



*community* COOKBOOK

*45* healthy, quick and easy recipes  
your family will *love*

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THE INSTITUTE OF  
TRANSFORMATIONAL  
NUTRITION



The concept for the Institute of Transformational Nutrition (ITN) Community Cookbook was realized when an ambitious group of ITN graduates wanted to collaborate to create a healthy cookbook using recipes based off of the principles taught at our institute.

Certified Transformational Nutrition Coaches know the importance of eating right, but also recognize how difficult it is to find the time to cook a fresh, well-balanced meal. They've delivered some amazing recipes that are not only healthy but easy (yes, we said easy!) to make.

Created by individuals who have dedicated their lives to helping others improve their health, these recipes contain natural, highly nutritious ingredients. You've heard it time and time again; eating right doesn't have to be hard or taste bad. Finally! A cookbook that will help you create incredibly tasteful food that will not harm your body, but instead give it what it needs to function properly and optimally.

We hope you enjoy this beautiful collection of tasty meals!

In love and service,



Cynthia Pasquella  
Founder and Director  
Institute of Transformational Nutrition  
[www.transformationalnutrition.com](http://www.transformationalnutrition.com)

P.S. If YOU or someone you know is passionate about food and holistic health, and helping people to live their happiest lives, then I want to personally invite you to consider becoming a Certified Transformational Nutrition Coach! Whether you're looking to make some serious extra cash on the side or even change careers, we can help! Find more information about our highly-respected program at [www.transformationalnutrition.com](http://www.transformationalnutrition.com).

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# *salads*

Delish Detox Salad

Spicy Avocado Cucumber Salad

Quinoa Confetti Salad

California Quinoa Salad

Dill-icious Lemony Tomato  
Cucumber Salad

# Delish Detox Salad

Serves 4

## Ingredients

- 2 heads broccoli
- 1 head cauliflower
- ¼ cup cilantro
- 5 tablespoons fresh lemon juice
- 4-6 drops liquid stevia
- Salt and pepper to taste
- 1 apple, cored and cubed
- ½ cup pine nuts
- ⅔ cup dried cranberries

## Directions

- ▶ Process broccoli, cauliflower, and cilantro in food processor until fine. Pour into a large bowl.
- ▶ Mix lemon juice, stevia, and salt and pepper in a separate bowl and pour over the salad.
- ▶ Add remaining ingredients, toss well, and serve!

**TIPS AND SUBSTITUTIONS:** Exchange the stevia for two tablespoons of maple syrup for a richer taste. You can also try some raisins instead of cranberries and toss in more fresh herbs like parsley and mint for even more detoxing power!



# Spicy Avocado Cucumber Salad

Serves 2

## Ingredients

- 1 large avocado
- 1½ teaspoon Earth Balance Mindful Mayo
- 1½ teaspoon Sriracha sauce
- 1 teaspoon Bragg's liquid aminos
- ½ teaspoon sesame oil
- 4 cups mixed greens
- 1 cup cherry tomatoes, sliced in half
- ½ cucumber, sliced

## Directions

- ▶ Scoop flesh from the avocado and place in a bowl.
- ▶ Add Mindful Mayo, Sriracha, liquid aminos and sesame oil to the bowl and mix well.
- ▶ Place greens, tomatoes, and cucumber on a plate and top with avocado mixture.
- ▶ Bon Appétit!

**TIPS AND SUBSTITUTIONS:** *Sriracha is a pretty fiery little sauce, so you might want to add a quarter teaspoon at a time until you get it to your desired hot level. You can also choose your own plant-based mayo or use my recipe for Avocado Mayo from the Hungry Hottie Cookbook. When it comes to the liquid amines, you can use a raw or gluten-free soy sauce instead.*



# Quinoa Confetti Salad

Serves 6

## Ingredients

- 1 cup black beans, soaked overnight, rinsed and drained. (Or 1 (15-ounce) can, no salt added, rinsed and drained)
- 1 tomato, diced
- ½ yellow or orange bell pepper, diced
- ½ large zucchini, “spiralized,” sliced, or diced
- 1 small red onion, diced
- 1 clove garlic, minced
- 1 avocado, diced or sliced
- 1 jalapeño, finely diced
- 2 tablespoons chia seeds
- 2 tablespoons lime juice
- 2 tablespoons balsamic vinegar
- 2 tablespoons freshly cut cilantro leaves and stems
- 1 teaspoon sea salt
- ⅛ teaspoon black pepper
- Olive oil, as needed

## Directions

- ▶ Combine all ingredients in a large bowl and stir well to combine. Adjust spices or liquids to your own taste. May need more salt, oil, or vinegar.
- ▶ Can be served in plate or bowl, fresh or chilled, as an appetizer or entrée. Tastes even more flavorful the following day—just give it a good stir and enjoy!
- ▶ Store in airtight bowl 3-5 days in refrigerator.



# California Quinoa Salad

Serves 1

## Ingredients

### SALAD

- ½ cup uncooked quinoa
- 1 cup vegetable broth
- ½ cup grape tomatoes, halved
- ½ cucumber, roughly chopped
- ¼ avocado, roughly chopped
- ½ cup mint, finely minced
- ½ cup parsley, finely minced
- 1 teaspoon slivered raw almonds

### DRESSING

- Juice of ½ lemon
- 1 tablespoon extra-virgin olive oil
- 2 garlic cloves, minced

## Directions

- ▶ Add quinoa and vegetable broth to medium saucepan and bring to a boil.
- ▶ Cover, reduce heat and simmer for 20 minutes or until broth is absorbed and quinoa is fully cooked. Remove from heat and let rest for 5 minutes.
- ▶ Whisk all dressing ingredients in a small bowl.
- ▶ Place quinoa and all remaining ingredients in a large bowl and pour dressing on top.
- ▶ Toss until well mixed, plate and enjoy warm, or let cool and serve at room temperature.



# Dill-icious Lemony Tomato Cucumber Salad

Serves 8

## *Ingredients*

- 1 package Persian or baby cucumbers (6-8), sliced into ½-inch moons
- 6 medium-sized tomatoes, coarsely chopped
- ½ yellow onion, sliced
- Juice of 3 large lemons
- 4 tablespoons neutral-flavored oil (such as extra-light olive oil)
- ½ teaspoon white pepper
- 1 teaspoon salt, divided
- 1 bunch fresh dill, chopped, reserving a few sprigs for garnish

## *Directions*

- ▶ In a large bowl, add cucumbers, tomatoes, and onion. Add lemon juice and oil and mix to thoroughly combine.
- ▶ Add white pepper and ¾ teaspoon salt and mix well. Add remaining salt to taste.
- ▶ Thoroughly combine chopped dill with salad mixture. Allow salad to sit for 15-30 minutes for flavors to meld.
- ▶ Transfer to large serving platter or bowl and garnish with remaining dill sprigs.
- ▶ Salad will keep in refrigerator in an airtight container for 2-3 days. For best results, drain dressing, then store salad and dressing in separate containers.



*smoothies*  
*&*  
*shakes*

Urban Recovery Protein Shake

Urban Immune Booster

Super Simple Sexy Smoothie

Apple Pie Lover's Smoothie

Magnificent Mint-Chip Shake

Feelin' fab, Stress-Busting Smoothie

Creamy Frozen Berry Blast

Raspberry & Mulberry

Cinnamon Smoothie

Chai Chia Coconut Latte

# Urban Recovery Protein Shake (or Ice Cream!)

Serves 1

## *Ingredients*

- 8 ounces of non-dairy milk
- 2 bananas
- 1 scoop of chocolate plant-based protein
- 1 tablespoon coconut oil
- 1 tablespoon chlorophyll
- 1 teaspoon maca powder

## *Directions*

- ▶ Place ingredients in blender, mix together and enjoy!

### FOR ICE CREAM

- ▶ Once blended, place in freezer until frozen ... then enjoy!



# Urban Immune Booster

Serves 1

## *Ingredients*

- 12 ounces of orange juice
- 4 ounces of frozen pineapple
- 4 ounces of frozen mango
- 1 clove of garlic (chopped or crushed)
- ½ teaspoon of ginger powder
- ½ teaspoon of cayenne powder

## *Directions*

- ▶ Place ingredients in blender, mix together and enjoy!



