



SAMPLER

Simply  
Clean  
COOKING

easy, fresh  
favorific  
RECIPES

LISA SPENCER



# Contents

## SUMPTUOUS SMOOTHIES & DRINKS

Basic Clean Smoothie  
Sexy Cilantro Smoothie

1

## MAIN EVENTS

Grilled Rosemary Chicken Breast  
Poached Saffron Halibut  
Spicy Asian Turkey Lettuce Wrap  
Poached Salmon with Fresh Dill

2

3

4

## SAVORY SOUPS

Tuscan White Bean & Garlic Soup  
Heartwarming French Lentils

5

## VIBRANT VEGGIES & GREENS

Oven Roasted Broccoli  
or Cauliflower

6

Kitchen Sink Kale Salad

7

Lisa's Luscious Simple Salad

## NOURISHING NIBBLES & NOSH

Roasted Pumpkin Seeds  
Mochi Mojo

8

## BASIC INSIDER TIPS COOKING & PREP CHARTS

9

12

# Introduction

*Buon Giorno!*

In these pages you'll discover some recipes to make your sojourn into the cleansing journey even more fabulous. Most of my clients find that they really enjoy experimenting with new foods and different recipes. Take this time to expand the repertoire of foods that truly nourish you.

Be curious as you explore and experiment with the beautiful colors and flavors of REAL food. Let your creative juices flow when you are cooking it up in the kitchen; the heart of the home. If a recipe tastes too sweet or salty alter it. When I cook at home I rarely measure. Recipes are more like guidelines than rules. Toss and pinch. And keep in mind that your tastes will change as your palate develops and gets cleaner and wiser. But also, be brave and intuitive. This is the key to cooking in a way that truly satisfies us.

Try new ingredients and make them your own based on the guidance in this book. I find the enjoyment of cooking whole foods to be a nourishing experience all on its own. So be curious, be creative and most of all SAVOR the simple fresh flavors of nutrient dense nourishing food. HAVE FUN WITH IT!

*Ciao... for now,  
Lisa*

# Basic Clean Smoothie

## Ingredients

1-2 scoops nutritional powder  
1 scoop fiber or 1 tablespoon ground flaxseeds  
6-8 oz filtered water  
1/2 cup frozen or fresh organic fruit such as cherries, blueberries, raspberries, or peaches  
Ice (optional)

## Method

Blend all ingredients

*Tip: Drinking your smoothie as fast as you can is not optimal for digestion. It is best to let each sip sit in your mouth for at least 30 seconds to allow for enzymes such as amylase to begin to break down the fruit sugars.*



1

# Sexy Cilantro Smoothie

## Ingredients

1 scoop nutritional powder  
1 cup rice/nut/seed milk  
1 cup coconut water  
1 cup papaya (fresh), peeled and diced  
1 cup fresh cilantro leaves  
1/2 cup fresh or frozen mango or peaches

## Method

Blend all ingredients together until smooth.  
It's been shown that cilantro is incredibly detoxifying and can help pull metals from the body, so drink up, especially if you live in a city, have mercury fillings, or drink tap water!

# Grilled Rosemary Chicken Breast

## Ingredients

4 chicken breasts, boneless skinless  
5 cloves garlic  
1 tablespoon olive oil  
1 tablespoon rosemary, fresh  
1 tablespoon parsley, fresh  
1 teaspoon sea salt

## Method

Mince the garlic. Chop rosemary and parsley fine. Combine the garlic, olive oil, chopped herbs, and salt in a bowl. Place the chicken breasts in the same bowl and let marinate for 1 hour to overnight if desired. Grill the chicken breast for a total 8-10 minutes, turning once half way through. Chicken should be firm to the touch and opaque throughout: internal temperature of the chicken breast should be 168 degrees Fahrenheit.

## TIP

You can marinate the chicken in herbs and oil for up to 12 hours before cooking. This chicken can be baked, grilled, or broiled. You can also cook the chicken in the oven by baking at 350 degrees for 20-30 minutes or until juices run clear and internal temperature is 168 degrees Fahrenheit.



