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CANCER SUPPORT COMMUNITY 

Healthy Start

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COOK BOOK

Smoothie

SMOOTHIES:THE BASICS

Liquid(s)- maple water, coconut water, unsweetened/no sugar added fruit or vegetable juices which are low in sugar content, milk, nut/seed milk, and purified water.

*Fruit and veggie juices- buy brands without added processed sugar.

Fruit and Veggies-These can be fresh or frozen. When produce is frozen, it is actually done right after it is picked so it maximizes freshness. We often used frozen produce as it allows us to make cold and thicker smoothies, and it is much better than using ice which waters your smoothie down.

Protein-good quality protein powder (one that has not been overly processed and not heat treated is much better for you. Good options are Livewell , Amazing Grass, and Vega powders. Some brands have many other beneficial additions such as probiotics to restore balance to digestive tract and superfoods as well. Other proteins you can use are plain greek yogurt, hemp seed, chia, goji, maca, spirulina, chlorella.

Healthy fat-This will help to balance out the smoothie in texture and taste but will also help to slow the absorption of the natural sugars from the fruit, veggies, and liquids you have added. Our favorites are coconut oil, avocado, and nuts/nut butters.

Spices/Herbs-This will really depend upon the type of smoothie you are making. You can use dried or fresh. We usually use dried unless it is something like mint or basil for example and maybe ginger although we also use that in its dried form as well. Adding a pinch of sea salt to every smoothie will balance out flavors. If it is more of a vegetable based smoothie, we might even add cracked black pepper or cayenne.

Healthy Sweetener-dates, coconut sugar, raw agave (not heated and processed), organic local honey, maple syrup

Superfood Additions-More well known examples would hemp seeds, chia, cacao, acai, and goji.

Anti Inflammatory Agents-Most common ones are tart cherries (frozen) and tart cherry extract, cinnamon, turmeric (fresh or powdered is fine), and pineapple (bromelain)

Other additions: vanilla, vanilla bean paste, other flavors of organic pure extract flavorings, lemon/lime/ orange/grapefruit juice and/or zest, essential oils

SMOOTHIES: HEALTHIER SUGAR OPTIONS

Raw Agave Nectar-From the agave cactus, ranges from dark to light in color which can also change its taste a little, low on the glycemic index, vegan, and often raw (meaning never heated above 117F and minimally processed, sweeter than reg. sugar so need less, may be used in all types of recipes

Coconut Sugar-comes from sap of coconut blossom and is considered to be healthier than traditional white or brown sugar because has a higher nutrient content and a lesser effect on blood sugar, good for baking, adds sweetness to recipes without additional moisture. Has vitamins, minerals, and amino acids.

Maple Syrup-comes in 2 grades, grade A is lighter than grade B which is considered to be more flavorful, has antioxidants, minerals, and vitamins, easier to digest than traditional sugar, and in smoothies and dehydrates well. It has manganese and zinc.

Organic Local Honey-made by bees and comes from nectar of flowers, it has a sweet floral taste that can change depending on where it comes from, best to buy locally sourced honey as helps to give immunity to local pollen-may help with allergies and asthma, not vegan, is antibacterial

Dates-unrefined, whole food sweetener that is high in vitamins and minerals, also has a lot of fiber, although have a lot of natural sugars because of high fiber level don't spike sugar levels too much, add sweetness without adding moisture, sticky so may act as binding agent, if firm may need to be soaked before using

Yacon-Tuber veggie from S. Am, has almost no effect on blood sugar due to high level of substance called inulin, makes it not digestible, so tastes sweet but isn't absorbed by body, excellent for diabetics, expensive but sweet and smoky, and a little goes a long way, dark in color and thick like molasses, may buy in dried form as well

Lucuma-contains some vitamins, minerals, and antioxidants, almost a super-food, is a fruit from S. Am between a mango and sw pot. taste wise, would not use as primary sweetener for a recipe, would use to enhance flavors and not add a sugary taste while adding nutrition, creamy tasting

SMOOTHIES:THE BASICS

Foods to help stomach and digestive system: fresh ginger(go easy at first as it has a strong taste), orange peel, fresh mint, guava, papaya

Foods for hydration for smoothie: good quality coconut water, maple water, watermelon, cucumber, strawberries, grapefruit, cantaloupe, celery, spinach

Foods high in iron for smoothie: kale, swiss chard, spinach, herbs like thyme, parsley, mint, dried fruits (like apricot, peach, raisin, and prune), almonds, cashews, seeds(pumpkin, sunflower, sesame), broccoli, acai, dried mulberries(23% of RDA-are a superfood), cacao, chia, goji, chlorella, spirulina

SMOOTHIE BUILDING INFO- If you are not using frozen fruits and veggies, then you may want to add a few ice cubes to make it colder. Just don't add so many that you water it down. Another option is to keep trays of frozen maple water, coconut water, juice, or tea on hand to use for blending if you will be using mostly fresh fruits and veggies. I almost always add at least one frozen fruit or veggie though so that I don't need to add ice. Try not to over blend as you do not want to heat your smoothie ingredients up and destroy valuable enzymes and nutrients. If you use a lot of frozen items, sometimes you will need to use more liquid to make it work or you can let things thaw for 15 minutes before blending. If you have having problems with textures, and you like more of a liquid consistency, then simply add some more liquids.

You can and should adjust recipes on own. If you want your smoothie to be sweeter, then add more fruit or sweetener. All produce is sized differently so each recipe could come out a bit differently every time.

If you make more smoothie than you can drink, just pour it into an ice cube tray. Then pop it into a labeled bag. When you are ready to drink it, simply thaw and either blend briefly to remix or stir/shake well.

The key is to balance out your flavors. If you add a little too much of something, you can usually fix it by adding something else so for example spice balances sweet so if something is too hot add something sweet or vice versa. Bitter balances sweet and salty. Sour balances spice and salty. You can fix most dishes by remembering this.

This is a general guideline for the order to add ingredients: 1/2 liquid, protein powder (helps it mix better), superfoods and powders, herbs and spices, frozen fruit, veggies, healthy fats, other half of liquids

SMOOTHIE BOWLS

Smoothie bowls are basically thick smoothies. You can make any smoothie into a smoothie bowl by not using as much liquid and using more frozen ingredients or bananas and avocados to create a thick and creamy texture. Yogurt, oatmeal, flax, and chia also helps to thicken smoothies.

The reverse is of course also true. Your favorite smoothie bowl recipe can be thinned out and enjoyed in a glass!

We love smoothie bowls because it is a change from drinking your meal, and sometimes it just feels like a more substantial meal plus you can add even more healthy items to your creation!

You can use less liquid, add a banana or avocado or do all 3 things. It is best to usually only have 1 or maybe 2 (depending on the number of items you are using) frozen items since you will want everything to blend well and will be using less liquid. Pour into a bowl and get creative with toppings.

