

Love Yourself Lean

21-Day Little Black Dress Challenge

Additional Recipes

Beverages

Fresh Ginger Tea

Ingredients:

2 inch piece of ginger root, grated
500mls of boiling water

Directions:

Pour boiling water over grated ginger either through a tea strainer or directly over ginger. Steep for 2 minutes, and enjoy.

Digestion Elixir

Ingredients:

1/2 cup warm (not hot!) water
1 teaspoon to 1 Tbsp* unpasteurized (organic, raw) apple cider vinegar
1/2 tsp unpasteurized (raw) honey**

* Start with 1 tsp and gradually work up to 1 Tbsp Apple cider vinegar

** The unpasteurized part is important because the honey and vinegar have enzymes that aid in digestion

Directions:

Combine ingredients in a mug, stir well and consume.

Snacks & Cereals

Cold Almonds

Ingredients:

2 cups raw almonds
Filtered Water

Directions:

Soak almonds, fully submerged in water up to 4 hours, drain and keep refrigerated

Blueberry Crunch

Ingredients:

½ cup fresh blueberries
2 tbsp. chopped almonds, presoaked
2 tbsp. ground hemp seeds
2 tbsp. dried shredded coconut
1 tbsp. ground flaxseed
¾ cup unsweetened almond milk

Directions:

Pour ¾ cup almond milk over top of the berries and other ingredients.

Almond Sunflower Cereal

Ingredients:

¼ cup raw almonds, pre-soaked
¼ cup raw sunflower seeds, pre-soaked
2 tbsp. raw walnuts (optional)
½ cup chopped semi-sweet fruit (berries, apple, or pear)
1 tbsp. ground cinnamon
1 cup almond or rice milk

Directions:

Soak almonds and sunflower seeds (in separate bowls) in purified water for a few hours. It's probably easiest to let them soak overnight. Combine all ingredients in a bowl, add almond/rice milk, and enjoy.

Spiced Pear Teff

Ingredients:

¼ cup whole grain teff
¼ cup unsweetened plain almond milk
¾ cup water
1/8 tsp ground clove
Dash of ground nutmeg
¼ tsp ground cinnamon
Dash of sea salt
1 bosc pear, diced with peel ½
tbsp ground flax seed

Directions:

Combine teff, almond milk, water, sea salt and spices in a small sauce pan. Bring to a boil, and reduce heat to low while stirring for a minute. Cover for 7-8 minutes. Then stir in pears and currants, and cover again for another 4-5 minutes, until liquid is fully absorbed. Serve topped with ground flax seed.

Makes 1 serving

Side Dishes

Sweet Potato Fries

Ingredients:

Small sweet potato, peel and cut into thin ¼ inch strips, coat with coconut oil. Season w/ salt, and pepper

Directions:

Place in the oven at 425°F for 15 minutes.
Enjoy with Garlic Mayonnaise

Makes 2 servings

Roasted Root Vegetables

Ingredients:

1 Large beet – peeled and cubed
½ Turnip – peeled and cubed
1 large sweet potato – peeled and cubed

1-2 tbsp extra virgin olive oil
2 sprigs of fresh thyme Salt and pepper

Directions:

In a casserole dish, toss vegetables with oil until evenly coated. Season with salt and pepper and crush thyme over top. Cover with foil, and bake at 400 degrees for about 40 minutes, or until tender.

2-4 servings

Rockin' Moroccan Warm Salad

Makes 2 servings

Ingredients:

3 tomatoes, quartered
½ cucumber, sliced widthwise
2 white onions, chopped
1 small zucchini, chopped
1 green pepper, seeded and chopped
2 cloves garlic, crushed and diced
½ cup chic peas
Juice of ½ lemon
1-2 tbsp olive oil
½ handful fresh coriander
Pinch of sea salt
Fresh ground black pepper

Directions:

Steam tomatoes, cucumber, onions, zucchini, and green pepper for 5-10 minutes.

In a serving bowl, combine with garlic and chic peas.

Add lemon juice, olive oil, and coriander.

Kale Salad

Ingredients:

5-6 stalks of kale, stems removed, and leaves torn into small pieces
½ an avocado chopped into small chunks
1 tbsp diced sundried tomatoes (no sugar added) – Costco has the best ones!!
¼ cucumber diced
8 grape tomatoes diced
¼ small red onion diced
1 tbsp pumpkin seeds
Extra virgin olive oil

Directions:

Wash kale, and drizzle with oil. With clean hands, massage kale and oil for about 1-2 minutes until softened.

