

Plant-Based Retreat

An International Treat For Your Tastebuds
& Nourishment For Your Cells

	<i>Mediterranean Monday</i>	<i>Tasty Asian Fusion Tuesday</i>	<i>Welcome to America Wednesday</i>	<i>Thirsty Thursday Sips For Your Cells</i>	<i>Fiesta Friday</i>
<i>Breakfast</i>	Citrus Parfait* Cherry Cacao Blend* Cheesy Tofu Scramble* Ezekiel Almond Cereal* Zucchini Bread*	Coconut Cooler* Fresh papaya juice Thai Wraps* Hot Millet Cereal*	Fresh strawberries Pumpkin Spice Smoothie* Breakfast Veg Bagel* +tofu scramble Summertime Oats*	Berries & cherries King Chlorophyll Juice* Blueberry Cobbler Bowl* Buckwheat Cereal* Raw Sprouted Bread*	Fresh raspberries & cranberries Fresh mango juice Breakfast Burrito* Hot Oatmeal with Mango Mousse*
<i>Lunch</i>	Red Lentil Salad* Guac & Seed Crackers* Mediterranean Tempeh & veggies* Lobster Shroom Risotto* Baklava* & Chocolate Sauce*	Arugula, Beet & Asian Pear Salad* Summer Rolls* +Mango, lime, & mint dip* Nutty Noods* Thai Avocado Refresher*	Potato Salad* Heirloom Tomato Soup* Black Bean Burgers* Purple Cabbage & Carrot Slaw* Baked Apple Crumbles*	Kale Salad +Pumpkin Seeds & Cranberries* Red Pepper & Walnut Dip with Raw Veggies* Mushroom Meatballs* Sprouted Lentils* Asparagus & Broccoli* Orange Mango Yogurt*	Avo Corn Salad* Dominican Chapea* Bean Enchiladas* Jicama Veg Mix* Mexican Wedding Cookies*
<i>Dinner</i>	Quinoa Tabbouleh* Moroccan Lentil Soup* +vegan Tzatziki* Middle East Bowl* +Tahini Green Sauce* Falafel* & grilled veg Raspberry Chocolate Pomegranate Tart*	Avo & Kelp Noodle Salad* Coconut, Lime, Lemongrass Soup* Thai Red Curry* Jasmine rice Blood Orange & Ginger Tart*	Garlicky Caesar Salad* Artichoke Spinach Dip & 3 Seed Crackers* Lemon Walnut Tempeh* +Gravy* Sweet potato mash Roasted veggies (*pic) Pecan Crust Berry Pie*	Refreshing Side Salad* Lettuce, Cucumber & Mint Soup* Teriyaki Stir Fry* Cauliflower & Parsnip Rice* Berry Cheesecake*	Ensalada Azteca* Aztec Black Bean Soup* Veggie Fajita Bowls* Amaranth Tres Leches Cake +strawberries*

	<i>Mediterranean Monday</i>	<i>Cardiac Mediterranean Monday</i>
<i>Breakfast</i>	Citrus Parfait* Cherry Cacao Blend* Cheesy Tofu Scramble* Ezekiel Almond Cereal Zucchini Bread*	Fresh kiwi & orange +pomegranate seeds Super Fruit Sangria* Tuscan Tofu Scramble* plus greens Ezekiel Almond Cereal Zucchini Bread*
<i>Lunch</i>	Red Lentil Salad* Guac & 3 Seed Crackers* Mediterranean Tempeh & veggies* Lobster Mushroom Risotto Baklava & Chocolate Sauce	Red Lentil Salad* (sub fresh lemon & hemp hearts for cheese & yogurt) Black-Eyed Peas & Pepper Dip* & raw veg Mediterranean Tempeh & Veggies* Brown rice Grilled mushrooms Chocolate Date Nut Bites*
<i>Dinner</i>	Quinoa Tabbouleh* Moroccan Lentil Soup* +vegan Tzatziki* Middle Eastern Rice Bowl* Falafel* +Tahini Green Sauce* Grilled eggplant, asparagus, & zucchini Raspberry Chocolate Pomegranate Tart*	Quinoa Salad with Fennel & Orange* Moroccan Lentil Soup* Middle Eastern Rice Bowl* with Falafel* Grilled eggplant, asparagus, & zucchini Mixed Berry Cobbler*

Mediterranean Monday Substitutions & Exclusions

1. Cardiac menu breakfast tofu scramble & zucchini bread, used $\frac{1}{4}$ of the salt
2. Cardiac menu & non-cardiac lunch lentil salad, used $\frac{1}{2}$ broth, $\frac{1}{2}$ water; sub fresh squeezed lemon & hemp hearts for cheese and yogurt on cardiac menu
 3. Cardiac menu lunch dip, $\frac{1}{4}$ miso
 4. Cardiac menu lunch tempeh dish, omit capers
 5. Cardiac menu dinner quinoa salad, $\frac{1}{2}$ broth, $\frac{1}{2}$ water
 6. Cardiac menu & non-cardiac dinner lentil soup, 1 tsp. Salt
 7. Cardiac menu & non-cardiac dinner rice bowl, no pickle
 8. Cardiac dinner falafel, no salt
9. All dishes, except breakfast tofu and lunch tempeh, are half servings
10. Two different recipes used for zucchini breads and falafels (both included)

Cardiac v non-Cardiac

Cardiac Menu	kcal	Sodium	Total Fat	Saturated Fat	Cholesterol
Amount	2508	1817 mg	71 g	14.5 g	0

non-Cardiac Menu	kcal	Sodium	Total Fat	Saturated Fat	Cholesterol
Amount	3569	2994 mg	171 g	50 g	0

Calories Consumed (kcal)



Protein	420	17%
Carbs	1435	57%
Fat	624	25%
Alcohol	30	1%

Macronutrient Targets

Energy	2508.2 / 2594.0 kcal	97%
Protein	118.6 / 116.7 g	102%
Carbs	372.0 / 376.1 g	99%
Fat	71.0 / 69.2 g	103%

Highlighted Targets

Carbs	99%	Sodium	91%
Fat	103%	Omega-3	160%
Saturated	97%	Fiber	255%
Protein	101%		

85%

All Targets

Carbohydrates

Carbs - 372.0 / 376.1 g	99%
Fiber - 76.5 / 30.0 g	255%
Net Carbs - 293.5 / 376.1 g	78%
Starch - 116.6 g / (No Target)	0%
Sugars - 121.5 g / (No Target)	0%

Lipids

Fat - 71.0 / 69.2 g	103%
Monounsaturated - 22.4 g / (No Target)	0%
Polyunsaturated - 23.0 g / (No Target)	0%
Omega-3 - 3.2 / 2.0 g	160%
Omega-6 - 12.3 / 17.0 g	72%
Saturated - 14.5 / 15.0 g	97%
Trans-Fats - 0.0 / 0.0 g	100%
Cholesterol - 0.0 mg / (No Target)	0%

Cardiac Menu Analysis

Vitamins

B1 (Thiamine) - 3.7 / 1.2 mg	312%
B2 (Riboflavin) - 2.8 / 1.3 mg	219%
B3 (Niacin) - 25.4 / 16.0 mg	159%
B5 (Pantothenic Acid) - 7.3 / 5.0 mg	147%
B6 (Pyridoxine) - 3.9 / 1.3 mg	298%
B12 (Cobalamin) - 1.2 / 2.4 µg	50%
Biotin - 0.0 / 30.0 µg	0%
Choline - 280.2 / 550.0 mg	51%
Folate - 1055.9 / 400.0 µg	264%
Vitamin A - 23437.7 / 3000.0 IU	781%
Vitamin C - 640.4 / 90.0 mg	712%
Vitamin D - 348.1 / 600.0 IU	58%
Vitamin E - 16.3 / 15.0 mg	109%
Vitamin K - 1127.8 / 120.0 µg	940%

Minerals

Calcium - 1488.1 / 1000.0 mg	149%
Chromium - 0.0 / 35.0 µg	0%
Copper - 3.1 / 0.9 mg	340%
Fluoride - 0.0 / 4000.0 µg	0%
Iodine - 0.0 / 150.0 µg	0%
Iron - 33.8 / 8.0 mg	422%
Magnesium - 740.2 / 420.0 mg	176%
Manganese - 8.6 / 2.3 mg	375%
Molybdenum - 0.0 / 45.0 µg	0%
Phosphorus - 1753.2 / 700.0 mg	250%
Potassium - 6252.3 / 3400.0 mg	184%
Selenium - 47.2 / 55.0 µg	86%
Sodium - 1817.7 / 2000.0 mg	91%
Zinc - 13.6 / 11.0 mg	124%

Apr 19 - 19, 2020

Calories Consumed (kcal)



Protein	442	12%
Carbs	1607	45%
Fat	1489	42%
Alcohol	30	1%

Macronutrient Targets

Energy	3569.1 / 2637.0 kcal	135%
Protein	125.5 / 118.6 g	106%
Carbs	421.2 / 382.2 g	110%
Fat	171.5 / 70.3 g	244%

Highlighted Targets

Carbs	110%	Sodium	150%
Fat	245%	Omega-3	333%
Saturated	333%	Fiber	315%
Protein	105%		

All Targets

Lipids

Fat - 171.5 / 70.3 g	244%
Monounsaturated - 57.3 g / (No Target)	0%
Polyunsaturated - 43.0 g / (No Target)	0%
Omega-3 - 6.7 / 2.0 g	333%
Omega-6 - 32.8 / 17.0 g	193%
Saturated - 50.0 / 15.0 g	333%
Trans-Fats - 0.1 / 0.0 g	100%
Cholesterol - 0.0 mg / (No Target)	0%

Carbohydrates

Carbs - 421.2 / 382.2 g	110%
Fiber - 94.6 / 30.0 g	315%
Net Carbs - 325.2 / 382.2 g	85%
Starch - 104.4 g / (No Target)	0%
Sugars - 132.3 g / (No Target)	0%

Vitamins

B1 (Thiamine) - 8.4 / 1.2 mg	696%
B2 (Riboflavin) - 8.0 / 1.3 mg	614%
B3 (Niacin) - 49.7 / 16.0 mg	311%
B5 (Pantothenic Acid) - 12.0 / 5.0 mg	240%
B6 (Pyridoxine) - 9.1 / 1.3 mg	700%
B12 (Cobalamin) - 5.2 / 2.4 µg	218%
Biotin - 1.7 / 30.0 µg	6%
Choline - 327.0 / 550.0 mg	59%
Folate - 1362.9 / 400.0 µg	341%

Vitamin A - 26673.3 / 3000.0 IU	889%
Vitamin C - 566.7 / 90.0 mg	630%
Vitamin D - 42.0 / 600.0 IU	7%
Vitamin E - 27.5 / 15.0 mg	183%
Vitamin K - 1462.9 / 120.0 µg	1219%

Minerals

Calcium - 1510.4 / 1000.0 mg	151%
Chromium - 0.3 / 35.0 µg	1%
Copper - 4.2 / 0.9 mg	469%
Fluoride - 0.0 / 4000.0 µg	0%
Iodine - 6.7 / 150.0 µg	4%
Iron - 39.6 / 8.0 mg	496%
Magnesium - 1049.6 / 420.0 mg	250%
Manganese - 11.1 / 2.3 mg	482%
Molybdenum - 0.0 / 45.0 µg	0%

Phosphorus - 2044.0 / 700.0 mg	292%
Potassium - 6521.1 / 3400.0 mg	192%
Selenium - 81.8 / 55.0 µg	149%
Sodium - 2994.2 / 2000.0 mg	150%
Zinc - 18.2 / 11.0 mg	165%

non-Cardiac Menu Analysis

Day 15 Breakfast - Citrus Granola Parfait

2/16/2014

0 Comments



Ingredients:

- zest of 1/2 lemon
- zest of 1/2 lime
- zest of 1/2 orange
- 1 1/2 tablespoons grape seed oil
- 2 tablespoons orange juice
- 2 tablespoons lemon juice
- 1 tablespoon lime juice
- 1 1/2 tablespoons maple syrup
- 1/2 teaspoon vanilla extract

- 1 cup rolled oats
- 1/8 cup pumpkin seeds
- 1/8 cup sunflower seeds
- 1/8 cup raw walnuts, chopped
- 1/8 cup almonds, chopped
- 1/8 cup unsweetened dried coconut
- 1/8 cup flax seed
- 1/8 cup dried apricots, chopped
- 1/8 cup dried cranberries
- 16 ounces vanilla soy or coconut yogurt

Directions:

- Preheat your oven to 300 degrees F.
- Combine all of the ingredients except the yogurt together in a large bowl and stir until combined.
- Spread the mixture onto a 9x13" pan or cookie sheet.
- Bake in the oven for 15 minutes, stir, and bake for another 15 minutes.
- Remove from oven and allow the granola to cool to room temperature before munching on it.
- To serve, alternate scoops of yogurt with scoops of granola until your bowls are full.

CHERRY CACAO BLEND

Almost too good to be true, this frozen chocolate cherry shake will make you smile.

Filled with real fruits, cacao, superfood seeds, and a pinch of kale, this energizing delight will celebrate your body. Cherries are high in B vitamins, such as thiamin, riboflavin, and vitamin B₆—crucial for optimizing metabolism and converting nutrients into energy. Loudly slurp this blend into your tummy and feel alive.

Ingredients

- 2 cups frozen cherries
- 1 frozen banana
- 2 tablespoons cacao powder
- 2 tablespoons chia seeds
- 2 tablespoons cacao nibs
- 1 leaf dinosaur kale
- 1 cup apple juice
- 1 cup filtered water

Preparation

In a Vitamix or high-powered blender, add all the ingredients; blend on high for a minute. Drink!



Vegan Keto Scramble

This makes a total of 5 servings of Vegan Keto Scramble. Each serving comes out to be 211.4 Calories, 17.56g Fat, 4.74g Net Carbs, and 10.09g Protein.

The Preparation

- 1 14-oz package firm tofu
- 3 tablespoon avocado oil
- 2 tablespoons diced yellow onion
- 1 1/2 tablespoons nutritional yeast
- 1/2 teaspoon garlic powder
- 1/2 teaspoon turmeric
- 1/2 teaspoons salt
- 1 cup baby spinach
- 3 grape tomatoes
- 3 ounces vegan cheddar cheese

The Execution

- Wrap your block of tofu in a few layers of paper towel, or a clean cloth towel, and gently squeeze some of the water out. Set aside.
- In a skillet on medium heat, sauté the chopped onion in 1/3 of the avocado oil until the onion is soft and translucent.
- Place the block of tofu in the skillet and crumble using a potato masher or fork until it's the consistency of scrambled egg.
- Drizzle with the rest of the oil and sprinkle with the dry seasoning then gently stir to coat.
- Cook the tofu over medium heat, stirring and folding occasionally until most of the liquid has evaporated.
- Fold in the baby spinach, diced tomato and cheese and cook for an additional minute or until the spinach wilts and the cheese is melted.
- Serve hot and store leftovers in the refrigerator for up to three days!

<https://www.ruled.me/vegan-keto-scramble/>

ZUCCHINI BREAD

YIELD: 2 STANDARD LOAVES, 4 MINI LOAVES, OR 24 MUFFINS

If 2 cups of sugar seems like a lot, please keep in mind this recipe makes 2 loaves of bread, but you can certainly cut down on the sugar. This classic zucchini bread is perfect for a chilly summer evening, when summer squash is still in season but autumn is right around the corner.

INGREDIENTS

- 3 tablespoons (45 g) ground flaxseed (equivalent of 3 eggs)
- 1/2 cup (120 ml) water
- 1 cup (235 ml) canola oil (or 1/2 cup [120 ml] oil and 1/2 cup [125 g] unsweetened applesauce)
- 1 tablespoon (15 ml) white distilled vinegar
- 2 cups (400 g) granulated sugar
- 2 cups (240 g) grated zucchini (peeling optional)
- 2 teaspoons vanilla extract
- 3 cups (375 g) unbleached all-purpose or whole wheat pastry flour
- 2 teaspoons ground cinnamon
- 1/2 teaspoon nutmeg
- 1 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1 teaspoon salt
- 1/2 cup (75 g) chopped walnuts (optional)
- 1/2 cup (75 g) raisins (optional)

Preheat the oven to 325°F (170°C, or gas mark 3). Lightly grease two 8 x 4 x 2-inch (20 x 10 x 5-cm) loaf pans, 4 mini loaf pans, or 2 muffin tins.

In a food processor or in a bowl using an electric hand mixer, combine the flaxseed and the water. Whip until it's thick and creamy, about 2 minutes. Add the oil, vinegar, and sugar, and combine. Stir in the zucchini and vanilla. If using a food processor, transfer the oil/vinegar/sugar mixture to a large bowl before stirring in the zucchini and vanilla.

In a separate bowl, sift together the flour, cinnamon, nutmeg, baking soda, baking powder, and salt. Add the nuts and raisins, if using, to the sifted ingredients. Stir this dry mixture into the wet mixture until just combined. Do not overmix. Divide the batter into the prepared pans, and bake for 60 to 70 minutes for standard loaves, 40 to 45 minutes for mini loaves, or 30 to 35 minutes for muffins. Check for doneness by inserting a toothpick into the center.

