



Recipes for detox

AND EVERYDAY LIFE



Recipes

Mains

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Mediterranean-Style Grilled Salmon

Tuscan White Bean Stew

Mediterranean Pasta

Mediterranean Cauliflower Rice

One Pot Garlic Lemon Herb Mediterranean Chicken + Potatoes

This One Pot Creamy Hummus Pasta



Sides

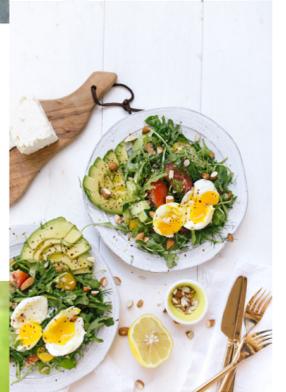
Fresh Herbed Avocado Salad

Crispy Falafel

Chunky Citrus Avocado Dip

Mediterranean Hummus

Greek Tabbouleh Salad



Breakfast

Mediterranean-style Savoury Breakfast Toast

Mediterranean Breakfast Salad

Date and Walnut Overnight Oats

Cashew Coconut Green Smoothie

Good Morning Breakfast Bars

Greek Quinoa Breakfast Bowl



Dressings

Fresh Mint Dressing

Traditional Greek Dressing

Dill Yogurt Avocado Dressing



Desserts

Italian Apple Olive Oil Cake

Whole Grain Citrus and Olive Oil Muffins

Mediterranean Pistachio No Bake Snack Bars

Rainbow Whole Fruit Popsicles



Overview

This recipe collection is for detoxification and optimal health based on the Mediterranean Diet and The Glycemic Index Diet meaning that it is focused on low sugar, plant-based food with chicken and fish for extra protein in some recipes if you desire. There is dairy in a few of the recipes which can be enjoyed in moderation as long as you try to focus on high-quality, local and/or organic whenever possible. Feel free to omit dairy in any recipe if you wish.

All of these recipes are flexible and you can feel free to add or remove ingredients at your own preference. If you are vegetarian or vegan, most of these recipes are easily modified.



Mains

Barley and Roasted Tomato Risotto

Serves 8

Ingredients

10 large plum (Roma) tomatoes, about 2 pounds total weight, peeled and each cut into 4 wedges
2 tablespoons extra-virgin olive oil
1/2 teaspoon sea salt, divided
1/2 teaspoon freshly ground black pepper, divided
4 cups low-sodium vegetable stock or broth
3 cups water
2 shallots, chopped
2 cups pearl barley
3 tablespoons chopped fresh basil, plus whole leaves for garnish
3 tablespoons chopped fresh flat-leaf (Italian) parsley
1 1/2 tablespoons chopped fresh thyme

Directions

Heat the oven to 450 F.

Arrange the tomatoes on a nonstick baking sheet.

Drizzle with 1 tablespoon of the olive oil and sprinkle with 1/4 teaspoon of the salt and 1/4 teaspoon of the pepper.

Toss gently to mix.

Roast until the tomatoes are softened and beginning to brown, 25 to 30 minutes.

Set aside 16 tomato wedges to use for a garnish.

In a saucepan, combine the vegetable stock and water and bring to a boil over high heat. Reduce the heat to low and keep at a simmer.

In a large, heavy saucepan, heat the remaining 1 tablespoon olive oil over medium heat.

Add the chopped shallots and saute until soft and translucent, 2 to 3 minutes.

Stir in the barley and cook, stirring, for 1 minute.

Stir in 1/2 cup of the stock mixture and cook until the liquid is completely absorbed, stirring occasionally.

Continue stirring in the stock mixture in 1/2-cup increments, cooking each time until the liquid is absorbed before adding more, until the barley is tender, 45 to 50 minutes total.

Remove from the heat and fold in the tomatoes, chopped basil, parsley and thyme.

Add the remaining 1/4 teaspoon salt and 1/4 teaspoon pepper and stir to combine.

