



SMART

COOKING

VITALITY FOODS

By: Bobbi Vitality



Feel what good food can do.

Food has the power to transform how you feel. To help you live your fullest life. At Smart Cooking, we're passionate about harnessing that power. We select only simple, purposeful ingredients, and nothing artificial or potentially harmful. Ever.

Let Your Food Be Your Medicine.

VITALITY HEALING FOODS are always, delicious & always nutritious.

What you will never find in our VITALITY HEALING FOODS RECIPES:

- NO Processed or Artificial Sugars (we use safe sweeteners like stevia)
- NO Artificial Colors or Flavors or Preservatives
- NO Soy / Corn / Wheat products or by-products
- NO Antibiotics or Hormones or Irradiated foods
- NO Herbicides, Pesticides or potentially harmful ingredients
- NO Trans Fats , Fake Fats or Franken Foods
- NO G.M.O.S (Genetically Modified Foods)
- NO Mycotoxin Fungus Forming Foods

Almond Butter Cookies



INGREDIENTS

- 1 Organic Egg
- 1 Teaspoon Vanilla
- 1/4 Teaspoon Sea Salt
- 1/3 Cup Xylitol
- 25 Drops Liquid Stevia
- 1 Cup Almond Butter

DIRECTIONS

- 1.** Preheat the oven to 350° F
- 2.** Using an electric mixer or food processor, combine the Egg, Vanilla Extract, Salt, Liquid Stevia and Xylitol.
- 3.** After these ingredients are combined, add the almond butter and mix well.
- 4.** Put Parchment Paper on a cookie sheet.
- 5.** Form dough balls, about 1 inch big(1 tablespoon of dough), and place them on the lined cookie sheet.
- 6.** Flatten each ball with a fork to make a crisscross design. These cookies will be small.
- 7.** Bake for 10-12 minutes. This is the most important part – take the cookies out of the oven and do not touch them. They will fall apart. Let them cool completely and then transfer to an airtight container and store in the refrigerator. This makes them more chewy.

Almond Pie Crust

INGREDIENTS

- 1 and 1/2 Cups Almond Meal or Almond Flour
- 3 Tablespoons Melted Butter
- 18 - 27 Drops of Liquid Stevia



DIRECTIONS

1. Preheat oven to 350° F
2. Melt the butter (if the pie pan is microwave safe, melt the butter in it).
3. Mix the ingredients in the pan and pat into place with your fingertips.
4. Bake for about 10 minutes until the crust is beginning to brown. After 8 minutes, check every minute until golden brown.

Pecan Pie Crust

INGREDIENTS

- 1 Cup Pecan Pieces
- 2 Tablespoons Melted Butter
- 6 to 9 drops Liquid Stevia



DIRECTIONS

- 1.** Add the Pecans into a food processor (you can use a blender, but be careful not to blend them down too small). Pulse the processor until the largest pieces are as big as lentils or split peas.
- 2.** Add the Melted Butter and the Liquid Stevia in to food processor (or Blender). Blend until it's mixed evenly.
- 3.** Empty the mixture into a pie pan, and push with your fingers to cover the bottom and sides. It should be the right consistency to mold the crust to the pie pan evenly.





INGREDIENTS

- 1 Medium Size Ripe Avocado
- 1 Cup Cooked Sweet Potato puree
- 1/2 Cup Unsweetened Applesauce
- 1/4 Cup Organic Honey
- 1 Teaspoon Vanilla Extract
- 4 Eggs
- 1/4 Cup Coconut Flour
- 2 Tablespoons Arrowroot Powder
- 1/2 Cup Cacao Powder
- 1/2 Teaspoon Salt
- 1 Teaspoon Baking Soda

Whip Cream Topping

- 1/2 Cup Low Fat Heavy Whipping Cream
- 1/4 Cup unsweetened chocolate syrup
- 5-7 drops of Liquid Stevia
- 1/4 Teaspoon Vanilla Extract



DIRECTIONS

1. Preheat oven to 375° F
2. Grease an 8×8 pan with Coconut Oil and line it with parchment paper.
3. In a bowl, combine Avocado, Sweet Potato, Applesauce, Honey and Vanilla. Once creamy, add in Cacao Powder.
4. Add in Eggs, one at a time.
5. In a separate bowl, combine coconut flour, arrowroot flour, salt and baking soda.
6. Combine both mixtures until smooth.
7. Transfer to the greased 8 x 8 pan and bake for 30-35 minutes
8. Once the cake is done baking let it completely cool.
9. Layer it with your favorite low fat frosting and nuts.

Whip Cream Topping:

In a large bowl, use a blender to blend Heavy Whipping Cream and Chocolate Syrup until stiff peaks are just about to form.

Beat in Vanilla and Stevia until peaks form.

Make sure not to over-beat, cream will then become lumpy and butter-like.



INGREDIENTS

- 1 Cup Pitted Frozen Dark Cherries
- 8-10 Drops of Liquid Stevia
- 1/2 Cup Water

DIRECTIONS

1. Blend all the ingredients together for 3-5 minutes in a blender (Nutribullet is my preferred way to easily and quickly blend all your ingredients).

Enjoy.

