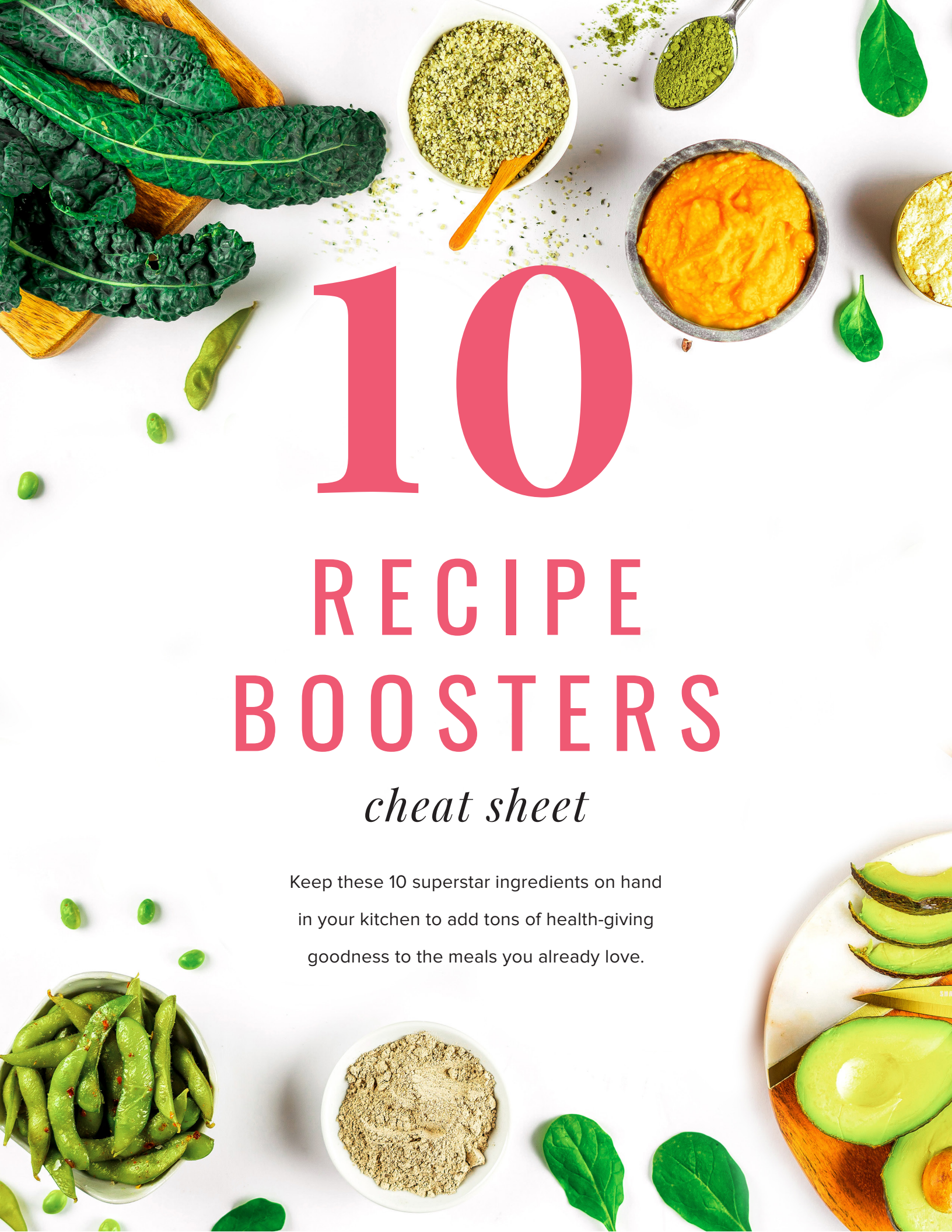




10

RECIPE BOOSTERS

cheat sheet

Keep these 10 superstar ingredients on hand
in your kitchen to add tons of health-giving
goodness to the meals you already love.

1



HEMP SEEDS

FUN FACTS

- These protein powerhouses contain 10 g of complete protein in just 3 Tbsp.
- Protein-rich foods help you stay fuller longer, build strong muscles, maintain bone health, boost your immune system, and keep your gorgeous cells happy and healthy.

