

RECIPE RESOURCE

Easy Breakfast Recipes

High Protein Pancakes

Kathy Smart

Serves 2.

Makes four 4-inch pancakes

INGREDIENTS

- 1/2 Cup Quick Cooking Wheat-Free Oats (if not gluten intolerant, just use regular oats)
- 1/2 Cup Cottage Cheese (2%)
- 1 teaspoon Vanilla Extract
- 1 teaspoon cinnamon
- 2 whole eggs
- Coconut oil (for frying)

INSTRUCTIONS

1. Add all of the above ingredients (except coconut oil) to a blender and blend on high for 1-2 minutes or until smooth.
2. Heat coconut oil on medium heat onto a non-stick frying pan.
3. Pour half of the pancake batter onto the heated frying pan, making 2 pancakes.
4. Allow to cook on medium heat.
5. When you start to see bubbles forming at the top of the pancakes, flip them over.
6. Allow to cook on the other side and repeat with remaining batter.

For more awesome recipes and inspiration, follow Kathy Smart at LiveTheSmartWay.com and order her cookbook *Live The Smart Way!* It is amazing!

Sarah's Breakfast Smoothie

Sarah Roberts

Watch the video and check out the recipe for my favourite breakfast smoothie in this post: <http://sarahtalksfood.com/healthy-juice-boost/>

Peaches and Cream Steel Cut Oats

Kathy Smart

I love waking up to the smell of this simple and nutritious breakfast. The slow cooker makes having your steel cut oats in the morning a cinch! **Serves 4.**

INGREDIENTS

- 1 cup Steel Cut Oats
- 4 cups almond milk or cow's milk
- 1 teaspoon pure vanilla extract
- 2 cups of fresh or frozen peaches

Optional Add-Ins

Chopped apricots, dates, almonds and a pinch of pumpkin pie spice for a nice change.

INSTRUCTIONS

1. Add all of the above ingredients to a slow cooker and allow to cook on low for 6-8 hours or on high 2-4 hours.
2. Add pure maple syrup and cinnamon to taste.

Sarah's Notes: I have used apples and cinnamon or strawberries & rhubarb instead of peaches for an equally delicious breakfast. I often double the recipe, as well, to have leftovers.

Leftovers: Freeze oatmeal in muffin tins, and once frozen, pop them out and wrap individually in plastic wrap. Thaw as needed before re-heating on the stove or in a microwave.

Easy Lunches

Home Made Hummus

Sarah Roberts

INGREDIENTS

- 1 can chick peas (any size, I like Eden's Organic)
- ¼ cup Tahini (Sesame Seed Paste, organic preferred)
- 1-2 cloves of garlic (omit if you can't have garlic breath!)
- ½ teaspoon of salt
- Juice of one lemon
- 1 Tablespoon of olive oil
- Water, if necessary
- Add-ins, if using. See below.

INSTRUCTIONS

1. Drain and rinse chick peas.
2. Add to a food processor or blender.
3. Throw in garlic (if using), ½ tsp of salt and the lemon juice.
4. Purée.
5. While blending/processing, drizzle in a little olive oil at a time and purée until creamy and to a desired taste.
6. Add a little water if necessary, to reach desired consistency.
7. I like mine spicy so I add a little "Red Rooster" sriracha sauce.

Notes: Customize your hummus further by adding roasted red peppers (homemade or store bought), caramelized onions, pesto, or ground flax seeds. Get creative!

Healthy Deviled Eggs Sarah Roberts

INGREDIENTS

- Eggs
- Dijon mustard
- Fresh lemon juice
- Olive Oil
- Salt and pepper
- Paprika (Optional)

INSTRUCTIONS

1. Hard boil eggs (see my method in the **Meal Planning** section)
2. Peel and cut the eggs in half, lengthwise.
3. Remove the yolks and place in a bowl.
4. Add Dijon mustard, fresh lemon juice, salt and pepper.

NOTE: Amounts of Dijon, lemon juice, salt and pepper will vary depending on the number of eggs I am making. For 6 eggs, I use a little less than 1 tablespoon each of mustard and lemon juice and several cracks of pepper, a pinch of salt.