Sugar Free Cheesecake



INGREDIENTS

- 3 Packages (1 and 1/2 lbs) cream cheese (room temperature)
- 4 Eggs (preferably room temperature)
- 1/2 Tablespoon Vanilla Extract
- 1/2 Tablespoon Lemon Juice
- 2 Tablespoons Organic Honey
- 10-15 drops of Liquid Stevia
- 1/4 Cup Sour Cream
- 2 Tablespoons Organic Honey

CRUST

- 1 Cup Almond Meal
- 2 Tablespoon Melted Butter
- 12-18 Drops of Liquid Stevia

DIRECTIONS

1. Combine ingredients for crust, and press into the bottom of a spring form pan. Refrigerate for 8 to 10 minutes.
2. Preheat oven to 400° F
3. Put Cream Cheese in mixing bowl, and beat until fluffy.
4. One at a time, add all other ingredients, scraping the bowl and beaters each time (this is very important), fully incorporating each ingredient.
4. When all ingredients are combined, scrape one more time, beat one more minute, and pour mixture into pan over crust.
5. After putting the cheesecake in the oven at 400° F, Bake for 20 to 30 minutes, checking often after 20 minutes. When the cake is firm to touch but slightly soft in the center, or the center reaches 155° F, remove from oven.
6. Cool completely. Top with fruits, if desired, such as fresh strawberry.



Super Moist Popover



INGREDIENTS

- 3 Eggs + 1 additional Egg White, all at room temperature
- 3/4 Cup Almond Milk, at room temperature
- 3/4 Cup Cream, at room temperature
- 1 Teaspoon Kosher Salt or 1/2 Teaspoon Sea Salt
- 3 Tablespoons Clarified Butter or Ghee, melted
- 2 Tablespoons Coconut Flour, sifted
- 1/4 Cup Almond Flour, packed (Honeyville Farms works best for these)
- 1 Cup Tapioca Flour

DIRECTIONS

1. Preheat the oven to 450° F
2. Sift the Coconut Flour through a sieve into a small bowl. Add Almond Flour, Tapioca Flour and Salt and whisk together until they are combine.
3. Place the Eggs and Egg White into a blender and blend on medium-low speed until it is very light in color and somewhat thickened (about 2 minutes).

** It's very important to have all ingredients at room temperature before beginning.*

4. Add Almond Milk and Cream into blender and blend to combine.
5. Remove the blender lid and add in the dry ingredients. Blend again until thoroughly combined, turning the machine off and scraping down the sides of the container with a rubber spatula once or twice.
6. Add one tablespoon of the Melted Butter or ghee and blend one more time to combine.





DIRECTIONS

- 7.** Pour about 1/2 teaspoon of melted butter or ghee into the bottom of each cup in a standard 12-cup muffin tin.
- 8.** Place the muffin pan into the hot oven for 3 minutes.
- 9.** Remove the pan from the oven, quickly closing the oven door so as not to allow the heat to escape, and fill each cup with batter about 2/3 of the way full.
- 10.** Return the filled muffin pan to the hot oven on the middle rack, and set a timer for 20 minutes.

DO NOT OPEN THE OVEN AT ANY TIME DURING BAKING OR YOUR POPOVERS WILL FALL/ DEFLATE!

- 11.** When puddings/popovers come out of oven, pierce each one with the tip of a knife or a skewer to allow the steam to release. Serve immediately.

Buckwheat Pancakes



INGREDIENTS

- 1 Cup Buckwheat Flour
- 7 Drops of Liquid Stevia
- 1 Teaspoon Baking Powder
- 1 Teaspoon Baking Soda
- 1/4 Teaspoon Salt
- 1 1/4 Cups Almond Milk or Soy Milk
- 1 Large Egg
- 1/2 Teaspoon Pure Vanilla Extract
- Butter for skillet

DIRECTIONS

- 1.** In a Medium Mixing Bowl, mix together the Buckwheat Flour, Liquid Stevia, Baking Powder, Baking Soda and Salt.
- 2.** In a liquid measuring cup, measure out the milk (1 1/4 Cup). Beat in the Egg and Vanilla Extract into the Milk.
- 3.** All at once, add the wet ingredients to the dry ingredients and mix until just combined. The batter should have some small to medium lumps.
- 3.** Preheat your skillet over medium-low heat and brush with 1½ teaspoons of butter. Give the batter a light swirl with a spoon in case the buckwheat is starting to separate from the liquid.
- 4.** Using a 1/4 cup measure, pour batter onto the warm skillet. Cook for 2 to 3 minutes until small bubbles form on the surface of the pancakes (you'll know it's ready to flip when about 1 inch of the perimeter is matte instead of glossy), and flip.



DIRECTIONS

5. Cook on the opposite sides for 1 to 2 minutes, or until golden brown.
6. Transfer the cooked pancakes to a plate and add healthy toppings (like fruit).
7. Serve immediately.

(Buckwheat is not a form of wheat. Buckwheat is actually related to Rubharb. The small seeds of the plant are ground to make flour. It has a strong nutty taste and can be great in pancakes or for baking.)

Scrambled Eggs with Diced Ham and Spinach



INGREDIENTS

- 4 Eggs
- 1/2 Cup Spinach
- 1/4 Cup Cubed Fully Cooked Ham
- 1/4 Cup Sweet Onion, chopped
- Dash of Salt
- Dash of Pepper
- 4 Teaspoons Olive Oil
- 4 Ounces Cream Cheese, cubed

DIRECTIONS

1. In a large bowl, whisk eggs; stir in the ham, onion, salt and pepper.
2. Spray Olive Oil on a Large Skillet and set the heat to medium.
3. Add egg mixture; cook and stir until almost set.
4. Stir in spinach.
5. Cook and stir until completely set.