**TIPS AND SUBSTITUTIONS:** Depending on your tolerance for spiciness, start with less ginger and/or cayenne, or add more.

# Super Simple Sexy Smoothie

Serves 1

## *Ingredients*

- 1 medium papaya
- 2 bananas
- 1 tablespoon papaya seeds

## *Directions*

- ▶ Combine all ingredients in a high-speed blender. Blend until smooth.



# Apple Pie Lover's Smoothie

Serves 2

## *Ingredients*

- 1 apple, cored, chopped into a medium dice
- 1 serving vanilla protein powder
- ½ cup unsweetened plain coconut milk yogurt
- ½ cup coconut water
- ½ cup ice
- ½ cup water
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg

## *Directions*

- ▶ Place all ingredients into blender.
- ▶ Blend until smooth.
- ▶ Serve with a mint sprig garnish and enjoy.



# Magnificent Mint-Chip Shake

Serves 1

## *Ingredients*

- 1 frozen banana, chopped
- 1 cup coconut milk
- ¼ medium-size avocado
- ½ cup kale, roughly chopped
- ½ cup spinach
- ¼ cup mint sprigs
- 1 serving chocolate protein powder
- 1 teaspoon cacao nibs
- ½ cup ice

## *Directions*

- ▶ Place all ingredients into blender.
- ▶ Blend until smooth and creamy.
- ▶ Pour into your favorite glass and garnish with a few additional cacao nibs.



# Feelin' fab, Stress-Busting Smoothie

Serves 1

## Ingredients

- ½ cup organic, unsweetened almond milk
- ¼ cup 100% organic Concord grape juice
- 2 tablespoons organic hemp hearts (shelled hemp seeds)
- 3 teaspoons organic shredded coconut, unsweetened
- ½ organic grapefruit or 1 medium organic orange, peeled
- 1 cup organic spinach, frozen
- ½ cup frozen organic blueberries

## Directions

- ▶ Combine all ingredients in the order listed in blender.
- ▶ Blend to desired consistency, about 45 seconds on the highest setting.
- ▶ Place in a pretty glass (drink umbrella optional), take two deep breaths and enjoy immediately!

**TIPS AND SUBSTITUTIONS:** Higher-quality blenders may decrease your blending time. Also, on some models, it might be best to use the pulse button a few times before switching to the high setting to break up the frozen items.



# Creamy Frozen Berry Blast

Serves 1

## *Ingredients*

- ¾ cup frozen raspberries
- 1 cup alternative milk (such as coconut)
- ¼ cup pumpkin seeds
- 2 tablespoons cocoa nibs

## *Directions*

- ▶ Place raspberries in a medium bowl.
- ▶ Pour coconut milk over berries.
- ▶ Sprinkle pumpkin seeds and cocoa nibs on top.
- ▶ Serve immediately.



# Raspberry & Mulberry Cinnamon Smoothie

Serves 1

## *Ingredients*

- 1 cup water
- 3 tablespoons hemp seeds
- 1 tablespoon chia seeds
- ½ cup raspberries, frozen
- ½ banana, frozen
- ¼ cup mulberries, dried
- 1 tablespoon cinnamon, ground

## *Directions*

- ▶ Add water, hemp seeds and chia seeds to blender. Blend until a white “milk” is produced and seeds are completely blended.
- ▶ Add remaining ingredients. Blend until fruit is smooth and creamy.
- ▶ Transfer to tall glass and serve.

# Chai Chia Coconut Latte

Serves 1

## *Ingredients*

### CHAI SPICE MIX

- 1 tablespoon ground turmeric
- 1 tablespoon ground cinnamon
- 1 tablespoon ground ginger
- 1 tablespoon ground nutmeg
- 1 tablespoon ground cardamom
- 1½ teaspoons ground cloves

### LATTE

- 1 teaspoon coconut oil
- 1 teaspoon chai spice mix
- 8 ounces water
- 1 teaspoon honey (or stevia, to taste)
- 1 tablespoon chia seeds
- 2 ounces coconut milk

## *Directions*

### CHAI SPICE MIX

- ▶ In a small bowl, thoroughly mix ground turmeric, cinnamon, ginger, nutmeg, cardamom, and cloves with a whisk. Reserve 1 teaspoon for recipe and store remaining mix in airtight container.

*Continued...*



## Chai Chia Coconut Latte (cont.)

### *Directions*

#### LATTE

- ▶ In a small saucepan, heat coconut oil over low heat until melted. Add spice mix to oil and heat for approximately 30 seconds or until fragrant, constantly stirring to allow spices to bloom. Be careful not to burn mixture.
- ▶ Slowly add water to spice mixture while whisking to thoroughly combine. Add honey or stevia. Bring mixture to a simmer over low heat.
- ▶ Add chia seeds and continue to simmer for 2-3 minutes to allow chia seeds to swell, constantly whisking to prevent clumping of the chia seeds.
- ▶ Slowly stir in the coconut milk and leave on heat for another 30 seconds or until hot.
- ▶ Serve immediately in a mug or your favorite hot beverage drinking vessel.

# *soups*

Beautifying Black Bean Soup

Spicy Lentil Soup

Simple Butternut Bisque

Chicken Chili Corn Chowder

Rustic Potato Leek Soup

# Beautifying Black Bean Soup

Serves 2

## Ingredients

- 1 tablespoon coconut oil
- ½ cup onion, chopped
- 2 cloves garlic, minced
- 1 cup mushrooms, chopped
- ¼ cup celery, chopped
- 3 cups black beans, cooked, divided
- 1 cup water
- ½ teaspoon cumin
- Salt to taste

## Directions

- ▶ Place coconut oil in large pot and sauté onion, garlic, mushroom, and celery until crisp-tender.
- ▶ Meanwhile, blend ½ cup of black beans with 1 cup water until smooth.
- ▶ Place blended black beans, remaining black beans, and cumin in the pot. Reduce heat to low and simmer for 20 minutes.
- ▶ Add salt to taste and serve.

**TIPS AND SUBSTITUTIONS:** You can substitute bell peppers for celery if you prefer. You can also omit the cumin. For even more flavor, use 1 cup of vegetable broth instead of water.



# Spicy Lentil Soup

Serves 4

## Ingredients

- 1 tablespoon coconut oil
- 1 cup onion, chopped
- 2 cups red lentils
- 4 cups diced tomatoes
- 2 cups vegetable broth
- 1 tablespoon dried basil
- 1 teaspoon cumin
- ¼ teaspoon cayenne pepper
- Salt and pepper to taste

## Directions

- ▶ Place coconut oil in a large pot and sauté onion until slightly transparent.
- ▶ Rinse and drain lentils and add to the pot.
- ▶ Add remaining ingredients except for salt and pepper and simmer on low for 15-20 minutes or until lentils are tender.
- ▶ Blend until smooth with immersion blender.
- ▶ Add salt and pepper to taste and serve.

**TIPS AND SUBSTITUTIONS:** If you don't have vegetable broth, water will work fine. If you're making this recipe for the little ones to share, you might want to omit the cayenne pepper. You can also chop a stick of celery and add it for extra nutrients.



# Simple Butternut Bisque

Serves 8 to 9

## *Ingredients*

- 1 cup of chicken or vegetable stock
- 2 medium-sized butternut squash
- 3 apples, cored and chopped
- 1 onion, chopped
- 4-5 cloves of garlic, chopped
- 2 teaspoons of curry
- 2 teaspoons of cumin
- 1 teaspoon of ginger
- 1 teaspoon of cinnamon
- ¼ teaspoon of turmeric
- Salt to taste
- Pepper to taste
- Dash of cayenne
- 1 (14-ounce) can of coconut milk
- 1 tablespoon of coconut oil

*Continued...*



## Simple Butternut Bisque (cont.)

### *Directions*

#### BISQUE

- ▶ Add chicken stock to a large pot and put on low heat.
- ▶ Peel butternut squash, cut in half lengthwise, and scoop out seeds. Place seeds in a bowl and set aside. Cube squash and add to pot.
- ▶ Add chopped apples, onion and garlic to pot.
- ▶ Add all spices to pot, reserving a small amount for the seeds.
- ▶ Pour coconut milk into pot and mix through.
- ▶ Cover and simmer, stirring occasionally over low to low-medium heat for 50 minutes.

