

Eat The Rainbow

Food & Recipes

Quality Ingredients and Flavours

When making food, I will encourage you to always use quality ingredients and choose carefully the type of sugars, salts, flours and seasonings you use. This is the basis of cooking from the earth. This is when grams of salt, protein, carbohydrates, sugar and portions don't matter. When you eat from the earth, you don't need to stress about calories or counting anything so I encourage you to really focus on quality when cooking.

Below is a chart of the types of ingredients I encourage you to use.

Salt	<p>Himalayan, Celtic rock salt or other natural sea salts.</p> <p>Sea salts retain their natural essential minerals that occur in the sea while providing an excellent taste. White table salt has been highly processed, and has toxic additives such as fluoride, aluminum derivatives and potassium iodide.</p>
Sugar	<p>Honey, real maple syrup, coconut sugar, raw organic cane sugar and stevia.</p> <p>Avoid processed white sugar, corn syrup, artificial sweeteners such as sucralose (Splenda®) and aspartame. Xylitol is a natural sugar alcohol but is processed and chemically made so use with caution if you must.</p>
Flour	<p>Oat, coconut, buckwheat, spelt, organic sprouted grain wheat, quinoa, chickpea to name a few.</p> <p>White wheat flour has no nutritional value and is more harmful to your body than good.</p>
Seasonings / Flavour enhancers	<p>In cooking: dried and fresh herbs such as oregano, basil, thyme, tarragon, sage, rosemary, dill, mint, cilantro, parsley, chives and bay leaves. Other great flavour enhancers are garlic, ginger, onion, lemon, lime, leeks, chili peppers, cayenne, cumin, coriander, fennel, nutmeg, sesame seeds, pepper, caraway, anise and allspice. For baking or sweet treats I recommend vanilla, cinnamon, nutmeg and coconut to name a few.</p> <p>Flavour is the key to eating healthy and enjoying your food. I add herbs and seasonings to everything, I add vanilla to things like oatmeal, pancakes and smoothies to enhance flavour and to help give my brain the signals of satisfaction.</p>

Oils / Fats

Earth fats are good for you and don't make you fat! Eat fats from all raw nuts, avocado, chia seeds, flaxseeds and olives. Oils I encourage are coconut, olive, sesame, walnut, flaxseed, grapeseed, hazel, avocado and peanut. Use coconut oil for cooking instead of butter and coconut milk instead of dairy milk or cream.

Using the right oil makes a huge difference to the benefit of your food. Using a highly processed, highly heated oil such as canola ruins your good efforts and makes your food hard to digest and understand by your body. Fat is essential and not to be avoided, chose the right types and eat all you want.

Smoothies

The Staple

2 bananas
1 cup berries
2 leaves kale
water

Sweet Popeye

1 banana
½ apple
1 cup spinach
water

Tropical Green

1 banana
½ cup pineapple
(fresh, not canned)
1 cup spinach
½ cup coconut milk
water

Omega 3 Booster

1 cup almond milk

1 ripe banana
1 cup frozen fruit
1-2 tbsp chia seeds

1 tsp powdered
ginger
1-2 cups of
coconut water or
water

Digestive System Helper

½ avocado
½ banana,
half cup pineapple
or mango
1 tbsp chia seeds
handful of dark
leafy greens
1 tsp cinnamon
ginger root, to taste
4 leaves of fresh
basil

Banana Chocolate

2 bananas
5 soaked dates
1 tbsp cocoa
powder
½ cup coconut milk
½ non dairy milk of
choice
½ cup water
1 tsp vanilla extract

Sweet Potato- Banana Green

½ cup cooked and
cooled sweet
potato
1 medium banana,
peeled
2 cups fresh baby
spinach
a dash of all-spice
4 ounces milk of
choice

Blue Beauty Morning

½ cup frozen
blueberries
½ banana
⅓ cup oats, soaked
and rinsed
(optional, can be
omitted)
1 tbsp hemp seeds
1 tbsp chia seeds
1-2 cups coconut,
almond or hemp
milk

High Fiber

1 kiwi, peeled or unpeeled
½ cup kale
½ green apple, cored
½ lemon, juice only
1 pitted date, optional for added sweetness
1 tbsp ground flaxseed
½ cup coconut water or coconut milk (or sub any nut milk you choose)

Brain Power

½ cup blueberries, frozen
½ cup blackberries, frozen
1 banana
1 cup kale
1 cup almond milk
½ cup water

Blueberry-Banana

1 cup blueberries
1-2 whole bananas*
1 stalk celery
2 cups fresh baby spinach (or other leafy green)
½ – 1 cup water

Carrot-Mango

1 mango
2 cups fresh baby spinach (or other leafy green)
2 whole carrots
½ cup water
ice and water
½ cup coconut milk

A smoothie can be really made out of any food, it comes down to what is appealing to your taste buds. I pack mine with fresh, raw, organic fruits and veggies and create something new almost every day. I simply add my washed/cut produce, and extra ingredients, top with water or unsweetened non-dairy milk and blend with a NutriBullet blender. When choosing which type of liquid to add to your smoothie I always advise to use any or a combination of water, freshly juiced juice, and a non-dairy milk of choice. Options for milk include coconut, hemp, rice, almond or other nut such as hazelnut and soy. Smoothie can range from really simple to adventurous. If you wish to add sweetness try adding stevia or 1tbsp of honey or maple syrup.

To make a nutritious smoothie, all you have to do is pick a few fresh foods you like and pop them in a blender – its really simple!

Breakfast

Oats are a staple for me in the summer or winter. In the warmer months, I chose a raw muesli made of oats, fresh fruit, ground flaxseed, hemp hearts, chia seeds, oat bran and topped with almond milk. In the winter I usually chose a cooked oatmeal, containing basically the same ingredients, only with water instead of almond milk and warmed on low on a stove.

The health benefits of oats are huge:

Dietary fiber - oats are rich in a specific type of fiber called beta-glucan. This particular type of fiber is known to help lower levels of bad cholesterol. One cup of oats contains 16.5 grams of fiber, which is roughly half of a person's recommended daily intake of fiber.

Minerals & Antioxidants - oats contain manganese, selenium, phosphorus, fiber, magnesium, and zinc. Oats are also rich in carotenoids, tocopherols (Vitamin E) and flavonoids – all antioxidants! Another antioxidant compound unique to oats, called avenanthramides, help prevent free radicals from damaging LDL cholesterol, reducing the risk of cardiovascular disease.

Not everyone loves oats like I do, but I encourage you to give them a try. I'm not asking you to have the bland, dull oatmeal day in and day out you may think of. Of course there are other options for breakfast, which I will mention as well.

Other benefits of oats include enhanced the human immune system's response, stabilized blood sugar, significant cardiovascular benefits for postmenopausal women, reduced risk of diabetes and even cancer!

Please note that, just like every other recipe in this book, these recipes are extremely flexible. Clean eating is not about being exact, it is about eating all the clean food from the earth that you like with no limitations! Here are a few basic ways to eat oats for breakfast.

Non-Oat Breakfast Options

For those who are sensitive to oats or sincerely don't like them (even with all these yummy options!), try a combination of these foods for breakfast. I always recommend fruit with breakfast as it is nutritionally dense, delicious and filled with good sugar (for energy!) and fiber.

- ✓ A large smoothie (see recipes)
- ✓ Fresh fruit
- ✓ Toast with coconut oil, peanut butter and honey with a side of fruit *try to choose sprouted grain & organic bread such as *Silver Hills* brand.
- ✓ Pancakes
- ✓ Breakfast bars and muffins (nutritionally dense recipes)

Lunch

One of the easiest lunches is yesterday's dinner leftovers. I recommend when making dinner to make extra and portion it out for lunch the next day. This way it is ready to go to take to work or for a quick grab out of the fridge. If you're not into leftovers there are lots of clean, from the earth options for your mid-day fuel.

For lunches I am almost always going to encourage salad. Don't be fooled, the word "salad" is a hugely broad term and within it are endless options. Think of salad as a dish you throw a whole bunch of randoms into and toss with a yummy dressing or other "wet" ingredient (such as avocado, hummus etc.) to bring it all together. You can add anything to this salad! Below is a staple salad I eat almost every single day and do not get bored of because it is so versatile.

Quinoa salad made with any and all vegetables/earth food I have on hand

– I always keep cooked quinoa in the fridge, then add chopped veggies/fruit and top with a raspberry vinaigrette or homemade simple dressing. Typically I add whatever I have in my fridge which is usually a combination of the following; kale, sprouts, tomato, mushroom, bell pepper, apple, green onion, garlic, grated beet, carrot, cucumber, broccoli, cooked sweet potato, celery, raw nuts, seeds and sometimes tofu. Get creative with home made dressings, herbs and spices to add flavour and prevent boredom.



If you ever get confused on what you should eat – think simple and pick foods from the earth. Most days my lunch isn't a fancy, revolutionary, complicated dish, it can be a bowl of veggies, apple and chickpeas tossed in vinaigrette, a banana and a piece of sprouted grain organic bread. Sometimes all I have is a couple vegetables so I will cut up whatever I

have and add it to quinoa. Don't be afraid to experiment. Keep it clean and eat lots of it! You can sub other foods for quinoa such as beans, rice, bulgur wheat, millet, amaranth, teff, wheat berries, barley, farro etc.

Dinner

Bare with me, when I am talking about what to eat I am going to sound repetitive. That's because the only focus I have is to eat from the earth. Therefore, you will end up eating a lot of the things you enjoy from the earth. dinner think simple and basic. You will be eating a lot of different of vegetables, whole grains (rice, quinoa, or other grains mentioned above) and other minimally (or ideally NOT) processed foods.



Common meals in our house:

- vegan rice bowl
- baked sweet potato topped with onion, garlic, quinoa and avocado sauce
- pesto with buckwheat noodles
- spaghetti with vegetable tomato sauce
- a huge quinoa salad and homemade veggie soup
- veggie nut burgers and homemade fries
- steamed baby potatoes topped with sautéed onion and a salad.
- Vegan noodles with “cheese sauce” (cashew “cheese” sauce in recipe section)

Did I just say potato??? People get shocked with I say you are encouraged to eat potatoes since they have gotten a horrible reputation in the wake of the low carb trend. The potato won't make you unhealthy, it will be the large amounts of cheese, sauces, sour cream, salt and butter you put on it that will. When I eat a baked potato or steamed baby potatoes I put a crack of Himalayan Sea salt on top with either coconut oil, cashew-“cheese” sauce or avocado cilantro sauce and enjoy it.

I encourage you to try to have at least one raw fruit or vegetable with each meal, including dinner. Over time you will be eating more raw but if you aren't accustomed to it, start with a raw veggie plate on the side or a small salad next to your cooked dinner.

Snacks

Snack on earth food. Some good ideas could any combination of these types of foods:

- Raw nuts & dried fruit such as dates, raisins, apricots etc.
- Fruit
- Raw veggies
- Overnight oats (recipe in breakfast recipe section)
- Smoothie
- Homemade simple hummus or guacamole & veggies
- Roasted chickpeas
- Rice cakes with nut butter and fresh fruit



Sample Menu

* this is all just a suggestion, there are no rules around how many times to eat per day or what exactly to eat. Eat when you're hungry, stop when you're full 😊

Snack: Handful of raw nuts, dried fruit and 1 banana

Water & black coffee if desired

Lunch: Salad made with quinoa, chopped bell peppers, green onion, broccoli and apple with simple dressing

Water & tea

Snack: 1 apple + natural nut butter or raw nuts

Water

Dinner: Homemade veggie burgers, steamed baby potatoes & raw veggies

Water

Snack: Air popped popcorn with sea salt and nutritional yeast

Herbal Tea

Breakfast: Cold oats made with raw oats and chia seeds topped with raw almonds, fresh banana and blueberries

Lemon water & black coffee

Snack: 1-2 banana(s)

Water & black coffee if desired

Lunch: Salad with lettuce, kale, chickpeas, grapes, red pepper and left over steamed baby potatoes

Water & tea

Snack: Raw cashews and dates

Water

Dinner: Homemade pesto with soba noodles and a plate of cut up raw veggies and fruit.

