



YES!

There are
desserts in
here too.

everyday eats

UNCOMPLICATED RECIPES FOR
TIME-STARVED HEALTHY EATERS

Selina Rose

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TIME-STARVED HEALTHY EATERS

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Everyday Eats: Uncomplicated Recipes for
Time Starved Healthy Eaters

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This book is dedicated to my Nanna Teresa (above) and Nonno Rocco.
You taught me what good food tastes like and how love feels.



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Introduction



I've always believed that food should be easy to make, healthy, and delicious.

My Italian roots would disagree. As a child, I spent long hours in the kitchen with my grandparents mixing and rolling bread, boiling tomato sauce for lasagna, and spicing meat that would cure for months in the cold cellar.

As delicious as Italian staples like fresh bread, homemade tomato sauce and capocollo are, they seem like novelties today amidst my busy working life. I've also discovered, through my studies in holistic nutrition and ever-present interest in health, that good food choices have a lot more to do with science than taste.

Our food choices are some of the most impactful decisions we make every day. What we choose to put into our bodies will set off a positive or negative cascade that affects all areas of our lives (see p. 10, 11).

Gone are the days of spending hours in the kitchen after getting home from work. We lead busy lives with families, business meetings, social events, and all sorts of fun and exciting things to do. If being in the kitchen every day is not your thing, that's ok. It doesn't have to be. With my uncomplicated recipes, you can still eat delicious, healthy, whole foods.

My Italian heritage and love of flavourful home-cooked food has led me to use my innate cooking skills to create nourishing whole-food recipes for modern lives.

I've compiled some of my favourite tried and true recipes; from Sunday batch-cooking staples, to quick eats for the weekday evenings, when you'd rather be with your family, at yoga, or on the couch, than in the kitchen.

With a little preparation and structure, you can make healthy eating a regular part of your nutrition plan. You can look for flagged recipes that store well in the freezer for easy reheating during the week. You'll also find recipes that can be made quickly for those "W-H-A-T am I going to have for dinner?" nights (we've all been there).

All the recipes in this book are healthy, easy to make, and delicious. That's my promise to you.

Most of the recipes use common ingredients. If you come across something you're not familiar with, I've included an ingredient guide at the back (p. 124) with additional information and tips on where to shop.

In closing, it is my hope that these recipes will help you fall in love with nutritious food. You'll soon realize that, although it takes more time and prep than the drive-thru, healthy cooking can be uncomplicated.

From my kitchen to yours!

Enjoy,

Selina

A woman with long brown hair, wearing a white cardigan and blue jeans, is sitting on a white cabinet. She is holding a teal ceramic cup with both hands and smiling down at it. The background consists of white cabinets with dark handles. Overlaid on the image is a white cursive text that reads: "You are enough, you have enough, you do enough."

*You are enough,
you have enough,
you do enough.*

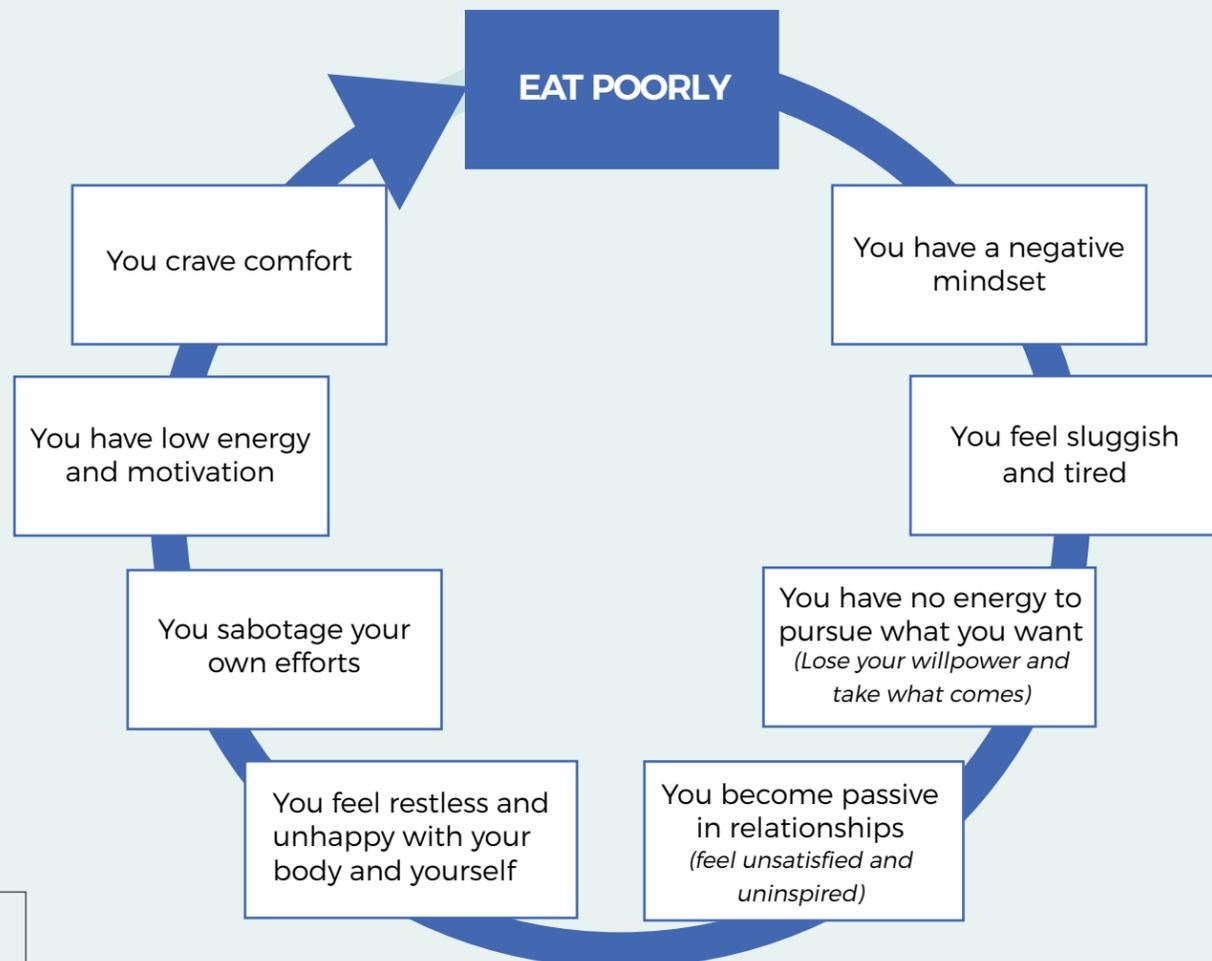
The Cycle of Eating Poorly

How Poor Food Choices Create a Negative Cascade in Your Life (and it perpetuates itself)

As a holistic nutritionist, I know that health doesn't begin and end with what's on your plate. A variety of lifestyle factors, including the quality of your relationships, exercise, passion for hobbies, and even the thoughts you think, impact your health as significantly as your food choices. Healthy eating is just one piece of the puzzle. Do this piece poorly though and you'll see a negative cascade throughout the rest of your life.

When your body receives poor input (food, thoughts, emotions), it's unreasonable to expect your life to thrive. Garbage in, garbage out. Take a look at the Cycle of Eating Poorly and identify areas in your life that are affected by your food choices. When you look at the whole picture, it's easy to see that you can't afford **not to** put time and attention into making sure your body has the nutrients it needs for good health. The cost is too high.

We all place ourselves somewhere on these cycles. Where do you see yourself? What steps can you take to move off the Cycle of Eating Poorly? Which outcome of healthy eating would you most enjoy?



The Cycle of Eating Well

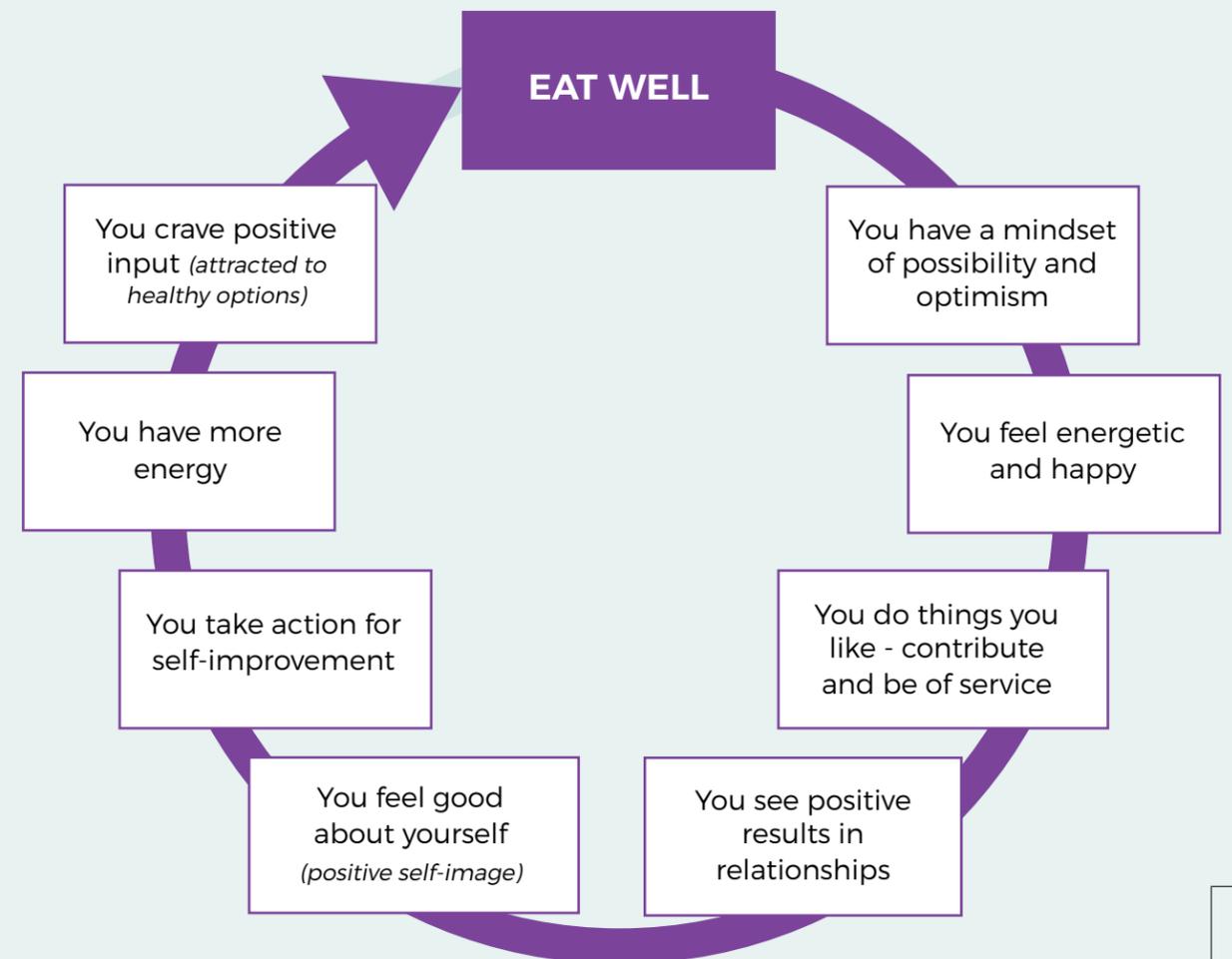
How Eating Well Positively Enhances Your Life

A quick look at the cycle below will tell you that this is a more desirable loop to be caught up in. Positive input for your body (food, thoughts, emotions) creates a healthy cascade that allows you to have more energy, optimism, and thrive in your relationships. When you eat well, you experience positive benefits throughout all areas of your life!

That's not to say that a person on this cycle never eats dessert or treats. The point of healthy eating isn't abstinence from things like alcohol, coffee and chocolate. It's about knowing your body and making the best choices possible (for

you) while keeping ingredient quality in mind. When you choose your treats mindfully, you'll be able to enjoy them (without guilt or shame) and get back to your regular eating routine much faster than if you were to punish yourself for an indulgence.

Pay attention to your thoughts, feelings and your energy level when you do choose to indulge. You might find that sluggish and tired feelings are creeping in. If so, it's time for some healthy input (water, nutritious food, exercise) to get you back on track.



How to Make Dietary Changes

You're One Choice Away

The good news is that you can start on a healthy path today. The recipes in this book are an excellent starting point for you to get out of the negative cascade of eating poorly and hop onto the Cycle of Eating Well. All it takes is one decision.

Your diet is the access point to the rest of your life. Change your food, change your life. I truly believe this, and it's evident from looking at these cycles. When you make the choice to fuel your body properly, with healthy whole foods, you open yourself up to the possibilities (like more energy and better relationships with yourself and others) that comes as a result. If you want to up-level your life by having more energy, feeling great in (and about) your body, and adopting a more positive outlook on the world, changing what you eat is a great place to start.

Whole Foods

A whole food is a food that has been refined or processed as little as possible and is eaten in its natural state. Most whole foods are found in

the produce department of the grocery store and don't come in a package or with a nutrition facts label.

There are so many pre-packaged convenience foods that can be tempting when you're strapped for time. Consider though, that processed foods are stripped of their nutrients during processing. The vitamins, minerals and fiber of whole foods are broken down or removed leaving behind the nutrient-depleted products that fill our grocery store shelves.

When you eat packaged foods, you're only getting a percentage of the nutrients these foods have to offer (often a very low percentage). So, while your stomach might be full, your body is still craving nutrients it's missing from those foods. In this way, processed foods set you up for over-eating, and feeling "snacky," because you're full but your body is starving for nutrients. Ultimately, the long-term cost of poor health isn't worth the time savings of processed food.

We've all tried to make changes to our eating habits. Sometimes we succeed; sometimes we fall off. The key is to embrace the changes you're making for their long-term value. Sustainable change does not come from going on a diet with an expiry date. Healthy habits are built by making nourishing choices **consistently** over time, no wagon involved.

