

## CULTIVATING VITALITY THROUGH FLAVOR



Eating well and being ‘food positive’ go hand in hand. Our culture has created a lot of rules and a lot of guilt around food. We enrich ourselves with the bounty the Earth affords us, and then infuse and transform those nutrients into our own creations. Eating unseasoned raw zucchini might be healthy, but most likely brings little delight. The following pages are meant to inspire you to find comfort, joy and fullness in food as a gift for your senses.

Diet is not about deprivation; it's about appreciating your body while helping lay the foundation to develop your potential. People have different levels of willingness when changing their eating patterns. Most of us have ideas of what it means to eat healthfully but are tired of the options. A successful starting point is to focus on nutrient rich foods and decrease sugars, processed ingredients and carbohydrates. Start by including some new pantry items to make mundane items more fun and start exploring recipes. We all have foods that comfort us and we are reluctant to let go of them. I am here to tell you not to deprive yourself. Include your top favorites into the mix once in awhile. My rule of thumb for changing patterns is to start with 5 days a week that harness your healthy intention and 2 days a week that allow you to relax and not be too strict with yourself. Judge not, allow yourself to enjoy the foods you enjoy but always be on the look out for new nutrient rich ones that you can substitute or add to the mix.

## THINGS TO CONSIDER AS YOU EXPLORE RECIPES:

- CONSIDER RECIPE SEARCHES UNDER
  - - PALEO, WHOLE 30, HFLC (high fat, low carb) & GRAIN FREE RECIPES
- INCREASE VEGETABLES ACROSS THE BOARD AND HAVE THEM DOMINATE YOUR PLATE
- ESPECIALLY FOCUS ON VEGETABLES PARTS THAT GROW ABOVE THE GROUND. EAT in MODERATION ROOTS & TUBERS WHICH ARE HIGH IN NATURAL SUGARS and STARCHES
- EAT & SNACK ON PROTEIN
- DON'T BE AFRAID OF GOOD HEALTHY FAT
- REPLACE SUGARS IN RECIPES with NATURAL LOW CARB SWEETENER
- ELIMINATE REFINED GRAINS
- USE ANCIENT GRAINS and INCLUDE SPARINGLY
- USE DAIRY AS A CONDIMENT
- DON'T BUY FOODS with SUGAR ABOVE A FEW GRAMS- CHECK LABELS
- EAT BERRIES and LIMIT FRUITS to 1-2 Xs / WEEK
- EAT LEGUMES but LIMIT to 1-2 Xs / WEEK (OR) SIMPLY 2 TABLESPOONS PER DAY
- GRAIN FREE PRODUCTS CAN BE PUMPED WITH HIGH STARCH  
TAPIOCA, CASSAVA, PLANTAIN, POTATO STARCH ETC... FOCUS ON THE HIGH PROTEIN SUBSTITUTES LIKE NUT FLOURS & COCONUT INSTEAD
- CONSIDER DRINKING GREEN & OOLONG TEA

## PANTRY

*We all know that including nutrient dense vegetables helps with overall health. Here are some suggestions to add to your pantry & fridge to help inspire you to reinvent some of your weekly offerings.*

### { For Baking }

Almond Flour	Standard in grain free baking; wicks moisture
Coconut Flour	Binder; crackers; puddings
Chia Seeds	Binder; crackers; hormone balancing
Flax Seeds	Binder; thickener
Psyllium Husk & Xanthan Seeds	Crunch and Texture; easy topper
-pumpkin, sesame, sunflower	Replacement for sugar; tasty and low carb
Monkfruit Sweetener	High nutrient sweetener; High in Carb; use sparingly
Dates	

### { Staples }

Coconut Milk	Essential in creaminess without dairy
Coconut Oil	Healthy Fat; bumps flavor
Extra Virgin Olive Oil (EVOO)	Healthy Fat; great in dressings
Sunflower or Avocado Oil	Healthy Fat; neutral flavor
Dried Unsweetened Coconut	Adds dimension to vegetables
Unsweetened Almond Milk	Check Carb content <1g
Plain Yogurt	Neutral Base- stay away from flavored yogurts
Nuts	Snacking; great texture topper for vegetables
Legumes	Healthy low fat; high protein; nutrient rich
Tofu Noodles (Shiratake)	Often found near tofu in conventional markets High protein ; very low carb. Springy texture

