

Revolution

RECIPES

VOLUMES 5-8

COOKBOOK



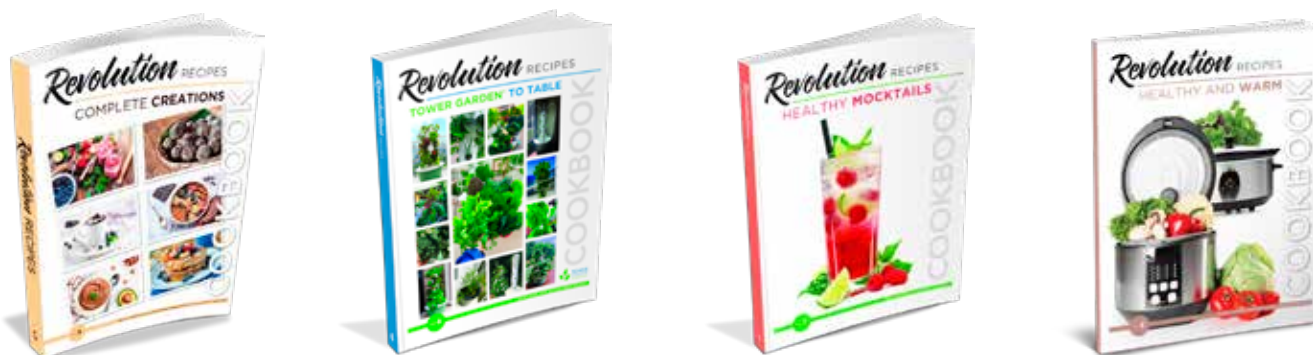
Vol.
5-8

DAIRY-FREE AND GLUTEN-FREE RECIPES

Introduction

Congratulations on being a part of the Healthy Living Revolution!

This cookbook is a compilation of our Volumes 5-8:



Complete Creations, Healthy Mocktails, Tower Garden to Table and Healthy and Warm. They each contain collections of plant-based meal ideas that are tried and proven favorites. Healthy should taste good, too!

All of the recipes are:

- Clean (meaning no refined sugars, preservatives, food dyes, or processed-food ingredients)
- Gluten-free
- Dairy-free
- Mostly oil-free

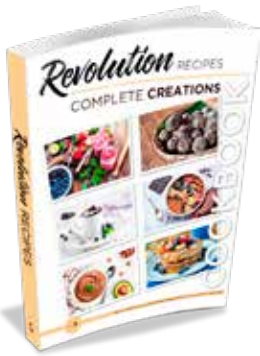
Many of the recipes contain ingredients that can be grown on your Tower Garden®! (See page 67-68 of the Tower Garden to Table cookbook section for more information on Tower Garden® or ask the person who shared this cookbook with you.)

Whether you describe your lifestyle as vegan, paleo, vegetarian, Mediterranean, pescatarian, or straight-up "flexitarian," the common goal for optimal health is to eat MORE VEGETABLES—so there are plenty of recipes in here for everyone!

We want to thank Brian Roes for his vision and all of our recipe contributors, including Chef Penny Shack, Jake Kelly, the creators and contributors of the original Tower Garden® Cookbook, and Dawn J. Williamson for designing and assembling these cookbooks.

We also want to thank the Juice Plus+ Company for making these books possible!

*From our family to yours,
The Healthy Living Revolution Team*



CONTENTS

COMPLETE CREATIONS

PAGES 9 - 63



Chocolate Complete recipes have brown page numbers.
Vanilla Complete recipes have cream colored page numbers.

ENERGY BITES

- Strawberry Fields Forever 10
- Chocolate-Covered Banana 10
- Matcha On! 11
- Chocolate Cherry Chia Concoctions 11
- Snow Aloha 12
- Minty Thin Treats 12
- Poppy Seed Lemon Drops 13
- Almond Joy Snowballs 13
- Cinnamon, Spice & Everything Nice 14
- Cold Hot Chocolate 14
- I'm Gonna Pumpkin You Up 15
- Blueberry Bombs 15
- Creamsicles 16
- Orange You Glad You Like Apricots 16
- Cookie Dough 17
- Spice It Up 17
- Chai Ball-ieve in You 18
- R.O.B.S. (Raw Omega Balls) 18
- Peanut Butter and Jelly 19
- Cherry Cheesecake 19
- Chocolate Ginger 19
- Snowballs 20
- Lemon Coconut 20
- Chocolate-Banana-Raspberry 20
- Brain Boosters 21
- Chocolate Macadamia Nut 21
- Cashew Cookie 22
- Chocolate-Covered Cookie 22
- Chocolate Black Bean Truffle 23
- Mocha Energy 23
- Snickerdoodle 24
- Nutty Energy 24
- Mint Chocolate Chip 24
- Cranberry Pistachio 25
- Joyful Almond 25
- Almond Paleo 26
- Peanut Butter 26
- Crispy Chocolate 26
- Lemon Coconut Drizzle 27
- Nut Butter 27
- Decadent Chocolate Peanut Butter Banana 27
- Pumpkin Pie Chocolate Spice 28
- Pumpkin Spice 28
- More than a Smoothie 28
- Basic Energy 29
- Pink Lemonade 29
- Buckeye Balls 29
- Chocolate Cherry 29
- Double Chocolate Goodness 31
- Green Wake-Up Monster 32
- The Brain Buster 32
- All Is Good For You 32
- Chocolate Banana 32
- Blue Belly 32
- Creamy Mango Orange Julius 33
- Creamy Coconut 33
- Blueberry Blast 33
- Chocolate Cherry Delight 33
- Apple Pumpkin 34
- Merry Berry 34
- Smoothie Plus+ 34
- Razzle Dazzle 34
- Bump It Up A Notch 35
- Lean Green Power 35
- Double Chocolate Nut 35
- Grasshopper 35
- Brilliant Red Goodness 36
- Healthy Green 36
- Chocolate Covered Cherries 36
- Mocha Frappuccino 36
- Carrot Cake 37
- Choconut Tahini Dateanana 37
- Chocolate Mint 37
- Chocolate Almond Joy 37
- Cherry Bomb 38
- Chai Tea 38
- Chocolate Peanut Butter Cup 38

SMOOTHIES

- No Egg Nog 31
- Banana Pineapple 31
- Peppermint Mocha 31

CONTENTS **COMPLETE CREATIONS** *continued*

Dutch Chocolate 38
Lemon Meringue Pie 39
Key Lime Pie 39
Orange Julius 39
Hot Chocolate 39
Nutty Chocolate Banana 39
Apple Cinnamon Fall Harvest 40
Apple Pie A La Mode 40
Gingerbread Cookie 40
Chaca Mint 40
Iced Coffee Delight 40
Pumpkin Pie 41
Banana Bread 41
Heavenly Iced Mocha 41
Apple Pecan Cobbler 41
Health Nut 41
Strawberry Julius 42
Purple Passion 42
Blueberry Dream 42
Black Forest Dream 42
Mint Chocolate with Nuts 42
Green Garden 43
Tropical Vanilla Delight 43
Mocha Blast 43
Whole Body Nourisher 43
Chocolate Cherrylicious 43
Creamy & Dreamy 44
The Hulk 44
PB Jam 44
Popeye's Special 44
Nutty Cinnamon Chocolate 44
Chocolate Almond Bliss 44
Breakfast of Champions 45
Rehydrate Naturally 45
Peppermint Chocolate 45

Mocha Chocolate Monkey 45
Cocomint 45
Refreshing Honeydew 46
Holiday Spice 46
Dark Chocolate Almond 46
Choco-Berry 46
Green Citrus 47
Undercover Veggies 47
Blueberry Lemonade 47
Green Power Machine 47
Chocolate Hazelnut 47
Vanilla Fruit Explosion 48
Vanilla Mocha Peanut 48
Pineapple Paradise 48
Coconut Breeze 48
Chocolate Mocha Mint 48
Cinnamonkey 49
Keep It Simple 49
Green Mango Delight 49
Fruit Cup 49
Mocha Mania 49
Lassi 50
Pineapple-Coco-Cherry 50
Vanilla Mint 50
Peanut Butter & Honey 50
Peach Melba Pancake 50
Gotta Love Green 51
Strawberry Mango Delight 51
Ginger & Garlic 51
Super Healthy Lime Green
Drink 51
Spinach-Blueberry-Pear 52
Kombucha Blast 52
Mango-Spinach 52
Chai Fire 52

SNACKS

Blue Waves Smoothie Bowl 54
Açaí Smoothie Bowl 54
Banana Brownies 55
Rice Crispy Treats 55
Chocolate Complete Pudding 56
Complete Brownie Batter 56
People "Puppy Chow" 56
Chocolate Peanut Butter
Fudge 57
Cookie Dough 57
Chocolate Fudge 57
Chocolate Crispy Bars 58
Hot Chocolate 58
Fudgesicles 58
No Bake Crispy Cookies 58
Mango Berry Bowl 59
Super Power Bars 59
Power Bars 59
Dreamcicles 59
Protein Bars 60
Banana Chips 60
No-Bake Cookies 60
Pancakes 61
Mug Cake 61
Chocolate Nice-Cream 62
Overnight Oats 62
No-Bake Peanut Butter Banana
Cookies 62
Chocolate Raisin Cookies 62
"Raw" Wheatgerm Bars 63
Frozen Chocolate Monkey 63



CONTENTS

TOWER GARDEN TO TABLE

PAGES 64 - 82

Tower Garden 65

What Can I Grow? 66

BEVERAGES

Fresh Peppermint Tea 67

Lime-Basil Lemonade 67

SALADS

Asparagus, Snap Pea, and Radish Salad 68

Mixed Greens Salad 69

Green Bean and Cucumber Salad 81

SOUPS & SAUCES

Red Pepper Salsa 70

Roasted Cherry Tomato Gazpacho 73

Simple Roasted Tomato Sauce 74

Vegetable Soup 76

Veggie Ceviche 77

Nut-Free Pesto 80

SNACKS

Kale Chips 79

ENTREES

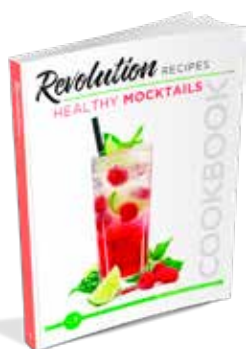
Build-It-Yourself Veggie "Boat" 71

Crockpot Rainbow Ratatouille 74

Stuffed Swiss Chard Rolls 75

Baja Bowl with Mango Salsa 78





CONTENTS

HEALTHY MOCKTAILS

PAGES 83 - 95

RECIPES

- Pomegranate Lime Spritzer 84
- Kiwi Blueberry 84
- Ginger "Mimosa" 85
- Blueberry Mojito 85
- Mermaid Lemonade 86
- Honeydew Basil Nojitos 86
- Mango Mojito 87
- Sparkling Pineapple Strawberry Punch 87
- Blueberry Lime Mojito 88
- Raspberry Pear Sparkler 88
- Watermelon Slusher 89
- Non-Alcoholic Sangria 89
- Blackberry Vanilla 90
- Beet Lemonade 90
- Grilled Pluot Cocktail 91
- Ginger "Beer" 91
- Peach Coconut Mojito 92
- Orange Mocktail 92
- Grilled Pineapple Lime Mocktail 93
- Juicy Julep Mocktail 93
- Pink Grapefruit Mojito 94
- Rose Lemon Spritzer 94
- Plum and Thyme Smash 95
- Mistletoe Mocktail 95





CONTENTS

HEALTHY AND WARM

PAGES 96 - 114



Pressure Cooker recipes have a red icon at the top of the page.
Slow Cooker recipes have a green icon at the top of the page.



PRESSURE COOKER RECIPES

BEVERAGES

- Spiced Apple Cider 97
- Turmeric Coconut Milk 98

BREAKFASTS

- Breakfast Stuffed Sweet Potatoes 100

APPETIZERS / SIDES / SAUCES

- Hummus 102
- Beet Salad 103
- Applesauce 104

SOUPS

- Vegetable Broth 106
- Taco Soup 107

ENTREES

- Chickpea Bolognese Spaghetti Squash 110

DESSERTS

- Indian Coconut Rice Pudding 112
- Baked Apples 113



SLOW COOKER RECIPES

BEVERAGES

- Chai Tea Latte 99

BREAKFASTS

- Overnight Banana Bread Steel Cut Oats 101

APPETIZERS / SIDES / SAUCES

- Applesauce 104
- Veggie-Loaded Marinara Sauce 105

SOUPS

- Vegetable Broth 106
- Taco Soup 107
- Chunky Tomato Soup 108
- Avocado-Lime White Bean Chili 109

ENTREES

- Quinoa Stuffed Bell Peppers 111

DESSERTS

- Gluten-Free Molten Lava Cake 114

PANTRY STAPLES

SEASONINGS

Sea Salt, Black Pepper, Cumin, Curry Powder, Chili Powder, Turmeric

GARLIC

A fresh clove of garlic is at the heart of most flavorful recipes! It's not only tasty but also has many anti-inflammatory and anti-microbial properties. If you're out of fresh garlic, here are some substitutes for 1 clove: ½ tsp. minced garlic, ⅛ tsp. garlic powder, or ½ tsp. garlic flakes.

ONIONS

In addition to health benefits, onions are full of flavor, which is why they're used as the base for many of these recipes. If you're in a hurry or out of onions, you can substitute 1 Tbsp. dried onion flakes or 1 tsp. onion powder in place of a small onion. (Small onion is approx. ⅓ cup chopped and a medium onion is approx. ⅔ cup chopped.) If you use onion powder, add it toward the end of the cooking rather than adding it at the beginning like fresh onions.

GINGER

Ginger is a powerful nutritional herb that supports digestive health in addition to helping reduce pain and inflammation! Fresh ginger root is the best way to add flavor and spice to these dishes; it should be peeled and then grated with a microplane grater. Store fresh ginger root in a tightly wrapped bag in the fridge or freezer. If fresh ginger isn't available, substitute ⅛ tsp. ground ginger.

FRESH HERBS

Fresh herbs have that ability to make a dish go from "blah" to zing! Growing your own on your backyard Tower Garden is the best way to have fresh herbs for cooking. Just cut what you need and eliminate all the herbs wasting away in your fridge. Herbs that grow great on the tower and are commonly used in these recipes include basil, cilantro, parsley, dill, rosemary, and thyme.

BRAGG LIQUID AMINOS / COCONUT AMINOS / TAMARI

Soy sauce is a common staple and a tasty addition to vegetable dishes and salads. Most people don't realize that soy sauce is not gluten-free though. We recommend that you try one of these listed substitutions: Bragg liquid aminos, coconut aminos, or tamari.

FULL-FAT CANNED COCONUT MILK

With its creamy texture and natural sweetness, coconut milk might taste like it should be bad for you, but it's not! It can build up the body's immune system, help with weight loss, increase energy, plus lower cholesterol and blood pressure. It's a base for many Thai dishes and is an excellent dairy substitute. When buying a can of full-fat coconut milk, look for BPA-free and read the label to make sure it's organic with no added sugars.

ORGANIC VEGETABLE BROTH

BALSAMIC / RED WINE VINEGAR

Revolution

RECIPES

COMPLETE CREATIONS



BOOK

ENERGY BITES

DELICIOUS AND HEALTHY NO-BAKE TREATS!

If you're craving a little snack, but want nutrition and real energy, Complete by Juice Plus+® Energy Bites are the perfect choice for you. They may be small, but they pack a mighty punch. You won't be able to eat just one!

They're fun and easy to make! Each recipe is slightly different, but generally, once you've combined the ingredients, scoop the mixture into your clean hands with a spoon and roll into 1-inch balls. Store in the refrigerator or freezer. That's it ... simple and easy! All recipes make approximately 12-15 energy bites, depending on size.



STRAWBERRY FIELDS FOREVER

- 1 cup strawberries
- 1 cup gluten-free oats
- ½ cup sunflower seeds
- 1 serving vanilla Complete
- 2 Tbsp. coconut oil (separated)
- ¼ cup freeze-dried strawberries

1. Place first 4 ingredients in a food processor with 1 Tbsp. of the coconut oil. Mix until it forms a ball. (If the mixture looks dry, add the second tablespoon of coconut oil.) For extra sweetness, add 1-2 Tbsp. honey or maple syrup. (Avoid honey for kids under 1 year of age.)
2. Place the freeze-dried strawberries in a plastic bag and crush to a fine powder.
3. Using 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls. Roll balls in the dried strawberries immediately before serving so as not to become too soft.
4. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

CHOCOLATE-COVERED BANANA

- ½ cup creamy peanut butter
- 1 very ripe banana
- ½ cup dates, pitted
- 1 cup chocolate puffed cereal (gluten-free, sugar-free)
- 1 serving chocolate Complete
- ½ tsp. vanilla
- ¼ tsp. kosher salt
- ¼ cup mini chocolate chips (dairy-free, sugar-free, gluten-free)

1. Combine all ingredients, except the chocolate chips, in a food processor and process until it forms a dough-like consistency. Add in chocolate chips and pulse.
2. Using 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

MATCHA ON!

