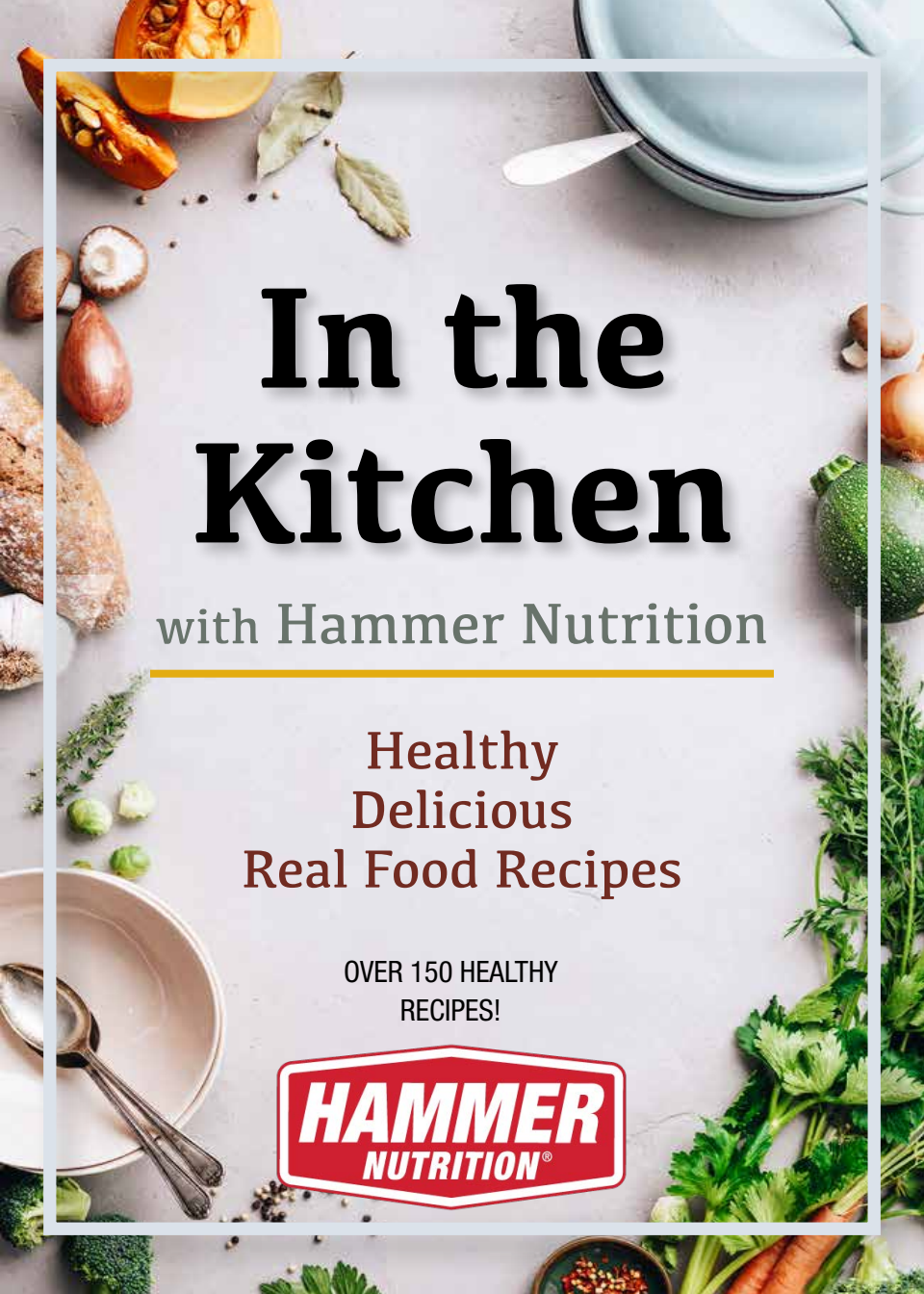




In the Kitchen

with Hammer Nutrition

Healthy
Delicious
Real Food Recipes

OVER 150 HEALTHY
RECIPES!



HAMMER NUTRITION

dishes up fresh ideas for healthy, wholesome meals!

Whether you're training, competing, or just living your life, at Hammer Nutrition, we believe the food you eat is of the utmost importance. We believe our bodies perform best when they have strength, rest, and proper fuel. While we supply the supplements and performance fuel, healthy whole foods are what we aim to inspire.

When Brian and I were growing up, our family raised us to eat the healthiest foods possible. So we tried to capture our love of simple, fresh, healthy whole foods in this book. In the pages to come, you'll find an eleven-year collection of simple, healthy, and easy recipes we have previously published in our *Endurance News* magazine.

You'll find over 150 recipes that include delicious protein-packed, plant-based meals; some vegan, allergen-free, and gluten-free meals; and much more. While some recipes are a little more decadent, most have few ingredients and can be made in a very short time. We hope you will be motivated and excited to add some new tricks to your food preparation needs and habits.

All recipes, unless noted, are from the kitchen of
Laura Lee Labelle.



Acclaimed California-based chef Laura Labelle studied at *Ecole De Cordon Bleu* in Paris and received a "Grand Diplome" in cuisine and pastry. She has established two successful ventures, *Cafe Luna* and *Quality Food and Beverage*, and also

worked as a personal chef for various celebrities and for *Mix This* music studio. Laura is an accomplished open water swimmer and enjoys practicing yoga and sharing her cooking with family and friends.

Food Allergen Disclaimer: These recipes may contain peanuts, dairy, wheat, or other ingredients that may be problematic for those with food allergies. Clients concerned with food allergies need to be aware of this risk. We will not assume any liability for adverse reactions to foods consumed or items one may come in contact with while preparing recipes from *In the Kitchen with Hammer Nutrition*.

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Smoothies & Drinks

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Almond Milk

INGREDIENTS

- 5 cups filtered water
- 1 cup raw almonds
(blanched or not)
- 1/3 cup pitted dates
(Medjool recommended)
- 1/2 vanilla bean*
(or 1 tsp extract)



PREPARATION

Add all ingredients (*if you use a bean, cut it open and scrape out the paste inside of it) to a blender, and puree for 2 minutes on high. Pour mixed ingredients through a fine sieve. This is a very creamy, slightly sweet version of almond milk that my kids love and so do I.



Blackberry Banana Smoothie

Makes 1 serving

INGREDIENTS

- 1/2 cup blackberries (frozen or fresh)
- 1 banana
- 1/2 cup almond milk (or lowfat milk,
soy milk, or rice milk)
- 1 scoop Vanilla Hammer Protein
(Whey, Vegan, or Soy)





Blueberry Strawberry Smoothie

Makes 1 serving

INGREDIENTS

1 scoop **Hammer Strawberry Whey Protein**

1 cup frozen blueberries

1 tsp fresh ground flax seed

1 cup almond milk

1/2 tsp cinnamon

1/2 cup water



Busy Bee

Makes 1 serving

INGREDIENTS

2 cups almond milk (or any milk substitute)

1 scoop **Hammer Vanilla Protein** (Whey, Vegan, or Soy)

1 Tbsp almond butter

1 banana

1 tsp honey

1 tsp lecithin



Incorporate the numerous health benefits of Hammer Whey Protein, Hammer Vegan Protein, and Hammer Soy Protein into your daily diet.

Date Smoothie for Two

Makes 2 servings

INGREDIENTS

1 1/2 cups almond milk (or any milk substitute)

1 cup ice

4 scoops **Hammer Vanilla Protein** (Whey, Vegan, or Soy)

2 bananas

1/2 cup dates



Chunky Monkey Shake

Makes 1 serving

INGREDIENTS

1-2 frozen bananas
sliced evenly into rounds
3 pitted Medjool dates
1 1/2 - 2 cups no-sugar-
added almond milk
2 Tbsp cacao powder
1 tsp cacao nibs
Coconut, salt, ice, if desired

PREPARATION

Add banana, dates, almond or cashew milk, cacao powder, cacao nibs, coconut flakes (optional), and salt to high speed blender. Blend on high until thick and creamy. Add in ice for a thicker consistency. Serve immediately.



Gingersnap Smoothie

INGREDIENTS

6 oz. soy milk
6 oz. chai tea
1 scoop **Hammer Vanilla Soy Protein**
1 Tbsp blackstrap molasses
1 Tbsp powdered ginger
1/4 tsp cinnamon
1 cup ice
1 ripe banana (optional)

Reader Recipe - Christy Jones

Makes 1 serving

PREPARATION

Put all of the ingredients in a blender, blend until smooth, and enjoy! This is easy to make, tastes like a gingersnap cookie, and is a great source of protein along with iron, calcium, and potassium (thanks to the blackstrap molasses).



Green Protein Smoothie

Makes 1 serving

INGREDIENTS

- 1 cup shredded, fresh organic kale (loose, not packed)
- 1 cup frozen pineapple chunks
- 1 cup almond milk (or any milk substitute)
- 1 large ripe banana (I like to freeze my banana chunks)
- 1-2 scoops **Hammer Vanilla Protein** (Whey, Vegan, or Soy)



Green Tea Berry

Makes 1 serving

INGREDIENTS

- 1 1/2 cups chilled green tea
- 1 cup mixed frozen berries
- 1 banana
- 1/4 cup **Hammer Vanilla Protein** (Whey, Vegan, or Soy)
- 1 Tbsp flax seed



Horchata at Home

Reader Recipe - Steve Sundra

Makes 1 serving

INGREDIENTS

- 1 cup water*
- 1 cup vanilla rice milk
- 1 heaping scoop **Hammer Perpetuem®**
- 1 heaping scoop **Hammer Vanilla Whey Protein**
- 2 Tbsp **Hammer Apple Cinnamon Gel**
- Extra cinnamon to taste



PREPARATION

Combine the ingredients in a tall glass, stir well, and enjoy.

***Suggestion:** For stronger flavor, replace half of the water with ice.

Iced Hammer Mocha

Makes 1 serving

INGREDIENTS

- 2 scoops **Hammer Chocolate Whey Protein**
- 1 cup organic 1% milk (or milk substitute of your choice)
- 1 1/2 cup crushed ice
- 1 packet natural stevia sweetener (optional)

PREPARATION

Combine all ingredients in a tall glass and enjoy!

BE A PROTEIN PRO

Add Hammer Proteins to all of your favorite beverages to reap the benefits with every sip!



PB & J Smoothie

Makes 1 serving

INGREDIENTS

- 1 cup frozen blueberries
- 1 banana
- 1 Tbsp peanut butter
- 1 cup nonfat yogurt (any flavor)
- Almond milk (or any milk substitute), to desired consistency
- 1 scoop **Hammer Strawberry Whey Protein**



Strawberry Blonde

Makes 1 serving

INGREDIENTS

- 1 cup orange juice
- 1 banana
- 6 frozen strawberries
- 1 scoop **Hammer Vanilla Protein**
(Whey, Vegan, or Soy)



Strawberry Watermelon

Reader Recipe - John Maniaci

Makes 1 serving

INGREDIENTS

- 3 strawberries
- 2 cups watermelon
- 2 Tbsp nonfat yogurt
- 1 scoop **Hammer Unflavored Whey Protein**





Breakfast

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Amaranth Granola Bars

Makes 12-18 bars

INGREDIENTS

- 4 Tbsp raw amaranth
- 1 cup dried, unsweetened, shredded coconut
- 1 1/2 cups mixed seeds and nuts (toasted sesame seeds, sunflower seeds, pumpkin seeds, ground flax seeds, chopped walnuts, or almonds)
- 1/2 cup almond or peanut butter
- 2 packets Peanut Butter or Nocciola **Hammer Gel®**
- 1/4 cup maple syrup
- 1 tsp vanilla extract
- 3/4 cup raisins or other dried fruit



PREPARATION

Butter or oil an 8-inch square baking dish. (If pan is metal, line it with oiled parchment paper.) To puff the amaranth, heat a large skillet over high until it is very hot. Puff 1-2 tablespoons (a single layer) of amaranth at a time, stirring constantly, until most of the amaranth has popped. (Not every seed needs to pop.) Pour the popped amaranth into a bowl. Repeat until all amaranth is puffed.

In a medium-sized bowl, mix together the amaranth, coconut, seeds, and nuts. In a small saucepan over medium heat, warm the peanut or almond butter until it is pourable. Remove from heat, then add the **Hammer Gel**, maple syrup, and vanilla. Stir the liquid mixture into the amaranth and nut mixture and stir until evenly combined. Add the dried fruit and mix again.

Spread the mixture into an even layer in the baking dish.
Refrigerate for at least 90 minutes until set.

Cut into bars, then store in an airtight container in the refrigerator.

Basic Pancakes

Makes 4 servings

INGREDIENTS

- 2 cups all-purpose flour, stirred or sifted before measuring
- 2 1/2 tsp baking powder
- 3 Tbsp granulated sugar
- 1/2 tsp salt
- 2 large eggs
- 1 1/2 to 1 3/4 cups milk
- 2 Tbsp melted butter
- 1/2 cup dried cranberries or blueberries

PREPARATION

Sift together flour, baking powder, sugar, and salt. In a separate bowl, whisk together eggs and 1 1/2 cups of milk. Then, add to flour mixture, stirring only until smooth. Blend in melted butter. If the batter is too thick, add milk. Cook on a hot, greased griddle, using about 1/4 cup of batter for each pancake. Cook until lightly browned on both sides.



Easy Vegan Pancakes

Makes 2 servings

INGREDIENTS

- 3/4 cup rolled oats (or oat flour)
- 1/2 cup almond milk (or other milk alternative)
- 1/2 banana
- Oil to coat pan

PREPARATION

Mix oats in a blender or food processor to make flour. Add banana and milk. Spoon onto a hot griddle or pan, cook on both sides and enjoy.

Vegan Pancakes

BREAKFAST



A top-down view of three square waffles on a light grey, textured surface. The top-left waffle is topped with blueberries, red raspberries, red currants, and a dusting of white powder. The middle waffle is topped with sliced yellow fruit, a sprig of rosemary, and a wooden honeycomb stick with honey being drizzled over it. The bottom waffle is topped with blueberries and a drizzle of dark syrup. A small white pitcher of milk is in the upper right, and several loose berries are scattered around the waffles.

Incorporate
the numerous health
benefits of Hammer
Whey Protein, Hammer
Vegan Protein, and
Hammer Soy Protein
into your daily diet.

Protein Waffles

Makes 2 servings

INGREDIENTS

Dry Ingredients

- 4 cup whole wheat flour
- 1 cup Hammer Soy or Vegan Protein powder (your choice of flavor)
- 2 Tbsp baking powder (non-aluminum)
- 1 tsp salt
- Pinch cinnamon and nutmeg to taste

Wet Ingredients

- 1 Tbsp vanilla
- 1 cup liquid of choice (buttermilk, almond milk, etc.)
- 1 egg white beaten stiff

PREPARATION

Put 1 heaping cup of your dry mix into a bowl. Then add the wet ingredients. Mix well. Pour into waffle maker and cook until done. Makes 6 waffles.
(Optional: top with fruit compote.)

BE A MIX MASTER

For this recipe, mix all the dry ingredients together and store in a sealed container. That way, there is extra on hand for easy breakfasts.



Breakfast Quinoa

Makes 1 serving

INGREDIENTS

2 cups water

1/3 cup raisins (or other dried fruit)

Pinch of salt (optional)

1/4 tsp cinnamon

1 cup quinoa



PREPARATION

In a saucepan, boil 2 cups water with raisins, salt, and cinnamon. Once liquid is at a rolling boil, add quinoa, stir, and reduce heat. Simmer until water is absorbed (approximately 5 minutes, as every stove is different). Remove from heat and let stand 5 minutes. Garnish with rice milk, fruit, and agave nectar. Enjoy!



Gingerbread Oatmeal

Makes 1 serving

INGREDIENTS

- 1/2 cup old fashioned oats
- 1 cup water
- 1 tsp fresh, grated ginger
- 1 tsp fresh, grated turmeric root
- 1/4 cup dried currants
- 1/2 tsp powdered cinnamon
- 1 Tbsp molasses
- 2 tsp golden flax seeds

PREPARATION

Cook oats in water along with the fresh ginger, turmeric, currants, and cinnamon. Drizzle molasses over the cooked cereal, and then sprinkle with the flax seeds. For a little additional sweetness, add a bit of honey or coconut sugar.





