

# Medical Medium Recipes

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(1) Anthony William. “Medical Medium Life-Changing Foods.” iBooks.

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(2) Medical Medium Blog and Emails: <http://www.medicalmedium.com/medical-medium-blog>

(3) Medical Medium Report, Healing Recipes for EBV

(4) Anthony William. “Medical Medium.” iBooks. [https://itun.es/us/5\\_288.1](https://itun.es/us/5_288.1)”

- (5) Medical Medium Healing Path: <http://www.medicalmedium.com/healingpath>
- (6) Medical Medium – Holiday Pies:  
[http://www.medicalmedium.com/literature\\_135267/holiday\\_pies](http://www.medicalmedium.com/literature_135267/holiday_pies)
- (7) Anthony William. “Medical Medium Thyroid Healing.” iBooks.  
<https://itunes.apple.com/us/book/medical-medium-thyroid-healing/>

This compilation of recipes is an incomplete representation of the healing capabilities of these foods. Please refer to the above referenced resources for a complete understanding of how these foods help us heal.

## SNACKS

### ADRENAL FATIGUE SNACKS <sup>(2)</sup>

- Apple, celery, dates
- Orange, avocado, spinach
- Sweet potato, lemon juice, spinach
- Cucumber, avocado, lime juice
- Banana, dates, romaine lettuce
- Coconut water, dried apricots, celery
- Coconut water, banana, spinach
- Mache, berries, pear
- Fig, celery, mango
- Cilantro, oranges, butter leaf lettuce
- Raspberries, tangerines, green leaf lettuce
- Berries, raw honey, cucumber
- Collard greens, apples, dates
- Red leaf lettuce, banana, grapes
- Cauliflower, apple, cucumber
- Watermelon, lime juice, celery juice

### APPLES (with caramel dip) <sup>(1)</sup>

Makes 1 to 2 servings

1 large apple, sliced  
 6 dates, pitted  
 ¼ teaspoon cinnamon

Arrange the apple slices on a plate. Blend the dates and the cinnamon with a splash of water until combined. (If working with dry, firm dates, soak them in water for 2 hours beforehand until they are softened.) Spoon the mixture into a serving cup alongside the apple slices.

### KIWI SKEWERS (with strawberry-date sauce) <sup>(1)</sup>

Makes 2 to 4 servings

6 kiwis  
 1 mango, cubed  
 1 cup raspberries  
 1 cup strawberries  
 1 cup dates, pitted  
 8 wooden skewers

Peel and slice the kiwis. Arrange the kiwi slices, mango cubes, and raspberries on skewers as desired. For the sauce, place the strawberries and dates in a blender and blend until smooth.

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### **RAW DATE GRANOLA** <sup>(1)</sup>

Makes 1 to 2 servings

2 cups dates, pitted  
¼ cup coconut flakes  
¼ cup almonds  
¼ teaspoon sea salt

Process all the ingredients in a food processor until roughly combined. Store the granola in a jar in the refrigerator for up to 2 weeks.

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### **SALSA AVOCADO BOATS** <sup>(1)</sup>

Makes 2 to 4 servings

2 avocados  
1 ½ cup diced tomato  
1 cup diced cucumber  
¼ cup diced onion  
¼ cup minced cilantro  
1 garlic clove, minced  
1 lime, juiced  
⅛ cup minced jalapeño  
⅛ teaspoon sea salt  
⅛ teaspoon cayenne (optional)

Halve the avocados and remove the pits. Combine all the remaining ingredients in a small bowl. Scoop the salsa into the center of each avocado half and serve!

## SWEET POTATO CHIPS AND GUACAMOLE <sup>(7)</sup>

Makes 1 to 2 servings

2 large sweet potatoes  
 ¼ teaspoon sea salt  
 ¼ teaspoon garlic powder  
 ¼ teaspoon cumin  
 ¼ teaspoon paprika  
 ¼ teaspoon chili powder  
 ¼ teaspoon cayenne (optional)  
 2 teaspoons coconut oil (optional)

Preheat the oven to 250° F. Using a mandoline or knife, slice the sweet potatoes into very thin rounds, approximately 1/16 - inch thick if possible and no thicker than 1/8 inch. Make sure they are even and thin, though not transparent. Bring a pot of water to boil. Place the sweet potato slices into the boiling water and return to a simmer over medium heat. After 5 minutes, remove the sweet potatoes and discard the water.

Combine the sea salt, garlic powder, cumin, paprika, chili powder, and cayenne in a small bowl. Lightly grease two baking trays with coconut oil. Arrange the sweet potato slices on the trays so that they are not overlapping. Brush the tops of the sweet potatoes lightly with more coconut oil. Sprinkle the spice mix generously over the top of the slices.

Bake the sweet potatoes for 25 minutes. Remove the trays from the oven and set the slices that are already crispy to one side. Return the trays to the oven for 5 more minutes and then check to remove the crispy chips again. If needed, bake the remaining slices 3 to 5 minutes more. Note that the chips might not appear crispy when first removed from the oven, though they should crisp up as they cool.

Serve sweet potato chips alongside guacamole, or enjoy them plain! For best results, serve shortly after making!

### Guacamole

2 avocados  
 ½ lemon  
 1 lime  
 1 small tomato, finely diced  
 ¼ red onion, finely diced  
 ½ cup cilantro, chopped  
 1 garlic clove, minced  
 ¼ jalapeño, minced (optional)  
 ¼ teaspoon sea salt (optional)

Mash the avocado together with the juice from the lemon and lime in a small bowl. Stir the tomato, onion, cilantro, garlic, jalapeño, and sea salt into the mashed avocado. Serve and enjoy with the sweet potato chips, alongside any cut-up vegetables of your choice, as a salad dressing, or even on top of cooked vegetables as desired.

**THYROID GRAB AND GO COMBOS <sup>(7)</sup>**

Cauliflower+Apple

Tomatoes+Spinach

Celery+Dates

Banana+Dulse Flakes

Kale+Mango

Pears+Arugula

Wild Blueberries+Papaya

Tangerine+ Raspberries

## BEVERAGES-JUICES

### APPLE GREEN JUICE <sup>(5)</sup>

Serves 1-2

4 stalks of kale  
 1 head of celery  
 1 lemon, peeled  
 2 apples

Run all ingredients through a juicer one at a time. Pour into a glass and enjoy!

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### CELERY JUICE <sup>(2) (3) (7)</sup>

Serves 1

1 bunch celery, organic when possible (makes approx 16oz juice)

Wash 1 bunch of celery and run through a juicer, drink immediately for most therapeutic benefits. However, if you prefer, you can also blend the celery in a Vitamix, Nutribullet, or any high speed blender with a little water and either drink as is, or strain as desired.

If you find the taste of straight celery juice too strong, you can add a cucumber and/or an apple to the juice, however this will slightly dilute its effectiveness. Or, if you prefer a more gentle juice you can make straight cucumber juice instead which is also very healing and beneficial.

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### CUCUMBER JUICE <sup>(2) (3) (7)</sup>

2-4 cucumbers, organic

Wash the cucumbers and cut as needed. Run the cucumbers through your juicer and drink immediately for best results. If you do not have a juicer, then blend the cucumbers and strain liquid.

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### DANDELION GREEN JUICE <sup>(1)</sup>

Makes 1 to 2 servings

1 head of celery, stalks separated  
 2 cucumbers  
 2 medium oranges, peeled  
 10 dandelion leaves (with stems if you have them)

Run all the ingredients through a high- speed juicer. Add more dandelion according to taste. Pour into a glass and enjoy!

**EASY GREEN JUICE version 1** <sup>(1)</sup>

Makes 1 to 2 servings

- 1 head of celery, stalks separated
- 1 large apple, sliced
- 1 lemon
- ½ bunch parsley or cilantro
- 4 sprigs fresh mint

Run all the ingredients through a high-speed juicer. Pour into a tall glass and enjoy immediately.

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**EASY GREEN JUICE version 2** <sup>(5)</sup>

Makes 1 to 2 servings

- 2 oranges, peeled
- ½ head of celery
- 1 large cucumber
- 1 bunch of cilantro

Run each ingredient through the juicer one at a time. Juice cilantro alongside oranges for best results. Pour into a glass and enjoy!

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**LIGHT GREEN JUICE** <sup>(5)</sup>

Serves 1-2

- 2 oranges, peeled
- ½ head of celery
- 1 large cucumber
- 1 bunch of cilantro

Run each ingredient through the juicer one at a time. Juice cilantro alongside oranges for best results. Pour into a glass and enjoy!

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**THYROID HEALING JUICE** <sup>(7)</sup>

- 1 bunch celery (can substitute cucumbers)
- 2 apples, sliced
- 1 bunch cilantro (can substitute parsley)
- 2-4 inches fresh ginger

Run all the ingredients through the juicer. Drink immediately on an empty stomach for best results. Alternatively roughly chop ingredients and blend in a high speed blender until smooth, then strain and drink immediately.

## BEVERAGES-SMOOTHIES

### BANANA BERRY SPICE SMOOTHIE <sup>(2)</sup>

2 bananas (use more if you wish)  
 1 cup frozen raspberries  
 1 cup frozen strawberries  
 1 ½ cups coconut water or water  
 ¼ teaspoon cinnamon, or more to taste  
 Pinch nutmeg (optional)

Place the coconut water or water and bananas in a blender and blend well. Add the frozen berries and spices and blend until smooth. Pour into a big glass and enjoy the anti-aging benefits!

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### BASELINE 28 DAY CLEANSE SMOOTHIE <sup>(4)</sup>

Three bananas  
 Two dates  
 One cup of berries

Blend. If this doesn't fill you up, don't hesitate to add more bananas or berries. Papayas, pears, and mangoes also make delicious additions. Other healthy smoothie add-ins include greens like a handful of kale, spinach, or cilantro; two stalks of celery; or a spoonful of barley grass juice extract powder. Just make sure that fruit remains the main ingredient.

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### BRIGHT BLUE SMOOTHIE <sup>(5)</sup>

Serves 1

2 bananas  
 1 frozen banana  
 1 cup frozen wild blueberries  
 1 lemon, peeled  
 1 cup water

Place all ingredients into a high-speed blender and blend until combined. Pour into a glass and enjoy!

### HEAVY METAL DETOX SMOOTHIE <sup>(2) (4) (7)</sup>

The fabulous five (ff) added to your smoothie:

- 2 bananas
- 2 cups of wild blueberries (ff)
- 1 cup of cilantro (ff)
- 1 cup of water (if you want a thinner consistency)
- 1 cup orange juice
- 1 teaspoon barley grass juice extract powder (ff)
- 1 teaspoon spirulina (ff)
- 1 tablespoon or small handful Atlantic dulse flakes (ff)
- Water to blend (optional)

In a high-speed blender, blend all ingredients until smooth. If a thinner consistency is desired, add up to 1 cup of water. Enjoy!

### ORANGE CILANTRO SMOOTHIE <sup>(5)</sup>

Serves 1

- 1 banana
- 2 frozen bananas
- 1 cup orange juice or 2 medium oranges peeled.
- ½ cup cilantro leaves

Blend orange juice and cilantro until combined. Blend in bananas. Pour into a glass and enjoy!

### ORANGE CREAMSICLE SMOOTHIE <sup>(2)</sup>

- 2 frozen bananas
- 1 fresh banana
- 3 whole chopped oranges, peel and seeds removed or 1 cup fresh orange juice if not using high-speed blender.
- 1-2 cups coconut water
- Seeds from ¼ vanilla bean, or 1 tsp vanilla extract (not essence)

Place coconut water in the blender. Blend with the oranges until smooth. Add the frozen and fresh bananas and vanilla and blend again until very smooth and creamy. If you use only fresh bananas instead of frozen the smoothie will still taste wonderful. It just won't be as creamy and dessert-like. Serve right away and enjoy!

**PINEAPPLE GINGER SMOOTHIE** <sup>(2) (3)</sup>

2 cups chopped pineapple (fresh or frozen)  
2 cups chopped mango (fresh or frozen)  
1 inch piece peeled ginger  
1 cup water or coconut water  
6 ice cubes (only if you use fresh fruit)

Place all ingredients except ice in a blender. If you are using frozen fruit, you may need 1 ½ to 2 cups of water. Blend until smooth. If you used fresh fruit rather than frozen, add ice and blend again. Sip and enjoy!

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**SIMPLE GREEN SMOOTHIE** <sup>(5)</sup>

Serves 1

2 bananas  
1 frozen banana  
1 cup coconut water  
2 cups spinach

Place all ingredients into a high-speed blender and blend until combined. If using a low powered blender, blend spinach and coconut water first until smooth. Then add bananas and blend. Pour and enjoy!

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**SIMPLE WILD BLUEBERRY SMOOTHIE** <sup>(2)</sup>

Serves 1-2

1 cup wild blueberries  
2 bananas  
2 dates, soaked  
½ lemon  
1 cup of water

Combine the wild blueberries, bananas, dates, and water in the blender. Add the juice from half a lemon. Blend the ingredients until smooth and well combined.

**STRAWBERRY BANANA SMOOTHIE** <sup>(3)</sup>

2 bananas (use more if you wish)  
 1 cup frozen raspberries  
 1 cup frozen strawberries  
 1 ½ cups coconut water or water  
 ¼ teaspoon cinnamon, or more to taste  
 Pinch nutmeg (optional)

Place the coconut water or water and bananas in a blender and blend well. Add the frozen berries and spices and blend until smooth. Pour into a big glass and enjoy the anti-aging benefits!

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**SWEET CHERRY SMOOTHIE** <sup>(1)</sup>

Makes 2 servings

1 frozen banana  
 2 ripe bananas  
 1 cup frozen cherries  
 ½ lemon, peeled  
 ½ cup water

Place all the ingredients in a blender and blend until smooth. Pour into glasses and enjoy! (Note that this mixture will gel if left to sit, so drink immediately if you'd like it fluid or refrigerate for half an hour if you prefer a pudding consistency.)

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**THYROID HEALING SMOOTHIE** <sup>(7)</sup>

2 cups mango (fresh or frozen)  
 1 banana  
 1 cup water

**Suggested Additions**

2 cups spinach  
 ½ cup arugula  
 1 teaspoon kelp powder  
 ½ inch ginger, peeled  
 1 orange, juiced  
 ½ cup cilantro  
 ½ cup aloe vera gel  
 ½ cup raspberries

Combine the mango and banana with 1 cup of water in a blender. Add any of the possible additions in assorted combinations. If you're feeling adventurous, go ahead and add them all! Blend until smooth. Serve and enjoy!

## BEVERAGES-TEAS

### ANTI-CHLORINE/ANTI-FLUORIDE TEA <sup>(4)</sup>

One tablespoon of this herb blend steeped per cup of hot water:

- 1 part blackberry leaf
  - 1 part raspberry leaf
  - 1 part hibiscus flower
  - 1 part rose hips.
- 
- 

### ANTI-CLEANING SOLVENTS TEA <sup>(4)</sup>

One tablespoon of this herb blend steeped per cup of hot water:

- 1 part calendula
  - 1 part chamomile
  - 1 part bladderwrack
  - 1 part borage
- 
- 

### ANTI-PESTICIDE/ANTI-HERBICIDE/ANTI-FUNGICIDE TEA <sup>(4)</sup>

One tablespoon of this herb blend steeped per cup of hot water:

- 1 part burdock root
  - 1 part red clover
  - 1 part lemon verbena
  - 1 part ginger
- 
- 

### ANTI-PLASTIC TEA <sup>(4)</sup>

One tablespoon of this herb blend steeped per cup of hot water:

- 1 part fenugreek
  - 1 part mullein leaf
  - 1 part olive leaf
  - 1 part lemon balm
- 
- 

### ANTI-RADIATION TEA <sup>(4)</sup>

One tablespoon of this herb blend steeped per cup of hot water:

- 1 part Atlantic kelp
- 1 part Atlantic dulse
- 1 part dandelion leaf
- 1 part nettle leaf

### CAT'S CLAW TEA <sup>(1)</sup>

Makes 4 cups

2 teaspoons cat's claw  
½ lemon, sliced  
Raw honey (optional)

Boil 4 cups of water. For each serving of tea, use 1 teaspoon of cat's claw per cup of hot water. Steep for 5 minutes or more. Serve with lemon slices and raw honey, if desired. If a stronger, more medicinal tea is desired, use 2 teaspoons or up to 1 tablespoon of cat's claw per cup of hot water.

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### CHAGA TEA LATTE <sup>(1) (2) (3)</sup>

Makes 2 cups

2 teaspoons chaga powder  
½ teaspoon cinnamon  
1 teaspoon raw honey or coconut sugar  
⅛ to ¼ cup coconut milk

Boil 2 cups of water. Divide the chaga powder and cinnamon evenly between 2 tea cups; pour 1 cup of hot water into each. Stir in the honey, using more if desired. Stir the coconut milk into each cup or use a frother to create coconut foam on top. You can also just blend all the ingredients together until frothy.

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### CINNAMON LICORICE ROOT TEA <sup>(1)</sup>

Makes 4 cups

2 tablespoons dried licorice root  
1 teaspoon orange zest  
1 teaspoon ground cinnamon  
½ teaspoon whole cloves

Mix all the ingredients together in a small bowl. Boil 4 cups of water. For each serving of tea, use 1 teaspoon of the blend in 1 cup of hot water. Steep for 5 minutes or more. If a stronger, more medicinal tea is desired, use 2 teaspoons or up to 1 tablespoon of the tea blend per serving.

### LEMON BALM TEA <sup>(1)</sup>

Makes 2 to 4 cups

2 tablespoons lemon balm  
1 teaspoon lemon zest  
½ teaspoon minced fresh thyme leaves  
1 teaspoon lemon juice

Mix the lemon balm, lemon zest, and thyme together in a small bowl. Boil 4 cups of water. For each serving of tea, use 1 teaspoon of the blend per 1 cup of hot water. Steep for 5 minutes or more. Just prior to serving, add ½ teaspoon of lemon juice to each cup. If a stronger, more medicinal tea is desired, use 2 teaspoons or up to 1 tablespoon of the tea blend per serving.

