



skyterra 

SKYTERRA AT HOME

The Cookbook: Simple Recipes to Elevate Your Meals





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This cookbook is dedicated to our beloved guests who inspire
us every single day.

Dear Reader,

First and foremost, we want to send a huge thank you in your direction. You and the entire Skyterra community are the impetus for this cookbook. You encourage us and inspire every recipe we develop. You have helped us understand that the food we serve at Skyterra must be approachable, relatable, relatively easy to prepare, as well as nutrient dense, supportive of your health, and most importantly -- food must taste delicious.

We created and tested these recipes to ensure they can be repeated in your kitchen. Read through the entire recipe before you take any initial steps and adapt each recipe to make it more *you* if needed. Most recipes can be adjusted for food allergies or intolerances. We also encourage you to give recipes a second chance if the first time doesn't go quite as planned. Mistakes happen and we've all been there; continue to be patient with yourself as you work through everything from breakfast ideas to desserts.

Last but not least, have fun and enjoy this process. Ask friends or family members to join you. Consider making extra or double batches for the freezer or to enjoy your dish for several days. We couldn't be more excited to be in your kitchen. Savor every bite, recognize what feels good for your body and continue to explore new things. Happy cooking!

Yours in health,
The Skyterra Family



INTRODUCTION

Education and information to inspire transformation

MEAL PLANNING

Meal planning can be executed in a variety of ways. Typically it involves creating grocery lists based on a detailed meal plan, shopping one to two times per week, cooking certain foods or recipes in advance and pre-portioning meals or dishes in containers. Some individuals may prefer having one or two days out of the week in which more cooking is prioritized while others may prefer integrating meal prep on a daily basis.

WHY MEAL PLAN?

- Self-care and the ability to honor personal nutrition and allergy needs
- Limit stress, worry and anxiety around what you are going to eat *so you can limit impulsive food decisions*
- Save time and money by eating out less often
- Spend more time eating in a calm and peaceful environment.

THINGS TO CONSIDER

BREAKFAST - Start simple by having two staple breakfast ideas and rotate these every other week or whatever makes the most sense. Consider a grab-and-go option for busier days. We love our smoothies for an easy and portable breakfast.

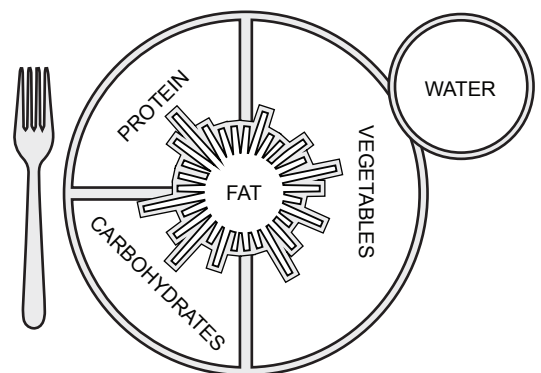
LUNCH - Similar to breakfast, start simple. Using leftovers may be a main strategy that some prefer while others mix and match leftovers with fresh creations prepared that day. Having three to four lunch ideas is a good place to start. Numerous side dishes, proteins and recipes featured in this cookbook should support your lunches.

DINNER - The average American household relies on the same 10-12 dinner ideas. Start even smaller by having eight to 10 dinner ideas that can be rotated on a weekly basis.

Consider the time you have to make dinner and execute meal ideas that support the time you are willing to set aside. Allow the seasons and local cuisine to inspire your rotation.

SNACKS - Keep your snack ideas simple. Fruit, pre-packaged nuts, dark chocolate, energy bites and pre-cut veggies and hummus are some initial suggestions. Our hike bites and nut butter recipes are great staples.

**KEEP IN MIND:
THE SKYTERRA PLATE**



KNIFE SKILLS AND TECHNIQUES

Throughout this book we feature certain knife skills and techniques. The terms below provide supportive information and guidance.

One of the most important tools in the kitchen is a chef's knife. If you don't own a chef's knife, we suggest you purchase one to support numerous meals and dishes. The knife, blade and entire handle should feel comfortable in your hand. There are different lengths; find the length that works best for you. Once you have this in your kitchen, keep it sharp with proper maintenance and clean it by hand.

MINCE - cut into very small and uniform pieces, smaller than dice cuts. Can be done with a chef's knife or food processor.

DICE - cut into small, ¼ inch pieces that are uniform and slightly larger than mince cuts, ideally done with chef's knife

CHOP - cut into bite-sized uniform pieces, ideally done with chef's knife

ROUGH CHOP - cut into slightly bigger than bite-sized pieces, doesn't have to necessarily be uniform in shape

JULIENNE - cut thin strips that are roughly 2 ½ to 3 inches in length, ideally done with a chef's knife

ROAST - a cooking method that uses dry heat to surround the food and cook it evenly, typically in an oven

SEAR - a cooking method in which the surface of the food, typically a protein (e.g. chicken), is cooked at a high heat so one side begins to brown. Searing can be executed on the stove top using a pan or grill.

SAUTE - a wet cooking method in which food is cooked over medium to high heat in a pan using fat such as oil. Saute means to jump.

GRILL - a dry cooking method that uses very high heat, typically the food is directly above the heat source

BROIL - a dry cooking method that uses very high heat, typically the food is directly below the heat source

BLANCH - a cooking process in which food is boiled until it turns a vibrant color, then immediately surrounded in an ice water bath to stop the cooking process

PUREE - a cooking process requiring a blender or food processor that yields a very smooth and creamy texture

DOUBLE BOIL - a cooking method using two saucepans fitted together so that the contents of the upper pan can be heated or cooked by boiling water in the lower

INGREDIENT ESSENTIALS: THE PANTRY

The following ingredients are important kitchen staples. Do not feel the need to buy everything at once. Collect items over time and take note of items you already own. If there are any personal brands you trust, continue to use them.

INGREDIENT BRANDS, NOTES AND SUGGESTIONS

Olive oil	Colavita or personal brand you trust
Extra virgin olive oil	California Olive Ranch, ZOE or Colavita
Unrefined virgin coconut oil	Dr. Bronner's, Carrington Farms, Nutiva
Avocado oil	Primal Kitchen, Chosen Foods or NOW Foods
Ghee	Also known as clarified butter, 4th and Heart
Raw apple cider vinegar	Made with "the mother;" Bragg's
Balsamic vinegar	Local brand, Olio Santo, Newman's Own or Colavita
Liquid aminos	Bragg's (alternative to soy sauce)
Hot sauce	Cholula, Siracha
Raw unfiltered honey	Local, Nature's Nate, L.R. RICE, or Manuka Honey
100% pure maple syrup	Stonewall Kitchen, Coomb's Family Farms, Vermont
Salts	Pink himalayan salt, celtic sea salt, table salt
Spices	Black pepper, cinnamon, cumin, ground ginger, garlic powder, onion powder, nutmeg, paprika, tumeric, curry powder, smoked paprika, cardamom, thyme, oregano, rosemary, basil, cayenne pepper, chili powder, red pepper flakes
Extracts	Pure vanilla, maple, almond
Nuts	Almonds, cashews, pecans, natural almond and/or peanut butter, pistachios, any nuts of preference
Seeds	Pumpkin seeds, chia seeds, ground flaxseed, sunflower seed butter, any seeds of preference
Whole grains	Quinoa, wild rice, jasmine rice, rolled oats, sprouted grain bread, sourdough bread, 100% corn tortillas
Baking needs	Panko bread crumbs, coconut flour, baking powder, baking soda, any needs of preference (e.g. flours)
Dried fruits	Medjool dates, turkish figs, raisins, cranberries, bing cherries, any dried fruits of preference
Chocolate	Cacao nibs, organic cacao powder (Anthony's Goods, Terrasoul, King's Arthur), chocolate bars (85% cacao)
Coconut	Unsweetened shredded coconut, canned coconut milk, coconut butter or manna
Coffee	Fair-trade, choice
Tea	Black (e.g. chai), green (e.g. matcha), oolong, white, flavored, herbals (e.g. tulsi)

KITCHEN ESSENTIALS: EQUIPMENT

The equipment list below includes valuable items for your kitchen. The brands below are only recommendations; please use brands you trust.

ITEM	BRANDS, NOTES AND SUGGESTIONS
Chef's knife	Wusthof Classic Hollow-Edge Santoku, 8"
Additional knives and block	Paring knife, utility knife, bread knife/serrated knife, steak knives (four), block to hold knives
Knife sharpeners	Wusthof (small) and/or Honing Steel
Cutting boards	Three-piece set and/or bamboo cutting board/block
Food processor	12- to 14-cup Vitamix, Ninja, KitchenAid
Blender	Cuisinart Smart Stick
Immersion blender	10 inch, 12 inch, 14 inch
Nonstick pans	All-Clad or Cuisinart Multiclad Pro
Stainless steel skillet	12 ½ inch
Cast iron pan	1 ½ quarts, 3 quarts, 5 ½ quarts
Slow cooker	Crock-Pot, 6 quart
Baking pans	3-4 baking sheet pans, muffin tin pan, loaf pan
Glass casserole pan	13 x 9
Cooking utensils and gadgets	Can opener, grater, slotted turner, stirring spoons, slotted spoon, ladle, spatula(s), spiralizer, swivel peeler, tongs (two), whisk
Mortar and pestle	Hard stone/granite
Colander	Stainless steel
Mixing bowls	Three-piece set, stainless steel or glass
Measuring cups and spoons	¼ cup, ½ cup, 1 cup, 2-cup liquid measuring cup (glass), ¼ tsp, ½ tsp, 1 tsp, 1 T.; stainless steel
Measuring/ice cream scoops	1 oz., 2 oz., 4 oz. (<i>with the handle</i>)
Meat thermometer	No need to spend more than \$20-25
Oven mitts	Silicone with cotton interior
Food storage/containers	8-12 piece set, Kinetic, Pyrex or Snapware; 4 oz. (2), 15 oz. (4), 24 oz. (2); 2 oz. containers (4)
Lunch box	Coleman, Pranzo, Houndstooth



BEVERAGES AND SMOOTHIES

Nutrition in a glass, savor for good health



GRAPEFRUIT TONIC

Servings: 4
Serving size: 4 - 6 oz.
Skill level: beginner
Total time: 5 minutes

Nutrition information:
Provides antioxidant vitamin C, potassium, and acids that support the anti-inflammatory and anti-microbial response. Gluten-free, dairy, free, nut free, caffeine free.

INGREDIENTS

1 cup Ice
1 large Grapefruit, juiced (8-12 oz.)
1 T. Apple cider vinegar, raw (e.g., Braggs)
1 T. Honey, local if possible

DIRECTIONS

1. Place ice in shakeable container with a lid.
2. Juice grapefruit and add to ice.
3. Stir apple cider vinegar and honey into container and mix well (some of the honey may not mix as well – that is OK, do what you can). Pour 4-6 oz. into a glass.
4. Enjoy!

TANGERINE TONIC: THE SKYTERRA CREAMSICLE

Servings: 4
Serving size: 6 - 8 oz.
Skill level: beginner
Total time: 5 minutes

Nutrition information:
Provides antioxidant vitamin C and is a great alternative to diet soda or sugar sweetened beverages. Gluten-free, nut free, dairy free, caffeine free.



INGREDIENTS

3 each Tangerines, juiced
1 T. Honey, local if possible
1/8 tsp. Pure vanilla extract
10 - 12 each Ice cubes
16 - 20 oz. Sparkling water, plain

DIRECTIONS

1. Add tangerine juice, vanilla extract and honey into a mixing bowl or ball jar.
2. Shake or stir ingredients until everything is combined.
3. Add ice cubes to four glasses. Pour evenly distributed amounts of the tangerine mixture over ice.
4. Pour sparkling water, 4-6 oz. each, into every glass.
5. Stir then enjoy!



SKYTERRA HORCHATA

Servings: 16

Serving size: 8 oz.

Skill level: beginner

Total time: 12 hours +

Nutrition information:

Historically, horchata is made with sweetened and condensed milk. Skyterra's version contains less added sugar and yet still stays true to tradition. Gluten-free, nut free, dairy free, caffeine free. Feel free to cut recipes in half, however, this is great to serve for a crowd.

INGREDIENTS

3 cups	Jasmine or basmati white rice
3 quarts	Water
2 cups	Coconut milk, full fat, canned (~1 ½ cans)
6 T.	Honey, local if possible (<i>use blue agave if desired</i>)
1 T.	Vanilla extract, pure
to taste	Cinnamon, ground (<i>start with 2 tsp.</i>)
optional	3 qts. unsweetened rice milk to replace homemade version

DIRECTIONS

1. Toast rice over low heat in a large dry non-stick pan for 2-3 minutes or until slightly browned.
2. Soak rice in large container with water overnight. Make sure to seal the container.
3. The next day, use an immersion blender to puree the rice and water together for 90 seconds.
4. Using a fine sieve, pour rice milk over separate large mixing bowl to remove the grains of rice.
5. Add coconut milk, honey, vanilla and cinnamon to the bowl with the rice milk. Use immersion blender to blend everything together. Season to taste.
6. Enjoy over ice.