Hot Turmeric Cereal

Makes 2 servings

INGREDIENTS

2 servings oatmeal or hot rice cereal
2 tsp grated fresh turmeric
(or 4 **Tissue Rejuvenator** capsules)
sweeten with honey to taste

PREPARATION

In a medium-sized saucepan, prepare the cereal according to package directions. For extra flavor, cook cereal in almond milk instead of water. As the cereal cooks, add either the turmeric or Tissue Rejuvenator capsules. (Break open the capsules and pour the contents into the cereal.)

Add honey if a sweeter flavor is desired. Serve with your choice of toppings and milk.



Kale & Eggs with Feta

Makes 4 servings

INGREDIENTS

- 1 tsp ghee or olive oil
- 1 medium onion, finely chopped
- 1 large bunch kale, finely chopped
- 1/2 cup chicken or vegetable broth
- 8 large organic free-range eggs
- 2 tsp crumbled feta cheese
- 1 tsp ghee or olive oil

PREPARATION

In a medium-size skillet, heat the ghee or oil, then brown the onion. Add kale and broth, then steam for 4 minutes. Remove skillet from the heat and set it aside.

In a small bowl, whisk the eggs until fluffy. Stir in feta. In a separate nonstick pan, heat the ghee or olive oil, then add the egg-feta mixture. Gently stir and cook the eggs to your liking. Plate kale and onion mixture, and then spoon the cooked eggs into center. Garnish with hot sauce, or salt and pepper to taste.



Kale & Quinoa Frittata

Makes 4 servings

INGREDIENTS

- 1 bunch of kale, cleaned
- 1 large sweet onion, chopped
- 1 Tbsp ghee
- 2 cups cooked quinoa
(I use red for its color, but any will do.)
- 4 whole eggs (or substitute 6 whites)
- 2 Tbsp Parmesan cheese (optional)

PREPARATION

Prepare quinoa according to package directions. Meanwhile, prepare kale by removing the thick center ribs and cutting the remaining leaves into thin ribbons. Place the kale into a medium-sized bowl. In a pan over medium heat, heat 1 teaspoon of the ghee. Sauté the onion for about 5 minutes or until it is transparent. Whip the eggs with an egg-beater or blender. Add the cooked onions, hot cooked quinoa, and whipped eggs (as well as the optional Parmesan) to the bowl with the kale. Gently mix them together. In a large nonstick pan, heat the remaining ghee over medium heat. Add the entire mixture and cook. When the bottom of the frittata has set, use a large spatula to turn over the entire frittata. (Use a plate if necessary to turn the frittata upside down, and then slide it back into the pan.) Cook through on the reverse side, and then serve.

Kale & Quinoa Frittata

BREAKFAST



Kale & Soft-Boiled Eggs

Makes 2 servings

INGREDIENTS

- | | |
|--|---------------------------|
| 1 small onion, cubed | 2 tsp balsamic vinegar |
| 1 bunch of kale (center stems removed,
leaves ribbon-sliced into 1/4-inch strips) | 4 large, free-range eggs |
| 1 tsp of your favorite cooking oil
(I like ghee or avocado oil) | Himalayan salt and pepper |
| | Garlic powder (optional) |



PREPARATION

In a medium-sized sauté pan, heat the ghee or oil, then “sweat” the onion until it begins to soften. Add the kale, stir, then cover the pan with a lid for about 4 minutes to lightly steam. Add the vinegar and stir. Season with salt and pepper to taste, along with the optional garlic powder. Keep the kale covered/warm until the eggs are ready.

Soft boil the eggs: In a separate pot, bring water to a boil. Using a slotted spoon, gently lower the whole eggs onto the water, taking care to not crack or break the shells. Set your timer for 6 minutes, then promptly remove the eggs. Put them under cold water to stop cooking. Enjoy eggs on top of the greens.

Protein Scramble

Makes 2 servings

INGREDIENTS

3/4 cup rolled oats (or oat flour)
1 tsp ghee or olive oil
1 medium onion, chopped
1/2 cup chopped mushrooms
1/2 lb. ground chicken or turkey
1 small tomato, chopped
4 large basil leaves, chopped
6 egg whites



PREPARATION

In a medium-sized skillet, heat the ghee or oil. Sauté the onions and mushrooms until they are lightly browned. Add the meat and cook thoroughly. Add the tomato, basil, and egg whites. Stir continuously a few more minutes until cooked.





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Apple Avocado Salad

Makes 4 servings

INGREDIENTS

- 1 head butter lettuce, shredded
- 3 Belgian endives,
cut crosswise into ribbons
- 1 large crisp apple, peeled and cubed
- 1 avocado, peeled, pitted, and cubed
- 1 tsp fresh dill, minced (or dried dill)



DRESSING

- Juice of one large lemon
- 1/4 cup extra virgin olive oil
- Salt and pepper to taste
- Combine ingredients in a small bowl (or **Hammer Blender Bottle!**) and mix well.

PREPARATION

Combine salad ingredients in a large bowl. Add dressing, gently toss, serve!



Apple Avocado Salad

PRO PAIRING

This salad is
fantastic paired
with grilled chicken or
shrimp!



Beet & Apple Salad

Makes 6-8 servings

INGREDIENTS

- 1 small bunch of baby beets
- 1 large Braeburn apple
- 1 large head butter lettuce
- 1/4 cup toasted sunflower seeds

DRESSING

- 3 Tbsp extra virgin olive oil
- 1 Tbsp seasoned rice vinegar
- Salt and pepper to taste

PREPARATION

Peel the beets and cut them into quarters. Core the apple and cut it into cubes. Combine the salad ingredients in a large bowl, then toss with the dressing and toasted sunflower seeds.



Beet, Pecan, & Feta Salad

Makes 6-8 servings

INGREDIENTS

4 large boiled beets,
peeled, cooled, and sliced
1/2 cup toasted pecan halves
1/4 cup crumbled feta cheese
3 Tbsp olive oil
1 Tbsp balsamic vinegar
1 Tbsp chopped fresh parsley
1 Tbsp chopped fresh basil
Salt and pepper to taste



PREPARATION

Place the sliced beets in a serving bowl. Cover them with the toasted nuts, then add the cheese. In a small, separate bowl, mix the oil, vinegar, herbs, and seasonings. Just before serving, pour the dressing over the top of the salad ingredients. Enjoy!



Bok Choy Slaw

Makes 2 servings

INGREDIENTS

- 1 large head bok choy
(or 2-3 baby bok choy)
- 1 bunch cilantro
- 1 bunch green onions
- 2 large carrots
- 1/4 cup seasoned rice vinegar
- 1/2 cup extra virgin olive oil

PREPARATION

Cut cabbage crosswise into thin slivers, chop cilantro and green onions, and grate carrots.

Mix all ingredients together in a large salad bowl and enjoy.



Ceviche

Makes 2 servings

INGREDIENTS

- 1/2 pound halibut, diced small
- 1 jalapeño
(ribs and seeds removed, minced)
- 1/3 cup fresh lime juice or lemon juice
- 3 Tbsp red onion, finely diced
- 2 small green onions, sliced
- 1/4 cup chopped cilantro
- Large pinch of salt
- 1 avocado, diced
- 1 ripe sweet tomato

PREPARATION

Combine halibut, jalapeño, lime/lemon juice, red and green onions, chopped cilantro, and salt. Stir to combine all ingredients, cover, and place in the fridge for at least 2 hours.

When ready to serve, add diced avocado, tomato, and more salt to taste.



Ceviche



Fennel & Orange Salad



Easy Leftover Salad

Makes 6 servings

INGREDIENTS

- 1 cup diced butternut squash,
or sweet potato
- 1 cup wild rice or any rice
- 1 cup sliced grilled chicken,
beef, or shrimp
- 1 cup shredded green
cabbage

PREPARATION

Combine all of the above ingredients and add any of our delicious salad dressings to compliment your meal—or make this salad a meal on its own.



Egg Salad

Makes 6 servings

INGREDIENTS

- 12 organic eggs
- 1/4 cup organic mayonnaise
- 1/4 cup sour cream
- 1/4 cup chopped cornichon
- 1/8 cup minced onion
- 1/8 tsp cayenne
- Salt and pepper to taste
- Paprika for decoration

PREPARATION

Bring water to a rapid boil, carefully place eggs inside, set timer for 10 minutes. Remove pot from fire and run eggs under cold water. Peel eggs and let cool completely. In a bowl place mayo and sour cream, chop remaining ingredients and mix all together with chopped eggs. Season and enjoy.

Fennel & Orange Salad

Makes 6-8 servings

INGREDIENTS

- 1 bulb fennel, cleaned and
thinly sliced
- 3 oranges
- 4 cups baby arugula
- 1/2 red onion, thinly sliced
- 1/2 cup pomegranate seeds

PREPARATION

In a large salad bowl mix arugula, red onions, pomegranate seeds, and fennel. Toss with the sliced oranges and dressing, then serve!



Kale & Quinoa Salad

Makes 6 servings

INGREDIENTS

1 cup quinoa, rinsed
1 bunch kale
1 red bell pepper
1/3 cup red onion
3 cloves garlic, crushed
1/2 inch fresh ginger, grated
1 lemon, squeezed
3 Tbsp apple cider vinegar
Olive oil
Sea salt to taste

PREPARATION

Cook quinoa according to directions. Process kale to desired consistency in food processor. Dice red bell pepper and red onion. Mix kale, pepper, onion, garlic, and ginger in large bowl. Pour lemon juice over mixture and mix well. Add apple cider vinegar and mix. Stir in olive oil.

Let quinoa cool slightly and add to mixture while still warm (not hot). Salt to taste if needed.

Kale Salad with Peanut Dressing

Makes 6 servings

INGREDIENTS

1 bunch kale
1/4 head green cabbage
2 green onions
1 large carrot
1 large crisp apple
1 small bunch cilantro
1/4 cup chopped peanuts
(reserve for finish)

DRESSING

1/4 cup peanut butter
1/2 cup orange juice
1 Tbsp soy sauce
1 tsp chili flakes
Combine dressing ingredients in a bowl. Whisk until smooth and creamy.

PREPARATION

Shred kale, cabbage, and green onions. Grate the carrot. Cut the apple into small, thin slices. In a large salad bowl, combine the ingredients. Toss well with dressing. Sprinkle with the peanuts. Serve this salad as is or with grilled steak, chicken, or tofu.



Kale Slaw

Makes 4-6 servings

INGREDIENTS

1 bunch kale
12 baby Brussels sprouts
1 large carrot
1 Fuji apple
Juice of a lemon
1/2 cup dried cranberries

DRESSING

1/2 cup extra virgin olive oil
1/4 cup seasoned rice vinegar
Salt & pepper to taste
Combine all ingredients and mix well.

PREPARATION

Shredd kale and Brussels sprouts, either by hand or in a food processor. Grate carrot. Cube apple and toss with lemon juice to prevent browning. In a large bowl, mix kale, Brussels sprouts, carrot, apple, and dried cranberries. Toss with dressing and enjoy!



Kimchi Potato Salad

Makes 6-8 servings

INGREDIENTS

- 2 lbs cubed cooked Yukon gold potatoes, cooled
- 3/4 cup chopped kimchi
- 1/2 cup mayonnaise or veganaise

PREPARATION

Mix all ingredients together in a large bowl. Serve cold.

PRO PAIRING

Enjoy this salad with a sandwich or grilled chicken!



Mediterranean Tuna Salad

Makes 6-8 servings

INGREDIENTS

- 1 cup green beans, cut into 1 inch pieces
- 1 heart of romaine lettuce, cut into thin ribbons
- 2 hard-boiled eggs, peeled and chopped
- 1 cup cherry tomatoes
- 1 cup boiled and sliced baby potatoes
- 1/4 cup chopped Kalamata olives
- 1/4 cup crumbled feta cheese
- 1 6-oz. can white albacore tuna, drained
- 1/4 cup olive oil
- 1 Tbsp fresh lemon juice
- Salt and pepper



PREPARATION

Lightly steam and then drain the green beans if they have not been previously cooked. In a large salad bowl, gently mix together all of the ingredients except for the olive oil, lemon juice, and seasonings. Drizzle with the oil and lemon. Season to taste with salt and pepper! Serve at room temperature or lightly chilled.

Mixed Berry Salad

Makes 6-8 servings

INGREDIENTS

- 1-2 small heads of butter lettuce
- 3 sprigs of green onions, sliced
- 1/4 cup raspberries
- 1/4 cup blackberries
- 1/4 cup sliced strawberries
- 1 ripe avocado
- 1/2 cup slivered almonds, toasted

PREPARATION

In a salad bowl, tear the lettuce into pieces, then add the onions and berries. Peel and pit the avocado, cut it into squares, and add to the salad. Add almond slivers. Toss with dressing and enjoy!

DRESSING

- 1/4 cup extra virgin olive oil
3 Tbsp rice vinegar
Salt and pepper to taste
- Combine dressing ingredients in a small bowl (or **Hammer Blender Bottle!**) and mix well.



Napa Cabbage Slaw

Makes 6-8 servings



INGREDIENTS

- 1 head Napa cabbage
- 1 bunch cilantro
- 1 bunch green onions
- 2 large carrots
- 1/4 cup seasoned rice vinegar
- 1/2 cup extra virgin olive oil

PREPARATION

Cut cabbage crosswise into thin slivers, chop cilantro and green onions, and grate carrots. Mix all ingredients together in a large salad bowl and enjoy.

Pear, Endive, & Walnut Salad

Makes 6 servings

INGREDIENTS

4 large Belgian endives
1 large ripe Bosc pear
1 cup arugula
1/2 cup crumbled Gorgonzola cheese
1/2 cup walnut pieces, broken

PREPARATION

Slice endive into fairly thin circles. Core and cube the pear, and then toss the cubes in a small amount of lemon juice to prevent them from browning. Place all of the ingredients in a bowl, then toss with Dijon Vinaigrette and serve!



Pear Quinoa Salad

Makes 6-8 servings

INGREDIENTS

- 1 Bosc pear
- 1 cup pear juice (or apple juice)
- 1 1/4 cups water
- 1 cup quinoa



PREPARATION

Core pear and cut into large chunks. Bring pear juice, water, and pear chunks to a boil in small saucepan. Add quinoa and reduce to a simmer. Cover and cook until liquid is absorbed, approximately 20 minutes. Remove from heat and let stand 5 minutes.

INGREDIENTS

- 1-2 Japanese persimmons
- 1 bulb shaved fennel
- 1 large crisp apple
- 1 cup of arugala
- 1 lemon squeezed

Persimmon Salad

Makes 2 servings

PREPARATION

Cut fennel in half length-wise and then slice into thin slivers. Remove core from persimmons, and slice fruit into long, thin wedges. Core apple and cut it into quarters. Slice quarters into smaller pieces, then toss them with lemon juice to prevent browning. Mix all ingredients and toss with olive oil, salt, and pepper to taste. You've made the perfect accompaniment to any meal! Turn it into a main course by adding grilled salmon or chicken breasts.

Quinoa Salad



Peas & Carrots Salad

with Almond Butter Turmeric Dressing

Makes 6-8 servings

INGREDIENTS

- 1 large head butter lettuce
- 2 medium Belgian endive
- 1/2 cup raw English peas or sliced sugar snap peas
- 1 large carrot grated or cut thinly

PREPARATION

Wash veggies and dry. Put lettuce in a salad bowl. Slice endives in cross-cut slivers, and add peas and carrots. For dressing: add all ingredients to a blender and blend until smooth. Add more water or lemon juice if too thick.



PRO PAIRING

Enjoy this salad topped with beef, chicken, salmon, or shrimp!



DRESSING

- 1/3 cup lemon juice
- 3 Tbsp water
- 1 Tbsp honey
- 3 Tbsp raw almond butter
- 2 tsp powdered turmeric
- 1 clove garlic
- 1 piece fresh ginger (1 inch, peeled)

Optional: fresh cilantro or parsley



Quinoa Salad

Makes 6-8 servings

INGREDIENTS

- 3 cups cooked quinoa
- Handful of cilantro, chopped
- 1 Tbsp olive oil
- Handful of cherry tomatoes (5-8)
- 1 small cucumber, diced
- 1 celery stalk, chopped
- Bragg Liquid Aminos, or a drizzle of soy sauce to taste

PREPARATION

In a large bowl, gently mix together all ingredients. Refrigerate until ready to eat. Keeps up to three days.



