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THE ANTI INFAMMATORY GOUT DIET



A 30 day Gout Cookbook Pain Cure Plan:
Gout Recipes to Become Pain Free

Carl Preston

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Thank you!

Thank you for purchasing The Anti-Inflammatory Gout Diet!

Do not forget to check all the **Recipes Videos** including all the recipes of the 4-week program at the end of the Book.

Now, sit back, enjoy your read, and welcome to the path to becoming Pain Free!

Introduction

First off, we would just like to say thank you for taking the time to purchase The Anti-Inflammatory Gout Diet. This guide has been curated through personal experience and extensive additional research and planning to create the ultimate pathway to dealing with Gout once and for all. This mysterious and challenging condition can be debilitating at the best of times, and this guide will cover everything that you would possibly need to know about combatting, managing and preparing for gout in the right way.

Here is what you will get from this eBook:

- The right foods to eat.
- How to tackle the issue once and for all.
- A Detailed **4-Week meal plan** to get the reader started.
- The List of Ingredients and a How-to guide on how to Cook the **recommended meals recipes**.
- **Recipe videos** to as an extra support for you to cook the 4-Week Diet delicious recipes.
- Tips and tricks for handling gout and preserving physical condition.
- Great recipes to try out.

You might have tried medicine, you might have tried exercise – you might even have tried nothing at all. The problem with gout is that the solution to fixing it is just so simple that many people might never even consider it. What we eat directly correlates with how we feel and how we perform not just only a daily basis, but in life in general. A rather lax approach to eating properly and taking in too much of the wrong stuff can lead to a myriad range of health problems – Gout included.

Eating right, though, is a challenge many of us don't understand or know enough about to really take seriously. This makes it quite hard for people to get to grips with what they need to be doing on a daily basis, and therefore can make it very difficult for people to get the help that they need in feeling safe, feeling secure

and feeling happy. We remove the significant problems that many people will suffer from with Gout and we also remove the biggest problem of the lot; the uncertainty!

With the help of this guide, you will learn everything you need to know about gout, including:

- What it is and how to beat it
- The problems it can cause
- The benefits of changing your diet and improving the way that you eat
- Changing your mindset to ensure success
- A meal plan sample
- Various recipes to put to good use when beating Gout

Everything that you could possibly need to take on Gout and do it properly is included here in this guide!

What is Gout?

To defeat any problem, you first need to know what the cause is first. Gout is something that we can suffer from without really knowing about it, and the problems that you suffer with Gout can go more or less unnoticed unless you are prepared to take the time to look around, learn about it, and take it to the next stage.

With our assistance and the information precluded in here, you will be able to take on Gout and actually deal with the problem once and for all!

So, what is Gout?

- It's a form of arthritis, whereby the crystals of sodium urate start to form both inside and around our joints.
- Gout causes a large flare-up of pain and can make the joint swell up and look extremely red.
- The symptoms can develop very quickly – within just 24 hours – and can last for up to ten day.
- Once you suffer from Gout once, you can be sure it will return in the future

What causes this to occur, then?

- Gout is caused by uric acid in the blood building up a little bit too much; it's a product we don't need yet our body makes it on a daily basis.
- The kidneys get rid of this for us, but when you produce an excess or your body gets rid (excretes) too little, you can have problems.
- This causes the build-up to start, which can occur over a period of years without your knowledge.
- The worst case scenario with gout is that the crystals in your joints start to clump and pack together, creating what is essentially a permanent level of joint damage that cannot be undone and cannot be stopped, causing immense stiffness throughout the day and making your overall day so

much more challenging than it would have been previously.

What can cause Gout to start up, then?

- The older you are, the more likely it is.
- It's also four times more likely to strike in men.
- Being overweight can play a part in gout.
- Gout is a hereditary problem – it can run in the family.
- Diabetics are more likely to suffer.
- Drinking too much alcohol can also cause this to rise up.

Whilst Gout will subside in time, it will return in the future. Your best bet to stopping this process from returning is to look at how you eat; changing your diet is a proven method of prevention.

Curing Gout through Food

This book is built around the curing of Gout using food, and changing your diet to suit the needs of your body.

The problem is that eating food to manage Gout is very challenging, as you need to know exactly what you should be eating – and what you should be drinking. The good thing is that Gout-free diets are quite open and therefore you aren't subscribing to a life of bland, grey meals and boring dinners. You are subscribing to removing some dangerous and damaging foods from the menu, giving your body the right blend of things like:

- Fruits that have a darker skin like oranges, apples, cherries, peaches and blueberries can be the perfect place to get started.
- Likewise, vegetables like onion, squashes, spinach and broccoli can help you get moving alongside using things like dark, leafy greens.
- Soy products can be a good addition in small doses, too, thanks to their antioxidant qualities.
- Mushrooms like oysters are high in anti-inflammatory capabilities, which is what we need.
- Protein such as organic chicken and/or grass-fed beef products are a good way of getting inflammation.
- Raw-milk dairy products should be used if you have to.
- Try and eat as many acai berries and blueberries as you can, by the way; they are two of the most powerful anti-inflammatories on the planet, bar none!
- Go for spices like turmeric, too. Hey can be very powerful for helping you get to grips with what you need quickly and also adding extra life and flavor to meals.
- However, go for omega-3 enriched eggs if you want to have an egg.
- Red, black and kidney beans are a good addition to have in there but make sure you don't overload as you can go overboard with protein by

doing this.

- Healthy fats as well as oils can be a useful source of the right ingredients to battle back against inflammation and also to provide your body with antioxidant content. Consider olive oil a bit of a staple in this thanks to its polyphenol count .
- Salmon and fatty fish are a good source of omega-3 fatty acids, too!
- If you need a bit of chocolate, make sure its dark chocolate; it's so much better for you – try and get raw cacao chocolate if you can.

When it comes to drinks, you should try and concentrate on things such as:

- Green teas if you need a drink of this caliber – the richer the better!
- Coffee is also acceptable if you want a cup, just make it black.
- Need a drink? A glass of red wine will need to be the best it gets for you, but for wine fans this can be a real punch-the-air moment!
- Pure fruit juice ideally diluted with water.
- Water, obviously!
- Semi-skimmed milk if you need to use it.
- Avoid soda and the like, however!

As you can see, this is not going to restrict you by too much. There is a fair amount on here that you might be eating anyway, but it's basically removing all the things that you eat that you don't see included within this list! The range of foods that can cause Gout and Gout attacks are quite large, so make sure that when you look at diets and foods that they fall roughly into this category.

What to Avoid

To start off with, you need to know what makes Gout so dangerous and what can make it such a serious challenge for someone who is suffering. If you aren't sure what can cause Gout, though, it can be hard to know what to take off the table so that you can eat properly and sensibly. To do this, you need to look at the following foods as perfect examples of what to avoid:

- Scallops are a common source of Gout attacks, due to the fact it's loaded with purine. If you have too much purine in your diet it can cause the acid buildup to be simply too much for your body to deal with effectively.
- Herrings are another choice to try and avoid. In fact, try and avoid anchovies and tuna should be avoided as they can cause a variety of Gout symptoms to start flaring up.
- Red meats can be a bit of a problem – white meat tends to be a better choice for you. Red meat is OK if you are just dealing with something simple and you only eat it once in a blue moon.
- If you tend to eat a lot of pork or beef, you might need to cut back a little bit as they are just as bad as the above meats.
- A beer is probably not the best idea for those with Gout, sorry drinkers! This will make it hard for you to find something new to drink but, as suggested above, wine is a good leveler as it has nothing like the problems for your uric acid levels.
- Soda should always be avoided from now on – it simply does you more harm than it would ever do you good. Downing these drinks will help you gain weight really fast for a start; but they also make your body produce an excess of uric acid that causes significant problems.
- Asparagus might seem a good idea but it's not something that you would want to eat too much as they are high in purine. The odd bit is not a problem again, but if you want to eat them regularly you will be in for a bit of a shock along the way, most likely!
- Veggie-rich diets will help clear purines from the body but eating too many high-purine ones will just counteract any good work that you have

done.

- Avoid eating Liver if you can; it's not very good for you in this sense as they just cause serious problems for Gout sufferers. In fact, all organ meats should be more or less avoided due to the excess strain that they can put on your system without even trying.

In short, there is plenty to try and avoid. As a rule, anything high in purine should be avoided as they tend to be the biggest inhibitors for those who are dealing with an issue like this. Take the time that's needed to do some further research on foods that you like specifically, as it can really benefit you to know what you can and cannot take along the way.

This is just a start of the list, though, so keep on looking until you find something that you are not sure about; avoiding the bad stuff is as important as eating the right stuff when you embark on this journey.

The Benefits

There are multiple benefits to taking on this kind of lifestyle choice/diet, with the main one obviously being that you will greatly reduce the probability of a Gout attack occurring.

By sticking to what is listed above as a general rule – and you can do a bit more research yourself into individual foods you might be interested in trying, but aren't sure if they are compatible – you can start to see a whole range of benefits with your body and with your system in general. This will include things such as:

- You'll open up your palette – with the inclusion of new spices and the like (especially turmeric) you can start to really try out new meals and new combinations about way from gout-causing trash like takeout food.
- Greater flexibility – the best thing about using this solution is that the level of flexibility you will end up with is much improved over the old level that you would have had in the past. This is very important, as you will be able to be more active and more mobile without the pain and the stress of Gout holding you back.
- Give your body more nutrition – by using this diet you invariably start to make a big change to the strength of your bodies overall function. Instead of being stuck eating the same rubbish time and time again, you will now be introducing new nutrients and additional solutions into your body.
- Reduce inflammation – much like other popular diet out there that deal with inflammation, this works as an anti-inflammatory diet as you are taking in so many antioxidants and nutrients you didn't in the past. This lets your body relax and cool down a bit, and also gives you a chance to fight off inflammation that isn't caused by Gout as a nice little byproduct.
- Remove chronic pain – no longer will you need to put up with your body being in a world of pain and agony as you try and work through the day, thanks to the range of changes that are brought to the table with the help of this diet. You'll remove the struggle and the stress that so many suffer from.

The first thing that you will notice when you start eating this diet, though, is that your taste in food will change. As you start trying things that were seen as “weird” or overly nu-age in the age, you will start to appreciate the variety of food and the style of meals that you can eat as opposed to repetition in the food that you eat from time to time.

Now, let’s take a look at a sample of what a week of eating a Gout-style eating plan would be made up of. You might be surprised to see that this can be quite varied and fun, as opposed to many overly restrictive diets!

FOUR-Week Meal Plan

As you obviously will know by now, your diet is going to be changing – and changing quite dramatically. We've look around online and found the best way for you to get the right kind of meals and the right kind of planning put together for your first week of eating. Since this is a long-term diet and not something you can really plan week to week in a guide, or have a specific date to follow it until, this is just an example. Every week should be different and varied, and you should now start spending time looking at new recipes and ideas that you can try.

Don't worry, we haven't let you all alone! After this page, you will find some excellent recipes that you can try out as well as great resources to go and look at if you want to really start benefiting from this kind of lifestyle change. The best thing about each meal included below is that each of them can be booked to your own style; just look up a recipe that you find online that works best for you, because these meals are always subject to your own tastes. After this you will find the cookbook with all the recipes for you to cook them easily and to enjoy them!

Just remember to avoid any recipes that use the kind of things we suggest that you avoid, for maximum results.

The Four-Week Meal Plan

Week 1

Day

Breakfast

Lunch

Dinner

Monday

Quinoa Porridge

Pumpkin Soup	Poached Egg /w veg
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Tuesday	Gingerbread Oatmeal	Chicken Wraps /w your choice of smart topping
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Hemp Hummus

Wednesday

Raspberry Green Tea Smoothie

Kipper Salad

Turkey Chilli

Thursday

Quinoa Granola

Sweet Potato Soup	Steamed Salmon /w Lemon Zucchini
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Friday

Ginger Apple Muffins	Persimmon & Pear Salad
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Pepper and Turkey Pasta

Saturday	Strawberry Crepes (avoid gluten versions!)
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Lentil Soup	Quinoa /w Turkey Stuffed Peppers
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Sunday	Fruit Green Tea Smoothie of your choice
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Smoked Trout Tartine	Sweet Potato & Black Bean Burger
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Week 2

Day

Breakfast

Lunch

Dinner

Monday

Baked oatmeal

Polenta lasagna

Jamaican Rice and Peas

Tuesday	Breakfast casserole
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Vegetarian chili

Bean Burger

Wednesday

Frittata with low fat cheese

Lentil meatloaf

Lentil burger

Thursday

Roasted Garlic Cauliflower Soup	Greek white beans in tomato sauce	Felafel with tahini & tzatziki
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Friday

Hummus with veggies	Spicy corn & black bean salad	Watermelon-Pineapple-Ginger Juice
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Saturday

Broccoli Souffle

Gazpacho

Creamy polenta with ratatouille

Sunday

Pomegranate Smoothie

Jamaican Rice and Peas

Veggie Terrines

Week 3

Day

Breakfast	
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Dinner

Monday	Cornflakes, Low-Fat Milk and berries
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Vegetarian chili

Salsa chicken burritos

Tuesday

Raspberry tarts

Balsamic chicken

Rice with vermicelli

Wednesday

Warm Eggplant and Goat Cheese
Sandwiches

Rosemary roasted potatoes

Lemon dill salmon

Thursday

Vanilla bean pudding

Lemon and sage roasted chicken

Orange and Duck Confit Salad

Friday

Peaches with berry sauce

Zucchini Spaghetti

Potato frittata

Saturday

Tomato crostini

Honey mustard chicken

Balsamic Chicken

Sunday

Pumpkin pancakes

Beef Stew

Vanilla Fruit Salad

Week 4

Day

Breakfast

Lunch

Dinner

Monday

Pumpkin pancakes

Gazpacho

Lemon dill salmon

Tuesday

Vanilla bean pudding

Jamaican Rice and Peas	Orange and Duck Confit Salad
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Wednesday

Pumpkin pancakes

Vegetarian Chili

Lemon dill salmon

Thursday

Breakfast casserole

Lemon and sage roasted chicken

Orange and Duck Confit Salad

Friday

Frittata with low fat cheese

Zucchini Spaghetti

Lemon and sage roasted chicken

Saturday

Baked oatmeal	
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Zucchini Spaghetti

Sunday

Hummus with Veggies

Honey mustard chicken

Rice with Vermicelli

As you can see, this is a simple and easy menu that can be adjusted and made to suit your own tastes. We deliberately left this fairly open so that you will be anxious to go and look at new menu ideas and new solutions yourself, instead of just relying upon the same old routine week-after-week.

This is just a sample of what you can have; this diet, if you will, is all about experimentation and being willing to try out something new. Don't be afraid to let your taste buds run wild and try out something fresh and new; always try to give them something exciting and something engaging that you can experiment with and try something unique with. Got an old favorite that ticks the boxes? Then mess around and see what else you can do with an old classic!

COOKBOOK AND RECIPES

Greek white beans in tomato sauce



INGREDIENTS

- 1 lb (450 g) dried large white beans (such as gigantes, lima or cannellini)
- 1 tbsp (15 mL) + 1/4 cup (60 mL) extra-virgin olive oil
- 2 medium yellow onions, finely diced
- 4 cloves garlic, minced
- 2 large tomatoes, grated or pureed, or 2 cups (500 mL) canned crushed tomatoes
- 5.5-oz (156-mL) can tomato paste
- Kosher salt + freshly ground black pepper
- Chopped flat-leaf parsley (optional)

DIRECTIONS

1. Place beans in a large bowl. Cover with several inches water. Let stand on counter overnight. Drain; rinse.

2. Place in a large pot and fill with water. Bring to a boil over high heat. Reduce heat to medium and simmer briskly until just tender but not soft, splitting or mushy, about 30 to 60 minutes depending on the size and age of beans.
3. Drain; rinse. Transfer to ovenproof pot or casserole dish.
4. Meanwhile, heat 1 tbsp (15 mL) oil in a large skillet over medium. Add onion and garlic. Cook, stirring, 10 minutes to soften without browning. Add tomatoes and tomato paste. Season to taste with salt and pepper. Simmer over medium heat 10 minutes to thicken slightly. Stir into beans along with remaining $\frac{1}{4}$ cup (60 mL) oil.
5. Bake, uncovered, in preheated 350F (180C) oven until beans are tender and sauce has thickened, about 45 minutes. Let stand 10 minutes before serving. If desired, garnish with parsley.

Spicy corn & black bean salad



INGREDIENTS

- 4 cups corn kernels
- 1 1/2 tablespoons fajita seasoning
- 1/2 teaspoon ground black pepper
- 1 (15 ounce) can black beans, drained and rinsed
- 1 red bell pepper, chopped
- 1/2 cup chopped green onion
- 1/4 cup chopped fresh cilantro
- 1/4 cup fresh lime juice
- 2 tablespoons orange juice

DIRECTIONS

1. Heat olive oil in a large skillet over medium heat. Cook and stir corn, fajita seasoning, and black pepper in the hot oil until corn is lightly browned, 6 to 8 minutes. Remove from heat and set aside to cool.
2. Mix corn mixture, black beans, red bell pepper, green onion, jalapeno

pepper, cilantro, lime juice, orange juice, and salt together in a bowl; cover and refrigerate at least 1 hour before serving.

Hummus with veggies



INGREDIENTS

- 3/4 cup mixed vegetables, such as baby carrots, cherry tomatoes and red bell pepper slices
- 3 tablespoons prepared hummus

DIRECTIONS

1. Wash vegetables and slice them into biteable sizes
2. Arrange them on a platter
3. Dip vegetables into hummus.

Vegetarian chili



INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- 1 medium yellow onion, diced medium
- 4 garlic cloves, roughly chopped
- 1 1/2 teaspoons ground cumin
- 1 teaspoon chipotle chile powder
- Coarse salt and ground pepper
- 1 medium zucchini, cut into 1/2-inch dice
- 3/4 cup (6 ounces) tomato paste
- 1 can (15.5 ounces) black beans, rinsed and drained
- 1 can (15.5 ounces) pinto beans, rinsed and drained
- 1 can (14.5 ounces) diced tomatoes with green chiles
- 1 can (14.5 ounces) diced tomatoes

DIRECTIONS

1. In a large pot, heat oil over medium-high. Add onion and garlic; cook,

stirring frequently, until onion is translucent and garlic is soft, about 4 minutes.

2. Add cumin and chile powder, season with salt and pepper, and cook until spices are fragrant, 1 minute.
3. Add zucchini and tomato paste; cook, stirring frequently, until tomato paste is deep brick red, 3 minutes.
4. Stir in black beans, pinto beans, and both cans diced tomatoes.
5. Add 2 cups water and bring mixture to a boil. Reduce to a medium simmer and cook until zucchini is tender and liquid reduces slightly, 20 minutes.
6. Season with salt and pepper.

Creamy polenta with ratatouille



INGREDIENTS

- Olive Oil
- 1 medium onion, diced
- several sprigs fresh oregano or marjoram (or 1 teaspoon dried)
- 1 sprig fresh rosemary (or 1/2 teaspoon dried)
- 2-3 garlic cloves, minced
- 4 cups eggplant peeled and cubed
- 2 cups diced pepper (red, orange, yellow or green)
- 4 cups peeled and seeded tomatoes, chopped
- 1/2 teaspoon dried turmeric
- 1 bay leaf
- handful of fresh basil, chopped
- 1 pack instant polenta

DIRECTIONS

1. Assemble all ingredients
2. Prepare eggplant: peel and cube, place in colander

3. Sprinkle with salt and let drain for 15-20 minutes while you chop and measure the other ingredients.
4. This is not an essential step, but it releases excess water from the eggplant, making it firmer and meatier.
5. Heat a large skillet over medium high heat. When hot, add 1-2 tablespoons olive oil and sauté the onions 5-6 minutes until they start to brown on the edges.
6. Add garlic and continue to sauté for another minute.
7. Add eggplant and peppers, cook until they just begin to soften.
8. Add remaining ingredients, except the basil, stir gently, cover and reduce heat to a simmer.
9. Cook for 20-25 minutes until vegetables are tender and flavors have come together.
10. Add fresh chopped basil and combine – ready to serve
11. Cook polenta until soft
12. Add more liquid to make it creamier
13. Add grated parmesan
14. Serve ratatouille over polenta with extra basil and parmesan

Baked oatmeal



INGREDIENTS

- 2 cups/7 oz/200 g rolled oats
- 1/2 cup/2 oz/60 g walnut pieces, toasted and chopped
- 1/3 cup/2 oz/60 g natural cane sugar or maple syrup, plus more for serving
- 1 teaspoon aluminum-free baking powder
- 1 1/2 teaspoons ground cinnamon
- Scant 1/2 teaspoon fine-grain sea salt
- 2 cups/475 ml milk
- 1 large egg
- 3 tablespoons unsalted butter, melted and cooled slightly
- 2 teaspoons pure vanilla extract
- 2 ripe bananas, cut into 1/2-inch/1 cm pieces
- 1 1/2 cups/6.5 oz/185 g huckleberries, blueberries, or mixed berries

DIRECTIONS

1. Preheat the oven to 375°F/190°C with a rack in the top third of the oven. Generously butter the inside of an 8-inch/20cm square baking dish.
2. In a bowl, mix together the oats, half the walnuts, the sugar, if using, the baking powder, cinnamon, and salt.
3. In another bowl, whisk together the maple syrup, if using, the milk, egg, half of the butter, and the vanilla.
4. Arrange the bananas in a single layer in the bottom of the prepared baking dish.
5. Sprinkle two-thirds of the berries over the top.
6. Cover the fruit with the oat mixture.
7. Slowly drizzle the milk mixture over the oats. Gently give the baking dish a couple thwacks on the countertop to make sure the milk moves through the oats. Scatter the remaining berries and remaining walnuts across the top.
8. Bake for 35 to 45 minutes, until the top is nicely golden and the oat mixture has set.
9. Remove from the oven and let cool for a few minutes.
10. Drizzle the remaining melted butter on the top and serve.
11. Sprinkle with a bit more sugar or drizzle with maple syrup if you want it a bit sweeter.

Breakfast casserole



INGREDIENTS

- Nonstick cooking spray
- 1 pound ground maple pork sausage
- 6 slices soft hearty white bread
- One 8-ounce package shredded triple cheddar cheese
- 8 large eggs
- 2 cups whole milk
- 1 teaspoon dry mustard
- ¼ teaspoon salt
- ½ teaspoon seasoned pepper

DIRECTIONS

1. Preheat the oven to 350 degrees F. Spray a 13-by 9-inch baking sheet with nonstick cooking spray.
2. In a large skillet, cook the sausage over medium heat, stirring frequently, until brown and crumbly, about 10 minutes; drain well on paper .
3. Cut and discard the crust of the bread. Cut the slices in half, and arrange

in a single layer in the prepared baking dish, cutting pieces to fit as necessary to cover the bottom of the dish.

Sprinkle with the sausage and cheese.

4. In a large bowl, whisk together the eggs, milk, mustard, seasoned and pepper; carefully pour the mixture over the cheese.
5. Bake casserole until set and golden, about 40 minutes.
6. Let stand for 10 minutes before serving .

Felafel with tahini & tzatziki



INGREDIENTS

For the Tzatziki

- 7 ounces Greek Yogurt
- 1/2 cup peeled and diced seedless cucumber
- 1 tablespoon lemon juice
- 1 garlic clove
- 1/2 teaspoon salt
- 1/4 teaspoon dried mint
- pinch of black pepper

For the Tahini Sauce

- 1/3 cup tahini paste
- 1/2 lemon juice
- 3 tablespoons water
- salt and pepper to taste

For the Falafel Buggers:

- 2 cans chickpeas, drained
- 1 small red onion
- 3 tablespoons flour
- 4 cloves garlic
- 1 tablespoon cumin
- 1 tablespoon chili powder
- 1 tablespoon coriander
- 1 teaspoon turmeric
- 1 teaspoon salt
- 3-4 tablespoons olive oil, divided
- 4 Rolls
- Tomatoes
- sliced cucumber
- Other toppings ideas: Lettuce, Red Onion, Feta, Kalamata Olives

DIRECTIONS

For the Tzatziki

1. Mix all ingredients together and set aside.

For the Tahini Sauce

1. Mix all ingredients together and set aside.

For the Falafel Buggers

1. Add the chickpeas, onion, garlic, flour, and spices (cumin, chili powder,

coriander, tumeric, and salt) into the food processor and pulse until combined (add additional flour until it holds together).

2. Divide mixture into equal sized patties
3. Heat 1-2 tablespoons of olive oil in a large non-stick skillet over medium-high heat.
4. Add two falafel patties to the pre-heated skillet and cook for 4 minutes.
5. Gently flip patties (they are fragile!), and cook for an additional 4 minutes.
6. Remove from skillet and set aside (either keep in a warm oven or under some aluminum foil).
7. Add the remaining olive oil and repeat process with remaining 2 patties.
8. To serve: toast up buns for a few minutes under the broiler. Spread some tahini sauce on the bottom bun and top with a falafel patty. Top with desired toppings followed by a dallop of tzatziki. Serve while hot!

Gazpacho



INGREDIENTS

- 1 hothouse cucumber. halved and seeded, but not peeled
- 2 red bell peppers, cored and seeded
- 4 plum tomatoes
- 1 red onion
- 2 garlic cloves, minced
- 23 ounces tomato juice (3 cups)
- ¼ cup white wine vinegar
- ¼ cup good olive oil
- ½ tablespoon kosher salt
- 1 teaspoons freshly ground black pepper

DIRECTIONS

1. Roughly chop the cucumbers, bell peppers, tomatoes, and red onions into 1-inch cubes.
2. Put each vegetable separately into a food processor fitted with a steel blade and pulse until it is coarsely chopped. Do not overprocess!
3. After each vegetable is processed, combine them in a large bowl and add

the garlic, tomato juice, vinegar, olive oil, salt, and pepper.

4. Mix well and chill before serving.
5. The longer gazpacho sits, the more the flavors develop

Roasted Garlic Cauliflower Soup



INGREDIENTS

- 1 large head cauliflower (about 2 1/2 lb.)
- 4 1/2 teaspoons olive oil
- 1 1/2 teaspoons kosher salt, divided
- 3 garlic cloves, unpeeled
- 3 cups reduced-sodium chicken broth
- 1 cup 2% reduced-fat milk
- 1/2 cup grated Manchego or Parmesan cheese
- Freshly ground black pepper
- Garnishes: olive oil, pomegranate seeds, fresh thyme leaves

DIRECTIONS

1. Preheat oven to 425°. Cut cauliflower into 2-inch florets; toss with olive oil and 1/2 tsp. salt. Arrange florets in a single layer on a jelly-roll pan. Wrap garlic cloves in aluminum foil, and place on jelly-roll pan with cauliflower.

2. Bake at 425° for 30 to 40 minutes or until cauliflower is golden brown, tossing cauliflower every 15 minutes.
3. Transfer cauliflower to a large Dutch oven. Unwrap garlic, and cool 5 minutes. Peel garlic, and add to cauliflower. Add stock, and bring to a simmer over medium heat; simmer, stirring occasionally, 5 minutes. Let mixture cool 10 minutes.
4. Process cauliflower mixture, in batches, in a blender until smooth, stopping to scrape down sides as needed.
5. Return cauliflower mixture to Dutch oven; stir in milk, cheese, and remaining 1 tsp. salt. Cook over low heat, stirring occasionally, 2 to 3 minutes or until thoroughly heated. Add pepper to taste.

Bean Burger



INGREDIENTS

- 2 cans (15.5 ounces each) black, white, or pinto beans or black-eyed peas
- 1 cup dried breadcrumbs
- 2 large eggs, lightly beaten
- 1 teaspoon coarsely ground black pepper
- 1/2 teaspoon garlic powder
- Extra Flavorings (see Burger options)
- 6 good-quality hamburger buns

DIRECTIONS

1. Drain 1 can of beans, reserving the liquid, and mash the beans in a medium bowl.
2. Drain the second can, add to the bowl with the breadcrumbs, eggs, pepper, and garlic powder.
3. Stir in Extra Flavorings if using. If necessary, add a little of the bean liquid until the mixture holds together but is not wet.
4. Divide into 6 equal portions and shape into 4-inch patties.

5. Warm the buns in a 300 degree F oven for about 5 minutes.
6. Meanwhile, heat ½ cup olive or canola oil in a large (12-inch) skillet over medium-high heat.
7. Add the patties and cook, turning only once, until a crisp brown crust forms on both sides, about 6 minutes total.
8. If you've chosen a burger that gets topped with cheese, add it now. Cover the skillet, turn the heat to low, and let the burgers continue to cook until the cheese melts. Top the burgers as desired

Frittata with low fat cheese



INGREDIENTS

- 8 eggs
- 2 tablespoons finely chopped fresh oregano
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 2 tablespoons extra-virgin olive oil
- 1 cup sliced red bell pepper
- 1 bunch scallions, trimmed and sliced
- 1/2 cup crumbled goat cheese

DIRECTIONS

1. Position rack in upper third of oven; preheat broiler.
2. Whisk eggs, oregano, salt and pepper in a medium bowl. Heat oil in a large, ovenproof, nonstick skillet over medium heat. Add bell pepper and scallions and cook, stirring constantly, until the scallions are just wilted, 30 seconds to 1 minute.

3. Pour the egg mixture over the vegetables and cook, lifting the edges of the frittata to allow the uncooked egg to flow underneath, until the bottom is light golden, 2 to 3 minutes. Dot the top of the frittata with cheese, transfer the pan to the oven and broil until puffy and lightly golden on top, 2 to 3 minutes. Let rest for about 3 minutes before serving. Serve hot or cold!

Polenta lasagna



INGREDIENTS

- 1 (26-ounce) jar marinara sauce, divided
- 1 teaspoon olive oil
- 1 cup finely chopped onion
- 1/2 cup chopped red bell pepper
- 1 cup meatless fat-free sausage, crumbled (such as Lightlife Gimme Lean)
- 1 cup chopped mushrooms
- 1/2 cup chopped zucchini
- 2 garlic cloves, minced
- 1 (16-ounce) tube of polenta, cut into 18 slices
- 1/2 cup (2 ounces) preshredded part-skim mozzarella cheese

DIRECTIONS

1. Preheat oven to 350°.
2. Spoon 1/2 cup marinara sauce into an 8-inch square baking dish to cover bottom, and set aside.

3. Heat oil in a large nonstick skillet over medium-high heat. Add onion and bell pepper; sauté 4 minutes or until tender. Stir in sausage; cook 2 minutes. Add mushrooms, zucchini, and garlic; sauté 2 minutes or until mushrooms are tender, stirring frequently. Add remaining marinara sauce; reduce heat, and simmer 10 minutes.
4. Arrange 9 polenta slices over marinara in baking dish, and top evenly with half of vegetable mixture. Sprinkle 1/4 cup of cheese over vegetable mixture; arrange remaining polenta over cheese. Top polenta with the remaining vegetable mixture, and sprinkle with remaining 1/4 cup cheese.
5. Cover and bake at 350° for 30 minutes. Uncover and bake an additional 15 minutes or until bubbly. Let stand 5 minutes before serving.

Lentil burger



INGREDIENTS

- 1 large clove garlic, peeled
- 1/4 teaspoon kosher salt
- 1/2 cup walnuts, toasted (see Tips)
- 2 slices whole-wheat sandwich bread, crusts removed, torn into pieces
- 1 tablespoon chopped fresh marjoram or 1 teaspoon dried
- 1/4 teaspoon freshly ground pepper
- 1 1/2 cups cooked or canned (rinsed) lentils (see Tips)
- 2 teaspoons Worcestershire sauce, vegetarian or regular
- 3 teaspoons canola oil, divided
- 4 whole-wheat hamburger buns, toasted
- 4 pieces leaf lettuce
- 4 slices tomato or jarred roasted red pepper
- 4 thin slices red onion

DIRECTIONS

1. Coarsely chop garlic; sprinkle with salt and mash to a paste with the side of the knife. Coarsely chop walnuts in a food processor.
2. Add bread, marjoram, pepper and the garlic paste; process until coarse crumbs form.
3. Add lentils and Worcestershire; process until the mixture just comes together in a mass. Form into four 3-inch patties (about 1/3 cup each).
4. Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Cook the patties until browned on the bottom, 2 to 4 minutes.
5. Carefully turn over; reduce heat to medium-low. Drizzle the remaining 1 teaspoon oil around the burgers and cook until browned on the other side and heated through, 4 to 6 minutes more.
6. Serve on buns with lettuce, tomato (or red pepper) and onion.

Lentil meatloaf



INGREDIENTS

Loaf

- 1 cup dry lentils (use green/brown)
- 2 1/2 cups water or vegetable broth
- 3 tablespoons flaxseed meal (ground flaxseeds)
- 1/3 cup water (6 tablespoons)
- 2 tablespoons olive oil for sauteing **or** steam saute using 1/4 cup water
- 3 garlic cloves, minced
- 1 small onion, finely diced
- 1 small red bell pepper, finely diced
- 1 carrot, finely diced or grated
- 1 celery stalk, finely diced
- 3/4 cup oats (I used GF oats)
- 1/2 cup oat flour or finely ground oats (any flour of choice will work here too)

- 1 heaping teaspoon dried thyme
- 1/2 heaping teaspoon cumin
- 1/2 teaspoon each garlic powder & onion powder...for good measure!
- 1/4 – 1/2 teaspoon ground chipotle pepper, optional
- cracked pepper & sea salt to taste

Glaze

- 3 tablespoons organic ketchup
- 1 tablespoon balsamic vinegar
- 1 tablespoon pure maple syrup

DIRECTIONS

1. Rinse lentils. In large pot add 2 1/2 cups water with lentils. Bring to a boil, reduce heat, cover and simmer for about 40 minutes, stirring occasionally. It's ok if they get mushy, we are going to roughly puree 3/4 of the mixture when cooled. Once done, remove lid and set aside to cool (do not drain), they will thicken a bit upon standing, about 15 minutes is good.
2. Preheat oven to 350 degrees.
3. In small bowl combine flaxseed meal and 1/3 cup water, set aside for at least 10 minutes, preferably in the refrigerator. This will act as a binder and will thicken nicely upon sitting.
4. Prepare vegetables. In saute pan heat oil or water over medium heat. Saute garlic, onion, bell pepper, carrots and celery for about 5 minutes. Add spices mixing well to incorporate. Set aside to cool.
5. Using an immersion blender or food processor, blend 3/4 of the lentil mixture. For me this was an important part, I tried it other ways and this worked to help as a binder. If using an immersion blender, tilt your pot slightly to the side for easier blending. Alternately, you can mash the lentils with a potato masher or fork.

