



IIIN FAVORITES
Healthy, Delicious Recipes

Wake Up





Homemade Granola

by Lula Brown

Ingredients (Serves 6) v

2 cups rolled oats (not instant)

$\frac{3}{4}$ cup nuts of choice

$\frac{3}{4}$ cup chia seeds

1 cup coconut palm sugar or to taste

$\frac{1}{2}$ cup coconut oil

5 Tbsp cinnamon or to taste

1 tsp sea salt or to taste

TIP:

Use gluten-free oats for a gluten-free version.

Instructions

- 1 Combine all ingredients and spread evenly on baking sheet. Make sure layer is no more than $\frac{1}{4}$ inch deep.
- 2 Bake for 15 minutes at 350 degrees Fahrenheit.
- 3 Remove and stir.
- 4 Bake for another 10 minutes, or until granola is toasted throughout.



Quinoa Porridge

by Lula Brown

Ingredients GF

½ cup leftover plain cooked quinoa

¼ cup fresh or dried fruit

1 cup milk (nut, soy, or dairy)

pinch of salt

TIP:

Top with cinnamon and pure maple syrup for extra flavor.

Instructions

- 1 Cook quinoa in milk with salt on the stovetop for up to 10 minutes, or until soft.
- 2 Add fruit and any other desired toppings and enjoy!



Simple Vegetable Frittata

by Lula Brown

Ingredients (Serves 4) GF V

1 cup chopped vegetables of choice
5 eggs

1-2 Tbsp olive oil or butter
Salt, pepper, and herbs of choice

TIP:

Use leftover vegetables to save time.

Instructions

- 1 Sauté vegetables in oil or butter and season with salt, pepper, and any herbs.
- 2 Beat eggs until fluffy.
- 3 Pour eggs over vegetable mixture and let it set.
- 4 Transfer to oven at 350 degrees Fahrenheit until cooked through.

Appetizers





Greens & Beans Quinoa Salad

by Sarah Sunshine Kagan

Ingredients (Serves 6) GF V

2 cups water
1 cup dry quinoa
1 can white beans

Dressing:

2 lemons, juiced
2 Tbsp olive oil
3 Tbsp red wine vinegar

3 cups kale
2 cloves garlic, minced
1 head broccoli

¼ tsp red pepper flakes (to taste)
⅛ tsp black pepper (to taste)
½ tsp salt (to taste)

TIP: Substitute any greens or grains you have on hand, or try chickpeas instead of white beans.

Instructions

- 1 Cook the quinoa according to basic quinoa preparation method with the 2 cups of water.
- 2 Drain and rinse the beans.
- 3 Slice the kale into thin strips.
- 4 Chop the broccoli into bite-size florets.
- 5 Sauté garlic for 30 seconds, and add the broccoli.
- 6 After 3-5 minutes, add the kale and cook for another 2 minutes.
- 7 Remove from heat and add to a bowl with the white beans and quinoa.
- 8 Whisk together ingredients for dressing.
- 9 Pour dressing over the quinoa and greens.
- 10 Allow to rest for 5 minutes, adjust seasoning, and enjoy!



Roasted Winter Vegetable Soup

by Sarah Sunshine Kagan

Ingredients (Serves 4) GF V

1 large parsnip, peeled and cubed (1 cup)

3 small sweet potatoes, peeled and diced (2 cups)

2 large carrots, peeled and sliced (1 ½ cups)

4 small celery roots, peeled and diced (½ cup)

1 small onion, diced

½ cup celery, finely minced

6 cups vegetable stock (or water)

1 Tbsp fresh rosemary, finely chopped

1 Tbsp Herbs de Provence

1 cup dried baby lima beans (or beans of your choice)

4 cloves garlic, minced

Salt and pepper (to taste)

1 bay leaf

TIP: Mix and match the vegetables according to your taste, or what is in season.

Instructions

- 1 Preheat the oven to 400 degrees Fahrenheit.
- 2 Chop root vegetables and toss with 2 tablespoons of oil, half the rosemary and herbs, and a good dose of salt and pepper.
- 3 Roast for 20-30 minutes or until everything begins to soften.
- 4 In a large dry stock pot, sauté the onion and celery for 2 minutes. Add the garlic and cook until fragrant.
- 5 Add the broth, beans, and remaining herbs. Bring to a boil, reduce, cover, and simmer until beans are cooked (about 1 hour). Add more water/stock if necessary.
- 6 Add the roasted vegetables, adjust the seasoning, and continue cooking until everything is tender.



