

# SHEREE'S KITCHEN

*RECIPES YOU'LL LOVE*

# INTRODUCTION

Welcome to my collection of curated recipes from our kitchen, family and friends

Create a nourishing breakfast, brunch, lunch, dinner, appetizer, drink, snack or dessert or a weekend dining experience!

I created this cookbook to inspire you to enjoy going into the kitchen and preparing easy and delicious food and drinks for yourself and others.

If I could share one thing with you it would be to add your own love and high vibes into everything you make and notice how the flavors pop!

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# BREAKFAST& BRUNCH



# Milk & Coconut Water Kefir



## Ingredients

- ½ cup milk kefir
- ½ cup coconut water kefir
- 2 to 4 drops stevia, sweeten to taste

## Instructions

- Stir together
- Enjoy!

*Please choose organic ingredients if possible

# Milk Kefir from Starter Culture

## Instructions

- 1 quart of milk, A2 Half and Half
- 1 packet Body Ecology Kefir Starter
- 1 glass container with lid

## Note:

Before you finish your initial batch, begin the second by taking out 6 tablespoons of the initial batch and combining it with the freshly warmed milk and whisk well in glass contain glass jars. You may repeat this approximately 7 times before you will need another foil packet.

*Recipe Credit: Donna Gates @ bodyecology.com*

## Instructions

- Heat one quart of milk in a small saucepan on the stove to no more than 92 degrees
- Pour heated milk into the glass jar
- Add in entire foil package of room temperature kefir starter
- Whisk well and put the lid on the container
- Allow time to ferment on your kitchen counter for 18 to 24 hours at 72 to 75 degrees
- The kefir will start to thicken, become slightly clumpy and have a distinct sour aroma
- Once thickened, shake vigorously and refrigerate before drinking



# Pumpkin Chia Protein Pudding



## Note:

You may grind chia seeds in a small coffee grinder before adding for a smoother consistency and to avoid getting them stuck in your teeth.

This chia pudding is the tastes of fall in a bowl

## Ingredients (makes 1-2 servings)

- 1/2 cup pumpkin puree
- 1 cup coconut milk or milk of your choice
- 3 tablespoons chia seeds
- 1 scoop Body Ecology Protein Powder
- 1 teaspoon pumpkin spice
- 1 teaspoon pure vanilla extract
- Sweeten to taste with pure maple syrup or Lakanto Monkfruit Sweetener
- 2 tablespoons whipping cream
- For the topping: add walnuts, pumpkin seeds, coconut flakes and a sprinkle of cinnamon

## Instructions

- In a small bowl, whisk together pumpkin puree, milk, pumpkin spice, vanilla, protein powder, maple syrup, monk fruit or stevia
- Stir in chia seeds
- Cover and refrigerate for at least 2 hours (or overnight) or until “eat with a spoon” thick
- Top with garnishes of your choice and enjoy!

*Please choose organic ingredients if possible

# Chocolate Chia Pudding

## Ingredients
(makes 1-2 servings)

- 3/4 cup greek or coconut yogurt
- 3 tablespoons cacao powder
- 3/4 cup unsweetened almond milk or milk of your choice
- 1/3 cup chia seeds
- 1 teaspoons pure vanilla extract
- 1-3 tablespoons sweetener (stevia, maple syrup , Lakanto Monkfruit
- Pinch of sea salt



## Instructions

- In a medium bowl blend together cacao and yogurt until smooth
- Whisk in the vanilla extract and almond milk until smooth
- Stir in the chia seeds
- Stir in sweetener
- Cover and refridgerate until thickened
- Serve topped with walnuts, dollop of whipped cream and drizzle of honey

*Please choose organic ingredients if possible



*Recipe Credit: Mary Wuerdeman @ LivingonpurposewithMary.com*

# Lemon Blueberry Chia Pudding

## Ingredients (makes 2-3 servings)

- 1¾ cup light or full-fat canned coconut milk
- 2 teaspoons fresh-squeezed lemon juice
- ⅓ cup chia seeds
- 3 tablespoons maple syrup
- 1 cup blueberries (fresh or frozen)
- ½ teaspoon vanilla extract

For the Lemon Cashew Cream:

- ¾ cup raw cashews
- ⅓ cup coconut or greek yogurt
- 2 tablespoons pure maple syrup
- 2 tablespoons fresh squeezed lemon juice
- 2 tablespoons fresh lemon zest
- 1-3 tablespoons milk (to thin if needed)

For the Lemon Whipped Cream:

- 1 cup heavy whipping cream
- 2 tablespoons pure maple syrup
- 2 tablespoons fresh squeezed lemon juice
- 2 teaspoons fresh lemon zest
- 1 tablespoon milk

*Please choose organic ingredients if possible

## Instructions

- Add all of the chia pudding ingredients, except the chia seeds, to a high-powered blender
- Blend until smooth and then stir in the chia seeds by hand (chia seeds are better whole for more texture)
- Divide the pudding among 2 or 3 containers
- Rinse the blender and then add the lemon cashew cream ingredients to it and blend again until smooth, or if making the lemon whipped cream, blend all ingredients with a hand mixer or whisk
- Pour the lemon cashew cream or lemon whipped cream over the blueberry pudding and garnish with a few more blueberries
- Refrigerate for 2 - 4 hours and enjoy!



*Recipe Credit: Mary Wuerdeman @ LivingonPurposewithMaryWuerdeman.com*

# Chia Probiotic Protein Chia Pudding



## Ingredients (makes 2-4 servings)

- 1 can coconut milk, unsweetened
- ½ cup milk
- ½ cup white chia seeds
- ½ teaspoon vanilla extract
- 1 scoop Probiotic Protein Shake
- 1 tablespoon maple syrup or a few drops of stevia, sweeten to taste
- Raspberries for garnish

## Instructions

- Put all ingredients in a blender and blend on high for 1-2 minutes until smooth (if you prefer the chia seeds not to be blended, just stir in until well mixed
- Enjoy this rich, creamy and probiotic protein rich pudding for breakfast!

*Please choose organic ingredients if possible

# Lactobacillus Reuteri Yogurt

## Ingredients

- Luvele Yogurt Maker (luvele.com)
- 1 quart ultra-pasteurized Half and Half
- 1 package L. Reuteri Superfood Starter (culturedfoodlife.com) or 1 packet Culture Starter (body ecology.com)
- 1 scoop Prebio Plus (culturedfoodlife.com) or 1 scoop EcoBloom Prebiotic Fiber (body ecology.com)

## Instructions

Before you begin

- This recipe takes 36 hours to ferment, so it’s best to start either early in the morning or later in the evening. Otherwise, if you start at 3 in the afternoon, for example, you’ll have to get up 36 hours later at 3 am.
- Make sure you’re using ultra-pasteurized half and half milk for this particular yogurt recipe for best flavor and consistency.



# Lactobacillus Reuteri Yogurt (Continued)



- In the Luvele yogurt maker, mix 2 tablespoons of Prebio Plus with 1 package of L Reuteri Superfood Starter
- Stir in 1/2 cup of milk. Mix well with a whisk or spoon. Do not blend in a blender.
- Stir in the remainder of the milk into the jar
- Add water to the Luvele yogurt maker. The water level marks are on the inside of the yogurt maker
- Adjust the temperature to 100 degrees F and the time to 36 hours and press confirm to start the machine. Add the larger lid to the appliance.
- When done, remove the jar from the appliance and place it in the refrigerator to chill and firm up. This will keep in the refrigerator for up to 4-6 weeks. Luvele has a non-slip band that you can place around the jar after it chills.

Reculturing-Again

- Repeat the instructions using 2 tbsp of your previous cultured dairy as a starter per quart. If separated into whey and curds, use 1 tbsp of each. Add 2 tbsp of Prebio Plus per quart when reculturing.

Make a Double Batch:

- You can double the ingredients to make a larger batch!
- Use 2 quarts of ultra-pasteurized milk, 4 tablespoons of L. Reuteri yogurt as a starter and 4 tablespoons of Prebio Plus. Ferment at the same time and temperature. 100°F degrees for 36 hours.

# Yogurt Plus



## Note:

A consistent lukewarm temperature is paradise for all the good bacteria and promotes their growth. As the yogurt cools in the refrigerator, it will get even thicker.

## Ingredients

- 1 -1.25 quarts K-2 Half and Half
- 1 sachet of Yogurt Plus starter culture
- Yogurt Maker
- Thermometer

## Instructions

- Place half and half in a saucepan and gently heat to 180 degrees F.
- Once the temperature is reached, remove from heat and let it cool to 1oo degrees F - 110 degrees F)
- Whisk in 1 sachet of Yogurt Pus starter culture to distribute the good bacteria throughout the milk
- Place the milk in glass container of your yogurt maker without lid and incubate for 6-8 hours at 98 degrees F
- Remove the glass container from the yogurt maker, return the lid and place in the refrigerator to cool for at least a couple hours or overnight

To Reculture and Make a New Batch:

- Repeat these instructions but use 2 tablespoons of the yogurt.
- Swirl in your favorite fruit or jam and enjoy!

# Coconut Cream Pancakes

## Ingredients

- 2 eggs
- 1 can coconut milk, full fat
- 1/4 cup coconut sugar
- 3 tablespoons coconut oil
- 1/3 cup sour cream
- 1 teaspoon pure vanilla or almond extract
- 1 cup gluten-free flour
- 2 teaspoons baking powder
- 1/4 teaspoon sea salt
- 1/2 cup shredded coconut, unsweetened
- Coconut oil



## Instructions

- In a large mixing bowl, put the eggs and whisk until frothy and fluffy (about 60 seconds)
- Add the coconut sugar, vanilla and sour cream and whisk together about 60 seconds
- Stir in the flour and baking powder into the wet mixture and blend well.
- Fold in the shredded coconut
- In a large, (about 10 ‘ diameter) skillet over medium heat, let the skillet get hot then add coconut oil

*Please choose organic ingredients if possible

*Recipe Credit: Allyskitchen.com*

# Coconut Cream Pancakes (Continued)



- Pour about 1/4 to 1/3 cup batter per pancake, grilling 2 pancakes at a time and don’t crowd the skillet
- Let the pancakes cook over medium to medium low heat about 2 to 2 1/2 minutes on the first side. (The edges of the pancake will begin to bubble and the batter starts to lose it’s shine.)
- Gently flip and cook another 2 1/2 minutes on the other side
- Remove to plate and repeat, adding more coconut oil to the skillet as needed, until all the batter is done
- Serve immediately with butter and pure maple syrup and/or fresh berries!

Note:  This recipe may also be used for waffles

# Make Your Own Granola

## Ingredients

- 2 cups organic rolled whole oats
- 1 cup raw almonds
- 1 1/2 cups whole pecans
- 3/4 cup raw pumpkin seeds
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cardamom
- 1/2 teaspoon ground ginger
- 1 teaspoon sea salt
- 1/3 cup coconut oil
- 1/3 cup raw honey
- 1/3 cup pure maple syrup
- 3/4 cup dried blueberries or cranberries (optional)
- 1/3 cup hemp hearts

*Please choose organic ingredients if possible

**Recipe Credit: Kaleb Wyse @ WyseGuide.com*

## Instructions

- Preheat oven to 350°F; line a baking sheet with parchment paper
- In a large bowl, combine oats, almonds, pecans, pumpkin seeds, cinnamon, cardamom, ginger and sea salt
- In a saucepan, melt coconut oil and stir in honey and maple syrup
- Pour over the oat mixture, stir until evenly coated and spread onto the baking sheet
- Bake 25 minutes, stirring every 10 minutes, until the oats and nuts are toasted and golden
- Sprinkle with dried berries (if using) and hemp hearts
- Cool, then enjoy or store for up to 1 month



# Bagel or English Muffin and Lox



## Ingredients

- Fresh bagel, plain or gluten free or English muffin, frozen and thawed
- Nova Salmon or other wild caught salmon, thinly sliced
- Heirloom tomato or other organic tomato, thinly sliced
- Whipped cream cheese
- Local honey
- Small cucumber, peeled
- Red onion, thinly sliced
- Avocado, thinly sliced
- Capers. to taste
- Fresh Dill, to taste
- Sea salt, to taste
- Everything But The Bagel Seasoning or Herbamare seasoning

*Please choose organic ingredients if possible

# Bagel or English Muffin and Lox (Continued)



## Instructions

- Remove english muffins from freezer and thaw overnight
- Prepare your fresh bagel
- Slice in half and toast
- Remove from the toaster and spread with whipped cream cheese and honey
- Place thin slices of salmon to cover each half of the english muffin
- Place sliced tomatoes next and layer over salmon
- Next layer avocado, cucumber, red onion
- Add capers to taste, fresh dill, sea salt and Everything But The Bagel Seasoning or Herbamare seasoning powder
- Enjoy!

Note: You can substitute an english muffin if you're in a pinch (See brand recommendations)

*Recipe Credit: Sylvia Cameron*

# Easy Oven Omelet

## Ingredients

- 9 organic eggs
- 2 tablespoons butter
- 1/2 cup sour cream
- 1/2 cup milk
- 1/2 teaspoon sea salt
- 2 medium green onions, chopped
- 1/2 teaspoon basil
- 1 cup cheddar cheese, shredded
- 2 tablespoons red pimento, drained

## Note:

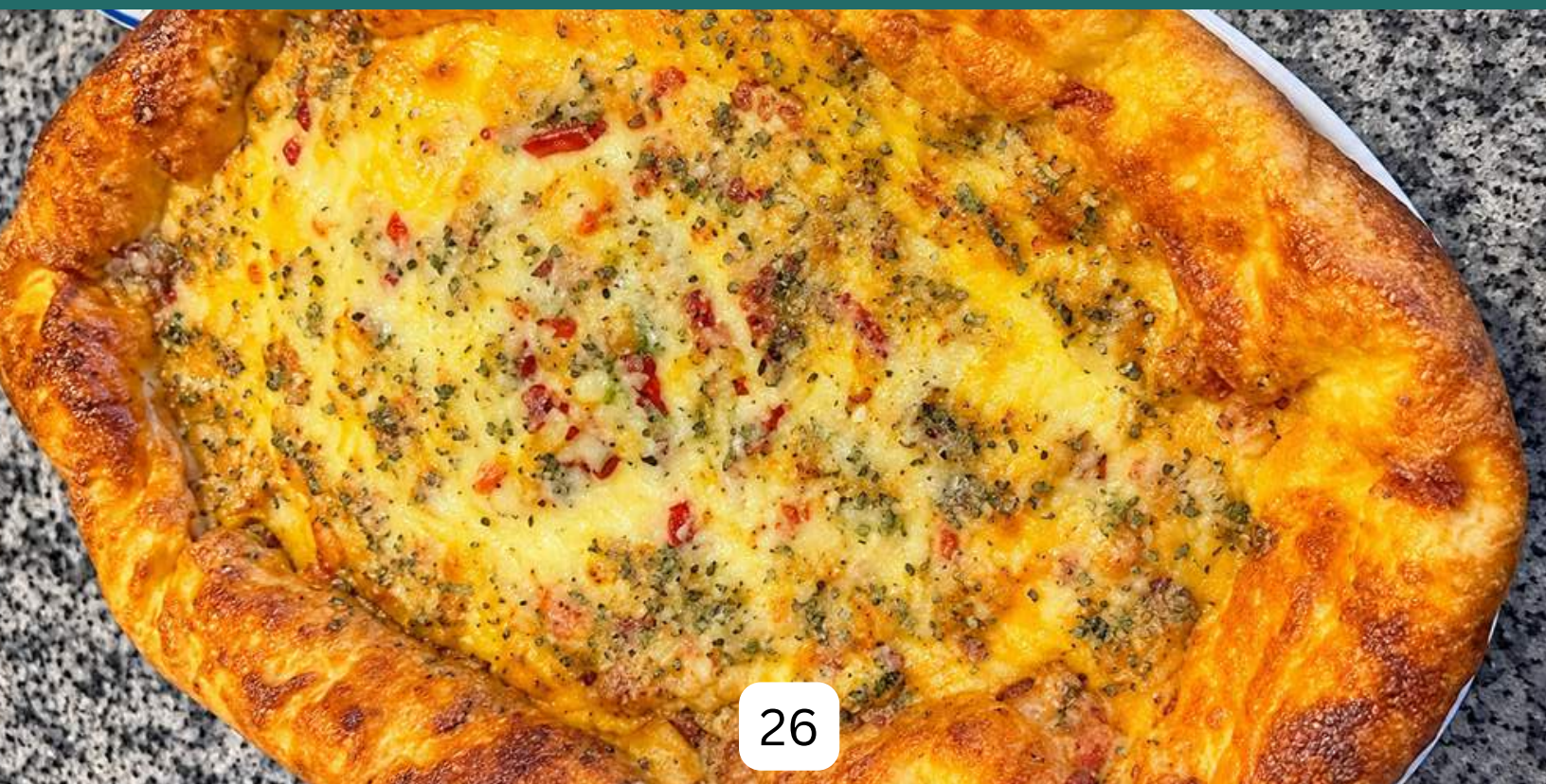
This recipe may be doubled to serve 8 people and made in a 13x9 inch (3 quart) glass baking dish

*Please choose organic ingredients if possible

## Instructions

- Preheat the oven to 325°F degrees
- In a 8 x 8 baking dish, add melted butter to coat bottom
- In a large bowl, beat eggs, sour cream, milk and basil until blended
- Stir in cheddar cheese, green onion and pimento
- Pour into baking dish and either cover and refrigerate for up to 24 hours or bake right away at 325°F degrees for 50-60 minutes until omelette is set but still moist
- If baking after refrigeration, bake at 325°F degrees for 60-70 minutes or until center is set
- Enjoy!

Recipe Credit: Mary Wuerdeman



# Classic Quiche Lorraine

## Ingredients (makes 6 servings)

- Pie Crust
- 4 large organic eggs
- 1 small onion, chopped
- 8 strips bacon
- 1 cup heavy cream
- ½ teaspoon sea salt
- ½ teaspoon ground black pepper
- 4 ounces Gruyere cheese, shredded
- Pinch of nutmeg
- ⅛ teaspoon cayenne pepper
- Pie Crust
- 3 cups all purpose flour
- 1 tablespoon granulated sugar
- 1 cup cold unsalted butter, cut
- into cubes
- 4-6 tablespoons ice water



## Instructions

- In the work bowl of a food processor, combine 1½ cups (of flour, sugar, and sea salt). Pulse a few times to combine
- Add half of the butter. Process until very crumbly and starting to ball up, about 30 seconds. Scatter in the remaining butter and the remaining 1½ cups of flour
- Pulse 2 times just to distribute.
- Drizzle 4 tablespoons of ice water over the mixture. Pulse a few times. Add additional water, a tablespoon at a time, as needed, and pulse once or twice after each addition. The mixture should easily stick together when squeezed, but not feel wet or dry
- Transfer the dough onto the counter and form into a ball. Cut the ball in half and press each half into a disc. Wrap tightly in plastic wrap and refrigerate for at least 1 hour or up to 3 days.
- NOTE: The pie dough keeps well in the fridge for up to 3 days. I like to make the pie dough the day before I make the quiche or pie. This pie dough works as well for quiche as it does for your pies! The disks can also be frozen for a few months and thawed in the fridge overnight before using

## Classic Quiche Lorraine (Continued)

- On a lightly floured surface, roll the pie dough into a 13-inch circle. Transfer to a standard 9-inch pie dish, tuck the edges under, and crimp as desired
- Freeze for 30 minutes
- While freezing the crust, preheat the oven to 425F
- Place the frozen crust on a rimmed baking sheet
- Line the crust with parchment paper and fill with pie weights.
- Bake for 20 minutes or until the edges start to turn golden brown. Carefully remove the paper and pie weights. Let cool while making the filling.
- Reduce oven temperature to 325F.
- In a medium skillet, add the bacon. Cook over medium-high heat until crisp, about 8 minutes. Remove the bacon pieces with a slotted spoon and drain on paper towels. Pour off all but 1 tablespoon of the drippings from the pan. Reduce the heat to medium.
- Add the onion and cook over medium heat until softened, about 3 minutes. Remove from the heat and set aside
- In a medium bowl, add the eggs and beat until well blended. Add the cream, salt, black pepper, cayenne pepper, and nutmeg. Whisk until combined
- Layer the onion on the bottom of the blind-baked crust. Top with half of the bacon, all the cheese, and then the remaining bacon. Pour the egg mixture over top
- Bake for 50 to 55 minutes or until the filling is puffed and golden brown. Let cool for at least 10 minutes before serving. Leftovers should be covered and refrigerated for up to 3 days

Note:

- Avoid over beating the eggs
- Remember to take your eggs out of the fridge ahead of time.  If you forgot, you can easily ahead of time.  If you forgot, you can easily bring them to room temperature by covering them with warm tap water for 5 minutes.
- If the crust of the quiche is browning too quickly in the oven, cover it with a pie crust protector

* Please choose organic ingredients if possible

# Sheet Pan Vegetable Frittata

## Ingredients (makes 4 servings)

- 8 large eggs
- 3 tablespoons black olives, sliced
- 2 tablespoons full fat unsweetened greek yogurt
- 1/2 cup sliced mushrooms, rinsed
- 1/4 cup quartered artichoke hearts, drained and roughly chopped
- 1/4 cup feta, crumbled
- 1 tablespoon parsley, rinsed, dried and minced



## Instructions

- Preheat oven to 375°F.
- Grease a rimmed half sheet pan and set aside. In a large bowl, vigorously whisk eggs and Greek yogurt.
- Pour into greased sheet pan. Sprinkle with mushrooms, artichoke hearts, black olives, and feta crumble. Transfer to oven and bake 15-28 minutes, until eggs are set
- Allow to cool for 5-10 minutes, then slice and garnish with fresh parsley (If desired)
- Enjoy

## Note:

- This recipe can be easily adapted by using different types of vegetables such as sun-dried tomatoes or kale

*Please choose organic ingredients if possible

*Recipe Credit: WildlyOrganic.com*

# Sourdough French Toast

## Ingredients

- 8 eggs lightly beaten
- 1 loaf bread, heirloom crusty bread or bread of your choice
- Cut into thick slices
- 4 tablespoons butter, melted
- 3/4 cup light brown sugar packed, coconut sugar or Lakanto Monkfruit sweetener
- 1 cup milk
- 1 tablespoon pure vanilla extract
- 1/4 teaspoon ground ginger
- 1/8 teaspoon sea salt
- 1/2 cup pecans, chopped
- Pure Maple Syrup (for serving

*Please choose organic ingredients if possible

*Recipe Credit: Katie Newton @ breadsrsly.com*



## Instructions

- In a small bowl, combine melted butter and sugar of your choice
- Pour into the bottom of a 9 x 13 baking dish
- Arrange slices of bread in the baking dish in 2 layers
- Combine eggs, milk, vanilla extract, cinnamon, ginger, and sea salt in a bowl and pour evenly over bread slices
- Sprinkle chopped pecans over bread slices
- Wrap tightly with plastic wrap and place in the fridge for 4-12 hours
- Preheat the oven to 350°F degrees
- Remove the baking dish from the fridge and let sit on the counter for around 10 minutes
- Bake for 30-35 minutes
- If the top starts browning too quickly, cover loosely with parchment paper, and cover with aluminum foil for the last 10 minutes or so of cooking
- Once the top is golden, remove from oven and let cook slightly before serving
- Slice into the desired number of servings
- Serve with maple syrup and/or a dusting of powdered sugar (if desired)

# Vegetable Frittata



## Ingredients

- 6 organic eggs, whisked together
- 3 tablespoons unrefined coconut oil or unsalted butter
- 1/2 cup sweet onion, french cut or 2 scallions, rinsed and chopped
- Fennel, rinsed and chopped
- ½ cup goat, feta or monterey jack cheese
- 1 zucchini, rinsed and chopped
- Handful of arugula, kale or spinach, washed and dried
- ½ cup cherry or heirloom tomatoes, washed and halved
- ½ red pepper, rinsed and chopped
- 2 bok choy petals, rinsed and chopped
- 3-4 mushrooms, rinsed and sliced
- 1 medium leek, white and light green parts, thoroughly washed and thinly sliced, optional
- 2 tablespoons fresh dill
- 1 clove garlic, minced
- ½ teaspoon sea salt and pepper, to taste

**Please choose organic ingredients if possible*

## Note:

- *Use any combination of vegetables that you have on hand*

# Vegetable Frittata (Continued)

## Instructions

- Preheat oven to 350 degrees
- In a medium sized 8 inch (oven suitable) skillet, add coconut or olive oil
- Add the vegetables of your choice and saute until tender and aromatic
- Sprinkle of the dill and add the egg mixture
- Whisk together eggs and pour into saute pan with your vegetables
- Cook over medium-high heat
- Finish baking in the oven for 2-3 minutes
- Grate cheese and sprinkle on top
- Turn the oven to broil and melt the cheese
- Remove from oven and allow to rest on the counter for a few minutes and use a rubber spatula to go around the skillet perimeter to loosen
- Use the spatula to cut in half and then in fourths
- Serve and enjoy!



# Baked Tomato and Spinach Frittata

## Ingredients

- 8 organic eggs
- 1/2 cup heavy cream
- 2 teaspoons Dijon mustard
- 1 1/2 teaspoons sea salt
- 1/2 teaspoon freshly ground black pepper
- 1 tablespoon unsalted butter
- 1/2 cup shallots, minced
- 2 cloves garlic, minced
- 1 1/2 cups cherry tomatoes, rinsed and halved
- 1/2 cup fresh basil, rinsed and roughly chopped
- 3 cups baby spinach, rinsed and chopped
- 4 ounces feta cheese, crumbled

*Please choose organic ingredients if possible

*Recipe Credit: Kaleb Wyse WyseGuide.com*



## Instructions

- Preheat oven to 400°F
- In a large bowl, whisk eggs, heavy cream, mustard, sea salt and pepper until smooth; set aside
- Melt butter in a 10-inch oven-safe skillet over medium heat; sauté shallot until translucent, 3-4 minutes
- Add garlic, tomatoes, basil and spinach; sauté until the spinach just wilts, 2-4 minutes
- Remove from heat, pour in the egg mixture, stir to combine and sprinkle with feta
- Bake until the eggs are set, 15-20 minutes
- Cool 5 minutes before slicing and serving; enjoy!

# Egg Bites

## Ingredients

- 6 large organic eggs
- ½ cup cottage cheese
- 1 cups spinach, washed, dried and chopped
- 6 slices crispy nitrate-free bacon, chopped
- ½ cup feta, crumbled
- ½ cup cream or half and half
- ½ teaspoon sea salt
- ¼ teaspoon pepper

## Note:

- This recipe is totally customizable.
- Feel free to swap out any type of cheese or veggies. I love broccoli, cheddar cheese, and chopped green onion

*Please choose organic ingredients if possible

## Instructions

- Preheat oven to 350 degrees
- Line muffin tin with muffin liners
- In a large bowl, whisk the eggs, cottage cheese, cream and whisk again
- Add remaining ingredients and stir to combine
- Fill each muffin tin ¾ of the way with the egg mixture
- Bake for 20-25 minutes until set and lightly golden on top
- Allow to cool slightly before removing
- Enjoy warm or store for later
- Refrigerate for 3-5 days or freeze
- To reheat, take each muffin out of the refrigerator or freezer to thaw and then pop in a 350°F degree until warmed to your desired temperature



# Potato & Egg Casserole

## Ingredients

- 6 ounce package hash brown potatoes
- 5 or 6 eggs
- 1 cup Monterey Jack or Swiss cheese, shredded
- 1/2 cup cottage cheese
- 6 slices nitrate-free bacon
- 1 green onion sliced
- 1 teaspoon sea salt
- 1/8 teaspoon pepper
- 4 drops Tabasco Pepper Sauce
- Paprika

## Note:

- To bake immediately after mixing, reduce baking time by 10 minutes
- If you are doubling this recipe, a 9 x 13 casserole is recommended, and 1 1/2 cups of hash brown potatoes



## Instructions

- Take potatoes out of the freezer and allow them to adequately thaw and thoroughly drain in a colander
- Butter an 8x8 inch casserole dish or 8 x 11 (if doubling recipe)
- Fry bacon and drain on a paper towel
- In a medium bowl, beat eggs lightly
- Stir in potatoes, cheese, green onion, and seasonings
- Spoon mixture into buttered casserole dish
- Scatter bacon pieces on top and sprinkle with paprika
- If making the day before; cover with plastic wrap and refrigerate
- The next day, place the cold dish uncovered in a cold oven
- Bake at 350°F degrees for 40 minutes or until top is lightly brown
- Take casserole from the oven and cut in desired number of servings and serve

*Please choose organic ingredients if possible

# Banana Pancake



## Ingredients

- 1 large ripe banana
- 1 egg
- 1 tablespoon almond flour
- 1/4 teaspoon pure vanilla extract

## Instructions:

- Mash banana in a bowl with a fork
- In another bowl, beat egg and add to mashed banana
- Add 1 tablespoon almond flour
- Add vanilla extract
- To a skillet, add 1 tablespoon coconut oil and bring to med-high heat
- Pour batter into skillet and cook until bubbles appear, about 1 ½ minutes
- Flip with , spatula and cook until golden, bout 1 minute
- Serve with butter, mapple syrup, fruit spread/jjams
- Enjoy!

**Please choose organic ingredients if possible*



# SIMPLE SIDES

*VEGETABLES IN ALL COLORS OF THE RAINBOW*

# Creamy Mashed Potatoes with Celery Root



## Ingredients (makes 4 servings)

- 2 pounds Yukon Gold, peeled and cut into 1 x 2 inch chunks
- 1 celery root, peeled and cut into 1 x 2-inch chunks
- ½ cup whole milk or ½ cup heavy cream
- ¼ cup sour cream
- 2 tablespoons unsalted butter, cut into small pieces
- 1 teaspoon sea salt, more to taste
- ½ teaspoon freshly ground black pepper

## Instructions

- Place the potatoes and celery root in a medium pot and ass water to cover
- Bring to a boil over high heat, then reduce the heat to medium-low
- Simmer until the potatoes and celery root can easily be pierced with a fork, 20-25 minutes
- In a small bowl, combine the milk, sour cream, butter, sea salt and pepper and set aside

*Please choose organic ingredients if possible

# Creamy Mashed Potatoes with Celery Root (Continued)



## Instructions

- Drain the potatoes and celery root in a colander and immediately pour the milk mixture into the hot pot and stir until the butter has melted and all the ingredients are combined
- Return the potatoes and celery root to the pot and mash with a potato masher until smooth and combined
- Taste and season with more salt and/or pepper, if desired
- Serve in your favorite serving bowl and enjoy!

# Scandinavian Red Cabbage

## Ingredients (makes 4 servings)

- 1 head red cabbage
- ¼ cup butter
- 1 medium sweet or yellow onion, chopped
- 2 cloves garlic, mashed with garlic press
- 2 Granny Smith green apples, rinsed and sliced
- ¼ teaspoon all spice
- 2 teaspoons sea salt
- ½ teaspoon pepper
- 2 tablespoons red wine vinegar
- 3-4 tablespoons cane sugar,
- ½ teaspoon ground cinnamon
- ½ water
- 1 ½ cups dry red wine

## Instructions

- Preheat the oven to 375°F degrees
- Peel outer layer of cabbage, shred and add butter and saute in skillet over medium heat for 5 minutes
- Add onion, garlic, apples, allspice, salt and pepper
- Toss together for a few minutes then add red wine vinegar, sugar, water and red wine
- Cover and bake in for 1 hour and add more red wine if needed
- Serve and enjoy!

*Please choose organic ingredients if possible

*Recipe Credit: Marcie Zink*



# Asian Green Beans



## Ingredients (makes 6 servings)

- 2 1/2 cups fresh green beans
- 2 tablespoons coconut oil
- 2 tablespoons lemon juice, freshly squeezed
- 2 tablespoons San-J Tamari or Oshawa Nama Shoyu soy sauce
- 4-6 teaspoons Lakanto Monkfruit sweetener
- 2 teaspoons toasted sesame oil
- 1 tablespoon toasted sesame seeds (optional)

*Please choose organic ingredients if possible

# Asian Green Beans



## Instructions

- Rinse in cool water and cook green beans in an instant-pot, stove-top in water, or steamed to desired tenderness
- If using sesame seeds, place in a shallow pan and put into the oven for 20 minutes
- Remove when seeds are a pale brown
- Watch them to prevent over burning
- In a small saucepan, combine coconut oil, lemon juice, soy sauce, sweetener and toasted sesame oil
- Heat to gentle boiling, stirring frequently and add toasted sesame seeds
- Add cooked green beans to the saucepan
- Continue to cook for 3-5 more minutes to blend all the flavors with the green beans
- Serve and enjoy!

## Note:

- Whether you’re making this side dish for guests or just yourselves it’s a winner and has been in our kitchen for many years!

# Roasted Broccoli



## Ingredients (serves 4)

- 1 pound broccoli, rinsed
- 1-2 tablespoons unsalted butter
- ½ lemon, freshly squeezed
- Parmesan, freshly grated
- Crushed red pepper flakes (optional)

*Please choose organic ingredients if possible

## Instructions

- Bring a pot of salted water to a boil
- Rinse broccoli and separate crowns from stems
- Grate parmesan and set aside
- Cut crowns into florets; peel stems and slice into ¼-inch ovals
- Blanch broccoli until bright green and tender, about 1 minute, then drain well
- Toss warm broccoli with butter until melted
- Season with sea salt and pepper
- Finish with a squeeze of lemon juice and toss to combine
- Adjust seasoning and lemon juice to taste
- Serve with parmesan and red pepper flakes
- Enjoy!

# Maryann's Italian Roasted Vegetables

## Ingredients

- 1 yellow or sweet onion
- 1 zucchini
- 1 yellow neck zucchini
- 1 round yellow zucchini
- Cherry tomatoes
- 1 red or green pepper
- Extra virgin olive oil
- Fresh chives, chopped
- Fresh oregano, to taste
- Fresh thyme, to taste
- Freshly ground pepper, to taste
- Sea salt, to taste

*Please choose organic ingredients if possible

*Recipe Credit: Maryann Crawford*

## Instructions

- Clean and dry vegetables and cut into desired shapes
- Roast in the oven at 400°F in olive oil on a parchment-lined baking pan for 15-20 minutes
- Rinse fresh herbs in ice water and shake dry
- In a separate bowl, combine fresh chives and herbs and toss into roasted vegetables
- Serve at room temperature



# Kelly's Onion Blue Cheese Bubble



## Ingredients

- 10 1/2-inch-thick slices Italian bread
- 1 1/4 pounds red onions, thinly sliced
- 1/2 pound (8 oz) blue cheese, crumbled
- 6 tablespoons unsalted butter
- 1 tablespoon Worcestershire sauce
- 1 1/2 teaspoons basil
- 1 teaspoon dill
- 1/2 teaspoon freshly ground cracked pepper

## Note:

- This dish is a delicious accompaniment to grilled meats and poultry!

*Please choose organic ingredients if possible

## Instructions

- Preheat oven to 400°F
- Bake bread for 4-6 minutes until slightly crisp
- Line an 8½ x 11 baking dish with bread slices so they don't overlap
- Cover bread with onions, separated into rings
- Combine blue cheese, butter, Worcestershire sauce, basil, dill and pepper (mixture will be lumpy) and spread over onions
- Bake at 400°F for 20-25 minutes, or 350°F for 35 minutes
- Watch carefully to avoid burning the last 5 minutes

*Recipe Credit: Kelly Barnes*

# Vegan Baked Mac & Cheese

## Ingredients

- 16 ounces elbow macaroni, cook according to package directions, set aside
- ½ cup butter
- 6 tablespoons all purpose or gluten free flour
- 5 cups (3 cans) full fat coconut milk, unsweetened
- 1 cup vegetable broth
- 3 tablespoons Dijon mustard
- 1 cup nutritional yeast flakes
- 3 teaspoons onion powder
- 3 teaspoons garlic powder
- 1 ½ teaspoons smoked paprika
- 1 ½ teaspoons sea salt
- 1 ½ teaspoons ground black pepper
- For the Breadcrumb Topping: 3 thick slices bread toasted or 1 cup Panko breadcrumbs & 2 tablespoons butter

## Instructions

- Preheat oven to 400°F.
- Melt butter in a pot, add flour, and whisk vigorously.
- Add coconut milk and vegetable broth, whisking until boiling and thickened.
- Remove from heat and whisk in Dijon mustard, nutritional yeast, onion powder, garlic powder, paprika, salt, and pepper.
- Add cooked macaroni and stir to combine.
- Transfer to a 9 × 13-inch baking dish.
- Process toasted bread into crumbs. Mix with melted butter and sprinkle evenly over the macaroni.
- Bake for 20 minutes until golden brown and crispy. Enjoy!

*Recipe Credit: Eleanore Bernadas*



# Tess's Quinoa Pilaf



## Ingredients

- 2 cups quinoa
- 3 1/2 cups filtered water
- 1/8 teaspoon ground turmeric
- 1/4 cup extra-virgin olive oil, plus more to taste
- 1/3 cup nutritional yeast
- 1 teaspoon Herbamare seasoning
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon smoked paprika
- Pinch of black pepper
- Pinch of cayenne pepper, optional
- 2 tablespoons flat-leaf parsley, finely chopped
- 2 tablespoons chives, finely chopped

*Please choose organic ingredients if possible

*Recipe Credit: Tess Masters*
*The Blender Girl  @skinny60.com*

# Tess's Quinoa Pilaf (Continued)



## Instructions

- In an Insta-Pot: add water, turmeric and black pepper, stir, add quinoa, and cook 1 minute on manual; cool slightly and fluff with a fork
- In a rice cooker: add water, turmeric and black pepper, stir, add quinoa, and cook on the rice setting; fluff, then finish on the stovetop as below
- Stir in the olive oil, nutritional yeast, Herbamare, garlic powder, onion powder, smoked paprika and cayenne (if using) until well combined
- Stir in parsley and chives, and adjust seasoning to taste
- If you don't have Herbamare, substitute Celtic sea salt or another high-quality salt
- Enjoy!

# Broiled Leeks with Buttered Bread Crumbs



## Ingredients

- 3 medium leeks, washed
- 2 tablespoons unsalted butter
- 3 tablespoons Italian herb bread crumbs
- 1/2 teaspoon sea salt
- Freshly ground pepper, to taste

## Note:

- Serves 2;  this recipe may be doubled

*Please choose organic ingredients if possible

*Recipe Credit: Donna Gates @ bodyecology.com*

## Instructions

- Trim leeks and discard most of the dark green parts
- Cut in half lengthwise and wash well, keeping the halves intact
- Steam 15 minutes or until tender
- Arrange cut-side up on a buttered baking sheet; preheat the broiler
- Melt butter in a small saucepan; stir in bread crumbs, sea salt and pepper
- Spoon the crumb mixture onto the leeks, patting it down so it sticks
- Broil 2-3 inches from the heat until golden, about 3 minutes; serve and enjoy!

# Sautéed Zucchini, Squash and Leeks



## Ingredients

- 2 medium zucchini, sliced into rounds
- 2 medium yellow squash, sliced into rounds
- 1 medium leek, sliced into thin rounds
- 2 tablespoons extra virgin olive oil
- Sea salt and pepper, to taste
- Fresh parsley or cilantro, for garnish

*Please choose organic ingredients if possible

*Recipe and Photo Credit: Donna Gates @ bodyecology.com*

## Instructions

- Wash and slice zucchini and squash; slice the leek and discard the green part
- Heat olive oil in a large skillet over medium-high heat
- Add leeks and cook 1-2 minutes until they start to turn translucent
- Add zucchini and squash; cook 5-10 minutes, stirring occasionally, until tender and golden
- Season with sea salt and pepper
- Transfer to a platter, garnish with fresh herbs and serve immediately
- Enjoy!

# Easy Roasted Mixed Vegetables

## Ingredients

- 4 tablespoons extra virgin or unrefined coconut oil
- 2 medium potatoes, peeled and cut into 1-inch slices
- Sweet bell peppers (red, green or yellow), cored and cut into wide strips
- 3-4 fresh cherry tomatoes, halved
- 2 medium onions, peeled and quartered
- 6-8 garlic cloves, roasted with skin on
- 1 tablespoon fresh rosemary (or 1 teaspoon dried)
- Sea salt and pepper, to taste

*Please choose organic vegetables if possible



## Instructions

- Preheat oven to 400°F and line a baking sheet with parchment paper
- Blanch potatoes in boiling water 3-5 minutes; remove and set aside
- Arrange all vegetables on the baking sheet and drizzle with oil; roll garlic cloves to coat
- Sprinkle with rosemary, sea salt and pepper
- Roast 25-30 minutes until potatoes are golden and other vegetables are lightly charred, turning occasionally
- Remove the skins from the garlic cloves before serving

# Ally's Smashed Potatoes

## Ingredients (serves 1-2)

- 6 medium-large Yukon Gold potatoes, washed and sliced lengthwise
- 1/3 cup extra virgin olive oil, divided
- 1 teaspoon Celtic sea salt
- 1/2 teaspoon coarse ground pepper
- 1/4 cup butter, melted
- 1 teaspoon Herbamare seasoning, or 1/4 cup chopped fresh herbs (basil, rosemary, chives, thyme, parsley)
- Serve with a dollop of sour cream, if desired

## Note:

- You may also substitute sweet potatoes

*Please choose organic ingredients if possible

*Recipe Credit: AllysKitchen.com*

## Instructions

- Preheat oven to 400°F
- Wash potatoes, pat dry, slice lengthwise and rub with olive oil
- Place potatoes skin side up in a large casserole dish
- Sprinkle with half the sea salt, drizzle with olive oil and toss to coat
- Roast 30 minutes or until tender enough to pierce with a skewer
- Flip potato side up and smash each one with a fork
- Drizzle with butter, add remaining salt, and broil (10-12 inches from heat) until golden brown
- Sprinkle liberally with fresh herbs or Herbamare and serve & enjoy!



# Maple Roasted Carrots



## Ingredients

- 2 bunches (12 total) carrots, rinsed and peeled
- 2 tablespoons extra virgin olive oil
- 1/4 cup pure maple syrup
- 1/2 teaspoon cinnamon
- 1/2 teaspoon sea salt
- Pinch of black pepper

*Please choose organic ingredients if possible

## Instructions

- Preheat oven to 375°F and line a large baking sheet with parchment paper
- Toss carrots with olive oil and maple syrup until evenly coated
- Mix the sea salt, cinnamon and a pinch of black pepper, and massage into the carrots
- Roast 20 minutes, then check for tenderness
- Roast up to 10 minutes more until lightly browned, to your preference

# Millet

## Ingredients

- 1 cup millet, soaked at least 8 hours in cold water
- 3 cups filtered water
- 1 teaspoon sea salt, plus more to season
- Butter, to taste
- Freshly ground pepper, to taste



## Instructions

- Pour off the soaking water, rinse the millet in a strainer and drain
- Bring a large pot of water to a rolling boil and add sea salt
- Add millet, cover, reduce heat and simmer 30 minutes
- Drain in a fine-mesh colander
- For extra fluffiness, add butter and let stand covered 5-10 minutes
- Season with sea salt and pepper; serve and enjoy!

## Note:

- You may also cook the millet with chopped vegetables, olives and chopped chicken
- Serve cooled millet as a Mediterranean salad with chicken, shrimp and vegetables, finished with a vinaigrette (see Dressings)

*Please choose organic ingredients if possible

# Marcie's Wild Rice Casserole

## Ingredients

- 3/4 cup wild rice, cooked separately per package directions
- 1/4 cup short or long grain brown rice, cooked separately
- 1 can organic mushroom soup
- 1/2 cup milk
- 1/2 cup onion, chopped
- 1/2 cup green pepper, chopped
- 1/2 cup red pepper, chopped
- 1/2 cup celery, chopped
- 1 teaspoon oregano
- 1/4-1/2 teaspoon sea salt
- 1/4 teaspoon fresh ground pepper
- 5 tablespoons butter
- 1 1/2 cups fresh mushrooms of your choice, sliced

## Instructions

- In 4 tablespoons butter, saute onion, green pepper, red pepper and celery until tender (do not drain the butter)
- Add the mushroom soup and milk, plus the sea salt, pepper and oregano
- Lightly saute the mushrooms in the remaining tablespoon of butter
- Mix everything together and bake at 350°F in a buttered 9x13 casserole dish for 45 minutes

*Please choose organic ingredients if possible

*Recipe Credit: Marcie Zink*



# Sauteed Kale & Spinach



## Ingredients

- Large drizzle extra virgin olive oil
- 1 yellow onion, diced
- 2 large bunches Lacinato kale, washed, stemmed and coarsely chopped
- 1 large bunch spinach, washed and coarsely chopped
- 2 to 3 cups chicken or vegetable stock
- Sea salt and/or Herbamare, to taste

## Instructions

- Wash and spin dry the greens, chop and set aside; dice the onion
- Heat olive oil in a large heavy-bottom saute pan over medium-high heat until it shimmers
- Add onion and cook until soft
- Add 2 cups of stock and the chopped kale and spinach; toss with tongs
- Cover and cook 10-15 minutes, turning the greens occasionally and adding stock as needed
- Cook until soft and wilted, then season with sea salt or Herbamare to taste
- Enjoy!

*Please choose organic ingredients if possible

*Recipe Credit: Donna Gates @ BodyEcology.com*

## Note:

- Greens can be served with poached eggs for a hardy breakfast

# Rockie's Potato Gratin Gruyere

## Ingredients

- 2 pounds large red or white potatoes
- 1 cup heavy cream
- 1 cup whole milk
- 2 1/2 cups (8 oz) Gruyere cheese, coarsely grated
- 1 small clove garlic, minced
- 1/4 teaspoon nutmeg
- 1/2 teaspoon sea salt
- Pepper, to taste
- Oval, 8x8 square, or 9-inch round baking dish

*Please choose organic ingredients if possible

## Note:

- May substitute 2 cups Half and Half for the heavy cream and milk

## Instructions

- Preheat oven to 350°F and rub baking dish with butter
- Wash and peel potatoes, then thinly slice (about 3/16")
- Combine milk and cream and simmer over low heat; stir in minced garlic
- Arrange potatoes in layers, sprinkling each with Gruyere, the milk mixture, sea salt, pepper and nutmeg
- Save 1/4 of the cheese for the top
- Bake 1 hour or until top is golden brown
- Cool slightly before serving

*Recipe Credit: Rockie Ziegler*



# Ally's Italian Potato and Leek Gratin

## Ingredients

- 6-7 cups Yukon Gold potatoes, thinly sliced by hand
- 5-6 medium leeks, cleaned and thinly sliced
- 1/2 cup extra virgin olive oil, divided
- 2 cups Parmesan Reggiano, divided
- Sea salt and pepper, to taste
- 1 9-inch round baking dish



## Instructions

- Preheat oven to 400°F
- Drizzle about 2 tablespoons of olive oil in the bottom of a baking dish; add a little more than half the potatoes and pat down, then salt and pepper well
- Add about 3/4 cup Parmesan, top with leeks (pat down), and drizzle with olive oil; sprinkle on about 1/2 cup more Parmesan
- Add remaining potatoes, salt, pepper, remaining Parmesan and a final drizzle of olive oil
- Cover with parchment paper and a lid; bake 35-40 minutes
- Remove the lid and parchment, broil (12 inches from heat) a few minutes to brown the top
- Cool slightly before serving
- Enjoy!

