

# Healthy BBQ

## Recipe Booklet



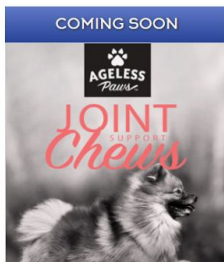
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# Vegetables, Salads, and Sides



## Orange Broccoli Salad

As featured in *The Healing Kitchen*

[Broccoli](#) is best cooked *al dente*, so that it has a bit of crunch and retains its nutrients.

Orange *supremes*- sections from which the skin, pith and membrane have been removed - give a sweet citrus flavor to the dressing. Red peppers and broccoli add crunch and color.

*\*Choose organic produce whenever possible\**

- 2 tablespoons unsweetened [pomegranate juice](#)
- ½ teaspoon minced ginger
- 1 teaspoon minced garlic
- 1 tablespoon finely chopped shallots
- 1 tablespoon finely chopped fresh cilantro
- 1 teaspoon soy sauce
- 1 teaspoon toasted sesame oil
- 1 orange, *supremed*

- 1 teaspoon [olive oil](#) (extra-virgin or light)
- 1 red bell pepper, cored, seeded and finely diced
- 3-3 ½ pounds (about 4 small heads) fresh broccoli, cut into florets with 1- inch stems
- ¼ teaspoon salt
- Freshly ground black pepper, to taste

In a medium saucepan over medium-low-heat, combine the pomegranate juice, ginger, garlic, shallots, cilantro, soy sauce and sesame oil, and simmer for 10 minutes. Remove from the heat and add the orange supremes. Set aside. While the dressing simmers, prepare the vegetable salad. Heat the olive oil in a wok over medium heat. Add the red bell pepper and sauté for 4 minutes or until softened. Add the broccoli, salt and pepper and cook the broccoli about 2 minutes until it is al dente, or 1 minute longer to render it softer. Stir the broccoli so that it cooks evenly. Divide the vegetables among four plates. Drizzle it with the dressing and serve. Serves 4.

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## Chicken & Pineapple Coleslaw with Coconut-Lime Dressing

As featured in *The Great Cholesterol Myth Cookbook*

Delight your taste buds as you improve your health with the delicious combination of spices and nutrients in this dish. Coleslaw is made from one of the most powerful health-promoting vegetables in the food kingdom – cabbage. Cabbage is rich in fiber and vitamins A, C, and K, all of which are natural [antioxidants](#) that help prevent heart disease. The addition of chicken to this dish adds complete protein along with vitamins B6 and B3 which support energy metabolism throughout the body.

*\*Choose organic produce whenever possible\**

### For the coleslaw:

- 1 pound (455 g) chicken breast
- 1 cup (235 ml) filtered water
- 1 cup (110 g) carrots, peeled and grated
- 3 ½ cups (315 g) savoy cabbage, thinly sliced

- 1 cup (155 g) diced fresh pineapple
- 2 scallions, chopped
- ¼ cup each chopped fresh [cilantro](#) (4g) and mint (24g)

**For the dressing:**

- 1 cup (235 ml) coconut milk
- ¼ cup (60 ml) fresh lime juice
- 2 tablespoons (28 ml) fish sauce
- 1 tablespoon (20 g) honey

**To make the coleslaw:** Place the chicken and 1 cup (235 ml) filtered water in a saucepan over medium heat and steam until cooked through, about 15 to 20 minutes. Let it cool, then shred. Place the chicken in a large bowl and combine with the remaining coleslaw ingredients.

**To make the dressing:** In a separate bowl, whisk together all the dressing ingredients and pour over the top of the chicken. Serves 4.

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## Chickpea Salad

Chickpeas, or garbanzo beans, are a fantastic source of [fiber](#), which is a mainstay for cancer prevention, cardiovascular wellness and overall health. Because they are low-glycemic, chickpeas don't require much insulin for their digestion; hence they also are helpful in preventing or controlling diabetes. Red onion, rosemary and tomatoes add an extra dose of antioxidants along with strong, fragrant flavor.