#### TOASTED SQUASH SEEDS

- ▶ While bisque is cooking, preheat oven to 375°F.
- ▶ Coat baking pan with coconut oil.
- ▶ Mix seeds and spread evenly into pan, trying not to overlap. Sprinkle with reserved bisque spices.
- ▶ Place pan in oven and cook for 10 minutes.
- ▶ After 10 minutes, turn oven off and leave seeds in until the soup is ready. (Also a good time to warm bread if healthy bread is a part of your diet.)
- ▶ Once the squash has softened, place hand blender into pot and blend until smooth. (If you do not have a hand blender, transfer soup to blender, blend until smooth, and transfer back to pot.)
- ▶ Stir, letting the flavors come together while checking for any remaining chunks.
- ▶ Let cool to desired temperature. Serve in a bowl and garnish with seeds.
- ▶ Store any leftover soup in a sealed glass container in the refrigerator for 3-4 days. Leftover soup may also be frozen for later use.

# Chicken Chili Corn Chowder

Serves 8

## *Ingredients*

- 1 tablespoon extra-virgin olive oil
- 1 pound boneless, skinless chicken breasts, diced (organic if possible)
- 1 medium onion, chopped
- 2 large russet potatoes, peeled and diced into ½-inch pieces (organic if possible)
- 2 cups frozen, organic white corn
- 32 ounces organic chicken stock
- 4 ounces canned green chiles
- 2 teaspoons ground cumin
- 2 teaspoons dried oregano
- 2 teaspoons cayenne pepper
- 1½ teaspoons sea salt
- 3 cans (14.5 ounces each) Great Northern Beans, drained, divided
- ½ bunch cilantro, chopped, for garnish

*Continued...*



## Chicken Chili Corn Chowder (cont.)

### *Directions*

- ▶ In a large soup pot, heat olive oil and cook chicken and onion about 5 minutes, until the onion is translucent and the chicken no longer pink.
- ▶ Add the potato pieces, frozen corn, chicken stock, green chiles, cumin, oregano, cayenne pepper and salt. Bring to a boil, then reduce to a low simmer for 20 minutes.
- ▶ Add 2 of the cans of drained beans to the pot of soup. In a medium-sized bowl, use a potato masher or a fork to smash the third can of beans until the mixture is creamy and no beans remain. Add to the pot and simmer for 5 more minutes.
- ▶ Ladle soup into bowls and top each with some chopped cilantro.

# Rustic Potato Leek Soup

Serves 8

## *Ingredients*

- 1 medium yellow onion, coarsely chopped or sliced
- 2 leeks, all parts, coarsely sliced
- 2 tablespoons extra-virgin olive oil, plus a little extra to drizzle
- 2 garlic cloves, coarsely chopped
- 1 teaspoon ground fennel seeds
- 1 teaspoon ground cumin
- 1 teaspoon dry basil
- 1 teaspoon dry oregano
- 4 cups unpeeled red potatoes, coarsely sliced (about 5 or 6 potatoes)
- 2 tablespoons sea salt, divided
- 12 cups water
- ¼ teaspoon cracked pepper (or more if desired)
- Feathery parts of fennel bulb
- 4 large kale leaves (or any dark leafy green), coarsely torn into pieces

*Continued...*



## Rustic Potato Leek Soup (cont.)

### *Directions*

- ▶ In large saucepan or soup pot, sauté onions and leeks in 2 tablespoons of olive oil over medium heat.
- ▶ Once onions start getting tender (about 3-4 minutes), add garlic and spices and sauté for another minute.
- ▶ Add potatoes, drizzling with olive oil just enough to cover them, and 1 tablespoon of salt.
- ▶ Stir continually for 2-4 minutes, until the oil becomes mostly absorbed.
- ▶ Add enough water to just cover bottom of pot.
- ▶ Cook 3-4 minutes covered, until potatoes are mostly cooked but not done. They will continue cooking later. (Over-cooking will result in mushy potatoes.)
- ▶ Add the 12 cups of water, the remaining tablespoon of salt, the pepper and the fennel bulb leaves.
- ▶ Cover pot and simmer for 10-20 minutes, or until potatoes are tender.
- ▶ Remove pot from heat and stir in kale leaves.
- ▶ Ladle soup into individual bowls and serve immediately.
- ▶ Optional: Garnish with cracked pepper and herb of choice - freshly chopped parsley, basil, or green onions.
- ▶ Will keep in refrigerator 5-7 days

**TIPS AND SUBSTITUTIONS:** Add between 1 teaspoon to 1 tablespoon of apple cider vinegar to each serving for probiotic gut health (after the soup has cooled off a little, as adding to too high heat will destroy the probiotics). The soup is a bit oily, providing a “comforting” quality, as it imitates a texture and flavor similar to that which is obtained by using sausage or ham. The vinegar offsets the grease by adding a little acidity to the soup.

*desserts  
&  
snacks*

Banana Almond Ice Cream Sundae

Carob Yummies'

Crunch Cashew & Date Ice Cream

Sweet Potato Cookie Cuties

Custom Chocolate Candies

Cali-Rice Pudding

LavChocs (vegan)

Crunchy Chunky Cinnamon Apple Delight

Mac'au Chocolat (vegan)

Leah's Loaded Granola Bars

Kiwi Banana Sliders

Blueberry-Lemon Cashew Scones

Spiced Apple Barrels

# Banana Almond Ice Cream Sundae

Serves 2

## *Ingredients*

### CHOCOLATE SAUCE

- 1 tablespoon of coconut oil or ghee
- ½ cup of chocolate chips (the higher cocoa percentage the better)

### WHIPPED “CREAM”

- ½ cup of cream from a can of coconut milk
- 1 teaspoon of pure vanilla extract
- Dash of cinnamon

### BANANA ICE CREAM

- 5 frozen ripe bananas
- 1 tablespoon of raw coconut (You may also see it as coconut butter or coconut puree.)
- 1 cup of almonds
- 1 teaspoon pure vanilla extract
- Salt to taste

*Continued...*



# Banana Almond Ice Cream Sundae (cont.)

## *Directions*

### CHOCOLATE SAUCE

- ▶ Place coconut oil and chocolate chips in a double boiler or saucepan on low heat.
- ▶ Stir continuously until chips are melted.
- ▶ Take off heat.

### WHIPPED “CREAM”

- ▶ Scrape coconut cream from the top of the can of coconut milk. (The cream will separate and should sit right on top. You can also put the can in the refrigerator ahead of time for thicker cream.)
- ▶ Add vanilla and small dash of cinnamon.
- ▶ Whip together.
- ▶ Place in refrigerator until ready to use.

### BANANA ICE CREAM

- ▶ Pull frozen bananas from freezer and set aside. (I usually do this early for easier peeling.)
- ▶ Place coconut cream, almonds, vanilla, and dash of salt into blender. Blend until desired consistency. (I prefer a nut butter texture.)
- ▶ Carefully draw a line down the banana with a knife and separate the fruit from the peeling. (You may also peel bananas prior if you are able to store and freeze them in an airtight container.)
- ▶ Add bananas and a dash of salt to blender and blend while pressing the tamper stick into the bananas for even blending.
- ▶ Spoon ice cream into bowls, drizzle with chocolate sauce, add a dollop of whipped cream and enjoy!

## Banana Almond Ice Cream Sundae (cont.)

### ADDITIONAL POPULAR TOPPINGS

- ▶ Berries, cherries, mango
- ▶ Chopped nuts
- ▶ Chopped dates
- ▶ Coconut flakes
- ▶ Honey
- ▶ Maple syrup
- ▶ Homemade caramel sauce
- ▶ Organic caramel corn

**TIPS AND SUBSTITUTIONS:** If you do not have a Vitamix or comparable high-power blender, work with your blender it, not against it. You may also use a food processor. Slice bananas before adding, and stir in between blending to not overheat blender.

If the consistency is too thin or creamy simply place in the freezer to harden.