Add other ingredients to salad and toss with *Creamy Tahini Vinaigrette*

1 serving

Refreshing Cucumber Salad

Ingredients:

1 cucumber, chopped
1 small handful of parsley, finely chopped
¼ cup fresh mint leaves, finely chopped
Juice of ½ lemon
1 tbsp. Olive oil
Fresh ground pepper
Pinch of sea salt

Directions:

Combine all ingredients in a bowl, mix well, and chilli before serving.

Makes 2 servings

Carrot Salad

Makes 2 servings

Ingredients:

4 carrots, spiralized or grated in a food processor

½ lemon, juiced

1 tbsp apple cider vinegar

2 tbsp olive oil or flax oil

½ cup parsley leaves, chopped

½ cup mint leaves, chopped

½ cup walnuts

Directions:

In a food processor, grate carrots.

Place carrots in a bowl and add all other ingredients.

High Fibre Fruity Salad 1

Ingredients:

4 cups of mixed baby super greens: kale, Swiss chard & spinach (found at Costco pre mixed)

½ cup Pomegranate arils

½ cup halved blackberries

½ cup sliced strawberries

½ cup thinly sliced red onion

¼ cup slivered almonds

Directions:

Toss all ingredients in salad bowl and drizzle with *Basil Vinaigrette*

Make 2-4 servings

High Fibre Fruity Salad 2

Ingredients:

2 cups of plain cooked quinoa

2 kiwi fruit peeled and chopped

½ cup raspberries halved

2 tbsp minced shallots

2 tbsp. chia seeds

2 cups of baby spinach

Directions:

Combine first 5 ingredients with *Basil Vinaigrette*, and serve on bed of spinach

Makes 2-4 servings

Edamame and Kale Bowl

Ingredients:

½ cup shelled edamame

4-5 stalks kale, stemmed
2-3 stalks Swiss chard
1 tbsp. Curry powder
1 tbsp. Sesame seeds
2 tbsp. Chopped almonds
1 tbsp. Olive oil
Juice of ½ lemon
Sea salt
Fresh ground pepper

Directions:

Steam the kale and Swiss chard so they soften. In a bowl, add chick peas and top with the steamed kale and Swiss chard. Sprinkle with sesame seeds and almonds pieces. Drizzle olive oil and fresh squeezed lemon ovetop, and season with fresh ground pepper.

Makes 1 Serving

Red, Orange, and Green Salad

Makes 2 servings

Ingredients:

1-2 carrots, grated
1 orange, peeled and quartered
1 large beet, grated
½ fennel bulb, grated
2 large handfuls of salad greens
2-3 tbsp. pumpkin seeds

Directions:

In a food processor, grate carrots, beet, and fennel.

In a salad bowl, combine salad greens, orange segments, grated beets, carrots, fennel, and pumpkin seeds.

Top with Basic Vinaigrette

Pesto Salad

Makes 2-3 servings

Salad Ingredients:

½ cucumber
10 stalks asparagus, bottoms removed
¼ red onion, sliced
1 avocado, cubed
2 stalks celery, chopped
2-3 handfuls salad greens
Add some sprouts if you've got them!

Dressing Ingredients:

1 clove garlic
½ cup fresh basil

¼ cup pine nuts
2 tbsp flax oil
2 tbsp olive oil
3 tbsp lemon juice

Directions:

Blend all dressing ingredients in a food processor.

Combine salad with dressing, mix well, and enjoy!

Zucchini & Oat Bran Fritters

Ingredients:

3 cups of roughly grated zucchini (approximately 1 large zucchini)
3 eggs
½ cup oat bran
2 tbsp chopped fresh basil
3 tbsp chopped fresh dill
2 green onions finely sliced
½ tbsp lemon zest
Salt & pepper
1-2 tbsp extra virgin olive oil
Greek yoghurt to garnish

Directions:

Wash, trim and shred zucchini, sprinkle with roughly 1/8 tsp of sea salt and set aside in a bowl for 30 minutes.

Meanwhile, combine eggs, oat bran, herbs, onions and lemon zest - season with salt and pepper.