COLLEEN'S TIPS:

- * The fastest and easiest way to grate zucchini is by using the grating blade on your food processor, but it can easily be done by hand.
- * Freezing grated zucchini is a great way to make use of this versatile veggie. First, steam in small quantities for 1 to 2 minutes until translucent. Drain well, pack into containers, cool by placing the containers in cold water, seal, and freeze. If watery when thawed, drain the liquid before using the zucchini.
- * Good things always come in small packages! Use mini loaf pans to make great gifts for friends, neighbors, and co-workers.

Mediterranean Monday, non-Cardiac Menu Breakfast

Warm red lentil salad

Per serving: 336 cals 21g fat 8.6g sat fat 16.4g protein 19.3g carbs 4.3g fiber

Herby dressed lentils make a hearty base for a salad. Their starches are digested and absorbed slowly by the body, giving a sustained energy boost, while their soluble fiber is thought to help reduce blood cholesterol levels.

Serves 4

½ broth,
½ water

- * 2 tablespoons olive oil
- * 2 teaspoons cumin seeds
- * 2 garlic cloves, crushed
- * ¾-inch piece of fresh ginger, peeled and finely grated
- * 1 ½ cups split red lentils
- * 3 cups vegetable stock
- * 2 tablespoons coarsely chopped fresh mint
- * 2 tablespoons coarsely chopped fresh cilantro
- * 2 red onions, thinly sliced
- * 7 cups baby spinach
- * 1 teaspoon hazelnut oil
- * 5½ ounces soft Vegan chèvre
- * ¼ cup Lava original yogurt
- * pepper, to taste

Toss your salad

Heat 1 tablespoon of olive oil in a large saucepan over medium heat. Add the cumin, garlic, and ginger and stir-fry for 2 minutes. Stir in the lentils, then add the stock, a ladleful at a time, simmering and stirring occasionally until each ladleful has been absorbed before adding the next one — this will take about 20 minutes in all. Remove from the heat and stir in the herbs.

Meanwhile, heat the remaining 1 tablespoon of olive oil in a skillet over medium–low heat. Add the onions and cook, stirring often, for 10 minutes, or until soft and lightly browned.

Put the spinach and hazelnut oil in a bowl and toss gently together. Divide among four shallow bowls.

Put the goat cheese and yogurt in a small bowl, season with pepper, and mash.

Spoon the lentils onto the spinach, top with the onions, then spoon on the goat cheese and yogurt and serve.

Love your lentils

Lentils are nutritious and economical. They're low in fat and free from cholesterol, but they are a rich source of protein, dietary fiber, the B vitamins, and essential amino acids, and they are a useful source of folate.



*Also on Cardiac Menu
Sub fresh squeezed lemon & hemp hearts for cheese & yogurt

THREE-SEED CRACKERS

MAKES: ABOUT 25 (2½-INCH) SQUARE CRACKERS • DIFFICULTY: moderate

Making your own crackers is easier (and more fun) than you might think. As a bonus, you can customize them to suit your taste, adding different seasonings as desired.

- ½ cup raw pumpkin seeds
- ½ cup raw sunflower seeds
- ½ cup sesame seeds
- 1½-inch piece fresh turmeric, grated (or ¼ teaspoon ground)
- ¼ cup ground flaxseeds
- 2 tablespoons minced fresh parsley
- 1 tablespoon nutritional yeast
- 1½ teaspoons white miso paste
- ¼ teaspoon onion powder
- 1 teaspoon dried basil, dill, oregano, or thyme (optional)

Preheat the oven to 250°F. In a blender or food processor, grind the pumpkin seeds, sunflower seeds, ¼ cup of the sesame seeds, and the turmeric into a powder. Add the remaining ingredients, except the remaining sesame seeds, and pulse to combine and mix into a dough. If the dough is too dry, add up to 1 cup of water, 1 tablespoon at a time.

Spread out the dough flat on a baking sheet lined with a silicone mat or parchment paper. Top with another piece of parchment paper and roll out the dough evenly and thinly with a rolling pin or by pressing with your hands. (The rolled-out dough should be approximately a 12 × 10-inch rectangle.) Remove the top layer of parchment paper. Sprinkle with the remaining ¼ cup of sesame seeds and lightly press them into the cracker dough. Use a sharp knife to score the crackers into the size you desire. Bake until lightly browned, about 3 hours. (For a crispier cracker, leave them in the oven with the heat turned off for a while longer.) Once cooled completely, the crackers may be stored at room temperature in a tightly covered container.

10 WAYS TO USE FLAXSEEDS

Whether you buy flaxseeds preground or grind them at home in a spice grinder, coffee grinder, or blender, you can enjoy this nutty superfood in all sorts of ways.

Here are a handful of get you started:

1. Sprinkle into oatmeal.
2. Shake onto salads.
3. Add to smoothies.
4. Use as a binder in burgers (pages 88 and 98) and loaves (page 156).
5. Add to homemade crackers (see above).
6. Use in your homemade energy bites (page 15).
7. Sprinkle on soups.
8. Use as a binder in baked goods.
9. Sprinkle on grain dishes.
10. Use as a thickener in sauces.

Daily Dozen Foods

X FLAXSEEDS X NUTS AND SEEDS X HERBS AND SPICES

THE HOW NOT TO DIE COOKBOOK

Mediterranean Monday,
non-Cardiac Menu
Lunch

Recipe: Mediterranean Tempeh with Vegetables

Author: Bhavani Jaroff, iEat Green

Recipe type: Entree Cuisine: Vegan

***Also on Cardiac Menu**

Ingredients

No capers on Cardiac Menu

- 3 soy tempeh, cut into cubes
- 1 onion, chopped
- 3 carrots
- 1 broccoli
- 1 cauliflower
- 2 peppers
- 2 Tbs. chopped garlic
- 2 tbs. chopped dill for tempeh
- 1 lg. can fire roasted tomatoes or 1 pint cherry tomatoes
- ¼ cup dill
- ¼ cup chopped parsley and 1 Tbs. parsley
- 1 bunch asparagus
- ¼ cup kalamata olives, cut in half
- 2 Tbs. capers
- ¼ cup white wine
- 1 can artichoke quarters
- Salt and pepper to taste

Instructions

1. Cut tempeh down the middle horizontally, then cut into quarters and then cubes.
2. Bake tempeh on well-oiled roasting pan in a 425-degree oven, until golden brown on all sides (about 15 minutes).
3. Remove tempeh from oven.
4. Meanwhile, in medium sauce pan, sauté ? of the onions in a little olive oil, with 1 Tbs. chopped garlic.
5. Add the roasted tempeh to this mixture.
6. Add 1 can fire roasted tomatoes, 1 Tbs. chopped parsley and 2 Tbs. chopped dill.
7. Add ? cup white wine, and let simmer for 30 minutes.
8. Meanwhile, cover bottom of wok with oil. When oil is hot, add the remaining onions and carrots.
9. Add 1 Tbs. garlic, and sauté? for a few minutes.
10. Then add the broccoli and cauliflower. Continue cooking at med. high heat, stirring constantly for 5 minutes.
11. Add more oil (or water to steam) if needed.
12. Then add the peppers and cherry tomatoes.
13. Cook for a few minutes more, then add the remaining 2 Tbs. of white wine and asparagus.
14. Add 2 Tbs. dill, ? cup of parsley and the artichokes.
15. Lastly, add the capers, and olives. Season with salt and pepper to taste.
16. Gently stir in the tempeh mixture to finish.
17. Serve with Quinoa Pilaf or Forbidden Rice.

Recipe by iEatGreen at <https://www.ieatgreen.com/recipe-mediterranean-tempeh-with-vegetables/>

Lobster Mushroom Risotto

Lobster mushrooms are locally harvested here in California but available only once per year. They boast a beautiful, bright red-orange color and have a surprisingly sea-like taste. I discovered these gems by accident at our farmers' market and had to give them a spin. They look so much like their namesake that when I posted this dish on my Instagram I was accused of using real lobster!

Ingredients

- 2 cups high-quality Arborio rice
- 1 garlic clove, finely chopped
- 3 tablespoons olive oil
- 2 teaspoons Celtic sea salt
- 8 to 10 cups filtered water
- 1 cup nutritional yeast
- 2 cups lobster mushrooms, chopped
- 1 cup wood ear mushrooms, chopped
- 1 lemon
- 2 tablespoons raw seaweed
- Crumbled Walnut Parmesan (page 78)

Preparation

1. Prepare the risotto according to steps 1 to 3 on page 230.
2. In a cast-iron skillet or wok, sauté the lobster mushrooms in 2 tablespoons olive oil until the juices release.
3. Add the wood ear mushrooms and sauté for another minute. Squeeze the lemon over the mushrooms.
4. Fold the mushrooms into the rice until well distributed.
5. Cut the seaweed with scissors into fine strips, sprinkle over the rice, and fold in.
6. Top with Crumbled Walnut Parmesan.

Mediterranean Monday, non-Cardiac Menu Lunch



CRUMBLED WALNUT PARMESAN

A more-than-adequate substitute for its dairy-based counterpart. Sprinkle this hearty nut cheese over our Gluten-Free Spaghetti di Pesto (page 220), Fettuccini Alfredo (page 227), Caesar Salad Dressing (page 111), or Portabella Parmesana (page 205). You can store this in a mason jar in the refrigerator for three days.

Ingredients

- 1 cup raw walnuts
- 2 tablespoons nutritional yeast
- 1 garlic clove
- ½ teaspoon Celtic sea salt

Preparation

1. In a food processor, pulse the walnuts until mealy in texture.
2. Add the nutritional yeast, garlic, and sea salt. Pulse again a few times to mix well.



Mediterranean Monday, non-Cardiac Menu Lunch

Baklava

Ingredients

Baklava:

- 8 oz phyllo dough (1/2 lb, half of one standard-size box) Most phyllo dough is vegan, check the ingredients before buying to be sure.
- 6 oz [walnuts \(roasted or raw, whole, shelled\)](#)
- 4 oz [pistachios \(roasted or raw, whole, shelled\)](#)
- 4 oz [almonds \(roasted or raw, whole, shelled\)](#)
- 1/3 cup brown sugar
- 1 tsp cinnamon (ground)
- 1/3 cup olive oil Alternatively, use melted coconut oil or vegan butter for a sturdier baklava

Syrup:

- 1/2 cup brown sugar
- 3/4 cup water
- 1/2 cup [agave syrup](#) See recipe notes to substitute HONEY
- orange peel from 1/2 orange
- 1" cinnamon stick (or 1/2 tsp ground cinnamon)

1. Preheat oven to 350°F.

2. **Prep the dough:** Use scissors to trim the dough to match the size of a [10" square baking dish](#). Do not discard the smaller strips that you've cut off-- you'll be using them.

Unroll the phyllo dough, and lay plastic wrap over the dough. Set a barely damp kitchen towel over the dough. Your goal is to keep the dough from drying out, and becoming even more fragile, but you do not want to get the dough wet.

Humid Conditions Note: When the air is very humid, it may be better to leave the dough uncovered.

3. **Prep the Nuts:** Use a food processor or nut chopper to chop the nuts into small pieces. Pour the nuts into a bowl, and stir in the cinnamon and brown sugar.
4. Brush oil on the bottom and sides of a square 10" baking dish.
5. **Begin Layering:** Lay a square of the cut phyllo dough inside the dish, and brush with oil. Repeat by layering more dough and more oil until you have **8 layers** of phyllo.

Sticky Dough Tip: If any sheets of phyllo seem to be stuck together, it's okay to lay 2 sheets down together, without adding oil to the middle.

Small Reserved Dough Tip: The smaller, reserved sheets of phyllo can be laid together to create a single sheet (like lasagna). Make sure to oil the seams well. Avoid using the small pieces on the top layers-- use them in the middle instead.

6. Add 1/3 of the nut mixture on top of the phyllo layers. Spread them out evenly using your hand.

Continue layering **5 more layers** of phyllo and oil, then another 1/3 of the nuts, another **5 layers** of phyllo and oil, then the remaining nuts.

Finish the layers with **8 more layers** of phyllo and oil. Finish with a layer of oil, taking extra care that the edges of the dough are oiled.

7. **Cut dough into squares:** Use a paring knife to cut 4 equally spaced parallel lines in the dough. Rotate the dish, and cut 4 more lines perpendicular to the first set of lines. Alternatively, cut perpendicular diagonal lines to cut the baklava into diamonds.

Cutting Tip: Make sure to **cut the baklava before baking**, because the dough will become extremely brittle when cooked, and you won't be able to cut it cleanly.

8. Bake the baklava 30 minutes. Remove it from the oven, and tent it with foil. Bake it 20 more

9. **Make the syrup:** While the baklava bakes, add all the syrup ingredients to a small pan, and bring the mixture to a boil. Once it begins to boil, lower the heat to medium-low, and lower the boil to a light simmer for 10 minutes. Strain out the orange peel and cinnamon stick.

10. When the baklava finishes baking, remove it from the oven, and then slowly pour the syrup evenly over the baklava.

11. Let the baklava rest for **at least 2 hours** before serving to allow the syrup time to soak into the dough and nuts.

12. **Serving:** Use a narrow metal spatula to remove the baklava from the pan. Olive oil baklava is more delicate than traditional butter baklava, so handle the pieces carefully.

Storing Short Term: Lightly cover with foil, and store at room temperature or in the refrigerator for up to 2 weeks. Note that covering the baklava tightly with a lid or with plastic wrap will cause it to become soggy.

Freezing: Store the baklava in an airtight container and freeze for up to 3 months. Thaw in the refrigerator 4-5 hours or overnight.

- 1/4 cup of coconut oil, melted
- 1/2 cup of non dairy milk (I used vanilla almond milk)
- 1/2 cup of maple syrup
- 1/2 cup of good quality cocoa powder

Chocolate Sauce

INSTRUCTIONS

- 1 In a small saucepan, combine the coconut oil, milk, and maple syrup. Stir and bring to a very gentle simmer.
- 2 Slowly whisk in the cocoa powder and continue to cook on a low simmer for about 3 minutes. Remove from heat.
- 3 Let cool and store in an airtight container in the fridge for up to a few weeks.
- 4 ENJOY!



QUINOA TABBOULEH SALAD

A gluten-free twist on a traditional recipe, with loads more nutrients. Traditional tabbouleh is made with couscous, which is standard wheat. Quinoa contains about 20 percent more protein, is gluten-free, and is considerably easier to digest than wheat. *Serves 2 or 3*

GF Gluten-Free **SND** Super Nutrient-Dense

Prep Time: 18 minutes

¼ cup (60 mL) virgin coconut oil	1 tbsp (15 mL) red pepper flakes	2 tbsp (30 mL) freshly squeezed lemon juice
1 cup (250 mL) quinoa (any color), rinsed and drained	1 tbsp (15 mL) tomato paste	1 tbsp (15 mL) pomegranate molasses
2 cups (500 mL) water	1 tbsp (15 mL) Mediterranean red pepper paste	1 tbsp (15 mL) grapeseed oil
1 large sweet onion, finely chopped	2 medium tomatoes, seeded and diced	Sea salt and freshly ground black pepper to taste
2 Tbsp (30 mL) ground cumin	6 green onions, finely chopped	Lemon wedge, for garnish
1 tsp (15 mL) ground coriander	5 or 6 fresh mint leaves, torn	
	1½ cups (375 mL) fresh Italian parsley, chopped	

Heat a medium saucepan over medium-high heat and drizzle the bottom with some of the virgin coconut oil. Add the quinoa; toast, stirring frequently, for 1 to 2 minutes or until dry. Add the water and bring to a boil. Reduce heat to the lowest setting, cover, and cook for 15 minutes. Remove from heat and let the quinoa sit, covered, for 5 minutes. Fluff with a fork, transfer to a large bowl, and let cool.

Meanwhile, heat another medium saucepan over medium-high heat. Add the remaining coconut oil and the onions. Cook, stirring frequently, until the onions are translucent, 3 to 4 minutes. Add the cumin, coriander, red pepper flakes, tomato paste, and red pepper paste. Cook, stirring, for another 3 to 4 minutes. Let cool.

Add the paste mixture to the quinoa and toss gently until fully incorporated. Add the tomatoes, green onions, mint, parsley, lemon juice, pomegranate molasses, and grapeseed oil. Toss gently. Season with salt and pepper to taste and garnish with lemon wedge.

* Look for Mediterranean red pepper paste in Middle Eastern supermarkets or in the foreign food aisle at the grocery store.

Mediterranean Monday, non-Cardiac Menu Dinner

MOROCCAN LENTIL SOUP

MAKES 4 (1½-CUP) SERVINGS DIFFICULTY *easy*

Lentils are my favorite legume. They cook so quickly, mix well with just about everything, and are exceptionally nutrient dense. I never prepare rice or other grains without throwing in some lentils. Don't forget that any dish can be made healthier by adding beans or greens. A variety of herbs and spices elevate this particular lentil soup from simple to sensational.

5 cups or water

- 1 red onion, chopped
- 2 garlic cloves, chopped
- 1 red bell pepper, chopped
- 1 teaspoon grated fresh ginger
- 1 teaspoon ground coriander

- ½ teaspoon ground cumin
- ½ teaspoon ground cinnamon
- 1 (2-inch) piece fresh turmeric, grated, or ¼ teaspoon ground turmeric
- ½ teaspoon red pepper flakes

- ½ teaspoon ground fennel seeds
- 1 cup dried black or red lentils
- 1½ S. or N. BPA-free can of Tetra Pak salt-free diced tomatoes, undrained
- 1 teaspoon Savory Spice Blend (page 6), or to taste
- 4 cups chopped baby greens

In a large pot, heat 1 cup of the broth over medium heat. Add the onion, garlic, and bell pepper. Cook until slightly softened, about 5 minutes. Add the ginger, coriander, cumin, cinnamon, turmeric, red pepper flakes, and fennel seeds; then stir in the lentils, tomatoes, and remaining 4 cups of broth. Bring to a boil. Lower the heat to a simmer, cover, and cook until the lentils are soft, 15 to 20 minutes. Add the Savory Spice Blend and stir in the baby greens, simmering until wilted. Serve hot.

