

**QUICK. HEALTHY.
DELICIOUS.**



50 Favorite Recipes to Feed Your Life!

By Ana Poirier, CHHC, AADP

Welcome!

It is time to dive in and begin to create some healthy and delicious meals in your very own kitchen.

It is with great pleasure and excitement that I share this information and these recipes with you.

My intention here is to provide you with some inspiration and support in taking your first steps towards healthier cooking or just adding to your already healthy repertoire.

Playing in the kitchen can be a real joy and a way to both nourish your creativity as well as your body. I encourage you to indulge your senses while shopping, chopping, prepping, cooking, smelling and tasting.

A recipe book has been simmering on the back burner for some time now. When I had the realization that I could develop an e-cookbook faster than I could send out query letters to potential publishers, “*Quick. Healthy. Delicious*” was born. From my computer to yours, ready for immediate reading, printing and implementation. The best part is, if you spill a little kitchen goop on your pages, you can print a new one.

I wish you happy kitchen time, and most of all, joyful and delicious eating time.

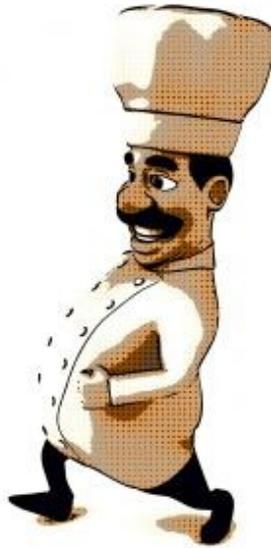
With health and love,

Ana



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Chapter 1: Kitchen Accessories

In order to get started, you will need to be sure to have some basics on hand. Below are the basics, followed by the more intermediate tools. The basics are those things that if you try to go without, you will make your kitchen time more work than it needs to be. The intermediate tools are those tools that are not mandatory, but do make some of these recipes much easier, tastier and healthier. They require a little more of an investment, but are definitely worth it!

The Basics

- *Good knife* – I like a heavy 8-10” Henkels or Wusthof chef’s knife. The most important consideration is that it fits your hand and has a good sharp stainless steel blade. Make sure to keep your knife sharp as this actually minimizes the possibility of cutting yourself. Some people really like ceramic knives as well. They need less sharpening, but are fragile.
- *Cutting board* – choose wood or bamboo. Bamboo is great because it is naturally antimicrobial.
- *Stainless steel or cast iron pots* – Anything labeled non-stick is most likely coated with some toxic chemical.
- *Vegetable scrubber* – This makes scrubbing veggies like carrots, parsnips, beets, etc., a snap. There are vegetable scrubbers available at many health food stores, but you are fine with just a dish-scrubbing pad that is designated for veggies only. Why scrub? You remove the dirt, but retain the nutrients that can be lost with peeling.
- *Grater* – The best basic grater is the kind that stands up on your cutting board and has four sides to it. If you find yourself doing a lot of grating (for salads, etc.), a food

processor with grater attachment (see below) can feel heavenly.

- *Kitchen timer* – Many ovens have a built-in timer, but it can be nice to have a small portable one to carry to other parts of the house or even outside, while something incubates in your kitchen. Timers really free you up both physically and mentally.

Intermediate (But Really, Really Nice to Have!)

- *High-speed blender* – If you plan to do blending, chopping, mincing, grinding, food processing, baking, raw foods, pesto, soups, etc, the Vita-Mix is by far your best choice. It is a wonder machine. The investment is well worth the lifetime of hard work and healthy food it provides. If you like short-cuts (like I do), this is a must!

[For free shipping \(\\$25 value\) click this affiliate link to order online.](#)

Or call 1-800-848-2649 and use code 06-003570

- *Food processor* – You can actually do most food processing in a Vita-Mix, but sometimes it is nice to have a food processor. What I like most is that you can get special attachments for slicing and grating. This is definitely a huge time saver when prepping vegetables. Cuisinart is excellent, but there are some less expensive options like Hamilton Beach.

- *Dehydrator* – This is for the budding or aspiring raw foodist. Even if you wish to dehydrate your own fruit or make homemade jerky (meat or veggie), these appliances can be fun. They make creating your own flax crackers easy and fun.

Visit <http://YogaBodyNutrition.com/recommended-wellness-products/> for info and ordering links on recommended dehydrators.

- *Immersion Blender* – This is a very inexpensive, but extremely handy tool for quickly blending a basic dressing, a softer fruit smoothie or blending soup right in the pot. Also called a hand blender, it works best with soft things and liquids.

Chapter 2: Where to Start?

I suggest scanning or browsing this book first.

See what catches your eye.

If you are new to preparing your own food, choose a couple of recipes that are nice and simple and begin there.

Once you get comfortable, start experimenting, but initially stick to the recipe.



Chapter 3: How to use this book

Each recipe is rated with a certain number of stars (☆) Those with 1 or 2 apples are easier, while those with 3 or 4 are a little more involved. This can be a good way to easily see what you may want to create at any given time. Scan the table of contents to choose a category.

My intention here was to keep things simple, so if you are totally stumped (maybe about an ingredient or method), check out the resources on my website

<http://YogaBodyNutrition.com> or send me an email Ana@YogaBodyNutrition.com.

Also, I would love to hear about your successes or any delicious tweaks you make.

Feel free to share at the above email address or on our Facebook fan page:

<http://www.facebook.com/#!/pages/Yoga-Body-Nutrition/121675807897031>

Chapter 4: Raw and Gently Cooked

It's great to try to retain as much nutritional value in your food as possible, but it may not be practical to eat 100% raw. There is a way to work with your cooking in a manner I call "gentle cooking". This means you are not cranking up the heat to maximum and boiling, frying, scorching the living daylights out of your food. There is an energetic aspect here too. When you bring a pot of rice or quinoa to a gentle boil, the grains can be gently coaxed into receiving and opening to the heat by doing the whole process at a low temperature. Just imagine how you feel when someone puts ice on your back after a hot shower? Or how our bodies react to any kinds of extremes. I feel this translates to our food as well. After all food is a living breathing organism just as you are. When you are eating whole, unprocessed foods, they are alive, so treat them with kindness and gentleness in the kitchen.

[The Vita-Mix](#) can be used for this technique. You can gently steam some cauliflower, for example, then put it in the [Vita-Mix](#) with some raw carrots, celery, onion and seasonings and blend on high speed for about 2 minutes. The high-speed blender will harmonize and smoothly puree the contents into a delicious creamy soup.



Chapter 5: Getting the Most Bang For your Buck:

Tips and tricks to maximize your time and money as a health conscious cook

- 1) **Buy in bulk.** You can do this at your local health food store or online. If the bulk portion is too much for your household, then consider sharing the order with a friend or family member. This is great for grains, beans, nuts, seeds, and superfoods like hemp seeds and goji berries.
- 2) **Buy direct.** Visit your local Farmer's Markets as much as possible. If that is not possible, try a CSA (community supported agriculture) share. These are by far the most economical and freshest way to buy produce. See <http://localharvest.org> for more information.
- 3) **Cook at home.** This book is designed to give you some good basic knowledge to bolster your confidence in the kitchen. Cooking at home for yourself, your family or your friends is not only economical in the moment, but also for the long term. Home cooked food is almost always healthier than restaurants or take out. Think of it as wonderfully nourishing and cheap health insurance.
- 4) **Eat whole, organic foods.** These are nutrient dense and low in chemicals. Chemical laden foods can lead to disease later in life. Chemicals can also cause additional food cravings. Whole, natural, organic foods are loaded with nutrients, which means you need less volume to satisfy your body. Have you ever tried to binge on broccoli? It is almost impossible.
- 5) **Invest in a home water filter.** Pure filtered water is one of the best things you can do for your body. Having a home water filter makes it easy and inexpensive to have high quality water available. It is also much more environmentally friendly than buying plastic bottles.
- 6) **Grow your own food.** Even a window box herb garden can be a wonderful way to add superb fresh flavor and nutrition for just pennies.
- 7) **Bring your own** reusable bags to the store. Many stores are starting to give a small bag refund when you bring your own bags. Granted it is not a whole lot, but it can add up when you make it a habit.

