

1. MORNING MUESLI (this is the breakfast oatmeal mixture I was talking about)

Ingredients:

Rolled oats (1/2 cup – 1 cup, depending on how much energy you need)

Almond, soymilk or rice milk (or water)

Chopped dates or raisins

Sunflower seeds (or your favorite nuts – walnuts, almonds, pecans, etc.)

Maple syrup (optional)

Instructions:

1. Put oats, dates, nuts, and syrup in a bowl or Tupperware container.

Cover with rice or soymilk and leave a 1” layer on top.

2. Let the mixture soak overnight in the fridge. You'll have a delicious breakfast cereal to take with you in the morning... without cooking!

3. For healthy Omega-3 fatty acids, you can add ground up flaxseeds.

You can also add applesauce and heat it up in the microwave.

** You can eat this muesli hot or cold. If you'd like a sweet afternoon snack, you can simply make a bigger portion at night and save some of it for later in the day.

** To make this work if you're on the road, just take a Tupperware container filled with the oats, seeds, and dates with you (or put them in a plastic bag). Bring along one of the mini-travel sized Rice Dream or soy milk containers. You can mix it together in a hotel room, if need be, and it will be ready to go in the morning!

2. Power Balls (the great post-run snack):

Ingredients:

- 16 oz. jar of almond butter (you can use peanut butter or cashew butter, too)
- 14 oz. jar of honey (this may be too sweet, so you can use less if you don't like things really sweet)
- $\frac{3}{4}$ blender full of rolled oats (not the instant kind)
- Bowl full of crispy rice, coconut or sesame seeds

Instructions:

1. Mix almond butter and honey together in a bowl.
2. Put oats in a blender and blend until they assume a powder-like texture.
3. Add oats to nut butter/honey mixture and mix well. Adjust consistency if necessary.
4. Roll batter into small balls. Roll balls in your choice of crispy rice, coconut or sesame seeds.

*Yields 35-40 PowerBalls. Will last in the refrigerator for a week. Can also make and put in freezer.

Recipe:

Sweet Potato French Fries

- 2 sweet potatoes
- Olive oil
- Sea salt

1. Slice potatoes into fry shapes (matchstick OR fatter fries).
2. Put a few tablespoons of olive oil into your hands and rub it on the fries.
3. Spread them on a baking sheet and sprinkle sea salt on top.
4. Bake at 400 degrees for 25 minutes until browned, turning fries once halfway through baking. Cook longer for crispier fries.

** For spicy Mexi-fries, you can blend 1 teaspoon chili powder, 1/4 teaspoon cinnamon, 1/4 teaspoon cayenne pepper and 1 teaspoon paprika and add to fries.

BROWNIES

Ingredients:

- 1 1/2 c. carob semisweet chips*
- 2 c. garbanzo beans, drained and rinsed
- 4 eggs
- 1 c. sugar*
- 1/2 tsp baking powder

Instructions:

Heat oven to 350 degrees.

In a small bowl melt carob chips in microwave for 2mins.

In blender or food processor, combine beans and eggs.

Add sugar, baking powder, and chocolate, process until smooth.

Pour batter into a 9" or 8X8" non stick pan.

Bake for 45 minutes.

*You can use regular chips instead of carob chips.

*I make these bars with 3/4 cup brown rice syrup instead of sugar. Brown rice syrup is a gentler sweetener that you can find at a health food store or the "healthy" section of your local grocery store. It has a 'butterscotch' kind of taste.

SWEET NUTS

Ingredients:

2 cups of your favorite nuts (walnuts, pecans, almonds, cashews)
1 1/2 T. safflower or olive oil
1/4 cup maple syrup
1 teaspoon sea salt
Sprinkle of cinnamon

Instructions:

Preheat oven to 350 degrees.
Mix all ingredients together and pour on to a slightly-greased baking sheet.
Bake for 15 minutes, stirring a few times. Spread to cool.

