

In the Kitchen

with
Hammer Nutrition

Healthy
Delicious
Real Food Recipes

OVER 100 HEALTHY RECIPES!



Hammer Nutrition dishes up fresh ideas for healthy, wholesome meals!

Because good nutrition doesn't stop at the finish line, *In the Kitchen with Hammer Nutrition* emphasizes eating whole, unprocessed foods for peak performance and health year-round. These recipes make it delicious and easy. Check out our collection of refreshing drinks and smoothies, fresh salads, protein-packed main dishes, and even delectable desserts. You'll find vegan, gluten-free, and allergen-free options too.

All recipes, unless noted, are from the kitchen of Laura Lee Labelle.

Food Allergen Disclaimer: *These recipes may contain peanuts, dairy, wheat, or other ingredients that may be problematic for those with food allergies. Clients concerned with food allergies need to be aware of this risk. We will not assume any liability for adverse reactions to foods consumed, or items one may come in contact with while preparing recipes from *In the Kitchen with Hammer Nutrition*.*

Main Contents:

Smoothies and Drinks.....	3
Breakfast.....	13
Salads	29
Sauces and Dressings	57
Soups	93
Sides	105
Entrées.....	127
Desserts	173





Smoothies & Drinks

Blackberry Banana	4
PB & J	5
Blueberry Chai	5
Busy Bee	5
Date Smoothie for Two	6
Green Protein	6
Strawberry Blonde	6
Green Tea Berry	7
Strawberry Watermelon	7
Almond Milk	8
Horchata at Home	9
Iced Hammer Mocha Latte	10
Gingersnap Smoothie	11



Incorporate the numerous health benefits of Hammer Whey Protein, Hammer Vegan Protein, and Hammer Soy Protein into your daily diet.

Smoothie Wrap Up:

Blend all ingredients in a blender. Enjoy!

*Homemade Almond Milk recipe, page 8



Blackberry Banana Smoothie

Makes 1 serving

1/2 cup blackberries (frozen or fresh)

1 banana

1/2 cup almond milk (or lowfat milk, soy milk, or rice milk)

1 scoop Vanilla Hammer Protein (Whey, Vegan, or Soy)



PB & J Smoothie

Reader Recipe

Makes 1 serving

1 cup frozen blueberries

1 banana

1 Tbsp. peanut butter

1 cup nonfat yogurt (any flavor)

Almond milk (or any milk substitute),
to desired consistency

1 scoop Unflavored Hammer Whey Protein

Blueberry Chai Smoothie

Reader Recipe

Makes 1 serving

1 scoop Chai Hammer Whey Protein

1 cup frozen blueberries

1 tsp. fresh ground flax seed

1 cup almond milk

1/2 tsp. cinnamon

1/2 cup water

Busy Bee Smoothie

Makes 1 serving

2 cups almond milk (or any milk substitute)

1 scoop Vanilla Hammer Protein (Whey, Vegan, or Soy)

1 Tbsp. almond butter

1 banana

1 tsp. honey

1 tsp. lecithin



Date Smoothie for Two

Makes 1 serving

1 1/2 cups almond milk (or any milk substitute)

1 cup ice

4 scoops Vanilla Hammer Protein (Whey, Vegan, or Soy)

2 bananas

1/2 cup dates

Green Protein Smoothie

Makes 1 serving

1 cup shredded, fresh organic kale (loose, not packed)

1 cup frozen pineapple chunks

1 cup almond milk (or any milk substitute)

1 large ripe banana (I like to freeze my banana chunks)

1-2 scoops Vanilla Hammer Protein (Whey, Vegan, or Soy)

Strawberry Blonde Smoothie

Makes 1 serving

1 cup orange juice

1 banana

6 frozen strawberries

1 scoop Vanilla Hammer Protein (Whey, Vegan, or Soy)



Green Tea Berry Smoothie

Makes 1 serving

1 1/2 cups chilled green tea

1 cup mixed frozen berries

1 banana

1/4 cup Vanilla Hammer Protein (Whey, Vegan, or Soy)

1 Tbsp. flax seed

Strawberry Watermelon Smoothie

Reader Recipe - John Maniaci

Makes 1 serving

3 strawberries

2 cups watermelon

2 Tbsp. nonfat yogurt

1 scoop Unflavored Hammer Whey



Almond Milk

From the Kitchen of Laura Lee Labelle

Ingredients:

- 5 cups filtered water
- 1 cup raw almonds
(blanched or not)
- 1/3 cup pitted dates
(Medjool recommended)
- 1/2 vanilla bean
(or 1 tsp. extract)

Preparation:

Add all ingredients (if you use a bean, cut it open and scrape out the paste inside of it) to a blender, and puree for 2 minutes on high. Pour mixed ingredients through a fine sieve. This is a very creamy, slightly sweet version of almond milk that my kids love and so do I.

TIP:

Blanching almonds is easy. Just bring water to a boil and then add almonds. Boil for 3 minutes. Cool, rub off the skins and discard.



Horchata at Home

Reader Recipe - Steve Sundra

Ingredients:

5 cups filtered water

1 cup raw almonds
(blanched or not)

1/3 cup pitted dates
(Medjool recommended)

1/2 vanilla bean
(or 1 tsp. extract)



TIP:

This recipe is even better if half of the water is replaced with ice.

Preparation:

Combine the ingredients in a tall glass, stir well, and enjoy.

Suggestion: For stronger flavor, replace half of the water with ice.



Iced Hammer Mocha Latte

Ingredients:

- 2 scoops Chocolate Hammer Whey Protein
- 1 cup organic 1% milk (or milk substitute of your choice)
- 1 cup cold coffee
- 1/2 cup crushed ice
- 1 packet natural stevia sweetener (optional)

Preparation:

Combine all ingredients in a tall glass, stir well, and enjoy!



Gingersnap Smoothie

Reader Recipe - Christy Jones

Ingredients:

- 6 oz. soy milk
- 6 oz. chai tea
- 1 scoop Vanilla Hammer Soy Protein
- 1 Tbsp. blackstrap molasses
- 1 Tbsp. powdered ginger
- 1/4 tsp. cinnamon
- 1 cup ice
- 1 ripe banana (optional)

TIP:

Add some Hammer Soy powder to thicken it up and get your protein too!

Preparation:

Put all of the ingredients in a blender, blend until smooth, and enjoy! This is easy to make, tastes like a gingersnap cookie, and is a great source of protein along with iron, calcium, and potassium (thanks to the blackstrap molasses).





Breakfast

Amaranth Granola Bars	15
Basic Pancakes	16
Breakfast Quinoa	17
Easy Vegan Pancakes	19
Gingerbread Oatmeal	20
Hot Turmeric Cereal	21
Kale and Scrambled Eggs with Feta	23
Kale and Quinoa Frittata	25
Kale and Soft-Boiled Eggs	26
Protein Scramble	27





14

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Amaranth Granola Bars

From the Endurance News Staff

Makes 12-18 bars

Ingredients:

- 4 Tbsp. raw amaranth
- 1 cup dried, unsweetened, shredded coconut
- 1 1/2 cups mixed seeds and nuts (toasted sesame seeds, sunflower seeds, pumpkin seeds, ground flax seeds, chopped walnuts, or almonds)
- 1/2 cup almond or peanut butter
- 2 packets Peanut Butter or Nocciola Hammer Gel
- 1/4 cup maple syrup
- 1 tsp. vanilla extract
- 1/2 cup dried cranberries or blueberries

Preparation:

Butter or oil an 8-inch square baking dish. (If pan is metal, line it with oiled parchment paper.) To puff the amaranth, heat a large skillet over high until it is very hot. Puff 1-2 tablespoons (a single layer) of amaranth at a time, stirring constantly, until most of the amaranth has popped. (Not every seed needs to pop.) Pour the popped amaranth into a bowl. Repeat until all amaranth is puffed.

In a medium-size bowl, mix together the amaranth, coconut, seeds, and nuts. In a small saucepan over medium heat, warm the peanut or almond butter until it is pourable. Remove from heat, then add the Hammer Gel, maple syrup, and vanilla. Stir the liquid mixture into the amaranth and nut mixture and stir until evenly combined. Add the dried fruit and mix again. Spread the mixture into an even layer in the baking dish. Refrigerate for at least 90 minutes until set.

Cut into bars, then store in an airtight container in the refrigerator.



Basic Pancake

Makes 4 servings

These basic pancakes are perfect for a weekend morning or holiday breakfast, along with sausages or bacon and your favorite toppings. Serve these delicious pancakes with plenty of butter and maple syrup, or use your own favorite syrup or fruits on them.

Ingredients:

- 2 cups all-purpose flour, stirred or sifted before measuring
- 2 1/2 tsp. baking powder
- 3 Tbsp. granulated sugar
- 1/2 tsp. salt
- 2 large eggs
- 1 1/2 to 1 3/4 cups milk
- 2 Tbsp. melted butter

Preparation:

Sift together flour, baking powder, sugar, and salt. In a separate bowl, whisk together eggs and 1 1/2 cups of milk. Then, add to flour mixture, stirring only until smooth. Blend in melted butter. If the batter is too thick, add milk. Cook on a hot, greased griddle, using about 1/4 cup of batter for each pancake. Cook until lightly browned on both sides.



Breakfast Quinoa

Makes 1 serving

Ingredients:

2 cups water
1/3 cup raisins (or other dried fruit)
Pinch of salt (optional)
1/4 tsp. cinnamon
1 cup quinoa

Preparation:

In a sauce pan, boil 2 cups water with raisins, pinch of salt, and cinnamon. Once liquid is at a rolling boil, add quinoa, stir, and reduce heat. Simmer until water is absorbed (approximately 5 minutes, as every stove is different). Remove from heat and let stand 5 minutes. Garnish with rice milk, fruit and agave nectar. Enjoy!





18

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Easy Vegan Pancakes

Makes 2 servings

Ingredients:

3/4 cup rolled oats (or oat flour)

1/2 cup almond milk
(or other milk alternative)

1/2 banana

Oil to coat pan

Preparation:

Mix oats in a blender or food processor to make flour. Add banana and milk. Spoon onto a hot oiled grill or pan, cook on both sides and enjoy.



Gingerbread Oatmeal

Makes 1 serving

Ingredients:

1/2 cup old fashioned oats
1 cup water
1 tsp. fresh, grated ginger
1 tsp. fresh, grated turmeric root
1/4 cup dried currants
1/2 tsp. powdered cinnamon
1 Tbsp. molasses
2 tsp. golden flax seeds

Preparation:

Cook oats in water along with the fresh ginger, turmeric, currants, and cinnamon. Drizzle the cooked cereal with the molasses, then sprinkle with the flax seeds. For a little additional sweetness, add a bit of honey or coconut sugar.



Hot Turmeric Cereal

Makes 2 servings

Ingredients:

- 2 servings oatmeal or hot rice cereal
- 2 tsp. grated fresh turmeric
(or 4 Tissue Rejuvenator capsules)
- 1 tsp. honey (if using Tissue Rejuvenator)

Preparation:

In a medium-size saucepan, prepare the cereal according to package directions. For extra flavor, cook cereal in almond milk instead of water. As the cereal cooks, add either the turmeric or Tissue Rejuvenator capsules. (Break open the capsules and pour the contents into the cereal.) If using Tissue Rejuvenator, add the honey to offset the slightly bitter flavor. Serve with your choice of toppings and milk.





Kale & Scrambled Eggs with Feta

Makes 4 servings

Ingredients:

- 1 tsp. ghee or olive oil
- 1 medium onion, finely chopped
- 1 large bunch kale, finely chopped
- 1/2 cup chicken or vegetable broth
- 8 large organic free-range eggs
- 2 tsp. crumbled feta cheese
- 1 tsp. ghee or olive oil

Preparation:

In a medium-size skillet, heat the ghee or oil, then brown the onion. Add kale and broth, then steam for 4 minutes. Remove skillet from the heat and set it aside.

In a small bowl, whisk the eggs until fluffy. Stir in feta. In a separate nonstick pan, heat the ghee or olive oil, then add the egg-feta mixture. Gently stir and cook the eggs to your liking. Plate kale and onion mixture, and then spoon the cooked eggs into center. Garnish with hot sauce, or salt and pepper to taste.





24

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Kale & Quinoa Frittata

Makes 4 servings

Ingredients:

- 1 bunch of kale, cleaned
- 1 large sweet onion, chopped
- 1 Tbsp. ghee
- 2 cups cooked quinoa
(I use red for its color, but any will do)
- 4 whole eggs (or substitute 6 whites)
- 2 Tbsp. Parmesan cheese (optional)

Preparation:

Prepare quinoa according to package directions. Meanwhile, prepare kale by removing the thick center ribs and cutting the remaining leaves into thin ribbons. Place the kale into a medium-sized bowl.

In a pan over medium heat, heat 1 teaspoon of the ghee. Sauté the onion for about 5 minutes or until it is transparent. Whip the eggs with an eggbeater or blender.

Add the cooked onions, hot cooked quinoa, and whipped eggs (as well as the optional Parmesan, if using) to the bowl with the kale. Gently mix them together. In a large non-stick pan, heat the remaining ghee over medium. Add the entire mixture and cook. When the bottom of the frittata has set, use a large spatula to turn over the entire frittata. (Use a plate if necessary to turn the frittata upside down, and then slide it back into the pan.) Cook through on the reverse side, and then serve.



Kale & Soft Boiled Eggs

Makes 2 servings

Ingredients:

- 1 small onion, cubed
- 1 bunch of kale (center stems removed, leaves ribbon-sliced into 1/4-inch strips)
- 1 tsp. of your favorite cooking oil (I like ghee or avocado oil)
- 2 tsp. balsamic vinegar
- 4 large, free-range eggs
- Himalayan salt and pepper
- Garlic powder (optional)

Preparation:

In a medium-sized sauté pan, heat the ghee or oil, then “sweat” the onion until it begins to soften. Add the kale, stir, then cover the pan with a lid for about 4 minutes to lightly steam. Add the vinegar and stir. Season with salt and pepper to taste, along with the optional garlic powder. Keep the kale covered/warm until the eggs are ready.

Soft boil the eggs: In a separate pot, bring water to a boil. Using a slotted spoon, gently lower the whole eggs onto the water, taking care to not crack or break the shells. Set your timer for 6 minutes, then promptly remove the eggs. Put them under cold water to stop cooking. Enjoy eggs on top of the greens.



Protein Scramble

Makes 2 servings

Ingredients:

- 1 tsp. ghee or olive oil
- 1 medium onion
- 1/2 cup chopped mushrooms
- 1/2 lb. ground chicken or turkey
- 1 small tomato, chopped
- 4 large basil leaves, chopped
- 6 egg whites

Preparation:

In a medium-sized skillet, heat the ghee or oil. Saute the onions and mushrooms until they are lightly browned. Add the meat and cook thoroughly. Add the tomato, basil, and egg whites. Stir continuously a few more minutes until cooked.