WHAT TO LOOK FOR

- Look for “hemp hearts” or “hulled hemp seeds,” which have had the outer shell removed, and are easier to digest and milder in flavor than whole hemp seeds.
- Conventionally grown hemp seeds are very low in pesticides, so while organic is always better for the planet, conventionally grown hemp is a highly nutritious option. All hemp grown in Canada is non-GMO.
- Popular brands include conventionally grown hemp seeds from [Manitoba Harvest](#) and organic hemp seeds from [Nativa](#).

HOW TO USE THEM

- Add 1 Tbsp to a single (12-16 fl oz) smoothie recipe.
- Sprinkle 1-2 Tbsp on salads.
- Add 1/4 cup to muffin, pancake, bread or cookie recipes.
- Blend 1 cup hemp seeds with 4 cups water for a simple, protein-rich nondairy milk. Add 1 tsp vanilla extract and 1 Tbsp of pure maple syrup or 1-2 Medjool dates to sweeten, if desired.
- Make an easy nondairy parmesan (recipe on p. 12!).
- Store hemp seeds in the fridge or freezer to prevent essential fatty acids from going bad.



MATCHA GREEN TEA

FUN FACTS

- Matcha green tea has 137 times the concentration of antioxidants of brewed green tea.
- This gorgeous green powder is mildly caffeinated, but decaf varieties are available. Its amazing nutrients make it a great energy booster, caffeine or not!

WHAT TO LOOK FOR

- Good quality matcha green tea is pricey, about \$30 per ounce. Higher quality matcha tends to be richer in flavor and nutrients, so it's worth the splurge when possible. Plus, a little goes a long way!
- I love [Ippodo](#) but there are tons of great brands out there.
- Powder should be vibrant green with a silky texture that's easily mixed into water (shouldn't be clumpy). The flavor should be mild, not bitter.
- Look for matcha green tea grown in Japan, specifically from Uji, in Kyoto prefecture, and Nishio, in Aichi prefecture.

HOW TO USE IT

- Add 1 tsp per serving to energy bites, smoothies, puddings, baked goods or stirred into green juice. Try this super simple recipe for [Matcha Nice Cream](#).
- Matcha is good for your skin, too. [Learn more here](#) (face mask recipe included!).
- Store your matcha in a tightly sealed container in a cool, dark place.



LEAFY GREENS

FUN FACTS

- Green leafies are loaded with lutein for your eyes and cancer-fighting antioxidants for your whole body.
- Kale is a more absorbable source of calcium than dairy milk AND has more iron per ounce than red meat!

WHAT TO LOOK FOR

- Buy organic whenever possible. This is especially important with spinach as it's #2 on [Environmental Working Group's Dirty Dozen](#) (97 percent of conventional spinach samples contained pesticide residues).

HOW TO USE THEM

- Strive for 1 cup per day added to smoothies, salads, grain dishes, soups, stir-fries or pasta sauce.
- Check out this [1-Pot Lentil, Potato and Spinach Soup](#) and the kale-eriffic Brain Booster Smoothie on p. 13 for some yummy green-packed goodness!



AVOCADOS

FUN FACTS

- Avocados promote healthy weight control, heart health and may help reduce belly fat.
- Eating up to half of a medium avocado a day can help you stay full and boost overall well-being.

WHAT TO LOOK FOR

- Buy organic whenever possible, but conventionally grown avocados are fairly low in pesticides because of their thick skin.
- Avocados are ripe when they're soft to the touch and their skin is a dark purple.

HOW TO USE THEM

- Add these creamy delights to salads, toast and dips.
- Once they're ripe, mash and freeze your avocados in ice cube trays—then thaw to use in dips or on toast (will keep in the freezer for up to 2 months).
- Can be the base for pesto, puddings (check out the recipe on p. 14) and other creamy desserts
- Store ripe avocados in the fridge for up to 3 days to slow down the ripening process.

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CANNED PUMPKIN

FUN FACTS

- This orange veggie is high in carotenoids, which are great for your eyes and immune system.
- Pumpkin contains the powerful cancer fighter beta-carotene, which is especially helpful in breast cancer prevention and reducing recurrence in cancer thrivers.

WHAT TO LOOK FOR

- Look for organic pumpkin in BPA-free cans.
- Stock up during the Thanksgiving season (many stores don't have it year-round) or order online.

