

Dark Chocolate Smoothie

- 1 cup unsweetened almond or coconut milk
- 1 small frozen banana
- 1 serving of chocolate protein powder
- 1 tbsp. dark chocolate Cacao powder (or 1 tsp. chocolate unsweetened 100% cocoa)
- 1 cup spinach
- 1 tbsp. honey or 2 drops stevia
- ½ cup crushed ice
- Top with cacao nibs & unsweetened coconut flakes

Cinnamon Roll Smoothie

Ingredients:

- 1 cup coconut milk (or almond milk)
- 1 frozen banana, peeled and chopped
- 1 small red apple, peeled and chopped
- 1 tsp. raw honey or 4 drops stevia
- 1 serving vanilla protein powder
- 1 tsp. ground cinnamon
- 1 cup crushed ice

Directions:

Place all ingredients in a blender and blend until smooth. Serve and enjoy. If you want a protein boost, try adding 2 Tbsp. of almond butter or your favorite nut butter to the recipe!

Green Protein Smoothie

- 1 cup unsweetened coconut milk or almond milk
- 1 cup Greek yogurt (I like Chobani Vanilla 100 - under 10 grams sugar)
- 1 frozen banana
- 2 cup spinach or kale
- 1 tbsp. flax seed
- 1 tbsp. chia seed
- 1 tsp. honey or stevia
- ½ cup crushed ice

Blend until smooth.

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WHOLE WHEAT BANANA PANCAKES

(FREEZE LEFTOVERS)

INGREDIENTS

- 2 cups whole-wheat flour (I use King Arthur's organic white whole-wheat flour or do 1 cup white, 1 cup wheat)
- 2 teaspoons baking powder
- 1 ½ teaspoons baking soda
- ½ teaspoon salt
- 1 tablespoon honey
- 2 large eggs, lightly beaten
- 1 ¾ cups milk
- 2 tablespoons unsalted butter
- 2 ripe bananas, mashed
- 100% pure maple syrup for serving

INSTRUCTIONS

1. In a large bowl, whisk together the flour, baking powder, baking soda, and salt.
2. Make a well (hole) in the center of the flour mixture and pour in the honey, eggs, milk, and 2 tablespoons of melted butter. Whisk together thoroughly, but do not over mix.
3. Gently fold the mashed bananas into the batter with a spatula.
4. Heat a griddle or sauté pan over medium-high heat. Swirl enough butter around the pan until it is well coated. Add pancake batter using a soup ladle.
5. When the pancakes have begun brown on the bottom, flip them over to cook the other side.
6. Serve with warm maple syrup and a side of berries. And don't forget to freeze the leftovers for another day!



Healthy Mason Jar Salad

Ingredients:

2 tablespoons your favorite salad dressing

Mix of fresh raw and cooked vegetables, nuts, cheese, and other salad toppings

Salad greens (spinach, kale, arugula)

Equipment:

Wide mouth, pint jars for side salads, quart jars (4 cup) for individual meal-sized salads, 2-quart jars (or larger) for multiple servings

Instructions:

1. Pour 1 -2 tablespoons of your favorite salad dressing in the bottom of the jar. (I like to do 1/3 balsamic vinegar, 1/3 cup extra virgin olive oil, and 1 splash of pure maple syrup shake that up and pour in the bottom of the jar) Adjust the amount of dressing depending on the size of the salad.
2. Next, add any hard chopped vegetables you're including in your salad, like carrots, cucumbers, grape tomatoes, red and green peppers. Foods that will not absorb the dressing.
3. Next, add any beans, grains, and/or pasta, like chickpeas, black beans, cooked barley, faro, or quinoa.
4. If you'll be eating the salad within the day, add a layer of cheese and proteins diced (cooked) chicken, hard-boiled eggs, or chopped turkey. If you're making salads ahead to eat throughout the week, you may want to wait to add these ingredients until the day you're planning to eat the salad and add them on top of the jar. I made 4 salads on Sunday with everything in them and they lasted perfectly when I gobbled down the last on Wednesday. The food should last 3-4 days if added in fresh if closed tightly in the jar.
5. Next, add any soft vegetables (roasted chopped vegetables like sweet potatoes) or fruits, like avocados, sprouts, diced strawberries, blueberries or dried cranberries.
6. Next, add any nuts or seeds, like almonds, walnuts, pecans and sunflower seeds.
7. Last but not least, fill the rest of the jar with salad greens.
8. Screw the lid on the jar and refrigerate for up to 3-4 days.

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9. When ready to eat, shake the salad just a bit. Unscrew the lid and shake the salad into the bowl or plate. The action of shaking the salad into the bowl is typically enough to mix the salad with the dressing. If not, toss gently until coated.

Enjoy your delicious salad and feel proud that you are feeding your body with wonderful, healthy nutrients for an energized day! I look forward to seeing a picture of your Healthy Mason Jar Salad!

Healthy Chicken Nuggets

Prep time: 5 min. Cook time: 15 min.

