

## Almond Butter Bites

*½ cup almond butter*

*¼ cup raw sunflower seeds*

*¼ cup raisins*

*¼ cup chopped almonds*

*2 tablespoons unsweetened shredded coconut*

*¼ teaspoon cinnamon*

### Instructions

Mix all ingredients in a bowl until well combined. Use a 1/2 tablespoon measuring spoon or a large melon ball scoop to form mixture into small balls. Place in an 8 by 8-inch baking dish, and freeze until firm. Serve frozen or just slightly thawed. Makes about 18.

Yield: 6-8 servings (serving size: 2-3 balls)

## Tropical Fruit Salad

*2 cups sliced strawberries*

*3 kiwifruit, peeled and quartered*

*1 1/2 cups orange segments, cut into 1-inch pieces*

*1 cup red seedless grapes, halved*

*1 cup fresh pineapple chunks, cut into tidbits*

### Instructions

Mix fruit in a large bowl, and chill until ready to serve.

Yield: 6 servings (serving size: about 1 cup)

### Recipe Notes

- Use mandarin oranges instead of regular oranges.
- Top with chopped almonds, macadamia nuts, pecans, and/or walnuts.

## Banana Milk

*2 very ripe bananas, peeled*

*1/2 cup water*

*1/2 cup ice*

*1/4 teaspoon cinnamon*

Mix all ingredients in a blender until smooth. Use immediately.

Yield: 2 servings (serving size: about 8 ounces or 1 cup)

### Recipe Notes

- Substitute water with unsweetened almond or rice milk.
- Serve with [Nutty Fruit Cereal](#) for breakfast.
- Pour over [Gimme More Granola](#) for a snack.
- Mix in a [smoothie](#) instead of using water.
- Dip [Oatmeal Raisin Cookies](#) in it!

## Confetti Hummus

*1 (15-ounce) can chickpeas, rinsed and drained*

*1/2 cup chopped canned artichokes, drained*

*1/2 chopped jarred roasted red bell peppers, drained*

*1/4 cup tahini*

*1/4 cup water*

*2 tablespoons extra-virgin olive oil*

*2 tablespoons fresh lemon juice*

*2 cloves garlic, minced*

*1/4 cup fresh parsley, packed*

*1/2 teaspoon salt*

*1/4 teaspoon ground cumin*

### Instructions

Place all ingredients in a food processor or blender. Process, scraping sides of bowl often, until mixture is a smooth paste. Refrigerate or serve immediately.

Yield: 10 servings (serving size: about 1/4 cup)

## Tortilla Chips

*1 cup corn meal*  
*1/2 cup warm water*  
*1/2 tablespoon lime juice*  
*1/2 teaspoon salt*  
*1/8 teaspoon pepper*

### Instructions

Combine corn meal, water, lime juice, salt, and pepper in a medium bowl. Stir mixture until dough forms a ball and stays together. Add a little water if necessary, a tablespoon or two at a time. Let dough rest for at least 20 minutes (the longer, the better).

Preheat oven to 400 F. Using your hands, press dough out onto an ungreased baking sheet, making it as thin as possible. Use a knife to score chips into desired shape. Bake 20 minutes, or until slightly browned and crispy. Makes about 45 chips (1" square).

### Recipe Notes

- Break into smaller pieces, and put in a bowl of soup.

## Apricot-Nut Breakfast Bar

*1 ½ cups old-fashioned rolled oats*  
*2 tablespoons flaxseed meal*  
*½ cup unsweetened apple juice*  
*1 tablespoon extra-virgin olive oil*

*¼ cup almond butter*  
*¼ cup [Date Honey](#)*  
*½ cup diced dried apricots (unsulfured)*  
*¼ cup chopped macadamia nuts*  
*2 tablespoons raw sunflower seeds*

### **Instructions**

Preheat oven to 350 degrees. Toast oats in a large skillet over medium heat 5-7 minutes or until oats are golden, stirring frequently. Transfer to a large bowl, and add flaxseed meal, apple juice, olive oil, almond butter, and Date Honey. Mix until well combined. Stir in apricots, macadamia nuts, and sunflower seeds.

Press into an 8 by 8-inch square pan that has been lightly rubbed with olive oil. Bake 15-20 minutes. Let cool in pan on a wire rack for about 5 minutes. Cut into 2 x 2 ½-inch bars and serve.

Yield: 12 servings (serving size: 1 bar)

### **Recipe Notes**

- Store in an airtight container 3-4 days.
- Substitute your favorite dried fruit for the apricots: blueberries, cherries, dates, figs, or raisins. Make sure, though, that the fruit doesn't contain any added sugar or preservatives.

## **Plum Good Smoothie**

*1 cup water*  
*1 apple, unpeeled, chopped*

*1 frozen banana, peeled, sliced*  
*1/4 cup dried plums (about 6)*  
*1 tablespoon flaxseed meal*  
*1 tablespoon unsweetened shredded coconut*

### **Instructions**

Add all ingredients to a blender. Process about 1 minute or until completely smooth.

Yield: 2 servings (serving size: about 1 cup or 8 ounces)

### **Recipe Notes**

- To prepare banana ahead of time, remove peel and place in a plastic zip-top bag until frozen.
- Add chopped nuts to boost the protein content.
- Make it a green smoothie by adding 1 cup spinach or kale. You can also mix in 1 tablespoon of spirulina.

## **Teriyaki Tofu Salad**

**Makes:** 4 servings **Prep time:** 10 minutes **Cook time:** 47 minutes

### **Ingredients**

1/3 cup low-sodium soy sauce  
3 [tablespoons](#) plus 1 teaspoon rice vinegar  
1 tablespoon sesame oil  
1 tablespoon canola oil  
2 tablespoons honey  
1 tablespoon minced ginger  
2 garlic cloves, minced

2 14-ounce packages extra-firm tofu, cut into 6 slabs  
3 tablespoons toasted sesame seeds  
2 cups sugar snap peas  
6 cups shredded cabbage  
1 red bell pepper, thinly sliced  
1 cup shredded carrot  
1 cup chopped scallions

#### **Directions**

1. Preheat the oven to 350 degrees. In a bowl, combine the soy sauce, vinegar, sesame and canola oils, honey, ginger, and garlic; mix well.
2. Place the tofu in a single layer in a 9-x-13-inch baking dish; pour half the dressing over tofu. Sprinkle with 1 1/2 tablespoons of the sesame seeds. Place in the center of the oven and bake 45 minutes.
3. Bring a small pot of water to a boil; add the sugar snap peas and cook 2 minutes. Drain and rinse under cold water.
4. Toss the cabbage, bell pepper, carrot, scallions, and sugar snap peas with remaining dressing and sprinkle with remaining sesame seeds. Serve with the tofu.

**Nutrition facts per serving:** 358 calories, 21g protein, 40g carbohydrate, 14g fat

## **Black-Bean Toss**

**Makes:** 4 servings **Prep time:** 20 minutes **Cook time:** 14 minutes

#### **Ingredients**

4 5-inch corn tortillas  
3 tablespoons canola oil  
1 teaspoon ground cumin  
1/4 teaspoon salt  
1 cup chopped red onion  
1 green bell pepper, chopped  
1 red bell pepper, chopped  
2 large mangoes, peeled and diced  
2 15-ounce cans [black beans](#), drained and rinsed  
2 tablespoons lime juice  
1/2 teaspoon Tabasco (or to taste)  
1/4 cup cilantro, chopped  
8 cups mixed baby greens

#### **Directions**

1. Preheat the oven to 375 degrees. Stack the tortillas and cut them into 1/4-inch-wide strips, then toss with 1 tablespoon of the canola oil, 1/2 teaspoon of the cumin and the salt. Mist a baking sheet with cooking spray; arrange the strips in a single layer and bake 10 minutes or until [crisp](#) and lightly browned. Remove from oven and let cool.
2. Heat 1 tablespoon of the canola oil in a large nonstick skillet over medium-high heat. Add the onion, bell peppers, and remaining cumin; cook, stirring, 3 to 4 minutes or until vegetables begin to soften. Transfer to a large bowl; stir in remaining canola oil and the mangoes, black beans, lime juice, Tabasco, and cilantro.
3. Divide the greens among four plates and top with the bean mixture and tortilla crisps.

