Easy Wholesome Recipes

from Grannies' kitchen

About This Recipe Book

The recipes in this book have all been tasted for deliciousness and scrutinized so that they provide maximum health benefits.

The wondrous thing about eating nutrient rich foods is that the foods which bring us health and radiance on the inside are also creating a more energetic and youthful appearance.

So as a bonus, with the recipes you are getting in this book you will also be getting nutrition information about the meals you are preparing and why they are so good for you.

The art of eating well means taking your creative ability to create masterpieces that satisfy your senses but are chosen in a way that nourishes you at the deepest level of your health.

May you savor the foods that you put in your body and may these foods nourish you on the inside and out.

Heidi Rasmussen, Nutritionist

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Helpful Tips

Stock Your Pantry

You do not need every single ingredient on this list in your house at all times, but a basic rule of thumb so you can eat a salad a day is to have a few ingredients from each of the categories.

Action Steps

1: Stock your pantry with foods from the list provided.

2: Immediately after grocery shopping, pre-wash, peel (where needed) and cut your vegetables. Keep them in a large Tupperware in your fridge for easy access.

3: At the beginning of each week prepare one or two salad dressings (page 15) that can be used on most salads and even as marinades.

Kitchen Tools

1: Several canning jars with lids-to keep nuts and seeds and salad dressings.

2: Blender or hand-held blender - for making smoothies and dressings.

3: Food processor - one that is powerful enough to grind nuts and seeds will be the most useful.

3: Non Toxic large frying pan.

6: 1-2 large Tupperware containers –for keeping pre-washed vegetables.

7: Parchment paper or a silicon baking sheet-helps with clean up time, so your food does not stick to your pans.

8: An assortment of oven proof baking trays.

Create A Colorful Palette

Choose foods that are naturally orange, yellow, green, purple and reds. Do not forget the brown shades too from your nuts and seeds. When you are preparing your meal try to remember this simple rule, and soon you will find that you do not need any recipes at all to create delicious meals that are provide all the nutrients needed for healthy skin.

Food For Your Pantry

- **Nuts:** Walnuts, Almonds, Pecans, Hazelnuts
- **Seeds:** Sunflower, Pumpkin, Sesame, Flax
- **Cheeses:** Feta, Parmesan, Asiago
- **Protein:** Organic Tofu, Organic Chicken, Wild Salmon, Prawns, Farm fresh eggs, dried beans & legumes, avocado
- **Oils:** Extra Virgin Cold Pressed Olive oil, Hempseed oil, Flax oil, Udos oil, Borage oil
- **Protein Powder**: Hemp Protein, Pumpkin Protein
- **Herbs & Spices:** Oregano, Basil, Cilantro, Parsley, Dill, Sea Salt, Pepper, Turmeric, Paprika, Garlic, Ginger
- **Leafy Greens:** Spinach, Kale, Mustard Greens, Lettuce, Swiss Chard
- **Vegetables:** Tomatoes, Peppers, Broccoli, Beets, Asparagus, Carrots, Celery, Mushrooms, Onion, Sprouts
- **Fruit:** Apples, Oranges, Blueberries, Raspberries, Strawberries, Peaches, Bananas, Nectarines, Mangos, Blackberries, Lemon, Lime
- **Grains & Starches:** Quinoa, Brown Rice, Potatoes (White, Yam & Sweet Potatoes), Couscous
- **Sweeteners:** Honey, Maple Syrup, Beet Crystals
- **Vinegar:** Unpasteurized Apple Cider Vinegar, Balsamic Vinegar, Creamy Balsamic Vinegar, White Vinegar, Red Wine Vinegar

Nutrients

	Major Role	Whole Food Sources
Antioxidants & Bioflavonoids	• Prevent and reverse wrinkles, reduce the appearance of age spots, spider veins and varicose veins. • Improve skin tone.	Apples, berries, parsley, onions, citrus fruits, grapes, bell peppers, leafy greens, dark raw chocolate, green tea and wine.
Biotin	• Regulates fat production. Fatty acids in the skin protect the cells against damage and water loss.	Egg yolks, swiss chard, romaine lettuce, almonds, and walnuts.
Essential Fatty Acids	• Treat & prevent inflammatory skin conditions such as acne, psoriasis and rosacea .	Wild salmon, flax oil, chia oil, hemp oil, borage oil & walnuts.
Probiotics	• Reduce inflammation from acne and other skin conditions • Maintain balance of good bacteria in gut to prevent over-growth of bad bacteria.	Yogurt, sauerkraut, kimchi, kefir & kombucha.
Selenium	• Needed to create a type of antioxidant that protects against free radical cellular damage that cause inflammation, aging and possibly skin cancer. • Improves acne.	Cod, tuna, halibut, sardines, salmon, beef, turkey, and lamb, brazil nuts. * Just 2 brazil nuts a day is enough to give you your daily minimum requirement or selenium.
Silica	• Forms connective tissue • Maintains skin elasticity • Collagen formation	Leeks, green beans, chickpeas, strawberries, cucumber, mango, celery, asparagus and rhubarb.
Sulfur	• Necessary for collagen synthesis, which gives the skin its structure. and strength. • Synthesis of antioxidants needed for protection against free radical damage.	Garlic, onions, brussel sprouts, asparagus, and kale.

Nutrients

	Major Role	Whole Food Sources
Vitamin A (Retinol)	• Treats and prevents acne & psoriasis. • Promotes skin cell turnover and regeneration.	Cod liver oil, butter (from grass fed cows), farm fresh eggs, mango, plantains.
Vitamin B2 (Niacin)	• Needed to prevent dermatitis, dry skin and rash caused by deficiency of this nutrient.	Meat & poultry, tuna and salmon, seeds, organic milk, and green leafy vegetables.
Vitamin B5 (Pantothenic Acid)	• Needed by many different types of skin cells for proper regeneration and growth. • Supports wound healing.	Egg yolk, broccoli, fish, shellfish, farm fresh chicken, dairy products, mushrooms, avocado, and sweet potatoes.
Vitamin C (Ascorbic Acid)	• Plays a crucial role in collagen formation. • Wound and scar healing. • Prevents UV damage.	Bell peppers, guava, dark leafy greens, broccoli, brussel sprouts, kiwi, citrus fruits, strawberries, cilantro, chives, thyme, basil and parsley.
Vitamin E (Tocopherol)	• Vitamin E is a potent anti-inflammatory agent, defending the skin against free radicals and reactive oxygen species that would otherwise cause damage.	Vegetable oils, spinach, turnip greens, chard, sunflower seeds, almonds, bell peppers, asparagus, collards, kale, broccoli, and brussel sprouts .
Vitamin K2	• Prevents hardening of our skin's elastin. • Keeps skin smooth.	Egg yolks, sauerkraut, grass-fed beef, natto, organic butter.
Zinc	• Helps the structure of proteins and cell membranes of skin. • Improves wound healing and has anti-inflammatory effects. • Protects against UV radiation.	Soaked pumpkin seeds & nuts, organic beef and lamb, oysters, scallops, and other shellfish.

Green Tea

Serves: 1

Prep time: 5 min
Steep Time: 3-5 min

Instructions

1. Boil your water. The purer the water the better.
2. Put 1 tsp green tea leaves into your loose leaf strainer inside your favorite mug.
3. After water has come to a boil, let it cool down for 1 full minutes.

   * To preserve all the beneficial qualities and taste, you never want to pour boiling water onto green tea.
4. Pour water over your tea.
5. Let steep for 3-4 minutes for a smooth taste.
6. If you go any longer, your tea will be bitter.
7. Discard tea leaves into your compost to transfer beneficial plant nutrients to your soil.

Ingredients

1 tsp loose leaf green tea

Loose leaf brewer

Your favorite mug

Beauty & Health Notes

Green tea *(Camellia Sinensis)* is high on the list of skin-friendly beverages thanks to its huge storehouse of polyphenols. Try to have 3-4 cups a day for optimal skin and overall health benefits. Not only does green tea enhance the radiance in your skin, but it also has a lovely compound called theanine, which is being used medicinally to ease stress and promote a calm mind. This truly is your perfect afternoon drink to get through that sleepy time of the day. If you are worried about the caffeine, remember that the naturally occuring theanine helps to balance out the overly stimulating effects of caffeine.

Ginger Water

Serves: 10

Prep Time: 1 min
Cook Time: 45 min

Instructions

1. Bring 5 cups of water to boil in a pot.
2. Cut your ginger into chunks (about 2 inches long).
3. Boil ginger for 10 minutes.
4. Reduce to a simmer, and let simmer for 30 minutes to 1 hour.
5. If you like, you can add your honey and let it melt.
6. Keep on the stove an drink liberally!
7. When you begin to run low, add another 5 cups of water, and repeat the process for a second round.
8. After the second round of tea, discard ginger and start fresh.

Ingredients

Large chunk of ginger (approx: 4 inches long)

5 cups water

Optional: 1/3 cup honey

Beauty & Health Notes

Ginger helps to improve your skin from inside. It helps your body fight the free radicals and keeps your digestive system in order. It cleans out the toxins from your system. Ginger improves the blood circulation throughout the body and also cleans out the blood. Not only this, it also improves the skin tone and helps in getting rid of blemishes and spots.

Acne Treatment: Immediately when you feel the start of a blemish coming, cut a piece of fresh ginger and rub the flesh on your blemish as a spot treatment. Ginger is antibacterial and anti-inflammatory, so should take a way the redness and also prevent the blemish from getting worse.