Salads

Apple Avocado Salad	31
Beet and Apple Salad	32
Beet, Pecan and Feta Salad	33
Bok Choi Slaw	34
Egg Salad	35
Fennel and Orange Salad	36
Kale Salad with Peanut Dressing	37
Kale and Quinoa Salad	38
Kale Slaw	39
Mediterranean Tuna Salad	40
Mixed Berry Salad	41
Napa Cabbage Slaw	42
Pear Endive and Walnut Salad	43
Pear Quinoa	44
Persimmon Salad	45
Quinoa Salad	46
Sauteed Dandelion Greens	47
Soba Salad with Avocado Miso Dressing	48
Summer Salad	49
Tuna Salad	50
Vegan Egg Salad	51
Watercress Salad	52
White Quinoa with Mango and Avocado Salad	53
Wild Rice Salad	54





30

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Apple Avocado Salad

From the Kitchen of Laura Lee Labelle

Makes 4 servings

Ingredients:

- 1 head butter lettuce, shredded
- 3 Belgian endives, cut crosswise into ribbons
- 1 large crisp apple, peeled and cubed
- 1 avocado, peeled, pitted, and cubed
- 1 tsp. fresh dill, minced (or dried dill)

Dressing:

- Juice of one large lemon
 - 1/4 cup extra virgin olive oil
 - Salt and pepper to taste
- Combine ingredients in a small bowl (or Hammer Blender Bottle!) and mix well.

TIP:

Delicious with grilled, chopped chicken or shrimp!



Beet & Apple Salad

Makes 6-8 servings

Ingredients:

- 1 small bunch of baby beets
- 1 large Braeburn apple
- 1 large head butter lettuce
- 1/4 cup toasted sunflower seeds

Dressing:

- 3 Tbsp. extra virgin olive oil
- 1 Tbsp. seasoned rice vinegar
- Salt and pepper to taste

Preparation:

Peel the beets and cut them into quarters. Core the apple and cut it into cubes. Combine the salad ingredients in a large bowl, then toss with the dressing and toasted sunflower seeds.



Beet, Pecan & Feta

Makes 6-8 servings

Ingredients:

4 large boiled beets,
peeled, cooled, and sliced
1/2 cup toasted pecan halves
1/4 cup crumbled feta cheese
3 Tbsp. olive oil
1 Tbsp. balsamic vinegar
1 Tbsp. chopped fresh parsley
1 Tbsp. chopped fresh basil
Salt and pepper to taste

Preparation:

Place the sliced beets in a serving bowl. Cover them with the toasted nuts, then add the cheese. In a small, separate bowl, mix the oil, vinegar, herbs, and seasonings. Just before serving, pour the dressing over the top of the salad ingredients. Enjoy!



Bok Choy Slaw

Makes 6 servings

Ingredients:

- 1 large head bok choy
(or 2-3 baby bok choy)
- 1 bunch cilantro
- 1 bunch green onions
- 2 large carrots
- 1/4 cup seasoned rice vinegar
- 1/2 cup extra virgin olive oil

Preparation:

Cut cabbage crosswise into thin slivers, chop cilantro and green onions, and grate carrots. Mix all ingredients together in a large salad bowl and enjoy.



Egg Salad

Makes 6 servings

Ingredients:

12 organic eggs
1/4 cup organic mayonnaise
1/4 cup sour cream
1/4 cup chopped cornichon
1/8 cup minced onion
1/8 tsp. cayenne
Salt and pepper to taste
Paprika for decoration

Preparation:

Bring water to a rapid boil, carefully place eggs inside, set timer for 10 minutes. Remove pot from fire and run eggs under cold water. Peel eggs and let cool completely. In a bowl place mayo and sour cream, chop remaining ingredients and mix all together with chopped eggs. Season and enjoy.



Fennel & Orange Salad

Makes 6-8 servings

Ingredients:

1 bulb fennel, cleaned and thinly sliced

3 oranges

4 cups baby arugula

1/2 red onion, thinly sliced

1/2 cup pomegranate seeds

Dressing:

1/2 cup extra virgin olive oil

Juice of one lemon

Salt and pepper to taste

Combine dressing ingredients in a small bowl (or Hammer Blender Bottle!) and mix well.

Preparation:

In a large salad bowl mix arugula, red onions, pomegranate seeds, and fennel. Toss with the sliced oranges and dressing, then serve!



Kale & Quinoa Salad

Makes 2 servings

Ingredients:

1 cup quinoa, rinsed
1 bunch kale
1 red bell pepper
1/3 cup red onion
3 cloves garlic, crushed
1/2 inch fresh ginger, grated
1 lemon, squeezed
3 Tbsp. apple cider vinegar
Olive oil
Sea salt to taste

Preparation:

Cook quinoa according to directions. Process kale to desired consistency in food processor. Dice red bell pepper and red onion. Mix kale, pepper, onion, garlic, and ginger in large bowl. Pour lemon juice over mixture and mix well. Add apple cider vinegar and mix. Stir in olive oil.

Let quinoa cool slightly and add to mixture while still warm (not hot). Salt to taste if needed.



Kale Salad with Peanut Dressing

Makes 6 servings

Ingredients:

- 1 bunch kale
- 1/4 head green cabbage
- 2 green onions
- 1 large carrot
- 1 large crisp apple
- 1 small bunch cilantro
- 1/4 cup chopped peanuts (reserve for finish)

Dressing:

- 1/4 cup peanut butter
 - 1/2 cup orange juice
 - 1 Tbsp. soy sauce
 - 1 tsp. chili flakes
- Combine dressing ingredients in a bowl. Whisk until smooth and creamy.

Preparation:

Shred kale, cabbage, and green onions. Grate the carrot. Cut the apple into small, thin slices. In a large salad bowl, combine the ingredients. Toss well with dressing. Sprinkle with the peanuts.

Serve this salad as is or with grilled steak, chicken, or tofu.



Kale Slaw

Makes 4-6 servings

Ingredients:

- 1 bunch kale
- 12 baby Brussels sprouts
- 1 large carrot
- 1 Fuji apple
- Juice of a lemon
- 1/2 cup dried cranberries

Dressing:

- 1/2 cup extra virgin olive oil
 - 1/4 cup seasoned rice vinegar
 - Salt and pepper to taste
- Combine ingredients in small bowl (or Hammer Blender Bottle!) and mix well.

Preparation:

Shred kale and Brussels sprouts either by hand or in a food processor. Grate carrot. Cube apple and toss with lemon juice to prevent browning. In a large bowl, mix kale, Brussels sprouts, carrot, apple, and dried cranberries. Toss with dressing and enjoy!



Mediterranean Tuna Salad

Makes 4 servings

Ingredients:

- 1 cup green beans, cut into 1 inch pieces
- 1 heart of romaine lettuce, cut into thin ribbons
- 2 hard-boiled eggs, peeled and chopped
- 1 cup cherry tomatoes
- 1 cup boiled and sliced baby potatoes
- 1/4 cup chopped Kalamata olives
- 1/4 cup crumbled feta cheese
- 6 oz. can white Albacore tuna, drained
- 1/4 cup olive oil
- 1 Tbsp. fresh lemon juice
- Salt and pepper

Preparation:

Lightly steam and then drain the green beans if they have not been previously cooked. In a large salad bowl, gently mix together all of the ingredients except for the olive oil, lemon juice, and seasonings. Drizzle with the oil and lemon. Season to taste with salt and pepper! Serve at room temperature or lightly chilled.



Mixed Berry Salad

TIP:

This is a super light dressing as the salad ingredients are so flavorful on their own. If you prefer, substitute your favorite dressing.

Makes 3-4 servings

Ingredients:

- 1-2 small heads of butter lettuce
- 3 sprigs of green onions, sliced
- 1/4 cup raspberries
- 1/4 cup blackberries
- 1/4 cup sliced strawberries
- 1 ripe avocado
- 1/2 cup slivered almonds, toasted

Dressing:

- 1/4 cup extra virgin olive oil
 - 3 Tbsp. rice vinegar
 - Salt and pepper to taste
- Combine dressing ingredients in a small bowl (or Hammer Blender Bottle!) and mix well.

Preparation:

In a salad bowl, tear the lettuce into pieces, then add the onions and berries. Peel and pit the avocado, cut it into squares, and add to the salad. Add almond slivers. Toss with dressing and enjoy!



Napa Cabbage Slaw

Makes 6 servings

Ingredients:

- 1 head Napa cabbage
- 1 bunch cilantro
- 1 bunch green onions
- 2 large carrots
- 1/4 cup seasoned rice vinegar
- 1/2 cup extra virgin olive oil

Preparation:

Cut cabbage crosswise into thin slivers, chop cilantro and green onions, and grate carrots. Mix all ingredients together in a large salad bowl and enjoy.



Pear, Endive and Walnut Salad

Makes 6 servings

Ingredients:

- 4 large Belgian endives
- 1 large ripe Bosc pear
- 1 cup arugula
- 1/2 cup crumbled Gorgonzola cheese
- 1/2 cup walnut pieces, broken

Preparation:

Slice endive into fairly thin circles. Core and cube the pear, and then toss the cubes in a small amount of lemon juice to prevent them from browning. Place all of the ingredients in a bowl, then toss with Dijon Vinaigrette and serve! *(See page 77 for Dijon Vinaigrette recipe.)*



Pear Quinoa

Makes 1 servings

Ingredients:

- 1 Bosc pear
- 1 cup pear juice (or apple juice)
- 1 1/4 cups water
- 1 cup quinoa

Preparation:

Core pear and cut into large chunks. Bring pear juice, water, and pear chunks to a boil in small saucepan. Add quinoa and reduce to a simmer. Cover and cook until liquid is absorbed, approximately 20 minutes. Remove from heat and let stand 5 minutes.



Persimmon Salad

Makes 2 servings

Ingredients:

- 1-2 Japanese persimmons
- 1 bulb shaved fennel
- 1 large crisp apple
- 1 cup of arugula
- 1 lemon, squeezed

Dressing:

- Olive oil
- Salt and pepper, to taste

Preparation:

Cut fennel in half length-wise and then slice into thin slivers. Remove core from persimmons, and slice fruit into long, thin wedges. Core apple and cut it into quarters. Slice quarters into smaller pieces, then toss them with lemon juice to prevent browning.

Mix all ingredients and toss with olive oil, salt, and pepper to taste. You've made the perfect accompaniment to any meal! Turn it into a main course by adding grilled salmon or chicken breasts.



Quinoa Salad

From the Kitchen of Miles Frank

Makes 4 servings

Ingredients:

3 cups cooked quinoa

Handful of cilantro, chopped

1 Tbsp. olive oil

Handful of cherry tomatoes (5-8)

1 small cucumber, diced

1 celery stalk, chopped

Bragg Liquid Aminos, or a drizzle of soy sauce to taste

Preparation:

In a large bowl, gently mix together all ingredients. Refrigerate until ready to eat. Keeps up to three days.



Sauteed Dandelion Greens

Makes 8 servings

Ingredients:

3 pounds dandelion greens (tough lower stems discarded, leaves cut crosswise into 2-inch pieces)

1/2 cup extra-virgin olive oil (or ghee, coconut oil, or avocado oil)

5 large garlic cloves, smashed

1/4 to 1/2 tsp. dried hot red-pepper flakes

1/2 tsp. fine sea salt

Preparation:

Thoroughly clean the greens to remove any sand or dirt, then drain. In a large stock pot, bring about 8 quarts of water to a boil. Blanch the greens by dropping them into the boiling water. Cook 6-8 minutes. In a colander, rinse greens under cold water, then drain. Pat dry to remove excess water.

In a heavy skillet, heat cooking oil. Add chili flakes and garlic, stir for about 45 seconds, and then add greens. Sauté for about 4 minutes. Add salt to taste.



Soba Salad with Avocado Miso Dressing

Makes 4 servings

Ingredients:

- 1 package buckwheat soba noodles
- 1 bunch kale, curly or flat
- 1/2 large cucumber

Dressing:

- 1 avocado
- 1 garlic clove
- 1 Tbsp. extra virgin olive oil
- 3 Tbsp. white miso
- Juice from half of a lime
- 1/2-3/4 cup water

Optional Garnishes:

- Sesame seeds
- Paprika

Preparation:

Cook the soba noodles according to package directions. While the noodles are cooking, remove the stems from the kale and cut the leaves into small pieces or ribbons. Chop cucumber into small, thin semi-circles or ribbons. When noodles are cooked, drain and rinse with hot water. Purée dressing ingredients in a food processor until smooth. In a large bowl, combine kale, cucumber, noodles, and dressing.

Garnish with sesame seeds and/or paprika, and serve with a wedge of lime. Serve warm, or chill for one hour prior to serving.



Summer Salad

TIP:

Select the freshest in-season tomatoes. In summer, I tend to use tiny cherry tomatoes; in the winter I sometimes use chopped heirloom or Roma's.

Makes 2 servings

Ingredients:

2 organic hot house cucumbers, peeled and chopped in chunks

1 cup organic cherry or grape tomatoes

4 oz. crumbled feta cheese

Dressing:

1 tsp. dry chopped dill

Juice of one large lemon

2 Tbsp. olive oil

1/4 cup minced red onion (optional)

Salt and pepper to taste

Combine dressing ingredients in a bowl (or Hammer Blender Bottle!) and mix well.

Preparation:

Combine the salad ingredients in a bowl, gently toss with the dressing, and enjoy!



Tuna Salad

Makes 2 servings

Ingredients:

- 1/2 head of green leaf lettuce, cleaned and shredded
- 8 oz. can red kidney beans, drained
- 6 oz. can solid white tuna in spring water, drained
- 1 carrot, chopped or grated
- 1/4 cup red onion, chopped
- 1/2 cup fresh parsley
- 1 cup cooked red potatoes, diced
- 1 small tomato, sliced
- 1 hard-boiled egg, sliced
- Freshly ground pepper

Preparation:

Mix all ingredients except egg and pepper in a large bowl and toss well. For extra flavor, mix in your favorite fresh herbs. Top with egg and fresh pepper. Add croutons or sunflower seeds if desired.