COOKING WITH SPICE

With all the exotic, exciting, and excellent spices at the market, you have no excuse not to go out and experiment with new flavors. Myself, I have become very fond of smoked paprika. It's not as easy to find as regular paprika, so I order it online. As much as I love greens, greens with smoked paprika are even better. I'm also very fond of Ceylon cinnamon. I take packets of unseasoned cocoa powder and cinnamon whenever I travel, to make bad hotel coffee taste better. I am also a fan of black pepper. Not the most mysterious of spices, it's a favored

staple for a reason. It's so good! Cooking with spices means paying attention, though. I once made what became known in my family as cardamom death muffins. I was following a recipe for blueberry muffins that called for a bit of dried cardamom. As I prepared my batter, I used the right amount of cardamom, but fresh, not dried. Oh, wow, was that a mistake! The muffins were so overpowering that after just one bite, our eyes started watering. I would have figured the dried spice, being concentrated, would be more potent than fresh. Not so!

Daily Dozen
X BEANS X GREENS

Ingredients

- 1/2 large cucumber (unpeeled + finely grated // as original recipe is written ~ cup grated, will shrink to ~1/4 cup after drained // organic when possible)
- 1 1/2 cups [coconut yogurt](#)* (see notes for store-bought recommendations)
- 3 cloves garlic (minced)
- 1/4 cup finely chopped fresh dill (or 2 Tbsp dried dill per 1/4 cup fresh)
- 1 pinch each sea salt and black pepper (plus more to taste)
- 1 1/2 Tbsp lemon juice
- 1-2 Tbsp extra virgin olive oil (optional for flavor and richness)

*Also on Cardiac Menu
No substitutions
1 tsp. salt, both versions

Vegan Tzatziki

Instructions

1. Finely grate cucumber with the skin on - should yield about 1 cup (amount as original recipe is written // adjust if altering batch size). Then either set in a fine-mesh strainer set over a small mixing bowl or transfer to a clean, thin towel and squeeze out excess moisture. The remaining amount should be about 1/4 cup (amount as original recipe is written // adjust if altering batch size).
2. Add coconut yogurt to a large mixing bowl and add strained cucumber, garlic, dill, salt, pepper, lemon juice, and olive oil (optional). Stir to combine.
3. Taste and adjust flavor as needed, adding more salt for overall flavor, garlic for zing, lemon for acidity, or dill for herbiness.
4. Serve immediately, or store in the refrigerator (where it will thicken) up to 5 days, sometimes longer depending on freshness of yogurt.

MIDDLE EASTERN RICE BOWL

A main course that will provide sustained energy, this rice bowl is a delicious lunch or dinner option for those with a big appetite. *Serves 1*

GF Gluten-Free

***Also on Cardiac Menu
Sub other falafel**

Prep Time: 10 to 15 minutes

Handful of spring mix greens
4 to 6 slices English cucumber
(¼-inch/5 mm thick), cut
in half

1 tsp (5 mL) extra-virgin olive
oil or hemp oil

2 tbsp (30 mL) lemon
vinaigrette (page 146)

Sea salt and freshly ground
black pepper

1 cup (250 mL) whole grain
brown rice, cooked

Small handful of sunflower
sprouts

2 large slices tomato

3 falafel patties (page 67),
grilled for 4 minutes per side

2 thin red onion rings

Small handful of fresh parsley
leaves, torn

In a medium bowl, combine the spring mix,
cucumber, olive oil, 1 tbsp (15 mL) of the
vinaigrette, and salt and pepper to taste.
Toss gently.

Pile the rice to one side of a large serving bowl.
Arrange the salad beside the rice.

Top the salad with the sprouts. Top the rice
with the tomatoes, pickles, and falafels. Drizzle
the falafels with the remaining vinaigrette and
garnish with onion rings and parsley.

• Use ramekins for the sauces, which makes dipping
a lot easier.

Falafel

Ingredients

- 2 cups cauliflower rice
- 1 small red onion minced
- 4 garlic cloves minced
- 1/2 cup cilantro leaves minced
- 1/4 cup coconut flour
- 1 chia or flax egg
- 1 tsp cumin powder
- 1/2 tsp chili powder or 1 tsp minced
jalapeno
- 1 tbsp avocado oil or aquafaba
(optional)(only use if your mixture
doesn't bind well)
- salt to taste

Serving Suggestions

- 1 tbsp Tahini
- 2 small Sliced tomatoes
- 5-6 Lettuce leaves

Mediterranean Monday, non-Cardiac Menu Dinner

Instructions

How to make vegan keto falafel?

1. **Make riced cauliflower.**
2. Clean and pulse cauliflower florets to make
riced cauliflower. Or you can use pre-made
cauli rice too.
3. Mince herbs and spices. Add onions, garlic,
jalapeño(optional), cumin seeds, cilantro and
garlic to a food processor. Mince well and
transfer to a bowl.
4. **Prepare falafels.**
5. In a large bowl add riced cauliflower, minced
herbs, and dry ingredients- almond flour and
coconut flour, salt and pepper to taste. Mix
well.
6. Due to the juice released from the herbs and
riced cauliflower, the mixture will easily form
a doughy like consistency. If not, add chia or
flax egg(mix 1 tbsp of chia powder with 3tbs
of water. Set aside till an egg-like mixture is
formed) and mix well. Adjust salt.
7. Take a small ball sized dough or mixture on
greased palm and form a ball. Flatten a little
to make small, round falafels. Place on a
greased baking sheet.

8. Oven baking:

Preheat the oven to 350F. Bake the falafels
for 15-20 minutes till the edges are brown.
Leave them in the baking sheet for five
minutes before transferring to a cooling rack

9. Mealthy Crispy Lid:

Place your Mealthy crispy lid your instant po
and preheat for 1 minute at 350F. Add
falafels to the inner basket and place on the
trivet. Now close the crispy lid and set the
timer for six minutes. After six minutes,
check the falafels and whether they are
cooked evenly. If not, turn them and cook fo
another 3 minutes. Falafels are ready.

10. Air fryer:

If using an air fryer, preheat it to 355F. Line
the air fryer racks with parchment paper and
place falafels. Cook for 12-16 minutes till the
falafels are fully cooked. {Brown around the
edges and look brownish.} Falafels are ready
to be served. Serving options - falafels taste
great with tahini, lettuce pita or in my words
Keto pita and tabbouleh. Enjoy.

Mediterranean Monday, non-Cardiac Menu Dinner

TAHINI GREEN SAUCE

A lighter version of its momma: hummus. This lemony sauce is pure bliss on your plate.

The nutritional yeast provides a nice boost of B vitamins and a substantial amount of folic acid along with a cheesy taste. We serve it as a sauce over various One Bowls (page 197). Pour it over steamed kale, black beans, and quinoa. Add a baked yam with cinnamon sprinkled on it and you have a meal that is the foundation of wellness.

Ingredients

- 6 tablespoons raw organic tahini paste
- 2 tablespoons nutritional yeast
- Juice of 1 small lemon
- 1 teaspoon garlic powder
- ½ teaspoon Celtic sea salt, to taste
- ¼ cup fresh dill or cilantro
- 1 teaspoon maple syrup
- 1 tablespoon apple cider vinegar
- 1 cup filtered water

Preparation

1. To a Vitamix, high-powered blender, or food processor, add all the ingredients and blend.
2. If you keep the Vitamix going for a couple of minutes, it will automatically heat your sauce. Or you can transfer it to a saucepan and warm it up old school. Sometimes I prefer to do soups or sauces this way so I can easily adjust

the seasoning. I also like to stir the sauce and infuse it with my love and healing intentions.

RASPBERRY CHOCOLATE POMEGRANATE TART

The classic flavor combination of raspberries and chocolate, combined with the antioxidant-rich pomegranate, make this dessert a functionally delicious powerhouse. Serves 6 to 8

T Transition **GF** Gluten-Free

Prep Time: 15 minutes, plus overnight chilling • **Special Equipment:** food processor

Crust

- 1 cup (250 mL) almonds
- 1 cup (250 mL) walnuts
- 3 tbsp (45 mL) cacao nibs
- 3 tbsp (45 mL) vegan dark chocolate chips
- 2 Medjool dates, pitted, chopped, and soaked
- 1 tsp (5 mL) pure vanilla extract
- ½ tsp (2 mL) sea salt
- 3 tbsp (45 mL) maple syrup
- 2 tbsp (30 mL) cacao butter or coconut oil, melted

Chocolate Ganache

- 2 small to medium avocados, peeled and pitted (do not use avocados that are too ripe)
- ½ cup (125 mL) cacao powder
- 2 tbsp (30 mL) almond or cashew butter
- ½ to ¾ cup (125 to 175 mL) maple syrup (optional)
- ¼ cup (175 mL) vegan semi-sweet chocolate chips, melted
- 1 tbsp (15 mL) pure vanilla extract
- 1 tsp (5 mL) sea salt
- 3 tbsp (45 mL) cacao butter or coconut oil, melted

Raspberry Pomegranate Filling

- 1½ cups (375 mL) fresh or frozen organic raspberries
- ¼ cup (60 mL) cane sugar or agave nectar
- 2 tbsp (30 mL) fresh lemon juice
- 2 tbsp (30 mL) pomegranate powder
- 2 tbsp (30 mL) pure pomegranate juice
- 1½ tbsp (22 mL) cornstarch

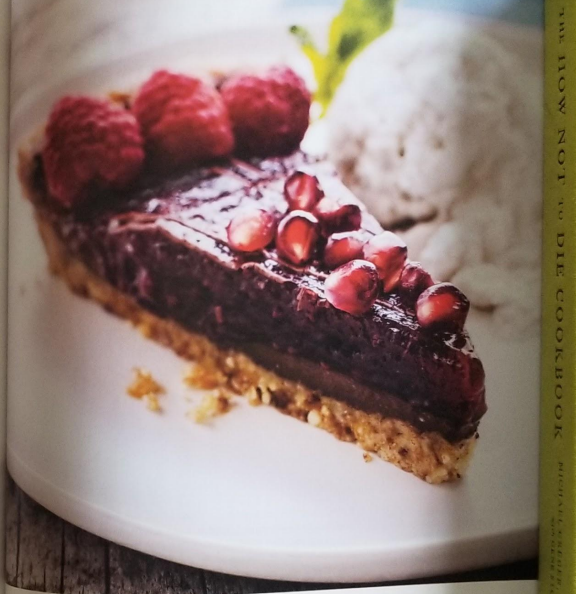
Garnish

- ½ cup (125 mL) pomegranate seeds
- ¼ cup (60 mL) vegan white chocolate chips, melted
- ¼ cup (60 mL) vegan dark chocolate chips, melted
- ½ cup (125 mL) fresh raspberries
- ¼ cup (60 mL) cacao nibs

For the crust, in a food processor, process the almonds, walnuts, cacao nibs, and chocolate chips until finely ground. Add the dates, vanilla, salt, maple syrup, and cacao butter; process until a sticky-to-touch dough forms. Press dough firmly into the bottom of a lightly greased 9-inch (2.5 L) springform pan. You should end up with a ¼-inch (1 cm) thick crust. Save leftovers for up to one week in the fridge.

For the ganache layer, in the cleaned food processor, combine the avocados, cacao powder, almond butter, ½ cup maple syrup (if using), chocolate chips, vanilla, and salt. Process until smooth. Add the melted cacao butter while food processor is running. Blend until creamy and velvety. Taste and add the remainder of the maple syrup if you prefer the ganache sweeter. Scoop out this mixture and spread over the crust. Smooth out the top and refrigerate for about 30 minutes or until firm.

For the filling, in a medium saucepan bring all of the ingredients to a boil on medium to high heat. Keep stirring until the raspberries are dissolved. Strain the mixture over a bowl and discard the raspberry seeds. Set aside to cool.



When the filling has cooled down, pour it over the chocolate ganache layer and smooth out the top. Cover and place in the freezer for 30 minutes to set.

To garnish, remove sides of pan. Drizzle the two kinds of melted chocolate over the tart in a zigzag pattern from one side to the other and allow the chocolate to drip down the sides. Spoon the pomegranate seeds and the cacao nibs onto the middle of the tart. Arrange the raspberries upside down around the edge of the tart.



SUPER-FRUIT SANGRIA

Even people who say they don't like "healthy drinks" will love this. The properly balanced and complementary flavors of the fruit make it delicious.
Serves 1/ Makes 2¼ cups (550 mL)

GF Gluten-Free **SND** Super Nutrient Dense

Prep Time: 5 minutes • **Special Equipment:** high-speed blender

- | | |
|--|---|
| 4 or 5 fresh or frozen strawberries | 2 tbsp (30 mL) freshly squeezed lemon juice |
| 10 fresh or frozen raspberries | 2 tbsp (30 mL) freshly squeezed lime juice |
| ½ cup (125 mL) fresh or frozen blueberries | 2 tbsp (30 mL) pomegranate juice |
| ½ cup (75 mL) chopped pineapple | 2 tbsp (30 mL) acal berry juice |
| 2 fresh mint leaves | 6 tbsp (90 mL) coconut water |
| Zest of ½ orange | 2 tbsp (30 mL) agave nectar or maple syrup |
| Zest of ½ lemon | 1 tbsp (15 mL) pure vanilla extract |
| Zest of ½ lime | About 2 cups (500 mL) ice cubes |
| 2 tbsp (30 mL) freshly squeezed orange juice | |

In a blender, combine all the ingredients except the ice. Add ice to about 1 inch (2.5 cm) above the liquid line. Blend on high speed until smooth and creamy.

• If using frozen fruit, use less ice.

Smoothies, Fresh Juices & Warm Drinks

TUSCAN TOFU SCRAMBLE

Scrambled tofu is my boys' favorite dish to whip up after returning home from a late-night gig. It has a neutral taste and egg-like texture, which you can flavor in many different ways. Consider it your blank canvas and get creative! Featuring juicy tomatoes with an accent of fragrant basil, this version has a little taste of the Italian countryside. But you don't have to stop here. Travel anywhere your heart desires—you can spice it up with the exotic pungent flavors of the Orient, or add the smoky, chipotle-rich flavors of Mexico—there are no limits! Sprouted, organic, and GMO-free tofu is always best.

Ingredients ***1¼ salt** Preparation

- 1 tablespoon olive oil
 - 1 garlic clove, crushed
 - 1 (16-ounce) package organic sprouted tofu
 - 1 cup Secret Tomato Sauce (page 98)
 - 3 dashes gluten-free tamari
 - 5 basil leaves, chopped, plus more for garnish
 - 2 teaspoons Celtic sea salt
 - 1 tablespoon nutritional yeast
 - 2 tablespoons filtered water (optional)
 - Fresh ground black pepper, to taste
 - Cherry tomatoes, sliced, for garnish
1. In a cast-iron skillet or saucepan, heat the olive oil over medium heat. Add the garlic and lightly sauté. Crumble the tofu right into the pan and mix well.
 2. Add the tomato sauce, tamari, and basil. Stir to incorporate. Simmer for 3 minutes.
 3. Sprinkle with sea salt and nutritional yeast; stir well. If the mixture gets too dry, add small amounts of filtered water. Cover and simmer to heat through.
 4. Garnish with fresh cherry tomatoes, basil, and pepper.



ZUCCHINI BREAD

Everyone loves to eat zucchini when it's baked in moist, homemade bread. This loaf is full of flavor, yet remains light and airy in texture. We love this bread on a lazy Sunday morning or as a side to our hearty Tempeh Chili (page 165).



Ingredients

- ¼ cup coconut oil, plus more for greasing
- 6 tablespoons ground flaxseeds
- ½ cup warm filtered water
- 1 apple (red or pink local variety)
- 2 cups raw sugar
- 4 medium zucchini
- 2 cups sprouted spelt flour
- 1 cup sorghum flour
- ¾ teaspoon baking soda
- 1 tablespoon baking powder
- 1 tablespoon cinnamon
- 1 teaspoon Celtic sea salt

Preparation

1. Preheat the oven to 350°F.
2. Grease a large rectangular pan with coconut oil, making sure to coat the bottom and the sides well.
3. In a small bowl, whisk together the flaxseeds and ¼ cup of the warm water until they form an egg-like consistency.
4. Quarter the apple and remove the core and the seeds. Place in a Vitamix or high-powered blender with the remaining ¼ cup water and process until it makes a sauce.
5. In a medium bowl, combine the applesauce, flaxseed "eggs," coconut oil, and sugar; stir until combined.

6. Grate the zucchini into a shallow baking dish. Squeeze out the excess water and fold into the wet ingredients.
7. In a separate bowl, sift together the spelt flour, sorghum flour, baking soda, baking powder, cinnamon, and sea salt. Fold the dry mixture into the wet ingredients.
8. Pour into the prepared pan and even out the top with a rubber spatula.
9. Bake for 50 to 55 minutes, until a knife inserted into the center comes out clean. Let cool for a few minutes before slicing.

