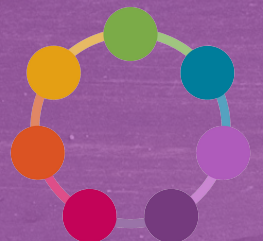




*Recipes for*  
**Spring  
Celebrations**

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## Let's Celebrate Spring!

Springtime is here and that generally means warm days, cold snaps and sudden showers. All that unpredictable weather brings us the amazing beauty, colors and flavors of spring.

With longer and warmer days it's time to start seeing springtime veggies and some favorite fruits too! Following the seasonal patterns of fresh produce will help you pick the freshest and most nutrient dense varieties, so check out your local springtime farmer's markets or even the produce section in the grocery store. Spring produce can offer a wide variety of choices depending on where you live, check out this [reference guide](#) to see what is available locally in North America.

It's time to get busy in the kitchen with a new set of springtime ingredients. In this book, **Spring Celebrations**, I've collected my favorite recipes to inspire you to use all the beautiful greens of spring veggies and the gentle colors of spring fruit.

Go get busy in the kitchen this spring with these delicious spring recipes featuring: asparagus, strawberries, apricots, grapefruit, rhubarb, carrots, beets, broccoli, green peas and assorted greens.

**The following symbols are found on each recipe to accommodate certain dietary recommendations.**

 GF Gluten Free

 DF Dairy Free

 P Paleo

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# Juice Recipes

## Immune Booster Juice\*



### Ingredients:

2 carrots  
 1 apple  
 1 beet  
 2" piece of ginger root  
 1 lemon  
 2 Tbsp. water

### Directions:

Thoroughly wash produce, trim off any decaying areas. If your lemon is organic you can juice with the peel, if not carefully cut off the peel leaving as much of the pith as possible.

Juice produce into a container that will hold about 4 cups. Juice produce in the order listed. (The water gives your juicer a little rinse.)

*\*If you don't have a juicer this works great blended in a blender just like a smoothie.*

Serves 1

## Delightful Detox Juice



### Ingredients:

1 Beet  
6 stalks celery  
1/3 bunch cilantro  
1 lemon  
1" fresh ginger  
2 Tbsp. water

### Directions:

Thoroughly wash produce, trim off any decaying areas. If your lemon and ginger are organic you can juice with the peel, if not carefully cut off the peel.

Juice produce into a container that will hold about 4 cups. Juice produce in the order listed. (The water gives your juicer a little rinse.)

*\*If you don't have a juicer this works great blended in a blender just like a smoothie.*

Serves 1



# Smoothie Recipes



## Very Berry Smoothie



### Ingredients:

- 2 cups unsweetened coconut or almond milk
- 2 cups spinach
- 1 cup strawberries
- 1 cup pineapple
- ½ cup blueberries
- ½ cup raspberries
- 1 tsp. vanilla
- 6-8 ice cubes, optional

### Directions:

In a blender combine coconut/almond milk and spinach and blend for 30 seconds. Add in remaining ingredients and blend until smooth.

*Serves 1*

## Green Machine Smoothie

### Ingredients:

- 2 cups coconut water or plain water
- 2 handfuls spinach
- 2 collard green leaves
- 2 kale leaves
- 2 Swiss chard leaves
- 1 apple, quartered
- 2 cups frozen mixed berries
- 1 frozen banana

### Directions:

In a blender combine coconut water and greens and blend for 30 seconds. Add in remaining ingredients and blend until smooth.

Serves 1



# Breakfast Recipes

## Super Power Porridge



### Ingredients:

- 1 1/4 Cup Water
- 1 Cup Quinoa, Rinsed
- 1 Tbsp. Flax And Or Chia Seeds
- 1 Tbsp. Raw Honey
- 1/2 - 1 tsp. Cinnamon
- 1/4 Cup Chopped Nuts (pecans, Walnuts, Almonds, Cashews) Optional
- 1/4 Cup Seeds (pumpkin, Sunflower, Hemp Hearts) Optional
- 1 Apple (cored And Diced) Optional
- 1/2 Cup Fresh Or Frozen berries, Optional
- 1/4 Cup Dried Fruit (raisins, Cranberries, Apricots) Optional
- 4 Cups Unsweetened Almond Milk

### Directions:

In a medium sauce pan bring water and rinsed quinoa to a boil. Reduce heat to low and cover pan with a lid. Allow to simmer for 10 minutes.

Remove from heat and keep covered for 5-10 more minutes, fluff with a fork.

Stir in the ground flax and chia seeds, raw honey, cinnamon, chopped nuts and seeds, 1 cup fruit of your choice.

