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## HEALTHY RECIPES

### Breakfast

#### Energizing Smoothie

- 2 tbsp ground flax seeds
  - You can keep pre-ground flax seeds (using coffee grinder) in the freezer for 2-4 weeks before the oils in the seeds start to go rancid. I highly recommend that you do not buy pre-ground seeds in the store, as they will likely already be rancid and have lost their beneficial effects.
- 1 tsp fish oil
- 1 scoop protein powder
- Orange juice or water
- Mix all ingredient together and shake well
- You can add fruit, berries etc to mixture and place in blender until smooth

#### Quinoa porridge (serves 2)

- 1 cup quinoa
- 2 cups water- or use apple juice for added sweetness
- berries
- Ground flax seeds
- Cinnamon and nutmeg

- $\frac{3}{4}$  scoop protein powder
  1. Add quinoa and water to stove pot.
  2. Cook for 15 min or until liquid has almost all absorbed into quinoa
  3. Add protein powder, flax seeds, fruit, cinnamon and nutmeg, stir for 1 more minute

#### Brown rice cereal

- Take a portion of brown rice (previously cooked is ideal for speed), and put it in a small pot with a little bit of water. Cook on medium until the desired consistency is achieved.
- Add a chopped up apple and some cinnamon and cook until the fruit softens.
- Remove from the heat and sprinkle with some ground flax seed, some almonds or sunflower seeds or pumpkin seeds.

#### Avocado with Nuts and Seeds

- Cut an avocado into two.
- Remove the seed and sprinkle both halves with some nuts and seeds and some olive oil and desired spices.

### Lunch

#### Salad with simple salad dressing:

- Add whatever kinds of vegetables and lettuce that you enjoy.
- For the dressing, combine lemon/lime juice, olive oil fresh herbs, and some garlic and drizzle over the salad.
- You can add some avocado or fish oil (for a source of healthy fat), ground flax seed for a source of fiber, or even some brown rice for fiber and complex carbohydrates.

#### Wild ginger dressing

- $\frac{1}{2}$  mild onion chopped
- $\frac{1}{2}$  cup sunflower oil
- $\frac{1}{3}$  cup rice vinegar
- 2 tbsp. water
- 2 tbsp. minced fresh ginger
- $\frac{1}{4}$  stalk celery
- 1 tbsp. tamari (soy sauce will do)
- 1  $\frac{1}{2}$  tsp honey
- 1  $\frac{1}{2}$  tsp lemon juice
- $\frac{1}{2}$  tsp sea salt
- $\frac{1}{4}$  tsp ground black pepper

- Combine all ingredients in a blender and mix until desired consistency. Will last in a stored glass container for up to 2 weeks.

#### Bean salad

- ½ onion chopped
- 2 celery stalks chopped
- 1 can mixed beans (chick peas, black eyed peas, kidney beans, etc.)
- 1 can black beans
- 1 can cut green beans
- 1 tsp organic maple syrup
- ¼ cup olive oil
- 1 lemon squeezed
  - Combine onion, celery, mixed beans, black beans and green beans in a large bowl. In a separate bowl stir olive oil, lemon juice and maple syrup together.
  - Add olive oil mixture to large bowl and store in fridge for 1 hour then serve.

#### Shanghai rice bowl

- 1/3 cup water
- 4 baby bok choy, cut in half lengthwise
- 6 tbsp Olive Oil
- 6 tbsp Tamari
- 4 cups cooked brown basmati rice
- ½ Cup Tahini Sauce
- 2 cups sunflower sprouts
- 2 tbsp hulled hemp seed (or sunflower seeds, or pumpkin seeds)
- 1 cup cooked or canned chickpeas
- 2 lemon wedges
  - Put water into a wok/skillet at high heat. Add bok choy and cover.
  - Steam for 5 minutes or until bok choy is almost tender.
  - When water evaporates, add 2 tbsp olive oil, 2 tbsp tamari and shitake mushrooms.
  - Sauté 5 minutes until bok choy and mushrooms are tender and set aside.
  - Divide cooked rice between 2 rice bowls and drizzle them both with Tahini Sauce, olive oil and tamari sauce (2 tbsp each of the latter two).
  - Place sautéed bok choy and shitake mushrooms on rice, and top with sprouts, hemp seeds, and chickpeas. Garnish with lemon wedges and serve.