5. Mash together egg mixture with a fork.
6. Slowly drizzle a bit of olive oil while “whisking” with your fork. Once you have the desired consistency, re-fill the eggs and sprinkle a little paprika, if using, on top.

Easy Dinners

Brown Lentil Curry Kathy Smart

Here is Kathy’s full recipe, including the write-up.

This comes from my friend and colleague Sabha. She first brought me this yummy curry for lunch one day and I just had to have this recipe.

I first met Sabha in a health food store many years ago. We became fast friends and Sabha is not only a wonderful friend and colleague but a marvelous cook. **Serves 8**

INGREDIENTS

- 2 Cups of brown lentils (or green, but not the red split lentils)
- Water for soaking
- 8 cups water
- 2 medium onions, chopped
- 4 cloves garlic, chopped
- 2 teaspoons sea salt
- 2 Tablespoons curry powder
- ¼ cup crushed canned tomatoes or 3 tablespoons tomato paste
- 1 Tablespoon ground coriander
- 1 teaspoon Garam Masala
- 1 teaspoon Onion Seeds (**See Sarah’s Notes**)
- ¼ cup coconut oil

INSTRUCTIONS

1. Soak lentils in a bowl of 6 cups of water for about 1 ½ hours. The lentils will absorb a lot of the liquid. **(See Sarah's Notes).**
2. Drain the remaining liquid.
3. Place 8 cups fresh water in a large pot and place it on the stove over high heat.
4. Add soaked lentils, onions, garlic, sea salt and curry powder to the water.
5. Bring to a boil and reduce to medium-low heat to simmer.
6. Cover pot and cook for approximately ½ hour.
7. Add tomatoes or tomato paste and continue to cook on medium-low heat for another half hour until lentils are tender. **(See Sarah's Notes).**
8. Add Garam Masala and ground coriander.
9. Continue cooking lentils, uncovered, until slightly thickened (about 15-20 minutes), stirring occasionally.
10. Heat coconut oil in a small pot on medium heat and fry the onion seeds until they start to sizzle--be careful not to burn them--then add oil and onion seeds to the cooked curry and stir well. **(See Sarah's Notes).**

Sarah's Notes:

1. I often don't take the time to soak the lentils for an hour and a half (or at all). I feel the result is just as good.
2. I almost always double the recipe as these are seriously delicious and I love leftovers, even eaten cold!
3. I always use tomato paste (not crushed tomatoes), and I just use the whole can instead of only 3 tablespoons.
4. Don't omit the coconut oil/onion seeds step! It is what makes this recipe so rich and delicious. Onion seeds can be found at Indian grocery stores. A friend of mine found them at her local "Freshco". They can also be found at some Health Food Stores.

A Final Note from Sarah: This is a staple recipe in my home and is a regular Sunday meal, plus I love the leftovers, eaten hot or cold. Thanks Kathy and Sabha!

Crock Pot Chicken Sarah Roberts

This recipe is so easy and delicious! I love it, and enjoy coming home to such a yummy smell and dinner being all done. 😊

INGREDIENTS

- 4 cups **total** of roasting veggies (potatoes and/or sweet potatoes, carrots, celery, onion)
- Garlic cloves (I use about 5, but the number is up to your taste buds!)
- Olive oil
- Whole lemon (optional)
- Kirkland “no salt” seasoning from Costco (or seasoning of choice or just salt & pepper)

INSTRUCTIONS

1. Roughly chop up about veggies and place in the bottom of your crock pot. Toss in a few whole, peeled garlic cloves.
2. Drizzle olive oil over top of the veggies and season with seasoning of choice.
3. Pat whole chicken **very** dry with paper towel and place on top of veggies. **Optional:** Prick a lemon all over and place in the chicken’s cavity for a slightly lemony flavour to your chicken.
4. Cook on high for 6 hours or on low for 8-9 hours.

NOTES:

See the **Meal Planning** document for how I carve and store my cooked chicken, vegetables and broth.

I remove the skin once done and discard.

There is no liquid used in this recipe, yet the result is juicy and tender and you will have flavourful juices from the chicken and vegetables!

You can also make a roast chicken in about an hour in the oven, I just prefer the crock pot method.

