Cravings Cure Cookbook

50+ Simple Recipes that Answer Your Cravings Healthfully!

by
Alexandra Jamieson, CHHC, AADP

Including my 6 go-to meals using leftovers ready in 5 Minutes!
Whether it’s sweet and creamy, salty and fatty, or all three combined into one, our cravings for tastes and textures can feel overwhelming and frustrating. We think that sweet, fatty thing we want is bad, and that our bodies are weak-willed, sabotaging creatures.

What if those cravings were your body asking for something it needed? Nutritional cravings, cravings for flavors and textures, cravings for love, comfort, connection - what if they all come from the same place, and are all good information?

What if your cravings are telling you some truth about what you need? Your desires for good, delicious foods that answer some craving in you, is not bad. We all desire sweetness and satisfying fat. But sometimes the types of foods we crave (highly refined, fried, etc - you know “junk”) are keeping us stuck in our bodies, low-energy, and stopping us from having the vitality and life we really desire.

That’s where I come in.
I believe that your body is always telling you what you need.
I believe that you can trust your cravings and desires - not just for food, but for everything you want in life.

These recipes have been put together specifically for you - to help you begin to answer your cravings, healthfully. To give you the tastes, textures, and feelings you crave, without ruining your health and wellness goals. Slow down, give yourself the gift of amazing food, and start hearing your cravings and desires as real messages from your body. Messages to be honored and answered.

So enjoy, honey. Enjoy delicious, simple foods.
Savor the tastes, and make something yummy from these pages with someone you love.

With love and sprinkles,

Alex
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## Shrimp Marinara

*Over Quinoa with Wilted Kale*

<table>
<thead>
<tr>
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<th>Ingredient</th>
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<tr>
<td>1 tsp</td>
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</tr>
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<tr>
<td>1 lb</td>
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<tr>
<td>8 oz</td>
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<tr>
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<td>Water</td>
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<td>Salt</td>
<td></td>
</tr>
<tr>
<td>¼ tsp</td>
<td>Black pepper</td>
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2. Heat 1 tablespoon of olive oil on medium-high heat in a large skillet. Sauté shallots and 1 teaspoon garlic for 1 minute then stir in oregano, basil, and red pepper flakes.

3. Add the diced tomatoes and tomato sauce and bring mixture to a boil. Reduce heat, cover and simmer for 10 minutes.

4. Add shrimp and salt to the simmering sauce, cover skillet, and simmer for 2 minutes until the shrimp are bright pink and cooked through.

5. Heat remaining oil in a large skillet over medium heat. Add remaining garlic and cook for 1 minute. Add kale and 2 tablespoons of water, cover, and steam for 2-3 minutes until greens wilt. Season with salt and ground pepper.
Coconut Salmon Cakes

Serves 2-4

- 8 oz Cooked wild salmon
- 12 Unsalted rice crackers
- ¼ cup Yellow onion, diced
- 1 Garlic clove, minced
- 1 tbsp Freshly squeezed Lemon
- 1 tbsp Coconut oil
- ½ tsp Sea salt
- Black pepper (to taste)

1. Break salmon and rice crackers into small bits in a medium mixing bowl.
2. Add all remaining ingredients except the oil and salt, and mix together well.
3. Shape into four equal patties.
4. Refrigerate patties on a plate for at least 1 hour.
5. Heat the coconut oil over medium heat using a cast iron or stainless steel skillet. Quickly cook both sides of the patties for 2 minutes.

Chicken and Pears

With Mustard

Serves 2-4

- 2 tbsp Lemon juice
- 1 tbsp Dijon mustard
- ¼ cup Extra-virgin olive oil
- 4 Chicken breasts
- 4 Pears, ripe & firm
- 1 tsp Salt
- ¼ tsp Black pepper, ground

1. Preheat a large and medium skillet to medium-high heat.
2. Whisk together lemon juice, mustard, and olive oil, salt, and black pepper in medium skillet. Cut pears lengthwise into 1/4-inch thick slices, add and toss with mixture. Allow to cook for 4-5 minutes, until pears are lightly browned and softened.
3. Add 1 tablespoon of oil to large pan, and cook the chicken breasts, for 10-12 minutes turning a few times.
4. Add together and serve!
Citrus Chicken

Serves 2-4

½ cup Orange juice
½ cup Grapefruit juice
1 tbsp Olive oil
1 tbsp Lime juice
2 Carrots, chopped
4 Chicken breast, with skin
4 Garlic cloves, quartered
1 tsp Basil (dried)
1 tsp Rosemary (dried)
½ tsp Sea salt
Cayenne (to taste)

1. Preheat oven to 375 degrees.

2. Combine juice and the remaining ingredients in a shallow baking dish, large enough for the chicken breasts to lay flat. Whisk together ingredients.

3. Place chicken in the juice in the baking dish and cover with foil.

4. Bake for 25 minutes.

5. Uncover and bake for another 25 minutes, or until the chicken is cooked through.
Skillet Rosemary Chicken
& Sautéed Butternut Squash with Sage

Serves 2-4

¾ lb Red-skinned potatoes, quartered
1 lb Butternut squash, cubed
10 oz Cremini mushrooms, halved
8 oz Vegetable stock
¾ tsp Salt
2 tbsp Fresh rosemary leaves
1 tbsp Garlic, minced
¼ tsp Red pepper flakes
½ tsp Sage (dried)
2 Lemons, juiced
1 lb Organic chicken breasts
2 tbsp Extra-virgin olive oil
2 tbsp Olive oil

1. Preheat oven to 450 degrees. Cover the quartered potatoes with 1 inch of cold water in a medium pot and salt the water. Bring to a boil over medium-high heat and cook until tender, about 8 minutes. Drain and set aside.

