HEALTHY LIVING *Rules*

COOKBOOK

INTRODUCTION

Somewhere along the line, it became complicated to lead a healthy lifestyle. The Healthy Living Rules are the simple answer that you have been looking for. When you and your family follow these four rules as consistently as you are able, you will love how you look and feel.

The Healthy Living Rules are simple:

Rule #1
Eat Real Food
Eat fruits, vegetables, wild/organic protein, nuts, seeds,
Juice Plus+® Capsules, Juice Plus+® Complete Shakes
*Secret Weapon: Avoid dairy, gluten, & sugar

Rule #2
Drink
1/2 to 1 gallon of water daily

Rule #3
Move
Move your body 30-90 minutes most days

Rule #4
Sleep
Sleep a minimum of 7 hours each night
(8 hours is ideal)

This cookbook will help you create and plan meals that are rich in real food and that generally avoid dairy, gluten, and sugar. The recipes that follow are family-tested and approved.

Thank you to the many contributors who made this compilation possible. Where appropriate we have cited the various websites that recipes were taken from so you can visit them to find even more delicious, healthy options.

These are special recipes. The ingredients are easy to assemble, the dishes are simple to prepare, and the final products are delicious to enjoy. There is even a special section at the end of dishes that you can make with your Juice Plus+ Complete. There are so many options to experiment with!

Enjoy, friends.

Healthy Living Rules Shopping List

Protein

- **Meat & Eggs**

The best meat and egg choices are organic, lean meats from grass-fed animals.
Avoid: factory farmed or those with added sugar, hormones, MSG or sulfites

- **Plant-based proteins (beans, legumes, edamame*, tofu*, etc.)**

Eat organic, non-GMO plant-based proteins as much as possible.
Avoid: processed plant protein sources

- **Poultry (chicken, turkey, duck, etc.)**

The best poultry choices are skinless, organic meats from free-range animals.
Avoid: factory farmed, added sugar, MSG, sulfites or carrageenan

- **Seafood**

Seafood should be wild-caught and sustainable fished.
Avoid: farm-raised seafood

Vegetables

Acorn squash+
Alfalfa sprout*
Anise/Fennel root
Artichoke+
Arugula+
Asparagus+
Beets
Bell pepper+
Bok choy+
Broccoli+*
Brussels sprouts+
Butternut squash+
Cabbage
Carrots
Cauliflower+
Celery+
Collard+
Cucumber+
Delicata squash+
Eggplant+
Garlic
Green beans+
Greens (beet, etc.)
Kale+
Leeks+
Lettuce+
Mushrooms
Okra+
Onion/Shallots
Parsley+
Pumpkin+*
Radish (sprout*)
Rhubarb+
Snap peas+
Spaghetti squash+
Spinach+
Spirulina*
Summer squash+
Sweet potato/ Yams
Swiss chard+
Tomato+
Turnip
Yucca*
Zucchini+

Fruit

Apples
Apricot
Bananas
Bilberry
Blackberries
Black currant
Blueberries
Cantaloupe+
Cherries
Concord grape
Cranberry
Dates/Figs
Elderberry
Grapefruit
Lemon/Lime
Mango
Nectarines
Oranges
Papaya
Peaches
Pears
Pineapple
Plum/Prunes
Pomegranate*
Raspberries
Red currant
Strawberries+
Tangerines
Watermelon+
Limit: Dried fruit

Fats

Cooking Fats

Clarified butter
Ghee
Coconut oil
Virgin olive oil
Animal fats
grass-fed/organic

Eating Fats

Avocado
Cashews
Coconut milk
Hazelnuts
Macadamia nuts
Olives
Almonds (raw)
Almond butter
Brazil nuts
Flax seed
Pecans
Pine nuts
Pistachio
Pumpkin seeds+
Sesame seeds
Sunflower seeds+
Walnuts

* foods contained in Juice Plus+ Complete
+ foods that can be grown on a Tower Garden
foods contained in Juice Plus+ capsules are shown in orange

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HEALTHY LIVING
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BREAKFAST

GLUTEN-FREE KILLER VEGAN WAFFLES

Author: Deb Harrell, ND

INGREDIENTS:

- ¼ cup chia seeds soaked in 2 cups of water for 10 minutes
- 4 cups of soy, almond or rice milk
- 2 cups gluten-free oats
- 2 cups buckwheat flour
- 2 cups millet flour
- 1 tsp salt
- 1 Tbsp plus 1 tsp aluminum-free baking powder

DIRECTIONS:

Blend the chia seed mixture, milk, and oats in a Vitamix or blender.

Mix remaining ingredients in large bowl.

Add wet mixture to the dry and bake in a waffle maker for 9 minutes.

Cool on rack and enjoy or freeze.

GLUTEN-FREE CREPES

www.realfoodrn.com

INGREDIENTS:

- 12 pastured eggs
- 4 Tbsp coconut flour
- ⅛ tsp sea salt
- ¼ tsp vanilla
- coconut oil for frying in skillet

DIRECTIONS:

In a blender, puree eggs, coconut flour, salt and vanilla until liquefied (no clums!).

Pour into a bowl.

Heat skillet over medium heat.

Add 1/2 tsp coconut oil to the skillet.

Pour 2-3 Tbsp batter into skillet and tilt skillet around until batter spreads into a nice thin circle.

Place back over medium heat and cook until bubbles begin to form and the edges brown slightly.

Flip and repeat with other site. Usually takes about 2-3 minutes per side.

Fill with your favorite fillings: strawberries, blueberries, or honey, mushrooms and peppers, dairy free cheese and salsa, and almond butter and organic jelly.

BANANA BREAD OVERNIGHT OATS

www.bewholebeyou.com

INGREDIENTS:

- 1 mashed ripe banana
- ½ cup gluten-free rolled or steel cut oats
- ½ cup almond or cashew milk, unsweetened
- 2 Tbsp chopped pecans or walnuts
- 1 tsp vanilla extract
- ½ tsp cinnamon
- Dash of sea salt
- 1 Tbsp ground flax
- 2 tsp 100% pure maple syrup

DIRECTIONS:

Combine all ingredients in a bowl and mix until all ingredients are incorporated well. Pour into single serve bowls or mason jars.

Refrigerate overnight (at least 4 hours).

Serve hot or cold.

Garnish with some sliced banana or more nuts if desired.

FIESTA EGG SCRAMBLE

www.pinterest.com

INGREDIENTS:

- ½ cup chopped onion
- ¼ cup chopped red pepper
- 1 jalapeno pepper, seeded and chopped
- 8 turkey bacon strips, cooked and crumbled
- 8 eggs, lightly beaten
- 1 cup non-dairy cheese, cheddar
- ½ tsp salt
- ⅛ tsp pepper
- Salsa, to garnish

DIRECTIONS:

In a large nonstick skillet coated with cooking spray, sauté the onion and peppers until tender. Sprinkle with bacon.

Pour eggs over the top; sprinkle with 1/2 cup cheese, salt and pepper.

Cook over medium heat, stirring occasionally, until eggs are completely set.

Sprinkle with remaining cheese. Serve with salsa.