Place porridge into 4 bowls. Top each serving with an equal amount of almond milk.

Serves 4

## Green Scramble



### Ingredients:

1 Tbsp. coconut oil  
 1 cup asparagus spears, cut into 1/4" slices  
 1/2 cup green onions, chopped  
 1 clove garlic, crushed  
 4 eggs  
 1/2 cup spinach, finely chopped  
 1/2 cup cooked quinoa\* (*omit quinoa if you need a paleo friendly recipe*)  
 Sea salt and fresh ground black pepper to taste  
 1 avocado, diced

### Directions:

Melt coconut oil in a skillet over medium heat. Add the asparagus, green onions and garlic.

Sauté in oil until veggies are tender crisp.

In a mixing bowl combine the eggs, spinach, cooked quinoa, sea salt and pepper. Whisk together until well combined. Pour over veggies in the frying pan and cook until eggs are done, stirring occasionally. Stir in the avocado and serve immediately.

Serves 2

### \*Cooking Quinoa

#### Step 1:

Most quinoa on the market is now pre-rinsed, if you are unsure you'll want to start off by soaking your quinoa for 15 minutes. After soaking, rinse for 2-3 minutes using a fine metal strainer. Even if I am using pre-rinsed quinoa I still rinse it for a couple minutes.

#### Step 2:

Add **one part quinoa** and **one and a quarter parts liquid**. Bring to a boil and then reduce to simmer. Cover and cook 10-15 minutes. Depending on the consistency you want, the longer you let it simmer the fluffier the quinoa will be. Remove from heat and let sit covered for an additional five minutes. Fluff with a fork & serve.



# Salad Recipes

## BJC Salad– Beet, Carrot, Jicama



### Ingredients:

3 medium Beets  
 1 medium Jicama  
 3 medium Carrots  
 1/4-1/2 Cup Italian Dressing  
 1/2 Cup Raw Or Roasted Pumpkin Seeds

### Directions:

Prepare the [Italian Dressing](#)  
 Wash and peel beets, jicama and carrots.  
 Cut beets, jicama and carrots into thin matchsticks.  
 Place prepared veggies in a serving bowl.  
 Gently toss in pumpkin seeds and 1/4-1/2 cup Italian Dressing.

Serves 4

## Italian Dressing

### Ingredients:

2 Tbsp. Italian Bend  
 1/4 cup raw apple cider vinegar  
 2/3 cup olive oil  
 2 Tbsp. water

### Directions:

Place all ingredients in a blender and blend until smooth and creamy.

### Italian Spice Blend

2 Tbsp. oregano  
 1 Tbsp. garlic powder  
 1 Tbsp. onion powder  
 1 Tbsp. parsley  
 1 tsp. sea salt  
 1 tsp. fresh ground black pepper  
 1 tsp. basil  
 1/4 tsp. thyme  
 1/4 tsp. celery seed  
 1/4 tsp. red pepper flakes

In a small bowl combine all ingredients together and store in an airtight glass jar.

Label the jar "Italian Blend" and include the date you mixed it.

## Greens & Grapefruit Salad



### Ingredients:

4 cups fresh greens, my favorites are kale, spinach and some dandelion greens.

1 pink grapefruit

1/4 cup pine nuts

1 avocado

1/4-1/2 cup Sweet Lemon Dressing

### Directions:

Wash, dry and finely shred your selection of greens. If using kale be sure to cut out the center stem and discard.

Cut the grapefruit in half and remove sections.

Lightly toast pine nuts over medium heat in a frying pan until golden brown.

Cut avocado in half lengthwise, remove seed. Cut avocado meat into chunks and scoop out of the skin.

Prepare [Sweet Lemon Dressing](#)\*

Toss all ingredients together with 1/4-1/2 cup of the dressing.

Serves 2

## Sweet Lemon Dressing

### Ingredients:

1 Lemon (Zest And Juice)

1/4 Cup Extra Virgin Olive Oil

1 Tbsp. Raw Honey

1/4 tsp. Thyme

Sea Salt & Freshly Ground Pepper To Taste

### Directions:

Combine all ingredients in a blender and blend until smooth and creamy.





# Soup Recipes

## Creamy Broccoli Soup



### Ingredients:

2 cups water  
1½ cups raw cashews  
1 Tbsp. coconut oil  
1 onion, diced  
2 cloves garlic, minced  
2 stalks celery, diced  
2 carrots, sliced  
4 cups broccoli, florets and stalks  
4 cups vegetable or chicken broth  
¼ tsp. cayenne pepper  
½ tsp. sea salt  
1 large handful of spinach

### Directions:

Combine the water and cashews in a large bowl and allow to soak with preparing the soup.