**CHEAT STEP:** Buy almond butter and blend with bananas or use as a topping.

## Carob Yummies'

*Yields: 20 - 25 pieces*

### *Ingredients*

- 4.2 ounces coconut oil
- 3 tablespoons raw honey
- ½ cup carob powder
- 1 tablespoon raw cacao powder
- 1 teaspoon vanilla extract
- ½ cup hazelnuts, whole



### *Directions*

- ▶ Melt coconut oil with honey in a pot over low heat, stirring occasionally and making sure that it never comes to a boil.
- ▶ Remove from heat and gradually add carob powder. Keep stirring; you want the powder to dissolve into a smooth, even consistency without lumps.
- ▶ Add cacao powder and vanilla extract while stirring.
- ▶ Pour the mixture into silicon molds.
- ▶ Insert one hazelnut in the centre of each carob yummy, pressing down until it becomes submerged.
- ▶ Let yummies harden for a few hours at room temperature, or place them in the freezer for 20-30 minutes.
- ▶ When the yummies have hardened, push them out of the molds. These treats will look just like chocolate, only they're made of carob!
- ▶ Serve and enjoy!
- ▶ You can store them at room temperature for a week, although they will be firmer and last for over 3 weeks if stored in the refrigerator.

# Crunch Cashew & Date Ice Cream

Serves 3 to 4

## Ingredients

- 1/3 cup coconut oil
- 3 tablespoons almond flour
- 1 (14-ounce) can coconut milk, full-fat
- 1 cup dates, pitted
- Juice of 1 lemon
- 1/4 cup crushed cashews, divided
- 1/4 cup shredded coconut, unsweetened and desiccated
- 1 tablespoon raw honey

## Directions

- ▶ Melt coconut oil with almond flour in a small pot over low heat, stirring occasionally and making sure that it never comes to a boil. Once mixed, set aside and let cool.
- ▶ Place coconut milk and dates in the food processor and process until it forms a lumpy paste.
- ▶ Add the lemon juice and coconut oil/almond flour mix to the paste.
- ▶ Process until all ingredients are combined, still leaving some texture.
- ▶ Start the ice cream maker and pour in the mixture.
- ▶ Add 1/8 cup of the cashews. Process the mixture for 20-25 minutes, until the paste gains a creamy, semi-solid consistency. You should see the machine's paddle beginning to slow down.
- ▶ Transfer the paste into a suitable ice cream container and smooth out the top.



## Crunch Cashew & Date Ice Cream (cont.)

### *Directions*

ALTERNATIVELY, IF YOU DON'T HAVE AN ICE CREAM MAKER

- ▶ Pour the paste into a large bowl and add  $\frac{1}{8}$  cup of the cashews, stirring well with a spoon.
- ▶ Pour the mixture into a suitable ice cream container and smooth out the top. Place it in the freezer for 1 hour. Remove and check that the top has hardened.
- ▶ Once complete, sprinkle the ice cream with the shredded coconut and press down with the back of a spoon so that part of it sinks down. You want to leave some of the coconut spread across the top and half of it mixed with the ice cream.
- ▶ Sprinkle with the remaining  $\frac{1}{8}$  cup of cashews and drizzle with honey.
- ▶ Serve immediately and enjoy!
- ▶ The ice cream should be stored in an airtight container and can be kept in the freezer for over 3 weeks.

**TIPS AND SUBSTITUTIONS:** For extra crunchiness you can roast the cashews used for topping. Preheat the oven to 375°F (190°C). Spread the cashews over a baking tray in a single layer. Bake for 8-10 minutes or until golden. Once cooled, add them to the ice cream as described.

# Sweet Potato Cookie Cuties

Serves 6

## Ingredients

- 3 sweet potatoes, peeled and sliced in ¼-inch round slices
- 1 tablespoon of coconut oil
- Pink Himalayan salt, to taste

## Directions

- ▶ Preheat oven to 350°F.
- ▶ Line a baking sheet with white parchment paper.
- ▶ Place sliced sweet potato rounds on baking sheet. Drizzle melted coconut oil on both sides of sweet potato rounds.
- ▶ Place in preheated oven and bake for 20 minutes.
- ▶ Once baked, remove pan from oven and allow to cool completely.
- ▶ Using a cookie cutter of your choice (we used a pumpkin-shaped cutter), cut out the “cookies” from the baked sweet potato rounds.
- ▶ Store in an airtight container in the refrigerator for 4-5 days.



# Custom Chocolate Candies

Serves 6

## Ingredients

- 4 tablespoons coconut oil
- 4 tablespoons raw cacao powder
- 2 tablespoons maple syrup
- 1 teaspoon pure vanilla extract
- A pinch of pink Himalayan sea salt
- Toppings: almonds, goji berries, walnuts, coconut flakes, or any other item of your choice.

## Directions

- ▶ Melt coconut oil over low heat and mix in cacao powder, maple syrup, vanilla extract and sea salt, stirring until smooth and creamy.
- ▶ Pour liquid into a small candy mold, filling about halfway to the top.
- ▶ Top each mold with topping of choice.
- ▶ Place mold in freezer for at least 15 minutes.
- ▶ Serve and enjoy!
- ▶ Note that these will melt in your hands AND in your mouth, as there are no additives.
- ▶ Store in freezer for 1 week.



# Cali-Rice Pudding

Serves 8

## Ingredients

- 1 cauliflower head (3 cups grated)
- 4 eggs
- 1 cup honey
- 1 cup raisins
- ½ cup gluten-free flour
- 1 teaspoon pure vanilla extract
- 1 teaspoon cinnamon
- ½ teaspoon sea salt
- 4 cups coconut milk

## Directions

- ▶ Preheat oven to 325°F.
- ▶ In a food processor, using grater attachment, add cauliflower and grate.
- ▶ Combine all ingredients except coconut milk in a large bowl.
- ▶ Stir in coconut milk until well mixed.
- ▶ Pour into 9" x 13" baking pan.
- ▶ Bake for 30 minutes until lightly set.
- ▶ Let sit and serve warm, or place in refrigerator and serve cold as a healthy dessert. (Next day leftovers are even better tasting.)
- ▶ Store in an airtight container in the refrigerator for up to 4-5 days.



## LavChocs (vegan)

*Yields: 30 pieces*

### *Ingredients*

- ¼ cup white chia seeds
- ⅔ cup cocoa powder, divided
- ¼ cup cocoa butter
- 7-9 dried dates, pitted
- 1 teaspoon vanilla extract
- 1 drop lavender essential oil (and 1 teaspoon lavender buds, optional)

(All ingredients organic, if possible)

### *Directions*

- ▶ Put chia seeds into a high-speed blender for 1 minute to make chia flour.
- ▶ Add ⅔ cup cocoa powder, cocoa butter, dates, vanilla, and one drop of lavender oil (and buds, if using) and blend until smooth.
- ▶ Form mixture into balls and roll in remaining cocoa powder.
- ▶ LavChocs will keep in the refrigerator in an airtight container for 1 week.



# Crunchy Chunky Cinnamon Apple Delight

Serves 1

## *Ingredients*

- 1 large green apple
- ½ tablespoon coconut oil or ghee
- ½ teaspoon ground cinnamon
- 2 tablespoons pumpkin seeds

## *Directions*

- ▶ Prepare a steamer by heating water in a saucepan.
- ▶ While water heats, peel apple, quarter, and remove the core.
- ▶ Place apple in a steamer basket, suspend in pan and let steam, covered, for about 8 minutes.
- ▶ When apple is soft, not mushy, remove with spoon and place in a bowl.
- ▶ Add coconut oil and sprinkle with cinnamon and pine nuts.



# Mac'au Chocolat (vegan)

Serves 1 to 2

## Ingredients

- 1 medium-sized avocado
- 6 tablespoons orange juice, fresh squeezed
- 1 teaspoon maca powder
- 2 tablespoons cocoa powder
- 1-2 tablespoons xylitol powder
- 1 tablespoon cocoa nibs
- Fruit of your choice

(All ingredients organic, if possible)

## Directions

- ▶ Combine the avocado, orange juice, maca powder, cocoa powder, and xylitol powder in a high-speed blender. Blend until smooth.
- ▶ Decorate with cocoa nibs and fruit.



