

Recipes from the Food Committee

Muesli is made with uncooked oats and is an alternative to oatmeal. Oats are high in nutrients and soluble/insoluble fiber. This recipe adds whey protein concentrate from grass-fed cows, along with nuts and berries for a complete breakfast.

Choose raw unsalted nuts and avoid roasting at high temperatures since it may damage the delicate oils of the nuts. Consider soaking and dehydrating nuts to maximize taste, nutrients and absorption (in lightly salted warm water for 7 hours and dehydrated at 160 degrees for a few hours). Excalibur and Nesco make good dehydrators.

Cinnamon may help regulate blood sugar (avoid large amounts of Cassia cinnamon which is high in coumarin and may be moderately toxic to the liver and kidneys; Ceylon cinnamon is much lower in coumarin and not an issue).

Wild blueberries, raw cocoa and cinnamon have some of the highest levels of antioxidants among all plant food. Consider organic blueberries since conventional berries are relatively high in pesticides.

Consider using Defense Nutrition (defensenutrition.com) whey protein or Tera's Whey from Whole Foods. Defense Nutrition whey (a bi-product of cheese production) is from grass-fed cows, cold-processed, contains all essential amino acids, is low in lactose, and free of hormones, antibiotics, GMOs, wheat, soy, heavy metals and MSG. Since the whey is cold processed, none of the essential amino acids are denatured (damaged). Since this is a whey concentrate versus a whey isolate, it is not exposed to acid processing, a process which may damage the amino acids. Whey is also known to boost your metabolism.

Cinnamon Muesli

6 Servings (serving size 2/3s cup)

Combine 3 cups thick cut rolled oats, ¼-½ cup chopped nuts (walnuts, almonds, and/or pecans), ¼ cup pumpkin and/or sunflower seeds, 2 tbsp dried wild blueberries or cranberries.

Separately combine ½ cup whey protein concentrate, 2 tbsp maple syrup granules (more or less if you prefer), 3 tsp Ceylon cinnamon (amazon.com), 1 tsp cocoa powder (avoid dutched cocoa which may have fewer antioxidants).

For each serving, combine 2/3's cup of oat mixture with 2 tbsp of powder mixture (if you prefer less, combine ½ cup of oats with 4 tsp of powder). Add just enough milk, or nut/rice milk to create a fairly thick consistency. If you prefer it less chewy, use water or let it sit for a few minutes.

1 Serving (2/3s cup) - Calories 293; Total Fat 9.8g, Sat. Fat 1.4g, Sodium 54.9mg, Carbs 39.3g, Fiber 6.8g, Sugar 7g, Protein 15.7g

Berries and Yogurt

Mix ½ cup of low fat Greek yogurt with 1 tsp of maple syrup or honey. Add berries and top with a little of your favorite granola (preferably low in sugar); optional: lemon zest.

Whey Protein Shake

Combine 1 scoop of whey protein concentrate with 1 cup of milk, or nut/rice milk. Optional: 1 tbsp of raw cocoa powder, 1 tbsp honey or maple syrup, 1 tsp matcha green tea powder, 1 tsp chia powder. Note: blender not necessary or preferred; use a whisk or a Blender Bottle; take with a little healthy fat for better absorption.

Green Juice

Start with very small amounts of dark greens like spinach, parsley, kale and collards to see how your body reacts to it. Other vegetables include romaine, cucumber, celery, pea sprouts, lemon, (small amount of seeded grapes, apple or pear), take with a small amount of healthy fat for better absorption. Consider Omega juicer and Deni Vacuum Sealer to store juice.

Smoothie

Combine 1 cup of frozen berries - strawberries, blueberries and/or cherries, ½ cup of pomegranate juice, ½ cup of plain yogurt. Optional: raw dark leafy greens, banana, lemon/lime, 1 tsp of chia powder (great source of fiber, calcium, protein and omega-3s), 1 tsp matcha green tea powder. Take with a little healthy fat for better absorption.

Salmon Salad

Combine 1 can of wild pink salmon with 2 tbsp mayonnaise, 2 tbsp plain Greek yogurt, 1 tbsp lemon juice. Optional: diced celery, minced fresh tarragon, dried cranberries.

White Bean Dip

Food process ½ cup fresh cilantro or parsley, 2 tbsp lime juice, 3 tbsp warm water, 1 tsp low sodium soy sauce, 2 tbsp olive oil, dash of cayenne, marjoram, 15 oz can of cannellini beans (BPA-free can); top with chopped tomatoes and scallions. Optional: grated garlic clove; plain yogurt, sage, oregano, basil.

