

EMPOWERED LIVING

FRESH START

CLEANSE

RECIPE BOOK

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Hi Everyone!

I am so excited to introduce you to your recipe book for the **FRESH START** Cleanse. This recipe book includes some of my all time favorite recipes from other Holistic Nutritionists in the field. As a Holistic Nutritionist we understand how wholesome nutrient dense foods can truly heal and nourish the body from the inside out. We don't count calories in foods, rather we look at the vitamins, minerals, antioxidants and other nutrients that are available in foods and create recipes from there. All of these recipes are also available via their websites.

This recipe book is sorted by: **Breakfast**, **Snacks**, **Lunch**, **Dinner** and **Drinks**.

Remember you don't have to make your meals super complicated. But, by all means if you LOVE to get your hands dirty in the kitchen and have some fun with cooking then try out some of these recipes.

I can't wait to hear which recipes you and your families love!
Stephanie

Breakfast

Coconut Buckwheat Porridge

Makes 1-2 Servings

Ingredients:

scant $\frac{1}{4}$ cup toasted buckwheat, ground
 $\frac{1}{2}$ cup + 2 Tbs coconut milk
 $\frac{3}{4}$ cup water
 $\frac{3}{4}$ tsp vanilla
1 Tbs raw honey
1 Tbs shredded coconut
2 Tbs currants
2 Tbs chopped pecans
drizzle of coconut syrup

Steps:

1. Bring the coconut milk, water, vanilla and honey to a boil in a small pot. While the liquid is heating up, grind buckwheat in a coffee grinder until fine.
2. Add the buckwheat to the pot, stir well and turn the heat down to a low simmer.
3. Cover and cook for 10 minutes, checking every few minutes to see if the porridge needs more liquid (we added a few extra tablespoons).
4. Scoop into a bowl and add shredded coconut, currants, pecans and coconut syrup. Enjoy!



Recipe By Meghan Telpner, CNP

Breakfast

Coconut Flour Banana Pancakes

Ingredients:

4 organic medium size eggs (room temperature is recommended)

1-1/4 cups of almond or hemp milk unsweetened

2 tsp pure vanilla extract

1/2 cup coconut flour

1 teaspoon baking powder (gluten-free and aluminum-free)

Organic coconut oil – as needed.

If needed: Add an extra 1/4 cup almond milk, unsweetened

2 bananas sliced

Optional: 5-10 drops liquid organic stevia (I didn't use this but if you like a sweeter taste, go for it)

Steps:

1. In a medium-sized bowl, combine the dry ingredients (coconut flour, baking powder).
2. Sift the dry mixture (this helps remove coco flour clumps) into the wet mixture. It may look clumpy but after lightly mixing let it sit for a few minutes. The batter will be pretty thick, sort of like brownie batter. Add 1/4 of the almond milk if needed.
TIP: If batter seems eggy and lumpy, let it sit for at 3 minutes. Be patient :) The flour needs to absorb the liquid and it's HIGHLY absorbent.
3. Heat a large pan on low-medium and melt organic coconut oil — just enough to cover the pan. Pour about 1/4 cup of batter onto the pan for one pancake, you made need to spread it slightly if your batter is thick.
4. Place 2-3 banana slices on top of the pancake. Let it cook a few minutes and flip it when the sides are starting to get golden and the top is forming bubbles. Cook an additional 2-3 minutes on the other side.
5. Top with more sliced bananas and serve with some raw coconut butter* schlopped on top and some real Canadian maple syrup.



Breakfast

Epigenetic Pancakes

Makes 10 Pancakes

Ingredients:

1 cup brown rice flour
1/3 cup raw cocoa powder
1/4 cup arrowroot starch
1 tsp baking powder
1 tsp baking soda
2 tbsp chia seeds
3/4 cup warm water
2 bananas
2 tbsp honey
2 tbsp coconut oil
1 cup blueberries



Optional Toppings

2 tbsp goji berries, ground
2 tbsp flax seeds, ground
2 tbsp, grated coconut

Syrup

equals parts each of:
coconut oil
maple syrup or
coconut nectar
flax oil

Steps:

1. In a large mixing bowl, blend all dry ingredients together including brown rice flour, raw cocoa powder, arrowroot starch, baking powder, and baking soda. In a blender, blend together ground chia seeds, warm water, bananas, honey and coconut oil.
2. Pour the wet into the dry and stir in blueberries.
3. Heat your skillet to high heat- until water sizzles on the pan then reduce to medium. Add coconut oil or butter to prevent sticking and scoop out about 1/4 cup of batter.
4. Cook until you see bubbles coming through, than flip.
5. Serve hot with sprinkled topping and syrup blend.

Recipe By Meghan Telpner, CNP

Breakfast

Zucchini Frittata Cups

Makes 8 Frittata Cups

Ingredients:

3 cups zucchini grated (approximately 2 zucchinis, yellow or green)
1 tsp sea salt or himilayan rock salt (Not table salt)
8 organic eggs
3 green onions chopped
1 garlic clove minced
1/4 cup fresh basil
1/4 cup fresh parsley
1/4 cup nutritional yeast

Steps:

1. Once the zucchinis are grated, place them in a wire strainer and squeeze out the excess water. Season with sea salt.
2. In a large bowl, whisk all 8 eggs. Add the zucchini, onions, garlic, fresh herbs and crumbled goat cheese and stir together.
3. Using a muffin tin, grease 8 cups or line with paper cups.
4. Preheat oven to 375 F.
5. Spoon mixture into muffin tin. You should have enough for 8 frittata cups.
6. Bake for 25 minutes or until the edges are light golden. Let cool for 5 minutes before serving. Serve warm or cold.



Breakfast

Mango Turmeric Smoothie

Makes 1 smoothie

Ingredients:

1.5 cups water
1 cup mango
½ cup unsweetened toasted coconut flakes
1 scoop raw plant based protein powder
1 Tbsp coconut oil
1 Tbsp golden flax seeds
2 cm cubed of ginger
2 tsp turmeric
½ tsp cinnamon

Steps:

1. Place all ingredients in a high speed blender and blend until smooth.



Recipe By Jesse Lane Wellness, CNP

Breakfast

Gut Healing Green Smoothie

Makes 1 smoothie

Ingredients:

2 1/2 cups spring water

2 cups kale leaves or spinach

1/2 avocado (peeled and pit removed)

1/2 banana (frozen) or 2 medjool dates

1 tbsp chia seeds

2 tbsps ground flax seed

4 tbsps hemp seeds

1 tbsp collagen powder (brands I like are Great Lakes, Bulletproof, or Vital Proteins)

Steps:

1. Add all ingredients to high speed blend and blend until well combined and smooth.



Breakfast

Carrot Cake Smoothie

Makes 1 smoothie

Ingredients:

- 1 frozen banana
- 2 medium carrots or 1 large
- 1 inch fresh ginger
- 1 tsp ground ginger
- 1/2 tsp nutmeg
- 1 date (or 2 dates if you prefer a sweeter taste)
- 1/3 cup full fat canned coconut milk
- 1/2 cup water (or you could simply use 3/4 cup almond milk in place of water + coconut milk)

Steps:

1. Blend all ingredients in a high-speed blender. Serve in a medium sized glass and enjoy!



Recipe By Rachel Molenda, CNP

Breakfast

Coconut Crunch Smoothie Bowl

Makes 1 smoothie

Ingredients:

1 banana
2 stalks celery
handful fresh spinach
thumb size fresh ginger root
1 apple
1 scoop fermented vegan protein, coconut flavour
1 scoop greens+O plain
1/2 avocado
nut milk, to desired consistency

Steps:

1. Place all ingredients into a blender and give it a whirl until smooth and creamy. Top with your choice of fresh fruit (I used banana, strawberries and raspberries).
2. For crunch, add gluten free granola, cashews and toasted coconut flakes).