After 30 minutes, squeeze water out of zucchini and combine with egg/oat bran mixture. In a large skillet, heat 1 tbsp of oil on medium high heat.

Spoon out four 3 inch round dollops of batter on to hot oil. Cook until golden brown around edges (4-6 minutes), flip and continue to fry for another 4-6 minutes. Repeat to make another 4 fritters.

Garnish with a spoonful of goat yoghurt.

Makes 8 fritters, serves 4

Cumin Zucchini & Kasha

Ingredients:

1 15-ounce can organic garbanzo beans (chickpeas), drained
3 tablespoons fresh squeezed lime juice
5 tablespoons extra-virgin olive oil, divided
2 garlic cloves, peeled
2 teaspoons cumin seeds
1 teaspoon turmeric, divided
1 teaspoon smoked paprika,* divided
2 cups water
1 cup kasha (buckwheat)
1 teaspoon coarse kosher salt
1 1/2 pounds medium zucchini (about 5), trimmed, quartered lengthwise
1 1/2 teaspoons ground cumin
4 green onions, thinly sliced
1/4 cup chopped coriander (cilantro)

1 cup quartered cherry tomatoes

Directions:

Preheat oven to 350.

Combine garbanzo beans and lime juice in large bowl. Add 3 tablespoons oil; press in garlic, add cilantro, green onions, and tomatoes, season with salt and pepper, and stir to combine. Let marinate at least 15 minutes and up to 2 hours.

Heat 1 tablespoon oil in medium saucepan over medium-high heat. Add cumin seeds, 1/2 teaspoon turmeric, and 1/2 teaspoon paprika; stir until fragrant, about 1 minute. Add 2 cups water, kasha, and coarse salt; bring to simmer, stirring occasionally. Reduce heat to medium-low. Cover and simmer until all water is absorbed, about 16 minutes.

Meanwhile, prepare zucchini. Place trimmed zucchini in large stainless bowl. Drizzle with 1 tablespoon oil. Sprinkle with ground cumin, 1/2 teaspoon turmeric, and 1/2 teaspoon paprika.

Toss to coat evenly.

Place zucchini on a baking dish; sprinkle generously with salt and pepper. Bake until tender and browned on all sides, 10 to 12 minutes. Transfer to work surface. Cut crosswise into 1/2-inch pieces. Add zucchini to the garbanzo bean mixture, and then add cooked kasha. Gently fold all ingredients together.

Can be made 2 hours ahead. Let stand at room temperature. Can be eaten cold or warmed.

Makes 8 servings

Soups & Stews

Moroccan Kale Soup

Makes 4 servings

Ingredients:

1 large onion, chopped
2 carrots, sliced
1 head of garlic, roughly chopped
1 tsp grated fresh ginger
1 cup red lentils (dry)
1 cup chick peas
4 stalks of celery
4 or 5 medium tomatoes, roughly chopped
6 cups of water
½ handful fresh cilantro
1 tsp turmeric
2 tsp cardamom
½ tsp cayenne
½ tsp cumin

Directions:

In a large soup pot, add onion, garlic, and ginger and ½ a cup of water. Cook until the onions become translucent.

Add the rest of the ingredients, bring to a boil, and simmer until the lentils are soft – about an hour.

Pour half of the soup into the blender and blend well, and return blended soup to the soup pot.

Vegetable Tagine

Makes 4 servings

Ingredients:

1 onion, chopped
2 carrots, diced
1 sweet potato, chopped
2 stalks celery, chopped
½ butternut squash, peeled, seeded, and cubed
¼ cup filtered water
1-2 tbsp olive or coconut oil
1 tsp dried basil
1 tsp ground cumin
Pinch of sea salt

Directions:

In a saucepan, heat oil over medium-low heat (making sure it doesn't smoke) and sauté onions for 5 minutes.

Add carrots and sauté for another 5 minutes.

Add remaining ingredients, cover and simmer (stirring occasionally) for 30 minutes. Add a bit of water, if necessary, to prevent sticking.

OPTIONAL: Serve on a bed of quinoa.

