



11 DAY WINTER  
GUIDE

RECIPES

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Serving Sizes Vary. Smoothies 1-2 servings some entrees can go to 4 large servings.

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# SMOOTHIE MAYHEM

For each Smoothie, simply blend all the ingredients in a Vitamix, other high-speed blender, or normal standup blender. If needed, add water to reach your desired thickness. Use organic produce whenever possible. Each smoothie recipe serves two people or can be used as a substitute for one large meal.

Protein is important in the morning. You can add extra protein to any Smoothie by including either a scoop of your favorite protein powder or 3 tablespoons of hemp seeds.

## GREEN SMOOTHIE MADNESS

1 cup water or almond, hemp, or coconut milk  
1 banana, frozen  
½ avocado  
Handful of parsley  
1 cup kale or baby spinach

1 tablespoon ground flax seeds  
1 tablespoon chia seeds  
1 teaspoon cinnamon  
½ teaspoon vanilla (optional)  
Stevia to taste  
3 to 4 ice cubes

## SPINACH & PUMPKIN SEED POWER SMOOTHIE

1 cup water or almond, hemp or coconut milk  
3 tablespoons pumpkin seeds  
1 small frozen banana, sliced into 2-inch chunks  
1 cup frozen blueberries

1 cup spinach  
1 tablespoon ground flax seeds  
1 tablespoon chia seeds  
1 teaspoon cinnamon  
Stevia to taste  
3 to 4 ice cubes (optional)

## CRANBERRY BLISS SMOOTHIE

1 cup water or almond, hemp or coconut milk  
1 cup of mixed berries (frozen)  
¼ cup unsweetened cranberry juice concentrate  
½ avocado

1 tablespoon ground flax seeds  
1 tablespoon chia seeds  
1 teaspoon ginger (optional)  
1 teaspoon cinnamon  
3 to 4 ice cubes (optional)

## CHOCOLATE-COVERED BERRIES SMOOTHIE

1 cup water or almond, hemp  
or coconut milk  
½ avocado  
1 cup of frozen berries  
1 tablespoon ground flax seeds

1 tablespoon chia seeds  
1 tablespoon raw cacao  
3-4 ice cubes (optional)  
½ dropper of vanilla stevia  
3 to 4 ice cubes

## FIG POWER SMOOTHIE

1 ½ cups almond milk, hemp  
or coconut milk  
3-4 fresh figs, washed, stems removed,  
and halved  
1 frozen banana

1 cup spinach  
1 teaspoon cinnamon  
1 tablespoon chia seeds  
or flax seeds  
3 to 4 ice cubes

## CHOCOLATE AND KALE SMOOTHIE

1 cup coconut, hemp, or almond milk  
1 frozen banana  
1 cup of kale

3 tablespoons of cacao nibs  
1 tablespoon of raw cacao  
5 to 6 ice cubes

## GREEN CHIA PET SMOOTHIE

1 ½ cup almond, hemp or coconut milk  
1 cup frozen berries  
½ avocado  
2 tablespoons chia seeds

1 handful of greens (spinach or kale)  
¼ teaspoon cinnamon  
4 to 5 ice cubes

# WARM BREAKFASTS

## WARM CHIA BREAKFAST PUDDING

1 cup dairy-free milk of your choice (coconut, almond or hemp)  
 ½ cup chia seeds  
 1 tsp vanilla extract (optional)

**Assemble the night before.** The night before you want the pudding for breakfast, mix the dairy-free milk, chia seeds, and vanilla if using in a container with a lid. Shake well and let it sit overnight in the refrigerator.

**The next morning.** The next morning, transfer the chia pudding from the container to a pot on the stove. Warm it for 2 to 3 minutes and serve it in a bowl.

Add your choice of cinnamon, ginger, or vanilla.

**Serving suggestion.** Add a sweetener of your choice. Top with dried apricots, pomegranate seeds, sliced apple or pear, etc.

## SWEET POTATO BREAKFAST HASH

1 tablespoon extra virgin olive oil	2 garlic cloves, chopped
1 small onion, chopped	½ teaspoon sea salt
1 red pepper, chopped	½ teaspoon black pepper
1 medium sweet potato, chopped	½ teaspoon red chili flakes (optional)
½ cup lentils	

**Sauté the vegetables.** In a large sauté pan over medium heat, add the extra virgin olive oil. When the pan is hot, add chopped onion and pepper. After 2 to 3 minutes, add chopped sweet potato and sauté until soft (about 8 to 10 minutes). When the sweet potatoes are almost done, add the lentils, garlic, sea salt, black pepper, and red chili flakes (optional).

**Serving suggestions.** Top with diced avocado, guacamole, or homemade salsa.

## GRAIN-FREE PORRIDGE

¼ cup raw pumpkin seeds  
 2 tablespoons flax seeds  
 1 tablespoon chia seeds  
 2 tablespoons unsweetened  
 shredded coconut

1 teaspoon cinnamon  
 ½ teaspoon ginger  
 ½ teaspoon vanilla extract  
 ½ cup warm dairy-free milk of your  
 choice

**Grind the cereal.** In a coffee grinder or blender, add the pumpkin seeds, flax seeds, chia seeds, and shredded coconut. Grind or blend until fine. Place in a serving bowl. Add the warm dairy-free milk of your choice, as well as the cinnamon, ginger and vanilla extract into the cereal and stir.

**Serving Suggestions.** Add allspice or garam masala to your cereal. You may also add a teaspoon of the sweetener of your choice. Top your cereal with sliced bananas, apples, shredded coconut, etc.

# JUICES LIQUID ASSETS

For each juice recipe, juice all ingredients together in your Vitamix or juicer. To sweeten any juice, add vanilla extract, stevia, raw honey, or lemon or lime juice. If you desire a little spice, you may add hot sauce, cayenne pepper, nutmeg, or cinnamon. Be sure to wash all fruits and vegetables thoroughly if the recipe includes the rind or skin. Again, use organic whenever possible.

*(If using a blender, make sure to consult the instruction booklet for juicing directions or stay tuned for an email all about Juicing when you do not have a Juicer).*

## DE-BLOAT + LOVE THE LIVER

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10 asparagus stalks  
3 cucumbers

4 celery stalks  
1 lemon

Juice all ingredients and enjoy.

## GROUND ME

3 carrots  
1 beet (you can also add  
the stems if you desire)

3 celery stalks  
½-inch piece of ginger  
Juice of one lemon

Juice the carrots, beet, celery and ginger. Stir the lemon juice in and enjoy.