BREAKFAST EGG CUPS

www.mywholefoodlife.com

INGREDIENTS:

- 2 slices of turkey bacon. Cut in half and then cut each one into thirds. They line the outside of the cups
- 4 eggs
- Spinach
- chopped tomato
- chopped mushrooms or any other favorite veggies
- salt & pepper for seasoning

DIRECTIONS:

Preheat the oven to 350 degrees and lightly spray a muffin tin with coconut oil, or line with papers.

Line the bottom of the muffin pans with spinach, then put the slices of turkey bacon around the edges to line the muffin. Fill with chopped tomato and mushrooms (or desired veggies). Beat 4-5 eggs together and pour on top.

Bake at 350 for about 10 minutes.

MINI QUICHE WITH ALMOND FLOUR CRUST

www.PaleoGrubs.com

INGREDIENTS:

For the crust

- 3 cups almond flour
- 2 eggs
- 2 egg whites

For the filling

- 2 eggs
- 2 Tbsp sliced green onions
- 1 Tbsp diced red pepper
- 1 piece turkey bacon, cooked and diced
- ½ cup almond or coconut milk
- ¼ tsp salt
- Fresh ground black pepper, to taste

DIRECTIONS:

Pre-heat oven to 375 degrees. Spray the muffin tin with some coconut spray oil.

In a medium bowl, stir together the almond flour, eggs, and egg whites until a dough forms. Spoon about a tablespoon of dough into each tin, pressing towards the outside to form a mini crust. Bake crust for 15-20 minutes, until it starts to turn golden brown.

While the crust bakes, whisk the filling ingredients together and season with salt and pepper. Pour egg mixture into the baked crust. Bake for an additional 20-25 minutes, until the center is just set. Remove from the oven and cool for 10 minutes. Using a knife, lift quiches from muffin tin. Serve warm.

APPLE-CINNAMON BAKED OATMEAL CUPS

www.happyhealthymomma.com

INGREDIENTS:

- 2 cups Gluten-free rolled oats
- 1 tsp baking powder
- ⅛ tsp salt
- 1 tsp cinnamon
- 1 cup unsweetened coconut or almond milk
- 1 egg
- ½ cup mashed banana (about 1 ½ medium bananas)
- 1 large sweet apple, peeled, cored, and diced
- ¼ cup honey

DIRECTIONS:

Preheat oven to 375 degrees.

In a large bowl, combine the oats, baking powder, salt, and cinnamon. Add the milk, egg, honey, and mashed banana and mix until combined. Stir in the apple.

You can either put the mixture into the fridge overnight or continue with the directions and bake right away.

Grease a muffin tin and fill each cup with the oatmeal mixture to just about the top. Bake in a 375 degree oven for 20-25 minutes, until the cups are set. Store in the fridge or these can also be frozen. Enjoy!

SWEET POTATO HASH

Created by: Daniel Ames

INGREDIENTS:

- 4-5 medium sized sweet potatoes, peeled and cubed
- 1 small red onion, diced
- 1 small red pepper, seeded and chopped
- 1 small green pepper, seeded and chopped
- 1 Tbsp paprika
- 2 tsp granulated garlic powder
- Salt & pepper to taste
- 1 Tbsp cooking oil (avocado, coconut, or olive oil)

DIRECTIONS:

Place diced sweet potatoes in a pot, add some water to cover the top, and bring to a boil. Cook until potatoes are al dente.

Meanwhile, in a sauté pan, warm the oil. Add the onions and peppers on a medium heat. Cook until the vegetables are tender. Add seasoning to taste and then remove from pan.

Drain the sweet potatoes and place in the sauté pan just used to cook the veggies. Cook on a medium heat until potatoes are fork tender. Sprinkle sweet potatoes with paprika and continue to cook at a medium to high heat until crispy. Pour the vegetable mixture into the potatoes and mix well. Serve warm – suggested to serve with a side of eggs.

RAW APPLE-CINNAMON & CHIA BREAKFAST BOWL

www.blissfulbasil.com

INGREDIENTS:

- 3 honeycrisp apples, peeled and cored, divided
- 4-5 medjool dates, pitted
- ½ tsp ground cinnamon
- pinch nutmeg
- 2 Tbsp chia seeds

Toppings

- raw walnuts
- raisins
- dried cranberries
- hemp seeds

DIRECTIONS:

Finely diced one of the honeycrisp apples and add to an airtight container.

Take two of the honeycrisp apples and cut them into large pieces. Add the apple pieces to a food processor along with the dates, cinnamon, and nutmeg. Pulse the mixture several times and then let it process for 2-3 minutes, stopping occasionally to scrape the mixture down the sides. Pour the apple-date mixture into the container with the diced apple and stir in the chia seeds.

Refrigerate for at least 1 hour or overnight.

Divide the apple mixture between two bowls and top with raw walnuts, raisins, cranberries, and hemp seeds.

Serve and enjoy.

Refrigerate leftovers.

GLUTEN-FREE NEW YORK BAGELS

www.rachelschultz.com

INGREDIENTS:

- 1 packet yeast
- 1 ½ Tbsp organic cane sugar
- 1 ½ cups warm water
- 3 ½ cups Gluten-free bread flour (see recipe in our "lunch" section)
- 1 ½ tsp salt

Toppings:

- sea salt
- minced garlic
- poppy seeds
- sesame seeds
- cinnamon sugar

DIRECTIONS:

Combine sugar and yeast with warm water. Let sit for 5 minutes.

Meanwhile, mix salt and flour together in a large bowl.

After 5 minutes, stir yeast water into dry ingredients. Combine until a moist dough forms. On a floured surface, knead dough for 10 minutes.

Drizzle oil along sides of bowl. Return dough to bowl and cover with plastic wrap. Let rise 1 hour. (These steps can be done the night before to make for faster bagels in the morning.)

Punch dough down and allow to sit for another 10 minutes. Divide dough into 8 pieces and shape into round balls.

Coat your finger in flour, and press into the center of each dough ball to form a ½ inch hole. Place bagels on a greased baking sheet and cover with damp towel. Allow to rest for 10 minutes.

Preheat oven to 425 degrees and bring a large pot of water to a boil.

After 10 minutes has passed, place bagels into boiling water.

Cook on each side for 2 minutes.

Remove from water and return to baking sheet. If you are using toppings, add them now. Bake for 20 minutes.

HEALTHY LIVING
Rules
LUNCH

SOFT GLUTEN-FREE SANDWICH BREAD

www.alittleinsanity.com

INGREDIENTS:

Yeast mix:

- 1½ cup water or almond milk
- 4 Tbsp honey
- 2½ tsp dry active yeast (be sure your yeast is fresh and alive.)

Dry mix:

- 3 cups all-purpose gluten-free flour mix
- 1½ tsp xanthan gum (in addition to what's already in the Gluten-Free flour mix)
- 4 tsp baking powder
- 1 tsp salt
- Feel free to add sweet or savory seasonings to taste

Wet mix:

- 2 tsp apple cider vinegar or lemon juice
- ¼ cup olive oil
- 2 large eggs (see options for egg-free below)

DIRECTIONS:

Preheat your oven to 375 degrees.

In measuring cup, measure & warm milk to just above body temperature - should be warm to the touch (not hot or cold). Stir in honey and add yeast last. Set aside & let proof for approx. 10 minutes.

Combine dry mix ingredients in small bowl.

