

Vitamin and Mineral Rich Recipes

Recipe Credit for the following recipes – Ellen Tart-Jensen

Baked Halibut with Basil

- 2 halibut or salmon filets
- 1 Tablespoon lemon juice
- 1 teaspoon dried ground basil
- 1/8 teaspoon cayenne pepper
- 1/3 teaspoon sea salt

Heat oven to 350 degrees. Place fish in a small baking dish. Pour the lemon juice over the fish. Sprinkle it with basil and cayenne. Bake for about 20 minutes, until the fish is opaque throughout the thickest part. Sprinkle with salt. Makes two servings.

Banana Ice Cream

- 4 Ripe Bananas
- 1 c rice milk or almond milk
- 1 tsp vanilla

Freeze the chopped bananas in a plastic bag. Place bananas in a blender, cover with rice milk or almond milk and add vanilla. Blend the mixture until it is thick and creamy. Makes 2.5 cups.

Avocado Pudding

- 1 c almond milk
- 1/2 c cucumber
- 1/2 avocado
- 2 tablespoons soaked, peeled almonds
- 1 tsp vanilla or juice of 1/2 fresh lemon or 1 tablespoon shredded unsweetened coconut flakes
- 4-6 drops stevia

Blend all ingredients together. Yields about 12 ounces. This shake is delicious and completely sugar free. Very good for diabetics, hypoglycemics or people struggling with candida.

Good Morning Shake

- 1 c rice or almond milk
- 1 tsp black cherry concentrate
- 1-2 egg yolks
- 1-2 bananas, chopped

Blend all together. Makes about 10 oz.

This shake is high in potassium, natural iron, and manganese – making it great for individuals with hair loss, brain and nervous system disorders, attention disorders, memory loss and anemia. Black cherry is also very good for arthritis and gout.

These recipes need to go under the detox tab.... And please credit Elson M. Haas, M.D., The Detox Doc

Smoothies

Ginger Cooler

- 1 apple, cored, peeled and sliced
- 1/2 c filtered water
- 1/2 cup ice
- 1 lemon, peeled, halved and seeded

1 2-inch long piece of peeled, fresh ginger, crushed
Combine all ingredients in a blender and drink immediately.

Tahini Shake

1 cup rice milk
1 cup orange juice
1 frozen banana
2 Tablespoons tahini
Protein powder, greens powders, flax oil, chlorella powder (Optional addition)
Combine all in a blender and drink immediately.

Creamy Garlic Sauce

(Excellent over steamed vegetables, potatoes, or grains.)

15 cloves garlic
1/8 teaspoon dried sage
1/8 tsp dried thyme
1 ½ c water
2 tablespoons dry white wine (optional)
Juice of ½ lemon
Sea salt to taste
2 Tablespoons minced parsley
Cayenne to taste

In saucepan, combine the garlic, sage, thyme, water and wine. Simmer over a low heat for 20-30 minutes, until garlic is soft. Remove from heat, transfer mixture to a blender and puree. Add the lemon juice and salt. Stir in the parsley and season with cayenne. Reheat over a low heat before serving. Cayenne is a warming and energizing spice that is not usually irritating.

Quick Southwest Quinoa

Quinoa can be cooked ahead of time and kept in the fridge for up to 5 days. Having it on hand, you can whip this dish up in minutes when you don't feel like cooking 😊

2 cups cooked quinoa
1 cup fresh salsa
¼ c chopped cilantro
½ lemon or lime (optional)
Minced jalapeno, fresh chopped tomato, for garnish (optional)
In serving bowl, combine the cooked quinoa with the salsa and cilantro. Serve warm or cold. If desired, squeeze ½ lemon or lime over top for a fresh tangy taste.

Following Recipes from Danielle Walker

Zucchini Bread

Coconut oil for greasing the pan
1 c shredded zucchini
1 ½ cup almond flour
2 teaspoons cinnamon
¾ tsp baking soda
½ tsp sea salt

½ tsp nutmeg
3 eggs, beaten
¼ c honey
1 ripe banana

Preheat oven to 350 degrees. Lightly grease an 8 ½ by 4 ½ in loaf pan and place a piece of parchment paper on bottom. Press the zucchini between two paper towels, squeezing lightly to release excess moisture. Place dry ingredients in a small bowl. Place the eggs, honey, and banana in bowl and beat on medium for 1 minute, until frothy and fully combined. Add the zucchini and beat again to incorporate, about 15 seconds. With the mixer running, slowly add the dry ingredients until they are all added. Spoon the batter into the prepared pan or a 12 cup muffin tin lined with paper cups, filling each 2/3 full. Bake the loaf for 40 minutes, until the middle is set and a toothpick inserted into the center comes out clean. Bake muffins for 30-35.

