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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
Spinach
Carrot

Spinach
Apple

Beets
Spinach
Apple

Orange
Apple
Carrot

Cantaloupe

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

Romaine Lettuce, chopped
Arugula, chopped
Carrots, shredded
Beet, shredded
Broccoli, chopped
Orange Pepper, chopped
Alfalfa Sprouts

Dressing

Extra virgin olive oil
Lemon juice
Agave Nectar

Add salad ingredients in a bowl. Whisk dressing ingredients in a bowl and combine with salad ingredients.

Sauteed Broccoli

1 lb. fresh broccoli
3 Tbsp. extra virgin olive oil
2 cloves garlic, minced
1 tsp. lemon juice
Celtic or Himalayan salt and pepper to taste

Preparation:

Cut the broccoli into individual florets. Cut stems into pieces roughly the same size as the florets. Place broccoli in large pot, and bring to boil in salted water to cover. Reduce heat and simmer 3-4 minutes until broccoli is just crisp-tender. Drain thoroughly. Heat olive oil in a skillet over medium heat and cook garlic for 1 minute. Add the drained broccoli and cook 5 minutes, stirring frequently, until broccoli is glazed and tender. Sprinkle with lemon juice, salt, and pepper and serve.

GREEN BEANS SAUTÉED WITH OLIVE OIL AND GARLIC

2 tablespoons olive oil
1 pound green beans, cleaned and tips removed
Celtic or Himalayan salt and pepper to taste
1-1/2 teaspoons dried marjoram leaves
2 tablespoons minced fresh garlic
Water as needed

Heat a medium skillet over medium-high heat. Add the olive oil. Add the beans, salt and pepper. Sauté until lightly golden, about 3 minutes. Add the marjoram and garlic; sauté another minute. Add just enough water for moisture, about 3 tablespoons. Cover, reduce heat to medium, and cook 15 to 20 minutes or until beans are the desired tenderness. Uncover and cook until any moisture is evaporated. Serve immediately for hot, but they are also good at room temperature.