Combine wet mix ingredients in bowl of stand mixer fitted with the paddle attachment. Mix just for a few seconds.

Add in the proofed yeast mix and mix again for just a few seconds.

Add the dry mix and beat on medium-high for approx. 3 minutes. Dough will be wet, but thick and sticky!

continued directions on next page

SOFT GLUTEN-FREE SANDWICH BREAD
(CONTINUED)

If necessary, oil and flour your 9x5 loaf pan or spray with non-stick coating. Using a spatula, scrape the bread mixture into your prepared loaf pan and set on top of your stove to proof while the oven is preheating. Be sure to smooth out the loaf with spatula or wet fingers before proofing as the loaf will not smooth out itself.

It is important not to over-proof the bread - just let it rise until the mixture is approximately double in size (20-30 minutes depending on your room temperature.) Don't let it rise above your loaf pan… or just until it crests the top. Gluten-free breads do not maintain their structure and will flow over the pan or collapse if left to over-rise or over-filled.

Bake for approx. 30-45 minutes. If the crust is darkening too quickly, you can cover it with foil (tent open ended) and return to baking until done. (Cook until you get an internal temperature of 210-220 degrees on a digital thermometer).

Remove loaf pan from oven and let cool for 3-5 minutes before turning out onto your cooling rack. Allow to cool completely before attempting to cut into slices.

CONFETTI QUINOA SALAD WITH LIME VINAIGRETTE

www.onelovelylife.com

INGREDIENTS:

- 2 cups cooked quinoa, cooled
- 1 (14.5oz) can black beans, drained and rinsed
- ½ red bell pepper, diced
- 1 mango, diced
- ½-1 avocado, diced (optional)
- 1 green onion, sliced
- ¼ cup cilantro, chopped (optional)
- 2-3 Tbsp lime juice
- 1 Tbsp red wine vinegar
- 1 Tbsp olive oil
- ¼ tsp pepper, or to taste
- ¼ tsp salt, or to taste

DIRECTIONS:

In a large bowl, combine quinoa, beans, bell pepper, mango, avocado, green onion, and cilantro.

To make the dressing, in a small bowl, whisk together lime juice, vinegar, olive oil, salt and pepper. Pour dressing over quinoa salad and toss to coat.

Chill until ready to serve.

STRAWBERRY ARUGULA QUINOA SALAD

www.simplyrecipes.com

INGREDIENTS:

- 1 cup uncooked quinoa
- 2 cups water
- 10 strawberries, cored and quartered
- ¼ cup slivered almonds, toasted
- 2-3 green onions, thinly sliced
- 2 Tbsp thinly sliced fresh mint
- 2 cups of baby arugula greens

Vinaigrette ingredients:

- 1 Tbsp orange zest
- 3 Tbsp orange juice
- 1 Tbsp balsamic vinegar
- Pinch of salt
- 2 Tbsp olive oil

DIRECTIONS:

Cook the quinoa according to the package instructions. (If no package instructions, put 1 cup of uncooked quinoa into a saucepan with 2 cups of water and a pinch of salt. Bring to a boil, cover, reduce heat to a low simmer and cook for 15 minutes. Remove from heat, let sit for 5 minutes covered, then fluff with a fork.)

Place the vinaigrette ingredients into a jar and shake to emulsify.

When the quinoa is cooked, spread it out on a baking sheet to cool quickly.

When the quinoa has cooled, place into a large bowl and toss with the vinaigrette. Then toss with the strawberries, almonds, green onions, mint, and arugula.

Serve immediately. If making in advance, you can dress the quinoa in advance, and then toss in the rest of the ingredients right before serving.

GREEK LENTIL SALAD

www.delishknowledge.com

INGREDIENTS:

- ½ cup French (du Puy) lentils
- ½ cup quinoa
- 1 pint grape or cherry tomatoes, halved
- 2 small/medium zucchini or 1 large, cubed
- ½ cup red onion, finely chopped
- ⅓ cup kalamata olives, halved and pitted
- 4 Tbsp chopped fresh oregano
- ½ tsp salt
- ¼ tsp freshly ground black pepper
- 2 Tbsp fresh lemon juice
- 6 Tbsp extra virgin olive oil

DIRECTIONS:

Rinse and drain the lentils. Place in a saucepan and cover by 2 inches with water. Bring to a boil, reduce heat to low and cover. Simmer 20-25 minutes until tender. Strain and set aside.

While the lentils are cooking, make the quinoa. Place quinoa in a small sauce pot with 1 cup water. Bring to a boil, cover and simmer until all water is absorbed, about 12 minutes.

Remove from heat, keep the lid on and let sit another 2-3 minutes. Fluff with a fork and set aside.

Once the lentils and quinoa have cooled, place in a bowl with the tomatoes, zucchini, red onion and olives.

Whisk together the oregano, salt, ground pepper, lemon juice and olive oil. Toss with salad.

AVOCADO EGG SALAD

www.theroastedroot.net

INGREDIENTS:

- 6 eggs, hard boiled
- 2 ripe avocados, peeled and mashed
- 1 ½ Tbsp fresh lemon juice (or lime juice)
- ½ tsp fine sea salt, or to taste

DIRECTIONS:

Add the eggs to a medium-sized pot and cover with a few inches of water. Cover and place on high heat. Bring water to a full (but gentle) boil and cook for 10 to 12 minutes.

Drain the water and immediately run cold water over the eggs. Transfer eggs to an ice bath and allow eggs to chill for 10 minutes. Refrigerate eggs until ready to use.

Peel and roughly chop the hard boiled eggs.

Add the avocado to a mixing bowl with the lemon juice and sea salt. Mash the avocado, leaving it slightly chunky if desired. Add the chopped hard boiled eggs and stir well to combine. Eat on toasted gluten-free bread with watercress or greens of choice.

CUCUMBER AVOCADO ROLLS

www.itdoesnttastelikechicken.com

INGREDIENTS:

- 1 avocado
- ¼ cup of basil leaves (a small bunch)
- 1 clove garlic
- 2 tsp lime juice
- ¼ tsp salt
- 1 Tbsp nutritional yeast
- dash of pepper
- 1 cucumber
- Smoked or sweet paprika for garnish

DIRECTIONS:

Toss all the ingredients (except the cucumber and paprika) into a food processor or blender. Or if you would like to do it by hand, finely mince the garlic and basil, and mash all the ingredients together with a fork until smooth and creamy.

Use a mandolin or potato peeler to cut long thin strips from the cucumber.

Take a cucumber strip and spread a thin coat of the avocado mixture along the length of the cucumber. A little goes a long way! Make sure to get some avocado all the way to the end, so it will stick the roll together.

Roll it up! No toothpicks needed. Do the same with the rest of your cucumber strips. Sprinkle with a little paprika and serve right away.

Cucumber is watery and softens quickly, so if you plan on bringing these to a party, prepare the avocado spread that morning, and store in an air tight container. Bring a whole cucumber and potato peeler and assemble at the party.

