

Your Health Matters *Winter* *Holiday* *Cookbook*



Delicious Plant Based, Gluten Free Recipes

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Your Health Matters Winter ❄️ Holiday Cookbook

Delicious Plant Based, Gluten Free Recipes

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Your Health Matters Nutrition class series contact Nancy
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Introduction

For many of us, the winter months are a time of celebration spent with friends and family and enjoying the comforts of home. Unfortunately for some, this can lead to a decline in health from lack of exercise and poor eating. I encourage you to spend this season eating great tasting, high nutrient, plant based meals and healthy comfort foods. The recipes in this cookbook are designed to help you and your loved ones to do just that.

Eating a plant based diet is a wonderful experience to share with people you love and whose good health you value. It's a great feeling to finally break away from old obsolete ideas about health and free oneself from the excuse that the holiday months are an excuse to overeat. Remember, the biggest changes beget the biggest results. You have one life, one body and one shot to make the most of it.

I hope you enjoy the recipes in the *Your Health Matters Winter Holiday Cookbook* and learning more about how nutritious foods comfort, support and heal the body.

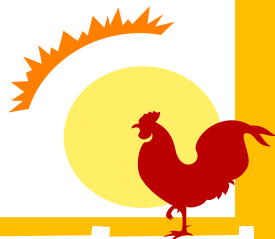
May Happy, Healthy Living Be Yours

Nancy Stilson-Herzog

Your Health Matters
Winter *Holiday*
Cookbook

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Breakfast



Pumpkin Spice Smoothie

Vegan / Gluten Free

1 cup kale or chard

1 medium carrot

1 apple cored

1/4 lime

2 cups frozen peaches

1 tbsp. brewers yeast

1 serving green powder (spirulina, wheatgrass, kelp or Amazing Grass Green Superfood powder)

10 drops stevia

1 - 2 tsp. pumpkin pie spice

2+ cups aloe vera juice (add more if needed)

Ice (optional)

Mix all ingredients in a blender to desired consistency.

Pumpkin Spice Pancakes

Vegan / Gluten Free / Serves 4

2/3 cup quinoa flour

2/3 cup cornmeal

2/3 cup rolled oats

4 tbsp. maple syrup

1/2 tsp. salt

3 tsp. Ener-g Egg Replacer

1 tsp. baking powder leveled off

1½ tsp. pumpkin pie spice

1/4 cup chopped pecans or walnuts

2 cups soy or almond milk

4 tbsp. applesauce

1 cup blueberries or 2 small mashed ripe bananas

Heat pancake griddle to 375°F.

Mix all dry ingredients together. Mix all wet ingredients together. Add wet ingredients to dry ingredients. Stir until just combined. Let batter sit for 10 minutes.

Using a large spoon, drop batter onto oil sprayed griddle. Once the batter bubbles on top (3-4) minutes flip cakes, and then cook another 3-4 minutes.

Option: Double the batch and store the extra pancakes in the fridge for up to 1 week or the freezer indefinitely. Pop a pancake in the toaster and serve with fruit spread and nut butter.

Kale / Cherry Smoothie

Vegan / Gluten Free

1 green apple

1 red apple

1 tsp. ginger

4 cups kale

1 cup frozen cherries

1 serving green powder (spirulina, wheatgrass, kelp or Amazing Grass Green Superfood powder)

1+ cups water or aloe vera juice

Blend all ingredients to desired consistency.
Add ice if preferred.

Green powders are extremely rich in vitamins, minerals, enzymes, and phytonutrients providing a multitude of essential nutrients that optimize health.

Get Off the Coffee Dandelion Smoothie

Vegan / Gluten Free

4 cups plant milk (soy, almond, rice)

1 banana

3 tbsp. Dandy Blend (instant herbal beverage w/ dandelion)

2 tbsp. chia seed (optional)

20 drops vanilla stevia

Pinch nutmeg

2 cups ice

Blend until smooth or desired consistency. Add more plant milk if needed.

Banana Quinoa Muffins

Vegan / Gluten Free / Makes 6 Muffins

1/2 cup quinoa flour

1/2 cup quinoa flakes

2 tbsp. agave or honey

2 tsp. baking powder

2 tsp. cinnamon

1 tsp. baking soda

1 golden apple, chopped

2 very ripe bananas, mashed

1 egg

1 tbsp. ground flax seed + 3 tbsp. water

Preheat oven to 400°F.

Mix flour and flakes with dry ingredients. In separate bowl mix together bananas, apple, egg, ground flax,

water and honey and add to dry ingredients. Fold until incorporated. Pour into greased muffin tins. Only fill 1/2 full. Bake 15-20 minutes.