*Please choose organic ingredients if possible

*Recipe and Photo Credit: allyskitchen.com*

# Tess's Mexican Stuffed Peppers



## Ingredients (serves 8)

- 4 medium bell peppers (red, orange, yellow or green)
- 2 tablespoons extra virgin olive or grapeseed oil
- 1 cup finely chopped red onion
- 1 teaspoon sea salt, more to taste
- 1 (14.5 oz) can unsalted diced tomatoes, with juices
- 1 tablespoon tomato paste
- 2 cups brown rice, cooked (careful not to overcook)
- 1 1/4 cups cooked black beans, rinsed and drained
- 3 tablespoons nutritional yeast
- 1 teaspoon each: garlic powder, onion powder, smoked paprika, ground cumin
- 1/2 teaspoon each: ground coriander, chili powder
- Pinch of cayenne pepper, more to taste
- Topping: 1 avocado (diced), 1 cup sour cream, 1 sliced jalapeño (optional), 2 tablespoons chopped cilantro, 1 lime cut into wedges

*Please choose organic ingredients if possible

# Tess's Mexican Stuffed Peppers (Continued)



## Instructions

- Preheat oven to 375°F. Slice bell peppers in half lengthways and remove the core and ribs, keeping halves intact
- Brush pepper halves with 1 tablespoon oil and place in a 9x13 baking dish
- In a large skillet, warm remaining oil and saute onion with a pinch of salt about 5 minutes, until soft
- Add tomatoes with juices, tomato paste and remaining salt; stir until combined
- Add rice and beans, stirring gently to coat
- Add nutritional yeast, garlic powder, onion powder, paprika, cumin, coriander, chili powder and cayenne; stir until mixed
- Stuff each pepper half with about 1/2 cup of the mixture
- Cover the baking dish with foil and bake in the middle of the oven about 30 minutes, until the peppers are tender but still holding their shape
- Remove the foil and bake a further 15-20 minutes, until lightly browned and softened to your liking (bake a few minutes more for softer peppers)
- Top each cooked pepper with a tablespoon of sour cream, avocado, sliced jalapeño (if using) and chopped cilantro; serve immediately
- Pass extra sour cream and lime wedges at the table
- Ungarnished, unserved peppers keep in a sealed container in the fridge for up to 5 days

*Recipe Credit: Tess Masters (The Blender Girl) @ skinny60.com*

# Bob's Oyster Scalloped Corn Casserole

## Ingredients

- 1 pint fresh oysters, in sealed container
- 1 can organic whole kernel corn
- 1 can organic creamed style corn
- 2 cups Half and Half
- 1/2 cup onion, chopped (preferably organic sweet onion)
- 1/2 of a 6 oz can mild organic green chili peppers
- 1 egg, beaten
- 2 tablespoons butter
- 1 package saltine crackers, coarsely crushed (about 2 cups)
- Sea salt and pepper, to taste (1/4 teaspoon each minimum)



# Bob's Oyster Scalloped Corn Casserole (Continued)

## Instructions

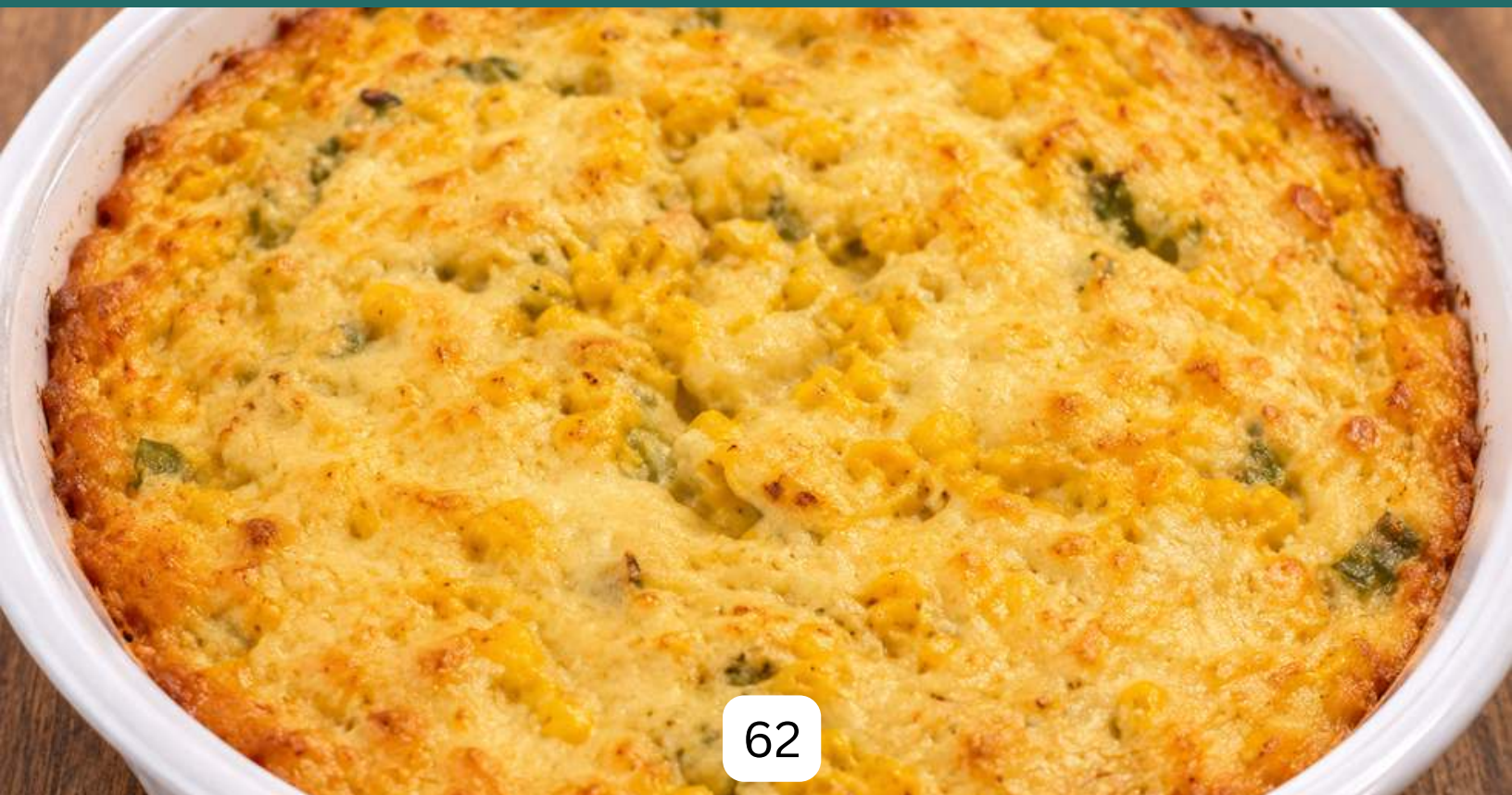
- Strain oysters through a fine mesh strainer, reserving the liquid; rinse to remove shell pieces and halve for bite size
- Melt 1 tablespoon butter and lightly saute the onion until just soft
- In a large bowl, mix the drained corn, creamed corn, egg, sauteed onion, chili pepper, oysters, oyster liquid and crackers (reserving 1/4-1/2 cup crackers)
- Add the Half and Half, salt and pepper; mix and pour into a buttered casserole dish
- Top with remaining crackers and the last tablespoon of melted butter
- Bake uncovered at 350°F for 1 hour, until golden brown; let sit 5 minutes before serving

## Note:

- Depending on taste, you can use the whole can of chili peppers for more spice. Serve with Tabasco sauce to add sparingly.

*Please choose organic ingredients if possible

*Recipe Credit: Bob Zink*



# Rockie's Brussels Sprouts

## Ingredients (serves 6)

- 1 1/2 pounds brussels sprouts, rinsed, outer leaves removed, stems trimmed
- 2 slices lean nitrate-free bacon, finely chopped
- 1 teaspoon extra virgin olive oil
- 1 medium yellow onion, peeled and finely chopped
- 3/4 cup chicken broth
- 1 teaspoon fennel seeds, lightly crushed
- 1/2-1 teaspoon sea salt
- Freshly ground pepper, to taste



## Instructions

- Make a small cross-cut, 1/8-inch deep, in the stem of each sprout
- Boil salted water and flash cook sprouts 6-8 minutes until just tender
- Lightly brown the bacon in a skillet (not too crisp); remove and drain, then wipe excess fat from the pan
- Halve the sprouts once cooled
- Warm olive oil in the skillet, add onions and cook 5 minutes, stirring occasionally
- Stir in broth, fennel seeds, sprouts and bacon; cook over medium heat about 3 minutes, until most liquid has evaporated

*Please choose organic ingredients if possible

*Recipe Credit: Rockie Zeigler*

# Mary's Garlic-Parmesan Brussels Sprouts



## Ingredients

- 1 pound brussels sprouts, rinsed, halved or quartered
- 2 tablespoons extra virgin olive oil
- 2 to 3 garlic cloves, thinly sliced
- 1/4 cup parmesan cheese, shredded
- Sea salt and pepper, to taste

*Please choose organic ingredients if possible

*Recipe Credit: livingonpurposewithMaryWuerdeman.com*

## Instructions

- Preheat oven to 400°F
- Add sliced brussels sprouts and sliced garlic to a bowl
- Drizzle with olive oil, sea salt and pepper; toss to coat
- Spread on a parchment-lined baking sheet and roast 20-25 minutes until lightly browned and tender
- Remove from oven, sprinkle with parmesan, and bake about 5 more minutes until browned and toasty

# Holiday Baked Macaroni & Cheese

## Ingredients

- 1 pound elbow macaroni
- 5 tablespoons butter, unsalted
- 4 tablespoons all-purpose flour
- 3 cans evaporated milk (see brand recommendations)
- 2 ¼ cups sharp cheddar cheese, grated
- 2 cups Monterrey Jack cheese, shredded
- 4 ounces cream cheese, room temperature
- 1 ½ teaspoon dry mustard
- ¼ teaspoon ground nutmeg
- 1 teaspoon sea salt
- ¼ teaspoon black pepper

For the Breadcrumb Topping

- 3-4 slices of sourdough bread (about 1 ½ cups)
- 3 tablespoons butter, melted
- ½ cup parmesan, grated

*Please choose organic ingredients if possible

*Recipe Credit: Kaleb Wyse @ wyseguide.com*



# Holiday Baked Macaroni & Cheese (Continued)

## Instructions

- Preheat oven to 375°F.
- Butter a 9 × 13-inch casserole dish.
- Grate 8 ounces of sharp cheddar cheese and set aside.
- Cook macaroni in salted boiling water until al dente. Drain and return to the pot.
- While the pasta cooks, prepare the cheese sauce.
- Melt butter in a 4-quart saucepan over medium-low heat.
- Add flour and whisk until a bubbling paste forms, about 2–3 minutes.
- Gradually whisk in the milk, a few tablespoons at a time, until smooth and slightly thickened.
- Bring to a simmer for 1 minute. Stir in dry mustard, nutmeg, black pepper, and salt.
- Add cheddar, Monterey Jack, and cream cheese. Whisk until smooth, about 2–3 minutes.
- Pour the cheese sauce over the macaroni and stir to combine. Transfer to the prepared baking dish.
- Combine melted butter, breadcrumbs, and Parmesan cheese. Sprinkle evenly over the pasta.
- Bake for 17–20 minutes, until the breadcrumbs are golden and the pasta is cooked through. Cool for 10 minutes before serving.
- Enjoy!

## Note:

- This mac and cheese recipe makes great leftovers!
- Just add some extra milk to your sauce pan of mac and cheese and slowly warm.



# Savory Baked Cauliflower



## Ingredients (serves 8)

- 1 1/2 to 2 1/2 pounds cauliflower, rinsed and cut into florets
- 3 tablespoons unsalted butter
- 2 onions, thinly sliced
- 2 tablespoons fresh cilantro leaves, rinsed, dried and chopped
- 3/4 cup parmesan cheese, freshly grated
- 1/2 teaspoon sea salt
- Freshly ground pepper, to taste

*Please choose organic ingredients if possible

*Recipe adapted from Biba Caggiano: Modern Italian Cooking*

## Instructions

- Preheat oven to 350°F
- Steam the cauliflower florets in a double boiler until tender-crisp, about 8 minutes
- Melt the butter in a medium skillet; when it foams, add the onions and saute until translucent, 5-6 minutes
- Add the cilantro and cauliflower, and season with sea salt and pepper; cook and stir about 1 minute
- Transfer to a 1-quart baking dish, sprinkle with cheese and bake 10-15 minutes
- Enjoy!

# Sweet Potato Casserole

## Ingredients (serves 6)

- 2 ½  pounds sweet potatoes peeled and cut into ½-inch pieces
- 1 tablespoon + 3 teaspoons all-purpose flour
- 2 tablespoons + 2 teaspoons light brown sugar, Lakanto Monkfruit Sweetener or coconut sugar
- 1/2 teaspoon sea salt
- 1/4 cup maple syrup
- 1/2 cup heavy cream

For the pecan streusel

- ¾ cup chopped toasted pecans
- 1 tablespoon all-purpose flour
- 1/8 cup light brown sugar
- ¼ teaspoon sea salt
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 2 tablespoons unsalted butter cut into ½-inch cubes

*Please choose organic ingredients if possible

*Recipe and Photo Credit:  Kaleb Wyse@wyseguide.com*



# Sweet Potato Casserole (Continued)

## Instructions

- Place the peeled and chopped potatoes in a large stockpot and fill with cold water and 1 tablespoon of sea salt, covering the potatoes by 1 inch. Bring the water to a boil over medium heat, reduce it to a simmer, and cover. Cook the potatoes until they are tender but not mushy, 15-20 minutes. You want a slight texture since they will cook in the oven.
- Preheat oven to 350°F.
- Once the potatoes are cooked, drain them and place in a greased 8 x 8-inch baking dish. Sprinkle the potatoes with brown sugar, flour, and salt. Pour over the maple syrup and heavy cream.
- In a small bowl, combine the chopped pecans, brown sugar, flour, salt, cinnamon, and nutmeg. Mix to combine. Work the pieces of the butter into the dry mixture until it resembles coarse sand. Sprinkle the streusel over the prepared potatoes.
- Bake in the preheated 350°F oven until the liquid is bubbling throughout the center and the streusel is browned, 55-60 minutes.



# Brown Butter Bourbon Sweet Potato Casserole



## Ingredients (serves 6)

- 1 ½ pound sweet potatoes
- 4 tablespoons (1/2 stick) unsalted butter
- 4 leaves fresh sage
- 1 sprig fresh thyme
- ¾ teaspoons sea salt
- ½ teaspoon freshly ground pepper
- 1 tablespoon bourbon
- 2 tablespoons + 2 teaspoons full-fat plain Greek yogurt or sour cream
- 2 tablespoons + 2 teaspoons maple syrup

For the candied pecans

- 3 tablespoons lightly packed light brown sugar
- 1/2 teaspoon sea salt
- ⅛ teaspoon cayenne pepper
- 1/4 teaspoon ground cinnamon
- 1 teaspoon + ½ teaspoon bourbon
- 1 ½ teaspoons water
- 1 cup pecan halves

*Please choose organic ingredients if possible

# Brown Butter Bourbon Sweet Potato Casserole (Continued)

## Instructions

- Preheat the oven to 375°F. Line two baking sheets with parchment paper and set aside.
- Bake the potatoes: Poke each sweet potato 6-8 times with a fork and place on one of the prepared baking sheets. Bake in the preheated 375°F oven until the potatoes are fully tender, and a knife meets no resistance when inserted into the middle, 1 to 1 ½ hours. The size of the potato will determine the time in the oven. Remove from the oven and cool. Reduce the oven temperature to 350°F.
- While the potatoes are baking, make the candied pecans: In a skillet, combine the brown sugar, salt, cayenne, cinnamon, bourbon, and water. Stir over medium heat until the sugar is melted and bubbling, 1-2 minutes. Add the pecans and continue stirring until the glaze coats the nuts, turns shiny, and smells toasted, 2-4 minutes. If the glaze thickens and becomes grainy, add 1-2 teaspoons of water at a time to thin it. Remove the nuts from the heat and pour onto the remaining prepared baking sheet to cool.
- Brown the butter: In a skillet, melt the butter over medium heat. Add the sage leaves and thyme sprig and continue cooking the butter, swirling the skillet, until it is browned, 4-6 minutes. Remove the sage leaves and thyme and discard.

Prepare the casserole:

- Grease a 8 x 8-inch baking dish or medium oval baking dish and set it aside.
- Cut the cooled potatoes in half and scoop out the flesh into a large bowl, discarding the skins.
- Add the brown butter, salt, black pepper, orange zest, bourbon, yogurt, and maple syrup.
- Use a hand mixer and whip until the potatoes are smooth, 3-5 minutes.
- Pour into the baking dish. Bake in the preheated 350°F oven until the potatoes are warmed through, 15-20 minutes.
- Serve: Chop the candied pecans and sprinkle them over the baked sweet potatoes before serving.

# Cubed Sweet Potatoes

## Ingredients (serves 2)

- 1 large sweet potato
- Extra virgin olive oil

Mary's Rub:

- ½ cup paprika ( ¼ regular and ¼ smoked)
- 1-3 tablespoons cayenne pepper (to taste)
- 3-5 tablespoons black pepper (to taste)
- 6 tablespoons garlic powder
- 3 tablespoons onion powder
- 3-5 tablespoons sea salt (to taste)
- 2½ tablespoons dried oregano
- 2 ½ tablespoons dried thyme

## Note:

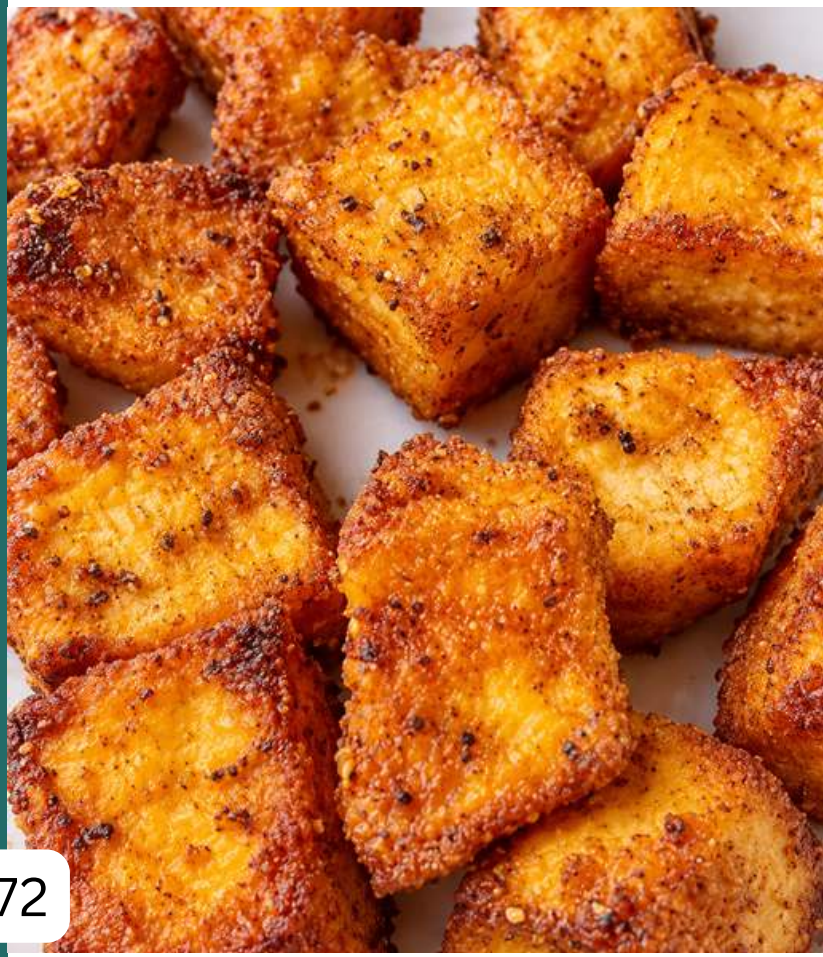
- This is a great rub to have on hand for grilled chicken, salmon burgers or ribs!
- It's delicious on boneless chicken for chicken tacos and to add flavor when using shredded chicken in pasta or almost any dish!
- It's fabulous on barbecue and yes even cubed sweet potatoes!

*Please choose organic ingredients if possible

*Recipe and Photo Credit: Mary Wuerdeman@livingonpurposewithmarywuerdeman.com*

## Instructions

- Preheat the oven to 425 degrees°F
- Peel and cube the sweet potato (Plenty for 2)
- Add to a bowl and drizzle with extra virgin olive oil
- Add about a tablespoon of Mary's rub, stir and spread on parchment paper lined baking sheet
- Bake for 30 minutes and enjoy as a great side dish!
- Thoroughly mix all the ingredient in the rub together and store in an air tight container and it will stay fresh for several months



# Grandma's Twice Baked Potatoes



## Ingredients (serves 6)

- 6 large Russet potatoes
- 1/2 cup butter, softened
- 3/4-1 cup Half and Half
- 3 tablespoons cooked bacon, crumbled (optional)
- 3 tablespoons onion, finely chopped
- 1 1/2 cups cheddar cheese, shredded
- 1/2 teaspoon sea salt
- Pepper, to taste
- 1 tablespoon chives, chopped
- Paprika, light sprinkling

## Instructions

- Wash, dry and bake potatoes at 375°F for 1 hour or until soft; allow to cool
- Cut a thin strip off the top of each potato and scoop out the pulp into a bowl
- Add butter and mash the pulp; blend in Half and Half, onion, sea salt, pepper and 1 cup cheddar
- Spoon mixture back into potato shells
- Top with remaining cheddar and a dusting of chives and paprika
- Bake, uncovered, at 375°F for 25-30 minutes, until heated through

## Note:

- Can be made up to 24 hours in advance and refrigerated before the final bake; recipe may also be halved

*Please choose organic ingredients if possible

*Recipe Credit: Marcie Zink*

# Baked Zucchini Steaks



## Ingredients (serves 4)

- 2 large zucchini, washed
- 2 garlic cloves, minced
- 2 tablespoons parmesan, grated
- 1 tablespoon blue cheese, crumbled
- 5 tablespoons extra virgin olive oil, divided
- 1 tablespoon fresh thyme, chopped (or 1 teaspoon dried)
- 1/2 teaspoon sea salt
- Pepper, to taste

**Please choose organic ingredients if possible*

## Instructions

- Preheat oven to 450°F
- Slice zucchini in half lengthwise and score the flesh in a criss-cross pattern; sprinkle with sea salt and let sit 10 minutes, then blot moisture
- Heat 1-2 tablespoons oil over medium heat and sear the zucchini flesh-side down, 5 minutes per side
- Whisk 3 tablespoons olive oil with the garlic, thyme, salt and pepper; brush onto the flesh sides
- Sprinkle with parmesan and blue cheese
- Bake 15 minutes until golden brown

# Bob's Herb Bread Dressing Casserole

## Ingredients (serves 4-6)

- 1/2 loaf white sourdough bread
- 1/2 loaf whole wheat bread (purchase each a week in advance)
- 2-3 stalks celery, chopped (1 cup)
- 1 medium yellow or sweet onion, chopped (1 cup)
- 1 pound white mushrooms, cleaned and sliced 1/4-inch wide
- 1 cup chicken broth
- 2 eggs, beaten
- 3/4 cup salted butter
- 1 teaspoon each: ground thyme, ground sage, poultry seasoning, ground rosemary
- 1/2 teaspoon pepper
- 1 1/2 teaspoons sea salt
- 1/2 teaspoon paprika
- 1/4 teaspoon ground nutmeg

## Instructions

- 5 days ahead: open the bread and fan the slices so there's space between them; let sit out to dry, separating the slices each day
- 1 day ahead: trim the crusts and cut into 1/2-inch cubes to make 9 cups combined; place in a large bowl, cover and let dry out further overnight (reserve extra bread separately to stay fresh)
- Mix the spices together and sift over the bread cubes a little at a time, tossing between additions until evenly coated
- Recipe continued on next page...



# Bob's Herb Bread Dressing Casserole (Continued)



## Instructions (continued)

- Preheat oven to 350°F and butter a large casserole dish
- Melt the butter in a large skillet and saute the celery, onion and mushrooms until softened, about 8 minutes
- Pour the sauteed vegetables and butter over the seasoned bread cubes and toss to combine
- Whisk the chicken broth and beaten eggs together, then pour over the bread mixture and toss until evenly moistened
- Spoon into the prepared casserole dish
- Bake, covered, for 35-40 minutes, then uncover and bake 10-15 minutes more until golden on top

*Please choose organic ingredients if possible
*Recipe Credit: Bob Zink*

# Roasted Lemon Parmesan Asparagus

## Ingredients

- 1 bunch asparagus, about a pound
- 2 tablespoons extra virgin olive oil
- 1/4 cup parmesan cheese, freshly grated
- Zest of 1 lemon, washed
- Juice of ½ lemon
- Sea salt and freshly ground black pepper
- Pine nuts, optional

## Note:

- You may also substitute gorgonzola for the parmesan
- Serve while the parmesan is melted and a bit crispy

*Please choose organic ingredients if possible

## Instructions

- Preheat oven to 400°F and line a sheet pan with parchment paper
- Trim the tough ends off the asparagus, rinse and pat dry
- Arrange in one layer on the sheet pan; drizzle with olive oil and toss to coat evenly
- Season lightly with sea salt and pepper
- Sprinkle grated parmesan over the asparagus
- Roast on the middle rack 8-12 minutes, until golden with bright green color and slightly browned tips
- Remove from oven and finish with a squeeze of lemon juice, lemon zest, and pine nuts.  Enjoy!





# SOUP

*Soups for All Seasons*

# Harvest Squash Soup



## Ingredients (serves 6)

- 2 tablespoons unsalted butter
- 1 cup onion, diced
- 1 teaspoon sea salt
- 1 teaspoon yellow curry powder
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 2 pounds butternut squash, peeled, seeded and cubed
- 1 1/2 cups apples, cored and diced (Honeycrisp works well)
- 4 cups chicken stock
- 1/2 cup heavy cream (coconut milk also works)

*Please choose organic ingredients if possible

*Recipe Credit: Kaleb Wyse @ WyseGuide.com*

## Instructions

- Melt the butter in a 6- or 8-quart stockpot
- Add the onion and sea salt; saute over low heat until soft and translucent, 4-6 minutes
- Add the curry, cinnamon and nutmeg and stir to warm the spices, about 30 seconds
- Add the squash, apples and chicken stock; bring to a boil, then reduce to a simmer
- Cover and cook until the squash and apples are soft, 30-40 minutes
- Puree with a blender or immersion blender until smooth and creamy
- Return to the pot, stir in the cream or coconut milk, and serve topped with roasted pepitas

# Danielle's Fall Harvest Minestrone Soup

## Ingredients (serves 6)

- 1 cup dried beans of choice (cranberry, pinto, great northern, cannellini, fava or chickpeas)
- 1 medium yellow or white onion, chopped
- 1/4 cup extra virgin olive oil
- 1 leek, rinsd well and sliced in half moons
- 2 medium carrots, peeled and chopped
- 1 medium celery stalk, finely chopped
- 1 tablespoon tomato paste
- 2 cloves garlic, minced
- 6-8 cups filtered water
- 2 cups winter squash or pumpkin, peeled and diced (or seasonal fall vegetables)
- 2 medium yellow potatoes, peeled and diced
- 1 medium fennel bulb, rinsed and chopped
- 1 tablespoon rosemary, minced
- 3 cups fresh spinach, rinsed and chopped (or seasonal greens)
- 3/4 cup elbow pasta, cooked according to directions on the box
- 2 teaspoons sea salt, more to taste
- 1/2 teaspoon freshly ground pepper
- ½ Edward and Son’s Garden Veggie Bouillon Cube
- 2 tablespoons minced fresh Italian parsley (optional)
- Pecorino Romano cheese, freshly grated, for serving

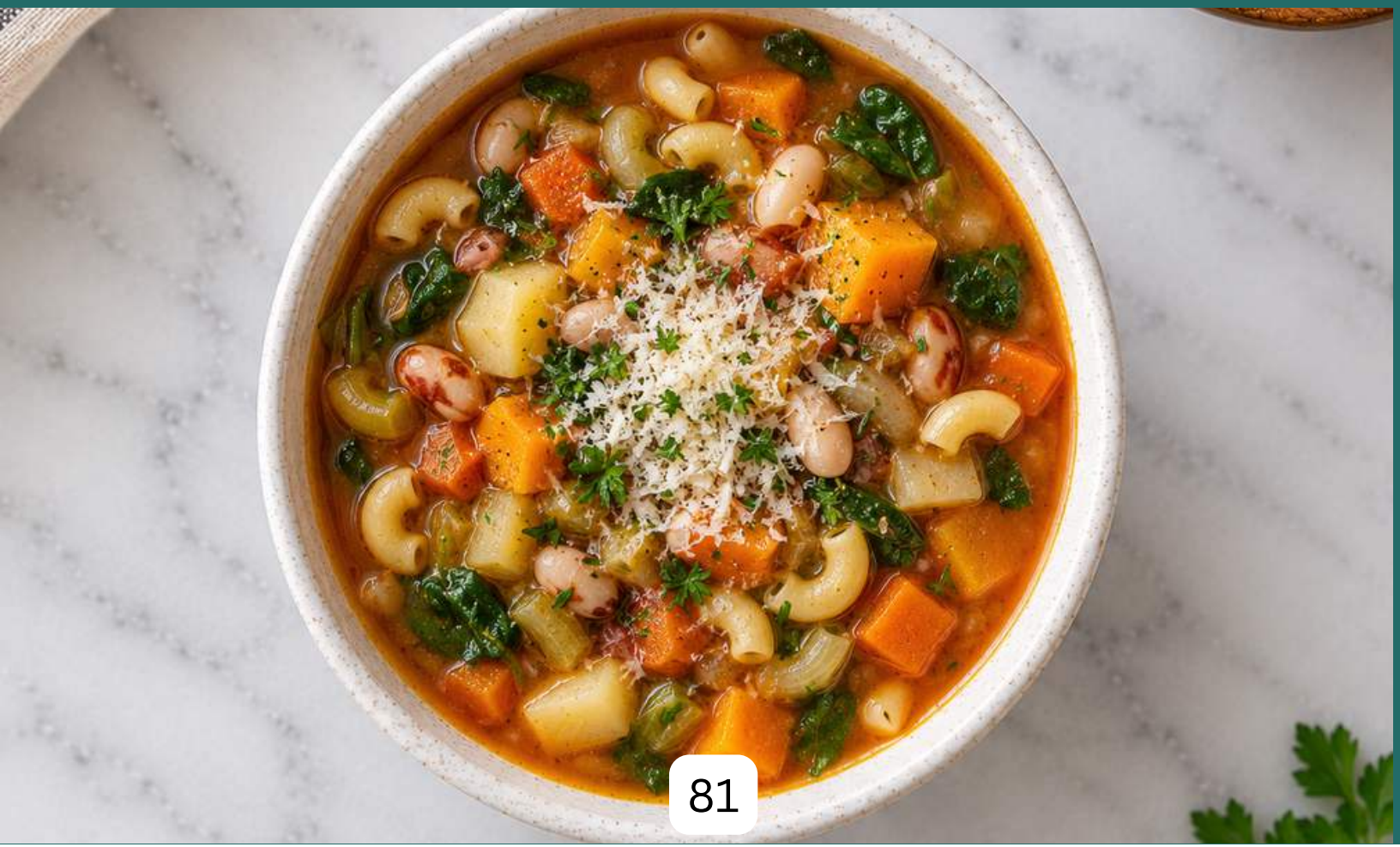


# Danielle's Fall Harvest Minestrone Soup (Continued)

## Instructions

- Soak the dried beans in water 8-16 hours; drain and rinse
- Warm the olive oil in a large soup pot over medium-high heat; add onion, leek, carrots, celery, rosemary and cook until soft, about 5 minutes
- Add garlic and cook until fragrant, about 20 seconds
- Stir in tomato paste, potatoes, fennel, squash and drained beans
- Add 6-8 cups water to submerge everything; season with salt and pepper
- Increase the heat to high and bring to a boil, then reduce to a low simmer, uncovered, until beans are tender, about 1.5 hours (add water as needed)
- Stir in the pasta and simmer, uncovered, until tender
- Turn off heat, stir in the spinach, adjust seasoning, and serve topped with Pecorino Romano

*Please choose organic ingredients if possible
*Recipe and Photo Credit: Danielle Karragiannidis*



# Tess's Ramen Soup with Vegetables

## Ingredients

- 3 tablespoons toasted sesame oil
- 5 ounces sliced shiitake mushrooms
- 1 head baby bok choy, leaves separated and cut lengthwise into thirds
- 1 medium carrot, peeled and sliced
- 1 medium zucchini, spiralized into thin noodles
- 1/4 cup finely chopped green onion (white and green parts)
- 2 tablespoons cilantro leaves, to serve
- Base: 5 cups vegetable broth, 1/2 cup full-fat canned coconut milk, 1/4 cup coconut aminos, 1 tablespoon dried shiitake mushroom powder, 1 1/2 teaspoons minced ginger, 1 teaspoon minced garlic, 1/4 teaspoon sea salt, pinch of red pepper flakes, 1 teaspoon monk fruit sweetener, 1 teaspoon fresh lime juice



## Instructions

- Warm 2 tablespoons sesame oil in a skillet over medium heat and cook the mushrooms; transfer to a paper-towel-lined plate
- In the same skillet, warm the remaining sesame oil and saute the bok choy about 1 minute, just until softened; transfer to a plate
- For the base, combine broth, coconut milk, coconut aminos, mushroom powder, ginger, garlic, salt, pepper flakes, sweetener and carrot in a saucepan
- Bring to a boil, then reduce to low and simmer, covered, 1-2 minutes until warmed through
- Stir in green onions, cilantro and lime juice; adjust seasoning to taste
- Ladle into bowls with the mushrooms, bok choy and zucchini noodles and serve

*Please choose organic ingredients if possible

*Recipe and Photo Credit: Tess Masters (The Blender Girl) @ skinny60.com*

# Creamy Cauliflower Soup



## Ingredients

- 1 tablespoon coconut oil or extra virgin olive oil
- 2 cups leeks, sliced (white part only), or 1 small sweet onion, diced
- 2 cloves garlic, minced
- 1 large head cauliflower, rinsed and cut into chunks
- 6 cups vegetable broth plus 1 cup water
- 1/2 vegetable bouillon cube
- 1 teaspoon sea salt, or more to taste
- 1 teaspoon Herbamare seasoning

## Note:

- Serve with blue cheese crumbles, crackers or sourdough bread

*Please choose organic ingredients if possible

## Instructions

- Heat the oil in a large stockpot over medium-high heat
- Saute the leeks or onion with garlic and 1/4 teaspoon sea salt
- Add the cauliflower, then the vegetable broth, water and bouillon cube
- Bring to a gentle boil, then reduce to medium and simmer 30 minutes, until the cauliflower is completely tender
- Puree in batches in a blender until smooth and creamy
- Return to the pot, add remaining sea salt and Herbamare, and adjust seasoning to taste

# Healing Chicken Soup

## Ingredients

- 2 tablespoons coconut oil
- 1 bay leaf
- 1/2 teaspoon garlic powder or 1 clove fresh garlic, minced
- 2 celery stalks, sliced
- 1 small yellow onion, diced
- 1 carrot, peeled and diced
- 1 turnip, peeled and diced
- 1 sweet potato, peeled and diced
- 2 boneless, skinless chicken breasts, cubed (or a small package chicken tenders)
- 1 cup water
- 5 cups chicken bone broth
- 1/2 teaspoon Celtic Seasonings Super Base
- 1/2 teaspoon turmeric, freshly grated
- 1 1/2 cups green cabbage, shredded
- 2 tablespoons fresh chopped parsley (or 2 teaspoons dried, optional)
- 1-2 teaspoons sea salt, to taste
- 1/4 teaspoon lemon pepper

## Note:

- May drizzle with olive oil when serving

*Please choose organic ingredients if possible

## Instructions

- Heat oil in a large pot over medium-high heat. Add onion, garlic, bay leaf, celery, turnip, carrot and sweet potato; saute 2-3 minutes, stirring often
- Add chicken and cook 4 more minutes
- Pour in chicken broth and water and stir
- Add sea salt and lemon pepper
- Bring to a boil, reduce heat, add the Celtic Seasonings Super Base and simmer 15-20 minutes
- Remove the bay leaf
- Add cabbage and simmer 5 minutes
- Ladle into bowls and top with parsley; serve hot



# Healing Vegetable Broth



## Ingredients

- 9 cups purified water
- 2 sweet potatoes
- 1 red skin potato
- 2 carrots
- 2 celery stalks
- 1-2 sweet onions
- 4-6 cloves garlic
- 1 fresh fennel bulb
- 1-inch piece fresh turmeric, peeled
- 1-inch piece fresh ginger, peeled
- 1 cup flat leaf parsley, chopped
- 2 tablespoons Sea Seasonings Dulse
- 1 tablespoon Sea Seasonings Kelp
- 1 tablespoon sea salt

*Please choose organic ingredients if possible

## Instructions

- Fill a large soup pot with 9 cups of water
- Wash and cube the red potato, leaving the peel on, and add to the pot
- Wash, peel and cube the sweet potatoes, carrots and celery and add to the pot
- Peel and chop the onions and garlic
- Wash and chop the fennel bulb
- Peel and chop the turmeric and ginger
- Rinse and finely chop the parsley
- Add the dulse, kelp and sea salt
- Bring to a boil, lower the heat and simmer for 1 hour
- Strain the vegetables through a mesh colander; sip and enjoy!

# Miso Soup

## Ingredients

- 5-inch strip wakame (sea vegetable)
- 1 large onion, thinly sliced (about 1 cup)
- 4 cups filtered water
- 2 tablespoons miso, ideally fermented for six months to two years
- Garnish: chopped parsley, green onions, ginger, or watercress

## Note:

- This is a vegetarian version; bonito flakes can be simmered in the water 10 minutes and strained for a stronger stock

*Please choose organic ingredients if possible

*Recipe: Donna Gates @ bodyecology.com*

## Instructions

- Soak the wakame in water 10 minutes, then slice into 1.5-inch pieces
- Thinly slice the onion
- Put the water, onion and wakame in a saucepan and bring to a boil; reduce heat and simmer 10-20 minutes until tender
- Remove 1.5 cups broth and place in a bowl; let cool slightly, then whisk in the miso (avoid boiling water, which kills the beneficial microbes)
- Turn off the heat and let the soup cool slightly
- Stir the miso broth back into the saucepan and garnish with parsley, green onions, ginger or watercress



# 4 Ingredient Vitality Broth



## Ingredients

- 8 cups purified water
- 4 cups red skin potato peelings
- 2 cups celery stalks and celery tops
- 1 small sweet onion
- 4 medium carrots

## Instructions

- Fill a large soup pot with 8 cups of filtered water
- Wash all vegetables
- Peel potatoes and cut into 1/2-inch thick pieces
- Chop celery and celery tops
- Peel and chop carrots
- Peel and chop onion
- Add the vegetables to the pot of water on the stove
- Lightly bring to a gentle boil
- Simmer, covered, for 30-45 minutes and strain through a mesh colander; sip and enjoy!

*Please choose organic ingredients if possible

*Recipe Credit: Donna Gates @ bodyecology.com*

# Potato Corn Chowder



## Ingredients

- 1-2 tablespoons coconut oil, ghee or butter
- 1 onion, diced
- 1 teaspoon thyme
- 2 bay leaves
- 4 cloves garlic
- 1 1/2 cups Yukon Gold or red skin potatoes, peeled and cubed
- 4 cups frozen organic corn
- 6 cups water
- 1 leek, halved lengthwise and sliced
- 2 stalks celery, diced
- 1 1/2 teaspoons sea salt, more to taste
- 1/8 teaspoon pepper

## Note:

- This filling, nourishing broth is a favorite for a little extra self-care

## Instructions

- In a large saucepan, warm the coconut oil and saute the onion, leeks, thyme, bay leaves, garlic, sea salt and pepper for 5 minutes
- Add the potatoes and water; bring to a boil, then cover and lower heat to medium, simmering about 5 minutes until fork-tender
- Raise heat to high, stir in the corn, and cook 3 more minutes until heated through
- Remove and discard the bay leaves
- Remove from heat and let cool slightly before serving

*Please choose organic ingredients if possible

*Recipe Credit: Donna Gates @ bodyecology.com*

# Easy Gazpacho

## Ingredients (serves 6)

- 2 pounds ripe tomatoes, cored and quartered
- 1 red bell pepper, seeded and roughly chopped
- 1 1/2 cups English or small cucumber, cut into pieces
- 2 small shallots, peeled and sliced
- 2 garlic cloves, peeled
- 2 tablespoons sherry vinegar
- 1 tablespoon Worcestershire sauce
- 1 1/2 tablespoons tomato paste
- 2 teaspoons sea salt
- 1/2 teaspoon freshly ground black pepper
- 1 tablespoon hot sauce
- 1/2 cup extra virgin olive oil, plus more for serving
- 1/2 cup fresh parsley, rinsed and chopped
- 1/2 cup fresh cilantro, rinsed and chopped

*Please choose organic ingredients if possible

*Recipe and Photo Credit: Kaleb Wyse @ WyseGuide.com*

## Instructions

- Core the tomatoes and cut into quarters; slice open the bell pepper, remove seeds and pith, and roughly chop
- Cut the cucumber into pieces; peel and slice the shallots; peel the garlic
- Combine the tomatoes, bell pepper, cucumber, shallot, garlic, vinegar, tomato paste, Worcestershire sauce, salt, pepper, hot sauce, olive oil, parsley and cilantro in a blender; blend until mostly smooth
- Pour into an airtight container and chill 4-6 hours before serving
- Serve with a drizzle of olive oil



# Tomato Basil Soup



## Ingredients

- 1 tablespoon extra virgin olive oil
- 1 (15 oz) can crushed tomatoes
- 1 (15 oz) can fire roasted tomatoes
- 1 yellow onion, chopped
- 3 cloves garlic, minced
- 1/4 teaspoon crushed red pepper flakes, more to taste
- 1 cup chicken broth
- 1 teaspoon sea salt
- 1/2 tablespoon balsamic vinegar
- 1/2 cup fresh basil, chopped, plus more for serving
- 1/2 cup whole milk, Half and Half or coconut milk (unsweetened)

## Note:

- Delicious with avocado toast and a grilled cheese sandwich

*Please choose organic ingredients if possible

## Instructions

- Heat a Dutch oven or heavy-bottomed pot over medium heat; add olive oil, onion and garlic and saute 4-5 minutes until softened
- Add the fire-roasted and crushed tomatoes, chicken broth and balsamic vinegar; stir and simmer, covered, 30 minutes
- Transfer to a blender or use an immersion blender and blend until smooth; add the basil and blend again
- Return to the pot, add the milk of choice, and simmer 10 more minutes
- Finish with more fresh basil and/or grated parmesan; ladle into warmed bowls
- Enjoy!

*Recipe Credit: Mary Wuerdeman @ livingonpurposewithmarywuerdeman.com*

# Split Pea Soup

## Ingredients

- 3 cups dried split peas
- 3 cups filtered water
- 3 cups vegetable or chicken broth
- 2 bay leaves
- 1/4 medium red onion, diced
- 1/4 celery stalk, diced
- 1 carrot, peeled and diced
- 2 tablespoons extra virgin olive oil
- 1 tablespoon garlic, minced
- 1 tablespoon dried thyme
- 2 tablespoons honey
- 2 tablespoons molasses
- 1 teaspoon coriander
- 1 teaspoon sea salt, or more to taste
- Pepper, to taste
- Parmesan Reggiano cheese, grated, for serving
- Extra virgin olive oil, for drizzling
- Ham bone, optional

*Please choose organic ingredients if possible

*Recipe Credit: Lin Sun @ Cafe Sunflower Atlanta*



# Split Pea Soup (Continued)

## Instructions

- Cook split peas in a pot over medium heat with filtered water, vegetable stock and bay leaves until soft
- While the peas cook, saute onion, celery, carrot and garlic in a pan
- Add the remaining seasonings and mix well
- Add the sauteed vegetables to the cooked peas and bring to a boil
- Remove bay leaves
- Puree the soup slightly with a hand blender or blender
- Season with sea salt and pepper; taste and adjust
- Serve with grated Parmesan Reggiano and a drizzle of olive oil

## Note

- Add a little more water as needed as soup cooks down.
- Yield: 8 cups



# Cream of Potato Cauliflower

## Ingredients

- 3 tablespoons extra virgin olive oil
- 3 medium leeks, washed and sliced (white and light green parts), or 1/2 small onion, chopped
- 3 cloves garlic, minced
- 1 1/2 pounds Yukon Gold potatoes (about 5 large), cubed, peels may be left on
- 2 cups cauliflower florets, rinsed
- 5 cups vegetable broth
- 1/2 vegetable bouillon cube
- 1 cup water
- 1 teaspoon dried thyme
- 1 bay leaf
- 1 teaspoon sea salt, more to taste
- 1/2 teaspoon Herbamare seasoning
- Black pepper, to taste



## Instructions

- Warm olive oil over medium heat in a soup pot; add leeks or onions and cook about 5 minutes
- Add garlic and cook 3 more minutes, stirring often
- Add potatoes, cauliflower, thyme and bay leaf; cover with vegetable broth
- Bring to a boil, then reduce heat, add sea salt, cover and simmer on low until vegetables are tender, 20-25 minutes
- Remove the bay leaf
- Puree with an immersion blender or in batches in a blender to desired consistency
- Season with Herbamare, sea salt and black pepper to taste
- Serve garnished with crumbled bacon, sliced scallions or chopped parsley, if desired

*Please choose organic ingredients if possible

# Turkey Chili



## Ingredients

- 1 pound ground turkey or grass-fed ground beef or combination of both
- 1 tablespoon extra virgin olive oil
- 1 large onion, chopped (about 1 cup)
- 1 green pepper, rinsed and diced
- 4 cloves garlic, minced
- 2 (15 oz) cans fire roasted tomatoes, diced
- 3 tablespoons chili powder
- 1-2 teaspoons smoked paprika
- 1 tablespoon worcestershire sauce
- 1 (15 oz) can black or kidney beans, rinsed and drained
- 1-2 teaspoons sea salt, or to taste
- Black pepper, to taste
- Garnish: red onion, cilantro, parsley or shredded cheddar

## Instructions

- Add olive oil to a large pot; when hot, add ground turkey, onion and garlic
- Cook and stir until turkey is browned and cooked through
- Stir in tomatoes (with liquid), celery, green pepper, chili powder, smoked paprika and Worcestershire sauce
- Heat to boiling, then reduce heat, cover and simmer 1 hour
- Stir in the kidney beans and season with sea salt and pepper
- Serve with garnishes of your choice

*Please choose organic ingredients if possible

Recipe Credit: Mary Wuerdeman @ livingonpurpose*withmarywuerdeman.com*

# Cozy Lentil Squash Soup

## Ingredients (serves 6)

- 2 tablespoons extra virgin olive oil
- 1 medium yellow onion, diced
- 1 teaspoon sea salt
- 2 medium carrots, peeled and diced
- 2 stalks celery, diced
- 3 cloves garlic, minced
- 1 medium Delicata or butternut squash, peeled, seeded and cubed
- 1/4 teaspoon curry powder
- 1/4 teaspoon ground cumin
- 1/4 teaspoon turmeric
- 1/8 teaspoon ground coriander
- 1/4 teaspoon ground cinnamon
- Pinch red pepper flakes
- 1 cup dried green lentils, soaked 4-6 hours, rinsed and drained
- 8 cups vegetable broth
- 1 cup Lacinato kale, washed well, stemmed and thinly sliced
- Grated parmesan, to serve

*Please choose organic ingredients if possible

*Recipe Credit: Nora Azucena*

## Instructions

- In a large pot or Dutch oven, heat olive oil over medium-high heat
- Add onion, garlic and a pinch of salt; saute until translucent, about 4 minutes
- Add celery, carrots, squash and another pinch of salt; saute until just tender, about 5 minutes
- Add curry powder, cumin, turmeric, cinnamon, 1/4 teaspoon sea salt and red pepper flakes; stir
- Add lentils and stir to coat
- Pour in 1/2 cup broth and cook until reduced by half
- Add remaining broth and 1 cup water; bring to a boil
- Reduce heat, cover and simmer until lentils are tender, 20-25 minutes
- Adjust sea salt to taste; stir in kale and cook until tender, about 3 minutes
- Serve with fresh grated parmesan



# Hardy Winter Beef Stew



## Ingredients

- 2 pounds beef stew meat, cut into 1-inch cubes
- 4 medium carrots, peeled and cut into 1/2-inch pieces
- 1 medium onion, diced
- 2 garlic cloves, minced
- 1-2 bay leaves
- 4 medium daikon radishes, cut into 1/2-inch pieces
- 3 cups beef broth
- 2 tablespoons extra virgin olive oil
- 2 celery stalks, cut into 1-inch pieces
- 1 teaspoon dried thyme leaves
- 2 teaspoons sea salt
- Freshly ground pepper, to taste

*Please choose organic ingredients if possible

*Recipe Credit: Donna Gates @ bodyecology.com*

## Instructions

- Preheat oven to 325°F
- Brown the beef in olive oil, then set aside
- Saute the onion and garlic until fragrant
- Add carrots, daikon and celery; cook until softened
- Combine the beef, vegetables and beef broth with thyme, bay leaves, sea salt and pepper in a pot
- Cover and bake 2-3 hours, until the beef is tender
- Lower the heat and simmer, covered, until very tender
- Remove the bay leaves and thyme sprigs, then transfer to a warmed serving bowl and serve
- Enjoy!

# Moroccan Lentil Soup

## Ingredients (serves 8)

- 1 onion, diced
- 2 tablespoons extra virgin olive oil
- 6 cups vegetable broth
- 2 stalks celery, finely chopped
- 1 1/2 teaspoons dried ginger, or 1 teaspoon fresh ginger
- 1 (28 oz) can crushed tomatoes
- 5 cloves garlic, crushed
- 1 cup lentils (half red, half green), rinsed and soaked 1-2 hours
- 1/2 cup fresh cilantro, chopped
- 1/2 pound capellini pasta, cooked
- 1/2 teaspoon turmeric
- 1/4 teaspoon fresh ground black pepper, or more to taste
- 1/2 teaspoon cumin
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon cayenne pepper
- 2 teaspoons sea salt
- 2 teaspoons honey
- 1/4 teaspoon cinnamon
- A few strands of saffron, if available

*Please choose organic ingredients if possible

*Recipe Credit: Mary Wasinger @ WellspringColonHydrotherapy*



# Moroccan Lentil Soup

## Instructions

- In a large pan, saute the onion for 5 minutes
- Add celery, ginger, garlic, pepper, turmeric, cumin, paprika and cayenne; saute 2 more minutes until aromatic
- Add broth, tomatoes, sea salt, cinnamon, saffron, lentils and 2/3 of the cilantro (reserve some for serving)
- Simmer, covered, for 30 minutes
- Add the capellini and 1 cup additional hot liquid; cook 10 minutes
- Stir in the honey
- Sprinkle with remaining cilantro and shredded parmesan, if desired
- Enjoy!