Ideas for toppings: fresh or frozen fruit or veggies, nuts, seeds, chia, hemp, flax, super-food berries, unsweetened dried fruit, coconut flakes, granola, cacao nibs, dark chocolate chips, chopped up good quality energy bars, fresh herbs and spices.....

Homemade Nut Milk

Ingredients*:

1 cup of nuts/seeds soaked for amount of time suggested below

3-4 cups filtered water

1 tsp lemon juice

1 tbs coconut oil

pinch sea salt

Here's How:

Put nuts and water in blender and blend really well. Pour through a mesh sieve or nut bag into a bowl and pour back into blender. Depending on the quality of your blender and the type of nut, sometimes you need to run it through more than once. Once it is smooth, put it back in blender, and blend in a pinch of sea salt, 1 tsp lemon juice, and 1 tbs coconut oil. Add the sweeter, vanilla, spices, fruit, cacao, etc if you wish. If you are planning to use for a savory dish, like a soup or pasta, then keep milk non flavored. Will keep 3-5 days.

*Sweetener:

1 tbs liquid sweetener like maple syrup, honey, agave, stevia, 2 medjool dates

*Flavoring:

1 tsp vanilla extract

1/2-1 vanilla bean

SOAKING TIMES FOR MOST COMMON NUTS/SEEDS-

Don't go beyond suggested times as nuts can go bad. Soaking will make them easier to digest and will make them taste better.

Almonds-8-12 hours: Most nutritious of any nut. A lot of vitamins and minerals including iron, calcium, Vitamin E, magnesium.

Cashews-2-6 hours: They have the lowest fat content of all the nuts and have copper, magnesium, thiamine, and calcium.

Macadamias-7-12 hours They have a lot of fiber and are rich in selenium, calcium, and iron.

Pecans-4-6 hours: They have the most antioxidants of all nuts and are known to provide neurological benefits.

Walnuts-4-6 hours: They have a lot of omega 3 fats are are considered to be very healthy for the brain.

Sunflower seeds-6-8: They provide a lot of vitamin E and have magnesium and selenium

Pumpkin seeds-6-8: They are high in iron, manganese, phosphorous, and vitamin

Pomegranate Apple Smoothie

Ingredients*:

3/4 cup apple or pear juice

1/2 cup pom juice

3/4 cup frozen blueberries

3/4 cup frozen raspberries

1 cup spinach

3 tblsp hemp seeds

1/2 tsp vanilla

1/2 tsp cinnamon

pinch sea salt

Optional: 1/4 cup apple or pomegranate flavored kombucha (add last)



PB and J Smoothie

Ingredients:

1/2 cup grape juice

1 banana

1 cup frozen blueberries

1/2 cup almond milk

2 tblsp peanut butter

2 tblsp hemp seeds

1/2 tsp cinnamon

1tblsp vanilla protein powder

Optional: green powder blend or 1/2 cup spinach



Purple Sweet Potato Smoothie Bowl

Ingredients:

	2 tblsp maple syrup
2 frozen banana	2 tblsp hemp seeds
1 cup almond milk	1 tsp cinnamon
1-1 1/2 cups purple sweet potato steamed and mashed	1 tsp vanilla
2 tbsp almond butter	2 pinches salt
	Optional: 1/4 tsp ginger, 1/8 tsp nutmeg



Raspberry Orange Smoothie Bowl

Ingredients:

	2 tblsp maple syrup
1 banana	2 tblsp hemp seeds
3/4 cup orange juice	2 tblsps cacao powder(1 packet of Flava)
1 1/2 cups frozen strawberries	1/2 cinnamon
1/4 cup frozen cranberries	



Simple Green Smoothie

Ingredients:

1 cup packed spinach

2 cup pineapple

1 8.75 oz Harmless Harvest coconut water

1/2 tblsp lemon juice

2 tsp agave

pinch sea salt



Pumpkin Pie Date Smoothie

Ingredients:

3 dates, pitted and soaked in water 10-15 min

1 banana

2 tblsp cashew butter

1/2 cup pureed pumpkin

1 1/2 cup almond milk

2 tblsp coconut sugar

2 tblsp hemp seeds

3/4 tsp vanilla

3/4 tsp pumpkin pie spice

Toppings-walnuts, pecans, cinnamon, apples, pears, figs, pom seeds, granola



Blueberry Acai Smoothie

Ingredients:

12 oz almond milk

1 cup blueberries

1 3.5oz packet frozen acai

3 tbsp hemp seeds

2-3 tbsp agave syrup

1 tsp lime juice

2 pinches sea salt

Optional:

If only have powdered acai, use 2-3 tsp and add an additional 1/2 cup blueberries.



Berry Beet Smoothie Bowl

Ingredients:

1 cooked beet, we used Love Beets brand-find in produce section

1 8 oz bottle coconut water (Harmless Harvest is brand we used)

1 frozen banana

1 cup strawberries

1 cup frozen raspberries

1/8 tsp salt

1/2 tsp cinnamon

1/2 small lemon juiced

1/4 tsp ginger

You may need to use a spatula to stir ingredients a few times before it blends. Pour into bowl and top with berries, granola, hemp seeds, and coconut flakes.



Blue Sky Smoothie

Ingredients:

2 bananas

1/2 cup pineapple

3 scoops blue or green spirulina powder

1-2 tblsp vanilla protein powder

1 cup coconut water

1 tsp lemon

1/8 tsp sea salt



Golden Smoothie

Ingredients:

1 cup cashew or almond milk

1/2 cup frozen pineapple

1/2 cup frozen mango

1 tbsp maple syrup

2 tsp vanilla

1 tsp lemon juice

1/2 tbsp turmeric

1 tsp cinnamon

1/4 tsp nutmeg

1/4 cup ground ginger

1/8 tsp fine sea salt

2 cracks black pepper



Red Velvet Smoothie

Ingredients:

- 16 oz coconut water (Harmless Harvest is our fav)
- 2 tbsp cacao powder
- 1 tsp beetroot powder
- 2-3 tbsp hemp seeds
- 1 1/2 cups frozen raspberries
- 1/2 cup frozen tart cherries or strawberries
- 4-5 tsp agave or 2 pitted dates
- 2 tbsp cashew butter
- 1/2 tsp vanilla extract
- 2 pinches sea salt
- Optional: 1-2 tbsp vanilla protein powder
- Optional: 1 tsp green powder blend or 3/4 cup spinach



Go Green Smoothie

Ingredients:

- 1 1/2 cup mango
- 1 cup spinach
- 1 cup baby kale
- 12 oz coconut water
- 1 cup chopped cucumber
- 1 celery stick
- 2 tbsp hemp seeds
- 1/2-1 tsp green powder of choice (blend, wheatgrass, chlorella, spirulina)
- 2 tsp lime juice
- 1/8 tsp sea salt
- Optional: 1-2 tsp agave or 1 pitted and chopped date



