BE HEALTHY, HAPPY & FIT RECIPES

Vegetarian Program

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JUICES FOR LIVING HEALTHY

MAJOR ANTIOXIDANT JUICE

[Makes 1 servings]

One of the first things I like to do each morning is juice, so I can get fresh nutrients and live enzymes into my body first thing. Here is one of my favorite recipes, packed with beta-carotene and antioxidants to ward off bugs and colds.

1 grapefruit
2 oranges
1 inch ginger root
3 carrots

TO JUICE YOUR GRAPEFRUIT AND ORANGES, YOU CAN TRY ONE OF 2 METHODS:

1. HIGH SPEED JUICER: Peel your citrus. Then break them up into segments to fit into your juicer.
2. MANUAL CITRUS JUICER: Slice your citrus in half between the stem and the flowering ends. Then juice manually.

Wash and peel your ginger. You can easily peel ginger using the edges of a teaspoon. Scrape the edges off until the ginger flesh shows. Rinse the ginger and discard the skin.

Scrub your carrots well to remove any debris. Juice it using a high speed juicer. Next add your peeled ginger. Add your citrus juice to your carrot and ginger juice. Mix thoroughly and enjoy.

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DETOXIFYING LEMONADE

[Makes 2 servings]

This 'lemonade' reduces bloating, boosts weight-loss, helps clear your complexion, and is an excellent overall detoxifying juice.

2 liters water
1 medium cucumber, peeled and thinly sliced
1 lemon, thinly sliced
1 teaspoon freshly grated ginger
10-12 spearmint leaves

Add 2 liters of water to a container. Add your peeled cucumber slices, sliced lemon, freshly grated ginger, and spearmint leaves. Steep overnight in the fridge and enjoy. The taste is so refreshing.

GLOWING GREEN JUICE

[Makes 1 servings]

This can be blended as a smoothie as well.

$1\frac{1}{2}$ cups coconut water
1 apple, cored and chopped
1 pear, cored and chopped
$\frac{1}{3}$ bunch parsley (stems okay)
1 head romaine lettuce, chopped
1 handful spinach
3 stalks celery, chopped
$\frac{1}{2}$ lemon

To make a juice, add your coconut water to a large container. Juice the remaining ingredients using a high speed juicer. Mix the juice with the coconut water and enjoy.

To make a smoothie, add your coconut water to a blender container. Add the apple and pear. Blend on high until the apple and pear are liquid. Add the parsley, romaine lettuce, spinach, and celery. Blend on high until smooth. Manually squeeze the lemon juice into the smoothie and blend on low so the lemon juice is fully incorporated into the smoothie. Serve and enjoy.

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SUPERFOOD SMOOTHIES

PEPPERMINT BLISS SMOOTHIE

[Makes 1-2 servings]

1 cup unsweetened almond, coconut, hemp, or rice milk
1 tablespoon flax seed or chia seeds
1 tablespoon cacao nibs
½ to 1 teaspoon of peppermint extract
Ice (optional)
Stevia to taste (optional)

Add milk and water to your blender. Then add the flax seed meal or chia seeds, cacao nibs, and peppermint extract. If desired, add ice cubes to make it a frozen treat. Blend on high until the ice is chopped down. Add stevia to taste if you like.

GINGERBREAD HOUSE SMOOTHIE

[Makes 1-2 servings]

1 cup unsweetened almond, coconut, hemp, or rice milk
1 ripe banana
2 teaspoons freshly grated ginger root
2 tablespoons honey or stevia
½ cup fresh orange juice
Ice (optional)

Add your milk to the blender. Peel and chop your banana, then add it to the milk. Add your grated ginger and your sweetener of choice. Manually juice your orange and add it to the blender with your other ingredients. Add ice if desired. Blend until smooth.

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SUPERFOOD BRAIN NOURISHING SMOOTHIE

[Makes 1-2 servings]

1 cup unsweetened almond, coconut, hemp, or rice milk
1 small frozen banana
3 kale leaves (discard the tough center stalk and use only the leaves)
3 romaine lettuce leaves
¼ cup of goji berries or blueberries
1 teaspoon hemp seeds
1 teaspoon flax seed meal or chia seeds
1 teaspoon bee pollen (optional)
Ice (optional)

Add your milk to the blender cup. Add your frozen banana, kale, lettuce leaves. Blend until smooth. Add the remaining ingredients and blend until your ingredients are smooth.

NEED MORE ENERGY SMOOTHIE

[Makes 1-2 servings]

1 cup unsweetened almond, coconut, hemp, or rice milk
½ avocado
2 tablespoons hemp seeds
1 banana
1 teaspoon cinnamon
1 tablespoon flax seed meal or chia seeds
Stevia to taste (optional)
Ice (optional)

Add your milk to the blender. Remove half the avocado from the peel and add it to the milk. Add the remaining ingredients and blend on high until smooth.

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GOJI BERRIES & VANILLA SUPERFOOD SMOOTHIE

[Makes 1-2 servings]

1 cup unsweetened almond, coconut, hemp, or rice milk
1/4 avocado
¼ cup goji berries
1/2 teaspoon vanilla extract
1 tablespoon ground flax or chia seeds
1 tablespoon raw, organic honey or stevia to taste (optional)
Ice (optional)

Add the milk to your blender. Remove ¼ of the avocado from the peel and add it to the smoothie. Add the remaining ingredients. Blend on high until smooth.

KALE, BLUEBERRIES AND CREAM SMOOTHIE

[Makes 2-3 servings]

1 cup coconut water or unsweetened almond, hemp, rice coconut milk
1 handful kale
1 cup fresh or frozen blueberries
1 tablespoon coconut oil
1 tablespoon flax seed meal or chia seeds
1 splash vanilla extract
Pinch cinnamon
1 tablespoon raw, organic honey or stevia to taste (optional)
1 handful ice (optional)

Add your coconut water or milk to a blender. Add kale and blueberries to the milk. Blend on high until smooth. Then add the remaining ingredients to the blender. Blend on high until smooth.