2. Combine the rosemary leaves, garlic, 1 teaspoon salt, and the red pepper flakes on a cutting board. Then mince and mash into a paste with a large knife.

3. Transfer the paste to a large mixing bowl and whisk in extra virgin olive oil and the juice of one lemon. Add the chicken and turn to coat both sides.

4. Heat a large oven safe skillet over medium-high heat. Add the chicken and cook for 5 minutes, then turn chicken over, add the remaining mushrooms and potatoes to the skillet. Drizzle with the juice of 1 lemon.

5. Add the vegetable stock then transfer covered skillet to oven. Roast for 10 minutes. Remove cover at 10 minutes and continue cooking until chicken is cooked through, about 10 more minutes.

6. While chicken is cooking, warm olive oil in a 12 in. skillet on medium heat. Add butternut squash. Tossing frequently, cook for 5-6 minutes until squash is lightly browned.

7. Add 1/4 cup water and the sage, and reduce heat to a simmer. Cover and cook until squash is fork tender, about 8-10 minutes.
Skirt Steak Fajitas

with Guacamole! (kids love it)

Serves 2-4

1½ lb Grass fed steak
½ head Romaine lettuce, shredded
8 Lg lettuce leaves, washed
2 Avocados, ripened
1 Red onion, medium
1 tbsp Lime juice
2 tbsp Canola oil
½ tsp Garlic, minced
½ tsp Salt
Black pepper (to taste)

1. Preheat a large skillet over high heat.
2. Brush steak with oil, and season with salt and pepper on both sides. Cook for three minutes on each side, or until desired doneness.
3. Let steak rest for 5 minutes before cutting. Slice against the grain into 1/4-inch thick slices.
4. Peel and mash the avocados into mixing bowl. With a fork, mash in the salt, garlic, and lime juice.
5. Fill each with large lettuce leaf with the shredded lettuce, 3-4 pieces of meat, chopped onion and top with guacamole.
Pickled Vegetables

Homemade!

2 cups Water
2 tbsp Umeboshi vinegar
1 tbsp Brown rice vinegar
1 tbsp Sea salt
1 Garlic clove, minced
4 cups Mixed vegetables

(choose from red cabbage, radishes, red onion, string beans, cucumber, cauliflower, carrots, or celery)

1. Combine the water, vinegars, salt, and garlic in a large saucepan. Bring to a boil over high heat and then remove from the heat.

2. Place the vegetables in a glass jar just large enough to hold them.

3. Cool the liquid mixture, or “brine,” and then pour it into the jar with the vegetables. Cover with a tight-fitting lid or plastic wrap held on tightly with a rubber band around the mouth of the jar. Refrigerate overnight, or for at least 12 hours.

These pickles will keep for up to 3 weeks in the refrigerator.

Savory Seeds

Makes 2 cups

½ cup Coconut Aminos, or soy sauce
1 tsp Cayenne pepper
2 cups Pumpkin seeds, raw

1. Preheat oven to 350 degrees.

2. In a medium mixing bowl combine all of the ingredients. Allow to sit for 10 minutes at room temperature.

3. Pour the soaking seeds into a large glass casserole dish or baking sheet.

4. Bake the seeds for 5 minutes. Stir them to mix them around, then bake them for another 5 minutes. Turn the oven off and leave the seeds in for 5 minutes more. Allow to cool before serving.
**Kale Chips**

Serves 2

2 tbsp  Extra-virgin olive oil
2 tsp   Apple cider vinegar
1 tsp   Paprika
1 tsp   Kosher salt
1       Bunch of kale, washed

1. Preheat the oven to 425 degrees. Make sure kale is prepped, destemmed, and tear into 2-in pieces.

2. Mix the olive oil, vinegar, and salt together in a large mixing bowl. Toss the kale in the liquid mixture.

3. Put the kale on a baking sheet, sprinkle with paprika. Bake for 5-8 minutes, or until it starts to brown. Keep an eye on the kale, because it can burn quickly.

4. Once it starts to brown, toss the kale with tongs and bake with the other side up for another 2-3 minutes. Remove from oven, and enjoy!

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**Simple Brown Rice Recipe**

Serves 2-3

for any occasion!

3 cups   Brown rice, short grain

1. Rinse rice in 2 changes of water.

2. Put into a pot with enough water to cover by 2 inches.

3. Bring to a boil over high heat.

4. Lower heat to low, and cover. Simmer for 40 minutes.

5. Turn heat off and let sit for 20 minutes. This allows the steam to keep cooking the rice.
Spiced Red Lentil Stew

½ cup Brown rice
1 cup Red lentils
6 cups Water (or sodium-free vegetable broth)
1 cup Carrot, large diced
½ Yellow onion, diced
2 Garlic cloves, minced
½ in Ginger root piece, grated
1 tbsp Coconut oil or ghee (clarified butter)
½ tsp Cumin seeds
½ tsp Mustard seeds
½ tsp Coriander powder
1 tsp Turmeric powder
½ tsp Sea salt
Fresh cilantro (optional)

1. Rinse and drain the rice and lentils, being careful to remove any stones.

2. Add to the 6 cups of water in a large soup pot and place over high heat. Bring to a boil, reduce to a simmer, cover and cook for 20 minutes.

3. Add the carrot, onion, garlic, and ginger root. Cook for another 10 minutes.

4. While the vegetables are cooking, place the oil, cumin seeds and mustard seeds in a separate skillet over medium heat. Cook, stirring, until they begin to pop. Add the remaining spices and salt and stir for 30 seconds.