Sauteed Dandelion Greens

Makes 8 servings

INGREDIENTS

3 pounds dandelion greens
(tough lower stems discarded,
leaves cut crosswise into 2-inch
pieces)
1/2 cup extra virgin olive oil (or ghee,
coconut oil, or avocado oil)
5 large garlic cloves, smashed
1/4 to 1/2 tsp dried hot red pepper flakes
1/2 tsp fine sea salt

PREPARATION

Thoroughly clean the greens to remove any sand or dirt, then drain. In a large stock pot, bring about 8 quarts of water to a boil. Blanch the greens by dropping them into the boiling water. Cook 6-8 minutes. In a colander, rinse greens under cold water, then drain. Pat dry to remove excess water. In a heavy skillet, heat cooking oil. Add red pepper flakes and garlic, stir for about 45 seconds, and then add greens. Sauté for about 4 minutes. Add salt to taste.

Soba Salad with Avocado Miso Dressing

Makes 4 servings

INGREDIENTS

1 package buckwheat soba noodles
1 bunch kale, curly or flat
1/2 large cucumber

DRESSING

1 avocado
1 garlic clove
1 Tbsp extra virgin olive oil
3 Tbsp white miso
Juice from half of a lime
1/2 - 3/4 cup water

PREPARATION

Cook the soba noodles according to package directions. While the noodles are cooking, remove the stems from the kale and cut the leaves into small pieces or ribbons. Chop cucumber into small, thin semicircles or ribbons. When noodles are cooked, drain and rinse with hot water. Purée dressing ingredients in a food processor until smooth. In a large bowl, combine kale, cucumber, noodles, and dressing. Garnish with sesame seeds and/or paprika, and serve with a wedge of lime. Serve warm, or chill for one hour prior to serving.



Smoked Herring or Trout Salad

Makes 3-4 servings

INGREDIENTS

- 1 6-oz. can smoked herring (kippers) or smoked trout
- 1 small onion, minced
- 1 celery stalk, minced
- 1 clove garlic, minced
- 1/4 cup mayonnaise
- Fresh cracked pepper to taste
- 1 small head butter lettuce, washed and dried
- Olive oil
- Red wine vinegar

Perfect for
sandwiches
too!



PREPARATION

Drain the liquid from the fish. Use a fork to flake the fish into a medium sized bowl. Add the onion, celery, garlic, and mayonnaise. Gently stir to combine. Tear the lettuce into manageable-sized pieces. Put a few of the lettuce pieces onto salad plates, then top with the salad. Dress with a drizzle of olive oil and red wine vinegar.

Summer Salad

Makes 2 servings

INGREDIENTS

2 organic hot house cucumbers,
peeled and chopped in chunks
1 cup organic cherry or grape
tomatoes
4 oz. crumbled feta cheese

DRESSING

1 tsp dry chopped dill
Juice of one large lemon
2 Tbsp olive oil
1/4 cup minced red onion (optional)
Salt and pepper to taste

- Combine dressing ingredients in a small bowl (or **Hammer Blender Bottle!**) and mix well.

PREPARATION

Combine the salad ingredients in a bowl, gently toss with the dressing, and enjoy!



Tuna Salad

Makes 2 servings

INGREDIENTS

1/2 head of green leaf lettuce,
cleaned and shredded
8 oz. can red kidney beans, drained
6 oz. can solid white tuna in spring
water, drained
1 carrot, chopped or grated

1/4 cup red onion, chopped
1/2 cup fresh parsley
1 cup cooked red potatoes, diced
1 small tomato, sliced
1 hard-boiled egg, sliced
Freshly ground pepper

PREPARATION

Mix all ingredients except egg and pepper in a large bowl and toss well. For extra flavor, mix in your favorite fresh herbs. Top with egg and fresh pepper. Add croutons or sunflower seeds if desired.



Summer Salad





Vegan Egg Salad

Makes 2 servings

INGREDIENTS

- | | |
|-----------------------------|----------------------------|
| 1 Tbsp apple cider vinegar | 1 tsp garlic powder |
| 1 Tbsp mustard | 1 tsp dill |
| 2 tsp honey | 1/2 tsp cayenne pepper |
| 1/2 tsp turmeric | 1 tsp black pepper |
| 1 block firm tofu (drained) | 1 tsp parsley |
| 2 Tbsp diced celery | 1 tsp paprika |
| 3 Tbsp diced onion | 1 tsp salt (optional) |
| 2 Tbsp nutritional yeast | 2 Tbsp Vegemise (optional) |

PREPARATION

In a small bowl, mix together the first four ingredients, then set aside. Crumble tofu into medium mixing bowl. Add celery, onion, nutritional yeast, garlic powder, dill, cayenne, black pepper, parsley, and paprika. Mix with fork. Add reserved vinegar/mustard/honey/turmeric mixture and combine with fork. Add salt and Vegemise if desired. Refrigerate for at least one hour. Enjoy!



Watercress Salad

Makes 2 servings

INGREDIENTS

- 5 oz. baby arugula
- 1 bunch watercress
- 2 Belgian endives
- 1 large heirloom tomato

DRESSING

- 1 Tbsp lemon juice
- 1 tsp Dijon mustard
- 1 large garlic clove, crushed
- 1/4 cup extra virgin olive oil
- Salt and pepper to taste

BE A MIX MASTER

Combine all ingredients in a small bowl or **Hammer Shaker Bottle** and mix well!



PREPARATION

Remove thick stems from the watercress and discard. Slice the endive into rounds and sliver the tomato. In a salad bowl, mix together the arugula, watercress, endive, and tomato. Toss with dressing and enjoy!

Quinoa Mango Salad



White Quinoa with Mango & Avocado Salad

Makes 4 servings

INGREDIENTS

- 2 cups water
- Pinch Celtic sea salt
- 2 cups white quinoa
- 2 large mangoes (not overly ripe)
- 2 avocados
- 1/2 cup green onions, chopped
- 1/4 cup basil, chopped
- 1/2 cup olive oil

PREPARATION

Bring water and salt to a boil. Add quinoa and stir, reduce heat to a simmer, and cook approximately 15 minutes on low simmer until water is absorbed. Remove from heat and chill. Peel and pit mangoes and avocados, and then chop fruit into 1" cubes. Gently combine all ingredients and stir in chilled quinoa. Enjoy!

Wild Rice Salad

Makes 4 servings

INGREDIENTS

- 2 cups water
- 1 cup wild rice soaked overnight
- 1 quart chicken or vegetable stock
- 1/2 cup lightly toasted walnuts
- 1/2 cup dried cranberries
- 1 cup sliced celery stalks
- 1/4 cup shredded basil
- 1/4 cup shredded mint
- 1/4 cup olive oil
- 2 Tbsp walnut oil
- 2 Tbsp lemon or lime juice
- 2 Tbsp apple cider vinegar
- Salt and pepper to taste

PREPARATION

Put rice in stock and boil, reduce heat to a simmer and let cook about 40 minutes until rice is tender. Remove from heat, add cranberries, mix and cool. Add remaining ingredients and enjoy.



PRO PAIRING

Enjoy this salad with grilled steak, chicken, or fish!





HAMMER
NUTRITION®

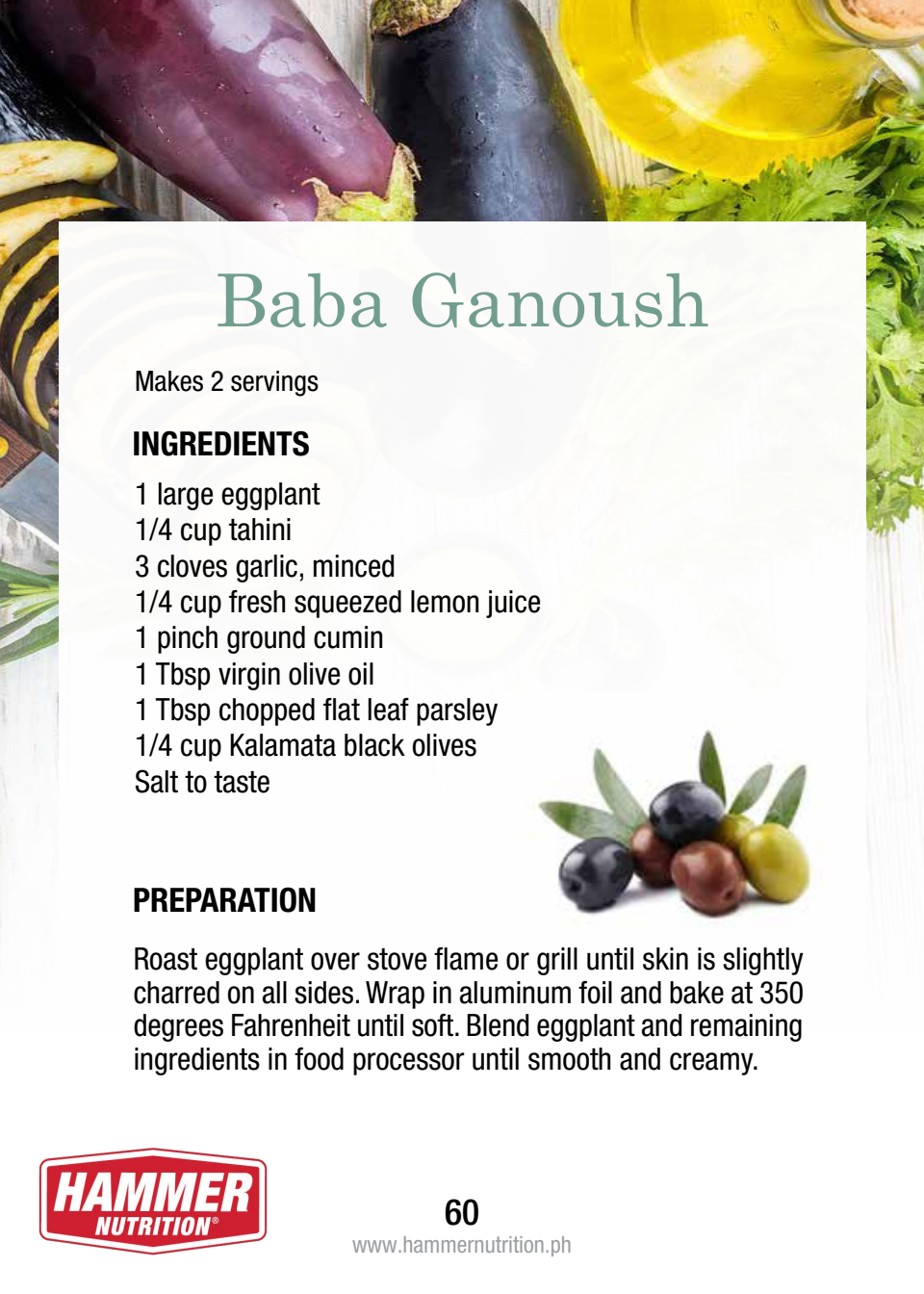
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Dips

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Baba Ganoush

Makes 2 servings

INGREDIENTS

1 large eggplant
1/4 cup tahini
3 cloves garlic, minced
1/4 cup fresh squeezed lemon juice
1 pinch ground cumin
1 Tbsp virgin olive oil
1 Tbsp chopped flat leaf parsley
1/4 cup Kalamata black olives
Salt to taste



PREPARATION

Roast eggplant over stove flame or grill until skin is slightly charred on all sides. Wrap in aluminum foil and bake at 350 degrees Fahrenheit until soft. Blend eggplant and remaining ingredients in food processor until smooth and creamy.

Hummus

Makes 2 servings

INGREDIENTS

- 1 (19-oz.) can garbanzo beans,
half the liquid reserved
- 4 Tbsp lemon juice
- 2 Tbsp tahini
- 1 clove garlic, chopped
- 1 tsp salt
- Black pepper to taste
- 2 Tbsp olive oil (or more depending on desired consistency)

PREPARATION

Put all ingredients in a food processor and blend. It is ready to serve!

DIP TIP

Serve with fresh
Naan (pita) bread!



Guacamole

Makes 2 servings

INGREDIENTS

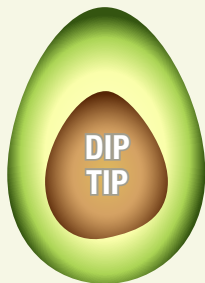
- 1 ripe avocado
- 2 Tbsp green or white onion, chopped
- 1 Tbsp chopped garlic – optional
- 1 tsp lemon or lime juice
- 1 Tbsp salsa
- Hot sauce to your liking

PREPARATION

Mash avocado and add rest of ingredients. Enjoy!



Everything goes with guacamole! **TRY ME WITH:**



CHIPS



TACOS



CHICKEN



SEAFOOD



STEAK



BURGERS



SANDWICHES



SALADS



Salsas



Organic Corn Salsa

Makes 4 cups

MIX ALL TOGETHER:

- 1 1/2 cups organic raw corn, cut off the cob
- 1 cup tomatoes, diced
- 1 cup cilantro (or coriander), chopped
- 1/2 cup red onion, chopped
- 3 tsp chopped jalapeño pepper
- 2 Tbsp lemon juice



Pico de Gallo

Makes about 2 1/2 cups

MIX IN FOOD PROCESSOR:

- 1 yellow or red onion, finely chopped
- 5 Roma tomatoes, finely chopped
- 1/2 cup fresh cilantro leaves
- 1 jalapeño
- Juice of half a lime
- Kosher salt

Tomatillo Salsa

Makes 4 servings

INGREDIENTS

- 1 1/2 cups of water or broth
- 4-6 tomatillos
- 4 cloves garlic
- 1 jalapeño
- 1/2 bunch cilantro
- Salt to taste

PREPARATION

In a saucepan, bring water or broth to a boil. Put in all ingredients (except cilantro) and boil for 5 minutes till soft. Remove and cool. Blend with cilantro, salt and pepper to taste.



Simple Summertime Edamame Dip

From the Kitchen of Alice Infelise

Makes 2 servings

INGREDIENTS

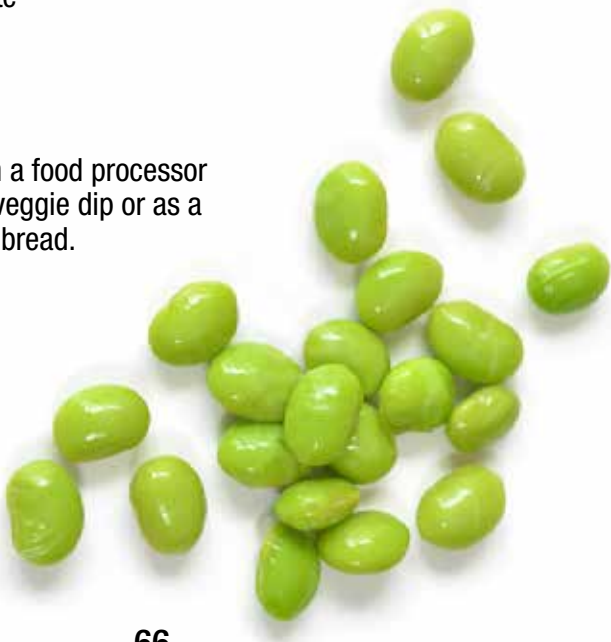
1 cup shelled cooked organic edamame beans
1/4 cup veganaise or mayonnaise
1 Tbsp vinegar or lemon juice
Salt and pepper to taste

PREPARATION

Blend all ingredients in a food processor or blender. Enjoy as a veggie dip or as a spread for crackers or bread.

DIP TIP

Serve with fresh veggies & crackers!



Zesty Artichoke & Lemon Dip

Makes 2 servings

INGREDIENTS

2 cloves garlic
2 shallots, peeled
2 Tbsp lemon juice
1/2 cup mayonnaise
(vegan optional)
1 Tbsp apple cider vinegar
3/4 cup cooked lima beans
1 Tbsp fresh parsley
1/2 tsp Himalayan salt
1 tsp mustard seeds
Fresh black pepper to taste
2 1/2 cups drained cooked
artichoke hearts



PREPARATION

Mince shallots and garlic. In a food processor, mix garlic, shallots, and lemon juice. Add remaining ingredients except for the artichokes. Add artichokes last and pulse minimally.



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Avocado Oil Mayo

INGREDIENTS

3 egg yolks
2 Tbsp lemon juice
1 Tbsp water
1 1/2 cups avocado oil
Pinch salt and pepper

PREPARATION

Put all ingredients except avocado oil in food processor and pulse a few times. Scrape down the sides and turn processor on low. Slowly, in a thin stream, pour oil, taking 2 to 3 minutes to do so. Mayo will thicken as you pour. Store in an airtight container in the refrigerator for up to a week.