## The Cancer Fighter

Don't let brussels sprouts' signature scent turn you off. "The smell is a compound called allyl isothiocyanate that causes precancerous cells to self-destruct," Bowden says. "It's entirely possible that eating them every few weeks could help greatly reduce the incidence of colon cancer."

Shopping shortcut: Buy the locally grown variety that are still on the stalk. If you can't find them, go frozen -- they're the next freshest thing.

Make it even healthier: Don't boil them! It'll reduce the anticancer properties by 58 percent, say University of Essex researchers. Instead, drizzle one tablespoon of olive oil over two cups of sprouts, season with [curry](#) (see "The 'It' Spice"), and roast about six minutes until the outsides are crispy and caramelized.

Bonus benefits: These mini-cabbages are packed with fiber and immune-boosting [vitamins C](#) and A.

## Swiss Chard

Why? This leafy green is loaded with potassium, which helps to [balance electrolytes](#) and prevent muscle cramps.

How to Enjoy: Simply saute Swiss chard and garlic in olive oil for a delicious side dish.

## Beets

Why? Beets are rich in folic acid, which has been show to lower levels of homocysteine, an amino acid in blood linked to [heart](#) disease.

How to Enjoy: Roast beets to bring out their sweetness. Drizzle them with olive oil and place in a 375-degree oven for 30 minutes to an hour.

## A vegetarian and vegan bulgur wheat pilaf recipe

made with healthy whole grain bulgur wheat. If you like whole grains or rice pilaf, try this super-healthy version using [bulgur wheat](#). Recipe and photo courtesy of [Wheat Foods Council](#).

### Ingredients:

- 1 1/2 cups uncooked [bulgur wheat](#)
- 3 cups water (veg stock might give this more flavor)
- 3 tbsp butter or vegan margarine (replace with olive oil)
- 1/2 pound mushrooms, sliced
- 1 bunch green onions, chopped
- 1 medium red bell pepper, chopped
- 2 tbsp lime juice
- 3 tbsp dry white wine (leave out, or use vinegar)
- 1/4 cup chopped fresh parsley (or 1/8 cup dried)
- 1 tbsp dried basil
- 1 tsp salt
- 1/2 tsp pepper

### Preparation:

In a medium pan, combine [bulgur wheat](#) and water; cover and simmer, 5 minutes.

Remove from heat; let stand, for 5 more minutes. Drain.

Melt butter or margarine in a large skillet over medium heat. Sauté mushrooms, onions and peppers until onions are clear and soft. Remove from heat.

Add lemon juice, wine, parsley, basil, salt and pepper.

Combine with bulgur and serve immediately.



## Whole Wheat Flat-Bread (Stove Top)

- 2-1/4 cups whole wheat flour
- 1 teaspoon salt
- 1 tablespoon oil or melted fat
- 1 cup tap water



**Mixing by Hand:** Get out a large bowl. In it combine the whole wheat flour and salt. Add the oil and water. Combine everything together to form a stiff dough. Mix it with your hands when it gets too stiff to mix with a spoon. If the dough seems dry, add a little more water, if it seems too wet, add a little more flour. Work and knead the dough for 10 minutes by the clock. All of this kneading is what makes a tender finished product. After kneading the dough, cover it with a dish towel or plastic wrap. Allow it to rest for at least 30 minutes. This will make it easier to roll out. You may allow it to rest over night if desired.

**Rolling & Shaping the Dough:** After the dough has rested, divide it into 8 or 10 pieces. Roll out each piece into a large thin circle. I roll mine out on waxed paper dusted with flour, or a square piece of clean muslin cloth dusted with flour. Make the flat-bread as thin as possible. Roll out all of the flat-bread before you begin to cook them if possible. This makes the work go faster. The thinner you can roll the dough, the more tender the finished product will be.



**To Make Chapatis:** After rolling out the dough, heat a dry iron skillet over medium-high heat. When it is hot, place one of the prepared flat-bread on it. Let it cook for about 10 seconds and then flip to the other side. Cook the second side for about a minute, or until it is brown and puffy. Flip the flat-bread again and cook the first side for about another minute. It will be light brown, tender and puffed with little bubbles all over.

## Whole Wheat Flat Bread (Oven) (this is the one I make)

- 3 cups [whole wheat flour](#)
- 1 1/2 cups [water](#)

- 1 tablespoon [extra virgin olive oil](#), cold pressed
- 2 tablespoons [flax seeds](#) (optional)

## Directions:

Preheat oven to 350.

Mix ingredients together in a large bowl (I use a wooden spoon for this, although you could also use the bread hook on a mixer, or even a bread machine).

The dough should form a ball -- not too dry, but not too sticky either. If you have mixed for a long time, and there is still a lot of flour in the bowl, add a tiny bit more water; If the dough is too wet, add more flour.

Cover the ball of dough with a thin dusting of flour, so you can remove it from the bowl.

Using floured hands, spread the dough onto a greased cookie sheet -- The dough should be thin enough cover the entire sheet (make sure that the cookie sheet is greased so that the dough doesn't stick when you're trying to spread it).

Bake for 25 minutes at 350 (for a more "cracker-like" snack, bake longer).

Transfer to a cooling rack to cool, and cut into 12 slices.

## Date Honey

*1 cup pitted dates (about 6-8 Medjool or 18-20 Deglet Noor)*

*1 cup water*

*½ teaspoon cinnamon*

**Instructions** Pour dates and water into a small saucepan, making sure dates are completely covered (add additional water if necessary). Bring to a boil over high heat. Reduce heat to low and simmer 45-60 minutes or until dates are very soft and broken down. Remove from heat, and allow to cool slightly for about 15 minutes. Pour mixture (including liquid) into a blender or food processor and puree until completely smooth. Sprinkle in cinnamon and stir well. Store in a sealed container in refrigerator.

## Bean Burgers

Ingredients

Onions

Canned beans (preferably white)

Rolled oats

Chili powder

Lettuce

Tomatoes

Olive oil.

#### Preparation

1. Cut a medium onion into chunks and put it in a food processor, along with 2 cups drained canned beans (white are best here, but any will work), ½ cup rolled oats, a tablespoon of chili powder and salt and pepper.
2. Pulse, stopping occasionally to scrape the sides as necessary.
3. Taste; if it's too dry, add water; too wet, add more rolled oats, a tablespoon at a time.
4. Divide the mixture into four even patties and cook them in olive oil until nicely browned each side. (Turn carefully.)
5. Serve on toasted buns with lettuce, tomato and onions.

## Spinach and Chickpeas

#### Ingredients

Chickpeas

Spinach

Pimentón (smoked paprika)

Cumin

Garlic

Sherry vinegar

Olive oil.

#### Preparation

1. Cook a couple of cloves of minced garlic in a generous amount of olive oil until fragrant, and then add bread crumbs made from 4 or 5 slices of crusty bread (pulse in a food processor for best results); cook, stirring frequently until evenly toasted; remove.
2. Add a little more oil to the pan and sauté a pound of spinach, along with 1 teaspoon each cumin and pimentón.
3. When the spinach begins to wilt, add a can of chickpeas, drained (or 2 cups cooked chickpeas), and cook for 5 minutes or so.

4. When you're ready to serve, stir in a tablespoon of sherry vinegar and sprinkle with the toasted bread crumbs.

## Chunky Potato Soup

*1 TB extra-virgin olive oil*  
*1/2 cup chopped onions*  
*1 cup chopped carrots*  
*1 cup sliced celery*  
*2 cloves garlic, minced*  
*4 cups water or [Vegetable Broth](#)*  
*3 large Russet potatoes, peeled & cubed (about 5 cups)*  
*1 bay leaf*  
*1 tsp salt*  
*1/2 tsp thyme*  
*1/8 tsp pepper*  
*1/2 cup almond, rice, or soy milk*  
*2 TB chopped fresh parsley or 1 tsp dried parsley*

### Instructions

Heat olive oil in saucepan over medium heat. Cook onions, carrots, and celery until vegetables are softened. Stir in garlic, and cook for another minute, stirring constantly so garlic doesn't burn.