***1¼ salt**

Mediterranean Monday, Cardiac Menu Breakfast

BREAKFAST + BRUNCH

BLACK-EYED PEAS & ROASTED RED PEPPER DIP

MAKES: ABOUT 3 CUPS · DIFFICULTY: *easy*

Black-eyed peas are as marvelously nutritious as all the other legumes. They can be found frozen, canned, or dried at your local supermarket.

2 roasted red bell peppers (see page 9), or 1 9-ounce jar roasted red peppers, drained

1½ cups cooked or 1 15.5-ounce BPA-free can or Tetra Pak salt-free black-eyed peas, drained and rinsed

2 garlic cloves, crushed

1 teaspoon minced jalapeño pepper, or to taste

3 tablespoons tahini

1 tablespoon blended peeled lemon (see page 3)

1 teaspoon Savory Spice Blend (page 4)

1 teaspoon white miso paste

1 teaspoon smoked paprika

Cut raw vegetables, for dipping

In a food processor, combine the roasted red peppers, black-eyed peas, garlic, and jalapeño and pulse to combine. Add the tahini, lemon, Savory Spice Blend, miso, and paprika and process until smooth. Transfer the dip to a bowl and serve with the raw vegetable dippers.

VARIATIONS: Serve with toasted corn tortillas, or use as a spread for sandwiches or collard wraps.

*¼ miso

Daily Dozen Foods

X BEANS X OTHER VEGETABLES X NUTS AND SEEDS X HERBS AND SPICES

Mediterranean Monday, Cardiac Menu Lunch

Chocolate Date Nut Bites



2 cups dates / approx 45-50 dates /about 1 cup mashed dates

a 16 oz bag will leave you with a few extra dates to munch on!

- 1 cup natural almond meal (see above)
- 4 tbsp carob powder (sift before adding)
- 2 tbsp sugar (preferably date sugar or Syrup subs above)
- 2 tbsp tahini
- 1 tsp cinnamon
- 2 tsp orange zest (1 medium orange)
- 1 1/2 tsp orange juice
- 1 cup chopped pistachios

Soak dates in enough orange juice and water to just cover dates for approx 1 hour. You can skip this step if pressed for time.

Pit dates (or use pitted dates) and process in food processor just until mashed – a few pulses should do the trick. DO NOT over process so far that you get date puree!

Add mashed dates to bowl with all remaining ingredients and mix well to combine completely.

Pinch off pieces of date mixture and roll into bite size balls. Roll half or all of all in chopped pistachios. Leave out and uncovered for at least 1 hour and up to 4 hours. After that, store covered in the fridge. These can be made up to a week ahead of time.

Quinoa salad with fennel & orange

Per serving: 388 cals 8.3g fat 1.9g sat fat 10g protein 54g carbs 8.4g fiber

Fennel is known to be an effective diuretic and has a calming effect on the stomach, so it is a useful addition to any detox diet. It also contains beta-carotene and folate.

Serves 4 * $\frac{1}{2}$ broth,
 $\frac{1}{2}$ water

- * $\frac{3}{4}$ cups vegetable
- * $\frac{1}{4}$ cups quinoa, rinsed and drained
- * 3 oranges
- * 1 fennel bulb, thinly sliced using a mandoline, green feathery leaves reserved and torn into small pieces
- * 2 scallions, finely chopped
- * $\frac{1}{4}$ cup coarsely chopped fresh flat-leaf parsley

Dressing

- * juice of $\frac{1}{2}$ lemon
- * 3 tablespoons olive oil
- * pepper, to taste



How to make it

Bring the stock to a boil in a saucepan, add the quinoa, and simmer for 10–12 minutes, or until the germs separate from the seeds. Drain off the stock and discard, then spoon the quinoa into a salad bowl and let cool.

Grate the zest from two of the oranges and put it in a screw-top jar. Cut a slice off the top and bottom of each of the three oranges, then remove the peel in thin vertical slices and discard. Cut between the membranes to remove the orange segments, then squeeze the juice from the membranes into the screw-top jar.

Add the orange segments, fennel slices, scallions, and parsley to the quinoa.

To make the dressing, add the lemon juice and oil to the screw-top jar, season with pepper, screw on the lid, and shake well. Drizzle the dressing over the salad and toss together. Garnish with the fennel leaves and serve.

Get in line for quinoa

Quinoa, pronounced "keen-wai," contains all eight essential amino acids, plus it's cholesterol-free, rich in fiber and minerals, and lower in carbs than most grains. It makes a great salad base.



FALAFEL

These are traditional-style falafels to help those who are transitioning to a cleaner plant-based way of eating. *Serves 8/Makes 22 to 24 falafels*

T Transition **GF** Gluten-Free (Option) **PR** Protein-Rich

***no salt**

Prep Time: 15 minutes • Special Equipment: food processor

In a medium saucepan, boil the lentils in 2 cups (500 mL) of water until al dente, about 10 minutes. Drain, spread evenly on a baking sheet, and set aside to cool.

In a food processor, combine $\frac{1}{4}$ cups (375 mL) of the chickpeas, onion, garlic, and lemon juice. Process until smooth.

Transfer cooled lentils to a large bowl. Add the puréed chickpea mixture, remaining whole chickpeas, cilantro, parsley, bread crumbs, cumin, coriander, paprika, pepper, and salt to taste. Mix well with your hands.

Form the mixture into falafel patties 2 inches (5 cm) wide and $\frac{1}{4}$ inch (1 cm) thick.

Heat a skillet over medium heat. Add a little coconut oil. Fry patties until lightly brown, about 3 minutes per side.

1 cup (250 mL) red lentils
3 cups (750 mL) cooked (or rinsed canned) chickpeas
1 large cooking onion, coarsely chopped
1 clove garlic, minced
2 tbsp (30 mL) lemon juice
1 handful of fresh cilantro leaves, chopped

1 large handful of fresh parsley, chopped
2 cups (500 mL) fresh bread crumbs made from sprouted bread (use Silver Hills Rice Bread for a gluten-free option)
2 tbsp (30 mL) ground cumin
2 tbsp (30 mL) ground coriander

2 tsp (30 mL) paprika
 $\frac{1}{2}$ tsp (2 mL) freshly ground black pepper
3 tbsp (45 mL) sea salt
Coconut oil, for frying

Mixed Berry Cobbler

MAKES 9 SERVINGS

BERRY MIXTURE:

- 6 cups fresh or frozen berries (boysenberries, blackberries, raspberries, or a mixture)
- 3 tablespoons whole-wheat flour or barley flour
- $\frac{1}{4}$ cup sugar, maple syrup, agave nectar, or honey

TOPPING:

- 1 cup whole-wheat flour or barley flour
- 2 tablespoons sugar or maple syrup
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{2}{3}$ cup oat, almond, or nonfat soy milk
- 2 teaspoons vanilla extract

1. Preheat oven to 375 degrees.
2. Spread berries in a 9-inch square nonstick baking dish and mix in flour and sugar.
3. Bake about 15 minutes, until hot.
4. While berries are heating, prepare topping: mix flour, sugar, and baking powder. (If using maple syrup, add that in next step.)
5. Mix milk and vanilla together and stir into batter until it is smooth.
6. Spread batter evenly over hot berries (don't worry if they are not completely covered), then bake for 25–30 minutes, until golden brown. A dab of any sorbet is good with this.

Mediterranean Monday, Cardiac Menu Dinner

Exotic coconut cooler

Per serving: 390 cals 25.9g fat 22.5g sat fat 5.2g protein 41g carbs 10.7g fiber

Awaken those taste-buds and transport them to Jamaica with this tropical salad, which combines juicy, lightly perfumed mango, sweet, refreshing pineapple, and crunchiness, fresh coconut speckled with tiny ruby goji berries.

Serves 4

- * 1 small coconut
- * finely grated zest and juice of 1 lime
- * 1 small pineapple, sliced, peeled, cored, and diced
- * 1 large mango, halved, pitted, peeled, and diced
- * ½ cucumber, peeled, halved lengthwise, seeded, and thickly sliced
- * 3 tablespoons dried goji berries
- * 1 cup finely chopped fresh cilantro

Tropical dreams

Pierce one of the three eyes in the bottom of the coconut using a barbecue skewer or a sharp knife, then drain out the liquid, strain it through a strainer, and reserve. Break the rest of the coconut into pieces.

To make the dressing, mix the coconut milk and lime zest and juice together in a salad bowl. Pry the flesh away from the hard coconut shell, using a small pointed knife, then pare it into thin shavings, using a swivel-blade vegetable peeler, to make about 1 cup.

Add the coconut shavings to the dressing, then add the pineapple, mango, cucumber, goji berries, and cilantro and toss gently together. Spoon into four bowls and serve immediately.

The five-a-day way!

At least 60 percent of your calories should come from plant-based foods, so aim to eat a minimum of five portions of vegetables and fruit every day.



THAI WRAPS

PREPARATION TIME: 15 minutes

MAKES 4 WRAPS 🍴 🥗 🥕 🌿

This is a surprisingly tasty recipe. My sons and friends love these wraps.

- 1 12.3-ounce package extra-firm tofu
- ½ cup peanut butter
- 4 tablespoons light soy sauce
- 1 tablespoon lime juice
- ¼ teaspoon garlic powder
- ¼ teaspoon cayenne pepper
- ¼ cup red bell pepper, chopped
- ¼ cup red onion, finely chopped
- ½ cup grated carrot
- 1 stalk celery, finely chopped
- ¼ cup chopped cilantro
- ¼ teaspoon powdered ginger
- 4 10-inch whole grain tortillas, or 8 slices whole grain bread, or 4 pita pockets
- 4 leaves leaf lettuce

- 1 Drain tofu. Place in medium bowl and crumble with a fork.
- 2 Add peanut butter, soy sauce, lime juice, garlic powder, cayenne pepper, bell pepper, onion, carrot, celery, cilantro, and powdered ginger. Stir with a fork until well mixed.
- 3 Top tortillas with lettuce and then spread tofu mixture evenly over each lettuce leaf. Fold wrap like a burrito.

Tasty Asian
Fusion Tuesday
Breakfast

Tasty Asian Fusion Tuesday Breakfast



Ingredients //

- 1/2 cup whole millet
- 1 1/2 cups water
- 1/4 cup grated [coconut](#) (unsweetened or sweetened, your choice)
- Pinch of salt
- 1/2 teaspoon cinnamon
- Pinch of freshly grated nutmeg, or pinch of ground nutmeg
- 1/2 teaspoon ground cardamom

Hot Millet Breakfast Cereal

Preparation //

- 01 In a dry skillet, toast millet over medium-low heat, tossing constantly, until fragrant and slightly golden-brown. Let cool completely.

- 02 Grind the toasted and cooled millet in either a clean coffee grinder, a mortar and pestle, or a food processor (make sure to use short pulses so as not to end up with a paste). Or you can put the grains in a plastic or paper bag, and crush them with a rolling pin until finely ground.

- 03 In a medium saucepan, bring 1 1/2 cups water to a boil. Add ground millet, grated coconut, if using, salt, cinnamon, nutmeg, and cardamom. Immediately reduce heat to low and cover.

- 04 Simmer for 15 minutes or until cereal is tender, checking halfway through cooking to make sure water has not all been absorbed. (If it has, add another tablespoon or two of water.)

BABY ARUGULA, RED BEET & ASIAN PEAR SALAD

Beets are packed with nitrates, which convert into nitrous oxide that helps enhance oxygen utilization, so this salad is ideal for people who are physically active. The flavors are fresh and naturally sweet. **Serves 1 or 2**

R Raw

GF Gluten-Free

SND Super Nutrient-Dense

Prep Time: 15 minutes

Special Equipment: mandoline with julienne blade or julienne peeler

Large handful of baby arugula

Large handful of frisée leaves, coarsely chopped

½ medium Asian or Bartlett pear, cut in half, cored, and thinly shaved

¼ to ½ cup (60 to 75 mL) raspberry & sweet basil balsamic vinaigrette (page 147)

Sea salt and freshly ground black pepper

1 medium red beet (unpeeled), julienned

¼ cup (60 mL) walnuts, coarsely chopped

In a medium bowl, combine the arugula, frisée, and half of the shaved pears. Add the vinaigrette and toss gently to coat. Season with salt and pepper to taste.

Transfer the salad to a serving bowl or plates and top with the red beets and walnuts. Scatter with the remaining pear slices. Serve immediately.

RASPBERRY & SWEET BASIL BALSAMIC VINAIGRETTE

Antioxidant-rich, fruity, sweet, and flavorful, here's a dressing perfectly matched to summer salads. **Makes 1 cup (250 mL)**

R Raw

GF Gluten-Free

SND Super Nutrient-Dense

Prep Time: 5 minutes • **Special Equipment:** high-speed blender

1 large Medjool date, pitted

4 or 5 fresh sweet basil leaves, torn

¼ cup (375 mL) fresh or frozen raspberries

½ cup (125 mL) filtered water

¼ cup (60 mL) balsamic vinegar

Pinch of freshly ground black pepper

1 tbsp (15 mL) agave nectar or maple syrup

6 tbsp (90 mL) grapeseed oil

In a blender, combine all the ingredients except the grapeseed oil. While blending on high speed, add the oil in a steady stream. Blend until emulsified.

• Keeps in a sealed container, refrigerated, for up to 3 weeks.





SUMMER ROLLS WITH MANGO LIME & MINT DIPPING SAUCE

Simple, light, refreshing, and packed with minerals, this take on spring rolls is a summer favorite. *Serves 2 to 3/Makes 6 to 8 rolls*

R Raw **GF** Gluten-Free **SND** Super Nutrient-Dense

Prep Time: 15 minutes

Special Equipment: mandoline with julienne blade or julienne peeler

Fill a large bowl with warm water and spread a kitchen towel on your work surface. Working with 1 rice paper wrapper at a time, soak wrapper in warm water just until pliable, about 30 seconds. Place it on the kitchen towel.

Divide the julienned fruits and vegetables and the kelp noodles evenly along the center of each wrapper, layering your ingredients as you go. Repeat with most of the cilantro, basil, and mint, reserving some for garnish.

Holding the end closest to you with both hands, fold it over the filling. Tuck it under the filling using your fingertips and gently pulling the wrapper taut. Fold in the sides, then tightly roll up the summer roll, squeezing the ingredients to get a tight roll. Place each roll as finished on a damp paper towel, and cover with another damp paper towel, to keep them from drying out.

Cut each roll in half diagonally and garnish with the remaining herbs. Serve immediately with mango, lime & mint dipping sauce.

• If the rice paper tears while you're wrapping, just soak another wrapper and wrap it around the torn one.

6 to 8 rice paper wrappers
(8 inches/20 cm or larger)

2 cups (500 mL) peeled and
julienned mango

2 cups (500 mL) peeled,
seeded, and julienned English
cucumber

2 cups (500 mL) peeled and
julienned carrots

2 cups (500 mL) peeled and
julienned green papaya

2 cups (500 mL) kelp noodles

2 large handfuls of fresh
cilantro with tender stems
(cut off tougher bottom half
of stems)

2 large handfuls of fresh Thai
basil leaves

2 large handfuls of fresh mint
leaves

½ cup (125 mL) of mango, lime
& mint dipping sauce
(page 74)

Tasty Asian Fusion Tuesday Lunch

MANGO, LIME & MINT DIPPING SAUCE

Ideal as a dip and can also be used as a burger topping to give a kick of freshness.

Makes 1 cup (250 mL)

GF Gluten-Free

Prep Time: 5 minutes • **Special Equipment:** blender

1 cup (250 mL) peeled and
coarsely chopped mango

1 tbsp (15 mL) freshly
squeezed lime juice

3 or 4 mint leaves, torn

1 tsp (5 mL) cane sugar

Zest of ½ lime

Combine all the ingredients in a blender. Blend on high until smooth and pourable.

• Keeps in a sealed container, refrigerated, for up to 1 week.

NUTTY NOODLES WITH VEGETABLES

PREPARATION TIME: 25 minutes | COOKING TIME: 15 minutes

MAKES 4 SERVINGS   

- 1 pound whole wheat spaghetti or other pasta, cooked
- ¼ cup vegetable broth
- 1 onion, sliced
- ½ red bell pepper, seeded and diced
- ½ green bell pepper, seeded and diced
- 2 jalapeño peppers, seeded and diced
- 2 cups chopped broccoli
- 1 large carrot, cut in thin strips
- ¼ cup chopped fresh basil
- 2 tablespoons sesame seeds

- ¼ cup natural peanut butter
- ¼ cup light tamari or soy sauce
- 2 tablespoons rice vinegar, unseasoned
- 1 tablespoon minced fresh ginger
- 2 cloves garlic, minced
- 2 tablespoons agave
- 3 green onions, sliced
- ¼ cup crushed peanuts
- Sesame salt to taste

- 1 | Cook 1 pound pasta and set aside.
- 2 | In a large skillet, add ¾ cup vegetable broth, onions, peppers, broccoli, and carrot. Cook for 5 minutes until vegetables are slightly cooked.
- 3 | Stir in pasta, basil, and sesame seeds. Set aside.
- 4 | In separate saucepan, add peanut butter, tamari or soy sauce, rice vinegar, ginger, garlic, and agave. Cook over medium heat, stirring constantly, until mixture is smooth. Pour over noodles.
- 5 | Garnish with green onions and peanuts. Season with salt.

TIPS

Snow peas and cauliflower are both great substitutes for broccoli.
To make beautiful and easy julienne strips of carrot, use a vegetable peeler or julienne peeler.