Water

Snack: A cut up apple with peanut butter

Water and/or tea

Recipes

✓ denotes vegan recipes

VEG denotes vegetarian recipes

Breakfast

Detox Lemon Water ✓ ✓ *drink this every morning first thing for improved digestion and energy!

1 serving

- freshly squeezed lemon juice from half of an organic lemon. not bottled lemon juice. limes may be substituted.
- ¼ tsp. cayenne pepper, to taste. the more you use, the better for cleansing and healing.
- at least 10-ounces water, any temperature

Basic Overnight Oats ✓ ✓

*No cook/make night before

- ⅓ cup rolled oats
- ⅓ – ½ cup non dairy milk (depending on how thick you like it)
- ⅓ cup full fat coconut milk or yogurt of choice
- ½ banana
- ½ tbsp. chia seeds
- pinch cinnamon

1. Stir everything together in a bowl or jar.
2. Place in fridge overnight. Done.
3. In the morning you can top with fruit, natural peanut butter or any other clean food you desire.

Basic Stovetop Oatmeal ✓ ✓

- ½ cup regular slow cooking oats
- 1 cup water

1. Heat on a stove on low med for as long as you'd like. You can cook it as long or as little as you wish. Stir occasionally to prevent the bottom sticking.

NOTE: start here and whatever you have or appeals to you such as: oat bran, chia seeds, flaxseeds, raw seeds or nuts, raw fruit, natural nut butters, chopped dried fruit such as dates etc. Get creative! As you cook your oats on low med you will keep adding water until you decide to eat.

Fluffy Oat Pancakes VEG

- 1¼ cup freshly ground oat flour (oats blended in a blender/magic bullet/food processor)
- 1 tsp. organic raw cane sugar
- 1 tbsp. baking powder
- 1 cup unsweetened almond milk
- 1 egg*
- 1 tsp. chia seeds + 3 tsp. water
- ½ tsp. vanilla
- 1tbsp coconut oil

* for a vegan recipe, omit egg and double chia/egg mixture.

1. Combine chia and water in a small bowl and let sit while you do the following...
2. Combine all dry ingredients and mix well
3. Mix wet ingredients (including egg) into dry and mix well
4. Add chia gel mixture and stir well again
5. Let batter sit for approx. 5 min to thicken
6. Pour batter on preheated pan (with melted coconut oil)
7. Flip when you see pancake bubbles on top and cook other side until brown, approx. 3min.

Basic Banana Boatmeal (boatmeal = baked oatmeal) ✓

- ¾ cup rolled oats
- 1 ¼ cup almond milk
- 1 tsp. cinnamon
- ½ tsp. baking powder *optional
- 1 ¼ cup almond milk
- 1 tsp. vanilla
- 1 small banana, sliced
- A pinch of nutmeg

1. Bake at 350 in a slightly greased (with coconut oil) oven proof dish for approximately 40 minutes

Oatmeal Breakfast Bars VEG

- 2 cups rolled oats, uncooked
- 1 cup oat flour (made by putting rolled oats in a blender or food processor)
- 1 cup packed raisins, chopped prunes, dried fruit.
- 1 cup apple juice or 1 cup orange juice
- ¼ cup honey
- ½ tsp. cinnamon
- ½ tsp. salt
- ½ cup sesame/coconut oil
- ¼ cup sesame seeds and walnuts mixed

1. Preheat oven to 375 degrees F.
2. Grease a 9 inch by 13 inch pan, or two 8 inch by 8 inch pans.
3. Combine all ingredients in bowl and mix well.
4. It should be moist enough to form a ball, without extra liquid.
5. Put mixture in prepared pans and spread evenly.
6. Bake for 30 minutes.
7. Remove from oven and cut into squares while still hot.
8. Wait until the bars cool before trying to remove them from the pan.

One tip: if the fruit is hard, soak it with a bit of water before starting to make this recipe because the fruit doesn't soften much in baking.

Date Banana Breakfast Bars VEG

- 2 cups rolled oats, uncooked
- 1 cup oat flour (made by putting rolled oats in a blender or food processor)
- 1 cup chopped dried dates
- ½ cup apple sauce (made from simmering 1 whole large apple in 2tbsp water until soft then mashing)
- ¼ cup honey
- 1 mashed banana
- ½ tsp. cinnamon
- ½ tsp. salt
- ½ cup sesame/coconut oil
- ¼ cup walnuts
- 3 tbsp. cocoa (optional)

1. Preheat oven to 375 degrees F.
2. Grease a 9 inch by 13 inch pan
3. Mix all ingredients in bowl and mix well.
4. It should be moist enough to form a ball, without extra liquid.
5. Put mixture in prepared pans and spread evenly.
6. Bake for 30 minutes.
7. Remove from oven and cut into squares while still hot, wait until cooled and enjoy!

Coconut Buckwheat Pancakes ✓

Gluten free pancakes

Talia Wright, Nutrition Coach

A New Leaf Program

- 2 cups organic buckwheat flour (Grind your own or buy from a health food store)
- 2 tsp. baking soda
- 1 tsp. sea salt
- 1 can organic coconut milk (I like Native Forest brand because it's BPA-free) OR 2 cups of milk of your choosing
- 2 chia or flax eggs (recipe above)
- 2 Tbsp. maple syrup
- 2 Tbsp. coconut oil + more for the pan

Instructions

1. Mix together the flour, baking soda, and sea salt in a medium mixing bowl.
2. In another bowl, beat together the coconut milk, flax or chia eggs, maple syrup, and oil. Once thoroughly mixed, add this liquid mixture to the dry mixture.
3. Stir until the batter is mostly smooth. Then set it aside for 10 minutes to allow the flour to fully absorb the liquid ingredients.
4. Preheat a cast iron skillet on medium heat for 5 minutes. Add some oil for frying the pancakes.
5. Pour ¼ cup of the batter per pancake onto your preheated skillet, pan, or griddle.
6. Cook the pancakes for 1½ minutes per side, flipping when bubbles begin to burst at the surface and the edges begin to look cooked. Serve hot with organic maple syrup

Blueberry Coconut Pecan Breakfast Cookies VEG

Yield: about 15 cookies.

- 1 ½ cups rolled oats
- 1 cup unsweetened coconut flakes
- 1 tbsp. ground flax
- ½ tsp. salt
- ¾ cups coarsely chopped pecans
- ½ cup dried blueberries
- 3 very ripe bananas, mashed
- ¼ cup coconut oil, warm enough to be liquid
- 1 tbsp. honey
- 1 tsp. vanilla extract

1. Preheat oven to 350°.
2. Combine oats, coconut, flax meal, salt, pecans, and blueberries.
3. Stir in bananas, oil, agave nectar or honey and vanilla until well combined.
4. Press 2 tbsp. of mixture into a 2 1/2-inch round cookie cutter onto a baking sheet coated with coconut oil.
 - a. OPTION: Press cookies into muffin baking tin for round cookies or drop on to a lightly greased pan.
5. Continue with remaining mixture.
6. Bake at 350° for 25 minutes or until fragrant and golden.
7. Cool on pan.

Coconut Blueberry Breakfast Quinoa

Serves 2

- 1 teaspoon coconut oil
- ¾ cup raw quinoa, rinsed and dried
- 1 (15 ounce) can coconut milk
- pinch of salt
- 1-2 tablespoons maple syrup
- 1-2 tablespoons unsweetened shredded coconut
- 1/2-¾ cup blueberries (fresh or frozen)

1. Melt the coconut oil over medium heat.
2. Add the quinoa and cook, stirring frequently, until it is toasted and golden brown, about five minutes.
3. Next, add the coconut milk and a pinch of salt and bring to a boil.
4. Reduce the heat, cover, and simmer until the liquid is absorbed, about 12-20 minutes.
5. Fluff the quinoa with a fork, then stir in the maple syrup to taste.
6. Top each bowl with the shredded coconut and blueberries. Add more coconut milk on top if you wish. Enjoy!

Quinoa and Oat Granola VEG

Talia Wright, Nutrition Coach

A New Leaf Program

- 2 cups gluten-free or regular old fashioned oats
- ½ cup uncooked quinoa, rinsed
- ½ cup sliced almonds
- 2 tbsp. flax seeds
- ¼ tsp. cinnamon
- dash of salt
- ⅛ cup maple syrup or raw honey
- 2 tbsp. coconut oil, melted
- ¼ cup organic raisins

1. Preheat oven to 325 degrees then line a baking sheet with parchment paper.
2. Combine all ingredients except raisins in a large bowl then stir to combine. Spread mixture on prepared baking sheet then bake for 15 minutes, stirring halfway through, or until golden brown.

TIP: watch closely at the end to make sure granola does not get too dark. Granola will not be crunchy right out of the oven. Stir in raisins when granola is cool then store in an airtight container.

Vegetable Hash ✓

- 2 small baby potatoes
- 1 tbsp. coconut oil
- any non-salt herbs and spices desired
- 1 tsp sea salt, if desired
- ¼ - ½ sweet onion
- 1 clove (or more) garlic
- approx 2-4 leaves chopped kale
- ½ jalapeno

add two (or more) of the following

- spinach
- zucchini
- 1 chopped/sliced mushroom
- 3 chopped green beans
- nutritional yeast (if desired)

1. Heat oil in pan on medium heat
2. Add potatoes and let cook approx. 5 min or until they start to get tender.
3. Add in hardest vegetables first (garlic, onion, green beans)
4. Let cook, stirring every 2 min for about 4 min
5. Check potatoes and cook until they are soft and starting to brown
6. Add softer vegetables (mushrooms, kale, spinach, zucchini, hot peppers) and seasonings.
7. Taste and add salt last if desired.
8. (optional) Sprinkle with nutritional yeast

Kale and Sweet Potato Hash ✓

- 8 cups torn kale leaves
- 2 tbsp. horseradish, if desired
- 1 medium shallot, minced
- ½ - 1 full clove garlic chopped
- ½ tsp. freshly ground pepper or any other non-salt spices/herbs
- 2 cups shredded sweet potatoes
- 3 tbsp. coconut or sesame oil

1. Shred approximately 1 large sweet potato with a cheese grater and measure out 2 shredded cups.
2. Finely chop kale
3. Meanwhile, mix horseradish and shallots in a large bowl. Add the chopped kale and potatoes; stir to combine.
4. Heat oil in a large nonstick skillet over medium heat. Add the kale mixture, spread into an even layer and cook, stirring every 3 to 4 minutes and returning the mixture to an even layer, until the potatoes begin to turn golden brown and crisp, 12 to 15 minutes total.

Muesli

- 4 cups oats
- 2 cups barley or rye flakes
- 2 cups spelt flakes
- 1½ cups raw almonds
- 1 cup sunflower/pumpkin seeds
- ½ cup unsweetened coconut
- 1 cup ground flaxseeds
- ¾ cup goji berries (optional)

Mix all ingredients together and store in a large container.

Tofu Scramble

- 3 tsp. coconut oil, divided
- 1 14-ounce package firm organic tofu, rinsed and crumbled
- 1 ½ tsp. chili powder
- 1 tsp. ground cumin
- ½ tsp. salt, divided
- 1 small zucchini, diced
- ¾ cup frozen corn, thawed
- 4 scallions, sliced
- ½ cup prepared salsa
- ¼ cup chopped fresh cilantro

1. Heat 1 ½ tsp. oil in a large nonstick skillet over medium heat. Add tofu, chili powder, cumin and ¼ tsp. salt and cook, stirring, until the tofu begins to brown, 4 to 6 minutes. Transfer to a bowl.
2. Add the remaining 1 ½ tsp. oil to the pan. Add zucchini, corn, scallions and the remaining ¼ tsp. salt. Cook, stirring, until the vegetables are just tender, about 3 minutes.
3. Return the tofu to the pan and cook, stirring, until heated through, about 2 minutes more. Remove from the heat and top each serving with 2 tbsp. salsa and 1 tbsp. cilantro.