Breakfast

Strawberry Banana Chia Pudding

Makes 4 servings

Ingredients:

2 cups almond milk
½ cup chia seeds
30 drops vanilla stevia
1 cup diced strawberries
1 cup diced banana

Steps:

1. Place the almond milk and chia seeds in a glass container and whisk until well mixed.
2. Place in the fridge to gel for at least 2 hours to overnight.
3. Once it has gelled, add the strawberries and banana and enjoy.



Breakfast

Sweet Potato Fritters

Makes 2 side servings

Ingredients:

1 sweet potato, grated
1 cup quinoa flour
1/4 cup nutritional yeast
1 tbsp olive oil
2 tsp onion powder
2 garlic cloves, minced
3 sprigs of fresh rosemary

Steps:

1. Preheat oven to 350
2. Mix in large mixing bowl
3. Roll into small patties, place on baking sheet and bake for 20 minutes
4. If you'd like them to be a bit crispier you can toss them into a frying pan for 5 minutes with some coconut oil after baking

Enjoy !!



Recipe By Stephanie Morrison, CNP

Snacks

Oven-Baked Lemon Kale Chips

Makes 1 serving

Ingredients:

1 head of kale

½ a lemon juiced, or about 2 Tbsp

1 Tbsp olive oil

½ tsp sea salt

Steps:

1. Preheat oven to 350F.
2. Pull kale away from stem, wash and pat dry with a clean towel.
3. In a large mixing bowl using your hands, mix the kale, lemon juice, olive oil and sea salt together.
4. Lay kale out in a single layer on a parchment-lined cookie sheet and bake for 15 minutes. Check to see how they're doing. If they're still soft, continue baking, checking every 5 minutes until crispy.
5. Allow to cool and then watch out! You've never eaten a head of kale so fast in all your life.



Recipe By Meghan Telpner, CNP

Snacks

Detox Bars

Makes 5 servings

Ingredients:

3/4 cup quick cooking gluten free rolled oats

1/4 cup crunchy almond butter (regular works too)

1/4 cup chia seeds

1 TBSP maple syrup

1 scoop Greens + natural powder (you can use genuine health greens, or spirulina, chlorella or wheatgrass)

1 tsp cinnamon

1 tsp coconut oil

1/4 cup water

Steps:

1. Combine all ingredients in a mixer.

2. When mixed place in a baking pan.

Note – if they don't stick together enough, add a bit more water or another tsp of coconut oil.

3. Put in the freezer for 30 mins.



Snacks

Buffalo Cauliflower Wings

Cauliflower Wings

Ingredients:

- 1 head of cauliflower, chopped into small florets
- 1/2 cup brown rice flour
- 1/2 cup water
- 2 tbsp olive oil
- 1/2 cup hot sauce

Dairy-Free Blue Cheese Dip

Ingredients:

- 1/2 cup cashews, soaked
- 3/4 cup coconut cream
- 3 tbsp lemon, freshly squeezed
- 2 tbsp nutritional yeast
- 1 tsp garlic powder
- 1 tsp sea salt
- 1 tsp tahini



Steps:

1. Preheat oven to 450 F. Wash and cut cauliflower into small florets. Prepare a baking sheet lined with parchment paper.
2. In a large mixing bowl, mix together brown rice flour and water. Dip each floret of cauliflower in the batter (making sure it's covered as much as possible) and organize onto baking sheet.
3. Bake for ~15 minutes until batter hardens slightly.
4. Prepare another bowl with hot sauce and olive oil. Mix together and set aside.
5. Remove cauliflower from oven and paint with hot sauce mixture using a pastry brush. Place back in oven for another 10 minutes or so. Remove from oven and leave to cool for 15 minutes.

Dairy-Free Blue Cheese Dip

Steps:

1. Soak cashews in water for 6 hours or overnight. Strain water and set cashews aside.
2. Place all ingredients into a high speed blender for less than 10 seconds. You want to blend it but not overblend it. There should be a few chunks [of cashews] which will give it that blue cheese dip feel.

*Note: For those who love a traditional Blue Cheese Dip, this recipe may not blow your mind. It is a variation of a blue cheese dip, but it's likely better intended for those who don't mind a taste/texture variation for the sake of health. Just saying!

Recipe By Rachel Molenda, CNP

Snacks

Cucumber Salad

Makes 6 side salads.

Ingredients:

2 English cucumbers

Dressing:

1/2 cup apple cider vinegar

1 tbsp raw honey

3 tbsp fresh dill, or 1 tbsp (15 mL) dried dill

1 tsp mustard seeds, brown or golden

1 clove garlic, peeled and chopped

1/2 tsp grey sea salt or pink rock salt

2 tbsp organic olive oil

Directions:

1. Slice cucumber thinly using food processor or mandolin. Place cucumbers in a large bowl.
2. Combine dressing ingredients, pour over cucumber and toss to coat evenly.
3. Enjoy immediately or store in the fridge for up to 2 days.



Recipe By Julie Daniluk, RHN

Snacks

Sweet Potato Toasties

Makes 2 toasties

Ingredients:

1 large organic sweet potato, sliced lengthwise

Optional: 1/2 tsp ground cinnamon

Optional: Pinch sea salt and pepper

1/2 tsp extra virgin olive oil

Steps:

1. Slice sweet potato lengthwise about 4 millimetres thick. Depending on the size of the potato, you may get 6 toasties.
2. Preheat oven to 350F degrees.
3. Grease or place parchment paper on a baking sheet. Place sweet potato toasties on a baking sheet. Depending on which toastie recipe you may below, you can decide whether you'll season with cinnamon or sea salt and pepper. Give a little drizzle of extra virgin olive oil.
4. Bake for 30–35 minutes until they are fork tender. You may wish to cook them longer to get them crusty or you could simply pop them in your toaster just before you dress them up. They will cook faster if they are cut thinner so check them at 25 minutes to make sure they don't burn.

Ingredients:

1 can of cooked navy beans, organic

1/2 red onion, finely chopped

1 garlic clove, minced

2 stalks celery, chopped

DRESSING

Squirt of lemon

Sea salt and pepper to taste

Drizzle of extra-virgin olive oil



Steps:

1. Put the cooked beans into a large salad bowl.
2. Using a potato masher, mash some of the beans.
3. Add the remaining ingredients, including the dressing.
4. Spoon over top of sweet potato toastie. This recipe will make more than enough that you can enjoy the rest as a salad.

