

The Detox & Clean Eating Recipe Book



Contents:

Appetizer & Small Bites:	1-6
Soups & Stews:	7-14
Salads:	15-21
Sandwiches, Hand Held Meals:	22-24
Breakfast & Brunch:	25-29
Pastas:	30-32
Vegan Entrees:	33-37
Meat Entrees	38-44
Side Dishes:	45-48
Desserts:	49-50
Breads, Cookies & Treats	51-58
Sauces & Salad Dressings	59-62

Fresh Pea, Avocado, & Mint Dip



Makes one small bowl:

1 avocado

1/2 a cup of peas

4 brazil nuts (can substitute almonds, pistachios, walnuts, etc)

2 – 3 tablespoons of water

a handful of fresh mint leaves

1 juicy lime or lemon, 2 if they're not very juicy

1 tablespoon of apple cider vinegar

Salt to taste

First rinse the peas with warm water, letting them defrost for a minute. They don't need to be cooked but the dip is way too cold if you use totally frozen peas!

Then juice the lime before adding all of the ingredients to a food processor, it should take 2-3 minutes for a beautifully smooth consistency to form.

Then slather over toast, crackers, put in a pot and dip endive leaves or your veggies in

Sweet Potato Hummus



- 1 cup oven-baked sweet potato or yam (skin removed)
- 1 1/2 cups garbanzo beans, drained
- 2 Tbsp apple cider vinegar
- 2 Tbsp tahini
- 4 Tbsp grape seed oil (or olive oil, walnut oil..)
- 1/3 cup nutritional yeast (optional)
- 1-2 tsp agave or maple syrup
- Optional: 1/4 cup citrus juice (orange, grapefruit, etc.) - for a zesty sweet accent of flavor!
- salt and spice to taste*

Add all the ingredients to a food processor. Pulse or blend until smooth. For chunkier hummus - pulse the mixture and keep a few of the beans half-chopped instead of pureed. Or go with a full on puree for creamier hummus.

Simple Raw Nut Cheese



Serves 12

1 cup raw cashews (soaked)
¼ cup filtered water
¼ cup nutritional yeast
2 Tbs. lemon juice
2 cloves garlic
2 Tbs. white wine (wine you'd drink) or use 1 Tbs. raw apple cider vinegar
1 Tbs. dijon mustard
sea salt and pepper to taste

Simply add all ingredients into your Vitamix or high speed blender and blend until thick and creamy.

It will be the consistency of thawed or stirred cream cheese.

This will further harden after it's been chilled.

Store in the refrigerator for up to 5-7 days.

Enjoy!

Asian Inspired Quinoa Blini



3/4 cup cooked quinoa

1/4 teaspoon baking powder

1/4 teaspoon salt

2 eggs

1/2 cup toasted nori flakes, strips, or small broken up pieces of nori

1 scallion, sliced on the bias

1/3 cups julienned bok choy, Chinese broccoli or other green vegetable

NOTE: diced red bell pepper, sliced asparagus, and other vegetables can be substituted or incorporated

Coconut oil for cooking

Preheat a griddle to medium high heat. Mix all the ingredients but the coconut oil in a mixing bowl. Lubricate the griddle with a generous coat of coconut oil and cook the blini immediately by using a teaspoon to spoon mini pancakes onto the griddle. Cook as you would a pancake, flipping after one side is cooked enough to flip it over without breaking it. The mixture will want to separate a little bit so you might need to mix it a little before each spoonful on the griddle. Serve topped with smoked salmon or trout, sautéed mushroom, caramelized onion, kimchi, roasted pepper compote, tuna sashimi, or other detox friendly topping.

Delicata Squash Fries



1 medium sized delicata squash
Olive, grapeseed or coconut oil
Mineral salt
Sriracha (or sugar free condiment for the detox)

Wash and dry your squash. Trim ends off. Cut squash in half lengthwise, scrap out seeds and cut into 1/4 - 1/2 inch thick slices. Roast your squash 1 of 2 ways:

1. Oven: Preheat oven to 500 degrees f. . Place squash on baking sheet, or two if needed, and use just enough oil to lightly coat squash on both sides. Spread squash in an even layer so as to not touch. Sprinkle with mineral salt. Bake for 10 minutes. Remove from oven, using tongs or spatula flip squash over, bake another 8 - 10 minutes, or until both sides are nicely browned.

2. Broiler: Set broiler to medium. Place squash on a baking sheet, use just enough oil to lightly coat squash on both sides. Spread squash in an even layer so as to not touch. Sprinkle with mineral salt. Place under broiler and cook for about 6 minutes. Flip squash over using tongs or spatula, bake another 2 - 4 minutes, or until both sides are nicely browned. Once you flip be sure to keep an eye on them so they don't burn and overcook. (This method may take 2 or 3 batches to complete depending on the size of your broiler)

Serve with sriracha. Feel free to use any condiment you like. YES you can eat the skin!

Detox Broccoli & Pea Potage



- 1 tbsp. olive oil
- ¼ cup chopped green onions
- 1 shallot, finely chopped
- 1 lb. broccoli, cut into florets
- 1 tbsp. fresh thyme leaves
- ¼ tsp. salt
- ½ tsp. ground black pepper
- 3 cups vegetable broth (homemade preferred)
- ¾ cup fresh shelled English peas (or frozen peas, thawed)
- ¾ cup cooked green or brown lentils
- 1-2 cups fresh spinach, cleaned, stems removed, and torn into smaller pieces

Heat oil in large saucepan over medium-high heat until hot. Add green onion and shallots and cook 3-5 minutes, stirring frequently. Add broccoli, thyme, salt and pepper, and sauté 5 minutes. Add broth and bring to a boil. Add peas and lentils. Cook an additional 5-10 minutes, or until vegetables are tender. Cool slightly. Add spinach to soup pot.

Working in batches, puree soup in blender or food processor until smooth and creamy.

Return soup to pot, and heat over low until soup is hot.

Taste for salt and pepper, adding more as desired. Serve hot.

Potassium Balancing Detox Soup



2 medium zucchini
2 kale leaves
1-2 scallions
1 carrot
1-2 stalks of celery
½ lb fresh green beans
½ bunch fresh parsley
1 moderate handful of cilantro
1-2 fresh tomatoes or 1 can organic diced tomatoes
1-2 cloves garlic
1 ½ tablespoon Bragg's liquid aminos or tamari
1 tablespoon seaweed flakes or 1-2 sheets nori, broken into pieces
1 tablespoon teff seeds or amaranth seeds, optional
Sliced avocado for garnish

Wash the veggies (zucchini through garlic) and then pulse each through the food processor until it's finely chopped. You can hand cut the larger vegetables (like the zucchini and the carrots) for texture variety if you want. Be sure to include the kale stems; they contain all the potassium in the kale. Reserve a little cilantro for garnishing, if desired. Put all the veggies in a stock pot and cover with four cups of filtered water. Add the tamari or Bragg's, seaweed, and the teff or amaranth seeds, if using. Bring to a gentle boil, then lower the heat, cover, and let simmer gently for 30 minutes. Try not to boil briskly. The hotter the cooking process, the more detrimental it is to the nutritional value of the foods. Also, try not to cook longer than 45 minutes max for the same reasons. Serve in bowls with sliced avocado on top. Enjoy!!

Raw Tomato Soup



Serves 6-8

4 pounds ripe tomatoes 1 teaspoon cane sugar (optional) Pinch of salt (optional) Drizzle of extra virgin olive oil Tiny leaves of fresh basil One hand grind of black pepper

Pour enough boiling water over the ripe tomatoes in a bowl to cover them. After a minute drain them, rinse in cold water and slip off their skins. Chop roughly and transfer the flesh in batches into a sieve - then simply push the flesh through the sieve into a bowl with the back of a wooden spoon, wiping the underside of the sieve to ensure all the tomato pulp goes into the bowl. Occasionally you will need to remove the seeds and pith that have accumulated in the sieve. You will have a soft, pure, pale red liquid; add a teaspoon of cane sugar if your tomatoes are not very ripe, and a good pinch of salt. Keep at cool room temperature, so as not to destroy the exquisite aroma and flavor, stir to mix and serve in small bowls. Add just a drizzle of extra virgin olive oil and some tiny leaves of fresh basil; hand round a pepper mill. Lemon zest would also be great as a garnish!