Divide the risotto among warmed individual shallow bowls. Garnish with the reserved roasted tomato wedges and the whole basil leaves.

Mediterranean-Style Grilled Salmon

Serves 4

Ingredients

4 tablespoons chopped fresh basil
1 tablespoon chopped fresh parsley
1 tablespoon minced garlic
2 tablespoons lemon juice
4 salmon fillets, each 5 ounces
Cracked black pepper, to taste
4 green olives, chopped
4 thin slices lemon
Olive Oil

Directions

Heat an oven to 375 C

In a small bowl, combine the basil, parsley, minced garlic and lemon juice.

Lightly brush the fish with olive oil and sprinkle with black pepper.

Top each fillet with equal amounts of the herb-garlic mixture.

Place the fish herb-side up on the parchment paper and insert into oven.

Bake until the fish is opaque throughout when tested with the tip of a knife.

Remove the salmon and place on warmed plates. Garnish with green olives and lemon slices if desired.



Mains

Tuscan White Bean Stew

Serves 6

Ingredients

For the croutons:

1 tablespoon extra-virgin olive oil
2 cloves garlic, quartered
1 slice whole-grain bread, cut into 1/2-inch cubes

For the soup:

2 cups (about 1 pound) dried cannellini or other white beans, picked over and rinsed, soaked overnight, and drained
6 cups water
1/2 teaspoon salt, divided
1 bay leaf
2 tablespoons olive oil
1 cup coarsely chopped yellow onion
3 carrots, peeled and coarsely chopped
6 cloves garlic, chopped
1/4 teaspoon freshly ground black pepper
1 tablespoon chopped fresh rosemary, plus 6 sprigs
1 1/2 cups vegetable stock or broth

Directions

To make the croutons, heat the olive oil over medium heat in a large frying pan. Add the garlic and saute for 1 minute. Remove from the heat and let stand for 10 minutes to infuse the garlic flavor into the oil. Remove the garlic pieces and discard. Return the pan to medium heat. Add the bread cubes and saute, stirring frequently, until lightly browned, 3 to 5 minutes. Transfer to a small bowl and set aside.

To make the soup, combine in a soup pot the white beans, water, 1/4 teaspoon of the salt and the bay leaf. Bring to a boil over high heat. Reduce the heat to low, cover partially and simmer until the beans are tender, 60 to 75 minutes. Drain the beans, reserving 1/2 cup of the cooking liquid. Discard the bay leaf. Place the cooked beans into a large bowl and save the cooking pot for later use. In a small bowl, combine the reserved cooking liquid and 1/2 cup of the cooked beans. Mash with a fork to form a paste. Stir the bean paste into the cooked beans. Return the cooking pot to the stovetop and add the olive oil. Heat over medium-high heat. Stir in the onion and carrots and saute until the carrots are tender-crisp, 6 to 7 minutes. Stir in the garlic and cook until softened, about 1 minute. Stir in the remaining 1/4 teaspoon salt, the pepper, chopped rosemary, bean mixture and stock. Bring to a boil then reduce the heat to low and simmer until the stew is heated through, about 5 minutes. Ladle the stew into warmed bowls and sprinkle with the croutons. Garnish each bowl with a rosemary sprig and serve immediately.



Mediterranean Pasta

Serves 4-6

Ingredients

1 tablespoon kosher salt – plus 1 teaspoon, divided
6 ounces whole wheat angel hair pasta – whole wheat spaghetti, or similar whole wheat noodles
4 cloves garlic
2 cups grape tomatoes – or cherry tomatoes
1 can quartered artichoke hearts – (14 ounces)
1 can whole pitted black olives – (6 ounces)
3 tablespoons good-quality olive oil
1/2 teaspoon ground black pepper
1/4-1/2 teaspoon crushed red pepper flakes
1/4 cup freshly squeezed lemon juice – about 1 lemon
1/4 cup freshly grated Parmesan cheese (optional)
1/4 cup fresh Italian parsley – chopped