Massaged Kale Salad with Fried Egg

by Rachel Shulman

Ingredients (Serves 4) GF

- 1 bunch kale
- ½ lemon, juiced
- ¼ cup raw almonds
- ½ cup cherry tomatoes
- ¼ cup extra virgin olive oil
- 4 medium eggs
- pecorino cheese (optional)
- salt and pepper to taste
- 2 Tbsp butter or coconut oil
- ¼ tsp ground cumin

Instructions

- 1 Chop kale into thin ribbons.
- 2 Combine in large bowl with olive oil and lemon juice.
- 3 Massage until kale softens.
- 4 Toast almonds in a skillet over medium heat until they begin to brown.
- 5 Remove almonds from heat; once cooled, finely chop.
- 6 Cut cherry tomatoes in half.
- 7 Add the almonds and tomatoes to the kale and mix well.
- 8 Add cumin and season with salt and pepper.
- 9 In a skillet, fry eggs in butter or coconut oil.
- 10 Top salad with fried eggs and shaved pecorino cheese (optional).



Quinoa Waldorf Salad

by Sarah Sunshine Kagan

Ingredients (Serves 6-8) GF V

2 cups water

1 cup dry quinoa

½ cup raisins

½ cup chopped walnuts

1-2 medium-sized apples

5 stalks celery

½ red onion, minced

Dressing:

2-3 Tbsp agave nectar, to taste

¼ cup balsamic vinegar

2-4 Tbsp olive oil

½ tsp salt

Instructions

- 1 Cook the quinoa according to basic quinoa preparation method with the 2 cups of water.
- 2 Core and chop the apple(s).
- 3 Slice the stalks of celery length wise and then chop into bite-sized pieces.
- 4 Mince the red onion and combine everything in a large bowl with quinoa, raisins, and walnuts.
- 5 Whisk together dressing.
- 6 Pour the dressing over quinoa and allow salad to rest for 15 minutes before serving.

Entrées





Baked Falafel

by Sarah Sunshine Kagan

Ingredients (Makes 15 silver dollar sized patties) GF V

- 3 Tbsp chickpea flour
- 2 tsp cumin
- ¼ tsp of both black pepper and red pepper flakes
- ¼ cup parsley
- 1 tsp baking powder
- 1 can chickpeas, drained and rinsed
- 1 small onion, minced
- 4 cloves garlic
- 1 lemon, juiced
- salt (to taste)

TIP: If the mixture is sticky, dip your hands in a small bowl of water before rolling out the falafel balls.

Instructions

- 1 Preheat oven to 375 degrees Fahrenheit. Line a baking sheet and lightly grease.
- 2 Combine all ingredients except for flour and baking powder in a food processor and process until you have a paste (you can do this by hand if you don't have a food processor).
- 3 Add the chickpea flour and baking powder and mix well.
- 4 Use a spoon to form individual patties.
- 5 Drop onto baking sheet and bake for 12 minutes per side.



Stir-Fried Beef and Broccoli

by Lula Brown

Ingredients (Serves 6)

1 ½ pounds round steak, sliced

3 Tbsp oil

½ cup low-sodium soy sauce

1 large bunch broccoli

1 large onion

2 cloves garlic

TIP: Use gluten-free soy sauce, or tamari, for a gluten-free version.

Instructions

- 1 Marinate beef in soy sauce, garlic, and oil.
- 2 Brown steak slices in hot skillet, quickly.
- 3 Remove browned meat and set aside.
- 4 Sauté broccoli and onion.
- 5 Add water to steam broccoli for a few minutes, until evaporates.
- 6 Return the meat to the skillet with any remaining marinade and simmer.
- 7 Serve over rice or quinoa and vegetables and enjoy!



