beets, peeled, boiled and sliced ½ inch thick or cut into chunks
2 ounces goat cheese, crumbled
Fresh greens of your choice (2-4 c. torn into bite-sized pieces)

Whisk together the balsamic, syrup, orange juice, salt and pepper, and olive oil.

Place greens on serving plate, top with sliced or chopped cooked beets, cheese, and toasted nuts and drizzle dressing over the top.

Or

Mix greens, beets, cheese, and nuts together in a serving bowl and lightly toss the dressing in.

Roasted Fennel, Yellow Squash and Collard Greens Salad

Contributed by **Kimberli Poppe-Smart**

Preheat oven to 350 degrees. Lightly coat a baking sheet with olive oil.

1 yellow squash or zucchini, washed and sliced into ¼-inch slices
1 fennel bulb washed and thinly sliced
1 bunch collard greens, washed, drained and stripped from spine
¼ c. olive oil
¾ tsp. garlic powder or 1 teaspoon chopped fresh garlic
Salt and pepper
Red pepper flakes

Mix vegetables in a bowl. Coat with olive oil. Mix in garlic. Add salt, pepper and red pepper flakes to taste. Spread out on prepared baking sheet. Bake 30-40 minutes or until tender.

Quinoa Citrus Salad

Contributed by **Kimberli Poppe-Smart**

Toss:

1 c. quinoa cooked per package directions and cooled to room temperature

6-8 c. or large serving bowl nearly full of fresh greens

1 diced red pepper

2 oranges sectioned with white membrane and seeds removed

½ c. nuts or seeds of your choosing. I used tamari roasted pumpkin seeds

Optional: any other vegetable and red onions

Citrus Dressing:

¼ c. blood orange olive oil or 1/4 c. regular olive oil and juice from one orange

¼ c. balsamic, white, or apple cider vinegar or combination thereof. I used apple cider vinegar.

1 Tbsp. Dijon mustard

2 tsp. minced garlic

2 tsp. honey

Salt & pepper

½ tsp. cumin

Whisk or shake together and toss with salad.

Optional: add orange zest, chopped cilantro

Why Quinoa? Quinoa (KEEN WAH) is a very versatile whole grain (technically, it's a seed from a spinach-like plant) packed full of protein and amino acids. Quinoa contains B vitamins, high levels of potassium. It is a good source for zinc, copper, manganese and magnesium. It also contains folic acid and vitamin E. Quinoa does not contain gluten.

Sassy Sautéed Kale Salad

Contributed by **Kimberli Poppe-Smart**

1 bunch kale, washed

½ fennel bulb, sliced

½ onion, sliced

1 Tbsp. coconut (or vegetable or olive) oil

2 Tbsp. sunflower nuts

2 tbs. chopped dried fruit like apricot (soak 20 minutes first), dried cranberries or golden raisins

Heat oil in a skillet. Add sliced fennel and onion. Sauté until onions are brown and translucent. Add kale, torn into 1-inch pieces. Cook until the kale turns bright green. Remove from heat and toss in fruit and nuts. Add salt and pepper to taste.

Cabbage Steaks

Contributed by **Kimberli Poppe-Smart**

Cabbage is not just for coleslaw anymore! I provide 4 different coatings for cabbage steaks but let these just be your inspiration for creating your own unique blend.

Pre-heat oven to 400 degrees. Lightly oil a baking sheet (or 2).

Peel off outer leaf and slice a 2-pound head of cabbage into 1-inch steaks.

Rub or brush both sides of the cabbage slices with one of the following mixtures.

Bake for 30 minutes. Carefully turn the cabbage slice over and bake for another 30 minutes until the edges are brown and crispy. Enjoy!

Balsamic/Orange	Garlic/Thyme	Lime/Onion	Apple/Walnut
3 Tbsp. olive oil	3 Tbsp. olive oil	3 Tbsp. olive oil	3 Tbsp. apple cider vinegar
3 Tbsp. balsamic vinegar	5 diced garlic cloves	½ tsp. lime-infused salt or ½ tsp. salt and juice from ½ lime	1 Tbsp. chopped nuts (pecans/walnuts)
Juice from ¼ orange	¼ tsp. salt	½ tsp. onion powder	2 Tbsp. olive oil
2 Tbsp. chopped salted pumpkin seeds	¼- ½ tsp. ground pepper		1 tsp. caraway seeds
	1 ½ tsp. thyme		

Asparagus and Spring Onions on the BBQ

Contributed by **Kimberli Poppe-Smart**

1 bunch asparagus, washed.

Bend each stem into an arc and it will naturally break where the woody part starts. Use the more tender upper part of the stalk.

1 bunch green onions, washed with roots and 1 inch of tops trimmed off

2 Tbsp. olive oil

1 tsp. salt

1 Tbsp. maple syrup

Sauce

¼ c. balsamic vinegar

3 Tbsp. stone ground mustard (prepared)

Juice from ½ lemon

½ tsp. black pepper

Pre-heat grill to medium-high. Place cleaned asparagus on sheet of foil. Drizzle with 1 Tbsp. oil and sprinkle with ½ tsp. salt. Place on heated grill.

Place green onions foil. Drizzle with 1 Tbsp. olive oil and 1 Tbsp. maple syrup. Sprinkle with ½ tsp. salt. Add to grill about 10 minutes after asparagus. Grill both until tender but not mushy.

Place asparagus and green onions on serving platter. Mix sauce ingredients together. Serve with sauce on the side or atop the asparagus and onions.