Red Velvet Smoothie

Ingredients:

1 banana

1 1/2 cups pineapple

1 cup spinach

1 cup coconut water

1 1/2 tsp matcha powder

2 tsp lemon juice

pinch sea salt



Smoothie

Ingredients:



Salads

SALADS:THE BASICS

Components of Healthy Salad

Not eating a well balanced diet filled with whole, natural food sources that are rich in macro and micro nutrients leads to nutritional stress in the body. Consuming a diet laden with highly processed and refined foods which have been “created” vs coming from natural sources, fills your body with empty calories, the wrong sorts of fats, and too much sodium just to name a few of the negative effects. These foods take a huge toll on your body, aging you, creating digestive issue and food sensitivities, creating fatigue, and not giving you the energy and nutrition you need to get through the day. Eating natural, unrefined whole foods takes less energy for digestion and gives you a lot of extra energy without needing to consume stimulating foods like caffeine and sugar. Vegetables and fruits are especially important as they are incredibly nutrient dense and are usually low in calorie content. They are also alkaline forming which helps your body maintain it's pH balance. Green vegetables contain chlorophyll which is what gives plants their green pigment. This is especially important for our bodies because it helps to detoxify and cleanse our systems of toxins. Eating a lot of vegetables and fruits also provides your body with a lot of fiber which supports good digestion, reduces bad cholesterol, and can help to keep your blood sugar stable because it takes awhile for your body to digest the fiber thus slowing the absorption of sugars in your system.

Now that you have a concept of why it is important to consume healthier, well balanced foods in your diet, let's look at some key ingredients you can and should include to make healthier well balanced salads extra delicious and nutritious! If it is not made well, it can be as unhealthy as having fast food.

Greens

Kale, Spinach, Romaine, Bibb, Arugula, Iceberg, Radicchio, Frisee, Cabbage-napa, red, green, Endive, Swiss Chard

Other Veggies-Can be raw or lightly cooked/steamed/grilled or combo of both. You can use a vegetable peeler, spiralizer to make more interesting.

Carrots, cucumbers, zucchini, tomatoes, avocado, yellow squash, radishes, peas, beans, asparagus, corn, beets, squash, mushrooms, peppers, celery, cauliflower, broccoli, mushrooms, green onions, shallots, etc

SALADS:THE BASICS

Microgreens-Wash well and always check dates. I personally like sunflower the best. They taste great and are easy to wash and incorporate into a salad.

Herbs Dill, basil, mint, parsley, cilantro, oregano, thyme, fennel fronds, etc

Edible Flowers Add a peppery taste and beautiful pops of color to any salad

Seeds-Protein, fiber, and healthy fats Hemp, sunflower, pumpkin, sesame

Nuts-Can toast first to bring out nutty flavor if wish. Also nice to chop them so easier to bite into. Provides protein, healthy fat, and fiber cashews, pecan, almonds, macadamia, pistachio, pine nut, hazlenuts, etc

Fruit/dehydrated or dried(no sugar added) fruit or superfood berries Orange segments, pomegranate seeds, blueberries, raspberries, sliced strawberries, mango, cherries, peaches, plums, pineapple, goji, mulberries, goldenberries, raisins, dried blueberries, dried tart montmorency cherries

Dressing/Sauce Homemade dressings, oil and vinegar with sea salt and pepper, pesto, hummus, tahini, guacamole

Spices sea salt, freshly ground pepper, cinnamon, paprika, onion powder, garlic powder, etc

Grains-Can sprout or buy sprouted(except buckwheat-can produce toxin when sprouted) to make them more digestible. Most of these are high in protein....especially quinoa, millet, and buckwheat quinoa, buckwheat, millet, rice, farro, barley, couscous

Beans-Offer protein and fiberlentils, white beans, black beans, garbanzo

Croutons , toasted pita bread, tortilla chips, crackers-Use small pieces and a little goes a long way. Brush with coconut oil or olive oil and salt, pepper, and any other spices/herbs you would like and toast.

Cheese-Only add a small amount if desired as it contributes a lot of calories to the salad. A little goes a long way. Opt for high quality, great tasting cheese.

Meat or Seafood-For protein and iron if not vegan or vegetarian. Shredded or thinly sliced, chopped meat works best. Shrimp makes an excellent addition to any salad. I toss mine for a few minutes in coconut oil, turmeric, salt, and a pinch of cayenne.

Misc Eggs, good quality olives, artichokes, fermented veggies

SALADS:THE BASICS

You should make sure to wash and dry the greens really well. If you really want to clean them well, submerge the lettuce in a bowl full of water and gently massage the grime out. Then use a salad spinner to completely dry the leaves. You can also pat them dry with a paper towel if you need to. This is important as the dressing will not stick to the greens, and it will also water down the dressing.

It is Important to Use Varying Textures

Choose salad toppings that have contrasting textures like crunchy nuts, seeds, crackers, crunchy vegetables and

fruits with different textures, cheese, dried or dehydrated fruit, etc.

Balance the Flavors in the Salad

The key is to balance out your flavors. If you add a little too much of something, you can usually fix it by adding something else so for example spice balances sweet so if something is too hot add something sweet or vice versa.

Bitter balances sweet and salty. Sour balances spice and salty. You can fix most dishes by remembering this. Your salad should have salty, sweet, acidic, and bitter flavors in it.

Buy Seasonal, Local Produce When You Can

Try to incorporate seasonal produce in your salads when you can. This keeps things fresh and interesting, and you may discover something new that you like! Also, produce which comes from local farms does not have to travel as far so it is much fresher.

SALADS:DRESSINGS

Be Creative With Your Dressings

You do not need to buy store bought dressings which often have a lot of unwanted ingredients! Balsamic vinegar and olive oil are super easy in a pinch, but be adventurous and try herb infused or other interesting oils and vinegars like avocado oil, walnut oil, hemp oil, pumpkin seed oil, sesame oil, rice vinegar, apple cider vinegar, freshly squeezed lemons, limes, or oranges, or Champagne vinegar.

Essential Fatty Acid (EFA) Oil with Lemon and Herbs-Mix 1/4 cup of EFA oil(recipe below) with 1 juiced lemon and add some sea salt, cracked pepper, and chopped fresh herbs of your choice to make an easy, healthy dressing for your salad. Do NOT use this oil blend to cook with as it would be unstable at high heats.

Making Essential Fatty Acid (EFA) Oil Blend-This mix is incredibly rich in Omega 3 fatty acids which are essential (meaning body cannot produce and must obtain from food sources). It also has a lot of Omega 6s. It helps joint function, and it helps to improve metabolism due to the linolenic acid in the flax oil. Mix 8 parts Hemp Oil with 1 part flaxseed oil and 1 part pumpkin seed oil. Keep in a container in the refrigerator.