Whole Wheat Banana Walnut Pancakes

Vegan / Serves 4

1¼ cup whole wheat flour

1/3 cup cornmeal

1 tbsp. sweetener (maple syrup or sugar)

2 tsp. baking powder

1/2 tsp. salt

1 tsp. cinnamon

2 tbsp. ground flax seeds or 3 tsp. Ener-g Egg Replacer

1/4 cup applesauce

1¾ cup plant milk (soy, almond, rice)

1 ripe banana, diced or mashed

1/4 cup walnuts, chopped

Heat pancake griddle to 375°F.

Whisk together flour, cornmeal, sugar, baking powder, flax meal, cinnamon and salt in a large bowl. Add applesauce and 1½ cups nut milk to the flour mixture, whisking until smooth. Fold in banana and walnuts. Let batter stand for 5 minutes to allow flour to absorb liquid (batter will thicken).

If batter is too thick to fall easily from a spoon, stir in 1 to 2 tbsp. additional nut milk. Using a large spoon, drop batter onto oil sprayed griddle. Once the batter bubbles on top (3-4) minutes flip cakes, and then cook another 3-4 minutes.

Salads



Festive Chard & Pomegranate Salad

Vegan / Gluten Free / Makes about 6 - 7 Cups

1 bunch organic red swiss chard, washed, pat dry, sliced into thin ribbons

1/3 cup pomegranate seeds

3/4 cup red seedless globe grapes cut in half

1/2 cup diced mango

1/2 cup cherry tomatoes cut in half

1 small sweet onion, diced

1 small honey crisp apple, chopped

1/4 cup chopped raw pecans

4 tbsp. chopped dates (optional)

2 tbsp. dried cranberries or golden raisins

Dressing:

2 tbsp. apple cider vinegar

2 tbsp. maple syrup

1/3 tsp. sea salt (or to taste)

1/8 tsp. coriander

1/8 tsp. turmeric powder

1/8 tsp. black pepper

Pinch of cayenne

Whisk together dressing ingredients. Prep remaining ingredients and toss with dressing in a large bowl. Mix very well since this will help to distribute the flavors and infuse the chard with flavor. You can serve right away or chill in the fridge for up to 12 hours in advance before serving. Any longer and your chard will begin to get a bit soft. Serve chilled.

Spinach / Orzo Salad

Vegan / with Gluten Free Option / Serves 4

1 1/2 cups cooked whole wheat orzo or 1 1/2 cups cooked quinoa

1/2 cup pine nuts

1/2 cup sliced black olives

3/4 cup julienne cut sun dried tomatoes

2 – 9 oz. bags baby spinach shredded (lightly pass pizza cutter over spinach to shred it)

Dressing:

1 - 2 fresh squeezed lemons

1 tbsp. olive oil

2 tsp. Herby Organic Mediterranean Seasoning
(found in the seasoning section of the health food store)

Sea salt to taste

Crushed red pepper to taste

Wisk together dressing ingredients. Prep remaining ingredients and toss with dressing in a large bowl.

Fresh Citrus & Cranberry Salad

Vegan / Gluten Free / Serves 8

2 cups fresh or frozen cranberries, thawed

4 oranges

2 stalk celery, thinly sliced (1cup)

1/2 small red onion, finely chopped (1/3 cup)

1/8 cup sugar

2 tbsp. fresh lemon juice

1 tsp. grated fresh ginger (optional)

5 oz. baby arugula or mixed salad greens (adding some spinach is good also)

1/4 cup fresh mint leaves, chopped (optional)

2 tbsp. walnut or olive oil

Cranberry Topper: in food processor pulse cranberries about 5 times to coarsely chop. Transfer to bowl. Peel oranges and section over bowl containing cranberries to catch juice, add to bowl. Stir in celery, onion, sugar, lemon juice and ginger. Cover and refrigerate at least one hour or up to 2 days.

Toss arugula with mint and oil, top with cranberry mixture.

Szechuan Broccoli Slaw Salad

Vegan / Gluten Free / Serves 6

1 lb. bag prepared broccoli slaw

1 medium green, yellow or red bell pepper, chopped (1 cup)

1 pint grape tomatoes, halved

1/2 cup chopped onion

1 jalapeño chili seeded and finely minced (2 tbsp.)

1 clove garlic, minced (1 tsp.)

1/4 cup black currants

1/4 cup macadamia nuts

Dressing:

4 tbsp. lemon juice

4 tbsp. red wine vinegar

2 tbsp. vegan Szechuan sauce

3 tsp. sugar

Wisk together dressing ingredients. Prep remaining ingredients and toss with dressing in a large bowl. Holds up well in the refrigerator for up to 5 days.

Millet Tabbouleh

Vegan / Gluten Free

Millet can be cooked anywhere from 15 minutes for chewy, al dente grains, to 30 minutes for a creamy mush or mashed potato consistency.

This recipe has a short cooking time for a chewy, firmer texture.