Snacks

Raw Chocolate Fudge Cookies

Makes 8-10 cookies

Ingredients:

- 1/2 cup gluten-free rolled oats
- 1/4 cup unsweetened shredded coconut
- 1/4 cup coconut oil or coconut manna, melted
- 1/4 cup raw cacao powder
- 1/4 cup pure maple syrup
- 1 tsp. vanilla extract
- 1/2 tsp. cinnamon
- 2 tbsp. tahini or sunflower seed butter
- 2 tbsp. ground chia seeds or flax seeds
- handful raw cacao nibs or dairy free dark chocolate chips (optional)
- sea salt, to taste
- Dairy free milk for desired consistency (almond milk, cashew milk or coconut milk)

Steps:

1. In a saucepan, melt coconut oil or coconut manna
2. In a large mixing bowl, add all other ingredients and mix until thoroughly coated
3. Add coconut oil to mixture
4. Add your choice of dairy free milk for desired consistency
5. Place parchment paper on a large baking sheet
6. With a tablespoon scoop cookie mixture and place balls onto parchment paper
7. Place in freezer for approximately 20 minutes until hardened Try not to eat them all at once! Enjoy!



Recipe By Stephanie Morrison, CNP

Snacks

Detox Green Hummus

Makes 3 cups

Ingredients:

2 garlic cloves
2 cups chickpeas (19oz drained and rinsed)
1 lemon, juiced (1/4 cup)
1 ½ cup parsley, packed
¼ cup almond butter
2 Tbsp olive oil
2 Tbsp water
½ Tbsp cumin
¼ tsp black pepper
Salt to taste

Steps:

1. Place the garlic in a food processor and process until chopped.
2. Add the chickpeas, lemon juice, parsley, almond butter, olive oil, water, cumin, black pepper and salt and blend until the Detox Green Hummus is smooth.
3. Add water as needed.



Snacks

Oat and Cacao Sesame Seed Energy Balls

Makes 20-25 medium size energy balls

Ingredients:

1 cup gluten free dry oats

2/3 cup unsweetened shredded coconut

1/2 cup of any nut butter (pumpkin seed butter, almond or cashew butter) *I used

1/4 cup sesame seed butter and 1/4 cup sunflower seed butter

1/2 cup ground flax seeds

1/2 cup cacao nibs (these are super rich in magnesium and contain no sugar!)

1/3 cup raw honey

1 tsp. real vanilla extract

Steps:

1. Mix all ingredients together in a large mixing bowl, using hands roll into balls.
2. Place in fridge to keep fresh.



Recipe By Stephanie Morrison, CNP

Snacks

Spirulina Chocolate Truffles

Makes 24 balls. Keep chilled in the fridge until serving.

Ingredients:

2 tbsp spirulina powder

1/4 cup raw cacao or carob powder

1/3 cup hemp protein powder, chocolate flavour

1 cup organic nut butter, stirred well (almond or cashew works well)

1 tsp vanilla extract

1/4 cup raw honey

1 tsp cinnamon

pinch pink rock or grey sea salt

Steps:

1. Mix all the dry ingredients together in a bowl to create a uniform texture.
2. Slowly add wet ingredients and mix by hand.
3. Roll into balls and dust with cacao or carob powder.



Snacks

Coconut Flour Banana Spice Muffins

Makes 15-20 mini muffins. Or 10 if you make them larger.

Ingredients:

- 1/2 cup coconut flour
- 2 tsp baking powder
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 2/3 cup mashed bananas
- 1/4 cup maple syrup
- 1/2 cup coconut oil, melted
- 4 eggs, whisked
- 2 tsp vanilla extract

Steps:

1. Combine all the dry ingredients in a large mixing bowl. In a separate bowl, whisk together the wet ingredients.
2. Then add the wet to the dry ingredients.
3. Place batter into muffin tin cups or grease a muffin tin.
4. Bake at 350 degrees F for 15-20 minutes for mini muffins or 20 minutes for regular size or until a fork inserted into the middle of the muffin comes out clean.



Snacks

Green Pineapple Popsicle + Berry Avocado Popsicle

Green Pineapple Popsicle

Makes 6 medium sized popsicles

Ingredients:

1 handful of fresh kale or spinach

1 banana

1 cup chopped pineapple (fresh or frozen)

1 can 400mL full-fat canned coconut milk

Steps:

1. Place all ingredients into a blender and give a whirl until smooth and creamy.

2. Pour into popsicle molds and freeze for 4-6 hours.

Tip: You may need to run a little hot water over the mold to get the popsicle out.

Berry Avocado Popsicle

Makes 6 medium sized popsicles

Ingredients:

1/2 of a ripe avocado

1 cup fresh or frozen berries

1 can (400mL) full fat canned coconut milk

1/2 tbsp real maple syrup

Steps:

1. Place all ingredients into a blender and give a whirl until smooth and creamy.

2. Pour into popsicle molds and freeze for 4-6 hours.

Tip: You may need to run a little hot water over the mold to get the popsicle out.



Lunch

Cheesy Spinach Salad (Dairy Free)

Makes 2 servings

Salad:

3 cups spinach, chopped

3 cups kale, chopped

1 cup baby tomatoes, halved

4 medium sized radishes, thinly sliced

Dressing:

1/2 cup nutritional yeast

2 garlic cloves

1/2 cup chopped cashews

1/2 cup olive oil

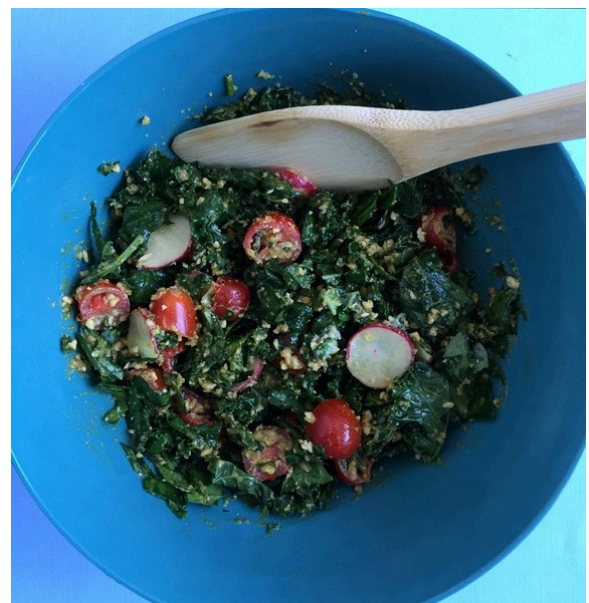
1 tsp. onion powder

Sea salt

Pepper

Steps:

1. Chop kale and spinach into small shreds. Halve baby tomatoes and thinly slice radishes.
2. In a food processor, with metal blade, combine all of the dressing ingredients- nutritional yeast, garlic cloves, cashews, olive oil, onion powder, sea salt and pepper.
3. Process on high speed until well combined and smooth. Scrape sides of food processor and pour over spinach, kale, tomatoes and radishes.
4. Thoroughly mix so salad mixture is fully covered in the cheesy-like cashew dressing.



Recipe by Stephanie Morrison, CNP

Lunch

Lemony Bean Parsley Salad

Makes 4-6 servings

Ingredients:

1 can chickpeas (garbanzo beans)
1 can kidney beans
2 carrots, chopped
1/2 red onion, chopped
2 tbsp. coconut oil
4 tbsp. olive oil
1/2 tbsp. dijon mustard
1/4 lemon, juiced
1 cup fresh parsley
Sea salt, to taste



Steps:

1. Bring pot of water to a boil and add in chickpeas and kidneys beans. Cook until soft for approximately 10 minutes,
2. In a large skillet, sauté carrots and onions in coconut oil. Cook until carrots are al dente and onions begin to brown.
3. In a small mixing bowl, combine olive oil, dijon mustard, fresh lemon juice, parsley and sea salt to make the dressing. Mix until well combined.
4. Strain beans, add into a large mixing bowl. Add in onion and carrot mix. Add in Parsley. Pour dressing over mixture and mix thoroughly.
5. Eat + Enjoy!