Crowding Out: Think about the foods that make up your current style of eating. Likely there are **nourishing** and **depleting** foods (those that deplete your body of nutrients and energy). Removing the depleting foods would leave gaps in your diet that would cause cravings, low blood sugar, and irritability. Instead, begin by adding nourishing foods to your diet to close the gaps before removing depleting foods.

A Quick Guide to Whole Foods

GRAINS

Quinoa
Millet
Spelt Flakes
Rolled Oats

*When consumed in their whole form, not when processed into a flour.

FRUITS & VEGGIE

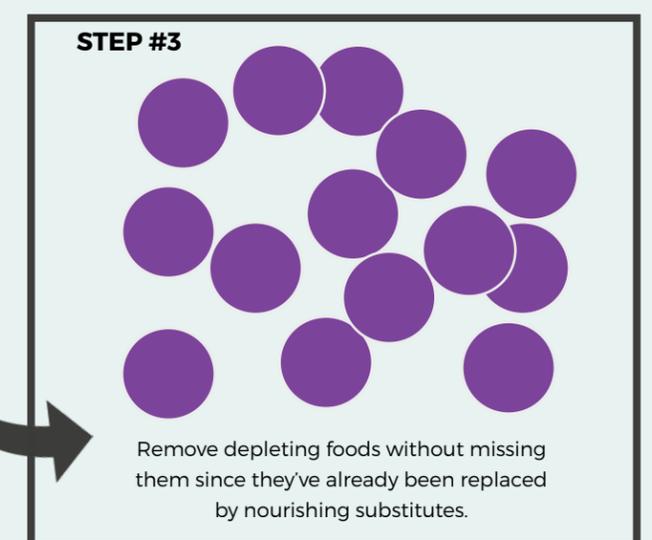
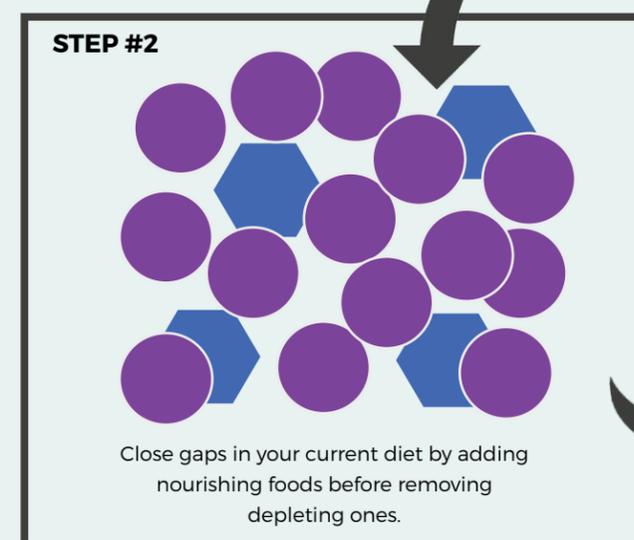
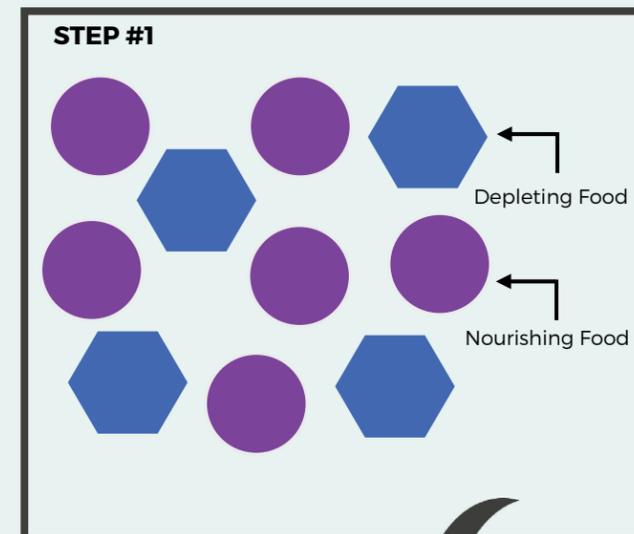
Apples
Pears
Carrots
Zucchini
Potatoes

*Don't peel them! The skin is the most nutrient-dense part.

DAIRY

Full-fat dairy is considered a whole food. Look for 2% or greater and enjoy in moderation.

*For some, dairy is the right choice but it is not necessary to include dairy in your diet.



Selina's Tips

to Eat Well, Love Your Body
and Feel Satisfied... Without
Spending Hours in the Kitchen



All of this is possible and more. I know because I've experienced it myself and I've seen it time and again with my clients. I've taken the top themes and advice I give in my clients and outlined them here for you. These bits of wisdom will help you get started on your way to having more energy, loving your body, and feeling satisfied after your meals. If you want more, sign up for my weekly emails and blog updates at <http://www.selinarose.ca/report>.

Eat Mindfully

It's not only what you eat, but how. I'll never forget the cascade of aha moments that ripples through the participants of my Eats & Asana Nutrition and Yoga Course the week we do a mindful eating exercise. Suddenly the lightbulb clicks on and the students realize how they rush, don't pay attention, and sometimes don't even chew their food when eating.

If we all ate mindfully there would be no need for diets. When you spend time making one of my recipes, sit to eat it with your full attention. Take 3 deep breaths once you sit down, express gratitude, chew your food well and eat without distractions. Your body will thank you with excellent digestion.

Bring Community Back to the Table

Another long-standing family tradition absent from many of our career-driven lives is the family dinner. Increasingly, we eat alone, at our desks, or on the run. Though evolved, we humans are tribe animals at our core. So, if you notice yourself overeating when you're alone at home, or sneaking into your cupboards before bed even though you're not really hungry. Chances are you're starving for connection and community, not food.

Make it a point to eat with others and enjoy their company. Have your friends, parents or neighbours over for dinner. Share lunch with a colleague. Do what you can to create connection at mealtimes. It will make you feel full in more ways than one.

A Quick Note on Meal Planning

First off, planning is essential. That might include batch cooking recipes for the freezer, or to eat during the week. When you're sketching out your meal plan, make it simple, really simple. You might not have as much time as you think in the mornings or evenings to prepare breakfast and dinner. Make what you can ahead of time, and stick to what's healthy and what works.

Consider that implementing a new meal plan involves several habit changes like shopping at different stores, carrying food with you to work/the gym, and possibly waking up earlier. Commit to one change at a time and build from there.

Stop Looking for "It"

There is no "holy grail" of wellness. Though in my practice as a nutritionist I see a lot of people looking for it. There isn't a habit, a product, or a diet that will do what time, attention and loving self-care will do for the health and wellness of your body and mind. Taking care of yourself is a 24/7 thing, and it always will be. It starts with taking total responsibility for your health and wellbeing. When you take responsibility for your health, you commit (every day) to choosing the foods, activities and thoughts that enable you to thrive long-term.

Don't Start Something You Can't Finish

If you're looking for a diet, you won't find it here. After years of starting and stopping fad diets (and all the self-restriction that goes along with them), I realized that sustainability is the most important thing for physical and mental health.

Diets are hard on your body and your mind because you're starting something that has an end date. If you're like most people, you won't successfully make it to the "end date" of your diet (insert feelings of failure). If you do successfully reach the end date for your diet, you'll be left staring blankly at yet another habit change, thinking "now what?"

When you're looking to adopt a new way of eating, choose foods, habits and recipes that you can keep up with long term. That's why I've included several instant classics in this book (like the Protein-Packed Turkey Meatballs p. 97, or the Curried Chickpeas with Wild Rice p. 101) so you can fall in love with recipes

that are healthy, easy to make, and versatile enough to be part of your repertoire for years to come.

Your Body is not a Garbage Can

No one likes to waste food. In a world where many people don't have access to food on a regular basis, it's not practical for us lucky ones to waste it. At the same time, eating what's left on your kids' plates, or stuffing yourself just to save the half-chicken breast, or few pieces of broccoli from going in the garbage isn't practical either.

There's nothing wrong with packing away small amounts of food for later. Half a chicken breast will make a great snack, and those few broccoli spears can easily be added to your next meal. When you over-stuff yourself to keep food from going to waste, you're sending the signal to your body that it's the garbage can.

Your stomach needs to have room in it to properly digest your food. When you fill-up in an effort not to waste, it's like wasting the food you've eaten, because if you don't digest it properly your body won't be able to absorb and use the nutrients anyway.

Make Meals Work for You

Many of us are working long hours and, let's face it, we have other things we love to do besides spend our time in the kitchen. It's time to make your meals work for you. Cook one ingredient in a large quantity and repurpose it to create meals for the week. For example, cook 4-6 cups of rice for Sunday dinner and use it in an easy week-night stir fry, turkey meatballs, or make rice pudding throughout the week to save on cook time.

Many of my recipes use similar ingredients so you can batch-cook staple foods and repurpose them over several days to save yourself time in the kitchen.

Love for Selina's Recipes



"Hi Selina. Just wanted to let you know that I think of you often with thanks! Today we had sweet potato pancakes for breakfast and sweet potato and lentil stew with jalapeño for lunch. Things we would never have eaten before I worked with you. We love it!"

S. Ernst

"Hi Selina, I've been trying many of your new recipes lately and loving them. My husband even lost 10 pounds! We've been feeling great!"

C. Kirkbride

"When I started the Eats & Asana Course I hated cooking and thought that nothing could persuade me to get in the kitchen. Today I made roasted chickpeas with carrots, onions and cauliflower, and the lentils for turkey meatballs. I'm not sure who I'm becoming, but it's a tasty adventure, that's for sure. Thanks Selina!"

K. Reisinger

"I'm a single guy, with a demanding career, and part time Dad. Selina's easy healthy recipes got me to cook on a regular basis (which I never thought would happen), and now I actually enjoy doing it."

L. Desjardins

"I used to think I didn't have time to eat healthy. Now I know that was just an excuse. Selina showed me easy recipes that I actually like to make and eat. I look forward to cooking now, and make time in my workday to sit down and have lunch. I'm in the best shape of my life because of it."

R. Patterson

"Selina's recipes gave me and my daughters a reason to get together more often. I used to see them once every few weeks. Now we get together on weekends and batch cook recipes for our families during the weeks. I've learned that healthy eating can be easy, especially when it's a family approach."

M. McBride

Recipe Legend



Prep
Time spent chopping or preparing ingredients.



Cook
Time spent on the stove or in the oven.



Servings
Approximately how many servings the recipe makes.

Throughout this book, I've used the following symbols with each recipe to make it easy for you to identify common allergens.

Always read the label of packaged products carefully to ensure the brands you use are free of allergens (if necessary for you or your guests).



Vegan
Does not contain animal products of any kind.



Dairy Free
Does not contain dairy (milk, cheese, etc.)



Vegetarian
Does not contain meat but may use animal products (eggs, honey, dairy).



Freezer Friendly
This recipe freezes well and can be made ahead, frozen and reheated later.



Gluten Free
The recipe does not use gluten-containing ingredients.



breakfast

Ah, breakfast. The most important, and sometimes least cared for, meal of the day. This is your opportunity to set up your energy for the day. Will you have a solid foundation, or will it be the afterthought as your stomach growls in the car on the way to work?

These quick and easy recipes might change your mind about breakfast and tempt you to sit at the kitchen table in your pajamas and actually enjoy the morning. You're welcome.





Chia seeds and coconut milk make for a Paleo-friendly pudding that works great for breakfast. High in anti-inflammatory omega-3s, these chia pudding variations are great make-ahead recipes that will save you time and fill you up on fiber to start your day. Use the basic recipe, or try the matcha or cacao variations for different ways to enjoy this simple breakfast.

Chia Seed Pudding

3 Different Ways



Type	Prep	Cook	Servings
VE GF	5 m	5 m	2
DF			

Basic Chia Pudding Ingredients

- ½ cup Chia seeds
- 2 cups Coconut milk
(or non-dairy milk of your choice)
- ½ tsp. Cinnamon
- ½ tsp. Vanilla
- 1 Tbsp. Hemp hearts
- 1 Tbsp. Ground flax seeds

Matcha Chia Pudding

- ½ tsp Matcha green tea (whisk it with the coconut milk before mixing together)
- 1 tsp Honey

Chocolate Chia Pudding

- ½ tsp Cacao Powder
- 1 tsp Maple Syrup
- Pinch Sea salt

Directions

Mix all ingredients in the basic recipe together in a small bowl. Leave as is, or flavour with one of the options.

Pour chia mixture into a glass mason jar. Let it set in refrigerator overnight.

Remove from the fridge. Your chia pudding should look thick because the chia seeds have gelled. Top with fresh fruit, seeds/nuts, and enjoy immediately.

Note: You can use mango, peaches, or non-citrus fruit of your choice instead of berries.

Top your bowl with these:

- 2 Tbsp. Pumpkin seeds
- 8 Almonds (chopped)
- 8 Pecans (chopped)
- ½ cup Fresh or frozen berries

On-the-go

Egg Muffin Cups



Type



Prep
10 m



Cook
30 m



Servings
12



Ingredients

- 8 Eggs
- 1 cup Non-diary milk of your choice
- ½ cup Chopped tomatoes
- ¾ cup Kale (chopped)
- 4 Mushrooms (chopped)
- 2 Chives (chopped)
- ½ tbsp. Oregano
- ½ tbsp. Basil
- Salt and pepper (to taste)
- Coconut oil

Note: Add cheese or cooked bacon to this recipe, if desired. Substitute the vegetables for some of your favourites to make your own mix. Oh the possibilities!

Directions

Preheat the oven to 350 F. Coat a muffin tin with coconut oil, or use silicone or paper muffin cups. In a mixing bowl, whisk to combine the eggs, milk, salt and pepper.

Add the chopped cherry tomatoes, kale, mushrooms, chives, oregano and basil. Stir to combine. Pour mixture into muffin cups. Fill evenly. Bake for 25-30 minutes until egg has cooked through. Let stand on a wire rack until cool. Store in an air-tight container in the fridge.

Reheat these muffin cups on broil (low) in the oven or in the toaster oven before enjoying with a piece of sprouted grain toast, with home-make hash browns, or over a salad.