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### NETTLE TEA WITH MINT AND GINGER <sup>(1)</sup>

Makes 3 to 6 cups

2 tablespoons nettle leaf  
2 tablespoons minced fresh mint  
2 teaspoons grated ginger

Mix all the ingredients together in a small bowl. Boil 4 cups of water. For each serving of tea, use 1 teaspoon of the tea blend per 1 cup of hot water. Steep for 5 minutes or more. If a stronger, more medicinal tea is desired, use 2 teaspoons or up to 1 tablespoon of the tea blend per serving.

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### ORANGE ROSE HIPS ICED TEA <sup>(1)</sup>

Makes 2 cups

2 teaspoons dried rose hips  
½ cup orange juice

Boil 2 cups of water. Steep rosehips in 1 ½ cups of water for 5 minutes or more. Place the tea in the refrigerator to cool. When cool, add ½ cup of orange juice. Serve over ice and enjoy! If a stronger, more medicinal tea is desired, use 2 teaspoons or up to 1 tablespoon of the tea blend per serving.

**RASPBERRY LEAF TEA** <sup>(1)</sup>

Makes 4 cups

2 tablespoons raspberry leaf  
 8 cardamom pods  
 1 teaspoon rose petals or buds

Mix all the ingredients together in a small bowl. Boil 4 cups of water. For each serving of tea, use 1 teaspoon of the blend in 1 cup of hot water. Steep for 5 minutes or more. If a stronger, more medicinal tea is desired, use 2 teaspoons or up to 1 tablespoon of the tea blend per serving.

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**RED CLOVER CHAMOMILE TEA** <sup>(1)</sup>

Makes 4 cups

2 tablespoons red clover blossoms  
 1 tablespoons chamomile flowers  
 ¼ teaspoon lavender flowers

Mix all the ingredients together in a small bowl. Boil 4 cups of water. For each serving of tea, use 1 teaspoon of the blend in 1 cup of hot water. Steep for 5 minutes or more. If a stronger, more medicinal tea is desired, use 2 teaspoons or up to 1 tablespoon of the tea blend per serving.

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**THYME TEA** <sup>(2)(3)</sup>

2 springs of fresh thyme  
 10-16 oz hot water  
 optional: fresh lemon &/or raw honey

Place fresh thyme in a mug and pour hot water over, allow to steep for 15 min or more. Remove thyme springs or strain. Sweeten with raw honey and/or lemon.

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**THYROID HEALING TEA** <sup>(7)</sup>

2 cups water  
 1 teaspoon thyme (fresh or dried)  
 1 teaspoon fennel seed  
 1 teaspoon lemon balm (fresh or dried)  
 2 teaspoons raw honey (optional)

Bring 2 cups of water to boil in a small saucepan. Add thyme, fennel seed, and lemon balm. Turn off the heat and allow the tea to steep for 15 minutes or more. Strain the tea and pour it into a mug. Stir in honey if desired and enjoy.

## BEVERAGES-OTHER

### ALOE COOLER <sup>(1)</sup>

Makes 1 serving

2 oranges  
1 cup coconut water  
¼ aloe leaf

Slice the oranges and juice them, which should yield about 1 cup of juice. Transfer the orange juice to a blender. Add the coconut water. Slice the aloe leaf open and scrape 2 tablespoons of the clear flesh into the blender with the orange- coconut mixture. Blend until smooth and foamy. Pour into a glass and enjoy right away.

### ALOE PINEAPPLE COOLER <sup>(2) (3)</sup>

2 cups pineapple juice  
2 tbsp aloe vera gel  
3 mint leaves  
1 lime, juiced  
1/2 cup water

You can purchase whole Aloe leaves in the produce section of the grocery store. Fillet an aloe vera leaf and scoop out the clear gel inside. Blend 2 tablespoons of the gel with the lime juice and water until smooth and foamy. Combine in a glass with pineapple juice. Muddle in mint leaves and enjoy.

### ALOE WATER <sup>(2) (3) (7)</sup>

1 fresh aloe leaf (only a 2-inch piece will be used per serving)  
8-16oz ounces of water

Cut a 2-inch piece off the aloe leaf. Scoop out the gel and place in a blender with 8-16oz water. Blend on high for 10-20 seconds. Pour in glass and drink immediately on an empty stomach for optimal benefits. Wrap remaining aloe leaf in kitchen towel or plastic wrap and store in fridge, will stay good for 1-2 weeks in fridge and can be used as needed. Fresh aloe leaves can be found in the produce section of most supermarkets.

**BANANA "MILKSHAKE" <sup>(1)</sup>**

Makes 1 to 2 servings

1½-inch piece of vanilla bean pod, split lengthwise  
 2 frozen bananas  
 4 fresh bananas  
 2 dates, pitted  
 1 cup coconut water  
 ⅛ teaspoon cinnamon (optional)

Scrape the seeds from the vanilla bean pod and place them in a blender. Place the remaining ingredients in the blender; blend until smooth and drink up! Save the exterior of the vanilla bean pod for use blended into a smoothie or dessert. (Note that a high-speed blender will be necessary to break it down thoroughly.)

---

**GINGER LIMEADE <sup>(1)</sup>**

Makes 2 to 4 servings

¼ cup honey  
 4 cups water, divided  
 1 tablespoon ginger juice (from about one 3- inch piece of ginger)  
 1 cup lime juice (from about 10 limes)  
 ¼ cup fresh mint leaves

Heat ¼ cup of honey and 1 cup of water in a small pan until the honey dissolves completely. Set aside to cool. Juice the ginger and limes into a large pitcher. Mix in the remaining 3 cups of water. Stir in the cooled honey water and the fresh mint leaves. Refrigerate until chilled.

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**GINGER WATER <sup>(2) (3) (7)</sup>**

1-2 inches of fresh ginger root  
 2-3 cups of water  
 ½ lemon  
 raw honey

Grate the 1-2 inch piece of ginger root. Add 2-3 cups of water and a squeeze of lemon. Sweeten with raw honey. Strain, and enjoy warm or cold. Sip this throughout the day for its powerful protective properties against illness.

**GRAPE SLUSHY** <sup>(1) (2)</sup>

Makes 2 servings

4 cups frozen grapes  
3 cups coconut water

Blend the frozen grapes and the coconut water in a blender until well combined. Serve and enjoy. Fresh grapes may be used in place of frozen if you don't want an icy drink. Reduce the coconut water to 2 cups.

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**LEMON OR LIME WATER** <sup>(7)</sup>

½ lemon or lime  
2 cups water

Squeeze the juice from half a freshly cut lemon or lime into the water.

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**MANGO LASSI** <sup>(1)</sup>

Makes 1 to 2 servings

4 cups diced mango  
½ cup coconut milk  
2 mint leaves  
1 frozen banana  
Pinch of cardamom (optional)\*

Place all the ingredients in a blender and blend until smooth. Serve and enjoy!  
Cardamom has a very distinctive and strong flavor; use sparingly or omit if desired.

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## MYLK 4 WAYS <sup>(2)</sup>

### Banana Mylk

Serves 1-2

- 2 frozen banana
- 2 ripe banana
- 2 cups cold water

Blend all ingredients until smooth and enjoy immediately!

### Barley Grass Banana Mylk

- 1 ripe banana
- 2 frozen bananas
- 1 date
- 2 tsp barley grass juice powder
- 16 oz water

Blend all ingredients in a high-speed blender until smooth. For a thicker milk, add water slowly until you reach the consistency you desire. Pour into a glass and enjoy!

### Almond Mylk

Serves 2-4

- 1 cup of almond butter
- 4 cups of cold water
- 2 dates
- ¼ tsp vanilla

Blend all ingredients until smooth and enjoy! This almond milk will keep in the fridge for 3 to 4 days. Natural separation will occur. Shake well before serving.

### Coconut mylk

Serves 2-4

- 1 cup of raw shredded coconut
- 4 cups of cold water

Blend all ingredients until smooth. Strain through a nut milk bag or fine sieve. Enjoy! This coconut milk will keep in the fridge for 5 to 6 days. Natural separation may occur. Shake well before serving.

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## PUMPKIN SPICE LATTE <sup>(2)</sup>

Makes 1-2 servings

2 frozen bananas  
 ½ cup pumpkin puree  
 2 medjool dates  
 1 tablespoon maple syrup  
 ½ teaspoon pumpkin pie spice\*  
 ½ - 1 cup of water  
 ¼ cup of coconut cream\* (optional)

Blend the bananas, pumpkin puree, dates, maple syrup, pumpkin pie spice and ½ cup of water until smooth. Add more water if a thinner consistency is desired. Top with the coconut cream and a sprinkle of pumpkin pie spice. Enjoy.

To make your own pumpkin pie spice mix together 3 tablespoons of cinnamon, 2 tablespoons of nutmeg, 2 tablespoons of ground ginger, and 1½ tablespoons of all spice. For the coconut cream, remove ¼ cup of the heavy top layer of cream from a can of separated coconut milk.

## SPICED APPLE CIDER <sup>(2)</sup>

8 cups apple cider/juice (make or buy organic if possible)  
 4 whole cloves  
 2 cinnamon sticks  
 1/3 tsp ground nutmeg  
 1 star anise  
 1 inch piece fresh ginger  
 1 orange, cut into slices

Simmer the cider, whole cloves, ginger, nutmeg, star anise, and orange slices in a pot for 10-30 minutes, stirring occasionally. Strain the cider and serve to enjoy. Once made, the spiced apple cider can also be stored in the refrigerator for up to a week and served cold, if desired.

## THYME WATER <sup>(2)</sup>

2 whole bunches fresh thyme springs  
 32-64 oz filtered or spring water  
 optional: fresh lemon, raw honey, berries, cucumber slices, mint etc

Fill jug or pitcher with room temperature water and add thyme springs. Allow to soak on the kitchen counter overnight. In the morning remove/strain thyme sprigs and add lemon or raw honey or any optional ingredients you like.

## TURMERIC-GINGER SHOTS <sup>(1)</sup>

Makes 2 to 4 servings

4 inches turmeric  
4 inches fresh ginger  
2 oranges  
4 garlic cloves

One at a time, run each ingredient through the juicer, keeping the juices separate. Combine 1 teaspoon turmeric juice, 1 teaspoon ginger juice,  $\frac{1}{4}$  teaspoon garlic juice, and  $\frac{1}{4}$  cup of orange juice in a small glass. Stir to combine and drink immediately. The amount of ingredients necessary will vary greatly based on the juicer that is used.

## FRUIT BOWLS / PLATES

### APPLE PORRIDGE WITH CINNAMON AND RAISINS <sup>(7)</sup>

3 apples, sliced  
¼ teaspoon cinnamon  
1 pinch vanilla bean powder  
2 dates, pitted  
1 teaspoon raw honey (optional)  
½ lemon  
¼ cup raisins  
2 tablespoons walnuts (optional)  
2 tablespoons shredded coconut (optional)

Combine the apples, cinnamon, vanilla bean powder, dates, honey, and the juice of the lemon in a food processor. Process all of the ingredients together until they are just combined. Pour the apple mixture into a bowl and stir in the raisins, walnuts, and shredded coconut if desired. Serve and enjoy!

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### BANANA APPLE OATMEAL (GRAIN FREE) <sup>(2) (3)</sup>

2 ripe bananas  
1 apple  
A pinch of cinnamon  
A handful of raisins  
Optional: dried wild blueberries, cranberries, or chopped almonds/walnuts

Place the bananas, apple, and cinnamon in a food processor and pulse until chunky and creamy.

---

**BERRIES AND CREAM** <sup>(1) (2)</sup>

Makes 2 servings

- 1 cup blueberries
- 1 cup blackberries
- 1 cup raspberries
- 1 cup strawberries
- 2 13.5-ounce cans full-fat coconut milk, refrigerated
- ¼ teaspoon grated ginger
- 1 teaspoon maple syrup
- Lemon juice (from about ¼ lemon)
- 1 2- inch piece vanilla bean pod, split lengthwise
- 1 teaspoon lemon zest
- 4 leaves fresh mint, minced

Rinse the berries, mix them together, and divide them evenly into 2 bowls. Open the cans of coconut milk, being careful not to shake them. Coconut milk naturally separates in the can, leaving a thick, heavy layer on top. Scoop out the solid cream from each can and place it in a small mixing bowl. (You will need ½ cup of cream.) Discard the thin liquid that remains. Using a fork, whisk together the coconut cream, ginger, maple syrup, lemon juice, and the scraped seeds from the vanilla bean pod.\* Whisk until the mixture is well combined and smooth. Scoop a generous dollop of cream over the berries in each bowl. Top with the lemon zest and mint. \*Save the exterior of the vanilla bean pod for use blended into a smoothie or dessert. (Note that a high- speed blender will be necessary to break it down thoroughly.)

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**BERRY BOWL** <sup>(2) (3)</sup>

- ½ cup blueberries
- ½ cup raspberries
- 1 banana, sliced
- 1 kiwi, sliced
- 1 peach, sliced
- Optional toppings: fresh mint, shredded coconut, and/or raw honey

Where possible, it is always best to buy these foods organic for ultimate health benefits. Place all ingredients into a bowl and gently mix. Add toppings if desired. Eat, smile, and enjoy.

---

**BERRY DELIGHT** <sup>(2)</sup>

1 pint strawberries, sliced  
 1 pint blueberries  
 2 kiwi, sliced  
 1 banana, sliced  
 1 orange or tangerine, squeezed  
 optional: sprig of fresh basil or mint

Mix the strawberries, blueberries, kiwi, and banana in a bowl together. Squeeze the juice of the orange or tangerine over the fruit and gently mix. Serve immediately and sprinkle with fresh basil or mint if desired. Eat, smile, and enjoy!

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**FRUIT CEREAL** <sup>(2)</sup> <sup>(5)</sup>

Serves 1

1 cup mixed berries  
 1 mango, diced  
 2 bananas, 1 frozen

Combine berries and mangos in a bowl. To make banana milk, blend 1 banana and frozen banana with 1 cup water. Pour over the fruit bowl and enjoy!

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**GREEN SMOOTHIE BOWL** (2) (3)

Smoothie ingredients:

1 frozen banana  
 2 fresh bananas  
 4 kiwi fruit, skin removed  
 juice of ½ lime  
 1 tsp barley grass juice powder  
 1 cup spinach  
 ½ to 1 cup water

Toppings:

banana slices  
 kiwi fruit slices  
 organic shredded coconut  
 Or choose any other fruits you like.

Blend the spinach with ½ cup of water. Add the rest of the smoothie ingredients into the blender and blend until smooth. You may wish to add in extra water to facilitate blending or for a thinner consistency. Add toppings of choice and enjoy.

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**MANGO PUDDING** <sup>(2)</sup>

2-4 ripe mangos (peel and pit removed)

Blend in a blender or food processor until creamy and smooth. Pour into a bowl and top with fresh berries.

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**PAPAYA BERRY BOATS** <sup>(7)</sup>

Makes 2 servings

1 large Maradol papaya  
2 bananas, sliced  
3 cups mixed berries  
1 lime (optional)

Slice the papaya in half lengthwise and scoop out the seeds. Place the two halves of the papaya on a plate with the cut sides facing up. Arrange the banana slices and the berries inside the center of each papaya half. Squeeze lime juice over the top of your papaya boats if desired and enjoy!

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**PAPAYA SMOOTHIE BOWL** <sup>(1) (2)</sup>

Makes 2 servings

6 cups cubed papaya  
4 dates, pitted  
2 cups raspberries, divided  
1 cup diced mango  
1 banana, sliced  
1 tablespoon shredded coconut  
1 tablespoon minced fresh mint  
½ lime

Blend the papaya, dates, and 1 cup of the raspberries in a blender until smooth. Pour the mixture into 2 bowls. Arrange the mango, banana slices, and remaining raspberries on top. Finish with a sprinkle of shredded coconut, fresh mint, and a squeeze of lime.

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### PUMPKIN SMOOTHIE BOWL <sup>(2)</sup>

1 cup pumpkin puree

1 large banana

½ - 1 cup coconut milk

1 tablespoon raw honey

1 tsp. pumpkin pie spice

½ tsp. vanilla extract

Topping ideas: blueberries, dried cranberries, raw pumpkin seeds, pecans, chia seeds, etc

Combine all ingredients in a food processor or blender and blend until smooth. Start with ½ cup of coconut milk and add more if you prefer a thinner consistency. 1 cup of coconut milk makes this into a smoothie. Pour into a bowl and add your toppings of choice. Fresh or dried fruits, seeds, nuts and coconut are great choices.

### SEASONAL FRUIT PLATE <sup>(5)</sup>

Serves 1

1 orange

1 grapefruit

1 kiwi

1 mango

½ cup blueberries

½ cup raspberries

½ cup diced pineapple

Slice fruit and arrange in bright, fun patterns on a large plate. Enjoy!

### WATERMELON WITH MINT AND LIME <sup>(1) (2)</sup>

Makes 2 servings

8 cups diced watermelon

Lime juice (from about 2 limes)

¼ cup finely chopped mint leaves

Place the watermelon in a serving bowl. Squeeze the lime juice generously over the top. Sprinkle with finely chopped mint leaves and serve. Alternatively, halve the watermelon in the recipe and blend on high for 1 minute, strain and serve as a refreshing beverage.

### WILD BLUEBERRY BOWL <sup>(2) (3)</sup>

1 ½ cups of frozen wild blueberries

1 mango

1 banana

¼ cup of water

Topping options: sliced banana, strawberries, raspberries, shredded coconut, chopped walnuts, cinnamon or granola.