Lunch

Classic Chicken Soup (Sans Noodles)

Makes 4-6 servings

Ingredients:

900 ml chicken broth
3/4 cup brown and wild rice blend
6 sweet nantes carrots
2 stalks celery
1 yellow onion
5 stems fresh rosemary, de-stemmed
10 large fresh sage leaves, finely chopped
4 garlic cloves, finely chopped
3 tbsp. olive oil
1/4 fresh lemon, squeezed
1 lb. boneless organic chicken, cut into small pieces
Sea salt and pepper to taste

Steps:

1. Plug your slow cooker or Crock Pot in.
2. Pour chicken broth directly into Crock Pot and add rice.
3. Chop all veggies and herbs and add into chicken broth mixture.
4. Next, chop chicken and add to mixture.
5. Set for 3 hrs and 30 min on high, place lid on Crock Pot and allow to cook.

Note: Add salt and pepper to taste and any additional water depending on your desired thickness. Remember as the chicken and rice cooks it will thicken the soup.

Tips:

Using a slow cooker or Crock Pot may take longer but it allows the essence of each ingredient to be released and merge for a rich and powerful flavor.



Recipe by Stephanie Morrison, CNP

Lunch

Falafel Hummus Collard Wraps

Makes 4 servings

Ingredients:

8 large collard green leaves
4 carrots, julienne
4 celery stocks, julienne
16 cherry tomatoes, diced
8 pickles, thinly sliced

Falafel Hummus

2 garlic cloves
2 cups chickpeas
(19oz drained and rinsed)
1 lemon, juiced
½ cup parsley, packed
¼ cup tahini
2 Tbsp olive oil
1 Tbsp miso
½ Tbsp cumin
½ tsp cayenne pepper
¼ tsp black pepper
Sea salt to taste



Steps:

1. Wash the collard green leaves and lie them flat on a cutting board spine side up. Carefully run your knife or a peeler over the spine and shave off as much as possible. This will make your collard wraps much easier to roll.
2. To make the falafel hummus, place the garlic in a food processor and process until chopped. Add the chickpeas, lemon juice, parsley, tahini, olive oil, miso, cumin, cayenne pepper, black pepper and salt and blend until smooth.
3. Gently fold the tomatoes and pickles into the hummus.
4. To assemble the falafel hummus collard wraps, lay the collard wraps on a flat surface. Place the carrots and celery in the center of the wrap and top each collard wrap with ¼ cup of falafel hummus. Roll up the collard wraps starting at the base of the collard green and secure with kitchen twine.

Lunch

Veggie Grain Bowl

Makes 4 servings

Grain Bowl

Ingredients:

- 1.5 cups uncooked quinoa
- ½ Tbsp olive oil
- ½ Tbsp sesame oil
- 2 cups tofu, diced into 1.5cm cubes
- 1 cup almonds, chopped
- ½ cup sunflower seeds
- ½ cup pumpkin seeds
- 2 cups spinach, chopped
- 1 large beet, peeled and grated
- 3 carrots, peeled and grated
- 2 avocados, diced
- 2 tomatoes, diced
- 2 Tbsp chia seeds

Dressing

Ingredients:

- 2 cloves garlic, minced
- ½ cup nutritional yeast flakes
- ⅓ cup water
- ⅓ cup tamari
- ⅓ cup apple cider vinegar
- ½ cup olive oil
- 2 Tbsp tahini paste



Steps:

1. In a medium pot add the quinoa and 3 cups of water. Bring to a boil, then lower the heat and simmer for 15 minutes, or until all of the water is absorbed.
2. Heat olive oil and sesame oil in a large pan over medium heat. Drain tofu and cut into 1.5cm cubes. Sauté tofu for roughly 10 minutes or until golden on all sides, remove from the pan and set aside.
3. You can enjoy the almonds and seeds raw, or you can toast them by placing the almonds, sunflower seeds and pumpkin seeds in a dry pan and toasting them on high heat until golden. They will toast really quickly so stay with the pan and give it a shake every few seconds. Set aside to cool.
4. Place the garlic in the food processor and pulse until minced. Add the remaining dressing ingredients and pulse until smooth.
5. To assemble the grain bowl, place a layer of warm quinoa at the bottom of the bowl. Then top with all the veggies, then the tofu and sprinkle on the nuts and seeds. Top it all off with some dressing and enjoy warm.

Recipe by Jesse Lane Wellness, CNP

Lunch

Clean Green Pea Soup

Serves: 8

Ingredients:

1 tbsp coconut oil
1 large onion, roughly chopped
20 springs fresh thyme
(leaves pulled from stalk)
4-5 cloves of garlic, roughly chopped
2 large stalks of broccoli
(about 3 cups florets AND stalks)
1 prewashed box of baby spinach
or 3 huge handfuls
Juice of 1 lemon
4-5 cups filtered water
1 white potato, diced
3 cups of frozen peas
1 tsp sea salt
½ tsp pepper



Steps:

1. Heat oil in large soup pot on med/high heat.
2. Sauté onion and half of the fresh thyme for 5 minutes.
3. Add potato + broccoli + garlic + 1 cup peas + water and bring to a boil.
4. Reduce heat to simmer for 15 minutes.
5. Add spinach and stir through until wilted.
6. Remove from heat and let cool slightly. Then puree whole mixture to a gorgeous, creamy green consistency.
7. Place back on heat and add remaining 2 cups of peas and stir until peas are heated through (about 3 minutes)
8. Add salt and pepper to taste and garnish with remaining fresh thyme and nuts or seeds! (I used toasted sunflower seeds here!).

Lunch

Quinoa Tabbouleh Recipe

Ingredients:

1 cup uncooked quinoa (cook according to directions)

1 red pepper, finely chopped

1 cucumber, seeded and diced

1 or 2 bunches of fresh parsley, finely chopped.

(Will be about ½ – 1 cup)

15 fresh mint leaves, finely chopped

small red onion, finely diced

4 garlic cloves, finely diced

½ cup lemon juice: 2 lemons squeezed

¼ cup olive oil

1 tsp sea salt

pepper to taste



Steps:

1. Rinse and cook quinoa according to directions. (Generally, 1 cup uncooked quinoa to 2 cups water plus dash of salt.

2. Bring to a boil and cover for 12–15 minutes. Let sit covered at least 10 minutes.

When ready, fluff with fork and transfer to large bowl to allow to cool before mixing the rest of the ingredients.

3. Once quinoa is room temp, toss in all the other ingredients and mix thoroughly.

4. Taste (add more lemon, salt/pepper, onion, or herbs to suit your taste).

5. Either enjoy immediately or cover and refrigerate for a few hours or overnight to allow all the delicious flavours to mingle and intensify.



