

THE PADDISON PROGRAM'S

# RECIPE BOOK FOR OPTIMAL HEALTH

A PRACTICAL GUIDE TO RESTORE YOUR HEALTH, NOURISH  
THE BODY, & GAIN VIBRANT ENERGY THROUGH  
PLANT-BASED GOODNESS



BY MELISSA PADDISON

Hi Wellness Friends,

I am so excited to share with you our Recipe Book for Optimal Health! It is loaded with fresh, clean, vibrant recipes to nourish and fuel the body to thrive.

If you are just jumping in and have not experienced the healthy (and mouthwateringly tasty!) benefits of a low-fat, whole food, plant-based diet, I am thrilled to be sharing some simple recipes to start you on a path of cultivating wellness from the inside out. If you are still asking "Why Plant-Based?" here are a few reasons why your decision to incorporate more life and greens into your diet is a monumental step towards achieving your Optimal Health!

## Plant-Based Goodness

- Scientific studies and research shows that a low-fat, whole food, plant-based diet helps one to achieve their Optimal Health through reversing diseases such as heart disease, cancer, type 2 diabetes, obesity, and chronic autoimmune conditions.
- A plant-based diet reduces inflammation in the body, reduces acidity, relieves anxiety, and restores energy levels.
- Plant-based foods are filled with vitamins, minerals, and anti-oxidants from a completely natural source and directly fuel the body to thrive and perform at peak levels.
- Plant-based foods help to repair our intestinal tracts, relieve bloating, and build a healthy gut - an essential for Optimal Health!
- Plant-based foods enable the body to find it's optimal weight
- Plant-based foods create a clean, vibrant body that is free from processed foods and animal foods that are high in growth hormones, antibiotics, pesticides, and toxic chemicals.
- A plant-based diet not only improves our individual health as a whole it takes monumental steps forward in preserving the health of our planet and welfare of animals.

I hope you enjoy these simple, humble, and nourishing recipes to bring Optimal Health to you and your family!

May they inspire you to Eat Well, Eat Clean, & Live Healthy!





BREAKFAST

# Berry & Chia Bircher Muesli

## Ingredients

- 1 \*heaping\* cup rolled oats  
(use GF certified rolled oats if you are allergic to gluten)
- 1/2 red apple, grated
- 1/4 cup goji berries
- 2 tbsp chia seed
- 1 tsp cinnamon
- 1 tsp ground cardamom
- 1 tsp raw honey
- 1 cup almond milk and 1/2 cup coconut milk yogurt for a rich, creamy texture!)

## Instructions

Place all ingredients in a bowl. Refrigerate over night and rise and shine to brekkie bliss! Keep leftovers in the fridge and enjoy over the next few days.





# Quinoa Hazelnut & Honey Bircher Muesli

## Ingredients

- 1 1/2 cup rolled oats (use GF certified rolled oats if you are allergic)
  - 1/2 cup \*cooked\* quinoa
  - 1/2 cup shredded coconut
  - 1/2 cup chopped apple
  - 2 tsp raw honey
  - 1/2 cup \*soaked\* and chopped hazelnuts
  - 1 cup water or nut milk
- Optional Fruit topping: 1 sliced banana or 1 sliced mango

## Instructions

- 1) Rinse and cook quinoa in 1/2 cup water in rice cooker. Allow to cool.
- 2) Place all ingredients in a bowl, including cooked quinoa. Refrigerate over night and rise and shine to brekkie bliss! Enjoy with fresh chopped banana or mango. For a little sweet boost add drizzle of raw honey over the top.



# Rhubarb Compote & Oatmeal

## Ingredients for Oatmeal

- 1 cup Oatmeal
- 1 tsp flax seeds
- 1 tsp chia seeds
- 1 1/2 cup water or coconut milk
- Ingredients for Rhubarb Compote
- 1 bunch rhubarb, chopped into 1 inch pieces
- 4 tsp brown sugar
- 1/4 cup water

## Instructions

1. Add oatmeal ingredients to pot and gently cook for approx 7 min or until oats are cooked. Add any additional water or coconut milk to achieve desired consistency.
2. Add chopped rhubarb to pot and top with brown sugar and sprinkle of water. Gently bring to a boil and stir rhubarb until it slowly starts to break down. Simmer for approx 10 min.
3. Serve steaming oatmeal topped with rhubarb compote and a dab of raw honey if needed! Enjoy this delicious and warming breakfast!





# Scrambled Tofu



## Ingredients

- 1 package Firm Tofu
- 1 large onion, diced
- 1 green pepper, diced
- 1/4 bunch cilantro, chopped
- 2 tsp nutritional yeast
- 1 tsp turmeric
- 1 tsp sea salt
- 1 tsp chia seeds
- Sprinkle of chili

## Instructions

1. Add chopped onion and green pepper to saute pan with a little bit of water. Saute for approx 3 min.
2. Rinse firm tofu and crumble. Add crumbled tofu to the onion and green pepper.
3. Add turmeric, nutritional yeast, chia seeds, chili, and sea salt. Turn up heat and cook for approx 10 min, add a little water if needed.
4. Turn off from heat and sprinkle with chopped cilantro. Serve with sourdough or spelt toast!



# Breakfast Burrito

## Ingredients

- 1 organic wholemeal wrap
- Scrambled Tofu Recipe (yum! can prepare the day before)
- 1/2 avocado, chopped
- 1 small tomato, chopped
- Fresh cilantro, minced
- 1/2 fresh squeezed lime
- Sea Salt to taste

## Instructions

1. Add scrambled tofu to middle of wrap (see recipe)
2. Add chopped avocado and tomato on top of scrambled tofu.
3. Sprinkle cilantro, lime juice, and sea salt to taste.





# Smashed Avocado on Organic Oat Sourdough

Seriously quick and easy brekkie to jump start your day!

## Ingredients

- 1 avocado, diced
- 1 freshly squeezed lemon
- Celtic sea salt to taste
- Freshly ground black pepper to taste
- 1-2 slices organic oat sourdough, toasted

## Instructions

1. Place diced avocado in small bowl. Add lemon juice, sea salt, and black pepper. Mash with fork until blended and creamy.
2. Smash and smother this ridiculously good avocado mixture on top of freshly toasted sourdough. Enjoy!



# Veggie Brekkie with Cannelli Beans & Thyme Mushrooms

## Ingredients

- 2 slices oat sourdough
- 1 large tomato, halved
- 1/2 cup mushrooms, halved
- 2 handfuls fresh spinach
- 1/2 cup cooked cannelli beans (soak dried beans overnight)
- 1/2 avocado, sliced
- Thyme
- Sea Salt
- Freshly ground black pepper
- Italian herbs or Dukkah
- Lemon wedge

## Instructions

1. Place halved tomato on baking tray in oven. Sprinkle with sea salt, and herbs or dukkah. Bake for approx 15 min at 350F or until tomato is juicy and bubbling.
2. Saute halved mushrooms with a bit of water. Sprinkle with sea salt and thyme for approx 4 min. Add spinach to mixture to slightly cook and remove from heat. Place on large plate.
3. Warm cooked cannelli beans in a pan. Add a pinch of sea salt and gently warm for approx 4 min. Add warmed beans to plate and sprinkle with herbs or dukkah. (Option to soak and cook the beans the night before so they are ready to go for brekky!)
4. Add sliced avocado to plate. Remove baked tomato from the oven and add to the plate.
5. See how our brekky is building?! Simply add the sourdough toast and use fresh ground pepper to taste and fresh lemon. Enjoy this super delicious and filling brekky to jump start your day!





# JUICES & SMOOTHIES

# Sweet Zucchini Juice



## Ingredients

- 2 zucchinis
- 3 celery stalks
- 2 apples
- 2 cm ginger
- sprinkle with chia

## Instructions

1. Wash all veggies
2. Peel zucchini if not organic
3. Place items through the juicer and sprinkle with chia - Enjoy the sweet simplicity!



# Belly Love Juice

I love this juice to heal and calm the tummy. It is soothing, cooling, and refreshing for the digestive system and always leaves me feeling complete!

## Ingredients

- 3 celery stalks
- 1 cucumber
- 3 carrots
- 2 cm fresh turmeric root
- 1/2 fresh lemon
- Splash of aloe vera juice

## Instructions

1. Add all washed items to juicer.
2. Add lemon and aloe vera to juice and enjoy!



# Green Goodness Juice

Nourish the body with this incredible green juice! Simple, alkalizing, and filled with anti-inflammatory properties to help restore the body.

