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Life, Strength, Health Delivery
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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

Kale
Apple
Carrot

Parsley
Apple
Carrot

Kale
Celery
Cucumber
Apple

Beet
Carrot
Apple

Kale
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.)
Kale
Blueberries
Banana
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

Savory Vegetable Stir fry

1 Portabella Mushroom Chopped
Bok Choy Chopped
Garlic Minced
Sugar Snap Peas
Leek
Kale Chopped
Extra Virgin Olive Oil
Garlic Powder
Wheat free tamari
Cayenne Powder

Directions:

Warm oil in wok or pan over medium heat. Add vegetables and cook. Add garlic powder, tamari and cayenne powder. Cook a few minutes more.

Mustard Greens Recipe

½ Cup thinly sliced onions
2 cloves garlic, minced
1 Tbsp extra virgin olive oil
Mustard greens, washed and torn into large pieces
2 – 3 Tbsp Vegetable Broth
¼ Tsp Celtic or Himalayan salt
¼ Tsp pepper
¼ Tsp dark sesame oil

In a large sauté pan, sauté onions in olive oil over medium heat until the onions begin to brown and caramelize, about 5 to 10 minutes. Add the minced garlic and cook a minute more, until fragrant.

Add the mustard greens and broth and cook until the mustard greens are just barely wilted. Toss with sesame oil. Season with salt and pepper.

Grilled Portabella Mushroom Sandwich

¼ cup Wheat free tamari
2 garlic cloves peeled
1 Tsp Vinegar
1 Portabella Mushroom
Extra Virgin Olive Oil
1 Whole Wheat Bun
Lettuce, Tomato, Cucumber, Ketchup, Mustard

Mix soy sauce crushed garlic and vinegar together. Soak whole mushroom cap on both sides. Add a little olive oil to pan heat and add mushroom, grill on both sides. Garnish bun with condiments.