1 cup almond flour
1½ Tbsp. quinoa flakes
6-8 organic Medjool dates, pitted
A trickle of coconut water (or regular water)
2½ Tbsp. coconut oil
2 tsp. chia seeds
1½ tsp. matcha green tea powder
1 serving vanilla Complete
4 Tbsp. fine desiccated coconut

1. Combine ingredients together in a food processor. Add a trickle of coconut water to the mix and keep blending until moist and cohesive.
2. Using 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls. (Optional: Roll in more matcha if you want more green color.)
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



CHOCOLATE CHERRY CHIA CONCOCTIONS

1 cup oats
⅓ cup chia seeds
⅓ cup unsweetened coconut, shredded
½ cup almond butter
1 serving chocolate Complete
½ cup dried cherries (or cranberries, or goji berries), no sugar added
⅓ cup honey
(or 2 cups Medjool dates, pitted)
1 tsp. vanilla extract
⅓ cup vegan chocolate chips
½ tsp. cinnamon (optional)
½ tsp. sea salt (optional)

1. Combine all ingredients in a mixing bowl and stir together with your hands until combined.
2. Using 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

SNOW ALOHA

1 cup unsweetened coconut (divided)
¾ cup macadamia nuts, coarsely chopped
½ cup pineapple, dried
2-4 Tbsp. water
1 serving vanilla Complete
2 tsp. vanilla
2 Tbsp. honey
Pinch sea salt

1. Combine ¾ cup of the coconut and macadamia nuts into a medium bowl and set aside.
2. Combine dried pineapple and water into a small microwave-safe bowl and heat for 20 seconds. Remove and allow to cool. Add to a food processor and pulse into a paste.
3. Add paste to the coconut and macadamia nuts along with the Complete, vanilla, salt, and honey. Mix until a ball forms.
4. Using 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls. Dip the top into remaining ¼ cup of coconut. Place in the refrigerator for a few minutes to set.
5. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



MINTY THIN TREATS

1 cup (12-13) dates, pitted
½ cup gluten-free chocolate crispy rice cereal, split
¼ cup raw cashews
1 Tbsp. vegan mini chocolate chips
⅛ tsp. peppermint extract
1 serving chocolate Complete
¼ tsp. sea salt
1 tsp. water

1. In a food processor, mix dates, ¼ cup crispy rice cereal, Complete, cashews, chocolate chips, peppermint extract, and water. Process until combined into a large ball of dough. Gently stir in remaining rice cereal until broken up, but not completely crushed into flour.
2. Using 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

POPPY SEED LEMON DROPS

1¼ cups raw cashews
¼ cup cashew butter
¼ cup maple syrup
Juice from 1 small lemon
1 tsp. lemon zest
1½ tsp. poppy seeds
1 serving vanilla Complete

1. Process cashews in a food processor until powdered, or chunky if preferred. Add the rest of the ingredients and mix well until a dough forms.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



ALMOND JOY SNOWBALLS

1 cup Medjool dates, pitted
1 cup raw almonds
(or ½ cup almond butter)
1 serving chocolate Complete
¼ cup unsweetened coconut, shredded
Pinch of sea salt
1 tsp. almond extract (or vanilla extract)

1. Add all of the ingredients to a food processor and blend until the nuts are well chopped and a thick "dough" starts to form, about 3-5 minutes. If the dough isn't coming together, try adding a teaspoon of water or almond milk at a time (up to two tablespoons).
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls. Roll in coconut (optional.)
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

CINNAMON, SPICE & EVERYTHING NICE

- 1 Tbsp. cinnamon
- 1 serving vanilla Complete
- ¼ cup honey
- ½ cup almond meal
- ¼ cup cashew butter
- ¾ cup rice cereal (gluten-free, sugar-free)
- 1 tsp. vanilla extract

1. Mix all ingredients in a food processor until a dough forms.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



COLD HOT CHOCOLATE

- 7 dates, pitted
- 1 serving chocolate Complete
- ½ cup almond flour or almond meal
- 3 Tbsp. hemp seeds
- 1 tsp. vanilla extract

1. Process dates in a food processor until gooey.
2. Add in remaining ingredients and process until sticky.
3. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
4. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

I'M GONNA PUMPKIN YOU UP

- ½ cup canned pumpkin
- 5 Medjool dates, pitted
- ½ cup gluten-free oats
- ¼ cup flaxseed
- 1 serving vanilla Complete
- ¾ cup raw pecans (or ⅓ cup almond or cashew butter)
- 2 Tbsp. pumpkin pie spice
- 1 tsp. maple syrup

1. Place all ingredients in a food processor and pulse until ingredients are combined and sticky.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls. If it gets too sticky, dip your fingers in lukewarm water.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



BLUEBERRY BOMBS

- ½ cup raw cashews
- ½ cup gluten-free quick-cooking oats
- ¾ cup dried blueberries
- ¼ cup Medjool dates, pitted
- 1 Tbsp. cacao powder
- ½ tsp. vanilla extract
- Pinch of salt
- 1 serving chocolate Complete

1. In a food processor, combine cashews, oats, blueberries, dates, cacao powder, vanilla, and salt until mixture is sticky.
2. Transfer to a bowl and refrigerate for 30 minutes.
3. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
4. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

CREAMSICLES

1 cup dry gluten-free oats
½ cup sunflower butter
1-2 Tbsp. honey (optional)
2 Tbsp. coconut flakes
1 Tbsp. orange juice
1 serving vanilla Complete
Zest of 1 orange

1. Place all ingredients into a large bowl and mix thoroughly.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls and place in the refrigerator to harden.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



ORANGE YOU GLAD YOU LIKE APRICOTS

1 cup apricots, dried and unsweetened
1 cup almond meal or almond flour
1 serving chocolate Complete
Zest of 1 orange

1. Soak the apricots in hot water for 15 minutes to help soften and make them easier to process. Drain the water.
2. Once softened, put all ingredients into a food processor until it comes together.
3. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

COOKIE DOUGH

1 serving vanilla Complete
1½ cup cashews
¾ cup gluten-free oats
5 Tbsp. raw unfiltered honey
⅓ cup vegan mini chocolate chips
½ cup almond meal

1. Blend cashews and oats in a food processor to a flour consistency.
2. Pour into a bowl and stir in Complete and almond meal.
3. Add raw honey and fold in chocolate chips.
4. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls. Roll balls in almond meal if desired.
5. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



SPICE IT UP

16 dates, pitted
1 tsp. cinnamon
¼ tsp. cayenne pepper
(use more or less to taste)
1 serving chocolate Complete
½ cup walnut pieces, finely chopped
2 Tbsp. chia seeds
2 Tbsp. cacao nibs
¼ cup cocoa powder

1. In a food processor, process dates into a paste.
2. In a bowl, mix cinnamon, cayenne pepper, chia seeds, walnuts, cacao nibs, and Complete.
3. Using wet hands, work the dates into the dry mixture.
4. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
5. Dump ¼ cup cocoa powder into a Ziploc bag. Drop balls into the bag and shake.
6. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

CHAI BALL-IEVE IN YOU

- 1 tsp. cinnamon
- ½ tsp. cardamom
- ¼ tsp. ginger
- ⅛ tsp. allspice
- ⅛ ground cloves
- ⅛ tsp. nutmeg
- 1¼ cups gluten-free rolled oats
- 1 Tbsp. espresso powder (optional)
- 1 Tbsp. chia seeds
- 1 serving vanilla Complete
- ½ cup almond butter
- ⅓ cup honey
- ½ tsp. vanilla extract
- 3 Tbsp. cacao nibs

1. In a bowl, combine all ingredients and mix with your hands. Place bowl in the refrigerator for about 15 minutes.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



R.O.B.S. (RAW OMEGA BALLS)

- 1 cup pitted Medjool dates, pitted
- ½ cup raw walnuts
- 2 Tbsp. whole chia seeds
- 2 Tbsp. unsweetened coconut flakes
- 1 serving chocolate Complete
- 1 tsp. Cinnamon
- Water (amount will depend on dryness of dates)

1. Place all ingredients in a food processor and pulse until combined and sticky. Add 1 Tbsp. of water at a time if needed for correct consistency.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

PEANUT BUTTER AND JELLY

- 1 cup gluten-free oats
- 1 serving vanilla Complete
- ½ cup peanut butter or other nut butter
- ½ cup dried cherries, strawberries, or cranberries (no sugar added)
- 12 oz. Medjool dates, pitted
- 1 Tbsp. coconut oil
- ¼ cup peanuts (or other nut)

1. Mix all ingredients in a food processor.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

CHERRY CHEESECAKE

- 2 Tbsp. coconut oil
- ⅓ cup dried cherries
- ½ cup gluten-free old-fashioned oats
- 1 serving vanilla Complete

1. Blend all ingredients together until the cherries color the entire mix.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



CHOCOLATE GINGER

- 1 cup raw almonds
- 6 Medjool dates, pitted
- 1 serving chocolate Complete
- 2 tsp. vanilla extract
- ½ of a heaping tsp. cinnamon
- ¼ tsp. ginger
- ⅛ tsp. nutmeg
- 1 Tbsp. crystallized ginger, finely chopped
- 1 Tbsp. water (if needed)

1. Place almonds in food processor and process until fine. Some small chunks are okay for texture.
2. Add dates and process until the mixture forms a sticky dough. Add water if necessary. Add Complete, vanilla, cinnamon, ginger, and nutmeg; process again until combined. Add crystallized ginger and process until combined.
3. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
4. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

SNOWBALLS

2 cups shredded unsweetened coconut
¼ cup coconut oil, melted and cooled
1 serving vanilla Complete
¼ cup full-fat coconut milk

1. Place coconut, oil, Complete, and coconut milk in a food processor. Blend until mixture starts to come together.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between wet hands to form 1-inch balls.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

LEMON COCONUT

1 serving vanilla Complete
1⅓ cup gluten-free old-fashioned oats
1 cup Medjool dates, pitted
Juice from one large lemon
1 tsp. pure vanilla extract
1 tsp. pure lemon extract
Unsweetened shredded coconut

1. Blend all ingredients (except coconut) in a food processor until well combined.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls, then roll in coconut.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



CHOCOLATE-BANANA-RASPBERRY

1 cup gluten-free rolled oats
1 cup cashews
1 serving chocolate Complete
6 dates, pitted
1 small ripe banana
½ cup freeze-dried raspberries, crushed into a powder

1. Place oats, cashews, Complete, and dates into a food processor and blend until thoroughly mixed.
2. Add banana, and blend until a thick, slightly sticky dough forms.
3. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
4. Place raspberry powder in a zip-lock bag. Drop the balls into the baggy one at a time and shake to cover.
5. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

BRAIN BOOSTERS

- ½ cup almonds
- ½ cup walnuts
- ¼ cup sunflower seeds
- 1 Tbsp. chia seeds
- ¼ cup spinach, loosely packed
- ¼ tsp. spirulina powder
- ⅛ tsp. cinnamon
- ½ small banana, chopped
- ¼ cup dried blueberries
- 4 Medjool dates, pitted
- 1 Tbsp. cacao nibs
- 1 serving vanilla Complete

1. In a food processor, pulse almonds, walnuts, sunflower seeds, chia seeds, spinach, spirulina, and cinnamon. Do not over mix as the nuts will release fats and mixture will become oily.
2. Add banana, blueberries, and dates. Process until a dough is formed.
3. Add cacao nibs and pulse until thoroughly mixed.
4. Using about 1 heaping Tbsp. of the mixture at a time, roll between wet hands to form 1-inch balls.
5. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



CHOCOLATE MACADAMIA NUT

- 1 cup cashew butter
- 1 cup gluten-free oats
- 1 serving chocolate Complete
- ½ cup macadamia nuts, chopped
- ½ cup raw cocoa butter, chopped

1. In a large bowl, combine all of the ingredients and mix thoroughly.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls..
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

CASHEW COOKIE

1⅓ cup cashews
⅔ cup gluten-free old-fashioned oats
5 Tbsp. raw unfiltered honey
1 serving vanilla Complete
⅓ cup dairy-free mini-chocolate chips

1. Blend cashews and oats in a food processor to a flour consistency. Stir in Complete and honey.
2. Fold in chocolate chips.
3. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
4. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



CHOCOLATE-COVERED COOKIE

3 cups dairy-free, semi-sweet chocolate chips
1 cup organic nut butter
1 cup chocolate Complete
1 cup gluten-free old-fashioned oats
½ cup honey

1. Melt chocolate chips over medium heat in a double boiler.
2. In a separate bowl, mix together remaining ingredients until well combined.
3. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
4. Dip in the melted chocolate and put on a baking sheet lined with wax paper.
5. Refrigerate for 20 minutes to allow chocolate to harden. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

CHOCOLATE BLACK BEAN TRUFFLE

1 can black beans, rinsed and dried

1½ Tbsp. coconut oil

2 Tbsp. pure maple syrup

2 servings vanilla Complete

4-5 Tbsp. 100% cocoa powder

1. Combine black beans, coconut oil, and maple syrup in a food processor until smooth.
2. Add Complete and cocoa powder. Blend until dough forms. Refrigerate for 20+ minutes.
3. Using about 1 heaping Tbsp. of the mixture at a time, roll between hands to form 1-inch balls. Optional: Dip in melted dark chocolate or roll in coconut.
5. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



MOCHA ENERGY

1 cup dates, pitted

1 cup cashews

½ cup almonds

¼ cup coffee beans, ground

1 serving chocolate Complete

1 Tbsp. coconut oil (to desired texture)

1. Blend nuts in food processor until fine.
2. Add dates, ground coffee, Complete, and coconut oil, then blend again.
3. Using about 1 heaping Tbsp. of the mixture at a time, roll between hands to form 1-inch balls.
4. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

SNICKERDOODLE

1 serving vanilla Complete
2 tsp. cinnamon
1 cup gluten-free old fashioned oats
¼ cup pure maple syrup
2 Tbsp. creamy nut butter
½ tsp. vanilla extract
2 Tbsp. coconut sugar
½ tsp. cinnamon

1. Combine the Complete, cinnamon, and oats in a large bowl. Add in maple syrup, nut butter, and vanilla. Mix well. Mixture will be thick. Add a few tablespoons of water, a little at a time, until the batter comes together.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between hands to form 1-inch balls.
3. In a separate bowl, mix together the coconut sugar and cinnamon. Gently roll balls in the snickerdoodle sugar.
4. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



NUTTY ENERGY

1 serving chocolate Complete
1 cup peanut butter or cashew butter
½ cup pumpkin seeds, chopped
¼ cup walnuts or almonds, chopped
¼ cup brown rice syrup
¼ cup dairy-free mini chocolate chips
Unsweetened shredded coconut (optional)

1. Mix all ingredients together in a bowl.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between hands to form 1-inch balls. (Roll in coconut.)
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

MINT CHOCOLATE CHIP

2 servings chocolate Complete
2 cups gluten-free rolled oats
3 Tbsp. cocoa powder
⅓ cup peanut or other nut butter
⅓ cup honey
2½ Tbsp. water
¼ tsp. peppermint extract (more to taste)
½ cup dairy-free mini chocolate chips
2 Tbsp. melted coconut oil

1. Mix all ingredients together in a bowl.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between hands to form 1-inch balls
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

CRANBERRY PISTACHIO

- 1 serving vanilla Complete
- 1 cup dried cranberries
- 1 cup dates
- ½ cup honey
- ½ cup gluten-free old fashioned oats
- Pinch of salt
- ⅓ cup vegan mini chocolate chips
- 1 Tbsp. chia seeds
- 1 Tbsp. ground flaxseeds
- 1 cup pistachio nuts

1. Combine dates, honey, chia seeds, flax seeds, and salt in a food processor. Pulse until combined and smooth. If mixture is too thick to stir, add another tablespoon or two of honey.
2. Transfer the mixture to a large bowl. Stir in oats, pistachios, dried cranberries, and chocolate chips until evenly combined.
3. Cover and refrigerate for 30 minutes.
4. Line a small baking pan with parchment paper. Using about 1 heaping Tbsp. of the mixture at a time, roll between hands to form 1-inch balls.
5. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



JOYFUL ALMOND

- 2 servings chocolate Complete
- 1 cup Medjool dates, pitted
- 1 cup almonds, salted
- 1 cup almonds, unsalted
- ½ cup unsweetened cocoa powder
- 1 Tbsp. coconut oil
- 1 Tbsp. vanilla extract
- 1 tsp. almond extract
- 2 Tbsp. almond butter
- 1 small banana

1. In a food processor, combine all ingredients (except banana).
2. Add banana and mix until fully combined.
3. Using about 1 heaping Tbsp. of the mixture at a time, roll between hands to form 1-inch balls.
4. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

ALMOND PALEO

10 Medjool dates, pitted
1 banana (not ripe)
½ cup coconut flour
½ cup natural nut butter
1 tsp. pure vanilla extract
1 serving vanilla Complete
¾ cup dried coconut
1 Tbsp. of coconut oil

1. In a food processor, chop dates into big chunks (not paste).
2. Add banana and pulse once or twice to combine. Add coconut flour and pulse once or twice to combine. Add nut butter and vanilla and pulse again. You do not want the mixture to be runny. Finish combining with hands if necessary.
3. Using about 1 heaping Tbsp. of the mixture at a time, roll between hands to form 1-inch balls. Roll balls in shredded coconut.
4. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



PEANUT BUTTER

1 cup chocolate Complete
1 cup gluten-free dry oats
1 cup peanut butter (or other nut butter)
½ cup raw honey
¼ cup ground flaxseed
Non-dairy dark chocolate, melted (optional)

1. Combine all ingredients in a bowl (except melted chocolate) and mix well.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls. (Dip in melted chocolate.)
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

CRISPY CHOCOLATE

½ cup chocolate Complete
½ cup vanilla Complete
3 cups gluten-free rice cereal
⅔ cup raw honey
⅔ cup nut butter