Lunch and Dinner

Flax or Chia egg (Egg substitute) ✓

For each egg, combine 1 tablespoon of ground flax seed (measure *after* grinding) with 3 tablespoons of water. Stir well, and place in the fridge to set for 15 minutes.

Basic Quinoa ✓

1 part quinoa : 2 parts water (eg. 1 cup quinoa, 2 parts water)

1. Add both quinoa and water to a pot on the stove, turn to high with lid on
2. As soon as water starts to boil, turn down to low – KEEP LID ON AT ALL TIMES.
3. Let sit on low, without stirring or removing lid until mixture puffs up and quinoa is cooked, about 15 minutes.
4. Remove lid and “fluff” with fork and you’re ready to eat. Quinoa can sit for hours with low or no heat.

Apple Coconut Rice ✓

Serves 3-4

- 1 (14 ounce) can coconut milk
 - 1 1/4 cups water
 - 1 pinch salt
 - 1 1/2 cups uncooked jasmine rice
 - 1/4 - 1/2 apple chopped
1. In a saucepan, combine coconut milk, water and salt.
 2. Stir well.
 3. Add and stir in rice.
 4. Bring to a boil over medium heat.
 5. Cover, reduce heat, and simmer 18 to 20 minutes, until rice is tender.
 6. Once rice is cooked, portion out in bowls and add chopped apple.

Fun Sliced Potatoes ✓

- 8 potatoes (yellow flesh, Yukon gold or whatever type you enjoy)
 - 1/2 cup olive oil or coconut oil
 - 2 cloves garlic, crushed (optional for kids)
 - 2 tbsp fresh rosemary, roughly chopped (optional for kids)
 - Himalayan sea salt
- Preheat oven to 350°. Line a baking tray with parchment paper and set aside.
 - Cut potatoes into thin slices, without cutting entirely through the potato, like a fan.
 - Mix the oil with the garlic (if using) and brush into the spaces in the potatoes.
 - Sprinkle with rosemary and salt.
 - Bake for 45 minutes until potato is soft.

Hearty Veggie Burger ♥ ✓

- 2 cups mashed sweet potato
- 1 cup cooked black beans, rinsed and well drained
- 1 - 1 1/2 cups cooked brown rice (or sub cooked quinoa with varied results)
- 1/2 cup cashew meal (blend whole cashews in a blender until it turns to meal)
- 1/2 cup finely diced green onion
- 2 1/2 tsp ground cumin
- 1 tsp smoked paprika
- 1/4 tsp each salt and pepper (to taste)
- 1/4 tsp chipotle powder (optional)
- 1 tbsp brown sugar (optional, for added sweetness)

1. IF YOU ARE STARTING WITH RAW SWEET POTATO: Preheat oven to 400 degrees and cut sweet potatoes in half. Rub with olive oil and place face down on a foil-lined baking sheet. Bake sweet potatoes until soft and tender to the touch - about 30 minutes - set aside. Reduce oven heat to 375 degrees F.
2. While potatoes are baking, cook rice or quinoa
3. Add black beans to a mixing bowl and mash half of them for texture. Then add sweet potato and lightly mash, then 1 cup rice, green onion, nut meal and spices. Mix to combine. Taste and adjust seasonings as needed. Add more rice or nut meal if the mixture feels too wet. It should be very moist but moldable.
4. Lightly grease a baking sheet and line a ¼ cup measuring cup with plastic wrap.
5. Fill the lined measuring cup with sweet potato mixture. Scrape down to pack, then lift out and transfer to the baking sheet and gently press down to mash. The thinner you press them, the faster they'll cook, but no need to go too far. Just a gentle press will do. If you do not want to use plastic wrap, measure out ¼ cup and form into patties.
6. Bake burgers for a total 30-45 minutes, carefully flipping 20 minutes in to ensure even cooking. The longer you bake them the firmer and drier they will get - up to preference.
7. Serve on buns or on top of a salad with sliced avocado, red onion, greens, and ketchup or salsa.
8. Store leftovers covered in the fridge for up to a few days. Freeze for longer term storage.

Crispy Garlic Fries ✓

Enjoy fries, the real way!

- 3-4 russet potatoes, scrubbed clean and dried
 - ¼ cup olive or coconut oil
 - sea salt + black pepper
 - 1 tsp. garlic powder
 - 3 cloves garlic, minced
 - 1-2 sprigs fresh rosemary, roughly chopped, optional
1. Preheat oven to 450 degrees.
 2. Chop potatoes into matchsticks by halving, halving once more, and then cutting into wedges, then strips.
 3. Line two baking sheets with foil and generously spray with nonstick spray.
 4. Add fries plus a generous drizzle of oil and sea salt, pepper and garlic powder. Toss to coat.
 5. Arrange fries a single layer making sure they aren't touching too much. This will help them crisp up and cook evenly.
 6. Bake for 25-35 minutes, tossing/flipping at least once to ensure even baking.
 7. In the last 10 minutes of cooking, heat a small saucepan over medium heat and add 1-2 tbsp. olive oil and the minced garlic. Sauté, stirring frequently, until just slightly brown to wake up the flavor.
 8. Remove from heat and set aside.
 9. When the fries are finished, remove from oven, sprinkle again with sea salt, and spoon the warm garlic on top. Toss to coat and serve immediately

Waldorf Inspired Quinoa Salad ✓

- 1 cup water
 - 1 cup organic apple juice
 - 1/2 teaspoon cinnamon
 - 1 cup quinoa, well rinsed and drained
 - 1 large red apple, diced
 - 1 cup chopped celery
 - 1/2 cup dried cranberries
 - 1/2 cup chopped walnuts
 - 1 cup vanilla coconut yogurt
1. Place water, apple juice, cinnamon and quinoa in medium saucepan and bring to a boil. Reduce heat and simmer for 15-20 minutes, or until the liquid is absorbed. Cool, cover and refrigerate quinoa for at least one hour.
 2. Add diced apple, celery, cranberries and walnuts to cooled quinoa. Mix well. Fold in the yogurt. Refrigerate until ready to serve.

Basic Earthy Pasta Salad ✓

- 2 cups uncooked bean pasta such as *Tolerant* brand
 - 1 cup chopped bell peppers
 - 1 cup broccoli florets
 - ½ apple chopped
 - ¼ cup pine nuts
 - ¼ cup toasted sesame seeds
 - 3 yukon gold potatoes, cooked and cut into bite sized pieces *optional
 - *Little Creek Dressing* – you can find this in Thriftys & Save On as well as most food markets etc. If you don't want to use this dressing you can make a homemade dressing to use.
1. Boil noodles according to package instructions
 2. Drain and run noodles under cold water.
 3. Toss all vegetables and nuts and mix thoroughly
 4. Drizzle dressing on salad, toss and taste. Use as much dressing as you need.

Sweet Potato & Kale Salad ✓

- ½ medium sweet potato, cooked, sliced into wedges
- approx. 2 cups kale, torn into pieces
- approx. 7 broccoli florets
- medium handful walnuts

Dressing

- 2 tbsp. olive oil
- 2 tbsp. balsamic (or other) vinegar

1. Heat up cooked sweet potato in oven.
2. Place kale and broccoli in a bowl and sprinkle with half the walnuts.
3. When sweet potato is hot, place them on top of the kale and cover with a plate for 1-2 minutes.
4. Uncover and drizzle in dressing, toss and enjoy.

Big Buddha Bowl ✓

- 1 large sweet potato, chopped into ¾-inch cubes
- 1 1/2c chickpeas, rinsed
- 1 cup uncooked quinoa
- 1 large carrot, peeled & julienned
- purple cabbage or vegetable of choice, shredded
- couple handfuls of greens for the base (optional)
- hummus (see recipe)
- sliced avocado
- hulled hemp seeds.

1. Preheat oven to 400F and line two large baking sheets with parchment paper.
2. Spread out the chopped sweet potato on one sheet. Drizzle with ½ tbsp. of oil or so and toss the potatoes until coated. Sprinkle with fine grain sea salt.
3. Place both the sweet potato and chickpeas into the preheated oven. Roast for 15 minutes at 400F and then remove both. Flip the sweet potatoes and gently roll around the chickpeas. Place back in the oven for another 15 minutes or so, watching closely during the last 5 minutes. When the chickpeas are golden and the sweet potatoes are lightly browned on the bottom and fork tender, they are ready to come out.
4. Meanwhile, cook the quinoa while the roasting is going on. In a fine mesh sieve, rinse the quinoa and then place in a medium pot. Add in 1.5 cups of water and stir. Bring the mixture to a low boil and then reduce the heat to low/medium and cover with lid. Simmer, covered, for about 14-17 minutes (you can check after 13 minutes), until all of the water is absorbed and the quinoa is fluffy.
5. Remove from heat and leave the lid on to steam for another 5-10 minutes or longer if needed. Fluff with fork.

Assemble the bowl: Add a couple handfuls of greens into a large shallow bowl. When the roasted veggies and chickpeas are done, allow the chickpeas to cool for 5 minutes and then add them on the salad followed by the sliced avocado, hummus, shredded veggies, and hemp seeds. If you want to use a

dressing, use one from the list below.

Asian Tofu Slaw with Mushrooms ✓

Makes 4 servings

- ¼ cup soy sauce or tamari
 - 2 ½ tbsp. lemon juice
 - 1 tsp. wasabi, optional
 - 1 clove garlic, minced
 - 12 ounces firm tofu, drained and cut into 1/2-inch cubes
 - 4 cups lightly shredded Napa cabbage
 - 2 cups lightly packed shredded bok choy
 - 2 cups sliced shiitake mushroom caps *can use other types of mushrooms
 - 4 tsp. sesame oil, divided
1. Whisk soy sauce, lemon juice, wasabi powder and garlic in a medium bowl. Gently stir in tofu. Cover and marinate in the refrigerator for 15 minutes, stirring occasionally.
 2. Place cabbage and bok choy in a large serving bowl.
 3. Drain the tofu, reserving the marinade. Heat half the sesame oil in a large skillet or wok over medium-high heat. Add mushrooms with other half of sesame oil; cook, stirring often, for 2 minutes. Add the tofu; cook, stirring often, until the tofu is lightly browned, about 4 minutes.
 4. Spoon the tofu mixture over cabbage. Add the reserved marinade to the pan and bring to a boil, stirring. Pour the hot marinade over the salad and toss gently to coat. Serve immediately.

Vegan Chili or Tacos – Includes chili spice mix and guacamole recipes ✓

4-5 servings

Chili is such a versatile dish. You can serve it simply with rice or on a baked potato, or use it to make tacos or enchiladas

Spice Mix

- 2 tsp. cumin seeds
- 2 tsp. coriander seeds
- 1 tsp. fennel seeds (optional)
- 1 tsp. chili flakes
- 1 tsp. black peppercorns
- 1 tsp. paprika
- 1 tsp. salt

Chili

- 1 large onion, chopped
- 2 garlic cloves, minced
- 1 medium carrot, diced
- 1 zucchini, diced
- 1 red bell pepper, diced
- 1 green bell pepper, diced

- 4 large field mushrooms, roughly chopped
- 1 can red kidney beans
- 1 can tomatoes
- 2 tbsp. tomato paste
- 1 veggie stock cube OR 1 tbsp. vegetable *Better Than Bullion* OR 1 cup vegetable broth

1. Fry the onion and garlic in a large saucepan until soft.

2. Add the carrot, zucchini, bell peppers, mushrooms and continue frying until the vegetables start to soften.

Add the spice mixture and cook stirring for a further minute or two to allow spices to release their aroma.

Add the canned tomatoes, kidney beans, tomato paste and vegetable stock.

Continue cooking on a low heat (lightly simmering) for about 30 minutes. Taste and add further seasoning if required.

ALTERNATIVELY (EASIER VERSION)

1. Add all chopped veggies to large pot on stove on medium heat in a little water. Once softened, add all spices, tomatoes, beans, tomato paste and vegetable stock. Heat on med/low for 30min – 4hrs.