THAI AVOCADO REFRESHER

A classic clean, simple, and fresh-tasting smoothie that's ideal as an energy-sustaining mid-afternoon snack. Serves 1/Makes 2¼ cups (550 mL)

 Raw  Gluten-Free

Prep Time: 3 to 4 minutes • Special Equipment: high-speed blender

- ½ avocado, peeled
- 2 large Medjool dates, pitted
- 1 tbsp (15 mL) chopped lemongrass
- 1 tbsp (15 mL) pure vanilla extract
- ½ cup (125 mL) unsweetened almond milk (or homemade, page 23)
- ½ cup (125 mL) coconut water
- About 2 cups (500 mL) ice cubes

In a blender, combine all the ingredients except the ice. Add ice to about 1 inch (2.5 cm) above the liquid line. Blend until smooth and creamy.

• Use the remaining lemongrass stem as garnish, if you like. It adds a little more flavor and a fresh smell.



Tasty Asian Fusion
Tuesday
Lunch

AVOCADO & KELP NOODLE SALAD

The kelp and miso add plenty of minerals along with Asian flavor. *Serves 1*

R Raw

GF Gluten-Free

SND Super Nutrient-Dense

Prep Time: 15 minutes • **Special Equipment:** blender, fine-mesh sieve

In a large bowl, combine the spinach, kelp noodles, red cabbage, and some of the sesame seeds. Add the vinaigrette and toss, making sure all the ingredients are covered. Add the avocado and toss lightly. Season with salt and pepper to taste (if using).

On one end of a rectangular plate, place a dollop of the wasabi aioli. Using tongs, pile the salad mix on the other side of the plate. Try to achieve height while plating the salad. Sprinkle the salad with the basil and remaining sesame seeds. Garnish with nori and lime wedge.

• Take a small dab of aioli with every bite for a burst of flavor.

Handful of baby spinach

1 cup (250 mL) raw kelp noodles, rinsed

½ cup (125 mL) thinly sliced red cabbage

Few pinches of white sesame seeds

About ⅓ to ½ cup (75 to 125 mL) sesame, ginger & white miso vinaigrette (page 147)

½ ripe avocado, peeled and chopped

Sea salt and freshly ground black pepper (optional)

1 dollop wasabi aioli (page 79)

4 or 5 fresh Thai basil leaves, thinly sliced

¼ cup (60 mL) julienned nori

Lime wedge, for garnish

Tasty Asian Fusion Tuesday Dinner

SESAME, GINGER & WHITE MISO VINAIGRETTE

A healthier version of an Asian-inspired classic, this vinaigrette goes well on spinach leaves or spring mix greens. *Makes 1 cup (250 mL)*

R Raw

GF Gluten-Free

SND Super Nutrient-Dense

Prep Time: 5 minutes • **Special Equipment:** high-speed blender

1 green onion, chopped	¾ cup (175 mL) filtered water	3 tbsp (45 mL) seasoned rice vinegar
1 Medjool date, pitted	½ cup (125 mL) freshly squeezed orange juice	1¼ inch (3 cm) knob of ginger
3 tbsp (45 mL) white rice miso paste		2 tsp (10 mL) toasted sesame oil (optional)

In a blender, combine all the ingredients. Blend on high speed until smooth.

• Keeps in a sealed container, refrigerated, for up to 3 weeks.

Salad Bowls & Dressings



COCONUT, LEMONGRASS & LIME SOUP

This fragrant soup with Thai aromatics and flavors combines nutrient-dense shiitake mushrooms and red bell peppers. **Serves 6 to 8**

GF Gluten-Free

SND Super Nutrient-Dense

Prep Time: 20 minutes

1 tbsp (30 mL) sesame oil
1 tbsp (30 mL) olive oil
2 cloves garlic, minced
½ red onion, finely chopped
1 tbsp (30 mL) fresh ginger, chopped
1 celery stalk, finely chopped
1 cup (250 mL) shiitake mushrooms, sliced thinly
1½ cups (375 mL) vegetable broth
2 cans (14 oz/400 mL each) coconut milk

2 small red chili peppers, minced
1 fresh lemongrass stalk left whole, top cut off and pounded to release aromatics and flavors
1 fresh lemongrass stalk, top cut off and thinly sliced
Small handful of Thai basil leaves
Juice from 1 lime
Sea salt and fresh ground pepper
½ cup (125 mL) red bell peppers, julienned

Heat up the sesame and olive oil in a large pot and sauté the garlic, onion, ginger, celery, and mushrooms until translucent, about 4 to 6 minutes. Add the vegetable broth, coconut milk, chili peppers, and lemongrass stalks. Allow to simmer over low heat for at least 10 minutes. Add salt and pepper to taste. Add the Thai basil leaves and lime juice and serve garnished with julienned red bell peppers.

THAI RED CURRY RICE BOWL

This vegetable-packed main dish combines several textures with rich complementary flavors. This curry is a Thrive Energy favorite, not only for its terrific flavor but also for its light yet satisfying qualities. **Serves 4**

GF Gluten-Free

SND Super Nutrient-Dense

Prep Time: 30 to 40 minutes

½ cup (125 mL) virgin coconut oil
2 cups (500 mL) finely chopped sweet onion
1 cup (250 mL) peeled and diced carrots
1 cup (250 mL) diced celery
2 tbsp (30 mL) pounded and thinly sliced lemongrass
1 tbsp (15 mL) minced garlic

1 tbsp (15 mL) peeled and finely chopped fresh ginger
4 cups (1 L) Asian eggplant cut in ½-inch (1 cm) pieces
1 to 2 tbsp (15 to 30 mL) red curry paste, or to taste
1 sweet red pepper, diced
8 fresh or frozen lime leaves
2 cups (500 mL) canned bamboo shoots, drained
1 cup (250 mL) vegetable stock
8 to 10 fresh Thai basil leaves, torn

2 tbsp (30 mL) cane sugar
4 cans (14 oz/400 mL each) coconut milk, preferably higher in fat
1 cup (250 mL) whole grain brown rice, cooked
1 cup (250 mL) bean sprouts
4 small handfuls of pea shoots, for garnish
2 tbsp (30 mL) sesame seeds, for garnish
4 small lime wedges, for garnish

In a large pot over medium-high heat, melt 2 tbsp (30 mL) of the coconut oil. In a medium pot over medium heat, melt the remaining 6 tbsp (90 mL) coconut oil. In the large pot cook the onions, carrots, celery, lemongrass, garlic, and ginger, stirring frequently, for about 5 minutes.

Meanwhile, in the medium pot, cook the eggplant, stirring gently to coat it with oil, until golden but not fully cooked through, about 10 minutes. Remove with a slotted spoon and drain on several layers of paper towel.

Add the curry paste to the onion mixture. Cook, stirring, until the curry paste has melted and mixed with the vegetables, about 5 minutes. Add the eggplant, red pepper, lime leaves, bamboo shoots, and stock. Reduce heat and simmer for 15 minutes.

Add about three-quarters of the basil and the cane sugar. Stir in the coconut milk. Simmer, stirring occasionally, about 10 minutes. Do not let boil.

Serve in large bowls over brown rice with bean sprouts and the remaining basil layered on top. Garnish with pea shoots, sesame seeds, and lime wedges.

Tasty Asian Fusion Tuesday
Dinner



BLOOD ORANGE & GINGER CITRUS TART

A visually beautiful, decadent dessert that will satisfy your sweet tooth while helping to shift your palate toward simpler food combinations. **Serves 6 to 8**

T Transition

GF Gluten-Free

Prep Time: 20 minutes, plus overnight chilling

Special Equipment: nut mill or food processor

For the crust, in a medium bowl, combine the ground pecans, chopped almonds, almond meal, and cane sugar. Stir well. Rub in butter until well blended. Turn the crust mixture into a lightly greased 9-inch (2.5 L) springform pan and press firmly and evenly into the bottom. Cover and refrigerate for 1 hour.

Preheat oven to 350°F (180°C).

Bake the crust for 15 minutes. Let cool.

For the filling, in a medium saucepan, combine the sugar, cornstarch, and salt. Stir in the water and almond milk. Bring to a boil over medium heat, stirring, and cook, stirring constantly, until slightly thickened, 3 to 4 minutes. Remove from heat and stir in the orange zest, orange juice, and ginger juice. Pour into the cooled crust, cover, and refrigerate overnight.

Remove sides of pan and gently press the shredded coconut onto the sides of the tart. Arrange the orange slices around the top edge of the tart.

Drizzle the melted chocolate over the tart in a zigzag pattern from one side to the other.

- You can use any combination of nuts, such as hazelnuts or walnuts. Simply keep the overall nut ratio the same.
- If you can't find blood oranges, you can use any other type of orange.

Crust

2 cups (500 mL) finely ground pecans

1¾ cups (425 mL) finely chopped almonds

6 tbsp (90 mL) almond meal (flour)

3 tbsp (45 mL) brown cane sugar

¼ cup (175 mL) Earth Balance Vegan Buttery Sticks

Filling

1½ cups (375 mL) cane sugar

½ cup (125 mL) cornstarch

1 tsp (5 mL) salt

1¼ cups (300 mL) water

1 cup (250 mL) almond milk (page 23)

2 tbsp (30 mL) orange zest

¾ cup (175 mL) orange juice (from about 6 medium oranges)

1 tbsp (15 mL) ginger juice

Garnish

¼ cup (60 mL) unsweetened shredded coconut

2 blood oranges, sliced, each slice cut in half

¼ cup (60 mL) vegan white chocolate chips, melted

SUMMERTIME OATMEAL

MAKES: 2 (1½-CUP) SERVINGS • DIFFICULTY: *easy*

Some people think of oats as a hot cereal perfect for when leaves start falling or there's snow on the ground, but I love them all year round. In our house, we call this version Summertime Oatmeal because it's a cool and refreshing way to enjoy oatmeal even when it's sweltering outside. Prepare it the night before and spoon the goodness into jars for a quick and easy breakfast.

- 1 cup old-fashioned rolled oats
- 1 tablespoon chia seeds
- 1 tablespoon ground flaxseeds
- ½ teaspoon ground cinnamon
- 1¾ cups Almond Milk (page 2)
- 2 tablespoons Date Syrup (page 3)
- 1 2- to 3-inch piece vanilla bean, split and scraped (or 1 teaspoon extract)
- ¾ cup fresh or frozen blueberries or strawberries

Combine all the ingredients in a medium bowl and stir to mix. Spoon into two 1-pint jars with tight-fitting lids or two small bowls and cover tightly. Refrigerate overnight and remove the vanilla bean before serving.

MAXIMIZING YOUR MORNING

Want to start your day with a five-check mark breakfast? Add berries, flaxseeds, nuts, and spices to your oatmeal. How about a six-plus-check

mark smoothie? Create a thirst-quenching beverage by blending berries and other fruits, greens, flaxseeds, and spices. (See pages 210 and 216.)

PUMPKIN PIE SMOOTHIE

MAKES: 1 (1½-CUP) SERVING • DIFFICULTY: *easy*

This drink tastes just like pumpkin pie in a glass. Make sure you use solid-pack pure pumpkin purée and not pumpkin pie filling.

- ½ cup solid-pack pure pumpkin
- 1 small frozen ripe banana, cut into chunks before freezing
- 3 soft Medjool dates, pitted
- 1 ¼-inch piece fresh turmeric, grated (or ¼ teaspoon ground)
- 1 teaspoon pumpkin pie spice
- 1 tablespoon almond butter

Combine all the ingredients with 1 cup of water in a high-speed blender and blend until smooth. Serve immediately.



Welcome to America
Wednesday
Breakfast



Welcome to America Wednesday Breakfast



SCRAMBLED TOFU

PREPARATION TIME: 20 minutes | COOKING TIME: 5 minutes

MAKES 4 SERVINGS 

- 2 tablespoons vegetable broth
- ½ large onion, diced
- ½ large carrot, grated
- 2 cloves garlic, minced (about 1½ teaspoons)
- 1 teaspoon curry powder
- 1½ teaspoons light miso
- 1 14-ounce package firm silken tofu, crumbled
- Sea salt and black pepper to taste
- 8 chopped cherry tomatoes (optional)

- 1 | Gently sauté onion, carrot, and garlic in 2 tablespoons vegetable broth in a nonstick pan over medium-high heat until onion is translucent.
- 2 | Reduce heat to medium and add curry powder, miso, and tofu. Cook, stirring occasionally, for about 5 minutes.
- 3 | Add salt and pepper to taste. If desired, top with cherry tomatoes and serve hot.

TIPS

Vegit is a powdered, low-sodium form of vegetable bouillon. It can be found in health food stores as well as the health food section of most grocery stores.

This recipe is also good with ½ teaspoon dill.

ON-THE-GO BREAKFAST

Simple yet filling. The sprouted bagel contains a big dose of protein, and the roasted garlic aioli makes it taste delicious while boosting your immune system.

Serves 1

 Gluten-Free (Option)

Prep Time: 4 minutes

1 sprouted bagel (my favorite is Silver Hills Squirrelly bagel), sliced in half (or 2 slices sprouted bread)

1 tbsp (15 mL) edamame hummus (page 69)

1 tbsp (15 mL) roasted garlic aioli (page 78)

2 slices tomato

½ ripe avocado, peeled and thinly sliced

1 small handful of sunflower or other sprouts

Toast the bagel. Spread the edamame hummus on the bottom half of the bagel and the aioli on the top half.

Top the hummus with the tomatoes, avocado, and sprouts. Top with the top half of the bagel and slice the sandwich in half, if desired.

• Goes well with freshly squeezed orange juice.



Welcome to America Wednesday Lunch

POTATO SALAD

Summer cookouts and potato salad go hand in hand. Our version of this American favorite is sure to win you over. With fresh vibrant herbs, fresh olives, and powerful pumpkin seeds filled with protein and iron, this salad says . . . yes, *let's eat outside!*

Ingredients

- 5 pounds red potatoes
- 1 cup Vegenaise
- ¼ cup Dijon mustard
- 2 tablespoons olive oil
- 2 teaspoons large-grain Celtic sea salt, plus more to taste
- 1 cup pitted Kalamata olives
- ¼ cup chopped fresh dill
- Fresh dill sprigs
- ¼ cup pepitas

Preparation

1. Wash the potatoes well, scrubbing the skins to remove any soil.
2. In a large pot of water, boil the potatoes over high heat until soft but not mushy. The potatoes are done when a fork slides easily into the center of the potatoes without breaking them apart.
3. Pour the potatoes into a colander and drain. If you wish to remove the skins, run a small stream of cold water over the potatoes and rub the skins off using your thumbs and fingers. Rich prefers I leave the skins on. This gives the dish a nutrient boost and enhances the hearty, country-style vibe.
4. In a large serving bowl, whisk together the Vegenaise, Dijon, and olive oil.
5. Using a knife, cut the warm potatoes crosswise and lengthwise into roughly ½" pieces and let them fall into the bowl with the dressing. Do this quickly; don't sweat precision. Keep cutting in all directions until all the potato slices are approximately ½" in size.
6. Using a large spoon, start turning the potatoes into the dressing at the bottom of the bowl. Continue until the mixture is well incorporated.
7. Add the sea salt and mix again. Add the olives and the chopped dill. Turn over again until well combined. Adjust the seasonings to taste.
8. Garnish with dill sprigs and pepitas and serve!





HEIRLOOM TOMATO SOUP

A love note to radiant skin, this cold soup is certain to shine on any table. Filled with sun-ripened tomatoes and other garden-fresh vegetables and vitamins, the soup will gift your body with nourishing minerals and antioxidants. If you use darker-colored greens or the browns and yellows typical of heirloom tomato varieties, it will look more like a mystery veggie stew. If you want it to read “tomato,” bright red heirlooms work best.

Ingredients

- 6 large heirloom tomatoes in the color you prefer
- 2 celery stalks
- ¼ cup fresh purple basil
- ¼ cup fresh green basil
- ¼ cup fresh mint
- 1 teaspoon celery seed
- 2 tablespoons high-quality olive oil
- 1 teaspoon Celtic sea salt
- 1 lemon
- Cracked black pepper, to taste

Preparation

1. Slice the heirloom tomatoes into quarters.
2. Chop the celery in large chunks, making sure to include the leaves.
3. Remove the leaves from the stalks of the purple and green basil as well as the mint. Reserve some sprigs for garnish.
4. In a food processor, add the tomatoes, celery, celery seed, olive oil, and fresh herbs. Pulse intermittently and deliberately until the mixture reaches a slightly chunky consistency. Be careful not to over-process or your soup will be watery.
5. Add the sea salt, a squeeze of lemon, and some pepper. Adjust the seasoning to taste.

Chef's Note: If you use farmer-grown heirlooms, this soup should be served raw. If you want to use other varieties of tomatoes, slightly blacken them first in a cast-iron pan using no oil.



Welcome to America Wednesday Lunch

BLACK BEAN BURGERS

MAKES 4 SERVINGS • DIFFICULTY *easy*

There can never be enough ways to get beans into your daily meals. This is one of the best. Serve on toasted 100% whole-grain bread with all the fixings. These burgers freeze well, so consider doubling the recipe so you'll have them ready for just-thaw-and-indulge moments.