## Ingredients

- 2 cucumbers, peeled
- 1/2 bunch celery
- 2cm ginger
- *Optional: 1 green apple*

## Instructions

- 1) Use organic veggies if possible. Wash all veggies and peel cucumber if not organic.
- 2) Place veggies through a juicer, followed by the ginger
- 3) Enjoy and repeat if you wish!







# Green Power



## Ingredients

- 2 celery stalks
- 1 cucumber, peeled
- 1 green apple
- 5 kale leaves (stem removed)
- 5 cos lettuce or butter lettuce leafs
- Handful of spinach
- 1/2 lemon, freshly squeezed
- 3 cm ginger

## Instructions

1. Wash all items
2. Place items in juicer and seriously feel a powerful kick of clean nourishment for your day!

# Pineapple Chia Passion

This is a punchy and energy bursting drink that will fortify your body with calcium, omega 3, potassium, vitamin C, protein, and excellent for digestion. Need I say more? Entertain your friends and family or simply guzzle on a summer afternoon!

## Ingredients

- 2 tbsp white chia seeds
- 1 cup of water
- 1/2 lemon, freshly squeezed
- 4 large chunks of pineapple
- 2 oranges, freshly squeezed
- 2 tbsp raw honey or maple syrup
- 8 leaves of fresh mint

## Instructions

1. Add chia seeds to water, stir, and set aside. Let the chia expand and try to not let the chia stick
2. Squeeze the lemon and orange and place in a large bowl, add honey
3. Juice or blend the pineapple and mint, add to large bowl
4. After the chia has expanded (approx 10 min) add the mixture to freshly squeezed juice
5. Refrigerate and serve cold with a sprig of mint



JUICES



# Orange Pear & Mango Smoothie

SMOOTHIES

## Ingredients

- 1 pear, diced
- 1 orange, peeled
- 1/2 cup fresh or frozen mango
- 1/2 banana, fresh or frozen
- 1/4 bunch of kale
- 1 cup water or coconut water
- handful of ice

## Instructions

1. Wash all items.
2. Add items to blender. Start on low speed and then increase to higher blending power.
3. Blend until smooth and enjoy this yummy smoothie!



# Blueberry Maca Smoothie

SMOOTHIES

Maca is a superfood that is jam packed with vitamins and minerals to nourish the body. Just to name a few of the minerals found in this delicious root is calcium, phosphorous, zinc, magnesium, iron, and vitamins B1, B2, B12, C, and E add to the party. There are so many health benefits to maca and a few of my favorites are it supports the endocrine system or balances hormones, increases energy, improves physical and emotional well being, increases clarity, and helps with PMS and mood swings. This is a no brainer to include in smoothies!

## Ingredients

- 1 cup blueberries
- 1 banana
- 1/2 cup coconut milk, rice milk, or almond milk
- 1 tbsp maca powder
- 1 tsp raw honey
- Optional: handful of fresh spinach

## Instructions

1. Add all items to blender! Blend till nice and smooth.



# Pear & Mint Smoothie

## Ingredients

- 3 pears, diced
- 1/4 cup mint leaves
- 3 kale leaves (rip leaf away from stalk)
- 3/4 cup coconut milk or almond milk
- 1 tsp chia seeds

## Instructions

1. Wash all items.
2. Add all items to blender. Blend until smooth.
3. Enjoy this cooling and refreshing green smoothie to increase fiber, vitamin B2, vitamin C, and potassium.

# Blueberry & Cacao Smoothie

## Ingredients

- 1 banana
- 1/2 cup blueberries
- 1/2 cup almond milk
- 2 tsp cacao nibs
- 1 tsp raw honey

## Instructions

1. Blend all items and awaken your taste buds to the gorgeous blend of blueberry and cacao! I always feel alert and filled with energy after this little boost.





# Banana Bliss Smoothie

## Ingredients

- 2 bananas (frozen or room temp)
- 2 tbsp nut butter (almond, macadamia, or peanut)
- 1/2 cup almond milk or coconut milk
- 1 tsp raw honey

## Instructions

1. Blend all items and enjoy this as a creamy and smooth, nourishing snack!

# Garlic & Dill Hummus

## Ingredients

- 1 cup dried chick peas
- 4 tbsp tahini paste (option no tahini: 1 tsp tamari sauce & 4 tbsp veggie broth)
- 1/2 fresh squeezed lemon
- 4 cloves garlic, crushed
- 1/4 tsp sea salt
- 1/4 bunch dill, chopped

*Optional: Sprinkle top with sesame seeds, paprika, and additional dill*

## Instructions

1. Cook chickpeas till soft and remove any outer skins
2. Add all ingredients to blender or food processor.
3. Blend until whipped and creamy. Top with fresh dill and enjoy with your favorite veggie sticks or rice crackers.





# Holy Guacamole

DIPS



## Ingredients

- 2 large avocados, mashed
- 1/2 tomato, diced
- 1/4 red onion, diced
- 1 lime, freshly squeezed
- Handful of fresh cilantro, minced
- Sea Salt to taste
- Dash of Cayenne or Chili

## Instructions

1. Mash avocados in large bowl.
2. Add diced tomato, red onion, lime juice, and cilantro. Stir well.
3. Add salt and cayenne to taste. Enjoy with veggie sticks, corn chips, or on a big burrito!

# SOUPS & SALADS



# Dulse Miso Soup

## Ingredients

- 4 cups of water or vegetable soup stock
- 3 strips of Dulse
- 4-5 tsp of brown rice miso
- 2 stalks of green scallion, chopped  
*Optional: 6 Oyster Mushrooms*

## Instructions

- 1.** Bring soup stock to gentle boil
- 2.** Dilute the brown rice miso in 1/2 cup water or vegetable stock, then add to soup. (Optional: add washed and diced oyster mushrooms to soup)
- 3.** Add dulse strips to soup (suggest to cut strips in small pieces). Stir and add chopped green scallion to soup
- 4.** Stir and serve hot! Enjoy with veggie sushi rolls or a scoop of brown rice.



# Mega Miso Soup

This is a hearty, nutritious, alkalizing meal, filled with probiotics, vitamins, and minerals! Seaweed is a powerful way to include vital minerals such as calcium, potassium, iron, magnesium, and zinc. Need we say more? I hope you enjoy this humble and nourishing meal that is wonderful for digestion.

## Ingredients

- 1 cup basmati rice, rinsed & cooked
- 2-4 tbs brown rice miso paste
- 1 handful dulse seaweed

Optional: Add 2 stalks scallion, chopped and handful of oyster mushrooms

## Instructions

- 1) Add cooked rice to serving bowl
- 2) Add warm to hot water to cooked rice and moisten
- 3) Add brown rice miso paste to rice and stir. Add water to create a slightly soupy texture and continue until mixed
- 4) Add dulse seaweed and stir through the mixture. Add optional items
- 5) Enjoy and serve with a green salad! Feel free to vary the amount of water, brown rice miso, and seaweed to the soup to get your desired flavor and consistency





# Twisted Pasta e Fagioli

I thank my Grandma Simonelli for cooking countless Sunday dinners of Pasta e Fagioli for our Family. I remember always waiting with anticipation as the first bowl of steaming soup hit the table. It is a meal that is simple, humble, and nourishing to share and enjoy with the company of Family.

## Ingredients

- 1 large onion, diced
- 2 celery sticks, chopped
- 3 garlic cloves, minced
- 2 tsp Italian seasoning
- 1 bay leaf
- 1 sprig rosemary
- 5 cups veggie broth or water
- 6 ripe tomatoes, diced
- 1/2 lb spiral 'twisted' pasta (brown rice, quinoa, or whole grain)
- 1 3/4 cups dried cannellini or borlotti beans (Optional - 2 cans cannellini beans)
- 1/4 cup fresh parsley, chopped
- Celtic Sea Salt
- Freshly ground black pepper

## Instructions

- 1.** Beans - Soak beans overnight in water and drain. Or, add beans to boiling water and cook until tender (approx 1 hour). Place the soaked beans in a pot, add water, and bring to a gentle boil and cook until tender (approx 1 hour).
- 2.** In a large pot place onions, celery, garlic, and italian seasoning. Add a bit of water and saute for approx 4 min.
- 3.** Add the veggie broth or water, bay leaf, rosemary, and tomatoes. Bring to a boil.
- 4.** Gently boil for approx 15 min and then add pasta.
- 5.** When the pasta is al dente add the beans and simmer for approx 5 min.
- 6.** Turn off heat and add parsley and salt and pepper to taste. Remove bay leaf and rosemary stick. Enjoy with a big salad and sourdough bread!



