



Healthy Balanced Detox Diet



49 Delicious Recipes

So good you won't believe you're detoxing!



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This book is intended to support health and celebrate your journey. It is intended to be part of a complete program of self-guided information on healthy, safe detoxification using nutrition and other common dietary changes.

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Introduction

Many people hear the word “detoxification” and think of endless days of watery thin soups, staggering amounts of liquid meals and nonstop juicing and blending.

Getting healthy shouldn't be painful and shouldn't leave you feeling deprived.

We have put this book of delicious recipes together to show you how easy it is to nourish your body and leave you feeling satisfied.

All of the recipes in this book are vegan (no meat or dairy), sugar free and gluten free. They are also rich in fibre. Most fibre-rich foods are low in fat, which makes them a great choice for a healthy heart. But they're also packed with vitamins, minerals and naturally occurring plant chemicals called phytochemicals. All the recipes use whole, living natural foods and will support the detoxification process that your body naturally knows how to do.

All ingredients in these recipes are easy to find at your local supermarket, specialty store, or natural food store.

Use these recipes as a guideline to experiment! Be creative and make your own variations. Once you see how delicious, whole living natural food can taste without refining, processing or artificial sweeteners, you'll wonder why you haven't been eating this way all along.



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Beverages

For a rich raw chocolate treat you can enjoy any time, and especially for warming up on a cool day, try this deliciously easy hot chocolate recipe:

Ingredients:

(Use organic wherever possible)

- 1/2 cup hot water (just heated to hottest comfortable drinking temperature, not boiled)
- 1 tablespoon raw coconut butter or oil
- 1 tablespoon raw wild honey, preferably local
- 1-2 tablespoons raw almond butter
- 3 heaping tablespoons raw cacao powder
- 1/2 teaspoon raw vanilla powder or 1 teaspoon other form of vanilla
- Pinch whole sea salt

In a blender, combine the above ingredients until smooth, adjusting all to your palette's preference. This makes a concentrated chocolate sauce, which you may then dilute and enjoy with others (it would be quite a lot for one person all at once!) or save in the refrigerator for use as desired. Before serving, thin the sauce by at least half with more hot water. I usually drink this at about 1 part the above recipe to 3 or 4 parts additional hot water.

By only heating the water to hottest comfortable drinking temperature the recipe remains raw, but is still satisfyingly hot chocolatey.

Warm Cacao with Cinnamon

Ingredients:

(Use organic wherever possible)

- 1 C Almond Milk
- 1-2 T Cacao (to taste)
- 1 T Agave (or more to taste)
- Sprinkle of Cinnamon.



Combine all ingredients in a blender or with an immersion blender. The blender will thicken it nicely. Warm to 116. You can do this in the vitamix or VERY carefully on the stove. If you use the stove, you need to stop heating before it gets to temp as it will continue to heat even after the heat source is removed. You can use a candy thermometer to check temp.

Detox Teas

Green Ginger Detox Tea Recipe

Ingredients:
(Use organic wherever possible)

- 1 tablespoon dried mint
- 1 tablespoon dried parsley
- 1 teaspoon ground ginger root
- 1 teaspoon dried Burdock Root
- 2 cups – Boiling Water
- 2 tablespoons fresh lemon juice



Add the herbs to a tea strainer. Place the strainer in boiling water, cover the cup and let the tea steep for 10 minutes. Remove tea strainer from cup and stir in lemon juice. Drink and detoxify.

Zesty Lemon Detox Tea Recipe

This recipe was designed as a cleansing tea to stimulate processing of excess fats in the body, rev up circulation, and provide essential antioxidants, vitamins, and minerals—a perfect blend of nutrients. It's a great aid in undoing the effects of holiday over-indulgence. It tastes so good, you'll want to come back for seconds. Very easy to prepare.

Ingredients:
(Use organic wherever possible)

- Enough freshly-boiled water to fill your teacup or mug
- 1 tablespoon real maple syrup
- Freshly-squeezed juice of half a lemon
- Cayenne pepper to taste

Simply stir ingredients together in your mug or cup. Be careful with the cayenne: A little goes a long way.

Smoothies

Hot and Raw Cacao Power Smoothie

Ingredients:

(Use organic wherever possible)

- 2 Tbs raw cacao powder
- 1 Tbs chia seeds
- 1 Tbs sesame seeds 1/2 Tbs spirulina
- 1 Tbs goji berries
- 1-2 Tbs raw protein powder of choice
- 1 Tbs coconut oil
- stevia, agave nectar or raw honey to sweeten
- 1 1/2 cups warm to hot water

Additional options

coconut

avocado

add nutmeg, cinnamon and/or clove

ground vanilla bean

powdered super foods like maca or mesquite

Put all that greatness into a blender with warm or hot water and blend away
Pour through a strainer and Enjoy!

Green Tea Smoothie

Ingredients:

(Use organic wherever possible)

- 1 decaffeinated green or white tea bag
- 2/3 cup water
- 1/2 cup mango, cubed
- 1 wedge fresh lime juice
- 2 cups crushed ice

Heat water and brew tea. Let cool. Place cooled tea, mango, lime juice, and crushed ice in a blender and blend until thick and smooth. Adjust ice to the consistency you like best.

The fruit will naturally sweeten this smoothie but you can add any type of sweetener.

Important Tip



Green smoothies should be consumed on an empty stomach to allow the enzymes to do their best work. Combining smoothies with other foods may cause gas, bloating and indigestion. (first thing in the morning or mid afternoon between meals are best)

Smoothies

Mango Smoothie

Paired with herbal tea or hot water with lemon, this mango-and-avocado smoothie makes for a creamy and satisfying breakfast. These ingredients make two servings; share with a friend, refrigerate half for later (but not longer than 24 hours), or halve the recipe.

Ingredients:
(Use organic wherever possible)

- 1 1/4 cups soy-free almond milk
- 1/2 cup coconut water
- 2 leaves kale or Swiss chard, coarsely chopped
- 1/4 avocado
- 1/2 cup mango chunks
- 1/2 cup ice

Directions: Blend together until smooth.