5. Add the cooked spices to the kitchari mixture, stir well, and cook for 5 minutes more. Add another cup or two of water if you need more liquid.

6. Top bowls with a few fresh cilantro leaves and serve hot.

Support your liver this fall with traditional Indian Kitchari stew – a pleasantly spiced, but not spicy-hot, stew. Easy to make ahead for a busy week, simply reheat portions with a little water and serve with a tossed green salad for a great, warming meal!

*Firebrands may want to eliminate ginger, but when feeling balanced, may use fresh ginger.

*Firebrands should omit mustard seeds.

Don’t know if you’re an Earth Mama, Firebrand or Featherweight cravings type? Take the quiz at: www.cravingsquiz.com
Coconut Chickpea Rice

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<th>Quantity</th>
<th>Ingredient</th>
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<tr>
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<td>Olive oil</td>
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<tr>
<td>¼ cup</td>
<td>Shallot, minced</td>
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<tr>
<td>1 cup</td>
<td>Long-grain brown rice</td>
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<tr>
<td>1 cup</td>
<td>Coconut milk, unsweetened</td>
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<tr>
<td>2 cups</td>
<td>Water</td>
</tr>
<tr>
<td>15 oz</td>
<td>Chickpeas, rinsed &amp; drained</td>
</tr>
<tr>
<td>1 Pinch</td>
<td>Ground nutmeg</td>
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<tr>
<td>1 Pinch</td>
<td>Salt</td>
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1. Warm the oil in a saucepan over medium heat. Stir in the shallot, and cook until the shallot has softened and turned translucent, about 3 minutes.

2. Add the rice and stir until coated with the oil. Pour in the coconut milk and water; season with nutmeg. Bring to a boil over high heat, reduce heat to medium-low, cover, and simmer until the liquid has been absorbed and the rice is tender, about 45 minutes.

3. Stir in the chickpeas, season with salt and continue cooking just a few more minutes until chickpeas are hot.
Steamed Butternut Squash

In Red Chili Sauce

Serves 2-4

4 cups Butternut squash, cubed
1 Onion, sliced
3 Garlic cloves, chopped
1 tsp Red chili powder
½ tsp Cumin, ground
½ tsp Cinnamon
1 T., 1 c. Chicken or vegetable broth
1 tbsp Cilantro, chopped
Salt (to taste)
Black pepper (to taste)

1. Slice onion and chop garlic. Let sit for at least 5 minutes to enhance their health benefits.

2. Bring 2 inches of water in a steamer to a boil.

3. Cut squash into 1-inch cubes and steam in a steamer with a tight fitting lid until al dente, about 5-6 minutes.

4. Heat 1 tablespoon broth in a medium-size skillet. Sauté onion in broth for 3 minutes over medium heat, stirring frequently. Add garlic and spices and mix well. After about 1 minute, add rest of broth and begin to simmer gently.

5. When squash is al dente, add it to simmering sauce and cook together for another 3-4 minutes. Season with salt and pepper and sprinkle with cilantro.
Mushroom Risotto Rice

Make extra, it freezes well!

Serves 6-8

3 tbsp Olive oil, divided
12-16 oz Mushrooms, chopped
2 Garlic cloves, minced
4 Green onions, thinly sliced
1½ cups Brown rice, short grain
6 cups Low-sodium broth
½ tsp Sage, dried
1 cup Peas, cooked
½ cup Red Star Nutritional Yeast Flakes
Salt & pepper (to taste)

1. In a large saucepan, heat 2 tablespoons of olive oil over medium heat. Add mushrooms and cook, stirring, until mushrooms are browned.

2. Add the garlic and green onions; continue cooking for 1 minute. Transfer the mushroom mixture (along with any liquids) to a bowl; cover and set aside.

3. To the pan add the remaining tablespoon of oil. Add the rice and cook, stirring, until aromatic, about 3-4 minutes.

4. Add 1 cup of broth and cook, stirring, until the liquid is absorbed. Add 1/2 cup of broth and cook, stirring constantly, until broth has been absorbed. Continue adding broth in 1/2 cup portions, stirring and cooking until each portion has been absorbed.

5. When the risotto is just tender (about 25 to 30 minutes), add the mushroom mixture back to the rice and stir in the dried sage. Cook for about 8 to 10 minutes longer, adding more broth, as needed. Add small amounts of water if all of the broth has been used.

6. Just before serving, stir in the hot cooked peas and nutritional yeast flakes. Taste, and add salt and pepper if needed.
Miso Soup

Healing and hearty!

1 tbsp Extra virgin olive oil

1 Yellow onion, medium diced

2 Garlic cloves, minced

1 Carrot, cut ¼-inch slices

1 Celery stalk, cut to ½-inch slices

½ cup Hijiki, soaked accordingly

2 cups Vegetable broth

2 cups Filtered water

2 cups Cooked brown rice

2 tsp Soy sauce

(or coconut aminos)

3 tbsp Miso paste, any flavor

1 tsp Ginger, freshly grated

Garnish: 2 green onions, sliced

1. Heat a large saucepan or soup pot over medium heat. Add the oil and onion and sauté for 5 minutes, or until the onions turn translucent.

2. Add the garlic, carrot, celery and hijiki. Pour in the stock and water and bring to a simmer.

3. Add the rice and soy sauce. Cover and cook for 5 minutes.

4. Meanwhile, add the miso paste to a few tablespoons of water in a small mixing bowl. Whisk to combine, and add enough water so the miso is smooth and pourable.

5. Move the soup off the heat* and stir in the ginger. Once the simmering has stopped, stir in the miso and stir well.

6. Serve hot with green onion sprinkled on top.

*Never boil miso soup once the miso is added. This will destroy the healing benefits.