Chapter 6: Don't Be Afraid to &#*#\$ Up

The more you play the more comfortable you will become in the kitchen. I encourage you to have fun, experiment, and do not be afraid of messing up. I always learn something when I “mess up” a dish or a recipe. Usually it is an opportunity to either get really creative or be more mindful of how I am doing things.

Tips to remember:

- Be gentle with yourself
- Start off with easy recipes
- Always use a timer
- Re-read recipes a few times whenever necessary
- Take 1 minute to visualize a positive outcome
- If something just does not taste “right”, start by tweaking only ONE ingredient. More is not always better.
- Fat absorbs spices; so if you put too much ginger or garlic or hot pepper, add some healthy fat to the dish.
- If you need to, compost or ditch your failed dish and just start over.

Chapter 7: Edible Essential Oils

In some recipes I suggest the option of adding therapeutic grade essential oils. These add delicious, concentrated aroma and flavor using very minute amounts. Therapeutic grade essential oils also have amazing medicinal value and are loaded with vitamins and minerals.

However, you cannot use just any essential oil from the health food store. And cheaper price generally means cheaper extraction methods and toxic fillers have been added. It is critical to not ingest anything but a 100% therapeutic grade essential oil that is safe for ingestion. The company I know and trust and work with is Young Living. Please know that I do not condone the use of any other brand of essential oils for internal use.

For more info on Young Living visit:

<http://youngliving.com>

To order use customer code: 904207

Chapter 8: Quality Over Quantity

In America we seem to be conditioned to believe that more is better and bigger means better value. When it comes to food, this is just not the case. The idea is to choose organic, nutrient dense foods that are processed as little as possible. Some people balk at the “high” cost of organics, but essentially these foods are so much richer in nutrition and satisfy the body longer than their conventional and processed counterparts, that you need to eat less volume.

The reason you find that you can binge on chips and not on broccoli is mainly because green vegetables are absolutely loaded with nutrition. The chips are mainly empty calories, so you keep eating in part because the body is searching for more nutrition. As much as possible seek organic, whole, fresh foods. If you can find locally grown foods, this will generally save you money and boost nutrition even more. After all, how perky can fresh foods be after a long trip across the globe?

By going for quality ingredients, you will reap the benefits of these recipes to the highest degree.

Below are some high-quality staples to have on hand that you will see over and over in many of the recipes in this book:

- Extra virgin, raw/cold-pressed organic olive oil
- Extra virgin raw/cold-pressed, unrefined organic coconut oil
- Cold-pressed, organic, unfiltered flax oil
- Organic, raw, unfiltered (“with the mother”) apple cider vinegar
- Stevia powder or liquid extract (the liquid is more versatile, I like Sweet Leaf)
- Raw agave nectar (I like Mudhava brand, as they guarantee proper processing)
- Organic, raw nuts and seeds
- Organic, raw nut and seed butters
- Real Salt, Celtic sea salt or Himalayan Pink salt
- Fresh garlic
- Fresh ginger root
- Organic Tamari – a wheat-free soy sauce that is naturally fermented

Chapter 9: Something For Everyone

This cookbook has something for everyone. It does not, however, have anything for the junk foodie. But there are vegetarian recipes, as well as recipes with animal protein. This book is very friendly to those with food sensitivities or allergies as none of the recipes have dairy, gluten or sugar. The soy included is naturally fermented, which is generally better tolerated by most people.

I Want To Hear From You!

Did you make a modification that turned out amazingly delicious?

Want to offer feedback on how a particular recipe or meal turned out?

Would you like to share a success story of a healthy meal that was well received, or a great cooking experience?

I would love to hear from you!

Please send your comments, stories or inquiries to Ana@YogaBodyNutrition.com

Now, Let's Get Cooking!



Chapter 10: Breakfasts Bites

Ah, yes, the most important meal of the day. I encourage you to play with exploring what your body needs on different days, in different seasons. I like to think of breakfast as the meal that sets the tone for my day. What kind of energy do you want or need?

☆☆ **Antiox-beauty Smoothie**

This smoothie is incredibly rich in antioxidants, which help scavenge free radicals from the body. Not only do antioxidants keep you looking radiant, but also help protect the body from environmental toxins and illness. The color is not pretty, but I promise the flavor delivers. A Vita-Mix is definitely recommended.

½ cup fresh pomegranate seeds
½ cup fresh or frozen blueberries
Handful goji berries
Large handful spinach
2 - 3 leaves Romaine lettuce
½ - 1 t. (teaspoon) raw cacao powder or nibs
Stevia to taste
Optional: ½ banana to add sweetness and thickness
Optional: squeeze of lemon or lime
Optional: dash cinnamon
Optional: 1 t. spirulina (just to really give it that pond algae look :)
Water to blend

Put all the ingredients in the [Vita-Mix](#) and blend about 60-90 seconds until smooth.

☆ **Simple Protein Smoothie**

This is a wonderful smoothie when you need something a little more, such as before (or after) a hike or workout.

One not-too-ripe banana
½ cup berries of choice (fresh or frozen)
1 - 2 T. (tablespoon) raw almond butter
1 cup almond or coconut milk (fresh squeezed OJ can be nice instead)
1 scoop green powder (I like Greens First <http://greensfirst.com/4550>) or 1 t. spirulina
1 scoop protein powder (Dream Protein <http://greensfirst.com/4550>, Nuttiva Hemp Shake, or Garden of Life Raw Protein are all good)
Optional: dash salt, cinnamon and nutmeg

Blend everything in your blender until creamy and smooth.

☆ **Wake Up and Alkalize!**

*This can be juiced in a juicer or blended in the [Vita-Mix](#) to make a “whole food” juice.
It is light, refreshing and very hydrating.*

1 organic cucumber, unpeeled
½ - 1 bunch spinach
1 - 2 apples, unpeeled
Fresh coconut water if blending.

Process the ingredients in juicer or blender and enjoy.

☆☆ **Gluten-free Blender Waffles**

*These are amazingly delicious and totally flour-free! If you don't have a waffle iron, try the recipe as pancakes.
These are delicious with 100% real Grade B maple syrup or your favorite topping.*

Soak 1 cup millet and 1 cup raw buckwheat overnight in pure water. In the morning drain the grains and rinse. Add to the blender with 1 cup water or almond milk, 2 T. ghee or coconut oil, 2 T. raw honey or agave nectar, 1/2 t. salt, 1/2 t. cinnamon.

Blend everything until smooth.
Pour about 2/3 cup batter into waffle iron.
Cook as per directions for waffle iron.

☆ **Overnight Morning Muesli**

This recipe uses quinoa flakes, which can be found at most health food stores. Quinoa is gluten-free and rich in amino acids and minerals, including calcium.

Makes approximately 2 servings

½ cup quinoa flakes

¼ cup raw almonds or walnuts

Chopped apple, pear or berries

Grated coconut

Dash cinnamon

½ - ¾ cup unsweetened almond milk or coconut milk

Squeeze of lemon, optional

Stevia to taste

Pinch of sea salt

The night before, combine quinoa flakes and milk of choice in a medium bowl.

