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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**

Apple  
Broccoli  
Carrot

Celery  
Apple

Swiss Chard  
Kale  
Spinach  
Broccoli  
Cucumber  
Apple

Kale  
Apple  
Carrot

Pineapple  
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 or Kale  
Blueberries  
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.

Fresh Pressed Apple Juice  
Spinach or Kale  
Frozen Blueberries  
Ice

Combine in a Blender.

## **Meal Recipes**

### **Baked Cauliflower**

1 large cauliflower  
4 ounces Vegan (Earth's Balance)  
1/4 cup fine bread crumbs  
1 teaspoon chopped parsley  
3 to 4 teaspoons grated Vegan Parmesan cheese (Follow Your Heart)

Preparation:

Wash and break the cauliflower into flowerets. Place in steamer or colander over water and steam, covered, for ten minutes, or cover with water and cook until just tender. While cauliflower is cooking, melt the vegan butter, add the bread crumbs, and stir until lightly browned. Drain the flowerets and dip them in the hot bread mixture covering each completely. Place each in a casserole and pour the remaining bread crumb mixture over the cauliflower. Sprinkle with parsley and Vegan Parmesan cheese.  
Bake in a preheated 350° oven for 20 minutes.

## **Sautéed 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.

## **Grilled Zucchini**

2 zucchini, halved lengthwise and cut in 1/4 inch slices  
3/4 cup vegan butter  
1 tablespoon Himalayan or Celtic salt  
2 tablespoons ground black pepper  
2 tablespoons garlic powder

Preheat grill for medium-high heat.

Place the zucchini, and squash on a large sheet of aluminum foil, and dot with vegan butter. Season with salt, pepper, and garlic powder. Seal vegetables in the foil.

Place the foil pack on the preheated grill, and cook 20 minutes, until vegetables are tender.