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Life, Strength, Health Delivery  
70 Pearl Street  
North Plainfield, NJ 07080  
800.503.7127 Ext. 4

[www.LifeStrengthHealthDelivery.com](http://www.LifeStrengthHealthDelivery.com)  
[Info@LifeStrengthHealthDelivery.com](mailto:Info@LifeStrengthHealthDelivery.com)

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**

Spinach  
Apple  
Carrot

Pear  
Lemon  
Apple

Spinach  
Cucumber  
Apple  
Carrot

Pear  
Apple

Collard  
Carrot  
Apple

Collard  
Spinach  
Cucumber  
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.)  
Collard  
Black Berries  
Banana  
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  
Spinach Chopped  
Onion, Chopped  
Cucumber, Chopped

Combine ingredients in bowl. Serve with your favorite dressing.

### **Marinated Collard Greens**

#### **MARINADE**

¼ cup apple cider vinegar  
¼ cup chopped sun-dried tomatoes  
¼ cup chopped scallions, white parts only  
1 garlic clove, minced  
1 teaspoon red pepper flakes  
2 teaspoon sea salt, divided  
½ teaspoon black pepper  
1 bunch collard greens, washed  
1/8 cup olive oil

In a large bowl, combine apple cider vinegar, sun-dried tomatoes, scallions, garlic, red pepper flakes, 1 teaspoon sea salt and pepper. Set aside.

Take several collard leaves and roll into a cylinder the shape of a fat cigar.

Using a knife, cut the through the collard cylinder, making strips. Repeat steps two and three until you have cut all the collard leaves.

Place strips in a large bowl. Pour olive oil on collard strips and sprinkle the remaining 1 teaspoon of salt. Massage the oil and salt into the strips until all are well coated. Transfer the collard strips to the bowl with the apple cider vinegar marinade.

Let marinate in the refrigerator for at least 4 hours, but overnight is best.

## **Spinach Recipe**

Spinach

Extra Virgin Olive Oil

3 Cloves Garlic, sliced

Salt to taste

Cut off the thick stems of the spinach and discard. Clean the spinach by filling up your sink with water and soaking the spinach to loosen any sand or dirt. Drain the spinach and then repeat soaking and draining. Put the spinach in a salad spinner to remove any excess moisture.

Heat 2 Tbsp olive oil in a large skillet on medium high heat. Add the garlic and sauté for about 1 minute, until the garlic is just beginning to brown.

Add the spinach to the pan, packing it down a bit if you need to with your hand. Use a couple spatulas to lift the spinach and turn it over in the pan so that you coat more of it with the olive oil and garlic. Do this a couple of times. Cover the pan and cook for 1 minute. Uncover and turn the spinach over again. Cover the pan and cook for an additional minute.

After 2 minutes of covered cooking the spinach should be completely wilted. Remove from heat. Drain any excess moisture from the pan. Add a little more olive oil, sprinkle with salt to taste. Serve immediately.