Ginger Mint Grapefruit Sparkler

Serves: 2 Prep Time: 5 min

Instructions

1. Squeeze the juice of 2 grapefruits.
2. Brew your ginger tea (page 8), or else use what you already have on your stovetop from the recipe before this.
3. In a tall glass, pour in your grapefruit, ginger tea and mint leaves. Use a muddler (see image on bottom right) to mash up your mint.
4. Strain out the mint, mix in you maple syrup and add your club soda.

Ingredients

2 pink grapefruits

1 handful mint

1 cup ginger water

1/2 cup club soda

1 tbsp maple syrup

Beauty & Health Notes

One medium sized grapefruit satisfies 100 percent of your daily requirement of Vitamin C. Vitamin C is a potent antioxidant that protect your skin against free radicals. Free radicals cause damage to your cells and play a part in signs of aging and cancer. Vitamin C also works as an essential factor for the normal formation, maintenance and structural stability of collagen.

Skin Care Tip:

Raw grapefruit peel contains an enzyme called bromelain. This enzyme is found in the peel. Try rubbing the inside of the peel against your face as a cleanser to help reduce redness and inflammation.

Warning: A grapefruit is so powerful and medicinal that that it can actually increase the effectiveness of many pharmaceutical drugs, so if you do plan to drink this often and are also on pharmaceutical medications, it would be wise to monitor your drug more closely while drinking this powerful food.

Watermelon Lime Spritzer

Serves: 2-4 Prep Time: 5 min

Instructions

1. Cut your watermelon in half and put half away for later enjoyment.
2. Scoop out the flesh of the watermelon and put into a blender.
3. Cut lime in half, and squeeze juice of half your lime into blender.
4. Add your sea salt.
5. Blend for 1 minute.
6. Top with a splash of club soda or white wine to make into a spritzer.
7. Pour over ice and enjoy nice and cold.

Beauty & Health Notes

We all know intuitively that watermelon is the ultimate hydration on a hot day Hydrating foods help to improve the appearance of fine lines, wrinkles and aging which are often made worse by dehydration. The addition of a bit of lime (high in vitamin C) and sea salt (filled with trace minerals) into this drink also brings out the sweetness of the watermelon and provides us with the micronutrients necessary for optimal health and hydration.

Ingredients

1/2 medium watermelon

juice of 1/2 lime

1/2 tsp sea salt

Splash of club soda or white wine

to enjoy as a spritzer.

Berry Berry Smoothie

Serves: 2 Prep Time: 5 min

Instructions

1. Using a blender, food processor or handheld blender, mix together your berries, honey, banana, yogurt, water (or almond milk) and protein (optional).
2. Blend for about 1 minute, adding more water if it is too thick.
3. Enjoy to the fullest!

Ingredients

1.5 cups fresh or frozen berries (Your choice or a mixture of blueberries, strawberries, raspberries, blackberries, saskatoon berries)

1 tbsp honey (pure, unpasteurized)

1/2 cup plain organic yogurt

1 banana

Water or plain almond milk

2 tbsp protein (optional if you want to make this into more of a meal)

Beauty & Health Notes

Strawberries, blueberries and blackberries are all berries that are rich in antioxidants. When thinking about skin care do not forget the rule that deeply pigmented foods that are dark purples, reds and oranges are very rich sources of antioxidants. The role of antioxidants in healthy vibrant skin (and health!) cannot be understated. If you are blessed to live by organic berry farms in your region, choose a weekend in the summer when the weather is fine to go berry picking. This way you can stock up your freezer at the best possible price and have enough of these delicious treats all through the winter. They are even delicious frozen!

Mango Lassi

Serves: 2 Prep Time: 5 min

Instructions

1. Cut open your mango and scoop out all of the ripe flesh into a blender.
2. Mix in remaining ingredients.
3. Garnish with mint or a bit of mango on a toothpick.

Beauty & Health Notes

Mmmmmmango :) is a rich source of vitamin A , a vitamin that is great at improving the turnover of cells in the skin. This means, the more you eat whole foods high in vitamin A, the more quickly your skin cells will regenerate.

Skincare Tip

If you have fresh mango at home, be sure not to let a morsel go to waste. With the bit that is left on the inside of the skin, squeeze a little mango pulp and use it as as scrub on your skin for a beautiful smooth feel and to take advantage of all the nutrients in the fruit. Mango is good at getting rid of the blemishes and scars. Since mango is especially rich in Vitamin C, mango pulp is useful to treat pimples and acne.

Ingredients

2 ripe mangos

1 cup plain organic yogurt

1 cup plain almond milk

1/2 tsp ground cinnamon

1/2 tsp ground cardamom

1 tsp honey (optional if you like it sweeter)

Babka Breakfast Bowl

Serves: 2

Prep Time: 5 minutes
Cook Time: 5 minutes

Instructions

1. Grate 1 tsp of ginger
2. In a small pot or saucepan, add your kamut flakes, water, cinnamon and ginger.
3. Bring to a boil.
4. When it boils, turn it down to simmer with the lid off, stirring once and a while until all the liquid has evaporated.
5. While waiting, pour your frozen blueberries to the bottom of each of your bowls.
6. When kamut flakes are ready, pour over your blueberries (which will help them melt quickly).
7. Top with yogurt, nuts, flax seeds, flax, borage or

Ingredients

1/2 cup kamut flakes
* If you cannot find these, use steel cut oats
1 cup water
1 tsp cinnamon
1 cup yogurt
1 cup frozen blueberries
2 tbsp chopped walnuts
2 tsp ground flax
1 tsp grated ginger
2 tbsp flax, borage oil or Udos oil
2 tsp honey

Beauty & Health Notes

This breakfast is all about good healthy oils, high fiber and rich in probiotics. Essential omega fatty acids from walnuts, flax seeds, and your flax, borage or Udos oil help keep the top outer layer of the skin strong and intact so that external toxins and pollutants are kept out. Probiotics found in yogurt, are also starting to make an appearance in our understanding of the health of our skin. Researchers have talked about the skin-gut connection since the 1930s. Recent studies indicate that eating probiotics can reduce inflammation and stress, which may help reduce inflammatory acne and other skin conditions. There is also evidence showing that having a proper balance of gut microflora is an important factor in treating acne.

Plancakes Topped with Honey & Yogurt

Serves: 2

Prep Time: 5 min
Cook Time: 15

Instructions

1. Peel your plantain with a knife (it will not peel like a banana even though it looks like one).
2. Cut plantain into chunks and put into food processor.
3. Add eggs, milk, flax seeds, walnuts & cinnamon.
4. Blend until it is a creamy pudding-like consistency.
5. If it feels too thick, add a bit more milk or water.
6. Heat a frying pan to medium-high and melt 1 tbsp of coconut oil.
7. Spoon about 1/2 cup of the plancake mix into your hot pan. You may be able to put more than one in depending on the size of your pan.
8. Let the top bubble slightly, and flip after about 3-4 minutes. The bottom should be a dark golden brown.
9. Cook for 3-4 minutes on other side.
10. Serve immediately with yogurt, fresh berries and

Ingredients

1 large unripe plantain

2 eggs

1/2 cup plain almond milk

2 tbsp flax seeds

1 tbsp walnuts

1 tsp cinnamon

Coconut oil (for frying)

Beauty & Health Notes

Coconut oil Coconut oil has been eaten in the tropics for thousands of years to promote health and beauty. Coconuts are rich in vitamin A, vitamin C, amino acids, calcium, and iron. Coconut oil has anti-microbial, anti-bacterial and anti-aging compounds which our bodies use efficiently to moisturize and repair the skin from the inside out.

Plantains are also a very high source of vitamin A and C, both highly important nutrients for healthy radiant skin.

Spiced Walnut Apple Flax Muffins

www.babybabkas.com

Serves: 12

Prep Time: 10 minutes
Cook Time: 30 minutes

Instructions

1. Preheat oven to 350F
2. Mix your flax seed and 5 tbsp water in a small bowl; set aside for 10-15 min, or until a gel has formed.
3. Meanwhile, combine flour, whole flax seed, baking powder, baking soda, cinnamon, allspice, nutmeg, and salt in a medium mixing bowl.
4. In a separate bowl, combine flaxseed gel, maple syrup, apple butter, and grated apple.
5. Stir wet ingredients into dry. Do not over mix.
6. Gently fold in your chopped apple and walnuts.
7. Spoon your mix into a lightly greased (with coconut oil or butter) muffin pan or you can line it with paper cups. Top muffins with a few extra walnuts or small pieces of apples.
8. Bake muffins for 30 min, or until tops are golden .
9. Allow muffins to cool in pan for 10 minutes.

Beauty & Health Notes

This yummy and healthy muffin combines essential omega fatty acids found in walnuts and flax seeds with the soluble and insoluble fiber from the apples for a combination that will ease inflammation in your body and also help to maintain a healthy digestive tract, both vital pieces to the healthy skin puzzle.

Ingredients

2 cups whole wheat flour

1 tbsp flax seed

1 tsp baking powder

1 tsp baking soda

1 tsp ground cinnamon

1/4 tsp ground allspice

pinch nutmeg

1/2 tsp salt

2 tbsp ground flaxseed + 5 tbsp water

1/3 cup maple syrup

1/4 cup apple butter (or applesauce)

3/4 cup coconut milk (or plain almond or organic soy)

1 cup peeled, grated tart apple

1 cup diced, unpeeled sweet apple

1/2 cup chopped, toasted walnuts

Dark Chocolate Cake with Warm Honey Coconut Sauce

Serves: 6-8

Prep Time: 10 minutes
Cook Time: 45 minutes

Instructions

1. Preheat oven to 350 degrees.
2. Grease a 9" cake pan and dust with cocoa.
3. Place the beans, 3 of the eggs, vanilla, sugar and salt into blender or food processor. Process or blend on high until beans are completely liquified.
4. In a small bowl, Mix together cocoa powder, baking soda, and baking powder.
5. In a larger bowl, beat butter/coconut oil until light and fluffy. Add the remaining two eggs, beating well after each one. Pour bean batter into egg mixture and mix. Finally, stir in cocoa powder mixture and water and beat the batter on high for one minute until smooth. Pour into the prepared pan.
6. Bake for 350 degrees for 40-45 minutes. Cake is done when the top is rounded and firm to the touch.
7. While baking, prepare your sauce by melting in a pot your honey, coconut cream, coconut oil and sea salt.
8. Drizzle warm over cake to serve.

