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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
Chard
Carrot

Broccoli
Spinach
Chard
Lemon (peeled)
Apple

Pear
Apple

Spinach
Apple
Carrot

Lemon (peeled)
Chard
Apple

Broccoli
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

Garden Salad

Red Leaf Lettuce, chopped
Tomatoes, chopped
Carrots, shredded
Beet, shredded
Broccoli, chopped

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.

Stuffed Peppers

6 lg. green bell peppers
3/4 lb. Boca Crumbles or ground beef alternative.
1 tbsp. oil
1 sm. yellow onion, chopped
3 ribs of celery, thinly sliced
1 tbsp. chili powder
1/2 tsp. black pepper
1/2 tsp. Celtic or Himalayan salt
3 cups cooked rice of choice
1 lg. carrot, shredded
2 cups tomato juice or thin tomato sauce

Cut a sliver from the bottom of each pepper so they will stand upright. Cut the tops from the peppers and remove the seeds and membranes. Set aside.

In a large skillet over medium heat, add the oil and the Boca crumbles. Stir until all pieces are separate and heated through. Add the onion, celery, chili powder, black pepper and salt. Cook until the onion is translucent.

Remove from heat and stir in the shredded carrot, cooked rice, and 1 cup of tomato juice. Spoon this filling into the peppers.

Place the stuffed peppers into a baking dish. Pour the remaining cup of tomato juice over them. Cover with foil and bake in preheated 350°F oven for 45 minutes. Remove the foil and continue to bake for another 15 minutes.

Spaghetti Squash

1 medium spaghetti squash
1 tablespoon extra virgin olive oil
2 garlic cloves
3/4 cups sliced mushrooms
1 can Italian tomatoes (or 2 fresh tomatoes and some spices of your choice)
1/4 cup parsley
1/2 onion (chopped)
vegan parmesan cheese to taste

Directions:

Preheat oven to 400F.

Cut the squash in half and prick holes into the skin. Scoop out the seeds. Fill a baking dish with about 1/4" of water. Place the squash face up in the dish. Bake for 30-40 minutes until tender.

In the meantime, sauté the garlic and onion in the oil until onion is transparent. Add mushrooms, sauté for 2 more minutes. Add Italian tomatoes and parsley. Let simmer for 10-15 minutes.

When squash is tender, use fork to remove the strands from the skin. Place on plates and top with the sauce. Sprinkle desired amount of vegan parmesan cheese.