### { Flavor }

-Salty-	
Tamari	Adds umami richness to many dishes
Fish Sauce	Adds umami richness to many dishes
Preserved lemon	Adds salty citrus flavor without adding sourness
Miso	Add richness to sauce, dressing, marinades and dips
Olives/Capers	Add a flavor punch to Mediterranean fare
Anchovy	In Olive oil; adds depth and umami
Standard in grain free baking; keeps moisture in	
{continued next page}	

## PANTRY

{ Flavor }

-Depth-

Toasted Sesame Oil

Earthy note to balance many dishes

Tahini

Creamy takes a lot of liquid to thin out

Nutritional Yeast

Adds a cheesy element to many dishes

Tomato Paste

Tangy umami. Experiment

Ginger /Garlic/ Onions

A base level to start with

Nut Butters

Adds a base note and thickens

Sundried Tomatoes

Tangy umami with added texture

-Spice-

Red/ Green/Yellow Curry Paste

Foundation in Thai cooking

Indian Spices

Experiment with sauteeing cumin and mustard seeds & ginger in coconut oil. Go heavy with powdered spices. Buy new spices. They get old fast and lose flavor.

-turmeric/cumin/coriander/ GM

-cumin seeds/ mustard seeds/cardamom

Aleppo, Ancho & Chipotle Peppers

Spicy & Smoky. Puree with tomato paste

Jalapeños

Sliced in rice vinegar takes the edge off

Gochujang

Korean Chili Paste

-Sour-

Fermented Vege/ Kimchi

Make your own to save money

Lemon/Citrus Juice

Add pucker and contrast

Yogurt

Finishing dishes, dressing

Vinegars

Adds creamy and tang; Plain only

Mustards

Try mixing a few to balance acidity

Tamarind

Dressings, marinades, rubs, sauces

Jammy and super sour. Often needs sweetener to balance

-Herby-

Fresh Herbs

Makes so many things better. Easy to add at the end for a boost.

-dill/tarragon/mint/basil/cilantro

Pestos

Fun to use in ways other than pasta

Mint Chutney

Big fan as a condiment for Indian

Citrus Zest

Invest in a microplane and experience citrus flavor without too much sour.

SNACK INDEX

{ What's your crutch? salty, sweet... 3 pm crash, late night munchies

If you need a fix, try stocking your fridge to help keep from resorting to old ways }

*Click on the links to jump to recipes*

{Sweet Craving}

[Cardamom Date Shake](#)  
[Avocado Chocolate Smoothie](#)  
[Chia Pudding](#)  
[Tofu Chocolate Mousse](#)  
[Grain Free Pumpkin Bread](#)  
[Grain Free Lemon Berry Muffins](#)  
[Tahini Cacao Breakfast Bread](#)  
Grain free Peanut Butter Cookies  
[Grain Free Crepes](#)  
[Energy Balls](#)  
\* Lillys Low Carb Chocolate

{ Salty Snack & Grain Craving }

[All Seed Crackers](#)  
[Coconut flour Naan](#)  
[Grain free Seedy Bread](#)  
\*Pappadum & Dips  
\*Salty Sunflower bites ( somersault co.)  
\*Fried Chic peas  
\*Salt & Vinegar Almonds  
\*Josephs Low Carb Lavash Bread  
\*Low Carb Nuts  
-almonds, peanuts, pecans, walnuts,  
pinenuts, hazelnuts, macadamia nut

\* These are easy to buy off the shelf. Often Grain free or Gluten Free items off the shelf are very high carb. Look for these instead.