Basic Vinaigrette

3 tbsp extra virgin olive oil

2 tbsp vinegar(rice, apple cider, wine, white, red wine, etc)

Sea salt

cracked pepper

Italian Version: Make basic and use red wine, then add fresh herbs like oregano, thyme, basil, some red pepper flakes, some fresh garlic, and some finely grated parmesan cheese if wish.

Fruit/Veggie Version: Basic version with rice vinegar and add 1-2 tbsp of fruit or veggie juice of choice.

Examples: beet, carrot ginger, cranberry orange, raspberry, etc.

SALADS:DRESSINGS

Balsamic Dijon Dressing

1/2 cup organic extra virgin olive oil

1 tsp good quality dijon mustard or

2 tbsp balsamic vinegar

Sea salt and pepper

Can add fresh herbs if wish but do not need to.

Stir all ingredients together until well mixed.

Ranch Dip

1/2 cup plain cashew yogurt

1 tbsp cashew milk

1 tsp apple cider

1/4 + 1/8 tsp salt

1/4 + 1/8 tsp garlic powder

1/4 + 1/8 tsp onion powder

1/8 tsp pepper

1 tbsp chopped chives

1 tbsp well chopped parsley

1/2 tbsp chopped dill

Stir all ingredients together until well mixed.

Rainbow Salad

Ingredients*:

3 cups mixed greens, in season and local if possible (Note: If using kale, gently massage dressing into kale to break it down to make it easier to digest and let sit while prepare rest of salad)

1/2 cup fruit of your choice sliced (cherries, strawberries, blueberries, persimmon, peach, plum, apple, pear, blackberry, etc)

1 apple, pear, peach, plum sliced thinly

1 carrot spiralized or julienned

1/2 yellow, orange, or red pepper sliced very thin

3 small radishes sliced very thinly sliced

1/4 cup sprouts of your choice washed well (I like sunflower sprouts a lot)

1 tbsp hemp seed

2 tbsp raw nuts chopped-may use sunflower or pumpkin seeds if wish

Use EFA dressing recipe with lemon and add minced shallot with salt and pepper.

*(Change this seasonally based on available produce)

Combine ingredients starting with kale, roasted vegetables, pomegranate, chickpeas, and figs.

Fall Kale Salad with Tahini Dressing

Ingredients:

2 cups brussels quartered	Tahini Dressing
1 small acorn squash cut in half and sliced	1/2 cup tahini
3 tblsp olive oil	1/3 cup water
salt and pepper	2 tblsp lemon juice
1 large bunch kale well chopped	3/4 tsp salt
1/3 cup pomegranate	1/2 tsp garlic powder
3/4 cup roasted chickpeas	1/2 tsp agave syrup
3/4 cup sliced figs	

Here's how:

Preheat oven to 350. Coat brussels and squash with olive oil. Put on roasting pan and sprinkle salt and pepper on top. Roast for 25-30 minutes until softened, stirring a few times.

Combine ingredients starting with kale, roasted vegetables, pomegranate, chickpeas, and figs.

Whisk together dressing ingredients, pour over salad and toss.

Roasted Acorn Squash Salad with Maple Cinnamon Tahini Dressing

Ingredients:

Serves 4-6

Squash:

1 large acorn squash

1 1/2 tbsp olive oil

1 tsp sea salt

Black pepper

4 cups fresh arugula

1/4 cup pomegranate seeds

Tahini Dressing:

1/3 cup tahini

2 tbsp warm water

2 tsp maple syrup

1/2 tsp cinnamon

1 tbsp freshly squeezed orange juice

3/4 tsp sea salt

Here's how:

Preheat oven to 375 F.

Slice squash (carefully) in half lengthwise. Place flat side down and slice into half moons.

Toss with olive oil, salt & pepper and roast on baking sheet for 35-40 minutes, or until slightly browned and tender.

While squash is roasting, toss arugula lightly with a bit of olive oil, salt and pepper. Let sit to absorb flavors.

In a small bowl, whisk together ingredients for tahini dressing. If the texture begins to clump and thicken up, you may need to blend in a food processor. Typically, a small amount of warm water also helps loosen the sauce up!

Arrange arugula on platter. Top with acorn squash, drizzle liberally with tahini dressing, and finish with fresh pomegranate seeds.

Juices

JUICES:THE BASICS

Ways We Enjoy Juice

1. Use it for smoothies.
2. Freeze it in ice cubes for a healthy addition to another drink.
3. Make fresh mocktails or cocktails with it.
4. To add to another recipe like soup or baked goods.
5. Make a juice spritzer by adding some sparkling water to it.
6. Just as it is!

Juicing is stripped of most of it's fiber especially if you strain it again after making it. Because of this it is quickly and easily absorbed by your body. For this reason, you don't want to drink it all of the time. Also think about your combinations. Add a tart or sour element, spices, herbs, perhaps a pinch of salt that will add to the taste and round out and enhance the flavors. It will also help balance the sweetness of many of the fruits and veggies you will use. Remember that having a healthy glass of freshly processed juice with no processed sugars added to it is still way healthier than eating a cookie or a donut.

Some Creative Ways to Use Juice Pulp

1. Use it to make veggie burgers or meatballs.
2. Use it in cakes, muffins, or other baked goods.
3. Use it to make broth or as a base for pureed soups.
4. Put it in your smoothies.
5. Add it to your scrambled eggs.
6. Use it for dips.
7. Make homemade crackers.
8. Put it into pasta sauce.
9. Make your dog or cat some healthy treats.

Carrot Orange Turmeric Juice

Ingredients:

4 carrots cut length wise and quartered
3 large oranges peeled
1 grapefruit peeled
1/2 lemon quartered
2 1 inch pieces turmeric
1/2 inch chunk ginger
pinch sea salt

Whisk in pinch of sea salt.



Harvest Beet Juice

Ingredients:

1 1/2 cups diced peeled beets
1 apple cored and sliced
1 1/2 cups cranberries
1 carrot
1 pear sliced and cored
1 small lemon cut in half and quartered
1 inch piece turmeric
1/2 inch chunk ginger
1 tbslp tart cherry extract
1/2 tsp cinnamon
pinch sea salt

Whisk in tart cherry extract, cinnamon, and pinch of sea salt.



Grape Cran-apple Juice

Ingredients:

- 4 cups concord grapes
 - 1 apple cored and sliced
 - 1 cup cranberries
 - 1/2 lime
 - 1/4 tsp cinnamon
- Whisk cinnamon powder into juice.