Vegan Egg Salad

From the Kitchen of Bill Sirl

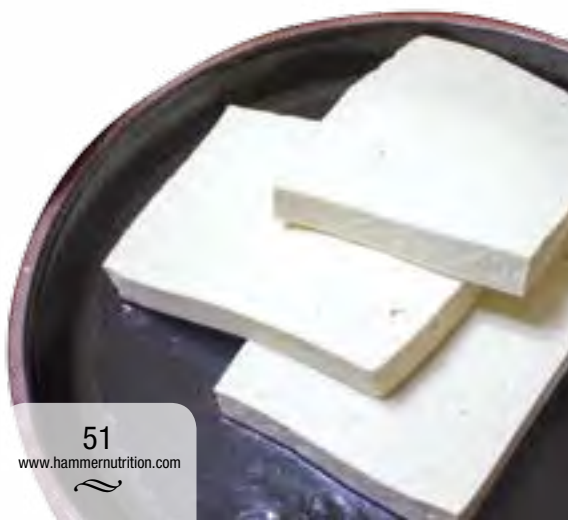
Makes 2 servings

Ingredients:

- 1 Tbsp. apple cider vinegar
- 1 Tbsp. mustard
- 2 tsp. honey
- 1/2 tsp. turmeric
- 1 block firm tofu (drained)
- 2 Tbsp. diced celery
- 3 Tbsp. diced onion
- 2 Tbsp. nutritional yeast
- 1 tsp. garlic powder
- 1 tsp. dill
- 1/2 tsp. cayenne pepper
- 1 tsp. black pepper
- 1 tsp. parsley
- 1 tsp. paprika
- 1 tsp. salt (optional)
- 2 Tbsp. Veganaise (optional)

Preparation:

In a small bowl, mix together the first four ingredients, then set aside. Crumble tofu into medium mixing bowl. Add celery, onion, nutritional yeast, garlic powder, dill, cayenne, black pepper, parsley, and paprika. Mix with fork. Add reserved vinegar/mustard/honey/turmeric mixture and combine with fork. Add salt and Veganaise if desired. Refrigerate for at least one hour. Enjoy!



Watercress Salad

Makes 4 servings

Ingredients:

- 5 oz. baby arugula
- 1 bunch watercress
- 2 Belgian endives
- 1 large heirloom tomato

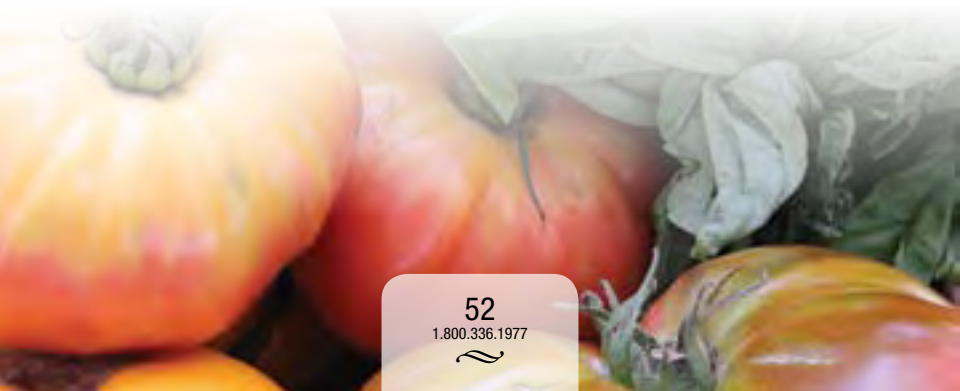
Dressing:

- 1 Tbsp. lemon juice
- 1 tsp. Dijon mustard
- 1 large garlic clove, crushed
- 1/4 cup extra virgin olive oil
- Salt and pepper to taste

Preparation:

Remove thick stems from the watercress and discard. Slice the endive into rounds and sliver the tomatoes. In a salad bowl, mix together the arugula, watercress, endive, and tomato. Toss with dressing and enjoy!

Dressing: Combine all ingredients in a small bowl (or Hammer Blender Bottle!), and mix well.



White Quinoa with Mango & Avocado Salad

Makes 4 servings

Ingredients:

- 2 cups water
- Pinch Celtic sea salt
- 2 cups white quinoa
- 2 large mangoes (not overly ripe)
- 2 avocados
- 1/2 cup green onions, chopped
- 1/4 cup basil, chopped
- 1/2 cup olive oil

Preparation:

Bring water and salt to a boil. Add quinoa and stir, reduce heat to a simmer, and cook approximately 15 minutes on low simmer until water is absorbed. Remove from heat and chill. Peel and pit mangoes and avocados, and then chop fruit into 1" cubes. Gently combine all ingredients and stir in chilled quinoa. Enjoy!



Wild Rice Salad

Makes 4 servings

Ingredients:

2 cups water
1 cup wild rice soaked over night
1 quart chicken or vegetable stock
1 cup wild rice
1/2 cup lightly toasted walnuts
1/2 cup dried cranberries
1 cup sliced celery stalks
1/4 cup shredded basil
1/4 cup shredded mint
1/4 cup olive oil
2 Tbsp. walnut oil
2 Tbsp. lemon or lime juice
2 Tbsp. apple cider vinegar
Salt and pepper to taste

Preparation:

Put rice in stock and boil, reduce heat to a simmer and let cook about 40 minutes until rice is tender. Remove from heat, add cranberries, mix and cool. Add remaining ingredients and enjoy. This can be eaten as is or you can server as a side dish to grilled steak, chicken, or fish.





Dressings, etc.

Dips.....	59
Dressings	69
Gravies	81
Sauces	85





Dips

Baba Ganoush	61
Guacamole	62
Hummus.....	63
Salsa	65
Organic Corn Salsa	
Pico de Gallo	
Tomatillo Salsa	
Simple Summertime Edamame Dip.....	67





60

1.800.336.1977



Baba Ganoush

Makes 2 servings

Ingredients:

- 1 large eggplant
- 1/4 cup tahini
- 3 cloves garlic, minced
- 1/4 cup fresh squeezed lemon juice
- 1 pinch ground cumin
- 1 Tbsp. virgin olive oil
- 1 Tbsp. chopped flat leaf parsley
- 1/4 cup Kalamata black olives
- Salt to taste

Preparation:

Roast eggplant over stove flame or grill until skin is slightly charred on all sides. Wrap in aluminum foil and bake at 350 degrees Fahrenheit until soft. Blend eggplant and remaining ingredients in food processor until smooth and creamy.



Guacamole

Makes 4 cups (about 8 servings)

Ingredients:

- 1 ripe avocado
- 2 Tbsp. green or white onion, chopped
- 1Tbsp. chopped garlic – optional
- 1 tsp. lemon or lime juice
- 1 Tbsp. salsa
- Hot sauce to your liking

Preparation:

Mash avocado and add rest of ingredients. Enjoy!



Hummus

Makes 4 servings

Ingredients:

1 (19-ounce) can garbanzo beans,
half the liquid reserved

4 Tbsp. lemon juice

2 Tbsp. tahini

1 clove garlic, chopped

1 tsp. salt

Black pepper to taste

2 Tbsp. olive oil

(or more depending on desired
consistency)

Preparation:

Put all ingredients in a food processor
and blend. It is ready to serve!



More than just a dip! Mix with mayo or combine with softened butter and refrigerate for a salsa compound butter: add to grilled steak, scrambled eggs or frittatas.



Salsa Wrap Up:

Add all the chopped ingredients and lime juice together and serve. Even better the next day!



Salsa

Organic Corn Salsa

Makes 4 cups

Mix all together:

1 1/2 cups organic raw corn, cut off the cob

1 cup tomatoes, diced

1 cup cilantro (or coriander), chopped

1/2 cup red onion, chopped

3 tsp. chopped jalapeno pepper

2 Tbsp. lemon juice

Pico de Gallo

Makes about 2 1/2 cups

Mix in food processor:

1 yellow or red onion, finely chopped

5 Roma tomatoes, finely chopped

1/2 cup fresh cilantro leaves

1 jalapeno

Juice of half a lime

Kosher salt

Tomatillo Salsa

Makes 4 servings

Mix:

1 1/2 cups of water or broth

4-6 tomatillos

4 cloves garlic

1 jalapeno

Salt to taste

1/2 bunch cilantro

In a saucepan, bring water or broth to a boil. Put all ingredients (except cilantro) in and boil for 5 minutes till soft. Remove and cool. Blend with cilantro, salt and pepper to taste.



66

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Simple Summertime Edamame Dip

From the Kitchen of Alice Infelise

Makes about 1-1/4 cups

Ingredients:

- 1 cup shelled cooked organic edamame beans
- 1/4 cup Veganaise or mayonnaise
- 1 Tbsp. vinegar or lemon juice
- Salt and pepper to taste

Preparation:

Blend all ingredients in a food processor or blender. Enjoy as a veggie dip or as a spread for crackers or bread.





Dressings

Avocado Oil Mayo	70
Easy Ranch.....	71
Green Goddess Dressing.....	72
Honey Sesame Dressing	73
Vegan Caesar	75
Vinaigrettes	76
Apple Cider	
Balsamic	
Basil	
Dijon	
Strawberry Ginger	



Avocado Oil Mayo

Ingredients:

3 egg yolks
2 Tbsp. lemon juice
1 Tbsp. water
1 1/2 cups avocado oil
Pinch salt and pepper

Preparation:

Put ingredients in food processor and pulse a few times. Scrape down the sides and turn processor on low. Slowly, in a thin stream, pour oil, taking 2 to 3 minutes to do so. Mayo will thicken as you pour. Store in an airtight container in the refrigerator for up to a week.



Easy Ranch

Ingredients:

- 1 cup mayo
- 1/2 cups Greek Yogurt
- 2 minced garlic cloves
- 1 Tbsp. chopped parsley
- 1 Tbsp. chopped chives
- 1 Tbsp. fresh lemon juice
- 1 tsp. Worcestershire sauce
- Salt and pepper to taste

Preparation:

Put all ingredients in a jar and shake to mix. Enjoy as a dip, sauce, or dressing.



Green Goddess Dressing

Ingredients:

1/2 cup Greek-style thick yogurt

1/4 cup mayonnaise

2 Tbsp. lemon juice

1 Tbsp. chopped chives

1 Tbsp. chopped chervil

1 Tbsp. chopped tarragon

6 basil leaves chopped

2 anchovy fillets (optional)

Salt and pepper

Preparation:

Mix all ingredients in a blender or mixer and blend until smooth. Enjoy on a salad or as a spread or dip.



Honey Sesame Dressing

Ingredients:

- 3/4 cup seasoned rice vinegar
- 1 1/2 Tbsp. honey
- 1/2 cup light vegetable oil
- 1/4 cup sesame oil
- 2 cloves garlic, minced
- 1 1/2 tsp. sesame seeds
- 1 tsp. soy sauce
- Juice from half a lemon, strained

Preparation:

Put all ingredients in a small bowl (or Hammer Blender Bottle!). Mix well and refrigerate overnight. Use as salad dressing or marinade.





Vegan Caesar Dressing

Ingredients:

- 1/2 cup plain hummus
- 2 tsp. spicy mustard
- 1 tsp. lemon zest
- 1/4 lemon juice, to taste
- 1 Tbsp. capers, finely minced/smashed
- 3 Tbsp. fresh minced garlic (6-7 cloves)
- Healthy pinch sea salt & pepper to taste
- 3 Tbsp. olive oil (for added creaminess)

Preparation:

Mix in blender, small mixer or use hand mixer to blend.



Vinaigrettes

Apple Cider Vinegar Dressing

1/2 cup oil of your choice

1/8 cup apple cider vinegar

1 tsp. grated orange peel

1 tsp. chopped flat parsley

Salt and Pepper

Combine all ingredients, mix well and enjoy.

Balsamic Dressing

1 /2 cup oil of your choice

1/8 cup balsamic vinegar

1 tsp. chopped basil or parsley

Salt and pepper to taste

Combine all ingredients, mix well and enjoy.



TIP:

To add a little sweetness to the overall taste, add a splash of agave nectar or honey.

Basil Vinaigrette

From the Kitchen of Ty Brookhart

5 cloves garlic

1/2 shallot

2-3 anchovies

3/4 cup balsamic vinegar

2 Tbsp. Dijon mustard

Pinch of cayenne

Fresh (or dried) thyme and oregano
(pinch of both)

Juice of one lemon

6-10 fresh basil leaves

Olive oil

Add all ingredients except olive oil to a food processor. Blend until fairly uniform. Gradually add olive oil until the dressing thickens, but be careful not to let the olive oil overpower the dressing.

Dijon Vinaigrette

4 Tbsp. olive oil

2 tsp. Dijon mustard

1 Tbsp. red wine vinegar

Salt and pepper to taste

Put all ingredients in small bowl (or Hammer Blender Bottle!), and mix well.

Goes great with Pear Endive and Walnut Salad recipe on page 43.



78

1.800.336.1977



Strawberry Ginger Vinaigrette

From the Kitchen of Ty Brookhart

1/2 cup frozen strawberries

1 Tbsp. fresh minced ginger

Juice of 1/2 lemon

1/8 cup apple cider vinegar

1/8 cup balsamic vinegar

1/8 to 1/4 cup raw honey to taste, depending on the sweetness of the strawberries and balsamic

1 Tbsp. fresh minced lemon thyme or mint

Black pepper to taste

1/8 cup walnut, grape seed, or olive oil

Add strawberries, ginger, lemon juice, and vinegars to a food processor or blender. Blend until smooth. Add honey, herbs, and black pepper while blending. For thicker dressing or to increase calories, add oil.

TIP:

To add body and thicken the dressing without using oil, blend the other ingredients with raw walnuts.





1.800.336.1977

Gravies

Portobello Gravy.....	82
Vegan Gravy	83



Portobello Gravy

From the Kitchen of Bill Sirl

Makes 8 servings

Ingredients:

3 Tbsp. grapeseed oil	1 teaspoon basil
1/2 yellow onion, diced	1/2 teaspoon dill
4-6 cloves garlic, minced	1/2 teaspoon thyme
1/2 cup portobello or shiitake mushrooms, diced	1/2 teaspoon rosemary
1/2 cup chopped spinach (optional)	1/2 teaspoon tarragon
4 oz. tempeh (optional)	1/4 teaspoon chili powder
1/4 cup diced celery (optional)	3 tablespoons warm water
1 32 oz. container portobello mushroom broth	2 tablespoons liquid amino
1/2 tsp. paprika	1 tablespoon arrowroot powder or cornstarch

Preparation:

In a medium sauce pan, heat oil to medium high. Cook onion until translucent. Add garlic and diced mushrooms (as well as optional spinach, tempeh, or celery) and cook 1 more minute. Add broth and spices. Bring to simmer, and reduce heat to low. Combine water, liquid amino, and arrowroot/cornstarch and then stir into broth. Simmer on low for 5 minutes, stirring occasionally. If you prefer a smoother gravy, puree with immersion blender after 15 minutes of the gravy simmering on low.

Goes great with Mashed Cauliflower recipe on page 110.

Vegan Gravy

Makes about 16 ounces

Ingredients:

- 1/2 cup vegetable oil
- 1 small onion chopped
- 3 cloves garlic
- 1/2 cup flour
- 1 Tbsp. herbs de province
- 2 Tbsp. nutritional yeast
- 2 Tbsp. tamari
- 2 cups vegetable broth

Preparation:

Sauté onion and garlic in oil. Add herbs de province and flour to make a roux. Mix well and then add yeast, tamari, and vegetable broth slowly while stirring.