Add broth, potatoes, bay leaf, salt, thyme, and pepper. Bring to a boil. Simmer, covered, for 30 minutes or until potatoes are soft. Discard bay leaf. Add half of potato mixture to a food processor or blender, and process until smooth. Return to saucepan. Stir in almond milk, and parsley. Cook until heated through, and serve.

Yield: 6 servings (serving size: about 1 cup)

## Cinnamon Roasted Almonds

*2 cups whole almonds*  
*1/2 tablespoon extra-virgin olive oil*  
*1/2 teaspoon cinnamon*  
*1/4 teaspoon salt*

### **Instructions**

Preheat oven to 250 degrees. Line an 11 x 17-inch baking sheet with parchment paper or lightly rub with olive oil and set aside. Put almonds in a large bowl, add olive oil and stir well. Sprinkle in cinnamon and salt and toss to coat.

Spread almonds evenly on baking sheet. Bake 1 hour, stirring occasionally. Cool and serve or store in an airtight container.

Yield: 8 servings (serving size: about ¼ cup)

## **Oatmeal Raisin Cookies**

*1 cup old-fashioned rolled oats*  
*1 cup almond flour or oat flour*  
*1 cup creamy cashew butter, almond butter, or peanut butter*  
*1/2 cup applesauce*  
*1/3 cup [Date Honey](#)*  
*1/2 cup raisins*  
*2 tablespoons chopped walnuts*  
*1 teaspoon cinnamon*

Preheat oven to 350 degrees. Mix oats, almond flour, cashew butter, applesauce, and Date Honey in a large bowl until well combined. Add raisins, walnuts, and cinnamon. Stir well. Drop by spoonfuls, two inches apart, on an 11 by 17-inch baking sheet. Flatten and shape into circles. Bake 10-12 minutes.

Yield: 18-20 servings (serving size: 1 cookie)

## **Coconut Fig Bars**

*1/2 cup coconut flour*  
*1/2 cup old-fashioned rolled oats*  
*1 cup unsweetened applesauce*  
*1/4 cup [Date Honey](#)*  
*1 cup chopped dried figs*  
*2 tablespoons chopped pecans*  
*1 tablespoon flaxseed meal (optional)*

*1 tablespoon unsweetened shredded coconut*  
*1/2 teaspoon cinnamon*

### **Instructions**

Preheat oven to 350 degrees. In a large bowl, mix coconut flour, oats, applesauce, and **Date Honey** until well combined. Stir in figs, pecans, flaxseed meal (optional), coconut, and cinnamon.

Lightly rub an 8 by 8-inch baking dish with olive oil and press mixture into dish. Bake 15 minutes or until top is lightly browned. Cool 10 minutes at room temperature and serve.

## Curried Quinoa with Peas

### Ingredients

- 1 Tbsp olive oil
- 1 small red onion, chopped
- 2 garlic cloves, crushed
- 1 15 oz. can petite diced tomatoes
- 1 Tbsp curry powder
- 1/2 Tbsp chili powder
- 1 tsp nutmeg
- 2 cups water or veg broth
- 1 cup quinoa
- 1 12 oz. bag frozen peas
- Salt and pepper to taste

### Directions

- Add the oil, chicken pieces, chopped onion and garlic to a Dutch oven. Saute for about 10 minutes, or until chicken pieces are mostly cooked.
- Add the diced tomatoes, undrained, curry powder, chili powder and nutmeg. Stir until combined and let cook for about 5 minutes.

- Stir in the water and bring to a bubble. Stir in the quinoa, bring to rolling boil and then reduce heat to medium low, cover and cook for 20 minutes. With about 5 minutes left to cook, stir in the frozen peas.
- Turn heat to low and keep warm until ready to serve.
- Makes 4 adult portions.

## Sweet Potato Hash Browns

*1 ½ pounds sweet potato, peeled, shredded*

*1 cup chopped onion*

*4 teaspoons extra-virgin olive oil, divided*

Mix sweet potatoes and onions in a large bowl. Heat 2 teaspoons olive oil over medium-low to medium heat in a large skillet. Add about half of the sweet potatoes and onions, and stir to coat. Press with a spatula to flatten. Cook about 7-8 minutes; do not stir. Flip, and cook another 3-5 minutes. Remove from skillet, and set aside. Repeat to cook remaining vegetables. When done, combine the two batches in the skillet. Cook another 2-3 minutes, stirring occasionally. Serve immediately.

Yield: 8 servings (serving size: about ½ cup)

### Recipe Notes

- To shred potatoes, it's best to use a food processor (shredding disc attachment). Variation: Use a combination of sweet potatoes and Yukon Gold or russet potatoes.
- Makes a great breakfast dish!

### Spinach-Artichoke-Tomato Soup

1 tablespoon extra-virgin olive oil  
1 cup chopped onion  
4 cups water  
1 (15-ounce) can chickpeas, rinsed and drained  
1 (14.5-ounce) can diced tomatoes, undrained  
1 (14-ounce) can artichoke hearts, drained and chopped (about 2 cups)  
1 (10-ounce) package frozen chopped spinach  
1 (8-ounce) can tomato sauce  
2 cloves garlic, minced  
1 teaspoon dried basil  
1 teaspoon dried oregano flakes  
1 teaspoon dried parsley  
1 teaspoon salt  
1/8 teaspoon pepper  
"Parmesan Cheese" (optional)

#### Instructions

Heat olive oil in large saucepan over medium heat. Add onions, and cook until soft and translucent. Add water and remaining ingredients. Heat to boiling, and then reduce heat. Simmer uncovered 30 minutes. Sprinkle with "Parmesan Cheese," if desired.

Yield: 8 servings (serving size: about 1 cup)

#### **Peanut butter chews...**

1/2 cup of each of the following: rolled oats, sunflower seeds, raisins, peanut butter, and 100% apple juice CONCENTRATE. mix all together and roll into balls. refrigerate.

## Snickerdoodle Smoothie

*6 ounces silken tofu*  
*1/2 cup unsweetened almond or rice milk*  
*1/4 cup [Date Honey](#)*  
*2 frozen bananas, peeled, sliced (about 2 cups)*  
*1 teaspoon cinnamon*  
*1/8 teaspoon nutmeg*

#### **Directions**

Place tofu, almond milk, Date Honey, banana slices, cinnamon, and nutmeg in blender. Mix until smooth.

Yield: 2 servings (serving size: about 1 1/2 cups)

#### **Recipe Notes**

- Remove peels before placing bananas in freezer. Put in a plastic zip-top bag until completely frozen.



- Instead of using Date Honey, soak 3-4 Medjool dates in warm water at room temperature for an hour before adding to blender.
- You can also use firm tofu, but you may need to add water or almond milk so that the consistency is not too thick.

## Baked Potato Chips

*2 lbs Russet baking potatoes, peeled*

*1 TB extra-virgin olive oil*

*1/2 tsp salt*

*1/8 tsp pepper*

### Instructions

Preheat oven to 375° F. Cut potatoes into 1/8"-thick slices by using either the slicing disc of a food processor, mandoline slicer, or by hand. Place potato slices in a large bowl. Add olive oil, salt, and pepper, and stir well to coat. Spread in a single layer on two large baking sheets. Bake 15 minutes. Flip potatoes, and cook another 10-15 minutes, or until chips are crispy. Serves 4.