Cover almonds or walnuts with pure water and allow to sit overnight.

In the morning, drain the nuts and chop. Add to quinoa flake mixture. Add all the rest of the ingredients for a creamy, crunchy, sweet breakfast cereal that is 100 times better than anything you will find in a box.



Chapter 11: Wrap It Up!

I am a personal fan of the wrap. And what I love is that there are endless variations to what you can wrap, as well as what you can wrap with. Enjoy these creations and may they inspire creations of your own!

☆☆☆ Collard Burritos

There are many variations you can use with this idea. The one option here is more like a standard burrito minus the flour tortilla. You can also use Collard leaves to wrap hummus and veggies, raw nut or seed pates with veggies, etc.

4 - 6 Large Collard Green leaves (depending on how big they are)

1 cup cooked quinoa or brown rice

1 cup cooked black or kidney beans

Grated cabbage or shredded lettuce

Chopped fresh tomato or fresh salsa (or both!)

Chopped sun-dried olives (skip the canned. Sun-cured or dried olives are delecticious and don't have the questionable chemicals of a canned product. See resources section.)

Sliced fresh avocado or guacamole

Any other accoutrements you enjoy with your burrito

You have a few options with the Collard leaves:

- Wrap them and freeze for about 1-2 hours. This will soften them.
- Blanch in hot water – dip one at a time into a hot pot of water until they turn bright green (about 40-60 seconds). This will soften them as well.
- Keep them raw. To soften the middle rib, simply shave it with a veggie peeler. (Thanks Paula!)

To assemble:

Lay each Collard leaf on a work surface and divide the filling ingredients into equal portions in each leaf. Begin with the grain and beans, then move on to the rest. I like to save some salsa, tomatoes and guacamole to put on top of the burrito as well.

Fill the center of the collard leaf, leaving about 1.5 inches open on the top and bottom, and space

on the sides for rolling (just like a traditional burrito).

Tuck the top and bottom edges in first, then roll from one side, tucking the filling in as you go. If you fill it too much, rolling will be difficult. Simply remove some filling and try again.

These can be enjoyed out-of-hand, or eaten with a serrated knife and fork for a more civilized experience.

Variation: Try topping these with a mixture of tahini, lemon, tamari and water if needed. (See dressings section for recipe.)

☆☆ **Nori Wrap**

Nori is the seaweed you find wrapped around your maki sushi rolls at Japanese restaurants. This recipe is fairly close to this preparation minus the fish. Again, nori wraps can be used with all kinds of creations. Some of my favorites are to use them to wrap tempeh burgers (see protein section) with mustard and veggies; a super simple option with avocado, olives, grated carrot and Romaine lettuce leaves or arugula; nut or seed pate with veggies; or cooked grain and shredded veggies with a sassy dipping sauce.

Traditionally, the Japanese use a sushi-rolling mat, but I have found that it works just fine without one.

4 sheets nori (I prefer the untoasted variety, but toasted is what you find more easily.)

1 cup cooked short grain brown rice (see cooking instructions below)

1 t. umeboshi plum paste (a tangy, salty fermented plum paste found in the Asian section of most natural food stores)

White or black sesame seeds or chopped raw nuts

1 ripe avocado: peeled, pitted and sliced

A wee bit of fresh lemon juice to keep avocado from browning

1 carrot, scrubbed and cut into small matchsticks

1 small or 1/2 large English cucumber, washed and cut into thin matchsticks

1 - 2 t. grated fresh gingerroot

1 scallion, cut into 3" length pieces, then sliced in half lengthwise

Optional: I like to soak a couple of dried shitake mushrooms, then slice thinly.

As with the Collard wraps, overfilling will cause difficulty in rolling.

Lay out your nori sheets with the shiny side down. Spread about 1/4 cup rice along the bottom edge, leaving about 1" of space along the bottom and top edges. The rice can be spread all the way to the left and right edges.

In one strip along the bottom edge, spread a line of umeboshi paste (you can use mustard or any other flavorful spread instead).

Begin topping the line of umeboshi with the remainder of the fillings. Be sure that your fillings do not get wider than about 1.5 inches.

Begin rolling from bottom to top, tucking the bottom edge over the filling.

This "log" can either be eaten out-of-hand or sliced and served like the maki rolls at Japanese restaurants.

These can also be done in a "looser" fashion by simply laying the ingredients on the nori in one line and rolling like a burrito.

☆☆ **Artichoke Pate Lettuce Wraps**

This is a very tasty lunch option to try. And once the pate is made, you have a quick lunch that can be rounded out with soup, salad or roasted veggies.

One 14 oz. can of artichokes

¼ cup water

¼ cup extra virgin olive oil

¼ cup fresh organic lemon juice (approximately the juice of 1 lemon)

1 cup soaked almonds

¼ red onion, coarsely chopped

2 T. capers, (optional)

½ t. Celtic sea salt (fine grind)

Pinch of garlic powder, or minced fresh garlic

Thinly sliced red bell pepper

Romaine lettuce leaves (use small ones and leave whole)

Put first eight ingredients into blender or food processor and puree at high speed until creamy and smooth.

Place spoonful of mixture into lettuce leaf, top with a few slices of red pepper and roll up.

Taste and adjust sea salt if needed.



Chapter 12: Sassy Salads

Once you get away from the typical side salad of iceberg, tomato and cucumber, you will see that a whole world of possibilities awaits. There are endless options and combinations of colors, flavors and textures to try. Salads are indeed only as boring as you make them (lol).

☆☆ Kale Salad

Kale is a superfood, loaded with minerals, vitamins, antioxidants and phytonutrients to help build bone, beautify the skin, detoxify the liver, calm the nerves and slow down aging. Wow! Then why isn't everyone downing the kale?

Well, it is one of those dark leafy greens that taste a little bitter to the standard American palate. This is a great way to start introducing kale into the diet. If it is still too bitter, try mixing it into your other dishes to disperse it a little.

Note: *Large amounts of raw kale are not recommended for those with thyroid issues. If you have hypothyroidism go easy on this, or be sure to lightly cook your kale.*

One large head of kale (softer leaves work best, avoid tough leaves)

½ medium Red onion

Dressing:

1 t. sea salt

1/3 cup lemon juice or apple cider vinegar

1/3-cup flax seed oil or olive oil

Optional:

Sprouts of choice (sunflower, radish, pea shoots, etc)

1 avocado cut into chunks

1 handful thinly sliced shitake or brown mushrooms

Dash cayenne

Raw almonds, soaked 8-12 hours and drained

Combine the salt with the lemon juice and whisk in the oil.

Slice the red onion into thin half-moons, and marinate in the dressing while you prepare the rest of the salad.

De-stem the kale. Stack the kale leaves and slice into 1/4-inch ribbons. Take your time. Toss the kale with the onions and as much of the dressing as necessary to lightly, but completely coat the kale. Now, roll up your sleeves and “massage” the dressing in with your hands. This helps soften the kale, giving it a buttery texture. Add any of the optional items you wish.

☆ ***Delightful Dulse Salad***

Dulse is sea vegetable with a dark purpley-red hue. Like most seaweeds, dulse is very high in minerals, particularly iodine (great for the thyroid), calcium and magnesium. Dulse is salty and mild, making it pleasing to most palates. Most natural food stores will carry it in two different forms: in its whole leafy form, or as flakes. This recipe works best with the leafy form. If you use the flakes, use about half the quantity and do not pre-soak.

1 cup of dulse, soaked briefly in pure water, drained and chopped
1 cucumber, diced
2 medium carrots, grated
2 scallions, minced
1 T. fresh grated orange peel, or 1 drop Young Living orange essential oil

Combine and mix well before serving.