GREEN SMOOTHIE



Servings: 3
Serving size: 8 - 10 oz.
Skill level: beginner
Total time: 10 minutes

Nutrition information:

Provides antioxidant vitamin E, potassium, heart- and brain-healthy monounsaturated fat, and dietary fiber. Gluten-free, dairy free, caffeine free.

INGREDIENTS

2 each	Bananas, ripe, frozen
1 each	Kiwi, peeled
½ cup	Mango, frozen (frozen fruit of choice)
2 T.	Pistachios (or any other nut or seed)
½ T.	Honey, local, raw
½ T.	Vanilla extract, pure
16 oz.	Coconut milk, unsweetened (or milk of choice)
1 cup	Spinach, raw

DIRECTIONS

1. Add ingredients except the spinach into the blender and puree until smooth.
2. Blend in spinach and puree.
3. Enjoy!

BLUEBERRY SMOOTHIE



Servings: 2
Serving size: 10 oz.
Skill level: beginner
Total time: 5 minutes

Nutrition information:

Provides antioxidants C and E as well as providing no added sugar. This smoothie is rich in fiber yet may lack protein needed – adjust as needed (e.g. ¼ to ½ cup of greek yogurt). Gluten-free, nut free, dairy free.

INGREDIENTS

1 each	Banana, ripe, frozen
1 cup	Blueberries, fresh
¼ cup	Canned coconut milk, full fat
12 oz.	Coconut water, plain/unsweetened
2 T.	Cacao nibs

DIRECTIONS

1. Add all ingredients to a blender and puree until smooth.
2. Enjoy!

MANGO GINGER SMOOTHIE



Servings: 5
Serving size: 6-8 oz.
Skill level: beginner
Total time: 5 minutes

Nutrition information:

Provides antioxidant vitamin E, potassium, monounsaturated fats and dietary fiber.
Gluten-free, dairy free, caffeine free.

INGREDIENTS

1 can	Canned coconut milk, full fat
1 each	Mango, fresh, diced
1 T.	Ginger, fresh, peeled

DIRECTIONS

1. Add ingredients to blender and puree until smooth.
2. Garnish glass with additional mango if desired. Feel free to thin out with unsweetened coconut milk.
3. Enjoy!

CHUNKY MONKEY SMOOTHIE



Servings: 2
Serving size: 12 oz.
Skill level: beginner
Total time: 5 minutes

Nutrition information:

Provides potassium, vitamin E, omega-3 fatty acids and freezes well (turns into a dairy free ice cream). Gluten-free.

INGREDIENTS

2 each	Medium frozen bananas
¾ cup	Canned coconut milk, full fat
½ tsp.	Pure vanilla extract (<i>can always add more</i>)
1 T.	Honey, local (<i>optional</i>)
¼ cup	Walnuts
2 T.	Bittersweet chocolate chips

DIRECTIONS

1. Add the frozen bananas, coconut milk, honey and vanilla extract into a blender and puree until smooth.
2. Add walnuts and blend.
3. Add bittersweet chocolate chips – pulsing for 1-2 seconds at a time to keep the smoothie slightly chunky.
4. Enjoy!



TOASTED PUMPKIN SEED CHOCOLATE MILK

Servings: 6

Skill level: beginner

Serving size: 8 oz.

Total time: 75 minutes

Nutrition information:

Provides antioxidant vitamin E, heart- and brain-healthy monounsaturated fat and magnesium.
Gluten-free, nut free, dairy free.

INGREDIENTS

3 cups	Pumpkin seeds, raw
2 cups +	Water
1 each	Clove, whole
2 ½ T.	Cocoa powder
½ tsp.	Vanilla extract, pure
pinch	Ground cinnamon
¼ cup	100% pure maple syrup

DIRECTIONS

1. Add pumpkin seeds into a large and dry sauté pan. Toast over low heat until just browned, about 2-3 minutes.
2. After pumpkin seeds have browned, add seeds to a quart container with a few ice cubes and cold water (to the top). This prevents continued browning.
3. Soak pumpkin seeds for 45-60 minutes in water.
4. Once soaked, add entire container to blender. Add 2 cups of water and clove.
5. Blend/puree for at least 30 seconds until smooth.
6. Over a large mixing bowl, pour pumpkin seed milk over a fine sieve, leaving the pumpkin seed meal behind to use for future use (e.g. pancake ingredients).
7. Once you have your pumpkin seed milk, add remaining ingredients. Whisk until well combined.
8. Enjoy over ice or add to a small pot and warm through to enjoy as a hot beverage.



SKYTERRA GOLDEN MILK

Servings: 4
Serving size: 3 - 4 oz.
Skill level: beginner
Total time: 10 minutes

Nutrition information:

Tumeric is a plant that provides curcumin, a specific compound that gives turmeric a yellow color and helps reduce inflammation in the body. Gluten-free, dairy-free, nut free, caffeine free.

INGREDIENTS

1 ½ cups	Coconut milk, canned
1 T.	Tumeric, ground
3 each	Cinnamon sticks (or 1 tsp. ground cinnamon.)
1 T.	Honey, local if possible
½ tsp.	100% pure vanilla extract, optional
¼ tsp.	Ground ginger (or 1-inch cube fresh ginger root)
1/8th tsp.	Cardamom, ground
1 tsp.	Black peppercorns, whole

DIRECTIONS

1. Whisk together all ingredients in a small saucepan.
2. Simmer until heated through, stirring occasionally.
3. Enjoy!

This beverage is a nice alternative to coffee, especially for those that find themselves more caffeine dependent.

SKYTERRA EGGNOG

Servings: 4
Serving size: 6 - 8 oz.
Skill level: beginner
Total time: 5 minutes

Nutrition information:

This eggnog is a dairy-free and egg-free version that still provides both comfort and flavor. Gluten-free, dairy free, caffeine free.

INGREDIENTS

2 cups	Cashew milk or nut milk, unsweetened
½ cup	Coconut milk, canned, full fat
1/3 cup	Cashews, raw
4 each	Dates
1 tsp.	Vanilla extract
1 tsp.	Nutmeg, freshly ground
1/8th tsp.	Cinnamon, ground
pinch	Cloves, ground
pinch	Sea salt or pink salt

DIRECTIONS

1. Add all of the ingredients into a high-speed blender and process until smooth and creamy.
2. Serve immediately as is, or add your own personal flair.
3. Add a pinch of freshly ground nutmeg on top.
4. Store in fridge up to seven days in a sealed container. Reblend as desired.
5. Enjoy!





BREAKFAST AND BRUNCH

Start your day with energy and simplicity



BANANA OATMEAL PANCAKES

Servings: 8

Serving size: 1 pancake (have 2 pancakes if needed)

Skill level: beginner

Total time: 30 minutes

Nutrition information:

Provides potassium, dietary fiber and maintains the structure of a fluffy pancake. This pairs well with the blueberry chia jam. Gluten-free, dairy free.

INGREDIENTS

½ cup	Almond milk, unsweetened
2 each	Eggs
1 each	Egg whites
1 ½ each	Bananas, medium
2 T.	Maple syrup, 100 percent pure
1 ½ cups	Rolled oats, gluten-free
2 tsp.	Baking powder
½ tsp.	Salt
1 tsp.	Vanilla extract
½ tsp.	Cinnamon, ground
to prepare	Coconut oil (1 tsp. per 2 pancakes)

DIRECTIONS

1. Add all ingredients except for butter into a blender and puree until smooth.
2. Heat skillet over medium heat.
3. Add 1 tsp. of coconut oil to pan, melt and spread over pan.
4. Pour pancake batter into cakes in pan.
5. Cook 2-3 minutes and flip. Cook another 1-2 minutes. Set aside and continue process until all batter is done.
6. Add toppings of choice. Enjoy!



PUMPKIN OAT MUFFINS

Servings: 12
Serving size: 1 muffin
Skill level: beginner
Total time: 45 minutes

Nutrition information:
Homemade muffins are an easy way to integrate seasonal foods. Extra muffins can be frozen in a sealed ziploc bag for three months. Nut free. Potentially dairy free.

INGREDIENTS

¾ cup Coconut oil, melted
½ cup Maple syrup or honey, local if possible
2 each Eggs, large, room temperature
1 cup Pumpkin puree
1 each Banana, ripe and mashed
½ cup Coconut milk (unsweetend)
or milk of choice
1 tsp. Pure vanilla extract
½ tsp. Cinnamon
1 cup Self-rising flour
¾ cup Oat flour
¾ cup Oats, old fashioned

DIRECTIONS

1. Preheat oven to 325 degrees.
2. Mix all dry ingredients in large mixing bowl and set aside.
3. Mix all wet ingredients in mixing bowl and set aside.
4. In batches, fold the dry ingredients into the wet ingredients until just combined.
5. Scoop dough into a non-stick muffin tin pan or *gently buttered muffin pan*.
6. Bake 20-25 minutes or until golden brown.
7. Cool and enjoy!

BLUEBERRY OAT MUFFINS

Servings: 12
Serving size: 1 muffin
Skill level: beginner
Total time: 45 minutes

Nutrition information:
These muffins are lower in added sugar than most homemade muffins. These freeze well. Nut free.

INGREDIENTS

1½ cups+ 1T. All-purpose flour
¾ cup Oats
½ T. Baking powder
½ tsp. Cinnamon, ground
½ tsp. Salt
1/3 cup Honey, local if possible
1 cup + 2 T. Milk, whole
2 each Eggs, large (*room temp*)
¼ cup Butter, melted
2 tsp. Pure vanilla extract
1 cup Blueberries, fresh

DIRECTIONS

1. Preheat oven to 325 degrees.
2. Mix all dry ingredients in large mixing bowl and set aside.
3. Mix all wet ingredients in mixing bowl and set aside.
4. Make well in dry ingredients and pour the wet ingredients into well.
5. Slowly stir until just combined.
6. Dust blueberries in 1 T. of all-purpose flour.
7. Fold dusted berries into mixture.
8. Scoop dough into a non-stick muffin tin pan.
9. Bake 18-20 minutes or until golden brown. Cool and enjoy!



CASHEW YOGURT



Servings: 12
Serving size: ¼ cup
Skill level: beginner
Total time: 15 minutes

Nutrition information:

Provides magnesium, heart- and brain-healthy monounsaturated fat, medium chain triglycerides, dietary fiber and potassium. Gluten-free, dairy free.

INGREDIENTS

1 cup	Cashews, raw
1 cup	Coconut milk, canned, full fat (<i>equal parts coconut milk to cashews</i>)
½ T.	Honey, local if possible
½ tsp.	Pure vanilla extract
1/8 tsp.	Cardamom, ground (<i>use a pinch</i>)

DIRECTIONS

1. Add all ingredients to Vitamix or strong blender and puree until smooth.
2. Chill in refrigerator until cold and enjoy with berries, toasted coconut and cacao nibs, or however you please.
3. Adjust thickness as needed. Add additional ½ cup coconut milk if you prefer a thinner consistency. Enjoy!

TURKEY APPLE SAUSAGE PATTIES



Servings: 16
Serving size: 1 ½ oz. cooked
Skill level: beginner
Total time: 30 minutes

Nutrition information:

Provides essential amino acids and an easy protein source every morning. Gluten-free, dairy free, nut free.

INGREDIENTS

1 lb	Ground turkey
1 tsp	Sage
1 tsp	Salt
2 medium	Green apples, peeled and shredded

DIRECTIONS

1. Preheat oven to 325°
2. Mix all ingredients in a large bowl.
3. Use your hands to form the mixture into five equally sized patties.
4. Bake for 20-25 minutes, flipping halfway through. Patties should be cooked through and beginning to brown on the edges.
5. Serve immediately or freeze for later use (*up to one month*).
6. Enjoy on a bed of arugula with an optional poached egg. This sausage makes an excellent breakfast!

BLUEBERRY CHIA JAM



Servings: 24
Serving size: 1 T.
Skill level: beginner
Total time: 20-30 minutes +

Nutrition information:

Provides small amounts of vitamin C, omega three fatty acids and antioxidants. Gluten-free, nut free, dairy free.

INGREDIENTS

3 cups	Blueberries, fresh
2 tsp.	Lemon zest
¼ cup	Lemon juice, fresh
3 T.	100 percent pure maple syrup
¼ cup	Chia seeds

DIRECTIONS

1. Bring blueberries, lemon zest, lemon juice and maple syrup to a simmer over medium heat and cook, stirring occasionally for 6-8 minutes.
2. Mash ½ of the blueberries with a spoon and let simmer another 10 minutes.
3. Stir in chia seeds and let simmer another 2 minutes. Remove from heat source.
4. As the jam cools, it will thicken. Cool for 60 minutes if desired. Enjoy over pancakes, oatmeal or toast.