MUSHROOM WALNUT SPREAD

Ingredients:

1 pound fresh mushrooms, minced
1 large onion, minced
1 cup walnuts, roasted and ground
2-3 tablespoons olive oil
2 pinches sea salt
1/2 cup spring water

Instructions:

Heat oil and cook onion until it begins to turn brown.
Add mushrooms and cook until soft and water is released.
Add walnuts and salt - cook 2-3 minutes.
Add water only if needed - consistency should be thick and spread-able.
Blend some of mixture if you want a creamier texture.
Serve with crackers or veggie stick - garnish serving plate with whole roasted walnuts.

WINTER PEAR SALAD

Ingredients:

12 oz spinach, cleaned, torn into bite-size pieces
1/2 red onion, thinly sliced
1/2 cup pine nuts or walnuts, toasted
4 oz chevre, crumbled (optional)
2 pears (Anjou, Bosc, Comice or any favorite), sliced

Dressing:

1 pear, seeded and roughly chopped

1/4 cup olive oil (optional: substitute 1/8 cup walnut oil for 1/8 cup olive oil)
1 TB mustard
3 cloves garlic
1/4 cup white wine
dash of honey
enough wine vinegar to achieve desired consistency

Instructions:

In blender, combine all dressing ingredients except wine vinegar.
Puree; adjust ingredient to taste and add vinegar for desired consistency.
Toss with salad, reserving a few nuts to sprinkle on top. Enjoy!

Courtesy of www.wholefoods.com

SUPER-SWEET SWEET POTATOES

Ingredients:

2-3 sweet potatoes
1/2 cup water
1/2 teaspoon sea salt
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
1 teaspoon vanilla
1/3 cup maple syrup

Instructions:

Preheat the oven to 350 degrees.
Peel the sweet potatoes and chop them into large chunks.
Arrange them in a single layer in a baking dish.
Mix the water, syrup, spices and salt and pour over the potatoes.
Cover and bake for 25 minutes - remove them from the oven, stir them and then continue baking for another 20 minutes. They should be very soft when done.

Variations:

- Add chopped nuts before baking, or roasted nuts after baking.
- Sprinkle with cinnamon or nutmeg before serving.
- Add fresh grated or dried ginger before baking.

FINGERPRINT COOKIES

Ingredients:

1 cup whole wheat pastry, spelt or oat flour
1 cup rolled oats
1 cup almonds or other nuts

1/2 cup cold pressed safflower or corn oil
1/4 cup rice syrup
1/4 cup maple syrup
1 teaspoon pure vanilla extract
1/2 jar all-fruit jam

Instructions:

Grind the rolled oats and nuts in a blender or food processor.
Add them to flour.
Mix the oil with the sweetener and vanilla.
Combine the liquid and dried ingredients.
Drop the batter by a spoon onto the cookie sheet.
Make a fingerprint in the middle of each cookie and fill it with an all fruit jam.
Bake at 350 degrees for 15 minutes.

Note: These cookies freeze very well.

Recipe:
Overnight Muesli

- 1/2 cup rolled oats
- 1 cup rice milk, soy milk, or low-fat organic milk
- Extras: chopped dates, dried fruit, raisins, flaxseeds, walnuts, pecans, sunflower seeds, or maple syrup

1. Put all ingredients into a Tupperware container.
2. Put container in the fridge and let it soak overnight.
3. In the morning, it will be ready to eat (warm or cold).

Recipe:
Homemade Energy Bars

- 16 ounces of organic nut butter (peanut, cashew, almond, or tahini)
- 16 ounces of maple syrup or honey
- 1/2 cup shredded coconut, dried fruit, or granola
- 2 cups oatmeal
- 1/2 cup flaxseed meal, lecithin, or wheat germ
- 2 cups protein powder (Hemp Protein, Spiru-tein, or Solgar's Whey)

1. Combine nut butter and maple syrup in a pot. Melt together.
2. Combine the dry ingredients together in a bowl.
3. Add the wet mixture to the dry mixture.
4. Pour mixture into baking pan.
5. Let it cool, then slice and enjoy!

