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"I was waiting for my life to *get perfect*, to come to a conclusion, in order to tell the story. And then I realized, it would *never* perfectly conclude, and that would never be the story worth waiting for.

My short life has been a long series of simple truths -- I was searching for how to really feed myself so that I could be myself.

To all the stories that have been dismissed as untimely or unworthy of sharing, I want to hear yours."

— *influence*[™]
INFINITE INFLUENCE

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ABOUT Kelsey



Kelsey has always been a force of nature but found an even greater source within herself: the power of balance.

Through diverse experiences, she has realized the boundless potential of balance in the everyday, and has dedicated hers to answering the question *what is balance?* For Kelsey, balance is all about movement – when to stay and when to go, what to hold on to and what to let go.

She has never been able to sit still for very long and started moving around often, and early in life.

Initially, Kelsey was on a mission to find home, but she ever-so-slowly discovered that balance was the key to feeling at home in any space.

Her insatiable curiosity to move, change, and transform personally, professionally, and geographically in search of growth has allowed her to tap into her authenticity and true potential.

With a deep-seated sense of balance and self-awareness, she recognizes that home is wherever she lands.

Querencia: a place which one's strength is drawn, where one feels at home; the place where you are your most authentic self.

Mom



The more I moved, the more I recognized the stories and beliefs attached to me and to my mom's passing. I realized that, not only did I miss her, I was angry with how she was remembered. I only knew what I observed and was therefore taught, and that was to put the story of my mom in a box; only experiencing her through others' sadness or unresolved emotions. But it was that box, the label on her life, that intrigued me to see what the labeling was really about.

I see now that my movement in this world gave me time and space to align with our connection that never died. I began experiencing her life story, and her story had something to share with mine. She was so much more than my mom; her unexpressed, unboxed life was interlaced in the adventure of recovering my simple truths, my story. And in my pursuit, I was giving her life back, and I was beginning to authentically care for mine.

Brilliantly, she provided the perfect life path for me to see the purposely nuanced essence of the mother, the feminine; a foundational, life-giving, lesson-learning and essential kind of love. I love her, for even in her absence, she has so perfectly loved me into authentically loving myself. And with that kind of love, I can truly see her.

I know now, more than anything, that my mom wants to be acknowledged for her aliveness. When I took her out of the 'box', her memory breathed new life. Finding my way here has empowered me, and now it's empowering the memory of her. This book is dedicated to Mom and acknowledging her for all she was, and the beautiful uncertainty her life history gifted me.

The Beginning

Born and raised in Wisconsin, I lost my mom at the age of two. She left behind six children under the age of eight years old, who would each grow to find their own silver linings of life in her absence.

As a kid, I did an awful lot of introspection and had many thoughts related to personality, self-awareness and survival, asking questions like *why am I here, who am I, what am I? What happens after all of this?* The pain and uncertainty I maneuvered early on in life provided a beautiful narrative for me to help tap into an inner wisdom. What was lacking or poorly given actually revealed my ability to navigate pain and uncertainty with grace. My mom's passing, the negative parenting experiences, and what happened thereafter, was more than good enough for me because it was a critical part of my inheritance. Those life experiences forced me to know myself and to develop an inherited sense of "right and wrong" which elicited my own exploration of "what feels good and what does not," my true, authentic self.

I believe that the narratives we are born into serve a beautiful purpose. I am of the view that our existence on this earth is meant for us to experience our fullest potential and brightest expression. And what better way to understand what that entails than to experience its opposite?

When I started perceiving my life as a collection of stories, I felt a sense of liberation from the beliefs and expectations I had imposed upon myself. It became apparent that these stories were meant to guide me rather than condemn me. I had to start letting go of the meaning I gave to them. If my purpose in life is to feel good, and that is no one else's responsibility but my own, then contrasting experiences exist to help me better grasp that purpose. Choosing what feels good did not shield me from experiencing the unwanted; instead, it led me towards more aligned and purposeful contrast. Gradually, I started to believe that I couldn't go wrong, that every decision or move I make will either produce lessons or produce love. And there's no wrong in that.

It was early on that I decided that the biggest tragedy in my life wasn't what had happened to me or around me. The tragedy was what would happen if I couldn't grow beyond the limited patterns, beliefs, attitudes, values, and false sense of self that I had internalized from outside of myself. I wanted to know why I was here, and I didn't want to ask anyone to accommodate my pains and insecurities as I searched for that answer. I was going to figure it out for myself.

The Box

My way of no longer remaining the same is, by definition, the most singular, boxed aspect of who I am.

It was a simple and thoughtful gesture when a past boyfriend gifted me with a week's subscription to a boxed meal kit delivery service that promised an easy to follow, ready to cook culinary experience with perfectly curated recipes.

