

Module 8

IIN MINI COOKBOOK

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SOUPS AND SALADS

BUTTERNUT SQUASH SOUP WITH CRISPY SAGE



Prep time: 15 minutes



Cooking time: 45 minutes



Servings: 4-5

Ingredients

- 1 butternut squash
- 1 large yellow onion
- 3 stalks celery
- 3 carrots
- 4 tablespoons olive oil, divided
- Sea salt and black pepper to taste
- 3 cups vegetable stock
- 1/4 cup sage, sliced

Directions

1. Preheat oven to 350°F.
2. Slice squash in half. Remove seeds and rub with olive oil, sea salt, and black pepper. Arrange squash skin-side up in large baking dish and cook for 30 minutes or until tender.
3. Rinse onions, celery, and carrots. Peel onion, then chop all vegetables roughly.
4. Add 3 tablespoons of olive oil to large pot and bring to medium heat.
5. Add onions and cook for 5 minutes. Add carrots and celery and cook for 8 more minutes.
6. Add vegetable stock and bring to a boil; reduce heat, cover, and simmer until squash is done.
7. Transfer to blender and combine until smooth.
8. Add remaining olive oil to pan and bring to medium heat. Add sage and sauté until crispy.
9. Serve soup with sage and black pepper.

CHICKEN AND VEGETABLE SOUP



Prep time: 15 minutes



Cooking time: 90 minutes



Servings: 6–8

Ingredients

- 1 large yellow onion
- 3 stalks celery
- 3 large carrots
- 3 tablespoons olive oil
- Sea salt and black pepper to taste
- 1/4 cup minced rosemary
- 5 cups chicken stock
- 3–4 cooked chicken breasts

Directions

1. Peel and dice onion.
2. Wash and pat celery dry, then chop onions, carrots, and celery into small cubes.
3. Bring olive oil to medium heat in large pot and add onion. Cook for 5 minutes, until caramelized.
4. Add celery and carrots and cook for 7 more minutes.
5. Sprinkle with sea salt and pepper.
6. Add rosemary and combine well.
7. Add chicken stock and bring to a boil.
8. Reduce heat and simmer for 1 hour.
9. Shred or cube chicken and add.
10. Cook for 10–15 more minutes and serve.

KASHA AND JICAMA SALAD



Prep time: 15 minutes



Cooking time: 3 minutes



Servings: 8

Ingredients

- 2 cups cooked kasha
- 2 teaspoons roasted sesame oil
- 1 teaspoon ginger, freshly grated
- 1 small jicama
- Juice of 1 lime
- 1/4 teaspoon salt
- 1/3 cup pumpkin seeds
- 1 cup Granny Smith apple, coarsely grated
- 2 tablespoons fresh cilantro, chopped
- Hot sauce to taste
- 6–8 large red lettuce leaves

Directions

1. Combine kasha, sesame oil, and ginger in a small bowl.
2. Peel and cut jicama into matchsticks. Place in a non-reactive bowl with lime juice and salt. Cover and marinate for 10 minutes.
3. Toast pumpkin seeds in a saucepan over medium to high heat, stirring constantly for approximately 3 minutes, or until seeds start to pop. Remove from heat and set aside 1 tablespoon of seeds. When cool, coarsely chop remaining seeds.
4. Combine kasha, jicama, chopped pumpkin seeds, apple, cilantro, and hot sauce.
5. Line serving platter with lettuce leaves, place kasha salad in center, and garnish with unchopped pumpkin seeds.

Note: For a gluten-free salad, check the label on your hot sauce before including.

QUINOA SALAD



Prep time: 5 minutes



Cooking time: 15–20 minutes



Servings: 6–8

Ingredients

- 1-1/2 cups quinoa
- 3 cups water
- 1/4 cup lime juice
- 1/4 cup olive oil
- 1 cup parsley, chopped
- 1/2 cup scallion, chopped
- 1/2 cup tomato, diced
- Salt and pepper to taste

Directions

1. Using a fine mesh strainer, rinse quinoa with cool water until water runs clear.
2. Combine quinoa and water in saucepan. Cover and bring to a boil. Reduce heat to a simmer and continue to cook, covered, for 15 minutes or until all water has been absorbed.
3. Remove from heat and let stand, covered, for 5 minutes.
4. Fluff with fork.
5. Add remaining ingredients to quinoa and lightly toss.
6. Serve at room temperature.