2 servings.

Eggwhite Omelet with Veggies



INGREDIENTS

- 1 and 1/2 Cups Egg Whites
- 1/4 Cup White Onions
- 1/4 Cup Green Peppers
- 1/4 Cup Red Peppers
- 1/4 Cup Tomatoes
- 1 Teaspoon Extra Virgin Olive Oil
- Salt and Pepper to taste

DIRECTIONS

1. Chop all vegetables into tiny pieces.
2. Sauté the chopped vegetables with olive oil until cooked.
3. On separate non-stick pan pour egg whites and add the vegetables and fold side by side until cooked.
4. Stir in spinach.
5. Cook and stir until completely set.

INGREDIENTS

- 1 Whole Medium Size Avocado
- 1 Medium Size Cucumber
- 2 Medium Size Carrots (sliced julienne style)
- Asparagus
- 2 Hard Boiled eggs
- 1/2 Cup Sweet Onions
- 2 Tablespoons Olive Oil



DIRECTIONS

1. Put Olive Oil in a pan and sauté the onions.
2. In a separate pan, sauté the carrots until cooked (I prefer to cook mine al dente).
3. In another pan sauté the asparagus until cooked.
4. Slice the avocado and slice the cucumber.
5. Put 2 or 3 eggs in boiling water and boil for 6 to 8 minutes. Then cool under cold water and peel right away.
6. Arrange all the vegetables neatly on a plate or platter and serve.

Baked Sweet Potato Fries



INGREDIENTS

- Sweet potatoes
- Olive Oil. A couple of tablespoons or so. Enough to lightly and evenly coat the fries
- Salt (Powdered Garlic is great as well).

DIRECTIONS

- 1.** Preheat the oven to 425° F
- 2.** Peel the sweet potatoes and cut them into fry-shaped pieces. Try to cut them into similarly sized pieces so the fries will bake evenly.
- 3.** Toss the uncooked fries into a mixing bowl or just onto your baking sheet. Pour in a few tablespoons of olive oil, enough to lightly coat the fries.
- 4.** Season with salt, and spices you like.
- 5.** Place the fries directly onto a dark, non-stick baking sheet.
- 6.** Arrange your fries in a single layer and don't overcrowd, otherwise they won't crisp up.
- 7.** Bake for 15 minutes, then flip the fries so they can cook on all sides.
- 8.** Bake for 10 to 15 more minutes, or until the fries are crispy. You'll know they're done when the surface of the fries change from shiny orange to a more matte, puffed up texture.

Beefsteak Tomato with Mozzarella & Fresh Basil



INGREDIENTS

- 2 Ripe Beefsteak Tomatoes (large firm & ripe)
- 8 Ounces Fresh Water-Packed Mozzarella Cheese
- 8 fresh Basil Leaves
- Drizzle of Extra Virgin Olive Oil
- Drizzle Balsamic Vinegar (optional)
- Freshly Ground Black Pepper to taste

DIRECTIONS

1. Remove a thin sliver from side of tomato (so it sits securely on a plate).
2. Slice the tomato with a sharp knife (only $\frac{3}{4}$ of the way to the bottom with each slice) do not slice all the way down.
3. Make a slice about every $\frac{3}{4}$ of an inch.
4. Slice the fresh mozzarella into rounds and insert gently inside the tomato where it was sliced.
5. Add and insert basil leaves in each slice.
6. Drizzle with EVOO and or / Balsamic Vinegar. Serve immediately.

INGREDIENTS

- 1 and 1/2 Cups Blanched Almond Flour
- 3/4 Cup Tapioca Flour
- 7 drops Liquid Stevia
- 1/2 teaspoon Baking Soda
- 1/2 teaspoon Sea Salt
- 4 Organic Eggs
- 1/3 Cup Organic Greek Yogurt, preferably full fat or low fat



DIRECTIONS

1. Preheat oven to 350° F
2. In a large bowl, combine dry ingredients. (Almond flour, Tapioca, Baking Soda, and Salt)
3. In a small bowl, combine wet ingredients (Eggs, Stevia, and Greek Yogurt with an electric mixer for about 30 seconds.)
4. Combine the wet and dry ingredients with a mixer or whisk until it forms a sticky, wet dough.
5. Line a cookie sheet with parchment paper.
6. Pour the batter onto the lined cookie sheet and smooth the batter out with a spatula over the entire surface area, so it is thin and even.
7. Sprinkle herbs or whatever seasoning you like evenly over dough.
8. On the center rack of the oven, bake at 350° F for 8 minutes, or until a toothpick inserted into the center comes out clean. Don't over bake or it will be too dry.
9. Cool and cut into the desired size. I like using a pizza cutter to do this.



Homemade Beef Stew



INGREDIENTS

- 2 Pounds Beef Stew Meat, (cut into bite-sized pieces)
- 1 Teaspoon Salt
- 1 Teaspoon Pepper
- 1 medium Onion, finely chopped
- 2 Celery Ribs, sliced
- 2-3 Cloves of Garlic, minced
- 32oz Beef Broth
- 2 Cups Carrots chopped
- 1 Tablespoon Dried Parsley
- 1 Teaspoon Oregano
- 1/4 Cups Water
- 1/4 Cups Cornstarch

DIRECTIONS

1. Combine Beef, Celery, Carrots, Red Onion, Salt, Pepper, Garlic, Parsley, Oregano, and Beef Broth, in the crockpot. I used a 6 quart crockpot for this stew. Cook on LOW for 10 hours or on HIGH for 6-7 hours.
2. About 30 minutes before serving, mix the Cornstarch and the Water together in a small dish and pour into the crockpot. Mix until well combined. This will add a nice thickness to the stew. Continue cooking covered for 30 minutes.