*I make this all the time and freeze it in the marinade in serving sizes. It's so easy to thaw in a snap and grill or pan sear.*

2

# Poached Saffron Halibut

## with Peppers, Leeks & Olives

### Stuff you need:

3 cups sliced leeks (white & light green part only) (approx 2 large)  
 1 cup red bell pepper, roasted, seeded & skinned  
 1/2-1 tsp saffron threads  
 3 tbsp olive oil  
 2 cups low sodium chicken broth  
 1 tbsp fresh lemon juice  
 1 Cup mild pitted olives in brine  
 kosher salt & freshly ground pepper  
 1 1/2 lbs Alaskan halibut fillets skinned & cut to 4 portions:



### How to make it:

Put leeks, peppers, saffron & olive oil in a large saute pan.

Pour in chicken broth. Cook over medium heat until leeks are very soft & the broth boils down to about 1/3 of the volume you started with-about 12-15 minutes. Stir in the lemon juice & olives. Add a somewhat generous sprinkle of fresh ground pepper. Season halibut with a little salt and place in pan. Ladle some of the sauce over the halibut so it is covered both top and bottom. Cover and simmer/poach gently until halibut flakes apart slightly when nudged with a finger – 8-10 minutes depending on thickness. Don't overcook! FABULOUS

3

# Spicy Asian Turkey Lettuce Wrap

### Ingredients

1 pound lean ground organic turkey  
 2 tablespoons coconut oil  
 2 carrots, finely chopped or grated  
 3 cloves garlic, minced  
 2 tablespoons fresh ginger, peeled and grated  
 1 teaspoon Chinese 5 spice powder  
 2 tablespoons coconut aminos  
 2 tablespoons apple cider vinegar  
 1 tablespoon coconut nectar  
 1 can water chestnuts, chopped  
 1 head Boston, bibb lettuce or endive  
 chopped cilantro  
 2 green onions, chopped

### Method

Melt coconut oil in a medium skillet over medium-high heat. Add carrots and saute for several minutes. Add garlic, ginger, turkey and Chinese 5 spice to the pan and saute until turkey is cooked through - about 3 to 5 minutes. Add water chestnuts and cook for 3 more minutes. Stir in coconut aminos, vinegar and nectar. Cook for a couple more minutes, stirring well to thoroughly combine. Put one scoop of turkey mixture into lettuce and roll up.

# Poached Salmon with Fresh Dill

## Method

Put wine, broth water, dill, parsley and onions in a saute pan, and bring to a simmer on medium heat. Place salmon fillets, skin-side down on the pan. Cover. Cook 5 minutes or to desired doneness. Do not overcook. Serve with a little black pepper.



## Ingredients

1 to 1 1/2 pounds salmon fillets  
1/2 cup dry white wine (a good Sauvignon Blanc)  
1/2 cup low sodium chicken broth  
A few very thin slices of yellow onion and/or 1 shallot, peeled and sliced thin  
Lots of fresh dill or big sprinkle of dried dill  
Freshly ground black pepper

4

*If you get the REALLY good wild Alaskan Salmon, it's so fabulous to simply poach. I love it poached more than any other method because it is so tender and generous in salmon spirit. So many back yard "barbecue power rangers" over indulge the poor salmon with all kinds of "what have you" smothering the salmon and then they barbecue the heck out of it...no thanks.*



# Tuscan White Bean & Garlic Soup

## Ingredients

2 tablespoons olive oil  
2 shallots, chopped  
2 sage leaves, stems removed  
2 (15-ounce) cans cannellini beans, drained and rinsed  
4 cloves garlic, cut in 1/2  
4 cups low-sodium chicken broth  
1/2 cup almond milk  
1/2 teaspoon salt  
1/2 teaspoon freshly ground black pepper

## Method

Place a medium, heavy soup pot over medium heat. Add the olive oil, and shallot. Cook, stirring occasionally, until the shallots are softened, about 3 minutes. Add the sage leaves, cannellini beans, and garlic and stir to combine. Add the chicken stock to the pan. Bring the mixture to a simmer. Cook until the garlic is softened, about 15 minutes. Pour 1/2 of the soup into a large bowl. Carefully ladle 1/3 to 1/2 of the soup from the bowl into a blender or food processor and puree until smooth (be careful to hold the top of the blender tightly, as hot liquids expand when they are blended). Pour the blended soup back into the pan. Once all the soup is blended and back in the soup pan, stir in almond milk, salt, and pepper. Cover and keep warm over very low heat.

# Heartwarming French Lentils

## Method

Heat the 2 tablespoons of olive oil in a medium saute pan, add the leek and carrots, and cook over medium heat for 5 minutes. Add the garlic and cook for 1 more minute and set aside.