Tip: For a delicious toasted flavor, dry roast quinoa for 5 minutes in saucepan before adding liquid.

SPROUT AND BERRY SALAD WITH ZESTY LIME VINAIGRETTE

 **Prep time:** 15 minutes

 **Servings:** 4–6

Ingredients

- 12 ounces sprouts of choice
- 1 cup blueberries
- 1 cup raspberries
- 1 avocado
- Sea salt and black pepper to taste
- 3 hemp seeds
- 1/4 cup olive oil
- Juice of 3 limes
- Zest of 3 limes

Directions

1. Rinse and pat sprouts, blueberries, and raspberries dry. Add to large mixing bowl.
2. Halve and score avocado into small cubes. Add to bowl.
3. Sprinkle with sea salt and black pepper.
4. Add hemp seeds.
5. In a separate bowl, whisk together olive oil, lime juice, lime zest, sea salt, and pepper.
6. Pour over mixture and toss well.

SIDES AND SHARES

CARROT-SESAME SUSHI WITH AVOCADO AND PICKLED GINGER



Prep time: 20 minutes



Cooking time: 30 minutes



Servings: 3-4

Ingredients

- 1 cup uncooked white sushi rice
- 1-1/2 cups water
- 1/4 cup coconut palm sugar
- 1 tablespoon sesame oil
- 1/2 cup rice vinegar
- 1 teaspoon sea salt
- 4 sheets nori seaweed
- 2 carrots
- 1 avocado
- 1/4 cup pickled ginger, or to taste
- 3 tablespoons sesame seeds
- Gluten-free tamari, for serving

Directions

1. Rinse uncooked rice in fine mesh strainer and transfer to medium pot.
2. Add coconut palm sugar, sesame oil, rice vinegar, and sea salt.
3. Bring to a boil, then reduce to lowest heat, cover, and cook for 20 minutes or until translucent and sticky.
4. Lay one sheet of nori on top of sushi mat and press 1/2 cup rice into center.
5. Wash and thinly slice carrots. Lay them on top of rice. Slice and add avocado. Add thin layer of ginger.
6. Sprinkle with sesame seeds, then roll tightly using mat. Remove mat and slice into 1-inch pieces.
7. Repeat for remaining nori sheets.
8. Serve with gluten-free tamari.

COCONUT ADZUKI BEANS



Prep time: 10 minutes



Cooking time: 60 minutes



Servings: 4–6

Ingredients

- 1 cup dried adzuki beans
- 1 three-inch piece kombu
- 2 tablespoons olive oil
- 2 red onions, finely diced
- 1 clove garlic, minced
- 1 pound butternut squash, diced
- 1 can coconut milk
- 1 hot pepper

Directions

1. Cover adzuki beans with plenty of water.
2. Add kombu and bring to a boil.
3. Simmer uncovered for 30 minutes, or until beans are soft.
4. In a separate pot, gently heat olive oil. Add onions, garlic, and squash. Sauté until vegetables begin to soften.
5. Add coconut milk, hot pepper, and drained adzuki beans.
6. Cover and cook on medium for 20 minutes.
7. Remove hot pepper before serving.

CONGEE



Prep time: 5 minutes



Cooking time: 4–6 hours



Servings: 1

Ingredients

- 2 tablespoons rice
- 2 cups water

Optional

- Beans
- Vegetables
- Spices
- Seasoning

Directions

1. Simmer rice in water over the lowest possible heat or in a Crock-Pot for 4–6 hours.
2. Add optional ingredients.

Note: Congee is the product of cooking rice for an extended period over low heat. It enables the body to assimilate and absorb the medicinal properties of rice. Congee is an excellent choice for infants, convalescents, people under stress, or those with a weakened digestive or immune system. It is extremely beneficial for someone with an inflamed digestive tract or extreme diarrhea.