# Wombok Salad & Sesame No Oil Dressing

## Ingredients

- 1 carrot, peeled, cut into matchsticks
- 1/2 green pepper, sliced
- 65g (1 cup) bean sprouts, trimmed
- 1 baby wombok (Chinese cabbage), chopped
- 1 bunch cilantro, chopped

*Optional: soaked and chopped almonds to drop on top for an extra crunch!*

## No Oil Sesame Dressing

- 1 tbs sesame seeds
- 2 tbs tahini (sesame paste)
- 2 tbs tamari sauce
- 2 tbs rice vinegar or coconut vinegar
- 2 tbs caster sugar

Salads & No Oil  
Salad Dressings





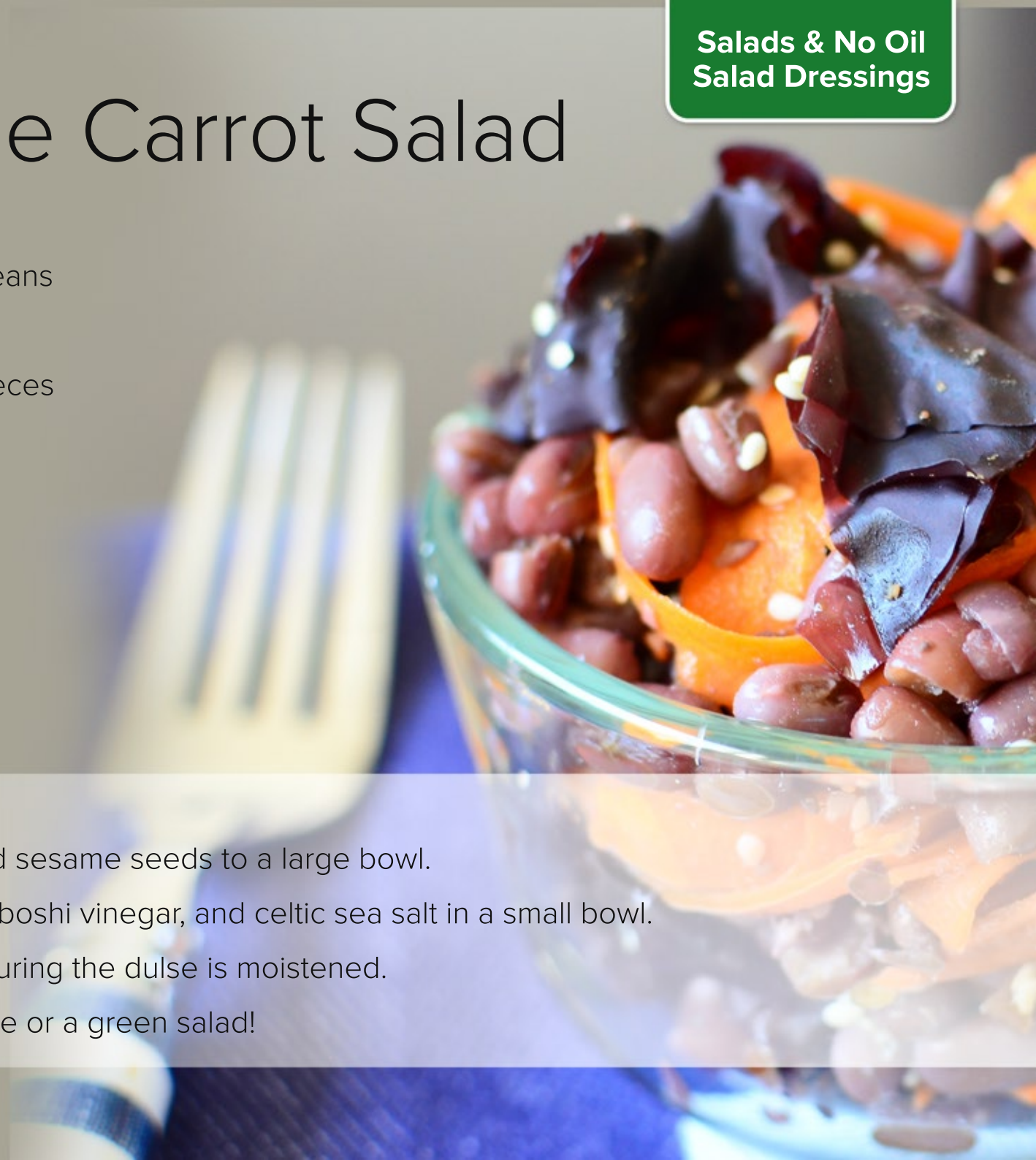
# Adzuki & Dulse Carrot Salad

## Ingredients

- 1 cup \*soaked\* and cooked adzuki beans
- 2 shredded carrots
- 3 strips dulse, chopped or cut into pieces
- 4 tsp sesame seeds
- 2 tsp Tamari
- 2 tsp Brown rice vinegar
- 2 tsp Umeboshi vinegar
- Celtic sea salt to taste
- Optional: minced ginger

## Instructions

1. Add cooked beans, carrots, dulse, and sesame seeds to a large bowl.
2. Whisk tamari, brown rice vinegar, umeboshi vinegar, and celtic sea salt in a small bowl.
3. Add dressing to the bean mixture ensuring the dulse is moistened.
4. Serve chilled and enjoy with brown rice or a green salad!



# Simple Brown Rice Salad



## Ingredients

- 1 cup brown rice (rinsed and cooked)
- 2 tsp sesame seeds
- Tamari
- Rice Vinegar
- Umeboshi Vinegar
- Freshly chopped Parsley

## Instructions

1. Place chilled cooked brown rice in a large bowl.
2. Whisk in a small bowl tamari, rice vinegar, umeboshi vinegar, parsley, and sesame seeds.
3. Add whisked sauce to the brown rice and gently stir. Serve chilled.



# Navy Bean & Rosemary Green Bean Salad

## Ingredients

- 1 cup \*soaked\* and cooked navy beans
- 1/2 cup green beans
- 1/4 cup fresh parsley, chopped
- 1/2 tsp rosemary
- 2 garlic cloves, minced
- Celtic sea salt, pinch
- 3 tsp dijon mustard
- 3 tsp umeboshi vinegar
- 1 tsp apple cider vinegar

## Instructions

1. Steam green beans till they are gently cooked
2. Add cooked navy beans, green beans, and parsley to a large bowl.
3. Whisk in a small bowl dijon mustard, umeboshi vinegar, apple cider vinegar, sea salt, and rosemary.
4. Add dressing to bean mixture and refrigerate. Serve with your favorite green salad or soup!

# Lentil & Quinoa Cranberry Salad

## Ingredients

- 1 cup rinsed and cooked brown lentils
- 1 cup rinsed and cooked quinoa
- 1 large sweet potato, steamed and chopped
- 1 red onion, diced
- 1/2 cup dried cranberries
- 1 bunch coriander 'cilantro', chopped
- 2 limes (juice)
- Chili to taste
- Celtic sea salt to taste

## Instructions

1. Add all items to large bowl.
2. Toss lime juice, sea salt, and chili throughout salad.
3. Serve warm or cold and enjoy!