Beauty & Health Notes

It is great to remind yourself that having healthy skin does not mean that you need to deny yourself delicious sweets and desserts. The key is choosing desserts that are made with the right ingredients. This moist and chocolaty cake is the perfect example since it is high in protein and folate from the black beans which are needed to maintain glowing and healthy skin. Current research is even finding links between folate and the prevention of skin cancer due to the role that folate plays in

Ingredients

500 ml cooked black beans (or 1 can, rinsed)
5 large eggs
1 tbsp pure vanilla extract
1/2 tsp salt
6 tbsp butter or coconut oil
3/4 cup brown sugar
6 tbsp raw cocao powder or regular cocoa powder
1 tsp baking powder
1/2 tsp baking soda

Honey Coconut Sauce

1 /2 cup honey
1/3 cup coconut cream (this is the top thick part that separates in a can of coconut milk)
1 tbsp coconut oil
1 tsp sea salt

Almond Butter Energy Bites

Serves: 12 Prep Time: 15 minutes

Instructions

1. Mix together your coconut milk powder and cacao powder.
2. In a separate bowl mix the almond butter and honey.
3. Add the coconut flour mix, sunflower seeds, cacao nibs, and 1/2 cup of shredded coconut to the mix and mix by hand.
4. Put the 1/2 cup of extra shredded coconut and sesame seeds into a 'coating dish'
5. Scoop out a tablespoon of the mixture into your hand and roll into a ball. Roll the ball in the coconut/sesame mix.
6. Place your finished coconut balls into a pie plate or lined container.
7. Refrigerate for an hour before eating.
8. Keep extra bites refrigerated until you eat them.

Ingredients

1 cup almond butter
1/2 cup unpasteurized honey
1 cup raw sunflower seeds
1 cup coconut milk powder
1/3 cup raw cacao powder
1/2 cup cacao nibs
1/2 cup shredded non sweetened coconut

Roll in:

1/2 cup shredded non sweetened coconut
1/2 cup sesame seeds

Beauty & Health Notes

Nuts and seeds are rich in protein, essential fatty acids and micronutrients. To get the highest nutritional value out of your nuts and seeds, buy them raw (not roasted) and keep a couple of extra canning jars around to soak your nuts the night before using them. Soaking your nuts makes the micronutrients more bioavailable to your body.

Blueberry Cobbler

www.babybabkas.com

Serves: 4-6

Prep Time: 10
Cook Time: 25 minutes

Instructions

1. Preheat oven to 375 degrees F.
2. Place blueberries in a large bowl. If they were just washed leave them a little wet. If they are already dry add a teaspoon of water.
3. Add 2 tablespoons of the honey and the orange zest and gently mix until berries are coated.
4. Pour berries into a 9-inch pie, or several smaller baking dishes.
5. In a bowl, combine the oats, flour, brown sugar, spices, and salt.
6. Incorporate the butter pieces with your hands until you have a coarse, crumbly mixture and then sprinkle it evenly over the blueberries.
7. Bake for about 25 minutes or until blueberries are bubbly and topping is lightly browned and crisp.
8. Serve with plain organic yogurt and a drizzle of honey.

Ingredients

3 cups fresh blueberries
2 tbsp honey
zest of ½ a small orange
¾ cup quick-cooking oats
2 tbsp brown sugar
2 tbsp whole wheat flour
1/8 tsp cinnamon
1/8 tsp nutmeg
dash of salt
2 tablespoons cold butter

Beauty & Health Notes

Blueberries are a super-food. They are high in antioxidants, vitamin and minerals; all of which can be helpful whether you suffer from acne, broken capillaries or splotchy skin. Their high antioxidant count in these powerful berries will help to reverse the damage caused by environmental free radical damage.

Super High Energy Raw Chocolate Smoothie

Serves: 2 Prep Time: 5 min

Instructions

1. Using a blender, food processor or handheld blender, mix together your cacao powder, bananas, almond milk, honey, chlorella, and hemp protein.
2. Blend for about 1 minute, adding more almond milk if it is too thick.

Ingredients

2 heaping tbsp raw cacao powder

2 tbsp pure honey, unpasteurized

2 bananas

2 tsp chlorella

2 tsp hemp protein

Beauty & Health Notes

Raw cacao powder is an un-processed and un-roasted form of the cacao bean. It has 7 times more antioxidants gram-per-gram than typical dark chocolate or regular cocoa powder. Tryptophan is found naturally in raw chocolate, which enhances relaxation and promotes better sleep. Better sleep = more beautiful rested skin. Raw chocolate is the richest food source of magnesium of any common food and also very high in arginine, an aphrodisiac-like amino acid. For any raw recipe, use the higher quality raw cacao powder for all the health benefits. If you are going to bake your goodies, then you can use basic cocoa powder instead.

Borsht (Ukrainian Style)

www.babybabkas.com

Serves: 6-8

Prep Time: 20 min
Cook Time: 45 min

Instructions

1. In your soup pot put 1 tablespoon butter and heat your diced onion until browned and soft.
2. Add your grated (or diced) beets, and cover with water or chicken stock. Bring to a boil .
3. Add potatoes, carrots and cabbage. Continue to cook at medium heat.
4. Slice the fresh green bean into 1/2 inch pieces and add to the soup pot or drain and rinse your canned beans and add directly to soup.
5. Add 3/4 of your chopped dill. Continue to cook on low heat for about 30 minutes.
6. Add the frozen peas. When all veggies are tender add the can of pureed tomatoes.
7. Taste - you may need to add some salt and pepper to bring to full flavor.
8. Serve with a spoonful of sour cream and some fresh chopped dill.

Beauty & Health Notes

When eating for skin health think about combining high quality protein (needed for the regeneration of each cell of our body, including skin) with deeply colored fruits and vegetables. This world famous soup combines the bright reds of tomatoes, deep purples from cabbage and bright orange from carrots for a skin favorite combination.

Ingredients

4 beets, diced or grated

1 onion, diced

4-5 cups water or chicken stock

2 potatoes, diced or grated

1 carrot, grated

2 cups fresh green beans, bit size

- OR 1 can white kidney beans

1/2 cup green cabbage, shredded

2 tablespoons fresh dill

sea salt & pepper

1 cup frozen peas

1 28oz. can of stewed tomatoes

1 cup sour cream

Portuguese Borscht Fria

Serves: 6-8 Prep Time: 15 min

Instructions

1. In a small pot, cover your cabbage with cold water, and bring to a boil for 3 minutes.
2. In a separate large pot, sauté in butter your onion, garlic.
3. Add carrots, turnip, cabbage and red wine.
4. Add the chicken stock (or water), beets and tomatoes and bay leaf.
5. Bring to a boil for 3-5 minutes, and then turn down heat and summer for 1 hour.
6. Remove bay leaf from your pot.
7. Turn down heat and take 2 cups of your soup andput into a deep bowl.
8. Puree with a handheld processor or in a food processor until liquefied.
9. Pour back into soup pot and add red wine vinegar.
10. Put soup into the fridge and serve cold with salt and pepper to taste, a spoonful of yogurt, and some fresh fennel.

Ingredients

1/2 red cabbage, grated
1 tbsp butter (for sautéing)
1 large onion
1 garlic clove
1 large carrot, grated
2/3 cup red wine
1 parsnip, grated
salt and pepper
5 cups chicken broth (or water)
6 medium beets, cubed
4 tomatoes, diced
1 bay leaf
1 tbsp red wine vinegar
yogurt (to garnish)
fresh fennel, diced (to garnish)

Beauty & Health Notes

Since beets are an excellent summer food that provide high doses of antioxidants to combat the free radical damage to your skin caused by summertime sun exposure, and it is a personal favorite, when I came across this Portuguese variation, it had to make an appearance in the recipe book as well. Borscht is often thought of as a cold weather soup, yet it is in the summertime that the fresh beets are abundant in your garden and in the grocery stores. This beautiful Portuguese inspired version of a classic Easter European favorite will make a de-

Potato Quinoa Corn Chowder

Serves: 8

Prep Time: 10 min
Cook Time: 45 min

Instructions

1. Using a large pot drizzle add a spoonful of butter and sauté your garlic and onion for 5 minutes, stirring often to soften.
2. Add your diced potatoes and coat with the flavors from the garlic and onion.
3. Add 5 cups of water or chicken broth.
4. Bring to a boil, and add your quinoa.
5. Boil for 2-3 minutes, and then return to a simmer for 40-45 minutes.
6. Give everything a thorough stir from time to time.
7. Peel your corn cobs and then standing your corn upright use a sharp knife to cut kernels off.
8. Add kernels to soup.
9. To cream your soup use the flat end of a spoon holding your corn cob over your soup pot, use the spoon to push out the remaining juices from the corn into the soup pot.
10. Before serving add spinach and feta and mix thoroughly.

