



DIANE'S HEALTHY RECIPE COLLECTION





These are recipes I started collecting when I decided to make changes in the ingredients I put in my body. I don't know where I got all the recipes; however, I will give credit for those I know.

DESSERTS

Fudge

1 cup almond butter
¼ cup coconut oil melted
¼ tsp Vanilla Extract (preferable organic)
Pinch sea salt

Mix until smooth in a bowl. Line a square cake pan with parchment paper. Spread in the pan. Freeze for several hours (until almost solid), remove from freezer and cut into squares. Can be stored in an airtight container in the freezer

Apple Crisp

Dr. Meghan – www.justenjoyfood.com

¼ Cup Xylitol (can sub Raw Honey)
¼ cup water
2 tsp. cinnamon
6 large apples, peeled and thinly sliced
1/3 cup coconut flour
¼ tsp. salt
6 TBSP butter, room temperature

Preheat oven to 350 degrees and take out an 8x8 inch (9x9 inch) baking pan

Combine 2 TBSP xylitol, water and cinnamon in the bottom of the baking pan. Place sliced apples over the top

In a small bowl blend the remaining 2 TBSP xylitol, coconut flour, salt and butter until crumbly. Spread over the apples evenly

Bake for 40-50 minutes until the apples are tender and the crust is a golden brown

Snowballs

Dr. Josh Axe
1 cup almond butter
2 TBSP honey
½ cacao powder
2 tsp cinnamon
1 tsp nutmeg
2 pinches sea salt
1/c coconut flakes

Combine all ingredients except coconut in a large bowl and mix thoroughly

Form into balls and roll in coconut flakes



No Bake Pumpkin Pie Cookies

- 1 cup raw pecans
- 1 cup raw almonds
- 9-10 medjool dates
- 3 TBSP raw pepitos
- ½ cup pumpkin
- 1 tsp cinnamon
- ½ tsp nutmeg
- ¼ tsp ginger
- ¼ tsp ground cloves

In food processor, grind up almonds, pecans, pepitas & spices. Add dates and continue to pulse. Add pumpkin until dough starts to form. Roll in balls and put in refrigerator for 30-60 minutes to get firm. You can leave in balls or flatten once they have been in fridge. Makes 10-12 cookies

Fabulous Brownies

www.ElanasPantry.com

- 1 (16 oz) jar almond butter (I recommend fresh ground at health food store)
 - 2 eggs
 - 1 ¼ cups raw honey
 - 1 TBSP vanilla extract
 - ½ cup cocoa powder (could use cacao powder for healthier version or if using cocoa powder read ingredients to be sure it's pure - organic, nothing added)
 - ½ tsp celtic sea salt
 - t tsp baking soda
 - 1 cup chocolate chips (get 70% or more dark chocolate – preferably with no sugar added or use cacao nibs – they are great)
- In a large bowl, blend almond butter with a hand blender until smooth
Blend in eggs, then blend in honey and vanilla
Blend in cocoa, salt & baking soda, then fold in chocolate chips
Grease a 9" x 13" baking dish
Pour batter into dish
Bake at 325 degrees for 25-40 minutes
Makes about 24 brownies



Gluten Free Banana Bread

Dr Josh Axe

Ingredients:

4 eggs
3 medium overly ripe bananas, mashed
¼ cup honey (preferably raw, local)
¼ cup coconut or almond milk (unsweetened)
1 Tbsp vanilla extract
2 tsp baking soda
2 ¼ cups almond flour
½ tsp sea salt
½ tsp cinnamon

Directions:

Preheat oven to 350 degrees F
In a bowl mix eggs, banana, honey, coconut/almond milk & vanilla
In a separate bowl, combine the remaining ingredients
Combine both mixtures and stir until well incorporated
Grease a bread pan and pour in batter (use coconut oil or real butter to grease pan). Bake for 35-50 minutes

This gluten free banana bread recipe is a great snack. It's full of healthy fats, fiber and amazing flavor.

Gluten Free Blueberry Muffins Recipe

Ingredients:

2 cups almond flour
3 eggs
1/3 cup honey
½ tsp baking soda
Pinch of sea salt
1 tsp vanilla extract
5-6 Tbsp coconut oil or ghee, melted
1 cup fresh blueberries

Directions:

Preheat oven to 350 degrees F
In a bowl, combine almond flour, baking soda & sea salt
In a separate bowl, combine eggs, honey, vanilla & coconut oil/ghee
Combine both mixtures together. Once mixed well, add blueberries & mix
Fill a muffin pan with liners. Fill each liner with batter
Bake in oven for 20-30 minutes.





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MAIN & SIDE DISH RECIPES

Mexican Quinoa

I found this recipe on Pinterest; however, I made a couple of changes – original recipe didn't call for onion. I also found it takes much more liquid than the recipe calls for.

1 TBSP Olive Oil

2 cloves garlic, minced

1 jalapeno, minced

1 onion minced

Sautee the above ingredients then add the following

1 cup quinoa

1 cup vegetable broth (I ended up using closer to 3 – adjust as your quinoa cooks)

1 15 oz can black beans (drained)

1 tsp chili powder

½ tsp cumin

Salt & Pepper

I added organic taco seasoning because the chili powder and cumin didn't seem to flavor it as much as I wanted; however, I also didn't have a jalapeno when I made the recipe

Squeeze the juice of 1 lime over the Mexican Quinoa

Serve with avocado and fresh chopped cilantro

Cauliflower Stuffing

INGREDIENTS

4 tbsp. butter

1 onion, chopped

2 large carrots, peeled and chopped

2 celery stalks, chopped or thinly sliced

1 small head cauliflower, chopped

1 c. chopped mushrooms

kosher salt

Freshly ground black pepper

1/4 c. Freshly Chopped Parsley

2 tbsp. chopped fresh rosemary

1 tbsp. chopped fresh sage or 1 tsp. ground sage

1/2 c. vegetable or chicken broth

DIRECTIONS

In a large skillet over medium heat, melt butter. Add onion, carrot, and celery and sauté until soft, 7 to 8 minutes.