Lunch

Butternut Squash Soup

Makes 2 servings

Ingredients:

- 1 whole butternut squash, skinned and cubed
- 2- 2+1/2 cups vegetable broth (depending how thick you like it)
- 1/2 red onion, chopped
- 1/2 cup cashews
- Handful of parsley
- 1/2 lemon, juiced
- 1/2 tbsp ginger (less if you don't like it too gingery! It was a bit too gingery for the hubby!)
- 3 garlic cloves
- 1 tsp sea salt

Steps:

1. Preheat oven to 400 degrees. Peel and chop the butternut squash into cubes. Place on a baking sheet and bake for 15 minutes
2. Place all other ingredients, vegetable broth, onion, cashews, parsley, lemon ginger, garlic and sea salt into the blender
3. Remove butternut squash from the oven and place in blender with additional ingredients
4. Blend until creamy and smooth
5. Top with additional parsley, serve warm and enjoy!



Recipe By Stephanie Morrison, CNP

Lunch

Roasted Chickpea + Kale Salad

Ingredients:

CHICKPEAS

- 1 can cooked chickpeas, drained and rinsed
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- 1/2 tsp chili powder

SALAD

- 2 medium beets, thinly sliced using a mandolin if available
- 1 cup carrots, grated
- 1/2 cup dried apricots, chopped
- 1 small red onion, finely chopped
- 1 bunch dino kale, roughly chopped

DRESSING

- 2-3 large spoonfuls tahini paste
- Juice from 1 lemon
- 1-2 garlic clove, finely minced
- 2 tbsp extra-virgin olive oil
- Pinch sea salt
- Water as needed



Steps:

1. Preheat oven to 350F degrees. Place parchment paper on a baking sheet. Making sure the chickpeas are dry, place in a large bowl and sprinkle with spices.
 2. Evenly spread chickpeas across parchment covered baking sheet. Bake for 20-30 minutes or until crunchy and crispy.
 3. Meanwhile, prepare the salad. In a large salad bowl, combine all the salad ingredients.
 4. To make the dressing, combine all the ingredients and mix with a wire whisk. At first it will get thick and then thinner as you add more water. I just add a couple of tbsp to thin it out but be careful you don't make it too thin!
- Remove the roasted chickpeas from the oven, let cool slightly, sprinkle on top of salad and drizzle dressing over top. Enjoy!

Lunch

Baked Falafels with Tahini Sauce

Ingredients:

FALAFELS

1.5 cups sliced mushrooms (crimini or button)
1 small onion, chopped
1 tbsp coconut oil or extra-virgin olive oil
1 x 398 ml can organic BPA-free chickpeas, drained and washed
1 cup chickpea flour (brown rice or quinoa flour will work too)
1 tsp ground cumin
1/2 tsp chili powder
3 garlic cloves
Juice from half a lemon
1/4 cup fresh parsley (I added in an extra handful)
Sea salt and black pepper

Steps:

1. Preheat oven to 375F degrees. Grease a cookie sheet or line it with parchment paper.
2. Saute onions and mushrooms in oil until tender.
3. Using your food processor, add chickpeas, chickpea flour, cumin, chili powder, garlic, lemon juice, parsley, sea salt and black pepper. Blitz until well blended.
4. Add mushrooms and onions, blitz again until blended.
5. Take 1 1/2 tbsp of mix and form into balls. Don't worry if they are sticky and don't form into perfect balls. Mine didn't :)
6. Bake for 30 minutes. At 15 minutes flip them. I used a spatula and flattened them a bit so they weren't such a wonky shape.



Recipe By Joyous Health, CNP

Lunch

Stuffed Portobello Mushrooms

Makes 3 mushrooms

Ingredients:

3 portobello mushrooms
1 cup frozen chopped kale
½ cup nutritional yeast
2 tbsp. olive oil
¼ cup raw pumpkin seeds
1/8 cup cilantro
1/8 cup chopped chives
¼ cup chopped onions
sea salt to taste
pepper to taste

Steps:

1. Heat bbq or set oven to broil at 350 F.
2. Remove brown gills from the undersides of mushroom caps using a spoon, discard gills. Remove stems and discard.
3. Combine all ingredients- kale, nutritional yeast, olive oil, pumpkin seeds, cilantro, chives, onion, salt, pepper into a bowl and mix thoroughly.
4. Spoon mixture into each mushroom cap to your desired serving.
5. Place mushroom caps on the bbq, or in oven under broil.
6. Cook for 10-15 minutes. Eat and enjoy!



Recipe By Stephanie Morrison, CNP

Dinner

Buckwheat Sweet Potato Burgers

Makes 8 burgers

Ingredients:

1-1/2 cups (375 ml.) dry buckwheat (kasha)

3 cups water

1 tsp sea salt

1 large onion, finely chopped

4 Tbs toasted sesame oil or extra virgin olive oil, divided

1 celery stalk, finely chopped

2-3 leaves of kale finely chopped

1 large carrot, grated

2 large sweet potatoes, cubed, steamed or boiled until tender, and mashed

¼ cup almond butter, tahini or almonds ground in a coffee grinder or magic bullet

2 Tbs tamari or soy sauce

Steps:

1. Preheat oven to 350.
2. Dry-roast the buckwheat in a pot for 5 minutes, stirring now and again.
3. Add the water and salt and bring to a boil over high heat.
4. Reduce heat to low, cover and cook until water is absorbed and kasha is soft, about 15 minutes.
5. Meanwhile– saute onion in 1 Tbs of oil over medium heat until softened then add celery and carrots. Add kale, cook for additional 5 minutes.
6. Stir in the remaining ingredients (don't forget the tamari!).
7. Keeping hands moist, form into patties and place on parchment paper lined cookie sheet.
8. Bake burgers for 20 minutes on one side, remove from oven and turn over. Bake for another 20 minutes until lightly browned and slightly firm.
9. If you really want to, I suppose you can fry them up, but just know that I'll be giving you the evil nutrition eye.



Recipe By Meghan Telpner, CNP

Dinner

Gluten + Dairy Free Lasagna Magic

Makes 6 servings

Lasagna

Ingredients:

1 lb pastured beef or 2 cups cooked/
rinsed adzuki beans/chickpeas, or
1 block of tempeh, ground
2 Tbsp ghee or olive oil
1 onion, chopped
3 cloves of garlic, minced
1 794g jar of crushed tomatoes or
10 roma tomatoes, pureed
½ cup of water
3 carrots, sliced in coins
1 cup sliced crimini mushrooms
1 Tbsp dried basil or ¼ cup fresh, packed
1 Tbsp dried oregano or 2 Tbsp fresh
salt to taste



Steps:

1. In a large sauce pan heat your oil and saute onions and garlic for about 5 minutes.
2. Add tomato puree, water meat or beans, carrots, and mushrooms. Cover and simmer for 35- 50 minutes, until carrots are tender and sauce has a slight sweet taste.
3. Summer uncover until desired thickness is achieved.
4. Add basil, oregano, and salt.
5. Adjust flavours as needed.
6. Serve hot or allow to cool, transfer to jars leaving room for expansion, and freeze for later use.

Cashew Ricotta Cheese (Dairy Free)

Ingredients:

2 cups cashews, soaked
1Tbsp lemon juice
1 Tbsp nutritional yeast
¼ cup water
½ tsp sea salt

Steps:

1. Blend all ingredients in your high speed blender or food processor.
2. Scrape down the sides as needed to get a smooth, but thick texture.