*\*Choose organic produce whenever possible\**

- 2 15-oz. cans chickpeas, drained and rinsed
- 4 tablespoons red onion, chopped
- 2 teaspoons fresh rosemary, chopped
- 1-2 tablespoons organic extra virgin olive oil
- 1-2 teaspoons balsamic vinegar
- 2 tablespoons fresh parsley, chopped
- 2 small organic [tomatoes](#), diced

- ½ lemon wedge, squeezed
- Sea salt and pepper to taste

Combine all ingredients in a medium bowl and chill for several hours. Serves 4.

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## Black Bean Salad

As featured in *The Great Cholesterol Myth Cookbook*

Apart from their smooth nutty flavor, avocados are rich in [monounsaturated fat](#), which is easily burned for energy. They are an excellent source of fiber, folate, vitamins E, C, B6 and B5, and potassium, all of which have cardioprotective benefits. Black beans are high in plant protein and fiber plus an impressive array of essential antioxidant vitamins and minerals that reduce inflammation and benefit the whole body. This combination together with the herbs and spices in this salad is a dieter's dream dish.

*\*Choose organic produce whenever possible\**

- 2 cups dried black beans
- ½ cup sweet corn
- 1 ½ tablespoons chopped fresh cilantro
- 1 ½ tablespoons chopped fresh parsley
- 1 tablespoon fresh lime juice
- ¼ teaspoon [salt](#), Celtic or sea
- ¼ teaspoon black pepper

- ½ cup diced avocado
- ½ cup chopped tomatoes
- 2 tablespoons chopped scallions
- 1 teaspoon chopped green chile pepper, seeded
- 4 cups [salad greens](#)

Soak the beans overnight. Drain, rinse, and place into a medium-size pot. Cover with water, bring to a boil, and reduce to a simmer. Cook for up to 2 hours, until the beans have softened. Drain. Whisk together the cilantro, parsley, lime juice, salt and pepper in a large bowl. Add the beans, tomatoes, avocado, scallions, and pepper, and toss well. Cover and chill for 2 hours. Combine with the salad greens shortly before serving. Serves 4.

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## Greek Shrimp Salad

As featured in *The Healing Kitchen*

Greek salads have become a staple in American restaurants, but you can't beat one prepared at home with the freshest, healthiest ingredients. The simple goodness of olive oil, vinegar, feta cheese and lemon never disappoints. This fruity dressing, loaded with vitamin C, is a delightfully bright twist on the classic. Add the dressing just before serving.

*\*Choose organic produce whenever possible\**

- 1 large head romaine lettuce, torn into bite-sized pieces
- 2 heaping cups fresh baby [spinach](#)
- ¼ cup pitted Kalamata olives
- 4 Brussels sprouts, trimmed and thinly sliced
- 1 carrot, peeled and thinly sliced
- 1 red bell pepper, cored, seeded and cut into 1/4 -inch pieces
- 1 small red onion, sliced and separated into rings
- 1 tomato, cored and diced
- 1 teaspoon light [olive oil](#)

- 1 pound medium shrimp, peeled and deveined
- 1 plum, or 1 cup fresh papaya, peeled, pitted and cut up
- 4 tablespoons extra-virgin olive oil
- 1 tablespoon red wine vinegar
- Leaves from 8 sprigs Italian (flat-leaf) parsley, chopped
- 1 teaspoon minced [garlic](#)
- 1 teaspoon dried oregano
- ¼ cup feta cheese, rinsed, then crumbled

In a large bowl, combine the lettuce, spinach, olives, Brussels sprouts, carrot, red bell pepper, onion and tomato and toss until well combined. In the bowl of a food processor, combine the plum or papaya, olive oil, red wine vinegar, parsley, garlic and oregano. Pulse until well blended. Set aside. Heat the light olive oil in a small skillet over medium heat. Add the shrimp and sauté until pink, 2-3 minutes. Add to the salad. Add the dressing and toss until the salad is well coated. Divide among four shallow bowls, sprinkle with the feta cheese and serve. Serves 4.

