

# Karen Osborne's Spring into Vitality Recipes



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## Breakfast Ideas

### Blueberry Chia Porridge

Recipe by Karen Osborne

#### Ingredients:

- 1 recipe *Chia Gel*
- 2 cups fresh nut or seed milk – optional
- 1/4 cup flax seeds, freshly ground in Vitamix or coffee grinder
- 2 cups blueberries, quick pulsed in food processor or hand chopped
- 1 cup shredded unsweetened raw coconut
- 1/4 cup cinnamon
- 1/2 teaspoon cardamom
- stevia if desired for extra sweetness

#### Directions:

1. Put chia seeds in a bowl.
2. Sprinkle in ground flax seeds and stir well.
3. Stir in blueberries, coconut, and cardamom and stir well.
4. Check sweetness and add stevia if desired.



## Cashew Yogurt

Recipe by Karen Osborne

### Ingredients:

- 1 cup water
- 1 cup cashews
- 1 teaspoon **HealthForce Nutritionals Friendly Force** probiotics

### Directions:

1. Blend the cashews and the water until smooth in a high speed blender.
2. Add the probiotic and blend on low speed until incorporated.
3. Place mixture in a clean mason jar and cover loosely.
4. Let the mixture sit in a warm location for 24 hours.

## Chia Gel

Recipe by Karen Osborne

### Ingredients:

- 1/2 cup chia seeds
- 2 1/2 cups water

### Directions:

1. Put chia seeds and water into a quart size **Mason** jar or a glass bowl that can be covered.
2. Shake or mix well.
3. Allow to stand at room temperature for 8 hours or for 12 or more hours if in the refrigerator.
4. Store in refrigerator up to a week.



## Lemon Chia Seed Muffins (Low-Glycemic)

Recipe by Karen Osborne

### Ingredients:

- 1/2 cup Sunwarrior Vanilla Protein Powder
- 1/2 cup golden flax seeds, ground in a coffee, spice grinder or **Vitamix**
- 1/4 cup non-GMO erythritol, powdered
- 1/2 cup coconut flour
- 6 tablespoons psyllium husk flakes
- 1/4 teaspoon salt
- 2 tablespoons lemon zest
- 24 drops stevia
- 2 teaspoons gluten free vanilla extract
- 6 tablespoons fresh squeezed lemon juice
- 2 tablespoons chia seeds
- 1 cup peeled zucchini, small diced

### Directions:

1. Process the protein powder, ground flax seeds, ground erythritol, coconut flour, psyllium husk flakes, salt, and the lemon zest in a food processor until combined.
2. Add the stevia and the vanilla extract to the lemon juice.
3. With the food processor running, add the liquid to the dry mixture.
4. Process until the mixture is combined.
5. Add the zucchini to the mixture.
6. Process until the mixture begins to hold together.
7. Add the chia seeds and pulse the food processor until the seeds are mixed in.
8. Press 2 tablespoons of mixture into each opening of a mini muffin pan.
9. Let muffins sit in the pan for at least 20 minutes before removing.



## No Egg Scramble

This is Karen Osborne's adaptation of Dr. Ritamarie's Raw Food Breakfast Recipe for Scrambled Not Eggs recipe

### Ingredients:

- 1/2 cup sunflower seeds, soaked for at least 6 hours, then rinsed and drained
- 1 cup dry Brazil nuts
- 1/4 teaspoon salt
- 1/4 teaspoon powdered kelp, optional
- 1 teaspoon turmeric
- 1 teaspoon minced scallions
- 1 teaspoon diced tomatoes
- 1 teaspoon diced red bell peppers

### Directions:

1. Combine all ingredients (except minced scallions, diced tomatoes, and diced red bell peppers) in a food processor.
2. Process until smooth but not creamy.
3. Add minced scallions, diced tomatoes, and diced red bell peppers.



