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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

Broccoli
Apple
Carrot

Celery
Apple
Carrot

Cucumber
Apple
Carrot

Spinach
Apple
Carrot

Dandelion Greens
Celery
Carrot
Apple

Pear
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

Thai Basil Eggplant Recipe

2 tbsp extra virgin olive oil
2 cloves garlic, minced
1 eggplant, chopped
1/2 tsp red pepper flakes
2 tbsp soy sauce or wheat free tanari sauce
1/3 cup fresh basil, chopped

Sautee the garlic in olive oil for about 2 minutes. Add eggplant, soy sauce and red pepper flakes and allow to cook for 3 to 5 more minutes.

Add the basil, stirring well, and cook for another minute, or until eggplant is done.

Broccoli and Rice Casserole

1 head broccoli
1 cup brown rice
1 cup soy yogurt
2 tsp. vegetable bouillon powder
2 tsp. grainy mustard
splash lemon juice (optional)

Wash the broccoli and cut the stem into small pieces and the head into florets.

Steam the broccoli al dent, or cook in boiling water until al dente.

If you have used boiling water, then cook the rice in the same water therefor the rice receives some of the extra vitamins from the broccoli.

Cook the rice.

Preheat the oven to 375 (F)

Fill an oven proof baking dish with the broccoli and rice.

Mix the soy yogurt, vegetable bouillon powder and mustard in a bowl.

Pour the yogurt mixture over the broccoli and rice and mix well.

Place the casserole in the oven and bake for 15-20 minutes or until golden brown on the top.

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.

Broccoli and Cauliflower Casserole

2 cups [broccoli](#), chopped into bite sized pieces
2 cups [cauliflower](#), chopped into bite size pieces
2 cups rice milk
1/4 cup extra virgin olive oil
1/4 cup [flour](#)
2 tablespoons [nutritional yeast flakes](#)
1 teaspoon celtic or Himalayan [salt](#)
1/4 teaspoon [nutmeg](#)
3/4 cup dried bread crumbs
1/2 cup [vegan cheese](#), shredded
3/4 tablespoon [paprika](#)
3/4 tablespoon [dried parsley](#)

Preheat oven to 400°F.

Cook broccoli and cauliflower in boiling water for 3 minutes.

Drain and set aside.

Blend together milk, oil, flour, nutritional yeast flakes, salt, and nutmeg until smooth.

Cook, stirring well, over medium heat in a saucepan until thickened.

Turn off heat.

Add broccoli and cauliflower to saucepan and stir until combined.

Pour mixture into a greased 8x8-inch casserole dish.

Sprinkle bread crumbs, cheese, paprika, and then parsley over the top.

Cook for 10 minutes.