

Food for Life - Change of Season Food Ideas

Sprangoberry Smoothie ~ Delicious Energy!

In a blender combine:

- 1 handful of sprouts (eg. garden pea or broccoli)
- 1/3 cup of mango
- 1/3 cup of mixed berries
- 1 cup of almond milk
- 1 scoop of protein powder

Sprouts are rich in vitamins, minerals, fiber, and plant enzymes! With a high nutrient density sprouts are a great way to maximize your intake of nutrients as part of your healthy lifestyle.

Marvelous Matcha ~ Turn back time with tea!

In a blender combine:

- 1/2 cup mango or pineapple
- 1 cup of vanilla almond milk
- 1 tbsp of matcha green tea powder

Blend and top with a dash of cinnamon. This tea is full of antioxidants and because it is made of concentrated young green tea leaves it has 10x the health benefits of a regular cup of green tea.

White Bean Dip

Makes 3 cups of dip

Ingredients:

- 3 cups (cooked) or 2 cans beans (soybeans, Great Northern, garbanzos, black eyed peas, or a mixture of light colored beans)
- 1/4 cup tahini
- 1/4 cup lemon juice
- 1 tsp. lemon zest, optional
- 1/4 cup extra virgin olive oil
- 4 cloves of garlic
- 2 to 3 tsp. whole cumin, roasted and ground
- 1 tsp. cinnamon
- 2 tsp. paprika
- 2 to 4 tbsp. tamari
- Salt to taste

Directions:

In a food processor, add the cooked beans and all other ingredients. Process until creamy. Refrigerate until ready to use, or freeze in smaller portions. Use within 3 days.

Special Notes:

Per 1 tbsp. serving: 36 calories, 3 g carbohydrate, 1 g protein, 2 g fat

Spring Salad

Serves 6

Ingredients:

- 2 1/2 tsp. fresh lemon juice
- 2 tsp. olive oil
- 1 clove of garlic, crushed
- 1 lb. of asparagus
- 1/2 English cucumber, cut into to 1/4's and sliced (unpeeled)
- 1/2 tsp. kosher salt
- 1/2 tsp. pepper
- 3 scallions, sliced, white part only
- 1 cup fresh or frozen peas, thawed
- 1 ripe avocado, diced into 1-inch pieces

Directions:

Combine lemon juice, oil, and garlic in a jar, shake vigorously, add salt and pepper then set aside.

Snap ends off asparagus and slice 1" pieces diagonally. Blanche 3 minutes, remove with strainer and run under cold water. Set aside. If using fresh peas, blanche for 30 seconds, and rinse with cold water. If using frozen peas, just defrost. Combine veggies in a bowl. Shake dressing and toss into salad.

Add avocado right before serving.

Special Notes:

137 calories, 10 g carbohydrate, 3 g protein, 10 g fat



did you know?

Organic tea is much more than a trendy coffee alternative. Green tea has been shown to have a positive effect on age-related dementia, possess anti-cancer and cholesterol reducing compounds, as well as contribute to healthy weight-loss support. Just one more reason to go green!!

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Phenomenal teas, with a conscience!