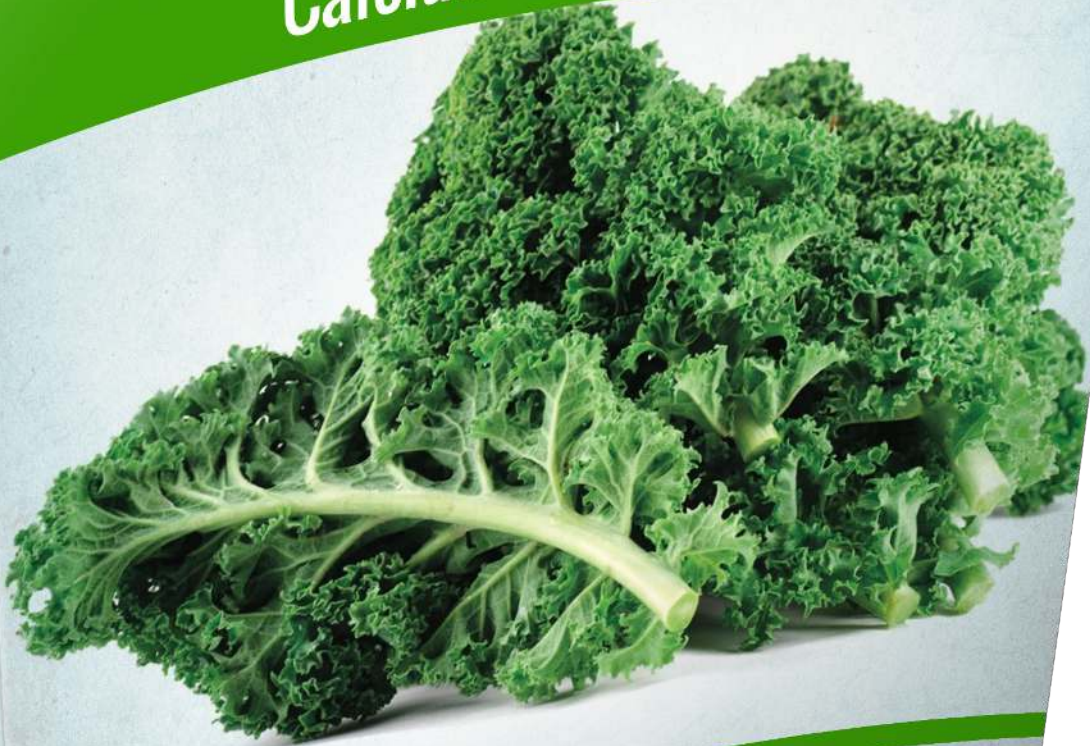


# RECIPES FOR STRONGER BONES

30 Delicious Recipes Packed Full of  
Calcium and Magnesium



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# KALE CHIPS

## Ingredients:

*1 bunch kale  
2 tbsp EVOO (Extra Virgin Olive Oil)  
1/2 fresh squeezed lemon juice  
Salt + Pepper to taste*

*Additional: Spice it up by adding cumin, red pepper flakes, nutritional yeast etc.*

*\* Kale is filled with powerful antioxidants and is high in Vitamin A, C and calcium*



## Directions:

1. Preheat oven to 375 degrees
2. Thoroughly rinse and dry kale leaves
3. Cut off the stems of the kale
4. Chop into large pieces
5. Put into a bowl and toss with olive oil, salt + pepper and lemon juice
6. Bake for 15 minutes
7. Flip Kale Chips
8. Bake for 10 minutes or until crisp



# VANILLA CHIA PUDDING

## Ingredients:

*1/4 cup chia seeds  
1.5 cups milk  
(coconut, almond or soy milk)  
3 drops honey or agave nectar to  
sweeten  
Add ons: Fresh berries, nuts and  
seeds*

*\*Chia Seeds are high in  
dietary fiber, calcium and  
phosphorus!*



## Directions:

1. Mix Chia Seeds and milk in a jar with a lid
2. Shake well to mix the seeds and milk together
3. Place jar in the fridge for an hour (minimum) the longer the better
4. Easy trick is to make before bed and leave overnight!
5. Finally, add your berries, nuts and seeds to the mixture for a healthy breakfast or snack!