Easy Ranch

INGREDIENTS

1 cup mayo
1/2 cup Greek yogurt
2 minced garlic cloves
1 Tbsp chopped parsley
1 Tbsp chopped chives
1 Tbsp fresh lemon juice
1 tsp Worcestershire sauce
Salt and pepper to taste

PREPARATION

Put all ingredients in a jar and shake to mix. Enjoy as a dip, sauce, or dressing.

Honey Sesame Dressing

INGREDIENTS

3/4 cup seasoned rice vinegar
1 1/2 Tbsp honey
1/2 cup light vegetable oil
1/4 cup sesame oil
2 cloves garlic, minced
1 1/2 tsp sesame seeds
1 tsp soy sauce
Juice from half a lemon, strained

PREPARATION

Put all ingredients in a small bowl (or **Hammer Blender Bottle!**). Mix well and refrigerate overnight. Use as salad dressing or marinade.



Vegan Caesar Dressing

INGREDIENTS

1/2 cup plain hummus	1 Tbsp capers, finely minced/smashed
2 tsp spicy mustard	3 Tbsp fresh minced garlic (6-7 cloves)
1 tsp lemon zest	Healthy pinch sea salt & pepper to taste
1/4 Tbsp lemon juice, or to taste	3 Tbsp olive oil (for added creaminess)

PREPARATION

Mix in blender or small mixer, or use hand mixer to blend.



Tahini Dressing

INGREDIENTS

- 1/3 cup tahini
- 1 garlic clove, minced very finely into a paste
- 2 Tbsp fresh lemon juice (about a half lemon)
- 1 Tbsp olive oil
- 1/4 tsp kosher salt
- 2 to 6 Tbsp lukewarm water
- Pinch cumin (optional)
- Pinch cayenne (optional)
- 1 Tbsp chopped fresh parsley, optional



PREPARATION

Whisk tahini, garlic paste, lemon juice, olive oil, and salt in a bowl until combined—the mixture will thicken.

Add water, one tablespoon at a time, whisking well after each addition until desired consistency. If you are making a spread, look for the consistency of peanut butter. If making a sauce, add water until it's the consistency of runny yogurt. Stir in the optional cumin, cayenne pepper, and parsley. Taste for seasoning and adjust.



Vinaigrettes



Apple Cider Vinaigrette

INGREDIENTS

1/2 cup oil of your choice

1/8 cup apple cider vinegar

1 tsp grated orange peel

1 tsp chopped flat parsley

Salt and Pepper

Combine all ingredients, mix well, and enjoy.



Balsamic Vinaigrette

INGREDIENTS

1 /2 cup oil of your choice

1/8 cup balsamic vinegar

1 tsp chopped basil or parsley

Salt and pepper to taste

Combine all ingredients, mix well, and





Basil Vinaigrette

From the Kitchen of Ty Brookhart

INGREDIENTS

5 cloves garlic
1/2 shallot
2-3 anchovies
3/4 cup balsamic vinegar
2 Tbsp Dijon mustard
Pinch of cayenne
Pinch of both thyme and oregano
(fresh or dried)
Juice of one lemon
6-10 fresh basil leaves
Olive oil



PREPARATION

Add all ingredients except olive oil to a food processor. Blend until fairly uniform. Gradually add olive oil until the dressing thickens, but be careful not to let the olive oil overpower the dressing.

Dijon Vinaigrette

INGREDIENTS

4 Tbsp olive oil
2 tsp Dijon mustard
1 Tbsp red wine vinegar
Salt and pepper to taste



PREPARATION

Put all ingredients in small bowl
(or **Hammer Blender Bottle!**),
and mix well. ●●●●●●●●●●▶



DRESSIN' LESSON

To add a little sweetness
to the overall taste, add a
splash of agave nectar
or honey.

GOES GREAT

with Pear, Endive, & Walnut Salad
on page 44.



Strawberry Ginger

INGREDIENTS

1/2 cup frozen strawberries

1 Tbsp fresh minced ginger

Juice of 1/2 lemon

1/8 cup apple cider vinegar

1/8 cup balsamic vinegar

1/8 to 1/4 cup raw honey to taste,
depending on the sweetness of
the strawberries and balsamic

1 Tbsp fresh minced lemon thyme
or mint

Black pepper to taste

1/8 cup walnut, grape seed, or
olive oil

PREPARATION

Add strawberries, ginger, lemon juice, and vinegars to a food processor or blender. Blend until smooth. Add honey, herbs, and black pepper while blending. For thicker dressing, or to increase calories, add oil.





Gravies

Portobello Gravy		82
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Portobello Gravy

Makes 8 servings

INGREDIENTS

- | | |
|---|---------------------------------------|
| 3 Tbsp grapeseed oil | 1 tsp basil |
| 1/2 yellow onion, diced | 1/2 tsp dill |
| 4-6 cloves garlic, minced | 1/2 tsp thyme |
| 1/2 cup portobello or shiitake mushrooms, diced | 1/2 tsp rosemary |
| 1/2 cup chopped spinach (optional) | 1/2 tsp tarragon |
| 4 oz. tempeh (optional) | 1/4 tsp chili powder |
| 1/4 cup diced celery (optional) | 3 Tbsp warm water |
| 1 32 oz.-container portobello mushroom broth | 2 Tbsp liquid aminos |
| 1/2 tsp paprika | 1 Tbsp arrowroot powder or cornstarch |



PREPARATION

In a medium saucepan, heat oil to medium high. Cook onion until translucent. Add garlic and diced mushrooms (as well as optional spinach, tempeh, or celery) and cook 1 more minute. Add broth and spices. Bring to simmer, and reduce heat to low. In a small bowl, combine water, liquid aminos, and arrowroot/cornstarch, and then stir into broth. Simmer on low for 5 minutes, stirring occasionally. If you prefer a smoother gravy, purée with immersion blender after 15 minutes of the gravy simmering on low.



Vegan Gravy

Makes 16 ounces

INGREDIENTS

1/2 cup vegetable oil
1 small onion chopped
3 cloves garlic
1/2 cup flour
1 Tbsp herbs de Provence
2 Tbsp nutritional yeast
2 Tbsp tamari
2 cups vegetable broth

PREPARATION

Sauté onion and garlic in oil. Add herbs de Provence and flour to make a roux. Mix well and then add yeast, tamari, and vegetable broth slowly while stirring.

ROUX

noun: /roo/

French - A mixture of fat and flour used as a base for gravies, sauces, & soups.



GOES GREAT

with Cauliflower Mash
on page 110.





Sauces

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Chimichurri Sauce

INGREDIENTS

1 cup fresh, firmly packed
flat-leaf parsley, trimmed
of thick stems
3 to 4 garlic cloves
2 Tbsp fresh oregano leaves OR
2 tsp dried oregano
1/3 cup olive oil
2 Tbsp red or white wine vinegar
1/2 tsp sea salt
1/8 tsp ground pepper
1/4 tsp red pepper flakes

PREPARATION

Chop parsley and fresh oregano (if using), removing any large stems. Put all ingredients in a small food processor and pulse until evenly mixed. Serve immediately as a topping or side sauce with your meal of choice. Refrigerate if preparing early. If chilled, return to room temperature before serving.

***Note:** This sauce can keep for up to two days refrigerated.

Easy Tomato Sauce

INGREDIENTS

2 Tbsp olive oil
1 large onion, minced
1 lb. ripe grape tomatoes
1 tsp fresh or dry oregano
1 tsp fresh or dry basil
1 large clove garlic
Salt and pepper to taste

PREPARATION

In skillet, sauté onions in olive oil, until they start to soften. Add tomatoes and cook until they start to soften as well, about 10 minutes. Remove from fire and add herbs and garlic. Use a hand mixer or *carefully blend in a blender. (*heat expands and will make a huge mess if there is not air to spare)

ENJOY WITH
all of your favorites!



PASTA



STEAK



SEAFOOD



CHICKEN





Kentucky Barbeque Sauce

INGREDIENTS

- 2 cups strong brewed
**Hammer 53x11
Chain Breaker Coffee**
- 1 cup bourbon whiskey
- 1 1/2 cups coconut sugar
- 1 cup soy sauce
- 1/4 cup cider vinegar
- 2 Tbsp Worcestershire sauce

PREPARATION

Mix all ingredients together in a saucepan and simmer on low heat to reduce liquid to about half. Brush on meat, or use it as a condiment.



Mother-in-Law Kimchi

INGREDIENTS

1/4 cup anchovy sauce
1/4 cup veggie/chicken broth
2 Tbsp minced garlic
1 Tbsp peeled, finely grated, fresh ginger
2 tsp honey
2/3 cup Korean chili pepper flakes
1/2 cup thinly sliced yellow onion
1/2 cup green onions, green parts only,
cut into 2-inch pieces

SEASONING PASTE

2 Tbsp white miso
1/3 cup sweet rice-flour porridge

BRINE

1 medium head Napa cabbage
1 medium daikon radish
2 Tbsp kosher salt

PREPARATION

Cut the cabbage into quarters. Then cut each quarter in half lengthwise and cut out the core. Lay each cabbage segment flat, then quarter into sections, about 1 inch wide by 6 inches long. Peel and cut daikon into thin slices and then in half to make semicircles. In a large bowl, toss the cabbage and daikon with the salt and set aside to **brine for 1 hour and 15 minutes**. Rinse off the salt in a bowl of cold water and let the daikon/cabbage leaves drain in a colander for 20 minutes.

Seasoning paste: in a food processor fitted with a metal blade, process miso, porridge, anchovy sauce, stock, garlic, ginger, and honey. Transfer the mixture to a bowl and add 1/4 cup of the chili pepper flakes and mix by hand. Let rest for 15 minutes.

In a large bowl, toss the cabbage, onion, green onions, and chives with the remaining chili pepper flakes until the chili pepper flakes lightly coat the vegetables. Add the seasoning paste and mix until evenly distributed. Pack tightly into a 2-quart container, cover, and set aside for up to 2 days at room temperature. Move the container to a refrigerator. As it ferments, cabbage will expand, so be sure to place the jar on a plate or in a bowl to catch the overflow.

Pesto



Arugula Pesto

INGREDIENTS

4 oz. chopped arugula
3 cloves garlic
1/2 cup of pine nuts
(can substitute with walnuts)
2 Tbsp white miso
1/2 cup olive oil



PREPARATION

Blend all ingredients in a food processor or blender. Enjoy a small amount as a sauce or spread on sandwiches, cooked vegetables, poultry, or fish.

PESTO?

PRESTO!

Pesto is an easy compliment to any meal. Enjoy as either a sauce or a spread.



Vegan Pesto

INGREDIENTS

4 oz. basil leaves
3 cloves garlic
1/2 cup of pine nuts
2 Tbsp white miso
1/2 cup olive oil

PREPARATION

Blend all ingredients in a food processor or blender. Enjoy a small amount as a sauce or spread.



HAMMER
NUTRITION®

Soups

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Yellow Lentil Soup

INGREDIENTS

2 Tbsp ghee or olive oil
1 large onion, diced
2 stalks celery, diced
2 medium carrots, diced
3 bay leaves
32 oz. vegetable broth
2 cups red split lentils
Sea salt and pepper to taste

PREPARATION

Heat the olive oil or ghee in a soup pot. Add the onion, celery, carrots, and bay leaves. Then sauté until vegetables soften and darken in color. Add broth. Stir in lentils and bring to a low simmer. Cover and simmer for an hour or until lentils are very soft. Season with sea salt and pepper to taste and enjoy for lunch or dinner.





Green Gazpacho

Makes 2-4 servings

INGREDIENTS

- 2 cups diced honeydew melon
- 1 large cucumber, seeded and diced
- 1 small sweet onion, diced
- 1 large ripe avocado, peeled, pitted, and chopped
- 1 small jalapeño pepper, seeded and chopped
- 4 large cleaned basil leaves
- 1 clove garlic
- 3 Tbsp white vinegar
- 1 Tbsp lime juice
- Salt and pepper to taste



PREPARATION

Blend all ingredients in a processor or blender. Serve chilled with a dollop of plain yogurt and a few drops of olive oil to garnish.



Green Magic Soup

Makes 4 servings

INGREDIENTS

- | | |
|--|---|
| 1 Tbsp olive oil | 1 lb. zucchini, cubed |
| 1 large sweet onion (or 2 small),
chopped | 2 (or more) cups parsley, chopped |
| 3 celery stalks, chopped | Fresh herbs of your choice |
| 1 lb. green beans, roughly chopped | Several cloves of garlic, minced (optional) |
| | 32 oz. chicken or vegetable stock |

“The ultimate family comfort food!”

PREPARATION

Over medium temperature, heat olive oil in a large soup pot. Add onions and cook several minutes until softened. Add celery, green beans, zucchini, parsley, herbs, and garlic (if using). Cook about 5 minutes or until vegetables begin to brown lightly. Add stock, bring to a boil, then gently simmer for about 10 minutes until vegetables are soft but still bright green in color. Remove the pot from the heat. In a food processor or blender, carefully purée the soup in batches. Return the puréed soup to the pot and gently reheat.



Potato Leek Soup



Pink Soup

Makes 2-4 servings

INGREDIENTS

3 Yukon gold potatoes
1 leek
3 beets
2 carrots
1 onion
4 cloves garlic
1 tsp grated ginger
Salt and pepper
Oil or butter for sauté
8 cups vegetable or chicken stock

PREPARATION

Thoroughly wash potatoes. Peel beets and carrots. Cut all into 1-inch cubes. Cut green parts off leek and cut it lengthwise. Soak in water for a few minutes and slice into half-inch slices. Chop onion and garlic. Sauté all ingredients but broth in oil or butter, and then add broth and cook until all are soft. Purée with immersion blender and serve.

Potato Leek Soup

Makes 4 servings

INGREDIENTS

1 bunch leeks (3-4 good-sized ones)
1/2 cup yellow onion, finely chopped
2 Tbsp canola oil
8 cups white potatoes, diced
5 cups water
3 tsp chicken bouillon powder
1 tsp salt (optional)
1 tsp dried dill
(or 2 teaspoons fresh dill)
Pepper to taste

PREPARATION

Chop white part of leeks and discard the rest. In a large pot, sauté leeks and onion in canola oil until transparent. Add potatoes, water, bouillon, and salt if desired. Cook until potatoes are tender. Blend 3/4 of the soup in a food processor or blender and return to pot. Add dill and pepper. Stir well and serve.

Pumpkin Soup

Makes 4 servings

INGREDIENTS

1 Tbsp olive oil, ghee, or coconut oil

2 large white onions, diced

3 large garlic cloves, minced

16 oz. pumpkin purée

(Make your own: cut up a pumpkin and roast it in the oven until it is soft and mushy. Then scoop it out and purée it.)

1/2 tsp cumin

1/2 tsp cinnamon

1/2 tsp turmeric

32 oz. chicken stock or water

Sea salt and fresh pepper to taste

Optional: 1 cup heavy cream,

1 cup unflavored almond milk, or

1/2 cup cashews

PREPARATION

In a soup pot, heat the oil. Add the onions and garlic, then sauté until lightly brown. Add pumpkin and spices, and then cover with stock or water, stirring to blend. Bring to a boil and then reduce to a simmer; cook for 20 minutes. Remove from heat and let stand for 20 minutes. If desired, stir in optional cream, almond milk, or nuts. Carefully purée with a blender, food processor, or handheld blender.



Sweet Potato Coconut Soup

From the Kitchen of Sarah Hornby

Makes 6 servings

INGREDIENTS

- 1 Tbsp coconut oil
- 1 large onion, peeled and finely chopped
- 2 garlic cloves, crushed
- 2 cm (3/4-inch) piece fresh ginger, peeled and diced
- 2 - 3 sweet potatoes, peeled and diced
- 1 tsp lemon grass, chopped
- 600 ml. (20 fl oz.) vegetable or chicken broth
- 1 13-oz. can coconut milk
- Salt and fresh ground pepper, to taste



PREPARATION

Heat coconut oil in a large saucepan. Add onion, garlic, and ginger, and gently sauté until tender (about 5 minutes). Add diced sweet potatoes and lemon grass, and cook for 3 more minutes. Add broth and bring to a boil. Reduce heat and simmer covered for 20 minutes until vegetables are tender. Cool soup slightly. Add half the can of coconut milk, and purée in batches, using a hand blender or food processor. Return soup to the saucepan. Add remaining coconut milk. Salt and pepper to taste. Heat thoroughly without allowing the soup to boil. Add lime juice. Ladle soup into bowls and garnish with lime zest. Enjoy!