#### Crunchy Spinach Salad

- Baby spinach
- toasted almonds
- mandarin orange slices
- red onions
- Feta or goat cheese
- citrus vinaigrette
- topped with crunchy noodles

#### Spicy Sicilian Orange Salad

- 1 navel oranges
- 3 tablespoons honey
- 3-5 tablespoons balsamic vinegar
- 2-3 tablespoon olive oil
- 1 tablespoon Dijon mustard
- ¼ teaspoon cayenne pepper
- Romaine lettuce, or baby spinach
- 1 medium red onion, and any other veggies desired, halved and thinly sliced
- ¼ cup pitted green olives, slivered (optional)
  1. Cut orange into segments.
  2. Whisk honey, vinegar, mustard, oil, and cayenne into orange juice until well combined. Add orange segments, lettuce or spinach, onion, veggies and olives, and toss to combine.

#### Teriyaki Broiled Chicken Salad

- 3 tablespoons soy sauce
- 2 tablespoons vinegar
- 2 teaspoons dark sesame oil
- 2 teaspoons Dijon mustard
- 1/2 teaspoon ground ginger
- 1 pound skinless, boneless chicken breasts
- 1 pound asparagus, cut on the diagonal into 2-inch pieces
- 2 red bell peppers, cut into thin strips
- 3 scallions, cut into matchstick strips
- 4 cups torn Boston lettuce
  1. Preheat broiler. In large serving bowl, combine soy sauce, vinegar, sesame oil, mustard, and ginger.
  2. Coat chicken with 2 tablespoons of soy mixture and broil 6 inches from heat, turning once, for 8 minutes, or until browned and cooked through. Let chicken cool slightly, then cut crosswise into 1/2-inch-wide strips. Set aside.
  3. Meanwhile, steam asparagus for 3-5 minutes, until crisp-tender. Add to soy sauce mixture in serving

- bowl. Add bell peppers to steam pot and cook for 1 minute to soften. Add to bowl with asparagus.
4. Add chicken, scallions, and lettuce to serving bowl, tossing well to combine. Serve salad warm or at room temperature.

2. Add bell pepper and rice, stirring to coat. Stir in 2 cups water, lemon juice, and salt and bring to a boil. Reduce to a simmer, cover, and cook 15 minutes for basmati rice or 35 for brown rice.
3. Add chickpeas and cook three minutes to heat through. Stir in cilantro and toasted almonds at serving time.
4. Can add soy sauce or black bean sauce or other sauce for taste.

Basmati Rice, Chick-Peas & Toasted Almonds

- 2 teaspoons olive oil
  - 1 large onion, finely chopped
  - 3 cloves garlic, finely chopped
  - 1 large red bell pepper, cut into 1/2-inch pieces (can substitute other veggies here)
  - 1 cup basmati rice or brown rice
  - 1-1/2 teaspoons lemon juice
  - 3/4 teaspoon salt (celtic or sea)
  - 1 can (19 ounces) chick-peas, rinsed and drained
  - 1/3 cup chopped cilantro
  - 1/4 cup sliced almonds, toasted
1. In a large saucepan, heat oil over low heat. Add onion and garlic and cook, stirring frequently, seven minutes or until tender.

Chicken and Bean Salad

- 2 chicken breasts, cooked and chopped
- 1 can of mixed beans (kidney, chickpeas etc) drained and rinsed
- 1 large tomato diced
- 1 onion chopped
- 1 can corn
- 1 can green beans
- 1/2 C parsley or coriander chopped (optional)

Dressing

- 1/4 C balsamic vinaigrette
  - 1/8 C olive oil
- Toss all ingredients into bowl and mix in dressing. Serve cold

**Dinner**

Black bean garlic stir-fry

- 4 cloves garlic minced
  - Chopped vegetables (cabbage, celery, carrots, green beans, onions, etc)
  - 1 pack firm tofu
  - Chives and parsley to taste
  - 2 cups cooked black beans
  - 4 C cooked rice
1. Sauté garlic in a wok or large skillet.
  2. Add chopped vegetables and sauté until soft.
  3. Add tofu, chives and parsley and black beans and cook until heated thoroughly.
  4. Serve over rice or quinoa.

- 2 tbsp butter in pan
  - 3 cloves onion minced
  - 3/4 inch of ginger
  - 1 onion
  - Cook above 3 ingredients over med-high heat (avoid crisping)
  - Stir in 3 chopped tomatoes until mushy
  - Add 2 tbsp curry paste
  - 1 C water
  - 1 C yoghurt
1. Add Chicken and cilantro (handful)
  2. Bring to boil then simmer for 1/2 hr to 45 min.
  3. Add red chilly

Dipping sauce:

- 1 cup yoghurt, a handful of cilantro and 1/2 a cucumber mixed together.