## Note

- May be refrigerated for 3 days



# Nonna's Lentil Soup

## Ingredients

- 1 onion, chopped
- Extra virgin olive oil, enough to coat the bottom of the pot
- 3 carrots, rinsed and chopped
- 3 celery stalks, rinsed and chopped
- 1 tomato, chopped
- 4 bay leaves
- 3 cloves garlic, minced
- 1 1/2 cups red lentils, rinsed well
- 8 cups filtered water
- 1 teaspoon sea salt
- 1/4 teaspoon pepper
- 1 Parmigiano rind
- Grated parmesan, to serve



## Instructions

- In a large pot over medium heat, add olive oil, onion, carrots, celery and tomato; saute until softened and beginning to brown
- Add garlic and bay leaves; once garlic begins to brown, add sea salt and pepper
- Add lentils and stir in water; add the parmesan rind and bring to a boil
- Once boiling, cover with the lid slightly cracked so steam can escape
- Turn heat to low and cook at least 1 hour, until lentils are tender and the soup begins to thicken, stirring occasionally
- Remove from heat, taste and adjust seasoning
- Remove the bay leaves and parmesan rind before serving

## Note

- Be mindful of sea salt if using the parmesan rind, as it adds a salty flavor; this soup may be refrigerated for 3 days

*Please choose organic ingredients if possible

*Recipe Credit: Rosanna Farm Fresh Roots*

# Cauliflower Carrot Soup



## Ingredients

- 1 tablespoon coconut oil, ghee or butter
- 1 head cauliflower, rinsed and chopped
- 4 cups carrots, peeled and chopped
- 1 large onion, chopped
- 3 tablespoons fresh tarragon, chopped, or 1 tablespoon dried, or to taste
- 6 cups chicken broth
- 1 teaspoon sea salt, or more to taste
- 1/4 teaspoon Herbamare seasoning

## Note

- An elegant soup, wonderful served alone or before a meal; Herbamare brings out a delicious flavor

## Instructions

- In a soup pot, melt coconut oil, ghee or butter, adding tarragon now if using dried
- Add onion and saute until translucent
- Add carrots, cauliflower, chicken broth and fresh tarragon, if using
- Simmer until tender, about 25 minutes
- Puree in a blender, then return to the pot
- Add sea salt and Herbamare; simmer 10 minutes and serve hot

*Please choose organic ingredients if possible

*Recipe Credit: Donna Gates @ bodyecology.com*

# Savory Lentil Bacon Soup

## Ingredients

- 6 slices nitrate-free bacon, chopped
- 1/4 cup extra virgin olive oil
- 1 medium yellow or white onion, finely chopped
- 4 cloves garlic, minced
- 3 celery stalks, chopped
- 2 carrots, peeled and chopped
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1 teaspoon dried thyme
- 1 bay leaf
- 1 cup green or brown lentils, rinsed and soaked overnight
- 6 cups organic chicken broth
- 1 cup filtered water
- 1 (14.5 oz) can diced tomatoes, lightly drained
- 3 tablespoons tomato paste
- 1 teaspoon sea salt
- 1/4 teaspoon freshly ground pepper
- Pinch of red pepper flakes
- Serve with a thin slice of lemon

*Please choose organic ingredients if possible

## Instructions

- Heat a Dutch oven over medium heat; add bacon and cook, stirring occasionally, until crisp, 7-8 minutes; transfer to a paper-towel-lined plate
- Pour off all but 2 tablespoons of bacon fat; return to heat and add olive oil
- Once shimmering, add onion and carrot; saute until softened, about 5 minutes
- Add garlic, oregano, cumin, thyme and bay leaf; cook until fragrant, about 3 minutes, stirring often
- Add the drained tomatoes and cook until vegetables are very tender, stirring often
- Add lentils, chicken broth, water, tomato paste, sea salt, pepper and red pepper flakes; bring to a boil
- Reduce heat to medium-low, partially cover, and simmer until lentils are tender, 28-30 minutes
- Remove the bay leaf and stir in the bacon; serve and enjoy



# Bob's Homemade Cream of Mushroom Soup

## Ingredients

- 1 pound fresh white mushrooms (or a mix of Shiitake, Cremini, Chanterelle or Oyster)
- 1 large onion, chopped (about 2 cups)
- 6 tablespoons butter, unsalted
- 1/2 cup all-purpose flour
- 1/2 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 cup dry sherry
- 4 cups chicken broth
- 1 tablespoon fresh thyme
- 1 cup heavy cream

**Please choose organic ingredients if possible*



# Bob's Homemade Cream of Mushroom Soup (Continued)



## Instructions

- Clean mushrooms, discard any tough stems and cut into 1/4-inch slices
- In a large pot or Dutch oven, melt butter; cook onion until soft but not browned, 5-8 minutes
- Add mushrooms, sea salt and pepper; cook over medium heat, stirring often, until soft and their liquid is released, about 10 minutes
- Stir in flour and cook 1 minute; add sherry and cook 1 minute more, scraping up any brown bits
- Stir in broth and thyme and bring to a boil, stirring as the roux dissolves
- Reduce to a simmer and cook 20 minutes, stirring occasionally; remove from heat
- Purée 1 1/2 cups of the soup in a blender and stir it back into the pot
- Stir in the cream and adjust seasonings; enjoy!

# Asparagus Soup



## Ingredients

- 1/2 large sweet onion, roughly diced
- 1 celery stalk, roughly diced
- 1 teaspoon fresh garlic, minced
- 1 tablespoon coconut oil or ghee
- 5 cups chicken stock or bone broth
- 1 potato, roughly diced
- 1/2 head cauliflower, trimmed and roughly diced
- 2 bunches fresh asparagus, trimmed
- 1 teaspoon fresh lemon juice
- 1 teaspoon sea salt or Herbamare, or more to taste
- 1/4 teaspoon fresh ground pepper

## Note

- A lovely soup to serve to guests or anytime

**Please choose organic ingredients if possible*
*Recipe Credit: Donna Gates @ bodyecology.com*

## Instructions

- Saute onion and celery in coconut oil or ghee over medium heat until soft and golden
- Add garlic and cook 2 more minutes
- Cut the tops off the asparagus and set aside; cut stalks into 1-inch pieces, discarding tough ends
- Add chicken stock, potato, cauliflower and asparagus stalk pieces
- Add sea salt and pepper and cook on low heat
- Transfer to a blender and puree, then return to the pot and add the asparagus tops
- Cook 10 more minutes on low heat
- Add lemon juice and additional sea salt if desired; serve and enjoy

# Creamy Potato Soup

## Ingredients

- 8 slices bacon, chopped in small pieces
- 3 pounds Yukon Gold potatoes, peeled and diced into 1-inch pieces
- 6 cloves of garlic, minced or presed through a garlic press
- 1 large onion, chopped
- ¼ cup all purpose flour
- 4 cups chicken broth
- 1 ½ cups whole milk
- 1 ½ teaspoons sea salt,
- ¾ teaspoon cracked pepper
- 1 cup heavy cream
- ½ cup sour cream
- For garnish, bacon, shredded cheddar cheese and chives

## Note

- This delicious soup keeps well in the refridgerator for 5 days

*Please choose organic ingredients if possible

## Instructions

- In a dutch oven, add bacon with burner on medium high, stirring frequently while it cooks for about 12 minutes, then remove with a slotted spoon onto a paper towel
- Transfer bacon drippings to a measuring cup and then pour back into the dutch oven on medium heat
- Add the onion and cook until translucent, stir in garlic and cook for 30-60 seconds and then stir in potatoes, mixing well, then add flour, mix in well and cook for 2 minutes and then slowly drizzle in chicken broth,
- Add in sea salt and black pepper
- Stir in milk and let soup come to a simmer, partially cover and allow to simmer for about 40 minutes
- Stir in heavy cream and sour cream
- Garnish, serve and enjoy!



# Vegetable Noodle Soup

## Ingredients

- 6-8 dried shiitake mushrooms
- 4 cups vegetable stock
- 2 (7 oz) packages Miracle Noodles (angel hair or fettuccine style), rinsed and drained
- 1 scallion, sliced
- 1/4 bell pepper, diced
- 1/4 teaspoon ground celery seed
- 1 teaspoon garlic powder
- 2 tablespoons coconut oil or ghee
- 1 shredded carrot
- 1 1/2 teaspoons sea salt
- 1/2 teaspoon Celtic Seasonings Super Base (optional)



## Instructions

- Soak the mushrooms at room temperature in vegetable stock until soft, about 30 minutes or more; drain and reserve the stock
- Slice the mushrooms
- Combine scallion, bell pepper, shredded carrot, celery seed and garlic powder in a bowl; set aside
- Heat coconut oil or ghee in a stockpot over medium heat
- Add the vegetables and mushrooms; saute 3-5 minutes, until vegetables just begin to soften
- Carefully add the vegetable stock and bring to a boil
- Add the Miracle Noodles and sea salt to taste; simmer 20 minutes

*Please vhoose organic ingredients if possible

*Recipe Credit: Donna Gates @ bodyecology.com*



# STAPLES

*Foods to Have in the Fridge*

# Chicken Bone Broth



## Ingredients

- 1 whole organic chicken
- 2 stalks celery
- 1 yellow onion
- 5 large carrots
- 2 tablespoons raw apple cider vinegar
- 1/2-1 teaspoon sea salt
- 1 teaspoon Herbamare seasoning
- 1/2 teaspoon lemon pepper or black pepper

*Please choose organic ingredients if possible

## Instructions

- Wash the chicken thoroughly and place in a large stockpot; add filtered water to cover
- Add chopped celery, carrots and onion in large pieces
- Add apple cider vinegar, sea salt and lemon pepper
- Bring to a boil, then reduce heat to very low and simmer 24-36 hours
- Add Herbamare seasoning
- Strain the broth through a fine mesh strainer, then a second time through cheesecloth
- Allow to cool; a layer of fat will harden on top
- When ready to serve, reheat and discard the fat layer; enjoy within 3 days or freeze for later

# Donna's Carrot, Ginger and Garlic Fermented Vegetables

## Ingredients

- 3 green cabbages, outer leaves removed, shredded in a food processor
- 2-3 inch piece ginger, peeled
- 4-6 cloves garlic, peeled
- 6 large carrots, peeled and shredded
- 3 Pink Lady red apples, washed
- 1 teaspoon sea salt
- 1 packet Cultured Vegetable Starter
- 1 teaspoon organic sugar or Eco Bloom
- 1/4 cup warm filtered water
- 3-4 cups filtered water
- Equipment: large cutting board, sharp knife, pliable spatula, very large mixing bowl, large spoon, 6 one-quart glass mason jars

**Please choose all organic ingredients**

*Recipe Credit: Donna Gates @ bodyecology.com*

## Instructions

- Dissolve the culture starter packet in 1/4 cup warm water (about 90°F); add sugar and 1/2 teaspoon sea salt, then let sit 30 minutes or more to activate
- Scald everything you'll use: mixing bowl, food processor, spatula, spoon, blender and mason jars
- Remove outer cabbage leaves and set aside; shred the cabbage in a food processor into bite-size pieces and add to the large bowl
- Shred the carrots and add to the bowl
- Finely chop the ginger and garlic and add to the bowl
- Stir the cabbage, carrots, ginger and garlic together until well combined
- Recipe continued on next page...



# Carrot, Ginger and Garlic Fermented Vegetables (Continued)



- For the brine: wash and cut the apples into pieces, removing seeds, and place in a blender
- Add 3-4 cups filtered water to the apples, filling the blender about 3/4 full, and add sea salt
- Blend until well combined, then add the activated culture starter and blend lightly once more
- Add the brine a little at a time to the cabbage mixture, stirring until very well combined
- Pack the mixture firmly into each mason jar with a spoon and spatula, keeping vegetables submerged in the brine
- Leave a 2-inch space at the top of each jar; press folded reserved cabbage leaves on top to fill the space
- Close the lids loosely so the vegetables can breathe and expand
- Let the jars sit at room temperature (about 70-72°F) for 5-7 days
- Rinse the jars, then refrigerate 3-5 days before enjoying

# Donna's Green Fennel Mint Fermented Vegetables

## Ingredients

- 1 red cabbage and 2 green cabbages, outer leaves removed, shredded in a food processor
- 1 fennel bulb, rinsed and chopped
- 2 sweet onions, chopped
- 1 bunch kale, washed well and chopped by hand
- 1 large daikon radish, optional
- 1 bunch fresh mint, rinsed, dried and chopped by hand
- 3 Pink Lady red apples, washed
- 1 teaspoon sea salt
- 1 packet Cultured Vegetable Starter
- 1 teaspoon organic sugar or Eco Bloom
- 1/4 cup warm filtered water
- 3-4 cups filtered water
- Equipment: large cutting board, sharp knife, pliable spatula, very large mixing bowl, large spoon, 6 one-quart glass mason jars

*__Please choose all organic ingredients__

*Recipe Credit: Donna Gates @ bodyecology.com*

## Instructions

- Dissolve the culture starter in 1/4 cup warm water (about 90°F); add sugar and 1/2 teaspoon sea salt, then let sit 30 minutes or more to activate
- Scald everything you'll use: mixing bowl, food processor, spatula, spoon, blender and mason jars
- Remove outer cabbage leaves and set aside; shred the cabbage and add to the large bowl
- Chop the onions and add to the bowl
- Chop the fennel by hand and add to the bowl
- Wash and chop the kale, and mint by hand; add to the bowl (peel and chop daikon too, if using)
- Stir the mixture until well combined
- Recipe continued on next page...



# Green Fennel Mint Fermented Vegetables (Continued)



- For the brine: wash and cut the apples into pieces, removing seeds, and place in a blender
- Add 3-4 cups filtered water, filling the blender about 3/4 full, and add sea salt
- Blend until well combined, then add the activated culture starter and blend lightly once more
- Add the brine a little at a time to the cabbage mixture, stirring until very well combined
- Pack the mixture firmly into each mason jar, keeping the vegetables submerged in the brine
- Leave a 2-inch space at the top of each jar; press folded reserved cabbage leaves on top to fill the space
- Close the lids loosely so the vegetables can breathe and expand
- Let the jars sit at room temperature (about 70-72°F) for 5-7 days
- Rinse the jars, then refrigerate 3-5 days before enjoying

# Homemade Sauerkraut

## Ingredients

- 2 pounds organic green cabbage
- 1 tablespoon Celtic sea salt
- 1 wide-mouth quart glass mason jar

*Please choose organic cabbage only



## Instructions

- Remove any large outer leaves with thick ribs and set aside; slice the cabbage with a kraut cutter, mandolin or sharp knife, up to 1/4-inch thick or smaller
- In a large bowl, combine the shredded cabbage and sea salt; toss together and gently massage the salt into the cabbage
- Let rest until juice collects in the bottom of the bowl, about 4-6 minutes
- Pack the cabbage into the quart jar, pressing to cover it with its own liquid; pour any remaining liquid over the packed cabbage
- Cut a piece of the reserved outer leaf to fit the jar and press it onto the shredded cabbage as a weight to keep everything below the liquid
- Put the lid on the jar and place on the counter
- Once a day, remove the lid to let collected gas escape; begin tasting after 2-3 days
- Let sit 3-5 days until it reaches the desired sour flavor, then remove the top leaf and refrigerate to stop fermentation

## Note

- Organic cabbage is non-negotiable; cabbage must stay below the liquid to ferment properly; sterilize your jar and utensils for a clean environment

# Fruit Jam

## Ingredients

Blueberry Jam: 2 1/2 cups organic blueberries, rinsed; 2 tablespoons freshly squeezed lemon juice; 2 tablespoons raw honey

Strawberry Jam: 3 cups organic strawberries, rinsed and halved; 3 tablespoons freshly squeezed lemon juice; 2 tablespoons raw honey

Raspberry Jam: 12 ounces organic raspberries, rinsed; 2 tablespoons freshly squeezed lemon juice; 2 tablespoons raw honey

*Please choose organic ingredients if possible

*Recipe Credit: Vani Hari @ FoodBabe.com*

## Instructions

- Place all ingredients for your chosen jam in a small saucepan over medium heat
- Cook until the fruit begins to break down, mashing slightly to release the juices
- Reduce heat to low and continue cooking 15-20 minutes, until thickened (it's ready when a clean spoon dragged through leaves a clear path; frozen fruit takes longer)
- Remove from heat and let cool before refrigerating
- Store in the refrigerator up to 2-3 weeks, or freeze up to 3 months





# SALADS

*Fresh Salads are Easy to Assemble,*
*Full of Flavor & Delicious*

# Cleansing Kale Salad



## Ingredients

- 1 bunch Lacinato kale, stems removed, washed and patted or spun dry
- 1/3 cup currants (or chopped raisins)
- 1/2 cup pine nuts, toasted
- 4 tablespoons raw parmesan cheese, grated
- 1 teaspoon sea salt, or to taste
- Freshly ground pepper, to taste
- Dressing: juice of 1 lemon, 1/2 cup extra virgin olive oil, 1 tablespoon local raw honey, 1 teaspoon minced fresh ginger, 1 teaspoon fresh rosemary leaves

*Please choose organic ingredients if possible

## Instructions

- In a blender, add lemon juice, olive oil, honey, ginger, rosemary, sea salt and pepper; blend well and pour into a large bowl
- Add the chopped kale, currants or raisins, pine nuts and parmesan to the bowl with the dressing
- Stir until everything is well coated with dressing and serve

## Note

- Save some pine nuts and parmesan for the top of the salad

# Quinoa Tabouli Salad

## Ingredients

- 1 cup white quinoa
- 1/2 cup fresh parsley, chopped
- 1 cup scallions, finely chopped
- 1 red bell pepper, diced
- 2 large Roma tomatoes, flesh scooped out and finely diced
- 1 English cucumber, peeled, seeded and chopped
- Sea salt, to taste
- Mint-Garlic Dressing: 1/4-1/3 cup fresh lemon juice, 1/2 cup extra virgin olive oil, 2 garlic cloves, minced
- 1 tablespoon fresh mint leaves, rinsed and chopped

*Please choose organic ingredients if possible

*Recipe and Photo Credit: Donna Gates @ bodyecology.com*

## Instructions

- Rinse the quinoa well (soak overnight first if not using a pre-rinsed variety)
- Add 2 cups water and the quinoa to a pan with a pinch of sea salt; bring to a boil, reduce to a simmer, cover and cook 12 minutes (or 1 1/2 cups water in an Instant Pot, cook 1 minute)
- When cooked, transfer to a large mixing bowl
- When cool, add cucumber, parsley, scallions, red bell pepper, tomatoes and sea salt
- For the dressing, blend lemon juice, mint and garlic, slowly adding olive oil while blending to emulsify
- Toss the dressing into the quinoa and chill before serving
- Serve on a bed of lettuce leaves



# Tomato Cucumber Red Onion Salad



## Ingredients

- 2 garden tomatoes, rinsed
- 1 garden cucumber, washed and sliced
- 1/4 medium red onion, sliced
- 1/2 cup green olives, pitted
- Freshly squeezed lime juice
- Fresh basil, rinsed and dried, to taste
- 1 1/2 teaspoons sea salt
- Freshly ground pepper, to taste

## Note:

- Simple and delicious when made with garden-fresh vegetables

*Please choose organic ingredients if possible

*Recipe Credit: Nora Azucena*

## Instructions

- Quarter tomatoes and add to a salad bowl
- Slice cucumber (skin on) and red onion; add to the bowl
- Add olives, whole or halved
- Add fresh lime juice
- Cut the basil into pieces and add to the salad
- Season with sea salt and pepper
- Stir together and let sit at room temperature 20 minutes before serving; enjoy!

# Grilled Marinated Chicken Salad



## Ingredients (serves 2)

- 2 chicken breasts
- 1 small red onion, cut into 1/8-inch rounds
- Avocado oil cooking spray
- 3 cups mixed salad greens, washed and spun dry
- 1 tablespoon gorgonzola or blue cheese, crumbled
- 1 medium tomato, cut into 8 wedges
- Marinade: 2 1/2 tablespoons fresh lemon juice, 1 1/2 tablespoons tamari soy sauce, 1 clove garlic, chopped, 1/4 teaspoon sea salt, dash black pepper, 1/2 teaspoon dried basil
- Dressing: 2 tablespoons lemon juice, 2 tablespoons balsamic vinegar, 1 clove garlic, minced, 1 teaspoon dried basil, sea salt to taste

## Instructions

- Whisk together the marinade ingredients and set aside
- Rinse and pat dry the chicken; pound gently with a mallet between plastic wrap to an even 1/4-inch thickness
- Marinate in the refrigerator at least 30 minutes, up to 2 hours
- Preheat the grill or broiler
- Recipe continued on next page...

**Please choose organic ingredients if possible*

# Grilled Marinated Chicken Salad (Continued)



- Place the onion rounds in a single layer on a baking sheet, spray lightly with avocado oil, then flip and spray the other side
- Remove the chicken from the marinade and place alongside the onion rounds
- Grill or broil the chicken and onions 5 minutes per side
- Let the chicken cool slightly, then slice thinly
- Spread the mixed greens on plates, scatter the onion rounds, then the sliced chicken on top
- Sprinkle about 3/4 teaspoon of gorgonzola or blue cheese over each
- Garnish with the tomato wedges
- Combine the dressing ingredients in a blender and mix on low until the garlic is finely chopped; spoon over the salads or serve on the side

## Note

- For variety, substitute an equal amount of fresh lime or grapefruit juice for the lemon juice in the marinade

# Asian Broccoli Salad



## Ingredients

- 1 head broccoli, rinsed and chopped
- 2 scallions, chopped
- 1/2 small red onion, sliced
- 1/2 cup raw cashews, chopped
- 2 tablespoons raw sesame seeds
- Asian Sesame dressing (see Dressings section)

*Please choose organic ingredients if possible

*Recipe Credit: Vani Hari @ FoodBabe.com*

## Instructions

- Bring a pot of filtered water to a boil
- Add the broccoli and flash cook for 1-2 minutes
- Drain under cold water
- Place in a bowl with the remaining salad ingredients
- Pour the Asian Sesame dressing over the broccoli and toss to combine
- Serve and enjoy!

# Rossee's Simple Broccoli Slaw

## Ingredients

- 1 (12 oz) bag organic broccoli slaw mix
- 3 green onions, finely chopped
- 1/2 cup organic mayonnaise
- 1/4 cup pure maple syrup
- 1/4 teaspoon sea salt
- 1/4 teaspoon garlic granules
- Several grinds of freshly ground black pepper

## Instructions

- Place the broccoli slaw mix in a bowl
- Add green onions, mayonnaise, maple syrup, sea salt and garlic granules
- Cover and refrigerate 30 minutes to allow the flavors to combine
- Toss once more and enjoy!

*Please choose organic ingredients if possible

*Recipe Credit: Dr. Rossee McLellan*



# Maytag Blue Cheese Coleslaw



## Ingredients

- 1/2 head red cabbage
- 1/2 head green cabbage
- 1/2 red onion, sliced
- 2 carrots, peeled and grated
- 4 scallions, thinly sliced
- 2 oz Maytag blue cheese
- Dressing: 1 cup mayonnaise, 1/2 cup sour cream, 2 tablespoons Dijon mustard, 1/4 cup buttermilk, 1 teaspoon pure maple syrup, sea salt and pepper to taste

## Note

- Best served within 2 days; keeps refrigerated in an airtight container 3-4 days

## Instructions

- **For the Dressing,** mix all dressing ingredients and season to taste; set aside
- Shred the cabbage in a food processor, peel and grate the carrots, and thinly slice the red onion and scallions
- Add the dressing to the vegetables and toss to combine
- Refrigerate overnight to let the flavors meld
- Toss once more before serving; enjoy!

*Please choose organic ingredients if possible

# Deviled Eggs

## Ingredients

- 6 large organic eggs
- 1/4 cup mayonnaise
- 1 teaspoon Dijon mustard
- 3 tablespoons sweet relish
- 1 teaspoon jalapeño relish
- 1/8 teaspoon cayenne, or to taste
- 1/2 teaspoon sea salt
- Smoked paprika, for garnish
- *This recipe may be doubled

## Note

- Deviled eggs can be made up to one day ahead, covered tightly and refrigerated

*Please choose organic ingredients if possible



## Instructions

- Bring water to a gentle boil in a saucepan and cook eggs for 20 minutes
- Place eggs in a bowl with cold water and ice for 30 minutes
- In a separate bowl, mix together mayonnaise, mustard, relishes and cayenne
- Peel eggs under cold running water and halve lengthwise with a sharp knife, wiping the knife clean between slices
- Carefully remove the yolks to the mayonnaise bowl, keeping the whites intact
- Mash the yolks with the mayonnaise mixture until smooth; season with sea salt
- Mound the filling into the egg whites
- Refrigerate, then sprinkle with paprika just before serving

# Egg Salad

## Ingredients

- 10 large organic eggs
- 1/2 cup mayonnaise
- 1/4 cup Dijon mustard
- 1/4 cup sour cream
- 2 teaspoons fresh dill, or 1 teaspoon dried
- 4-5 spears dill pickle, chopped, or to taste
- 1/3 cup celery, washed and diced
- Red onion, diced, to taste
- Pitted Greek olives, sliced
- 1 teaspoon sweet relish
- 1 teaspoon jalapeño relish
- 1/4 teaspoon black pepper
- 3/4 teaspoon sea salt

*Please choose organic ingredients if possible

## Instructions

- Bring water to a gentle boil in a saucepan and cook eggs about 20 minutes
- Place eggs in a bowl with cold water and ice for 30 minutes
- In a separate bowl, mix together mayonnaise, mustard, sour cream, dill, sweet relish, jalapeño relish, dill pickle, celery, red onion, olives, sea salt and pepper
- Peel eggs under cold running water
- Coarsely chop the eggs and add to a bowl
- Add the mayonnaise mixture to the eggs and combine
- Chill in the refrigerator before serving; enjoy!



# Pasta Primavera Salad



## Ingredients

- 12 ounces penne pasta
- 1 cup frozen peas thawed
- 1 bunch asparagus cut into 1-inch pieces
- 1 small red onion thinly sliced
- 1 cup sliced radish
- 2 cups baby spinach leaves
- ½ cup mayonnaise
- 2 tablespoons + 2 teaspoons olive oil separated
- 3 tablespoons fresh lemon juice
- 1 clove garlic minced
- ¼ teaspoon red pepper flakes
- ⅔ cup grated parmesan cheese
- 1 ½ teaspoons sea salt
- 1 teaspoon freshly ground black pepper
- ½ cup fresh basil leaves

## Note

- Coat the noodles in olive oil immediately after cooking.
- This will keep them from sticking to each other and the bowl while the rest of the salad is prepared.

Please choose organic ingredients if possible

*Recipe and Photo Credit: Kaleb Wyse @ Wyseguide.com*

# Pasta Primavera Salad



## Instructions

- Cook the pasta: In a large pot of boiling salted water, cook the pasta according to the package instructions for al dente. Remove the pasta to a large bowl and reserve the pasta water in the pot. Toss the pasta with 2 teaspoons of olive oil to prevent it from sticking, and set it aside.
- Prepare the vegetables: Return the pasta water to a boil and add the prepared asparagus. Cook until it is crisp-tender, 1-2 minutes. Drain the asparagus and add it to the pasta, followed by the peas, red onion, radish, and spinach. Stir to combine and soften the spinach leaves with the remaining heat.
- Prepare the dressing: In a bowl, combine the mayonnaise, 2 tablespoons of olive oil, lemon juice, garlic, red pepper flakes, grated Parmesan, sea salt, and black pepper. Whisk to combine.
- Assemble the salad: Pour the dressing over the pasta and vegetables. Toss, cover, and refrigerate until the salad is chilled, 2-3 hours or overnight. Garnish with shreds of parmesan and fresh basil, then serve and enjoy!

# Avocado Toast on Sourdough



## Ingredients

- Sourdough or organic bread of choice, lightly toasted
- 1 large, ripe avocado, sliced or mashed
- Goat cheese, whipped cream cheese or stone ground mustard
- Raw honey
- Diced tomato, for texture
- Fresh lemon juice, to taste
- Sea salt and pepper, to taste
- Jalapeño relish and pickled onion, to taste
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder, or 1 teaspoon minced white onion
- Topping: sliced radish, arugula and/or parsley, Aleppo pepper, Everything but the Bagel seasoning or Herbamare, sesame chili oil

## Instructions

- Scoop the avocado into a bowl and mash with a fork, or slice, and begin adding your accoutrements of choice
- Spread a thin layer of goat cheese onto toasted sourdough and top with honey
- Build it your way and enjoy every bite!

## Note

- Serve with your favorite green salad

*Please choose organic ingredients if possible

*Recipe and Photo Credit: Mary Wuerdeman @ livingonpurposewithmarywuerdeman.com*

# Asparagus Salad

## Ingredients (serves 4)

- 28 asparagus spears (2 bundles), rinsed and trimmed
- 1/2 cup plain yogurt
- 1 tablespoon crumbled blue cheese
- 1/4 cup freshly squeezed lemon juice
- 1 tablespoon fresh chives, snipped
- 1 clove garlic, minced
- 2 heirloom tomatoes, cored and cut into wedges
- 1/2 cup fennel leaves (feathery ends), rinsed and chopped
- Sea salt and pepper, to taste



## Instructions

- Bring water to a boil in the bottom of a steamer
- Steam the asparagus over medium-high heat about 6 minutes, until bright green and tender
- Remove from heat and allow to cool
- In a small saucepan, combine the yogurt and blue cheese; warm over low heat 1-2 minutes, whisking constantly, until the cheese melts
- Remove from heat and whisk in the lemon juice, chives and garlic
- Arrange the asparagus in the center of a serving plate and place tomato wedges around the perimeter
- Drizzle the yogurt dressing over the asparagus, add sea salt and pepper, and garnish with fennel leaves; enjoy!

## Note

- This salad is a vibrant composition of color and nutrition!

*Please choose organic ingredients if possible

# Pear Salad with Gorgonzola, Feta and Goat Cheese



## Ingredients

- 6 cups organic Spring Mix, rinsed and spun dry in a salad spinner
- 4 small pears, ripened, rinsed and sliced
- ½ cup dried cranberries
- ⅓ cup pecans and walnuts, chopped (use candied walnuts and pecans, for a special treat). See snacks section)
- ½ cup gorgonzola, feta or goat cheese
- Balsamic or honey mustard dressing (see dressing section)

## Instructions

- Fill a large bowl with spring mix, top with pears, cranberries, pecans and walnuts and gorgonzola, feta and/or goat cheese
- Drizzle with balsamic dressing or honey mustard dressing

*Please choose organic ingredients if possible

# Simple Green Salad

## Ingredients

- Organic Girl Spring Mix  for single serving
- Blue cheese crumbles, to taste
- ½ sweet pepper (orange, red or yellow), thinly sliced or diced (optional)
- 1 avocado, pitted and diced (optional)
- 1 carrot, peeled and sliced on the diagonal
- Red onion, sliced,
- Almonds, to taste
- Pumpkin seeds, to taste
- Dressing: Balsamic (see dressings)

## Instructions

- In a salad bowl, combine all the salad ingredients; add the greens first, then pile on the rest
- Pour on the balsamic dressing (or dressing of your choice)
- Enjoy!

*Please choose organic ingredients if possible



# Iceberg Gorgonzola Salad



## Ingredients

- 1 head iceberg lettuce, washed and cut into wedges
- 4 slices nitrate-free bacon, cooked and crumbled
- 1/2 cup gorgonzola cheese, crumbled
- 1 cup cherry tomatoes, halved
- 1/4 cup red onion, thinly sliced
- Dressing: 1/2 cup mayonnaise, 1/4 cup buttermilk, 2 tablespoons sour cream, 1 tablespoon white wine vinegar, 1/4 cup gorgonzola, sea salt and pepper to taste

## Instructions

- Whisk together the dressing ingredients until smooth and creamy; refrigerate while preparing the salad
- Cut the iceberg lettuce into wedges and place on serving plates
- Top each wedge with crumbled bacon, gorgonzola, cherry tomatoes and red onion
- Drizzle generously with the dressing and serve immediately

*Please choose organic ingredients if possible

*Recipe Credit: Allyskitchen.com*

# Balsamic Marinated Asparagus



## Ingredients

- 1 pound asparagus, rinsed
- 6 tablespoons extra virgin olive oil
- 1/4 cup balsamic vinegar
- 1/2 teaspoon Lakanto Monkfruit Sweetener
- 2 cloves garlic, minced
- 3/4 teaspoon red pepper flakes

*Please choose organic ingredients if possible

## Instructions

- Snap off the tough ends of asparagus and wash well
- Cook asparagus in boiling water for 2 minutes, until bright green and just beginning to get tender, then drain
- Place the asparagus in a large bowl of ice to stop the cooking and drain
- Lay asparagus in a 9x13 dish
- In a small bowl, whisk together the olive oil, balsamic vinegar, Lakanto Monkfruit and red pepper flakes; pour over asparagus
- Cover and refrigerate, marinating about 8 hours or overnight
- Remove the asparagus with tongs from the marinade and serve; enjoy!

# Aunt Vertie's Potato Salad “Upgraded”

## Ingredients

- 2 pounds organic red skin potatoes, washed and scrubbed well
- 1/4 cup sweet red or white onion, diced
- 4 green onions, finely chopped
- 1/2 cup celery, washed and diced
- 1/2 cup red pepper, washed and diced
- 1 1/2 teaspoons sea salt
- 1 teaspoon freshly ground black pepper, or to taste
- 1 tablespoon pickle relish
- 4 hard boiled eggs, diced
- Dressing: 3/4 cup mayonnaise, 1/2 teaspoon celery seed, 1 tablespoon apple cider vinegar, 1 egg (optional), splash of water, 1 tablespoon prepared mustard, 1 1/2 teaspoons sea salt

## Instructions

- When cooking the potatoes, start with cold water rather than already boiling water
- Leave the skins on the potatoes and cook whole
- Add potatoes to a large pot of cold water just to cover; add sea salt and bring the water to a boil
- Once boiling, watch the water so it doesn't boil over; reduce heat to medium and cook until tender
- To check doneness, insert a knife into the middle; it should meet with no resistance
- Once cooked, drain and set the potatoes aside
- Steps continued on next page...



# Aunt Vertie's Potato Salad (Continued)



- For the dressing: in a medium bowl, combine the mayonnaise, onion, mustard, apple cider vinegar, pickle relish, celery seed, sea salt and pepper; whisk to combine and set aside
- For the salad: slice the potatoes into small bite-size pieces and place in a large bowl
- Add the diced celery and hard boiled eggs
- Add the dressing to the potatoes while they are still warm, allowing the dressing to permeate
- Gently fold together all the ingredients to combine
- Cover and chill in the refrigerator 3-4 hours or overnight to let the flavors incorporate
- This will be delicious for up to 5 days in the refrigerator

## Note

- This potato salad is such a classic recipe with just a few added flavor notes! Enjoy!

*Please choose organic ingredients if possible

# Caper Lemon Tuna Salad



## Ingredients

- 4 cans Albacore tuna, packed in water
- 1/2 cup red onion, finely chopped
- 1 lemon, juice only
- 1/2 stalk celery, rinsed and finely chopped
- 3/4 cup mayonnaise
- 1/4 cup capers, with juice
- 3 tablespoons French stone ground mustard
- 1/2 cup dill pickles, diced
- Pitted green olives, to taste, chopped
- 3/4 teaspoon sea salt
- 1/2 teaspoon freshly ground pepper
- 6 hard boiled eggs, sliced and halved

*Please choose organic ingredients if possible

## Instructions

- Drain the water from the tuna and put tuna in a large bowl
- Add the lemon juice, sea salt and pepper and toss into the tuna chunks
- Add the mayonnaise, mustard, red onion, celery, capers, dill pickles and green olives and blend (be careful not to overwork the tuna if you like large chunks)
- Serve over greens, in a lettuce cup or on sourdough with sliced hard boiled eggs
- Enjoy, and refrigerate any leftovers

*Recipe Credit: AllysKitchen.com*

# Donna's Hijiki Salad

## Ingredients

- 2 ounces dry hijiki
- 1 large onion
- 2 large carrots
- 1 teaspoon coconut oil
- Filtered water
- Dressing: 2 tablespoons extra virgin olive oil, 1 tablespoon flax seed oil, 1 tablespoon raw organic apple cider vinegar, 1/4-1/2 teaspoon sea salt to taste

## Note

- Arame works as a substitute for hijiki; you can also stir in some just-cooked, diced red skin potatoes or peas just before serving

*Please choose organic ingredients if possible

## Instructions

- Cover hijiki in filtered water and soak for 15 minutes
- Drain and discard the soaking water, then chop
- Saute onions in coconut oil and add hijiki and carrots
- Cover with water and simmer 45 minutes to 1 hour, checking occasionally to make sure the water hasn't evaporated
- Add sea salt and taste during the last 10 minutes of cooking
- Chill in the refrigerator and toss with leafy lettuce
- Whisk the dressing ingredients together and pour over the top

*Recipe Credit: Donna Gates @ bodyecology.com*



# Donna's Cucumber Wakame and Red Pepper Salad



## Ingredients

- 1/2 ounce Wakame sea vegetable (1/4 of a 2 ounce bag)
- 4 cucumbers, rinsed, peeled and very thinly sliced
- 2 teaspoons Herbamare seasoning and/or sea salt, to taste
- 1 large red pepper, washed and diced
- 1 small red onion, finely chopped
- 1/3 cup apple cider vinegar
- 2 tablespoons extra virgin olive oil
- Pinch of pepper

## Instructions

- Soak wakame for 15 minutes in enough water to cover
- Sprinkle sea salt on cucumbers and let sit for several minutes to release juices
- Remove stem and discard the soaking water from wakame; chop wakame and add to cucumbers
- Add diced red pepper and chopped red onion to cucumber and wakame
- Toss in apple cider vinegar, oil and pepper
- Chill and serve

**P*lease choose organic ingredients if possible

*Recipe Credit: Donna Gates @ bodyecology.com*

# Fresh Herb Chicken Salad

## Ingredients (serves 4)

- 2 large boneless, organic  chicken breasts (about 1 pound)
- 2 cups organic chicken broth
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon Italian Seasoning Blend
- 1/2 teaspoon sea salt
- 2/3 cup mayonnaise
- 1/2 lemon, juiced
- 1 cup red grapes, halved
- 1 cup celery, rinsed and sliced
- 1/2 cup green onions, sliced
- 1/2 cup fresh flat parsley, chopped
- 3 tablespoons fresh tarragon, chopped
- 1/2 cup walnuts, chopped

*Please choose organic ingredients if possible

*Recipe and Photo Credit: AllysKitchen.com*

## Instructions

- Put the chicken breasts in a large skillet over medium heat
- Mix onion powder, garlic powder, Italian seasoning and sea salt into the chicken broth, then pour over the chicken
- Cover and cook about 1 hour over medium heat, adding water if needed
- Remove when done and let cool; reserve any extra broth for another use
- Shred the chicken into medium chunks with your hands into a large bowl
- Combine mayonnaise, sea salt and lemon juice; add grapes, celery and green onions to the chicken, then add the mayonnaise mixture
- Add parsley and tarragon and toss; refrigerate or serve immediately



# Wild Salmon & Goat Cheese Salad



## Ingredients

- 1 package wild sockeye salmon
- 1/2 pound fresh spring salad greens
- 1 medium tomato, sliced
- 1 lime
- 2 (5 oz) logs soft fresh goat cheese, each cut into 4 round slices
- 1 egg
- 1 tablespoon water
- 1/2 cup flour
- 2 tablespoons ghee or coconut oil
- 1 cup roasted almonds, coarsely ground
- Sea salt and fresh ground black pepper
- Dressing: 1/2 cup extra virgin olive oil, 1/2 cup apple cider vinegar, 1 tablespoon mustard, 1 tablespoon pumpkin seed oil, 1 tablespoon minced red onion, 1 tablespoon Nama Shoyu or Tamari, 1/2 teaspoon sea salt

# Wild Salmon & Goat Cheese Salad (Continued)



## Instructions

- Preheat oven to 350°F
- Pat each goat cheese slice to 1/2-inch thickness
- Whisk egg and water in a small bowl; place flour in another bowl, and almonds in a shallow dish
- Roll goat cheese slices in flour, then dip in the egg mixture, then roll in almonds, pressing gently to adhere
- Place cheese in a glass baking dish and drizzle lightly with butter; sprinkle with sea salt and pepper
- Bake until almonds are lightly browned, about 10 minutes
- Squeeze fresh lime juice over the salmon; toss salad greens with dressing
- Assemble greens with salmon, top with goat cheese medallions and enjoy!

*Please choose organic ingredients if possible

*Recipe and Photo Credit: Carla Delangre @ SelinaNaturally.com*



# DRESSINGS

*The more the merrier! It's the dressing that makes the salad!*

# My Go-To Vinaigrette

## Ingredients

- 6 tablespoons extra virgin olive oil
- 3 tablespoons raw apple cider vinegar
- 3 tablespoons pure maple syrup
- Fresh squeezed lemon, to taste
- 1/2 teaspoon sea salt, or more to taste
- 1/4 teaspoon fresh ground pepper, or more to taste
- 1 teaspoon creamy Dijon mustard
- 1 garlic clove, thinly sliced
- 2 teaspoons red onion, diced



## Instructions

- Blend all ingredients together in a small bowl with a mini whisk and allow to sit on the counter at room temperature for 30 to 60 minutes before serving
- Whisk again just before pouring on your salad
- Store in a small mason jar in the refrigerator for up to 5 days

## Note:

- For a super simple version, combine 2 tablespoons olive oil, 1 tablespoon apple cider vinegar, 1 tablespoon maple syrup and a sprinkle of sea salt and pepper

*Please choose organic ingredients if possible

# Caesar Dressing

## Ingredients

- 1 clove garlic, roughly chopped
- 5 anchovy fillets
- 2 teaspoons Dijon mustard
- 1/2 cup mayonnaise
- 1/2 cup plain Greek yogurt
- 1 teaspoon worcestershire sauce
- 2 tablespoons freshly squeezed lemon juice
- 1/2 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup parmesan cheese, grated

## Note:

- Serve with romaine lettuce and croutons

## Instructions

- In a small bowl, combine the garlic and anchovies and pound together to form a thick paste (or mince finely)
- Whisk the Dijon mustard, Greek yogurt, mayonnaise, Worcestershire sauce, lemon juice, sea salt, black pepper and parmesan cheese together
- Whisk until combined and smooth
- Enjoy!

*Please choose organic ingredients if possible

*Recipe Credit: Kaleb Wyse @ WyseGuide.com*



# Bob's Homemade Greek Dressing



## Ingredients

- 1/3 cup extra virgin olive oil
- 1/4 cup red wine vinegar
- 1/4 cup fresh squeezed lemon juice
- 1 clove garlic, minced
- 1 teaspoon dried oregano
- 1 tablespoon Dijon mustard
- 1/4 to 1/2 teaspoon sea salt
- 1/4 teaspoon fresh ground pepper

## Instructions

- Blend all ingredients together in a small bowl with a small whisk and allow to sit at room temperature for 30 minutes or more
- Whisk several more times for flavors to pop
- Store in a small mason jar in the refrigerator

*Please choose organic ingredients if possible

*Recipe Credit: Bob Zink*

# Old Fashioned Iowa Dressing



## Ingredients

- 1/2 cup mayonnaise
- 2 tablespoons apple cider vinegar
- 2 teaspoons raw honey
- 1/2 teaspoon sea salt, or to taste
- 1/4 to 1/2 teaspoon freshly ground pepper, or to taste
- For serving: sliced shallots, croutons

## Note:

- Creamy and tart dressing over fresh garden lettuce, torn into pieces, with sliced shallots and croutons

## Instructions

- In a small bowl, whisk together the mayonnaise, apple cider vinegar, honey, sea salt and black pepper until smooth
- Whisk several more times for flavors to pop
- Enjoy! Use immediately or store in a small mason jar in the refrigerator for a week

*Please choose organic ingredients if possible

*Recipe Credit: Kaleb Wyse @ WyseGuide.com*

# Simple Creamy Coleslaw Dressing

## Ingredients

- 1 teaspoon sea salt
- 1 small onion (about 1/2 cup), roughly chopped
- 1 teaspoon celery seed
- 1 teaspoon ground mustard
- 3 tablespoons raw honey
- 1/2 cup apple cider vinegar
- 3/4 cup neutral extra virgin olive oil

## Note:

- Delicious on cabbage, coleslaw or any of your favorite greens! A classic dressing our grandparents always had in the fridge growing up in the Midwest

*Please choose organic ingredients if possible

*Recipe and Photo Credit: Kaleb Wyse @ WyseGuide.com*

## Instructions

- In a blender or a large bowl with a handheld immersion blender, place the apple cider vinegar, honey, olive oil, celery seed, ground mustard, sea salt and chopped onion
- Process until fully emulsified and the onion is completely incorporated
- Use immediately or store in the refrigerator for up to 2 weeks



# Ally's Authentic French Vinaigrette



## Ingredients

- 5 cloves garlic, peeled, whole
- 1/4 cup extra virgin olive oil
- 2 tablespoons stone ground mustard
- 1 tablespoon honey
- 1/2 large lemon, juiced
- 1/2 teaspoon sea salt
- 1/2 teaspoon coarse-ground pepper
- 6-8 cups romaine lettuce, rinsed and finely chopped
- Add-in: 1/4 to 1/2 teaspoon fresh ginger, grated

*Please choose organic ingredients if possible

*Recipe Credit: AllysKitchen.com*

## Instructions

- Put the garlic cloves and olive oil in a food processor and chop up finely
- Transfer to a wooden salad bowl, preferably
- Add the mustard, honey, lemon juice, ginger, sea salt and pepper
- Whisk very well until incorporated, then use a rubber spatula to smooth and slather around the bowl and halfway up the sides
- Let the dressing sit for about 10 minutes
- Add the chopped romaine and toss well in the vinaigrette
- Sprinkle with parmesan cheese and serve immediately; bon appetit!

# Green Goddess Dressing

## Ingredients

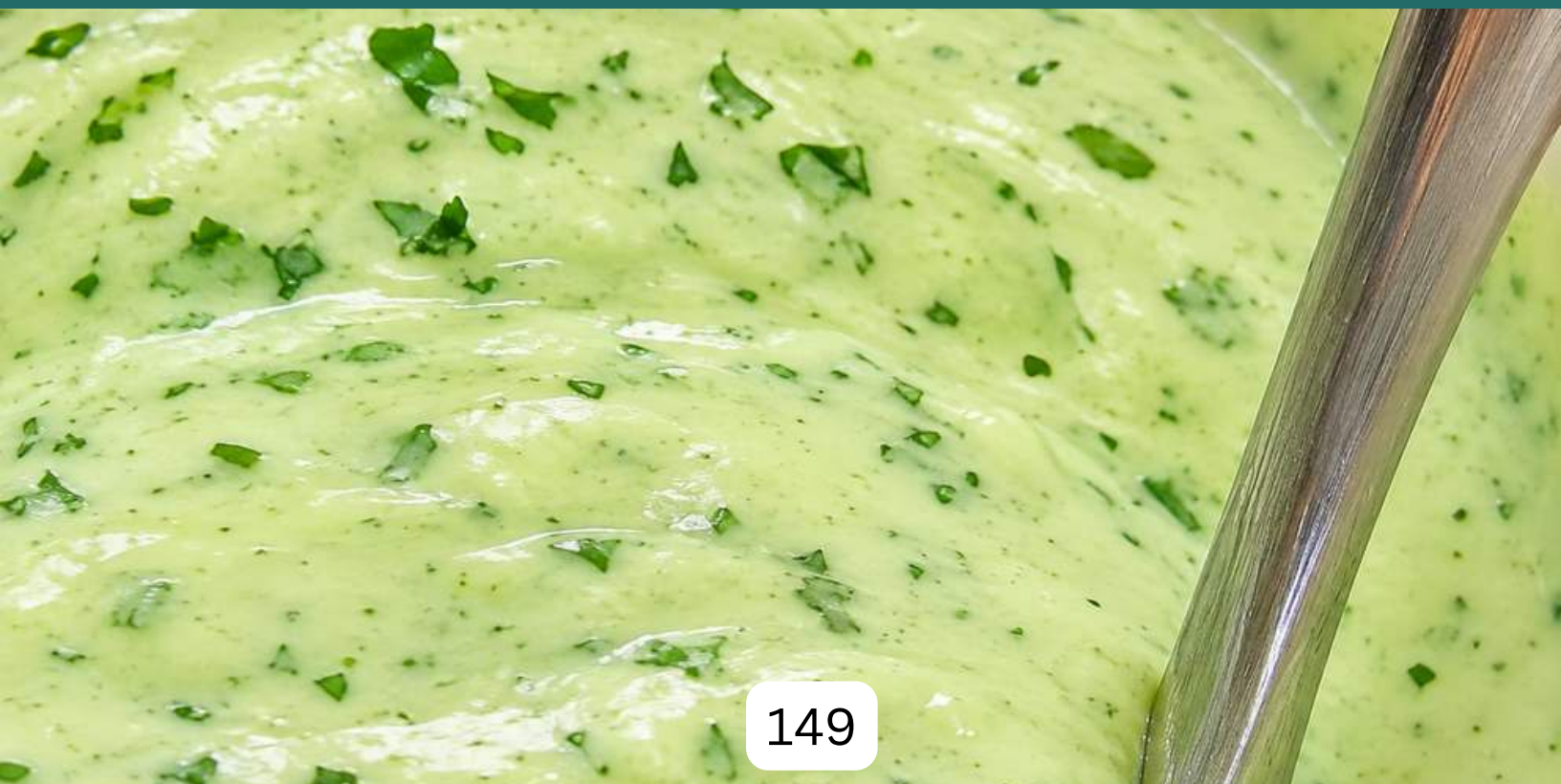
- 1 tablespoon avocado oil
- 1 tablespoon extra virgin olive oil
- 2 tablespoons freshly squeezed lemon juice
- 1 teaspoon Dijon mustard
- 1 clove garlic, minced
- 1/2 teaspoon anchovy paste
- 2-4 ounces cream cheese, softened
- 1/4 cup sour cream
- 1/2 cup fresh parsley, rinsed and dried
- 1/2 cup chives, gently rinsed and dried
- 1/2 cup spinach, washed, dried and chopped
- 2 tablespoons fresh tarragon, chopped
- 1/2 teaspoon sea salt, or to taste
- Freshly ground black pepper

## Instructions

- Add all ingredients into a mason jar, beginning with the fresh herbs
- Secure the lid and shake vigorously
- Store in the refrigerator for up to 1 week

*Please choose organic ingredients if possible

*Recipe Credit: Fortezza Ristorante, Niwot, Colorado*



# Ally's Tangy Blue Cheese Dressing



## Ingredients

- 1/4 cup sour cream
- 3/4 cup crumbled blue cheese
- 3 tablespoons mayonnaise
- 1/3 cup buttermilk
- 1 tablespoon freshly squeezed lemon juice
- 2 tablespoons fresh chives, rinsed and minced
- 1/4 teaspoon sea salt
- White pepper

## Instructions

- In a small bowl, whisk together sour cream, mayonnaise, buttermilk and lemon juice
- Stir in the crumbled blue cheese and chives
- Season with sea salt and pepper
- Cover and refrigerate at least 30 minutes, or up to 3 days, to let flavors meld
- Refrigerate until serving

*Please choose organic ingredients if possible

*Recipe Credit: AllysKitchen.com*

# Dijon Vinaigrette with Champagne Vinegar



## Ingredients

- 1 tablespoon Dijon mustard
- 1 clove garlic minced
- 2 tablespoons minced shallot
- ¾ teaspoon sea salt
- ¾ teaspoon freshly ground black pepper
- 1-2 teaspoons honey
- 2 tablespoons champagne vinegar
- ⅓ cup extra virgin olive oil

**Please choose organic ingredients if possible*
*Recipe Credit: Kaleb Wyse @ wyseguide.com*

## Instructions

- In a small bowl, whisk together the Dijon mustard, garlic, shallot, salt, black pepper, honey, and champagne vinegar until combined.
- Add the oil: Slowly drizzle in the olive oil while whisking until completely combined. Place in an airtight container and refrigerate for up to 10 days.