6. Combine sauteed vegetables with the lentils, oats, oat flour and flax egg, mix well. Taste, adding salt and pepper as needed, or any other herb or spice you might like. Place mixture into a loaf pan lined with parchment paper, leaving it overlapping for easy removal later. Press down firmly filling in along the edges too.
7. Prepare your glaze by combining all ingredients in a small bowl, mix until incorporated. I recommend making each tablespoon heaping so you have plenty of this great sauce on top. Spread over top of loaf and bake in oven for about 45 – 50 minutes. Let cool a bit before slicing.

Broccoli Souffle



INGREDIENTS

- 3 cups frozen chopped broccoli, thawed and drained
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- ½ teaspoon salt
- ½ cup milk
- ¼ cup grated Parmesan cheese

DIRECTIONS

1. In a saucepan over medium heat, cook and stir broccoli and butter until the butter is melted. Set 2 tablespoons broccoli aside for topping. Add flour and salt to the remaining broccoli; stir until blended. Gradually add milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat; add cheese, stirring until cheese is melted.
2. In a large bowl, beat egg yolks until thickened and lemon-colored, about 5 minutes. Add broccoli mixture and set aside. In a small bowl, beat egg whites until stiff peaks form; fold into broccoli mixture.
3. Pour into an ungreased 1-1/2-qt. deep round baking dish. Bake,

uncovered, at 350° for 20 minutes. Sprinkle with the reserved broccoli. Bake 10 minutes longer or until a knife inserted near the center comes out clean

Veggie Terrines



INGREDIENTS

- Kosher salt
- 8 large beet greens or ruby Swiss chard
- Butter, softened, for greasing mold
- 4 ounces/110 g cauliflower florets
- 4 ounces/110 g carrots
- 4 ounces/110 g green peas
- 1 red pepper
- 2 1/4 cups/560 ml heavy cream
- 5 eggs
- 1 1/2 ounces/40 g/1/3 cup grated Parmesan cheese
- Freshly ground black pepper

DIRECTIONS

1. Bring a large pot of water to the boil. Salt it and blanch the beet greens for 1 minute. Remove the leaves and immediately rinse under ice-cold water to set their color. Gently lay flat on tea towels, and pat dry with another tea towel. They should be completely dry.
2. Line a buttered terrine mold with a piece of parchment. Neatly lay in the

beet leaves to cover the bottom and sides completely. They should dangle over the sides a bit so that they can be folded over the completed terrine later.

3. Cook the cauliflower, carrots and peas one at a time in the same pot of boiling salted water, until very tender.
4. Remove them and immediately rinse in ice-cold water to preserve their color. Drain well. Roast the pepper until very soft. Peel, seed and cut into pieces.
5. Heat the oven to 350 degrees F/180 degrees C.

Jamaican Rice and Peas



INGREDIENTS

- 1 can (19oz) Kidney beans, including liquid
- 1 can (14 oz) Coconut milk
- Water (approx 1-2/3 cups)
- 2 cloves Garlic, chopped
- 1 Small onion or 2 stalks scallion, chopped
- 1 tsp Dried thyme
- 1½ to 2 tsp Salt, to taste
- 3 tsp margarine (optional)
- 1 tsp Black Pepper
- 2 cups Long grain rice (rinsed and drained)

DIRECTIONS

1. Drain the liquid from the can of beans into a measuring cup and add the can of coconut milk and enough water to make four cups of liquid
2. Add liquid, beans, garlic, chopped onion and thyme to large pot

3. Add salt and black pepper. Bring to a boil.
4. Add rice and boil on High for 2 minutes.
5. Turn heat to Low, and cook covered until all water is absorbed (about 15 to 20 min).
6. Fluff with fork before serving.

Pomegranate Smoothie



INGREDIENTS

- 1/2 cup chilled pomegranate juice
- 1/2 cup vanilla low-fat yogurt
- 1 cup frozen mixed berries

DIRECTIONS

1. Add the juice, yogurt and berries to a blender. Cover and blend until pureed

Watermelon-Pineapple-Ginger Juice



INGREDIENTS:

- 1/3 pineapple, cored and skin removed
- 2 large watermelon slices
- 1 in (2.5 cm) piece of fresh ginger root

DIRECTIONS:

1. Cut pineapple away from core and rind.
2. Wash watermelon well and cut 2 large slices. You can juice the rind as well as the flesh of the watermelon.
3. Wash ginger root and cut a 1 in (2.5 cm) piece to juice.
4. Place all ingredients into juicer.
5. Juice.
6. Pour over ice and enjoy!

Rice with vermicelli



INGREDIENTS

- 4 Tbsp. butter
- ½ cup thin vermicelli, broken into small pieces
- 1 cup rice, rinsed
- 2¼ cups boiling water
- ¾ tsp. salt
- ¼ tsp. pepper
- ¼ tsp. cinnamon

DIRECTIONS

1. In a frying pan, melt butter then sauté vermicelli over medium/low heat, stirring often, until the pieces just begin to turn golden brown.
2. Add rice; stir-fry for further 1 minute. Stir in remaining ingredients, except cinnamon, then bring to boil.
3. Cover and cook over low heat for 12 minutes. Turn off heat; stir. Re-cover and allow to cook in own steam for 30 minutes.
4. Place on a platter, lightly sprinkle with cinnamon and serve as a side dish with vegetable stew entrees.

Warm Eggplant and Goat Cheese Sandwiches



INGREDIENTS

- 1 teaspoon olive oil
- 2 (1/4-inch) vertical slices small eggplant
- Cooking spray
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup (2 ounces) goat cheese, softened
- 2 (1 1/2-ounce) rustic sandwich rolls
- 2 (1/4-inch) slices tomato
- 1 cup arugula

DIRECTIONS

1. Preheat oven to 275°.

2. Brush oil over eggplant.
3. Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add eggplant; cook 5 minutes on each side or until lightly browned. Sprinkle with salt and pepper.
4. Spread about 1 tablespoon of goat cheese over cut side of each roll half. Place rolls on a baking sheet, cheese sides up; bake at 275° for 8 to 10 minutes or until thoroughly heated.
5. Remove from oven; top bottom half of each roll with 1 eggplant slice, 1 tomato slice, and 1/2 cup arugula. Top sandwiches with top halves of rolls.

Tomato crostini



INGREDIENTS

- 1/2 cup chopped plum tomato
- 1 tablespoon chopped fresh basil
- 1 tablespoon chopped pitted green olives
- 1 teaspoon capers
- 1/2 teaspoon balsamic vinegar
- 1/2 teaspoon olive oil
- 1/8 teaspoon sea salt
- Dash of freshly ground black pepper
- 1 garlic clove, minced
- 4 (1-inch-thick) slices French bread baguette
- Cooking spray
- 1 garlic clove, halved

DIRECTIONS

1. Preheat oven to 375°.
2. Combine first 9 ingredients.
3. Lightly coat both sides of bread slices with cooking spray; arrange bread slices in a single layer on a baking sheet. Bake at 375° for 4 minutes on each side or until lightly toasted.
4. Rub 1 side of bread slices with halved garlic; top evenly with tomato mixture.

Lemon and sage roasted chicken



INGREDIENTS

- 2 lemons, thinly sliced
- 6 fresh sage leaves
- 1 (6-pound) chicken
- 3 teaspoons olive oil, divided
- 3/4 pound parsnips, peeled and trimmed
- 3/4 pound carrots, peeled and trimmed
- 1/2 pound turnips, peeled and trimmed
- 1 pound fingerling potatoes, halved
- 2 tablespoons chopped fresh thyme

DIRECTIONS

1. Preheat oven to 425°. Place 6 lemon slices and sage leaves under skin of

chicken. Put remaining lemon into cavity. Tie legs together with twine, and tuck wings under. Brush 1 teaspoon oil over chicken. Place chicken in roasting pan; roast in lower third of oven for 1 hour 15 minutes or until an instant-read thermometer registers 165°. Transfer chicken to a cutting board; let rest for 15 minutes.

2. Meanwhile, cut root vegetables into matchsticks. Toss with potatoes in a baking pan with remaining oil and thyme. Roast, stirring occasionally, for 45 minutes or until tender.
3. Remove skin from chicken. Discard lemons from cavity. Slice enough chicken to serve 4 (such as breasts), and serve with half of vegetables.

Orange and Duck Confit Salad



INGREDIENTS

- 1 tablespoon sherry vinegar
- 4 blood oranges, divided (3 sectioned, about 1 cup; 1 juiced, about 1/4 cup)
- 1 teaspoon Dijon mustard
- 1 tablespoon olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 small duck confit leg (5-6 ounces), shredded, skin, fat, and bones discarded (about 3/4 cup)
- 6 cups mixed winter salad greens (such as romaine, escarole, and

spinach)

- 1/4 cup skinned chopped hazelnuts, toasted

DIRECTIONS

1. In a small bowl, combine vinegar, orange juice, mustard, and oil, whisking well. Whisk in salt and pepper.
2. In a large bowl, combine shredded duck, salad greens, hazelnuts, and orange sections. Drizzle with vinaigrette; serve.

Zucchini Spaghetti



INGREDIENTS

- 3 Zucchini (cut to resemble spaghetti)
- 1 1/2 cup Arugula
- 1 1/2 cups Basil Leaves
- 1/3 cup Walnuts
- 2 Garlic Cloves (smashed)
- 1/2 cup Grated Parmesan Cheese
- Olive Oil
- Salt
- Freshly Cracked Black Pepper
- Coarse Homemade Breadcrumbs (toasted, to garnish)

DIRECTIONS

1. Place the Arugula, Basil, Walnuts, Garlic and Cheese in a food processor and begin pulse. Slowly drizzle in Olive Oil and pulse until the mixture

resembles a coarse paste. Season with Salt and Pepper to taste.

2. Heat a large skillet over medium-high with a few tablespoons of Olive Oil. Add the Zucchini and toss to coat in Oil.
3. Add a few tablespoons of Pesto and toss with the Zucchini. Once the Zucchini begins to take on color, transfer to a platter and top with the toasted Breadcrumbs to taste.
4. Serve warm or room temperature.
5. You may cut the Zucchini with a spiralizer, a mandolin fitted with a julienne attachment, or shaved thinly with a peeler.

Rosemary roasted potatoes



INGREDIENTS

- 1 1/2 pounds small red or white-skinned potatoes (or a mixture)
- 1/8 cup good olive oil
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 tablespoons minced garlic (3 cloves)
- 2 tablespoons minced fresh rosemary leaves

DIRECTIONS

1. Preheat the oven to 400 degrees F.
2. Cut the potatoes in half or quarters and place in a bowl with the olive oil, salt, pepper, garlic and rosemary; toss until the potatoes are well coated. Dump the potatoes on a baking sheet and spread out into 1 layer; roast in the oven for at least 1 hour, or until browned and crisp. Flip twice with a spatula during cooking to ensure even browning.
3. Remove the potatoes from the oven, season to taste, and serve.

Vanilla bean pudding



INGREDIENTS

- 2 1/2 cups 2% reduced-fat milk
- 1 vanilla bean, split lengthwise
- 3/4 cup sugar
- 3 tablespoons cornstarch
- 1/8 teaspoon salt
- 1/4 cup half-and-half
- 2 large egg yolks
- 4 teaspoons butter

DIRECTIONS

1. Place milk in a medium, heavy saucepan. Scrape seeds from vanilla bean;

add seeds and bean to milk. Bring to a boil.

2. Combine sugar, cornstarch, and salt in a large bowl, stirring well. Combine half-and-half and egg yolks, stirring well. Stir egg yolk mixture into sugar mixture. Gradually add half of hot milk to sugar mixture, stirring constantly with a whisk. Return hot milk mixture to pan; bring to a boil. Cook 1 minute, stirring constantly with a whisk. Remove from heat. Add butter, stirring until melted. Remove vanilla bean; discard.
3. Spoon pudding into a bowl. Place bowl in a large ice-filled bowl for 15 minutes or until pudding cools, stirring occasionally. Cover surface of pudding with plastic wrap; chill.

Peaches with berry sauce



INGREDIENTS

- 1 cup fresh berries (blackberries, raspberries, strawberries, or a combination)
- 2 tablespoons honey
- 1 tablespoon fresh lemon juice
- 1 tablespoon Grand Marnier (optional)
- 2 peaches, pitted and sliced
- 2 cups vanilla low-fat ice cream

DIRECTIONS

1. Combine the berries, honey, lemon juice, and Grand Marnier (if using) in a blender. Puree until smooth. Strain through a fine sieve into bowl; discard seeds and set aside.
2. Place 4 peach slices in each of 4 dessert bowls, and add 1/2 cup ice cream to each; drizzle with berry sauce.

Raspberry tarts



INGREDIENTS

- 1 cup/250 ml milk
- 1/2 vanilla bean, halved lengthwise and seeds scraped
- 3 egg yolks
- 1/4 cup/55 g sugar
- 2 tablespoons flour
- 1 tablespoon framboise (raspberry liqueur)
- 1/4 cup/60 ml heavy cream
- 1 pound/450 g fresh raspberries
- 1 (9-inch/23 cm) prepared baked cookie crust

DIRECTIONS

1. Put the milk in a saucepan. Split the vanilla bean, scraping the seeds into the milk, then drop in the pot. Heat to a simmer, remove from heat, cover, and set to infuse 10 minutes.
2. In bowl using an electric mixer, beat the yolks with the sugar until pale. Beat in the flour. Pull the vanilla bean from the milk and whisk the milk gradually into the egg mixture. Pour back into the saucepan, bring to a boil, and cook 1 minute. Remove from the heat and stir in the framboise.

Strain into a bowl, cover with plastic wrap, and set aside to cool. When chilled, whip the cream and gently fold it in.

3. Spread the pastry cream evenly in the base of the prepared cookie crust. Arrange the berries neatly over top.

Pumpkin pancakes



INGREDIENTS

- 1 1/4 cups all-purpose flour
- 2 tablespoons sugar
- 2 teaspoons baking powder
- 1/2 teaspoon cinnamon
- 1/2 teaspoon ginger
- 1/2 teaspoon nutmeg
- 1/2 teaspoon salt
- 1 pinch clove
- 1 cup 1% low-fat milk (can be any kind)
- 6 tablespoons canned pumpkin puree
- 2 tablespoons melted butter
- 1 egg

DIRECTIONS

1. Whisk flour, sugar, baking powder, spices and salt in a bowl.
2. In a separate bowl whisk together milk, pumpkin, melted butter, and egg.

3. Fold mixture into dry ingredients.
4. Spray or grease a skillet and heat over medium heat: pour in 1/4 cup batter for each pancake.
5. Cook pancakes about 3 minutes per side. Serve with butter and syrup.
6. Makes about six 6-inch pancakes.

Cornflakes, Low-Fat Milk and berries



INGREDIENTS

- 2 cups cornflakes
- 1 cup 1% low-fat milk
- 1 cup berries, fresh or frozen, thawed

DIRECTIONS

1. Place cornflakes in a small bowl. Top with milk and berries.

Balsamic chicken



INGREDIENTS

- 4 boneless skinless chicken breast halves (see note in intro)
- 2 teaspoons lemon-pepper seasoning
- 1 1/2 teaspoons extra virgin olive oil
- 1/3 cup balsamic vinegar
- 1/4 cup chicken broth
- 2 garlic cloves, minced
- 4 teaspoons butter
- parsley sprig
- cherry tomatoes

DIRECTIONS

1. On a hard surface with meat mallet, lightly pound chicken to 1/4-inch. To minimize the mess, place the breasts/tenders in a zipper-lock bag (unsealed) before pounding (if doing so, ONLY use a flat-surface mallet - not one with ridges).
2. Sprinkle lemon-pepper seasoning evenly on both sides of chicken. Press to adhere.
3. In a large frying pan, pour oil and heat to medium temperature.

4. Add chicken breasts and cook, turning once, about 7 minutes or until fork can be inserted in chicken with ease. If substituting tenders, cook approximately 2-3 minutes per side, or until done.
5. Remove chicken to warm serving platter (keep warm). In medium bowl, mix together vinegar, broth and garlic; add to frying pan. Cook over medium-high heat (scraping up brown meat bits) about 2-4 minutes or until mixture is reduced and syrupy.
6. Add butter; stir to melt.
7. Place chicken on serving dish and spoon sauce over chicken.
8. Garnish with parsley sprigs and cherry tomatoes.

Vegetarian chili



INGREDIENTS

- 2 tablespoons canola oil
- 1 1/2 cups chopped yellow onions
- 1 cup chopped red bell peppers
- 2 tablespoons minced garlic
- 2 to 3 serrano peppers, stemmed, seeded, and minced, depending upon taste
- 1 medium zucchini, stem ends trimmed and cut into small dice
- 2 cups fresh corn kernels (about 3 ears)
- 1 1/2 pounds portobello mushrooms (about 5 large), stemmed, wiped clean and cubed
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 1/4 teaspoons salt
- 1/4 teaspoon cayenne

- 4 large tomatoes, peeled, seeded and chopped
- 3 cups cooked black beans, or canned beans, rinsed and drained
- 1 (15-ounce) can tomato sauce
- 1 cup vegetable stock, or water
- 1/4 cup chopped fresh cilantro leaves
- Cooked brown rice, accompaniment
- Sour cream or strained plain yogurt, garnish
- Diced avocado, garnish
- Essence, recipe follows, garnish
- Chopped green onions, garnish Emeril's ESSENCE Creole Seasoning (also referred to as Bayou Blast):
- 2 1/2 tablespoons paprika
- 2 tablespoons salt
- 2 tablespoons garlic powder
- 1 tablespoon black pepper
- 1 tablespoon onion powder
- 1 tablespoon cayenne pepper
- 1 tablespoon dried oregano
- 1 tablespoon dried thyme

DIRECTIONS

1. In a large, heavy pot, heat the oil over medium-high heat. Add the onions, bell peppers, garlic, and serrano peppers, and cook, stirring, until soft, about 3 minutes. Add the zucchini, corn, and mushrooms, and cook, stirring, until soft and the vegetables give off their liquid and start to brown around the edges, about 6 minutes. Add the chili powder, cumin, salt and cayenne, and cook, stirring, until fragrant, about 30 seconds. Add the tomatoes and stir well. Add the beans, tomato sauce, and vegetable stock, stir well, and bring to a boil. Reduce the heat to medium-low and simmer, stirring occasionally, for about 20 minutes.

2. Remove from the heat and stir in the cilantro. Adjust the seasoning, to taste.
3. To serve, place 1/4 cup of brown rice in the bottom of each bowl. Ladle the chili into the bowls over the rice. Top each serving with a dollop of sour cream and spoonful of avocado. Sprinkle with Essence and green onions and serve.

Salsa chicken burritos



INGREDIENTS

- 2 (4 ounce) boneless skinless chicken breast halves
- 1 (4 ounce) can tomato sauce
- 1/4 cup salsa
- 1 (1 1/4 ounce) package taco seasoning mix
- 1 teaspoon ground cumin
- 2 garlic cloves, minced
- 1 teaspoon chili powder
- hot sauce

DIRECTIONS

1. Place chicken breasts and tomato sauce in a medium saucepan over medium high heat. Bring to a boil, then add the salsa, seasoning, cumin, garlic and chili powder. Let simmer for 15 minutes.
2. With a fork, start pulling the chicken meat apart into thin strings. Keep cooking pulled chicken meat and sauce, covered, for another 5 to 10 minutes. Add hot sauce to taste and stir together (Note: You may need to

add a bit of water if the mixture is cooked too high and gets too thick.).

Lemon dill salmon



INGREDIENTS

- 4 (6-oz.) salmon fillets
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 8 fresh dill sprigs
- 4 lemon slices, halved

DIRECTIONS

1. Preheat oven to 425°. Place salmon fillets on a lightly greased rack on an aluminum foil-lined jelly-roll pan; sprinkle with salt and pepper. Place 2 dill sprigs and 2 lemon halves on each fillet.
2. Bake at 425° for 15 to 20 minutes or just until fish flakes with a fork.

Potato frittata



INGREDIENTS

- 3 large red potatoes, peeled and cut into 1/2-inch cubes
- 1 cup diced onion
- Salt and freshly ground black pepper
- 4 to 5 tablespoons olive oil, or to taste
- 6 large eggs
- 2 to 3 tablespoons freshly grated Locatelli-Romano
- Minced fresh parsley leaves

DIRECTIONS

1. Pat dry the potatoes and onions.
2. In a large, nonstick skillet set over moderate heat, heat 2 tablespoons of the oil until hot. Add the potatoes and salt and pepper and cook, stirring, for 1 minute. Add the onion and cook, stirring occasionally, until golden brown and just tender. Transfer to a plate.

3. In a bowl, combine the eggs, Locatelli-Romano, and salt and pepper. Add the vegetable mixture and gently stir to combine.
4. Add 1 to 2 tablespoons of oil to the skillet and heat it over moderate heat until hot. Add the vegetable and egg mixture and cook it over moderately low heat until golden brown and set on the underside. Invert a plate over the skillet and flip the frittata onto the plate.
5. Add another tablespoon of oil to the skillet and slide the frittata back in, uncooked side down. Cook until completely set.
6. Transfer to a plate and cut into wedges. Sprinkle with parsley.

Honey mustard chicken



INGREDIENTS

- 1/4 to 1/3 cup smooth Dijon mustard
- 1/4 to 1/3 cup honey
- 1 Tbsp olive oil
- 2-3 pounds chicken thighs (or legs)
- Salt
- 2 sprigs rosemary (or a generous sprinkling of dried rosemary)
- Freshly ground black pepper

DIRECTIONS

1. Preheat the oven to 350°F. In a medium bowl, whisk together the mustard, honey, and olive oil. Add a pinch of salt and taste. Add more salt and mustard until you get the flavor where you want it.
2. Salt the chicken lightly and lay the pieces skin-side up in a shallow casserole dish. Spoon the honey mustard sauce over the chicken. Place the rosemary sprigs in between the pieces of chicken.

3. Bake for 45 minutes, or until the thighs read 175° on a meat thermometer, or the juices run clear when the meat is pierced with a knife. Remove the casserole pan from the oven, use a spoon to spoon off any excess chicken fat that has rendered during the cooking.
4. Sprinkle some freshly ground black pepper over the chicken before you serve.

Vanilla fruit salad



INGREDIENTS

- 5 cans (20 ounces each) plus 1 can (8 ounces) pineapple chunks
- 4 packages (5.1 ounces each) instant vanilla pudding mix
- 8 cans (15 ounces each) mandarin oranges, drained
- 10 medium red apples, chopped

DIRECTIONS

1. Drain pineapple, reserving juice; set pineapple aside. Add enough cold water to juice to make 6 cups.
2. In a very large bowl, whisk juice mixture and pudding mix for 2 minutes. Let stand for 2 minutes or until soft-set. Stir in the oranges, apples and reserved pineapple. Refrigerate until chilled.

Beef stew



INGREDIENTS

- 1/4 cup plus 1 tablespoon all-purpose flour
- 2 teaspoons kosher salt, plus more for seasoning
- 1 teaspoon freshly ground black pepper, plus more for seasoning
- 1 (3-pound) boneless chuck roast
- 3 tablespoons vegetable oil
- 1 medium yellow onion, large dice
- 2 tablespoons tomato paste
- 1 cup dry red wine
- 4 cups (1 quart) low-sodium beef broth
- 2 bay leaves
- 4 fresh thyme sprigs
- 3 medium carrots
- 3 medium celery stalks
- 4 medium Yukon Gold potatoes (about 1 1/2 pounds)
- 1 cup frozen peas

DIRECTIONS

1. Place 1/4 cup of the flour and the measured salt and pepper in a large bowl and whisk to combine; set aside. Trim the roast of excess fat and sinew and cut it into 1-to 1-1/2-inch cubes. Place the meat in the flour mixture and toss to coat; set aside.
2. Heat the oil in a large, heavy-bottomed pot or Dutch oven over medium heat until shimmering. Shake off the excess flour from about one-third of the meat and add it to the pot. Cook, stirring rarely, until browned all over, about 4 to 5 minutes. Remove to a large bowl. Repeat with the remaining meat in 2 more batches; set aside.
3. Add the onion to the pot and season with salt and pepper. Cook, stirring occasionally, until softened and just starting to brown, about 5 minutes. Add the tomato paste, stir to coat the onion, and cook until the raw flavor has cooked off, about 1 to 2 minutes.
4. Sprinkle in the remaining tablespoon of flour and cook, stirring occasionally, until the raw flavor has cooked off, about 1 minute. Pour in the wine, scrape up any browned bits from the bottom of the pot, and cook until the mixture has thickened, about 3 minutes.
5. Return the meat and any accumulated juices in the bowl to the pot. Add the broth, bay leaves, and thyme and stir to combine. Increase the heat to high and bring to a boil. Immediately reduce the heat to low and simmer uncovered for 1 hour.
6. Cut the carrots, celery, and potatoes into large dice and add them to the pot (peel the carrots and potatoes first, if desired). Stir to combine, cover with a tightfitting lid, and simmer, stirring occasionally, until the vegetables and meat are knife tender, about 1 hour more.
7. Remove and discard the bay leaves and thyme stems. Stir in the peas and simmer uncovered until warmed through, about 5 minutes. Taste and season with salt and pepper as needed.

Useful SOURCES FOR Recipes

Having looked around online when we found ourselves trying to get into the anti-inflammatory haven that is Gout, we found that the best way to go about this was to look around online.

We've scoured the web and checked out key websites such as Health, The Gout Killer, and social media superstore Pinterest to find your some brilliant recipes that you can check out. Now, you can start looking around and finding other recipes to go on top of these brilliant solutions, helping you get yourself in the right mood for changing your diet and getting rid of Gout;

The Anti-Inflammatory Shake

This simple little guide will give you a great idea for making an awesome anti-inflammatory shake. It's a cracking snack or a great breakfast to give your body the help it needs in getting started for the day. The ingredients are incredibly simple to find, as well!

Uric Acid Remover

This simple shale from The Homestead Survival is well worth checking out, purely for the content and what it will feed your body with if you take it. It's loaded with the goodies that we need, and this ensures that you can get the help that you need in feeling spectacular permanently!

Cherry Smoothie

Another simple choice, this great little cherry smoothie will give your body a sweet overload of all the stuff that we really do need to stay at the top of our game. This is well worth looking into if you need an easy snack.

Chicken & Veg

A real staple, this should be something that you look into as soon as possible as a

solid one to have when you just want to eat and don't need anything too fancy or too engaging. It's an easy going and simple to enjoy, giving you nutritional balance.

Eggplant & Goat Cheese Toastie

Another one you probably would never go near normally, but this will give you plenty of extras that you will simply loving taking in. a brilliant option to get started with if you need something that's easy to get started with and simply digested.

Carrot, Potato & Ginger Soup

This one from Health is worth checking out for the taste alone; it's a great meal to have in that it gives you plenty of nutrition with minimal levels of purine. Not sure where to start with soup? Then you should definitely get on this.

Finding Inspiration

One thing that you do need to look out for when you start this diet, though, is a lack of inspiration. With so much to choose from but so much to change from your old diet, getting to where you need to be in terms of understanding and appreciating food can be a long path you aren't really prepared for. To avoid this from occurring and making sure you have the best chance possible of finding the inspiration that you need, we recommend you check out the following resources for even more help in getting to grips with Gout dieting;

MyFoodHealth

This is a fantastic meal planner and diet assistant that can keep you on the right track and save you from making any silly mistakes along the way. This will detail all the things that you need to know and all of the most important aspects of looking after your health in general.

If you need help in getting prepared for this kind of thing, then you should really use a food planner; they work to specific diets and to typical forms of lifestyle and medical conditions so that you can get the tailored assistance that you need here.

The Perfect Combination

Not sure where to start? Then the brilliant Death to Diabetes is just what you need! It's a brilliant website loaded with all the information that you could possibly need about finding the best anti-inflammatory foods for you personally. It takes a bit of time and learning to get used to it, sure, but if you do it you will really benefit for quite some time thanks to the intricate and comfortable nature of the options provided.

Natural Changes

Changing your diet to fight back against this kind of problem is something that you need to really work at and look out for, a falling into old habits can be an

easily managed problem. However, not everyone is going to want to stop just at this for lifestyle changes and additions. Natural changes that you can make to your life to start combatting Gout normally are delivered in this video in an easy to understand format that ensures you get easy and simple knowledge of what you need to do, as well as making it easy to manage these changes later on down the line.

This brilliant list of tips from Mercola can help you see other ways to start changing your health and giving yourself a route forward in life that will maintain your health and your overall level of dependency on yourself as much as anyone else.

Planning Chart

It always helps to have more information and even more advice to follow, and if you go to the guide above you will find it easy to get inspired. Mayoclinic have broken down the obvious things to think about here, and also provide yet more ideas for a menu that you could have in the morning. Follow what is provided in there and you should really start to benefit from the information that is provided to you on the chart.

If you don't know where to start with this kind of thing, we recommend checking out the above. It will make understanding the diet from a medical perspective a little easier and also give you another quick reference tool alongside this e-book to look at when you need some additional hints and tips.

VIDEO RECIPES

Enjoy here the how-to make videos of all recipes needed to follow our detailed 4-week anti-Inflammatory diet plan, Enjoy them!

[Quinoa Porridge](#)

[Pumpkin Soup](#)

[Poached egg with Veg](#)

[Gingerbread Oatmeal](#)

[Chicken Wraps](#)

[Hemp Hummus](#)

[Raspberry Green Tea Smoothie](#)

[Kipper Salad](#)

[Turkey Chili](#)

[Quinoa Granola](#)

[Sweet Potato Soup](#)

[Steamed Salmon with Lemon Zucchini](#)

[Apple Muffins](#)

[Persimmon Salad](#)

[Sausage and Pepper Pasta](#)

[Strawberry Crepes](#)

[Lentil Soup](#)

[Quinoa Stuffed Peppers](#)

[Fruit Green Tea Smoothie](#)

[Smoked Trout](#)

[Sweet Potato and Black Bean Burger](#)

[Baked Oatmeal](#)

[Polenta Lasagna](#)

[Breakfast Casserole](#)

[Vegetarian Chili](#)

[Jamaican Rice and Peas](#)

[Bean Burger](#)

[Lentil Meatloaf](#)

[Lentil Burger](#)

[Roasted Garlic Cauliflower Soup](#)

[beans in tomato sauce](#)

[Falafel with tahini & tzatziki](#)

[Hummus with veggies](#)

[spicy corn & black bean salad](#)

[Watermelon-Pineapple-Ginger Juice](#)

[Broccoli Souffle](#)

[Gazpacho](#)

[Creamy polenta with ratatouille](#)

[Pomegranate Smoothie](#)

[Jamaican Rice and Peas](#)

[Cornflakes, Low-Fat Milk and berries](#)

[Salsa chicken burritos](#)

[Raspberry tarts](#)

[Balsamic chicken](#)

[Rice with vermicelli](#)

[Warm Eggplant and Goat Cheese Sandwiches](#)

[Rosemary roasted potatoes](#)

[Vanilla bean pudding](#)

[Lemon and sage roasted chicken](#)

[Orange and Duck Confit Salad](#)

[Peaches with berry sauce](#)

[Zucchini Spaghetti](#)

[Potato frittata](#)

[Tomato crostini](#)

[Honey mustard chicken](#)

[Beef Stew](#)

[Vanilla Fruit Salad](#)

Conclusion

Thanks for reading **The Gout Free Diet**, we hope that you enjoyed reading it and that you were able to find some inspiration. Now you know how to combat Gout and remove the problems it brings to the table, you can start to transform your life and give yourself something a little bit different to follow later on down the line, for the rest of your life in fact!

This will help you totally alter the way that you feel about food and how you start to feel in general. New changes in this diet that are freshly introduced make a massive change to the overall psyche that you will approach wellness and health with, and you should also notice a significant drop-off in Gout problems.

By removing the inflammation and giving your body the aid that it needs, feeling better has never been easier. Use the recipes and the resources above to guide you and give yourself the help that you need in feeling the best that you can.

Follow this correctly, and you can finally say goodbye to those irritating Gout problems one and for all! Best of luck!

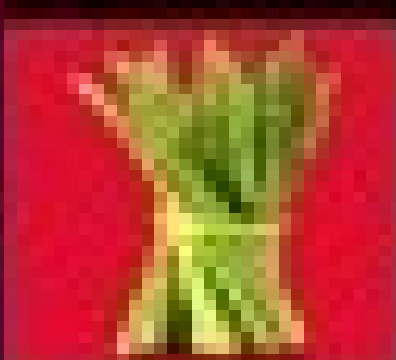
Thanks again!

CARL PRESTON

WEIGHT WATCHERS



SIMPLE
START



CARL PRESTON

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Introduction

What is Weight Watchers Simple Plan?

For many people, the term Weight Watchers can be quite off-putting and make them unsure about looking further into the process. After all, the world of Weight Watchers Points plus means that you need to worry about so many different factors in terms of what is included in the food. With Simple Start, though, these problems are left behind.

It takes out all of the calculating and the counting, and will make sure that you can indulge yourself from time to time with something a little extra. People realised long ago that this kind of forceful dieting does not work – forcing people to stay off everything they like is a fallacy. It very rarely works, and Simple Start will ensure that you aren't going through this challenge by feeling as if you are always depriving yourself.

Instead, it builds a common and easy to follow solution that ensures you'll get all the help that you need in getting fit and healthy, feeling confident in your body and moving forward in the right direction in terms of diet.

Why is this book different from the rest?

A great part of going through this process is the fact that you will learn so much; by taking in all this deep information and advice, you will naturally make your battle against weight gain much easier and it will ensure that you are going to be taken through the process of what to buy and what to eat. By giving you help in understand what to shop and where to shop, you'll soon find it much easier to start buying the right kind of foods.

