

Cucumber — Pineapple Guacamole

This refreshing mix is more like a salad than a classic guacamole dip. Its delicious with quinoa or lentil chips or spooned over grilled turkey burgers or fish.

Ingredients

- $\frac{1}{2}$ cup chopped fresh cilantro
- 2 Tbs. finely chopped purple onion
- 1 Tbs. minced fresh jalapeno, including seeds; more to taste
- sea salt (to taste)
- 1 cup diced Persian cucumbers
- 2 ripe avocados
- 1 cup diced fresh pineapple (cut into $\frac{1}{2}$ -inch dice)
- 1 Tbs fresh lime juice (more to taste)

Directions

1. In a mixing bowl, mash together $\frac{1}{2}$ of the cilantro, onion, jalapeño, and salt.
2. Stir into the mix the diced cucumbers.
3. Halve and remove the pits of the avocados and use a spoon to scoop the avocados into the bowl. Gently stir in the avocados, without mashing, along with the pineapple, the remaining cilantro, and lime juice. Serve immediately.

**This recipe was adapted from Roberto Santibane, Fine Cooking.*

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!

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.

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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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.

Guilt-Free Hot Chocolate

When it's cold outside and you want to warm up your insides, all you need is a guilt-free hot chocolate.

- 1/2 cup raw cashew nuts, soaked in water for 20 minutes
- 2 cups water (1 cup room temperature, 1 cup boiling)
- 4 dates, pitted
- 1 tablespoon raw cacao powder

Drain and rinse the cashews. Blend all the ingredients in a blender until smooth. Add the boiling water and pulse until combined. Drink it while it's hot!

Warm Spice Smoothie

When it's cold outside and you want to warm up your insides, a frozen smoothie just won't do the trick. You can still have all the components of a healthy shake but the warmth and nourishment of comfort food by creating "hot" smoothies. Use the recipe below as a base and switch up spices, drop in some berries or add protein powders to suit your palate. All you'll need now is a frosty winter day.

- 1 ripe banana
- $\frac{1}{4}$ -inch knob fresh ginger
- $\frac{1}{4}$ teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon ground nutmeg
- $\frac{3}{4}$ cup hot almond milk

Warm the banana in the microwave for 20 to 30 seconds, while heating the milk on the stove. Blend all the ingredients in a blender for 2 minutes and you're done. Drink it while it's hot!

8 Fast, Easy Snacks for On-the-Go

When your schedule gets hectic, it's tempting to reach for the vending machine or whatever's nearby to satisfy your hunger, but that's often the worst thing you can do. My rule for

snacks is combine protein with carbs to help manage blood sugar levels, and to avoid dairy.

Here is a round up of portable healthy snacks that feed your hunger, not your waistline:

1. Raw nuts mix. Whether store-bought or homemade, a nut mix that includes raw varieties is better than roasted ones, which lowers the nutrients. Make a batch on Sunday and store them in the refrigerator for the week. If you have a sweet tooth, add dried, unsweetened fruit. If your palate leans to savory, sprinkle with spices like rosemary or cayenne.

2. Mason jar dips. You know those glass containers you're saving when you clean out your kitchen (see "9 Ways to Get Organized for Fall")? Fill the bottom with two tablespoons of nut or seed butters or all-natural hummus, then add vegetable sticks, like carrots, celery, zucchini, jicama or peppers. Pop on the top and you're ready to go.

3. Smoothies to go. On Sunday night, make twice your normal amount of breakfast smoothie. Pour the drink into 8-ounce glass jars and freeze. Store them in the fridge at the office and by the time you're ready to drink, it's thawed.

4. Seasoned kale chips. If you're the domestic type, making these at home is a cinch, or if you haven't used your oven in years, don't worry, store-bought varieties can be just as healthy. To make, trim kale stems, make sure they're completely dry and sprinkle with your favorite seasoning. Personally, sea salt does the trick for our family. Bake at 275 degrees for 20 minutes, or until crisp and dry.

5. Homemade granola bars. Often I'll read snack bar recipes that sound a lot like candy bars, but when made with the right ingredients, you'll have a energy powerhouse that will get you through an afternoon. Most granola bar recipes, especially the raw ones, take less than a half an hour to make and can last your family a week. Even better, they're highly portable and

don't require refrigeration. I love this one from Food 52. The biggest challenge you'll have making these is keeping up with the demand.

6. two-ingredient bites. I love pairing two ingredients – sweet and savory or sweet and salty – for an easy quick fix that satisfies hunger and sugar cravings. My favorite combinations:

- organic dates stuffed with almond butter
- sliced green apple with nut butter
- organic brown rice cakes drizzled with brown rice syrup.

7. Salty crunches. On afternoons when stress is high and time is short, the only thing that does the trick are snacks with crunch. I love:

- *roasted chickpeas*. Drizzle in olive oil and toss with your favorite ground spices, then bake 30 to 40 minutes at 400 degrees. If you buy them pre-made, read the nutrition label to know what you're getting.
- a handful (5 to 8) of *whole-grain or sprouted chips*, such as Garden of Eatin' brand, with freshly made salsa, pico de gallo or guacamole.
- *hummus and baby carrots or celery sticks*. Note: read the nutrition label on hummus to be sure the brand contains no preservatives or additives.
- *nori chips*. Cut these seaweed sheets into strips, drizzle with olive oil and top with seasonings. Bake for 20 minutes or until crispy. If you've got more time, create mini "sushi" bites with leftover brown rice or quinoa and vegetable sticks, no refrigeration required.

8. Healthy pudding. Chia seeds aren't just for smoothies anymore. Make them into a creamy and sweet (or savory,

depending on your add-ins) treat in minutes with this delicious and highly addictive pudding recipe:

Chia Pudding:

- 3 tablespoons chia seeds
- $\frac{3}{4}$ cup unsweetened almond milk
- 1 teaspoon vanilla
- Liquid stevia to taste (optional)
- Add cocoa powder or pumpkin pie spice for flavor

Combine all ingredients and let sit for 10 minutes stirring occasionally.

Ronit's Twist on Dos Caminos Traditional Guacamole

Many New Yorkers love the guacamole served at Dos Caminos. The best tip I got from their traditional recipe is to mash the seasonings with the lime together and let the juices develop before I add in the avocados. My family and friends love my guacamole with more of a kick, so I add a bit more jalapeños and I leave the membranes and seeds. To keep your waistline trim, serve with platter of raw vegetables instead of the traditional tortilla chips.

- 3 tablespoons cilantro leaves, finely chopped
- 2 teaspoons jalapeño chilies, minced (remove seeds and membranes for less kick)
- $\frac{1}{2}$ teaspoon Himalayan or sea salt
- 2 large ripe avocados, preferably Haas, peeled and seeded

- 1 small plum tomato, cored, seeded and finely chopped
- 2 teaspoons freshly squeezed lime juice

In a medium-size bowl, use a masher to mash together the cilantro, jalapeño, salt and lime juice. Let stand for a few minutes.

Add avocados and gently mash them with a fork. Stir in the chopped tomato.

Taste to adjust seasonings (typically I add more salt, more lime, more cilantro).

Serve with a platter of fresh cut veggies.