CHIA PUDDING



Servings: 6
Serving size: ¼ cup
Skill level: beginner
Total time: 10 minutes + 2 hours or more

Nutrition information:

Provides heart- and brain-healthy monounsaturated fat, omega-3 fatty acids, potassium and dietary fiber. Gluten-free, dairy free, nut free.

INGREDIENTS

1 can	Coconut milk, full fat (<i>shake well before using</i>)
3 T.	Chia seeds
1 T.	100 percent pure maple syrup

DIRECTIONS

1. Add all ingredients to a mixing bowl.
2. Stir well and refrigerate for at least 2-3 hours prior to serving.
3. Enjoy with nuts, berries or whatever you please.



TOMATO, GREEN ONION AND BACON EGG MUFFINS

Servings: 6

Serving Size: 2 egg bakes/egg muffins

Skill Level: beginner

Total Time: 60 minutes

Nutrition information:

These single-serve frittatas freeze well after baking and cooling and are a great way to consume adequate protein without the hassle. Gluten-free, nut free.

INGREDIENTS

4 each	Bacon, thick-cut strips
½ pint	Cherry tomatoes, halved
½ bunch	Green onion, minced
4 cloves	Garlic, minced
10 each	Eggs
1/3 cup	Whole milk (2% milk would work)
½ tsp.	Salt
¼ tsp.	Black pepper
¼ tsp.	Smoked paprika

DIRECTIONS

1. Preheat oven to 375°
2. Place bacon on baking sheet and cook in oven until done, 10-15 minutes. Set on paper towels.
3. Grease a 12-muffin tin pan with a small amount of bacon grease or with a small amount of oil (using a silicone brush works well).
4. Chop bacon into small pieces.
5. Evenly distribute the bacon, tomatoes, green onion and garlic among each muffin tin.
6. Whisk together the eggs, milk and seasonings.
7. Pour egg mixture on top of the vegetables and bacon, filling each muffin tin $\frac{3}{4}$ of the way to the top.
8. Bake 20-25 minutes. Rest at room temperature for at least 10 minutes prior to removing and serving.
9. Enjoy!!



PUMPKIN SEED GRANOLA

Servings: 12
Serving size: 3 T.
Skill level: beginner
Total time: 45 minutes

Nutrition information:

This is a granola that happens to be lower in added sugar compared to most granolas and contains B vitamins, magnesium, dietary fiber and essential fatty acids. Gluten-free (if using gluten-free oats), dairy free.

INGREDIENTS

1½ cups	Rolled oats
1 cup	Pumpkin seeds
2 T.	Coconut, shredded, unsweetened
¼ tsp.	Cinnamon
2 T.	Honey, local if possible
2 T.	Coconut oil, melted
¼ tsp.	Vanilla extract, pure
¼ cup	Golden raisins (optional)

DIRECTIONS

1. Preheat oven to 275 degrees.
2. Mix all dry ingredients together and blend until well coated and combined.
3. Mix wet ingredients together and pour over dry ingredients.
4. Mix until well coated.
5. Pour onto baking sheet.
6. Bake for 35 minutes - 50 minutes. Stir occasionally if desired.
7. Add granola to mixing bowl and stir in raisins (optional). Cool until ready to enjoy!

BASIL FRITTATA OVER FRESH GREENS

Servings: 4
Serving Size: ¼ of pan + 1 cup greens
Skill level: beginner
Total time: 30 minutes

Nutrition information:

Frittatas or egg bakes are a great way to consume additional vegetables as well as honoring protein and healthy fat intake. Gluten-free, nut free.

INGREDIENTS

8 each	Eggs, large
¼ cup	Goat cheese, crumbled
1 cup	Bell peppers, diced
1 tsp.	Paprika
1 T.	Grapeseed oil
1 cup	Fresh basil, julienned
4 cups	Fresh sorrel greens or greens of choice
2 T.	Olive oil
To taste	Sea salt and pepper

DIRECTIONS

1. In a large bowl, whisk eggs with goat cheese, peppers, basil, paprika, salt and pepper.
2. Preheat large saute pan to low heat. Add grapeseed oil.
3. Add egg mixture and let cook over low heat for about 10 minutes, until eggs settle.
4. Cover the pan for an additional five minutes to ensure the top of the eggs are cooked.
5. Allow the eggs to settle, about 5-10 minutes.
6. Cut into four pie slices when finished.
7. In a bowl, massage sorrel with olive oil and sea salt. Serve frittata slices over dressed greens.





AVOCADO TOAST WITH EGGS AND VEGGIES

Servings: 1

Serving size: composed meal

Skill level: beginner

Total time: 15 minutes

Nutrition information:

This meal is balanced in protein, carbohydrate and fat as well as provides essential micronutrients to the body. Potentially dairy free and nut free.

INGREDIENTS

½ T.	Olive oil
1 cup	Mixed vegetables of choice, chopped (e.g., zucchini, onion, spinach and red bell pepper)
To taste	Salt and pepper
2 each	Eggs, whole, cooked to your preference (e.g., <i>scrambled</i>)
1 slice	Toast (<i>seeded, sprouted, sourdough or preference</i>)
½ each	Avocado, sliced
To taste	Everything bagel seasoning

DIRECTIONS

1. Bring medium sauté pan to medium high heat.
2. Add olive oil followed by the vegetables. Season to taste.
3. Cook vegetables 4-5 minutes or until done to your liking. Set aside.
4. In the same pan, cook eggs to your preference. Add additional oil to pan prior to the eggs if needed. Season to taste.
5. Toast bread and top with avocado and everything bagel seasoning (*optional*). Enjoy!



SWEET POTATO AND VEGETABLE HASH

Servings: 2

Serving size: composed hash + 1-2 eggs

Skill level: beginner

Total time: 25 minutes

Nutrition information:

This breakfast could easily be cooked and served for dinner. The potatoes and onions can be prepared the night before and reheated in the saute pan. Add extra vegetables if desired or needed.

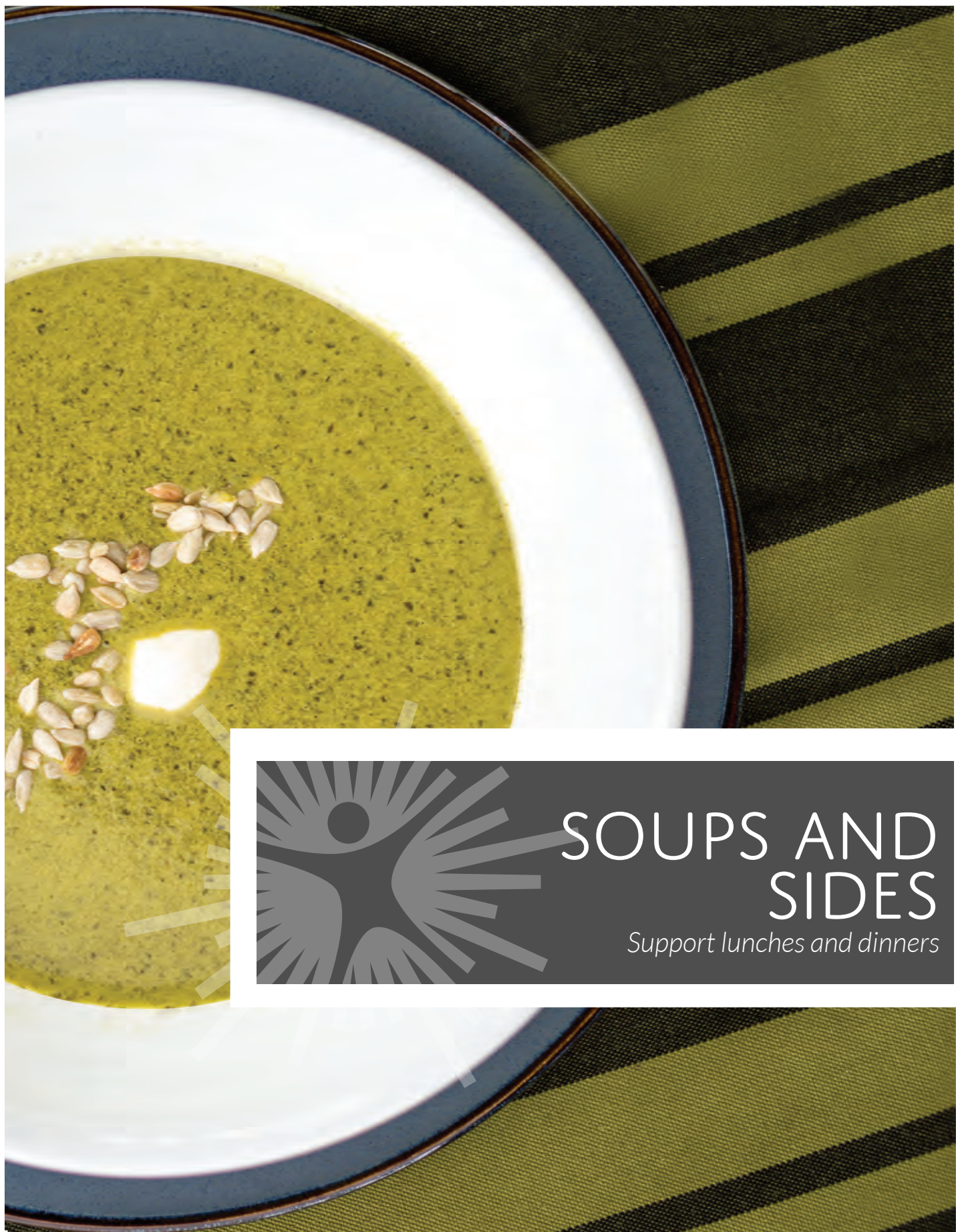
Gluten-free, dairy free, nut free.

INGREDIENTS

1 medium	Sweet potato, diced
1 each	Small onion, chopped
2 cups	Kale, rinsed and cleaned, chopped
3 T.	Grapeseed oil, separated
¼ cup	Fresh sage, chopped
3 each	Thyme, sprigs, leaves removed
to taste	Sea salt and pepper
2-4 each	Eggs (enjoy 1-2 eggs per serving)

DIRECTIONS

1. Heat 2 T. of oil in large saute pan over medium heat.
2. Add sweet potatoes, onion and a splash of water, cover for 3-4 minutes.
3. Uncover and add sea salt, pepper, sage and thyme.
4. Cook everything until potatoes are fork tender, another 5-10 minutes.
5. Stir in kale and cook until kale is done, 2-3 minutes. Set aside.
6. In separate non-stick pan, heat pan to medium heat. Add 1 T. of oil.
7. Cook eggs either sunny side up, over easy or scrambled and plate on top of hash.



SOUPS AND SIDES

Support lunches and dinners



CARROT GINGER SOUP

Servings: 4

Serving size: 8 - 10 oz.

Skill level: beginner

Total time: 30 minutes

Nutrition information:

This soup is high in vitamin A, dietary fiber and other anti-inflammatory compounds from the garlic and ginger. Gluten-free, nut free, dairy free.

INGREDIENTS

1 T.	Olive oil
8 each	Carrots, large, peeled, coarsely chopped
3 each	Garlic cloves, whole
2-4 T.	Ginger, fresh, peeled, chopped
1 tsp.	Chicken base/paste (Molly's brand was used in recipe)
3-4 cups	Water (just enough water to cover vegetables/carrots)
¼ cup	Coconut milk, canned, full fat
to taste	Salt and pepper
4 tsp.	Sesame seeds, toasted

DIRECTIONS

1. Preheat large pot or dutch oven to medium heat.
2. Add olive oil followed by the chopped carrots, garlic, ginger and chicken paste.
3. Cook ingredients for 3-4 minutes until slightly brown.
4. Add just enough water to cover the vegetables, about 3-4 cups.
5. Simmer vegetables for 15-20 minutes or until carrots are fork tender.
6. Remove soup from the heat. Puree soup until smooth using an immersion blender.
7. Add coconut milk and seasoning. Puree. Add additional water if you want your soup thinner.
8. Top each serving with a drizzle of coconut milk (optional) and toasted sesame seeds.



POTATO LEEK SOUP

Servings: 6 - 8
Serving size: 10-12 oz.
Skill level: Beginner
Total time: 45 minutes

Nutrition information:

This soup is rich in potassium, fiber and other micronutrients that support cellular health. Gluten-free, nut free, dairy free.