Meanwhile, place the lentils, 4 cups of water, the onion with the cloves, and the turnip in a large saucepan and bring to a boil. Lower the heat and simmer uncovered for 20 minutes, or until the lentils are almost tender. Remove and discard the onion and turnip and drain the lentils. Place them in a medium bowl with the leek and carrots, and add the butter.

Meanwhile, whisk together the 1/4 cup of olive oil, the mustard, vinegar, salt, and pepper. Add to the lentils, stir well, and allow the lentils to cool until just warm, about 15 minutes. Sprinkle with salt and pepper and serve. The longer the lentils sit, the more salt and pepper you'll want to add.

## Ingredients

2 tablespoons plus 1/4 cup olive oil  
1 leek, white and light green parts, sliced 1/4-inch thick  
2 carrots, scrubbed and 1/2-inch-diced  
1 teaspoon minced garlic  
1 cup French green Le Puy lentils  
1 whole onion, peeled and stuck with 6 whole cloves  
1 white turnip, cut in half  
1 teaspoon unsalted butter  
4 teaspoons Dijon mustard  
2 tablespoons red wine vinegar  
1 tablespoon kosher salt  
1 teaspoon freshly ground black pepper



# Oven Roasted Broccoli or Cauliflower

## Ingredients

1 bunch broccoli  
1-2 tablespoons olive oil  
1/2 teaspoon salt

## Method

1. Wash and cut broccoli into smallish pieces with long stems
2. Toss broccoli in a large bowl with olive oil and salt
3. Spread broccoli out on a parchment paper lined baking sheet
4. Bake at 400° for 12-15 minutes until tender and slightly browned

*I LOVE Roasted Broccoli & Cauliflower. I hope you will try roasting your cruciferous veggies as they are so **SAVORY** and chock full of amazing healthful goodness. This type of simple recipe is really the heart of what I do on a day to day basis in my kitchen.*

6



*Lacinato kale is my variety of choice here.*

## Kitchen Sink Kale Salad

### Ingredients

2 stalks green garlic (or scallions), rinsed and chopped (1/4 cup)  
1/4 teaspoon fine grain sea salt, plus more to taste  
2 tablespoons fresh lemon juice  
1/3 cup extra virgin olive oil  
2 tablespoons ripe avocado  
Stevia to taste  
fresh pepper to taste  
1/2 bunch kale, destemmed, torn into pieces  
1 cup cooked brown rice or quinoa  
4-5 farmers' market carrots, very thinly sliced  
1 small bulb of fennel, transparently sliced  
1 avocado, cut into small cubes  
a big handful of almond slices, toasted

### Method

Make the dressing by using a hand blender or food processor to puree the green garlic, salt, lemon juice, olive oil, avocado, and pepper until smooth. Taste, and adjust with more salt, or stevia, or lemon juice.

Before you're ready to serve, combine the kale with about half of the dressing in a large bowl use your hands to work the dressing into the kale, softening up the kale a bit in the process.

Add the brown rice or quinoa, carrots, and fennel, more dressing, and a couple pinches of salt, and toss again. Taste, and add the last of the dressing if needed. This is a salad I like quite heavily dressed. Add the avocados and almonds and give one last gentle toss.

## Lisa's Luscious Simple Salad

*I have this salad often...*

### Ingredients

1 lemon, zested, plus 3 tablespoons juice  
1/4 cup extra-virgin olive oil  
Coarse salt and freshly ground black pepper  
1/4 cup cooked chickpeas  
1/4 sliced avocado  
1/2 cup roast or grilled chicken  
1/2 cup sliced red onion  
3 cups chopped romaine (6 oz)  
2 tablespoons or more freshly minced cilantro

### Method

Whisk lemon juice and 3 tablespoons oil in a small bowl. Season with salt and pepper

Throw it in a cool wood bowl. Drizzle with dressing and adjust seasoning as necessary. Top with cilantro



7

# Roasted Pumpkin Seeds

## Method

The seeds scooped from a pumpkin, also known as pepitas, offer plenty of protein and magnesium, and 1/4 cup delivers a third of your daily requirement of immunity-protecting zinc. They are sold with or without their white shells.

For a tasty snack, rinse pepitas well, making sure to remove any pulp from the pumpkin. Let them dry overnight.