Instructions

Bring a large pot of water to a boil and add 1 tablespoon salt. Cook the pasta until al dente. Reserve 1/2 cup of the pasta water, then drain. While the water boils and pasta cooks, prep your vegetables and remaining ingredients: mince the garlic; halve the cherry tomatoes; drain and roughly chop the artichokes; drain and slice the olives in half. Once the vegetables start cooking, the recipe goes quickly, so you want to be ready. Heat the olive oil in a large skillet over medium high heat and add the tomatoes, garlic, the remaining 1 teaspoon salt, pepper, and crushed red pepper flakes. Cook, stirring frequently, until the garlic is fragrant and the tomatoes begin to break down and release some juices into the oil, 1 to 2 minutes. Add the pasta to the skillet and toss to coat. Add the artichokes and olives. Drizzle the lemon juice over the pasta. Continue tossing and cook for 1 to 2 minutes, until warmed through. If the pasta seems too dry, add a splash of the reserved pasta water to loosen it. Taste and adjust the salt and pepper as desired. Remove from heat and sprinkle with Parmesan (if desired) and parsley. Toss once more and enjoy.

Mains

Mediterranean Cauliflower Rice

4 Servings

1 medium-to-large head cauliflower or 16 ounces store-bought cauliflower rice

½ cup sliced almonds

2 tablespoons extra-virgin olive oil

2 cloves garlic, pressed or minced

Pinch of red pepper flakes (omit if sensitive to spice)

¼ teaspoon fine sea salt

½ cup chopped flat-leaf parsley

1 tablespoon lemon juice

Freshly ground black pepper, to taste

Instructions

If you're working with a head of cauliflower, cut it into medium chunks (see photo) and discard the core.

Working in batches, pulse the chunks in a food processor with the S-blade until they're broken into tiny pieces, just bigger than couscous.

Wrap the cauliflower rice in a clean tea towels or paper towels, twist, and squeeze as much water as possible from the rice—you might be surprised by how much water you can wring out.

Toast the almonds in a large skillet over medium heat, stirring frequently (careful, or they'll burn), until they're fragrant and starting to turn golden on the edges, about 3 to 5 minutes. Transfer the toasted almonds to a bowl to cool.

Return the skillet to the heat and add the olive oil and garlic.

Cook while stirring until the garlic is fragrant, about 10 to 20 seconds.

Add the cauliflower rice, red pepper flakes and salt, and stir to combine.

Cook, stirring just every minute or so, until the cauliflower rice is hot and turning golden in places, about 6 to 10 minutes.

Remove the skillet from the heat. Stir in the toasted almonds, parsley and lemon juice. Season to taste with salt and pepper, and serve warm.



One Pot Garlic Lemon Herb Mediterranean Chicken + Potatoes

Serves 4

Ingredients

4 chicken breasts

¼ cup lemon juice (juice of 1 lemon)

3 tablespoons olive oil, divided

1 tablespoon red wine vinegar

4 large garlic cloves, crushed

3 teaspoons dried basil

2 teaspoons dried oregano

2 teaspoons dried parsley

2 teaspoons salt, plus extra

8 baby potatoes, halved

1 red onion, cut into wedges

1 red bell pepper (capsicum), deseeded and cut into wedges

1 large zucchini, sliced

4 tablespoons pitted Kalamata olives

Lemon slices, to serve

Instructions

Pat chicken breasts dry with paper towel.

In a shallow dish, combine the lemon juice, 2 tablespoon of olive oil, vinegar, garlic, basil, oregano, parsley and salt.

Pour out half of the marinade and store in a jug to use later.

Add the chicken to the marinade in the dish and coat evenly.

Cover and marinate for 15 minutes if rushed; 1 hour if time allows; or over night, turning each chicken breast occasionally in the marinade.