VEGETABLE FRIED “RICE”

Adapted from The Detoxinista

(Adapted for 2 people; omitted the salt; added broccoli. See my notes in the [Meal Planning Document](#) for Thursday night.)

Serves: 2

A lighter alternative to traditional fried rice!

INGREDIENTS

- 2-4 cups cauliflower "rice" (**Sarah's Note:** I use a whole head) For “rice” method, see “Easy Side Dishes”.
- 2 Tablespoons coconut oil
- 1 cup chopped carrots
- 2 tablespoon green onion, chopped
- 2 cups chopped broccoli
- 2 garlic clove, minced
- 2 whole eggs
- Low sodium Tamari (gluten-free soy sauce), to taste

Sarah's Note: for even lower sodium, I like to use coconut aminos.

INSTRUCTIONS

1. In a large skillet, sauté the garlic in coconut oil, over medium heat. Add in the carrots and a splash of water to prevent sticking, and cook for 5 minutes, or until crisp-tender. Then add the green onion and egg, which will start to cook quickly.
2. Add in the cauliflower rice, along with a splash of tamari and salt. Stir to combine and heat through, about 3-5 minutes.
3. Adjust the seasonings to taste, then serve piping hot!

DETOXINISTA'S NOTES

This recipe is easy to adapt to your tastes and preferences, too. If you're vegan, simply omit the egg and add some crumbled tofu, instead. Prefer other veggies? Feel free to use whatever you have on hand!

For other delicious and easy recipes by The Detoxinista, find her at TheDetoxinista.com and order her awesome new cookbook, *Everyday Detox!*

Healthy Chicken Tenders Sarah Roberts

This is a great alternative to unhealthy deep-fried chicken fingers, and kids love them, too!

Serves 6-8

Serve with some roasted broccoli or cauliflower and a baked sweet potato (wrap a sweet potato in tinfoil and bake directly on the middle rack for about 10-15 minutes before putting the chicken in. Leave it in while the chicken is cooking). Or, make Sweet Potato “fries” (recipe found in “Easy Side Dishes”).

INGREDIENTS

- 4 8-ounce boneless, skinless chicken breasts
- ¼-1 Cup of almond flour or almond meal (store-bought or homemade)
- 2 tablespoons seasoning blend of choice or just use a pinch each of salt and pepper

INSTRUCTIONS

1. Preheat oven to 425°F
2. Pour the almond flour/meal onto a large plate and add in the seasoning blend of your choice (I like Kirkland “organic no salt seasoning” from Costco).
3. Blend with your hands or a spoon.
4. Pat the chicken breasts very dry (don’t skip this step) and cut into strips.
5. Coat all sides of the chicken in your almond mixture.
6. Place in a single layer on a parchment-lined baking sheet and bake at 425°F for 15-20 minutes, turning once half way through.

Notes: Delicious on their own, I also like serving them with home-made honey mustard (equal parts organic raw honey and mustard of choice). If you live in the Ottawa area, I prefer the True Bee Honey brand, available at Whole Foods. 😊

“Almond Flour” is blanched (skins removed), raw almonds. “Almond Meal” is raw, ground almonds (skins intact). I like to buy the big bag of almond flour at Costco, or Bob’s Red Mill brand or else in bulk at Bulk Barn. I like making my own almond meal in my food processor and using it in this recipe for extra crunch and fiber.

Easy Baked Salmon with Rosemary

Sarah Roberts

I love salmon! This is a go-to recipe in my kitchen. 😊

Serves 2 plus leftovers

INGREDIENTS

- One 12-14 ounce Salmon fillet in a Ziploc bag (I buy a large piece of Costco's organic wild salmon and cut it into 3 fillets to give me 3 dinners plus some leftovers).
- 1 Tablespoon Dijon Mustard
- 1 Tablespoon Apple Cider vinegar
- Black Pepper
- 2 Tablespoons Olive Oil
- Fresh Rosemary Sprigs (I freeze fresh rosemary to always have on hand)