Ingredients

2 cloves garlic, minced
1/2 medium onion, diced

3 large potatoes, peeled and chopped into bite sized pieces

5 cups water or chicken broth
1 cup quinoa

1 cup feta cheese
2 handfuls spinach, chopped

2 raw organic non GMO corn cobs

1 tbsp butter

Beauty & Health Notes

Always choose organic Non-GMO corn products. In North American, corn is one of the most heavily genetically engineered and pesticide covered crops that exists. Pesticides are disruptive for our hormones, which are directly related to the health and overall appearance of our skin. So I repeat: to improve the health of your skin choose organic Non-GMO corn at all costs.

Calde Verde (Portuguese Kale Soup)

Serves: 6-8

Prep Time: 5 min
Cook Time: 30 min

Instructions

1. In a large pot, add 1 tbsp of butter and sauté your garlic, onions and sausage for 5-7 minutes.
2. Season with some salt and pepper.
3. If things start to dry out, add another spoon of butter.
4. De-vein your kale and chop it into very thin strips.
5. Add to soup and let them sauté with your garlic and olive oil for a couple of minute.
6. Stir you mixture slowly begin to add chicken broth.
7. Let everything simmer for 20-25 minutes and serve hot seasoning with salt and pepper.

Ingredients

2 cloves garlic, minced
1/2 medium onion, diced
2 chorizo sausages, diced
4-5 cups fresh kale, sliced
5 cups water or chicken broth
Butter

Beauty & Health Notes

Kale is a rich source of phytonutrients, vitamins A, C, K, and calcium. Kale is also one of the richest sources of lutein and contains beta- carotene, which improves skin elasticity and firmness. If your body is deficient in calcium this may cause dry skin and wrinkling. Kale is an excellent plant based source of this. When you are choosing your chorizo, try to find a local meat deli who can tell you exactly what he is putting into the sausages. Whenever possible, opt for grass fed organic products for the highest nutrients.

Daily Honey Face Wash

Instructions

1. Store some honey in a small glass container.
2. Add 1/2 tsp of honey in the palm of your hand.
3. Add a tiny bit of water.
4. Lather on face.
5. Let sit for 1-3 minutes.
6. Rinse.

For a soothing facial mask, let honey sit up to 20 minutes.

Ingredients

1/2 tsp raw unpasteurized honey

Beauty & Health Notes

Raw, unpasteurized honey is anti-inflammatory and anti-bacterial. It helps with redness and scarring. Honey also helps to keep skin hydrated, because honey attracts moisture and keeps it in the skin. Honey is one of nature's oldest medicine. Cleopatra is said to have bathed herself in milk and honey. Poppea, the wife of Nero, used honey and milk as a facial lotion.

Scar Treatment

Apply Manuka honey to scars daily and let sit for 20 minutes. Due to the antibacterial qualities of honey, you can even apply it to a direct wound.

Honey is the nectar of flowers.

80 percent is sugar. 20 percent minerals and trace elements such as iron, calcium, phosphorus, magnesium, vitamin C, B's, amino acids and water.

Salad Dressings

In the coming recipes, you will see references to the salad dressings shown below. The serving size of each recipe is for 2-3 people. All of these recipes are meant to be blended together with a **hand held blender or a food processor.** In a pinch however, just chop all your ingredients very small and mix vigorously by hand.

Beauty & Health Note: Always invest in high quality oils to use in your dressings and cooking. This simple tip will do more for radiant healthy skin than any 50$ lotion.

Oil Shopping Tips

- Buy oil in dark glass bottles.
- Primarily make salad dressings out of extra virgin & cold pressed olive oil (do not cook with extra virgin olive oil).
- Also use organic flax oil, hemp oil, & borage oil (but never cook with these oils)
- Do all your cooking with coconut oil or organic butter.

Lemon Herb

1/2 cup olive Oil

1/4 cup lemon juice

1 tsp balsamic vinegar

1 heaping tbsp honey

1/4 cup fresh oregano

1 tsp salt and pepper each

Caesar Inspired

1/2 cup olive oil

1 tbsp parmesan cheese

1 tbsp honey

1 tsp mustard powder

1/4 cup white vinegar

1 garlic clove

1 tsp salt and pepper each

Maple Balsamic

1/4 cup olive Oil

1/4 cup balsamic vinegar

1 tbsp maple syrup

1 tsp dried thyme

1/4 tsp salt

1/4 tsp pepper

Creamy French

3 tbsp plain yogurt

1 tsp sweet paprika

1/2 tbsp olive oil

1/4 tsp each of salt, pepper

1/4 tsp grated garlic

1 tbsp tomato paste

1/2 tbsp apple cider vinegar

1/2 tsp Worchester

Honey Hemp

1/8 cup olive oil

1/8 hemp oil

1/4 raw unpasteurized apple cider vinegar

1 tbsp fresh oregano

1 tbsp fresh green onion

1 tsp fresh basil

1 heaping tbsp honey

1 heaping tbsp yogurt

1 tbsp hemp powder (optional)

Ginger Peanut

3 inch ginger, diced

1/2 garlic clove

4-5 sprigs cilantro, chopped

1/3 cup water

1 tsp soy sauce

1.5 tbsp peanut butter

1/3 cup sweet chili sauce

1 tbsp olive oil

Breakfast Salad

Serves: 2

Prep Time: 5 min
Cook Time: 10 min

Instructions

1: Arrange your baby spinach leaves to cover your plate.

2. Turn on a frying pan to med-high adding a tsp of butter so it melts.

3. Once your butter melts, crack your eggs onto your pan.

4. While waiting, slice your tomatoes thinly.

5. Put your toast in toaster if you are adding it to your salad.

6. When your eggs look like the white is mostly cooked, and your yolk is still soft, very gently flip your egg be-ingcareful not to break the yoke.

7. Let eggs cook for 2-3 minutes (or longer if you like).

8. Arrange your tomatoes and toast on your plate.

9. When ready to eat, gently put your egg onto bed of spinach.

10. Garnish with tomatoes, fresh basil, salt and pepper.

Ingredients

2-4 farm fresh eggs

2 large handfuls of baby spinach

1 tomato, sliced

6-7 basil leaves, whole

1-2 slices pure rye toast (optional)

1 tsp butter

Beauty & Health Notes

Combine the biotin from eggs, vitamin C from spinach, and anti-aging antioxidants from tomatoes for a pairing that can be eaten several times a week that will not only repair your skin, but be a satisfying breakfast, lunch or dinner. To ensure the highest nutrients for your skin, always choose farm fresh eggs. Mass factory produced eggs from caged chickens can barely be considered the same food as farm fresh.

Warm Red Cabbage with Caramelized Onions and Pecans

Serves: 2

Prep Time: 10 min
Cook Time: 10 min

Instructions

1: Wash your red cabbage and cut it in half.

2. Cut cabbage into quarters, and then cut into thin slices so you end up with small noodle sized pieces.

3. Put half of your sliced cabbage into a Tupperware, and you can use it later in the week in a stir fry.

4. Peel your onion and rinse under cold water to make it easier on your tear ducts and slice onion into thin pieces.

5. You will need 2 frying pans for the next part.

6. In your first frying pan, add a bit of butter, and as soon as it melts throw in your cabbage. After a minute or 2, add 1 tbsp red wine vinegar, and 1/4 cup of water and cover your cabbage letting it soften.

7. In your second frying pan, add a bit of butter, and as soon as it melts throw in your onions. After a couple of minutes, pour your maple syrup being sure to stir often so it does not burn.

8. Add your pecans to the onion mix letting them caramelize and adding 1-2 tbsp of water as needed so the mixture softens.

9. When both plates are soft, toss them together, eating it warm or cold and garnishing meal with raisins, feta cheese, salt and pepper.

10. This meal does not need any more salad dressing due to the maple syrup and vinegar used during cooking.

Beauty & Health Notes

Cabbage is great for your complexion. It is a great source of Vitamin E, found in most skin care products, and it contains potassium which purifies your body and skin. The high levels of vitamin A help tissue to rejuvenate, and the sulfur content helps fight infection and protects the skin from eczema and other rashes. Pecans will give you a healthy dose of essential fatty acids and proteins, also very important for skin cell renewal.

Ingredients

1/2 head red cabbage

1 small yellow onion

1/3 cup pecans

1-2 tbsp maple syrup

1/2 cup of water

1 tbsp red wine vinegar

1/3 cup raisins

2 tbsp feta cheese

1 tbsp butter

Salt and pepper to taste

Baby Arugula Prosciutto & Shaved Parmesan

Serves: 2 – 4 Prep Time: 10 min
Dressing: Lemon Herb

Instructions

1. Prepare your lemon herb dressing (page 25).
2. Wash your arugula and arrange it onto your plates.
3. Rip your prosciutto into bite sized pieces.
4. Sprinkle with shaved parmesan.
5. Serve with lemon herb dressing.

Ingredients

Several handfuls of baby arugula

4-6 slices prosciutto

2 oz shaved parmesan cheese

Beauty & Health Notes

Arugula is dense with the natural antioxidants , vitamin C, vitamin K and vitamin A. Creating eating habits that are high in vitamin C is one of the most important components of a good skin care regime. Vitamin C makes up the collagen in our bodies, including our skin, and it is a vitamin that we cannot make on our own; we need to get it from the foods we eat. Of course, many people will take high doses of vitamin C from supplements, but keep in mind that this synthetic form of this vitamin does not contain all of the other important compounds that are found in whole foods that are high in vitamin C.