Melt the coconut oil over medium heat in a large stock pot.

Sauté the onion and garlic until onions are golden.

Add in the celery and carrots and sauté until celery is bright green. Add in the broccoli, vegetable or chicken broth, cayenne, sea salt and bring to a boil. Cover and reduce heat to low, simmer for about 10 minutes.

Rinse and drain cashews. Stir in cashews and spinach. Place soup in a blender and blend in batches until all soup is smooth and creamy.

Serves 4-6

## Tuscan Bean Stew



### Ingredients:

1 Tbsp. Coconut Oil  
1/2 Cup Finely Chopped Fresh Fennel  
1/2 Pound Organic Italian Sausage (crumbled)  
2 Cloves Garlic (minced)  
4 Cup Organic Chicken Broth  
2 Cup Water  
2 Cans (15 Oz.) Great Northern Beans, Rinsed And Drained  
1 tsp. Dried Basil  
2 Ripe Roma Tomatoes, Chopped  
1/2 Cup Thinly Sliced Fresh Basil Leaves

### Directions:

In a stock pot over medium heat, melt the coconut oil. Stir in the fennel, garlic and sausage. Sauté until sausage is browned.

Add in the chicken broth, beans and dried basil. Bring mixture to a boil. Reduce heat to low, cover pot and simmer 20 minutes.

Just before serving, remove 1 cup of the soup and place in a blender or food processor and puree. (This is an optional step, but makes the stew appear to have a creamed base.) Return blended mixture to the stock pot and stir in the tomatoes and fresh basil.

Serve immediately.

Serves 4-6



# Snack Recipes

## Green Pea Hummus



### Ingredients:

2 cloves garlic, peeled  
 ½ cup water\*  
 1 cup fresh or frozen green peas\*\*  
 Zest and juice of 1 lemon  
 ¼ cup tahini  
 1 avocado  
 3 Tbsp. olive oil  
 ½ tsp. paprika  
 1½ tsp. cumin  
 ½ tsp. sea salt  
 ¼ cup fresh parsley, chopped and loosely packed  
 \*3-4 Tbsp. reserved garlic water

### Directions:

In a small sauce pan bring the ½ cup water to a boil, add in the garlic and boil uncovered for 3 minutes. Take garlic out of water and set aside to cool. Reserve water from boiling garlic.

\*\*If using frozen peas allow to thaw. If using fresh peas lightly steam until they are bright green.

In a food processor or blender combine all ingredients and process until smooth.

Transfer to a serving bowl and serve with fresh veggies or Awesome Crackers, pg. 23.

**Note:** Green peas have a little controversy in the paleo world, many say they are ok because they are not the dried, mature version of the pea but are the tender young seed. Use your best judgement and do your own research and decide what fits your dietary needs.

## Rhubarb Muffins



### Ingredients:

3/4 cup brown rice flour  
 3/4 cup millet flour\*  
 1/2 cup Almond Flour  
 1 tsp. Baking Powder  
 1 tsp. Baking Soda  
 1/4 tsp. Sea Salt  
 1 tsp. Cinnamon  
 1/4 tsp. Nutmeg  
 1/2 cup Unsweetened Apple Sauce  
 1 Egg  
 1 tsp. Vanilla  
 1/3 cup Honey  
 1/4 cup Pure Maple Syrup  
 2 Tbsp. Coconut Oil, softened  
 1 1/2 cups fresh or frozen rhubarb\*\*, cut into 1/4" pieces

### Directions:

Preheat oven to 350° Prepare muffin tins with paper liners.

In a mixing bowl stir the dry ingredients and spices together.

Add in the applesauce, egg, vanilla, honey, maple syrup and coconut oil. Stir together until just combined. Gently toss in the prepared rhubarb.

Scoop into prepared muffin tins. Bake 18-20 minutes, or until lightly browned on top and an inserted toothpick comes out clean.

Allow to cool 15 minutes, remove from muffin tin and allow to cool completely.

\*Grind your own millet flours by placing the whole grains into a coffee grinder or high powered blender and blend until they become a powder.

\*\*If using frozen rhubarb allow to thaw by placing in a sieve or colander. Thaw completely and discard liquid.