Recipe:

Nut Crunchies

Ingredients:

- An assortment of your favorite nuts and seeds: pumpkin seeds, walnuts, pecans, cashews, sunflower seeds, sesame seeds, almonds
- 1 tablespoon olive oil
- 1 tablespoon maple syrup
- sprinkling of cinnamon, nutmeg, or pumpkin spice
- extras: raisins, oatmeal, dried fruit

1. Combine seeds, nuts, and any "extras" together in a baking dish or pie tin.
2. Add maple syrup, olive oil, and spices and mix again with your hands.
3. Bake for 15-20 minutes at 375 degrees... until the nuts are toasted and slightly crunchy.

Recipe:

Lemon and Garlic Quinoa Salad

- 1 cup dry quinoa
- 2 cups water
- pinch of sea salt
- 1/2 cup baby carrots
- 1/4 cup sunflower seeds
- 2 tomatoes, chopped
- 2 scallions, chopped
- 1 avocado, chopped
- 2-3 cloves garlic, minced
- 1/4 cup lemon juice
- 2 tablespoons olive oil
- 2 tablespoons soy sauce

1. Put water, quinoa, and salt in medium-sized pot. Bring water to boil and then simmer for 10-15 minutes.
2. While grains are cooking, chop vegetables and avocado.
3. Whisk together garlic, lemon juice, olive oil, and soy sauce in a bowl.
4. Combine grains, vegetables, sunflower seeds, and dressing.
5. Serve immediately.

Recipe:

Easy Salmon (serves 2)

- 1 carrot, diced
- 1/2 cup parsley, chopped
- 4 bay leaves

- 6 ounces salmon
- 2 slices lemon
- dash of salt and black pepper

1. Place carrot, parsley, and bay leaves in a pot.
2. Add salmon.
3. Place lemon slices on top of salmon and sprinkle with salt and pepper.
3. Add enough water to cover fish. Bring water to a boil.
4. Reduce heat - simmer, uncovered, for 5 minutes. Turn heat off and let it sit for 10 minutes.

Recipe (Vegetarian)

Marinated Tofu (serves 4)

- 1 block extra firm tofu
- 1 T. minced garlic
- 1 T. dried minced onion
- 3 T. tamari soy sauce
- 2 T. lemon juice
- 1 T. olive oil
- 2 T. water
- 2 T. maple syrup
- 1/2 t. ground pepper

1. Cut tofu into bite-sized squares and combine with marinade in plastic bag or tupperware container.
2. Marinate overnight or for at least 1 hour in the fridge.
3. Preheat oven to 375 degrees. Bake tofu in open dish for 35-40 minutes, stirring occasionally. OR you can put the tofu and marinade in a frying pan and stir fry for 7-10 minutes, until tofu is browned.

Recipe:

Pasta Salad with Salmon, Corn, and Avocado

- 16 ounces whole-grain pasta
- 4 salmon filets
- extra virgin olive oil spray
- 4 ears fresh corn
- 1 avocado
- 1/4 C. red onion, chopped
- 1/2 C. grape tomatoes, quartered
- 1 package pre-washed spinach or arugula
- 4 T. red wine vinegar

- 6 T. olive oil
- 3 T. balsamic vinegar
- salt and pepper, to taste

1. Bring water to boil.
2. Add pasta and a pinch of sea salt - cook until al dente.
3. Spray salmon with olive oil and sprinkle with salt and pepper.
4. Place salmon on preheated grill or skillet. Cook on medium-high heat for 4-5 minutes per side.
5. Chop vegetables and combine all other ingredients into a bowl.
6. Combine salmon, salad, pasta, and serve.

* You can add raisins and walnuts to the salad for extra flavor.

* You can also use a healthy, delicious dressing like Annie's Sesame Ginger in place of the olive oil and vinegars.