Beet Strawberry Juice

Ingredients:

- 2 cups diced peeled beets
- 3 cups strawberries, stems removed and cut in half
- 2 carrots
- 1/2 cup cranberry
- 1 lime cut in half and quartered
- 1 inch chunk ginger



Fall Green Juice

Ingredients:

3 stalks of celery
2 cups chopped cucumber
5 kale leaves
1 apple cored and sliced
1 pear cored and sliced
1 inch chunk ginger
1 lemon halved and quartered
pinch sea salt
pinch of cayenne



Cran-apple Juice

Ingredients:

6 apples cored and sliced
2 cups cranberries
1/2 small lemon quartered



SUPER- FOODS &

Key Terms: Superfoods and Nutrition

SUPERFOODS-Most nutrient dense benefit foods in nature and are found mostly in powdered and dried forms because most come from exotic places, and it preserves their nutrient density, micro and macronutrients, and the longevity of product. They allow you to easily take in more nutrition- "more bang for buck" as you can only eat so many servings of fruits and veggies in one day, and they have a longer shelf life. Think about how much produce you might throw away in a year!!

NUTRIENT DENSITY-The ratio of calories to micronutrients found in a food. Micronutrients are needed in small amounts, and macronutrients required larger amounts for proper body functioning.

MICRONUTRIENTS -These are things like vitamins, minerals , and omega 3 fatty acid which are needed by the body in small amounts on a daily basis.

MACRONUTRIENTS -These are proteins (Amino Acids), fats, and carbohydrates which are required by the body in larger quantities.

ESSENTIAL NUTRIENTS -These are required by the body for proper functioning BUT cannot be produced by the body so it is essential to consume them through one's diet. These are things like some fatty acids, vitamins, minerals, and amino acids. Lack of them in diet can be associated with some illnesses/diseases. Examples: Vit A, B1, C, Omega 3, Omega 6, Iron, Calcium, Sodium, Zinc This is why it is so important to eat a well balanced and varied diet high in raw veggies, fruits, nuts/seeds, beans, grains and pseudo grains like quinoa, millet, and buckwheat balanced out with low fat meat and fish and healthy fat choices and low in processed sugars and processed foods in general. If it has a commercial, then don't eat it! If you cannot pronounce most of the ingredients, don't eat it!!

NON-ESSENTIAL NUTRIENTS—These are also important for body functioning but can be either produced by the body or absorbed from what you consume. Examples: Some vitamins, like D (assuming you get enough sunlight)

FREE RADICALS-A free radical is a single oxygen atom, but oxygen is very sticky. It will try to stick itself onto other molecules even when it should not, and this can be very harmful to other molecules in your body as it disrupts their balance which can have major consequences health wise. Fortunately, we have antioxidants to help fix this! Antioxidants-Antioxidants are molecules which have a special spot just for those sticky oxygen atoms. They have a shape that only fits with sticky oxygen atom-aka free radicals.

This is important because they are believed to protect the body from damage from free radicals (unpaired electron or molecule). Many experts believe that cell damage may be caused by free radicals leading to things like cancer and heart disease. Antioxidants are like a sponge in your body mopping up the mess and havoc that all the free radicals are wreaking in your body.

Cacao

-Where Does It Grow & What Does It Look Like-Cacao is native to South America, and grown in equatorial regions throughout the world. Cacao beans are the seeds contained inside the pulp of the cacao fruit which is an evergreen tree. Cacao beans are naturally fermented to remove their bitterness and to release their sugars which creates the smooth and rich chocolate flavor most of us love! It was used as currency in Mayan and Aztec cultures.

Nutritional Value and Benefits-Cacao beans are one of nature's most potent antioxidant foods. There are over 300 chemical in cacao including PEA (the "love chemical"), Serotonin (natural anti depressant), endorphins (natural pain relievers), and theobromine (caffeine). Cacao has Vitamin C, iron ,and copper, to create healthy bones and blood, Omega 6s, and fiber to help digestion and keep you feeling full. It is also one of the number one food sources of magnesium which is a natural muscle relaxant, crucial for bone health, and needed to build healthy, strong bones. Research has shown that cacao helps neutralize free radicals, reduce effects of aging, improve cardiovascular health and circulation, lower blood pressure, regulate heart-beat, balance brain chemistry, relieve symptoms of PMS, and promote a sense of happiness and well-being (a natural anti- depressant).

Taste/Applications in Cooking-Pure cacao tastes like strong, unsweetened chocolate. It is less aromatic and has a slightly milder flavor than cocoa which is it's processed form. It pairs well with foods that have a caramel undertone that help bring out it's flavor mesquite powder, carob powder, or dates. There are so many possible uses for cacao! Many foods pair well with it such as berries, maca, spirulina, and chlorella. It is used most commonly used in desserts, drinks and smoothies, and snacks like trail mix, but it cacao can also be used in savory sauces to bring out a deep, rich aroma. Cacao is available in many forms, including raw or roasted whole cacao beans, cacao nibs (crushed cacao beans), cacao butter, cacao paste. The most commonly used are powdered forms - cacao powder (raw) and cocoa powder (roasted, sometimes processed with alkali). Raw cacao is higher in nutrition, and with a milder flavor than roasted cacao.

Cacao Beans- ground-dried seeds of cacao fruit Cacao Nibs-ground up beans

Cacao Paste-ground up nibs

Cacao Butter-fat extracted from paste

Cacao Powder-solids extracted from paste

Chocolate Hazlenut Maca Smoothie Bowl

Ingredients:

2 frozen bananas

1/4 cup hemp seeds

1 1/2 tsp maca powder

1 tbsp lucuma powder

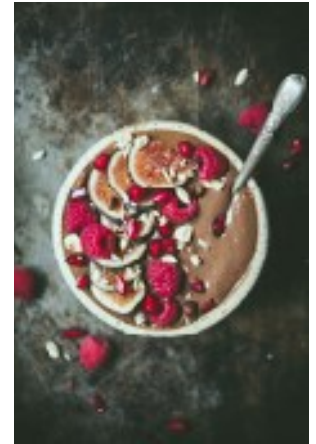
2 tbsp chocolate hazelnut butter
(We love Nutiva brand)

1 tblsp vanilla protein powder

1/3 cup nut milk of choice

Pinch of salt

Top with fresh fruit,
chopped nuts, granola,
etc.



Chocolate Nut Butter Smoothie

Ingredients:

1 banana(frozen if want to make a smoothie bowl)

10-12 oz milk or dairy free milk
(cashew, almond, coconut)

2 tbsp cacao powder

2 tbsp of maple syrup or 2 pitted dates, soaked 10-15 min in room temp water to soften

1-2 Tbsp favorite nut butter (no sugar or salt added-cashew, almond, peanut)

1 tsp cinnamon

1/2 tsp vanilla

2 tbsp hemp seeds

1/8 tsp sea salt

Optional:

-Add 1 cup fresh spinach

-Add 1 tsp Maca powder

-Add 1 cup strawberries or raspberries

Espresso Dark Chocolate Overnight Oats

Ingredients:

1 cup whole rolled oats

1 1/4 cup cashew milk (or other nondairy milk)

1 tbsp vanilla extract

1 tsp cinnamon

3 tbsp maple or agave syrup

2 tbsp chocolate nut butter (we used Soom Chocolate Tahini)

2 tbsp cacao

2 tbsp freshly brewed espresso

1/4 tsp salt

In a small mixing bowl, whisk together cashew milk, vanilla extract, cinnamon, maple syrup, nut butter, FlavaMix, espresso and salt. Pour in oats and stir well to combine. Transfer to a glass jar, cover and refrigerate at least 4 hours, preferably overnight. Garnish with fresh berries, shaved chocolate, etc.

