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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**

Apple  
Celery  
Carrot

Pear  
Apple

Kale  
Green Chard  
Apple  
Carrot

Kale  
Apple

Grapefruit  
Pear  
Apple

Green Chard  
Spinach  
Kale  
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.)  
Kale  
Blueberries or strawberries (can freeze for a more refreshing drink)  
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**

### **Apple Cabbage Salad**

med. head green cabbage shredded  
2 red delicious apples, cored and thinly sliced  
1 med. onion, thinly sliced  
1/3 cup extra virgin olive oil  
1/2 cup apple cider vinegar  
2 tablespoons agave nectar  
1 1/2 tablespoon celery seed  
1 teaspoon celtic or himalayan salt  
1/8 teaspoon pepper  
1 cup vegan sour cream

Toss cabbage, apples and onions. Combine oil, vinegar, spices and sour cream. Pour over salad; toss to coat well.

## **Green Chard and Shitake Mushroom Stir Fry**

3-4 cloves minced garlic  
1/2 cup shiitake mushrooms, sliced  
1 tbsp soy sauce  
1 Bunch of Green Chard, chopped  
5-6 scallions (green onions), sliced  
1/4 cup vegetable broth  
2 tsp fresh ginger, minced or grated  
2 tsp sesame oil  
2 tbsp sesame seeds (optional)

Sautee the garlic and mushrooms in soy sauce for 3 to 5 minutes. Add the green chard and scallions, and cook for a few more minutes.  
Reduce heat to medium low and add vegetable broth and ginger. Simmer for another 3 to 5 minutes.  
Stir in remaining ingredients and serve hot over rice.

## **Boston Lettuce Avocado Salad and Lime Dressing**

### **For the salad:**

2 small to medium heads Boston lettuce, discard any wilted leaves  
1 avocado, pitted  
1 large bunch scallions, thinly sliced  
Leaves from 1 bunch cilantro, finely chopped

### **For the dressing:**

2 limes, juiced  
1/3 cup extra-virgin olive oil  
1/2 teaspoon salt  
1 teaspoon agave nectar  
About 20 grinds fresh black pepper  
1 tablespoon whole-grain mustard

Pull the lettuce leaves from the head, rinse gently under cold water, and lay out on clean towels to dry. Use a spoon to remove the flesh in 1 piece from each half of the avocado. Thinly slice the avocado flesh into thin wedges.  
Whisk together all the dressing ingredients.  
Arrange the lettuce leaves on a plate and top with the avocado wedges, scallion, and cilantro. Finish with a healthy drizzling of the dressing.