Where possible, it is always best to buy these foods organic for ultimate health benefits. Place the frozen wild blueberries, mango, banana and water in your blender, and blend until smooth and creamy. If it's not blending well, you can add a little more water to get your blender moving. But be careful not to thin it out too much. Transfer the mixture into a bowl and add the toppings.

### WILD BLUEBERRY PANCAKES <sup>(7)</sup>

Makes 4 servings

2 ripe bananas

4 tablespoons raw honey

1 teaspoon baking powder

½ teaspoon sea salt

½ cup water

2 cups almond flour

¼ cup potato starch

1 tablespoon coconut oil

1 cup wild blueberries

½ cup maple syrup

For the batter, blend the bananas, honey, baking powder, and sea salt together with the water until smooth. Add the almond flour and potato starch and continue to blend until a thick, even batter forms. To cook on the skillet: Heat a little of the coconut oil in a large ceramic nonstick skillet over medium- low heat. Pour the batter into the skillet by heaping tablespoons to create small pancakes. Sprinkle a few wild blueberries over the tops. Use the back of a spoon to smooth the batter evenly into a circle. Cook the pancakes for 2 ½ to 3 minutes, then flip and cook for 4 minutes on the other side. To bake in the oven: Preheat the oven to 325° F. Using the coconut oil, lightly grease two baking trays lined with parchment paper. Spoon the batter into 3- inch circles, smoothing evenly. Sprinkle a few wild blueberries over the tops. Bake the pancakes for 8 to 10 minutes until the edges turn golden, then flip and bake 2 minutes more. Combine the maple syrup and remaining wild blueberries in a small sauce over medium heat, stirring frequently until hot and well combined. Serve atop the pancakes and enjoy!

## SALADS

### ASIAN KALE SALAD <sup>(1)</sup>

Makes 2 servings

¼ cup raw tahini  
 ¼ jalapeño, seeds removed  
 ¼ cup lime juice  
 1 garlic clove  
 ½ cup cilantro leaves  
 2 dates, pitted  
 2 cups peeled cubed zucchini  
 2 heads of curly kale, chopped  
 1 cup shredded red cabbage  
 3 scallions, chopped  
 Sesame seeds (optional)

For the dressing, blend the first 7 ingredients in a blender until smooth. Add water only if needed for a smoother consistency. Massage the mixture thoroughly into the kale leaves until the kale is well softened. Top with the red cabbage, scallions, and a sprinkle of sesame seeds, if desired.

### ASPARAGUS SALAD <sup>(2) (3)</sup>

1 bunch of asparagus, ends trimmed  
 2 cups cherry tomatoes  
 8 cups mixed greens  
 2 tbsp pine nuts  
 1 lemon  
 1 tsp olive oil (optional)  
 ¼ tsp sea salt (optional)

Preheat oven to 375 degrees. On a baking tray lined with parchment paper, spread out asparagus stalks evenly. Brush with olive oil and sprinkle over with sea salt if desired. Roast for 12 minutes or until tender. Place cherry tomatoes on baking tray alongside asparagus. Roast for 12 to 15 minutes until slightly puckered. Divide mixed greens between two plates. Arrange asparagus and cherry tomatoes on top. Top salad with pine nuts, a generous squeeze of lemon, and cracked black pepper.

## BASELINE CLEANSE SALAD <sup>(4)</sup>

Base:

spinach  
lettuce  
cucumbers

Then toss in the fruits of your choice. Examples include berries, sliced mangoes, papaya chunks, grapes, and orange or grapefruit segments. For dressing, blend half an avocado and a handful of cilantro with the juice from two oranges (plus garlic and/or fresh ginger to taste, if you'd like). This is meant to be a large salad, so make sure you eat enough to feel full. Optional additions include chopped cabbage, celery, or cauliflower; arugula or baby kale; sprouts; and scallions.

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## CUCUMBER NOODLE BOWL <sup>(1)</sup>

Makes 2 servings

4 cucumbers  
2 large carrots  
2 teaspoons sesame oil  
2 teaspoons sesame seeds  
Lime juice (from about 2 limes)  
Red pepper flakes (optional)  
½ cup chopped cilantro  
½ cup chopped basil  
½ cup chopped cashews

Cut the cucumbers and carrots into thin strips using a julienne peeler, knife, or spiralizer. In a large bowl, toss the cucumber and carrot “noodles” with sesame oil, sesame seeds, lime juice, and red pepper flakes, if using. Just prior to serving, top the mixture with chopped cilantro, basil, and cashews. Enjoy!

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### FIG AND “GOAT CHEESE” SALAD <sup>(1)</sup>

Makes 2 servings

4 cups arugula  
 ½ pound fresh figs  
 ½ cup raw macadamia nuts  
 1 lemon, juiced  
 ½ teaspoon olive oil  
 1 dime-size sliver of garlic  
 2 teaspoons raw honey (optional)

Divide the arugula onto 2 plates. Slice the figs and arrange on the plates atop the arugula. Blend the macadamia nuts, half of the lemon juice, the olive oil, and the garlic until smooth. Add water, if needed (as little as possible). Crumble the macadamia “cheese” over the salad plates. Serve topped with a squeeze of fresh lemon juice and a drizzle of raw honey, if desired.

### GRAPEFRUIT AVOCADO SALAD <sup>(2) (3)</sup>

1 ruby grapefruit  
 1 pink grapefruit  
 1 avocado  
 sprig fresh mint  
 optional: pinch of sea salt and/or pepper

Cut the avocado in half, and remove the pit and skin. Thinly slice the avocado and place in a fan shape around the serving plate. Cut the ends and rind off the grapefruit and slice along each membrane to remove each grapefruit section. Place the sections in a circular fan shape on top of the avocado slices. Sprinkle some fresh chopped mint on top, and a pinch of sea salt and pepper if you wish. Serve and enjoy

### GRAPEFRUIT AVOCADO SALAD (with orange vinaigrette) <sup>(5)</sup>

Serves 2

1 head of butter lettuce  
 2 large grapefruits  
 1 avocado  
 ½ cup fennel, finely chopped  
 ¼ cup mint, minced  
 1 cup orange juice  
 ¼ cup olive oil (or less for a lighter dressing)  
 2 tbsp honey

Arrange butter lettuce leaves in a large bowl. Section grapefruits and slice avocado. Place in salad bowl. Scatter fennel and mint over the top. In a blender, blend orange juice, olive oil, and honey until smooth. Toss with salad just prior to serving.

**HEALING SUMMER SALAD** <sup>(2)</sup>

3 cups mesclun mix  
 2 cups arugula  
 ½ cup chopped fresh basil  
 2 sprigs fresh thyme, leaves only  
 20 cherry tomatoes, halved  
 1 avocado, sliced  
 ½ teaspoon freshly grated ginger  
 juice of 1 orange

Add the mesclun mix & arugula to a large salad bowl. Top with the halved cherry tomatoes, sliced avocado, and a touch of the freshly grated ginger. Sprinkle the chopped basil and thyme over the salad and squeeze the juice of one orange on top. Mix gently, serve, and enjoy!

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**HEIRLOOM TOMATO SALAD** <sup>(2)</sup>

2-4 beautiful heirloom tomatoes (the same or different colors)  
 ¼ cup fresh basil  
 1-2 teaspoons extra virgin olive oil  
 sprinkle sea salt and pepper

Thickly slice the heirloom tomatoes and arrange on a plate. Gently rip some basil leaves and place on top. Drizzle with olive oil and sprinkle a little sea salt and fresh cracked pepper, if desired.

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**KALE SALAD** <sup>(2)</sup>

1 cucumber, cubed  
 3 celery stalks, chopped  
 2 large tomatoes, chopped  
 ½ bunch of scallions, chopped  
 ½ bunch of kale, finely chopped  
 1 avocado, cubed  
 1-2 oranges, squeezed over salad  
 toppings: shredded red cabbage & scallions

Place all the ingredients in a bowl, and mix together and top with shredded red cabbage and chopped scallions.

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**KALE SALAD (with ginger almond butter sauce) <sup>(5)</sup>**

Serves 2

2 heads of kale  
 1 cup cabbage, finely shredded  
 4 green onion stems, chopped  
 ¼ cup cilantro  
 2 tbsp sunflower seeds  
 2 tbsp almond butter  
 1 date  
 1 garlic clove  
 1 quarter-sized slice of ginger  
 ½ lemon, juiced  
 ¼ cup water

To make almond butter sauce, blend almond butter, water, date, garlic, ginger, lemon juice and cilantro until smooth. Remove stems from kale and chop finely. Place into a large bowl. Massage dressing into the kale until kale softens and reduces. Toss with cabbage, green onion and sunflower seeds. Keeps well in the fridge for up to three days.

**LEAFY GREEN SALAD (with lemon dressing) <sup>(1)</sup>**

Makes 2 to 4 servings

½ cup lemon juice  
 ¼ cup olive oil  
 2 tablespoons raw honey  
 8 cups leafy greens  
 2 cups sliced strawberries  
 ½ cup unsalted raw pistachios

For the dressing, blend the lemon juice, olive oil, and honey until smooth. Toss the leafy greens with the dressing in a large bowl until the greens are evenly coated. Divide the salad into individual bowls. Top with the strawberries and pistachios.

## MASON JAR SALADS TWO WAYS <sup>(7)</sup>

Makes 2 servings

### Mixed Vegetable Salad with “Ranch” Dressing

2 cups shredded red cabbage  
 2 cups shredded carrots  
 2 cups chopped asparagus  
 1 cup sliced radish  
 1 cup chopped fennel  
 1 cup chopped celery  
 1 cup chopped cilantro  
 ½ cup chopped parsley  
 ½ cup sliced scallion  
 1 lemon, halved  
 1 avocado, diced (optional)  
 8 cups spinach or arugula

Layer all of the ingredients, except for the spinach or arugula, into two large (32- ounce) mason jars. Store the jars in the fridge for up to 3 days. Enjoy the mixed vegetables over a bed of leafy greens topped with “ ranch” dressing.

### Ranch Dressing

¼ cup Brazil nuts  
 ¼ cup cashews  
 6-inch piece of celery  
 1 garlic clove  
 1 tablespoon dried parsley  
 1 tablespoon fresh dill  
 ½ tablespoon garlic powder  
 ¼ teaspoon celery seeds  
 ¼ teaspoon sea salt  
 1 lemon  
 ½ cup water

Blend the Brazil nuts, cashews, celery, garlic clove, dried parsley, fresh dill, garlic powder, celery seeds, sea salt, and the juice of the lemon together until smooth. Slowly stream in ¼ to ½ cup of water, stopping when desired consistency is reached. Store the dressing in a small mason jar in the fridge for up to 3 days.

### Fruit Salad with Leafy Greens

2 cups orange sections  
 2 cups raspberries  
 2 cups diced mango  
 2 cups diced cucumber  
 1 cup pomegranate seeds  
 1 cup chopped cilantro  
 ½ cup chopped basil  
 1 lime  
 8 cups leafy greens

Layer all of the fruit into two large (32- ounce) mason jars. Slice the lime into wedges and layer them on the top of the jars' contents. Store the jars in the fridge for up to 3 days. Enjoy the fruit salad over a bed of mixed leafy greens with lime juice squeezed over the top.

### MUSTARD GREENS AND STRAWBERRY SALAD (with garlic date sauce) <sup>(5)</sup>

Serves 2

6 dates  
 2 garlic cloves  
 1 tsp raw honey  
 juice of ½ lemon  
 ¼ tsp each of paprika, horseradish root, mustard seed powder  
 2 cups cucumber, diced  
 2 cups strawberries, sliced  
 2 tbsp chopped almonds  
 3 leaves basil, chopped  
 4 cups each of arugula, mustard greens, and spinach

For dressing, blend dates, garlic, honey, lemon juice, spices and ½ cup water until smooth. Toss with arugula, mustard greens, and spinach. Top with cucumber, strawberries, almonds and basil. Enjoy!

**PARSLEY TABBOULEH** <sup>(1)</sup>

Makes 1 to 2 servings

¼ cup almonds  
 4 cups parsley, tightly packed  
 ⅛ cup mint, loosely packed  
 2 cups quartered tomatoes  
 2 cups quartered cucumber  
 ½ cup chopped red onion  
 ¼ teaspoon sea salt  
 1 teaspoon olive oil  
 ½ lemon, juiced

Pulse ¼ cup almonds in a food processor until roughly chopped. Set aside.  
 Place 4 cups parsley in a food processor and pulse until finely chopped. Set aside.  
 Place the remaining ingredients in a food processor and pulse until chopped and well combined. Transfer the mixture to a large bowl. Add in the parsley and almonds and mix together. Serve and enjoy!

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**PESTO ZUCCHINI NOODLES** <sup>(7)</sup>

Makes 2 servings

3 medium zucchinis, peeled  
 2 cups loosely packed basil leaves  
 ¼ cup hemp seeds  
 ¼ cup walnuts  
 1 teaspoon olive oil (optional)  
 ½ date  
 2 garlic cloves  
 ¼ teaspoon sea salt  
 1 lemon  
 ¼ cup water  
 2 cups cherry tomatoes

Turn your zucchinis into noodles using a spiralizer, peeler, or julienne peeler. Place these noodles into a large mixing bowl and set aside. Blend the basil leaves, hemp seeds, walnuts, olive oil, date, garlic cloves, sea salt, and juice of the lemon with the water until a smooth pesto forms. Pour the pesto over the zucchini noodles and toss until they are evenly coated. Divide the noodles between two bowls. Top with sliced cherry tomatoes. Serve and enjoy!

### POTATO AND HERB SALAD <sup>(2)</sup> <sup>(3)</sup>

6 potatoes (red, blue, or yellow work great for this recipe)  
 1 teaspoon olive oil  
 juice of 1 lemon (or more as desired)  
 1 teaspoon lemon zest (or more as desired)  
 2 teaspoons raw honey  
 ¼ cup finely chopped red onion  
 2 tbsp finely chopped chives  
 ¼ cup finely chopped parsley  
 ¼ cup finely chopped cilantro  
 ¼ cup finely chopped dill  
 2 cloves garlic, finely chopped  
 sea salt and freshly cracked pepper to taste  
 finely chopped jalapeño (optional)  
 pinch mustard powder (optional)

Steam the potatoes until tender and they can be pierced with a fork without crumbling (approximately 30 minutes). Set aside to cool. Prepare the rest of the ingredients. Once the potatoes are cool, add the other ingredients into a big bowl with them, carefully tossing everything together. Taste and adjust lemon and seasoning as desired.

### QUINOA VEGETABLE SALAD <sup>(2)</sup>

2 cups dry quinoa  
 3 tomatoes, chopped  
 1 yellow bell pepper, chopped  
 1 red bell pepper, chopped  
 1 orange bell pepper, chopped  
 1 medium cucumber, chopped  
 ¼ jalapeño, finely chopped (or more as desired)  
 3 cloves garlic, minced  
 1 tsp fresh thyme  
 juice of 1 lemon  
 1 tsp lemon zest  
 1 tsp ground cumin  
 sea salt and pepper to taste

Cook the quinoa according to the instructions on the package. Set aside to cool. Once cool, chop the other ingredients and toss with the cooled quinoa. Taste and adjust seasonings and flavor as desired. If you prefer a warm salad you can stir the raw vegetables and other ingredients through the quinoa when it is just cooked and eat it right away.

**RADISH SALAD** <sup>(1)</sup>

Makes 2 servings

2 cups sliced radishes  
 2 cups sliced cucumbers  
 2 tablespoons minced tarragon  
 4 tablespoons minced dill  
 2 tablespoons olive oil  
 ¼ lemon, juiced  
 ⅛ teaspoon sea salt

Place the radish and cucumber slices in a medium bowl and toss with all the remaining ingredients. Allow the salad to chill in the refrigerator for 15 minutes before eating.

**RAINBOW CHOPPED SALAD (with creamy cashew sage dressing)** <sup>(5)</sup>

Serves 2

8 cups of chopped spinach  
 ½ cup cabbage, chopped  
 ½ cup bell pepper, chopped  
 ½ cup carrot, chopped  
 ½ cup cucumber, chopped  
 ½ cup cherry tomatoes, halved  
 ¼ cup cashews  
 1 cup zucchini, peeled and chopped  
 ½ lemon, juiced  
 1 garlic clove  
 1 large leaf of sage

Build salad bowls by layering all the brightly colored veggies over beds of spinach. Any additional vegetables may be added as desired. For the dressing, blend cashews, lemon juice, zucchini, garlic and sage until smooth. Pour over top and enjoy.

**SPANISH ORANGE AND OLIVE SALAD** <sup>(1)</sup>

Makes 2 to 4 servings

6 oranges, any variety  
 ¼ cup sliced green olives  
 ¼ cup finely chopped parsley  
 ¼ cup thinly sliced red onion  
 1 avocado, diced  
 Black pepper (optional)

Cut off the top and bottom of each orange. Then, resting each orange flat on the cutting board, cut down and around the sides, removing all of the peel. Slice the oranges horizontally into disks and arrange on plates. Top the oranges with the remaining ingredients, serve, and enjoy!

**TABOULI SALAD (with raw hummus) <sup>(5)</sup>**

Serves

For the salad:

½ head cauliflower florets

2 cups tomatoes, diced

2 cups cucumber, diced

1 lemon, juiced

1 tsp cumin

1 bunch parsley

For the hummus:

¼ cup raw tahini

½ date

1 zucchini, peeled and diced

½ lemon juiced

1 tsp cumin

1 tsp olive oil

garlic (1-2 cloves)\*

paprika (optional)

In a food processor, pulse cauliflower, parsley, and cumin until “rice” is formed. In a large bowl, mix together with tomatoes, cucumber, and lemon juice until combined. For the hummus, blend tahini, dates, zucchini, lemon juice, cumin, olive oil, and garlic until smooth. Serve topped with paprika as desired. Adjust garlic according to preference; roasted tahini may be used in place of raw tahini.