Toddle-Approved Vegetable Curry

2 tsp coconut oil
4 cups broccoli florets
1 cup shredded carrots
1 cup sliced zucchini
2 cups snow peas
2 cloves garlic, minced
1 tsp grated ginger
2 Tbsp fish sauce
1 Tbsp coconut amino
1 tsp cumin
1 tsp turmeric
½ tsp coriander
¼ tsp nutmeg
¼ tsp cayenne
1 cup coconut milk

Place the oil in a skillet and heat over medium-high heat. Add the vegetables, garlic, and ginger and saute for 5 minutes. Add the fish sauce, coconut aminos, and spices and simmer for 10 minutes, until the vegetables are cooked but still firm. Pour in the coconut milk, cover and steam for 5 minutes. Serve.

Crispy Chicken Tenders with Honey-Mustard Dipping Sauce

¼ c coconut flour
½ tsp coarse sea salt
1/8 tsp pepper
¼ tsp garlic salt
¼ tsp ground mustard seed
¼ tsp onion powder
2 eggs or ¼ c extra virgin olive oil
1 c shredded, unsweetened coconut
1 lb chicken tenders
1 tsp honey
2 tsp whole-grain mustard

Preheat oven to 375 degrees. Place the coconut flour, salt, pepper, garlic salt, mustard seed, and onion powder in a shallow bowl and mix. Place the eggs in a separate shallow bowl and whisk. Place the shredded coconut in another shallow bowl. First, dip each tender in the coconut flour

mixture and lightly shake off excess. Then dip it into the eggs. Lastly, dip it into the coconut and press the coconut into the chicken. Place the chicken strips on a baking sheet lined with parchment paper. Bake for 8 minutes, then turn the tenders over and bake another 8 minutes. Turn the oven to broil and bake for 3-5 more minutes, until the chicken is evenly browned. Meanwhile, put the mustard and honey in a small bowl and mix. Serve the chicken tenders warm with the honey-mustard sauce or sauce of your choice.

Healthy Fruit Roll-Ups

4 c frozen mixed fruit
½ c unsweetened applesauce
1 tsp fresh lemon juice
¼ tsp lemon zest
1 Tbsp honey

Place all ingredients in a saucepan over medium-heat. Bring to a boil, then lower heat and simmer for 20 minutes, until the fruit is soft and the liquid has thickened. Pour the mixture into a blender or food processor. Carefully blend until smooth. Line dehydrator sheets with parchment paper. Pour half of the fruit mixture through a fine-mesh sieve onto one tray and half onto the other. Use a spatula to lightly spread the mixture evenly, about 1/8 in thick. Place in the dehydrator for 3 hours at 150 degrees. If using an oven, bake on the lowest setting for 4-5 hours. Rotate trays midway through. Cut the paper and fruit into 1-inch strips using scissors. Roll them up tightly and keep in an airtight container for a week.

Spaghetti Squash with Mini Meatballs

2 small spaghetti squash, about 1 lb each
2 tsp extra virgin olive oil, divided
Marinara sauce
2 c baby spinach leaves, chopped
1 zucchini, very finely grated
½ lb mild sugar free Italian sausage, uncooked
¼ tsp garlic sauce

Preheat oven to 400 degrees. Cut each squash in half lengthwise and scoop out the seeds. Place cut side down on a rimmed baking sheet. Rub 1 tsp of the olive oil on the skins, then roast for 30-40 minutes, until the squash is soft when you touch it and the skin has shriveled slightly. Prepare the marinara. Stir the baby spinach and grated zucchini during the last 15 minutes of simmering. Meanwhile, discard the casings from the sausage and roll the meat into 12 meatballs about the size of golf balls. Place them on a rimmed baking sheet lined with parchment paper. Remove the squash from the oven and bake for 8 minutes, turning over once to ensure even cooking. Using a tines of a fork, release the “noodles” by dragging the fork lengthwise along the spaghetti squash. Place the noodles in a bowl and toss with the remaining teaspoon of olive oil. Sprinkle with garlic sauce. Divide the noodles among the squash cavities, ladle ½ c marinara over it, and top with meatballs.