FALAFEL WITH TZATZIKI



Prep time: 20 minutes



Cooking time: 30 minutes



Servings: 3–4

Ingredients

- 2 cups cooked chickpeas
- 3/4 cup regular or gluten-free flour
- 1 egg, beaten
- 1/4 cup fresh parsley
- 1-1/2 teaspoons ground cumin
- 1-1/2 teaspoons ground coriander
- 3/4 teaspoon cayenne pepper
- 1-1/2 teaspoons baking powder
- Sea salt and black pepper to taste
- 1 medium yellow onion
- 3 cloves garlic, divided
- 3 tablespoons olive oil, divided
- 4 tablespoons safflower oil
- 1 English cucumber
- 1 tablespoon minced fresh dill
- 1 cup Greek yogurt
- 1 tablespoon apple cider vinegar
- Juice of 1 lemon

Directions

1. Combine chickpeas, flour, egg, parsley, cumin, coriander, cayenne, baking powder, sea salt, and black pepper in food processor until thick paste forms.
2. Peel and dice onion and 2 cloves garlic. Cook in 2 tablespoons olive oil for 5 minutes or until caramelized.
3. Combine everything in large bowl.
4. Bring safflower oil to high heat in large skillet.
5. Form chickpea mixture into 1-inch balls and cook for 5 minutes on each side until cooked through and crispy.
6. Wash, pat dry, and grate cucumber.
7. Mince dill and remaining garlic.
8. Combine Greek yogurt, cucumber, garlic, dill, apple cider vinegar, lemon juice, remaining olive oil, sea salt, and pepper in large bowl, mixing well.
9. Serve over falafel. Pair with your favorite Greek salad.

GRILLED ASPARAGUS WITH CREAMY SWEET POTATO SAUCE AND CRISPY ROSEMARY



Prep time: 4 hours



Cooking time: 20 minutes



Servings: 2

Ingredients

- 1/2 cup cashews
- 1 bunch fresh asparagus
- 1 sweet potato
- 3 cups salted water
- 1/4 cup coconut milk
- Sea salt and black pepper to taste
- 2 tablespoons olive oil
- 1 bunch rosemary

Directions

1. Soak cashews in filtered water for 4 hours or overnight.
2. Rinse asparagus and sweet potato and cube sweet potatoes. Break off tough asparagus ends.
3. Bring salted water to a boil and add sweet potatoes first, then asparagus.
4. Remove asparagus after 3 minutes and transfer to plate. Allow sweet potato to simmer for 5 more minutes or until tender. Transfer to plate.
5. Blend sweet potato, soaked cashews, coconut milk, sea salt, and pepper on high until creamy. Add water if too thick.
6. Bring olive oil to medium-high heat in pan and sear asparagus for 3–5 minutes on each side, until slightly charred.
7. Rinse and pat dry rosemary and add to pan after removing asparagus.
8. Cook rosemary for a minute or less, just until crispy but not burnt.
9. Ladle sauce over asparagus and top with rosemary.

PEACH SALSA WITH JICAMA CHIPS

 **Prep time:** 30 minutes

 **Servings:** 6–8

Ingredients

- 3 peaches
- 2 medium heirloom tomatoes
- 1 jalapeño
- 1/4 cup minced cilantro
- 1 medium red onion
- 3 large jicama roots
- Juice of 5 limes
- Sea salt and black pepper to taste

Directions

1. Wash and pat dry peaches, tomatoes, jalapeño, and cilantro. Remove peach pits.
2. Chop peaches and tomatoes. Mince jalapeño, cilantro, and onion.
3. Combine all ingredients in large bowl and mix well.
4. Transfer to container or glass jar and refrigerate for 15 minutes or longer to allow flavors to combine.
5. Peel and thinly slice jicama root to use for dipping.
6. When ready to serve, squeeze lime over salsa and add salt and pepper.