## LEMON LOVE

4 lemons, juiced with the rind  
1 handful of kale

¼-inch piece of ginger  
Dash cayenne pepper (optional)

**Juice.** Juice the lemons with the rind, the kale, and the ginger. Sprinkle cayenne on top to aid digestion.

## APPLE POWER

2 apples  
¼-inch piece of ginger  
2 carrots

Handful of spinach  
1 lemon

**Juice.** Juice all the ingredients and enjoy.

## LOVELY LIVER

5 celery stalks  
1 cucumber  
1 handful of lettuce  
1 apple

1 handful of parsley  
1 lemon  
1 cup coconut water

**Juice.** Juice the celery, cucumber, lettuce, apple, parsley and lemon. Stir the cup of coconut water into the juice and enjoy.

## VITALITY BOOST

2 cucumbers  
5 stalks of celery  
5 stalks of asparagus

Handful of greens of your choice  
2 lemons with the rind  
Dash of cayenne pepper (optional)

**Juice.** Juice the cucumbers, celery, asparagus, greens, and lemons. Add a sprinkle of cayenne if desired.

## DE-BLOAT JUICE

10 asparagus spears  
3 cucumbers

4 celery stalks  
Juice of 2 limes

**Juice.** Juice the asparagus, cucumbers and celery. Add the lime juice and enjoy.

## NOURISH YOU

3 carrots  
1 beet

½ apple  
¼-inch piece of ginger

**Juice.** Juice all the ingredients and enjoy.

## A GREEN KISS

5 stalks celery  
6 Swiss chard leaves  
1 apple

1 small cucumber  
1 lemon

**Juice.** Juice all ingredients and enjoy.

# HOMEMADE MILKS

## HEMP MILK

⅓ cup hemp seeds  
16 ounces water

⅛ teaspoon cinnamon  
¼ teaspoon pure vanilla

Blend in a Vitamix, Blendtec or high-powered blender, and strain through nut milk bag or cheesecloth.

## ALMOND MILK

1 cup whole raw almonds, soaked overnight; drain and rinse (yields 1 1/2 cups)

2 1/2 cups filtered water  
1/2 teaspoon pure vanilla (optional)

Blend in a Vitamix, Blendtec, or high-powered blender, and strain through nut milk bag or cheesecloth.

### Optional Add-Ins:

Stevia  
Honey

# DIPS

For the following section, if you cannot find nutritional yeast simply omit it from the recipe. If you are intolerant to soy and/or miso, omit that as well.

## GUACAMOLE

1 to 2 ripe avocados  
1 red or yellow pepper, chopped  
1/2 lemon, juiced

1/2 lime, juiced  
1 tablespoon raw apple cider vinegar  
Parsley to garnish

**Mix in a bowl.** Mash the avocados in a bowl. Add the chopped red or yellow pepper, lemon juice, lime juice, and apple cider vinegar. Mix well, garnish with parley, and serve.

## BEAN-LESS HUMMUS

1 zucchini  
1/2 cup tahini  
3 sun-dried tomatoes  
1/4 cup fresh or dried basil  
1/2 teaspoon sea salt

1 teaspoon black pepper  
1 garlic clove, minced  
1 tablespoon apple cider vinegar  
1 lemon, juiced  
1/4 to 1/2 cup water (as needed)

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**Blend the ingredients.** Blend all ingredients together in a food processor or blender. Add water until desired consistency is reached.

## DELICIOUSLY DETOXING PESTO

1 cup basil leaves, washed and loosely packed	1 lemon, juiced
½ cup fresh sorrel leaves, cilantro, or mint	2 cloves fresh garlic
2 sun-dried tomatoes	¼ to ½ cup extra virgin olive oil as needed
	Sea salt to taste

**Combine the ingredients.** Combine the basil, sorrel (or cilantro or mint), sun-dried tomatoes, lemon juice and garlic in a food processor bowl. Pulse and process the mixture until it is finely chopped. Slowly add extra virgin olive oil in a steady drizzle as you pulse the processor on and off. Process until it becomes a smooth, light paste. Add salt to taste.

**Storage instructions.** Cover tightly and chill in the refrigerator for at least 1 hour to saturate the flavors. If storing overnight, pour a thin layer of extra virgin olive oil over the top of the pesto to help keep it bright green.

## LEMON SWEET POTATO DIP

2 sweet potatoes	1-inch piece of grated ginger
2 tablespoons vanilla hemp protein powder	1 teaspoon sea salt
1 lemon, zested and juiced	¼ teaspoon cayenne pepper (optional)

**Roast the sweet potato.** Preheat the oven to 400°F. Wash the sweet potatoes and pierce them with a fork. Wrap the sweet potatoes with aluminum foil. Place in the oven on a baking tray for 45 minutes to 1 hour. When the sweet potatoes are tender, remove from the oven and allow to cool for 15 to 20 minutes.

**Mix the dip.** Put the warm sweet potatoes in a blender or food processor with the skin. Add the vanilla hemp protein powder, lemon zest and juice, grated ginger, sea salt, and cayenne pepper (optional). Blend until well incorporated. Add a bit of water, one tablespoon at a time, until you reach your desired consistency. Taste and adjust seasonings to your preference.

**Serving suggestion.** Add dried cranberries if desired. Serve with raw vegetables like carrots, cucumbers, radishes, celery, etc.

## SPINACH HEMP DIP

(adapted from [The Raw Project](#))

¾ cup shelled hemp seeds

2 cups baby spinach

2 tablespoons nutritional yeast

1 lemon, juiced

1 tablespoon apple cider vinegar

¼ teaspoon sea salt

1 scallion

½ cup water

**Blend the dip.** Add the hemp seeds, spinach, nutritional yeast, lemon juice, apple cider vinegar, sea salt, scallion, and water to a blender. Blend until well mixed. Serve with raw vegetables or crackers.

# RAW MEALS

## SAVORY SUNFLOWER SEED PATE IN A COLLARD WRAP

SUNFLOWER SEED PATE

¾ cup raw sunflower seeds, soaked  
for 8 hours

1 large celery rib

1 large clove of garlic

2 teaspoons dried thyme

¼ teaspoon sea salt

½ teaspoon black pepper

1 large lemon, zested and juiced

¼ cup extra virgin olive oil

1 large collard leaf to use as a wrap

*Variation:* add 1 teaspoon of curry powder and a pinch of cayenne pepper to the pate for a touch of Indian flavor.

*Suggested pate toppers:* shredded carrot, sliced avocado, sliced red pepper, chopped red onion, sliced cucumber, sprouts.