Breakfast on-the-run just got easy (and healthy). Make these egg muffins on Sunday to start your week off right. They're the perfect thing to grab on your way out the door in the morning.



Remember

IN THE KITCHEN
AND IN LIFE

there are no rules!

Greens in the morning? You heard right. They're great for alkalizing your body, getting your energy up, and are light and nourishing first thing. Your days of toast and butter are long gone. Enjoy!

The Breakfast Salad



Type



Prep
10 m



Cook
0 m



Servings
12



Ingredients

1 handful Mixed baby greens (about 2 cups)
½ Avocado (diced)
2 Radish (thinly sliced)
2 tbsp. Red onion (diced)
1 tbsp. Dried cranberries or chopped dates
¼ cup Chopped nuts (almonds, pecans, or walnuts)
1 Tbsp. Raw sunflower seeds
1 Tbsp. Hemp hearts
1 Tbsp. Ground flax seeds
¼ cup Fresh berries (if desired)
Salt and pepper (to taste)

Dressing

1 tbsp. Apple cider vinegar
3 tbsp. Olive oil
(or antioxidant oil blend like Udo's or Vega's)
½ tsp. Cinnamon
1/2 tsp. Honey

Directions

In a small bowl whisk together the dressing ingredients.

Add lettuce and salad toppings to a larger mixing bowl. Pour dressing over top and toss thoroughly. Serve and enjoy.

Note: this breakfast salad pairs well with shrimp, or hard boiled, or poached eggs.

I'll never forget where I was when it first occurred to me to eat a salad for breakfast. It was on a yoga retreat in Costa Rica at an open-air resort atop a coastal mountain. One of the retreat leaders sat down next to me in the dining room, her breakfast bowl brimming with fresh greens. I remember this moment well, so I know how strange it might sound to you that I'm suggesting you eat greens for breakfast. Trust me on this, it's a refreshing, alkalizing and energizing way to wake up your cells in the morning.

Sweet Potato

Protein Pancakes



Type



DF

Prep
5 m



Cook
15 m



Servings
2



Ingredients

- 2 Eggs
- ½ cup Sweet potato (cooked and mashed)
- ¼ cup Coconut flour or regular flour
- ¼ tsp. Baking soda
- ¼ tsp. Baking powder
- 1 tbsp. Honey
- ¼ tsp. Cinnamon
- ¼ tsp. Ground ginger
- 1 pinch Sea salt
- ¼ cup Coconut or other non-dairy milk of your choice
- Water if needed (to thin batter, if necessary)

Directions

Make sure the sweet potato is mashed/pureed well.

Mix all ingredients together in a mixing bowl and stir or combine with a hand mixer.

Batter should be thick, so spread it out on the grill when spooning out for cooking.

Your pancake toppings can make or break this as a healthy meal. Reduce the amount of maple syrup you use by topping these with almond butter, berries, coconut cream, or Greek yogurt.



Variations of this recipe have been passed down through the members of my Eats & Asana nutrition and yoga course. When you're on the go, breakfast needs to be hearty and quick. This make-ahead oatmeal is perfect for busy weekday mornings. Take it to the office, or heat it at home and enjoy a few warm and cozy moments of peace before you begin your day.



Make-Ahead

Baked Oatmeal



Type	Prep	Cook	Servings
VE GF	5 m	45 m	6
DF			

Ingredients

- 2 cups Gluten-free whole oats (I use the Only Oats brand)
- 4 cups Non-dairy milk (almond, coconut, etc.)
*Or use 2 cups water, 2 cups milk.
- ½ tsp Vanilla
- 4 Tbsp. Ground flax seeds
- ½ cup Chopped nuts (I like almonds or pecans)
- ¾ cup Wild blueberries (fresh or frozen)
- 1 large Unpeeled Macintosh apple, grated
- 4 Tbsp. Maple syrup
- 1 ½ tsp of Cinnamon

To Reheat

Store leftover oatmeal in an air-tight container in the fridge. To reheat, broil in the oven (or toaster oven) for 3 minutes on high, or add it to a sauce pan with non-diary milk and heat through.

Directions

Preheat oven to 400 F and lightly coat a 13x9" rectangular casserole dish with coconut oil.

Combine all ingredients in a large bowl.

Place mixture in a casserole dish. Sprinkle ¾ tsp of cinnamon over the top.

Bake uncovered for 45 minutes. Note: Baking time will vary according to the type of oats you use.

Serving Suggestion

Top your oatmeal with hemp hearts, chopped nuts, seeds and berries. Boost the protein content by adding 1 Tbsp. of almond butter to your bowl. You can also whip coconut cream and top your bowl with 1 Tbsp. of coconut cream. (See "Berries n Cream" dessert p. 116)

Pumpkin Spice Oatmeal

breakfast cookies



Type

VE GF

DF

Prep
10 m



Cook
20 m



Servings
1 cookie



Ingredients

1 Tbsp. Ground flax seeds
2 ½ Tbsp. Water
1 cup Whole rolled oats
(I use gluten-free Only Oats)
1 cup All-purpose gluten free flour
1 cup Coconut flour
1 Tsp. Baking soda
1 tsp. Cinnamon
½ tsp. Sea salt
¼ tsp. All spice
¾ cup Pumpkin puree (fresh or canned)
⅓ cup Water
¾ cup Coconut sugar
½ cup Melted coconut oil
1 tsp. Vanilla
¾ cup Dried cranberries
½ cup Shredded coconut
½ cup Pecan pieces
½ cup Pumpkin seeds

Makes 15 large cookies.

Directions

Preheat oven to 375F and line a large baking sheet with parchment paper. In a small bowl, combine the flaxseed and water to make a "flax egg." Stir and set aside until gelatinous. *You can use a real egg, if desired.

In a large bowl, combine the all-purpose flour, coconut flour, whole rolled oats, baking soda, cinnamon, salt and allspice.

In a medium bowl, whisk together the pumpkin, coconut sugar, coconut oil and vanilla. Add the flax egg mixture and stir to incorporate.

Add the pumpkin mixture to the bowl of dry ingredients and stir to combine. Fold in the cranberries, coconut, pecan pieces and whole pumpkin seeds. Use a large spoon to drop the cookie dough into evenly spaced mounds onto the baking sheet.

Bake for 15 to 20 minutes or until the tops have browned (don't under-bake, the oats need to cook). Remove from oven. Let the cookies cool on the baking sheet for 5 minutes before cooling completely on a wire rack.

When cookies are completely cool, store them in an airtight container or freeze them to enjoy later.





smoothies

Smoothies are the time-starved healthy eater's best friend. There are hundreds of variations and flavours to experiment with. Smoothies are convenient to make and take with you during your busy day or a delicious treat to sip and enjoy. Best of all, they can combine so many healthful ingredients from greens and protein to superfood boosters, that will give you the energy you need in an easy-to-digest format. If you haven't already, consider making smoothies a part of your regular nutrition routine.



tastes just like
pumpkin pie!

Pumpkin Pie Smoothie



Type

VE GF

DF

Prep
5 m



Cook
0 m



Servings
1



Ingredients

1 cup Coconut milk
½ cup Sweet potato (baked/roasted and cooled)
½ Banana
1 Date (or use 1 tsp maple syrup)
½ tsp Cinnamon
¼ tsp Allspice
¼ tsp Turmeric
2 tbsp. Hemp hearts
1 tsp Ground flax seeds
1 scoop Protein powder (your choice)
4 Ice cubes

Directions

Spoon sweet potato flesh (skin off) into your blender. Add all other ingredients and blend until smooth. Drink and enjoy.

Note: If you have pureed pumpkin on hand you can sub the sweet potato for an equal amount of pumpkin.

A quick nod to Starbucks, there's nothing basic about this smoothie.



Smells like pumpkin pie. Tastes like pumpkin pie. But is a healthy morning smoothie? Sweet potato works wonders with delicious fall spices to fool your taste buds and satisfy your tummy in this hearty enjoy-anytime smoothie.

Think chai latte in a calcium-rich morning smoothie. Tahini is a paste made from sesame seeds. It is an excellent source of calcium, magnesium and vitamin E, making this simple smoothie a nutritious way to start your day.



Chai Tahini

Smoothie



Type	Prep	Cook	Servings
VE GF	5 m	0 m	1
DF			

Ingredients

- 1/2 Frozen banana
- 1/2 cup Almond or other non-dairy milk
- 2 Tbsp Tahini
- 3 Tbsp Concentrated chai tea
- 4 - 5 Ice cubes
- 1 Tbsp each Chia seeds, flax seeds and hemp seeds
- 1 scoop of Protein powder of your choice
- 1/4 tsp Cinnamon
- 1/4 tsp Vanilla

Directions

Steep a bag of chai tea in 2-3 Tbsp. of boiling water to make a concentrated tea. Allow it to cool.

Add all ingredients (including tea) in a blender and blend until combined.

Note: Tahini is sesame seed paste. It has the consistency of natural (non-hydrogenated) peanut butter.

Power Berry

Post-Workout Smoothie



Type



Prep
5 m

Cook
0 m



Servings
1



Ingredients

- ¼ Banana (preferably frozen)
- ½ cup Frozen mixed berries
- 1 cup Frozen kale
- 1 cup Coconut water
- ½ tsp. Cinnamon
- 1 scoop Vegan protein powder (your choice)

Directions

Add all ingredients to a blender and blend until smooth. Drink immediately.

Replenishing tired muscles with protein and carbohydrates after a workout is important. Equally important is replacing the electrolytes lost through your sweat. Coconut water comes in handy in this electrolyte-packed post-workout smoothie with the antioxidant boost of berries. It's low fat content makes it the perfect way to get protein and carbs straight into your muscles after spending time at the gym or playing sports.

How I supercharge my Smoothies...



Smoothies are the time-starved healthy eater's best friend. It's easy to pack quality nutrients into a convenient glass or travel mug. In fact, when I was in "digestive system recovery" (after simultaneously discovering my gluten intolerance and giving up my career in dieting) most of my daily nutrients came in the form of smoothies. I have a lot of experience with smoothies because they're simple to make, convenient, and easy on the digestive tract.

Pay attention to how your body reacts when you drink your smoothie. You'll feel hungry soon after if you don't have enough fibre, protein, and healthy fats. If your smoothie is too cold it will chill you on the inside and feel like it takes forever to digest (hint: warming spices like ginger and cinnamon help with that).

If you build your smoothies well they can keep you full for hours. Here are some of my favourite superfoods to add to smoothies. It's easy to get carried away with all the exciting add-ons. Remember that one smoothie doesn't have to have all the benefits under the sun. Vary your smoothie recipes often and you'll receive all of the following health benefits in a way that's easy for your body to assimilate.

CHIA SEEDS: A good source of soluble fibre that supports healthy gut function and can help lower cholesterol.

FLAXSEEDS: A good source of soluble fibre and omega 3 fats. Promotes healthy gut function and hormone regulation.

HEMP HEARTS: High in protein (3 Tbsp. is 10 grams!) and healthy fats. A whole-food protein boost for any smoothie or snack.

NUT/SEED BUTTER: Adds a smooth and creamy texture to smoothies along with whole food protein and healthy fats. Try sunflower seed butter or almond butter.

GINGER: Creates a warming sensation in the body which boosts your inner heat during cold months. Ginger is also anti-inflammatory, fights infection, eases morning sickness, stimulates circulation, and is soothing for colds and flu's. Start with a ½ -inch cube of fresh ginger or ½ tsp. grated

CINNAMON: Balances blood sugar, supports digestion, eases nausea, stimulates circulation, and has antiviral and antifungal properties.

TURMERIC: An anti-inflammatory warming spice that soothes digestion, promotes liver function, and alleviates nausea. Pair with healthy fats like coconut milk or avocado in smoothies.

CACAO POWDER: Chocolatey goodness that is high in antioxidants, releases endorphins, enhances mental alertness, supports blood vessel health and is rich in magnesium.

How I supercharge my Smoothies...

Continued



MACA POWDER: Boosts energy levels, supports your immune system and helps with hormonal balance (and sex drive!). Start slow with ¼ tsp per smoothie and slowly build up to a full teaspoon.

MATCHA POWDER: This finely ground green tea powder is high in anti-oxidants, promotes natural detoxification, boosts metabolism and is a source of chlorophyll.

AVOCADO: High in fiber and healthy fats, avocado is an excellent way to give your smoothie staying power to keep you full while you run your day.

RAW GREENS: Offer an alkaline boost to any smoothie and get whole food antioxidants and fiber in a simple handful...I promise you won't taste them! Choose baby greens or steamed and frozen kale.

PARSLEY: Great in green smoothies, parsley relieves bloating, gas, and stimulates digestive function. An everyday detox herb, it is anti-parasitic, anti-oxidant, and alkalizing.

SPIRULINA/CHLORELLA: These powdered algae offer a natural way to support the adrenals and the thyroid. They contain protein and are rich in minerals and trace elements including calcium, magnesium, iron, potassium, iodine, manganese, and chromium.

As with any supplement or natural health product, check with your doctor for contraindications with medications or conditions before adding superfood enhancements to your daily regime.

For more resources on how to build healthy smoothies that taste delicious every time, download my Smoothie Anatomy Guide here: <http://www.selinarose.ca/smoothie>



Chocolate Banana

Smoothie



Type



Prep
5 m



Cook
0 m



Servings
1



Ingredients

- 1 frozen Banana
- ½ cup Almond milk (or other non-dairy milk)
- ½ cup Water
- 1 Tbsp. Natural almond butter (or other nut/seed butter)
- 1 Tbsp. Cocoa powder (choose a high-quality cocoa like Giddy Yoyo's)
- 1 Handful of raw spinach
- 2 Ice cubes
- 1 Tbsp. Flax seeds
- 1 Tbsp. Hemp seeds
- ¼ tsp. Maca powder
- 1 scoop of Protein powder of your choice
- ¼ tsp. Cinnamon

Directions

Place all ingredients in a blender and blend until combined. Enjoy right away.