SPAGHETTI SQUASH WITH CARAMELIZED KALE AND WALNUT CREAM SAUCE



Prep time: 4 hours



Cooking time: 35 minutes



Servings: 3–4

Ingredients

- 1 cup walnuts
- 1 large spaghetti squash
- 5 tablespoons olive oil, divided
- Sea salt and black pepper to taste
- 1 large yellow onion
- 1 bunch lacinato kale
- 1/2 cup vegetable stock
- 1 bunch fresh basil

Directions

1. Soak walnuts in filtered water for 4 hours or overnight.
2. Preheat oven to 350°F.
3. Rinse, pat dry, and cut squash in half. Remove seeds and rub with olive oil, sea salt, and pepper. Lay skin-side up on baking dish and bake for 30 minutes or until fork tender.
4. Scrape out “spaghetti” with spoon and set aside.
5. Dice onion and caramelize in 2 tablespoons olive oil over medium heat for 5 minutes.
6. Rinse and pat dry kale. Remove leaves from stalks. Slice and add to pan. Allow to cook for 5 minutes. Season with salt and pepper.
7. Transfer soaked walnuts, olive oil, sea salt, black pepper, and vegetable stock to blender. Blend until smooth, adding more stock as needed.
8. Layer caramelized onions and kale over squash, then top with walnut cream sauce.
9. Garnish with fresh basil.

SUMMER PASTA SALAD WITH WHITE BEANS, TOMATOES, AND BASIL VINAIGRETTE



Prep time: 10 minutes



Cooking time: 15 minutes



Servings: 4-5

Ingredients

- 1 box regular, whole wheat, brown rice, or gluten-free pasta
- 1 cup cooked white beans
- 2 cups diced tomatoes
- Sea salt and black pepper to taste
- 2 bunches fresh basil
- 1/4 cup olive oil

Directions

1. Cook pasta according to box, strain, and transfer to large bowl.
2. Add white beans, tomatoes, sea salt, and pepper.
3. Blend basil with olive oil, sea salt, and black pepper. If you need to thin the dressing, add more olive oil and/or water.
4. Pour dressing over pasta, toss well, and serve with additional sliced fresh basil.

MAIN DISHES

BLACK BEAN BURGERS



Prep time: 15 minutes



Cooking time: 20 minutes



Servings: 3-4

Ingredients

- 2 tablespoons olive oil, divided
- 1 medium yellow onion
- 2 cups cooked black beans
- 3/4 cup regular or gluten-free breadcrumbs
- 1 tablespoon cumin
- 1 tablespoon chili powder, or to taste
- Sea salt and black pepper to taste
- 1 egg or egg substitute

Directions

1. Bring 1 tablespoon olive oil to medium heat in medium pan.
2. Peel and finely dice onion and add to pan. Cook for 5 minutes until caramelized.
3. Combine beans, breadcrumbs, onion, cumin, chili powder, salt, and pepper in large bowl with clean hands. Massage mixture so beans break down and form dough.
4. Beat egg in separate bowl and add to main bowl, combining well.
5. Form mixture into small-medium patties and cook in remaining olive oil on medium-high heat in skillet for 5 minutes on each side, or until cooked through and slightly crispy on outside.
6. You can also grill these for a great smoky flavor.

BROCCOLI AND TEMPEH CURRY WITH CARAMELIZED ONIONS

 **Prep time:** 15 minutes

 **Cooking time:** 35 minutes

 **Servings:** 2

Ingredients

- 6 cups water, divided
- 3 cups broccoli
- 1 block tempeh
- 2 tablespoons coconut oil
- 1 medium yellow onion
- 3 cloves garlic, minced
- 2 teaspoons curry powder, or to taste
- 2 tablespoons tamari, or to taste
- 1 cup coconut milk

Optional

- 1/2 cup brown rice or quinoa

Directions

1. Bring 4 cups water to a boil.
2. Cut broccoli into florets and parboil for 3–4 minutes, or to desired texture. Strain and set aside.
3. Bring 2 cups water to a boil. Cut block of tempeh in half the short way, then the long way. Parboil tempeh for 5–7 minutes, or until tender. Strain, allow to cool, then slice into thin strips.
4. Add coconut oil to pan and bring to medium heat.
5. Chop onion and garlic and add to pan. Cook for 5–7 minutes, or until translucent.
6. Add broccoli and tempeh to pan, along with curry powder and tamari.
7. Sauté for 5–7 minutes, combining well.
8. Add coconut milk, reduce to low heat, and cover. Simmer 8–10 minutes.
9. Serve over brown rice or quinoa, if desired.