Vegan 3 Bean, Kale & Chipotle Chili



- 1 dried chipotle pepper (or ancho)
- 1 red, 1 yellow and 1 green bell pepper, diced
- 1 yellow onion, diced
- 1 bunch kale, stems & leaves finely chopped (separately)
- 2-4 cloves garlic, chopped
- 28-oz can fire roasted crushed tomatoes
- 1 can (15oz) each: black beans, kidney beans, pinto beans
- 2 tbsp. chili powder

Bring 3 cups water to a boil. Remove from heat and place dried chipotle pepper in hot water and allow to re-hydrate. Place a large soup pot on the stovetop over medium-high heat. Add 1teaspoon olive oil, chopped bell peppers, onion, garlic, kale stems and leaves, and cook for 10 minutes stirring occasionally. Remove and discard seeds and stem from the rehydrated chipotle (option to reserve a few seeds as desired for added heat). Place chipotle in a blender with the boiling water and blend until smooth, adding seeds as desired (do so gradually and taste for heat before adding to chili — a few seeds can add a lot of heat!). Add pureed chipotle and water to sautéed veggies. Add 28-ounce can of fire roasted diced tomatoes, 2 tablespoons chili powder and 3 cans of rinsed and drained beans. Bring to a boil then lower heat to low-medium, stirring occasionally and adding water or broth as needed. Continue to cook for 30 minutes, up to 1 hour. Season to taste with additional chili powder, salt and pepper. Note: Leftover chili freezes well.

Roasted Butternut Squash & Apple Soup



2-3 pound butternut squash, cubed in 1-inch pieces
4 large sweet apples cubed in 1-inch pieces
8 ounces mushrooms, cut in half
1 cup (about 4 stalks) celery, cut into 2-inch pieces
1 large onion, cut into fourths
1/4 cup olive oil
4 cups chicken or vegetable broth
1 cup apple juice
2 teaspoons salt + extra to taste
1 teaspoon black pepper + extra to taste
1/2 teaspoon nutmeg
1 teaspoon cinnamon
1/2 teaspoon red pepper flakes, optional (for a little extra kick)
Pumpkin seeds, optional (for garnish)

Preheat oven to 425 degrees. In a large bowl, mix together the butternut squash and onion with 1/8 cup of olive oil. Stir to coat evenly. Place the vegetables in a large baking pan and bake for 30-40 minutes, or until squash is fork tender. Meanwhile, mix together the apples and mushrooms with the remaining olive oil. Place on another baking pan and bake for 15-20 minutes, or until soft and fragrant. In a large soup pot, place roasted vegetables and add broth and apple juice. Using an immersion blender, puree vegetables (alternatively, you may use a blender and puree vegetables with the liquid. This may take 2-3 batches). If the soup is too thick, additional broth or water can be added to thin it out to your desired consistency. Simmer the soup over medium-low heat and season with spices, adding more or less to suit your taste.

Serve warm and garnish with pumpkin seeds, parsley or thyme, and a swirl of cashew cream.

Seriously Delicious (and easy!) Detox Friendly Chili



1 pound lean grass fed ground beef (Trader Joes has it fresh and in the frozen section)
1 pound ground turkey
1 large organic onions, chopped small
1 large organic red bell pepper, chopped small
10-12 cloves of organic fresh garlic, chopped (if cutting the recipe in half, use 6 cloves of garlic)
4 Tbs chili powder
½ tsp cayenne pepper (or to taste)
4 tsp ground cumin
2 jars of salsa verde from Trader Joes (12 oz each) (Or you can use other green salsa, green enchilada sauce or taco sauce (check your ingredients for detox compliance)
½ cup water
2 cans of organic beans, rinsed, One Kidney, one Pinto.

Cook beef, turkey, onions and red bell pepper in a large soup pot over medium heat, crumbling the meat with a wooden spoon, until the meat is browned, 8 to 10 minutes. Add garlic, chili powder, cumin and cayenne; cook until fragrant, about 15 seconds. Stir in beans, salsa (or sauce) and water; bring to a simmer. Reduce heat to low, cover, and cook stirring occasionally, until the vegetables are tender and flavors blend, about 20 minutes. Serve with fresh avocado, chopped onions & cilantro, and coconut or cashew cream.

Deotx Hot & Sour Soup



The apple cider vinegar used to give this soup its sour quality is also working to provide your body with helpful digestive flora. Use mushrooms that are known for their detoxing value, like shiitake and reishi.

1 oz. dried mixed mushrooms (or about 6 oz. of fresh)
8 cups chicken or vegetable broth
3 tablespoons sherry cooking wine
1/4 cup apple cider vinegar
2 tablespoons organic tamari or coconut aminos
1-1/2 teaspoons kosher salt
1 tablespoon grated ginger
1 pound organic cooked chicken breast, shredded or thinly sliced
2 tablespoons arrowroot
2 eggs, lightly beaten
6 scallions, trimmed and thinly sliced
1/4 teaspoon white pepper
Pure sesame oil, for serving

Place the dried mushrooms in a bowl and cover with 2 cups of boiling water. Cover and allow to sit for at least 1/2 hour. While mushrooms reconstitute, prepare the other ingredients. Remove the mushrooms from the hot water and reserve the liquid for the soup. Slice the mushrooms thinly. In a soup pot, combine the remaining 6 cups of water

with the reserved liquid from the mushrooms and the sliced mushrooms. Bring to a gentle boil over medium-high heat. Add the sherry, vinegar, soy sauce, salt, ginger and tofu. Reduce the heat and allow to simmer uncovered for about 10 minutes.

In a small bowl, whisk the cornstarch with about 3/4 cup of hot broth from the soup pot until cornstarch is dissolved. Pour the mixture back into the soup pot, stirring to distribute. The soup should thicken slightly. While stirring constantly, drizzle the beaten eggs into the hot soup. Add the scallions and white pepper and cook for another minute or two. Serve hot with a drizzle of sesame oil on top.

Beet “Carpaccio” with Avocado & Chia Dressing



1 large beet, thoroughly washed 1 avocado, slightly firm 3 tbsp chopped pecans or walnuts 1 tbsp extra virgin olive oil

1 tsp grain mustard 1 tsp Dijon mustard 2 tsp apple cider vinegar 2 tsp freshly squeezed lemon juice 1/2 tsp agave nectar 1/8 tsp salt, or to taste 2 tsp chia seeds 2 tbsp chopped chives

Preheat oven to 400F. Wrap beet in foil and bake for about an hour, until tender. Set aside to cool and remove skin. To prepare the dressing, combine olive oil, grain and Dijon mustard, vinegar, lemon juice, agave and salt in a glass jar. Shake vigorously, add chia seeds and let sit for a few minutes. In the meantime, using a mandolin or a very sharp knife, thinly slice the cooled beet. Arrange slices on 2 salad plates. Dice avocado and place in the center of each plate. Sprinkle nuts and chopped chives all around and top with chia dressing.

Potassium Boost Quinoa Salad



Salad:

1½ cups uncooked quinoa

3 cups vegetable broth

1 large bunch asparagus, stalks cut off and cut into ½" pieces

½ cup chopped sundried tomatoes packed in oil (about 8 sundried tomatoes), plus 2 tbsp oil (reserved to use in dressing)

½ cup pitted Kalamata olives

¾ cup red onion, finely chopped

¼ cup toasted pine nuts

Dressing:

1 clove garlic, minced

2 tbsp reserved oil from sundried tomatoes

¼ cup freshly squeezed lemon juice

2 tbsp fresh oregano, chopped

2 tbsp fresh basil, chopped

Sea salt and freshly ground black pepper

Place the quinoa in a fine mesh strainer and rinse thoroughly with cool water for at least 2 minutes; drain. In a medium saucepan, bring the broth and quinoa to a boil over medium-high heat. Reduce the heat to the lowest setting, cover and cook for 15 minutes. Remove the saucepan from the heat and let the mixture stand, covered, for 5 minutes. Fluff the quinoa with a fork and set aside. Steam the asparagus for 2 minutes, or until tender-crisp. Transfer the asparagus to a colander and rinse under ice-cold water to stop the cooking process. Drain thoroughly and set aside. In a large bowl, whisk together the dressing ingredients in a large bowl. When cool, add the quinoa, asparagus, sundried tomatoes, olives and onions, and toss gently to combine. Top with toasted pine nuts and serve. PS: you can use almonds and other healthier nuts to kick up the nutritional value.