# Leah's Loaded Granola Bars

Serves 15

## *Ingredients*

- 2 cups raw oats
- 2 scoops MILA (or 4 tablespoons chia seeds)
- 1/3 cup raw, unsweetened coconut flakes
- 1/3 cup raw, steel cut oats or buckwheat
- 1 cup walnuts, crushed (or other nut or uncrushed seed)
- 3/4 cup raw, unsalted sunflower seeds
- 1/4 cup raw, unsalted pumpkin seeds
- 2/3 cup coconut sugar
- 1/3 cup honey
- 1/4 cup raw, unprocessed blackstrap molasses
- 4 tablespoons coconut oil
- 2 teaspoons vanilla extract
- 1/2 teaspoons sea salt
- 8 ounces dried fruit (raisins, cranberries, dates, etc.)

*Continued...*



## Leah's Loaded Granola Bars (cont.)

### *Directions*

- ▶ Preheat oven to 400°F.
- ▶ Prepare glass baking dish (9" x 13") for granola by lining with unbleached parchment paper coated with coconut oil. (You're coating the paper, not the pan.)
- ▶ In large bowl, combine MILA, coconut flakes, oats/buckwheat, walnuts, sunflower seeds, and pumpkin seeds. Place in a shallow baking pan (about 10" x 15.5") to toast for 10-12 minutes, stirring every few minutes, careful not to burn. When done, remove from oven and set aside.
- ▶ Combine all other ingredients EXCEPT dried fruit in a small saucepan on medium heat. Bring to a simmer, stirring constantly until light in color and thickened (about 10 minutes, can lower heat if necessary). The longer the sugar heats, the crunchier the bars will be.
- ▶ Combine all ingredients into a large mixing bowl (toasted ingredients, liquid ingredients, and dried fruit) and mix well as quickly as possible, before sugar hardens.
- ▶ Spread mixture on greased parchment paper in prepared baking dish, packing evenly with a spatula. The more compacted, the better the bars will stay together.
- ▶ Once granola has cooled (2-3 hours), remove from pan by pulling on edges of parchment paper and place on cutting board to cut into bars.
- ▶ Press firmly with a large knife, careful not to "saw" into granola. Start by making 4 cuts the length of the pan, so you have 5 long strips each about 1½ inch wide. Then make 3 even pieces, about 4⅓ inches long, of each strip by making 2 cuts in each.
- ▶ Enjoy immediately!
- ▶ Store in airtight container for up to 1 week.

# Kiwi Banana Sliders

Serves 5

## Ingredients

- 6 tablespoons of water, divided
- 6 medjool dates, pitted
- ½ cup desiccated, organic coconut
- ½ teaspoon of pure vanilla extract
- 2-3 kiwis, peeled and cut into thin slices
- 1-2 bananas, cut into thin slices
- 10 toothpicks (optional)

## Directions

- ▶ Heat 2 tablespoons of water.
- ▶ Place the dates and the 2 tablespoons of warm water into an immersion blender cup and pulse until the dates become a soft paste.
- ▶ Add the coconut and vanilla.
- ▶ Pulse until the mixture takes on the consistency of icing. Add the remaining 4 tablespoons of water, as needed (may need to add more or less depending on texture).
- ▶ To make the stacks, take a slice of kiwi, add 1 teaspoon of date mixture on top, 1 slice of banana, another teaspoon of date mixture and top with a final slice of kiwi (may need to secure stacks with toothpicks).
- ▶ Place on serving plate.
- ▶ Repeat until all ingredients are used up.
- ▶ Serve immediately as a snack or tasty treat after a meal.
- ▶ Savor and enjoy!



# Blueberry-Lemon Cashew Scones

Serves 8

## Ingredients

- 1½ cups cashew flour
- ¼ cup arrowroot flour
- 1 teaspoon baking powder
- ¼ teaspoon sea salt
- ¼ cup coconut oil, melted
- 3 tablespoons honey
- 1 teaspoon vanilla extract
- 1 egg, beaten
- Zest and juice of one lemon
- 1 cup fresh blueberries

## Directions

- ▶ Preheat oven to 350°F.
- ▶ In a large mixing bowl, combine cashew flour, arrowroot flour, baking powder, and salt. Whisk together.
- ▶ In a small bowl, combine coconut oil, honey, vanilla extract, egg, lemon zest, and lemon juice. Whisk together.
- ▶ Slowly add the wet ingredients to the dry mix, stirring as you go.

*Continued...*



## Blueberry-Lemon Cashew Scones (cont.)

### *Directions*

- ▶ Once the wet ingredients and the dry ingredients are evenly combined, fold in the fresh blueberries.
- ▶ Line a 9-inch round metal pan with parchment paper.
- ▶ Pour the batter into the pan and use the back of a spoon or a spatula to evenly spread the mixture.
- ▶ Place in the preheated oven for 40 minutes. Let cool for 10 minutes before slicing. Enjoy!
- ▶ Store leftovers in refrigerator for 3-4 days and re-heat in the oven.

# Spiced Apple Barrels

Serves 4

## Ingredients

- 4 apples
- ½ cup mixed nuts of your choice (almonds, pecans, walnuts, macadamia nuts, etc.), finely chopped
- ½ cup gluten-free rolled oats
- ¼ cup coconut oil, melted
- 1 teaspoon cinnamon
- ½ teaspoon lemon zest
- ½ teaspoon nutmeg
- ¼ teaspoon sea salt
- ½ cup apple juice
- ¼ cup lemon juice

## Directions

- ▶ Preheat oven to 350°F.
- ▶ Slice off the top ½ inch of each apple. Using an ice cream scooper, scoop out the inside of the apple, being careful to leave the bottom intact. Remove enough of the apple to accommodate about ¼ cup of filling.
- ▶ In a small mixing bowl, combine the chopped nuts, rolled oats, coconut oil, cinnamon, lemon zest, nutmeg, and sea salt and mix until the nuts and oats are evenly coated.

*Continued...*



## Spiced Apple Barrels (cont.)

### *Directions*

- ▶ Use a spoon to stuff each of the apples with the nut and oat mixture. Place the top of the apples back in place on top of the mix.
- ▶ Place the apples in a 9" x 9" baking dish. Pour the apple juice and lemon juice in the bottom of the dish.
- ▶ Cover tightly with foil. Place the dish in the oven and bake for 30 minutes.
- ▶ Remove from the oven, uncover, and baste the apples with the apple and lemon juice from the bottom of the dish. Place back in the oven, uncovered, for an additional 15–20 minutes. The apples should appear completely soft and slightly golden brown.
- ▶ Allow to cool for 10 minutes and serve warm with juices from the bottom of the dish. Enjoy!
- ▶ Store in the refrigerator for 3-4 days and enjoy cold or reheated in the oven.

*main  
dishes*

Coconut Raisin Walnut Breakfast Cookies

Apple Spice Pancakes

Chicken Thighs

Simple Savory Chicken

Sweet & Sour Crispy Chicken Wings

Savory Butternut Beef Stew

Very Veggie Picadillo

Shitake Mushroom Stir Fry

Pesto Stuffed Mushrooms

Mango Tango Shrimp

Salmon and Cinnamon Perfection

# Coconut Raisin Walnut Breakfast Cookies

*Yields: 24 Cookies*

## *Ingredients*

- 1 small sweet potato (approximately 7 ounces)
- 2 large eggs
- ½ cup almond meal or almond flour, tightly packed
- ¼ cup honey (organic if possible)
- 1 teaspoon cinnamon
- ½ teaspoon baking soda
- ½ teaspoon sea salt
- ½ teaspoon vanilla extract
- 1 cup unsweetened shredded coconut (organic if possible)
- 1 cup chopped walnuts
- ¾ cup raisins or prunes, diced into raisin sized bits

## *Directions*

- ▶ Preheat oven to 400°F.
- ▶ Line a baking sheet with parchment paper.

*Continued...*



# Coconut Raisin Walnut Breakfast Cookies (cont.)

## *Directions*

- ▶ Wash and dry sweet potato. Place sweet potato on baking sheet and bake for 45 minutes or until tender. Remove from oven and allow to cool enough to remove the skin. (Tip: You can also bake the sweet potato the day before and have it ready to go in the fridge!)
- ▶ Lower oven temperature to 350°F.
- ▶ Line baking sheet with parchment paper.
- ▶ In a large bowl, mash the flesh of the sweet potato with a fork until it is very creamy and no lumps remain.
- ▶ Add the two eggs and whisk into the sweet potato mixture until it is well combined and very creamy.
- ▶ Add all remaining ingredients to the bowl and mix well. Using a cookie scoop or a tablespoon, drop rounded balls onto the cookie sheet. You do not need to leave much room between cookies, as they don't spread during baking.
- ▶ Bake for 17 minutes, or until the tops begin to turn golden brown.
- ▶ Remove from oven and allow to cool for 5 minutes before transferring to a cooling rack.
- ▶ Cookies will keep at room temperature in an airtight container for 3-4 days.