Simple Guacamole ✓

- 1 large ripe avocado
- 1 tbsp. finely chopped spring onion or red onion
- 1-3 cloves garlic, minced
- juice of ½ lime
- rock salt and pepper

1. Mash avocado
2. Add remaining ingredients and stir well.
3. Taste and add more seasoning, rock salt, pepper or lime as desired.

Pesto Sauce ✓

In a food processor combine:

- 2 large handfuls fresh basil
- ½ cup olive or coconut oil
- 1 cup raw cashews, soaked if able
- 2 tsp. Himalayan sea salt

Mix with noodles of choice (buckwheat and bean are my favourite) or spaghetti squash

Coconut Crusted Tofu with Peach salsa ✓

Make salsa (below), put in fridge while cooking tofu.

- 14oz block of tofu into 4 pieces
- ⅓ c unsweetened coconut
- 2 tbsp whole wheat flour
- 1 tsp. Himalayan rock salt
- 1tbsp coconut oil

1. Cut 1 14oz block of tofu into 4 pieces
 2. Mix coconut and flour in a dish on the side
 3. Rinse and pat tofu dry, sprinkle with rock salt
 4. Heat oil in a large nonstick skillet over medium-high heat.
- Top with Peach salsa and serve

Peach Salsa ✓

Dice and combine the following ingredients

- 3 ripe, yellow peaches, peeled, stoned and chopped
- 1 small red onion, chopped
- ½ - 1 whole jalapeno pepper, seeded and finely chopped
- ¼ cup freshly chopped cilantro
- juice of 1 lime

Nut Burger ✓

- 1 cup finely ground almonds
- ½ cup minced onion
- 1 carrot, minced
- ½ cup tahini (sesame-seed paste)
- ¼ cup tamari or soy sauce
- 3 tbsp. fresh lemon juice

1. Preheat the oven broiler. Cover a baking sheet with aluminum foil and lightly grease.
2. In a medium bowl, mix together the almonds, onion, carrot, tahini, tamari sauce, and lemon juice. Form into 6 patties and place on baking sheet.
3. Broil burgers 5 minutes, then turn and broil the other side another 5 minutes. Watch to make sure the burgers don't burn. Remove, and garnish as desired.

Roasted Vegetables with Almonds ✓

- 1 small zucchini
- ½ onion
- ½ red pepper
- ½ orange pepper
- 4 white mushrooms
- 3 (or more) whole garlic cloves
- 12 Almonds
- 1 tsp. salt
- 3 tbsp. coconut oil (warmed/melted)

1. Preheat oven to 350°
2. Cut vegetables into pieces and toss in coconut oil.
3. Sprinkle with salt and any non-salt seasoning you desire (onion and garlic powder work well)
4. Bake for 10 minutes, flip vegetables
5. Add almonds to pan and turn oven up to 425° for another 10min
6. Check vegetables and take out when they are no longer crunchy.

Cauliflower Rice Pilaf

For pilaf:

- 1 cup wild rice
- 1 cup lentils
- 1 tsp. cumin powder
- 1 tsp. cayenne or paprika, for less heat
- ½ tsp. ground black pepper
- 1 tsp. sugar
- 1 medium onion, chopped
- 4 cloves garlic, minced
- 3 cups vegetable stock or water
- 1 tbsp. olive oil
- juice of one lemon

For roasted cauliflower:

- 1 head of cauliflower, florets separated

- ½ tsp. cayenne or paprika
- ½ tsp. ground cumin
- 3 cloves garlic, thinly sliced
- 1 tsp. garam masala powder
- 1 tbsp. extra virgin olive oil

salt to taste

1. Mix all of the roasted cauliflower ingredients together in a baking dish. Preheat the oven to 400 degrees Fahrenheit and roast for 45 minutes or until tender but slightly al dente.
2. To make the pilaf, heat the oil in a large pot and add the onions. Add salt, ground black pepper and sugar and sauté, stirring frequently, until the onions soften and then turn golden-brown.
3. Add the garlic, cayenne, ground cumin and salt and sauté for a minute.
4. Add the wild rice and lentils and mix thoroughly.
5. Add the vegetable stock or water, bring it to a boil, cover the pot with a tight-fitting lid, lower the heat to simmer and let it cook for an hour.
6. When the rice is done, open the pot, fluff the rice and lentils gently with a fork, and mix in the roasted cauliflower and lemon juice.
7. Serve hot or at room temperature.

Vegan Gluten Free Best Ever Macaroni and Cheese

This recipe is an alternative to my Cashew "Cheese" Sauce over noodles

- 8 oz macaroni noodles, cooked
- ¾ cup raw cashews
- 1 + ¾ cups coconut milk
- ¼ cup coconut oil
- ¼ cup nutritional yeast
- 1 tbsp lemon juice
- 1 tsp onion powder
- ½ tsp garlic powder
- ½ tsp salt
- 1 tsp truffle oil (optional, but highly recommended)
- pepper, to taste

1. Place nuts in the food processor and finely grind (just don't let the cashews turn to a paste). Set aside.
2. In a heavy saucepan, combine milk, oil and cornstarch. Bring to a simmer over high heat. Decrease heat to low, cover and simmer, stirring occasionally for 10 minutes, or until cornstarch dissolves.
3. Using a whisk or large fork, stir in the ground nuts, nutritional yeast, miso paste, lemon juice, onion powder, garlic powder and salt until well combined.
4. Add the macadamia cheese to the macaroni noodles, drizzle with truffle oil (if using) and serve.

Easy Chickpea Curry

- 1 can chickpeas (ideally low sodium, organic)
- 1-3 roma tomatoes, depending on how much you like tomatoes *alternately you can use a small can of chopped tomatoes
- ⅓ can organic coconut milk
- 1 cup broth (you can skip this and add more coconut milk and a little water if you don't have broth)
- Chopped garlic (I used about 7 big cloves)
- ½ a finely chopped onion
- 3-4 tbsp. yellow curry powder
- 1 tbsp. cumin
- 2 tbsp. chili powder

1. Add all ingredients to a large saucepan with a lid and put on med.

2. When simmering, stir and turn down slightly.
3. *this is the part I love* Let simmer for at least about 20min and up to 2 hours depending on when you want to eat. If the liquid starts to evaporate, add water or coconut milk to replace lost liquid.

Tofu Almond Stir fry ✓

- 1pkg firm tofu, cut into cubes
- coconut oil
- soy sauce
- lg bunch of spinach
- large handful of raw almonds
- Garlic, minced
- Red pepper, onion, garlic, celery and any other veggies you would like
- Seasonings: Allspice, No salt herb seasoning, onion powder etc.

1. Heat up 2tbsp coconut oil in medium hot pan
2. Add 1+ cloves of minced garlic. Heat for about 4 minutes, until they start softening.
3. Add cubed tofu and let cook, stirring occasionally until partly browned
4. Add red pepper to pan, cook another 2 minutes then add about 2tbsp soy sauce
5. Add raw almonds to pan
6. Season with herbs/spices
7. Add spinach last when tofu pieces are browned, let wilt for about 2 minutes and serve.

Thai Vegetable Coconut Curry ✓

Feel free to add more to this, consider tofu or chickpeas. Serve over rice or enjoy as a soup. Read Notes first.

- 1 cup brown jasmine rice or long-grain brown rice, rinsed (omit if you don't want to eat this over rice)
- 1 tablespoon coconut oil or olive oil
- 1 small white onion, diced
- Pinch of salt, more to taste
- 1 tablespoon finely grated fresh ginger (about a 1-inch nub of ginger)
- 2 cloves garlic, pressed or minced
- 1 red bell pepper, sliced into thin 2-inch long strips
- 1 yellow or green bell pepper, sliced into thin 2-inch long strips
- 3 carrots, peeled and sliced on the diagonal into ¼-inch wide rounds (to yield about 1 cup sliced carrots)
- 2 tablespoons Thai red curry paste
- 1 can (14 ounces) full-fat coconut milk
- 1½ cups packed thinly sliced kale (tough ribs removed first), preferably dinosaur/black variety
- 1½ teaspoons coconut or raw cane sugar
- 2 teaspoons soy sauce or tamari
- 1½ teaspoons rice vinegar
- Garnishes/sides: handful of chopped fresh basil or cilantro, optional red pepper flakes, optional sriracha or chili garlic sauce

1. Cook rice according to package directions
2. To make the curry, warm a large skillet with deep sides over medium heat. Once it's hot, add a tablespoon of oil. Add the onion and a sprinkle of salt and cook until the onion has softened and is turning translucent, about 5 minutes, stirring often.
3. Add the ginger and garlic and cook until fragrant, about 30 seconds, while stirring continuously.
4. Add the bell peppers and carrots and cook for until they are fork-tender, 3 to 5 more minutes, stirring occasionally. Then add the curry paste and cook, stirring often, for 2 minutes.
5. Add the coconut milk and kale to the pan along with ¾ cup water and 1½ teaspoons sugar. Bring the mixture to a simmer over medium heat. Reduce heat as necessary to maintain a gentle simmer and cook until the peppers, carrots and kale have softened to your liking, about 5 to 10 minutes.
6. Remove the curry from heat and season with rice vinegar and soy sauce. Add salt (I added ¼ teaspoon for optimal flavor), to taste.
7. Divide rice and curry into bowls and garnish with chopped cilantro and a sprinkle of red pepper flakes, if you'd like. If you love spicy curries, serve with sriracha or chili garlic sauce on the side.

NOTES: This recipe is very flexible to your personal taste, some prefer this dish really spicy and others do not. Omit or add ingredients that suit your taste. Really delicious veggies you can add to this are eggplant, bamboo shoots, baby corn, shallots or even celery.

Sweet Potatoes with Warm Black Bean Salad VEG

(makes 4)

- 4 medium sweet potatoes
- 1 15-ounce can black beans, rinsed
- 2 medium tomatoes, diced
- 1 tbsp. extra-virgin olive oil
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- ¾ tsp. rock salt
- ¼ cup reduced-fat sour cream/Greek yogurt *optional
- ¼ cup chopped fresh cilantro

1. Prick sweet potatoes with a fork in several places. Microwave on High until tender all the way to the center, 12 to 15 minutes. (Alternatively, place in a baking dish and bake at 425 degrees F until tender all the way to the center, about 1 hour.)
2. Meanwhile, in a medium microwavable bowl, combine beans, tomatoes, oil, cumin, coriander and salt; microwave on high until just heated through, 2 to 3 minutes. (Alternatively, heat in a small saucepan over medium heat.)
3. When just cool enough to handle, slash each sweet potato lengthwise, press open to make a well in the center and spoon the bean mixture into the well. Top each with a dollop of sour cream and a sprinkle of cilantro.