Tropical Quinoa & Black Bean Salad



- 1 cup quinoa, rinsed and drained
- 1 can black beans, rinsed drained
- 1 fresh mango, cubed
- 1 ripe avocado, cubed
- 1 cucumber, seeds removed and diced
- 1/2 cup mint, chopped
- 1/2 cup fresh coriander (cilantro), chopped
- 1/3 cup olive oil
- 2 tbsp lime juice
- 1 clove garlic
- Salt and pepper

Place the quinoa along with 2 cups salted water in a medium saucepan. Cover and bring to a boil, then reduce to the lowest heat setting. Simmer until water is completely absorbed and quinoa is fluffy, about 20 minutes. In a large bowl, whisk together the olive oil, lime juice, and garlic. Add the remaining ingredients, including the quinoa, and gently combine. Season with salt and pepper. Place in the fridge for 20 minutes to let the salad cool and flavors combine. Serve immediately.

High Protein Vegan Salad Tips



You don't always have to add meat or fish to your entrée salad to give it a lot of protein. You can add a creative combination of high-protein vegetables, legumes, nuts or seeds, and super-foods to your next salad and end up with maybe 20 grams of clean, healthy, high fiber protein. In this way you can turn any salad into a high-protein-detox-power salad!

Try any of these: chickpeas (8 grams), cannellini beans (8 grams), cooked quinoa (6 grams), pumpkin seeds (9 grams), sunflower seeds (6 grams), chia seeds (3 grams), flax seeds (2 grams), almonds (6 grams), artichoke hearts (4 grams), fresh green peas (8 grams), roasted or boiled potatoes (4 grams)

Soba Noodle Salad



SALAD:

16 oz dry gluten-free (pure buckwheat) soba noodles

2 red bell peppers, chopped

2 orange bell peppers, chopped

2 cups shredded carrots

3 cucumbers, chopped or sliced

1 small red onion (or green, if you prefer), chopped

NOTE: you can improvise with ingredients, try adding kale, flax seeds, sesame seeds, spinach, whatever suits your taste.

DRESSING:

1 avocado

2 Tbsp tamari sauce or coconut aminos

¼ cup water

1 Tbsp minced ginger

1/8 cup Thai basil (mix in cilantro and mint for more complex flavor)

1 Tbsp sesame oil

Cook the soba noodles until tender, but firm, and chill them. Once chilled, add the chopped and shredded vegetables. Set aside.

To make the dressing, put all of the ingredients into a food processor and blend (add only half the water at first so you're able to get your desired creaminess). Pour the dressing over the noodles and vegetables and toss. Serve cold.

Fresh Ceviche



2 lbs of firm, fresh red snapper fillets (or other firm-fleshed fish), cut into 1/2 inch pieces, completely deboned

1/2 cup of fresh squeezed lime juice

1/2 cup of fresh squeezed lemon juice

1/2 red onion, finely diced

1 cup of chopped fresh seeded tomatoes

1 serrano chili, seeded and finely diced

2 teaspoons of salt

Dash of ground oregano

Dash of Tabasco or a light pinch of cayenne pepper

Cilantro

Avocado

Tortillas or tortilla chips

In a non-reactive casserole dish, either Pyrex or ceramic, place the fish, onion, tomatoes, chili, salt, Tabasco, and oregano. Cover with lime and lemon juice. Let sit covered in the refrigerator for an hour, then stir, making sure more of the fish gets exposed to the acidic lime and lemon juices. Let sit for several hours, giving time for the flavors to blend.

During the marinating process the fish will change from pinkish grey and translucent, to whiter in color and opaque.

Serve with chopped cilantro and slices of avocado with heated tortillas for ceviche tacos or with tortilla chips.

Prepared Nopalitos



Nopal (edible cactus leaf) can help stabilize blood sugar, lower cholesterol, scrub blood vessels, sweep the colon, sooth the stomach, protect the liver, and it is also known among Latino people as a secret weight loss booster! Preparing nopales for all-purpose use as a side dish, salad, or addition to rice or eggs is easy.

Just peel the thorns using a potato peeler (be careful and maybe use gloves for this), cut into strips, and cook in boiling water with some onion and garlic cloves for a few minutes. Simmer the onion and garlic in the water first, then add the "nopalitos" (that is what they are called when they are cut into smaller pieces). Serve with drizzled olive oil, lemon zest, or flax seeds... or all the above...and don't forget your favorite seasoning to balance the flavor. If you live in LA you can find nopales at farmers markets and Latino mom & pop grocery stores. Sometimes they already have them prepared as bags of "nopalitos" for convenience. Enjoy!!

Nicoise Style Tuna Tea Sandwiches



Serves 2

2 tablespoons fresh grapefruit juice

2 tablespoons EVOO

About half a scallion, chopped

2 sprigs fresh tarragon, loosely chopped

Splash of unfiltered raw cider vinegar

1 teaspoon Dijon (or more if you like strong mustard flavor)

1 can of solid white tuna in water (5 ounce)

About half a stock of celery, finely chopped (or more if you like celery crunch)

4 toasted "finger" slices of "Life Changing Bread" or your favorite detox friendly bread

Baby spinach, tomato, arugula, radish, anything to add to your sandwich and make it yummy and colorful

First make the dressing by mixing the grapefruit juice, oil, scallion, tarragon, vinegar, & dijon mustard. In a separate bowl, place the tuna (drained) with the celery, and add the dressing. Mix gently being careful not to turn it into tuna mush. Season with the salt and pepper to taste. Place the tuna on top of the bread slices along with you favorite detox friendly toppings. Pictured here, I added caper berries for a decorative touch. ENJOY!

Detox Quinoa “Sliders”



Serves 8

Here's a delicious veggie burger you can whip up from scratch. Stash a few in the freezer for busy weeknight meals. This makes a great lunch or casual family dinner. The butter lettuce is used as the vessel in place of buns.

½ cup quinoa

1 small onion, finely chopped (1 cup)

6 oil-packed sun-dried tomatoes, drained and finely chopped (¼ cup)

1½ cups cooked black beans, or 1 15-oz. can black beans, rinsed and drained, divided

2 cloves garlic, minced (2 tsp.)

2 tsp. dried steak seasonings

Whole butter lettuce leaves

Stir together quinoa and 1½ cups water in small saucepan, and season with salt, if desired. Bring to a boil. Cover, reduce heat to medium-low, and simmer 20 minutes, or until all liquid is absorbed. (You should have 1½ cups cooked quinoa.) Meanwhile, place onion and sun-dried tomatoes in medium nonstick skillet, and cook over medium heat. (The oil left on the tomatoes should be enough to sauté the onion.) Cook 3 to 4 minutes, or until onion has softened. Stir in ¾ cup black beans, garlic, steak seasoning, and 1½ cups water. Simmer 9 to 11 minutes, or until most of liquid has evaporated. Transfer bean-onion mixture to food processor, add ¾ cup cooked quinoa, and process until smooth. Transfer to bowl, and stir in remaining ¾ cup quinoa and remaining ¾ cup black beans. Season with salt and pepper, if desired, and cool. Preheat oven to 350°F, and generously coat baking sheet with cooking spray. Shape bean mixture into slider-sized patties and place on prepared baking sheet. Bake 15-20 minutes, or until patties are crisp on top. Flip patties with spatula, and bake 5-10 minutes more, or until both sides are crisp and brown. Serve on butter lettuce leaves.

Detox Friendly Chicken Shawarma



Serves 2-3

1 lb. boneless skinless chicken breasts

3 tbsp. extra virgin olive oil

1 tsp. cumin

1 tsp. paprika

1/2 tsp. Chinese 5 spice or allspice

1/2 tsp. turmeric

1/4 tsp. garlic powder

Pinch cinnamon

Pinch of cayenne

Salt and black pepper

Olive oil spray (optional)

4-6 romaine lettuce leaves, fully intact

Optional condiments: Shawarma sauce or hummus, cucumber salad and-or salsa cruda

Slice the chicken into fajita sized strips and set aside. Mix the olive oil with all the spices like a marinade, and coat the chicken pieces in the marinade. Let set for at least an hour. Cook the chicken on a griddle or in a non stick pan. You can also skewer them and grill for more smoky flavor. Cook the chicken, turning frequently, until all the pieces are cooked through. Let the chicken rest for about 10 minutes, then slice into shawarma style pieces. Spread hummus or shawarma sauce on each lettuce leaf. Place some of the chicken on top of the spread, then top with fresh cucumbers, cucumber salad, tomatoes, or salsa cruda. Keep it simple and have fun! I also sprinkled some toasted flax seeds on top for a little extra texture and garnish. Enjoy!

Socca (French Chickpea Flour Crepes)



1 cup chickpea flour
1 1/4 cups water
1/4 cup olive oil
1 teaspoon Herbes de Provence
1 teaspoon cumin
1/4 teaspoon sea salt
Dash of ground pepper
Olive oil for cooking

In a bowl, mix together chickpea flour, spices, water and oil. Mix together well with a whisk, cover with a tea towel and let sit in the refrigerator for at least an hour.