Tomato Soup

Makes 8 servings

INGREDIENTS

2 Tbsp oil of choice
2 onions, minced
2 Tbsp tomato paste
12 medium-sized ripe Roma or other tomatoes
1 Tbsp chopped, fresh oregano
1 large clove garlic (optional)
32 oz. broth of choice
Salt and pepper to taste

To make creamy: 1/2 cup half and half, non-diary milk (unsweet hemp or coconut), or raw blended cashews



PREPARATION

In a large soup pot, sauté onions in oil until softened, and then throw in chopped tomatoes (with the bottoms removed), tomato paste, oregano, and garlic. Continue to sauté for 5 minutes and then add broth. Reduce heat and simmer for an additional 20 minutes, and then puree. Salt and pepper to taste and add cream if desired.



Zucchini Soup

Makes 4 servings

INGREDIENTS

6 medium zucchini
1 large onion
1 tsp pure (not virgin) olive oil,
ghee, or coconut oil
1 quart chicken broth
2 sprigs fresh dill

Optional for a creamy version:
1/2 cup organic raw cream or
1/4 cup cashews



PREPARATION

Wash zucchini and cut into inch-round slices (size or shape not important). In a 3-quart pot, heat oil on low, and then lightly sauté veggies until softened. Add chicken broth and dill, and bring to a rapid boil. Boil for 10 minutes. Remove from heat and let cool for 20 minutes. Purée with a hand mixer or in a blender, salt to taste, and enjoy!





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Beet Salad

Makes 6 servings

INGREDIENTS

3 bunches of fresh baby beets

Fresh parsley, chopped

Fresh basil, chopped

Lemon

Olive oil

Salt and pepper



PREPARATION

Wash the beets and then place them in a large pot with enough water to cover them. Boil until they are tender (you should be able to pierce them easily with a paring knife or fork). Remove the beets from the pot and run them under cold water. Peel, rinse, and pat dry. Cut the beets in half, place them in a bowl, and add the remaining ingredients to taste.



Brussels Sprouts

Makes 6 servings

INGREDIENTS

- 1 lb. Brussels sprouts,
washed and sliced in half
- 3 Tbsp olive oil
- 1 Tbsp liquid aminos (such as Bragg's)

OPTIONAL ADDITIONS

- 3 - 4 Tbsp balsamic vinegar
- 1 Tbsp honey or agave syrup
- 1 tsp olive oil
- 1/3 cup slivered almonds
- 4 garlic cloves, sliced
- Paprika, chili powder, or cayenne pepper

PREPARATION

Heat oven to 425°F. Place sliced Brussels sprouts in a 1-gallon zip lock bag. Add olive oil and liquid aminos, seal bag, and shake carefully until coated. Empty sprouts onto a foil-lined baking sheet; roast 40-45 minutes.

Optional: In a large bowl, combine balsamic vinegar and honey or agave and set aside. In a small sauté pan, heat 1 teaspoon of oil over medium heat; sauté slivered almonds and garlic, along with paprika. Add everything to the bowl and toss. Serve hot ASAP!





Brown Rice

Makes 2 servings

INGREDIENTS

- 2 cups + 1 Tbsp, water
- 1 cup brown rice (preferably short grain)
- 1/2 tsp salt or bouillon



PREPARATION

Bring water to boil. Add rice and salt and stir once. With lid off, wait for water to boil again. When it boils, put lid on and simmer for 45 minutes or until water is absorbed. Set aside and let cool.

SIDE NOTE

Eat brown rice solo, with veggies, or pair it with a variety of dishes!



Though there are many ways to make brown rice, this simple version is quick and easy to prepare. Hearty and versatile, short grain (preferably organic) brown rice is a great source of fiber and carbohydrates, as well as a healthy alternative to wheat pasta.



Brown Rice Mushroom Pilaf

Makes 4 servings

INGREDIENTS

1 Tbsp olive oil	2 1/2 cups low-sodium chicken or vegetable broth
1 small onion, chopped	1 tsp dried basil
1 - 2 garlic cloves, minced	Several sprigs of fresh thyme
1 cup mushrooms, sliced	1 bay leaf
1 cup long-grain brown rice	2 Tbsp parsley, chopped

PREPARATION

In a medium skillet, heat the olive oil over medium heat. Add the chopped onion and sauté about 3 minutes. Add garlic and mushrooms, then sauté until mushrooms are cooked and most extra liquid has evaporated, about 5 minutes. Add rice and cook 1 minute while stirring. Add broth, basil, thyme, and bay leaf. Bring liquid to a boil, then cover and reduce heat. Simmer 40 minutes, stirring occasionally. Add chopped parsley and simmer another 5-10 minutes until liquid is absorbed and rice is tender. Remove thyme sprigs and bay leaf. Salt and pepper to taste, if desired.



Cauliflower Mash

INGREDIENTS

1 head fresh cauliflower
1/4 cup firm yogurt
1/4 cup milk of choice
Salt and pepper
Any other seasonings of choice
(herbs, garlic, etc.)

PREPARATION

Steam cauliflower until very soft. Put it in food processor with all other ingredients. Process until smooth and serve.



Cumin Carrots

Makes 6 servings

INGREDIENTS

3 bunches small organic carrots
2 Tbsp cilantro, chopped
3 Tbsp virgin olive oil
1/2 tsp cumin
Salt and pepper to taste

PREPARATION

Wash, peel, and boil carrots until tender. Remove and rinse under cold water. Pat dry and slice into rounds. Add cilantro, olive oil, cumin, salt, and pepper.



Cumin Carrots



Easy Mash

INGREDIENTS

2 lbs. Yukon Gold potatoes (washed, peeled, and quartered if desired)
1 cup milk or milk substitute
2 Tbsp butter or olive oil
Salt to taste



PREPARATION

Boil water and add potatoes.

Once potatoes are soft when poked with a fork (about 15 to 20 minutes), remove from heat and drain. Add butter, milk, and salt. Mash like crazy and enjoy! Try not to over mash or prepare in a food processor, as the potatoes will become very starchy and difficult to eat.

Garlic Beets

Makes 4 servings

INGREDIENTS

2 bunches medium beets
2 Tbsp virgin olive oil
1 Tbsp parsley, chopped
2 cloves garlic, finely minced
Himalayan salt to taste



PREPARATION

In a large pot, bring water to a boil. Wash beets and add to boiling water. Boil until soft when poked with a fork. Drain and then run under cold water to remove the skins. Slice beets and cover with remaining ingredients. Serve warm as a side dish to any healthy protein or carbohydrate, or serve cold as a salad. Enjoy these served cold, tossed with farro or quinoa.



Garlic Green Beans

INGREDIENTS

1 lb. green beans
1 Tbsp butter or olive oil
1 garlic clove, minced
or 1/2 tsp garlic powder
1 Tbsp parsley, chopped



PREPARATION

Wash the green beans and trim off the stem ends. Heat steamer, and when the water is boiling, put the beans in. Steam for about 5 to 6 minutes. The cooking time will vary depending on your taste; I like my beans very green and crunchy. Remove beans and toss in a bowl with the remaining ingredients and serve.

Gomaae Broccolini

INGREDIENTS

1 lb. broccolini
1/4 cup toasted white sesame seeds
1 Tbsp toasted sesame oil
1 Tbsp coconut sugar
2 Tbsp soy sauce



PREPARATION

Wash broccolini and cut the ends off. In a large pot, bring water to a rolling boil and plunge the stems into water to boil for 3 minutes. Remove the stems and immediately put into ice water to stop the cooking process. Once cooled, drain and pat dry. Mix broccolini with remaining ingredients to make a delicious side dish, which is lovely with our Marinated Miso Fish.

Grilled Marinated Vegetables

INGREDIENTS

1 lb. fresh asparagus, trimmed
3 small carrots, cut in half length wise
1 large red bell pepper, cut into 1-inch strips
1 medium yellow summer squash, cut in 1/2 inch slices
1 medium red onion, cut into wedges

PREPARATION

Whisk all of the marinade ingredients in a bowl until completely blended. Transfer to a large Ziploc bag. Add prepared vegetables to the marinade. Mix well and let rest for one to two hours before grilling. Put veggies in a vented foil packet and place directly on grill heated to approximately 400° F. Allow to cook for 10-15 minutes or until vegetables are slightly softened.

MARINADE

1/4 cup olive oil
2 Tbsp honey
4 tsp balsamic vinegar
1 tsp dried oregano
1 tsp herbs de Provence
1/2 tsp garlic powder
1/8 tsp pepper
Dash of salt

Mushroom Yukon Potatoes

Makes 4 servings

INGREDIENTS

4 Tbsp avocado oil (divided)
2 lbs. Yukon Gold potatoes, boiled, skin-on
4 large shallots, peeled and minced
2 cups oyster mushrooms, washed and dried
2 large cloves garlic, minced
1 Tbsp fresh tarragon, minced
Salt, to taste
Pepper, to taste

PREPARATION

In a cast iron skillet, heat 2 Tbsp avocado oil and add sliced Yukon Gold potatoes until browned. In another skillet, heat 2 Tbsp avocado oil and add shallots. Once the shallots have softened, add mushrooms; cook on high for a few minutes. Then add garlic and tarragon; cook for another 2 minutes. Mix with the potatoes.

Parmesan Cauliflower

Makes 4 servings

INGREDIENTS

1 head cauliflower
1 lb. Parmesan
1 Tbsp parsley chopped
Sprinkles of paprika

PREPARATION

Preheat oven to 425°F, slice cauliflower and line a cookie sheet with sides or a large Pyrex dish, cover with grated Parmesan cheese and bake until golden and crispy. Sprinkle with chopped parsley and paprika for garnish and enjoy.



Poached Pears in Red Wine Sauce

INGREDIENTS

2 cups dry, red wine, such as cabernet or merlot
1/4 cup coconut sugar
1 orange, juiced (about 1/4 cup)
1 Tbsp orange zes, coarsely grated

1 cinnamon stick
2 cloves
4 firm, ripe pears (Bosc or Anjou)

PREPARATION

Combine wine, sugar, orange juice, zest, cinnamon stick, and cloves in a 4-quart saucepan. Bring to a boil, reduce heat, and simmer for 5 minutes. While liquid is simmering, peel pears. Leave stems intact and be careful not to blemish the flesh of the pears. Slice ½ inch off the bottom of the pears to create a flat bottom. Gently place pears in poaching liquid, cover, and simmer for 15 to 20 minutes, turning every 5 minutes to ensure even color, until pears are cooked but still firm. Remove saucepan from flame, uncover, and cool with pears upright in pan. Once cool, cover and chill in refrigerator at least 3 hours or up to 24 hours, turning occasionally if desired. Gently remove pears from liquid and allow to come to room temperature. Meanwhile, reduce liquid by about half over a medium-high flame for 15 minutes until liquid is thicker and slightly syrupy. Remove from flame and let liquid come to room temperature. Drizzle each pear with 2 tablespoons syrup and serve.



Potatoes, Fennel, & Leeks au Gratin

INGREDIENTS

2 1/2 lbs Yukon gold potatoes
2 large leeks
2 bulbs fennel
3 Tbsp butter
1 1/2 cups whole milk
(or unsweetened hemp milk)
1 cup stock
(chicken or vegetable)
1/2 tsp nutmeg
1/2 tsp fennel seeds
Salt and pepper
2 cups grated Gruyère cheese
(optional)

PREPARATION

Preheat oven to 375°F. Melt butter and pour into a 13x10 baking dish. Wash potatoes (I leave the skins, but feel free to peel), fennel, and leeks. Slice all in 1/8th inch pieces and arrange in a baking dish. Combine milk, stock, and spices and pour over potatoes and veggies. Bake for about 45 minutes and then add cheese to melt on top.



Quick Veggie Sauté

INGREDIENTS

1 Tbsp organic avocado oil
1 medium sweet onion
1 bunch of broccolini
2 medium zucchini

SEASONING OPTIONS

ORIENTAL

1 Tbsp of fresh ginger, grated
2 cloves garlic, minced
1/2 cup cilantro chopped
2 Tbsp coconut aminos

FRENCH COUNTRY

1 Tbsp herbs de Provence
1 clove garlic, minced
1 tsp grated fresh lemon rind

PREPARATION

In a cast iron skillet, add oil. Toss in the onions, sliced in large moon shapes. Add large-cut broccolini and long sticks of zucchini. Mix for 7 minutes so veggies are bright in color, preserving enzymes and minerals. Season with either Oriental or French Country Seasoning.

Roasted Squash

INGREDIENTS

Squash of choice: hubbard, butternut, delicata, kobocho
Garlic to taste
Turmeric to taste
Salt and pepper to taste

PREPARATION

Cut squash in half lengthwise and remove seeds. Slice squash into 1/4 to 1/2 inch slices and arrange in a single layer on a greased baking sheet. Oil the tops and season to your liking with a garlic, turmeric, salt, and pepper seasoning medley. Roast at 350 for 30 to 45 minutes until soft and beginning to brown.

Roasted Cauliflower with Turmeric

From the Kitchen of The Cycling House

INGREDIENTS

Cauliflower
Olive oil
Diced garlic
Turmeric powder
Garlic powder
Ginger powder
Salt
Pepper

PREPARATION

For this recipe, you get to use your chef skills, because you don't actually measure anything out, you just season it to taste. Preheat oven to 425°F. Cut up cauliflower into bite-sized pieces, place them in a bowl, and toss with just enough olive oil to coat. Dice one clove of garlic per head of cauliflower and add it to the bowl. Season with turmeric, garlic powder, and ginger powder. Use about three times more turmeric than garlic or ginger so that there is enough turmeric to give the cauliflower a nice yellow hue. Add salt and pepper. Taste often and adjust seasonings. Place on a baking sheet and bake for 30 to 40 minutes, turning once during that time. When the cauliflower is soft and looks slightly roasted, it is done.

Sauerkraut

INGREDIENTS

2 large cabbage heads
2 large carrots
2 large onions
1 bunch radishes
1 Tbsp caraway seeds
3 cloves garlic
1 cup filtered water
2 tsp sea salt
1 cup liquid whey (if not available
use 1/2 cup apple cider vinegar)

PREPARATION

Shred the cabbage and other vegetables in a food processor. Put the shredded vegetables in a large container with the other ingredients. Pound them with a pestle or wooden mallet for 10 minutes, long enough to release the juices. Press the mash down. The liquids should just about cover the top of the mash. Put a large plate into the container that fits nicely and seals the top, and put a heavy weight on top of it. Within a few hours, liquids should cover the top of the shredded mixture (if it did not cover initially). If there is not enough cabbage juice, add cold filtered water with whey, lemon juice, and vinegar to cover.

Allow to ferment at room temperature for 3-5 days. Within 1 day, the smell should start to change; and within 3 days, the mixture should have a delicious aroma. After 2-3 days of lacto-fermentation, vegetables start to soften and some of their components break down. As lactic acid-producing bacteria proliferate, the food becomes more acidic and easily digestible. Micronutrients such as choline are formed, the entire medium is preserved, and new flavors and aromas develop.

Transfer to capped jars. Leave 1 inch at the top as they can bubble and leak. Try not to expose it to the air too much. (Making sauerkraut is an anaerobic process.) Sauerkraut needs at least six months to fully mature. The ideal storage temperature is about the same as for a fine bottle of wine.



Sautéed Spinach & Roasted Pine Nuts

INGREDIENTS

- 1 bunch fresh spinach
- 1/2 cup pine nuts
- 2 Tbsp avocado oil
- 1/2 tsp red pepper flakes
- 2 garlic cloves, minced

SIDE

NOTE

Sauteed spinach is perfect with fish!



PREPARATION

After toasting the pine nuts for two minutes in avocado oil, red pepper flakes, and garlic cloves, remove garlic, add spinach, and sauté in a cast iron pan until wilted. Serve hot with fish in less than five minutes.

Spinach and pine nuts provide a nutrient-rich side that pairs well with any pan-seared white fish.



Southwestern Brown Rice

INGREDIENTS

- 1 onion, chopped
- 1 tsp canola oil
- 1 clove garlic, pressed or minced
- 1/2 cup red bell pepper, chopped
- 1 cup brown rice, cooked
- 1 8-oz. can red kidney beans, drained
- 1 11-oz. can whole kernel corn with liquid
- 2 tsp ground cumin
- 2 Tbsp fresh parsley, chopped
- 1 Tbsp apple cider vinegar

PREPARATION

Over medium-low heat, sauté onion in oil until transparent. Add garlic and red bell pepper, stirring constantly. Cook several minutes until the pepper begins to soften. Add rice, beans, corn, cumin, and parsley. Cook, stirring occasionally, until thoroughly heated. Sprinkle vinegar on top and serve.