## SOUPS

### ASPARAGUS SOUP <sup>(1)</sup>

Makes 2 to 4 servings

5 cups chopped asparagus  
½ yellow onion, roughly chopped  
2 garlic cloves  
½ teaspoon poultry seasoning  
¼ teaspoon sea salt  
1 tablespoon olive oil  
½ cup almonds  
Black pepper to taste

Place the asparagus, yellow onion, and garlic in a saucepan. Add 2 cups of water; cover and bring to a simmer. Steam the asparagus for 5 to 7 minutes, until tender. Remove from heat. Drain off any excess water and transfer the mixture to a blender. Add all the remaining ingredients and blend until smooth. Allow steam to escape the top of the blender as you go. You may also use an immersion blender, if desired. Leave the asparagus in the pan and add all the remaining ingredients before blending.

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### BURDOCK SOUP <sup>(1)</sup>

Makes 2 to 4 servings

2 cups sliced burdock root  
2 cups sliced carrots  
2 cups sliced mushrooms  
2 cups sliced bok choy  
1 yellow onion, diced  
1 tablespoon minced garlic  
1 tablespoon grated ginger  
½ teaspoon sea salt

Place all the ingredients in a large pot. Cover with water and bring to a boil. Reduce heat and keep at a rapid simmer for 30 to 40 minutes, until vegetables are tender.

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**HEALING BROTH** <sup>(2) (3)</sup>

4 carrots, chopped or 1 sweet potato, cubed  
 2 stalks of celery, roughly chopped  
 2 onions, sliced  
 1 cup parsley, finely chopped  
 1 cup of shiitake mushrooms, fresh or dried  
 2 tomatoes, chopped  
 1 bulb of garlic (about 6-8 cloves), minced  
 1 inch of fresh ginger root  
 1 inch of fresh turmeric root  
 8 cups of water  
 Optional: Chili peppers or red pepper flakes

Place all the ingredients in a pot and bring to a gentle boil. Turn heat down to low and allow to simmer for about an hour. Strain and sip for a mineral rich, healing and restorative broth.

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**SPINACH SOUP** <sup>(2) (3) (4) (7)</sup>

1 pint of grape tomatoes or 3 plum tomatoes (1 ½ cups)  
 1 bag of baby spinach or 1 bunch of leafy spinach (4 cups)  
 1 stalk of celery  
 1 small clove of garlic  
 1 orange, squeezed  
 1-2 basil leaves or a few sprigs of cilantro  
 ½ avocado (optional)

Blend the tomatoes, celery, garlic and orange juice. Add the spinach a handful at a time until well blended. Lastly add the 1/2 avocado and herbs and blend until creamy and smooth. Pour into a bowl and enjoy. This soup is best eaten soon after preparation. If desired, garnish with sprouts, chopped scallions, chopped tomatoes, Atlantic dulse, and/or herbs. If you eat raw spinach soup every day for a month, it will be the best thing you've ever done for yourself. It can also be a lot of fun to eat this dish served over cucumber noodles, which you can make with a kitchen gadget such as a julienne slicer or spiral slicer. Raw zucchini can be a bit uncomfortable to digest. If maximum healing and detoxification are your priorities, save the zucchini (and carrot and butternut squash) noodles for when you've completed this cleanse.

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**SWEET POTATO SOUP** <sup>(2) (3)</sup>

2 sweet potatoes, peeled and cubed

2 cloves of garlic

1 medium sweet onion, sliced

½ an inch of fresh ginger root

A pinch of cinnamon, nutmeg, or cardamom and/or sea salt and pepper

Optional topping: coconut or cashew cream and/or rosemary, thyme or parsley

Steam the sweet potatoes, onion, garlic, and ginger until soft (about 45 minutes). While still hot, transfer to a blender with 1 cup of the steaming liquid. Blend until smooth and creamy. If needed you can add a little more of remaining steaming liquid to create the consistency desired for your soup. Optionally sprinkle seasoning to taste, and top with fresh herbs such as parsley, rosemary, or thyme and a dollop of coconut or cashew cream. This soup is perfect for dinner, and pairs wonderfully with a big fresh salad of leafy greens, juicy bell pepper, tomato, cucumber and avocado with a squeeze of orange juice.

**THYROID HEALING BROTH** <sup>(7)</sup>

2 sweet potatoes, cubed

2 celery stalks, diced

2 onions, diced

6 garlic cloves

1 inch turmeric root, peeled and minced

1 inch ginger, peeled and minced

1 cup finely chopped parsley

4 sprigs thyme

2 tablespoons Atlantic dulse flakes

1 tablespoon kelp powder

8 cups water

Place all the ingredients in a large pot. Bring the mixture to a boil, then reduce the heat to a low simmer for 1 hour. Strain and enjoy as a healing, restorative broth that can be sipped throughout the day. You may also leave the vegetable in the broth for a chunky vegetable soup or blend to create a puree.

**TORTILLA SOUP** <sup>(5)</sup>

Serves 4-6

**Veggie Broth:**

- 3 stalks of celery
- 6 cloves of garlic
- 1 cup sun-dried tomatoes
- ½ bunch cilantro
- 2 onions
- 1 large carrot
- 3 tomatoes
- ½ medjool date
- ½ jalapeño (optional)
- 1 tsp each: cumin, chili powder, poultry seasoning

Rough chop celery, garlic, onions, and carrot. Combine with all ingredients in a large pot. Cover with 1 gallon (16 cups) of water and bring to a medium boil. Continue boiling for 90 minutes. Strain broth into a large bowl and discard vegetable remnants.

**Tortilla Soup**

- ½ jalapeño (optional)
- 8 cups veggie broth\*
- 3 potatoes, diced
- 3 carrots, diced
- 3 stalks of celery, diced
- 2 onions, diced
- ½ head of cauliflower, diced
- ½ bunch of cilantro, chopped
- 3 cloves garlic, minced
- 1 tsp sea salt
- ½ tsp cumin, chili powder, and paprika
- ⅛ tsp cayenne (optional)
- 1 tbsp olive oil
- 1 avocado

Combine all chopped vegetables in a large pot with 64oz of vegetable broth. Add the spices and olive oil. Bring to a low boil for 30-45 minutes until vegetables are tender. Serve topped with ¼ avocado and jalapeño if desired. If needed, substitute with a 4 cups low sodium, organic vegetable broth and 4 cups water.

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**ZUCCHINI SOUP** <sup>(2) (5)</sup>

Serves two

8 zucchini, cubed

2 cloves garlic

¼ cup almonds

½ tsp sea salt

1 tsp olive oil

1/8 tsp or one dash each of sage and thyme

Steam zucchini and garlic until tender, approximately 5-10 minutes. Strain and place into high speed blender with the remaining ingredients. Blend until well combined. Serve and enjoy!

## SIDES and MAINS

### ALOO MATAR (Potatoes and Peas in a mild tomato curry) <sup>(5)</sup>

Serves 2-3

4 yukon gold potatoes, diced  
 8 oz frozen, unsalted peas, prepared according to instructions  
 3 cups cherry tomatoes, halved  
 1 onion, diced  
 2 cloves of garlic, minced  
 2 tsp grated ginger  
 2 tsp raw honey  
 1 lime, juiced  
 1 pinch yellow curry powder  
 1 pinch garam masala  
 ½ tsp sea salt  
 ½ cup cilantro leaves  
 1 tsp coconut oil

Steam potatoes until tender. While steaming, prepare peas according to instructions on the package. Set cooked vegetables aside and prepare the sauce. In the pan, heat 1 tsp of coconut oil. Add onion and garlic. Cook on medium heat, stirring until translucent, adding water as needed to keep from sticking. When onions are translucent and fragrant add ginger, curry powder, garam masala. Continue stirring until well mixed (approximately 1 minute), add cherry tomatoes and a splash of water if needed. Cook covered, stirring occasionally for five to ten minutes until tomatoes are soft and starting to cook down. Add honey and sea salt. Continue stirring until well mixed. Add in peas and potatoes. Stir to just combine. Serve topped with cilantro and a squeeze of lime juice. Enjoy!

### BAKED SWEET POTATO FRIES <sup>(2)</sup>

2 large sweet potatoes  
 pinch dried onion powder  
 sea salt to taste

Pre-heat the oven to 400F/200C. Line 1-2 baking trays with parchment paper. If you can't use parchment paper, lightly coat the tray with olive or coconut oil. Cut the sweet potatoes into fries (you can peel them first if desired) and place on the parchment paper. Bake for 15 minutes or until just slightly browning on one side. Flip and bake for a further 10 to 15 minutes. Cooking time will depend on your oven so it's best to check them.



**BLACK BEAN BURGERS** <sup>(2)</sup>**Patties:**

2 cups cooked black beans (approximately 1 can)  
1 cup shredded zucchini  
1 red onion, diced  
4 garlic cloves, roughly chopped  
1/2 cup walnuts  
1/4 cup ground chia seeds  
1/4 cup parsley  
1/2 tbs each: thyme leaves, sage leaves, poultry seasoning  
1 tsp paprika  
1/2 tsp sea salt

**Topping Ideas:**

tomato slices  
cucumber slices  
lettuce  
avocado slices  
grilled onions  
hummus

**Gluten Free Buns**

Preheat oven to 375 degrees. In a sauté pan, heat 1/4 cup of water. Add onions and garlic over high heat, stirring until cooked through, about 5 minutes. Add more water if needed to keep from sticking. In a food processor, pulse walnuts, ground chia seeds, parsley, thyme, sage, poultry seasoning, paprika and sea salt until coarse crumbles are formed. Set aside in a medium mixing bowl. Place black beans, garlic and onions in the food processor and pulse five times until roughly combined. Add shredded zucchini and pulse three more times. Add to the contents of the mixing bowl. Mix all ingredients together until well combined. Form into small patties about 3 inches across and place on a baking tray lined with parchment paper. Bake for 30 minutes, flipping halfway through. Serve in gluten free buns with the toppings of your choice.

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**BROCCOLI MAC AND CHEESE** <sup>(2)</sup>

12 oz elbow shaped rice or bean pasta  
 2 cups cashews  
 2 tablespoons lemon juice  
 2 cloves garlic  
 1 large date  
 1 ½ cups of water  
 1 tsp sea salt  
 1 tsp chili powder  
 3 cups broccoli, lightly steamed

Preheat oven to 400 degrees. Prepare pasta according to directions on package. In a blender, combine cashews, lemon juice, garlic, date, sea salt, and chili powder. Blend while streaming in water until smooth. Stir together pasta and sauce until well mixed. Add in broccoli and stir to combine. Pour pasta into an 8x8 inch baking pan and bake for 15 minutes until just beginning to turn golden brown on the edges. Enjoy!

**BUTTERNUT SQUASH (with a yellow coconut curry)** <sup>(5)</sup>

Serves 2-4

8 cups butternut squash, cubed  
 1 red onion, diced  
 ½ cup young coconut meat (may substitute ½ cup coconut milk and reduce coconut water to ½ cup)  
 1 cup young coconut water (may substitute with water)  
 2 dates  
 1 garlic clove  
 ½ tsp yellow curry powder  
 ½ lime, juiced  
 ½ cup cilantro leaves  
 3 green onions, diced

Steam butternut squash and onion until tender, approximately 10 minutes. Blend coconut meat, dates, garlic, curry powder, lime juice, and ¼ cup cilantro leaves with 1 cup coconut water until smooth and slightly warmed. Pour over butternut squash and onions. Serve topped with ¼ cup cilantro leaves, diced green onion, and a squeeze of lime juice.

## CAULIFLOWER “FRIED RICE” (7)

Serves 2-3

1 medium cauliflower (about 6 cups florets)  
 1 teaspoon coconut oil  
 ½ red onion, diced  
 1 inch ginger, minced  
 3 garlic cloves, minced  
 1 large carrot, diced  
 1 red bell pepper, diced  
 2 stalks celery, diced  
 1 cup peas  
 1 teaspoon toasted sesame oil  
 2 tablespoons coconut aminos  
 ½ teaspoon raw honey (optional)  
 1 teaspoon sea salt  
 ½ jalapeño (optional)  
 1 cup cilantro  
 ¼ cup almonds, chopped (optional)  
 2 teaspoons sesame seeds  
 1 lime

Cut cauliflower into florets and place into a food processor. Pulse until the cauliflower achieves a coarse rice texture. Use a nut milk bag or cheesecloth to wring extra moisture out of the “rice” and then set it aside. Heat 1 teaspoon of coconut oil in a large pan and sauté the onion over medium- high heat until translucent and cooked through. Add water by the tablespoon as needed to prevent sticking. Place the ginger, garlic, carrot, bell pepper, celery, and peas in the pan with the red onion and continue to cook for 5 to 7 minutes until the vegetables begin to soften. Add the cauliflower rice, toasted sesame oil, coconut aminos, honey, and sea salt to the pan and stir well to combine. Continue to cook another 5 to 7 minutes until cauliflower rice is tender.

Serve the cauliflower “fried rice” topped with jalapeño (if desired) along with cilantro, chopped almonds, sesame seeds, and a generous squeeze of lime juice! For raw cauliflower “fried rice”: Follow the first step to make cauliflower rice, and place the rice into a large bowl along with the red onion, ginger, 1 clove of minced garlic, carrot, bell pepper, and celery. Stir the toasted sesame oil, coconut aminos, sea salt, and jalapeño into the cauliflower rice and marinate for at least 15 minutes. Serve topped with cilantro, chopped almonds, sesame seeds, and lime juice.

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## CAULIFLOWER MASHED POTATOES (with mushroom gravy) <sup>(5)</sup>

Serves 2

### Cauliflower Mashed Potatoes:

1 large head cauliflower, florets  
2 potatoes, cubed  
2 cloves of garlic  
½ tsp olive oil  
¼ tsp sea salt

Steam cauliflower, potatoes and garlic until tender, about 10-15 minutes. Strain and place into a food processor with olive oil and sea salt.

Process until smooth. Top with mushroom gravy and enjoy!

### Mushroom Gravy

6 cups mushrooms  
1 onion, diced  
2 garlic cloves  
¼ cup sundried tomatoes  
½ tsp olive oil  
¼ cup Cauliflower Mashed Potatoes  
⅛ tsp or one dash each of thyme, sage, and rosemary

In a large pan, steam mushrooms, onion, garlic, sundried tomato, and herbs in 2 cups of water until tender. Set aside one cup of mushrooms. Place the rest of the mushrooms and broth into blender with ½ tsp olive oil and ¼ cup cauliflower mashed potatoes. Blend until smooth. Pour over cauliflower mashed potatoes and serve topped with mushrooms.

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## CAULIFLOWER RICE (with Indian spiced salsa) <sup>(2)</sup>

Serves 2

- 1 head of cauliflower, florets
- 2 cups tangerine slices, peeled and deseeded
- 1 cup cherry tomatoes
- ½ red onion, quartered
- 2 cloves garlic
- 1 inch piece of ginger, peeled
- ¼ cup curly parsley
- 1 tsp fresh sage leaves
- 1 tsp each of cumin, paprika, chili powder, yellow curry powder
- ½ tsp red pepper flakes (optional)

To make cauliflower rice, pulse cauliflower florets in a food processor until rice texture is formed. Do not over crowd the food processor. Pour cauliflower rice into a serving bowl and set aside. To make the salsa, place garlic, ginger, red onion, and sage into the food processor and pulse 3 to 4 times until roughly chopped. Add tangerines and tomatoes, Continue pulse blending until a chunky salsa is formed. Over a bowl, strain the salsa into a nut milk bag or cheese cloth and gently squeeze to remove moisture. Place dry salsa back into the food processor. Save the liquid, it's delicious! To the salsa in the food processor, add all remaining spices and pulse 3 to 5 more times until well combined. Top cauliflower rice with salsa and enjoy. You can always add avocado if desired.

The salsa will keep for three to four days, but the cauliflower rice is best made fresh. If you have a family to cook for, try tossing cauliflower florets in a little coconut oil and all of the dry spices. Roast in a 400° oven for 25 minutes, flip halfway through. Pair it alongside brown rice and avocado for a great dinner bowl.

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## CHILI-LOADED BAKED POTATOES (with cashew sour cream) <sup>(1)</sup>

Makes 6 to 8 servings

6 potatoes

For Chili:

1 pound black beans or kidney beans, soaked overnight\* or 6 cups canned beans

1 tablespoon coconut oil

4 cups diced onion

4 garlic cloves, minced

2 cups diced carrots

2 cups diced celery

2 cups diced mushrooms

2 cups diced red bell pepper

2 teaspoons each cumin, poultry seasoning, garlic powder, and chili powder

1 teaspoon sea salt

teaspoon red pepper flakes (optional)

2 tablespoons tomato paste

2 cups diced tomatoes

1 avocado, diced

1 jalapeño, minced

¼ cup minced cilantro

For cashew sour cream:

1 cup raw cashews

½ lemon, juiced

½ date, peeled, pitted

1 garlic clove

½ cup water

Preheat the oven to 425 ° F. Pierce the potatoes in several places with a fork. Bake for 45 to 60 minutes, until tender.

Drain the beans, place in a 4-quart pot, and cover with an inch of water. Bring to a full boil, then reduce heat to a simmer. Cook the beans for 1 hour, or until tender, adding more water as needed to keep the beans covered with liquid. Drain and set aside. For the chili, heat 1 tablespoon coconut oil in a large pot; add the onions and garlic. Sauté over high heat until the onions are translucent and fragrant, adding water as needed to prevent sticking. Add the carrots, celery, mushrooms, bell pepper, spices, sea salt, and red pepper flakes, if using. Continue to cook, stirring occasionally, until vegetables begin to soften, about 15 minutes. Add beans, tomato paste, and tomatoes, stirring until well combined. Cover and continue to simmer on medium heat for 15 minutes. Reduce heat to low.

For the “sour cream”, blend all the ingredients until smooth, adding ½ cup water slowly (just enough to keep things moving). Halve the baked potatoes. Serve topped with chili, cashew “sour cream”, avocado, jalapeño, and cilantro.