While in Nice you'll find these made on big griddles... your kitchen may not be as well equipped. If you're stocked with only a basic frying pan, the trick to socca is cooking them at a very high temperature. Scoop about a quarter of a cup into a hot sautee pan or skillet with a bit of olive oil in it and fry until the center of the socca looks solid (a couple of minutes), then flip and fry the other side.

The first ones might not look that nice, but who cares? They're delicious! Fill them with smoked salmon, chicken breast, vegetables, roll them around an arugula & tomato salad, or enjoy with a hearty berry like blueberries or boysenberries, and a little agave syrup. Socca is definitely more of a savory crepe, but you can do some sweet experimenting.

Creamy Savory Spinach Oatmeal



- 1/3 cup gluten free rolled oats
- 2/3 cup water
- 1 teaspoon vanilla extract
- 1/4 teaspoon sea salt
- Pinch of cayenne pepper (optional, but it's a great metabolism booster)
- 1/2 teaspoon coconut oil or butter
- 1-2 tablespoons nut or seed butter of your choice
- 1 handful of baby spinach
- 1 tablespoon of apple or pear butter OR 1 teaspoon of raw honey

Rinse oatmeal in a fine mesh sieve and put it in a pot with water, sea salt, vanilla extract, cayenne pepper (if using), coconut oil or butter and bring it up to a boil. Then cover, and reduce to a low simmer for about 7-8 minutes, stirring occasionally. Uncover the pot and add a handful (or more if you want) of spinach, stir well and allow it to wilt down but not too much because you want to retain the nutrition in the spinach as much as possible. Put 1-2 tablespoons of nut or seed butter at the bottom of your bowl. Cover it with the oatmeal, and drizzle your apple butter, pear butter, fresh fruit, agave syrup, etc. over top. Add an extra sprinkle of sea salt, cayenne or even cinnamon, if desired.

Vanilla-Almond Chia Pudding



This super-food ensemble disguised as comfort food makes a great dessert or breakfast pudding, either way, enjoy it with fresh fruit.

2 cups unsweetened almond milk
1/2 cup chia seeds 1/2 teaspoon vanilla extract
1-2 tablespoons raw honey
Seasonal fruit for topping
Almonds or other nuts for topping

Combine almond milk, chia seeds, vanilla and sweetener in a bowl. Mix well until combined and the mixture begins to thicken. Store covered in the refrigerator overnight or for at least an hour. Stir well before serving and add a bit of water to the pudding if it becomes too thick. Top with fresh fruit and nuts of your choice.

Note: This recipe makes enough for two large servings, but feel free to double the recipe and keep it in your refrigerator so that you have breakfast for a few days in a row. It will keep refrigerated for up to 5 days making it a great make-ahead weekday item.

Warm Coconut Millet Breakfast



Serves 2-4

- 1 cup unsweetened almond milk
- $\frac{3}{4}$ cup coconut milk
- $\frac{3}{4}$ teaspoon pure vanilla extract
- 2 teaspoons – 1 $\frac{1}{2}$ Tablespoons raw honey (optional)
- 2 teaspoons – 1 $\frac{1}{2}$ Tablespoons Grade A maple syrup (optional)
- $\frac{1}{8}$ teaspoon sea salt
- $\frac{1}{4}$ teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon ground cardamom (this is amazing here)
- 2 cups COOKED millet
- 3 Tablespoons unsweetened flaked coconut
- 2 Tablespoons chopped pistachios or almonds or walnuts (optional)
- 2 Tablespoons toasted unsweetened, flaked coconut (optional)

In a medium saucepan whisk together almond milk, coconut milk, vanilla, honey, maple syrup, salt, cinnamon and cardamom. Stir in millet and 3 Tablespoons coconut flakes, breaking up any clumps of millet. Bring mixture to a boil over medium heat, and lower to simmer. Simmer uncovered for 10 minutes, breaking up any remaining clumps of millet, until thickened. Remove from heat and serve with pistachios and toasted coconut flakes, if desired.

Gluten Free Quinoa Pancakes



3/4 cup cooked Quinoa (certified gluten-free if necessary)
1/4 teaspoon Baking Powder
1/4 teaspoon Cinnamon
Pinch of Sea Salt
1/4 teaspoon Pure Vanilla Extract
2 large Eggs

Directions Heat a large, lightly greased skillet or griddle over medium heat. Combine all ingredients in a medium bowl and pour batter onto skillet, forming 4 pancakes. Cook slowly for 3-5 minutes on the first side, until pancakes are set. Flip and cook for another 1-2 minutes. Serve with maple syrup, honey, nut butter and/or fresh fruit.

Adzuki Bean Spaghetti with vegetables



This is a rough, unmeasured recipe so just go with the flow...serves 2

Half a bag of adzuki bean spaghetti

Half each of two different colored bell peppers 1 scallion, sliced on the bias

1 Tbsp or more of chopped ginger

1 Tbsp ore more of chopped fresh garlic

Half a cup or more of broccoli florets

Generous handful of baby spinach 8 shiitake and crimini mushrooms, mixed, and sliced

Coconut oil for sautéing

A touch of sake, rice wine, or sherry for finishing

Kosher or sea salt and fresh cracked pepper for seasoning

Cook the pasta in boiling water per manufacturer's instructions. Rinse, cool, and set aside. Heat the coconut oil in a sautee pan, Sautee the broccoli, peppers, garlic, and ginger until tender, add the scallions and mushrooms and continue cooking until the mushrooms are tender. Add a few splashes of the sake or wine just to give it a flavor. **DONT DROWN IT IN WINE!!** Add the spinach and cook just until the spinach is wilted (this is done at the end quickly to retain nutrition). Add the pasta, toss until well mixed and serve. **NOTE:** I add a little Sriracha sauce at the end to give it a kick. Sririacha does have refined sugar. You can also add some red chile oil or or chile flakes during the initial cooking of the broccoli for a non sugar spicy option. Enjoy!!

Vegan Pan-Asian Black Bean Spaghetti



This recipe is more of a method and is roughly measured. Adjust to suit your own taste.

First cook half a package of "Explore Asia" brand black bean spaghetti in boiling water. Drain and cool and set aside. Next prepare about 1 heaping tablespoon each of chopped garlic and ginger, 2 cups of sliced shiitake and crimini mushrooms (blended), 2 julienned scallions, about a cup of fresh shelled peas, 1-2 handfuls of fresh spinach, and some loosely chopped herbs like Thai basil, mint, or even regular basil is fine...and have some coconut milk handy.

In a hot sautee pan melt enough coconut oil to coat the bottom of the pan. Cook the garlic and ginger for a second, then add the mushrooms and cook until they are brown. Next add the spinach and cook until wilted. Add enough coconut milk to make a nice sauce that will coat the pasta without being too runny. If you add too much coconut milk you can always cook until it reduces and thickens some. Last add the fresh peas and let simmer for another minute. Add the fresh herbs, and some salt and pepper to taste, and toss with the pasta. The last step: ENJOY!

Mung Bean Fettuccine & Vegetables in Green Broth



Makes about 2 entree sized portions

2 portions of mung bean fettuccine (about 4 ounces) About a quart of vegetable broth (chicken broth or fish fume also good) 2 scallions, sliced 1 Tbsp. fresh ginger, chopped A few dried thai chile or a few pinches of crushed red chile peppers 1/2 poblano chile, diced or julienned 1 cup broccoli florets 2-5 each crimini & shiitake mushroom, sliced 1 cup shredded cabbage 1 handful of fresh snow peas, whole or julienned 2 handfuls baby spinach Fresh cilantro and-or thai basil Salt and pepper to taste Cook the fettuccine in boiling water per manufacturer's instructions. Drain, cool, and set aside. Bring the broth to a simmer and add the scallions, ginger, dried chile, poblano chile, and broccoli. Bring back to simmer then add the mushrooms, cabbage, snow peas, and spinach. Bring back to simmer and continue until mushrooms are cooked through. Add cooked fettuccine, bring back to simmer, season with salt and pepper to taste, then spoon fettuccine, vegetables, and broth into a pasta bowl or large soup bowl. It should look like a pasta entree surrounded by a generous amount of broth. Garnish the top with loosely chopped cilantro, Thai basil, mint, etc

Chickpea Ratatouille



- 3 cups cooked chickpeas (2 cans (15oz) garbanzo beans, drained and rinsed)
- 4 tablespoon olive oil, divided
- 1 eggplant, diced
- 3 small zucchini or 2 medium, diced
- 2 bell peppers (1 yellow & 1 red pref.), seeds removed, sliced
- 1 onion, sliced
- 4 garlic cloves, chopped
- 1 lb. grape tomatoes, cut in half
- 2 teaspoons herbes de Provence or fresh thyme (I added a bit of both)
- A few fresh basil leaves (left whole or chopped)
- Sea salt, to taste
- Pinch of red pepper flakes, optional

In a heavy bottom pot or dutch oven, heat 2 tablespoons olive oil over medium heat, add eggplant and zucchini, saute for 5 minutes. Remove from pot and set aside. Heat remaining 2 tablespoons olive oil over medium heat, add onions, garlic and bell peppers, saute for 3-4 minutes. Add tomatoes, mix well and cook 5 minutes. Add in eggplant, zucchini, herbs, spices and season with salt and pepper. Reduce heat to a low and simmer uncovered for 15 minutes. Add in chickpeas and simmer anywhere from 45 minutes to 1 hour, depending on your personal preference (less time for crisper vegetables, more time for softer vegetables and more juices). Stir occasionally until ready. Serve topped with chopped fresh herbs. Pair it with a gluten free bread. Try serving it on a bed of quinoa, rice or gluten free pasta to make it go further.