Here's a go-to smoothie for when a chocolate craving strikes and just won't go away. The smooth texture from the banana and the creaminess of the nut butter gives this smoothie everything you're looking for in a square of chocolate, plus a number of nutrients your body needs. Enjoy and feel satisfied!



S

oup

Soup is the queen of all-in-one meals. There's nothing more warming, hearty and inviting than soup, at any time of year. It's also an easy way to get a variety of nutrients into one dish. For the picky eaters in your home, you can even blend your soup to disguise vegetables.

Home-made vegetable or bone broth is great to have on-hand in the freezer. You can batch cook it and freeze it for later use. Or make it even easier on yourself by purchasing organic broth in tetra packs at your local grocer. These favourite soup recipes can be made with homemade or organic broth from the store.

This soup is a hearty all-in-one meal. The combination of millet and lentils makes a complete vegetarian protein which pairs deliciously with curry and cauliflower. It's perfect for a quick and easy nutritious meal. Get ready for a new favourite!

Curried Cauliflower Soup

Type
VT GF
DF FF

Prep
20 m

Cook
25 m

Servings
8-10

Ingredients

- 1 head Cauliflower (chopped into small pieces)
- 2 Cloves of raw garlic
- 1 cup Yellow onion (diced)
- 1 tbsp. Yellow curry powder
- 1 ½ tsp. Thai curry paste (yellow)
- 1 can Coconut milk
- ¼ tsp. Cayenne powder (adjust spice to your liking)
- Juice from ½ lime
- ¼ tsp. Cumin powder
- 2 tsp. Sea salt
- 2 tsp. Black pepper
- 1 L Vegetable soup broth (use organic carton)
- 2 cups Water (if needed)
- 1 tbsp. Coconut oil
- 1 ½ cups Brown lentils (cooked)
- ¾ cup Millet (cooked)

Directions

Begin by cooking the millet and lentils. **Note:** To save time I like to cook my millet and lentils ahead of time when I know I'll be making this soup.

Lentils: In a small pot bring 1 ½ cups of water to a boil and add lentils. Once pot boils again turn the temperature to medium and let simmer until lentils are cooked (they'll begin to crack open).

Millet: In a separate small pot bring 2 cups of water to a boil before adding millet. Once pot reaches a boil again turn the temperature to medium and let simmer until water evaporates. Millet grains will open to look like tiny popped popcorn kernels when they're cooked.

Add coconut oil to soup pot and heat on medium-high heat until melted. Chop onion and garlic. Let stand for one minute before adding to soup pot. Sauté onions and garlic with curry powder, curry paste, cayenne pepper, cumin, salt and pepper, until translucent.

Add chopped cauliflower to pot and stir to coat with spices. You may need to add some vegetable broth at this point to keep it from burning. Once cauliflower has been heated through, add remaining vegetable broth and coconut milk, and stir. Let this come to a slow boil (5-8 minutes) to cook the cauliflower.

Once soup is boiling, reduce heat to medium and add lentils and millet to the pot. Blend with an immersion blender until smooth. Careful not to burn yourself. Add lime juice and let the soup simmer for 25 minutes to allow the flavours to combine. Adjust seasoning as needed. Adjust the thickness of the soup by adding water, or letting it boil with the lid off, to reduce the liquid.

Lemon Chicken Soup



Type



Prep
10 m



Cook
30 m



Servings
4-6



A quick and easy soup to make year-round. This recipe is inspired by Greek cuisine with the use of lemon and dill. Adjust it to your liking by adding vegetables, or sub the rice for grated zucchini, which makes a delicious noodle texture. This recipe is my own version, adapted from Epicurious Fresh Magazine.

Ingredients

- 1 tbsp. Ghee or Coconut oil
- 1 Medium Yellow Onion
- 1 Carrot
- 2 stalks Celery
- 1 Lemon (juice only)
- 1 Chicken breast (boneless, skinless)
- ¾ cup Wild + Brown rice (cooked) or 2 cups grated zucchini
- 6 cups Organic chicken broth
- 3 tbsp. Dill
- 1 tsp. Ground black pepper
- 2 tsp. Sea Salt

Directions

Chop onion, celery and carrots into pieces ½" in thickness. Season chicken breast with a pinch of salt, pepper and dill so the spices stick to the outside. In a soup pot melt ghee/coconut oil over medium-high heat.

Add onion, carrot and celery and cook until vegetables are soft (5-8 minutes). While heat is high, add chicken to sear the outside. A minute or two each side should do. The chicken will brown quickly. Keep watch so that it doesn't stick to the bottom of your pot.

Once chicken is seared on the outside, add broth. Season with dill, salt and pepper. Bring to a boil, cover, reduce heat and simmer until chicken is cooked through (15-20 minutes).

Transfer chicken to a plate. Let cool and shred into pieces. Add chicken and pre-cooked rice or grated zucchini to broth and squeeze the juice of 1 lemon and season with additional dill, if desired.





*In taking care of ourselves
we take care of the
world around us.*

Easy Homemade Minestrone Soup



Type



Prep
15 m



Cook
30 m



Servings
8-10



Minestrone soup is a classic from my childhood. Every fall my grandfather would condense the sum of his garden harvest into a large soup pot and the result was a flavourful minestrone soup chalk full of healthful ingredients grown in his own back yard. While we might not all have the space to produce our own harvest, we can certainly combine ingredients from the local farmer's market into this hearty minestrone soup.

Ingredients

2 Tbsp. Coconut oil
1 small Red onion (diced)
2 cloves Garlic (minced)
2 Carrots (chopped)
1 Medium Zucchini (chopped)
2 cups Tomatoes (diced)
2 stalks Celery (chopped)
2 ½ cups Chopped greens (Swiss chard, kale, etc.)
1 ½ cups Mixed beans (canned or cooked from dry)
2 Tbsp. Fresh parsley
2 Tbsp. Basil
1 Tbsp. Oregano
1 Tbsp. Sea salt
1 tsp. Black pepper
2 Tbsp. Lemon juice
2L Organic vegetable broth (vegan if necessary)

Directions

Heat coconut oil in a large soup pot over medium heat. Add diced onion to the pot and sauté until translucent (3 minutes). Add the garlic and stir together until fragrant (30 seconds).

Add chopped carrot and celery, basil and oregano and sauté until carrot becomes tender (4 minutes).

Add remaining vegetables and spices (including salt and pepper) and mix together. Let heat through 3 minutes. Stir in the vegetable broth and place the lid on half way. Allow the contents of the pot to come up to a boil.

Reduce heat to medium low and simmer for 10-15 minutes. Add lemon juice and adjust spices to taste. Turn off heat and blend soup using an immersion blender until it's mostly smooth. Adjust the amount of blending to create the texture of your liking.

Serve with grated parmesan cheese or nutritional yeast, and enjoy!

Note: Using the immersion blender is an ode to my grandfather who loved to blend his minestrone soup. If you prefer a chunky soup in a clear broth, you can skip that step. To me, minestrone wouldn't be the same if it wasn't at least partly blended.



Minestrone soup is a classic from my childhood. Every fall my grandfather would condense the sum of his garden harvest into a large soup pot and the result was a flavourful minestrone soup chalk full of healthful ingredients grown in his own back yard. While we all might not have the space (and time) to produce our own harvest, we can certainly combine ingredients from the local farmer's market into this hearty minestrone soup.



Sides and Snacks

If you love food (like I do), you know the best things to eat often take place between meals (or on the side). Smart snacking can still be delicious and not lead you to have eater's remorse once you're done. From salty to sweet, there are snacks and sides here for everyone.



Cookie Dough

energy bites



Type	Prep 25 m	Cook 0 m	Servings 2 balls
VE GF			
DF FF			

Who doesn't love cookie dough? Here's a healthy twist on a favourite treat food. Take them with you for an on-the-go boost of fuel and fun.

Ingredients

10 Mejuol dates
2 tbsp. Coconut oil
1 ½ cup Sunflower seed butter
¼ cup Pumpkin seeds (ground)
½ cup Enjoy Life chocolate chips
1 tsp Cinnamon
¼ cup Ground flax seeds
½ cup Rolled oats
¼ cup Unsweetened shredded coconut
2 tsp. Vanilla
½ tsp Sea salt (finely ground)
2 cups Hot water

Makes 12 balls.

Directions

To soften the dates, place them in a large bowl and cover with piping hot water. Set aside to soften (10 minutes), then discard water and remove pits. Mash dates into a paste using a fork (or pulse in a blender).

Add nut/seed butter, cinnamon, vanilla, and salt. Stir until combined, or pulse in blender. Add coconut oil to date paste and mix until smooth. Add nuts, seeds, chocolate chips, and coconut to the nut butter mixture and stir gently to combine or pulse in blender.

Scoop mixture with a tablespoon and form into bite-sized balls using your hands. Roll balls in shredded coconut if you like. Place balls on a plate or baking sheet that will fit in the fridge.

Once balls are formed, refrigerate until solid, then store in a glass container in the fridge for up to 4 weeks (but they're so delicious, they probably won't last that long).

Cinnamon Raisin

energy bites



Type
VE **GF**
DF **FF**

Prep
25 m

Cook
0 m

Servings
2 balls



The delicious comfort of a bowl of cinnamon raisin oatmeal is packed into these energy bites. Take them with you for an on-the-go boost of fuel and fun.

Ingredients

- 8 Mejuol dates
- 2 tbsp. Coconut oil
- 1 cup Nut/Seed butter (almond or sunflower seed)
- ¼ cup Pumpkin seeds (ground)
- ½ cup Raisins
- 1 ¼ cup Rolled oats (gluten-free, if necessary)
- ¼ cup Ground flax seeds
- ¼ cup Hemp hearts
- 1 tsp. Vanilla
- ½ tsp. Sea salt (finely ground)
- ½ cup Unsweetened shredded coconut (optional)

Optional: 1 tsp of maca and/or 1 scoop of protein powder, if desired.

Makes 12 balls.

Directions

To soften the dates, place them in a large bowl and cover with piping hot water. Set aside to soften (10 minutes), then discard water and remove pits. Mash dates into a paste using a fork (or pulse in a blender).

Let paste cool before adding coconut oil. Add coconut oil to date paste and mix until smooth. Add almond butter and vanilla. Stir until combined. Add cinnamon and stir until combined. (This is when you would add maca or protein powder).

Using a coffee or nut grinder, grind pumpkin seeds into small pieces, according to your desired texture. Add nuts, seeds, raisins, coconut, and oats to the almond butter mixture and stir gently to combine. Scoop mixture with a tablespoon and form into bite-sized balls using your hands.

Place balls on a plate or baking sheet that will fit in the fridge. Once balls are formed, refrigerate until solid, then store in a glass container in the fridge for up to 4 weeks. Note: roll balls in shredded coconut before refrigerating, if desired.





These energy bites are a two for one boost— healthy fats and protein for a nutrient boost, plus the gentle caffeine pick up of matcha. You get all the antioxidant benefits of matcha green tea in delicious, earthy energy bites. Take them with you for an on-the-go for a mid-day pick-me-up, no coffee required.

Matcha

energy bites

Type
VE GF
DF FF

Prep
25 m
🍴🔪

Cook
0 m
🕒

Servings
2 balls
🍷

Ingredients

- 10 - 12 Mejuol dates
- 2 tbsp. Coconut oil
- ¼ cup Nut/Seed butter (almond or sunflower seed)
- ¼ cup Pumpkin seeds (ground)
- ¾ cup Raw cashews (ground)
- ¼ cup Ground flax seeds
- ¼ cup Hemp hearts
- ¼ cup Unsweetened shredded coconut
- 2 tsp. Matcha powder
- ½ tsp Sea salt (finely ground)

Note: *Do you crave salt?* Use Maldon salt, or coarse sea salt instead of finely ground salt in this recipe for an occasional salty bite.

Makes 12 balls.

Directions

To soften the dates, place them in a large bowl and cover with piping hot water. Set aside to soften (10 minutes), then discard water and remove pits. Mash dates into a paste using a fork (or pulse in a blender). Let paste cool before adding coconut oil.

Using a coffee or nut grinder, grind pumpkin seeds and cashews into small pieces, according to your desired texture. Add coconut oil to date paste and mix until smooth. Add nut/seed butter and matcha powder. Stir until combined, or pulse in blender.

Add nuts, seeds and coconut to the nut butter mixture and stir gently to combine or pulse in blender. Scoop mixture with a tablespoon and form into bite-sized balls using your hands. Place balls on a plate or baking sheet that will fit in the fridge.

Once balls are formed, refrigerate until solid, then store in a glass container in the fridge for up to 4 weeks.



Berry Bowl "Cereal"



Type

VE GF

DF

Prep
5 m



Cook
0 m



Servings
1



Ingredients

¾ cup Fresh berries of your choice (raspberries, blueberries, strawberries)
2 tbsp. Pumpkin seeds (raw)
Sunflower seeds (raw, unshelled)
1 tbsp. Hemp hearts
2 tbsp. Pecan halves
Sprinkle Cinnamon
1 cup Almond milk (or other non-dairy milk)

This is a favourite before bed snack of mine! It's sweet, crunchy and offers protein and antioxidants. Simple, whole-food ingredients come together to make a satisfying snack that's great at any time of the day.

Directions

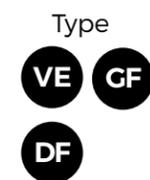
Wash berries and place in a bowl with nuts and seeds. Sprinkle with cinnamon and top with almond milk. Enjoy!

Note: You can add homemade granola, shredded coconut, banana slices, or anything else you think of to your bowl.



Fresh Garden

Tomato Bruschetta



Ingredients

- 4 cups Vine tomatoes
(can sub for cherry tomatoes or any colour you like)
- ¼ cup Olive oil (best quality)
- ½ cup Red onion (diced)
- 2 tsp. Sea salt
- ¼ tsp Black pepper
- 2 cloves Garlic (chopped)
- 2 Tbsp. Basil (fresh or dried)
- 1 Tbsp. Oregano (fresh or dried)

Directions

Cut tomatoes to desired size. Chop red onion and garlic finely. Chop basil and oregano (if fresh).