Soba Noodles with Roasted Eggplant V

Makes 4 servings

- 1 medium eggplant
- 2 tbsp. sesame seeds
- 8 ounces soba (buckwheat) noodles, or other noodles of choice
- 1 tsp. plus 1 tbsp. peanut oil, or coconut oil, divided
- 2 cloves garlic, crushed and peeled
- ½ tsp. salt
- 3 ½ tbsp. rice vinegar
- 2 tbsp. reduced-sodium soy sauce
- 2 tbsp. minced fresh ginger
- 2 tbsp. brown sugar
- 3 cups grated carrots, (about 5 carrots)
- ½ cup chopped fresh cilantro
- 1 cup diced cucumber (optional)

1. Preheat broiler. Cut eggplant in half lengthwise. Place the halves cut-side down on a baking sheet. Broil about 4 inches from the heat until the skin is blackened and the flesh is very soft, 10 to 15 minutes. Set aside to cool.
2. Meanwhile, bring a large of water to a boil for cooking pasta. Stir sesame seeds in a small skillet over medium-low heat until toasted and fragrant, about 2 minutes. Transfer to a small dish to cool.
3. Cook noodles until just tender, about 3 minutes. Drain and rinse under cold water until cool. Press to remove excess water, transfer to a large bowl and toss with 1 tsp. oil to keep them from sticking.
4. With a chef's knife, mince garlic and add salt, mix together and transfer to a small bowl. Add vinegar, soy sauce, ginger, brown sugar, chili-garlic sauce and the remaining 1 tbsp. oil. Whisk until blended.
5. Peel the cooled eggplant and discard the skin. Chop the eggplant flesh to a coarse puree. Add it to the noodles, along with carrots, cilantro and the sesame seeds.
6. Add the dressing and toss until well combined. Just before serving, garnish with diced cucumber if desired

Scalloped Potato Stacks V

This is a great recipe for kids or a fun appetizer

- 6-8 Tbsp. of coconut oil
- 1 1/2 - 2 lb. Yukon Gold potatoes
- Salt and pepper and garlic powder
- Fresh thyme (optional)
- Small clove garlic, minced (optional)
- A muffin tin
- A baking sheet

1. Preheat your oven to 350 degrees.
2. Melt the coconut oil in a small saucepan and strip a good 2 or even 3 Tbsp. of (optional) thyme into the melted coconut oil . If you've opted for garlic, toss it in there as well.
3. Slice your potatoes. (You can peel them if you're up for it and want to be a perfectionist.)
4. Toss the sliced potatoes into a bowl, drizzle half the herb coconut oil mixture in, and season generously with coarse salt, garlic powder and freshly ground black pepper. Mix thoroughly to coat everything with the herb coconut oil .
5. Generously grease your muffin tin with the half of the herb coconut oil that you saved.
6. Lay a large piece of thyme in the center of each muffin spot and start layering your potatoes in a roughly circular manner, building up a tower of potato slices that spires a little bit above the fill line. These potato towers will fall a bit as they cook, so give them a little extra height — just make sure they are as tight and compact as possible.
7. Cover the muffin tin with aluminum foil and pop into the oven. Set a timer for 30 minutes. Might as well clean up the mess you've made while this cooks.
8. After 30 minutes, carefully remove the foil. Using a cake spatula or a butter knife and tongs, carefully lift out each one, move it over to your baking sheet, and carefully turn it over so that the thyme leaf you initially placed on the bottom is now on the top. If you have leftover herb coconut oil, you could drizzle that on these potato stacks at this time.
9. Carefully slide the baking sheet back into the oven and crank up the heat to 450 degrees. (Don't cover them this time; you want them to crisp up nice and good.)
10. After about 10-15 minutes, they will probably be ready. You don't want them to burn, but you do want some crispness on the top and sides. Once you remove them from the oven, you can serve them immediately or let them cool.

Chickpea and Sweet Potato Pie

2 Servings

- 2 cups chickpeas
- 1 med/large sweet potato
- 2 tbsp. coconut/olive oil, divided
- 1-3 cloves garlic, minced
- ¼ onion, minced
- handful spinach
- 1 cup finely chopped kale
- cumin
- sea salt
- no-salt herb seasoning
- onion powder (optional)
- chili peppers (optional if you like spice)

1. Preheat oven to 400
2. Wash sweet potato and rub outside with 1tbsp coconut/olive oil and score with a fork or knife.
3. Wrap in tinfoil and place in oven, checking softness in 40min.
4. Place back in oven for another 15min or so and when sweet potato is soft when punctured with a fork move on to next step.
5. Melt 1tbsp coconut/olive oil in a pan on medium and add garlic and onion
6. Cook for about 5 min, stirring often and add chickpeas
7. Sprinkle about 1tbsp cumin over mixture and stir, then add approx. 1 tbsp. herb seasoning and onion powder and cook for an additional 5-10min
8. Turn down to low and remove sweet potato from oven.

9. Take out of tinfoil and place in the bottom of a dish, opening the sweet potato and mashing with a fork or masher.
10. Top sweet potato with handful of spinach and add chickpea mixture on top.
11. Top with a little sea salt and/or pepper if desired. Enjoy!

Chickpea Spinach One-Pot Meal

Serves 2-3

This is a one-pot meal. Cook everything in a large saucepan, wok, or anything with a lid.

- 1 cup brown rice
- 2 cups water
- 1 clove garlic
- ¼ onion
- ½ cup canned/fresh corn
- 1 cup cooked/soaked chickpeas
- 5 cherry tomatoes, halved (optional)
- 2 handfuls fresh spinach

1. Add everything except spinach together in your pot/wok/skillet on high heat and cover.
2. When mixture starts to boil, reduce to a simmer and let cook until rice is soft, approx. 40minutes.
3. About half way through add seasonings such as curry, turmeric, no salt seasonings and any desired herbs (fresh or dried)
4. When rice is soft, serve in a bowl and enjoy.

Crustless Tofu Vegetable Quiche

- 1 lb. firm tofu, cut into large chunks
- 1 tbsp. olive, sesame or coconut oil
- ¼ cup coarsely grated carrot (½ of a medium sized carrot)
- 1 celery stalk, finely diced
- ½ red bell pepper
- ½ green bell pepper
- 1 tbsp. minced jalapeño pepper, seeded and finely diced OR a pinch of cayenne
- 1 - 2 cloves garlic, minced OR ¼ tsp. garlic powder
- ¼ cup fresh parsley, chopped
- 1 tbsp. dried basil leaf
- ½ tsp. dried thyme leaf
- ½ tsp. dried oregano leaf

1. Preheat oven to 425 degrees and assemble ingredients
2. Cut tofu into 1 inch chunks and mash (in food processor, blender or by hand)
3. Heat a sauté or fry pan on medium
4. Prep the veggies
5. Stir fry veggies 5 minutes on medium-high
6. Combine mashed tofu, sauce, veggies in a large bowl
7. Spread the mixture in a greased (with coconut or sesame oil) pie pan, smooth the top and place in the middle of the oven
8. Bake for 10 minutes to set, then turn temperature down to 375 degrees and bake for 25 to 35 minutes more until top is golden brown
9. Cool on a rack for 10 minutes before serving

Wild Rice with Alkalizing Greens

4 servings

- 1 cup of wild rice
- 1 cup pak choy, sui choy, bok choy or cabbage
- 1 cup broccoli
- 1 cup green beans
- 2 carrots
- 1 cup bean sprouts
- ½ cup vegetable broth

- 1 chili
- juice of 1 fresh lime
- cilantro
- basil and sea salt to taste

1. Finely chop all the vegetables (pak choy, broccoli, beans, carrots and bean sprouts) and steam fry them in some vegetable broth in a pan until they are slightly cooked but still crunchy.
2. Meanwhile, mortar the cilantro and the finely chopped chili.
3. Then, add lime juice until you have a nice dressing.
4. Place the rice on a plate, add the greens and sprinkle the dressing on top.
5. It's that easy! Serve warm and enjoy!

Cajun Brown Rice with Veggies & Red Beans ✓

4-6 servings

- 1 large onion
- 2 stalks celery
- 1 red or green pepper
- 4 cloves garlic
- 1 tbsp. paprika
- 1 tbsp. cayenne
- 1 ½ tsp. dried thyme
- 2 cups brown rice or quinoa
- 4 cups stock or water (you might need more or less depending on the type of rice you use)
- 2 cups broccoli florets
- 1, 16 oz. can of red kidney beans
- 2 tbsp. olive oil

1. Finely chop the onion, celery and pepper. Mince the garlic.
2. Drain and rinse the red kidney beans.
3. Heat oil in a large deep pot.
4. Add the onion, celery and red or green pepper.
5. Sauté on medium heat till the onion is translucent.
6. Add the garlic, paprika, thyme. Sauté 30 seconds.
7. Add the rice to the pot, stir and cook for about 2 minutes.
8. Then add the salt, pepper and water and bring to a boil.
9. Reduce to a simmer, place a lid on the pot and let the rice cook on a low simmer.
10. Cooking time for the rice will depend on the type of rice you are using. Read the instructions on the rice package or look it up for cooking times.
11. Typical cooking time for brown rice is about 45 minutes

Roasted Vegetables with Walnuts ✓

This is a side dish. To make a meal, double recipe.

- ½ small zucchini
- ½ onion
- ¼ red pepper
- ¼ orange pepper
- 2 white mushrooms
- 1 (or more) whole garlic cloves
- 10 walnut halves
- 1 tsp. salt
- 3 tbsp. coconut oil (warmed/melted)

1. Preheat oven to 350°

2. Cut vegetables into pieces and toss in coconut oil.
3. Sprinkle with salt and any non-salt seasoning you desire (onion and garlic powder work well)
4. Bake for 10 minutes, flip vegetables
5. Add almonds to pan and turn oven up to 425° for another 10min
6. Check vegetables and take out when they are no longer crunchy.

Salad Dressings

Basic From The Earth Salad Dressing ✓

- ½ vinegar
- ½ extra virgin olive oil
- any herbs, or powders (garlic, onion, ginger etc.) and any fresh garlic, shallots, ginger etc. desired

Italian Garlic Dressing ✓

- 2 tbsp. oil (I prefer extra-virgin olive oil)
- 1 tbsp. balsamic vinegar
- ½ tsp. minced garlic
- 1 pinch no-salt Italian seasoning

Lemon Dressing VEG

- 3 tbsp. olive oil (I prefer extra-virgin)
- 3 tbsp. lemon juice
- ½ tsp. oregano
- ½ tsp. minced garlic
- 1 tsp. honey

Garlic Rosemary Dressing ✓

- 2 tbsp. extra-virgin olive oil
- 1 tbsp. balsamic vinegar
- ½ clove garlic
- ½ tbsp. rosemary, fresh or dried, use more or less according to taste

Honey Apple Cider Dressing VEG

- 2 tbsp. apple cider vinegar
- 3 tbsp. extra-virgin olive oil
- juice of ¼ lemon
- 1tbsp honey
- ½ shallot, minced
- coarse salt and freshly ground pepper

Basic French Vinaigrette ✓

Makes ¾ cup

- 1 tsp. minced shallots
- ½ tsp. minced herbs

- juice of one large lemon or 3 tbs. white-wine vinegar
- 1 tsp. dijon mustard
- salt and freshly ground pepper to taste
- ½ cup extra-virgin olive oil

Whisk together shallots, herbs, lemon juice, Dijon mustard and salt and pepper to taste. Drizzle in olive oil, whisking constantly to emulsify. Alternatively, in a jar, shake together all the ingredients until the dressing is emulsified. Keeps in the fridge for up to 2 weeks.

Green Goddess Dressing VEG

Makes 1 ½ cup

- 1 cup fresh spinach leaves, loosely packed
- 2 scallions, chopped
- 1 cup avocado, cubed (about 1 avocado)
- 1 tbs. fresh tarragon, chopped
- 2 tbs. white wine vinegar
- salt and freshly ground pepper to taste

Blend spinach, scallions, avocado, tarragon and vinegar together in a blender until smooth. Add salt and pepper to taste. Keeps in the refrigerator for one to two days.

Strawberry-Honey Balsamic Vinaigrette VEG

Makes 1 cup

- 1 cup strawberries, coarsely chopped
- ¼ cup balsamic vinegar
- 1 tbs. honey
- ½ cup extra-virgin olive oil or walnut oil
- Salt and freshly ground pepper to taste
- Blend together the strawberries, balsamic vinegar and honey. While the blender is running, slowly drizzle in extra-virgin olive oil or walnut oil until the dressing is smooth and emulsified. Add salt and pepper to taste. Keeps in the refrigerator for one week.

Curried Orange-Ginger Vinaigrette VEG

Makes 1 cup

- ½ tsp. curry powder
- 1 tbs. honey
- ¼ cup fresh orange juice
- zest of one orange (finely grated peel)
- 1 tsp. rice wine vinegar (or other vinegar)
- 1 tsp. grated fresh gingerroot
- 1 tsp. minced shallot
- ½ cup almond oil
- salt to taste

Toast the curry powder in a small skillet for about 1 minute, stirring until fragrant (optional).

In a separate bowl, whisk together honey, orange juice and zest, vinegar, gingerroot and shallot. Add reserved curry powder. Finally, whisk in almond oil until emulsified, and season with salt to taste. Keeps in the refrigerator for two weeks.