## Chipotle Black Bean Burgers

*1 (15-ounce) can black beans, rinsed and drained*

*1 cup mashed cooked sweet potatoes (about 1 large sweet potato, peeled)*

*1/4 cup oat flour (see Recipe Notes)*

*1/2 tablespoon dried parsley*

*1/4 teaspoon chipotle chile pepper seasoning*

*1/4 teaspoon garlic powder*

*1/4 teaspoon salt*

*1/8 teaspoon pepper*

### Instructions

Preheat oven to broil setting. With a potato masher or fork, mash black beans in a large bowl, leaving about 1/4 of the beans whole. Mix in sweet potatoes, oat flour, parsley, chipotle chile pepper seasoning, garlic powder, salt, and pepper. Scoop out 1/3 cup of bean mixture, and place on an 11 x 17-inch baking sheet that has been rubbed with olive oil. Flatten and shape into a circle with spatula. Repeat with the remaining bean mixture to make 6 burgers.

Broil 4 inches from heat about 7-8 minutes or until golden brown. Flip burgers carefully with spatula. Broil 2-3 more minutes, and serve.

Yield: 6 servings (serving size: 1 burger)

#### Recipe Notes

- Make your own oat flour by placing old-fashioned rolled oats in a food processor or blender and process until fine (½ cup old-fashioned oats will yield about ½ cup ground oats).
- Video of this recipe: <http://www.youtube.com/watch?v=n7tl7Bf3Wjk>.

## Vegetable and Chickpea Curry

Makes: 4 to 6 servings

#### Ingredients

3 cups cauliflower florets  
1 15-ounce can chickpeas, rinsed and drained  
1 cup loose-pack frozen cut green beans  
1 cup sliced carrots  
1/2 cup chopped onion  
1 14-ounce can [vegetable](#) broth  
2-3 teaspoons curry powder  
1 14-ounce can light coconut milk  
1/4 cup shredded fresh basil leaves  
Cooked brown rice (optional)

#### Directions

1. In a 3-1/2- or 4-quart slow cooker, combine cauliflower, chickpeas, green beans, carrots, and onion. Stir in broth and curry powder.
2. Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2 1/2 to 3 hours.
3. Stir in coconut milk and shredded basil leaves. Spoon rice, if using, into bowls, and ladle curry over the top.

Nutrition facts per serving: 219 calories, 8g protein, 32g carbohydrate, 7g fat (4g saturated), 9g fiber

## Savory Bean and Spinach Soup

Makes: 6 servings

### Ingredients

- 3 14-ounce cans vegetable broth
- 1 15-ounce can tomato puree
- 1 15-ounce can small white beans or Great Northern beans, drained and rinsed
- 1/2 cup uncooked brown rice
- 1/2 cup finely chopped [onion](#)
- 1 teaspoon dried basil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 2 garlic cloves, chopped
- 8 cups coarsely chopped fresh spinach or kale leaves
- Finely shredded Parmesan [cheese](#)

### Directions

1. In a 3-1/2- or 4-quart slow cooker, combine vegetable broth, tomato puree, beans, rice, onion, basil, salt, pepper, and garlic.
2. Cover; cook on low-heat setting 5 to 7 hours or on high-heat setting 2 1/2 to 3 1/2 hours.
3. Just before serving, stir in spinach or kale and sprinkle with Parmesan cheese.

Nutrition facts per serving: 150 calories, 9g protein, 31g carbohydrate, 3g fat (1g saturated), 8g fiber

## Pasta with Eggplant Sauce

Makes: 6 servings

### Ingredients

1 medium eggplant

1/2 cup chopped [onion](#)

2 14-1/2-ounce cans diced tomatoes

1 6-ounce can Italian-style tomato paste

1 4-ounce can sliced mushrooms, drained

1/4 cup dry red wine (sub. With apple cider vinegar)

1/4 cup water

2 garlic cloves, chopped

1 1/2 teaspoons dried oregano

1/3 cup pitted kalamata olives, sliced

2 tablespoons chopped fresh parsley

Black pepper

Cooked whole wheat penne pasta

### Directions

1. Peel eggplant; cut into 1-inch cubes.

2. In a 3-1/2- to 5-quart slow cooker, combine eggplant cubes, chopped onion, canned tomatoes with their juices, tomato paste, sliced mushrooms, red wine, water, chopped garlic and oregano.

3. Cover; cook on low-heat setting 7 to 8 hours or on high-heat setting 3 1/2 to 4 hours.

4. Stir in kalamata olives and parsley. Season to taste with pepper. Pour sauce over pasta; sprinkle with Parmesan cheese and serve.

Nutrition facts per serving: 346 calories, 13g protein, 65g carbohydrate, 4g fat (1g saturated), 9g fiber

Vegan Blueberry Pancakes (yields 6 large pancakes, or 2 servings)

2/3 cup spelt or whole wheat pastry flour

2 tsps baking powder

1 tbsp flax seed dissolved in 1 1/2 tbsp water (this is what vegan bakers call a “flax egg”)

dash salt

2 tsps agave nectar (eliminate during fast or substitute with some date honey)

2 tsps coconut or olive oil

3/4 cup rice, soy, or almond milk (I like rice milk in this recipe)

1/4 cup blueberries

Mix all ingredients but the blueberries together till wet and incorporated, but not over mixed.

If you're a perfectionist, you might want to add the blueberries to the tops of your pancakes as soon as they hit the griddle. If you're not (I'm not, at least not with pancakes), add them once the mix is mixed.

Heat a griddle over a medium flame and spray with coconut oil or olive oil cooking spray. Drop the batter in 1/4 cup blobs onto the griddle.

The key to making perfect pancakes — or at least, pancakes that aren't a giant mess — is to really try hard not to touch them for a bit once they hit the griddle. As soon as you see lots of air bubbles rising to the tops of the side that's facing you, you can test the edges. If they feel solid, carefully pry your spatula underneath the pancake, and flip!

## GREEN APPLE SMOOTHIE

### Ingredients

- 3/4 cup [chopped kale, ribs and thick stems removed](#)
- 1 small stalk celery, chopped
- 1/2 [banana](#)
- 1/2 cup [apple juice](#)
- 1/2 cup ice
- 1 tablespoon [fresh lemon juice](#)

### Directions

1. Place the kale, celery, banana, apple juice, ice, and lemon juice in a blender.
2. Blend until smooth and frothy.

## CARROT PINEAPPLE SMOOTHIE

### Ingredients

- 3/4 cup [chopped fresh pineapple](#)
- 1/2 cup ice
- 1/3 cup [fresh orange juice](#)
- 1/4 cup [chopped carrot](#)
- 1/2 [banana](#)

### Directions

1. Place the pineapple, ice, orange juice, carrot, and banana in a blender.
2. Blend until smooth and frothy.

## 3-Grain Salad with White Beans, Tomatoes, and Parmesan

Makes: 4 servings Prep time: 15 minutes Cook time: 55 minutes

### Ingredients

- 1/2 cup hulled barley\*
- 3/4 teaspoon salt
- 1/2 cup farro\*\*
- 1/4 cup bulgur
- 2 tablespoons red wine vinegar
- 2 tablespoons minced red onion
- 1 smashed garlic clove
- 1 cup drained, rinsed cannellini beans
- 1 pint grape tomatoes, quartered
- 1 cup torn fresh basil leaves
- 3 tablespoons olive oil

[Black pepper](#)

### Directions

1. Bring a large pot of water to a boil. Add the barley and 1/2 teaspoon of the salt; boil for 30 minutes. Add the farro; boil for an additional 20 to 25 minutes or until both grains are just tender. Drain.

2. Meanwhile, bring 6 tablespoons of water to a boil in a small saucepan; add the bulgur. Bring the liquid back to a boil, then cover the pot, turn off the heat, and let sit for 25 minutes, until the water is absorbed.

3. In a large bowl, toss together the vinegar, onion, garlic, and remaining salt.

4. Add the grains to the vinegar mixture while still warm; toss well. Remove the garlic and stir in the beans, tomatoes, basil, and olive oil; season with black pepper to taste. Fold in the Parmesan and serve.