6 oz. boneless, skinless chicken breast (cut into 1/2 inch pieces)
2 pinches salt
2 pinch pepper
1 pinch garlic powder
2 tbsp light extra virgin olive oil
1 cup whole wheat breadcrumbs (or almond meal for lower carb option)
Olive oil cooking spray

Preheat oven to 425 degrees. Toss chicken in olive oil and then season chicken with salt, pepper, and garlic. Dip the chicken in bread crumbs until coated completely. Roll until nicely coated. Lightly coat a cookie sheet with spray and place the nuggets onto the tray and then into the oven. Bake until golden brown and cooked through (about 10-15 minutes).

Crockpot Salsa Pork Tenderloin

1 pork tenderloin
1 jar fresh salsa
1 tsp cumin
1 tsp paprika (season to taste)

Cook in the crockpot for 6-8 hours on low. Shed meat. Serve with brown rice or on whole wheat tortillas (or lettuce wraps) with shredded cheddar and Greek yogurt!

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Greek Turkey Burgers

Minutes to Prepare: 5

Minutes to Cook: 10

Number of Servings:4

Ingredients:

16 ounces 93% lean ground turkey

1/4 cup whole-wheat breadcrumbs

1/4 cup feta cheese, crumbled

1 egg white

1 tablespoon chopped mint

1 teaspoon dried oregano

1/4 teaspoon black pepper

Cooking spray

Tips:

Overworking the mixture can result in tough burgers.

Directions:

Mix all ingredients until just combined.

Coat a nonstick skillet with cooking spray and place over medium heat. Divide the meat mixture into 4 round balls. Flatten the burgers with your hand and press your thumb in the center of each burger (this keeps the meat from rising too high as it cooks).

Cook the burgers 5-6 minutes per side, flipping once, until internal temperature reaches 165 degrees.

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Mediterranean Quinoa Salad

Ingredients:

For the dressing:

- 1/4 cup extra virgin olive oil
- 1/4 cup red wine vinegar
- 1/2 tablespoon pure maple syrup
- 1/2 tablespoon dried oregano
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper

For the salad:

- 1 1/2 cups uncooked quinoa
- 2 1/2 cups water
- 1 medium cucumber, de-seeded and chopped
- 1/4 cup chopped basil
- 1 medium red bell pepper, chopped
- 1/2 large red onion, chopped (optional)
- 1 1/2 cups cherry tomatoes, chopped
- 1/2 cup feta cheese
- 3/4 cup Kalamata olives, pitted and halved
- 1 cup parsley, loosely packed and finely chopped

Directions:

Rinse the quinoa under running water with a fine-meshed strainer and drain. Place the quinoa in water using a medium pot. Bring to a boil then reduce heat to low and simmer covered for about 15 minutes, or until quinoa is cooked through. Fluff with a fork.

Whisk together the dressing ingredients and set aside.

Place cucumber, pepper, red onion, tomatoes, feta, olives, and parsley in a large bowl. Add cooked quinoa, stirring to combine.

Pour dressing over salad and toss to combine. Serve! Great over a bed a mixed greens!

Kid-Friendly Parmesan Fish Sticks

by Gena Knox

Ingredients:

1/2 pound fresh flounder or dover sole
3/4 cup whole-wheat panko bread crumbs
1/4 cup finely grated Parmesan cheese
1/2 teaspoon garlic powder
1/4 teaspoon kosher salt
1 egg, beaten
3 tablespoons olive oil
Lemon wedges for serving

Instructions:

FIRST Cut fish into 1 by 3 inch strips and set aside. Combine breadcrumbs, cheese, garlic powder and salt and spread into a 9-inch pie plate. Season with freshly ground black pepper. **LAST** Heat oil in a medium skillet set over medium-high heat. Dip fish sticks into beaten egg, roll in breadcrumb mixture and cook for 1-2 minutes per side until lightly browned and cooked through. Drizzle with fresh lemon juice and serve.

Cook time: 5 minutes

Prep time: 15 minutes

Yield: 4 kid-size servings

Homemade Pizza Crust

Ingredients (makes 6 mini pizzas or 2 full size) – cut this in half for small family!

- 2 pkgs (or 4 tsp) dry active yeast
- 2 tsp sugar
- 3 1/2 cups (17.5 oz) flour (you can sub up to half whole wheat flour – I do 1/2 white & 1/2 100 % white wheat), plus more for dusting
- 1 1/2 cups warm water
- 2 1/2 tsp salt
- 1 Tbsp olive oil, plus more for brushing crust
- Cornmeal, for dusting surface