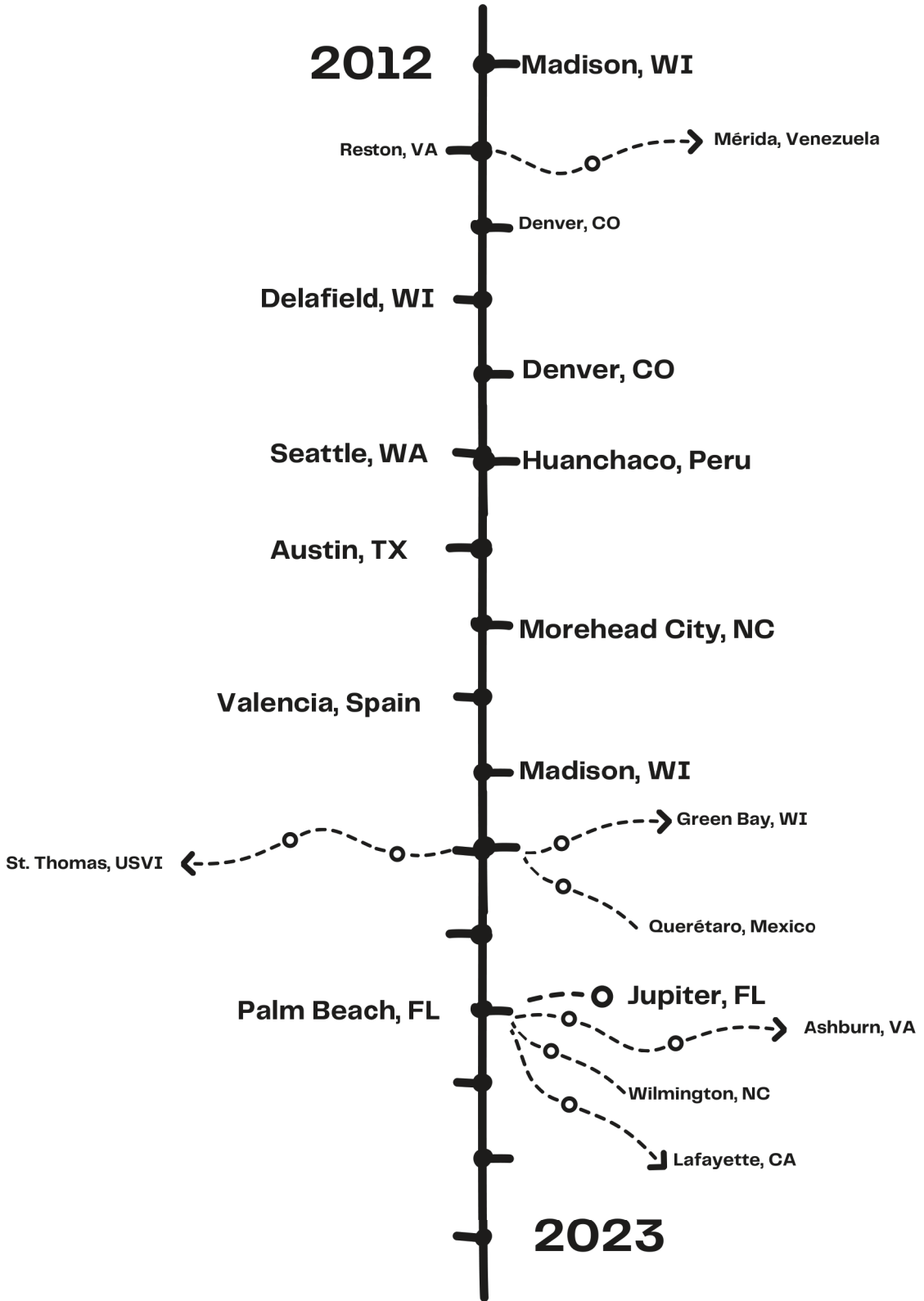
Little did he know that he was about to uncover a peculiar truth about my cooking style. When I saw him at the end of the week, he rummaged through the refrigerator, and stumbled upon all of the unopened packets and odds and ends of ingredients, remnants of the perfectly outlined recipes I hadn't followed. My flow and curiosity had gotten the best of me each night I attempted to cook the exact meals from that box...His disbelief grew with each find, realizing that I had managed to un-follow *every single* recipe, and create my own dinners, improvising and completely deviating from the intended instructions, never fully utilizing all the carefully portioned ingredients.

It was a quirky revelation that not only showcased my yet-to-be-labeled and understood approach to cooking and life, but also hinted at the increasing need to create. I also vividly recall being overly self-critical towards my natural inclination to *never just follow the damn instructions*. This aspect of myself evoked a sense of wrongness and inadequacy, and I would continue to try and hide it.

However, I *was* more inspired by the random foods inside the cardboard box than the recipes themselves. This is when I quietly began to realize that I couldn't follow the "recipes" in life and I couldn't be the "meals" that came in a box. I had firmly held onto the idea that if I outwardly appeared to be following the recipe, I would coax inner contentment and satisfaction along the way, and eventually attain some definition of success and find happiness, both in my culinary endeavors and in life as a whole.

But, I only wanted to follow the recipes because I wanted most what came after all of that...to be left alone, and for my life to be unquestioned, *by me*. I believed that only then would I feel appropriate enough to express my true self in its entirety; that I would be confident enough to love my decisions and ideas. During this time, if there was "failure" in my life, I believed I could go back to being the recipe-follower and it would make things "better." And if I didn't have the strength to outwardly look like the recipe-follower, I would hide away where I could just *be*.