Spring Veggies with Yogurt Sauce

Makes 4-6 servings

YOGURT SAUCE

1/2 cup plain yogurt
2 Tbsp olive oil
1 Tbsp fresh lemon juice
1 garlic clove, finely grated
1/3 tsp Sriracha

PREPARATION

Start by washing all the veggies and herbs. While they dry, make the yogurt sauce by combining all ingredients in one bowl. Stir until smooth. Set aside and let rest. Next, chop all the veggies into 1/4- 1/2-inch cubes. Pour yogurt sauce over chopped veggies and mix well.

INGREDIENTS

1 cup sugar snap peas
2 celery stalks
1 red bell pepper
1 large cucumber
6 radishes
1 cup cherry tomatoes
1 tsp fresh dill, chopped
1 tsp fresh chives, chopped
2 Tbsp fresh mint, ribboned



Stuffed Mushrooms

Makes 4 servings

INGREDIENTS

10-12 large mushrooms (button or mini portobella),
cleaned and stems removed

1 Tbsp olive or grape seed oil

1/2 cup onion, finely chopped

2 garlic cloves, minced

1/4 lb. mushrooms, finely chopped

1 tsp dried basil

1/2 tsp dried thyme

1/2 cup walnuts, chopped

1/2 cup cooked spinach,
well-drained and chopped

1 tsp liquid aminos

1 Tbsp oat bran

1 tsp nutritional yeast

Pepper to taste



PREPARATION

Preheat oven to 350°F. Oil a baking sheet, and then place whole mushrooms on sheet. Bake for 5 minutes while you sauté the onions, garlic, and chopped mushrooms in oil for 10 minutes. Add basil, thyme, walnuts, spinach, and liquid aminos. Pepper to taste. Remove from heat, and add oat bran and nutritional yeast. Mix well and stuff mushrooms. Bake for 6 additional minutes.

Sprouted Quinoa Pilaf

Makes 4 servings

INGREDIENTS

2 Tbsp grape seed oil or vegetable oil
1/2 cup onion, chopped
2 1/2 cups sprouted quinoa
1 1/4 cups water
2 Tbsp powdered broth of your choice
(powdered imitation chicken bouillon is available at health food stores)

PREPARATION

In a medium pan, heat oil over medium low heat. Sauté onions until tender. Add sprouted quinoa, water, and powdered bouillon. Stir and bring to a boil. Lower heat and gently simmer uncovered about 15 minutes, stirring occasionally. Cover and remove from heat. Let stand about 10 minutes.

SIDE NOTE

How to sprout
quinoa

INGREDIENTS

1 cup quinoa
1/4 tsp salt
1 2-quart mason jar

PREPARATION

Put quinoa and salt in large mason jar and fill with water. Cover with a clean cloth or cheese cloth, and secure with a rubber band. Let sit about 10 hours or overnight. Remove cloth and drain thoroughly. Replace cloth, or use a SproutEase® Topper, size small. Place jar on its side, out of direct sunlight. Rotate jar occasionally so seeds are exposed to air. After about 36 hours, seeds will have roots about 1/4" inch long. Sprouted quinoa can be placed in refrigerator for up to 2-3 days before cooking. Sprouted quinoa can be cooked like white rice, but requires less water and cooking time. Cooking time may be affected by altitude and humidity levels.



Sweet Sprouted Quinoa

Makes 4 servings

INGREDIENTS

3/4 cup coconut milk
3/4 cup water
2 1/2 cups sprouted quinoa
1/4 cup celery, chopped
1/4 cup raisins or currants
1/4 tsp salt
1/2 cup carrots, shredded



PREPARATION

Combine liquids in a medium pan, and add quinoa. Stir well, and add celery, raisins, and salt. Bring to a boil, reduce heat, and simmer about 15 minutes uncovered. Cover, remove from heat, and let stand about 10 minutes. Transfer to a large bowl, and let cool for 10 minutes. Add shredded carrots and toss lightly. If desired, garnish with fresh chopped parsley, sunflower sprouts, shredded zucchini, etc. Serve as is, or on a bed of lettuce. For a tasty breakfast or healthy dessert, prepare the same way but without celery or raw veggies. If desired, add a healthy sweetener such as honey, maple syrup, or agave nectar, and serve like oatmeal. Enjoy!



Turmeric Roasted Sweet Potatoes

INGREDIENTS

3 large sweet potatoes
Avocado or olive oil
Salt, pepper, and turmeric



PREPARATION

Line a sided baking sheet with parchment paper and spray or rub with oil. Wash and slice potatoes into 1/4-inch slices. Arrange in a single layer on parchment and sprinkle with salt, pepper and turmeric. Bake at 350°F until potatoes are soft or crisp, as you desire.

Yellow Lentils

INGREDIENTS

2 cups lentils
10 cups water
2 Rapunzel veggie broth cubes
2 Tbsp avocado oil
1 large onion, chopped
2 clove garlic, minced
2 Tbsp parsley, chopped



2 Tbsp cilantro, chopped
1 cup tomato, minced
1/2 tsp Turmeric dry powder
1/2 tsp whole cumin seeds
1/2 tsp whole coriander seeds
1/4 tsp cayenne (optional)

PREPARATION

Inspect dry lentils to remove dirt or debris. Then put in 10 cups water and let soak 2-5 hours. Bring lentils and water to a boil and reduce to medium/low heat. Cook until lentils are tender and then add broth cubes. Remove from heat. In a separate skillet, heat oil and add onions. Let cook a few minutes. When they start to brown, add tomatoes, garlic, and spices. Simmer to “temper spices” and bring out their flavor. Add this mix to lentils and add fresh herbs and salt to taste.



Vegan Mac & Cheese

INGREDIENTS

6 oz. pasta of your choice
2 cups cashews
1 cup baby carrots
Half an onion
2 small potatoes,
peeled and cut up
2 cloves garlic (optional)
1 - 2 lemons, squeezed
1 cup nutritional yeast
2 tsp Dijon mustard
1 tsp turmeric

Pepper
Cayenne (optional)
Chili flakes (optional)
Garnish: nutritional yeast



PREPARATION

Put cashews, carrots, onion, potatoes, and garlic in a saucepan to boil in water for 10 to 15 minutes. Begin preparing pasta as package directs. Once the cashews, carrots, onion, potatoes, and garlic are done boiling, drain and conserve water for later. Now, place boiled ingredients into a blender with a little of the water you previously conserved and blend. Add lemon juice, nutritional yeast, Dijon mustard, turmeric, pepper, cayenne, and chili flakes. Blend again and add water to desired consistency. Pour over warm precooked pasta. Top with nutritional yeast and paprika for garnish. To rewarm, bake on low.



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HAMMER
NUTRITION®

Beef Entrées

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Braised Short Ribs with Kumquats

INGREDIENTS

10 short ribs, bone in (about 6 lbs.)
1/2 cup all-purpose flour or gluten-free flour mix
1 tsp salt
1 tsp pepper
1 Tbsp herbs de Provence
3 Tbsp avocado oil
2 cups onions, chopped
1 cup carrots, chopped
1 cup celery, chopped
1 tsp salt
1 tsp pepper
1 1/2 cups brandy
5 cups broth (beef or vegetable)
1 pint of kumquats cut in half
peel & reserve some whole for serving



Kumquats are in season from November to March. Look for bright orange ones. The rind is sweeter than the fruit and there is no need to peel.

PREPARATION

Preheat oven to 350°F. Take short ribs and roll in flour, then sprinkle with salt, pepper, and herbs. Heat oil in Dutch oven, then brown ribs on every side. This may need to be done in batches and you can put some on a plate while browning each piece about 3 minutes per side. Remove all the ribs and reduce the fire further, add veggies, and cook for about 10-15 minutes until tender. Add brandy and cook for a few minutes, then add stock and kumquats and bring to a boil. Return ribs, cover, and put in the oven for about 2.5 hours. When done, remove ribs and pour strained sauce into a saucepan (discard solids. On medium/low heat, reduce sauce to half, skimming off fat as it reduces. Serve with remaining unpeeled kumquats.

Coffee Braised Roast

INGREDIENTS

3 – 3 1/2 pounds beef chuck pot roast
1 tsp salt
1/2 tsp ground black pepper
1 Tbsp vegetable oil
1 large onion, halved and sliced
1 large red pepper
2 celery stalks, cut into 2-inch pieces
3 cloves garlic, minced
3/4 cup beef broth
1 cup pineapple, chopped
2 tsp **Hammer 53 x 11 Coffee**
(finely ground to a powder)
1/4 tsp crushed red pepper
1/4 tsp ground coriander
2 lbs. sweet potatoes, peeled, halved
lengthwise, and cut into 2-inch pieces
2 Tbsp basil, chopped

PREPARATION

Preheat oven to 325°F. Trim fat from meat. Rub meat with salt and black pepper. In a 6-quart Dutch oven, brown roast on all sides in hot oil over medium-high heat. Transfer to a plate.

Add onion, red pepper, and garlic to Dutch oven. Cook and stir for 4 to 5 minutes or until onion and garlic are tender and starting to brown. Return roast to Dutch oven. Add broth, pineapple, coffee powder, crushed red pepper, celery, and coriander. Bring to a boil. Bake, covered, for 1 hour and 45 minutes.

Add potatoes. Bake, covered, for 45 minutes to 1 hour more or until meat and vegetables are tender. Transfer meat and vegetables to a platter; cover to keep warm; bring liquid in Dutch oven to boiling. Reduce heat, and simmer, uncovered, for 10 to 15 minutes or until slightly thickened.

Serve sauce with meat and potatoes. If desired, sprinkle with additional crushed red pepper. Garnish with chopped basil.





Kibbeh

INGREDIENTS

- 2 lb. finely ground beef or lamb, lean
- 1/2 lb. bulgur cracked wheat or cooked quinoa
- 1 1/2 tsp salt
- 1 1/2 tsp pepper
- 1 tsp allspice
- 1 tsp cumin seeds
- 2 medium onions, finely chopped
- 1/2 cup toasted pine nuts (optional)
- 1/2 cup raisins
- 2 Tbsp olive oil



PREPARATION

Combine ingredients in a large bowl and mix thoroughly. Form into a meatloaf shape. Place in a 13" x 9" baking pan and press flat, leaving some space between the loaf and the edge of the pan. Bake at 375°F until done.

Marinated Flank Steak

INGREDIENTS

- 1 flank steak
- 2 tsp low-sodium soy sauce
- 1 tsp honey
- 1/2 tsp sesame oil
- 1 clove garlic
- 1/2 tsp grated ginger (optional)



PREPARATION

Flank steak cuts are typically between 1 1/4 - 2 lb. If this is more than you need, cut in half and freeze one of the steaks. Allow about 1/3 lb. of raw meat per person. In a small saucepan, combine all ingredients except meat, and heat on low stirring constantly until honey melts. Pour over meat and let marinate for 20-30 minutes. Then, broil or barbecue steak to desired wellness. To serve, slice thinly at an angle, cutting across the grain.



Flank Steak



Meatloaf

INGREDIENTS

- | | |
|--------------------------------|-----------------------------|
| 1 1/2 lbs. ground beef | 1/2 cup oats |
| 1 onion, chopped | 1 Tbsp oregano, chopped |
| 2 large celery stalks, chopped | 1 tsp fresh pepper |
| 2 large carrots, chopped | 1 tsp chili peppers, ground |
| 1/4 cup soy sauce | |
| 1 egg | |

PREPARATION

Preheat oven to 350°F. Combine meat and spices in a bowl. Mix well and turn into a baking dish. Use an 11"x13" pan and form a mound in the middle with the meat loaf. Bake for 45 minutes to an hour and let cool. Serve and enjoy.





Seared Steak with Coffee Rub

INGREDIENTS

1/4 cup finely ground dark roast coffee
1/4 cup ancho chili powder
1/3 cup coconut sugar
2 Tbsp smoked paprika
2 Tbsp garlic powder
2 Tbsp kosher salt
1 Tbsp ground cumin

PREPARATION

In a small bowl or food processor, mix all ingredients thoroughly. Rub selected steak or chicken with blended mixture, using your fingers so it adheres. Allow protein to sit and absorb rub flavors. Grill according to preference and serve.

Shepherd's Pie

INGREDIENTS

1 lb. ground beef
3 bacon strips, diced (optional)
1 large onion, chopped
2 garlic cloves, minced
1 tsp oregano, chopped
1 cup ripe tomatoes, chopped
1/4 cup olives of your choice, chopped
5 1/2 cups hot mashed potatoes*
2 eggs, lightly beaten
2 Tbsp butter, softened
1 Tbsp fresh parsley, minced
1/4 tsp salt
Additional butter, melted



PREPARATION

In a large skillet, cook beef over medium heat until no longer pink; drain and set aside. In the same skillet, cook bacon, onion, garlic, and oregano until bacon is crisp, and then drain. Stir in the tomatoes, olives, and beef. Simmer the mixture, uncovered, for 10 minutes or until heated through. Meanwhile, combine the mashed potatoes, eggs, butter, parsley, and salt. Spread half of the potato mixture on the bottom and up the sides of a greased 9-inch pie plate. Layer with beef mixture and remaining potato mixture. Bake at 375°F for 20 minutes. Brush the pie with melted butter. Bake 10 minutes longer or until top is golden brown.

**Yellow potatoes are recommended. Prepare without milk or butter.*



Slow Cooker Pot Roast

INGREDIENTS

- | | |
|---|---|
| 1 (3 to 3 1/2 lb.) boneless
chuck roast | 2 Tbsp Bragg Liquid Aminos |
| Kosher salt, to taste | 2 lbs. small Yukon gold potatoes |
| Freshly ground black pepper,
to taste | 3 large carrots, cut into 3-inch
pieces |
| 1 1/2 Tbsp avocado oil | 2 celery stalks, cut into 3-inch
pieces |
| 1 1/2 cups beef broth | 1 medium sweet onion, cut into
1-inch wedges |
| 1/2 cup dry red wine | 4 cloves garlic, minced |
| 1/4 cup all-purpose flour
(or gluten-free) | 6 sprigs fresh thyme |
| 2 Tbsp tomato paste | 1 bay leaf |

PREPARATION

Season the beef with 1 1/2 tsp salt and 1 tsp black pepper. In a large skillet, heat the avocado oil over medium heat. Add beef and cook until evenly browned, about 3-4 minutes per side. Meanwhile, in a medium bowl, whisk together the beef broth, red wine, flour, tomato paste, and Bragg Liquid Aminos. Set aside. Place potatoes, carrots, celery, onion, garlic, thyme, and the bay leaf into a 6-quart slow cooker. Stir in beef broth mixture and season with salt and pepper to taste.

Place beef on top. Cover and cook on low heat for 7-8 hours, or until meat is fork-tender. Transfer the beef, potatoes, carrots, celery, and onion from the slow cooker to a large platter. Shred the beef using two forks. Cover with aluminum foil to keep hot. Strain cooking juices through a fine-mesh sieve into a small saucepan over medium heat, and then discard the solids. Skim any remaining fat from surface, and then discard. After bringing the juices to a boil, reduce the heat and simmer, whisking constantly, until desired thickness, about 5-10 minutes.

Remove from heat and season with salt and pepper, to taste. Serve the beef, potatoes, carrots, celery, and onion immediately, drizzling with juices, and garnished with parsley, if desired.

Taco Meat





Taco Meat

INGREDIENTS

1 lb. meat of choice; chicken, turkey,
pork, beef, or buffalo
1 medium onion, chopped
4 cloves garlic, chopped
1 Tbsp dried or fresh oregano
Cayenne to your liking
A couple dashes of paprika for color

PREPARATION

Sauté meat, onion, and garlic. Add seasonings and serve.

LET'S TACO 'BOUT IT !

HERE'S THE DISH

*Also enjoy with all your
favorite toppings as a salad
or alone with brown rice and
black beans!*





Chicken Entrées

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Balsamic Crock Pot Chicken

Makes 4 servings

INGREDIENTS

Chicken pieces, thighs, and/or breasts

Olive oil

Chopped fresh garlic to taste

Balsamic vinegar

PREPARATION

Pour 1/8 inch of olive oil into crock pot. Arrange chicken and sprinkle with garlic, salt, and pepper. Pour Balsamic vinegar over and set on high for 2-3 hours. Serve and enjoy.