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BLUEBERRY SMOOTHIE

[Makes 2 servings]

½ 1 cup hemp milk, almond milk, oat milk, or coconut water as your base
1 handful frozen or fresh organic wild blueberries
1 banana
1 tablespoon extra virgin coconut oil
1 tablespoon hemp seeds
1 tablespoon chia seeds
1 pinch of cinnamon

OPTIONAL: Stevia or 1 tablespoon raw honey, if you need to sweeten it.

Add all ingredients to your high speed blender and blend until creamy.

GREEN SMOOTHIE

[Makes 2 servings]

1 cup unsweetened coconut milk
2 ripe bananas, peeled and frozen
1 ripe avocado, peeled and pitted
1 teaspoon pure vanilla extract
1 teaspoon cardamom powder
1 tablespoon chia seed
2 cups spinach
1 tablespoon coconut nectar or 1 packet stevia (optional)

Add coconut milk to your blender. Combine all ingredients in a high speed blender. Blend and enjoy.

GINGER SMOOTHIE

[Makes 1 servings]

1 cup coconut or almond milk
¼ cup pineapple chunks (frozen or fresh)
2 carrots, halved
1 Granny Smith apple, quartered
½ inch piece fresh ginger root

Add your milk to a blender. Add pineapple, carrots, apple, and ginger, to your milk. Blend to your desired consistency.

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CHOCOLATE KALE SMOOTHIE

[Makes 2 servings]

1 cup coconut, hemp, or almond milk
1 frozen banana
1 cup of kale
3 tablespoons of cacao nibs
1 tablespoon of raw cacao
5 to 6 ice cubes

Add all ingredients to your high speed blender and blend until creamy.

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WARM BREAKFASTS

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MORE THAN QUINOA CEREAL

[Makes 1-2 servings]

1 cup cooked quinoa
1/4 cup hemp milk
1 tablespoon tahini
1 tablespoon raw, organic honey
1 teaspoon cinnamon

Cook quinoa according to package instructions. Once the quinoa is light and fluffy, pour in remaining ingredients and stir until mixed.

ENERGY QUINOA

[Makes 2 servings]

1 ¾ cups water
1/4 cup non-dairy milk
1 cup quinoa
1 tablespoon almond butter
1 tablespoon raw, organic honey
1 tablespoon cinnamon

Bring water to a boil. Pour quinoa and non-dairy milk into boiling water, cover, and turn stove
to simmer for 15 -20 minutes. Once all liquid is evaporated and quinoa is light and fluffy, pour
in remaining ingredients and stir until mixed.

DAIRY-FREE YOGURT BREAKFAST

[Makes 1-2 servings]

1 cup vanilla coconut yogurt
¼ cup gluten-free granola
¼ cup fruit of your choice
¼ teaspoon flax seed meal or chia seeds
1 teaspoon raw honey
or 5 drops stevia

Layer yogurt, granola, and fruit. Then, sprinkle with whole flax or chia seeds. Top with raw honey or stevia.

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PROTEIN PANCAKES

[Makes 2 servings]

1 scoop vanilla protein powder
or your favorite protein powder
¼ cup egg whites
½ banana, mashed
1 teaspoon cinnamon
1 tablespoon flax seed meal

Mix all the ingredients together in a bowl. Pour about ¼ cup of batter into a pan that has been sprayed with olive oil cooking spray and heat on medium. Cook one side until you see the little bubbles, just like cooking any pancake. Flip over carefully, and cook on the other side until the middle is done. Peek inside with a fork to check the middle.

BLUEBERRY PANCAKES: Add a handful of fresh or frozen blueberries after the above ingredients are mixed together.

OPTIONAL: Top with two sliced strawberries and powdered stevia. Enjoy your protein pancakes! If you need more carbohydrates, you may add 1 tablespoon raw honey or maple syrup for extra sweetness.

GLUTEN-FREE PANCAKES

Adapted from Bob's Red Mill
[Makes 4-5 servings]

1 ⅓ cups gluten free flour
1 teaspoon baking powder
¼ teaspoon baking soda
¼ teaspoon sea salt
2 Eggs
½ cup non-dairy milk
2 tablespoons olive oil or coconut oil

Combine the flour, baking powder, baking soda and salt in a medium bowl. In a separate bowl, whisk together the eggs, non-dairy milk, and oil. Stir wet ingredients into dry ingredients until smooth. Ladle approximately ¼ cup pancake batter onto hot griddle. Flip when bubbly and edges are slightly dry.

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VEGGIE TOFU SCRAMBLE

[Makes 2 servings]

1/4 cup chopped red onions
1/2 jalapeno, seeded and membranes removed (if you like it hot, leave seeds)
½ cup baby bella mushrooms, sliced
1 teaspoon coconut oil
½ cup organic tofu or tempeh
1/8 teaspoon of Himalayan pink or Celtic sea salt
1 teaspoon dried coriander
½ teaspoon ground cumin
¼ teaspoon ground turmeric
½ cup fresh tomatoes, chopped

Sauté red onions, jalapeño, and mushroom in coconut oil until slightly softened. Crumble tofu (or tempeh) using a fork. Add seasonings and crumbled tofu to the sautéed mixture and cook for 3 minutes. Add chopped tomatoes and serve.

TOMATO SPINACH FRITTATA

[Makes 2 servings]

2 tablespoons coconut oil
¼ cup onion, chopped
3 cloves garlic, chopped
2 large eggs
1/3 cup organic tomato sauce
1 teaspoon Italian seasoning
Salt and pepper to taste
½ cup spinach

Preheat the oven to 400° F.

In a skillet, add the coconut oil on medium-high heat, then cook the chopped onions and garlic until translucent.

In a separate bowl, beat the eggs. Then, add tomato sauce, Italian seasoning, salt, pepper, and mix.

Add spinach to the skillet and cook until slightly wilted. Turn the heat down a bit, then add the egg mixture to the pan and gently stir by scraping the bottom of the pan with a spatula. Once the sides have started to cook a little (2 to 3 minutes), put the skillet in the oven.