1. Combine all ingredients in a bowl and mix well.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

LEMON COCONUT DRIZZLE

1 serving vanilla Complete
1½ cup gluten-free old fashioned rolled oats
1 cup Medjool dates, pitted
Juice from 1 large lemon
1 tsp. pure vanilla extract
1 tsp. pure lemon extract
Shredded coconut

1. Combine all ingredients (except coconut) in a food processor. (You can also mix in a bowl with finely chopped dates.)
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between hands to form 1-inch balls. Dip in shredded coconut.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

NUT BUTTER

1 cup chocolate or vanilla Complete
1 cup nut butter
½-1 cup oats
½-1 cup maple syrup or brown rice syrup

1. Mix all ingredients together in a bowl to the consistency of cookie dough.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls. (Roll in shredded coconut and/or cocoa.)
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



DECADENT CHOCOLATE PEANUT BUTTER BANANA

1 banana, mashed
1½ cups gluten-free old fashioned oatmeal
2 Tbsp. ground flaxseed
3 servings chocolate Complete
¼ cup natural peanut butter
¼ cup unsweetened shredded coconut
¼ cup coconut oil, melted
¼ cup Craisins
¼ cup water
1 large bar dark chocolate-60% cocoa or higher (or ½ cup dark chocolate chips), melted

1. Mix together all ingredients except the chocolate. Mixture will be a little thick.
2. Line a cookie sheet or cutting board with parchment paper. Using about 1 heaping Tbsp. of the mixture at a time, roll between hands to form 1-inch balls. Dip into melted dark chocolate.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

PUMPKIN PIE CHOCOLATE SPICE

1 serving vanilla Complete
1½ cup gluten-free oatmeal
⅔ cup pumpkin puree
¼ cup chia seeds
¼ cup raw honey
1 Tbsp. vanilla extract
1 tsp. pumpkin pie spice or cinnamon
½ cup vegan mini dark chocolate chips

1. Combine all ingredients (except chocolate chips) and mix well. Add chocolate chips.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

PUMPKIN SPICE

1½ cup gluten-free rolled oats
2½ tsp. pumpkin spice
⅓ cup honey
½ cup pumpkin puree
⅓ cup almond or cashew butter
2 servings of vanilla Complete

1. Blend all ingredients in a food processor until well mixed.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



MORE THAN A SMOOTHIE

¾ cup raw almonds
¾ cup pecans, walnuts (for chocolate version),
or cashews (for vanilla version)
1½ cup dates, pitted
¼ cup flaxseeds, ground
1 serving chocolate or vanilla Complete
1-2 Tbsp. cocoa powder
(for chocolate version)

1. Soak almonds in water and cover for 12 hours. Rinse and drain.
2. Grind flaxseeds in a coffee mill.
3. Process almonds, pecans, walnuts, cashews, and dates in a food processor until well ground. Add flax, Complete, and cocoa powder and incorporate into nut mixture.
4. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls. Use additional Complete on hands if sticky.
5. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

BASIC ENERGY

2 servings vanilla Complete
(or 1 chocolate and 1 vanilla)
½ cup honey
½ cup peanut butter or other nut butter
2 cups gluten-free puffed rice cereal (or 1
cup gluten-free old-fashioned oats)

1. Mix all ingredients together in a bowl.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

PINK LEMONADE

1 serving vanilla Complete
½ cup coconut flour
¼ cup almond butter
¼ cup freeze dried strawberries
(or raspberries), crushed
¼ tsp. lemon extract
¼ cup honey

1. Mix all ingredients together.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls. (If too dry, add more nut butter or honey.)
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



BUCKEYE BALLS

2 cups gluten-free rolled oats
½ cup peanut butter
½ cup honey
2 servings vanilla Complete (or chocolate)
1 cup vegan semi-sweet chocolate chips
1 cup raw nuts, chopped

1. Mix all ingredients together in a bowl.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.
3. Place in the refrigerator for 1 hour or in the freezer before eating. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

CHOCOLATE CHERRY

1 cup raw almonds
2 servings chocolate Complete
½ cup dried cherries
2 cups Medjool dates, pitted
½ tsp. cinnamon
½ tsp. sea salt

1. Add all ingredients to the food processor and blend until well mixed.
2. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls. (If too dry, add more nut butter or honey.)
3. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

SMOOTHIES



HEALTHY "ON-THE-GO" MEAL, PRE-EXERCISE FUEL, POST-WORKOUT RECOVERY DRINK, OR SNACK!

One scoop of Juice Plus+ Complete® protein powder provides 13 grams of water-washed soy and other natural protein and 8 grams of fiber. The protein is easily absorbed which is exactly what you need to repair the muscles worked during physical activity and get the most benefit. Complete is gluten-free, non-dairy, low glycemic and 100% vegan, making it a great choice for everyone, regardless of dietary preference. Complete single-serve packets are easy to carry with you and provide a boost of nutrition from plant-based protein and fiber while on the go.

If you're hoping to get a boost as you arrive at the gym, try drinking a shake about an hour before your workout. The quick intake of amino acids will enhance your workout. Drinking a Complete shake after exercise will give your body the nutrition it needs to repair damage and promote healthy muscle growth.

SMOOTHIE TIPS:

- **Order matters.** Put liquids into the blender first, followed by the produce, and then the dry ingredients to help keep the dry ingredients from sticking to the sides of the blender.
- **Add ice to make your smoothie colder.** If frozen fruits and vegetables are used, ice is not usually needed.
- **Kick it up a notch.** Open up Juice Plus+ Fruit, Berry, Vegetable and Omega capsules and pour the powders and oils into your shakes for a nutritional boost. Add a handful of greens, like kale or spinach, for extra fiber and to help detoxify your body. Add milk thistle to aid in liver detox and give your skin a healthy glow. Don't be shy with your herbs and spices! Add red and purple produce to hide the greens! Use organic and Non-GMO ingredients when possible.
- Blend on low to reduce foam if desired.
- Sip slowly and add a bit of parsley if stomach issues are a problem for you.
- Use a high-power blender for smoother texture.
- Most recipes make 1 serving.
- Be creative and have fun with these recipes!





NO EGG NOG

- 1 cup unsweetened cashew or almond milk
- ½-1 banana
- 1 tsp. honey or 2 dates, pitted
- 1 tsp. cinnamon
- 1 tsp. nutmeg
- 1 tsp. vanilla extract or almond extract
- Pinch sea salt
- 1 serving vanilla Complete
- Nutmeg, freshly ground (optional topping)

BANANA PINEAPPLE

- 1 cup unsweetened coconut milk
- 1 Tbsp. honey (optional)
- 2 cups pineapple chunks
- 1 banana
- 1 serving vanilla Complete

PEPPERMINT MOCHA

- 1 cup unsweetened almond milk
- 1-2 drops peppermint extract
- 1 Tbsp. unrefined coconut oil
- 1 serving chocolate Complete

DOUBLE CHOCOLATE GOODNESS

- 1 cup dark chocolate almond milk
- ½ avocado
- ½ banana
- 1 handful spinach
- 1 Tbsp. ground flaxseed
- 1 serving chocolate Complete





GREEN WAKE-UP MONSTER

1 cup plant milk
Handful baby spinach
1 banana
1 serving vanilla Complete

THE BRAIN BUSTER

1 cup unsweetened vanilla almond milk
¼ cup coconut oil
½ cup blueberries
½ medium banana, sliced
½ avocado
1 serving vanilla Complete

ALL IS GOOD FOR YOU

1 cup unsweetened almond milk
⅓ cup blueberries
⅓ cup strawberries
5 or 6 baby carrots
Large handful spinach
Pineapple (optional)
3 Tbsp. ground flaxseed
1 serving chocolate or vanilla Complete

CHOCOLATE BANANA

1 cup unsweetened almond milk
½ tsp. vanilla extract
1 ripe banana
1 Tbsp. yellow maca powder
1 serving chocolate Complete

BLUE BELLY

½ cup unsweetened cashew milk
Spoonful coconut oil
½ cup blueberries
1 Tbsp. ground flaxseed
1 serving chocolate Complete

CREAMY MANGO ORANGE JULIUS

1 cup unsweetened almond milk
¼-½ cup orange juice
1½ cups mango cubes or tropical
mixed fruit
1 serving vanilla Complete



BLUEBERRY BLAST

½ cup water
(add more for desired consistency)
½ cup plant milk
(add more for desired consistency)
½ cup blueberries
½ banana
1 cup mixed greens (spinach, kale, chard)
1 Tbsp. flaxseeds or chia seeds
1 serving chocolate Complete

CREAMY COCONUT

1 cup coconut milk, unsweetened
1 Tbsp. coconut oil
1-2 Tbsp. almond butter
1 banana
1 Tbsp. chia seeds
1 Tbsp. raw shredded coconut
1 serving vanilla Complete



CHOCOLATE CHERRY DELIGHT

½ cup unsweetened almond milk
½ cup cherries
1 Tbsp. almond butter
1 Tbsp. gluten-free oats
1 serving chocolate Complete



APPLE PUMPKIN

¼ cup gluten-free old fashioned oats
1 cup plant milk
¼ cup pumpkin puree
1 apple, diced
½ banana
Dash pumpkin pie spice (to taste)
1 serving vanilla Complete

MERRY BERRY

1 cup coconut water or purified water
Handful fresh cranberries
Handful fresh raspberries
1 small apple
1 small pear
2 huge handfuls dandelion or other greens
1 serving vanilla Complete

SMOOTHIE PLUS+

1 cup soy or coconut milk
2-3 kale leaves, torn into bite-size pieces
½-1 banana
½ cup mixed berries
1 Tbsp. peanut butter (optional)
2 Tbsp. ground flaxseed
1 serving chocolate Complete

RAZZLE DAZZLE

1 cup plant milk
1 banana
½ cup raspberries (or more to taste)
1 Tbsp. chia seeds
1 serving chocolate Complete



BUMP IT UP A NOTCH

1 cup almond milk or ½ cup each of water and almond milk

½ banana

Handful greens (kale, swiss chard, spinach, basil)

¼ cup pineapple (optional)

1 serving vanilla Complete



DOUBLE CHOCOLATE NUT

1 cup chocolate soy or almond milk

1 Tbsp. nut butter

½ banana

½ tsp. cinnamon

1 serving chocolate Complete

LEAN GREEN POWER

4 cups water

1 kiwi

1 green apple

1 large carrot

1 cup kale

1 banana

1 serving vanilla Complete



GRASSHOPPER

1 cup unsweetened vanilla or chocolate almond milk

¼ cup nut butter

1-2 drops peppermint extract or peppermint essential oil

½ banana

1 serving chocolate Complete

BRILLIANT RED GOODNESS

1 cup cold water (add more if necessary)
1 medium red beet
Handful kale
Handful green beans
½ banana
½ apple
½ cup blueberries
1 Tbsp. ground flaxseed
1 cup chia seeds, gelled
1 serving vanilla Complete



CHOCOLATE COVERED CHERRIES

1 cup plant milk
¾ cup black cherries
½ banana
Handful spinach
1 Tbsp. flaxseed or hemp seed
1 serving chocolate Complete

HEALTHY GREEN

2 cups water
Large handful kale
5-6 strawberries
1 banana
1 Tbsp. brewers yeast
1 tsp. cinnamon
2 Tbsp. ground golden flaxseed
1 tsp. wheat grass
1 serving vanilla Complete



MOCHA FRAPPUCCINO

½ cup almond milk or other plant milk
½ cup decaf coffee
1 serving chocolate Complete

CARROT CAKE

1 cup coconut water
1 carrot, peeled and chopped
1 banana
½ cup pineapple
¼ tsp. ginger
¼ tsp. cinnamon
¼ cup pecans
1 serving vanilla Complete



CHOCOLATE MINT

1 cup plant milk
1 Tbsp. cocoa (optional)
¼ tsp. peppermint extract
Handful fresh mint, peppermint or
chocolate mint (optional)
1 serving chocolate Complete

CHOCONUT TAHINI DATEANANA

1 cup coconut milk
2 Tbsp. tahini
4 dates, pitted
1 banana
1 serving chocolate Complete



CHOCOLATE ALMOND JOY

1 cup almond milk
1-2 Tbsp. almond butter (or 8-10 almonds)
¼ tsp. almond extract
2 Tbsp. unsweetened coconut, shredded
½-1 banana
1 serving chocolate Complete

CHERRY BOMB

½-1 cup plant milk or water
1 cup cherries
½ cup baby carrots
½-1 cup spinach
1-2 kale leaves
1 banana
1 serving vanilla Complete

OPTIONAL INGREDIENTS

2 Tbsp. flaxseed/chia seed blend
⅛ cup gluten-free oatmeal
1-2 Tbsp. almond butter
2 chunks zucchini, approx. 1-inch each



CHOCOLATE PEANUT BUTTER CUP

1 cup almond or cashew milk
1 banana
2-3 Tbsp. peanut butter
1 serving chocolate Complete

CHAI TEA

1 cup coconut or almond milk
½ tsp. cinnamon
½ tsp. ginger
¼ tsp. cardamom
¼ tsp. ground clove
⅛ tsp. Jamaican allspice
¼ tsp. turmeric
Dash black pepper
Dash cayenne (optional)
1 serving vanilla Complete

DUTCH CHOCOLATE

1 cup almond, rice, or coconut milk
1 serving chocolate Complete



LEMON MERINGUE PIE SMOOTHIE

1 cup plant milk
1 lemon, juiced (add zest for extra flavor)
½ cup dairy-free yogurt
1 serving vanilla Complete
Unsweetened coconut flakes
(optional topping)
Almonds, slivered (optional topping)

HOT CHOCOLATE

4 oz. almond or cashew milk
1 serving chocolate Complete
1 Tbsp. vanilla Complete
(optional for extra richness)
6 oz. boiling water

1. Combine first 3 ingredients in a mug. Add boiling water and stir lightly.

KEY LIME PIE SMOOTHIE

1 cup plant milk
1-3 key limes or regular limes, juiced
½ cup mango and/or banana
2 Tbsp. ground flaxseeds
Handful spinach
1 serving vanilla Complete

NUTTY CHOCOLATE BANANA

1 cup almond or cashew milk
Handful kale or spinach
1 scoop PB2 powdered peanut butter
1 Tbsp. chia seeds
1 serving chocolate Complete

ORANGE JULIUS

1 cup unsweetened almond milk
½ cup orange juice
¼ cup pineapple juice
¼ cup dairy-free yogurt
½ banana
¼ tsp. vanilla extract (optional)
1 serving vanilla Complete



APPLE CINNAMON FALL HARVEST

1 cup plant milk
Splash pure vanilla extract
¼ cup raw gluten-free oats
1 small apple, peeled and cored
½ banana
2 tsp. cinnamon (plus extra to top)
⅛ tsp. nutmeg
1 serving vanilla Complete



CHACA MINT

1 cup almond milk
1 stalk celery
½ avocado
1 serving chocolate Complete

APPLE PIE A LA MODE

1 cup plant milk
1 small apple
¾ tsp. cinnamon (or more to taste)
¼ tsp. nutmeg
1 serving vanilla Complete

ICED COFFEE DELIGHT

1 cup of water
2 tsp. decaf coffee, chilled
1-2 Tbsp. dairy-free french vanilla creamer
(or almond milk, or coconut milk)
¼ tsp. cinnamon
½ tsp. chia seeds
1 large strawberry
½ banana
1 cup of ice
1 serving chocolate Complete

GINGERBREAD COOKIE

1 cup almond or other nut milk
½ tsp. molasses or chopped dates
Pinch ground clove
¼ tsp. ginger (or more to taste)
½ tsp. cinnamon
1 serving vanilla Complete





PUMPKIN PIE

1½ cup plant milk
¼ tsp. stevia or honey
¼ tsp. maple syrup
½ banana (optional)
½ can pumpkin puree
½ tsp. cinnamon
½ tsp. nutmeg
½ tsp. ginger
1 serving vanilla Complete
½ cup pecans

1. Combine all ingredients except pecans in a blender and blend to desired consistency. Add pecans and blend more.

BANANA BREAD

1 cup plant milk
1 small banana
⅓ cup walnuts (optional)
¾ tsp. cinnamon (or more to taste)
1 serving vanilla Complete

HEAVENLY ICED MOCHA

4 oz. unsweetened almond milk
4 oz. decaf coffee, chilled
1 banana
½ cup fresh greens
1 serving chocolate Complete

APPLE PECAN COBBLER

1 cup almond or other plant milk
2 tsp. vanilla extract
5 oz. dairy-free yogurt
1 apple
1 tsp. chia seed
¾ tsp. cinnamon
¼ cup pecans
1 serving vanilla Complete

HEALTH NUT

1 cup almond milk or other plant milk
1 banana
1 Tbsp. peanut butter
1 serving vanilla Complete

STRAWBERRY JULIUS

1 cup orange juice
1 cup strawberries
Handful spinach
1 serving vanilla Complete



BLACK FOREST DREAM

PURPLE PASSION

1 cup coconut water
2 cups kale leaves
½ banana
1 cup blueberries
1 tsp. chia seeds
1-2 tsp. cinnamon
1 serving vanilla Complete

1 cup almond milk
2 Tbsp. plain or vanilla dairy-free yogurt
Honey (optional)
½ cup cherries
½ banana
Handful spinach or kale
2 Tbsp. hemp hearts or chia seeds
Dash cinnamon
1 serving chocolate Complete

BLUEBERRY DREAM

1 cup almond milk, coconut milk or water
½ cup blueberries
1 serving vanilla Complete