Serve warm, cold or at room temperature.

Stuffed Portobello Mushroom Entrée Tip



Due to their size and meaty texture, Portobello mushrooms make a great vegan entree. For the needed protein, stuff them with a high protein legume or grain. Pictured here is quinoa and spinach stuffed Portobello mushroom. Here are a few other ideas for Portobello mushroom stuffing: roasted yams and pumpkinseeds, mashed potatoes with roasted garlic and kale, artichoke hearts with cannellini beans and dried tomato...have fun with ideas the next time you are at the farmer's market.

Super Easy Indian Curry Quinoa



- 1 cup quinoa, rinsed & drained
- 1 can (15 oz) coconut milk
- 1 can (15 oz) diced tomatoes
- 3 tbsp curry powder (or less if your curry powder is more spicy)
- 2 tbsp ketchup or tomato paste
- 2 tbsp coconut oil (or other vegetable oil)
- 1 large onion
- 1 clove garlic, minced
- 1 carrot, diced
- 1 can (15 oz) chickpeas, drained
- 2 large handfuls of chopped spinach or kale
- ½ tsp crushed red chili pepper
- Salt and pepper
- Fresh cilantro (optional)

In a medium saucepan, mix quinoa, coconut milk, diced tomatoes (with juice), curry powder and ketchup/tomato paste, and bring to boil. Lower heat to lowest setting, cover saucepan and simmer until quinoa is ready, about 15 minutes. While quinoa is cooking: in a sautee pan, heat oil over medium heat and stir-fry the garlic and onion until translucent. Add the carrot and sautee for a couple minutes. Add the chickpeas and cook for another couple minutes. Add the spinach/kale and cook until wilted, about a minute. Mix the veggies with the quinoa, season with salt, pepper and crushed red chili pepper, and garnish with cilantro before serving.

Vegan Lentil Loaf



- 2 cups water
- 1 cup green lentils
- 2 Tbs ground flaxseeds + 4 Tbs water
- 1 medium yellow onion, diced
- 1 teaspoon olive oil
- 1 cup instant or regular rolled oats
- 1 cup tomato sauce
- 1 teaspoon garlic powder
- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup BBQ sauce
- 2 Tbs ketchup

Bring water to a boil. Add lentils and simmer 25 – 30 minutes, until lentils are soft and water is evaporated. Drain any excess water and partially mash lentils. Scrape into mixing bowl and allow to cool slightly. Mix the flaxseeds and water together and let sit for about 15 minutes. (This will allow it to become sticky and will be a better binder for the loaf.) Saute the onion in the oil in a pan over medium heat. Cook for 5 minutes or until the onion is translucent. Stir the onion and oats into the lentils until mixed. Add the flax mixture, tomato sauce, garlic, basil, parsley, salt, and pepper. Mix well. Spoon into loaf pan that has been generously sprayed with non-stick spray. Smooth the top with the back of a spoon. Top with the BBQ sauce and ketchup. Bake at 350 degrees for about 45 minutes until the top of the loaf is dry, firm, and golden brown. Let cool in pan for about 10 minutes. Run a sharp knife around the edges of pan then turn out onto a serving platter. Top with additional BBQ sauce or ketchup if needed.

Wild Rice & Cranberry Stuffed Acorn Squash



- 3 medium acorn squash (about 1 1/2 pounds each), halved lengthwise and seeds removed
- 3 tablespoons unsalted butter, melted
- 1 tablespoon packed dark brown sugar
- 1/2 medium yellow onion, finely chopped
- 2 medium shallots, finely chopped
- 4 celery stalks, finely chopped
- 1 tablespoon minced fresh thyme leaves
- 2 cups cooked wild rice mix
- 2/3 cup pecans, toasted and finely chopped
- 1/4 cup dried cranberries, finely chopped
- 1 teaspoon kosher salt, plus more as needed
- 1/2 teaspoon freshly ground black pepper, plus more as needed

Heat the oven to 450°F and arrange a rack in the middle. Place the squash cut-side up on a baking sheet, brush 1 tablespoon of the melted butter over the tops and insides of the squash halves, sprinkle with the brown sugar, and season with salt and pepper. Roast in the oven until just fork tender, about 25 to 30 minutes. Meanwhile, place 1 tablespoon of the melted butter in a large frying pan over medium heat. When it foams, add the onion, shallots, and celery, season with salt and pepper, and stir to coat. Cook, stirring occasionally, until just softened, about 6 minutes. Stir in the thyme and cook until just fragrant, about 1 minute. Remove from the heat and stir in the rice, pecans, cranberries, and measured salt and pepper. Divide the rice filling among the roasted squash halves (about 1/2 cup for each) and drizzle the remaining tablespoon of butter over top. Continue roasting until the squash is completely fork tender, the edges have started to brown, and the filling is heated through, about 20 to 25 minutes.

Healthy Chicken Milanese



Use “Bob’s Red Mill” brand ground flaxseed meal to make delicious healthy chicken Milanese. Ask your butcher for Milanese style organic chicken breast (thinned out with a meat tenderizer). Pour about a half a cup of the flaxseed meal on a dinner plate. Place a piece of chicken in the meal and pat to cover one side, then turn over and coat the other side the same way. Place coated chicken on a cookie sheet. Repeat with each piece of chicken until all pieces are coated. Add more flax meal to the plate if needed. Sear the chicken in a sautee pan with olive oil. Make sure the oil is nice and hot. The flaxseed meal will stick to the moist chicken and when placed in a hot pan will cook quickly and seal in the juices of the chicken and get slightly crispy. Season with your favorite seasoning and serve with lemon wedges. For extra fiber you can sautee some artichokes, tomatoes and onions in the hot pan juices to top the chicken. Or, make a fresh tomato and arugula salad as pictured.

Curry Coconut Chicken & Green Lentils



Serves 6

- 2 pounds boneless skinless chicken breasts, cut into ½-inch chunks
- 1 head of broccoli, separated into pieces about the same size as the chicken
- 1 teaspoon salt and pepper or healthy seasoning substitute
- 1 ½ teaspoon canola oil
- 2 tablespoons curry powder
- ½ onion, thinly sliced
- 2 cloves garlic, crushed
- 1 ½ cup Trader Joes refrigerated coconut milk, original unsweetened flavor
- 1 ½ cup whole cherry tomatoes
- Honey or other natural sweetener to taste

Season chicken pieces with salt and pepper or other seasoning substitute. Heat oil and curry powder in a large skillet over medium-high heat for two minutes. Stir in onions and garlic, and cook 1 minute more. Add chicken, tossing lightly to coat with curry oil. Reduce heat to medium, and cook until chicken is no longer pink in center and juices run clear. Pour coconut milk, tomatoes, and sweetener into the pan, and stir to combine. Cover and simmer, stirring occasionally, approximately 30 minutes. Add the broccoli at the end and cook until the broccoli is al dente, to retain as much nutrition and cleansing properties as possible. Serve with the green lentils and brown rice or a kale salad.