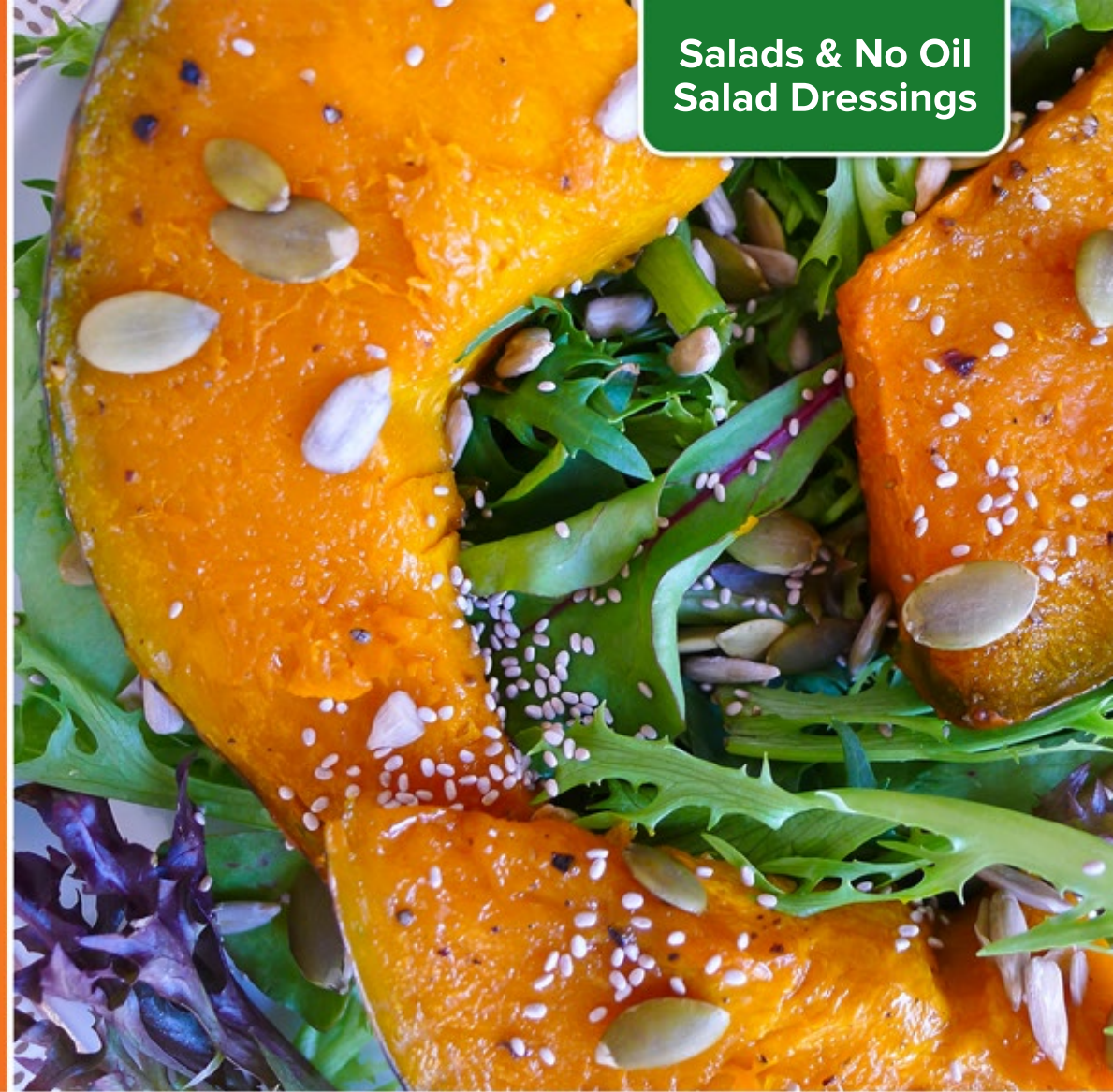




# Roast Pumpkin & Sunflower Seed Salad

## Ingredients

- 1/4 Jap pumpkin (or any local pumpkin), cut into wedges
- 3 cups fresh mixed salad greens
- 4 tbs sunflower seeds
- 4 tbs pumpkin seeds
- 1 tbs white chia seeds
- 2 tbs Coconut oil
- Sea Salt
- Fresh ground black pepper



Salads & No Oil  
Salad Dressings

## Tamari Dressing

### Ingredients

- 1/4 cup apple cider vinegar
- 2 tbs tamari
- sea salt

### Instructions

1. Place pumpkin wedges on baking sheet and drizzle coconut oil and sea salt. Bake in oven at 350F for approx 25 min. Flip pumpkin to roast on both sides half way through.
2. Place salad greens on large serving plate.
3. Top with roasted pumpkin. Sprinkle seeds over the salad and add freshly ground pepper.
4. Drizzle with Tamari Dressing and enjoy!



# Spinach & Chia Cranberry Salad

## Ingredients

- 1 cup freshly washed spinach
- 1/4 cup dried cranberries
- 1/4 cup pistachios
- 2 tsp black chia seed

## Instructions

1. Add all ingredients to a large bowl.
2. Gently toss and enjoy chilled!

**Optional: No Oil Asian Orange Vinaigrette**



Salads & No Oil  
Salad Dressings

**Optional: No Oil Asian Orange Vinaigrette**

## Ingredients

- 1 large Orange
- 2 tsp rice vinegar
- 1 clove chopped garlic
- 1cm fresh ginger, minced
- 1 tsp raw honey
- 1 pinch sea salt

## Instructions

- 1.) Juice the orange. Combine orange juice, rice vinegar, chopped garlic & ginger, honey, and sea salt in blender.
- 2) Drizzle over salad and enjoy!



# Asian Rainbow Salad

## Ingredients

- 1 cup bean sprouts
- 1/4 cup red cabbage, chopped
- 1 carrot, sliced lengthwise
- 1 cucumber, sliced lengthwise
- 1/2 head of bok choy, sliced lengthwise
- 1/2 wombok, chopped
- 1 tsp black chia seeds

## Instructions

1. Wash all veggies, Chop all veggies.
2. Layer salad with wombok, red cabbage, bok choy, carrot, cucumber, bean sprouts, and sprinkle with chia seeds
3. Drizzle optional no oil ginger dressing



## Optional: No Oil Ginger Dressing

### Ingredients

- 1 tbs sesame seeds
- 2 tbs rice vinegar or coconut vinegar
- 2 tbs tahini (sesame paste)
- 2 tbs sugar
- 2 tbs tamari sauce

### Instructions

1. Whisk all items in a small bowl.
2. Drizzle over salad and enjoy!

# Sweet Pea Salad

## Ingredients

- 1 cup spinach
- 1/2 cup sugar snap peas
- 1/4 red onion, thinly sliced
- 1/4 cup peas
- 1/4 cup mint, freshly chopped
- 2 tsp chia seeds

## Instructions

1. Add all washed and chopped veggies to a large salad bowl.
2. Enjoy chilled and with optional no oil dijon dressing

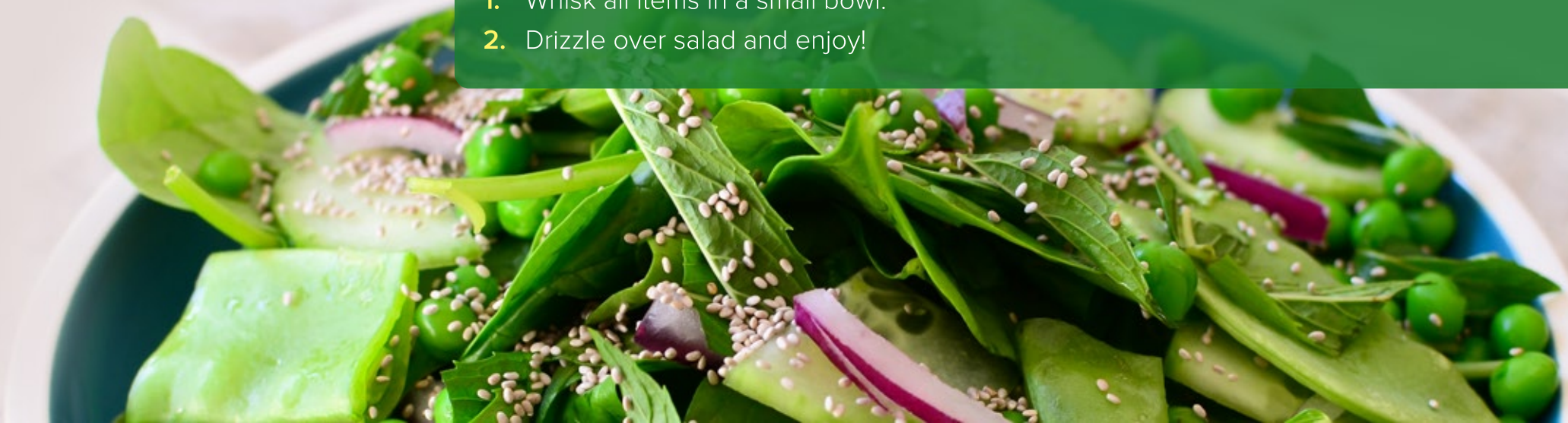
## Optional: No Oil Dijon Dressing

### Ingredients

- 2 tsp dijon mustard
- 2 tsp brown rice vinegar or apple cider vinegar
- 1 garlic clove, chopped
- 1 tsp sugar