Energy Smoothie

Sweet and savory at the same time, this almond-butter and peach energy smoothie is a good choice for breakfast, dinner, or both. These ingredients make two servings; share with a friend, refrigerate half for later (but not longer than 24 hours), or halve the recipe.

Ingredients:
(Use organic wherever possible)

- 1/4 cup almond butter
- 2 cardamom pods or 1 teaspoon ground cardamom
- 1 1/2 cups pure water
- 1 cup frozen peaches
- 1 to 2 teaspoons agave syrup
- 1/2 cup ice

Directions: Blend together until smooth.

Smoothies

Avocado-Apple Smoothie

Ingredients:

(Use organic wherever possible)

- 1 green apple
- 1/2 avocado
- 1 tbsp lime juice
- 1/2 – 1 cup water



Avocado-Banana Smoothie

Ingredients:

(Use organic wherever possible)

- 1/2 avocado
- 1 banana
- 1 apple
- 1 stock of celery
- 1-2 cups fresh baby spinach (or other leafy green)
- 1/2 – 1 cup water

Banana-Orange-Kale

Ingredients:

(Use organic wherever possible)

- 1 banana, peeled
- 1 orange, peeled
- 2 cups organic kale
- 1/2-3/4 cup water

Blend all ingredients in a high-speed blender until smooth and creamy. If you do not have kale on hand, you can substitute other greens such as spinach or chard using the same amount (ie: 2 cups of spinach instead of 2 cups kale).

Smoothies

Pomegranate blends well with red grapes and other berries for flavor combination. Apple, pear and even banana make a great base for a pomegranate smoothie.

Ingredients:
(Use organic wherever possible)

- 1 cup pomegranate juice
- 1 Fuji apple, cored
- 1/2 carrot
- 2 large handfuls of raw baby spinach
- Add ice to chill if desired

Blend on high until thoroughly mixed.



Green Juice Smoothie

Finish your day feeling cleansed and refreshed with a glass of green juice for dinner. These ingredients make two servings; share with a friend, refrigerate half for later (but not longer than 24 hours), or halve the recipe.

Ingredients:
(Use organic wherever possible)

- 2 green apples
- 2 stalks celery
- 1 leaf kale
- 1 leaf Swiss chard
- 1/4 cabbage
- 1 head broccoli

Breakfasts

Spiced Apple, Buckwheat, and Oat Porridge

Buckwheat, oats, and apples contain loads of soluble fiber, which increases anti-inflammatory-protein production; and Brazil nuts provide selenium, a mineral that increases natural killer cells. Soaking grains overnight allows them to cook faster and imparts a creamier texture, but you can eliminate this step if necessary; just allow for increased cooking time. This makes a big pot, so gently reheat leftovers with rice, soy or almond milk for a quick and easy breakfast.

Contains Immunity boosters: Buckwheat, oats, apples, Brazil nuts

Ingredients

(Use organic where possible)

- 1 cup raw buckwheat groats(not kasha)
- 1 cup steel cut oats
- 2 small apples, cored and chopped (peeled or unpeeled)
- 1/2 cup chopped fresh or dried figs
- 4 cups water
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1/2 cup chopped Brazil nuts
- Sweetener (maple syrup, molasses, brown rice syrup)(to taste)
- Milk (Almond, Soy or Rice to taste)



- In separate bowls, soak buckwheat and oats in water overnight.
- Drain and rinse buckwheat. Combine buckwheat, apples, and figs in a saucepan with 4 cups water and a pinch of sea salt. Bring to a boil, reduce heat, and simmer for 10 minutes
- Drain oats. Add oats, cinnamon, and ginger to buckwheat mixture and simmer for another 5 minutes, or until grains are tender. Season with salt. Sprinkle each serving with chopped Brazil nuts and season to taste with sweetener and milk.

Breakfasts

Steel Cut oatmeal

Steel cut oats have a different texture, they are chewy and a little crunchy-not mushy at all if you haven't tried steel cut oats before, here is a little background information.

Steel cut oats are unrefined whole grain groats that have been dried and cut into two to three pieces by steel, rather than being rolled. They are rich in B-vitamins, calcium, protein and fiber. They look like tiny grains of rice or chopped up nuts. You can find them in most grocery stores. I buy mine in the bulk food section.

Steel cut oats take longer to cook than rolled oats, about 30-40 minutes, but they are so worth the wait. I usually make a big batch on Sunday so I have oats during the week. I portion them out into little containers and take them to work to heat up. They taste just as good reheated. I just add a splash of rice milk and stir them up. My favorite toppings are cinnamon and raisins.

Ingredients:

(Use Organic wherever possible)

- 1 cup steel cut oats
- 3 ½ cups water
- Pinch of salt
- 1/2 cup rice milk
- 1 teaspoon vanilla extract
- Cinnamon, Raisins, sliced bananas, dried cranberries, walnuts, or whatever toppings you like

Bring the water to a boil in a large pot. Add the steel cut oats and salt. Stir.

Reduce the heat to medium low and cook for 30 minutes. Make sure you stir the oats occasionally so they don't stick to the pan.

When the oats start to thicken, at about 30 minutes, add in the milk and vanilla. I think the milk makes the oats creamier. Stir the oats, milk, and vanilla together and cook for ten more minutes.

Add in the cinnamon and raisins or whatever toppings you wish.

Serve the oats hot. If you want you can let the oats cool and then portion them out into smaller containers. To reheat, I add a splash of rice milk and reheat in the microwave for 1-2 minutes.

