

Fennel and Orange Fish Fillet en Papillote

Ingredients

- 2 white fish fillets (haddock, cod, snapper, sole, flounder)
- 1 orange, sliced
- 2-3 cups chopped lacinto kale
- 1 fennel bulb, sliced thin
- 2 Tablespoons fresh lemon juice
- salt and pepper to taste
- olive oil
- 1/2 cup white wine (optional)
- Parchment paper

Directions:

1. Preheat oven to 450 degrees F.
 2. Lay out one large sheet of parchment paper, fold in half and open flat. Place kale and fennel at the center of the paper and drizzle with a little olive oil, salt and pepper.
 3. Top the veggies with fish fillet, season with 1 tablespoon of lemon juice, 1 tablespoon olive oil, salt and pepper. Top with 2 slices of orange and splash of white wine. Fold over the ends of the parchment paper to enclose the fish. Place on rimmed baking sheet. Repeat with the remaining ingredients.
 4. Bake at 450 for 10-12 minutes.
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The Smart Life Ranch Granola

Every spa has a signature granola recipe. The one I love is the recipe from the Ranch in Malibu, California, that I adapted for Smart Life meal plans. I enjoy this granola over unsweetened coconut milk yogurt or with unsweetened oat milk. This granola can be stored in airtight container for up to 2 weeks. You can switch up the nuts and dried fruit to suit your family favorites.

Makes about 10 cups (20 servings)

Ingredients

- Unrefined virgin coconut oil, for brushing (or use spray)
- 3 cups walnut halves
- 2 cups steel-cut oats
- 1 cup pecan halves
- 1 cup almonds, chopped
- $\frac{3}{4}$ cup sunflower seeds
- 1 cup unsweetened shredded coconut
- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- 4 large egg whites
- 1 cup maple syrup
- 1 cup dried fruit, chopped (choose your favorite or mix dried apricots, dried blueberries, cranberries, golden raisins or dried dates)

Directions

1. Preheat oven to 275F. Spray or brush parchment lined baking sheet with coconut oil.
2. In a large bowl, mix the walnuts, oats, pecans, almonds, sunflower seeds, coconut, cinnamon, and nutmeg.
3. In a medium bowl, whisk together the egg whites and maple syrup. Use a fork to create less foam. Pour the

egg mixture over the dry ingredients and mix to coat evenly.

4. Transfer the granola mixture to the baking sheet spreading it out. Bake for 25 minutes and then rotate and bake for another 25 min. Remove from the oven, add any dried fruit and mix with spatula, and then bake for another 25-30 min., until golden brown.
5. Let cool and store in glass containers.



Lemony Baked Cod

Ingredients

- 4 (6-ounce) pieces Wild Cod (boneless, skinless)
- Sea salt to taste
- Freshly ground black pepper (to taste)
- 2 teaspoons unsalted butter
- 2 tablespoon olive oil
- 2 cloves garlic (crushed)
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons chopped parsley
- 2 tablespoons freshly grated parmesan cheese (optional)

Directions

1. Preheat the oven to 400 F. Very lightly coat the bottom of a baking dish large enough to hold the fish in one layer with cooking spray
2. Pat the cod pieces with a paper towel and place them in the baking dish.
3. Season the fish with a little sea salt and freshly ground black pepper.
4. Place the butter and olive oil in a small nonstick skillet. Heat on medium-low. Add the garlic and sauté for 1 minute. Remove from heat. Add the lemon juice and parsley and parmesan cheese.
5. Top each fillet with a large spoonful of the butter mixture.
6. Bake in the preheated oven for about 10 minutes. Actual cooking time will depend on the thickness of your fish. The fish is done when it flakes easily with a fork.

Apple Crisp

- 3 apples (I like honey crisp)
- 1 tbsp lemon juice
- 2 tbsp maple syrup
- 1/2 tsp cinnamon
- 1 cup of oats
- 1/4 cup of almond flour
- 1/4 cup of coconut sugar
- Pinch of salt
- 1/4 coconut oil

1. Peel the apples and cut them into slices.
2. Put them in a bowl and add the lemon juice, maple syrup and cinnamon. Mix it all up.
3. Get another bowl for dry ingredients. Add oats, almond flour, coconut sugar, and salt. Mix it all up.
4. Get the coconut oil and massage it into the dry ingredients until it clumps up.
5. Put apples in a tin and then top with the crumble.
6. Bake for 40-50 min at 350 degrees.