# COWBOY CAVIAR DIP

## Ingredients:

*Magnesium 119mg, Calcium 115mg*

*Serves ~ 4*

*1/4 cup lime juice*

*3 Tbs. olive oil*

*1 cups corn, thawed if frozen*

*1 can black beans, rinsed*

*4 plum tomatoes, chopped*

*2 scallions, minced*

*1 avocado diced*

*1/4 cup fresh cilantro minced*

*1/8 tsp. cayenne*

*Salt and Pepper to taste*

*\*Fresh herbs contain vitamins and minerals, as well as disease-protecting flavonoids. Cilantro in particular, is one of the highest sources of Vitamin K!*



## Directions:

1. Mix all ingredients together in a bowl
2. Eat cowboy caviar on its own or with tortilla chips

# NO-BAKE ENERGY BITES

## Ingredients:

*1 cup dry oatmeal flakes  
1/2 cup dark chocolate chips  
1/2 cup all natural peanut butter*

*1/4 cup flaxseed  
1/3 cup honey or agave nectar  
1 tsp. vanilla extract*



## Directions:

1. Mix all ingredients in a large bowl
2. Let sit for 10 minutes
3. Form mixture into a ball
4. Put energy bites onto a tray and stick in the fridge for 20 minutes or until hardened

# GLUTEN-FREE QUINOA BITES

## Ingredients:

*1 cup uncooked quinoa*  
*2 large eggs*  
*1 cup chopped onion*  
*1 cup shredded mozzarella cheese*  
*2 teaspoons minced garlic*  
*1/2 cup fresh basil, chopped*  
*(or 2 tablespoons dried)*  
*1/2 cup cherry tomatoes, diced*  
*1/2 teaspoon salt*  
*1 teaspoon paprika*  
*1 teaspoon dried oregano*  
*Pizza sauce for dipping*

*\* 1 cup of quinoa has 8g of protein, 118 mg Magnesium and 281 mg Phosphorous*



## Directions:

\* Makes 24 mini muffin bites

1. Preheat oven to 350 degrees
2. Place the quinoa and two cups of water in a covered pot. Bring to boil and then simmer for 20 minutes or until quinoa is tender
3. Mix together all ingredients, except pizza sauce, in a medium mixing bowl
4. Distribute mixture into a greased mini muffin tin, filling each cup to the top (one heaping tablespoon each), and press down gently to compact
5. Bake for 15 to 20 minutes. Cool for 10 minutes before removing from the pan
6. Serve warm with sauce for dipping



# SMOOTHIES

## Ingredients:

### Vegan Wake-Me-Up Smoothie:

*1/4 cup cashews, soaked six hours or overnight*

*1/2 banana, peeled and chopped (frozen optional)*

*1 tablespoon cacao nibs*

*1/2 cup Ice*

*1/4 cup cooled coffee*

*1 cup unsweetened almond milk*

*1/2 tablespoon coconut sugar (optional)*

*\*soaked cashews gives it that creaminess*

*Blend all ingredients until smooth!*



### Green Tea Banana Smoothie:

*1 cup fat-free vanilla yogurt*

*1/2 cup fat-free milk or almond, coconut or soy milk*

*1 tbsp matcha green tea powder*

*1/2 ripe banana, sliced*

*6-8 ice cubes*

*2 tbsps honey or agave nectar*

*\* matcha green tea is rich in powerful anti-aging antioxidants and full of cancer-fighting catechins*

*Blend all ingredients until smooth!*





# ROASTED RED PEPPER HUMMUS

## Ingredients:

*2 cloves garlic, minced  
1 can chickpeas (aka garbanzo beans),  
drained  
1/3 cup of tahini*

*1/3 cup freshly squeezed lemon  
juice  
1/2 cup roasted red peppers  
1/2 cup fresh basil*

*\* Chickpeas are rich in  
fiber, protein and  
contain minerals such  
as folic acid, zinc and  
magnesium*



## Directions:

1. In a food processor, combine garlic, chickpeas, tahini, and lemon juice
2. Process until the mixture is smooth
3. Add roasted peppers and basil
4. Process until smooth
5. Season with salt and pepper
6. Transfer hummus to a bowl, drizzle with olive oil and serve!