Recipe #1:

Avocado Orange Dressing

- 1 avocado, peeled, skin removed
- Juice of 1 orange
- 1 tablespoon apple cider vinegar
- 2 teaspoons sea salt

1. Put all ingredients in a blender.
2. Puree. Drizzle on top of salads, sandwiches, or pasta dishes.

Recipe #2:

Warm Citrus Olives with Herbs

- 2 cups mixed unpitted olives (Kalamata, Moroccan, Nicoise, etc.)
- 1/2 cup olive oil
- 3 garlic cloves, minced
- 2 teaspoons orange zest
- 1 teaspoon lemon zest
- 6-8 sprigs fresh herbs (rosemary, thyme, sage, or oregano)
- sea salt and ground pepper, to taste

1. Preheat oven to 350 degrees.
2. Combine all ingredients and mix well.
3. Put in baking dish and bake for 20-25 minutes, stirring once.
4. Remove from oven - let it sit for a few hours.
5. Remove charred herb sprigs and re-heat before serving.

Recipe #1:

Roasted Beets

- 3 medium-sized beets
- orange juice
- balsamic vinegar
- salt and pepper

1. Peel the beets and chop them into big chunks.
2. Put them in a baking dish and add orange juice and vinegar.
3. Bake for 40 minutes at 350 degrees.
4. Flavor with salt and pepper.

Recipe #2:

Sensational Stir Fry

- extra virgin olive oil
- 1-2 garlic cloves, minced
- 1 onion, chopped
- 1 red bell pepper, chopped
- 1 C. chopped Shiitake mushrooms
- 1 C. broccoli, chopped
- 2 carrots, chopped
- 1 C. snow peas
- toasted sesame oil
- tamari soy sauce

1. Warm oil in skillet or wok (use enough to cover bottom of pan).
2. Add garlic and cook until slightly browned.
3. Add onions and cook until slightly browned.
4. Add vegetables in order listed above, cooking for 1 minute before adding next vegetable.
5. Add 1/2 cup water - cover skillet and cook for 1 minute.
6. Drizzle with sesame oil, tamari soy sauce, or your favorite salad dressing.

* If you're short on time, you can buy the pre-cut veggies (or frozen) and drop them in the pan.

* You can top this stir fry with walnuts or sesame seeds (or add raisins for a sweet crunch!).

Recipe:

Butternut Squash Bisque

- 1 T. olive oil

- 1 butternut squash, peeled and diced (I suggest buying pre-cut squash to save time)
- 3 large carrots, chopped
- 1 medium onion, chopped
- 1 T. fresh minced ginger
- 2 quarts vegetable stock or water
- 1/8 C. grated orange zest
- pinch of ground nutmeg or cinnamon
- salt and pepper, to taste
- dollop of organic sour cream or sprinkle of parmesan cheese (optional)

1. Heat olive oil in medium pan over medium heat.
2. Saute squash, carrots, onion, and ginger for 3 minutes, until slightly browned.
3. Add water/stock and orange zest and bring to boil.
4. Lower to simmer and cook for 35-40 minutes (uncovered).
5. Add nutmeg, salt, pepper, and optional sour cream.
6. Puree soup in blender until smooth and creamy.

Recipe:

Mudslide Smoothie

- 2 teaspoons carob powder or cocoa powder
- 3/4 cup soy milk, rice milk, or fat-free milk
- 1/2 medium banana
- 1 teaspoon nut butter
- 1 teaspoon honey
- 1 1/2 cups ice cubes

1. Combine all ingredients in a blender and blend until smooth.
2. Serve in a tall glass.

Baked Bananas

- 2 firm bananas
- 1/2 tsp. olive oil
- 1/2" piece ginger, grated
- 1/4 cup raisins
- 1/2 tablespoon cinnamon
- 1/4 tablespoon nutmeg

1. Heat oven to 375 degrees.
2. Peel and cut bananas in half lengthwise.
3. Oil a baking pan and arrange bananas.
4. Sprinkle with spices and raisins, cover, and bake for 10-15 minutes.
5. Remove from heat and serve.

* Top with honey, chocolate sauce, or maple syrup for extra sweetness!