Nutrition facts per serving: 365 calories, 14g protein, 53g carbohydrate, 13g fat (2.5g saturated), 12g fiber

## Green Bean Casserole

*1 cup brown rice*

*4 cups water, divided*

*½ cup lentils, rinsed and sorted*

*3 cups fresh or frozen green beans, cut into 1-inch pieces*

*1 (14.5-ounce) can diced tomatoes*

*1/2 cup chopped red onion*

*2 cloves garlic, minced*

*2 teaspoons dried basil*

*1/2 teaspoon salt*

Place the rice and 2 cups water in a medium saucepan, and bring to a boil. Cover, reduce heat to low, and simmer 20 minutes. Place lentils in a pot with the remaining 2 cups water, and bring to a boil. Lower heat, and simmer 20 minutes, with the lid slightly tilted.

Preheat oven to 350 degrees. Add green beans, tomatoes, onions, garlic, basil, and salt to saucepan. Stir well. Transfer to a 9 x 13-inch casserole dish. Bake 30 minutes.

Yield: 8 servings (serving size: about 1 cup)

## Flatbread Pizza with Macadamia Nut Cheese



- *2 1/2 cups whole wheat flour*  
*2 TB flaxseed meal*  
*1 tsp salt*  
*1 cup warm water*  
*1 cup [Spinach Artichoke Dip](#)*  
*1 cup [Classic Tomato Sauce](#)*

*Topping ideas: Green peppers, mushrooms, olives, onions, and/or roasted red bell peppers.*

### **Instructions**

Mix flour, flaxseed meal, salt, and water in a food processor until dough forms a ball. Turn dough onto a floured work surface, and knead for 5 minutes. Transfer to a bowl, and cover tightly with plastic wrap. Let dough rest at least 30 minutes.

Preheat oven to 450° F. Rub a little flour on a rolling pin, and roll dough out onto a preheated pizza stone or an oiled pizza pan into a 12" or 14" circle (depending upon the thickness of crust you prefer). If dough is too sticky to roll, put some



flour on your fingertips and press dough to edges. With a fork, poke holes all across crust dough. Bake 10 minutes, and remove from oven.

Spread **Spinach Artichoke Dip** across crust, and top with **Classic Tomato Sauce**. Add desired toppings. Bake 20 minutes or until edges of crust are brown and slightly crispy. Remove from oven, and let sit 5 minutes before slicing and serving. Serves 4-6.

### **Macadamia Nut Cheese**

Place 1/2 cup of macadamia nuts in a food processor until finely ground like grated Parmesan cheese. Sprinkle on top of cooked pizza.

## **Spinach Artichoke Dip**

*8 ounces firm tofu, drained*

*1 cup chopped canned artichokes, drained, reserve 2 tablespoons canned juices*

*1/2 (10-ounce) package frozen chopped spinach, thawed, squeezed dry*

*1 teaspoon dried basil*

*1 teaspoon salt*

*1/8 teaspoon pepper*

*2 teaspoons extra-virgin olive oil*

*1/4 cup diced onion*

*2 cloves garlic, minced*

### **Instructions**

Preheat oven to 375 degrees. Place tofu, artichokes, artichoke juice, and spinach in a food processor or blender. Process until smooth. Transfer mixture to a medium-sized bowl. Stir in basil, salt, and pepper. Set aside.

Heat oil in a small skillet, and cook onions and garlic until onions are translucent. Remove from heat, and stir into spinach artichoke mixture. Place in a 3-cup glass or ceramic baking dish that has been rubbed with olive oil.

Bake 20 minutes, or until edges start to brown. Serve warm.

Yield: 8 servings (serving size: about 1/4 cup)

## **Gimme More Granola**

*1/4 cup chopped dried plums or Medjool dates*

*1/4 cup water*

*1 cup old-fashioned rolled oats*

*2 TB unsweetened apple juice*

*1 TB extra-virgin olive oil*

*1/4 cup raisins*

*2 TB chopped almonds*

*2 TB chopped walnuts*  
*2 TB sunflower seeds*  
*2 TB unsweetened shredded coconut*

Preheat oven to 350° F. In a small saucepan, add plums and water. Cook over medium heat 5 minutes, or until plums are softened. Transfer to a food processor or blender, and process until mixture is a thick paste.

In a large bowl, combine plum mixture, apple juice, olive oil, oats, raisins, almonds, walnuts, sunflower seeds, and coconut. Stir well, making sure everything is well coated. Spread out on a baking sheet, and bake 5 minutes. Stir granola, and bake another 5 minutes, or until lightly browned. Let cool (will become more crispy as it cools), and store in an airtight container. Makes about 2 cups.

## Cranberry Pecan Quinoa Pilaf

1 C quinoa  
2 C water  
1 tb olive oil  
½ C thinly sliced scallions  
½ C dried cranberries  
1 tb chopped parsley  
1 tsp lemon zest  
Juice of one lemon  
2 tsp honey (sub with date honey)  
½ C pecan halves toasted

In a medium saucepan, bring the quinoa and water to a boil over med heat. Lower and simmer, covered, until liquid is absorbed (15-20 min). Fluff quinoa and cool slightly.

Meanwhile, in a large bowl, mix oil, scallions, berries, parsley, zest, juice and honey. Stir in quinoa. Season with salt and pepper. Top with pecans.

## Green Salsa Bean Dip

*1 (10-oz) can diced tomatoes & green chilies (Ro-tel)*  
*1 (15.5-oz) can great northern beans, rinsed & drained*  
*2 cups chopped kale or spinach*  
*2 cloves garlic, minced*  
*1/2 tsp salt*

### Instructions

Place all ingredients in a food processor and blender. Process until smooth.

Yield: 16 servings (serving size: about 2 tablespoons)

#### Recipe Notes

- Serve with fresh vegetables.
- Stir a couple of tablespoons into your salad instead of using an oil-based dressing.
- Kale is a leafy green vegetable with a fibrous stalk and ruffled leaves. To prepare kale, remove and discard tough stems and use only the leaves.

## Fig, Pear, & Walnut Salad

*4 cups torn romaine lettuce, loosely packed*

*1 Bosc pear, unpeeled, sliced thin*

*¼ cup diced dried figs*

*¼ cup chopped walnuts*

*2 tablespoons raw sunflower seeds*

*1 recipe [Apple-Cinnamon Salad Dressing](#)*

#### Instructions

Place 1 cup of greens on each plate. Arrange pear slices on top of each mound of lettuce. Sprinkle each salad with 1 tablespoon figs, 1 tablespoon walnuts, and ½ tablespoon sunflower seeds. Drizzle about 2 tablespoons dressing over each salad.

Yield: 4 servings (serving size: about 1 cup)

#### Recipe Notes

- Use an apple instead of a pear, or try a combination of both.
- Serve with mixed greens or fresh spinach.
- Substitute walnuts with pecans.

## Apple-Cinnamon Salad Dressing

*¼ cup extra-virgin olive oil*

*¼ cup unsweetened apple juice*

*1 tablespoon fresh lemon juice*

*1 tablespoon diced red onion*

*1/4 teaspoon cinnamon*

### **Instructions**

Combine all ingredients in a covered glass jar, and shake well. Refrigerate until ready to use.

## **Ozarks Sunset Fruit Salad**

*4 cups fresh spinach, torn into bite-size pieces*  
*4 cups romaine lettuce, torn into bite-size pieces*  
*4 kiwifruit, peeled & cut into half moons*  
*2 cups oranges, peeled and cut into 1-inch pieces*  
*1 cup blueberries*  
*1 cup sliced strawberries*  
*1/2 cup sliced or slivered almonds, toasted*

### **Instructions**

Combine ingredients in a large bowl, and toss well. Serves 4.

### **Recipe Notes**

- Serve with **Orange-Poppy Seed Salad Dressing** or **Apple-Cinnamon Salad Dressing**.