INSTRUCTIONS

1. Preheat oven to 375°F
2. Place salmon fillet in a Ziploc bag.
3. Line a baking sheet with parchment paper
4. In a large mug, combine Dijon and vinegar. Add pepper.
5. Slowly drizzle in the olive oil and whisk vigorously.
6. Pour mixture over the salmon. Try to allow it to marinate for at least 20 minutes, but if you don't have time, it still tastes great. 😊 You can also do this in the morning and store in the fridge in a Ziploc bag.
7. Arrange salmon on the baking sheet and tear off several individual pieces of fresh rosemary. Place all over the salmon.
8. Bake for about 15 minutes, depending on your desired level of doneness (I like it done "medium") and the size of your fillet. This can also be done in tinfoil and placed on the BBQ.
9. Serve over quinoa and with veggies/salad on the side.

Easy Maple Dijon Salmon Sarah Roberts

Another classic recipe in my kitchen. Thanks to my Aunt Nancy for sharing this one with me many years ago!! 😊

Feeds 2 plus leftovers

INGREDIENTS

- One 12-14 ounce Salmon fillet
- 1 Tablespoon Dijon mustard
- 1 Tablespoon Maple Syrup
- Handful of Crushed Pistachios (optional)

INSTRUCTIONS

1. Preheat oven to 375°F
2. In a mug, use a fork to combine Dijon mustard and maple syrup.
3. Pour over salmon, and allow to marinate for at least 10 minutes and maximum overnight. If overnight, place salmon in a Ziploc bag before adding the marinade.
4. Prepare your veggies and/or rice/quinoa during the marinating time.
5. Crush some pistachios (optional) by shelling them, placing them in a Ziploc bag and using a rolling pin over them or a rubber mallet. Spread them over the salmon.
6. Bake at 375°F for about 15 minutes (depending on thickness of your fillet) and desired doneness. This can also be done in tinfoil and placed on the BBQ.

Enjoy with cauliflower “rice”, quinoa, or brown rice and roasted veggies and/or a simple salad.

EASY SIDE DISHES

Perfect Quinoa

Cook quinoa at a 2:1 ratio. So, for 1 cup of dry quinoa, use 2 cups of water.

INGREDIENTS

- Quinoa
- Water

INSTRUCTIONS

1. Place cold water in a medium pot.
2. Rinse quinoa well using a sieve (don't skip this step! It removes the bitter outer residue).
3. Add quinoa to the cold water
4. Over high heat, bring quinoa to a boil.
5. Cover and cook quinoa on low for 15 minutes.
6. Fluff with a fork and serve.

Rosemary Sweet Potato Fries

The Detoxinista

Serves 2

INGREDIENTS

- 2 medium sweet potatoes, cut into fry shapes **Sarah's Note:** I sometimes just cut mine into rounds to save time cutting and flipping! Be careful cutting, though.
- 1-2 tablespoons coconut oil, melted
- 1 tablespoon fresh rosemary, chopped
- Sea salt & pepper

INSTRUCTIONS

1. Preheat your oven to 425°F, and line a baking sheet with parchment paper.

2. Soak the cut sweet potatoes in cold water for at least 20 minutes, up to an hour if you have the time, to remove some of the starch content. (This helps make crispier fries!)
3. Drain and rinse well, to ensure the starch is removed, then pat dry with a towel, so that the resulting fries are nice and dry.
Sarah's Note: I have omitted this step when I don't have time!!
4. Transfer the fries to a clean bowl, and toss with the coconut oil and rosemary, using your hands or a spoon to coat evenly.
5. Arrange the fries into a single layer on the lined baking sheet, and bake at 425°F for 15 minutes. For crispier results, be sure to leave some space between the fries, so they don't sweat by being overcrowded.
6. After the 15 minutes, remove from the oven, flip them over using your fingers or a fork, then return to the oven for another 10 minutes, or until the fries are golden around the edges.
7. Sprinkle immediately with a generous portion of sea salt and pepper, while the fries are still hot and glossy.

Cauliflower "Rice"

Sarah Roberts adapted from The Detoxinista

Serves 2

INGREDIENTS

- Cauliflower
- Coconut Oil or Avocado Oil

INSTRUCTIONS

1. Break cauliflower into florets and place in a food processor.
2. Pulse a few times to get "rice".
3. In a frying pan, melt some coconut oil or avocado oil over medium-high heat and toss in the cauliflower "rice".
4. Sauté for a few minutes until cooked, add in a pinch of salt and pepper and serve instead of rice or pasta.