**TIPS AND SUBSTITUTIONS:** These high fiber, gluten-free/grain-free breakfast cookies are super-fast to make and easy to grab on your way out the door. I recommend baking the sweet potato the day before!

# Apple Spice Pancakes

Serves 6

## Ingredients

- 2 medium apples
- 2 dates, soaked and pitted
- 1 tablespoon lemon juice
- 2 cups teff flour
- 5 teaspoons baking powder (corn- and aluminum-free)
- 2 teaspoons cinnamon
- ½ teaspoon pink Himalayan salt
- 1 cup coconut milk
- 1 tablespoon vanilla extract
- Coconut, olive, or other oil for cooking

## Directions

- ▶ Core the apples and place them into a blender along with the dates and lemon juice. Blend until puréed. Set aside.
- ▶ In a large bowl, mix the flour, baking powder, cinnamon, and salt. Add the apple mixture, coconut milk, and vanilla extract to the dry ingredients. Stir until just mixed. The batter will be light and fluffy like mousse.

*Continued...*



## Apple Spice Pancakes (cont.)

### *Directions*

- ▶ Heat a skillet on medium heat. Add the cooking oil to the skillet. For each pancake, spoon about  $\frac{1}{4}$  cup of batter into the pan. If necessary, spread out the batter. Cook for 3-5 minutes, until the bottoms are firm and the tops are set. Then flip and cook for an additional 2-3 minutes.
- ▶ Serve immediately with non-dairy spread, grade B maple syrup, almond butter, and/or applesauce.
- ▶ Promptly refrigerate any unused portion. Use within 2 days. Reheat in a 400°F oven for 5-7 minutes.

# Chicken Thighs

Serves 3

## *Ingredients*

- 3 organic, pasture-raised chicken thighs
- ½ teaspoon sea salt
- ½ teaspoon ground black pepper
- ½ teaspoon cayenne pepper

## *Directions*

- ▶ Preheat the oven to 425°F.
- ▶ Arrange chicken thighs on a baking dish.
- ▶ In a small bowl, combine the salt, black pepper, and cayenne pepper. Sprinkle mixture on both sides of each chicken thigh. Make sure to place the chicken thighs in the baking dish with the skin facing up.
- ▶ Place baking dish in the oven and bake for 30-35 minutes or until the skin becomes crispy.
- ▶ Serve with your favorite cooked veggies—they go great with Brussels sprouts!



# Simple Savory Chicken

Serves 4

## Ingredients

- 4 tablespoons of avocado oil
- ½ cup of coconut aminos or gluten-free tamari, divided
- 8 organic, skinless, boneless chicken thighs
- 2 teaspoons of paprika, divided

## Directions

- ▶ In a large skillet, heat the avocado oil over medium heat. Once warm, add ¼ cup of the coconut aminos or gluten-free tamari.
- ▶ Lay each piece of chicken flat on the skillet and sprinkle each piece with ⅓ teaspoon of paprika.
- ▶ Cook for about 8 minutes and then flip the chicken. Add the rest of the coconut aminos or gluten-free tamari and sprinkle each piece of chicken with ⅓ teaspoon of paprika.
- ▶ Cook for another 8 minutes and flip once more, moving the pieces around in the sauce so they are all coated well.
- ▶ Cook for another 5-8 minutes.
- ▶ Serve on a platter for all to enjoy.
- ▶ Will keep for 3 days in an airtight container in the fridge.



# Sweet & Sour Crispy Chicken Wings

Serves 4

## *Ingredients*

### WINGS

- 2 pounds chicken wing drumettes
- 2 tablespoons refined coconut oil (flavorless), softened

### SAUCE

- ¼ cup maple syrup
- 3 tablespoons coconut aminos
- 2 tablespoons ume plum vinegar
- 1 teaspoon sugar-free fish sauce
- ½ teaspoon white pepper, ground
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon coriander seed, ground
- ¼ teaspoon caraway seed, ground
- ¼ teaspoon rosemary, ground
- ¼ teaspoon thyme, ground
- ¼ cup refined coconut oil, melted

*Continued...*



# Sweet & Sour Crispy Chicken Wings (cont.)

## *Directions*

### WINGS

- ▶ Pre-heat oven to 450°F. Line sheet pan with parchment paper.
- ▶ Toss wings in coconut oil and place on pan. Cook 45-60 minutes, until golden brown and crispy.

### SAUCE

- ▶ Combine all sauce ingredients, except oil, into a large bowl. Whisk in oil until emulsified.
- ▶ Transfer sauce to a small saucepan and bring to a simmer at medium-low heat. Cook for 20 minutes, until reduced to a molasses-thick sauce. Remove from pan and place back into large bowl.
- ▶ Remove crispy wings from oven. Toss in large bowl with sauce while still warm.
- ▶ Serve immediately over chopped kale and top with green onion or cilantro.

# Savory Butternut Beef Stew

Serves 6

## *Ingredients*

- 3 cups rutabaga, peeled and cubed\*
- 3 cups butternut squash, peeled and cubed\*
- 2 cups organic carrots, peeled and sliced
- 1 small white onion, chopped
- 2 pounds organic, grass-fed stew beef
- ¼ cup Italian parsley, chopped
- 6 cloves fresh garlic, pressed
- 1½ teaspoons sea salt
- ½ teaspoon black pepper
- 2 tablespoons organic virgin coconut oil or lard
- 2 cups organic vegetable or beef broth

## *Directions*

- ▶ Wash, peel and chop all vegetables and place in large crockpot.
- ▶ Add in organic, grass-fed beef.
- ▶ Toss in parsley, garlic, salt, pepper and coconut oil and stir well.
- ▶ Pour in broth.

*Continued...*



## Savory Butternut Beef Stew (cont.)

### *Directions*

- ▶ Place lid on crockpot and cook on low for 6 hours or until vegetables are fork-tender and beef shreds easily.
- ▶ Give the stew a final stir, then serve in bowls or small crocks with fresh parsley for garnish, if desired.

**TIPS AND SUBSTITUTIONS:** To make rutabaga and squash easier to peel, prick with fork and bake in oven at 400° F for 30 minutes. Allow to cool before handling.

# Very Veggie Picadillo

Serves 3 to 4

## Ingredients

- ½ pound organic, grass-fed ground beef
- ½ white onion, diced
- 1 head of broccoli, chopped
- ½ medium-sized head of cauliflower, chopped
- 2 carrots, peeled and diced
- ½ red bell pepper, diced
- 2 (8-ounce) cans of tomato sauce
- 1 (6-ounce) can of julienned sundried tomatoes
- 2½ teaspoons sea salt
- ½ teaspoon cayenne pepper
- ½ teaspoon ground black pepper
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder

## Directions

- ▶ In a large pan set to medium-high heat, cook the ground beef and onion until the meat has browned, approximately 13-15 minutes.
- ▶ Add in all the veggies, tomato sauce, sundried tomatoes, salt, and spices. Cover the pan and simmer over medium heat for 30-35 minutes or until vegetables are tender. Stir occasionally.
- ▶ Serve over bed of quinoa and garnish with jalapeños (optional).



# Shitake Mushroom Stir Fry

Serves 4 to 6

## Ingredients

- 4 tablespoons avocado oil
- 2 tablespoons sesame oil
- 40 fresh shitake mushrooms, finely chopped
- 4 small carrots, diced
- 6 cloves of garlic, minced
- 10 green onions, finely chopped
- 2 tablespoons minced fresh ginger
- ½ teaspoon red chili flakes, or to taste
- ½ teaspoon of fresh ground black pepper
- ¼ cup coconut amino or gluten-free tamari
- 1 package of raw kelp noodles
- 4 tablespoons cilantro leaves, washed and finely chopped

## Directions

- ▶ In a large skillet, heat both oils over medium heat.
- ▶ Add the mushrooms, carrots, garlic, green onions, ginger, chili flakes and pepper and sauté for 10 minutes, stirring frequently.
- ▶ Add coconut aminos or tamari and kelp noodles and sauté for 5 minutes.
- ▶ Turn to low and add the cilantro.
- ▶ Serve immediately as individual servings or on a large platter to be shared.
- ▶ Can be stored in the fridge for 2 days, but best if eaten immediately.