Chocolate Hazelnut Raspberry Granola

Ingredients:

3 cups rolled oats
1/2 cup chopped pecans
1/2 cup chopped hazelnuts
1 cup unsweetened coconut flakes
1/4 cup pepitas
1/2 cup buckwheat groats
2 tbsp hemp seeds
2 tbsp chia seeds
1/2 cup coconut oil (melted)
1/2 cup maple syrup
1/2 cup cacao hazelnut butter (we used this one)
3/4 tsp salt
1 1/2 tsp cinnamon
1 tsp vanilla extract
2/3 cup freeze dried raspberries

Pre-heat oven to 350 F. In a large bowl, stir or whisk together oats, pecans, hazelnuts, coconut, pepitas, buckwheat, hemp and chia seeds.

Melt coconut oil in small pan over medium low heat. Add maple syrup, cacao butter, salt, cinnamon, and vanilla. Stir constantly until completely melted and well incorporated. Pour wet mixture over dry ingredients and stir with spatula until everything is well coated. Spread your mixture onto a baking sheet and bake for 23-25 minutes. Make sure to stir 1-2 times while baking. Once cool, add freeze dried raspberries to your mixture and toss. You may wish to break some of them in half (although not necessary). Enjoy immediately or store in an airtight container for up to 10 days.



Sunflower Cacao Butter

Ingredients:

1 cup sunflower seeds
2 tablespoons olive or grapeseed oil
1/4 teaspoon salt
1/2 cup maple syrup
2 tablespoons tamari
1/2 teaspoon cinnamon, ground
1/2 cup cacao powder

Combine sunflower seeds and salt in blender. Stream in oil until smooth. Add maple syrup, tamari, and cinnamon, blend until smooth and glossy. Add in cacao powder last. This will produce a thick mixture, the vessel may need to be scraped down a few times while blending. The Cacao Sunflower Butter will be combined with the Vegetable Sauce recipe to make the completed mole.

Vegetable Sauce

Ingredients:

1/4 cup raisins
1 - 2 chipotle peppers
4 sundried tomato halves
2 medjool dates, pitted
1 roma tomato, chopped
1 large shallot, chopped
1 clove garlic, deveined
1/2 cup carrot juice, strained
1/2 cup soaking water, reserved from chipotle, tomato, date, and raisins
1 tablespoon lemon juice

1 teaspoon chili powder
1/2 teaspoon cumin, ground
1 pinch cardamom, ground
1 teaspoon salt
1/4 teaspoon black pepper

Soak chipotle, sundried tomatoes, dates, and raisins in warm water for at least 30 min. Drain and reserve water. Combine the rest of ingredients and blend thoroughly.

Cacao Avocado Mousse

Ingredients:

1 medium sized avocado
4 tbsp coconut or other non dairy milk
2 tsp-1 tbslp vanilla extract
1/4 tsp cinnamon
1/4 cup cacao powder
pinch of sea salt
3 tbsp maple syrup or more if desired

How to:

Depending on the size of avocado, you can adjust the cacao powder, maple syrup, and vanilla extract to your liking. Blend all ingredients well until smooth and creamy. Optional add ins would be maca, lucuma, spirulina, or chorella.

*If caffeine sensitive, you can sub in carob powder.

Salted Dark Chocolate Mousse

Ingredients:

1 cup aquafaba (liquid from a can of chick-peas)

1/2 tsp cream of tartar

1 cup caster sugar (or fine cane sugar)

3/4 tsp sea salt

1 tsp vanilla bean paste

13 oz dark chocolate, melted

Topping: Vegan whipped cream, shaved chocolate, raspberries, rose petals

How to:

Chop dark chocolate and transfer to a microwave-safe bowl. Microwave in 30 second intervals, stirring well between each interval, until completely melted. Set aside to cool.

Add aquafaba to a stand mixer and start beating on high. After about 5 minutes, add cream of tartar and continue beating until stiff peaks form (total, this takes about 10 minutes). Add sugar slowly a few tablespoons at a time and beat on high for another 5-7 minutes. Add in salt and vanilla bean paste and continue beating for a few seconds.

Gently fold in cooled dark chocolate using a spatula. Don't over-mix, otherwise it will start to deflate.

Transfer mousse to serving vessels and refrigerate 1-2 hours - until set.

Garnish as desired with vegan whipped cream, shaved chocolate, raspberries and rose petals (optional).

Enjoy!

Chocolate Hazelnut Milk

Ingredients:

1 ½ cups raw, unsalted hazelnuts, soaked 6 hours in room temp water

4 ½ cups filtered water

1 ½ tsp vanilla bean paste

1 tsp lemon juice

¼ tsp salt

1 tsp cinnamon

4 tbsp maple syrup

1 tbsp melted coconut oil



How to:

Soak hazelnuts for 6 hours, then drain and rinse. Add to blender with filtered water and blend on high for 1-2 minutes. Strain through a cheesecloth or nut milk bag and discard pulp or use it in a recipe. Return milk to blender and add all other ingredients. Blend 1 min on high before pouring into glass bottle. Store in refrigerator for 5-7 days. You may need to shake or stir before consuming – separation is natural.

Chocolate Sauce

Ingredients:

7 tbsp maple or agave syrup

1/2 cup cacao powder

1/2 cup coconut oil, melted

1 tsp vanilla extract

3/4 tsp cinnamon

1/8 tsp sea salt

How to:

Melt coconut oil. Whisk in cacao powder and coconut oil. Once mixture is smooth whisk in vanilla, cinnamon, and sea salt. Taste and make adjustments if necessary.

Optional: I often add add 3/4-1 tsp of one of the following: acai powder, maqui powder, maca powder, or 1/4-1/2 tsp green powders like chlorella or spirulina to this as well. Blend or whisk all ingredients until smooth.

SPICY CHOCOLATE SAUCE: Use recipe for Chocolate Sauce, omitting cinnamon. Then whisk in the following spice mixture: 1/2 tsp cinnamon, 1/4 tsp ginger, 1/8 tsp cayenne. Add half to chocolate mixture, then taste and add more if desired.