3 cups millet

2 large tomatoes, diced (1 1/2 cups)

2 medium cucumbers, peeled, seeded and diced

2 bunches green onions white and green parts, chopped

1/2 cup chopped cilantro

1/4 cup kalamata olives, chopped

Sea salt and cayenne pepper to taste

Dressing:

1/2 cup lime juice

1/2 tsp. hot sauce (like Tabasco)

1 tbsp. olive oil

Cook millet 15-20 minutes or until firm – follow water to grain ratio per cooking package instructions.

Drain excess water using a strainer if excess water exists. Transfer millet to a large bowl and stir in all vegetables and toss. Mix together dressing and combine with vegetable mixture. Season with sea salt and cayenne if desired. Serve.

Potato Plus Salad

Vegan / Gluten Free / Serves 6

3 cups broccoli florets, chopped

3 cups cauliflower florets, chopped

3 cups Yukon gold potatoes, diced

1½ cups frozen peas, thawed

1 cup diced celery

1/2 onion, chopped

1 mild roasted green chile or jalapeno, chopped

Dressing:

1/3 cup Dijon mustard

4 tbsp. Vegannaise

1 tbsp. lemon juice

2 tsp. tamari sauce

1/2 tsp. cayenne pepper

Sea salt to taste

Steam potatoes until almost tender (around 10 minutes), add cauliflower and steam 3 more minutes, add broccoli and steam 5 more minutes. Remove from heat and let cool slightly. Place all vegetables in a large mixing bowl. In a small bowl, mix together the dressing. Add dressing to vegetables. Season with cayenne and sea salt.

Potatoes contain many health promoting compounds including vitamins, minerals, carotenoids, flavonoids, and phytochemicals. Potatoes are an important food staple and the number one food crop in the world.

Kelp Noodle Slaw with Peanut Butter Dressing

Vegan / Gluten Free / Serves 6

1 pkg. kelp noodles

1 bag prepared slaw

2 cups chopped kale

1/2 medium red pepper, chopped

1 small sweet onion, chopped

1/2 cup chopped flat leaf parsley

1/3 cup pumpkin seeds

Dressing:

1 tbsp. olive oil

3 tbsp. fresh lemon juice

1 - 2 tbsp. honey (agave or maple syrup)

1/3 cup peanut butter

1/2 cup water

Sea salt

Rinse kelp noodles well and soak in water with 1 tbsp. lime juice for about 15 minutes. Meanwhile, in a large bowl combine slaw, kale, onion, red pepper, parsley, and pumpkin seeds.

Whisk together dressing except for the water. Add water to thin to desired consistency. Pour dressing over salad and toss.

The kelp plant is rich in over 70 minerals, including potassium, magnesium, iron, calcium and iodine. It contains more than 21 amino acids, plus enzymes and vitamins and only 20 calories per serving.

Superfood Salad

Vegan / Gluten Free / Serves 6

4 cups chopped kale

2 cups chopped cabbage

1 grated carrot

1 medium onion, chopped

1 pint grape tomatoes

1/3 cup fresh blueberries

1/4 cup raw cashews

1/4 cup goji berries

1/4 cup halved kalamata olives

1/2 tsp. chopped roasted garlic

Dressing:

1/4 cup acai juice

2 tbsp. canola oil

2 tbsp. apple cider vinegar

Sea salt and cayenne to taste

Prepare vegetables and place in a large mixing bowl. Whisk together dressing and toss into vegetables. Top salad with cashews. Note: if you incorporate the cashews with the salad they become discolored and mushy. This salad holds up well for leftovers for several days.

Goji berries are the most nutritionally dense fruits on earth. They contain all essential amino acids and have the highest concentration of protein of any fruit.

Soups & Mains



Vegan Chili

Vegan / Gluten Free / Serves 6

3 tbsp. water or broth

2 medium onions, chopped

1 tbsp. chili powder

2 tsp. ground cumin

1/2 tsp. cayenne pepper

2 red, green or yellow peppers, chopped

2 cloves garlic, chopped

3 tbsp. unsweetened raw cacao powder

1 large can tomatoes, un-drained (Muir Glen fire roasted diced tomatoes)

1 cup water

1 can red kidney or pinto beans, rinsed & drained

1 can black beans, rinsed & drained

2 cups fresh or frozen corn

1/2 cup bulgur or TVP (textured vegetable protein)
or 1 can lentils

Salt and pepper

2 - 4 tbsp. honey to eliminate bitter taste

Cilantro (optional)

Spray a large pan with nonstick cooking spray, sauté onions, peppers, garlic and spices until onions are soft. Add raw cacao and stir until a paste, add water and tomatoes. Stir and bring to a boil. Add kidney and black beans, corn and bulgur. Reduce heat to low and simmer, uncovered, for 15 minutes, or until bulgur is cooked. Stir in honey and add salt, pepper to taste. To serve, garnish with cilantro.