☆ ***Delicate Daikon Salad***

Daikon is a Japanese radish that looks like a very big, long, white carrot. It is a great for clearing mucus from the body, and helps the body digest fats and protein. For this reason it is traditionally served with tempura and fatty fish in Japanese cooking. See my YouTube video on daikon for more info

<http://www.youtube.com/watch?v=HdxumTyRO7U>

Yields: 4 servings

1 cup freshly grated daikon
1/2 bunch washed flat leaf parsley, coarsely chopped
3 T. umboshi plum vinegar
1 T. flax oil or olive oil
4 T. black or tan sesame seeds

Grate daikon and place in a salad bowl. (This is a great time to use your grater attachment on your food processor.)

Combine remaining ingredients and serve, or allow to chill in fridge for 10-20 minutes.

☆ **Fennel & Bitter Greens Salad with Citrus Vinaigrette**

Fennel is a wonderful anise-flavored vegetable that, like daikon, aids digestion and helps break up mucus in the body. That said, this makes a festive accompaniment to a rich holiday meal.

When choosing your fennel bulb, look for the rounder variety as opposed to the flatter bulb. The rounder bulbs are the female bulbs, and are much tastier.

1 medium fennel bulb (remove fronds*), quartered, cored and sliced into thin strips
2 carrots cut into thin matchsticks
1 bunch arugula or watercress, lightly chopped if leaves are large

Vinaigrette: Combine 1 T. olive or flax oil, 1 T. fresh orange juice, 1 t. grated orange zest, ¼ t. sea salt, and 1/8 t. fresh ground pepper in a small bowl and whisk together with a fork.

Toss the fennel and carrot with dressing and place on top of the greens.

** The fronds can be finely chopped and added to salads, soups and other dishes.*

☆☆ **Rainbow Salad**

This salad becomes a cinch if you use a food processor to grate the vegetables.

½ cup shredded or finely chopped red cabbage or shredded beets
½ cup julienne or chopped yellow bell pepper or grated yellow carrot
½ cup orange shredded carrots
½ cup peeled and shredded or diced jicama
½ cup alfalfa or other sprouts
1 cup mesclun greens

Place cabbage, peppers, carrots, jicama and sprouts in little piles forming a circle around the greens like a rainbow. Serve with Carrot-ginger Dressing (see Divine Dressings)

☆ **Super E-Z Artichoke Salad**

2 14-oz. cans artichoke hearts
1 clove garlic, minced
4 T. flax oil or olive oil
¼ cup fresh lemon juice
1½ T. apple cider vinegar
½ t. cayenne
4 cups mixed salad greens

Drain and rinse the artichoke hearts. Place 4 hearts in a large bowl and mash with the garlic. Stir in the flax oil, lemon juice, vinegar, and cayenne and mix well. Quarter remaining hearts and combine well with dressing. Refrigerate for at least one hour to marinate and serve over greens.



Chapter 13: Divine Dressings

Even if you have the most basic of salads, a great dressing can make all the difference. Bottled dressings are really to be used as a last resort as 99% of them are loaded with sugars, low-grade oils, high fructose corn syrup, too much sodium and chemicals. Once you start making your own dressing, you will never go back. The great thing is, most of these dressings will keep for 2-4 weeks in a sealed glass container in the fridge.

☆ **Lemon Gold Dressing/Dip**

This is an old stand-by for guests and dinner parties. It makes a thick hollandaise-like dip or dressing that is great on salads or as a dip for crudités, steamed artichokes or asparagus. You will love this one.

2 whole lemons, shaved (outer yellow removed, but white pith left)
2 t. sea salt
1/3 cup olive oil and/or flax oil
1 - 2 Tablespoons agave or raw honey
2 cloves garlic
1/2 inch piece ginger
1/2 cup pure water (use less for dip)

Blend all until smooth preferably in [the Vita-Mix](#). This one is great on salads and also with steamed artichokes or asparagus.

Note: Lemon Gold Dressing lends itself well to experimentation. You may add spices, herbs, mustard, etc.

☆ **Raw Caesar Dressing**

Thick, creamy and tangy just like the real thing. This dressing can also be used as a dip or dressing.

3 avocados
1/3 cup fresh lemon juice
3 T. olive oil
1/4 cup pure water
1 T. fresh ground black pepper
1 medium clove garlic
1 T. sea salt
1 t. cayenne

Blend everything, preferably in a high-powered blender (i.e. [Vita-Mix](#)) until creamy and smooth (about 1 minute).

☆ **Tahini Lemon Dressing**

This is a wonderfully versatile option to have on hand. The tahini makes a rich and creamy dressing that is loaded with calcium. Try this on a simple spinach salad or bitter greens. It also makes a yummy dip for something like the Ficama Fries (see Vibrant Vegetables).

1/2 cup water
2 T. raw tahini (if available)
1 T. fresh lemon juice
1 t. sea salt or 1 T tamari
1 - 2 cloves garlic, minced

Process everything in the blender until smooth and creamy.
Variations: try fresh chopped dill or chives.

☆ **Carrot-Ginger Dressing**

2 1/2 cups baby or scrubbed regular carrots
3 T. fresh ginger
1 - 3 packets stevia (start with less, then taste test)
1/3 cup apple cider vinegar
1/2 cup water
1 clove garlic
1/4 cup flax seed oil
1 drizzle sesame oil (as desired)
Cumin, coriander, or curry spice to taste

Blend all the ingredients (using only half the carrots) except the spice in a blender. Add the cumin, coriander or curry to taste. As the mixture is blending, slowly add the additional carrots. You may need to add more water or vinegar to facilitate blending. Use as a dressing or as a dip for sushi

rolls or crudités.

This one works best in [the Vita-Mix](#), but can be done in good regular blender.

☆ **Basic Vinaigrette**

This is deliciously simple: a wonderful everyday dressing

2/3 cup flax or olive oil

1/3 cup organic, raw apple cider vinegar (or lemon juice)

1 t. sea salt

Optional: I like to add some chopped garlic and parsley

Place the ingredients in a jar with a lid and shake vigorously.

☆ **Superbly Simple Umeboshi-Scallion Dressing**

This is based on a dressing I had at this wonderful Japanese restaurant in Great Barrington, Massachusetts. The flavors are wonderful and compliment fish, beans, grains or just plain mixed greens.

1½ cups chopped scallions

2/3 cup flax or olive oil

2 T. umeboshi plum vinegar

Juice of ½ a lemon

½ cup pure water

Process in a blender until slightly chunky or smooth, depending on your preference.



Chapter 14: Pates and Dips to Make a Meal or a Snack

Nut and seed pates are a wonderful item to have ready for a quick meal or snack. For one, they allow you to sneak in some extra veggies; and two, once made they are a great healthy fast food to have on hand. Enjoy these in a wrap, atop a salad, stuffed into hollowed vegetables, spread on flax or whole grain crackers or as dip for crudités.

☆ Savory Sage Pate

This great pate can also be shaped into a loaf and sliced and served as a vegetarian entrée for a special holiday meal.

1 cup almonds, soaked 10-12 hours and drained
1 cup walnuts, soaked 4-8 hours and drained
3 stalks celery, finely chopped
1 cup leeks, finely chopped
½ T. dried rosemary (or 1 T. fresh)
2 T. fresh sage (or 1 T. dried)
1 t. sea salt
2 T. olive oil

Process everything in a Vita-Mix or food processor until well mixed and fairly smooth.