# Awesome Crackers



## Ingredients:

- |   |                              |
|---|------------------------------|
| 2 Tbsp. Coconut Oil, Melted                             | 2 Tbsp. Hemp Hearts          |
| 1/2 Cup Water   | 2 Tbsp. Flax Seeds           |
| 2 Tbsp. Chia Seeds                                      | 2 Tbsp. on Sesame Seeds      |
| 1 Cup Cooked Brown Rice                                 | 1 tsp. Sea Salt              |
| 1 Cup Cooked Quinoa                                     | 1/2 tsp. Fresh Ground Pepper |
| 1/4 Cup Raw Sunflower Seeds, Soaked For At Least 1 Hour | 1 tsp. Thyme, Optional       |
| 1/4 Cup Raw Pumpkin Seeds, Soaked For At Least 1 Hour   | 1 tsp. oregano, Optional     |

## Directions:

Preheat oven to 350° Line a baking sheet with parchment paper.

Place coconut oil in an oven safe dish and allow oil to melt while oven preheats.

Place 1 Tbsp. chia seeds in the water and allow them to begin absorbing the water and forming a gel.

Place the remaining ingredients along with remaining 1 Tbsp. chia seeds into a food processor and blend until smooth.

When coconut oil is melted slowly pour into the food processor along with the chia gel while processor is blending on low speed. Scrap down the side a couple of times allowing everything to blend together well.

Put batter on prepared baking sheet. Cover with another sheet of parchment paper and use your hands or rolling pin to spread batter evenly on the baking sheet.

Bake on center rack for 20 minutes. Remove from oven and score into 48 crackers. Bake for 15-20 more minutes until crackers begin to turn golden brown. If edges get done first remove them from pan and place on a cooling rack. Rearrange remaining center crackers evenly on pan, turn off oven and allow the remaining crackers to brown in the oven until oven is cool.

Let crackers cool completely and store in an airtight container.

## Spicy Kale Chips



### Ingredients:

1 Bunch Kale  
1 Tbsp. Coconut Oil, Melted  
1/4 tsp. Cumin  
1/4 tsp. Garlic Powder  
1/4 tsp. Chili Powder  
Pinch Of Cayenne  
1/4 tsp. Sea Salt  
1 tsp. Fresh Lemon Juice

### Directions:

Preheat oven to 350° Line 2 baking sheets with parchment paper.

Wash and thoroughly dry kale. Pull leaves off of the center ribs and place into a large mixing bowl.

Place coconut oil in a glass bowl and melt in the oven. Whisk in the spices. Pour over the kale and massage with your hands until all leaves are well coated.

Spread kale leaves onto the parchment paper in a single layer.

Bake one pan at a time for 10-15 minutes until crisp, but still green.

Store in an airtight container. Eat like potato chips or crush and sprinkle over salads or sandwiches.





# Main Dish Recipes

## Veggie Wraps with Almond Dipping Sauce



### Ingredients:

8 sheets rice paper

1 avocado, cut into long strips

½ red bell pepper, cut into thin strips

1 cup spinach, thinly sliced

1 cup grated carrots, sweet potato, beets, or jicama (a mixture of those is yummy too)

Several springs of cilantro or fresh sprouts

Use any veggies that sound delicious to you!!

### Directions:

Fill a large pie pan with warm water. Soak one piece of rice paper until soft. Carefully remove and let excess water drain off rice paper, lay on a flat surface.

Lay the veggies across the rice paper in a row about 1/3 of the way from the bottom of the rice paper. Fold the bottom 1/3 of the rice paper over the veggies and continue rolling until you have reached the end. (It will look like a burrito, with the short ends open for now.)

*This step is optional but makes the wrap a bit more secure..*

Soak and drain a second piece of rice paper. Lay on a flat surface. Place previously rolled wrap on the second piece of rice paper, about 1/3 of the way from the bottom edge. Fold in both sides first, this seals up the open ends of the first wrap. Now, fold the bottom edge over the first wrap and continue rolling.

Serve with Almond Dipping Sauce, pg. 27

Store in a sealed container for 1-3 days.

Serves 4

## Almond Dipping Sauce



### Ingredients:

1/2 cup raw almond butter  
2 tsp. rice vinegar, unsweetened  
1 Tbsp. Fresh lime juice  
1 tsp, fresh ginger, grated  
1 tsp. sesame seeds  
1/2 tsp. sea salt  
1 small clove garlic, minced  
1 tsp. sesame oil  
1 Tbsp. honey  
Red pepper flakes to taste  
water

### Directions:

Wisk all ingredients for sauce together, only add water if you need to thin the sauce a little more.