*\*Roasted red peppers:*

1. Preheat oven to 350F
2. Place peppers in oven for 30 minutes

# ZUCCHINI STICKS

## Ingredients:

*3 medium zucchini*

*1 egg white*

*1/3 cup whole wheat bread crumbs*

*2 Tbsp parmesan cheese*

*1/4 tsp. garlic powder*

*Salt and pepper to taste*



## Directions:

1. Preheat oven to 425 degrees
2. In a small bowl beat egg whites with salt and pepper
3. In plastic bag, place bread crumbs, garlic powder and cheese and shake well
4. Dip zucchini in egg whites, then bread crumb mixture and shake to coat
5. Place breaded zucchini in single layer on cookie sheet
6. Bake for 20-25 minutes or until golden brown
7. Serve with marinara sauce for dipping. (Quick sauce: tomato sauce/paste/puree mixed with Italian seasonings to taste)

# LINGUINI WITH SHRIMP AND LEEKS

## Ingredients:

*2 quarts water  
4 ounces whole wheat linguine  
2 tsp. extra virgin olive oil  
2 large leeks (cleaned well and sliced into rounds)  
2 Tbsp. white wine vinegar  
2 Tbsp. white wine  
1/2 cup chicken stock  
1 Tbsp. capers  
3/4 ounce goat cheese  
Salt and black pepper to taste  
8 ounces shrimp (peeled and deveined)  
2 Tbsp. dried pumpkin seeds  
2 Tbsp. fresh basil leaves  
2 Tbsp. red bell pepper (diced)*

*Magnesium 206 mg, Calcium 160 mg  
Serves 4*



## Directions:

1. Place the water in a large stock pot over high heat
2. Place the olive oil in a large skillet over medium-high heat
3. Add the leeks and cook, stirring frequently
4. When the leeks are soft add the linguine to the boiling water
5. Add the vinegar, wine, chicken stock, capers, pepper and shrimp to the skillet with the leeks. Increase the heat to medium-high
6. After the sauce is simmering and the shrimp begin to turn pink, reduce the heat to medium and add the pumpkin seeds.
7. When the linguine is done move it from the pasta water to the skillet with the leeks using tongs
8. Add the basil and cook for another minute tossing to blend the pasta with the leeks and sauce.
9. Serve topped with the diced red bell pepper



# STUFFED TROUT

## Ingredients:

*Calcium 157mg, Magnesium 145mg  
Serves 4*

*2 ounces fresh breadcrumbs  
1/4 lb. ready-to-eat dried apricots, finely  
chopped  
1/4 cup coriander, freshly chopped  
4-6 pieces sliced lemon to top with*

*3 ounces pistachio nuts, shelled, chopped  
1/4 lb. butter (or coconut oil)  
melted  
4 fresh whole trout, gutted, rinsed  
Salt and pepper to taste*



## Directions:

1. Preheat the oven to 350°F
2. Place the breadcrumbs, apricots, coriander, pistachio nuts, half the butter, and seasoning in a bowl and mix well
3. Place each trout on a large sheet of buttered foil
4. Spoon half the stuffing inside each cavity
5. Brush the trout with melted butter and top with sliced lemon. Then enclose the foil around each one
6. Place on a baking tray and bake for 25-30 minutes
7. Removed foil and serve immediately