Preheat oven to 220°C | 430°F. Heat the remaining 1 tablespoon of olive oil in a large oven-proof pan or skillet over medium-high heat.

Sear the chicken on both sides until golden browned (about 4 minutes each side).

Arrange the vegetables around each chicken breast.

Drizzle the vegetables with the remaining marinade, tossing them through the oil mixture to evenly coat.

Cover skillet or dish with lid (or foil), and bake until the potatoes are soft and the chicken is completely cooked through (about 30 minutes).

Change oven setting to grill / broil on a medium heat setting; uncover and cook for about 5-10 minutes, or until chicken and potatoes are crispy and golden browned.

Serve with olives and lemon slices.

Mains

This One Pot Creamy Hummus Pasta

Serves 2-4

Ingredients

8 oz dry linguine
1/4 cup sun dried tomatoes packed in oil drained
1 tbsp sun dried tomato oil
3 cloves garlic diced
3/4 cup hummus + more for leftovers (hummus recipe above or use your own)
1 cup pasta water
2 cups baby spinach
salt and pepper to taste
red pepper flakes optional

Instructions

Bring a large pot of water to a boil.
Add pasta and cook for 10-12 minutes, or until tender.
Drain pasta, reserving 1 cup of pasta water.
Place the empty pot back on the stove over medium heat.
Add sun dried tomatoes, oil and garlic to the pan.
Sauté for 2 minutes.
Add hummus and pasta to the pan and stir to combine.
Slowly pour in pasta water 1/4 cup at a time until sauce reaches desired consistency.
Add spinach and sauté until wilted (approx. 1 minute). Add salt and pepper to taste.
Serve immediately and enjoy!

Sides

Fresh Herbed Avocado Salad

4-6 servings

Ingredients

Herb-pepita mix

- ½ cup raw pepitas (green pumpkin seeds)
- ¼ teaspoon chili powder
- ¼ teaspoon extra-virgin olive oil
- Pinch of salt
- ½ cup chopped radish (about 3 medium)
- ½ cup chopped green onion
- ½ cup chopped fresh cilantro, parsley, basil, dill or any combination thereof
- 1 medium jalapeño, seeds and membranes removed, chopped (omit if sensitive to spice)

Everything else

- 4 large just-ripe avocados
- ¼ cup lime juice (about 1 to 2 limes)
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons honey or maple syrup
- ½ teaspoon fine sea salt, plus flaky sea salt for finishing (optional)
- Lime zest for garnish, optional

Instructions

Since avocados start browning once they're cut, we're going to prepare everything else first.

Toast the pepitas in a large skillet over medium heat, stirring often (don't let them burn!), until they're starting to turn golden on the edges and make little popping noises, about 3 to 5 minutes.

Remove the skillet from the heat and stir in the chili powder, olive oil and pinch of salt. Set aside to cool.

Meanwhile, combine the chopped radish, green onion, herbs and jalapeño in a bowl, and set aside.

To prepare the dressing, whisk together the lime juice, olive oil, honey and salt in a small bowl. Set aside.

You can slice or dice the avocados however you'd like, but for the prettiest slices, first cut the avocados in half and remove the pits.

Then cut the halves in half again to make long quarters. Peel the avocado skin off each quarter and carefully slice it into long strips.

To assemble, place the avocado in a medium serving bowl or platter.

Drizzle the dressing all over them. Stir the toasted pepitas into the herb mix, then spoon it over the avocados.



Crispy Falafel

Makes 12 Falafels

Ingredients

- ¼ cup + 1 tablespoon extra-virgin olive oil
- 1 cup dried (uncooked/raw) chickpeas, rinsed, picked over and soaked for at least 4 hours and up to 24 hours in the refrigerator
- ½ cup roughly chopped red onion (about ½ small red onion)
- ½ cup packed fresh parsley (mostly leaves but small stems are ok)
- ½ cup packed fresh cilantro (mostly leaves but small stems are ok)
- 4 cloves garlic, quartered
- 1 teaspoon fine sea salt
- ½ teaspoon (about 25 twists) freshly ground black pepper
- ½ teaspoon ground cumin
- ¼ teaspoon ground cinnamon

INSTRUCTIONS

With an oven rack in the middle position, preheat oven to 375 degrees, pour ¼ cup of the olive oil into a large, rimmed baking sheet and turn until the pan is evenly coated.

