



Green Date Smoothie

- ♥ 1 banana
- ♥ 1 avocado
- ♥ 1 cup spinach
- ♥ 1 cup kale
- ♥ ½ cup almond milk
- ♥ ½ cup water
- ♥ 3-4 pitted dates
- ♥ 1 teaspoon peanut butter
- ♥ 1 teaspoon coconut oil
- ♥ 1 teaspoon maca powder
- ♥ 1 dash cinnamon

Directions:

1. Toss everything into the blender and blend for 60 seconds. Depending on your blender it might be too thick to drink so you can add some more water.
2. Drink & Enjoy



Summer Salad Recipe

- ♥ 1 cup quinoa
- ♥ 2 cups baby spinach
- ♥ 1 small head red cabbage
- ♥ 1 cup cherry tomatoes, halved
- ♥ 1 head broccoli
- ♥ 2 large sweet potatoes
- ♥ 3 tablespoons olive oil
- ♥ Handful of almonds or sliced almonds
- ♥ Sea salt and pepper

Directions:

1. Cook quinoa according to package directions. I like to add in a spoonful of coconut oil where there is about two to three minutes left to cook
2. Meanwhile cut the sweet potatoes and add them to a pan with a spoonful of coconut oil
3. Cook for about 5-10 minutes until they are soft and a little crisp
4. In a large bowl, toss spinach, cabbage, cooked quinoa, broccoli and sweet potatoes
5. In a small bowl, whisk oil and lemon juice then pour over salad
6. Add almonds and toss to combine and serve



Chickpea Indian Veggie Recipe

- ♥ 1 cup cauliflower
- ♥ 1 cup broccoli
- ♥ ½ cup carrots
- ♥ ½ cup brussel sprouts
- ♥ 1 cup spinach
- ♥ 1 tablespoon coconut oil
- ♥ 1 teaspoon cumin

Directions:

1. Cut the Carrots, Brussels Sprouts, Broccoli and Cauliflower
2. At the same time add 1 tablespoon of coconut oil to a pan on medium heat
3. Toss the veggies into the pan and cook for 5 minutes until they are soft and crisp and maybe a little brown.
4. Then add spinach and chickpeas for a minutes, and cook just until spinach is cooked
5. Add in spices! You can decide how much of each spice you would like to add. I love curry more than cumin so I tend to be heavier on the curry and turmeric!

