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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

Chard
Apple
Carrot

Kale
Apple
Carrot

Cucumber
Apple
Carrot

Beet
Apple
Carrot

Parsley
Celery
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.)
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

Creamy Vegan Mashed Potatoes with Chives

5 or 6 large potatoes, chopped
water for boiling
1 cup nondairy creamer
3 tbsp vegan butter (Smart Balance)
1/4 cup fresh chives, chopped
salt and pepper to taste

Cover the potatoes with water in a large pot. Bring to a slow simmer and allow to cook for about 25 minutes, or until tender. Drain the water.

Add potatoes along with remaining ingredients to a large bowl or mixer, and mash by hand or blend with an electric mixer until smooth and creamy.

Mustard Greens Recipe

1/2 cup thinly sliced onions
2 cloves garlic, minced
1 Tbsp extra virgin olive oil
1 pound mustard greens, washed and torn into large pieces
2 to 3 Tbsp vegetable broth
1/4 teaspoon Celtic or Himalayan salt
1/4 teaspoon pepper
1/4 teaspoon 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.

Crispy Kale

6-8 cups chopped fresh kale, hard stems removed

2 Tbsp. extra virgin olive oil

1 tsp. apple cider vinegar

1/2 tsp. Celtic salt or Himalayan salt

Place a rack on the lowest shelf of your oven. Preheat oven to 350 degrees F. Spread kale out on a sturdy baking sheet. Drizzle with olive oil and apple cider vinegar. Toss to coat completely.

Place on the lowest rack of the oven and bake for 10 minutes. Remove from oven and stir so that kale can get crispy all over. Bake another 8 to 12 minutes or until kale is crispy. It should be just lightly browned and crispy to the touch.

If kale still bends, rather than crackles, when you touch it, it isn't done yet. Return it to the oven. Turn down the heat if it is getting too brown. Continue cooking until crispy. Remove from oven, and sprinkle with salt and serve immediately.