Black Bean Chili

Ingredients:

2 cans organic black beans
2 cans of diced organic tomatoes
2 cups vegetable stock
2 tbsp. olive oil
2 onions, chopped
3 carrots, chopped
2 bell peppers, chopped
1 stalk celery, chopped
4 cloves garlic, chopped
2 tsp. cumin
1 tbsp chili powder
½ tbsp chipotle chili powder
1 large handful fresh cilantro, chopped
Pinch of sea salt
Fresh ground black pepper

Directions:

In the slow cooker or pot, sauté onions and garlic for 5 minutes in olive oil over mediumlow heat. Add carrots, bell peppers, and celery and sauté for another 10 minutes. Add tomatoes, beans, cilantro and remaining spices, and remaining water. Cover and cook for 1 to 1½ hours. For an added touch, garnish each bowl with a dollop of Guacamole.

Makes 6 servings

Cabbage Soup

Ingredients:

2 cloves of garlic, finely diced
1tbsp extra virgin olive oil (more if necessary)
1 large onion, finely diced
1 tsp curry powder
2 cups of finely shredded green Cabbage
1 litre of vegetable stock (preapproved brand only)

Directions:

In a large heavy bottom pot, heat oil on medium heat, and cook onions until translucent. Add garlic and cook one more minute. Add curry powder, stir continuously and cook another minute.

Turn down heat, add the cabbage and cook until wilted. Add some broth if need be to wilt the cabbage.

Pour in stock, season with pepper and bring to a simmer for 10 minutes. Can be pureed or eaten as is.

Barley Vegetable Soup

Ingredients:

2 tbsp extra virgin olive oil
1 onion finely chopped
1 large carrot, peeled, trimmed and cubed
1 large leek, trimmed washed and finely diced
1 litre of vegetable stock
¼ cup of pot barley
3 bay leaves
Salt and pepper to taste

Directions:

Heat oil on medium, and sauté carrots, leek and onion for 5 minutes, stirring occasionally. Add vegetable stock and bay leaves, bring to boil then add barley. Simmer for 1 hour Season with salt and pepper. Remove bay leaves and serve

Brazilian Fish Stew

Ingredients:

Juice from 1 lime

1 tablespoon ground cumin
1 tablespoon paprika
2 cloves garlic – finely minced
1 teaspoon salt
1 teaspoon ground black pepper
1 1/2 pounds tilapia fillets, trout, salmon or a mixture, cut into chunks
2 tablespoons olive
2 onions, chopped
4 large bell peppers, sliced
1 (16 oz) can diced tomatoes, drained – no sugar or salt added
1 (16 oz) can light coconut milk
1 bunch fresh cilantro, chopped

Directions:

Stir together the lime juice, cumin, paprika, garlic, salt, and pepper in a bowl. Add the tilapia and toss to coat. Cover and refrigerate at least 20 minutes, up to 24 hours.

Heat the olive oil in a large pot over medium-high heat. Quickly fry the onions in the oil 1 to 2 minutes. Reduce heat to medium. Add the bell peppers, tilapia, and diced tomatoes to the pot in succeeding layers. Pour the coconut milk over the mixture. Cover the pot and simmer 15 minutes, stirring occasionally. Stir in the cilantro and continue cooking until the tilapia is completely cooked through, another 5 to 10 minutes.

4-6 servings

Caraway Borscht with Red Cabbage

Ingredients:

2 – 3 tbsp olive oil
2 large yellow onions
1 large carrot, shredded (or use matchstick carrots)
2 large celery sticks, thinly sliced diagonally
4 cups of shredded red cabbage
4 medium beets, peeled and shredded (use a cheese grater)
1 tsp caraway seeds
2 tsp salt
Fresh ground black pepper to taste
4 cups of water or Vegetable stock
1 (6oz) can of organic tomato paste
2 tbsp organic apple cider vinegar
Chopped fresh dill to finish

Directions:

In large soup pot heat oil on medium heat, then add onion and cook until caramelized, constantly stirring so not to stick
Add the next 7 ingredients and stir well until vegetables and seeds start to sweat
Add the water and tomato paste and continue to cook over medium heat about 20 minutes
Add vinegar, stir, and then serve with chopped fresh dill over top

4 servings

Raw Avocado and Tomato Soup

Ingredients:

3 avocados, peeled and pitted
2 organic whole tomatoes from a can

2 Roma tomatoes – chopped
2 handfuls of fresh spinach
Juice from 1 lemon
Sea Salt to taste
Fresh ground pepper to taste
A small amount of water (depending on how liquid you like the soup to be)

Directions:

Cut the Roma tomato into small pieces.
Put all the ingredients apart from the Roma tomato pieces into a mixer. Mix well on the highest setting.
Pour the soup into a bowl and add the Roma tomato pieces to garnish.