Note-you can use 4 cups of water and omit the rice milk

Salads

Super Fiesta Salad

Ingredients:

(Use organic wherever possible)

- 2 tomatoes, sliced
- 1 cucumber, sliced and peeled
- 1 each red, green & yellow bell pepper, chopped
- 1 small red onion, coarsely chopped
- 1 can diced green chilies
- ¼ cup fresh cilantro, chopped
- 3 Tbs. Fresh salsa (see pg ___ for recipe)
- 2 Tbs. lemon juice
- ½ Tbs. garlic, minced
- ¼ tsp. pepper
- ¼ tsp. sea salt
- ¼ tsp. ground cumin

Combine ingredients and chill for one hour.
Serve on a bed of lettuce and drizzle with
Cilantro Lime Dressing



Cilantro Lime Dressing

Ingredients:

(Use organic wherever possible)

- 1 cup fresh cilantro
- ½ cup Extra Virgin oil olive
- ¼ cup fresh lime juice
- ¼ cup fresh orange juice
- 1 tsp lime zest
- ½ tsp sea salt
- ½ tsp freshly ground black pepper
- pinch of minced garlic

Puree all ingredients in a blender or food processor until smooth.

Salads

Tropical Salad

Ingredients: (Use organic wherever possible)

- 1 avocado, cubed
 - 8 pineapple slices, cubed
 - 1 papaya or mango, cubed
 - ½ cup celery, diced
 - ½ mango or pineapple juice
- Combine all ingredients and garnish with strawberries or fresh mint leaves



Citrus, Spinach and Salmon Salad



Ingredients: (Use organic wherever possible)

- 2 tbsp white wine vinegar
- 1 tbsp lemon juice
- 1 tbsp orange juice
- 1 tsp honey
- 5 tbsp extra-virgin olive oil
- 2 6 – 8 oz wild salmon filets (fresh not farmed)
- 2 tbsp rosemary
- 1 tbsp black pepper
- 4 cups spinach leaves, torn
- ½ cup walnuts, chopped

Preheat oven to 350 F

In small bowl, whisk vinegar, lemon juice, orange juice and honey into 4 tbsp oil. Set aside.

Rub salmon with 1 tbsp oil, rosemary, and pepper. Place in baking dish.

Cover dish and bake for 20 minutes or until salmon flakes easily with fork. Allow salmon to cool and cut into chunks.

Toss salmon, spinach and walnuts together. Drizzle with vinaigrette.

Salads

Warm Chickpea Salad with Cumin & Garlic

Ingredients:

(Use organic wherever possible)

- 3 tablespoons olive oil
- 2 tablespoons whole cumin seeds
- 1/4 teaspoon dried red pepper flakes, or to taste
- 4 garlic cloves, finely minced
- 2 15-ounce cans chickpeas (garbanzo beans), rinsed and drained
- 1/2 cup oil-packed sun-dried tomatoes, drained and finely chopped
- 3/4 cup Italian parsley, leaves only
- Small handful fresh mint leaves
- 1 lemon, zested and juiced
- 3/4 pound English cucumber
- Flaky sea salt



Heat the olive oil in a heavy skillet (cast iron is nice) over medium heat. When the oil is hot, add the cumin seeds and crushed red pepper and cook over medium heat, stirring constantly, for about one minute or until the seeds are toasted. The cumin will turn slightly darker in color, and smell toasty.

Turn the heat to medium low and add the garlic. Cook, stirring frequently, for about three minutes or until the garlic is turning golden. Do not let it scorch or turn brown.

Add the drained chickpeas and the chopped tomatoes and turn the heat up to medium high. Cook, stirring frequently, until the chickpeas are warmed through and are shiny with oil. Turn off the heat.

Strip any remaining stems away from the Italian parsley. Finely mince the parsley and the mint and toss this with the chickpeas. Stir the lemon juice and zest into the chickpeas.

Peel the cucumber and cut it in half lengthwise. Scrape out (and discard) the seeds with the tip of a teaspoon or grapefruit spoon. Dice the cucumber into small, 1/2-inch square cubes.

Toss the cucumber with the chickpeas. Taste for salt. If necessary, add flaky sea salt to taste.

Refrigerate for at least an hour before eating. This salad is best after it has had a chance to sit overnight in the fridge, letting its spices and juices soak together into more than the sum of its parts. Serve slightly warm or room temperature. Really good at any temperature, actually.

Salads

Avocado Salad with Carrot-Ginger Dressing

Ingredients:

(Use organic wherever possible)

- 1 large carrot, peeled and roughly chopped
- 1 small shallot, peeled and roughly chopped
- 2 tablespoons roughly chopped fresh ginger
- 2 tablespoons sweet white miso
- 2 tablespoons rice vinegar
- 2 tablespoons toasted sesame seed oil
- 1/4 cup grapeseed or another neutral oil
- 2 tablespoons water
- 1 small/medium head of lettuce or mixed greens of your choice
- 1/4 red onion, thinly sliced
- 1 avocado, quartered



Whiz the carrots, shallot and ginger in a blender or food processor until finely chopped. Scrape down the sides, then add the miso, vinegar and sesame oil. While the machine running, slowly drizzle in the grapeseed oil and the water. Divide the lettuce among four bowls, add some of the onion and a quarter of the avocado. Drizzle with plenty of dressing and serve.

Beet and Watermelon Salad

Ingredients:

(Use organic wherever possible)

- 1 pound beets peeled and cut into 1/2 inch cubes
- 1 pound watermelon seedless or with seeds removed cut into 1/2 inch cubes
- 1 tablespoons finely chopped red onions
- 1 tablespoon olive oil
- 2 tablespoons sherry vinegar
- 1/8 teaspoon salt
- 1 dash black pepper to taste

Preheat oven to 375° . Place beets in a large bowl and spray with vegetable oil spray. Place on a sheet pan and bake until soft, about 20 minutes.

Remove beets from oven and let cool to room temperature. Toss beets with the remaining ingredients and serve or refrigerate before serving for up to 24 hours.