Very Versatile Red Pepper Sauce

Contributed by **Kimberli Poppe-Smart**

3 red peppers

4 green onions

1 tsp. cumin

½ tsp. salt

Roast the red peppers on the barbeque grill or at 400 degrees in the oven for about 20 minutes. Turn the oven off and leave the peppers in there to sweat and cool.

When cool, seed the peppers and place in blender with cumin and salt. Blend until smooth. Add green onions and pulse so some green pieces remain.

Avocado-Apple-Roasted Garlic Salad

Contributed by **Kimberli Poppe-Smart**

1 avocado, cut into bite-sized chunks
1 apple washed, cored, and cut into bite-sized chunks
1 garlic bulb, roasted
Juice from ½ key lime
½ c. walnuts or pecans

Wrap garlic bulb in foil, adding a couple drops of oil. Roast in pre-heated oven at 400 degree or on the grill until soft, about 20 minutes. Remove from oven and allow to cool.

Place chunked avocado and apple in a bowl. Squeeze the roasted garlic cloves from their peelings into the bowl. Squeeze lime juice over all. Add walnuts and gently toss. Makes a single entrée or two side dish servings.

Black Bean and White Corn Salad with Creamy Green Dressing

Contributed by **Kimberli Poppe-Smart**

3 cans black beans, rinsed and drained
1 package frozen white corn (I like the petite kernels), thawed
1 bunch cilantro, washed with about 4 inches of the stems removed
½ tsp. dried ancho chili powder
1 tsp. cumin
3 avocados
1 container (6 ounce) Greek yogurt
1 Tbsp. maple syrup
⅓ c. apple cider vinegar
⅓ c. olive oil
½ c. green onions, washed and sliced (white and green parts)
1 tomato, chopped

Placed drained black beans and thawed corn in bowl.

In blender add:

cilantro
1 avocado, peeled and pitted
Greek yogurt
spices
vinegar
maple syrup
olive oil

Blend until all is smooth. Add salt and pepper to taste. Stir in chopped onions. Pour over beans and corn. Before serving fold in 2 chopped avocados and chopped tomato.

Marinated Carrot and Basil Salad

4 cloves garlic, chopped
6 fresh basil leaves, sliced into ribbons
¼ cup olive oil
½ teaspoon salt
Juice of 1 lime

Add all ingredients above to a jar or covered container and shake together.

2 carrots, shredded with a vegetable peeler
1 avocado, chunked

Place carrot shreds and avocado in bowl. Pour shaken dressing over the top and refrigerate for at least one hour.

Optional: top with roasted salted pepitos

Sesame Carrots and Snow Peas

Contributed by Kimberli Poppe-Smart

1 Tbsp. sesame oil
2 carrots, noodled
2 c. snow peas
1 tsp. smoked paprika
¼ head cauliflower cut into flowerets
1 Tbsp. black roasted sesame seeds or chopped peanuts (optional)

Heat sesame oil over medium heat. Add carrots, snow peas, cauliflower and smoked paprika to pan. Stir all together, cover and cook until the vegetables soften slightly.

Remove from heat and top with black sesame seeds or chopped nuts if desired.

Cannellini Bean and Tarragon with Sweet Potatoes

Contributed by **Kimberli Poppe-Smart**

1 can cannellini beans, rinsed and drained
Leaves from 5 stems of fresh tarragon
¼ c. walnuts
1-2 Tbsp. oil
½ tsp. salt
Pinch black pepper
4 sweet potatoes, noodled

Add beans, tarragon, and walnuts to blender bowl and blend until smooth.

Heat oil over medium heat. Sauté sweet potato noodles with salt and pepper. When softening, add bean mixture and heat through without overheating.

Blackberries, Grapefruit and Mango Salad

Contributed by **Kimberli Poppe-Smart**

½ c. blackberries
1 grapefruit, peeled, sectioned and cut into bite-sized pieces
1 mango, chunked

Place in a bowl and mix together.

Blend: ½ c. blackberries
1 tsp. coriander
Juice from 1 lime
1 tsp. honey

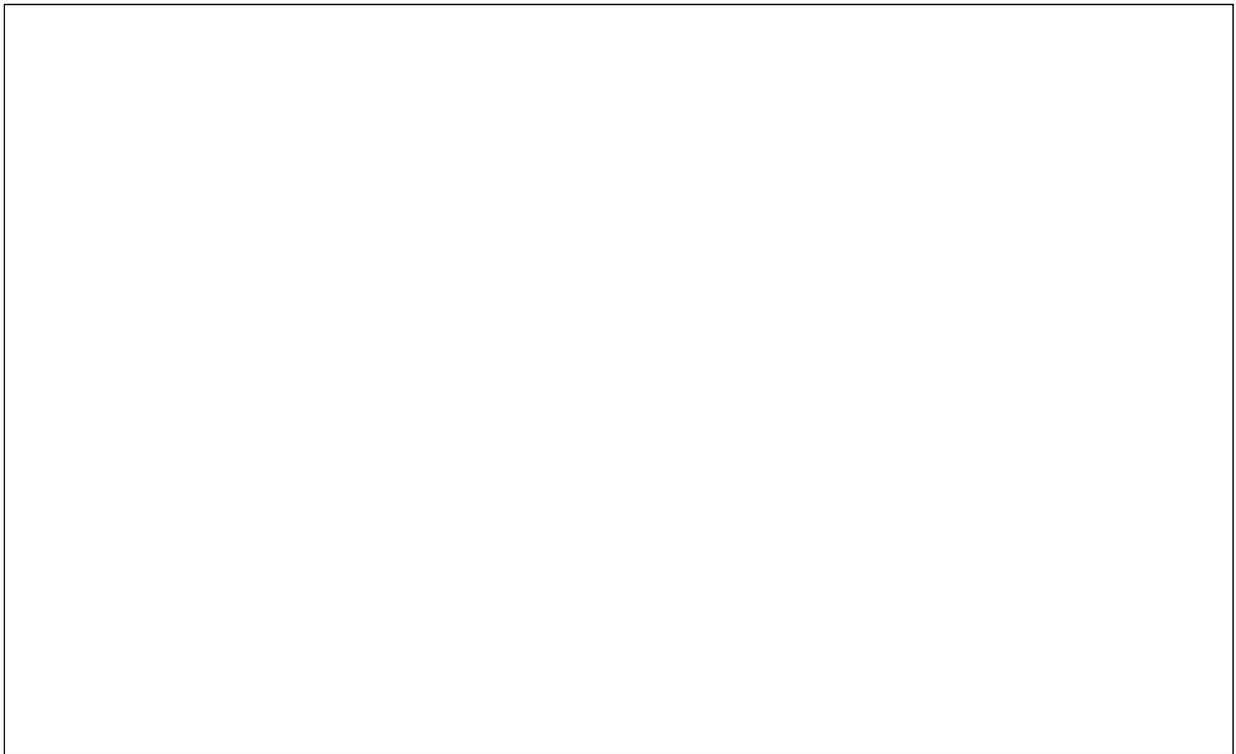
Pour over mixed fruit. Chill and serve.