Miso Soup

Soak 1-2 kombu pieces (seaweed - high in minerals) in one quart of water for 30 minutes, then heat on medium heat for 10 minutes; remove kombu and simmer for 10 more minutes (optional: simmer with 1 tbsp bonito flakes); pour through fine mesh strainer. Whisk in 4 tbsp of white miso and gently simmer for 10 minutes; add 1 tbsp chopped scallions; optional - add sautéed shiitake mushrooms (high in B vitamins), sliced bok choy, sesame oil, and/or buckwheat noodles.

Hearty Kale Soup

Heat 1 tbsp of oil and sauté 1 diced onion, 2 diced celery stalks, 1 diced carrot and 3 minced garlic cloves for a few minutes). Add 1 bay leaf, 2-3 cups of vegetable or chicken stock, fresh thyme, dash of red pepper flakes and oregano (or other herbs/spices you prefer) and simmer for at least 30 minutes; add 1 can of cannellini beans (BPA-free can) or cooked fresh beans of your choice. Just before serving, add chopped tomatoes, sliced lacinato kale, parsley and simmer for another 5-10 minutes. Finish with a little extra virgin olive oil. Optional: cooked grain or pasta, parmesan cheese, diced fennel, cabbage, parsnips, chunks of beef/chicken/turkey, tempeh, nitrate/nitrite-free bacon or sausage.

Guacamole

Combine 2 chopped avocado, 1tbsp diced red onion, ½ chopped tomato, 1 tbsp fresh cilantro, 1 tbsp lime juice, 1 tsp diced jalapeno (or hot sauce), salt to taste. Serve with cut raw vegetables, chips, or in fajitas, tacos, burritos.

Avocado Gazpacho

Roughly chop 2 cucumbers (not peeled), 1 red pepper, 2 tomatoes, 1 shallot or 2 green onions, 2 celery stalks, 1 small garlic clove and food process until desired consistency. Add 1 cup of low sodium vegetable or tomato juice, juice from ½ lemon/zest, 2 tbsp olive oil, salt and pepper to taste; add one chopped avocado. Optional: any other vegetables you prefer, dash of Worcestershire or balsamic vinegar, basil, lime, 1 tsp sugar.

Green Salad

Combine your favorite lettuces (consider romaine, arugula, spinach, endive green leaf) and add your favorite vegetables if you like; optional items include feta, goat or other cheese, berries/dried berries, nuts; dressing - combine 1 tbsp plain Greek yogurt, 1 tsp Dijon mustard with 1/3 cup of lemon juice or apple cider vinegar, a little salt. Whisk in one cup of extra virgin olive oil. Optional: grated garlic, minced red onion, honey/maple syrup.

Spinach Artichoke Dip

In food processor, combine 2 jars of drained and rinsed artichoke hearts with 2 tbsp mayonnaise, 2 tbsp parmesan cheese, 2 tbsp plain Greek yogurt, ½ cup shredded mozzarella, 1 tbsp lemon juice, 1 small grated garlic clove, ½ tsp red pepper flakes, and 1 cup lightly steamed or frozen chopped spinach (squeezed to remove water); top with more parmesan and bake 350 for 20 min. Optional: pine nuts, kale vs. spinach.

Collard Greens

Sauté 1 sliced onion until caramelized, add 2 smashed diced garlic cloves and cook for a minute; add ½ cup of chicken or vegetable broth, 1 tbsp maple syrup and 2 cups thinly sliced collard greens; cook on medium low heat for 10-15 minutes; add 1T apple cider vinegar and cook another 2 minutes. Optional: nitrate/nitrite-free bacon/sausage, pine nuts, raisins, lacinato kale vs. collard greens.

Quinoa Arugula Salad

Cook 1½ cups of quinoa in 3 cups of vegetable broth or water for about 15 minutes until fluffy. Set aside to cool. Wash and dry 2 bunches of arugula and combine with quinoa. Add dressing and toss. Dressing: 6 tbsp olive oil, juice from 1 lemon, 1 clove crushed garlic, salt/pepper and parmesan to taste.

Steamed Vegetables

Lightly steam any of your favorite vegetables including broccoli, asparagus, snap peas, green beans. Serve with lemon or Asian sauce. *Lemon sauce*: combine 1 tbsp plain Greek yogurt and/or mayonnaise with juice from ½ lemon and zest, salt to taste, and 2 tbsp extra virgin olive oil. *Asian sauce*: 2 tbsp low sodium soy sauce, 1 tsp of brown rice vinegar or lime juice, 1 tsp of sesame oil. Optional: sesame seeds, brown sugar, minced garlic/ginger. Toss with vegetables.