**CLEANSE APPLE MASH** <sup>(4)</sup>

Apples  
Cauliflower or cabbage

Grind in a food processor.

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**CLEANSE COOKED VEGETABLES** <sup>(4)</sup>

Steam, roast (with a little coconut oil) or make a soup with veggies such as squash, potatoes, yams, broccoli, cauliflower, and/or asparagus. For maximum digestibility, eat them with some raw sprouts, greens, or celery.

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**COLLARD HAND ROLLS (with lemon pesto dipping sauce)** <sup>(5)</sup>

Serves 2

For the wraps:

1 bunch collard leaves  
1 carrot  
1 cucumber  
1 bell pepper  
¼ red cabbage  
1 tomato, sliced  
1 avocado, sliced

For the dressing:

½ cup basil  
1 lemon, juiced  
2 zucchini, peeled and diced  
1 date  
1 garlic clove  
1 tsp olive oil  
2 tbsp hemp seeds

For the dressing, blend lemon juice, zucchini, date, garlic, olive oil and hemp seeds with a splash of water until smooth. Pulse in basil gently at the end without over blending. For the wraps, trim the stems off the collard leaves and slice desired vegetables into strips. Place vegetables in the center of a collard leaf, fold the bottom up and the sides in to make a hand roll. Dip into pesto and enjoy.

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## CUCUMBER ROLLS (with creamy tomato ginger sauce) <sup>(5)</sup>

Serves 2

For the rolls:

2 cucumbers

Any desired sliced veggies for filling (examples: bell pepper, carrot, cabbage, mango, green onion, avocado)

For the dipping sauce:

¼ cup tomato

¼ cup orange juice

2 tbsp raw hulled hemp seeds

1 cup zucchini, peeled and diced

½ inch jalapeño without seeds

1 pinky tip sized piece of ginger

2 dates

1 garlic clove

For the dipping sauce, blend all ingredients in a blender until smooth. Set aside. Slice thin sheets of cucumber lengthwise using a mandolin or vegetable peeler. Starting with one end, place any desired fillings and roll towards the end, using a dab of sauce to stick in place. Make as many as desired and enjoy.

## HERB-BATTERED ROOT VEGETABLE FRIES <sup>(1) (2)</sup>

Makes 3 to 4 servings

3 pounds assorted root vegetables (such as potatoes, sweet potatoes, parsnips, carrots, and celery root)

2 tablespoons coconut oil

1 teaspoon sea salt

2 tablespoons finely minced garlic

1 tablespoon each finely minced sage, oregano, rosemary, and thyme

Preheat the oven to 400 ° F. Peel and slice the root vegetables into “ fries.” Transfer the vegetable fries to a large pot, cover with water, and bring to a boil. Boil the fries for 5 to 7 minutes, until just cooked through but not soft. (Watch carefully so as not to overcook.) Drain the water. Add the coconut oil, sea salt, garlic, and herbs to the fries and stir briefly. Cover the pot and shake vigorously until the fries are well mixed with their edges slightly mashed. Line a baking tray with parchment paper. Arrange the fries on the tray so none are overlapping. Place in the oven and bake for 20 to 25 minutes, flipping once halfway through. Remove when the edges turn golden and crispy.

## LASAGNE ROLL-UPS <sup>(2)</sup>

Serves 1-3

3 zucchini  
 2 cups basil  
 ½ avocado  
 2 cups spinach  
 1 ½ cups cashews  
 1 ½ cups zucchini, peeled and diced  
 1 cup cherry tomatoes  
 3 dates  
 1 lemon  
 3 cloves of garlic

Thinly slice 3 zucchinis lengthwise and set aside. To make pesto: In a food processor, combine spinach, basil, 2 cloves of garlic, 2 dates, and 1/2 avocado with the juice of 1/2 lemon. Process until smooth. To make cashew cheese: In a blender, place cashews, diced zucchini, 1 clove of garlic, 1 date and the juice of 1/2 lemon. Blend until smooth. To assemble, take strips of zucchini and spread them with pesto or cashew cheese, or both. Then place one cherry tomato at the end of the zucchini and roll towards the opposite end. Continue until all the zucchini "noodles" have been stuffed.

## MILLET FLATBREAD THREE WAYS <sup>(2)</sup>

Millet Flatbread:

Makes 10-12 flatbreads

2 cups millet flour  
 2 cups water  
 1 tablespoon garlic, minced  
 1 teaspoon coconut oil  
 1 pinch sea salt

Bring two cups of water to boil in a shallow saucepan. Add the millet flour. Do not stir. Allow the water to continue at a low boil for 2 minutes. Then add the garlic and the salt. Remove from heat and mix until combined. The dough formed will feel dry to touch. Pour the dough into a bowl and set aside until cool enough to touch. Form dough into small balls about 2 inches in diameter. Place ball between two pieces of smooth plastic and roll flat. Using a small circular bowl or cup as a pattern, cut an even circle of dough around the outside of the bowl. Set the round aside and repeat. In a large saucepan, heat one teaspoon of coconut oil to thoroughly coat the bottom of the pan. Place tortillas closely but not overlapping in the pan. Flip every two minutes until golden brown and freckled on both sides. Continue until all the flatbreads are toasted.

### Savory Sweet Potato & Mushroom

Makes 3-4 servings

1 cup diced onion  
 1 cup diced sweet potato  
 1 cup sliced mushrooms  
 ½ tablespoon sage  
 ½ tablespoon rosemary  
 ½ tablespoon poultry seasoning  
 2 cups finely chopped kale  
 ½ cup coconut milk

In a small pan, heat ½ cup of water to a simmer. Add 1 cup of diced onion and sauté until fragrant and translucent. Add water as needed to prevent sticking. Add the sweet potato and continue to cook for approximately 5 minutes until just cooked through. Continue adding water as needed. When sweet potatoes are just done, add the mushrooms, herbs, kale and coconut milk. Stir until well combined and all of the vegetables are tender. Remove from heat and serve atop millet flatbread. Top with an extra splash of coconut milk if desired.

### Butternut Squash & Arugula

Makes 3-4 Servings

1 cup diced onion  
 1 cup diced butternut squash  
 1 cup arugula  
 ¼ cup macadamia “parmesan”  
 juice of ½ lemon  
 sea salt and pepper to taste

In a small pan, bring ½ cup of water to a simmer. Add onions and squash and continue to cook at medium high heat while stirring frequently. Add water as needed to prevent sticking. Cook 5 to 7 minutes until the vegetables are tender and fragrant. Serve on millet flatbread topped with arugula, macadamia parmesan, and lemon juice. Finish off with sea salt and pepper to taste.

#### Macadamia Parmesan

1 cup of macadamia nuts  
 1 clove of garlic  
 1 pinch of sea salt

Place all ingredients into a food processor and pulse until crumbles are formed. Store in an air tight container in the fridge for up to one week.

## Avocado & Tomato

Makes 3-4 Servings

1 avocado  
 juice of ½ lemon  
 1 cup diced tomato  
 5 large leaves of basil, sliced  
 sea salt and pepper to taste

In a small bowl, mash together avocado with the juice of ½ lemon. Spread atop the flatbread. Top with tomato and basil. Finish with sea salt and pepper to taste.

## “NACHOS-STYLE” BAKED POTATOES <sup>(7)</sup>

Makes 2 to 3 servings

6 medium potatoes  
 2 teaspoons coconut oil  
 ½ teaspoon sea salt, divided  
 1 avocado, diced  
 1 cup diced tomato  
 1 cup diced onion  
 ½ cup cilantro, chopped  
 ½ jalapeño, minced (optional)  
 2 limes  
 ¼ cup Garlic Cashew Aioli

Preheat the oven to 375°F. Peel and slice the potatoes into rounds that are ¼ inch to ½ inch thick. Toss them with the coconut oil and ¼ teaspoon of the sea salt. Arrange the potatoes on a baking tray lined with parchment paper. Leave space so that they are not touching or overlapping. Bake the potatoes for 20 minutes, flip, and then bake for 10 more minutes. While the potatoes bake, combine the avocado, tomato, onion, cilantro, jalapeño, and the juice of both limes in a small mixing bowl. Arrange the potato slices in a pile on a serving plate. Top with the avocado salsa and drizzle the Garlic Cashew Aioli over the top if desired. Finish the nachos off with the remaining sea salt and enjoy!”

### Garlic Cashew Aioli

1 cup cashews  
 2 tablespoons olive oil  
 3 garlic cloves  
 2 lemons  
 ¼ teaspoon sea salt  
 ½ to 1 cup water

Combine the cashews, olive oil, garlic, juice of two lemons, and sea salt in the blender with ½ cup of water. Blend until smooth for a thicker aioli. For a thinner consistency, continue to stream in another ½ cup of water while blending.

## NORI ROLLS (with creamy avocado dipping sauce) <sup>(1)</sup>

Makes 1 to 2 servings

4 carrots  
3 zucchini  
1 jicama, peeled  
1 bunch scallions, ends trimmed  
½ cup dulce pieces  
8 nori sheets

For sauce:

1 avocado  
1 lime, juiced  
¼ cup cilantro  
¼ jalapeño  
½ medjool date  
½ cup water

Slice the carrots, zucchini, and jicama into thin strips or “noodles” using a julienne peeler, spiralizer, or knife. Assemble the rolls by layering the carrots, zucchini, jicama, scallion, and dulce across the bottom of each nori sheet. Maintaining firm tension, roll up the nori sheet. Dip 1 finger in water and run it across the edge of the nori sheet to help the roll stick together. Slice into bite-size rolls, if desired. For the sauce, blend all the remaining ingredients until smooth. Pour and enjoy!

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## ONIONS STUFFED WITH MASHED POTATOES AND MUSHROOMS <sup>(1)</sup>

Makes 4 to 6 servings

8 large onions  
8 cups diced potatoes  
2 teaspoons olive oil  
½ teaspoon fresh rosemary leaves  
8 cups chopped mushrooms  
2 garlic cloves, minced  
1 teaspoon sea salt  
1 teaspoon poultry seasoning  
2 tablespoons pine nuts

Preheat the oven to 350 ° F. Prep the onions by cutting off the top quarter of each. On the opposite end of each onion, cut off the root so that the onion can rest on a flat surface. Do not peel. Place the onions in a large baking dish and add an inch of water. Bake until the onions are cooked through, checking periodically, 45 to 60 minutes. (Onions are done when they are soft and fragrant.) Remove from the oven and allow to cool. Peel the onions, then carefully remove the inner layers using a fork until only 2 layers remain, forming a cup. Reserve the insides of the onions for later use.

Fill a large sauté pan with an inch of water and bring to a boil. Place the potatoes in the pan, cover, and steam for 15 to 20 minutes, or until tender, stirring occasionally and adding more water if needed to prevent sticking. Place the potatoes in a food processor with 1 teaspoon of olive oil and ½ teaspoon of rosemary leaves. Process until the potatoes are smooth. Set aside.

For the mushroom filling, sauté the mushrooms and garlic in 1 teaspoon of olive oil until the mushrooms are tender and juicy, adding water as needed to prevent sticking. Transfer all but 1 cup of the sautéed mushrooms to a food processor with 1 teaspoon sea salt, 1 teaspoon poultry seasoning, and 2 cups of the reserved onion. Process until the mixture is roughly combined. Fill the onion cups with alternating layers of mushroom filling and mashed potatoes. Top with sautéed mushrooms and pine nuts. Serve and enjoy!

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## PAD THAI (with almond ginger sauce) <sup>(5)</sup>

Serves 2

For the Base:

- 1 package of kelp noodles
- 1 zucchini
- 1 carrot
- 1 onion, finely diced
- 4 cups kale, chopped small
- 1 cup cherry tomato, halved
- 3 green onions, diced
- 1 avocado, diced

For the Sauce:

- 1 inch ginger
- 1 lime, juiced
- ¼ cup almond butter
- 1 large zucchini, peeled and cubed
- 2 tsp raw honey
- ¼ cup cilantro leaves
- 2 garlic cloves
- ½ tsp sea salt
- 1 slice of jalapeño without seeds (optional)

Blend all sauce ingredients together until smooth. Set aside. Rinse and drain kelp noodles. Place into a large bowl. Cut zucchini and carrot into long thin strips using a peeler, julienne peeler, or spiralizer. Add to the kelp noodle bowl, and add onion and kale (if you prefer softer veggies, you can soak them in warm water for 30 minutes). Drain vegetables and serve into bowls topped with almond ginger sauce, cherry tomato, green onion, and avocado. Enjoy!

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## RAW TACOS (with mango salsa and cashew cream) <sup>(5)</sup>

Serves 2 as a meal or 4 as a snack

- 2 large heads of lettuce
- 2 cups cucumber, diced
- ½ cup cilantro, diced
- 1 avocado, diced
- ½ lime
- For the mango salsa:
- 2 cups mango, diced
- 1 cup tomato, diced
- 2 garlic cloves, minced
- ¼ onion, minced
- ½ lime, juiced
- ½ jalapeño without seeds, minced
- ½ tsp each of cumin, chili powder, and paprika
- For the cashew cream:
- 1 cup raw cashews
- ½ lemon, juiced
- ½ date, peeled
- 1 inch green onion
- 1 garlic clove

In a medium bowl, mix together all ingredients for the mango salsa and set aside. Blend all cashew cream ingredients until smooth. For the tacos, assemble all components inside lettuce leaves. Top with a squeeze of lime and enjoy!

## ROASTED CAULIFLOWER <sup>(2) (3)</sup>

- 1 large head cauliflower
- 2 teaspoons olive oil
- ¾ teaspoon ground turmeric
- 1 teaspoon ground cumin
- 2 cloves garlic, minced
- sea salt and pepper to taste
- optional garnishes: basil, parsley, cilantro, thyme, and/or scallions

Preheat oven to 400°F. Line 2 baking trays with parchment paper. Slice a whole cauliflower from top to bottom into three very thick slices and place in the baking trays. Whisk together the oil and spices and brush or spoon over the cauliflower. Bake in the oven until tender, about 15-20 minutes. Time will vary based on your oven so check it often. Garnish with scallions and herbs and enjoy!

### SPAGHETTI SQUASH “BOLOGNESE” <sup>(7)</sup>

1 large spaghetti squash  
 2 cups diced red onion  
 4 garlic cloves, minced  
 2 cups cherry tomatoes  
 1 cup sliced mushrooms (optional)  
 1 teaspoon chili powder  
 1 teaspoon poultry seasoning  
 1 teaspoon garlic powder  
 ¼ teaspoon curry powder  
 ¼ teaspoon sea salt  
 ½ cup sun- dried tomatoes, soaked 5 minutes in hot water  
 ¼ cup Brazil Nut Basil “ Parmesan”

Preheat the oven to 400° F. Carefully slice the spaghetti squash in half and discard the seeds. Fill a baking tray with ½ inch of water and place the squash halves cut side down in the tray. Bake the squash for 30 to 40 minutes until one finger pressed gently into the exterior of the squash leaves an indentation. Remove the squash halves from the oven. When they are cool enough to handle, use a fork to scrape down the insides of the squash creating “ spaghetti” strands. Divide the squash noodles between two bowls. To make the “Bolognese,” place the diced onion into a medium saucepan along with 2 tablespoons of water. Sauté the onion over medium- high heat until translucent and tender.

Continue adding water by the tablespoon as needed to prevent sticking. Add the garlic, cherry tomatoes, mushrooms, chili powder, poultry seasoning, garlic powder, curry powder, sea salt, and sun- dried tomatoes to the saucepan and continue cooking, stirring frequently for 5 to 7 minutes, until the tomatoes soften. Using an immersion blender, blend the sauce ingredients together until combined but still chunky.

Alternatively, transfer to a standing blender and pulse blend, making sure to leave the top ajar for steam to escape.

Serve the sauce over the top of the spaghetti squash noodles. Top with the Brazil Nut Basil “ Parmesan” and enjoy!

#### Brazil Nut Basil “ Parmesan”

¼ cup Brazil nuts  
 ¼ teaspoon sea salt  
 ¼ teaspoon dried basil  
 1 garlic clove

Place the Brazil nuts, sea salt, basil, and garlic into the blender or food processor and pulse briefly until small crumbles form.

## SPAGHETTI SQUASH MARINARA (with steamed asparagus) <sup>(5)</sup>

Serves 2-4

2 spaghetti squash  
 2 bunches of asparagus  
 4 large tomatoes, diced  
 2 onions, diced  
 4 cloves of garlic  
 ¼ cup sundried tomatoes  
 1 date  
 2 tbsp tomato paste  
 ⅛ tsp or dash each of thyme, sage, and oregano

Cut spaghetti squash and place face down on a baking tray containing 1/2 inch of water. Place into a 350 degree oven for 15-30 minutes depending on size of squash. Bake until pressing in leaves a slight indentation. Remove squash and cool. Scrape insides with a fork to achieve spaghetti like strands. Set aside. For the marinara sauce, combine tomatoes, onion, garlic, sundried tomatoes, date, tomato paste and spices in a large pan with 1 cup of water. Bring to a medium boil, adding up to 2 cups of water as needed. Stirring occasionally, boil for 30-40 minutes until liquid has reduced to half volume and tomatoes are tender. Place all but 1 cups of tomatoes in blender and blend until smooth. Add back in reserved tomatoes and pulse gently until just combined. Pour over spaghetti squash and serve alongside steamed asparagus.