☆☆ Easy Homemade Hummus

Hummus is really very easy to make. And it can be made in large batches and frozen to have on hand. Cooking your own beans is a nice touch and cuts the cost down even more, but organic canned beans can be a good second option.

3 15oz. cans chickpeas (low-sodium) or 4 cups homemade, drained
2 - 3 cloves garlic
¼ cup raw sesame tahini
2/3 cup fresh lemon juice
2 t. salt (1/2 t. if using canned beans)
2 T. flax oil or cold pressed olive oil

2 - 4 T. fresh chopped herbs (parsley, cilantro, basil, dill)
½ t. ground cumin
½ t. paprika

Reserve liquid from canned or fresh-cooked chickpeas or to use as soup base, to do oil-less sauté or add to salad dressing. Combine all ingredients in food processor and process until smooth.

☆ ***Pretty in Pink Pate***

This healthy, creamy nut pate gets its name from the beautiful salmon color courtesy of the red pepper. This tasty dish can be used as an appetizer, side dish or main course.

2 cups Walnuts (soaked overnight)
2 stalks Celery
1 large red bell pepper
1 Green Onion
½ t. sea salt

Combine all ingredients in a food processor and blend until smooth.

☆ ***Ana's Secret Vegetable Guacamole Dip***

This has many incarnations, but what is great about it is that you can "hide" all kinds of vegetables in the creamy avocado. This works especially well for those "kids" that are resistant to eating their veggies.

This is great stuffed into an Ezekiel Sprouted Tortilla or large lettuce leaf with some sliced red bell pepper or grated carrot.

1 ripe avocado, peeled, pitted and mashed
1 T. lemon juice
¼ cup chopped cilantro, parsley or spinach, packed
1 small stalk celery, chopped
1 small zucchini, chopped
Optional: 1 small clove garlic
2 T. chopped red bell pepper or grated carrot
½ to 1 T. flax oil or olive oil, if needed for flavor
Salt to taste

In a food processor, process the greens, celery, zucchini and optional garlic until finely chopped. You may need to stop the food processor and scrape down the insides of the container to get an even chop.

Add the veggies to the mashed avocado, add remaining ingredients and mix well. Adjust flavors as needed.

Variation: I love oregano, so this usually gets a hefty dose.



Chapter 15: Scrumptious Soups for All Occasions

Soup is always a quick and comforting solution to creating a healthy meal. When you just feel like you need a gentle internal hug, one of these recipes could be the perfect thing!

☆ Cream of Carrot Soup

This one was a total hit at one of the Raw Radiance classes. This soup does require a Vita-Mix to get it smooth and creamy. But lightly cooking the carrots would help a regular blender get the job done. It just will be slightly chunky.

3 cups carrots, chopped
2 stalks celery, chopped
2 cups almonds, soaked
2 - 3 cloves garlic (with the papery skin still on)
2 cups water
1½ cups fresh orange juice
1 t. nutmeg

In a [high-speed blender](#), process all the ingredients until smooth and creamy. Blending for two to three minutes on high in the [Vita-Mix](#) will gently warm the soup.

☆☆ **Curry Coconut Pumpkin Soup**

This is a rich, creamy, sweet and mildly spicy soup that is great when the weather turns cold. Pumpkin or any winter squash can be used in this recipe. Sweet and dense kabocha or red curry squash works especially well. I have made a super simple version by omitting the onion, carrot and celery.

If you have a [Vita-Mix](#), you can quickly finely chop your carrots, celery and onion by roughly chopping the veggies, placing them in the canister and turning up the variable speed dial slowly to about 4. It should do a fine chop in about 20-30 seconds.

1 medium pumpkin or winter squash, cooked (I like to bake it whole and scoop out the inside flesh)
1 medium yellow onion, peeled and finely chopped
1 medium carrot, scrubbed and finely chopped
2 stalks celery, cleaned and finely chopped
1 - 2 T. curry powder
About 2½ cups vegetable stock or water (more may be needed to achieve desired consistency)
1-inch piece fresh ginger, grated or minced
¾ cup organic coconut milk
2 T. miso paste or 2 t. sea salt
Garnish: chopped fresh cilantro or parsley

Heat a couple of tablespoons of the water or stock in a large soup pot. Add the carrots, celery and onion and sauté over medium heat until softened, about 4-6 minutes. Add all the remaining ingredients except the miso paste. Bring this mixture to a gentle simmer, stirring occasionally. Remove about ¼ cup of liquid and combine well with the miso paste in a small bowl to form a thinner paste. Add the miso mixture to the pot and stir well to combine. Using an immersion blender, blend the soup in the pot until smooth and creamy. Adjust seasonings as needed.

Alternately, use a regular blender and puree soup in batches.
Serve garnished with chopped cilantro or parsley.

☆ **Gingered Bok Choy Soup**

This soup is easy, easy, easy and always a hit. Bok Choy is a lightly spicy Asian leafy green in the cabbage family. It is usually available at farmer's markets and natural food stores and offers a good dose of calcium, magnesium, vitamin K and C.

1 T. finely minced ginger root
2 cloves garlic, minced
1 qt. low sodium organic vegetable broth
1 lb. Bok Choy, trimmed and coarsely chopped
4 green onions, sliced

Add ginger, garlic and broth to pot and bring to a boil. Add the Bok Choy and simmer about 15 minutes. Serve garnished with green onions.

☆☆ **Almost Raw Ginger Butternut Squash Soup**

This soup is delicious, and because there is very minimal cooking, all the wonderful enzymes, vitamins and minerals are intact. If you do not have a [Vita-Mix](#), simply cook all the vegetables in the water until tender and blend in a regular blender.

1 small to medium butternut squash
2 T. chopped leek
1 small carrot, chopped
1 small yellow squash
2 stalks celery
½ t. salt
½ cup young coconut meat (or use 1/3 cup coconut milk, almond milk or soaked cashews)
½ t. nutmeg
2 t. fresh ginger
4 cups water

Gently heat water with squash and leeks over low heat.
Add all the ingredients to [the Vita-Mix](#) and blend on high for about 2 minutes.

☆☆ **Magical Miso Soup with Vegetables and Fresh Ginger**

Miso is a fermented soybean paste used like a bouillon. It may be added to any of your favorite soups for seasoning. Miso adds wonderful flavor and is a healing food. According to “The Book of Miso”, it contains zybicolin, an element that attracts to itself and expels from the body toxic substances (radiation, pollution, nicotine, etc.). Sea vegetables have similar detoxifying properties from a compound called sodium alginate. Seaweeds are also the highest food source of minerals and trace elements, so they contribute to a strong immune system. Shitake mushrooms are luscious tasting and have medicinal properties useful in the prevention and treatment of cancer, AIDS, and high cholesterol. They are anti-tumor, anti-fungal, and promote t-cell growth. This soup is a delicious and comforting bowl of health.

Makes 4 servings (about 7 cups)

1/3 cup “ready to use” wakame*

6 cups water or vegetable cooking broth

1 onion (yellow, white, red, or leek), cubed

1 or more root vegetable (carrot, turnip, rutabaga, parsnip, etc.), sliced

1 cup hardy greens (kale, cabbage, collards, etc.), or 2 cups soft greens (arugula, Watercress, etc.), sliced

4 shitake mushrooms, stems discarded, caps sliced

Miso to taste, about 1/3 cup barley, brown rice, or other miso, or part natural soy sauce (up to 1 T. miso per cup water)

Knob of fresh ginger, peeled and finely grated, juice squeezed out

1. Place onion, roots, mushrooms, and water or stock in large soup pot and bring to a boil. Simmer until barely tender, 5-8 min., depending on size of cut. Add wakame and hardy greens (if using) and cook about 3-5 more minutes.
2. Dissolve miso in a little of the hot soup broth and add to soup with the ginger juice and soft greens (if using).
3. Serve hot in individual bowls garnished with sliced green onion.