**Add a scoop of leftover cooked brown rice or quinoa for a more filling meal!
Pumpkin Pinto Soup

3-15 oz  Pinto Beans, canned
2 cups  Tomatoes, diced
3 tbsp  Olive or coconut oil
1 ¼ cup  Onion, chopped
4  Garlic cloves, chopped
1 tsp  Salt
½ tsp  Ground black pepper
4 cups  Vegetable broth
1 ½ cups  Pumpkin puree
3 tbsp  Sherry vinegar

1. Pour 2 cans of the pinto beans into a food processor or blender, along with the tomatoes. Puree until smooth, and set aside.
2. Pour oil in a soup pot over medium heat. Add the onion, garlic, salt, and pepper. Cook and stir until the onion is softened.
3. Stir in the bean puree, remaining can of beans, broth, pumpkin puree, and sherry vinegar. Mix until well blended, then simmer for about 25 minutes, or until thick enough to coat the back of a metal spoon. Serve.

Tip: Buy cans labeled BPA free!

Serves 8

Black Bean Soup

1 tbsp  Olive oil, ghee
or coconut oil
4 cups  Low-sodium broth
1  Onion, chopped
1  Celery Stalk, chopped
2  Carrots, chopped
2 cups  Crushed tomatoes
4  Garlic cloves, chopped
2 tbsp  Chili powder
1 tbsp  Ground cumin
2-15 oz  Black beans, canned
Pinch, black pepper

1. Heat oil in a large pot over medium-high heat. Sauté onion, celery, carrots and garlic for 5 minutes. Season with chili powder, cumin, and black pepper; cook for 1 minute. Stir in vegetable broth and beans. Bring to a boil.
2. Stir tomatoes into boiling soup mixture, reduce heat to medium, and simmer for 15 minutes.

Tip: Buy cans labeled BPA free!

Serves 6
Creamy Parsnip & Calilflower Soup

A real crowd pleaser!

Serves 4

2 tbsp Olive oil
3 cups Parsnip, chopped
2 cups Cauliflower, chopped
½ Yellow onion, diced
4 Garlic Cloves
2 cups Low-sodium broth
2 cups Coconut milk, unsweetened
1 tsp Sea salt
Black pepper (to taste)

1. Heat the oil over medium in a big soup pot or Dutch oven, and add the parsnip, cauliflower and onion. Stir to coat all the veggies with oil.

2. Cook for about five minutes. Don’t allow to brown, just to soften up.

3. Add the garlic, broth and water. Bring to a boil, lower heat to a simmer, and cover.

4. Simmer for 25-30 minutes, or until the parsnip is tender. Stir in the coconut milk.

5. Remove the soup from the heat. If you have an immersion or “stick” blender, use it to puree the soup while it is still in the pot.

6. If you are using a regular blender, carefully ladle the soup in batches of 3 cups at a time into your blender, puree until smooth and return to the pot. Season with salt and pepper, starting with ½ teaspoon of each. Stir well, taste and add more to taste.

*Earth mama craving types can replace parsnips with carrots or Yukon gold potatoes
*Earth mama craving types can use sunflower oil instead of olive oil
*Firebrands should avoid black pepper and garlic
# Kale, Shiitake & Sweet Potato Soup

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<tr>
<td>Shiitake mushrooms, caps thinly sliced</td>
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<tr>
<td>Sweet potato, peeled, 1/4 inch cubes</td>
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<tr>
<td>Bunch of kale, destemmed</td>
<td>½</td>
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</tr>
<tr>
<td>White miso, per cup</td>
<td>1 tsp</td>
<td></td>
</tr>
<tr>
<td>Pumpkin seeds, toasted</td>
<td>¼ cup</td>
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1. In a saucepan combine the water/broth, shiitake mushrooms and sweet potato and bring to a boil.

2. Reduce heat and simmer for 10-15 minutes.

3. Meanwhile, chop the kale into bite size pieces and add to the soup. Cook until tender, another eight minutes.

4. Dissolve a teaspoon of light miso in a bowl with a small amount of broth.

5. Add the miso into the soup. Serve in bowl sprinkled with toasted pumpkin seeds.

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*Fresh peas are vibrant and flavorful. This creamy green soup really delivers satisfying slurps for the heavy-feeling Earth Mama or Earth Papa. Firebrands will love this too, just allow it to cool to room temperature before serving. Featherweights can enjoy with a sprinkle of freshly ground black pepper!*

*Featherweight craving types should avoid mushrooms

*Featherweight craving types should use spinach instead of kale

*Earth mama craving types should use carrots instead of sweet potatoes

*Firebrand craving types should use chickpea miso instead of soy miso*
Summer Pea & Zucchini Soup

Serves 2

2 cups  Low-sodium veg stock
1 tbsp  Chickpea flour (thickener)
1/2 cup  Zucchini, sliced
1 cup  Freshly shelled peas
2 tbsp  Mint leaves
1 tbsp  Lemon juice
1 tsp  Salt

1. Add 1 cup of stock to a small mixing bowl. Whisk in the chickpea flour. Set aside.

2. Combine the remaining stock, zucchini, peas and mint in the saucepan. Bring to a boil over high heat. Reduce to a simmer for 10 minutes. Whisk in the chickpea mixture. Simmer for 5 minutes more. Simmering the chickpea flour thickens the soup and removes the bitter flavor from the flour.

3. Ladle into a blender and blend with salt and lemon juice until smooth.

4. Featherweights can add a drizzle of olive oil and freshly ground black pepper.

5. Serve and enjoy!

Good for all 3 cravings types!
Take the quick quiz here: www.cravingsquiz.com

*Featherweight craving types should avoid chickpea flour, so use rice flour instead
*Firebrand craving types should use limes instead of lemons
*Earth mama craving types should avoid lemon and lime when feeling sluggish
Craving simplicity? Me too!

