



60 Days to Reclaim YOUR Health

HALLELUJAH HUMMUS

Ingredients

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|----------------------------------|------------------------|
| 1 can chickpeas (garbanzo beans) | 1 clove garlic |
| Juice of 1 lemon | 3 Tbsp of olive oil |
| Unrefined sea salt to taste | 5-10 sundried tomatoes |

Directions

1. Mix all ingredients in a food processor until a smooth, paste-like consistency is achieved. Add more oil if needed while mixing.
2. Stop, then add sun-dried tomatoes and mix again until tomatoes are pea-sized bits.
3. Serve with cut veggies such as carrots, broccoli, snow peas, bell peppers, celery, etc.

JODI'S GUACAMOLE

Ingredients

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|-----------------------------|-------------------|
| 1 avocado | 1 clove garlic |
| 1 Tbsp favorite salsa | 1 juice from lime |
| Unrefined sea salt to taste | |

Directions

1. Crush garlic, then mash all ingredients with a potato masher.

BARLEYMAX BERRY POST-WORKOUT SMOOTHIE

Ingredients

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|-----------------------|--|
| 1 banana | 1 cup fresh squeezed orange juice |
| 1 tsp BarleyMax Berry | 3 Tbsp hemp seed (1 Tbsp for non-athletes) |

Directions

1. Blend all in a blender and enjoy!

GUACA-MATER SANDWICH

Ingredients

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|------------------------|-------------------------------|
| 2 slices Ezekiel bread | Jodi's Guacamole on each side |
| Tomatoes, sliced | Salt and pepper |

Directions

1. Toast bread.
2. Spread Jodi's Guacamole on each side.
3. Add tomatoes on each side and season with salt and pepper.