



Curried Cauliflower Coconut Soup

Serves 6-8

Ingredients

2 T. coconut oil
1 tsp. sea salt
1 small yellow onion, diced
2 carrots, peeled and diced small
1 cup finely chopped celery
1 head cauliflower, cut into small florets
1 ¼ T. curry powder
¼ tsp. ground cumin
¼ tsp. ground coriander
1/8 tsp. ground cinnamon
3 cups vegetable or chicken broth (depending on size of cauliflower)
½ cup coconut milk
1 tsp. grade B maple syrup
juice of ½ lime (optional)
¼ cup chopped cilantro for garnish

Directions:

Heat the 2 tablespoons of coconut oil in a large pot over medium heat. Add the onion and sauté until softened, about 3 minutes. Add the carrots, celery, cauliflower and ¼ teaspoon salt and sauté for another 3 minutes. Add the spices and remaining ½ teaspoon salt and stir until the spices coat the vegetables. Pour in ½ cup of the broth to deglaze the pot and cook until the liquid has reduced by half. Pour the remaining broth and coconut milk into the pot and bring to a boil. Reduce the heat, cover the pot and simmer for 20-25 minutes or until all of the vegetables are soft. Add the maple syrup and lime juice. Blend the soup with an immersion blender until smooth or work in batches if using a standing blender.

Taste for salt, lime juice or maple syrup. Garnish with cilantro.



Sardine Salad

Serves 4-6

Ingredients:

4 tsp. extra-virgin olive oil
2 tsp. grated lemon zest
Juice of 2 lemons
2 tsp. Dijon mustard
2 T. chopped fresh parsley
2 T. chopped basil
2 scallions, white and green, chopped
2 finely diced stalks celery
2 3.8oz. cans olive-oil-packed sardines, drained
Coarse salt and freshly ground black pepper

Directions:

Combine oil, lemon zest and juice, mustard, parsley, basil, scallions, and celery in a bowl.

Gently fold in sardines and season with a generous pinch of salt and pepper.

Serve over lettuce or whole grain crackers



Tuscan Kale Salad with Tomatoes and Toasted Pine nuts

Serves 4-6

Ingredients:

1 bunch kale, rinsed, dried, and chopped into bite-sized pieces
1/2 c. extra virgin olive oil
1 large garlic clove, minced
1/4 c. fresh lemon juice
2 cloves garlic, finely minced
Salt and pepper to taste
Pinch of red pepper flakes
1/2 pint tomatoes, quartered
1/2 cup toasted pine nuts

Directions:

Place the kale in a large salad bowl.

In a small bowl, whisk together the olive oil, garlic, lemon juice, salt, pepper and red pepper flakes until emulsified.

Stir the dressing into the kale until all pieces are coated. Mix the kale with hands continuously for at least 3 minutes to break down the kale. Add the tomatoes and toasted pine nuts. Serve immediately or let the salad marinate overnight.



Coconut Chocolate Truffles

18 truffles

Ingredients:

¼ cup flaxseeds, ground
¼ cup unsweetened cocoa powder
1/3 cup walnuts, finely chopped
1/3 cup raw almond butter
4 T. honey
1 tsp. vanilla extract
pinch sea salt
small bowl of unsweetened shredded coconut

Directions:

In a food processor, process all of the ingredients, except the coconut until mixture forms a dense ball. Scoop out small amounts into 1-inch balls. Roll in coconut to coat. Then place on a plate or baking sheet and set in refrigerator to firm up.