Most of our family meals (or solo lunches) can be done in 20 minutes. Sometimes I need a healthy meal that’s ready in minutes! On Sundays, cook up a big pot (like 8 cups worth) of brown rice or quinoa. Then keep it refrigerated in airtight containers to reuse through the week. You can even freeze a few portions and drop them right into cooking soup or pasta sauce!

Here are my 6 go-to meals using leftover grains from the fridge - that are ready in 5 minutes.

**Soup and Grain:** Add a scoop of cooked grain to a pot with a can of organic, low-sodium soup (Amy’s lentil soup is delicious).

**Taco Salad:** Warm a cup of cooked whole grain with a can of drained black or pinto beans, top with chopped tomatoes, lettuce, avocado and salsa.

**Breakfast Porridge or Rice Pudding:** Reheat 1-2 cups of cooked grains with coconut, rice, hemp or soy milk. Add a dash of cinnamon, a pinch of salt and a small drizzle of agave or real maple syrup. For variation add dried fruit like apricots, raisins, nuts, seeds or chunks of apples.

**Veggie “Fried” Rice:** Sauté a clove of garlic with a drizzle of naturally brewed soy sauce with olive oil in a skillet. Add 1-2 cups of leftover whole grain and a few sliced veggies and a squeeze of fresh lime. For variation add pineapples, cashews, pumpkin seeds, cilantro, tofu, beans, etc. Finish with a drizzle of seasame oil.

**Grain Salad:** Toss cooked or leftover grains with your favorite salad dressing and a few chopped cucumbers, tomatoes or other raw veggies.

**Grain “Pasta”:** Toss 1-2 cups of leftover, heated grain with your favorite pasta sauce. Add a protein like diced tofu, chickpeas, other beans, steamed broccoli, green beans, etc.
FATTY & FABULOUS
Carrot Ginger Soup

Simple and nourishing!

Serves 4-6

1 Leek
¼ cup Coconut oil
2 lbs Carrots
2 Sweet potatoes
2 Garlic cloves, minced
2 tbsp Ginger root, freshly grated
1-2 tbsp Curry powder
5 cups Chicken stock
1 tsp Salt
½ tsp Black pepper

1. Trim off the tough green end of leek, then slice leek lengthwise and rinse out. Slice leek halves into ¼-inch slices.

2. Trim carrots, wash and slice diagonally. Peel sweet potato and cut into 1-inch cubes.

3. Pour coconut oil in the soup pot and sauté the leek until translucent but not brown. Add carrots and sweet potatoes and toss for 5 minutes on medium heat.

4. Add the garlic, ginger, curry powder, and stock.

5. Bring to a boil, then lower to a simmer.

6. Cover and cook gently for 30 minutes or until the carrots are soft.
RAW-vacado Soup  
*Filled with alkaline ingredients!*

Serves 1-2

1 Avocado, pitted
1 Lemon, rind and seeds removed
3-4 Romaine lettuce leaves, washed
1 cup Cucumber, peeled
1 Celery stalk
¼ cup Parsley leaves, flat leaf
½ tsp Sea salt
2-3 cups Water

Put all in blender and blend until smooth. Extra stores well in an airtight container for later in the day.

*Earth mama’s should avoid avocado when feeling sluggish.
*Featherweight craving types should avoid this soup if feeling cold, tired, or spacey.

Don’t know your Cravings Type? Take the quiz at www.CravingsQuiz.com!

Greens with Easy Tahini Sauce

Serves 2-4

1 Bunch of kale or broccoli, steamed
¼ cup Water
¼ cup Lemon juice
¼ cup Low-sodium soy sauce
½ cup Olive or coconut oil
½ cup Tahini
1 tbsp Onion, finely chopped
1 Garlic clove, peeled
1 tsp Pure maple syrup

*Substitute: raw honey*

Directions:

1. Blend all ingredients until smooth.

2. Pour over steamed kale or other greens and toss until leaves are coated. Enjoy!
Creamy Cashew Yogurt

1 cup  Cashews
1 cup  Water
1 tsp  Probiotic powder  
*(HealthForce Nutritionals)*

1. Blend water and cashews til creamy. Pulse in the probiotics.
2. Put in a glass bowl and allow to ferment for 24 hours or until tangy. Longer in cooler environments or winter.

Note: I use dehydrator at 90 degrees or a yogurt maker. You can also place in a warm spot covered by a cheese cloth or dish towel so it breathes.

Recipe by Dr. Ritamarie Loscalzo, www.drritamarie.com

Cashew Cheese Spread

1 cup  Cashews, raw
2 tbsp  Extra virgin olive oil
1 tsp  Sea salt
1     Lemon, juiced
1     Garlic clove, minced

1. Soak raw cashews in water overnight, then drain.
2. Combine all ingredients in a food processor and pulse for 20 seconds. Scrape down the sides of the bowl and pulse for another 20 seconds.
3. Scrape down the sides again and blend until smooth and creamy. If preferred, add additional olive oil 1 teaspoon at a time, to achieve desired smoothness.
4. Serve with crackers or vegetable sticks, or spread on freshly sliced bread.