2012



2023

Mothering Through Movement

I have repeatedly found myself in some sort of obstacle that I've never found myself in before, and feeling things that I never felt before, and really have just been trying to learn as I go. And there's been a lot of contradiction in this kind of inner movement – outdated beliefs sometimes linger and overlap the new, sustainable understandings that I'm aligning with.

The self-induced movement allows me to experience freedom – freedom that comes from a place that is deeper than my mind. This is beautiful to me because my survival mode conditioned my mind to control, fix, figure, analyze, and plan. But, in my movement, I'm not limited. I feel free in knowing no matter where I am that “I'm here, but there are more experiences out there available to me that I'm free to have that create food for my soul.” I could be in a place I want to be, with people I want to be with, and I will still want to go, because to me there is no security and stability in that. It's not about the people or the place– the impulse to move is connected to my authenticity. What feels good to me– my bliss– it's personal to me and has nothing to do with anyone else. When a space no longer nourishes whatever expansion or perspective I'm changing, I know it is okay to explore beyond that space.

When I began to purposely-move was when I began to process the burdens I carried. For me, moving was giving me space to follow through on my curiosities and what was important to me, not others. The act of changing environments, routines, foods, access to resources, conversations, responsibilities, transportation, et cetera, was to intentionally rewire my thoughts, beliefs and behaviors. Finding my balance in a new environment triggered symptoms, and a deep desire to heal those reactions. I was using my relocating-life to master my footing. It was the revolving conditions of life that helped me to practice an inner sense of freedom: repeatedly changing my job, home base, and financial situation showed me how little of impact it all had on my sense of balance and freedom. And that's when it started getting fun. Though I didn't know it until much later, I was playfully “re-mothering” myself.

The flow of my own movement gave me permission to see and let go of anything that held me boxed in. I decided to no longer feel bad about not wanting or doing what was expected. And I don't mean this in a rebellious sense, it wasn't about doing the opposite to prove anything wrong, I was just starting to care about how I felt in a way that didn't ask anyone to change. And being alone and doing the work was more than good enough. I was always where I wanted to be, when I wanted to be, and how I wanted to be because in my movement, I wasn't living in my headspace. My life was about what felt good for me, and nothing had to change for me to find that sense of home. I was and am learning how to trust the movement forward without knowing what's next or needing something to be different.

On this path, I've acknowledged how crucial the contrast in life is. The up and the down, the going and the staying, the moments of movement and stillness have allowed me to find my center. And in centeredness, I just trust.

Healing Food

Food has been my foundation and gateway to access and trust what is next for me.

As I continually rebalance, I create more space for imbalance *and* balance to show itself to me. A common expression of imbalance (a burden) within me is the need to over-exert, overdo and over-provide. As I move around, I've found myself needing detours to maintain the balance between my desire to care for others and preserving my own well-being and personal path. Even if intentions are good, the effects of giving without my own foundation to stand on is diminishing, and it compromises my ability to trust what is good for me, my integrity. It compromises my internal compass.

When the figuring and fixing come to a point of detriment to myself, that's when life's re-words pour in; re-route, re-root, relax, readjust, reflect, recover, renew, reconnect, and revitalize. They remind me of what I can count on, what is secure, what is safe, what is balanced, and most exciting; what is next. Balance, by definition, is "the remainder," what is left, the remnants. I've found that when nothing else is there, I am. I've come to know my balance within by living without it, and it's influenced my life. The strong desire for balance forced me to utilize movement as a life tool. Movement emphasized the contrast in life, and the contrast triggered the healing.

The food I cooked created a homebase that supported the re- words. I have the tendency to isolate when I deep dive into "fixing" things about myself, but my food made me feel like it was taking care of my foundation, while I was taking care of the "other stuff". I felt appropriate and "okay" about working through things that didn't feel okay.

At this point, you might ask, “If what you do is right for you but not necessarily for me, why are you sharing these recipes?”

Everyone has their own palate and preferences, which is why I suggest using the recipes as inspiration rather than rigid guidelines. Find what nourishes you best, and why? Be discerning with what suits you and how you give yourself to it. These foods resonate right now because I’m inspired by them-- they match an intention and energy in my life that I’ve aligned with, not because I believe that these foods and recipes are a truth, forever. One thing is for sure, I will change and so will what nourishes me, and I’m not going to get in my own way by refusing to adapt to that. This is what feeding wisdom is. From a place of wisdom rather than fear, take care of what you allow to have direct access to you. Give yourself the nourishment, the foundation that allows you to feel supported and free enough to not feel the need to label, box, and demand permanency.

This cookbook is a personal narrative that recounts my journey toward slowly surrendering to and discovering that I needed to authentically care for myself. These recipes, routines, and thoughts on life are for those who are inspired by and taking ownership of what does not feel good, and trusting that what does feel nourishing, has a purpose. Then, live some more life, and make more decisions from a well-fed sense of self.