MINT CHOCOLATE WITH NUTS

1 cup coconut milk
1 drop peppermint essential oil
½ cup pecans, walnuts or almonds
2 Tbsp. cacao nibs
1 serving chocolate Complete



GREEN GARDEN

1 cup unsweetened almond or coconut milk
½ cup water
1 cucumber piece, approximately 2 inches
2-3 kale leaves
1½ cup spinach
1 cup pineapple
2 Tbsp. ground flaxseed
1-2 dates, pitted (optional)
1 serving vanilla Complete

TROPICAL VANILLA DELIGHT

½ cup coconut milk
½ cup water
½ banana
¼ cup pineapple
¼ cup mango
¼ cup strawberries
¼ tsp. cinnamon
1 serving vanilla Complete

MOCHA BLAST

1 cup almond or coconut milk
¼ cup decaf espresso
¼ cup rice bran
1 Tbsp. cacao powder
1 Tbsp. maca powder
1 serving chocolate Complete

WHOLE BODY NOURISHER

3 cups water
2 Tbsp. coconut oil or flaxseed oil
2 Tbsp. dairy-free kefir or dairy-free yogurt
1 cup raspberries
1 banana
2 servings chocolate Complete

CHOCOLATE CHERRYLICIOUS

1 cup unsweetened almond milk
1 banana, sliced
½-1 cup cherries
1 serving chocolate Complete





CREAMY & DREAMY

½ cup almond or cashew milk
½ avocado
1 cup spinach
½ banana
1 serving vanilla Complete

THE HULK

1 cup almond or cashew milk
2-3 kale leaves
1 banana
1 mango
¼ cup ground flaxseed
1 serving vanilla Complete

PB JAM

½ cup almond milk
½ cup green tea, chilled
1 banana
2 heaping Tbsp. nut butter
2 tsp. ground flaxseed
1 serving vanilla Complete

POPEYE'S SPECIAL

1 cup almond or coconut milk
1 Tbsp. peanut butter
Handful spinach
½ cup blueberries or mixed berries
1 serving chocolate Complete

NUTTY CINNAMON CHOCOLATE

1 cup water
1 Tbsp. honey
¼ cup pecans
½ tsp. cinnamon
1 serving chocolate Complete

CHOCOLATE ALMOND BLISS

½ cup unsweetened almond milk
2 drops almond extract
½ cup water
1 banana
½ cup cherries
1 serving chocolate Complete





BREAKFAST OF CHAMPIONS

¼ cup vanilla coconut milk
1 cup decaf coffee, cooled
Splash vanilla (optional)
Dash cinnamon (optional)
1 serving vanilla Complete

REHYDRATE NATURALLY

1 cup coconut water
10 drops milk thistle
1 Tbsp. raw honey (optional)
2 cups kale, lightly packed
1 cup spinach, lightly packed
½ cup pineapple
½ cup berries of choice
1 banana
1 serving vanilla Complete



PEPPERMINT CHOCOLATE

1 cup dark chocolate almond milk
1-2 drops peppermint essential oil or
handful fresh peppermint
Spinach or kale (optional)
1 serving chocolate Complete

MOCHA CHOCOLATE MONKEY

1 cup decaf coffee
½ cup almond milk
1 banana
1 serving chocolate Complete

COCOMINT

¼ cup coconut cream
¼ cup almond milk
½ cup water
Splash peppermint extract or handful
fresh peppermint
½ banana
1 serving chocolate Complete



DARK CHOCOLATE ALMOND

1 cup dark chocolate almond milk
2 Tbsp. almond butter
1 cup spinach or kale
1 serving chocolate Complete

REFRESHING HONEYDEW

1 cup coconut water
½-1 lime, juiced
½ small honeydew melon, cut into chunks
Handful swiss chard or other greens
4-5 mint leaves (pinch to release oils)
Dash turmeric
1 serving vanilla Complete

CHOCO-BERRY

1 cup unsweetened almond milk
1 cup blueberries
1 Tbsp. almond butter
Handful spinach or kale
1 serving chocolate Complete

HOLIDAY SPICE

1 cup almond or coconut milk
1 banana
Dash cinnamon
Dash cayenne pepper
Dash nutmeg
Dash clove
Dash allspice
1 serving vanilla Complete





GREEN CITRUS

1 cup coconut water or almond milk
1 orange
½ banana
½ cup mango
1 slice fresh ginger
1 cup kale
1 Tbsp. chia or flax seed
1 serving vanilla Complete

UNDERCOVER VEGGIES

2 cups almond milk
2-3 kale leaves
1-2 celery stalks
1-2 carrots
¼ cup blueberries
¼ cup strawberries
2 servings vanilla Complete

BLUEBERRY LEMONADE

1 cup coconut water
½ cup blueberries
½ lemon, juiced
½ banana
Handful spinach or kale
1 serving vanilla Complete

GREEN POWER MACHINE

1 cup coconut water or plain water
½ pear
½ orange
½ cup pineapple
½ cucumber
3 stalks celery
1 cup spinach
Handful cilantro
1 serving vanilla Complete

CHOCOLATE HAZELNUT

1 cup almond or coconut milk
½ banana
½ avocado
2 Tbsp. dairy-free chocolate hazelnut spread
1 Tbsp. honey
1 serving vanilla or chocolate Complete

VANILLA FRUIT EXPLOSION

1 cup almond or coconut milk
½ apple
4 strawberries
4 raspberries
4 blackberries
15 grapes
15 blueberries
½ banana
1 Tbsp. chia seeds
1 serving vanilla Complete

COCONUT BREEZE

1 cup almond or coconut milk
Handful baby spinach
½ cup blueberries
½ banana
2 Tbsp. coconut butter
½ tsp. cinnamon
2 Tbsp. hemp seed (optional)
1 serving vanilla Complete

VANILLA MOCHA PEANUT

½ cup almond or coconut milk
1 heaping Tbsp. peanut butter
½ cup dairy-free vanilla yogurt
1 Tbsp. honey
½ tsp. ground flaxseed
¼ tsp. cinnamon
1 serving vanilla Complete

CHOCOLATE MOCHA MINT

½ cup almond or coconut milk
½ cup decaf coffee
1 banana
2 Tbsp. honey (optional)
1 tsp. fresh mint, chopped
1 serving vanilla or chocolate Complete

PINEAPPLE PARADISE

1 cup unsweetened pineapple juice
½ cup crushed pineapple
½ cup peaches
1 Tbsp. honey
1 serving vanilla Complete



CINNAMONKEY

1 cup almond milk
¼ cup plain dairy-free yogurt
1 medium banana
Handful spinach or kale
1 Tbsp. ground flaxseed
2 Tbsp. whole gluten-free oatmeal, dried
Dash cinnamon
1 serving vanilla Complete



FRUIT CUP

1 cup almond milk
2 Tbsp. honey
1 cup strawberries
1 banana
¼ cup almonds, slivered
1 Tbsp. ground flaxseed
1 serving vanilla Complete

KEEP IT SIMPLE

1 cup almond or coconut milk
Cinnamon to taste
1 serving vanilla Complete

GREEN MANGO DELIGHT

1 cup almond or coconut milk
½ cup kale
½ cup spinach
1 carrot, cut in pieces
1 small apple, cut in pieces
½ cup mango
1 serving vanilla Complete

MOCHA MANIA

½ cup coconut milk
½ cup decaf coffee
1 Tbsp. coconut oil
3 Tbsp. unsweetened flaked coconut
½ banana
½ avocado
Handful spinach
Dash cinnamon
Sprinkle chia seeds
Sprinkle flax seeds
1 serving vanilla Complete

LASSI

1 cup almond or coconut milk
1 mango
1 banana
Dash cardamom (more to taste)
1 serving vanilla Complete

PEANUT BUTTER & HONEY

1 cup unsweetened almond milk
1 Tbsp. peanut butter
1 Tbsp. honey
½ tsp. ground flaxseed
¼ tsp. cinnamon
1 serving vanilla Complete

PINEAPPLE-COCO-CHERRY

1 cup almond or coconut milk
½-1 tsp. vanilla or coconut extract
½ cup pineapple
½ cup berries
¼ cup unsweetened coconut
1 cup spinach
1 Tbsp. ground flaxseed
1 serving vanilla Complete

PEACH MELBA PANCAKE

1 cup almond milk
2 splashes vanilla extract
2 drops maple flavoring
1 banana
2 cups peaches
Dash nutmeg
Dash cinnamon
1 serving vanilla Complete

VANILLA MINT

1 cup unsweetened vanilla almond milk
½ banana
Handful fresh chocolate mint or 3 drops
mint extract and 1 tsp. cacao nibs
Handful greens
1 serving vanilla Complete





GOTTA LOVE GREEN

- 1 cup almond milk
- 2-3 large kale leaves, stem removed
- ½ large cucumber
- 1-inch piece ginger, peeled and cubed
- 1 stalk celery
- ½ lemon, seeded (including peel)
- ½-1 Granny Smith apple, seeded
- ¼ cup cranberries
- ½ banana
- Handfull parsley
- 2 Tbsp. ground golden flaxseed
- 1 serving vanilla Complete

STRAWBERRY MANGO DELIGHT

- ½ cup almond milk
- ½ cup coconut milk or coconut water
- ½ cup strawberries, sliced
- ½ cup mango
- 2 Tbsp. ground golden flaxseeds
- 1 fresh mint leaf
- 1 serving vanilla Complete

GINGER & GARLIC

- 2½ cups water
- ½ cup ground flaxseed
- 2 tsp. green tea
- 2 tsp. nutritional yeast
- 2 tsp. milk thistle seeds
- 2 tsp. stevia leaf, dried
- ½ tsp. turmeric
- 1 clove garlic
- 2 Tbsp. fresh ginger, chopped
- 3 spears pineapple
- Large handful spinach
- 4 or more kale leaves
- ½ banana
- 1 cup blueberries
- 1 cup mixed berries
- 2 servings vanilla Complete

Serves 2.

SUPER HEALTHY LIME GREEN DRINK

- 1 cup coconut water
- 1 Persian cucumber
- Handful kale or spinach
- ½ lime, peeled (more to taste)
- ½ cup pineapple
- 2 Tbsp. green tea leaves
- 1 Tbsp. brewers yeast
- 2 Tbsp. ground flaxseed
- Unsweetened coconut flakes (optional)
- 1 serving vanilla Complete



MANGO-SPINACH

1 cup almond milk
Handful spinach
1 cup mango
1 serving vanilla Complete

SPINACH-BLUEBERRY-PEAR

1 cup almond milk, coconut milk, or water
1 handful spinach or kale
1 pear, cored
1 cup blueberries
½ banana
1 Tbsp. chia seeds
1 serving vanilla Complete

CHAI FIRE

1 cup herbal chai tea (or green tea)
¼ tsp. cinnamon (or more to taste)
¼ tsp. ginger
⅛ tsp. ground clove
⅛ tsp. coriander
⅛ tsp. allspice
¼ tsp. turmeric
¼ tsp. anise (optional)
¼ tsp. cardamom (optional)
Dash black pepper
Dash cayenne
1 small lemon, juiced
1 serving vanilla Complete

KOMBUCHA BLAST

1½ cups plain kombucha
¼ cup dairy-free kefir, plain
Handful raspberries
Handful blueberries or strawberries
Handful spinach
2 Tbsp. ground flaxseed
1 serving vanilla Complete



SNACKS

HEALTHIER, GUILT-FREE VERSIONS OF TRADITIONAL DESSERTS

We wanted to include some fantastic recipes for snacks and desserts that you can make using the Juice Plus+ Complete! They're a fun way to maintain your healthy lifestyle and treat yourself and your family. Plus, what a great way to sneak 15 plants into your kids while they think it's just a treat! However, we want you to be very honest with yourself...they are still indulgences! For best results with cleansing your body and healing your gut, you'll want to avoid these during the Shred10. Some of these recipes have coconut oil (which is an isolated fat), dairy-free chocolate chips (which have added sugars), and sweeteners such as maple syrup, honey, or coconut sugar. While they're healthier versions, we recommend that you enjoy these recipes in moderation!





BLUE WAVES SMOOTHIE BOWL

1 cup unsweetened almond milk
2 bananas
Handful blackberries
Handful blueberries
¼ cup pineapple
2 tsp. blue spirulina
Handful spinach
1 serving vanilla Complete

1. Blend together all ingredients until smooth and thick like pudding. Add more almond milk as desired.
2. Pour into a bowl and top with your favorite toppings (shredded coconut, sliced bananas, chopped apples, dairy-free chocolate chips, fresh berries, nuts, hemp seeds, chia seeds, gluten-free granola, etc.)

AÇAÍ SMOOTHIE BOWL

SMOOTHIE BOWL

1 banana
1 Açaí "frozen fruit smoothie packet"
1 serving vanilla Complete
¼-½ cup plant milk or water

OPTIONAL TOPPINGS

Granola
Fresh fruit and berries
Coconut
Chia seeds
Goji berries
Nuts
Drizzle of honey
Sprinkle of cinnamon

1. Let Açaí packet thaw for about 5 minutes or run under warm water for 30 seconds.
2. Blend all ingredients together in a high powered blender until thick. Scoop into bowl and add desired toppings.





BANANA BROWNIES

2 cups bananas (about 6 medium, over ripe bananas), mashed

1 cup smooth cashew butter (or sunflower, almond, or peanut butter)

½ cup chocolate Complete

¼ cup cocoa powder

1. Preheat oven to 350° F.
2. Spray a 8x8 baking dish and set aside.
3. Using a hand mixer (or by hand), mash the bananas with the peanut butter until fully combined. Stir in Complete and cocoa powder with a spatula.
4. Pour into a greased pan and bake for about 20-25 minutes. Brownies will be very moist.
5. Cool to room temperature, cut and enjoy!

Makes approximately 12-16 servings.

RICE CRISPY TREATS

2 servings vanilla Complete

6 cups rice cereal (gluten-free with no added sugar)

1 cup raw honey

1 cup creamy peanut butter

1 tsp. vanilla extract

1 bag dairy-free dark chocolate chips

1. If using chocolate, preheat oven to 350° F.
2. Mix cereal and Complete in a large bowl and set aside.
3. In a pot, heat honey until boiling. Add peanut butter and stir until combined. Add vanilla and mix.
4. Pour mixture over cereal and stir until well incorporated. Spread mixture evenly into a 9x13 inch pan.
5. If not using chocolate, place in the refrigerator and cut when ready to eat.
6. If using chocolate, sprinkle chocolate chips evenly on top. Put the pan back in the oven for about 3 minutes until chocolate is melted. Take out and spread the chocolate evenly over the top with a spatula. Place in the refrigerator to cool and let the chocolate harden. Cut and enjoy!
5. Store in the refrigerator in a sealed container.

Makes approximately 12-16 servings.

CHOCOLATE COMPLETE PUDDING

2 servings chocolate Complete

½ cup almond milk

1 avocado

Splash vanilla extract

1. Mix all ingredients together in a blender until smooth.
2. Chill for 30 minutes.



PEOPLE "PUPPY CHOW"

4½ cups rice Chex® cereal (gluten-free,
no sugar added)

3 oz. dairy-free dark chocolate

¼ cup creamy almond butter

¼ cup honey

1½ Tbsp. coconut oil

1 tsp. vanilla extract

⅔ cup vanilla Complete

1. Place the cereal in a large bowl and set aside.
2. In a microwave-safe bowl, melt chocolate, peanut butter, honey, and coconut oil until completely melted. Start with 20 seconds. Mix, then try 20 more seconds etc. It should take less than 1 minute. Go slowly to not burn the chocolate.
3. Stir the vanilla extract into the melted chocolate mixture. Pour on top of the cereal and distribute throughout until each piece is well coated in chocolate.
4. Pour Complete powder into a large freezer bag. Scoop cereal into the bag. Seal the bag and shake until powder evenly coats the cereal.

Makes approximately 4-6 servings.

COMPLETE BROWNIE BATTER

¼ cup coconut oil

2 servings chocolate Complete

Splash almond milk

1 Tbsp. peanut or almond butter

¼ cup dairy-free chocolate chips

1. Melt coconut oil.
2. Mix in the vanilla Complete and a dash of almond milk.
3. Mix in nut butter.
4. Stir in the chocolate chips.
5. Eat with a spoon.



CHOCOLATE PEANUT BUTTER FUDGE

10-12 pitted dates

1 cup peanut butter

1 serving chocolate Complete

Splash almond milk

1. Combine dates and peanut butter in a food processor.
2. Add Complete and a small splash of almond milk to the mixture and blend.
3. Add another splash of almond milk if the Complete is not blending well with the date/peanut butter mixture. It will depend on how much oil is in the peanut butter, so each batch will be different. Blend until combined and forms a big dough ball.
4. Line a 9x9 pan with wax paper and press the dough mixture into the pan. Freeze for up to one hour and cut into squares.



COOKIE DOUGH

¼ cup coconut oil

2 servings vanilla Complete

Splash almond milk

¼ cup dairy-free chocolate chips

1. Melt the coconut oil.
2. Mix in the Vanilla Complete and a dash of almond milk.
3. Stir in the chocolate chips.
4. Eat with a spoon or roll into balls and store in the freezer.

CHOCOLATE FUDGE

⅓ cup peanut butter

⅓ cup honey

1 serving chocolate Complete

¼ cup coconut oil

Sea salt to sprinkle

1. Combine first 4 ingredients in a food processor until combined and forms a big dough ball.
4. Line a 9x9 pan with wax paper and press the dough mixture into the pan. Sprinkle with sea salt. Freeze for up to one hour and cut into squares.

