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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

Collard Greens  
Apple  
Carrot

Apples  
Pears

Spinach  
Apple  
Carrot

Collard Greens  
Celery  
Cucumber  
Apple

Broccoli  
Beet  
Carrot  
Apple

Collard Greens  
Lemon  
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.)  
Collard Greens  
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**

Spinach, chopped  
Cucumbers, sliced  
Carrots, shredded  
Beets, shredded  
Apple, chopped  
Raisins (optional)

### **Balsamic Vinaigrette Dressing**

1/2 cup extra virgin olive oil  
1/2 cup white balsamic vinegar  
1 clove crushed garlic  
1 tsp ground mustard  
1 pinch of Celtic or Himalayan salt  
Ground black pepper to taste

In a small bowl, whisk together olive oil, white balsamic vinegar, garlic, and mustard powder. Season to taste with salt and black pepper. Stir in minced fresh herbs if desired.

Combine salad ingredients in bowl. Serve with dressing.

## **Cauliflower with Lemon-Garlic Crumbs**

1 head cauliflower  
1 cup vegan bread crumbs  
2-3 tablespoons vegan margarine or olive oil  
zest of 1/2 lemon, grated  
juice of 1/2 lemon  
2-3 garlic cloves, minced finely  
2-3 tablespoons parsley, minced finely  
pepper and salt to taste

### **Directions:**

Steam cauliflower whole or broken into chunks or wedges until a little more crisp-tender than you like to serve it. Drain off accumulated liquid and salt and pepper to taste.

Mix bread crumbs with fat of choice, lemon zest and juice, garlic cloves, and parsley. Pile crumbs onto cauliflower and bake, broil, until the crumbs are lightly crisped.

## **Sweet & Salty Squash Recipe**

1 medium butternut squash, peeled and chopped  
3/4 cup vegetable broth  
2 tsp soy sauce or wheat free tamari  
1 tbsp maple syrup or Agave nectar  
Brown rice or other whole grains (optional)

In a large soup or stock pot, combine the butternut squash with all of the other ingredients.

Cover, and bring to a slow simmer. Allow to cook for about 20 minutes or until squash is soft, stirring before serving.

Serve over rice, or another whole grain if desired. This sweet and salty squash is also tasty on its own.