Spread the seeds onto a baking sheet sprayed lightly with olive oil, and sprinkle with salt, pepper, garlic, or other seasonings.

Cook for one hour at 250 degrees



8

# Mochi Mojo

## Method

Preheat oven to 450 degrees.

Line large baking sheet with parchment paper. Open package of mochi, cut into 1-2" squares.

Place in a single layer on baking sheet and bake for 8-10 minutes, until squares are puffed up and golden brown.

Stuff with one of the above fillings, or be creative!

## Ingredients

1 package of unflavored mochi

POSSIBLE FILLINGS:

Better Than Cheese Sauce Dip (page 40) with baby spinach and/or avocado

Almond Butter

Sautéed spinach, onion and garlic



# Basic Insider Tips

## Making Coconut Milk

### Ingredients:

1 c dried, unsweetened coconut flakes/shreds  
4 c warm filtered or spring water

### Directions:

Soak coconut in water for 15 minutes.  
Blend and strain through a fine strainer or mesh bag.

## Making Almond Milk

### Ingredients:

1 c raw organic almonds 3-4 c filtered or spring water

### Directions:

Soak almonds overnight (12 hours) making sure that they are covered by water.  
Drain and rinse almonds.  
Place in blender with 3-4 c filtered or spring water for about 30 seconds.  
Strain through a very fine strainer or mesh bag. Makes 3-4 cups of almond milk.  
To flavor, add 1/2 tsp vanilla extract and a small amount of stevia or other sweetener.

## WHERE TO FIND INGREDIENTS

Many commercial grocery stores are not carrying a lot of these products, so become familiar with the stores you frequent to make note of which stores carry the best brands and best prices. Natural foods stores should carry most everything on this list; if not then check online resources.

## ALMOND BUTTER, TAHINI AND OTHER NUT/SEED BUTTERS

Find them right next to the peanut butter. Look for raw and organic whenever possible.

## CHIA, HEMP AND FLAX SEEDS

Possibly in the bulk aisle, or in the refrigerated section of a health food store, these can also be found online. If you have a coffee or nut grinder, purchase your flax seed whole and grind as needed. If you purchase flax meal, freeze it to preserve the nutrients. Chia and hemp seeds do not need to be ground.

## "MILK"

Almond, hemp and coconut milk can be found in the breakfast aisle in aseptic cartons or in the refrigerated section. Your health food store will offer the best selection of unsweetened milks. I prefer to buy my coconut in the can as it is richer, creamier, and has no additives. You can find both regular and light options in the aisle with thai and asian foods. I do not recommend rice milk as it is high in sugars. Try to avoid soy milk as it is highly processed and difficult to digest. Look for milks that are unsweetened.

## COCONUT OIL

Sold in jars, does not need to be refrigerated. Usually next to the other oils, but sometimes found in the asian food aisle. Always purchase cold-pressed or unrefined.

## OLIVE AND GRAPE SEED OIL

In the cooking oils section. Always purchase cold-pressed or unrefined, organic is preferable.

## STEVIA AND ALTERNATIVE SWEETENERS

Stevia is found as a powder or liquid. It is usually by the alternative sweeteners, which are located with the honey, or in the baking aisle. Look for sweeteners that do not contain any fillers.

## GRAINS

You can often find them in bulk bins or in Pre-packaged bags in the refrigerated section of health food stores.

## MOCHI

Found in japan, mochi is made by pounding sticky short brown rice into a paste and then molding it into a flat cake. It can then be puffed in the oven or in a frying pan. It is found in the refrigerated section of health food stores.

## NUTRITIONAL YEAST

Affectionately referred to as "nooch" by health nuts, nutritional yeast is yellow and comes as a powder or in flakes. It can be found in bulk bins or in sealed containers found in the baking aisle or supplement section. It is also called brewer's yeast. Check the package to make sure it is gluten.

## HERBS

Fresh herbs are fantastic. If you purchase them and have too much, you can place them in a sealable bag and put them in the freezer. Dried herbs are also wonderful. There is no end to the combinations of herbs to try!

## SOAKING

An absolute must: soaking!  
I always recommended that you soak all grains and grain-like seeds in water for 8 to 24 hours, then rinse thoroughly before cooking. When the digestive tract is weak and lacking an inner ecosystem, it will not be able to break down the phytic acid found in all grains, beans, nuts, and seeds.