Recipe By Meghan Telpner, CNP

Dinner

Sweet Potato Veggie Pad Thai

Makes 2-3 servings

Pad Thai Noodles

Ingredients:

- 1 large sweet potato, spiralled
- 2 cups carrots, chopped
- 2 cups cauliflower florets
- 1 small red pepper, julienned
- cilantro, to garnish
- 1/2 tbsp grape seed oil



Pad Thai Sauce

Ingredients:

- 1/2 cup grape seed oil (or olive oil)
- 1/4 cup tamari
- 2 tbsp almond butter
- 1 tbsp maple syrup
- 1/2 lime, freshly squeezed
- 2 cloves of garlic, minced
- 1-inch knob ginger, minced
- 1 tbsp crushed red pepper flakes.

Sea salt to taste



Steps:

1. Prepare sweet potatoes, carrots, cauliflower and red pepper as stated. Set ingredients aside.
2. Pour Pad Thai Sauce ingredients into a medium size bowl or measuring cup and whisk thoroughly. Set aside.
3. Preheat a large skillet on medium heat and drizzle grape seed oil in pan. Once hot, begin to saute the cauliflower and carrots for 5 minutes, followed by the red pepper for 5 minutes.
4. Remove from pan and transfer to a large mixing bowl. Using the same pan, toss in the sweet potato noodles (you might want to drizzle it with a bit more grape seed oil at this point).
5. Toss it in the pan with tongs for 8 minutes until the sweet potato noddles look a bit glossy (but try to avoid overcooking them). Once cooked, add the sweet potato noddles to a bowl with the other vegetables and pour Pad Thai sauce all over it. Mix with tongs to ensure the sauce covers every part of it.
6. Plate, garnish with cilantro and serve!

Recipe from Joyous Health, Author Rachel Molenda, CNP

Dinner

Roasted Brussels Sprouts + Cauliflower Stuffing

Ingredients:

6 cups sliced Brussels sprouts
6 cups chopped cauliflower
(approx. 1 head of cauliflower)
½ cup dried, unsweetened cranberries
1 tbsp dried sage
3 tbsp chopped fresh sage
½ cup pecans
2 cups cubed or gluten-free bread
4 tbsp melted coconut oil
½ tsp sea salt
pepper to taste



Steps:

1. Preheat oven to 425 F
2. Add Brussels Sprouts and cauliflower to large mixing bowl. Add 2 tbsp coconut oil + ¼ tsp salt, 1 tbsp dried sage and pepper. Combine well and pour onto large parchment-lined baking sheet in one layer (or two smaller baking sheets will work).
3. In another mixing bowl, add bread cubes, pecans, chopped fresh sage, ¼ tsp salt and 2 tbsps coconut oil, mix to coat evenly (you will want to make sure everything is coated with oil so it doesn't burn).
4. Pour onto parchment lined baking sheet in a single layer.
5. Put all baking sheets in the oven.
6. The nuts/bread sage will only take about 10 minutes to brown and get crispy. Check after 5 minutes and toss around on the pan to get an even browning. Remove that pan once evenly browned (approx. 10 minutes total) and set aside.
7. At the 10- minute mark, toss the veggies around on their tray and put them back in the oven for another 10 minutes.
8. After veggies have been roasting for 20 minutes, increase the heat to 475 and continue to roast another 5-7 minutes until edges turn brown and a little crispy. Be careful not to burn them!
9. Once veggies are done, remove from oven and combine veggies and bread crumb mixture together in a bowl with dried cranberries. Transfer to serving bowl and serve drizzled in creamy tahini dressing.

Recipe from Kim D'eon, RHN

Dinner

Creamy Basil Zucchini Noodles

Makes 2 servings

Zucchini Salad

Ingredients:

- 2 zucchinis (spiralised)
- 1 cup cherry or grape tomatoes (halved)
- 2 handfuls pea shoots

Steps:

1. Use a spirilizer or julienne peeler and peel 2 full zucchinis. Place peeled zucchinis into a large mixing bowl.
2. Cut the tomatoes in half and add to mixing bowl. Add in the pea shoots.
3. Pour dressing over the salad mixture and coat thoroughly.

Dressing

Ingredients:

- 2 handfuls of fresh basil
- 1.2 cup olive oil
- 1/2 cup raw cashews
- 1/2 cup nutritional yeast
- Sea salt

Steps:

1. In a food processor or blender place basil leaves, olive oil, cashews, nutritional yeast and sea salt and blend on medium-high speed until fully smooth and creamy.
2. Scoop creamy dressing from blender onto the zucchini noodles and mix until fully covered.



Recipe by Stephanie Morrison, CNP

Dinner

Savoury Roasted Beet Soup

Makes 8 servings

Ingredients:

- 1 tbsp coconut oil.
- 1 large onion, diced
- 5 cloves garlic, sliced.
- 2 tbsp fresh ginger, diced.
- 3 beets, scrubbed and ends trimmed.
- 2 cups filtered water
- 1 can full fat organic coconut milk (approx. 1 ½ c)
- ¼ c hemp seeds.
- 1 lemon, juiced.
- ½ tsp sea salt + pepper.

Steps:

1. Preheat oven to 400F.
2. Scrub beets and trim tops and bottoms, wrap in foil and place in oven (on baking sheet in case the juices drip) for 50–60 minutes.
3. Meanwhile, in frying pan on medium heat, heat coconut oil: sauté onion, garlic, ginger until softened.
4. Remove beets from oven, skins should easily rub off (I do this under cool, running water). Cut into chunks and place in food processor or blender with sautéed veg, coconut milk, hemp seeds, lemon juice, water and salt + pepper. (This will likely need to be done in 2 batches depending on the size of your blender).
5. Pour puree back into pot on stovetop on and gently heat through to desired temp. Serve immediately.



Recipe by Kim D'Eon, RHN

Dinner

Curried Cauliflower, Coconut and Lentil Soup

Makes 8 servings

Ingredients:

- 1 tbsp coconut oil
- 1 red onion, diced
- 8-10 cloves garlic, crushed
- 1 jalapeno pepper, minced
- 2 tbsp minced, fresh ginger root
- 3 tbsp curry powder
- 1 head cauliflower, chopped into bite-sized pieces
- 1 28 oz tin of diced plum tomatoes (with liquid)
- 1 can full fat organic coconut milk (shaken well)
- 2 cups filtered water
- 1 cup dried brown lentils (rinsed)
- 1 box baby spinach (or 3 giant handfuls)
- 1 tsp each: sea salt + pepper
- 2 tbsp fresh cilantro, rough chopped
- 1 lime cut into wedges for a squeeze of flavour

Steps:

1. In soup pot, heat coconut oil on med/high heat and add onion, stirring until softened (about 5 minutes).
2. Add jalapeno, ginger, garlic, and curry powder and stir for 2-3 minutes (drizzle a bit of water in the pot if mixture starts to stick)
3. Add tomatoes (with liquid) + water + coconut milk + lentils and cauliflower and bring to a boil.
4. Reduce to simmer and cover for 25-30 minutes.
5. Once cauliflower and lentils are cooked, add spinach, salt and pepper and stir through until greens are wilted.
6. Remove from heat and serve with a squeeze of lime and chopped cilantro.



