



03/01/2010  
Life, Strength, Health Delivery  
70 Pearl Street  
North Plainfield, NJ 07080  
800.503.7127 Ext. 4

[www.LifeStrengthHealthDelivery.com](http://www.LifeStrengthHealthDelivery.com)  
[Info@LifeStrengthHealthDelivery.com](mailto: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

Tomato  
Apple  
Carrot

Apples  
Pears

Kale  
Apple  
Carrot

Red Chard  
Celery  
Cucumber  
Apple

Yam  
Apple

Broccoli  
Beet  
Carrot  
Apple

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  
Blueberries  
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**

### **Garden Salad**

Boston lettuce, chopped  
Romaine lettuce, chopped  
Cucumbers, sliced  
Carrots, shredded  
Beets, shredded  
Tomato, chopped  
Apple, chopped  
Raisins (optional)

### **Maple Balsamic Dressing**

½ Cup Balsamic Vinegar  
1/3 Cup Extra Virgin Olive Oil  
1/3 Cup Maple Syrup or Agave Nectar  
2 tablespoons spicy brown mustard or Dijon  
1 clove garlic, finely minced  
1/4 teaspoon salt  
1/8 teaspoon ground black pepper

Combine all ingredients in a jar or container with lid. Shake until blended. Refrigerate until serving time.

Combine salad ingredients in bowl. Serve with dressing.

## **Sautéed Red Swiss Chard with Garlic**

Swiss Chard, washed  
Kale, washed  
Olive oil  
Garlic cloves, minced  
Water

Cut stems and center ribs away from Swiss chard & kale leaves. Slice stems and center ribs thin and reserve. Chop leaves coarse and reserve separately.

Heat oil over moderately high heat until hot but not smoking and sauté reserved stems and ribs, stirring, until crisp-tender. Add garlic and sauté, stirring, until garlic is fragrant. Add reserved leaves with water clinging to them and cook, turning with tongs, until wilted. Add water and cook, covered, over moderate heat until leaves are tender, about 4 minutes. Season chard with salt and pepper.

## **Roasted Broccoli & Zucchini**

2 cups of fresh broccoli  
1 large zucchini  
3 cloves of garlic  
2 tbsp of extra virgin olive oil  
add other seasonings to taste (garlic powder, chili powder, salt, pepper, spike, etc)

Preheat oven at 400 degrees. Slice zucchini in medium sized slices. Mince garlic. Add all ingredients in a large bowl. Shake very well and spread out on a baking sheet. Roast in the oven for 20 minutes.