In a food processor, combine the soaked and drained chickpeas, onion, parsley, cilantro, garlic, salt, pepper, cumin, cinnamon, and the remaining 1 tablespoon of olive oil. Process until smooth, about 1 minute.

Using your hands, scoop out about 2 tablespoons of the mixture at a time.

Shape the falafel into small patties, about 2 inches wide and ½ inch thick. Place each falafel on your oiled pan.

Bake for 25 to 30 minutes, carefully flipping the falafels halfway through baking, until the falafels are deeply golden on both sides.

These falafels keep well in the refrigerator for up to 4 days, or in the freezer for several months.

Sides

Chunky Citrus Avocado Dip

Ingredients

2 Navel oranges, peeled and diced
2 large avocados (or 3 smaller avocados), pitted, peeled and diced
½ cup chopped red onions
½ cup chopped cilantro
½ cup chopped fresh mint
½ cup walnut hearts, chopped
Salt and pepper
¾ tsp Sumac (A dried red spice used traditionally in Middle Eastern cooking, you can omit)
Cayenne
Juice of 1 lime
Generous drizzle extra virgin olive oil
1 ¾ oz/ 49 g crumbled feta cheese if desired



Directions

Place oranges, avocado, red onions, fresh herbs, and walnuts in one large bowl.
Season with salt, pepper, sumac and pinch of cayenne.
Add lime juice and a generous drizzle of olive oil.
Toss gently to combine.
Add feta cheese on top if desired.
Serve with your favorite tortilla chips or other dish.

Mediterranean Hummus

Ingredients

2 cloves garlic
1 15.5 oz can of garbanzo beans/chickpeas, drained and rinsed
1 lemon freshly squeezed
1 ½ tbsp tahini paste
1 tsp salt
¼ tsp cumin
⅛ tsp cayenne pepper
2 Tbsp olive oil
Fresh parsley for garnish
Paprika for garnish

Directions

In food processor pulse garlic until minced, add chickpeas/garbanzo beans, lemon juice, salt, tahini paste, cayenne pepper and cumin.
Process until fairly smooth. While processing add olive oil through top chute. Process until complete smooth.
Scoop into a bowl and garnish with parsley and paprika.

Greek Tabbouleh Salad

Serves 4

¾ cup medium bulgur wheat (4 ounces), rinsed
Hot water
3 tablespoons fresh lemon juice
3 tablespoons extra-virgin olive oil
½ pint cherry tomatoes, halved
1 seedless cucumber, peeled and cut into ½-inch chunks
2 scallions, thinly sliced
½ cup crumbled feta (3 ounces)
¼ cup pitted kalamata olives, coarsely chopped
¼ cup chopped flat-leaf parsley
¼ cup chopped mint
Salt and freshly ground pepper

Directions

In a large bowl, cover the bulgur with 2 inches of hot water and let soak for about 20 minutes, until tender.
Drain the bulgur in a fine sieve, pressing firmly to release the excess water.
Wipe out the bowl.
In the same bowl, whisk the lemon juice with the olive oil.
Add the bulgur, tomatoes, cucumber, scallions, feta, olives, parsley and mint.
Season with salt and pepper and toss well.
Let stand for 10 minutes and toss once more before serving.