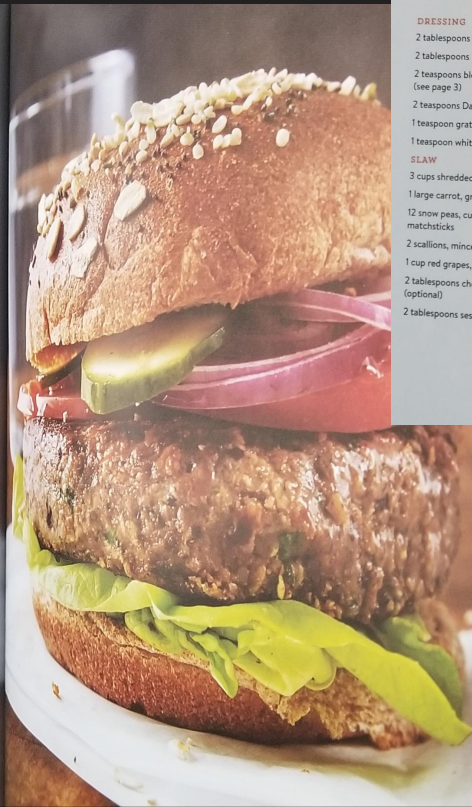
- 1 cup old-fashioned rolled oats
- ½ cup walnut pieces
- 1 ¼-inch piece fresh turmeric, grated (or ¼ teaspoon ground)
- ½ cup chopped red onion
- ½ cup chopped mushrooms
- 1½ cups cooked or 1 15-ounce BPA-free can of Tetra Pak salt-free black beans, well rinsed and drained
- 2 tablespoons tahini or almond butter
- 1 tablespoon ground flaxseeds
- 1 tablespoon nutritional yeast
- 1 tablespoon chopped fresh parsley
- 2 teaspoons white miso paste
- 1 teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon smoked paprika
- 1 teaspoon Savory Spice Blend (page 4)

Pulse the oats, walnuts, and turmeric in a food processor until they are finely ground. Add the onion, mushrooms, beans, tahini, and flaxseeds and pulse until well combined. Add the remaining ingredients and pulse to mix well.

Pinch some of the mixture between your thumb and index finger to test whether it holds together. If the mixture is too wet, add more oats. If the mixture is too dry, add a little water, 1 tablespoon at a time. Transfer the mixture to a work surface and divide into four equal portions. Shape each into a patty about ½-inch thick and transfer to a plate. Refrigerate for 30 minutes.

Preheat the oven to 375°F.

Line a baking sheet with a silicone mat or parchment paper and arrange the burgers on it. Bake until hot and lightly browned, turning once, about 25 minutes. Serve hot, as desired.



SESAME PURPLE CABBAGE & CARROT SLAW

MAKES 4 (1½-CUP) SERVINGS • DIFFICULTY *easy*

I always keep purple cabbage in the fridge. It's cheap, colorful, and cruciferous. And, it seems to keep forever, not that it's ever lasted long enough in my household for us to find out. This vibrant slaw is a nice, much more flavorful change from the typical heavy, mayonnaise-covered coleslaw—and way better for you!

DRESSING

- 2 tablespoons tahini
- 2 tablespoons rice vinegar
- 2 teaspoons blended peeled lemon (see page 3)
- 2 teaspoons Date Syrup (page 3)
- 1 teaspoon grated fresh ginger
- 1 teaspoon white miso paste

SLAW

- 3 cups shredded purple cabbage
- 1 large carrot, grated
- 12 snow peas, cut diagonally into thin matchsticks
- 2 scallions, minced
- 1 cup red grapes, halved
- 2 tablespoons chopped fresh cilantro (optional)
- 2 tablespoons sesame seeds

DRESSING

In a small bowl, combine all of the dressing ingredients with 2 tablespoons of water. Stir well to blend and set aside.

SLAW: In a large bowl, combine the cabbage, carrot, snow peas, scallions, grapes, and cilantro (if using). Pour on the dressing and toss gently to coat. Taste and adjust the seasoning as desired. Sprinkle with the sesame seeds. Refrigerate, covered, until ready to serve.

CABBAGE

Antioxidants are your body's defense squad, charged with destroying DNA-damaging free radicals. No need to buy some exotic so-called superfruit to get them, though. According to a USDA database of common

foods, red and purple cabbage provide some of the highest levels of antioxidants per dollar.¹⁰⁰ In fact, purple cabbages may have nearly three times the antioxidant power per dollar than do blueberries.¹⁰¹



BAKED APPLE CRUMBLES

MAKES: 4 SERVINGS • DIFFICULTY: *easy*

These baked apples have all the flavor (and wonderful fragrance) of apple pie, but are much better for you.

- ¼ cup finely chopped raw walnuts
- ¼ cup old-fashioned rolled oats
- 1 tablespoon raisins
- 1 tablespoon almond butter
- 1 teaspoon ground cinnamon
- 4 large firm baking apples, washed and cored
- 1 teaspoon blended peeled lemon (see page 3)
- 1 tablespoon Date Syrup (page 3)

Preheat the oven to 350°F. In a food processor, combine the walnuts, oats, raisins, almond butter, and cinnamon. Pulse until well mixed. Set the crumbled mixture aside.

Peel the apples about one-fourth down from the top. Rub the exposed part of the apples with the lemon to prevent discoloration. Stuff the crumble mixture into the center of the cored apples. Spoon the Date Syrup on top of the crumble mixture, dividing evenly. Arrange the apples upright in a shallow baking dish and pour ½ cup of water around them. Cover and bake until tender, about 1 hour. Serve warm.

VARIATION: If you want to save time, you can “bake” the apples in a microwave oven. Proceed as above; then arrange the apples in a microwave-safe baking dish. Microwave, uncovered, on high power until the apples are tender, 5 to 8 minutes, or longer, depending on the power of your microwave. Set aside to cool for 5 minutes before serving as the apples will be very hot inside.

APPLES

“An apple a day keeps the oncologist away.” This was the title of a study published in the *Annals of Oncology* that set out to determine whether eating an apple (or more) a day was associated with lower cancer risk. The results: Compared

with people who average less than one apple a day, daily apple eaters had 24 percent lower odds of breast cancer, as well as significantly lower risks for ovarian cancer, laryngeal cancer, and colorectal cancer.¹³⁵



Welcome to America Wednesday Lunch



SUPER SALAD WITH GARLIC CAESAR DRESSING & HEMP HEARTS

MAKES: 4 (1/2-CUP) SERVINGS • DIFFICULTY: *easy*

Add bite-sized dices of steamed or sautéed tempeh to this salad for a pretty, perfect entrée.

DRESSING

- 2 garlic cloves, crushed
- 2 tablespoons nutritional yeast
- 1 tablespoon almond butter
- 1 tablespoon blended peeled lemon (see page 3)
- 1 tablespoon white miso paste
- 1 tablespoon minced fresh parsley
- 1 teaspoon salt-free stone-ground mustard

1 1/4-inch piece fresh turmeric, grated (or 1/4 teaspoon ground)

1 teaspoon Savory Spice Blend (page 4), or to taste

SALAD

- 1 head romaine lettuce, trimmed and torn into small pieces
- 1 bunch watercress, stemmed and chopped, or 2 cups baby spinach
- 1 cup halved cherry or grape tomatoes
- 1 carrot, shredded
- 3 tablespoons hulled hemp seeds (hemp hearts)

DRESSING: In a blender, combine 3/4 cup of water with all the dressing ingredients and blend until smooth. Taste and adjust the seasoning to your liking. Set aside.

SALAD: In a large bowl, combine all the salad ingredients, toss lightly with the dressing, and serve.

Daily Dozen Foods

✓ GREENS ✓ OTHER VEGETABLES ✓ NUTS AND SEEDS ✓ HERBS AND SPICES

Welcome to America
Wednesday
Dinner

ARTICHOKE-SPINACH DIP

MAKES: 6 (1/2-CUP) SERVINGS • DIFFICULTY: *easy*

Artichokes are remarkably high in antioxidants. I consider them too much of a pain to cook from scratch, so artichoke hearts are frequently included on my shopping list. They blend well with so many things, including spinach.

9 to 10 ounces fresh or thawed frozen spinach, cooked and cooled

1 cup cooked white beans, drained and rinsed

2 tablespoons nutritional yeast

2 tablespoons minced scallion

1 garlic clove, minced

2 teaspoons blended peeled lemon (see page 3)

2 teaspoons white miso paste

1/4 teaspoon ground black pepper

Savory Spice Blend (page 4)

1 14-ounce jar artichoke hearts, drained, or 1 10-ounce package frozen artichokes, cooked and cooled

Three-Seed Crackers (page 34), whole-grain crostini) or crackers, or raw veggies, to serve

Preheat the oven to 350°F. Squeeze out the excess moisture from the cooled spinach and set aside. In a food processor, combine 2 tablespoons of water and the white beans, nutritional yeast, scallion, garlic, lemon, miso paste, black pepper, and Savory Spice Blend to taste and process until smooth and well blended. For a creamier texture, add a little more water, 1 tablespoon at a time. Add the artichokes and pulse until they are chopped. Add the spinach and pulse to combine. Transfer to a baking dish and bake until warm, 12 to 15 minutes. Spoon onto crackers or crostini, or serve as a dip for raw veggies.

VARIATION: Thin with some Almond Milk (page 2) or Vegetable Broth (page 6) and use as a sauce for pasta.

A CULINARY EXPLORER

Expand your culinary horizons beyond the many ways we already typically enjoy dips and spreads. Why not include one (or more) in a collard wrap? In the mood for pasta? Thin your favorite dip or spread with Almond Milk (page 2) or Vegetable Broth (page 6) and

toss with cooked whole-grain pasta. You can even mix a dip or spread with grains and use it as a delicious stuffing for bell peppers and other veggies. The sky's the limit when it comes to thinking of different ways to incorporate these recipes into your menus.



LEMON AND WALNUT CRUSTED TEMPEH



PREP TIME	COOK TIME	TOTAL TIME
20 mins	30 mins	50 mins



Recipe type: Main
Cuisine: Vegan
Serves: 4

INGREDIENTS

400 g/14 oz tempeh

For the crust

- 1,5 cups of walnuts
- 1 tbsp lemon zest (zest of 1 lemon)
- 1,5 tbsp fresh thyme
- 2 cloves of garlic
- ½ cup of chickpea flour
- salt, pepper



INSTRUCTIONS

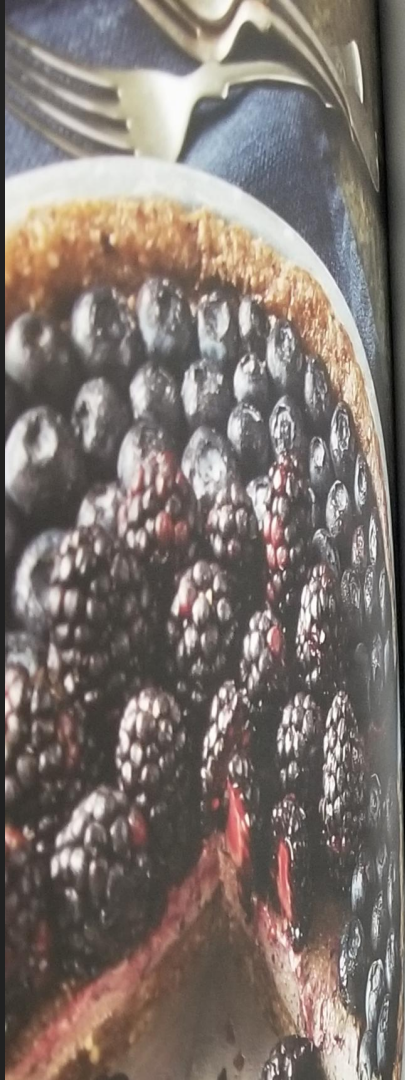
Tempeh

1. Cut tempeh into 8 equal slices. Place tempeh slices in a steamer basket, and cook for about 10 minutes.
2. Meanwhile add walnuts, lemon zest, thyme, garlic, salt and pepper to a food processor, and process until you get a coarse mixture. I like to keep some larger chunks, but feel free to blend it finer. Transfer mixture to a bowl.
3. In another bowl whisk together chickpea flour with about ½ cup of water. You need a pancake batter consistency. Season with salt and pepper.
4. Dip a slice of slightly cooled tempeh into the chickpea mixture, then pat the walnut mixture onto tempeh, until completely coated. Place tempeh on a baking sheet. Repeat with remaining slices. If there's any walnut left, just spoon it over the slices.
5. Bake tempeh at 200°C/400°F for 10-12 minutes on each side, or until golden brown.

Welcome to America Wednesday Dinner



**Home photo. Our tempeh is a little different than the recipe, but pretty close. Over purple sweet potato mash with roasted zucchini, asparagus, and baby bella mushrooms, plus a mushroom gravy on top (the gravy has different mushrooms in it).*



TWO-BERRY PIE WITH PECAN-SUNFLOWER CRUST

MAKES: 8 SERVINGS • DIFFICULTY: *easy*

An easy, three-ingredient crust is the base for this delicious pie with a creamy layer of filling and a fresh berry topping.

CRUST

- 1 cup pecans or walnuts
- $\frac{3}{4}$ cup sunflower seeds
- $\frac{1}{2}$ cup soft, pitted Medjool dates

FILLING

- $\frac{3}{4}$ cup cashews, soaked for 3 hours in hot water, then drained
- 2 tablespoons date sugar
- $\frac{1}{2}$ teaspoon blended peeled lemon (see page 3)
- 11- to 1 $\frac{1}{2}$ -inch piece vanilla bean, split and scraped (or $\frac{1}{2}$ teaspoon extract)
- $\frac{1}{2}$ ripe banana
- $\frac{1}{4}$ cups fresh blueberries, or thawed frozen
- 1 cup fresh blackberries or small strawberries, or thawed frozen

CRUST: Combine all three of the crust ingredients in a food processor and process until coarsely ground. If the mixture doesn't hold together when pinched, add 1 to 2 tablespoons of water. Press the crust mixture into a 9-inch pie plate (lined with plastic wrap for easy removal, if desired) or springform pan and set aside. Refrigerate the crust while you prepare the filling.

FILLING: Blend the drained cashews, date sugar, lemon, and vanilla in a high-speed blender and blend until smooth. Add the banana and $\frac{1}{2}$ cup of the blueberries, and blend until smooth and creamy. Spread the filling evenly on top of the crust.

Arrange the blackberries and remaining $\frac{3}{4}$ cup of blueberries in concentric circles on top of the filling. Refrigerate for 4 hours to firm up before serving. For best results, serve this pie on the same day it is made.

FRESH JUICES

MIGHTY KING CHLOROPHYLL

A Thrive Energy staple juice, this chlorophyll-packed, mineral-rich, phytochemical-heavy, alkalizing elixir will energize you with a small amount of natural sugar from the apple and pear. *Serves 1/Makes 2½ cups (550 mL)*

R Raw **GF** Gluten-Free **SND** Super Nutrient Dense

Prep Time: 4 to 5 minutes

Special Equipment: slow-speed juice extractor, high-speed juicer

2 large kale leaves, stems removed
Handful of spinach
¼ English cucumber (unpeeled)
1 large celery rib, trimmed
1 large apple (unpeeled)
1 pear
¼ tsp (1 mL) chlorella powder (optional)
1 tbsp (15 mL) wheatgrass juice (optional)
1 tbsp (15 mL) freshly squeezed lemon juice

Juice the kale and spinach in a slow-speed juice extractor. Juice the cucumber, celery, apple, and pear in a high-speed juicer.

Stir together the two juices and the chlorella powder (if using), making sure there are no lumps. Stir in the wheatgrass juice (if using) and lemon juice.

• Wheatgrass and chlorella are both chlorophyll-rich and will therefore help reduce inflammation. The lemon juice not only smooths out the flavors but also helps with chlorophyll absorption.



BLUEBERRY COBBLER *bowl*



INGREDIENTS

Cereal:
1/2 cup blueberries

Cobbler:
2 large Brazil nuts
1/4 cup cashews
2 TBSP walnuts
1 TBSP golden monkfruit**

Milk:
1/2 frozen banana
1/2 cup water
1 TBSP hemp seeds
1 tsp vanilla extract
1 TBSP coconut flakes
Pinch of Himalayan Salt

DIRECTIONS

- Place all cobbler ingredients into food processor.
- Pulse until well combined.
- Blend all milk ingredients in a high speed blender until creamy.
- Pour milk into bowl and add blueberries and cobbler mixture.
- Stir well and enjoy!

NUTRITION FACTS* SERVICINGS 1

Calories: 516
Carbs: 41g
Fiber: 9g
Sugar: 17g
Fat: 37g
Protein: 13g
Potassium: 720mg
Magnesium: 226mg
Sodium: 8mg
Omega 3: 192% DV
Vitamin A: 14% DV
Vitamin C: 17% DV
Iron: 26% DV
Zinc: 46% DV
Calcium: 8% DV

*NUTRITION FACTS ARE APPROXIMATE
**IF YOU CAN'T FIND MONKFRUIT AND YOU ARE OKAY WITH A LITTLE SUGAR, SIMPLY REPLACE WITH COCONUT SUGAR.

038

*Nuts & seeds as
“meat”

Thirsty Thursday,
Sips for your Cells!
Breakfast

Buckwheat Cereal



This “cereal” is delicious as a raw snack or served with almond or other nut milk as a healthy breakfast option. Add cacao powder to create a luxurious chocolatey flavor. You can also sprinkle on some crunchy nuts and seeds or dried fruit, to make it even tastier.