**Prepare the sunflower seed pate.** Drain the sunflower seeds of excess water. Add the sunflower seeds, celery, garlic, thyme, sea salt, black pepper, lemon juice with the zest, and extra virgin olive oil to your blender or food processor. Blend until well incorporated. The pate should be smooth but still have some texture to it.

**Assemble the wrap.** Wash your collard leaf and pat dry with a clean paper towel. Lay the leaf flat on a cutting board. Take a small knife and remove the thick rib of the stem

so that it lies flat. Place  $\frac{1}{4}$  cup of the pate on your collard leaf. Add any of the suggested toppings. Roll the collard leaf like a burrito. Enjoy.

## MASSAGED KALE WITH APPLE

4 cups of kale, thinly sliced	$\frac{1}{4}$ teaspoon sea salt
1 cup parsley, chopped	$\frac{1}{4}$ teaspoon black pepper
1 large lemon, juiced	1 large apple, chopped
1 avocado, chopped	$\frac{1}{4}$ cup carrots, shredded
4 tablespoons extra virgin olive oil	

*Suggested toppings:* pumpkin seeds, dried cranberries

**Prepare the kale.** Add kale, parsley, lemon juice, avocado, extra virgin olive oil, sea salt, and black pepper to a large bowl. Massage the kale and other ingredients with clean hands. The kale should turn a bright green and become softer. Massage until well incorporated. Taste and adjust seasoning as needed.

**Add remaining ingredients.** Add your chopped apple and shredded carrots to the kale mixture. Toss. Top with pumpkin seeds and dried cranberries if desired.

## MEDITERRANEAN SALAD

### SALAD

2 cups mesclun lettuce	10 fresh mint leaves, roughly torn to small pieces
1 cup flat leaf parsley, chopped	1 avocado, chopped
1 carrot, shredded	Kalamata olives, chopped (optional)
1 large apple, chopped	
$\frac{1}{4}$ cup shredded beets	

### DRESSING

2 large garlic cloves, minced	$\frac{1}{2}$ teaspoon Dijon mustard
1 large lemon, juiced	1 teaspoon dried oregano
$\frac{1}{4}$ cup red wine vinegar	$\frac{1}{4}$ teaspoon sea salt
$\frac{1}{4}$ cup extra virgin olive oil	$\frac{1}{4}$ teaspoon black pepper

**Prepare the dressing.** Preparing the dressing first allows the flavors to intermingle before using it on your salad. Add all the ingredients to a jar with a lid. Shake vigorously. Taste and adjust seasonings to your preference. Allow the dressing to sit for at least 15 minutes before dressing your salad.

**Toss the salad.** Add your mesclun lettuce, parsley, shredded carrot, apple, beets, and mint leaves to a large salad bowl. Add enough dressing to coat the salad, but not drown it. Mix thoroughly. Top with chopped avocado and kalamata olives (optional). Enjoy!

## RED ALERT SALAD

2 cups chicory lettuce (or your choice)	½ cup shredded carrots
1 bunch beet greens, thinly sliced	¼ small red cabbage, thinly sliced
½ cup shredded beets	

### DRESSING

2 lemons, juiced	1-inch piece of fresh ginger
10 basil leaves	1 small garlic clove
1 small bell pepper	¼ teaspoon salt
¼ cup extra virgin olive oil	¼ teaspoon pepper
1 small apple, chopped	

**Prepare the dressing.** Preparing the dressing first allows the flavors to intermingle before using it on your salad. Add the lemon juice, basil, bell pepper, olive oil, apple, ginger, garlic, salt, and pepper to a blender. Blend until smooth. Taste and adjust seasonings to your preference. Allow the dressing to sit for at least 15 minutes before dressing.

**Toss the salad.** Add your chicory lettuce, beet greens, shredded beets, carrots, and red cabbage to a large salad bowl. Add enough dressing to coat the salad, but not drown it. Mix thoroughly. Enjoy!

## SWEET & SPICY COLLARD SLAW

1 bunch collard greens, thinly sliced	1 large carrot, shredded
½ small red cabbage, thinly sliced	½ teaspoon red pepper flakes (optional)

### Dressing

2 navel oranges, juiced	1 date, pitted
¼ cup Bragg's raw apple cider vinegar	1 small garlic clove
½ cup extra virgin olive oil	¼ teaspoon sea salt
2 teaspoons powdered cumin	¼ teaspoon black pepper

**Prepare the dressing.** Preparing the dressing first allows the flavors to intermingle before using it on your salad. Add the orange juice, Bragg's raw apple cider vinegar, olive oil, cumin, pitted date, garlic clove, sea salt, and black pepper to a blender. Blend until smooth. Taste and adjust seasonings to your preference. Allow the dressing to sit for at least 15 minutes before dressing your salad.

**Toss the salad.** Add your thinly sliced collards, red cabbage, and carrot to a large salad bowl. Add enough dressing to coat the salad, but not drown it. Add red pepper flakes if desired. Mix thoroughly. Enjoy!

## HERB SALAD

1 head broccoli, chopped into bite-sized pieces	1 pear, chopped
½ head cauliflower, chopped into bite-sized pieces	¼ cup minced red onion
1 large carrot, shredded	½ bunch cilantro, minced
	½ bunch dill, minced
	½ bunch mint leaves, minced

*Suggested salad toppings:* diced avocado, dried cranberry, and sprouts of your choice.

### Dressing

2 lemons, juiced	¼ cup extra virgin olive oil
¼ cup Bragg's raw apple cider vinegar (omit if you have acid reflux)	¼ teaspoon sea salt
	¼ teaspoon black pepper

**Prepare the dressing.** Preparing the dressing first allows the flavors to intermingle before using it on your salad. Add the lemon juice, Bragg's raw apple cider vinegar, olive oil, sea salt, and black pepper to a container with a lid. Shake vigorously until well blended. Taste and adjust seasonings to your preference. Allow the dressing to sit for at least 15 minutes before dressing your salad.

**Toss the salad.** It is important to chop your broccoli and cauliflower into small pieces for easier digestion. Try pulsing them in a food processor, or use a sharp knife to chop them into bite-sized pieces. Add the broccoli and cauliflower to a large salad bowl along with the shredded carrot, chopped pear, red onion, cilantro, dill, and mint. Add enough dressing to coat the salad, but not drown it. Mix thoroughly. Add any of the suggested toppings if desired. Enjoy!

# COOKED MEALS

FOR STEAMING – IF YOU DON'T OWN A STEAMER BASKET, SIMPLY BOIL THE COOKED VEGETABLES WITH SOME FILTERED WATER UNTIL TENDER, USUALLY ABOUT 10 MINUTES.