My culinary creations are also a fusion of my life's diverse influences. I seek simple ingredients that have been available to me no matter where I am living. These ingredients have given me a perspective on cooking that I cherish: adaptable, creative, rooted, and therefore healing. My lifestyle has taught me to make the most out of limited resources and find novel ways of securing what I need. I've noticed over time that the more I work with what I have, the more I've craved textures or qualities more than specific dishes--crunchy, earthy, crispy, grounding, light...

Every time I settle into a new place, these recipes are my go-to. Every bowl in this book tells a story that reflects my journey through life up until now. The biggest story told was how well or intuitively I was feeding myself –that it was also how much I was letting life love me.

This book is about knowing that there is a unique influence in everyone and the connection to *that* is who you are; it's what will always feel like home.

Give yourself permission to let go, and nourish all of who you are with what its hungry for – meaning, authenticity, clarity, love, excitement, the stuff that cannot thrive in only one way, one box. The idea is to not be so chained to the ideas that make sense to others, just use it as a guide. There’s no need to rebel, judge, shame or ask others to join you as you engage with what excites you. When we give our life, our unique influence, to somebody else’s story it’s the opposite of nourishing. The influences of life are there to infinitely feed your wisdom, your story.

Letter from the Author

When I started to write, I really had a lot to get out. In fact, it was another drawn out lesson in balance. I wanted to let it all out right now, but I also wanted the conversation to last forever. Balance is a process.

I wanted and believed in two conflicting things in life: to be saved from repeating difficulties and to be challenged and grow from them.

At the core of it, thriving is what I wanted most. But, it didn't come easy when I held tightly to beliefs that took away the ability to trust myself. I had believed that the core of who I am was inherently wrong, incomplete, and that it would take a lot of work and time to "un-do" all the worthlessness. From this, I questioned who I was, and if what I really wanted was "right." When I did decide to follow what mattered to me, I went back and forth between validation-seeking and feeling unsafe to share it. So, going unnoticed felt safe. Without realizing it, I hid as I reached for the best versions of myself and life, and felt safe playing small. I was convinced that others around me would feel better about who they are when I do, and I was tiptoeing around my own life.

I was my biggest problem because I didn't see how filled I was with my own answers. I create movement in my life because it is my tool of choice in this lifetime -- it reminds me of my ability to thrive in my *right now, no matter what*. I am my author. My life has been a transformation of energy, not a chase. I've been looking for something that didn't exist anywhere in our 3D world -- I could feel it, but I didn't have the words for it yet so I had to *become* it.

In my search for the words, I realized that there was no endpoint. It was about becoming what mattered to me so I could trust that I was seeking the purest, most beautiful and best parts of life. That understanding became better than any fixed idea or future goal. As my curiosity took me further, I shed away beliefs that had bound me before, gradually opening up to the idea that I could be happy and nothing needs to change.

The more I moved, the more I understood the saying "you bring you everywhere." Travel doesn't inherently change your perspective (*the vacation will not save you...not saying you shouldn't try!*), nor does adhering to a disciplined life -- you have to actively want to feel comfortable in your own skin, and to know that is the birthright of every single person on this earth right now. We all have a right to be here, but it's not all going to look the same. So, mind your own business -- stop giving energy to belief systems outside of yourself, trust the leverage of your influence when you're not demanding that everyone *be* like you.

So, I'm not advocating that all travel changes your life, but mine did -- I was born to move, and it's a large part of why I'm here. But, it's the inner work, the perspective shifts that create the path, the movement; and that path may be down the street or across the ocean. The moral is to be open to letting what doesn't feel good, feel better. And you have to be okay with moving your mind over and over again.

These recipes were born from imbalance and they worked when I decided to trust what I thought I needed, not what the outside world needed from me. I'm not here on this earth to make others feel better (or worse!) about the beliefs they hold, and the stories and influences they perpetuate with those beliefs.

I just wanted to experience the freedom of trusting my decisions, and this inner craving drove me to search beyond my comfort zone. I wanted to feel what stability and support felt like when it was created by me, and I needed proof. So, I went out and looked for it. In my desperation to feel stability, I sought conditions, connections, and beliefs that challenged my ability to survive, so when nothing could provide assurance, trusting myself became second nature. I was learning that what I wanted was what matters to me, and what matters to me was always going to be more than good enough. I was aligning myself with what matters; I was creating bigger reasons to trust myself, and I was thriving.

Cooking allowed me to tap into something much greater than myself. It became a transformative experience that started with very basic ingredients. It wasn't the exercise, the meditation, the job, or any false sense of safety that would save me or bring me home. The food I craved and created was reshaping me and becoming the foundation, the proof, and the permission to trust my own judgement. And it was cooking up something bigger that I didn't see coming: clarity. The nourishment and trust in my life overflowed so that more authentic decisions could take shape in life. I felt I had the right to *just live*; I was seeing my influence in my life path, and I loved it. I was having conversations with life force, and I adored the authentic banter.

There has been an undercurrent of confidence in the path I've been on for no obvious reason to me. My movement has been subconsciously encouraged by the thought, *"If I just keep an open mind, if I focus on connection to what feels good, authentic, and balanced, if I just keep walking, then something will come together."*

My life has been a wake-up call that is humbling and enlivening.