Nicoise Salad

Serves: 4
Dressing: Lemon Herb

Prep Time: 30 min
Cook Time: 50 min

Instructions

1. Prepare your lemon herb dressing (page 25).
2. Preheat your oven to 400F.
3. Cut the greens and tips off beets, and then peel the skins off.
4. Using a glass cutting board if you have one (since beets tend to stain) slice beets into quarters and place them on a baking tray lined with parchment paper.
5. Add some salt and pepper and place in oven for 50 minutes until you can poke a fork in them.
6. While beets are cooking, prepare your baby potatoes by washing them, cutting in half and tossing them with butter, lemon, salt and pepper.
7. Place potatoes in a baking tray and bake for 30 minutes until soft to poke and golden brown. It is ok if they are ready early because you will serve them cold anyways.
8. While waiting, boil your eggs for 7 minutes, and when they are ready rinse them in cool water and peel off shells.
9. When potatoes are ready remove potatoes from oven, letting them cool.
10. Prepare another pan by melting butter and sautéing your garlic.
11. Add rinsed asparagus, and let simmer covered with a lid, adding a teaspoon of water as needed to soften.
12. Sprinkle grated parmesan onto your asparagus letting it melt and brown.
13. When the beets are ready, take them out of oven.
14. Serve beets, potatoes, tomatoes, greens, capers, olives and asparagus in separate bowl, allowing guests to create their own salads, or else prepare each plate ahead of time.
15. Drizzle with lemon herb dressing, salt and pepper.

Ingredients

1lb bag of baby potatoes

4-5 roasted beets

4 boiled eggs

1/2 lb asparagus

1 cup cherry tomatoes

Several hands of greens

1/2 cup black olives

2 tbsp capers

1/4 cup lemon

2 tbsp butter

1 tbsp parmesan cheese

2 cloves garlic, minced

Salt/Pepper

Mediterranean Pasta Salad

Serves: 2
Dressing: Honey Hemp

Prep Time: 10 min
Cook Time: 15 min

Instructions

1. Prepare your honey hemp dressing (page 25).
2. Boil your pasta for 15 minutes, drain, rinse and drizzle with olive oil, salt and pepper.
3. Slice your tomatoes in half.
4. Slice red onions into bite sized pieces.
5. Toss pasta with vegetables, feta cheese and honey hemp dressing.
6. This is a quick and easy meal to make when short on time, and is perfect cold to take to work the next day.

Ingredients

2 cups cooked whole wheat rotini (or other pasta that you like)

8 cherry tomatoes

1/2 red pepper, bite size

1/3 cup feta cheese

1/4 red onion, bite size

Black olive, de-pitted

Salt and pepper

Beauty & Health Notes

Protein is crucial for our bodies and skin to repair cells that have suffered free radical damage. This recipes calls for high quality and nutritionally complete hemp protein for the salad dressing, and is paired with brightly colored tomatoes which are always a nutritional superstar when it comes to healthy skin. Tomatoes are rich with lycopene, a phytonutrient which helps to prevent free radical damage and possibly even cancer to all of our cells.

Avocado Black Bean Salad

Serves: 2
Prep Time: 10 min
Dressing: See below
Cook Time: 0-50 min

Instructions

How to make beans from scratch:

* Soak 1 cup black beans & 3 cups water for 3 hours.
* Rinse beans and cook with 3 cups water.
* Bring to boil, then let simmer with lid on for 2 hours.
* Beans are ready when you can cut them with a knife.

1. Prepare your salad dressing by juicing your lime and mixing with olive, cumin, salt and pepper.
2. Whether you are using your own black beans, or beans from a can, rinse them first.
3. Slice up your avocado into length way slices.
4. Slice your red pepper into small pieces.
5. Chop up coriander.
6. In a frying pan, add a little bit of olive oil, and toast your pumpkin seeds for 2-3 minutes until browned.
7. Mix all together and enjoy!

Ingredients

1-2 cup black beans (cooked)
1 avocado (chopped)
1 red pepper (diced)
a handful of chopped coriander
3 tbsp toasted pumpkin seeds

optional: organic corn kernels

Dressing:

juice of 1 lime
2-3 tbsp olive oil
1-2 tsp cumin (to taste)
salt and pepper

Beauty & Health Notes

Avocados are often marketed in skin care products, and internally they are even more beneficial for our skin. The good fats found in these green vegetables give your skin cells the food that they need to maintain its structure and give a radiant glow. The oils in avocado will also help to soothe inflammation that can cause acne, eczema and other skin conditions. Rather than throwing it away, any extra avocado left in the shell when you are cooking can be rubbed directly onto hands of face for a nice 'in the moment' moisturizer. You can do the same with olive oil and coconut oil when you are in the kitchen.

Lemon Potato Edamame Salad

Serves: 2 – 4
Dressing: See below.
Prep Time: 10 min
Cook Time: 10 min

Instructions

1. Preheat oven to 400F.
2. Wash potatoes and cut in half.
3. Chop your herbs coarsely.
4. Squeeze the juice of 1/2 a lemon.
5. In a bowl toss the potatoes in juice of 1/2 lemon, a spoon of butter, salt, cracked pepper, and 1/2 of your chopped herbs.
6. Line a baking tray with parchment paper and throw in your potatoes and bake for 25-40 minutes, or until they are soft to poke with a fork and golden brown on the edges.
7. While waiting, put on small pot of water to boil for your edamame. Boil edamame for 7-10 minutes.
8. Drain your edamame.
9. When potatoes are ready, take out of oven and mix in edamame.
10. Garnish with the remaining herbs, and some salt and pepper.

Beauty & Health Notes

Many people do not realize that potatoes are one of the highest sources of vitamin C out there, and as you will read time and time again, Vitamin C is a key component of the structure of our skin. Pair this with liver detoxifying lemon, blood strengthening herbs, and high protein edamame to give us the building blocks to repair damaged skin cells and we have here a nourishing and satisfying meal.

Ingredients

1/2 lb baby potatoes, any kind

1 cup edamame (pre-shelled)

1/2 lemon, juice

3-4 green onions, chopped

2 tsp oregano, chopped

1 tbsp butter

Olive oil

Salt and cracked pepper

Crunchy Green Goddess Salad

Serves: 2
Dressing: Honey Hemp

Prep Time: 10 min
Cook Time: 5 min

Instructions

1. Prepare your salad dressing (page 25).
2. Wash your greens and let dry (or pick straight from the garden if you have one)
3. Chop up walnuts into smaller pieces.
4. Chop celery into bite sized pieces.
5. Chop broccoli into bit sized pieces.
6. Slice tomatoes into wedges.
7. In a frying pan, melt a bit of olive oil and begin to toast your pumpkin seeds, walnuts, sunflower seeds.
8. Stir often so they do not burn for 2-3 minutes.
9. Arrange your plate of greens, topping with celery, broccoli, tomatoes, feta and all your warm seeds.
10. Drizzle with your salad dressing and find a place to relax and enjoy this crunchy salad.

Ingredients

4 handfuls of greens (spinach, lettuce, kale, swiss chard, mustard greens or any combo)

1/4 cup walnuts

1/4 cup pumpkin seeds

1/4 cup sunflower seeds

1 stalk celery

1/2 cup broccoli

1 tomato

1/4 cup feta cheese

2 tbsp green onion

Beauty & Health Notes

Unhappy skin can be a cause of an overload of harmful estrogen in our system. Harmful estrogens are present is most skin care products, plastics and prescription drugs. Eating lots of green food, particularly broccoli which is high in certain phytonutrients that will help our bodies to get rid of these harmful substances that can wreak havoc on our hormones and complexion at any age. These phytonutrients in broccoli are such super-stars that most supplement companies are now extracting them from broccoli and marketing them as fixes for all the harmful estrogens found in our environment.

Roasted Beets & Caramelized Onions

Serves: 2 – 4
Prep Time: 5 min
Dressing: Maple Balsamic
Cook Time: 50 min

Instructions

1. Preheat your oven to 400F
2. Prepare your maple balsamic dressing (page 25).
3. Cut the greens and tips off beets, and then peel the skins off.
4. Using a glass cutting board if you have one (since beets tend to stain) slice beets into quarters and place them on baking tray lined with parchment paper.
5. Season with salt and pepper and place in oven, with 50 minutes.
6. Arrange your spinach into your bowl or onto individual plates.
7. After 30 minutes, check your beets by poking a fork in them to see if they are soft. Your fork should go in easily.
8. While your beets are in the oven for another 15 minutes, in your frying pan, add a bit of butter, and as soon as it melts throw in your onions. After a couple of minutes, pour your maple syrup being sure to stir often so it does not burn.
9. Take your beets out of the oven, arranging them on the spinach, and topping with onions and feta.

Ingredients

4-5 fresh beets

Drizzle of olive oil

1 yellow onion

1 tsp olive oil or butter

1 tbsp maple syrup

2 handfuls of spinach

2 tbsp feta

Salt and pepper to taste

Beauty & Health Notes

Beets are high antioxidants, vitamins A, B & C and beta-carotene, all important nutrients needed to repair our skin. These nutrients fight inflammation in our bodies and deal with free radicals that contribute to the look of aging. Eat beets liberally!

Sweet and Crunchy Quinoa Salad

Serves: 6 Prep Time: 15 min
Dressing: Creamy French Dressing Cook Time: 15 min

Instructions

1: Prepare your creamy French dressing (page 25).

2. Rinse quinoa and then bring it to a boil with the lid off with your water and chicken broth.

3. As soon as it comes to a boil, cover your quinoa and turn it down to very low heat to simmer and finish cooking.

4. While your quinoa cooks, prepare your other ingredients.

5. Peel and slice your apple thinly, unless your apple is organic, then leave the peel on.

6. Chop your walnuts in quarters.

7. Slice your green onions into small pieces.

8. In 15 minutes your quinoa will be ready. Turn off the heat and spoon quinoa into a serving bowl, letting it cool down in the fridge for 5-10 minutes before mixing the rest in.

