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Gluten-Free Apple Muffins Recipe

Prep time: 10 min | Cook time: 25 min | Total Time: 35 min | Yield: 12 servings

[\(courtesy Dr. Axe\)](#)

- 3 c flour (try gluten free or paleo blend)
- 1 tsp baking soda
- 1 tsp sea salt
- 3 apples, peeled, cored and chopped
- 1 c coconut oil
- 2 c coconut sugar
- 3 eggs, beaten
- 2 tsp cinnamon

1. Preheat oven to 300 degrees and fill cupcake tin with liners.
2. Mix flour, baking soda, salt and apples in a bowl.
3. In a separate bowl, mix coconut oil, coconut sugar, eggs and cinnamon.
4. Combine both bowls and mix until just combined.
5. Fill cupcake liners 3/4 full and bake for 20-30 minutes.



SMOOTHIE: Green Smoothie Template

Single serving measure:

- 1 c Greens
- 1½ c Fruit, fresh (or frozen* if you need to)
- 1+ c Liquid
- 2 Tbsp Protein/Fat
- ½ t - 1T Boosters

1. With a high-quality blender, just add in the ingredients in the order listed and blend for about one minute. With a smaller blender, blend the greens and liquid first, then add the remaining ingredients and blend again.
2. If it seems a little thick, just add liquid a couple tablespoons at a time until you get the consistency you enjoy.
3. Transfer to a mug and enjoy

** Frozen berries are picked at perfect ripeness so usually offer more consistent sweetness. They also save time on preparation and cool down your smoothie if you like that chilled effect.*

With these suggestions below, you can mix and match to taste and have a new smoothie creation everyday.

Greens	Fruit	Liquid	Protein/Fat	Booster
Spinach	Banana	Nut milks	Hemp seeds	Pine pollen
Kale	Berries	Coconut milk	Chia seeds	Matcha Pwdr
Swiss Chard	Avocado	Water	Coconut oil	Cacao
Romaine	Peach	Coffee	Nut butters	Cinnamon
Collards	Grapes	(cooled)	Flax seeds	Macca Pwdr
Dandelion	Orange	Fruit Juice	Protein Pwdr	Moringa
Purslane	Pineapple			Parsley

Have fun with it. I love pouring in my left-over coffee, a bit of almond milk and a big scoop of cacao for a mocha flavoured effect - if it seems a bit bitter, a drizzle of maple syrup offers a sweet form of anti-oxidants as well.



SMOOTHIE: Tropical Cleanse

Prep time: 5 minutes | Yield: 1 serving

- ½ c dandelion
- 1-2 leaves romaine lettuce
- 2 sprigs parsley (leaf and stem)
- 1 pear
- 1 banana
- ½ c pineapple, fresh or frozen
- 1 c milk or filtered water
- 2 Tbsp chia seeds

1. Wash and prep all ingredients
2. Add ingredients to blender in order listed. Blend and serve. (If needed, add 1-2 tablespoons liquid at a time to achieve thinner consistency.)

* dandelion, parsley and chia are all great detox ingredients

SMOOTHIE: Popeye's Power Shake

Prep time: 5 minutes | Yield: 1 serving

- 1 c spinach
- 2-4 sprigs parsley (leaf and stem)
- 1 banana (or half an avocado for less sweetness)
- 1 c strawberries (approx. 5), fresh or frozen
- 1 c milk or filtered water
- 2 Tbsp tahini, raw

1. Wash and prep all ingredients
2. Add ingredients to blender in order listed. Blend and serve. (If needed, add 1-2 tablespoons liquid at a time to achieve thinner consistency.)

* enjoy the extra calcium and iron from the parsley, tahini and spinach



Creamy Tomato Pasta with Broccoli

Prep: 10 min | Cook time: 25 min | Total time: 35 min | Yield: 6 servings

*Need 4+ hours soaking

(courtesy: Kris Carr)

8 c broccoli florets - chopped (about 1/2 head)
 12 oz penne or fusilli (about 6 cups cooked)
 1 c cashews - raw, soaked for 4+ hours, rinsed and drained
 4 c tomatoes - diced
 1/2 Tbsp oregano - dried
 3 Tbsp basil (or 9-10 leaves)
 6 Tbsp nutritional yeast
 6 Tbsp milk
 2 Tbsp lemon juice (approximately 1 large lemon)
 3/4 tsp salt
 1/2 tsp black pepper
 2 Tbsp olive oil
 6 garlic cloves, smashed & minced

1. Bring a pot of water to a boil. Add the broccoli and blanch for 2 minutes, or until just tender. Remove broccoli from water with a slotted spoon and set aside.
2. Add the pasta to the boiling water. Cook the pasta according to package instructions, until it's tender, about 10 minutes.
3. While the pasta boils, place the drained cashews in the blender, along with the diced tomatoes, oregano, basil, nutritional yeast, non-dairy milk, lemon juice, salt, and black pepper. Blend all ingredients until smooth. Set the sauce aside.
4. Add the olive oil to a large skillet over medium-low heat. Add the garlic and cook for 1 minute, or until the garlic is fragrant but not browning. Add the broccoli florets and give them a good stir to mix them up with the garlic.
5. When the pasta is ready, drain it and add it to the skillet
6. Pour the creamy sauce into the skillet, and fold the ingredients together gently, until everything is well incorporated
7. Season the pasta to taste with salt and black pepper