AUTUMN SQUASH SOUP

www.kimscravings.com

INGREDIENTS:

- 4 cups of peeled and cubed butternut squash, roasted
- 1 large apple, peeled, cored and cubed (I used a Honeycrisp. If you want your soup less sweet, you may want to use a Granny Smith.)
- ½ of a large yellow onion, diced
- 1 Tbsp coconut oil
- ½ to 1 tsp curry powder *start with ½ teaspoon and add more to desired taste.
- 3 ½ cups vegetable broth
- ½ cup almond milk (unsweetened vanilla almond milk.)
- 1 tsp salt + a few extra dashes
- a few dashes of cinnamon

DIRECTIONS:

Roast cubed butternut squash that has been seasoned with cinnamon and salt for 30 mins at 425 degrees F.

Meanwhile, in a large skillet over med-high heat, sauté apple and onion in coconut oil with curry powder and a few dashes of salt for about 10 mins and until softened.

Add broth, milk, and squash to the large skillet with the apple and onion and bring to a boil. Reduce heat and simmer uncovered for about 20 mins. Stir in salt to taste.

Use an immersion blender or transfer soup to a high-speed blender or food processor and blend until soup is smooth and creamy.

Garnish with toasted pumpkin seeds if desired.

GLUTEN-FREE "SPAGHETTIOS"

www.superhealthykids.com

INGREDIENTS:

- 4 carrots
- 1 stalk of celery
- 1 ½ cups of diced tomatoes
- 1 ½ cups of gluten-free "o" noodles - also called: Anelletti Pasta.
- salt to taste

DIRECTIONS:

Cook the carrots, celery, tomatoes, and salt in a pot until it is all soft enough to blend (About 10-15 minutes).

Then, once the veggies are soft, blend in a high-powered blender until smooth.

At this point, you can just add your cooked noodles to the sauce, or you can make it thinner. The sauce in real spaghettios is SUPER thin (and sweet), if you desire that, juice 2 more carrots, and add it back to the sauce to thin it out.

This recipe makes a large amount of sauce. Leftover sauce can be frozen in an air tight container.

AVOCADO CHICKEN SALAD

www.pinterest.com

INGREDIENTS:

- 2 or 3 boneless, skinless chicken breasts
- 1 avocado
- ¼ chopped onion
- juice of ½ a lime
- 2 Tbsp cilantro
- salt and pepper to taste

DIRECTIONS:

Roast chicken breast (season to taste) until done, let cool, and then shred.

Mix with all other ingredients in a medium size bowl. Add shredded chicken to the mixture and stir until well combined. Enjoy over a piece of gluten-free bread, rice cake, or bed of greens.

WHITE BEAN CHICKEN CHILI

www.SheWearsManyHats.com

INGREDIENTS:

- 7 cups chicken broth
- 4 – 15.8 ounce cans of organic great northern beans (cannellini or navy beans could be substituted)
- 1 tsp parsley
- 1 tsp cumin
- 1 tsp oregano
- 1 tsp paprika (optional)
- ¼ tsp ground red pepper (or ground cayenne pepper)
- ¼ tsp black pepper
- ¼ tsp salt
- 4 Tbsp olive oil (divided)
- 1¼ pound chicken breast, cubed
- 1 cup onion, diced
- 4 cloves garlic, minced
- 1 Tbsp jalapeno, chopped (about one jalapeno)
- 1 cup cilantro leaves, packed

DIRECTIONS:

In a large stock pot bring chicken broth and beans to a boil.

Add all seasonings (parsley, cumin, oregano, paprika, red pepper, black pepper, salt). Reduce heat to medium and let simmer.

In a sauté pan heat 2 tablespoons of olive oil over medium high heat. Add chicken and sauté about 3-5 minutes then add to pot.

In sauté pan heat the remaining 2 tablespoons of olive oil over medium heat. Add onion, garlic and jalapeno and sauté until softened, about 5 minutes.

Rough chop ½ cup of cilantro and add to onion, garlic and jalapeno mixture. Sauté for a few seconds then add all to pot.

Let chili simmer at least another 30 minutes, but the longer, the better. To thicken up chili a little use a potato masher to mash some of the beans up. A few mashes should do the trick. You could do this before adding the chicken if the beans are nice and soft.

Before serving, add the rest of cilantro.

HEALTHY LIVING
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DINNER

SPAGHETTI SQUASH WITH THAI PEANUT SAUCE

www.LeelaLicious.com

INGREDIENTS:

- 1 medium spaghetti squash
- olive oil
- salt
- 1 garlic clove, minced
- ¼ cup chopped parsley or cilantro
- 2 Tbsp crushed peanuts

Peanut Sauce:

- 1 can (14 ounces) coconut milk
- ⅔ cup natural, unsweetened peanut butter
- ¼ cup coconut sugar
- ¼ cup water
- 2 Tbs soy sauce (substitute Tamari to make gluten-free)
- 2 Tbp white or apple cider vinegar
- 2 tsp sesame oil
- 2 tsp red curry paste

DIRECTIONS:

Spaghetti Squash:
Preheat oven to 350° F. Half the squash and scoop out the seeds.

Drizzle inside with olive oil and sprinkle with salt. Place spaghetti squash cut side down on a baking sheet and roast for 25 minutes. When spaghetti squash is done roasting, take it out from oven and let cool for 10 minutes. Then, using a fork, scrape out the spaghetti squash strands. If your squash is very moist, you might have to place the strands in a colander and pat with paper towel.

Peanut Sauce:
Place all sauce ingredients in a medium saucepan and bring to a boil over medium-high heat. Then turn down to low and simmer for 5 minutes while stirring almost constantly.

Take off heat to cool sauce. Heat a skillet over medium heat. Add minced garlic, chopped parsley and ¼ cup of the ingredients in the peanut sauce pan and combine. Add spaghetti squash and crushed peanuts, stir to combine and cook until heated through (about 2 minutes).

Plate and garnish with a little more crushed peanuts and chopped parsley. Serve right away.

GRILLED CHICKEN WITH PINEAPPLE AVOCADO SALSA

www.pinterest.com

INGREDIENTS:

For Salsa:

- 2 cups diced pineapple
- 1 cup chopped cilantro
- 1 avocado, diced
- 1 jalapeño, seeded, finely chopped
- ½ cup diced red onion
- 2 Tbsp lime juice
- ¼ tsp salt
- ¼ tsp ground cumin
- ⅛ tsp ground black pepper

For Chicken:

- 4 chicken breasts, pound to 1/2-inch thickness
- 2 Tbsp olive oil
- Salt, to taste
- Ground black pepper, to taste

DIRECTIONS:

For the salsa: In a medium bowl, combine all ingredients. Reserve.

For the chicken: Brush the chicken on both sides with olive oil. Season with salt and pepper to taste.

Preheat grill or grill pan over medium-high heat. Cook the chicken until the internal temperature reaches 165°, about 5 minutes per side.

Remove chicken and allow it to rest for 5 minutes. Plate the chicken and top with desired amount of salsa.

SHRIMP & ASPARAGUS STIR FRY WITH LEMON SAUCE

www.homecookingmemories.com

INGREDIENTS:

- 4 Tbsp olive oil, divided
- 1 pound large raw shrimp, peeled & deveined
- 1 pound asparagus, ends trimmed and each stalk cut into 2-3" pieces
- ½ tsp salt, divided
- 1 tsp minced ginger (Gourmet Garden Ginger Paste)
- 1 tsp minced garlic

Lemon Sauce

- ⅔ cup chicken stock
- 1 Tbsp cornstarch
- 1 Tbsp sugar
- 1 Tbsp soy sauce (substitute Tamari to make gluten-free)
- ¼ cup lemon juice
- 1 tsp lemon zest

DIRECTIONS:

In a small bowl, whisk together all of the lemon sauce ingredients and set aside.