We've also prepared 28 days' worth of recipes and food ideas that you can use to inspire yourself and to get yourself on the right track. This will ensure that you have plenty of ingredients to pick from along the way, as well as making sure that you have the time and the patience with the food that you are going to be picking from. This will make sure that you are no longer:

- Planning out ahead of time yourself; you'll have good recipes to follow for four whole weeks to keep you regimented and happy moving forward.
- You won't need to spend hours in the supermarket trying to find a list of meals to eat and a selection of ingredients to buy.
- You will have a choice on what to eat for every day moving forward, letting you understand what makes up a classy meal and how the nutritional breakdown should be working.
- You'll start to lose weight whilst experimenting and eating exciting, fresh new meals.
- You'll no longer watch food be wasted.

What Are Power Foods?

The main thing that you need to realise about eating properly and doing it in a healthy manner is that, typically, it takes a lot more than just augmenting the right foods. Below, we've created a large listing of foods to follow and each link gives you everything you need to make that meal. But, what else should you be buying each week? There are lots of ingredients and items that you should be buying on a regular basis that make sense in terms of being powerful, effective foods.

The foods we want to list here are known as 'power foods' and are some of the most effective foods on the planet for eating. They'll give you an incredible level of nutrition and the like, and also make it ten times easier for you to just relax and know that what you are eating is, for a change, good for you!

So, what power foods would we recommend that you try and take on?

- Apples
- Bananas
- Berries
- Cabbages
- Beans of various forms
- Kale
- Salmon
- Oatmeal
- Kiwi
- Spinach
- Papaya

- Ginger
- Yogurt
- Honey
- Garlic
- Avocado
- Egg
- Nuts
- Cacao

Try and buy all of these on a regular basis and have them loaded out in your shopping trolley. You would be shocked at the sheer depth and level of quality that they offer in terms of giving you a way forward, and also in terms of making sure that you can really find the right way forward in terms of food picking and selection.

So, now that we have the right look and feel across the board, in terms of what you are eating, why should you be picking these up alongside what you are buying for the meal plan below?

- Many of the options provided above count as snacks that are good for you and can be used as a fine solution to snacking when you need to.
- A lot of the selections above are LOADED with antioxidants and positive nutrition, which is what our bodies need to thrive and move forward in a positive, happy manner.
- A range of extra selections and choices that will make it a whole lot easier for you to manage and take your diet in a whole new level is never a bad thing, is it?
- Most of these are very cheap to buy, as well, so you don't need to break the

bank whilst eating like royalty!

Where To Buy

The hardest part to work out, though, is where to buy it all from. Given that there are so many places to buy food online from it can be nearly impossible to work this out. Outside of going to the local supermarket or heading to more local independent stores, where are you going to buy this kind of stuff?

For anyone who is struggling to find what we are talking about and cannot get the level and duration of nutrition they need from local stores, we recommend that you try out any of the following sites for inspiration on the best sites near you that might fit your budget, lifestyle and mentality:

- [Money Crashers](#)
- [About Tech](#)
- [Mashable](#)
- [Approved Food](#)
- [LifeHacker](#)

These sites are updated all the time so make sure you look out for more information and data that they provide about online shopping. Whether you are in the UK, US, Australia or anywhere in the world you should find that the information held across the above sites should make it a piece of cake to find the quality of food that you need and have it delivered right to your door!

The benefits of this kind of package should never be underestimated they make it more or less impossible for people to buy the wrong stuff at the supermarket anymore, and will ensure that you are getting excellent value along the way. Do yourself a favour, too, and sign up to:

- Facebook and Twitter groups for shopping vouchers.
- Get involved with coupon sites like Groupon to give yourself a chance of saving some money on these kinds of ingredients.
- Look around on some health and food forums; helpful members love to post extra services and coupons that you can benefit from moving forward!

Everything provided across the board here will make sure that you are left with a service that is easy to use and simple and effective to be a part of – you just need to know where to begin, really! Starting with these power foods, and the recipes below, is something.

The Recipe Plan Choices and Videos

As you head into this key part of the Simple Start plan, you'll need to understand what kind of diet you want to try and put in place. Now we know what we are picking up in our weekly shop, you can start to adequately plan for the right kind of purchases through smart, desirable recipes.

We've taken the time to build up a strong list of the right meals to follow for the morning – many of them come directly from Weight Watchers, so you'll need to make an account to view these recipes – so that you know exactly what you are looking for when it comes to your dietary requirements.

For 28 days, we recommend that you try and follow each of the following suggestions:

Day 1

Breakfast: [Slow Cook Oatmeal](#)

Lunch: [Kale Salad /w Apple](#)

Dinner: [Crock Pot Chowder /w Smoked Salmon](#)

Snack: [Apples and Almonds](#)

Everything included in this day will make it nice and easy for you to get started with your recipe planning and your building up of how you look and how you feel. If you are ready to start building up a new food portfolio and eating better, this day is the perfect way to get yourself moving in the right direction immediately.

Day 2

Breakfast: [English Muffin /w Peanut Butter and Sliced Banana](#)

Lunch: [Skinny Chopped Greek Salad](#)

Dinner: [Fish /w Lemon, Herbs and Green Beans](#)

Snack: [Baby Carrots /w Hummus](#)

Day 2 is all about making sure you feel comfortable and secure with what you are eating from now on.

Day 3

Breakfast: [Protein Shake of your choice – Chocolate/Banana etc. excellent advice found here](#)

Lunch: [Veggie Burgers](#)

Dinner: [Ginger Lime Chicken /w Brown Rice & Broccoli](#)

Snack: [Apple /w Peanut Butter](#)

This will simply be about making sure you are starting the day well and continuing the good work of the days before, making sure you feel secure and happy in what you are taking into your body and what you are going to be eating as you move further forward.

Day 4

Breakfast: [Banana Cream Pie](#)

Lunch: [Egg Salad /w Tomato and Cucumber](#)

Dinner: [BLT /w Grapes](#)

Snack: [Greek Yogurt /w Granola](#)

Day 4 is actually quite simple – it's all about building up that kind of normality towards eating these rather different meals. It might seem like a rather strange day for the food you are eating, but you'll soon get to enjoy the variety of flavours and styles that this brings.

Day 5

Breakfast: [“Health” Smoothie](#)

Lunch: [Tuna Salad](#)

Dinner: [Southwest Shrimp /w Black Bean Salad](#)

Snack: [Carrot Sticks /w Hard-boiled Egg](#)

Day 5 will make sure you are eating well and taking in all the right nutrients and all the correct additions along the way. This will keep you ensuring you get plenty of protein from each of the meals that you take in on this day, which is very important.

Day 6

Breakfast: [Baked Oatmeal](#)

Lunch: [Salsa Cottage Cheese /w Baked Potato](#)

Dinner: [Crock Pot Italian Beef /w Green Salad](#)

Snack: [Cucumber /w Garlic Herb Cheese](#)

The dietary needs of Day 6 will all be about making sure that you can get the help that you need in ensuring you stay on the right track as you move forward. From the oatmeal to get you going in the morning to dinner, each meal is

nutritiously packed.

Day 7

Breakfast: [Breakfast Parfait](#)

Lunch: [Tuna & Bean Salad](#)

Dinner: [5 Spice Chicken /w Brown Rice & Carrot Salad](#)

Snack: [Vegetable Soup](#)

Another easy enough day and a good one to round off the first week – you'll be eating a fairly balanced and effective range of products throughout the day, and your dinner will be a nice filling one to keep you on the right track as you try to get healthier.

Day 8

Breakfast: [Walnut Oatmeal and Yogurt](#)

Lunch: [Pasta with Salmon and Peachy Salad](#)

Dinner: [Veggie Burger and Corn on the Cob](#)

Snack: [Latte, Banana, Lemonade and Popcorn](#)

Week 2 will commence with a rather healthy range of meals, ensuring that you are starting the week in the right frame of mind immediately. All of this will be very important to maintaining your comfort and your confidence as you start to move forward and look after yourself properly.

Day 9

Breakfast: [Greek Yogurt with Berries](#)

Lunch: [Turkey and Avocado Roll](#)

Dinner: [Turkey Stir-fry with Quinoa](#)

Snack: [Mango, Cottage Cheese and Yogurt](#)

The next day will be all about making sure you stay topped up nutritionally and that your body is going to be receiving the kind of help that it needs to stay in the

top condition possible without you having to really worry about anything as you start moving forward.

Day 10

Breakfast: [Egg 'n' English Muffin](#)

Lunch: [Pesto Turkey Sandwich](#)

Dinner: [Salmon with Brown Rice and Spinach](#)

Snack: [Gelatin, Espresso and Fresh Fruit](#)

This fine little selection will make sure you start the day with something nice and that throughout the day you are being kept in good condition with easy to enjoy snacks, a healthy lunch and a filling dinner to ensure that this week can continue in a more positive fashion.

Day 11

Breakfast: [Cottage Cheese and Tomato](#)

Lunch: [Couscous Lentil Salad](#)

Dinner: [Grilled Chicken and Baked Potato](#)

Snack: [Carrots and Salsa, Cheese and an Apple](#)

The eleventh day will all be about maintaining your progress and staying positive about what you are eating, and this day will try and relent a little by delivering effective meals that you might be more used to. Dieting is hard work but this will make things slightly more familiar.

Day 12

Breakfast: [Cereal with Blueberries](#)

Lunch: [Pasta with Salmon and Peachy Salad](#)

Dinner: [Chicken and Beet Salad](#)

Snack: [Apricots and Ice Cream](#)

Day 12 will see you undertake a rather progressive take to your meals, ensuring

that you are heathing only what is healthy and good for you whilst ensuring you have the option to enjoy something a bit more simplistic.

Day 13

Breakfast: [Eggs with Mushrooms and Bacon](#)

Lunch: [Tuna Pasta Salad](#)

Dinner: [Pork with Pasta and Green Beans](#)

Snack: [Yogurt, Strawberries and Olives](#)

Day 13 is very important as it will make sure you are undertaking the correct level of food at all times. From the simple snack to your nutritional and healthy dinner, eating well should be easy.

Day 14

Breakfast: [Breakfast Muffin Crostini](#)

Lunch: [Tuna and Bulgur Salad](#)

Dinner: [Steak, Sweet Potato and Veggies](#)

Snack: [Pear, Celery, Latte and Grapes](#)

At the half-way point, you will now already have noticed a prominent and changed difference in the way that you eat your food, so keep going with this guide and you should find it much easier than ever before to stay nice and healthy with regards to what you are taking in.

Day 15

Breakfast: [Yogurt Parfait](#)

Lunch: [Broccoli-Cheese Baked Potato](#)

Dinner: [Chicken and Beet Salad](#)

Snack: [Cheese and Tomato, Yogurt and Berries](#)

This is a very good choice of food for the day as you'll enjoy something a bit more out there than usual for breakfast whilst having nice, simple foods for

every other meal.

Day 16

Breakfast: [Fruit and Nut Cereal](#)

Lunch: [Pasta Salad](#)

Dinner: [Pork with Pasta and Green Beans](#)

Snack: [Apple /w Blueberries](#)

This day will make sure you are taking in plenty of greens and fruit, helping you stay on-message and ensuring that you are eating as healthily as you can in the mid-week to set you up for later.

Day 17

Breakfast: [Oatmeal and Fruit](#)

Lunch: [Turkey and Cheese Sandwich](#)

Dinner: [Fish and Chips](#)

Snack: [Mango and Ricotta, Carrots and Salsa](#)

Day 17 will see you take on a range of new dishes, whilst getting to enjoy an old classic in fish and chips. See? Not everything that you eat when dieting is going to be super healthy and therefore seen as something that you might not particularly have enjoyed before.

Day 18

Breakfast: [Fruit 'n' Nut Cereal](#)

Lunch: [Turkey and Cheese Wrap](#)

Dinner: [Pasta with Beans and Ricotta](#)

Snack: [Latte, Fruit, and Caprese Salad](#)

This selection will make it nice and easy for you to understand what it is that you want to eat, and indeed how you want to eat. The basic meals added in here will be nice and simple for you to enjoy as you start to move forward and

experiment.

Day 19

Breakfast: [Tomato-Feta Scramble](#)

Lunch: [Tuna Salad Pita](#)

Dinner: [Rice and Beans](#)

Snack: [Milk and Cookies, Pretzel Rod and Cheese](#)

As we approach the end of week three it's important that you can maintain a nice level of balance and this will ensure that you are eating lots of nice little meals with an excellent snack that can be very good for you included.

Day 20

Breakfast: [Egg White Omelet](#)

Lunch: [Mixed-up Salad](#)

Dinner: [Tofu Stir-Fry](#)

Snack: [Yogurt, Berries, Pretzel and Cheese](#)

Now you should be totally attuned to how you are eating, this should really test how far you have come!

Day 21

Breakfast: [Fruity-Nutty Yogurt](#)

Lunch: [Chicken Tostada](#)

Dinner: [Pork with Sweet Potato](#)

Snack: [Yogurt, Berries, Latte and a Cookie](#)

The last day of week three will ensure that you get the massive challenge you may have been hoping for – you'll be trying to make some rather advanced meals whilst enjoying a very enjoyable breakfast, too!

Day 22

Day 22

Breakfast: [Bagel with Cream Cheese](#)

Lunch: [Deli Soup and a Roll](#)

Dinner: [Pasta with Turkey and Ricotta](#)

Snack: [Popcorn and a Latte](#)

The start of your fourth and final week will be quite easy, as each meal offered here is very easy to make and to enjoy so you can relax and take in something hugely enjoyable whilst starting the week off with a very interesting choice of meal throughout.

Day 23

Breakfast: [Breakfast Sandwich](#)

Lunch: [Soup and Tuna Salad](#)

Dinner: [Turkey and Sweet Potato](#)

Snack: [Milk and a Cream-Filled Cookie, Chips and Salsa](#)

The quality of the meals that you are eating has always been very high, but this will make sure you are treating yourself to a real delicacy!

Day 24

Breakfast: [Cereal and Milk](#)

Lunch: [Italian-Restaurant Caesar Salad](#)

Dinner: [Steak with Potatoes and Green Beans](#)

Snack: [Asparagus and a Baked Apple](#)

A fine selection of foods that you may otherwise have struggled to get to grips with outside of this kind of diet, you'll get to enjoy some very interesting meals – steak for dinner is a particularly engaging treat that you should relish.

Day 25

Breakfast: [Cinnamon Oatmeal](#)

Lunch: [Deli Soup and a Roll](#)

Dinner: [Steakhouse Dinner](#)

Snack: [Cheese and Tomato, Yogurt and Berries](#)

Approaching the end, you'll have a "day off" with this simple and effective range of meals. All of these are very healthy but are much closer to what you may have traditionally been eating.

Day 26

Breakfast: [Peanut Butter on Toast](#)

Lunch: [Diner Turkey Sandwich](#)

Dinner: [Fast-Food Taco with Rice and Beans](#)

Snack: [Fresh Berries and a Latte](#)

A fine selection for those who like a basic, effective day of eating. As you are drawing to the end of the plan, you want to try and experiment a little and this should help you do just that.

Day 27

Breakfast: [Diner Omelet with Fruit and Coffee](#)

Lunch: [Italian-Restaurant Pizza and Salad](#)

Dinner: [Salmon and Feta Salad](#)

Snack: [Edamame, a Latte and Cherries](#)

This is a great day for just enjoying your food as you approach the end – it's the weekend, so why not? A fine range of foods that you'll love eating.

Day 28

Breakfast: Cereal with Berries and Milk

Lunch: [Vietnamese Spring Rolls](#)

Dinner: [Grilled BBQ Mango Chicken](#)

Snack: [Asparagus and a Baked Apple](#)

Your final day is all about making sure you set the tone for the rest of your life – everything included in here will be delicious but very good for you.

The Recipes

Slow Cook Oatmeal



Ingredients

- ¼ cup oil
- ¼ cup unsweetened applesauce
- ¾ cup brown sugar
- 1 teaspoon cinnamon
- 1 teaspoon salt
- 2 large eggs
- 1-1/2 cups skim milk (I used vanilla coconut milk beverage)
- 3 cups uncooked oatmeal, rolled or quick oats
- 2 teaspoons baking powder

Preparation

1. I used my 2-Quart Crockpot for this but a 3-Quart should work too.
2. Coat your slow cooker with nonstick cooking spray.
3. In a large bowl whisk together the oil, applesauce, brown sugar, salt, and eggs until well blended and creamy. Whisk in the milk.
4. Add the oats and baking powder and stir until well mixed.
5. Pour into your greased slow cooker.
6. Cover and cook on LOW for 3 to 5 hours, until the edges are golden brown and the center is set. (Mine was done in 4 hours.)
7. Serve hot or let it stand in the slow cooker for up to an hour and then cut it into pieces for serving.

Kale Salad /w Apple

Kale Salad with Apples and Dates



Ingredients

- 3 tablespoons fresh lemon juice
- 1 tablespoons extra-virgin olive oil
- Kosher salt
- 1 bunch kale, ribs removed, leaves very thinly sliced
- ¼ cup dates
- 1 Honeycrisp apple
- ¼ cup slivered almonds, toasted
- 2 tablespoons dried cranberries
- 1 ounce pecorino cheese, finely grated (1/4 cup)
- Freshly ground black pepper

Preparation

1. Whisk together the lemon juice, olive oil and $\frac{1}{4}$ teaspoon salt in a large bowl. Add the kale, toss to coat and let stand 10 minutes.
2. While the kale stands, cut the dates into thin slivers and the apple into small chunks. Add the dates, apples, almonds, cranberries and cheese to the kale. Season with salt and pepper and toss well.

Crock Pot Chowder



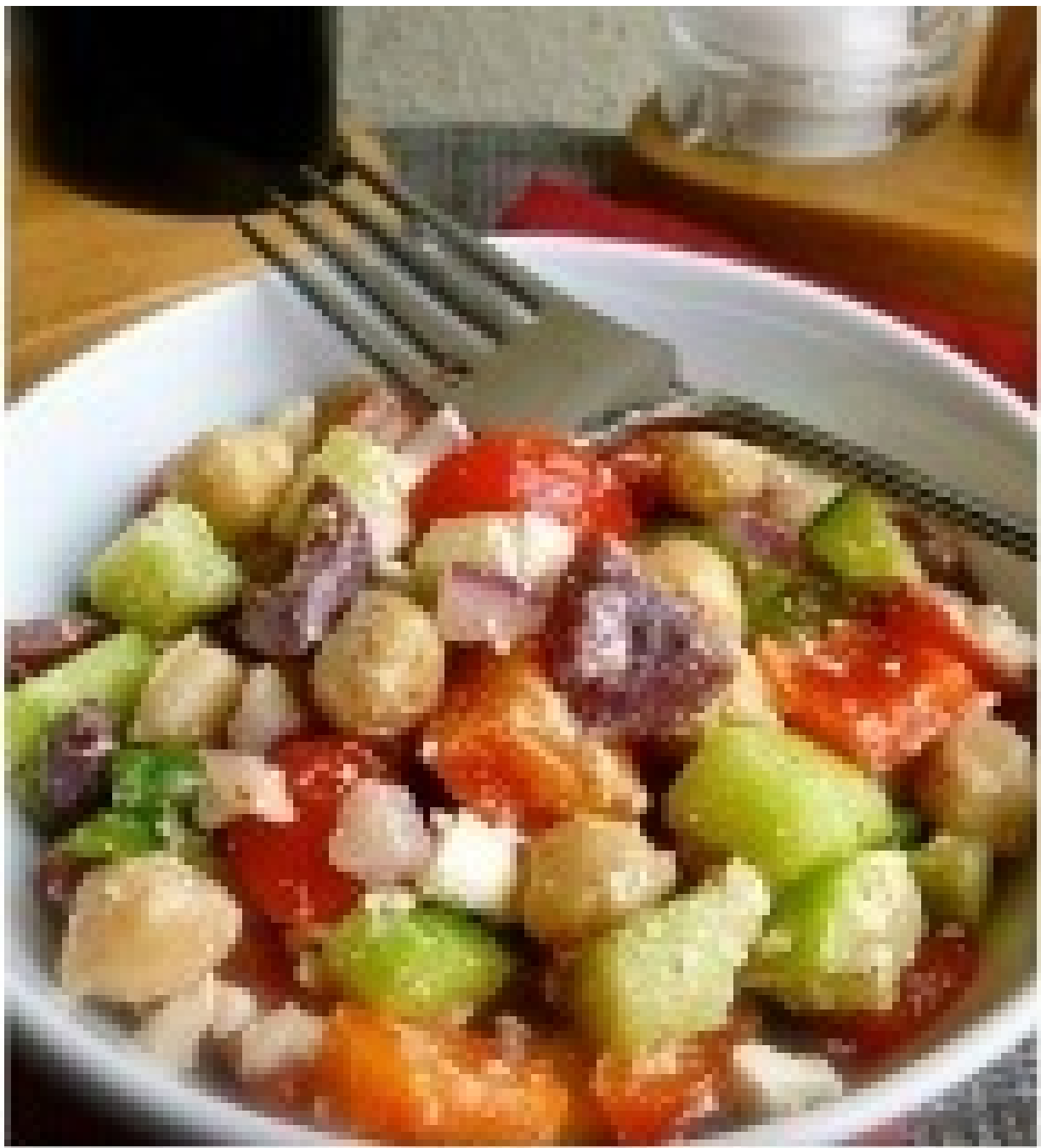
Ingredients

- 1 small onion (1/2 cup) diced
- 2 cups diced raw potatoes
- 1 teaspoon seasoned salt
- 1 teaspoon Worcestershire sauce
- ¼ teaspoon ground black pepper
- 1 cup water
- 2 cans (about 15 ounces each) cream style corn
- ¼ cup real bacon bits (optional)
- 1 can (12 ounces) evaporated fat free milk

Preparation

1. Ideal Slow Cooker Size: 3 to 4-Quart
2. Grease the inside of the slow cooker.
3. Combine all the ingredients except the evaporated milk in the slow cooker. Cover and cook on LOW for 4 to 6 hours, or until the potatoes and onions are tender.
4. Add the milk and stir well to combine. Cover and cook on HIGH for 1 hour, and then turn to WARM until ready to serve.

Skinny Chopped Greek Salad



Ingredients

- 2 tablespoons fresh lemon juice
- 2 tablespoons extra virgin olive oil
- ¼ teaspoon freshly ground black pepper
- ⅛ teaspoon salt
- 1 can (14 to 19 ounces) chickpeas, drained and rinsed
- 1 cucumber, peeled, seeded and cubed
- 1 small red bell pepper, seeded and chopped
- 2 cups coarsely chopped romaine lettuce
- 1 cup halved grape tomatoes
- ½ cup finely chopped red onion
- ½ cup pitted kalamata olives, roughly chopped
- ½ cup crumbled feta cheese

Preparation

1. In a small bowl make the dressing by whisking together the lemon juice, olive oil, pepper and salt, then set it aside.
2. In a large bowl, combine the chickpeas, cucumber, red bell pepper, romaine, tomatoes, red onion, and olives.
3. Drizzle the dressing over the chopped salad ingredients and toss gently to coat everything with the dressing.
4. Taste and add more salt and pepper, if necessary, to suit your tastes. Sprinkle with the feta and serve immediately

Fish /w Lemon, Herbs and Green Beans



Ingredients

- 4 fish fillets (5 ounces each) (cod, sole, mahi-mahi, tilapia, pollock, etc.)
- 1 lemon, cut in half
- 1 teaspoon dried dill weed (or 1 tablespoon fresh)
- 1 teaspoon dried basil (or 1 tablespoon fresh)
- 1 teaspoon salt-free all-purpose seasoning (I used Mrs. Dash Original)
- 1-1/2 teaspoons parsley flakes (or 2 tablespoons fresh)

Preparation

1. Preheat oven to 350 degrees.
2. Spray a baking dish with nonstick cooking spray.
3. Add fish fillets to the prepared dish in one layer.
4. Squeeze the juice from half the lemon over the fish.
5. Sprinkle fish with dill, basil, all-purpose seasoning and parsley.
6. Slice other lemon half into 4 thin slices and place one on top of each fillet.
7. Cover with foil.
8. Bake 10 to 15 minutes until fish flakes easily with fork. (Don't overcook or fish will be dry. The thinner the fillets, the quicker they'll cook.)

Veggie Burgers



Ingredients

- 1 tablespoon canola oil, divided
- $\frac{1}{4}$ cup minced onion
- $\frac{1}{4}$ cup minced green bell pepper
- $\frac{1}{4}$ cup minced carrot
- $\frac{1}{4}$ cup minced celery
- $\frac{2}{3}$ cup drained white kidney beans (Cannellini)
- 1 egg, lightly beaten
- $\frac{1}{3}$ cup seasoned dry bread crumb

Preparation

1. in 8-inch nonstick skillet heat 1 tsp. of the oil.
2. Add onion, pepper, carrot and celery; cook over medium heat, stirring occasionally until vegetables are soft and moisture has evaporated, about 1 minute.
3. Set aside to cool slightly Using a fork, in medium mixing bowl mash beans; stir in egg.
4. Add bread crumbs and vegetable mixture; mix until thoroughly combined.
5. Shape mixture into 4 equal patties.
6. Set patties on plate; cover and refrigerate until chilled, at least 20 minutes.

7. In same skillet heat 1 tsp. of the remaining oil
8. Add 2 patties; cook over medium heat, turning once, until browned on both sides and heated through.
9. Remove patties to plate; keep warm.
10. Repeat with remaining teaspoon of oil and 2 patties.

Ginger Lime Chicken



Ingredients

- ¼ cup low-sodium soy sauce
- 3 tablespoons fresh lime juice
- 2 teaspoons finely grated lime zest
- 2 tablespoons finely minced or grated ginger root
- 2 medium garlic cloves, minced
- 1 tablespoon honey
- 1 tablespoon olive oil
- 1 teaspoon crushed red pepper flakes
- ¼ cup fresh, chopped cilantro, divided
- 1 pound boneless, skinless chicken thighs
- 2 tablespoons finely minced scallions

Preparation

1. In a small glass bowl, combine the soy sauce, lime juice, lime zest, ginger, garlic, honey, oil and 2 tablespoons of the cilantro. Remove and reserve 2 tablespoons of the marinade to use for basting when you cook the chicken.
2. Place the chicken in a plastic zipper bag and add the marinade. Squeeze the air from the bag and close it. Place the bag of chicken in the refrigerator to marinate for 2 to 4 hours.
3. Grill the chicken over medium-high heat for 6 to 8 minutes. Flip and brush the chicken with the reserved marinade. Grill until the chicken is cooked through, 6 to 8 minutes more.
4. To serve, place the grilled chicken on a platter and sprinkle with the scallions and remaining cilantro.

Banana Cream Pie



Ingredients

- ½ cup plain nonfat Greek yogurt
- ½ banana thinly sliced, (Make sure it's ripe with some spots since it will be sweeter.)
- 1 teaspoon wheat germ
- ¼ teaspoon vanilla extract
- Drizzle of honey

Preparation

1. In a small bowl, stir together the yogurt, sliced bananas, vanilla, and wheat germ. Drizzle with honey. Enjoy!

Egg Salad



Ingredients

- 6 hard boiled eggs, peeled and chopped
- 2 tablespoons light Hellman's mayonnaise
- 3 tablespoons plain nonfat Greek yogurt
- 2 teaspoons mustard
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

Optional Egg Salad Additions

- ¼ cup finely chopped celery
- 2 tablespoons, minced red onion or green onion (scallion)
- 2 teaspoons lemon juice
- 1 to 2 tablespoon chopped fresh parsley
- 1 to 2 tablespoons chopped fresh dill

Preparation

1. In a medium bowl mix all ingredients, and any optional ingredients from the list below, until well blended.

BLT



Ingredients

- 3 slices center cut bacon
- 2 slices whole grain bread
- 1 tablespoon reduced fat mayonnaise
- ¼ cup lettuce of your choice
- 2 thick slices tomato
- salt and pepper to taste

Preparation

1. Heat a large nonstick skillet over medium heat. Cook the bacon, turning occasionally, until crisp, about 5 minutes. Remove to paper towels and let drain.
2. Toast your bread lightly. Spread one side of each slice with mayonnaise. Top with lettuce, tomato and bacon. Season with salt and pepper to taste. Top with second slice of toasted bread and cut in half.

Health Smoothie



Ingredients

- 1 cup skim milk (or the nondairy milk of your choice. I'm partial to almond milk and coconut milk at the moment)
- 1 medium peeled frozen banana, broken into chunks
- 1 cup unsweetened frozen fruit of your choice (blueberries, strawberries, pineapple, mango, peaches, raspberries, or any combination)
- 2 teaspoons honey, maple syrup or 2-3 drops stevia extract to taste
- 1 teaspoon lemon juice

Preparation

1. Place all smoothie ingredients in your blender and blend until smooth. I like my smoothies thick, but if you prefer a thinner smoothie just add more liquid until your desired consistency is achieved.

Tuna Salad

SKINNY CRUNCHY TUNA SALAD



Ingredients

- 1 can (5 ounces) water packed tuna, drained
- 2 cups finely chopped green or red cabbage (I ran my knife through bagged cole slaw mix to chop it more finely)
- ¼ cup finely chopped chives or green onion
- 2 tablespoons dried cranberries, finely chopped
- 2 tablespoons light mayonnaise
- 3 tablespoons plain nonfat Greek yogurt
- ½ teaspoon dijon mustard
- Salt and freshly ground black pepper

Preparation

1. Break up the tuna with a fork and mix thoroughly with the cabbage. Stir in the chives, cranberries, mayonnaise, yogurt and mustard. Taste and add salt and pepper to taste. Eat immediately or refrigerate for up to two days.

Southwest Shrimp /w Black Bean Salad



Ingredients

- 2 tablespoons cider vinegar
- 1 tablespoon lime juice (optional)
- 1 teaspoon olive oil
- ½ teaspoon chili powder
- ¼ teaspoon salt
- 1 cup cooked brown rice
- 1 cup fresh or thawed frozen corn kernels
- 1 can (15-1/2 ounces) black beans, rinsed and drained
- 8 ounces cooked, shrimp, cut into bite-size pieces
- 1 tomato, cut into bite-size pieces
- 2 scallions, chopped
- 2 tablespoons chopped fresh cilantro (optional)

Preparation

1. In a large bowl whisk together the vinegar, lime juice (if using), oil, chile powder and salt. Add the rice, corn, black beans, shrimp, tomato, scallions and cilantro, if using. Stir gently to combine. Taste and adjust seasoning, adding more vinegar, lime juice, chili powder and/or salt to suit your tastes. Serve at once or cover and refrigerate up to 2 days.

Baked Oatmeal



Ingredients

- ¼ cup oil
- ¼ cup unsweetened applesauce
- ¾ cup brown sugar
- 1 teaspoon cinnamon
- 1 teaspoon salt
- 2 large eggs
- 1-1/2 cups skim milk (I used vanilla coconut milk beverage)
- 3 cups uncooked oatmeal, rolled or quick oats
- 2 teaspoons baking powder

Preparations

1. I used my 2-Quart Crockpot for this but a 3-Quart should work too.
2. Coat your slow cooker with nonstick cooking spray.
3. In a large bowl whisk together the oil, applesauce, brown sugar, salt, and eggs until well blended and creamy. Whisk in the milk.
4. Add the oats and baking powder and stir until well mixed.
5. Pour into your greased slow cooker.
6. Cover and cook on LOW for 3 to 5 hours, until the edges are golden brown and the center is set. (Mine was done in 4 hours.)
7. Serve hot or let it stand in the slow cooker for up to an hour and then cut it into pieces for serving.

Salsa Cottage Cheese /w Baked Potato

SKINNY CRUNCHY TUNA SALAD



Ingredients

- 1 can (5 ounces) water packed tuna, drained
- 2 cups finely chopped green or red cabbage (I ran my knife through bagged cole slaw mix to chop it more finely)
- ¼ cup finely chopped chives or green onion
- 2 tablespoons dried cranberries, finely chopped
- 2 tablespoons light mayonnaise
- 3 tablespoons plain nonfat Greek yogurt
- ½ teaspoon dijon mustard
- Salt and freshly ground black pepper

Preparations

1. Break up the tuna with a fork and mix thoroughly with the cabbage. Stir in the chives, cranberries, mayonnaise, yogurt and mustard. Taste and add salt and pepper to taste. Eat immediately or refrigerate for up to two days.

Crock Pot Italian Beef /w Green Salad

3-INGREDIENT

CROCK POT ITALIAN BEEF

WeightWatchers Friendly



Ingredients

- 2 pounds boneless sirloin top roast
- 1 envelope dry Italian salad dressing mix (0.6 ounces)
- 1 cup water
- 8 ounces mild pepper rings, undrained

Preparation

1. Ideal Slow Cooker Size: 4 Quart
2. Trim any excess fat from the roast and place it in the slow cooker. Stir together the salad dressing mix and water and pour over the roast. Cover and cook on low for 8 hours or until the meat is fork tender. Remove the meat. Shred it with 2 forks and place it back in the cooker. Add the pepper rings and their juices. Cover and cook until the peppers are heated through.

Breakfast Parfait



Ingredients

- 1 1/2 cups fruit of your choice
- 1/2 cup plain low fat or nonfat yogurt
- 2 teaspoons honey, agave syrup or maple syrup
- 2-3 tablespoons toasted chopped nuts, crunchy cereal, low fat granola or coconut — in any combination you desire

Preparation

1. Spoon half of the fruit into a glass or bowl. Spoon half the yogurt on top and drizzle with half your sweetener. Sprinkle with half of your selected crunch toppings and then repeat the layers. Serve immediately.

