

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.

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.

Lemon Elixir

This natural detoxifier stimulates digestion, releases toxins from your liver and jumpstarts your digestive enzymes.

Spaghetti Squash With Cherry Tomatoes and Kale

Squashes and root veggies are in season and if you haven't tried spaghetti squash yet, now is the time! Spaghetti squash makes for a wonderful alternative to pasta and I love it for Meatless Monday dinners with sauteed tomatoes and kale.

Spaghetti squash possesses an uncanny resemblance to spaghetti strands when cooked, and for this reason is known as vegetable spaghetti, noodle squash, vegetable marrow and "squaghetti".

Spaghetti squash is a variety of the winter squash and has a mild taste similar to pasta. It is often used as a healthful substitute for pasta due to its low carbohydrate levels. Spaghetti squash can be added to a variety of dishes, such as soups and stews and when served as "spaghetti," it can be topped with a wide variety of pasta sauces. Spaghetti squash is significantly lower in calories than traditional pasta. A

1-cup serving of cooked spaghetti squash has 42 calories, while 1 cup of cooked pasta has 221 calories. If you are following a low-calorie diet, consider substituting spaghetti squash for pasta. Doing so can save you 180 calories per cup. Spaghetti squash has a high water content. One cup of cooked squash contains 143 grams of water. Foods high in water can increase your daily water intake. They also typically are lower in calories than foods with little or no water content. Spaghetti squash is also a good source of fiber, with 2.2 grams in a 1-cup serving. Spaghetti squash also contains beta carotene, which can help improve eye and skin health, maintain a strong immune system and can help prevent infection.

Ingredients

- 1 medium sized spaghetti squash
- 1 bunch kale, stems removed, leaves chopped into small pieces
- 5 medium garlic cloves, thinly sliced
- 1 medium onion, chopped
- 1 quart of cherry tomatoes, halved
- A sprinkle of red pepper flakes
- 2 Tablespoons extra virgin olive oil
- 2 Tablespoons refined coconut oil
- Sea salt
- Fresh pepper
- Fresh herbs (optional)

Directions

1. Pre-heat oven to 400 degrees F. First, slice your spaghetti squash in half lengthwise and use a spoon to scrape out the seeds. Drizzle with a little extra virgin olive oil along with a sprinkle of sea salt and black pepper. Place squash face down on a lined baking sheet (I prefer using parchment paper) and cook for about 45

minutes – until tender.

2. While the squash is baking, get the kale, tomatoes, garlic and onion ready. Next, place 2 tablespoons of coconut oil, chopped onion, garlic and red pepper flakes in a pan over medium heat. Simmer for a few minutes (until garlic begins to brown) and then add tomatoes and kale. Cook for a few more minutes until tomatoes are tender and kale begins to soften.
3. When squash is done cooking, remove it from the oven and let cool a few minutes so you can handle it without burning yourself. Using a fork, scrape out the insides of squash, which will come apart in strands. Place strands in a bowl and mix with kale and tomatoes. Sprinkle with fresh herbs to taste.

Kale and Apple Salad with Goat Cheese

Ingredients

1/2 bunch Kale, stems removed and leaves torn into bite-size pieces
4 large radishes, thinly sliced
2 cups spinach
2 apples of your choice, cored and thinly sliced
1/2 cup pomegranate seeds
3 oz fresh goat cheese, crumbled

Dressing

Whisk together 1 small chopped shallot, 1Tbsp apple cider

vinegar, 1 tsp Dijon mustard, 3 Tbsp Extra Virgin Olive oil, sea salt and pepper to taste.

Quick Quinoa with Cilantro Pesto

Get your “carb fix” with this healthier spin on a pasta with pesto. Tyrosine-rich proteins, like quinoa, can help regulate thyroid. Cilantro, a natural detoxifier, helps remove unhealthy metals like mercury and other toxins that may be harming your thyroid function out of your system. This pesto makes a great accompaniment to frittatas, wraps and gluten-free noodles.

- 1 cup quinoa, rinsed
- 2 cups water
- $\frac{1}{2}$ teaspoon sea salt
- $\frac{1}{2}$ bunch cilantro, cleaned
- 1 1-inch piece of ginger, peeled and minced
- $\frac{1}{2}$ cup extra virgin olive oil
- 2 to 3 tablespoons rice vinegar

1. Rinse quinoa in cold water.
2. In a small pot, bring quinoa and 2 cups of water to boil. Add a pinch of sea salt and lower heat to simmer. Cover and cook for 12 to 15 minutes or until all the water evaporates.
3. In a food processor or blender, combine cilantro, ginger, olive oil, rice vinegar and sea salt. Pulse until smooth and creamy.