## SMOKY ROASTED BRUSSELS SPROUTS

1 pound Brussels sprouts, trimmed and halved (lengthwise)	1 teaspoon smoked paprika
1 large red onion, thickly sliced	½ teaspoon sea salt
2 tablespoons extra virgin olive oil	½ teaspoon black pepper

**Preheat the oven.** Preheat your oven to 400°F.

**Prepare your Brussels sprouts.** Rinse the Brussels sprouts and cut them in half, lengthwise. Add them to a large bowl.

**Slice your onions.** Take the red onions and remove the skin. Slice in ¼-inch thick slices. Add them to the bowl with the Brussels sprouts.

**Mix in the spices.** Add the extra virgin olive oil, smoked paprika, sea salt, and black pepper to the Brussels sprouts and onions. Mix thoroughly using your hands so that everything is well incorporated.

**Roast.** Remove the mixture from the bowl and place it onto a baking sheet. Spread evenly across the pan. Roast for 20 to 25 minutes. Remove from the oven and allow the vegetables to cool for 5 to 10 minutes. Best if eaten while warm. Enjoy!

## SWEET & SOUR KALE WITH APRICOTS

1 bunch kale (any variety), chopped	1 tablespoon extra virgin olive oil
1 medium onion, thinly sliced	½ teaspoon sea salt
6 dried apricots, soaked and chopped	½ teaspoon black pepper
2 tablespoons apple cider vinegar	

**Soak the dried apricots.** Take your dried apricots and put them into a bowl with enough warm water to cover. Allow them to soak for 30 minutes to 1 hour. When the apricots are soft, chop them into small pieces.

**Prepare the vegetables.** Wash and chop your kale into bite-sized pieces. Peel and slice your onions into thin slices. Set aside and warm your pan.

**Cook.** Set a large sauté pan on medium high heat and add 1 tablespoon of extra virgin olive oil. When the pan is hot, add the sliced onions. Sauté the onions until they are soft. Add the kale and chopped apricots. Sauté until the kale is wilted and tender. Add the

apple cider vinegar, sea salt, and pepper. Coat the vegetables thoroughly. Turn off the flame and allow the dish to marinate for five minutes before serving. Enjoy!

## GARLIC GINGER SAUTÉ

1 tablespoon coconut oil (or extra virgin olive oil)	½ cup chopped mushrooms
2 teaspoons sesame seeds, toasted	1 cup shredded carrot
1 small onion, thinly sliced	2 garlic cloves, minced
1-inch piece of ginger, shredded	1 tablespoon coconut aminos*
2 cups shredded purple cabbage	½ teaspoon toasted sesame oil

\*Note: If you do not have coconut aminos, you can substitute Braggs Liquid Aminos, soy sauce, or ½ teaspoon of sea salt.

**Toast the sesame seeds.** Heat a dry sauté pan on low flame. When the pan is hot, add the sesame seeds. Toast for about 2 minutes until golden. Remove the sesame seeds from the pan so that they don't continue cooking. Set aside to use in the final step.

**Preheat pan.** Take a sauté pan and add 1 tablespoon of coconut oil.

**Sauté.** When the coconut oil is hot, add the onions. Sauté until soft. Add shredded ginger and sauté for 1 to 2 minutes. Add purple cabbage and allow it to soften. When the cabbage is soft, add mushrooms and shredded carrots. Add the minced garlic and sauté for 2 minutes. Add the coconut aminos and toss until thoroughly mixed. Turn off the flame and top with toasted sesame oil and toasted sesame seeds.

## WINTER'S BOUNTY

1 small butternut squash (or a 20-ounce pack, peeled and cut)	10 whole garlic cloves
1 fennel bulb	4 tablespoons extra virgin olive oil
1 large red onion	¼ cup balsamic vinegar
2 large beets	2 teaspoons dried rosemary
1 large carrot	1 teaspoon dried thyme
1 large parsnip	½ teaspoon salt
1 large bell pepper	½ teaspoon black pepper

*Suggestion:* Serve on a bed of fresh baby spinach.

**Preheat your oven** to 450°F.

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**Prepare your vegetables.** Chop your butternut squash, fennel bulb, red onion, beets, carrot, parsnip, and bell pepper into 1-inch pieces. The pieces should be fairly uniform to ensure even cooking. Place the vegetables onto a roasting pan. Add the whole garlic cloves to the roasting pan.

**Spice your vegetables.** Once your vegetables are in the roasting pan, coat with olive oil, balsamic vinegar, rosemary, thyme, salt, and pepper. Massage the vegetables to ensure that everything is well coated. Spread the vegetables evenly in the roasting pan so that they will cook thoroughly.

**Roast your vegetables.** Cover your roasting pan with aluminum foil and seal the edges. Place the pan inside the oven and roast for 20 minutes. Remove from the oven and remove the foil. Turn the vegetables over with a spatula. Put the vegetables back in the oven -- without the foil -- to roast for an additional 15 to 20 minutes. The vegetables are fully cooked when you can put a fork through the middle without force.

**Serve.** Let your vegetables cool for at least 10 to 15 minutes. Serve on a bed of baby spinach.

## ITALIAN MASHED CAULIFLOWER WITH ROSEMARY TOMATO SAUCE

### ROSEMARY TOMATO SAUCE

4 Roma tomatoes	½ teaspoon sea salt
1 large red onion	½ teaspoon black pepper
1 head of garlic, peeled	4 sun-dried tomatoes, soaked
1 tablespoon extra virgin olive oil	1 cup vegetable broth
1 tablespoon dried rosemary	

### MASHED CAULIFLOWER

1 head cauliflower	¼ teaspoon sea salt
¼ cup dairy-free milk of your choice	¼ teaspoon pepper

**Preheat the oven.** Preheat your oven to 375°F.

**Prepare the tomato sauce.** Chop tomatoes and onion into bite-sized pieces. Place onto a roasting pan. Pull apart the garlic bulb and remove the skin. Add the garlic onto the roasting pan. Add the extra virgin olive oil, rosemary, sea salt, and black pepper. Toss the mixture using your hands. Roast for 30 to 35 minutes.

When the vegetables are done roasting, remove them from the oven and let it cool for 5 to 10 minutes. Place the vegetables in a blender with sun-dried tomatoes and vegetable broth. Blend to desired consistency. Remove the sauce and place into a serving bowl.

**Prepare the cauliflower.** Cut your cauliflower into small pieces. Steam the cauliflower until tender (about 5 to 10 min). Place cauliflower in a clean blender or food processor. Add dairy-free milk, salt, and pepper while blending until smooth. Remove from blender and put into a serving bowl.

