



## **FITTER FORT COLLINS YOUR HEALTH MATTERS**

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### **Recipes for Pre and Probiotic Workshop**

#### **Spicy Kimchi Soup**

Prep time 5 minutes, cook time 20 minutes

**8 cups vegetable stock**

**1 medium yellow onion, sliced**

**4 cloves garlic, minced**

**1 tbsp. ginger, minced**

**3 medium carrots, sliced**

**1 celery stalk, sliced**

**1 cup broccoli florets, chopped**

**1 block organic extra-firm tofu, cubed**

**8 oz. button mushrooms, sliced**

**1 - 2 cups kimchi (more if desired)**

**Red pepper flakes to taste**

**Sliced green onions or fresh herbs for garnish**

Add vegetable stock to a large pot along with onions, garlic, ginger, carrots, and celery. Bring to a boil and then lower heat to a simmer. Cook for about 10 minutes, until carrots are slightly tender, then add the broccoli, tofu, mushrooms, and bell pepper, and continue simmering about 5 - 10 minutes, until all vegetables are tender. Remove from heat and stir in kimchi. If additional spiciness is desired, add red pepper flakes to taste. Garnish with green onions or fresh herbs and serve.

## **Sauerkraut, Apple, and Walnut Salad**

**1 25 oz. jar sauerkraut**

**1 cup walnuts**

**1 small onion chopped (use half an onion if this is too much for you)**

**1 small carrot, grated**

**1/2 tablespoon cumin**

**1 Granny Smith apple, diced**

**1 tbsp. raw apple cider vinegar**

**1 tbsp. mustard**

**1 tbsp. raisins (optional)**

Rinse the sauerkraut if it's too acidic for you (better to not rinse) and mix with the rest of the ingredients. Keep in the refrigerator or serve.

## **Miso Soup with Greens**

Prep time 5 minutes, cook time 20 minutes

**4 cups water**

**1/2 cup chopped green chard or other sturdy green**

**1/2 cup green onion, chopped**

**1/4 cup firm tofu, cubed**

**3 - 4 tbsp. white miso paste (fermented soy bean paste)**

**1 sheet (1/4 cup) nori (dried seaweed), cut into thin 1/2" strips**

Place water in a medium sauce pan and bring to a low simmer. Add nori and simmer for 5-7 minutes. In the meantime, place 3 tbsp. of miso into a small bowl, add a little hot water and whisk until smooth and set aside. Add remaining ingredients to the pot and cook for another 5 minutes or so. Then add miso to the soup and stir. Taste and add more miso or a pinch of sea salt if desired. Serve warm.

## **Apple Cider Vinegar Detox Drink**

**16 oz. of filtered water**

**2 tbsp. raw and unfiltered apple cider vinegar**

**2 tbsp. lemon juice**

**1/2 tsp. ground cinnamon**

**1 pinch cayenne pepper (optional)**

**2 tbsp. honey to taste (or other natural sweetener like maple syrup or stevia)**

Mix all ingredients and drink right away.

## **Carrot Kale Kraut**

**1 medium head cabbage, shredded**

**2 carrots, shredded**

**1 cup kale, shredded**

**1/2 tbsp. sea salt**

Combine cabbage, carrots, sea salt in a medium bowl. Cover with a tea towel and leave to sit at room temperature for 30 minutes while salt pulls juices out of veggies. Remove towel about halfway through and mash a few times with a potato masher to make sure it's juicy.

Transfer to a wide-mouth quart jar or other fermenting container. Press down firmly, so the liquid comes to top of mixture. Leave 1" space at top of jar. Cover tightly with lid or airlock.

Leave at room temperature for 3 to 7 days. In the first 24 hours, open jar and press down firmly on ingredients to make sure liquid is fully covering the mixture.

Store in refrigerator.

## **Dandy Blend Holiday No-Nog**

**1 tbsp. Dandy Blend Coffee Substitute Powder**

**1 tsp. Amazing Grass Superfood Powder**

**16 oz. plant milk (soy, almond, coconut)**

**1 tbsp. maple syrup**

**5 - 7 drops liquid Stevia (I use hazelnut or English toffee flavored)**

**1/2 tsp. pure vanilla extract**

**3 dashes of nutmeg**

In a blender cup shake thoroughly until blended.