

Banana-Oat Superfood Smoothie

2 cups almond milk
2 handfuls of spinach
2 frozen or fresh bananas
1 tablespoon maca powder
1 tablespoon chia seeds
2 tablespoons regular rolled oats
1 teaspoon wheatgrass juice powder
(For a chocolate version, add 2-4 tablespoons of cocoa or cacao powder)



Directions:

- Pour almond milk in blends and add spinach. Blend until spinach is fine.
- Add all the other ingredients and blend.
- Enjoy your superfood smoothie and freeze any leftovers for later.

*Original recipe from *Superfood Smoothies*

Overnight Oats with Chia Seeds

¼ cup regular rolled oats
¼ cup whole chia seeds
¼ cup fresh or frozen fruit
or 2 tablespoons of cacao powder
1 cup almond milk
2 tablespoons nuts (almonds, pecans, walnuts)
1 tablespoon shredded, unsweetened coconut flakes
1 teaspoon maple syrup or more to taste
½ teaspoon vanilla, opt.



Directions:

- Soak oats, chia seeds, and fruit or cacao in almond milk for one hour or as long as overnight.
- Right before you eat, add nuts, coconut, maple syrup, and vanilla.

*Original recipe from the online Clean Living Facebook Club recipes

Lettuce Wraps with Sprouts

2 cans of chicken or tuna
1 tablespoon organic mayo (more or less to taste)
Halved red grapes, opt.
Diced celery, opt.
Salt to taste
Alfalfa or other sprouts
Lettuce for wraps (romaine for taco style,
iceberg for sandwich style or burrito style)

Directions:

- Mix tuna, mayo, grapes, celery, and salt
- Fill lettuce with tuna mixture.
- Top tuna with sprout
- Wrap and enjoy!



Sweet Potato Toast

Sweet potatoes, thinly sliced
Coconut oil, butter, or spread
Salt

Directions:

- Put sweet potato slices in toaster.
- Toast several times until potatoes are soft and slightly browned.
- Spread with coconut oil or butter
- Sprinkle with salt

Note – you can put all kinds of delicious things on sweet potato toast.
A favorite of mine is mashed avocado, scrambled eggs, and spinach.

Watch a video demo at <https://goo.gl/aZ8B5a>



Maple-Cumin Black Beans with Lime-Infused Salsa

2 medium-sized onions, finely diced
1 tablespoon coconut oil to sauté onions
2 tablespoons cumin
2 teaspoon chili powder
1 tablespoon Bragg's aminos or soy sauce
2 tablespoons maple syrup
2 15-oz cans of black beans (4.5 cups total)



Directions:

- Sautee onions in coconut oil.
- Add cumin, chili powder, Bragg's aminos, and maple syrup. Stir to coat onions.
- Add beans and simmer gently for 5-10 minutes.
- Use as taco filling or serve with corn chips and fresh or canned salsa with lime juice or flavoring.

*Original recipe from the book *The Family Dinner*

Bliss Balls

1.5 cups pitted medjool dates
½ cup walnuts
½ cup almonds
½ cup pumpkin seeds
1 dollop honey
1/2 cup raw cacao
1 tablespoon maca powder
1 tablespoon coconut oil
Shredded, unsweetened coconut (optional)



Directions:

- Combine dates, chia seeds, walnuts, almonds, pumpkin seeds, honey, cacao & maca into high power blender or food processor. Blend until it looks like brownie mix. You may need to pause the blender/food processor and stir occasionally during this process. Remove and shape into 1.5-inch thick balls. Roll balls into coconut. Double your batch and freeze half, they freeze well. Store in refrigerator. Eat 1 to 2 as an energizing snack — even those these are healthy, you can still eat too many and feel overfull, so just be aware of that.

*Original recipe from Sarah Klein's blog WholeHealthLab.com