Marinated Turkey Tenderloins



Serves 4-6

- 2 1-lb. turkey tenderloins
- 2 Tbsp. balsamic vinegar
- 2 Tbsp. extra virgin olive oil
- 1 Tbsp. fresh rosemary, chopped
- 1 Tbsp. fresh thyme, chopped
- 2 cloves garlic, minced
- salt and freshly ground black pepper
- 1 Tbsp. extra virgin olive oil, for searing

Whisk to combine vinegar, olive oil, rosemary, thyme, garlic, salt and pepper in a small bowl. Place tenderloin in a resealable plastic bag. Pour in marinade. Shake to coat. Refrigerate at least 3 hours. Preheat oven to 400 F. Line a baking sheet with aluminum foil and lightly grease it with cooking spray. Preheat 1 Tbsp. olive oil in a large skillet over medium-high heat. Discard the marinade and sear the tenderloins, several minutes on each side, until a nice crust forms. Transfer tenderloins to the prepared baking sheet and roast in preheated oven for 20-30 minutes, until a meat thermometer inserted into the thickest part registers 160-165 F (or until the juices run clear). Remove from the oven and let rest 5-10 minutes before slicing.

Healthy Turkey & Black Bean Chiles Rellenos



Makes 4 stuffed chiles

This is a rough recipe and you are encouraged to do it freestyle. Don't get too caught up in portions. The idea is to enjoy your detox with as little effort as possible. Preheat an oven to 375-400 F. Cut the tops off of 4 poblano (AKA pasilla to some folks) chiles and clean out the seeds. Set the tops aside. In a sautee pan, cook 1/2 diced medium onion, 1 stalk of diced celery, and 1 pound of lean ground turkey until tender and cooked through. Drain any excess water from the turkey. Add 2 cups of refried black beans (16 oz. can) and mix until it becomes like a thick batter. Stuff each chile with the mixture, replace the tops to each chile, and secure the tops to the chile with a couple wooden toothpicks. Otherwise, the filling might ooze out during the roasting process. Set chiles in a roasting pan that can be covered with a lid or foil. Meanwhile, puree 4 medium tomatoes, 4 cloves of peeled garlic, and a couple sprigs of fresh oregano leaves (lemon thyme is great too) in a food processor...it is better to chop the garlic ahead, then pulse it in the food processor with the tomatoes so that it makes a chunky liquid with fairly substantial pieces of tomato. Add a little salt and pepper to taste. Spoon the tomatoes over the chiles and the bottom of the pan surrounding the chiles. Cook, covered, for about 30-45 minutes. Uncover and spoon the sauce over the chiles again. At this point the sauce will still be a little watery from the tomatoes. Return to the oven uncovered, and continue roasting until the chiles are very tender and the sauce has started to thicken and caramelize. Remove the toothpicks from the tops, and serve with the caramelized tomatoes and sauce spooned over the chiles. Enhance the dish with some fresh avocado and mango salad or guacamole (optional). Garnish with a sprig of oregano...and enjoy!!

Healthy Turkey "Mix"



A "mix" is a term used in professional kitchens for something that can be used for more than one purpose. This clean, healthy turkey mix takes otherwise dry and lackluster ground turkey breast and makes it into a healthy, versatile staple in your kitchen. You can use it to make turkey burgers, meatballs, even just cook it like an entire meatloaf if you want! I love to make meatballs and serve them over roasted spaghetti squash strands (pictured here)

1 1/5 pounds of ground turkey breast (doesn't have to be exact, about 1 package from the poultry case)

2 eggs

1/2 medium yellow onion, finely diced

1 cup spinach or kale, finely chopped

1 cup rolled oats

1/2 teaspoon each garlic powder, black pepper & cumin

1 teaspoon paprika

1 teaspoon (or more) kosher salt

In a mixing bowl, mix all ingredients until blended together. At this point you can make into meatballs or patties and freeze for later, or cook and enjoy immediately. Be sure to cook a little piece and test for salt and flavor before you cook the entire batch. I recently made meatballs. Plenty for four people plus enough leftover for a quick grab and go lunch or something. The meatballs are also great just cold and wrapped in a lettuce leaf for a quick detox friendly lunch.

Steamed Salmon & Veggies in Bamboo Steamer with Avocado Aioli



For the Steamed Salmon

2 bunches baby bok choy halved or quartered, depending on size

1/2 red bell pepper, julienned

1 large carrot, julienned

1 large scallion, cut on the bias, ends saved for steaming stock

1 cluster of ginger, sliced with the skin on

Few cloves of garlic, smashed, but not cut up and still intact

1 cup rice wine vinegar

2 whole limes, cut in half

Chinese 5 Spice seasoning (or your favorite, clean, all purpose fish seasoning), sea salt, & pepper to taste

1 10-ounce piece of wild salmon (give or take a couple ounces)

For the Aioli

1 large avocado, halved and pitted

1 large or 2 small garlic cloves

1/2 tablespoon fresh lemon juice

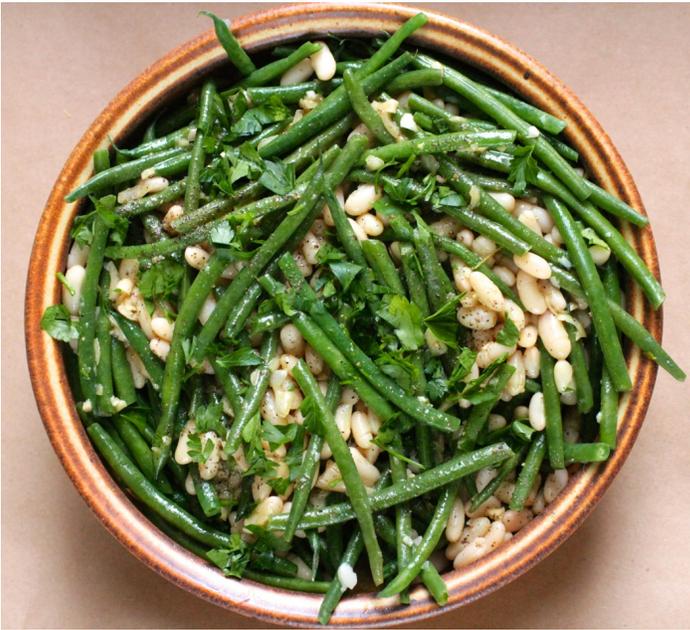
1/4 cup soy-free Veganaise (or vegan mayo of your choice)

Fine grain sea salt and freshly ground black pepper, to taste

First, find a stockpot that you can fit the bamboo steamer on top of with a snug fit. Fill the pot one third to halfway with water. Place the scallion ends and scraps, ginger, and rice wine vinegar in the pot. Squeeze the lime into the pot and toss the whole lime pieces in there (the essential oil from the skin adds the flavor and aroma). Rub the smashed garlic all over the salmon then add the pieces to the stock pot. Let the stock pot simmer and reduce down halfway. This will be your flavor infused steaming liquid. Meanwhile, layer the bok choy in the steamer, followed by a layer of the julienned veggies and then the scallions. Season the salmon with the seasonings, salt, and pepper then add the salmon to the top of the veggies. Squeeze the second lime (you decide how much lime

you want) over the entire ensemble. Put the lid on the steamer, place the steamer snug on top of the stock pot, turn up the heat to a rolling simmer and steam for 10-15 minutes, or longer, depending on desired doneness for your salmon. While the salmon is steaming, make the aioli by placing all the aioli ingredients in a food processor and blend until smooth. When the salmon is done, place the aioli in a small ziplock bag and cut a tiny piece of the corner, so the aioli can be squeezed over the salmon in a drizzle like fashion. Or, just dollop the aioli over the salmon if that is easier. Add a couple chopsticks and enjoy with steamed black rice or any healthy grain.

Haricots Verts and White Beans with Shallot Vinaigrette



2 cups dried white beans, such as cannellini (see Note), soaked overnight and drained
1 small onion, halved
1 bay leaf
1 large thyme sprig
Kosher salt
2 pounds haricots verts, trimmed
2 large shallots, minced
2 garlic cloves, minced
1 tablespoon Dijon mustard
2 tablespoons sherry vinegar
2 tablespoons red wine vinegar
1/2 cup extra-virgin olive oil
Freshly ground pepper
1/4 cup chopped parsley

In a large pot, cover the dried beans with 3 inches of water. Add the onion, bay leaf and thyme and bring to a boil. Simmer over low heat, stirring occasionally, until the beans are tender, about 1 hour. Add more water as needed to maintain the water level. Add 2 teaspoons of salt and remove the pot from the heat. Let the beans cool in the cooking water. In a large pot of salted boiling water, cook the haricots verts until crisp-tender, about 3 minutes. Drain the beans and spread them on a large rimmed baking sheet to cool. In a small bowl, combine the shallots, garlic, mustard and both vinegars. Add a pinch of salt and let the vinaigrette stand for 10 minutes. Whisk in the olive oil and season with salt and pepper. Drain the dried beans and discard the onion, bay leaf and thyme. Transfer the beans to a large bowl and add the haricots verts. Add the vinaigrette and toss well. Season with salt and pepper and transfer to a platter. Sprinkle with the parsley and serve.