CHOCOLATE CRISPY BARS

- ½ cup honey
- ½ cup nut butter
- ½ cup chocolate Complete
- 4 cups gluten-free puffed rice cereal

1. Heat honey in a saucepan on medium heat for 1 minute.
2. Remove from heat and add peanut butter. Stir until well combined.
3. Add Complete powder and stir.
4. Add cereal and mix together with clean hands.
5. Press into a pan and cut into squares.

HOT CHOCOLATE

- 1 cup plant milk or water
- 1 tsp. vanilla extract
- ⅓ cup chocolate Complete

1. Add heated milk and vanilla extract to a mug with chocolate Complete and stir.



FUDGESICLES

- 1 cup coconut milk
- 1 banana, frozen
- 1 tsp. peanut butter
- 1 tsp. cacao (optional)
- 1 serving chocolate Complete

1. Combine all ingredients in a bowl. Pour into popsicle molds and put in the freezer. Serve frozen.

NO-BAKE CRISPY COOKIES

- ¼ cup maple syrup
- ¼ cup nut butter
- 1 serving chocolate Complete
- ¼ tsp. sea salt
- ¼ cup coconut oil
- ¼ tsp. peppermint extract (optional)
- 1 cup puffed rice cereal, gluten-free
- ¼ cup dairy-free chocolate chips
- 1 cup unsweetened coconut flakes

1. Melt maple syrup, nut butter, Complete, sea salt, coconut oil and peppermint extract (optional) over medium heat until smooth. (This happens quickly.)
2. Add rice cereal, chocolate chips, and coconut flakes.
3. Mix well and drop in spoonfuls on a wax-lined baking sheet.
4. Refrigerate for at least 20 minutes.

MANGO BERRY BOWL

- 1 serving vanilla Complete
- 4 oz. coconut milk or almond milk
- 1½ cups mango, pineapple,
and strawberries
- 4-6 baby carrots
- ¼ cup water

1. Blend all ingredients until thick and creamy. Put in a bowl and top with granola and fresh berries.



POWER BARS

- 1 serving chocolate Complete
- 1 cup gluten-free oatmeal
- ½ cup almond butter
- ½ cup honey (or more to make the
batter smooth)

1. Mix all ingredients together in a bowl. Transfer batter to an 8x8 or 9x9 baking pan and spread batter evenly.
2. Using a sharp knife, cut the batter into 1-inch squares. Put pan into the freezer for at least 30 minutes.
3. Store in the refrigerator or freezer.

SUPER POWER BARS

- 1½ cup nut butter
- 1½ cup honey
- 1 serving vanilla or chocolate Complete
- 1 cup gluten-free rolled oats
- 1 cup cereal, high fiber/high protein,
gluten-free
- ¼ cup chia seeds
- ¼ cup ground flax
- ¼ cup millet
- ¼ cup quinoa
- ¼ cup amaranth
- ¼ cup walnuts
- Handful chocolate or carob chips to top

1. Heat peanut butter and honey to almost boiling.
2. Mix dry ingredients together, then add to warm mixture. Press mixture firmly into a brownie pan and then push chocolate chips into top. Chill, cut & serve.

DREAMSICLES

- 1 cup coconut milk
- 1 banana
- 1 tbs. peanut butter
- 1 serving vanilla Complete

1. Mix together in blender and pour into Popsicle molds. Store in freezer.

PROTEIN BARS

- 1 cup quick cooking oats, uncooked, gluten-free
- 1 cup chocolate Complete
- 1½ cup gluten-free cereal, crushed
- ¾ cup honey
- 1 cup natural peanut butter
- ⅓ cup applesauce
- 2½ tsp. vanilla extract
- ½ cup dairy-free chocolate chips

1. Combine oats, Complete and cereal in a large bowl and set aside.
2. Bring honey to a boil on stove top. Remove from heat and stir in peanut butter, applesauce and vanilla until smooth. Immediately add honey mixture to the dry ingredients and mix until well incorporated. Press into 9x13 pan.
3. Sprinkle chocolate chips on top and press into bars. Refrigerate 20-25 minutes or until firm and cut into bars. Store in an airtight container.

BANANA CHIPS

- 4-5 bananas, thinly sliced
- 1 serving vanilla Complete

1. Cover both sides of banana with vanilla Complete.
2. Bake at 250° F for 1 hour. Turn bananas over and continue to cook another hour. Leave in oven until cooled.



NO-BAKE COOKIES

- ⅛ cup coconut oil
- ¼ cup honey
- 1 serving chocolate Complete
- ¼ cup peanut butter
- ¼ tsp. vanilla extract
- 1 cup gluten-free old fashioned oats

1. Combine coconut oil, honey, and Complete powder in a small saucepan over medium-high heat. Bring to a boil and stir to combine ingredients for roughly 1 minute before removing from heat.
2. Stir in peanut butter and vanilla extract and mix until combined.
3. Mix in oats and stir until completely coated with chocolate mixture.
4. Cool slightly and drop by spoonfuls onto a wax-lined baking sheet.
5. Cool in the freezer for at least 40 minutes or until firm

PANCAKES

1 serving vanilla or chocolate Complete
½ cup gluten-free oatmeal (optional)
3 egg whites or egg substitute
2 tsp. baking powder
⅓ cup almond milk
Berries (optional)

1. Combine all ingredients and whisk or blend together. (Add berries if desired.)
2. Pour ¼ cup at a time onto warm griddle or skillet on medium to high heat. Flip occasionally until the edges brown.
3. Top with bananas, nuts, unsweetened coconut, berries, or your favorite toppings.



MUG CAKE

1 serving vanilla or chocolate Complete
¼ tsp. baking powder
2 egg whites or egg substitute
Splash almond milk
1 tsp. cocoa powder (optional)
Spoonful nut butter (optional)

1. Mix all ingredients together in a mug and microwave for about 1 minute. The texture should be wet on top as it will continue to cook after removed.
(Optional: Drop a spoonful of nut butter into the mug halfway through cooking.)
2. Tip onto a plate or eat out of the mug.

CHOCOLATE NICE-CREAM

½ cup pecans
½ avocado
1 banana, frozen
2 servings chocolate Complete
Ice cubes as needed for consistency

1. Blend together in food processor and freeze.

OVERNIGHT OATS

- ¼ cup gluten-free old fashioned rolled oats
- ¾ cup almond milk
- 1 tsp. chia seed
- 1 tsp. honey
- ¼ cup dried fruit of choice
- ¼ cup nuts of choice (optional)
- 2 tsp. vanilla or chocolate Complete (more to taste)

1. Mix all ingredients together in a small mason jar and refrigerate overnight to thicken.

Serves 1.

VARIATIONS:

Mango Almond

(½ cup mango cubes + ¼ cup almond slivers)

Blueberry Maple

(½ cup blueberries + 1 tsp. maple syrup instead of honey)

Apple Cinnamon

(½ apple + 1 tsp. cinnamon)

Banana Cocoa

(½ sliced banana + 1 Tbsp. cocoa)

Banana Peanut Butter

(½ sliced banana + 1 Tbsp. nut butter)

Raspberry Vanilla

(½ cup raspberries + 2 tsp. vanilla Complete)



NO-BAKE PEANUT BUTTER BANANA COOKIES

- ¼ cup gluten-free oats
- 1 spoonful nut butter
- 1 serving vanilla Complete
- 1 banana, mashed
- 1 sprinkle almonds, sliced
- Splash almond milk (as needed for consistency)
- 1 tsp. chia seed (optional)
- ¼ cup nuts of choice (optional)

1. Mix ingredients together in a bowl.

CHOCOLATE RAISIN COOKIES

- 1 serving vanilla or chocolate Complete
- 1 cup gluten-free quick oats
- 2 ripe bananas, mashed
- Handful raisins or other dried fruit
- Handful dairy-free dark chocolate chips
- Nuts (optional)

1. Mix ingredients together in a bowl. Drop by spoonful onto wax paper lined baking sheet. Bake at 350° F for 15 minutes.

"RAW" WHEATGERM BARS

1½ cups wheat germ
½ cup vanilla Complete
½ cup peanut butter or almond butter (no sugar/salt added; no hydrogenated oils)
½ cup raw, unfiltered honey
½ cup raisins
½ cup unsweetened coconut
½ cup carob chips or dairy-free chocolate chips
Dash pure maple syrup
2 Tbsp. grape seed oil (or oil of your choosing)

1. Combine all ingredients in a medium sized bowl and mix well until combined.
2. Press into an oiled 8 x 8 glass dish. Refrigerate. Cut into small squares. Store covered in refrigerator.

FROZEN CHOCOLATE MONKEY

- 2 scoops vanilla dairy-free ice cream
1 serving chocolate Complete
1 spoonful peanut butter (to taste)
1 banana, sliced (optional topping)
1. Combine all ingredients in a medium sized bowl and mix well until combined.



Revolution

RECIPES

TOWER GARDEN® TO TABLE



COOKBOOK



Vol. 6

DAIRY-FREE AND GLUTEN-FREE RECIPES

TOWER GARDEN®

SUPPORT YOUR HEALTHY LIFESTYLE

Are you ready to take back control of your food? Harnessing state-of-the-art growing technology known as aeroponics, Tower Garden® offers you a cleaner, simpler and more efficient way to grow fresh, healthy food for your family. This vertical, aeroponic growing system, allows you to grow 20, 28, or 52 vegetables, herbs, fruits and flowers in less than three square feet—indoors or out. It's the perfect companion in your journey toward healthy living.

GROW UP TO 30% MORE HEALTHY FOOD, 3X FASTER

Using aeroponics—the same technology NASA uses—Tower Garden® grows plants with only water and nutrients rather than soil. Research done at the University of Mississippi has found that the Tower Garden® will produce plants three times faster and produce 30% greater yields on average. That means you'll be enjoying abundant, nutritious harvests just weeks after planting (or even earlier if you start with seedlings from one of our Certified Seedling Providers).

GET NUTRIENT-LOADED PRODUCE (WITHOUT LOADS OF WORK)

Pests, disease, weeds—traditional gardening can be complicated and time-consuming. But because Tower Garden® automatically delivers water and nutrients when they're most needed, you're able to grow strong, healthy plants with minimal effort. And healthy plants can better protect themselves from pests and diseases naturally, without pesticides. Plus, you don't have to deal with weeds (or getting dirty) because there's no soil.

LIVE WELL WITH 90% LESS WATER AND SPACE

Want a garden but don't have the space? Dealing with drought? Because of its vertical, compact design and closed-loop system technology, Tower Garden® requires as little as 10% of the land and water traditional growing methods use. So it's perfect for sunny small spaces, such as balconies, patios, rooftops—even your kitchen provided you use grow lights. And it's better for the environment, too.

Get with the person who shared this cookbook with you to learn more about the Tower Garden® and to order your own!



Andrea Laplante
Plainville, MA

Cover photos clockwise from top left: City Balcony Tower - Pac-Choi, Chives, Lettuce, Dawn J. Williamson, Phoenix, AZ - Harvest, Dawn J. Williamson, Phoenix, AZ - Indoor Garden with LED Grow Lights - Beach Balcony Tower - Indoor Tower Garden, Amanda Kosik, Phoenix, AZ - Porch Garden - Tower with Microgreens Extension Kit and Full Grown Tower - Dill Seedling, Dawn J. Williamson, Phoenix, AZ - Patio Tower Garden - Broccoli, Dawn J. Williamson, Phoenix, AZ - Swiss Chard, Dawn J. Williamson, Phoenix, AZ - Center: Winter Harvest, Dawn J. Williamson, Phoenix, AZ

WHAT CAN I GROW?

FRUITS AND VEGETABLES

Amaranth
(vegetable type)
Arugula
Bayam
Beans: Lima, bush,
pole, shell, fava,
green
Broccoli
Broccoli Raab
Brussels Sprouts
Cabbage and
Chinese
cabbage
Cauliflower
Chard, all types
Chicory
Collards
Cucumbers
Cress
Dandelion, Italian
Eggplant, European
and Asian
Endive
Escarole
Garbanzo beans
Gourds, edible and
ornamental
Kale
Kinh gioi
Kohlrabi
Komatsuna
Leeks
Lettuce, all types
Mesclun Varieties
Melons, all types
Misome
Mizuna
Mustard Greens
Ngo Gai
Okra
Pak Choy
Peas, all types

Peppers, all types
Radicchio
Sorrel
Spinach
Squash, all types
Strawberries
Tomatoes, all types

HERBS

Angelica
Anise Hyssop
Basil, all types
Bee Balm
Borage
Calendula
Catmint
Catnip
Chamomile
Chervil
Chives
Cilantro (Coriander)
and Culantro
Citrus Basil
Cumin
Cutting Celery
Dandelion
Dill
Echinacea
(Coneflower)
Epazote
Feverfew
Flax
Garlic Chives
Goldenseal
Hyssop
Lavender
Leaf Fennel
Lemon Balm
Lemon Grass
Lovage
Marjoram
Mexican Mint
Marigold
Mibura

Milk Thistle
Mint, all varieties
Nettle
Oregano
Parsley
(leafy types only)
Passion Flower
Pleurisy Root
Pyrethrum
Rosemary
Rue
Sage
Salad Burnet
Saltwort
Savory
Shiso
Stevia
Thyme
Valerian
Wormwood

FLOWERS - EDIBLE

Calendula
Carthamus
Dianthus
Hyacinth Bean
Marigolds
Monarda
Nasturtiums
Pansies
Salvia
Scarlet Runner Bean
Sunflowers (dwarf
varieties only)
Violas

FLOWERS - ORNAMENTAL

Ageratum
Agrostemma
Ammi
Amaranth, Globe
Amaranthus
Artemisia

Aster
Bells of Ireland
Bupleurum
Cardoon
Centaurea
Celosia
Coleus
Cosmos
Craspedia
Datura
Delphinium
Digitalis
Eucalyptus
Euphorbia
Forget-me-not
Hibiscus
Impatiens
Kale, ornamental
Morning Glory
Nigella
Petunia
Phlox
Poppy
Polygonum
Ptilotus
Safflower
Salpiglossis
Rudbeckia
Sanvitalia
Scabiosa
Snapdragon
Statice
Stock
Strawflower
Sweet Peas
Thunbergia
Verbena
Yarrow
Zinnia



FRESH PEPPERMINT TEA

3-4 stalks fresh peppermint

2-3 cups boiling water

1 Tbsp. honey (optional)

1. Rub peppermint between your fingers to bruise the leaves and release the minty aroma and flavor.
2. Boil water and pour it into a pot with the peppermint. Let the tea steep for 5–7 minutes and pour into your favorite mug.
3. Add honey to taste. (optional)

Makes approximately 2-3 cups.



Tower Garden Mint
Photo Credit: Dawn J. Williamson, Phoenix, AZ



LIME-BASIL LEMONADE

1 lemon, peeled and seeded (approx. ¼ cup)

1 lime, peeled and halved

1 bunch fresh stevia (optional)

¼ cup fresh basil

3 cups ice cubes

½ cup water

1. Place all ingredients into a blender. Blend together until ice is crushed.
2. Add water for desired consistency.

Makes approximately 3 cups.

ASPARAGUS, SNAP PEA, AND RADISH SALAD

1 bunch asparagus, trimmed
2 cups snap peas
1 cup assorted radishes, quartered
¼ cup apple cider vinegar
3 Tbsp. olive oil
3 Tbsp. honey
½ tsp. salt
¼ tsp. black pepper
½ cup fresh mint, chopped
Microgreens for garnish



Tower Garden Snap Peas
Photo Credit: Dawn J. Williamson, Phoenix, AZ

1. Blanch (or boil) asparagus for about 2-3 minutes.
2. Blanch snap peas for about 1 minute and radishes for about 2 minutes.
3. After the asparagus, snap peas and radishes are done cooking, run them under cold water or dip them into a bowl with ice water to stop them from cooking further.
4. Whisk together vinegar, olive oil, honey, salt, and pepper in a large bowl until blended. Fold in the mint.
5. Toss in the asparagus, peas, and radishes until coated.
6. Arrange on a platter, and garnish with microgreens.

Makes approximately 4-6 servings.



MIXED GREENS SALAD

SALAD

- 1 large bunch mixed greens, chopped
(lettuce, spinach, kale, swiss chard, arugula, mustard)
- Handful micro-greens (optional)
- ¼ cup fresh parsley, chopped
- 1 Tbsp. fresh basil, chopped
- 2-3 tomatoes, diced
- ½ cup nasturtium leaves and blooms
- 4 oz. mushrooms, chopped
- ⅓ cup green peas
- ½ cup walnuts, almonds, pecans or cashews, chopped
- ½ cup hemp seeds (optional)



Jenny Twomey
Crosshaven, Ireland

DRESSING

- 2 Tbsp. white wine vinegar
- 1 Tbsp. olive oil
- 1 tsp. Dijon or spicy brown mustard
- 1 tsp. fresh chives, chopped

1. Mix together salad ingredients in a large bowl.
2. Combine dressing ingredients in a lidded container, shake well, and drizzle over salad.

Makes approximately 4 servings.



RED PEPPER SALSA

4 tomatoes
1 orange bell pepper
1 yellow bell pepper
2 cups cilantro, chopped
1 small jalapeño pepper, chopped
1 sweet onion
2 Tbsp. lemon juice
Salt and pepper, to taste

1. Combine all ingredient in a blender, and blend to desired consistency.

Makes approximately 1-2 cups.