Cook for about 10-20 minutes. Let it cool for about 15 minutes before serving.

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SPICED KALE SCRAMBLE

[Makes 2 servings]

1 tablespoon coconut oil
2 large eggs
1 cup kale, chopped
1 teaspoon turmeric powder
1 teaspoon garlic powder
Sea salt and pepper to taste

Heat the coconut oil in a skillet. In a separate bowl, whisk the eggs. Add chopped kale and spices to the skillet. Cook until slightly wilted. Then, add whisked eggs. Sauté until the eggs are firm.

PROTEIN-PACKED HEALTHY GLUTEN-FREE OATMEAL

[Makes 2 servings]

1 cup gluten-free oatmeal
2 cups water
¼ cup dried currants or fresh berries
1 teaspoon cinnamon

OPTIONAL: For extra energy, add a scoop of hemp protein or your favorite protein powder.

Mix the ingredients in a pot over medium-high heat. Cook for 3 to 5 minutes until the oats
are well cooked.

QUINOA BERRY BREAKFAST BOWL

[Makes 2 servings]

1 cup quinoa
2 cups water
1 tablespoon coconut oil
1-2 tablespoons coconut sugar
or stevia
1/2 cup berries of your choice
Drizzle with coconut milk

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Cook quinoa according to package directions. While still warm, add coconut oil. It will melt as you mix it around. Then add coconut sugar. Add berries of your choice and drizzle coconut milk over the berries. Enjoy!

GLUTEN-FREE BANANA FLAX PANCAKES

[Makes 2 servings]

1 banana
1 tablespoon vanilla
2 tablespoons flax seed meal
2 tablespoons coconut oil
2 cups coconut milk
2 teaspoon lemon juice
½ teaspoon Himalayan pink or Celtic sea salt
1 teaspoon baking soda
2 teaspoons baking powder
2 cups all-purpose gluten-free flour

Measure and pour ingredients into your high speed blender and blend until smooth.

Coat a pan with coconut oil or vegan butter. Pour ¼ cup of batter into the pan. Wait until bubbles form before flipping the pancake with a spatula (about 3 minutes). If bubbles don't form, the pan isn't hot enough. Flip the pancake and cook for another 2 minutes or until brown.

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SALADS

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KALE SALAD WITH CRANBERRIES & SUNFLOWER SEEDS

[Makes 1-2 servings]

2 cups chopped kale, stems removed
1 tablespoon extra virgin olive oil
Pinch Himalayan sea salt
2 tablespoons dried or fresh cranberries
1 tablespoons sunflower seeds
1/4 avocado

Place chopped kale to a large salad bowl. Add olive oil and sea salt to the kale. Massage the kale with clean hands until it is wilted. Top with cranberries, sesame seeds, and chopped avocado.

ASIAN CABBAGE & PAPAYA SALAD

[Makes 2 servings]

1 medium papaya, peeled and sliced
1 cup Napa cabbage, shredded
2 small tomatoes, sliced
4 scallions, sliced
1 tablespoon fresh parsley, chopped
1/8 cup raw pumpkin seeds

ASIAN CABBAGE SALAD DRESSING

[Makes 1 servings]

3 tablespoons extra virgin olive oil
1/2 tablespoon Braggs Liquid Amino Acids
1 lemon, juiced
1/2 teaspoon raw, organic honey or stevia
1/2 teaspoon fresh red or green chile, finely chopped

Mix the greens, scatter the pumpkin seeds and scallions on the top. Whisk the salad dressing and pour over the salad. Garnish with parsley and serve.

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LEMON-BEET-ROSEMARY-APPLE SALAD

[Makes 2 servings]

2 medium green apples, peeled and chopped into 1/2 inch wedges
1 lemon, juiced
1/8 cup golden raisins, soaked in hot water for 5 minutes
1/4 teaspoon fresh rosemary, finely chopped
1 cup fresh, roasted, or boiled beets, grated
1 tablespoon pumpkin seeds
1 tablespoon extra virgin olive oil
Himalayan sea salt to taste
Black pepper to taste

Add chopped apples to a bowl. Immediately coat the apples with lemon juice so they do not turn brown. Add the remaining ingredients and mix thoroughly.

WATERCRESS SALAD WITH GREEN APPLE & NUTRITIONAL YEAST

[Makes 2 servings]

1 bunch of watercress, ends trimmed and roughly chopped
1 green apple, cored and thinly sliced
1/4 cup pumpkin seeds, lightly toasted
1 tablespoon extra virgin extra virgin olive
Himalayan sea salt to taste
Black pepper to taste
3 tablespoons nutritional yeast (optional)

Wash the watercress thoroughly. Trim the tough ends and roughly chop into bite-sized pieces. Add it to a large salad bowl. Add green apple, pumpkin seeds, olive oil, sea salt, and black pepper. Mix thoroughly. Top with nutritional yeast if desired.

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SUPER SUPPER SALAD

[Makes 2-3 servings]

1 head romaine lettuce, chopped
1 small handful of baby spinach
1 small handful of arugula
1/2 cup red cabbage, chopped
1/2 apple, cut into bite sized pieces
1/2 avocado, cut into bite sized pieces
1/4 cup raisins
1/4 cup toasted pumpkin seeds
2 scallions, finely chopped
1 fresh tomato, cut into wedges

SUPER SUPPER DRESSING

1/8 cup extra virgin olive oil
1 1/2 tablespoons raw apple cider vinegar
1 teaspoon Dijon mustard
1 teaspoon honey or stevia liquid
1/4 teaspoon minced garlic
Pinch of paprika
1/8 teaspoon Braggs Liquid Amino Acids

Place greens in a large salad bowl. Add all other salad ingredients to the bowl with the greens. Place all the dressing ingredients in a small jar and shake well. Dress salad just before serving and toss well.