Serves 4
Mushroom Gravy

Serves 2-3

<table>
<thead>
<tr>
<th>12</th>
<th>Shiitake mushrooms</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tsp, ¼ c</td>
<td>Extra virgin olive oil</td>
</tr>
<tr>
<td>½ tsp</td>
<td>Sea salt</td>
</tr>
<tr>
<td>1</td>
<td>Garlic clove, minced</td>
</tr>
<tr>
<td>3 cups</td>
<td>Vegetable stock</td>
</tr>
<tr>
<td>¼ cup</td>
<td>Brown rice flour</td>
</tr>
<tr>
<td>¼ cup</td>
<td>Coconut Aminos or soy sauce</td>
</tr>
</tbody>
</table>

1. Preheat the oven to 400 degrees. Thinly slice mushrooms after washing and removing stems.

2. Toss the sliced mushrooms with the olive oil, salt, and garlic in a small bowl. Spread the mushrooms on a baking sheet in a single layer and roast for 15 minutes.

3. Heat the vegetable stock in a small saucepan until simmering, and then remove from the heat.

4. Heat the ¼ cup of extra-virgin olive oil in a medium saucepan over low heat. Whisk in the brown rice flour and stir constantly for 4 to 6 minutes, or until the mixture begins to brown.

5. Whisk in the hot vegetable stock slowly, stirring constantly to avoid lumps. Add the soy sauce and whisk until smooth. Add the mushrooms and stir well to combine. Cook for another 10 minutes over low heat.

Serve the hot gravy over mashed potatoes.
Vegan Ranch Dressing

1 cup Vegan mayonnaise

¼ cup Almond or rice milk, unsweetened

1½ tsp Apple Cider vinegar

¼ tsp Dill

½ tsp Garlic powder

½ tsp Onion powder

½ tsp Salt

½ tsp Black pepper

2 tsp Parsley, freshly chopped

Place all ingredients in a blender and blend until smooth. Toss with a salad. Serve with crudités or use as a dip.

Carrot Ginger Dressing

½ lb Carrots or 3 medium carrots, grated

¼ cup Water

¼ cup White rice vinegar

3 tbsp Ginger, peeled & minced

1 tbsp Coconut aminos, or use soy sauce

1 tbsp Sesame oil, toasted

1 Shallot, chopped

1 tbsp Mirin (rice wine)

½ cup Extra-virgin olive oil

1. In a blender, combine the carrot, water, vinegar, ginger, soy sauce, sesame oil, shallot, and mirin, and then puree.

2. While the blender is running, drizzle in the oil until incorporated. Store in the refrigerator until ready to use.
SINFULLY SWEET
Roasted Beets Recipe

Serves 2-3

Directions:

1. Preheat the oven to 425 degrees.

2. Cut the greens away from the beets, leaving about ¼ inch of stems. Scrub the beets and place in a baking dish (or lidded oven safe casserole dish).

3. Add ¼ inch water to the dish. Cover tightly.

4. Place in the oven and roast small beets for 30-40 minutes, medium beets (4-6oz) for 40-45 minutes, and large beets (8oz or more) for 50-60 minutes.

5. They are done when they can easily be pierced with the tip of a knife. Remove from the oven and allow to cool in the covered baking dish. Cut away the ends and slip off the skins.
Roasted Beet Salad

2 tbsp Lemon (or lime) juice
1 tsp Cumin seeds, toasted and ground
½ tsp Dijon mustard
1 tbsp Walnut oil
2 tbsp Canola oil
Salt (to taste)
Black pepper (to taste)

For the salad
1 lb Bunch of beets, scrubbed
1 Hass Avocado, sliced
1 Pink Grapefruit
2 tbsp Fresh basil, slivered

1. Combine the lemon juice, ground cumin seeds, salt, pepper, and dijon mustard. Whisk in the walnut oil and canola oil.

2. Peel the roasted beets, and slice or cut into wedges. Toss with 2 tablespoons of the dressing.

3. Cut away both ends of the grapefruit so that it sits flat on your work surface. Cut the skin and pith completely away, following the natural curve of the fruit from top to bottom. Hold the grapefruit in your hand over a bowl to catch the juice, and cut away each segment from between the membranes.

4. Arrange the beets in the center of a platter and surround with the grapefruit and avocado slices.

5. Drizzle on the remaining dressing, and drizzle any grapefruit juice in the bowl over the grapefruit and avocado. Sprinkle on the basil, and serve!
Sweet Potato Fries

2 Sweet potatoes (with skins)

1. Preheat oven to 450 degrees. Place the sweet potato slices on a baking sheet lined with foil or parchment paper.

2. Cover the sheet with foil and crimp the edges tightly. Cook for 20 minutes.

3. Remove the fries and uncover. Flip the fries over with a metal spatula, replace the foil and cook for another 20 minutes.

4. Remove the foil and cook for another 15 minutes until browned.

Sweet Potato Bread

4 cups* Sweet potatoes, raw
1 cup* Coconut milk, unsweetened
3 Eggs
1 tsp Cinnamon
½ tsp Vanilla extract
1 pinch Sea salt

1. Cut sweet potatoes into 2 inch chunks then combine everything in a heavy duty blender and blend until smooth.

2. Add any additional water as needed to get a pourable mix, 1 tablespoon at a time.

3. Bake in coconut oiled bread pans or muffin tins at 400 F for 25-30 minutes.

4. Serve to someone you love – include yourself in that.

*Earth mamas should avoid sweet potatoes and coconut when feeling unbalanced.

Serves 4

Serves 6-8
1. Place cupcake liners in a 12-compartment muffin tin.

2. Prepare the base by melting coconut oil and xylitol over low heat and whisking together.

3. Add vanilla extract and shredded coconut and pour into cupcake liners.

4. Sprinkle almonds in each compartment and place in the freezer for 10 minutes.

5. Meanwhile, make the topping by melting coconut oil and xylitol over low heat and whisking together. Then combine with the rest of the topping ingredients in a bowl and mix well.