'NANA' Ice Cream

To make this "ice cream", it is best if you use very ripe bananas. The ugly ones with all the spots are perfect as they are the sweetest. You never need to let bananas go bad at your home again! Simply take your ripe bananas, peel them first (learned this the hard way....LOL), cut them into 5-6 pieces so you know how many pieces = one banana, and pop them in the freezer. When you are ready to use your frozen bananas, place them in a food processor and process until smooth and creamy. You should have a spatula on hand to wipe down the sides as you go. Your food processor will most likely make some odd noises, but just keep blending until smooth. Eventually you will get a creamy, fluffy, and delicious banana ice cream.

It is very important that you do not over blend the mixture as it will melt. If this happens, don't panic, you can always put it in a container/bowl and pop it in the freezer for a bit. Then you can use an ice cream scoop to put it into bowls or just did in like I do. When the bananas are creamy, turn the food processor off and scrape it into a bowl. You can now spice up your ice cream.

To change things up, I often mix in other things to change up the the flavors while the bananas are in the food processor. One of my favorites is to add a few tbsp of cacao powder and a handful of cacao nibs or dark chocolate chips. You can also add berries, mango, pineapple, cacao, acai, avocado, spinach, etc.

Then top it with fresh fruit, chopped nuts/seeds, cacao sauce, chia jam, etc. Here are some good combo to add in: blueberry and acai, raspberry and beetroot, tart cherry, mango, pineapple, and turmeric, cacao, and maca, strawberries, blackberries and cacao, pitaya and raspberries or blueberries

Hearty Veggie Lentil Chili

Ingredients:

- 2 tbsp olive oil
- 1 jalapeño deseeded and finely diced
- 2 cloves garlic, minced
- 1 medium onion, diced
- 1 medium sweet potato, diced
- 1 yellow pepper, diced
- 2 med carrots, diced
- 1 cup of acorn squash, diced
- 1 tbsp of maple syrup
- 2 tbsp chili powder
- 1 tbsp cumin
- 2 tsp cinnamon
- 2 tsp cinnamon
- 1 tsp turmeric
- 1/4 tsp ground black pepper
- 2 tsp salt, adjust to taste
- 28 oz can/box of no sodium added diced fire roasted tomatoes
- 1 tbsp tomato paste
- 4 1/2 cups low sodium vegetable stock, more if necessary
- 1 1/4 cup green lentils
- 2 cups baby spinach, just before serving



Here's how:

Melt olive oil in a large stock pot over medium heat. Sauté minced onion for 3-5 minutes. Then add jalapeño and garlic and cook for another 3-5 min until softened. Add sweet potato, pepper, squash, and carrots. Next add chili powder, cumin, cinnamon, turmeric, salt, and maple syrup. Stir to coat veggies.

Sauté for a few minutes and then add tomatoes, vegetable broth, tomato paste, and lentils. Let simmer for 30 minutes on medium-low heat, stirring every 10 minutes. Throw in spinach, and if you are adding cacao and maca powder do this now. Stir well and cook additional 5-10 minutes. Spoon chili into bowls and top with sliced avocado, radishes, cheese, chopped cilantro, or whatever else your heart desires!

You can also serve this over pasta, rice, or quinoa.

Maca Hot Chocolate

Ingredients:

1 cup unsweetened almond milk
(or other nondairy milk)
2 tbsp cacao powder
2 tbslp melted dark chocolate or
chocolate chips
2 tbsp hemp seed
2 tbsp pure maple or agave syrup
1/2 tsp vanilla
1/2 tsp cinnamon

1/8 tsp sea salt
1/2-1 tsp lucuma powder
1/2-1 tsp maca powder

Blend ingredients until well mixed and heat over medium low heat in small saucepan, stirring frequently.

Top with whipped cream and dark chocolate shavings if desired.

Maple Cinnamon Coconut Whipped Cream

1 can full fat coconut milk (only use solid top layer)
2 tbsp maple syrup
1 1/2 tsp cinnamon
1 tsp vanilla extract

Refrigerate can of full fat coconut milk overnight. Separate the top layer of cream and put in mixing bowl.

Discard liquid below or save it for use in smoothies, etc. Using a hand mixer, beat the coconut cream for 1 min or creamy. Add in cinnamon, maple syrup & vanilla and beat for additional 15-30 seconds. 1`Top your hot chocolate with a giant scoop, and store the rest in an airtight container in the fridge.

Turmeric

Turmeric is a flowering plant which is related to ginger. The roots are the part that is used for cooking. It grows in very rainy climates in India and Southeast Asia. You can find it in its fresh form or powdered. It is the main ingredient in curry, and it is commonly used in Middle Eastern and SE Asian cuisine. It can be used as a dye in many foods such as cheeses, mustards, broths, etc. Turmeric's flavor is warm, bittersweet, with hints of ginger and orange, and is a little spicy. It is believed that turmeric's ability to be absorbed into the body is enhanced with the addition of a little black pepper.

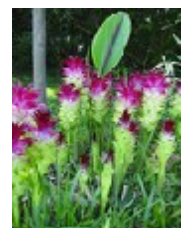
Here is a good article about this subject: <https://www.healthline.com/nutrition/turmeric-and-black-pepper>

From a culinary standpoint, turmeric is found mostly in savory dishes, but it can also be used in desserts, chocolate, smoothies, lattes/milks, juices, etc when paired with warm, sweet, and/or earthy flavors. We often add it to soups, stews, potatoes, rice and pasta dishes, spaghetti sauce, and chilis. It pairs well with chickpeas, lentils, coconut products, lemon, lime, orange, mustard black pepper, cinnamon, ginger, paprika, garlic, onions, cacao, cumin, cilantro, / coriander, olive oil, rice, pasta, potatoes, carrots, tomatoes, cauliflower, pineapples, bananas, mango, sweet potatoes, other root veggies, maple syrup, agave, coconut sugar, tofu, and chicken just to name a few things. You can make vegan "scrambled eggs" with tofu, turmeric, and other spices. As with any ingredient you haven't used before, start with less, taste, and add more if you wish remembering to balance out the sweet, salt, acids, and fat. If you add a little too much of something, you can almost always fix it by adding something else: spice balances sweet, bitter balances sweet and salty (think salted dark chocolate), sour balances spice and salty. You can fix most dishes by remembering this.

There have been some studies done which suggest that curcumin, which is a bright yellow pigment found in turmeric, might possibly help to reduce inflammation. There are many other possible benefits of turmeric as well which are also currently being studied. Here are a couple of links to pretty credible and interesting websites with articles about turmeric.

-<https://www.healthline.com/nutrition/top-10-evidence-based-health-benefits-of-turmeric#section1>

-<https://www.medicalnewstoday.com/articles/306981.php>



Golden Milk or Golden Latte

Ingredients:

1 cup cashews, soaked for 2-3 hours one
water to soften
3 cups water
1 tbsp coconut oil
1 tsp lemon juice
1/4 tsp fine sea salt
2 cracks black pepper
1/2 tbsp turmeric
1 tsp cinnamon



How to:

Drain cashews after soaking in room temperature water for 2-3 hours. Put into blender with 3 cups of water. Run through the blender for 1 or 2 cycles depending on how powerful your blender is. Strain through a nut bag to remove any pulp* which may be left. Pour milk back into your blender and add all of the rest of the ingredients. Blend until everything is well mixed.