Sesame-Shiitake Vinaigrette V

Makes 1 cup

- 1 tbs. plus ½ cup toasted sesame oil, divided
- 3-4 medium shiitake mushroom caps, minced, about ¼ cup
- 1 tbs. tamari
- ¼ cup rice wine vinegar
- 2 tsp. grated fresh gingerroot
- 1 tsp. finely minced shallot
- cayenne pepper to taste, if desired
- 2 tsp. toasted sesame oil

Heat a small sauté pan and add 1 tbsp. of the untoasted sesame oil. Sauté the shiitake mushroom in the

hot oil for about 1 minute, and then remove from heat. Add the tamari and marinate for a few minutes. In a small bowl, add the marinated mushrooms, vinegar, grated ginger, shallot and cayenne pepper; drizzle in the remaining sesame oil
Store in the refrigerator until ready to use. Keeps in the refrigerator for about two weeks.

Thai Peanut Dressing

Makes 1 cup

- 1 tbs. grated fresh gingerroot
- 4 tbs. creamy natural peanut butter
- ¼ cup fresh lime juice (about 2 limes)
- 1 tbs. or rice wine vinegar
- 2 tsp. soy sauce
- 1 tbs. honey
- 4 tbs. water

Blend the gingerroot, peanut butter, lime juice, vinegar, soy sauce, honey and water until smooth and creamy. For a thicker dressing (great for grilled meat skewers), add only two tbsp. of water. Keeps in the refrigerator for about two weeks.

Salad Dressing Tips

- ★ The classic oil-to-vinegar ratio is 3:1, but feel free to adjust oil and acid levels to your taste.
- ★ Choose high-quality, cold-pressed oils, such as extra-virgin olive, pumpkin seed, flax, walnut and almond oils. Store them away from heat, and keep sensitive oils, such as nut and seed oils, in the refrigerator.
- ★ Have a variety of vinegars on hand, such as red wine, white wine, balsamic, champagne, sherry and apple cider.
- ★ Add fruit and vegetable juices to vinaigrettes. Fresh apple juice or cider added to a raspberry vinaigrette, for example, adds a natural sweetness that cuts some of the vinegar's acidity.
- ★ Experiment with your creamy salad-dressing bases — try Greek yogurt, tahini or other seed and nut butters, and even puréed fruits such as raspberries, strawberries and avocados instead of mayonnaise.
- ★ Salads aren't just about lettuce: Shredded vegetables and fruits such as celery, cabbage, carrots, kale, fennel, apples and peppers are great vehicles for dressings.
- ★ Add some heft and protein to your salads by topping them with beans, nuts and seeds.

Soup & Sauces

Alkaline Pumpkin (or squash) Coconut Soup ✓

Serves 4

- 2lb pumpkin or butternut squash
- 6 cups pure water
- 1 cup coconut milk
- 2 big onions
- 1 large leek
- 1 handful of fresh parsley
- 1 pinch of nutmeg
- 1 pinch of cayenne pepper
- 1 tsp. sea salt or organic salt
- 4 tbsp. cold pressed extra virgin olive oil

1. First of all: cut the onions, the pumpkin, the potatoes as well as the leek into small pieces.
2. Then, heat the olive oil in a big pot and sauté the onions for a few minutes.
3. Then add the water and boil the pumpkin, potatoes and the leek until tender.
4. Add the coconut milk.
5. Use a hand blender and puree for around 1 minute. The soup should become very creamy.
6. Season with salt, pepper and nutmeg and finally add the parsley.

Safety Soup ✓

- 1 cup black beans
- 1 large organic onion
- 1 organic red pepper
- 4-6 cloves garlic (omit if you can't stand garlic but its really good for detoxifying)
- 3 organic tomatoes diced and stewed. If you don't want to stew the tomatoes yourself, canned is fine, get low-sodium and not flavoured.

- 1 can tomato paste
- 1 can coconut milk
- 1 liter organic vegetable broth
- 1 tbsp. of ANY herbs/spices you enjoy. Examples: chili, curry, onion or garlic powder, no salt seasoning, dried herbs, oregano, basil etc.
- 15 raw almonds/ 20 peanuts (optional and best used when pureeing soup at the end, gives an amazing nutty taste)

1. Chop all vegetables
2. Add vegetables, beans, tomato paste and coconut milk to slow cooker. Then add broth - depending on size of slow cooker an entire tetra pack of broth may not fit.
3. Cook on low for approx. 6 hours, stirring occasionally.
4. Puree soup when done - I would prefer you puree this soup when it is done cooking either with a hand mixer or blender, your body absorbs nutrients better when it is pureed because your stomach doesn't have to work to break it all down. If you strongly don't want to puree, eating as is, is fine.

Creamy Avocado-Broccoli Soup ✓

4 Servings

- 2-3 flowers broccoli
- 1 small avocado
- 1 yellow onion
- 1 green or red pepper
- 1 celery stalk
- 2 cups vegetable broth (yeast-free)
- Celtic/Himalayan or regular sea salt to taste
- some cumin, basil, fresh cilantro or your favorite spices to taste

1. Heat vegetable broth (do not boil).
2. Add chopped onion and broccoli, and warm for several minutes.
3. Then put in blender, add the avocado, pepper and celery and puree until the soup is creamy (add some more water if desired). Alternately you can blend half of the broccoli and onion and keep the other half chunky to give more substance to your soup.
4. Flavor and serve warm. Delicious!!

Curried Corn Bisque ✓

8 servings

- 2 tsp. coconut oil
- 1 cup chopped onions
- 1 tbsp. curry powder
- ½ tsp. hot sauce, or to taste
- ¼ tsp. salt, or to taste
- ¼ tsp. freshly ground pepper
- 4 cups fresh/canned corn
- 2 cups vegetable broth
- 2 cups water
- 1 cup coconut milk

1. Heat oil in a large saucepan over medium-high heat.
2. Add onions and cook, stirring occasionally, until soft, about 3 minutes. Add curry powder, hot sauce, salt and pepper and stir to coat the onions.
3. Stir in corn, broth and water; increase the heat to high and bring the mixture to a boil. Remove from the heat and puree in a blender or food processor (in batches, if necessary) into a homogeneous mixture that still has some texture. Pour the soup into a clean pot, add coconut milk and heat through. Serve hot or cold.

Hearty Bean and Quinoa Soup ✓

- 1 tbsp. coconut oil
- 1 onion
- 1 carrot
- 2 garlic cloves

- 1 tsp. cumin
- 1 tsp. ground coriander
- ⅓ cup dry quinoa
- 2 cups vegetable broth
- 540 mL can white kidney beans
- 2 cups baby spinach

1. Heat a large saucepan over medium. Add oil, then onion. Cook until onion is soft, about 3 min.
2. Add carrot, garlic, cumin, coriander and quinoa. Cook for 2 more min.
3. Pour in broth and 2 cups water.
4. Bring to a boil, then reduce heat to medium-low.
5. Simmer, partially covered, until quinoa is cooked, about 15 more min.
6. Stir in beans and spinach. Cook until beans are hot and spinach is wilted, 2 to 3 more min. Serve immediately.

OPTIONS:

To make this a slow-cooker meal

1. Add all ingredients except quinoa to slow cooker and cook for approx. 6 hours.
2. Make quinoa separately and add just before serving.

Velvety Vegetable Bisque ✓

- 3 garlic cloves
- 3 turnips
- 1 onion
- 1 small butternut squash or 1-lb of cut squash pieces
- 2 tbsp. coconut oil
- 500ml vegetable broth
- ¼ tsp. (1 mL) each nutmeg and white pepper
- 1 can coconut milk
- chopped chives (optional)

1. Chop garlic. Peel, then coarsely chop turnips, onion and squash.
2. Melt coconut oil in a large saucepan set over medium-high heat. Add vegetables. Stir often until onion starts to soften, 3 to 5 minutes. Then add broth and 2 cans water, nutmeg and pepper. Bring to a boil, then reduce heat to medium-low. Cover and simmer, stirring occasionally, until turnips and squash are very soft, 25 to 30 minutes.
3. Ladle half the soup into a food processor or blender. Spoon into bowls and top a sprinkling of chives. Soup keeps well, covered and refrigerated, up to 5 days or freeze up to 2 months.

Vegan Creamy Tomato Basil Soup ✓

Serves 2

- 1 large fresh tomato
- 14.5 oz. can low sodium stewed tomatoes or 3 cups homemade stewed tomatoes
- 1 ½ cups unsweetened coconut milk
- ½ bunch fresh basil (rinse, remove stems & chop)
- 2 (or more) large cloves garlic, peeled
- ½ lemon, juiced
- onion powder, sea salt & black pepper to taste

1. Soak tomato, basil and garlic water for 10 minutes.
2. Combine all ingredients except lemon juice and spices in blender and blend.
3. Add all ingredients except spices to large pot and simmer for 40 minutes, stirring occasionally.
4. Add spices, stir and serve.

Vegetable Broth Soup ✓

- 1 tbsp. olive oil
- 2 cloves of garlic, chopped
- 2 tbsp. diced onion

- 1 inch of fresh ginger, peeled and chopped
- 4 cups fresh broccoli, cut up
- ½ pound of fresh spinach leaves
- 3 parsnips, peeled, cored, chopped
- 2 ribs of celery, trimmed, chopped
- a handful of fresh parsley, roughly chopped
- fresh water, as needed
- sea salt and ground pepper, to taste
- lemon or lime juice

1. Using a large soup pot, heat the olive oil over medium heat and stir in the garlic, onion, and ginger to season the oil.
2. Add the broccoli, spinach, parsnips, celery and parsley, and stir a bit until the spinach wilts and collapses.
3. Add just enough water to cover the vegetables. Remember the spinach will cook down quite a bit, so don't add too much water at first. You can always thin the soup later, if you need to.
4. Bring to a high simmer, cover the pot, and reduce the heat to a medium simmer.
5. Cook for fifteen minutes or so until the veggies are softened.
6. Use an immersion blender to puree the soup.

Taste test. Does it need brightening? Add a squeeze of citrus.

OPTION: To make this a creamy (and still non-dairy) soup add ½ cup of coconut milk.

Spicy Detoxifying Vegetable Soup

- 1 tsp. olive oil
- 1 yellow onion
- 1 celery stalk
- 2–4 cloves of garlic, finely diced
- 2 large pieces of fresh ginger, finely diced
- chili powder or fresh chili, to taste
- ½ large avocado
- 1 lb. cherry tomatoes
- 1 cup organic vegetable stock
- 3 cups of water
- 2 handfuls fresh spinach
- sea salt and freshly ground black pepper, to taste

1. Chop celery and onion into bite-sized pieces. Set aside.
2. Heat oil in a nonstick pan. Sauté onions until soft, then add the celery, garlic, ginger and chili. Simmer on low heat for about 5 minutes.
3. Meanwhile, purée the avocado in a food processor. Remove and set aside.
4. Add the tomatoes, stock and water into the pan and simmer for about 15 minutes.
5. Pour the entire soup into a food processor and purée until smooth. Then add the soup back into the pan; simmer on low heat to warm through.
6. Stir in the avocado purée and spinach to thicken soup. Serve with a drizzle of extra virgin olive oil to make sure all the fat-soluble vitamins are absorbed.

Asian-Style Cleansing Soup

- 1 bulb (not clove) garlic
- 1 medium onion, chopped
- 2 small “thumbs” fresh ginger, peeled and diced
- ¼ - ½ lb. shiitake mushrooms - thinly sliced (remove stems)
- 1 bunch red swiss chard, kale, or your favourite greens
- 1 bunch carrots, chopped into thin rounds
- 4 stalks of celery into thinly sliced half-moons
- 64oz low sodium vegetable broth
- 64oz water

- ¼-½ cup miso paste
- sesame/coconut or olive oil
- tamari or Bragg's liquid aminos

1. Heat oil in pan.
2. Add garlic, onions, and ginger.
3. After a couple of minutes, add sliced shiitake mushrooms and splash of tamari or Bragg's and sauté until mushrooms are glassy.
4. Add chopped greens and stir until wilted and bright green, then turn off heat.
5. In a stock pot, simmer carrots and celery in veggie broth and water.
6. When carrots and celery are super soft, turn off heat and stir in enough miso paste for your liking. When you've adjusted the broth so it tastes right to you, stir in contents of pan.
7. Serve soup sprinkled with toasted sesame seeds and cayenne or pour over rice

Vegan Cashew "Cheese" Sauce ✓

I don't even measure this anymore, I just throw it all in the food processor but for beginners, measure and get to know this recipe well – it's one of the best vegan secrets I know!