## Smoothies

### Italian Smoothie (Low-Glycemic)

Recipe by Karen Osborne, Makes 8 cups

#### Ingredients:

- 2 cups water
- 4 Roma tomatoes
- 4 cups thinly sliced celery
- 1/4 cup ume plum vinegar\* (at Whole Foods, Natural Grocer, or Wheatsville)
- 1 teaspoon garlic granules\*\*
- 1 teaspoon Italian seasoning (or more to taste)
- 8 cups baby kale or baby bok choy
- 1 avocado

#### Directions:

1. Adjust water amount to desired consistency.
2. Blend all ingredients, except avocado, on high speed blender until smooth.
3. Add avocado, blend until incorporated, and enjoy.

#### Substitutions:

\* You can substitute sea salt (to taste) if you do not have **ume** plum **vinegar**.

\*\* Fresh onion and garlic offer more flavor, but if you prefer a lighter taste, then use dried ingredients.



## Lemon Ginger Smoothie

Recipe by Karen Osborne, Makes 8 cups

### Ingredients:

- 2 cups water
- 1/4 cup lemon juice
- 2 cups sliced cucumber (1/4" rounds)
- 8 cups baby arugula
- 4 cups thinly sliced celery
- 1/4 cup ume plum vinegar\* (at Whole Foods, Natural Grocer, or Wheatsville)
- 3 - 4 tablespoons fresh ginger (small dice)
- 1 avocado

### Directions:

1. Adjust water amount to desired consistency.
2. Blend all ingredients, except avocado, on high speed blender until smooth.
3. Add avocado, blend until incorporated, and enjoy!

### Substitutions:

\* You can substitute sea salt (to taste) if you do not have ume plum vinegar.



## Onion Garlic Smoothie

Recipe by Karen Osborne, Makes 8 cups

### Ingredients:

- 2 cups water
- 4 cups thinly sliced celery
- 2 cups sliced cucumbers (1/4" rounds for measuring)
- 8 cups lacinato kale
- 2 teaspoons onion powder\*\*
- 1 teaspoon garlic granules\*\*
- 1/4 cup ume plum vinegar\*
- 2 tablespoons lemon juice
- 1 avocado

### Directions:

1. Adjust water amount to desired consistency.
2. Blend all ingredients, except avocado, on high speed blender until smooth.
3. Add avocado, blend until incorporated, and enjoy!

### Substitutions:

\* You can substitute sea salt (to taste) if you do not have ume plum vinegar.

\*\* Fresh onion and garlic offer more flavor, but if you prefer a lighter taste, then use dried ingredients.





## Lunch and Dinner Ideas

### Cucumber Avocado Dill Soup

Recipe by Karen Osborne

#### Ingredients:

- 1 cucumber
- 1 stalk of celery, sliced fine
- water, enough to add to puree to make 2 cups
- 1 lemon, juice of
- 1/4 teaspoon garlic granules
- 1/2 teaspoon salt
- 1 teaspoon dried dill
- 1/2 avocado
- extra celery, sliced extra fine (for garnish)
- extra avocado, diced (for garnish)

#### Directions:

1. Puree cucumber and celery together.
2. Add water, lemon juice, garlic granules, and salt.
3. Blend until smooth.
4. Add dill and pulse to mix.
5. Add avocado and blend just until incorporated.
6. Top with extra celery and avocado to garnish.



## Mock Tuna Pate

Recipe by Karen Osborne

### Ingredients:

- 2 cups sunflower seeds, soaked 4 - 6 hours
- 1 1/2 cup walnuts, soaked 8 - 12 hours
- 1/4 cup apple cider vinegar or 1/2 cup lemon juice
- 1/2 - 1 teaspoon salt
- 2 tablespoons kelp powder
- 1 teaspoon dried dill
- 1/2 cup water, up to or as needed
- 1/2 cup minced celery
- 1/2 cup minced onions
- 1/2 cup minced parsley
- 3 tablespoons capers

### Directions:

1. Place the soaked nuts and seeds in a food processor equipped with the "S" blade.
2. Add the vinegar or lemon juice, salt, kelp powder, and dill.
3. Process the mixture until it becomes a thick paste, adding water if necessary to make it blend.
4. Add the celery, onions, and parsley and pulse just until combined (These may need to be stirred in).
5. Stir in the capers and serve.