### Instructions

1. Whisk all items in a small bowl.
2. Drizzle over salad and enjoy!





# Spinach & Sweet Orange Salad

## Ingredients

- 1 cup spinach
- 1 large orange, peeled and diced
- 1/4 cup shredded red cabbage
- 1/2 cucumber, sliced
- 1/4 cup chopped almonds

## Instructions

1. Add all washed and chopped items to a large salad bowl.
2. Enjoy chilled and with optional no oil asian orange dressing

## Optional: No Oil Asian Orange Vinaigrette

### Ingredients

- 1 large orange, freshly squeezed
- 1cm fresh ginger, minced
- 2 tsp brown rice vinegar
- 1 tsp raw honey
- 1 clove chopped garlic
- 1 pinch sea salt

### Instructions

1. Whisk all items in a small bowl.
2. Drizzle over salad and enjoy!



# Asian Avocado Salad

## Ingredients

- 1/2 Wombok, chopped
- 1 Avocado, diced
- 1/2 green pepper, sliced
- Red onion
- Cherry tomatoes
- Cilantro, chopped

## Instructions

1. Add all washed and chopped veggies to a large salad bowl.
2. Enjoy chilled and with optional no oil sesame dressing

## No Oil Sesame Dressing

### Ingredients

- 1 tbs sesame seeds
- 2 tbs tahini (sesame paste)
- 2 tbs tamari sauce
- 2 tbs rice vinegar or coconut vinegar
- 2 tbs sugar

### Instructions

1. Whisk all items in a small bowl.
2. Drizzle over salad and enjoy!





# Kale & Carrot Salad

Salads & No Oil  
Salad Dressings

## Ingredients

- 6-8 leaves kale
- 1 carrot, peeled
- 1/2 avocado, diced
- 1 tbsp sesame seeds
- Pinch of Sea Salt
- Tahini Dressing (see recipe)

## Tahini Dressing

- 1/4 cup tahini
- 1/4 cup apple cider vinegar
- 1 fresh squeezed lemon
- 1 garlic clove, minced
- 1 tbsp tamari
- Pinch of fresh parsley

## Instructions - Dressing

Whisk all ingredients together! This mouthwatering dressing will burst with flavor on your favorite salad and really adds some power to the kale and carrot salad.

## Instructions - Salad

1. Wash kale thoroughly. Shred kale leaf away from strong internal stem. (The stems are bitter and are best left out of the salad!). Place shredded kale into a bowl and add a pinch of sea salt. Squeeze with hands to 'soften' and allow the kale to absorb and break down with the pinch of salt.
2. After kale sits for approx 10 min add peeled carrot, avocado, and sesame seeds
3. Toss with Tahini dressing. Enjoy this powerful green salad to nourish the body with iron, calcium, and anti oxidants!



# Fiesta Salad

A fresh and colorful bean salad that is fantastic with our Holy Guacamole or Big Burrito!

## Ingredients

- 1 1/2 cups pinto beans, cooked
- 1 cup cherry tomatoes, chopped
- 1/4 red onion, minced
- 1 cup corn, cooked
- 1/2 bunch fresh cilantro, chopped
- 2 cloves garlic, minced
- 2 limes, freshly squeezed
- 2 tsp apple cider vinegar
- Chili to taste
- Sea Salt to taste

*Optional: Freshly chopped pineapple for an extra kick!*

## Instructions

- 1) Soak kidney beans overnight. Rinse beans and add fresh water. Bring to a boil and cook until soft. Drain beans and set aside to cool. (Hint: I like to cook extra beans and store them in the fridge for another recipe or to add to salads throughout the week!)
- 2) Mix beans, corn, tomatoes, onion, cilantro, and garlic in a large bowl. Toss in lime juice, apple cider vinegar, and seasoning.
- 3) Refrigerate and serve chilled!





# Curry Rice Salad

## Ingredients

- 1 1/2 cups basmati rice, cooked
- 1/2 green pepper, diced
- 1/2 green apple, diced
- 2 green onion stems, chopped
- 1/2 cup peas, cooked
- 1/2 cup corn, cooked
- 2 carrots, shaved
- 1/2 cup golden raisins
- 1/4 cup tamari almonds, chopped
- 4 tsp curry powder
- 5 tsp apple cider vinegar
- 2 tsp brown sugar
- 1/4 cup water
- Sea salt to taste

## Instructions

- 1) Place cooked rice in a large salad bowl.
- 2) Add green pepper, green apple, green onion, peas, corn, carrots, and raisins to the rice and mix well.
- 3) Mix the dressing: Curry, apple cider vinegar, brown sugar, and water. Drizzle over salad and mix well.
- 4) Sprinkle chopped tamari almonds over the top of the salad. Refrigerate and serve chilled!



MAINS



# Outback Potatoes



## Ingredients

- 7 large potatoes
- 1 cup kidney beans (soaked and cooked)
- 8 large tomatoes
- 2 large onions, diced
- 1 green pepper, chopped
- 4 cloves garlic, minced
- 1 red chili
- Fresh Parsley
- Fresh Cilantro
- Sea Salt

## Instructions

1. Wash potatoes thoroughly. Slice potatoes into wedges and bake in oven at 350<sup>F</sup> for approx 20 min
2. Wash 4 of the tomatoes and combine with 1 onion, fresh parsley, and pinch of sea salt in blender.
3. Chop remaining tomatoes, onion, garlic, and green pepper.
4. Add chopped onion, garlic, and green pepper to sauce pan and saute in water for approx 3 min
5. Add blended mixture of tomatoes to saute mix. Add remaining tomatoes and diced red chili and stir
6. Cook chunky tomato mixture for approx 20 and allow to simmer. Sea Salt to taste
7. Serve cooked potato wedges topped with chunky outback tomato mix on top of wedges. Garnish with freshly chopped cilantro and parsley! Enjoy with a green salad!



# Be Nourished Bowl

Humble. Simple. Fresh. Clean. Be kind and nourish your body with this healing bowl of goodness!

## Ingredients

- 2 cups brown rice, rinsed and cooked
- 3 garlic cloves, minced
- 1 onion, diced
- 1 carrot, cut lengthwise into thin strips
- 1/2 cup oyster mushrooms, sliced into strips
- 1/2 cup cherry tomatoes, halved
- 1/2 head of broccoli, cut into small pieces
- 1/2 bunch of kale, stems removed
- 1/2 avocado, diced
- 2 tsp coconut oil (optional)
- 2 tsp italian herbs
- Celtic sea salt to taste
- 1/4 cup tahini
- 2 tsp apple cider vinegar
- 1/2 freshly squeezed lemon
- 2 tsp tamari
- splash of water

## Instructions

- 1. Leave cooked brown rice in rice cooker or pot to keep warm.**
2. Add coconut oil (or small amount of water) to large saute pan, add approx 2 cloves of minced garlic, italian herbs, pinch of sea salt, and onion and cook for approx 3 min.
- 3. Add carrots to mixture and cook for approx 3 min.**
4. Add oyster mushrooms and cherry tomatoes to mixture and cook for approx 3 min.
- 5. Remove items from saute pan and set aside in a large bowl.**
6. Add broccoli to the sauce pan (adding more coconut oil or water if needed for saute) cook for approx 5 min or until bright green and tender.
- 7. Add kale and pinch of sea salt, cook for a few minutes until kale is wilted. Remove broccoli and kale from saute pan and add to bowl of veggies.**
8. Whisk in a small bowl the tahini, apple cider vinegar, lemon juice, tamari, pinch of sea salt, and splash of water.
- 9. Place the brown rice in bowls. Top with assortment of cooked veggies and diced avocado. Drizzle with tahini dressing and be nourished!**





# Ginger Pumpkin Curry

## Ingredients

- 1kg pumpkin, diced into cubes
- 1/4 cup water
- 1 tsp fenugreek seeds
- 1/2 tsp hing powder
- 1 tsp cumin seeds
- 1 tsp ground coriander
- 2cm fresh ginger, chopped
- 1 1/2 cups water
- 1 tsp sea salt
- 1 red chili, minced
- 1/2 freshly squeezed lemon
- 1 bunch fresh cilantro, chopped

## Instructions

1. Heat small amount of water in large sauce pan. Add chopped ginger, fenugreek seeds, cumin seeds, and hing powder.
2. Add chopped pumpkin, spices, chili, water, & sea salt. Stir ingredients and bring to a gentle boil.
3. Simmer for about 20 minutes, until the pumpkin starts to break up and is tender.
4. Add freshly squeezed lemon juice and chopped cilantro. Serve over fresh basmati rice and garnish with cilantro. YUM!