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## Strawberry-Kiwi Soup

As featured in *The Healing Kitchen*

Chilled fruit soups are one of the most inexpensive, nourishing and easy dishes you can make, and they're full of cancer-healing vitamins and antioxidants. A garnish of fresh fruit slices, ground nuts, cilantro or mint adds a simple but artistic touch. Serves 2.

*\*Choose organic produce whenever possible\**

- 1 large or 2 medium fresh or frozen [strawberries](#), chopped
- 2 kiwi, peeled
- 1 cup pomegranate juice
- Leaves from 1 rosemary sprig, finely chopped
- 2 fresh basil leaves

In a blender, combine the strawberries, kiwi, pomegranate juice, rosemary and basil and pulse until you reach the desired consistency, from chunky to smooth. Serve immediately.

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## Guacamole & “Chips”

When paired with fresh, organic vegetables instead of deep-fried tortilla chips, this [guacamole](#) is one of the healthiest dishes you can eat! Packed with nutrients like glutathione, vitamin E and potassium, satiating avocados can help your body better absorb beta carotene, which is found in some of our chip substitutes: red peppers and carrots.

Not only are these “chips” full of fiber, phytonutrients, vitamins and minerals, but they are much less inflammatory and lower in calories; cucumbers also have an alkalizing effect on the body. Most tortilla chips are deep fried in [polyunsaturated oils](#) like corn or canola oil, which oxidize at high temperatures and can create an inflammatory response in the body. Baked chips are better, but raw organic veggies are best!

*\*Choose organic produce whenever possible\**

- 2 to 3 avocados
- 1/8 to 1/4 cup chopped red onion
- 1 to 2 cloves garlic, minced
- Lime juice

- Olive oil
- 1 to 2 Tbsp fresh chopped cilantro
- Cumin, to taste
- Ground chili pepper or ½ to 1 teaspoon chopped jalapeño pepper
- Fresh organic vegetables: Red, green and yellow peppers, cucumbers, carrots
- Optional: chopped tomato

To prepare - Slice avocados in half, scoop flesh out with a spoon and put into large, but shallow bowl. Add the juice of 1 lime (or lemon) and the chopped garlic, then sprinkle it with cumin, sea salt and chili pepper to taste. Mash the avocado until smooth with a fork or spoon (a mortar and pestle also work great and are more “traditional” utensils) add a little olive oil for a smoother consistency and stir in chopped cilantro. Fold in chopped onion and optional chopped organic tomato.

Serve guacamole in a small center dish surrounded by a bed of fresh chopped vegetables – celery stalks and cucumber rounds make great “chips,” as do slices of bell pepper and carrot rounds.

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## Spinach and Asparagus Salad With Citrus Vinaigrette

Asparagus and spinach, which are rich in vitamins and fiber, make great lettuce alternatives in this vibrant salad that also contains walnuts, which contain heart-healthy omega-3s. Try to use organic vegetables as much as possible, especially peppers and spinach, which tend to be highest in pesticides. To make this salad a main-dish meal, add organic grilled chicken, a hard-boiled organic egg, a few slices of organic cheese, or ¼ cup organic edamame beans to each plate.

*\*Choose organic produce whenever possible\**

- 1 pound / bunch asparagus, ends removed and sliced into 1-inch rounds
- 4 heaping cups fresh baby spinach
- 1/2 to 1 red bell pepper, chopped
- 1 avocado, sliced into ½-inch cubes
- 1 can mandarin orange slices, drained and rinsed
- 1/2 cup chopped red onion

- 1/2 cup walnuts
- 1/2 cup [extra virgin olive oil](#)
- 1/4 cup rice vinegar
- 1/4 cup orange juice
- 1 Tbsp lime juice
- 1/2 teaspoon minced ginger root
- 1/8 teaspoon ground cumin
- 1/4 teaspoon sea salt
- 1/4 teaspoon pepper

In a saucepan, steam asparagus rounds in  $\frac{1}{2}$ -inch water for a few minutes until they are tender enough to bite through, but still bright green in color. Immediately drain and rinse them under cold water to cool.