Roasted Broccoli or Cauliflower

Sarah Roberts

Serves 2-4

Roasting veggies brings out their natural sugars and they taste so amazing cooked this way! I love roasting just about everything (asparagus, Bok Choy, fennel...) but most often I am doing broccoli or cauliflower. Here's how I do it:

INGREDIENTS

- About 4 cups broccoli or cauliflower
- Olive or Avocado oil
- Himalayan Salt & Black Pepper
- Balsamic Vinegar (Optional)
- Chili Flakes (Optional)
- Balsamic Vinegar (Optional)

INSTRUCTIONS

1. Preheat oven to 400°F
2. In a Ziploc bag, add the florets and drizzle with a bit of olive oil or avocado oil.
3. Season with salt and pepper and shake! I also like to add red chili flakes for a little kick, **optional**. 😊
4. **Optional:** Add in a splash of balsamic vinegar.
5. On a Parchment-lined baking sheet, place vegetables in a single layer and bake for about 10-12 minutes. Shake the tray to move the veggies in order to get even browning. Roast for another 5-10 minutes until cooked through (cauliflower takes longer than broccoli).

Balsamic Roasted Brussels Sprouts

The Detoxinista

Serves 4

INGREDIENTS

- 1 Pound Brussels Sprouts, washed and trimmed
- 3 Tablespoons Balsamic Vinegar
- 2 Tablespoons Coconut oil, melted
- Salt and pepper, to taste

INSTRUCTIONS

1. Preheat your oven to 375°F. If your coconut oil is solid at room temperature, place the two tablespoons of coconut oil in a small bowl, and set it on top of the oven to warm while you prepare the Brussels sprouts. If the top of your oven isn't warm enough, you can place the bowl inside the oven for 2 minutes to melt.
2. Slice the Brussels sprouts in half, and place them in a large bowl.
3. Pour the balsamic vinegar over the halves, and toss well to coat.
4. Add the melted coconut oil, and toss again to coat.
5. Arrange the Brussels into a single layer on a baking sheet, cut-side facing down, and sprinkle generously with salt and pepper.
6. Roast the Brussels sprouts for 25 minutes, turning the pan after 10 minutes for even browning. The sprouts are ready when they are lightly golden.
7. Remove from the oven and serve immediately!

Sarah's Note: I used to haaaaaate Brussels sprouts but as I got older, I began to love them. This recipe has kicked them up another notch, and now, I can be found eating an entire pan of these! 😊

SNACKS/TREATS/MISCELLANEOUS

Banana Split Muffins (adapted from The Detoxinista's Paleo Banana Snack Cake)

When I was a kid, banana splits were a big treat...vanilla ice cream, bananas, peanuts, chocolate sauce and fresh strawberries. This muffin is moist and delicious and is much healthier than a banana split, but offers those same flavours! So good!

INGREDIENTS

- 3 large bananas, mashed (about 1¾ cup mashed)
- 1 cup natural, unsalted organic peanut butter
- 3 large eggs
- ¾ teaspoon baking soda
- ¼ teaspoon salt
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 2 squares dark chocolate (minimum 70% cacao) broken into small pieces
- ¼ cup sliced fresh strawberries (or frozen)
- Coconut oil, for greasing the muffin tins

INSTRUCTIONS

1. Preheat the oven to 350°F and line a muffin tin with paper liners.
2. In a large bowl, use a fork to mash the bananas as smoothly as possible, though it's okay if there are still a few clumps. Add in the peanut butter, eggs, baking soda, salt, vanilla, and cinnamon and stir well, creating a runny cake-like batter. Fold in the strawberry slices.
3. Pour the batter into the muffin tins. Top each muffin with a few pieces of the broken chocolate.
4. Bake at 350°F until the top is golden and the center is firm, about 30 minutes. Allow the muffins to cool in the pan (on a rack) completely before removing.
5. These muffins are moist, so for best shelf life, store in the fridge for up to 2 weeks (but they won't last that long!)