Curry chicken

#### Baked Herbed Halibut Steak

- 4 (8 oz) Halibut Steaks
- 2 tbsp olive oil
- 1 tbsp green onions (chopped)
- 1 tbsp parsley (chopped)
- 1 tbsp fresh basil (chopped)
- 1 tsp fresh thyme (chopped)
- ½ tsp salt
- ½ pepper
- 2 tbsp lemon juice
  - Preheat oven to 425 F.
  - Wipe fish with dry towel and arrange in baking dish.
  - Brush with oil and sprinkle with salt and pepper.
  - Mix onions, parsley and chopped herbs together in small bowl.
  - Sprinkle mixture over fish along with lemon juice.
  - Bake, uncovered, for 10-12 minutes or until JUST done. Be careful not to overcook.

#### Lentil Dahl

- 1 tbsp olive oil
- 1 onion (diced)
- ½ cup carrots (diced)
- ½ cup celery (diced)
- 2 garlic cloves (minced)
- 2 tsp peeled ginger (minced)
- 1-2 tsp curry powder
- ½ tsp cumin powder
- 2 ½ cups homemade vegetable stock or water
- 1 cup green lentils (rinsed)
- ½ tsp pepper
- salt to taste
  - Sauté onions, carrots, celery, garlic and ginger in oil, over medium heat for 3-5 minutes or until they are soft.
  - Add curry and cumin and sauté for 2 minutes, stirring constantly to avoid scorching the spices.
  - Stir in stock and lentils and bring to a boil.
  - Reduce heat, cover and simmer for 45-50 minutes or until lentils are soft.
  - Add salt to taste.

#### Whole Baked Chicken

- 1 whole chicken
- Sprinkle of salt
- Sprinkle of pepper
- 2 garlic cloves (chopped)
- ½ cup olive oil
- ½ tsp thyme
  - Preheat oven to 350 F.
  - Season cavity of chicken with a sprinkle of salt, pepper and both garlic cloves.
  - Brush the outside of the chicken with oil and season with salt, pepper and thyme.
  - Position chicken on baking sheet and place on middle shelf of oven.
  - Bake chicken for 1 ½ hours or until cooked. To test if chicken is done, pierce thigh or breast with skewer. If juice runs clear, the chicken is cooked.
  - You can also add vegetables to this dish by placing them around the chicken before baking. Good choices are yams, carrots, parsnips, and onions.

#### Sesame Chicken

- Chicken breast
- 2 tbsp low sodium soy sauce
- 1 tbsp almond butter or peanut butter
- 2 tsp sesame oil
- Lime or lemon juice
- 4 tbsp sesame seeds 1/8 tsp pepper
- Olive oil
  1. Preheat oven to 350 degrees
  2. Combine soy sauce, almond butter, lemon juice and oil.
  3. Blend until smooth
  4. Then coat each piece of chicken in sauce
  5. sprinkle sesame seeds over chicken
  6. cook for 20 min or until white all the way through

#### Salmon Filet with Dijon sauce

- salmon
- 2 tbsp Dijon mustard
- 2 tbsp fresh lemon juice
- 1 tbsp thyme

- 1 tbsp rosemary
- 1 tsp oregano
- ½ tsp black pepper
- 1 small onion, thinly sliced
- 2 tomatoes, thinly sliced
  1. Whisk together mustard, lemon juice, spices,
  2. Coat salmon and marinate for 15 min
  3. preheat oven to 450 degrees
  4. Place salmon into pan and sprinkle tomatoes and onion on top of salmon.

#### Quinoa Pilaf

- 1 C Quinoa
- ½ C red lentils or kidney beans
- ¼ C chopped parsley
- 3 C water
  1. Combine all ingredients in a medium saucepan on high heat. When quinoa comes to a boil, lower head and simmer for 20 min.
  2. Option: this mixture can be eaten warm as is or cold as a salad with added chopped vegetables.

#### Quinoa Salad

- Serve on as a side with fish or chicken.  
 1 1/2 cups uncooked quinoa, rinsed well and drained  
 1 tsp salt  
 1 cup tightly packed basil leaves, finely chopped  
 ½ cup red peppers
- ½ cup green peppers  
 ½ cup finely diced red onion  
 1 1/2 tbsp. olive oil  
 3-5 tbsp fresh lemon juice (1 to 2 lemons)
- In a medium saucepan, combine quinoa, salt and 3 cups of water. Bring to a boil over high heat. Cover, reduce heat to low and simmer 12 minutes. Drain quinoa mixture and transfer to large serving bowl. Toss well, fluffing with fork. Set aside to cool to room temperature. Add basil, peppers, and onion. Stir in oil and enough lemon juice to give salad a distinct lemony edge. Season with salt to taste, garnish with a few whole basil leaves and serve.