## **Orange-Poppy Seed Salad Dressing**

*1/4 cup extra-virgin olive oil*  
*1/4 cup orange juice*  
*2 tablespoons fresh lemon juice*  
*1 tablespoon diced red onion*  
*1/2 teaspoon poppy seeds*  
*1/4 teaspoon orange zest*  
*1/8 teaspoon dry mustard*

*1/8 teaspoon salt*

### **Instructions**

Combine all ingredients in a covered glass jar, and shake well. Refrigerate until ready to use.

## **Cajun Red Beans and Rice**

*1/2 tablespoon extra-virgin olive oil*

*1/2 cup chopped green pepper*

*1/2 cup chopped red onion*

*1/2 cup sliced celery*

*1/4 cup water*

*2 teaspoons **Creole Seasoning** (see recipe below)*

*1 (15.5-ounce) can red kidney beans, rinsed and drained*

*2 cups cooked brown rice*

Heat olive oil in a large, deep skillet over medium heat. Add green peppers, onions, and celery. Cook until vegetables are softened, about 3-5 minutes. Add water and **Creole Seasoning**. Stir well. Mix in kidney beans and rice. Lower heat and cook another 5 minutes or until heated through.

Yield: 8 servings (serving size: 1/2 cup)

### **Recipe Notes**

- Serve with sliced avocado and/or sliced green onions.

## **Creole Seasoning**

*2 tablespoons paprika*

*1 teaspoon onion powder*

*1 teaspoon garlic powder*

- 1 teaspoon salt*
- ½ teaspoon pepper*
- ½ teaspoon thyme*
- ½ teaspoon dried basil*
- ½ teaspoon dried oregano*
- ½ teaspoon cayenne pepper*

Mix all ingredients in a small glass jar. Cover, and store until ready to use.

Yield: 12 servings (serving size: about 1 teaspoon)

- Add 1 (14.5-ounce) can diced tomatoes.
- Stovetop directions using dry rice: Sauté vegetables as directed. While vegetables are cooking, bring 2 cups water to a boil. Lower heat, and add vegetables, 1 cup uncooked brown rice, and beans. Cover, and Simmer about 45 minutes, or until rice is light and fluffy.

### Dress Up Oatmeal

- PB & J and dash of vanilla protein powder
- Pumpkin Pie Oatmeal (see below)
- Blueberry Banana Oat Cakes (see below)
- Chocoate Latte – add 1 tsp pb, 1 tb almonds, 1 tsp coconut, 2 tbs brewed coffee, dash of cocoa powder
- PB Broats – add pb and choc protein powder and chia seeds
- Carrot Cake Oatmeal (next page)
- Mocha (next page)

### Pumpkin Pie

- 1/2 cup old-fashioned oats
- 1/2 cup skim milk
- 1 ripe banana, sliced
- 2 dashes cinnamon
- 1/4 cup pureed canned pumpkin
- 1 dash ground [cloves](#)
- 1 dash [ground nutmeg](#)
- Handful frozen blueberries (optional)

1. Put the oats, milk, sliced banana, and cinnamon into a small pot on the stove.
2. Stir continuously over medium high heat for about 5 minutes, or until the mixture gets thick and creamy (and starts bubbling). Stir in the frozen blueberries now, if you like.
3. Turn down heat to medium low and add the canned pumpkin and a dash each of ground cloves and ground nutmeg.

### Blueberry Banana Oat Cakes

- 1 ripe banana, mashed
- 1/2 cup dry oats

1/4 cup brown sugar (sub w/date honey)  
1 teaspoon cinnamon  
1/4 cup blueberries (frozen or fresh)  
Dash of vanilla extract (optional)  
1 **tablespoon** chia seeds (optional)  
1 tablespoon coconut flakes (optional)  
2 tablespoon cocoa powder (optional, for a

**Directions**

1. Mash the banana.
2. Add everything else except the blueberries and stir.
3. Gently fold in the blueberries.
4. Spray a clean bowl with **cooking** spray and put the batter in it.
5. Microwave for 3 1/2 to 4 1/2 minutes.
6. Allow to cool for a couple of minutes before

**Carrot Cake Oatmeal**

**Ingredients**

1 cup almond milk (or soy or rice milk)  
1/2 teaspoon fresh lemon juice  
2 tablespoons coconut milk cream  
1 teaspoon **ground cinnamon**  
1/4 teaspoon ground ginger  
1/8 teaspoon ground nutmeg  
Pinch of kosher salt  
1 large carrot, finely grated  
1/2 cup regular oats  
1 teaspoon pure vanilla extract  
2 tablespoons crushed walnuts  
2 tablespoons pure maple syrup  
1 tablespoon coconut milk cream mixed with 1/2 teaspoon pure maple syrup  
Shredded coconut, for **garnish**  
Cinnamon, for garnish  
Raisins, for garnish

**Directions**

1. In a medium-size pot over medium heat, add almond milk, lemon juice, and coconut milk cream. Stir well. Add in your spices and salt. Stir again until mixed.
2. Stir in grated carrots and oats. Adjust heat if necessary or bring heat to low if it starts to boil. Cook for about 8 minutes, stirring frequently. When the mixture has thickened up, stir in the vanilla extract, 1 tablespoon crushed walnuts, and maple syrup. Remove from heat and pour into a bowl.
3. Top with remaining crushed walnuts and 1 teaspoon of shredded coconut. Prepare your coconut milk cream + maple syrup mixture and drizzle it over top. Sprinkle with cinnamon and raisins for garnish.

**Mocha Oatmeal**

1/2 cup rolled oatmeal  
1/2 cup water  
1/4 cup brewed coffee  
1 **tablespoon** unsweetened cocoa powder  
1 teaspoon sweetener

**Directions**

1. Microwave oats and oatmeal on 50% power for about 4 minutes.
2. Mix in **coffee**, cocoa powder, and sweetener.

## Best Post-Workout Refuel: Blueberry-Pineapple Protein Shake

Combine 1 cup low-fat milk, 1/4 cup frozen blueberries, and 1/4 cup frozen pineapple in a blender; puree until smooth. (140 calories)

Why we love it:

- The protein and carbs in milk help repair muscles and replenish cells' energy stores after a workout. Eat dairy within 45 minutes of exercising, when the recovery process is at its peak.
- [Pineapple](#) contains bromelain, a natural anti-inflammatory compound, which may reduce post-workout pain.

### Spinach Smoothie

[Spinach](#) is a healthy -- and flavorless -- addition to any smoothie. You won't taste it, we promise! Try blending 1 cup spinach, 1 cup grated carrots, 1 banana, 1 cup apple juice, and ice.

## Corn Chowder

*1/2 tablespoon extra-virgin olive oil*

*1/2 cup diced onion*

*4 cups water*

*1 pound Yukon Gold or Russet potatoes, peeled and diced (about 3 cups)*

*1 clove garlic, minced*

*1 teaspoon dried parsley flakes*

*1/2 teaspoon salt*

*1/8 teaspoon pepper*

*3 1/2 cups fresh corn kernels*

*1/2 cup unsweetened almond or rice milk*

### Instructions

Heat olive oil in a large saucepan, and add onions. Cook until soft and translucent. Add water, potatoes, garlic, parsley, salt, and pepper. Bring to a boil. Reduce heat and simmer, covered, 15-20 minutes or until potatoes are tender. Add corn and almond milk. Cook, uncovered, over medium-low heat for another 10 minutes. Place 3 cups of soup in a food processor or blender, and process about 15 seconds. Return to saucepan. Stir well, and serve.

## Spicy Pinto Bean Bake

1 recipe ["Refried" Beans](#)



*3 cups cooked brown or wild rice*  
*2 (10-ounce) cans diced tomatoes and green chiles*  
*½ cup chopped green pepper*  
*¼ cup chopped green onions (green parts only)*  
*¼ teaspoon cayenne pepper*  
*¼ teaspoon garlic powder*  
*¼ teaspoon salt*  
*1/8 teaspoon black pepper*  
*Toppings: Avocado slices, black olives, shredded lettuce*

Preheat oven to 350 degrees. Lightly rub bottom and sides of an 11 x 17-inch baking dish with olive oil. Pour “Refried” Beans into dish, and spread evenly across bottom. Add rice, distributing evenly across beans. Mix tomatoes, green chiles, green pepper, green onions, cayenne pepper, garlic powder, salt, and pepper in a small bowl. Stir well, and pour over rice and beans. Bake 20 minutes.