# Creamy Ginger Vinaigrette

## Ingredients

- 1 fresh squeezed lemon
- 2 garlic cloves, minced
- 1 small thumb-sized piece of ginger, peeled and minced
- 1/4 cup extra virgin olive oil
- 1 avocado, mashed
- 1 1/2 teaspoons honey
- 3-4 drops of stevia
- 1/2 teaspoon sea salt
- Freshly ground pepper, to taste

## Instructions

- Whisk together all ingredients in a bowl
- Serve over your favorite salad
- Store in a small mason jar in the refrigerator for 1 to 2 weeks

*Please choose organic ingredients if possible



# Honey Mustard Dressing



## Ingredients

- 2 tablespoons honey
- 3 tablespoons extra virgin olive oil
- 2 tablespoons apple cider vinegar
- 2 tablespoons Dijon mustard
- 1 garlic clove, minced
- 1/4 to 1/2 teaspoon sea salt
- 1/2 teaspoon black pepper

*Please choose organic ingredients if possible

## Instructions

- Whisk together all ingredients in a bowl
- Store in a small mason jar in the refrigerator for 1 week

# Champagne Vinaigrette

## Ingredients

- 1/4 cup champagne vinegar
- 2 teaspoons Dijon mustard
- 3/4 cup extra virgin olive oil
- 1 tablespoon maple syrup
- 1 tablespoon freshly squeezed lemon juice
- 1/2 teaspoon sea salt
- 1/8 teaspoon black pepper

*Please choose organic ingredients if possible

## Instructions

- In a small bowl, combine vinegar, maple syrup, lemon juice and mustard and whisk together
- While whisking, slowly drizzle in the olive oil
- Season with sea salt and pepper
- Store in a small mason jar in the refrigerator



# Honey Dijon Vinaigrette with Red Wine Vinegar



## Ingredients

- 1 tablespoon Dijon Mustard
- 1 tablespoon honey
- 2 tablespoons red wine vinegar
- 1 clove garlic minced
- 1 teaspoon sea salt
- 1 teaspoon freshly ground black pepper
- ½ cup extra virgin olive oil

## Instructions

- Combine ingredients in a small glass mason jar and shake
- In a small bowl, whisk together the Dijon mustard, honey, red wine vinegar and garlic until combined
- Add the sea salt and black pepper
- Slowly drizzle in the olive oil, continuing to whisk until completely combined
- Place in a glass airtight container and refrigerate for up to 10 days.
- Enjoy!

*Please choose organic ingredients if possible

# Balsamic Vinaigrette



## Ingredients

- 1/2 cup extra virgin olive oil
- 1/4 cup balsamic vinegar
- 2 teaspoons Dijon mustard
- 1 teaspoon onion powder
- 1 clove garlic, minced (or 1 teaspoon garlic powder)
- 1 tablespoon raw honey
- 1/2 teaspoon sea salt, or more to taste
- 1/8 teaspoon fresh ground pepper, or more to taste

*Please choose organic ingredients if possible

## Instructions

- In a small glass mason jar with a tight-fitting lid, combine all ingredients except olive oil and whisk together
- While whisking, gradually drizzle in the olive oil, mixing until emulsified
- Securely tighten the lid and shake well until fully combined
- Store in the refrigerator for 1 to 2 weeks, shaking well before each use

# Italian Dressing

## Ingredients

- 1/4 cup extra virgin olive oil
- 1/2 cup flax oil
- 1/4 cup filtered water
- 3 tablespoons freshly squeezed lemon juice
- 2 teaspoons honey or coconut nectar
- 1 teaspoon garlic, minced
- 1 teaspoon dried Italian seasoning
- 1/2 to 1 teaspoon onion powder
- 1 teaspoon ground mustard
- 1/2 teaspoon sea salt
- 1/4 teaspoon pepper, or more to taste

## Instructions

- Blend all ingredients in a high speed blender, or if you prefer, whisk all ingredients together in a bowl or glass mason jar
- Store in the refrigerator for up to 4 days, shaking well before each use

## Note:

- This dressing is delicious on lettuce and pasta salad

*Please choose organic ingredients if possible



# Mary's Ranch Dressing and Dip



## Ingredients

- 3/4 cup avocado oil
- 1/4 cup Greek yogurt
- 1 organic egg
- 1 teaspoon dried dill
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon sea salt
- 1/2 teaspoon pepper
- 1 teaspoon apple cider vinegar
- Squeeze of fresh lemon juice (optional)

## Instructions

- Put all ingredients into a blender or immersion blend well until creamy
- Cover and store in the refrigerator for up to 5 days
- Enjoy!

*Please choose organic ingredients if possible

*Recipe Credit: Mary Wuerdeman @ livingonpurposewithmarywuerdeman.com*

# Creamy Miso Vinaigrette

## Ingredients

- 2 tablespoons white miso paste
- 2 tablespoons rice vinegar
- 1 tablespoon fresh squeezed lemon juice
- 1 tablespoon honey
- 1 teaspoon fresh ginger, grated
- 3 tablespoons extra virgin olive oil
- 2 tablespoons filtered water
- Sea salt, to taste
- Pepper, to taste

## Instructions

- Add all ingredients to your blender and blend until smooth
- Serve with your salad of choice
- Cover and store in refrigerator for up to 5 days
- Enjoy!

*Please choose organic ingredients if possible



# Lemon Tahini Dressing



## Ingredients

- 1/3 cup extra-virgin olive oil
- 1/3 cup fresh lemon juice
- 1/3 cup tahini
- 1 teaspoon tamari soy sauce
- 2 teaspoons honey
- 2 medium cloves garlic, minced
- 1-2 tablespoons filtered water

## Instructions

- In a screw-top jar, combine the olive oil, lemon juice, tahini, soy sauce, honey, garlic and water
- Cover and shake vigorously to combine
- Taste and season with a few grinds of black pepper and sea salt
- Serve immediately or store in the refrigerator for up to 1 week; shake well before using

## Note:

- This dressing can be thick, so add water 1 tablespoon at a time to thin to your desired consistency. Delicious with roasted or sauteed vegetables, steamed broccoli, green salads, salmon and chicken

*Please choose organic ingredients if possible

# Body Ecology Dressing




## Ingredients

- 2 tablespoons extra virgin olive oil
- 1 tablespoon flaxseed oil (or flaxseed/ Evening Primrose blend)
- 1 tablespoon apple cider vinegar
- 1/4 to 1/2 teaspoon sea salt or Herbamare, to taste
- 1/4 teaspoon xanthan gum (optional, for thickening; blend in just after adding the oil)

## Note:

- Optional add-ins: dulse granules, dash of mayonnaise, pinch of cayenne, 1/2 teaspoon EcoBloom Prebiotic. Easily doubled or quadrupled and refrigerated up to 10 days

## Instructions

- Blend with a mini whisk and allow to sit on the counter at room temperature for an hour or more before refrigerating
- Enjoy!

*Please choose organic ingredients if possible

*Recipe Credit: Donna Gates @ bodyecology.com*

# Dyan's Pumpkin Seed Dressing

## Ingredients

- 3/4 cup organic extra virgin olive oil
- 1/3 cup flaxseed oil
- 1/4 cup raw organic apple cider vinegar
- 2 tablespoons roasted pumpkin seed oil
- 2 tablespoons dulse seasoning
- 1 teaspoon garlic powder
- Sea salt or Herbamare, to taste
- Pinch of cayenne pepper

## Instructions

- Combine all ingredients in a small glass jar
- Cover tightly and shake vigorously
- Chill thoroughly and enjoy!

## Note:

- May be refrigerated for 1 week. The color of this dressing is a deeper golden color because of the roasted pumpkin seed oil

*Please choose organic ingredients if possible

*Recipe Credit: Dyan Meier*



# Asian Sesame Dressing




## Ingredients

- 1/4 cup almond butter or sunflower seed butter
- 1 teaspoon ginger root, grated or ginger root powder
- 2 tablespoons Tamari soy sauce
- 1 tablespoon rice wine vinegar
- 1 teaspoon raw honey
- 1/2 teaspoon dark toasted sesame oil
- 3 tablespoons filtered hot water
- Pinch of sea salt
- Pinch of fresh ground pepper

## Instructions

- Place all ingredients in a bowl and whisk until well combined

## Note:

- This is delicious on the Asian Broccoli Salad recipe (see salads)

*Please choose organic ingredients if possible

*Recipe Credit: Vani Hari @ FoodBabe.com*

# Vidalia Onion Dressing

## Ingredients

- 1/2 cup Vidalia onion, chopped
- 1/4 cup apple cider vinegar, divided
- 1 tablespoon Dijon mustard, emulsified
- 3/4 cup extra virgin olive oil, divided
- 1/4 cup raw honey
- 1/2 teaspoon sea salt
- 1/2 teaspoon pepper, or to taste
- 1/8 teaspoon cayenne pepper

## Note:

- Delicious served over mixed greens, apples, toasted pecans and dried cranberries!

*Please choose organic ingredients if possible

## Instructions

- Heat oil in a medium skillet and add onion
- Saute onion, stirring often, until caramelized, about 10 minutes
- Add 2 tablespoons apple cider vinegar, stirring to loosen particles from the bottom of the skillet
- Remove from heat and cool 5 minutes
- Into a blender, add the onion mixture, honey, Dijon mustard, remaining apple cider vinegar, sea salt, black pepper and cayenne pepper
- Blend for 30 seconds on high speed
- Cover and chill 3 to 24 hours





# DRINKS, JUICES & TONICS

*Refresh, hydrate and nourish*

# Coconut Water Kefir

## Ingredients (for the initial fermentation)

- 1 cup from a 33.8 oz carton of coconut water
- 1 package Body Ecology Kefir Starter (bodyecology.com)



## Instructions

- Warm coconut water to 92°F (skin temperature); use an inexpensive thermometer if desired
- Place the 1 cup of warmed coconut water into a glass jar
- Add one package of Body Ecology's Kefir Starter and shake lightly to blend
- Let the initial batch ferment for 36 hours at a temperature of 76°F (a warm room temperature)
- This first cup of starter coconut water can now be used as your "starter" to inoculate a larger batch or batches
- For each subsequent quart of warmed coconut water, add 2-4 ounces of previously fermented coconut water
- Allow to ferment approximately 24 hours at 76°F, then refrigerate and drink; keeps 3-4 days for a mild, tangy taste. Enjoy!

*Please choose organic ingredients if possible

*Recipe Credit: Donna Gates @ bodyecology.com*

# Coconut Water Kefir and Coconut Milk

## Ingredients

- ½ cup coconut water kefir
- ¾ cup coconut milk

## Instructions

- Stir together and enjoy!



# 3 Ingredient Cleansing Juice

## Ingredients

- 1 cucumber
- 1-2 limes
- Light sprinkle of cayenne pepper
- Pinch of sea salt

*Please choose organic ingredients if possible

## Instructions

- Wash cucumber, slice and pop into your blender along with fresh lime juice, cayenne pepper and sea salt
- Enjoy!



# Iced Hibiscus Tea



## Ingredients

- 1/4 cup dried hibiscus leaves, or 3-4 hibiscus tea bags
- A handful of fresh mint, rinsed (stems can be included)
- 1/4 cup raw hibiscus concentrate (for a deeper, richer color)
- 8-10 drops stevia, sweeten to taste
- 2 quarts hot, purified water
- Optional: 1/2 cup coconut water kefir or probiotic drink

## Instructions

- Add all ingredients to a large pitcher
- Pour hot water over the mixture and refrigerate
- Serve with ice cubes, garnish with extra mint, and enjoy!

*Please choose organic ingredients if possible

*Recipe Credit: Donna Gates @ bodyecology.com*

# Homemade Sprite

## Ingredients

- 6 ounces CocoBiotic (bodyecology.com)
- 1 ounce fresh squeezed lemon juice
- 1 ounce fresh squeezed lime juice
- BE Sweet Liquid or a few drops of stevia, sweeten to taste

*Please choose organic ingredients if possible
R*ecipe Credit: Donna Gates @ bodyecology.com*

## Instructions

- Mix together and enjoy!



# Homemade Gatorade

## Ingredients

- 2 tablespoons ginger root, juiced
- 12 ounces sparkling water
- 1 teaspoon freshly squeezed lemon juice
- 2 tablespoons raw honey

## Instructions

- Combine all ingredients
- Enjoy!

*Please choose organic ingredients if possible
*Recipe Credit: Vani Hari @ FoodBabe.com*

## Note:

- If you don't have a juicer, you can blend the ginger with the lemon juice and squeeze the juice out through cheesecloth



# 3 Ingredient Hydration Tonic

## Ingredients

- 2 cups sparkling mineral water, chilled
- 1/4 teaspoon sea salt, or more to taste
- 1/2 organic lemon, juiced
- 2-3 slices fresh lemon, rinsed
- Stevia, sweeten to taste
- Fresh mint, optional

## Instructions

- Mix together and enjoy!

*Please choose organic ingredients if possible



# Ginger Ale Digestive Tonic

## Ingredients

- 5 ounces sparkling mineral water
- 3 ounces ginger syrup (see instructions)
- 4 cups water
- 4-5 inch piece fresh ginger
- 1/2 teaspoon white stevia powder, or 1 teaspoon liquid BE Sweet
- 2 tablespoons pure vanilla extract
- 1 tablespoon freshly squeezed lemon juice

*Please choose organic ingredients if possible

*Recipe Credit: Donna Gates @ bodyecology.com*

## Instructions

- For the ginger syrup:  bring water to a boil in a small saucepan
- Peel and finely chop the ginger; add to the boiling water with the stevia or BE Sweet, reduce heat to low, and simmer gently 8 to 10 minutes
- Strain the liquid into a heatproof container and stir in the vanilla and lemon juice
- Cover and allow to sit at room temperature
- Pour the ginger syrup into a 10 oz glass and add ice cubes
- Slowly add sparkling water, stir and enjoy over ice!



# Sour Fruit Juice Spritzer



## Ingredients

- 2 ounces InnergyBiotic (.bodyecology.com) or your favorite Sparkling Probiotic Drink
- 2 ounces sparkling mineral water
- 1/2 cup pomegranate, cranberry or acai juice
- 2 to 3 drops stevia, sweeten to taste

## Instructions

- Mix together and enjoy!

## Note:

- Great boost for your adrenals!

*Please choose organic ingredients if possible

*Recipe Credit: Donna Gates @ bodyecology.com*

# Berry Blast Slushy

## Ingredients (makes 3 servings)

- 1 cup coconut water
- 1 cup frozen mixed berries
- 2 cups ice cubes
- Stevia or BE Sweet, sweeten to taste

## Instructions

- Place coconut water and berries in a blender and blend on high until smooth
- Add ice beginning with 1 cup
- Keep adding ice and blend until desired consistency is reached
- Sweeten to taste
- Cheers!

*Please choose organic ingredients if possible

*Recipe Credit: Carla @ SelinaNaturally.com*



# Maria's Probiotic Fruit Punch



## Ingredients

- 1 cup unsweetened organic pomegranate juice
- 1/4 cup unsweetened organic cranberry juice
- 1/2 cup sparkling mineral water
- 2 ounces CocoBiotic or your favorite sparkling probiotic drink
- For garnish: mixed berries, rinsed and drained

## Note:

- May be doubled or quadrupled and served in a punch bowl if entertaining

## Instructions

- Combine all ingredients (except berries) in your favorite glass container and chill in the refrigerator
- When ready to serve, add berries as garnish
- Cheers!

**Please choose organic ingredietns if possible

*Recipe Credit: Maria Hunt*

# Sour Cherry Coconut Tonic

## Ingredients (serves 1)

- 6 ounces CocoBiotic or Probiotic Sparkling Drink of your choice
- 4 ounces sour cherry juice
- 1.5 ounces organic vodka (optional)
- 2 to 3 drops stevia
- Cherries, as garnish

**Please choose organic ingredients if possible
*Recipe Credit: Donna Gates @ bodyecology.com*

## Instructions

- Stir and enjoy!

## Note:

- Great boost to your adrenals; add vodka if making a cocktail



# Lavender Lemonade



## Ingredients

- 1 cup hot boiling filtered water
- 5 cups cold filtered water
- 1/3 to 1/2 cup raw honey, sweeten to taste
- 1/2 cup fresh squeezed lemon juice (about 4 lemons), plus more to taste
- 1 tablespoon organic dried lavender flower buds (Royal Purple Lavender turns the lemonade a pretty pink)

## Instructions

- Pour the boiling water into a jar
- Stir in honey until dissolved
- Add lavender and let sit at room temperature to infuse for about 30 minutes
- Strain and discard the lavender
- Pour into a pitcher and add the lemon juice and cold water
- Refrigerate and serve over ice with lemon slices

*Please choose organic ingredients if possible

# Summertime Frozen Margarita



## Ingredients (serves 4)

- 1 cup lime juice, freshly squeezed
- 1 cup Silver tequila
- 1/2 cup Grand Marnier
- 2 tablespoons organic agave nectar, raw honey or BE Sweet
- Few drops of stevia or 1/2 teaspoon pure maple syrup
- 6 cups ice
- Lime wedges and coarse salt, for rimming (optional)
- Lime zest (optional)

*Please choose organic ingredients if possible

## Instructions

- Squeeze fresh limes and set aside
- Run a lime wedge around the rim of 4 glasses; coat with coarse salt if desired
- Add all ingredients to a large blender and blend until slushy
- Taste and add sweetener if desired
- Pour into prepared glasses, garnish with lime wedge and zest
- Cheers!

# Raw Fruit Virgin Margarita

## Ingredients (serves 2)

- 1/2 cup filtered water
- 2 medium nectarines, stone removed and roughly chopped
- 2 limes, peeled and quartered
- Pinch of cayenne pepper
- Pinch of Celtic sea salt, plus more to taste
- 1 medium frozen sliced banana
- 1 1/2 cups frozen pineapple

## Instructions

- Add all ingredients to your blender and blend on high about 30 seconds until smooth and frosty
- Salt the rims of 2 cocktail glasses, divide the mixture evenly between them and enjoy!
- Cheers!

## Note:

- A dash of cayenne pepper gives this a nice kick!

*Please choose organic ingredients if possible
Recipe Cre*dit: Uncooking 101*



# Hugo Spritz



## Ingredients (serves 1)

- 1 1/2 ounces St-Germain Elderflower Liqueur
- 2 ounces Prosecco sparkling white wine
- 2 ounces sparkling mineral water
- 2-3 drops stevia or 1/8 teaspoon BE Sweet, sweeten to taste (optional)
- Lime wedge
- Fresh mint leaves, rinsed and dried, for garnish
- Ice

*Please choose organic ingredients if possible

## Instructions

- Choose your favorite cocktail glass and add ice
- Add St-Germain Elderflower Liqueur, Prosecco and sparkling mineral water
- Sweeten to taste
- Squeeze in a fresh lime wedge
- Stir and garnish with fresh mint leaves
- Cheers!

# Pina Colada

## Ingredients (serves 2)

- 1 cup coconut milk, or 1 1/2 cups canned coconut milk, unsweetened
- 1 cup pineapple, frozen
- 1 cup fresh, ripe pineapple, chopped
- 1/2 cup pineapple juice, unsweetened
- 1/2 teaspoon BE Sweet liquid or 1 tablespoon pure maple syrup
- 1/2 teaspoon pure vanilla extract
- 3 tablespoons white rum (optional)
- 1 cup ice cubes



## Instructions

- Add all ingredients to your high-powered blender
- Blend together for 30-60 seconds
- Cheers!

*Please choose organic ingredients if possible

# Green Goddess Matcha Latte



## Ingredients (serves 1)

- 1 1/2 cups unsweetened coconut milk
- 1/2 teaspoon Japanese Ceremonial Blend Matcha
- 1/2 teaspoon pure vanilla extract (optional)
- 4-6 drops stevia, sweeten to taste
- Pinch of sea salt
- Ice

## Instructions

- Add all ingredients to a shaker cup with ice, shake, strain and enjoy!
- Cheers!

## Note:

- Rich in chlorophyll, antioxidants and vitamins

# Chocolate Protein Coffee Frappe

## Ingredients (serves 2)

- ½ banana, peeled
- 1 cup brewed coffee
- 1 cup ice
- 1 scoop Body Ecology Probiotic Protein Powder
- 1-2 tablespoons cacao powder
- 1 tablespoon maple syrup or Lakanto monk fruit sweetener
- 1 teaspoon MCT Oil
- Pinch sea salt



## Instructions

- Add coffee and ice to blender and pulse to cool it down
- Add banana, protein powder, cacao, maple syrup or Lakanto, MCT oil and collagen (if using) to your blender and combine
- Enjoy to power up your morning or as an afternoon energizer!

*Please choose organic ingredients when possible

# 5 Ingredient Eggnog

## Ingredients (serves 1)

- 1 cup coconut milk, unsweetened
- 1 organic egg
- 1 1/2 teaspoons Lakanto Monkfruit Sweetener
- Pinch of nutmeg
- Pinch of sea salt
- 1.5 ounces rum (optional)

## Instructions

- Add all ingredients to your blender and whip together
- Cheers!

*Please choose organic ingredients if possible



# Donna's Acaítíni



## Ingredients (serves 1)

- 8 ounces acai juice
- 3 ounces CocoBiotic or Kevita Probiotic Sparkling Drink in lemon ginger flavor
- 1.5 ounces organic vodka (optional)
- 1 teaspoon BE Sweet Liquid or 2-3 drops stevia, or sweeten to taste

*Please choose organic ingredients if possible

Recipe *Credit: Donna Gates @ bodyecology.com*

## Instructions

- Stir and serve in your favorite chilled martini glass
- Cheers!

# Donna's Coconut Mojito

## Ingredients (serves 1)

- 8 ounces CocoBiotic
- 1.5 ounces organic vodka (optional)
- Juice of 1/2 lemon
- 2 leaves fresh mint
- 2 drops stevia

## Instructions

- Stir and add a lemon wedge and fresh mint
- Cheers!

## Note:

- The probiotic drink mitigates the effects of alcohol the next day

*Please choose organic ingredients if possible

*Recipe Credit: Donna Gates @ bodyecology.com*



# Donna's Champagne Mocktail



## Ingredients (serves 1)

- 8 ounces sparkling water
- 3 ounces CocoBiotic
- Juice of 1/2 lemon

## Instructions

- Stir together
- Cheers!

*Please choose organic ingredients if possible
*Recipe Credit: Donna Gates @ bodyecology.com*

# Donna's Sparkling Kefir Lemonade



## Ingredients (serves 1)

- 8 ounces plain kefir
- 3 ounces CocoBiotic
- Juice of 1/2 lemon
- A few drops of stevia, sweeten to taste

*Please choose organic ingredients if possible

*Recipe Credit: Donna Gates @ bodyecology.com*

## Instructions

- Stir together and enjoy!
- Cheers!

# 3 Ingredient Homemade Hot Chocolate

## Ingredients

- 1 cup cacao powder
- 1 cup coconut sugar
- 1 1/2 cups coconut milk powder
- 1 quart-sized glass mason jar

## Note:

- Optional add-ins per cup (with the water): 1/2 teaspoon vanilla extract or 1/2 teaspoon peppermint extract.
- Each jar makes 18 servings

*Please choose organic ingredients if possible

*Recipe and Photo Credit: Vani Hari @ FoodBabe.com*

## Instructions

- To make the cocoa mix: sift together the ingredients until well combined; store in an airtight container
- To make a cup of hot cocoa, heat 8 ounces of water and add 3 tablespoons of cocoa mix
- Stir well to combine



# Pumpkin Spice Latte



## Ingredients (serves 2)

- 2 cups milk
- 2 tablespoons pure pumpkin puree
- 1/2 teaspoon pumpkin pie spice
- 2 teaspoons pure vanilla extract
- 1 1/2 tablespoons pure maple syrup
- 1/2 cup coffee, or 1 shot espresso

## Note:

- Substitute non-dairy milk if you'd like; use strong coffee or 2 shots espresso

*Please choose organic ingredients if possible

*Recipe Credit: Vani Hari @ FoodBabe.com*

## Instructions

- In a small saucepan, add milk, pumpkin puree, spices, vanilla extract and maple syrup
- Heat over medium heat until hot but not boiling, stirring frequently
- Add 1/2 cup coffee or 1 shot espresso to 2 mugs
- Pour 8 oz of the milk mixture into each mug and stir to combine
- Top with whipped cream, if desired



# SMOOTHIES & SHAKES

*Smoothies are a great way to begin your day. There are no limits on the variety of combinations you can create! Here are a few of my favorites!*

# Costa Rica Morning Smoothie

## Ingredients

- 2 stalks celery, rinsed and chopped
- 18 ounces ( 2 ¼ cups) fresh or frozen pineapple
- 2 fresh oranges, peeled and quartered
- ¼ cup fresh mint, rinsed
- ½ cup filtered water

## Instructions

- Combine in a blender
- Enjoy

*Please choose organic ingredients if possible



# Creamy Orange Surprise



## Ingredients

- 2 cups fresh squeezed organic orange juice
- 2 cups kefir, or 1 1/2 cups plain yogurt
- 1/2 cup filtered water
- 1 teaspoon pure vanilla extract or vanilla powder
- 10 drops stevia, sweeten to taste
- Ice cubes

## Note:

- For a single serving, combine 1/2 cup kefir with the juice of half a fresh squeezed orange.
- Sweeten to taste

## Instructions

- Combine all ingredients in a blender or stir by hand and add to a pitcher
- Keep this one in the fridge for busy mornings!
- Enjoy!

*Please choose organic ingredients if possible

# Go Green Morning Smoothie

## Ingredients

- 2 stalks celery, washed
- 2 leaves romaine lettuce, rinsed
- 1 small zucchini, washed (may be frozen)
- 1 small cucumber, washed
- Handful of fresh mint
- Large squirt Barlean's 3-6-9 Blueberry Pomegranate Swirl
- 1/2 cup filtered water
- Few drops liquid stevia or BE Sweet, sweeten to taste
- Pinch of sea salt

## Instructions

- Wash vegetables and throw all ingredients into your blender
- Blast on high for 30-60 seconds, until smooth and creamy
- Enjoy!

*Please choose organic ingredients if possible

*Recipe Credit: Donna Gates @ bodyecology.com*



# Power-Up Smoothie



## Ingredients

- 8 ounces coconut milk
- 1 tablespoon coconut oil
- 1-2 tablespoons spirulina
- 1 teaspoon chlorella powder
- 1 tablespoon almond butter
- 20 fresh mint leaves, rinsed
- Raw organic honey
- Ice (optional)
- Pinch of sea salt

## Instructions

- Blend all ingredients together in a high speed blender
- Enjoy cold and refreshing!

## Note:

- Get all the benefits of chlorophyll with spirulina and chlorella to support immune, brain, skin and glowing eyes!

*Please choose organic ingredients if possible

# Mystical Magical Mango



## Ingredients

- 1 cup frozen mango
- 1-inch piece ginger, peeled and chopped
- 1 banana
- 1/2 cup fresh blueberries, rinsed
- 1/2 cup unsweetened coconut milk
- 1/2 cup plain goat's milk kefir
- 1/4 cup organic orange juice
- 1/2 cup filtered ice water
- 4 drops stevia
- Pinch of sea salt

*Please choose organic ingredients if possible

## Instructions

- Blend all ingredients together in a high speed blender

## Note:

- Mango's potassium and fiber aid in regulating blood pressure, and its enzymes and vitamins C, A and E cleanse the liver and assist digestion. Mangos are fantastic for collagen formation and glowing skin, hair and nails

# Anti Inflammatory Smoothie

## Ingredients

- 1 scoop Body Ecology Probiotic Protein Shake
- 2-inch piece ginger, chopped
- 2 cups dark leafy greens
- 1 cup celery, chopped
- 1 cup mixed berries, frozen
- 1/2 cup filtered water
- Pinch of sea salt

**Please choose organic ingredients if possible*
*Recipe Credit: Donna Gates @ bodyecology.com*

## Instructions

- Peel skin from ginger and finely chop
- Rinse greens and celery and chop into a few pieces
- Blend all ingredients together in a high speed blender
- Drink to your vibrant health!



# Lunar Eclipse Smoothie



## Ingredients

- 1/2 cup kefir, plain
- 1/2 avocado
- 1/2 cup fresh pineapple
- 2 stalks celery
- 3 wedges Granny Smith apple, washed
- Fresh mint leaves, rinsed
- 1/2 cup ice water
- 1/2 teaspoon MCT oil
- 1 teaspoon maple syrup
- Fresh mint, for garnish

**Please choose organic ingredients if possible*

## Instructions

- Rinse vegetables and fruit and slice
- Blend all ingredients together in a high speed blender
- Enjoy!

# Summer Solstice Smoothie

## Ingredients

- 1/2 cup goat kefir (blueberry, pomegranate and acai flavor)
- 1 cup coconut milk
- 1 Granny Smith apple, washed and cut in quarters
- 2 stalks celery, washed and cut in quarters
- Handful of arugula, washed
- 1/2 cup cilantro, loosely packed
- Splash of milk
- Splash of filtered ice water
- 6 drops stevia

*Please choose organic ingredients if possible

## Instructions

- Blend all ingredients together in a high speed blender
- Enjoy!



# Pineapple Cilantro Smoothie



## Ingredients

- 1 cup frozen pineapple
- 1 cup fresh pineapple
- 1 handful cilantro, rinsed and chopped
- 1 small organic cucumber with skin, washed and chopped
- 1 cup unsweetened coconut milk
- 1 cup filtered water
- 1 tablespoon sweetened condensed milk (optional)
- Optional add-in: Nordic Naturals Omega 3 Fish Oil

## Instructions

- Combine all ingredients in a blender
- Enjoy!

*Please choose organic ingredients if possible

# Melon Twist Smoothie



## Ingredients (serves 2)

- 1 1/2 cups chilled cantaloupe, chopped
- 1 1/2 cups chilled honeydew melon, chopped
- 1-inch piece fresh ginger, grated
- 1/2 lemon or lime, freshly squeezed
- 1 orange, peeled and cut in large chunks
- 1/2 teaspoon BE Sweet or 5-6 drops stevia, sweeten to taste
- 1/2 cup goat milk kefir, plain
- 1/2 cup filtered water
- Pinch of sea salt
- 1 tablespoon sweetened condensed milk (optional)

## Instructions

- Combine all ingredients in a blender and blend until creamy
- Enjoy!

*Please choose organic ingredients if possible

# Market Green Smoothie

## Ingredients

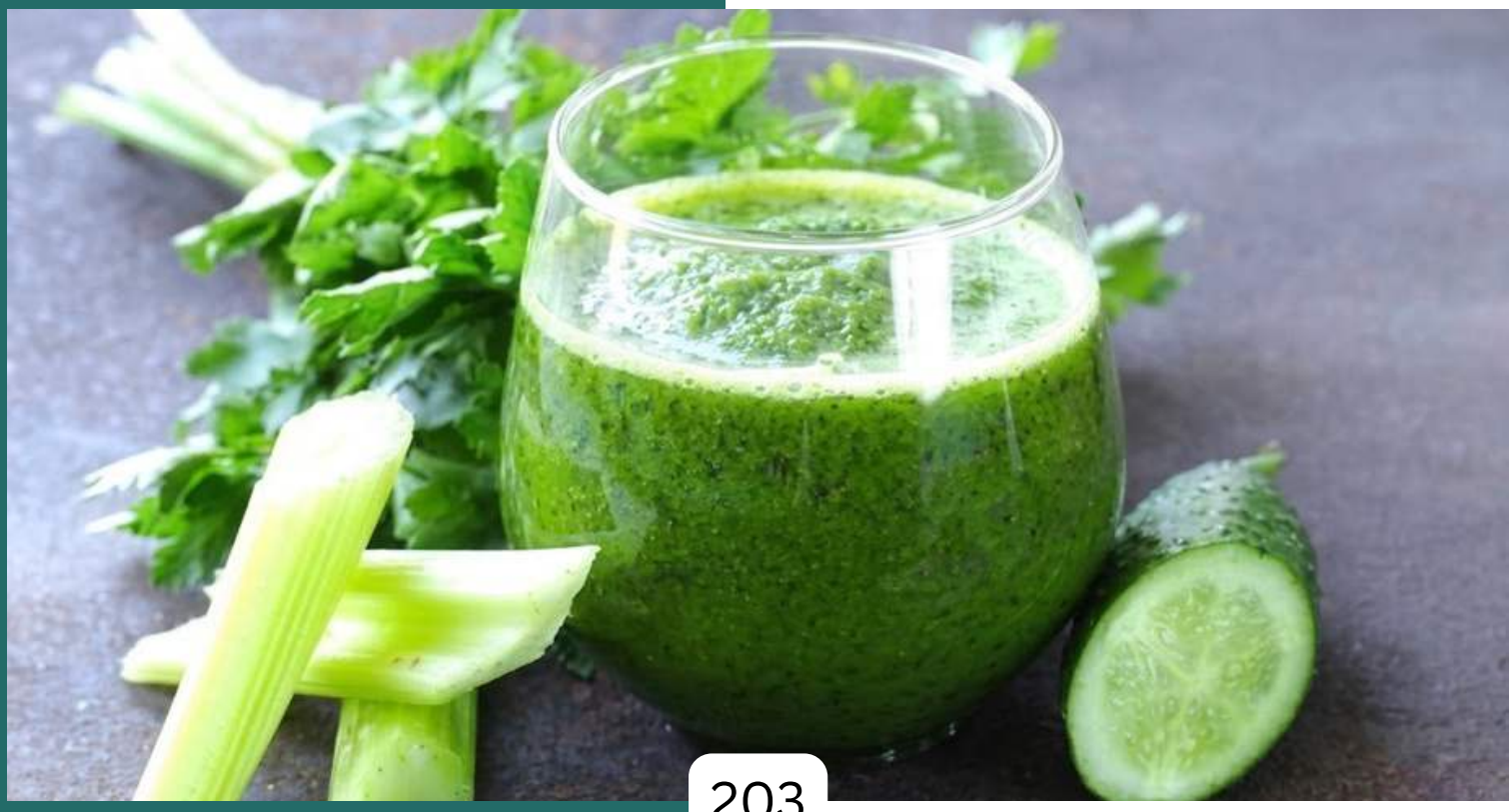
- 3 small cucumbers, washed, unpeeled and chopped
- 2 stalks celery, washed and chopped
- 1 whole green apple, cored and chopped
- 1 lemon, washed and cut in sections
- 1 lime, washed and cut into sections
- 2 inches fresh ginger, peeled and chopped
- 1 heaping handful of spinach, washed and chopped
- Filtered water to cover
- 1 cup of ice
- Pinch of sea salt
- Stevia to taste
- Chia Seeds

## Instructions

- Puree ingredients in a blender adding more water if needed
- Sprinkle chia seeds on top
- Enjoy!

*Please choose organic ingredients if possible

*Recipe and Photo Credit: Donna Gates @ bodyecology.com*



# Pineapple Ginger Smoothie



## Ingredients (serves 2)

- 1 cup celery, rinsed and chopped
- 1 Granny Smith green apple, rinsed and chopped
- 1-inch piece ginger, peeled and chopped
- 2 zucchini, rinsed and chopped
- 1 (16 oz) package frozen pineapple
- 2 tablespoons coconut butter
- 1 cup coconut water kefir or Innergy Biotic
- 4 cups filtered water

*Please choose organic ingredients if possible

*Recipe Credit: Donna Gates @ bodyecology.com*

## Instructions

- Add all ingredients to a blender and mix until smooth and creamy
- Enjoy!

# Surprise Smoothie

## Ingredients

- 1 cup coconut milk, unsweetened
- 1 cup frozen strawberries
- 1/2 avocado
- 1 handful spinach, rinsed
- 1 tablespoon almond butter
- 1/2 teaspoon pure vanilla extract
- Few drops stevia, sweeten to taste
- Pinch of sea salt

*Please choose organic ingredients if possible

## Instructions

- Blend all ingredients together in a high speed blender until smooth
- Enjoy the surprise of a green smoothie that tastes sweet and fruity!



# Pretty in Pink



## Ingredients

- 1 cup frozen strawberries
- 1/2 cup fresh raspberries
- 1/2 beet, peeled and chopped
- 1/2 cup kefir or yogurt, plain
- 1/2 cup coconut milk, unsweetened
- 1/2 cup filtered water
- Few drops stevia, sweeten to taste
- Pinch of sea salt

## Instructions

- Blend all ingredients together in a high speed blender until smooth
- Enjoy!

*Please choose organic ingredients if possible

# Very-Veggie Blast



## Ingredients

- 1 cucumber, washed and chopped
- 2 stalks celery, washed and chopped
- 1 cup fresh spinach, rinsed
- 1/2 Granny Smith green apple, washed and chopped
- 1/2 lemon, juiced
- 1-inch piece ginger, peeled and chopped
- 1/2 cup filtered water
- Few drops stevia, sweeten to taste
- Pinch of sea salt

*Please choose organic ingredients if possible

## Instructions

- Blend all ingredients together in a high speed blender until smooth
- Enjoy this refreshing veggie-packed blast!

# Donna's Market-Green Smoothie

## Ingredients (serves 2)

- 3 cucumbers, unpeeled, washed and chopped
- 1 whole Granny Smith green apple, washed and chopped
- 1 cup celery root, peeled and chopped
- 1 whole lemon, peeled and cut into sections
- 1 whole lime, peeled and cut into sections
- 2-inch piece fresh ginger, peeled and chopped
- 1 heaping handful baby spinach, washed
- Filtered water to cover
- 1 cup ice
- Optional add-ins: frozen berries, coconut kefir, coconut meat

*Please choose organic ingredients when possible
*Recipe Credit: Donna Gates @ bodyecology.com*

## Instructions

- Place all the ingredients in a blender and puree, adding more water if needed
- Enjoy!



# Donna's Cheery Cherry Smoothie



## Ingredients (serves 2)

- 1 cucumber, washed and chopped
- 6 ounces dark frozen cherries
- 2 zucchini, washed and chopped
- 3 large romaine lettuce leaves, washed and torn
- 1/2 cup coconut meat
- 1-inch piece ginger, peeled and chopped
- 1 cup fresh mint leaves, rinsed
- 12 drops stevia or 1/2 teaspoon BE Sweet Liquid
- 1 cup sparkling mineral water or Innergy Biotic
- 1 cup filtered water

## Instructions

- Place all the ingredients in a blender, adding more water if needed
- Enjoy!

*Please choose organic ingredients if possible

*Recipe and Photo Credit: Donna Gates @ bodyecology.com* •

# Mango & Pineapple Smoothie

## Ingredients (serves 2)

- 1 fresh mango, peeled and sliced, or 1 cup frozen mango
- 2 cups frozen pineapple
- Juice from half a fresh squeezed lemon
- 1 cup plain kefir
- 1/2 cup water
- 1-inch piece fresh ginger, peeled and grated
- 1 1/2 cups unsweetened flax milk or milk of choice
- 1 tablespoon flax oil
- 1 tablespoon pure maple syrup
- 3 drops stevia
- Optional add-ins: 2-3 pieces baby bok choy, 3 stalks celery, 1/4 teaspoon sea salt, 1 teaspoon ashwagandha powder, 1 teaspoon raw maca powder

*Please choose organic ingredients if possible

## Instructions

- Add all ingredients to a high speed blender and blend until creamy
- Adjust liquid to your preferred consistency
- Enjoy!



# Aloe Citrus Magic Smoothie



*Please choose organic ingredients if possible

## Ingredients (serves 2)

- 1 cup fresh pineapple
- 1 cup frozen mango
- Half a large lemon, juiced
- 2 tablespoons pure aloe vera juice from the inner leaf
- 1 stalk celery, rinsed and cut into pieces
- 2 small cucumbers, rinsed and peeled
- 1 handful fresh parsley, rinsed
- 1 handful fresh cilantro, rinsed
- 1 cup coconut milk, unsweetened
- 1/2 cup milk
- 1/2 cup filtered water
- 6 drops stevia
- 1 teaspoon pure maple syrup
- Boosters: 2 teaspoons Nordic Naturals Omega 3 fish oil, 1 packet unflavored gelatin

## Instructions

- Add all ingredients to a high speed blender and blend until creamy
- Enjoy!

## Note:

- Aloe vera juice is a wonderful supplement for weight loss, detox, digestion, heart health, rheumatoid arthritis, radiant skin and immunity

# Tastes like a Milkshake Smoothie



## Ingredients (serves 2)

- 2 cups coconut milk
- 1 scoop probiotic protein powder
- 1 teaspoon raw maca powder
- 1 tablespoon cacao powder
- 2 frozen bananas, sliced into chunks
- 1-2 tablespoons almond butter
- 1/4 teaspoon pure vanilla extract

## Note:

- A childhood favorite upgraded with superfoods!

*Please choose organic ingredients if possible

## Instructions

- Add all ingredients to a high speed blender and blend until creamy
- Enjoy!

# Donna's Green Smoothie

## Ingredients

- 2-3 stalks celery, washed and chopped
- 2 leaves romaine lettuce, rinsed and chopped
- 1 zucchini, washed and chopped (may be frozen)
- 1 large green apple, washed, cored and chopped
- 2-inch piece fresh ginger, peeled
- 1 handful fresh mint leaves, rinsed (or to taste)
- 1/4 cup fresh coconut meat (optional)
- 3 drops stevia or BE Sweet Liquid
- Pinch of sea salt

*Please choose organic ingredients if possible
*Recipe and Photo Credit: Donna Gates @ bodyecology.com*

## Instructions

- Combine all the ingredients in a blender and blast on high for 30-60 seconds, until smooth and creamy
- Enjoy!



# Super C Beauty Smoothie



## Ingredients

- 1 cup fresh strawberries, rinsed  well and hulled
- 1/2 red bell pepper, rinsed and sliced
- 1/2 cup cauliflower, rinsed and pulled apart
- 1 cup spinach, rinsed well
- 1 banana
- 2 tablespoons chia seeds
- 3/4 cup coconut milk
- Pinch of sea salt

## Instructions

- Add all ingredients to a blender and combine until smooth
- Enjoy!

*Please choose organic ingredients if possible

*Recipe and Photo Credit: Vani Hari @ FoodBabe.com*

# Cranberry Apple Mint Smoothie

## Ingredients

- 1 cup fresh cranberries, rinsed, or 1 cup pure cranberry juice
- 1/2 Granny Smith apple, rinsed and seeds removed
- 1 small cucumber, peeled
- 1/2 avocado, pitted and peeled
- 3 romaine lettuce leaves, rinsed
- 1/2 cup coconut milk
- 1 cup water
- 1/2 cup milk kefir, plain
- 1-2 tablespoons pure maple syrup
- 3 drops stevia
- 4 fresh mint leaves, rinsed
- Optional boosters:
  2 scoops Body Ecology Vitality Supergreen or other green powder (see brand recommendations)
  1 teaspoon fresh ginger, minced

*Please choose organic ingredients if possible

## Instructions

- Place all the ingredients in a blender and blast on high until smooth and creamy
- Sweeten to taste
- Enjoy!



# Papaya Joy



## Ingredients

- 2 cups fresh ripe papaya, scooped out of peel, or canned papaya
- 3/4 cup fresh or frozen mango
- 1 cup coconut milk
- 2 teaspoons fresh squeezed lemon juice
- 1/4 teaspoon lemon zest, pre wash lemon
- 2 teaspoons fresh ginger, minced
- 1/4 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon BE Sweet or 5 drops stevia
- 1 cup ice cubes
- 1 teaspoon flaxseed oil or ground flaxseed

## Instructions

- Place all the ingredients in a blender and mix until consistency is smooth and creamy
- Enjoy!

*Please choose organic ingredients if possible

# Peachy Green Smoothie



## Ingredients (serves 2)

- 4 peaches with skins on, washed
- 4 scoops Vitality Supergreen (bodyecology.com)
- 1 cup coconut or flax milk, unsweetened
- 1 cup filtered water
- 1 cup ice
- 4 drops stevia or BE Sweet
- 2 teaspoons pure maple syrup
- Optional add-in: 2 teaspoons MCT oil

*Please choose organic ingredients if possible

## Instructions

- Blend together in a high powered blender
- Enjoy!

# Mango Coconut Smoothie

## Ingredients

- 1 cup coconut milk
- 1/2 cup coconut water
- 1 cup frozen mango
- 1 handful dandelion greens, rinaws
- 1/2 avocado
- Splash of fresh squeezed lime juice and lime zest
- 1/4 teaspoon sea salt
- 1 tablespoon pure maple syrup
- Optional add-in: turmeric powder

*Please choose organic ingredients if possible

## Instructions

- Combine all ingredients in a blender
- Enjoy!



# Good Morning Greens Smoothie



## Ingredients

- 1 Granny Smith green apple, rinsed
- 4-5 stalks celery, rinsed
- 3-4 romaine lettuce leaves, rinsed
- 1/2 avocado
- 1/2 bunch cilantro, rinsed
- Juice of 1/2 lemon
- 1/2 teaspoon natural sweetener
- 3-4 cups filtered water
- 1/4 teaspoon sea salt

*Please choose organic ingredients if possible

## Instructions

- Wash all fruits and vegetables and puree in blender, adding more water if needed
- Enjoy!

# Watermelon Papaya Smoothie

## Ingredients (serves 2)

- 1 large organic ripe papaya, or 1 cup canned papaya
- 1 1/2 cups fresh watermelon, lightly chopped
- 1/2 cup frozen blueberries
- 1 cup coconut milk
- 1/4 cup plain yogurt or plain kefir
- 1/2 cup water
- 1/4 cup Half and Half
- 1 tablespoon pure maple syrup
- Optional add-in: 1 teaspoon Omega 3

*Please choose organic ingredients if possible

## Instructions

- Place all the ingredients in a blender and mix until consistency is smooth and creamy
- Enjoy!



# Beet Pomegranate Bliss



## Ingredients

- 1 beet, peeled
- 1/2 cup pomegranate juice
- 1/2 cup kefir, plain
- 1/2 cup filtered ice water
- Squeeze of 1/2 lemon
- 1/2 cup blueberries
- 1 tablespoon pure maple syrup
- Handful of cilantro, rinsed
- 1/2 cup milk
- 1/4 teaspoon BE Sweet or stevia, sweeten to taste

## Instructions

- Place all the ingredients in a blender and mix until consistency is smooth and creamy
- Enjoy!

*Please choose organic ingredients if possible

# Blueberry Papaya Smoothie



## Ingredients (serves 2)

- 1 large ripe papaya, or can of papaya chunks
- 1/2 cup frozen blueberries
- 1 cup coconut milk or kefir
- 1/2 cup yogurt, plain
- 1/2 cup water
- 1/4 cup Half and Half
- 1 tablespoon pure maple syrup
- 2 teaspoons flax oil
- 1/2 lemon, freshly squeezed
- Optional add-ins: 1 teaspoon ashwagandha, 1 scoop collagen, 1 scoop protein powder

*Please choose organic ingredients if possible

## Instructions

- Place all the ingredients in a blender and mix until consistency is smooth and creamy
- Enjoy!

# Watermelon Beet Smoothie

## Ingredients (serves 4)

- Fresh mini watermelon, chopped
- 1 fresh cut red beet, peeled and chopped
- Juice of 1/2 Granny Smith green apple, rinsed and chopped
- Juice of 1/2 Pink Lady apple, rinsed and chopped
- 1/4 to 1/2 cup yogurt, plain
- 1/2 cup organic strawberries, frozen or fresh, rinsed well if fresh
- 1/2 cup coconut milk, unsweetened
- 1/2 cup filtered ice water, to desired thickness

## Instructions

- Place all the ingredients in a blender and mix until consistency is smooth and creamy
- Enjoy!