Tuna & Bean Salad



Ingredients

- 2 tablespoons red wine vinegar or fresh lemon juice
- 2 teaspoons extra-virgin olive oil
- ½ teaspoon dijon mustard, optional
- 2 (5 ounce) cans water packed light tuna, drained and flaked
- 1 (15.5 ounce) can cannellini beans, rinsed and drained
- 2 stalks celery, finely chopped
- ¼ cup finely chopped red onion
- ¼ cup finely chopped red bell pepper
- ¼ cup chopped fresh flat-leaf parsley
- 1 teaspoon dried rosemary, if using
- Salt and freshly ground black pepper to taste

Preparations

1. In a small bowl whisk together the vinegar, olive oil, and mustard, if using and set aside.
2. In a medium bowl, combine the tuna, beans, celery, onion, pepper, parsley and rosemary if using. Add the dressing and gently toss to coat.
3. Season to taste with salt and pepper and toss gently again.

5 Spice Chicken

Skinny Slow Cooker *Chinese 5-Spice Chicken* WEIGHT WATCHERS FRIENDLY



Ingredients

-
- 2-1/2 pounds boneless, skinless chicken thighs (8 thighs, 5 ounces each)
 - 1 cup chopped onion (I softened my chopped onion in the microwave for about 3 minutes)
 - 2 celery stalks, sliced
 - 2 cloves garlic, minced
 - 2 teaspoons grated ginger (or ½ teaspoon ground)
 - ½ teaspoon salt
 - ½ teaspoon lemon zest
 - 1 tsp Chinese 5-spice powder
 - 1 cup chicken broth

Preparations

1. Trim any excess fat from the chicken thighs and place them in the slow cooker. Top with garlic, onions, celery, ginger, 5-spice powder, salt, and lemon zest. Add chicken broth. Cover and cook on LOW setting for 6 to 8 hours or until fork-tender.
2. Serve over rice, cauliflower "rice" or zucchini noodles, if desired.

Carrot Salad



Ingredients

- ½ pound carrots, peeled and grated into long thin strips (about 3 cups)
- 2 tablespoons fresh lemon juice
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons sugar
- ¼ teaspoon Dijon mustard
- 1 tablespoon chopped fresh parsley, chives or a combination
- Salt and freshly ground black pepper to taste

Preparations

1. Place the carrots in a medium-size glass bowl.
2. In a small bowl, whisk together the lemon juice, olive oil, sugar and mustard until well blended.
3. Pour the dressing over the carrots.
4. Add the parsley and/or chives.
5. Season to taste with salt and pepper and toss to coat.
6. Taste and adjust the seasonings to suit your tastes.
7. Chill the salad for at least 30 minutes to give the flavors a chance to blend and toss again before serving.

Vegetable Soup



Ingredients

- 2 cups fresh chopped tomatoes or canned crushed tomatoes
- 1 can (14 to 16 ounces) garbanzo beans, rinsed and drained
- 4 medium carrots, peeled and chopped (about 1 cup)
- 2 medium potatoes, peeled and chopped (about 1-1/2 cups) (I used red potatoes)
- 2 medium onions, chopped (about 1 cup)
- 2 large stalks celery, chopped (about 1 cup)
- 2 garlic cloves, chopped

- 1 large red bell pepper, chopped (about 1 cup)
- 1 medium zucchini, chopped (about 1-1/2 cups)
- 6 cups water
- Salt and fresh ground black pepper
- ½ cup long-grain white rice
- 1 cup chopped fresh basil
- Extra-virgin olive oil, for serving, if desired
- Fresh grated Parmesan cheese, for serving if desired

Preparation

1. Ideal Slow Cooker Size: 5 to 6-Quart
2. Combine the tomatoes, garbanzo beans, carrots, potatoes, onions, celery, garlic, bell pepper, zucchini, water, 1 teaspoon salt and black pepper to taste, stirring well.
3. Cover and cook on LOW for 8 - 9 hours or on HIGH for 4 - 5 hours, or until the vegetables are tender.
4. Stir in the rice. Cover and cook on HIGH, 30 minutes longer, or until the rice is tender and the soup is thick.
5. Stir in the basil and let the soup cool to room temperature.
6. Taste and add more salt and pepper to suit your tastes. Spoon into bowls. Serve with a drizzle of olive oil and sprinkling of Parmesan if desired.

Walnut Oatmeal and Yogurt



Ingredients

- 1 cup Oatmeal, cooked
- 1 tablespoon Chopped Walnuts
- 4 tablespoons Plain Greek Yogurt
- 1/2 cup Blueberries

Preparation

1. Top Oatmeal with walnuts.
2. Top yogurt with blueberries

Pasta with Salmon and Peachy Salad



Ingredients:

- 15 1/2 ounces red salmon
- 1 lb Rotini pasta
- 3 green onions, chopped
- 1/4 large red bell pepper, thinly sliced
- 1/3 cup ripe olives, sliced
- 2 cups carrots, thinly sliced
- 2 cups celery, thinly sliced
- 1/3 cup red wine vinegar
- 1 tablespoon virgin olive oil
- 1/2 teaspoon sugar
- 1/8 cup vegetable oil
- 1/8 teaspoon pepper (or to taste)
- 1/2 teaspoon salt (or to taste)
- 1/2 teaspoon crushed dried oregano leaves

Feel free to vary this recipe by substituting or adding in additional veggies like

broccoli, spinach, tomatoes, eggplant, capers, peas, artichokes, mushrooms and asparagus for no difference in Points Preparation

1. Rinse and remove bones, skin, scales and any other tissue from the red salmon, then break or chop into medium-size pieces.
2. Cook the pasta according to the instructions on the package, then set in the fridge to chill. Then in large bowl, combine the pasta, salmon, olives, bell pepper, carrots, celery and onion. In a smaller bowl, mix the salt and pepper, vinegar, oregano, oils, and sugar. Mix well. Then just pour this mixture over the salmon mixture, tossing carefully to coat all the pieces evenly. Serve immediately (or cover, chill and serve later).

Veggie Burger and Corn on the Cob



Ingredients

- 3 cups (720 ml) prepared meaty crumbles from this recipe, unpacked
- 1 medium carrot, finely grated
- 3 Tbsp (45 ml) ground flax seeds
- 1 Tbsp (15 ml) whole psyllium husks
- 1/3 cup (40 g) old-fashioned rolled oats (not quick cook or instant)
- 2/3-3/4 cup (160-180 ml) vegetable stock or broth, as needed

Preparation

1. Preheat oven to 375F (190C). Line a large cookie sheet with parchment, or spray with nonstick spray.
2. In a large bowl, mix together the crumbles, carrot, flax seeds, psyllium husk, and oats; toss to distribute the oats and seeds. Pour the water over top, starting with 2/3 cup (160 ml). Mix well. If the mixture is moist enough to hold together, don't add more broth. If not, add broth a little at a time, just until you can form patties that will keep their shape. Allow to sit 5 minutes.
3. Using a large ice cream scoop or 1/3 cup (80 ml) measuring cup, scoop the mixture and place mounds on the cookie sheet. Flatten the mounds to create burgers that are about 3/4 inch (1.5 cm) thick.
4. Bake in preheated oven for 30 minutes. Flip the burgers and bake another 10-15 minutes, until the outside is browned. Serve in buns or as is. Makes 6-7 burgers. May be frozen.

Latte, Banana, Lemonade and Popcorn



Greek Yogurt with Berries



Ingredients

- 2/3 cup frozen blueberries
- 2/3 cup frozen blackberries
- 1/2 cup water
- 1/4 cup sugar
- 2 tablespoons fresh lemon juice
- 1 tablespoon butter
- 2 cups plain 2% reduced-fat Greek yogurt

Preparation

1. Combine the first 5 ingredients in a small saucepan. Bring mixture to a boil. Reduce heat to medium-low; gently boil 10 minutes or until sauce thickens. Stir in butter.
2. Spoon 1/2 cup yogurt into each of 4 bowls; top each serving with about 1/4 cup sauce.

Turkey and Avocado Roll



Ingredients

- 1/2pound sliced turkey
- 1/2cup basil pesto
- 1 avocado, thinly sliced
- 1/2package alfalfa sprouts
- 1teaspoon lemon juice
- salt and pepper to taste

Preparation

1. Sprinkle lemon juice, salt and pepper on top of the avocado.
2. Place one piece of turkey on cutting board. Spread with pesto, add avocado slice and alfalfa sprouts. Tightly roll up the turkey.
3. Slice each turkey roll in half, and serve.

Turkey Stir-fry with Quinoa



Ingredients

- 1/2 teaspoon Olive Oil
- 400 grams Turkey Mince
- 1 whole head Fresh Broccoli chopped into small florrets
- 20 grams Fresh Ginger minced
- 2 cloves Garlic minced
- 200 ml Water
- 1 teaspoon Bouillon Stock Powder reduced salt, organic if possible
- 2 teaspoons Tarmari Sauce or low sodium soya sauce

- 180 grams Quinao cooked

Instructions

1. Add the olive oil and turkey mince to a wok or non stick pan. Cook over a medium heat until the turkey is completely cooked through. (Drain any fat if necessary).
2. Add the broccoli and cook for a further 5 minutes.
3. Add the garlic and ginger and cook for a further 30 seconds.
4. Add the water, stock and tamari sauce and simmer for a further 10 minutes.
5. Add the cooked quinoa and turn the heat to high. Stir until the quinoa is heated through, about 2 minutes or so.
6. Serve and enjoy!

Mango, Cottage Cheese and Yogurt



Ingredients

- 1 cup cottage cheese (I like the Axelrod chunky California style)
- 1/3 C plain Greek yogurt
- 1/4 C sliced fresh mango (or use some defrosted Trader Joe's mango chunks)
- honey to taste
- a dash of vanilla extract

Preparation

1. Combine the cottage cheese and yogurt in a bowl.
2. Add the mango.
3. Drizzle the honey and vanilla over the fruit

Egg 'n' English Muffin



Ingredients

- 2 English muffins
- 2 eggs
- 2 slices cheese slices
- 2 slices ham

Preparation

1. Toast the english muffin and butter.
2. Meanwhile, heat a frying pan, spray with cooking spray or coat with oil or butter. When hot enough crack the eggs into the frying pan and pop the yolks, (you can even beat them if you want), cook until fully cooked flipping about 1/2 way through. Top with cheese slices.
3. Cut ham slices into 4 and heat in the frying pan.
4. Top english muffins with ham, and one egg and cheese.
5. You can also use crisp cooked bacon or sausage patties or even links that have been butterflied.

Pesto Turkey Sandwich



Ingredients

- 1/4 cup fat-free mayonnaise
- 1 tablespoon commercial pesto

- 1 teaspoon fresh lemon juice
- 1/2 teaspoon dried oregano
- 1/8 teaspoon black pepper
- 4 (2-ounce) French bread rolls
- 2 cups trimmed arugula
- 8 ounces thinly sliced cooked turkey breast
- 8 (1/4-inch-thick) slices tomato
- 4 (1-ounce) slices part-skim mozzarella cheese

Preparation

1. Preheat broiler.
2. Combine first 5 ingredients.
3. Cut rolls in half horizontally; spread mayonnaise mixture evenly over cut sides of rolls. Divide arugula, turkey, and tomato slices evenly among bottom halves of rolls; top each with 1 cheese slice. Place bottom halves of rolls on a baking sheet. Broil 2 minutes or until cheese melts. Cover with top halves of rolls.

Salmon with Brown Rice and Spinach



Ingredients:

- Salmon fillets (one piece of salmon about the size of a deck of cards per person)
- Fresh Spinach (I prefer baby spinach)
- Avocado (1/4-1/2 per person)
- Brown Rice or Quinoa

For the dressing:

- Balsamic Vinegar
- Olive Oil
- Maple Syrup

Preparation

1. Start preparing your brown rice or quinoa as per package instructions. We use a rice cooker to prepare both. We usually have leftover brown rice or quinoa in the fridge, this is a great meal to make with those leftovers.
2. Cook your salmon. This is usually The Hubs' job. We like to baste it with a mix of honey and soy sauce. The Hubs usually BBQ's it skin side down for approximately 10 minutes. We also make it in our toaster oven by cooking it at 350 for approximately 8-12 minutes depending on the size of your salmon portions and how you like your salmon cooked, I like mine a bit under cooked.
3. Prepare your salad dressing. My balsamic dressing recipe is from a wonderful woman and fabulous cook named Sandy Cooper. Combine 1 part maple syrup, 2 parts olive oil and 3 parts balsamic vinegar. I usually use tablespoons as my parts but you could also do teaspoons or cups (1/2 cups, 1/4 cups, etc) if you wanted to make a bunch for your fridge.
4. Dress your baby spinach with balsamic dressing.
5. Put dressed baby spinach on each plate and top with avocado cut in slices or chunks for each person. Add a scoop of brown rice or quinoa. When salmon is done cooking remove the skin and put a portion of salmon on top of each salad.
6. Serve and enjoy!

Cottage Cheese and Tomato



Ingredients

- 4 slices tomatoes
- 4 tablespoons cottage cheese
- 4 dashes Worcestershire sauce
- 4 dashes Tabasco sauce
- salt & pepper

Preparations

1. Arrange the four slices of tomato on a plate, top them with 1 Tbs. of cottage cheese each (you can add more if you choose); and 1 dash of each Tabasco and Worcestershire sauce on each slice of tomato. Add salt and pepper to taste. Enjoy!

Couscous Lentil Salad



Ingredients

- 1 6 ounce box israeli couscous, cooked
- 1 15 ounce can lentils
- 1 cup halved cherry tomatoes
- 1/2 cup chopped parsley
- 1 shallot, chopped

- 4 ounces goat cheese, crumbled
- 6 tablespoons EVOO
- 3 tablespoons fresh lemon juice

Preparations

1. In large bowl, mix couscous, lentils, tomatoes, parsley, shallot and cheese.
Toss with EVOO and lemon juice.

Grilled Chicken and Baked Potato



Ingredients

For the roasted garlic-oregano vinaigrette:

- 8 cloves roasted garlic
- 1/4 cup white wine vinegar
- 2 tablespoons fresh oregano leaves
- 2 tablespoons fresh parsley leaves
- 1 tablespoon honey
- 1/2 teaspoon kosher salt
- 3/4 cup olive oil
- 1/4 teaspoon red chili flakes

For the grilled chicken and potatoes:

- 12 fingerling potatoes, scrubbed
- Kosher salt
- Olive oil
- 4 (8-ounce) bone-in chicken breasts
- Freshly ground black pepper
- Fresh oregano sprigs, for garnish
- Fresh parsley sprigs, for garnish

Preparation

For the roasted garlic-oregano vinaigrette:

1. Combine garlic, vinegar, oregano, parsley, honey and salt in a blender and blend until smooth. With the motor running, slowly add the oil and process until emulsified. Stir in the red chile flakes.

For the grilled chicken and potatoes:

1. Place potatoes in a medium saucepan, cover with cold water and add 1 tablespoon of salt. Bring to a boil over high heat and cook until a paring knife inserted comes out with some resistance. Do not cook the potatoes all the way through because they will continue cooking on the grill. Drain well and when cool enough to handle, slice in half lengthwise.
2. Heat the grill to medium.
3. Brush the chicken and potatoes with oil and season with salt and pepper. Place the chicken on the grill, skin-side down and grill until golden brown and slightly charred, 6 to 7 minutes. Turn the chicken over and continue grilling until just cooked through, 5 to 6 minutes. A few minutes before the chicken has finished cooking, place the potatoes on the grill, cut-side down and cook until lightly golden brown, about 2 minutes. Turn over and continue grilling about a minute longer. Remove the chicken and potatoes to a platter and immediately drizzle with the roasted garlic-oregano vinaigrette. Let rest 5 minutes before serving. Garnish with oregano sprigs and parsley sprigs.

Cereal with Blueberries



Ingredients

- 2 cups almond milk
- 2 cups water
- 1 cup amaranth
- 4 tablespoons unsalted butter
- 1/2 cup maple syrup
- 1 cup fresh blueberries
- 1/2 cup fresh whipping cream
- Raw sugar, for garnish

Preparation

1. Bring the milk and water to a boil in a medium saucepan. Whisk in the amaranth and reduce the heat to low. Cover and simmer for 30 minutes, stirring occasionally, until the liquid is absorbed and the amaranth is tender.
2. Remove the amaranth from the heat and stir in the butter and maple syrup. Divide between serving bowls and top with blueberries, a drizzle of cream and a sprinkle of raw sugar.

Pasta with Salmon and Peachy Salad



Ingredients:

- 15 1/2 ounces red salmon
- 1 lb Rotini pasta
- 3 green onions, chopped
- 1/4 large red bell pepper, thinly sliced
- 1/3 cup ripe olives, sliced
- 2 cups carrots, thinly sliced
- 2 cups celery, thinly sliced
- 1/3 cup red wine vinegar
- 1 tablespoon virgin olive oil
- 1/2 teaspoon sugar
- 1/8 cup vegetable oil
- 1/8 teaspoon pepper (or to taste)
- 1/2 teaspoon salt (or to taste)
- 1/2 teaspoon crushed dried oregano leaves

*Feel free to varv this recide bv substituting or adding in additional veggies like

broccoli, spinach, tomatoes, eggplant, capers, peas, artichokes, mushrooms and asparagus for no difference in Points Preparation

1. Rinse and remove bones, skin, scales and any other tissue from the red salmon, then break or chop into medium-size pieces.
2. Cook the pasta according to the instructions on the package, then set in the fridge to chill. Then in large bowl, combine the pasta, salmon, olives, bell pepper, carrots, celery and onion. In a smaller bowl, mix the salt and pepper, vinegar, oregano, oils, and sugar. Mix well. Then just pour this mixture over the salmon mixture, tossing carefully to coat all the pieces evenly. Serve immediately (or cover, chill and serve later).

Chicken and Beet Salad



Ingredients

- 4-- chicken breast halves, boneless and skinless
- 1cup whole pickled beets, drained
- 2cups diced, cooked potatoes
- 1-- red onion, minced
- 1/4cup chopped dill pickle
- 1/4cup mayonnaise
- 1/4cup sour cream
- 1bunch watercress, washed and trimmed
- 3slices bacon, cooked and diced
- 1/4cup walnuts, toasted and chopped

Preparation

1. In medium saucepan, place chicken breasts and cover with cold water. Over medium-high heat, bring water to a simmer; cover and cook for 8 minutes, until chicken breasts are firm and opaque. Remove chicken from pan; cool.
2. Dice beets and place in small bowl; set aside. Chop chicken into 1 inch chunks; place in large bowl. Stir in potatoes, beets, red onion, dill pickle, mayonnaise and sour cream.
3. Line large serving platter or bowl with watercress. Top with chicken and potato salad. Sprinkle with bacon and walnuts.

Apricots and Ice Cream



Ingredients

- 1/2 liter apricot puree - sweetened and strained
- 100 gm sugar
- 125 ml water
- 4 egg yolks
- 350 ml cream
- For praline:
 - 100 gm almonds
 - 100 gm sugar

Preparation

1. Puree apricots. Dissolve sugar in water and cook for 5 minutes.
2. Pour into beaten yolks. Whisk until thick. Cool. Add cream.
3. Stir well. Freeze, beating at regular intervals until set. (so as to prevent formation of ice crystals)
4. Serve with praline.

To make praline:

1. Melt sugar in a heavy pan. Add almonds.
2. Cook over a gentle flame for about 10 minutes. Pour onto an oiled tray.
3. Allow it to set.
4. Crush with a rolling pin and sprinkle over ice cream before serving.

Eggs with Mushrooms and Bacon



Ingredients

- 1 tablespoon butter
- 1 cup small white mushroom, trimmed
- 4 slices thick-cut bacon
- 2 links breakfast sausage
- 2 plum tomatoes, halved
- 4 extra large eggs
- 2 slices French bread, halved diagonally

Preparation

1. In a large skillet, melt the butter on medium high heat. Add the mushrooms and cook for 3 minutes, or until browned. Transfer the mushrooms to a plate and keep warm.
2. In the same pan, fry the bacon for 5 minutes, until crisp and brown, then transfer to a plate lined with paper towels. Pour off the drippings, before adding the sausages to the pan and cook over medium heat for 8 minutes, or until cooked through. Transfer to a plate to drain.
3. Pour the fat from the skillet onto a separate dish, and return 1 tsp of the bacon fat to the skillet to use to fry the tomatoes for 3 minutes per side. Arrange the tomatoes on 2 breakfast plates.
4. Add 1 tbsp bacon fat to the skillet, fry the eggs over medium low heat to desired doneness. Arrange the eggs between the two plates.
5. In the same pan, quickly fry the bread slices for 1-2 minutes, until golden brown, adding more bacon fat, if necessary, Arrange the hot bread slices, bacon, sausages, and mushrooms on the plates. Serve immediately.

Tuna Pasta Salad



Ingredients

Dressing

- 1/4 cup extra-virgin olive oil

- 1/4 cup reduced-sodium chicken broth
- 1/4 cup red-wine vinegar
- 3 tablespoons chopped fresh basil or 1 tablespoon dried
- 2 tablespoons finely chopped shallots
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper

Pasta Salad

- 8 ounces (about 3 cups) whole-wheat fusilli
- 3 cups baby arugula
- 1 cup diced zucchini (about 1 medium)
- 2 5-ounce cans chunk light tuna, drained
- 1/2 cup shredded Parmesan cheese
- 1/4 cup chopped soft sun-dried tomatoes
- Freshly ground pepper to taste

Preparation

1. To prepare dressing: Combine oil, broth, vinegar, basil, shallots, salt and pepper in a jar with a tight-fitting lid. Shake until well combined. (Or whisk in a bowl.)
2. To prepare pasta salad: Cook pasta in a large pot of boiling water according to package directions. Drain, transfer to a large bowl and let cool. Add arugula, zucchini, tuna, cheese, tomatoes, pepper and the dressing; toss to coat.

Pork with Pasta and Green Beans



Ingredients

- 3 ounces uncooked angel hair pasta
- 1/2 pound boneless pork loin chops, cut into thin strips
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon canola oil, divided
- 1-1/2 cups cut fresh green beans
- 2 celery ribs, sliced
- 4-1/2 teaspoons chopped onion
- 3 tablespoons water
- 4 teaspoons reduced-sodium soy sauce
- 1 teaspoon butter

Preparation

1. Cook pasta according to package directions. Meanwhile, sprinkle pork with salt and pepper. In a large nonstick skillet or wok coated with cooking spray, stir-fry pork in 1/2 teaspoon oil until no longer pink. Remove and keep warm.
2. In the same pan, stir-fry the beans, celery and onion in remaining oil until crisp-tender. Add the water, soy sauce and reserved pork; heat through. Drain pasta; stir in butter until melted. Add pork mixture and toss to coat.

Breakfast Muffin Crostini



Ingredients

- 2 cups (500 mL) thinly sliced and pitted peaches (about 2 medium peaches)
- 1 cup (250 mL) blueberries
- 1 cup (250 mL) raspberries
- 1/4 cup (50 mL) chopped crystallized ginger
- 2 tbsp (30 mL) maple syrup or honey
- 1 tbsp (15 mL) chopped fresh mint
- 24 1/2-inch (1.25-cm) slices of fresh baguette
- 1 tbsp (15 mL) butter, melted
- 1 tsp (5 mL) cinnamon
- 1 tsp (5 mL) granulated sugar
- 1/4 cup (50 mL) low-fat cream cheese

Preparation

1. Preheat oven to 375F (190C).
2. In bowl, combine peaches, blueberries, raspberries and ginger. Drizzle with maple syrup and toss gently to combine. Sprinkle with mint. Let sit for 15 minutes or covered for up to 6 hours.
3. Arrange slices of baguette on a rimmed baking sheet. Brush one side of each slice lightly with melted butter and sprinkle with cinnamon and sugar. Bake in the centre of the oven until toasted and golden, turning once, about 8 minutes.
4. Spread cream cheese lightly over each toast and top with peach mixture.

Tuna and Bulgur Salad



Ingredients

- 1 ½ cup coarse bulgur
- 2 ¾ cup water
- 1 tsp salt
- pinch sugar
- 1 Tbsp chopped fresh parsley
- 2 170 g cans imported Italian tuna in olive oil
- 2 Tbsp capers, rinsed and drained
- ½ small red onion, finely chopped
- 2 Tbsp garlic, minced
- pinch cayenne pepper
- Coarse salt and freshly cracked black pepper
- ⅓ cup lemon juice
- 2 cup ripe grape tomatoes, cut in half
- 3 Tbsp olive oil
- 4 leaves fresh basil, chopped
- 1 Tbsp chopped fresh coriander, chopped
- 3 scallions, chopped, for garnish

Preparation

1. In a medium saucepan toast the bulgur over medium-high heat, stirring occasionally, for about 5 to 7 minutes (it should make popping sounds in the pan and be browned slightly).
2. Add water and 1 tsp. salt to pan and bring to a boil.
3. Turn off the heat and let bulgur sit for 5 minutes.
4. Transfer bulgur to a baking sheet and spread out to cool.
5. Sprinkle with parsley.
6. Put the tuna in a large bowl and flake it.
7. Add the capers, onion, garlic, cayenne pepper, some salt and pepper and lemon juice.
8. Add the tomatoes and toss thoroughly.
9. Stir in the olive oil and add the fresh herbs.
10. Serve the bulgur topped with the tuna mixture.
11. Garnish with the chopped scallions.

Steak, Sweet Potato and Veggies



Ingredients

- 1 x 300 g beef eye fillet steak
- alioli, to serve

For the three veg

- 1 large potato, peeled and sliced with a vegetable peeler
- 1 sweet potatoes, peeled and sliced with a vegetable peeler
- 1 parsnip, peeled and sliced with a vegetable peeler
- 50 g butter, melted
- 40 g finely grated parmesan
- 1 tbsp thyme

Preparation For the three veg:

1. preheat the oven to 200C/180C fan/gas 6. Place the potato, sweet potato and parsnip in separate bowls. Divide the butter, parmesan, thyme, a pinch of salt and cracked black pepper among the bowls and toss to combine.
2. Line a baking tray with non-stick baking paper. Pile each vegetable into 2 flat piles. Bake for 20'25 minutes or until golden and crisp. While the vegetables are cooking, cook the beef.

For the beef:

1. sprinkle the meat generously with salt and cracked black pepper. Heat a frying pan over high heat. Cook the beef for 3 minutes each side or until well browned. Place on a baking tray and bake for 4 minutes for rare and 7'8 minutes for medium. To serve, slice the beef in half and place on serving plates with the three veg. Serve with aioli.

Pear, Celery, Latte and Grapes



Yogurt Parfait



Ingredients

- 3 cups vanilla nonfat yogurt
- 1 cup fresh or defrosted frozen strawberries in juice
- 1 pint fresh blackberries, raspberries or blueberries
- 1 cup good quality granola

Preparation

1. Layer 1/3 cup vanilla yogurt into the bottom each of 4 tall glasses. Combine defrosted strawberries and juice with fresh berries. Alternate layers of fruit and granola with yogurt until glasses are filled to the top. Serve parfaits immediately to keep granola crunchy.

Broccoli-Cheese Baked Potato



Ingredients

- 8 large baking potatoes
- 2 tablespoons olive oil

- 3/4 pound broccoli florets (5 cups)
- 1 large onion, finely chopped
- 4 cloves garlic, minced
- 2 cups grated low-fat Cheddar
- 1/2 cup sour cream
- 1/4 cup milk
- Salt and pepper

Preparation

1. Preheat oven to 375°F. Rub potatoes with 1 Tbsp. oil; pierce with a knife. Bake until tender, 1 hour and 30 minutes. Steam broccoli until tender, 5 minutes. Drain; rinse. Pat dry and roughly chop.
2. In a skillet over low heat, warm 1 Tbsp. oil. Sauté onion until soft, 10 minutes. Add garlic; cook 2 minutes. Remove from heat.
3. Let potatoes rest until cool enough to handle. Set oven to 350°F. Cut top 1/4 inch off potato. Scoop out flesh.
4. Mash potato flesh. Mix with remaining ingredients. Fill potato shells with mixture; bake 30 minutes.

Chicken and Beet Salad



Ingredients

- 3 pounds baby to full-grown beets, without tops but with root and stem ends intact (you need 4 lbs. with tops)

- 1 tablespoon plus 1/2 cup extra-virgin olive oil
- About 1 1/4 tsp. kosher salt, divided
- 1 cup walnut pieces
- 1 tablespoon cumin seeds
- Zest of 2 lemons
- 3 tablespoons lemon juice
- 2 tablespoons chopped shallot
- 1/2 teaspoon pepper
- 3 cups shredded cooked chicken
- 1 1/2 qts. loosely packed tender dandelion green tops or arugula

Preparation

1. Preheat oven to 400°. Scrub beets, pat dry, and put on a rimmed baking sheet. Toss with 1 tbsp. oil and 1/2 tsp. salt. Bake until tender when pierced, 50 minutes. Roast nuts on another sheet, stirring often, until deep golden, 6 minutes.
2. Let beets cool. Meanwhile, toast cumin in a small frying pan over medium heat, stirring, until a shade darker, 2 minutes. Coarsely grind in a mortar or coffee grinder. Pour into a large bowl and whisk with remaining 1/2 cup oil, 3/4 tsp. salt, the lemon zest and juice, shallot, and pepper.
3. Trim beets and rub with a paper towel to remove peels. Cut into wedges, putting dark ones in a medium bowl and lighter ones in another medium bowl.
4. Toss chicken with light beets and enough dressing to coat. Toss dark beets with some dressing. In large bowl, toss greens and nuts with remaining dressing, then gently combine with chicken mixture. Arrange on a platter

and tuck in dark beets. Season with more salt to taste if you like.

Fruit and Nut Cereal



Ingredients

- 2 cups rolled oats
- 1 cup wheat flakes (I use multi-grain flakes)
- 2 tablespoons sunflower seeds
- 1 1/2 tablespoons sesame seeds
- 1 tablespoon ground flax seeds (optional)

- 1/4 cup frozen apple juice concentrate
- 1/4 cup brown sugar
- 2 tablespoons corn oil or 2 tablespoons peanut oil
- 1/2 teaspoon ground cinnamon
- 1/4 cup dried fig
- 1/4 cup dried apple ring
- 1/4 cup dried apricot
- 1/4 cup toasted almond

Preparations

1. Preheat the oven to 250 degrees F.
2. Coat a shallow baking pan(or cookie sheet) with cooking spray.
3. In a medium bowl, combine the oats, wheat flakes, sunflower seeds, sesame seeds, ground flax seed, apple juice concentrate, brown sugar, oil, and cinnamon.
4. Spread the oat mixture in the prepared pan. Bake, stirring occasionally, for 45 to 60 minutes, or until golden brown. Cool completely.
5. Place the cereal, figs, apples, apricots, and almonds in an airtight container.
6. To serve, place 2/3 cup of the cereal mixture in a bowl.
7. Top with soy milk, almond milk, rice milk, low fat milk, or yogurt.

Pasta Salad



Ingredients

- Salt
- 12 ounces curly pasta, such as fusilli

- 1 1/2 cloves garlic, chopped
- 9 flat anchovies, chopped
- 1/4 cup plus 1/2 Tbsp. fresh lemon juice
- 3 tablespoons mayonnaise
- 1/4 cup plus 1 Tbsp. olive oil
- 1 cup cherry tomatoes, halved
- 1/2 cup grated Parmesan
- 10 cup chopped green leaf lettuce
- Chopped fresh basil, optional

Preparation

1. Bring a large pot of salted water to a boil. Cook pasta until just tender, about 10 minutes, or as package label directs.
2. While pasta is cooking, combine garlic, anchovies, lemon juice, mayonnaise, olive oil and 3/4 tsp. salt in a blender and blend until smooth.
3. Drain pasta. Toss with half of dressing and tomatoes. Let stand for 10 minutes. Toss with Parmesan.
4. Toss lettuce with remaining dressing and divide among 4 shallow bowls. Spoon pasta salad over lettuce, sprinkle with basil, if desired, and serve.

Pork with Pasta and Green Beans



Ingredients

- 3 ounces uncooked angel hair pasta
- 1/2 pound boneless pork loin chops, cut into thin strips
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon canola oil, divided
- 1-1/2 cups cut fresh green beans
- 2 celery ribs, sliced
- 4-1/2 teaspoons chopped onion
- 3 tablespoons water
- 4 teaspoons reduced-sodium soy sauce
- 1 teaspoon butter

Preparation

1. Cook pasta according to package directions. Meanwhile, sprinkle pork with salt and pepper. In a large nonstick skillet or wok coated with cooking spray, stir-fry pork in 1/2 teaspoon oil until no longer pink. Remove and keep warm.
2. In the same pan, stir-fry the beans, celery and onion in remaining oil until crisp-tender. Add the water, soy sauce and reserved pork; heat through. Drain pasta; stir in butter until melted. Add pork mixture and toss to coat.

Oatmeal and Fruit



Ingredients

- 2 cups regular rolled oats
- 1/2 cup coarsely chopped pecans, walnuts or almonds
- 2/3 cup nonfat dry milk powder
- 1/4 cup packed brown sugar
- 2 teaspoons ground cinnamon, apple pie spice or pumpkin pie spice
- 1/2 teaspoon salt
- 1/3 cup toasted wheat germ
- 1/2 cup snipped dried fruit, such as apricots, peaches, pitted dates, figs, and/or apples or dried fruit, such as tart red cherries, raisins, golden raisins, blueberries and/or cranberries
- Honey (optional)

Preparations

1. Spread oats and [nuts](#) in a shallow baking pan. Bake, uncovered, in a 350 degree F oven for 15 to 20 minutes or until oats are lightly browned, stirring twice. Cool in pan on a wire rack.
2. Combine all dry ingredients. Makes 4-2/3 cups dry mix (14-1/3-cup servings). See steps below for making one or two servings. If you have remaining ingredients, store in a jar with a tight-fitting lid.

For two servings:

1. In a medium saucepan, bring 1-1/2 cups water and, if you like, 1 tablespoon butter to boiling. Add 2/3 cup of the combined ingredients; reduce heat. Simmer, uncovered, for 10 to 12 minutes or until cereal reaches desired consistency (cereal will thicken slightly as it cools). Let stand 1 to 2 minutes before serving. To serve, drizzle with honey if you like.

For one serving in a microwave:

1. In a large microwave-safe cereal bowl, combine 3/4 cup water, 1/3 cup of the combined ingredients and, if you like, 1 teaspoon butter. Microwave, uncovered, on 50 percent power (medium) for 8 to 10 minutes or until cereal reaches desired consistency (cereal will thicken slightly as it cools). Let stand 1 minute before serving. To serve, drizzle with honey if you like. Makes 4-2/3 cups dry mix (14-1/3-cup servings).