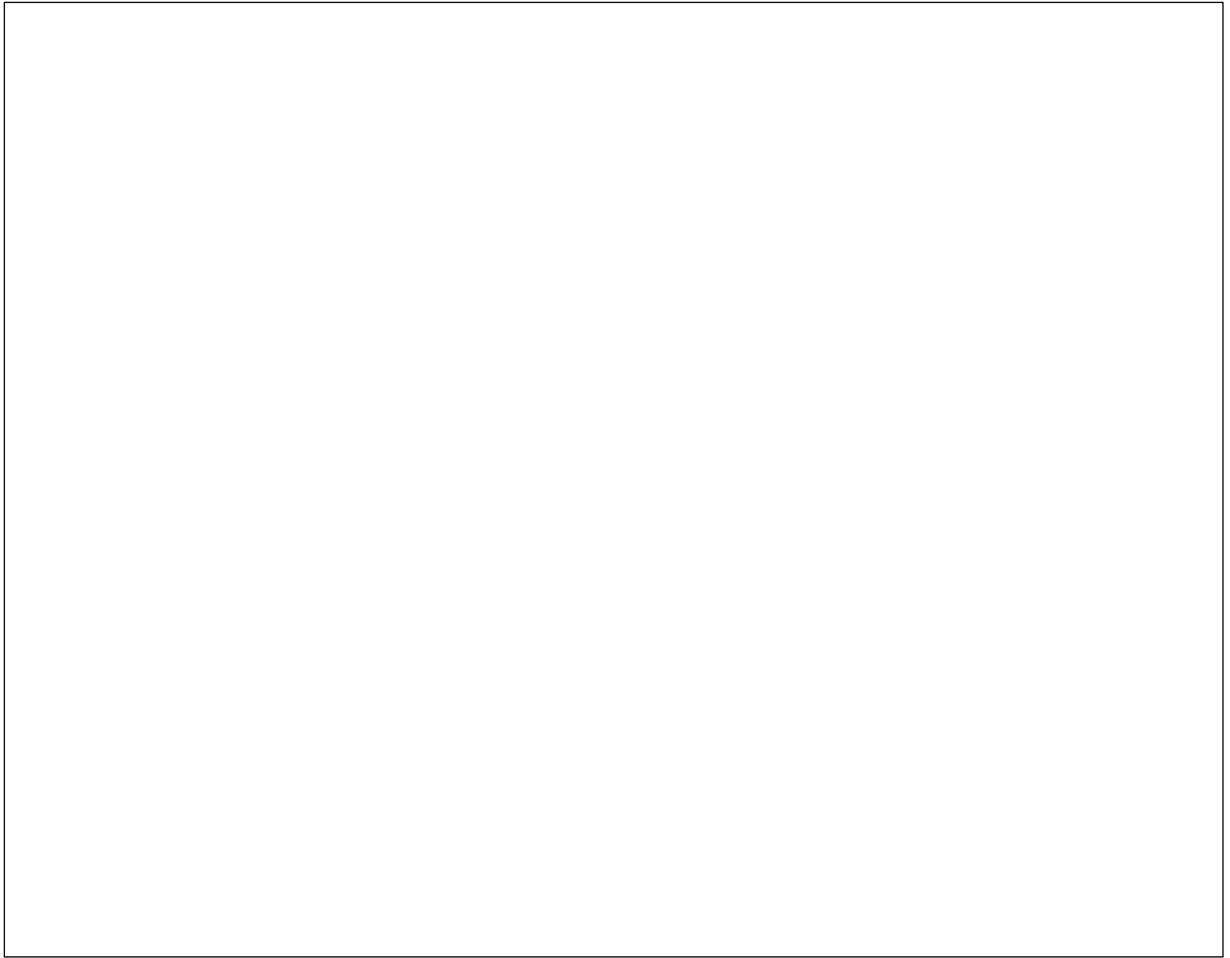
Italian Yellow Zucchini Noodles

Contributed by **Kimberli Poppe-Smart**

8 ounces tomato sauce
4 ounces mild green chilies
2 garlic cloves, chopped
1 onion, chunked
2 Tbsp. dried Italian seasoning
2 yellow squash, noodled

Add tomato sauce, chilies, garlic, onion and seasoning to a pan. Cook over medium-high heat, stirring frequently, until onions are translucent. Add squash and cook until tender.