## Note:

- This recipe makes a lot, so you can keep it in the refrigerator for later in the day

*Please choose organic ingredients if possible



# Kickin' Kale Banana Shake



## Ingredients (serves 2)

- 1 cup Lacinato kale, washed and chopped
- 2 frozen bananas
- 1 tablespoon maple syrup
- 1/2 teaspoon pure vanilla extract or almond extract
- 1 teaspoon ginger, minced
- 1 tablespoon MCT oil
- 1 tablespoon chia seeds
- 1 tablespoon almond butter
- 1 cup filtered ice water
- 1 cup plant-based milk of choice, unsweetened
- Pinch of sea salt
- 1/2 teaspoon BE Sweet Liquid
- 3 drops stevia

## Instructions

- Add all ingredients to your blender and blend until well combined
- Enjoy!

*Please choose organic ingredients if possible

# Migraine Reliever Smoothie

## Ingredients

- 1/2 pineapple, chopped
- 3-4 Lacinato kale leaves, washed and chopped
- 1 stick of fennel
- 1 stalk celery, washed and chopped
- 1/2 cucumber, rinsed and peeled
- 1/4 cup lemon juice, fresh squeezed
- 1/2 inch ginger root, chopped
- 1/2 cup ice

*Please choose organic ingredients if possible

*Recipe Credit: juicing-for-health.com*

## Instructions

- After washing vegetables, place in a blender and blast at high speed for 30-60 seconds



# Mint Vanilla Milkshake

## Ingredients

- 1/4 cup milk kefir, plain
- 1/2 cup whole fresh mint leaves
- A handful of ice
- 2 tablespoons heavy whipping cream
- 1 scoop Body Ecology Protein Shake
- 1/2 teaspoon pure vanilla extract or vanilla bean
- 1 teaspoon non-GMO soy lecithin
- 1/2 teaspoon Lakanto Monkfruit Sweetener, BE Sweet or stevia, sweeten to taste
- Lilly's chocolate bar, shaved (as added garnish)

## Instructions

- Blend everything but the ice in a high powered blender until smooth
- Add ice and blend until the mixture is thickened
- Garnish with a mint leaf, shaved chocolate or vanilla bean
- Enjoy!

*Please choose organic ingredients if possible

*Recipe Credit: Donna Gates @ bodyecology.com*



# Date with a Blueberry Smoothie



## Ingredients (serves 2)

- 1/2 cup Medjool dates, firmly packed
- 1/2 cup frozen blueberries
- 1/2 cup plain yogurt
- 1/2 cup plain kefir
- 1 cup coconut milk
- 1 tablespoon coconut oil
- 2 tablespoons ground flaxseed
- 1/4 teaspoon BE Sweet Liquid or 2 teaspoons maple syrup
- 1/2 teaspoon pure vanilla extract or almond extract
- 2 tablespoons almond butter
- 2 tablespoons cacao powder
- 1/4 teaspoon cinnamon (optional)
- 1 cup ice water

## Instructions

- Blend all ingredients until creamy and frothy
- Enjoy!

*Please choose organic ingredients if possible

# Mango Tango for 2

## Ingredients

- 1 fresh mango, cut up
- 1 cup frozen mango
- 1/2 fresh squeezed lemon
- 1/2 cup organic Half and Half
- 1/2 cup kefir, plain
- 1/2 cup or more filtered water
- 2 teaspoons pure maple syrup
- 2 tablespoons flax oil
- Optional add-ins: 2 teaspoons raw maca root powder, 2 teaspoons He Shou Wu

*Please choose organic ingredients if possible

## Instructions

- Blend all ingredients together until smooth, with the exception of the maple syrup
- Pour into 2 glasses and stir 1 teaspoon of maple syrup into each serving
- Enjoy!



# Frozen Berry Chia Smoothie



## Ingredients (serves 2)

- 1 cup frozen strawberries
- 1 cup frozen raspberries
- 1/2 banana
- 2 cups coconut milk
- 1 cup filtered water
- 2 tablespoons chia seeds
- 1/2 teaspoon pure vanilla extract
- 6 drops stevia
- 1 tablespoon pure maple syrup or 1/2 teaspoon BE Sweet Liquid
- 1/8 teaspoon sea salt
- Optional add-ins: 1 tablespoon MCT oil, 2 teaspoons raw maca root powder

*Please choose organic ingredients if possible

## Instructions

- Place all ingredients in a blender and combine until creamy
- Enjoy!

# Cacao Smoothie

## Ingredients

- 2 cups canned full fat, unsweetened coconut milk (shake before pouring), or milk of choice
- 1 tablespoon cacao powder
- 1/2 ripe avocado, peeled and pitted
- 1/2 frozen banana, peeled
- 2 tablespoons raw almond butter
- 1 handful spinach leaves, rinsed and dried
- 3 Medjool dates, pitted, or 4 Deglet Noor dates
- 1 tablespoon hemp seeds, chia seeds or ground flax, or a mixture
- 2 teaspoons pure vanilla extract or vanilla powder
- 1/2 teaspoon sea salt
- 1/2 cup filtered water
- 2 drops stevia or 1 teaspoon raw honey
- 5-10 fresh mint leaves, rinsed (optional)
- Berries, to garnish

*Please choose organic ingredients if possible

## Instructions

- Place the coconut milk, cacao, avocado, banana, almond butter, spinach, dates, seeds, vanilla and sea salt into a blender and combine well
- Garnish with berries for an antioxidant punch
- Enjoy this chocolate milkshake!



# Goji Berry Superfruit Smoothie



## Ingredients

- 1/4 cup goji berries
- 1/2 cup frozen raspberries or strawberries
- 1 teaspoon maca powder
- 1/2 teaspoon ashwagandha root powder
- 1 tablespoon cacao powder
- Fresh squeezed lemon juice from 1/2 medium lemon
- 1 cup unsweetened flax milk or milk of choice
- 1/4 cup  kefir or yogurt, plain
- 1 cup filtered ice water
- 1 teaspoon raw honey
- 1 teaspoon pure maple syrup
- 1/2 banana
- Pinch of sea salt

## Instructions

- Combine all ingredients in your blender and blast on high for 30-60 seconds until smooth and creamy
- Enjoy!

## Note:

- Goji berries are rich in natural vitamin C and Lycium polysaccharides

*Please choose organic ingredients if possible

# Energizing Power Smoothie



## Ingredients

- 2 scoops Vitality Supergreen (bodyecology.com)
- 1 teaspoon spirulina powder
- 8 ounces goat milk kefir, plain
- Stevia liquid concentrate, sweeten to taste

*Please choose organic ingredients if possible

*Recipe Credit: Donna Gates @ bodyecology.com*

## Instructions

- Add all the ingredients to a blender and blend together for a smooth, gut-loving energy boost!
- Enjoy!

# Banana Chia Smoothie

## Ingredients

- 2 cups plain coconut milk
- 1 medium ripe banana
- 1/4 cup pure maple syrup
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon cardamom
- 3/4 teaspoon ground cinnamon
- 1/4 cup white chia seeds
- Pinch of sea salt

## Note:

- For a chocolate flavor, add 1-2 tablespoons raw cacao powder; may substitute maple syrup for honey or other natural sweeteners; store in the refrigerator up to 3 days

*Please choose organic ingredients if possible

## Instructions

- Add the coconut milk, banana, maple syrup, vanilla, cardamom, cinnamon, chia seeds and sea salt into your blender and blast on high for 20 seconds until smooth
- Pour into 2 serving glasses
- Chill in the refrigerator for 3 hours or overnight, allowing it time to thicken
- Enjoy!



# Once in a Blue Moon Smoothie



## Ingredients

- 1 cup fresh blueberries
- 3/4 cup frozen blueberries
- 1 cup frozen pineapple
- 1 small cucumber, peeled
- 1-inch piece fresh ginger,  peeled and grated
- 1 cup coconut milk
- 1/2 cup yogurt or kefir, plain
- 1/4 cup coconut water kefir
- 1/4 cup filtered ice water
- 1 handful fresh cilantro, rinsed (optional)
- 1 tablespoon pure maple syrup
- 4 drops stevia, sweeten to taste
- 2 teaspoons Nordic Naturals Omega 3 or MCT oil (optional)

## Instructions

- Add all ingredients to your blender, blast on high and enjoy!

*Please choose organic ingredients if possible

# Blue Magic Smoothie

## Ingredients

- 1 cup frozen blueberries
- 1 cup frozen mango
- 1/2 cup yogurt, pl;ain
- 1/2 cup cottage cheese
- 1/2 cup filtered water
- 1/2 cup milk
- 2 tablespoons aloe vera inner leaf juice
- 6 drops stevia, sweeten to taste
- 1 teaspoon Nordic Naturals Omega 3 Fish Oil, lemon flavored (optional)

## Instructions

- Add all the ingredients to your blender and enjoy!

## Note:

You'll feel like dancing!

*Please choose organic ingredients if possible



# Immunity Booster



## Ingredients

- 2 medium carrots, peeled
- 3 stalks celery, rinsed and chopped
- 1 cup fresh pineapple, sliced
- 1 small Granny Smith green apple, washed and chopped
- 1 teaspoon ginger, minced
- 1/2 teaspoon cinnamon
- 1/2 cup freshly squeezed lemon juice
- 1 cup unsweetened coconut milk
- 1/2 cup filtered water

## Instructions

- Pop all ingredients into your blender and blend until creamy
- Enjoy!

## Note:

- Fresh pineapple contains bromelain, an enzyme which works as a natural anti-inflammatory substance for swollen and painful joints

*Please choose organic ingredients if possible

# Green Apple, Pineapple & Cilantro Smoothie



## Ingredients

- 1 Granny Smith apple, washed, cored and chopped
- 1 cup frozen pineapple
- 1/2 cup fresh cilantro, rinsed well and chopped
- 1/2 lemon, squeezed
- 1/2 cup yogurt, plain
- 1 cup toasted coconut/almond milk
- 2 tablespoons aloe vera inner leaf juice (optional)
- 2-4 drops stevia, sweeten to taste

*Please choose organic ingredients if possible

## Instructions

- Add all ingredients into your blender and blend until creamy
- Enjoy!

## Note:

- Fresh pineapple contains bromelain, an enzyme which works as a natural anti-inflammatory substance for swollen and painful joints

# 4 Ingredient Smoothie

## Ingredients

- 1 Granny Smith green apple, washed, cored and chopped
- 1/2 lime or lemon, freshly squeezed
- 1 cup kefir. plain
- 1 cup ice water
- 2-4 drops stevia, sweeten to taste
- Optional add-in: 4 tablespoons aloe vera inner leaf juice



## Instructions

- Add all ingredients to your blender
- Blend until creamy; enjoy!

## Note:

- The flavors in this simple smoothie are the perfect balance of tart with a touch of sweet

*Please choose organic ingredients if possible

# 2 Ingredient Pomegranate Kefir Smoothie

Serves 2

## Ingredients

- 1 cup pure pomegranate juice
- 1 cup kefir, unsweetened
- 2-3 drops stevia, sweeten to taste

## Instructions

- Add all ingredients to your blender
- Blend until creamy; enjoy!



## Note:

- Optional boosters: 1 teaspoon ashwagandha powder, 1 scoop Simple Reds Red Polyphenols & Fiber

**Please choose organic ingredients if possible*



# DESSERTS

*Enjoy Sweet tastes naturally*

# Lemon Ricotta Cookies

## Ingredients

- 2 1/2 cups gluten-free or all-purpose organic flour
- 1 teaspoon baking powder
- 1 teaspoon sea salt
- 1 stick butter, unsalted softened
- 2 cups white cane sugar
- 2 organic eggs, room temperature
- 1 (12 oz) container ricotta cheese
- 3 tablespoons fresh-squeezed lemon juice
- 1 lemon, washed and zested
- Glaze: 1 1/2 cups powdered sugar, 3 tablespoons fresh lemon juice, 1 lemon, zested

*Please choose organic ingredients if possible



# Lemon Ricotta Cookies (Continued)



## Instructions

- Combine flour, baking powder and sea salt in a bowl
- In a separate bowl, beat butter and sugar until light and fluffy, about 5 minutes
- Add eggs one at a time, then beat in ricotta, lemon juice and zest
- Fold in the dry ingredients; cover and refrigerate the dough overnight
- Preheat oven to 375°F; line a baking sheet with parchment
- Scoop 1 1/2-tablespoon rounds onto the sheet; bake 12-15 minutes until pale and set
- Let cookies rest on the sheet 15 minutes
- For the glaze, stir powdered sugar, lemon juice and zest until smooth; spoon about 1/2-teaspoon onto each cooled cookie and spread gently; let harden about 2 hours
- Enjoy!

# Peach Cobbler

## Ingredients

- 6 large fresh peaches, or 2 (15 oz) cans peaches
- 7 tablespoons butter
- 1/4 cup pure maple syrup
- 1 teaspoon vanilla extract
- 1/4 cup golden brown monk fruit sweetener
- 1 cup flour
- 1/4-1/2 cup monk fruit sweetener
- 2 teaspoons baking powder
- 1/2 teaspoon cinnamon
- Pinch of allspice, pinch of nutmeg
- 1/4 teaspoon sea salt
- 3/4 cup milk
- 9x13-inch baking dish

## Note:

- This cobbler comes together in minutes

*Please choose organic ingredients if possible

## Instructions

- Preheat oven to 375°F; melt butter in the baking dish, about 5 minutes
- Slice peaches, transfer to a skillet with maple syrup and golden sweetener, and warm over medium heat (drain canned peaches first)
- Whisk flour, baking powder, monk fruit, cinnamon, allspice or nutmeg and sea salt in a bowl; stir in milk without overmixing
- Pour batter into the dish over the butter, without stirring it in
- Spoon peaches on top, leaving gaps for the batter to peek through
- Bake 40-45 minutes until lightly browned
- Cool slightly and serve with vanilla ice cream



# Easiest Peach Cobbler

## Ingredients

- 4 tablespoons butter, unsalted
- 4 cups ripe peaches, peeled and sliced into 1/2-inch pieces
- 3/4 cup all-purpose flour
- 1/2 cup organic cane sugar
- 1 1/2 teaspoons baking powder
- 3/4 teaspoon sea salt
- 3/4 teaspoon cinnamon
- 2/3 cup milk
- 1 teaspoon pure vanilla extract

## Note:

- Substitute any fruit in season for a delicious variation

*Please choose organic ingredients if possible

*Recipe Credit: Kaleb Wyse @ WyseGuide.com*

## Instructions

- Melt butter in a 9x9-inch dish or cast iron pan in a 350°F oven, 4-6 minutes; set aside
- Whisk flour, sugar, baking powder, salt and cinnamon in a bowl until smooth; whisk in milk and vanilla
- Pour batter into the dish over the butter (no need to stir), then top with sliced peaches
- Bake until golden and set in the middle, 45-55 minutes
- Cool 15 minutes before serving with vanilla ice cream



# Almond Butter Brownies



## Ingredients

- 1 cup almond butter
- 1 organic egg
- 1/2 teaspoon sea salt
- 1/2 teaspoon baking soda
- 1/2 cup coconut sugar
- 1/2 teaspoon pure vanilla extract
- 4 ounces dark chocolate, cut into big chunks

## Note:

- It's important to use big chunks of chocolate; they freeze well

*Please choose organic ingredients if possible

*Recipe Credit: Vani Hari @ FoodBabe.com*

## Instructions

- Preheat oven to 350°F; line an 8x8 or 8x6-inch dish with parchment paper
- Mix all ingredients except chocolate chunks until smooth
- Fold in the chocolate chunks and pour batter into the dish
- Bake until golden brown, about 25 minutes
- Cool about 10 minutes before cutting
- Enjoy!

# Pecan Pie



## Ingredients

- 1 recipe pie crust (see The Best Pie Crust)
- 1/2 cup granulated sugar
- 2 tablespoons unsalted butter, melted and slightly cooled
- 2 large organic eggs, beaten
- 2 tablespoons all-purpose flour
- 1/4 teaspoon sea salt
- 1 teaspoon vanilla extract
- 2 tablespoons bourbon (optional)
- 1 cup pure maple syrup
- 1 1/2 cups pecans (1/2 cup coarsely chopped)

**Please choose organic ingredients if possible*
*Recipe Credit: WyseGuide.com*

## Instructions

- Mix sugar and butter; add eggs and flour and mix to combine
- Add salt, vanilla, bourbon (if using) and maple syrup; whisk together
- Fold in pecans and pour into a prepared 9-inch pie shell
- Bake at 375°F for 10 minutes; reduce to 350°F and bake 45-60 minutes, until the middle slightly jiggles and the edges are set
- Cover the crust with foil if it browns too quickly
- Cool completely before serving

# Classic Apple Pie

## Ingredients

- 1 recipe 9-inch pie crust (see The Best Pie Crust)
- 8 cups baking apples, peeled and sliced (a mix such as Granny Smith, Honeycrisp, Pink Lady or Braeburn)
- 2 tablespoons fresh lemon juice
- 3 tablespoons all-purpose flour
- 1 tablespoon cornstarch
- 1/2 cup granulated organic cane sugar
- 1/4 teaspoon sea salt
- 1/4 teaspoon allspice
- 1/2 teaspoon ground cinnamon
- For the crumble: all-purpose flour, brown sugar and melted butter

*Please choose organic ingredients if possible

*Recipe and Photo Credit:  Kaleb Wyse WyseGuide.com*



# Classic Apple Pie (Continued)



## Instructions

- Preheat oven to 400°F
- In a large bowl, combine apples, lemon juice, flour, cornstarch, sugar, salt, allspice and cinnamon; mix and pour into the prepared pie crust (the apples will be mounded)
- In a medium bowl, mix flour and brown sugar; work in the melted butter until it resembles wet sand, then sprinkle evenly over the pie
- Place the pie on a parchment-lined baking sheet and bake in the lower third of the oven for 30 minutes
- Reduce heat to 375°F and bake until bubbling in the center (or 200°F inside), 45-55 minutes; cover with foil if the top browns too quickly
- Cool completely before slicing and serving; enjoy!

# Maple Pecan Refrigerator Cookies

## Ingredients

- 2 sticks butter, unsalted and room temperature
- 1/2 cup coconut sugar
- 3 tablespoons Grade B dark maple syrup
- 1 large organic egg yolk
- 1/2 teaspoon pure vanilla extract
- 2 cups all-purpose flour
- 1 1/4 cups chopped pecans

*Please choose organic ingredients if possible

*Recipe Credit: Adapted from NewEngland.com*

## Instructions

- Preheat oven to 350°F
- Beat butter until creamy, about 3 minutes; gradually beat in coconut sugar
- Add maple syrup, egg yolk and vanilla
- Blend in flour and pecans; divide dough in half
- Shape each half into a log about 2 inches in diameter on parchment; refrigerate until firm
- Line a baking sheet with parchment; slice dough into 1/2-inch rounds and place on the sheet
- Bake until golden, 20-25 minutes
- Cool and enjoy! May also be stored in the freezer



# Mary's Carrot Cake



## Ingredients

- 4 large organic eggs
- 2 cups organic cane sugar
- 1 cup avocado oil
- 1 teaspoon pure vanilla extract
- 2 cups flour
- 2 teaspoons cinnamon
- 1 1/2 teaspoons baking soda
- 3 cups loosely packed carrots, grated
- Pecans and sprinkles for garnish
- Frosting: 12 ounce cream cheese, softened, 3 cups (16 ounces) confectioners sugar

*Please choose organic ingredients if possible

*Recipe Credit: Mary Wuerdeman @ livingonpurposewithmarywuerdeman.com*

## Instructions

- Preheat oven to 350°F; grease and flour 2 nine-inch layer cake pans
- Beat eggs, sugar, oil and vanilla until combined
- Add flour, cinnamon and baking soda and stir until smooth; fold in carrots
- Spoon batter evenly into the pans
- Bake 30-35 minutes, until the center springs back when pressed; cool completely
- For the frosting, beat cream cheese until smooth, then slowly beat in confectioners sugar until combined
- Spread frosting on the cooled cake and serve

# Trudy's Chocolate Texas Sheet Cake

## Ingredients

Cake:

- 1 cup filtered water
- 2 sticks butter, unsalted
- 4 tablespoons cocoa powder
- 2 cups all-purpose flour
- 2 cups organic cane sugar
- 1 teaspoon baking soda
- 1/2 teaspoon sea salt
- 1/2 cup buttermilk
- 2 large organic eggs, slightly beaten
- 1 teaspoon pure vanilla extract

## Instructions

Frosting:

- 1 stick unsalted butter
- 6 tablespoons milk
- 1/4 cup cocoa powder
- 4 cups powdered sugar
- 1 cup finely chopped pecans (optional)

*Please choose organic ingredients if possible



# Trudy's Chocolate Texas Sheet Cake

## Instructions

- Preheat oven to 400°F; grease a 10x15 or 11x16-inch rimmed sheet pan with coconut oil
- Sift and whisk sugar and flour together in a bowl; set aside
- Bring water, butter and cocoa powder to a rapid boil in a saucepan, stirring until smooth; remove from heat and blend with the sugar and flour mixture
- Add buttermilk, eggs, vanilla and baking soda and mix well
- Pour batter into the pan and bake on the middle rack 20 minutes
- For the icing, 10 minutes before the cake finishes, bring butter, milk and cocoa to a boil, then lower heat; sift in powdered sugar, stirring constantly, and stir in pecans if using
- Spread icing on the cake once it has cooled 10-15 minutes; cut and enjoy!



# Gluten-Free Carrot Cake

## Ingredients

- 4 cups grated carrots
- 4 large organic eggs
- 1/3 cup macadamia oil
- 1/2 cup pure maple syrup
- 2 teaspoons vanilla extract
- 300 grams (2.4 cups) blanched almond meal
- 3 teaspoons baking powder
- 2 teaspoons cinnamon
- 1/4 teaspoon nutmeg
- 1/2 cup walnuts, chopped
- 1/4-1/2 cup raisins
- Frosting: 8 ounces cream cheese, softened, 1/2 cup Greek yogurt, 2-3 tablespoons pure maple syrup, 1 teaspoon vanilla extract



## Instructions

- Preheat oven to 350°F; grease and flour 2 nine-inch layer cake pans
- Beat eggs, oil, maple syrup and vanilla until combined
- Add almond meal, baking powder, cinnamon and nutmeg and stir until smooth; fold in carrots, walnuts and raisins
- Spoon batter evenly into the pans; bake 30-35 minutes, until the center springs back when pressed; cool completely
- For the frosting, beat cream cheese, Greek yogurt, maple syrup and vanilla until smooth
- Spread on the cooled cake and serve

*Please choose organic ingredients if possible*

# New York Cheese Cake



## Ingredients

- 1 1/2-2 pounds cream cheese, room temperature
- 1 pint sour cream
- 1 cup organic cane sugar
- 5 organic eggs, separated
- 1 tablespoon flour
- 1 tablespoon organic cornstarch
- 1 tablespoon pure vanilla extract
- 1 teaspoon lemon zest, pre wash lemon
- Cherry fruit topping, to serve
- Crust: 1 small box graham crackers, 1/4 cup (1/2 stick) unsalted butter, softened, 2 tablespoons organic cane sugar, 1/4-1/2 cup finely chopped walnuts (optional)

Please choose organic ingredients if possible

# New York Cheese Cake



## Instructions

- Preheat oven to 325°F
- For the crust, pulse graham crackers, butter and sugar in a food processor; press into a parchment-lined 8-inch springform pan and sprinkle walnuts on top, if using; bake 10 minutes and set aside
- For the filling, mix cream cheese and sour cream; add beaten egg yolks, sugar, flour, cornstarch and vanilla
- Beat egg whites until stiff and fold into the cheese mixture; pour into the springform pan
- Bake at 325°F for 1 hour
- Turn off the heat, open the oven door, and let rest 3-4 hours or overnight
- Serve with glazed cherry sauce

# Blondie Brownies

## Ingredients

- 1/2 cup Lakanto Monkfruit Sweetener or organic cane sugar
- 2 large organic eggs, room temperature
- 1/2 cup butter, unsalted and softened
- 1 teaspoon pure vanilla extract
- 2 cups blanched almond flour
- 1 teaspoon baking powder
- 1/2 teaspoon sea salt
- 1/2 cup walnuts, chopped
- 1/2 cup pecans, chopped
- 1/4-1/2 cup mini chocolate chips

**Please choose organic ingredients if possible*
*Recipe adapted from Mary Wuerdeman @ livingonpurposewithmarywuerdeman.com*

## Instructions

- Preheat oven to 350°F; line an 8x8-inch pan with parchment paper
- Beat monk fruit or sugar and butter until fluffy
- Beat in eggs and vanilla at low speed
- Add almond flour, baking powder and sea salt and beat until combined
- Fold in walnuts, pecans and mini chocolate chips
- Spread batter into the pan and smooth out
- Bake 20-25 minutes, until golden brown but still a little moist
- Cool, slice into squares and enjoy!



# Orange Olive Oil Cake with Chocolate Buttercream

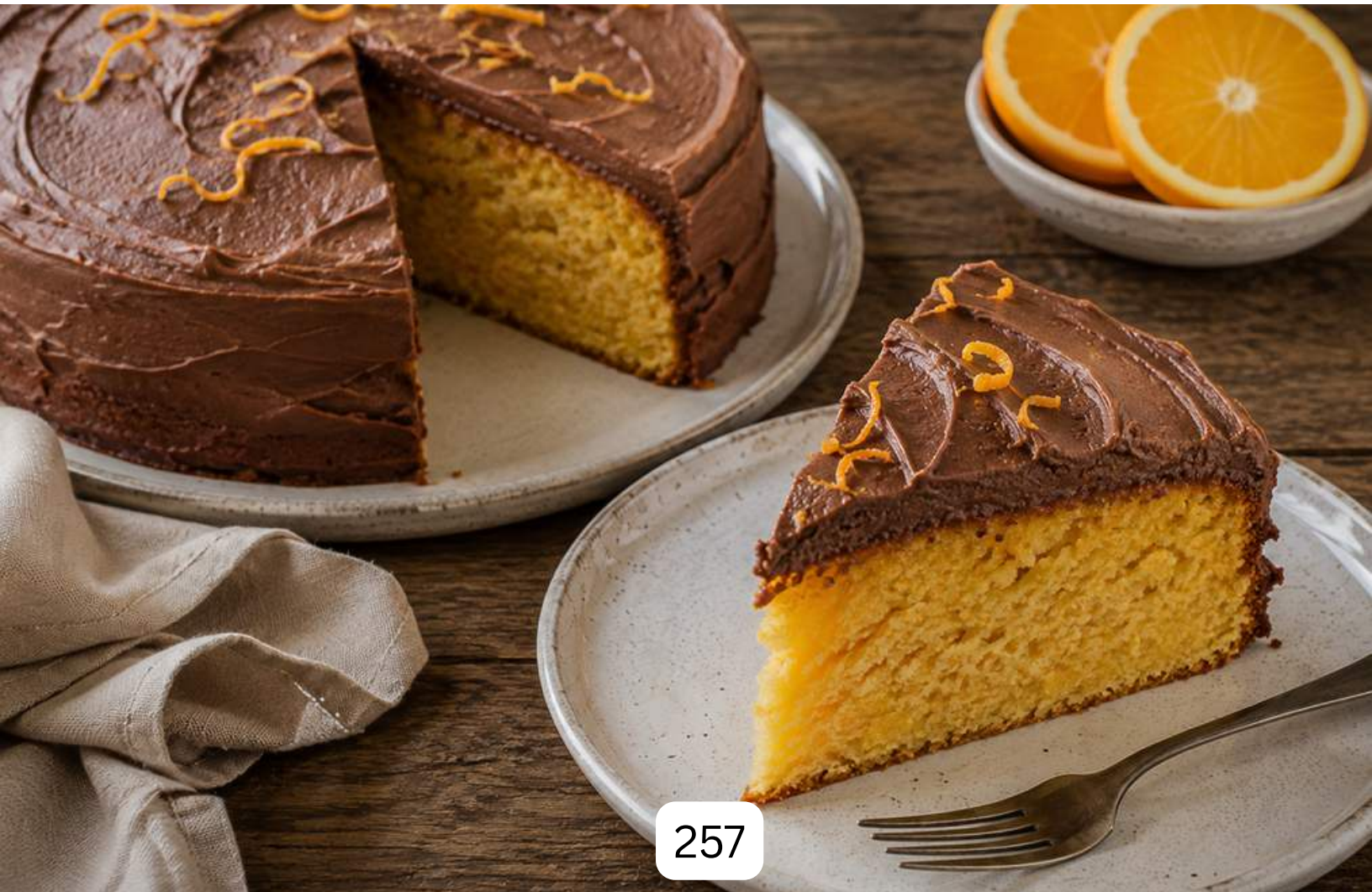
## Ingredients

- 1 teaspoon baking powder
- ½ teaspoon sea salt
- 1 ¼ cup granulated organic cane sugar
- 2 large oranges, zested (wash before zesting)
- 3 large organic eggs, room temperature
- 1 cup extra virgin olive oil
- ½ cup orange juice
- ½ cup whole milk

Chocolate Buttercream Frosting

- 1 cup butter, unsalted and softened
- 1 large organic egg yolk
- ½ cup organic baking cocoa
- 1 teaspoon pure vanilla extract
- 1 ¼ cup sifted organic powdered sugar

*Please choose organic ingredients if possible



# Orange Olive Oil Cake with Chocolate Buttercream (Continued)



## Instructions

- Preheat oven to 350°F; grease and line the bottom of a 9-inch springform pan with parchment
- Whisk flour, baking powder and sea salt together; set aside
- Blend sugar and orange zest until it resembles wet sand; whisk in eggs on low, then whip on high 4-5 minutes until thick and pale
- Stream in olive oil on medium, then whip on high 1 minute
- On low, whisk in orange juice and milk, then the dry ingredients; mix just until combined
- Pour into the pan and bake 45-50 minutes, until a toothpick comes out clean
- Cool in the pan 15-20 minutes, release the sides, and cool 5-10 more minutes
- For the frosting, cream butter until fluffy, beat in egg yolk and cocoa, then gradually beat in powdered sugar until smooth
- Frost the cooled cake, slice and enjoy!

# Pumpkin Cheesecake Brownies

## Ingredients

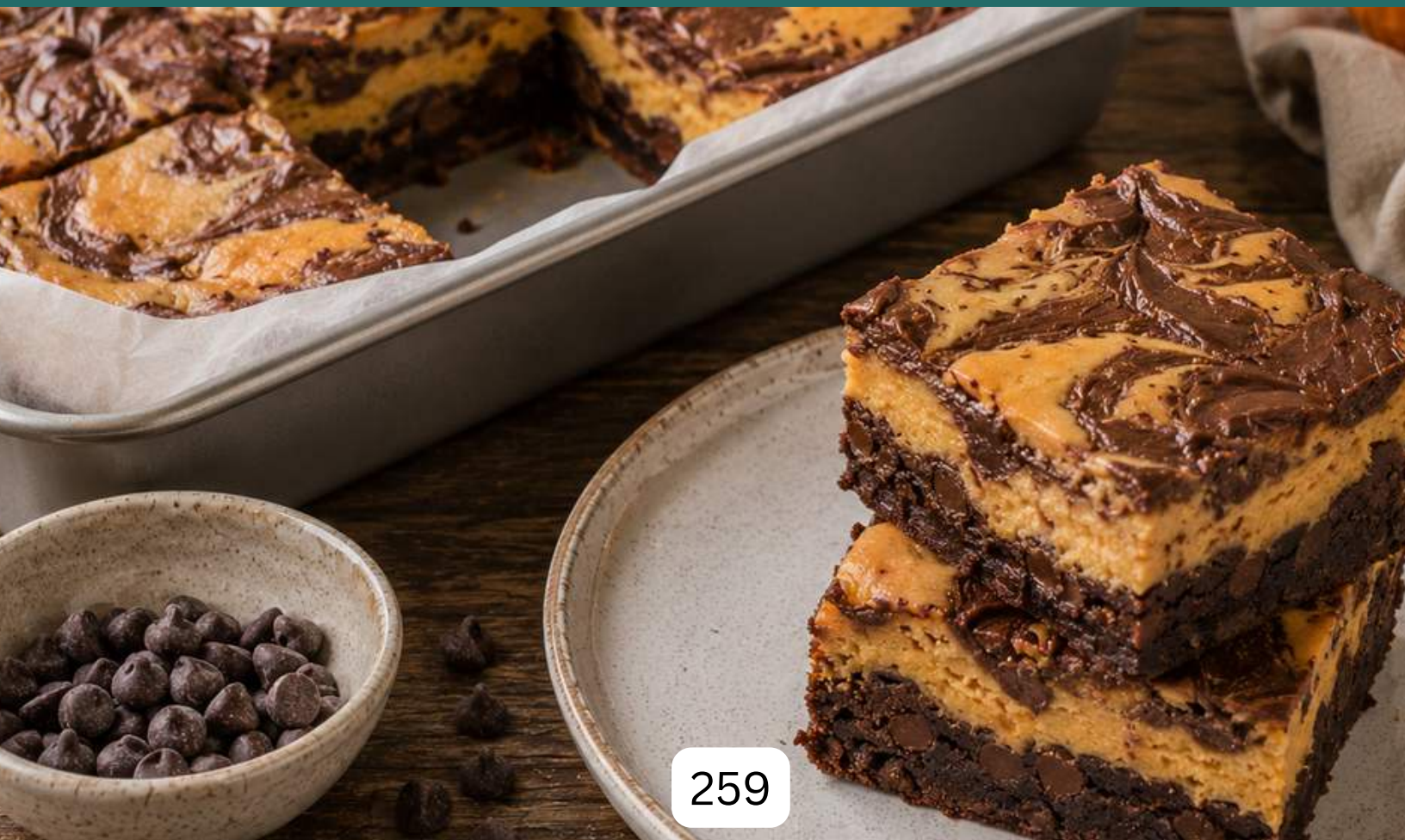
Cheesecake layer:

- 8 ounces cream cheese, softened
- 1/2 cup brown sugar
- 1 large organic egg
- 1 cup pumpkin puree
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- 1/4 teaspoon ground ginger

*Please choose organic ingredients if possible
*Recipe Credit: WyseGuide.com*

Brownie layer:

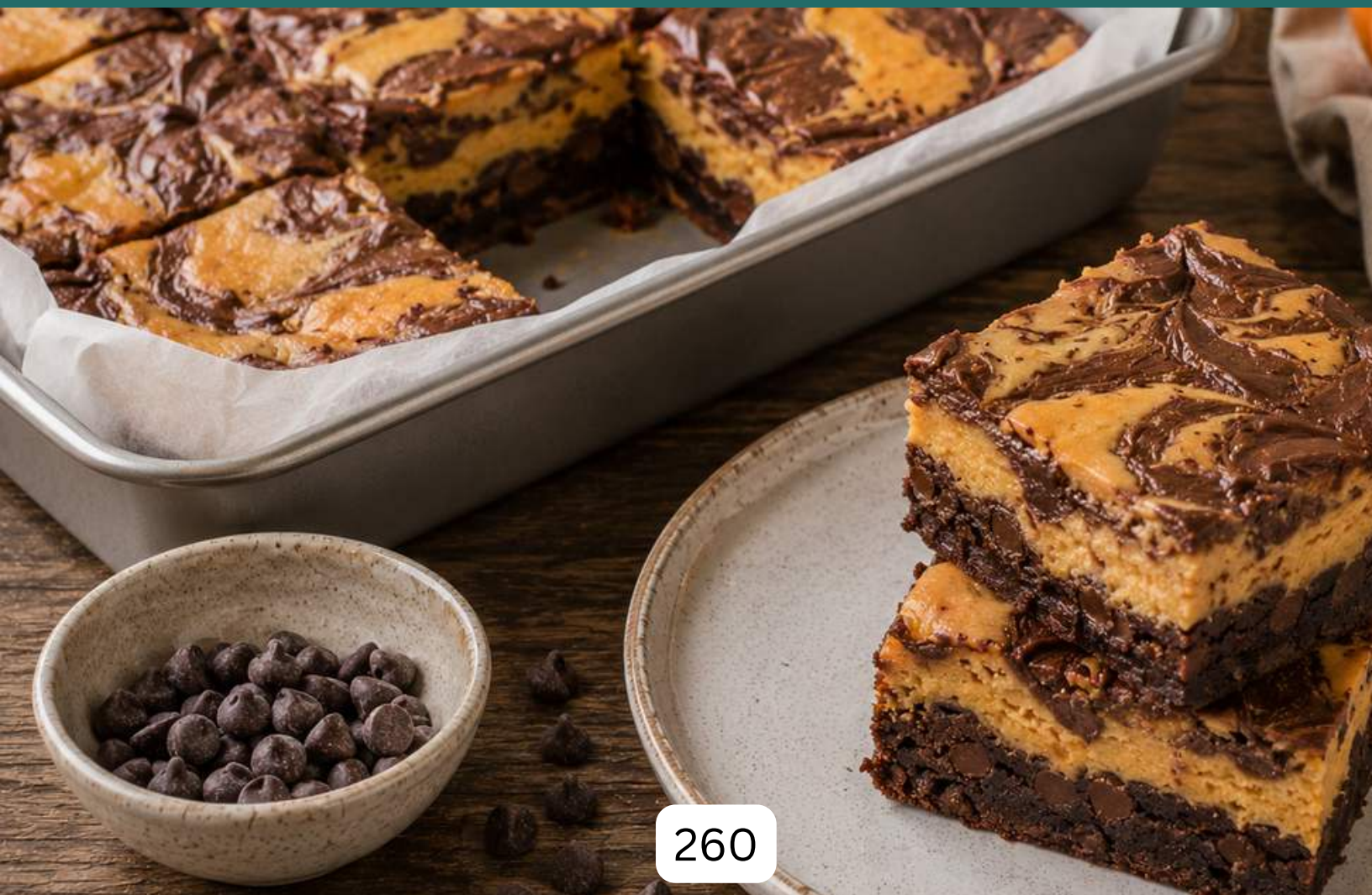
- 2 sticks butter, unsalted and melted
- 1 cup organic cane sugar
- 1 cup light brown sugar
- 2 teaspoons vanilla extract
- 3 large organic eggs
- 3/4 cup cocoa/cacao
- 1 1/4 cups all-purpose flour
- 1/2 teaspoon sea salt
- 1/2 teaspoon baking powder
- 1 cup chocolate chips



# Pumpkin Cheesecake Brownies (Continued)

## Instructions

- Preheat oven to 350°F
- Whip cream cheese until soft; stir in brown sugar, then egg and pumpkin puree; fold in vanilla, cinnamon and ginger; set aside
- Mix melted butter, cane sugar and brown sugar; whisk in vanilla and eggs
- Sift in cocoa and flour, then fold in baking powder and sea salt; fold in chocolate chips
- Line a 9x13-inch pan with parchment; pour half the brownie batter in and spread evenly
- Pour cheesecake filling over, spread evenly, then dollop the remaining brownie batter on top; swirl with a knife
- Bake until the center jiggles slightly and edges are set, 45-60 minutes
- Cool completely, about 4 hours, then lift out and cut into squares
- Enjoy!



# Vermont Maple Cream Cookies

## Ingredients (makes 3 dozen)

- 2 1/2 cups flour
- 1 cup pumpkin puree
- 1 organic egg
- 1 teaspoon baking powder, aluminum free
- 1 teaspoon baking soda
- 1 teaspoon ground ginger
- 1/2 teaspoon cinnamon
- 1 cup maple sugar
- 8 tablespoons butter, softened
- 1 teaspoon pure vanilla extract
- Frosting: 8 ounces cream cheese, softened, 1/2 cup butter, softened, 3 cups confectioners sugar, 1 teaspoon vanilla extract, 3 tablespoons pure maple syrup

*Please choose organic ingredients if possible

*Recipe Credit: VermontMaple.org*



# Vermont Maple Cream Cookies (Continued)



## Instructions

- Preheat oven to 350°F; combine flour, baking powder, baking soda, ginger and cinnamon in a bowl
- Cream maple sugar and butter in a separate bowl; add pumpkin, egg and vanilla
- Add wet ingredients to dry and stir until combined
- Line a baking sheet with parchment; spoon rounded tablespoons of dough onto the sheet and smooth the tops
- Bake 12-15 minutes, until edges are firm and just begin to brown
- Cool on the pan 2 minutes, then transfer to racks to cool completely
- For the frosting, beat cream cheese and butter, then beat in maple syrup and confectioners sugar; spread on each cookie

# Easy Classic Tiramisu



## Ingredients

- 1 1/2 cups espresso or strong coffee
- 1/2 cup dark rum, divided (optional)
- 16 ounces mascarpone
- 6 large egg yolks
- 2 packages Italian ladyfingers (or homemade)
- 2/3 cup organic granulated cane sugar
- 2 cups heavy cream
- 2 teaspoons pure vanilla extract
- 1/2 cup cocoa powder
- 9x13-inch baking dish

*Please choose organic ingredients if possible

*Recipe and Photo Credit: John Kanell @ preppykitchen.com*

# Easy Classic Tiramisu (Continued)



## Instructions

- Brew the coffee, cool, and stir in half the rum; set aside
- Whisk mascarpone with remaining rum until creamy
- In a double boiler, whisk egg yolks and sugar over heat 5-8 minutes until pale; blend into the mascarpone and chill 15 minutes
- Whip heavy cream and vanilla to soft peaks; chill 15 minutes, then gently fold into the mascarpone mixture
- Dip ladyfingers briefly in the coffee mixture and layer in the dish; top with half the mascarpone mixture
- Repeat with a second layer of dipped ladyfingers and the remaining mascarpone
- Sift cocoa powder over the top, cover and refrigerate overnight; enjoy!

# Easy Lady Fingers

## Ingredients

- 6 organic eggs, separated
- 1/2 cup organic granulated cane sugar, divided
- 1/4 teaspoon sea salt
- 1/2 teaspoon pure vanilla extract
- 1 cup flour
- 1 tablespoon + 2 teaspoons organic cornstarch
- Powdered sugar, for dusting
- Piping bag with 809 tip

## Note:

- Great for your tiramisu!

**Please choose organic ingredients if possible*
*Recipe and Photo Credit: John Kanell @ preppykitchen.com*

## Instructions

- Preheat oven to 350°F; line 2 baking sheets with parchment
- Add egg whites to one bowl and yolks to another
- Beat yolks with half the sugar, sea salt and vanilla until light and fluffy
- Beat whites, gradually adding remaining sugar, until soft peaks form
- Gently fold whites into the yolk mixture
- Whisk flour and cornstarch together, then sift into the egg mixture a little at a time, folding gently
- Pipe 4-inch logs onto the sheets; dust liberally with powdered sugar
- Bake one sheet at a time, 12-15 minutes, until golden brown



# The Best Pie Crust

## Ingredients



- 1 1/2 cups all-purpose organic flour
- 2 teaspoons organic cane sugar
- 1 teaspoon sea salt
- 10 tablespoons (1 1/4 sticks) butter, unsalted, cut into 1/4-inch pieces and par-frozen
- 5-6 tablespoons filtered water, ice cold

## Instructions

- In a food processor, pulse flour and sea salt to combine
- Sprinkle butter over the dry ingredients and pulse to a coarse, cornmeal-like mixture
- Transfer to a bowl, sprinkle with ice water and mix to combine (dough will still be crumbly)
- Gather onto plastic wrap, pull up the sides to form a cohesive dough, and pat into a flat disk; chill 15-20 minutes
- Roll out to fit a 9-inch glass pie pan (chill again if it becomes too soft)
- Fill with your desired pie filling and bake according to the recipe

## Note:

- To fully bake the crust, preheat to 375°F, line with parchment and pie weights, bake 15-20 minutes, remove weights, dock the crust, and bake until golden, 20-25 more minutes

**Please choose organic ingredients if possible*
*Recipe Credit: WyseGuide.com*

# Classic Chocolate Chip Cookies

## Ingredients

- 2½ cups all-purpose flour
- ¾ teaspoon baking soda
- ¾ teaspoon sea salt
- 1 cup unsalted butter, softened
- ¾ cup light brown sugar
- ½ cup granulated sugar
- 1 large organic egg, room temperature
- 1 tablespoon pure vaniila extract
- 1 ½ cup chocolate chips

*Please choose organic ingredients

*Recipe and Photo Credit: John Kanell @ PreppyKitchen.com*

## Instructions

- Preheat the oven to 350 degrees
- Line 2 baking sheets with parchment paper
- In a medium bowl, whisk together flour, baking soda and sea salt
- In a large bowl with a hand held mixer, combine butter and sugars
- Beat on medium-low speed until very light and fluffy, about 5 minutes
- Add the egg and vanilla and beat until well combined on low speed, add in flour, stir in chocolate chips, scoop the dough into balls & bake 12-14 minutes



# Lemon Olive Oil Loaf Cake



## Ingredients

- 1 2/3 cups all-purpose flour
- 1 cup organic granulated sugar
- 3 large organic eggs, room temperature
- 1/2 cup extra virgin olive oil, buttery flavored
- 3/4 cup full fat Greek yogurt
- 1/4 cup pure maple syrup
- 1 1/2 teaspoons lemon extract or 1/4 teaspoon lemon oil
- Zest of 2 lemons, washed before zesting
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon turmeric (for color)
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon sea salt
- Icing: 1 cup powdered sugar, 1 tablespoon heavy cream, 1 1/2 tablespoons fresh lemon juice

**Please choose organic ingredients if possible*
*Recipe and Photo Credit: Danielle Lauren @ Ful-filled.com*

# Lemon Olive Oil Loaf Cake (Continued)



## Instructions

- Preheat oven to 350°F; prepare a 1-pound loaf pan with baking spray or parchment (up the sides)
- Rub sugar and lemon zest together with your fingers to release the oils
- Whisk in eggs until pale, about 1 minute; whisk in olive oil, vanilla, lemon extract, yogurt, turmeric, sea salt, baking powder and baking soda until smooth
- Fold in flour with a spatula until fully combined
- Pour into the pan and bake 55-60 minutes, until a skewer comes out with a few moist crumbs
- Lift out using the parchment and cool on a rack
- Whisk icing ingredients until smooth and drizzle over the cooled loaf

# Chocolate Layer Cake



## Ingredients

- 2 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1 tablespoon baking powder
- 1 teaspoon sea salt, fine grind
- 1/2 cup cacao powder
- 1 cup BE Sweet Powder
- 3 organic eggs, beaten
- 2 tablespoons butter, melted
- 1 cup heavy cream
- 1 1/2 teaspoons distilled vinegar
- 1/2 cup filtered water
- 1/2 cup coconut oil, melted and cooled
- 1/2 cup chocolate chips
- 2 teaspoons pure vanilla extract
- Coconut oil, for greasing pan

**Please choose organic ingredients if possible*
*Recipe and  Photo Credit: bodyecology.com*

# Chocolate Layer Cake (Continued)



## Instructions

- Preheat oven to 350°F
- In a large bowl, mix flour, baking soda, baking powder, sea salt and cacao; set aside
- Whisk eggs, then add heavy cream, coconut oil and water; stir and set aside
- Cream BE Sweet Powder with melted butter in a small bowl
- Combine wet and dry ingredients, then fold in chocolate chips
- Pour batter into a well-greased sheet cake pan and spread evenly
- Bake 18-20 minutes, until a skewer comes out clean
- Cool at room temperature, then slice and serve with whipped cream or ice cream

# Rice Krispies Treats

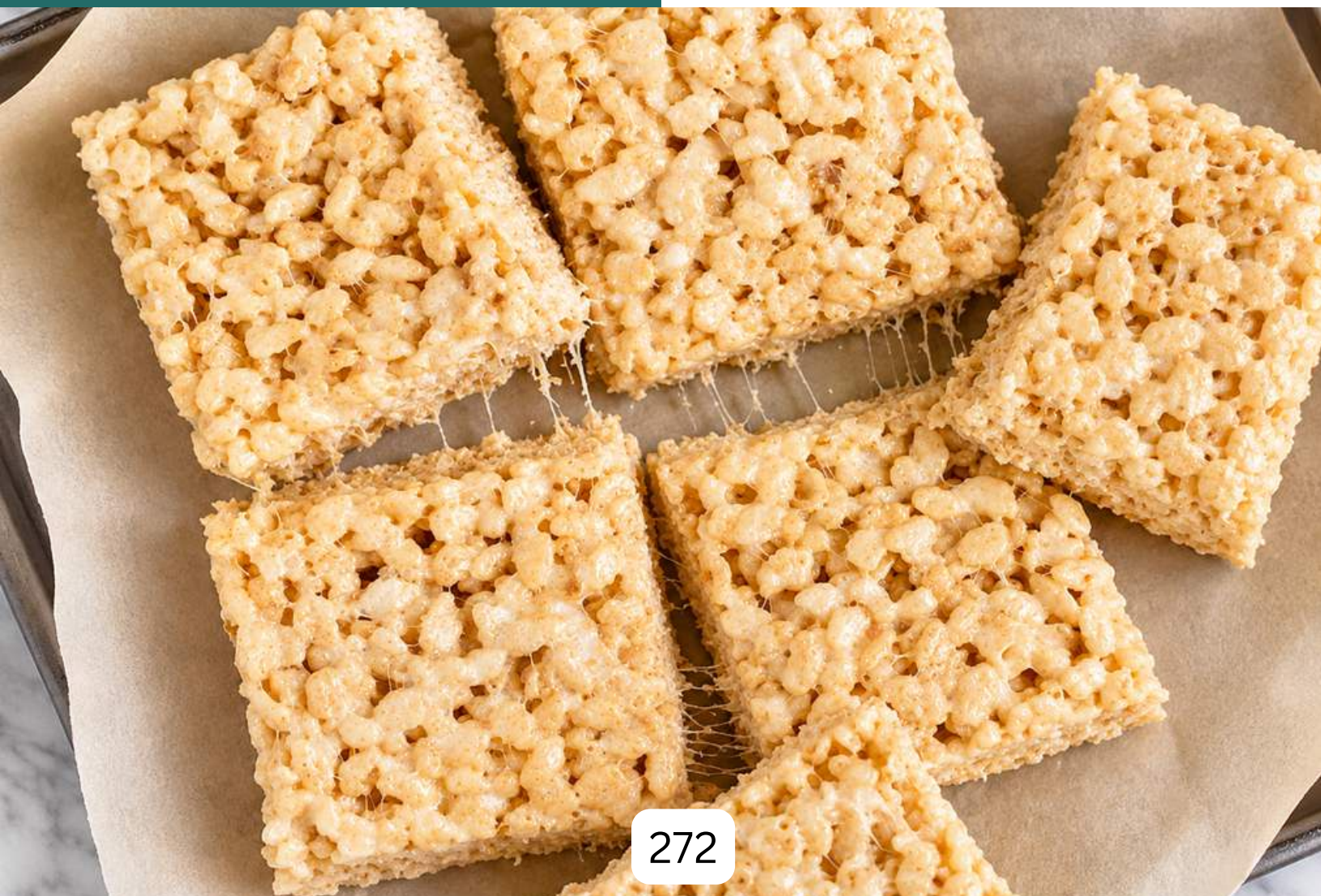
## Ingredients

- 3 tablespoons butter
- 6 cups brown rice crisps
- 4 1/2 ounces natural marshmallows

**Please choose organic ingredients if possible*

## Instructions

- Melt butter on the stove in a saucepan
- Add marshmallows and heat until melted
- Take the pan off the stove
- Stir in the rice crisps and mix until well combined
- Press the mixture into a buttered 9x13-inch baking dish
- Allow to cool; enjoy!