HOW TO USE IT

- Use in place of tomato sauce in Italian dishes (especially great if you're eating a nightshade-free diet!).
- Add a whole 15-oz can to chili, soups or pancake recipes. Or try this delish, simple [Pumpkin Pie Fudge](#).



ACAI BERRIES

FUN FACTS

- Pronounced “ah-sigh-EE.”
- These berries are rich in antioxidants that help lower cholesterol, improve athletic performance and reduce inflammation. They also lessen oxidation in your brain to keep your memory sharp and slow down the brain’s aging process

WHAT TO LOOK FOR

- Look for organic acai powder (like this one from [Feel Good Organics](#)) or frozen unsweetened puree packs (like this one from [Sambazon](#)).

HOW TO USE THEM

- Stir into nondairy yogurts and oatmeal, and add to smoothies and energy bites.
- Try this [Deep Blue Beauty](#) smoothie, which uses frozen acai pulp or this [Raw Ombre Cake](#), which uses acai powder.
- Incorporate acai into your meals a couple times a week for a tasty nutritional boost.



ALMOND FLOUR

FUN FACTS

- Almond flour is rich in protein, fiber and healthy fats.
- Makes recipes more filling.

WHAT TO LOOK FOR

- Not to be confused with almond meal, almond flour is fine (often labeled “super fine”) and is made by blanching almonds and processing them without the outer coating.
- Popular brands include [Bob's Red Mill](#) and [Anthony's](#).

HOW TO USE IT

- Can be used in muffins, cakes, pancakes, cobblers or crumbles to boost protein content while keeping carbohydrate content in check.
- For best results, substitute half of the all-purpose flour in a recipe with almond flour. Add an extra 1/4 tsp of baking powder for every 1/2 cup almond flour to balance the heavier nature of almond flour.
- Store almond flour in the fridge just like you would whole almonds.



EDAMAME BEANS

FUN FACTS

- Edamame are actually just green, immature soybeans that have a milder taste than other legumes.
- They've got more protein and are often easier to digest than other legumes because they contain different oligosaccharides (the indigestible compounds that cause gas).
- A 1/2-cup serving has 7 g of protein and 3 grams of fiber.

WHAT TO LOOK FOR

- Look for organic, non-GMO edamame beans.
- Stock up on extra edamame from the freezer section of the grocery store—it's usually easy to find in shelled and unshelled varieties.

HOW TO USE THEM

- Add them to salads, stir-fries or grain dishes. Make them into hummus or mash a 1/2 cup into a guacamole recipe for a protein-rich alternative.
- Check out this recipe for [Super Food Salad-in-a-Jar](#) for a fun dinner idea!



CACAO

FUN FACTS

- Cacao is the raw form of cocoa.
- This heart-healthy mood booster can even help relieve insomnia!

WHAT TO LOOK FOR

- Make sure your cacao is unsweetened and non-GMO like [this one from Viva](#) or this one from [Nativas Naturals](#).

HOW TO USE IT

- Add 2 tsp to any smoothie or pudding recipe.
- Use unsweetened cacao powder in place of cocoa powder, or use cacao nibs in place of chocolate chips.
- Try this [Mint Chip Champion](#) for breakfast or the Chocolate Avocado Pudding with Raspberries (p. 14) for your next dessert.



BUCKWHEAT

FUN FACTS

- This gluten-free grain has been around for over 5,000 years.
- Vitamins and minerals in buckwheat are better absorbed than those in other whole grains because of its low phytate content.

WHAT TO LOOK FOR

- Buy organic whenever possible.
- Find buckwheat groats in the bulk section of your natural foods store or online (like these from [Food to Live](#)).
- Cooked buckwheat groats are often called kasha.
- Buckwheat noodles (soba noodles) are a great alternative to wheat noodles and can be found at most grocery stores or online (like this organic option from [Hakubaku](#)).

HOW TO USE IT

- Use in place of any whole grain or even as a breakfast cereal like this [porridge](#).
- Cook 1 cup buckwheat groats by combining them with 1 3/4 cup water, 1 Tbsp of flavorless oil and 1/2 tsp of salt, and simmer for 20 min.



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with these simple, delicious recipes from*

CRAZY SEXY YOU, MY 21-DAY TOTAL WELLNESS PROGRAM.