In a large frying pan, heat 2 tablespoons olive oil over medium-high heat. Add shrimp to pan in a single layer and cook for about 3 minutes, turning them over to cook both sides. Season shrimp with ¼ teaspoon salt. Shrimp should be beginning to pink on both sides and be opaque, but just slightly undercooked. Remove from frying pan and place shrimp on a plate.

In same frying pan, heat another 2 tablespoons of oil over medium-high heat. Add asparagus and cook until asparagus is tender-crisp, bright green, and just barely beginning to brown. Season asparagus with ¼ teaspoon salt (or more if needed). Add ginger and garlic and stir to combine with asparagus. Cook for another 30-45 seconds or so.

Pour in lemon sauce mixture into frying pan with asparagus. Add shrimp back into pan. Combine sauce with asparagus and shrimp. Simmer for about a minute or until sauce is thickened. Remove from heat and serve.

SPICY ASIAN CHICKEN

www.beyonddiet.com

INGREDIENTS:

- 1 lb. chicken breast, skinless, organic, free-range
- ½ cup coconut oil
- 6 Tbsp soy sauce (gluten free)
- 4 Tbsp honey
- 2 tsp apple cider vinegar
- ½ tsp garlic powder
- ½ tsp onion powder
- ¾ tsp red pepper flakes, crushed
- 4 cup celery stalk, fresh, organic

DIRECTIONS:

Preheat oven to 375°F.

Line a baking sheet with parchment paper. Wash and dry chicken well. Cut into tenders.

Heat coconut oil in a skillet. When oil is hot, fry chicken until light brown. Drain on paper towels.

Make a sauce by mixing together soy sauce, honey, apple cider vinegar, and seasonings.

Coat chicken in sauce, and place on a baking sheet. Bake for 15 minutes. Serve with celery sticks.

SLOW COOKER ENCHILADA QUINOA BAKE

www.cookingclassy.com

INGREDIENTS:

- 1 Tbsp coconut oil, melted
- 1 ¼ cups chopped yellow onion (1 medium)
- 1 ¼ cups chopped red bell pepper (1 medium)
- 3 cloves garlic, minced
- 1 ½ cups dry quinoa
- 2 ¼ cups organic vegetable broth
- 1 (14.5 oz) can tomatoes with green chilies, undrained
- 1 (8 oz) can tomato sauce
- 2 Tbsp chili powder
- 1 ½ tsp ground cumin
- Salt and freshly ground black pepper, to taste
- 1 (14.5 oz) can organic black beans, drained and rinsed
- 1 (14.5 oz) can organic pinto beans, drained and rinsed
- 1 ½ cups frozen corn
- 1 ½ cups dairy-free cheddar or Mexican blend cheese

Optional serving toppings: Diced avocados, diced Roma tomatoes, chopped cilantro, lime wedges, chopped green onions

DIRECTIONS:

Heat canola oil in a skillet over medium-high heat. Add onion and bell pepper and sauté 3 minutes. Add garlic and sauté 30 seconds longer. Pour mixture into a slow cooker.

Stir in quinoa, vegetable broth, canned tomatoes, tomato sauce, chili powder, cumin, and season with salt and pepper to taste. Cover and cook on HIGH heat about 2 hours 45 minutes - 3 hours 15 minutes (cook time can vary because all slow cookers cook a little differently so just keep an eye on it near the end to make sure it's neither getting soggy or drying out near the edges).

Add corn, black beans and pinto beans and toss mixture. Even top then sprinkle with cheese. Cover and cook until heated through and cheese has melted about 10-15 minutes longer. Serve warm with desired toppings.

ZESTY PAPRIKA CHICKEN THIGHS WITH CITRUS BRUSSEL SPROUTS & POTATOES BAKE

www.fooddonelight.com

INGREDIENTS:

- 1 lemon
- 1 orange
- 1 ½ lb. brussel sprouts, trimmed and halved
- 4 small shallots, quartered
- 1 lb. baby potatoes, quartered
- 1 Tbsp plus 2 tsp olive oil, divided
- 1 tsp salt, divided
- ½ tsp fresh ground black pepper, divided
- 2 cloves garlic, minced
- 1 Tbsp smoked paprika
- 1 tsp dried thyme
- 1 lb. boneless, skinless chicken thighs

DIRECTIONS:

Preheat to 450°.

Zest the lemon and the orange. Then thinly slice the fruit.

In a large bowl, toss brussel sprouts, shallots, potatoes, lemon and orange slices with 1 Tbsp oil, ½ tsp salt and ¼ tsp fresh ground black pepper.

Pour onto a large baking sheet.

In a small bowl, mix together garlic, ½ tsp salt, ¼ tsp black pepper, paprika, thyme, zest and 2 tsp oil. Brush over the chicken.

Place chicken onto the baking sheet in between the brussel sprouts.

Roast for 20 to 25 minutes. Brussel sprouts should be tender and chicken should be cooked to 165°. If the chicken is done but vegetables are not tender, place the chicken on a plate and cover with foil. Continue to cook the vegetables until tender.

LENTIL "MEAT" LOAF WITH SMOKED PAPRIKA GLAZE

www.plantoeat.com

INGREDIENTS:

For the Loaf:

- 2 cups cooked lentils
- 1 cup shredded potato (about 1 medium potato)
- 1 cup finely chopped celery
- 1 small finely chopped onion
- 1 Tbsp garlic, minced
- 1 Tbsp olive oil
- 1 cup gluten-free quick rolled oats
- ½ cup parsley
- 1 cup tomato sauce
- 1 Tbsp flaxseed meal
- 2 Tbsp warm water
- 1 Tbsp thyme, chopped
- 1 Tbsp rosemary, chopped
- Salt and pepper to taste

For the Glaze:

- 2 Tbsp organic ketchup
- ¼ tsp smoked paprika

DIRECTIONS:

Preheat oven to 350° F.

Mix the flaxseed meal in the warm water and set aside.

Heat olive oil in a skillet over medium-low heat and add the onion and celery season with salt and pepper. Cook until starting to get very soft. Add the garlic and cook a minute or two longer. Remove from the heat.

In a large bowl combine all of the loaf ingredients including the flaxseed meal and water mixture into a large bowl. Re-season with salt and pepper. Stir until well mixed.

Turn the meatloaf mixture into a lightly greased loaf pan.

In a small bowl mix the ketchup with the smoked paprika and brush the top of the loaf.

Bake for 50 minutes. Allow to cool for at least 10 minutes to cool before removing from the pan.