Sauces

Easy Tomato Sauce.....	86
Kentucky BBQ Sauce	87
Mother-in-Law Kimchi	89
Pesto	91
Arugula pesto	
Vegan Pesto	



Easy Tomato Sauce

Ingredients:

- 2 Tbsp. olive oil
- 1 large onion minced
- 1 lb. ripe grape tomatoes
- 1 tsp. fresh or dry oregano
- 1 tsp. fresh or dry basil
- 1 large clove garlic
- Salt and pepper to taste

Preparation:

In skillet, sauté onions in olive oil, until they start to soften. Add tomatoes and cook until they start to soften as well, about 10 minutes. Remove from fire and add herbs and garlic. Use a hand mixer or carefully blend in a blender (heat expands and will make a huge mess if there is not air to spare). Enjoy over your favorite pasta, or spaghetti squash, steak, chicken or fish.



Kentucky BBQ Sauce

Ingredients:

- 2 cups strong brewed 53x11 Chainbreaker Coffee
- 1 cup Bourbon whiskey
- 1 1/2 cups coconut sugar
- 1 cup soy sauce
- 1/4 cup cider vinegar
- 2 Tbsp. Worcestershire sauce
- 1/4 tsp. cayenne pepper

Preparation:

Mix all ingredients together in a saucepan and simmer on low heat to reduce liquid to about half. Brush on meat, or use it as a condiment.





88

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Mother-in-Law Kimchi

Brine:

- 1 medium head napa cabbage
- 1 medium daikon radish
- 2 Tbsp. kosher salt

Seasoning Paste:

- 2 Tbsp. white miso
- 1/3 cup sweet rice-flour porridge

Ingredients:

- 1/4 cup anchovy sauce
- 1/4 cup veggie/chicken broth
- 2 Tbsp. minced garlic
- 1 Tbsp. peeled, finely grated fresh ginger
- 2 tsp. honey
- 2/3 cup Korean chili pepper flakes
- 1/2 cup thinly sliced yellow onion
- 1/2 cup green onions, green parts only, cut into 2-inch pieces

Preparation:

Cut the cabbage into quarters. Then cut each quarter in half lengthwise and cut out the core. Lay each cabbage segment flat, then quarter into sections, about 1 inch wide by 6 inches long. Peel and cut daikon into thin slices and then in half to make semi-circles. In a large bowl, toss the cabbage and daikon with the salt and set aside to brine for 1 hour and 15 minutes. Rinse off the salt in a bowl of cold water and let the daikon/cabbage leaves drain in a colander for 20 minutes.

Seasoning paste: in a food processor fitted with a metal blade, process miso, porridge, anchovy sauce, stock, garlic, ginger, and honey. Transfer the mixture to a bowl and add 1/4 cup of the chili pepper flakes and mix by hand. Let rest for 15 minutes.

In a large bowl, toss the cabbage, onion, green onions, and chives with the remaining chili pepper flakes until the chili pepper flakes lightly coat the vegetables. Add the seasoning paste and mix until evenly distributed. Pack tightly into a 2-quart container, cover, and set aside for up to 2 days at room temperature. Move the container to a refrigerator. As it ferments, cabbage will expand, so be sure to place the jar on a plate or in a bowl to catch the overflow.





90

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This tasty pesto perfectly compliments cooked vegetables, poultry, or fish.

Pesto Wrap Up:

Blend all ingredients in a food processor or blender. Enjoy a small amount as a sauce or spread.



Pesto

Vegan Pesto

- 4 oz. basil leaves
- 3 cloves garlic
- 1/2 cup of pine nuts
- 2 Tbsp. white miso
- 1/2 cup olive oil

Blend all ingredients in a food processor or blender. Enjoy a small amount as a sauce or spread.

Arugula Pesto

- 4 oz. chopped arugula
- 3 cloves garlic
- 1/2 cup of pine nuts
(can substitute with walnuts)
- 2 Tbsp. white miso
- 1/2 cup olive oil

Blend all ingredients in a food processor or blender. Enjoy a small amount as a sauce or spread on sandwiches, cooked vegetables, poultry, or fish.





Soups

Dahl (Yellow Lentil) Soup.....	94
Green Magic Soup	95
Potato Leek Soup.....	96
Pumpkin Soup	97
Sweet Potato Coconut Soup.....	98
Zucchini Soup.....	99
Tomato Soup	100
Green Gazpacho	101
Pink Soup	102



Dahl (Yellow Lentil) Soup

Makes 4 servings

Ingredients:

2 Tbsp. ghee or olive oil
1 large onion, diced
2 stalks celery, diced
2 medium carrots, diced
3 bay leaves
32 oz. vegetable broth
2 cups red split lentils
Sea salt and pepper to taste

Preparation:

Heat the olive oil or ghee in a soup pot. Add the onion, celery, carrots, and bay leaves, then sauté until vegetables soften and darken in color. Add broth. Stir in lentils and bring to a low simmer. Cover and simmer for an hour or until lentils are very soft. Season with sea salt and pepper to taste and enjoy for lunch or dinner.



Green Magic Soup

Makes 4 servings

"This tasty and healthful soup has been in my family since I was a little girl. When we are sick we make a huge batch of 'green soup' and eat only this. Sometimes we whip in a whole egg for protein or serve it with brown rice for more a filling meal. When I have over indulged or have eaten too much for the holidays, I fast on this for a day or two. In our house, it is the ultimate comfort food!" Laura Lee Labelle

Ingredients:

- 2 Tbsp. ghee or olive oil
- 1 large onion, diced
- 2 stalks celery, diced
- 2 medium carrots, diced
- 3 bay leaves
- 32 oz. vegetable broth
- 2 cups split lentils
- Sea salt and pepper to taste

Preparation:

Over medium temperature, heat olive oil in a large soup pot. Add onions and cook several minutes until softened. Add celery, green beans, zucchini, parsley, herbs, and garlic (if using). Cook about 5 minutes or until vegetables begin to brown lightly. Add stock, bring to a boil, then gently simmer for about 10 minutes until vegetables are soft but still bright green in color. Remove the pot from the heat. In a food processor or blender, carefully puree the soup in batches. Return the pureed soup to the pot and gently reheat.



Potato Leek Soup

TIP:

This soup tends to thicken overnight, so some water and salt may need to be added when reheating.

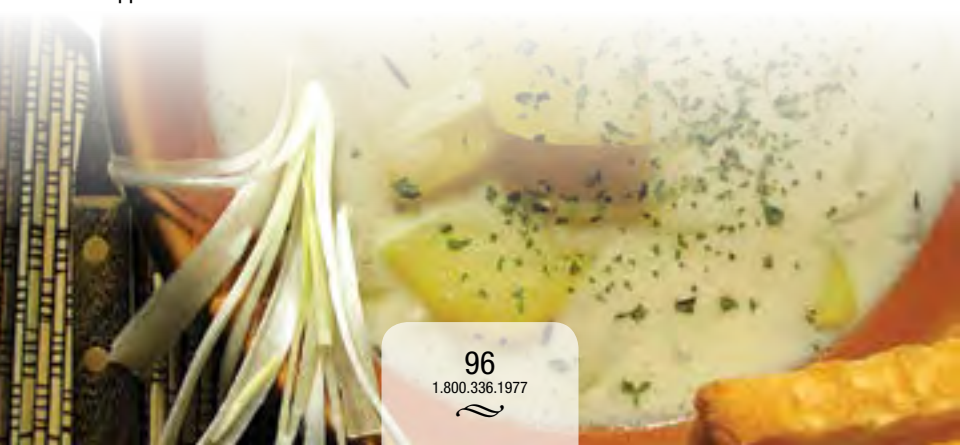
Makes 2 quarts (about 5 servings)

Ingredients:

- 1 bunch leeks (3-4 good-size ones)
- 1/2 cup finely chopped yellow onion
- 2 Tbsp. canola oil
- 8 cups white potatoes, diced
- 5 cups water
- 3 tsp. chicken bouillon powder
- 1 tsp. salt (optional)
- 1 tsp. dried dill (or 2 teaspoons fresh dill)
- Pepper to taste

Preparation:

Chop white part of leeks and discard the rest. In a large pot, sauté leeks and onion in canola oil until transparent. Add potatoes, water, bouillon, and salt if desired. Cook until potatoes are tender. Blend 3/4 of the soup in a food processor or blender and return to pot. Add dill and pepper. Stir well and serve.



Pumpkin Soup

Makes 4 servings

Ingredients:

- 1 Tbsp. olive oil, ghee, or coconut oil
- 2 large white onions, diced
- 3 large garlic cloves, minced
- 16 oz. pumpkin puree (Make your own: cut up a pumpkin and roast it in the oven until it is soft and mushy. Then scoop it out and puree it.)
- 1/2 tsp. cumin
- 1/2 tsp. cinnamon
- 1/2 tsp. turmeric
- 32 oz. chicken stock or water
- Sea salt and fresh pepper to taste
- Optional: 1 cup heavy cream,
1 cup unflavored almond milk, or
1/2 cup cashews

Garnish options:

Fresh dill, toasted pumpkin seeds

Preparation:

In a soup pot, heat the oil. Add the onions and garlic, then sauté until lightly brown. Add pumpkin and spices, and then cover with stock or water, stirring to blend. Bring to a boil and then reduce to a simmer; cook for 20 minutes. Remove from heat and let stand for 20 minutes. If desired, stir in optional cream, almond milk, or nuts. Carefully puree with a blender, food processor, or handheld blender.



Sweet Potato Coconut Soup

From the Kitchen of Sarah Hornby, Hammer Nutrition Canada

Makes 6 servings

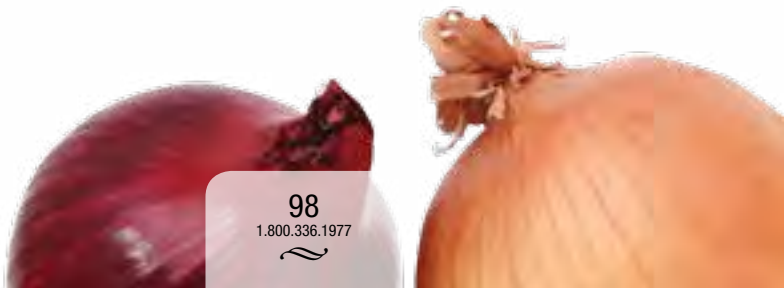
Ingredients:

- 1 Tbsp. coconut oil
- 1 large onion, peeled and chopped finely
- 2 garlic cloves, crushed
- 2 cm piece fresh ginger, peeled and diced
- 2-3 sweet potatoes, peeled and diced
- 1 tsp. lemongrass, chopped
- 600 ml. (20 fl oz.) vegetable or chicken broth
- 1 13-oz. can coconut milk
- Salt and fresh-ground pepper, to taste
- 2 limes (zest and juice)

Preparation:

Heat coconut oil in a large saucepan and gently sauté onion, garlic, and ginger until tender (about 5 minutes). Add diced sweet potatoes and lemongrass, cook for 3 more minutes. Add stock and bring to a boil.

Reduce heat and simmer covered for 20 minutes until vegetables are tender. Cool soup slightly. Add half the can of coconut milk and puree in batches, using a hand blender or food processor. Return soup to the saucepan. Add remaining coconut milk. Salt and pepper to taste. Heat thoroughly without allowing the soup to boil. Add lime juice. Ladle soup into bowls and garnish with lime zest. Enjoy!



Zucchini Soup

Makes 4 servings

Ingredients:

- 6 medium zucchini
- 1 large onion
- 1 tsp. pure (not virgin) olive oil, ghee, or coconut oil
- 1 quart chicken broth
- 2 sprigs fresh dill
- Optional for a creamy version:
 - 1/2 cup organic raw cream, or
 - 1/4 cup cashews

Preparation:

Wash zucchini and cut into inch-round slices. Peel onion and cut into large slices (size or shape not important). In a 3-quart pot, heat oil over low then lightly sauté veggies until softened. Add chicken broth and dill, and bring to a rapid boil. Boil for 10 minutes. Remove from heat and let cool for 20 minutes.

Puree with a hand mixer or in a blender, salt to taste, and enjoy!

For a vegan version, substitute veggie broth for chicken broth.



Tomato Soup

Makes 8 servings

Ingredients:

2 Tbsp. oil of choice for sautéing

2 onions minced

2 Tbsp. tomato paste

12 medium-sized ripe Roma or other tomatoes

1 Tbsp. chopped fresh oregano

1 large clove garlic (optional)

32 oz. broth of choice

Salt and pepper to taste

To make creamy: 1/2 cup half and half, non-dairy milk (unsweetened hemp or coconut) or raw blended cashews

Preparation:

In a large soup pot sauté onions in oil, soften and then throw in chopped tomatoes (with the bottoms removed), tomato paste, oregano, and garlic

Continue to sauté for 5 minutes and then add broth. Reduce heat and simmer for an additional 20 minutes and then puree.

Salt and pepper to taste and add cream cream if desired.



Green Gazpacho

Makes 2-4 servings

Ingredients:

- 2 cups diced honeydew melon
- 1 large cucumber, de-seeded and diced
- 1 small sweet onion, diced
- 1 large ripe avocado, peeled, pitted, and chopped
- 1 small jalapeño pepper, seeded and chopped
- 4 large cleaned basil leaves
- 1 clove garlic
- 3 Tbsp. white vinegar
- 1 Tbsp. lime juice
- Salt and pepper to taste

Preparation:

Blend all ingredients in a processor or blender. Serve chilled with a dollop of plain yogurt and a few drops of olive oil to garnish.



Pink Soup

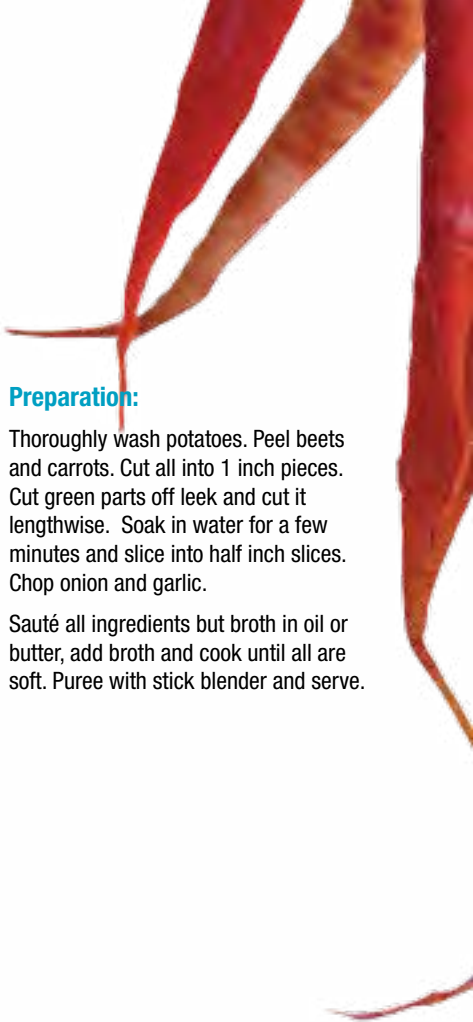
Ingredients:

- 3 Yukon gold potatoes
- 1 leek
- 3 beets
- 2 carrots
- 1 onion
- 4 cloves garlic
- 1 tsp. grated ginger
- Salt and pepper
- Oil or butter for sauté
- 8 cups vegetable or chicken stock

Preparation:

Thoroughly wash potatoes. Peel beets and carrots. Cut all into 1 inch pieces. Cut green parts off leek and cut it lengthwise. Soak in water for a few minutes and slice into half inch slices. Chop onion and garlic.