Confetti Jumped Greens

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 bunch swiss chard
- 1/2 daikon or red radish, chopped
- 1 orange bell pepper, diced into small pieces
- 1/2 cup mushrooms, chopped
- pinch of dried red hot pepper flakes
- balsamic vinegar, to taste
- sea salt, to taste
- black pepper, to taste

1. Wash greens and chop/rip into bite-sized pieces. Chop vegetables.
2. Heat oil in skillet. Add garlic and fry until garlic turns golden.
3. Saute vegetables in oil for 5 minutes.
4. Add greens and saute until slightly wilted.
5. Add pepper flakes, vinegar, salt, and pepper.

Recipe:

Asian Noodle Salad

- 1 package whole grain pasta
- radishes (daikon or red)
- red bell pepper, chopped
- 1 C. chopped mushrooms
- 3 scallions, chopped
- 1 zucchini, chopped
- 1/4 C. sunflower seeds
- 1 T. organic nut butter
- 2 T. sesame oil
- 3 T. soy sauce
- 3 T. balsamic vinegar
- 1 T. maple syrup

1. Bring water to boil.
2. Add pasta and pinch of sea salt. Cook until al dente.
3. Chop radishes, mushrooms, pepper, scallions, and zucchini.
4. Combine nut butter, oil, soy sauce, vinegar, and maple syrup in small bowl. Whisk.
5. Drain noodles. Add sauce, veggies, and seeds.

- * The veggies in this recipe are known as "fat-dissolvers."
- * Speed up the chopping task by using a food processor.

Recipe:

PB&J Snack Wrap

- 1 whole grain pita pocket or wrap
- 1 banana, sliced thinly
- 2 tablespoons organic peanut butter
- 1 tablespoon natural jelly
- 1 tablespoon raisins

1. Spread peanut butter and jelly on wrap.
2. Add banana slices and sprinkle raisins on top.
3. Roll wrap up and eat like a burrito!

Recipe:

Herbed Polenta

- 1 onion, chopped
- 1 T. olive oil
- 1 sprig rosemary, chopped finely
- few sprigs of basil, finely chopped
- 3 cups hot water or stock
- 1 C. polenta
- sprinkling of sea salt

1. Heat oil in pan on high heat. Add onions and cook until translucent (called "sweating the onion").
2. Add rosemary.
3. Add polenta and stir it for a few minutes so it doesn't stick.
4. Add 3 cups hot water and stir frequently for 15-20 minutes until the polenta starts to stick together in a "dough-like" consistency. Add basil and salt at end.
5. Pour in glass pan and refrigerate to set (or heat in oven at 350 degrees for 15-20 minutes). Cut into squares and serve.

Recipe:

Garlic-Glazed Carrots and Snap Peas

- 2 tablespoons olive oil
- 1 cup baby carrots, sliced diagonally
- 1 cup sugar snap peas
- 1/2 teaspoon, minced garlic
- 1/4 teaspoon sea salt
- 1/8 teaspoon ground pepper

1. Heat oil in medium skillet.

2. Add rest of ingredients and cook over medium heat, stirring, until vegetables are crisp (about 5-7 minutes).

Recipe:

Berry Breakfast Crisp

Adapted from Natural Health Magazine 9/03

Ingredients:

- 3/4 C. rolled oats
- 2 Tb. whole-wheat flour
- 1/4 C. almonds or walnuts
- 2 Tb. olive or coconut oil
- 2 Tb. honey
- 1 tsp. ground cinnamon
- 6 C. berries, frozen or fresh (blueberries, raspberries, blackberries, strawberries, etc.)

Cooking Instructions:

1. Heat oven to 400 degrees and set rack to center position.
2. Place oats, flour, nuts, oil, 1 tablespoon honey, and cinnamon in food processor. Grind until consistency is like coarse meal. Set aside.
3. Toss berries and remaining 1 tablespoon honey in 8-inch baking dish. Shake to evenly distribute the berries.
4. Top with ground oatmeal mixture. Pat down gently.
5. Bake until topping is browned and berries are bubbling - about 30 minutes.

* Frozen berries work just as well as fresh berries in this recipe.

* This recipe is packed with anti-aging nutrients like folate, Vitamins C and E, omega-3s, and fiber!