Prep: 25 mins/Dry: 12 hrs

Ingredients (serves 4)

1 cup (170 g) buckwheat groats, soaked in cold water for 20 minutes and drained
4 tablespoons yacon syrup, maple syrup, or coconut syrup
2 tablespoons cacao powder, optional
Pinch of sea salt

Method

- Combine all the ingredients in a medium bowl and stir until mixed.
- Spread the mixture onto a nonstick sheet in an even layer.
- Dehydrate at about 110°F (46°C) for 10 to 12 hours or overnight until dry. Break the dried granola into chunks and store in an airtight container. This will keep for at least a week.
- To serve, place the buckwheat cereal in a bowl and pour over the nut milk of your choice.

GREAT FOR THE IMMUNE SYSTEM

Calories (per serving)	231
Protein	4.7 g
Total fat	1.3 g
of which saturated fat	0.4 g
Carbohydrates	63.7 g
of which sugars	16.3 g
Vitamins/minerals	B, iron, magnesium, zinc



INGREDIENTS

Nutritio

DIRECTIONS

1 cup kamut berries (sprouted-you can use soft wheat berries if you wish)

1 cup spelt berries (sprouted-you can use oat groats or rye berries if you wish)

1 teaspoon rock sea salt (you can also use kelp flakes or Bragg's Liquid Aminos)

¼ cup flax seed (soak 15 minutes)

SOAKING THE BERRIES:

Soak whatever berries you choose for about 2 days in "filtered water".

Please don't use tap water, it has too many chemicals in it and will spoil the water!.

To soak the berries, get yourself a large mouth 6 cup glass mason jar with a mesh lid.

You need the mesh lid so the berries can breathe while they are soaking and the water won't go rancid.

Put the two cups of berries in the mason jar and cover with water, rinse to remove any dust.

Then put more filtered water into the jar with the berries and soak until evening. Pour the water off the berries through the mesh lid. Remove the lid and fill the jar back up with filtered water covering the berries completely.

Put the jar on a 45 degree angle making sure that the berries are still covered with the filtered water, but don't let the water or berries touch the lid of the jar.

Let them soak over night. In the morning, repeat the rinsing process.

Do this until you see little white tails appear at the end of the berries. This means they have sprouted. Usually the second day is when they appear.

Pour the water off your seeds you've soaked and set aside.

Using a powerful food processor, grind the berries until you get a thick doughy type of mixture. Add the seeds, seasoning or whatever you plan to put into the bread and pulse slowly just to mix.

You don't want these things to get chopped up too fine. If you add dried fruit it might be good to put them in the mixer fairly big before pulsing, that way they will chop a little smaller but still be recognizable.

Form the essene into a loaf, no more than 1 1/2 inches high. Put the essene on a flat plate on a piece of oiled parchment paper and dehydrate. Then, for the last few hours, flip the bread over and dry the other side.

The bread should be soft inside, but not mushy.

DEHYDRATING THE SPROUTED BREAD:

"Do not cook the bread, keep the heat setting at about 80°F" The idea is to just form a crust around the bread, not to cook it. The Essene should be soft on the inside, but not mushy".

Now there are a few ways to dehydrate this bread. You can set it in your dehydrator on a dehydrator sheet for 10 hours at 80°F.

If you have a small convection toaster oven you can use that on a low setting.

You can set it in your oven on low as well. Make sure you leave the oven door ajar for about 8-10 hours.

This bread can be put out in the sun for 12 hours as well. Just make sure you put it under a mesh cover so the bugs won't eat it before you can.

Once the bread is done leave it out on the counter in a brown bag. Do not refrigerate. However, this is perishable, so eat it up as it can get moldy. If you don't plan on eating it right away freeze it.

Serve with your favourite spread or Raw Pine Nut Cheese.

Bon Appetit.

Essene Bread – Raw Sprouted Bread

Thirsty Thursday,
Sips for your Cells!
Breakfast

Kale Salad with Pumpkin Seeds and Cranberries

HIGH FIBER

A healthy raw food diet is one based around plenty of green foods especially dark leafy greens such as kale. The kale leaves soften and wilt when mixed with the dressing ingredients giving it a cooked texture and creamy flavor.

Prep: 15 mins

Ingredients (serves 4)

- 14 oz (400 g) kale leaves
- 1 teaspoon garlic salt or sea salt
- ¼ cup (30 g) pumpkin seeds
- ½ cup (50 g) dried cranberries

Dressing

- 1 large ripe avocado
- 2 teaspoons tamari or coconut aminos
- ½ teaspoon onion powder
- 2 tablespoons flaxseed oil or olive oil
- Drizzle of maple syrup
- Juice of ½ lemon

PROMOTES HEALTHY SKIN AND BONES

Calories (per serving)	245
Protein	6.5 g
Total fat	19.1 g
of which saturated fat	3.4 g
Carbohydrates	11.7 g
of which sugars	10.2 g
Vitamins/minerals	A, C, manganese, zinc

Method

- 1 Wash the kale, remove any tough stalks and chop into small pieces.
- 2 Add the salt and, using your hands, massage into the kale leaves squeezing them until the leaves begin to wilt.
- 3 Make the dressing by blending all the ingredients together in a blender or food processor to form a thick paste. Alternatively, mash the avocado in a bowl and mix in the remaining ingredients.
- 4 Pour the dressing over the kale and massage into the salad with your hands, making sure the kale is coated.
- 5 Add the pumpkin seeds and cranberries and toss in the kale. Serve at once.



Red Pepper and Walnut Dip

HEALTHY SKIN

This easy pantry dip or spread takes just minutes to make. Rich in antioxidants and essential fats, the addition of walnut oil gives it a wonderful fruity flavor. Serve the dip with vegetable sticks or raw seed crackers (see page 148).

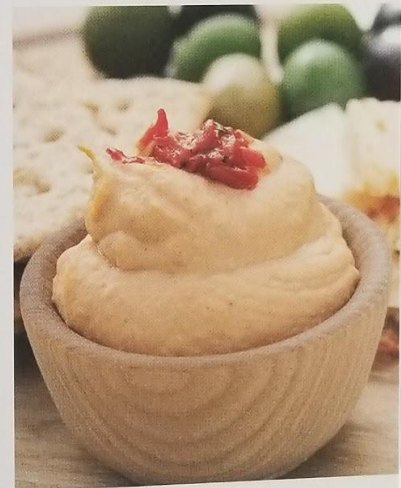
Prep: 8 mins

Ingredients (serves 6)

- Pinch of paprika
- 1 garlic clove, crushed
- 1 cup (100 g) walnuts, chopped
- 1 red bell pepper
- 4 sundried tomatoes
- 3 tablespoons walnut oil
- 1 tablespoon balsamic vinegar
- 2 teaspoons coconut syrup or yacon syrup
- Salt and freshly ground black pepper

Method

- 1 Place all the ingredients in a blender or food processor and blend until smooth. Season to taste. This dip will keep in the refrigerator for up to three to four days.



BURSTING WITH ANTIOXIDANTS

Calories (per serving)	212
Protein	2.8 g
Total fat	20.7 g
of which saturated fat	2.2 g
Carbohydrates	3.5 g
of which sugars	3.0 g
Vitamins/minerals	B, A, C, copper

Thirsty Thursday,
Sips for your Cells!
Lunch

Mushroom Meatballs



These delicious vegan “meatballs” are dehydrated to create a lovely crispy texture. Serve them with zucchini or carrot noodles or simply toss them into a mixed salad.

Prep: 45 mins/Dry: 2 hrs

Ingredients (makes 8, serves 2)

- 2½ oz (70 g) portobello mushrooms, chopped
- ½ cup (50 g) walnuts
- 2 tablespoons ground flaxseed
- 2 tablespoons nutritional yeast flakes
- 3 soft pitted dates
- 2 sundried tomatoes in oil, drained
- 1 tablespoon apple cider vinegar
- 1 teaspoon ground cumin
- Handful of parsley
- 1 tablespoon tamari or coconut aminos
- 1 garlic clove
- ½ teaspoon sea salt
- ⅓ cup (30 g) ground almonds, for coating

Method

- 1 Place the mushrooms and walnuts in a food processor and blend until broken up. Add the remaining ingredients, except the ground almonds, and process to form a chunky paste. Chill for 30 minutes.
- 2 Take walnut-size balls of the mixture and dust in a little ground almonds.
- 3 Place the balls on a nonstick sheet and dehydrate at 115°F (46°C) for 2 hours, flipping them halfway through. Serve the meatballs with a fresh salad.



Asparagus and Broccoli green veggie mix



This is a light refreshing spring salad packed with nutrients and fiber. Simply toss in a little lemon juice, capers, and olive oil or, for a spicy kick, serve with this delicious light Japanese-style dressing.

Prep: 10 mins

Ingredients (serves 4)

- 7 oz (200 g) broccoli florets
- 8 thin asparagus spears, trimmed
- 2¼ oz (60 g) sugar snap peas
- 2 large handfuls of mixed salad greens
- Sea salt

Dressing

- 2 tablespoons miso paste
- ½ garlic clove, crushed
- 3 tablespoons mirin
- 1 tablespoon coconut sugar or xylitol
- 2 teaspoons tamari soy sauce or coconut aminos
- 1 teaspoon grated fresh ginger root
- 3 tablespoons rice wine vinegar
- 4 tablespoons olive oil
- Salt and freshly ground black pepper

Method

- 1 Cut the broccoli into small florets and slice the asparagus spears into small lengths. Place in a salad bowl with the sugar snap peas and salad greens and toss in a little sea salt.
- 2 Whisk all the ingredients for the dressing together then drizzle the dressing over the salad to serve.



Orange Mango Nut Yogurt



A simple deliciously creamy dessert which also makes an ideal breakfast option or snack, serve this with some fruit or top with a sprinkling of nuts and seeds. You can also ferment this nut yogurt by adding a spoonful of probiotic powder and letting it stand overnight at room temperature. The next day, put into the refrigerator until needed.

Prep: 5 mins

Ingredients (serves 4)

- ¾ cup (100 g) almonds
- Generous ¼ cup (200 ml) fresh orange juice
- ½ mango, chopped
- 3 tablespoons lucuma powder
- 1 teaspoon vanilla extract
- Orange segments, to decorate

Method

- 1 Place all the ingredients in a blender and process until smooth, adding a little more orange juice if the mixture is too thick.
- 2 Store in the refrigerator until needed. Spoon the yogurt into individual glasses and decorate with orange segments before serving.



PROMOTES A HEALTHY HEART	
Calories (per serving)	233
Protein	6.5 g
Total fat	14.1 g
of which saturated fat	1.1 g
Carbohydrates	19.4 g
of which sugars	8.7 g
Vitamins/minerals	C, E, B, magnesium



Thirsty Thursday,
Sips for your Cells!
Lunch

Thirsty Thursday, Sips for your Cells! Dinner



REFRESHING side salad



INGREDIENTS

Salad:

- 1/2 cup chopped cucumbers
- 1/2 cup chopped celery
- 1 carrot peeled and chopped
- 1 small tomato chopped
- 1 Tbsp chopped red onion

Dressing:

- 2 Tbsp balsamic vinegar
- Pinch of garlic powder
- Himalayan salt
- fresh parsley
- fresh dill
- chipotle spice

DIRECTIONS

- Combine all salad ingredients into a serving bowl.
- Mix balsamic vinegar in a separate smaller bowl or dish and stir in spices.
- Pour dressing onto salad, mix well, serve and enjoy!



NUTRITION FACTS* SERVINGS: 1

Calories: 101
Carbs: 21g
Fiber: 5g
Sugar: 13g
Fat: 1g
Protein: 3g
Potassium: 92mg
Magnesium: 41mg
Sodium: 105mg
Omega 3: 1% DV
Vitamin A: 572% DV
Vitamin C: 34% DV
Iron: 6% DV
Zinc: 8% DV
Calcium: 8% DV

*NUTRITION FACTS ARE APPROXIMATE

Lettuce, Cucumber, and Mint Soup



This is a deliciously soothing and creamy soup packed with lots of minerals and antioxidants. Incredibly hydrating, this is fabulous as a light lunch with raw crackers (see page 148).

Prep: 10 mins

Ingredients (serves 4)

- 1/2 romaine lettuce, chopped
- 2 cucumbers, chopped
- 1 tablespoon chopped fresh mint
- 1 teaspoon lime juice
- 1/2 teaspoon sea salt to taste
- 1 garlic clove
- 1 ripe avocado, peeled, pitted, and chopped
- Drizzle of olive oil
- Freshly ground black pepper

Method

1 Place all the ingredients in a blender and process until smooth. Season with pepper. Chill in the refrigerator, then serve garnished with cucumber and mint.

GREAT FOR A HEALTHY SKIN

Calories (per serving)	72
Protein	2.0 g
Total fat of which saturated fat	5.5 g 1.1 g
Carbohydrates of which sugars	3.3 g 2.8 g
Vitamins/minerals	A, C, K ₁ , folate



TERIYAKI stir fry

INGREDIENTS

Dressing:

- 2 Tbsp coconut aminos
- 3 1/2 Tbsp almond butter
- 2 Tbsp golden monkfruit**
- 2 Tbsp water

Stir Fry:

- 1 large carrot thinly sliced
- 1 medium zucchini thinly sliced
- 1/4 cup bean sprouts
- 2 mushrooms thinly sliced
- 1 cup finely chopped broccoli

Cauliflower Rice:

- 2 cups chopped cauliflower
- Pinch of Himalayan salt

Toppings:

- 1 Tbsp sesame seeds



NUTRITION FACTS* SERVINGS: 1

Calories: 427
Carbs: 43g
Fiber: 10g
Sugar: 2g
Fat: 24g
Protein: 11g
Potassium: 806mg
Magnesium: 358mg
Sodium: 244mg
Omega 3: 137% DV
Vitamin A: 328% DV
Vitamin C: 47% DV
Iron: 47% DV
Zinc: 93% DV
Calcium: 19% DV

DIRECTIONS

- Prepare, chop, and slice all of your stir fry ingredients and place into a large bowl.
- Combine all dressing ingredients in a high-speed blender and blend until smooth.
- Pour the dressing into the bowl of stir fry veggies and mix well until all veggies are completely covered (optional: let marinate for a few hours).
- Add cauliflower and salt into high-speed food processor and pulse several times until a "rice" texture is formed. Be careful not to over-pulse, you don't want cauliflower mush!
- Place rice onto a large plate and pour the stir fry/dressing mixture on top.
- Sprinkle with sesame seeds and enjoy!

*NUTRITION FACTS ARE APPROXIMATE

**IF YOU CAN'T FIND MONKFRUIT AND YOU ARE OKAY WITH A LITTLE SUGAR, SIMPLY REPLACE WITH COCONUT SUGAR.

Ingredients

1 heaping cup green peas
frozen and thawed, or fresh

1 lb parsnips peeled and
roughly chopped

2 tablespoons hemp seeds

1/4 teaspoon sea salt

Dash of black pepper

1 tablespoon olive or hemp
oil

1 tablespoons lemon juice

Small handful about 1/4 cup
chopped fresh basil

Instructions

1. Defrost the peas in warm water, not exceeding 118 degrees Fahrenheit.
2. Place the parsnips, hemp seeds, sea salt, and pepper into the bowl of a food processor fitted with the S blade. Process till the mixture is finely chopped and resembles rice.
3. Turn parsnip mixture into a bowl, and toss with the peas, oil, lemon, and basil. Adjust seasoning to taste and serve.

Thirsty Thursday,
Sips for your Cells!
Dinner

Parsnip Rice



Berry Cheesecake

ENERGIZING

This delicious raw vegan dessert is packed with healthy fats and protein to keep you energized. This dish is great for freezing and can be served as a fantastic iced dessert, too. Simply remove from the freezer 30 minutes before you wish to serve.

Prep: 45 mins/Chill: 3 to 4 hrs

Ingredients (serves 10)

Base

- 1 cup (150 g) cashews
- 1 cup (90 g) dry unsweetened coconut, plus extra to decorate
- Pinch of sea salt
- Juice and grated zest of 1 lemon
- 2 tablespoons coconut oil, melted

Filling

- 1½ cups (250 g) cashews
- ½ cup (60 g) **Date syrup**
- 2 teaspoons vanilla extract
- ½ cup (100 g) coconut oil, melted

HELPS TO STABILIZE BLOOD SUGAR LEVELS

Calories (per serving)	425
Protein	7.9 g
Total fat	37.9 g
of which saturated fat	19.9 g
Carbohydrates	15.4 g
of which sugars	4.5 g
Vitamins/minerals	C, B ₆ , K ₁ , copper, zinc

- 1½ cups (225 g) fresh berries of choice e.g. blackberries, blueberries, raspberries, plus extra to serve
- Scant ½ cup (100 ml) pomegranate juice
- Juice of ½ lemon

Method

1 Make the base by grinding the nuts and coconut in a blender until fine. Stir in the remaining base ingredients to form a sticky dough and press firmly into the bottom of an 8-in (20-cm) springform cake pan. Place in the freezer for 30 minutes to harden.

2 Place all the filling ingredients into a blender or food processor and process until smooth. Pour the mixture over the base and chill for 3 to 4 hours until set. You can freeze it at this point until required.