Soaking removes this enzyme inhibitor.

**TIP:** Soak enough grain-like seeds to cook enough for about 3 or 4 meals. Store the extra in containers in the fridge for easy food preparation over the course of several days. Before you run out begin soaking the next batch.

### SOAKING & SPROUTING OTHER PROTEIN FOODS (PROTEIN FATS)

Nuts and seeds can be an excellent source of vegetarian protein, but for many people they can be too difficult to digest. Nevertheless, if you can digest them you can enjoy them if they are soaked and then eaten raw, dehydrated, or pureed into a pate'. Because they are a very concentrated food, eat them in small quantities. Nuts and seeds are acidic, with the exception of almonds, which are alkaline. Soaking removes an enzyme inhibitor that makes them difficult to digest. Pureeing nuts and seeds after soaking and sprouting makes them much easier to digest. Popular seeds eaten during the cleanse are flax (ground), chia, sunflower, and pumpkin. Flax and chia seeds have a special mucilage-like compound that helps improve elimination.

### COOKING GRAINS

Rice Cooker Tip: Super handy with a delay timer. No burnt rice, and you can cook most grains in it. Refer to your handbook cheat sheet for cooking times and grain to water ratios. To add flavor, try adding any spice (cinnamon, nutmeg, cloves) or herb (dill, basil, oregano, parsley, curry). Play around!

#### Brown Rice

Ingredients:

1 c brown rice

2 c filtered water or broth

Directions:

Rice should be soaked prior, preferably

overnight. Rinse rice and strain. Place all ingredients in a pot with a tight fitting lid. Bring to a boil, reduce heat to simmer. Cover and let simmer for 50 minutes or so, checking rice at about 40 minutes so it doesn't burn. Remove from heat and let stand 10 minutes prior to serving.

#### Quinoa

Ingredients:

1 c quinoa

2 c filtered water

Directions:

Rinse quinoa thoroughly in a strainer, drain excess water. Place quinoa and water in a pot and bring to a boil, reduce to a simmer, cover and cook until all water is absorbed (about 15 minutes).

Quinoa is done when the grains have turned from light beige to transparent with little white rings.

The quickest way to create great grains is to experiment and find what works for you. Remember one cup of dry grain yields enough for 2 to 4 people. Here are basic directions:

1. Measure the grain, check for bugs or unwanted material, and rinse in cold water using a fine mesh strainer.
  2. Optional: soak grains for one to eight hours to soften, increase digestibility and eliminate phytic acid. Drain grains and discard the soaking water.
  3. Add grains to recommended amount of water and bring to a boil.
  4. A pinch of sea salt may be added to grains to help the cooking process, with the exception of kamut, amaranth and spelt (salt interferes with their cooking time).
  5. Reduce heat, cover and simmer for the suggested amount of time, without stirring during the cooking process.
- (See Chart A, p.46)

Cooked grains keep very well. Busy people can prepare larger quantities of grains and simply reheat with a little oil or water later in the week. Also, keep in mind that roasting grains makes them more alkaline. Cooking larger grains like brown rice in a pressure cooker speeds up cooking time and creates softer grains.

\*The texture of grains can be changed by boiling the water before adding the grains. This will keep the grains separated and prevent a mushy consistency. Do not add kasha to cold water, as it will not cook properly. For a softer, more porridge-like consistency, boil the grain and liquid together.

### PREPARING NUTS & SEEDS

Nuts have an outer coating that contains enzyme inhibitors to prevent it from germinating and sprouting at the wrong time. Once the nut is in the proper environment, which includes moisture, the enzyme inhibitor is neutralized. When it is neutralized, we have an easier time digesting and are more able to absorb the vitamins and minerals present in the nuts. Soaking times vary depending on the density of the nut. It is easiest to soak your nuts or seeds that you will be using the next day in water overnight. (See Chart B, p.46)

Directions:

- Rinse nuts or seeds with cold water to remove any residue from manufacturing.
- Place nuts or seeds in a glass bowl and cover with filtered water (2-3 inches above the nuts/seeds).
- Sit the bowl uncovered (or Select a clean cloth and lay it over the bowl as a

cover. This type of lid allows the contents of the bowl to breathe) and leave on your kitchen counter overnight approximately 12 hours

- In the morning, drain the water from the bowl and rinse with clean water
- If you are planning to use your nuts within a few days, set the bowl or jar of nuts in your refrigerator. To keep your nuts for a longer period of time, dry the nuts in single layers on low (under 115 degrees Fahrenheit or 46 degrees Celsius) in your dehydrator (or oven), and then store them in your refrigerator. Dehydrating the nuts returns their crispiness.