9. Once it has cooled a bit, with a large spoon mix in your salad dressing, capers, nuts, cranberries and apples, leaving a few of each to garnish on top.

10. Finish by also garnishing with feta and green onion.

11. Serve on its own with a nice piece of baked white fish.

Beauty & Health Notes

Quinoa is an ancient grain that is a complete protein (making it perfect food if you do not eat a lot of meat products). It is also high in fibers, iron, lysine (important for immune function), and b-vitamins. Walnuts are a rich source of Omega-3s, which help put shine in your hair and aid in making skin smoother and younger looking.

Ingredients

1.5 cups quinoa

1.5 cups chicken broth

1.5 cups water

1 apple, peeled and sliced thin

1 cup walnuts, chopped

1/2 cup dried cranberries

2 tbsp capers

3 tbsp green onion, chopped

A sprinkle of feta cheese

Classic Coleslaw

Serves: 2 – 4 Prep Time: 10 min
Dressing: Lemon Herb

Instructions

1. Prepare your lemon herb dressing (page 25).
2. Peel and grate your carrots.
3. Wash your cabbage, and cut off the hard end.
4. Cut into half, lying each half flat, and then cutting into quarters.
5. Now using a sharp knife, cut your cabbage into spaghetti thin slices.
6. Toss together the cabbage and carrots with a hefty does of lemon herb dressing.
7. Salt and pepper to taste.

Ingredients

4 carrots, peeled and grated

1 head green cabbage, sliced

Salt and cracked pepper

Beauty & Health Notes

An important thing to remember about skin health, is that what is good for our digestion, is also good for our skin. Cabbage provides the fibers to keep our digestive tracts healthy and moving, so there is not a build up of toxins leaking into our bodies because of inadequate digestion. Carrots are high in vitamin A, which is needed for the regeneration of your skin cells.

Chicken Caesar Salad

Serves: 2
Dressing: Caesar Inspired

Prep Time: 10 min
Cook Time: 5 min

Instructions

1. Preheat your oven to 375F.
2. Defrost your chicken and put onto parchment paper on a baking tray and put into oven to bake for 25-30 minutes, until it is no longer pink inside.
3. While your chicken bakes, prepare your Caesar inspired dressing (page 25).
4. Wash and dry your lettuce and tear it up into bite sized pieces.
5. Cut your bread into bite sized pieces.
6. Finely chop your garlic.
7. Turn on a frying pan and add a teaspoon of butter and toss in your garlic until it is browned.
8. Add your bread crumbs and sauté for 3-4 minutes, stirring regularly so they do not burn. When they are brown, turn off heat and let them sit in pan until you are ready.
9. Take your chicken out of the oven, and slice it into long thin pieces.
10. Top lettuce with chicken, bread crumbs, shaved parmesan and your Caesar Inspired dressing.

Beauty & Health Notes

Cook with garlic every day. Scientists have found that in a lab, skin cells grown in a culture dish and treated with garlic have been show to have seven times the life span of cells grown without garlic. They also tended to look healthier and more youthful than untreated cells. Plus, garlic extract dramatically inhibited the growth of cancerous skin cells.

Ingredients

2 chicken breasts

1/2 head romaine lettuce

2 slices bread, a few days old
(or some chopped nuts for a gluten-free option)

2 cloves garlic, minced

1/2 cup parmesan, grated

1 tsp butter

Salt and pepper

Maple Baked Salmon on Baby Greens

Serves: 2
Prep Time: 10 min
Dressing: Maple Balsamic
Cook Time: 25 min

Instructions

1. Prepare your maple balsamic dressing (page 25).
2. Preheat your oven to 425F.
3. Slice half a lemon into 4-5 thin slices and place on top of your salmon fillets.
4. Pour 1/3 of your maple balsamic dressing onto your salmon, and bake for 20-25 minutes, until you can look inside and it is a nice pink color.
5. While waiting, wash and arrange your greens onto your plates.
6. Sauté asparagus for 3-4 minutes in a bit of butter and water.
7. Once salmon is cooked, arrange on top of your greens, garnishing with green onion, pine nuts and the rest of your maple balsamic dressing.

Ingredients

2 fillet wild salmon

Greens (spinach, swiss chard, mustard greens)

Asparagus

Olive oil

1/2 lemon

1/4 cup pine nuts

Green onion, sliced

Salt and pepper

Beauty & Health Notes

Salmon contains astaxanthin, a carotenoid that improves skin elasticity, so you'll have fewer fine lines. It is also a high quality protein rich in essential omega-3 fatty acids, which have been shown in clinical studies to improve mood, fight depression, decrease inflammation and even help with weight loss. Pair all of that with antioxidant rich raw greens, and your skin will be glowing after this meal.

Greek Salad

Serves: 2
Dressing: Lemon Herb

Prep Time: 10 min
Cook Time: 10 min

Instructions

1. Prepare your lemon herb dressing (page 25).
2. Cut your cherry tomatoes into half.
3. Slice your cucumbers into skinny wedges.
4. Cut a yellow pepper into bite sized pieces.
5. Slice your red onion into small skinny pieces.
6. Toss with crumbled feta, black olive and lemon herb dressing.

Ingredients

10 cherry tomatoes

1/2 cucumber

1/3 cup feta cheese, crumbled

12 black olives

Optional: 1/4 red onion

Beauty & Health Notes

As you will learn with each meal you make, colorful foods are rich in antioxidants. Antioxidants such as beta-carotene and vitamins C, E, and A can slow the aging damage caused by unstable molecules known as free radicals. Adding parsley and oregano to this meal increases the vitamin content, as well as the flavor of this meal.

Mango Tomato Salad with Cilantro Lime Dressing

Serves: 2 – 4 Prep Time: 10 min
Dressing: See below.

Instructions

1. Prepare your cilantro lime dressing.
2. Slice your mango into square chunks.
3. Cut tomatoes in half.
4. Rinse white onion under cold water to make it easier on your tear ducts.
5. Slice white onion into skinny thin pieces.
6. Coarsely chop cilantro.
7. Mix all your ingredients together and drizzle dressing.

Ingredients

1 mango

8 cherry tomatoes

1/4 sweet white onion

1/4 cup pumpkin seeds, soaked overnight

3-4 sprigs cilantro

Olive oil

Beauty & Health Notes

The bright orange flesh of a mango is rich in Vitamin A, B C and of course antioxidants. The high zinc content in pumpkin seeds helps the structure of proteins and cell membranes of skin. To get the most out of your pumpkin seeds, soak them overnight to make them easier for your body to absorb.

Creamy Cucumber Salad

Serves: 3 - 4 Prep Time: 10 min
Dressing: See below.

Instructions

1. Squeeze 1/2 a lemon, and chop your dill.
2. Mix together your sour cream, yogurt, chopped dill, salt and lemon.
3. Slice your onion into nice thin slices.
4. Slice cucumbers into thin circles.
5. Toss your cucumbers and onion with your creamy dressing.
6. Garnish with a bit more dill, salt and cracked pepper.

Ingredients

1 long English cucumber.

1/2 sweet white onion

1/4 cup sour cream

1/4 cup plain yogurt

2 tbsp chopped dill

1/2 lemon, juiced

Salt and pepper

Beauty & Health Notes

An excellent meal for your gut. In this salad, the probiotics found in the plain organic yogurt are fed by the prebiotics in the cucumbers, making the perfect symbiotic salad to strengthen the immune system in your digestive tract. Not everyone knows, but 70% of our immune system lies in our gut and the health of our digestive tract is directly related to the health of our skin.

Shopping Tip: Always read the back of your yogurt and find a brand that has the probiotics named lactobacillus acidophilus and bifodobacterium, which are the two types that have been shown to improve human digestive health. Avoid flavored yogurts and instead drizzle with honey to sweeten.

Mandarin Orange Pecan Spinach Salad

Serves: 2 Prep Time: 10 min
Dressing: Creamy French

Instructions

1. Prepare your French dressing (page 25).
2. Arrange your plate with your spinach greens.
3. Chopped your pecans and toss onto greens.
4. Add mandarin orange slices.
5. Sprinkle with parmesan cheese.
6. Drizzle with plenty of French dressing.

Ingredients

2 handfuls spinach greens

2 mandarin oranges, peeled and divided into sections.

1/3 cup pecans

2 tsp parmesan cheese

Beauty & Health Notes

Oranges, of course, are incedibly rich in vitamin C and bioflavonoids. This is a great combination for people concerned about skin problems because it delays or reduces wrinkles. Bioflavonoids and vitamin C are also important in maintaining the elasticity of the your skin, so it looks younger and more radiant.

Maple Roasted Vegetable Salad

Serves: 3 – 4
Prep Time: 10 min
Dressing: Maple Balsamic
Cook Time: 50 min

Instructions

1. Prepare your maple balsamic dressing (page 25).
2. Preheat oven to 425F.
3. Peel potatoes, yams, beets, carrots and parsnips.
4. Crush your garlic.
5. Chop onions into bite sized squares.
6. Chop all vegetables into bite sized squares.
7. Line a baking tray (with a lid if you have one), with parchment paper.
8. Mix all your vegetables onto your pan.
9. Coat with a spoonful of butter and 1/2 your dressing.
10. Bake in oven for 45 minutes until veggies are soft. Give it a stir every 15 minutes, adding more olive oil each time.
11. Garnish with chopped parsley and maple balsamic dressing.

Ingredients

4-5 beets

1 yam

3-4 white potatoes

1 yellow onion

1 parsnip

4 carrots

2 cloves garlic

Butter

Salt and pepper

Chopped parsley

Beauty & Health Notes

The nutritional benefits of this roasted salad are hard to beat. This colorful mix is packed with antioxidants, vitamins, minerals and fiber. Once vegetables are cooked drizzling them high quality extra virgin cold pressed olive oil will help you to absorb the fat soluble vitamins A, E and K found in high doses in this meal, and also provide the right kinds of fat to maintain the structure of your skin cells.