INGREDIENTS

1 T.	Olive oil
10 each	Garlic cloves, whole
3 ½ cups	Leeks, chopped
1 small	Red onion, julienned
5 each	Red potato, small, (large dice)
6-8 cups	Vegetable stock or chicken stock (<i>fill to just covering potatoes</i>)
To taste	Salt and pepper

DIRECTIONS

1. Bring large stockpot to medium/high heat.
2. Add olive oil and garlic cloves. Cook for 2 minutes.
3. Add leeks and onion, stir. Cook 3-4 minutes.
4. Add potatoes followed by the vegetable stock. Add liquid so it just covers or reaches the potatoes.
5. Bring heat up so the soup begins to simmer.
6. Simmer until potatoes are fork tender, about 15 minutes.
7. Turn the heat source off. Use an immersion blender to puree the soup.
8. Season with salt and pepper to taste.

WATERMELON GAZPACHO

Servings: 8
Serving size: 1 cup
Skill level: beginner
Total time: 75 minutes

Nutrition information:

Watermelon is a great source of lycopene as well as vitamin C and water. Enjoy this gazpacho up to two days in a sealed container. Gluten-free, nut free, dairy free.



INGREDIENTS

6 cups	Watermelon, seedless, diced, separated
1 ½ each	English cucumber, diced (<i>adjust to taste</i>)
¼ cup	Mint, fresh, chopped
¼ cup	Basil, fresh, chopped
2 T.	Sherry wine vinegar (<i>adjust to taste</i>)
1 ½ each	Lime juice, fresh

DIRECTIONS

1. Add 4 cups of the watermelon to a blender and puree until smooth. Feel free to strain if desired, but it isn't necessary.
2. Dice the remaining watermelon and place in a large mixing bowl (2-3 cups worth of diced watermelon).
3. Add watermelon puree followed by the remaining ingredients.
4. Chill in fridge for at least 60 minutes.
5. Enjoy!



APPLE FENNEL SOUP

Servings: 6

Serving size: 10 - 12 oz.

Skill level: beginner

Total time: 30 minutes

Nutrition information:

Provides prebiotic rich fiber from fennel and apple as well as being a fantastic starter or side soup to any entree. Gluten-free, nut free, dairy free.

INGREDIENTS

2 T. Olive oil
8-10 each Garlic cloves
2 each Fennel bulb, stalks removed, bulb, cut into ½ inch pieces
5 cups Broth of choice
4 each Granny smith apples, chopped into bite size pieces

DIRECTIONS

1. Bring medium pot to medium heat.
2. Add olive oil. Cook garlic until just brown, ~3-5 minutes.
3. Add cut fennel bulb with some fennel leaves to the pot, cook for 3-5 minutes until brown. If you don't want a dark hue to the soup, do not cook as long/brown the fennel or garlic.
4. Add broth and bring heat up to medium high or high to create a roaring boil for ~5-10 minutes.
5. Once soup has developed more flavor and is slightly reduced, bring heat to a low simmer and add chopped apple.
6. Cook for 10 minutes until apple has softened. Puree with immersion blender or leave as is.

CAULIFLOWER BISQUE

Servings: 4

Serving size: 6 - 8 oz.

Skill level: beginner

Total time: 5 minutes

Nutrition information:

Cauliflower is rich in sulfur compounds that are linked to cancer prevention. Freeze any leftovers or make a double batch to freeze up to three months.

INGREDIENTS

2 T. Olive oil or high-heat-based oil (e.g., grapeseed)
5-7 each Garlic cloves, peeled
1 each Cauliflower head, large, stem removed
1 T. Chicken stock base
to taste Salt and pepper

DIRECTIONS

1. Bring a large stockpot to medium heat.
2. Add olive oil followed by garlic cloves and cook until it smells good, about 3-4 minutes.
3. Add cauliflower florets and stir.
4. Add enough water to the pot to reach 2 inches above cauliflower.
5. Bring soup to a boil and simmer until cauliflower is fork tender, about 10-15 minutes.
6. Bring heat to a low, stir in 2 T. of chicken stock or beef stock base.
7. Turn heat off. Use immersion blender to puree soup. Season to taste. Enjoy!





ROASTED TOMATO SOUP

Servings: 6

Serving size: 8 - 10 oz.

Skill level: beginner

Total time: 60 minutes

Nutrition information:

Tomatoes are rich in lycopene, a micronutrient that supports eye health. This soup pairs well with a side chicken salad or grilled cheese sandwich or pita. Gluten-free, dairy free, nut free.

INGREDIENTS

4 T.	Olive oil, separated
1 lb.	Roma tomatoes, halved
1 medium	Red onion, diced
8 cloves	Garlic, chopped
1 tsp.	Thyme, dried
2 T.	Tomato paste
3 each	Bay leaves
6 cups	Bone broth, vegetable broth or water
to taste	Sea salt and pepper

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Place tomatoes on parchment paper. Coat halved Roma tomatoes with 2 T. of olive oil, salt and pepper. Roast for 30-35 minutes.
3. While the tomatoes are roasting, bring large stock pot to medium high heat.
4. Add 2 T. olive oil to pot followed by the garlic and onion. Stir. Cook for 3-4 minutes or until onion is translucent.
5. Add thyme, salt and pepper to the garlic and onion, stir.
6. Add the roasted tomatoes to the pot, stir.
7. Remove the mixture from the heat. Use an immersion blender to puree the tomatoes.
8. Place pot back on the heat. Add water, stock or broth. Bring to a boil.
9. Once it boils, bring the heat down to a simmer and reduce for 10-20 minutes.
10. Season to taste. Enjoy!



SWEET POTATO GRATIN

Servings: 8

Serving Size: ~ ½ cup cooked or 1/8 of pan

Skill level: intermediate

Total time: 60 minutes

Nutrition information:

Rich in vitamin A and potassium and not as rich as a traditional gratin. Enjoy with your favorite protein and non-starchy vegetable. Gluten-free, nut free.

INGREDIENTS

4 each	Sweet potatoes, medium to large, rinsed, sliced 1/8 inch thick
1 cup	Half and half
2 each	Garlic cloves, minced
1 ½ tsp.	Smoked paprika
to taste	Salt and pepper
½ T.	Coconut oil or oil of choice, melted
½ cup	Havarti cheese, grated

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Slice sweet potatoes and set aside. Make sure to slice thin, use mandolin if possible. Be extremely careful of your knuckles if using a mandolin.
3. In a small mixing bowl, combine half and half with minced garlic and seasoning. Set aside.
4. Grease 9 x 9 or medium large casserole pan with oil.
5. Make 3-4 layers of the sweet potatoes in the pan.
6. Pour half and half mixture on top.
7. Bake for 30 minutes or until potatoes have softened. Remove and sprinkle shredded cheese on top.
8. Bake additional 10 minutes or until cheese has slightly browned.
9. Cool for 5-10 minutes before slicing. Enjoy!

SALT-ROASTED BEETS



Servings: 6
Serving size: ½ roasted beet
Skill level: beginner
Total time: 90 minutes

Nutrition information:

Provides numerous antioxidants as well as nitrates that are helpful for the body to better utilize oxygen. Gluten-free, nut free, dairy free.

INGREDIENTS

3 each	Beets, medium to large, rinsed
2 lb. box	Kosher salt

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Place beets in a baking pan that has higher sides (e.g., 9 x 9 stainless steel that is the height of the beets).
3. Pour kosher salt on top of the beets until they are completely covered. You will most likely NOT use the entire box of salt.
4. Cover pan with foil.
5. Bake for 1 hour.
6. Remove from oven and rest for at least 30 minutes.
7. Wipe off the skin of the beets with a towel you are willing to either destroy or bleach.
8. Enjoy!

ROASTED BROCCOLINI WITH GARLIC



Servings: 3
Serving size: 1/3 of roasted broccolini
Skill level: beginner
Total time: 30 minutes

Nutrition information:

Rich in dietary fiber, antioxidants, essential fatty acids and compounds to improve blood pressure from the garlic cloves. Gluten-free, nut free, dairy free.

INGREDIENTS

1 bunch	Broccolini (~1 lb.)
6-8 cloves	Garlic, halved
2 T.	Olive oil
½ tsp.	Salt
To taste	Black pepper

DIRECTIONS

1. Preheat oven to 375 degrees.
2. Prepare ice water bath (cold water and ice cubes) in a large stainless steel bowl.
3. Bring large pot of water to a boil. Once boiling, add broccolini to pot until broccolini turns bright green (3-4 minutes).
4. Using tongs, remove broccolini from boiling water and place into ice water bath. Sit in ice water bath for 10 minutes. Remove and dry off.
5. Place broccolini in large bowl and toss with garlic, olive oil and seasoning.
6. Place on baking sheet and roast for 10-15 minutes.

QUINOA TABBOULEH



Servings: 2
Serving size: 1 cup
Skill level: beginner
Total time: 60 minutes

Nutrition information:

Provides B vitamins, essential amino acids, dietary fiber, vitamin C and vitamin K. This pairs well with pan-seared salmon and creamy cucumber dressing for a light sauce. Gluten-free, nut free, dairy free.

INGREDIENTS

½ cup	Quinoa, cooked (<i>any cooked whole grain would work</i>)
½ cup	Parsley, fresh, chopped
1 large	Tomato, diced
1 each	English cucumber, diced
¼ each	Red onion, diced
1 tsp.	Garlic, minced
2 each	Lemons, juiced
1 T.	Extra virgin olive oil
To taste	Salt

DIRECTIONS

1. Cook quinoa and set aside to cool, 20-30 minutes.
2. Chop and dice other ingredients and place in large mixing bowl.
3. Mix in cooled quinoa and enjoy!

ROASTED BUTTERNUT SQUASH MASH



Servings: 4
Serving size: ½ to ¾ cup cooked
Skill level: beginner
Total time: 90 minutes +

Nutrition information:

Provides vitamin A, potassium and dietary fiber. Gluten-free, nut free, dairy free.

INGREDIENTS

1 each	Butternut squash, medium
1 T.	Coconut oil
¼ tsp.	Kosher or sea salt
¼ tsp.	Ground cinnamon
¼ tsp.	Nutmeg, freshly ground

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Place butternut squash on a baking sheet. Place in the oven.
3. Bake butternut for 60-75 minutes, turning occasionally, until tender.
4. Cool the butternut squash at room temperature for 45-60 minutes.
5. Peel the skin off the butternut with your hands or with a knife.
6. Cut butternut squash in half if needed. Spoon out seeds (inside of the squash).
7. Place flesh of butternut squash in bowl.
8. Mix or mash coconut oil and seasonings to the squash, to your desired texture and flavor. Enjoy!



HERBED GOAT CHEESE SALAD WITH HONEY LAVENDER VINAIGRETTE

Servings: 4

Serving size: composed salad

Skill level: beginner

Total time: 60 minutes +

Nutrition information:

This salad gives you a dose of your dark leafy greens topped with both savory and sweet flavors that will help balance out any subtle bitterness. Gluten-free, nut free.

INGREDIENTS

4-6 cups Arugula or dark leafy greens of choice

Herbed goat cheese (makes 8 servings):

8 oz. Chevre cheese or goat cheese of choice, room temperature

½ each Garlic clove, minced

3 T. Mixed herbs, minced (*rosemary, sage and Italian flat leaf parsley*)

To taste Ground black peppercorns

Honey Lavender Vinaigrette (makes 24 servings):

½ each Shallot, minced or small diced

1 ½ cups Olive oil

¼ cup Champagne vinegar

3 T. Honey, local

1 T. Lavender

½ tsp. Kosher salt

DIRECTIONS

1. Allow goat cheese or chevre cheese to come to room temperature.

2. Place goat cheese in a medium mixing bowl. Add garlic and herbs to goat cheese. Mix well with your hands until it all comes together.

3. Create eight ½-oz. balls of herbed goat cheese and set aside.

4. On a cutting board, crack black pepper into a small pile. Roll each goat cheese ball lightly into the black pepper, just enough to coat just slightly.

5. To prepare the vinaigrette, add all ingredients into a ball jar or quart container and shake or whisk until well combined. Ideally, the vinaigrette will develop more flavor if it rests for at least 4-6 hours.

6. Prepare each salad by placing arugula on a plate followed by 2-½ oz. herbed goat cheese balls followed by a heaping tablespoon of the dressing. Enjoy!

7. Save leftover herbed goat cheese and the vinaigrette for future use throughout your week.



HONEY PICKLED COLLARD GREENS

Servings: 6

Serving size: ¼ cup collards + small amount (1-2 T.) of brine

Skill level: beginner

Total time: 70 minutes + 48 hours to rest

Nutrition information:

Collard greens are rich in vitamin E, vitamin K and dietary fiber. These pickled collards are great to pair with BBQ chicken and roasted butternut squash mash. Gluten-free, nut free, dairy free.