Turkey and Cheese Sandwich



Ingredients

- 4 slices white bread
- 1 tablespoon mayonnaise
- 1/3 pound thinly sliced deli turkey
- 4 slices tomato
- 2 slices provolone cheese (1 ounce each)

- 1 tablespoon butter, softened

Preparation

1. Spread two slices of bread with mayonnaise. Layer with turkey, tomato and cheese; top with remaining bread. Spread outsides of sandwiches with butter. On a hot griddle, grill sandwiches for 3-4 minutes on each side or until golden brown.

Fish and Chips



Ingredients:

For the batter:

- 1 cup all-purpose flour
- 1/2 tsp. baking powder

- 1/2 tsp. coarse salt
- 1/4 tsp. freshly ground pepper
- 1 cup beer
- 1 egg, separated

For the chips:

- 4 large russet potatoes, each about 1/2 lb.
- Canola or corn oil for deep-frying
- 4 pieces cod or tilapia fillet, each 3/4 inch thick,
- about 1 1/2 lb. total, pin bones removed
- Coarse salt and freshly ground pepper, to taste
- 1 cup mayonnaise
- 1 tsp. minced garlic or snipped fresh chives
- 1 Tbs. Dijon mustard
- 1 lemon, cut into wedges
- 4 fresh flat-leaf parsley sprigs
- Ketchup for serving (optional)
- Malt vinegar for serving (optional)

Preparation

1. To start the batter, in a bowl, combine the flour, baking powder, salt and pepper. Pour the beer into another bowl and whisk in the egg yolk. Make a well in the center of the flour mixture. Gradually whisk the beer mixture into the flour mixture until a smooth batter forms. Set aside.
2. To make the chips, peel and cut the potatoes into slices 1/3 inch thick and then into sticks 1/3 inch wide. Spread on paper towels. Do not rinse.
3. Position a rack in the upper third of an oven and a rack in the lower third of the oven. Preheat to 450°F.
4. In a Dutch oven or deep fryer over high heat, pour in oil to a depth of 3 inches and heat to 365°F on a deep-frying thermometer. Add the potatoes in batches and fry until they begin to turn golden, about 5 minutes. Using a slotted spoon, transfer to paper towels to drain. Turn off the heat under the oil. In a baking pan, spread the potatoes in a single layer. Bake on the top rack of the oven until crisp, about 5 minutes. Reduce the oven temperature to 200°F.
5. Meanwhile, pat the fish fillets dry and season with salt and pepper. In a small bowl, whisk the egg white until soft peaks form and fold into the batter. Over high heat, return the oil to 365°F. Dip 2 fillets into the batter, allowing the excess to drip off. Lower them into the oil. Fry, turning occasionally, until golden, about 5 minutes. Transfer the fish to an ovenproof platter and place on the lower oven rack. Repeat with the remaining fish.
6. In a small bowl, mix together the mayonnaise, garlic and mustard. Remove the potatoes and fish from the oven. Sprinkle the potatoes with salt and pile them on the platter with the fish. Garnish with lemon wedges and parsley sprigs. Serve with the flavored mayonnaise and ketchup and/or malt vinegar.

Mango and Ricotta



Ingredients

- 2 ripe mangoes, peeled, pitted, and cubed
- 1 tablespoon sugar
- 1/2 teaspoon grated lime zest, plus 1 tablespoon fresh lime juice
- 1 1/2 cups part-skim ricotta

Preparation

1. In a bowl, toss together mangoes, sugar, and lime zest and juice. Let stand 20 minutes. Top ricotta with mango mixture, and serve.

Fruit 'n' Nut Cereal



Ingredients

- 4 cups Total® Cranberry Crunch cereal
- 1 cup diced dried mixed fruit or dried fruit and raisin mixture (from 7-or 8-oz bag)
- 1/2 cup roasted unsalted sunflower nuts
- 1/2 cup dry-roasted peanuts
- 3/4 cup packed brown sugar
- 1/2 cup corn syrup
- 1/4 cup creamy peanut butter
- 1 teaspoon vanilla

Preparations

1. 1 Spray 9-inch square pan with cooking spray. In large bowl, mix cereal, dried fruit, sunflower nuts and peanuts.
2. 2 In 2-quart saucepan, heat brown sugar, corn syrup and peanut butter to boiling over medium-high heat, stirring constantly. Boil and stir 1 minute. Remove from heat; stir in vanilla.
3. 3 Pour syrup over snack mix; toss to coat. Press firmly in pan. Cool completely, about 30 minutes. For bars, cut into 6 rows by 4 rows.

Turkey and Cheese Wrap



Ingredients

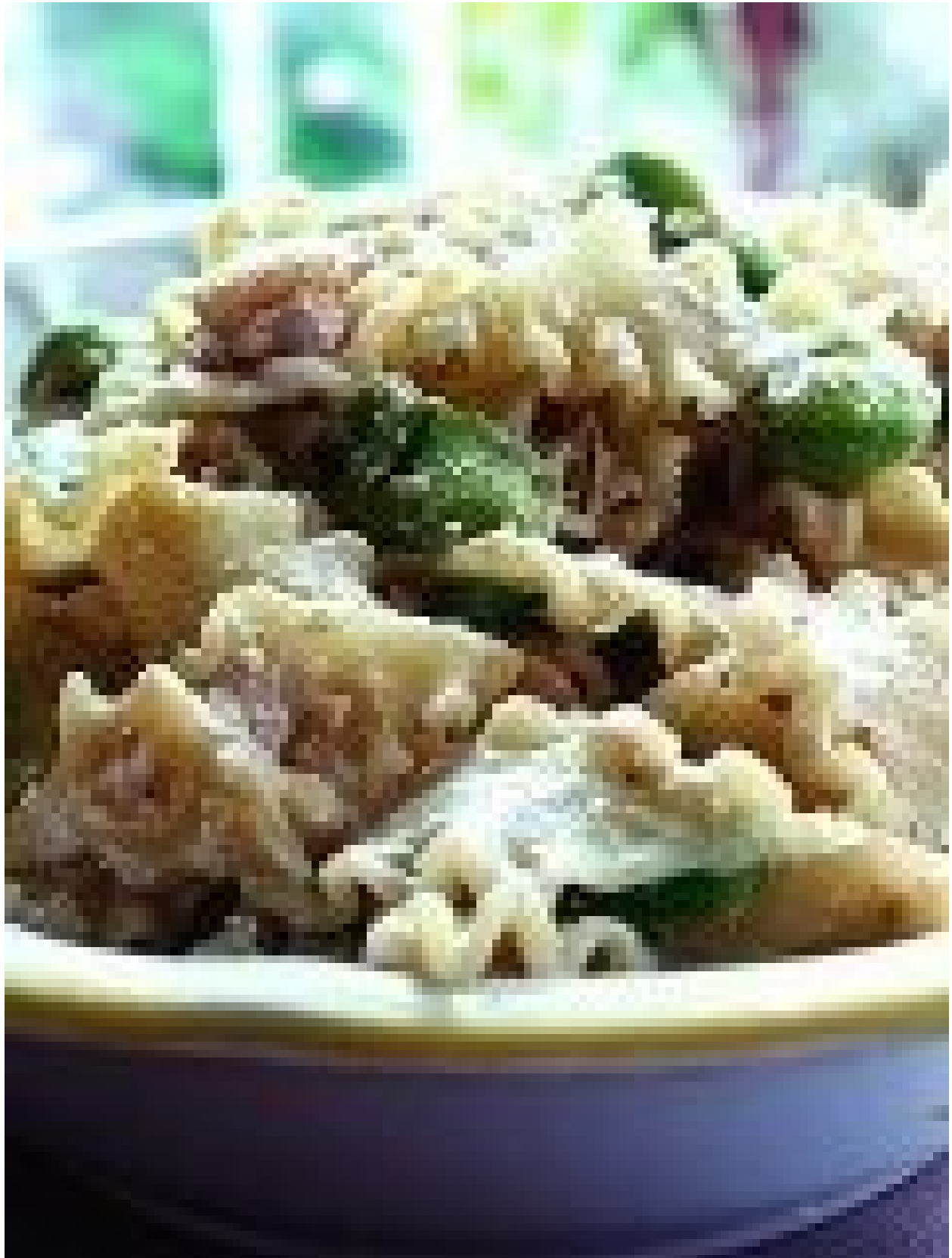
- 1 Flatout® Light Flatbread
- 1 Tbsp fat-free ranch dressing
- 3 (1oz) slices deli-style oven-roasted turkey breast
- 1 (1oz) slice low-fat Cheddar cheese
- 2 tomato slices

- 1 Romaine lettuce leaf

Preparations

1. Spread dressing over entire Flatout.
2. On one rounded end, layer the turkey, cheese, tomatoes and Romaine.
3. Roll Flatout tightly, cut in half and enjoy!

Pasta with Beans and Ricotta



Ingredients

- 1 pound ballerine or campanelle pasta
- 1/2 pound fresh fava beans, shelled
- 4 strips of thick-cut bacon, cut into 1/2 inch pieces
- 1 cup ricotta
- 1/2 cup cream
- 1/2 cup Romano cheese
- 1/2 teaspoon fresh grated nutmeg
- Salt and pepper, to taste

Preparation

1. Bring a large pot of water to a boil, add salt, then the beans, and cook 3 to 5 minutes, or until tender and bright green. Drain and set aside. Fill up the pot with water again, salt and bring to a boil. Cook the pasta until done.
2. While the pasta is cooking, peel the beans. Peel off white skin by pinching through the skin opposite the growing tip. Press one end of the bean between two fingers to push out the small green bean inside.
3. Cook the bacon in a heavy saucepan until pink and cooked through. Drain the grease and return to the heat. Add the beans and saute until desired tenderness. Take off the heat and stir in the ricotta, cream, and cheese, mixing until warm. Toss with the pasta and nutmeg. Taste and add salt and pepper to taste.

Tomato-Feta Scramble



Ingredients

- 2 large tomatoes, seeded and diced
- 1 teaspoon sea salt
- 1 tablespoon olive oil
- 1 clove garlic, minced or crushed
- 2 teaspoons fresh thyme (1/2 teaspoon dried) or herbs of your choice
- 4 large eggs
- 3 to 4 oz (75 to 100 g) Feta cheese, crumbled
- fresh ground black pepper

Preparation

1. Salt the tomatoes in a strainer and let drain over a bowl for at least 15 minutes.
2. Heat a medium frying pan over medium heat. When hot, pour in the olive oil, wait a few seconds, then swirl around to coat the pan. Toss in the garlic, stir a few times, then add the tomatoes. Cook, stirring frequently, for about 5 minutes or until the tomatoes thicken a little. Turn up the heat and let some of the liquid boil out of the pan — about 5 more minutes. Stir in the fresh herbs.
3. Beat the eggs in a bowl and stir in the Feta cheese. Pour into the pan with the tomatoes and reduce the heat to medium-low. Stir together until the eggs are set. Remove from heat and let rest for a few minutes.
4. Serve hot or warm with fresh ground black pepper on top.

Tuna Salad Pita



Ingredients

- 1/2 recipe Classic Tuna Salad
- 1 6-inch whole-wheat pita, halved
- 2 to 4 thin tomato slices
- 1/2 cup finely shredded romaine lettuce

Preparation

1. Divide tuna salad between pita halves and spread into bottom of pockets.

Carefully push in tomato and lettuce.

Rice and Beans



Ingredients

- 1 tablespoon olive oil
- 2 large cloves garlic, lightly crushed with the side of a knife blade and minced
- 1 large red onion, diced
- 1 stalk celery, diced
- 1 green bell pepper, stem and seeds removed and small diced

- 2 (1-pound) cans red kidney beans
- 1 teaspoon onion powder
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 tablespoon hot sauce
- 2 1/2 cups chicken stock
- 1 cup white rice
- 1 tablespoon butter
- 1 tablespoon minced fresh cilantro leaves

Preparation

1. Heat olive oil over medium-high heat in a large saucepan. Saute garlic, onion, celery, and bell pepper until tender. Stir in kidney beans, onion powder, salt, pepper, and hot sauce. Reduce heat to low and let mixture simmer slowly while you cook the rice.
2. Bring the chicken stock to a boil and stir in rice and butter. Return to a boil, reduce heat to low, cover and cook for 20 minutes without removing the lid. Remove from heat and let stand for 5 minutes.
3. Fold rice and beans gently together and transfer to a serving dish. Serve garnished with cilantro.

Egg White Omelet



Ingredients

- 1 teaspoon butter or olive oil
- 4 large egg whites
- 1/2 teaspoon coarse salt
- Chopped herbs, such as parsley, chives, and chervil (optional)
- Cooked spinach, chopped (optional)
- Freshly grated cheese, such as Parmesan, ricotta salata, or manchego (optional)

Preparation

1. Heat butter or oil in a small nonstick skillet over low heat. Meanwhile, whisk together egg whites and salt, incorporating a lot of air, which will ensure that the omelet is light and fluffy. Be sure not to do this in advance or the egg whites will deflate.
2. Place your hand directly above the skillet. When your palm feels warm, the skillet is ready to start cooking. Working quickly, pour whisked eggs into the heated skillet. While shaking skillet back and forth over heat, stir with a heatproof rubber spatula for less than 1 minute. You want to keep eggs moving, incorporating any runny parts and some curds begin to form.
3. Continue cooking, making sure eggs cover the entire surface of the skillet and using a spatula to push together any holes that may have formed. Top with one or more desired fillings.
4. Run the spatula along right side of omelet to loosen eggs from skillet. Place spatula under right side of eggs, making sure that the spatula is well underneath the eggs to offer maximum support, and lift right side over left in one fluid motion. Folded omelet should look like a half-moon.
5. Lightly press down on omelet with the spatula to seal omelet together. Do not press hard; you do not want to flatten the curds. Check to make sure the handle of the skillet is still facing directly out toward you.
6. Lift up skillet with one hand, and hold a plate with your other hand. Tilt skillet, and let the curved edge of the omelet slide onto the plate.

Mixed-up Salad



Ingredients

- 1 apple, skin on
- 1 cup cantaloupe
- 1/2 English cucumber, skin on
- 2 bell peppers
- 1 orange, zested and flesh cut up
- 1 lime, zested and juiced
- cinnamon
- salt and pepper

Preparation

1. Cut the apple, cantaloupe, cucumber and peppers into a small neat dice.
2. Zest the orange, then slice off the skin. Cut the flesh into a small neat dice.
3. Discard the skin, save the zest and the orange flesh.
4. Discard the lime after zesting and juicing.
5. Stir the orange zest, orange flesh, lime zest and lime juice, basil strips and remaining ingredients into the fruit and vegetable mixture. (At this point you are combining all ingredients).
6. Transfer to a serving bowl, garnish with additional cinnamon and basil.

Tofu Stir-Fry



Ingredients

- 1 (14-ounce) package water-packed extra-firm tofu, drained
- 1 tablespoon canola oil, divided \$

- 1/4 teaspoon black pepper
- 3 1/2 teaspoons cornstarch, divided \$
- 3 large green onions, cut into 1-inch pieces
- 3 garlic cloves, sliced \$\$
- 1 tablespoon julienne-cut ginger
- 4 small baby bok choy, quartered lengthwise
- 2 large carrots, peeled and julienne-cut \$
- 1 cup snow peas, trimmed
- 2 tablespoons Shaoxing (Chinese rice wine) or dry sherry
- 1/4 cup organic vegetable broth
- 2 tablespoons lower-sodium soy sauce
- 1 tablespoon hoisin sauce
- 1 teaspoon dark sesame oil

Preparation

1. Cut tofu lengthwise into 4 equal pieces; cut each piece crosswise into 1/2-inch squares. Place tofu on several layers of paper towels; cover with additional paper towels. Let stand 30 minutes, pressing down occasionally.
2. Heat a large wok or skillet over high heat. Add 1 1/2 teaspoons canola oil to pan; swirl to coat. Combine tofu, pepper, and 2 teaspoons cornstarch in a medium bowl; toss to coat. Add tofu to pan; stir-fry 8 minutes, turning to brown on all sides. Remove tofu from pan with a slotted spoon; place in a medium bowl. Add onions, garlic, and ginger to pan; stir-fry 1 minute. Remove from pan; add to tofu.
3. Add remaining 1 1/2 teaspoons canola oil to pan; swirl to coat. Add bok

choy; stir-fry 3 minutes. Add carrots; stir-fry 2 minutes. Add snow peas; stir-fry 1 minute. Add Shaoxing; cook 30 seconds, stirring constantly. Stir in tofu mixture.

4. Combine remaining 1 1/2 teaspoons cornstarch, broth, and remaining ingredients in a small bowl, stirring with a whisk. Add broth mixture to pan; cook until slightly thickened (about 1 minute).

Fruity-Nutty Yogurt



Ingredients:

- 1 1/2 cups favorite granola
- 1/2 cup sliced almonds or pecan pieces, lightly toasted
- 2 cups plain or vanilla yogurt, store-bought or homemade
- 2 cups mixed chopped fresh fruits and/or whole berries

Preparation

1. Have ready four 1-cup or six 3/4-cup parfait glasses or tumblers. In a small

- bowl, stir together the granola and nuts. Measure out 1/4 cup and set aside.
2. Divide half of the granola mixture evenly among the glasses. Top with half of the yogurt, and then with half of the fruit, again dividing evenly. Repeat the layers with the remaining ingredients, ending with the fruit. Sprinkle the tops with the reserved granola mixture. Refrigerate the parfaits for about 20 minutes, then serve.

Chicken Tostada



Ingredients

- 8 tostadas
- 1 cup refried beans, warmed
- 4 cups cooked chicken, shredded
- 2 cups finely shredded lettuce
- 1 medium red onion, thinly sliced into rings

- 8 radishes, thinly sliced
- 1 cup crumbled queso fresco or mild feta cheese
- Mexican sour cream or regular sour cream, for drizzling
- Fresh Tomatillo-Avocado Salsa, recipe follows
- Fresh Tomatillo-Avocado Salsa
- 8 ounces tomatillos, husked, rinsed and coarsely chopped
- 1 avocado, halved, pitted and peeled
- 1/2 cup packed fresh cilantro leaves
- 1 serrano chile
- 1 tablespoon fresh lemon juice
- Salt and freshly cracked black pepper

Preparation

1. Spread the tostadas with the refried beans. Top with the chicken, lettuce, onion rings, radishes, and cheese. Drizzle with sour cream, top with a dollop of salsa, and serve.
2. Combine the tomatillos, avocado, cilantro, chile, and lemon juice in a blender and puree until smooth. Season the salsa with salt and pepper, to taste. Transfer to a serving bowl, cover and refrigerate for up to 2 hours or until ready to use.

Pork with Sweet Potato



Ingredients

- 1 large pork tenderloin (1 1/4 to 1 1/2 pounds), trimmed
- 3 tablespoons packed light brown sugar
- 1 teaspoon dried sage
- 2 cloves garlic, minced
- Kosher salt and freshly ground black pepper
- 2 sweet potatoes (about 1 1/2 pounds), cut into 1/2-inch wedges
- 1 red onion, cut into 1/2-inch wedges
- 3 tablespoons extra-virgin olive oil
- Pinch of cayenne pepper
- 1 cup low-sodium chicken broth
- 2 teaspoons dijon mustard
- 2 tablespoons chopped fresh chives

Preparation

1. Position a rack in the upper third of the oven; preheat to 450 degrees F. Pierce the pork all over with a fork. Combine the brown sugar, sage, garlic, 3/4 teaspoon salt and a few grinds of black pepper in a bowl; rub all over the pork.
2. Toss the sweet potatoes and onion with 2 tablespoons olive oil and the cayenne on a baking sheet; season with salt and black pepper. Roast, tossing once, until golden, 20 minutes; set aside.
3. Heat the remaining 1 tablespoon olive oil in a large nonstick skillet over medium-high heat. Add the pork and cook, turning, until golden, 5 minutes; transfer to the baking sheet with the vegetables (reserve the skillet). Roast until the sweet potatoes are tender and a thermometer inserted into the center of the pork registers 145 degrees F, 11 to 13 minutes.
4. Meanwhile, add the broth to the skillet; bring to a simmer over medium heat, scraping up any browned bits with a wooden spoon. Stir in the mustard, chives and a few grinds of black pepper. Slice the pork; drizzle with the pan sauce. Serve with the roasted vegetables.

Bagel with Cream Cheese



Ingredients

- 2 plain bagels, split and toasted
- 2 garlic cloves, halved
- 2 ounces cream cheese, softened
- 1 cup finely chopped fully cooked ham
- 2 tablespoons shredded Parmesan cheese

Preparation

1. Place bagels cut side up on an ungreased baking sheet; rub with cut sides of garlic. Spread with cream cheese. Top with ham.
2. Broil 4 in. from the heat for 2-3 minutes or until heated through. Sprinkle with Parmesan cheese. Broil 1 minute longer or until cheese is slightly melted.

Deli Soup and a Roll



Ingredients

Tomato Soup Dipping Sauce

- 1 tablespoon olive oil
- 1/4 cup chopped onion (roughly half a small onion)
- 1 clove minced garlic
- 1 teaspoon sugar
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried oregano
- 1/4 teaspoon thyme
- 14 ounces canned diced tomatoes with juices
- 1 cup vegetable or chicken broth
- 1 teaspoon balsamic vinegar

Grilled Cheese Roll Ups

- 12 slices white bread
- 12 slices American cheese
- 4 tablespoons melted butter (add pinch of salt if unsalted)

Preparations

For the sauce

1. In a large Dutch oven, heat up the oil until hot. Add the onion and cook until soft, 5-8 minutes. Add the garlic and cook 1 minute. Add the sugar, salt, pepper, basil, oregano, and thyme. Stir all together and cook another 5 minutes. Add the tomatoes, broth, and vinegar. Bring a boil then turn down to a simmer and cook 30 minutes.
2. Add the soup mixture to a blender and puree until smooth. Be careful - because the mixture is hot, it will expand greatly in the blender when you turn it on. If needed, puree in two batches.

For the roll ups

1. Flatten one slice of bread to about half of its original thickness. Add one slice of cheese. Roll up bread and set aside, seam side down. Repeat with the remaining bread.
2. Heat a skillet over medium heat. Dip each roll up into the butter. Once hot, turn the heat down to medium-low and add several roll ups without overcrowding (my skillet cooked 4 at a time). Cook until the cheese has melted and the bottom is golden brown* then flip. Cook until golden brown

then transfer to a plate. Repeat with remaining roll ups. Serve hot with dipping sauce.

Pasta with Turkey and Ricotta



Ingredients

450g ricotta cheese

- 250g mozzarella cheese
- 2 cloves garlic, minced, or more to taste
- 1 pinch salt and fresh black pepper to taste
- 450g whole-wheat penne pasta

- 450g minced turkey
- 1 (500g) jar pasta sauce

Preparation

1. Preheat an oven to 150 C / Gas 2.
2. Stir the ricotta cheese, mozzarella cheese, garlic, salt and pepper in a bowl; set aside on counter to allow to come to room temperature.
3. Bring a pot of water to the boil; cook the penne in the boiling water until cooked through yet firm to the bite, about 11 minutes. Drain and transfer to a large mixing bowl.
4. While the pasta cooks, place a frying pan over medium heat. Cook the turkey until it is completely browned. Add to the pasta.
5. Spread 2 tablespoons of the pasta sauce into the bottom of a rectangular baking dish; stir the rest of the pasta sauce into the pasta and turkey mixture. Spoon about half of the pasta mixture into the baking dish; top with the cheese mixture and spread into an even layer. Spread the remaining pasta mixture over the cheese layer. Cover with foil if desired.
6. Bake until slightly brown on top, about 30 minutes.

Breakfast Sandwich



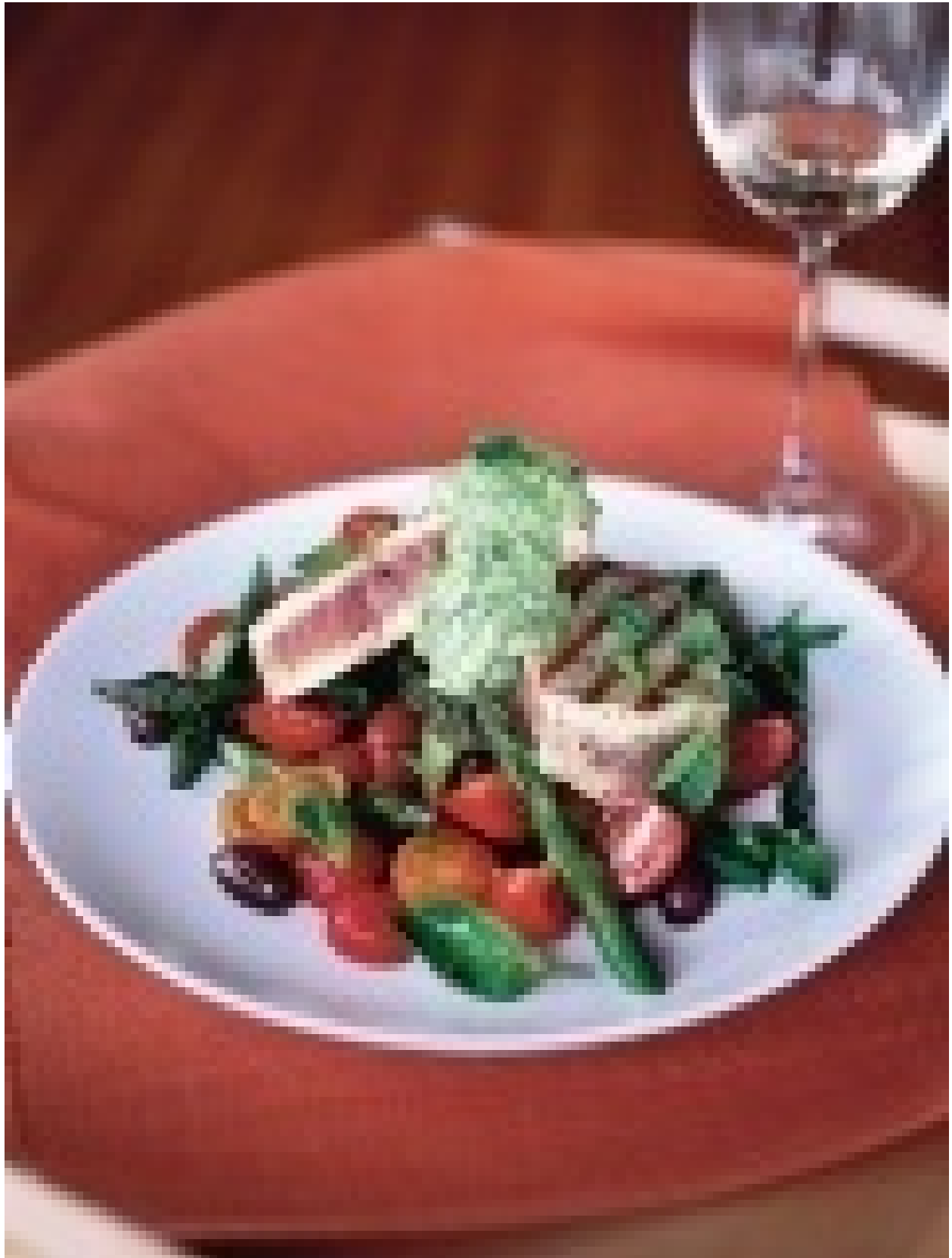
Ingredients

- 16 slices Texas toast
- Butter
- 1 pound breakfast sausage, cut into 8 patties
- 12 eggs
- 1/2 cup half-and-half
- Salt and freshly ground black pepper
- 1 cup jarred jalapeno slices
- Sandwich spread of your choice, such as mayo, spicy sandwich spread or spicy mustard
- 8 slices cheese, such as American, Cheddar or Cheddar-Jack

Preparation

1. Cook the Texas toast on a griddle over medium heat, using lots of butter. Set aside.
2. Fry the sausage patties in a skillet over medium heat, flattening with the spatula as they cook. Set aside.
3. Mix the eggs, half-and-half and some salt and pepper in a separate bowl. Pour the eggs onto the griddle in a rectangular shape. Flip to cook on both sides. Cut the rectangle of eggs into 8 squares and set aside on a plate.
4. Increase the heat, then jump the jalapeno slices onto the hot griddle. Let them sizzle for a couple of minutes, chopping them with the side of the spatula as they cook. Drop on a tablespoon of butter for flavor. Cook until the jalapenos have some brown and black bits. Remove from the griddle, then set aside.
5. Spread whatever sandwich spread you'd like to use onto the Texas toast. Top with a sausage patty, eggs, a slice of cheese and some jalapenos. Top with another slice of Texas toast, then wrap in foil for serving.

Tuna Salad



Ingredients

- 1 bunch asparagus , trimmed (or use a good handful of green beans instead)
- 2 handfuls cherry tomatoes , quartered
- 1 large bunch fresh basil , leaves picked, baby leaves kept to one side
- 1 handful black olives , stones removed
- extra virgin olive oil
- 1 lemon
- sea salt
- freshly ground black pepper
- 2 tuna steaks , from sustainable sources, ask your fishmonger
- 2 tablespoons fat-free natural yoghurt

Preparation

1. Heat a griddle pan until it gets really hot then put your asparagus in it. Place a heavy saucepan on top so that it presses the spears right down on to the bars. Cook them for 2 minutes, turning them halfway through, until they have lovely charred marks. Pop the asparagus on a board and chop them in half at an angle.
2. Put the asparagus in a bowl with your tomatoes, half the basil leaves, the olives, a splash of oil and a squeeze of lemon juice. Season, then toss it all together and put it to one side while you get the fish ready.
3. Rub your tuna steaks with a little bit of oil and season them. Sear them for about a minute on each side in the griddle pan for a rare steak – leave them for 2 minutes on each side if you prefer them cooked medium, or 3 to 4 minutes each side if you like them well done.
4. Pound the remaining basil in a pestle and mortar then mix in the yoghurt. Season and add some more lemon juice to taste.
5. Put the salad on a plate, then tear the tuna into strips and pop them on top. Spoon over some of the basil dressing and scatter over the baby basil leaves.

Turkey and Sweet Potato



Ingredients

- 2 tablespoons olive oil
- 1 cup diced yellow onions
- 1/2 teaspoon minced garlic
- 1/2 cup diced red bell peppers
- 2 sweet potatoes, baked for 40 minutes at 400 degrees F, cooled, peeled and diced (3 cups)
- 2 cups diced roasted turkey breast
- 2 1/2 teaspoons salt, plus more for seasoning eggs
- 1 teaspoon fresh ground black pepper, plus more for seasoning eggs
- 1/4 cup turkey or chicken broth
- 1/4 cup heavy cream
- 2 tablespoons chives
- 2 tablespoons butter
- 4 large eggs
- Salt
- Freshly ground black pepper
- Mesclun greens, for serving
- 2 tablespoons extra-virgin olive oil

Preparation

1. In a large saute pan, heat the oil over moderately-high heat. Add the onion, garlic and red pepper and cook, stirring, until softened and beginning to brown, 3 to 5 minutes. Add the sweet potatoes, turkey, salt and pepper and cook, stirring occasionally, until the potatoes are beginning to brown, about 6 to 8 minutes longer. Add the broth, heavy cream and chives, cook for another 2 to 3 minutes, scraping up any brown bits that may have formed on bottom of pan. Keep warm while frying eggs.
2. In a large, nonstick saute pan, melt the butter over medium high heat. When the butter is foamy, carefully crack the eggs into the pan and season lightly with salt and pepper. Reduce the heat to medium-low, cover and cook until the whites are firm, 2 to 3 minutes.
3. Divide the hash equally between 4 warm plates, remove the eggs from the pan, and divide the eggs between the plates. Serve with mesclun greens drizzled with olive oil.

Cereal and Milk



Ingredients

- $\frac{3}{4}$ cup Dry Cereal
- $\frac{1}{2}$ cup Milk

Preparation

1. Remove the cereal bag from its box, and carefully pour $\frac{3}{4}$ cup, or an otherwise appetizing amount, of cereal into the bowl.
2. Now, carefully and slowly pour your milk into the bowl. Apart from dietary reasons, there is no need to measure the milk. Simply pour it slowly until it adequately floats or covers the cereal, whichever you prefer.
3. Serve quickly, before the cereal gets too soggy.

Italian-Restaurant Caesar Salad



Ingredients Nutrition

- 2 tablespoons butter

- 2 tablespoons extra virgin olive oil
- 2 cloves garlic, halved
- 3 cups 1/2 inch cubes French bread or 3 cups Italian bread
- salt and pepper

For salad

- 4 cloves garlic, peeled
- 1/2 teaspoon salt
- 2 teaspoons lemon juice (fresh is best)
- 1 teaspoon Worcestershire sauce
- 3 anchovy fillets, rinsed and patted dry
- 1/2 cup extra virgin olive oil
- 2 large eggs, boiled gently for 2 minutes
- 1/2 cup parmesan cheese, shredded
- 2 heads romaine lettuce, torn into bite size pieces

Preparation

1. In small sauce pan, heat butter, olive oil, and garlic from top of recipe.
2. When butter is melted, remove from heat and let sit for 10 minutes.
3. Remove garlic, toss bread cubes with butter mixture.
4. Spread on baking sheet and bake at 350 F shaking pan once or twice, until

croutons are golden brown (about 10 minutes).

5. Set aside.
6. In large wooden salad bowl, run garlic clove around the inside of the bowl.
7. Mash together the 4 cloves of garlic and the 1/2 tsp salt until they form a paste.
8. Whisk in lemon juice, Worcestershire sauce, and salt and pepper to taste.
9. Mash anchovy fillets in small bowl until they form a paste.
10. Add anchovy paste to garlic mixture and whisk well.
11. Add 1/2 cup of extra virgin olive oil in a slow steady stream, whisking constantly.
12. Add coddled eggs and whisk until blended.
13. Add romaine pieces and croutons, and toss until coated with dressing.
14. Sprinkle on Parmesan cheese and toss lightly.
15. Serve immediately.