**Serve the dish.** Serve your mashed cauliflower with the rosemary tomato sauce immediately. Enjoy!

## INDIAN CURRY CAULIFLOWER WITH PEAS AND CARROTS

1 large head cauliflower	1 teaspoon mustard seeds
¼ cup frozen peas	1 teaspoon cumin seeds
¼ cup frozen carrots	¼ teaspoon sea salt
2 tablespoons extra virgin olive oil	¼ teaspoon black pepper
1 tablespoon curry powder	¼ teaspoon red pepper flakes (optional)

**Preheat the oven.** Preheat the oven to 400° F.

**Roast the cauliflower.** Wash and chop the cauliflower into bite-sized florets. Place onto a roasting pan with peas, carrots, extra virgin olive oil, curry powder, mustard seeds, cumin seeds, sea salt, black pepper, and red pepper flakes (optional). Place into a hot oven for 30 to 35 minutes. When the cauliflower is browned and tender, remove from the oven and allow to sit for 5 minutes. Place into a serving bowl. Enjoy!

## CLASSIC CAULIFLOWER MASH WITH MUSHROOM SAGE GRAVY

MUSHROOM SAGE GRAVY

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1 tablespoon extra virgin olive oil  
1 small onion, minced  
1 large celery rib, minced  
2 teaspoons poultry seasoning  
½ teaspoon sea salt

1 cup mushrooms, thinly sliced  
3 cups vegetable broth  
(or another of your choice)  
2 tablespoons arrowroot powder  
½ cup cold water

#### MASHED CAULIFLOWER

1 head cauliflower  
¼ cup dairy-free milk of your choice

¼ teaspoon salt  
¼ teaspoon pepper

**Prepare the roux.** In a small bowl, mix the arrowroot powder with ½ cup of cold water. Mix until it is smooth with no lumps. Set to the side to add to your gravy.

**Make the gravy.** Take a large pot and add your extra virgin olive oil. When the oil is hot, add the roux. Stir the roux until brown. Add minced onion. When the onions are translucent, add the minced celery, sliced mushrooms, poultry seasoning, and sea salt. Sauté until soft. Add the 3 cups of vegetable broth and stir. Taste and adjust for seasoning. Add on top of your mashed cauliflower.

**Prepare the cauliflower.** Cut your cauliflower into small pieces. Steam the cauliflower until tender (about 5 to 10 min). Place cauliflower in a blender or food processor. Add dairy-free milk, salt, and pepper while blending until smooth. Remove from blender and put into a serving bowl. Serve with mushroom gravy. Enjoy!

## ROASTED WINTER VEGETABLES

2 large parsnips, peeled and chopped  
2 small beets, peeled and chopped  
½ pound calabaza, chopped (also known as pumpkin)\*  
2 tablespoons extra virgin olive oil

1 teaspoon garlic powder  
½ teaspoon sea salt  
½ teaspoon black pepper  
¼ bunch parsley, minced

**\*Note:** Calabaza can be found in most ethnic grocery stores. If you cannot find it in a store near you, a suitable replacement is butternut squash.

**Preheat the oven.** Preheat the oven to 425°F.

**Roast your vegetables.** Place your parsnips, beets, and calabaza into a roasting pan. Add extra virgin olive oil, garlic powder, sea salt, and black pepper. Roast for 40 to 45 minutes. When the vegetables are tender, remove from the oven and let it cool for 5 minutes. Top with minced parsley to serve. Enjoy!

## MEXICAN ROASTED WINTER VEGETABLES

2 large parsnips, peeled and chopped	½ tablespoon sweet paprika
2 small beets, peeled and chopped	1 teaspoon ground cumin
½ pound calabaza, chopped (also known as pumpkin)*	1 teaspoon garlic powder
2 tablespoons extra virgin olive oil	1 teaspoon oregano
1 tablespoon chili powder	¼ teaspoon sea salt
	¼ teaspoon red chili flakes (optional)

\*Note: Calabaza can be found in most ethnic grocery stores. If you cannot find it in a store near you, a suitable replacement is butternut squash.

**Preheat the oven.** Preheat the oven to 425°F.

**Roast your vegetables.** Place your parsnips, beets, and calabaza into a roasting pan. Add the extra virgin olive oil, chili powder, sweet paprika, ground cumin, garlic powder, oregano, sea salt, and red chili flakes (optional) to the vegetables. Toss until well coated. Place in the oven for 40 to 45 minutes.

**Serving suggestion.** Serve the warm vegetables inside collard green, or romaine lettuce leaf. Top with sautéed onions and peppers, fresh guacamole, and salsa.

## JAMAICAN JERK ROASTED WINTER VEGETABLES

### JERK MARINADE

6 tablespoons olive oil	2 tablespoons dried thyme
¼ cup fresh lime juice	1-inch piece of fresh ginger
4 scallions, coarsely chopped	1 to 2 pitted dates
1 habanero chili (more if you want it extra spicy)	2 teaspoons allspice
3 garlic cloves, peeled	1 teaspoon sea salt
	¼ cup apple cider vinegar

### ROASTED VEGETABLES

2 large parsnips, peeled and chopped
2 small beets, peeled and chopped
½ pound calabaza, chopped (also known as pumpkin)*

\*Note: Calabaza can be found in most ethnic grocery stores. If you cannot find it in a store near you, a suitable replacement is butternut squash.

**Make the jerk marinade.** Place all the ingredients for the jerk marinade in a blender. Blend until the marinade is smooth. Taste and adjust seasonings to your preference.

**Marinate the vegetables.** Add the raw vegetables to a bowl or large freezer bag. Add enough marinade to well coat the vegetables. Allow this mixture to marinate for at least 8 hours before roasting.

**Roast the vegetables.** Preheat your oven to 425°F. When the vegetables are well marinated, place in a roasting pan. When the oven is hot, place the vegetables in the oven and roast for 40 to 45 minutes.

**Serving suggestion.** Serve the warm jerk vegetables on top of mashed cauliflower or cauliflower rice with a salad.

## RAW SOUPS

### CREAMY RAWKIN TOMATO SOUP

[4 SERVINGS]

3 medium tomatoes, chopped	2 tablespoons tahini
10 sun-dried tomatoes	1/2 cup hot water
1 carrot	1/2 cup fresh basil
1 avocado	

**Blend all ingredients.** Optional: top soup with pumpkin seeds or your favorite sprouts.

### RAW SWEET POTATO BLISS

[4 SERVINGS]

2 cups water	1 yellow pepper
2 small sweet potatoes, peeled and cubed	2 stalks celery
	1/4 small onion

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6 fresh basil leaves  
 1/2 cup tahini  
 1/2 tablespoon garam masala

1 garlic clove  
 1 avocado

Blend the water and sweet potatoes for 1 minute until smooth. Then add other ingredients and blend. Top with fresh parsley.