SOUPS/ STEWS

White Bean and Kale Soup

Adapted from www.diabeticfoodie.com recipe of the same name (adapted from Bon Appetit)

10 oz. dried beans
1 c. chopped onion
4 cloves chopped garlic
2 bay leaves
1 tsp. dried sage
1 tsp. salt
4 c. coarsely chopped kale stems removed
6 Tbsp. extra-virgin olive oil
3 Tbsp. lemon juice
Crushed red pepper
Black pepper

Place dried beans in a large bowl, cover them with water rising 3 inches over the top of the beans and allow to sit overnight *or* place beans in a pot, cover by 3 inches over the top of the beans with water and bring to a boil, boil one minute, remove from heat and allow to sit for an hour. *I prefer to soak my beans overnight, changing the water 3 times. Beans have phytic acid in them, which interferes with iron absorption. Soaking and rinsing also reduces gas production.*

Drain beans and put into pot. Add 8 cups of water, onion, garlic, bay leaves, and sage. Bring to a boil, reduce heat and cover. Simmer until the beans are tender (about 1 ½ hours). When the beans are cooked, add the salt (it will slow down the softening of the beans if you add it earlier) and kale. Cook for about 5 more minutes.

Drain the beans and kale, reserving the liquid for soup. Place the beans (with onions) and kale in a bowl. Add olive oil, lemon juice, red pepper and black pepper to taste. Serve as a main dish, side dish or incorporate into other dishes such as **White Bean and Kale Soup**.

White Bean and Kale Soup

Contributed by **Kimberli Poppe-Smart**

1 Tbsp. olive oil
1 medium carrot, diced
½ c. chopped celery
4 c. vegetable stock or 4 cups cooking liquid from White Beans with Kale above (I prefer at least 50% vegetable stock to deepen the flavors)
3 c. White Beans with Kale above
(1) 15-ounce can of diced tomatoes (with juice)
3 cloves of garlic, chopped
1 ½ tsp. Italian seasoning
Parmesan cheese or (*) alternative

Heat oil in a large pot over medium heat. Add carrot and celery. Sauté until the veggies begin to soften, about 5 minutes. Add Italian seasoning to release the flavor of the spices.

Add veggie broth and/or bean juice, beans with kale, tomatoes, and garlic. Bring to a boil, and then reduce heat and simmer, uncovered for about 30 minutes.

Transfer 2 c. of mixture to a food processor. Puree, then return to pot. Ladle soup into bowls, then sprinkle with Parmesan* cheese.

*Parmesan cheese substitute if avoiding dairy:

In blender process ¼ c. nutritional yeast with 1 cup raw unsalted cashews and 1 teaspoon salt. Process until a smooth powder has formed. Store in fridge in an air-tight jar.

Lush Pumpkin Soup with Curry and Coconut

Contributed by Kimberli Poppe-Smart

Roast one sugar pie pumpkin (or a butternut squash if you prefer). Poke the washed, whole pumpkin to allow the steam to release while baking. Bake whole on a baking pan for 60 to 90 minutes at 400 degrees. Allow to cool and separate the pulp from the seeds and skin. If you prefer, you may use about 3.5 c. of canned pumpkin.

In a large pot over medium heat, add 3 tablespoons of coconut oil. Sauté 1 large onion, coarsely chopped. When becoming translucent, add 4 cloves of chopped garlic, salt and pepper. Add 2 to 4 tablespoons of red curry paste, depending upon your desire for heat and curry flavor. Grate 2 teaspoons of ginger and add. Add 3 lime leaves, a bit of lemongrass or 2 tablespoons of fresh lime juice if available. Cook for a few minutes, inhaling the incredible fragrance.

Add the pumpkin flesh, breaking it apart with a wooden spoon as you are cooking.

Add 1 can of coconut milk (light or full fat). Blend with the pumpkin and observe the ingredients as they combine to form a blended base of nutrients for you.

Add 4 c. of veggie broth, $\frac{1}{4}$ c. maple syrup, and 1 to 2 pinches of cayenne and blend together. Allow to simmer for 20 to 25 minutes, stirring occasionally.

If you added lime leaves, remove them now. Place the soup in a blender (you will probably need to do this in 2 batches) and puree until smooth.

Sprinkle with freshly chopped cilantro or parsley if desired and serve. I have frozen leftovers and reheated with excellent results.

Garbanzo Bean and Sweet Potato Stew with Spinach

Contributed by **Kimberli Poppe-Smart**

2 Tbsp. olive oil
1 onion chopped
4 cloves garlic, chopped
4 c. (or 2 cans) cooked garbanzo beans. If using canned, rinse thoroughly.
5 sweet potatoes peeled and cubed
3 tsp. cumin
1 tsp. ginger
½ tsp. oregano
1 tsp. crushed red pepper
4 c. vegetable broth
2 c. water
½ c. brown rice
8 handfuls washed spinach
Salt and pepper to taste

Heat olive oil in pot large enough for stew. Add chopped onions. When onions become translucent add garlic, cumin, ginger, ½ teaspoon oregano, and red pepper. Cook 2 more minutes to allow the spices to release their flavors. Add garbanzo beans, sweet potatoes, broth, rice and water. Bring to a boil then reduce heat and simmer until cooked through. Add spinach toward the end of the cooking. Season with salt and pepper as desired.