SUPERFOOD SALAD MADNESS

[Makes 2 servings]

1 tablespoon extra virgin olive oil
1 tablespoon Dijon mustard
1 teaspoon raw apple cider vinegar
Pinch Himalayan sea salt
Pinch of black pepper
1 cup shredded kale
1 cup red cabbage
1 carrot, peeled and julienned
1/4 cup fresh parsley leaves
2 tablespoons diced red onion
2 tablespoons sunflower seeds
2 tablespoons pumpkin seeds
2 tablespoons hemp seeds

In a small bowl, whisk together extra virgin olive oil, mustard, and apple-cider vinegar. Season with Himalayan sea salt and black pepper. In another bowl combine kale, cabbage, carrot, parsley, and red onion with sunflower, pumpkin, and hemp seeds. Drizzle with the dressing and toss to coat.

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"YOU'RE THE CHEF" SALAD

[Makes 2 servings]

2 cup of fresh greens–any combination
¼ cup sliced radishes
¼ cup shredded cabbage
¼ cup diced tomatoes
¼ cup chopped celery
¼ cup grated carrots
¼ cup snap peas
¼ cup sprouts (or more)
¼ cup raw seeds (pumpkin, sunflower, or hemp)

Toss with a simple dressing. The following are both easy and yummy.

HONEY LEMON DRESSING FOR "YOU'RE THE CHEF"

1 lemon, juiced
1 teaspoon finely grated lemon zest
1 tablespoon honey
1/2 teaspoon chopped thyme
1/4 cup extra virgin olive oil
Pinch of Himalayan sea salt
Pinch of black pepper

In a small bowl, whisk together lemon juice, zest, honey, and thyme. Whisk in extra virgin olive oil and season with Himalayan sea salt and pepper.

OIL & VINEGAR WITH A KICK FOR "YOU'RE THE CHEF"

2-3 tablespoons raw apple cider vinegar
1 tablespoon Dijon mustard
3/4 teaspoon ground cumin
Himalayan sea salt
1/3–1/2 cup extra virgin olive oil
Pinch of black pepper

Whisk all ingredients together in a bowl.

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CLEANSING KALE SALAD

[Makes 2-4 servings]

2 bunches of kale, chopped
2 tablespoons lemon juice
1/2 teaspoon Himalayan sea salt
1 cup tomatoes sliced into wedges
1/2 cup pine nuts
1/2 cup dried cranberries
1 tablespoon extra virgin olive oil
1 tablespoon flax oil
Freshly ground pepper

Place the chopped kale into a mixing bowl. Add lemon juice and Himalayan sea salt. Massage the kale with your hands, working the lemon juice and sea salt into the greens until softened.

Next, add the tomatoes, pine nuts, cranberries, extra virgin olive oil, and flax seed oil. Toss gently. Season to taste with pepper.

THAI SALAD MIX WITH KAFFIR LIME LEAF DRESSING

[Makes 2-3 servings]

4 cups spinach, torn into bite size pieces
1/4 head Chinese cabbage, cored and sliced
1 bunch mint leaves
1/2 bunch basil leaves
2 cups mung bean sprouts

THAI SALAD DRESSING:
1 cup extra virgin olive oil
6 kaffir lime leaves (or 1 lime, juiced)
1/2 lemon juiced
1 tablespoon Braggs Amino Acids
2 stalks of celery
1 tablespoon grated ginger

Combine the spinach, cabbage, mint leaves, basil leaves and mung bean sprouts in a large salad bowl. In a separate bowl, blend all the dressing ingredients together until smooth. Pour over your salad and toss.

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SEAWEED SALAD

[Makes 2-3 servings]

1 package of dried hijiki seaweed
Cut and drain seaweed and let soak while you are preparing the dressing.

FOR THE DRESSING:

2 tablespoons sesame seed oil
1 teaspoon Bragg's Liquid Amino Acids
1/2 clove crushed garlic
Pinch of chili flakes
1 tablespoon extra virgin olive oil
1/8 teaspoon freshly grated ginger root
1 tablespoon raw apple cider vinegar

Whisk all ingredients and pour onto salad. Top with sesame seeds and green part of a scallion.

MIXED GREENS SALAD

[Makes 1 servings]

2 cups mixed greens
1 green apple, sliced
¼ cup walnuts, crushed

FOR THE DRESSING:

1 tablespoon miso paste
2 tablespoons extra virgin olive oil
2 tablespoons rice vinegar
1 tablespoon balsamic vinegar
1 teaspoon brown mustard
Pinch Himalayan sea salt
Pinch of black pepper

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SPINACH SALAD WITH PUMPKIN SEEDS

[Makes 2 servings]

2 cups baby spinach
½ cup pumpkin seeds
3 tablespoons goji berries
¼ cup cherry tomatoes
½ cucumber, chopped
¼ cup red onion, thinly sliced

Chop all of your vegetables & mix into a large bowl. Add pumpkin seeds & goji berries. Top with your favorite salad dressing or whip up the Rainbow Slaw Dressing below. Add your favorite protein to the salad if desired.

CHOPPED ASIAN SALAD

[Makes 2 servings]

1 cup kale, finely chopped
1 cup leafy green of choice
1 cup carrots, chopped
1 cup sprouts of choice
1 cup snap peas, chopped (if you cannot locate snap peas, substitute green beans)
3 scallions, diced
1 avocado, ½ for salad and retain ½ for dressing
2 tablespoons sunflower seed butter or tahini
½ teaspoon garlic powder
juice of 1 lime
1 tablespoon apple cider vinegar
1 teaspoon honey
¼ cup water

Place the kale in a large mixing bowl. Massage with hands until it becomes wilted. Literally "massage the kale" and it will get tender - about 2 minutes. Add greens, avocado, carrots, snap peas, sprouts and scallions to bowl with kale.

To make the dressing, combine of the avocado, 2 tablespoons sunflower butter or tahini, garlic, lime juice, vinegar, honey, and water. Toss the salad ingredients in this dressing before serving.