{ Dips & Smears }

[White Bean with Mushroom](#)  
[Pistachio Avocado Dip](#)  
[Protein Seaweed Salad](#)  
[Miso Edamame Dip](#)  
[Peanut Almond Dip/Sauce](#)  
[Coconut Cilantro Chutney](#)  
[Sesame Ginger Sauce](#)  
[Tahini Yogurt Lemon](#)  
\* Pestos  
\* Sundried Tomato Dip

{ Veggie Snacks n Sides }

[Quick Pickled Fennel](#)  
[Quick Pickled Cukes](#)  
[Quick Pickle Carrots](#)  
\*Local or Homemade Ferments  
[Tahini Roasted Cauliflower](#)  
[Roasted Beets Dill & Tahini](#)  
[Pickled Butternut Squash](#)  
[Slow roasted Cherry Tomatoes](#)

## **VEGE FORWARD RECIPES FROM FOOD BLOGS WORTH EXPLORING**

CLICK ON THE LINKS BELOW OR CUT AND PASTE INTO THE SEARCH BOX OF THE WEBSITE INDICATED

### **[gourmandeinthekitchen.com](http://gourmandeinthekitchen.com)**

**{many paleo, grain free, vegan recipes}**

[THAI VEGETABLE COCONUT WRAPS WITH CASHEW DIPPING SAUCE](#)

[GREEK INSPIRED SAVORY YOGURT BOWL](#)

[BROCCOLI FRITTERS WITH GOAT CHEESE AND YOGURT](#)

[BUTTERNUT SQUASH AND CHARD IN SPICY HARISSA COCONUT SAUCE](#)

[BAKED SWEET POTATOES STUFFED WITH FETA, OLIVES AND SUNDRIED TOMATOES](#)

[CREAMED KALE GRATIN](#)

[SPICY GREEN ALMOND HUMMUS](#)

[MIXED MUSHROOM WALNUT PÂTÉ](#)

[CARROT CAULIFLOWER RICE PILAF WITH CRANBERRIES AND PECANS](#)

[ARTICHOKE GREEN OLIVE TAPENADE](#)

[FRENCH SWISS CHARD TART](#)

[CAULIFLOWER TABBOULEH WITH GREEN OLIVES](#)

[CHEWY GINGER MOLASSES COOKIES](#)

[SILVER DOLLAR CASHEW BUTTER PANCAKES](#)

### **[mynewroots.org](http://mynewroots.org)**

**{holistic plant based recipes}**

[CAULIFLOWER BUN & BAGELS](#)

[BUTTERNUT SQUASH LASAGNA](#)

[SUNFLOWER SEED RISOTTO](#)

[WHOLE ROASTED TANDOORI CAULIFLOWER WITH MINT](#)

[CREAM OF BROCCOLI SOUP AND CASHEW SOUP](#)

[ROASTED SESAME WINTER SLAW](#)

[BALINESE GADO GADO](#)

[ADDICTIVE KALE CRISPS](#)

## [feastingathome.com](http://feastingathome.com)

{ So many options: search paleo }

[ALMOND FLOUR PANCAKE](#)

[THAI LARB SALAD](#)

[EPIC EGGPLANT COMPONATA](#)

[ROASTED SPAGHETTI SQUASH WITH MUSHROOM GARLIC AND SAGE](#)

[MEXICAN AGUACHILE](#)

[LAMB KOFTE WRAPS](#)

[PERUVIAN SEAFOOD WITH CILANTRO BROTH](#)

[GRILLED BEEF KABOB WITH CHIMMICHURRI](#)

[BEET SALAD WITH PISTACHIOS & FETA](#)

[PURPLE CAULIFLOWER SALAD WITH OLIVES & CAPERS](#)

[CHICKEN "WONTON" SOUP WITH BOK CHOY](#)

[BRUSSELS SPROUT HASH WITH SHRIMP](#)

[MUHAMMARA DIP \( EGGPLANT- WALNUT DIP\)](#)

[FIVE SPICE CHICKEN WITH ROASTED PLUM SAUCE](#)

[MOROCCAN CHICKEN STEW WITH PRESERVED LEMONS](#)

[LAMB MEATBALLS WITH INDIAN CURRY SAUCE](#)

[TIKKA MASALA](#)

## [unconventionalbaker.com](http://unconventionalbaker.com)

{ Nutrient Dense Desserts; Gorgeous Website }

[CHERRY TOPPED CHEESECAKE](#) ( use fresh cherries instead of jam)