Instructions

1. Place water and sugar in the bowl of your stand mixer fitted with the dough hook and sprinkle the yeast over top.
2. Let stand for 10 minutes - if your yeast doesn't swell or get frothy, buy new yeast.
3. Add the olive oil, salt, and flour.
4. With the mixer on low, mix until the dough comes together and mostly off the sides of the bowl (it will not come all the way off of the bottom). You can add flour by the tablespoon if necessary.
5. Let the mixer run for 5 minutes to knead the dough. It should be smooth and slightly sticky.
6. Turn the dough out onto a floured surface and divide in half and shape into a ball (each will weigh ~1 lb). This is enough to make 1 large pizza. We like to make individual pizzas, so I divide each half into 3 pieces and shape into balls.
7. Lightly dust a plate with flour and place the balls of dough on top, seam-down.
8. Sprinkle the top with flour, loosely cover with plastic wrap, and place in the fridge.
9. When you get home, pull the dough out of the fridge and let it sit, covered, on the counter for 60 minutes while your oven is preheating. If the plan is to only make one pizza that day, dust the extra ball of dough with flour, loosely wrap with plastic wrap, place in a gallon zip-top bag and refrigerate to it within 2 days, freeze if you need to store it for longer.
10. Place your pizza stone in the top 1/3 of the oven and preheat to 550, letting it hold at temperature for 30 minutes.
11. Prepare your toppings: grate cheese, chop veggies, cook sausage, uncork the wine, etc.
12. Very lightly flour your pizza peel (or a rimless baking sheet, or turn a rimmed baking sheet upside down and use the bottom) and then add a couple generous pinches of cornmeal.
13. Gently stretch the dough into a round - I hold one edge of the dough ball a couple of inches above my work surface and let gravity do most of the work, while I move my hands around the edge of the dough (like turning a steering wheel).
14. Place the dough onto the prepared peel or pan.
15. Switch your oven from "bake" mode to "broil." (If you get the option, select the "high" broil setting or 550 degrees. If you don't get the option, don't worry about it.).
16. Brush the outside ~1-inch perimeter with olive oil and then top as desired.
17. Gently shake the pizza from the peel/pan to the baking stone and broil for 5-7 minutes. (During this time, I'm making the next individual pizza.)

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18. Remove the pizza from the oven, leaving the stone in place. If you're night slicing and serving immediately, transfer it to a rack - the crust can get a little soggy if you put it directly onto a peel/cutting board/plate and just let it sit there.
19. Slice and serve. And enjoy. Immensely.

Baked Sweet Potato

Ingredients: Sweet Potatoes
Sea Salt
Coconut Oil

Preheat oven to 400 degrees. Poke holes in sweet potatoes using a fork. Spray the outside of each potato with coconut oil (1 TBSP each) & sprinkle with sea salt – Bake for 50-60 minutes. Enjoy plain or sprinkle with cinnamon.

You can line a baking sheet (with raised edges) or pan with foil but do not wrap the potatoes in foil.

Sweet Potato Fries

3 Large Sweet Potatoes
1 Tbsp Extra Virgin Olive Oil
1 tsp paprika
1 tsp kosher salt
3 tsp fresh orange zest

Preheat oven to 450. Wash and peel sweet potatoes. Cut Potatoes into ½ inch wedges, transfer to baking sheet and toss with oil. Combine spices with potato wedges and toss to coat. Spread into a single layer and bake for 30 minutes, turning occasionally. Enjoy!

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Roasted Broccoli with Sea Salt & Olive Oil

Ingredients:

- 2 - Bunches broccoli cut into florets
- 1/4 Cup - Olive Oil
- 1 Teaspoon - Salt
- 1/2 Teaspoon - Pepper

Instructions:

1. Preheat oven to 425
2. Wash and dry the broccoli thoroughly.
3. Line a large cookie sheet with foil (I use Reynolds Non-stick Pan Lining Paper)
4. Right on the cookie sheet, toss the broccoli with all the remaining ingredients.
5. Roast until tender and the edges are browned and stir once. This usually takes about 20 minutes in my oven.

Serve immediately.

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Oven-Roasted Asparagus

Ingredients:

- 1 bunch thin asparagus spears, trimmed
- 1 Tbsp. olive oil
- 1 Tbsp. grated parmesan cheese (optional)
- 1 clove garlic, minced
- 1 tsp. sea salt
- 1 tsp. ground black pepper
- 1 Tbsp. lemon juice

Directions:

Preheat oven to 425 degrees. Place the asparagus into mixing bowl and drizzle with olive oil. Toss to coat the spears, then sprinkle with parmesan cheese, garlic, salt and pepper. Arrange the asparagus onto a baking sheet in a single layer. Bake until just tender, 12 to 15 minutes depending on thickness. Sprinkle with lemon juice just before serving.

Steamed Green Beans with a Twist

Ingredients:

- 1 pound fresh green beans, trimmed
- 3 Tbsp. olive oil
- 3 cloves garlic, sliced
- 1 pinch salt
- 1 pinch ground black pepper
- 2 Tbsp. white wine vinegar
- 3 Tbsp. freshly grated Parmesan cheese
- 2 Tbsp. chopped fresh parsley

Directions:

Set a steamer basket insert into a large saucepan and fill with water to a level just below the steamer. Bring to a boil. Add green beans and steam to your desired degree of tenderness, or about 5 minutes.

Once the beans have cooked, transfer them to a serving bowl. Toss with olive oil, garlic, salt, pepper, white wine vinegar and Parmesan cheese. Let stand for 10 minutes. Remove garlic slices and garnish with parsley before serving.