## AVOCADO HYDRATION SOUP

[4 SERVINGS]

2 large avocados  
 1 ½ cups coconut water (you can also use coconut milk or water)  
 1 lime, juiced  
 ½ cup cilantro leaves

1 small zucchini, chopped  
 ¼ teaspoon sea salt  
 ¼ cup chives  
 1 shallot, minced  
 Pinch of cayenne pepper (optional)

**Prep your avocados.** Cut open your avocados and remove the pit. Scoop out the flesh, reserving a small portion of one half for garnish.

**Blend.** Place all ingredients in a blender or food processor and blend on high until smooth. If the soup is too thick, add more coconut water until the desired consistency is reached. The soup should coat the back of a spoon, but not be solid. Pour into a large jar with a tight-fitting lid and chill in the refrigerator for at least 1 hour. Serve when cold. Garnish with avocado cubes and chives.

# WARM SOUPS

WHEN BLENDING YOUR HOT SOUP, START SLOWLY AND WORK IN BATCHES IF NECESSARY. YOU DO NOT WANT TO BURN YOURSELF OR RISK HAVING THE STEAM BLOW THE LID OFF OF THE BLENDER.

## LENTIL SOUP

1 tablespoon extra virgin olive oil

1 teaspoon cumin seeds

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1 small onion, minced	1 cup brown lentils
1 large celery rib, minced	3 cups broth of your choice (or water)
4 large garlic cloves, minced	½ teaspoon sea salt
1-inch piece of ginger, shredded	½ teaspoon black pepper
1 large carrot, chopped	Spinach or kale (optional)
1 bay leaf	

**Create your soup base.** In a large pot, add extra virgin olive oil. When the oil is hot, add cumin seeds and cook until fragrant (about 1 minute). Then add your minced onion, celery, garlic, ginger, carrot, and bay leaf. Sauté until soft (about 2 to 3 minutes).

**Assemble the soup.** Add brown lentils and broth (or water) along with sea salt and pepper. Cover and cook on medium-low heat for 30 to 45 minutes, stirring every 15 minutes. The soup is done when the lentils are tender but still holding their shape.

**Serving suggestion.** Add greens like spinach or kale at the end if you would like. Allow the soup to settle for about an hour before eating for the best flavor.

## CARROT ORANGE SPICE SOUP

1 tablespoon extra virgin olive oil	1-pound bag of carrots, peeled and chopped
1 teaspoon cumin seeds	3 cups broth (chicken or vegetable) or water
1 small onion, chopped	2 to 3 large oranges, juiced
1 red pepper, chopped	

**Create your soup base.** To a large pot, add extra virgin olive oil over a medium heat. Add cumin seeds and sauté until fragrant (about 1 minute). Add chopped onion and red pepper. Sauté until soft (about 2 to 3 minutes).

**Assemble the soup.** Add your carrots and broth (or water). Allow the soup to come to a boil. Then lower the flame to a simmer for about 10 to 15 minutes. When the carrots are tender, turn off the flame and add your orange juice. Stir until well incorporated.

**Make it creamy.** You can use an immersion blender to thicken the soup, or place the soup in a blender in batches to your desired consistency. Add organic coconut milk if you would like your soup to be a bit more creamy.

## PARSNIP CREAM SOUP

1 tablespoon extra virgin olive oil	1 small onion, chopped
2 large celery ribs, chopped	4 large parsnips, peeled and chopped

2 teaspoons poultry seasoning  
2 cups broth (chicken or vegetable) or water

½ teaspoon sea salt  
½ teaspoon black pepper  
½ cup dairy-free milk of your choice

**Assemble the soup base.** In a large pot on a medium flame, add extra virgin olive oil. When the oil is hot, add the celery and onion. Sauté for about 2 to 3 minutes. Add parsnips, poultry seasoning, and broth (or water) along with sea salt and black pepper. Allow the mixture to come to a boil. Then lower the flame and simmer for 30 to 45 minutes. When the parsnips are tender, remove from heat.

**Make it creamy.** You can use an immersion blender to make the soup smooth or blend it in batches using a standup blender. When the soup is blended, add it back to the pot and add the dairy-free milk. Reheat the soup. Taste and adjust the seasoning. Enjoy!

## APPLE SQUASH CARROT SOUP

1 tablespoon extra virgin olive oil  
1 small onion, chopped  
1 medium butternut squash, peeled and chopped  
1 large apple, cored and chopped  
2 carrots, chopped  
2 teaspoons cinnamon

1 teaspoon nutmeg  
2 teaspoons curry powder  
½ teaspoon sea salt  
½ teaspoon black pepper  
3 cups broth (chicken or vegetable) or water  
½ cup dairy-free milk of your choice

**Create the soup base.** In a large pot, add the extra virgin olive oil. When the oil is hot, add onion and sauté for 2 to 3 minutes. Add chopped butternut squash, apple, and carrots, cinnamon, nutmeg, curry powder, sea salt, and black pepper to the pot. Sauté for 3 to 5 minutes. Add broth (or water) to the pot and stir. Let it come to a boil. Then reduce the heat and simmer for 15 minutes.

**Make it creamy.** You can use an immersion blender to make the soup smooth or blend the soup in batches using a standup blender. When the soup is blended, then add it back to the pot and add the dairy-free milk. Reheat the soup. Taste and adjust seasonings. Enjoy!

## MISO SOUP WITH SEA VEGETABLES

5 cups water  
1 strip kombu, hijiki or other sea vegetable (available at natural food stores and Japanese groceries)

1 cup Swiss chard, kale, or other greens, chopped  
½ cup sliced carrots  
5 teaspoons miso of your choice

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**Rinse the sea vegetables.** Rinse the sea vegetables in cold water for 10 minutes (if using arame, do not soak). Wipe with a towel to remove excess sodium. Fill a pot with water. Cut the sea vegetable into small strips and add to the pot. Bring the water to a boil. Add the carrots, cover and turn the heat to medium-low. Simmer for about 10 minutes.

**Mix in the miso.** Remove a few tablespoons of broth from the pot to mix with the miso in a separate container to form a puree. Place the miso puree in the soup pot and simmer for 2 or 3 minutes (miso should not be boiled because it will kill the beneficial bacterial!). Add the greens and simmer for 2 more minutes.