INGREDIENTS

2 lbs.	Collards, rinsed, large stems removed, coarsely shredded
4 cups	Water
1 cup	White distilled vinegar
¾ cup	Local honey – make sure to use local honey
4 tsp.	Kosher salt
2 tsp.	Peppercorns to taste

DIRECTIONS

1. Add water, vinegar, honey, salt and peppercorns to a large pot. Stir.
2. Bring to a boil then immediately reduce to simmer lower medium heat.
3. Allow the honey to completely dissolve, about 3-4 minutes. Stir occasionally.
4. Add the collard greens and lightly simmer for 2-3 minutes until bright green and al dente.
5. Remove collards from pot using tongs and evenly distribute into two mason quart jars.
6. Pour brine over the collards. Cool to room temperature, about 1 hour, then seal tightly with lid.
7. Allow the collards to sit in refrigerator for at least 36-48 hours prior to eating to allow the flavors to develop.



ROASTED CORN

Servings: 6
Serving size: ½ ear
roasted corn
Skill level: beginner
Total time: 35 minutes

Nutrition information:

Corn isn't as nutrient dense as it used to be, but it does provide a nice crunch, especially in the months when corn is fresh. Gluten-free, nut free.

INGREDIENTS

3 ears	Ears of corn, local, husks removed, cleaned
½ T.	Butter or olive oil
½ tsp.	Kosher salt
½ tsp.	Pepper

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Prep the ears of corn by removing the husk and cleaning off the strings.
3. Place ears of corn on a large baking sheeting and evenly divide the butter or oil by rubbing a small amount on every ear of corn.
4. Season with salt and pepper.
5. Roast corn in the oven for 20-25 minutes, rotating throughout the roasting time.
6. Allow the corn to cool at least 5-10 minutes. Shave off the kernels with a knife.

GUACAMOLE

Servings: 10
Serving size: ¼ cup
Skill level: beginner
Total time: 10 minutes

Nutrition information:

Avocados provide a great source of anti-inflammatory fats as well as vitamin E and fiber. Gluten-free, dairy free, nut free.

INGREDIENTS

8 each	Avocados, ripe, diced
1 head	Cilantro, fresh, minced
1 each	Tomato, diced
½ each	Jalapeno, deseeded, minced
4 each	Limes, juiced
¼ tsp.	Kosher salt
¼ tsp.	Pepper

DIRECTIONS

1. In a medium mixing bowl, add all ingredients and mash with fork until texture of choice.
2. If you have a mortar and pestle, use this to create the guacamole.
3. Keep extra guacamole in a sealed container as it can go bad relatively quickly in the refrigerator.





ENTREES AND PROTEINS

Recipes to satisfy and please your palate



CHICKEN GUACAMOLE SALAD

Servings: 4

Serving size: composed meal

Skill level: intermediate

Total time: 60 minutes

Nutrition information:

This meal provides your daily needs for vitamin C as well as ensures adequate protein in both plant and animal form. Gluten-free, nut free, dairy free.

INGREDIENTS

1 batch	Roasted corn (see recipe)	½ cup	Black beans, canned, low-sodium, drained and rinsed
1 batch	Roasted tomatillo guacamole (see recipe)	1 cup	Tomatoes, diced (any tomato of choice)
¾ lb.	Chicken breast filet, local if possible	2 each	Daikon radish, thinly sliced (any radish of choice)
2 tsp.	Extra virgin olive oil	15-20 each	Blue or yellow corn tortilla chips, baked
¼ tsp.	Kosher salt	4 each	Limes, halved
¼ tsp.	Pepper		
12 cups	Baby spinach, local if possible		

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Prepare roasted corn and roasted tomatillo guacamole recipes.
3. While corn and tomatillos are roasting, bake chicken breast with olive oil, salt and pepper on a large baking pan or casserole dish.
4. Remove chicken from oven and cool for 10 minutes until ready to dice.
5. Assemble salad with the following: 3 cups baby spinach, ½ ear worth of roasted corn, 2 T. black beans, ¼ cup tomatoes, ½ radish and 3-5 tortilla chips.
6. For each salad, combine ¼ cup of the Tomatillo Guacamole with ¼ cup of diced baked chicken breast. Mix with a fork until a chicken guacamole salad is created.
7. Top the salad with ½ cup of chicken guacamole and 1 halved lime (do not juice).



CHICKEN AND APPLE SALAD

Servings: 4

Serving size: composed salad

Skill level: beginner

Total time: 60 minutes +

Nutrition information:

This composed meal is balanced with protein, carbohydrates, healthy fats and fiber. Dairy free.

INGREDIENTS

1 ½ lbs.	Chicken breast	1/2 cup	Red onion, sliced/julienned
1 T.	Olive oil	2 T.	Dried cranberries
2 T.	Mixed herbs and seasonings (rosemary, sage, parsley, garlic, salt, pepper)	1 cup	Farro, cooked
		½ T.	Apple cider vinegar
2 heads	Romaine, chopped	¼ tsp.	Salt
¼ cup	Pecans, toasted	¼ cup	Pecan vinaigrette dressing (see recipe)
1 each	Green apple, sliced		

DIRECTIONS

1. Marinate chicken breast with olive oil, mixed herbs and seasonings. Cover and chill for at least 30 minutes.
2. Preheat oven to 350 degrees.
3. Place pecans on baking sheet and toast for 5-7 minutes until fragrant. Set aside.
4. Cook farro and set aside once done.
5. While farro is cooking, slice and prepare remaining ingredients, including the dressing if needed.
6. Preheat grill to high heat. Grill chicken breast on each side for roughly 4 minutes each side. Turn chicken breast at 45 degree angle to ensure grill marks.
7. Place chicken on baking sheet and finish cooling until done to an internal temp of 160-165 degrees.
8. Let chicken and farro cool and mix together in bowl with 2 T. of dressing, apple cider vinegar and pinch of salt.
9. Compose salad with sliced apples, onion, toasted pecans, cranberries and chicken farro mixture. 10. Garnish each salad with the remaining dressing. Enjoy!



BALSAMIC BRAISED SHORT RIBS

Servings: 4

Serving size: 1 short rib (allow for leftovers or some may want more than 1 short rib) + 2 oz. of sauce and vegetables

Skill level: intermediate

Total time: 5 hours +

Nutrition information:

We offer raised short ribs at Skyterra during special occasions to highlight comfort food. Given the richness of the short ribs, these pair well with mashed cauliflower or a parsnip and potato puree. Gluten-free, nut free, dairy free.

INGREDIENTS

6 bones	Short ribs, local if possible (e.g. Hickory Nut Gap Farm)	½ T.	Tomato paste
2 T.	Olive oil	½ T.	Dijon mustard
	Salt and pepper	4 oz.	Red wine
1 each	Yellow onion, chopped	4 oz.	Balsamic vinegar
2 each	Carrots, medium, chopped	4 each	Roma tomatoes, diced
4 each	Celery stalks, chopped		Broth (enough to barely submerge your short ribs)
4 each	Garlic cloves	4 stems	Thyme, fresh

DIRECTIONS

1. Season the short ribs on all sides liberally with salt and pepper and allow them to come to room temperature (30 minutes).
2. Preheat oven to 400 degrees.
3. Preheat a heavy bottom saucepan or roasting pan to medium high heat.
4. Add olive oil to the pan.
5. Using tongs, sear all 4 sides of the short ribs until browned, about 2-3 minutes per side. Set aside on plate or baking sheet.
6. In cooking pan used to sear the short ribs, add the onion, carrots, celery and garlic. Cook for 4-5 minutes. Then add both the tomato paste and dijon mustard and stir well. Cook 2-3 minutes or until the tomato paste starts to brown.
7. Deglaze the pan with red wine and cook for 2-3 minutes.
8. Add the diced tomatoes followed by the broth and cook for additional 2-3 minutes. Add short ribs to the pan. Add the fresh thyme sprigs.
9. Cover with foil or lid and place in oven for at least 4 hours until the meat is tender and falling off the bone. CAREFULLY remove everything from the oven and use mitts to remove the tin foil. Taste and adjust seasoning as desired.



ADZUKI BEAN BURGERS

Servings: 14

Serving size: ½ cup sized burgers

Skill level: intermediate

Total time: 90 minutes

Nutrition information:

Adzuki beans are higher in protein per ounce compared to other beans. You may need to order these beans online as they are harder to find in traditional grocery stores. These burgers freeze well and easily reheat in your oven or on the stove top. Gluten-free, nut free, dairy free.

INGREDIENTS

2 cups	Adzuki beans, cooked (takes roughly 60 minutes to cook)	Lentil & Oatmeal Mix:	
4 each	Carrots, chopped	1 cup	Lentils, cooked
1 ½ each	Red onion, chopped	1 cup	Oatmeal, cooked
1 ½ cups	Oats, raw		
1 T.	Salt	3-4 T.	Olive oil, separated (use for cooking/searing burgers)
1 tsp.	Garlic powder		
2 oz.	Lemon juice		

DIRECTIONS

1. Cook adzuki beans, set aside.
2. Cook oatmeal and lentils, mix together, set aside.
3. Add carrots and onion to food processor. Pulse until just diced.
4. Add adzuki beans to carrots and onion. Pulse until it forms hummus-like texture.
5. Remove mixture and place into large mixing bowl.
6. Add lentil and oatmeal mixture to adzuki bean mixture. Integrate raw oats, lemon juice, salt and garlic powder into the bean mixture. Mix with hands until well combined.
7. Form 14 ½-cup patties/burgers. Feel free to adjust portion for you.
8. Preheat oven to 350 degrees.
9. Preheat large saute pan to medium heat. Working in batches, sear bean burgers in olive oil on both sides and place on large baking pan.
10. Finish cooking burgers in oven, roughly 5-7 minutes. Enjoy!



BEEF STEW

Servings: 8 - 10
 Serving size: 10 - 12 oz.
 Skill level: intermediate
 Total time: 60 minutes

Nutrition information:

This stew is warm, cozy and provides potassium, vitamin A and essential amino acids. Nut free, dairy free. To make gluten-free, use quinoa flour.

INGREDIENTS

3 T.	Olive oil, separated	6-8 oz.	Cooking wine, red
10 each	Garlic cloves, minced	8 each	Red potatoes, small, medium diced
6 each	Parsnips, peeled, cut into thirds, medium diced	2 lbs.	Beef tips, grass-fed or local if possible
6 each	Carrots, peeled, cut into thirds, medium diced	8-10 cups	Vegetable or beef stock, homemade or purchased
1 each	Red onion, julienned	To taste	Salt
1/3 - 1/2 cup	All-purpose flour	To taste	Black pepper

DIRECTIONS

1. Mince garlic, medium dice the parsnips and carrots, and julienne the onion. Mix together.
2. Preheat large stockpot to medium high heat. Add 2 T. olive oil followed by the previously diced vegetables, including the garlic. Stir and cook for 5-7 minutes, until fragrant.
3. Add additional 1 T. of olive oil to the pan followed by the AP flour to create a roux. Continue to stir and drag the spoon at the bottom of the pan to ensure everything mixes together. Cook for 1 minute.
4. Deglaze the pan with cooking wine. Bring heat slightly down to medium heat.
5. While everything is marinating together, cook beef tips separately in a cast iron pan or sauté pan over medium high heat. Season as desired with salt and pepper.
6. Once cooked, roughly 4-6 minutes, add to the stockpot. Stir.
7. Add broth to pan followed by the potatoes. Bring to a simmer.
8. Simmer for 15-20 minutes until the potatoes are tender. Season to taste (salt and pepper). Serve immediately.
9. This will freeze well if cooled down properly then stored in freezer-friendly containers.



GRILLED SALMON WITH MUSTARD TARRAGON VINAIGRETTE

Servings: 4

Serving Size: 5 oz. cooked + 1 T. vinaigrette

Skill level: beginner

Total time: 30 minutes

Nutrition information:

Provides antioxidant vitamin A, heart- and brain-healthy omega-3 fatty acids, and essential amino acids. Gluten-free, nut free, dairy free.

INGREDIENTS

Dressing (makes 12 servings):

3 T.	Dijon mustard, smooth
¼ cup	Apple cider vinegar
¼ cup	Honey
2 T.	Tarragon, dried
½ cup	Olive oil
½ tsp.	Salt

Salmon:

1 ½ lbs.	Salmon, 5-6 oz. filets
¼ tsp.	Salt and pepper
2 T.	Grapeseed oil

DIRECTIONS

1. Preheat oven to 200 degrees.
2. Preheat grill to medium high heat.
3. In a medium bowl, mix all dressing ingredients with a whisk until well combined. Set aside. Can be kept in sealed container up to two weeks.
4. Rub each salmon filet with a small amount of olive oil. Season salmon with salt and pepper.
5. Place salmon (flesh side) on grill. Sear for 3-4 minutes then turn 45 degrees for grill marks. Sear for another 2-3 minutes.
6. Place salmon on baking sheet and place in oven.
7. Cook salmon in oven for another 10-20 minutes or until done (depends on thickness of the fish).
8. Once done, place salmon onto plate and drizzle with ~1 T. of the mustard tarragon vinaigrette.
9. Enjoy with cooked quinoa and sautéed vegetables or whatever sides you prefer.