Asparagus Soup

Vegan / Gluten Free / Serves 6

2 medium potatoes, scrubbed and chopped

2 cups water

1 bunch fresh or 1 package frozen asparagus

2 cups shredded cabbage

1 small onion, chopped

1 cup loosely packed fresh parsley, chopped

1 tsp. Herby Organic Mediterranean Seasoning

1 tsp. garlic powder

3/4 teaspoon salt, or to taste

Cayenne to taste

Cream base:

3 zucchinis

1/2 cup raw cashews

1/2 cup nutritional yeast

2+ cups of water

Place potatoes in a large pot with water. Bring to a simmer, then cover and cook until tender when pierced with a fork, about 15 minutes.

Remove tough ends from asparagus. When potatoes are tender, add asparagus, onion, cabbage and parsley. Cover and simmer until asparagus is just tender, about 5-10 minutes. Use a blender to purée vegetables in 2 or 3 batches, adding some of the cooking liquid to each batch to obtain soup consistency. Be sure to start blender on a low speed and hold lid on tightly. Reserve any additional liquid and return puréed vegetable to pot.

Cream Base: In a separate saucepan, boil water, zucchini, cashews and nutritional yeast until zucchini is tender (approx. 10 minutes). Place mixture in a food processor or blender and mix until creamy. Pour mixture into asparagus puree along with seasonings. Simmer for 10-20 minutes. Add additional water or broth if needed for desired consistency.

SOUP*ER Soup

Vegan / Gluten Free / Serves 8 - 10

3 carrots, chopped

2 celery stalks, chopped

2½ cups chopped variety mushrooms (shiitake, cremini, or button)

1 medium sweet onion, chopped

1 leek, chopped

1/2 red pepper and 1/2 yellow pepper, chopped

1 broccoli crown (approx. 1 cup)

2 cups kale leaves, finely chopped

1/2 cup parsley, chopped

5 cups low sodium vegetable broth

1 can pinto beans, rinsed & drained

1 can kidney beans, rinsed & drained

3/4 tbsp. all-purpose seasoning

1/2 tsp. sea salt

1/4 tsp. cayenne pepper

Cream base:

3 zucchinis

3/4 cup raw cashews

1/3 cup nutritional yeast

2+ cups water or broth

In a food processor pulse the following vegetables together then place in a large stock pot: carrot and celery, then add red pepper, onion and leek, then add mushrooms and parsley, and finally the kale. In the stock pot with 1/2 cup broth, cook the chopped vegetables on medium to medium high heat until tender (15-20 min). Add additional broth as needed. In a separate pot, boil zucchini, nutritional yeast and raw cashews in 2 cups of water or broth until tender (approx. 10 minutes). Remove from heat and mix the zucchini mixture in the food processor or blender until creamy. Pour mixture, beans, remaining broth and seasonings into pot and continue to cook another 20 minutes. Add additional water or broth if needed for desired consistency.

Slow cooker method: add all soup vegetables, stock, Herby seasoning mix and cook on high for 3-4 hours. In a saucepan boil the zucchini, cashews, nutritional yeast and broth as directed above to make the cashew cream base. Add base to cooked vegetables and season with sea salt and pepper. Stir thoroughly and serve.

Enchilada Casserole with Sweet Potato

Vegan / Gluten Free / Serves 6

2 medium sweet potatoes

2 - 3 cups enchilada sauce

1 package corn tortillas

1 sweet onion, diced

1 red pepper, chopped

1 can black beans, rinsed & drained

1/4 cup cilantro, chopped

2 veggie burgers, cooked and chopped

Preheat oven to 375°F. Thinly slice sweet potatoes in food processor. Mix together diced onion, pepper, black beans, cilantro and chopped and cooked veggie burgers. Pour one fourth of sauce in a lightly sprayed 9x13 baking dish. Cover sauce with single layer of tortillas. Arrange half of the sliced sweet potatoes over the tortillas; spread half of the vegetable mixture over the sweet potatoes. Layer again the sauce, potato, and veggie mixture. Cover with a final layer of corn tortillas, and spread the remaining sauce on top. Bake 1 hour or until bubbly and potatoes are tender. Serve with steamed rice.

Poblano Chile Casserole

Vegan / Gluten Free / Serves 6

4 - 5 poblanos, halved, seeds and stems removed

1 medium onion, chopped

1½ cups corn, fresh or frozen

1 pkg. organic soft tofu

1 cup unsweetened plant milk (soy, almond, rice)

¾ cup cornmeal

¾ cup nutritional yeast

⅓ cup chickpea flour

1 tsp. cumin

1 tsp. chile powder

1 tsp. sea salt

½ tsp. garlic powder

¼ tsp. turmeric

½ tsp. baking powder

1 tsp. baking soda

½ cup shredded vegan cheese (like Daiya mozzarella)

Preheat oven broiler. Put the halved poblanos on a baking sheet, place on the top rack and broil until the skins blister but do not burn. Check every 4-5 minutes. Let the peppers rest until they're cool enough to handle but still warm, and then pull off the skins.

Put the tofu, plant milk, nutritional yeast, corn meal, chickpea flour, and spices in a blender or food processor and mix until smooth.