Other Main Dishes

Squash Spaghetti with Tomato Basil Sauce

Makes 2-3 servings

Spaghetti Ingredients:

½ butternut squash, peeled and seeded

Tomato Basil Sauce Ingredients:

3 tomatoes
¼ cup sundried tomatoes
1 clove garlic, minced

1 bunch basil, roughly chopped
1 carrot, chopped
½ red onion, chopped
1 avocado
½ red pepper, diced
1 scallion, for garnish

Directions:

Peel the squash with a vegetable peeler into strands. For softer noodles, place in a dehydrator or oven for 30 minutes at 110°F.

Place all ingredients except red pepper and scallions in food processor and pulse until combined.

Pour sauce over noodles, and top with scallion and red pepper.

Rawsagna

Makes 2-3 servings

Ingredients:

2 zucchini, peeled
3 cups spinach leaves, tightly packed
1 cup marinara sauce
1 ripe avocado, mashed

Marinara Sauce:

4 tomatoes
1 cup sun dried tomato, soaked
¼ cup black kalamata olives, pitted

3 cloves garlic, diced
1 red bell pepper (optional)
4 dates, pitted and soaked
¼ red onion, diced
2 tbsp olive oil
½ handful parsley, chopped
½ handful basil, chopped
Pinch of sea salt or kelp/dulse flakes

Directions:

Thinly slice the zucchini lengthwise into long, wide noodles.

Finely chop spinach leaves in a food processor.

For marinara sauce, pulse all ingredients in a food processor until smooth.

Coat the bottom of a small square container with 2-3 tbsp. of marinara sauce and arrange a third of the zucchini noodles in a layer over it. Top with more marinara sauce.

Add a layer of half the avocado, top with half the spinach and press with a rubber spatula. Repeat this layering process for the rest of the ingredients.

Tomato and Lentil Dhal with Almonds

Makes 4 servings

Ingredients:

1 cup red lentils
5 tomatoes, chopped
1 white onion, finely chopped
1 carrot, diced
¼ cup almonds, finely chopped
3½ cups purified, filtered water
3 cloves garlic, diced
1 inch fresh ginger, grated
2 tsp cumin
2 tsp turmeric
2 tsp yellow mustard seeds

1 tsp garam masala
1 tsp chili powder
Juice of 2 limes
2-3 tbsp coconut or olive oil
½ handful of coriander, chopped
Pinch of sea salt
Fresh ground black pepper

Directions:

Heat the oil in a stew pot and sauté onion for a few minutes until softened. Add the garlic, carrot, cumin, mustard seeds, and ginger, cook for another 5 minutes.

Stir in the turmeric, chili powder, and garam masala, and cook for 1 minute so that all the flavours begin to mix.

Add the lentils, water, and chopped tomatoes, and season with freshly ground black pepper and a pinch of sea salt. Bring to a boil and then reduce heat and simmer, covered, for about 30 minutes, stirring occasionally.

Stir in lime juice, half the coriander, and cook for a few more minutes so that the lentils are tender. Finish by sprinkling remaining coriander and chopped almonds.

Vegetable Curry

Ingredients:

1 large butternut squash (can use acorn or butter cup squash; or E.D. Smith canned Pure Pumpkin – nothing added)
Olive oil
2 -3 tbsp ghee (clarified butter – milk solids removed)
3 cloves garlic- finely minced
1.5inch piece of fresh ginger –grated
1 large onion
1 tsp cumin seeds
½ tsp anise seed
½ tsp turmeric
½ tsp ground cardamom
½ tsp ground coriander

¼ tsp cayenne
1 tsp sea salt
2 large carrots – thinly sliced diagonally
1 small head of cauliflower – cut into florets
1 cup green beans- trimmed and cut into 2 inch pieces
2 cups vegetable stock (or water)
1/3 cup tahini
Handful of chopped fresh cilantro to top

Directions:

Cut squash into pieces, remove seeds & skin, place in large pot of water and boil until pieces are tender. Transfer to a food processor and blend until smooth. (This can be skipped with the Canned Pure Pumpkin) – Set aside

In a heavy bottomed sauce pan, heat ghee on medium/high heat, and add onions, ginger and garlic. Cook about 5 minutes until onions are translucent. Add cumin and anise seeds, cook for 1-minute stirring constantly. Then add the remainder of the spices and stir until onions are evenly coated.