Maple & Thyme Infused Beet-Potato Stacks



- 1 beet, peeled
- 1 large potato
- 1 large sweet potato or yam
- 3 tbsp. coconut oil, melted
- 2 tbsp. pure maple syrup
- 1 tbsp. fresh thyme leaves
- 2 cloves garlic, finely minced
- 1/2 tsp. ground black pepper
- 1/4 tsp. sea salt
- 1/4 tsp. garlic powder
- Muffin pan for baking

Preheat oven to 350-degrees and lightly oil an 8-muffin tin and line a large baking sheet with parchment paper. Scrub the beet, potato, and sweet potato well. Peel the beet and if desired, the potato and sweet potato (I leave the peels on). Set aside. In a large bowl, combine the coconut oil, maple syrup, thyme, garlic, pepper, salt, and garlic powder. Set aside. Using a mandolin (or do this carefully by hand with a knife), slice the potato and sweet potato into very thin slices – 1/16-inch – and place them in the bowl with the coconut oil and maple syrup. Using your hands, toss the slices, making sure they're all coated with the oil-maple syrup mixture. Now slice the beet in the same way, but place the slices in a separate bowl until ready to assemble the stacks, in order to keep the red to a minimum when assembling the stacks. Working with one thin sheet of beet, potato, or sweet potato at a time, begin placing the layers in the muffin cups. Once you've used up all of the slices, bake the stacks for 35 minutes. Remove from the oven and increase the temperature to 425-degrees. Place the lined baking sheet on top of the muffin tin and very carefully flip over so that the stacks come out onto the parchment paper/baking sheet. You may need to neaten up some of the stacks – don't stress out and just have fun. Let them be rustic and beautiful in their own way. Bake the stacks for another 25 minutes or until darkened and crispy on top and around the edges. Sprinkle on additional fresh thyme, if desired, and serve immediately.

Herb & Garlic Mashed Cauliflower



Medium-sized head of cauliflower, chopped into florets (about 1½ lbs.)
3 roasted garlic cloves
1 teaspoon fresh thyme leaves
1 teaspoon fresh chives, chopped
Salt and pepper, to taste

Fill a large saucepan with about an inch of water, and insert a steamer basket. Bring the water to a boil, and add the cauliflower florets. Reduce the heat to a simmer and cover, allowing the cauliflower to steam for 6-8 minutes, or until fork tender.

Drain the steamed cauliflower, and transfer to the bowl of a large food processor. Add in the seasonings, and process to your desired texture.

If additional liquid is needed to facilitate blending, feel free to add a splash of almond milk or water, and adjust the seasonings to your taste. I ended up using about a teaspoon of fine sea salt for this particular batch, but each batch may vary, so be sure to start with less than you think you need, and add more as you go.

Serve warm and enjoy!

Crock Pot Gluten Free-Vegan Stuffing



- 2 cups wild rice
- 4 cups mushroom broth (you can sub veggie)
- 6 leaves fresh Sage
- 1 tablespoon extra virgin olive oil
- 2 medium onions, diced
- 6 ribs celery, diced
- 8 oz. mushrooms, sliced (about 3 cups)
- 5 cloves garlic, chopped
- 1 teaspoon fresh thyme (about 4 sprigs)
- Salt and pepper

In the crock pot add the wild rice, mushroom broth, and sage – turn on low. In a large pan sautee the oil, onions, celery, mushrooms, garlic and thyme on medium-high for about 10 minutes until the veggies become translucent. Season well with salt and pepper. Once ready add the veggies to the crock pot, stir gently, and cook on low for about 4 hours, (check at about 3 and a half – everyone’s crock pot is a little different). When it’s done the broth should all be absorbed, and the rice tender. Check one more time for seasoning. If you want you can put it in a pan and broil it a little for a nice crust on top.

Pumpkin Pie Chia Pudding



- 1 cup coconut milk (the canned kind – lite or full-fat)
- 1 cup unsweetened almond milk (or other non-dairy milk of your choice)
- 1 cup pumpkin puree
- 2 teaspoons vanilla
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- pinch of ground cloves
- 5 medjool dates, pits removed
- 3 tablespoons chia seeds

Puree everything but the chia seeds in a blender until smooth, combined and thick. You may see a few little bits of the dates still, it's OK. Pour the mixture into a glass bowl or a mason jar, stir in the chia seeds. Make sure to stir well to combine. Cover the bowl or put the lid on the jar. Keep in the refrigerator overnight or for at least 4 hours. Spoon or pour into bowls, top with a sprinkle of cinnamon. Serve cool or room temperature.

Vanilla-Almond Chia Pudding



This super-food ensemble disguised as comfort food makes a great dessert or breakfast pudding, either way, enjoy it with fresh fruit.

2 cups unsweetened almond milk
1/2 cup chia seeds 1/2 teaspoon vanilla extract
1-2 tablespoons raw honey
Seasonal fruit for topping
Almonds or other nuts for topping

Combine almond milk, chia seeds, vanilla and sweetener in a bowl. Mix well until combined and the mixture begins to thicken. Store covered in the refrigerator overnight or for at least an hour. Stir well before serving and add a bit of water to the pudding if it becomes too thick. Top with fresh fruit and nuts of your choice.

Note: This recipe makes enough for two large servings, but feel free to double the recipe and keep it in your refrigerator so that you have breakfast for a few days in a row. It will keep refrigerated for up to 5 days making it a great make-ahead weekday item.

The Life-Changing Loaf of Bread



Makes 1 loaf

1 cup sunflower seeds 1/2 cup flax seeds 1/2 cup hazelnuts or almonds 1 1/2 cups rolled oats 2 Tbsp. chia seeds 4 Tbsp. psyllium seed husks (3 Tbsp. if using psyllium husk powder)

(Buckwheat flour makes a good substitute for psyllium) 1 tsp. fine grain sea salt 1 Tbsp. maple syrup (for sugar-free diets, use a pinch of stevia) 3 Tbsp. coconut oil or [ghee](#), melted 1 1/2 cups water

In a loaf pan, combine all dry ingredients. Whisk maple syrup, oil and water together in a separate bowl. Add mixture to the dry ingredients and combine until everything is completely soaked and dough becomes very thick, adding 1-2 teaspoons water if dough is too thick to stir. Smooth top and let sit at room temperature for at least 2 hours or overnight. Preheat oven to 350°F. Bake bread for 20 minutes, then remove bread from loaf pan, place it upside down, directly on a rack, and bake for another 30-40 minutes (it should sound hollow when tapped). Let cool completely before slicing.

Store in an airtight container for up to 5 days.

Cashew Sage Cookies with Lemon Drizzle



Cookies:

1 cup cashews

1 cup dates

1 tablespoon sage leaves

Drizzle:

1 banana (or small handful of cashews if you don't want banana flavour)

Juice from 1/2 lemon

1 tablespoon melted coconut oil

To make the cookies: process the cashews and sage leaves into powder in a food processor. Add the dates and process until it all begins to get sticky. Roll into balls, then press into cookies. Put in the fridge.

To make the drizzle: blend everything until smooth.

Gluten Free & Vegan Breakfast Cookies



These gluten free breakfast cookies are great for an on the go morning, and also make a great between meal morning snack. Makes 18-24 cookies.

2 cups of certified gluten-free rolled oats (like Bob's Red Mill)

1/4 cup certified gluten-free oat flour (or just process some gluten-free rolled oats into a fine powder)

1 cup unsweetened coconut flakes

2 tablespoons ground chia seeds or ground flaxseeds

1/2 cup almonds, roughly chopped

1/4 teaspoon sea salt

2 organic bananas, mashed

2 tablespoons maple syrup (or honey)

1/4 cup coconut oil, melted

1 cup fresh organic strawberries, roughly chopped

1 teaspoon vanilla

Preheat the oven to 350° F. Line a baking sheet or two with unbleached parchment paper. In a large bowl combine oats, oat flour, coconut, chia seeds, almonds and salt. Stir in bananas, strawberries, coconut oil, maple syrup and vanilla. I use my clean bare hands to mix it all up so I can really get in there and get everything well mixed. You can of course just use a large spoon or spatula. Form the dough into 2 1/2 inch balls/discs with your hands and place into even rows with just a little room in between them. Press them down very gently to flatten them a bit. Bake at 350° for 25-30 minutes or until fragrant and golden. Cool on pan for a few minutes than transfer to a cooking rack. Enjoy for breakfast, dessert or an anytime snack.

