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Life, Strength, Health Delivery
70 Pearl Street
North Plainfield, NJ 07080
800.503.7127 Ext. 4

www.LifeStrengthHealthDelivery.com
Info@LifeStrengthHealthDelivery.com

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

Broccoli
Apple
Carrot

Celery
Apple
Carrot

Cucumber
Apple
Carrot

Spinach
Apple
Carrot

Spinach
Celery
Carrot
Apple

Apple
Pear

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.)
Spinach
Strawberries
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

Green Leaf Lettuce, chopped
Cucumbers, chopped
Cherry Tomatoes, chopped
Alfalfa Sprouts
Broccoli. Chopped
Carrots, shredded
Avocados, chopped

Easy Raspberry Vinaigrette Salad Dressing

1/2 cup strawberry, fresh or frozen
1/4 cup apple cider vinegar
1/4 cup balsamic vinegar
2 tsp agave nectar
1 tbsp dijon mustard
1/4 cup extra virgin olive oil

Preparation:

Add all ingredients, except oil to a blender or food processor and puree until smooth. Slowly add oil until well combined.

Vegan Green Bean Casserole

1 can French cut green beans or Fresh Green Beans
1 1/2 canisters vegan French fried onions
1 1/2 cups soy milk
1 cube veggie bouillon
2-3 tablespoons corn starch arrowroot powder mixed with 2-3 tablespoons cold water
to use as a thickener
1/2 medium onion, diced
1 carrot, diced
3/4 cup chopped mushrooms (button, crimini, portabella, whatever)
1-2 tablespoons extra virgin olive oil
1/2 teaspoon each of garlic, salt, pepper, basil, oregano, sage, marjoram, thyme,
whatever other hearty herbs make you happy

Directions:

Heat soy milk and veggie bouillon in a saucepan, stirring until bouillon cube disintegrates. Do not boil or scald the soy milk. Just heat it.

Sauté onions, carrots, and mushrooms in the veggie oil in a skillet. Add salt, pepper, and herbs and spices.

Mix the starch and water well, and pour into the soymilk/bouillon. Stir well, because this will coagulate pretty quickly. Quickly add the can of green beans, the sautéed veggies, and about half of your French fried onions, and stir well.

Pour that mixture into a casserole dish or pan and top with remaining French fried onions. Bake in oven at about 350 degrees for 10-15 minutes, until the onions begin to brown. Remove. Eat. Enjoy.

CURRIED MUSTARD GREENS & GARBANZO BEANS WITH SWEET POTATOES

medium sweet potatoes peeled and sliced thin
1 medium onion cut in half and sliced thin
2 medium cloves garlic, sliced
1/2 cup + 1 Tbsp vegetable broth
1/2 tsp curry powder
1/4 tsp turmeric
2 cups chopped and rinsed mustard greens
1 15 oz can sodium free diced tomatoes
1 15 oz can garbanzo beans, drained
2 Tbsp extra virgin olive oil
Himalayan or Celtic salt and white pepper to taste

Steam peeled and sliced sweet potatoes for approximately 5–8 minutes.

While steaming potatoes, slice onion and garlic.

Heat 1 Tbsp broth in 12 inch skillet. Sauté onion in broth over medium heat for about 4–5 minutes stirring frequently, until translucent.

Add garlic, curry powder, turmeric, and mustard greens.

Cook, stirring occasionally until mustard greens are wilted, about 5 minutes.

Add garbanzo beans, diced tomatoes, salt and pepper. Cook for another 5 minutes.

Mash sweet potatoes with olive oil, salt and pepper.

If you need to thin potatoes, add a little more broth.

Serve mustard greens with mashed sweet potatoes.