TURKEY BURGERS WITH SWEET POTATO FRIES AND GREEN BEANS

Servings: 4

Serving size: 4 oz. turkey burger + ½ roasted sweet potato + ~ ¾ cup roasted green beans + ¼ cup cooked grain (optional) + ¼ cup caramelized onion + tomato and lettuce + ¼ avocado

Skill level: beginner

Total time: 60 minutes

Nutrition information:

This meal provides your daily needs for vitamin C as well as ensures adequate protein in both plant and animal form. Gluten-free, nut free, dairy free.

INGREDIENTS

2 T. + 1 tsp.	Olive oil, separated	1 lb.	Ground turkey, formed into 4, 4 oz. patties
2 each	Sweet potatoes, medium, cut into "fries"	1 cup	Whole grain of choice, cooked (e.g., barley, farro, rice – optional)
1 tsp.	Salt, separated	1 each	Tomato, sliced
to taste	Black pepper	1 cup	Bibb lettuce leaves
1 lb.	Green beans, fresh, rinsed, ends trimmed	1 each	Avocado, sliced
2 each	Red onion, julienned		

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Optional: cook whole grain of choice. Set aside.
3. Roast sweet potatoes and green beans on separate baking sheets. Season with 1 T. of olive oil and salt/pepper to taste. Both vegetables should take 15-20 minutes to roast. Check on vegetables every 10 minutes.
4. While vegetables are roasting, bring large sauté pan to medium heat. Add 1 tsp. of oil followed by red onion. Cook onion low and slow until caramelized, about 15-30 minutes.
5. Preheat cast iron pan or grill to high heat. Season both sides of turkey patties with salt and pepper. Sear on both sides for 4-6 minutes. Finish in the oven if needed until desired doneness, another 5-8 minutes.
6. Assemble plate with lettuce, tomato and burger topped with caramelized onion and avocado. Serve with roasted vegetables and whole grain if desired.
7. Enjoy!



ZUCCHINI ALFREDO

Servings: 6

Serving size: ¼ cup of sauce + 1 cup of cooked zucchini noodles

Skill level: beginner

Total time: 20 minutes

Nutrition Information:

This zucchini and alfredo base pairs well with seared chicken thighs, sautéed mushrooms and caramelized onions. Gluten-free, dairy free.

INGREDIENTS

Alfredo sauce base (serves 6-8):

2 cups	Cashews, raw
2 cups	Coconut milk, full fat, canned
3 each	Garlic cloves
1/8th tsp.	Nutmeg, ground
½ tsp.	Kosher salt

Zucchini noodles (serves 2):

2 each	Zucchini, mandolin or spiraled into long strips
1 tsp.	Olive oil
½ each	Shallot, minced
¼ cup	Vegetable or chicken broth
2-3 T.	Parsley, flat leaf, fresh, chopped

DIRECTIONS

1. For the alfredo sauce, add all base ingredients into a blender and puree until smooth, about 30 seconds. Season to taste. Set aside.
2. Add olive oil to a medium sauté pan and bring to medium high heat. Add shallot and cook 2-3 minutes.
3. Add zucchini noodles to the pan and cook 1-2 minutes, stirring occasionally.
4. Add ~1/3 to ½ cup of the alfredo sauce to the pan followed by ¼ cup broth of choice. Stir well and combine until just warmed through, about 1 minute.
5. Finish by adding fresh parsley. Season to taste. Enjoy!



PAN-SEARED SALMON WITH BRUSSELS SPROUTS AND SWEET POTATOES

Servings: 4

Serving Size: 5 - 6 oz. salmon + 1/3 to 1/2 cup cooked sweet potato + 1 cup roasted brussels sprouts

Skill level: beginner

Total time: 60 minutes +

Nutrition information:

This meal provides your daily needs for vitamin C as well as ensures adequate protein in both plant and animal form. Gluten-free, nut free, dairy free.

INGREDIENTS

Salmon:

4 each Salmon filets, skin on or skin off,
5-6 oz. per filet (score salmon skin
if desired with sharp boning knife
if keeping the skin on)
1 1/2 T. Coconut oil
to taste Salt and pepper

Sweet Potatoes:

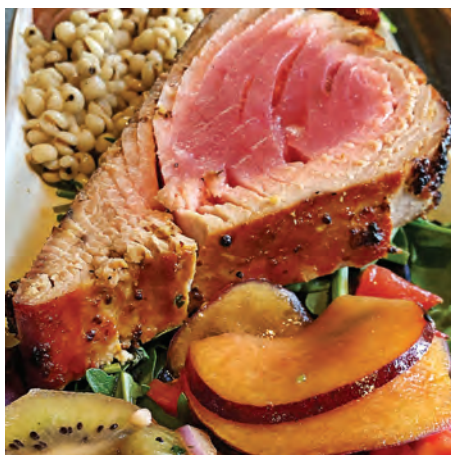
2 each Sweet potatoes, medium,
peeled, diced
2 T. Olive oil
1/2 tsp. Kosher salt
1/4 tsp. Black pepper, ground

Brussels sprouts:

1 1/2 lbs. Brussels sprouts, stems
removed, halved
2 1/2 T. Olive oil
1/2 tsp. Kosher salt
1/4 tsp. Black pepper, ground

DIRECTIONS

1. Preheat oven to 375 degrees.
2. Place halved brussels sprouts into medium mixing bowl and toss with olive oil, salt and pepper. 3. Place on baking sheet. Bake brussels sprouts for 30-35 minutes.
4. Place diced sweet potatoes into the mixing bowl and toss with olive oil, salt and pepper. Place on baking sheet. Bake 15-25 minutes, stirring halfway through and keep your eye on these so they do not burn. While vegetables are roasting, preheat a large sauté pan to medium high heat.
5. Remove moisture from salmon with paper towel then season all sides with salt and pepper.
6. Add coconut oil to the preheated pan. Sear salmon, skin side first, for at least 3-4 minutes until slightly crisp. Turn over and sear other side 2-4 minutes.
7. Place salmon in the oven to finish cooking, an additional 4-10 minutes depending on the thickness of the salmon. Enjoy salmon over roasted sweet potatoes and a heaping side of roasted vegetables.



MAPLE MUSTARD SEARED TUNA

Servings: 4

Serving size: 5 oz. marinated and finished filet

Skill level: beginner

Total time: 75 minutes

Nutrition information:

Tuna is a great option to pair with cauliflower rice or any rice of choice. Gluten-free, nut free, dairy free.

INGREDIENTS

3 T.	100 percent pure maple syrup
2 T.	Dijon mustard
1 T.	Hemp seeds
1 tsp.	Thyme, dried
¼ cup	Lemon juice
4, 5 oz.	Ahi tuna filets
to taste	Kosher salt
to taste	Black pepper, ground

DIRECTIONS

1. Add all wet ingredients and thyme into a medium bowl and stir.
2. Add tuna filets to the wet mixture and marinate for 30-60 minutes, *covered and sealed in refrigerator*.
3. Preheat grill or large sauté pan to medium high heat.
4. Remove tuna filets from the marinade and season both sides of each tuna filet with a pinch of salt and pepper.
5. Sear one side of the tuna, about 2-3 minutes.
6. Sear other side of tuna, 2-3 minutes. Enjoy rare or free to bake tuna in oven if you desire more medium or well-done tuna (350 degrees until desired doneness).



DRESSINGS AND SAUCES

Flavors that set meals apart



HOMEMADE MAYONNAISE

Servings: 32
 Serving size: 1 T.
 Skill level: beginner
 Total time:
 15 minutes +

Nutrition information:

This condiment works great as a base to numerous aiolis. Mix and match with seasonings such as paprika, roasted garlic and more. Gluten-free, nut free, dairy free.

INGREDIENTS

2 each	Eggs, whole, at room temperature
2 T.	Dijon mustard
1 T.	Vinegar (recommend red wine, champagne or apple cider vinegar)
½ tsp.	Salt
1 ½ cups	Olive oil

DIRECTIONS

1. Add eggs, dijon mustard, vinegar and salt into a bowl and puree until smooth (use immersion blender or food processor for best results).
2. Once blended, very slowly add olive oil into mixture while also blending. This should take 3-5 minutes until you have the texture of mayonnaise.
3. It is important to make sure you are blending while adding the olive oil very slowly for best results.
4. Store in airtight container and refrigerate until ready to use.
5. Use mayonnaise as the base to numerous aiolis (mayonnaise-based sauce) or as a condiment to your favorite sandwich.

CAESAR DRESSING

Servings: 4
 Serving size: 1 ½ to 2 T.
 Skill level: beginner
 Total Time: 10 minutes

Nutrition information:

Provides a creamy yet nutrient-dense version of caesar dressing. Gluten-free, nut free.

INGREDIENTS

2 each	Garlic cloves
2 each	Egg yolks
2 T.	Lemon juice, fresh
¾ tsp.	Dijon mustard
1 T.	Red wine vinegar
1 T.	Worcestershire sauce
3 T.	Parmesan cheese
¼ cup	Extra virgin olive oil
to taste	Salt
to taste	Black pepper

DIRECTIONS

1. Place all but the extra virgin olive oil into a food processor and turn on.
2. Slow add extra virgin olive oil until dressing thickens.
3. Adjust with lemon juice, salt and pepper to taste.



PECAN VINAIGRETTE



Servings: 20
Serving size: 1 ½ T.
Skill level: beginner
Total time: 30 minutes

Nutrition information:

Provides antioxidant vitamin E, heart- and brain-healthy monounsaturated fat, dietary fiber and magnesium. Gluten-free, dairy free.

INGREDIENTS

1 ¼ cup	Pecans, toasted
½ cup	Apple cider vinegar, raw
¼ cup	100 percent pure maple syrup or local honey
1 cup	Olive oil or grapeseed oil
¼ tsp.	Salt

DIRECTIONS

1. Toast pecans until fragrant over low heat, 3-5 minutes.
2. Cool pecans for 20 minutes or until cool.
3. Add pecans, vinegar and maple syrup to food processor and puree for 15-20 seconds or until just blended.
4. Turn blender on and slowly add oil and salt until well combined. Season to taste.
5. Enjoy!

SPINACH PESTO



Servings: 16
Serving size: 1 T.
Skill level: beginner
Total time: 15 minutes

Nutrition information:

Provides antioxidants such as vitamin C, E and K. Gluten-free, dairy free.

INGREDIENTS

¾ cup	Basil
¾ cup	Spinach
½ cup	Slivered almonds, toasted (pine nuts OK too)
5-8 each	Garlic cloves
½ tsp.	Salt
½ cup	Extra virgin olive oil

DIRECTIONS

1. Toast almonds or pine nuts over low heat, 4-6 minutes. Set aside.
2. Add everything except the oil to a food processor.
3. Turn on and pulse until smooth.
4. Turn food processor on and slowly add the extra virgin olive oil instead of pouring it all in at once.
5. Season to taste, makes 1 cup of pesto. Serve with fish, poultry or integrate with your favorite grain or pasta.

GRAPEFRUIT VINAIGRETTE



Servings: 16
Serving size: 1 ½ T.
Skill level: beginner
Total time: 5 minutes

Nutrition information:

This is a great dressing for any salad or use to top your favorite seafood or poultry.
Gluten-free, dairy free, nut free.

INGREDIENTS

1 large	Grapefruit, juiced
½ cup	Extra virgin olive oil
¼ cup	Apple cider vinegar (Braggs)
2 T.	Honey, local, raw
¼ tsp	Sea salt

DIRECTIONS

1. Cut grapefruit in half and juice.
2. Add juice, olive oil, vinegar, honey and salt into a small container with lid.
3. Shake to mix and use immediately.

STRAWBERRY DRESSING



Servings: 8
Serving size: 1 ½ T.
Skill level: beginner
Total time: 5-10 minutes

Nutrition information:

Provides antioxidant vitamin C and pairs well with spinach or any dark leafy green.
Gluten-free, nut free, dairy free.

INGREDIENTS

½ cup	Strawberries, rinsed
¼ cup	Champagne vinegar (red wine vinegar would work too)
1 T.	Honey, local
pinch	Salt
pinch	Ground black pepper
1/3 - ½ cup	Extra virgin olive oil or oil of choice
	Water for thinning

DIRECTIONS

1. Place all ingredients except for the oil and water into a blender.
2. Turn the blender on and allow everything to blend together.
3. Slowly add your oil to emulsify.
4. Adjust to taste with salt, pepper and honey.
5. Add water if the dressing is too thick to pour or to your preference.



PUMPKIN SEED PESTO

Servings: 24
Serving size: 1 T.
Skill level: beginner
Total time: 15 minutes

Nutrition information:

Provides essential amino acids from the pumpkin seeds. This pesto goes well with our toasted pumpkin seed pesto grilled cheese. Gluten-free, dairy free, tree nut free.