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SOUPS

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SOUPS – ADD 1 CUP OF BEANS TO A SOUP,
ADD TEMPEH OR A SCOOP OF HEMP PROTEIN

THAI ROASTED SQUASH SOUP

[Makes 4 servings]

2 tablespoons coconut oil
2 teaspoons curry powder
1 butternut squash, peeled, seeded, and cut into small pieces
1 large sweet onion, cut into eighths
1 inch fresh ginger root, chopped
3 cups organic vegetable broth
1 can coconut milk
3 tablespoons fresh cilantro leaves, chopped

Heat oven to 425° F. Mix coconut oil and curry in a large bowl. Add squash and onions and toss to coat. Spread vegetables onto a 17" x 11" roasting pan. Bake for 25 minutes, until vegetables are golden brown, stirring occasionally.

Next add the roasted vegetables, ginger, broth and coconut milk in a 4-quart saucepan over medium-high heat. Bring mixture to a boil. Reduce heat to low and cook for 10 minutes.

Spoon the vegetable soup mixture into a food processor. Cover and blend until smooth. Pour mixture into a large bowl. Season to taste. Garnish with cilantro.

APPLE FENNEL SOUP

[Makes 2-3 servings]

2 tablespoons extra virgin olive oil
1 onion, chopped
2 (medium to large) fennel bulbs, stems removed and diced
2 large apples (peeled, cored, and diced)
1 quart vegetable broth
2-3 sprigs thyme

Heat extra virgin olive oil in a large pot. Sauté onion over low or medium heat for 10-15 minutes until soft and almost browned. Add fennel and apples. Cook for 5-10 minutes until they start to soften or brown. Add vegetable stock and thyme. Simmer for 10 minutes. Puree the soup in small batches in a food processor or blender until smooth and creamy. Reheat the soup before serving.

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PUMPKIN GINGER SOUP

[Makes 2-3 servings]

3 cups roasted pumpkin or canned pumpkin
2 cups vegetable broth
1 cup coconut milk
1/4 teaspoon stevia or 1 teaspoon of raw agave nectar
1 lemon, juiced
1 tablespoon fresh ginger root, minced

Combine pumpkin, vegetable stock, and coconut milk in a blender. Process on high until smooth. Blend in sweetener, lemon juice and ginger.

Place mixture in a pot and bring to a boil then reduce to a simmer and cook for 5 minutes.

BUTTERNUT SQUASH WITH A HINT OF APPLE SOUP

[Makes 4 servings]

2 tablespoons extra virgin olive oil
1 onion, chopped
2 garlic cloves, chopped
1 inch fresh ginger root, minced
1/2 teaspoon ground turmeric
Pinch of cinnamon
Pinch of cardamom powder
Pinch of ground cloves
3 carrots, peeled and chopped
1 green apple, peeled, quartered, and chopped
3 cups water
4 cups chopped butternut squash
Himalayan sea salt and pepper to taste

Heat extra virgin olive oil in a medium saucepan over medium heat. Add onion and garlic and cook until tender (about 6 to 8 minutes). Add ginger, turmeric, cinnamon, cardamom, and cloves and cook until fragrant, about 1 minute. Add carrots, apple, squash, and 3 cups water. Bring to a boil, then cover partially and reduce to a simmer. Use an immersion blender to puree the soup and then season with Himalayan sea salt and pepper to taste. Cook until vegetables are tender, about 20 minutes. Let it cool slightly.

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CARROT GINGER SOUP

[Makes 2-3 servings]

1 tablespoon coconut oil
1 yellow onion, sliced or roughly chopped
8 large carrots, uniformly chopped
1 inch fresh ginger root, chopped
6 cups water

Use a stock pot and sauté the onion in coconut oil until soft and translucent. Add remaining ingredients and cook until carrots are soft. Place ingredients in a blender. Taste and adjust seasoning by adding either Himalayan sea salt or freshly ground black pepper. Put back on stove and simmer until you serve.

CORN CHOWDER

[Makes 3-4 servings]

4 cups fresh, organic corn kernels or frozen, organic corn kernels
2 cups almond milk
1 small avocado cut into chunks
1 teaspoon ground cumin
1/3 cup coarsely chopped Vidalia or red onion
½ teaspoon Himalayan pink sea salt
2 tablespoons nutritional yeast
¼ cup corn kernels for garnish
Chili oil drops, for garnish

Combine 4 cups fresh corn, almond milk, avocado, cumin, chopped onion, salt, and nutritional yeast, to a high speed blender. Blend well. Pour the soup into serving bowls. Garnish with ¼ cup corn kernels and chili oil.

OPTIONAL: Add 4 ounces of animal or plant-based protein.

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SIDES

Real School's Be Healthy, Happy & Fit

RAINBOW SLAW

[Makes 2-3 servings]

2 cups shredded carrots
2 cups shredded purple cabbage
1 cup jicama (cut into long strips)
Pumpkin seeds, for garnish

DRESSING:
½ cup orange juice, freshly squeezed
2 tablespoons extra virgin olive oil
1 lime, juiced
1 tablespoon fresh ginger root, grated

Combine vegetables in a large bowl. Whisk dressing ingredients, and pour over vegetables. Garnish with pumpkin seeds.

BEETS WITH ONION & CUMIN

[Makes 4-6 servings]

2 tablespoons extra virgin olive oil
1 small onion, chopped
1 clove garlic, minced
1 teaspoons cumin seed
2 tablespoons brown rice flour
5 medium beets, peeled and quartered
2 tomatoes, peeled, seeded, and chopped
1 cup water
1 teaspoon Himalayan pink sea salt

Heat olive oil in a medium saucepan over medium-high heat. Sauté onion and garlic until translucent. Mix in cumin seed, and sauté an additional two minutes. Sprinkle in flour, and sauté one additional minute. Stir in beets, tomatoes, water, and salt. Decrease heat to low, cover pan with lid, and simmer 30 to 45 minutes until beets are tender.