4. Toss cooked quinoa with cilantro pesto.
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Spring Green Salad

Simple doesn't have to be boring. With organic greens plus a one-minute dressing topped with healthy sprouted seeds, salad doesn't get much easier than this. Ingredients are healthy and intense, giving gourmet taste sans sugar and cheese.

- 1 head butter or green leaf lettuce
 - 1 or 2 scallions, diced
 - 1 tablespoon Dijon mustard
 - 1/2 lemon, juiced
 - Sea salt and freshly ground pepper
 - 2 to 3 tablespoons cold pressed extra virgin olive oil
 - 2 tablespoons sprouted pumpkin or sunflower seeds (optional)
1. Wash and dry lettuce thoroughly using a salad spinner. Prepare your dressing as lettuce sits.
 2. For the dressing, in a small bowl, combine mustard, lemon juice, salt and pepper and whisk well. Slowly add olive oil and whisk until smooth and well incorporated. That's it!
 3. Place salad in a large bowl and top with dressing immediately before serving. Sprinkle with sprouted pumpkin or sunflower seeds.
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Zucchini, Tomatoes and Rosemary Frittata

This Mother's Day frittata is just as big on flavor as it is on nutrients, thanks to loads of organic vegetables, fresh herbs and protein- and omega 2-rich eggs. It's also a fantastic base recipe that you can customize according to mom's palate. Super simple, this dish is perfect for weeknights when you're cleaning out what's left in your crisper.

- 1 tablespoon extra-virgin olive oil
- 1 clove garlic, minced
- 2 cups zucchini, halved lengthwise and thinly sliced
- 1 cup cherry tomatoes, halved
- 5 large organic eggs
- 2 organic egg whites
- 1/4 teaspoon sea salt, divided
- 1/4 teaspoon of freshly ground pepper, divided
- 1/2 teaspoon chopped fresh rosemary
- 2 ounces grated vegan cheese or Italian Parmigiano Reggiano

1. Preheat the oven to broil.
2. Heat oil in a skillet over medium-high heat; add garlic, cook for 1 minute. Do not allow garlic to brown or it turns bitter. Add zucchini; cook 3 minutes and add the cherry tomatoes. Cook veggies until tender, stirring continuously. Season with salt and pepper.
3. Meanwhile, whisk together the eggs, egg whites and rosemary, and season with salt and pepper. Pour the egg mixture over the zucchini and cook until the eggs begin to set, about 3 minutes.
4. Sprinkle cheese evenly over the top. Place pan under the broiler for 3 minutes or until the frittata rises

slightly and becomes light and settled. Eggs should not be runny. Transfer to a serving plate, cut into pie-shaped wedges and serve. I love it paired with the Spring Green Salad.

Green Tahini Dressing

This simple and versatile dressing is an excellent go-to for spring because it spices up everything from salads and steamed veggies to wraps and grilled tuna. It's perfect for party platters and foods that need a little extra zing without added sugar or other unhealthy ingredients.

- $\frac{1}{2}$ cup sesame tahini
- 2 tablespoons shoyu or tamari
- 1 tablespoon ume plum vinegar
- $\frac{1}{2}$ bunch parsley, chopped
- $\frac{1}{2}$ bunch scallions, chopped
- $\frac{3}{4}$ cup water (more or less)

Blend tahini, shoyu/tamari, vinegar, parsley and scallions in food processor, slowly adding water to achieve desired consistency.

Pour tahini dressing over steamed greens or use as dipping sauce for crudité veggies.

Dressing stays fresh in the refrigerator for three to four days.

Sumptuous Spring Greens Salad

One of my favorite things about spring is the abundance of farmer's market produce. This salad combines the freshest, most flavorful picks in one delicious bowl.

- 2 to 3 medium beets, red or golden
 - 1 bunch young dandelion greens or watercress leaves, chopped
 - $\frac{1}{2}$ head radicchio, thinly sliced
 - 2 Persian cucumbers, thinly sliced
 - 6 radishes, thinly sliced
 - 1 Granny Smith apple, quartered, cored, thinly sliced
 - 1 medium ripe avocado, peeled and diced
 - 2 tablespoons extra-virgin olive oil or flax seed oil
 - 2 tablespoons lemon juice
 - Sea salt and freshly ground pepper to taste
1. Cut beets into quarters. Place in a steamer basket over 2 inches of water in a large pot set over high heat. Cover and steam until tender but firm, about 12 minutes.
 2. When the beets are cool enough to handle, peel and dice them.
 3. Combine the avocado, oil, lemon juice, salt and pepper together in a small mixing bowl.
 4. In a separate serving bowl, mix beets with all the remaining ingredients.
 5. Toss together with the dressing mixture. Serve at once.