Salads

Salad with Avocado Dressing

Ingredients:

(Use organic wherever possible)

Dressing:

- 1 avocado, peeled, pitted and chopped
- 1 tbsp apple cider vinegar
- 1 tbsp lemon juice
- 1 – 3 garlic cloves, minced
- sea salt and pepper to taste
- ½ tsp powdered kelp
- ½ – ¾ cup water



Place all ingredients in food processor or blender and mix until smooth.
Makes 1 1 ½ cups dressing

Salad

Ingredients:

(Use organic wherever possible)

- 8 cups mixed salad greens, washed, dried and torn (use your imagination! Dandelion, mustard, romaine, arugula – the possibilities are endless)
- ½ soaked lentils
- 2 oranges, peeled and diced
- 1/3 cup sweet red onion, peeled and sliced paper thin crosswise
- ¼ cup dried cherries, cranberries or raspberries, pinenuts, pumpkin seeds

Toss salad with dressing and enjoy!

Soups

Butternut Squash and Pear Soup

Ingredients:

(Use organic wherever possible)

- 1 medium-sized butternut squash
- 1/2 cup sliced leeks
- 1 bartlett pear, peeled, seeded, and cubed
- 1 tsp curry powder
- 1 tsp powdered ginger or fresh ginger
- 1/2 tsp cinnamon
- 4 good turns on the black pepper mill
- sea salt to taste
- 2 cups vegetable broth
- 1/2 cup almond milk
- optional pomegranate seeds for garnish



Quarter and seed the squash and rub with coconut oil, salt and pepper then roast at 400 degrees until soft, about 30-40 minutes. Let cool and scoop out the flesh. (You can do this up to 3 days ahead of time.)

Saute the leeks and pear until very soft, about 5 minutes. Add the curry, cinnamon, and ginger and let them toast for a minute, then add the squash. Saute for another 5 minutes. Now, Add the vegetable broth and let it all simmer for another 20 minutes.

Puree the soup with an immersion blender or in a blender (but be careful to do it in small batches...splattering liquids are HOT!) Add the almond milk and stir.

Feel free to garnish with pomegranate seeds and a little more almond milk.

Soups

Detox Green Soup Recipe with Broccoli, Spinach and Ginger

This easy detox soup can be thin or thick, depending upon the amount of water you add. The added bonus? It cooks up fast.

Ingredients:
(Use organic wherever possible)

- 1 tablespoon olive oil
- 2 cloves of garlic, chopped
- 2 tablespoons diced onion
- 1 inch of fresh ginger, peeled and chopped
- 4 cups fresh broccoli, cut up
- 1/2 pound of fresh spinach leaves
- 3 parsnips, peeled, cored, chopped
- 2 ribs of celery, trimmed, chopped
- A handful of fresh parsley, roughly chopped
- Fresh water, as needed
- Sea salt and ground pepper, to taste
- Lemon or lime juice



Using a large soup pot, heat the olive oil over medium heat and stir in the garlic, onion, and ginger to season the oil. Add the broccoli, spinach, parsnips, celery and parsley, and stir a bit until the spinach wilts and collapses. Add just enough water to cover the vegetables. Remember the spinach will cook down quite a bit, so don't add too much water at first. You can always thin the soup later, if you need to.

Bring to a high simmer, cover the pot, and reduce the heat to a medium simmer. Cook for fifteen minutes or so until the veggies are softened.

Use an immersion blender to puree the soup.
To make this a creamy soup add a dash of Coconut Milk.

Serve with a spoonful of hot cooked rice in the center of the bowl.

Main Meals

Portobello Steaks with Spinach Salad

Ingredients:

(Use organic wherever possible)

- 4 portobello mushrooms
- $\frac{3}{4}$ cup olive oil
- 1 tbsp sea salt
- $\frac{1}{3}$ cup apple cider vinegar
- 2 cloves garlic, minced
- 1 tbsp fresh garden herbs of choice
- $\frac{1}{2}$ tsp freshly ground black powder



For the salad

Ingredients:

(Use organic wherever possible)

- $\frac{1}{4}$ cup olive oil
- $\frac{1}{4}$ cup fresh lime juice
- 2tsp lime zest
- 2 small cloves garlic, minced
- $\frac{1}{2}$ tsp sea salt
- Freshly ground black pepper to taste
- sliced red onions
- 4 – 5 cups fresh spinach or other green of choice

Coat the sliced mushrooms with a marinade made from the first 6 ingredients. Allow to sit for a couple of hours. Grill and then slice lengthwise

Make the dressing for the salad with the first six ingredients and pour over the spinach, working the liquid in with your hands to lightly wilt the leaves.

Arrange the spinach on a plate, and lay the portobello steaks on top.

Serve and enjoy!

Main Meals

Black Bean and Quinoa Burgers

Ingredients:

(Use organic wherever possible)

- 2 cups uncooked quinoa
- 2 (14 ounce) can black beans, rinsed and drained
- 1 cup red onion, grated and squeezed dry
- ½ cup fresh cilantro, chopped
- 3 tablespoons extra virgin olive oil
- 4 garlic cloves, minced
- 2 jalapeno pepper, seeded and diced
- 1 ½ teaspoon salt
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- ½ teaspoon fresh ground black pepper
- 1/3 cup dry breadcrumbs

Rinse quinoa under cool water for couple of minutes in fine sieve to remove bitterness. Put in rice cooker with just over 1 and 1/3 cups water and set to cook.

Transfer to food processor fitted with metal blade. Add beans, onion, cilantro, 1 tablespoon of oil, garlic, jalapeno, salt, chili powder, cumin and pepper. Puree until smooth.



Divide mixture in half – with one half form into meatballs and bake in 350F oven until cooked through (approx 20 minutes) Allow to cool and save for tomorrows lunch.

Using other half of mixture, form into six 1/2-inch thick patties. Place bread crumbs in shallow bowl. Press patties into crumbs, turning to coat both sides.

In non-stick skillet, heat remaining oil over medium-high heat. Cook patties in batches, turning once, for 8 minutes or until browned.