Preheat oven to 375°F. Lightly spray 9x13 baking dish. Spread half of the mixture in the baking dish. Arrange the poblanos on top of the mixture. Spread the remaining mixture over the poblanos. Cover with foil and bake for 1½ hours. 15 minutes before done uncover and sprinkle the vegan cheese over the casserole. Serve with steamed rice.

Sweet Potato Chile

Vegan / Gluten Free / Serves 6 – 8

2 sweet potatoes, diced

1 onion, chopped

1 red pepper, diced

1 cup frozen corn

1 jalapeno, chopped

1 clove garlic, chopped

1 tbsp. chile powder

1 tsp. cumin

1/4 tsp. cayenne or to taste

3 cups vegetable broth

14 oz. diced Muir Glen tomatoes

1 - 15 oz. can black beans, rinsed & drained

1/4 cup cilantro, chopped

1 lime, juiced

Sea salt to taste

In a large pot, sauté sweet potatoes, onions, peppers and garlic for 4 minutes or until soft. Add spices and 1/4 cup of broth, stir well for 2 minutes. Add remaining broth, beans, tomatoes and corn and simmer uncovered for 15-20 minutes. Stir in cilantro, lime juice and sea salt. Serve.

Arame and Rice Soup

Vegan / Gluten Free / Serves 6-8

1½ cups cooked basmati brown rice

1/4 cup Arame sea vegetable broken up (can use Hijike sea vegetables)

1/2 onion, diced

3 tsp. minced garlic

4 cups variety mushrooms (shitake, baby bella, button, cremini) **cut into 1/4 inch cubes**

1/2 cup dry white wine

1½ tbsp. lemon juice

4 cups unsweetened almond milk or soy milk

4 tbsp. nutritional yeast

2 tbsp. Earth Balance, optional

1/2 tsp. red pepper flakes

3 tbsp. parsley, finely chopped

4 tbsp. pine nuts

Cook rice per package directions. Meanwhile soak Arame in one cup hot water. Heat soup pot over medium heat, add onion and garlic and

cook 1 minute. Add mushrooms, wine, and lemon juice, sauté about 7-10 minutes, adding up to 1/2 cup of water if needed to prevent sticking. Add nut milk, nutritional yeast, and earth balance (if using), red pepper flakes, Arame with soaking liquid. Cook 5-10 minutes, stirring occasionally. Stir in cooked rice, parsley and pine nuts. Heat through and serve.

Quinoa Burgers

Dairy free / Gluten Free / Makes 8-12 Burgers

2 cups chickpeas, rinsed & drained

1/4 cup cooked wild rice

1 cup cooked quinoa

1 cup chopped onion

1/2 cup chopped celery

1 cup shredded carrots

1/4 cup tahini

1 tbsp. oil

1 tbsp. ground flax seeds + 3 tbsp. water mixed together well

2 egg whites

1 clove minced garlic

1 lemon, juiced

1 tsp. sea salt

1/2 tsp. tumeric

1 tsp. cumin

1/2 tsp. paprika

1/2 tsp. coriander

1/2 tsp. cinnamon

1/2 tsp. ginger

Place chickpeas and cooked wild rice into food processor. Sauté onion, celery and carrots with 1-2 tbsp. water in pan on medium heat until onion is translucent. Add the sautéed veggies and all other ingredients to the food processor EXCEPT THE QUINOA. Pulse until the ingredients are well mixed and the chickpeas are in small chunks.

Transfer the mixture into a mixing bowl, and then fold in the quinoa. If the mixture is too wet, refrigerate for about an hour. Measure 1/4 – 1/3 cup of the mixture and shape into burgers. These can be refrigerated at this point to be cooked later.

Preheat oven to 375°F. Place the burgers on a baking sheet lined with parchment paper. Bake 20-25 minutes, or until they start to get crispy. Let them sit for a few minutes to set.

To brown up, either place burgers on a 375°F griddle or lightly sprayed frying pan and cook burgers for a few minutes on each side until they are crispy and brown.

Cumin, coriander, turmeric and other Indian spices have many health benefits. They improve digestion, are anti-inflammatory and are anti-carcinogenic.

Sides



Golden and Red Coconut Spicy Beets

Vegan / Gluten Free / Serves 4

1 bunch golden beets

1 bunch red beets

1 tbsp. coconut oil

1/2 tsp. chile powder

1/2 tsp. paprika

Sea salt to taste

Steam beets for 20 minutes or until tender. Peel off outer layer. Dice beets and toss with other ingredients. Enjoy warm or cold.

Quinoa Pilaf

Vegan / Gluten Free / Serves 4

1 cup quinoa

1 celery stalk, chopped

1 carrot, chopped

1/4 red pepper, chopped

1/4 sweet onion, chopped

2 cups boiling vegetable stock

1 tbsp. lemon juice

1/8 tsp. tumeric

Sea salt to taste

Cayenne to taste (optional)

Place all ingredients in a saucepan. Bring to a boil and simmer for about 25 minutes or until liquid is absorbed.