Sincerely,

Kelsey



BREAKFAST





OVERNIGHT OATS

DELAFIELD, WI - SEATTLE, WA

Ingredients

- ½ C. Oats
- ¾ C. water or oat milk
- ¼ t. Salt
- 1 T. Maple Syrup
- 1 T. Sunflower Seeds
- 1 T. Pumpkin Seeds
- 1 T. Unsweetened Coconut Flakes
- 3-4 Dried Apricots

Instructions

The Night Before: Add oats, water (or milk, salt and stir. Top with sunflower seeds, pumpkin seeds, coconut flakes and apricots and give another good stir. Seal in an airtight container. Place in fridge over night.

In the morning, garnish with extra nuts or seeds, milk and fruit of choice.





QUICK STEEPED OATS

VALENCIA, SPAIN

Ingredients

- ½ C. Rolled Oats
- ½ C. Boiling Water
- ¼ t. Salt



Instructions

At least 1 hour before, place rolled oats in a bowl or airtight container. Boil water, pour over oats, add salt, stir and cover for at least 1 hour. When all liquid has soaked into the oats, garnish with suggested toppings

Suggested Toppings

- ½ C. Fresh or Frozen Fruit
 - Raspberries
 - Blueberries
- 1 T. Maple Syrup drizzle
- Fresh Coconut Meat Chunks
- 1 T. Pumpkin Seeds
- 1 T. Sunflower Seeds
- 1 T. Walnuts
- Sprinkle of Dark Chocolate Chunks
- ½ Cup Nut Milk, or milk of choice to pour over



BANANA-OAT SMOOTHIE BOWL

WEST PALM BEACH, FL



Ingredients

2 Frozen Bananas, Super Ripe
¼ C. Water
1 T. Maple Syrup or Honey

Instructions

Before freezing bananas, remove peel, and slice into ¼" rounds. Place slices in a freezer safe bag for at least 1 hour before making. Blend all ingredients until smooth and creamy. If needed, add more water or sweetener.

Serve with suggested toppings.



Suggested Toppings

¼ C. Prepared Overnight Oats
Dollop of Nut Butter
Dark Chocolate Chunks
Pecans
Dry Roasted Cashews
Almonds
Raw Coconut
Pumpkin Seeds
Sunflower Seeds
Almonds
Blueberries, Any Berry
Drizzle of Maple Syrup or Honey

THE GOOD BOWL

MADISON, WI



Ingredients

¼ C. Steel Cut Oats, Rice or 1 Handful Kale
½ Medium Sweet Potato
¼ C. Blueberries
Cucumber Slices
Sprinkle of Sunflower Seeds
Sprinkle of Pumpkin Seeds
Sprinkle of Fennel
1-2 T. 5% Plain Greek Yogurt
Splash of Sesame Oil or *squeeze of citrus*
Olive Oil Drizzle

Instructions

Add diced potato to microwave safe bowl and fill with enough water to cover and cook for 8-9 minutes. Add cooked sweet potato to food processor, splash of water, and sprinkle of salt and blend until smooth, or mash with fork.

Toast rice and salt on medium-low heat for 3-5 minutes. Add water to pot, bring to boil, then immediately cover, reduce heat to low and cook for 12-15 minutes.

While rice is cooking, stir together yogurt and rice vinegar or citrus juice until well mixed.

Layer bowl with kale and/or rice, dollop of sweet potatoes, blueberries, sliced cucumbers, sprinkle of sunflower and pumpkin seeds and a spurt of yogurt, drizzle of olive oil and sprinkle of salt and pepper.



Adding an egg is always suggested!

BAKED APPLE & PEAR

LAFAYETTE, CA



Ingredients

½ Apple; Cored, ¼" Slices
½ Pear Cored, ¼" Slices
2 T. Walnuts
2 T. Pecans
1 T. Melted Coconut Oil
1 t. Cinnamon
1 T. Sunflower Seeds
Sprinkle of Salt
1 *heaping* T. of Sunflower Butter
Milk of choice to pour over
Honey Drizzle



Instructions

Add sliced fruits to mixing bowl with nuts, melted coconut oil, cinnamon and sprinkle of salt, and stir until well coated. Spread evenly on a prepared baking sheet and bake at 350° for 45 minutes

Layer baked fruits and nuts, fresh berries, sprinkle of sunflower seeds, dollop of sunflower butter, pour over of milk and extra drizzles of honey.

IT'S SPRING!

LAFAYETTE, CA



Ingredients

2 T. Almonds;
Soaked overnight & Peeled
½ C. Water

2-Pre Packaged Beets; Rinsed,
Dried, Halved, then cut into ½"
Slices

⅓ C. Snap Peas; Cut ends & ½"
Slices

2 Dates; Minced, *optional*

2 Soft Boiled Eggs

Sprinkle of Salt & Cracked pper

Squeeze of Lime Juice

Olive Oil Drizzle

Instructions

The Night Before: Add almonds to water and cover.

The Next Morning: Peel the skins by pressing down on the base of the almond using your pointer finger and thumb until the almond pops through the skin from the top. You may want to rinse and pat dry before adding to bowl.