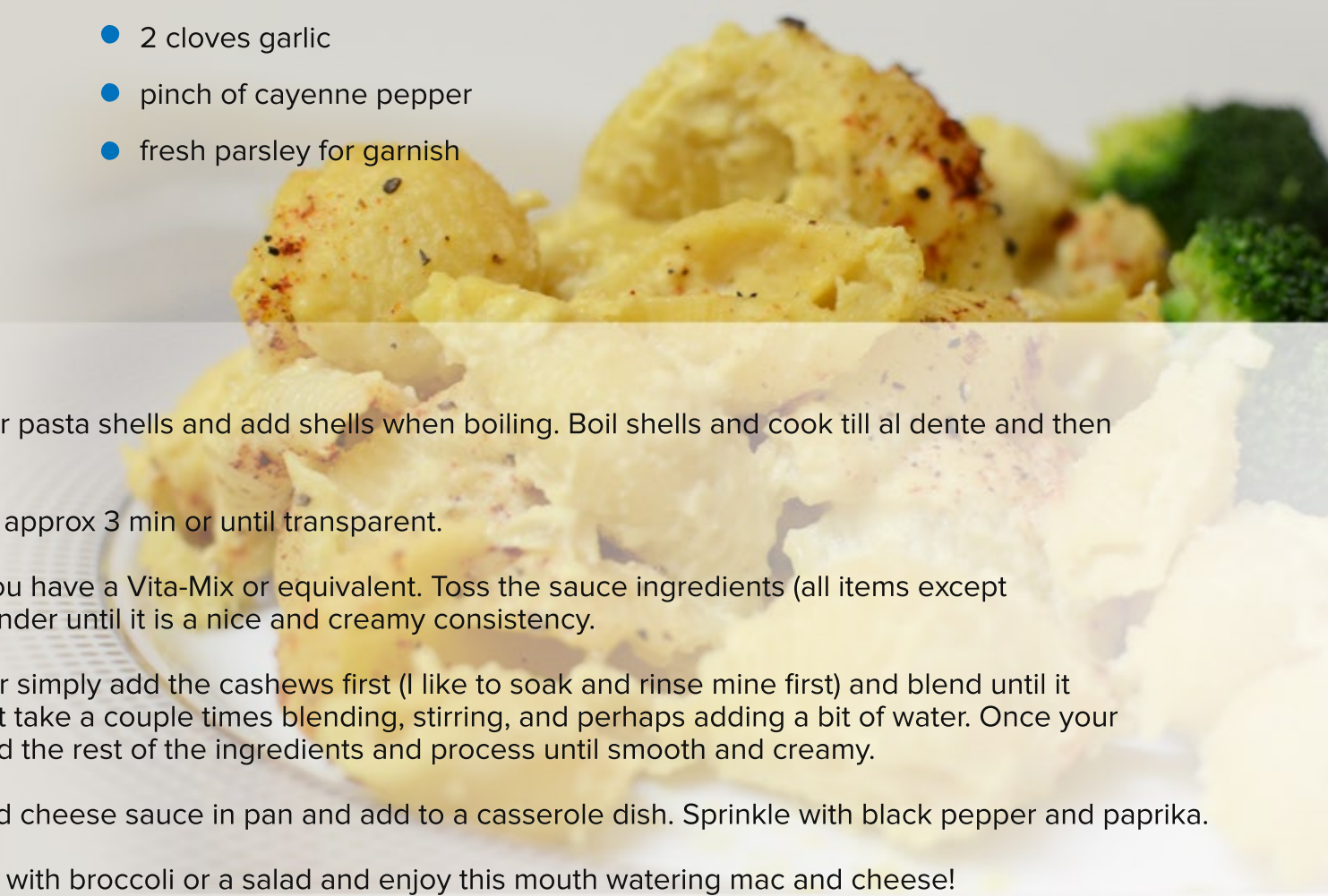
# Mac & 'Cheese'

## Ingredients

- 10 oz shell pasta (wholegrain, rice, quinoa)
- 1½ cups raw cashews
- 1 onion, diced
- 1/2 fresh lemon juice
- ¾ cup water
- 1/2 tsp coconut oil
- 1 tsp dijon mustard
- 1½ tsp sea salt
- ¼ cup nutritional yeast
- ½ tsp chili powder
- 1/2 tsp turmeric
- 2 cloves garlic
- pinch of cayenne pepper
- fresh parsley for garnish
- fresh ground black pepper
- paprika, for garnish
- Optional: broccoli, peas, or spinach for topping

## Instructions

1. Preheat the oven to 350F. Boil water for pasta shells and add shells when boiling. Boil shells and cook till al dente and then remove and rinse.
2. Dice onion and saute in coconut oil for approx 3 min or until transparent.
3. The sauce is super quick and easy if you have a Vita-Mix or equivalent. Toss the sauce ingredients (all items except pasta, onion, & garnishes!) into the blender until it is a nice and creamy consistency.
4. If you have a food processor or blender simply add the cashews first (I like to soak and rinse mine first) and blend until it has a nut butter consistency. This might take a couple times blending, stirring, and perhaps adding a bit of water. Once your cashews are thoroughly processed, add the rest of the ingredients and process until smooth and creamy.
5. Toss the pasta shells, sauted onion, and cheese sauce in pan and add to a casserole dish. Sprinkle with black pepper and paprika.
6. Bake at 350F for approx 25 min. Serve with broccoli or a salad and enjoy this mouth watering mac and cheese!





# Mel's Marinara

## Ingredients

- 10 large tomatoes
- 1 onion, sliced
- 4 garlic cloves, diced
- 1 zucchini, sliced
- 1/2 small eggplant, sliced
- 1 bunch fresh basil
- 2 tsp dried italian herbs
- Pinch of red pepper or chili pepper
- Sea Salt

## Instructions

1. Place 1/2 diced onion and garlic cloves in large sauce pan, add a bit of water and gently saute for approx 2 min.
2. Add sliced zucchini, eggplant, italian herbs, and pinch of sea salt to mix and continue to saute for approx 4 min. Add a bit of water as needed to bottom of pan.
3. Wash and place 5 diced tomatoes, 1/2 diced onion, and half bunch of basil in blender. Blend.
4. Add blended mixture to the sauted veggies. Stir. Add remaining chopped tomatoes and basil, stir, creating a thick and chunky sauce.
5. Cook on medium heat for approx 20 min. (The longer the sauce simmers the more flavor!) Enjoy with spelt, quinoa, brown rice, or whole grain pasta and sprinkle fresh basil on top.



# Creamy Spinach & Olive Lasagna

Oh my goodness! Are you a lover of lasagna? Get ready to enjoy a vegan lasagna that will knock the socks of your friends and family. The tofu ricotta is fluffy and is creamy and makes the taste buds sing. Filled with fresh and vibrant flavor this dish will surely become a favorite!