INGREDIENTS

2 cups Pumpkin seeds, raw, unsalted, toasted
1 cup Mixed herbs, packed (e.g., basil and parsley)
½ each Lemon, juiced
2 each Garlic cloves
¼ tsp. Salt
¼ tsp. Black pepper, ground (add more if desired)
6 T. Extra virgin olive oil, separated

DIRECTIONS

1. Toast pumpkin seeds in a dry sauté pan over medium low heat until just fragrant, about 2-3 minutes. Some of the seeds may pop – be aware to make sure they do no burn.
2. Add pumpkin seeds, herbs, garlic, lemon juice, salt, pepper and 1 T. of olive oil to food processor. Turn on and puree until a paste form.
3. While the food processor is on, slowly add/pour the additional 5 T. of olive oil to the mixture until just smooth and to desired texture.
4. Season to taste. Enjoy!

HONEY LEMON VINAIGRETTE

Servings: 16
Serving size: 1 ½ T.
Skill level: beginner
Total time: 5 minutes

Nutrition information:

This vinaigrette is the perfect staple to have in your kitchen and is higher in vitamin C compared to most. It also uses honey for a natural and minimally processed sugar. Gluten-free, dairy free, nut free.

INGREDIENTS

2 each Lemons, juiced
2 T. Honey
3 T. Champagne vinegar
1 cup Extra virgin olive oil
¾ cup Parsley, chopped
¼ tsp. Sea salt

DIRECTIONS

1. Whisk all ingredients together. Mix all ingredients in sealed mason ball jar and shake well.
2. Season to taste. Enjoy!





CREAMY CUCUMBER DRESSING

Servings: 16
Serving size: 1 T.
Skill level: beginner
Total time: 5 minutes

Nutrition information:
Provides small amounts of calcium, potassium, vitamin D and essential amino acids. Gluten-free, nut free.

INGREDIENTS

1 each	English cucumber, stripped (remove ½ of the peel), chopped
¼ cup	Apple cider vinegar
¼ cup	Olive oil
½ cup	Greek yogurt, full fat
1 T.	Honey
To taste	Salt
Pinch	Black pepper

DIRECTIONS

1. Add all ingredients to a blender of choice and puree until smooth.
2. Enjoy with fajitas, tacos or top over grilled protein.
3. Enjoy!

GREEK VINAIGRETTE

Servings: 24
Serving size: ~1 ½ T.
Skill level: beginner
Total time: 10 minutes

Nutrition information:
This dressing can easily become dairy free by removing the feta cheese. Enjoy with greens, tomatoes, cucumber, extra feta and olives.
Gluten-free, nut free.

INGREDIENTS

¼ cup	Lemon juice, fresh
¼ cup	White balsamic vinegar
1 T.	Honey, local
1 ½ T.	Dijon mustard
1-2 T.	Oregano, fresh
¼ tsp.	White ground pepper
¼ tsp.	Kosher salt
¼ cup	Feta cheese
½ cup	Extra virgin olive oil

DIRECTIONS

1. In blender, add all ingredients except for olive oil and begin to blend. Through the top/lid, slowly pour olive oil until dressing is smooth. Set aside.
2. Store leftover dressing in a tightly sealed container in the refrigerator.



CITRUS SORGHUM VINAGRETTE



Servings: 16
Serving size: 1 ½ T.
Skill level: beginner
Total time: 10 minutes

Nutrition information:

Provides vitamin C and can easily be adjusted by using honey instead of sorghum. Gluten-free, dairy free, nut free.

INGREDIENTS

¼ cup	100% orange juice, freshly squeezed
1 each	Orange, zest – use microplane directly into blender
½ T.	White balsamic vinegar
½ cup	Extra virgin olive oil
1 T.	Lusty Monk Dijon Mustard or dijon mustard of choice
1 ½ T.	Sorghum syrup
¼ tsp.	Kosher salt
1/8th tsp.	White pepper, ground

DIRECTIONS

1. Add all ingredients into blender or Vitamix and blend until smooth.
2. Leave out at room temperature for 1 week or keep refrigerated and reblend if oil and liquid separate.

BLACK EYED PEA HUMMUS



Servings: 8
Serving size: ¼ cup
Skill level: beginner
Total time: 15 minutes +

Nutrition information:

This hummus is a unique spin as it contains cilantro, black-eyed peas and lime juice. This would pair well with raw veggies or integrated into a sandwich. Gluten-free, dairy free, nut free.

INGREDIENTS

4 each	Garlic cloves
4 cups	Black-eyed peas, cooked
3 T.	Tahini
1 cup	Cilantro, chopped
1 each	Lime, juiced
1 tsp.	Cumin, ground
3 T.	Olive oil
½ tsp.	Salt to taste

DIRECTIONS

1. Add everything but the oil and salt to a food processor.
2. Puree/pulse until smooth. Scrape down sides as needed.
3. Turn food processor on and slowly add olive oil to the mixture/base.
4. Add salt to taste.
5. Keep in airtight and sealed container in fridge for up to seven days.
6. Enjoy!



DESSERTS AND SWEETS

Recipes to savor, enjoy and share with others



TOASTED COCONUT HIKE BITES

Servings: 36
Serving Size: 1 large hike bite
Skill Level: beginner
Total Time: 20 minutes

Nutrition information:

Provides antioxidant vitamin E, heart- and brain-healthy monounsaturated fat, dietary fiber and magnesium. Gluten-free, dairy free.

INGREDIENTS

½ cup	Unsweetened shredded coconut, toasted
1 ¾ cups	Dates, without the pit
1 ¼ cups	Apricots, dried
1 cup	Pumpkin seeds, raw
3 cups	Pecans, raw (<i>toast if desired</i>)
1 cup	Walnuts, raw

DIRECTIONS

1. Toast shredded coconut over low heat in a dry sauté pan. Keep your eye on this to prevent the coconut from burning. You want a light brown color, roughly 3-4 minutes.
2. Add coconut, dried fruit, nuts and seeds to a food processor.
3. Turn food processor on and process until everything is well combined and you can easily form a tight ball with a pinch of the mixture.
4. Place mixture into a sheet pan and press to flatten.
5. Freeze for 10-15 minutes.
6. Cut 36 squares and evenly distribute into Tupperware, bags or freeze ½ of the batch. Enjoy when you are out and about or when you are out for a hike.

CACAO HIKE BITES

Servings: 24
Serving size: 1 oz. bite/ball
Skill level: beginner
Total time: 10-15 minutes

Nutrition information:

These energy bites provide magnesium, potassium, dietary fiber and monounsaturated fats. Gluten-free, dairy free.

INGREDIENTS

2 cups	Dates, pitted
1 cup	Golden raisins
1 cup	Pecans, unsalted
½ cup	Walnuts, unsalted
½ cup	Almonds, slivered, unsalted
¼ cup	Cacao nibs or ¼ cup of dark chocolate
¼ tsp.	Salt

DIRECTIONS

1. Add dried fruit and nuts to food processor and pulse/mix for 30 seconds to 1 minute. Stir and mix again until coarse breadcrumb like texture, additional 30-60 seconds.
2. Add cacao nibs and salt. Pulse until well combined and texture of choice (should stick together when handling).
3. Roll/form 20-24 1 oz. bites and place into sealed container or place in individual containers. These freeze extremely well (up to 3 months).





CHUNKY CASHEW BUTTER

Servings: 20
Serving size: 1 ½ T.
Skill level: beginner
Total time: 5 minutes

Nutrition information:
Cashews and olive oil provide monounsaturated fats, vitamin E and a small amount of protein from the cashews. Gluten-free, dairy free.

INGREDIENTS

1 lb.	Cashews, raw
2 T.	Honey, local if possible
1/3 cup	Olive oil
½ tsp.	Salt

DIRECTIONS

1. Add cashews and honey to food processor. Pulse and blend for 10-15 seconds.
2. Add olive oil and salt and pulse/puree until texture of choice. You may need to scrape down the sides of the food processor to make sure everything is integrated.
3. The final product should still have some pieces of cashews versus completely creamy.
4. Keep cashew butter in sealed container for up to 7-10 days.

LEMON COOKIES

Servings: 20
Serving size: 1 cookie
Skill level: beginner
Total time: 30 minutes

Nutrition Information:
This cookie is an alternative for those who desire to consume less animal products while still having a satisfying treat. Freezing leftovers are encouraged. Nut free, dairy free.

INGREDIENTS

2 ½ cups	All-purpose flour	2 T.	Lemon zest, fresh
1 ½ cups	Coconut sugar	¾ cup	Coconut oil, virgin, melted
2 tsp.	Baking soda	½ cup	Lemon juice
¼ tsp.	Salt	2 tsp.	Vanilla extract, pure



DIRECTIONS

1. Preheat oven to 350 degrees.
2. Mix all dry ingredients together in a bowl and create a well in the middle of the dry ingredients.
4. In a separate bowl, mix the wet ingredients together until well combined.
5. Slowly mix in the wet ingredients into the well of the dry ingredients until just blended and combined. Avoid over-blending.
5. Shape 20 cookies and place on a baking sheet lined with parchment paper.
7. Bake for 8-15 minutes until desired texture. Cool.



PUMPKIN TRIFLES

Servings: 8

Serving size: composed dessert (evenly distribute components, store extra pecans)

Skill level: intermediate

Total time: 24 hours +

Nutrition information:

Plan on preparing the pumpkin layer a day in advance and cooling it overnight, layering with fresh coconut whipped cream and topping with nuts shortly before serving. Gluten-free, dairy free.

INGREDIENTS

Trifles:

2 cans Full-fat coconut cream
OR 4 cans of full-fat coconut milk,
chilled
1 cup Pumpkin puree, fresh or canned
½ packet Gelatin, pure, unflavored (1/2 oz)
3 T. Maple syrup, 100 percent pure
1 tsp. Vanilla extract, pure

¼ tsp. Cinnamon
1/8 tsp. Ginger, ground
Pinch Nutmeg

Candied Pecans:

1 cup Pecans, unsalted
1 each Egg white
1 ½ T. Maple syrup, 100 percent pure
½ tsp. Ginger, ground

DIRECTIONS

1. Bloom the gelatin according to the package directions.
2. In a heavy-bottomed saucepan, add the pumpkin puree, 1/2 T. of the maple syrup, half of the vanilla, and all of the spices.
3. Heat mixture over medium, stirring constantly to avoid burning.
4. When the mixture is warm (around 180-200 degrees) add the bloomed gelatin and whisk to combine. Refrigerate overnight.
5. To make the candied pecans up to a day in advance: whisk egg white in a small bowl until frothy. Add pecans, maple syrup, and ginger and stir, making sure nuts are lightly coated with the egg mixture.
6. Spread the nuts out in a single layer on a cookie sheet and bake at 350 degrees for about 15 minutes, stirring once about halfway through.
7. You want the nuts to be crisp and aromatic, but be careful not to let them burn. You only need half these nuts from this recipe. Use the rest for another purpose, like topping a kale salad. Store these nuts in an airtight jar until you use them.
8. Place a metal bowl and whisk in the freezer for a few minutes to chill. Carefully open the coconut cream or milk cans and discard any watery liquid. Place the remaining coconut fat/solids into your chilled bowl.
9. Add 1 T. of the maple syrup and 1/2 tsp. of vanilla to the coconut cream. Whip until stiff peaks form.
10. Gently fold about 1 cup of the coconut cream into the pumpkin mixture.
11. Spread the pumpkin mixture into a small serving dish or eight demitasse cups. Layer the coconut whipped cream on top, then sprinkle with candied pecans.



CHOCOLATE-GLAZED APRICOT TRUFFLES

Servings: 36

Serving size: 1 prepared truffle

Skill level: beginner

Total time: 60 minutes

Nutrition information:

Each truffle contains small amounts of iron, magnesium, potassium and freezes well. Feel free to use figs or dates instead of apricots. Gluten-free, tree-nut free, can be made dairy free if using different chocolate.

INGREDIENTS

9 oz.	Apricots, dried, unsulfured
1 ½ tsp.	Sea salt
2 ½ fl. oz.	Coconut oil, melted (slightly more than ¼ cup)
2 T.	Hot water
1 tsp.	Vanilla extract, pure
8 oz.	Bittersweet chocolate, 70 percent
to garnish	Pink salt or coarse sea salt of choice

DIRECTIONS

1. Add everything except the chocolate to a food processor and pulse until the apricots blend into very small pieces.
2. Prepare one or two baking sheets with parchment paper.
3. Using a 1 oz. scoop or tablespoon, spoon even amounts of the apricot mixture onto the parchment.
4. Place baking sheet(s) in freezer for 20 minutes.
5. While apricots are settling, temper chocolate or melt chocolate using double broiler. Try not to burn the chocolate by overheating too quickly.
6. Bring apricots out and form into balls.
7. Drizzle even amounts of melted chocolate onto the apricot balls until all chocolate has been used.
8. Garnish with a pinch of pink salt or sea salt onto each truffle.
9. Place in fridge until ready to eat or until chocolate has settled. Enjoy!