6. Pour topping over each bar and put back in the freezer for 10 minutes or until chilled. Enjoy!

Bonus Tip: Make sure the coconut flakes are unsweetened. If you don’t have xylitol on hand, substitute a quarter cup raw honey instead for both the base and the topping.

Go Feed Yourself!
Chia Pudding Recipe

A delicious filling treat, full of omega-3s!

1½ cups Coconut milk, unsweetened
½ cups Chia seeds
½ tsp Vanilla extract
¼ tsp Cinnamon
2 drops Liquid stevia
2 tbsp Almonds, slivered
1 pinch Sea salt

Berries (optional)
Apple, chopped (optional)
Pear, chopped (optional)

1. In a 4 cup bowl, whisk together milk, vanilla, cinnamon, stevia, and salt. Set aside for 1 hour.
2. After 1 hour, add the chia seeds to the mixture and stir in more milk until smooth and creamy.
3. Add desired fruit and nuts, mix, and enjoy!
4. To eat warm, add the 1/2 scoop and additional milk to a small pan and whisk over medium heat for 3-5 minutes. Add desired fruit and nuts, and serve warm.

Serves 2-4

Sweet & Creamy Almond Cream

Serves 2-3

1 ¼ cup Almonds, raw
4 Medjool dates, pitted
2 tsp Vanilla extract
2 tbsp Shredded coconut, unsweetened
¼ tsp Ground cinnamon
1 cup Water
1 pinch Sea salt

1. Soak raw almonds overnight, and drain.
2. Combine all in a blender and process until smooth. Eat like pudding or top with berries!

*Firebrand types can use soaked cashews instead of almonds
*Earth Mamas should avoid coconut when feeling sluggish
*Firebrand types should avoid cinnamon
Almond-Date Balls

A CarrieOnLiving.com recipe

1 cup Almonds
6 Medjool dates (pitted)
½ cup Dried currants
¼ cup Hemp seeds
½ tsp Cinnamon
½ tsp Vanilla extract
2 tsp Cocoa powder
2 tbsp Maple syrup
1/4 cup Shredded coconut, unsweetened

1. Combine almonds, dates, currants, hemp seeds, cinnamon, vanilla, cocoa and maple syrup in a food processor and process until ingredients are combined.

2. Pour coconut onto a plate. Use your hands to form the dough into 12 balls and roll each one in the coconut.
Hot Chocolate of the Gods

Serves 2

2 Medjool dates, pitted
1 cup Coconut milk, unsweetened
1 cup Water
¼ tsp Cinnamon
½ tsp Vanilla
3 tbsp Cacao powder, raw
1 pinch Sea salt
1/8 tsp Cayenne powder (optional)
¼ tsp Peppermint extract (optional)

1. Combine all in a blender and blend until super smooth. (Don’t combine cayenne powder and peppermint extract, only use one.)

2. Pour into a small saucepan and warm over medium heat until heated through.

3. Pour into mugs, cozy up under a blanket, turn on a romantic movie, and enjoy with a friend!

*Cinnamon is helpful for Featherweight and Earth Mama but not for Firebrand craving types
*Cacao and chocolate should be avoided by ALL cravings types when imbalanced
*Coconut milk should be avoided by Earth Mamas - use unsweetened almond milk instead
*Firebrands should avoid cayenne when feeling unbalanced.
Silk Shake

Serves 2

1 cup    Cashews
1        Banana, frozen & peeled
3 tbsp   Cocoa powder, unsweetened
3        Medjool dates, pitted & chopped
3/4 cup  Vanilla coconut milk
          Substitute hemp milk
1 tbsp   Maple syrup
          Substitute 3 drops liquid stevia
1 pinch  Salt
2 cups   Ice

1. Combine all the ingredients except the ice in a sturdy blender. Blend until the whole mixture is smooth and well combined.

2. Add the ice and continue blending until smooth. Pour into tall glasses and serve.

Cinnamon Tea

Good for sugar cravings!

Makes 1 cup

1        Cinnamon stick
1 cup    Water
1        Decaf green, black or herbal tea
1-2      Liquid Stevia drops (optional)

1. Place the cinnamon stick in a cup.

2. Add the boiling water and steep while covered, for 10 minutes.

3. Add the teabag. Steep for one to three minutes.

4. Sweeten to taste, if desired.

Tip: My favorite teas are rooibos or honey bush. Try them out!

*Cinnamon is helpful for Featherweight and Earth Mama but not for Firebrand craving types
Baked Bananas Foster

Serves 2

2 Bananas, split in half long
1 Orange, juiced
½ cup Coconut milk, unsweetened
½ tsp Ground cinnamon
¼ tsp Ground cardamom
2 tbsp Organic raisins

1. Preheat oven to 350F.
2. Arrange split bananas in a baking dish, side by side. In a mixing bowl, combine milk, orange juice and spices. Whisk well and pour over bananas.
3. Scatter raisins on top.
4. Bake for 20 minutes, until beginning to brown.
5. Carefully scoop bananas onto plates or bowls and spoon the sauce from the baking dish over each portion.

Sugar-free

I adapted this recipe to work for all 3 cravings types, so whether you’re Firebrand, FeatherWeight or Earth Mama (or Earth Papa), you can enjoy the simple flavors and spices to help answer your sweet tooth calling:

*Firebrand craving types can use 2 pitted apricots instead of bananas.
*Firebrand and Earth Mama should avoid orange juice, so try pear or grape juice
*Earth Mama cravings types can use 2 peaches instead of bananas
*Earth Mamas can use almond milk instead of coconut milk
*Firebrand should avoid cinnamon, but can use cardamom instead
Chocolate Avocado Mousse

With Cacao Nibs

Ingredients:

2 oz  70% dark chocolate
1    Avocado, pitted
¾ cup Plain coconut milk
1 ½ tsp Monk fruit extract
4 tsp Cacao nibs

1. Chop the dark chocolate and place ¾ of the chocolate in a microwave safe bowl. Microwave in 15-second intervals, stirring between each until just melted. Stir in the remaining chocolate until melted and smooth; cool 3 minutes.