Chicken with Fennel, Onions, and Olives

Makes 4 servings

INGREDIENTS

4 boneless, skinless chicken breasts

2 bulbs fennel

2 onions

1 Tbsp olive oil

Salt and pepper to taste

1 cup chicken broth

1 cup green olives, pitted

1 bunch tarragon



PREPARATION

Cut each chicken breast into three pieces. Slice fennel into semi-circles by cutting cross sections. Slice onions into slivers. In a cast-iron Dutch oven, heat olive oil and chicken until it begins to turn brown. Dust with salt and pepper. Add fennel, onions, and chicken broth. Cover and simmer on low heat for 20 minutes. Add olives and tarragon leaves, and stir. Cook for a few minutes and serve.



Chinese Chicken Salad



Makes 8 servings

INGREDIENTS

- 2 cups cooked chicken breast
- 4 cups lettuce or cabbage, shredded
- 1 cup bean sprouts
- 1 cup cooked sugar snap peas
- 1 small can mandarin oranges, drained
- 1 cup cilantro, chopped
- 1/2 cup peanuts or cashews
- 1/2 cup green onions, chopped



PREPARATION

In a small bowl, mix chicken breast with about 2 tablespoons of Honey Sesame Dressing (see page 72), and refrigerate for about 2 hours. In a large bowl, combine all ingredients including marinated chicken.



Dijon Chicken Thighs

INGREDIENTS

6 boneless organic chicken thighs
1 Tbsp olive oil
2 Tbsp Dijon mustard
1 Tbsp white wine vinegar
1 Tbsp fresh oregano, chopped
1 Tbsp fresh parsley, chopped

MARINADE

2/3 cup coconut aminos
1/4 cup rice vinegar
2 Tbsp honey
1 Tbsp sesame oil
1 clove garlic, minced
1 Tbsp grated fresh ginger

PREPARATION

Put chicken in a dish and mix all other ingredients in a bowl. Roll chicken in the marinade and let sit for 20 minutes. Bake at 400°F for 30-40 minutes and serve with your favorite side dishes, or cool and chop for salads.



Hearty Chicken Stew

INGREDIENTS

6 chicken thighs
(4 half breasts can be substituted)
2 Tbsp flour
2 Tbsp avocado oil
2 sprigs fresh thyme
2 sprigs fresh oregano
2 fresh or dry bay leaves
1 large onion
2 large carrots
4 large Russet potatoes
1 cup white mushrooms
1/2 cup white wine
2 1/2 cups chicken broth
Salt and pepper to taste
1 Tbsp chopped parsley

PREPARATION

Cut chicken thighs in two, and then roll in flour. In a large pot, heat avocado oil and add fresh herbs, chopped onion, and chicken on high stirring to let brown but not burn. After a few minutes reduce heat to medium. Wash and peel carrots cut into large pieces; wash and cut potatoes in quarters. Add carrots, potatoes, and wine. Cook on medium heat for a few minutes to cook out the acidity of the wine, and then add chicken broth. Cover and lower heat and cook for one hour, then add mushrooms and cook for another 30 minutes uncovered. Remove from heat and add salt and pepper to taste. Garnish with a little chopped parsley.



Herbed Chicken

INGREDIENTS

4 boneless, skinless organic chicken breast halves

1/2 large onion, diced

1/2 lemon

1 sprig rosemary

Pinch of salt

PREPARATION

In a large pan, add all ingredients along with just enough water to cover the chicken. Bring to a rapid boil. Let boil 10-15 minutes depending on the size of your chicken breasts. Remove pan from heat and wait 10 minutes. Remove chicken breasts and serve over steamed veggies, or chill and use for salads, sandwiches, or as a yummy lean source of protein.



Lemon Roasted Chicken

INGREDIENTS

1 Tbsp oil of choice	1/2 cup chicken broth
1 small roasting hen	1 Tbsp of each: fresh thyme, sage, oregano (dry can be used as well)
1 lemon	Salt and pepper
2 large onions	
1/2 cup white wine	

PREPARATION

Preheat oven to 425°F. Dust chicken with salt and pepper. In a roasting skillet or Dutch oven, heat oil and then brown chicken on all sides. Then remove chicken. Cut onions in slivers and lay onions in the bottom of the pan with herbs, wine, and broth. Cut lemon into 4 pieces and stuff in the cavity of the chicken. Place chicken on top of onions and bake for about 1 hour. (Depending on the size of the chicken, cooking times will vary.)



Marinated Chicken

INGREDIENTS

- 4 chicken breasts or a mix of thighs/breasts/wings
- 2 large lemons (zest one, then juice both)
- 3 cloves of garlic, minced
- 1/4 cup parsley, chopped
- 1/4 cup coarsely chopped fresh basil, rosemary, dill, oregano, or a mix of all four
- 1/3 cup olive oil
- 1/2 tsp pepper

PREPARATION

Combine all ingredients in a 2-gallon resealable storage bag. Marinate chicken for 1-2 hours in the refrigerator. Preheat oven to 365°F. Bake for 45 minutes. Allow to cool, then refrigerate until ready to eat.



Pulled Chicken

INGREDIENTS

- 1 Tbsp chili powder
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp crushed red pepper flakes
- 1/4 tsp dried oregano
- 1/2 tsp paprika
- 1 1/2 tsp ground cumin
- 1 tsp sea salt
- 5 boneless, skinless chicken breasts
- Juice of 1 lime

HERE'S THE DISH

Try this same recipe
using pork shoulder!
because... **PORK!**



PREPARATION

Combine spices and rub on roast or chicken. Place in a crockpot on low and let cook 6-8 hours or until tender. Once finished, shred the meat, sprinkle with lime juice, and serve with your favorite taco toppings.



Roasted Lemon Rosemary Chicken

INGREDIENTS

1 large organic chicken
1/2 cup flour
1/2 tsp Himalayan salt
1/2 tsp fresh cracked pepper
1/4 tsp cayenne pepper

1/4 cup coconut oil
1 cup preserved lemons
2 medium sprigs rosemary
(leaves removed from stems)
1 Tbsp fresh oregano

PREPARATION

Cut chicken into eight to ten pieces. Put chicken pieces into a large sealable bag along with the flour, 1/4 tsp of the salt, pepper, and cayenne. Shake to coat the chicken. In a large, heavy skillet, melt the coconut oil over medium heat, then add the chicken pieces and brown on both sides. (You probably will need to do this in two or three batches to avoid crowding the pieces.) Transfer the browned chicken to a large glass baking dish. In a food processor, combine the preserved lemons, rosemary, oregano, and remaining salt. Spread this mixture over the chicken pieces and let stand for at least 2 hours. Preheat oven to 450°F. Bake chicken for 20 minutes. Reduce heat to 350°F and cook for about 30-40 more minutes. The chicken should reach an interior temperature of 165°F to be fully cooked.





Spaghetti Squash Bolognese

INGREDIENTS

- | | |
|---|---|
| 1 large spaghetti squash, cut in half lengthwise, seeds removed | 1 Tbsp olive oil (pure, not virgin) |
| 6 ripe Roma tomatoes, quartered | 2 tsp dried oregano |
| 4 cloves garlic, peeled | 1 tsp fennel seeds |
| 1/2 cup water | 1 Tbsp tomato paste |
| 1 lb. ground organic chicken | Salt to taste |
| | Extra virgin olive oil and Parmesan cheese to garnish |

PREPARATION

Preheat oven to 375°F. Place squash face down in a large (13"x9") Pyrex baking dish with an inch of water. Bake 45-60 minutes, or until flesh is tender. Meanwhile, blend quartered tomatoes, garlic, and water in a blender, and set aside. In a cast-iron skillet, heat oil over medium low, then sauté ground chicken, oregano, fennel, and tomato paste. Season and salt to taste. When meat is mostly cooked, add contents of the blender. Simmer on low for 20 minutes. Use a fork to scrape meat from squash onto a large platter, forming "spaghetti" strands. Pour sauce over the top. Garnish with extra virgin olive oil and Parmesan cheese.



HAMMER
NUTRITION®

Seafood Entrées

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Grilled Marinated Shrimp

INGREDIENTS

3 large shallots peeled and chopped
2 garlic cloves peeled and minced
1/4 cup green onions finely chopped
1/2 cup lime juice
2/3 cup coconut animos
1/4 cup avocado oil
1 tsp red chili flakes
1/2 tsp black cracked pepper
2 lbs. giant/jumbo shrimp

PREPARATION

Mix all ingredients in a bowl and marinate for an hour in the fridge, then bring to room temperature. Throw on a hot grill for about three minutes on each side. Goes great topped on Peas and Carrots Salad with Almond Butter Turmeric Dressing (pg.47).



Miso Marinated Fish

INGREDIENTS

4 fish fillets (salmon, sea bass, black cod, etc.)
2 tsp salt (kosher or sea salt; half if using table salt)
2 Tbsp sake

MARINADE

6 Tbsp white miso
2 Tbsp seasoned rice vinegar
3 Tbsp sake

PREPARATION

Start by rubbing the fish with kosher salt and let it stand for 30 minutes to tenderize and preserve the fish. Mix white miso, seasoned rice vinegar, and 1 Tbsp of the sake in a bowl. Use 2 Tbsp of the sake to rinse the salt off of the fish, then roll both sides in the marinade and cover, leaving it in the fridge for 2-3 days. When ready to cook the fish, it can be pan sautéed, broiled, or baked at a high temperature. Chef's Note: I like mine broiled; miso will burn a little, so do not place too close to the flame.



味噌魚



Pan-Seared Barramundi

INGREDIENTS

2-4 6 oz. Barramundi fillets,
or other white fish (mahi-mahi, halibut, cod)
1 recipe for marinade of your choice, prepared
1 Tbsp avocado oil
Fresh lemon, sliced (for garnish)

PREPARATION

Place fillets on plate and pat with a paper towel to remove excess moisture. Spread marinade on one side of each fillet and let sit while heating the pan. Heat 1 tablespoon of avocado oil on medium heat in a cast iron skillet or heavy nonstick pan. After the oil gets hot, place fillets in the skillet, marinade side up. Allow the fillets to sear for approximately 4-6 minutes. Flip to the other side, allowing fish to sear for an additional 4-6 minutes or until the meat is opaque and sides turn golden; the marinade will begin to caramelize. Remove once fillets are cooked through. Serve hot with a garnish of fresh lemon.





Pan-Seared Tilapia

INGREDIENTS

6 tilapia fillets
1 cup flour (your choice of wheat or gluten-free)
2 Tbsp herbs de Provence
1 tsp garlic powder
1 tsp paprika
Salt
Pepper
2 Tbsp olive oil
1 Tbsp avocado oil
Lemon wedges
2 Tbsp parsley, chopped

PREPARATION

Place tilapia on a sheet. Sprinkle with herbs and seasoning, and then turn over and repeat. Put flour in a pie dish. Place each fillet in the dish and coat both sides with flour. Heat oils in a nonstick pan. When hot, put tilapia fillets in, skin side down. Cook on each side about 4-6 minutes depending on the thickness of the fish. Once golden on both sides, remove and sprinkle with parsley and serve with lemon wedges.



Pepper Ahi Steak

INGREDIENTS

Fresh ahi tuna steaks

Canola oil

Peppercorns

(allow about 2 Tbsp per person)



PREPARATION

Brush ahi steaks lightly with canola oil on both sides. On a cutting board, coarsely crush the peppercorns with the bottom of a small pot or pan. Coat both sides of the ahi with the crushed pepper. Grill, barbecue, or pan fry without oil. Cook for about 6 minutes on each side, or until done. Serve with lemon or tartar sauce.



Roasted Sea Bass

INGREDIENTS

4 boneless, skinless sea bass fillets	1/4 cup lemon juice
1/2 cup cherry or grape tomatoes	4 cloves garlic, minced
1/4 cup Kalamata olives, pitted and sliced	1/4 cup fresh parsley, chopped
1/4 cup bell peppers, diced	1 tsp dried oregano
1/4 cup dry white wine	1 tsp dried thyme
	Sea salt and fresh pepper to taste

PREPARATION

Preheat oven to 400°F. Place fish in a roasting dish large enough so that fish will fit in one flat layer. Mix remaining ingredients in a bowl, then pour over fish. Roast 15-20 minutes or until fish flakes when prodded with a fork.

Salmon Cakes

Makes 8 small cakes

INGREDIENTS

8 oz. salmon
1 whole large egg
2 tsp Sriracha sauce
1/2 tsp salt (optional)
1/4 cup chopped fresh basil
2 tsp chopped fresh mint
1 cup mashed potatoes
3 egg whites, stirred
1/2 cup panko or bread crumbs

PREPARATION

In a bowl, mix salmon, whole egg, Sriracha, salt (if using), herbs, and potatoes. Scoop into 2-oz. portions, forming about 8. Roll into balls. Coat each in egg whites and then panko or bread crumbs. Press flat and chill. Cook these on the griddle or frying pan, using a small amount of oil. Drizzle the lightly browned cakes with the sauce, serve.

SAUCE

1/4 cup nonfat yogurt	1 tsp Sriracha sauce
2 Tbsp mayonnaise or Vegemaise	1 tsp chopped fresh dill
1 tsp lemon juice	



Salmon Cakes



Steamed Salmon & Zucchini

INGREDIENTS

1 6-oz. fillet of salmon
1 small onion, thinly sliced
1 medium zucchini, thinly sliced
2 thin lemon slices
1 tsp fresh or dried dill leaves
1 tomato, thinly sliced
1 cup white wine
1/2 cup water
Pumpkin seed oil
Salt and pepper to taste



PREPARATION

Cover the bottom of a steamer pan with onion, zucchini, lemon, dill, and tomato. Add wine and water. Place a steamer basket on top of the veggies and liquid. Bring liquid to a rapid boil, then reduce heat to low. Gently place salmon on top. Cover and cook about 10 minutes. Remove the fish. Use a slotted spoon to remove the veggies, reserving the liquid. To serve, spoon some of the reserved liquid over the veggies and salmon. Finish by drizzling pumpkin seed oil on top for a yummy and beautiful garnish.



Teriyaki Baked Salmon

INGREDIENTS

3 lbs. salmon fillets or steaks
1/4 cup green onion, sliced
1 Tbsp sesame seeds

MARINADE

1/4 cup coconut aminos
1/4 cup rice vinegar
2 Tbsp honey
1 Tbsp sesame oil
1 clove garlic, minced
1 Tbsp grated fresh ginger

PREPARATION

Mix all marinade ingredients in a bowl. Place salmon in a glass baking dish, pour sauce over it, and let marinate at least 20 minutes. Preheat oven to 400°F and bake for 12-16 minutes. Garnish with sesame seeds and green onion.



SO WHAT
~ IS ~
COCONUT AMINOS
ANYWAY?



Coconut aminos is quickly becoming a staple in the kitchens of health junkies all over. Containing around 70% less sodium than soy sauce, it has become a healthy alternative for many. It's made from harvesting sap from coconut flower blossoms, which is then fermented and blended with sea salt. Packing a rich, bold flavor similar to soy sauce, with a hint of sweetness, this little sauce is something that you'll want to add to your own meals.





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Greek Quinoa

INGREDIENTS

3-4 cups water or vegetable broth
1 1/2 cups quinoa, uncooked
1/4 cup apple cider vinegar
2 cloves garlic, minced
Juice from one lemon
3 Tbsp olive oil
1/2 cup Kalamata olives,
sliced if desired
1/3 cup fresh parsley, chopped
1/3 cup fresh cilantro, chopped
1 red onion, diced
1 cup cherry tomatoes,
sliced in half
1/2 cup chopped artichoke hearts
(optional)
Salt and pepper to taste
1/2 cup crumbled feta cheese

PREPARATION

In a medium saucepan, cook quinoa in vegetable broth for 15-20 minutes until tender, stirring occasionally. Allow to cool. In a small bowl, whisk together the vinegar, garlic, lemon juice, and olive oil. Gently toss the quinoa together with the remaining ingredients, except feta. Pour the olive oil mixture over the quinoa. Add more salt and pepper to taste and gently stir in the feta cheese. You may also add any additional vegetables that you like, such as lightly steamed broccoli, snap peas, or diced bell pepper.

Greek Quinoa Stuffed Peppers

.....▶
Cut tops or sides off peppers, fill with above quinoa mixture, and bake at 375°F for 20-30 minutes. The remainder of the filling can be served later as a side dish.