Breakfast

Mediterranean-style Savoury Breakfast Toast

Serves 4

Ingredients

4 thick slices whole grain or whole wheat bread of choice
1/2 cup/123 g hummus (homemade with recipe above or quality store-bought)
Za'atar spice blend (this is a Middle Eastern herb mix made of oregano, thyme, marjoram, with toasted sesame seeds) - can be omitted.
Handful baby arugula
1 cucumber, sliced into rounds
1 to 2 Roma tomatoes, sliced into rounds
2 tbsp/about 16 g chopped olives of your choice
Crumbled feta cheese, if desired

Directions

Toast bread slices to your liking
Spread about 2 tbsp hummus on each slice of bread.
Add a generous sprinkle of Za'atar spice (if using), then load on the arugula and remaining toppings. Enjoy!



Mediterranean Breakfast Salad

Serves 4

4 eggs, organic cage-free, grass fed
10 cups arugula
2 cups halved cherry tomatoes and/or heirloom tomatoes cut into wedges (a mix is great!)
1/2 seedless cucumber, chopped
1 cup cooked quinoa, cooled (here's how to make perfectly cooked quinoa)
1 large avocado
1 cup whole natural almonds, chopped
1/2 cup mixed herbs like mint and dill, chopped
extra virgin olive oil
1 lemon
sea salt and freshly ground black pepper

Instructions

Start by cooking the eggs. For soft-boiled, bring a pot of water to a boil, then reduce heat to a simmer. Gently lower eggs into water and let simmer for 6 minutes. Remove from water and run cold water over top to stop the cooking. Set aside and peel when ready to use. In a large bowl, combine arugula, tomatoes, cucumber, and quinoa. Drizzle a little olive oil over top, season with salt and pepper, then toss together. Divide salad among 4 plates. Top with sliced avocado and halved egg, then sprinkle herbs and almonds over top. Season with more salt and pepper, a squeeze of lemon juice, and a final drizzle of olive oil. Eat!



Date and Walnut Overnight Oats

Serves 1

Ingredients

2/3 cup rolled oats
1/4 cup chopped dates (about 7-8)
2 tablespoons chopped walnuts or pecans
1 tablespoon chia seeds
1 tablespoon flax seeds
1 teaspoon maple syrup (optional)
2/3 cup almond milk (plus a tablespoon or so more if you like it to have a cereal milky texture)

Instructions

Mix all of the ingredients in a mason jar and combine well.
Place the jar into fridge with the lid screwed on overnight.
Enjoy in the morning!

Breakfast

Cashew Coconut Green Smoothie

Serves 2-4, depending on size you want

Ingredients

1 can coconut milk (full fat is best)
1 apple, cored and chopped
1-inch piece of fresh ginger
1/2 teaspoon turmeric
1/2 teaspoon ground cardamom
1 teaspoon cinnamon
3 tablespoons pea protein powder
1 cup arugula
1 cup kale
1/2 cup dry roasted cashews
Water or ice to reach desired consistency and temperature

Directions

Place ingredients in order in blender or Vitamix and blend until smooth.



Good Morning Breakfast Bars

Makes 8 Bars

Ingredients

2 cups of old-fashioned organic oats
1 cup of almond, soy, rice, hemp cow or other milk
1 banana, mashed
1/2 cup of unsweetened applesauce
1/4 cup of organic cane sugar, maple syrup, honey or other preferred sweetener
1/2 cup of beaten egg (2 eggs), local, organic, grass fed
1.5 teaspoons baking powder
.5 teaspoon salt
2 teaspoons ground cinnamon

Directions

Preheat oven to 325 degrees.
Oil an 8x8 baking dish with baking spray or rubbed coconut oil
Combine all ingredients in a mixing bowl and stir until well mixed.
Pour the batter into the baking dish and bake for roughly 45 minutes. Allow to cool completely and cut into 8 equal pieces.