*Ready to use wakame can be found in the Asian section of most natural food stores. It is precut and does not need any presoaking.

* You can always add some salmon or other fish to the soup.



Chapter 16: Powerful Protein

Many vegetables, grains and nuts have protein in them, but it is nice to have some concentrated protein options. I offer all kinds of options here to choose from.

☆☆ *Tempeh Burgers*

Tempeh is a fermented soybean cake that originates in Indonesia. It has much more texture and character than tofu, and because it is fermented, much healthier. This recipe is a new favorite for me. These burgers are hearty, yet lighter than meat, and are wonderful with mustard, sliced red onion or tomato and sprouts on Ezekiel bread or buns.

Makes 2 burgers

8 oz. cake tempeh (fermented soy bean cake, much better texture and healthier than tofu)

1 T. miso paste

1 clove garlic, minced or grated

2 T. minced red onion

1 small chili pepper, seeded and minced

1 t. ground coriander

1 t. lemon zest (grated lemon peel)

Few drops toasted sesame oil

Optional: minced fresh or dried herbs like thyme, sage or oregano

Preheat oven to 350 degrees. Steam the tempeh over boiling water for about 8 minutes. Set aside to cool.

Meanwhile, combine the remaining ingredients to form a paste. Once cool, crumble the tempeh with your hands and combine well with the miso mixture. Form into two round patties and place on a baking sheet lined with parchment paper. Bake for about 8 minutes, then flip and bake until golden.

Serve with your favorite condiments and accessories.

☆☆ **Turkey Burgers with Sweet Mustard Sauce**

These are easy and satisfying. The sauce makes a wonderful accompaniment to fish or the above tempeh burgers. To make this recipe super-quick, simply make the burgers and serve with veggies and plain mustard or organic, no-sugar ketchup.

Makes 4 Burgers

Burgers:

1 pound ground turkey
2 teaspoons sea salt
1 T. coconut oil or salted butter

Mustard Sauce:

4 T. Dijon-style mustard
1 t. dry mustard
8 to 10 drops stevia liquid concentrate
2 T. apple cider vinegar
½ cup olive oil, or Essential Balance oil (or ¼ cup each)
½ cup chopped fresh dill, or 1 t. dried

To make the mustard sauce, whisk the mustard, dry mustard, stevia and vinegar together in a medium-size bowl.

Slowly add the oil, continuing to whisk the mixture until it is thick and well blended. Stir in the dill. Cover and refrigerate at least one hour.

Place the turkey and salt in a medium-size bowl and mix well. Divide the mixture into four equal size patties.

Heat the coconut oil (or butter) in a large skillet over medium heat. Add the patties and cook for five to seven minutes. Turn the burgers over and continue to cook another five minutes, or until they are no longer pink inside when cut with a knife.

Serve the burgers hot, topped with sweet mustard sauce.

☆ **Savory Stuffed Portobello Mushrooms**

These mushrooms also make a great burger substitute to serve at your next BBQ when a vegetarian option is desired. Although mushrooms are not loaded with vitamins and minerals, they do have a fairly good dose of B vitamins and protein.

4 large or 8 small Portobello mushrooms, stems removed
½ to 1 T. tamari soy sauce combined with ½ T. pure water
“Stuffing” of choice – try the Savory Sage Pate in the pate section

Preheat oven to 375 degrees. With a pastry brush, coat mushrooms with tamari mixture and bake 5-10 minutes. Turn over and bake another 5 minutes or so, until lightly brown.

Serve over greens (radicchio or arugula are good), stuff with Savory Sage Pate or other pate or grain.

☆☆☆ **Tempeh Stir-fry with Thai Tahini Sauce**

This recipe is just a tad more labor because of the vegetable chopping, but is really delicious.

2 cups cooked brown rice, quinoa or bean thread noodles

Sauce:

1½ T. raw tahini or almond butter

2 T. fresh-squeezed lemon juice

2 t. agave nectar

1 T. light miso

¼ cup hot water

1 t. tamari

Optional, but delicious:

1 t. each minced garlic and ginger

1 drop each Young Living basil and lemongrass essential oils

Stir-fry

1 large carrot

2 cups broccoli spears

2 T. coconut oil

1 medium red onion, chopped

8 oz. tempeh, cubed

1 T. curry powder

1 T. dried oregano

1 t. chili powder

Whisk together the sauce ingredients and set aside. Cut the carrot and broccoli stems into matchsticks and the florets into bite size pieces and set aside.

Heat the oil over medium heat in a wok or heavy bottomed skillet and add the onion, carrot broccoli, tempeh, curry powder, oregano, and chili powder. Stir-fry 3 minutes. Add ¼ to ½ cup water and bring to a simmer. Cover and cook, stirring frequently for about 5 minutes, until vegetables are tender-crisp. Add the sauce and continue to cook another 1 minute or so until sauce absorbs a bit. Divide the noodles or rice among serving plates and top with stir-fry. Serve with additional lemon wedges if desired.

☆ **Buttery Baked Salmon**

This dish is rich, in not one but 3 different kinds of fatty acids. All of the fats are the good kind, and this dish generally creates a grounded feeling and sense of well-being. If you are concerned about dairy fat, omit the butter or ghee.

1 pound fresh wild salmon filets (I strongly suggest you do not use farmed)
About 1 - 2 t. extra virgin coconut oil
About 1 t. ghee or raw butter
Salt and pepper to taste
Fresh lemon
Optional: dried herbs of choice – I like oregano and thyme.

Turn the oven broiler on.
Place the salmon in one layer in a baking dish.
Smear the coconut oil on each filet, then dab butter (if using) on the filets.
Sprinkle with salt, pepper and herbs, if using. Squeeze a little lemon over top.
Broil fish under broiler for 5-8 minutes (depending on thickness of filets), then turn off the oven, close the door and let fish continue to cook for another 5-7 minutes.
Savor slowly, chew well.

☆ **Chai Chicken**

This is really a wonderful dish based on a recipe from the Institute for Integrative Nutrition. If you do not eat meat, try using fish or tempeh.

4 chicken thighs or breasts
4 - 5 sliced carrots
1 cup coconut milk
2 cups brewed chai tea
Fresh lemons

Preheat oven to 350 degrees. Place fish and carrots in casserole dish. Sprinkle with a pinch of salt and pepper. In a pot, combine coconut milk and tea and bring to a boil. Pour over fish and carrots in the casserole dish and squeeze a little fresh lemon juice over the top. Cover with lid and bake in the oven at 350 degrees for 20-30 minutes, or until fish is cooked through. If using poultry, the baking time will be closer to 40 or 45 minutes.
Serve over Cauliflower Mash for best digestion.



Chapter 17: Gorgeous Whole Grains

Whole grains are not to be feared. It is the processed grain products that are at the root of many of our modern-day dietary maladies. Part of the issue with whole grains is that they need to be properly handled in order to reap the nutrition and eliminate the mildly toxic enzyme and nutrient inhibitors. When in doubt, soak your grains before cooking to remove the phytic acid. Drain after soaking, then cook as usual. The soaking makes the grains more digestible and results in a much nicer texture. The default ratio for cooking your grains is 2 parts liquid to 1 part grain; however, you may need to adjust to suit your own preferences. Less liquid means a chewier grain. More liquid means a softer, mushier grain.

☆☆ *Elegant Curried Leek Tart*

Millet is gluten-free, has a good deal of protein in it and can be found at most natural food stores. It is one of just a few grains that are okay for those with Candida issues.