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BROCCOLI & TOMATOES WITH TAHINI DRESSING

[Makes 3-4 servings]

¼ cup tahini
2 oranges, juiced
1 tablespoon freshly squeezed lemon juice
3 heads organic broccoli
¼ cup organic cherry tomatoes, halve
¼ teaspoon Himalayan pink sea salt
¼ cup pumpkin seeds (optional)

Blend the tahini, orange, and lemon juice in a high speed blender. Shred the broccoli using the shredding blade in a food processor or slice with a knife. Place the broccoli and halved tomatoes into a medium bowl. Pour the tahini dressing into the bowl and mix well. Sprinkle pumpkin seeds on top.

CABBAGE CILANTRO SLAW

[Makes 3-4 servings]

1 small head of cabbage, finely shredded
1 small onion, minced
2 tablespoons minced cilantro
1 English cucumber

Mix cabbage, onion, and cilantro in a large bowl. Peel and seed cucumber. Cut into 3-inch sticks. Add the lime and garlic dressing (recipe below). Cover and refrigerate cabbage mixture and cucumber separately for at least an hour. This dish can be made a day ahead of time.

LIME AND GARLIC DRESSING:

½ cup extra virgin olive oil
1/3 cup lime juice, freshly squeezed
2 cloves garlic, minced or pressed
Sea salt and pepper, to taste

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CHICKPEA MACARONI SALAD

[Makes 3-4 servings]

1 cup uncooked, gluten-free macaroni pasta
1 (19-ounce) can chickpeas, rinsed and drained
4 tomatoes, chopped
1 red onion, chopped
1 clove garlic, minced
6 ounces vegan Parmesan cheese (optional)
1 cup pitted black olives
1 teaspoon Himalayan sea salt
½ teaspoon black pepper
1/3 cup extra virgin olive oil
¼ cup freshly squeezed lemon juice

Cook pasta until al dente in a large pot of salted, boiling water. Drain, and rinse under
cold water.

In a large bowl, combine the pasta, chickpeas, tomatoes, onion, garlic, cheese, olives, salt, pepper, olive oil, and lemon juice. Toss together, and refrigerate until chilled.

RICE & LENTIL SALAD

[Makes 3-4 servings]

2 tablespoons extra virgin olive oil
2 tablespoons apple cider vinegar
1 tablespoon shallots, minced
1 tablespoon Dijon mustard
½ teaspoon smoked paprika
¼ teaspoon Himalayan pink or Celtic sea salt
¼ teaspoon freshly ground pepper
2 cups cooked brown rice
1 (15-ounce) can lentils, rinsed or 1 1/3 cups cooked lentils
1 carrot, diced
2 tablespoons chopped fresh parsley

Whisk oil, vinegar, shallots, mustard, paprika, salt, and pepper in a large bowl. Add rice, lentils, carrot, and parsley. Mix well and enjoy.

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SPICED COCONUT KALE

[Makes 3-4 servings]

2 tablespoons coconut oil
1 onion, chopped
Himalayan sea salt
2 cloves minced garlic
1/2 inch ground ginger
2 teaspoons ground cumin
1 teaspoon cinnamon
1 15-ounce can coconut milk
1 pound fresh baby kale
½ lime, juiced
shredded coconut, toasted (for garnish)

In a large pot, heat coconut oil over medium heat. Sauté the onion for 5 minutes, until softened. Add Himalayan Sea Salt, garlic, ginger, cumin & cinnamon. Sauté for one more minute, stirring. Add half the can of coconut milk and increase heat to high.

Add kale, a few handfuls at a time, stirring to combine with the onion and coconut milk. The kale should start to wilt down. When all of the kale has been added, pour in the remainder of the can of coconut milk, cover, and reduce heat to low. Simmer for 25 minutes, stirring occasionally until kale is very tender.

To finish the dish, add lime juice & garnish with shredded coconut. Serve over brown rice.

BROCCOLI WITH CASHEWS

[Makes 3-4 servings]

2 tablespoons extra virgin olive oil
2-3 cloves of garlic, minced
2-3 large heads of broccoli, rinsed and chopped
1/2 teaspoon toasted sesame oil
1/2 cup raw cashews

Place olive oil in saucepan over medium heat. When the pan is hot, add garlic and ginger. Add broccoli and sauté for 1-2 minutes. Remove from heat and place on a serving plate. Pour sesame oil and cashews on top.

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KALE WITH SESAME SEEDS

[Makes 2-3 servings]

1 bunch kale, thinly sliced
2 cups sesame seeds
1 tablespoon Himalayan sea salt

Rinse the kale, and steam over medium heat for 3-5 minutes until bright green. Uncover and place the kale in a serving plate.

Place sesame seeds in a skillet over medium heat. Toast for 2 to 3 minutes, stirring constantly with a wooden spoon until seeds turn golden brown. Place sesame seeds and Himalayan Sea Salt in a mortar and pestle and grind them into a coarse meal. Sprinkle on top of kale.

SIMPLE BRAISED GREENS

[Makes 2-3 servings]

1 tablespoon extra virgin olive oil
4 cups mixed greens (kale, collard, mustard, or greens of your choice)
1 clove garlic, minced
Pinch Himalayan sea salt
1/4 teaspoon red pepper flakes

Heat olive oil in a large skillet over medium/high heat. Add greens stirring to coat with oil stir until greens start to wilt. Add garlic, sea salt, and pepper flakes. Continue stirring until greens are tender. Serve over brown rice or quinoa.