INGREDIENTS

- 1/4 Cup Rice Wine
- 1 1/2 Tablespoons Oyster
- 2 Teaspoons Tapioca Flour
- 4 Teaspoons Extra Virgin Olive Oil
- 3/4 Pound Beef, Sirloin Steak trimmed of fat, cut in half lengthwise, and thinly sliced
- 1/4 – 1/2 Teaspoon Crushed Red Pepper
- 10 Large Shrimp, raw peeled, deveined and chopped
- 1 Pound Baby Bok Choy trimmed and sliced into 1-inch pieces

DIRECTIONS

1. Whisk Rice Wine, Oyster Sauce, and Tapioca Flour in a small bowl until the flour is dissolved.
2. Heat 2 Teaspoons of Olive Oil in a large nonstick skillet or wok over medium-high heat. Add Beef and Crushed Red Peppers to taste. Cook and stir until the beef begins to brown (1 to 2 minutes).
3. Add the peeled Shrimp and continue to cook. Stirring until the shrimp is opaque and pink (1 to 2 minutes)
4. Transfer the Beef, Shrimp, and any juices to a plate.
5. Heat the remaining 2 Teaspoons of Olive Oil over medium-high heat in the same pan. Add Bok Choy and cook. Continue stirring until it begins to wilt (2 to 4 minutes). Stir in the flour mixture.
6. Return the Beef-Shrimp mixture to the pan and cook. Continue stirring until heated through and the sauce has thickened slightly (about 1 minute).



INGREDIENTS

- 12 Ounces skinless, organic boneless chicken-breast tenderloins
- 1 Cup Almond Flour
- 1/4 Cup Arrowroot Flour
- 1 Cup Extra Virgin Olive Oil
- 1/4 Teaspoon Garlic Powder
- 1/4 Teaspoon Salt
- Dash Ground Black Pepper

DIRECTIONS

1. Add 1 cup of Olive Oil in a pan and set the temperature medium heat.
2. Cut Chicken into 3/4-inch strips and pound lightly to tenderize.
3. In a shallow dish, combine all the dry ingredients thoroughly (Almond Flour, Arrowroot Flour, Garlic Powder, Salt, Black Pepper).
4. Dip and roll the chicken pieces into the mixture and make sure the chicken strips are all covered evenly.
5. Then put the coated chicken in the pan with hot Olive Oil. Put in as many chicken pieces as the skillet can hold. Cook until the Chicken is browned on both sides.
6. Rest the chicken strips in a paper towel to eliminate the excess Olive Oil then serve and enjoy.

*This recipe also works well in an air fryer.



Sautéed Brussel Sprouts with Turkey Bacon



INGREDIENTS

- 1 Pound of Fresh Brussels Sprouts (about 12 medium sprouts)
- 3 Tablespoons Olive Oil
- 2 Slices Turkey Bacon (non-cured and nitrate-free)
- Salt and Pepper to taste

DIRECTIONS

1. Cut the Brussels sprouts in half.
2. Steam the Brussels sprouts for 3-5 minutes (we like to steam them in a little chicken broth or vegetable broth).
3. In a pan heat the Olive Oil until it's hot. Sauté the sliced Turkey Bacon then add the steamed Brussels Sprouts. Add Salt and Pepper to taste. Sauté for 3 minutes or until cooked (we like them al dente).



Turkey Meatballs with Sautéed Spinach



INGREDIENTS

- 1 Pound Ground Turkey Meat
- 1 Egg
- 1/4 Cup Almond Flour
- 1/4 Cup Steel-cut Oatmeal
- 1/4 Cup Chopped Parsley
- 1 Clove Garlic, finely diced
- 1/4 Cup Shallot or Onion, finely diced
- 1 Teaspoon Mustard
- 1 Teaspoon Salt, or to taste
- 1 Teaspoon Pepper, or to taste

DIRECTIONS

1. Preheat oven to 400° F. Lightly grease a sheet pan with oil and set aside.
2. In a bowl, mix all ingredients together thoroughly with your hands.
3. Roll into about 20 meatballs and place on pan.
4. Bake until golden brown, about 20 minutes or until cooked through, and not pink in the middle.



Almond Crusted Chicken Tenderloins with Brocollini & Garlic Butter Sauce



INGREDIENTS

- 1 Pound Boneless Skinless Chicken Tenderloins (you can also cut chicken breast into strips)
- 1/2 Cup Almond Meal
- 1/2 Teaspoon Garlic Powder
- 1/2 Teaspoon Onion Powder
- 1/2 Teaspoon Salt
- 1/2 Teaspoon Pepper
- 1/4 Teaspoon Cumin
- 1 Egg
- 1 Egg White

DIRECTIONS

1. Preheat the oven to 425 ° F. Line a baking sheet with aluminum foil and place a wire rack on top.
2. Mix together the dry ingredients (Almond Meal, Paprika, Garlic Powder, Onion Powder, Salt, Pepper, and Cumin).
3. Whisk together the egg and egg white in a shallow dish.
4. Dip the chicken into the egg wash and press into the almond meal. Place on wire rack. Bake for 15-20 minutes, flipping halfway through.