To make the dressing: In a mason jar, combine all ingredients and shake vigorously. Mix together all salad ingredients in a large bowl. When ready to serve, drizzle 3 Tbsp dressing over salad, and toss to lightly and evenly coat. Store extra dressing in refrigerator up to 5 days. Serves 4.

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## Artichoke Salad

Full of bold flavors, this salad is a great way to incorporate artichokes into a main meal. Not only will it hopefully delight your palate, but it can also help protect you against the ravages of free radical stress. How? Artichoke hearts help promote detoxification by supporting liver function; they also contain inulin, a carbohydrate which can help diabetic patients improve their blood sugar levels. Onions contain compounds that help improve prostate health, support the immune system and protect against cancer; they also are known to help lower blood pressure and blood sugar. Red bell peppers are full of beta-carotene, an important antioxidant for vision and eye health as well as immune system function; be sure to go organic with bell peppers, though, as they tend to be the highest in pesticides (if you choose to go with tomatoes, you'll get lycopene, a powerful antioxidant). The monounsaturated fat in olives will help your body absorb beta-carotene (and lycopene).

As for taste, briny capers bring a salty flavor, and feta cheese adds piquancy without too much fat. For a main-dish salad, try adding cooked, chilled and flaked wild Alaskan salmon (canned is okay) or organic chicken breasts, cooked, chilled and cut into bite-sized pieces.

*\*Choose organic produce whenever possible\**

- 2 cans or jars of artichoke hearts (not marinated), drained and rinsed
- 1 to 2 medium-size [red bell peppers](#), diced; or 2 to 4 tomatoes, sliced into bite-size pieces
- 1 ½ Tbsp chopped red onion
- 1 to 2 teaspoons of capers
- 8 to 10 black olives, pitted and sliced
- 1 ½ Tbsp olive oil
- 1 ½ teaspoons lemon juice
- 1 Tbsp feta cheese
- 1 Tbsp chopped fresh parsley
- Chopped fresh oregano or dried oregano, to taste
- Black pepper, to taste

Slice artichoke hearts into halves or quarters and place into large bowl. Add remaining ingredients and combine well. Serves 4.



## Beet & Carrot Salad

I love [beets](#) because they are cardioprotective and cancer-preventative. Not only can eating beets help us detoxify; making them a regular part of our diets can help us maintain healthy blood pressure and cholesterol levels. Full of insoluble fiber, beets are also rich in phytonutrients called betalains, which give them their characteristic magenta color and provide us antioxidant and detoxification support. Additionally, beets contain significant amounts of folate, potassium and vitamin C.

Beets are best eaten as raw as possible (to retain nutrient content), and with a little healthy fat like olive oil or avocado to help slow down release of insulin (beets are high in natural sugar). Adding fresh ginger and/or garlic to this salad not only lends piquant flavor, but enhances its anti-inflammatory potential. I recommend tasting it first with just the ginger, then adding garlic and thyme, to taste, if you like.

*\*Choose organic produce whenever possible\**

- 4 to 6 medium-sized beets, peeled & cut into chunks
- 2 medium organic carrots, peeled and cut into 2-inch rounds

- 5 Tbsp orange juice
- Juice of 1 lemon
- 2 Tbsp extra virgin olive oil
- 1 teaspoon apple cider vinegar
- 3 to 4 teaspoons minced ginger root
- 1/4 teaspoon sea salt
- 1 Tbsp chopped fresh parsley
- 1 to 2 teaspoons minced garlic (optional)
- 1 teaspoon chopped fresh thyme or 1/8 teaspoon dried thyme (optional)
- 1 avocado, peeled and sliced into bite-sized pieces (optional)

Shred carrots and beets together in a food processor or grated them by hand, and place them into a large bowl. Peel ginger root and mince finely, and do the same with the garlic, if using. In a small bowl, whisk together the lemon and orange juices, olive oil, apple cider vinegar, salt, ginger, and parsley, then toss beet-carrot mixture with dressing. If you like stronger flavors or just want to enjoy the powerful medicinal effects of raw garlic, add garlic and thyme to taste. Divide salad between 4 plates and top with avocado slices, if you wish. Serves 4.



