

Banana Berry Superfood Smoothie

Ingredients:

- 1 ½ cups frozen mixed berries
- 2 frozen bananas, chunked
- 1 handful of baby spinach
- 1 handful of baby kale
- 2 cups boxed coconut milk
- Juice of ½ lemon, optional
- 1 teaspoon vanilla
- NuNatural Vanilla NuStevia to taste



Optional superfood boosts:

- 1 tablespoon chia
- 2 tablespoons goji berries
- 3 tablespoons white mulberries
- 3 tablespoons camu powder
- 4 tablespoons hemp seeds

Directions:

- Put ingredients in blender in the order listed.
- Blend well.
- Enjoy your superfood smoothie and freeze any leftovers for later.

*Original recipe from *Superfood Smoothies*

Crockpot Hot Cereals

Ingredients:

GF cereal grains like:

- Amaranth
- Bob's Red Mill Mighty Tasty GF Hot Cereal
- GF Oatmeal
- Polenta
- Quinoa
- Steel-cut oats
- Or make your own mix with ¼ cup of each of the following:
Lunderberg's brown rice, quinoa, steel-cut oats, and polenta



Water for cooking grain.

Milk, cream, almond milk, or coconut milk for serving.

Other optional ingredients:

- Ground flaxseed
- Chia seeds
- Raisins
- Cinnamon
- Shredded coconut flakes
- Chopped nuts
- Maple syrup, honey, stevia, or sweetener of your choice



Directions:

- Measure one cup of grain or grain mix and pour it into a crock pot.
- Add three cups of water unless you are making polenta.
- Cook overnight or for about 8 hours.
- Stir, and serve with toppings of your choice.

*Recipes provided by Christina Shelley Albrecht
ChristinaAlbrecht.com – Helping you create a healthier, happier home.*

Salad in a Jar

In a quart jar, layer a few of the following:

- Grated cabbage
- Chunked or spiralized carrots
- Small chunks of cauliflower
- Small chunks of broccoli
- Spiralized or shredded zucchini and/or yellow squash
- Chopped celery
- Shredded coconut flakes
- Baby spinach and kale or other greens to the top



Topping ideas to add when you're ready to eat:

- Cooked grains like quinoa or brown rice (hot or cold)
- Protein source like cooked chicken, turkey, beef, or a boiled egg
- Watery chopped veggies like cucumbers or tomatoes
- Diced or sliced avocado
- Sprouts
- Chopped nuts
- Fresh, dried, or canned fruit like apples, grapes, raisins, mandarin oranges...
- GF Pretzels
- Salad dressing of your choice

Tiffany's Tasty Turkey Tacos

Ingredients for taco filling:

- 1 small onion, diced
- 2 cloves garlic, minced
- 1 pound ground turkey
- ½ bag frozen tri-color bell peppers, diced small
- ½ yellow squash blended with ½ cup water
- 1 pouch Simply Organic simmer sauce for chicken



Other things to have on hand:

- Taco shells
- Toppings: salsa, guacamole, cilantro, lime wedges, hot sauce, baby spinach, baby kale, shredded cabbage, cilantro

Directions:

- Sautee onions about 5 minutes.
- Add garlic and turkey and cook 5-10 minutes until turkey is cooked.
- Add peppers, squash, and simmer sauce.
- Simmer together for 5-10 minutes until you get the consistency you want.
- Fill the taco shells and load on toppings as desired.
- Savor the flavor.

*Tip – make the filling ahead of time, double the recipe, and freeze half. Just heat and eat!

Chicken Soup with Sea Salt and Herbs

Ingredients:

- 1 onion, diced small
- 6 carrots, spiralized or sliced 1/2" thick
- 4 potatoes, cut in bite-size cubes
- 1/4 head cabbage, diced small
- 1/2 zucchini (about 1/2 cup), spiralized or cut in chunks
- Water to cover vegetables (measure how much you put in)
- Rapunzel brand Sea Salt and Herbs vegetable bouillon



Directions: Cut vegetables and put them in the crockpot. Cover with water until the water comes above the vegetables about one inch. Add bouillon cube(s) for flavor – one cube for every 2 cups of water you put in. Set on high for 4 hours or low for 8 hours. After the veggies are soft, add cooked chicken chunks. Serve with GF toast (UDI's or Glutino), GF rolls, baked potatoes, brown rice, or quinoa.

Independence Day Dessert

Ingredients:

- One bag Cascadian Farms frozen berry blend
- 12 oz. bag of organic frozen raspberries
- Cream, coconut milk, or non-dairy creamer.
- NuNatural Vanilla NuStevia or sweetener of your choice.



Directions:

- Thaw mixed berries and raspberries in fridge overnight or all day.
- In a blender or food processor, blend the raspberries to make a lovely pink raspberry sauce. Sweeten with 5-10 drops vanilla stevia.
- Gently mix and stir raspberry sauce over mixed berries so they are coated in sauce.
- Top with cream, coconut milk, vanilla yogurt, or non-dairy creamer.
- Sweeten to taste.
- Optional: Chopped nuts, shredded coconut flakes, and/or GF granola.