Jerry & Nancy Kroupa
Traverse City, MI



BUILD-IT-YOURSELF VEGGIE "BOAT"

- 1 bell pepper, diced
- 1 clove garlic, minced
- 1 onion, diced
- 2 Tbsp. olive oil
- Salt, to taste
- Black pepper, to taste
- 1 Tbsp. taco seasoning (optional)
- 1 head butterhead or large romaine leaf lettuce
- 10 oz. hummus
- 1 can (15 oz.) black beans (optional)
- 1 can (15 oz.) cannellini beans
- 1 tomato, sliced

1. Sauté bell peppers with minced garlic and onion in olive oil until tender. Add salt, black pepper and taco seasoning (optional) to taste.
2. Layer ingredients in the hollow of a leaf of lettuce in the following order: hummus, peppers, beans, and tomato slices.

Makes approximately 4-8 servings.



Tower Garden Lettuce
Photo Credit: Dawn J. Williamson, Phoenix, AZ



CROCKPOT RAINBOW RATATOUILLE

2 large tomatoes, diced
2 yellow squash, diced
1 orange bell pepper, diced
2 zucchinis, diced
1 large eggplant, diced
1 large onion, diced
Fresh basil, thyme, rosemary, garlic chives,
lavender, oregano, finely chopped, to taste
4 cloves garlic, crushed
¼ cup extra virgin olive oil
Salt and pepper to taste

1. Mix all ingredients together in a crock pot, reserving some of the fresh herbs for use as a garnish.
2. Cook on low for 6-8 hours.
3. Garnish with reserved fresh herbs.

Makes approximately 4-8 servings.



Tower Garden Red Pepper
Photo Credit: Dawn J. Williamson, Phoenix, AZ



ROASTED CHERRY TOMATO GAZPACHO

4 cups cherry tomatoes
1 Tbsp. extra virgin olive oil
Pinch salt and pepper
1 english cucumber, diced
1 yellow bell pepper, chopped
½ purple onion, chopped
2 cloves garlic, crushed
¼ cup red wine vinegar
3½ cups tomato juice
Parsley, chopped (for garnish)



Porch Tower Gardens

1. Place tomatoes into a shallow baking dish, drizzle with olive oil and season with a pinch of salt and pepper.
2. Roast the tomatoes in the oven at 425°F for approximately 15-20 minutes, or until they have burst and softened. Stir halfway through cook time.
3. Once done, remove tomatoes from the oven and let cool completely. Place cooled tomatoes into a blender along with cucumber, yellow pepper, purple onion, garlic, and red wine vinegar.
4. Blend all ingredients to desired consistency. Add tomato juice, salt and pepper and blend again for about 1 minute.
5. Pour gazpacho into an airtight container and place in the refrigerator to chill. When the soup is chilled, serve in bowls with a garnish of chopped fresh parsley.

Makes approximately 6 servings.



SIMPLE ROASTED TOMATO SAUCE

Enough tomatoes to cover the bottom of a

1-inch lipped baking sheet

1 head garlic, whole cloves peeled

⅓ cup olive oil

½ cup fresh basil leaves (or several sprigs of
fresh thyme or rosemary)

Salt, to taste

Black pepper, to taste

1. Preheat the oven to 250°F. Place tomatoes and garlic on a large baking sheet, and drizzle with olive oil.
2. Top with herbs, season with salt and black pepper, and bake for 4 hours or until tomatoes are soft and bursting.
3. Allow everything to cool before pouring it into a blender. Pulse several times and then blend until desired consistency.
4. Enjoy as you would any sauce — over noodles and veggies, or as a base in soups. (It can also be eaten as a delicious soup all on its own.) Pour extra sauce into quart jars or into freezer bags and freeze.

Makes approximately 6-8 servings.



Tower Garden Red Pepper
Photo Credit: Dawn J. Williamson, Phoenix, AZ



STUFFED SWISS CHARD ROLLS

1 bunch swiss chard
2 Tbsp. olive oil
1 large onion, finely chopped
Salt, to taste
2 tomatoes, chopped
2 large cloves garlic, minced
1 cup brown rice, cooked
¼ cup fresh parsley, finely chopped
2 Tbsp. fresh basil, finely chopped
1 cup tomato sauce (use recipe on page 76)



Tower Garden Swiss Chard
Photo Credit: Dawn J. Williamson, Phoenix, AZ

1. Bring a large pot of water to a boil, and submerge chard for 20-30 seconds. Immediately transfer the chard to a bowl of cold water and drain. Cut chard stalks from the leaves, and dice them about ¼-inch.
2. Heat 1 Tbsp. oil in a large, heavy skillet over medium-low heat. Add onion and cook, stirring until very soft. Add chard stems and salt, and cook until stems are tender (about 5 minutes). Add tomato and cook another 2 minutes. Add garlic, and cook about 30 seconds more. Remove the skillet from heat.
3. Preheat oven to 375°F, and lightly oil a baking dish large enough to accommodate the chard rolls.
4. In a large bowl, mix together rice, cooked ingredients, and fresh herbs to create the filling. Place about 2 Tbsp. of filling on each chard leaf and roll. Place rolls in the baking dish and top with tomato sauce. Cover with foil and bake 20 minutes, or until chard rolls are hot and the leaves are tender. Uncover and bake an additional 5 minutes.

*Makes approximately
4-6 servings.*



VEGETABLE SOUP

2 qt. (8 cups) vegetable stock
2 lb. tomatoes, peeled and chopped
3 carrots, peeled and sliced
2 stalks celery, sliced
1.5 lb. red potatoes, peeled and cubed
1 sweet onion, chopped
2 cloves garlic, minced
2 tsp. salt or to taste
½ tsp. pepper
1½ tsp. fresh thyme
1½ tsp. fresh rosemary
1½ tsp. fresh marjoram
1 Tbsp. fresh basil
2 bay leaves
2 cups of corn
1 zucchini, sliced and quartered
1 cup peas
2 cups green beans



Backyard Tower Garden
Photo Credit: Amanda Kosik, Phoenix, AZ

1. Combine stock, tomatoes, carrots, celery, potatoes, onion, garlic, salt, pepper, herbs and bay leaf in a large crock pot. Stir well. Cover and cook on low in the crock pot for 7-8 hours.
2. Add corn, zucchini, peas and green beans. Stir well, cover and continue cooking on high for 90 minutes.
3. Cover and cook for another 30 minutes. Remove the bay leaf and serve.

*Makes approximately
4-6 servings.*



VEGGIE CEVICHE

2-3 raw carrots
½ head of cauliflower
1 large tomato
1 medium yellow or red onion
¼ cup cilantro
1 jalapeño (optional)
1-2 limes, juiced
Salt and pepper
Gluten-free chips (optional)
Avocado (optional)

1. Chop carrots and cauliflower in a food processor.
2. Chop the tomato, onion, cilantro, and jalapeño (optional) by hand.
3. Mix all of the ingredients in a bowl. Add lime juice and salt and pepper to taste.
4. Enjoy with gluten free chips and avocado.

Makes approximately 4-6 servings.



Tower Garden Tomatoes
Photo Credit: Dawn J. Williamson, Phoenix, AZ



BAJA BOWL WITH MANGO SALSA

SALSA

- 1 mango, peeled and chopped
- 1 cup black beans, rinsed
- ½ oz. fresh cilantro, chopped
- 1 lime, juiced
- Olive oil, avocado oil, or coconut oil
- 1 red onion, diced
- 2 cloves of garlic, diced
- 6 oz. swiss chard, diced (remove stems)



Tower Garden Cilantro
Photo Credit: Dawn J. Williamson, Phoenix, AZ

BAJA BOWL

- ¼ cup rice flour
- ¼ cup cornstarch
- ¼ cup water
- 1 tsp. chipotle (or taco) seasoning
- Pinch of salt
- ½-¾ cup oil of choice
- 1 can (14 oz.) hearts of palm, drained with excess water removed by paper towel, cut in half
- Pepper to taste (optional)



MANGO SALSA

1. Mix together mango, beans, cilantro, and lime juice in a large bowl.
2. In a pan with a small amount of oil, sauté onions until softened, about 4 minutes. Add garlic and swiss chard. Cook until softened. Add to mango mixture.

BAJA BOWL

1. Mix rice flour, cornstarch, water, ½ tsp. seasoning and salt until it's not too thick or too thin.
2. In a pan, pour oil of choice and heat. Dip hearts of palm in the batter and pan sear for 3 min. on each side. They should be crispy. This may need to be done in a few batches. After removing, place on a paper towel to dry and sprinkle with salt.
3. Scoop the mango salsa onto the baja bowl, placing the hearts of palm on top. Sprinkle with the remaining seasoning.

Makes approximately 2 servings.

KALE CHIPS

1 bunch kale

1-2 Tbsp. avocado oil, olive oil, coconut oil or oil of choice)

Seasoning of choice (salt, pepper, nutritional yeast, cumin, chili powder etc.)

1. Preheat oven to 225 F°. (Convection ovens cooks more thoroughly.)
2. Rinse and dry kale. Cut out the large stems and tear apart to make smaller pieces. In a large mixing bowl, drizzle kale with oil and seasonings of choice. Toss thoroughly to combine.
3. Spread the kale over 2-3 large baking sheets and make sure the kale pieces aren't touching each other. Bake for 15 minutes, then turn the pans around and lightly toss. Bake for 5-15 minutes more, or until kale is crispy and very slight golden brown. Watch closely as it can burn easily.
4. Remove from oven and let cool slightly. Chips will crisp up even more once out of the oven. Enjoy immediately! Store leftovers covered at room temperature for 2-3 days.

Makes approximately 4-6 servings.



Tower Garden Kale
Photo Credit: Dawn J. Williamson, Phoenix, AZ



NUT-FREE PESTO

2 cups packed fresh basil (large stems removed)
3 Tbsp. sunflower seeds (if NOT nut-free, try pine nuts or walnuts)
2 large cloves garlic, peeled
2 Tbsp. lemon juice
3-4 Tbsp. nutritional yeast
¼ tsp. sea salt (plus more to taste)
2 Tbsp. extra virgin olive oil
3-6 Tbsp. water (plus more as needed)

1. In a food processor or small blender, mix basil, seeds (nuts), garlic, lemon juice, nutritional yeast, and sea salt on high until a loose paste forms.
2. Add olive oil a little at a time (streaming in while the machine is on if possible) and scrape down sides as needed. Add water as needed to make consistency pourable.
3. Adjust taste by adding more nutritional yeast for cheesy flavor, salt for overall flavor, nuts for nuttiness, garlic for bite, or lemon juice for acidity. Great over zucchini or carrot noodles!
4. Store leftovers covered in the refrigerator up to 1 week. After that, pour into ice cube molds, freeze, and store up to 1 month or more.

Makes approximately 2 servings.



Tower Garden Basil
Photo Credit: Dawn J. Williamson, Phoenix, AZ



GREEN BEAN AND CUCUMBER SALAD

¼ pound green beans, trimmed and cut in half
1 tsp. Dijon mustard
1 tsp. lemon juice
3 tsp. olive oil
¼ tsp. kosher salt
1 lemon, zest
¼ cup chives
1-2 cucumbers, halved and cut lengthwise
Almonds, slivered (optional)

1. Boil and cook green beans for about 2-3 minutes.
Drain and rinse with cold water.

2. In a large bowl, whisk together Dijon mustard, lemon juice, olive oil, salt, and lemon zest. Chop chives with scissors directly into the bowl.

3. Slice cucumbers to be the same size as green beans. Toss green beans, cucumbers and almonds (optional) in the bowl and serve with extra chives on top.

Makes approximately 4 servings.



Tower Garden Green Beans
Photo Credit: Dawn J. Williamson, Phoenix, AZ



HAPPY GROWING!



Thank you to all of our contributors!
For more resources, please visit www.HealthyLivingRevolution.com.

Top row from left to right: Jerry & Nancy Kroupa, Traverse City, MI • Dawn J. Williamson, Phoenix, AZ • Amanda Kosik, Phoenix, AZ
Bottom row from left to right: Patio Tower Garden, Balcony Tower Garden, Backyard Tower Garden

Revolution RECIPES

HEALTHY MOCKTAILS



COOKBOOK



POMEGRANATE LIME SPRITZER

¼ cup 100% pomegranate juice
 ½ lime, thinly sliced
 ¾ cup seltzer water
 Stevia sweetener to taste (if needed)
 Ice

1. Add ingredients to a glass and stir to combine flavors.

Makes approximately 1 serving.

KIWI BLUEBERRY

6 kiwis, peeled and cut in half or quartered
 4 kiwis, peeled and sliced (for garnish)
 6 oz. blueberries, crushed
 6 oz. blueberries (whole for garnish)
 ¼ cup fresh lime juice, (1-2 limes)
 4 oz. pack of mint, leaves only
 1½ - 2 cups sparkling water
 Ice as needed

1. Place cut kiwis in a food processor with lime juice and pulse to a coarse puree.
2. Gently crush the first 6 oz. of blueberries using a muddler.
3. Pour kiwi puree into a pitcher or glass. Add, in this order; a layer of ice, a good amount of mint leaves and kiwi slices, a few more ice cubes, crushed blueberries, more mint leaves and whole blueberries.
4. Top off with sparkling water and mix gently. Add more sugar if needed.

Makes approximately 2-4 servings.





GINGER "MIMOSA"

Ice (optional)

½ cup fresh orange juice

16 oz. sparkling water

GARNISH

2 inch piece of fresh ginger, sliced

1 clementine, peeled and divided into slices

1. Add ice and orange juice to a glass.
2. Top off with sparkling water.
3. Garnish with fresh ginger and clementine slices.

Makes approximately 1-2 servings.

BLUEBERRY MOJITO

8-10 mint leaves, plus more for garnish

1 Tbsp. fresh lime juice

½ cup organic blueberry juice,
no sugar added

½ cup club soda

GARNISH

Frozen blueberries

Mint leaves

1. Add the mint leaves to a glass (size depends on how much ice you use). Muddle well until the mint releases its flavor.
2. Add the lime juice, blueberry juice, club soda to the glass and stir until all ingredients are well combined.
3. Add ice and garnish with mint leaves and a handful of frozen blueberries.

Makes approximately 1 serving.





MERMAID LEMONADE

3 cups filtered water
 ½ lemon, juiced
 1 Tbsp. coconut vinegar
 (or apple cider vinegar)
 1-2 tsp. maple syrup or agave nectar
 (optional)
 ¼ tsp. spirulina powder (to taste)
 Handful of ice cubes

1. Pour water into a mason jar and stir in all ingredients until well combined.

Makes approximately 1-2 servings.

HONEYDEW BASIL NOJITOS

½ cup large fresh basil leaves, torn
 ½ cup lime juice
 3 pounds honeydew melon, peeled,
 seeded, and cubed
 Lime wedges (optional)
 Ice cubes
 Carbonated water (optional)

GARNISH

Honeydew melon spears or balls (optional)

1. In a large pitcher, combine basil leaves and lime juice. Using a muddler or the back of a wooden spoon, mash together well. Set aside.
2. Place about ¼ of the melon cubes in a food processor or blender. Cover and blend until smooth. Press puree through a fine-mesh sieve and discard solids. Repeat with the remaining melon cubes for a total of 4 cups juice. Add to pitcher.
3. Fill glasses with ice and pour in juice. If desired, add a splash of carbonated water to each glass. Garnish with melon spears or balls. Serve immediately.

Makes approximately 1-2 servings.





MANGO MOJITO

1 ripe mango, diced (about 1 cup)

12 springs mint

Ice

32 oz. sparkling water or club soda

1 lime, sliced into wedges

1. Add mango and mint to a large glass and muddle the ingredients together until the mango and mint become a thick paste. (Or add mango and mint to a food processor/blender and process until well incorporated).
2. Divide the mixture amongst 4 glasses and top with ice, sparkling water, and a squeeze of fresh lime.

Makes approximately 4 servings.

SPARKLING PINEAPPLE STRAWBERRY PUNCH

4 cups pineapple, chopped

Fresh mint leaves (to taste)

1 can (48 oz.) pineapple juice

1 bottle (2 liter) sparkling water

3 cups strawberries, chopped

PINEAPPLE ICE CUBES

1. Add 1 cup chopped pineapple chunks to a standard ice cub tray. Add mint leaves if desired. Pour 1 cup pineapple juice over the fruit and freeze overnight.

PINEAPPLE STRAWBERRY PUNCH

1. Add fruit, mint, and pineapple ice cubes to the bottom of a pitcher or punch bowl.
2. Pour remaining pineapple juice and half of the sparkling water in the pitcher and stir.
3. Add additional sparkling water as the pineapple ice cubes begin to melt.

Makes approximately 4 servings.





BLUEBERRY LIME MOJITO

1 cup fresh blueberries
 Handful mint leaves
 2 tsp. sugar (optional)
 2 limes, juiced
 Club soda
 Crushed ice

1. Puree blueberries in a blender, and set aside.
2. In a cocktail shaker, muddle mint leaves and sugar.
3. Add lime juice and pureed blueberries. Shake well.
4. Pour mixture into two tall glasses. Fill glasses with crushed ice. Top with club soda and stir.
5. Garnish with lime wedge, blueberries, and mint spring.

Makes approximately 1 serving.

RASPBERRY PEAR SPARKLER

1 fresh pear, peeled and sliced
 20 fresh raspberries
 1 to 2 cups 100% pear juice, cold
 1 can berry flavor sparkling water, refrigerated

GARNISH

12 fresh raspberries

1. Mash pears and raspberries in a medium sized bowl with a fork. Small sized chunks are ok. Refrigerate until ready to use.
2. Evenly add mixture to the bottom of 4 champagne glasses.
3. Fill half of each glass with pear juice, then fill the rest with sparkling water.
4. To garnish, add 3 raspberries to the top of each drink.