Enjoy this tart with the Curried Bell Pepper Sauce or anything else your imagination can dream up.

- 2 T. coconut oil
- 1 cup yellow onion or leeks, sliced thinly
- 1 cup raw millet, soaked
- 3 cups water or vegetable stock
- 2 t. curry powder
- 1½ t. sea salt or Real Salt

Heat the coconut oil in a medium skillet over medium heat. Add the onion or leeks to the skillet and sauté until lightly brown, about 7-8 minutes. Add the curry powder and salt, remove from heat and set aside.

Meanwhile, in a medium saucepan, combine millet and water or stock and bring to a simmer over medium heat. Reduce the heat to low and cook with the lid on until water is almost absorbed, about 15 minutes. Turn off heat and let millet sit for 5 minutes.

Stir the onions into the millet and pour the mixture into a 9" lightly oiled tart pan. Place the tart in the refrigerator to firm (you could refrigerate up to 2 days).

Preheat oven to 350 degrees. Cut the tart into serving portions and lightly brush with oil. Bake for 20 minutes or until heated through and the tart has a crust. *Serve with Curried Bell Pepper Sauce below.*

☆ **Curried Bell Pepper Sauce**

This is another recipe that works best in a Vita-Mix.

1½ cups red bell pepper, chopped
1½ T. olive or flax oil
1 T. fresh lemon juice
1 T. fresh ginger, chopped
1 T. curry
2 t. cumin
1 t. salt
Dash stevia, if desired

Blend all the ingredients in the blender until smooth and creamy.

☆ **Simple Spring Herb Quinoa**

This is a really uplifting and easy dish. The herbs are like a natural anti-depressant, and quinoa is guaranteed to give good energy with its complete protein profile and high mineral content.

2 cups quinoa, rinsed
3½ cups water or stock
1 bag peppermint tea
1 T. olive oil
Fresh mint, basil and cilantro
Optional: add some fresh corn kernels, chopped red bell pepper or cooked black beans.

Place quinoa in pot with water and tea bag. Bring to a boil, cover and simmer for 15–20 minutes. Remove from heat and let stand for 5 minutes. Add oil and fluff with fork. Garnish with chopped fresh herbs and serve.

☆☆ **Brown Rice with Sea Vegetables**

Don't forget to soak your brown rice for about 8-12 hours before cooking. I think you will notice it to be sweeter and easier to digest.

1 cup cooked brown rice
½ cup chopped yellow onion
½ cup arame seaweed, soaked in cold water for 3-5 minutes and drained
1 t. umeboshi plum vinegar
1 t. tamari (wheat-free, naturally fermented soy sauce)
Dash toasted sesame oil

1 - 2 t. grated ginger
Optional: 1 T. sesame seeds

Gently cook onion over medium low heat in a small amount of water until softened. Add everything but the sesame seeds, stirring occasionally until warmed through. Serve garnished with sesame seeds or fresh minced parsley.

☆☆ ***Buckwheat with Carrot and Arame (sea vegetable)***

Similar to the recipe above, but very different in taste, texture and energy. Buckwheat is not technically a grain, but a seed. It is quite warming, making it an ideal wintertime food.

This is based on another recipe from the Institute for Integrative Nutrition.

½ cup dried arame
1 large carrot, scrubbed but not peeled
1 cup raw buckwheat
1 2/3 cups water

Soak arame.

Shred carrot.

Dry-roast the grains until nutty and golden brown (in a skillet over medium heat, stirring often)

Bring water to boil.

Slowly add buckwheat, bring back to a boil, reduce heat and cover. Simmer for 15 minutes.

Remove from heat and let sit for 5 minutes.

Rinse arame and mix with shredded carrot and buckwheat.

☆ ***Pizza in a Pinch***

Were you not expecting pizza? Here is a pretty healthy version to serve to your kids or yourself. It is also very quick and easy. Vary the toppings to suit your taste.

4 Ezekiel tortillas
About 1 cup organic tomato sauce
Slice onions, bell peppers, mushrooms, spinach, etc.
¼ cup shredded raw goat cheddar or feta

Preheat oven or toaster oven to 400 degrees.

Grill or saute the vegetables in a small amount of water or broth until softened.

Lay tortillas on a baking sheet and top with tomato sauce, vegetable mixture and cheese.

Bake in the oven until heated through, about 10-15 minutes.

Other good toppings include: olives, leftover broccoli, and pesto instead of tomato sauce.



Chapter 18: Vibrant Vegetables

Some of these recipes will speak to you more as a side dish, while others can double as a lighter main dish. So many veggies, so little time!

☆☆ *Summertime Curried Corn Salad*

If you have not tried raw, fresh corn, it is a total treat! During the late summer when corn is in season, simply husk, wash and cut off the cob. That's it!

Kernels from 2 ears fresh corn or 1 cup frozen
1 small zucchini, diced
1 medium red bell pepper, diced or 2 roma tomatoes, diced
1 bunch scallions, white and tender greens, cut into ¼ inch slices
½ cup Italian parsley, chopped
½ bunch arugula, chopped
Dressing:
2 T. unrefined flax or pumpkin seed oil (or olive oil)
2 T. raw organic apple cider vinegar or lemon juice
1 t. curry powder
¼ t. sea salt or Real Salt
1 clove garlic, minced

Cut the corn off the cob and combine in a large bowl with the rest of the vegetables.
Combine the dressing ingredients and pour over the vegetables. Combine well and let marinate 1 to 4 hours.

☆ ***Simple Kale/Collards/Bok Choy***

A basic and tasty way to get your leafy greens in.

Wash and chop your greens of choice. If you are using kale or collards, remove any tough stems before chopping.

Place greens into a pot with a small amount of water or broth and cover.

Bring to a simmer over medium heat and stir occasionally. It should only take about 1-2 minutes for the greens to wilt and turn bright green. This means they are ready.

Remove from heat and season as you like.

My favorite way to eat my greens is with coconut oil, apple cider vinegar, garlic, ginger and pinch of sea salt.

You can also try olive or flax oil and lemon juice.

The acidic vinegar or citrus helps cut the “green” flavor.

☆☆ ***Roasted Roots with Fennel***

Roasted vegetables are a very satisfying and nutritious snack or side dish. I like to make a big batch and have some on hand to add to salads or just munch as a snack.

5 small beets

3 big carrots

2 parsnips

1 fennel bulb

2 tablespoons olive oil

½ teaspoon Real Salt

1 - 3 t. dried thyme (depending on how much you like)

Optional: add some chopped garlic

Preheat oven to 400 degrees.

Scrub all your vegetables.

Chop vegetables, place into a large bowl and toss well with oil and sea salt. Transfer them to a baking dish.

Bake covered with foil for 30 minutes. Uncover and bake for 15 minutes.

Variations: try using other root vegetable combinations like daikon, sweet potato, carrot and beet; rutabaga, turnip, carrot and onion . . . the options are endless!

☆ ***Creamy Root Vegetable Puree***

This is comfort food without the blood sugar stress of mashed potatoes. As with the root veggie roast above, try different combinations to suit your mood.

3 - 4 carrots, scrubbed and chopped
1 - 2 parsnips, scrubbed and chopped
1 - 2 t. olive oil or coconut oil
Salt and pepper to taste
Minced fresh parsley to garnish
Optional: fresh garlic, minced; fresh or dried herbs like oregano, thyme, marjoram, and rosemary

Steam veggies until tender. Add to Vita-Mix or food processor with all the rest of the ingredients, plus 2-3 tablespoons of cooking water, and puree until creamy smooth. Adjust flavorings as needed and serve warm garnished with minced parsley.