# Almond Butter Banana Oatmeal Cookies



## Ingredients

- 1 medium ripe banana
- 1/4 cup almond butter
- 1 tablespoon pure maple syrup
- 1 tablespoon coconut oil, slightly melted
- 1 organic egg
- 1/2 teaspoon pure vanilla extract
- 1 cup rolled oats (see brand recommendation)
- 1/4 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 cup chocolate chips
- 1/2 cup pecans, chopped

**Please choose organic ingredients if possible*

## Instructions

- Preheat oven to 325°F; line a baking sheet with parchment
- Mash the banana smooth in a large bowl
- Whisk in almond butter, maple syrup, coconut oil, egg and vanilla until well combined
- Add rolled oats, baking powder and baking soda and fold together with a spatula
- Fold in chocolate chips and pecans
- Scoop dough onto the sheet, spaced evenly, and flatten each slightly with a fork
- Bake 10-14 minutes; cool on the sheet 10 minutes, then transfer to a rack to cool completely

# 4 Ingredient Lemon Chia Ice Cream

## Ingredients

- 3 organic lemons
- 1 (13.5 oz) can coconut milk
- 1/4-1/2 cup pure maple syrup (more for a sweeter finish)
- 2 teaspoons white chia seeds
- 1/4 teaspoon sea salt
- 3-4 drops stevia, for extra sweetness (optional)

**Please choose organic ingredients if possible*

## Instructions

- Wash lemons, cut off ends, remove seeds and cut into quarters
- Combine lemons, coconut milk, maple syrup and sea salt in a blender; blend until smooth
- Transfer to an ice cube tray and freeze 2 hours
- Place the frozen cubes back in the blender and blend until creamy
- Taste and add stevia for extra sweetness if desired
- Serve immediately; enjoy!



# White Chocolate Chip Pecan Cookies



**Please choose organic ingredients if possible*
*Recipe Credit: Bob's Red Mill*

## Ingredients

- 3 cups blanched, super-fine almond flour
- 1 teaspoon baking soda
- 1/2 teaspoon sea salt
- 1/2 cup refined coconut oil
- 1/4 cup pure maple syrup
- 1 teaspoon vanilla extract
- 1 organic egg, room temperature
- 2 egg whites, room temperature
- 1 cup white chocolate chips
- 1/2 cup pecan pieces, lightly toasted

## Instructions

- Preheat oven to 375°F; line 2 baking sheets with parchment
- Combine almond flour, baking soda and sea salt; set aside
- Beat softened coconut oil and maple syrup until creamy, about 5 minutes
- Add whole egg, egg whites and vanilla; mix 2 more minutes
- Slowly add dry ingredients and mix briefly, then fold in white chocolate chips and toasted pecans
- Drop rounded tablespoons onto the sheets, 1 inch apart, and flatten slightly to about 1 inch thick
- Bake about 15 minutes, until set and golden
- Cool at room temperature; enjoy!

# Chocolate Coconut Creme



## Ingredients

- 1 can (13.5 oz) coconut milk
- 1 tablespoon unflavored pastured gelatin powder
- 1/4 cup cacao powder
- 2-3 tablespoons pure maple syrup
- 2 teaspoons pure vanilla extract
- Fresh raspberries, strawberries and/or walnuts, for garnish

**Please choose organic ingredients if possible*
*Recipe Credit: Dr. Tom O'Bryan @ theDr.com*

## Instructions

- In a blender, combine coconut milk, gelatin, cacao, maple syrup and vanilla
- Blend, then let rest 5 minutes to soften the gelatin
- Blend again for at least 1 minute, until ultra smooth
- Pour into small ramekins or bowls; refrigerate at least 30 minutes to set
- Serve with fresh berries and/or walnuts
- Cover leftovers and refrigerate for up to a week; enjoy!

# Creamy Tapioca Pudding



## Ingredients

- 3 cups Native Forest coconut milk
- 1/2 cup tapioca granules
- 1/8 teaspoon sea salt
- 2 tablespoons BE Sweet
- 1 tablespoon pure vanilla extract

**Please choose organic ingredients if possible*

## Instructions

- In a saucepan, bring coconut milk to a boil
- Reduce to a simmer, then stir in tapioca and sea salt
- Cook 13-18 minutes, stirring often, until tapioca is transparent
- Remove from heat and stir in BE Sweet and vanilla extract
- Refrigerate until room temperature
- Stir well to break up the tapioca before serving; enjoy!

# Rice Pudding

## Ingredients

- 1/2 cup Arborio, Sushi or Jasmine rice (avoid long grain rice)
- 4 cups milk; choice of Half and Half, full cream or coconut milk
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon sea salt
- 1 cinnamon stick (optional)

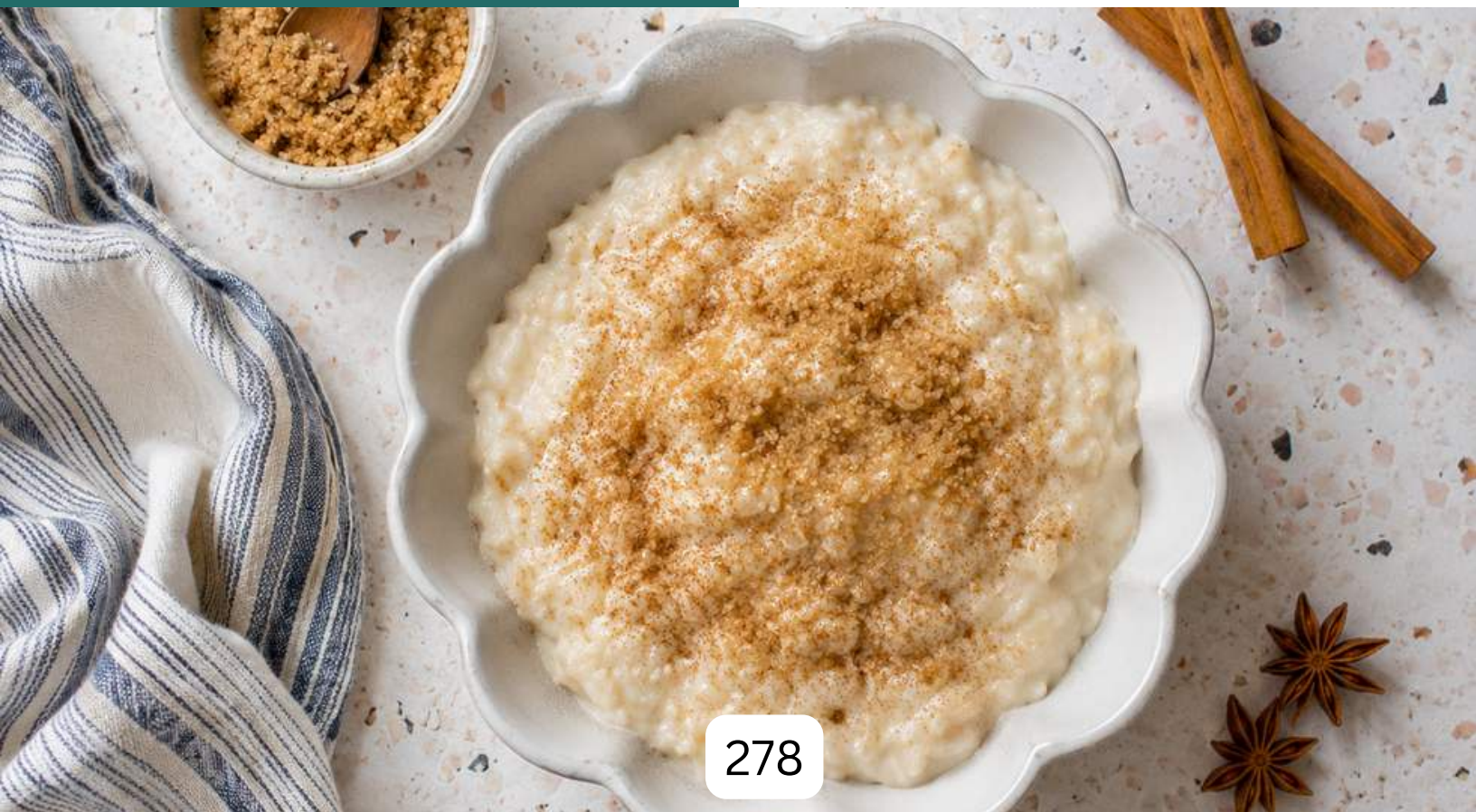
## Note:

- Rice pudding keeps in the refrigerator up to 4 days; if reheating, add a splash of milk

**Please choose organic ingredients if possible*

## Instructions

- Rinse the rice well to release any enzyme inhibitors
- In a saucepan, add rice, milk, vanilla and sea salt
- Bring to a gentle simmer, then reduce heat to low and partially cover
- Cook 35-40 minutes, stirring regularly, until the rice is tender and the pudding is creamy
- Add more milk or water if needed
- Pour into your serving bowl and finish with a dusting of cinnamon and coconut sugar
- Serve warm or cold and enjoy!



# Healthy Sugar Cookies



## Ingredients

- 2 cups blanched almond flour
- 1/4 cup unrefined coconut oil, melted
- 1/2 cup coconut sugar
- 1 organic egg
- 1 tablespoon pure vanilla extract
- 1/4 teaspoon sea salt

**Please choose organic ingredients if possible*
*Recipe Credit: Vani Hari @ FoodBabe.com*

## Instructions

- Preheat oven to 350°F
- In a bowl, blend almond flour, coconut sugar and sea salt
- In another bowl, blend egg with coconut oil and vanilla extract
- Combine the flour mixture with the egg mixture
- Line a cookie sheet with parchment paper
- Use an ice cream scoop to make individual cookie mounds; press each with a spoon or fork
- Bake for 15 minutes
- Remove from oven and cool; enjoy!

# Chocolate Avocado Pudding

## Ingredients

- 1 ripe avocado
- 1 tablespoon cacao powder
- 1/2 can coconut cream
- 1 1/2 tablespoons collagen powder
- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon BE Sweet Liquid
- Pinch of sea salt
- 1/2 teaspoon of your favorite superfood powder, such as maca, chaga, moringa or reishi (optional)

## Note:

- For a fudge popsicle or ice cream, freeze for 50 minutes

## Instructions

- In a blender or food processor, blend all the ingredients until smooth
- Scrape the sides of the blender with a spatula and blend again
- Add extra coconut cream to reach your desired consistency

**Please choose organic ingredients if possible*



# 5 Ingredient Coconut Macaroons

## Ingredients

- 1 cup unsweetened shredded coconut flakes
- ½ cup almond flour
- 2 tablespoons coconut oil
- 2 tablespoons pure maple syrup
- 1 teaspoon pure vanilla extract

## Note:

- To make chocolate macaroons, add 1 tablespoon cacao powder

## Instructions

- Place all ingredients in a food processor and pulse until well combined
- Roll into desired shape (about 1 tablespoon or bigger, if desired)
- Store in an airtight container and refrigerate up to 1 month, or freeze up to 2 months

**Please choose organic ingredients if possible*
*Recipe and Photo Credit: Vani Hari @ FoodBabe.com*



# Pumpkin Pie Spice Cookies



## Ingredients

- 2 1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon sea salt
- 2 teaspoons pumpkin pie spice
- 1 cup unsalted butter, softened
- 1 cup organic granulated cane sugar
- 1/2 cup light brown sugar
- 1 cup pumpkin puree
- 1 large egg
- 1 teaspoon pure vanilla extract
- 1 cup white chocolate chips or chopped pecans (optional)

**Please choose organic ingredients if possible*
*Recipe Credit: Vani Hari @ foodbabe.com*

## Instructions

- Preheat oven to 350°F; line baking sheets with parchment
- Whisk flour, baking soda, baking powder, sea salt and pumpkin pie spice together; set aside
- Cream butter, sugar and brown sugar until fluffy; beat in pumpkin, egg and vanilla
- Gradually mix in the dry ingredients until just combined; fold in white chocolate chips or pecans if using
- Drop rounded tablespoons of dough onto the sheets, spaced apart
- Bake 12-15 minutes, until edges are set
- Cool on the sheet 5 minutes, then transfer to a rack to cool completely

# 2 Minute Chocolate Mug Cake

## Ingredients

- 1 organic egg
- 1 small banana, or 1/2 large banana
- 3 tablespoons almond flour
- 1 teaspoon maple syrup, to taste
- 1 tablespoon chocolate chips, divided
- Sprinkle of cinnamon
- 1 tablespoon chopped pecans
- 1 (8 ounce) ramekin

**Please choose organic ingredients if possible*
*Recipe Credit: Mary Wuerdeman @ livingonpurposewithmarywuerdeman.com*

## Instructions

- Preheat oven to 375°F
- In a small bowl, mash the banana
- Mix in the egg
- Stir in almond flour
- Add maple syrup and half the chocolate chips
- Pour into a greased ramekin
- Top with remaining chocolate chips, chopped pecans and a sprinkle of cinnamon
- Bake 10-15 minutes until just set; enjoy!



# Lemon Bars



## Ingredients

Crust:

- 2 sticks unsalted butter, softened
- 1/2 cup Lakanto Monkfruit Sweetener
- 1 cup coconut flour
- 1 cup super-fine blanched almond flour 1/8 teaspoon sea salt
- 1/2 teaspoon pure vanilla extract

**Please choose organic ingredients if possible*
*Recipe Credit adapted from: Laverne Schmidt*

Filling:

- 6 large organic eggs, room temperature
- 3 cups Lakanto Monkfruit Sweetener
- 2 tablespoons lemon zest, pre wash lemon
- 1 cup fresh-squeezed lemon juice
- 1/2 cup super-fine blanched almond flour, 1/2 cup coconut flour
- Powdered sugar, for dusting

# Lemon Bars (Continued)



## Instructions

- Preheat oven to 350°F; grease a 9x13-inch dish with coconut oil
- For the crust, cream butter and Lakanto until light and fluffy; mix in flours and sea salt on low until a ball forms
- Press into the dish and bake 18 minutes, until lightly browned
- For the filling, whisk eggs, Lakanto Monkfruit Sweetener, lemon juice, lemon zest and flours together
- Pour over the warm crust and bake at 350°F until set (test for doneness); let cool
- Dust with powdered sugar or coconut flour and cut into squares; enjoy!

# Harvest Apple Crisp

## Ingredients

- For the filling:
- 4-6 medium baking apples (Honeycrisp, Granny Smith, Pink Lady or Braeburn), cored and sliced 1/4-inch thick
- 1 tablespoon fresh lemon juice
- 2 teaspoons lemon zest
- 1 1/2 tablespoons cornstarch
- 1 teaspoon sea salt
- 1/4 cup organic cane sugar
- 2 tablespoons Calvados liqueur (optional) but well worth it!

- For the streusel:
- 3/4 cup all-purpose flour
- 3/4 cup rolled oats (see brand recommendation)
- 3/4 cup pecans, toasted and roughly chopped
- 1/2 cup coconut sugar
- 1 1/2 teaspoons ground cinnamon
- 1/2 teaspoon allspice
- 1 teaspoon sea salt
- 12 tablespoons butter, unsalted, cold, cut into 1/2-inch cubes

**Please choose organic ingredients if possible*

*Recipe Credit: Kaleb Wyse @ WyseGuide.com*



# Harvest Apple Crisp (Continued)



## Instructions

- Preheat oven to 350°F; grease a 9x9-inch baking dish with coconut oil
- Combine apples, lemon zest, lemon juice, cornstarch, sea salt, sugar and Calvados; stir to dissolve the cornstarch and pour into the dish
- Toast pecans at 350°F for 8-10 minutes and chop; combine with flour, oats, coconut sugar, cinnamon, allspice and sea salt
- Work in the cold butter with your hands until pea-sized and like wet sand; sprinkle over the apples
- Bake until bubbling and the streusel is toasted, 55-75 minutes; cool 30-40 minutes before serving

# Donna's Pumpkin Pie

## Ingredients

- 14 oz pumpkin puree
- 14 oz full fat coconut cream
- 1/2 cup coconut sugar
- 1/2 teaspoon sea salt
- 1 teaspoon cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 2 large organic eggs
- 1/2 teaspoon vanilla extract (optional)
- Crust: 2 cups almond flour, 2 tablespoons coconut sugar, 6 tablespoons unsalted butter, softened, 1 large egg, 1/2 teaspoon sea salt

Crust:

- 2 cups almond flour
- 2 tablespoons coconut sugar
- 6 tablespoons butter, unsalted and softened
- 1 large organic egg
- 1/2 teaspoon sea salt

**Please choose organic ingredients if possible*
*Recipe Credit: Donna Gates @ bodyecology.com*



# Donna's Pumpkin Pie (Continued)



## Instructions

- Preheat oven to 375°F; adjust rack to middle position
- Pulse almond flour, sea salt, coconut sugar and egg in a food processor to combine; add butter and pulse again
- Wrap dough in plastic and press into a round disk; refrigerate 30 minutes
- Press dough into a buttered 9-inch pie dish and crimp the edges
- For the filling, combine pumpkin puree, coconut cream, coconut sugar, sea salt, cinnamon, ginger, cloves, eggs and vanilla in a bowl and puree with a hand mixer or stand mixer
- Pour the filling into the partially baked pie crust
- Bake at 375°F for 50-60 minutes, until a knife inserted near the center comes out clean
- Cool on a wire rack for 2 hours, then serve immediately or refrigerate
- For the whipped cream, refrigerate a can of full-fat coconut milk overnight; scoop out the solid coconut cream (discard or save the liquid for another use)
- Whip the coconut cream with coconut sugar and vanilla extract until fluffy
- Top the cooled pie with the whipped cream and serve

# Upside Down Peach Hand Pies



## Ingredients (serves 6)

- 3 peaches
- 1 large lemon, freshly squeezed
- 1/2 cup coconut sugar
- 1 teaspoon ground cinnamon
- 6 tablespoons butter, chilled
- 1 sheet puff pastry, thawed in the refrigerator (no more than 2 hours)
- 1 egg
- 3 tablespoons organic cane sugar + 1/4 teaspoon cinnamon, for topping

**Please choose organic ingredients if possible*
*Recipe Credit: AllysKitchen.com*

# Upside Down Peach Hand Pies (Continued)



## Instructions

- Wash and pat dry peaches; halve each, leaving the skin on, and place fruit-side down in a dish with the lemon juice to prevent browning
- On a parchment-lined sheet, place 6 pieces of chilled butter, spaced apart; mix coconut sugar and cinnamon and spoon over each butter piece
- Place a peach half, fruit-side down, on each mound and press down gently
- Cut the puff pastry into 6 pieces; mold each around a peach mound, tucking in to form a tent shape
- Whisk the egg and brush each pastry with the egg wash; sprinkle with the cane sugar-cinnamon mixture
- Bake at 375°F for 22-25 minutes, until golden brown
- Cool a few minutes, then transfer to a serving dish; enjoy!

*•Please choose organic ingredients if possible*
*Recipe Credit: AllysKitchen.com*



# APPETIZERS, SPREADS, DIPS & SAUCES

*Perfect for entertaining or a light bite*

# Chicken Wings

## Ingredients



- 2 pounds organic chicken wings (drumettes and flats), defrosted if frozen
- 1 tablespoon extra virgin olive oil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon paprika
- 1 teaspoon sea salt
- 1/2 teaspoon black pepper

## Instructions

- Preheat oven to 400°F
- Rinse and pat the wings completely dry (this helps them crisp up)
- Place wings in a bowl, drizzle with olive oil and stir to coat
- Combine garlic powder, onion powder, paprika, sea salt and pepper in a small bowl
- Add about 3/4 of the spice mix to the wings and toss to coat
- Line a baking sheet with parchment and lightly spray with avocado oil
- Arrange wings in a single layer and sprinkle with the remaining spice mix
- Bake 45 minutes; enjoy!

## Note:

- Serve with honey mustard dipping sauce

**Please choose organic ingredients if possible*
*Recipe Credit: Mary Wuerdeman @ livingonpurposewithmarywuerdeman.com*

# Mini Bell Pepper Nachos

## Ingredients

- 12 mini bell peppers, rinsed and patted dry
- 1 pound grass-fed ground beef
- 1 tablespoon extra virgin olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 jalapeño pepper, minced
- 1 cup diced tomatoes
- 1/2 package (2-3 tablespoons) clean taco seasoning
- 1 cup shredded cheddar cheese
- For topping: fresh cilantro, chopped, and homemade ranch or sour cream

**Please choose organic ingredients if possible*
*Recipe Credit: Mary Wuerdeman @ livingonpurposewithmary.com*



# Mini Bell Pepper Nachos (Continued)

## Instructions

- Preheat oven to 375°F; slice mini peppers in half lengthwise, remove seeds and place on a parchment-lined sheet
- Heat olive oil in a skillet; saute onion, jalapeño and garlic until softened, 2-3 minutes
- Add ground beef and cook until browned, breaking it apart as it cooks
- Stir in taco seasoning and diced tomatoes; cook 2-3 more minutes until tender
- Spoon the beef mixture evenly into each pepper half and top with cheese
- Bake 10-12 minutes, until cheese is melted and peppers are tender
- Cool slightly, sprinkle with cilantro and drizzle with sauce; enjoy!



# Sweet and Smokey Baked Brie



## Ingredients

- 1 8-ounce wheel Brie (Triple Cream is great)
- 1 teaspoon chipotle powder
- 1 tablespoon raw honey

## Instructions

- Preheat oven to 350°F.
- With a sharp knife, remove just the top rind of the Brie to expose the inside. Place the Brie into a shallow ramekin or baking dish, cut-side facing up. Sprinkle with chipotle powder and drizzle with honey.
- Bake in the preheated oven until the Brie is melted and soft, 5-8 minutes. Remove from the oven and serve immediately, and enjoy alone with a baguette or crackers, or on a charcuterie board when entertaining

**Please choose organic ingredients if possible*
*Recipe ans Photo Credit:  Caleb Wyse @ Wyseguide.com*

# Grecian Party Squares



## Ingredients (yields 24 servings)

- 2 (8 oz) packages refrigerated crescent rolls
- 1 (8 oz) package fresh spinach, washed, spun dry and chopped
- 1 (14 oz) can artichoke hearts in water, drained and chopped
- 1 (8 oz) can sliced water chestnuts, drained and chopped (optional)
- 1 (4 oz) package feta cheese, crumbled
- 1 garlic clove, chopped
- 1/2 cup mayonnaise
- 1/2 cup sour cream
- 1.4 oz dry vegetable soup and dip mix
- 1 oz Parmesan cheese, freshly grated (about 1/4 cup)

**Please choose organic ingredients if possible*
*Recipe Credit: Adapted from Pampered Chef*

## Note:

- Crust may be made ahead

# Grecian Party Squares (Continued)



## Instructions

- Preheat oven to 375°F; unroll one package of crescent dough across a sheet pan, then repeat with the second package
- Roll dough with a mini rolling pin to seal the perforations and press up the sides
- Bake 12-14 minutes, until light golden brown; cool
- Blend the soup mix with sour cream and mayonnaise; let sit 30 minutes
- Combine artichokes, spinach, water chestnuts, feta and garlic with the sour cream mixture and stir
- Spread the filling over the crust and sprinkle with parmesan
- Bake 12-14 minutes at 375°F, until deep golden brown
- Cut into squares with a pizza cutter and serve

# Authentic Guacamole

## Ingredients (serves 4-6)

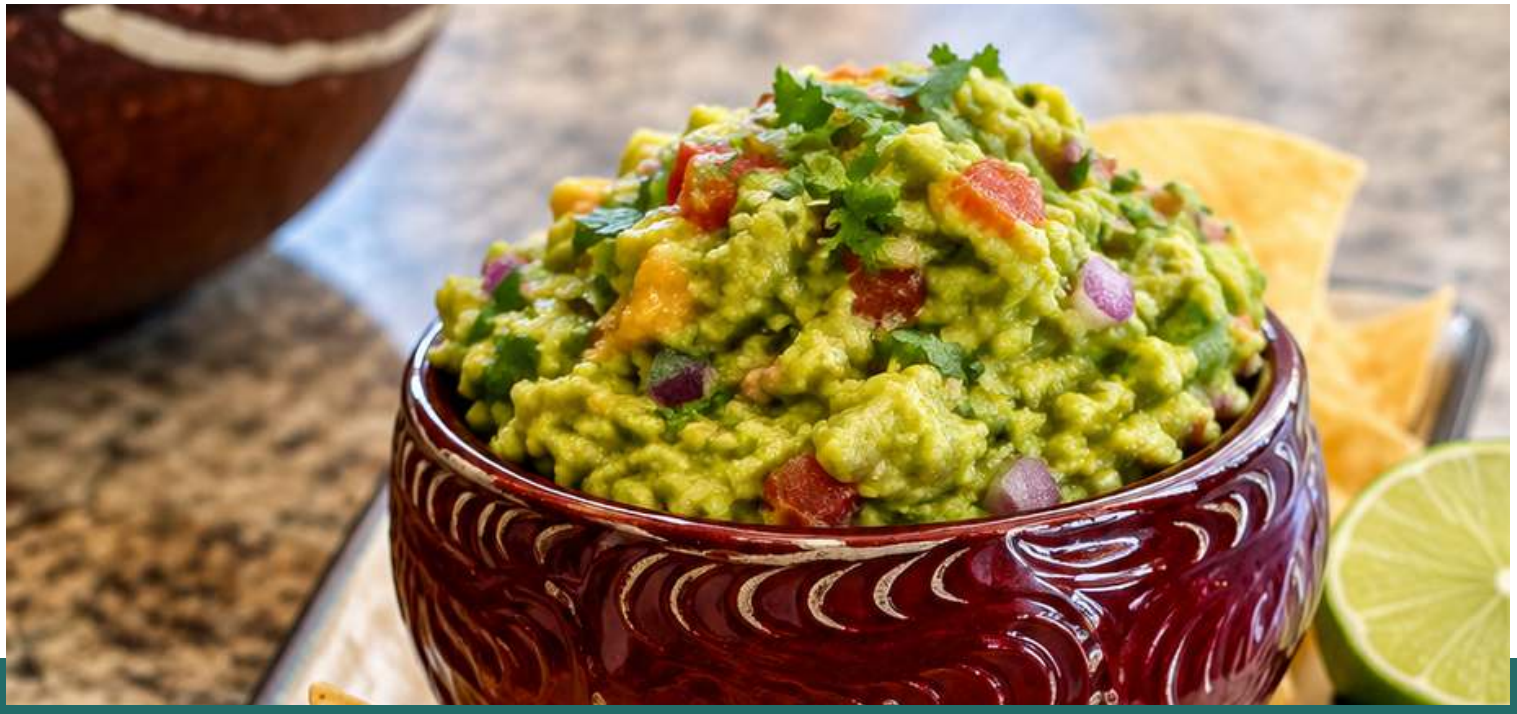
- 3 medium soft, ripe avocados
- 1-2 tablespoons fresh lime juice
- 1/2 cup white onion, finely chopped
- 1 clove garlic, minced
- 1/4-1/2 cup ripe tomato, rinsed and chopped
- 1-3 tablespoons green chilies or serranos, finely chopped (or jalapeño, seeds and veins removed)
- 2-5 tablespoons cilantro, rinsed and chopped
- 2-4 teaspoons ice water
- 1/2 teaspoon ground cumin
- 1/2 teaspoon sea salt, or more to taste
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon turmeric (optional)
- 1 tablespoon extra virgin olive oil
- 2 tablespoons parsley, rinsed and chopped
- Garnish options: sweet paprika, olive oil, parsley, pine nuts, pumpkin seeds or ground sumac

## Instructions

- Remove the stem-end "button" of each avocado; cut around the pit from stem to blossom end and back again
- Twist the halves apart and remove the pits
- Scoop the flesh into a bowl with a large spoon
- Season with a scant teaspoon of sea salt and 1 tablespoon lime juice
- Recipe continued on next page...



# Authentic Guacamole (Continued)



## Instructions (continued)

- Roughly mash the avocados with a fork, leaving distinctive pieces of unmashed avocado for texture
- Stir together, then taste and continue adding salt and lime juice until the flavor is complete
- Finely chop the tomato, chilies and cilantro to evenly distribute the flavors, then add to the avocado mash
- Rinse the chopped onion under cold water in a strainer to soften its bite, then add to the mash
- Mix everything together and give a final taste, adding a little more salt if needed
- Scoop into a serving bowl, garnish with additional cilantro if desired, and serve with grain-free tortilla chips, chips of choice, or sliced vegetables

**Please choose organic ingredients if possible*

# Dill Pickle Spread Crostini



## Ingredients

- 4 ounces cream cheese, room temperature
- 2 tablespoons mayonnaise
- 2 tablespoons fresh dill, chopped, or 1 teaspoon dried dill
- 1/4 dill pickle, minced
- 1 clove garlic, minced
- 1/4 cup mozzarella cheese
- 1/2 teaspoon sea salt
- 1/8 teaspoon fresh cracked pepper
- Parmesan cheese, grated, for topping
- Baguette, sliced
- Greek olives, pitted

**Please choose organic ingredients if possible*

## Instructions

- Preheat the broiler and place a rack in the center of the oven
- In a medium bowl, mix cream cheese, mayonnaise, mozzarella, garlic, dill, dill pickle, sea salt and pepper
- Spread on baguette slices
- Place on a parchment-lined baking sheet
- Top with grated parmesan
- Broil until golden brown
- Serve with Greek olives; enjoy!

# Best Mexican Queso Dip

## Ingredients

- 2 tablespoons butter, unsalted
- 1/2 medium white onion, minced
- 2 cloves garlic, minced
- 1 jalapeño pepper, minced (seeds removed)
- 8 ounces cream cheese, cut into cubes
- 8 ounce block mild cheddar cheese, shredded (about 1 1/2 cups)
- 8 ounce block Monterey Jack cheese, shredded (or Pepper Jack for extra kick)
- 1 1/2 cups whole organic milk, divided
- 1/4 teaspoon sea salt
- 2 tablespoons salsa, or more to taste
- 1 cup cherry tomatoes, rinsed and quartered
- Fresh cilantro, (as garnish)



# Best Mexican Queso Dip (Continued)

## Instructions

- Melt butter in a large saucepan over medium heat; add onion, garlic, jalapeño and sea salt and cook 5 minutes, stirring occasionally, until fragrant
- Add 3/4 cup milk and cream cheese, stirring continuously until melted and mostly smooth, about 5 minutes
- Reduce heat to low and add shredded cheeses in batches, stirring each until melted before adding the next
- Stir in remaining milk and the salsa; taste and add more if desired
- Add quartered cherry tomatoes
- If too thick, stir in a splash of milk to reach desired consistency
- Garnish with fresh cilantro, as desired
- Serve immediately with organic tortilla chips; enjoy!



# 5 Ingredient Artichoke Dip



## Instructions

- 1 cup mayonnaise
- 1 cup artichokes hearts, drained and lightly chopped
- 1 cup Parmesan cheese, grated
- 1 clove garlic, minced
- 1 tablespoon lemon juice, freshly squeezed

## Instructions

- Preheat oven to 400°F degrees
- In a medium sized bowl, blend mayonnaise, parmesan cheese, artichoke hearts, garlic and lemon juice
- Place in a shallow 1 1/2 quart baking dish
- Bake for 15-20 minutes
- Serve with sliced baguettes or crackers or your choice of fresh vegetables
- Enjoy!

## Note:

- So simple and so yummy!

**Please choose organic ingredients if possible*

# Hummus



## Ingredients

- 16 ounces dried chickpeas
- ¼ cup Tahini
- ¼ cup fresh squeezed lemon juice
- 2 teaspoons baking soda, separated
- 2 teaspoons sea salt
- 2 bay leaves
- 1 medium onion, roughly chopped
- 3 tablespoons lemon juice, freshly
- squeezed
- 4 garlic cloves, minced
- 1-2 teaspoons sea salt
- ½ teaspoon ground cumin
- ½ teaspoon paprika
- ¼ cup extra virgin olive oil
- 1 cup cooking liquid from chickpeas

**Please choose organic ingredients if possible*

*Recipe and Photo Credit: Kaleb Wyse @ wyseguide.com*

## Instructions

- Soak chickpeas with salt and baking soda in water for 8–10 hours. Rinse and drain.
- Bring to a boil, then reduce to a medium simmer.
- Simmer for 1½–2 hours until tender and skins begin to separate.
- Drain, reserving the cooking liquid. Discard bay leaves and onion.
- Blend chickpeas, tahini, lemon juice, garlic, salt, cumin, paprika, and cooking liquid until smooth.
- With the blender running, drizzle in olive oil. Add more cooking liquid as needed to reach your desired consistency.
- Serve with raw vegetables, crackers, or tortilla chips.

# Feta Dip

## Ingredients

- 1 (8 oz) block feta cheese
- 3/4 cup yogurt, plain
- 1 tablespoon fresh squeezed lemon juice
- 1/2 cup extra virgin olive oil
- 1 tablespoon fresh dill, rinsed and chopped
- Fresh basil or chives, for garnish

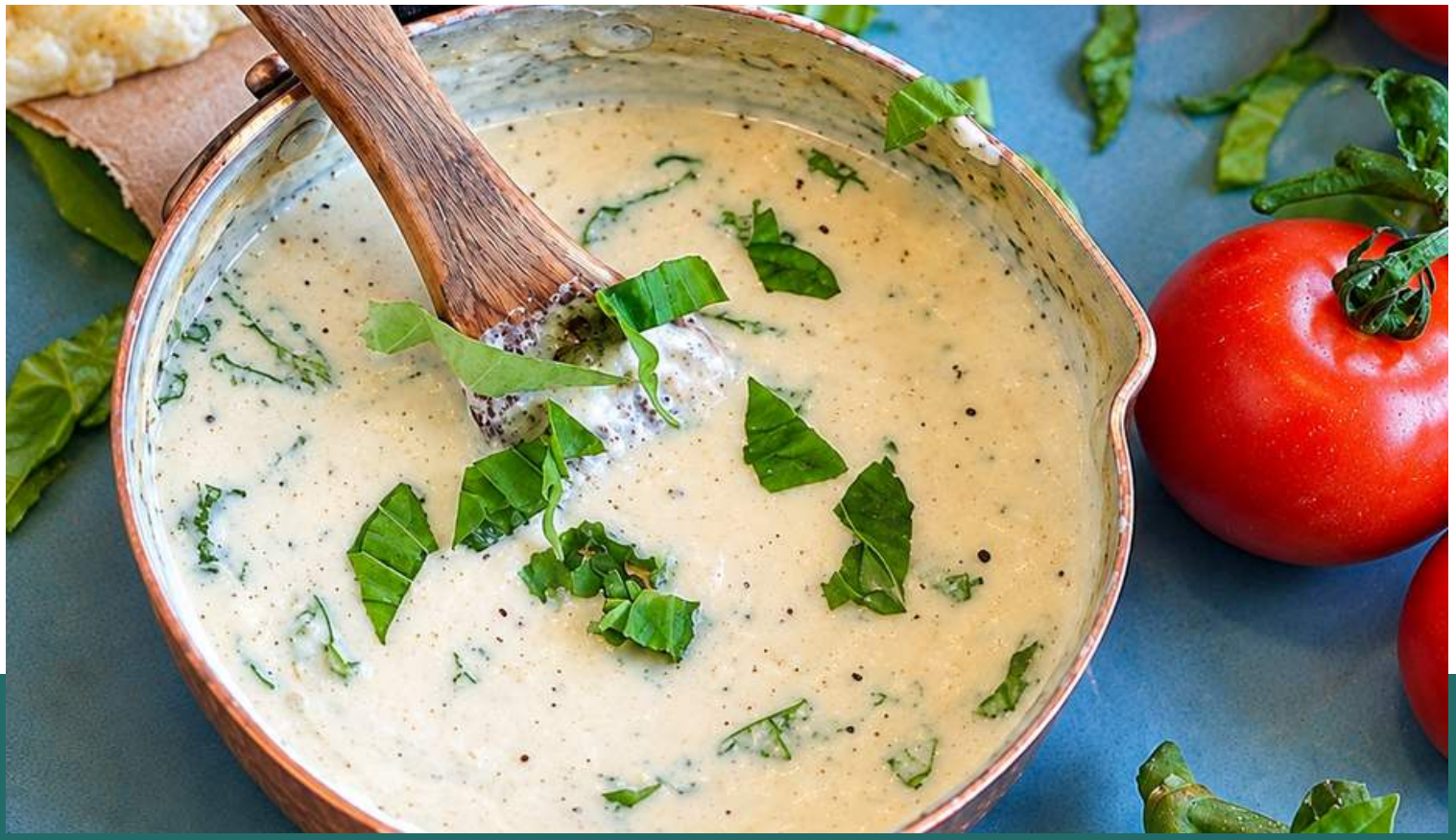
**Please choose organic ingredients if possible*

## Instructions

- Rinse the dill, basil and/or chives and pat dry; set aside
- In a food processor or blender, combine feta, yogurt and lemon juice
- Slowly add the olive oil so it becomes emulsified, about 1-2 minutes
- Stir the dill into the blended feta
- Cover and refrigerate 1 hour
- When ready to serve, top with chopped basil or chives
- Serve with your favorite crackers, pita or raw vegetables



# Asiago Cream Sauce



## Ingredients

- 1 1/3 cups Half and Half
- 8 ounces Asiago cheese, diced into small cubes
- 1/2 teaspoon coarse ground pepper
- 1/2 teaspoon sea salt
- 1/3 cup fresh basil or chives, gently washed, dried and chopped

**Please choose organic ingredients if possible*
*Recipe and Photo Credit: AllysKitchen.com*

## Instructions

- Add Half and Half and Asiago cheese to a saucepan
- Let the mixture slowly simmer, melting the cheese, about 20-25 minutes, stirring occasionally
- Add sea salt and pepper about halfway through the melting
- Before serving, stir in the chopped basil or chives
- Serve with your favorite crackers, pita bread and raw vegetables; buon appetito!

# Bob's Horseradish Sauce

## Ingredients

- 1/2 cup sour cream
- 2 tablespoons prepared horseradish, drained
- 2 tablespoons mayonnaise
- 1 teaspoon apple cider vinegar
- 1/2 teaspoon sea salt
- 1/8 teaspoon black pepper
- 1 tablespoon chives, rinsed, patted dry and finely chopped (optional)

**Please choose organic ingredients if possible*
*Recipe Credit: Bob Zink*

## Instructions

- In a small mixing bowl, stir all of the ingredients together
- Serve right away or cover and refrigerate for up to 2 weeks

## Note:

- For a stronger sauce, add more prepared horseradish to taste; excellent with organic prime rib, beef tenderloin or steak



# Honey Mustard Dipping Sauce



## Instructions

- 1/4 cup Dijon mustard
- 2 tablespoons whole grain mustard
- 1/4 cup mayonnaise
- 2 tablespoons raw honey
- 1/4 teaspoon sweet paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon freshly squeezed lemon juice
- 1/4 teaspoon sea salt
- Pinch of cayenne pepper (optional)

## Instructions

- In your serving bowl, stir everything together
- Chill in the refrigerator for several hours or overnight to allow flavors to meld
- Enjoy!

## Note:

- Great for chicken fingers, pork tenderloin, roasted vegetables or sweet potato fries; for a spicier sauce, choose hot honey!

**Please choose organic ingredients if possible*

# Maple BBQ Sauce



## Ingredients

- 1 1/2 tablespoons coconut oil
- 1/2 small white onion, sliced
- 1/2 tablespoon fresh ginger, minced
- 2 cloves garlic, smashed
- 1/4 teaspoon cayenne pepper
- 1/8 teaspoon fresh cracked pepper
- 1/2 cup apple cider vinegar
- 1/4 cup filtered water
- 3 ounces tomato paste
- 1/4 cup Tamari soy sauce
- 2 tablespoons sesame oil
- 1 cup pure maple syrup
- 1 1/2 teaspoons ground mustard
- 1/8 teaspoon thyme
- 1/2 tablespoon sea salt, divided

**Please choose organic ingredients if possible*

## Instructions

- In a saucepan, saute onion, ginger, garlic, cayenne and black pepper in coconut oil until onion is translucent
- Add vinegar, tomato paste, soy sauce, sesame oil and maple syrup, whisking to break up the tomato paste
- Add remaining ingredients, using half the sea salt
- Simmer on low 30 minutes
- Puree with a blender or immersion blender; add remaining sea salt to taste
- Store in a mason jar in the refrigerator up to 2 weeks; great as a baste for chicken or ribs!

# Red Wine Sauce for Roasted Chicken, Turkey or Game Hen

## Ingredients

- 4 shallots, minced
- 1 box chicken stock
- 1 teaspoon BE Sweet Liquid
- 1/2 cup fresh cranberries, rinsed
- 2 tablespoons extra virgin olive oil
- 2 tablespoons unsalted butter
- 2 cups red wine

**Please choose organic ingredients if possible*
*Recipe Credit: Donna Gates @ bodyecology.com*

## Instructions

- In a saucepan, saute shallots in olive oil
- In a separate saucepan, reduce the chicken stock to yield one cup
- Add reduced stock to the shallots along with red wine and BE Sweet
- Strain the sauce through a colander and return to the saucepan
- Add cranberries and stir; when the cranberries burst, the sauce is complete
- Test for desired sweetness
- Just before serving, stir in butter to enhance the flavor, if desired



# Cashew Cream Sauce



## Ingredients

- 1 cup cashews, unsalted, soaked
- 3/4 cup coconut milk, unsweetened
- 1 teaspoon BE Sweet Liquid
- 2 teaspoons pure vanilla extract
- 1/4 teaspoon sea salt
- 1/2 teaspoon apple cider vinegar or fresh squeezed lemon juice
- Fresh raspberries and strawberries, for serving

## Note:

- May be refrigerated for up to 5 days

**Please choose organic ingredients if possible*

## Instructions

- Soak the cashews in warm water with sea salt and lemon juice or apple cider vinegar overnight, or 2-4 hours if soaking during the day
- Drain and rinse the cashews thoroughly, then rinse once more
- Add the cashews, coconut milk, BE Sweet and vanilla to a high speed blender and blend 1-2 minutes, scraping down the sides
- Refrigerate to allow the sauce to thicken slightly
- Serve with fresh raspberries and strawberries; enjoy!



# BREADS & MUFFINS

*Warm from the oven and always a favorite*

# Lemon Olive Oil Coffee Cake



## Ingredients

- 2 cups all-purpose flour
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon sea salt
- 1 cup (minus a tablespoon) organic sugar
- 3 eggs
- 1/4 cup whole milk
- 1/2 cup extra virgin olive oil
- 1 organic lemon, zested (pre wash lemon)
- Powdered sugar, for dusting (optional)

## Note:

- Keeps well covered on the counter 1-2 days, or refrigerated up to 3 day

## Instructions

- Preheat oven to 350°F.
- Whisk flour, baking powder, and salt in a bowl.
- Beat eggs and sugar until light and fluffy.
- Mix in milk, olive oil, and dry ingredients gradually.
- Stir in lemon zest.
- Pour into a lightly oiled, parchment-lined 8–9-inch round cake pan.
- Bake for 45 minutes or until a toothpick comes out clean.
- Cool in the pan and dust with powdered sugar if desired.

**Please choose organic ingredients if possible*

# Tess's Mini Muffins

## Ingredients

- 2 1/2 tablespoons filtered water
- 1 tablespoon flax meal (for flax egg)
- 1 cup blanched almond flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1/4 teaspoon sea salt
- 1/3 cup mashed banana
- 1/2 teaspoon pure vanilla extract
- 1/2 teaspoon fresh lemon juice
- Virgin coconut oil, for greasing the muffin tin

**Please choose organic ingredients if possible*
*Recipe and Photo Credit: Tess Masters (The Blender Girl) @skinny60.com*



## Instructions

- Preheat oven to 350°F; grease 10 holes in a mini muffin tin with coconut oil
- Whisk flax meal into the water; let stand 10 minutes, whisking periodically, until a gel forms
- Combine almond flour, baking soda, baking powder and sea salt in a bowl
- Stir mashed banana, vanilla and lemon juice into the flax egg
- Fold wet ingredients into dry until a very stiff batter forms (keep mixing; don't add liquid)
- Fill each muffin hole to the top; bake 15 minutes, until lightly browned
- Cool completely in the muffin tin at least 1 hour before releasing with a butter knife

# Pumpkin Bites

## Ingredients

- 1 cup blanched, super-fine almond flour
- 3 tablespoons pumpkin puree
- 3 tablespoons pure maple syrup
- 1 teaspoon pumpkin pie spice
- Optional coating: 1-2 teaspoons pure maple syrup, 1/2 cup maple sugar

**Please choose organic ingredients if possible*
*Recipe Credit: Mary Wuerdeman @ livingonpurposewithmarywuerdeman.com .*

## Instructions

- Preheat oven to 350°F; line a baking sheet with parchment paper
- Stir almond flour, pumpkin puree, maple syrup and pumpkin pie spice until a sticky, firm dough forms
- Roll into balls and place on the prepared sheet
- Bake 20 minutes, until the edges are golden and dry
- Cool 30 minutes and eat plain, or coat by brushing lightly with maple syrup, then rolling in maple sugar
- Enjoy!



# Mini Pumpkin Muffins



## Ingredients

- 1 1/2 cups almond flour
- 1 teaspoon pumpkin pie spice
- 1/4 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon sea salt
- 2 medium organic eggs
- 1/2 cup pumpkin puree
- 1/2 cup pure maple syrup
- 1/2 teaspoon pure vanilla extract
- 1/4 cup melted coconut oil

## Note:

- Store in a sealed container or refrigerator up to 5 days, or freeze up to 3 months

**Please choose organic ingredients if possible*

*Recipe Credit: Mary Wuerdeman @ livingonpurposewithmarywuerdeman.com*

## Instructions

- Preheat oven to 350°F; grease a 12-cup mini muffin tin with coconut oil
- Whisk almond flour, pumpkin pie spice, baking powder, baking soda and sea salt in a large bowl
- In another bowl, blend eggs, pumpkin puree, maple syrup, vanilla and coconut oil
- Add dry ingredients to wet and combine well
- Fill each muffin cup to the top
- Bake 15 minutes, until lightly browned
- Cool at least 1 hour before releasing with a butter knife; enjoy!

# Best Blueberry Bread

## Ingredients

- 1/2 cup unsalted butter, softened
- 1 cup organic cane sugar
- 2 large organic eggs
- 1 teaspoon pure vanilla extract
- 1/2 cup sour cream or plain yogurt
- 1 3/4 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon sea salt
- 1 1/2 cups fresh or frozen blueberries, tossed in 1 tablespoon flour
- Topping: 2 tablespoons organic cane sugar, 1/4 teaspoon cinnamon

**Please choose organic ingredients if possible*

## Instructions

- Preheat oven to 350°F and grease and flour a 9 × 5-inch loaf pan.
- Cream butter and sugar until fluffy. Beat in eggs one at a time, then add vanilla and sour cream.
- Whisk flour, baking powder, baking soda, and salt. Fold into the wet ingredients until just combined.
- Gently fold in the floured blueberries.
- Pour batter into the pan and sprinkle with cinnamon sugar.
- Bake for 55–65 minutes or until a toothpick comes out clean.
- Cool in the pan for 10 minutes, then transfer to a rack to cool completely.