Roasted Vegetables

Cut up vegetables and toss with expeller-pressed high oleic sunflower oil and a little salt, and roast at 400 degrees for 20 minutes. Consider broccoli, cauliflower, peppers, onions, fennel, asparagus, squash, Brussels sprouts, carrots, sweet potatoes etc. Optional: combine cooked vegetables with cooked quinoa, extra virgin olive oil and lemon juice.

Broccoli and Garlic

Lightly steam cut broccoli; in separate pan, sauté on low heat 5 smashed roughly cut garlic cloves, dash of red pepper flakes in 1 tbsp expeller-pressed high oleic sunflower oil until light brown; combine with broccoli, and finish with a splash of lemon juice/zest, salt to taste. Optional: parmesan cheese.

Cauliflower Puree

Lightly steam one head of cut cauliflower. Place in a blender or food processor with 1 tbsp melted butter, ½ cup low fat milk or nut milk, ½ cup of chicken or vegetable broth, salt and pepper to taste. Adjust milk/broth to desired consistency. Optional: combine with mashed potatoes.

Sweet Potato Fries

Heat oven to 425. Spray a baking sheet with oil. Slice potato into wedges and toss with oil and little salt. Bake 20 minutes in single layer.

Sweet Potato Muffins

Combine 1 cup whole grain pastry flour with ½ cup unbleached white flour, ½ cup oats, ½ tsp salt, ¼ tsp baking soda, 1½ tsps baking powder, 2 tsps cinnamon, ¼ tsp of nutmeg. Separately combine 6 tbsp expeller-pressed high oleic sunflower oil (or butter, coconut oil) with ¾ cups sugar (more or less if you prefer). Separately combine 1 egg, ½ cup milk or nut/rice milk, 1 tsp vanilla, 1½ cups steamed mashed sweet potatoes (orange flesh). Mix wet and dry ingredients until just combined. Pour into mini muffin tin and bake at 350 for 15 minutes. Optional: pumpkin, walnuts, orange zest.

Double Chocolate Kale Muffins

Heat oven to 375. Cut 2 cups of cleaned kale (without stems) into small pieces and steam lightly until wilted. Place in food processor with 1 tbsp of milk and pulse into very small pieces. Separately combine 1 cup whole grain pastry flour, $\frac{3}{4}$ cup unbleached white flour, $\frac{3}{4}$ cup sugar, $\frac{1}{2}$ cup cocoa powder, $\frac{1}{4}$ tsp salt, $\frac{1}{4}$ tsp baking soda, $1\frac{1}{2}$ tsp baking powder. Separately whisk together 1 egg, $1\frac{1}{4}$ cup buttermilk, 1 cup expeller-pressed high oleic sunflower oil and 1 tsp vanilla. Pour wet into dry ingredients and stir until just combined. Then add the kale along with 1 cup of dark chocolate chips (preferably at least 60% cocoa). Optional: $\frac{1}{2}$ cup walnuts. Bake in mini muffin tin for 12-15 minutes or larger muffin tin for 20-25 minutes.

Cheddar Kale Muffins

Heat oven to 350. Wash, dry and finely chop one head of kale (without stems). Saute 1 chopped garlic clove and kale in 1 tbsp oil until tender. Combine kale with $1\frac{1}{4}$ cup milk, 6 tbsp expeller-pressed sunflower oil, and 1 egg. Separately combine 1 cup whole grain pastry flour, 1 cup unbleached white flour, $1\frac{1}{2}$ tsp baking powder, $\frac{1}{4}$ tsp salt, $\frac{1}{4}$ tsp pepper and $1\frac{1}{4}$ cups shredded cheddar cheese. Mix wet and dry ingredients until just combined. Bake in mini muffin tin for 15-20 minutes or larger muffin tin for 30-35 minutes.

Dark Chocolate Covered Strawberries

Melt dark chocolate (preferably at least 60% cocoa) in a double boiler and coat strawberries; place in the refrigerator for 10 minutes to cool.

Dark Chocolate Nuts/Seeds

Melt one bar (3.5 oz) of dark chocolate (preferably at least 60% cocoa) in a double boiler; use $1\frac{1}{2}$ cups of your favorite raw nuts and/or seeds (if you prefer, lightly roast for a few minutes); combine with melted chocolate and a dash of salt; pour onto parchment paper, freeze for 15 minutes, cut into pieces and then toss with cocoa powder. Store in the freezer for longer shelf life. Optional: 1 tsp orange zest, mint chocolate vs. plain chocolate.