Add all ingredients to a bowl and mix together.

Serve and enjoy!

Note: Can be stored in a glass jar in the fridge for up to one week.

Tomatoes are best when they're in season, and even better when they come from the garden of someone you love. My Mom makes the best bruschetta. It's simple and perfectly spiced. The garden tomatoes make all the difference. Use this easy bruschetta recipe with the freshest tomatoes possible. Enjoy it on toasted bread, crackers, over cooked meat, or on salads—any way you like.

Salt and Pepper
blueberries
a hint of honey

TURMERIC

Hummus Avocado
with carrot sticks

Hearts
Almond butter

homemade soup

ventils CINNAMON
& millet

Strawberry

Fresh
tomato
with basil

leafy greens

DIJON
MUSTARD

sweet potato

coconut
cream

Baked Cabbage Steaks



Type



Prep
10 m



Cook
30 m



Servings
4



The first time I made this recipe I found myself sneaking back into the kitchen at night to have more of this delicious, sweet cabbage – seriously. This recipe makes the tastiest cabbage strands. You can add them to wraps, salads, soups, or eat them on their own.

Ingredients

- 1 Green cabbage
- 1 tsp each Salt and pepper
- 2 tbsp. Ghee (clarified butter) or coconut oil
- 2 cloves Garlic (chopped)
- 1 tbsp. Coconut oil

Tip: Serving size is 1 cup. *You can have more than one!*

Directions

Preheat oven to 350F with oven rack at medium height. Coat baking sheet with coconut oil.

Cut cabbage into rounds 1" thick and place on baking sheet. Melt ghee or coconut oil. Drizzle or spoon ghee/oil onto cabbage rounds. Sprinkle each piece of cabbage with salt and pepper.

Disperse chopped garlic over cabbage slices. Bake for 15 minutes before turning over. Season other side of cabbage and bake for 10-15 minutes until cabbage pulls apart.

Store in an air-tight container in the fridge for up to 4 days.

Note: Eating well on a budget? This cabbage recipe will be a great go-to. Cabbage is inexpensive and makes a wholesome snack or addition to your meal.



Sweet Potato Bites



Type



Prep
10 m



Cook
30 m



Servings
4



Make your sweet potatoes taste like pumpkin pie with this super easy recipe. Expand your spice cupboard to include Garam Masala (an Indian spice blend) and cumin (from the middle east) and enjoy this delicious treat.

Ingredients

- 2 Large sweet potatoes
- ½ tsp. Sea salt and pepper
- 1 tbsp. Grape seed oil
(or use coconut, or avocado oil)
- 1 tsp. Garam Masala
- ½ tsp. Cumin

Directions

Preheat oven to 350F.

Coat baking pan with grapeseed oil. Cut sweet potato into ½" rounds and place in a large mixing bowl.

Note: skin can be peeled off or left on for additional fiber.

Drizzle grape seed oil (or melted coconut oil) over potato pieces. Sprinkle spices (including salt and pepper) over the potatoes and mix well until all pieces are coated.

Spread sweet potato rounds in an even layer over the baking sheet. Bake for 25-30 minutes, turning once, or until potatoes are tender.

good food
good life

Swiss Chard

with Olives

Type



Prep
8 m



Cook
8 m



Servings
6



Directions

Mix together the olives, rosemary, chili flakes, garlic and chopped red onion with a tablespoon of grape seed oil and let sit while you prep the chard.

Remove the stems from the Swiss chard leaves, using a knife to cut along the edges of the main stem of each leaf of chard. Chop the stems into 1/2-inch slices and set aside. Cut the green leaves into 1-inch thick ribbons. Keep the leaves and the stems separate, as you will be cooking them separately.

Heat a large sauté pan on medium high heat. Coat the bottom of the pan with 1 tablespoon of grapeseed oil to coat the bottom. When the oil is hot, add the chard stems. Cook for 2-3 minutes, stirring often, until they begin to soften. Stir in the olive mixture and allow to heat through (1 minute).

Add the chopped chard leaves to the pan. Use silicone ended tongs or a wooden spatula to toss the chard leaves in with the rest of the mixture, so that the chard gets coated with oil.

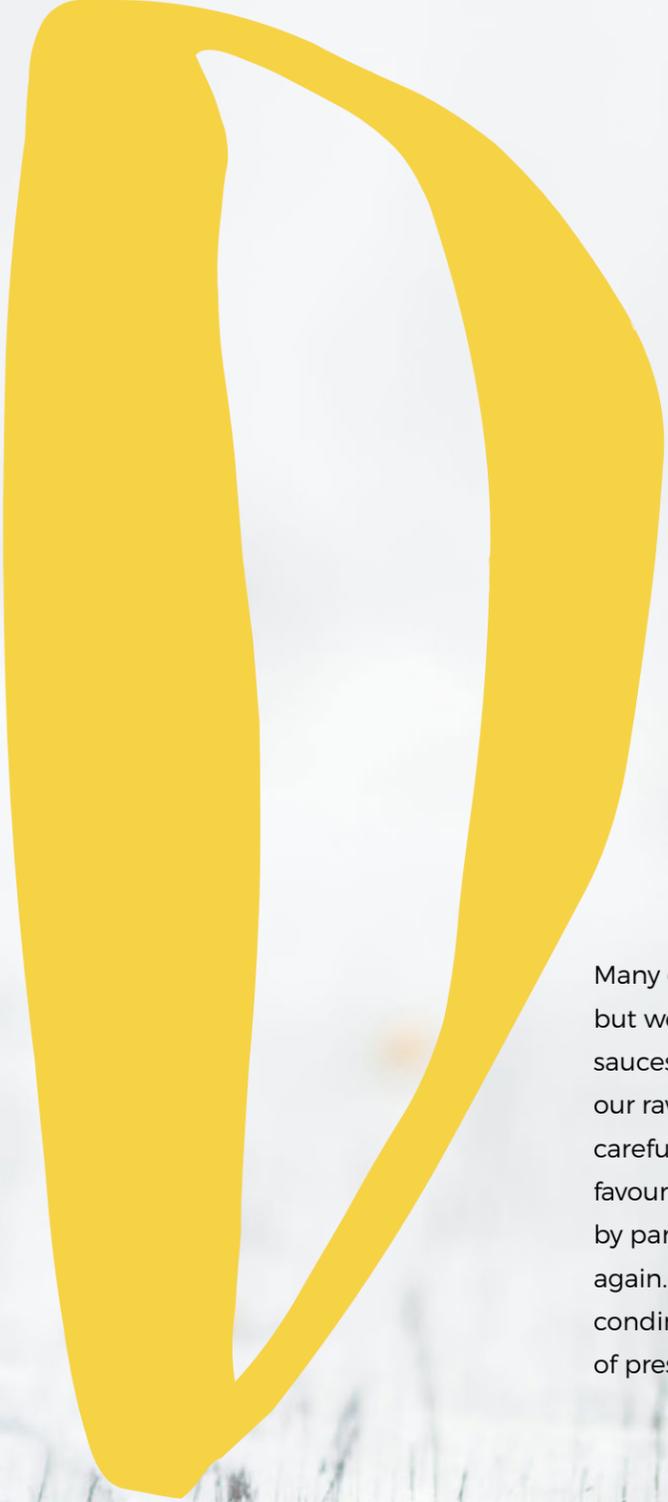
Cover the pan with a lid and reduce the heat to low. Let cook a few minutes, lift the lid occasionally to turn the leaves over in the pan. Once the chard has wilted, remove from heat. Sprinkle with black pepper to taste.

One of the best ways to eat your greens is to pair them with something you love—like olives. On its own, Swiss chard has a neutral flavour. The olives and chili flakes in this dish take it up a notch for when you're in the mood for a flavourful side of greens.

Ingredients

- 12 Olives (green or Kalamata) roughly chopped
- ½ tsp. Rosemary (fresh or dried)
- ¼ tsp. Chili flakes
- ½ cup Red onion, chopped
- 1 clove Garlic (minced)
- 2 tbsp. Grape seed oil or other high heat oil
- 1 bunch Swiss chard, rinsed and patted dry
- To taste Ground black pepper

Serving suggestion: This side pairs well with fish, chicken or turkey. It is a delicious way to add a side of greens to just about any meal.



*D*ips and Dressing

Many of us are great at making healthy food choices, but we lose momentum when it comes to dips and sauces. Ironically, it's the delicious dips we're digging our raw carrot sticks into that we need to be most careful of for our health. These are some of my fan favourite dips and dressings. They've been proofed by party guests and my cooking classes time and again. I hope they inspire you to whip up your own condiments, rather than reaching for a bottle that's full of preservatives and unhealthy fats. Go ahead, dig in.



Two-Minute Salad Dressings

Think twice about reaching for the bottle of pre-made salad dressing. These two-minute dressings have all the flavour, without the preservatives. Who doesn't have two minutes? It's worth your time.



01



Mustard

Ingredients

- ½ tsp Grainy Dijon mustard
- ½ tsp Regular Dijon mustard
- 2 tbsp. Lemon juice (or juice from half a lemon)
- 3 tbsp. Olive oil (or other high antioxidant oil)
- Pinch Black pepper
- 1 tsp Dill (dried or fresh)

Whisk all ingredients together until emulsified. Pour over salad and serve.

Ingredients

- ½ Avocado
- ½ tsp Dill (dried or fresh)
- Juice of one lemon (may sub 3 tbsp. of vinegar)
- 2 tsp. Olive oil
- Salt and pepper (to taste)
- 1 tbsp. Water

Add all ingredients to a small blender and pulse until blended through. Alternately, whisk all ingredients together in a bowl until the avocado is smooth.

Note: you may need to add water or lemon juice if the dressing is too thick.

02



Creamy Avocado

03



Ginger-Nut

Ingredients

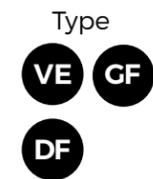
- 1 clove Garlic (large)
- 1 tbsp. Tamari sauce
- 1 tbsp. Natural peanut or almond butter
- 1 tbsp. Chopped ginger
- ¼ cup Rice vinegar
- ¼ tsp. Honey
- 1 pinch Chili flakes

In a blender combine all ingredients until smooth. Use to top a salad or as a dip for chicken skewers.





Tahini Garlic Sauce



Tahini is a paste made from sesame seeds. Half a cup of tahini contains more calcium than a glass of milk! Try this tahini sauce on fish or steamed vegetables for a boost of flavour.

Ingredients

2 tbsp. Tahini paste
1 clove Garlic (minced)
Juice from ½ lemon
2 tbsp. Olive oil
¼ tsp. Dried dill
¼ tsp. Black pepper
¼ tsp. Sea salt

Directions

Place all ingredients in a small bowl and mix together with a fork or small whisk until smooth. It may take a few minutes of mixing to get the tahini totally smooth.

Note: If the sauce is too thick, add some water and stir until desired consistency is reached. You can make a larger batch and store it in the fridge for up to 4 days. It may separate, so stir it before using.

Homemade Honey

Dijon Dip



A twist on traditional honey mustard. Tahini creates a thick texture and adds calcium, while the Dijon offers a subtle kick. Use high quality honey for its immune supporting benefits.

Type



Prep
3 m



Cook
0 m



Servings
1



Ingredients

- 1 Tbsp. Tahini paste
- 1 tsp. Grainy Dijon mustard
- 1 Tbsp. Smooth Dijon mustard
- 1 Tbsp. Honey

Directions

Mix together with a fork or small whisk until smooth. Serve with chicken or turkey skewers, use on sandwiches, or in lettuce wraps.

Curried Hummus

Dijon Dip



Type



Prep
3 m



Cook
0 m



Servings
1



Ingredients

- 2 Tbsp. Original hummus
- ½ tsp Thai yellow curry paste
- ¼ tsp Turmeric powder
- 1 tsp Smooth Dijon mustard
- ½ tsp Grainy Dijon mustard

Directions

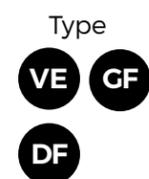
Mix together with a fork or small whisk until smooth. Serve with chicken or turkey skewers, use on sandwiches, or in lettuce wraps.

Note: Gluten can hide in store bought condiments like mustard. Check the label for any gluten-containing ingredients if you need this recipe to be gluten free.





Green Pea Guacamole



Avocados are a favourite of mine. They're an easy source of healthy fat and fiber. Eat them with a spoon, mashed on toast, or alongside something spicy to reduce the heat on your tongue. This recipe is a twist on the classic guacamole with the introduction of green peas! The peas make for a bright colour and reduce the fat content of this dip, so you can enjoy more of it with veggies, on tacos, or alongside a salad.

Ingredients

- 1 Small red onion
- 2 Cloves of raw garlic
- 2 Ripe avocados
- 1 cup Green peas (thawed)
- 1 Tomato (medium sized)
- Juice from 1 lemon
- Salt and pepper (to taste)

Tip: Save the avocado pit and nestle it into your container of guacamole when storing. The pit will help keep the avocado from turning brown.

Note: Serving size is 4 Tbsp.

Directions

Measure the green peas and let stand at room temperature until thawed. In a food processor pulse the clove of garlic with the purple onion until chopped.

Cut tomato in half and pulse in food processor until diced. Drain excess juice from the food processor bowl. Cut avocados in half (lengthwise). Remove the flesh and add to food processor. Keep the pit! Set it aside.

Add green peas, salt, pepper and lemon juice and blend together. Once combined, store in a glass container in the fridge for up to 2 days (if you don't eat it all before then). Serve with cucumber slices, or organic corn tortilla chips.

Classic and Dill Pickle hummus

Type



Prep
5 m



Cook
0 m



Servings
10-12



Classic Hummus Ingredients

2 cups Organic chickpeas
(canned or cooked from dry)
2 Cloves of raw garlic (peeled and smashed)
2 Tbsp. Tahini
2 Tbsp. Lemon juice
¼ cup Filtered water
½ tsp Ground cumin
½ tsp. Each - sea salt and ground pepper

Dill Pickle Hummus Ingredients

2 cups Organic chickpeas
(canned or cooked from dry)
1-2 Cloves of raw garlic (peeled and smashed)
2 tbsp Tahini
2 tbsp Lemon juice
1/3 cup Pickle juice
¼ cup Pickles (chopped)
½ tsp. Each - sea salt and ground pepper
1 Tbsp Dried dill

Note: Serving size is 4 Tbsp.