## SPROUT-FILLED COLLARD WRAPS (with mango-tomato dipping sauce) <sup>(1)</sup>

Makes 1 to 2 servings

6 large collard leaves  
 1 bell pepper, any color  
 1 avocado  
 ¼ red cabbage  
 2 medjool dates, pitted  
 2 cups sprouts  
 2 cups microgreens  
 1 cup diced mango  
 1 cup diced tomato  
 1 quarter- size slice ginger  
 ¼ inch slice of jalapeño (optional)

Rinse the collard leaves and trim off their stems. Set aside for later use in a soup or smoothie. Slice the bell pepper, avocado, and cabbage into thin strips. Finely chop and mash the dates to form a paste. With the stem side facing you, start at the right side of the collard leaf and fill with the sliced veggies, sprouts, and microgreens. Roll toward the left like a burrito folding the top of the leaf in as you go. Use the date paste along the left edge of the collard green to seal. Repeat with the remaining collard leaves, filling, and

paste. For the dipping sauce, blend the mango, tomato, ginger, and jalapeño, if using, until smooth.

### STEAMED ARTICHOKE WITH LEMON-HONEY DIPPING SAUCE <sup>(1)</sup>

Makes 2 to 4 servings

4 artichokes  
 ¼ cup olive oil  
 ¼ cup honey  
 ¼ cup lemon juice  
 3 sage leaves

Prepare the artichokes by cutting off the top quarter of each and removing the stem. Using scissors, cut the remaining tips off of each of the leaves. Fill a large pot with 3 inches of water. Place the artichokes in a steamer basket inside the pot. Steam the artichokes for 30 to 45 minutes, until the leaves are tender and easily removed.

To make the dipping sauce, combine all the remaining ingredients in a small saucepan over high heat. Stir continuously until the sauce begins to thicken slightly, about 2 minutes. Remove from heat and serve immediately alongside the cooked artichokes.

### STEAMED ARTICHOKE WITH GARLIC CASHEW AIOLI <sup>(7)</sup>

Makes 2 servings

4 artichokes  
 1 cup cashews  
 2 tablespoons olive oil  
 3 garlic cloves  
 2 lemons  
 ¼ teaspoon sea salt  
 ½ to 1 cup water

Trim the artichokes by slicing ½ inch off of the tops and all but ½ inch off the stems. Trim any remaining leaves by ½ inch as well. Bring a pot of water to boil. Place the artichokes into a steamer basket inside the pot. Steam the artichokes for 30 to 40 minutes depending on size. They're done when one of the leaves pulls off easily and is tender.

Combine the cashews, olive oil, garlic, juice of two lemons, and sea salt in the blender with ½ cup of water. Blend until smooth for a thicker aioli. For a thinner consistency, continue to stream in another ½ cup of water while blending.

Serve the artichokes alongside the cashew aioli for dipping and top with any fresh herbs as desired!

## STUFFED ACORN SQUASH <sup>(2)</sup>

serves 4

2 acorn squash, halved and seeds removed  
1 red onion, diced  
4 garlic cloves, minced  
1 teaspoon coconut oil  
½ cup plain dried cranberries  
½ teaspoon sea salt  
¼ teaspoon black pepper  
½ cup walnuts, roughly chopped  
2 tablespoons honey  
2 teaspoons coconut sugar

Preheat oven to 400°. Fill a baking tray with ½ inch of water and place the squash in the tray, cut side down. Bake for 25 to 30 minutes until tender when pressed. In a medium pan, sauté the onion and garlic in coconut oil over medium high heat until translucent and fragrant, approximately 5 minutes. Add the cranberries, sea salt, and black pepper. Continue to cook over medium heat, stirring occasionally, until cranberries are soft and plump. Add the walnuts and honey, stirring frequently until walnuts turn golden brown. Remove from heat. When the squash are cooked through, remove them from the oven and drain any remaining water from the pan. Flip the squash halves right side up and fill the centers with the cranberry filling. Sprinkle the edges of the squash lightly with coconut sugar and return to the oven for 3-5 minutes more until the sugar has browned.

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## SWEET POTATOES STUFFED WITH BRAISED CABBAGE <sup>(1)</sup>

Makes 2 to 4 servings

4 sweet potatoes  
4 cloves of garlic, minced  
1 onion, diced  
1 tablespoon coconut oil  
1 red cabbage, shredded  
½ teaspoon sea salt  
½ lemon

For sauce:

1 tablespoon olive oil  
1 tablespoon raw honey  
1 tablespoon lemon juice  
1 tablespoon grated fresh ginger

For garnish:

4 tablespoons minced parsley

Preheat the oven to 400 ° F. Bake sweet potatoes on a baking sheet for 45 to 60 minutes, or until easily pierced with a fork. In a large pan, sauté garlic and onions in 1 tablespoon of coconut oil over medium-high heat for 5 to 10 minutes, stirring occasionally, until the onions are translucent and soft. Add the cabbage and sea salt, along with ½ cup of water. Cover and cook over medium heat for 30 to 40 minutes until the cabbage is tender, continuing to stir occasionally and adding a splash of water as needed to moisten. Split open sweet potatoes and mash each side slightly with a fork. Stuff as much braised cabbage into the openings as possible. Make the sauce just before serving the sweet potatoes. For 4 servings, double the ingredients for the sauce. Add all the ingredients to a small pan. Heat the mixture over medium- high heat until it bubbles slightly. Continue stirring for 1 to 2 minutes until the sauce is well combined and slightly thickened. Pour over the sweet potatoes, garnish with parsley, and enjoy!

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## TWICE BAKED SWEET POTATOES <sup>(5)</sup>

Serves 3-4

1 cup cashews  
1 garlic clove  
½ medjool date  
1 lemon, juice only  
6 small sweet potatoes (or 3 large)  
½ tsp sea salt  
½ cup raisins  
¼ cup pecans  
1 tsp rosemary leaves

Pre-heat oven to 400°. Prick sweet potatoes with a fork and wrap in foil. Place directly into the oven and bake until cooked through when pierced with a fork, between 30 to 50 minutes. Unwrap and cool until easily handled. In a food processor, process ¼ cup pecans, 1 tsp rosemary leaves and ½ tsp sea salt until finely combined. Set aside. To make the cashew cream, blend cashews, garlic, date, and the juice of ½ lemon until smooth. Add water as needed to blend, approximately ½ cup. When sweet potatoes are cool enough to handle, cut off the top ¼ of each and gently scrape out most but not all of the flesh. This should yield 3 to 4 cups of sweet potato. Place this into the food processor with ½ cup of the cashew cream and the juice of ½ lemon. Process until smooth. Stir in ½ cup raisins and spoon into each of the sweet potato skins. Top with the rosemary pecan crumble and bake for 15 min until the pecans turn golden brown. Serve and enjoy!

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## VEGGIE LASAGNE <sup>(2)</sup>

Noodles:

- 6 zucchini
- 1 butternut squash, peeled
- 2 eggplants
- 6 large potatoes

Preheat oven to 425 degrees. Make noodles by slicing all vegetables into lengthwise strips about ¼ inch thick, using a mandoline if desired. Arrange on baking trays lined with parchment paper. Roast in the oven for 10 to 15 minutes until cooked through. Note: May roast cauliflower for the ricotta alongside the veggie noodles. See instructions below.

Tomato Sauce:

- 8 cups tomatoes, diced
- 2 cups onions, diced
- 6 cloves garlic, minced
- 3 tbsp tomato paste
- 1 date, minced
- ½ tsp each: rosemary, sage, oregano, thyme
- 1 tbsp poultry seasoning
- 1 tsp curry powder

In a large sauce pan, combine all ingredients together over medium heat. Bring to a boil and then reduce to a low simmer, stirring occasional until all ingredients are cooked through and have started to combine, approximately 20 minutes. Blend sauce to desired consistency using a hand blender or by transferring to a standing blender in batches. Set aside.

Cashew Mozzarella:

- 1 ½ cups cashews
- 1 ½ cups zucchini, peeled and diced
- 1 date, seed removed
- 1 garlic clove
- ½ lemon, juiced

Blend all ingredients in a high speed blender until smooth. Add water by the spoonful only if needed to blend. Set aside.

Cauliflower Ricotta:

- 1 large cauliflower, florets
- 1/3 cup cashew cheese

Arrange florets on a baking tray lined with parchment paper. Roast at 425 degrees for 25 minutes until the tips turn golden brown and florets are tender but not mushy.

In a food processor, pulse cauliflower with 1/3C cashew cheese until well combined but still somewhat "grainy". Set aside.

**Oil-Free Pesto:**

¼ cup pine nuts  
 2 cups basil  
 2 cups spinach  
 ½ lemon, juiced  
 2 cloves garlic  
 1 date  
 ¼ tsp sea salt

In a food processor, pulse all ingredients until well combined. Add water in a thin stream as needed up to ¼ cup. Pesto should be uniform but with some texture. Set aside.

**Assembly:**

In a large lasagna pan, spread a thin layer of tomato sauce to prevent sticking. Lay down a layer of veggie noodles. Then spread a thin layer of one of the sauces. Add another layer of vegetables, and then another thin layer of a different sauce. Continue until you have layered all the vegetables and all the sauce into the pan. Bake at 425 for 20 to 30 minutes until top turns golden around the edges. Chill in the fridge for at least one hour prior to serving.

**VEGGIE PIZZA (wheat and dairy free) <sup>(2)</sup>**

1 gluten-free/dairy-free pizza crust (Sami's bakery millet/flax crust)  
 1 jar marinara/pizza sauce  
 1-2 cups thinly sliced red, yellow, &/or orange bell peppers  
 1 cup mushrooms, sliced  
 1-2 cloves garlic, chopped  
 ½ cup olives, chopped  
 ½ red onion, sliced  
 4 basil leaves  
 1 Tbs olive oil  
 ¼ tsp fresh dried thyme & oregano,  
 pinch sea salt & pepper

Preheat oven to 425 degrees F and position a rack in the middle of the oven. Bring large skillet to meat heat, add 1 Tbs olive oil, onions, peppers, garlic, dried herbs, salt & pepper and stir. Cook until soft 10-15 minutes. Top pizza crust with desired amount of marinara/pizza sauce and top with sautéed veggies. Place pizza either directly on oven rack or pizza stone. Bake for 15-20 minutes. Top with fresh basil and red pepper flakes, if desired.

## YELLOW CURRY NOODLES <sup>(2)</sup>

Serves 2

3 zucchini, peeled  
1 carrot  
¼ onion  
1 red bell pepper  
3 cups kelp noodles  
¼ cup raw sriracha sauce  
½ tablespoon garlic powder  
1 tablespoon curry powder  
4 garlic cloves  
¼ cup medjool dates  
1 limes  
¼ cup basil  
¼ cup cilantro  
1 ½ cups coconut milk (optional)  
1/8 teaspoon sea salt (optional)

Thinly slice the carrot, onion, red bell pepper, and spiralize 2 of the zucchinis. Set aside in a large bowl. Rinse the kelp noodles well and add to the sliced vegetables. Blend together the remaining zucchini, sriracha sauce, garlic powder, curry powder, garlic cloves, dates, and the juice of one lime until smoothly combined and slightly warmed. Pour the warmed curry sauce over the veggies and noodles. Serve topped with basil, cilantro, and lime juice.

### FOR THE COOKED VERSION

For cooked curry noodles, combine the cut vegetables, kelp noodles and curry sauce in a pot over medium heat. Add the coconut milk and sea salt. If you are only cooking half the recipe, you can half the amount of coconut milk if you want. Cook everything in the pot over medium heat for 10 to 15 minutes until the vegetables are tender and cooked through. Serve topped with basil, cilantro, and lime juice.

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## YELLOW COCONUT CURRY <sup>(1)</sup>

Makes 6 to 8 servings

1 small kabocha squash  
8 potatoes  
8 carrots  
1 tablespoon coconut oil  
3 onions, diced  
8 garlic cloves, minced  
2 tablespoons grated ginger  
2 tablespoons yellow curry powder  
3 cups coconut milk  
2 teaspoons honey  
1 ½ teaspoons salt  
½ cup cilantro  
1 lime  
Red pepper (optional)

Place the kabocha squash in a large pot and cover with water. Bring to a boil and cook for 5 to 7 minutes, until squash softens slightly. Drain and set aside to cool. Roughly dice the potatoes and carrots and set aside. When the squash is cool enough to handle, slice it in half and remove the seeds. Roughly dice the squash and return to the pot along with the carrots and potatoes. Add 2 inches of water to the pot and bring to a boil. Cover to steam, stirring occasionally. Add more water if needed. Steam until the vegetables are just cooked through.

For the curry, warm the coconut oil in a large pot. Add the onions and sauté over high heat until they are soft and fragrant (about 5 minutes). If needed, add water to prevent sticking.

Add the garlic, ginger, and curry powder to the onions, stirring frequently for 1 minute. Add the coconut milk, honey, and salt, and continue stirring. Add the vegetables and bring to a low simmer. Simmer for 10 to 15 minutes, until vegetables are tender. Serve the curry topped with cilantro, lime juice, and red pepper, if desired.

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**ZUCCHINI (or cucumber) NOODLE BOLOGNESE <sup>(5)</sup>**

4 large zucchini (or cucumber), peeled  
2 cups sun dried tomatoes  
2 cups tomatoes  
3 cups mushrooms  
1 tsp olive oil  
1 date  
2 garlic cloves  
¼ cup parsley  
2 leaves of basil  
1 tsp each of cumin and chili powder and poultry seasoning  
½ tsp each of sea salt, paprika  
1 pinch dried oregano

Turn the zucchini into noodles using a spiralizer, a julienne peeler or normal peeler. If using a normal peeler, pat noodles dry before portioning into bowls. Set aside 1 cup of mushrooms before combining all remaining ingredients in a food processor. Process until well combined into a thick sauce. Slice remaining mushrooms and stir in. Top zoodle bowls with a hearty portion of the sauce and enjoy.

## CONDIMENTS

### ALMOND BUTTER AND THYME DRESSING <sup>(2)</sup>

2 tbsp almond butter  
2 dates  
½ lemon  
2 cloves of garlic  
1 tsp thyme  
water to blend if needed

Blend until smooth.

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### ALMOND GINGER SAUCE <sup>(5)</sup>

1 inch ginger  
1 lime, juiced  
¼ cup almond butter  
1 large zucchini, peeled and cubed  
2 tsp raw honey  
¼ cup cilantro leaves  
2 garlic cloves  
½ tsp sea salt  
1 slice of jalapeño without seeds (optional)

Blend all sauce ingredients together until smooth. Use with Pad Thai recipe.

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### AVOCADO BASIL DRESSING <sup>(2)</sup>

½ avocado  
1 cup spinach  
½ cup orange juice  
½ cup basil

Blend until smooth.

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**AVOCADO CILANTRO DRESSING** <sup>(2) (3)</sup>

Serves 1-2

1 large avocado  
2 cups zucchini, peeled and diced  
2 medjool dates, pits removed  
¼ cup cilantro leaves  
½ lemon, juiced  
optional sea salt and pepper

Blend all ingredients until smooth, adding water as needed to desired consistency, about ½ cup. Enjoy over salad greens or as a dip with raw vegetables such as cucumber, cauliflower, or bell pepper.

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**BRAZIL NUT BASIL “ PARMESAN”** <sup>(7)</sup>

¼ cup Brazil nuts  
¼ teaspoon sea salt  
¼ teaspoon dried basil  
1 garlic clove

Place the Brazil nuts, sea salt, basil, and garlic into the blender or food processor and pulse briefly until small crumbles form.

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**CARAMEL DIP** <sup>(1)</sup>

Makes 1 to 2 servings

6 dates, pitted  
¼ teaspoon cinnamon

Blend the dates and the cinnamon with a splash of water until combined. (If working with dry, firm dates, soak them in water for 2 hours beforehand until they are softened.)

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**CASHEW CREAM** <sup>(5)</sup>

1 cup raw cashews  
½ lemon, juiced  
½ date, peeled  
1 inch green onion  
1 garlic clove

Blend until smooth.

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**CASHEW MOZZARELLA** <sup>(2)</sup>

1 ½ cups cashews  
1 ½ cups zucchini, peeled and diced  
1 date, seed removed  
1 garlic clove  
½ lemon, juiced

Blend all ingredients in a high speed blender until smooth. Add water by the spoonful only if needed to blend. Use for veggie lasagna or veggie pizza.

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**CASHEW “ SOUR CREAM”** <sup>(1)</sup>

Makes 6-8 servings

1 cup raw cashews  
½ lemon, juiced  
½ date, peeled, pitted  
1 garlic clove  
½ cup water

For the “sour cream”, blend all the ingredients until smooth, adding ½ cup water slowly (just enough to keep things moving).

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**CAULIFLOWER RICOTTA** <sup>(2)</sup>

1 large cauliflower, florets  
1/3 cup cashew cheese

Arrange florets on a baking tray lined with parchment paper. Roast at 425 degrees for 25 minutes until the tips turn golden brown and florets are tender but not mushy.

In a food processor, pulse cauliflower with 1/3 cup cashew cheese until well combined but still somewhat "grainy". Use with veggie lasagna or veggie pizza.

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### CILANTRO GUACAMOLE <sup>(2)(3)</sup>

1-2 ripe avocados, mashed with a fork  
 1-2 celery stalks, finely chopped  
 1 tomato, chopped  
 1 bunch of cilantro, chopped  
 1 bunch of scallions, chopped  
 1 lemon or 2 limes, squeezed  
 1 clove of garlic, minced  
 a pinch of sea salt and black pepper  
 optional: romaine lettuce leaves

Mix all the ingredients except the tomato and romaine together in a bowl. Add the chopped tomato and fold through gently. Serve the guacamole on romaine lettuce leaves, or as a dip with vegetable crudité's. Enjoy!

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### CILANTRO PESTO <sup>(1)</sup>

Makes 1 to 2 servings

2 cups packed cilantro  
 ¼ cup walnuts  
 ½ lemon, juiced  
 2 garlic cloves  
 2 tablespoons olive oil  
 1/8 teaspoon sea salt

Place all the ingredients in a food processor and process until well combined. Scoop the pesto into a small bowl and enjoy as a dip, salad dressing, or sauce.