Options: Replace brown rice with quinoa – up to 2 cups. Add up to 2 cans of chopped tomatoes and eliminate the 2 cups of water if you enjoy and tolerate tomatoes.

What's the big deal about Garbanzo beans? Garbanzo beans (chick peas) are another incredibly versatile food. They are found in everything from brownies to humus. They can be boiled, roasted, mashed, tossed, ladled and more. When combined with whole grains (like brown rice or quinoa), they provide a source of protein as complete as that found in meats and dairy products – without the saturated fat and cholesterol. One cup of garbanzo beans provides about 27% of the average daily protein requirement.

Legumes in general, including garbanzo beans, are rich in dietary fiber. The soluble fiber aids the body in eliminating excess cholesterol. Insoluble fiber helps with bowel regularity. Garbanzo beans contain both types. They are also a great source of iron.

The Small but Mighty Lentil The lentil, a small and quick-to-cook legume, boasts many health benefits. Lentils are high in cholesterol-lowering fiber that also helps to avoid blood sugar spikes after meals. Additionally, lentils have significant amounts of folate, magnesium, B vitamins and iron.

Lentils can be cooked and combined with vegetables and served as a side dish or add some liquid and have a soup. They are also used in "meat" loaf, mixed with soba noodles and veggies and spiced with olive oil and garlic and a myriad of other combinations.

Coconut Curried Lentils

Contributed by **Kimberli Poppe-Smart**

1.5 c. rinsed and sorted lentils
32 ounces vegetable broth
13.5 ounces coconut milk
1 large onion, chopped
2 c. chopped carrots
4 minced garlic cloves
1-2 tbsp. yellow curry powder
½ tsp. cinnamon
½ tsp. cumin
2 bay leaves
(can add chopped spinach and/or kale if desired)
¼ tsp. salt
¼ tsp. pepper
1 tsp. turmeric

Cook on the stove until done, or place all ingredients in crockpot and cook on high for 4 hours or low for 8 hours.

Remove bay leaves and serve.

Curried Lentils With Turmeric

Contributed by **Kimberli Poppe-Smart** (*one of her favorite comfort foods*)

- 1 ½ c. dried lentils
- 1 minced garlic gloves
- 1 large yellow onion, diced
- 1 Tbsp. coconut oil (or oil of your choice)
- 1 diced tomato
- 3 Tbsp. yellow curry powder
- 1 tsp. dried ground turmeric
- 1 tsp. ground cumin
- 2 tsp. chili powder
- 1 bay leaf
- ½ tsp. salt
- 1 tsp. honey or maple syrup
- 1 tsp. minced fresh ginger root or ½ teaspoon dried ginger
- 2 c. vegetable broth (can use chicken, if preferred)

Sauté onion and garlic in coconut oil until soft. Add tomato, curry, turmeric, cumin, chili powder, bay leaf, salt, and ginger and cook for 2 minutes to release the flavors of the spices.

Add lentils, honey/syrup, and broth. Bring to a boil. Cover and reduce heat to low. Simmer for 15-20 minutes until thick and lentils are cooked.

Remove bay leaf. Remove from heat and serve.

Vegetable Broth

Contributed by **Kimberli Poppe-Smart**

2 yellow onions
4 Tbsp. vegetable oil
2 c. roughly chopped celery (large pieces)
2 c. washed carrots (don't peel), chopped into large pieces
1 c. parsnips, washed and chopped, or another cup of carrots
4 bay leaves
2 Tbsp. thyme or several sprigs of fresh thyme
1 bunch of parsley
2 Tbsp. peppercorns or 1 ½ tablespoons ground pepper
8 chopped garlic cloves or 2 tablespoons garlic powder
1 tsp. salt
5 quarters water

Add 4 Tbsp. vegetable oil to a large heavy pot or Dutch oven and place on medium-high heat on the stove. Add 2 yellow onions with the skin on, cut in 1/4s with the cut side down. Allow to cook until the onions start to brown. Remove the onions, chop into 1-inch to 2-inch pieces and place back in the pot, leaving the skins on (these help darken the broth a bit).

Add celery, carrots and parsnips, if using. Toss in peppercorns, if using, and garlic. Put lid on, reduce heat to medium and allow vegetables to sweat about 15 minutes.

Add remaining ingredients and cook on medium heat for about 1 hour. Allow to cool somewhat and strain through a colander, preserving the liquid. This can be frozen for later use and used immediately as a base for soups and for cooking grains or anywhere else broth is called for.

Using organic vegetables where possible is preferable.

BREAD

No-Knead Multi-Grain Peasant Bread www.thekitchen.com/noknead-bread-recipe-multigrain-107657

Adapted from the Master Recipe from Artisan Bread in Five Minutes

1 c. rye flour
1 c. whole wheat flour
½ c. cracked wheat, uncooked steel cut oats, sunflower seeds, other textured grain, seeds, or nuts
4 c. white all-purpose flour
1 Tbsp. kosher salt
½ tsp. yeast
3 ¼ c. (26 ounces) room temperature water

In a large bowl, mix together all the flours, salt, and yeast. Stir in the water to form a thick, gloppy batter. (If your yeast needs to dissolve in water before being added, do this in a separate bowl before combining with the flours.)

Cover the bowl and let it sit at room temperature for 8 hours or overnight. If necessary, you can refrigerate the dough after this fermentation period for up to a week. Refrigerating for a few hours also helps make the dough easier to work with and improves the flavor.