Directions

Thoroughly rinse your chickpeas, especially if they're from a can.

In a food processor pulse the clove of garlic until it breaks up.

Scrape sides of food processor with a spatula and add all ingredients. Blend until smooth.

Hummus is ready to serve!

Serving Tip: Typical garnish for classic hummus is a sprinkle of cayenne pepper and a drizzle of olive oil. You can experiment with different toppings such as olive or sun dried tomato tapenade, pesto, or chili flakes.

Note: Store in a glass air-tight container for up to one week in the fridge.



Some classics are too good to mess with. This hummus recipe is one of them. It has all of the protein and goodness of chickpeas, with the classic smooth and creamy texture. Enjoy as a dip, spread, or side.

M *ains*

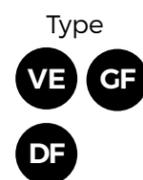
The staple meals for your day can often be the most challenging to make when you're busy with work or running after little ones. Many of these mains are great make-ahead recipes for weekend batch cooking, or they have make-ahead ingredients like rice, so your weeknight cook time is cut in half. Here's proof that home-cooked meals can be quick, easy and nutritious.



Chili is a favourite cold weather food. It's an inner-heater that provides the comfort and satisfaction of a home cooked meal. I've made this recipe for a table full of hungry hockey players and not one of them mentioned the fact that there was no meat. This recipe is made hearty by the beans and millet and is a flavourful well-rounded meal. You won't even miss the meat.

Vegetarian Chili

'Can't Believe There's No Meat'



Ingredients

- 2 tbsp. Coconut oil
- 1 cup Yellow onion (chopped)
- 3 Garlic cloves (minced)
- 2 tbsp. Chili powder
- 1 tbsp. Cumin
- 1 tbsp. Each- basil and oregano
- 1 large Carrot (chopped)
- 1 med. Zucchini (grated)
- 1 cup Sliced cremini mushrooms
- 1 cup Red and green bell peppers (chopped)
- 2 cans Diced tomatoes (look for organic, BPA free)
- 1 can Tomato paste
- 2 cups Vegetable stock (vegan if necessary) or Water
- ½ cup Millet
- 2 cups Mixed beans (cooked from dry) or one 19oz can
- 1 cup Chickpeas (cooked from dry) or one 19oz can
- 1 cup Organic frozen corn (optional)
- 1 tsp. Each- sea salt and pepper

Directions

Heat coconut oil in a heavy soup pot on medium heat. Add onions, garlic, and carrots. Stir frequently until the vegetables heat through. About 5 minutes. Stir in the spices. Continue cooking and stirring to allow the spices to heat through. 1 min.

Add the peppers and mushrooms and stir to combine. Let simmer for 2 min. Stir in the tomatoes, tomato paste, water/stock, and millet. Add beans, chickpeas, and mushrooms.

Bring the pot to a boil. Turn the heat to simmer, cover with a lid and cook for 25-30 minutes or so, until the millet is cooked through. When the millet is cooked, you'll see the grain open into popcorn shaped bits. They'll be tender as opposed to hard and crunchy.

Stir in the corn (if using) and zucchini and simmer just long enough for them to heat through. Ladle into serving bowls and top with shallots, avocado or crushed organic corn chips.

Sweet Potato

Noodle Bowl



Type **DF** **GF**

Prep 15 m

Cook 10 m

Servings 4

Ingredients

- 1 Large sweet potato (spiralized)
- 1 cup Cherry tomatoes (diced)
- 2 cups Arugula
- 4 strips Bacon
- 10 Olives (sliced, your choice of variety)
- 1 tbsp. Coconut oil
- ¼ cup Basil pesto
- Black pepper (to taste)

Directions

In a large pan, melt coconut oil over medium heat. If you're cooking the bacon at the same time, you can cook the bacon first, discard most of the grease and begin cooking without the coconut oil.

Once oil is melted, add the sweet potato spirals. Sauté 4 minutes. Cut the bacon strips into small pieces and add to the pan. Add cherry tomatoes, olives, pesto and pepper (a light sprinkle) to the pan and stir (using tongs) until combined.

Add arugula and cover pan with a lid and let stand until the arugula wilts (2 minutes). You may need to add a little water at this point to steam the arugula. Once the arugula has wilted, mix with tongs until combined. Check that the sweet potato spirals are cooked. Serve warm.

Make your own vegan pesto to top the sweet potato bowl:

- 2 cups Fresh basil leaves (packed)
- 3 Tbsp. Sunflower seeds (can sub for pine nuts or walnuts)
- 2 cloves Garlic
- ½ tsp. Sea salt
- ¼ tsp. Black pepper
- 3 Tbsp. Lemon juice (fresh)
- 2 Tbsp. Extra virgin olive oil

Pesto Topping Directions

In a food processor or blender pulse the garlic until it's broken down. Then add all ingredients except for olive oil. Pulse to combine. Slowly add olive oil as you blend the mixture on low speed until combined. If the mixture is too thick, add a bit of water to thin it out.

Note: a spiralizer is a fun kitchen tool that will turn your vegetables into long noodle shaped strands. If you have one, it's perfect for the sweet potato in this recipe. If not, you can use your carrot peeler to shred the sweet potato, or your cheese grater's largest setting to grate the sweet potato into smaller pieces. Many grocery stores offer pre-spiralized vegetables like sweet potatoes, beets and butternut squash. Check the salad section.



Feeling like potatoes and bacon, but don't want a heavy meal? This sweet potato noodle bowl has got you covered. It will satisfy your carb craving while giving you the goodness of greens.

Protein-Packed

Turkey Meatballs

Type



Prep
20 m



Cook
40 m



Servings
24 balls



Ingredients

4 lb. Ground turkey
1 ½ cups chopped Kale leaves or spinach leaves
1 cup Brown rice (cooked and cooled)
½ cup Lentils (cooked and cooled)
2 tbsp. Chia seeds
¼ cup Water
1 tsp. Sea salt
1 tsp. Black pepper
Coconut oil
Mustard (for dipping)

Note: This recipe calls for pre-cooked rice and lentils, so make them ahead of time and let them cool before adding them to this recipe.

Note: Serving size is 2-4 meatballs.

Directions

Preheat oven to 350 F. Coat a baking sheet with coconut oil and set aside. Add chia seeds to small bowl with ¼ cup of water. Stir and let stand so it becomes gelatinous. In a large mixing bowl place ground turkey and chopped greens. Begin to mix together with a fork or bare hands. Sprinkle with sea salt and pepper. Mix in chia seeds. This will help your meatballs to stay together.

Add in cooked lentils and brown rice and continue to mix together until all ingredients are combined. Form turkey into meatballs using approximately 1 tbsp. of mixture in each. Lay meatballs on baking sheet and bake for 35-40 minutes, turning half way. If the pan dries out, you will need to add water to it to keep the meatballs from sticking.

These meatballs are a great make-ahead dish. You can double, triple, or quadruple the recipe, bake them, and once they're cool, freeze them in an airtight container. You can easily reheat the meatballs from frozen by broiling on a low temperature in the oven, or put a container of frozen meatballs in your bag and let them thaw on your way to work.

Summer's End

Squash Salad



Type



Prep
15 m



Cook
45 m



Servings
4



Salad Ingredients

6 cups Mixed baby greens
2 cups Acorn squash (roasted)
½ cup Italian black olives (or your preference)
1 cup Navy beans (rinsed and drained)
1 Tomato
1 Avocado (medium-sized)
Salt and pepper
1" Piece of raw ginger
2 Cloves fresh garlic

Dressing Ingredients

1 Tbsp. Tahini
4 Tbsp. Olive oil
2 Tbsp. Lemon juice
1 tsp. Basil (fresh or dried)
1 tsp. Oregano (fresh or dried)
¼ tsp. Black pepper

Roasted Squash Directions

Preheat oven to 350F. Grease a baking sheet with coconut oil and set aside. Cut the top and bottom off the squash, followed by cutting it in half lengthwise. Remove the seeds.

Cut the squash into strips 1" in thickness. Lay the strips on the baking sheet and sprinkle with salt and pepper. Grate ginger with a fine grater and set aside. Mince garlic in a garlic press and add it to the ginger. Spread the two over the squash pieces.

Bake the squash for 30-45 minutes, or until tender with a fork. Turn the pieces half way and add a small amount of water to the pan if necessary. Once the squash is cooked, remove pan from oven and set aside.

Salad Directions

In a large salad bowl add baby greens, olives, navy beans, tomato, avocado and cooled squash pieces. Dress and sprinkle with salt and pepper, to taste.

This warm squash salad is a great way to enjoy fresh squash at any time of year. Inspired by the early fall, take advantage of fresh greens and the warmth of ginger and ripe squash in this easy to prepare summer's end salad.





Curried Chickpeas

with Wild Rice



Type	Prep 10 m	Cook 20 m	Servings 4
VT GF			
DF FF			

This curried chickpea dish is the perfect quick and delicious meal for a weeknight. Use rice you've cooked earlier in the week, or put a pot on while you fix the other ingredients and they should be ready at the same time. Experiment with different spices for warm ethnic flavours.

Ingredients

- 1 cup Chickpeas (soaked from dry, or 1 can, drained)
- ½ Onion (chopped)
- 1 clove Garlic (chopped)
- 1 Carrot (medium sized, diced)
- 1 Zucchini (grated)
- 1 Tbsp. Coconut oil
- 2 tsp. Curry powder
- ½ tsp. Thai Curry Paste (red or yellow)
- ½ tsp. Cumin
- 1 tsp. Sea salt
- 1 tsp. Black pepper
- ¼ cup Tomato sauce
(I like Simply Natural Organic's Tomato Basil)
- 1 can Coconut milk
- ½ cup Brown & wild rice (cooked)

Directions

Heat coconut oil in skillet over medium-high heat. Add onion and garlic and cook until translucent. Add all spices except for curry paste, blend into the oil to bloom the spices and enhance the flavours of the dish. Add carrot and sauté until it starts to become tender.

Add chickpeas, zucchini, tomato sauce and simmer for 2 minutes. Turn heat to medium and pour in coconut milk and add curry paste. Blend together with a spoon until the curry paste dissolves. Cover and let simmer on medium heat for 5 minutes or until flavours are blended.

Add cooked brown and wild rice to the pot and stir ingredients together. Remove from heat and serve.

Note: Remember to soak dried chickpeas overnight, or have a can on hand. This recipe stores well in an air tight glass container in the fridge for up to 4 days.

Grain-Free Chicken Tenders



Type



Prep
15 m



Cook
25 m



Servings
40 strips



Channel your inner child with this fun and easy-to-make chicken tenders recipe. A coating of nuts and seeds gives them an extra crunch and a boost of protein and healthy fats. These will leave you feeling energized (instead of weighed down like their fried friends from your childhood).

Ingredients

10 Chicken breasts (raw, never frozen)
2.5 cups Ground almonds
½ cup Hemp hearts
¼ cup Ground flax seeds
2 Tbsp. Sea salt
1 Tbsp. Ground black pepper
2 Tbsp. Paprika
1 tsp. Turmeric
2 Tbsp. Dried Oregano
1 Tbsp. Dried Basil
Parchment paper

Note: 3 strips is 1 serving.

Directions

Preheat oven to 350F. Cover a baking tray with parchment paper. In a large bowl, mix together ground almonds, hemp hearts, ground flax, and all spices. Set aside. With a sharp knife, cut your chicken breasts lengthwise into strips about 1" thick. Spread your "breading" mixture into a pie plate, or similar dish for coating. Using tongs, coat each chicken strip with the almond flour mixture and place on parchment lined baking tray.

Bake for 12 minutes per side, or until cooked through and slightly brown on the outside. Remove from oven and allow to cool. Once the chicken tenders are cool you can store them in an air tight container (I recommend lining the bottom with paper towel to absorb condensation) in the fridge.

Once they've completely cooled in the fridge, transfer to the freezer for storage up to 4 weeks.

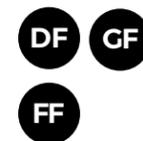
Tip: These chicken tenders freeze well, so make a large batch to cook and then freeze so you can take them out during a busy week. Reheat from frozen by placing chicken fingers on an un-greased cookie sheet, on broil for 3-5 minutes per side.



Easy BBQ

Burger Recipe

Type



Prep
10 m



Cook
15 m



Servings
4



Burgers are a delicious BBQ treat. Use organic/hormone-free beef to make your patties. You can whip these together in just a few minutes and be grilling and enjoying within an hour.

Ingredients

- 1 lb. Ground beef
- ¾ cup Yellow onion (chopped finely or grated)
- 2 tbsp. Chia seeds
- ¼ cup Water (to soak chia seeds in)
- 3 tbsp. Ground flax seeds
- 4 tbsp. Mustard (of your choice)
- ½ tsp. Sea salt
- ¼ tsp. Black pepper
- ¼ tsp. Paprika
- 1 tbsp. Italian seasoning

Tip: Increase the recipe and freeze the patties for future use. Raw burger patties can be wrapped in wax paper and frozen in an air-tight glass container for later use. You can grill from frozen, just start on a low temperature while patties defrost.

Directions

Grate or chop onion into fine pieces. Add chia seeds to measuring cup with ¼ cup of water. Let stand until gelatinous. In a large mixing bowl break up ground meat using a fork or your hands. Add onion, ground flax, salt, pepper, paprika, Italian seasoning and mustard. Stir in chia seeds.

Form ground meat into tight patties using ¼ of the mixture each. Heat BBQ or grill on high until it's hot. Add patties and cook for 3-5 minutes per side, or until cooked through. There should be no pink left in the middle when you pull them from the grill.