Peanut Butter & Honey Chewy Granola Bars

The Detoxinista

Makes 8 to 10 bars

INGREDIENTS

- 2 cups gluten-free rolled oats
- ½ cup creamy natural peanut butter* (unsalted)
- ½ cup honey
- ½ teaspoon sea salt (optional)

NOTE: *Peanuts are one of the crops most heavily sprayed with pesticides, so make sure to buy organic whenever possible.

Sarah's Note: I buy my organic peanuts (and other nuts) from Uraaw.com, a company in Guelph, Ontario. Their products are fantastic, their prices are fair, and shipping is free for orders over \$100!

INSTRUCTIONS

1. Line a standard loaf pan with parchment paper and set aside.
2. In a small saucepan over medium-high heat, bring the honey to a boil. Set a timer, and allow the honey to continue boiling for 1 minute.
3. In the meantime, place the oats in a large bowl and set aside.
4. Remove the pan of honey from the heat and stir in the peanut butter and salt.
5. Immediately pour the warm mixture over the oats, and use a spatula to stir well, coating the oats evenly.
6. As the mixture cools, it will become sticky and difficult to mix, so be sure to move quickly!
7. Transfer the mixture to the lined loaf pan, and press HARD to pack it into the pan. Pressing firmly will ensure that the bars stick together well later.
8. Place the pan in the fridge or freezer to cool, then use a large knife to cut the bars.

NOTES: I like to store these bars in the freezer for best shelf life (up to 6 months) then pull them out as needed. They thaw in about an hour, which makes them perfect for a mid-morning snack. If you'd prefer to store these bars at room temperature, they should last for up to a week.

Sarah's Note: I have made them with almond butter as well, and they were delicious. 😊

CHERRY PIE LARABARS The Detoxinista

Makes 8 Bars

A quick and easy snack bar made with only 3 natural ingredients!

INGREDIENTS

- 1 cup dried unsweetened cherries
- ½ cup Medjool dates, pitted
- 1 cup raw almonds

INSTRUCTIONS

1. In a food processor fitted with an "S" blade, combine the dried cherries and dates and process until a sticky dough is formed. (Be patient-- this takes a minute or so!)
2. Add in the raw almonds, and then process again until the almonds are broken down and the batter looks uniform. The resulting mixture may appear to be a bit crumbly, but it should stick together easily when you pinch the mixture with your fingers.
3. Line a baking sheet with parchment paper, and transfer the batter to the flat surface.
4. Press the dough into a flat, rectangle shape. (You could use a rolling pin for this, but I just used my hands.)
5. Once the dough is evenly thick, you can slice it into 8 bars.

NOTES

Separate the bars and store them in a sealed container in the fridge for best shelf life. When you need to keep a snack in your purse or bag, simply wrap one of these bars tightly in plastic wrap or parchment paper, and it should last an entire day or two at room temperature.

If you'd rather skip the bar-making process, you could also easily roll this mixture into balls for an easy-to-grab snack!

"PEANUT BUTTER COOKIE" LARABARS

The Detoxinista

Makes 6 Bars

A quick and easy snack bar that is naturally sweetened with fruit and tastes like a peanut butter cookie!

INGREDIENTS

- 1½ cups Medjool dates, pitted
- 1 cup dry roasted peanuts (unsalted)
- ¼ teaspoon sea salt

INSTRUCTIONS

1. Line a standard loaf pan with parchment paper and set it aside.
2. Combine all of the ingredients in a food processor fitted with an "S" blade, and process until a sticky dough is formed-- it should stick together when pressed between your fingers.
3. Transfer the dough to the lined pan, and use your hands or a spatula to press the mixture evenly into the bottom of the pan. Place the pan in the fridge or freezer to set until firm, about 2 hours.
4. Use the parchment paper to easily remove the chilled mixture and slice it into 6 bars. Store them in an airtight container in the fridge for the best shelf life-- they should last at least a month when chilled, though I imagine you'll eat them all before then!

NOTES

These bars make an easy snack on the go, and while they get a little softer when not chilled, I actually think their flavor gets better when they come to room temperature-- like a real peanut butter cookie!