Add the carrots, cook for a few minutes, then the cauliflower, cook another few minutes, and finally the beans. Add stock/water, season with salt and pepper, cover, and then simmer for 15 minutes.

Add tahini and squash, bring to a simmer, until heated through, and serve with fresh cilantro.

Brown Rice with Baby Bok Choy

Ingredients:

¾ cup cooked brown rice
2 baby bok choy, trimmed and quartered
2 green onions, finely chopped
1 clove of garlic, finely diced
½ cup of vegetable stock
1 tbsp extra virgin olive oil

Directions:

Heat oil in wok or similar frying pan, sauté garlic for 1 minute. Add bok choy and onions and sweat for another minute or so. Add vegetable stock and rice and simmer until bok choy is tender.

Makes 1-2 servings

Salmon Salad Leafy Wraps

Ingredients:

16 oz salmon
2 bay leaves
6 Black pepper corns
1 sprig of fresh dill
1 clove garlic, chopped
1 small green chili, seeded and finely diced
1 large red bell pepper, seeded and cubed
8 inch cucumber, peeled and chopped
2/3 cup active goat yoghurt
¼ tsp sea salt

12 leaves of Boston lettuce, or Napa cabbage or Radicchio, separated individually for wrapping

Directions:

Place salmon in a pan of cold water with bay leaves, pepper corns and dill. Slowly bring to a boil to poach. Once rapid boil is reached, turn off heat, and leave to cool. Remove the skin, and flake the fish in a medium bowl. Stir in garlic, chili, red pepper, cucumber, yoghurt and sea salt. Fill leaves of lettuce or cabbage with salmon salad.

Fresh Veggie Stir Fry

Makes 4 servings

Ingredients:

4 cups broccoli florets
1 handful baby carrots
1 cup asparagus tips
2 cups spinach, chopped finely
1 handful bean sprouts
1 white onion, sliced
1 clove garlic, chopped finely
1 inch piece of fresh ginger, grated

1-2 tbsp coconut oil
1-2 tbsp sesame oil
2 tbsp sesame seeds
1 tbsp tamari
¼ cup almonds, chopped

Directions:

Heat a frying pan (or wok) over medium heat. Add coconut oil.

Lightly sauté ginger, garlic, and onion.

Add sesame oil and remaining vegetables (start with tougher veggies and add softer ones last) and sauté until lightly softened.

Finish by adding sesame seeds and almonds. Toss and serve.

Dips, Dressings & Sauces

Guacamole

Ingredients:

4 avocados
2 tomatoes, diced
1 bunch cilantro, minced
1 lime, juiced
½ jalapeno pepper (optional)
¼ red onion, chopped

2 cloves garlic, chopped

Directions:

With a fork, gently crush avocados and tomatoes and mix all ingredients together ensuring the mixture remains slightly chunky.

Enjoy this delicious guacamole with your favourite veggies. If you have leftovers, be sure to place the guacamole in a glass container/bowl and seal it with plastic wrap so there's no air inside. This will help keep it for up to 48 hours.

Makes 4 servings

Garlic Mayonnaise RAW

Ingredients:

1 avocado

½ orange juiced

1 clove garlic, minced

Directions:

Place ingredients in a bowl and mash together using a fork until creamy consistency is achieved. Makes 2 servings

Veggie Dip

Ingredients:

1 fennel bulb – chopped

1 stalks celery – chopped

1 avocado

1 tsp cumin

1 tsp cilantro

Juice from half a lemon

2 cloves of garlic - minced

Directions:

Place all ingredients in a food processor until smooth.

Basil Vinaigrette

Ingredients:

2 Tbsp extra virgin olive oil
2 Tbsp Balsamic vinegar
2 Tbsp 100% Apple Juice
2 Tbsp chopped fresh basil
1 clove garlic, finely minced
Salt to taste

Directions:

Combine all ingredients in small blender, and emulsify.