2. Combine the avocado, coconut milk and monk fruit extract in a medium bowl. Beat with an electric mixer on the highest setting until well combined; add the melted chocolate and beat in until the mixture is light and fluffy. Divide among 4 bowls and refrigerate at least 20 minutes.

3. Just before serving sprinkle with the cacao nibs.

Recipe from JJ Virgin, author of ‘The Virgin Diet Cookbook’
5-minute
Chocolate Mousse

1 cup        Coconut cream, chilled
5 tbsp       Organic cocoa powder
3 tbsp       Raw honey

Add all ingredients to a medium bowl and beat the mixture for 1-2 minutes. Chill for 1 hour and serve.

Top with berries, slivered almonds, mini chocolate chips, or whatever else rocks your world!

Recipe from Esther Blum, Cavewomen Don’t Get Fat
www.estherblum.com

Peanut Butter Coconut Split

Serves 2

Fun occasional treat!

1        Apple, cored
3 tbsp   Peanut butter
1 cup    Almond milk
1 cup    Coconut milk, unsweetened
3 tbsp   Hemp seeds
1 tbsp   Cacao nibs, raw
1 tbsp   Flaxseed oil
1 tbsp   Cinnamon
1-2 drops Liquid stevia
Ice (optional)

Place all ingredients in your blender, froth, and enjoy!
Slow-cooker Applesauce

A recipe from CarrieOnLiving.com too!

12 Organic red apples
1 ½ tbsp Ground cinnamon
¼ cup Raisins (optional)

1. Cut apples into large chunks and place in a slow cooker.

2. Stir in cinnamon and raisins, if using. Cook on high for 4-5 hours (or on low for up to 12 hours), stirring once during cooking. Cool and store in the refrigerator. For optimal sweetness, eat cold.
# Beginner’s Luck

Green Smoothie

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups</td>
<td>Spinach, fresh (packed)</td>
</tr>
<tr>
<td>2 cups</td>
<td>Water</td>
</tr>
<tr>
<td>1 cup</td>
<td>Mango</td>
</tr>
<tr>
<td>1 cup</td>
<td>Pineapple</td>
</tr>
<tr>
<td>2</td>
<td>Bananas</td>
</tr>
</tbody>
</table>

Tightly pack your leafy greens into a measuring cup and toss into blender. Add water and blend together until all leafy chunks are gone. Next add in mango, pineapple and bananas and blend again. Makes 32 ounces.

Tips: Use at least one frozen fruit to chill your smoothie.

*If you aren’t a big fan of bananas, feel free to substitute with another fruit, like extra mangos. You can even freeze the bananas first to reduce the flavor and also add extra chill to your smoothie.

Recipe from SimpleGreenSmoothies.com
Simply Divine Smoothies

each recipe uses the same formula!

Directions:

1. Blend greens and liquid(s) together until smooth.
2. Add remaining ingredients and blend until smooth again.
3. Sip & Smile!

Choco-cherry Greeny

2 cups Spinach, bok choy or de-stemmed kale
2 cups Almond or coconut milk, unsweetened
2 cups Frozen cherries
½-1 Banana
1 tsp Cinnamon
2 tbsp Raw cacao powder
1 tbsp Coconut oil or ½ avocado
17 grams Protein powder

Very Berry Peachy

2 cups Spinach, bok choy or de-stemmed kale
2 cups unsweetened almond or coconut milk
1 cup Strawberries (organic is best)
2 cups Peaches (organic is best)
1 tbsp Coconut oil or ½ avocado
17 grams Protein powder

If you like that, You’ll LOVE This!

½ cup Basil leaves
1 cup Fresh spinach (organic is best)
1 cup Unsweetened coconut milk
1 cup Coconut water
3 cups Cubed pineapple (use frozen)
1 tbsp Coconut oil
2 tbsp Unsweetened coconut flakes
17 grams Protein powder

Strawberry Fields Forever

1 cup Spinach, bok choy or de-stemmed kale
½ cup Fresh mint leaves
2 cups Unsweetened almond or coconut milk
2 cups Strawberries (organic is best)
1 tbsp Coconut oil
1 Banana
17 grams Protein powder
Ginger Mango Immunity Booster

- ½ cup Basil
- ½ cup Fresh parsley
- 2 cups Almond milk, unsweetened or water
- ½-1 in. fresh ginger
- 1 cup Cucumber, peeled
- 2 cups Mango
- 1 Banana
- 1 tbsp Fresh lemon juice
- 17 grams Protein powder

Rise & Shine!

- 2 cups Spinach, bok choy or de-stemmed kale
- 2 cups Almond, coconut milk, unsweetened
- 1 cup Pineapple
- 1 cup Mango
- 1 Orange, peeled
- 1 Banana
- 1 tbsp Coconut oil
- 17 grams Protein powder

Green Kiwi Dream

- 1 cup Spinach, bok choy or de-stemmed kale
- 2 cups Almond or coconut milk, unsweetened
- 1 cup Raspberries (organic is best)
- 1 cup Blueberries
- 1 Banana
- 1 Kiwi*
- 1 Avocado
- 17 grams Protein powder

*Optional: replace banana or 1 cup berries with second kiwi