- 1 1/2 cups raw cashews
 , soaked for approx. 1-2 hours
 - fresh lemon juice
 from half of a lemon
 - 1/2 tsp. sea salt
 - 1/4 cup nutritional yeast
1. Add ingredients to food processor, if consistency is too thick, add small amounts of hot water while processing until desired consistency.

Desserts / Snacks

No Bake Clean Power Bars VEG

- 1-½ cups oats
 - 1 cup raw almonds, chopped
 - ¼ cup honey
 - ¼ cup natural peanut butter
 - 1 tbsp. vanilla extract
 - ⅛ cup chia seeds
1. Quickly toast oats if desired in oven at 350° C for under 10min.
 2. Chop whole almonds down to smaller chunks.
 3. In a small pot, combine honey, vanilla and peanut butter and warm on low until melted.
 4. While your mixture is warming combine oats, chia seeds and almonds in a large bowl.
 5. Slowly pour honey mixture over oat mixture, stirring until all honey/peanut butter is mixed into oats.
 6. Pour into an 8x8 square cake pan lined with parchment paper of desired.
 7. Let set in freezer for 20min or fridge for an hour.
 8. Flip pan over onto cutting board, letting mixture fall onto board. Cut into bars and enjoy :)

TIP: Wrap up bars for storage to prevent them from drying out. You can wrap them individually and freeze if desired

Gluten Free, Oat Free Blueberry Muffins VEG

These right now are oat free for people with oat sensitivities. You can substitute oat flour (oats in a blender until flour) for the rice flour, which I do when I make this recipe.

- 2 teaspoons freshly squeezed lemon juice
- 1/2 cup coconut milk, at room temperature
- Zest of one lemon, finely grated

- 1 cup plus 1 tablespoon sugar
- 2 cups sweet rice flour blend (or oat flour)
- 2 teaspoons baking powder
- 1/2 teaspoon sea salt
- 1 pint fresh blueberries
- 8 tablespoons (1 stick) coconut oil at room temperature
- 2 large eggs, at room temperature
- 1 teaspoon pure vanilla extract

1. Preheat the oven to 350 degrees
 2. Spray 12 standard-size muffin cups with gluten-free, non-stick cooking spray and line the muffin cups with papers liners
 3. Stir the lemon juice into the milk and let set for about 5 minutes. The milk may look a little curdled but this is okay
 4. In a small bowl, mix the lemon zest with the 1 tablespoon of sugar until fully blended. It is easiest to do this with your fingers as the lemon zest may be moist and tends to clump. Set aside
 5. In a medium mixing bowl, whisk together the sweet rice flour blend, baking powder and salt
 6. Put a scant 1/4 cup of the flour mixture in a small bowl, add the blueberries, and toss to coat. Set aside
 7. In the bowl of an electric mixer fitted with the paddle attachment, cream the coconut oil and the remaining 1 cup sugar together on medium speed until light and fluffy, about 3 minutes
 8. Turn the speed to low, and add the eggs, one at a time, mixing until each egg is fully incorporated, scraping down the sides of the bowl with a spatula after each addition
 9. Add the vanilla and mix well
 10. With the mixer on low speed, add the flour mixture and lemon-coconut milk mixture to the creamed coconut oil starting with one-third of the flour mixture, then half the lemon-milk mixture, half the remaining flour mixture, the rest of the lemon-milk mixture, and the rest of the flour mixture. Mix until just combined
 11. Remove the bowl from the mixture and scrape down the sides and bottom of the bowl well with a large spatula
 12. Gently fold in the blueberries with any flour left in the bowl into the batter
 13. Divide the batter evenly among the prepared muffin cups, filling the cups almost to the top
 14. Top the batter with the lemon zest-sugar mixture
 15. Bake the muffins for 30 - 35 minutes, or until the tops are golden brown and a toothpick inserted in the center comes out clean
- Let cool for 5 minutes in the pan. Serve warm

Dark Chocolate Oat Clusters VEG

- 2 tbsp. natural peanut butter
- 2 tbsp. almond or coconut milk
- 1/4 cup cocoa
- 1/4 cup honey
- 3/4 cup old-fashioned rolled oats
- 2 tbsp. ground flaxseed

1. Heat peanut butter, milk, and chocolate chips in a saucepan over low heat 3 minutes or until chips melt.
2. Stir in oats and flaxseed. Remove from heat.
3. With a spoon, small ice cream scoop, or melon baller, drop clusters on a wax or parchments paper-lined baking sheet.
4. Let set in fridge or freezer for 10 minutes.

Peanut Butter & Banana Wrap

This is a great breakfast on the go or post workout snack! High in fiber, phosphorus, potassium, vitamin A and complex sugars for energy!

- 1 small whole grain wrap
- 2 tbsp. (approx.) peanut butter or almond butter
- 1 tbsp. ground flax
- 1 large banana
- 1 pinch cinnamon, if desired

1. Spread the peanut butter over the entire wrap.
2. Sprinkle ground flax and cinnamon over peanut butter and place banana near the edge of the wrap.
3. Roll the wrap up tightly.

NOTES: Feel free to add things like hemp hearts, raisins, slivered almonds, shredded (unsweetened) coconut etc.

Healthy No-Bake Power Balls

- 20 dates and approx. ¼ cup raisins (you can use all dates, no raisins if you want)
- 1 ½ cups of a mix of raw nuts and seeds. I used sunflower and pumpkin seeds, slivered almonds and cashews.
- ¼ cup fine shredded coconut (natural, unsweetened)
- 1 tbsp. cocoa powder

Chocolate Covered Peanut Butter Balls

**from ohsheglows.com*

- 1 cup 100% natural peanut butter (smooth or crunchy)
- 3.5-4 tbsp. pure maple syrup, to taste
- 2-3 tbsp. coconut flour (I used 2)
- fine grain sea salt, to taste (I used ¼ tsp.)
- 6 tbsp. gluten-free rice crisp cereal
- ¾ cup organic dark chocolate chips
- ½ tbsp. coconut oil

1. Stir the jar of peanut butter well before using. In a large bowl, mix together the peanut butter and maple syrup vigorously, for 30-60 seconds, until it thickens up. It will go from runny to thick during this time.
2. Stir in the coconut flour until combined (if your PB is dry, you might be able to skip this step or only use half). We're looking for a texture that isn't too sticky, but not too dry either. Let it sit for a couple minutes to firm up as the coconut flour will continue to absorb moisture with time. Add a touch more coconut flour if necessary. Or if it's too dry, add a touch more syrup.
3. Add salt to taste and stir in the cereal.
4. Shape into small balls (I made about 17).
5. In a small pot, add the chocolate chips and coconut oil and heat over low heat, stirring frequently. Once half the chips have melted, remove from heat and stir until completely smooth.
6. With a fork, dip the balls into the melted chocolate. Tap off excess chocolate on the side of the pot and place the ball on a plate or cutting board lined with parchment. Repeat for the rest. Save any leftover melted chocolate for later.
7. Place balls in the freezer for around 6-8 minutes until mostly firm.
8. Dip a fork into the leftover melted chocolate and drizzle it on top of the balls to create a "sophisticated" design like the baking diva you are.
9. Freeze the balls for another 10-15 minutes, until the chocolate is completely set. If you can wait that long.

Super Seed Chocolate Protein Bites

**from ohsheglows.com*

Makes 16 bites

- 1 cup packed pitted Medjool dates (12-13 large)
- ¼ cup hulled hemp seed
- ¼ cup chia seed
- ¼ cup sesame seed
- ¼ cup cocoa powder
- ½ tsp. pure vanilla extract
- ¼ tsp. cinnamon
- ¼ tsp. fine grain sea salt, or to taste
- ¼ cup raw cacao nibs (or mini dark chocolate chips)

1. Add dates into processor and process until a chunky paste forms.

2. Add in the hemp, chia, sesame, cocoa, vanilla, cinnamon, and salt. Process until thoroughly combined. Pulse in the cacao nibs. The dough should be sticky when pressed between your fingers. If it's not sticky enough to shape into balls, add a small amount of water (a tsp. at a time) and process until it comes together.
3. Shape dough into small balls (about 16) and freeze for 20 minutes or so until firm. Store leftovers in the freezer until your next snack attack hits.

Simple No Bake Mini Cheesecakes

Crust

- 1 cup pitted dates (soaked in warm water for 10 minutes then drained)
- 1 cup raw cashews or almonds

Filling

- 1.5 cups raw cashews, quick soaked*
- 1 large lemon, juiced (scant ¼ cup)
- ⅓ cup coconut oil, melted
- ½ cup + 2 tbsp. full fat coconut milk (see instructions for note)
- ½ cup agave nectar or maple syrup (or honey if not vegan)

Optional Flavor Add-Ins:

- 2 tbsp. salted natural peanut butter
- ¼ cup wild blueberries (fresh or frozen)

Crust

1. Add dates to a food processor and blend until small bits remain and it forms into a ball. Remove and set aside.
2. Next add nuts and process into a meal. Then add dates back in and blend until a loose dough forms - it should stick together when you squeeze a bit between your fingers. If it's too dry, add a few more dates through the spout while processing. If too wet, add more nut meal. Optional: add a pinch of salt to taste.
3. Lightly grease a standard, 12 slot muffin tin. To make removing the cheesecakes easier, cut strips of parchment paper and lay them in the slots. This creates little tabs that makes removing them easier to pop out once frozen.
4. Next scoop in heaping 1 tbsp. amounts of crust and press with fingers. To pack it down, use a small glass or the back of a spoon to compact it and really press it down. I found the bottom of a glass works well. If it sticks, separate the crust and the glass with a small piece of parchment. Set in freezer to firm up.

Filling

5. Add all filling ingredients to a blender and mix until very smooth. For the coconut milk, I like to scoop the "cream" off the top because it provides a richer texture. But if yours is already all mixed together, just add it in as is.
6. In a high quality blender or food processor, mix for 1 minute, then puree it until silky smooth. If it won't come together, add a touch more lemon juice or agave or a splash more coconut milk liquid as the liquid should help it blend better.
7. If adding peanut butter, add to the blender and mix until thoroughly combined. If flavoring with blueberry, warm blueberries in a small pan on med until simmering.
8. Divide filling evenly among the muffin tins. Tap a few times to release any air bubbles, and swirl in 1 tbsp. warm blueberries to each cheesecake then cover with plastic wrap and freeze until hard - about 4-6 hours.
9. Once set, remove by tugging on the tabs or loosening them with a butter knife. They should pop right out. Our favorite way to devour these was with a touch of coconut whipped cream. But they're perfect as is! Keep in the freezer for up to 1-2 weeks.

Optional: you can set them out for 10 minutes before serving to soften, but I liked them frozen as well.

Coconut Whip Cream

- 1 can full-fat coconut milk, refrigerated for 24 hours
- 1-3 tbsp. honey or maple syrup *use maple syrup to make this vegan
- 1 tsp. vanilla bean or extract

1. First, place your mixing bowl and beater in the freezer for 5-10 minutes to chill.
2. When you are ready to make the coconut whipped cream, remove the mixing bowl from the freezer.

Then carefully remove the can of coconut milk from the refrigerator without shaking or tipping it. Remove the top of the can, then use a spoon to carefully spoon out the thick layer of coconut cream that should have separated to the top of the can, and transfer it to your chilled mixing bowl. (You will not use the layer of coconut water that has settled to the bottom of the can.)