## CHICKEN BONE BROTH SOUP

3-5 pounds of soup bones\*

Water (enough to cover the bones)

1 tablespoon raw apple cider vinegar

\* Note: ask at your local butcher shop. Soup bones are usually very cheap, if not free!

**Make your stock.** In the stock pot, cover your soup bones with enough water to cover. Add apple cider vinegar. Bring to a boil, and then reduce to a simmer for 24+ hours.

**Store your stock.** After about 24 hours, strain the stock into mason jars. Set them in the fridge to cool. Skim off the fat that rises to the top, and close tightly with a lid, or put in ice cube trays for quick use. Keeps in the fridge for a few days, or for four to six months in the freezer.

**Make a chicken soup.** If you would like to make a chicken soup, add a quart of your stock to a pot with your favorite vegetables. You can add tomatoes, celery, carrots, leeks, potatoes, sweet potatoes, yams, turnips, etc. Bring to a boil, and then simmer until the vegetables are soft. Once the harder vegetables are soft, you can add chopped leafy greens like spinach, Swiss chard, or kale, if desired. Add sea salt and pepper to taste. Top with fresh herbs like parsley, basil, dill, oregano, rosemary, etc.

# DRESSINGS

STORE YOUR DRESSINGS IN THE REFRIGERATOR  
IN AIR-TIGHT CONTAINERS FOR UP TO 3 DAYS.

## TAHINI DRESSING

½ cup tahini  
 ½ cup cilantro  
 1 clove garlic, minced  
 1 tablespoon tamari

Juice of 1 lemon  
 ¼ - ½ cup water  
 Whisk or blend all ingredients together.  
 Add more water until the desired consistency is reached.

## HONEY LEMON DRESSING

2 teaspoons fresh lemon juice  
 1 teaspoon finely grated lemon zest  
 1 tablespoon honey

½ teaspoon chopped basil  
 ¼ cup extra virgin olive oil  
 Sea salt and pepper, to taste

In a small bowl whisk the lemon juice with the zest, honey and basil.  
 Whisk in extra virgin olive oil and season with sea salt and pepper.

## OIL AND VINEGAR WITH A KICK

2 - 3 tablespoons Bragg's raw apple  
 cider vinegar  
 1 tablespoon Dijon mustard  
 ¾ teaspoon cumin

Pinch of cayenne  
 ¼ - ½ cup extra virgin olive oil  
 Sea salt and pepper, to taste

Whisk all of the ingredients together in a bowl, except the oil. Then slowly incorporate the oil as needed until it reaches the desired dressing consistency.

# PROTEIN BALLS

## CACAO PROTEIN BALLS

[Makes 8-12 bars or balls]  
 1 cup pumpkin seeds  
 ½ cup sunflower seeds

1 cup soft Medjool dates, soaked  
 for 1 hour  
 1 cup goji berries

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¼ cup ground flax seeds  
Pinch sea salt

2 tablespoons raw cacao powder

**Mix the ingredients.** In a food processor combine the pumpkin seeds and sunflower seeds. Pulse for 30 seconds to 1 minute. Place the ground seeds in a separate bowl and set aside. Add the soaked dates and goji berries to the food processor and process until there are no large pieces. When the mixture resembles dough, stop the food processor and stir with a spoon. Add in the ground pumpkin and sunflower seeds back to the food processor along with the flax seeds, sea salt, and cacao powder. Pulse together all the ingredients again until everything is well incorporated and can stick together.

**DO NOT OVERMIX!**

**Serving suggestions.** Spread the mixture evenly into a pan to make bars. You can also make protein balls by using an ice cream scooper and placing each ball on a cookie sheet. Place the bars into the refrigerator for one hour before serving.

## CHOCOLATE SUNBUTTER PROTEIN BALLS

[Makes 8-12 bars or balls]

6 tablespoons sunbutter

4 tablespoons cacao  
(or unsweetened cocoa)

2 tablespoons coconut oil

1 tablespoon ground flax seeds, chia  
seeds, or almond meal

1 scoop pea protein OR hemp protein

15 drops of liquid stevia OR 1 tablespoon  
honey/agave

Pinch of sea salt

Water (as needed)

Shredded coconut

**Combine the ingredients.** Combine all the ingredients in a large bowl. Stir and slowly add water until you get the desired consistency of your protein ball (about 6 tablespoons of water).

**Mold the protein balls.** Mold the dough into little balls and place them on a cookie sheet or wax paper. You can eat them right away or freeze them for 10-15 minutes. Roll each ball in a bowl of shredded coconut - feel free to dust them with more cacao for an extra boost of antioxidants.

## HEMP POWER BALLS

[Makes 5 balls]

¼ cup hemp protein powder

3 tablespoons cacao powder

1 tablespoon chia seeds

¼ teaspoon liquid stevia

¼ teaspoon vanilla

1 tablespoon coconut oil

3 tablespoons tahini

**Combine the ingredients.** In a large bowl, place your protein powder, cacao, and chia seeds. Mix. Add in the stevia, vanilla, coconut oil, and tahini. Stir until well combined.

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## SUPERFOOD PEA PROTEIN BALLS

[Makes 8-12 bars or balls]

1 scoop pea protein or hemp protein	2 tablespoons flax meal
½ tablespoon stevia	2 tablespoons shredded coconut
2 tablespoons coconut oil	¼ teaspoon cinnamon
½ teaspoon cinnamon	¼ cup of dairy-free ENJOY LIFE
1 tablespoon raw cacao	chocolate chips
2 tablespoons hemp seeds	

**Mix the ingredients.** Put all ingredients in a mini food processor or mash with your hands. Mix the dough with your hands and form into small balls. Eat right away or put in the refrigerator for 15 to 30 minutes.

## RAW PROTEIN SEED BALLS

[Makes 8-12 bars or balls]

¾ cup pumpkin seeds	1 tablespoon raw cacao powder
¾ cup sunflower seeds	1 tablespoons honey
½ cup chopped dates, soaked for 15 minutes or more	Sea salt to taste
3 tablespoons flaxseed meal	¼ cup raisins
3 tablespoons coconut oil	½ cup unsweetened shredded coconut

**Mix the ingredients.** Add all the ingredients to a blender and blend until well incorporated. Transfer the mixture into a large bowl and begin to form the mixture into small balls. You can eat them right away or store them in the refrigerator or freezer and consume at a later date.

# SNACKS

## SIMPLY SMOKY KALE CHIPS

1 bunch curly kale	1 teaspoon smoked paprika
2 tablespoons extra virgin olive oil	¼ teaspoon sea salt

**Preheat your oven.** Preheat the oven to 300°F.

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**Mix the seasonings.** In a large bowl, add the kale, extra virgin olive oil, and smoked paprika. Mix with your hands until evenly coated.