CAULIFLOWER RICE WITH GRILLED SHRIMP AND SPICY DRIZZLE



Prep time: 25 minutes



Cooking time: 10 minutes



Servings: 3–4

Ingredients

- 1 head cauliflower
- 1 medium yellow onion
- 2 cloves garlic
- 1 large zucchini
- Juice of 1 lemon
- 2 tablespoons olive oil
- Sea salt and black pepper to taste
- 3/4 pound large shrimp
- 1 cup almonds
- 1/2 cup water
- 2 tablespoons hot sauce, or to taste

Directions

1. Wash cauliflower and pat dry. Trim ends and transfer to food processor. Pulse until “rice” forms. Set aside in large bowl.
2. Peel and dice onion and garlic and add to pan with olive oil on medium heat. Cook for 5 minutes or until caramelized.
3. Wash, pat dry, and dice zucchini. Add to pan and cook for 5 more minutes.
4. Transfer vegetable mixture to cauliflower and toss well. Add lemon juice, olive oil, salt, and pepper.
5. Peel, devein, rinse, and pat shrimp dry.
6. Bring olive oil to medium-high heat in pan and cook shrimp for 3 minutes on each side until cooked through and opaque. Add salt and pepper. Set aside.
7. Add almonds, water, hot sauce, sea salt, and pepper to blender or food processor and blend on high until creamy sauce forms. Add more water if needed.
8. Serve shrimp over “rice” with spicy drizzle.

CURRIED MILLET



Prep time: 5 minutes



Cooking time: 25 minutes



Servings: 4

Ingredients

- 2 cups stock or water
- 1 cup dry roasted millet
- 1/2 cup cashews, crushed
- 3 tablespoons pumpkin seeds
- 1 teaspoon curry powder
- 1 teaspoon ginger, grated
- 1 teaspoon sea salt

Directions

1. Boil stock in pot.
2. Place remaining ingredients in pot, bring to a boil, reduce heat to low, and simmer for 20–25 minutes (or until all liquid is absorbed).
3. Fluff with a fork and serve warm.

KASHA PILAF



Prep time: 5 minutes



Cooking time: 25 minutes



Servings: 4-6

Ingredients

- 2 cups water
- 1 medium sweet potato or yam, chopped small
- 1 cup kasha (cracked)
- 1/4 cup corn, chopped
- 1 small onion, diced
- 1 small zucchini, chopped
- Pinch of sea salt

Optional

- Tahini

Directions

1. Bring water to a boil.
2. Add sweet potato and boil for 5 minutes.
3. Add kasha, corn, onion, zucchini, and salt. Cover pot and reduce to a simmer. Simmer for 15-20 minutes – do not stir.
4. Fluff before serving.
5. Optional: Serve topped with a small amount of tahini.

LIME MAHI MAHI



Prep time: 5 minutes



Cooking time: 15 minutes



Servings: 4

Ingredients

- 4 portions mahi mahi fillets (6–8 ounces each)
- Salt and pepper to taste
- 2 limes, juiced
- 3 tablespoons dark tamari soy sauce
- 2 inches fresh ginger root, grated
- 1 tablespoon olive oil
- 4 lemon slices

Directions

1. Season fillets with salt and pepper.
2. Combine lime juice, soy sauce, ginger, and olive oil in a shallow dish.
3. Turn mahi mahi in marinade and let sit for 10 minutes.
4. Preheat skillet on medium heat. Cook with marinade for 6 minutes per side for a 1-inch fillet or until fish is firm and opaque.
5. Garnish with lemon slice and serve.

MILLET TOFU PATTIES



Prep time: 10 minutes



Cooking time: 40 minutes



Servings: 4–6

Ingredients

- 1 medium onion, diced
- 1 clove garlic, minced
- 1 teaspoon olive oil
- 1 cup millet
- 3 cups boiling water or vegetable stock
- 1 cup mustard greens
- 1 tablespoon tamari
- Dash of cayenne pepper
- 1/2 cup tofu

Directions

1. Sauté onion and garlic in olive oil in a saucepan for 3 minutes.
2. Stir in millet, frying until light colored, then pour boiling water or stock over mixture.
3. Cook on medium-low for 20–30 minutes until liquid has evaporated.
4. Combine millet, mustard greens, tamari, cayenne pepper, and tofu in blender.
5. Spread on baking sheet about 2/3-inch thick and chill thoroughly.
6. Cut into 8 flat cakes.
7. Broil or toast on each side until golden brown.