## Salmon Niçoise Salad

Salmon provides a twist on this classic French dish, where tuna is the main catch. For convenience, you can always use canned salmon instead of fresh salmon. Substituting lettuce with spinach adds more antioxidants and phytonutrients to this already healthy meal which is full of fiber, amino acids, vitamins and minerals.

*\*Choose organic produce whenever possible\**

- 12 oz of fresh or canned [wild Alaskan salmon](#)
- 1 cup canned or cooked white beans
- 2 large organic eggs, hard boiled and sliced
- 1 cup organic cherry tomatoes, sliced in half
- 1 cup cooked organic green beans, cut into 2-inch pieces
- 4 organic red bliss potatoes, quartered and cooled
- 12 black olives
- 1 cup chopped organic green bell pepper
- 1 organic avocado, peeled and thinly sliced
- 8 cups organic baby spinach

- 4 Tbsp [extra virgin olive oil](#)
- 1 Tbsp lemon juice
- 1 Tbsp red wine vinegar
- 1 teaspoon Dijon mustard
- Sea salt and black pepper, ¼ teaspoon each
- Coconut oil or organic butter

If cooking fresh salmon, sauté the fish in coconut oil or butter over medium heat, or poach in water or broth, to desired temperature (medium rare to well done). Make dressing by whisking together all ingredients, measured to taste. To serve family style, toss all salad ingredients in a large bowl with the dressing. Alternately, toss spinach in enough dressing to lightly coat it, then divide among 4 plates and arrange the salmon, sliced egg, peppers, olives, avocados, tomatoes, green beans, white beans, and potatoes in a decorative pattern over each plate and drizzle with remaining dressing. Serves 4.

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# Main Dishes



## Salmon Burgers

Both convenient and nutritious, canned [wild Alaskan salmon](#) is great to have on hand when you want an alternative to ground beef or tuna. The seasonings and colorful sauce in this recipe not only add Asian flair, but health-protective phytonutrients, vitamins and minerals.

*\*Choose organic produce whenever possible\**

- 1-2 Tbsp olive oil
- 2 Tbsp finely chopped organic onion
- 1 teaspoon fresh ginger, minced
- 1 teaspoon fresh garlic, minced
- 12 oz canned or fresh cooked wild Alaskan salmon

- 1 organic egg
- ¼ cup Panko breadcrumbs
- Handful of organic spinach leaves
- 4 small whole wheat pita pockets or 2 large whole wheat wraps, cut in half
- 1 can canned mandarin orange segments
- ½ [organic](#) red bell pepper, cored and seeded
- 1 clove garlic
- 1 Tbsp sesame oil
- 1 Tbsp hoisin sauce
- 1 teaspoon toasted sesame seeds

Saute the chopped onion in olive oil over medium heat until soft (about 7 minutes). Make the sauce: place the orange segments, red pepper, garlic, sesame oil, hoisin sauce and sesame seeds in a blender or food processor with 1 Tbsp water and pulse until well blended. Place mixture into small bowl. In a food processor, combine the sautéed onion, ginger, garlic, breadcrumbs, egg, and salmon, and pulse until very well blended. Shape this mixture into 4 burger patties and sauté them in olive oil over medium-low heat. Cook each side uncovered for 2 minutes or until a golden crust appears. Put a few leaves of spinach in each pita pocket or over each half-wrap, and place salmon patty on top. Add a healthy spoonful of sauce. Serves 4.

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## Spicy Tofu Kebabs with Pear Relish

As featured in *The Healing Kitchen*

Sweet pears and spicy chili sauce flavor this tasty Asian tofu kebab. When grilling, it's important not to burn your food- then it will be rendered unhealthy. This dish can also be prepared in a large skillet instead.