Try topping your burger with sprouts, lettuce, tomato, red onion, cucumber, or using Boston lettuce instead of a bun. For easiest digestion, serve with salad.

Steak and Broccoli

Stir Fry



Type



Prep
10 m



Cook
15 m



Servings
4



This recipe will please steak-lovers and veggie lovers in the same meal. It uses less meat per serving so you get a more digestible amount of protein (3-4oz) along with a generous serving of vegetables. Plus, it makes for easy for lunches! Experiment with different cuts of meat like bison and elk. Chopped nuts or raw sesame seeds can be used as a garnish for serving.

Ingredients

- 1 8-10oz Steak of choice (thinly sliced)
- 2 tbsp. Coconut oil
- ¾ cup Yellow onion (chopped)
- 1 Clove garlic (chopped)
- 1 Bell pepper (chopped)
- 1 head Broccoli (chopped)
- 2 medium Carrots (chopped)
- 1 tbsp. Soya Sauce (or gluten-free tamari)
- 1 tbsp. Olive oil
- ½ tsp. Chili flakes
- 1 tsp. Oregano
- ½ tsp. Turmeric
- ½ tsp. Black pepper
- ¼ tsp. Sea salt

Directions

Cut steak into strips and marinate in soya sauce with black pepper and 1 tbsp. olive oil.

In a large wok pan heat coconut oil on medium-high heat, add garlic, onions and spices, cook until translucent. Add chopped carrots, stir and cover for 3 minutes for carrots to soften.

Add remaining vegetables to the pan and sauté.

In a separate pan, cook steak until desired tenderness (4-6 minutes) and add to wok pan with vegetables. Mix all ingredients together and add 1 tbsp. soya sauce. Top with seeds of choice—I like hemp hearts and sesame seeds. Serve warm.

Note: The steak will continue to cook once you take it out of the pan. To avoid overcooking, remove the steak from heat before your desired doneness is reached.





Italians love their tomato sauce—ok a lot of people do—but eating pasta every week isn't the healthiest option. My love for tomato sauce inspired this healthy vegan recipe. It uses whole grain brown rice and hearty lentils to form a protein base for this dish filled with vegetables. Of course, it's finished off with tomato sauce and a hint of spice from chili flakes, just the way my grandfather loves his pasta.

Hearty Lentils

in Tomato Sauce



Ingredients

- 1.5 cups Tomato sauce
(I like Simply Natural Organic Tomato Basil)
- ¾ cup Red onion (chopped)
- 2 cloves Garlic (minced)
- 2 Carrots
- 1 Portobello mushroom
- 1 stalk Celery
- 1 medium Zucchini (grated)
- 2 cups Spinach
- 1 cup Brown lentils
- 1 cup Cooked brown rice (can sub for quinoa)
- ¼ tsp. Chili flakes
- ½ tsp. Cumin
- 1 tsp. Basil (fresh or dried)
- 1 tsp. Oregano (fresh or dried)
- ½ tsp. Sea salt
- ½ tsp. Black pepper
- 2 Tbsp. Coconut oil
- ¼ cup Water (optional)

Cook Brown Lentils:

Add 1 cup of brown lentils and 3 cups of water and a pinch of sea salt to a pot and heat on high until the water boils. Once boiling, reduce heat to medium and allow to simmer with the lid cracked for 15-20 minutes. Note: turn the lentils on while chopping the other vegetables for this recipe to save time. You'll know when the lentils are cooked because their outer coating will begin to crack open. Cook until lentils are tender, but not mushy. Strain lentils from water and set aside.

Type	Prep	Cook	Servings
VE GF	10 m	15 m	4
DF			

Directions

Chop carrots, celery and mushroom into small pieces and set aside. In a wok pan or cast iron skillet melt the coconut oil over medium-high heat. Once melted, add the chopped onion and minced garlic to the pan. Sauté until translucent (about 3 minutes). Add all spices to the pan and stir them in the oil to allow them to bloom (become fragrant and release flavour).

Add carrots and celery to the pan and sauté until tender (3 minutes). Add remaining vegetables and stir to combine. Cover the pan with a lid and simmer for 4 minutes. Remove lid and add in tomato sauce. Stir to combine with vegetables, then add in cooked brown lentils and rice. Stir to combine.

Pour spinach over top of the ingredients in the pan and cover with a lid to allow the spinach to wilt. Reduce heat and allow to simmer for 3-4 minutes for flavours to combine and for sauce to heat through. Now that the spinach has wilted, stir to combine it with the rest of the ingredients. If desired, add ¼ cup of water, depending on your desired consistency. Serve and enjoy!



Halibut

with Crunchy Walnut Crust

Type
DF GF

Prep
15 m


Cook
20 m


Servings
4


Let's face it, sometimes fish can be boring. Personally, I love fish and could eat it several times per week without complaint. Yet, I know of several others who need to switch it up to keep their fish dinners interesting. If you're looking for a healthy way to switch it up (without restoring to the fryer) look no further than this walnut crust recipe.

Ingredients

- 4 (6oz) Halibut fillets (fresh or defrosted)
- ½ cup Raw walnut halves
- 1 Tbsp. Dried basil
- 2 Tbsp. All-purpose gluten-free flour
- 4 Tbsp. Ground flax seeds
- 1 Tbsp. Dijon mustard
- ¼ tsp. Sea salt
- ½ tsp. Black pepper
- 1 tsp. Black sesame seeds
- 1 Lemon (juice only)



Directions

Preheat oven to 400F. Line a baking sheet with parchment paper. In a nut grinder/food processor pulse walnut pieces until they're small but still coarse. Do not over crush or the texture will not be crunchy.

Dust halibut fillets with salt and pepper on both sides. Combine ground nuts and sesame seeds with basil, flour, and flax in a pie plate or wide dish. Combine Dijon mustard with lemon juice in a bowl. Dip halibut fillets into this mixture and then into the walnut pieces.

Lay fillets over the parchment paper and press the coating onto them to adhere. Place the pan in the oven and bake for 10-15 minutes, turning halfway. When the fish is cooked, it should flake apart easily with a fork. Serve with lemon wedges and a side of your favourite vegetable.



desserts

No cookbook would be complete without a little something sweet. Natural sweetness makes for some delicious desserts. Here are a few of my favourites, including the all-time classic What's in the... Chocolate Brownies? Enjoy!





Rich Chocolate

Vegan Fudge



Type	Prep 15 m	Cook 60 m	Servings 12
VE GF			
DF			

You seriously won't believe this chocolate fudge is healthy for you—which is a good thing because it will trick your brain and body into feeling sinfully satisfied. You're welcome.

Ingredients

- 10 Dates (depending on size)
- ½ cup Coconut oil
- ¾ cup Almond butter (or other natural nut/seed butter of choice)
- ¾ cup Cocoa powder
- 1 tbsp. Maple syrup
- ½ tsp. Vanilla
- ½ tsp. Sea salt (finely ground)
- 2 cups Hot water

Note: Store in an air-tight container in the fridge. Your fudge squares will become soft if left out at room temperature for an extended period.

Directions

In a bowl soak whole dates in piping hot water for 5 minutes, or until soft. Remove pits by hand. Mash dates with a fork until they form a thick paste.

Add date paste and all other ingredients to your blender/food processor and blend until combined.

You may need to pulse at first and scrape the sides of the container to get everything mixed in together. Once mixture is combined, spread in an even layer in a glass or ceramic container. Refrigerate for 2 hours (or overnight), then cut into pieces and serve.

For a crunchy texture you can top your fudge with chopped nuts, coconut or dried cranberries before putting it in the fridge to set. You could also add Maldon salt flakes to the top, for a sweet and salty variation.

Berries 'n Cream



Dessert

Type



Prep
5 m



Cook
0 m



Servings
4



A simple dessert so delicious you'll want it every day! The best part is, it's filled with healthy fat, antioxidants and fiber, so you can eat it (almost) as often as you'd like.

Ingredients

1 can Coconut milk
(make sure it's the full-fat version, not "lite")
1 tsp. Vanilla
2 cups Fresh berries, washed
2 tbsp. Cinnamon
4 tbsp. Ground flax seeds

Make a chocolate version: Add 1 tbsp. of cocoa powder and 1 tbsp. of maple syrup to make the coconut cream chocolatey.

Note: Store coconut cream in a container in the fridge for up to 4 days.

Directions

Place can of coconut milk upside down in the fridge and let cool overnight (or for 3 hours).

Open can and pour out the liquid coconut milk. You can save this coconut milk to use in smoothies.

Spoon out the thick coconut cream at the bottom of the can, and place in a stainless-steel mixing bowl.

Add 1 tsp. vanilla and whip until smooth (2 minutes).

Arrange individual servings with berries, a sprinkle of cinnamon, flax seeds and top with coconut cream.





What's in the...

Chocolate Brownies



Type



Prep
15 m



Cook
35 m



Servings
10



Ingredients

- 1 cup Sunflower seed butter (can sub for almond butter)
- 1 ½ cups Grated zucchini
- ½ cup Maple syrup
- 1/3 cup Raw cacao or cocoa
- 1 Tbsp. Ground flax
- 2 Tbsp. Water
- 1 tsp Cinnamon
- 1 tsp Baking soda
- 1 tsp Baking powder
- 2 tsp Vanilla
- ¼ tsp Sea salt (finely ground)
- 1 cup Chopped nuts (your choice- I like pecans)
- ½ cup Enjoy Life semi-sweet chocolate chips

Directions

Preheat oven to 350° F.

In a small bowl mix the ground flax and water together and let stand until gelatinous.

Squeeze grated zucchini with a paper towel to absorb moisture. Add sunflower seed butter, zucchini, syrup, cocoa, flax egg, vanilla, cinnamon, baking soda, baking powder and sea salt to a mixing bowl and mix all the ingredients together until combined.

Fold in the chopped nuts. Pour mixture into an 8×8 baking dish lined with parchment paper. Smooth the top with a spatula.

Spread chocolate chips over the top of the brownies. Bake for 30-35 minutes or until a toothpick inserted in the center comes out clean.

Lemon Coconut

Popsicles



Type



Prep
15 m



Cook
90 m



Servings

6



Since I was a little girl, popsicles have always been a favourite summer treat of mine. As I grew up I realized just how much sugar most popsicles contain. This recipe is inspired by my childhood, and created with my adult taste buds and sensibility. Enjoy this low-sugar treat perfect for a hot day (or anytime you'd like).

Ingredients

- 2 Lemons (juiced)
- 1 Tbsp. Lemon zest
- ½ cup Almond milk (or other non-dairy milk)
- 1 can Coconut milk (refrigerated overnight)
- 1 tbsp. Turmeric
- 1 tsp. Grated ginger
- ½ cup Shredded coconut (unsweetened)
- 2 drops Liquid stevia (or 2 Tbsp. maple syrup)

Directions

Grate ginger and set aside. Cool a can of coconut milk so that the cream and water separate.

Remove the cream from the coconut milk can and add to a mixing bowl. You can save the liquid coconut milk to use in smoothies.

Combine all other ingredients with the coconut cream and use a hand mixer to blend together. Pour into popsicle molds and freeze solid.

Note: Change up the flavour by making these popsicles with lime and fresh mint instead of turmeric. Recommended coconut milk is Cha's Organic.





Coconut Oatmeal

Chocolate Chip Cookies



My Mom makes the best oatmeal chocolate chip cookies. Seriously, these things could win awards, or make any bad day disappear. Once I discovered my gluten intolerance, these cookies were definitely off limits so I conspired to create something equally delicious and gluten-free. I even managed to reduce the sugar content. They're not quite the same as Mom's...I think they're better. You be the judge.

Ingredients

$\frac{2}{3}$ cup (150 mL) Organic butter, softened
 $\frac{1}{2}$ cup (250 mL) Coconut sugar
1 Egg
2 tsp (10 mL) Vanilla
1 $\frac{1}{2}$ Cups (375 mL) Large-flake gluten-free rolled oats (I use Only Oats)
 $\frac{1}{2}$ cup (250 mL) All-purpose gluten-free flour
 $\frac{1}{2}$ cup (250 mL) Coconut flour
 $\frac{1}{2}$ tsp (2 mL) Baking powder
 $\frac{1}{2}$ tsp (2 mL) Baking soda
 $\frac{1}{4}$ tsp (1 mL) Salt
1 cup (250 mL) Enjoy Life chocolate chips

Note: This recipe was adapted from it's not-so-healthy predecessor, so it contains classic cookie ingredients like butter, (coconut) sugar, and an egg. It's a better-for-you alternative to store bought cookies when you're looking for a tasty treat.

Makes approximately 12 cookies.

Type



Prep
10 m



Cook
25 m



Servings
1 cookie



Directions

Preheat oven to 375F. Line a large baking sheet with parchment paper; set aside.

In large bowl, beat butter with coconut sugar until fluffy; beat in egg (or use 1 Tbsp. ground flax and 2 Tbsp. water to create a flax egg) and vanilla.

In separate bowl, whisk together rolled oats, flour, baking powder, baking soda and salt. Stir into butter mixture until combined. Stir in chocolate chips.

Drop by heaping tablespoon about 2 inches (5 cm) apart, onto prepared pans. Bake on the middle rack in the oven until golden, about 12 minutes.

Transfer to wire rack; let cool. Store in airtight container on the counter for up to 5 days or freeze for up to 2 weeks.

Ingredient Guide



It can feel like healthy eating comes with its own language and set of unique foods. I remember this feeling when I first started to venture into cooking a different way and with different ingredients than were commonly found in my Mother's kitchen.

Here's a quick-reference ingredient guide for some of the health foods I use throughout the book. This guide will tell you what the ingredient is, why it's beneficial, and where to find it. I've also included some more common items so I could show you which brands I like.