CREAMY FETTUCCINE ALFREDO

www.jenniferskitchen.com

INGREDIENTS:

- 14 ounces uncooked gluten-free fettuccine pasta
- 1 cup raw cashews, scant
- 3 ½ cups water – divided
- 2 ½ tsp granulated onion
- ¼ tsp dried basil
- ¼ tsp granulated garlic
- 1 pinch dried sage (just a tiny pinch, no more)
- 1 ½ tsp salt
- 2 tsp fresh lemon juice
- 1 tsp tahini
- 2 Tbsp cornstarch
- 2 Tbsp olive oil
- ¼ cup fresh chopped parsley

Additional serving suggestions: grilled chicken, shrimp, fresh steamed broccoli

DIRECTIONS:

Cook pasta according to package directions.

Meanwhile, wash cashews in a colander under very hot water.

Place drained cashews, 1 1/2 cups water, seasonings (except parsley), lemon juice, and tahini in blender and blend until very smooth. Mixture should be very smooth with no graininess.

Add cornstarch and blend until well mixed.

Add olive oil and blend until well mixed.

Pour mixture into a saucepan. Rinse blender out with remaining 2 cups water and pour into saucepan.

Bring mixture to boil over medium to medium-high heat, stirring constantly (Using a heat-proof spatula against the bottom of the pan will help prevent mixture from scorching).

Allow to boil for 10 to 15 seconds. Remove from heat. Stir in parsley.

Drain pasta. Combine pasta and sauce and toss until well coated.

Season to taste. Serve hot.

CASHEW CHICKEN QUINOA BAKE

www.fitfoodiefinds.com

INGREDIENTS:

- 1 cup quinoa, rinsed and uncooked
- 1 cup yellow onion, minced
- 2 medium red peppers, chopped into bite-sized pieces
- 3 large chicken breasts, diced into bite-sized pieces
- ½ cup gluten-free hoisin sauce
- 1 Tbsp minced garlic
- 2 Tbsp soy sauce or tamari (low sodium)
- ½ Tbsp fresh ginger, minced
- 1 cup water
- 1 cup cashews, roasted and slightly salted
- green onion for garnish

DIRECTIONS:

Preheat oven to 375°F and spray a casserole dish with coconut oil cooking spray.

Next, place 1 cup uncooked quinoa on the bottom of the casserole dish and layer on diced onion and red pepper on top. Place sliced chicken on top of veggies.

Prep sauce by mixing together hoisin sauce, minced garlic, soy sauce, fresh ginger, and 1 cup of water. Whisk everything together.

Evenly pour sauce over chicken breast.

Bake at 375° for 45 minutes, uncovered. Remove from oven and add 1 cup of cashews and bake for another 10 minutes.

Garnish with green onion.

ASIAN TURKEY MEATBALLS WITH LIME CILANTRO DIPPING SAUCE

www.skinnytaste.com

INGREDIENTS:

- ¼ cup panko crumbs
- 1 and ¼ lbs 93% lean ground turkey
- 1 large egg
- 1 Tbsp ginger, minced
- 1 clove garlic, minced
- ½ tsp kosher salt
- ¼ cup chopped fresh cilantro
- 3 scallions, chopped
- 1 Tbsp low-sodium soy sauce
- 2 tsp sesame oil

For the Dipping Sauce:

- 3 Tbsp low-sodium soy sauce
- 1 ½ tsp sesame oil
- 1 ½ Tbsp fresh lime juice
- 1 ½ Tbsp water
- 1 Tbsp chopped fresh scallion

DIRECTIONS:

Preheat oven to 500°F.
In a large bowl combine the ground turkey, panko, egg, salt, scallions, Healthy Living Rules Cookbook - Dinnersginger, cilantro, 1 Tbsp of the soy sauce and 2 tsp sesame oil. Gently mix with your hands until combined well. Shape meatballs 1/4 cup in size and transfer to a baking sheet. Bake until cooked through and browned, about 15 to 18 minutes.

For the dipping sauce: mix the lime juice, water, soy sauce, and remaining 2 teaspoons of oil in a bowl. Add the scallions and set aside.

Transfer the meatballs to a serving dish. Stir the sauce, then drizzle the meatballs with a little of the sauce. Serve the meatballs with the remaining sauce on the side. Suggested serving along with zucchini noodles.

HEALTHY LIVING
Rules
COMPLETE

COMPLETE CHOCOLATE PEANUT BUTTER LAVA CAKE

INGREDIENTS:

- 1 scoop of chocolate Juice Plus+ Complete mix
- ¼ tsp baking powder
- 3 Tbsp almond milk
- 1 egg
- 1 dollop of peanut butter

DIRECTIONS:

Preheat the oven to 425 degrees.

Add all the dry ingredients to a small bowl and mix well. Whisk in the almond milk and egg.

Spray non-stick spray on an oven-safe mug or bowl and pour in the batter. Bake for 8-10 minutes, then add the peanut butter on the top. Bake for an additional 2 minutes.

Enjoy warm!

VANILLA COMPLETE ENERGY BARS

INGREDIENTS:

- 1 cup of vanilla Juice Plus+ Complete mix (3 scoops)
- 1 cup of natural peanut butter
- 1 cup of uncooked oatmeal
- ½ cup of raw honey
- 1 cup chopped walnuts (optional)
- 1 cup of dark chocolate chips

DIRECTIONS:

Mix all of the above ingredients in a large bowl and press out onto a cookie sheet.

Cut into bite-sized squares.

Chill in the fridge for about 1 hour or until they firm up.

Can be stored in an airtight container in the fridge or freezer (they thaw quickly).

COMPLETE PUMPKIN OAT MUFFINS

INGREDIENTS:

- 2 cups gluten-free rolled oats
- 2 scoops of vanilla Juice Plus+ Complete mix
- 2 cups all-natural pumpkin puree (one 12 oz can)
- 1 cup unsweetened almond milk
- 2 eggs
- 1 tsp stevia (or sweetener of choice)
- 1 tsp baking powder
- ½ tsp vanilla extract
- ½ tsp cinnamon
- ½ cup cacao chips (dark chocolate)

DIRECTIONS:

Preheat oven to 350 degrees.

In a large bowl, combine all ingredients well.

Scoop batter evenly into muffin tin (use cupcake liners or lightly grease).

Bake 17-18 minutes, until center is set.

Cool on a cooling rack.

COMPLETE SNICKERDOODLE COOKIES

INGREDIENTS:

- 1 scoop of vanilla Juice Plus+ Complete mix
- 1 ¼ cup almond meal
- ½ Tbsp coconut flour
- 1 egg
- ¼ cup honey (add a bit more if you like a sweeter cookie)
- ¼ cup melted coconut oil
- ½ tsp cinnamon
- ½ tsp nutmeg
- ½ tsp baking soda
- ¼ tsp sea salt

DIRECTIONS:

Preheat oven to 350 degrees.

Mix all ingredients well, then place in fridge to chill 30 minute to one hour.

Line baking sheet with parchment paper.

Roll into 1-inch balls and flatten with a spoon.

Sprinkle with some additional cinnamon if desired.

Bake for 10-12 minutes.

COMPLETE CINNAMON ROLLS

INGREDIENTS:

Rolls:

- 1 scoop of vanilla Juice Plus+ Complete mix
- 4 egg whites
- 1 Tbsp cinnamon
- ¼ cup unsweetened almond milk

Sauce:

- ½ cup non-dairy yogurt
- ½ scoop vanilla Juice Plus+ Complete mix
- 1 tsp cinnamon

DIRECTIONS:

Combine ingredients for the sauce in a small bowl, mix well and set to the side.
To make the roll, mix ingredients together in a blender or with a hand mixer.
Pour mixture into a pan that has been lightly greased with coconut oil.
Cook on a low heat for about 10 minutes (DO NOT FLIP like a pancake).
Once cooked, lay the roll flat on parchment paper and cut into strips.
Spread the sauce and roll it up!