Ridiculously Easy "No Bake" Chocolate-Almond Protein Balls



2 cups organic almond butter (or any nut butter, original recipe called for peanut butter)
1 $\frac{3}{4}$ cups honey or agave nectar (if vegan or avoiding honey, use agave nectar)
2 $\frac{1}{4}$ cups Arbonne Essentials™ Protein Shake Mix powder (I used all chocolate flavor protein powder, but most of the recipes on line recommend half chocolate and half vanilla)
3 cups rolled oats (you can also substitute crispy puffed rice cereals)
Some coconut milk

Mix almond butter and honey (or agave syrup) in a microwaveable bowl. Heat for 60–90 seconds. Mix well. Add Protein Shake Mix powder and mix well. Add rolled oats and mix gently. If the consistency is a little thick and dry, add a little coconut milk. Roll into balls and refrigerate for at least an hour. You may need to do this near the faucet so you can keep your hands moist and free of sticky dough. Dust them in nuts if you want, or keep them plain.

NOTE: If you don't have the time or patience to roll out balls, you can do the original recipe: Spread in a 9×13 pan. Refrigerate 1 hour. Cut into 24 squares.

Pumpkin-Almond-Carrot Snack Bars



- 1 c. almond butter
- 1/2 c. agave syrup
- 1 1/2 c. canned pumpkin
- 3/4 c. shredded carrot
- 1 t. cinnamon
- 1/2 t. nutmeg
- 6 scoops Arbonne vanilla protein powder
- 1/3 c. Arbonne fiber or ground flax seeds
- 1/2 c. slivered almonds
- 2 c. gluten free oats

In a large bowl, blend together almond butter & agave. Add pumpkin, carrot and spices. Blend well and continue to incorporate the rest of the ingredients one at a time. Press into pan, chill and cut. Sprinkle with a few extra nuts and sprinkled cinnamon. Makes thick bars in a 5x9 in pan.

Banana Apple Buckwheat Muffins



¼ cup buckwheat flour
1 tsp. baking powder
½ tsp. ground cinnamon
1/8 tsp. coarse salt
2 large eggs
1/2 mashed banana
1/4 cup honey or agave nectar
1/2 finely diced (peeled and cored) sweet apple
1/4 cup chopped walnuts

Heat oven to 350 degrees. Place four baking cups in a muffin tin. In a bowl, whisk together flour, baking powder, cinnamon, and salt. In another bowl, whisk together eggs, banana, and honey. Mix the wet ingredients into the dry, then fold in apple and walnuts. Fill the batter to the tops of the lined cups and fill remaining cups halfway with water. Bake 30 minutes, or until a tester comes out clean. Let cool on a wire rack.

Arbonne Vanilla Blueberry Protein Muffins



8 scoops Arbonne Vanilla Protein
2 tsp baking powder
3 eggs
¼ cup grapeseed oil
½ cup unsweetened vanilla almond milk
2 tsp vanilla extract
½ cup (or more) organic blueberries

Spray a muffin pan with healthy oil spray. Pour batter into muffin tins. Bake at 350 degrees for 20 min. You can add some sliced strawberries to some as well.

Arbonne Vanilla Protein Cupcakes



4 scoops Arbonne Shake mix (vanilla)
1 tsp. baking powder
1 tsp. vanilla extract
1 egg
1/4 cup egg whites
1/4 cup unsweetened vanilla almond milk

Using a large fork mix all of the ingredients in a medium bowl. Spray muffin tin with cooking oil spray and pour batter, filling each tin about 3/4 full. Bake at 350 degrees for 20 minutes until golden on top. Let cool and serve. Can be enjoyed plain or with nut butter or other detox friendly frosting.

If you are using this recipe for a meal replacement, feel free to have 2 cupcakes. With no added sugar they are almost as clean as an Arbonne protein shake, with extra protein and vitamin B12 from the eggs.

No Sugar Added BBQ Sauce



14.5 oz can no salt diced tomatoes in juice
1 yellow onion, diced
4 cloves garlic, chopped
2 tbsp. paste
2 tbsp. Dijon mustard
3 tbsp. apple cider vinegar
1 tbsp. extra virgin olive oil
2 tbsp. sweet paprika
1 tsp. smoked paprika
pinches of cayenne pepper to suit your spice tolerance
2 tsp. kosher or sea salt
1 tsp. freshly ground black pepper
1/2 tsp.t -1 tsp. liquid smoke (optional, but highly recommended)
1 cup fresh pineapple chunks (okay to use canned with no added sugar)
3/4 cup unsweetened pineapple juice (or freshly juiced)

In a food processor or blender combine all ingredients for BBQ sauce. Blend until smooth. Taste. (It won't taste quite right because it hasn't been cooked yet, but you should be able to tell if you need more seasonings.) Adjust seasonings. Simmer in a heavy saucepan for 30 or more minutes until it develops into a sauce that will stick to the back of a spoon. You can add organic chicken or beef broth a little at time and cook longer for a more developed flavor. When ready, apply to chicken or other meat on the grill.

Basic Cashew Cream



1 ½ cups raw unsalted cashews
¾ cup filtered water, plus more for soaking
Juice of half of 1 large lemon
½ - 1 teaspoon kosher salt
Maple syrup to taste (optional)

Place the cashews in a bowl and fill with filtered water at least an inch above the cashews. Allow the cashews to soak for 2 hours or up to overnight. Drain and rinse the cashews well. Place the cashews, filtered water, lemon juice, and salt in a high-powered blender or food processor. Start on low, scraping any solid pieces on the side of the blender so that it all blends thoroughly. Taste for your liking and add a little maple syrup if you want it a little sweeter. Gradually increase the blender speed and blend until it is a smooth, cream-like consistency. Your cashew cream will last in the refrigerator for 3-4 days and can be frozen for up to 6 months. If you choose to freeze it be sure to run it through the blender really quickly after you defrost it to eliminate any lumps.

Ranch Seasoning and Dressing



Homemade Ranch Seasoning (dry mix)

- 2 TBS dried parsley
- 1 1/2 tsp dried dill weed
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 tsp dried onion flakes (I didn't have this so I just doubled the onion powder)
- 1 tsp ground black pepper
- 1 tsp dried chives
- 1 tsp salt

Ranch Dip

Chill a 13.5 oz can (full fat) coconut milk in fridge UPSIDE DOWN for a couple hours to allow the 2 parts to separate fully. Open top with can opener. Use top portion (fat/cream) only for dip base (like sour cream texture). (Reserve liquid half for your next shake/smoothie) Add juice from 1/2 lemon, 1/4 tsp salt and 1 heaping TBSP of the ranch seasoning mix.

Detox-Friendly Salad Dressings

Lemon-Garlic Dressing

In food processor or chopper, combine 1/2 cup olive oil, juice of 1 lemon, and 3 cloves chopped garlic. Add salt and pepper. Blend until there are no garlic pieces left. Set aside in refrigerator.

Basil Salad Dressing

2 ounces fresh basil
3/4 cup olive oil
1/2 tsp sea salt
1/2 tsp pepper
1 tsp lemon juice
Blend on high speed until smoothes fresh picked basil

Creamy Avocado Dressing

1 avocado
3 tablespoons [olive oil](#)
1 tablespoon lemon juice
1/2 cup water
1/4 teaspoon [celtic sea salt](#)
1/4 teaspoon black pepper

Place avocado, olive oil, lemon juice and water in [vitamix](#) or blender. Puree until smooth. Then blend in salt and pepper.

Creamy Onion Dressing

2 tablespoons red onion
1/4 cup [apple cider vinegar](#)
1 tablespoon [agave nectar](#)
1 teaspoon [mustard powder](#)
1/2 teaspoon [celtic sea salt](#)
1/2 cup [olive oil](#)

Place onion, vinegar, agave, mustard and salt in a vita mix and puree on high speed for 20 seconds, until smooth. Turn on [vitamix](#) or blender and drizzle in olive oil

Green Goddess Dressing

1 avocado
2 tablespoons [olive oil](#)
1 tablespoon [apple cider vinegar](#)
1 tablespoon lemon juice
1/2 teaspoon [herbes de provence](#)
1/2 teaspoon [celtic sea salt](#)
3-5 drops [stevia](#)
1 cup water

Place all ingredients in a [vitamix](#) or blender. Process on high speed until smooth and creamy.

AVOCADO DRESSING

2 ripe avocados, chopped
2 spring onions, finely chopped
1 clove garlic, minced
lime juice, to taste (omit if you are sensitive to citrus)
water, as needed
sea salt, to taste
1/2 teaspoon apple cider vinegar, optional

Blend and enjoy!