Steak with Potatoes and Green Beans



Ingredients

- 1 pound baby potatoes
- 12 ounces steam-in-the-bag green beans
- nonstick cooking spray
- 1 pound skirt steak, trimmed and halved crosswise
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon white miso
- 1 tablespoon rice wine vinegar
- 1 teaspoon minced fresh ginger
- 1 teaspoon sugar
- 1/2 teaspoon toasted sesame oil
- 2 tablespoons vegetable oil
- 1/3 cup thinly sliced scallions
- 1/2 teaspoon sesame seeds, toasted (optional)

Preparation

1. Pierce each potato a few times with a knife, place in a microwave-safe dish and loosely cover with plastic wrap. Microwave on high 5 to 6 minutes or until potatoes are fork-tender. Microwave green beans according to package directions.
2. Heat a grill pan over medium-high heat. Coat with cooking spray or line with foil; season steak with salt and pepper and cook 2 to 3 minutes a side or until desired degree of doneness. Transfer to a cutting board to rest.
3. While steak is cooking, combine miso, vinegar, ginger, sugar and sesame oil in a small bowl. Whisk in vegetable oil.
4. Cut potatoes in half, then cut steak into 1/4-inch slices. Divide potatoes, steak and beans among four plates; drizzle with dressing. Sprinkle scallions over steak and sesame seeds over potatoes, if desired.

Cinnamon Oatmeal



Ingredients

- 1/2 cup quick oats
- 3/4 cup skim milk
- 1 tablespoon honey
- 1 pinch salt
- 1 teaspoon cinnamon

Preparation

1. Microwave oats and milk for 2 minutes or until mixture is cooked to desired consistency.
2. Add honey cinnamon and salt.

Deli Soup and a Roll



Ingredients

- 2 tablespoons olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 6 beefsteak tomatoes, seeded and chopped
- 4 ripe Roma tomatoes, chopped
- 1 teaspoon salt
- 1/8 teaspoon white pepper

- 2 cups chicken or vegetable stock
- 2 tablespoons butter
- 2 tablespoons flour
- 1/2 teaspoon orange zest
- 1 tablespoon minced fresh basil leaves
- 1 teaspoon fresh thyme leaves

Preparation

1. In heavy saucepan, heat oil and cook onions and garlic until tender.
2. Add both kinds of tomatoes, salt, pepper, and stock, and simmer for 20 minutes.
3. Strain soup through a fine strainer; discard the solids.
4. In clean saucepan, melt butter and add flour; cook and stir for 2-3 minutes to make a roux to thicken the soup.
5. Add 1/2 cup of the tomato mixture; cook and stir until thickened.
6. Add remaining tomato mixture and cook and stir with wire whisk until mixture is hot and slightly thickened.
7. Stir in orange zest, basil, and thyme leaves, and serve.

Steakhouse Dinner



Ingredients

- 2 cloves garlic, finely chopped
- 1 tablespoon sugar
- 1 tablespoon Archer Farms Steakhouse Seasoning or 1 tablespoon steak seasoning
- 1 tablespoon canola oil
- 2 pounds Sutton & Dodge Steak

Preparations

1. Place garlic, sugar, steak seasoning and olive oil in a small bowl. Using a fork, mash the garlic mixture to form a paste. Rub mixture evenly over steaks.
2. Let steaks stand, covered, at room temperature for 30 minutes.

3. Meanwhile, heat grill. Place steaks on grill and cook until desired doneness, turning over once or twice.
4. Transfer steaks to a cutting board or platter. Let stand 5 minutes before cutting or serving.
5. SERVE IT EVERY WAY

Peanut Butter on Toast



Ingredients

- 1 slice bread
- 1 tablespoon peanut butter
- 1/2 teaspoon cinnamon sugar

Preparation

1. Toast your bread as dark as you like it.
2. Immediately spread the toast with the peanut butter so it gets warm and gooey.
3. Sprinkle with cinnamon-sugar and enjoy!

Diner Turkey Sandwich



Ingredients

- 1 (8-pound) turkey
- Cooking spray
- 1/2 pound unsalted butter, softened, divided
- 10 stems cilantro
- 10 thyme sprigs
- Sea salt and freshly cracked black pepper
- 12 slices Tuscan bread
- Mayonnaise
- Tomatoes, sliced
- Pea greens

Preparation

1. Preheat the oven to 325 degrees F.
2. Put the turkey in a roasting pan that has been sprayed with cooking spray. Rub 1/4 pound of the softened butter under the skin, then insert the cilantro and thyme sprigs, being careful not to break the skin. Rub the remaining butter on the outside of the skin and then sprinkle with salt and pepper, to taste. Roast the turkey for 2 1/2 hours.
3. Remove the turkey from the oven to a cutting board and let rest for 30 minutes. Carve the turkey into slices. Toast the bread and build the sandwiches using mayonnaise, turkey, sliced tomatoes and pea greens.
4. This recipe was provided by professional chefs and has been scaled down from a bulk recipe provided by a restaurant. The Food Network Kitchens chefs have not tested this recipe, in the proportions indicated, and therefore, we cannot make any representation as to the results.

Fast-Food Taco with Rice and Beans



Ingredients

- 1 tablespoon olive oil \$
- 1 1/2 cups refrigerated prechopped tricolor bell pepper

- 1 cup refrigerated prechopped onion
- 1 (16-ounce) can dark red kidney beans, rinsed and drained
- 1 (1.25-ounce) package 40%-less-sodium taco seasoning mix, divided
- 1 (8.8-ounce) pouch microwaveable cooked brown rice (such as Uncle Ben's Whole Grain Brown Ready Rice)
- 1/2 cup (2 ounces) reduced-fat shredded sharp cheddar cheese

Preparation

1. Heat oil in a large nonstick skillet over medium-high heat; add bell pepper and onion. Cook 7 minutes or until lightly browned, stirring often. Stir in beans; cook 1 minute or until thoroughly heated. Remove from heat; stir in half package of seasoning mix.
2. Place rice in a medium bowl; heat according to package directions. Add remaining half of seasoning mix to rice, stirring well to combine. Spoon bean mixture over rice; sprinkle evenly with cheese.

Italian-Restaurant Pizza and Salad



Ingredients

- 1 1/4 cups (3 1/2 ounces) uncooked dried wagon wheel pasta
- 2 cups cherry tomatoes, halved
- 1/2 cup sliced green onions
- 1/2 cup Italian salad dressing
- 1/2 pound (1-inch thick) slice Land O Lakes® Deli American, cubed 1/2 inch*
- 2 ounces sliced deli pepperoni, halved
- 1/2 teaspoon dried Italian seasoning

- 1/4 teaspoon coarse ground pepper

Preparations

1. Cook pasta according to package directions. Rinse with cold water. Drain.
2. Combine cooked pasta and all remaining ingredients in large serving bowl; toss to coat. Cover; refrigerate 2-3 hours or until chilled.

Salmon and Feta Salad



Ingredients

- 1/4 teaspoon salt
- 1/4 teaspoon garlic powder

- 1/4 teaspoon ground ginger
- 1/4 teaspoon dried parsley flakes
- 1/4 teaspoon pepper
- 4 salmon fillets (6 ounces each)
- 1 package (5 ounces) spring mix salad greens
- 1 large cucumber, chopped
- 1 large tomato, chopped
- 1/2 cup crumbled feta cheese
- 1/4 cup red wine vinaigrette

Preparation

1. Combine the seasonings; sprinkle over salmon. Moisten a paper towel with cooking oil; using long-handled tongs, lightly coat the grill rack. Place salmon skin side down on grill rack.
2. Grill, covered, over medium heat or broil 4 in. from the heat for 10-12 minutes or until fish flakes easily with a fork.
3. In a large bowl, combine the salad greens, cucumber, tomato and feta cheese; divide among four plates. Top with salmon; drizzle with vinaigrette

Cereal with Berries and Milk



Ingredients

- 2 cups cornflakes
- 1 cup 1% low-fat milk
- 1 cup berries, fresh or frozen, thawed

Preparation

1. Place cornflakes in a small bowl. Top with milk and berries.

Vietnamese Spring Rolls



Ingredients

- 1 package clear edible rice paper sheet
- 1/2 lb cooked chicken
- 1/2 lb cooked small shrimp (, peeled, deveined, halved)
- 1 bunch fresh cilantro leaves
- 1 bunch fresh mint leaves

- 1 head leafy lettuce, washed and separated into leaves
- 1 cucumber, peeled and cut into very,very thin strips
- 1 cup fresh bean sprout, optional
- 1 package vermicelli rice noodles, prepared according to package directions
- hoisin sauce, to taste
- chopped peanuts
- nuoc nam, vietnamese spicy fish sauce

Preparation

1. Have all meats precooked and cold and the rice noodles prepared already (the noodles should be white, long and at room temp).
2. Make sure all veggies and herbs are cleaned, dried, and set out before you start.
3. Dip a sheet of rice paper wrapper into water very quickly, no longer than a second or two (or they will get too soggy) and lay flat on a work surface.
4. On one edge, lay a small handful of noodles, a few strips of meat, some shrimp, some cilantro and mint leaves, a lettuce leaf, some cucumber strips and bean sprouts, all to taste but don't overstuff.
5. Carefully start to roll up eggroll style, tucking in the sides, then continue to roll up-but not too tightly or the spring roll will split.
6. These rolls will be thicker than the typical Chinese-style fried eggrolls.
7. Combine a few spoonfulls of hoisin sauce with some chopped peanuts to use as a dipping sauce (or serve with prepared spicy fish sauce dip called Nuoc Mam, available at Asian markets).

8. Serve immediately-these do not keep and will harden up in the fridge, so it is best to make just as many as you plan to serve (store any extra unassembled fillings in fridge and roll later).
9. Note: Please be sure to get the correct spring roll rice papers-these are not the same as wonton/eggroll wrappers, which must be cooked.
10. Look for edible rice paper wrappers, rice noodle vermicelli, and hoisin sauce in Asian markets.

Grilled BBQ Mango Chicken



Ingredients:

- 4 boneless chicken breasts (pounded lightly to thin out if they are too thick)
1 1/2 to 2 pounds
- 1 cup mango nectar (see *Tips)
- 1/3 cup balsamic vinegar
- 2 tablespoons olive oil
- 1 1/2 tablespoons chopped fresh thyme
- Kosher salt and freshly ground black pepper
- 1 large RIPE mango, peeled and chopped

- additional thyme sprigs for garnish, if desired

Directions:

1. Combine chicken in a large zip bag with mango nectar, vinegar, olive oil and thyme-along with a generous sprinkle of salt and pepper. Zip the bag closed and move the chicken around in the bag to coat with the marinade. Lie the bag flat in the refrigerator for at least one hour and up to 2 hours, turning the bag every so often to redistribute the marinade.
2. Preheat the grill to medium-high heat. Spray the grill with grilling spray (or rub the grates with oil). Drain the marinade from the chicken and grill about 4 minutes per side, or until the chicken is cooked through.
3. Serve grilled chicken topped with chopped mango and thyme sprigs, if using.



CLASSY SMOOTHIES

Carl Preston

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Classy Smoothies

A pleasure for your taste buds

Imagine for a moment you are on your way back home from work. You are driving, sitting on the train or simply walking back. You are starting to feel hungry.

You want to give yourself a treat. A healthy one. Is that possible? You wonder. A few seconds go by after your craving thoughts.

You fancy something good, something fast, but you also want it to make feel good. A healthy reward is what you are after. Then, out of nowhere, your mind starts to picture what you are really after.

You are longing for something like this:



Or like this:



Of course! A healthy, tasty and mostly classy smoothie is the answer to all your thoughts and cravings. Easy to make, even easier to serve, and a pure pleasure to have.

So what are you waiting for? The ingredients are easy to get. The blender? You do not need anything fancy, just a traditional blender or a mixing machine, don't you think you need one of those new expensive Ninja Blenders.

But you do not want to think, you do not have time to think. An the difference between making a regular, lacking of spirit smoothie, and a ***Classy Smoothie*** is to have before you the right recipes to create the most gloriously delightful mixes you could ever think of.

This is why, here, in this book, you will find the top 100 tastiest, classiest and easiest to make smoothies in the plant.

Give yourself a treat. Or even better: give your friends and your loved ones a treat. With the recipes you will find in ***Classy Smoothies*** you will have success guaranteed in any party, gathering, reception or social event you may ever have to hold.

The answer is: ***Classy smoothies*** And now, without any further delay, behold: ***The top 100 Classy Smoothies.***

Enjoy!

Classy Fruit and Oat Smoothie



Ingredients

- 1 cup of chopped strawberries
- 1 slice-cut banana
- 1/4 raw almonds small cup
- 1/2 small cup of oats
- 1 cup of low-fat vanilla yogurt
- 1 maple syrup teaspoon

Preparation

Drop into blender.

Citrus Berry Good Smoothie



Ingredients

- 1 1/4 cups of berries
- 3/4 cup low-fat yogurt (plain version)
- 1/2 cup orange juice
- 2 tablespoons of fat-free dry milk
- 1 tablespoon of toasted wheat germ
- 1 honey tablespoon
- 1/2 teaspoon of vanilla extract

Preparation Put berries, yogurt, orange juice, dry milk, wheat germ, honey and vanilla in the blender and blend-mix until smooth.

Breeze Smoothie



Ingredients

- 1 small chopped cucumber
- 2 peeled kiwis
- 1 cup of ginger-flavored kombucha
- 1/2 cup of low-fat Greek yogurt
- 2 tablespoons fresh cilantro leaves
- 6 ice cubes

Preparation Combine cucumber, kiwis, kombucha, yogurt, cilantro and ice cubes in blender; blend until it gets smooth. Serve the smoothie immediately.

Creamy Breakfast Smoothie



Ingredients

- 1 cup cold coconut water, no added sugar
- 1 cup nonfat vanilla Greek yogurt
- 1 cup frozen or fresh mango chunks
- 3 tablespoons frozen orange juice concentrate
- 2 cups ice

Preparation Blend coconut water, yogurt, mango, orange juice concentrate and ice in a blender until smooth.

Orange Flax Smoothie



Ingredients

- 2 cups of frozen peach slices
- 1 cup of carrot juice
- 1 cup of orange juice
- 2 tablespoons full of ground flaxseed
- 1 tablespoon with plenty of chopped fresh ginger

Preparation Combine peaches, carrot juice, orange juice, flaxseed and ginger in blender. Smooth out the mix. Serve immediately.

Green Tea Smoothie



Ingredients

- 3 cups of frozen grapes (white ideally)
- 2 packed cups of baby spinach
- 1 1/2 cups with cooled brewed green tea
- 1 medium ready to eat avocado
- 2 teaspoons full of honey

Preparation Put together grapes, spinach, green tea, avocado and honey in the blender; blend it until smooth. Serve immediately.

Tropical Smoothie



Ingredients

- 1 cup of chopped pineapple
- 1/2 cup of peeled papaya (diced)
- 1/4 cup of guava nectar.
- 1 tablespoon with lime juice
- 1 teaspoon full of grenadine.
- 1/2 cup ice

Preparation Place ingredients in the order listed in a blender. Pulse three times to chop the fruit, after this blend until smooth. Serve.

Avocado Smoothie



Ingredients

- 1 1/4 cups cold unsweetened almond milk (or coconut)
- 1 ready to eat avocado
- 1 ripe banana
- 1 sliced sweet apple
- 1 small stalk celery, chopped well.
- 2 cups with kale leaves or spinach
- 1 1-inch piece peeled fresh ginger
- 8 ice cubes

Preparation Blend milk beverage, avocado, banana, apple, celery, kale (or spinach), ginger and ice in a blender until very smooth.

Mango-Coconut Smoothie



Ingredients

- 1/2 cup full of coconut water
- 1/3 cup with low-fat cottage cheese
- 1 cup of chopped kale
- 1 cup with frozen banana slices
- 1/2 cup of frozen mango
- 1 flaxseed tablespoon
- 1-2 teaspoons with maple syrup or honey

Preparation Add coconut water and cottage cheese to the blender, then add kale, banana, mango, flaxseed. Blend until smooth.

Mango Smoothie



Ingredients

- 1 cup of chopped peeled mango
- 1/3 cup full of peach sorbet
- 1/2 cup nonfat vanilla yogurt
- 1/4 cup with orange juice
- 1/8 teaspoon orange-flower water

Preparation Place ingredients in the order listed above in a blender. Pulse twice to chop mango, stir well, then blend the mix until smooth.

Passion Smoothie



Ingredients

- 1 ripe mango. Make sure it is peeled and diced
- 2/3 cup of low fat vanilla yogurt
- 1/3-1/2 cup frozen passion fruit juice
- 1/4 cup of water
- 2 ice cubes, well crushed

Preparation Combine mango, yogurt, 1/3 cup juice concentrate, water and crushed ice in the blender machine; cover and blend the mix until it becomes smooth and frothy. Add more concentrate, if desired. Serve immediately.

Greenfields Smoothie



Ingredients

- 1 cup with properly chopped honey melon
- 1/3 cup of chopped kiwi
- 1/2 sliced ripe banana
- 1/4 cup with white grape juice
- 1/2 teaspoon full of ginger juice
- 2 teaspoons with lime juice
- 1/3 cup of lemon sorbet
- 1/2 cup of ice cubes (crushed)

Preparation Place ingredients in the order listed above in a blender. Pulse three times to chop fruit, then blend until it becomes evenly smooth. Serve now.

Peanut Jelly Smoothie



Ingredients

- 1/2 cup low-fat milk
- 1/3 cup nonfat plain Greek yogurt
- 1 cup full of baby spinach
- 1 cup with frozen banana slices
- 1/2 cup with deliciously frozen strawberries
- 1 tablespoon containing natural peanut butter
- 1-2 teaspoons of maple syrup or honey

Preparation Add milk and yogurt to a blender, add spinach, banana, strawberries, peanut butter and sweetener. Blend and smooth out.

Pineapple Glory Smoothie



Ingredients

- 1 cup cubed fresh canned pineapple
- 1/4 cup with frozen pineapple-orange-juice
- 1/2 cup fat free vanilla yogurt
- 1/4 cup of water
- 2 crushed ice cubes

Preparation

Combine pineapple, pineapple-orange-juice concentrate, yogurt, water and ice cubes in the blender; blend them until smoothed evenly and become frothy.

Pomegranate Red Moon Smoothie



Ingredients

- 2 cups frozen mixed berries
- 1 cup pomegranate juice
- 1 medium banana
- 1/2 cup nonfat cottage cheese
- 1/2 cup water

Preparation

Combine mixed berries, pomegranate juice, banana, cottage cheese and water in a blender; blend until smooth. Serve immediately.

Raspberry-Avocado Crazy Smoothie



Ingredients

- 1 avocado, peeled and pitted
- 3/4 cup orange juice
- 3/4 cup raspberry juice
- 1/2 cup frozen raspberries, (not thawed)

Preparation

Puree avocado, orange juice, raspberry juice and raspberries in a blender until smooth.

Energy Smoothie



Ingredients

- 1 cup with frozen berries
- 1/2 banana
- 1/2 cup with concentrate apple juice
- 1/4 cup of tofu

Preparation

Mix berries, banana, apple juice concentrate and tofu in a blender machine; blend it until smooth and silky.

Go Berry Nuts Smoothie



Ingredients

- 10 frozen big strawberries
- 1 cup full of almond milk
- 1/2 cup full of tofu
- 2 sugar tablespoons

Preparation Mixing strawberries, almond-made milk , tofu and sugar or sweetener into the machine. Blend until well frothy and smooth during 1 minute. Drop into a tall glass.

Strawberry Fields Smoothie



Ingredients

- 1 cup of nice frozen Strawberries, partially thawed
- 1 cup with buttermilk
- 1/2 cup full of frozen cranberry juice
- 2 crushed ice cubes
- 1 sugar teaspoon

Preparation Mix strawberries, add buttermilk, drop cranberry juice and crushed ice into the blender; cover and blend until smooth and bubbly. Add sugar.

Tofu Tropicana Smoothie



Ingredients

- 2 cups of thin—diced frozen mango
- 1 1/2 cups pineapple juice concentrate
- 3/4 cup of tofu
- 1/4 cup lime juice
- 1 teaspoon of grated lime zest

Preparation Put together mango, pineapple juice concentrate, tofu, lime juice and lime zest in the blender device; blend it until smooth. Serve now.

Life in the Tropic S



Ingredients

- 1 cup with cube-chopped pineapple. Ideally fresh. Canned is also acceptable.
- 1 sliced good size banana.
- 1/2 cup of tofu, (low-fat yogurt can be used as well)
- 1/3 cup frozen passion fruit concentrate
- 1/2 cup of fresh water
- 2 big ice cubes
- 1 wheat or oat bran tablespoon

Preparation

Mix pineapple, banana, tofu, passion fruit, water, ice cubes and bran in the blender; cover and blend until it gets well creamy.

Happy Wake-Up Smoothie



Ingredients

- 1 1/4 cups of orange juice
- 1 whole big banana
- 1 1/4 cups frozen raspberries, blackberries, blueberries and/or strawberries
- 1/2 cup low-fat tofu, or fat-free yogurt
- 1 sugar tablespoon

Preparation

1. Mix orange juice, banana, berries, tofu and add sugar in the machine; blend until creamy.

Banana Force Smoothie



Ingredients

- 1 1/4 orange juice cups from concentrate
- 1 medium sliced size banana
- 1 cup of frozen blueberries, blackberries or raspberries
- 1/2 cup of tofu
- 2 crushed ice cubes
- 1 sugar tablespoon

Preparation Put together orange juice, banana, chosen berries, tofu and crushed ice in the blender machine. Sweeten with sugar.

Banana Spices Smoothie



Ingredients

- 2 ripe medium sized bananas
- 2 cups full of vanilla kefir
- 1/2 teaspoon of cinnamon
- 1/8 teaspoon with nutmeg
- 1/8 teaspoon ground allspice
- 12 ice middle-sized cubes

Preparation

Mix kefir, bananas, cinnamon, ground nutmeg, allspice and ice cubes in a blender. Blend!

Greenford Smoothie



Ingredients

- 2 ripe medium bananas
- 1 ripe pear or apple, peeled if desired, chopped
- 2 cups chopped kale leaves, tough stems removed (see Notes)
- 1/2 cup cold orange juice
- 1/2 cup cold water
- 12 ice cubes
- 1 tablespoon ground flaxseed (see Notes)

Preparation Place bananas, pear (or apple), kale, orange juice, water, ice cubes and flaxseed in a blender. Pulse a few times, then puree until smooth, scraping down the sides as necessary.

Green Days Pineapple Smoothie



Ingredients

- 1/2 cup unsweetened almond milk
- 1/3 cup nonfat plain Greek yogurt
- 1 cup baby spinach
- 1 cup frozen banana slices (about 1 medium banana)
- 1/2 cup frozen pineapple chunks
- 1 tablespoon chia seeds
- 1-2 teaspoons pure maple syrup or honey (optional)

Preparation

Add almond milk and yogurt to a blender, then add spinach, banana, pineapple, chia and sweetener (if using); blend until smooth.

Creamonut Man-Go Passionate smoothie



Ingredients

- 200ml full of coconut milk
- 5 tbsp coco milk yogurt
- 1 big banana
- 1 tbsp of flaxseed, sunflower and pumpkin seed
- 125g of frozen mango pieces
- 1 passion fruit cup

Preparation

Pour everything into 1 tall glass. Crack on with the blender!.Go for it!!!

Peachy Melba smoothie



Ingredients

- 400g can of peach halves
- 110g frozen berries.
- 90ml of orange juice from concentrate
- 140ml of fresh custard

Preparation Drain peaches and place in a blender with berries. Add orange juice concentrate and custard and whizz together.

Pour over ice, garnish with some more custard and a few berries. Serve quite cool.

Silky Cranberry Rasp smoothie



Ingredients

- 175ml of juiced cranberries
- 170g of frozen raspberries
- 100ml of whole-fat milk
- 175ml of plain yogurt
- 1 tbsp of sugar
- mint leaves, as serving suggestion

Preparation Put together all the ingredients into the blender and press power until it gets smooth. Pour into glasses and serve topped with mint leaves.

Manganana smoothie



Ingredients

- 1 large mango
- 1 large banana
- 550ml of orange juice from concentrate
- 3 ice cubes

Preparation

Cut the mango flesh into chunks. Chop banana. Place ingredients into a blender, then process until it gets thick and smooth.

IBreakBerryFast smoothie



Ingredients

- 1 small banana
- 150g blackberries, blueberries or strawberries
- apple juice from concentrate
- Honey

Preparation

Slice the banana and add the berries. Whizz until it gets smooth. Pour in juice or water to make the consistency you prefer while the smoothie is being shaken.

Tropical Fast Smoothie



Ingredients

- 4 passion fruits
- 1 chopped banana
- 1 medium size mango, chopped
- 275ml orange juice
- 5 ice cubes

Preparation Scoop the pulp off the passion fruits into the blender and then add the banana, mango and orange juice from concentrate. Blend until smooth. Drink immediately, leaving the ice cubes floating on top.

Clementine Festival Reception smoothie



Ingredients

- 24 clementines
- 2 small, ripe mangoes
- 2 ready to eat small bananas
- 450g tub whole milk (you can also use fat-free yogurt)
- 4 handful of ice cubes

Preparation Cut clementines in halves and squeeze out the juice Peel off mangoes, slice away the fruit from the stone, then chop flesh into big pieces. Slice the bananas.

Put clementine juice, mango flesh, bananas, yogurt and ice cubes into a blender and until smooth. Serve.

Nottingham Forest smoothie



Ingredients

- A few frozen fruits of the forest
- One medium size sliced banana
- fruits of the forest yogurt (fat free ideally)

Preparation

Drop everything in a food processor with fruits of the forest yogurt.

Power of Zeus smoothie



Ingredients

- 1 roughly chopped orange
- 1 long carrot, roughly chopped
- 2 sticks of roughly chopped celery.
- 50g mangoes, roughly chopped
- 200ml water

Preparation

Put all the ingredients into the blender, top up with water, blend until smooth.

Bone Strength smoothie



Ingredients

- ½ chopped avocado
- Spinach leaves
- Kale leaves (washed)
- 600g of pineapple pieces
- 12cm roughly chopped cucumber
- 330ml of coconut water

Preparation

Put together avocado, spinach, kale, pineapple and cucumber into the blender. Top with coconut water, then blend until it gets smooth.

Good Heart smoothie



Ingredients

- 2 small beetroots: roughly chopped
- 1 small apple
- 55g blueberries
- 1 1/4 tbsp grated ginger
- 330ml water

Preparation

Put together the beetroot, apple, blueberries and ginger in a blender, top up with water then blend it smooth.

Avery smoothie



Ingredients

- ½ avocado cut into chunks
- 175g halved strawberries
- 5 tbsp low-fat natural yogurt
- 175ml semi-skimmed milk
- lemon or lime juice
- honey

Preparation

Put ingredients in a blender. When too thick, add some water.

Mint Deluxe pineapple smoothie



Ingredients

- 175g peeled, chopped pineapple
- mint leaves
- 60g baby spinach leaves
- 20g oats
- 2 1/2 tbsp linseeds
- handful cashew nuts
- fresh lime juice

Preparation Put ingredients in the blender with 175ml water and leave it on until smooth. If it's too thick, add more water (but never more than 350 ml).

Berry Oat Smoothie



Ingredients

- ½ cup rolled oats
- 1 cup of semi-skimmed milk
- ½ cup full of frozen berries
- 2 tablespoons of honey
- ⅓ cup vanilla yogurt
- ¼ cup of ice

Preparation Add all ingredients to a mixer. Cover and pulse until ice breaks up, then puree until it gets smooth. Add sweetener.

Raspberry Coconut Smoothie



Ingredients

- 1 cup of coconut milk
- 1 medium-sized banana, peeled and frozen
- 2 teaspoons of coconut extract
- 1 cup of frozen raspberries

Preparation Add coconut milk, the frozen banana slices and coconut extract to the blender. Keep on for 1-2 minutes until smooth. Add frozen raspberries and continue smoothing out.

Pour into a serving glass, topped with a few of raspberries and shredded coconut.

Full Detox Green Smoothie



Ingredients

- 1 stalk of kale
- 1 cup of baby spinach
- ½ seedless lemon (keep skin on)
- ½ inch of peeled ginger
- 4 inch piece of peeled cucumber
- ¼ cup of very fresh parsley
- 1 peeled and chopped pear
- A few mint leaves
- 1 Daily Good Greens powder pack
- ¾ cup water

Preparation Mix all ingredients in a blender and keep on until smooth.

Apple Pie Goodness Smoothie



Ingredients:

- 2 red apples (core free)
- 1 big frozen banana
- 1 1/2 cup ice
- 1 cup of almond milk
- 1/2 cup of full-fat Greek yogurt
- 1 teaspoon of thinly ground cinnamon
- ¼ teaspoon of ground nutmeg
- 1/8 teaspoon of ground ginger
- 1/8 teaspoon of ground cloves

Preparation Add ingredients to blender. Keep pressing ON until combined and smoothly shaken.

Almond Butter Blueberry Smoothie



Ingredients:

- 1 peeled banana
- 1 cup of frozen blueberries
- 1/2 cup with almond butter
- 1/2 cup with fat-free yogurt
- 3/4 cup full of almond milk
- 3 dates boneless and chopped
- 2 ice cups

Preparation: Mix all ingredients in a blender machine; purée on high power until it gets smooth. Add the ice cubes and blend it until it gets consistent enough.

Chocolate Festival Smoothie



Ingredients

- 1 tablespoon of raw honey
- 1 medium sized banana
- 2 tablespoons of peanut butter
- 1½ tablespoons of cacao powder
- ½ cup of almond milk.

Preparation Microwave honey for 5-10 seconds. Make a puree with honey, banana, peanut butter, cacao and almond milk in a blender until it gets smooth.

Cake Batter Party Smoothie



Ingredients

- 2 cups of ice
- 1 cup plain or vanilla yogurt
- $\frac{2}{3}$ cup pf yellow cake mix, preferably dry
- $\frac{2}{3}$ cup of milk
- chocolate syrup, sprinkles

Preparation Add ice, yogurt, cake mix, and milk to a blender. Keep ON until smooth (crushing free).

If too thick add a few milk tablespoons and press ON until to desired consistency. Serve immediately. Add chocolate sprinkles and syrup.

Vegan Brownie smoothie



Ingredients

- 2 cups of almond, soy or your preferred milk.
- 1 frozen chopped banana
- 4 pitted dates
- 2 big tablespoons of raw cacao powder
- 2 massive tablespoons of coconut manna

Preparation

Blend.Serve.

Carrot Cake Madness Smoothie



Ingredients:

- 1 large banana, diced and frozen
- 1 cup of diced carrots
- 1 cup of almond milk
- 1/2 cup of plain Greek yogurt
- 2 medium teaspoons of maple syrup
- 1/4 teaspoon of cinnamon (ground)
- Small teaspoon of ground ginger
- Small teaspoon of nutmeg

Preparation: Add everything a blender and press ON for 30-60 seconds until smooth. If too thick, add 1/4 cup of almond milk. Serve and garnish with optional toppings.

Holiday Detox Apple Smoothie



Ingredients

- 1 banana
- 1-2 cups kale
- 1 cup of apple cider
- 1 cup of ice
- 1/8 teaspoon of cinnamon
- Pomegranate seeds to top the smoothie with

Preparation Blend all ingredients together. Use water replacing ice to achieve juice texture instead of smoothie texture. Drop in a dash of cinnamon, top it with pomegranate and serve.

Creamy Date Smoothie



Ingredients

- $\frac{3}{4}$ cup whole fat milk
- $\frac{1}{2}$ cup pitted dates
- $\frac{1}{2}$ cup ice

Preparation

Place the milk and dates in a blender. Cover until the dates have softened. Add ice and blend until frothy.

Spiced Pumpkin Halloween Smoothie



Ingredients

- 1 Ice cup
- 3/4 cup whole fat milk
- 1/3 cup full of pumpkin puree
- 1 honey tbsp
- 1/8 tbsp of ground nutmeg

Preparation

Put ice, milk, pumpkin puree, nutmeg and honey into the machine blender. Blend until frothy.

Papaya Ginger Smoothie



Ingredients

- 1 ½ cups of chunked papaya (ideally chilled)
- 1 ¼ ice cup
- ½ cup fat free Greek yogurt
- 2 tbsp of freshly peeled ginger (well chopped)
- Half a lemon juice
- 1 tbsp of agave nectar
- Mint leaves

Preparation

Mix-blend papaya, ice, yogurt, ginger, lemon juice, the nectar, and mint in a mixer until it becomes a consistent enough smoothie.

Almonge Honey-Flavored Smoothie



Ingredients

- 250 mL of vanilla-flavoured almond drink
- 125 mL orange juice from concentrate
- 1 whole lemon juice
- 1 whole lime juice
- 5 ice cubes
- 20 mL of honey

Preparation

Blend all ingredients together.

Freeze Blast Smoothie



Ingredients

- peeled large grapefruit (seed free)
- 125 mL crushed pineapple
- 125 mL frozen strawberries
- 125 mL of fat-free Greek yogurt

Preparation

Put together all ingredients and blend.

Watermelon Blessing Smoothie



Ingredients

- 500 mL chopped watermelon (no seeds)
- 250 mL of strawberry juice
- 250 mL fat-free yogurt
- 5 ice cubes

Preparations

Put all the ingredients into the blender and press ON.

Banana Pear Smoothie



Ingredients

- 2 ready to eat pears, (chop them coarsely and remove seeds)
- 5 mL of ginger root
- 1 medium sized banana
- 250 mL skimmed milk
- 6 ice cubes
- Sprinkle of cinnamon

Preparation

Mix and blend the ingredients

Spinaberry Smoothie



Ingredients

- 125 mL of fat free vanilla yogurt
- 500 mL of water
- 1 large banana
- 250 gr of strawberries
- 500 mL of fresh spinach
- Honey

Preparation

Combine yogurt, water, banana, 250 gr of strawberries, spinach and honey. Blend it and pour to serve.

