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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

Celery
Apple
Carrot

Cucumber
Apple
Carrot

Collard Greens
Carrot
Apple

Beet
Apple

Collard Greens
Tomato
Apple
Carrot

Orange
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
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 Bok Choy, Green Beans & Mushrooms

Bok Choy, chopped
Mushrooms, sliced
Green Beans, whole or chopped
Garlic, chopped
Extra Virgin Olive
Cayenne pepper
Wheat free tamari

Heat olive oil in a pan and sauté bok choy, mushrooms, green beans & garlic. Add cayenne, and tamari stir until mixed thoroughly. Add additional seasonings if desired.

Garden Salad

Romaine Lettuce, chopped
Cucumbers, chopped
Tomatoes, chopped
Carrots, shredded
Mushrooms, chopped

Combine ingredients in a bowl with salad dressing.

Basic Salad Dressing

Extra Virgin Olive Oil
Agave Nectar
Lemon Juice
Lemon Juice
Pinch of Celtic or Himalayan Salt

Whisk ingredients and pour over salad.

"Southern-style" Collard Greens

1 tablespoon extra virgin olive oil
1 tablespoon vegan butter (smart balance)
1/2 large onion, chopped
1 teaspoon red pepper flakes
1 clove garlic, finely chopped
1 pound collard greens, chopped
3 cups vegetable stock
2 tomatoes, seeded and chopped
Celtic or Himalayan Salt and freshly ground black pepper

In a large pot over medium heat, heat oil and butter. Sauté the onions until slightly softened, about 2 minutes, then add the red pepper flakes and garlic, cook another minute. Add collard greens and cook another minute. Add the vegetable stock, cover and bring to a simmer. Cook until greens are tender, about 40 minutes. Add tomatoes and season with salt and freshly ground black pepper.