Cashew Nut Prawn Noodle Salad

Serves: 2
Dressing: Ginger Peanut
Prep Time: 10 min
Cook Time: 10 min

Instructions

1. Begin by mixing your ginger peanut dressing (page 25).
2. Defrost (if frozen) and peel off the shells and tails of prawns.
3. Put on a medium pot of water to boil and toss in your noodles to cook for 3-5 minutes. Then turn off heat and take noodles off the burner.
4. Slice your garlic and cilantro finely.
5. Slice cherry tomatoes in half.
6. In a frying pan, sauté your garlic and cashews in a little butter.
7. When your garlic is brown, throw in your prawns and cover with a lid.
8. Let cook for 3-4 minutes until the first side is pink.
9. Now flip your prawns, cover with lid again and cook for another 3-4 minutes.
10. Drain your noodles of water and add a bit of salt and pepper.
11. Arrange your plate with spinach, and then top with noodles, prawns, cashews, tomatoes, cilantro and your dressing.

Ingredients

16-20 prawns

A bunch of cilantro

1/2 cup cashews

10 cherry tomatoes

1 1/2 cups Asian noodles

Handful of spinach

Salt and pepper

1 tbsp butter

Beauty & Health Notes

Cashews are rich in the mineral copper which is involved in a process that gives hair and skin its color. Prawns are another food that is high in protein, providing essential building blocks for skin and all other cells. We cannot underestimate the important of high quality protein in our diets. When it comes to buying seafood, learn which sources are from sustainable wild fishing practices and choose these brands, or better yet, buy fresh.

Crunchy Baked Salmon with Yam Garlic Broccoli

Serves: 2

Prep Time: 10 minutes
Cook Time: 45 minutes

Instructions

1. Preheat oven to 425F.
2. Put yam into oven on a tray (no need to do anything to it just yet) and place into oven.
3. Crush your walnuts as small as you have patience for. Big is fine too if it has been a busy day.
4. While yam is cooking, prep your salmon skin side down in an oven proof tray. Top with butter, lemon, salt, pepper and crushed walnuts.
5. After your yam has been in the oven for 25 minutes, put your salmon in oven to bake for 25 minutes.
6. Take your yam out, and cut in half, lengthways.
7. Put yam skin side down, and sprinkle your top with some parmesan cheese, salt and pepper. Put back into oven.
8. Wash and chop your broccoli, and five minutes before you are ready to eat, turn a frying pan onto medium to sautee your garlic and broccoli.
9. Serve meal with a few wedges of lemon.

Ingredients

2 fillets wild salmon

3/4 cup walnuts

1 head broccoli

1 lemon, cut into wedges

1 large yam

3 clove garlic, diced

1 tbsp parmesan

1 tbsp butter

Salt and pepper

Beauty & Health Notes

In this meal you've just gotten a skin-healthy dose of poly- and monounsaturated fats, particularly omega-3 fatty acids from the salmon and the walnuts which studies suggest may affect the amount of sun and aging damage your skin experiences. Combine this meal with the antioxidants and phytonutrients found in bright orange yams and dark green broccoli.

Stuffed Red, Yellow and Orange Peppers

Serves: 2

Prep Time: 20 min
Cook Time: 60 min

Instructions

1. Put your brown rice to cook following directions on your rice package.
2. Cut the tops off your peppers, and scoop out the insides.
3. Chop your herbs, onion and garlic.
4. Heat a frying pan to medium with some coconut oil or butter and sauté your onions and garlic.
5. Once brown, add your ground turkey and herbs, stirring until cooked.
6. When rice is ready, mix in a bowl with chicken, Braggs sauce, salt, pepper and 2 tbsp of parmesan cheese.
7. Preheat oven to 375F
8. Spoon mixture into your pepper shells.
9. Top with parmesan cheese, and put onto baking sheet or oven proof tray.
10. Bake in the oven for 15-20 minutes or until peppers are tender, and cheese is browned.
11. Serve with some fresh mint to garnish.

Ingredients

2-3 peppers (combo of red, orange and yellow)

2 cups ground turkey

1/4 onion

2 cloves garlic

1 cup brown rice

2 cups water

3 tbsp parmesan cheese

Salt and pepper

Braggs sauce (or soy sauce)

Mixed herbs (oregano, basil and thyme)

Coconut oil or butter.

Beauty & Health Notes

Peppers are off the chart high in vitamin C, that you should be eating them every day. In fact, raw bell peppers are THE highest food source of vitamin C compared to all other vegetables and fruits. There are so many ways to use them. Add them to any salad, stir-fry, soup or eat them raw with a nice fresh hummus.

Poached Lime Chicken Salad

Serves: 2
Prep Time: 20 min
Dressing: Lemon Herb
Cook Time: 20 min

Instructions

1. Put a medium pot of water to boil. Add some salt and pepper, and lemon juice to your water.
2. When it comes to a boil put in your chicken breasts.
3. Let chicken boil for 3-5 minutes.
4. Turn down heat, cover and simmer chicken for another 15-20 minutes until cooked.
5. While waiting, slice your avocado into thin wedges.
6. Halve your tomatoes.
7. Prepare your lemon herb salad dressing (page 25).
8. Take chicken out of water and slice into thin bite-sized pieces.
9. Arrange all ingredients of your salad and drizzle liberally with salad dressing.

Ingredients

2 chicken breast, no skin or bone

1 ripe avocado

8 cherry tomatoes

Leafy greens (spinach, kale, chard)

1/2 cup corn kernels

Juice of 1/2 lemon

Salt and pepper

Beauty & Health Notes

As much as possible be sure to choose farm fresh organic free range chicken. What goes into the chicken also goes into you, so always choose animal based protein that is high in nutrients, free from added hormones and antibiotics. A build up of these harmful ingredients puts a heavy load of work onto your liver. When our livers get loaded down with too much work, they have a harder time keeping our skin clear as well.

Mixed Bean Salad

Serves: 2
Dressing: Lemon Herb
Prep Time: 10 min
Cook Time: 0—50 min

Instructions

1. Prepare your lemon herb dressing (page 25).
2. Rinse your beans if they are from a can, or drain away the liquid if you had them pre-soaked and cooked.
3. Chop parsley and green onions.
4. Toss beans with herbs and salad dressing.

Ingredients

2 cups of mixed beans (red kidney, white navy, and black beans) either from can, or pre-soaked and cooked.

1/4 cup parsley, chopped

1/4 cup green onions, chopped

Salt and pepper

Beauty & Health Notes

Beans are another protein source which help repair cells that have suffered free radical damage. During digestion, protein breaks down into amino acids, the building blocks of cells. Amino acids help to speed the repair and regeneration of skin cells and collagen. Many beans are also high in silica, a nutrient that is vital for the formation of collagen. Silica also is a part of connective tis-

Caprese Salad

Serves: 2 – 4 Prep Time: 10 min
Dressing: See below.

Instructions

1. Wash your veggies.
2. Cut tomatoes in to halves.
3. Drain liquid from bocconcini cheese and cut into quarters.
4. Toss together all ingredients with a splash of olive oil and balsamic vinegar.
5. Season with cracked pepper and sea salt.

Beauty & Health Notes

A German study found that lycopene-rich tomato paste helped participants prevent sunburn when they combined it with olive oil, daily for ten weeks. Besides being a great source of the antioxidant lycopene, tomatoes are considered a high-carotenoid fruit. These nutrients may help slow down cellular damage from free radicals.

Ingredients

16 cherry tomatoes

1 carton bocconcini cheese

Handful of basil

Cracked pepper

Sea salt

Olive oil

Balsamic vinegar

Garlic Parmesan Asparagus with Boiled Egg

Serves: 4
Dressing: Lemon Herb
Prep Time: 10 min
Cook Time: 10 min

Instructions

1. Prepare your lemon herb dressing (page 25).
2. Put on a medium pot of water to boil with your eggs.
3. Wash your asparagus and cut off the hard ends.
4. Dice your garlic.
5. In a frying pan, heat up butter and toss in your garlic, letting it brown.
6. Next add your asparagus and let fry with garlic.
7. Add 1/4 cup of water to the frying pan, and then cover immediately with a lid for 3-4 minutes so your asparagus softens.
8. Take of lid, give your mix a stir and then top with parmesan cheese letting it melt down for about 2 more minutes.
9. Peel your eggs and cut into slices or quarters.
10. Arrange eggs and asparagus, serving with salt, pepper and a drizzle of olive oil.

Ingredients

1 lb asparagus

2 cloves garlic

1/3 cups shaved parmesan

1/2 cup pea shoots

4 boiled eggs

Butter

Beauty & Health Notes

Asparagus may help to protect against varicose veins. Why? Asparagus is a good source of a bioflavonoid compound called rutin. Rutin has anti-inflammatory properties, helps to improve circulation and strengthens veins and tiny blood vessels known as capillaries. All of these help to reduce the appearance of varicose veins.

Strawberry Spinach Salad

Serves: 2 Prep Time: 5 min
Dressing: Lemon Herb

Instructions

1. Prepare your lemon herb salad dressing (page 25).
2. Wash and dry your spinach.
3. Arrange on a plate.
4. Wash and slice your strawberries.
5. Serve with poppyseeds, sunflower seeds and lemon herb salad dressing.