# EGGPLANT PARMESAN

## Ingredients:

*561 mg of Calcium, 83 mg of Magnesium*

*Serves ~ 6-8*

*1 lb boneless skinless chicken breasts (thin sliced)*

*1 medium eggplant (approximately 1 pound)*

*1/3 cup Italian breadcrumbs*

*3/4 lb mozzarella cheese, sliced thin*

*1 (26 ounce) jar marinara sauce approximately 3 cups*

*1/4 lb parmesan cheese, grated*

*\* eggplant contains phyto nutrients which improve blood circulation and nourishes the brain*



## Directions:

1. Preheat oven to 350 degrees
2. Peel and slice eggplant
3. Line bottom of 13x9 inch baking dish with the chicken breast slices
4. Cover chicken with the eggplant slices
5. Sprinkle breadcrumbs over eggplant
6. Cover breadcrumbs with mozzarella cheese slices
7. Pour marinara sauce over cheese
8. Sprinkle Parmesan cheese over top
9. Bake for 30-40 minutes at 350 degrees

# MEDITERRANEAN SHRIMP CASSEROLE

## Ingredients:

*Calcium 463mg, Magnesium 108mg  
Serves 4*

*2 cups small shell pasta  
3 cloves garlic, crushed  
1-1/4 lbs. canned plum  
tomatoes, drained, coarsely chopped,  
juice reserved  
1/3 cup white wine  
5 ounces tomato sauce  
1/8 tsp. cayenne pepper  
11 ounces cooked shrimp, peeled,  
deveined, and drained  
2/3 cup fresh cilantro or  
parsley finely chopped  
1-1/3 cups Asiago cheese, grated*



## Directions:

1. Preheat oven to 400 degrees
2. Cook pasta in a large pot of boiling water about 6 minutes, until partially cooked and drain
3. Combine garlic with juice from tomatoes and wine in saucepan over medium heat and bring to a boil, stirring frequently
5. Simmer 5-7 minutes, until most of liquid has evaporated. Stir in tomatoes, tomato sauce and cayenne. Bring to a boil
6. Add shrimp, pasta, dill and half the cheese. Mix thoroughly
7. Transfer to a shallow baking dish and sprinkle with the remaining cheese
8. Bake 15-20 minutes, or until heated through



# CHILI CHICKEN WITH BANANA CHUTNEY

## Ingredients:

*83 mg Magnesium, 25 mg Calcium*

*Serves 4*

*Marinade:*

*2 tbsp. orange peel, grated*

*2 jalapeno peppers, seeded and coarsely chopped*

*1 tbsp. ginger root, peeled and grated*

*2 tbsp. lime juice*

*2 tsp. olive oil*

*2 garlic cloves, peeled and halved 1/2 tsp. allspice*

*1/4 cup pineapple, crushed*

*Chicken:*

*4 chicken breast halves*

*boneless/skinless*

*Banana Mango Chutney:*

*2 tbsp. ginger root, peeled and grated*

*1/2 cup apple, peeled and diced*

*1/2 cup raisins*

*1 cup mango, peeled and diced*

*1 cup pineapple, crushed 1 tbsp.*

*lime juice*

*1/2 cup molasses*

*1/4 cup cider vinegar*

*2 tsp. cayenne pepper*

*2 cups banana, coarsely chopped*



## Directions:

**Marinade and Chicken Instructions:**

Heat grill. In blender combine all marinade ingredients; process 2 minutes or until smooth. Place chicken breast in shallow baking dish, spoon marinade mixture evenly among the breast; cover and refrigerate 1 hour. In small bowl, combine all chutney ingredients, mix well and set aside. When grill is properly heated to a medium heat, lightly oil grill rack, cook chicken breast 5 minutes and turn each breast, spoon on remaining marinade and cook another 5 minutes until internal temperature is 165 degrees. Remove the chicken from the grill and serve with the chutney

**Chutney Instructions:**

In a mixing bowl, mix first 6 ingredients. In a large saucepan, combine molasses and vinegar; bring to a simmer; stir in fruit mixture and cayenne pepper. Simmer 5-8 minutes; remove from heat. Just prior to serving stir in bananas.