### PREPARING BEANS

Beans are a wonderful way to add high-quality, plant-based protein to your diet. They are high in iron, B vitamins and fiber, and are versatile enough that you may never tire of them. Dry beans stay fresh longer when stored in a cool, dark place (rather than on your countertop). Don't use beans that are more than a year old, as their nutrient content and digestibility are much lower. Also, old beans will not soften, even with thorough cooking. (See Chart C, p.46)

Directions:

1. Check beans for rocks and shriveled or broken pieces, then rinse.
2. Soak for six hours or overnight, with water covering four inches higher than the beans. Small and medium-size beans may require less soaking- about four hours should be enough. Note: if you've forgotten to presoak the beans, you can bring them to a boil in ample water, turn off the heat, cover the pot and let stand for one hour.
3. Drain and rinse the beans, discarding the soaking water. Always discard any loose skins before cooking, as this will increase digestibility.
4. Place the beans in a heavy pot and add 3-4 cups fresh water.
5. Bring to a full boil and skim off the foam.
6. Add a small piece of kombu (seaweed) and a few bay leaves or garlic cloves for flavor and better digestibility.
7. Cover, lower the temperature and simmer for the suggested time. Check beans 30

minutes before the minimum cooking time. Beans are done when the middle is soft and easy to squeeze.

8. About 10 minutes before the end of cooking time, add 1 teaspoon of unrefined sea salt and then cook beans until tender.

All times are approximate. Cooking lengths depend on how strong the heat is and how hard the water is. A general rule is that small beans cook for approximately 30 minutes, medium beans cook for approximately 60 minutes, and large beans cook for approximately 90 minutes. Be sure to taste the beans to see if they are fully cooked and tender.

If you have a hard time digesting beans:

- Soak beans for several days, changing the water twice daily, until a small tail forms on the beans
- Use a pressure cooker (also cuts down on cooking time)
- Chew beans thoroughly and know that even small amount have high nutritional and healing value
- Experiment with your ability to digest smaller beans like adzuki, lentils, mung beans and peas, as they digest most easily (soybeans and black soybeans are the hardest to digest)
- Season with unrefined sea salt at the end of cooking- when used correctly salt is a digestive aid
- Add fennel or cumin near the end of cooking to help prevent gas
- Add kombu or kelp seaweed to the beans to help improve flavor and digestion, and to add minerals and nutrients (adding seaweed also speeds up the cooking process)
- Pour a little apple cider into the water in the last stages of cooking, as it softens the beans and breaks down protein chains and indigestible compounds
- Take a digestive enzyme supplement with your meal
- Follow the Food Combining Rules

What if I am using canned beans?

Ideally prepare your own beans as outlined above. But for when that is not an option, rinse the canned beans before using them. When possible buy cans that are BPA free (most that are BPA free have it noted on the label- your best bet is a natural foods store).

### TIPS FOR TORTILLAS

I know it can be frustrating to make a wrap with a cold, and somewhat dry brown rice tortilla only to look away for a second and find the whole thing in pieces.

For best results steam them, in a steamer basket or over a pan of piping hot food. Flip them, and wait until they get ultra pliable before removing and proceeding with your wrap or fajita or whatever your meal may be.

Another trick is to run a clean dish towel under very hot water, ring it out, and place it underneath the tortilla while you are putting the filling in.



# Cooking & Prep Charts

## COOKING GLUTEN-FREE WHOLE GRAINS (CHART A)

Grain (1 cup dry)	Water (or other fluid)	Cooking Time
Amaranth	2 cups	20-30 minutes
Buckwheat	2 - 2 1/2 cups	15-20 minutes
Millet	2 cups (dinner grain) 3-4 cups (porridge)	20-30 minutes 30-40 minutes
Oats	2 - 2 1/2 cups (rolled oats) 2 1/2 - 3 cups (steel cut oats)	10-20 minutes 25-30 minutes
Rice (brown)	1 1/2 - 2 cups (long grain) 2 - 2 1/2 cups (short grain)	45-60 minutes 45-60 minutes
Quinoa	1 3/4 - 2 cups	15-20 minutes
Sorghum	2 1/2 - 3 cups	30-45 minutes
Teff	2 1/2 - 3 cups	10-20 minutes
Wild Rice	3 cups	40-60 minutes

All liquid measures and times are approximate. Cooking length depends on how strong the heat is. It's a good idea, especially for beginners, to lift the lid and check the water level halfway through cooking and toward the end, making sure there is still enough water to not scorch the grains, but don't stir. Taste the grains to see if they are fully cooked or starting to burn.