Recipe by Kim D'Eon, RHN

Dinner

Roasted Lemon Rosemary Chicken

Ingredients:

8 organic chicken thighs, skin on
2 tbsp dijon mustard
1 tsp grainy mustard
2 sprigs fresh rosemary, chopped
2 sprigs fresh thyme
2 tbsp olive oil
Juice of half a lemon
Sea salt and fresh pepper

Steps:

1. Preheat oven to 350° F.
2. Place chicken in a large bowl and add in all ingredients (sprigs should be removed from fresh herbs).
3. Using your hands mix together really well. Place bowl in the fridge and let sit for 20 minutes to marinade.
4. Cook chicken for 35 minutes on baking sheet covered with parchment paper. Turn oven to broil (low) and cook another 10 minutes until skin is nice and crispy and fully cooked through.



Dinner

Salmon + Endive Salad Boats

Makes 2 servings

Ingredients:

1 can of sustainably caught salmon, drained (I like RainCoast Brand)

½ stalk celery, diced

½ green apple, diced

1 teaspoon capers

1 tablespoon hemp seeds

2 tablespoons parsley, chopped

1 tablespoon extra virgin olive oil

Sea salt and pepper to taste

4 -6 Endive leaves

Steps:

1. Mix all the ingredients together, except the endive leaves.
2. Divide mixture evenly into endive leaves and serve.



Dinner

Crispy Gluten Free Chicken Fingers

Ingredients:

2 cups gluten free breadcrumbs (I used Mary's Crackers Crumbs)
3 organic chicken breasts, skinless and boneless
1 tsp dried oregano
1 tsp dried thyme
1 tsp onion powder
1 tsp smoked paprika
2 garlic cloves, minced
1 can organic pumpkin purée
Sea salt and pepper

Steps:

1. Preheat your oven to 375°F and line a baking sheet with parchment paper. Place the breadcrumbs in a medium sized bowl along with all seasonings. Mix well.
2. In another bowl, add the pumpkin puree. Cut chicken into 3-inch strips and place the chicken pieces into the pumpkin purée and coat well.
3. Transfer one piece at a time into the crumb bowl and coat chicken strips evenly.
4. Place on the baking sheet and bake for 12 minutes, then turn chicken over and bake for another 10 minutes, or until no longer pink.
5. Gently turn chicken as breadcrumb mixture is delicate and can fall off of strips.



Dinner

Salmon Quinoa Cakes

Makes 4-5 patties

Ingredients:

Lemon Tahini Sauce:

2 TBSP tahini

1 TBSP Dijon mustard

Juice of 1 lemon

1 TBSP filtered water



Quinoa Cakes:

1/2 cup white quinoa

1 cup filtered water

1 can wild salmon (or 1 cooked fish fillet, flaked)

1 carrot, grated

2 green onions, finely chopped

2 eggs

1/4 cup chopped fresh herbs

2 TBSP Dijon mustard

2 TBSP ground flaxseeds

1/2 tsp garlic powder or 1 clove garlic, minced

Pinch of sea salt or pepper

Steps:

1. Preheat oven to 350F

2. To make the lemon tahini sauce, place all ingredients in a food processor or blender and blend until creamy. If sauce is too thick, add a little more water. Set aside.

3. To cook the quinoa, combine water and quinoa in a medium pot and bring to a boil. Cover, reduce heat to low and simmer for 15 minutes or until quinoa is fluffy. In a medium bowl, combine quinoa, salmon, carrot, green onions, eggs, fresh herbs, mustard, flaxseeds, garlic powder, sea salt and pepper. Mix well.

4. Shape into 4-5 patties about 3/4 inch thick. Arrange on a parchment lined baking sheet.

5. Cook for 22 minutes or until golden. Drizzle with the lemon tahini sauce.

Dinner

One-Pot Paprika Chicken

Ingredients:

2 white onions, finely chopped
2 tbsp extra-virgin olive oil or grapeseed oil
1-2 tsp paprika*
1 tsp cumin
4 boneless, skinless organic chicken breasts, cut in half
2 x (28oz) cans diced tomatoes, do not drain
2 garlic cloves, finely chopped
1/2 cup kalamata olives, preferably with pits (they taste better)
Fresh chopped basil or parsley

Steps:

1. In a large saucepan, sauté onions on medium heat (add the garlic at the end, before serving). Add paprika and cumin and sauté for a minute.
2. Add tomatoes, chicken and olives. Bring to a soft boil for a few minutes and reduce to a simmer for approximately 20-25 minutes or until chicken is fully cooked.
3. The sauce will reduce down like you can see in my photo. Now add the fresh garlic.
4. Top with fresh chopped basil or parsley.
5. You can enjoy this with some pasta, or like we do, with a side like this Kale Salad with Creamy Dressing. It's so flavourful, hearty and fulfilling.



Recipe by Joyous Health, CNP

Dinner

Killer Burger Recipe

Makes 7-8 servings

Ingredients:

1lb lean organic bison, or ground organic turkey/beef

2 large cloves garlic, minced

1 cup chopped red onion

1 TBSP tamari

1 egg

6 sun-dried tomatoes, chopped

½ tsp of hot red pepper flakes or cayenne pepper

Steps:

1. Heat the oven to 350F

2. Line a baking sheet with parchment paper

3. Mince the garlic and chop the onion

4. Beat the egg in a large bowl

5. Add in all remaining ingredients and mix well

Sometimes it's best to get a little dirty and use your hands

6. Form into burgers

7. Place on baking sheet and bake for 10 minutes and flip and bake another 10 minutes

Note: To make this 'breadless', wrap the burger in a large piece of lettuce and top with your favorite burger toppings (tomato, avocado, pickles etc.)



Recipe by Mandy King, CNP

Dinner

No Shade Thrown Chilli Recipe

Ingredients:

1 lb of organic, lean ground beef
3-4 large carrots, chopped
2 large sweet potatoes, chopped into cubes
2 tbsps of ghee, 1 tbsp separate
half of a yellow onion, minced
2 garlic cloves, minced
about 3 cups of organic broth (beef or chicken)
sea salt, to taste
ground pepper, to taste
1 sprig of fresh sage, or ½ tsp of dried
2 tbsps of cumin
1/4 tsp of ground ginger
1 tsp of ground turmeric
1 tsp of oregano
1 tsp of onion powder
2 tbsp of apple cider vinegar
1 tbsp of honey



Steps:

1. Place your chopped carrots and sweet potatoes in a large pot of water with some sea salt. Bring to a boil and cook for 15-20 minutes until very tender.
2. Meanwhile, heat 1 tbsp of the ghee in a pan at medium-high heat. Once it is hot, add in the chopped onion and lean ground beef. Stir occasionally and heat up until your meat is fully browned.
3. Once your veggies are tender, drain the water and add 1 tbsp of ghee. Stir it in and mash the veggies. I left mine a little big chunky.
4. Transfer the mashed vegetables and your cooked meat into your slow cooker.
5. Add all other spices and ingredients stirring well with each addition.
6. Cook on high for 4 hours or low for 8 hours.
7. Serve topped with avocado slices and parsley.

Note: A great freezer friendly meal! Make a large batch and freeze and leftovers.

Recipe by Stephani Fenk, CNP

Dinner

Socca Bread Pizza Crust

Ingredients:

Socca Bread Pizza Crust:

1 cup chickpea (garbanzo bean) flour – I used Bob's Red Mill

1 cup water

1.5 TBSP extra virgin olive oil + 1 tsp for pan

salt & pepper to taste

Optional Additions:

onion powder and garlic powder (I added a pinch of both)

fresh or dried herbs

Toppings (You can get creative!)