Quinoa is a super grain containing all 8 amino acids (a complete protein), is gluten free, rich in phytonutrients and has anti-inflammatory properties.

Lentils with Herbed Vegetables

Vegan / Gluten Free / Serves 4

1 can lentils, rinsed & drained

2 cups chopped zucchini

1/2 red pepper, chopped

1/2 onion, chopped

1 celery stalk, chopped

1 cup kale, chopped

1/4 cup cilantro, chopped

1/4 cup parsley, chopped

1/3 cup pine nuts

1/4 cup capers

Vinaigrette:

1 tbsp. olive oil

1 clove garlic

2 - 3 tsp. Dijon mustard

1 lemon, juiced

3 - 4 tsp. honey

Sea salt and cayenne to taste

Whisk together vinaigrette.

Heat large skillet over high heat. Add all vegetables and cook 1 minute. Stir, reduce heat to medium high, cook, stirring occasionally, another 3-4 minutes more, or until vegetables develop sear marks. Transfer vegetables to large bowl and toss with lentils, pine nuts and vinaigrette. Serve alone as a side, top your salad with it, or place some in a romaine lettuce leaf as an appetizer.

Honey Roasted Brussels Sprouts

Vegan / Gluten Free / Serves 4

1 lb. brussels sprouts, halved

1/2 tbsp. olive oil

2 tbsp. balsamic vinegar

2 tsp. honey

Sea salt and cayenne to taste

1/4 cup walnuts or pecan (optional)

Preheat oven to 450° F. Steam halved sprouts for 10 minutes. Combine oil, balsamic, and honey. Pour over sprouts, stir to combine and coat. Bake sprouts in a roasting pan for 15 minutes, stirring once half way through. Add walnuts during the last 5 minutes and sprinkle with sea salt and cayenne. Remove from oven and toss again. Serve and enjoy!

Glazed Baby Carrots

Vegan / Gluten Free / Serves 4

1 lb. bag baby carrots

1 tbsp. Vegan Earth Balance spread

1/4 cup water

1/4 cup maple syrup

1/4 cup orange juice

1/2 tsp. ground cinnamon

1/4 tsp. ground allspice

1/4 tsp. sea salt

Place all ingredients in a medium saucepan. Bring to boil over medium high heat, stirring occasionally, until carrots are tender and the sauce becomes a shiny glaze, about 15 minutes. Remove from heat and serve.

Crackers, Dips, Sauces & Spreads



Orange Balsamic Dressing

Vegan / Gluten Free

1/4 cup orange juice

2 tbsp. balsamic vinegar

1 tbsp. Dijon mustard

1 tbsp. honey

Pinch of sea salt and cayenne

Combine ingredients in jar, shake and serve on salad.
Can be stored in refrigerator for up to one week.

Zucchini Pine Nut Pesto

Vegan / Gluten Free

2 small zucchini

1 clove garlic

2 cups packed fresh basil leaves

1/3 cup pine nuts

1/4 cup nutritional yeast

2 tsp. olive oil

1/4 tsp. salt

Cut zucchini into 1 inch slices. Steam chunks over boiling water for about 5-7 minutes, or until it's just tender when pierced with a knife.

Place garlic and basil into food processor and chop until fine. Add zucchini, pine nuts, nutritional yeast, oil and salt. Pulse until everything is finely chopped.

Serve on steamed vegetables or toasted gluten free bread.

Basil is rich in carotenoids and antioxidants, contains essential oils, improves blood flow and digestion, and has anti-inflammatory and anti-bacterial properties.

Rosemary / Thyme Crackers

Vegan / Gluten Free

3/4 cup almond meal

1/2 cup brown rice flour

2 tbsp. ground flax

1 tbsp. turbinado sugar

1 tbsp. nutritional yeast

1 tsp. dried rosemary

1/2 tsp. garlic powder

1/2 tsp. sea salt

1/2 tsp. thyme

1/4 tsp. baking soda

2 tbsp. sesame seeds

1/4 cup water

1/2 tsp. olive oil

Preheat oven to 350° F. In a large bowl, mix together the dry ingredients. Add wet ingredients and mix well. Knead dough with hands until it comes together. Shape into a ball.

Sandwich the ball of dough with parchment paper on top and bottom. Roll out dough until it's about 1/8 inch thick. With a pizza cutter cut into 1" squares. Place squares on baking sheet and bake for a total of 17-20 minutes, turn crackers at 15 minutes and bake another 3-5 minutes or until slightly golden in color. Cool on baking sheet for 10 minutes. Store in an air-tight container once fully cooled.

Quick preparation tip: this recipe can be made in the food processor. Add all of the ingredients to the food processor and pulse until mixed and the dough can be formed with your fingers.