Slice patties and serve warm over salad greens dressed with carrot ginger dressing (on next page)

Main Meals

Carrot-Ginger Dressing for Black Bean and Quinoa Burgers

Ingredients:

(Use organic wherever possible)

- 1 large carrot, peeled and roughly chopped
- 1 small shallot, peeled and roughly chopped
- 2 tablespoons roughly chopped fresh ginger
- 2 tablespoons sweet white miso
- 2 tablespoons rice vinegar
- 2 tablespoons toasted sesame seed oil
- 1/4 cup grapeseed or another neutral oil
- 2 tablespoons water



Main Meals

Quinoa Risotto with Salmon and Kale

Ingredients:

(Use organic wherever possible)

- 1 Cup Quinoa
- 1 Medium Onion (diced)
- 7-8 Leaves of Kale (stems removed and cut into ribbons)
- 4-5 Garlic Cloves (finely chopped)
- 3 Tablespoons Olive Oil (divided)
- 10 Ounces Salmon (flaked)*
- 32 Ounces Organic Vegetable Stock
- Salt
- Pepper



In a 4 quart saucepan, heat 2 tablespoons of olive oil over medium high heat. When oil is shimmering, add diced onion. Saute onion until transparent. Add quinoa to onion mixture and stir, to toast, for 2 minutes. Add 1 cup of vegetable stock to quinoa and onions.

Continue stirring until stock is absorbed. Add remaining stock in 1/2 cup intervals, stirring until all stock is absorbed. Remove from heat.

While preparing the onion quinoa mixture, heat 1 tablespoon of oil in a saute pan with chopped garlic (over medium high heat). Once garlic is sizzling, add chopped kale to the pan. Turn kale to coat with oil and garlic. Turn kale mixture until fragrant (approximately 2 minutes). Remove kale mixture from heat.

Once quinoa is complete, add kale and salmon. Stir to combine and add salt and pepper to taste.

*Cook salmon in one of three ways – bake in 350F oven or grill until salmon can be flaked. You can also poach the salmon. To poach fill a 4 quart saucepan with water and put salmon file into the water. Place saucepan over high heat until water boils. Once water boils, remove pan from heat and let sit for 10 minutes. Remove fish from water and flake.

Main Meals

Indian Rice & Dal

Dal is a meal regularly eaten with rice and vegetables in Southern India, and with both rice and roti (wheat-based flat bread) throughout Northern India and Pakistan. Dal is a ready source of proteins for a balanced diet containing little or no meat.

This dish has now become a family favourite.



Ingredients:

(Use organic wherever possible)

- 3 cups water
- 1 cup red lentils
- 1 onion, diced
- 2 cloves garlic, minced
- 3/4 teaspoon turmeric
- 3/4 teaspoon ground cumin
- 1/2 teaspoon ground ginger
- 1 tablespoon curry powder
- a sprinkle or two sea salt
- 1 jalapeno pepper, finely minced
- a handful chopped cilantro
- a handful of chopped fresh spinach (add just before serving)
- 2 plum tomatoes chopped(optional)

continued on next page

Main Meals

Rice:

Ingredients:

(Use organic wherever possible)

- 2 tablespoons coconut oil
- 1 onion, minced
- 2 or 3 cloves garlic, minced
- 1 cup brown rice
- 2 cups water
- a sprinkle or two sea salt and freshly ground pepper
-

Make the dal first because the lentils take longer to cook than the rice. Place the water, lentils, onion, garlic, curry powder and salt in a saucepan with a tight-fitting lid. Bring everything to a simmer over medium-high heat and then reduce the heat to low—just enough to maintain the simmer. Cover and continue cooking for 30 minutes or so.

While the dal cooks, make the rice. Heat the coconut oil in another small saucepan with a tight-fitting lid. Add the onion and garlic and sauté for a few minutes until they just begin to turn golden brown. Add the rice and continue cooking for a few minutes longer, stirring constantly.

Add the water and bring it to a simmer. Season the works, cover and cook over low heat until the water is absorbed and the rice is tender, about 15 minutes. Let stand for 5 minutes or so before serving.

After the dal has simmered for 30 minutes or so, remove the lid and stir. Continue simmering, partially covered, until the lentils break down into a thick purée, another 10 minutes or so. Taste and add a bit more salt if you like. Stir in the jalapeño pepper, cilantro, spinach and tomatoes (if desired) and serve immediately over the rice.

Main Meals

Cajun Beans And Rice

Ingredients:

(Use organic wherever possible)

- 1 lb. dried Pinto Beans
- 1 cup Green Onions (chopped)
- 2 cups Yellow Onion (chopped)
- ½ tsp. Garlic (minced)
- ¼ tsp. Oregano
- ¼ tsp. Garlic Powder
- ¾ tsp. Black Pepper
- ½ tsp. Celtic Sea Salt
- ¼ tsp. Red Cayenne Pepper
- 1 oz. Braggs Liquid Aminos
- 6 cups cooked Brown Rice
- 6 oz. Tomato Paste
- ¼ tsp. Thyme
- 1 tsp. Celery Flakes



Wash beans. Soak 12 hours, Drain water. Fill large pot with beans, add water about ½" above beans.

Add remaining ingredients. Cover. Cook over low heat for 2 ½ hours.

Serve over cooked brown rice.

Main Meals

Harvest Casserole

Ingredients:

(Use organic wherever possible)

- 1 each med Green and Red Pepper, cut into 1" strips
- 2 large Onions, cut and separated into rings $\frac{3}{4}$ " thick
- 1 cup Quinoa, partially cooked (save 1 cup water)
- 1 cup Quinoa Water (saved above)
- 4 Tbs. Vegetable Broth mix
- 2 med. Zucchini cut into 1 1/2inch chunks
- 2 large Tomatoes, peeled and quartered
- 3 med. Carrots, cut into chunks
- $\frac{1}{2}$ head Cauliflower florets
- 1 lb. Green Beans, snapped in half
- 2 cloves Garlic, crushed
- 1 tsp. Paprika
- $\frac{1}{4}$ cup Parsley, chopped
- 1 Tbs. sea Salt
- $\frac{1}{4}$ tsp. Black Pepper
- 1 cup Daiya cheese



Steam-fry green peppers and onion. In a casserole dish combine all ingredients, sprinkling Daiya over top and cover.