*\*Choose organic produce whenever possible\**

- 1 teaspoon light [olive oil](#)
- 1/3 cup peeled and finely chopped shallots
- 1 whole pear, cored and finely chopped
- ½ cup pomegranate juice
- 1 heaping teaspoon chili sauce
- 1 tablespoon sesame oil
- 1 tablespoon finely chopped parsley
- 1 tablespoon water

- 15 ounces extra-firm tofu, cut into 1-inch cubes
- 2 large red [onions](#), peeled, root end intact and sliced into 8 wedges (make sure each wedge has a piece of the root end so that it will hold together)

To prepare the relish, heat the olive oil in a small pan over medium heat. Sauté the shallots and pear until they are tender, about 7 minutes. Reduce the heat to low and stir in the pomegranate juice. When the relish is well blended, remove from the heat, transfer to a bowl and place in the freezer to chill quickly. In a large resealable plastic bag, combine the chili sauce, sesame oil, parsley and water. Mix gently, making sure the chili sauce is well distributed. Add the tofu and onions and seal the bag. Heat a gas grill to medium. As the grill heats, scrape the grates clean then wipe with a towel dipped (but not dripping) in olive oil. When the grill is hot, remove the onions from the bag and grill them for 5 minutes. Thread the tofu cubes onto 8 metal skewers, place them on the grates and grill for about 2 minutes per side. The onions are done when they are tender. The tofu is done when it has grill marks on both sides. Remove the relish from the freezer. Mound the onions onto a platter, slide the kebabs off the skewers and place atop the onions. Top with the cool relish and serve. Serves 4.

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## Spicy Buffalo Burgers

As featured in *The Healing Kitchen*

Buffalo burgers are all the rage these days. Buffalo are pasture fed, and the burgers have a clean and hearty taste, as well as being extremely low in fat and high in iron. They should be served medium-rare or they will become dry. We've spiced things up with Tabasco and Worcestershire sauce, and the cilantro adds freshness and color. Instead of serving the burgers on rolls, I like to lighten the carb-load and boost fiber by serving them over a bed of vibrant greens.

*\*Choose organic produce whenever possible\**

- 1-2 tablespoons light olive oil, for greasing
- ½-1 teaspoon Tabasco sauce, to taste
- 1 teaspoon Worcestershire sauce
- 2 tablespoons chopped cilantro
- ¼ teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- ¼ cup pinto beans, mashed

- 2 tablespoons finely chopped white onion
- 2 pounds ground [buffalo](#)
- 4 slices Cheddar cheese, optional
- 4 cups baby greens, spinach, or salad greens of your choice

Lightly grease a grill or cast-iron skillet with olive oil and heat over medium-high heat. In a large bowl, combine the Tabasco and Worcestershire sauces, cilantro, salt, pepper, beans and onion. Taste to test the level of spiciness. Keep in mind that once it's added to the meat and cooked, it will seem much less spicy. Fold the buffalo into the spices, beans and onion until it is evenly mixed. Divide the buffalo into 4 burgers about ½ inch thick. Cook over medium-high heat until medium-rare: 3 ½ minutes per side on the grill, 4 minutes per side in a skillet. Do not overcook! About 2 minutes before removing the burgers from the heat, place 1 cheese slice on each burger and cover the skillet or grill to melt the cheese. Divide the salad greens onto four serving plates and place a burger onto each bed of greens and serve. Serves 4.

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## Lamb Burgers

Greek yogurt with lemon and herbs brings a tangy twist to these delightfully different burgers. Make patties small enough so you can easily place them in pita pockets. Serves 4.