Mock Tuna



INGREDIENTS

- 1 14-16-oz. can of chick peas or equivalent fresh cooked chickpeas
- 2 Tbsp lemon juice
- Salt and pepper
- Mayonnaise or Veganaise

PREPARATION

Mash chickpeas, add lemon juice, salt and pepper, stir, and add mayo to desired consistency. Use for salad or sandwiches.



Ratatouille

INGREDIENTS

- 1 Tbsp chopped fresh or dried oregano
- 2 bay leaves
- 6 small zucchini, diced
- 3 medium eggplants, diced
- 6 tomatoes, diced
- Salt and pepper to taste
- 1 3/4 cup olive oil
- 2 onions, chopped
- 2 yellow bell peppers, seeds removed, cored, and diced
- 4 garlic cloves, peeled and chopped
- 1 Tbsp chopped fresh or dried thyme

PREPARATION

In a heavy skillet, brown onions and peppers in 1 cup of the olive oil along with the garlic and herbs. Set aside. Use a second skillet to sauté zucchini and eggplant in the remaining 3/4 cup of oil for 10 to 15 minutes, or until tender. Combine contents of both skillets plus the tomatoes into a large skillet or saucepan, and simmer on the stove over low heat for about an hour, stirring occasionally. It becomes a yummy, healthy veggie stew! Serve warm or at room temperature.



Roasted Root Veggies

INGREDIENTS

- 2 large carrots
- 2 large parsnips
- 1 smallish butternut squash
- 2 large onions
- 2 large leeks
- 1 small bunch fresh thyme
- 1 sprig fresh rosemary
- 4 sprigs fresh sage
- 1/4 cup pure olive oil
- Sea salt to taste



PREPARATION

Preheat oven to 375°F. Wash root veggies very thoroughly as they tend to be sandy. Peel carrots, parsnips, and squash if desired. Chop all veggies into approximately 1" cubes. Finely chop herbs. Add vegetables and herbs to a 9"x13" baking dish, mix them with the oil, and salt to taste. Bake until golden brown and tender, approximately 45 minutes depending on your oven, altitude, etc.

Seasoned Spaghetti Squash

INGREDIENTS

1/2 medium spaghetti squash
1 Tbsp unsalted butter
1 Tbsp Parmesan cheese
1 1/2 tsp salt-free seasoning
(lemon pepper or Italian)

PREPARATION

Cut spaghetti squash in half lengthwise, and steam for about 25 minutes or until tender. Remove from steamer, and let cool for 5 minutes. Using a large spoon, remove squash meat from skin and put in bowl. Discard skins. Add butter, Parmesan, and seasoning. Stir gently and serve.



Sweet Potato and Swiss Chard Ricotta

INGREDIENTS

- 4 medium sweet potatoes
- Olive oil
- 1 bunch Swiss chard
- 2 garlic cloves, peeled and thinly sliced
- 2 Tbsp balsamic vinegar
- 1/2 tsp red pepper flakes
- Coarse salt and pepper
- 1 cup part-skim ricotta cheese



PREPARATION

Preheat the oven to 450°F. Pierce the skin of each sweet potato several times with a fork and coat lightly with olive oil. Place them on a baking sheet and bake for about 50 minutes, or until you can pierce them easily with a paring knife. Remove and discard the stems of the Swiss chard, and tear the leaves into medium-sized pieces. Lightly coat a large pan with olive oil and heat until just before the oil begins to smoke. Add garlic to the pan and cook until golden, 1 to 2 minutes. Remove garlic from the pan and set aside. Add Swiss chard to the pan. Cook, tossing frequently until tender, 3 to 5 minutes. Remove pan from heat and stir in balsamic vinegar and red pepper flakes. Set aside. When the potatoes are done, slice partway through lengthwise to open them. Serve them on plates, seasoned with salt and pepper, and then topped with ricotta, Swiss chard, and garlic.

Marinades & Rubs

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Ginger Garlic Lime Marinade

INGREDIENTS

1 Tbsp ginger, peeled and minced
1/4 cup lime juice
2 garlic cloves, minced
1/4 cup olive oil
1 Tbsp honey
1/2 Tbsp crushed red pepper flakes
1/2 tsp fresh thyme, chopped
Pepper to taste

PREPARATION

Mix all ingredients thoroughly. Place steak, salmon, shrimp, or fresh vegetables in a shallow dish and pour marinade over them. Cover and refrigerate for 1 hour. When ready to grill, remove meat or veggies; discard marinade. Serve grilled meat with a lime wedge garnish.

Greek Marinade

INGREDIENTS

1 lemon, juiced
1/4 cup olive oil
1/4 cup low sodium soy sauce
1 tsp dried oregano
3 cloves garlic, crushed

PREPARATION

Mix all ingredients and pour over beef, pork tenderloin, or chicken breasts. Refrigerate for up to 24 hours. Remove meat, discard marinade, and then grill meat until thoroughly cooked.

Goes great with your favorite veggies!



Miso Fish Marinade

INGREDIENTS

1/4 cup miso paste
1 Tbsp honey
1 Tbsp soy sauce
1 tsp ginger, grated
1 tsp garlic, finely chopped
Juice of 1 large lime

FISH DELISH!

Mix together and spread
on your favorite fish. Let
sit and then bake!



SO EASY!

**These delicious and versatile marinades make a natural
sauce as they mix with the juices of your fish or poultry.
You can't go wrong!**



BBQ Coffee Rub

INGREDIENTS

- 1/4 cup **53x11 Coffee**, finely ground
- 1/4 cup coconut sugar
- 2 Tbsp chili powder
- 1 Tbsp black pepper, freshly ground
- 1 Tbsp paprika
- 2 Tbsp Himalayan salt, finely ground
- 1 Tbsp garlic powder
- 1 Tbsp onion powder
- 1/2 Tbsp cayenne



PREPARATION

This goes amazingly well with pork, beef, or chicken! I like to rub it on the meat, and then let it rest for a couple of hours before putting it on the grill. Don't make the grill temperature too hot, or the coconut sugar will burn.

Lemon Oregano Rub

INGREDIENTS

1/2 cup fresh oregano, chopped (or 2 Tbsp dried oregano leaves)
4 Tbsp freshly grated lemon peel
8 cloves garlic, minced
1 Tbsp ground Himalayan salt
2 tsp black pepper



PREPARATION

This is especially tasty on chicken or pork, but it also can be used for beef. I like to rub the meat with it the night before grilling, and then refrigerate it overnight. The mixture becomes a sort of marinade overnight.



Desserts

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Almond Chia Seed Pudding

Makes 4-6 servings

INGREDIENTS

2 cups almond milk
6 Medjool dates, pitted
1/2 cup almonds
1/2 cup chia seeds



PREPARATION

Blend milk, dates, and almonds in blender. Add chia seeds. Mix at slow speed or manually stir. Chill in the refrigerator for 2 or more hours prior to serving.



Baked Apples

Makes 4 servings

INGREDIENTS

- 4 large Granny Smith apples
- 4 large Medjool dates
- 4 tsp maple syrup
- 1 cup apple juice



PREPARATION

Preheat oven to 375°F. Core apples and stuff with dates. Place in baking dish and pour maple syrup over dates. Pour apple juice in the bottom of the dish and bake until done, approximately 1 hour.

Banana Oatmeal Recoverite® Cookies

*From the Kitchen of Maria Maslanka
Hammer Athlete*

Makes 6-8 servings

INGREDIENTS

2 large ripe bananas, mashed
2 cups rolled oats
1/2 cup **Chocolate Recoverite**, prepared

OPTIONAL INGREDIENTS

Cinnamon	Honey	Vanilla
Chocolate Chips	Peanut Butter Chips	Dried Cranberries
Raisins	Chopped Walnuts	Shredded Coconut

PREPARATION

Preheat oven to 350°F. In a large bowl, combine mashed banana with oats until smooth. Add **Chocolate Recoverite**. Spray a baking sheet with nonstick spray. Drop dough by large tablespoons onto cookie sheet; flatten a bit. Bake 9-12 minutes until golden. Cool on wire rack.





Blueberry Cobbler

Makes 6 servings

INGREDIENTS

1 cup gluten-free Master Baking Mix
(or gluten-free Bisquick)
1/3 cup almond milk
2 Tbsp Sucanat (natural whole cane sugar)

FILLING INGREDIENTS

3/4 cup water
1/2 cup agave
2 Tbsp cornstarch
(or arrowroot starch)
3 cups fresh or frozen blueberries

TOPPING INGREDIENTS

1/2 tsp cinnamon
2 tsp agave
2 Tbsp coconut oil, butter, or nonstick cooking spray

PREPARATION

Preheat oven to 425°F. Lightly coat a 9"x9" baking dish with nonstick cooking spray or coconut milk, and set aside. In a small bowl, combine baking mix, almond milk, and Sucanat. In a small saucepan, mix water, agave, and cornstarch. Bring to a boil over high heat for 1 minute, stirring constantly. Mix will be translucent and thicken. Remove from heat and add blueberries. Pour blueberry filling into the greased baking dish. Drop batter by tablespoons on top of the blueberry filling. Use a fork to spread evenly. In a small bowl, mix cinnamon and agave. Sprinkle topping over the batter and dot with butter or oil. Bake 25 minutes or until golden brown and filling is bubbling. (You can place a cookie sheet underneath your baking dish to keep the cobbler from bubbling over into your oven.) Cool for 30 minutes before serving.



**DESSERT
ALERT!**

Serve with ice cream,
yogurt, sorbet or perfectly
as is!



Cashew Cookies

Makes 3 dozen cookies

INGREDIENTS

2 cups cashew meal
1/2 cup coconut sugar
Pinch of cinnamon
1/4 cup applesauce
1/4 cup coconut oil or ghee
1 tsp vanilla
1/2 cup chocolate chips
1/4 cup raisins
1/2 cup shredded coconut

PREPARATION

Preheat oven to 350°F. Put all ingredients in the order given into a large mixing bowl. Mix well with a mixer or by hand. Scoop out tablespoon-sized dollops onto nonstick cookie sheets. Bake for about 15 minutes, or until cookies are done.

Easy Nut Cookies

Makes 6 servings

INGREDIENTS

1/2 cup nut butter
(peanut, almond, or cashew)
1/2 cup coconut sugar
1 egg
1 tsp vanilla extract

PREPARATION

Pre-heat oven to 350°F. In a small mixing bowl, thoroughly blend the ingredients. Spoon six large blobs onto a greased cookie sheet. Bake for approximately 10 minutes. Allow cookies to cool and enjoy.

OPTIONAL INGREDIENTS

1 heaping Tbsp shredded coconut, coconut nibs, or raisins



Mostly Grain & Sugar-Free Chocolate Chip Cookies

INGREDIENTS

- 1/4 cup coconut oil, ghee, or grass-fed butter
- 1 cup coconut sugar
- 2 Tbsp maple syrup
- 1 egg, room temperature
- 2 tsp vanilla
- 1 cup almond flour
- 1/2 cup plus 2 Tbsp
Mama's Coconut Blend Flour
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/2 cup sugar-free
chocolate chips



PREPARATION

Preheat oven to 350°F. In a food processor, combine oil, ghee, or butter, coconut sugar, maple syrup, egg, and vanilla. Run for 15 to 20 seconds and add flours, baking soda, and salt, and run again until well mixed. Stop and scrape down bowl of processor. Add chocolate chips and pulse a couple more times. Make golf ball-sized portions on a cookie sheet lined with parchment paper. Flatten them slightly with a piece of parchment paper and a spatula. They don't spread, so make them the size you want. Bake for 6 to 8 minutes until edges are slightly brown. Tops will not look cooked, but bottoms should be golden.

Orange Almond Cakes

Makes 12-18 small cakes

INGREDIENTS

1 cup butter
2/3 cup agave nectar
1/3 cup xylitol
4 eggs, beaten
1/4 cup sour cream
Zest of two oranges
1 cup almond flour
1 cup oat flour
1/2 cup potato flour
1 tsp xanthan gum
2 tsp baking powder
1/2 tsp salt
1 cup warm orange juice reduction
(1/2 gallon of fresh juice, cooked
down to a syrup.)

PREPARATION

Preheat oven to 350°F. Beat butter, agave, and xylitol until fluffy. Add beaten eggs, sour cream, and orange zest. In a separate bowl, sift together the flours, xanthan gum, baking powder, and salt. Fold the dry ingredients into the batter. I like to pour the batter into cupcake pans with liners or as a single cake, if you prefer. Bake for about 20 minutes. Cakes will rise and fall a little, not to worry. Spoon the hot syrup over the cakes, fresh out of the oven. Serve warm.





Vegan Cookies



Rice Flan

Makes 4 servings

INGREDIENTS

3 cups rice milk
4 eggs
1/2 cup honey
1/2 tsp vanilla extract
1/2 tsp cinnamon



PREPARATION

Preheat oven to 350°F. Blend all ingredients thoroughly. Pour into individual custard cups and place cups in a casserole dish. Add water to casserole dish to about 1" high. If you don't have custard cups, pour liquid into a small baking dish and place in a larger baking dish with water in it. Bake for approximately 45 minutes or until top starts to brown and firm. Remove from oven. Allow about 2 hours for the flan to cool and finish firming up before serving. Refrigerate any unused portions.

Makes 4 servings

INGREDIENTS

3 ripe bananas, mashed
1/3 cup almond milk
2 cups oats
1/4 cup shredded
unsweetened coconut
1/4 cup coco nibs
1/4 cup raisins
1/2 tsp vanilla
1/4 cup chopped nuts
(optional)
Pinch of salt (optional)

Sugar-Free, Gluten-Free, Vegan Cookies

PREPARATION

Preheat oven to 350°F. In a large mixing bowl, mix together all ingredients. Spoon out by rounded tablespoons onto a greased, non-stick, or parchment-covered baking sheet. Bake for 15-20 minutes. Allow cookies to cool before storing them in an airtight container. Enjoy as a healthy snack or delicious treat!

Vanilla Whey Crepes

From the Kitchen of Suzy Degazon

Makes 4 servings

INGREDIENTS

- 1/2 cup sifted all-purpose flour
- 3 Tbsp **Hammer Vanilla Whey Protein**
- 1 whole egg
- 1 egg yolk
- 1 Tbsp unsalted butter, melted
- A few drops of vanilla, if desired
- 1 cup skim milk



PREPARATION

Sift flour. Blend all ingredients together in a blender. (Some people like to refrigerate the batter for an hour before making the crepes, but I haven't found that necessary.) Heat a skillet and spray with oil or add a dab of butter. When the skillet is heated, pour a small amount of the crepe mix into the hot skillet—crepes are meant to be thin. As soon as they start to bubble, flip over and place on a plate. I also take these crepes to long races and fill them with almond butter or cream cheese and strawberries. I like to drizzle Montana Huckleberry Hammer Gel® or maple syrup on them too. You can also go the English way and eat them with lemon juice.





Vegan Huckleberry Cookies

Makes 6 servings

INGREDIENTS

2 cups almond meal
1/4 cup coconut oil, softened
3 Tbsp honey
1/4 tsp salt
1/2 tsp baking soda
2 tsp vanilla extract
1/4 cup huckleberries
(or blueberries), reserved

PREPARATION

Preheat oven to 350°F. Combine all ingredients except for the berries. With your hands, roll the dough into balls (the size of meatballs), then place them on a greased cookie sheet. Use your thumb to make an indentation in the center of each cookie. Put several huckleberries in each indentation. Bake 12-15 minutes. Cool cookies on a rack.

Walnut Scones

Makes 6 servings

INGREDIENTS

2 cups brown rice flour	1/3 cup agave nectar
1 Tbsp non-aluminum baking powder	(or substitute)
1 Tbsp baking soda	1/3 cup oil
3/4 tsp xanthan gum	1 large egg
1/2 tsp salt	2 cups toasted walnuts
1 cup milk	1 cup raisins
	1 Tbsp anise seeds

PREPARATION

Preheat oven to 350°F. In a large bowl, mix flour, baking powder, baking soda, xanthan gum, and salt. In a separate bowl, whip milk, agave, oil, and egg. When thoroughly mixed, add to the dry ingredients. Then, add in walnuts, raisins, and anise seeds. An easy way to shape the scone mix for baking is to press into pie dish and cut into wedges. Bake the wedges on baking sheet for 30 minutes, or until a toothpick comes out clean.



Walnut Scones



Thank You

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