[CHOCOLATE PUMPKIN SEED TART](#)

[CHOCOLATE CHERRY BLISS BALLS](#)

[PEANUT BUTTER SWEET POTATO PIE](#)

[NO BAKE CHOCOLATE ESPRESSO FUDGE CAKE](#)

[PUMPKIN CINNAMON BITES](#)

[NO BAKE CARROT CAKE](#)

[COCONUT CARDOMOM POPS](#)

## [gnom-gnom.com](http://gnom-gnom.com)

{Keto offerings which are great for grain free and low sugar cooking}

[BUTTER CHICKEN](#)

[TENDER GARLIC BREAD MUFFIN](#)

[CHICKEN TARRAGON ZOODLES](#)

[PAD THAI WITH SHIRATAKI NOODLES](#)

[CAULIFLOWER MAC N CHEESE](#)

[SWEDISH MEATBALLS](#)

[HONEY MUSTARD SALMON](#)

[BBQ PULLED PORK](#)

[GRAIN FREE TORTILLA](#)

[ULTRA EASY CRACKERS](#)

[EGG GRAIN FREE HOMEMADE PASTA](#)

[SUPER FUDGEY BROWNIES](#)

[LEMON POPPYSEED MUFFIN](#)

[FLAKEY PIE CRUST RECIPE](#)

**This is just a starting point.... The websites above have very extensive recipe indexes. Now explore and venture into your own interests.**

**.....Below are some more recipes to explore**



## **CARDAMOM DATE SHAKE**

{keeps well in fridge; refreshing treat to supplement dessert or add the coffee as a pick me up in the early morning or post exercise}

2 cups Almond Milk  
6-8 medjool dates; pitted ( soaked in hot water to soften)  
1/4 t cardamom  
1/4 t cinnamon  
1 tsp vanilla  
pinch of salt

Whiz in Blender until smooth; refrigerate.  
OR Add ice and blend serve immediately.

(\*variation- add 1/4 c espresso- yum)  
(\*variation- use monk fruit sweetener instead of dates for low carb)  
(\*variation - add 2 T tahini for a nutty component)

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## **AVOCADO CHOCOLATE SMOOTHIE**

{creamy, fudgy and nutrient dense. Great alternative to conventional desserts}

1.5 Cups Almond Milk or Coconut Milk  
1/2 avocado or 1 mini avo  
1-2 T unsweetened cocoa powder or melted Lillys chocolate  
1 T almond butter (optional)  
2-4 T monk fruit sweetener  
pinch of salt

Whiz in Blender until smooth; refrigerate.  
OR Add ice and blend serve immediately

## **CHIA SEED PUDDING**

{A Staple in low carb desserts. Takes only a few minutes to put together and many variations to keep it fresh}

1 Can Coconut Milk (or almond milk)  
1/4 c Chia Seeds  
1 T Monk Fruit Sweetener  
1/2 t Vanilla  
pinch of salt

Can't go wrong here. Mix all ingredients and make sure you mix it again after a few minutes before putting it in the fridge overnight.

(\*variation- add 3 T melted Lilly's chocolate for chocolate flavor)

(\*variation add 2 T peanut butter for peanut flavor)

(\* top with berries and dried coconut flakes)

(\* top with lemon zest and almonds)

(\*top with cinnamon, nutmeg and cardamom for chai flavor )

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## **TOFU CHOCOLATE MOUSSE**

{Chocolate & Creamy. Fantastic Texture. Experiment with this recipe as a frosting perhaps}

4 ounces Lilly's dark Chocolate  
12 ounces Silken Tofu  
1-2 T Monk fruit Sweetener  
1 t vanilla  
pinch of salt

Melt chocolate over low heat. Combine all other ingredients in a blender and whiz until creamy. Pour melted chocolate into blender at low power until combined. Adjust flavors to your tastes.

Add a little espresso powder or cocoa powder for a darker more bitter flavor. Add more sweetener if necessary. Top with peanuts or pistachios or raspberries.