Sauté all ingredients but broth in oil or butter, add broth and cook until all are soft. Puree with stick blender and serve.







Sides

Beet Salad	106
Bill's Brussel Sprouts	107
Brown Rice	108
Brown Rice Mushroom Pilaf	109
Cauliflower Mash	110
Cumin Carrots.....	111
Garlic Beets	112
Parmesan Cauliflower	113
Potatoes, Fennel & Leaks au Gratin.....	114
Roasted Cauliflower with Turmeric.....	115
Roasted Squash.....	116
Sauerkraut.....	117
Southwestern Brown Rice	118
Sprouted Quinoa Pilaf	119
Stuffed Mushrooms	120
Sweet Sprouted Quinoa	122
How to Sprout Quinoa	123
Turmeric Roasted Sweet Potatoes	124
Yellow Lentils	125



Beet Salad

Makes 6 servings

Ingredients:

3 bunches of fresh baby beets

Garnish:

Fresh parsley, chopped

Fresh basil, chopped

Lemon

Olive oil

Salt and pepper

Preparation:

Wash the beets and then place them in a large pot with enough water to cover them. Boil until they are tender (you should be able to pierce them easily with a paring knife or fork). Remove the beets from the pot and run them under cold water. Peel, rinse, and pat dry. Cut the beets in half, place them in a bowl, and add the remaining ingredients to taste.



Bill's Brussels Sprouts

From the Kitchen of Bill Sirl

Makes 4 servings

Ingredients:

- 1 lb. Brussels sprouts, washed and sliced in half
- 3 Tbsp. olive oil
- 1 Tbsp. liquid amino (such as Bragg's)

Optional additions:

- 3-4 Tbsp. balsamic vinegar
- 1 Tbsp. honey or agave syrup
- 1 tsp. olive oil
- 1/3 cup slivered almonds
- 4 garlic cloves, sliced
- Paprika, chili powder, or cayenne pepper (optional)

Preparation:

Heat oven to 425 degrees Fahrenheit. Place sliced Brussels sprouts in a 1-gallon zip lock bag. Add olive oil and liquid amino, seal bag, and shake carefully until coated. Empty sprouts onto a foil-lined baking sheet; roast 40-45 minutes.

Optional: In a large bowl, combine balsamic vinegar and honey or agave and set aside. In a small sauté pan, heat 1 teaspoon of oil over medium heat; sauté slivered almonds and garlic, along with paprika. Add everything to the bowl and toss. Serve hot ASAP!



Brown Rice

Makes 2 servings

Though there are many ways to make brown rice, this simple version is quick and easy to prepare. Hearty and versatile, short grain (preferably organic) brown rice is a great source of fiber and carbohydrates, as well as a healthy alternative to wheat pasta. Eat it plain along with steamed veggies, or add to a variety of dishes.

Ingredients:

- 2 cups plus 1 Tbsp. water
- 1 cup brown rice (preferably short grain)
- 1/2 tsp. salt or bouillon

Preparation:

Bring water to boil. Add rice and salt and stir once. With lid off, wait for water to boil again. When it boils, put lid on and simmer for 45 minutes or until water is absorbed. Set aside and let cool.



Brown Rice Mushroom Pilaf

From the Endurance News Staff

Makes 4 servings

Ingredients:

- 1 Tbsp. olive oil
- 1 small onion, chopped
- 1-2 garlic cloves, minced
- 1 cup sliced mushrooms
- 1 cup long-grain brown rice
- 2 1/2 cups low-sodium chicken or vegetable broth
- 1 tsp. dried basil
- Several sprigs of fresh thyme
- 1 bay leaf
- 2 Tbsp. chopped parsley

Preparation:

In a medium skillet, heat the olive oil over medium heat. Add the chopped onion and sauté about 3 minutes. Add garlic and mushrooms, then sauté until mushrooms are cooked and most extra liquid has evaporated, about 5 minutes. Add rice and cook 1 minute, stirring. Add broth, basil, thyme, and bay leaf. Bring liquid to a boil, then cover and reduce heat. Simmer 40 minutes, stirring occasionally. Add chopped parsley and simmer another 5-10 minutes until liquid is absorbed and rice is tender. Remove thyme sprigs and bay leaf. Salt and pepper to taste, if desired.



Cauliflower Mash

Ingredients:

1 head fresh cauliflower

1/4 cup firm yogurt

1/4 cup milk of choice

Salt and pepper

Any other seasonings of choice (herbs, garlic, etc.)

Preparation:

Steam cauliflower until very soft. Put it in food processor with all other ingredients. Process until smooth and serve.



Cumin Carrots

From the Kitchen of Bill Sirl

Makes 6 servings

Ingredients:

3 bunches small organic carrots

2 Tbsp. chopped cilantro

3 Tbsp. virgin olive oil

1/2 tsp. cumin

Salt and pepper to taste

Preparation:

Wash, peel, and boil carrots until tender. Remove and rinse under cold water. Pat dry and slice into rounds. Add cilantro, olive oil, cumin, salt, and pepper.



Garlic Beets

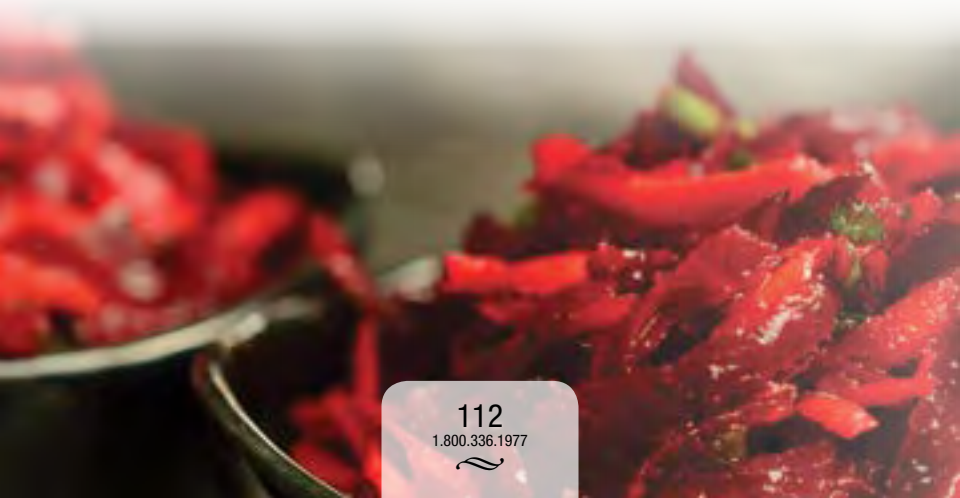
Makes 4 servings

Ingredients:

2 bunches medium beets
2 Tbsp. virgin olive oil
1 Tbsp. chopped parsley
2 cloves finely minced garlic
Himalayan salt to taste

Preparation:

In a large pot, bring water to a boil. Wash beets and add to boiling water. Boil until cooked enough to poke with a fork. Drain and then run under cold water to remove the skins. Slice beets and cover with remaining ingredients. Serve warm as a side dish to any healthy protein or carbohydrate, or serve cold as a salad. Enjoy these served cold, tossed with farro or quinoa.



Parmesan Cauliflower

Ingredients:

- 1 head cauliflower
- 1 lb Parmesan
- 1 Tbsp. chopped parsley
- Sprinkles of paprika

Preparation:

Preheat oven to 425 degrees Fahrenheit, slice cauliflower and line a cookie sheet with sides or a large Pyrex dish, cover with grated or cheese and bake until golden and crispy. Sprinkle chopped parsley and paprika for garnish and enjoy.



Potatoes, Fennel & Leeks au Gratin

Ingredients:

- 2-1/2 lbs Yukon gold potatoes
- 2 large leeks
- 2 bulbs fennel
- 3 Tbsp. butter
- 1-1/2 cups whole milk (or unsweetened hemp milk)
- 1 cup stock (chicken or vegetable)
- ½ tsp. nutmeg
- ½ tsp. fennel seeds
- Salt and pepper
- 2 cups grated Guyere cheese (optional)

Preparation:

Preheat oven to 375 degrees Fahrenheit. Melt butter and pour into a 13x10 baking dish. Wash potatoes (I leave the skins, but feel free to peel), fennel and leeks. Slice in 1/8th inch pieces and arrange in a baking dish. Mix milk, stock, and spices and pour over potatoes and veggies. Bake for about 45 minutes and then add cheese to melt on top.



Roasted Cauliflower with Turmeric

From the Kitchen of The Cycling House

Ingredients:

Cauliflower
Olive oil
Diced garlic
Turmeric powder
Garlic powder
Ginger powder
Salt
Pepper

Preparation:

For this recipe, you get to use your chef skills, because you don't actually measure anything out, you just season it to taste. Preheat oven to 425 degrees Fahrenheit. Cut up cauliflower into bite-sized pieces, place them in a bowl, and toss with just enough olive oil to coat. Dice one clove of garlic per head of cauliflower and add it to the bowl. Season with turmeric, garlic powder, and ginger powder. Use about three times more turmeric than garlic or ginger, enough turmeric to give the cauliflower a nice yellow hue. Add salt and pepper. Taste often and adjust seasonings. Place on a baking sheet and bake for 30 to 40 minutes, turning once during that time. When the cauliflower is soft and looks slightly roasted, it is done.



Roasted Squash

Ingredients:

Squash of choice: hubbard, butternut, delicata, kobucha

garlic to taste

turmeric to taste

salt and pepper to taste

Preparation:

Cut squash in half lengthwise and remove seeds. Slice squash into $\frac{1}{4}$ to $\frac{1}{2}$ inch slices and arrange in a single layer on a greased baking sheet. Oil the tops and season to your liking, garlic, turmeric. Salt, pepper, seasoning medley. Roast at 350 for 30 to 45 minutes until soft and beginning to brown.



Sauerkraut

TIP:

Sauerkraut may need to be stored in the refrigerator if you live in a hot climate, but most refrigerators are too cold to allow it to mature.

Ingredients:

- 2 large cabbage heads
- 2 large carrots
- 2 large onions
- 1 bunch radishes
- 1 Tbsp. caraway seeds
- 3 cloves garlic
- 1 cup filtered water
- 2 tsp. sea salt
- 1 cup liquid whey (if not available use 1/2 cup apple cider vinegar)

Preparation:

Shred the cabbage and other vegetables in a food processor. Put the shredded vegetables in a large container with the other ingredients. Pound them with a pestle or wooden mallet for 10 minutes, long enough to release the juices.

Press the mash down. The liquids should just about cover the top of the mash. Put a large plate into the container that fits nicely and seals the top and put a heavy weight on top of it. Within a few

hours, liquids should cover the top of the shredded mixture (if it did not cover initially). If there is not enough cabbage juice, add cold filtered water with whey, lemon juice, and vinegar to cover.

Allow to ferment at room temperature for 3-5 days. Within 1 day, the smell should start to change and within 3 days the mixture should have a delicious aroma. After 2-3 days of lacto-fermentation, vegetables start to soften and some of their components break down. As lactic acid-producing bacteria proliferate, the food becomes more acidic and easily digestible. Micronutrients such as choline are formed, the entire medium is preserved, and new flavors and aromas develop.

Transfer to capped jars. Leave 1 inch at the top as they can bubble and leak. Try not to expose it to the air too much. (Making sauerkraut is an anaerobic process.)

Sauerkraut needs at least six months to fully mature. The ideal storage temperature is about the same as for a fine bottle of wine.

Southwestern Brown Rice

From the Kitchen of Sonia Frank

Makes 4 servings

Ingredients:

- 1 onion, chopped
- 1 tsp. canola oil
- 1 clove garlic, pressed or minced
- 1/2 cup red bell pepper, chopped
- 1 cup brown rice, cooked
- 8 oz. can red kidney beans, drained
- 11 oz. can whole kernel corn with liquid
- 2 tsp. ground cumin
- 2 Tbsp. fresh parsley, chopped
- 1 Tbsp. apple cider vinegar

Preparation:

Over medium-low heat, sauté onion in oil until transparent. Add garlic and red bell pepper, stirring constantly. Cook several minutes until the pepper begins to soften. Add rice, beans, corn, cumin, and parsley. Cook, stirring occasionally, until thoroughly heated. Sprinkle vinegar on top and serve.



Sprouted Quinoa Pilaf

Makes 4 servings

Ingredients:

- 2 Tbsp. grapeseed oil or vegetable oil
- 1/2 cup onion, chopped
- 2 1/2 cups sprouted quinoa (see p. 123)
- 1 1/4 cups water
- 2 Tbsp. powdered broth of your choice (powdered imitation chicken bouillon is available at health food stores)

Preparation:

In a medium pan, heat oil over medium low. Sauté onions until tender. Add sprouted quinoa, water, and powdered bouillon. Stir and bring to a boil. Lower heat and gently simmer uncovered about 15 minutes, stirring occasionally. Cover and remove from heat. Let stand about 10 minutes.



Stuffed Mushrooms

From the Kitchen of Bill Sirl

Makes 4 servings

Ingredients:

10-12 large mushrooms (button or mini portobella), cleaned and stems removed

1 Tbsp. olive or grapeseed oil

1/2 cup onion, finely chopped

2 garlic cloves, minced

1/4 lb. mushrooms, finely chopped

1 tsp. dried basil

1/2 tsp. dried thyme

1/2 cup chopped walnuts

1/2 cup cooked spinach, well-drained and chopped

1 tsp. liquid amino

1 Tbsp. oat bran

1 tsp. nutritional yeast

Pepper to taste

Preparation:

Preheat oven to 350 degrees Fahrenheit. Oil a baking sheet, and then place whole mushrooms on sheet. Bake for 5 minutes while you sauté the onions, garlic, and chopped mushrooms in oil for 10 minutes. Add basil, thyme, walnuts, spinach, and liquid amino. Pepper to taste. Remove from heat, and add oat bran and nutritional yeast. Mix well and stuff mushrooms. Bake for 6 additional minutes.