Ingredients

2 large handfuls of spinach

4 large strawberries, sliced

1/2 cup sunflower seeds

2 tbsp poppy seeds

Beauty & Health Notes

Strawberries are packed with Vitamin C, which is known to play a key role in the production of collagen. Vitamin C aids in anti-aging, reduces fine lines and wrinkles, and minimizes blemishes and acne. Flax seeds are a rich plant source of essential omega 3 fatty acids, and they also provide a healthy fiber that will keep our digestive tract in right order.

Vegetarian Shepherd's Pie with Mushroom Miso Gravy

Serves: 10

Prep Time: 20 min
Cook Time: 90 min

Instructions

1. Sort, rinse and soak lentils at least 8 hours in double the volume of water.
2. Scrub and dice potatoes. Boil potatoes in salted water until very soft. Drain. Mash potatoes with milk and olive oil.
3. Chop onions, garlic, and celery.
4. Cook lentils by first draining the soaking water from lentils and rinse well. Put lentils in a large pot with enough water to cover plus 2 inches.
5. Bring to a boil with the lid on. Remove the lid, reduce heat to medium so the beans are simmering. Scoop off the foam from time to time. They are ready when they are soft to bite. Drain any extra water.
6. In another pot, sauté onions, garlic, celery, salt and spices. Add frozen peas and canned diced tomatoes. Once softened, mix your lentils into this mix.
7. In a baking tray spread your lentil mixture first and then scoop your mashed potatoes on top. Smooth with a spatula.
8. Sprinkle with paprika.
9. Preheat oven to 425F and bake for 25-30 minutes until the potatoes are slightly brown on top.
10. Serve with miso gravy.

Miso Gravy

1. Chop onions, garlic and mushrooms.
2. Heat oil and cook onions, garlic, mushrooms and tamari.
3. When the onions and mushrooms are soft, add the water. Bring to a boil.
4. Remove from heat. Add miso paste and blend everything smooth using the hand blender.
5. Add more water to adjust consistency. Heat gently but be sure not to boil after adding miso.

Ingredients

2.5 lbs potatoes
1/2 cup milk (or alternative)
1 3/4 cups olive oil
1 3/4 cups green lentils
1/2 onion, chopped
4 garlic cloves, minced
2 stalks celery, chopped
1 tsp salt
1 tsp sage powder
1 tsp cumin powder
1/2 cups peas, frozen
1/2 can 796ml diced tomatoes

Mushroom Miso Gravy

1/2 cup olive oil
1/2 onion, chopped
4 garlic cloves, minced
1 1/2 lbs mushrooms
3/4 cup tamari
3/4 cup miso
1 1/2 cup water

Roasted Chicken with Sweet Potato Fries

Serves: 2-4

Prep Time: 15 minutes
Cook Time: 45 minutes

Instructions

1. Preheat oven to 450F.
2. Season the chicken well by mixing your lemon rind, juice, crushed garlic, olive oil, and half of your herbs.
3. Let marinate in fridge for 2 hours.
4. Peel and chop your sweet potatoes into finger strips.
5. Arrange sweet potatoes onto a parchment lined baking sheet, drizzle with olive oil, salt and pepper.
6. Take your chicken out of the fridge and place the rest of your herbs into the body of the chicken.
7. Smear chicken with a bit of butter, salt and pepper.
8. Cook chicken at 450F for 10 minutes with the lid off.
9. Put your sweet potatoes in the oven as well.
10. Spoon your hot marinade onto your chicken, and turn heat down to 375F.
11. Cover with lid and continue cooking for another 25 minutes.
12. Take the lid off, spoon on more marinade and cook for another 20 minutes to let the skin brown.
13. Stir your sweet potatoes. They are ready when soft to poke with a fork, and slightly browned on edges.
14. Use a meat thermometer to check if it is ready. The breast meat should be white (not pink), and the drumstick should be easy to pull off the bone.

Ingredients

4 lb whole farm fresh chicken

Juice & rind of 1 lemon

5 cloves garlic

3-4 shallots (or 1 large onion)

Handful of fresh parsley

2 springs fresh rosemary

2 sweet potatoes or yams

Olive oil

Butter

Salt and pepper

Beauty & Health Notes

Farm fresh poultry is high in B vitamins which are needed by many different types of skin cells for proper regeneration and growth and to support wound healing. B vitamin are also important to prevent dermatitis and dry flaky skin.

Mushroom Pecan Burgers

Serves: 10

Prep Time: 20 min
Cook Time: 30 min

Instructions

1. Cook your brown rice according to directions on package.
2. Preheat oven to 350F.
3. Spread pecans onto a baking tray, and roast in oven for 10 minutes, watching often so they do not burn.
4. Grate carrots and dice garlic.
5. In a large pan, heat your oil on medium and sautee your onion.
6. Turn up the heat and add garlic, mushrooms, salt, thyme and chile flakes.
7. Stir and cook until mushrooms have released all of their juice and the pan is drying out.
8. Pour balsamic vinegar onto pan and let evaporate.
9. Take mushrooms off heat, and let cool.
10. In a food processor, blend your cooked brown rice and grated carrots.
11. Take out and mix in a large bowl with pecans, bread-crumbs, pepper, musrooms, hot sauce and soy sauce.
12. Cool in fridge for 1 hour, then shape into burger patties and sautee on a frying pan until golden brown.
13. Serve on a bun or with a green salad.

Ingredients

2 tbsp olive oil
1 red onion, diced
1 tsp salt
4 garlic cloves, minced
2 tbsp thyme, chopped
1/2 tsp chile flakes
6 cups mushrooms, sliced
2 tbsp balsamic vinegar
1 1/2 cups cooked brown rice
1 1/2 cups carrot, grated
1 cup pecans, roasted and chopped
2 cups breadcrumbs
1/2 tsp cracked pepper
1/4 tsp hot sauce
2 tbsp soy sauce

Beauty & Health Notes

Mushrooms can keep your skin looking younger by re-ducing the skin's inflammatory response and calming redness. Whole grain brown rice is packed with B-vitamins which are need to regenerate skin cells and support wound healing.

Classic Potato Salad

Serves: 8-10
Dressing: See below.
Prep Time: 15 min
Cook Time: 30 min

Instructions

1. Peel and boil your potatoes ahead of time for about 25 minutes until soften, but not mushy.
2. Boil your eggs ahead of time.
3. Once potatoes are cooled, in a large mixing bowl cut them into cubes.
4. Peel and chop the eggs.
5. Shred your red cabbage.
6. Slice green onions, celery & onion & pickles.
7. Gently stir in all ingredients in a large bowl, being careful not to make things too mushy.
8. Mix in mayonnaise, mustard, chopped dill, salt & pepper.
9. Garnish with parsley and paprika.
10. Keep in the refrigerator until serving time.

Ingredients

8 medium potatoes
8 eggs, boiled
1/2 red cabbage, grated
2 celery stalks – thinly sliced
2 green onions, sliced
Handful fresh dill, finely chopped
Handful fresh parsley, chopped
6 baby dill pickles – thinly sliced into circles
1 cup mayonnaise
2 tbsp mustard
Sea salt & pepper to taste
1 tsp paprika

Beauty & Health Notes

Protein helps repair cells that have suffered free radical damage. Eggs, a complete source of protein, also contain biotin, an essential vitamin that protects against dry skin. Potato salad is high in protein, vitamins, minerals and fiber making it great choice for most people.

Warm Crunchy Sesame Tofu Spinach Salad

Serves: 2
Dressing: Ginger Peanut
Prep Time: 5 min
Cook Time: 20 min

Instructions

1. Preheat oven to 375F.
2. Prepare your ginger peanut dressing (page 25).
3. Cut tofu into bite sized squares and place onto parchment lined baking sheet.
4. Drizzle with olive oil, salt and pepper and place in oven for 20 minutes until golden brown. You can bake them a bit longer to get them crunchy.
5. Arrange spinach onto plates and slice tomatoes.
6. When tofu is ready, take it out of oven, and arrange onto salad with tomatoes.
7. Serve with ginger peanut dressing and sesame seeds.

Ingredients

2 handfuls spinach

1 package organic medium tofu

2 tbsp sesame seeds

1 tomato

Drizzle of olive oil (extra virgin cold pressed)

Salt and pepper to taste

Beauty & Health Notes

Free radicals, found in our environment, food and skin care products can damage DNA, create age spots and wrinkles, and depress the immune system, increasing the risk of skin cancer. Soy isoflavones, found in organic tofu, may act as antioxidants to protect collagen from damage caused by free radicals. Always buy organic tofu, since soy is one of the most genetically modified crops and labeling laws do not require manufacturers to state if their product is genetically modified.

Hummus

Serves: 4

Prep Time: 20 min
Cook Time: 45 min

Instructions

1. Rinse your chickpeas if they are from a can.
2. Put all your ingredients into a food processed, or a bowl and use a handheld blender. There is no wrong way to do this :)
3. Add more water if needed for desired consistency, and flavor with salt and pepper.
4. Garnish with parsley, or black olives.
5. Serve with organic corn tacos, sliced carrots, sliced cucumbers, celery and red pepper.

Ingredients

1 can chickpeas

1 garlic clove

1/3 cup olive oil

1/2 a lemon, squeezed

1/3 cup water

1 tbsp either tahini, peanut butter or almond butter

salt and pepper to taste

Beauty & Health Notes

Chickpeas are not only high in protein and fiber, but also in manganese, which helps skin cells produce energy and fights wrinkle-causing free-radical damage. It is also a rich source of molybdenum which helps to detoxify skin by aiding in the removal of sulfites -- a common food preservative that can mess with skin's smoothness. And chickpeas contain ample amounts of folate, too -- a B vitamin that helps provide the fuel that skin cells need in order to repair damage from sun and toxins.