Cacao Pecan Crackers

Vegan / Gluten Free

3/4 cup pecan meal

1/2 cup brown rice flour

2 tbsp. Agar Agar (sea vegetable flakes)

1 tbsp. brewers yeast

2 tbsp. raw cacao powder

1 tbsp. turbinado sugar

1/2 tsp. sea salt

1/4 cup finely shredded unsweetened coconut

1/4 tsp. baking soda

40 - 60 drops vanilla stevia

1/4 cup water

1/2 tsp. olive oil

Preheat oven to 350° F. In a food processor grind pecans to a fine meal. Add in remaining ingredients and process until a ball either forms or can be formed with your fingers. Do not over process.

Sandwich the ball of dough with parchment paper on top and bottom. Roll out dough until it's about 1/8 inch thick. With a pizza cutter cut into 1" squares. Place squares on baking sheet and bake for 17-20 minutes. Cool on baking sheet for 10 minutes. Store in an air-tight container once fully cooled.

Quick preparation tip: this recipe can be made in the food processor. Grind pecans to meal first then add all of the ingredients to the food processor and pulse until mixed and the dough can be formed with your fingers.

Agar Agar is a sea vegetable. It contains iodine, iron, is 80% fiber, has no calories, has anti-inflammatory properties, and can be used as a thickener in recipes.

Garbanzo Bean (Not Tuna) Spread

Vegan / Gluten Free

1 - 15 oz. can garbanzo beans, rinsed & drained

1 celery stalk, chopped

1/4 onion, chopped

1/2 jalapeno, chopped (optional)

2 tbsp. sweet pickle relish

2 - 3 tbsp. Vegannaise (vegan mayonnaise)

Salt and red pepper to taste

Favorite sliced vegetables (carrots, zucchini, celery, bok choy)

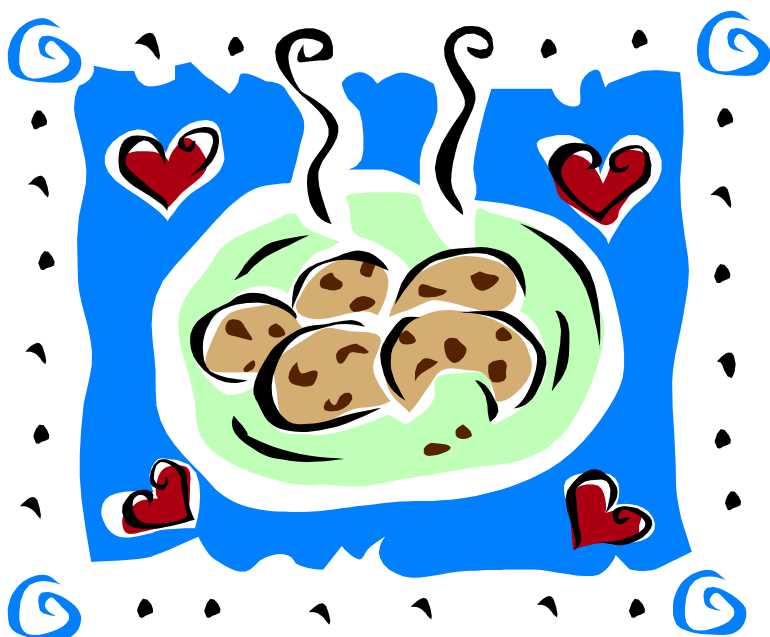
Tomatoes, lettuce, or whole grain non-hydrogenated crackers (Rosemary / Thyme crackers)

Mash beans with potato masher, fork or, pulsed lightly in food processor, leaving some chunks. Add remaining ingredients. Serve on crackers, whole grain bread or raw vegetables.

Garbanzo beans are rich in fiber, phytonutrients and antioxidants; they decrease cholesterol, improve blood sugars, and have anti-inflammatory properties.

Jalapeno peppers have many health benefit. They're loaded with phytonutrients and have anti-bacterial, anti-carcinogenic and anti-diabetic properties. They improve collagen synthesis, boosts immunity and helps reduce cholesterol.

Occasional Treats



Cherry Almond Thumbprint Cookies

Vegan / Gluten Free

1 1/3 cups raw almonds, processed into almond meal (about 1 1/2 cups)

1/4 cup brown rice flour

2 tbsp. ground flax

1/2 tsp. sea salt

1 tsp. baking powder

1/2 cup raw almond butter

1/4 cup + 3 tbsp. maple syrup

1/2 tsp. almond extract

5 - 6 tbsp. cherry jam (recipe on page 52)

1/3 cup shredded coconut, for rolling

Preheat oven to 400° F. Line cookie sheet with parchment paper. If making almond meal, place raw almonds in a high-speed blender. Process on high speed until a fine crumb (over-processing will turn the almond meal to almond butter). You can also use store bought almond meal.