COMPLETE CHOCOLATE "KRISPY" TREATS

INGREDIENTS:

- ½ cup honey
- ½ cup natural nut butter
- ½ cup chocolate Juice Plus+ Complete mix
- 4 cups gluten-free puffed millet cereal

DIRECTIONS:

In a medium saucepan, heat honey for about 1 minute over medium heat.

Remove from heat and add nut butter. Stir until well combined.

Add in Juice Plus+ Complete powder, stirring until well blended.

Add in the cereal.

Mix together using your clean hands.

Roll into balls or press into a pan and cut into squares.

COMPLETE CHOCOLATE COCONUT TRUFFLES

INGREDIENTS:

- 1 cup almond butter
- 3 Tbsp honey
- ⅛ tsp fine sea salt
- 1 scoop chocolate Juice Plus+ Complete mix
- Shredded coconut

DIRECTIONS:

In a large bowl, combine the almond butter and honey. Stir until well blended.

Add in the Complete mix and the sea salt, stirring until all ingredients are incorporated.

Use a spoon to scoop a portion of the mixture up, roll it in the palm of your hand to make a ball shape.

Roll the truffle in shredded coconut.

Chill for an hour and serve.

COMPLETE PUDDING

INGREDIENTS:

- 1 medium avocado, ripe
- 2 Tbsp unsweetened cocoa powder
- 2 Tbsp honey or agave nectar
- 6 Tbsp almond milk
- 1 scoop of either vanilla or chocolate Juice Plus+ Complete mix

Optional toppings: pistachios or other nuts, berries

DIRECTIONS:

Cut open the avocado and scoop out the pit. Cut it into large chunks and put in the blender.

Add the cocoa, honey or agave, almond milk, and Complete.

Blend, starting on low and then moving to high speed until it is smooth.

If the avocado is larger, you will need a bit more of each ingredient. If it is too thick, drizzle in a bit more almond milk. Add more cocoa or honey or agave to taste.

Refrigerate the pudding and serve cold.

Top with pistachios or other nuts or berries. Enjoy!

HEALTHY LIVING *Rules*

SNACKS

HEALTHY HOMEMADE MANGO FRUIT ROLL-UPS

www.justataste.com

INGREDIENTS:

- 4 cups diced ripe mango (from about 3 large mangoes)

DIRECTIONS:

Preheat the oven to 175°F and line two rimmed baking sheet with parchment paper.

Puree the mango in a food processor or blender until smooth.

Divide the purée evenly between the two prepared pans, and using an off-set spatula, spread the purée as flat and as evenly as possible until it's about 1/8-inch thick.

Bake the purée for 3 to 4 hours. The fruit roll-ups are done when the purée is dry to the touch and pliable. If the bottom side of the roll-ups is still wet after some time, flip the roll-ups over and continue baking them until they are fully dried.

Remove the roll-ups from the oven. Place a piece of wax paper on top of the roll-ups and then peel off the wax paper and the roll-ups together. Cut the sheet into long strips and then roll up the strips.

GLUTEN-FREE BANANA MUFFINS

www.wholelifestylenutrition.com

INGREDIENTS:

- 1 cup nut butter
- 2 medium-sized bananas
- 2 large eggs
- 1 tsp vanilla
- 2 Tbsp of raw honey
- ½ tsp baking soda
- 1 tsp apple cider vinegar

Toppings: dehydrated unsweetened coconut flakes, raisins, flaxseed, dark chocolate chips, cinnamon, and/or anything else you can think of. Feel free to lather on apple butter, strawberry preserves, or even more peanut butter. Ever heard of carrot jam? It's very tasty with this snack, too!

DIRECTIONS:

Preheat oven to 400 degrees F.

Place all ingredients into a blender or food processor. You can also use a stick blender if you have one. Blend until well mixed.

Pour batter into a greased muffin tin. You can also use a mini muffin tin to make 24 mini muffins.

Add additional toppings of your choice to each muffin and lightly stir into each cup.

Cook time: 15 minutes for full-size muffins and 10 minutes for mini muffins.

Reheat in a toaster oven for about 4 minutes at 350 degrees F, or eat at room temperature.

ROOT VEGGIE CHIPS

www.superhealthykids.com

INGREDIENTS:

- Thinly sliced variety of roots- including sweet potatoes, beets, yucca, rutabaga, turnips, and parsnips
- Olive oil (enough to coat both sides of veggies)
- Salt (sprinkled on veggies)

DIRECTIONS:

Wash, peel and thinly slice vegetables (to 1/8 inch or thinner). Place all veggie slices in a bowl and drizzle with olive oil. Arrange slices on a cookie sheet and sprinkle with salt. Bake at 400 degrees for about 30 minutes, or until your veggies are crispy, but not burned!

CHOCOLATE AND RASPBERRY CHIA PUDDING

www.mariaushakova.com

INGREDIENTS:

- 6 Tbsp chia seeds
- 2 cups coconut milk beverage or any non-dairy milk
- 6 large squares dark chocolate (yield about 2 Tbsp melted + 4 Tbsp grated chocolate to decorate)
- ½ cup fresh or frozen raspberries + a few raspberries to decorate

DIRECTIONS:

In a small pot melt about 4 chocolate squares over low heat (should yield about 2 tablespoons melted chocolate). Add 1 cup of the coconut milk beverage or your favorite non-dairy milk and stir until combined making sure the mixture doesn't become too hot. Turn off the heat and let it cool to the room temperature.

In the meantime, add the raspberries and 1 cup of coconut milk beverage or your favorite non-dairy milk to a blender and puree until smooth. Pour the mixture into a jar or a glass container and add 3 tablespoons of chia seeds. Mix well until all the chia seeds are covered with the liquid. Cover with a tight lid and place in the refrigerator.

Once the chocolate mixture is cool, pour it into a jar or a glass container and add 3 tablespoons of the chia seeds. Mix well until all the chia seeds are covered with the liquid. Cover with a tight lid and place in the refrigerator. Keep the chia seeds in the fridge overnight or for at least 8 hours.

Once ready to prepare the pudding, check the consistency of the chocolate chia. If you find it too thick add 2 or 3 tablespoons of the milk of your choice and mix well.

Divide the chocolate chia in half and place each half into 2 small bowls or dessert glasses. Divide the raspberry chia in half and place on top of the chocolate chia.

Grate the remaining 2 squares of the dark chocolate using a grater or shave it with a knife. To decorate the chia pudding, add about 2 tablespoons of the shaved chocolate and a few raspberries to each dessert glass.

LEMON BARS

www.foodfaithfitness.com

INGREDIENTS:

For the crust:

- 1/4 cup honey
- 1/2 cup coconut oil at room temperature (it should be the consistency of soft butter)
- pinch of salt
- 1 cup coconut flour, sifted

For the lemon topping:

- 3 eggs
- 1/2 cup honey
- 2 tsp lemon zest (about 1 large lemon)
- 2 tsp coconut flour, sifted
- 1/2 cup fresh* lemon juice (about 3 large lemons)

DIRECTIONS:

Preheat oven to 350 degrees and generously rub an 8x8 inch pan with coconut oil. Set aside.