## Thai Curry Chicken



### Ingredients:

- 1 Tbsp. Red Curry Paste\*
- 1 (13 oz. can) Coconut Milk
- 1 Tbsp. Fish Sauce
- 1 Tbsp. Unsweetened Almond Butter
- 1 clove Garlic (minced)
- 1/4 tsp. Red Pepper Flakes
- 1/2 tsp. Dried Basil
- 2 Chicken Breasts (cut Into Thin Strips, Optional)
- 1 Red Pepper (cut Into Thin Strips)
- 1 Cup Asparagus (cut Into 2" Pieces)
- 1 Lime (zest And Juice)
- 1 Lemon (zest)
- 1 Tbsp. Fresh Mint Leaves (chopped)

### Directions:

Prepare the [Red Curry Paste](#)

In a frying pan over medium heat combine the red curry paste, coconut milk, fish sauce, almond butter, garlic, red pepper flakes and dried basil. Heat to a simmer. Add the chicken and continue simmering on medium heat for 5 minutes.

Add in the prepared red pepper and asparagus and simmer 5 more minutes until veggies are tender crisp and chicken is thoroughly cooked.

Remove from heat and stir in the lime zest and juice, the lemon zest and the mint leaves.; Serve immediately over brown rice, quinoa, or zucchini noodles.

Serves 4

**Note:** Paleo if served with Zucchini Noodles

## Red Curry Paste



### Ingredients:

- 1 Tbsp. Coconut Oil
- 1/4 Cup Purple Onion (finely Chopped)
- 4 cloves Garlic (crushed)
- 1 Tbsp. Ginger (grated)
- 1 tsp. Cumin
- 1 tsp. Cayenne Pepper
- 3/4 tsp. Coriander
- 1/4 tsp. Black Pepper
- 1 tsp. Chili Powder
- 1 Tbsp. Tomato Paste
- 2 Tbsp. Liquid Aminos (Braggs Or Coconut Aminos)
- 1 tsp. Fish Sauce
- 1/4 Cup Coconut Milk
- 2 Tbsp. Lime Juice
- 1 Tbsp. Raw Honey

### Directions:

In a small sauce pan over medium heat melt the coconut oil.

Saute the onion in the oil until soft.

Stir in the garlic and ginger and saute until onions and garlic are golden.

Stir in the cumin, cayenne, coriander, black pepper and chili powder. Saute for 2 minutes to combine flavors.

Stir in the tomato paste, aminos, fish sauce, coconut milk, lime juice and honey. Reduce heat to low and simmer for 5 minutes. Allow sauce to cool.

Make the Sauce ahead of time and freeze in 1 Tbsp. portions to use when needed.



# Treat Recipes



## Apricot Ginger Cookies



### Ingredients:

1/2 cup almond butter  
 1/4 cup pure maple syrup  
 3 Tbsp. coconut oil, softened  
 1 tsp. vanilla  
 1/2 cup rolled oats, gluten free  
 1/4 cup oat flour\*, gluten free  
 1/4 cup arrowroot flour/starch  
 1/4 cup almond flour  
 1/2 tsp. baking soda  
 1/2 tsp. sea salt  
 1/4 tsp. nutmeg  
 2 tsp. fresh ginger, peeled and finely grated  
 1/2 cup dried apricots, dices

### Directions:

Preheat oven to 350°

Prepare cookie sheet by lining with parchment paper.

In a mixing bowl, using an electric mixer cream together the coconut oil, sugar, eggs and vanilla.

Add the remaining ingredients and mix until well blended.

Shape into balls and place on prepared cookie sheet, bake for 10-12 minutes.

Remove from oven and allow to cool slightly before placing on a cooling rack to cool completely.

*Makes about 2 dozen, depending on the size.*

## Carrot Spice Cake



### Ingredients:

1 cup almond butter, unsweetened  
 1 1/2 cup grated carrots  
 1/4 cup raw honey  
 1 egg or chia egg\*  
 1 tsp. vanilla  
 1/2 tsp. sea salt  
 1 tsp. baking soda  
 1/2 tsp. ground ginger  
 1 tsp. cinnamon  
 1/4 tsp. nutmeg  
 1/4 tsp. allspice  
 1/4 tsp. ground cloves

### Directions:

Preheat oven to 350°

In a mixing bowl combine the almond butter, carrots, honey, egg and vanilla. Cream together with a hand mixer.

Add in the salt, baking soda and spices and mix until combined.

Spread into an 8" x 8" baking dish.

Bake for 20-30 minutes, until top and edges are nicely browned. Remove from oven and allow to cool for at least 20 minutes.

\*1 chia egg = 1 Tbsp. Chia seeds, ground and 1/4 cup hot water. Mix together and allow to sit until mixture gels.

*Servings based on size of slices, approx. 9*