Bake at 350 degrees for 1 hour.

Quinoa should be tender.

Main Meals

Veggie Pad Thai

Ingredients:

(Use organic wherever possible)

- 1 package extra firm tofu
- 3 Tbs. almond butter
- 1/3 cup lime juice or lemon juice
- 1/3 cup Bragg's Liquid Aminos
- 1/2 teaspoon red pepper flakes
- 1 small onion (chopped)
- 1 small bunch green onions (chopped)
- 2 cups of mixed vegetables (steamed or stir)
- 8 oz. rice noodles
- 2 cups bean sprouts
- 3/4 tsp. garlic powder
- 1" piece of fresh ginger (minced)
- 2 Tbs. sesame oil
- Sliced lemons
- Water as needed



Prepare rice noodles. Drain and set aside. Squeeze tofu until completely dry. Cut tofu in 1/4" to 1/2" squares. Set aside. Mix almond butter, lime or lemon juice, Bragg's Liquid Aminos and red pepper flakes. Set aside. Stir-fry garlic and tofu in 1 tablespoon of sesame oil in a wok, until garlic and tofu slightly turn brown. Add in remaining oil, ginger, and onions. Stir-fry for two minutes. Add in vegetables and almond mixture. Stir-fry until all vegetables are covered in almond mixture. Add in noodles and bean sprouts. Stir-fry until sauce thickens and vegetables and noodles are hot. Use sliced lemons for garnish.

Main Meals

Vegetarian Chili

Ingredients:

(Use organic wherever possible)

- 1 tablespoon oil (coconut, grapeseed, or sunflower)
- 3 cloves garlic, minced
- 1 cup chopped onion
- 1 cup chopped carrots
- 1 cup chopped green bell pepper
- 1 cup chopped red bell pepper
- 2 tablespoons chili powder
- 1 1/2 cups chopped fresh mushrooms
- 1 (28 ounce) can whole peeled tomatoes with liquid, chopped
- 1 (15 ounce) can black beans, undrained
- 1 (15 ounce) can kidney beans, undrained
- 1 (15 ounce) can pinto beans, undrained
- 1 tablespoon cumin
- 1 1/2 tablespoons dried oregano
- 1 1/2 tablespoons dried basil
- 1/2 tablespoon garlic powder



Heat the oil in a large pot over medium heat. Cook and stir the garlic, onion, and carrots in the pot until tender. Mix in the green bell pepper and red bell pepper. Season with chili powder. Continue cooking 5 minutes, or until peppers are tender.

Mix the mushrooms into the pot. Stir in the tomatoes with liquid, black beans with liquid, kidney beans with liquid, and pinto beans with liquid. Season with cumin, oregano, basil, and garlic powder. Bring to a boil. Reduce heat to medium, cover, and cook 20 minutes, stirring occasionally.

Main Meals

Butternut Squash Ravioli with Sage Sauce

Ingredients:

(Use organic wherever possible)

- 2 cups Butternut Squash (fresh cooked or thawed from frozen)
- 2 tbsp vegan butter (I use Earth Balance)
- ½ cup panko breadcrumbs
- ½ vegan Parmesan cheese, grated
- Salt and pepper, to taste
- Rice paper wrappers, cut into squares
- 1 bunch fresh sage, stems removed



Cut butternut squash in half and bake in 350F oven until soft and mashable. Scoop out 2 cups of squash and cool. Place the squash and 1 tbsp vegan butter in food processor or blender until smooth.

Transfer to bowl, and stir in breadcrumbs, vegan cheese, and salt and pepper to taste.

Place 1 tbsp of the squash mixture into the centre of each rice paper wrapper. Brush the edges of the wrapper with water and fold one corner over to create a triangle. Press on edges to seal tightly.

Bring a large pot of water to a boil over high heat. Add the ravioli and cook 4 – 5 minutes. Remove with a slotted spoon.

While boiling ravioli, melt the remaining Vegan butter in a large skillet over medium heat. Add the sage and cook 3 minutes. Remove from heat and toss with the ravioli before serving.

Garden Wraps

Instead of using bread products to make wraps, use collard greens, rice paper wraps, or lettuce leaves. Fresh guacamole or hummus makes a nice spread.

Layer your favourite vegetables, finely sliced or julienned. Layer the vegetables and then roll up like a burrito.

Main Meals

My dear friend Moragh shared this delicious recipe with me, and it has become a meal time favourite in our house -

Crispy Fried Tofu

Ingredients:

(Use organic wherever possible)

- 16 oz extra firm tofu
- 2 T light tamari or soy sauce
- 1/4-1/3 cup Nutritional yeast
- 1 t Spike or other dehydrated vegetable seasoning/salt
- 1/2 tsp of your favourite spice - curry, chili etc.
- dash of cayenne if you like it hot
- coconut oil or canola oil

Cut tofu into 1/4 inch x 2 " slices. Pour tamari into flat bottomed dish. In a bowl, combine yeast, Spike and spices. Dip tofu slices first into tamari (or you can marinate in tamari for 2-3 minutes max) then yeast mixture to coat all sides. Pan fry in oil over med-med/hi heat 2-3 minutes or until crispy brown. Turn and repeat. Alternatively, place tofu on a lightly oiled or nonstick baking sheet and bake in 350 degree C oven for 10 minutes, or until tofu just begins to brown.