In a large bowl, using an electric hand mixer, beat together the honey, coconut oil and pinch of salt until creamy and well combined. Stir in the coconut flour until a dough forms.

Press the dough evenly into the prepared pan and bake until just lightly golden brown, about 8 minutes. ** Once cooked, let cool for 30 minutes.

Lower the temperature of your oven to 325 degrees and lower the oven rack to the 2nd from the bottom position.

Once the crust has cooled, gently whisk together the eggs, honey and lemon zest in a large bowl. Do NOT use an electric mixer here or you will over-beat the eggs and the topping will crack once baked. Use a hand whisk.

In a separate medium bowl, whisk the coconut flour into the lemon juice, 1 tsp at a time, until well mixed. Make sure you continually whisk as you add the flour so that it doesn't clump up.

Pour the lemon juice mixture into the egg mixture, whisking while you pour, until evenly combined.

Pour the topping over top of the cooled crust and bake until it is just set, and the very center is just slightly jiggly, about 21-23 minutes. Let cool completely at room temperature. Then, cover and refrigerate for at least 6 hours, best over-night. You need to let the crust completely cool, or it will be soft.

Cut the bars into squares and DEVOUR.

NOTES

*Do NOT use lemon juice from a bottle, it tastes completely different than fresh. I tried it. Not good.
** Make sure you DON'T OVER-BAKE it. I did once, and it completely makes the lemon layer bake funny, and makes it almost disappear. You want it to be golden brown on the edges and VERY light brown on the inside.

ICED PUMPKIN COOKIES

www.mywholefoodlife.com

INGREDIENTS:

For the cookies:

- 1 ¼ cup cashew butter
- ¾ cup pumpkin
- 3 Tbsp maple syrup
- 1 ½ tsp cinnamon
- ½ tsp ginger
- ¼ tsp cloves
- ¼ tsp nutmeg

For the icing:

- 1 ½ Tbsp coconut butter
- 2 Tbsp almond milk
- 2 tsp maple syrup

DIRECTIONS:

Preheat oven to 350 degrees.

In a food processor, combine all the cookie ingredients. Blend until smooth.

Using a cookie scoop, drop cookies onto a lined baking sheet.

Bake for 10-12 minutes.

Once the cookies are done, place them on a rack to cool while you make the icing.

To make the icing, combine all the ingredients in a small blender or food processor.

Spoon icing over each cookie and them place in the fridge to firm up. Should take 5 minutes or so.

Store these cookies in the fridge. They should last a couple weeks. Enjoy!

CUCUMBER HUMUS WITH DILL

www.VeganFamilyRecipes.com

INGREDIENTS:

- 2 cups chickpeas or garbanzo beans (rinsed and drained from can or soaked and cooked dried chickpeas)
- 2 springs fresh Dill (washed, stems removed)
- ½ cucumber (washed, skin on, roughly chopped)
- ½ teaspoon Salt
- 2 Tbsp lemon juice
- 1 Tbsp olive oil (or more, optional)
- 2 Tbsp tahini
- 1 small garlic clove

DIRECTIONS:

Put all ingredients in a food processor or blender and pulse/blend until smooth, scraping down the sides if needed.

Scoop humus into a bowl and drizzle with olive oil.

Serve with veggies, gluten-free crackers, or bread.

NOTES:

1) Cucumber humus will keep in fridge for up to 5 days, covered.
2) If humus is too watery, add more chickpeas. If humus is too thick, add more cucumber or a bit of water.
3) This recipe is very kid-friendly. That being said, if it tastes too bland for you, add more garlic, salt, and pepper. This humus also tastes great topped with cayenne pepper.

CRUNCHY CHICKPEAS

www.altonbrown.com

INGREDIENTS:

- 1 lb. dried chickpeas
- 1 ¼ cup red wine vinegar
- 1 ½ tsp plus 2 tsp kosher salt
- Water
- 1 tsp Dijon mustard
- 2 Tbsp olive oil

DIRECTIONS:

Preheat the oven to 400 degrees.

Put the chickpeas in a medium bowl and add 1 cup red wine vinegar, 1 1/2 teaspoons kosher salt and enough cold water to cover by 1 inch. Soak overnight.

Drain the chickpeas, return them to the bowl and set aside.

Put 1/4 cup of the vinegar and the mustard in a small container and shake vigorously to combine. Add the oil and shake to combine.

Pour the dressing over the chickpeas and toss to combine. Spread the chickpeas on a half sheet pan and sprinkle with 2 teaspoons kosher salt and roast for 60 to 65 minutes, tossing every 15 minutes, or until the chickpeas are deep golden brown and crunchy. Remove from the oven, return to the mixing bowl.

Taste and salt if desired.

Transfer back to the sheet pan and spread out to cool completely before serving.

SUPERFOOD GRANOLA

www.anunrefinedvegan.com

INGREDIENTS:

- 1 ½ cups gluten-free rolled oats
- 1 cup pecans, roughly chopped
- ¼ cup goji berries
- ¼ cup cacao nibs
- ¼ cup chia seeds
- ¼ cup hemp seeds
- 2 tsp cinnamon
- 1 tsp maca powder
- ¼ cup tahini
- 4 medjool dates, pitted and soaked in water for an hour, drained
- ¼ cup pure maple syrup
- ¼ cup coconut oil, melted

DIRECTIONS:

Preheat the oven to 250-degrees and line a baking sheet with parchment paper.

In a large bowl, stir together the oats, pecans, goji berries, cacao nibs, chia seeds, hemp seeds, cinnamon and maca powder.

In a high-speed or regular blender, process the tahini, dates, maple syrup and coconut oil until smooth (a few bits of date is fine). Pour this mixture in with the oat mixture and stir thoroughly, making sure the seeds and powders are really mixed in.

Spread the granola onto the prepared baking sheet and bake for about 1 hour, stirring every 20 minutes or so. The granola will still be soft when you first take it out of the oven, but it crisps up as it cools. Let it cool completely before putting it in an air-tight container.

NOTES:

A trick for keeping the parchment paper from sliding around when stirring the granola is to spritz the pan in a few places with cooking oil. Then place the parchment down and squiggle it a little. Adheres like a dream!

ALL-PURPOSE GLUTEN-FREE FLOUR MIX RECIPE

www.alittleinsanity.com

INGREDIENTS:

- 1 Bag (24 oz or 4.25 Cups) Brown Rice Flour
- 1 Bag (24 oz or 4.25 Cups) White Rice Flour
- 1 Bag (24 oz or 4.25 Cups) Sweet Rice Flour
- 1 Bag (20 oz or 4.5 Cups) Tapioca Flour (aka Tapioca Starch)
- 2½ Tbsp (0.8 oz) Xanthan Gum

DIRECTIONS:

Pour all of the ingredients into an extra-large bowl and mix until well incorporated - this will take about 3-5 minutes with a whisk. Do not skimp on the mixing... otherwise, the ingredients will not be blended appropriately and will not achieve the same results. Store flour in an airtight container.