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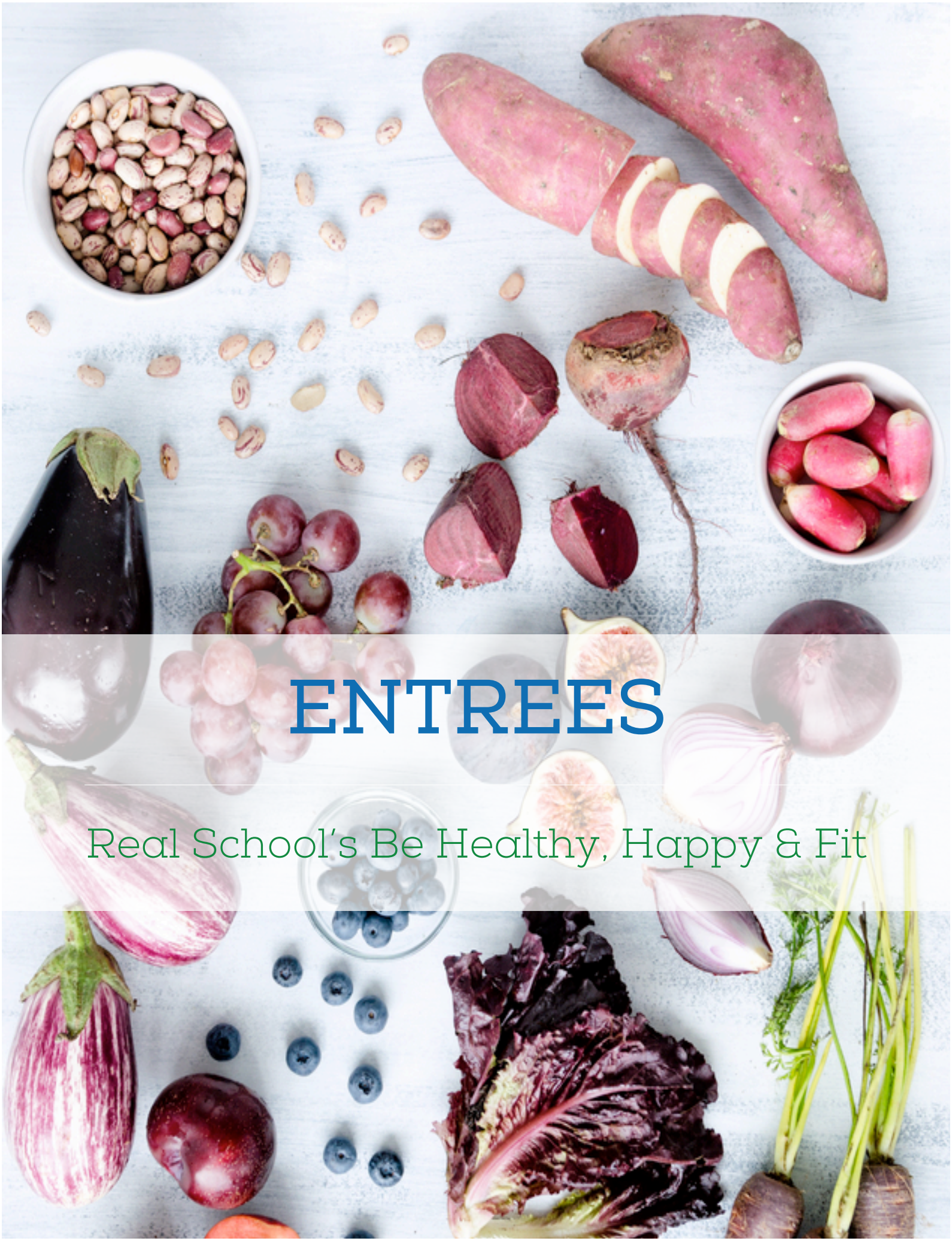

ENTREES

Real School's Be Healthy, Happy & Fit

MEXICAN GRILLED TEMPEH

[Makes 3-4 servings]

2 large limes, juiced
1 teaspoon Himalayan sea salt
1 tablespoon chili powder
1 teaspoon ground cumin
½ teaspoon dried oregano
Pinch of cayenne pepper (optional)
1 8-ounce package of tempeh

Mix the lime juice, sea salt, chili powder, cumin powder, oregano, and cayenne (optional) in a bowl to make a marinade. Thinly slice the tempeh and add it to the marinade. Marinate for at least 2 hours. Grill the tempeh slices in a frying pan in extra virgin olive oil for 3 to 4 minutes on each side until brown. Serve on top of salad or enjoy with brown rice or quinoa.

VEGGIE WRAPS

[Makes 2 servings]

Brown rice wrap or lettuce leaves
1 avocado, cut into thin slices
¼ cup sauerkraut or kimchi
1 tomato, diced
1 cup sprouts or beans
3 tablespoons of salsa

Lay out the brown rice tortillas or lettuce leaves. Place all of the ingredients on each leaf, and roll up. Add spicy salsa for some extra flavor and some heat.

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BRAISED COCONUT SPINACH WITH BLACK BEANS AND LEMON

[Makes 3-4 servings]

2 teaspoons coconut oil
1 small yellow onion, chopped
4 cloves garlic, minced
3 inches fresh ginger root, minced
1/2 cup sun dried tomatoes, chopped
1 lemon, juiced
Dash of red pepper flakes
1 can black beans
1 pound baby spinach
1 15-ounce can coconut milk
Himalayan sea salt to taste
Cilantro leaves, for garnish
Coconut flakes, for garnish

In a large pot over medium/high heat, add coconut oil and onion. Sauté until the onions are soft (about 5 minutes). Add the garlic, ginger, sun-dried tomatoes, lemon juice, red pepper flakes and cook for another minute or two. Then add the black beans, spinach, coconut milk, and Himalayan sea salt. Bring to a simmer and cook for another 10 minutes. Serve over brown rice and garnish with cilantro leaves and coconut flakes.

LEMON CHICKPEAS WITH MINT AND RAISIN

[Makes 2-3 servings]

2 cups chickpeas, soaked overnight and drained
2 tablespoons extra virgin olive oil
1/4 cup raisins
1 cup mint leaves, minced
Pinch Himalayan sea salt
½ lemon, juiced

Place chickpeas in a large pot with enough water to cover. Cook garbanzo beans over low/medium heat for 30 to 45 minutes until tender. Drain and cool in a large bowl.
When the beans are cool, pour extra virgin olive oil on top. Then add raisins, minced mint leaves, and Himalayan sea salt. Stir and let refrigerate for about 30 minutes to help flavor
seep in.