You may want to rinse and pat dry before adding to bowl.

Next, cook soft boiled eggs following directions on [Methods](#) page.

Layer beets, peas, almonds and sprinkle in dates. Next, add soft boiled eggs, squeeze of lime juice, drizzle of oil and sprinkle of salt and pepper.



BROWNIE BITES

DENVER, CO



Ingredients

- ½ C. Dates, Soaked & Drained
- ¼ C. Cocoa Powder
- 2 T. Peanut Butter
- ¼ C. Honey
- 2 T. Date Syrup
- ¼ C. Dark Chocolate Chips
- ½ T. Coconut Oil



Instructions

To start, line parchment paper in 8"x4" bread pan. Next, melt dark chocolate chips and coconut oil in microwave-safe bowl. Then, blend all ingredients in food processor until smooth.

Using a spatula, pour batter into bread pan and flatten using a separate sheet of parchment paper to press down and flatten to pan. Place in freezer for at least an hour to form. Remove from freezer, cut into desired sized pieces and store in freezer. I like to add this as a topping to my banana ice cream!



PUMPKIN SEED SQUARES

WILMINGTON, NC

Ingredients

2 C. Dates, Pitted
1 - 1 ½ C. Pumpkin Seeds
1 ½ C. Dark Chocolate Chips
1 T. Coconut Oil
¼ t. Flaked Salt
Drizzle of Honey

Instructions

Let pumpkin seeds soak in water for 15 minutes to 1 hour.

Line 8x8 baking sheet with parchment paper. Drain the seeds and add seeds and dates to blender until well combined. Smooth the mixture evenly and press firmly to the bottom of baking pan.

Next, melt dark chocolate and coconut oil in microwave for 1-2 minutes in 30 second increments. Mix out any clumps before pouring and evenly spreading melted chocolate over the dates and seeds mixture.

Sprinkle with flaked salt before freezing for 30 minutes. Remove from freezer and cut into the size and shape of your choice.



LUNCH

DINNER

THE FIRST BALANCING BOWL

MADISON, WI



Ingredients

1 ½" Sweet Potato; Washed, Peeled, Diced
¼ C. Water
2 t. Travel Spice Mix
1-Stalk Celery, Washed, Cut into ¼" Slices
1 C. 1" Green Cabbage, Washed, 1" Cuts
Sprinkle of Fennel Seed
½ C. Basmati Rice
⅔ C. Water
1 T. Pumpkin Oil
2 T. Pumpkin Seeds



Instructions

Pre-heat the oven to 425°F. Evenly spread diced sweet potato on parchment-lined baking sheet covered. Once heated, roast for 20-25 minutes until the potatoes are tender (check with a fork).

While potatoes are cooking, cook rice following directions from *Methods* page.



While rice and potatoes are cooking add celery and fennel seed to toast in an oiled pan on medium-high heat for 5 minutes, stirring occasionally. Add cabbage, water and cook covered on low heat for 5-10 minutes until cabbage is tender and crunchy.

Check potatoes with fork for tenderness, and remove from oven. Add potatoes, water, and travel mix and puree until smooth.

Layer rice and puree in dish and garnish with a sprinkle of pumpkin seeds and salt.

ROASTED VEG BOWL

SEATTLE, WA

Ingredients

1- Sweet Potato, 1" cubes or ¼ " rounds
¼ Red Onion, 1"-2" thick slices
½ C. Broccoli, florets + stems
1-Handful of Prepped Kale
½ Lemon
Drizzle of Sesame Oil
Pinch of Salt

Instructions

Heat oven to 425°. Cut sweet potatoes in 1" cubes, cut broccoli florets into bite sized pieces and thick onion slices. Evenly spread veg on a baking sheet covered with parchment and sprinkle with salt and pepper. Place in oven and roast for 25-30 minutes until the potatoes are tender.

Quick Potatoes

Add sweet potato to 1.5 cups water to microwave-safe bowl, cook for 6 minutes until almost all the water is cooked out. Add cooked potato and spice mix to blender or mash using a fork. Mash until "chunky smooth" consistency.

Massage handful of kale, citrus juice and pinch of salt in bowl. Add garnishes with following the combinations below.



BRAISED CABBAGE

VALENCIA, SPAIN



Ingredients

1¼ C. Basmati Rice
½ C. Water
¼ t. Salt
¾ C. Sweet Potato
¾ C. Rutabaga
2 T. Vegetable Broth
2 t. Travel Spice Mix

1 C. Vegetable Broth
½ Head of Red Cabbage, thinly sliced
¼ Onion, thinly sliced
1 t. Salt
3 T. Lemon Juice
Enough Veg Broth to cover cabbage and onion

Garnish with Walnuts and squeeze of lemon juice.

Instructions

Toast rice and salt on medium-low heat for 3-5 minutes. Add water to pot, bring to boil, then immediately cover reduce heat to low for 10-12 minutes.

Peel the rutabaga and sweet potato, cut into 1" cubes, and add to pot of water; bring to boil. Cook until the vegetables are tender, 15 to 20 minutes. Drain, return the vegetables to the pot, mash the vegetables by hand or use blender and travel spice mix.