☆☆ ***Herbed Cauliflower Mash***

A Vita-Mix is needed to make this dish.

This raw alternative to mashed potatoes is surprisingly delicious. It is satisfying and loaded with enzymes.

Serves 3-4

1 cup raw cauliflower florets
1 cup pine nuts, unsoaked (cashews can also be used, just soak for 4-6 hours)
½ cup macadamia nuts, unsoaked
3 tablespoons Raw Virgin Olive Oil
1½ tablespoons Italian seasoning
½ tablespoon garlic, minced
½ teaspoon Celtic salt
Fresh ground pepper to taste

Process everything in the Vita-mix until smooth. Use the provided tamper tool to push ingredients towards the blades if needed. Add a little water, if needed, to achieve desired consistency. The cauliflower can be cooked before blending, and then reheated if a warm dish is desired, but remember that many of the precious enzymes will be lost in the cooking process.

☆☆ **Vegetable "Spaghetti"**

This colorful assortment of vegetables is low in carbohydrates and completely processed grain-free. With this much fresh flavor, you won't even miss the pasta.

Serves 4

- 1 large carrot, peeled
- 1 medium zucchini or yellow summer squash
- 1 large leek
- 1 small green, red, yellow, or orange bell pepper (optional)
- 3 - 5 cloves garlic, slivered
- 2 T. extra-virgin coconut oil or olive oil for raw version
- Salt and pepper to taste
- Shredded fresh basil, chives, or parsley to taste (optional)
- Prepared sugar and gluten-free pasta sauce (optional)
- Cooked chicken strips or baked tempeh (optional)

Cut vegetables into very thin (julienne) strips. Heat oil in a large skillet or wok on medium-low heat and add carrots. Sauté for 4-5 minutes. Add remaining vegetables and sauté until vegetables are al dente, about 3-5 minutes.

Alternately, keep the cut vegetables raw and toss well with olive oil.

Season with salt and pepper, and top with fresh herbs, gluten-free pasta sauce, and cooked chicken strips, if desired.

☆ **Jicama Fries**

These are crunchy, slightly sweet, salty and spicy; a very healthy and delightful option to fried potatoes. I promise you will not miss the trans fats.

They are a great pairing with the Tempeh or Turkey burgers above.

- 1 large or 3 small jicama, peeled and cut into thin strips
- 2 T. extra virgin olive oil
- 1 T. nutritional yeast
- 1 t. chili powder
- ½ t. sea salt

Combine the ingredients in a medium bowl, toss well to coat, and serve.



Chapter 19: Decadent Desserts (Guilt-free!)

I went from being a total sugar-holic to not wanting to touch desserts at all. What I have found is that once you find your body's balance, healthy and raw desserts actually feel nourishing, instead of like a drug. They feel like real food that tastes amazing! Enjoy these much healthier treats with your family and friends as a celebration of the sweetness of life.

☆ Creamy Berry Sorbet

This is such a yummy cold, creamy treat. It has room for all kinds of variations. Leave out the berries, use extra banana and add some raw cacao powder for chocolate ice cream. If you have a Vita-Mix, you can simply use fresh fruit and add 2 cups ice. Blend on high just until smooth. If you over-blend, it will start to melt.

1 - 2 bananas, cut into chunks and frozen at least 2 hours
2 cups berries (strawberries, raspberries, blackberries, blueberries)
2 t. ground psyllium (optional, helps keep it thick)
¼ cup unsweetened almond milk
Stevia to sweeten, if desired

Blend in food processor or [high-speed blender](#) until smooth and creamy. You may need to stop and scrape down the sides or break up chunks a few times during this process. This will keep in sealed container in the freezer for a few weeks, but is really best when first made.

☆☆ **Flourless Almond Butter Cookies**

This batter will seem kind of runny, but these cookies come out delicious.

1 cup almond or cashew butter
½ cup agave nectar (or try ½ cup xylitol crystals for “no sugar impact” version)
1 organic egg
1 t. baking soda
Pinch sea salt
1 t. vanilla

Preheat oven to 350 degrees.

Whisk together the first 3 ingredients. In a separate bowl combine the last 3 ingredients. Add the dry to the wet and combine well. Drop by the Tablespoon onto a lightly oiled cookie sheet and bake for about 10 minutes until light golden.

☆ **Almond Date Balls**

These make great kid food or a sweet and satisfying snack.

Grind 1½ cups almonds and 1 cup dates in food processor to make a thick paste. Transfer to a bowl and blend in 1 T. orange flower water or 1-2 drops [Young Living](#) orange essential oil, 1 T. agave nectar and ½ t. cinnamon with hands. Shape into 1-inch balls and roll in shredded coconut.

Note: (<http://youngliving.us> use customer code 904207)



☆☆☆ **Rich Chocolate Tart with Coconut Crust**

This is soooo good. Very worthy of company or a holiday meal. The filling can also be used to make parfaits or just as a chocolate pudding on its own.

2 cups young Thai coconut meat (or avocado)
1/4 cup coconut oil
1/4 cup raw cacao powder or organic cocoa powder
1/4 cup (or to taste) organic raw agave nectar (or xylitol crystals)
1 t. psyllium powder
2 t. vanilla extract
Dash cinnamon powder
A wonderful addition: 2-3 drops Young Living orange essential oil
(<http://youngliving.us> use customer code 904207)

You can make this in the Vita-Mix (very silky) or a food processor (not as silky). Place all ingredients except essential oil in blender or processor and puree until smooth. Stir in the essential oil. Serve with berries or place into the crust below for a delicious pie!

Coconut Pie Crust

This amazing pie crust is wheat-free and incredibly easy to make. For an extra chocolaty experience try this recipe with a teaspoon of raw cacao powder mixed in.

Ingredients:
1/3 cup melted coconut oil or butter
1/2 t. Celtic Sea Salt
1 cup dried shredded coconut
1/2 cup ground almond flour (grind raw almonds to a powder)
Dash of Amaranth or rice flour

Mix coconut & almond flour with butter in a small bowl. Transfer to a buttered and floured 9-inch pie pan and press firmly and evenly against the bottom and sides. Bake at 300 degrees for 30 minutes or until crust is a golden brown. Allow to cool to room temperature. Fill with your favorite filling and enjoy!

Chapter 20: Resources

Recommended Products

For many of the recommended ingredients and kitchen resources, please visit my recommended products page <http://YogaBodyNutrition.com/recommended-wellness-products/>

This page includes links to the following:

Sunfood – great source for raw goodies like sun-cured olives, goji berries, raw nuts, raw cacao products and much more. (www.Sunfood.com)

Vita-Mix free shipping link

<http://www.vitamix.com/household/products/super5000/maxnut.asp?COUPON=06-003570>

Excalibur dehydrators - see [recommended products page](#) on our site

Greens First products <http://greensfirst.com/4550>

Young Living <http://youngliving.com>, use customer code **904207**

Amazon Health Store

http://astore.amazon.com/devana-20?_encoding=UTF8&node=2

This is a great place to cruise around and see what specific kitchen accessories I recommend. I have chosen food processors, immersion blenders, knives, pressure cookers and more. You can get an idea of what to look for no matter where you choose to purchase.

Bulk Herbs and Spices

Mountain Rose Herbs has a great selection of bulk herbs, spices, teas, tinctures, sea vegetables, superfoods like maca, raw cacao, bee pollen and so much more. I have been using them for a long time and recommend them highly.

<http://www.mountainroseherbs.com/cgi-bin/Main.pl?AID=088109&BID=30>