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### CLEANSE BLENDED DRESSINGS <sup>(4)</sup>

-Fresh orange juice, avocado and garlic  
 -Lime juice, avocado, cilantro and garlic  
 -Tomatoes, papaya, scallions and Atlantic dulse

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### COCONUT WHIPPED CREAM <sup>(6)</sup>

Yields 3 cups

3 cups heavy coconut milk (from the separated cream on top of the can)  
 1 tablespoon lemon juice  
 4 tablespoons honey  
 1 pinch vanilla bean powder

In a medium bowl, whisk together all ingredients until combined. Place the bowl in the freezer for 30 minutes, whisking every 10 minutes. Use immediately.

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### CREAMY AVOCADO DIPPING SAUCE <sup>(1)</sup>

Makes 1 to 2 servings

1 avocado  
1 lime, juiced  
¼ cup cilantro  
¼ jalapeño  
½ medjool date  
½ cup water

Blend all the ingredients until smooth.

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### CREAMY CASHEW SAGE DRESSING <sup>(5)</sup>

¼ cup cashews  
1 cup zucchini, peeled and chopped  
½ lemon, juiced  
1 garlic clove  
1 large leaf of sage

Blend until smooth.

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### CREAMY TAHINI GINGER DRESSING <sup>(2)</sup>

1 tbsp tahini  
1 small peeled and chopped zucchini  
Juice of 1 lemon  
2 cloves of garlic  
2 dates  
1 inch piece of ginger

Blend until smooth.

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### CREAMY TOMATO GINGER SAUCE <sup>(5)</sup>

¼ cup tomato  
¼ cup orange juice  
2 tbsp raw hulled hemp seeds  
1 cup zucchini, peeled and diced  
½ inch jalapeño without seeds  
1 pinky tip sized piece of ginger  
2 dates  
1 garlic clove

Blend all ingredients in a blender until smooth.

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### **GARLIC CASHEW AIOLI** <sup>(7)</sup>

1 cup cashews  
2 tablespoons olive oil  
3 garlic cloves  
2 lemons  
¼ teaspoon sea salt  
½ to 1 cup water

Combine the cashews, olive oil, garlic, juice of two lemons, and sea salt in the blender with ½ cup of water. Blend until smooth for a thicker aioli. For a thinner consistency, continue to stream in another ½ cup of water while blending.

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### **GARLIC DATE SAUCE** <sup>(5)</sup>

6 dates  
2 garlic cloves  
1 tsp raw honey  
juice of ½ lemon  
¼ tsp each of paprika, horseradish root, mustard seed powder

Blend until smooth.

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### **GARLIC TAHINI SALAD DRESSING** <sup>(1)</sup>

Makes 1 to 2 servings

¼ cup raw tahini  
1 tablespoon olive oil  
2 garlic cloves  
2 medium dates (or 1 large date), pitted  
½ cup water

Place all the ingredients in a blender and blend until smooth. Pour over your favorite salad greens and enjoy.

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### **GINGER ALMOND BUTTER SAUCE** <sup>(5)</sup>

¼ cup cilantro  
2 tbsp almond butter  
1 date  
1 garlic clove  
1 quarter-sized slice of ginger  
½ lemon, juiced  
¼ cup water

Blend until smooth. For use with Kale salad.

### **GUACAMOLE AND VEGGIES** <sup>(5)</sup>

Serves 2

2 ripe avocados  
 ½ jalapeño without seeds, diced  
 ½ cup diced tomato  
 1 cup cucumber, diced  
 ¼ cup cilantro leaves  
 ½ lime, juiced  
 ½ lemon, juiced  
 1 clove garlic, minced

In a medium bowl, mash avocado with lime juice, lemon juice, garlic and jalapeño until slightly combined. Stir in cucumber, tomato, and cilantro. Serve alongside desired sliced veggies.

### **HUMMUS (OIL FREE)** <sup>(2)</sup>

4 cups cooked garbanzo beans  
 ½ cup tahini  
 4 cloves garlic  
 2 tbsp lemon juice  
 3 tsp cumin  
 1 ½ tsp sea salt  
 ½ cup water  
 Optional: 1/8 tsp paprika

In a food processor, combine the garbanzo beans, tahini, garlic, lemon juice, cumin and sea salt. Process until roughly combined. Continue processing while streaming in up to ½ cup of water until desired consistency is reached. If desired, served sprinkled with paprika. Enjoy!

### **KETCHUP** <sup>(2)</sup>

6 oz tomato paste  
 1/3 cup apple juice  
 2 tbsp lemon juice  
 2 tsp raw honey  
 ¼ tsp dried onion powder  
 ¼ tsp garlic powder  
 ¼ tsp dried oregano  
 pinch cayenne pepper or chili flakes (optional)  
 sea salt to taste (optional)

Whisk the ingredients together until smooth. Taste and adjust seasonings as desired.

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### LEMON DRESSING <sup>(1)</sup>

Makes 2 to 4 servings

½ cup lemon juice  
¼ cup olive oil  
2 tablespoons raw honey

For the dressing, blend the lemon juice, olive oil, and honey until smooth.

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### LEMON-HONEY DIPPING SAUCE <sup>(1)</sup>

Makes 2 to 4 servings

¼ cup olive oil  
¼ cup honey  
¼ cup lemon juice  
3 sage leaves

To make the dipping sauce, combine all the remaining ingredients in a small saucepan over high heat. Stir continuously until the sauce begins to thicken slightly, about 2 minutes. Remove from heat and serve immediately.

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### LEMON PESTO DIPPING SAUCE <sup>(5)</sup>

½ cup basil  
1 lemon, juiced  
2 zucchini, peeled and diced  
1 date  
1 garlic clove  
1 tsp olive oil  
2 tbsp hemp seeds

Blend lemon juice, zucchini, date, garlic, olive oil and hemp seeds with a splash of water until smooth. Pulse in basil gently at the end without over blending.

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### MACADAMIA CHEESE <sup>(2)</sup>

½ cup raw macadamia nuts  
½ lemon, juiced  
1 dime sized sliver of garlic  
½ tsp olive oil  
1 tsp raw honey

Blend macadamia nuts, lemon juice, olive oil, honey and garlic in the blender until smooth and creamy. Set aside in fridge to cool. Use in Figs with Macadamia Cheese and

Raw Honey recipe.

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### MACADAMIA PARMESAN <sup>(2)</sup>

1 cup of macadamia nuts  
1 clove of garlic  
1 pinch of sea salt

Place all ingredients into a food processor and pulse until crumbles are formed. Store in an air tight container in the fridge for up to one week.

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### MANGO SALSA <sup>(4)</sup>

Mangoes  
Tomatoes  
Celery  
Cucumber  
Cilantro  
Garlic

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### MANGO-TOMATO DIPPING SAUCE <sup>(1)</sup>

Makes 2 servings

1 cup diced mango  
1 cup diced tomato  
1 quarter- size slice ginger  
¼ inch slice of jalapeño (optional)

Blend until smooth.

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### MANGO TOMATO DRESSING <sup>(2)</sup>

1 cup mango  
1 cup cherry tomato or diced tomato  
½ cup orange juice  
Juice of 1 lime  
½ cup cilantro  
1 green onion  
¼ jalapeño (optional)

Blend until smooth.

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**MUSHROOM GRAVY** <sup>(5)</sup>

5 cups mushrooms  
1 onion, diced  
2 garlic cloves  
¼ cup sundried tomatoes  
½ tsp olive oil  
¼ cup Cauliflower Mashed Potatoes  
⅛ tsp or one dash each of thyme, sage, and rosemary

In a large pan, steam mushrooms, onion, garlic, sundried tomato, and herbs in 2 cups of water until tender. Place the mushrooms and broth into blender with ½ tsp olive oil and ¼ cup cauliflower mashed potatoes. Blend until smooth.

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**OIL-FREE PESTO** <sup>(2)</sup>

¼ cup pine nuts  
2 cups basil  
2 cups spinach  
½ lemon, juiced  
2 cloves garlic  
1 date  
¼ tsp sea salt

In a food processor, pulse all ingredients until well combined. Add water in a thin stream as needed up to ¼ cup. Pesto should be uniform but with some texture. Use with veggie lasagna.

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**ORANGE VINAIGRETTE** <sup>(5)</sup>

1 cup orange juice  
¼ cup olive oil (or less for a lighter dressing)  
2 tbsp honey

Blend until smooth.

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**PISTACHIO PESTO** <sup>(2)</sup>

1 ½ cups fresh basil  
 ½ cup cilantro  
 1 cup shelled pistachio nuts  
 2 -3 cloves garlic  
 ¼ cup olive oil or pistachio oil  
 1-2 teaspoons fresh lemon juice  
 Pinch of sea salt

Place all ingredients in a food processor or blender, and pulse until smooth. Pistachio Pesto is a delicious dip, spread, or topping for raw veggies, baked potatoes, steamed asparagus, rice pasta or crackers.

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**“RANCH” DRESSING** <sup>(7)</sup>

¼ cup Brazil nuts  
 ¼ cup cashews  
 6-inch piece of celery  
 1 garlic clove  
 1 tablespoon dried parsley  
 1 tablespoon fresh dill  
 ½ tablespoon garlic powder  
 ¼ teaspoon celery seeds  
 ¼ teaspoon sea salt  
 1 lemon  
 ½ cup water

Blend the Brazil nuts, cashews, celery, garlic clove, dried parsley, fresh dill, garlic powder, celery seeds, sea salt, and the juice of the lemon together until smooth. Slowly stream in ¼ to ½ cup of water, stopping when desired consistency is reached. Store the dressing in a small mason jar in the fridge for up to 3 days.

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**RAW CRANBERRY RELISH** <sup>(1)</sup>

Makes 2 to 4 servings

1 cup cranberries  
 2 cups roughly diced apple  
 ½ cup orange sections  
 ¼ teaspoon orange zest  
 4 tablespoons coconut sugar  
 3 mint leaves

Pulse-blend all the ingredients in a food processor until roughly combined. Store in the refrigerator for at least 30 minutes before serving.

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## RAW SRIRACHA<sup>(2)</sup>

Serves: 2-4

- 1 red bell pepper, stem removed
- 1 jalapeño
- 1 small tomato
- 4 dates
- $\frac{3}{4}$  cup sun-dried tomatoes
- 4 cloves garlic
- $\frac{1}{2}$  lemon, juiced
- 1 tbsp honey
- $\frac{1}{4}$  tsp red pepper flakes (adjust to taste)

Combine all ingredients in a food processor and process until well combined. If using sun-dried tomatoes that are very dry, soak for 30 minutes prior in cool water. Adjust red pepper to reflect desired heat. Enjoy! Stores well in the fridge for approximately 5 days

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## SALSA<sup>(1)</sup>

Makes 2-4 servings

- 1  $\frac{1}{2}$  cup diced tomato
- 1 cup diced cucumber
- $\frac{1}{4}$  cup diced onion
- $\frac{1}{4}$  cup minced cilantro
- 1 garlic clove, minced
- 1 lime, juiced
- $\frac{1}{8}$  cup minced jalapeño
- $\frac{1}{8}$  teaspoon sea salt
- $\frac{1}{8}$  teaspoon cayenne (optional)

Combine all the ingredients in a small bowl.

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## STRAWBERRY-DATE SAUCE<sup>(1)</sup>

Makes 2 to 4 servings

- 1 cup strawberries
- 1 cup dates, pitted

Blend until smooth

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## SUN-DRIED TOMATO ARTICHOKE DIP <sup>(7)</sup>

Makes 2 servings

- 2 cups steamed artichoke hearts
- $\frac{3}{4}$  cup oil- free sun- dried tomatoes, soaked in hot water for 5 minutes
- 2 tablespoons raw or regular tahini
- 1 cup loosely packed parsley
- 2 garlic cloves
- 1 lemon
- $\frac{1}{4}$  teaspoon sea salt

Vegetables of your choice for dipping (such as bell pepper, cucumber, cauliflower, radishes, asparagus) or stuff into a baked potato. Place the artichoke hearts, sun-dried tomatoes, tahini, parsley, garlic cloves, juice of the lemon, and sea salt into a food processor. Process the ingredients together until well combined. Serve the artichoke dip alongside any vegetables of your choice!

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## SWEET AND SPICY MANGO SALSA <sup>(2) (3)</sup>

Serves 1-2

- 2 cups mango, diced
- 2 cups tomatoes, diced
- 1 cups avocado, diced
- $\frac{1}{2}$  cup onion, minced
- 2 tbsp orange juice
- 1 lime, juiced
- $\frac{1}{4}$  cup cilantro leaves, minced
- 1 tbsp jalapeno, minced
- 1 tsp cumin
- optional dash of cayenne
- optional sea salt and pepper

Add all ingredients to a medium bowl and mix together until well combined. Enjoy with raw vegetables or Sami's brand millet-flax crackers, or scooped into lettuce leaves.

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## TZATZIKI SAUCE <sup>(5)</sup>

Serves 1-2

- 1 cup cucumber, chopped
- $\frac{1}{2}$  cup young coconut meat
- 1 garlic clove
- 1 lemon, juiced
- 1 tbsp dill, chopped

Blend cucumber, coconut meat, garlic, lemon juice and dill until smooth. Add water only

if needed. Serve with sliced cucumbers.

### VEGGIE HUMMUS <sup>(2)</sup>

2 cups of raw zucchini, peeled and chopped

1 clove of garlic, minced

1 teaspoon of cumin

2 tablespoons of lemon juice

½ cup tahini

Optional: red pepper flakes, sprig fresh dill, basil, or cilantro, sea salt

Optional wrap: romaine lettuce leaves, tomato, sprouts, and scallions

Optional veggies: chopped cucumber, cauliflower, broccoli, asparagus, sweet potato, bell pepper, etc

Blend the zucchini, garlic, cumin, lemon juice and tahini together on high until very creamy. Taste and add optional red pepper flakes, dill basil or cilantro if desired. You can also add sea salt if you like. Serve with raw veggies as a dip. Alternatively, place in romaine lettuce leaves and top with tomato, sprouts, and scallions for delicious wraps.

## DESSERTS

### APRICOT BARS <sup>(1)</sup> <sup>(3)</sup>

Makes to 2 to 4 servings

- 1 cup dried apricots
- ½ cup dates, pitted
- ½ cup almonds
- ¼ cup coconut

Place all the ingredients in a food processor and process until well combined. Line a baking tray with parchment paper and press the mixture into a large, flat rectangle about half an inch thick. Chill in the freezer for at least 30 minutes before cutting into bars. Store the bars in the refrigerator for up to 1 week or in an airtight container in the freezer for up to 1 month. Alternatively roll into balls and into coconut flakes.

### APRICOT BLISS BITES <sup>(2)</sup>

- 1 cup organic dried apricots
- ½ cup almonds
- ½ cup organic coconut flakes
- 3 tsp grated orange zest
- ½ tsp finely grated ginger
- 1 tbsp orange juice
- ½ tsp cinnamon
- 4 tbsp crushed almonds and/or coconut flakes for rolling

Pulse the almonds in a food processor until they break down into small pieces. Remove. Pulse the dried apricots (organic is important for most dried fruits) in the food processor to break them down also. Add the rest of the ingredients except the 4 tbsp of crushed almonds and coconut into the food processor with the apricots. Process until the mixture sticks together and forms a ball. Take a small amount of mixture and roll it into a small ball. Repeat this process until you have used all of the mixture. You may wish to put a little water on your hands to prevent too much sticking. Roll each ball in the crushed almond and/or coconut flakes to coat. Serve on a plate and watch them go in lightning speed!

## BANANA CREAM PIE <sup>(6)</sup>

Yields 1 deep-dish pie

2 cups cashews  
 ½ cup cashew butter  
 ½ cup + 2 tablespoons honey, divided  
 1 cup unsweetened shredded coconut  
 6 bananas, divided  
 2 ½ ounces irish moss, soaked overnight  
 ½ cup water  
 1 tablespoon lemon juice  
 ½ cup heavy coconut milk (from the separated cream on top of the can)  
 ½ teaspoon vanilla bean powder

For the crust, place the cashews, cashew butter, ¼ cup of the honey and the shredded coconut into the food processor and process until well combined. Press the crust firmly into the bottom and up the sides of a deep-dish pie pan. Place in the freezer for 30 minutes.

To make the filling, place the irish moss in the blender with ½ cup of water and 1 tablespoon of lemon juice. Blend until smooth. Add to the blender 4 bananas, 6 tablespoons of honey, vanilla bean powder, and heavy coconut milk. Blend until smooth.

Slice the remaining 2 bananas and arrange at the bottom of the pie crust. Pour the blended filling into the crust. Chill in the fridge for at least 2 hours prior to serving.

## BANANA MINT ICE CREAM <sup>(2)</sup>

4 peeled, chopped and frozen bananas  
 1 tsp fresh mint leaves, finely chopped  
 2 tsp barley grass juice powder

Place your peeled, chopped and frozen bananas in a food processor or high-speed blender. Process/blend until you get an ice cream consistency like a soft serve. This will take a few minutes. You can move the bananas around a few times to help them break down. If you are using a blender, you may need to add a few tablespoons of water but add as little as possible. Once you have turned the bananas into ice cream, add the chopped mint and barley grass juice powder. Process again for a few seconds. Serve and eat immediately, or place your ice cream in the freezer for 15 to 30 minutes to firm up if you prefer a firmer consistency.

## BANANA NICE CREAM (with caramel date sauce) <sup>(5)</sup>

Serves 2-4

4 frozen bananas  
6 dates  
¼ cup water  
¼ tsp cinnamon

Blend dates, water and cinnamon until smooth. Set aside. In a food processor, process 4 frozen bananas into “ice cream.” Add a splash of water if needed but use as little as possible. Serve topped with caramel date sauce and enjoy!