# Pesto Stuffed Mushrooms

Serves 14

## Ingredients

- 16 ounces baby portobello mushrooms
- 2 cups kale, packed
- ½ cup raw cashew pieces
- ½ cup nutritional yeast
- 1 tablespoon olive oil
- 1 teaspoon dried basil
- ½ teaspoon pink Himalayan salt
- ¼ teaspoon black pepper
- ¼ teaspoon garlic powder
- ¼ teaspoon dried minced onion

## Directions

- ▶ If cooking the mushrooms, preheat oven to 350°F.
- ▶ Using a damp towel, brush the dirt from the mushrooms.
- ▶ Carefully remove the stems from the mushrooms and place them into the bowl of a food processor.
- ▶ Place the mushroom caps open-side up on a rimmed baking sheet or in a glass baking dish. Set aside.
- ▶ Add the remaining ingredients to the food processor. Process until everything is mixed. Be careful not to over-mix. The pesto should still have small chunks and be very thick.

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## Pesto Stuffed Mushrooms (cont.)

### *Directions*

- ▶ Fill the mushroom caps with the pesto, dividing it evenly among each mushroom cap.
- ▶ If serving the mushrooms raw, serve them immediately or store them in the refrigerator for up to 2 days.
- ▶ If serving warm, place the mushrooms in the oven and cook uncovered for 15-20 minutes.
- ▶ Serve immediately, at room temperature, or cooled from the refrigerator.

**TIPS AND SUBSTITUTIONS:** These mushrooms are so versatile. They can be served raw or cooked. If they are cooked, they can be served warm right from the oven, cooled to room temperature, or cooled in the refrigerator.

# Mango Tango Shrimp

Serves 4

## Ingredients

- 2 tablespoons virgin, cold-pressed coconut oil
- 1 small white onion, chopped
- 12 ounces medium-sized shrimp, peeled and deveined
- 6 cloves fresh garlic, pressed
- 1 (6-ounce) package fresh, organic spinach
- ¼ cup fresh cilantro, leaves only
- 1 tablespoon fresh ginger, peeled and finely grated
- 2 cups fresh or frozen mango, peeled and cubed
- 2 tablespoons white balsamic vinegar or coconut aminos
- ½ cup full-fat coconut milk
- 1 teaspoon sea salt

## Directions

- ▶ Heat coconut oil in large skillet over medium heat until melted and fragrant, approximately five minutes.
- ▶ Sauté onion until translucent, about 3-4 minutes. Add shrimp and garlic, stirring frequently until shrimp turns pink and garlic begins to brown.

*Continued...*



## Mango Tango Shrimp (cont.)

### *Directions*

- ▶ Add in spinach, cilantro, ginger and mango. Continue stirring until spinach just begins to wilt.
- ▶ Drizzle white balsamic vinegar or coconut aminos over shrimp mixture.
- ▶ Stir in coconut milk and sea salt until well combined and creamy.
- ▶ Serve over zucchini “noodles” or steamed brown rice and garnish with unsweetened coconut flakes.

# Salmon and Cinnamon Perfection

Serves 2

## Ingredients

- 8 ounces carrots, roughly chopped
- 8 ounces wild salmon, skinless, boneless
- 1 tablespoon olive oil
- 1 teaspoon salt
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg
- ½ cup spring onions, finely chopped
- 3-4 tablespoons coconut oil for cooking

## Directions

- ▶ Bring a small pot of water to boil and add carrots. Cook for 7 minutes or until partially tender. Drain and set aside.
- ▶ Dice the salmon and place in the food processor. Add the olive oil and pulse until the mixture forms a smooth paste.
- ▶ Add the cooked carrots, salt, cinnamon and nutmeg. Process for about 1 minute, until partially smooth.
- ▶ Remove from processor and add the spring onions, mixing well with a spoon.
- ▶ Shape the salmon paste into 8 patties.
- ▶ Heat the coconut oil in a skillet and cook the salmon patties on medium heat for 5-6 minutes each side, or until the patty is firm and easy to flip.
- ▶ Remove and serve immediately.
- ▶ These patties are wonderful with a salad of fresh greens. Enjoy!



# *condiments*

Salsa

Guacamole

Roasted Tomato Sauce

# Salsa

Serves 3 to 4

## Ingredients

- 4 tomatoes, seeded and chopped
- 1 jalapeño, seeded and finely chopped
- ½ shallot, finely chopped
- ¼ cup fresh cilantro, finely chopped
- ⅛ teaspoon of ground cumin
- 1-2 limes, juiced to taste
- Pink Himalayan salt and black pepper to taste

## Directions

- ▶ Mix all the ingredients together in a bowl.
- ▶ Season to taste with additional cumin, lime juice, pepper, and salt.
- ▶ Serve immediately or let the flavors marinate in the refrigerator for up to an hour.
- ▶ Enjoy!

**TIPS AND SUBSTITUTIONS:** If you are avoiding nightshades, omit the jalapeño and substitute the tomatoes with a combination of fresh pineapple and mango.



# Guacamole

Serves 3 to 4

## Ingredients

- 2 large avocados, mashed
- 1-2 limes, juiced to taste
- ½ teaspoon of ground cumin
- ⅛ teaspoon cayenne pepper
- Pink Himalayan salt and black pepper to taste

## Directions

- ▶ Mix all the ingredients together in a bowl.
- ▶ Season to taste with additional cumin, lime juice, pepper and salt.
- ▶ This recipe is best eaten the same day.



**TIPS AND SUBSTITUTIONS:** If you are avoiding nightshades, omit the cayenne pepper.

# Roasted Tomato Sauce

Serves 8

## Ingredients

- 1½ pounds Roma tomatoes
- 1 small red onion, quartered
- 1 bulb garlic (11-12 cloves), peeled
- ½ cup extra-virgin olive oil, divided
- 1¼ teaspoons pink Himalayan salt, divided
- 1⅛ teaspoons freshly ground black pepper, divided
- 1 tablespoon dried oregano

## Directions

- ▶ Preheat oven to 400°F.
- ▶ Core each tomato and cut in half. Place tomatoes into a large bowl. Add the onion and garlic. Add ¼ cup of the olive oil, along with ¼ teaspoon of salt and ⅛ teaspoon pepper. Toss well until everything is coated.
- ▶ Place the tomatoes cut-side down in a foil-lined glass baking dish. Place the onion cut-side down around the tomatoes. (It is okay if the onion petals separate.) Scatter the garlic bulbs in the dish and pour over it all with the remaining mixture from the bowl.
- ▶ Place the baking dish in the oven and roast uncovered for one hour.
- ▶ Allow the tomatoes to cool for at least 30 minutes, then pull the skins off each tomato. (Use the skins in another recipe, or eat as is for a snack.)

*Continued...*



## Roasted Tomato Sauce (cont.)

### *Directions*

- ▶ Place the tomato mixture into the bowl of the food processor and process until desired consistency.
- ▶ Stir in the remaining  $\frac{1}{4}$  cup of olive oil, 1 teaspoon of salt, 1 teaspoon pepper, and the oregano.
- ▶ Serve immediately over your favorite vegetables or gluten-free pasta, or refrigerate overnight to allow the flavors to meld.
- ▶ The sauce will keep up to 4 days in the refrigerator or up to 2 months in the freezer.

*contributor bias*

# Cynthia Pasquella

Celebrity nutritionist, Cynthia Pasquella, is a best-selling author and educational leader.

She is known as the most sought after transformational nutritionist in the health community. She is famous for inspiring millions of women to discover what they're really hungry for.

Cynthia is a clinical nutritionist, spiritual leader, media personality and best-selling author. She is the founder and director of the [Institute of Transformational Nutrition](#) – the only nutrition certification program where students receive an in-depth understanding of holistic health through science, psychology and spirituality to help people create permanent change in their health and life. She's also the best-selling author of The Hungry Hottie Cookbook and PINK Method.