*\*Choose organic ingredients whenever possible\**

- 2-3 tablespoons olive oil
- 1 ½ pounds of organic or New Zealand (grass-fed) ground lamb
- 3 tablespoons Greek seasoning (1 teaspoon each of dried oregano, thyme, ground fennel seed, ground coriander seed, and sweet paprika)
- 2 teaspoons sea salt
- 1/8 teaspoon freshly ground pepper
- 1 cup organic [Greek yogurt](#)
- 3 tablespoons parsley, chopped
- 4 whole wheat pita pockets
- Grated zest of 1 small, organic lemon
- 1 organic yellow squash, sliced
- 1 organic zucchini, sliced

To prepare the burgers, mix together the ground lamb, Greek seasoning, salt, and pepper, then shape into 4 patties approximately  $\frac{3}{4}$  inch thick. In a separate bowl, toss the zucchini and squash slices in olive oil and, if grilling them, spread out over a small metal baking pan or aluminum foil. Heat grill to medium high and brush with olive oil; alternately, heat stove eyes to medium high and sauté the lamb patties in a tablespoon of oil. For medium-rare burgers, cook each side about 4  $\frac{1}{2}$  minutes. When you turn the burgers, grill the vegetables alongside them, or sauté them for 4 -5 minutes in another pan. While the burgers and veggies are cooking, combine the yogurt, parsley and lemon zest in a small bowl. Fill each pita with a lamb burger and a spoonful or two of yogurt on top. Serve each burger with a side of grilled squash and zucchini.

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# Desserts



## Blueberry & Apple Crumble

As featured in *The Great Cholesterol Myth Cookbook*

[Blueberries](#) and apples are a great combination for a wonderful, warm crisp that can be made in a snap. They are loaded with antioxidant vitamins C, A, and E and minerals such as selenium and zinc, all of which boost your [immune system](#). Walnuts add a crunchy texture and are rich in essential ALA, the plant-based form of omega-3 fatty acids.

*\*Choose organic ingredients whenever possible\**

- 4 large green apples, peeled, cored, and cut into thin wedges
- Juice of ½ lemon (about 1 tablespoon)
- ¼ cup filtered water
- 1 teaspoon grated lemon rind
- 2 tablespoons honey, divided
- 2 cups blueberries, fresh or frozen

- ½ teaspoon cinnamon
- ¼ teaspoon mace (optional)
- ⅔ cup almond flour
- ½ cup rolled oats
- ¼ cup butter
- 1 teaspoon honey
- 1 cup walnuts

Preheat the oven to 350°F. Grease an 8-inch square baking dish with butter. To make filling: toss the apples, lemon juice, water, lemon zest, and 1 tablespoon of the honey into a medium saucepan and cook, covered, for 5 minutes, over low heat. Remove the lid and simmer on high for another 5 minutes. Remove from the heat, add the blueberries, cinnamon, and mace to the pot, and let sit for about 10 minutes, until the blueberries soften and flavors meld. Drain the fruit of its juices in a sieve and set the fruit aside in a small bowl. Pour the juice back into the saucepan, adding the remaining tablespoon of honey, and simmer until reduced down by half. Retain this syrup for later. Cool the fruit in the refrigerator. Topping: in a food processor, add the almond flour, rolled oats, butter, honey, and walnuts and blend until chunky crumbs are formed. Refrigerate the crumble for 10 minutes. When the fruit has cooled, place the fruit into a baking dish and top it with the crumble. Bake for 20 minutes. Serve warm. Serves 4.

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## Chocolate Oatmeal Cookies

These healthy cookies are not just for dessert! One or two of them makes a tasty light breakfast or mid-day snack! A favorite of my son, Drew, who is a naturopathic doctor, these flax-filled cookies are rich in anti-inflammatory omega-3s and fiber. Not only does almond butter add protein, healthy monounsaturated fat and fiber to them, but it is full of Vitamin E, magnesium and potassium.

Another great source of fiber, oatmeal can help you lower your blood pressure (when eaten regularly). The heart-healthy pumpkin seeds contain folate, and are one of the best food sources of magnesium, a mineral which our bodies utilize in over 300 enzymatic reactions. Knowing that the dark chocolate is more than just a flavor enhancer is the icing on the proverbial cake!