Citrus Energy-Boosting Smoothie



Ingredients

- 1 orange with removed seeds. Peeled.
- 1 seedless, chopped lemon
- 5 spinach leaves
- 2 grated carrots
- 400 mL of almond milk
- 1 peeled peach (no stone)

Preparation

Blend all ingredients together.

Beet and Strawberry Smoothie



Ingredients

- 4 cooked and peeled beets
- 500 mL of coconut water
- 500 mL frozen strawberries
- 1 juiced whole lime

Preparation

Blend all ingredients together.

Wild Blueberry Soy Punch



Ingredients

- 2 cups of frozen wild blueberries
- 1 3/4 cups of vanilla soy milk
- 5 tbsp honey
- 1/8 tsp of ground nutmeg

Garnish:

Mint leaves

Preparation

Blend honey with soy milk, add frozen wild blueberries and puree until smooth. Season with a dash of nutmeg.

Strawberry Yogurt-Based Smoothie



Ingredients

- 1 L of ready to eat strawberries
- 250 mL of fat free yogurt
- 125 mL of squeezed orange juice
- 1 tbsp of sugar
- 4 small strawberries with leaves
- 4 slices of orange (with the skin)

Preparation Rinse and drain the strawberries and place them in a food processor or blender. Add the yogurt, orange juice and sugar. Process on the highest speed

Coffee chia smoothie



Ingredients

- 175ml of almond milk
- 1 medium sized banana
- 1 1/4 shots of coffee
- 2 1/3 tbsp of chia seeds
- 1 tsp of vanilla extract or vanilla powder

Preparation

Place everything except the seeds in the blender and blend. Poor into a glass then stir in the chia seeds. Let this mix sit for 10 minutes. Keep stirring every minute.

Detoxifying green smoothie recipe



Ingredients

- 50g of pineapple
- 1 kiwi (skinned)
- 330ml of coconut water
- 3/4 avocado
- 7 spinach leaves
- 3/4 tsp of coconut oil

Preparation

Place everything in a blender and smooth out.

Beetroot and blood orange smoothie



Ingredients

- 1 small beetroot
- 2 big blood oranges
- 1 medium ready to eat avocado
- 1 ¼ tbs raw honey
- 1tsp vanilla extract
- 250ml of mineral water

Preparation Scrub the beetroot and slice into quarters. Peel the blood oranges removing any pips. Scoop out the avocado flesh. Add the beetroots, blood orange flesh, avocado flesh, raw honey, vanilla extract and water to the blender. Blend until smooth.

Spinach, avocado, lime and mint green smoothie



Ingredients

- 75g of watermelon flesh
- 50g baby spinach greens
- 250ml of coconut water
- 1 large apple (ideally sweet)
- 4 tbsp of avocado flesh
- 2 tbsp of fresh lime juice
- 8 large mint leaves
- 6 ice cubes

Preparation Combine all of the ingredients in a mixer and blend until smooth and frothy.

Citrus and ginger flu-Killer smoothie



Ingredients

- 2 medium oranges (seedless and peeled)
- 3 tbsp. of lemon juice (fresh)
- 1 tsp of fresh ginger
- 3 tsp. of maple syrup
- 5 ice cubes
- Cayenne pepper

Preparation

Blend until smooth into the mixer.

Chialmond post-workout smoothie



Ingredients

- 250ml of almond milk
- 2 tbsp of rolled oats
- 2-3 Medjool dates
- 1 1/4 tbsp chia seeds
- 1 tbsp almond butter
- 1/2 tsp of cinnamon powder
- 1/4 tsp of vanilla extract
- 6 ice cubes

Preparation In a mixer, combine all of the ingredients and blend until smooth and creamy.

New Roon-Go turmeric smoothie



Ingredients

- 1 large mango
- ½ frozen banana
- flesh from a coconut
- 250 ml of coconut water
- ½ tsp of grated turmeric
- 3 ice cubes

Preparation

Cut mango into chunks. Place in a blender with other ingredients and press ON until it gets creamy.

Pear Berry Weight-Loss Smoothie



Ingredients

- 1 pear
- 1 peeled kiwi
- 1/4 ready to eat avocado
- 1 1/4 cup of frozen raspberries
- 1 1/4 cup of raw spinach
- 2 ounces of fat free vanilla Greek yoghurt
- 3/4 tbsp of flax meal
- 1 3/4 cups cold water

Preparation Mix everything in a blender until smooth.

Green Tea Cinnamon Smoothie



Ingredients

- 1/2 cup of chilled green tea
- 1/2 cup of almond milk
- 1 cinnamon tsp.
- 1 tablespoon of honey
- 3/4 banana

Preparations

Add one to two scoops of ice to blender with all ingredients pressing ON until smooth.

Cherry Berry Merry Ginger Smoothie



Ingredients

- 1 1/4 cup of cherries (frozen)
- 1 cup of strawberries
- 3/4 cup of kale
- 1/6 cup walnuts
- 1 tbsp. full of wheat germ
- 1/2 tbsp. of grated ginger
- 1/2 cup of green tea

Preparations

Mix everything into a blender. Serve rapidly.

Mangwi Smoothie



Ingredients

- 3 ounces of fat-free vanilla yoghurt
- 1 1/4 cups of baby spinach
- 1/2 cup of frozen blueberries
- 1/2 cup of ripe mango (frozen)
- 1 peeled kiwi
- 1/4 cup full of kidney beans
- 1/6 cup of walnuts
- 1 teaspoon of flax meal
- 3/4 cup filled with cold water

Preparations

Pour all ingredients into the blender and mix.

Papaya Ginger Mint



Ingredients

- 1 peeled and chunked papaya
- 3/4 cup of ice cubes
- 1/2 cup of fat-free Greek yoghurt
- 1/2 tablespoon of fresh ginger
- 1/2 tbsp. of honey
- Juice from half a lemon
- Water to taste
- 5 fresh mint leaves plus 2 sprigs (garnishing)

Preparations Blend papaya, ice, yoghurt, ginger, honey, and lemon juice into a blender. Add water, one tablespoon every time, until smooth and thinned as required by your taste. Mix in mint leaves. Garnish using mint leaves and sprigs.

Blueberry Protein Post-Workout Smoothie



Ingredients

- 1 cup of vanilla almond milk
- 2 scoops of vanilla protein powder
- 1/2 cup with blueberries (frozen)
- 1 cup with plenty of spinach
- 1/2 cup fat-free Greek yogurt
- 4 Ice cubes

Preparations Place all ingredients in a blender. Press ON for 30 seconds. Serve fast.

Sweet Home Spinach Smoothie



Ingredients

- 2 cups full of spinach leaves
- 1 ready to eat pear (peeled)
- 15 grapes
- 175 grams of low fat Greek yoghurt
- 2 tbsp. of avocado (chopped)
- 2 tbsp of lime juice

Preparations

Combine all the ingredients until blended to the desired consistency.

Metabolism-Boost Smoothie



Ingredients

- 175 grams of fat free Greek yoghurt
- 9 almonds
- 1/4 cup broccoli florets (stem free)
- 1 cup of frozen strawberries
- 1/3 cup of cannellini beans
- 3/4 cup filled with cooled green tea
- 1 tbsp. flax meal
- 1/4 cinnamon tbsp.

Preparations

Pour all ingredients into a mixer and smoothly blend. Add cinnamon on top.

Sober Mojito Smoothie



Ingredients

- 1/2 cup of soy milk
- 1 medium sized frozen banana
- 1 cup of baby spinach
- 1 teaspoon of vanilla extract
- 1/2 Juiced small lime
- 1/2 cup of spearmint
- 5 Ice cubes

Preparations

Mix soy milk, banana, spinach, vanilla, and lime juice in a blender. Add the spearmint and cubes and blend again. Keep adding spearmint if needed.

Veganilla Milkshake Smoothie



Ingredients

- 1/2 cup of silken tofu
- 1 cup of vanilla flavoured soy milk
- 1 big banana
- 1/2 tablespoon with peanut butter

Preparations

Put everything into the blender for about one minute. Serve. Enjoy.

Chocoberry Banana Protein Smoothie



Ingredients

- 90 grams of fat-free Greek yoghurt
- 1 medium banana
- 1 1/2 cup of mix of blueberries, raspberries and strawberries.
- 3/4 cups of water

Preparations

Place all ingredients in a mixer and blend until it gets smooth.

Cinnamon Apple Smoothie



Ingredients

- 7 of ounces coconut water
- 5 raw almonds
- 1 1/4 tbsp. of vanilla extract
- 1 tbsp. of powder cinnamon
- 1 cup containing a medium-sized chopped apple
- 1/2 scoop of protein powder (unsweetened)
- 1 tbsp. of flax seed meal (ground)

Preparations Mix all the elements into a blender, and press ON for approximately 10-15 seconds. Add ice if you want to drink right away. Otherwise keep in fridge.

Cinnamon Bun Smoothie



Ingredients

- 1 medium sliced banana (frozen)
- 1 cup containing almond milk
- 1/2 tbsp. of cinnamon powder
- 1/4 tbsp. of vanilla extract
- 1/2 tbsp of maple syrup
- Cinnamon stick

Preparations

Mix all ingredients in a blender. Blend it until it gets smooth, add more milk if necessary.

Choconut Water Smoothie



Ingredients

- 7 ounces of chocolate coconut water
- 1 large frozen banana
- 3 tbsp. of raw hemp seeds

Preparations

Put together all ingredients in a blender, and mix well. Garnish with sliced banana on top and sprinkle over with hemp seeds.

Chocolate Banana Cashew Smoothie



Ingredients

- 90 grams. non-fat vanilla Greek yoghurt
- 1/2 frozen-medium sized banana
- 1/3 avocado
- 1/2 cup of spinach leaves
- 1/2 cup choco soy milk
- 1/8 cup of cashews (unsweetened)
- 1/2 cup of water

Garnish:

3 dark chocolate chips

Preparations

Add ingredients to a mixer, blend it and add some extra cashews on top to garnish.

Spinolate Smoothie



Ingredients

- 1 medium, sliced frozen banana
- 1 cup of fresh spinach
- 1/2 cup full of fat-free yogurt
- 1 cup with plenty of chocolate almond milk
- Pinch of cinnamon, optional

Preparations

Blend ingredients together until it gets creamy. Top with cinnamon powder.

Piña Colada Smoothie



Ingredients

- 3/4 cup of fresh diced pineapple
- 1/4 cup of coconut milk
- 1/2 small sized banana
- 1/3 cup of crushed ice
- 1/4 teaspoon of lemongrass (mince)
- 50 ml of rum

To garnish:

1 teaspoon of coconut flakes

Preparations

Mix all ingredients except the coconut flakes in a food processor, press ON and let it puree until it gets smooth. Sprinkle on top with coconut flakes.

Celeryation Smoothie



Ingredients

- 2 cups full of fresh blueberries
- 1 medium sized banana
- 1 stalk of fresh celery
- 1 cup of cold water
- 1 cup orange juice from concentrate
- 5 ice cubes

Preparations Drop orange juice and water into the blender with the banana floating and blend. Add the blueberries and celery and blend again for 30 seconds. Finally, add the ice cubes to achieve a smoother consistency.

Martian Smoothie



Ingredients

- 1 peeled ready to eat avocado
- 1/2 cup of silken tofu
- 1 cup of pear juice from concentrate
- 2 tablespoons full of honey
- 1/2 teaspoon of vanilla extract
- 10 ice cubes

Preparations Cut avocado in half removing the stone, then scoop out flesh into cubes to the blender. Add tofu, pear juice, honey, and vanilla, and mix it until smooth. Add the 10 ice cubes; blending it until desired consistency.

Alberry Banana Yogurt Smoothie



Ingredients

- 6 medium sized strawberries
- 1/2 medium banana
- 1/2 cup of blueberries
- 90 ml of soy yogurt
- 1 cup of soy milk
- 11 almonds
- 4 ice cubes

Preparations

Put all ingredients into a blender, mixing them until the smoothie becomes creamy.

Morning Workout Pure Force Smoothie



Ingredients

- 1/2 cup of vanilla flavoured almond milk
- 1/2 cup of spring water
- 1/2 banana (medium sized)
- ¼ tbsp. of cinnamon
- 1 scoop of vanilla protein powder
- 2 drops of liquid Stevia

Directions

Mix all ingredients into the food processor and blend until creamy and smooth.
Serves one

The Glowing Smoothie



Ingredients

- 1 1/2 cups of water
- 1 head of chopped romaine lettuce
- 4 stalks of celery
- 1/2 head of a large bunch of spinach
- 1 seedless and chopped apple
- 1 cored and chopped pear
- 1 medium sized banana
- Juice of 1/2 lemon
- 1/3 bunch of cilantro (with stems) and 1/3 bunch of parsley (including stems)

Preparations Add water and a chopped head of romaine to the blender. Mix at a low speed until it becomes smooth.

Add celery, apple, and pear and blend at maximum speed. Add cilantro and parsley. Finally add the lemon and the banana into the mix.

Banberrynut Butter Broccoli Smoothie



Ingredients

- 1 frozen medium sized banana
- 5 frozen large strawberries
- 5 raw broccoli florets
- 125 ml of vanilla Greek yogurt
- 1/2 tbsp. of smooth peanut butter
- 1/4 cups of cold mineral water

Preparations Put together the ingredients into the blender and blend until it acquires a smooth texture. Drink immediately.

G-O-C Smoothie



Ingredients

- 1 cup fresh of organic carrot juice
- 1 peeled orange (organic)
- 1 cup full of organic spinach
- ½ tbsp. of ginger
- 5 ice cubes

Preparations Place carrot juice, orange, spinach, and ginger into the food processor. Mix at medium speed for 40 seconds. Finally ad ice and smooth out blend during 20 more seconds.

Fig Honey Yoghurt Smoothie



Ingredients

- 1/2 cup of almond milk
- 1/2 cup fat-free Greek yoghurt
- 8 ice cubes
- 4 fresh figs, stem free (preferably cut in half)
- ½ medium sized banana
- 1 pitted date
- 1 tbsp. full of honey
- 1 tbsp. with very fresh lemon juice
- 1/8 tbsp. of cinnamon (ground)

Preparations Add milk, yoghurt, ice, figs, and the banana to the food mixer or blender; press ON at medium power during 30 seconds. Add date, honey, lemon juice, and ground cinnamon. Mix again. Serve immediately.

Chocolate Strawberry Banana Smoothie



Ingredients

- 6 frozen strawberries
- 1 frozen middle sized banana
- 1 cup full of spinach
- 125 ml of Greek yogurt
- 1/2 cup full of chocolate soy milk
- 1/2 tbsp. of peanut butter

Preparations

Mix all ingredients. Serve fast!

Mint Choco Chip Shake



Ingredients

- 1 tbsp. cacao nibs
- 1/2 tbsp. of vanilla extract
- 1/2 cup vanilla ice cream (no dairy)
- ½ cup of mint leaves (with stems)
- 5 medium size ice cubes
- 3/4 cup of almond milk
- ¼ tbsp. of sea salt

Preparations Combine all ingredients in the blender, blend it until it becomes smooth. Reduce thickness by adding more almond milk.

Velvety Butternut Cinnamon Date Smoothie



Ingredients

- 1 1/2 cups of almond milk
- 1 1/4 cups of butternut squash (ideally roasted)
- 4 pitted large Medjool dates
- 1 tbsp. of chia seeds
- 2 tbsp. of ground cinnamon
- 1 teaspoon of vanilla extract
- 1/2 tbsp. of ginger (ground)
- 1/8 tbsp. of cloves (ground)
- 6 large ice cubes

Preparations Add all smoothie ingredients at high in the blender and mix until smooth, adjusting the spices as needed.

Vegan Glow Pink Power Detox Smoothie



Ingredients

- 1 cup of coconut water
- 1/2 medium pitted avocado
- 2 chopped celery stalks
- 1 cup of frozen medium strawberries
- 1 medium chopped beet
- 1 juiced lemon
- 1 tbsp. of coconut oil
- 6 medium ice cubes
- 1 chopped and peeled apple

Preparations Steam beet if you need before doing the smoothie. Add ingredients into a high-speed blender until smooth.

Lime and Coconut Green Smoothie



Ingredients

- Juice from 1 lime
- 1/2 cup of coconut milk
- 1/3 cup of coconut water
- 1/2 frozen medium sized banana
- 1 1/2 cups of spinach
- 5 Ice cubes

Preparations Juice the lime, put all the ingredients together into the blender and press ON. Garnish with lime. Serve on the spot.

Health Nut Blueberry Smoothie



Ingredients

- 1 frozen medium size banana
- 1 cup full of frozen blueberries
- 1 cup of fresh spinach
- 1 tbsp of almond butter
- 1 tbsp of dried coconut (unsweetened)
- 1 cup of almond milk
- 5 ice cubes

Preparations Place all ingredients into a blender at high speed and mix until smooth. Thin out if necessary with almond milk.

Berry Mix Smoothie



Ingredients:

- 175g of berries (frozen)
- 1 medium sized banana
- 1 tsp full of honey
- 3 tbsp of natural yoghurt
- 150ml of natural orange juice

Preparation

Throw everything into a blender and press ON until it gets smooth. Make it thinner adding more juice, or thicker by adding more yogurt. If desired, pass smoothie through a sieve to remove seeds.

Zero Banana Berry Green Smoothie



Ingredients

- 1 cup full of baby spinach
- ½ cup with strawberry (frozen)
- ½ cup of raspberries (frozen)
- ½ cup of fat-free vanilla Greek yogurt
- ½ cup of orange juice from concentrate

Preparations Combine all ingredients, drop them into the blender, and keep mixing until the mix meets the desired thickness.

Oatmeal raisin cookie green party smoothie



Ingredients

- 1 frozen large banana
- ½ cup full of spinach leaves
- 1/3 cup of almond milk
- 1 pitted date
- 3 tbsp of oats
- 1 tbsp of almond butter
- 1/2 tsp of ground cinnamon
- 1/6 tbsp of vanilla
- 1/8 tsp of xanthan gum
- 1 tbsp of chopped raisins

Preparation

Throw all ingredients except oats and raisins. Pour them into a bowl and oats and the chopped raisins evenly distributed before. Drop into the blender and press ON.

HEALTHY LIVING

A collage of various green smoothies and their ingredients. The top left shows a smoothie with dill and lemon. The top right shows a smoothie with a kiwi slice and a bowl of seeds. The middle left shows a smoothie with a kiwi slice. The middle right shows a smoothie with a kiwi slice. The bottom left shows a smoothie with cucumber and orange. The bottom right shows a smoothie with an apple, cucumber, and ginger.

SMOOTHIES
GREEN
SMOOTHIES

CARL PRESTON

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by: Carl Preston**

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Green Smoothie Recipes: 10 Day Green Smoothie Cleanse

Imagine for a moment you are on your way back home from work. You are driving, sitting on the train or simply walking back. You are starting to feel hungry.

You want to give yourself a treat. A healthy one. Is that possible? You wonder. A few seconds go by after your craving thoughts.

You fancy something good, something fast, but you also want it to make feel good. A healthy reward is what you are after. Then, out of nowhere, your mind starts to picture what you are really after...

Green Smoothie Diet: Green Smoothie Book: Green Smoothies for Weight Loss: The Green Smoothie Diet Then you realize: Of course! A healthy, tasty Green smoothie is the answer to all your thoughts and cravings. Easy to make, even easier to serve, and a pure pleasure to have.

So what are you waiting for? The ingredients are easy to get. The blender? You do not need anything fancy, just a traditional blender or a mixing machine, don't you think you need one of those new expensive Ninja Blenders.

Green Smoothie Detox: Green Smoothie Recipes Book->
The answer to your Cravings

Give yourself a treat. Or even better: give your friends and your loved ones a treat. With the recipes you will find in ***Green Smoothie Recipes*** you will have success guaranteed at any party, gathering, reception or social event you may ever have to hold.

The answer is: ***Green smoothie Recipes***

And now, without any further delay, behold: ***The Top Green Smoothies.***

Enjoy!

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Day 1

Island Blast



Ingredients

- 1 small to medium banana (ripe and peeled)
- 1 rib of celery
- ¼ cucumber (peeled if not organic)
- 1 cup of fresh or frozen pineapple
- 1 small handful of parsley
- ½ inch piece of ginger (or less if you're new to ginger)
- 1-2 cups of coconut water (unpasteurized)

Instructions

Combine all ingredients in a blender and blend until smooth.

Creamy Green



Ingredients

- 1 avocado (ripe, peeled and pit removed)
- 1 frozen small to medium banana (ripe and peeled)
- 1 orange (peeled and seeds removed)
- ½-1 cup of spinach
- ½ cups of unsweetened vanilla almond milk
- For a sweeter smoothie, use 1 tbsp of Grade B maple syrup, raw agave nectar, or 1 pitted medjool date*Optional: 5-6 ice cubes

Instructions

Combine all ingredients in a blender and blend until smooth.

Tropical Cleanse



Ingredients

- 1 cup frozen or fresh pineapple
- 1 small to medium banana (ripe and peeled)
- 1 inch piece of ginger
- 2 handfuls of spinach
- 1 cup water or coconut water (unpasteurized)

Instructions

Combine all ingredients in a blender and blend until smooth.

Banana-Berry Super Smoothie



Ingredients

- 2 cups of spinach
- 1 frozen small to medium banana (ripe and peeled)
- 3/4 cup of frozen mixed berries (or fresh strawberries or blueberries)
- ¼ cup of raw nuts or raw seeds (my favorites are sunflower seeds, walnuts, flax seeds or almonds, or a combination of the above)
- 1-2 cups of water or coconut water (unpasteurized)

Instructions

Combine all ingredients in a blender and blend until smooth.

Green Strawberry-Kiwi Lemonade



Ingredients

- 1 kiwi (peeled)
- $\frac{3}{4}$ cup of frozen or fresh strawberries
- $\frac{1}{4}$ - $\frac{1}{2}$ cup of frozen or fresh pineapple
- $\frac{1}{2}$ lemon (peeled and seeds removed)
- 2 cups of spinach
- $\frac{1}{2}$ cups of water or coconut water (unpasteurized)

Instructions

Combine all ingredients in a blender and blend until smooth.

Day 2

Strawberry Cream



Ingredients

- 1 frozen small to medium banana (ripe and peeled)
- 1 cup of frozen strawberries
- ½ avocado (ripe, peeled and pit removed)
- 1 ½ cups of unsweetened almond milk
- 1 tsp of vanilla extract
- 1 tbsp of Grade B maple syrup, raw agave nectar or 1 pitted medjool date

Instructions

Combine all ingredients in a blender and blend until smooth.

La Belle Verte



Ingredients

- 3/4 banana, frozen (or fresh banana + 2-3 ice cubes)
- 4 chunks pineapple
- 2 large leaves fresh kale
- 1/4 cup parsley (firmly packed)
- 1 or 2 dates
- 2 tbsp shelled hemp seeds
- 1 pinch sea salt
- 1 1/2 cups water

Directions Place all ingredients in a blender and add water to 16-ounce level. Blend until texture is smooth, without lumps. Best served immediately but can be kept up to 2 days in the fridge.

Tropical Green Smoothie



Ingredients

- 1 c water
- 1 kale leaf
- 1 c baby spinach
- 2 round slices pineapple (about 2 inches thick)
- 1/4 c mango
- 1/3 c ice

Directions

Blend until smooth.

Chocolate Blueberry Smoothie With Kale



Ingredients

- 2 leaves black kale
- 1/4 cup frozen blueberries
- 2 tbsp cacao powder
- 1 banana
- 1 to 2 pitted medjool dates
- 8 oz hemp or almond milk

Directions

Blend until smooth.

Super Powered Breakfast Smoothie



Ingredients

- 2 Tbs raw almonds (soaked if possible)
- 1 Tbs chia seeds
- 1 Tbs goji berries
- 1 Tbs raw cacao beans or nibs
- 1/2 Tbs spirulina powder
- 1 Tbs coconut (or 1/2 Tbs coconut oil)
- 1/4 – 1/3 cup sprouts
- 1-2 stalks of celery
- 1 banana
- pinch of cayenne
- 3 cups water
- stevia (optional)
- 1 Tbs flaxseeds (optional and may need to pre-grind depending on the power of your blender)

Directions

Add all ingredients to a blender and blend until smooth. Drink right away—all the fibre will start to absorb the liquid if you leave it too long.

Day 3

Spinach and Strawberry Smoothie



Ingredients

- 1/2 cup (125 mL) low-fat vanilla yogurt
- 2 cups (500 mL) water
- 1 medium banana
- 1 cup (250 mL) sliced strawberries
- 2 cups (500 mL) chopped fresh spinach, lightly packed
- Honey or maple syrup to taste (optional)

Directions

- 1) In blender, combine yogurt, water, banana, strawberries, spinach and honey or syrup (optional). Blend on high until smooth. Pour into glasses and serve.
- 2) Makes 2 servings.

Holiday Detox Green Apple Smoothie



Ingredients

- 1 banana (or half is plenty if you're watching sugar)
- 1-2 cups kale, stems removed
- 1 cup apple cider (no sugar added - just the real stuff)
- 1 cup water or ice
- optional extras: flaxmeal, nuts (I used pecans), nut butter
- dash of cinnamon
- pomegranate seeds for topping

Instructions

- 1) Blend all ingredients together until smooth. Use water for a juice-like texture and ice for a smoothie-like texture. Add in any extras you want for extra protein, fiber, or healthy fats.
- 2) Stir in a dash of cinnamon, top with pomegranate seeds, and enjoy!

Berry Green Layered Smoothie



Ingredients

- For the Green Smoothie
- 1 cup frozen mangoes
- 1 tablespoon ground flax seed meal
- ½ cup plain Greek yogurt
- ½ cup orange juice
- ¼ cup water
- 1 tablespoon organic honey
- 2 handfuls fresh spinach
- For the Berry Smoothie
- 1 small banana, frozen
- 1 cup red berries, frozen
- splash of vanilla extract
- 1 cup vanilla almond milk, unsweetened (may more!)

Instructions

For each smoothie, place all ingredients in a magic bullet or blender and mix until smoother. Layer the smoothies in a large cup or mason jar.

The Green Drink



Ingredients

- 1 1/4 cup cold coconut water or filtered water
juice of 1 lime
- 1 1/2 cups rough chopped greens, lightly packed
handful flat leaf parsley, cilantro or mint leaves, or a combination (mint +
parsley is my fave)
- 1/2 an English cucumber, rough dice
- 1 small apple, cored and rough diced
- 1/2 cup frozen + diced peaches or mango
little piece of peeled ginger (optional)

Directions

Combine all of the ingredients in the blender in the order specified and blend on high for a minute or so. Once the greens are fully incorporated/non-chunky,

you're good. Drink it up!

Ginger and Spinach Green Smoothie



Ingredients

- 1 cup orange juice
- 1 cup plain yogurt
- 1 cup frozen mango chunks
- 1/3 english cucumber, cut into 1-inch chunks
- 1 handful fresh baby spinach
- 1 to 2 tablespoons fresh minced ginger, to taste
- ice cubes, as needed

Directions

Combine all ingredients in a blender; purée on high speed until smooth. Add a

few ice cubes and blend until it reaches your desired consistency.

Day 4

Chocolate Chia Smoothie



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Ingredients

- 1 banana, peeled
- 1 cup tightly-packed fresh spinach
- 1 cup ice
- 1 cup milk (I used almond milk)
- 3 Tbsp. chia seeds
- 2 Tbsp. unsweetened cocoa powder (I used dark cocoa powder)
- 1/2 tsp. vanilla extract
- (optional: 1 Tbsp. honey, if needed to sweeten)

Directions

Add all ingredients to a blender and pulse until smooth. Serve immediately.

Post-Workout Protein Green Smoothie



Ingredients

- 1 scoop vanilla whey protein powder
- 1 banana
- 2 cups baby spinach
- ¼ cup Chobani plain greek yogurt
- 1 tablespoon peanut butter
- ¼-1/2 cup coconut water (I start with ¼ and add as needed)
- 1 cup or handful ice

Instructions

Combine all ingredients in a blender and blend together until smooth. Add more coconut water if needed.

Detox Green Smoothie



Ingredients

- 1 stalk kale, stem removed preferably lacinto/tuscan kale
- 1 cup baby spinach/greens
- ½ lemon, seeds removed, skin on
- ½ inch piece of peeled ginger
- 3 inch piece of peeled cucumber
- ¼ cup fresh parsley
- 1 pear, peeled and chopped
- 1 sprig mint leaves
- 1 packet Daily Good Greens powder
- ½ cup water

Instructions

Combine all ingredients in a blender and blend until smooth.

The Green Thing Smoothie



Photo credit: [illegible]

Ingredients

- ½ large cucumber
- 1 large carrot
- 2 celery stalks
- 1/3 cup Italian flat-leaf parsley
- 2 handfuls of spinach
- ¼ avocado
- ½ apple (I like red, but a green one would be bright and fab too)
- ½ frozen banana
- 1 Tbs. pepitas (pumpkin seeds)
- 1 Tbs. flaxseeds
- 1 tsp. spirulina (optional if you can't find it)
- 1 cup unsweetened almond milk
- ice, if desired
- Optional add-ins: ½-1 cup of honeydew melon, pineapple, or berries; 1-2 Tbs. cocoa powder; scoop of Vega protein powder (or your favorite plant-based protein)

Instructions

- 1) Chop any large veggies into larger chunks.
- 2) Place all of the ingredients into your blender and blend until smooth.
- 3) Add more almond milk if you like a thinner smoothie, add ice if you like it thicker and icier.

Blackberry Green Smoothie



Ingredients

- 3/4 cup vanilla almond or soy milk
- 1 cup kale, baby spinach, or chard leaves (or a combination)
- 1 ripe banana

- 1/2 cup blackberries
- 1/4 cup frozen pineapple

Instructions

Place the the almond/soy milk, mixed greens, banana, blackberries, and pineapple in a blender in this order. Blend until smooth. Enjoy immediately.

Day 5

Green Apple Smoothie



Ingredients

- 1 green apple, cored and chopped
- 2 handfulls of kale leaves, washed
- 1 to 2 teaspoons grated ginger root, preferably using a rasp-style grater
- 1 tablespoon honey, maple syrup or agave, or to taste
- 1/2 cup coconut milk
- 1/2 cup almond milk

Instructions

Combine apple, kale, ginger, honey or sweetener, coconut milk and almond milk in a blender and puree until smooth.

Hot Green Smoothie



Ingredients

- 30g Kale
- 1 sweet dessert apple (I like jazz apples), chopped
- 2 medjool dates, pitted and chopped
- 1 cup of hot brewed green tea

Instructions

- 1) Place your kale, apple and dates in your smoothie maker. Add in a splash of cold water and splash of the green tea (see warning above about hot liquids and smoothie makers).
- 2) Blend on high for a minute or two until the dates and kale have been completely incorporated.
- 3) Pour our your smoothie into a cup and mix in the remaining green tea.

Superfood Power Smoothie



Ingredients

- 2 large bananas, previously peeled, sliced, and frozen
- 1 heaping handful spinach (about 1.5 cups)
- 1/2 of a large apple, chopped (or 1 small - use your favorite variety)
- 1/2 cup almond milk¹
- optional: 1 Tablespoon ground flax
- 7 large strawberries, sliced

Directions

- 1) Peel the apple if you do not prefer the skin to be in your smoothie. I did not peel mine.
- 2) Blend 1 banana, the spinach, apple, 1/4 cup almond milk, and flax together until smooth. Add more milk if it is too thick. Scrape down the sides of the blender as needed. Pour equally into 2 glasses.
- 3) Rinse out the blender and blend 1 banana, 1/4 cup almond milk, and the strawberries together until smooth. Scrape down the sides of the blender as needed and add more milk if it is too thick. Pour the strawberry smoothie on top. Serve immediately.
- 4) The layered smoothie look is optional, so you can just blend all of the ingredients together instead.

Green Detox Smoothie



Ingredients

- 3 cups frozen diced pineapple
- 3 cups fresh baby spinach
- 1 cup frozen diced banana
- 1 celery rib (optional)
- 1 Tbsp. grated fresh ginger (start with less and add more if desired)
- 1 Tbsp. chia seeds
- juice from half a lime

Directions

Combine all ingredients in a blender and pulse until smooth. Add a little water or juice if needed to help the blender blend.

Green Warrior Protein Smoothie



Ingredients

- 1/2 cup fresh red grapefruit juice
- 1 cup destemmed dinosaur/lacinato kale

- 1 large sweet apple, cored and roughly chopped
- 1 cup chopped cucumber
- heaping 1/2 cup chopped celery (1 med. stalk)
- 3-4 tablespoons hemp hearts (I use 4 tbsp)
- 1/4 cup frozen mango
- 1/8 cup fresh mint leaves
- 1/2 tablespoon virgin coconut oil (optional)
- 3-4 ice cubes, as needed
- 1/2-1 tablespoon algae oil (do not add to smoothie - take separately), optional

Directions

- 1) Juice half of a large red grapefruit and add 1/2 cup grapefruit juice to the blender.
- 2) Now add the kale, apple, cucumber, celery, hulled hemp seeds, mango, mint, coconut oil, and ice. Blend on high until super smooth. (If using a Vitamix, use the tamper stick to push it down until it blends). You can add a bit of water if necessary to get it blending.
- 3) Pour into a glass and enjoy immediately! This makes enough for a large glass with some leftover so you can also divide it into two servings.
- 4) If using, take the algae DHA oil separately. I don't add it to the smoothie because it impacts the overall flavour.

Day 6

Mint Chocolate Green Smoothie Recipe



Ingredients

- 1/4 Cup Avocado, Mashed
- 1/4 Cup 2% Vanilla Greek yogurt
- 1/4 Cup Vanilla protein powder
- 1/2 Tbsp Agave
- 1/4 tsp Peppermint extract
- 3/4 Cup Unsweetened vanilla almond milk
- 1/2 Cup Kale, firmly packed
- 1/2 Cup ice
- 1 Tbsp Mini chocolate chips

Instructions

- 1) Place all ingredients up the chocolate chips in the Blendtec and press the "smoothie function."
- 2) Once there is only 15 seconds remaining until your smoothie is ready, stop the Blendtec and add in the chocolate chips.
- 3) Blend on the "smoothie" setting for an additional 15 seconds and DEVOUR.