*Recipe Credit: Allyskitchen.com*



# Applesauce Banana Bread

## Ingredients

- 2 cups all-purpose or Einkorn flour
- 1/2 cup unsweetened applesauce
- 3/4 cup raw honey
- 2 organic eggs, beaten
- 3 overripe bananas, mashed well
- 1/4 teaspoon sea salt
- 1 teaspoon baking soda
- 1 cup walnuts or pecans, chopped (optional)
- 1 loaf pan, lined with parchment paper

**Please choose organic ingredients if possible*

## Instructions

- Preheat oven to 350°F; line a 9x5-inch loaf pan with parchment paper
- In a large bowl, combine flour, baking soda and sea salt
- In a separate bowl, mix applesauce and honey; stir in eggs and mashed bananas until well blended
- Stir the banana mixture into the flour mixture just to moisten; fold in the nuts
- Pour into the prepared pan and bake 60-65 minutes, until a toothpick inserted in the middle comes out clean
- Cool 10 minutes, then move to a wire rack; enjoy warm!



# Almond Flour Banana Bread

## Ingredients

- 4 organic eggs
- 3 medium overly ripe bananas, mashed
- 1/4 cup raw honey
- 1/2 cup coconut milk or organic whole milk
- 1 teaspoon pure vanilla extract
- 2 cups almond flour, blanched and super-fine
- 1/2 cup all-purpose flour
- 2 teaspoons baking soda
- 1/2 teaspoon sea salt
- 1/2 teaspoon cinnamon
- 1 tablespoon raw apple cider vinegar

**Please choose organic ingredients if possible*

## Instructions

- Preheat oven to 350°F; line a loaf pan with parchment paper
- In a bowl, mix eggs, banana, honey, milk and vanilla and stir
- In a separate large bowl, whisk together almond flour, all-purpose flour, baking soda, sea salt and cinnamon
- Add wet ingredients to dry and stir until well incorporated
- Stir in apple cider vinegar until fully incorporated
- Pour batter into the pan and bake 45-50 minutes, until a toothpick comes out clean
- Cool 10-15 minutes, then slice and enjoy!

## Note:

- To reheat, just pop it in the oven for a few minutes



# Almond Flour Bread

## Ingredients

- 1 3/4 cups blanched almond flour
- 5 large eggs
- 5 tablespoons refined coconut oil, ghee, butter or avocado oil
- 1 tablespoon pure maple syrup
- 1 teaspoon raw apple cider vinegar (don't skip - helps the bread rise!)
- 1/2 teaspoon baking soda
- 1/4 teaspoon sea salt

## Note:

- Toast and add your favorite jam

**Please choose organic ingredients if possible*
*Recipe Credit: Mary Wuerdeman @ livingonpurposewithmarywuerdeman.com*



## Instructions

- Preheat oven to 350°F; grease an 8-inch loaf pan and line with parchment paper, leaving an overhang for easy removal
- In a medium bowl, whisk the eggs
- Whisk in the coconut oil, maple syrup, apple cider vinegar, sea salt, almond flour and baking soda
- Pour the batter into the prepared pan
- Bake until golden brown and set and a toothpick comes out clean, 30-40 minutes, checking at 30-minute intervals
- Cool 10 minutes in the pan, then gently release and cool to room temperature, about 20 more minutes, before slicing

# Kefir Bread

## Ingredients

- 2 1/2 cups organic, freshly milled ancient grain wheat (if available) or all-purpose organic flour
- 2 tablespoons baking powder
- 1/3 teaspoon baking soda
- 1 teaspoon sea salt
- 1 3/4 cups goat milk kefir, plain



## Instructions

- Preheat oven to 400°F
- In a large mixing bowl, whisk together flour, baking powder, baking soda and sea salt
- Add about half the goat's milk kefir and begin to stir together
- Add the rest of the kefir, continuing to blend into a thick, sticky batter
- When fully combined (careful not to over mix), transfer to a parchment-lined loaf pan
- Sprinkle the top with a dusting of sea salt, if desired
- Cover with a clean dish towel and let sit at room temperature 25-30 minutes before baking
- Bake 30 minutes; remove and cool
- Slice and enjoy with your favorite fruit, savory spreads or just butter!

**Please choose organic ingredients if possible*
*Recipe adapted from AllysKitchen.com*

# Holiday Cheddar, Cranberry & Nut Bread

## Ingredients

- 2 1/2 cups all-purpose flour
- 1/2 cup organic cane sugar
- 1/2 cup organic brown sugar or Lakanto Monkfruit Sweetener (Golden)
- 3 1/2 teaspoons baking powder
- 1 teaspoon sea salt
- 3 tablespoons refined coconut oil, for a neutral flavor
- 1 1/2 cups milk of your choice
- 1 organic egg
- 1 tablespoon + 1 teaspoon orange zest (pre wash orange)
- 1/2 cup pecans or walnuts
- 1 1/2 cups shredded cheddar cheese (6 ounces)
- 1 cup cranberries, cut in half

**Please choose organic ingredients if possible*
*Recipe: Mary Wuerdeman @ livingonpurposewithmarywuerdeman.com*



# Holiday Cheddar, Cranberry & Nut Bread



## Instructions

- Preheat oven to 350°F; grease or line loaf pans with parchment paper (one 9x5x3 or two 8 1/2x4 1/2x2 1/2)
- Mix all ingredients until just combined; don't overmix
- Pour into the loaf pan(s)
- Bake a 9-inch loaf 55-65 minutes, or 8-inch loaves 55-60 minutes
- Cool slightly, then remove from the pan(s) and cool completely before slicing, if you can wait!
- To store, wrap and refrigerate up to 1 week

# Best Cornbread

## Ingredients

- 1 tablespoon coconut oil
- 1 1/2 cups Bob's Red Mill Organic Fine or Medium Grind Cornmeal
- ¾ cup spelt flour or all-purpose flour
- ¼ cup honey
- 2 teapoons baking soda
- 2 teaspoons baking powder
- 2 teaspoons sea salt
- 1 ½ cups room temperature milk
- ¼ unsalted butter, melted
- 1 large organic egg
- For Honey Butter: 1 stick of soft butter, 2 tablespoons honey & a sprinkle of sea salt

*Please choose organic ingredients if possible

*Recipe and Photo Credit: John Kanell Preppykitchen.com*



## Instructions

- Preheat oven to 425°F
- Add 1 tablespoon coconut oil to a 9-inch cast iron pan and place in oven for 5 minutes
- In a large bowl, whisk together the cornmeal, flour, baking soda, baking powder and sea salt
- In another bowl, whisk together the room temperature milk, butter and egg and stir together
- Add the wet ingredients to the dry ingredients along with the honey and whisk until just combined
- Pour immediately into the hot skillet with coconut oil
- Bake in the preheated oven until the cornbread is golden brown and a skewer comes out clean, 18-20 minutes
- Remove from the oven andf flip unto a wire rack and cool for 10 minutes before slicing
- Serve with honey butter
- Enjoy

# Make Your Own Trail Mix



## Ingredients

- 3 cups raw nuts of your choice (almond, cashew, brazil, walnuts, pecans or hazelnuts)
- 1 cup raw pumpkin seeds
- 1/4 teaspoon cinnamon
- 1/2 cup goji berries
- 1/4 teaspoon sea salt
- Optional add-ins: chocolate chips, cranberries, coconut chips, raisins

**Please choose organic ingredients if possible*

## Instructions

- Mix all ingredients together in a large bowl and sweeten to taste with your favorite natural sweetener
- Great for an on-the-go snack!

# Maple Candied Pecans

## Ingredients

- 4 cups raw pecans
- 2/3 cup pure maple syrup
- 1 tablespoon filtered water
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/8 teaspoon ground ginger
- 1/8 teaspoon cayenne pepper
- Pinch of sea salt

**Please choose organic ingredients if possible*



## Instructions

- Preheat oven to 350°F; line a baking sheet with parchment paper and roast the pecans 8-10 minutes, until slightly crispy and fragrant
- In a saucepan over medium heat, warm the maple syrup and spices about 5 minutes, until warm and slightly bubbling
- Stir in the warm roasted pecans and water; fold for 3-4 minutes, stirring constantly, until the nuts caramelize and the liquid reduces, is absorbed and crystalizes, leaving the pecans dry
- Spread the pecans back onto the lined baking sheet and let cool and harden about 20 minutes
- Store in a sealed container

# Roasted Pumpkin Spiced Nuts



## Ingredients

- 3 cups unsalted mixed nuts
- 1 egg white
- 1 teaspoon sea salt
- 2 teaspoons pumpkin pie spice
- 1/4 teaspoon cayenne pepper
- 1/4 cup coconut sugar

## Instructions

- Preheat oven to 250°F
- Place egg white in a large bowl and whip until frothy
- Stir in sea salt, spices and coconut sugar
- Combine mixture with the mixed nuts and coat evenly
- Spread nuts in a single layer on a parchment-lined baking pan
- Bake 1 hour
- Let nuts cool at least 10 minutes before serving (they will get crispy)
- Store in an airtight container up to 2 weeks

**Please choose organic ingredients if possible*
*Recipe and Photo Credit: Vani Hari @ FoodBabe.com*

# Sweet Cinnamon Walnuts

## Ingredients

- 1 cup walnuts
- 2 tablespoons Lakanto Monkfruit Sweetener (Golden)
- 1/4 teaspoon sea salt
- 1 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- 1/4 teaspoon pumpkin pie spice
- 2 tablespoons filtered water



## Instructions

- Combine Lakanto Monkfruit, warm water, vanilla, cinnamon, pumpkin pie spice and sea salt in a saucepan over medium-low heat, stirring until dissolved
- Add walnuts and continue stirring until the mixture thickens and the walnuts are well coated, 5-7 minutes
- Remove from heat and pour onto parchment paper; spread in a single layer and cool completely
- May sprinkle lightly with sea salt once cooled
- Break into desired sizes and store at room temperature in an airtight container

**Please choose organic ingredients if possible*

# Cashew Cacao Energy Balls

## Ingredients

- 2/3 cup cashew butter, or any good quality nut butter
- 1 cup rolled oats (see brand recommendation)
- 1 1/2 teaspoons inulin
- 1/2 cup Medjool dates
- 2 tablespoons cacao powder
- 2 teaspoons coconut syrup
- Pinch of sea salt

**Please choose organic ingredients if possible*
*Recipe Credit: wildlyorganic.com*

## Instructions

- Add everything to a food processor and process until well combined
- Use a small ice cream scoop to scoop out small balls, then roll with wet hands to shape
- Store in the refrigerator
- Enjoy!



# Magic Maca Balls

## Ingredients



- 3/4 cup Medjool dates, pitted and chopped
- 1/2 cup raw almond butter
- 1/2 cup raw almonds
- 1/4 cup rolled oats (see brand recommendation)
- 3 tablespoons honey
- 2 tablespoons raw maca powder

## Instructions

- Put dates, almond butter, almonds, oats, maca and honey into a food processor
- Mix for several minutes until a sticky, grainy texture is achieved
- Pinch a piece of dough between your fingers to check the texture; if it falls apart, blend a minute longer
- Dough is ready once it stays together under pressure
- Pinch off pieces of dough and roll into 1-inch balls
- If hands get too sticky, rinse in warm water, dry and continue rolling
- Store in a tightly sealed container in the refrigerator up to 2 weeks, or freezer up to 2 months

## Note:

- These ingredients excel at harmonizing hormones and fostering gut well-being

**Please choose organic ingredients if possible*
*Recipe Credit: Kerrie Heart*

# Energy Bars

## Ingredients

- 1/4 cup chia seeds
- 1/4 cup filtered water
- 14 Medjool dates, pitted
- 1 cup raw almonds
- 1/2 cup unsweetened shredded coconut
- 1/2 cup pumpkin seeds
- 1/2 cup rolled oats
- 1/2 cup raisins
- 1/4 cup sunflower seeds
- 1/4 cup hemp seeds
- 1/4 cup dried cranberries
- 1/4 cup dried cherries
- 1/4 cup almond butter
- 1/4 cup coconut butter
- 1/4 cup coconut oil
- 1/4 cup raw honey
- 2 teaspoons sea salt

## Note:

- Feel free to substitute other favorite nuts or dried berries; store in the refrigerator or freezer

**Please choose organic ingredients if possible*

## Instructions

- In a medium bowl, combine chia seeds with water; stir to avoid clumping and let sit 5-10 minutes to absorb the liquid and gel up
- In a food processor, chop the almonds briefly until slightly ground and crumbly but not oily
- Add the gelled chia seeds and all remaining ingredients; process until a dough-like consistency forms
- If not sticking together well, add more water a tablespoon at a time, or more dates
- Press the mixture firmly into an 8x8-inch pan
- Refrigerate until set, then cut into 9 bars and enjoy!



# Chex Party Mix

## Ingredients

- 4 cups organic multigrain squares cereal (corn, rice and wheat)
- 1 cup mixed nuts
- 1 cup organic pretzels, broken into 1-inch pieces
- 2 cups organic cheddar snack mix
- 2 cups garlic and herb pretzel crisps, broken into 1-inch pieces
- 1/2 cup unsalted butter, plus 2 tablespoons
- 2 tablespoons worcestershire sauce
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 teaspoon sea salt

## Instructions

- Preheat oven to 250°F
- Combine cereal, nuts, pretzels, cheddar snack mix and pretzel crisps in a large bowl
- In a small saucepan, warm butter, Worcestershire sauce, garlic powder, onion powder and sea salt
- Pour over the cereal mixture and stir until evenly coated
- Spread in a roasting pan or large casserole dish and roast 1 hour, stirring every 15 minutes
- Spread on paper towels to cool
- Store in an airtight container; enjoy!

**Please choose organic ingredients if possible*





# MAIN DISHES

*Meat, Poultry, Seafood & Pasta*

# Bob’s Holiday Roasted Ducks with Burgundy Glaze with Giblet Gravy



## Ingredients

For the Duck:

- 1 whole 4.5 organic duck (Bell & Evans or Mary’s)
- 3 teaspoons fine ground sea salt
- ½ teaspoon ground black pepper
- 1 tablespoon marjoram
- 1 tablespoon dried thyme
- 1 teaspoon seasoned salt
- ½ teaspoon garlic powder
- 1 teaspoon poultry seasoning
- ½ teaspoon ground ginger
- ¼ teaspoon cayenne pepper
- 2 small apples (firm variety) such as; Granny Smith, Pink Lady, Honey Crisp, Braeburn or Jonathon
- Juice from 1 lemon

# Bob’s Holiday Roasted Ducks with Burgundy Glaze with Giblet Gravy (Continued)



## Ingredients

For the Burgundy Glaze:

- ½ cup burgundy wine (Pinot Noir may be substituted)
- ½ cup red currant jelly (Wilkin and Son’s available at Amazon)
- 2 tablespoons butter
- 2 teaspoons Worcestershire sauce
- ½ teaspoon allspice
- 4 teaspoons sea salt
- ½ teaspoon pepper
- 2 teaspoons cornstarch

**Please choose organic ingredients if possible*
*Recipe Credit: Bob Zink*

For the Giblet Gravy

- 2 cups chicken stock
- 2 cups water
- 1 small yellow or sweet onion. coarsely chopped
- 1 clove garlic, minced
- 1 bay leaf
- 1 teaspoon seasoned salt
- ½ teaspoon sea salt
- ½ teaspoon ground ginger
- ½ teaspoon pepper
- 2 stalks celery, rinsed and sliced
- duck neck and gizzards, do not use the liver

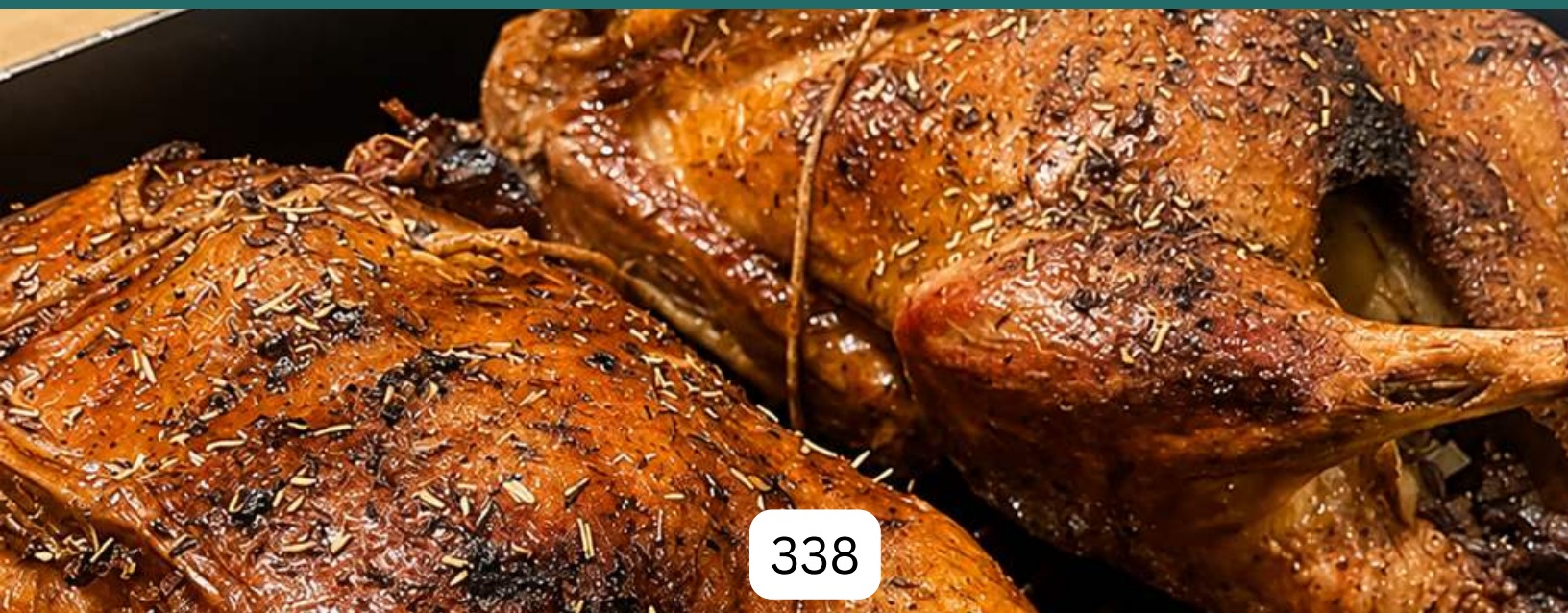
# Bob’s Holiday Roasted Ducks with Burgundy Glaze with Giblet Gravy (Continued)

## Instructions

- Thaw package of frozen duck in refrigerator for 2 days or until completely thawed
- Remove from packaging and wash thoroughly, removing giblets, and set aside.  Pat dry inside and outside
- With a sharp meat fork, prick the duck every inch so grease will drain while cooking
- Mix all spices together and rub a tablespoon or more inside the duck cavity to thoroughly coat the duck cavity
- Trim excess fat from the duck and stuff with rinsed,  quartered, cored, and peeled apples and quartered lemons as much as possible
- Position duck wings behind duck and/or truss with kitchen twine to hold wings in place and also optionally, tie the legs together once stuffed with apples and lemon
- Leave duck on the counter for 30-60 minutes to warm to room temperature
- Preheat oven to 450 degrees F with the duck positioned in the middle of the oven
- Bake the duck in a roasting pan with a grill insert or cast iron pot with a lid (preferred). It must be large enough for the whole duck to easily fit without touching the sides
- Use parchment paper followed by heavy gauge aluminum foil to cover the duck if not using a pot with a lid
- Add 1 cup water to the baking dish
- Place the duck, breast side down, on a rack in the baking dish and roast the duck uncovered for 30 minutes.
- Remove duck from oven and allow to cool so that you can handle it and rub the remaining spice mix all over the front and back of duck as evenly as possible
- Cover or wrap tightly over the duck, breast side down, and bake at 350 degrees for 1 hour
- During the hour, use a turkey basting bulb to extract juice from the bottom of the pan and baste the duck.  This may be done more than once to keep the duck moist while baking

# Bob’s Holiday Roasted Ducks with Burgundy Glaze with Giblet Gravy (Continued)

- After one hour, remove the duck from the oven, extract juices with a turkey basting bulb and retain in a bowl, then pour out excess fat from the pan
- Return juices to the pan and add back some water so there is at least 1-2 cups
- Turn duck over with breast facing up and return to oven to bake covered for ½ hour and then uncovered for ½ hour. Baste duck once while uncovered.  The duck should have a very golden crisp skin, but may need some further browning. Position on top rack of oven and broil for approximately 5 minutes, but monitor so as not to burn the duck
- Check the doneness of the duck by inserting a fork into the thigh, and the juices should run clear, not bloody.  The fork should easily go into the leg and breast. If not, continue cooking for another 20-30 minutes and then check again
- Remove the duck from the roasting pan and let it rest for 10-15 minutes before carving. The burgundy glaze should be prepared and warm
- Again, using the basting tip, drain the juices from the bottom of the pan, as the duck fat should be separated and floating over the juices.  Place juices in a bowl for use with the gravy
- To serve, using very sharp knife, cut the duck in half, removing the fruit stuffing, and then cut the legs and thigh from the breast so the duck is quartered.
- Baste the skin sides of duck pieces generously with the burgundy glaze and place on serving dish. Not required, but it may be preferable to additionally broil duck pieces with the glaze on for 1-2 minutes. Reserve extra glaze to use during serving



# Bob’s Holiday Roasted Ducks with Burgundy Glaze with Giblet Gravy (Continued)

For the Giblet Gravy:

- Before starting, combine all the ingredients for the gravy in a large enough covered saucepot to easily fit the neck for simmering.
- Bring to a boil and then reduce heat to simmer, covered, for three hours until gizzards are quite tender.  Add additional chicken stock as needed if stock reduces
- Strain the stock, cut up giblets and pieces of neck meat, return to gravy, and add the duck juices to the gravy
- After draining the duck pan of all excess fat, add ½ cup of hot chicken stock to the pan and bring to a boil. Scrape up all the ‘crustlings” adhering to the pan and simmer for about 2 minutes. Add the crustlings, the stock, and any remaining pan juices to the gravy.  Thicken the gravy by adding two teaspoons of cornstarch to a tablespoon of cold water, then blend with the gravy and cook while stirring constantly until slightly thickened. Repeat if more thickening is desired.
- The gravy is well suited to be used on dressing or mashed potatoes

For the Burgundy Glaze:

- Mix the cornstarch, Worcestershire sauce, allspice, salt, and pepper thoroughly in a bowl with the red wine.
- Combine the red wine mixture, currant jelly, and butter in a small saucepan and heat slowly to melt the butter and dissolve the jelly. Stir while heating on low to combine all the ingredients
- Cook the mixture until it thickens
- Use to liberally baste the Duck skin side and for extra serving with the meal
- Enjoy!

# Festive Bell Peppers

## Ingredients (serves 2)

- 1 pound grass-fed ground beef
- 1 small white onion, diced
- 4 large bell peppers (red, yellow, green or orange)
- 1 (15 oz) can black beans, rinsed and drained
- 1 small can Italian-style diced tomatoes
- 2 teaspoons tomato paste
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1/8 teaspoon sweet paprika
- 1 cup shredded cheese (Monterey Jack, cheddar or pepper jack)
- 1 cup cooked basmati rice
- 2 tablespoons fresh-squeezed lime juice
- 1 garlic clove, grated
- 1 1/2 teaspoons sea salt
- 1/4 teaspoon pepper

*Please choose organic ingredients if possible



# Festive Bell Peppers (Continued)

## Instructions

- Preheat oven to 425°F; halve peppers stem to bottom, remove pith and seeds, and set cut-side up on a parchment-lined sheet; drizzle with olive oil, season with salt and pepper, and roast 10-12 minutes until slightly softened; set aside
- Brown the ground beef and onion in a skillet, 6-8 minutes; grate in the garlic
- Add sea salt, chili powder, cumin and paprika; stir in black beans, diced tomatoes, tomato paste and cooked rice; simmer
- Remove from heat, add lime juice and mix to combine
- Divide filling among the peppers, mounding as needed
- Top with shredded cheese and return to the oven; bake until cheese is melted and beginning to brown, 10-12 minutes
- Let sit a few minutes before serving
- Enjoy!



# Simple Grass Fed Beef Meat Loaf

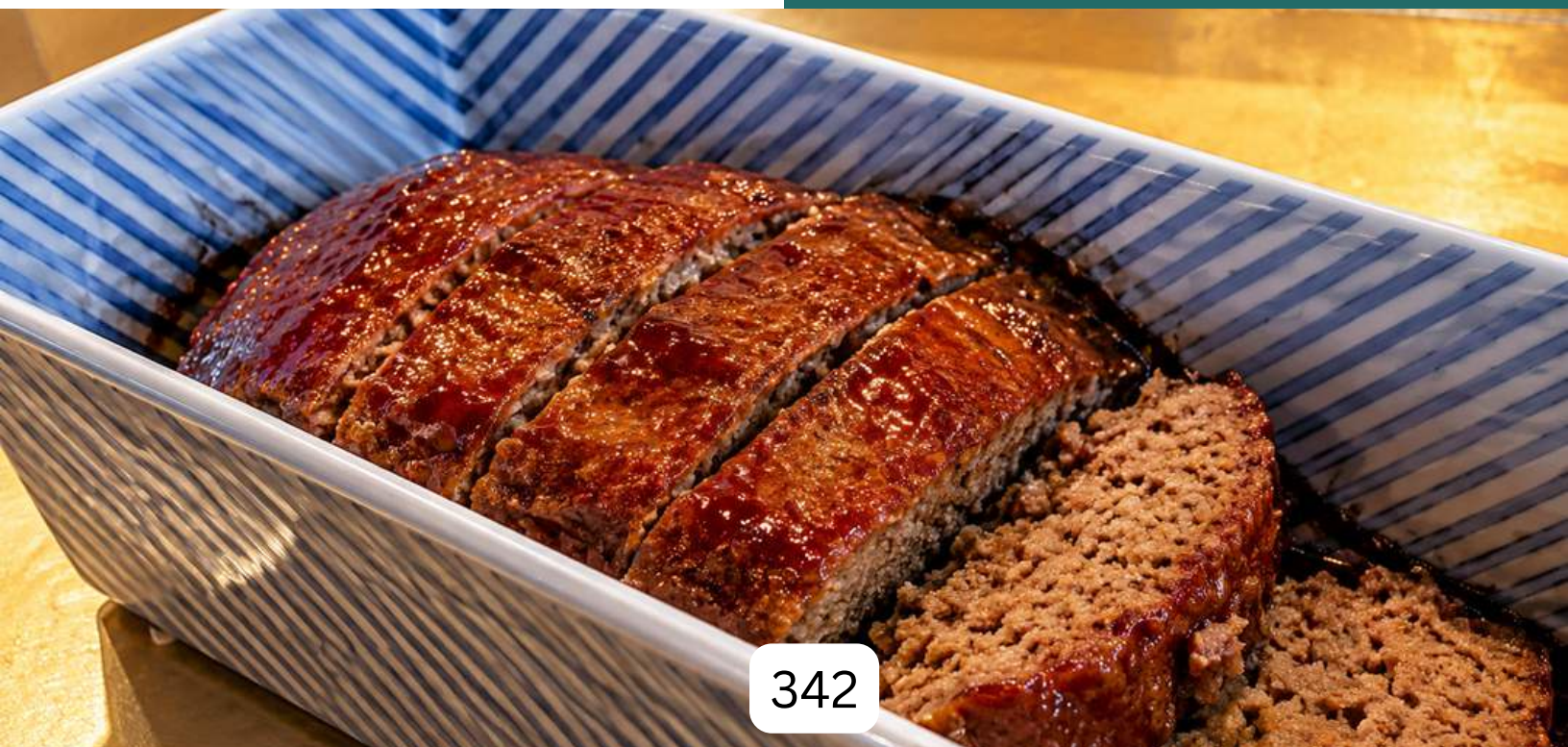
## Ingredients

- 2 pounds grass-fed ground beef
- 1 cup organic oats or bread crumbs
- 1/2 cup milk
- 2 organic eggs
- 1 small onion, finely diced
- 2 cloves garlic, minced
- 2 tablespoons ketchup or tomato paste
- 1 teaspoon worcestershire sauce
- 1 1/2 teaspoons sea salt
- 1/2 teaspoon black pepper
- Topping: 1/3 cup ketchup, 1 tablespoon brown sugar, 1 teaspoon mustard

## Instructions

- Preheat oven to 350°F
- In a large bowl, soak oats or bread crumbs in milk 5 minutes
- Add ground beef, eggs, onion, garlic, ketchup, Worcestershire sauce, sea salt and pepper; mix gently until just combined
- Shape into a loaf and place in a lightly greased loaf pan or on a parchment-lined baking sheet
- Whisk topping ingredients together and spread over the top
- Bake 55-65 minutes, until internal temperature reaches 160°F
- Let rest 10 minutes before slicing

*Please choose organic ingredients if possible



# The Ultimate Meatloaf

## Ingredients

For the Vegetable Mixture:

- 1 medium onion
- 2 stalks celery, rinsed
- 8 ounce cremini or white mushrooms
- 1-2 carrots, rinsed nd lightly peeled
- 4 cloves garlic
- ½ teaspoon sea salt
- 1 tablespoon fresh thyme, rinsed and minced
- 2 tablespoons tomato paste

For the Meat:

- 1 pound organic grass fed ground beef
- 1 pound organic pork or turkey
- 2 large eggs
- 2 tablespoons worcestershire sauce
- 1 ½ cup breadcrumbs
- 2 teaspoon Dijon mustard
- 1 teaspoon sea salt
- ¾ teaspoon black pepper
- 1 cup organic beef stock

For the Glaze:

- ½ cup ketchup
- 2 teaspoons Dijon mustard



# The Ultimate Meatloaf (Continued)

## Instructions

- Preheat the oven to 350°F and line a baking sheet with parchment paper.
- Roughly chop the onion, carrot, celery, and mushrooms. Pulse the vegetables and garlic in a food processor until finely minced but not pureed.
- Melt 2 tablespoons of butter in a saucepan over medium heat. Add the vegetables and sea salt, then sauté for 8–12 minutes until softened and lightly browned.
- Stir in the thyme and tomato paste. Cook for 4–6 minutes until the paste darkens, then remove from heat and let cool.
- In a large bowl, beat the eggs. Add the ground beef, ground turkey, Worcestershire sauce, breadcrumbs, Dijon mustard, sea salt, black pepper, beef stock, and cooled vegetable mixture. Mix thoroughly.
- Shape the mixture into a loaf on the prepared baking sheet, approximately 12 × 9 inches.
- Combine the ketchup and Dijon mustard, then brush over the meatloaf.
- Bake for 45–60 minutes, or until the internal temperature reaches 160°F.
- Let rest for 15 minutes before slicing and serving.

## Notes:

- Finely mince the vegetables without overprocessing them into a paste.
- Let the cooked vegetable mixture cool to room temperature before adding it to the meat.
- Mix by hand for best results and even distribution.

*Please choose organic ingredients if possible

Recipe and Photo Credit: Kaleb Wyse @ wyseguide.com



# Chicken Nuggets

## Ingredients

- 3 organic chicken breasts
- 2 organic eggs, beaten
- 3/4 cup almond or coconut milk
- 3/4 cup pickle juice
- 1 1/2 cups spelt flour
- 1 tablespoon powdered sugar
- 1 teaspoon paprika
- 1/2 teaspoon dry mustard
- 1 teaspoon garlic granules
- 1 teaspoon onion granules
- 1 teaspoon sea salt
- 1/2 teaspoon pepper
- 3 tablespoons extra virgin olive oil

## Note:

- A great, upgraded copycat recipe

*Please choose organic ingredients if possible

*Recipe and Photo Credit: Vani Hari @ FoodBabe.com*

## Instructions

- Rinse, pat dry and cut chicken breasts into 1-inch pieces
- Whisk egg, milk and pickle juice together; add chicken, cover and marinate in the refrigerator at least 6 hours or overnight
- Preheat oven to 400°F; mix remaining dry ingredients in a separate bowl
- Drain the chicken and dredge in the flour mixture until fully coated
- Place on a parchment-lined baking sheet, spaced apart, and spray each piece with olive oil
- Bake 15-18 minutes, until golden brown and crispy
- Serve with your favorite dipping sauce; enjoy!



# Pad Thai



## Ingredients

- 8.1 ounce organic rice noodles for Pad Thai
- 2 tablespoons coconut oil
- 1/2 cup bok choy, rinsed and sliced lengthwise
- 1 cup broccoli, rinsed and dried
- 7 ounces mushrooms of choice, sliced
- 1 carrot, grated
- 2 teaspoons garlic, minced
- 1/2 yellow onion, sliced
- 1/2 teaspoon ginger, grated
- 4 lime wedges
- 1 chicken breast, sauteed and thinly sliced
- Scallions, sliced, for garnish

Sauce:

- 4 tablespoons tamari soy sauce
- 4 tablespoons apple cider vinegar
- 2 tablespoons raw honey
- 2 tablespoons almond butter
- 6 tablespoons boiling water
- pinch red pepper flakes

*Please choose organic ingredients if possible

# Pad Thai (Continued)



## Instructions

- Cook rice noodles per package directions; drain, rinse in cold water and set aside
- Whisk hot water into almond butter, then whisk in soy sauce, apple cider vinegar, honey and red pepper flakes for the sauce
- Flash cook broccoli in boiling water until bright green; drain and set aside
- Heat coconut oil in a saucepan; add carrots, onion, bok choy, broccoli and mushrooms, cook 4-5 minutes
- Add garlic and ginger, cook 2 more minutes
- Add sauce, chicken and noodles; toss over medium heat and season with sea salt and pepper
- Top with scallions and lime wedges; enjoy!

# Chicken Piccata

## Ingredients

- 1 ½ pounds boneless chicken breasts, pounded to ½-inch thickness
- 1 teaspoon sea salt and black pepper, to taste
- 3 tablespoons blanched almond flour
- 2 tablespoons tapioca flour
- 3 tablespoons butter or ghee, divided
- 4 cloves garlic, minced
- 1 small onion, chopped (about ½ cup)
- 1 cup chicken bone broth
- Juice of lemon, about 3 tablespoons
- ½ cup coconut cream, unsweetened, blended before using
- 1 ½ teaspoon stone ground mustard or Dijon, optional
- 1/4 cup capers, drained
- 3 tablespoons extra virgin olive oil, divided
- Fresh Italian flat parsley, for garnish

*Please choose organic ingredients if possible

*Recipe Credit: Paleo Running Momma*

*Recipe Photo Credit: Mary Wuerdeman*



# Chicken Piccata (Continued)

## Instructions

- Rinse and dry chicken breasts and pound to ½ thickness with the smooth side of a mallet
- Season with sea salt and pepper on both sides
- In a shallow bowl, mix together flours for dredging and set aside
- Heat a large skillet over medium to medium-high heat and add 2 tablespoons of butter to the skillet
- After the butter is heated, lightly dredge 1 chicken breast at a time in the flour mixture, shake off the excess, and place in the skillet. The outside should be golden brown - adjust the heat if you need to to avoid over-browning
- Remove the chicken to a plate and set aside
- Lower the heat to medium-low and add the remaining butter
- Add onions, cook for a minute until translucent, then add the garlic
- Cook and stir another minute, until softened, then add the chicken broth and lemon juice, then raise the heat to medium and bring to a boil, stirring occasionally
- Cook for 3 more minutes, then stir in the half and half or coconut cream and add the mustard
- Cook and stir for another minute, then stir in the capers
- Add the chicken back to the skillet, lower the heat to a simmer, and simmer another minute
- Serve with sides of your choice, such as steamed broccoli and mashed potatoes and enjoy!



# Chicken Madeira



**Please choose organic ingredients if possible*
*Recipe Credit: Rossee McLellan*

## Ingredients (serves 2)

- 2 organic chicken breasts
- 1 cup organic chicken broth
- 1/2 cup Madeira wine
- 1 cup flour
- 1 cup breadcrumbs
- 1/2 teaspoon oregano
- 1/2 teaspoon basil
- Extra virgin olive oil
- 1 organic egg, beaten
- Sea salt and fresh ground pepper, to taste

## Instructions

- Rinse chicken, pat dry, pierce with a fork and season with sea salt and pepper
- Add flour to one bag, and breadcrumbs mixed with oregano and basil to another; beat egg for an egg wash
- Pound chicken between plastic wrap to 1/2-inch thickness
- Dredge in flour, dip in egg wash, then coat in the breadcrumb mixture
- Brown chicken in hot olive oil, 2 minutes per side
- Transfer to a baking dish; mix chicken broth with Madeira and pour over the chicken
- Bake uncovered at 350°F for 45 minutes

# French Roast Chicken

## Ingredients



- 1 whole organic chicken, 3-4 pounds
- 4 tablespoons butter, room temperature
- 1/2 teaspoon sea salt
- 1/4 teaspoon pepper
- 1 medium sweet onion
- 1-2 carrots
- Beef broth
- Small Yukon Gold potatoes
- Cooking twine to truss legs

*Please choose organic ingredients if possible

## Instructions

- Preheat oven to 375°F
- Rinse chicken inside and out, pat dry and place in a large roasting pan
- Massage butter over the entire chicken
- Stuff with quartered onion and chunked carrots; tie legs together with twine
- Pour beef broth over the chicken and season with sea salt and pepper
- Bake about 2 hours, until an instant-read thermometer in the thickest part of the thigh reads 180°F, basting intermittently with the pan juices
- If using potatoes, halve and add to the pan during the last 30-40 minutes
- Pour the pan juices over the chicken once more before serving; enjoy!

# BBQ Grilled Chicken Breasts

## Ingredients

- 4 organic chicken breasts, about 1 1/2 to 2 pounds
- 2 cups buttermilk
- 1 teaspoon garlic powder
- 1 1/2 teaspoons smoked paprika
- 2 teaspoons sea salt
- 1 teaspoon freshly ground black pepper
- 8 tablespoons BBQ sauce, divided, plus more to serve
- 2 teaspoons high heat oil, such as coconut or avocado oil

*Please choose organic ingredients if possible
*Recipe Credit: Kaleb Wyse @ WyseGuide.com*

## Instructions

- Whisk buttermilk, 4 tablespoons BBQ sauce, smoked paprika, garlic powder and pepper together
- Add chicken to marinate, stirring to submerge; cover and marinate 4-8 hours
- Preheat grill on high 15 minutes
- Remove chicken from the buttermilk, letting excess drip off (no need to wipe clean); drizzle with oil
- Grill covered until well browned on the first side, 3-5 minutes
- Flip and continue grilling until done
- Rest until internal temperature reaches 165°F
- Slice, drizzle with more sauce as desired and serve; enjoy!



# Herb Battered Fried Chicken

## Ingredients

- 2 1/2 to 3 pounds organic chicken, cut up
- 1 1/3 cups all-purpose flour, divided
- 1 egg
- 1 cup buttermilk, water or Half and Half)
- 1 1/4 teaspoon sea salt
- 1/2 teaspoon fresh cracked pepper
- 1 teaspoon marjoram
- 1 teaspoon sage
- 1 teaspoon thyme
- 1/4 teaspoon paprika
- Refined coconut oil, for frying

*Please choose organic ingredients if possible



# Herb Battered Fried Chicken (Continued)



## Instructions

- Rinse chicken and pat dry; shake pieces in a bag with 1/3 cup flour to coat
- Combine remaining flour with sea salt, pepper, marjoram, sage, thyme and paprika
- Beat egg into buttermilk, then stir in the seasoned flour to make a batter
- Dip chicken into the batter, letting excess drip off
- Heat about 1/2 inch coconut oil in a large skillet; brown chicken on all sides in batches
- Reduce heat to medium and cook until tender, about 30 minutes, turning occasionally
- Drain on paper towels or a rack; enjoy!

# Easy Honey Garlic Chicken

## Ingredients

- 1 pound organic, boneless chicken breast and thighs
- 1/4 cup all-purpose flour
- 3 1/2 tablespoons butter, unsalted and divided
- 2 cloves garlic, minced
- 1 1/2 tablespoons raw apple cider vinegar
- 1 tablespoon tamari soy sauce
- 1/2 cup honey
- 1/4 teaspoon sea salt
- 1/4 teaspoon pepper

*Please choose organic ingredients if possible



# Easy Honey Garlic Chicken (Continued)

## Instructions

- Season chicken with sea salt and pepper; coat in flour, shaking off excess
- Melt most of the butter in a skillet over medium-high heat (reserve 1 teaspoon)
- Cook chicken 2-3 minutes until golden, then flip and cook 1 more minute
- Push chicken aside, add remaining butter, then garlic; stir briefly
- Add apple cider vinegar, soy sauce and honey; simmer 1-2 minutes until slightly thickened
- Turn chicken to coat in the glaze; thin with a splash of water if too thick
- Plate and drizzle with remaining glaze; enjoy!

## Note:

- Comes together in 10 minutes; the glaze is also delicious with shrimp, beef and lamb!



# Roast Chicken

## Ingredients



- 1 3-4 pounds organic chicken
- 1 tablespoon olive oil
- ½ teaspoon sea salt
- 2 tablespoons butter, unsalted, room temperature
- 1 teaspoons dried thyme
- 1 fresh rosemary sprig
- 1 ½ teaspoons sea salt
- ¾ teaspoon freshly ground black pepper
- 2 teaspoons lemon zest, pre wash lemon
- 3 cloves garlic, minced
- Carrots, washed, peeled, and cut into large chunks
- 1 or 2 fennel bulbs with feathers, rinsed, first layer peeled, and cut into quarters

*Please choose organic ingredients if possible

## Instructions

- Preheat the oven to 350°F degrees
- Rinse the chicken inside the cavity and out and pat dry
- In a small bowl, combine the butter, dried thyme, rosemary, sea salt, pepper, lemon zest, and garlic.
- Mix together, evenly incorporating everything into the butter. Set aside

# Roast Chicken (Continued)



- Gently separate the chicken skin and spread the butter mixture underneath.
- Stuff the cavity with fennel tops and about 1 lemon.
- Tie the legs together with cooking twine.
- Arrange carrots and fennel in a roasting pan. Drizzle with olive oil, salt, and pepper. Place chicken on top and season.
- Roast for 1¼–1½ hours, basting occasionally with pan juices.
- Cook until the thickest part of the thigh reaches 165°F and vegetables are tender.
- Remove from oven and let chicken rest for 10 minutes.
- Carve and serve with the roasted vegetables. Enjoy!

*Recipe and Photo Credit:  Kaleb Wyse @ wyseguide.com*

# Chicken Pot Pie with Biscuits

## Ingredients

- ⅓ cup (⅔ stick) unsalted butter
- ¾ cup diced onion
- ¾ cup diced celery rinsed
- 2 teaspoons sea salt, separated
- 1 pound organic chicken breast, boneless & skinless
- 1 ½ cups chopped carrots
- 1 cup diced sweet potato
- 2 tablespoons extra virgin olive oil
- 1 teaspoon freshly ground black pepper
- ⅓ cup all-purpose flour
- ½ cup white wine
- 1 tablespoon Dijon mustard
- 2 teaspoons dried thyme
- 2 ¾ cups chicken stock
- 1 cup pearl onions
- 1 cup peas

For The Biscuits

- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 2 teaspoons baking powder
- 1 teaspoon sea salt
- 2 teaspoons granulated sugar
- 8 tablespoons (1 stick) unsalted butter, diced and kept cold
- 1 ¼ cups buttermilk
- Sea salt on top of biscuits

*Please choose organic ingredients if possible

*Recipe and Photo Credit: Kaleb Wyse@Wyseguide.com*



# Chicken Pot Pie with Biscuits (Continued)

## Instructions

- Preheat oven to 425°F. In a 6-quart stockpot, melt the butter and sauté the onion and celery with 1 teaspoon of salt over medium-low heat. Sauté until the onion is soft and translucent but not browned, 6-8 minutes
- While the onion and celery are sautéing, prepare the roasted vegetables. Place the carrots, sweet potatoes, and chicken breast on a large sheet pan. Drizzle with olive oil, 1 teaspoon of salt, and black pepper. Roast in the preheated oven until the chicken registers 160°F and the vegetables are tender when pierced with a knife
- Remove from the oven and set aside
- Once the onion and celery are soft and translucent, add the flour. Stir and cook the flour until it is slightly toasted and just starting to stick to the bottom of the stockpot, 3-4 minutes. Pour in the white wine, Dijon mustard and thyme. Whisk until smooth.
- At first, the flour will be clumpy. Continue to whisk and add the chicken stock until the mixture is smooth and thick
- Stir in the pearl onions and peas to warm through, 2 minutes. Remove from the heat and add the roasted carrots, sweet potatoes, and shredded chicken
- Pour into a greased 9 x 13-inch baking dish and prepare biscuits

To Make the Biscuits

- In a large bowl, combine the flour, baking soda, baking powder, salt, and sugar. Stir to combine. Add the diced butter and, using a pastry cutter or hands, work into flour until it resembles a coarse grainy texture. Add buttermilk and stir. The dough will be shaggy and almost batter-like
- Scoop biscuits onto the top of the prepared filling, making approximately 12 biscuits. Sprinkle with salt and bake in the preheated 425°F oven until the biscuits are golden and the filling is bubbling, 30-40 minutes
- Remove from oven and cool 10 minutes before serving
- Enjoy!

# Salsa Verde Chicken Enchiladas



## Ingredients (serves 4-6)

- 1/2 tablespoon butter
- 1/2 tablespoon extra virgin olive oil
- 1/2 cup white onion, diced
- 1 jalapeño, stemmed and diced
- 4 cloves garlic, grated
- 2 cups organic cooked chicken, shredded (roasted, grilled or rotisserie)
- 1 cup sour cream
- 2 cups Monterey Jack or medium cheddar, shredded
- 1 teaspoon sea salt, or more to taste
- Fresh ground pepper and 1/4 teaspoon cumin, to taste
- 4 cups salsa verde
- Flour tortillas
- For garnish: sour cream, cilantro, lime juice

**Pleas choose organic ingredients if possible*

# Salsa Verde Chicken Enchiladas (Continued)



## Instructions

- Preheat oven to 350°F; lightly oil tortillas, wrap in parchment and warm briefly
- Melt butter and olive oil in a saucepan; saute onion and jalapeño 5-6 minutes
- Add garlic, cook 30 seconds; stir in salsa verde and sour cream; reserve 1 cup of sauce
- Add chicken and half the cheese; stir to combine
- Spread reserved sauce in a baking dish; fill tortillas with chicken mixture, roll and place in the dish
- Ladle remaining sauce over the tortillas, top with remaining cheese, cover and bake 20-30 minutes
- Uncover and bake until bubbly; broil briefly if desired
- Serve with sour cream, cilantro and lime; enjoy!

# Chicken Zucchini Rice Casserole

## Ingredients

Marinade:

- 1/4 cup fresh squeezed lemon juice
- 1/2 cup extra virgin olive oil
- 1/2 teaspoon black pepper
- 1 teaspoon garlic powder
- 1 teaspoon dried thyme
- 2 teaspoons sea salt
- 1 tablespoon honey

Casserole:

- 2 large chicken breasts, rinsed and pat dry,
- 1-2 medium zucchini, washed
- 2 sprigs fresh thyme
- 2 cloves garlic, minced
- 1 1/2 cups jasmine rice, rinsed
- 1 1/2 cups chicken broth
- 2/3 cup heavy cream
- 1/2 teaspoon sea salt
- 1/2 cup parmesan cheese, freshly grated
- 1 1/4 cups Monterey Jack cheese, shredded

**Please choose organic ingredients if possible*
*Recipe Credit: Kaleb Wyse @ WyseGuide.com*



# Chicken Zucchini Rice Casserole (Continued)

## Instructions

- Combine marinade ingredients; cut chicken into 1/2-inch cubes, add to marinade, cover and refrigerate 30 minutes to 2 hours
- Preheat oven to 350°F; slice zucchini in half crosswise, then chop into 1/2-inch pieces
- Heat an oven-safe 12-inch skillet over medium heat; add chicken (discard marinade) and saute until browned and cooked through, 6-8 minutes; remove and set aside
- Add zucchini to the hot skillet; saute until it begins to brown, 4-6 minutes; add garlic and thyme leaves and stir
- Stir the rice into the skillet; whisk chicken broth and heavy cream together and pour over the rice; season with sea salt
- Return the chicken to the skillet, sprinkle with parmesan and Monterey Jack, cover and bake until the rice is tender, 40-45 minutes
- Uncover and bake until the cheese is browned, about 5 more minutes; serve and enjoy!



# Easy Chicken Parmesan

## Ingredients (serves 2)

- 2 boneless organic chicken breasts (about 12 ounces)
- 1 cup panko bread crumbs
- Sea salt and pepper, to taste
- 1 teaspoon Italian seasoning
- 2-3 tablespoons melted butter
- 1/3 cup marinara sauce, enough to cover each chicken breast
- ¼ cup Parmesan cheese, grated (plus more for garnish)
- 1/4 cup thinly sliced basil
- 1/3 cup freshly grated Parmesan cheese, plus more for garnish
- Desired amount of Mozzarella, freshly grated



# Easy Chicken Parmesan (Continued)



## Instructions

- Preheat oven to 450°F.
- Rinse, pat dry, and flatten chicken to even thickness.
- Combine panko, Parmesan, Italian seasoning, salt, and pepper.
- Melt butter and brush both sides of the chicken.
- Coat chicken in the breadcrumb mixture, pressing gently to adhere.
- Place on a parchment-lined baking sheet and spray with cooking spray.
- Bake for 15–18 minutes.
- Top with marinara, basil, and mozzarella. Return to oven for 5–6 minutes until cheese melts.
- Garnish with Parmesan and additional basil if desired. Enjoy!

