

# Ronit's Green Smoothie

I love to make a big batch all at once to save time. It keeps in the refrigerator for two to three days or you can freeze in a glass container and thaw the night before drinking.

- 2 cups water or coconut water
- Organic spinach
- 1 head organic romaine
- Juice of  $\frac{1}{2}$  organic lemon or one lime
- 3 to 4 sticks organic celery
- 1 organic apple
- 1 organic pear
- Parsley, optional
- Pinch cayenne pepper, optional
- 1 shot wheatgrass, optional

Blend water, spinach and romaine. Add celery, apple, pear, lemon juice and herbs.

**Enjoy the energy!**

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# Ronit's Asian Salmon

This is a family favorite – even my kids' friends request it!

- 1 1/2 pounds salmon filet with skin
- Sesame oil to brush on fish
- $\frac{1}{2}$  cup nama shoyu or tamari
- $\frac{1}{2}$  cup water
- $\frac{1}{4}$  cup ponzu
- 1 tablespoon agave nectar
- 1 teaspoon crushed pepper

Place fish in pan and brush with sesame oil. Turn over to marinate with skin down.

Mix remaining ingredients and pour over the salmon. Marinate for at least one hour or up to 24 hours in the refrigerator.

Preheat oven to 350 degrees. Cover salmon and bake for 15 minutes. Uncover and broil for an additional 5 minutes.

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# Flourless Almond Butter Chocolate Chip Cookies

Taste testers didn't miss the flour in these simple, gluten-free chocolate chip cookies! Only 5 ingredients needed to make them. This recipe makes 1 dozen cookies.

## *Ingredients:*

- 1 large egg
- 1 cup raw almond butter
- 1/2 cup coconut sugar
- 1 teaspoon baking soda
- 1 cup semi-sweet or dark chocolate chips

## *Directions:*

1. Preheat oven to 350F degrees and line a large baking sheet with parchment paper
2. In a medium bowl, beat the egg. Add the almond butter, baking soda, and coconut sugar. Mix everything together very well. Fold in the chocolate chips until combined.
3. Scoop the dough, about 1.5 Tablespoons each, onto prepared baking sheet. Gently press down on the dough mounds with the back of a spoon. If you find the cookie

dough balls are oily-looking from your almond butter, blot each with a paper towel.

4. Bake for 8 to 10 minutes. The cookies will look very soft and underbaked, but that's ok. For crispy cookies, bake for up to 12 minutes. Allow the cookies to cool for 10 minutes on the baking sheet before transferring to a wire rack to cool completely.

Cookies stay fresh stored covered at room temperature for up to 7 days. Cookies freeze well, up to 3 months.

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## Banana Oat Muffins

### *Ingredients*

- 1 cup plain unsweetened organic Greek yogurt (I like Wallaby)
- 2 ripe bananas
- 2 eggs
- 2 cups rolled gluten free oats
- $\frac{1}{4}$  cup coconut sugar
- $\frac{1}{2}$  tsp. black molasses
- $1\frac{1}{2}$  tsp. baking powder
- $\frac{1}{2}$  tsp. baking soda
- $\frac{1}{2}$  cup organic semi-sweet dark chocolate chips

### *Instructions*

1. Preheat oven to 400F and prepare a muffin pan by spraying cavities with cooking spray or lining them with paper liners\*\*. Set aside.
2. Add all ingredients except for chocolate chips to a blender or food processor and process on high until oats are broken down and batter is smooth and creamy. Stir in

chocolate chips by hand.

3. Pour batter into prepared muffin pan, filling each cavity until it is about  $\frac{3}{4}$  full. Optional: sprinkle a few chocolate chips over the top of each muffin.
4. Bake for 15-20 minutes, until the tops of your muffins are set and a toothpick inserted into the middle comes out clean. Allow muffins to cool in pan for ~ 10 minutes before removing. Store in an air-tight container for up to a week.

## Notes

\*\* If using paper liners, you'll want to spray them with cooking spray as well, since the lack of oil in these muffins could make them stick to the liners after baking.

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# Chocolate & Peanut Butter Chickpea Cookie Bars – Gluten Free & Vegan

The first time I made these bars I was seriously blown away by the buttery taste. These bars contain no butter, no flour, no refined sugar yet taste absolutely decadent and indulgent. Make sure you let others taste these before you reveal the secret ingredient...!

Yield: 12 squares

## *Ingredients*

- 1 can chickpeas, rinsed & drained
- $\frac{1}{2}$  cup peanut butter (I used a natural peanut butter that I ground myself at the store)

- $\frac{3}{4}$  cup maple syrup
- 2 tsp vanilla
- $\frac{1}{4}$  teaspoon baking powder
- $\frac{1}{4}$  teaspoon baking soda
- $\frac{3}{4}$  cups semi-sweet or dark chocolate chips, reserve  $\frac{1}{4}$  cup for the top
- pinch sea salt

### *Instructions*

1. Preheat oven to 350F and line a loaf pan with parchment paper
2. In a food processor (or high speed blender), add all ingredients except chocolate chips and process until batter is smooth, similar consistency to hummus
3. Stir in 1/2 cup of the dark chocolate chips
4. Scoop the batter into the lined pan and smooth it out evenly. Lightly press the remaining chocolate chips over top
5. Bake for 60 minutes or until toothpick comes out clean. This will vary with ovens so be patient and wait until the edges are beginning to brown
6. Cool for 10 minutes in the pan then transfer to a rack for another 30 minutes for them to set. Cut into squares.