Taste and make adjustments if necessary. Warm in microwave or small saucepan to enjoy a cozy, heated beverage, drink cold, or use it to make your morning bowl of oatmeal and top with coconut flakes, granola, berries, and a drizzle of local honey.

* If you have a dehydrator, you can save nut pulp. Dry out in dehydrator and make your own nut flour. If you wish to try this, you will be able to find directions online.

Tropical Turmeric Smoothie

Ingredients:

2 cups frozen pineapple thawed for 10 -15 min at room temp

1 cup frozen mango thawed for 10 -15 min at room temp

6-8 oz coconut water (like Harmless Harvest brand)

2-3 tsp freshly squeezed lemon juice

1/4-1/2 tsp ground turmeric

1/2 tsp ground ginger

Pinch ground black pepper

Serve in a bowl and top with things like coconut flakes, hemp seeds or chopped nuts like macadamia or cashew, granola, blueberries, kiwi, and raspberries.



Orange Zinger

Ingredients:

4 large carrots, washed well and unpeeled, cut in half

3 large oranges

1/2-1 inch chunk peeled ginger

1-2 1" piece turmeric

1/4 of lemon

1/4 tsp fine sea salt

Optional:

pinch cayenne

1-2 tsp agave or maple syrup

Juice everything carrots thru lemon. Add pinch of cayenne and pinch of sea salt and whisk ingredients together. Add maple syrup if wish. Yields about 12-14 oz.



Turmeric Hot Chocolate

Ingredients:

Makes 4 8 oz servings

32 oz cashew or almond milk

4 tblsp cacao powder

4 tblsp maple syrup

2 tsp vanilla

1 tsp turmeric powder

1 tsp cinnamon

1/8 tsp salt



Put all ingredients into a blender and mix well or you can whisk together well in a bowl. Heat in medium sized pan on stove, stirring frequently. If you wish, top with coconut whipped cream, mini marshmallows, and or dark chocolate shavings.

Cheesy Broccoli Soup

Ingredients:

1/4 cup olive oil	2 1/2 tsp salt
1/4 cup dairy free butter	1/2 tsp white pepper
1 1/2 cups chopped onion	1/2 tsp turmeric powder
1/2 cup chopped shallot	1 1/2 tbsp lemon juice
1 tbsp minced garlic	4 tbsp nutritional yeast
1 1/2 cups diced carrots	2 tbsp chopped chives
1 1/2 cup diced celery	1/2 cup chopped parsley
4 cups diced and peeled yellow potatoes	4 cups finely chopped baby broccoli, tops only
3 cups finely chopped cauliflower	
4 cups vegetable broth	

Heat oil and butter over medium heat. Add onions and shallots and cook, stirring a few times for 5-7 min. until softened and translucent. Add minced garlic and cook stirring a few times for 5 more minutes. Add carrots, celery, potatoes, cauliflower, vegetable broth, salt, pepper, turmeric, and lemon juice. Cook for 30-35 minutes until all of the veggies are soft. Add in nutritional yeast and puree in heat safe high speed blender or using immersion blender. Stir in chives, parsley, and chopped broccoli. Serve with chopped herbs, cheese, croutons, and a dash of paprika if you wish.



Lemon Turmeric Hummus

Ingredients:

3 cups garbanzo beans drained,
save liquid

6 1/2 tbsp lemon juice

1/4 cup hemp seeds

5 tblsp tahini

6 tbsp olive oil

3 fresh chopped garlic cloves or 3
roasted ones*

1 tsp turmeric

1 1/4 tsp salt

1/2 tsp pepper

2 pinches cayenne

1/2 tsp agave

3/4 tsp paprika



Drain garbanzo beans and save the liquid from the beans. In a food processor, combine all of the ingredients and blend until smooth. Add in 5-6 tbsp liquid from beans until hummus is a creamy, smooth consistency.

*To roast garlic, preheat oven to 400. Cut top off of head of garlic. Drizzle with olive oil and season lightly with a little salt and pepper. Wrap garlic in foil and roast for 25-30 minutes. You will know it is done when the garlic is fork tender and slightly brown. Let cool and press the garlic out of the skin, mash with back of spoon in a small bowl, and add to hummus. It is totally worth the extra effort!!

Carrot Cake

Ingredients:

2 flax eggs (1 tbsp flax seed meal to 2 1/2 tbsp water).

1 cup sugar

1/2 cup coconut sugar

1/2 cup coconut oil, softened at room temp

3/4 cup applesauce

1 1/2 tbsp vanilla extract

1/3 cup Suncore Hemp Seeds

1 1/2 tsp Suncore Turmeric Powder

2 cups gluten free cake flour

1 tsp baking soda

1/2 tsp xanthan gum

2 tsp cinnamon

3/4 tsp ground nutmeg

3/4 tsp ground ginger

1/2 tsp salt

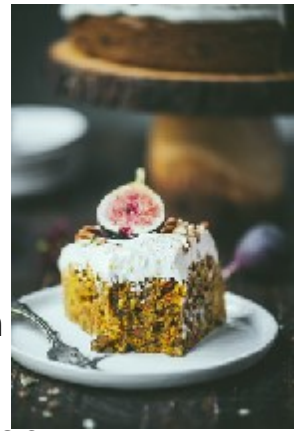
1/4 tsp allspice

1/8 tsp cloves

1 cup chopped walnuts or pecans

2 cups shredded carrots

3/4 cup golden raisins



Preheat oven to 350 degrees F.

Stir flax meal with water in a small bowl. Let sit to thicken for 10-15 min, stirring a few times.

In a large mixing bowl, whisk together all dry ingredients. In a separate mixing bowl, whisk sugar, coconut sugar, coconut oil, applesauce, flax eggs, and vanilla. Slowly incorporate dry ingredients. Add in chopped nuts, golden raisins, and shredded carrot.

Line bottom of 9 x 9 pan with parchment paper, and grease edges lightly with coconut oil.

Bake for 45-40 minutes, or until a toothpick comes out clean.

Once cake is well cooled, spread cream cheese frosting (recipe below) on the cake and top with some chopped nuts and toasted coconut.

Vegan cream cheese frosting:

1/2 cup vegan butter, softened for at least one hour at room temp

8 oz vegan cream cheese, softened for at least one hour at room temp

1 tsp vanilla extract

3 cups powdered sugar (you can use less, but it will be more of a glaze than a frosting)

In a medium mixing bowl, use a hand mixer to beat cream cheese and butter until creamy. Add vanilla and mix until incorporated. Add 1 cup of sugar at a time until it reaches desired consistency.