## **GRAIN FREE PUMPKIN CHAI BREAD**

{Warming and Delicious. Great for a snack or with your morning brew }

Dry:

2 cups      Almond Flour

1/2 cup Coconut flour  
1/2 cup Monk Fruit Sweetener  
2 tsp Baking Powder  
1/4 tsp Salt  
2 tsp cinnamon  
1 tsp nutmeg  
1 tsp cardamom  
1/2 tsp turmeric

**Wet:**

4 eggs  
1/3 cup butter; melted  
3/4 cup pumpkin puree

**Optional:** 1/2 cup Nuts or Seeds

Preheat oven to 350 F degrees. Combine Dry ingredients and mix well. Vigorously mix wet ingredients together and add to dry ingredients. Stir until combined add nuts. Line Loaf Pan (9x5) with parchment, pour batter into pan. Top with Additional Nuts or Seeds. Bake 50-60 minutes or until toothpick comes out clean. Allow to cool before removing from pan.

## **GRAIN FREE LEMON BERRY MUFFINS**

{Bright and Sunny, Moist and Tempting }

Dry:

2 1/2 c. Almond flour  
1/3 c. Monkfruit sweetener  
1 1/2 tsp. Baking powder  
1/2 tsp. Baking soda  
1/2 tsp. Kosher salt

Wet:

1/3 c. Melted butter  
1/3 c. Unsweetened almond milk  
3 Large eggs  
1 tsp. Vanilla extract

2/3 c. Fresh blueberries or raspberry or strawberry

Zest of 1/2 lemon

coconut oil spray

Preheat Oven to 350 degrees . Mix wet and dry Ingredients separately. Then Fold together until consistent and smooth. Add berries and zest. Spray Muffin tins with coconut oil spray or smear with butter to prevent sticking Bake 23 minutes. Allow to cool before removing from pan.

## **ENERGY BALLS**

{ endless possibilities here with nuts and seeds, chocolate and protein rich butters}

1/2 cup Almond Butter  
1/2 cup Pitted Dates  
1/2 cup Hemp Hearts  
2 T Flax Meal  
2 T Chia Seeds  
1/4 tsp Salt  
1 t Vanilla  
1/2 cup Non Sweetened Dry Coconut

Blend all Ingredients except coconut in a food processor. Ball into about 12-16 balls and roll in coconut. Put in freezer on a cookie sheet to firm up and then keep in sealed container in fridge for a quick pick-me-up.

## **TAHINI COCOA BREAKFAST BREAD**

### **Wet**

2 medium Overripe Banana  
4 Eggs 1 Egg; 3 yolks  
1 cup Butter or coco oil melted  
2 tsp Vanilla

### **Dry**

1.5 cup Almond Flour  
1 T Psyllium husk  
1/2 cup Flax meal  
1/2 cup Monkfruit sweetener  
1/2 tsp Salt  
2 tsp Baking Powder  
1/4 cup Tahini  
1/4 cup Unsweetened Cocoa Powder

### **Instructions**

Preheat the oven to 350F and grease a bundt pan with non stick spray.

In a large bowl mash the banana with a fork then add in the melted butter, eggs, egg yolks, and vanilla. Stir until well combined. In a separate bowl, combine the almond flour, psyllium, flax meal, sweetener, salt and baking powder. Stir until it's all mixed together. Gradually combine the dry ingredients with the wet, stirring after each addition, until they are well incorporated. Divide batter in half. Add tahini to half of batter and cocoa to other half. Alternate dark and blonde batter into the bundt pan until all batter has been transferred. Use a knife to make a few wavy marks through the batter and marble the bread. Bake 35-40 minutes or until toothpick comes out clean.

## **PEANUT BUTTER COOKIES**

**Wet:**

1/2 cup Peanut Butter (no sugar added)  
3 T Butter  
2 T Flax Meal  
1 Large Egg

**Dry:**

1 cup Almond Flour  
1/4 cup Monkfruit Sweetener  
1/2 tsp baking soda  
1/2 tsp salt

Preheat Oven to 350 degrees. Spray cookie sheet with oil or butter.

Mix wet and dry Ingredients separately. Combine all Ingredients and stir until consistent. Ball Dough into 1 1/2 inch balls. Use fork to flatten on cookie sheet. Bake 8-12 minutes.