3. Using a whisk attachment, beat the coconut cream on medium speed for 2-4 minutes, or until the cream becomes light and fluffy and small peaks form. Add in your honey or maple syrup and vanilla bean or extract, and beat until incorporated.
4. Serve the coconut whipped cream immediately, or transfer to a sealed container and refrigerate until ready to use. If the whipped cream becomes too firm in the refrigerator, you can re-whip it to reach the desired consistency.
5. *The level of sweetness in this recipe is totally up to you, I recommend adding sweetener to taste. Use this on top of other desserts, as a dip for fruit or even put it in the freezer for an hour and eat it with a spoon as a healthy ice cream alternative.

Coconut Oil Chocolate VEG

This recipe is basic, clean and simple! Make this one, you won't regret it!

My advice when making chocolate - have patience! You can't rush chocolate. If its too warm or any water gets into it, it will separate and turn weird. Be steady and patient and you'll be fine.

- 1 cup cold pressed coconut oil
 - 1 cup honey *you can use maple syrup instead to make this vegan
 - 1 cup cocoa
 - ½ - 1 tbsp. organic vanilla extract
1. Heat coconut oil on the lowest setting in a pot
 2. Once completely melted, very slowly add honey, whisking steadily the whole time.
 3. add vanilla and whisk well
 4. tbsp. by tbsp., add cocoa
 5. once all is combined pour into a clean cookie/pie pan.
 6. let set in the freezer, about 30-45 minutes
 7. break/cut into pieces

Chocolate Banana Muffins with Chickpea Flour

This recipe is gluten free, if you would rather oat or whole wheat flour, feel free to substitute.

Makes: 6-7 medium-size muffins.

- 3 flax or chia eggs (see recipe at beginning of this section)
 - ¾ cup raw cane sugar
 - ½ cup coconut oil, liquified
 - 2 tbsp full-fat coconut milk
 - 2 very ripe bananas, mashed
 - 1+½ cups chickpea flour
 - ¼ cup cocoa powder
 - 1 tsp baking powder
1. Preheat oven to 175°C/350°F.
 2. Whisk the chia egg and sugar before adding the coconut oil, coconut milk and mashed bananas.
 3. Stir very well – you can use an electric mixer but I just whisked it vigorously until completely combined.
 4. Sift flour, cocoa powder and baking powder into the batter and stir until completely mixed.
 5. Fill greased/lined muffin cups completely to the edge. Bake for 20-25 minutes or until a toothpick inserted in the center comes out clean.

Strawberry Banana “Ice Cream” VEG

I use this recipe without any added yogurt, if you prefer you can use coconut yogurt or omit, either way it is delicious!

Serves up to 4

- 4 cups strawberries, frozen
- 2 whole frozen bananas
- 3 tbsp honey

- 1 tbsp lemon juice, fresh
- 1/2 cup coconut yogurt, optional

1. Add the frozen strawberries, or honey, yogurt and lemon juice to the bowl of a food processor. Process until creamy, about 5 minutes.
2. Serve immediately or transfer it to an airtight container and store it in the freezer for up to 1 month.

Vegan Cupcakes

- 1 tbsp. apple cider vinegar
- 1 ½ cups almond milk
- 2 cups organic all purpose flour
- 1 cup organic cane sugar
- 2 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- ½ cup coconut oil, warmed until liquid
- 1 tbsp. vanilla extract

1. Preheat oven to 350 degrees F. Grease or line two 12 cup muffin pans with cupcake papers.
2. Pour the apple cider vinegar into a 2 cup measuring cup. Fill with almond milk to make 1 ½ cups. Let stand until curdled, about 5 minutes.
3. In a large bowl, Whisk together the flour, sugar, baking powder, baking soda and salt. In a separate bowl, whisk together the almond milk mixture, coconut oil and vanilla. Pour the wet ingredients into the dry ingredients and stir just until blended. Spoon the batter into the prepared cups, dividing evenly.
4. Bake in the preheated oven until the tops spring back when lightly pressed, 15 to 20 minutes. Cool in the pan set over a wire rack.

Vegan Frosting

- ¼ cup unrefined (virgin) coconut oil
- 16 oz. powdered sugar
- 4-6 tbsp. coconut or almond milk
- 1 tsp. vanilla

1. cream the coconut oil until it breaks up and gets nice and smooth with a hand blender
2. add in ¼ of the powdered sugar, the vanilla and 2 tbsp. of milk
3. mix together until smooth
4. keep adding powdered sugar along with tbsp. of milk as needed until everything is combined - you don't want any clumps of powdered sugar or coconut oil.
5. Frost your cooled cake or cupcakes

This frosting melts pretty easily, so make sure whatever you put it on is nice and cool. It should be enough to cover one 9x13 sheet cake

Simple Salty-Sweet Stovetop Popcorn with variations **VEG**

This is a slightly different take on standard popcorn, great for kids or for a salty-sweet snack

- 1/4 cup coconut oil
 - 2/3 cup popcorn kernels
 - 3 Tablespoons coconut oil, melted
 - 2 Tablespoons honey
 - 1 1/2 teaspoons sea salt
1. Add coconut oil and 3 kernels to a large pot (I use the biggest pot I have to allow space to mix everything well at the end) on medium-hot.
 2. When kernels start to pop, add the rest of the popcorn kernels
 3. Keep covered, shaking the pot occasionally until the popping slows down.

4. While popcorn is popping, warm coconut oil and honey in a small pot.
5. When popping has stopped or slowed to less than a pop per 30 seconds remove from heat.
6. Pour honey/coconut oil mixture over the popcorn slowly, stirring and mixing in thoroughly.
7. Sprinkle with salt and toss.
8. Store in an airtight container/bag in the cupboard for up to a week.

Va

- Apple Pie: Warming cinnamon, apple pie spice, and vanilla into the coconut oil/honey mixture.
- Chocolate Coconut: Adding crushed dairy free chocolate (such as Denman Island chocolate or other from health food store) & coconut flakes.
- Chocolate: Sprinkling cocoa or dairy free organic hot chocolate mix lightly on the above standard recipe
- “Cheesy”: Adding nutritional yeast when the popcorn is still popping but at least half way done. Sprinkle, mix and sprinkle again.

Smoothies

The Staple
 Sweet Popeye
 Tropical Green
 Omega 3 Booster
 Digestive System Helper
 Banana Chocolate
 Sweet Potato-Banana Green
 Blue Beauty Morning
 High Fiber
 Brain Power
 Blueberry-Banana
 Carrot-Mango

Breakfast

Detox Lemon Water
 Basic Overnight Oats
 Basic Stovetop Oatmeal
 Fluffy Oat Pancakes
 Basic Banana Boatmeal
 Oatmeal Breakfast Bars
 Date Banana Breakfast Bars
 Coconut Buckwheat Pancakes
 Blueberry Coconut Pecan Breakfast
 Cookies
 Coconut Blueberry Breakfast Quinoa
 Quinoa and Oat Granola
 Vegetable Hash
 Kale and Sweet Potato Hash
 Muesli
 Tofu Scramble

Lunch/Dinner

Flax/Chia Egg
 Basic Quinoa
 Apple Coconut Rice
 Fun Sliced Potatoes
 Hearty Veggie Burger ♥
 Crispy Garlic Fries
 Waldorf Inspired Quinoa Salad
 Basic Earthy Pasta Salad

Talia Wright, Nutrition Coach

Lunch/Dinner cont'd

Tofu Almond Stir fry
 Thai Vegetable Coconut Curry
 Sweet Potatoes with Warm Black Bean Salad
 Soba Noodles with Roasted Eggplant
 Scalloped Potato Stacks
 Chickpea and Sweet Potato Pie
 Chickpea Spinach One-Pot Meal
 Crustless Tofu Vegetable Quiche
 Wild Rice with Alkalizing Greens
 Cajun Brown Rice with Veggies & Red Beans

Salad Dressing

Italian Garlic Dressing
 Lemon Dressing
 Garlic Rosemary Dressing
 Honey Apple Cider Dressing
 Basic French Vinaigrette
 Green Goddess Dressing
 Strawberry-Honey Balsamic Vinaigrette
 Curried Orange-Ginger Vinaigrette
 Sesame-Shiitake Vinaigrette
 Thai Peanut Dressing

Soup & Sauces

Alkaline Pumpkin (or squash) Coconut Soup
 Safety Soup
 Creamy Avocado-Broccoli Soup
 Curried Corn Bisque
 Hearty Bean and Quinoa Soup
 Roasted Vegetables with Walnuts
 Velvety Vegetable Bisque
 Vegan Creamy Tomato Basil Soup
 Vegetable Broth Soup
 Spicy Detoxifying Vegetable Soup
 Asian-style Cleansing Soup
 Cashew “Cheese” Sauce

Dessert & Snack

No Bake Clean Power Bars
 Gluten Free, Oat Free Blueberry Muffins
 Dairy Chocolate Oat Clusters

A New Leaf Program

MASTER LIST

ALL earth foods are encouraged, if there are any vegetables, fruits, seeds, beans, spices, etc. that I have forgotten remember nothing from the earth in its purest form is off limits

Grains

- ☆ Amaranth
- ☆ Barley
- ☆ Buckwheat
- ☆ Bulgur Wheat
- ☆ Kamut
- ☆ Millet
- ☆ Muesli
- ☆ Oat Bran
- ☆ Oats
- ☆ Popcorn - air popped
- ☆ Quinoa
- ☆ Rice - all, except instant
- ☆ Rye
- ☆ Spelt
- ☆ Teff

Plant Proteins

- ☆ Beans - all
- ☆ Edamame
- ☆ Legumes - all
- ☆ Tempeh
- ☆ Tofu
- ☆ Spirulina
- ☆ Nutritional Yeast

Condiments/Extras

- ☆ All herbs & non-salt spices
- ☆ Honey
- ☆ Hot Sauce
- ☆ Hummus
- ☆ Maple Syrup – real, high quality
- ☆ Mustard
- ☆ Salsa
- ☆ Sugar – organic raw cane, beet, maple & coconut
- ☆ Tahini

Talia Wright, Nutrition Coach

Vegetables

- All vegetables including...
- ☆ Artichoke
- ☆ Asparagus
- ☆ Bell Pepper
- ☆ Bok Choy
- ☆ Broccoli / Broccolini
- ☆ Brussels Sprouts
- ☆ Cabbage
- ☆ Carrots
- ☆ Cauliflower
- ☆ Celery
- ☆ Chard
- ☆ Collard Greens
- ☆ Corn
- ☆ Eggplant
- ☆ Garlic
- ☆ Green Bean
- ☆ Kale
- ☆ Kohlrabi
- ☆ Leeks
- ☆ Mixed Salad Greens
- ☆ Mushrooms
- ☆ Mustard
- ☆ Okra
- ☆ Onion
- ☆ Parsnips
- ☆ Peas
- ☆ Peppers, hot
- ☆ Potato
- ☆ Pumpkin
- ☆ Radishes
- ☆ Romaine Lettuce
- ☆ Rutabaga
- ☆ Scallion
- ☆ Shallot
- ☆ Spinach
- ☆ Squash
- ☆ Sweet Potato
- ☆ Tomato
- ☆ Turnips

Fruits

- All fruit including...
- ☆ Apple
- ☆ Apricot
- ☆ Banana
- ☆ Berries (all)
- ☆ Cantaloupe
- ☆ Cherries
- ☆ Coconut
- ☆ Fig
- ☆ Grape
- ☆ Guava
- ☆ Kiwi
- ☆ Mango
- ☆ Melons
- ☆ Nectarine
- ☆ Orange
- ☆ Papaya
- ☆ Peach
- ☆ Pear
- ☆ Pineapple
- ☆ Plum
- ☆ Prune
- ☆ Raisins

Fats

- ☆ Avocado
- ☆ Nut Butters - all natural
- ☆ Nuts – all, raw
- ☆ Oils - olive, coconut, flax, avocado, sesame, walnut, grapeseed
- ☆ Olives
- ☆ Seeds - all, raw including flax, hemp, chia, sunflower, sesame & pumpkin.

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