3 Remove the cheesecake from the pan and top with berries and a little dry unsweetened coconut to serve.



OUR FAVORITE BREAKFAST BURRITO

PREPARATION TIME: 20 minutes | BAKING TIME: 35–40 minutes for potatoes plus 10 minutes for burritos
MAKES 4 SERVINGS 🥔 🥑 🍌 🥥

FOR POTATO FILLING

4 large potatoes, diced
Onion powder and sea salt to taste

FOR BURRITOS

4 large whole grain tortillas
1 jar of your favorite non-fat, low-sodium salsa

FOR "EGG" FILLING

1 Scrambled Tofu recipe (p. 77)

1 15-ounce can black beans
1 tablespoon nutritional yeast (optional)

- 1 | Dice potatoes and bake on nonstick baking sheet for 35–40 minutes at 375°F. Season with onion powder and salt.
- 2 | While potatoes are cooking, prepare the Scrambled Tofu recipe on p. 77.
- 3 | Once potatoes and scrambled tofu are cooked, assemble burritos.
- 4 | For the burritos, place 4 heaping tablespoons of potatoes in the center of the tortilla, top with 4 heaping tablespoons of tofu mixture, and then add 2 tablespoons of black beans. Sprinkle one tablespoon of nutritional yeast on top of beans.
- 5 | Fold the bottom of burrito over, and then fold over both sides.
- 6 | Once burritos are assembled, place face down on nonstick baking tray.
- 7 | Bake for 10 minutes at 375°F.
- 8 | Before serving, spoon 4 tablespoons of your favorite salsa on top. Serve immediately.



HOT OATMEAL WITH MANGO MOUSSE & RASPBERRIES

Citrusy and energizing, this breakfast digests easily and is bursting with antioxidants from the mango and raspberries. This hot oatmeal can be eaten as a breakfast side or as a stand-alone breakfast. It's ideal about an hour before a long bike ride or hike. *Serves 1*

GF Gluten Free

Prep Time: 10 minutes • Special Equipment: blender

For the mango mousse, combine all the ingredients except the coconut cream in a blender. Blend until thick and smooth.

Gently fold in the coconut cream (if using).

For the hot oatmeal, combine all the ingredients in a small saucepan. Cook over medium-high heat, stirring occasionally, until the water begins to evaporate, 5 to 7 minutes.

Place the hot oatmeal in a bowl and then generously spoon some of the mango mousse over the oatmeal.

Top with fresh raspberries.

• Remaining mousse keeps in a sealed container, refrigerated, for up to 1 week.

¼ cup (60 mL) fresh raspberries

Mango Mousse

1 cup (250 mL) peeled and coarsely chopped mango
2 tbsp (30 mL) orange juice
2 tbsp (30 mL) maple syrup or coconut nectar
1 tsp (5 mL) agar powder
¼ cup (60 mL) coconut cream (page 41; optional)

Hot Oatmeal

1 cup (250 mL) gluten-free rolled oats
¾ cup (175 mL) unsweetened almond milk (or homemade, page 23)
1 tsp (5 mL) maple syrup or coconut nectar
¼ tsp (1 mL) pure vanilla extract
Pinch of sea salt

Fiesta Friday
Breakfast

Chunky avocado & corn salad

Per serving: 188 cals 12.5g fat 1.7g sat fat 3.3g protein 19.6g carbs 4.9g fiber

A light-tasting mix of creamy avocado, crunchy bell peppers, corn, and kale, flavored with fresh cilantro and tangy lime for a concentrated energy boost to see you through a busy afternoon.

Serves 4

- * 1½ cups frozen corn kernels
- * 1 large avocado, halved, pitted, peeled, and cut into cubes
- * 10 cherry tomatoes, quartered
- * ¼ red onion, finely chopped
- * 1 small green bell pepper, halved, seeded, and cut into small chunks
- * ¼ cup shredded kale
- * ¼ cup coarsely chopped fresh cilantro

Dressing

- * finely grated zest and juice of 1 lime
- * 2 tablespoons olive oil
- * salt and pepper, to taste

How to make it

Put the corn kernels in a saucepan of boiling water. Bring back to a boil, then simmer for 3 minutes. Drain into a colander, rinse with cold water, drain again, then transfer to a salad bowl.

To make the dressing, put the lime zest and juice and oil in a screw-top jar, season with salt and pepper, screw on the lid, and shake well.

Add the avocado, tomatoes, onion, green bell pepper, kale, and cilantro to the salad bowl. Drizzle the dressing over the salad and toss gently together. Spoon into four bowls and serve immediately.



Sweet corn

Naturally sweet and packed with complex carbs and fiber, corn provides a sustained and stable energy boost to help us social mood swings.



Fiesta Friday Lunch

DOMINICAN CHAPEA

PREPARATION TIME: 15 minutes | COOKING TIME: 35 minutes

MAKES 6–8 SERVINGS 🍌🌿🥔🍅🥒

- | | |
|---------------------------------|--|
| 6 cups vegetable broth, divided | 1 cup cabbage, chopped |
| 1 medium onion, diced | 1 can cooked pinto beans, rinsed and drained |
| 4 cloves garlic, minced | 1½ cups butternut squash, diced |
| ¼ cup fresh cilantro, chopped | 4 tablespoons tomato paste |
| ½ green bell pepper, diced | ½ teaspoon sea salt (to taste) |
| 2 large carrots, sliced | |
| 1½ cups rice, uncooked | |
- 1 | In large soup pot, add ¼ cup vegetable broth, onion, garlic, cilantro, and peppers. Cook over medium-high heat, stirring occasionally, until onions are translucent.
 - 2 | Add remaining vegetable broth, carrots, rice, cabbage, pinto beans, squash, tomato paste, and salt. Bring to a boil. Stir regularly to prevent sticking.
 - 3 | Once mixture comes to a boil, reduce temperature to low, cover, and cook for 30 minutes.
 - 4 | This soup is done when the rice is fully cooked. Add more salt, if necessary.

TIPS

Serve topped with slices of avocados.

If you prefer a thinner soup, add 1–2 additional cups of vegetable broth.



FABULOUS SWEET POTATO ENCHILADAS

PREPARATION TIME: 20 minutes | BAKING TIME: 25 minutes

MAKES 6–8 SERVINGS 

½ cup vegetable broth, divided
1 medium onion, diced
5 cloves garlic, minced
1 teaspoon coriander
2 teaspoons ground cumin
2 cups fresh spinach, chopped

2 cups black beans, chopped in a food processor
4 tablespoons soy sauce
3 cups cooked, mashed sweet potatoes
Sea salt, to taste
10 large tortillas
1 jar of your favorite salsa

- 1 | Preheat oven to 350°F.
- 2 | Heat 2 tablespoons vegetable broth in a medium skillet over medium-high heat. Add onion and garlic. Sauté until onion is translucent. Add coriander and cumin. Cook for 1 minute, stirring constantly.
- 3 | Add remaining vegetable broth, spinach, black beans, soy sauce, and mashed sweet potatoes. Cook for 3–5 minutes. Remove from heat and season with salt.
- 4 | Place ¼–½ cup of mixture in center of tortilla. Roll into a burrito and place in a nonstick baking dish.
- 5 | Once all the burritos are assembled, pour your favorite salsa on top and cover with aluminum foil.
- 6 | Bake for 25 minutes.

MEXICAN JICAMA VEGGIE MIX

PREPARATION TIME: 15 minutes

MAKES 6–8 SERVINGS 

Jicama is also known as the Mexican potato or the Mexican turnip. The root's exterior is yellow and papery, and the inside resembles a raw potato or pear. The flavor is sweet and starchy, and it is usually eaten raw.

FOR THE SALAD

1 medium jicama root, julienned
1 medium carrot, peeled and julienned
½ red pepper, julienned
½ yellow pepper, julienned
1 tomato julienned
1 small red onion, julienned
½ cup cilantro, chopped

FOR THE DRESSING

2 tablespoons seasoned rice vinegar
2 tablespoons lime juice
1 teaspoon stone-ground mustard
¼ teaspoon sea salt
Pinch of cayenne pepper
Pinch of paprika

- 1 | Combine jicama, carrot, peppers, tomato, onion, and cilantro in a large salad bowl.
- 2 | In a small bowl, mix the remaining ingredients. Pour over the vegetables and toss to mix.

Fiesta Friday Lunch

MEXICAN WEDDING COOKIES

YIELD: 3 DOZEN COOKIES

These melt-in-your-mouth cookies are called many names: Russian Tea Cakes, Mexican Wedding Cakes, Pecan Balls, Snowdrops, and Snowballs. They're often baked during the winter holidays, but they're also popular at weddings and other festive occasions. This recipe is from my friend and colleague Colleen Holland of VegNews magazine, who reignited my passion for these little gems.

INGREDIENTS

1 cup (225 g) non-hydrogenated, nondairy butter	2 cups (250 g) unbleached all-purpose flour, sifted
¼ cup (50 g) granulated sugar	2 cups (250 g) raw pecans, finely chopped
2 teaspoons vanilla extract	2 cups (200 g) confectioners' sugar, sifted

Preheat the oven to 300°F (150°C, or gas mark 2). Line 3 cookie sheets with parchment paper or use 3 nonstick cookie/baking sheets.

With an electric hand mixer or by hand, cream the butter, granulated sugar, and vanilla until light and fluffy, 1 to 2 minutes. Add the flour, and mix until thoroughly combined. Add the chopped nuts and mix until well blended, about 30 seconds.

Measure out generously rounded teaspoonfuls of dough and roll them into balls. Place the balls about 1 inch (2.5 cm) apart on the cookie sheet. Bake until they just begin to turn golden, about 30 minutes. To test for doneness, remove one cookie from the sheet and cut it in half. There should be no doughy strip in the center.

Roll the cookies in the confectioners' sugar while they are still warm; then cool on the cookie sheets. Serve when cooled.

SERVING SUGGESTIONS & VARIATIONS

Replace the pecans with hazelnuts, almonds, or walnuts.

COLLEEN'S TIP: The easiest way to coat the warm cookies in the confectioners' sugar is to add the sugar to a large bowl and gently toss the cookies around in the sugar. You can also place everything in a plastic baggie and give them a shake. Just be careful not to knock them around too much.

DID YOU KNOW? Confectioners', powdered, or icing sugar is granulated sugar that has been ground to a powder. Cornstarch is added to prevent lumping. Commercially, it comes in several different grades, but 10X (superfine or ultrafine) is the finest grade and what you find in the grocery store. Professionals may use other grades, such as 6X (very fine) and 4X (fine). If you have no confectioners' sugar, you can put some granulated sugar in a blender with a pinch of cornstarch and process it until powdery.



SEE PICTURE ON PAGE 81

ENSALADA AZTECA

PREPARATION TIME: 25 minutes

MAKES 8 GENEROUS CUPS 🍏 🌿 🥑 🥒

FOR THE SALAD

- 2 15-ounce cans black beans, drained and rinsed
- 2 cups cooked quinoa or brown rice
- ½ cup finely chopped red onion
- 1 green bell pepper, diced
- 1 large tomato, diced
- 1 large avocado, diced
- 2 cups frozen corn, thawed
- ½ cup mangos, diced

- 1 jalapeño, finely diced
- ¾ cup fresh cilantro, chopped

FOR THE DRESSING

- ½ cup unseasoned rice vinegar
- 2 tablespoons lime juice
- ½ cup mangos, diced
- ¼ cup agave
- ½ teaspoon grated ginger
- Sea salt to taste

- 1 | Combine beans, rice (or quinoa), onion, pepper, tomato, avocado, corn, mangos, jalapeño, and cilantro in a large salad bowl.
- 2 | In a food processor, place vinegar, lime, mangos, agave and ginger. Process until smooth.
- 3 | Pour dressing over salad. Toss gently to mix. Season with salt.

TIP

Seasoned rice vinegar has a mild sweet-sour flavor that makes it a delicious salad dressing by itself or mixed with other ingredients.



AZTEC SOUP

PREPARATION TIME: 20 minutes | COOKING TIME: 15 minutes

MAKES 4–6 SERVINGS 🍏 🌿 🥑 🥒

- | | |
|---------------------------------|------------------------------------|
| 1 onion, chopped | drained and rinsed |
| 4 cloves garlic, minced | 1 cup frozen corn |
| ¼ teaspoon cayenne pepper | 3 tablespoons lime juice, divided |
| 1 tablespoon ground cumin | 1 avocado, diced |
| 1 teaspoon smoked paprika | 1 tomato, diced |
| ½ cup diced celery | ¼ cup chopped fresh cilantro |
| 3 cups vegetable broth, divided | Sea salt and black pepper to taste |
| 2 15-ounce cans black beans, | |

- 1 | Sauté onion and garlic in 2 tablespoons vegetable broth in a soup pot over medium-high heat, until onion is soft. Add seasonings and celery and cook for 1–2 minutes.
- 2 | Add vegetable broth, beans, corn, and 2 tablespoons lime juice. Bring to a boil, then reduce heat and simmer for 10 minutes. Season with salt and black pepper.
- 3 | In a separate bowl, combine avocado, tomato, cilantro, remaining 1 tablespoon lime juice, salt, and black pepper.
- 4 | Pour hot soup into bowls and top with a rounded tablespoon of avocado salsa.

TIPS

- Try using frozen white corn or hominy for extra sweetness and flavor.
- If you want a less spicy soup, only add a pinch of cayenne pepper.
- This soup is also good served with tortilla chips.

Fiesta Friday
Dinner

Fiesta Friday Dinner

VEGGIE FAJITA BOWLS

PREPARATION TIME: 25 minutes | COOKING TIME: 5 minutes

MAKES 8 SERVINGS 🌱 🥕 🥒 🍄 🌞 🍷

½ cup vegetable broth, divided	3 green onions, chopped
2 cloves garlic, minced	1 tablespoon green chilies
½ onion, sliced	Lemon pepper and sea salt to taste
2 green bell peppers, seeded and sliced	12 whole grain flour tortillas
2 yellow, red or orange bell peppers, seeded and sliced	1 large tomato, diced
2 large carrots, cut into thin strips	2 cups shredded lettuce
1 head broccoli, cut into florets	1 large avocado, sliced
1 cup sliced mushrooms	Salsa or favorite non-fat dressing

- 1 | In a large, nonstick skillet over medium-high heat, sauté garlic and onion in 2 tablespoons vegetable broth. Add peppers, carrots, broccoli, and additional ¼ cup vegetable broth. Cover and cook on medium heat for 2 minutes. Add mushrooms, green onions, chilies, and additional 2 tablespoons vegetable broth. Re-cover and cook for 1 additional minute.
- 2 | Season the vegetables with lemon pepper and salt. Stir well.
- 3 | Assemble fajita: place a small amount of cooked vegetables in the center of your tortilla along with diced tomatoes, lettuce, avocado, and salsa. Roll and enjoy.

TIPS

Lemon pepper can be purchased with or without salt. Make sure you buy the variety without salt; then, if you desire, add the salt to your fajita separately.

You can substitute or add more vegetables to this recipe, depending on the season. Zucchini and yellow squash make good summertime additions.



Vegan Tres Leches Cake

★★★★★

Decadent vegan tres leches cake, made up of a vanilla sponge cake soaked in sweet caramel syrup.

Course	cake, Dessert
Cuisine	dairy-free, vegan, vegetarian
Keyword	dairy-free tres leches, vegan tres leches cake

Prep Time	15 minutes
Cook Time	35 minutes
Total Time	50 minutes

Total Yield	9 slices
Calories Per Serving	221 kcal
Author	Yup, it's Vegan

Ingredients

For the sponge cake:

- 1 cup [plain, unsweetened soy milk](#)
- 2 tsp apple cider vinegar (or other vinegar)
- 170 g all-purpose flour (1 and 1/2 cups)
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1/2 tsp kosher salt
- 1/3 cup vegetable oil (coconut oil is not recommended)
- 2/3 cup cane sugar (or use coconut sugar, cake will have a darker color)
- 1 tsp [vanilla extract](#)
- 1/2 tsp almond extract

For the soaking syrup:

- 1 cup [vegan sweetened condensed milk](#)
- 1 14-oz. can full-fat coconut milk, refrigerated overnight

Instructions

1. In a mixing bowl, stir together the soy milk and apple cider vinegar.
2. Preheat the oven to 350 degrees Fahrenheit, and lightly grease an 8-by-8 or 7-by-11 inch baking dish.
3. In a separate bowl, whisk together the flour, baking soda, baking powder, and salt.
4. To the bowl with the soy milk, add the oil, sugar, vanilla extract, and almond extract. Whisk well to combine. Stir in the dry mixture and mix until no lumps remain.
5. Bake in the preheated oven until a toothpick inserted into the center comes out clean. (Wait until at least 20 minutes have passed before opening the oven door at all). The 7-by-11 cake size takes around 30 minutes to bake, and the 8-by-8 size takes around 35 minutes.
6. Let the cake cool for at least an hour. (You could potentially prepare the sweetened condensed milk while the cake bakes and cools). Using a chopstick, skewer, or a toothpick in a pinch, poke holes throughout the cake, spaced about 1/2 inch apart. The distance isn't very important, just make to poke lots of holes all over.
7. Retrieve the coconut milk from the refrigerator and gently scoop out the cream on top. Either turn this into coconut whip to top the cake if you like, or reserve it for another use (curry, etc.). Take the rest of the liquid from the can and mix it together with the sweetened condensed milk. Pour this milk mixture over the top of the cake. You'll need to do it in several stages, waiting in between for the cake to soak up the milk. When the cake is pretty much saturated with the milk, you're done - you may or may not need all of it.
8. This cake is best served cold, so if you have time, refrigerate it. However, it still tastes pretty darn good if you eat it right away :) leftovers will keep for up to 3 days in the fridge.