Sweet Sprouted Quinoa

Makes 4 servings

Ingredients:

- 3/4 cup coconut milk
- 3/4 cup water
- 2 1/2 cups sprouted quinoa (see p. 123)
- 1/4 cup celery, chopped
- 1/4 cup raisins or currants
- 1/4 tsp. salt
- 1/2 cup shredded carrots

Preparation:

Combine liquids in a medium pan, and add quinoa. Stir well, and add celery, raisins, and salt. Bring to a boil, reduce heat, and simmer about 15 minutes uncovered. Cover, remove from heat, and let stand about 10 minutes. Transfer to a large bowl, and let cool for 10 minutes. Add shredded carrots and toss lightly. If desired, garnish with fresh chopped parsley, sunflower sprouts, shredded zucchini, etc. Serve as is, or on a bed of lettuce.

For a tasty breakfast or healthy dessert, prepare the same way but without celery or raw veggies. If desired, add a healthy sweetener such as honey, maple syrup, or agave nectar, and serve like oatmeal. Enjoy!



How to Sprout Quinoa

Makes about 2 cups

Ingredients:

- 1 cup quinoa
- 1/4 tsp. salt
- 2 quart mason jar

Preparation:

Put quinoa and salt in large mason jar and fill with water. Cover with a clean cloth or cheese cloth, and secure with a rubber band. Let sit about 10 hours or overnight. Remove cloth and drain thoroughly. Replace cloth, or use a Sprout-Ease® Topper, size small. Place jar on its side, out of direct sunlight. Rotate jar occasionally so seeds are exposed to air. After about 36 hours, seeds will have roots about 1/4" inch long.

Sprouted quinoa can be placed in refrigerator for up to 2-3 days before cooking. Sprouted quinoa can be cooked like white rice, but requires less water and cooking time. Cooking time may be affected by altitude and humidity levels.



Turmeric Roasted Sweet Potatoes

Ingredients:

3 large sweet potatoes

Avocado or olive oil

Salt, pepper, and turmeric

Preparation:

Line a sided baking sheet with parchment paper and spray or rub with oil. Wash and slice potatoes into 1/4 inch slices. Arrange in a single layer on parchment and sprinkle with salt, pepper and turmeric. Bake at 350 degrees Fahrenheit until potatoes are soft or crisp, as you desire.



Yellow Lentils

Ingredients:

- 2 cups lentils
- 10 cups water
- 2 Rapunzel veggie broth cubes
- 2 Tbsp. avocado oil
- 1 large onion chopped
- 2 cloves minced garlic
- 2 Tbsp. chopped parsley
- 2 Tbsp. chopped cilantro
- 1 cup minced tomato
- 1/2 tsp. Turmeric dry powder
- 1/2 tsp. whole cumin seeds
- 1/2 tsp. whole coriander seeds
- 1/4 tsp. cayenne (optional)

Preparation:

Inspect dry lentils to remove dirt or debris. Then put in 10 cups water and let soak 2-5 hours. Bring lentils and water to a boil and reduce to medium/low heat. Cook until lentils are tender and then add broth cubes. Remove from heat. In a separate skillet, heat oil and add onions. Let cook a few minutes. When they start to brown, add tomatoes, garlic and spices. Simmer to “temper spices” and bring out their flavor. Add this mix to lentils and add fresh herbs and salt to taste.





Entrées

Beef.....	129
Chicken	137
Seafood	149
Vegetarian	157
Marinades & Rubs	167





Beef Entrées

Kibbeh.....	130
Marinated Flank Steak.....	131
Meatloaf	133
Taco Meat.....	134



Kibbeh

Makes 4-6 servings

Ingredients:

2 lb. finely ground beef or lamb, lean

1/2 lb. bulgur cracked wheat or
cooked quinoa

1 1/2 tsp. salt

1 1/2 tsp. pepper

1 tsp. allspice

1 tsp. cumin seeds

2 medium onions, finely chopped

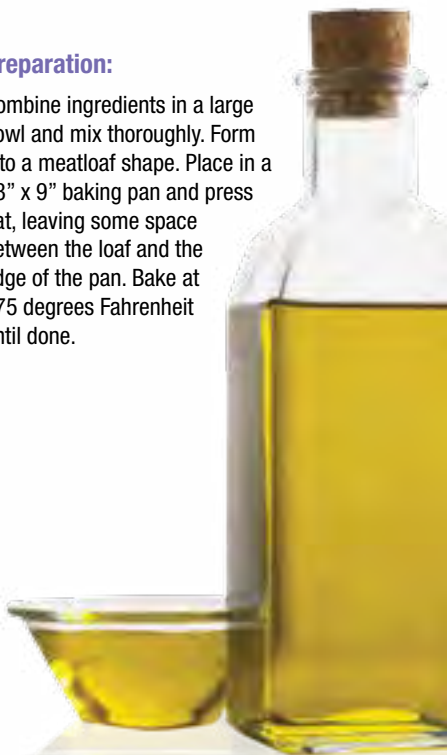
1/2 cup toasted pine nuts (optional)

1/2 cup raisins

2 Tbsp. olive oil

Preparation:

Combine ingredients in a large bowl and mix thoroughly. Form into a meatloaf shape. Place in a 13" x 9" baking pan and press flat, leaving some space between the loaf and the edge of the pan. Bake at 375 degrees Fahrenheit until done.



Marinated Flank Steak

Makes 4-6 servings

Ingredients:

- 1 flank steak
- 2 tsp. low-sodium soy sauce
- 1 tsp. honey
- 1/2 tsp. sesame oil
- 1 clove garlic
- 1/2 tsp. grated ginger (optional)

Preparation:

Flank steak cuts are typically between 1 1/4 - 2 lb. If this is more than you need, cut in half and freeze one of the steaks. Allow about 1/3 lb. of raw meat per person. In a small saucepan, combine all ingredients except meat, and heat on low stirring constantly until honey melts. Pour over meat and let marinate for 20-30 minutes. Then, broil or barbecue steak to desired wellness. To serve, slice thinly at an angle, cutting across the grain.





132

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Meatloaf

Makes 4-6 servings

Ingredients:

- 1 1/2 lbs ground beef
- 1 onion chopped
- 2 large celery stalks chopped
- 2 large carrot chopped
- 1/4 cup soy sauce
- 1 egg
- 1/2 cup oats
- 1 Tbsp. chopped fresh oregano or dried
- 1 tsp. fresh pepper
- 1 tsp. ground chili peppers

Preparation:

Preheat oven to 350 degrees Fahrenheit. Combine meat and spices in a bowl. Mix well and turn into a baking dish. Use an 11"x13" pan and form a mound in the middle with the meat loaf. Bake for 45 minutes to an hour and let cool. Serve and enjoy.



Taco Meat

Ingredients:

1 lb. meat of choice, chicken, turkey, pork, beef, or buffalo

1 medium onion, chopped

4 cloves garlic, chopped

1 Tbsp. dried or fresh oregano

Cayenne to your liking

A couple dashes of paprika for color

Preparation:

Sauté meat, onion and garlic, add seasonings and serve.







Chicken Entrées

Balsamic Crock Pot Chicken	138
Chicken with Fennel, Onions, & Olives.....	139
Chinese Chicken Salad	140
Herbed Chicken	141
Lemon Roasted Herbed Chicken	142
Marinated Chicken.....	143
Orange Chicken Salad.....	144
Pulled Chicken.....	145
Roast Lemon Rosemary Chicken.....	146
Spaghetti Squash Bolognese.....	147



Balsamic Crock Pot Chicken

Makes 4 servings

Ingredients:

Chicken pieces, thighs and/or breasts

Olive Oil

Chopped fresh garlic to taste

Balsamic vinegar

Preparation:

Pour 1/8 inch of olive oil into crock pot. Arrange chicken and sprinkle with garlic, salt and pepper. Pour Balsamic vinegar over and set on high for 2-3 hours. Serve and enjoy.



Chicken with Fennel, Onions, & Olives

Makes 4 servings

Ingredients:

4 boneless, skinless chicken breasts
2 bulbs fennel
2 onions
1 Tbsp. olive oil
Salt and pepper to taste
1 cup chicken broth
1 cup green olives, pitted
1 bunch tarragon

Preparation:

Cut each chicken breast into three pieces. Slice fennel into semicircles by cutting cross sections. Slice onions into slivers. In a cast-iron Dutch oven, heat olive oil and chicken until it begins to turn brown. Dust with salt and pepper. Add fennel, onions, and chicken broth. Cover and simmer on low heat for 20 minutes. Add olives and tarragon leaves, and stir. Cook for a few minutes and serve.



Chinese Chicken Salad

TIP:

The fat content of this dish can be significantly reduced by decreasing the amount of nuts to 1/4 cup or less.

Makes 11 Cups (about 8 servings)

Ingredients:

- 2 cups cooked chicken breast
- 4 cups lettuce or cabbage, shredded
- 1 cup bean sprouts
- 1 cup cooked sugar snap peas
- 1 small can mandarin oranges, drained
- 1 cup cilantro, chopped
- 1/2 cup peanuts or cashews
- 1/2 cup green onions, chopped

Preparation:

In a small bowl, mix chicken breast with about 2 tablespoons of Honey Sesame Dressing (see page 73), and refrigerate for about 2 hours. In a large bowl, combine all ingredients including marinated chicken.

Suggestion: dress lightly with a honey sesame dressing.



Herbed Chicken

Makes 4 servings`

Ingredients:

4 boneless, skinless organic chicken breast halves

1/2 large onion, diced

1/2 lemon

1 sprig rosemary

Pinch of salt

Preparation:

In a large pan, add all ingredients along with just enough water to cover the chicken. Bring to a rapid boil. Let boil 10-15 minutes depending on the size of your chicken breasts. Remove pan from heat and wait 10 minutes. Remove chicken breasts and serve over steamed veggies, or chill and use for salads, sandwiches, or as a yummy lean source of protein.



Lemon Roasted Herbed Chicken

Makes 4 servings

Ingredients:

- 1 Tbsp. oil of choice
- 1 small roasting hen
- 1 lemon
- 2 large onions
- 1/2 cup white wine
- 1/2 cup chicken broth
- 1 Tbsp. of each: Fresh thyme, sage, oregano (dry can be used as well) or more if desired
- Salt and pepper

Preparation:

Preheat oven to 425 degrees Fahrenheit. Dust chicken with salt and pepper. In a roasting skillet or Dutch oven, heat oil and then brown chicken on all sides. Then remove chicken. Cut onions in slivers and lay onions in the bottom of the pan with herbs, wine and broth. Cut lemon in 4 and stuff in the cavity of the chicken. Place chicken on top of onions and bake for about 1 hour (depending on the size of the chicken cooking times will vary).



Marinated Chicken

Makes 4 servings

Ingredients:

- 4 chicken breasts or a mix of thighs/ breasts/wings
- 2 large lemons (zest one, then juice both)
- 3 cloves of garlic, minced
- 1/4 cup chopped parsley
- 1/4 cup coarsely chopped fresh basil, rosemary, dill, oregano, or a mix of all four
- 1/3 cup olive oil
- 1/2 tsp. pepper

Preparation:

Combine all ingredients in a 2-gallon resealable storage bag. Marinate chicken for 1-2 hours in the refrigerator. Preheat oven to 365 degrees Fahrenheit. Bake for 45 minutes. Allow to cool, then refrigerate until ready to eat.



Orange Chicken Salad

Makes 2 servings

Ingredients:

- 4 large oranges
- 1 bunch watercress
- 1 large seasonal apple
- 2 grilled, skinless chicken breasts
(or 3 thighs de-boned)

Dressing:

- 2 Tbsp. orange juice
- 1/4 cup olive oil
- 1/4 tsp. Himalayan salt and fresh ground pepper

Put all ingredients in a small bowl (or Hammer Blender Bottle!), and mix well.

Preparation:

Peel oranges and slice into rounds of, cut oranges into wedges (be sure to remove the white part of the rind). Wash watercress and spin dry. Remove leaves from stems. Wash apple, core, slice into quarters, and then into thin slices. Toss apple with some lemon juice to prevent browning. Prepare dressing.

Grill chicken breasts and let rest for 10 minutes before slicing. Toss all ingredients while chicken is still warm, then toss everything with dressing and enjoy!



Pulled Chicken or Pork

From the Hammer Nutrition employee luncheon Fiesta!

Makes 6 servings

Ingredients:

- 1 Tbsp. chili powder
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder
- 1/4 tsp. crushed red pepper flakes
- 1/4 tsp. dried oregano
- 1/2 tsp. paprika
- 1 1/2 tsp. ground cumin
- 1 tsp. sea salt
- 5 boneless, skinless chicken breasts
or 1 pork shoulder roast
- 1 lime, juiced

Preparation:

Combine spices and rub on roast or chicken. Place in a crockpot on low and let cook 6-8 hours or until tender. Once finished, shred the meat, sprinkle with lime juice, and serve with your favorite taco toppings.



Roast Lemon Rosemary Chicken

Makes 6-8 servings

Ingredients:

- 1 large organic chicken
- 1/2 cup flour
- 1/2 tsp. Himalayan salt
- 1/2 tsp. fresh cracked pepper
- 1/4 tsp. cayenne pepper
- 1/4 cup coconut oil
- 1 cup preserved lemons (I buy them from Trader Joes)
- 2 medium sprigs rosemary (leaves removed from stems)
- 1 Tbsp. fresh oregano

Preparation:

Cut chicken into eight to 10 pieces. Put chicken pieces into a large sealable bag along with the flour, salt, pepper, and cayenne. Shake to coat the chicken.

In a large, heavy skillet, melt the coconut oil over medium heat, then add the brown chicken pieces and brown on both sides. (You probably will need to do this in two or three batches to avoid crowding the pieces.) Transfer the browned chicken to a large glass baking dish.

In a food processor, combine the preserved lemons, rosemary, oregano, and salt. Spread this mixture over the chicken pieces and let stand for at least 2 hours.

Preheat oven to 450 degrees. Bake chicken for 20 minutes. Reduce heat to 350 degrees and cook for about 30-40 more minutes. The chicken should reach an interior temperature of 165 degrees to be fully cooked.



Spaghetti Squash Bolognese

Makes 4 servings

Ingredients:

- 1 large spaghetti squash, cut in half lengthwise, seeds removed
- 6 ripe Roma tomatoes, quartered
- 4 cloves garlic, peeled
- 1/2 cup water
- 1 lb. ground organic chicken (dark meat is best for flavor)
- 1 Tbsp. olive oil (pure, not virgin)
- 2 tsp. dried oregano
- 1 tsp. fennel seeds
- 1 Tbsp. tomato paste
- Salt to taste
- Extra virgin olive oil and Parmesan cheese to garnish

Preparation:

Preheat oven to 375 degrees Fahrenheit. Place squash face down in a large (13"x9") Pyrex baking dish with an inch of water. Bake 45-60 minutes, or until flesh is tender. Meanwhile, blend quartered tomatoes, garlic, and water in a blender, and set aside. In a cast-iron skillet, heat oil over medium low, then sautéed ground chicken, oregano, fennel, and tomato paste. Season and salt to taste. When meat is mostly cooked, add contents of the blender. Simmer on low for 20 minutes. Use a fork to scrape meat from squash onto a large platter, forming 'spaghetti' strands. Pour sauce over the top. Garnish with extra virgin olive oil and Parmesan cheese.