Add cauliflower and mushrooms and season with salt and pepper. Cook until tender, 5 to 10 minutes more.

Add parsley, rosemary, and sage and stir until combined, then pour over vegetable broth and cover with a lid. Cover until totally tender and liquid is absorbed, 15 minutes. Serve.





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SMOOTHIES

Basic Smoothie Recipe

Start with 4 oz Coconut or Almond Milk (add up to 4 more ounces if needed)

Juice Plus Complete Shake

Fruit (your choice ½ cup of a couple of fruits – banana, apple, pineapple, mango, blueberries, strawberries – I like my fruit frozen except for the apple)

1 small avocado (or ½ medium to large size)

1 TBSP Coconut Oil

Raw Kale

Raw Spinach

1 TBSP Chia Seeds (help you feel full)

2 TBSP ground Flax Seeds (I grind mine in a coffee grinder)

Blend everything in a Nutri-bullet, blender or Vita-mix

Add ice cubes if you want it colder

If you don't like the idea of greens in your smoothie, begin with 3 or 4 spinach leaves and build up to more as you learn to like the taste – once you drink it with the veggies, the wisdom of your body will want it.

Other things to add:

Raw beets (I put ¼ to ½ in depending on the size of the beet)

Raw Celery

Romaine Lettuce

Frozen Grapes

Raw shredded coconut

Raw Almonds (about 6)

Raw Carrot

1 TBSP nut butter, preferable raw and almond, cashew or tahini

Raw Broccoli

¼ Pomegranate

Cinnamon

1 tsp Raw Honey if you need it to be sweeter (do not use Agave) can also use Maple Syrup

TIP: ~ Once you acquire the taste for the "extras" you can increase your liquid and amount of veggies and make this an all-day drink. I make my all-day smoothie with water and blend it in a Vita-mix (the container is 64 oz and I drink on it all day – it's my breakfast, snack, lunch, snack and then I have a balanced supper.) ~

Smoothie Ice Cream

Chocolate or Vanilla Juice Plus Complete Shake

Frozen Fruit

Almond Butter

½ Avocado

Almond Milk (start with 3-4 oz.)

Ice to get colder if you want

Put Almond Milk in blender/Vitamix/Nutribullet. Add ingredients and blend until texture is like soft serve ice cream. Makes a large bowl.





Mixed Fruit Smoothie

Vanilla JP+ Complete Shake
Handful of spinach
1 whole apple (include the core/seeds)
Celery
Frozen Mango/papaya/pineapple mixed fruit
½ Avocado
1 Tablespoon raw coconut
8 oz Almond Milk
Ice to get as cold as you like it
Blend in blender/vitamix/nutria-bullet until the consistency you want

Chocolate Blueberry Smoothie

Chocolate JP+ Complete Shake
Frozen blueberries
Kale
1 whole apple
Carrot
½ Avocado
8 oz Almond Milk
Ice to get colder if you want
Blend in blender/vitamix/nutria-bullet until the consistency you want

All Day Smoothie

Vanilla or Chocolate JP+ Complete Shake
2 Tbsp Golden Flax seeds (grind fresh)
1 Tbsp Chia Seeds
2 Tbsp raw coconut
1 Tbsp Cacao nibs
Handful of Spinach
Cinnamon – as much or little as you want
Kale – I usually put 2 full leaves in (including the stem)
Beet Greens
¼ Beet
1 whole red apple (includes the core/seeds)
1 large carrot
2 or 3 stalks of celery
½ Avocado
Frozen blueberries (or any fruit you want)
Water or Almond Milk
Ice
I blend this in my 64 oz Vitamix, so it has lots of liquid. I sip on it all day – it's breakfast, lunch, snack and then I have a healthy supper.
You can add other veggies – leave some of these off – this is a recipe I received from Dr. William Sears. It's what he drank when he was healing his body of stage 4 colon cancer and he continues to drink it 5 or more days per week. I also drink it 5 or more days per week.
Once it's blended, I put some in my 30 oz stainless steel container (stays cold) and the rest go into glass jars and go in the fridge or my cooler if it's a day of travel.



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OTHER FUN JUICE PLUS+ RECIPES

No Bake Cookie Balls

2 Scoops JP+ Complete Shake (Chocolate or Vanilla)

1 Cup Rolled Oats

½ Cup Honey

½ Cup Nut Butter

Roll into balls, freeze for 30 minutes, keep refrigerated in air tight container

Makes about 24 balls

Muffin

Serves 1

3 Tablespoons chocolate or vanilla JP+ Complete Powder

1 egg

1 Tablespoon unsweetened apple sauce

1/2 Tablespoon raw honey

Preheat oven to 375 degrees

Combine all ingredients in a small bowl and mix until fully incorporated.

Drop mixture in a (1 cup) oven safe ramekin or coffee mug

Place in the preheated oven and bake for 20-25 minutes or until a toothpick inserted comes out clean.

This is great for breakfast or in between meal snack.