Yield: 6 servings (serving size: ½ cup)

## **"Refried" Beans**

*2 (15-ounce) cans pinto beans, undrained*  
*1/2 teaspoon garlic powder*  
*1/2 teaspoon onion powder*  
*Chopped green onions (green parts only)*

### **Instructions**

Place beans in a medium saucepan, and heat over medium heat for 5 minutes. Mash until nearly smooth. Cook uncovered another 10 minutes over low heat, stirring occasionally. Add desired amount of green onions. Stir, and serve.

## **Pineapple Citrus Muffins**

*1 cup old-fashioned rolled oats*  
*1 cup oat flour (see Recipe Notes)*  
*1 cup unsweetened applesauce*  
*½ cup diced pineapples*  
*¼ cup chopped pecans or walnuts*

*¼ cup [Date Honey](#)  
¼ cup flaxseed meal  
2 teaspoons unsweetened coconut flakes  
2 teaspoons grated orange zest  
½ teaspoon ground ginger*

### **Instructions**

Preheat oven to 350 degrees. Lightly rub 8 cups of a 12-cup muffin tin with olive oil, and set aside.

Combine all ingredients in a large bowl, and stir well to combine. Scoop out mixture into muffin tin cups, allowing about 1/3 cup for each muffin. Bake 20 minutes, or until muffin tops are lightly browned. Serve warm.

Yield: 8 servings (serving size: 1 muffin)

### **Recipe Notes**

- Make your own oat flour by placing old-fashioned rolled oats in a food processor or blender and process until fine (½ cup old-fashioned oats will yield about ½ cup ground oats).
- Spread almond butter or [Date Honey](#) on top.
- Flaxseed meal is a powder made from ground flaxseeds. It can be found in health food stores and some grocery stores. Instead of buying flaxseed meal, you can also grind whole flaxseeds at home by using a coffee or seed grinder.
- The zest is the outermost, colorful skin of citrus fruits. Zest is often used to enhance flavor in recipes. The pith, or white membrane underneath the outside peel, has a bitter, unpleasant taste and should be avoided while zesting.

## **Italian-Style Steamed Broccoli**



*2-3 broccoli crowns, stems removed & cut into florets*  
*1 TB extra-virgin olive oil*  
*1/2 cup chopped fennel bulb*  
*1/2 cup chopped onion*  
*1 cup halved cherry tomatoes*  
*1 clove garlic, minced*  
*1 tsp dried basil*  
*1/4 cup pine nuts, toasted*

Steam broccoli 12-15 minutes. Place in a serving bowl, and set aside. Heat oil in large skillet over medium heat. Add fennel, onion, tomatoes, garlic, and basil. Cook 10-15 minutes, stirring frequently. Just before serving, stir in broccoli and pine nuts. Cook until broccoli is heated through, and return to bowl. Serve immediately.



## Almond Cookies

*1 cup almond meal or flour*  
*1/3 cup almond butter*  
*1/4 cup unsweetened orange juice*  
*2 tablespoons flaxseed meal*  
*1/4 cup + 3 tablespoons [Date Honey](#)*  
*2 tablespoons sliced almonds*

### Instructions

Preheat oven to 350 degrees. In a large bowl, mix almond meal, almond butter, orange juice, and flaxseed meal. Lightly rub an 11 x 17-inch baking sheet with olive oil. Place dough on baking sheet and flatten with your hands to about 1/8-inch thickness. Use a circle cookie cutter about the size of a 1/3 cup measuring scoop to cut out cookies (or use the measuring cup itself). Spread about 1/2 tablespoon Date Honey on each cookie, and top with 3-4 sliced almonds. Bake 10 minutes. Remove from oven, and transfer cookies to a wire rack to cool.

Yield: 14 servings (serving size: 1 cookie)

### Recipe Notes

- Use unsweetened applesauce as a topping instead of Date Honey.
- Omit the toppings, and crumble baked cookie over fresh fruit.

## Sweet Spinach Smoothie

*1 cup water*

*1 Bosc pear, unpeeled, cored*

*1 cup fresh spinach leaves, packed*

*1 frozen banana*

*1 tablespoon flaxseed meal, optional*

*1/2 tablespoon kelp powder, optional*

*1/2 tablespoon spirulina powder, optional*

Yield: 2 servings (serving size: about 8 ounces or 1 cup)

### Recipe Notes

- To freeze bananas, remove peels before placing in freezer. Put in a plastic zip-top bag until completely frozen.
- Substitute spinach with kale leaves.
- Use an Anjou, Asian, or Bartlett pear instead of a Bosc pear.
- Flaxseed meal is a powder made from ground flaxseeds. It is high in fiber and a good source of Omega-3 fatty acids.
- Kelp is a sea vegetable that is a concentrated source of minerals, including iodine, potassium, magnesium, calcium, and iron.
- Spirulina is a type of blue-green algae that is rich in protein, vitamins, minerals, and carotenoids (antioxidants that can help protect cells from damage). It contains B complex vitamins, beta-carotene, vitamin E, manganese, zinc, copper, iron, selenium, and gamma linolenic acid (an essential fatty acid).

## Pumpkin Black Bean Soup



*1 TB extra-virgin olive oil*  
*1 cup chopped onions*  
*2 cloves garlic, minced*  
*4 cups water or vegetable broth*  
*3 (15.5-oz) cans black beans, rinsed & drained*  
*1 (14.5-oz) can diced tomatoes*  
*1 (15-oz) can pumpkin*  
*1 1/2 tsp cumin*  
*1 1/2 tsp salt*  
*1/8 tsp pepper*  
[\*Spicy Pumpkin Seeds\*](#), optional

Heat olive oil in skillet, and add onions. Cook until translucent. Stir in garlic, and cook about one minute. Transfer to a large saucepan. Add water, 1 can black beans, pumpkin, cumin, salt, and pepper. Put tomatoes and the other cans of beans into food processor or blender until smooth. Add to soup mixture, and heat to boiling. Reduce heat, and simmer 30 minutes. Sprinkle [Spicy Pumpkin Seeds](#) on top of each serving.

#### Recipe Notes

- For a chunkier soup, only add 1 can black beans to food processor and keep tomatoes diced.

## Sicilian Beans and Rice

*1/2 tablespoon extra-virgin olive oil*  
*1/2 cup chopped onion*  
*1 clove garlic, mince*  
*1 (28-ounce) can crushed tomatoes*  
*1 (15.5-ounce) can black beans, rinsed, drained, slightly mashed*  
*1 tablespoon chopped fresh basil or 1 teaspoon dried basil*  
*1 teaspoon fennel seed*  
*1 tablespoon chopped fresh parsley or 1 teaspoon dried parsley*  
*1/2 teaspoon salt*  
*1/8 teaspoon pepper*  
*4 cups cooked brown rice*

Heat olive oil in a large skillet, and add onions. Cook until soft and translucent. Stir in garlic, and cook 30 seconds, stirring constantly so garlic doesn't burn. Add remaining ingredients, and cook, uncovered, over low heat for 30 minutes. To serve, place ½ cup rice in a bowl or on a plate, and top with ½ cup beans.

Yield: 8 servings (serving size: about ½ cup beans and ½ cup rice)



## Taco Soup

*1 tablespoon extra-virgin olive oil*  
*1/2 cup diced onion*  
*4 cups [Vegetable Broth](#) or water*

1 (14.5 oz) can diced tomatoes  
1 (15-oz) can black beans, rinsed & drained  
1 (15-oz) can pinto beans, rinsed, drained, & mashed  
1 (15-oz) can corn, drained  
½ cup dry polenta  
1 tablespoon [Taco Seasoning](#)  
1 teaspoon salt  
1/8 teaspoon pepper

### Instructions

Heat olive oil in large saucepan over medium heat. Cook onions until soft and translucent. Add broth, tomatoes, black beans, mashed pinto beans, corn, polenta, Taco Seasoning, salt, and pepper. Heat to boiling. Reduce heat, and cook 30 minutes. Makes 8 cups.