## Nut Meat for Romaine Tacos

Recipe by Karen Osborne

### Ingredients:

- 2 cups cashews
- 2 cups walnuts
- 1 cup sun dried tomatoes, soaked for 2 hours and drained
- 1/2 teaspoon sea salt
- 1 teaspoon cumin
- 2 teaspoons minced dried onion

### Directions:

1. Process cashews, walnuts, salt, and cumin to a powder in a food processor, being careful that it does not turn into nut butter.
2. Add the minced onion.
3. Process just until combined.
4. Add the sun-dried tomatoes and process until combined into a nutmeat.



## Raw Spicy Tomato & Red Pepper Soup

Recipe by Karen Osborne, Serves one or two small as appetizers

### Ingredients:

- 3 large tomatoes
- 1 red bell pepper
- 1/2 lemon, juice of
- cilantro, parsley, or basil leaves, a few
- chives, a few
- 1 pinch, red pepper flakes
- Himalayan salt, to taste

### Directions:

1. Quarter tomatoes.
2. Core and de-seed bell pepper, cut into slices.
3. Place all ingredients into food processor and blend until a soup-like consistency.



## Dessert Ideas

### Chocolate Frosting

Recipe by Karen Osborne

#### Ingredients:

- 1 large avocado
- 1/4 cup coconut butter (I like **Artisana** because it is smoother than others)
- 1/4 cup non-GMO erythritol, powdered
- 1 smidgen of salt
- 2 tablespoons cacao powder or carob powder

#### Directions:

1. Process all of the ingredients in a food processor until smooth.
2. Spread on *Protein Brownies* (see recipe).
3. Chill for 2 hours before slicing.
4. Store in refrigerator.

### Chocolate Pudding (Low-Glycemic)

Recipe by Karen Osborne, Makes 4 Servings, Yield: 2 cups

#### Ingredients:

- 2 cups zucchini, peeled and sliced into 1/4" rounds
- 1 whole avocado
- 1/4 cup raw organic cacao powder
- 3 tablespoons non-GMO erythritol
- 30 drops stevia (I use **Sweet Leaf Whole Leaf Stevia** drops)
- 1/8 teaspoon salt, heaping
- 1/2 teaspoon vanilla extract, *gluten-free*

#### Directions:

1. Blend all ingredients in a high speed blender until smooth.
2. Chill for at least 4 hours.



## Lime Mousse (Low-Glycemic)

Recipe by Karen Osborne

### Ingredients:

- 2 cups zucchini, peeled and sliced into 1/4" rounds
- 1 whole avocado
- 1 teaspoon lime zest
- 1 lime, juice of
- 1/8 teaspoon salt
- 1/2 teaspoon vanilla extract, *gluten free*
- 3 tablespoons non-GMO erythritol
- 20 drops **Sweet Leaf Stevia** stevia\*

### Directions:

1. Blend all ingredients in a high speed blender until smooth and thick. The longer you blend it, the thicker it will get. Just be sure that you stop the blender before the mousse gets warm.
2. Chill for at least 4 hours.

**Personal Note:** The taste of stevia varies by brand. Start with a lower amount, if using a different brand, and taste before adding more.



## Protein Brownies

Recipe by Karen Osborne, Yield: 25 brownies – depending on preferred size

### Ingredients:

- 1/2 cup **Sunwarrior Vanilla Blend Protein Powder**
- 1/2 cup flax seeds, ground in a coffee or spice grinder
- 1/2 cup raw coconut flour
- 1/4 cup raw cacao powder
- 1/2 cup non-GMO erythritol, powdered in a coffee or spice grinder
- 1/4 teaspoon salt
- 3/4 cup water

### Directions:

1. Process the dry ingredients in a food processor until thoroughly combined.
2. With the food processor running, slowly pour the water into the dry mixture and process just until the mixture holds together.
3. Line an 8x8" pan with parchment paper to make removal easier (optional).
4. Press the mixture into the pan.
5. Frost with *Chocolate Frosting* (see recipe).
6. Chill for at least 2 hours before slicing to allow the frosting to thicken.