When ready to shape and bake the loaves, sprinkle your work surface with a little flour. Turn the cold dough out onto the counter and divide it in two equal pieces. Sprinkle the dough with a little more flour and shape them into round loaves or sandwich loaves, as desired. Cover and let the loaves rise for about 1.5 - 2 hours at room temperature, until nearly doubled in bulk.

A half hour before baking, preheat the oven to 450°. Put a pan in the bottom of the oven to preheat as well. If you're baking round loaves, set a baking stone on the middle rack while the oven is heating.

When the loaves have risen, quickly cut 1/2-inch slashes in the top with a serrated knife and set them in the oven. Pour a half cup of water into the pan at the bottom of the oven and close the oven door.

Bake for 30-35 minutes, until the loaves are dark brown, sound hollow when tapped on the bottom, and the interior registers 190° on an instant-read thermometer. Allow to cool fully on a rack before slicing and eating.

SWEET TREATS

Rich Chocolate Pudding

Contributed by **Kimberli Poppe-Smart**

This chocolate pudding is thick and rich in chocolate. If you prefer a pudding less like a mousse, you can thin with extra $\frac{1}{4}$ to $\frac{1}{2}$ cup milk. If you want to bring in the flavor of fruit, replace $\frac{1}{2}$ cup milk with orange juice, alternate layers of pudding with pureed raspberries or top with sliced strawberries. You can add cinnamon if that is to your liking.

2 tsp. vanilla extract
 $\frac{1}{2}$ c. pitted Medjool dates (approximately 10)
1 c. avocado (approximately 1 large or 1.5 small-medium)
 $\frac{1}{2}$ c. cocoa powder (I use raw cacao powder)
 $\frac{1}{4}$ tsp. salt
2 Tbsp. plain Greek yogurt
 $\frac{2}{3}$ c. milk (I use plant-based milk)

Add all ingredients to food processor and puree until smooth. You will have to scrape the food processor jar/bowl several times. Eat and/or refrigerate.

Silky Lavender Pudding

Contributed by **Kimberli Poppe-Smart**

1 can lite coconut milk
1 $\frac{1}{2}$ c. milk (Kim use's nut milk)
 $\frac{3}{4}$ tsp. dried lavender, lightly crushed and placed in a tea ball, muslin bag or fine mesh sieve
1 $\frac{1}{2}$ tsp. vanilla
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{3}$ c. honey (do not use raw honey for small children)
 $\frac{3}{4}$ c. chia seeds

Combine milks and salt in saucepan and place over medium heat. Just before it boils remove from heat and add lightly crushed lavender, contained in a tea ball, muslin bag or fine mesh sieve. Gently stir in honey. Allow to rest for 25 minutes then remove lavender.

Add chia seeds, blend well to remove lumps (Kim briefly blends in the food processor). Pour into bowl or individual servings and refrigerate for several hours while the chia thickens the pudding. This pudding has a very delicate and lightly perfumed flavor.

Clean Oatmeal Cookies

Contributed by **Yolanda Hernandez**

3 ripe smashed bananas
2 c. of oats
¼ c. of almond milk
⅓ c. of applesauce
1 tsp. cinnamon
1 tsp. of vanilla
½ c. of raisins (optional)

Mix together and bake at 350 degrees for 15-20 minutes. I baked them for 15 minutes and they were perfect. I chopped some raw almonds and threw them in there for a bit of crunch.

I recently checked out the recipes and found this one for "comfort food". I have not tried it but I certainly will, replacing the peanut butter with almond butter and the agave with maple syrup. Also, I do not have an ice cream maker so I blend my ice cream/sorbets and place them in a freezable flat glass dish and freeze that way.

Peanut Butter Swirl Ice Cream

Contributed by **Yolanda Hernandez**

Ingredients

1 can full fat coconut milk (I prefer Trader Joes Coconut Cream—in the brown can)
2 very ripe bananas (can be frozen, but do not need to be)
2 Tbsp. agave
1 tsp. vanilla
½ cup creamy peanut butter
1 Tbsp. agave
¼ tsp. salt

Blend coconut milk, bananas, 2 Tbsp. agave, and vanilla in a blender until completely smooth. Pour into your ice cream maker and churn according to machine directions.

Meanwhile, mix peanut butter, remaining 1 Tbsp. agave, and salt together in a small bowl.

When the ice cream is just about finished, spoon the peanut butter into the ice cream maker and let it swirl around for 1-2 minutes with the ice cream.

Turn off machine and place ice cream into a freezer safe container. You can serve right away (it will be soft), but I prefer to freeze it for about 3 hours until firmer and then serve. Enjoy!

Strawberry Ice Cream

Inspired by David Levowitz *Living the Sweet Life in Paris*. <http://www.davidlebovitz.com/> His version is vegan and he suggests adding a liquor to maintain the soft scoop-ability of the mixture.

1 ½ lb. washed, hulled strawberries
¼ c. maple syrup
¾ c. coconut milk
¾ c. milk (rice, nut, cow milk)
2 tsp. fresh lemon juice
2 Tbsp. honey

Slice the berries and toss them with the maple syrup and honey. Let them sit for an hour at room temperature.

Place the berries in the blender with their liquid and the milks and lemon juice. Puree.

Chill in ice cream maker or pour into freezer-worthy container that will be easy to scoop from. I use a glass baking pan (about 2-inch sides). This freezes hard over time so make, freeze and eat soon or plan to let it thaw before scooping.