### Recipe Notes

- Substitute 1 1/2 cups cooked brown rice for polenta.
- Place corn in a food processor and pulse a few times for a cream-style texture.
- Use kidney beans instead of black or pinto beans.
- Serve with [Corn Muffins](#) or [Tortilla Chips](#).

## Apple Raisin Nut Cookies

2 cups chopped apples, unpeeled (about 2 apples)  
1 cup brown rice flour  
1 cup cashew halves and pieces  
1 cup pecan halves  
1 cup raisins

<b>Nutritional Profile</b>
Calories per serving: 165
Total Fat 9.1 g
Sodium 26.9 mg
Potassium 193.6 mg
Total Carbohydrate 20.5 g
Dietary Fiber 2.1 g
Sugars 6.1 g

### Instructions

Preheat oven to 350 degrees. Add apples, brown rice flour, cashews, pecans, and raisins to a food processor. Process about 30 seconds for a smooth texture or 15 seconds for a nuttier cookie.

Drop by spoonfuls, two inches apart, on an ungreased 11 by 17-inch baking sheet. Bake 15 minutes. Let cool on a wire rack.

Yield: 16 servings (serving size: about 1 cookie)

Recipe Notes: Substitute walnuts or almonds for pecans. Use any whole grain flour in place of the brown rice flour.

### Jill Beattie's Taco Soup

My taco soup is: 1 can veggie broth, 1 can refried beans, 1 can rinsed/drained black beans, 1 can rinsed drained pinto beans, 1 can drained diced tomatoes, 1 cup frozen corn, 1 packet taco seasoning (or homemade equivalent)



Mix broth and refried beans in the bottom of a slow cooker then stir in the rest of ingredients and heat through for a few hours until flavors combine. Serve with quacomole on the side

## Corn Chowder

*½ tablespoon extra-virgin olive oil*

*½ cup diced onion*

*4 cups water*

*1 pound Yukon Gold or Russet potatoes, peeled and diced (about 3 cups)*

*1 clove garlic, minced*

*1 teaspoon dried parsley flakes*

*½ teaspoon salt*

*1/8 teaspoon pepper*

*3 ½ cups fresh corn kernels*

*½ cup unsweetened almond or rice milk*

### Instructions

Heat olive oil in a large saucepan, and add onions. Cook until soft and translucent. Add water, potatoes, garlic, parsley, salt, and pepper. Bring to a boil. Reduce heat and simmer, covered, 15-20 minutes or until potatoes are tender. Add corn and almond milk. Cook, uncovered, over medium-low heat for another 10 minutes. Place 3 cups of soup in a food processor or blender, and process about 15 seconds. Return to saucepan. Stir well, and serve.

Yield: 8 servings (serving size: 1 cup)

### Recipe Notes

- Substitute 2 (14.5-ounce) cans of corn kernels (drained) for fresh corn.
- Add ½ cup chopped carrots and celery (1/4 cup each).
- For a southwestern flair, stir in 1 cup of [Salsa](#).



## Yukon Vegetable Bake

*1 pound Yukon Gold potatoes, unpeeled and cut into ½-inch cubes*  
*1 cup fresh corn kernels (about 2 ears)*  
*2 tablespoons extra-virgin olive oil, divided*  
*¼ teaspoon dried basil*  
*½ teaspoon salt*  
*1/8 teaspoon pepper*  
*1 cup thinly-sliced onion, sliced pole to pole (see Recipe Notes)*  
*2 cups chopped zucchini, unpeeled, cut into ¼-inch rounds*  
*2 cloves garlic, minced*

### Instructions

Preheat oven to 425 degrees. Mix potatoes and corn in a large bowl. Add 1 tablespoon olive oil, basil, salt, and pepper. Stir well. Place on an 11 x 17-inch baking sheet. Bake about 25 minutes or until potatoes are tender, stirring halfway through cooking time.

When potatoes have about 5 minutes of cooking time remaining, heat 1 tablespoon olive oil in a large skillet over medium heat. Add onion slices and zucchini. Cook until vegetables are slightly browned. Stir in garlic, and cook about 30 seconds, stirring constantly so garlic doesn't burn. Add potatoes and corn. Stir well, and cook another 5 minutes before serving.

# Lemon Larabars

## Ingredients

- 4 cups pitted dates
- 1/2 cup raw almonds
- 1 1/4 cup raw cashews
- 1 small lemon – reserve juice and approx. 1 teaspoon of grated rind
- 2 teaspoons pure lemon extract

## Directions

0. In a food processor, combine dates, almonds, cashews, juice of one lemon and grated rind; pulse until you get a sticky paste. You will need to stir in between pulsing to get the mixture evenly processed.

0. Remove sticky date mixture from food processor and place into a medium sized bowl, add pure lemon extract. Spray hands or heavy duty spoon with a little non stick cooking spray. Use hands or heavy duty spoon to mix in lemon extract. Line a 2.2 qt. baking dish with plastic wrap. Press mixture evenly into dish.

0. Refrigerate over night. Cut into bars or see notes.

0. Keep bars refrigerated. Wrap bars individually in plastic wrap for an easy take and go snack or store bars in a covered Pyrex baking dish.

## \*NOTES\*

- The date mixture will be very sticky, this is normal.
- I went a head and added pure lemon extract to give these bars the extra lemon flavor that was missing using only the rind and juice. For me, it was perfect. If you're a lemon lover and not afraid that the extract will be overpowering (I promise, it's not.) go a head and add it to the mixture when you add the lemon juice. However, if you only like lemony tasting snacks, I suggest tasting your mixture before adding the extract. If it's not enough lemon love for you, add the lemon extract 1 teaspoon at a time and taste before adding the next.
- Also, just want to let you know that it's harder to add the lemon extract after it's been processed in the food processor. The mixture is too thick & sticky. This is why I pulled the mixture out of the food processor and had to stir it in the bowl.
- If you find that the bar is too sticky for your taste, chop finely, some extra almonds. Remove uncut bars from baking dish, peel off plastic wrap and sprinkle evenly with finely chopped almonds on both sides of the bar, pressing gently, before cutting into bars. Store bars in the refrigerator

## **Roasted Sweet Potatoes with Pecans, Apples, and Dried Cranberries**

Adapted from [The Sweet Life Online](#) (←— GREAT vegan blog!!)

4 individual sized sweet potatoes or yams

1/4 cup Thai coconut milk (Alternately use Earth Balance or Vegan Cream Cheese)

1/3 cup roasted pecans

1/3 cup dried cranberries

1 large crisp apple (I *love* Honeycrisp), cored and diced

Cinnamon, as garnish

Preheat oven to 400. Scrub the sweet potatoes until the skins are clean then dry them with a kitchen towel. Pierce sweet potatoes all over using a fork or paring knife. Place each potato into a square of aluminum foil with a drizzle of grapeseed oil and sprinkle of salt. Wrap tightly. Roast potatoes until tender, 45-55 minutes. Remove and allow to cool for at least 15 minutes.

Remove potatoes from foil and cut a large slit from end to end. If they are still too hot wait for them to cool slightly so you can handle them. Use a spoon to carefully scrape out the flesh of the potatoes. Leave enough of a border that the skins will not completely fall apart, 1/2" or so. Use a fork to mash the potatoes together with the coconut milk. Add salt, pepper, and grated fresh nutmeg to taste. Fresh orange zest would be good, too.

Evenly scoop the filling back into the potato shells. At this point they can be stored for 24 hours. Bring to room temperature then reheat in 350 oven until warm. Top each potato with the pecans, dried cranberries, apples, and a sprinkle of cinnamon.