Lentil-Mushroom Burgers

by Sarah Sunshine Kagan

Ingredients (Makes 4) GF V

- 1 shallot, diced
- 2 cloves garlic, minced
- 1 ½ cups chopped mushrooms (of your choice)
- 2 Tbsp Bragg Liquid Amino Acid (if using soy sauce or tamari, add slightly less)
- ½ cup dry brown or green lentils
- 2 Tbsp parsley, minced
- 1 Tbsp flax seeds (optional)
- 1 cup water
- ½ cup cooked brown rice
- 1 tsp ground oregano

TIP: Buy pre-cooked lentils or use leftover rice to save time.

Instructions

- 1 Preheat oven to 375 degrees Fahrenheit. Line a baking sheet with tin foil and lightly coat with cooking spray.
- 2 Combine the lentils and water in a pot. Bring to a boil, reduce, cover, and simmer for 20-30 minutes until the lentils are al dente.
- 3 Sauté shallot and garlic in 1 tablespoon of oil, then add mushrooms and cook until mushrooms release most of their liquid.
- 4 Add the lentils and the liquid amino acids, and cook until liquid is absorbed and the mixture starts to bind together (3 – 5 minutes).
- 5 Remove from heat and add parsley, oregano, flax seed, and cooked brown rice.
- 6 Use a fork to mash everything together until it resembles more of a paste.
- 7 Divide into 4 patties of equal size.
- 8 Bake for 25 – 30 minutes, flipping the patties after 15 minutes.



Ginger Broiled Salmon

Integrative Nutrition
Original Recipe

Ingredients (Serves 2)

- 1 Tbsp coconut oil
- 1 Tbsp umeboshi plum vinegar
- ¼ cup water
- 2 4-ounce wild salmon fillets
- 2 tsp fresh grated ginger

Instructions

- 1 Make marinade by combining oil, water, ginger, and vinegar.
- 2 Place fish in a shallow baking dish, cover with marinade, and refrigerate for 30 minutes.
- 3 Preheat broiler.
- 4 Broil fish skin side down for 6-8 minutes.
- 5 Baste with remaining marinade once or twice while broiling.
- 6 Use any remaining marinade as a sauce and serve.



Tandoori Chicken

Integrative Nutrition
Original Recipe

Ingredients (Serves 4)

- | | | | |
|--------|-----------------------------------|--------|------------------|
| 2 Tbsp | lemon juice | 1 Tbsp | ground cumin |
| ½ cup | plain yogurt | ¼ tsp | black pepper |
| 1 Tbsp | minced garlic | 1 tsp | ground coriander |
| 1 Tbsp | grated ginger | 2 tsp | salt |
| 1 | 3-pound chicken, cut into eighths | | |

Instructions

- 1 Prick the chicken with a fork and with a knife cut slashes so the marinade can be absorbed.
- 2 Place chicken in a shallow dish.
- 3 Combine yogurt, lemon juice, garlic, ginger, cumin, coriander, pepper, and salt.
- 4 Stir until well mixed and pour over chicken.
- 5 Rub marinade into chicken and turn chicken several times.
- 6 Cover and refrigerate for at least 30 minutes.
- 7 Preheat oven to 450 degrees Fahrenheit.
- 8 Cook, turning once, for 25-30 minutes.
- 9 Serve with sprigs of cilantro.



Extras



Kale & Walnut Pesto

by Sarah Sunshine Kagan

Ingredients GF V

1 clove garlic, finely minced

1 handful fresh spinach

1 ½ cups chopped kale

¼ cup whole walnuts

A dash of pepper

1-2 Tbsp olive oil

2 Tbsp lemon juice

⅛ tsp salt

TIP:

Try with zucchini pasta or spaghetti squash.

Instructions

Combine all ingredients in a food processor and blend until smooth (add more oil or water if necessary).



Hummmus

by Rachel Shulman

Ingredients (Serves 6-8) GF V

1 16oz can of chickpeas or garbanzo beans

3-6 Tbsp tahini

3 Tbsp lemon juice

¼ cup water

1 garlic clove

2 Tbsp extra virgin olive oil

½ tsp salt

¼ tsp ground cumin

TIP:

Garnish with minced parsley leaves.