Seaweed Nori Wraps

Ingredients

(Use Organic Wherever Possible)

- 8 whole nori sheets or large lettuce leaves
- 1 cup guacamole (see recipe, page 34)
- 1 cup grated carrot
- 1/2 cucumber, cut in half horizontally, seeded, and sliced into 1/4-inch slices
- 1 cup sprouts (alfalfa, broccoli, or mung bean)
- 1 package (14 ounces) firm tofu, cut in 1-inch strips, sautéed, and cooled

Place one nori sheet, shiny side down, on a clean, dry surface. If using lettuce leaves instead, wash and dry whole leaves and cut off the bottom 1-inch of stem. Drop 2 tablespoons of guacamole onto the nori sheet or lettuce leaf. Spread guacamole across the sheet using the back of a spoon, being careful not to tear the sheet or leaf. Spread 2 tbsps each of the carrot, cucumber, and sprouts across the guacamole. Lay 2 tbsps tofu across the vegetables and roll up the nori or lettuce leaf like a burrito, gently rolling one side over until the wrap is complete.



Vegetables/Dips

Roasted Vegetables

There is something about the smell of roasting vegetables that brings me instant comfort. You know when you step into someone's home and smell roasting garlic, herbs and veggies, that someone has taken the time to lovingly prepare a dish for you. It's the smell of family and friendship; A sign that you are in for a great evening with people who care about you. This recipe can be made the day before, left to marinate in the fridge overnight, and put into the oven before the guests arrive. It's quick, fuss free, and it will fill the house with delicious aromas and happy memories.

Ingredients:

(Use organic wherever possible)

- 2 turnips, peeled and cubed
- 1 large rutabaga (about the size of an acorn squash), peeled and cubed
- 1 lb of baby potatoes, halved

For the vinaigrette:

- ½ cup olive oil
- 5 cloves garlic, peeled
- 1 tsp curry powder
- 1 tbsp fresh rosemary
- 1 tsp basil
- 1 tsp oregano
- Juice of one lemon
- 1 tbsp miso paste
- ½ cup water
- 1 tsp apple cider vinegar
- Salt and pepper to taste



Preheat oven to 400 degrees

Place all ingredients for the vinaigrette in the blender. Blend well till all ingredients are combined.

Place potatoes, rutabaga and turnips in a large casserole or baking dish. Cover with vinaigrette and toss with a wooden spoon until all the vegetables are dressed.

Cover the vegetables with tinfoil and place the dish in the oven.

Cook for 45 minutes, covered. Stir vegetables occasionally.

Remove the tinfoil for last 15 minutes of cooking, so the vegetables caramelize and brown up.

Vegetables/Dips

Vegan Pesto

This vegan pesto is big on taste, zero on dairy. The nuts you choose influence the taste.



Ingredients:

(Use organic wherever possible)

- 2 cups, washed, loosely packed stemmed fresh herbs- basil, cilantro, parsley, mint
- 1/2 cup shelled pecans or walnuts
- 2 cloves fresh garlic
- 1/4 to 1/2 cup good tasting extra virgin olive oil, as needed
- Sea salt, to taste

Combine the fresh herbs of your choice, nuts, and garlic in a food processor and process the mixture until it turns into a coarse meal. Slowly add extra virgin olive oil in a steady drizzle as you pulse the processor on and off. Process until it becomes a smooth, light paste. Add enough olive oil to keep it moist and spreadable. Season with sea salt, to taste.

Cover and store chilled for at least an hour to saturate the flavors. I like to pour a thin layer of extra virgin olive oil over the top to help keep it bright green. Makes roughly a rounded cup.

Tahini Sauce

Ingredients:

(Use organic wherever possible)

- 1/2 cup tahini paste
- 1 lemon (juiced)
- water
- 1 garlic clove (minced)
- 1 tbsp parsley (minced)
- 1/4 tsp ground cumin
- sea salt and pepper to taste

Whisk together 1/2 cup tahini paste and the juice of 1 lemon until you have a very thick consistency. Add water to thin it out to the consistency of loose cream and mix in garlic, 2 tbsp minced parsley, 1/4 tsp ground cumin, and sea salt and pepper to taste. Enjoy!

Vegetables/Dips

Here's a spicy twist on traditional hummus!

Southwestern Pumpkin Hummus

Ingredients:

(Use organic wherever possible)

- 6 to 8 cloves garlic, peeled
- 1/4 cup (60 mL) each: cilantro leaves, fresh lime juice, tahini (sesame seed paste)
- 2 tbsp (30 mL) olive oil + more for drizzling
- 2 cups (500 mL) canned pure pumpkin
- 1 tbsp (15 mL) ground cumin
- 1 tsp (5 mL) each: kosher salt, chipotle chili powder
- Pepitas (green pumpkin seeds) (optional)



In food processor, pulse garlic until finely chopped. Add cilantro, lime, tahini, 2 tbsp (30 mL) oil, pumpkin, cumin, salt and chili powder. Purée until smooth.

Transfer to serving bowl. If desired, garnish with pepitas and drizzle with oil.

Refrigerate in covered container. Makes about 2-1/4 cups (560 mL).

Kale Chips

Ingredients:

(Use organic wherever possible)

- 1 bunch of kale
- 1/2 tsp olive oil-packed 1 1/2 tsp tamari or soy sauce
- 1/2 cup of nutritional yeast



Preheat oven to 350 F and line baking sheets with parchment paper, or foil.

Remove and discard the centre core from each kale leaf. Tear the leaves into bite-sized pieces and toss in a large bowl with nutritional yeast, olive oil and tamari or soy sauce.

Distribute the kale evenly over the two sheets and bake for 15 minutes, rotating sheets halfway through. Sprinkle the kale with sea salt after removing from the oven.

Experiment with different flavours such as cayenne, lemon juice, maple syrup, etc.

Vegetables/Dips

On my very first trip to Mexico I fell in love with the freshness of guacamole and salsa. I asked the server how it was made, and he kindly gave me the ingredients and directions which I'm sharing here with you. After tasting the freshness in this salsa, you will never want to purchase commercial salsa again. The trick to making perfect guacamole is using good, ripe avocados.