Potato Latkes with Sour Cream Sauce

Ingredients

3 large potatoes (preferably Yukon Gold)
1 small onion
1 tsp sea salt
2 eggs
Canola oil (or any neutral oil)

1. Peel the potatoes and then grate them together with the onion.
2. Mix in the salt and let the mixture stand for 30 mins to

allow it to release some moisture.

3. Squeeze the mixture with your hands and pour out the excess liquid.
4. Add both eggs and whisk everything together.
5. Heat 1-2 inches of oil in a deep pan or skillet. Form mixture into plump latke patties and fry in oil until golden brown on each side.

Sauce

2 cups sour cream
2 cloves garlic
5 green scallions
3 tbsp chopped dill
1 tsp sea salt

1. Mix the sour cream well first to make it creamy and fluffy.
2. Add the rest of the ingredients and whisk it all together. Adjust seasoning to taste.



Almond Blueberry Muffins

Ingredients:

- 3 cups almond flour
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon ground cinnamon
- 1 cup blueberries (frozen or fresh)
- $\frac{1}{2}$ teaspoon pure vanilla extract
- $\frac{1}{2}$ cup raw honey
- 3 eggs

Directions:

1. Heat over to 350 degrees. Line a muffin tin with large baking cups.
 2. Combine the flour, baking soda, salt, and cinnamon in a bowl. Combine the vanilla, honey, and eggs in another bowl.
 3. Add the dry ingredients and blueberries to the wet ingredients and mix well.
 4. Evenly fill each baking cup with the batter. Bake for 25 to 30 minutes.
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Chia Delight

SERVES 2

Ingredients:

- 2/3 cup chia seeds
- 2 cups unsweetened dairy free milk
- 1/2 teaspoon pure vanilla extract
- 2 Tablespoons unsweetened coconut flakes

Directions:

- Mix all ingredients in a mason jar, Leave overnight in the fridge, Consume the next morning (you can also warm the chia seed pudding and add cinnamon for those colder fall days).
- To make this chia pudding extra powerful, add pomegranate seeds, cacao nibs, fresh blueberries or goji berries.

What is Chia?

Chia is an edible seed that comes from the desert plant *Salvia hispanica*, grown in Mexico dating back to Mayan and Aztec

cultures. “Chia” means strength, and folklore has it that these cultures used the tiny black and white seeds as an energy booster. That makes sense, as chia seeds are a concentrated food containing healthy omega-3 fatty acids, carbohydrates, protein, fiber, antioxidants, and calcium.

Chia seeds are an unprocessed, whole-grain food that can be absorbed by the body as seeds (unlike flaxseeds). One ounce (about 2 tablespoons) contains 139 calories, 4 grams of protein, 9 grams fat, 12 grams carbohydrates and 11 grams of fiber, plus vitamins and minerals.

The mild, nutty flavor of chia seeds makes them easy to add to foods and beverages. They are most often sprinkled on cereal, sauces, vegetables, rice dishes, or yogurt or mixed into drinks and baked goods. They can also be mixed with water and made into a gel.

Benefits of Eating Chia Seeds:

1. **Help weight loss.** Chia seeds are popular for weight loss. They **reduce food cravings** by preventing some of the food that you eat from getting absorbed into your system. This blockage of calorie absorption makes them a great diet helper.
2. **Feel fuller faster:** They can also help your diet by making you feel full. This is because they absorb 10 times their weight in water, forming a bulky gel.
3. **Hydration for athletes:** They are also great for athletes because the “chia gel” can hydrate the body.
4. **Reduce your blood pressure:** There’s evidence to suggest they can reduce blood pressure.
5. **Omega-3:** They are the richest plant source of Omega-3 (the vital fats that protect against **inflammation**—such as **arthritis**—and **heart disease**). In fact, they contain more Omega-3 than salmon!
6. **Benefits for diabetes:** Because chia seeds slow down how fast our bodies convert carbohydrates into simple

sugars, studies indicate they can **control blood sugar**. This leads scientists to believe chia seeds may have great benefits for diabetics.