Greek Quinoa Breakfast Bowl

Serves 6

Ingredients

12 eggs
1/4 cup plain greek yogurt
1 teaspoon onion powder
1 teaspoon granulated garlic
1/2 teaspoon salt
1/2 teaspoon pepper
1 teaspoon olive oil
1 (5-ounce) bag baby spinach
1 pint cherry tomatoes, halved
1/2 cup feta cheese
2 cups cooked quinoa

Instructions

In a large bowl whisk together eggs, greek yogurt, onion powder, granulated garlic, salt, and pepper.
Set aside.
In a large skillet heat olive oil and add spinach.
Cook spinach until it is slightly wilted, 3-4 minutes.
Add in cherry tomatoes and cook until tomatoes are softened, 3-4 minutes
Stir in egg mixture and cook until the eggs are set, about 7-9 minutes.
Stir the eggs as they cook so they turn out scrambled.
Once the eggs are set stir in the feta and quinoa and cook until heated through.
Serve hot.

Dressings

Fresh Mint Dressing

Makes 1 Cup

½ cup extra-virgin olive oil
½ cup lemon juice (about 2 lemons)
¼ cup packed fresh mint (spearmint) leaves (about half of a ⅔ or ¾-ounce package)
3 tablespoons honey or maple syrup
1 tablespoon Dijon mustard
2 cloves garlic, roughly chopped
¼ teaspoon fine sea salt
10 twists of freshly ground black pepper

INSTRUCTIONS

In a food processor, combine all of the ingredients and blend until smooth. Taste, and add more salt and/or pepper if necessary. Use as desired!
This dressing will keep well, covered and refrigerated, for up to 1 week.

Traditional Greek Dressing

Ingredients

1 cup extra virgin olive oil
zest of 1 lemon
juice of 2 lemons
2 tablespoons red wine vinegar
1 teaspoon Dijon mustard
1 teaspoon honey
2 cloves garlic, minced
2 teaspoons oregano, dried
1 teaspoon basil, dried
½ teaspoon salt
½ teaspoon black pepper

Instructions

Add all ingredients to a jar.
Cover and shake for about a minute.

Dill Yogurt Avocado Dressing

Ingredients

1 avocado, pitted
½ cup whole fat Greek yogurt, organic
Juice of 1 lemon
2 green onions, chopped
½ cup dill, packed, stems removed
¼ cup extra virgin olive oil buy now
¼ cup water
¼ teaspoon salt
¼ teaspoon pepper

Instructions

Add all ingredients to a food processor.
Using low setting, blend just until dill and green onions are finely chopped.
Don't overmix. You can add more water for desired consistency.



Desserts

Italian Apple Olive Oil Cake

INGREDIENTS

2 large Gala apples, peeled and chopped as finely as possible
Orange juice to soak apples in
3 cups all-purpose flour
1/2 tsp ground cinnamon
1/2 tsp ground nutmeg
1 tsp baking powder
1 tsp baking soda
1 cup sugar
1 cup extra virgin olive oil
2 large eggs
2/3 cup gold raisins, soaked in warm water for 15 minutes and then drained well

INSTRUCTIONS

Preheat oven to 350 degrees F.
Place the chopped apples in a bowl and add orange juice; just enough juice to toss and coat apples so as to prevent browning.
In a large mixing bowl sift together the flour, cinnamon, nutmeg, baking powder and baking soda. Set aside for now
In the bowl of a stand mixer fitted with a whisk, add sugar and extra virgin olive oil. Mix on low for 2 minutes until well-combined
While mixer is on, add the eggs, one at a time, and continue to mix another 2 minutes until mixture increases in volume (it should be thicker but still runny)
In the large bowl with the dry ingredients, make a well in the middle of the flour mixture. Add the wet mixture (the sugar and olive oil mixture) into the well. Using a wooden spoon, stir until just blended; it will be a thick batter (do not add anything to loosen it).
Drain raisins (which have been soaking in water) completely; and rid apples of excess juice. Add both raisins and apples to the batter and mix with spoon until well-combined. Again, batter will be fairly thick.
Line a 9-inch cake pan with parchment paper. Spoon thick batter into the pan, and level the top with the back of your wooden spoon.
Bake in 350 degrees F for 45 minutes or until an inserted tooth pick or wooden skewer comes out clean.
Cool completely in pan. When ready, simply lift parchment up to transfer cake into a serving dish. Dust with confectioner's sugar if desired.
Alternatively, heat some dark honey to serve on top (those with a sweeter tooth like this option.)