Thinly slice cabbage and onion. Place in large pot, cover with vegetable broth, and bring to a boil. Reduce heat to simmer and add lime juice. Keep covered and simmering until tender.

Add pureed sweet potatoes, rice, and top with cabbage, chives and top with walnuts and and squeeze of lemon.



QUINOA & PEA

PALM BEACH, FL

Ingredients

¼ C. Quinoa

½ C. Water

¼ t. Salt

½ T. Oil

4 Green Onions

½ -1 C. peas

4-5 Chopped Apricots

2 T. Sunflower Seeds

3 C. Salted Water

2-Carrots, Cleaned, Peeled, 1" pieces

½ C. Cashews

¼ C. Diced Onion

½ of Lemon Juice

2 T. Olive Oil

1 t. Salt



Instructions

First, boil ½ cup water and add to ½ cup of cashews, set aside to soak.

Cook quinoa according to package instructions.

Add oil and scallions to pan and sauté for 3 minutes. Add frozen or fresh peas and cook for 8-10 minutes. Set aside, and allow to cool.

Add carrots to 2 cups of water and bring to a boil; let boil for 15 minutes until carrots are soft (Poke with a fork). Add carrots to blender with chopped onion, soaked cashews, lemon juice, oil and salt. Blend until pureed.

Spread a thick layer of carrot puree at base of bowl, then add quinoa mixture. Next, mix quinoa, peas, scallions, chopped apricots and fresh mint leaves in a bowl and dress with squeeze of a half of lemon.

Garnish with pumpkin seeds and slivered almonds.





ASPARAGUS + CASHEWS + RICE

VALENCIA, SPAIN

Ingredients

⅓ C. Basmati Rice

⅔ C. Water

¼ t. Salt

½ T. Oil

Handful of Kale

4 Stalks of Asparagus, 1/2" slices

2 T. Pumpkin Seeds

2 T. Cashews

Drizzle of Maple Syrup

Squeeze of Lime Juice



Instructions

This is a one-pot recipe. Toast rice on medium low heat with salt and oil for 2 minutes. Add water, cashews, pumpkin seeds and asparagus and bring to a boil. When it starts boiling, reduce to simmer and cover for 10-12 minutes. In the last two minutes of cooking, add the kale.



Add to serving bowl, drizzle with maple syrup, squeeze of lime juice, dash of salt and some fresh nuts and seeds.

BROCCOLI CHOP

MADISON, WI

Ingredients

¼ C. Wild Rice
1 Onion; Small, Diced
½ C. Water or Broth
¼ t. Salt
¼ t. Cumin
½ t. Coriander
1-2 C. Broccoli, bite-size florets + stems
½ T. Olive Oil
¼ C. Sliced Almonds
5-6 Apricots or Figs
Lemon juice

Instructions

Heat a pan over medium heat and add the olive oil. Cook about 5 minutes. Stir in the wild rice and and toast for one minute, Next, add water, bring to boil, and boil until no liquid remains, uncovered. Cover, reduce heat and let cook for 5 minutes until the farro is tender. Add cabbage in the last five minutes of cooking.

While the farro is cooking, preheat oven to 425° and cut broccoli florets into bite sized pieces. Evenly spread on a baking sheet covered with parchment and sprinkle with salt and pepper. Place in oven and roast for 25-30 minutes.

When broccoli is cooked and cooled, put in the food processor and pulse until it is about the same size as the wild rice.

Add broccoli, chopped apricots, almonds and, lemon juice to a bowl and mix well.





THE BALANCED BOWL

AUSTIN, TX

INGREDIENTS

Olive Oil Drizzle

¼ Onion

½ Green Pepper; cleaned chopped

1 Stalk Celery; cleaned chopped

1 t. Fresh Ginger, ¼"

1 C. Broccoli Florets, cleaned and cut

½ Sweet Potato; sliced quartered

½ C. Basmati

1 t. Coconut Oil

1 Egg

1-STRONG ROOTS Burger; The Kale & Quinoa



*Garnish with a squeeze of lime,
drizzle of honey and salt to taste.*

INSTRUCTIONS

Heat pan on medium heat and add a drizzle of oil to coat the bottom of the pan.

Add onion, carrot, pepper, celery and ginger in a food processor. Blend until of liquid consistency and add mix to heated pan. Allow liquid to cook out; 10 minutes. In the mean time, chop broccoli and sweet potatoes and then add to pan. Cover, reduce heat to low and allow to simmer for about 10-15 minutes until sweet potatoes are tender. In the last 2-3 minutes of cooking; crack an egg in the center of the pan, cover and allow to cook.

While vegetables are cooking, prepare rice. When finished, prepare bowl with layer of rice, add vegetables and egg.