Banana Ice Cream

Contributed by **Kimberli Poppe-Smart**

2 bananas (peel, break into about 4 pieces each and place in freezer for a couple of hours)
½ tsp. cinnamon
1 tsp. vanilla
⅓ c. milk
¼ cup walnuts (optional)

Place frozen bananas in blender with milk, vanilla and cinnamon. Blend on high until smooth. Remove from blender and serve or fold in walnuts and serve.

Watermelon Cake

Contributed by **Kimberli Poppe-Smart**

1 Watermelon

2 cans coconut cream (on the shelf by canned coconut milk). Refrigerate overnight.

1 Tbsp. maple syrup

½ fresh nutmeg nut grated (or ½ tsp. bottled

Few whole strawberries

Handful of blueberries

Cut one watermelon end flat to be the bottom of the cake. Cut the opposite end flat to be the top or, if you want to show off your artistic flair, leave it rounded like an egg.

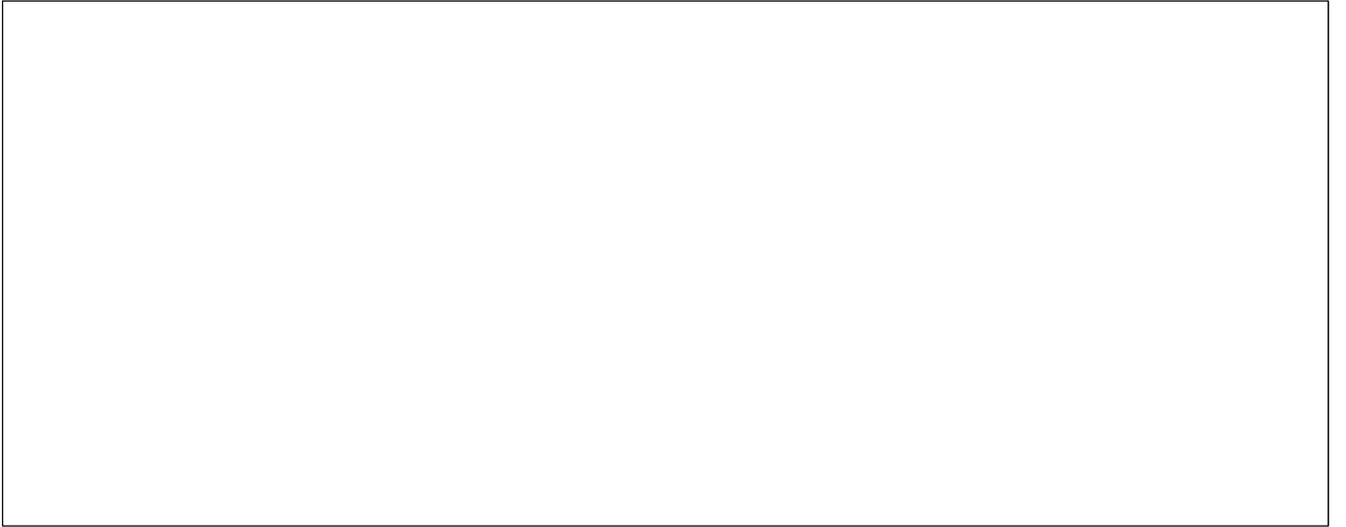
Cut the rind off the watermelon, shaping the sides of the cake as you shave the last bits of white rind.

Open the cans of coconut in the same orientation you chilled them. Scoop out the thick cream and place in your blender or bowl for beating with a hand mixer. Save the liquid for smoothies later.

Add the maple syrup and nutmeg. Blend until thick and whipped like whipped cream.

Pat the outside of the melon dry. Frost the melon with the whipped coconut cream mixture.

Decorate with fruit and serve. You can also decorate the sides with slices star fruit or kiwi, holding the fruit in place with a toothpick.



SMOOTHIES

A smoothie is a blend of produce, fluids, flavorings and other foods that are consumed as meal replacements, desserts, supplements, and snacks. They are popular as a quick breakfast or a pick-me-up snack. It is easy to get in a rut with foods when you find something you enjoy. If you find yourself bored with your old reliable combination in the blender, you may find some inspiration here to create new favorites. The sky is the limit with the combinations you can create. Have fun and ENJOY!

**VEGETABLE + FRUIT + LIQUID + BINDER/HEALTHY OIL + PROTEIN (+ super food)
= SMOOTHIE**

You are sure to find the method that works best for you but here is one suggested sequence of blending to follow. Generally, it is best to put any powdered ingredients, seeds and grains in the blender first. They are more likely to be blended thoroughly this way. Add vegetables next (also herbs if you are using them), then add any unfrozen fruit followed by oils/nut butters. Drop in the frozen fruits next if you are using any, then add the liquids. If you like a very cool smoothie, you may want to drink it from a glass that is freezer-worthy and has been chilled before pouring the finished smoothie into it.

FRUITS

If you like a chilled and frothy smoothie, chunk and freeze your fruits. Fruits add natural sweetness and vitamins to your smoothie. Fruits are not only good antioxidants, they also contribute healthy fiber. Toss into your blender the approximate volume of an apple or banana.