Seafood Entrées

Pepper Ahi Steak	150
Roasted Sea Bass	151
Salmon Cakes.....	152
Smoked Herring or Trout Salad	153
Steamed Salmon & Zucchini	154
Wild Salmon Garden Greens & Veggie Salad.....	155



Pepper Ahi Steak

Ingredients:

Fresh ahi tuna steaks

Canola oil

Peppercorns

(allow about 2 Tbsp. per person)

Preparation:

Brush ahi steaks lightly with canola oil on both sides. On a cutting board, coarsely crush the peppercorns with the bottom of a small pot or pan. Coat both sides of the Ahi with the crushed pepper. Grill, barbecue, or pan fry without oil. Cook for about 6 minutes on each side, or until done. Serve with lemon or tartar sauce.



Roasted Sea Bass

Makes 4 servings

Ingredients:

4 boneless, skinless sea bass fillets

1/2 cup cherry or grape tomatoes

1/4 cup Kalamata olives, pitted and sliced

1/4 cup bell peppers, diced

1/4 cup dry white wine

1/4 cup lemon juice

4 cloves garlic, minced

1/4 cup fresh parsley, chopped

1 tsp. dried oregano

1 tsp. dried thyme

Sea salt and fresh pepper to taste

Preparation:

Preheat oven to 400°F. Place fish in a Roasting dish large enough so that fish will fit in one flat layer. Mix remaining ingredients in a bowl, then pour over fish. Roast 15-20 minutes or until fish flakes when prodded with a fork.



Salmon Cakes

Makes 8 small cakes

Ingredients:

- 8 oz. salmon
- 1 whole large egg
- 2 tsp. Sriracha sauce
- 1/2 tsp. salt (optional)
- 1/4 cup chopped fresh basil
- 2 tsp. chopped fresh mint
- 1 cup mashed potatoes
- 3 egg whites, stirred
- 1/2 cup panko or bread crumbs

Sauce:

- 1/4 cup nonfat yogurt
- 2 Tbsp. mayonnaise or Vegenaïse
- 1 tsp. lemon juice
- 1 tsp. Sriracha sauce
- 1 tsp. chopped fresh dill

Preparation:

In a bowl, mix salmon, whole egg, Sriracha, salt (if using), herbs, and potatoes. Scoop into 2-oz. portions, forming about 8. Roll into balls. Coat each in egg whites and then panko or bread crumbs. Press flat and chill. Cook these on the griddle or frying pan, using a small amount of oil. Drizzle the lightly browned cakes with the sauce, serve.



Smoked Herring or Trout Salad

Makes 3-4 servings

Ingredients:

- 1 6-oz. can smoked herring (kippers) or smoked trout
- 1 small onion, minced
- 1 celery stalk, minced
- 1 clove garlic, minced
- 1/4 cup mayonnaise
- Fresh cracked pepper to taste
- 1 small head butter lettuce, washed and dried
- Olive oil
- Red wine vinegar

Preparation:

Drain the liquid from the fish. Use a fork to flake the fish into a medium size bowl. Add the onion, celery, garlic, and mayonnaise. Gently stir to combine. Tear the lettuce into manageable sized pieces. Put a few of the lettuce pieces onto salad plates, then top with the salad. Dress with a drizzle of olive oil and red wine vinegar. Or, serve as a sandwich.



Steamed Salmon & Zucchini

Makes 2 servings

Ingredients:

- 1 6 oz. fillet of salmon
- 1 small onion, thinly sliced
- 1 medium zucchini, thinly sliced
- 2 thin lemon slices
- 1 tsp. fresh or dried dill leaves
- 1 tomato, thinly sliced
- 1 cup white wine
- 1/2 cup water
- Pumpkin seed oil
- Salt and pepper to taste

Preparation:

Cover the bottom of a steamer pan with onion, zucchini, lemon, dill, and tomato. Add wine and water. Place a steamer basket on top of the veggies and liquid. Bring liquid to a rapid boil, then reduce heat to low. Gently place salmon on top. Cover and cook about 10 minutes. Remove the fish. Use a slotted spoon to remove the veggies, reserving the liquid. To serve, spoon some of the reserved liquid over the veggies and salmon. Finish by drizzling pumpkin seed oil on top for a yummy and beautiful garnish.



Wild Salmon Garden Greens & Veggie Salad

Makes 4 servings

Ingredients:

- 1 head romaine lettuce
- 2 heads of Belgian endive
- 1 bunch watercress (or arugula or kale)
- 1 cup cherry tomatoes
- 6 radishes
- 2 celery stalks
- 1 large carrot
- 2 hardboiled eggs, peeled and sliced
- 6 oz. can white albacore tuna in water, drained

Preparation:

Cut romaine and endive into thin strips. Remove oversized stems from watercress. Place all greens in salad bowl. Chop tomatoes, radishes, celery, and carrot. Add to salad bowl. Add eggs and tuna.

TIP:

Use your favorite dressing, or with following:
3 Tbsp. olive oil
1 Tbsp. balsamic vinegar
salt and pepper to taste





Vegetarian Entrées

Greek Quinoa.....	158
Mashed Cauliflower	159
Mock Tuna.....	160
Ratatouille	161
Roasted Root Veggies	162
Spaghetti Squash	163
Sweet Potato and Swiss Chard	164



Greek Quinoa

From the Kitchen of Bill Sirl

Makes 4 servings

Ingredients:

3-4 cups water or vegetable broth
1 1/2 cups quinoa, uncooked
1/4 cup apple cider vinegar
2 cloves garlic, minced
Juice from one lemon
3 Tbsp. olive oil
1/2 cup Kalamata olives, sliced if desired
1/3 cup fresh parsley, chopped
1/3 cup fresh cilantro, chopped
1 red onion, diced
1 cup cherry tomatoes, sliced in half
1/2 cup chopped artichoke hearts (optional)
Salt and pepper to taste
1/2 cup crumbled feta cheese

Preparation:

In a medium saucepan, cook quinoa in vegetable broth for 15-20 minutes until tender, stirring occasionally. Allow to cool. In a small bowl, whisk together the vinegar, garlic, lemon juice, and olive oil. Gently toss the quinoa together with the remaining ingredients, except feta. Pour the olive oil mixture over the quinoa. Add more salt and pepper to taste and gently stir in the feta cheese. You may also add any additional vegetables that you like, such as lightly steamed broccoli, snap peas, or diced bell pepper.

For Greek Quinoa Stuffed Peppers: Cut tops or sides off peppers, fill with above quinoa mixture, and bake at 375 degrees Fahrenheit for 20-30 minutes. The remainder of the filling can be served later as a side dish.



Mashed Cauliflower

From the Kitchen of Bill Sirl

Makes 4 servings

Ingredients:

2 heads cauliflower, broken into florets
Olive oil cooking spray
1 tsp. garlic powder
Black pepper
1 tsp. chili powder
1 Tbsp paprika
3 Tbsp. curry powder
8 cups water
2 Tbsp. vegetable bouillon
2 medium potatoes, cubed
1/4 cup olive oil
1 large onion, chopped
2 Tbsp. butter
6 cloves garlic, chopped
Salt to taste
Milk/soy milk (optional)

TIP:

Goes great with Portobello Gravy recipe on page 82. To make as soup, do not pour off water. Puree all components together with immersion blender to taste.

Preparation:

Place the cauliflower florets into a large bowl of lightly salted water; let stand for 20 minutes. Drain well, and arrange on a sheet of heavy aluminum foil on a baking sheet. Spray olive oil cooking spray evenly on the cauliflower.

Preheat broiler and set oven rack about 6 inches from the top. Dust cauliflower with garlic powder, pepper, chili powder, paprika, and 1 tablespoon curry powder. Broil cauliflower until browned. Boil 8 cups of water and bouillon in a large pot. Season with black pepper and salt or liquid amino. Add roasted cauliflower and potatoes to pot, simmer until vegetables are tender, about 30 minutes. Meanwhile, heat olive oil in skillet, and cook onion until translucent, about 5 minutes. Add butter to pan, stir in garlic, and sauté for about a minute. Set aside. Drain cauliflower and potatoes. Return to pot, add sautéed onions and garlic. Purée until smooth. You may choose to add a small amount of milk/soy milk and remaining curry powder, if desired.



Mock Tuna

Makes 4 servings

Ingredients:

1 14 to 16 oz. can of chick peas or equivalent fresh cooked chickpeas

2 Tbsp. lemon juice

Salt and pepper

Preparation:

Mash chickpeas, add lemon juice, salt and pepper, stir and add mayo to desired consistency. Use for salad or sandwiches.



Ratatouille

Makes 4 servings

Ingredients:

- 1 3/4 cup olive oil
- 2 onions, chopped
- 2 yellow bell peppers, seeds removed, cored, and diced
- 4 garlic cloves, peeled and chopped
- 1 Tbsp. chopped fresh or dried thyme
- 1 Tbsp. chopped fresh or dried oregano
- 2 bay leaves
- 6 small zucchini, diced
- 3 medium eggplants, diced
- 6 tomatoes, diced
- Salt and pepper to taste

Preparation:

In a heavy skillet, brown onions and peppers in 1 cup of oil along with the garlic and herbs. Set aside. Use a second skillet to sauté zucchini and eggplant in the remaining 3/4 cup of oil for 10 to 15 minutes, or until tender. Combine contents of both skillets plus the chopped tomatoes into a large skillet or sauce pan, and simmer on the stove over low heat for about an hour, stirring occasionally. It becomes a yummy, healthy veggie stew! Serve warm or at room temperature.



Roasted Root Veggies

Makes 3-4 servings

Ingredients:

- 2 large carrots
- 2 large parsnips
- 1 smallish butternut squash
- 2 large onions
- 2 large leeks
- 1 small bunch fresh thyme
- 1 sprig fresh rosemary
- 4 sprigs fresh sage

(If fresh herbs are not available, use 2 tablespoons of each of a dried variety.)

1/4 cup pure olive oil, or ghee (For fat-free version, use 1 cup of stock.)

Sea salt to taste

Preparation:

Preheat oven to 375 degrees Fahrenheit. Wash root veggies very thoroughly as they tend to be sandy. Peel carrots, parsnips, and squash if desired. Chop all veggies into approximately 1" cubes. Finely chop herbs. Add vegetables and herbs to a 9"x13" baking dish, mix them with the oil, and salt to taste. Bake until golden brown and tender, approximately 45 minutes depending on your oven, altitude, etc.



Spaghetti Squash

Makes 2 large servings

Seasoned Spaghetti Squash

Ingredients:

1/2 medium spaghetti squash

1 Tbsp. unsalted butter

1 Tbsp. Parmesan cheese

1 1/2 tsp. salt-free seasoning (lemon pepper or Italian)

Preparation:

Cut spaghetti squash in to pieces, and steam for about 25 minutes or until tender. Remove from steamer, and let cool for 5 minutes. Using a large spoon, remove squash meat from skin and put in bowl. Discard skins. Add butter, Parmesan, and seasoning. Stir gently.

Spaghetti Squash with Marinara

Ingredients:

1/2 medium spaghetti squash

6 oz. marinara sauce

Preparation:

Follow the same preparation instructions as Seasoned Spaghetti Squash. Spoon hot marinara sauce over squash, serve.



Sweet Potato with Swiss Chard & Ricotta

From the Kitchen of The Cycling House

Makes 4 servings

Ingredients:

- 4 medium sweet potatoes
- Olive oil
- 1 bunch Swiss chard
- 2 garlic cloves, peeled and thinly sliced
- 2 Tbsp. balsamic vinegar
- 1/2 tsp. red pepper flakes
- Coarse salt and pepper
- 1 cup part-skim ricotta cheese

Preparation:

Preheat the oven to 450 degrees Fahrenheit. Pierce the skin of each sweet potato several times with a fork and coat lightly with olive oil. Place them on a baking sheet and bake for about 50 minutes, or until you can pierce them easily with a paring knife. Remove and discard the stems of the Swiss chard, and tear the leaves into medium-size pieces. Lightly coat a large pan with olive oil and heat until just before the oil begins to smoke. Add garlic to the pan and cook until golden, 1 to 2 minutes. Remove garlic from the pan and set aside. Add Swiss chard to the pan. Cook, tossing frequently until tender, 3 to 5 minutes. Remove pan from heat and stir in balsamic vinegar and red pepper flakes. Set aside. When the potatoes are done, slice partway through lengthwise to open them. Serve them on plates, seasoned with salt and pepper, and then topped with ricotta, Swiss chard, and the reserved garlic.







Marinades & Rubs

Miso Fish.....	168
Greek.....	169
Ginger Garlic Lime	169
BBQ Coffee Rub	170
Lemon Oregano Rub	171



Miso Marinades Wrap Up:

These delicious marinades make a natural sauce as they mix with the juices of your fish or poultry. You can't go wrong!

Mix together and spread on your favorite dish. Let sit and then bake!



Miso Fish Marinade

- 1/4 cup miso paste
- 1 Tbsp. honey
- 1 Tbsp. soya sauce
- 1 tsp. grated ginger
- 1 tsp. finely chopped garlic
- Juice of 1 large lime



More Meat Marinades

From the Kitchen of Hammer Staffers

Greek Marinade

- 1 lemon, juiced
- 1/4 cup olive oil
- 1/4 cup low sodium soy sauce
- 1 tsp. dried oregano
- 3 cloves garlic, crushed

Mix all ingredients and pour over beef, pork tenderloin, or chicken breasts. Refrigerate for up to 24 hours. Remove meat, discard marinade, and then grill meat until thoroughly cooked. (Goes great on veggies too!)

Ginger Garlic Lime Marinade

- 1 Tbsp. ginger, peeled and minced
- 1/4 cup lime juice
- 2 garlic cloves, minced
- 1/4 cup olive oil
- 1 Tbsp. honey
- 1/2 Tbsp. crushed red pepper flakes
- 1/2 tsp. fresh thyme, chopped
- Pepper to taste

Mix all ingredients thoroughly. Place steak, salmon, shrimp, or fresh vegetables in a shallow dish and cover with marinade. Cover and refrigerate for 1 hour. When ready to grill, remove meat or veggies; discard marinade. Serve grilled meat with a lime wedge garnish.