ROASTED MUSHROOMS OVER CREAMY SQUASH PUREE



Prep time: 15 minutes



Cooking time: 50 minutes



Servings: 3–4

Ingredients

- 1 butternut squash
- 4 tablespoons olive oil
- Sea salt and black pepper to taste
- 4–5 portobello mushroom caps
- 2 tablespoons dried thyme
- 1/2–1 cup pure coconut milk

Directions

1. Preheat oven to 350°F.
2. Rinse and pat dry squash. Cut in half, remove seeds, and rub outside with olive oil, salt, and pepper.
3. Place skin-side up on baking sheet and transfer to oven. Cook for 30 minutes or until tender.
4. Rinse and pat portobello caps dry.
5. Rub with olive oil, thyme, salt, and black pepper and transfer to baking dish.
6. Roast for 15 minutes until cooked through.
7. When squash is done, remove from oven and cool.
8. Peel and chop squash. Blend squash, coconut milk, sea salt, and pepper in food processor until thick and creamy. Use more coconut milk if needed.
9. Serve mushrooms over squash purée and garnish with thyme sprig.

SPICY LEEK MEATBALLS



Prep time: 10 minutes



Cooking time: 10 minutes



Servings: 4

Ingredients

- 1 pound lean ground turkey or ground beef
- 1-1/2 cups minced leek
- 2 fresh chili peppers, minced
- 2 tablespoons flour
- Salt and pepper to taste
- 2 tablespoons sesame oil

Directions

1. Place all ingredients except sesame oil in large mixing bowl.
2. Knead by hand until ingredients are well combined. Do not overmix.
3. Divide mixture into 10–12 portions, about 1/4 cup each. Roll each portion into ball.
4. Heat sesame oil in large nonstick pan over medium heat.
5. Add meatballs and panfry, covered, turning occasionally. Cook through until browned on both sides, about 10 minutes.
6. Pat dry with a paper towel.

STUFFED SWEET POTATOES WITH AVOCADO, BLACK BEANS, AND LIME VINAIGRETTE



Prep time: 20 minutes



Cooking time: 45 minutes



Servings: 4

Ingredients

- 4 small-medium sweet potatoes
- 5/16 cup olive oil, divided
- 1 small yellow onion
- 1 cup cooked black beans
- 1 tablespoon cumin
- Sea salt and black pepper to taste
- Juice of 5 limes
- 1 avocado, diced
- 1/4 cup chopped cilantro

Directions

1. Preheat oven to 350°F.
2. Rinse sweet potatoes, pat dry, slice in half, and rub with 1 tablespoon olive oil. Lay on baking sheet and roast for 30 minutes or until tender.
3. Peel, dice, and sauté onion for 5–7 minutes in olive oil on medium heat in pan until caramelized.
4. Remove sweet potatoes from oven and scoop out most of flesh, leaving small amount so skins keep their shape.
5. Transfer scooped-out sweet potato flesh to pan with onion. Add cooked black beans, cumin, sea salt, and black pepper. Combine well.
6. Stuff sweet potatoes with mixture.
7. Transfer back to oven for 15 minutes.
8. Whisk lime juice and 1/4 cup olive oil with sea salt and black pepper.
9. Top sweet potatoes with avocado, cilantro, sea salt, black pepper, and lime vinaigrette.

SUPERFOOD SWEETS

CHOCOLATE-ALMOND BUTTER CUPS



Prep time: 30 minutes



Cooking time: 60 minutes



Servings: 6–8

Ingredients

- 1 cup raw cacao powder
- 5/8 cup coconut oil, divided
- 1-1/2 teaspoons vanilla extract, divided
- 1 cup raw almonds
- 3 tablespoons quinoa flakes
- 2 tablespoons raw almond butter
- 2 tablespoons raw honey
- 1 teaspoon fine Himalayan salt

Directions

1. Whisk cacao powder into 1/2 cup coconut oil in double boiler until smooth. Turn off heat and add 1/2 teaspoon vanilla extract. Set aside.
2. Grind almonds and quinoa flakes in food processor and transfer to bowl.
3. Add 2 tablespoons coconut oil, 1 teaspoon vanilla extract, almond butter, honey, and salt.
4. Combine with spoon until thick paste forms.
5. Line small muffin tray with paper cups.
6. Drizzle 1 tablespoon chocolate into the bottom of each liner. Freeze for 15 minutes or until firm.
7. Remove from freezer and top with 1 teaspoon almond mixture, then another tablespoon of chocolate.
8. Return to freezer for 20–30 minutes or until mixture is firm.
9. Serve immediately or store in refrigerator.