## Ingredients

- 1/2 lb to 1 lb lasagna noodles (rice, quinoa, or whole grain)
- 1 package frozen, chopped spinach (or fresh spinach, blanched)
- 1 large package of organic firm tofu
- 1/4 cup rice milk (or any other non dairy milk)
- 3 cloves garlic, minced
- 1/2 freshly squeezed lemon
- 1 tsp nutmeg
- 3 tsp italian herbs
- Celtic sea salt to taste
- Freshly ground black pepper to taste
- 1/2 bunch freshly chopped basil
- 1/4 cup kalamata olives, chopped
- 4 to 6 cups tomato sauce of your choice (optional: Mel's Marinara)

## Instructions

1. Cook lasagna noodles and drain or set aside 'no cook' lasagna sheets for use.
2. Ensure spinach is thawed and drained completely. Squeeze any excess water from spinach. Set aside spinach in a small bowl.
3. Place tofu, rice milk, garlic, lemon juice, nutmeg, italian herbs, sea salt, black pepper, and basil in a food processor. Blend the tofu ricotta until creamy and smooth.
4. Transfer tofu ricotta to a large bowl and add spinach. Mix well. Taste and add sea salt as needed.
5. Use a baking dish and spread a small layer of tomato sauce on the bottom of the pan. Then place a layer of lasagna noodles to cover sauce. Next place a layer of tofu ricotta over the lasagna noodle. Sprinkle olives and chopped basil over the tofu ricotta. Next, add a layer of tomato sauce. Continue to layer the lasagna until you reach the top of the baking dish. Complete the final layer with a lasagna noodle and tomato sauce on top. Sprinkle with remaining chopped basil.
6. Cover with aluminum foil and bake at 350 F for approx 45 min. Enjoy with a green salad!





# Tahini Veggie Bake

## Ingredients

- 2 large potatoes, diced
- 1 large sweet potato, diced
- 2 cups cauliflower, cut into small florets
- 2 cups broccoli, cut into small florets
- 1/4 cup green beans, chopped
- 1 cup Tahini
- 3 tablespoons Spelt Flour
- 1/2 tsp Hing
- Black Pepper to taste
- Sea Salt to taste
- 2 tsp Tamari
- Fresh chopped Parsley
- 1/2 cup Slivered Almonds
- 1 tsp Coconut Oil (optional)

## Instructions

1. Preheat oven to 350 F
2. Wash, prepare, and steam all veggies until they are lightly cooked. Save the vegetable water to the side.
3. Use a large casserole dish and place veggies inside.
4. Add coconut oil or splash of water to pot. Gently warm and add hing and flour. Cook for a few minutes until toasted.
5. Add the water and stir slowly until it becomes smooth.
6. Add seasonings to taste! Slowly heat the sauce until boiling and then reduce heat and simmer for approx 3 min
7. Add the tahini and tamari and simmer for approx 2 min, then add the chopped parsley
8. Pour the sauce over the vegetables, sprinkle the slivered almonds over the top and bake for approx 30 minutes in the oven.
9. Enjoy with a nourishing green salad!





# Potato & Eggplant Curry

## Ingredients

- 4 large potatoes, diced into 1 inch cubes
- 1 large eggplant, diced into 1 inch cubes
- 4 large tomatoes, chopped
- 1 onion, diced
- 1 small hot red pepper, chopped
- 1/4 bunch fresh cilantro, chopped
- 1 tsp cumin seeds
- 2 tsp black mustard seeds
- 1 tsp coriander powder
- 1 tsp turmeric
- 1 tsp cumin powder
- Sea salt to taste

## Instructions

1. Add water to large frying pan and gently heat the cumin seeds and black mustard seeds. Add diced onion and cook until soft.
2. Add diced potatoes and cook for approx 5 min (add additional water as needed to keep moist and cooking)
3. Add diced eggplant and cook for approx 3 min
4. Add chopped tomato, hot pepper, and spices
5. Simmer for about 20 min (add additional water as needed to keep from sticking to the pan and cook veggies)
6. Sprinkle with sea salt and freshly chopped cilantro. Serve with fresh basmati rice or in a wrap! Enjoy with a green salad.





# Big Burrito's

## Ingredients

- 1 burrito wrap (your choice of organic wraps)
- 1 cup Black beans (soaked & cooked)
- 1 tomato, chopped
- 2 large romaine or cos salad leaves, shredded
- 1/4 red onion, diced
- 1 cup basmati or brown rice (cooked)
- Holy Guacamole (see recipe or simply use 1/2 avocado, diced)
- Pinch of Celtic Sea Salt
- Pinch of Cayenne or Chili Pepper
- Optional to slice small hot chili or olives

## Instructions

1. Rinse and cook rice in rice cooker. Warm cooked black beans.
2. Chop tomato, salad leaves, red onion. Prepare Holy Guacomole or chopped avocado.
3. Place beans on wrap and then layer the remaining toppings and seasonings. Wrap it up and enjoy this Big Burrito!



# Potato Curry



## Ingredients

- 6 large brushed potatoes, peeled & diced
- 1 cup basmati rice
- 1 large brown onion, diced
- 1/2 bunch fresh coriander, chopped
- 4 tsp curry powder
- 2 tsp cumin seeds
- Celtic Sea Salt

## Instructions

- 1) Rinse and cook basmati rice with water in rice cooker, approx 10 min
- 2) Wash, peel, and dice potatoes and onion
- 3) Once rice is cooked, set to the side. Add potatoes to a steamer and place in rice cooker. Add approx 1/2 cup water and steam for approx 20 min. During the last 5 minutes of steaming add diced onion
- 4) Place cooked rice, potatoes, and onion in a large pot. Add 1/2 cup water, curry, cumin seeds, sea salt, and coriander. Mix well and simmer on low for approx 5 min.
- 5) Serve and garnish with chopped coriander and sea salt to taste. Enjoy with a big green salad!



# Chickpea & Cauliflower Coconut Curry

## Ingredients

- 2 cups cooked chickpeas
- 1/2 head of cauliflower, chopped
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 zucchini, diced
- 1 carrot, diced
- 2 large tomatoes, diced
- 1/2 head of bok choy, chopped
- 2 tsp turmeric
- 2 tsp ground cumin
- 1 tsp sambal oelek (or chili)
- Sea Salt to taste
- 1 1/2 cups coconut milk

**Optional:** Instead of coconut milk, use rice milk mixed with 1 tsp coconut extract. Serve with Brown or Basmati Rice.

## Instructions

- 1) Add cauliflower florets, garlic, and onion to large pot and simmer in water for approx 4 min
- 3) Add turmeric, ground cumin, sambal oelek, and sea salt and stir until the cauliflower is well coated
- 4) Add coconut or rice milk, 1/4 cup water, chickpeas, and washed and chopped veggies, bring to a gentle boil
- 5) Simmer and cook for approx 15 min or until veggies are soft.
- 6) Serve over brown or basmati rice. Enjoy with a fresh green salad!



DESSERTS



# Bliss Balls

## Ingredients

- 1 cup almonds, soaked
- 1 1/2 cups sunflower seeds
- 1/2 cup shredded coconut
- 1/2 cup dessicated coconut
- 1/2 cup dates, chopped
- 1/4 cup cocoa or cacao powder
- 1/4 cup coconut oil
- 1/4 cup raw honey
- 1/2 tsp cardamom powder
- 1/2 tsp cinnamon powder
- Pinch of sea salt

## To make with love:

1. Grind soaked almonds, sunflower seeds, and coconut in food processor. Grind to a course consistency. (soak almonds in water for 1 hour prior if possible)
2. Add chopped dates to the food processor with the ground mixture
3. Move the bliss mixture to a large mixing bowl and add - cardamom, cinnamon, cocoa powder, and pinch of salt. Mix it up!
4. Add coconut oil (may need to melt on stove top if in a solid state) and raw honey and knead the mixture with your hands. Get ready to get gooey!
5. Roll in the palm of your hand and shape into small bliss balls. Makes approx 30. After rolling into balls, roll them into the dessicated coconut to cover
6. Place bliss balls in refrigerator to chill and serve. Enjoy this nourishing treat with a cup of chai and a loved one!
7. Variations - you can play and add vanilla extract, goji berries, cacao nibs, macadamia nuts, pistachios, or roll balls into ground nuts.