Whole Grain Citrus and Olive Oil Muffins

Makes 12 muffins

Ingredients

1 1/2 cups spelt flour
1/4 cup rolled oats
2 1/2 teaspoons baking powder
1/2 teaspoon sea salt
1/2 teaspoon cinnamon
1 egg
1/3 cup extra virgin olive oil
1/3 cup freshly squeezed orange juice (about 1 to 2 medium oranges)
1/3 cup unsweetened almond milk
1/3 cup maple syrup
1/2 teaspoon vanilla powder (or extract)
1/2 tablespoon orange zest (from about 1 medium orange)
1 grated carrot
1/4 cup chopped almonds (optional)

Instructions

Preheat the oven to 375°F. Line a muffin pan with liners and set aside.
Whisk together the spelt flour, rolled oats, baking powder, salt and cinnamon in a medium bowl.
In another medium bowl, whisk together the egg, olive oil, orange juice, almond milk, maple syrup, vanilla and orange zest. Add to the bowl with the dry ingredients and mix until just combined. Gently fold in the carrot.
Scoop the batter into the prepared muffin tins, filling each about 3/4 full. Sprinkle the tops of the muffins with chopped almonds, if desired.
Bake for about 16 to 19 minutes, until a toothpick inserted into the middle comes out clean. Let cool for 5 minutes, then remove the muffins to a wire rack to cool completely.

Desserts

Mediterranean Pistachio No Bake Snack Bars

Ingredients

20 pitted dates
1 1/4 cups no-shell roasted & salted pistachios
1 cup rolled old fashioned oats
2 tablespoons pistachio butter
1/4 cup unsweetened applesauce
1 teaspoon vanilla extract

Instructions

To a food processor fitted with a metal blade, add dates and process 30 to 45 seconds until pureed. Add in Wonderful Pistachios and oats, pulse in 15 second intervals 2 to 3 times until crumbly, coarse consistency achieved.

Place the pistachio butter, applesauce and vanilla extract into the processor and pulse remaining 20 to 30 seconds until dough is slightly sticky.

Line an 8 x 8-inch pan with parchment paper.

Using a spatula remove dough from processor and pour into the pan. Press down firmly to evenly distribute dough in the pan with another piece of parchment paper.

Lift paper up and place evenly throughout remaining 1/4 cup of no-shell Wonderful Pistachios onto the top of the dough.

Place pan in the freezer with parchment paper on top and freeze for at least 1 hour before cutting.

Slice into 8 bars and store in an airtight container in the refrigerator for up to a week.

Rainbow Whole Fruit Popsicles

Ingredients

About 2 kiwis
1 cup strawberry halves
1 cup roughly chopped mango
1 cup blueberries
1 cup roughly chopped watermelon
1 cup rough chopped pineapple

Working with one fruit at a time, puree in a small food processor.

Rinse the machine out between fruits.

Carefully spoon a layer of fruit at the bottom of each popsicle mold.

Gently rap the mold on a firm surface to level the puree. Freeze until solid.

Spoon another layer of fruit into each mold and stand a stick upright in each.

Again firmly tap the mold down on the counter to level the puree and freeze again until the second layer is solid.

Continue on until you have filled the molds.

If any of the purees are a little too thick to work with, stir in a little water.

Clean up any spilled puree from the insides of the molds as you go so they won't mar your design, just scrape the drips down with a popsicle stick.

To un-mold, fill your sink with hot tap water, and hold the mold in the water, just up to, but not over the top edge, for a few seconds.

If the popsicles don't slide out, hold the mold in the water a little longer.