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## CARAMEL FUDGE SQUARES <sup>(2) (5)</sup>

2 cups dates  
¼ cup tahini  
1 inch piece of vanilla bean  
½ tsp cinnamon

In a food processor, combine all ingredients until a large smooth ball is formed. Line a brownie pan with plastic wrap or parchment paper and press fudge batter out until smooth and even. Cover and place in freezer for 2 hours or overnight. To serve, remove from freezer, cut into squares and sprinkle with sea salt. Best served cold and stored in the freezer.

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## CINNAMON-BAKED PEARS WITH TOASTED WALNUTS <sup>(1)</sup>

Makes 2 to 4 servings

4 pears, any variety  
2 tablespoons maple syrup  
¼ cup chopped walnuts  
½ teaspoon cinnamon

Preheat the oven to 350 ° F. Slice the pears in half lengthwise and remove the seeds. Arrange the pear halves face up on a baking tray. Drizzle each pear half with maple syrup, brushing over the face of the pear and leaving some inside the center. Divide the walnuts evenly into the centers of the pears and sprinkle cinnamon over the top of each. Bake for 20 to 30 minutes, until the pears are tender and cooked through. Serve warm from the oven and enjoy!

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## DEEP DISH ROSEMARY APPLE PIE <sup>(6)</sup>

Yields one deep-dish pie

3 cups walnuts  
 6 cups dates, divided  
 1 cup of unsweetened shredded coconut  
 2 tablespoons rosemary leaves  
 ½ teaspoon of sea salt  
 10 apples  
 2 tablespoons lemon juice  
 2 tablespoons honey  
 2 tablespoons coconut milk  
 ½ teaspoon cinnamon  
 ½ teaspoon vanilla bean powder

For the crust, place the walnuts, 4 cups of the dates, the shredded coconut, rosemary leaves and sea salt into the food processor and process until combined. Press the crust mixture into the bottom and up the sides of a springform cake pan\* and place the crust in the freezer for 30 minutes.

Very thinly slice the apples using a mandoline or knife. It should yield approximately 8 cups of apple slices. Place the apple slices into a medium bowl. Blend together the remaining 2 cups of dates, lemon juice, honey, coconut milk, cinnamon and vanilla until smoothly combined into a “caramel sauce”. Pour the “caramel sauce” over the apple slices. Toss the apple slices gently to combine. Place apple filling in the fridge to soak for 30 minutes or overnight.

Using a slotted spoon, scoop the apple slices into the pie, allowing excess moisture to drain away. Fill the pie to the top of the crust with apples and then press down gently to make sure the pie is tightly packed. Serve and enjoy!

## FIGS WITH MACADAMIA CHEESE AND RAW HONEY <sup>(2)</sup>

2 lbs of fresh figs, any variety  
 ½ cup raw macadamia nuts  
 ½ lemon, juiced  
 1 dime sized sliver of garlic  
 ½ tsp olive oil  
 1 tsp raw honey  
 1 sprig fresh rosemary  
 Additional raw honey for drizzling

To make the macadamia cheese, blend macadamia nuts, lemon juice, olive oil, honey and garlic in the blender until smooth and creamy. Set aside in fridge to cool. Mince 1 tsp fresh rosemary. Slice figs and arrange on plate. Top with a dollop of macadamia cheese and a sprinkle of rosemary. Finish with a drizzle of raw honey and enjoy!

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## HONEY-COCONUT ICE CREAM <sup>(1)</sup>

Makes 2 to 4 servings

- 1 cup almonds
- 2 dates, pitted
- ¼ inch vanilla bean, split lengthwise
- 1 ½ cups coconut cream (from approximately 2 13.5 ounce cans of refrigerated full-fat coconut milk)
- ⅛ teaspoon sea salt
- ⅛ cup raw honey
- ¼ cup chopped almonds (optional)

First, make the almond milk by blending the almonds, dates, and scraped seeds from the vanilla bean with 2 cups of water until smooth. Strain the mixture through a nut milk bag or cloth and set aside. Then, open the cans of coconut milk, being careful not to shake them. Separate off the heavy cream from each can. In a medium bowl, mix the coconut cream with 1 cup of almond milk, sea salt, and raw honey until combined. Pour into the bowl of an ice cream maker and process according to the manufacturer's instructions. Serve the ice cream topped with chopped almonds, if desired, and a drizzle of raw honey. Without an ice cream maker, freeze the mixture in a bowl and stir every 30 minutes until set.

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## KEY LIME PIE <sup>(6)</sup>

Yields eight mini mason jar pies or two 9-inch pies

- 3 cups dates
- 2 cups macadamia nuts
- ½ teaspoon vanilla bean powder, divided
- ¼ teaspoon sea salt
- 3 ounces irish moss (soaked overnight)
- ½ cup water
- ¾ cup lime juice
- 1 avocado
- 1 banana
- ¼ cup heavy coconut milk (from the separated cream on top of the can)
- ¼ cup + 2 tablespoons maple syrup
- 1 cup of coconut whipped cream

For the crust, place the dates, macadamia nuts, ¼ teaspoon of the vanilla bean powder and ¼ teaspoon salt into the food processor and process until well combined. Press the crust mixture into the bottom of eight 8-ounce mason jars. (May also substitute 2 9-inch pie tins.)

For the key lime filling, blend the irish moss with the water and lime juice until smooth. Add the avocado, banana, heavy coconut milk, maple syrup and . teaspoon of vanilla bean powder. Blend until smooth. Pour the key lime filling into the mini mason jars up to about ½ inch from the top. Allow to chill in the freezer for 20 minutes until slightly

firmed up. Top each of the jars with coconut cream and place into the fridge for 3 hours or more prior to serving.

### LEMON SORBET <sup>(1)</sup>

Makes 3 to 4 servings

- ¾ cup honey
- 3 sage leaves
- 1 ½ cups water
- 1 cup fresh- squeezed lemon juice (from about 6 lemons)
- 1 tablespoon lemon zest

Combine the honey, sage leaves, and 1 ½ cups water in a small saucepan. Warm over medium heat until the honey dissolves completely. Add the lemon juice and zest. Stir well and cool in the refrigerator. Remove the sage leaves and discard. Place the remaining mixture in an ice cream machine and process according to the manufacturer's instructions. If you don't have an ice cream machine, place the mixture in a bowl and set in the freezer; stir well every 30 minutes until the desired consistency is reached.

### MANGO TART <sup>(6)</sup>

Yields one 8-inch tart

- 2 cups dates
- 2 cups mulberries
- ½ teaspoon of lime zest
- 3 cups of diced mango
- 1 tablespoon of lime juice
- ⅛ teaspoon curry powder (optional)

For the crust, place the dates and mulberries into the food processor and process until well combined. Press the crust mix firmly into the bottom of an 8-inch tart pan. Place the tart pan in the freezer for 30 minutes.

To make the filling, blend the mango, lime juice and (if you're feeling adventurous) the curry powder together until smooth. Pour the blended mango filling into the pie crust and allow to set in the freezer for 15 more minutes.

### MELON POPSICLES <sup>(2)</sup>

Makes 6 - 8 popsicles

- 6 cups any variety of melon
- 1 tablespoon raw honey (optional)

Blend together 6 cups of melon of choice and the optional tablespoon of raw honey until smooth. Strain through a nut milk bag or fine sieve. Pour into popsicle molds and freeze for 2 hours or until frozen solid. Enjoy!



### MINI LAVENDER COCONUT CREAM PIES <sup>(6)</sup>

Yields four 4-inch mini pies

- 2 cups cashews
- 1 cup unsweetened shredded coconut
- 2 ½ cups dates
- ½ tablespoon dried lavender\*
- 4 cups coconut whipped cream
- 4 drops lavender essential oil (optional)

For the crust, place the cashews, shredded coconut, dates, and dried lavender into the food processor and process together until well combined. Press the crust mix into the bottom of a 4 mini pie pans.\* Place the crusts in the freezer for 30 minutes.

In a metal bowl, whisk together the coconut cream and lavender oil until smooth. Fill each pie crust with coconut cream and allow to set in the freezer for ten more minutes before serving. The dried lavender and lavender essential oil need to be food grade. A regular 9-inch pie tin may be used in place of mini pie pans.

### MIXED BERRY PIE <sup>(6)</sup>

Yields one 9-inch pie

- 2 cups walnuts
- 1 cup unsweetened shredded coconut
- 3 cups dates
- 6 cups mixed berries (raspberries, strawberries, blackberries, blueberries)
- 2 tablespoons of honey
- 2 tablespoons of lemon juice
- 1 cup of coconut whipped cream
- ¼ teaspoon lemon zest (optional)

For the crust, place the walnuts, shredded coconut, and dates into the food processor and process until well combined. Press the crust mix into a 9-inch pie pan and place the crust in the freezer for 30 minutes.

In a small bowl, whisk together the lemon juice and the honey until well combined. Place all of the berries into a large bowl and toss gently to combine with the lemon juice and honey mixture. Pour the coated berries into the pie shell. Serve topped with coconut cream and lemon zest as desired and enjoy!

## PEACH PIE WITH MINT AND HONEY <sup>(6)</sup>

Yields one 9-inch pie

3 cups dates  
1 ½ cups unsweetened shredded coconut  
5 mint leaves  
½ teaspoon lemon zest  
6 large peaches  
4 tablespoons honey  
2 tablespoons lemon juice

For the crust, place the dates, shredded coconut, mint leaves and lemon zest into a food processor and pulse until well combined. Press the crust mix firmly into the bottom of a 9-inch pie pan. Place the crust in the freezer for 30 minutes.

Peel and slice all 6 of the peaches into a medium bowl. In a small bowl, whisk together lemon juice and honey until combined. Pour over the peaches and toss gently to coat. Arrange the peaches in the pie crust and serve!

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## POMEGRANATE BARK <sup>(1)</sup>

Makes 4 to 6 servings

10 ounces bittersweet chocolate chips (at least 60 percent cacao)  
¼ cup coconut oil  
¼ cup maple syrup  
2 cups pomegranate seeds

Stir the chocolate chips and coconut oil in a saucepan over low heat until the mixture is melted and combined. Add the maple syrup. Spread an even layer of melted chocolate on a baking tray lined with parchment paper. Press the pomegranate seeds firmly into the chocolate layer. Place in the freezer and allow to set for at least 30 minutes. Break apart and enjoy!

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**PUMPKIN PIE** <sup>(6)</sup>

Yields one deep-dish pie

1 cup almonds  
 1 cup pecans  
 4 cups dates, divided  
 ¼ teaspoon vanilla bean powder  
 ¼ teaspoon cinnamon  
 1 cup canned pumpkin  
 2 bananas  
 ¼ cup heavy coconut milk (from the separated cream on top of the can)  
 ¼ teaspoon vanilla bean powder  
 1½ tbs pumpkin pie spice

For the crust, place the almonds, pecans, 3 cups of the dates, vanilla bean powder, and cinnamon into the food processor and process until well-combined. Firmly press the crust into a deep-dish pie pan and freeze for 30 minutes.

In a blender, combine the remaining dates, pumpkin, bananas, coconut milk, vanilla bean powder, and pumpkin pie spice and blend until smooth. Pour the filling into the pie crust and allow the pie to rest in the freezer for another 30 minutes. Serve topped with coconut whipped cream as desired.

**RASPBERRY JAM TART** <sup>(6)</sup>

Yields one 10-inch tart

5 cups dates, divided  
 2 cups dried mulberries  
 4 cups raspberries, divided  
 ¼ cup lemon juice

For the crust, place 4 cups of the dates and the dried mulberries in the food processor and process until well combined. Press the crust mix evenly into the bottom of an 10-inch tart pan. Place the crust in the freezer for 30 minutes.

Blend 2 cups of raspberries, 1 cup of dates and ¼ cup of lemon juice until smoothly combined. Pour into the tart crust. Top with the remaining raspberries and chill in the fridge for 30 minutes prior to enjoying!

This tart stores in the fridge for 3 days. The crust will keep in the freezer for up to 4 weeks.

## RASPBERRY THUMBPRINT COOKIES <sup>(7)</sup>

Makes 4 to 6 servings

1 cup plus 2 tablespoons almond flour  
 ½ teaspoon baking soda  
 ½ teaspoon sea salt  
 ½ cup tahini  
 ½ cup coconut sugar or maple sugar  
 ½ teaspoon alcohol- free vanilla extract  
 ½ cup white sesame seeds  
 ½ cup raspberry jam (clean without harmful ingredients or preservatives)  
 Or homemade raspberry filling made by mashing raspberries with raw honey or maple syrup

Preheat the oven to 350°F. Whisk together the almond flour, baking soda, and sea salt in a mixing bowl and set aside. Process together the tahini, coconut sugar, and vanilla extract in a food processor until smoothly combined. Add the almond flour mixture to the food processor and pulse until well combined. If mixture is still crumbly, add water by the tablespoon as needed until smooth dough forms. Form the dough into 1-inch balls and roll them in the sesame seeds before placing them onto a baking tray lined with parchment paper. Leave at least 2 inches between the cookies. Press a thumbprint into the center of each cookie and place the cookies into the oven. Bake the cookies for 8 to 10 minutes. Remove the cookies from the oven and fill each one with 1 teaspoon of raspberry jam. Place the cookies on a wire rack to cool.

## RAW WILD BLUEBERRY PIE <sup>(1)</sup>

Makes 4 to 6 servings

⅓ cup cashews  
 ⅓ cup unsweetened shredded coconut  
 4 cups dates, pitted  
 20 ounces frozen wild blueberries, thawed  
 1 mango, diced

For the crust, process the cashews, coconut, and 3 cups of dates in a food processor until thoroughly combined and smooth. Press the crust into a 9-inch pie dish. Cover and refrigerate. For the filling, process half of the wild blueberries, the remaining cup of dates, and the mango in a food processor until smooth. Stir in the other half of the blueberries. Pour the filling into the pie crust and allow to set in the refrigerator for at least 40 minutes. Serve the pie cold and enjoy!

**ROSEMARY APPLE PIE BITES** <sup>(5)</sup>

Makes 12 mini pies

2 cups apple, roughly diced  
1 cup apple, finely diced  
3 cups dates  
½ cup walnuts  
1 lemon, juiced  
½ cup young coconut meat  
1 tsp rosemary  
½ tsp ginger  
¼ tsp sea salt  
¼ tsp cinnamon

For the crust, process ½ cup walnuts with 2 cups dates, sea salt, and rosemary. Line a mini cupcake pan with plastic wrap and press the crust into each mold to form little pie cups. Cover and place in freezer. For the filling, pulse 2 cups roughly diced apple, 1 cup dates, ½ lemon juice, ginger, and cinnamon in the food processor until combined. Stir in 1 cup finely diced apple. Spoon mixture into each pie cup. For the coconut cream topping, blend young coconut meat and ½ lemon juice until smooth. Top each pie with a spoonful of coconut cream and a sprinkle of chopped rosemary. Enjoy!

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**STRAWBERRY BANANA POPS** <sup>(2)</sup>

2 ripe bananas  
2 cups strawberries (fresh or frozen)  
1/2 cup orange or pineapple juice

Blend all the ingredients together until smooth. Pour into popsicle molds and add possible stick and lids. Freeze overnight. Eat and enjoy!

**STRAWBERRY PISTACHIO PIE** <sup>(6)</sup>

Yields one 9-inch pie

- 1 ½ cups pistachios
- 2 cups dates
- ½ cup unsweetened shredded coconut
- ¼ teaspoon sea salt
- ½ teaspoon lemon zest
- 7 large leaves of basil (optional)
- 6 cups strawberries
- 4 tablespoons of honey
- 2 tablespoons lemon juice

For the crust, place the pistachios, dates, shredded coconut, sea salt, lemon zest and basil leaves into the food processor and process until well combined. Press the crust mix into the bottom of a 9-inch pie pan. Place the crust in the freezer for 30 minutes.

Slice strawberries in half and place into a large bowl. Toss gently with lemon juice and place into the fridge for 20 minutes. Remove strawberries from the fridge, drain off excess liquid, toss gently with honey. Pour the strawberries into the pie crust and serve topped with extra honey if desired.

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**WILD BLUEBERRY AND COCONUT POPSICLES** <sup>(2) (3)</sup>

- 2 cups wild blueberries\*
- 2 cups plain unsweetened coconut yogurt
- 1/4 - 1/2 cup raw honey

If you can't find wild blueberries in your freezer section at your supermarket than regular blueberries can be substituted. Mix the wild blueberries and raw honey in a bowl together. (You can also pulse them in a blender, if desired). Assemble the popsicles by alternating a little scoop of the coconut yogurt with a little scoop of the wild blueberry mixture into each popsicle mold, repeating as desired until you've reached the top. Swirl gently with a spoon to give the popsicles a slightly mixed effect. Add popsicle sticks and/or lids and freeze overnight.

## WILD BLUEBERRY BANANA ICE CREAM <sup>(7)</sup>

Makes 2 servings

- 3 large frozen bananas
- 2 cups defrosted wild blueberries, divided
- 2 tablespoons raw honey (optional)

Place 1 cup of thawed wild blueberries and their liquid into the food processor along with 2 tablespoons of raw honey if desired. Pulse 5 times until just combined. Many of the berries should still be whole. Set this sauce aside.

Roughly chop the bananas and place them into a food processor along with the remaining cup of wild blueberries. Process until a smooth soft-serve ice cream forms. If desired, you can place the ice cream into the freezer to harden for 2 hours before scooping it out.

Serve the ice cream in individual bowls and top with the wild blueberry sauce. Enjoy!

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## WILD BLUEBERRY TARTS <sup>(2) (3) (5)</sup>

Serves 4-6

Crust:

- 2 cups dates
- 1 cup mulberries
- ¼ cup shredded coconut
- 2 tbsp almonds

Filling:

- 1 cup frozen wild blueberries
- 1 cup mango
- 1 cup dates

Process crust ingredients in a food processor until well combined. Line a mini cupcake tray with plastic wrap and press crust into each mold. Spoon filling into each cup and top with a blueberry. Place in the freezer to set for 1-2 hours.