Pesto

Prep time: 10 min | Cook time: 5 min | Total time: 15 min | Yield: 1 1/2 cups

1/2 c nuts or seeds: walnut, pine nut, pumpkin or sunflower seeds, pecans
 2 c greens: basil, arugula, kale, parsley, spinach, purslane, dandelion, cilantro
 1 Tbsp lemon juice
 1/2 c olive oil
 1/4 tsp salt
 1 clove garlic, smashed and chopped
 ---- Optional
 4 Tbsp grated hard cheese: pecorino or parmesan (or 2 Tbsp nutritional yeast)

1. If you have time, toast the nuts or seeds lightly for added flavour but cool them before you combine with other ingredients.
2. Clean and spin greens of choice. Mixing greens will keep from having any one flavour too dominant.
3. Chop nuts and greens before placing everything except cheese in the blender or food processor. If using nutritional yeast, it can be added now. Just pulse until chunky and mixed.
4. Stir in cheese if using.
5. Store unused pesto in air tight jar - be sure the top layer is oil to keep from brown oxidization of the greens (basil especially)

Great flavour pairings:

- basil & parsley with pine nuts
- kale and almonds
- arugula & pecans
- dandelion & purslane with walnut
- spinach & cilantro with pumpkin seeds



Roasted Hakurei Turnips and Radishes

Prep Time: 5 min | Cook Time: 20 min | Total: 25 minutes | Yield: 4 servings

(courtesy: [Just a Little Bit of Bacon](#))

- 1 bunch radishes - with their greens
- 1 bunch Hakurei turnips - with their greens
(if you are missing the green tops, substitute some chopped kale)
- 3 tbsp olive oil
- 1 tsp kosher salt

Instructions

Preheat oven to 425F.

1. Slice the greens off the turnips and radishes. Scrub well to remove all the dirt and grit from the vegetables, and rinse the greens repeatedly until they are grit free. If you left a little bit of the stem on the radishes and turnips, make sure you clean around it well since dirt collects there. I find scraping around the stem as I wash cleans it up nicely.
2. Cut the turnips and radishes into wedges. Halve the small ones, and quarter or sixth the larger ones. In a large bowl, toss the vegetables with 2 tbsp of olive oil and 1/2 tsp of salt. Pour the vegetables into the roasting pan, arranging them so most have a flat side down in the pan. Roast for 15 minutes, stirring and turning the vegetables at 7 minutes.
3. Dry the washed greens to remove most of the water. Roughly chop the greens into bite-sized pieces, then toss them in the large bowl with the rest of the olive oil and the salt. Pull the roasting pan out of the oven, turn and stir the vegetables again and then make a space for the greens. Spread out the greens in the space and return the pan to the oven. Roast for 5 minutes more.

Notes

One bunch is about 1/2 - 3/4 of a pound of turnips or radishes.

Try to pick bunches with nice, green leaves since you will be eating them as well. Remove any yellow or brown leaves.

If you want the vegetables and greens even darker and crispier, roast for 2-3 minutes more, but watch the pan carefully since they can go from beautifully brown to burnt rather quickly at this point.

Use a large roasting pan or two so you don't crowd the vegetables.



Best Shredded Kale Salad

Prep time: 20 minutes | Yield: 4 servings

(“Oh She Glows” Angela Liddon)

- 2 bunches kale - lacinato, washed and destemmed
- 2 garlic cloves
- ¼ c lemon juice, fresh
- 3+ Tbsp olive oil, extra virgin
- ¼ tsp sea salt, fine
- ¼ tsp black pepper
- 1 tsp maple syrup
- ¼ - ½ c cranberries, dried (or cherries)

1. Chop the kale into ¼ inch strands (about 1-2 inches long). You should have about 8 cups chopped kale. Place in a large bowl.
2. In a mini food processor (or by hand) mince the garlic. Mix in the lemon juice, oil, salt and pepper combine.
3. Pour the dressing onto the kale and massage the dressing in by hand (important step to free up the nutrients tightly bound in the kale). Massage for 30 seconds or until everything is thoroughly coated. Taste test your salad and drizzle a little maple syrup on if a sweeter dressing is preferred.
4. Toss on a handful of dried cranberries and/or nuts then cover and refrigerate 20-30 minutes, giving the kale time to soften.

Jazz it up with some parmesan OR **Toasted Pecan Parmesan**

- 1 c pecans, raw
- 1 clove garlic, grated or garlic press
- 3-4 tsp nutritional yeast
- 4 ½ tsp olive oil, extra virgin
- ¼ tsp sea salt, fine

1. Preheat the oven to 300 degrees F. Chop the pecans into pea-sized pieces and spread over a parchment-lined baking sheet. Toast in the oven 8-12 minutes.
2. Transfer pecans to a medium bowl, add garlic, nutritional yeast, oil and salt. Stir well to combine. Store leftovers in the fridge for up to 2 weeks.