Air Fried Chicken Wings without Oil

Fried Chicken wings using the Philips AirFryer.

Used the AirFryer to cook frozen Chicken Wings from the local supermarket. NO need for oil to cook them.

I found that frying them in 2 stages, produces the best results.



DIRECTIONS

1. Cook for 10 minutes at a lower temperature (320 ° F). At this temperature, it will defrost and cook the wings without burning.
2. Cook at 320 ° F for 7 to 10 minutes for a crispy golden brown.



Spinach and Caramelized Onion Pizza



INGREDIENTS

- 2 Tablespoons Extra-Virgin Olive Oil
- 1 Large Sweet Onion, (we use Vidalia) thinly sliced (about 4 Cups)
- 1/2 Teaspoon Salt
- 2 Cloves Garlic, finely chopped
- 1 Almond Flour Flatbread (see Almond Flatbread recipe)
- 1 Bag Fresh Spinach
- 1 Cup Shredded Mozzarella Cheese (4 oz)

DIRECTIONS

- 1.** In a 10-inch skillet, heat Olive Oil over medium-high heat. Add onions and cook until the onions are golden brown. Stir in Salt and Garlic. Remove onion from skillet; set aside.
- 2.** Prepare Almond flatbread.
- 3.** When Flatbread is cooked, top with spinach and caramelized onion and sprinkle with cheese.
- 4.** Bake for 2 to 4 minutes or until cheese is melted.



Flatbread Pizza Margherita



INGREDIENTS

- Almond Flatbread Recipe
- 1 Tablespoon Olive Oil
- 2 Cloves Roasted Garlic, finely chopped
- 8 Ounces Mozzarella Cheese, sliced into 1/2 inch thick pieces
- 2 Plum Tomatoes or Cherry Tomatoes (or any tomato you like) diced into halves, quarters, or sliced
- a handful of fresh Basil
- fresh ground Pepper to taste

DIRECTIONS

1. Prepare the Almond Flatbread. including preheating the oven to 350 ° F. (make it as thin as possible)
2. Mix the Olive Oil and chopped Garlic together in a small dish. Spread Olive Oil / Garlic mixture on top of the cooked Almond Flatbread. Top with fresh mozzarella cheese slices, then the tomato slices. (you can use shredded Mozzarella as well)
3. Bake for 5 to 7 minutes at 350 ° F (or until cheese is melted to your liking). (Optional: At the last minute, move the oven rack to the top rack to really brown the edges.)
4. Remove from the oven and top with fresh basil leaves and salt & pepper to taste.
4. Slice pizza and serve immediately.



Marinara Meat Sauce with Brown Rice Pasta



INGREDIENTS

- 1 Tablespoon Extra Virgin Olive Oil
- 1 Cup chopped Sweet Onion
- 1 1/2 Teaspoons Minced Garlic
- 1 (28-ounce) can crushed tomatoes or plum tomatoes in puree
- 1 Tablespoon chopped Fresh Flat-leaf Parsley
- 1 1/2 Teaspoons Salt
- 1/2 Teaspoon Freshly Ground Black Pepper
- 1/2 pack Spiral Brown Rice Pasta

DIRECTIONS

1. Heat the Olive Oil in a large (12-inch) skillet until hot.
2. Add the chopped Onions to the skillet and sauté over medium heat, until translucent (5 to 10 minutes).
3. Add the Garlic and cook for 1 more minute. Scraping up all the brown bits in the pan, until almost all the liquid evaporates (about 3 minutes).
4. Stir in the Tomatoes, Parsley, Salt, and Pepper.

5. Cover, and simmer on the lowest heat for 15 minutes.

PASTA

6. In a large pot, boil 4 quarts of water.
7. Add the Spiral Brown Rice Pasta to the pot of boiling water.
8. Add 1 teaspoon of salt and 1 teaspoon of Olive Oil while stirring the pasta.
9. After 10 minutes, drain the pasta in a strainer and rinse with cold water.
10. Serve the pasta with the meat sauce and enjoy



INGREDIENTS

- Brown Rice Pasta (cooked)
- Iceberg Lettuce chopped
- Chunk Tuna
- Tomatoes sliced into small square size
- Spinach (cooked)
- Nicoise Olives
- Cucumbers sliced and take the seeds out and cut into Small Squares
- 1 Teaspoon Salt
- 1 Teaspoon Olive Oil



DIRECTIONS

1. In a large pot, boil 4 quarts of water.
2. Add the Pasta to the pot of boiling water.
3. Add 1 teaspoon of salt and 1 teaspoon of Olive Oil while stirring the pasta.
4. After 10 minutes, drain the pasta in a strainer and rinse with cold water.
5. Combine other ingredients with the pasta and add whatever low-fat dressing you desire (I prefer low-fat ranch dressing).



The Raw Mediterranean Buckwheat Bread



INGREDIENTS

- 1/2 Cup Cold Pressed Extra Virgin Olive Oil
- 1 1/2 Cups Sun-Dried Tomatoes
- 3 Cups Sprouted Buckwheat
- 1 Cup Flax Meal
- 3 1/2 Cups peeled Zucchini roughly chopped
- 2 Cups Apples, cored and roughly chopped
- 3 Tablespoons fresh Lemon Juice
- 2 Avocados
- 1 Large Onion
- 1/2 Cup Minced Fresh Parsley

DIRECTIONS

1. In a food processor blend the Olive Oil, Sun-dried Tomatoes, Sprouted Buckwheat, Zucchini, Apple, Lemon Juice, Avocados, Onion, and Herbs until thoroughly mixed.
2. Transfer to a large bowl and mix with the Flax Meal by hand. The reason you do this separately (not in the processor) is that you are likely to have too much mixture for the size of the processor at this point, and when you add the Flax Meal it will become quite heavy and sticky and overwork your machine.
3. When mixed, process the whole batter in the machine again, but in small batches to achieve a light fluffy texture.
4. Divide the mixture in half and place on Paraflexx Sheets on Excalibur dehydrator trays. Use a spatula to spread the mixture evenly to all 4 sides and corners of the Paraflexx sheet. If the mixture is too sticky you can wet the spatula to make things easier.