## PREPARING NUTS & SEEDS (CHART B)

Nut	Soaking at room temperature
Almonds	12 hours
Cashews	3 hours
Chia Seeds	10 minutes
Flax Seeds	30 minutes
Hazelnuts	8 hours
Hemp Seeds	No soaking necessary/no phytic acid
Macadami	4 hours
Pecans	8 hours
Pine	2 hours
Pistachio	2 hours
Sesame Seeds	8 hours
Sunflower Seeds	4 hours
Walnuts	8 hours

## COOKING BEANS (CHART C)

1 cup dry beans	Cooking Time
Adzuki	45-60 minutes
Anasazi	60-90 minutes
Black (turtle)	60-90 minutes
Cannellini	90-120 minutes
Chickpeas (garbanzos)	120-180 minutes
Cranberry	60-90 minutes
Fava	60-90 minutes
Great Northern	90-120 minutes
Kidney	60-90 minutes
Lentils*	30-45 minutes
Lima Beans	60-90 minutes
Mung	60-90 minutes
Pinto	90 minutes
Split Peas	45-60 minutes

\* do not require soaking

## GLUTEN-FREE WHOLE GRAIN FOOD PRODUCTS (CHART D)

### AMARANTH

Arrowhead Mills:	Amaranth grain Amaranth flour
Bob's Red Mill:	Amaranth grain Amaranth flour
Nature's Path:	MesaSunrise Cereal
Nu-World Amaranth:	Amaranth grain Amaranth flour & starch Puffed amaranth Amaranth cereal snaps Amaranth flatbreads Amaranth sideserve (various flavors) Amaranth mini-ridges Amaranth snackers

### BUCKWHEAT

Arrowhead Mills:	Buckwheat groats Buckwheat flour Creamy buckwheat cereal Kasha Maple buckwheat flakes cereal
Bob's Red Mill:	Buckwheat groats Kasha Might Tasty Hot cereal Creamy buckwheat cereal
The Birkette Mills:	Pocono Cream of Buckwheat cereal Pocono Kasha Pocono Buckwheat flour Pocono Buckwheat groats
Eden:	100% Buckwheat Soba Noodles

### MILLET

Arrowhead Mills:	Millet grain Millet flour Puffed Millet cereal
Bob's Red Mill:	Millet grain Millet flour Millet grits

### RICE (BROWN)

Arrowhead Mills:	Rice and Shine Hot Cereal Puffed Rice cereal Rice Flakes Sweetened Cereal
Bob's Red Mill:	Brown Rice flour Creamy Brown Rice Farina cereal
Lundberg:	Brown, Red and Black Rice (many varieties and blends) Brown Rice cakes Brown Rice chips Rice Xpress (various flavors)
Tinkyada:	Brown Rice Pasta

### QUINOA

Atiplano Gold:	Instant Hot Quinoa Cereal (various flavors)
Ancient Harvest:	Quinoa grain (Traditional, Inca Red and Wild Black) Quinoa flakes Quinoa flour Quinoa pasta
Arrowhead Mills:	Quinoa grain
Bob's Red Mill:	Quinoa grain Quinoa flour
Marys Gone Crackers:	Seed crackers (various flavors)
Norquin Brand:	Quinoa grain Quinoa flour Quinoa flakes

### SORGHUM

Bob's Red Mill:	Mighty Tasty Hot Cereal
Shiloh Farms:	Sorghum grain

### TEFF

Bob's Red Mill:	Teff grain Teff flour
The Teff Company:	Maskal Teff grain (ivory or brown) Maskal Teff flour

### WILD RICE

Arrowhead Mills:	Wild Rice Pancake and Waffle Mix
Lundberg:	Wild Rice grain Wild Rice cakes

Simply Clean Sampler  
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# SIMPLY CLEAN SAMPLER

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