Chocolate Peanut Butter Banana Milkshake

The Detoxinista

Makes 2 Milkshakes

Made of frozen bananas, natural peanut butter, cocoa and a splash of pure maple syrup, this rich, creamy treat is sure to satisfy your sweet tooth, without the sluggish after-effects of a traditional milkshake.

INGREDIENTS

- 2 Frozen Bananas
- $\frac{3}{4}$ Cup Almond Milk (homemade or store-bought) **Sarah's Note:** In our house, we actually use almost 2 cups of almond milk to make two 500 ml milkshakes and the recipe still turns out great!
- 1 Tablespoon pure maple syrup (optional)
- 2 Tablespoons Raw Cacao Powder
- $\frac{1}{4}$ Cup Natural Peanut Butter
- Pinch of Himalayan Salt
- 1 Teaspoon Vanilla Extract
- 7 Ice Cubes (about 2 handfuls)

INSTRUCTIONS

1. Throw all of the ingredients into a high-powered blender, and blend until smooth and creamy. I like to freeze my bananas whole, for easy measuring, then I break them in half when adding them to the blender.
2. Pour into two glasses and serve immediately!

NOTES

For best results, use a high-speed blender that will break down ice effortlessly. A traditional blender should also work, though you may need to add a bit more almond milk to facilitate blending.

Home Made Almond Milk Sarah Roberts

Yields just over 4 cups of almond milk.

INGREDIENTS

- 1 Cup Raw, Organic Almonds
- Water For Soaking
- Fresh Water

INSTRUCTIONS

1. Soak 1 cup of raw, organic (preferable) almonds for 6 hours or overnight.
2. Drain.
3. Add 4 cups of fresh water to a blender with soaked nuts
4. Blend.

OPTIONAL: Add vanilla and a bit of maple syrup for homemade vanilla almond milk.

5. Squeeze through cheese cloth or a “nut milk bag” and use in any recipe that calls for milk or almond milk...amazing!!

Note: Reserve the almond pulp for other recipes, if desired (it increases the fiber of a baked recipe). Can be frozen.

BONUS RECIPE

Although I don't mention this recipe in the meal planning for the week, I want you to have it. I added it to your shopping list. 😊 Who knows when a craving for something salty will hit, and I want you to have a healthier alternative to potato chips or popcorn.

Enter kale chips! You've probably seen them all over grocery store shelves and at health food store, but the price tag likely scared you away (I know it does me at \$7 or \$8 for a tiny bag!)

So, although a box of organic kale will run you \$6 or \$7, you'll get about 3 times what you'd find in a bag...and without any coatings or preservatives added in. 😊 These are salty (without the use of very much salt), crunchy, tasty, healthy and addictive! Bet you can't stop at just one! Here's a snack you can seriously get into. Enjoy!

Kale Chips Sarah Roberts

The trick to perfect kale chips is that the kale must be **very** dry and it has to be a sturdy variety in order to crisp up properly.

Instead of buying kale in bunches and having to wash and then dry it (when I am craving something salty, I want it NOW!), I usually just buy a box of pre-washed organic **Rainbow Kale** or the “**Kale Blend**” of red, green and Tuscan kale. You don’t want the soft-leaf baby kale or other varieties that can’t hold up in the oven.

INGREDIENTS

- Two Big handfuls of kale
- One Tablespoon Olive Oil
- Himalayan Salt

INSTRUCTIONS

Preheat oven to 300°F.

I throw my two big handfuls of kale into a large Ziploc bag.

I drizzle 1 tablespoon of olive oil over top and sprinkle a **tiny** bit of Himalayan salt on top (seriously, a little goes a loooooong way).

Then, I shake it up!

I place it in a single layer on a parchment-lined baking sheet and bake at 300°F for 30 minutes.

You won’t believe how tasty these chips are...you may never eat another potato chip again!

A Final Note From Sarah

I hope you enjoy these recipes as much as I do. They are healthy, delicious, easy and will make you feel amazing!

My goals with eating are balancing nutrition with simplicity and flavour while using ingredients that are readily available. I like to eat seasonal fruits and veggies, and I love supporting local farmers as much as possible. I also like Costco, where I can save money on larger packages of organic meats, grains and certain produce.