

# Lemon Elixir

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

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## Chef Karolina's Raw Chocolate Truffles

Dessert can taste decadent without sabotaging your diet or your health. The perfect craving-busters, these one-bite wonders are a sweet, soothing summer treat (no oven required!) or can be dressed up for holiday parties.

- 1 cup raw cacao powder
  - 1 cup raw cashews or macadamia nuts
  - 1/2 cup real maple syrup
  - Water (to mix)
  - Shredded unsweetened coconut, chopped nuts, chocolate nibs, raw sugar, cacao powder, ginger or something else you love (optional roll-in ingredients)
1. Mix cashews in a food processor until it forms a powder, slowly adding enough water to create a thick paste.
  2. Add maple syrup to cashews and pulse to process. Add cacao powder and pulse to process.
  3. Refrigerate four hours or overnight for best results.
  4. Form teaspoon-size balls of dough. Coat them in your chosen roll-in ingredients! Makes 25 truffles.

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# Banana Cashew-Vegan Ice Cream

This is the one time it's okay to deceive your mother. Blending frozen bananas and cashew butter creates a creamy, sumptuous "ice cream" that doesn't miss the dairy. Mom will have no clue it's healthy and you get bonus points for making homemade dessert.

- 3 tablespoons cashew butter (no sugar added)
- 5 frozen bananas
- 1 teaspoon vanilla extract
- Pinch cinnamon
- Chopped cashews (optional topping)
- Coconut flakes (optional topping)
- Organic cacao nibs (optional topping)

1. Combine cashew butter, bananas, vanilla and cinnamon in a Vitamix and blend until creamy consistency. Serve topped with cashews, coconut flakes or cacao nibs.

You can pre-make ice cream and keep in freezer. Defrost 10 to 15 minutes before serving.

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# Prosecco Spritzer

Mother's Day isn't complete without a proper toast to mom. This innovative spritzer combines a mom favorite – Earl Gray tea – with bubbles. Pair with it TLC.

- 1/2 cup date sugar

- 1/2 cup water
  - 1 Earl Grey tea bag
  - 1/2 teaspoon whole coriander seeds
  - 1 750 ml bottle prosecco
1. Make syrup by simmering sugar, water and coriander in a medium saucepan until sugar dissolves, about 4 minutes. Remove from heat, add tea bag and steep 2 minutes. Strain and cool.
  2. Spoon 2 teaspoons of syrup into each of 6 glasses. Top with prosecco and toast mom in style.
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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.