Suggested fruits:

Banana
Apple (if you have a powerful blender, you can use the core)
Raspberries
Blackberries
Peaches
Avocado
Strawberries (if you have a powerful blender, you can leave the greens on)
Blueberries
Papaya Pumpkin Butternut squash Kiwi
Cherries (remove pits)
Melon
Pineapple
Lemon, lime, orange (remove lime peel always, leave orange and lemon peel on if you enjoy the bitter taste)
Mango
Cranberries
Raspberries
Plums (remove pits) Peach
Grapes

VEGETABLES

Vegetables also add vitamins and fiber to your smoothie. They help balance the sweetness of fruits in the mixture. Try to incorporate at least as much vegetable by volume as fruit in your smoothie. Add approximately an amount equivalent to a handful of greens. Suggested vegetables (some may also be chunked and frozen to bulk up your smoothie):

Kale Spinach Zucchini Swiss chard
Carrots
Sweet potatoes
Celery
Beets

LIQUIDS

The list below is just a starting point. Keep an open mind to the healthy options you can come up with for liquid. For example, you could whirl up a warm smoothie by pouring warmed vegetable broth over vegetables, herbs and spices. Using a fruit juice will add calories and will elevate your blood sugar. Use 1 to 2 cups of liquid, depending upon the thickness you want and number of servings you are blending.

Brewed tea (e.g., green, chai) Milk
Pomegranate juice
Kombucha
Water
Nut milk (almond, cashew, coconut) Coconut water
Hemp milk

BINDERS/HEALTHY OILS

Binders/healthy oils replace the unhealthy fats sometimes incorporated in smoothies made with fat/sugar laden yogurts, sherbets and ice cream. Use about 2 to 4 tablespoons, using the lesser amount for the higher fat foods.

Nut butter, nut oil
Flax seed or flax oil
Soaked almonds
Ground or whole rolled oats
Hemp seed or hemp oil
Chia seeds
Kefir
Soaked nuts and seeds
Coconut oil

PROTEIN

Protein is found in several of the smoothie ingredients listed previously. If additional protein is desired, the following may be added. One to two scoops of commercial protein powders or one to two tablespoons of another protein source can be incorporated.

Protein powders such as hemp, pea, Brown rice, soy whey
Greek yogurt
Silken tofu
Soaked nuts or seeds

SUPERFOODS, SPICES, HERBS and MORE

If you are an advanced smoothie barista and are looking to take your smoothie up a notch, the following superfoods, spices, and herbs just might help you get there.

Super greens like spirulina, blue-green algae, kelp, cilantro, and parsley
Maca powder adds a malty flavor and is an energy booster. Maca is not for everyone, however. If you are pregnant, lactating or allergic to related vegetables like broccoli, Brussels sprouts, cabbage and cauliflower you should not use it. Also, consult with your physician if you take anticoagulants, birth control pills or other hormones or stimulants have high blood pressure, prostate cancer or breast cancer or other health condition.

Goji berries
Dates (pits removed)
Vanilla
Turmeric
Cacao powder or nibs (generally reserved for banana or avocado based smoothies)
Wheatgrass or wheatgrass juice
Sprouts
1 to 2 teaspoons Cinnamon (helps to stabilize blood sugar and curb cravings)
Fresh ginger (peel 1-inch piece and pulverize in your smoothie for skin support)
Pinch of ground cayenne pepper
Herbs like basil and mint may find their way into your smoothie and provide a refreshing boost
Aloe Vera
Coconut
Nutmeg

Coconut-Mango-Avocado Smoothie

from *Vegan For Her* by Virginia Messina, MPH, RD

2 c. coconut water
2 Tbsp. hemp seeds
½ c. frozen mango
Half an avocado
1 medjool date
½ c. ice
Blend.

In her book, Virginia Messina includes the following statement about this recipe:
Kick-start your day with this rich healthy smoothie or enjoy it anytime as a hearty snack. The avocado adds a lush creaminess and the hemp seeds provide omega-3 fats. For an alternative to mango try papaya, peach, cantaloupe, or banana. 2 servings.

Going Green Smoothie

from *Vitamix Getting Started Plus the Perfect Recipe Combination recipe binder*

½ c. water
1 c. green grapes
½ c. fresh pineapple chunks
½ medium banana, peeled
2 c. fresh spinach, lightly packed
½ c. ice cubes (if using frozen pineapple, omit the ice cubes)

Place all ingredients into blender in order listed. Secure lid.

Blend, slowly increasing speed

Makes 2 ½ c. 87 calories per 1 c. serving.

Almond and Strawberry Smoothie

from *The Blood Sugar Solution 10-Day Detox Diet* by Mark Hyman, MD

1 Tbsp. raw almond butter
3 raw walnuts (Soak for at least 30 minutes to activate the enzymes for easier digestion.)
1 c. water
½ c. fresh and frozen strawberries
¼ avocado
½ tsp. fresh gingerroot, peeled
¼ tsp. cinnamon
1 Tbsp. flaxseeds (Soak for at least 30 minutes to activate the enzymes for easier digestion.)
2 to 3 ice cubes

Combine all ingredients in a blender and blend on high speed until smooth.
Serving size is 1 ½ cups. 318 calories per serving.

La Belle Verte (The Beautiful Green One) Smoothie

from *Thrive Foods* by Brenda Brazier

¾ banana, frozen (or fresh banana with 2-3 ice cubes)
4 chunks pineapple
2 large leaves fresh kale
¼ c. parsley, chopped (firmly packed)
1 or 2 dates
2 Tbsp. shelled hemp seeds
1 pinch sea salt
1 ½ c. water

Place all ingredients in a blender and add water to 16-ounce level. Blend until texture is like a smoothie without lumps. Makes 2 cups.

Pear Green Smoothie

Contributed by **Kimberli Poppe-Smart**

2 pears, washed with stem removed
4 stalks of celery, washed
Handful of greens
1 inch peeled ginger root

Add to blender in chunks. Blend until smooth. Either drink (add water or almond milk to thin if desired) or divide into bowls and top with berries and melon as a salad.