Green Smoothies



Ingredients

- 2 cups frozen spinach
- 1 cup orange juice
- ½ cup milk
- 1 cup frozen peaches
- 1 cup frozen mango
- 1 orange, peeled

Instructions

- 1) Layer in a blender in the following order: milk and OJ, orange, frozen fruit, spinach.
- 2) Blend on "smoothie" setting.
- 3) For manual setting, blend on low 10 seconds then increase speed every 10 seconds until desired consistency.
- 4) Serve immediately.

Strawberry Refresher



Ingredients

- 3/4 Cup Frozen Strawberries
- 1/2 Cup Cut-Up Frozen Cucumber
- 3 Cups of Spinach (or your favorite greens!)
- 2 TB of Chocolate Protein Powder (optional, can use cocoa powder instead)
- 1/2 Tsp Coconut Extract
- 1/2 Cup of Water (or more depending on your blender and how thick you want it)
- 2 TB of Unsweetened Shredded Coconut (save 1 TB for topping)

Directions

- 1) In a blender, add the strawberries, cucumber, greens, coconut, extract, protein, and water. Blend Blend Blend.
- 2) Pour and top with additional coconut. Serve and enjoy!

Mint Choco Chip Smoothie



Ingredients

- 2 frozen bananas
- 2 handfuls spinach
- 1/4 C Chocolate Chips
- 1.5 C Unsweetened Vanilla Almond Milk
- 1/4 t Peppermint Extract

Instructions

- 1) Blend until smooth. Pour into two glasses and enjoy right away!

Chocolatey Green Smoothie



Ingredients

- 1 scoop Vega Sport Chocolate Protein
- 2 tbsp. Spectrum Decadent Blend Chocolate + Coconut
- 1 apple
- 1 banana
- 2 kale leaves (no stems)
- 1 cup spinach
- 1.5 cups water
- Ice

Instructions

1) Blend until smooth and enjoy!

Day 7

Collard greens super smoothie



Ingredients

- 2 cups of raw collard greens
- 1 cup of frozen chopped spinach
- 1/2 cup of frozen blueberries
- 1/2 cup of soy or almond milk
- 2 tablespoons of almond butter
- 2 packets of stevia (optional)

Instructions

- 1) Mix everything together in a high-powered blender and enjoy.

Pumpkin Pie Green Smoothie

Pumpkin Pie Green Smoothie



Ingredients

- 1 ripe banana*
- ¼ ripe avocado
- 1 cup loosely packed spinach
- 1 cup pumpkin puree (not pumpkin pie filling)
- ¼ cup rolled oats
- ¼ - ½ cup unsweetened almond milk
- 2 tsp pumpkin spice
- ice

Instructions

- 1) Add all ingredients into a blender and blend until smooth
- 2) Devour immediately

Peaches & Green Smoothie



Ingredients

- 1 peach, pitted
- 2 cups spinach
- 2 1/2 cups kale
- 1/2 cup canned pineapple {I sadly didn't have any fresh}
- 1 ripe banana
- 1/2 cup almond milk
- 1/2 green apple

Instructions

Place all ingredients in blender and mix - it's that easy and it tastes so good!

Sunshine Smoothie



Ingredients (2 servings)

- 2 cups almond milk
- 2 scoops vanilla protein powder
- 1 banana
- 3 handfuls spinach
- Fruit of your choice {I used frozen pineapple, mango & peaches}

- 1/2 avocado
- 10 mint leaves
- 1 handful of ice

Instructions

- 1) Fill your Blendtec with all of the ingredients listed above
- 2) Hit the “Juice” button
- 3) Watch everything get smoothified
- 4) Pour into 2 cups & ENJOY!

Apple Ginger Green Smoothie



Ingredients

- 2 cups kale - loosely packed, stems removed
- 1 apple - core removed, cut in chunks
- 2 celery stalks - quartered
- ½ banana
- ½ cup parsley
- ½ cup blueberries
- 1 inch piece ginger root - quartered
- ½ teaspoon cinnamon
- 1 scoop protein powder
- 1 cup water or lemon juice
- Ice to taste

Instructions

- 1) Place all ingredients except for the ice in a high speed blender and puree until smooth.
- 2) Add ice to taste and pulse until creamy and smooth.

Day 8

Ginger Green Smoothie



Ingredients

- 12 oz. coconut water
- 2 handfuls of baby spinach
- 1/2 cup frozen pineapple
- 1 Tablespoon fresh ginger – sliced or crushed
- 1 scoop protein powder of choice (I use GNC's vanilla egg protein.)

Instructions

- 1) Place all ingredients in blender and mix.

The Ultimate Super Smoothie

The Ultimate Super food Energy Smoothie



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Ingredients

- 2 cups filtered water
- 1 avocado (pitted and peeled from the flesh)
- 1 head romaine lettuce
- 3 cups organic spinach
- 2 medjool dates (or you may sub in $\frac{1}{4}$ tp. pure stevia for lower sugar) - honey would also work here (about 2 tsp.)
- Juice from one lemon
- Dash of cinnamon (optional)
- 2 tbsp. chia seeds

Directions

- 1) In a large blender, such as a Vitamix , Blendtec, Nutribullet or Magic Bullet, place all the ingredients in the order listed. A normal household blender will also work but may take a little longer.
- 2) Blend on low for 10 seconds and increase to high speed for 10 more seconds until a thick, shake-like consistency is reached.
- 3) Consume immediately or place in the fridge for later use. This smoothie will keep one day in the fridge. You may also freeze and thaw if you wish.

Blushing Brilliance Smoothie



Ingredients

- 1 organic peach, pitted and peeled
- 8 organic strawberries (frozen make the drink more slushy which is nice)
- ½ cup organic raspberries (frozen works nice here too)
- 2 large stalks of organic Swiss Chard or you may use kale
- 1 head of organic romaine lettuce
- 2 tbsp. organic raw flaxseeds
- 1 tbsp. raw coconut oil, such as Bright Earth Foods Vanilla Coconut Oil see below for source
- Dash of ginger powder to enhance digestion

Directions

- 1) In a large blender, such as a Vitamix , Blendtec, Nutribullet or Magic Bullet, place all the ingredients in the order listed. A normal household blender will

also work but may take a little longer.

- 2) Blend on low for 10 seconds and increase to high speed for 10 more seconds until a thick, shake-like consistency is reached.
- 3) Consume immediately or place in the fridge for later use. This smoothie will keep one day in the fridge. You may also freeze and thaw if you wish.

Day 9

Superwoman's Green Smoothie



Ingredients

- 1 banana (peeled and pre-frozen for best results)
- 1 kiwi, peeled
- 4 tbsp. raw hemp seeds
- 1 tbsp. raw coconut oil, such as Bright Earth Foods coconut oil see below for source
- 1 head of romaine lettuce
- 5 cups filtered water(optional-cinnamon for digestion and warmth)
- 1 tsp. raw maca powder, such as Navitas Naturals brand

Directions

- 1) In a large blender, such as a Vitamix , Blendtec, Nutribullet or Magic Bullet, place all the ingredients in the order listed. A normal household blender will also work but may take a little longer.
- 2) Blend on low for 10 seconds and increase to high speed for 10 more seconds until a thick, shake-like consistency is reached.
- 3) Consume immediately or place in the fridge for later use. This smoothie will keep one day in the fridge. You may also freeze and thaw if you wish.

Pretty Woman Smoothie



Ingredients

- 1 large papaya, halved and seeded, with the flesh scooped out
- 1 whole avocado, pitted with the flesh scooped out
- 1 tsp. vanilla extract
- 2 medjool dates or you may use ¼ tsp. pure stevia extract
- 2 cups raw spinach greens
- 2 cups filtered water

Directions

- 1) In a large blender, such as a Vitamix , Blendtec, Nutribullet or Magic Bullet, place all the ingredients in the order listed. A normal household blender will also work but may take a little longer.
- 2) Blend on low for 10 seconds and increase to high speed for 10 more seconds until a thick, shake-like consistency is reached.
- 3) Consume immediately or place in the fridge for later use. This smoothie will keep one day in the fridge. You may also freeze and thaw if you wish.

Hearty Smarty Breakfast Smoothie



Ingredients

- 1 cup frozen organic blueberries
- 2 tbsp. organic raw flaxseeds
- 2 tbsp. organic raw chia seeds
- ¼ cup raw shredded coconut
- 1 scoop hemp protein powder (or you may use your favorite raw protein powder)
- 1 banana, peeled (or you may sub in an avocado for creaminess)
- 5 cups raw almond milk
- dash of cinnamon and ginger
- 3 cups raw baby spinach

Directions

- 1) In a large blender, such as a Vitamix , Blendtec, Nutribullet or Magic Bullet, place all the ingredients in the order listed. A normal household blender will also work but may take a little longer.
- 2) Blend on low for 10 seconds and increase to high speed for 10 more seconds until a thick, shake-like consistency is reached.
- 3) Consume immediately or place in the fridge for later use. This smoothie will keep one day in the fridge. You may also freeze and thaw if you wish.

Green Tea Goddess Shake



Ingredients

- 3 cups kale, chopped
- ¼ tsp. matcha green tea (I used Tao of Tea Matcha Green Tea)
- 1 cup frozen strawberries
- 1 medjool date (rich in potassium and B vitamins)- you may also use ¼ pure stevia for less sugar
- 2 cups raw almond milk (you may also use unsweetened store-bought almond milk or filtered water)
- ¼ cup raw chia seeds

Directions

- 1) In a large blender, such as a Vitamix , Blendtec, Nutribullet or Magic Bullet, place all the ingredients in the order listed. A normal household blender will also work but may take a little longer.
- 2) Blend on low for 10 seconds and increase to high speed for 10 more seconds until a thick, shake-like consistency is reached.
- 3) Consume immediately or place in the fridge for later use. This smoothie will keep one day in the fridge. You may also freeze and thaw if you wish.

Day 10

Super Detox Green Smoothie



Ingredients

- 2 whole bunches of organic cilantro, rinsed
- 2 cups raw baby spinach
- 2 cups frozen pineapple (or use fresh)
- 1 tbsp. raw coconut oil, such as Bright Earth Foods Vanilla Coconut Oilsee below for source
- 2 cups filtered water

Directions

- 1) In a large blender, such as a Vitamix , Blendtec, Nutribullet or Magic Bullet, place all the ingredients in the order listed. A normal household blender will also work but may take a little longer.
- 2) Blend on low for 10 seconds and increase to high speed for 10 more seconds until a thick, shake-like consistency is reached.
- 3) Consume immediately or place in the fridge for later use. This smoothie will keep one day in the fridge. You may also freeze and thaw if you wish.

Sweet And Spicy Smoothie



Ingredients

- 1 small sweet potato, peeled and chopped
- 2 medjool dates (or you may sub in ¼ tsp. pure stevia for a lower sugar smoothie)
- 1 head of romaine lettuce
- Small knob of ginger or ¼ tsp. powdered ginger
- 1 tsp. cinnamon
- 1 tbsp. organic flaxseeds
- 2 tbsp. organic #chia seeds
- 1 tsp. raw coconut oil, such as Bright Earth Foods Vanilla Coconut Oil see below for source
- 1.5 cups raw almond milk (or store bought will work)

Directions

- 1) In a large blender, such as a Vitamix , Blendtec, Nutribullet or Magic Bullet, place all the ingredients in the order listed. A normal household blender will also work but may take a little longer.
- 2) Blend on low for 10 seconds and increase to high speed for 10 more seconds

until a thick, shake-like consistency is reached.

- 3) Consume immediately or place in the fridge for later use. This smoothie will keep one day in the fridge. You may also freeze and thaw if you wish.

Cacao Mint Superfood Smoothie



Ingredients

- 1 avocado (pitted and scooped out of the flesh)
- 2 tbsp. raw cacao superfood powder, such as Bright Earth Foods Rainbow Superfood Smoothie Mix see below for source
- 4 fresh mint leaves (or you may open up a peppermint tea bag and pour in the dried leaves)
- 1 cup raw almond milk (or store bought)
- 1 cucumber, peeled if not organic, and chopped
- 1 zucchini squash, chopped
- 1 cup filtered water

Directions

- 1) In a large blender, such as a Vitamix , Blendtec, Nutribullet or Magic Bullet, place all the ingredients in the order listed. A normal household blender will also work but may take a little longer.
- 2) Blend on low for 10 seconds and increase to high speed for 10 more seconds until a thick, shake-like consistency is reached.
- 3) Consume immediately or place in the fridge for later use. This smoothie will keep one day in the fridge. You may also freeze and thaw if you wish.

The Immunity Builder



Ingredients

- 2 cups of filtered water
- 1 pack of frozen acai fruit puree, such as Sambazon or you may use 1 tbsp. of Navita Naturals raw acai powder. If you do not have acai or access to any, use ½ cup blueberries instead
- 1 banana, peeled
- 3 cups of kale (you may sub in spinach for a milder taste)
- 1-2 tbsp. raw organic coconut oil, such as Bright Earth Foods Vanilla Coconut Oil see below for source
- Juice from one lemon
- Pinch of cinnamon
- 1 head of parsley, rinsed
- ¼ cup chia seeds

Directions

- 1) In a large blender, such as a Vitamix , Blendtec, Nutribullet or Magic Bullet, place all the ingredients in the order listed. A normal household blender will also work but may take a little longer.
- 2) Blend on low for 10 seconds and increase to high speed for 10 more seconds until a thick, shake-like consistency is reached.
- 3) Consume immediately or place in the fridge for later use. This smoothie will keep one day in the fridge. You may also freeze and thaw if you wish.

HEALTHY LIVING



HEALTHY SMOOTHIE RECIPES

CARL PRESTON

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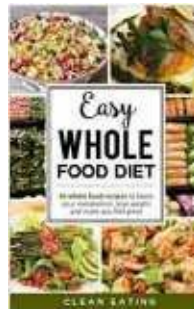
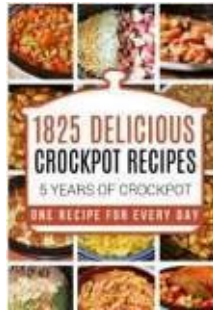
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Banana Ginger Smoothie



Ingredients

- 1 banana, sliced
- $\frac{3}{4}$ c (6 oz) vanilla yogurt
- 1 Tbsp honey
- $\frac{1}{2}$ tsp freshly grated ginger

Instructions

COMBINE the banana, yogurt, honey, and ginger. Blend until smooth.

Orange Dream Creamsicle



Ingredients

- 1 navel orange, peeled
- $\frac{1}{4}$ c fat-free half-and-half or fat-free yogurt
- 2 Tbsp frozen orange juice concentrate
- $\frac{1}{4}$ tsp vanilla extract
- 4 ice cubes

Instructions

COMBINE the orange, half-and-half or yogurt, orange juice concentrate, vanilla, and ice cubes. Process until smooth.

Green Tea, Blueberry, and Banana



Ingredients

- 3 Tbsp water
- 1 green tea bag
- 2 tsp honey
- 1½ c frozen blueberries
- ½ med banana
- ¾ c calcium fortified light vanilla soy milk

Instructions

- 1) MICROWAVE** water on high until steaming hot in a small bowl. Add tea bag and allow to brew 3 minutes. Remove tea bag. Stir honey into tea until it dissolves.
- 2) COMBINE** berries, banana, and milk in a blender with ice crushing ability.
- 3) ADD** tea to blender. Blend ingredients on ice crush or highest setting until smooth. (Some blenders may require additional water to process the mixture.)
Pour smoothie into tall glass and serve

Very Berry Breakfast



Ingredients

- 1 c frozen unsweetened raspberries
- $\frac{3}{4}$ c chilled unsweetened almond or rice milk
- $\frac{1}{4}$ c frozen pitted unsweetened cherries or raspberries
- $1\frac{1}{2}$ Tbsp honey
- 2 tsp finely grated fresh ginger
- 1 tsp ground flaxseed
- 2 tsp fresh lemon juice

Instructions

COMBINE all ingredients in blender, adding lemon juice to taste. Puree until smooth. Pour into 2 chilled glasses.

World's Best Smoothie



Ingredients

- 1 c plain nonfat yogurt
- 1 banana
- ½ c orange juice
- 6 frozen strawberries

Instructions

COMBINE the yogurt, banana, juice, and strawberries for 20 seconds. Scrape down the sides and blend for an additional 15 seconds.

Pineapple Passion



Ingredients

- 1 c low-fat or light vanilla yogurt
- 6 ice cubes
- 1 c pineapple chunks

Instructions

- 1) COMBINE the yogurt and ice cubes. Blend, pulsing as needed, until the ice is in large chunks.
- 2) ADD the pineapple and blend at "whip" speed until smooth.

Strawberry-Kiwi Smoothie



Ingredients

- 1¼ c cold apple juice
- 1 ripe banana, sliced
- 1 kiwifruit, sliced
- 5 frozen strawberries
- 1½ tsp honey

Instructions

COMBINE the juice, banana, kiwifruit, strawberries, and honey. Blend until smooth.

Banana-Blueberry-Soy Smoothie



Ingredients

- 1¼ c light soy milk
- ½ c frozen loose-pack blueberries
- ½ frozen banana, sliced
- 2 tsp sugar or 2 packets artificial sweetener
- 1 tsp pure vanilla extract

Instructions

- 1) COMBINE** 1 cup of the milk, the blueberries, banana, sugar or sweetener, and vanilla extract.
- 2) Blend** for 20 to 30 seconds, or until smooth.
- 3) Add** up to $\frac{1}{4}$ cup more milk if a thinner smoothie is desired.

Tropical Papaya Perfection



Ingredients

- 1 papaya, cut into chunks
- 1 c fat-free plain yogurt
- ½ c fresh pineapple chunks
- ½ c crushed ice
- 1 tsp coconut extract
- 1 tsp ground flaxseed

Instructions

- 1) COMBINE** the papaya, yogurt, pineapple, ice, coconut extract, and flaxseed.
- 2) Process** for about 30 seconds, or until smooth and frosty.

Just Peachy



Ingredients

- 1 c 1% milk
- 2 Tbsp low-fat vanilla yogurt
- ½ c frozen peaches
- ½ c strawberries
- ⅛ tsp powdered ginger
- 2 tsp whey protein powder (such as Source Organic Whey Protein)
- 3 ice cubes

Instructions

- 1) BLEND** together any liquid ingredients (milk, yogurt, juice, etc.) and protein powder; this will help break down the grainy powder and make sure it's evenly distributed.
- 2) ADD** mushy ingredients, like precooked oatmeal and fruit, then add ice at the end. For a thicker shake, you can toss in more ice cubes; you'll add volume without the calories.

Apricot-Mango Madness



Ingredients

- 6 apricots, peeled, pitted, and chopped (about 2 c)
- 2 ripe mangoes, 10 to 12 ounces each, peeled and chopped (about 2 c)
- 1 c reduced-fat milk or plain low-fat yogurt
- 4 tsp fresh lemon juice
- ¼ tsp vanilla extract
- 8 ice cubes
- Lemon peel twists (garnish)

Instructions

- 1)** PLACE the apricots, mangoes, milk or yogurt, lemon juice, and vanilla extract in a blender. Process for 8 seconds. Add the ice cubes, and process 6 to 8 seconds longer, or until smooth.
- 2)** POUR into tall glasses, garnish with lemon twists, if desired, and serve immediately.

Watermelon Wonder



Ingredients

- 2 c chopped watermelon
- $\frac{1}{4}$ c fat-free milk
- 2 c ice

Instructions

- 1)** COMBINE the watermelon and milk, and blend for 15 seconds, or until smooth.
- 2)** Add the ice, and blend 20 seconds longer, or to your desired consistency.
- 3)** Add more ice, if needed, and blend for 10 seconds.

Berry Good Workout Smoothie



Ingredients

- 1½ c chopped strawberries
- 1 c blueberries
- ½ c raspberries
- 2 Tbsp honey
- 1 tsp fresh lemon juice
- ½ c ice cubes

Instructions

- 1) BLEND all ingredients.

Sunrise Smoothie Ingredients



Ingredients

- 1 banana
- 1 c apricot nectar, chilled
- 1 container (8 oz) low-fat peach yogurt
- 1 Tbsp frozen lemonade concentrate
- ½ c club soda, chilled

Instructions

- 1) COMBINE** the banana, apricot nectar, yogurt, and lemonade concentrate.
- 2) Process** for 30 seconds, or until smooth and creamy.
- 3) STIR** in the club soda and serve immediately.

Berry Vanilla Sensation



Ingredients

- ½ c frozen unsweetened raspberries
- ½ c frozen unsweetened strawberries
- ¾ c unsweetened pineapple juice
- 1 c (8 oz) fat-free vanilla yogurt

Instructions

- 1) COMBINE the raspberries, strawberries, and pineapple juice.
- 2) Add the yogurt. Blend until smooth.

Tutti-Frutti Smoothie



Ingredients

- ½ c loose-pack mixed frozen berries or strawberries
- ½ c canned crushed pineapple in juice
- ½ c plain yogurt
- ½ c sliced ripe banana
- ½ c orange juice

Instructions

- 1)** COMBINE the berries, pineapple (with juice), yogurt, banana, and orange juice in a food processor fitted with the metal blade, in a blender, or in a large measuring cup with an immersion blender.
- 2)** Process for about 2 minutes, or until smooth.

LeeAnn's Luscious Smoothie



Ingredients

- 1 c skim milk
- 1 c frozen, unsweetened strawberries
- 1 Tbsp cold-pressed organic flaxseed oil
- 1 Tbsp sunflower or pumpkin seeds (optional)

Instructions

- 1)** MIX milk and frozen strawberries in a blender for 1 minute.
- 2)** TRANSFER to a glass and stir in the tablespoon of flaxseed oil, or serve with a tablespoon of sunflower or pumpkin seeds instead.

Slim-Down Smoothie



Ingredients

- 1 c frozen berries, such as blueberries, raspberries, or strawberries
- ½ c low-fat yogurt (any flavor)
- ½ c orange juice or other juice

Instructions

- 1) PLACE the berries, yogurt, and orange juice in a blender and pulse for 30 seconds.
- 2) Blend for 30 seconds, or until smooth.

Soy Good Smoothie



Ingredients

- 1 c calcium-fortified vanilla soy milk
- ½ c frozen blueberries
- ½ c corn flakes cereal
- 1 frozen banana, sliced

Instructions

- 1) COMBINE the milk, blueberries, cereal, and banana in a blender for 20 seconds. Scrape down the sides and blend for an additional 15 seconds.

Mango Madness



Ingredients

- 1 can (8 oz) juice-packed pineapple chunks
- 1 c fat-free frozen vanilla yogurt
- 1 lg ripe mango, peeled and chopped
- 1 ripe banana, sliced
- Crushed or cracked ice

Instructions

- 1) COMBINE the pineapple (with juice), frozen yogurt, mango, and banana.
Blend until smooth.
- 2) WITH the blender running. gradually drop in enough ice to bring the level up to 4 cups. Blend until the ice is pureed.

Hearty Fruit and Oat Smoothie



Ingredients

- 1 cup quartered strawberries
- 1 sliced banana
- 1/4 cup raw almonds
- 1/2 cup old-fashioned oats
- 1 cup low-fat vanilla yogurt
- 1 teaspoon maple syrup

Directions

1) Toss into blender.

Mango and Yogurt Smoothie



Ingredients

- 1/4 teaspoon ground cinnamon
- 1 1/2 cups low-fat plain yogurt
- 2 1/2 cups frozen mango chunks
- 1 tablespoon honey
- Juice from half lime

Directions

1) Toss into blender.

Green Ginger-Peach Smoothie



Ingredients

Ingredients

- 2 handfuls baby spinach
- 1 teaspoon grated peeled fresh ginger
- 2 cups frozen sliced peaches
- 2 teaspoons honey
- 1 1/4 cups water

Directions

- 1) Toss into blender.

Tropical Blueberry Smoothie



Ingredients

- 2 teaspoons sugar
- 1 cup chopped pineapple
- 1 1/2 cups frozen blueberries
- 1 orange, seeded and cut into quarters
- 1/2–3/4 cup water

Directions

1) Toss into blender.

Oatmeal Smoothie



Ingredients

- 1 cup ice
- 1/2 cup frozen raspberries
- 1/2 cup plain lowfat yogurt
- 1 banana
- 1/2 cup old-fashioned rolled oats
- 1 tablespoon honey
- 1 cup coconut water (or other liquid, such as juice)

Directions

- 1) Place ice and raspberries in the bottom of blender, and all other ingredients on top. Whir until completely smooth. Serve.

Strawberry, Mango, and Yogurt Smoothie



Ingredients

- 1 1/4 cups apple juice
- 1 cup low-fat plain yogurt
- 1 cup fresh or frozen strawberries
- 2 cups fresh or frozen mango chunks

Directions

1) In a blender, combine all ingredients and puree until smooth.

Fruit Smoothie



Ingredients

- 2 navel oranges, peel and pith removed, cut into chunks
- 1 cup frozen raspberries
- 1 cup frozen blueberries

Directions

1) Puree ingredients in a blender until smooth. Serve immediately.

Yogurt-Pistachio Smoothies



Ingredients

- 2 cups plain yogurt
- 1/2 cup water
- 1 1/2 teaspoons finely grated fresh ginger
- 1/2 cup salted pistachios
- 1/4 teaspoon freshly ground pepper
- 4 ice cubes
- 1/4 cup finely chopped pistachios

Directions

- 1) Blend yogurt, water, ginger, salted pistachios, pepper, and ice cubes until smooth. Divide among glasses. Garnish with finely chopped pistachios.

Winter Smoothie



Ingredients

- 2 1/2 cups pineapple juice
- 2 1/2 cups freshly squeezed orange juice, plus orange sections for garnish (optional)
- 3/4 cup plain yogurt
- 1 banana, peeled and halved
- 3 tablespoons honey
- 1/4 teaspoon ground cinnamon, plus more for garnish

Directions

- 1) Fill one ice-cube tray with pineapple juice and another tray with orange juice. Place in the freezer until frozen, several hours or overnight. Place yogurt, banana, honey, and cinnamon in the jar of a blender, and process until smooth. Transfer to a bowl, and set aside. Rinse blender, and fill with pineapple ice cubes and remaining pineapple juice. Process until smooth.
- 2) Divide among four glasses, top with reserved yogurt mixture, and place in the freezer. Meanwhile, process the orange-juice cubes with the remaining orange juice. Remove filled glasses from freezer, and top with orange-juice slush. Garnish each glass with additional cinnamon and an orange section, if desired. Serve immediately.

Avocado-Pear Smoothie



Ingredients

- 1 ripe Hass avocado (about 7 ounces)
- 1/2 cup silken tofu drained
- 1 cup pear juice
- 2 tablespoons honey
- 1/2 teaspoon pure vanilla extract
- 2 cups ice

Directions

- 1) Quarter, pit, and peel avocado. Process avocado, tofu, juice, honey, and vanilla in a blender until smooth. Add ice; blend until smooth. Divide among 4 glasses.

Very Berry Super Shake



Ingredients

- 12 oz water
- 1 cup spinach
- 2 cups frozen mixed berries
- 1/2 cup plain low-fat yogurt
- 2 scoops vanilla protein powder
- 1 tbsp walnuts
- 1 tbsp ground flaxseed

Directions

- 1) In a blender, combine all ingredients and puree until smooth.

Apple And Great Grains Shake



Ingredients

- 12 oz water, milk, or yogurt
- 2 scoops vanilla flavored protein
- 1 apple, core removed, and sliced into wedges
- 1 cup of spinach
- 2 tbsp of almonds
- ¼ cup of uncooked oats
- Ice as needed
- Cinnamon to taste

Directions

- 1) In a blender, combine all ingredients and puree until smooth.

Chocolate, Peanut Butter, And Banana Shake



Ingredients

- 12 oz water, milk, or yogurt
- 2 scoops chocolate flavored protein powder
- 1 banana
- 1 cup of spinach
- 2 tbsp of natural peanut butter
- 1 tbsp cacao nibs or dark cocoa powder

Directions

- 1) In a blender, combine all ingredients and puree until smooth.

Strawberry Banana Shake



Ingredients

- 12 oz water, milk, or yogurt
- 2 scoops vanilla or strawberry flavored protein powder
- 1 banana
- 1 cup of frozen strawberries
- 1 cup of spinach

- 2 tbsp of ground flax

Directions

1) In a blender, combine all ingredients and puree until smooth.

Chocolate Cherry Awesomeness Shake



Ingredients

- 12 oz water, milk, or yogurt
- 2 scoops chocolate flavored protein powder
- 2 cups of sweet dark cherries, pits removed
- 1 cups of spinach
- 1 tbsp of walnuts
- 1 tbsp ground flax
- 1 tbsp cacao nibs or dark cocoa powder

Directions

- 1) In a blender, combine all ingredients and puree until smooth.

Vanilla Pumpkin Pie Shake



Ingredients

- 12 oz water, milk, or yogurt
- 2 scoops vanilla flavored protein powder
- $\frac{3}{4}$ cup of pureed pumpkin
- 1 tbsp of walnuts
- 1 tbsp of ground flax
- $\frac{1}{2}$ cup of uncooked oats
- Cinnamon and vanilla extract to taste
- Ice as needed

Directions

- 1) In a blender, combine all ingredients and puree until smooth.

Baked Apple Shake



Ingredients

- 12 oz water, milk, or yogurt
- 2 scoops vanilla flavored protein powder
- 1 apple, core removed, and sliced into wedges
- 1 cup of spinach
- 1 tbsp of almonds
- 1 tbsp of ground flax
- 1 tbsp of sesame seeds
- Cinnamon to taste
- Ice as needed

Directions

- 1) In a blender, combine all ingredients and puree until smooth.

Tropical Power Shake



Ingredients

- 12 oz water, milk, or yogurt
- 2 scoops vanilla flavored protein powder
- ½ banana
- 1 cup of pineapple
- 1 cup of spinach
- 1 tbsp of ground flax
- 2 tbsp of unsweetened coconut flakes
- ½ cup plain yogurt or vegan alternative

Directions

- 1) In a blender, combine all ingredients and puree until smooth.

Superfood Shake



Ingredients

- 1/2 cup frozen cherries
- 8 oz water
- 1/2 cup chopped raw beets
- 1/2 cup frozen strawberries
- 1/2 cup frozen blueberries
- 1/2 banana
- 1 scoop chocolate whey protein
- 1 tbsp ground flaxseed

Directions

- 1) In a blender, combine all ingredients and puree until smooth.

Dr. Mike's Power Shake



Ingredients

- ¼ cup low fat cottage cheese
- 1 cup blueberries (fresh or frozen)
- 1 scoop vanilla protein powder
- 2 tbsp flaxseed meal
- 2 tbsp walnuts, chopped
- 1½ cups water
- 3 ice cubes

Directions

- 1) In a blender, combine all ingredients and puree until smooth.

Double Chocolate Mint Smoothie



Ingredients

- 1 scoop chocolate protein powder
- 3/4 cup Silk Almond milk, dark chocolate
- 1 tbsp walnuts
- 2 tbsp cocoa powder, unsweetened
- 1 tbsp cacao nibs
- 2 mint leaves
- 4 ice cubes
- ¼ cup water

Directions

- 1) In a blender, combine all ingredients and puree until smooth.

Coconut Almond Smoothie



Ingredients

- 1 scoop chocolate protein powder
- 1 tbsp unsweetened coconut flakes
- 1 cup Silk Almond milk, dark chocolate
- 1 rounded tbsp almond butter
- 1½ cups water
- 3 ice cubes

Directions

- 1) In a blender, combine all ingredients and puree until smooth.

Orange Creamsicle



Ingredients

- 1 scoop vanilla protein powder
- 1 orange
- $\frac{1}{4}$ orange peel
- 1 tbsp walnuts
- 2 tbsp flaxseed meal
- 1 cup water
- $\frac{1}{2}$ cup orange juice
- 3 ice cubes

Directions

- 1) In a blender, combine all ingredients and puree until smooth.

Strawberry Banana Post-Workout Smoothie



Ingredients

- Water as needed
- 1 cup plain low-fat kefir
- 2 tbsp walnuts
- 1 cup chopped strawberries
- 1 banana
- 1 scoop vanilla whey protein

Directions

- 1) In a blender, combine all ingredients and puree until smooth.

Chocolate Peanut Butter Smoothie



Ingredients

- Water as needed
- 2 tbsp flaxmeal
- 1 tbsp unsweetened cocoa powder
- 1 tbsp natural peanut butter
- 1 scoop chocolate whey protein powder

Directions

- 1) In a blender, combine all ingredients and puree until smooth.

Mocha Breakfast Shake



Ingredients

- 12 oz cold black coffee
- 1 frozen banana
- 2 scoops chocolate whey protein powder
- 1 tbsp unsweetened cocoa
- Handful of walnuts
- 1 cup of ice

Directions

- 1) In a blender, combine all ingredients and puree until smooth.

Blueberry Breakfast Smoothie



Ingredients

- 1 cup blueberries
- 1/2 banana
- 1 1/2 scoops protein powder
- 2 tbsp walnuts
- 2 tbsp oats
- 1 tbsp chia seeds

Directions

- 1) In a blender, combine all ingredients and puree until smooth.

Mango Tango Shake



Ingredients

- 2 scoops vanilla whey protein powder
- 1 cup frozen chopped mango
- 1 oz of walnuts
- 12 oz orange juice
- Ice as needed

Directions

- 1) In a blender, combine all ingredients and puree until smooth.

The Green Monster



Ingredients

- 8 to 10 oz water
- 2 stalks kale, stems optional
- 1 cup grapes
- 1/2 cup frozen mango chunks
- 1 strip lemon rind
- 1/2 avocado
- Ice as needed

Directions

- 1) In a blender, combine all ingredients and puree until smooth.

Summertime Blast



Ingredients

- 2/3 cup seedless watermelon
- 2 tsp lemon juice
- 1/2 cantaloupe
- 1 banana
- 1/4 cup pineapple
- 2/3 cup ice
- 4 to 5 fresh basil leaves

Directions

2) In a blender, combine all ingredients and puree until smooth.

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