In a large bowl, whisk dry ingredients. In a smaller bowl, mix together almond butter, maple syrup, and almond extract. Add wet mixture to dry mixture, stir until combined. Shape dough into 2 tbsp. sized balls. If the dough is too sticky, place in fridge for 15-20 minutes to firm up. Roll balls in coconut. Place balls about 2 inches apart on the baking sheet. With your thumb, press into the middle of the ball and shape a small well with your fingers. Add jam into each well. Bake for 12-15 minutes, or when coconut has turned slightly gold. Cool on sheet for 5 minutes and then transfer to a cooling rack.

Cherry Almond Chia Seed Jam:

3 cups pitted cherries frozen or fresh, roughly chopped

2 1/2 tbsp. maple syrup

2 tbsp. chia seeds

1/2 tsp. almond extract

Pulse pitted cherries in a food processor until chopped. Bring cherries and maple syrup to a low boil and reduce heat to medium low. Simmer for 10 minutes, stirring frequently. Stir in chia seeds and cook until thickened, about 5 minutes more. Remove from heat and stir in the almond extract.

Raw Hazelnut Cacao Balls

Vegan / Gluten Free

1 cup raw hazelnuts

1/2 cup regular oats

1/3 cup unsweetened shredded coconut

1/4 cup dried cranberries

4 tbsp. maple syrup

2 - 3 tbsp. almond butter

2 tbsp. raw cacao nibs

10 drops hazelnut stevia

1/2 tsp. sea salt

In a food processor, finely chop hazelnuts (about 15 seconds). Add remaining ingredients and pulse until well chopped. Scoop 2 tbsp. into your hands and form a ball. Ready to serve!

Happy Trails Chocolate Chip Cookies

Vegan / Gluten Free

3/4 cup peanut butter

1 cup coconut flakes

1/2 cup pitted dates

1/3 cup dark brown sugar

1/4 cup maple syrup

1 egg white

1/2 tsp. vanilla

1/2 tsp. baking soda

1/4 tsp. salt

1/2 cup vegan chocolate chips

Preheat oven to 350° F. Place all ingredients except chocolate chips in the bowl of a food processor or stand mixer. Mix on medium speed until ingredients are well incorporated. Add in chocolate chips and pulse a few times until mixed into dough. Drop heaping tbsp. of dough onto a parchment lined cookie sheet. Bake 12-14 minutes or until golden brown. Remove from the oven and let cool on cookie sheet.

Almond Joy Delight

Vegan / Gluten Free

1/3 cup vegan chocolate chips

1/2 cup raw almonds

1/2 cup unsweetened large flake coconut

1/4 cup raisins

In saucepan melt chocolate over very low heat. Mix in remaining ingredients until coated with chocolate. Drop heaping tbsp. full onto a parchment paper. Sprinkle kosher salt onto drops. Let set a few hours. Serve.

Chocolate Fruit & Nut Drops

Vegan / Gluten Free

1/2 cup vegan chocolate chips

1/4 cup dried cherries or organic raisins

1/4 cup raw pumpkin seeds

1/4 cup raw cashews

Sea salt

Slowly melt chocolate chips in a saucepan. Stir in dried fruit, nuts and seeds and coat completely. Drop 1 tbsp. of chocolate mixture onto wax or parchment paper. Sprinkle a small amount of kosher salt on top of chocolate drops.

Chocolate Peanut Butter Balls

Vegan / Gluten Free

1/3 cup vegan chocolate chips

1 cup natural peanut butter (no oil added)

1/2 cup regular oats

1/2 cup confectioners' sugar

Pinch of salt

1/2 tsp. vanilla extract

Slowly melt chocolate chips in a saucepan. Mix peanut butter, sugar, salt and extract in food processor. Scoop 2 tbsp. into your hands and form a ball. Roll in melted chocolate. Place dipped balls on parchment paper. Let set a few hours. Serve.

Super Truffles

Vegan / Gluten Free

1½ cups pitted dates

1 cup almond flour or meal

1/3 cup raw cacao powder

1/3 cup chia seeds

1 tbsp. maca powder

1/2 tsp. vanilla extract

3 tbsp. maple syrup

Finely chopped unsweetened coconut

Chop dates into small pieces in a food processor. Add remaining ingredients except the coconut and process well. Scoop 2 tbsp. into your hands and form a ball. Roll into coconut. Refrigerate until ready to eat.

Dates are high in fiber, rich in nutrients and antioxidants, and have anti-infective and anti-inflammatory properties.

Chia seeds are high in fiber, antioxidants, omega 3's, minerals, and can be used as an egg replacer in recipes.

Maca powder is rich in B vitamins and calcium; it balances hormone levels and improves mood and energy. Maca should only be taken in small amounts starting at 1/2 tsp. and no more than 1 tbsp. at a time as it can throw off hormones. Maca can be added to smoothies, salads, puddings, juices and raw nut balls. Maca should not be subjected to high heat as it destroys the nutrient properties.