# Apple & Pear Crisp

## Ingredients

### FOR THE BASE:

- 6 large red apples
- 3 pears
- 1/2 cup light brown sugar
- 1/2 cup sugar
- 1/2 cup apple juice or water
- 1 tbs arrowroot powder
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/4 tsp allspice
- 1/8 tsp cloves

*Optional: shredded coconut, raisins*

### FOR THE TOPPING:

- 1 cup quick cooking oats
- 1 cup flour
- 1/2 cup light brown sugar
- 1/2 tsp baking powder
- 1/2 tsp ground cinnamon
- 1/3 cup coconut oil
- 1/3 cup coconut milk
- 2 tsp vanilla
- 1/4 tsp sea salt

## Directions:

- 1) Preheat oven to 350 F
- 2). Wash, peel, core and thinly slice apples and pears. Place apple juice in a small bowl and add arrowroot powder, allow to dissolve and set aside.
- 3) Place apples and pears in the baking dish, add sugars and spices and combine everything well (you may need to use your hands to do this). Pour arrowroot mixture over everything.
- 4) Time for the topping! In a medium bowl, combine all dry ingredients. Add coconut oil, coconut milk, and vanilla, stirring until completely mixed. Crumble topping over the base. Bake for 45 minutes.
- 5) Remove from oven and let cool before serving. Enjoy this warming and delicious crisp! Sure to be a winner with everyone.





# Chocolate & Strawberry Chia Mousse

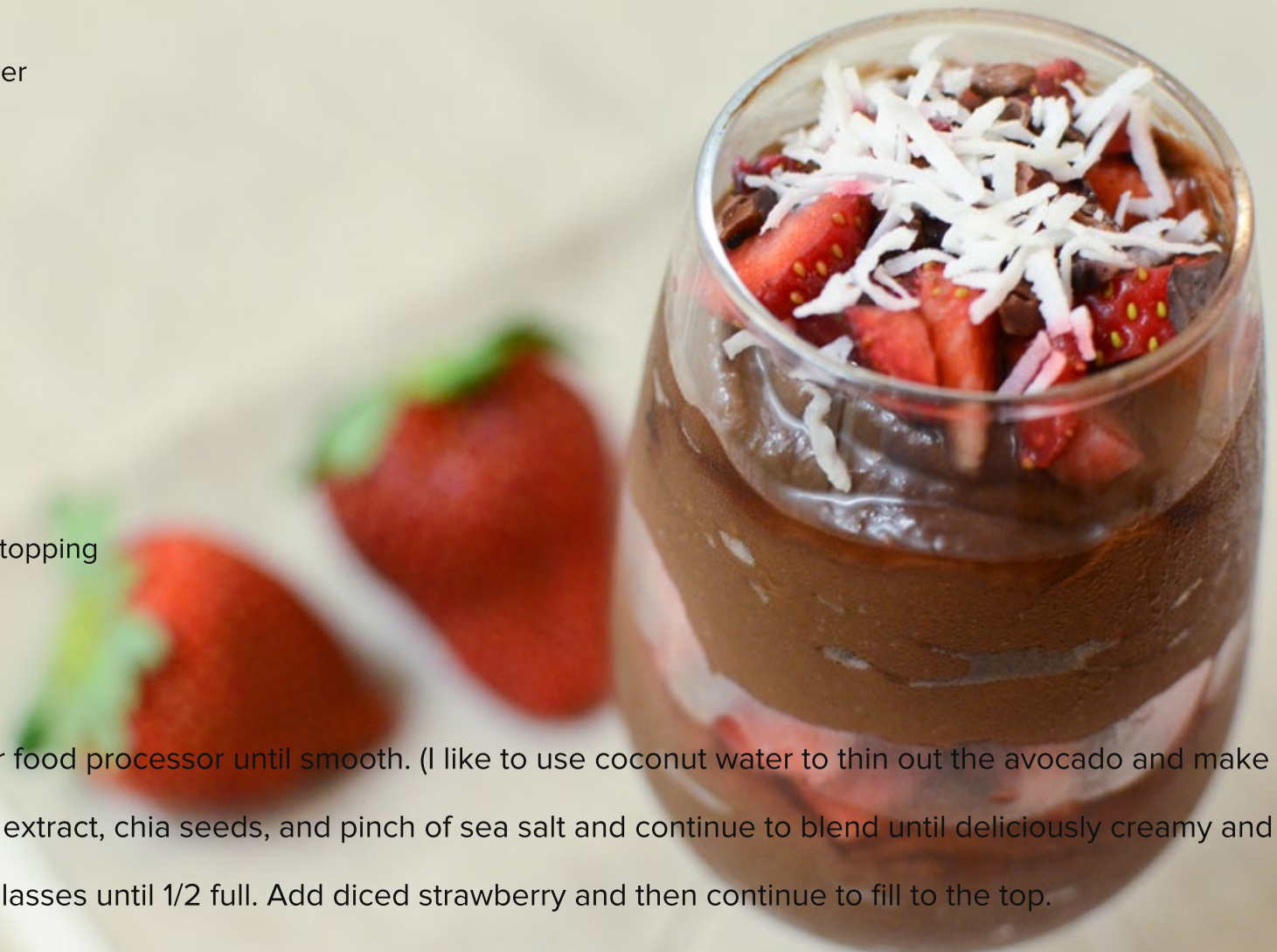
(2 servings) - Please all of your taste buds with this chocolatey and smooth dessert - filled with raw goodness!

## Ingredients

- 2 avocados
- 1/4 cup cocoa or cacao powder
- 3 tblsp raw honey
- 1/2 tsp vanilla extract
- 2 tsp white chia seeds
- 1/4 cup coconut water
- 1/4 cup of fresh strawberries, diced, for layers and topping
- 1 tblsp cacao nibs for topping
- 1 tblsp shredded coconut for topping
- Pinch of sea salt

## Instructions

1. Add avocado to blender or food processor until smooth. (I like to use coconut water to thin out the avocado and make it creamy).
2. Add the raw honey, vanilla extract, chia seeds, and pinch of sea salt and continue to blend until deliciously creamy and smooth.
3. Scoop mousse into small glasses until 1/2 full. Add diced strawberry and then continue to fill to the top.
4. Sprinkle the top with diced strawberry, cacao nibs, and shredded coconut. Refrigerate for approx 45 min and enjoy!!!



# Strawberry Oat Bars

## Ingredients

### For Oat Bar Base:

- 1 1/2 cups oats
- 1 cup whole wheat (or spelt flour)
- 1/2 tsp baking soda
- 1/2 tsp sea salt
- 1/2 cup brown sugar
- Chia binder (1 tbsp chia seeds+ 4 tbsp warm water, stir briskly)
- 1/2 cup coconut oil
- 1/4 cup pure maple syrup
- 2 tbsp coconut milk

### For Strawberry Chia Compote:

- 2 & 1/4 cups chopped strawberries (Optional: Try with blueberries, rhubarb, and peaches)
- 3-4 tbsp sugar, to taste
- 1-2 tbsp chia seeds
- 1 tsp vanilla extract

## Instructions

- Preheat oven to 350F. Line a square pan (8x8 or 9x9) and place parchment paper on the bottom.
  - In a medium sized pot, add the chopped strawberries and sugar. Heat on low until the strawberries begin to melt and become watered down. Once it heats down a bit, add in the chia seeds, and stir well. Bring to a boil and then simmer over low heat for approx 15 minutes. Once it has thickened a bit, remove from heat and cool for approx 10 mins.
1. In a small bowl, mix the chia binder and set aside.
  2. In a large bowl, mix the oat base dry ingredients: oats, flour, brown sugar, baking soda, salt. In a small bowl, mix the melted coconut oil, maple syrup, coconut milk, and chia binder. Stir well.
  3. Combine the mixtures together and mix thoroughly, using hands if necessary. Set aside 1/2 cup of the mixture for the topping.
  4. Pour the oat mixture onto the square pan and press down with fingers, until smooth and flattened into the pan.
  5. Pour on strawberry jam and smooth out. Add the remaining oat mixture set aside and sprinkle on delicious oat crumbles on top.
  6. Bake at 350F for approx 30 mins. Allow to fully cool for at least 30 min before gently removing from pan. Slice and then store in a container in the fridge to keep firm.





# Pineapple & Coconut Chia Pudding

## Ingredients

- 1 1/2 cup coconut milk
- 1/3 cup white chia seeds
- 4 tbsp raw honey or maple syrup
- 1 tsp vanilla extract
- 1 cup chopped pineapple
- 1/4 cup shredded coconut

## Instructions

1. Place coconut milk in large measuring cup. Add chia seeds, honey, and vanilla. Mix well. Refrigerate for approx 1 hour.
2. Layer coconut chia pudding in small dishes. Add a layer of pineapple and shredded coconut. Layer again with coconut chia pudding. Add top layer of pineapple and shredded coconut.
3. Enjoy chilled for a tropical and creamy treat!