GINGER AND STRAWBERRY NO-BAKE CHEESECAKE

Servings: 12

Serving size: 1/12th of pan (cut into squares)

Skill level: beginner

Total time: 60 minutes +

Nutrition information:

This dessert is a no-bake option that contains essential fats, vitamin C and dietary fiber. Enjoy for your next birthday or holiday celebration! Gluten-free if using gluten-free oats, dairy free.

INGREDIENTS

1 batch Hike bite crust (see recipe)
 Ginger Cashew Layer:
 ¾ cup Canned coconut milk, full fat
 1 cup Cashews, raw
 2 T. Coconut oil, melted
 ½ T. Lemon juice
 1 T. Honey, local if possible
 ½ tsp. Vanilla extract, pure
 pinch Ground cinnamon
 to taste Ginger, fresh, minced

Strawberry Cashew Layer:
 ¾ cup Canned coconut milk, full fat
 1 cup Cashews, raw
 2 T. Coconut oil, melted
 ½ T. Lemon juice
 1 T. Honey
 ½ tsp. Vanilla extract, pure
 1 cup Strawberries

Strawberry Jam (topping):
 To taste Strawberry preserves, about 1/3 cup

DIRECTIONS

1. Prepare hike bite crust and set aside.
2. Add ginger cashew layer ingredients to a blender and puree until smooth.
3. Evenly spread the ginger layer on top of the hike bite crust. Set aside.
4. Add strawberry cashew layer ingredients to the blender and puree until smooth.
5. Evenly spread the strawberry layer on top of the ginger layer.
6. Place dessert in the freezer for at least 4-6 hours.
7. Remove from freezer. Spread strawberry preserves on top of strawberry layer.
8. Thaw until ready to cut, about 20-30 minutes. Cut 12 even pieces. Enjoy!

HIKE BITE CRUST



Servings: 12
Serving size: 1/12th of pan
Skill level: beginner
Total time: 20 minutes

Nutrition information:

This crust works as a great base to cashew yogurt or a chocolate ganache. Gluten-free if using gluten-free oats, dairy free.

INGREDIENTS

3 each	Dates, without the pit
1 cup	Pecans, raw
2 T.	Coconut oil
¾ tsp.	Vanilla extract
1/3 cup	Shredded coconut, unsweetened
¼ cup	Dried cranberries
1 T.	Chia seed
1 tsp.	Ground cinnamon
3 T.	Old-fashioned rolled oats
pinch	Salt

DIRECTIONS

1. Add all ingredients to a food processor. Blend or pulse until it becomes a dough.
2. Make sure to scrape down the sides of the food processor as needed.
3. Place the mixture in the bottom of a small baking sheet.
4. Refrigerate or freeze until ready to use as the base of whatever you pour on top.

CHOCOLATE AVOCADO NICE CREAM



Servings: 8
Serving size: ¼ cup
Skill level: beginner
Total Time: 10 minutes + freeze time

Nutrition information:

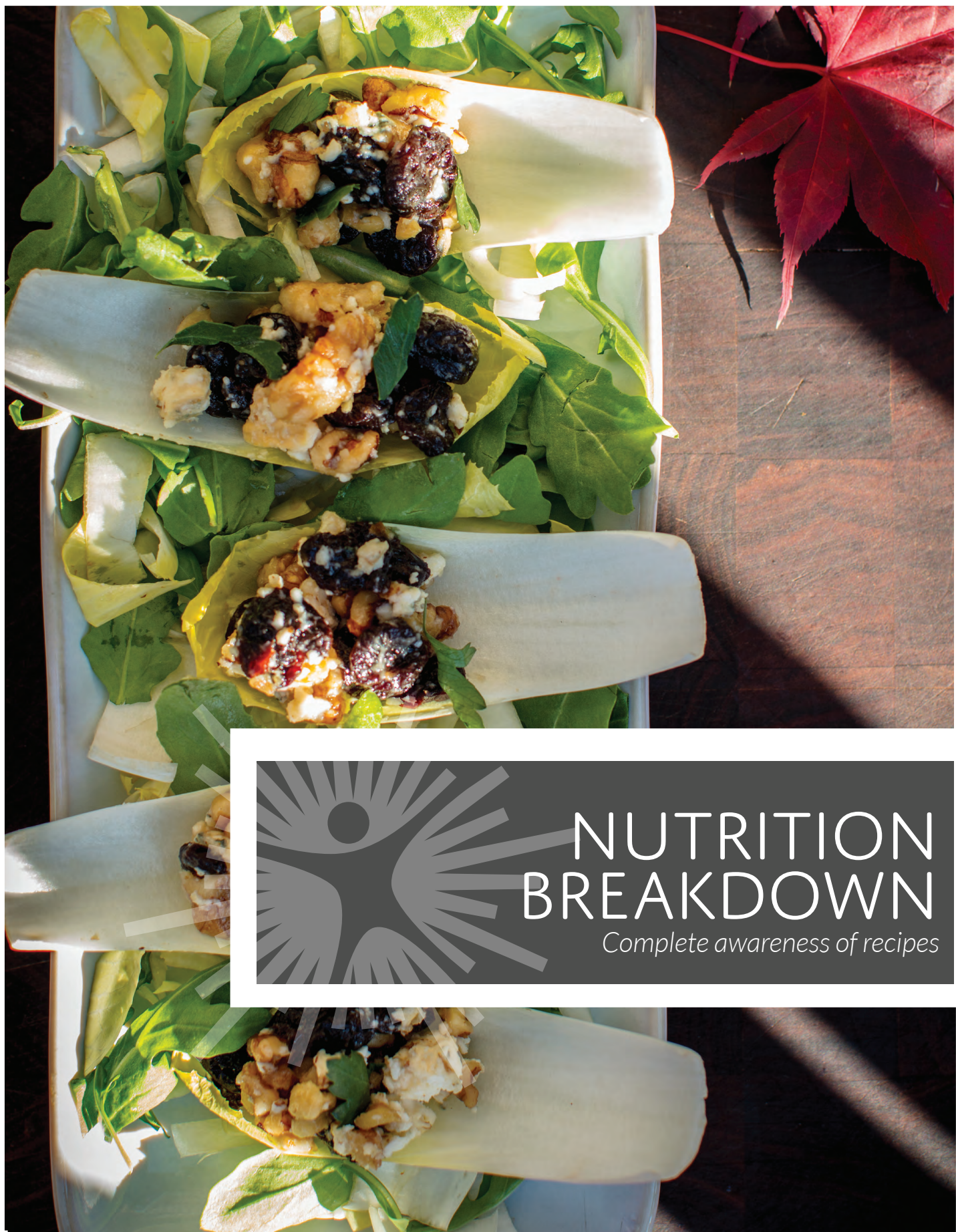
Provides antioxidant vitamin E, heart- and brain-healthy monounsaturated fat, dietary fiber, and potassium. Gluten-free, nut free, dairy free.

INGREDIENTS

2 each	Avocado
2 each	Bananas, ripe
1 ½ cup	Chocolate, bittersweet, melted
2 T.	Honey
1 tsp.	Lemon juice, fresh
pinch	Salt

DIRECTIONS

1. Add flesh of avocados to a food processor.
2. Prepare a double broiler by adding 4-5 cups of water to a small to medium pot. Bring to a simmer then top with bowl.
3. Melt chocolate, constantly stir, and add to the food processor with avocados.
4. Add remaining ingredients to food processor then pulse until smooth.
5. Enjoy at room temperature or freeze for at least 4-6 hours and enjoy as an ice cream alternative.



NUTRITION BREAKDOWN

Complete awareness of recipes

Recipe	Calories	Fat (gms)	Protein (gms)	Carbs (gms)	Fiber (gms)	Added Sugar (gms)	Sodium (mgs)
BEVERAGES & SMOOTHIES							
Grapefruit Tonic	50	0	0	14	0	4	0
Tangerine Tonic: The Skyterra Creamsicle	50	0	0	14	0	4	0
Skyterra Horchata	150	9	1	18	0	6	115
Green Smoothie	190	6	2	33	4	3	115
Blueberry Smoothie	250	11	3	36	9	0	35
Mango Ginger Smoothie	210	18	2	13	1	0	10
Chunky Monkey Smoothie	480	33	6	46	4	8	15
Toasted Pumpkin Seed Chocolate Milk	120	6	4	13	0	9	80
Skyterra Golden Milk	190	18	2	8	1	4	30
Skyterra Eggnog	180	13	3	13	1	0	60
BREAKFAST & BRUNCH							
Banana Oatmeal Pancakes	130	3	4	22	3	3	160
Pumpkin Oat Muffins	170	6	4	27	2	7	105
Blueberry Oat Muffins	170	6	4	27	2	7	105
Cashew Yogurt	100	8	2	5	5	1	5
Turkey Apple Sausage Patties	100	4.5	11	4	1	0	150
Blueberry Chia Jam	30	1	1	6	1	2	10
Chia Pudding	180	17	2	6	2	2	10
Tomato, Green Onion And Bacon Egg Muffins	200	15	13	4	0	0	410
Pumpkin Seed Granola	140	8	3	15	2	3	120
Basil Frittata Over Fresh Greens	290	24	15	6	1	0	430
Avocado Toast with Eggs And Veggies	390	26	18	25	8	0	470
Sweet Potato And Vegetable Hash	420	29	15	29	4	0	680
SOUPS & SIDES							
Potato Leek Soup	200	3	5	39	4	0	550
Carrot Ginger Soup	130	7	3	17	4	0	640
Apple Fennel Soup	170	5	5	31	6	0	520
Cauliflower Bisque	80	5	3	8	3	0	360
Roasted Tomato Soup	130	10	5	8	2	0	590
Salt-Roasted Beets	40	0	1	10	3	0	120
Roasted Broccolini with Garlic	140	9	4	13	4	0	370
Quinoa Tabbouleh	170	9	4	22	4	0	140
Roasted Butternut Squash Mash	90	16	1	16	5	0	125
Sweet Potato Gratin	140	5	5	18	2	0	410
Herbed Goat Cheese Salad with Honey Lavender Vinaigrette	250	22	8	5	1	2	180
Honey-Pickled Collard Greens	120	0	3	28	0	4	500
Roasted Corn	70	2	2	14	2	0	90
Guacamole	190	17	2	13	8	0	60
PROTEINS & ENTREES							
Chicken Guacamole Salad	510	23	33	50	21	0	730
Chicken And Apple Salad	475	16	32	27	6	0	450
Balsamic Braised Short Ribs	540	42	18	16	2	0	510
Adzuki Bean Burgers	190	4	9	31	7	0	450
Beef Stew	330	9	22	39	5	0	580
Grilled Salmon with Mustard Tarragon Vinaigrette	300	18	34	0	0	0	220
Turkey Burgers with Sweet Potato Fries And Green	500	25	28	45	9	0	600
Zucchini Alfredo	480	40	12	27	4	0	190
Pan-Seared Salmon with Brussels Sprouts And Sweet	550	33	38	28	8	0	420
Maple Mustard Seared Tuna	220	2	44	7	0	3	960
Homemade Mayonnaise	90	11	0	0	0	0	55
DESSERTS & SWEETS							
Caesar Dressing	70	5	4	2	0	0	150
Pecan Vinaigrette	160	16	1	4	1	3	25
Spinach Pesto	80	9	1	1	1	0	60
Grapefruit Vinaigrette	70	7	0	3	0	2	15
Pumpkin Seed Pesto	110	9	5	2	1	0	20
Strawberry Dressing	90	9	0	2	0	2	40
Honey Lemon Vinaigrette	130	14	0	2	0	2	30
Creamy Cucumber Dressing	50	4	1	2	0	1	30
Greek Vinaigrette	50	5	0	2	0	2	60
Citrus Sorghum Vinaigrette	70	7	0	2	0	2	55
Black Eyed Pea Hummus	180	9	8	20	0	0	320
Toasted Coconut Hike Bites	160	11	3	12	2	0	65
Cacao Hike Bites	130	7	2	18	4	0	20
Chunky Cashew Butter	170	14	3	9	1	1	50
Lemon Cookies	190	8	2	31	1	18	65
Pumpkin Truffles	360	17	2	51	1	7	35
Chocolate Apricot Truffles	70	4.5	1	7	0	0	80
Ginger And Strawberry No-bake Cheesecake	400	34	6	21	3	4	50
Hike Bite Crust	150	13	2	8	2	0	20
Chocolate Avocado Nice Cream	320	20	4	28	3	4	65

Nutrition information does not include optional additions.



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