## **GRAIN FREE SWEET CREPES**

**Dry:**

1/2 cup Coconut Flour  
1/4 cup Monkfruit Sweetener  
1/2 tsp Baking Powder  
1/2 tsp salt

**Wet:**

6 eggs  
1/4 cup coconut oil  
3/4 cups coconut milk or almond milk  
1 tsp vanilla

Mix wet and dry Ingredients in separate bowls and combine. Allow Batter to sit 10 minutes so coconut flour can absorb the liquid. Heat skillet to medium high heat with a dab of coconut oil or butter to help with sticking. Pour 1/3 cup in pan and swirl until evenly distributed. Cook about 3 minutes per side or until golden. Flip once. Crepes can be reheated, so make a few and refrigerate leftovers for a quick snack.

## **ALL SEED CRACKER**

{These are my go-to snack. I can't live without them. They help give that much needed crisp texture to grain free cooking}

1/2 cup      Golden Flax seeds  
1/4 cup      Chia seeds  
1/4 cup      Sesame seeds  
1 T            Nutritional Yeast  
1/3 tsp      salt  
1 T            Fennel seed; crushed  
top with parmesan (optional)

Preheat Oven to 300 degrees. Boil 1++ cup water. Put all ingredients in a bowl and measure out 1 cup boiling water. Stir water into seeds and let sit 2 minutes. Stir again. Cover a sheet pan (18 x 13) with parchment or a silpat liner. Spray with oil. Using a thin spatula or flexible knife spread the seed slurry over the entire pan so it is super thin and even with no holes. Dust parmesan on top. Cook for 12 -15 minutes, then cut into quarters and flip the 4 quarters over. Cut each quarter into 4 strips. Cook for 8 minutes more and check. keep checking every few minutes until crackers are brittle and crisp. Timing varies depending on how evenly you spread the seeds.

### **COCONUT NAAN**

3/4 cup      Coconut Flour  
2 T            Psyllium Husk  
1/2 tsp      Onion powder  
1/2 tsp      Baking powder  
1 tsp        Salt  
1/3 cup      coconut oil; melted  
2 cups       Boiling Water

Mix all dry ingredients. Add oil and Boiling water and let sit 5 minutes. The dough will firm up and be the consistency of play dough. Roll into 6 - 8 balls and flatten into Naan breads and fry in skillet in a bit of oil flipping once.

## **SEEDY BREAD**

1 1/2 cups	Raw pumpkin seeds (divided)
1/2 cup	Psyllium husks (whole)
1 cup	Raw sunflower seeds
1/2 cup	Flax seeds
1/2 cup	Chia seeds
1 tsp	Sea salt
1 T	Monkfruit Sweetener
3 T	Olive Oil
1 1/4 cups	Warm filtered water
2 T	Apple cider vinegar

Preheat oven to 350 degrees. Pulse pumpkin seeds in food processor until finely chopped / medium course flour. Add all dry ingredients with the flour. Mix warm water, olive oil and vinegar until dough forms. Press into a loaf pan and bake 45 minutes. turn out onto a baking sheet and bake upside down 15 minutes longer. Cool completely before slicing. Toast Slices before using.

## **WHITE BEAN DIP with Mushrooms**

1.5 cups	Cooked White Beans (cannellini or white kidney)
5 T	Extra Virgin Olive Oil
2 cloves	Garlic
1/4 tsp	Salt
1/2 tsp	lemon zest or preserved lemon minced

Heat Garlic on low low heat for 10 minutes being careful not to brown, Set aside. In food processor or blender combine white beans, 3 T olive oil plus garlic (reserve 2 T oil for topping), salt, lemon zest and blend until creamy.

Mushrooms:

1 Cup	Oyster Mushrooms and Shitakes
1 T	Olive oil

Remove woody stems and cut in lengthwise chunks. Saute in oil until soft. Spread Bean dip over a plate, sculpt a well in middle and pour oil and mushrooms over indent. Garnish with fresh herbs and/ or smoked paprika. I also like truffle oil and herbs.