Makes approximately 4 servings.





WATERMELON SLUSHER

6 cups seedless watermelon, cubed
 ¼ tsp. fresh ginger (add more if needed)
 1 cup lime juice, freshly squeezed
 1 cup sparkling water, cold
 Fresh mint sprigs for garnish
 Ice cubes for serving

1. Place cubed watermelon and ginger in a blender, and process until smooth, working in batches if needed.
2. Pour mixture through a strainer into a large, clean pitcher. Discard any solids caught in the strainer.
3. Add lime juice, stirring to combine.
4. Sample mixture, and add more ginger or lime juice to taste. Stir in sparkling water.
5. To serve, pour into a short glass over ice, and garnish with a sprig of mint.

Makes approximately 2-4 servings.

NON-ALCOHOLIC SANGRIA

4 cups white grape juice
 1 cup blueberries
 1 cup orange juice
 Juice of 1 lime + 2 limes
 2 oranges, chopped
 2 bananas, chopped
 2 peaches, chopped

1. Blend white grape juice with ¼ cup blueberries. Pour into a jar or bowl.
2. Add orange and lime juice. Stir until well mixed.
3. Place ice in a jar. Add liquid mixture, chopped oranges, bananas, limes peaches and the remaining blueberries.
4. Refrigerate for about 2 hours before serving.

Makes approximately 4 servings.





BLACKBERRY VANILLA

½ cup fresh blackberries
 ½ a lemon, juiced
 ¼ tsp. vanilla extract
 ½ tsp. honey
 Club soda or sparkling water
 Mint leaves (for garnish)

1. In the bottom of a glass or cocktail shaker, use the back of a spoon or a muddler to muddle the blackberries with the lemon juice, vanilla, honey, and a splash of the club soda.
2. Pour the mixture through a fine mesh strainer and then again through a coffee filter to get the liquid nice and clean.
3. Transfer to a cocktail glass filled with ice and fill the remainder of the glass with club soda or sparkling water.
4. Garnish with some fresh blackberries and mint leaves.

Makes approximately 1 serving.

BEET LEMONADE

1 beet, peeled and chopped
 ½ cup lemon juice
 2 cups white grape juice
 3 cups cold water, still or sparkling
 Ice

1. Combine beet, lemon juice and 1 cup grape juice in a blender. Blend until well combined.
2. Place a fine mesh strainer over a pitcher and pour mixture through it. Press down what's left in the bag with a spoon to extract as much liquid as possible. Discard the pulp.
3. Add remaining 1 cup grape juice, water and ice to the mixture. Stir well and serve.

Makes approximately 2 servings.



GRILLED PLUOT COCKTAIL

3 small pluots
½ oz. honey syrup (2:1 honey to water)
¼ oz. lemon juice
¼ oz. aged balsamic vinegar
2 oz. sparkling water

1. Slice 2 pluots in half and remove pit. Brush with honey syrup and place flesh-side-down on the grill over a medium flame.
2. Cook until pluots soften and start to caramelize (about 5 minutes). Flip to skin-side-down and cook for another 3 minutes or so. Remove from heat and let cool.
3. Place grilled pluots (four grilled pluot halves) into the bottom of a mixing glass. Add honey syrup and muddle, breaking apart the grilled pluots.
4. Add lemon juice and balsamic vinegar. Shake for 10 seconds.
5. Double strain over new ice into a highball glass and top with sparkling water. Garnish with a few fresh slices of pluot.

Makes approximately 1-2 servings.



GINGER "BEER"

2" piece ginger root, finely diced
2 lemons, juiced
2 limes, juiced
8-12 dates, pitted
1 tsp. Cinnamon
1 liter soda water

1. Add all ingredients, except soda water, to a high speed blender and blend until very smooth.
2. Pour over ice and add soda water.
3. Enjoy immediately or store the mixture in the refrigerator before adding soda water. The ginger beer concentrate should last a week or so in the refrigerator.

Makes approximately 1-2 servings.

PEACH COCONUT MOJITO

- 1 ripe yellow peach
- 1 lime
- 10 mint leaves
- 1½ cups Naked Juice Coconut Water
- 1 cup sparkling water
(plain or lime flavored)

1. Slice the peach into pieces, removing the pit and using a knife to remove its skin.
2. Cut the lime into 8 wedges.
3. In each glass, muddle half of the sliced and skinned peach pieces with 5 mint leaves and 2 lime wedges. Do your best to smash the peach up (this will impart the flavor).
4. Add ice to each glass and top with $\frac{3}{4}$ cup coconut water and $\frac{1}{2}$ cup sparkling water.
5. Stir gently. Garnish with additional lime wedges, peach, and mint.

Makes approximately 1-2 servings.



ORANGE MOCKTAIL

- 32 oz. apple juice
- 32 oz. cranberry juice
- 32 oz. orange juice
- Crushed ice
- Orange slices (for garnish)
- Sparkling water (optional)

1. In a large pitcher or punch bowl, add juice (and optional sparkling water). Stir to combine (in batches if necessary).
2. Serve over ice and garnish with orange slices.

Makes approximately 6-8 servings.

GRILLED PINEAPPLE & LIME MOCKTAIL

GRILLED PINEAPPLE

- 2 Tbsp. honey
- 1 Tbsp. fresh lime juice
- 1 tsp. ground cinnamon
- 1 ripe pineapple, cut into rounds

1. In a small bowl, combine honey, lime juice, and cinnamon. Whisk to blend. Set aside.
2. Remove the husk from the pineapple and slice into 1-inch thick rings. Place on a preheated grill. Baste slices with marinade while cooking. Cook 4-5 minutes on each side until nicely caramelized. Transfer the pineapple to a bowl and place in the refrigerator until cold

MOCKTAIL

- ½ cup pineapple, grilled
- 2 Tbsp. lime juice
- 1 tsp. honey
- Crushed ice
- 2 Tbsp. sparkling orange juice
- Club soda

3. Blend together first 3 ingredients in a food processor or blender. Pour into a glass filled with crushed ice.
2. Add sparkling orange juice and top off with club soda. Stir and garnish with a grilled pineapple slice.

Makes approximately 1-2 servings.



JUICY JULEP MOCKTAIL

Ice

Equal parts pineapple juice, orange juice
and lime juice

Sparkling water

1 tsp. mint, crushed or finely chopped

Sprig of mint (for garnish)

Lime, wedge (for garnish)

Pineapple, slice (for garnish)

1. Add ice to a tall glass. Pour in pineapple, orange and lime juice. Top with sparkling water and stir in mint leaves.
2. Garnish with a sprig of mint, slice of lime and a pineapple wedge.

Makes approximately 2-4 servings.

PINK GRAPEFRUIT MOJITO

¼ pink grapefruit, cut into small chunks,
seeds removed

2 Tbsp. honey

12 fresh mint leaves, torn

½ cup grapefruit sparkling water

Ice cubes, small

Mint sprigs (for garnish)

1. Place grapefruit pieces, honey and mint in a cocktail shaker. Mash with a muddler until the juices are released.
2. Add 1 cup ice cubes. Attach the lid and shake well until combined.
3. Divide between two ice-filled glasses.
4. Top off with additional flavored water.
5. Garnish with mint sprigs

Makes approximately 2 servings.



ROSE LEMON SPRITZER

2 Tbsp. rose water (optional)

2 Tbsp. fresh lemon juice

1-2 Tbsp. honey or to taste
(use agave if vegan)

A few drops of blood orange or
pomegranate juice for color (optional)

¾ cup sparkling water or more to taste

Fresh roses for garnish (optional)

1. Combine rose water, lemon juice, honey and blood orange or pomegranate juice (if using) in a cocktail shaker. Fill with ice.
2. Shake until combined and then strain into a glass.
3. Pour in the sparkling water. Garnish with fresh roses (optional).

Makes approximately 1 serving.

PLUM AND THYME SMASH

- ½ cup sugar
- ½ cup water
- 6 thyme sprigs (plus garnish)
- 2 plums, peeled and chopped (plus garnish)
- 4 Tbsp. Thyme Simple Syrup (recipe below)
- 1 Lemon, juiced
- Ice, some crushed
- 1 bottle sparkling water

THYME SIMPLE SYRUP

1. Bring sugar and water to a boil. Remove from heat. Add thyme sprigs. Stir and let cool. Chill until ready to use.

MOCKTAIL

1. Muddle plums with Thyme Simple Syrup and lemon juice until all of the plum juices have been released. (Muddle in a glass if you prefer bits of fruit in your cocktail)
2. Shake with ice in a cocktail shaker. Pour over crushed ice evenly between two glasses. Top off with sparkling water. Garnish with plum slices and thyme sprigs. Serve immediately.

Makes approximately 2 servings.



MISTLETOE MOCKTAIL

- ¼ tsp. lime juice
- ½ tsp. honey
- 3 mint leaves
- Sparkling water
- 5 cranberries (3 for garnish)
- 1 sprig rosemary (for garnish)
- White sugar (for garnish)

1. Place mint leaves, 2 cranberries, honey and lime in a dish and use a muddler to mash and set aside.
2. Place mixture in the bottom of an 8 oz. glass. Fill ¾ of the glass with crushed ice. Add sparkling water to just below the rim.
3. Garnish with a sprig of rosemary and 3 cranberries.

Makes approximately 1 serving.

Revolution RECIPES

HEALTHY AND **WARM**



COOKBOOK

Vol. **8**

SLOW COOKER AND PRESSURE COOKER RECIPES

PRESSURE COOKER SPICED APPLE CIDER

RECIPE CONTRIBUTOR: DAWN WILLIAMSON



7 medium apples, cored and quartered
(Ok to leave skin on. Mix Granny Smith, Honey
Crisp & Gala apples for best flavor)
1 orange, peeled and cut into segments
1 lemon, peeled and cut into segments
½ cup fresh cranberries
2 cinnamon sticks
½ tsp. whole cloves
1 whole star anise (optional)
1 inch chunk fresh ginger, sliced (optional)
¼ - ½ cup sweetener of choice (coconut sugar,
maple syrup, honey etc.)
Enough water to cover fruit



1. Place apples, orange, lemon and cranberries into pressure cooker. Add cinnamon sticks, whole cloves, star anise (if using), ginger (if using) and sweetener. Pour in enough water to cover all.
2. Secure the lid and cook on high pressure for 15 minutes. Allow to naturally release. (If you're in a rush, you can do a quick release after 10 minutes).
3. Mash the fruit with a potato masher to release the juices. Taste the juice and add more sweetener as necessary.
4. Carefully strain the solids from the liquids using a fine mesh sieve. Discard solids and store cider in an airtight container for up to 1 week or freeze for later use.

Makes approximately 5 servings.

PRESSURE COOKER TURMERIC COCONUT MILK

RECIPE ADAPTED FROM: FOODISAFOURLETTERWORD.COM



1 can (13.5 oz.) coconut milk
3 cups water
2 tsp. turmeric
3 whole cloves
2 cinnamon sticks
½ tsp. ginger
Pinch of ground black pepper
2 Tbsp. honey or maple syrup (plus more to taste)

1. Add coconut milk, water, turmeric, cloves, cinnamon sticks, ginger and black pepper into the pressure cooker.
2. Set to manual / high pressure for 15 minutes. Wait 10 minutes for a natural pressure release then switch the valve to venting to release the pressure.
3. Strain out the cinnamon sticks and cloves. Add the honey and mix well with a whisk. Add more honey to taste.
4. Store in a glass jar in the refrigerator for up to 7 days. When you're ready to re-heat, shake up the jar and warm it up in a small sauce pan.

Makes approximately 8 servings.



SLOW COOKER CHAI TEA LATTE

RECIPE ADAPTED FROM: SWEETPEASANDSAFFRON.COM



3 cinnamon sticks
15 green cardamom pods; split open,
seeded and lightly crushed
40 whole peppercorns (roughly 1 tsp.)
25 whole cloves
4 inches of fresh ginger, sliced
64 oz. (2 quarts) unsweetened almond milk
2-4 Tbsp. maple syrup (optional)
4-8 black tea bags (optional)
Dairy-free coconut whipped cream (optional)



1. Place the cinnamon sticks, cardamom pods, peppercorns, cloves and ginger slices on a square of cheesecloth. Use kitchen twine to tie it shut. (You can add spices without the cheesecloth and pour through a fine strainer before serving but they can end up making a really unappetizing sediment).
2. Place in a 6 qt. slow cooker and add unsweetened almond milk. Add in maple syrup and tea bags (optional) and stir.
3. Cook on Low for 4 hours. Remove the bag of spices and serve immediately topped with coconut whipped cream (optional) and cinnamon.

Makes approximately 8 servings.

NOTE:

For a caffeine free version of this drink, omit the black tea or use a decaffeinated tea.



PRESSURE COOKER BREAKFAST STUFFED SWEET POTATOS

ADAPTED FROM: THELIVEINKITCHEN.COM

1 cup water
2-6 sweet potatoes
Pure maple syrup
Almond butter
Pecans, chopped
Blueberries
Chia seeds



1. Place the steamer rack in your pressure cooker and add 1 cup water.
2. Place the sweet potatoes on the rack and seal the lid, making sure the release valve is in the proper position.
3. Set the pressure cooker to manual high pressure for 15 minutes. It will take a few minutes to come up to pressure.
4. Once the time is up, allow the pressure to release naturally for 10 minutes. Turn the release valve to release any leftover pressure. Once the float valve has dropped, open the lid and remove the sweet potatoes.
5. When it is cool enough to handle, cut the sweet potatoes and mash the flesh with a fork. Drizzle with maple syrup and almond butter, then sprinkle with pecans, blueberries, chia seeds and any of your other favorite toppings.

Makes approximately 2-6 servings.

SLOW COOKER OVERNIGHT BANANA BREAD STEEL CUT OATS

RECIPE ADAPTED FROM: WELLPLATED.COM



- 1½ cups gluten-free steel cut oats
(do not substitute quick cooking, instant, or rolled oats)
- 4 cups water
- 2 cups dairy-free milk
- 2 large ripe bananas, mashed
- 3 Tbsp. ground flaxseed meal (optional nutritional boost)
- 3 Tbsp. chia seed (optional nutritional boost)
- 3 Tbsp. hulled hemp seeds (optional nutritional boost)
- 2 tsp. pure vanilla extract
- 1½ tsp. ground cinnamon
- ½ tsp. nutmeg (grate your own for enhanced flavor)
- ½ tsp. salt



TOPPINGS

- | | |
|--|--|
| Vanilla Complete by Juice Plus+® powder
(stir into warm oats) | Nut butter |
| Walnuts or other nuts, chopped and toasted | Fresh or dried berries |
| Bananas, sliced | Unsweetened coconut flakes |
| Raisins | Maple syrup or honey |
| Dairy-free chocolate chips | Any other toppings you enjoy with banana bread |

1. Place all ingredients, except toppings, into the bottom of a 4-to-6-quart slow cooker and stir to combine.
2. Cover and cook on low for 7-8 hours (overnight for a hot breakfast that's ready when you wake up) or on high for 4 hours, until the oats are soft but maintain a bit of chew. Remove cover and stir to evenly combine the ingredients. Enjoy warm with desired toppings.

Makes approximately 4-6 servings.

NOTES

Overnight steel cut oats can be refrigerated for up to 1 week or frozen for up to 2 months. To reheat, top desired amount with a few tablespoons of water or milk, then warm in the microwave or in a small saucepan until hot. If frozen, let thaw overnight in the refrigerator first.



PRESSURE COOKER HUMMUS

RECIPE ADAPTED FROM: EVERYDAYMAVEN.COM

- 1 lb. dried garbanzo beans, rinsed
- 12 cups water
- 3 cups cooked garbanzo beans, warm
- ½ cup bean cooking liquid, warm
- ¼ cup tahini
- 2 medium garlic cloves
- 1 large lemon, juiced (approx. 4 Tbsp. lemon juice)
- 1 tsp. salt
- ½ tsp. ground cumin
- ¼ tsp. smoked paprika
- ¼ cup extra virgin olive oil
- Za'atar (optional)



1. Place garbanzo beans in pressure cooker along with water. Close lid, set vent to sealed and set pressure cooker to manual for 35 minutes. Beans should be slightly mushy when done.
2. Allow pressure cooker to naturally release pressure when done (this can take up to ½ hour). If you are pressed for time, allow pressure cooker to release pressure naturally for at least 15 minutes and then do a slow quick pressure release.
3. Carefully drain the beans, making sure to reserve the liquid.
4. Transfer 3 cups of warm, drained, cooked garbanzo beans to a food processor or blender fitted with a chopping blade. Add all other ingredients except olive oil.
5. Process until smooth and slowly add the olive oil, 1 Tbsp. at a time. Hummus should be smooth, creamy and taste almost whipped.
6. Serve topped with Za'atar (optional), smoked paprika and a splash of olive oil. Store in a sealed container in the refrigerator for up to 5 days.

Makes approximately 12 servings.

NOTES

1 lb. of dry garbanzo beans yields about 9 cups of cooked garbanzo beans. This recipe intends to make extra beans. Portion off 3 cups of beans plus ½ cup of bean liquid in glass containers and place in the freezer to make additional batches of hummus. Just make sure to slightly warm the beans and liquid before processing for hummus so it's nice and light!