## Dips and Dressings

### Cashew Sour Cream for Romaine Tacos

Recipe by Karen Osborne

**Ingredients:**

- 1 cup cashews (can be made with macadamia nuts)
- 3/4 cup water
- 2 tablespoons lemon juice
- 1 teaspoon sea salt

**Directions:**

Blend all ingredients in a high speed blender until smooth.

### Cilantro Tahini Dressing

Recipe by Karen Osborne

**Ingredients:**

- 1 cup chopped cilantro
- 1/4 cup filtered water
- 1/4 teaspoon garlic granules
- 1/4 cup raw tahini
- 1/2 teaspoon salt
- 1 pinch cayenne pepper

**Directions:**

Blend all ingredients in a high speed blender until smooth.

**Personal Note:** Can be added to kale, purple sweet potatoes, red bell peppers, or salad.





## Onion Dip

Recipe by Karen Osborne

### Ingredients:

- 1 1/2 cups water
- 2 cups macadamia nuts or cashews or combination of both
- 2 tablespoons lemon juice
- 1 teaspoon salt
- 2 - 4 tablespoons dried minced onion

### Directions:

1. Combine all ingredients, except onions, in a high speed blender until smooth.
2. Stir in the onions.
3. Refrigerate.

## Ranch Dressing

Recipe by Karen Osborne

### Ingredients:

- 1 cup cashews
- 3/4 cup water
- 1 tablespoon apple cider vinegar
- 1 tablespoon lemon juice
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 - 1 teaspoon salt
- 1 teaspoon fresh minced basil or 1 teaspoon dried basil
- 1 teaspoon fresh minced dill or 1 teaspoon dried dill

### Directions:

1. Blend all ingredients, except the basil and dill, in a high speed blender until smooth.
2. Add the basil and the dill.
3. Pulse to mix.



## Tomato and Herb Dressing (Fat Free)

Recipe by Cherie Soria in *The Raw Food Revolution Diet* and adapted by Karen Osborne

### Ingredients:

- 1 1/2 cups coarsely chopped ripe tomatoes
- 1 cup peeled and chopped zucchini
- 1/4 cup chopped celery
- 2 tablespoons freshly squeezed lemon juice
- 4 drops liquid stevia - optional
- 2 teaspoons Italian seasoning
- 2 gloves garlic
- 1 teaspoon onion powder
- 1/2 teaspoon chopped red onion
- 1/2 teaspoon salt
- 1 pinch, freshly ground black pepper

### Directions:

Combine all ingredients in a high speed blender and process until smooth.



## Zucchini Hummus

Recipe by Karen Osborne

### Ingredients:

- 2 zucchini, peeled
- 4 tablespoons raw tahini
- 4 tablespoons lemon juice
- 1/4 teaspoon garlic granules
- 1/2 teaspoons ground cumin
- 1/2 teaspoon paprika
- 1/2 teaspoon Himalyan or sea salt
- 1/2 cup cashews

### Directions:

1. Blend all ingredients, except cashews, in a food processor or blender until smooth and creamy.
2. Add the cashews and blend until smooth.
3. Adjust seasonings to taste.
4. Add water to make it thinner if desired.



## Karen Osborne's Spring into Vitality Recipes



**Karen Osborne (Karen-O)**, is a gourmet living foods chef, instructor, and graduate of both The Natural Epicurean and The Living Light Culinary Arts Institute. Karen will be demonstrating easy, delicious ideas to nourish your body and palate.

Karen is a personal chef, a demo chef for Sunwarrior, co-founder of Outrageous Raw, LLC in Austin, TX, and is finishing therapeutic yoga teacher training in May, 2016. Karen uses her knowledge of raw, vegan, macrobiotic and Ayurvedic methods

to help people take control of their health deliciously. She is also available for in-home meal preparation, catering, and private instruction in raw food preparation (in home or by Skype). She regularly demonstrates Raw Food Joy in Austin, manages Dr. Ritamarie's Co-op, and teaches classes.

From delicate to dynamic, her food is music to the palate. You have never experienced culinary delights such as hers, but you will over the three days of the event by simply upgrading to the VIP Package below. It's so, so EASY for you to **Treat Yourself!**

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