On one half:

3 TBSP Spread 'Em Kitchen Beet & Balsamic spread

handful of roasted broccoli

finely sliced red onion

On the other half:

3 TBSP truffle hummus

(or regular hummus)

handful of roasted squash

finely sliced red onion



Steps:

1. Whisk the chickpea flour, water, 1.5 TBSP olive oil and salt and pepper together in a bowl.

2. Let sit for 30 minutes to let the flour absorb the liquid.

Preheat the oven to 450F.

3. Using a medium sized (about 10") oven-safe frying pan, place it in the oven empty to heat the pan for 3–4 minutes.

4. Remember to use oven mits to take it out, and when it's hot, add 1 tsp oil so that it doesn't stick. Make sure the oil comes up a bit on the side of the pan.

5. Pour the batter in making it as evenly spread out in the pan as possible.

Bake in the oven for 10–11 minutes. At the end, making sure it hasn't burned, broil it on high for 2 minutes or so just to crisp up the edges.

6. Remove it from the oven and using a spatula, gently loosen the sides and work your way under the socca bread. To fully get it out, I placed a plate over the frying pan and flipped it out.

Recipe by Mandy King, CNP

Dinner

Shred Into Spring Cabbage Salad

Makes 6–8 servings

Cabbage Salad

Ingredients:

- 3 cups kale, thinly sliced
- 5 carrots, grated
- ¼ head purple cabbage, thinly sliced
- 3 beets, peeled and grated
- 1 can chickpeas
- 2 tbsp hemp seeds
- 2 tbsp pumpkin seeds
- 2 tbsp dried cranberries

Steps:

1. Prepare veggies (grate carrots and beets in food processor with the large-hole shredding blade. Use the slicing blade for the cabbage or slice finely with knife or mandoline. Thinly slice kale with knife.)
 2. Add veggies and chickpeas in large bowl and toss with Maple Lime Tahini Dressing.
 3. Sprinkle on seeds and dried cranberries.
- Enjoy!

Maple Lime Tahini Dressing

Ingredients:

- ¼ cup tahini
- ¼ cup olive oil
- 2 tbsp pure maple syrup
- 2–3 limes (juice)
- ½ tsp sea salt

Steps:

1. Add all ingredients into a resealable glass container and shake vigorously until well combined and thickened.



Recipe by Kim D'Eon, RHN

Dinner

Asparagus Mango Avocado Salad

Makes 4 small servings or 2 meals.

Asparagus Salad

Ingredients:

2 bunches asparagus

1 mango, diced

1 avocado, diced

1 head butter lettuce, cleaned and ripped

½ red onion, sliced thin

Dressing

Ingredients:

½ papaya

1/2 cup fresh cilantro

1 tbs fresh ginger, grated

1 lime, juiced

1/4 cup apple cider vinegar

1/4 cup organic olive oil

Steps:

To make the dressing:

1. Peel and chop papaya. Scoop out seeds.
2. Scoop papaya meat into blender. Add ginger and cilantro. Puree.
3. Add lime juice and vinegar. Puree.
4. Drizzle olive oil slowly into blender while on low.

To prep the salad:

1. Steam asparagus until tender. Once cooked plunge the asparagus in cold water to chill.
2. Peel mango, avocado and red onion, cut them into bite size slices.
3. Wash lettuce and tear into pieces.
4. Assemble salad.
5. Drizzle dressing making sure it is evenly distributed over the entire surface of the salad.



Dinner

Pecan Tamari Cauliflower Rice

Makes 4 servings

Ingredients:

1 package of cauliflower rice or 1 large head of cauliflower grated
1 cup pecans chopped
1/2 cup fresh cilantro
3 garlic cloves minced
3 tbsp. tamari
4 green onions thinly sliced
1 cup french beans
avocado oil or coconut oil for sautéing
sea salt
fresh cracked pepper

Steps:

1. Cut the cauliflower into florets and grate with a cheese grater or pulse in a food processor. Some stores carry the cauliflower already pre grated too.
2. Heat a large skillet over medium heat and add in avocado oil or coconut oil.
3. Add garlic and sauté for a few minutes. Add French beans and pecans and continue stirring.
4. Add in cauliflower rice and tamari and cook for approximately 5-7 minutes.
5. Add in cilantro and cook for 1 minute. Remove from heat.
6. Top with sea salt, pepper and green onions.



Recipe by Stephanie Morrison, CNP

Drinks

Delicious Anti Aging Collagen Elixirs

Makes 1 cup each

CHOCOLATE ANTI-AGING COLLAGEN ELIXIR

1 cup unsweetened coconut milk (heat on stove)
1 cup spring water (heat on stove with coconut milk)
1 tbsp cacao powder (or more, depending on your preference)
1-inch chunk of cacao butter
1 tbsp collagen powder
1 tsp cinnamon
1 tsp raw honey

ANTI-INFLAMMATORY TURMERIC LATTE

2 cups unsweetened coconut milk (heat on stove)
1 tbsp collagen powder
1 tbsp hemp seeds
1/2 tbsp turmeric powder (or more depending on preference)
1 tsp cinnamon
1 tsp ginger
pinch of sea salt
Your choice of sweetener (raw honey, maple syrup, lakanto)

MATCHA GREEN TEA LATTE

1 1/2 cups unsweetened coconut milk
1 tbsp collagen powder
1 tbsp matcha powder
1 tsp cinnamon
1 tsp raw honey or lakanto sweetener

Drinks

Delicious Anti Aging Collagen Elixirs

Makes 1 cup each

CHOCOLATE ANTI-AGING COLLAGEN ELIXIR: Heat coconut milk and spring water together on the stove. Then add to blender with all the other ingredients. Blend until frothy.

ANTI-INFLAMMATORY TURMERIC LATTE: Heat coconut milk on the stove. Once hot, add to blender with all other ingredients. Blend until frothy.

MATCHA GREEN TEA LATTE: Add all ingredients into a pot and heat on low-medium heat on the stove. Using a whisk, gently combine all ingredients and whisk until matcha and collagen are completely blended. Optional - once heated through and matcha is combined you can add this to your blender and blend for more frothiness.



Recipe by Samantha Gladish, RHN

Drinks

Bone Broth

Ingredients:

Bone Broth

2-3 organic bone marrow

1 large onion (red or white is fine)

4 garlic cloves

4 tbsp chaga chunks

1/2 tsp Himalayan sea salt

Cracked pepper

Water to just fill the items in your crockpot

Ingredients:

Buttered Bone Broth Latte

1 cup finished bone broth

1 tsp turmeric

1/2 tsp dried ginger

1/2 tsp cinnamon

1 tbsp St. Francis Coconut Oil

1 tsp raw honey



Steps for bone broth:

1. Preheat oven to 375. Place bone marrow in a pot and fill with water (doesn't matter how much).
2. Bring to a boil and leave on a roaring simmer for 20 minutes.
3. After, remove bone marrow and place on a lined baking tray and place in oven. (Discard water).
4. Roast bones for 30 minutes (this will impart a wonderful flavour to your broth). Remove bones carefully and place in a crockpot and add in remaining ingredients and just cover with water.
5. Leave on low for 24 hours but you certainly can leave it on for longer (I've left mine for a full 40).

Steps for buttered bone broth latte:

1. Add in all ingredients for latte into blender and blend on high for a minute. Then simply pour and enjoy.