*\*Choose organic items whenever possible\**

- 1 cup [flax seeds](#)
- 1 cup almond butter
- ¼ cup + 1 teaspoon honey
- 2 eggs

- 2 Tablespoons [coconut oil](#)
- 1 cup rolled oats
- ¼ cup pumpkin seeds
- 3 ounces dark (70% plus) chocolate cut into very small pieces (give or take ½ cup)
- ½ teaspoon baking soda
- ¼ teaspoon sea salt

Preheat oven to 350° F. Mix together all ingredients in a large bowl. Drop tablespoon-sized portions onto an ungreased baking sheet, leaving at least one inch between each cookie. Bake for 13 to 15 minutes. Makes about 16 to 18 cookies.

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## Watermelon Cooler

This cooler is a delicious and refreshing treat. Watermelon is loaded with healthy nutrients and vitamins such as lycopene; beta carotene; vitamins A, C, K, B1, and B6; [magnesium](#); and potassium, making this cooler an extremely [nourishing beverage](#). Remember to include some of the white rind in your juice, as it contains many nutrients. Topping it off, the fresh mint adds a zip that will have your taste buds singing!

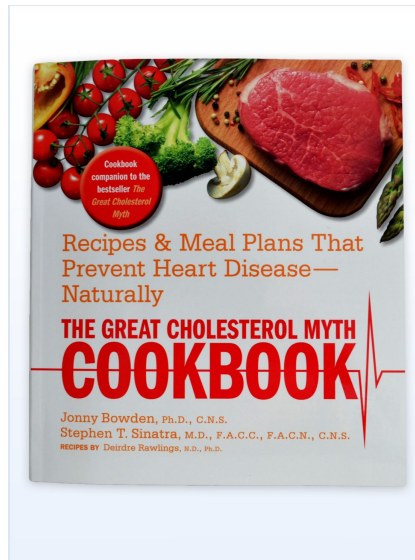
*\*Choose organic produce whenever possible\**

- 1 whole watermelon cubed including the inner white rind
- 3-4 cucumbers
- 2-3 heads of romaine lettuce
- 3 limes, peeled
- Medium sized bunch of fresh mint leaves

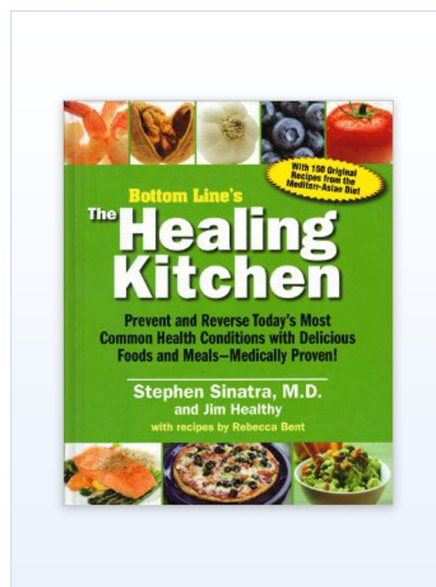
Feed all items into the juicer. Stir and enjoy! Serves 3-4.

For more flavorful, nutrient-packed & heart-healthy  
recipes, check out:

### *The Great Cholesterol Myth Cookbook*



### *The Healing Kitchen*

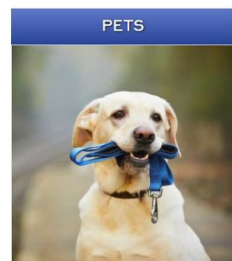
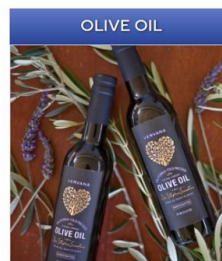
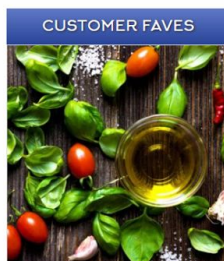
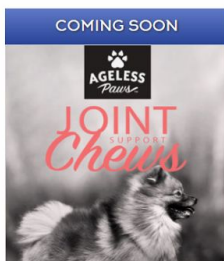


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