## **TAHINI YOGURT LEMON DIP or SAUCE**

{this is such a versatile condiment. It is great drizzled over late summer/ fall grilled or roasted vegetables. Keep it thick for a smear on toast or dip for veggies. If thinned out, it serves as a fantastic salad dressing for greens. I love to drizzle vegetables and top with fresh dill or tarragon and chopped nuts in all occasions}

BASE:

2 T Tahini  
1 T Extra Virgin Olive Oil  
1 clove Garlic  
2 tsp Lemon juice plus 1 tsp zest  
2-4 T Water  
1/2 cup Thick Yogurt  
salt to taste & pinch of sweetener to balance (tiny)

Mix tahini, EVOO, garlic and lemon juice and zest. Tahini and lemon juice make sauces very thick, so mix vigorously and add water to create a smooth consistency that suits your needs....thicker like peanut butter for dips and thin and runny for dressings. Once you have a creamy consistency add yogurt and salt and sweetener to taste.

Take it up a notch, by adding fresh herbs and chopped nuts or drizzle dips with pomegranate molasses.

## **PISTACHIO AVOCADO DIP or SAUCE**

1 Ripe avocado  
1 cup Packed parsley and/or cilantro leaves (combined)  
1 Jalapeño, ribs and seeds removed  
2 cloves Garlic  
1 Lime juiced  
1/2 cup Water  
1/2 cup Olive oil  
1 teaspoon Salt  
1/2 cup Pistachios

Pulse all ingredients in a food processor until blended. Serve with seedy bread or seedy crackers

## **PROTEIN RICH SEAWEED SALAD**

{the bright green seaweed we see at Japanese restaurants is mostly full of dye. This option utilizes easier to find dry seaweeds that can be found at most health food stores or online}

1 ounce	Wakame, Hijiki, Arame (Rehydrated in hot water and drained)
3 T	Rice Vinegar
4 T	Tamari
1 T	Toasted Sesame Oil
1 tsp	Monkfruit Sweetener
1 tsp	Ginger; grated fine
2 T	Scallion; chopped fine
1/4 cup	Cucumber; slice thin
1 T	Sesame seeds

Make it a meal: Add a 1/2 cup cooked chicken, turkey, salmon or tuna. Dress protein lightly with a 1 T of mayo and 1 tsp of tamari and add some sunflower seeds to top. Serve over seaweed.

## **MISO EDAMAME CILANTRO DIP**

**{ Zingy and Bright}**

1 cup	Edamame; shelled and thawed
1 cup	Packed Cilantro ( not a cilantro fan? Try parsley and mint combo)
1	Lime; juiced
1 T	White Miso
1/2-1 T	Ginger; minced
2 T	Olive oil
salt to taste	

Pulse all ingredients in a food processor until blended. Serve with seedy bread or seedy crackers and fresh pickles.

## **PEANUT ALMOND INDO DIP**

**{Versatile! Great dip for vegetables raw, grilled, roasted; stir fry sauce or salad dressing; tossed with cauliflower rice}**

1 cup Peanut or Almond Butter  
2 T Juice of orange or 1 T lemon juice  
2 T Safflower oil or base oil  
1T Tamari  
1 T Monkfruit Sweetener  
1 T Coriander; ground  
2 tsp Cumin ; ground  
2 tsp Anise seed; ground  
salt to taste

Mix by hand in a bowl until smooth adding water until you get a smooth thick sauce.

### **COCONUT CORIANDER INDIAN CHUTNEY**

**{Wonderful with Indian curries or with a pappadum snack cracker}**

1/2 cup Dry Unsweetened Coconut  
1/4 cup Packed Cilantro Leaves  
1/2 tsp black mustard seed  
2 tsp Ginger; minced  
1-2 small chilies; optional  
1/4 cup Peanuts  
1 tsp Coriander; powdered  
1/2 tsp Cumin; powdered  
1/4 t Salt  
1-2 tsp Monkfruit Sweetener

Soak Coconut in hot to boiling water for 10 minutes and drain. Saute mustard seed and ginger in 1 T coconut oil or other base oil for 1 minutes. Blend all ingredients in food processor until smooth.