Instructions

1 Mix all ingredients together in a blender or food processor until smooth.

2 Transfer hummus to serving bowl and enjoy!



Sweets



Coconut-Lemon Melt Aways

by Sarah Sunshine Kagan

Ingredients (Serves 15) v

1 ½ cups + 2 Tbsp oat flour

1 ½ cups + 2 Tbsp unsweetened coconut
(plus extra for rolling)

1 Tbsp lemon zest

½ tsp salt

4 Tbsp lemon juice

5 Tbsp agave (or honey)

¼ cup coconut oil, melted

2 tsp vanilla

TIP: If you can't handle gluten, try an oat flour that is labeled gluten-free.

Instructions

- 1 Combine the oat flour, unsweetened coconut, salt, and lemon zest in a bowl.
- 2 Whisk together the agave (or honey), lemon juice, and vanilla. Add to the dry ingredients.
- 3 Roll dough into 1-inch balls. Roll in extra coconut.
- 4 Line cookies on a parchment-lined baking sheet and refrigerate for about one hour.
- 5 Allow the cookies to come to room temperature before eating.



Coconut Chews

Recipe from *Hungry for Health*
by Susan Silberstein, PhD

Ingredients (Serves 24) GF V

1 ½ cups raw almonds

1 ½ cups raw cashews

2 Tbsp tahini sesame butter

1 Tbsp flaxseeds, ground

1 ½ cup unsweetened coconut

¾ cup honey

1 Tbsp vanilla extract

¾ tsp sea salt

Instructions

- 1 Place almonds and cashews in a food processor and pulse until finely chopped.
- 2 Add flax, honey, tahini, vanilla, coconut, and salt and pulse a few more times.
- 3 Press firmly into 9 x 5 x 1 inch pan and refrigerate for several hours.
- 4 Cut into small squares and store in airtight container in refrigerator.
- 5 Remove just before serving.



Chocolate 'Nutter Bites

by Sarah Sunshine Kagan

Ingredients (Makes about 20 mini bites)

- | | | |
|-------|------------------------|---|
| ¼ cup | ground flaxseed | crushed nuts + cacao powder for rolling |
| ¼ cup | salted sunflower seeds | 2 Tbsp chia seeds |
| ½ cup | crunchy almond butter | 2 Tbsp cacao powder |
| ¼ tsp | cinnamon | ⅓ cup honey |
| 1 cup | oats | ½ tsp vanilla |

Instructions

- 1 Combine all dry ingredients in a bowl. In a separate, shallow dish mix together your crushed nuts + cocoa powder (for rolling).
- 2 Melt your almond butter (or whatever nut butter you're using) on the stovetop until it is just barely liquid. Allow the mixture to cool slightly, and then stir in the honey + vanilla.
- 2 Pour over the dry ingredients, and mix until everything is well incorporated and sticking together.
- 4 Using your hands, pinch a little bit of a batter at a time and roll into balls between your palms. Roll each ball in the nut + cacao mixture to give it a nice crunchy coating.

Sips





Beet-Carrot-Apple Red Smoothie

by Sarah Sunshine Kagan

Ingredients (Serves 1 or 2) GF V

1 sweet apple

½ cup cooked and peeled beets

1 cup carrots (softened)

1 cup almond milk (water, or whatever milk you prefer)

1 ½ tsp chopped, fresh ginger

1 Tbsp flax seed

Instructions

- 1 Bring a little water to a boil and add the carrots. Boil until they soften. Allow to cool for a few minutes.
- 2 Cut the apple into chunks, and add everything to the blender. Whirl away and enjoy!



Kale and Strawberry Smoothie

Recipe from BuiltLean.com®
by Jessica Zack

Ingredients (Serves 1 or 2) GF

1 cup kale, washed and chopped

1 cup fresh or frozen strawberries

1 cup non-fat or low-fat vanilla Greek yogurt

1 cup ice

Instructions

- 1 Place kale, strawberries, and yogurt in a blender.
- 2 On full strength, blend ingredients together until smooth.
- 3 Pour into drinking glass and enjoy!



Afternoon Pick-Me-Up

Integrative Nutrition
Original Recipe

Ingredients (Serves 1) GF V

3 carrots (or 12 ounces *organic* carrot juice)

1 Tbsp spirulina or chlorella powder

TIP: Try different types of greens and super-foods to see how they affect you differently.

Instructions

- 1 Juice carrots in a juicer or purchase fresh carrot juice from a health food store.
- 2 Add spirulina to juice and mix very well.
- 3 Drink slowly and enjoy your energy.