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# **Kale Salad with Nuts and Dried Berries**

Here's a crowd-pleasing healthy recipe that is great for potluck holiday parties.

## **Kale Salad with Nuts and Dried Berries**

## Ingredients:

- 1 bunch organic kale
- 2 bulbs endive (sliced)
- 1 cup shredded purple cabbage
- Juice of one lemon
- 3-4 TBS (approx.) extra virgin olive oil
- Sea salt to taste
- Garnish with pistachios and dried cranberries (or sliced almonds and dried cherries)

## Directions:

1. Separate the kale leaves from the stems and tear the leaves into smaller, bite-sized pieces. Place the kale in a large bowl. Add lemon, olive oil and salt and massage leaves by hand until soft and resembling a “cooked” appearance. The acid and salt will help break down the fibrousness of the kale.
2. Thinly slice the endive and red cabbage and add to the bowl of kale.
3. Garnish with your favorite nuts and dried berries.

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# Warm Green Salad with Ginger

Warm salads are the perfect way to spice up an otherwise boring bowl of greens. Make extra servings of this zesty dressing to use on salmon, over Asian rice bowls or on veggie sides.

## **Dressing ingredients:**

- ½ cup olive oil
- 1 tablespoon fresh minced ginger
- 2 garlic cloves, minced
- Pepper

Sea salt

**Salad ingredients:**

2 tablespoons extra virgin olive oil

2 pounds greens, chopped

2 red or orange peppers, stemmed, seeded and diced

8 mushrooms of your choice, sliced

2 tablespoons toasted sesame seeds

2 tablespoons pumpkin seeds

To make the dressing:

1. Whisk the ingredients and adjust salt and pepper to your taste.

To make the salad:

1. Sauté the greens in olive oil until their “greenness” peaks.

2. Add the peppers and mushrooms.

3. Mix with the dressing and top with the seeds before serving.

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## **Fish Baked in Parchment Paper**

You can use pretty much any type of fish you want and follow these instructions. Also, I like this combination of kale and rosemary, but use any herbs (cilantro or thyme would be good) and vegetables you want or have around.

Serves 2

- 4 rosemary sprigs
- 2 5-ounce fish fillets
- 1 cup lightly massaged and shredded kale
- 8 cherry tomatoes, halved

- 2 tablespoons dry white wine or vegetable broth
- 2 tablespoons of extra virgin olive oil
- sea salt
- pepper
- 1 lemon

1. Heat oven to 450°F.
2. Cut 2 sheets of parchment paper, about 16 inches wide each. Fold each in two like a book and open up.
3. Place 2 rosemary sprigs horizontally in the middle of each parchment paper. Season the fillets with salt and pepper. Place fish (skin side down if you've got it) on top of the rosemary. Divide half of the tomatoes, kale, and any other vegetables and place each half over a fillet. Add a pinch more of salt and pepper. Pour 1 tablespoon of white wine and 1 tablespoon of olive oil over each set of fish and vegetables.
4. Seal each packet by crimping and rolling up the parchment paper like the wrapper around a hard candy. Press on the ends to make sure the packets are closed and no steam will get out. Place packets on a baking sheet.
5. Bake for 10 to 15 minutes. It'll be about 10 minutes for a 1/2-inch thick fillet and 15 minutes for a 1/-inch thick fillet.
6. To serve, use a fork to carefully open the packet and let out the hot steam. Squeeze a fresh lemon over each fillet.

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## Ginger Tea

For cold relief, sip some Ginger Tea.



## **Recipe**

Grate a 1-inch piece of peeled ginger root into two cups of water. Bring to a boil then lower heat, simmer 5 minutes. Remove tea from heat and add 2 tablespoons of fresh lemon juice, raw honey to taste. Add one clove of mashed garlic (optional).

Let it cool and strain.

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# **Lemon Chicken Kale Soup**

(Adapted from Skinny Meals by Bob Harper)

This lemony, garlicky soup with chicken and kale is a great all-in-one nutrition boost that can be enjoyed all year round.

## **Ingredients**

2 teaspoons refined coconut oil (or olive oil)

1 cup chopped yellow onion

4 garlic cloves, crushed

8 ounces boneless, skinless chicken breast, cut into cubes

2 teaspoons herbes de Provence (or combination of dried thyme, rosemary, oregano and basil)

2 bay leaves

2 1-quart boxes of organic low-sodium chicken broth

1/3 cup freshly squeezed lemon juice

3-4 cups chopped kale

## **Directions**

Heat the coconut oil in a soup pot over medium heat. Add the onion and garlic; sauté for 5 minutes, stirring occasionally. Add the chicken, dried herbs, and bay leaves, raise the heat to medium-high and cook for 6-8 minutes.

Pour in the broth and lemon juice. Reduce the heat, cover, and simmer for 25 minutes.

Turn off the heat and remove the bay leaves. Add the kale and stir until slightly wilted.