### **SESAME GINGER SAUCE**

**{All purpose dipping sauce; drizzle for Asian vege; or stir fry marinade}**

1/2 Cup Tamari  
3 T Almond Butter  
1 T Ginger; minced  
2 T Monkfruit Sweetener  
1T Sesame oil  
1/8 tsp xanthan gum optional: ( thickening agent)  
touch of rice vinegar

Blend all ingredients for about 3 minutes or until smooth and thick.

Keeps up to a month in fridge.

## **QUICK PICKLING**

**{So easy; less than five minutes to prepare. Such a great way to add another level of flavor and crunch to most any dish or snack}**

Works great with cucumbers, fresh fennel bulb, carrots ( boil first for 2 minutes), jalepenos, radishes, cabbage

Base:

2 Cup Favorite Veggie  
1/2 c Rice Vinegar  
1 T Monkfruit Sweetener  
1/4 t Turmeric

pinch of salt

Optional: Take it in another direction by adding one of these:

garlic, sesame oil, mint or basil, chili oil, sesame seeds, gochujang, tamari, preserved lemon....ect.

I often serve quick pickles with tacos, lettuce wraps on avocado toast, with cheese and crackers, dumplings on salad and more.

## **TAHINI ROASTED CAULIFLOWER**

**{Yes, cauliflower is your friend. She creams, rices, roasts and fries with pleasure and a myriad of textures. I like this recipe because it is just as good cold as it is warm}**

- 1 Head Cauliflower; picked into 1 -2 inch florets
- 3 T Extra virgin Olive Oil
- 1/2 tsp salt and pepper
- 2 garlic cloves; thru garlic press
- 1/2 tsp Turmeric
- 1 Lemon zest

After baking:

1/4-1/2 c [Tahini Yogurt Lemon Sauce](#)

Fresh mint and nuts to top

Preheat oven to 325. Coat the florets thoroughly with oil, salt, turmeric and zest. If you need more oil to get a good coat go ahead and add more. Bake in oven for 12-18 minutes.\* Give them a minute to cool and coat them with the tahini sauce. Amount will vary depending on how big the cauliflower head is. Top with fresh mint and chopped nuts

\*Time will vary depending on how loose or tight your florets are and how big you cut them. They want to still have a bit of crunch in them. If you are going to serve them cold I like to air on the

### **ROASTED BEETS with DILL**

- 3 Medium Sized Beets; peeled and cut into wedges
- 3 T Extra Virgin Olive Oil
- 1/2 tsp Salt and pepper
- 2 Garlic cloves; thru press
- 1/4-1/2 c [Tahini Yogurt Lemon Sauce](#)

1/4 cup Fresh Dill

Sunflower seeds optional

Preheat Oven to 400. Bake under foil wrap for 35-40 minutes or until toothsome but tender. Let cool a minute and coat with tahini lemon sauce, seeds and fresh dill.

### **PICKLED BUTTERNUT SQUASH**

3 cups Butternut Squash; cubed in 1/2 inch cubes  
2 cups Apple cider  
1/4 cup Apple cider vinegar  
1T Coriander Seeds  
2 Cinnamon Sticks  
2 Star Anise Pods

Par boil squash until quite al dente (not soft) 4 minutes or so. In a separate pot, boil apple cider with seeds, sticks and pods for 10 minutes. Add apple cider vinegar. Put Squash in a mason jar and pour Apple cider over squash cubes including all the spices. Refrigerate for 1-2 days and serve cool with cheeses or on salads.

### **SLOW ROASTED CHERRY TOMATOES**

**{These are great when tomato season has passed and buying fresh tomatoes at the market has got you down. Slow roasting even winter tomatoes brings out the sweetness and is a great addition to antipasti eating}**

1 pint Cherry Tomatoes  
2 T Extra Virgin Olive oil  
1/8 tsp salt/ pepper  
pinch of sweetener  
fresh herbs like thyme and rosemary

Preheat oven to 275. Smother tomatoes with all the ingredients listed and bake at low heat for 30-40 minutes. Take out of oven and let rest until cool. Can be served cool or warm.