#### Brown Rice Pilaf

- 1/2 cup chopped onion
- 1 clove minced garlic
- 1/4 cup finely chopped green pepper
- 1 carrot finely chopped 1 celery stalk finely chopped
- 1 tbsp olive oil
- 2 tbsp fresh parsley
- 3 cups cooked short grain brown rice
- Salt and pepper to taste
  - In a skillet over medium low heat, add oil. Cook chopped onion for 3-4 minutes until onion is translucent. Add garlic and stir. Add veggies and cook for 6 minutes or until soft. Add remaining ingredients; cook until hot and lightly browned, stirring occasionally.

#### Sweet potato French fries

- Cut sweet potatoes into french fry wedges
- Drizzle with olive oil
- Sprinkle french fries with oregano
- Sprinkle garlic powder or fresh garlic minced over potatoes
- Cook at 400 degrees for 40 min or until crisp

#### Rice cake snack

- There are organic rice cakes available at health food stores that have no added preservatives, salt etc.
- You can add almond butter or any other nut butter to them (avoid peanut butter). It is best to go with the health food store variety of nut butter as they are not hydrogenated. You will know that it is NOT hydrogenated if there is still a layer of oil on top of the nut butter. As a variation you can also spread home-made hummous or a chopped up avocado with some egg.

#### Home-made hummous

- Note: hummous can also be bought at the grocery store or health food store. Just be sure that there are no added preservatives (usually found at the health food store)
- 2 cups chick peas, [soaked and cooked](#) or canned, drained and rinsed
- 3 cloves garlic, minced
- 3 tbsp lemon juice
- ¼ c water

- 3 Tbsp tahini (sesame paste)
- ½ to 1 tsp cumin
- ½ tsp paprika
  - Place the cooked chick peas in the food processor along with the garlic, lemon juice, and water. Process for about a minute, until smooth. If too thick, add more water.
  - Stir in the tahini and spices, taste, and add more lemon juice/tahini/cumin/paprika as appropriate.

### **Treats and Other Snack Ideas**

#### Apple/ Pear Crisp

- 5 cups of chopped apples or pears
- 3 C oats
- 3 tbsp margarine
- 2 tsp cinnamon
- ¼ C maple syrup
- 1/3 cup cashews (optional)
  1. Preheat oven for 375 degrees
  2. Cut fruit into slices and place into cooking pan for oven.
  3. Mix oats, margarine, cinnamon, maple syrup in a large bowl until all ingredients mixed together.
  4. Pour over fruit
  5. Sprinkle cinnamon over top and drizzle some maple syrup
  6. Bake for 30 min or until fruit soft and crisp on top
- 1C sesame tahini
- 2 tablespoons light honey
- 2/3 currants
- 2/3 C minced or ground pistachio nuts, lightly
- 1/3 cup sesame seeds
  1. Combine the tahini, honey and salt in a medium sized bowl, and use a fork or the back of a spoon to mix and /or mash them together until reasonably well blended.
  2. Add the currants and pistachio nuts, mashing them in as best you can. The mixture will be a little stiff.
  3. Place the sesame seeds on a plate. Use your hands (wetting them if necessary) to form the mixture into 1 inch balls, then roll each ball in the sesame seeds until thoroughly coated.
  4. Place the coated nuggets in the fridge in a tight fitted container. They can be stored in fridge or freezer

#### Rice Pudding

- 1 C cooked rice (Recipe can be made with leftover rice or uncooked rice.)
  - 1 C rice milk
  - 1tbsp protein powder
  - 1 tbsp maple syrup
  - 1 tsp vanilla
  - ½ C raisins
- Option A: with cooked rice:
1. Place cooked rice in a pan with rice milk. Heat on medium heat until most or all of the rice milk has been absorbed.
  2. Remove pan from heat and add maple syrup, vanilla and raisins. If the consistency is too hard add more rice milk and return to stove.
- Option B: with uncooked rice
1. To make this recipe with uncooked rice, add 1 C uncooked rice with 2 cups rice milk and 1 C water. Cook covered until all liquid has been absorbed.
  2. Then add maple syrup, vanilla and raisins.