She is a nutrition expert for The Doctors, The Dr. Phil Show and The Today Show and has been featured in popular media outlets such as Access Hollywood, E! News Live, Harper's Bazaar, Fitness Magazine, Shape Magazine and Marie Claire.

You can find out more about Cynthia and grab her free book, 5 Toxic Emotions That Lead To Poor Food Choices at [www.cynthiapasquella.com](http://www.cynthiapasquella.com).



# Alejandra Mugica

Alejandra is passionate about helping young women live healthful, *radiant* lives, all with the intention of one day becoming STRONG mommas to beautiful, healthy babies. If this sounds like your cup of tea (yum!), then she invites you to visit her site. She would love to see you there!

[www.alejandramugica.com](http://www.alejandramugica.com)



# Alison Brehme

Alison Brehme, CTNC and Corporate Wellness Consultant, spent years working stressful corporate jobs. Following a bad car accident, she used nature and whole foods to heal her body, mind and spirit and overcome her chronic pain and stress. It is now her mission to teach these techniques to others.

[www.alisonbrehme.com](http://www.alisonbrehme.com)



# Amanda Kaley

While working in the fitness industry, Amanda Kaley began researching holistic nutrition due to her own digestive intolerance. To further her knowledge, she joined the Institute of Transformational Nutrition and now coaches women on obtaining their optimal weight while healing their bodies through proper nutrition.

[www.ladyredsauce.com](http://www.ladyredsauce.com)



# April Younghaus

April Younghaus is a Certified Transformational Nutrition Coach at Rejuvenating Wellness, LLC. She has overcome low energy levels, cystic acne and osteoarthritis. She uses her experience to help women in the prime of their lives regain their self-confidence and youthful energy by incorporating gut-healing nutrition with energy-giving movement.

[www.facebook.com/RejuvenatingWellness](http://www.facebook.com/RejuvenatingWellness)



# Brad Rudner

Brad started cooking on open fires in the Canadian wilderness. Since getting married and having kids, the stove and oven are used a lot more. Brad's wife, Bree, has increased his repertoire and inspiration, as family meals are a staple for them and their daughters, with nourishment of mind, body and spirit.

[www.bradrudner.com](http://www.bradrudner.com)



# Brandi Mackenzie

Brandi was overwhelmed with fear when she learned she had Crohn's disease. Yet, she was determined to heal herself naturally. Focusing on gut health and balancing immunity, Brandi reversed her autoimmune disease within two years through diet, detoxification and desire. She now support others in doing the same.

[www.BrandiMackenzie.com](http://www.BrandiMackenzie.com)



# Catarina Catarino

Catarina's journey of healing from food disorders and past health conditions made her passionate about helping people transform their relationship with food and with their bodies.

Today, as a Transformational Nutrition Coach and Eating Psychology specialist, she draws from years of teaching Pilates and Tai Chi for a body-mind approach to transformation.

[www.catarinacatarino.com](http://www.catarinacatarino.com)



# Elaine De Santos

Elaine De Santos, a frazzled, stay-at-home mom that became a Certified Transformational Nutrition Coach and Family Health Revolutionary, believes all greatness begins at home. She founded [FamilyForHealth.com](http://FamilyForHealth.com) to help families “EAT+MOVE+BE ... together” and collaborates with world-leading experts to raise awareness and provide resources for a healthy future for families.



# Elyse Rosenlof

Elyse Rosenlof is a Certified Transformational Nutrition Coach who's passionate about helping people learn how to nourish their bodies. She's big on eating real food and getting plenty of restorative sleep every night. Elyse started Menopause SOS to help frazzled, stressed out, menopausal women learn how to reduce their stress and lose the weight that's been dragging them down. Her website is:

[www.menopausesos.com](http://www.menopausesos.com)



# Frank Velasquez

Frank Velasquez decided to attend the Institute of Transformational Nutrition when he realized he had already been following its path through a lifetime of overcoming the pain of rheumatoid arthritis. With similar struggles, his family bonded through the same transformation, and he hopes to emphasize family and community as key to everyone's own transformation.

[www.theUrbanNutritionist.com](http://www.theUrbanNutritionist.com)



# Greta Braun

Greta believes in great foods and a balanced lifestyle as keys to our well-being and happiness! During her years in France, she did a lot of research around that. And voilà, two of her ooh-là-là delicious recipes.  
Bon appétit!

Greta Braun, CTNC, MEE  
[www.gretabraun.com](http://www.gretabraun.com)



# Haley Reese

Haley specializes in helping those who are struggling with anxiety and depression. She is passionate about helping young women transform their limiting beliefs and habits to promote their health and happiness!

Haley Reese, CTNC  
[www.HaleyReese.com](http://www.HaleyReese.com)



# Jennifer Stucker

Jennifer is a self-proclaimed wellness weirdo, nutrition nerd, and gut guru. After suffering from chronic debilitating digestive problems, she turned to a holistic approach to heal her mind and body. She loves nothing more than playing with flavors in the kitchen, using fresh, organic, whole, nourishing foods.

[Jenswellness.com](http://Jenswellness.com)



# Jenny Cleary

Jenny Cleary helps foodies kick their food comas to the curb so they can have lasting energy to live life awesomely doing the things they love!

[www.jennycleary.net/smoothie](http://www.jennycleary.net/smoothie)



# Leah Campián

Leah Campián is a Certified Transformational Nutrition Coach and Certified Culinary Nutrition Expert. She is also certified to teach *The Hormone Cure* and is authoring the book, *Ditch the Diet*. She helps professionals who are overwhelmed by expectations and frustrated with dieting *DITCH THEIR DIETS* for permanent weight loss and a fulfilling life.

[www.leahcampián.com](http://www.leahcampián.com)



# Lindsay Young

Lindsay Young is a Certified Athletic Trainer, Certified Strength and Conditioning Specialist and Certified Transformational Nutrition Coach. As a mom of three, Lindsay loves helping busy moms find balance in their lives so they can raise a healthy family, prioritize their own health, and walk out the door each day with confidence.

[www.lindsaymarieyoung.com](http://www.lindsaymarieyoung.com)



# Maria Mizzi

Transformational Nutrition and fitness coach Maria Mizzi inspires professional women to make simple shifts in how they think about food and to exercise to feel and look fabulous. Her in-studio and online programs provide a roadmap to a high-energy, confidence-filled lifestyle. Learn more at [www.MariaMizzi.com](http://www.MariaMizzi.com).



# Melanie Connolly

Melanie Connolly is a Transformation Nutrition Coach who graduated from the Institute of Transformational Nutrition. She also attended the Academy of Culinary Nutrition, the Institute for Integrative Nutrition and the Full Body System, Holistic Nutrition Labs. She teaches overwhelmed women to be their own top priority and finally put themselves on their to-do list. She specializes in adrenal health and stress management by incorporating a nutrient-rich diet along with self-care and self-love practices.

[www.melanieconnolly.com](http://www.melanieconnolly.com).



# Melissa Angley

Melissa “on a Mission” Angley, CTNC, is on a mission to help women feel confident, look amazing and be healthy role models to their loved ones.

If you want more support feeling fabulous, grab the free video series, *7 Two-Minute Shifts to Help You Drop Pounds This Week*, at [www.MelissaOnAMission.com/cookbookfreebie](http://www.MelissaOnAMission.com/cookbookfreebie).



# Paula Elmi



Paula Elmi helps high-achieving, professional women eliminate burn-out and lose weight naturally without deprivation. After a decade of successfully practicing as a clinical dental specialist, Paula found herself unhappy, overweight, and on the verge of professional burn-out. She reclaimed her body and life and can help you do the same.

[www.paulaelmi.com](http://www.paulaelmi.com)

# Theresa Thomas

Teresa Nichole Thomas is a Certified Transformational Nutrition Coach. Through science, psychology, and spirituality, she helps women struggling with confidence, weight, and body image become confident, slim, and sexy so they can fall in love with themselves and truly experience freedom, joy, and happiness. For more information, please visit [www.harmonyhealthandwellness.com](http://www.harmonyhealthandwellness.com).