Creamy Tahini Vinaigrette

Ingredients:

¼ cup tahini
1/3 cup water
½ lemon, juiced
2 garlic cloves, minced
Salt and pepper, to taste

Directions:

Combine all ingredients using a whisk, until well incorporated. Alternatively, put all ingredients in a jar with secure lid and shake until incorporated.

Creamy Cucumber Lemon Dill Sauce

Ingredients:

½ cup goat yoghurt
Juice from ½ a lemon
2 tbsp chopped fresh dill
¼ English cucumber, peeled, seeded and finely diced
Salt and pepper to taste

Directions:

Combine all ingredients in bowl, stir and season

Fresh Lime Salsa

Ingredients:

¼ Red bell pepper finely diced
¼ Yellow bell pepper finely diced
¼ cup red onion finely diced
¼ cup fresh peaches, peeled and diced
½ jalapeño pepper finely diced (optional)
Juice from 1 -2 limes
Handful of chopped fresh cilantro
Salt and pepper to taste

Directions:

Combine all ingredients in a bowl and chill for 1 hour. Serve over grilled fish.

No Cheese Pesto

Ingredients:

½ cup pine nuts
½ cup sun dried tomatoes
½ cup artichoke hearts, drained and rinsed
Half a bunch of fresh basil
Extra virgin olive oil
Cracked black pepper to taste

Directions:

Combine pine nuts, sun dried tomatoes and artichokes by pulsing in a food processor, slowly adding olive oil until you reach a good consistency. It should resemble a thick paste. Add basil and cracked pepper.

Pesto can be saved in a well sealed container in the refrigerator, for up to a month.

Turnip Top Pesto

Ingredients:

6 packed cups of raw turnip tops, with stems intact
½ cup raw walnuts
4 tbsp pine nuts
½ cup extra virgin olive oil
Zest & Juice from 1 lemon
1 tsp salt (or more if desired)
Cracked black pepper to taste

Directions:

Blend all ingredients in food processor until desired consistency.

Moroccan Marinade

Ingredients:

6 hot peppers of your choosing, (red chillies & jalapeño work well) seeded and roughly chopped
10 cloves of garlic, chopped
1 bunch of Cilantro – all stalks, only some leaves
Zest from 1 lemon, juice from ½ a lemon
Zest from 1 lime
½ tsp ground cumin
Approximately ¼ cup of extra virgin olive oil
Salt & Pepper to taste

Directions:

Combine all ingredients in a food processor, slowly adding olive oil last, until a thin, but chunky, paste is formed.

***Marinate fish for at least 2 hours in refrigerator. Can be left in fridge for up to 36 hours. Excellent for pan fried, or grilled fish.

Green Smoothies

Green Tea Mango Smoothie

- 1 scoop of vanilla protein powder
- ½ cup brewed green tea (brew the night before and store in fridge so it's cold and ready to go)
- 1/2 cup unsweetened vanilla almond milk
- ½ mango, peeled and sliced
- ½ medium banana
- 1 cup raw spinach
- 1/2-inch slice of fresh ginger, peeled (optional)
- 5 ice cubes (optional)

Cinnamon Apple Smoothie

- 1 scoop of vanilla protein powder

- 1 cup unsweetened vanilla almond milk
- 1 apple, chopped
- 1 cup raw spinach
- 1/2 tsp. cinnamon
- 5 ice cubes (optional)

Pineapple Breeze Smoothie

- 1 scoop of vanilla protein powder
- 1 cup unsweetened vanilla almond milk (you can also use light coconut milk if you really want a tropical flavor)
- 1/2 cup fresh pineapple
- 1/2 medium banana
- 1 cup raw spinach
- 5 ice cubes (optional)

Berry-licious Smoothie

- 1 scoop of vanilla protein powder
- 1 cup unsweetened vanilla almond milk
- 1/4 cup strawberries
- 1/4 cup raspberries
- 1/4 cup blueberries
- 1 cup raw spinach
- 5 ice cups (optional)

Peanut Butter & Banana

- 1 scoop of chocolate or vanilla protein powder
- 1 cup unsweetened vanilla almond milk
- 1 cup raw spinach
- 1 medium banana
- 1 tbsp. natural nut butter
- 5 ice cubes (optional)