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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

Broccoli
Apple
Carrot

Cucumber
Apple
Carrot

Kale
Carrot
Apple

Pear
Apple

Kale
Lemon
Apple
Carrot

Kale
Garlic
Broccoli
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
Strawberries
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

Sautéed Broccoli & Garlic

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

Heat olive oil in a pan and sauté broccoli and garlic. Add cayenne, and tamari stir until mixed thoroughly.

Cabbage Rolls

1 medium sweet onion, diced
1 teaspoon garlic powder
2 tablespoons extra virgin olive oil
2 small cans tomato sauce
1 small can tomato paste
3 tablespoons water
1 tablespoons parsley flakes
1/4 teaspoon Celtic or Himalayan salt
ground black pepper to taste
dried oregano to taste
1 tablespoon agave nectar or honey to taste
1 medium head green cabbage
6 tablespoons vegan cheddar cheese, shredded

1 cup uncooked brown rice
1 Egg or egg replacer
1 teaspoon curry powder

In large skillet, heat oil over medium-high heat.

Add onion and garlic powder. Saute until onion is softened and just beginning to brown.

Remove from heat and set aside.

In saucepan, combine tomato sauce, tomato paste, water, salt, pepper, oregano and honey. Stir in 2 tablespoons onion sauteed onion.

Cover and simmer over medium-low heat for 15 to 20 minutes.

Meanwhile, cook rice in salted water until tender. Drain.

Wash cabbage and carefully remove 12 outer leaves. Steam or cook leaves until pliable.

Combine onion mixture with rice, parsley, egg and 2 tablespoons simmered tomato sauce. Stir in cheddar cheese, salt to taste and curry powder.

Spoon rice mixture into center of cabbage leaves. Fold in sides and roll up. Secure with toothpicks.

Place cabbage rolls in simmering tomato sauce and simmer 10 to 15 minutes.

Sautéed Red Chard

1 Bunch Mustard Greens, washed and torn into large pieces

½ Cup Onions, thinly sliced

2 cloves garlic, minced

1 Tbsp Extra virgin olive oil

¼ Tsp Celtic or Himalayan Sea Salt

¼ Tsp Pepper

Wheat Free Tamari, to taste

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 chard and cook until the chard are just barely wilted. Season with salt, pepper and tamari to taste.