BBQ Coffee Rub

Ingredients

- 1/4 cup finely ground 53x11 Coffee
- 1/4 cup coconut sugar
- 2 Tbsp. chili powder
- 1 Tbsp. freshly ground black pepper
- 1 Tbsp. paprika
- 2 Tbsp. fine ground Himalayan salt
- 1 Tbsp. garlic powder
- 1 Tbsp. onion powder
- 1/2 Tbsp. cayenne

Preparation:

This goes amazingly well with pork, beef, or chicken! I like to rub it on the meat, and then let it rest for a couple of hours before putting it on the grill. Don't make the grill temperature too hot, or the coconut sugar will burn.



Lemon Oregano Rub

Ingredients

- 1/2 cup chopped fresh oregano (or 2 Tbsp. dried oregano leaves)
- 4 Tbsp. freshly grated lemon peel
- 8 cloves garlic, minced
- 1 Tbsp. ground Himalayan salt
- 2 tsp. black pepper

Preparation:

This is especially tasty on chicken or pork, but it also can be used for beef. I like to rub the meat with it the night before grilling, and then refrigerate it overnight. The mixture becomes a sort of marinade overnight.





Desserts

Almond Chia Seed Pudding	174
Baked Apples.....	175
Banana Oatmeal Recoverite Cookies.....	176
Blueberry Cobbler	177
Cashew Cookies	178
Easy, Easy Nut Cookies	179
Mostly Grain and Sugar-Free, Vegan Cookies	180
Orange Almond Cakes.....	181
Rice Flan	182
Sugar-Free, Gluten-Free, Vegan Cookies	183
Vanilla Whey Crepes	184
Vegan Huckleberry Cookies.....	185
Walnut Scones.....	187



Almond Chia Seed Pudding

Makes 4-6 servings

Ingredients:

2 cups almond milk
6 Medjool dates, pitted
1/2 cup almonds
1/2 cup chia seeds

Preparation:

Blend milk, dates, and almonds in blender. Add chia seeds. Mix at slow speed or manually stir. Chill in the refrigerator for 2 or more hours prior to serving.



Baked Apples

Makes 4 servings

Ingredients:

- 4 large Granny Smith apples
- 4 large Medjool dates
- 4 tsp. maple syrup
- 1 cup apple juice

Preparation:

Preheat oven to 375°F. Core apples and stuff with dates. Place in baking dish and pour maple syrup over dates. Put apple juice in the bottom of the dish and bake until done, approximately 1 hour.



Banana Oatmeal Recoverite Cookies

*From the Kitchen of Maria Maslanka
Hammer Athlete*

Makes 6-8 servings

Ingredients:

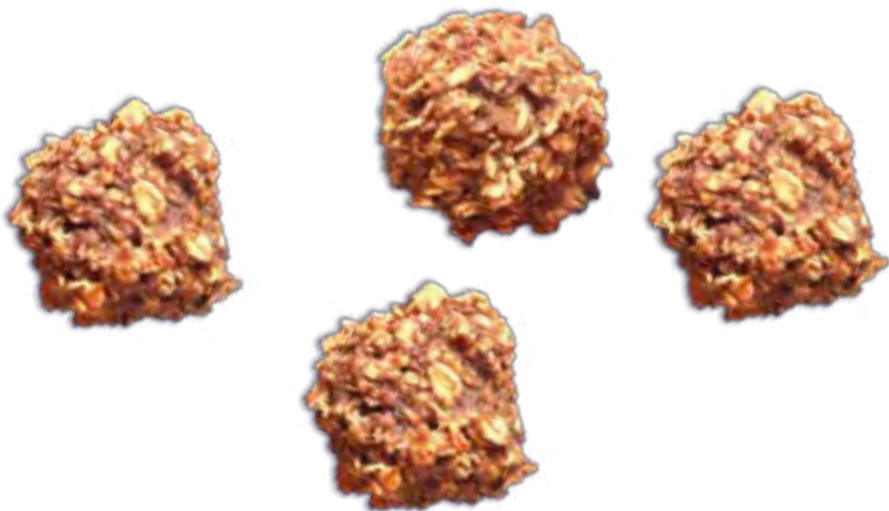
2 large ripe bananas, mashed
2 cups rolled oats
1/2 cup Chocolate Recoverite, prepared

Optional ingredients:

Cinnamon, honey, vanilla, chocolate chips, peanut butter chips, dried cranberries, raisins, chopped walnuts, shredded coconut

Preparation:

Preheat oven to 350 degrees Fahrenheit. In a large bowl, combine mashed banana with oats until smooth. Add Chocolate Recoverite. Spray a baking sheet with nonstick spray. Drop dough by large tablespoons onto cookie sheet; flatten a bit. Bake 9-12 minutes until golden. Cool on wire rack.



Blueberry Cobbler

From the Kitchen of Laura Lee Labelle

Makes 6 servings



Batter Ingredients:

- 1 cup Gluten-free Master Baking Mix (or gluten-free Bisquick)
- 1/3 cup almond milk
- 2 Tbsp. Sucanat

Filling Ingredients:

- 3/4 cup water
- 1/2 cup agave
- 2 Tbsp. cornstarch (or arrowroot starch)
- 3 cups fresh or frozen blueberries

Topping Ingredients:

- 1/2 tsp. cinnamon
- 2 tsp. agave
- 2 Tbsp. coconut oil, butter, or non-stick cooking spray

Preparation:

Preheat oven to 425 degrees Fahrenheit. Lightly coat a 9" x 9" baking dish with non-stick cooking spray or coconut milk, and set aside. In a small bowl, combine baking mix, almond milk, and Sucanat.

In a small saucepan, mix water, agave, and cornstarch. Bring to a boil over high heat for 1 minute, stirring constantly. Mix will be translucent and thicken. Remove from heat and add blueberries. Pour blueberry filling into the greased baking dish. Drop batter by tablespoons on top of the blueberry filling. Use a fork to spread evenly.

In a small bowl, mix cinnamon and agave. Sprinkle topping over the batter and dot with butter or oil. Bake 25 minutes or until golden brown and filling is bubbling. (You can place a cookie sheet underneath your baking dish to keep the cobbler from bubbling over into your oven.) Cool for 30 minutes. Serve with ice cream, frozen yogurt, sorbet, or our favorite—as is!



Cashew Cookies

Makes 3 dozen cookies

Ingredients:

- 2 cups cashew meal
- 1/2 cup coconut sugar
- Pinch of cinnamon
- 1/4 cup applesauce
- 1/4 cup coconut oil or Ghee
- 1 tsp. vanilla
- 1/2 cup chocolate chips
- 1/4 cup raisins
- 1/2 cup shredded coconut

Preparation:

Preheat oven to 350 degrees Fahrenheit. Put all ingredients in the order given into a large mixing bowl. Mix well with a mixer or by hand. Scoop out tablespoon-size dollops onto non-stick cookie sheets. Bake for about 15 minutes, or cookies are done.



Easy, Easy Nut Cookies

From the Kitchen of Laura Lee Labelle

Makes 6 servings

Ingredients:

1/2 cup nut butter (peanut, almond or cashew)

1/2 cup coconut sugar

1 egg

1 tsp. vanilla extract

Optional: 1 heaping Tbsp. shredded coconut, coconut nibs, or raisins

Preparation:

Pre-heat oven to 350 degrees Fahrenheit. In a small mixing bowl, thoroughly blend the ingredients. Spoon six large blobs onto a greased cookie sheet. Bake for approximately 10 minutes. Cool cookies, enjoy.



Mostly Grain-Free & Sugar-Free Chocolate Chip Cookies

Ingredients:

- ¼ cup coconut oil, ghee or grass-fed butter
- 1 cup coconut sugar
- 2 Tbsp. maple syrup
- 1 egg, room temperature
- 2 tsp. vanilla
- 1 cup almond flour
- 1/2 cup plus 2 Tbsp. Mama's coconut flour blend
- 1/2 tsp. baking soda
- 1/4 tsp. salt
- 1/2 cup sugar-free chocolate chips

Preparation:

Preheat oven to 350 degrees Fahrenheit. In a food processor, combine oil, ghee or butter, coconut sugar, maple syrup, egg, and vanilla. Run for 15 to 20 seconds and add flours baking soda, and salt and run again until well mixed. Stop and scrape down bowl of processor and pulse a couple more times. Make golf ball sized portions on a cookie sheet lined with parchment paper. Flatten them slightly with a piece of parchment paper and a spatula. They don't spread, so make them the size you want. Bake for 6 to 8 minutes until edges are slightly brown. Tops will not look cooked, but bottoms should be golden.



Orange Almond Cakes

Makes 12–18 small cakes

Ingredients:

1 cup butter
2/3 cup agave nectar
1/3 cup xylitol
4 eggs, beaten
1/4 cup sour cream
Zest of two oranges
1 cup almond flour
1 cup oat flour
1/2 cup potato flour
1 tsp. xanthan gum
2 tsp. baking powder
1/2 tsp. salt
1 cup warm orange juice reduction
of 1/2 gallon of fresh juice, cooked down
to a syrup.)

Preparation:

Preheat oven to 350 degrees Fahrenheit. Beat butter, agave, and xylitol until fluffy. Add beaten eggs, sour cream, and orange zest. In a separate bowl, sift together the flours, xanthan gum, baking powder, and salt. Fold the dry ingredients into the batter. I like to pour the batter into cupcake pans with liners or as a single cake, if you prefer. Bake for about 20 minutes. Cakes will rise and fall a little, not to worry. Spoon the hot syrup over the cakes, fresh out of the oven. Serve warm.



Rice Flan

Makes 4 servings

Ingredients:

- 3 cups rice milk
- 4 eggs
- 1/2 cup honey
- 1/2 tsp. vanilla extract
- 1/2 tsp. cinnamon

Preparation:

Preheat oven to 350 degrees Fahrenheit. Blend all ingredients thoroughly. Pour into individual custard cups and place cups in a casserole dish. Add water to casserole dish to about 1" high. If you don't have custard cups, pour liquid into a small baking dish and place in a larger baking dish with water in it. Bake for approximately 45 minutes or until top starts to brown and gets firm. Remove from oven. Allow about 2 hours for the flan to cool and finish firming up before serving. Refrigerate any unused portions.



Sugar-Free, Gluten-Free Vegan Cookies

Makes 2 1/2 dozen cookies

Ingredients:

- 3 ripe bananas, mashed
- 1/3 cup almond milk
- 2 cups oats
- 1/4 cup shredded unsweetened coconut
- 1/4 cup coco nibs
- 1/4 cup raisins
- 1/2 tsp. vanilla
- 1/4 cup chopped nuts (optional)
- Pinch of salt (optional)

Preparation:

Preheat oven to 350 degrees Fahrenheit. In a large mixing bowl, mix together all ingredients. Spoon out by rounded tablespoons onto a greased, non-stick, or parchment-covered baking sheet. Bake for 15-20 minutes. Allow cookies to cool before storing them in an airtight container. Enjoy as a healthy snack or delicious treat!



Vanilla Whey Crepes

From the Kitchen of Suzy Degazon

Makes about 6 crepes

Ingredients:

- 1/2 cup sifted all-purpose flour
- 3 Tbsp. Hammer Vanilla Whey
- 1 whole egg
- 1 egg yolk
- 1 Tbsp. unsalted butter, melted
- A few drops of vanilla, if desired
- 1 cup skim milk

Preparation:

Sift flour. Blend all ingredients together in a blender. (Some people like to refrigerate the batter for an hour before making the crepes, but I haven't found that necessary.)

Heat a skillet and spray with oil or add a dab of butter. When the skillet is heated, pour a small amount of the crepe mix into the hot skillet—crepes are meant to be thin. As soon as they start to bubble, flip over and place on a plate.

I also take these crepes to long races and fill them with almond butter or cream cheese and strawberries. I like to drizzle Montana Huckleberry Hammer Gel or maple syrup on them too. You can also go the English way and eat them with lemon juice!



Vegan Huckleberry Cookies

Makes 6 servings

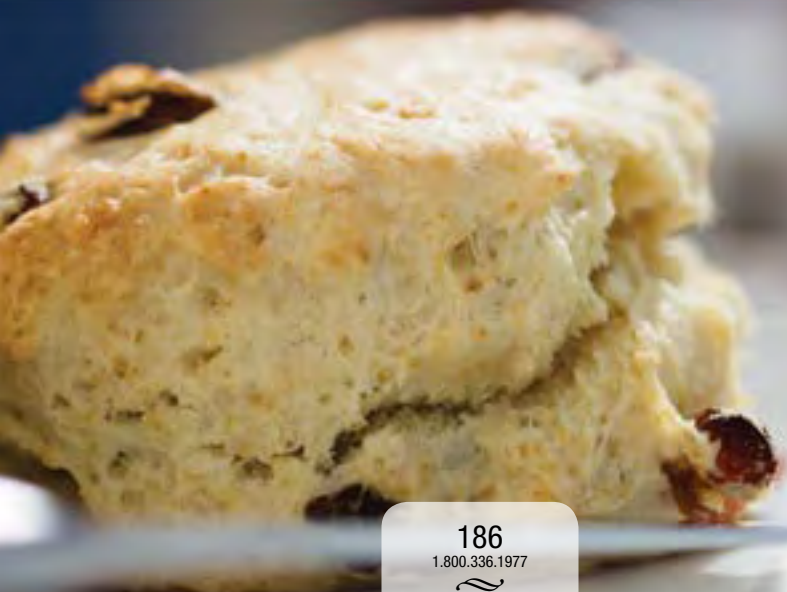
Ingredients:

2 cups almond meal
1/4 cup coconut oil, softened
3 Tbsp. honey
1/4 tsp. salt
1/2 tsp. baking soda
2 tsp. vanilla extract
1/4 cup huckleberries (or blueberries), reserved

Preparation:

Preheat oven to 350 degrees Fahrenheit. Combine all ingredients except for the berries. With your hands, roll the dough into balls (the size of meatballs), then place them on a greased cookie sheet. Use your thumb to make an indentation into the center of each cookie. Put several huckleberries in each indentation. Bake 12-15 minutes. Cool cookies on a rack.





186

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Walnut Scones

Makes 6 servings

Ingredients:

- 2 cups brown rice flour
- 1 Tbsp. non-aluminum baking powder
- 1 Tbsp. baking soda
- 3/4 tsp. xanthan gum
- 1/2 tsp. salt
- 1 cup milk
- 1/3 cup agave nectar (or substitute)
- 1/3 cup oil
- 1 large egg
- 2 cups toasted walnuts
- 1 cup raisins
- 1 Tbsp. anise seeds

Preparation:

Preheat oven to 350 degrees Fahrenheit. In a large bowl, mix flour, baking powder, baking soda, xanthan gum, and salt. In a separate bowl, whip milk, agave, oil, and egg. When thoroughly mixed, add to the dry ingredients. Then, add in walnuts, raisins, and anise seeds. An easy way to shape the scone mix for baking is to press into pie dish and cut into wedges. Bake the wedges on baking sheet for 30 minutes, or until a toothpick comes out clean.





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