The Raw Mediterranean Buckwheat Bread Continued



DIRECTIONS

5. With a knife score the whole thing into 9 squares.
6. Dehydrate for 2 hours and then remove the Paraflexx sheets by placing another dehydrator tray and mesh on top and flip so that your original sheet of bread is upside down. That will allow you to peel the Paraflexx sheet off and continue to dehydrate the underside of the bread.
7. Dehydrate for approx. 8 more hours or until bread feels light in your hand (do this overnight so you're not tempted to eat it before it's ready). If the pieces don't fully come apart where you scored, use a knife to cut them.

Fresh Mango Salsa



INGREDIENTS

- 1 ripe Mango, pitted, peeled, sliced and finely chopped
- 1/2 medium-sized Green Bell Pepper, finely chopped
- 1/2 medium-sized Red Bell Pepper, finely chopped
- 2 Teaspoons Lemon Juice
- 1/4 Cup Cilantro chopped
- 1/2 medium-sized Red Onion, finely chopped
- 2 Tablespoons Lime Juice

DIRECTIONS

1. Combine all ingredients in a large bowl and mix well.
2. Cover and chill at least an hour before serving



Citrus Dressing



INGREDIENTS

- 2/3 Cup Extra Virgin Olive Oil
- 6 to 12 drops of Liquid Stevia
- 3 Tablespoons Water
- 2 Tablespoons White Wine Vinegar or Apple Cider
- 4 Teaspoons minced Garlic
- 1 Tablespoon Dijon Mustard
- 2 Teaspoons fresh Lime Juice
- 2 Teaspoons fresh Lemon Juice
- 2 Teaspoons fresh Parsley, minced
- 1/2 Teaspoon Dried Basil
- 1/4 Teaspoon Dried Oregano
- 1/4 Teaspoon Sea Salt
- 1/8 Teaspoon fresh ground black pepper

DIRECTIONS

1. Combine everything in a bowl.
2. Whisk for one minute until the mixture forms an emulsion.
3. Cover and chill (we use our Nutribullet to blend all the ingredients and this comes out great).



INGREDIENTS

- 1 Pound Chicken Breast
- 4 Medium Carrots
- 4 Celery Stalks
- 1 Large Sweet Onion Chopped
- 1/2 Teaspoon Salt
- 1/2 Teaspoon Cracked Black Peppercorns
- 1 Chicken Broth Cube



DIRECTIONS

1. Place the chicken in a large pot.
2. Cut 2 of the carrots and the 2 celery stalks into 1-inch pieces. Chop all the onion.
3. Add the cut vegetables to the pot with salt, peppercorns, and enough cold water to cover (about 5 cups).
3. Add the chicken broth cubes.
4. Bring to a boil.
5. Reduce heat and set to a simmer (20 minutes).
6. Transfer the chicken to a bowl and let cool.
7. Return the broth to the pot.
8. Thinly slice the remaining carrots and celery. Add them to the broth and simmer until tender (about 5 minutes).
9. When the chicken is cool enough to handle, shred the meat and add it to the soup. Ladle into individual bowls.



INGREDIENTS

- 1 Pound Grass-Fed Ground Beef
- 1 Small Organic Onion
- 1 Can Organic Crushed Tomatoes
- 1 Can Organic Kidney Beans (optional)
- 1-2 Tablespoons Chili Powder
- 1 Teaspoon Cumin
- 1 Teaspoon Cayenne Pepper



DIRECTIONS

1. Brown the ground beef (or you can use ground Turkey) in a large pot over med-high heat, using a wooden spoon to break up the meat as it cooks. Drain off the fat and then add the chopped onion.
2. Continue cooking (and stirring) until the onion is translucent. Add the remaining ingredients (adjust spices to your liking) and bring to a slow boil.
3. Reduce heat to warm, cover, and let it simmer. (You can add low-fat sour cream on top and chopped spring onions if you like).





INGREDIENTS

- 1 Medium Size Cucumber
- 1 Large Avocado
- Onions
- 1 Tablespoon Lite Ranch Dressing (optional)
- Salt and Pepper to taste

DIRECTIONS

1. Chop the onions. Slice the avocado and cucumber.
2. In a bowl, combine all ingredients together and add the Light Ranch Dressing.
3. Add salt and pepper to taste. Serve and Enjoy.