THE PERFECT CRUNCH

MOREHEAD CITY, NC

INGREDIENTS

Purée

½ C. Cannellini Beans, Rinsed
¼ C. Walnuts, Soaked
1 C. Boiling Water

½ T. Maple Syrup
½ T. Olive Oil
Juice of ½ Lemon
2-4 T. Walnut Water
¼ t. Salt

Nut Panko

11 T. Pumpkin Seeds
1 T. Walnuts
1 T. Sunflower Seeds

Handful of Chopped Romain Lettuce
1 Soft Boiled Egg*
Sprinkle of Nut Crumbs
Sprinkle of Pumpkin Seeds
Olive Oil Drizzle
Squeeze of Lemon

INSTRUCTIONS

Soak walnuts in water for at least 15 minutes.

Add beans, soaked walnuts, maple syrup, olive oil, lemon juice, walnut water and salt until smooth.

Rinse blender, add nuts and seeds and blend until it's of a fine panko consistency.

Spread purée in bowl and layer chopped lettuce, egg, pumpkin seeds, panko, drizzle of olive oil, squeeze of lemon juice and sprinkle of salt.





CREAMY KALE & CARROTS

ASHBURN, VA

Ingredients

Dressing

½ C. Cashews or Pine Nuts; Soaked & Drained
1 Garlic Clove
1 T. Lemon Juice
½ t. Maple Syrup
2 T. Oil
½ t. Apple Cider Vinegar
½ C. Water
Salt To Taste

Carrots

3 Carrots, peeled and cut lengthwise
1 t. Maple Syrup
¼ t. Salt

Kale Salad

2 Handfuls of prepped Kale
¼ - ½ Avocado, de-seeded, sliced
¼ t. Salt
¼ - ½ Green Apple, thinly sliced
2 T. Walnuts
Squeeze of 1 Lemon Wedge

Instructions

Soak nuts over night or place in boiling water and let soak for 15 minutes, then drain. Next, place cashews and remaining ingredients, in blender and blend until smooth. Allow dressing to cool.

Preheat oven to 425°. Toss sliced carrots in maple syrup and salt, and spread evenly on lined baking sheet and bake for 20-25 minutes. Allow to cool.

Chop kale to bite-size pieces and place in bowl. Drizzle creamy nut dressing over kale and toss. Layer on carrots, avocado, apple, walnuts and extra drizzle of dressing.





THE RETREAT TACO

SALADITA, MEXICO

Ingredients

Carrot Mash

1 C. Carrots; peeled, & diced
½ t. Salt
2 C. Water
½ White Onion, quartered
2 T. Pine Nuts

Roasted Veg

½ Red Pepper, ½ " slices
½ Green Pepper, ½ " slices
½ Red Onion, peeled and quartered
1 Carrots, medium, peeled
¼ t. Salt
2 t. Avocado Oil

Cabbage Slaw

2 C. Cabbage, shaved
½ T. parsley, chopped
2 T. Pumpkin Seeds
Squeeze of Lemon
Drizzle of Olive Oil
Sprinkle of Salt

Yogurt Sauce

½ C. Plain, Full-Fat Greek Yogurt
1 T. Parsley, Washed and Chopped
Squeeze of Lemon Slice
Avocado Oil Drizzle

Other

2 Eggs
2-3 Tortillas

Instructions

Add all Carrot Mash ingredients to pot and add enough water to cover vegetables. Cover and bring to boil on medium-high heat and let cook until carrots are soft.

For the Roasted Veg, bake at 425° for 15-20 minutes until tender.

In a medium size bowl add kale, shaved cabbage, cilantro, and seeds and toss until well mixed.

When there is no longer any water remaining, use a fork to test if the carrots are soft. If not, add ¼ cup water and return to heat. Upon softening, remove from heat, add to food processor and blend until smooth.

Using a peel, shred cabbage. Add chopped parsley, seeds, lemon juice, oil drizzle and salt together and mix well.

Next, combine yogurt, cilantro, lime juice and avocado oil in a mixing bowl, set aside.

Lastly, make two scrambled eggs following the directions from *Methods* page. Layer tortilla first with yogurt sauce, rutabaga mash, eggs, slaw, roasted vegetables and lastly, sliced avocado and sprinkle of salt.

Garnish with an extra squeeze of lemon juice and a dash of fresh ground pepper.



GNOCCHI + RUTABAGA BOWL

LAFAYETTE, CA

Ingredients

1 Soft Boiled Egg*
½-Rutabaga; Peeled & Diced to 1" Cubes
½ C. Broccoli Florets; Raw & Chopped
¼ C. Cashews
¼ C. Frozen Peas
1-Handful Kale; Washed & Chopped
¼ C. Snap Peas; Washed & Trimmed Ends
½ C. Cornmeal*
1 ½ C. Water (for cornmeal)

To make cornmeal and soft boiled egg, follow the directions referenced in Methods section.

Instructions

Preheat oven to 375 and bake gnocchi for 25-30 minutes until crispy and tender.

Bring a large pot of salty water to a boil. Peel the rutabaga, cut into 1" cubes, and add to the water with broccoli and cashews. Cook until the rutabaga is tender, 15 to 20 minutes. Drain, add to food processor and blend until smooth. Add the vegetable broth and salt if needed.

Prepare serving bowl with kale and snap peas, smear of rutabaga puree and gnocchi. Garnish with drizzle of olive oil, squeeze of lemon and sprinkle of salt & pepper.



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