7. They are **easier to digest than flax seeds**, and don't need to be ground up.

Here are some great ways to enjoy chia seeds:

- They can be eaten raw. (They have a nice "nutty" flavor.)
- They can be soaked in fruit juice (in Mexico, they call this "chia fresca").
- They're perfect in porridges and puddings.
- They make an ideal addition to baked goods including breads, cakes and biscuits.

How Many Chia Seeds Should You Eat?

Two daily doses of about 20g each (1.5 ounces total).

Coconut Flour Banana Bread

Yield: 12 Servings

Ingredients:

- 4 medium ripe bananas, mashed
- 1 tsp maple syrup
- 1 tsp vanilla extract
- 1/4 cup organic peanut butter
- 2 tbsp coconut oil, melted
- 2 eggs, at room temperature
- 1/2 cup coconut flour
- 1/2 tsp baking soda
- 1/2 tsp baking powder

- 1 tsp cinnamon
- 1/2 tsp salt
- 1/2 cup dark chocolate chips

Directions:

1. Preheat oven to 350 degrees F. Line a 8×4 inch or 9×5 inch loaf pan with parchment paper and spray with nonstick cooking spray.
2. In the bowl of an electric mixer, combine bananas, maple syrup, vanilla, peanut butter and coconut oil and mix until well combined. Add in eggs, one at a time and mix on medium speed until combined. With the mixer on medium-low speed, add in coconut flour, baking soda, baking powder, cinnamon and salt; mix until just combined. Gently fold in chocolate chips.
3. Pour batter into prepared pan and smooth top. Bake for 25-35 minutes or until tester inserted into center comes out clean. Remove from oven and place on wire rack to cool for 20 minutes, then carefully invert, remove bread from pan and place back on wire rack to cool completely. Cut into ~12 slices.

1 serving: 175 KCAL, 10g FAT, 20g CHO, 4g fiber, 4g PRO;
*ideal for diabetics

Mediterranean Lentil Salad

Ingredients

- 12-oz. jar quartered marinated artichoke hearts
- 18-oz pkg. refrigerated steamed lentils
- 1 cup parsley, chopped
- 2 cups cucumbers, halved and sliced

- 2 cups cherry tomatoes, halved
- sea salt and fresh black pepper to taste
- $\frac{1}{2}$ cup crumbled Greek feta cheese (optional)
- $\frac{1}{4}$ cup pumpkin seeds

Directions

1. Strain artichoke hearts over a small bowl, reserving liquid.
 2. In a large bowl, stir together lentils and parsley. Add about $\frac{1}{3}$ cup of the reserved artichoke liquid (if necessary, add additional liquid to generously coat lentils). Stir in artichoke hearts, cucumber and tomatoes. Season to taste with salt and pepper.
 3. Top with feta cheese and pumpkin seeds and serve.
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Baked Teriyaki Salmon

Here is a quick, easy and healthy dinner recipe. Store bought teriyaki sauces are typically loaded with sugars and processed ingredients. Fortunately, it is so easy to create your own teriyaki marinated with 5 ingredients.

Ingredients:

- 2 6-0z. fillets of Wild Salmon
- 3 Tablespoons pure maple syrup
- 3 Tablespoons low sodium soy sauce (I prefer Tamari or Coconut Aminos)
- 2 Tablespoons EV00
- 1 Tablespoon minced fresh ginger
- $\frac{1}{4}$ teaspoon ground black pepper

Directions

1. Whisk together maple syrup, soy sauce, EV00, ginger, and black pepper. Pour mixture over salmon fillets and let marinate for 30 minutes. You can refrigerate for baking later.
2. When ready to bake, bring salmon to room temperature and heat oven to 400 degrees.
3. Place marinated salmon on baking sheet with parchment paper and add the extra marinate. Cover with foil.
4. Bake covered for 12 minutes, uncover and broil for about 3 minutes.