PRESSURE COOKER BEET SALAD

RECIPE ADAPTED FROM: YANGSNOURISHINGKITCHEN.COM



1½ lb. beet roots (any color)
2 cups water
¼ cup extra virgin olive oil
¼ cup balsamic vinegar
¼ tsp. sea salt or Himalayan salt
¼ tsp. ground black pepper
Pinch of fresh or dried herbs
(parsley, oregano, dill, chives)



1. Place beets on a trivet inside the pressure cooker. (You can use a steamer basket too, as long as the beets are not submerged in the water.)
2. Fill bottom of pressure cooker with 2 cups water. Close the lid and pressure valve.
3. Set pressure cooker to high pressure cooking for 15 minutes. It will take a few minutes for the pressure cooker to come up to pressure. After it indicates that cooking is done, let the pressure cooker naturally release pressure. (If you are under time constraints to serve the beets, increase the cooking time to 20 minutes under high pressure cooking, and manually release pressure by opening the valve when cooking is complete.)
4. Open the lid. Remove the beets and let them cool slightly. Quickly rinse the beets in cold water to speed up the cooling process if necessary.
5. Lightly rub off the skin of the cooked beet roots with hands or a paper towel. Cut into cubes.
6. Place cut beets into a large bowl, add extra virgin olive oil, balsamic vinegar, salt and pepper, and fresh or dried herbs of choice. Mix all ingredients and let marinate for 10 minutes before serving.
7. Store leftovers in the refrigerator.

Makes approximately 6 servings.



SLOW & PRESSURE COOKER APPLESAUCE

ADAPTED FROM: [THESIMPLEVEGANISTA.COM](http://thesimpleveganista.com)



- 3 lbs. apples (about 6-7 Fuji, Gala, Granny Smith, Honey Crisp, or Delicious); peeled, quartered, cored and the quarters cut in half
- 1 small lemon, juiced
- ½ cup water
- 1 cinnamon stick
or ½–1 tsp. ground cinnamon (optional)



SLOW COOKER:

1. Place apples in the bottom of the slow cooker. Add lemon, water and cinnamon (optional). Cover with lid.
2. Set the slow cooker on high for 4 hours, stirring once or twice. Let cool a few minutes, remove cinnamon stick.
3. Mash or puree mixture. If cooking with the skins on, use an immersion blender right in the pot to puree the mixture, or transfer to a blender or food processor to puree until desired consistency. When cooking without the skins, mash with a potato masher, back of a fork or a slotted spoon.

PRESSURE COOKER:

1. Place apples in the bottom of the pressure cooker. Add lemon juice, water and cinnamon (optional).
2. Attach lid, and make sure vent is in the sealed position. Push the pressure cooker button, and manually set the time for 6 minutes.
3. When done, let the steam vent on it's own, (takes about 6 minutes). Move the vent to open, being careful not to burn yourself as there may still be steam left. Remove lid and let cool. Remove cinnamon stick.
4. Mash or puree mixture. If cooking with the skins on, use an immersion blender right in the pot to puree the mixture, or transfer to a blender or food processor to puree until desired consistency. When cooking without the skins, mash with a potato masher, back of a fork or a slotted spoon.
5. Store applesauce in the refrigerator for up to 7 days, or freeze for up to 2 months.

Makes approximately 4-6 servings.

SLOW COOKER VEGGIE-LOADED MARINARA SAUCE

ADAPTED FROM: EPICURIOUS.COM



2 carrots, chopped
2 celery stalks, chopped
1 yellow onion, chopped
1 red bell pepper, chopped
2 large cloves garlic, minced
2 (28 oz.) cans whole peeled tomatoes,
drained and crushed with your hands
2 Tbsp. tomato paste
1 bay leaf
1 tsp. dried oregano
½ cup fresh basil, chopped
½ tsp. salt
Pinch freshly cracked pepper



1. Combine all ingredients in the slow cooker and cook on low for 6 hours.
2. Remove the bay leaf and blend with an immersion blender or high powered blender to the desired consistency. Adjust seasonings to taste.

Makes approximately 6 servings.



SLOW & PRESSURE COOKER VEGETABLE BROTH

ADAPTED FROM: TASTYTHIN.COM



- 1 gallon size bag of veggie scraps (frozen or raw)
(carrot and celery ends/peels, onion ends/peels, potato/
parsnip peels, fresh herbs, bell pepper pieces, broccoli/
cauliflower stalks, or whatever you have on hand)
- 1 tsp. turmeric powder
- 2 tsp. minced garlic
- 1 tsp. kosher salt optional
- Onion, chopped
- 1 tsp. Peppercorns, whole (or more to taste)
- 8-9 cups water



PRESSURE COOKER

1. Place veggie scraps into the pressure cooker. Add turmeric, garlic, salt, onion, peppercorns and water; being sure to stay below the max level of the pot.
2. Manually set timer for 30 minutes. When cycle is complete, flip the valve to allow for slow natural release. (Release takes about an 1½ hours.) Remove lid and strain liquid through a fine mesh strainer into a large bowl. Discard or compost solids.
3. Pour into glass canning jars to freeze. HINT: Measure out 1 cup, 2 cup and 3 cup jars so you can easily thaw only what you need for each recipe. Do not fill jars up all the way as broth will expand.
4. Label jar lids and let them cool to room temperature with the lids on loosely. Once cool, tighten the lids and put them in the freezer.

SLOW COOKER

1. Add vegetable scraps to slow cooker and cover with water. Add seasonings. Cook on high for 5-6 hours or low for 7-8 hours.
2. Remove lid and strain liquid through a fine mesh strainer into a large bowl. Discard or compost solids. Follow steps 3 and 4 above.

Makes approximately 8-14 cups.

NOTES

Add your vegetable scraps to a 1 gallon freezer bag as you prepare meals. Once it's full, you're ready to make this delicious, healthy broth. You can use fresh vegetables as well.



SLOW & PRESSURE COOKER TACO SOUP

RECIPE ADAPTED FROM: PIPINGPOTCURRY.COM



1 Tbsp. olive oil
1 cup yellow onion, diced
3 cloves garlic, minced
1 can (14.5 oz) tomatoes, diced
1 can black beans, rinsed and drained (about 1¼ cups)
1½ cup corn, frozen
1 cup red bell pepper, diced
1 cup green bell pepper, diced
1 jalapeno, finely diced
3 Tbsp. taco seasoning (or use recipe below)
½ tsp. salt (adjust to taste)
2½ cups vegetable broth (See recipe on pg.110)



OPTIONAL TOPPINGS

Cilantro leaves, chopped
Avocado, sliced or cut into small pieces
Dairy-free cheddar cheese, shredded
Dairy-free sour cream or dairy-free Greek yogurt
Gluten-free tortilla chips
Red onion, diced
Jalapeno, sliced
Lime juice

TACO SEASONING

3 tsp. paprika
6 tsp. cumin
3 tsp. oregano
1½ tsp. salt

Mix all ingredients together.

PRESSURE COOKER:

1. Add the ingredients to your pressure cooker in this order: oil, onion, garlic, tomatoes, black beans, corn, red bell peppers, green bell peppers, jalapeño, taco seasoning, salt, and vegetable broth. Do not stir. Close lid with vent in sealing position. Set on pressure cook mode for 6 minutes at high pressure.
2. When the pressure cooker beeps, let the pressure release naturally. Open the lid. Taste and adjust salt if needed. Serve with any of the optional toppings above or add your own.
3. Store for about 4 days in the refrigerator. Freeze in small portions in airtight containers. When ready to eat, reheat in the microwave or on the stove.

SLOW COOKER: Cook on low setting for 8 to 10 hours or on high for 3 hours. Then follow steps 2-3.

Makes approximately 6 servings.

SLOW COOKER CHUNKY TOMATO SOUP

RECIPE CONTRIBUTOR: CATHY WILLIAMSON



2 cups onion, roughly chopped
2 Tbsp. olive oil
¼ tsp. salt
Pinch of black pepper
2 cloves garlic, minced
2 lbs. tomatoes, chopped and peeled or 1 can (28 oz.)
unseasoned tomatoes, diced with juice
¼ tsp. smoked paprika
Pinch of red pepper flakes (optional)
½ tsp. dried basil
1 Tbsp. honey or maple syrup
1 cup low sodium vegetable broth (recipe on pg. 110)
2 bay leaves



OPTIONAL TOPPINGS

Cilantro, chopped
Basil, chopped
Avocado, sliced or cut into small pieces
Red onion, diced

Dairy-free cheddar cheese, shredded
Dairy-free sour cream or dairy-free Greek yogurt
Gluten-free tortilla chips

1. Toss onion in a large pan with olive oil over medium heat. Sprinkle with salt and pepper. Stir and let cook for a few minutes until soft.
2. Add garlic. Let cook for a couple more minutes until soft and fragrant.
3. Add tomatoes, including juice, to pan.
4. Add smoked paprika, red pepper flakes (optional), basil, and honey. Stir, taste and adjust as needed. Flavors will become stronger while slow cooking.
5. Add to slow cooker. Stir in vegetable broth and bay leaves. Set on low for 4 hours.
6. Remove bay leaves and serve. Top with your favorite toppings. If you like your soup creamier, pour into a blender and blend to desired consistency.

Makes approximately 4 servings.

SLOW COOKER AVOCADO-LIME WHITE CHILI

RECIPE ADAPTED FROM: JENELIZABETHSJOURNALS.COM



2 Tbsp. olive oil
½ medium onion, diced
3 cloves garlic, minced
1 small zucchini, diced
1 green bell pepper, diced
2 bay leaves
Pinch sea salt (to taste)
1 can (15 oz.) cannellini beans, thoroughly drained and rinsed
1 can (15 oz.) garbanzo beans, thoroughly drained and rinsed
1 Tbsp. dried oregano
2 tsp. cumin
½ tsp. crushed red chili pepper flakes
1 cup vegetable broth (see recipe pg. 110)
1 cup frozen sweet corn, thawed
1 lime
1½ avocados, quartered and sliced



OPTIONAL TOPPINGS:

Gluten-free tortilla chips, crushed (optional)
Shredded dairy-free cheddar cheese (optional)
Cilantro, chopped (optional)

1. Set slow cooker to low heat. Add olive oil, onion, garlic, zucchini, bell pepper, and bay leaves. Season with salt and stir until well combined. Cover and cook, stirring occasionally for 2 hours.
2. Add two thirds of the cannellini and garbanzo beans to a food processor. Pulse until beans are roughly chopped.
3. Add the oregano, cumin, chili flakes, broth, corn, and roughly chopped and whole beans to the slow cooker. Season with salt and stir until well combined. Cover and cook, stirring occasionally, for 3 hours.
4. Squeeze the juice from the lime and drizzle all over the avocado slices. (Don't skip this step!)
5. Transfer the chili to serving bowls. Top each bowl of chili with the avocado slices, crushed tortilla chips (optional), shredded Dairy-free cheddar cheese (optional), chopped cilantro (optional), and serve.

Makes approximately 4-6 servings.



PRESSURE COOKER CHICKPEA BOLOGNESE SPAGHETTI SQUASH

RECIPE ADAPTED FROM: EATINGBYELAINE.COM

- 1 spaghetti squash (approx. 3 lbs.),
halved crosswise, seeds and stem removed
- 1 cup water
- 2 Tbsp. extra virgin olive oil
- 2 large shallots, diced
- 1 tsp. salt
- ¼ tsp. black pepper
- 4 cloves garlic, minced
- 1 can (15 oz.) garbanzo beans, drained and rinsed
- 24 oz. marinara sauce (or use recipe on pg 109)
- Mushrooms, sliced (optional to taste)
- Hemp seeds (optional for added protein)
- ½ cup fresh parsley or basil, chopped (plus more for garnish)



1. Place spaghetti squash in the steamer basket or rack of your 6-quart pressure cooker along with 1 cup of water beneath the steamer basket. Close the lid, turn the valve to sealed and manual cook on high pressure for 7 minutes.
2. While the squash is cooking, sauté shallots in olive oil, salt and pepper over medium-low heat until translucent and fragrant (about 3 minutes). Add in garlic, mushrooms (optional), hemp seeds (optional), parsley or basil (optional) and sauté for another minute. Add in the chickpeas and gently mash half of them with a potato masher (this creates a varied texture and is not required but is recommended). Stir everything together and sauté for another minute. Pour in the marinara sauce and let it simmer for 2-3 minutes. Taste and adjust seasonings if needed. Set aside.
3. When the squash is finished in your pressure cooker, press off and manual release. Safely remove the lid to allow the squash to cool before handling. Use a fork to gently shred each half of the squash until thin translucent spaghetti-like strands appear. Place the squash into a bowl. Top with a generous amount of the chickpea bolognese and garnish with more fresh parsley or basil. Serve hot!
4. Store leftovers in an airtight container in your refrigerator for up to 5 days.

Makes approximately 4-6 servings.

SLOW COOKER QUINOA STUFFED BELL PEPPERS

ADAPTED FROM: VEGANHEAVEN.ORG



6 bell peppers (orange, yellow, and red)
1 cup quinoa, uncooked
1 cup black beans or kidney beans, cooked
2 cups canned diced tomatoes
2 tsp. cumin
1 tsp. paprika
½ tsp. smoked paprika
2 cloves garlic, minced
Red pepper flakes, to taste
Pinch of salt
Pinch of black pepper
¾ Water

TOPPINGS:

Green onions, diced
Guacamole
Salsa
Lime juice, freshly squeezed
Cilantro, fresh
Parsley, fresh



1. Cut off bell pepper tops; discard seeds and membranes. In a large bowl, combine the rest of the ingredients, except the water. Evenly divide the mixture into the bell peppers.
2. Fill your slow cooker with water. Place filled bell peppers in the slow cooker and cook for 3 hours on high or 6 hours on low.
3. Serve topped with green onions, guacamole, salsa, fresh lime juice, cilantro and parsley.

Makes approximately 6 servings.



PRESSURE COOKER INDIAN COCONUT RICE PUDDING

ADAPTED FROM: EASYCOOKINGWITHMOLLY.COM

2 Tbsp. coconut oil (ghee if non-vegan)
1 cup rice (any short-grain white rice),
washed and drained
1 can coconut milk
1 cup nut milk (cashew or almond)
½ cup water
1 pinch cardamom
¼ cup coconut sugar

GARNISH:

4 Tbsp. pistachios, chopped
¼ cup shredded coconut, unsweetened



1. Turn pressure cooker to sauté mode. Add coconut oil and rice. Sauté for 1 minute.
2. Add can of coconut milk, nut milk, water, coconut powder, cardamom, coconut sugar and stir to combine. Close the lid with the pressure valve to sealing.
3. Press the porridge button and cook for 10 minutes. Once the timer goes off, allow natural pressure release.
4. Open the lid carefully and stir. Transfer to a serving bowl or individual bowls.
5. Top with chopped pistachios and shredded coconut.
6. Serve warm or cold.

Makes approximately 4 servings.

PRESSURE COOKER "BAKED" APPLES

RECIPE ADAPTED FROM: WALLFLOWERKITCHEN.COM



8 Tbsp. gluten-free whole oats
1 tsp. ground cinnamon
¼ tsp. nutmeg
¼ tsp. allspice
4 Tbsp. coconut sugar
3 Tbsp. raisins, (optional)
6 Gala apples, whole
4 Tbsp. apple juice (or water)



1. In a medium bowl; combine oats, spices, sugar and raisins (optional).
2. Chop the tops off the apples and use a melon baller to carve out the insides.
3. Spoon the oat mixture into the apples until they are filled to the top.
4. Place the apples inside the slow cooker with a few tablespoons of apple juice (or water) to cover the bottom of the bowl.
5. Choose the manual setting on your pressure cooker and cook for 3 minutes on high pressure, making sure the steam valve is locked.
6. Once the timer has finished, press stop and release the steam. Once the steam has been released, carefully open the lid and serve the apples immediately. The longer they sit in the heat, the mushier they will get, so best to serve them quickly!
7. For an indulgent dessert, serve with a scoop of vegan ice cream or just serve as is for breakfast or as a treat.

Makes approximately 8 servings.

SLOW COOKER GLUTEN-FREE MOLTEN LAVA CAKE

RECIPE ADAPTED FROM: MYNATURALFAMILY.COM



2 cups oat flour
1½ cups coconut palm sugar
6 Tbsp. cocoa powder
1 Tbsp. baking powder
1 tsp. salt
1 cup coconut milk
4 Tbsp. coconut oil, melted
2 tsp. vanilla

FOR THE LAVA

¾ cup coconut palm sugar
½ cup cocoa powder
¼ cup honey
2 cups boiling hot water



1. Grease the slow cooker bowl.
2. In a mixing bowl, whisk together the oat flour, sugar, cocoa, baking powder, and salt.
3. Add the coconut milk, coconut oil, and vanilla to the bowl and whisk in until a smooth batter is formed. Pour the batter into the greased slow cooker and spread to level.
4. In a small bowl, combine the coconut palm sugar and cocoa powder. Sprinkle over the top of the cake batter in the slow cooker.
5. Mix together the honey and boiling water. Pour over the top of the cake, cover with a lid, and cook on high for 1½-2 hours. Cake is done as soon as it is puffed and firm on the top. The liquid chocolate lava will be on the bottom of the cake.

Makes approximately 4-6 servings.

"THE MORE **PLANT FOODS**
YOU EAT, THE
healthier
YOU WILL BE." - DR. MITRA RAY

Thank you to all of our contributors!

For more resources, please visit www.HealthyLivingRevolution.com.