Perfect Guacamole

Ingredients:

(Use Organic wherever possible)

- 2 ripe avocados
- 1/2 red onion, minced (about 1/2 cup)
- 1-2 serrano chiles, stems and seeds removed, minced
- 2 tablespoons cilantro leaves, finely chopped
- 1 tablespoon of fresh lime or lemon juice
- 1/2 teaspoon coarse salt
- A dash of freshly grated black pepper
- 1/2 ripe tomato, seeds and pulp removed, chopped



Cut avocados in half. Remove seed. Scoop out avocado from the peel, put in a mixing bowl.

Using a fork, mash the avocado. Add the chopped onion, cilantro, lime or lemon, salt and pepper and mash some more. Chili peppers vary individually in their hotness. So, start with a half of one chili pepper and add to the guacamole to your desired degree of hotness. Be careful handling the peppers; wash your hands thoroughly after handling and do not touch your eyes or the area near your eyes with your hands for several hours.

Keep the tomatoes separate until ready to serve.

Remember that much of this is done to taste because of the variability in the fresh ingredients. Start with this recipe and adjust to your taste.

Cover with plastic wrap directly on the surface of the guacamole to prevent oxidation from the air reaching it. Refrigerate until ready. Just before serving, add the chopped tomato to the guacamole and mix.

Vegetables/Dips

Salsa Fresca

Ingredients:
(Use Organic wherever possible)

- 1 pound ripe tomatoes, chopped
- ¼ cup chopped red onion
- ¼ cup (loosely packed) fresh cilantro leaves, chopped
- 2 tablespoons fresh lime juice
- 1 jalapeño chile, seeded and minced
- ½ teaspoons salt
- ⅛ teaspoons coarsely ground black pepper

In medium bowl, gently stir tomatoes with onion, cilantro, lime juice, jalapeño, salt, and pepper. Cover and refrigerate at least 1 hour to blend flavors, or up to 8 hours. Drain before serving if chilled longer than 1 hour.



Treats

Energy Bars

Procedure:

Follow this procedure for all the energy bars until otherwise specified.

- Place all ingredients in a food processor until desired texture is reached – for uniformly smooth bars you want to process for longer, and if you like the chunky texture process less.
- Remove mixture from processor and put on a clean surface.
- There are 2 ways to shape the bars: actual balls or bar shape.
- To shape into balls, use a tablespoon to scoop the mixture (approx 3-4 tablespoons) and roll between the palms of your hands
- To shape into a bar, flatten the mixture on the clean surface with your hands. Place plastic wrap over top and with a rolling pin, roll mixture to desired bar thickness. Cut into bars. Alternatively, form mixture into a brick and cut like sliced bread.
- As the bars dry they become easier to handle. The moisture content of berries and dates vary so if the mixture is too moist to form a solid bar, add more of the dry ingredients. If too dry, either add more wet ingredients such as berries or a small amount of water.
- All recipes make approximately 12 1oz bars



Ginger Pear Energy Bars

A refreshing, crisp-tasting bar with lots of nutrients and ginger to help fight inflammation and improve digestion

Ingredients:

(Use organic wherever possible)

- 1 small pear, cored
- $\frac{3}{4}$ cup fresh or soaked dried dates
- $\frac{1}{2}$ cup sunflower seeds
- $\frac{1}{4}$ cup ground flaxseed
- $\frac{1}{4}$ cup hemp flour
- $\frac{1}{4}$ cup walnuts
- 2 tbsp of grated fresh ginger
- Sea salt to taste
- 2 tbsp sesame seeds

Treats

Apple Cinnamon Energy Bars

These bars are more traditional in flavour but with all the same health benefits as a nutrient-dense bar.

- 1 small apple, cored
- 1 cup fresh or soaked dried dates
- ½ cup soaked or cooked quinoa
- ¼ cup almonds
- ¼ cup ground flaxseed
- ¼ cup hemp flour
- 2 tsp cinnamon
- ½ tsp nutmeg
- Sea salt to taste

Mix all ingredients in foods processor except sesame seeds.

Cover mixture in sesame seeds before shaping into balls or bars.

Chocolate pudding

Ingredients:
(Use organic wherever possible)

- 1 ripe avocado, peeled and pitted
- 8 soft dates, pitted
- 2 tablespoons agave nectar
- 1 tbsp vanilla extract
- 1 tbsp coconut oil
- 1-2 tbsp raw cacao powder or carob
- few fresh raspberries for garnish



Combine the first six ingredients in a food processor, blending until smooth and creamy. Serve in a pretty glass with raspberries for garnish. Enjoy!

Treats

Pomegranate Ice

Ingredients:
(Use organic wherever possible)

- ½ large pomegranate, or 1 whole smaller one
- 6 ice cubes
- 1 tbsp water
- 1 tsp orange flower water (can be found in many health food shops, however, a little orange juice could be used instead)



Squeeze the pomegranate upside-down over a bowl to catch the juice and loosen the seeds. Still holding it upside-down in one hand, whack the skin with the back of a wooden spoon- the seeds will fall out into the bowl and any that do not can be teased out easily with a fork or the point of a sharp knife. Squeeze the skin again to extract as much juice as possible, and discard. Remove any small pieces of pith from the bowl containing the seeds and juice.

Put the ice cubes in a blender with the water and crush, using the pulse setting- alternatively, put them in a self-seal plastic bag, close it and hit them with a rolling pin. However you make your crushed ice, pile a mound of it in a serving dish (also looks wonderful in a glass bowl) and then scatter the pomegranate seeds and juice over the top; the ice will turn a delicate pale garnet colour in parts. Drizzle the orange flower water over everything and serve

“Raw” Brownies

Ingredients:
(Use organic wherever possible)

- 1 ½ c walnuts
- 10 – 12 pitted medjool dates
- ¼ cup raw cacao powder
- 1 tsp vanilla



Place walnuts in food processor, and pulse. Add pitted dates, cacao and vanilla
Process until mixture forms a ball Pat down evenly in 8 x 8 pan and refrigerate. Enjoy!