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PASTA PRIMAVERA

[Makes 5-6 servings]

12 ounces gluten-free spaghetti or linguine
½ bunch of broccoli, cut into 1-inch pieces (about 2 cups)
1 tablespoon extra virgin olive oil
12 ounces mushrooms, halved
1 small onion, minced
1 small carrot, cut into julienne slices
1 small red pepper, cut into ¼-inch thick strips
8 ounces almond, coconut, rice, or hemp milk
½ cup gluten-free, organic vegetable broth
1 teaspoon sweet rice flour
½ teaspoon Himalayan sea salt
2 cloves garlic, minced
1 medium-sized, organic Roma tomato, seeded and diced
3 tablespoons shredded vegan mozzarella cheese (optional)
2 tablespoons minced fresh parsley

Cook pasta as directed on label in a large saucepan; drain, and return to saucepan.
Keep warm.

Meanwhile, in a 2-quart saucepan over high heat, add broccoli pieces to 1 inch of boiling water. Cover and decrease heat to low. Simmer 2-3 minutes, stirring once or twice until tender. Drain.

Preheat a 12-inch skillet over high heat. When hot, add olive oil, garlic, onion, and carrot. Stir frequently until golden and tender-crisp. Add red pepper and mushrooms. Cook until vegetables are tender.

In a large bowl, add milk, broth, rice flour, and salt. Blend well with a fork until all the lumps are dissolved. Add the milk mixture to the vegetables in the skillet. Bring to a boil over high heat and cook for one minute. Add tomato, cheese, parsley, broccoli, and pasta, tossing to coat everything with sauce, and heat thoroughly.

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SUN BUTTER VEGETABLE CURRY

[Makes 3-4 servings]

1-2 tablespoons coconut oil
1 cup chopped zucchini
1 cup chopped carrots
1 cup chopped red or green bell pepper
Sea salt and pepper to taste

SAUCE:
1-2 cups coconut milk
1/3 cup sunflower seed butter
1 tablespoon Thai red curry paste
2 teaspoons ground ginger
1 teaspoon ground or minced garlic
1 teaspoon ground turmeric
½ teaspoon ground mustard seed
Sea salt and black pepper to taste
1 tablespoon lemon juice

In a large frying pan or wok, sauté the chopped veggies in oil for 5-7 minutes until they are soft. Sprinkle with salt and pepper to season.

Add the sauce ingredients and bring to a boil. Simmer for 5-6 minutes to mix the flavors, and let the milk and sun butter melt together with the spices and seasonings. Cover the pan, and simmer for an additional 3-5 minutes. Pour curry over rice noodles or brown rice.

QUINOA & ASPARAGUS RISOTTO

[Makes 2 servings]

1 cup quinoa
1 cup light coconut milk
1 cup asparagus, chopped
½ red pepper, chopped
juice of 1 lemon
pinch of cayenne
½ teaspoon dried thyme
sea salt, to taste

Cook the quinoa according to package directions. Once cooked, start adding coconut milk to it. Add ¼ of a cup at a time, stirring until the quinoa soaks it all up. You may not need the full cup. Meanwhile, steam your asparagus and red pepper. When those are tender, add them to the quinoa and coconut milk. Stir in juice of lemon, thyme, cayenne, and salt.

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DESSERT

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PEAR CUCUMBER MINT/BASIL POPSICLES

[Makes 2 servings]

1 seeded pear
1 peeled and chopped cucumber
Handful of mint or basil

Add all ingredients to a blender and puree. Pour into popsicle molds and freeze.

BAKED APPLES

[Makes 1-2 servings]

1 apple
Pinch of cinnamon
Pinch of nutmeg
½ lemon, juiced
Pinch of stevia

Preheat your oven to 350°F. Slice an apple. Sprinkle with cinnamon, nutmeg, lemon juice, and stevia. Bake for 20 minutes.

CRANBERRY SORBET

[Makes 1-2 servings]

1/2 cup frozen cranberries
3/4 cup unsweetened almond, rice, hemp,
or coconut milk
1 tablespoon ground chia seeds
10 drops of stevia or 2 tablespoons raw agave nectar
1/2 teaspoon vanilla extract
1/4 teaspoon almond extract
Squeeze of lemon juice

Blend well.

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PUMPKIN PIE SPICE DRINK

[Makes 1-2 servings]

1 15-ounce can coconut milk
¼ teaspoon stevia
Pinch nutmeg
Pinch cinnamon
Pinch pumpkin spice

Warm and serve.

CHIA PUDDING

[Makes 1-2 servings]

2 tablespoons chia seeds
1 banana
1 cup strawberries
1 cup unsweetened coconut milk
2 tablespoons shredded coconut
1/4 teaspoon stevia

Mix all ingredients together and let sit until a pudding like texture is created.

ORANGE PINEAPPLE PUDDING

[Makes 2 servings]

½ ¼ cup freshly squeezed orange juice
¼1/4 cup pineapple
½ ½ banana
¼ teaspoon fresh ginger root, peeled
1 tablespoon chia seeds
2 tablespoons raw honey or coconut nectar

Blend all ingredients in a high-speed blender. Refrigerate at least 1 hour before serving.

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BANANA SPLIT SUNDAE

[Makes 2 servings]

½ cup almond, rice, hemp, or coconut milk
½ cup frozen banana slices
½ cup strawberries, frozen
1 tablespoon raw cacao
3 tablespoons coconut nectar or raw honey

Blend all ingredients in a high-speed blender or food processor.

STRAWBERRY SORBET

[Makes 3 servings]

2 cups frozen strawberries
¼ cup coconut nectar or raw honey
1 teaspoon lemon juice, freshly squeezed
¼ teaspoon vanilla extract

Blend all ingredients in a high-speed blender or food processor until blended.

RASPBERRY MOUSSE

[Makes 2 servings]

$^{2}/_{3}$ cup almond or coconut milk
1 cups frozen raspberries, thawed
3 tablespoons coconut nectar or stevia
¼ ¼ teaspoon vanilla extract
¼ ¼ cup extra virgin coconut oil
Raw honey

Add all of the ingredients to a food processor or high-speed blender except the coconut oil and process until completely smooth. Then, add the coconut oil and process for 30 seconds more.

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