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HEMP PARMESAN

SERVES: 13 (2 Tbsp or 30 ml per serving) | **PREP TIME:** 5 min | **COOK TIME:** 5 min

INGREDIENTS

- 1/2 cup (80 g) hemp seeds
- 3/4 cup (105 g) raw, shelled sunflower seeds
- 1/4 cup (20 g) nutritional yeast
- 1 tsp garlic powder
- 3/4 tsp salt
- 1 tsp olive oil

DIRECTIONS

1. Read through recipe and put all ingredients in your work area before starting your prep.
2. Place all ingredients in the bowl of a food processor fitted with an S blade, or in a high-speed blender. Pulse until a fine meal forms.
3. Remove “parmesan” from food processor and place in an airtight jar or container. Sprinkle on pasta, salads, soups, stews or toast.

STORAGE TIP: Hemp Parmesan can be stored in an airtight container in the refrigerator for up to 3 weeks.

Nutrition information per serving: 90 calories, 6.8 g total fat, 0.8 g saturated fat, 4.6 g polyunsaturated fat, 1.2 g monounsaturated fat, 0 mg cholesterol, 133 mg sodium, 114 mg potassium, 3.6 g total carbohydrates, 2 g fiber, 0.4 g sugar, 4.8 g protein, 1.2% calcium, 8.4% iron



BRAIN BOOSTER SMOOTHIE

SERVES: 2 (12–16 fl oz or 360–480 ml per serving) | **PREP TIME:** 5 min | **BLEND TIME:** 5 min

INGREDIENTS

- 1 cup (40 g) tightly packed fresh spinach (stored in freezer)
- 2 cups (480 ml) fortified nondairy milk of choice (almond, hemp, rice, etc.)
- 1 fresh banana
- 2 Tbsp hemp seeds
- 1/2 tsp ground cinnamon
- 1 1/2 cups (233 g) frozen blueberries

DIRECTIONS

1. Read through recipe and put all ingredients in your work area before starting your prep.
2. Wash and prep all ingredients.
3. In a blender, add ingredients in the order listed. Blend and serve. (If needed, add 1–2 Tbsp water at a time to achieve thinner consistency.)

STORAGE TIP: Fresh smoothies should be stored in an airtight container in the refrigerator and consumed within 12 hrs. If you aren't able to enjoy your smoothie within half a day, it can be stored in the freezer in a glass mason jar for up to 1 month.

Nutrition information per serving using unsweetened, fortified almond milk: 206 calories, 7.1 g total fat, 0.6 g saturated fat, 3.9 g polyunsaturated fat, 2 g monounsaturated fat, 0 mg cholesterol, 174 mg sodium, 580 mg potassium, 32 g total carbohydrates, 7.2 g fiber, 18.9 g sugar, 6.3 g protein, 49.3% calcium, 20.2% iron



CHOCOLATE AVOCADO PUDDING WITH RASPBERRIES

SERVES: 2 (1/2 cup or 120 ml pudding plus 1/2 cup or 66 g raspberries per serving)

PREP TIME: 5 min | **BLEND TIME:** 2 min

INGREDIENTS

- 1 Hass avocado
- 3 Tbsp maple syrup
- 3 Tbsp fortified nondairy milk of choice (almond, hemp, rice, etc.)
- 2 Tbsp cacao powder
- 1 Tbsp almond butter
- 1/2 tsp vanilla extract
- 1/8 tsp salt
- 1 cup (133 g) fresh raspberries

DIRECTIONS

1. Read through recipe and put all ingredients in your work area before starting your prep.
2. In a high-speed blender or food processor fitted with the S blade, blend or process all ingredients except raspberries on low until smooth. If you desire a chilled pudding, place in refrigerator for 30–60 min. Top 1/2-cup (120 ml) pudding with 1/2 cup (66 g) raspberries.

STORAGE TIP: Pudding can be stored in an airtight container in the refrigerator for up to 4 days.

MAKE IT NUT-FREE: Substitute sunflower seed butter for the almond butter.

Nutrition information per serving: 320 calories, 19.1 g total fat, 2.7 g saturated fat, 3 g polyunsaturated fat, 11.5 g monounsaturated fat, 0 mg cholesterol, 177 mg sodium, 753 mg potassium, 39.6 g total carbohydrates, 12.7 g fiber, 18.7 g sugar, 4.6 g protein, 11.6% calcium, 13.1% iron