



02/22/2010

Life, Strength, Health Delivery
70 Pearl Street
North Plainfield, NJ 07080
800.503.7127 Ext. 4

www.LifeStrengthHealthDelivery.com
Info@LifeStrengthHealthDelivery.com

As a thank you for purchasing your organic produce from Life, Strength & Health we would like to share with you some delicious recipes that utilize the ingredients that you received in this week's box. Variety in the ways that your produce are juiced & prepared helps you to incorporate them in your diet on a more consistent basis.

Enjoy!

Juice Recipes of the Week

Beet
Cucumber
Apple
Carrot

Kale
Apple
Carrot

Apples
Pears

Parsley
Spinach
Apple
Carrot

Kale
Parsley
Spinach
Beet

Wash fruits & vegetables. Chop if needed and feed into juicer. If you do not have a juicer you can blend all of the ingredients with 8ozs of water in blender. Then strain with a cheesecloth or juice bag.

Smoothie Recipe

12 ozs Non Dairy Milk (Soy, Rice, Almond, Oat, etc.)
Kale
Natural Sweetener to taste (Agave Nectar, Raw Honey, Stevia)
2 Tablespoons of Hemp Protein Powder or Vital Mineral Greens
EFA Oil
Blender

Wash fruit or vegetables thoroughly. Combine ingredients in blender.

Young Coconut Water
Young Coconut Meat
Carob Powder
Agave Nectar
Ice cubes

Combine ingredients in blender.

Meal Recipes

Eggplant Parmesan

Eggplant
Extra Virgin Olive Oil
Garlic Powder
Basil Flakes
Vegan Bread Crumbs
Organic Tomato Sauce
Vegan Mozzarella Cheese (Follow Your Heart Brand)
Vegan Cheddar Cheese (Optional) (Follow Your Heart Brand)
Celtic or Himalayan Sea Salt
Vegan Parmesan Cheese Sprinkles (Optional)

Wash and slice eggplant into ¼ inch thick slices. Pour salt water into bowl and soak eggplant slices for 2-3 hours. Place a plate on top of eggplant to apply additional pressure. Drain & rinse the eggplant and towel dry.

Cover the eggplant with olive oil and seasonings (Garlic powder, basil etc.), and vegan bread crumbs. Coat a sauce pan with olive oil and put on medium heat. Brown both sides of the eggplants.

Preheat oven to 375 degrees.

In a small casserole dish put a layer of tomato sauce. Next add a layer of eggplant. Then add a layer of the shredded mozzarella & cheddar vegan cheese. Repeat layers if possible. End with a layer of tomato sauce topped with the shredded mozzarella & cheddar vegan cheese OR the vegan parmesan cheese sprinkles.

Bake for 30 – 45 minutes.

Enjoy!

Sautéed Spinach with garlic mushrooms & yellow pepper

1 Bunch of Spinach
1/8 cup Smart Balance or Earth Balance Butter
2 – 3 Garlic Cloves peeled & minced
White Mushrooms, chopped
Yellow Pepper, chopped

Wash spinach and chop. In a small saucepan, melt butter. Add minced garlic, mushrooms & yellow pepper and cook for a minute or so to release flavor. Add spinach and sauté to your desired texture.

Enjoy!

Kale Salad

1 Bunch of Kale, leaves torn into small pieces
1 Avocado
Celtic or Himalayan Sea Salt
Lemon Juice
Tamari sauce
Tomatoes, chopped (optional)
Kalmatta Olives, chopped (optional)
Nori Seaweed Sheets or dulse flakes (optional)

Put kale, avocado, lemon juice, salt and tamari in a bowl and mix together with hand until avocado has broken down completely. Add tomatoes, olives and seaweed and mix together.

Enjoy.