CREAMY RICE PUDDING



Prep time: 5 minutes



Cooking time: 70 minutes



Servings: 4

Ingredients

- 1 cup rice
- 1-3/4 cups water or broth
- 1 cup amasake
- 1/2 cup water or apple juice
- 3 tablespoons chopped raisins
- 3 tablespoons sunflower seeds or chopped nuts
- 1 teaspoon cinnamon or grated lemon peel
- 1 teaspoon vanilla

Directions

1. Rinse rice in bowl of cool water and strain.
2. Place rice and water or broth in pot with tight lid.
3. Bring to a boil, then reduce heat to a simmer.
4. Cover and let simmer for 50 minutes.
5. Remove from heat and let stand for 10 minutes. Fluff with fork.
6. Add remaining ingredients to rice.
7. Heat and simmer for 10–20 minutes – the longer it's cooked, the softer it will get.
8. Serve warm or cool.

Note: Amasake is a creamy sweetener that can be found in the refrigerated section of a health food store.

FUDGE



Prep time: 10 minutes



Cooking time: 30 minutes



Servings: 6–8

Ingredients

- 2 cups raw cacao powder
- 1 cup coconut oil, melted
- 2 teaspoons fine sea salt, or to taste
- 1 teaspoon vanilla extract

Directions

1. Whisk cacao powder into coconut oil in double boiler until smooth.
2. Turn off heat and add sea salt and vanilla extract.
3. Line small muffin tray with paper cups.
4. Drizzle 2 tablespoons of chocolate into each liner, then freeze for 20–30 minutes or until firm.
5. Serve immediately or store in refrigerator.

JUICES AND SMOOTHIES

PURE SUNSHINE JUICE



Prep time: 10 minutes



Servings: 2

Ingredients

- 5 leaves kale
- 2 large English cucumbers
- 2 green apples
- 1 lemon

Optional

- 1/4 cup fresh basil or mint
- 1/8 cup coconut milk

Directions

1. Rinse and peel all ingredients.
2. Slice cucumbers the long way to make spears.
3. Core apple.
4. Cut lemon into quarters.
5. Pass all ingredients through juicer.
6. Add coconut milk for a creamier version, if desired.

Tip: If you don't have a juicer, don't worry. Simply follow the steps above, but instead of passing everything through a juicer, combine well in a blender, then pass through a nut milk bag.

ROOTED JUICE



Prep time: 10 minutes



Servings: 2

Ingredients

- 7 large carrots
- 5 large beets
- 4 large green apples
- 1 lemon
- 1-inch piece ginger

Directions

1. Rinse and peel all ingredients.
2. Trim carrot and beet ends.
3. Core apples.
4. Cut lemon into quarters.
5. Pass all ingredients through juicer.

GREEN SMOOTHIE



Prep time: 5 minutes



Blending time: 5 minutes



Servings: 2

Ingredients

- 2 loose-packed cups kale or spinach
- 2 frozen bananas (freeze overnight)
- 1 green apple
- 1 cup almond milk

Directions

1. Wash greens and apple.
2. Core apple and cut into quarters.
3. Transfer all ingredients to blender and blend on high until creamy, adding more almond milk if needed.

SUPERFOOD CACAO SMOOTHIE



Prep time: 5 minutes



Blending time: 5 minutes



Servings: 2

Ingredients

- 2 frozen bananas (freeze overnight)
- 2 tablespoons maca
- 1 teaspoon cinnamon
- 2 tablespoons raw cacao
- 2–3 pitted dates, or to taste
- 1 cup cashew milk (or milk of choice)

Directions

1. Blend all ingredients until creamy, adding more milk if needed.