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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
Apple
Carrot

Chard
Apple
Carrot

Spinach
Apple
Carrot

Cilantro
Celery
Apple

Beet
Apple

Collard Greens
Apple
Carrot

Collard Greens
Chard
Cilantro
Celery
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
Strawberries
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

Garden Salad

Spinach
Beets, shredded
Carrots, shredded

Directions:

Combine ingredients in a bowl. Serve with your favorite dressing.

Sautéed Broccoli & Chard

Broccoli, chopped
Chard, chopped
Extra Virgin Olive
Garlic Powder
Cayenne pepper
Wheat free tamari

Heat olive oil in a pan and sauté kale and zucchini. Add garlic powder, cayenne, and tamari stir until mixed thoroughly. Stir cabbage into the onions.

Sautéed Spinach with Scallions

1 bunch Spinach
Extra virgin olive oil
2 cloves garlic, minced
2 tablespoons chopped scallions
Salt and pepper to taste

Heat olive oil in a pan and sauté spinach, garlic and scallions. Add salt, pepper to taste.

Sautéed Mustard Greens

1 Bunch Mustard Greens, washed and torn into large pieces
2 to 3 Tbsp Vegetable Broth
½ Cup Onions, thinly sliced
2 cloves garlic, minced
1 Tbsp Extra virgin olive oil
¼ Tsp dark sesame seed oil
¼ Tsp Celtic or Himalayan Sea Salt
¼ Tsp Pepper

In large 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.