Raw Carrot & Apple Salad with Pine Nuts



INGREDIENTS

- 3 Medium-sized Carrots peeled and grated (Organic if possible)
- 1/2 Green Apple sliced (Organic if possible)
- 1/2 Red Apple sliced (Organic if possible)
- 1 1/2 Tablespoons Extra Virgin Olive Oil
- 1-2 Tablespoons fresh Lemon Juice
- Sea salt and Black Pepper to Taste
- 1/4 Cup Pine Nuts (lightly toasted if you like)

DIRECTIONS

1. Combine all ingredients in a bowl. Mix well and serve.



Waldorf Salad



INGREDIENTS

- 1/2 Cup Chopped Walnuts
- 1/2 Cup Celery, thinly sliced
- 1 Sweet Apple, cored and chopped
- 3 Tablespoons Low-Fat Mayonnaise
- 1 Tablespoon Fresh Squeezed Lemon
- 1/2 Teaspoon Salt
- 1/2 Teaspoon Ground Fresh Black Pepper
- Fresh Lettuce or (any greens you prefer)

DIRECTIONS

1. In a medium-sized bowl, mix together the mayonnaise, lemon juice, salt, and pepper.
2. Mix in the apple, celery, and walnuts.
3. Serve on a bed of fresh lettuce.



Citrus Kissed Salad with Pine Nuts



INGREDIENTS

- 2/3 Cup Extra Virgin Olive Oil
- 5-8 Drops of Liquid Stevia
- 3 Tablespoons Water
- 2 Tablespoons White Wine Vinegar
- 4 Teaspoons Minced Fresh Garlic
- 1 Tablespoon Dijon Mustard
- 2 Teaspoons fresh Lime Juice
- 2 Teaspoons fresh Lemon Juice
- 2 Teaspoons fresh Parsley, minced
- 1/2 Teaspoon Dried Basil
- 1/4 Teaspoon Dried Oregano
- 1/4 Teaspoon Sea Salt
- 1/8 Teaspoon fresh Ground Black Pepper
- 3 Tablespoons of Pines Nuts (for Toppings)

DIRECTIONS

1. Put everything in a blender except the Pine Nuts (Nutribullet works best).
2. Blend for one minute until the mixture forms an emulsion.
3. Cover and chill for one hour before serving.
4. Pick your favorite greens and veggies and add some sautéed pine nuts.
5. Drizzle as much of the dressing as you like. Enjoy

Asparagus Salad with Basted Egg



INGREDIENTS

- 4 Grape Tomatoes, sliced in half
- 8 Ounces fresh Asparagus
- 1 Tablespoon Olive Oil
- 2 Tablespoons Pine Nuts
- Salt and freshly Ground Pepper, to taste
- 1 Egg
- 2 Tablespoons freshly Grated Parmesan (optional)
- Fresh Lemon Juice, to taste

DIRECTIONS

1. Preheat the oven to 425° F.
2. Line a pan with non-stick foil and place tomatoes on the foil. Place on the middle rack in the oven and cook for 8 minutes.
3. While the tomatoes are roasting, heat a large pan over medium-high heat on the stove.
4. Pour olive oil into the pan and heat until Oil is hot. Sauté the Asparagus let cook until veggies are al dente (cooked but firm). And on separate pan-roast the pine nuts.
7. On another separate pan cook, the egg basted style. Make sure the yolk is runny so it makes a great sauce.
8. Put the sautéed asparagus on a plate and drizzle fresh lemon juice on it to taste (I just used one little wedge and it was perfect).
9. Add the tomatoes and the basted egg to the plate. Then add the pine nuts and the salt and pepper to taste.
10. Toss in the Parmesan. Enjoy.



Vitality Chicken Salad



INGREDIENTS

- 4 Cups Shredded Cooked Chicken Breast
- 1 Cup Red Grapes sliced into half
- 2 Cups Chopped Celery
- 2 Teaspoons Fresh Lemon Juice
- 1/4 Cup Roasted Chopped Walnuts
- 1/4 Cup Light Mayonnaise
- Salt and Pepper to taste

DIRECTIONS

1. Mix all the ingredients in a bowl until combined. Enjoy.



Homemade Salmon Cakes with Shrimp



INGREDIENTS

- 12 Ounces Skinless Boneless Salmon (Fresh or Frozen)
- 1/2 Medium Onion, chopped
- 1/2 Cup Almond Flour
- 1/4 Cup chopped Red Pepper
- 1/4 Cup Scallion
- 2 Eggs, beaten
- 2 Tablespoons unsalted Butter
- 1/4 Cup Extra Virgin Olive Oil
- Salt and Pepper to taste

DIRECTIONS

1. Sauté onions in 1 Tablespoon of olive oil until cooked through but not brown.
2. Drain all liquid from the salmon and pat dry with a paper towel.
3. Dice Salmon into small cubes
4. Combine salmon, sautéed onion, almond flour, eggs, salt, and pepper.
5. Form mixture into patties.
6. Melt butter and oil in a pan. Strain the broth, discarding the vegetables.
7. Brown salmon patties on both sides (about 4-5 minutes per side).
8. Place cooked patties on a paper towel to absorb excess oil.
9. Sauté shrimp in butter or olive oil
10. Arrange on plate or Platter



Cod Françoise with Brussel Sprouts



INGREDIENTS

- 1 Pound White Cod Fillets
- 3 Large Eggs
- 2 Pinches Kosher Salt
- 1 Pinch Black Pepper
- 2 Pinches Garlic Powder (optional)
- 2 to 3 Tablespoons Oil
- 1 Lemon
- 2 Tablespoons chopped fresh Parsley
- 2 Tablespoons Organic Butter

DIRECTIONS

1. Rinse the White Cod Fillets and pat dry.
2. Beat the Eggs in a large bowl and blend in the spices.
3. Heat 3 tablespoons of Olive Oil in a large skillet over medium heat until the oil is hot.
4. Dip the Fish into the Egg Mixture and lift to let the excess drip off. Cook in the Olive Oil until golden brown, 5 to 7 minutes per side. Transfer to a large platter, cover loosely with foil, and continue with the remaining fish filets. Add the remaining tablespoon of oil, if needed.
5. Add the Lemon Juice to the skillet and let it boil until reduced to about half. Place the fish back in the sauce and add butter and sprinkle parsley over top. Turn to coat and serve hot.
6. Optionally you can add capers and/or artichoke hearts to the pan with the fish for a little more depth.