**Bake.** Add the kale to a baking sheet. Spread the kale evenly across the pan. Place in the oven and bake for 20 minutes. Check the pan every 5 minutes to make sure it doesn't burn.

**Serve.** When the kale is crisp, remove from the oven and immediately top with sea salt.

## SIMPLE KALE CHIPS

1 bunch kale, stems removed and  
leaves torn into 2-inch pieces  
2 tablespoons extra-virgin olive oil

1 tablespoon fresh lemon juice  
1/4 cup sesame seeds  
sea salt to taste

**Preheat the oven.** Preheat oven to 200°F.

**Mix the ingredients.** In a large bowl, drizzle kale with extra virgin olive oil, lemon juice, and sesame seeds. Season with sea salt. Toss until evenly coated. Transfer to a rimmed baking sheet and bake for 30 minutes. Remove from oven and, using a spatula, flip kale leaves over. Return to oven and continue cooking until kale is dry and crisp, 20 to 25 more minutes. Let cool completely. Store in an airtight container for up to 3 days.

## CURRIED CARROT CHIPS

2 large carrots  
1 teaspoon extra virgin olive oil  
1 teaspoon curry powder

1/4 teaspoon sea salt  
1/8 teaspoon cayenne pepper (optional)

**Preheat the oven.** Preheat the oven to 350°F.

**Peel the carrots.** Wash the carrots thoroughly. Remove the excess skin with a vegetable peeler and discard it. Continue to shave the rest of the carrot into thin slices and put it into a large mixing bowl.

**Season the carrot chips.** Add extra virgin olive oil, curry powder, sea salt, and cayenne pepper (optional) to the mixing bowl with the carrots. Toss until the carrot slices are well coated.

**Bake the carrot chips.** Place the carrot chips onto a baking sheet. Be sure that each strip is laid out flat and does not overlap to ensure even cooking. Bake for about 10 minutes. When the chips are done, remove from the oven and transfer them to a wire cooling rack to crisp. When the chips are cool, serve.

## SWEET POTATO CHIPS

3 sweet potatoes  
2 tablespoons extra virgin olive oil  
½ teaspoon sea salt

½ teaspoon cayenne pepper  
1 teaspoon garlic powder

**Preheat the oven.** Preheat oven to 425°F.

Prepare the sweet potatoes. Cut them into "chips". Add the sweet potato slices, extra virgin olive oil, and spices to a Ziploc bag. Shake. Remove the slices from the bag and lay them on a non-stick baking sheet. Bake each side of the chip for 18-20 minutes. Make sure you flip the "chip" after 18 minutes and then cook the other side.

## QUICK SNACK IDEAS

1. One piece of fruit with ¼ cup of seeds.
2. Figs or dates stuffed with sunbutter or tahini.
3. 4 tablespoons of a dip of your choice with cherry tomatoes, celery sticks, or sweet potato chips.

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4. One roasted sweet potato with 3 tablespoons hemp seeds, garlic & sea salt, or opt for a sweet treat and drizzle your sweet potato with 2 tablespoons tahini, cinnamon & nutmeg.
5. A smoothie with an extra boost of protein (add a scoop of hemp protein powder or 1 tablespoon tahini or sunbutter).
6. Apple with 2 tablespoons of sunbutter & 2 tablespoons of shredded coconut.
7. Green juice with a handful of pumpkin seeds.
8. Coconut water with your favorite protein ball (remember you have 4 choices).

## DESSERTS

### RAW AVOCADO PUDDING

1 avocado  
 1 cup almond milk, rice milk  
 or hemp milk  
 1 zucchini, chopped  
 1 tablespoon raw cacao powder

1 tablespoon raw honey,  
 or 1 teaspoon stevia  
 Using a food processor or high power  
 blender, combine all ingredients until  
 smooth. Put in refrigerator until it is cold  
 and then enjoy!

### BAKED APPLE

1 apple  
 Dash cinnamon

Dash nutmeg  
 1 teaspoon lemon juice

**Bake the apple.** Slice an apple and mix with cinnamon, nutmeg and lemon juice. Bake for 20 minutes at 350°F. Then drizzle with honey and top with pumpkin seeds for an extra satisfying crunch.

## CHOCO CHIA PUDDING

¼ cup chia seeds

½ banana

1 cup unsweetened coconut milk

or almond milk

1 tablespoon of raw cacao

Combine the pudding. Place the chia seeds in a bowl. Combine the milk, raw cacao, and banana in a blender until smooth. Pour the mixture over the chia seeds and let stand for at least 15 minute before serving.

## VEGAN HOT COCOA

1 cup of coconut or almond milk

1 tablespoon of raw cacao powder

Stevia or honey to taste

**Heat the milk.** Heat the coconut or almond milk over medium flame. Add 1 tablespoon of cacao powder and sweeten with stevia or honey if you desire.

# TRANSITION DIET RECIPES

## LEMON GINGER QUINOA

1 tablespoon extra virgin olive oil

1 small carrot, grated

1-inch piece of ginger, grated

1 small onion, minced

2 large garlic cloves, minced

2 cups quinoa

3 ⅓ cups water

½ teaspoon sea salt

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½ teaspoon black pepper

½ lemon, juiced

**Sauté the vegetables.** Add extra virgin olive oil to a large sauce pan over medium heat. When the pan is hot, add carrot, ginger, onion and garlic. Sauté for about 2 to 3 minutes.

**Add the quinoa.** After sautéing the vegetables, add quinoa, water, sea salt, and black pepper. Stir and allow the quinoa to steam -- with the cover on -- for about 20 minutes on low heat. The quinoa is done when the water is absorbed. Turn off the flame and fluff the quinoa with a fork. Add lemon juice. Cover and allow the quinoa to absorb the lemon juice.

**Serving suggestions.** This quinoa can be served with a variety of stir-fried vegetables including cabbage, kale, broccoli, etc.

## BASIL LEMON QUINOA WITH LENTILS

2 cups lentils, soaked overnight

1 cup basil leaves, chopped

2 tablespoons extra virgin olive oil

½ large lemon, juiced

1 cup cooked quinoa

Sea salt to taste

¼ cup raisins

**Cook your lentils.** Drain your lentils and add them to a pot. Cover the lentils with water and cook over medium heat for 20 to 30 minutes.

**Add remaining ingredients.** When lentils are cooked, drain and let them cool and pour olive oil on top. Add cooked quinoa, raisins, chopped basil leaves, and sea salt to taste. Stir all the ingredients in a large bowl and add olive oil.