Item	Notes	Brands I Like	Where to Find
Apple cider vinegar	Raw apple cider vinegar improves digestion, restores your body's natural pH, and decreases inflammation. As it is not pasteurized, raw apple cider vinegar contains raw enzymes and gut-friendly bacteria that are good for your body.	Bragg's	Natural aisle of your local grocer or health food store.
Baking powder (aluminum-free)	Does not contain aluminum which can be toxic in high levels in the body.	Bob's Red Mill	Natural aisle of your local grocer or health food store.
Chia seeds	Supports healthy gut function, antioxidant, anti-inflammatory, supports heart health. Form a gel when mixed with water. Used as a vegan egg replacement.	Prana brand or sold in bulk	Natural aisle of your local grocer or health food store.
Chocolate chips	Enjoy Life brand are vegan, dairy-free, and gluten-free.	Enjoy Life	Natural aisle of your local grocer or health food store.
Coconut flour	Used as a grain-free flour replacement. Absorbs more water than regular flour.	Bob's Red Mill or Let's Do Organic	Natural aisle of your local grocer or health food store.
Coconut milk (can vs carton)	Can: Used when coconut cream is required to be separated from the milk. High concentration of healthy fat. Carton: Emulsified so that the cream and liquid don't separate. Best used for smoothies and liquid uses for coconut milk.	Cha's Organic	Natural aisle of your local grocer or health food store.
Coconut oil	Solid at room temperature. It is saturated fat, but it is a medium-chain fatty acid, which the body digests not as fat but as pure energy. Coconut oil will speed up your metabolism and also contains lauric acid, which is anti-bacterial, anti-viral, and anti-fungal. An Ideal cooking oil for high-heat cooking. Use for baking and stir-frying. Virgin: will taste and smell like coconut. Refined: does not taste/smell like coconut.	Nutiva	Natural aisle of your local grocer or health food store.

Ingredient Guide



Continued

Item	Notes	Brands I Like	Where to Find
Coconut shredded	Look for unsweetened variety. Adds coconut flavour and healthy fat to your recipe.	Often sold in bulk at your local health food store.	Natural aisle of your local grocer or health food store.
Coconut sugar	Favoured form of natural sweetener, it is one of the least refined forms of granulated sugar. It is light brown in colour.	Wholesome or Organic Traditions	Natural aisle of your local grocer or health food store.
Coconut water	High in electrolytes and minerals. Look for unsweetened variety.	Thirsty Buddha	Natural aisle of your local grocer or health food store.
Curry paste	A spicy, flavourful paste made from curry spices. Use a small amount to enhance the flavour of curry in any dish.	Thai brand	International aisle of your local grocer.
Flax seeds	Regulate bowel function, a source of omega 3 anti-inflammatory fatty acids. Form a gel when mixed with water. Used as a vegan egg replacement.	Organic Traditions or Bob's Red Mill	Sometimes sold in bulk. Buy them whole not ground.
Garam masala	A middle-eastern warming spice blend. Usually includes: Black peppercorns, mace, cinnamon, cloves, brown cardamom, nutmeg, and green cardamom. Pairs well with curry.	Simply Organic	At your local health food store.
Ghee	Ghee is clarified butter, containing only the fat from butter with any milk solids removed. Usually sold in glass jars, ghee is yellow in colour. An ideal cooking fat for high-temperature cooking. Also ideal for those who are lactose intolerant.	Look for a brand that is organic and from grass-fed cows.	Natural aisle of your local grocer or health food store.
Grapeseed oil	Liquid at room temperature. An ideal cooking oil for high-heat such as stir fry and BBQ.	La Tourangelle	Natural aisle of your local grocer or health food store.
Hemp seeds/hearts	Hemp seeds contain all the omega fatty acids you need for a healthy body: 3, 6, and 9. You only need 1 tablespoon per day to get your whole foods daily dose of omegas. Plus they are high in protein.	Manitoba Harvest	Natural aisle of your local grocer or health food store.
Honey	Raw honey is unheated and unpasteurized. It contains live enzymes, minerals and amino acids that promote healthy immune function. Raw honey can be cloudy and semi-solid at room temperature.	Seek out a local farmer or bee keeper at your local farmer's market.	Natural aisle of your local grocer or health food store.

Ingredient Guide

Continued

Item	Notes	Brands I Like	Where to Find
Lentils	Member of the pulse family, they are round, full of fibre and slow-burning carbohydrates. High in amino acids, pair lentils with whole grains to make a complete protein.	Often sold in bulk at your local grocer or health food store.	Often sold in bulk at your local grocer or health food store.
Maca powder	Boosts energy levels, immune support, hormonal balance.	Giddy Yoyo or Organic Traditions	Natural aisle of your local grocer or health food store.
Maldon salt	Large flake sea salt.	Maldon Salt Company at your local health food store or specialty food store.	Natural aisle of your local grocer or health food store.
Matcha	Green tea powder that is high in antioxidants and effective in boosting metabolism, and detoxification. Does contain a low amount of caffeine.	Organic Traditions or sold in bulk at your local tea retailer.	Natural aisle of your local grocer or health food store.
Mejool dates	Large dates that are moist, soft, and sticky in texture. Ideal for baking as they're not as hard and dry as other dates. Dates are high in minerals and fibre.	Natural Delights (produce section of your grocer) or sold in bulk at your local health food store.	Natural aisle of your local grocer or health food store.
Millet	Often confused for a grain, millet is a small seed that cooks and behaves like a grain. It is high in protein, B vitamins and has a rich nutty flavour. Cooking ratio: 2:1 water to millet.	Bob's Red Mill or sold in bulk at your local health food store.	Natural aisle of your local grocer or health food store.
Mustard	A low-calorie condiment. Look for a mustard without sugar or excess preservatives.	Stonewall Kitchen's Ballpark or Dijon Mustard at your local specialty foods retailer.	Natural aisle of your local grocer or health food store.
Non-dairy milks - Almond milk, Coconut milk	Milk made from blending nuts or coconut flesh with water. This mixture is strained and cloudy liquid results. The milk contains the protein, vitamins and minerals present in the nut it was made from. Watch for added sugars and thickeners.	Pacific or other organic brand.	Natural aisle of your local grocer or health food store.
Nut butters, natural - almond, sunflower seed	Natural nut/seed butters contain the liquid oil from the nut/seed that has not been hydrogenated. This is optimal for health. Stir the oil into your nut butter when you first open it.	Nuts to You Nut Butter	Natural aisle of your local grocer or health food store.

Ingredient Guide

Continued

Item	Notes	Brands I Like	Where to Find
Nutritional yeast	Has a bright yellow colour and a flaky texture (looks a bit like fish food). High in B vitamins, these nutty/cheesy flavoured flakes make a great vegan alternative to parmesan cheese.	Bob's Red Mill or Bragg's Brand	Natural aisle of your local grocer or health food store.
Oats (gluten-free)	Oats are often cross-contaminated with gluten grains during the harvesting process. Look for whole oats that are certified gluten-free.	Only Oats or Bob's Red Mill	Natural aisle of your local grocer or health food store.
Protein powder	There are several variations of protein powder on the market. Look for one without added sugar and preservatives.	See my blog about protein powder for product recommendations.	Natural aisle of your local grocer or health food store.
Sea salt	Natural salt that contains a high concentration of minerals and does not have iodine added to it. Pink Himalayan sea salt is one popular variety.	At your local grocer or health food store.	Natural aisle of your local grocer or health food store.
Stevia	Natural sweetener made from the leaves of the Stevia rebaudiana plant. An ideal natural sweetener because it doesn't spike blood sugar. Stevia comes in liquid drops, or a white powder. It is very concentrated and quite sweet. A small amount will do for a whole recipe.	Powder: Organic Traditions, Liquid: NOW Better Stevia	Natural aisle of your local grocer or health food store.
Tahini	Raw sesame seed paste. Similar to a natural nut butter, though made from sesame seeds. Tahini is high in calcium and commonly found in hummus recipes.	Nuts to You Nut Butter	Natural aisle of your local grocer or health food store.
Tamari	A fermented soy sauce that typically uses less wheat and salt than traditional soy sauce. Look for "gluten free" on the label, if necessary.	Bragg's All Purpose Liquid Soy Seasoning	At your local grocer.
Turmeric	A bright yellow spice known for its anti-inflammatory properties. Turmeric supports cardiac health and soothes digestive complaints.	Cha's Organics	Natural aisle of your local grocer or health food store.
Vanilla	Look for a high-quality, pure vanilla rather than an extract form. It may come in a liquid or powder format.	Giddy Yoyo (powder)	Natural aisle of your local grocer or health food store.
Vegetable Broth	Look for an organic tetra pack that doesn't contain added sugars, excess salt or preservatives.	Pacific Organic	Natural aisle of your local grocer or health food store.



Top Tips

FOR HEALTHY DIGESTION



We've all heard "you are what you eat," but I beg to differ. If your body isn't properly breaking down the food you eat, your cells aren't getting all of the nutrients from your food. Instead, you are what you digest and assimilate — it doesn't sound nearly as sexy, I know. Regardless, it's important to set yourself up for proper digestion each time you sit down to eat. I've put together the following guidelines to enhance digestion based on the principles of Ayurvedic medicine and holistic nutrition, so you can eat, digest, and feel well.

1 Eat only when you are hungry

Hunger (sensation in your stomach) is a sign that your previous meal has completely digested. It is ideal to wait until this occurs to avoid adding new food to your stomach when digestion is still in progress.

2 Only eat, when eating

This means focus on your food and avoid multitasking while eating. That's right; TV, tablets, books, and smartphones away. Mindfulness increases your connection with the food you're eating, allowing for deeper satisfaction after your meal and less digestive upset.

3 Chew your food thoroughly

Ideally chew 25 times before you swallow. Try this at your next meal. You'll notice that your food becomes a finely ground paste after this amount of chewing, which is ideal for digestion. Remember, your stomach doesn't have teeth!

4 Eat slowly

When you eat at a moderate pace you're less likely to swallow air, and you're more attentive to cues from your body, so you'll know when you're full.

5 Eat warm meals

A specific temperature (and pH) is required in order for digestive enzymes to activate and break down food properly. Eating warm meals (not too hot or cold) ensures the temperature in your stomach remains around 37°C.

6 Avoid ice water

The worst thing for you at a restaurant (well, almost) is the tall glass of ice water you're served before your meal arrives. Ice water halts digestion, and drinking (too much) with meals dilutes the enzymes that break down your food. Drink only a small amount of room temperature (or warm) fluid with meals.

7 Avoid fruit after meals

According to proper food combining, fruit should be eaten alone. If you eat fruit after a meal, the fruit sugar will stay too long in your stomach and will begin to ferment (leading to indigestion).

8 Pay attention to proper food combinations

Different foods require different enzymes (and processing times) in the stomach. For optimal digestion, it's best to eat similar foods together.

9 Include all the tastes

The 6 tastes of the Ayurvedic diet include sweet, sour, salty, pungent, bitter, and astringent. Experiment with foods, condiments, and spices that cover all 6 tastes to increase satiety after the meal.

10 Include gratitude at meals

Our emotional state significantly affects digestion. Taking a few deep breaths and a moment to express gratitude before eating will promote a positive and calm state, which is ideal for digestion.



“I am nourished by more than what’s on my plate. The thoughts I think and the company I keep have just as much to do with my health as food does.”

Selina Rose

About Selina



Selina is a Registered Holistic Nutritionist, Yoga Teacher, and Health Coach whose expertise has helped thousands of people reach their health goals.

The proud creator of the Eats & Asana nutrition and yoga course, Selina shows students how to use their intuition to create a healthy, sustainable relationship with food, so they can have more energy and reduce stress by living mindfully.

Her passion for empowering others to create a healthy relationship with food comes through in her health writings with The Huffington Post and on her health blog at selinarose.ca.

Selina leads workshops across North America on understanding food cravings, mindful eating, and meal planning.

In her practice as a holistic nutritionist and wellness consultant, Selina makes a healthy holistic lifestyle approachable for the busy professionals she works with.

Selina has a BA in Communication Studies, is a graduate (with honors) from the Canadian School of Natural Nutrition, and earned her certification as an Integrative Nutrition Health Coach (INHC) through the Institute of Integrative Nutrition. She is a professional member of the Canadian Association of Natural Nutrition Practitioners.



SELINA ROSE
vitality focus connection

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"Your relationship with food is a mirror for your relationship with yourself and the world around you. When you approach food in a healthy, loving way, it empowers you in all other areas of your life."

Selina Rose



everyday eats

UNCOMPLICATED RECIPES FOR
TIME-STARVED HEALTHY EATERS

Recipe Legend



Prep
Time spent chopping or
preparing ingredients.



Cook
Time spent on the
stove or in the oven.



Servings
Approximately how
many servings the
recipe makes.

Throughout this book, I've used the following symbols with each recipe to make it easy for you to identify common allergens.

Always read the label of packaged products carefully to ensure the brands you use are free of allergens (if necessary for you or your guests).



Vegan
Does not contain animal
products of any kind.



Dairy Free
Does not contain dairy
(milk, cheese, etc.)



Vegetarian
Does not contain meat but
may use animal products
(eggs, honey, dairy).



Freezer Friendly
This recipe freezes well and
can be made ahead, frozen
and reheated later.



Gluten Free
The recipe does not use
gluten-containing
ingredients.



WWW.SELINAROSE.CA

#everydayeats

"When I started the Eats & Asana Course I hated cooking and thought that nothing could persuade me to get in the kitchen. Today I made roasted chickpeas with carrots, onions and cauliflower, and the lentils for turkey meatballs. I'm not sure who I'm becoming, but it's a tasty adventure, that's for sure. Thanks Selina!"

K. Reisinger

"I used to think I didn't have time to eat healthy. Now I know that was just an excuse. Selina showed me easy recipes that I actually like to make and eat. I look forward to cooking now, and make time in my workday to sit down and have lunch. I'm in the best shape of my life because of it."

R. Patterson

"I'm a single guy, with a demanding career, and part time Dad. Selina's easy healthy recipes got me to cook on a regular basis (which I never thought would happen), and now I actually enjoy doing it."

L. Desjardins

"Selina's recipes gave me and my daughters a reason to get together more often. I used to see them once every few weeks. Now we get together on weekends and batch cook recipes for our families during the weeks. I've learned that healthy eating can be easy, especially when it's a family approach."

M. McBride