Almond Crusted Salmon



INGREDIENTS

- 1/2 Cup Blanched Almond Flour
- 2 Tablespoons Dried Parsley
- 2 Tablespoons Dried Basil
- 1 Teaspoon Salt and Black Pepper
- 2 Wild-caught Alaskan Salmon Fillets
- 4 Tablespoons Olive Oil or Coconut Oil

DIRECTIONS

1. Mix almond powder, parsley, basil, salt, and pepper on a plate.
2. Pat dry the salmon. Then place the salmon on both sides through the almond mixture to coat them evenly.
3. Heat the olive oil in a large skillet over medium heat. Add salmon and cook for 2-4 minutes on each side (depending on the thickness of the fish), or until the crust gets brown.
4. Baked in the oven for 3-4 minutes or until cooked throughout.
5. Serve over a bed of greens and top with fresh lemon juice.



INGREDIENTS

- 1 Tablespoon Plugrá European-Style Butter, unsalted, melted
- 1/2 Teaspoon Lemon and Pepper Seasoning
- 1/4 Teaspoon fresh Lemon Zest
- 1/4 Teaspoon Salt
- 1/8 Teaspoon Dried Dill Weed
- 8 Ounces (about 2½ Cups) assorted fresh vegetables (Diagonal-sliced Carrots, Sweet Onions, Green Peppers, Whole Trimmed Asparagus Spears, Brussel Sprouts)
- Parchment Paper, as needed
- 2 fresh Lemon Slices, paper-thin
- 3 fresh Chives
- 1/2 sliced Cod Fillet

DIRECTIONS

1. Preheat oven to 450° F.
2. Season the Cod with Salt and Pepper.
3. Combine melted Plugrá Butter, Lemon Pepper, Lemon Zest, Salt, Dill Weed, and Vegetables in a large bowl and toss to
4. Fold a sheet of parchment paper in half; starting at the folded edge, cut a large half heart shape. Place the opened parchment paper on a sheet pan lined with baking paper.
5. Arrange Cod, Seasoned Vegetables on one side of heart-shaped parchment near folded center crease; top with lemon slices, chives, and fresh dill sprigs.
7. Fold the top half of heart-shaped parchment paper over vegetables to close. Starting at the top of the heart, make small overlapping folds to tightly seal the outer edges of the parchment paper.
8. Bake at 450° F for 8 to 10 minutes or until the packet is lightly golden and puffed.
9. Arrange the packet on a serving plate, carefully open parchment and serve.



Baked Salmon with Veggies



INGREDIENTS

- 2 Cloves Garlic, minced
- 6 Tablespoons Extra Virgin Olive oil
- 1 Teaspoon Dried Basil
- 1 Teaspoon Salt
- 1 Teaspoon Ground Black Pepper
- 1 Tablespoon Lemon Juice
- 1 Tablespoon fresh Parsley, chopped
- 2 (6 ounce) Salmon Fillets

DIRECTIONS

1. In a medium glass bowl, prepare marinade by mixing Garlic, Olive Oil, Basil, Salt, Pepper, Lemon Juice, and Parsley.
2. Place salmon fillets in a medium glass baking dish, and cover with the marinade. Marinate in the refrigerator for about 1 hour, turning occasionally.
3. Preheat oven to 375° F.
4. Place fillets in aluminum foil, cover with marinade and seal to create a pouch.
5. Place sealed salmon in the glass dish, and bake 15-20 minutes. Serve with vegetables of your choice or a mango salsa (see mango salsa recipe under sauces, salsas, slaws, and dressings).



Shrimp Ceviche



INGREDIENTS

Poaching Liquid

- 2 Quarts water
- 1/4 Cup salt

Ceviche

- 1 Pound Raw Shrimp (21-25 per pound), peeled and deveined
- Juice of 2 Lemons
- Juice of 2 Limes
- 1 Cup diced seeded peeled Cucumber (1/4-inch dice)
- 1/2 Cup finely chopped Red Onion
- 1 Cup diced seeded Tomato
- 1 medium-size Avocado, chopped into 1/2-inch pieces
- 1 Tablespoon roughly chopped cilantro leaves, plus more leaves set aside for garnish
- 1/4 Cup Extra-Virgin Olive Oil
- 1/4 Teaspoon Salt

DIRECTIONS

1. Combine water and 1/4 cup salt in a large saucepan and bring to a boil over high heat. Add Shrimp and immediately turn off the heat. Let the Shrimp sit until just cooked through (about 2-3 minutes). Transfer to a cutting board until cool enough to handle, about 10 minutes.
2. Chop the Shrimp into 1/2-inch pieces and place in a medium bowl. Add Lemon, Lime, and Orange Juice. Stir in Cucumber and Onion. Refrigerate for 1 hour.
3. Stir Tomato, Avocado, chopped Cilantro, Olive Oil, and 1/4 teaspoon salt into the Shrimp mixture. Garnish with Cilantro leaves, if desired.