#### Wheat Free Banana chocolate chip Muffins

##### Ingredients:

- 3 bananas
- 2 eggs
- 1/2 cup sugar (optional)
- 1/2 cup creamy peanut butter (or almond butter or ¼ C apple sauce )
- 1 ¾ cups white rice flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/3 cup butter or shortening (melted)
- 1/2 cup buttermilk\*
- 1/2 cup chocolate chips\*
- 1 tbsp. Xanthem gum (optional)

\* If dairy products are a problem, substitute 1/2 cup rice milk mixed with one teaspoon lemon juice for buttermilk, and use dairy-free chocolate chips or carob chips.

##### Directions:

- Preheat oven to 350 degrees.
- Mix first four ingredients in a food processor. Blend for one minute.
- Combine dry ingredients in a mixing bowl.

#### Pistachio –Currant Halvah Nuggets

Yield: 2 dozen nuggets

Prep time: 10 min.

- When thoroughly mixed, add to food processor, along with the butter and milk. Blend well.
- Add the chocolate chips, and press "pulse" once or twice.
- Ladle the batter into muffin tins lined with papers, filling each paper to the top.
- Bake for about 12 minutes, or until muffins are firm to the touch.

#### Date Bars

These easy, wheat, dairy, sugar free bars are full of fiber and nutrients. .

Yield: 24 bars

- 3 cups chopped pitted dates
- 1 tsp vanilla extract
- 1 cup almonds or walnuts (optional)
- 3 cups rolled oats
- 1 cup (whole wheat), barley, or rice flour
- 1/2 cup flavorless oil (grapeseed, safflower, etc.)
- 3 tablespoons maple or brown rice syrup
- 1/4 cup water

#### Directions:

1. Place chopped dates in sauce pan. Pour over just enough water to cover. Add vanilla extract. Bring to boil and simmer for 15 minutes, or until thick paste.
2. Preheat oven to 350 degrees. Oil a 9 x 13-inch baking dish. Place oats and nuts in food processor or blender and grind to a coarse meal. Mix flour and oat mix in a bowl. Add oil, sweetener, and water over top. Mix until combined. Dough should be slightly crumbly but hold together when pressed in your hand. Add more water if too dry. Add flour if too sticky.
3. Press 2/3 to 3/4 of dough into bottom of prepared pan to form a crust about 1/4-inch thick. Remove remaining dough to a bowl and reserve for topping. Place date mixture with water into food processor and puree. Spread date filling over bottom crust. Sprinkle remaining dough over top and press into date filling. Bake 30 to 35 minutes until edges are golden. Cool before cutting into squares.

#### Bliss Bars

##### Ingredients:

- 1/2 C Brown Rice Syrup
- 2 tbsp Honey

- 1/4 C Raw Nut Butter (almond or peanut)
- 1 C Cereal Flakes (millet puffs, kamut, buckwheat or rice krispies)
- 1 C Rolled Grains (oats, kamut or spelt)
- 3/4 C Dried Fruit (raisins, chopped dates, apricots, cranberries, blueberries, cherries)
- 3/4 C Raw Nuts/Seeds (almonds, cashews, sunflower seeds, pumpkin seeds, flax, sesame)
- 1 tsp Cinnamon
- 1 tsp Vanilla 1 tsp (optional)

##### Instructions:

1. Gently heat syrup, honey, nut butter in large sauce pan until melted
2. Stir in remaining ingredients and then pat lovingly into a 8 in by 8 in pan
3. Refrigerate at least 1 hour

#### Chocolate Silk Torte



This is quite possibly the tastiest dessert I have ever come across. It's the perfect blend of spice and chocolate along with silky texture and sustenance. It's dairy free, wheat free, has no processed sugars and is packed full of protein. Sweetened with nature's own dates, this is a crowd pleaser that takes minutes, literally minutes to make and is appropriate for those wanting a healthy dessert alternative. Enjoy!

#### Chocolate Silk Torte

##### Filling:

- 2 packages of silken tofu
- 1/2 cup chocolate soy milk
- 1/2 cup packed pitted dates
- 2/3 cup cocoa powder
- 4 tbsp melted coconut oil
- 2 tsp pure vanilla
- 1 tsp orange zest

##### Crust:

- 1/2 cup unsweetened flaked coconut



½ cup ground almonds  
¾ cup spelt flour  
½ tsp fresh ground nutmeg  
1 tsp ground cinnamon  
2 tbsp coconut oil  
¼ cup pitted dates

Directions:

Blend crust ingredients together in a food processor. Roll into a ball and press into a 9" round spring form pan and chill. Next blend filling ingredients in your rinsed food processor. You may wish to do this in 2 installments. Pour on crust and refrigerate until firm. Garnish with berries and mint leaves. Serves 12.