**Please choose organic ingredients if possible*
*Recipe & Photo credit: MaryWuerdeman@ Livingonpurposewithmarywuerdeman.com*

# Stir-Fry Vegetables

## Ingredients

Sauce:

- 4 tablespoons tamari soy sauce
- 2 tablespoons vegetable broth
- 1 tablespoon apple juice or orange juice
- 1/2 teaspoon each fresh ginger, garlic and scallion minced, dash of toasted sesame oil

**Please choose organic ingredients if possible*
*Recipe Credit: Sunflower Cafe*

Vegetables:

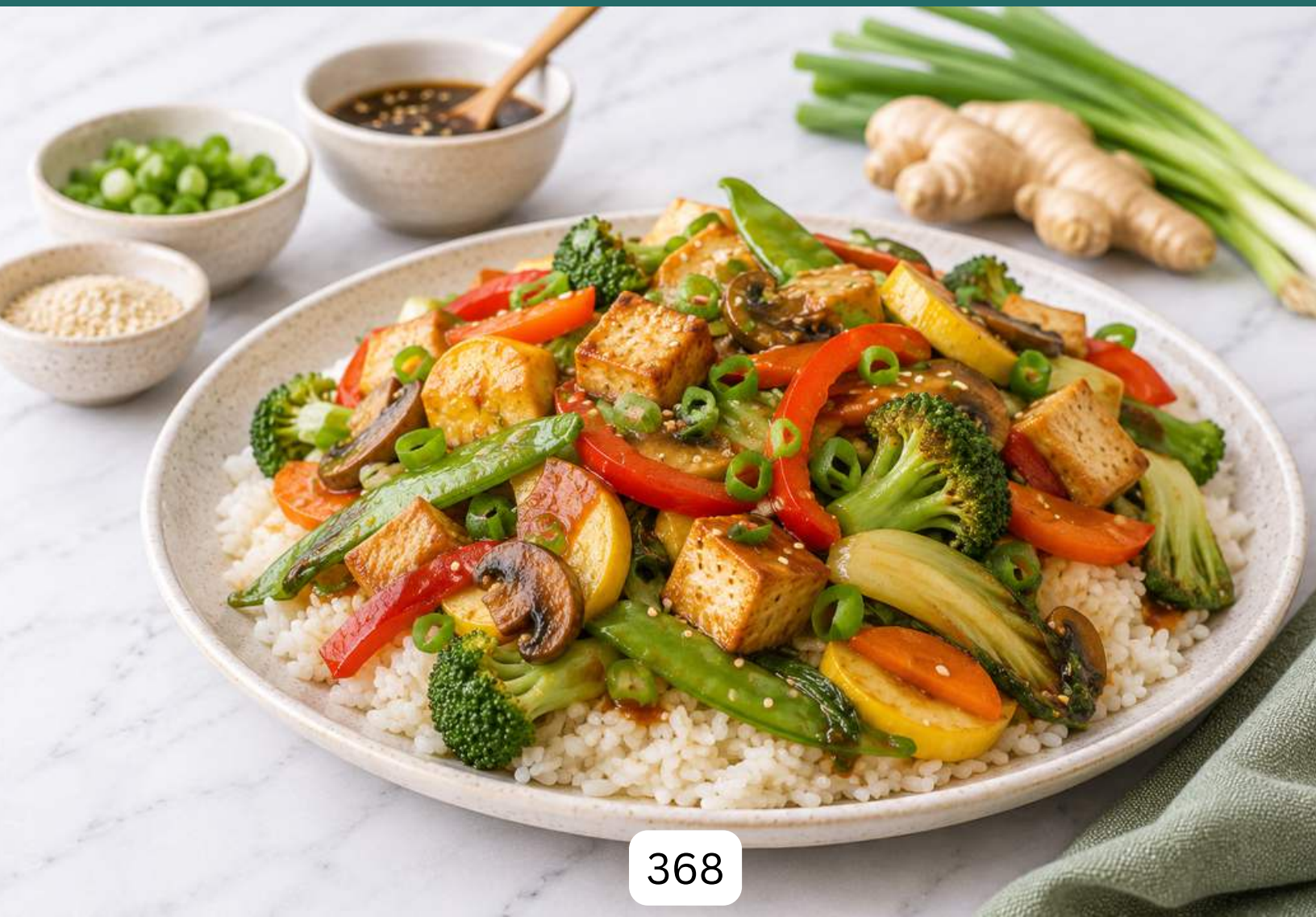
- 3 tablespoons unrefined coconut oil
- 1/2 carrot sliced
- 1/2 cup firm tofu (optional)
- 1/2 cup cauliflower
- 1/2 cup yellow squash
- 1/4 cup mushrooms
- 1/2 cup broccoli florets
- 1/2 cup snow peas
- 1/2 cup bok choy
- 1 red pepper, sliced
- Jasmine or basmati rice, rinsed
- Optional protein: shrimp, chicken or beef



# Stir-Fry Vegetables (Continued)

## Instructions

- Prepare rice according to package directions
- Mix sauce ingredients in a bowl and set aside
- If using, saute tofu in 1 tablespoon coconut oil until golden; set aside
- Heat remaining coconut oil in a wok or large skillet on high; add carrot, cauliflower, squash and mushrooms, stirring 2 minutes
- Add broccoli, snow peas, bok choy, red pepper and tofu; add any protein now if using
- Add the sauce, stirring constantly 4 minutes
- Serve over rice; enjoy!



# Fish Tacos



## Ingredients (serves 4)

- 1 pound skinless firm white fish (cod), cut into 4 pieces
- Avocado oil
- Hot honey, for serving (optional)
- Green onion, chopped, for serving
- 8 tortillas, charred on an open flame 30 seconds per side
- Lime wedges, for serving
- Seasoning mix: 2 teaspoons chili powder, 1 teaspoon smoked paprika, 1/2 teaspoon cayenne, 1/2 teaspoon sea salt, zest from 1/2 lime (pre wash lime)
- Sauce: 1/4 cup Greek yogurt, 3 tablespoons mayonnaise, 1 tablespoon lime juice, half the seasoning mix, 1/8 teaspoon sea salt
- Coleslaw: 1 bag coleslaw mix, 1/4 cup chopped cilantro, 1 tablespoon olive oil, 1 tablespoon lime juice, 1/2 teaspoon sea salt

**Please choose organic ingredients if possible*
*Recipe Credit: Mary Wuerdeman @ livingonpurposewithmarywuerdeman.com*

# Fish Tacos (Continued)



## Instructions

- Season fish with sea salt, cumin and half the seasoning mix and lime zest
- Whisk sauce ingredients together and refrigerate until ready to use
- Toss coleslaw ingredients and keep cold
- Cook fish on a preheated skillet sprayed with avocado oil, 4-5 minutes per side until opaque and charred; break into chunks
- Warm tortillas over an open flame or in a skillet, about 30 seconds per side
- Assemble: coleslaw on the bottom, top with fish, green onion, a drizzle of sauce and hot honey if desired; serve with lime wedges

# Parmesan Panko Crusted Chicken

## Ingredients (serves 2)



- 2 organic, boneless, skinless chicken breasts
- 1/2 cup flour
- Sea salt and freshly ground pepper
- 1 large organic egg
- 1 cup plain panko crumbs
- 1/2 cup parmesan cheese, finely grated
- Butter or ghee
- Extra virgin olive oil

## Instructions

- Rinse, pat dry and pound chicken breasts until 1/2-inch thick
- Combine flour, 1/2 teaspoon sea salt and 1/2 teaspoon pepper in a shallow container
- Beat egg in a large shallow bowl
- On a plate, combine panko crumbs and parmesan cheese
- Season each chicken breast lightly on both sides
- Coat in the flour mixture, dip in egg, then dredge in the breadcrumb mixture, pressing lightly
- Heat 1 tablespoon butter or ghee and 1 tablespoon olive oil in a 12-inch pan over medium-low heat
- Cook chicken 4-5 minutes per side, until just cooked through

## Note:

- The ultimate healthy comfort food, sauteed to golden perfection!

**Please choose organic ingredients if possible*
*Recipe and Photo Credit: Mary Wuerdeman @ livingonpurposewithmary.com*

# Bob's Baked Halibut

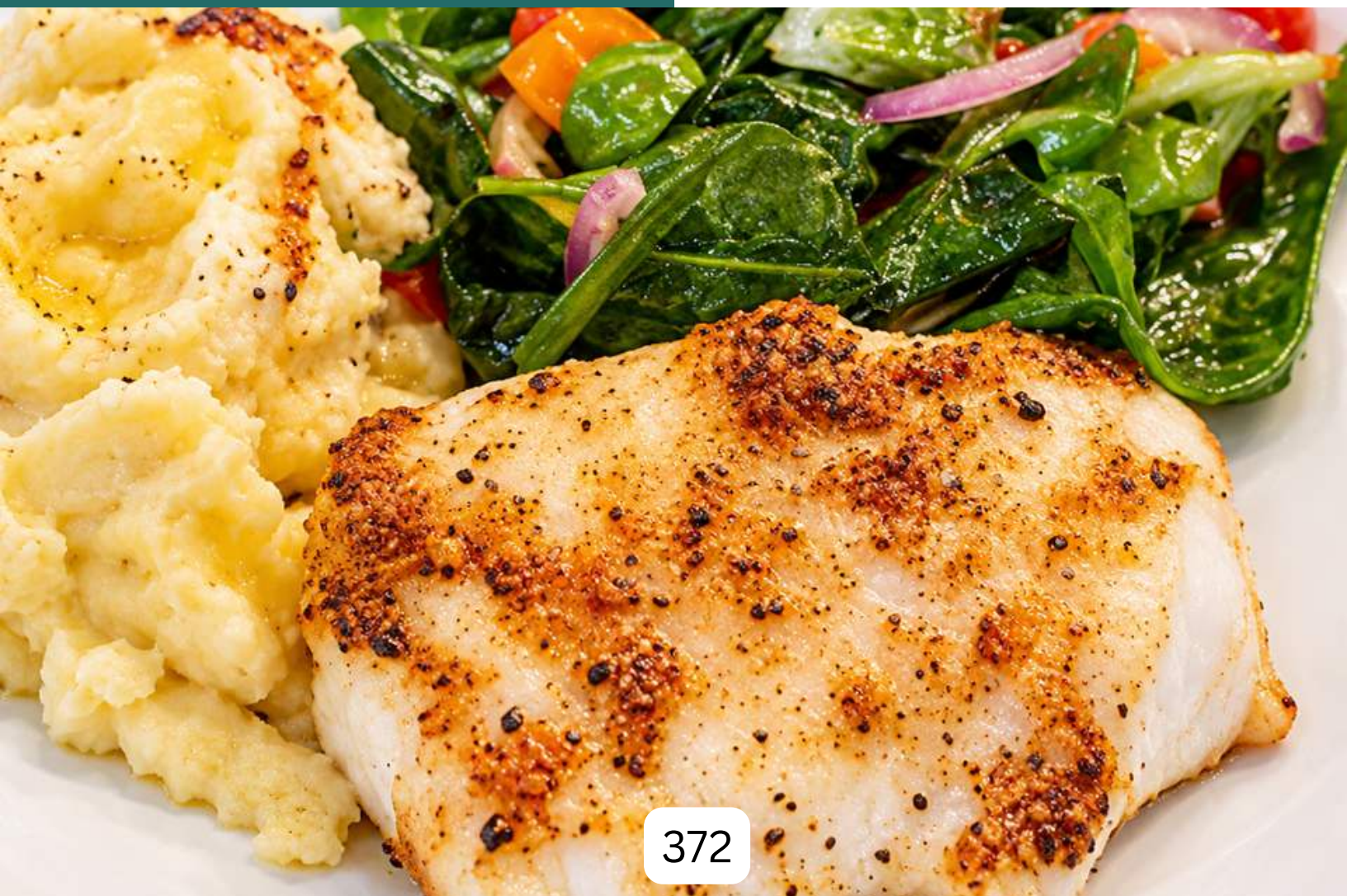
## Ingredients (serves 2)

- 1 pound wild caught fresh halibut fillet
- 2 tablespoons butter, melted
- 1 teaspoon garlic, minced
- 1/4 teaspoon sweet paprika
- 1/2 teaspoon sea salt
- 1/2 teaspoon pepper
- Lemon, washed, sliced in wedges

*Please choose organic ingredients if possible*
*Recipe Credit: Bob Zink*

## Instructions

- Preheat oven to 400°F
- Rinse and pat halibut dry and place in a baking dish
- In a small bowl, combine butter, garlic, paprika, sea salt and pepper
- Pour mixture over the fish
- Bake 10 minutes, or until fish is opaque and no longer transparent
- Serve with lemon wedges; enjoy!



# Dyan's Salmon in Parchment



## Ingredients (serves 4)

- 2 salmon fillets, wild caught
- Coconut oil
- Carrot, julienne cut
- Thin green beans
- Scallions, cut thinly lengthwise
- Sweet potato, julienne cut
- Lemon slices, for serving
- Parchment paper
- Pesto: 1 garlic clove, minced, 1 handful cilantro, 2 tablespoons fresh parsley, chopped, 1 teaspoon pumpkin seed oil, 1 1/2 cups raw pumpkin seeds, sea salt to taste, pinch of cayenne, splash of olive oil

**Please choose organic ingredients if possible*

*Recipe Credit: Dyan Meier*

## Instructions

- Rinse and pat salmon dry
- Put all pesto ingredients into a blender or food processor
- Rub salmon fillets with coconut oil
- Place on a rectangular piece of parchment paper
- Spread a dollop of pesto on the salmon fillets
- Arrange julienne vegetables and green beans on top of the salmon and pesto
- Roll parchment paper and place in a shallow baking pan
- Bake at 350°F for 20 minutes, or until done

# Marinated Asian Salmon

## Ingredients (serves 4)

- 1 pound wild salmon, skin on
- 2 tablespoons mirin (Japanese cooking wine)
- 2 tablespoons coconut sugar, Lakanto or pure maple syrup
- 1/4 cup tamari soy sauce
- 2 tablespoons ginger root, minced
- 2 tablespoons garlic, minced
- 2 scallions, chopped

**Please choose organic ingredients if possible*
*Recipe Credit: Vani Hari @ FoodBabe.com*



## Instructions

- Preheat oven to 425°F
- Combine all ingredients except salmon and scallions in a saucepan over medium-high heat; bring to a boil, then simmer 5-7 minutes, stirring frequently
- Let mixture cool before marinating salmon
- Place salmon in a glass dish or ziplock with the marinade, skinless side facing the ginger and garlic
- Top with chopped scallions if desired; marinate at least 1 hour (up to 6 hours)
- Bake skinless side up, 15-20 minutes, or grill at 400°F, skin side down, 8-10 minutes
- Let sit 2-3 minutes before serving; enjoy!

# Baked Glazed Salmon with Sauteed Vegetables

## Ingredients (serves 2)

- 1 pound salmon fillet, wild caught
- 2 tablespoons extra virgin olive oil

Glaze:

- 1 1/2 tablespoons Dijon mustard
- 1 1/2 tablespoons pure maple syrup, honey or brown sugar
- 1 clove garlic, minced
- juice from 1/2 lemon
- 1/4 teaspoon paprika
- 1/2 teaspoon dried thyme
- 1/2 teaspoon sea salt, pepper to taste

Vegetables:

- 1 zucchini
- 1 red pepper, sliced
- 1/4 red onion, sliced
- 2 tablespoons extra virgin olive oil
- Herbamare to taste

## Note:

- Makes great leftovers; reheat gently in a saucepan with butter

**Please choose organic ingredients if possible*
*Recipe Credit: Bob Zink*

## Instructions

- Preheat oven to 400°F
- Pat salmon dry and place in an oiled baking dish
- Mix the glaze ingredients and let sit 15-20 minutes, then brush onto the salmon
- Bake 12-14 minutes for medium rare, checking for doneness
- 5 minutes before the salmon is done, saute onion, then zucchini and red pepper in olive oil over medium heat; season with Herbamare
- Broil the salmon 1-2 minutes to finish



# Simple Broiled Salmon with Tamari Soy Sauce



## Ingredients

- 1/2 pound salmon, wild caught, skin on, rinsed well
- Unrefined or refined coconut oil
- Tamari soy sauce
- Herbamare Herbed Sea Salt, to taste

## Ingredients

- A simple and delicious way to cook salmon!
- Refined coconut oil has a less pronounced coconut flavor

**Please choose organic ingredients if possible*
*Recipe Credit: Donna Gates @ bodyecology.com*

## Instructions

- Rinse salmon fillet well and pat salmon dry
- Rub on coconut oil first
- Then sprinkle on Tamari soy sauce and season with Herbamare
- Put under the broiler for 5 to 7 minutes, then turn off the oven and let it stay in the oven for another 8 to 10 minutes
- Enjoy!

# Pan Roasted Fish

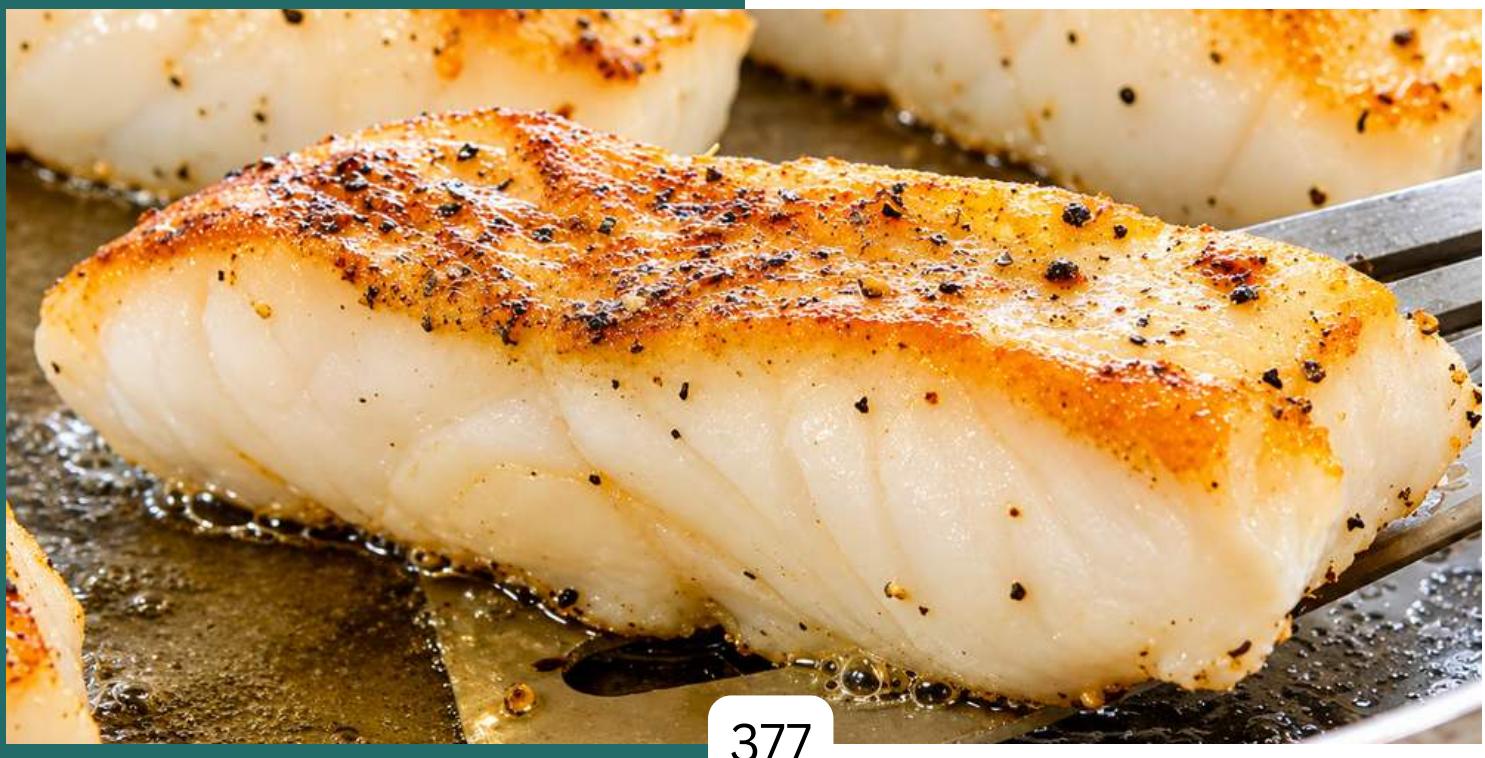
## Ingredients

- 2 fillets, cold water cod or halibut
- Butter
- Sea salt
- Pepper

**Please choose organic ingredients if possible*
*Recipe Credit: Donna Gates @ bodyecology.com*

## Instructions

- Wash fish and pat dry with a paper towel
- Season with sea salt and pepper
- Heat butter in a wide pan on medium-low heat
- Once butter begins to foam, add the fillets
- Tilt the pan toward you and spoon butter over the fish for 2-3 minutes
- Using a spatula, gently flip the fillets, reduce heat to low and cover the pan for another 2-3 minutes, or until fish is cooked through
- Be careful not to overcook; fillets should begin to pull apart when done
- Remove from the pan and serve; enjoy!



# Tuscan Chicken



## Ingredients

- 1 1/2 pounds organic chicken breasts
- Sea salt and pepper, to taste
- 2 tablespoons all-purpose flour
- 3 tablespoons butter, unsalted, divided
- 6 cloves garlic, minced
- 1/2 cup sun-dried tomatoes packed in oil
- 1 1/2 cups heavy cream
- 3 cups baby spinach, rinsed and patted dry
- 1/2 cup parmesan cheese, grated

## Instructions

- Rinse and pat chicken dry; season with sea salt, pepper and flour
- Melt 2 tablespoons butter in a large skillet over medium heat; cook chicken 4-5 minutes per side until golden, then set aside
- Add remaining butter and garlic; cook until fragrant
- Add sun-dried tomatoes and reduce heat to low
- Add cream and bring to a simmer
- Stir in spinach and parmesan; simmer until the cheese melts
- Return chicken to the pan and simmer until cooked through
- Serve over rice or pasta; enjoy!

## Note:

- This is so quick and delicious!

**Please choose organic ingredients if possible*

*Recipe and Photo Credit: Mary Wuerdeman @ livingonpurposewithmarywuerdeman.com*

# Classic Garlic Parmesan Salmon



## Ingredients (serves 4)

- 1 1/2 pounds salmon fillets, wild caugh
- 3/4 cup panko breadcrumbs, or Italian seasoned panko
- 1/4 cup parmesan cheese, grated
- 3 tablespoons butter, melted, or olive
- 3-4 cloves garlic, minced
- 1 tablespoon fresh parsley, chopped
- Sea salt and pepper, to taste

## Instructions

- Preheat oven to 400°F; line a baking sheet with parchment paper
- Rinse salmon and pat dry so the topping sticks, then place on the sheet and season with sea salt and pepper
- Combine breadcrumbs, parmesan, garlic, parsley and melted butter until it resembles damp sand
- Press the mixture onto the top of the fillets and bake 12-15 minutes, until cooked through and the crust is golden
- For extra crispness, broil 1-2 minutes at the end

## Note:

- For an extra flavorful crust, brush the salmon with mayonnaise, Dijon or melted butter before applying the breadcrumbs; finish with a squeeze of fresh lemon juice before serving

**Please choose organic ingredients if possible*

# Wild Salmon Cakes

## Ingredients

- 1 pound wild salmon, skin removed, chopped
- 1 handful fresh cilantro, chopped
- 1 handful fresh parsley, chopped
- 1 organic egg
- 1 tablespoon Dijon mustard
- 1/4 teaspoon garlic powder
- 1/4 teaspoon paprika
- 1/4 teaspoon sea salt
- 2 tablespoons red onion, chopped
- Fresh ground pepper, to taste
- 1/2 lime, juiced
- Salad: arugula, avocado, cherry tomatoes halved, 1/2 lime juiced, sea salt and pepper

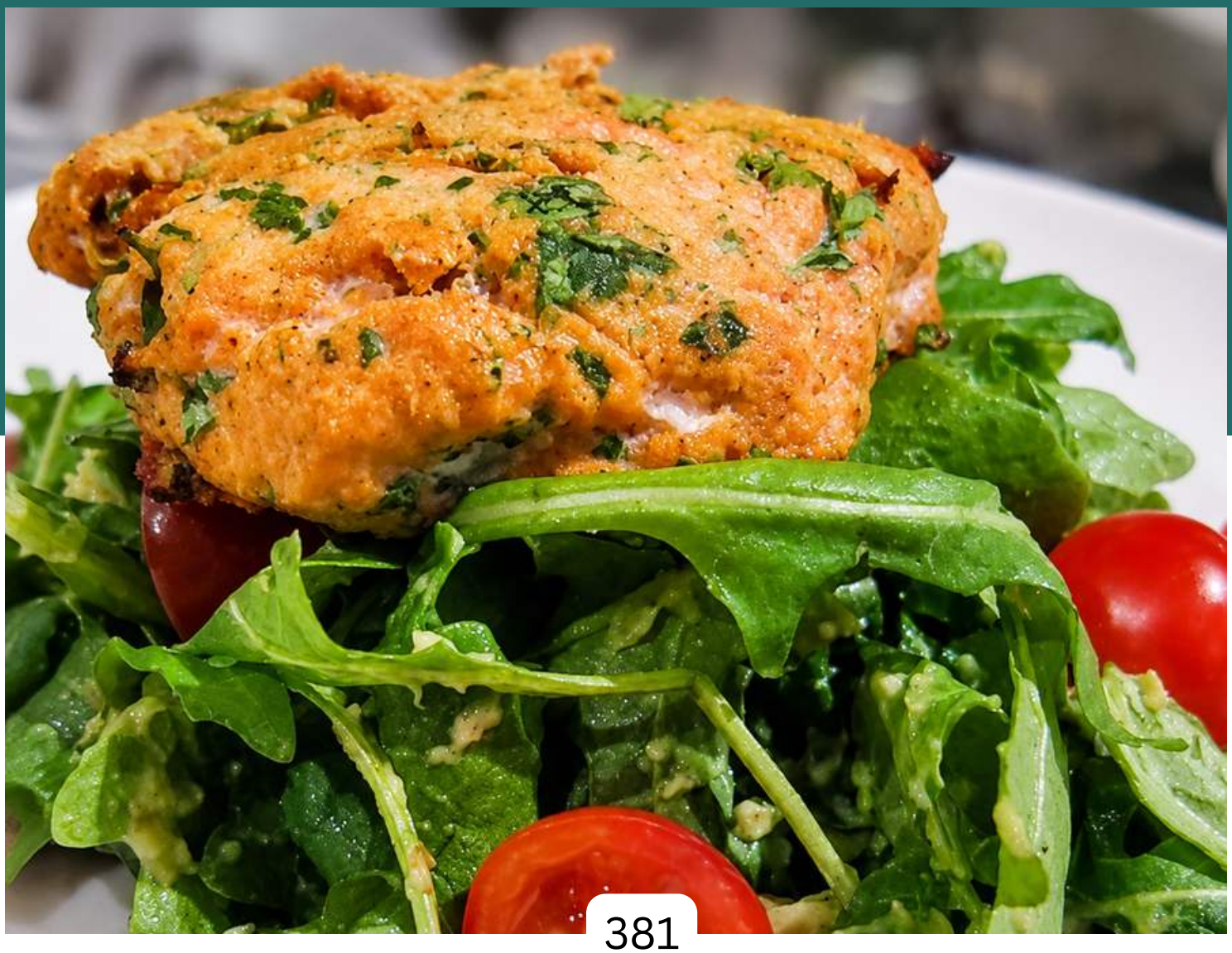
**Please choose organic ingredients if possible*
*Recipe Credit: Vani Hari @ FoodBabe.com*



# Wild Salmon Cakes (Continued)

## Instructions

- Preheat oven to 400°F or preheat grill
- Pulse all salmon cake ingredients in a food processor until just combined, keeping some texture
- Form into 1 patty per serving and refrigerate while the oven or grill warms
- Spray with olive oil and cook 7-15 minutes in the oven or 5-10 minutes on the grill, watching closely so they don't overcook
- For the salad, mash avocado with lime juice, sea salt and pepper; massage into arugula, then top with tomatoes
- Serve salmon cakes alone or over the salad



# Nora's Salmon Ceviche

## Ingredients

- 1 pound wild salmon, skinless, diced small
- 1/2 cup fresh squeezed lime juice
- 1/4 cup fresh squeezed lemon juice
- 1/2 red onion, thinly sliced
- 1 jalapeño, seeded and minced
- 1 tomato, seeded and diced
- 1/4 cup cilantro, chopped
- 1 avocado, diced
- Sea salt, to taste
- Tortilla chips, for serving

**Please choose organic ingredients if possible*
*Recipe Credit: Nora*

## Instructions

- Place diced salmon in a glass or ceramic bowl and cover completely with lime and lemon juice
- Cover and refrigerate 20-30 minutes, until the salmon turns opaque
- Drain off most of the citrus juice, leaving a little
- Gently fold in red onion, jalapeño, tomato and cilantro
- Season with sea salt to taste
- Fold in avocado just before serving
- Serve chilled with tortilla chips; enjoy!



# Tuna Melt



## Ingredients

- 2 (5 oz) cans solid white albacore tuna in spring water
- 1/2 cup mayonnaise
- 1/2 teaspoon yellow mustard
- 1/2 cup celery, finely chopped
- 1/2 cup onion, finely chopped
- 2 tablespoons chives, finely chopped
- 1/2 teaspoon sea salt
- Freshly ground black pepper, to taste
- Cheese slices of your choice (swiss, cheddar or american)
- 2-3 tablespoons unsalted butter
- Fresh tomato slices
- Dill pickle slices

**Please choose organic ingredients if possible*

# Tuna Melt (Continued)



## Instructions

- Drain the tuna very well; crumble with your hands, leaving some bigger and smaller pieces
- Add celery, onion, chives, mayonnaise and mustard; mix well and season with sea salt and pepper
- Cover and refrigerate until ready to assemble
- Build your sandwich: bread, a generous amount of tuna mixture, cheese, tomato, then a second slice of bread
- Melt butter in a heavy pan over medium heat; fry the sandwich cheese side up until golden, about 6 minutes
- Flip and fry 5 more minutes until golden and crispy (reduce heat if browning too quickly)
- Remove and enjoy!

# Olive Oil, Garlic and Parmesan Spaghetti

## Ingredients

- 12 ounces spaghetti
- 1/2 cup extra virgin olive oil
- 6-8 cloves garlic, very thinly sliced
- Sea salt and ground black pepper, to taste
- 1/4 teaspoon crushed red pepper flakes
- 1 cup parmesan cheese, finely grated
- Fresh Italian parsley, optional

**Please choose organic ingredients if possible*



## Instructions

- Cook spaghetti according to package directions until just al dente; reserve 1/2 cup of the cooking water before draining
- While spaghetti cooks, combine olive oil and garlic in a cold, large saucepan; cook over medium heat, slowly toasting garlic, about 5 minutes
- Reduce heat to medium-low when the oil begins to bubble; cook and stir until garlic is golden, about 5 more minutes
- Add a half ladle of the reserved pasta water to stop the garlic from overcooking
- Stir red pepper flakes, sea salt and black pepper into the spaghetti
- Pour in the hot oil and garlic, sprinkle in half the parmesan, and toss until combined; add parsley now if using
- Serve topped with remaining parmesan; enjoy!

## Note:

- Serve with Roasted Lemon Parmesan Asparagus (see Sides)

# Vegetarian Pad Thai

## Ingredients

- 8 ounces Pad Thai noodles (see brand recommendations)
- 1 medium red,  bell pepper, rinsed, cored and thinly sliced lengthwise
- 7 ounces white or shiitake mushrooms, (about ¾ cup) washed and sliced
- 7 ounces baby bok choy, (about ¾ cup) rinsed and sliced lengthwise in half
- ½ cup broccoli florets, rinsed
- 3 scallions, both white and green parts, sliced on the diagonal
- 1 tablespoon coconut oil
- 1 small lime,  cut into wedges, to serve

For the Sauce:

- 1 tablespoon almond butter or sunflower seed butter
- 3 tablespoons boiling water
- 2 tablespoons Tamari Soy Sauce
- 1 tablespoon raw honey
- 2 tablespoons raw apple cider vinegar
- ⅓ cup sesame oil
- 2 tablespoons fresh lime juice
- 2 teaspoons garlic cloves, minced
- ½ teaspoon fresh ginger, minced
- 1 teaspoon sea salt

**Please choose organic ingredients if possible*



# Vegetarian Pad Thai (Continued)

## Instructions

- Cook the pad thai noodle according to package directions and set aside
- In a small bowl, combine almond butter or sunflower seed butter with hot water and whisk until combined
- Add the Tamari soy sauce, honey, apple cider vinegar, sesame oil, grated garlic, ginger, fresh lime juice and salt to taste and whisk again until combined
- In a large wok or deep saucepan over medium heat add 1 tablespoon of coconut oil over medium high heat and saute the mushrooms, bell pepper and broccoli florets for about 2 minutes until the vegetables have softened
- Add the bok choy and green onions along with ¼ cup of sauce and saute for 2 minutes or just until the bok choy has wilted
- Add the pad that noodles with the remaining sauce and stir for 2 minutes until everything is combined
- Serve with wedges of lime and enjoy!

## Ingredients

- You may also choose to blanch the broccoli florets to ensure they are tender
- You may also add 1 or 2 more tablespoons of hot water for added liquid
- The red pepper nay be substituted with yellow or orange bell peppers



# Easy Lasagna

## Ingredients

- 2 organic eggs, beaten
- 2 cups ricotta or cottage cheese
- 3/4 cup fresh spinach, rinsed and chopped
- 1/4 cup parsley, snipped
- 1 teaspoon oregano or basil
- 1/8 teaspoon nutmeg
- 1/8 teaspoon sea salt
- 1/8 teaspoon pepper
- 28-36 ounces bottled pasta sauce
- 12 lasagna noodles, cooked
- 1 pound ground beef, browned and drained
- 1 small yellow onion, chopped
- 1 pound mozzarella, sliced
- 1/2 cup parmesan cheese, freshly grated

**Please choose organic ingredients if possible*

## Note:

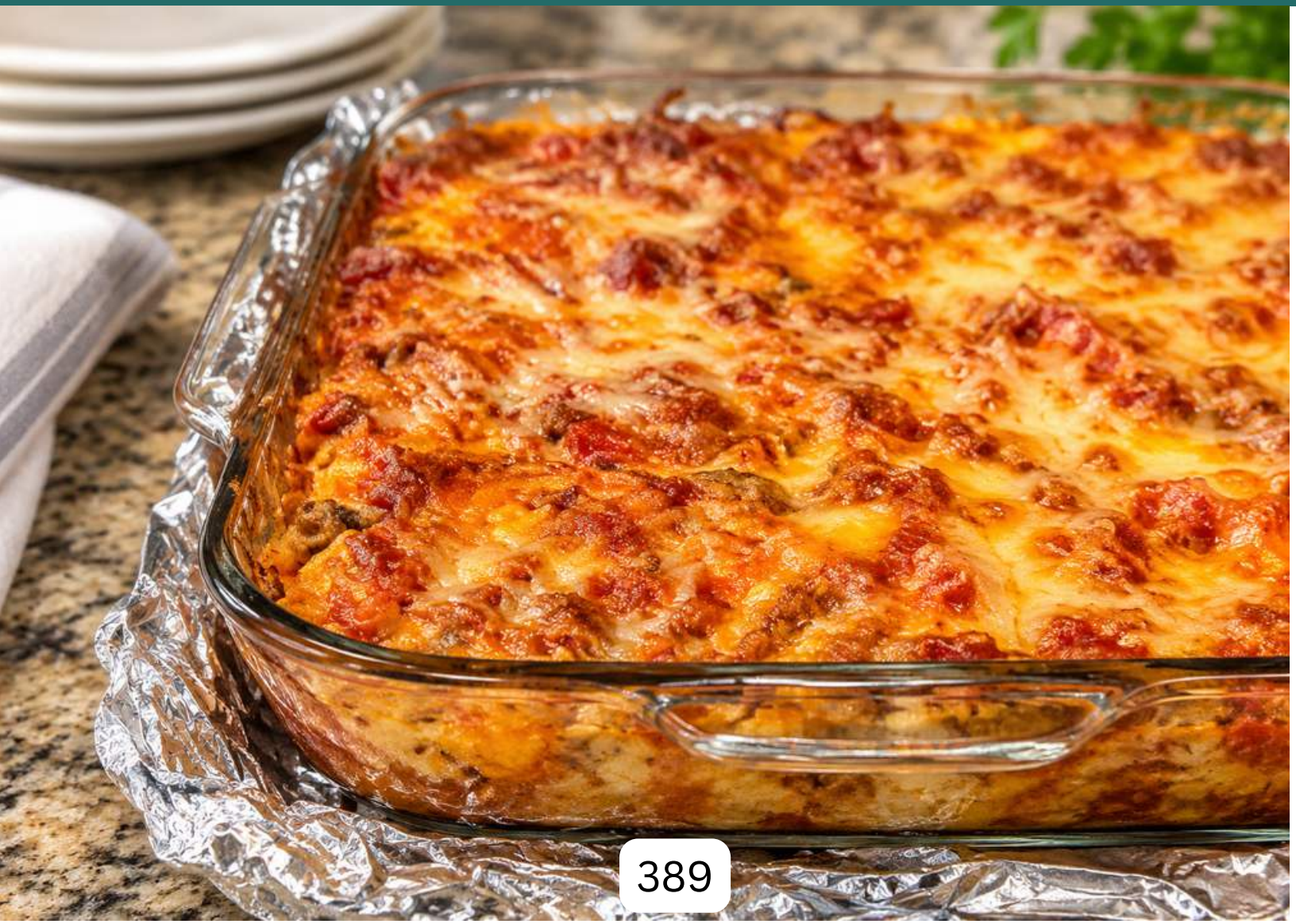
- Freezes well



# Easy Lasagna

## Instructions

- Preheat oven to 375°F; cook noodles al dente according to directions on the box) rinse with cold water
- Combine ricotta, egg, spinach, parsley, sea salt and pepper in a bowl; set aside
- Saute ground beef 6-8 minutes, add onion and cook 5 more minutes until soft
- Spread 1/4 of the sauce in the baking dish; top with noodles, then layer ricotta filling, ground beef, sauce and mozzarella
- Repeat layers 2 more times, ending with sauce on top
- Sprinkle parmesan on top; bake covered 45 minutes
- Rest 10 minutes before slicing; enjoy!



# Eggplant Parmesan Lasagna

## Ingredients

Marsala mushrooms:

- 3 tablespoons butter, unsalted
- 2 tablespoons garlic minced
- 1/4 pound white mushrooms sliced
- 1/4 teaspoon black pepper
- 3 tablespoons dry Marsala wine

Eggplant parmesan:

- 1 cup Italian bread crumbs
- 3 large eggs
- 1 eggplant peeled and sliced 1/2-inch thick
- 1/2 cup extra virgin olive oil
- 4 tablespoons parmesan cheese

Lasagna:

- 1/8 teaspoon sea salt
- 1/2 pound dry lasagna noodles, marinara sauce
- 2 cups shredded mozzarella
- 1 cup parmesan, freshly grated

*Please choose organic ingredients if possible

*Recipe Credit: California Pizza Kitchen*



# Eggplant Parmesan Lasagna (Continued)

## Instructions

- For the Marsala mushrooms: melt butter over medium heat; add garlic and cook until fragrant, about 2 minutes
- Add mushrooms, sea salt and pepper; cook, stirring, until edges begin to brown, 5-7 minutes
- Stir in Marsala and cook until the liquid is absorbed, about 12 more minutes
- Transfer to a bowl, cool slightly, cover and refrigerate
- For the eggplant parmesan: sprinkle eggplant rounds generously with sea salt and let rest on paper towel 20-30 minutes to release moisture; pat dry
- Beat the eggs; dip eggplant slices in egg, then dredge in breadcrumbs to coat
- Heat 1/4 cup olive oil in a large skillet over high heat until faintly smoking; brown eggplant slices in batches, about 2 minutes per side, sprinkling parmesan on top halfway through
- Transfer to a plate; repeat with remaining oil and eggplant
- For the lasagna: boil noodles until al dente; preheat oven to 350°F
- Spread 1 cup marinara on the bottom of a 13x9-inch dish; layer noodles, marsala mushrooms, mozzarella, more marinara and parmesan
- Add another layer of noodles, then the eggplant slices, remaining mozzarella and parmesan, and remaining marinara sauce
- Bake 40 minutes; garnish with parsley if desired, cool slightly, cut into squares and serve!



# Simple 3 Cheese Pasta



## Ingredients (serves 4)

- 1 (12 oz) box penne pasta
- 23.5 ounces portabella mushroom pasta sauce
- 1 1/2 cups shredded mozzarella cheese
- 1 (24 oz) container ricotta cheese
- 1/4 cup parmesan cheese, shredded
- 1 egg, beaten
- Fresh basil

**Please choose organic ingredients if possible*

## Instructions

- Preheat oven to 375°F and grease a 9 × 13-inch baking dish with coconut oil.
- Mix ricotta, mozzarella, egg, and ½ cup pasta sauce.
- Cook pasta according to package directions and drain.
- Combine pasta with the cheese mixture and transfer to the baking dish.
- Top with remaining sauce and Parmesan.
- Bake for 30 minutes. Garnish with fresh basil if desired.
- Let stand for 15 minutes before serving. Enjoy!

# ACKNOWLEDGEMENT

*Thank you to everyone who played a huge part in creating my cookbook! Thank you to my husband, Bob, for being my recipe tester and contributor of recipes from our own kitchen! Thank you to our daughters Katie and Rachel for being an inspiration to me every step of the way. Thank you to my family and friends who shared their recipes with me and of course those who I collaborated with along the way!*

# BRAND RECOMMENDATIONS

## Oils

- Madhava Organic Extra Virgin Olive Oil
- Dr. Bronner's Virgin Coconut Oil
- Spectrum Organic Unrefined Virgin Coconut Oil
- La Tourangelle Toasted Sesame Oil
- La Tourangelle Avocado Oil
- Wildly Organic Cold Pressed Virgin Unrefined Coconut Oil
- Wildly Organic Refined Coconut Oil (no taste), Expeller Pressed
- Trader Joe's Extra Virgin Olive Oil
- Barlean’s 3-6-9 Blueberry Pomegranate
- Barlean’s Evening Primrose Oil

## Broths

- Bonafide Chicken or Vegetable Broth
- Kettle & Fire Chicken and Beef Bone Broth
- Pacific Foods Chicken and Beef Broth
- Pacific Foods Mushroom Soup
- Edward and Son’s Miso-Cup Instant Soup

## Sweeteners

- Woodstock Pure Cane Sugar
- Madhava Organic Coconut Sugar
- Lakanto Monkfruit Sweetener with Allulose
- Wholesome Organic Cane Sugar
- Wholesome Organic Light Brown Sugar
- Wholesome Organic Powdered Sugar
- Coombs Family Farms Organic Pure Maple Sugar
- Body Ecology BE Sweet
- Body Ecology Stevia
- Sweetleaf Sweet Drops
- NuNaturals Stevia
- Local Honey

# BRAND RECOMMENDATIONS

## Milks & Creams

- Delicious Coconut Milk, Plain or Vanilla
- Califia Farms Organic Coconut Milk
- Califia Farms Almond Milk
- Alexandre Family Farms A2 Milk
- Alexandre Family Farms A2 Half and Half
- Organic Valley Whole Milk
- Organic Valley Half and Half
- Native Forest Light or Full Fat Canned Coconut Milk
- Strauss Family Creamery Organic Ice Cream
- Meyenberg Goat's Milk Kefir
- Raw Farm Lemon Raw Kefir
- Nancy's Organic Whole Milk Kefir
- California Farms Sweetened Condensed Milk
- Edward and Son’s Sweetened Condensed Coconut Milk
- California Farms Evaporated Milk
- Native Forest Organic Coconut Milk
- Native Forest Organic Coconut Cream

## Cheese, Eggs & Butter

- Green Valley Sour Cream
- Organic Valley Sour Cream
- Organic Valley Cream Cheese
- Green Valley Cream Cheese
- Whipped Cream Cheese (Trader Joe's)
- Organic Valley Cottage Cheese
- Organic Valley Cheddar Cheese
- Rumiano Monterey Jack Cheese
- Rumiano Cheddar Cheese
- Organic Valley Blue Cheese
- Maytag Blue Cheese
- Organic Valley Eggs
- Organic Pasture Raised Eggs (Trader Joe's)
- Organic Valley Classic Butter
- Organic Butter (Trader Joe's)

# BRAND RECOMMENDATIONS

## Flours

- Bob's Red Mill All Purpose Flour
- Bob's Red Mill Gluten Free 1:1
- Jovial Einkorn Flour
- Natural Grocers Blanched Almond Flour
- Bob's Red Mill Super-Fine Almond Flour
- King Arthur All Purpose Flour
- King Arthur Gluten Free Flour
- Anthony's Premium Organic Coconut Flour
- Arrowhead Mills Flours
- Wildly Organic Coconut Flour
- Bob’s Red Mill Tapioca Flour
- Arrowhead Mills Tapioca Flour

## Breads

- Food for Life Ezekiel Sprouted Grain English Muffins
- Organic Rise and Puff Gourmet Tortillas

## Nuts and Seeds

- Refrigerated salted pecans, walnuts, almonds, hazel nuts, brazil nuts and cashews; Natural Grocers
- Refrigerated unsalted mixed nuts
- Crunchmaster Multi-Seed crackers

## Seasonings & Flavorings

- San-J Tamari Soy Sauce
- Ohsawa Nama Shoyu Soy Sauce
- Coconut Aminos (soy sauce substitute)
- The Wizard's Organic Gluten Free Worcestershire
- Herbamare Seasoning Powder (A. Vogel)
- Trader Joe's Everything But The Bagel Seasoning
- Simply Organic Pure Vanilla Extract

## Vinegars

- Bionaturae Organic Balsamic Vinegar
- Trader Joe's Organic Raw Apple Cider Vinegar

## Packaged and Specialty Items

- Trader Joe's Frozen Wild Blueberries
- Sprout's Frozen Wild Blueberries
- Edward and Son"s Shredded, Unsweetened Shredded Coconut
- Navita's Cacao Powder
- Cacao Powder: wildlyorganic.com
- Enjoy Life Chocolate Chips
- Enjoy Life Mega Chocolate Chunks
- Nordic Naturals Omega 3 Fish Oil
- Ujido Matcha Green Tea: bodyecology.com
- Matcha Wellness Green Tea Powder
- Navita's Maca Powder
- Raw Maca Root Powder: davidwolfe.com
- Bragg Nutritional Yeast Seasoning
- Celtic Sea Salt, Fine Ground: CelticSeaSalt.com, Amazon
- Celtic Pink Cave Salt: CelticSeaSalt.com
- Bob's Red Mill Cornstarch
- Edward and Son's Organic Cornstarch
- Edward and Son's Organic Italian Herbs Bread Crumbs
- Edward and Son's Organic Lightly Salted Bread Crumbs
- Edward and Son's Organic Panko Bread Crumbs
- Simple Truth Organic Panko Bread Crumbs
- Edward and Sons Garden Veggie Bouillon Cubes
- Body Ecology Probiotic Protein Shake
- Body Ecology Cultured Vegetable Starter
- Body Ecology Kefir Starter
- EcoBloom Prebiotic (bodyecology.com)
- Heaven Mountain Goji Berries
- Sea Seasonings Kelp
- Sea Seasonings Dulse
- Sea Seasonings Dulse Granules
- He Shou Wu (www.JingHerbs.com)
- Sati Clarity Organic Lemon and Lime Soda
- Gerolsteiner Sparkling Water
- Death Wish Coffee (mold free)
- Four Sigmatic Focus Organic Coffee
- Massimo Savoiardi Classico Italiano Lady Fingers amazon.com

## Chicken, Seafood, Beef, Sausage and Bacon

- Bell and Evans Organic Chicken
- Mary’s Organic Chicken
- Trader Joe’s Organic Chicken Breasts and Thighs
- Trader Joe’s Nova Salmon
- Trader Joe’s Frozen Wild Caught Salmon
- Niman Ranch Regenerative Organic Certified Pasture-Raised Grass-Fed Ground Beef
- Niman Ranch Applewood Smoked Uncured Bacon
- Niman Ranch Apple Gouda Uncured Sausage
- Niman Ranch Maple Uncured Bacon
- Thousand Hills 100% Grassfed Ground Beef

Pasta and Noodles
Delallo Mezzi Rigatoni
Seggiano Gluten Free Artisan Pasta
Garofalo Organic Italian Pasta
Jovial Gluten Free Elbow Macaroni
Jovial Gluten Free Penna Pasta
Jovial Capellini Pasta
Jovial Farfalle “bowtie shaped pasta”
Jovial Spaghetti
Bionaturae Spaghetti
Bionaturae Tagliatelle
Miracles Noodles Organic Spaghetti, Fettuccine and Angel Hair
Edward & Sons Organic Pad Thai Rice Noodle
Edward & Sons Organic Wide Rice Noodles

*About the Author*

# SHEREE ZINK

Sheree Zink is a culinary curator who is passionate about bringing people back to the table to share food and drink together.

Inspired by her daughters when they went to college, she first started writing about simple and nutritious recipes to make while being away from home and living on their own.

This passion project grew over the years into writing a cookbook of curated recipes from her own kitchen, family and friends.

She lives in Colorado with her husband, Bob, who shares in her love for cooking.