# ASPARAGUS PESTO PIZZA

## Ingredients:

*Calcium 574mg, Magnesium 48mg*

*Serves 4*

*3/4 lb. asparagus, chopped*

*1 Tbs. oil*

*1 Tbs. pine nuts*

*1 cup fresh basil leaves*

*1 clove garlic, chopped*

*2 Tbs. Parmesan*

*cheese, grated*

*1 large baked cheese pizza crust*

*1/2 lb. goat cheese*

*1/4 cup grated Parmesan cheese*



## Directions:

*\* Asparagus is a rich source of glutathione, a detoxifying compound that helps break down carcinogens and other harmful compounds like free radicals*

1. Preheat oven to 350°F
2. Place asparagus in a steamer basket over boiling water
3. Cover pan and steam 5 minutes, or until bright green and almost tender
4. Drain, rinse under cold water and rinse again
5. Heat oil in a heavy saucepan over medium high heat
6. Sauté pine nuts 3-5 minutes, stirring until lightly browned
7. Transfer pine nuts in oil with basil, garlic and parmesan cheese then put in a blender or food processor and process until smooth
8. Spread pesto over crust and top with asparagus, goat cheese and grated Parmesan
9. Place pizza on an oven tray and bake 15 minutes, or until topping is golden brown.

# NO CRUST SPINACH PIE

## Ingredients:

*Calcium 354mg, Magnesium 67mg  
Serves 4*

*2 Tbs. vegetable oil  
1 cup mushrooms, sliced  
1 cup red bell pepper, sliced  
1 lb. ricotta cheese  
9 ounces frozen spinach, drained  
4 eggs  
1 cup grated cheese  
blend*

*\* Spinach contains 250 mg  
of calcium per cup (cooked)  
and is also one of the best  
sources of dietary magnesium*



## Directions:

1. Preheat oven to 350°F
2. Heat oil in a heavy nonstick skillet over medium-high heat
3. Sauté mushrooms and peppers 5-7 minutes, or until softened
4. Cool
5. Blend all ingredients together and season with salt and pepper to taste
6. Pour into a buttered 13x9 inch pan and top with cheese blend
7. Bake 40 minutes.



# STUFFED PEPPERS

## Ingredients:

*4 different colored peppers  
1 can chickpeas  
1/4 cup yellow onion, chopped  
5 white mushrooms, sliced  
1/2 cup of sliced black olives  
1 clove garlic, chopped  
1 cup quinoa*

*1.5 cups of your favorite  
marinara sauce  
1 tbsp. olive oil  
1 tbsp. italian spices  
Salt and pepper to taste  
4 slices mozzarella cheese*

*\*Can also add lean ground  
turkey*

## Directions:

1. Preheat oven to 350°F
2. Bring 2 cups of water to a boil and add quinoa, stirring occasionally until fluffy (about 20 minutes)
3. Cut the tops off of your peppers and scrape inside clean
4. Place peppers on tray and into the oven (20 minutes)
5. Saute onion, mushrooms, garlic and olive oil in pan
6. Add chickpeas, olives, quinoa, marinara sauce, italian seasoning and salt and pepper
7. Take out peppers and stuff with mixture
8. Top with cheese slices
9. Put peppers back in the oven for 10 minutes

*\* Did you know each color of pepper is associated with a different family of phytochemicals? But there is a lot of overlap in nature.*



# ROASTED BEET & KALE SALAD

## Ingredients:

### *Salad:*

*1 bunch kale  
2 medium size red beets  
1/2 cup crumbled feta  
1/2 cup assorted seeds  
(pumpkin, sesame, sunflower -  
unsalted)*

### *Lemon Mustard Vinagrette:*

*1/4 cup fresh squeezed lemon juice  
1/2 cup olive oil  
1 tsp. yellow mustard  
Salt and pepper to taste*

## Directions:

### *Salad:*

1. Preheat oven to 350°F
2. Wash beets, place on tray wrapped in aluminum foil and put into oven for 30 minutes or until tender
3. Wash kale and remove stems
4. Cut into bite-size pieces and place in salad bowl

### *Lemon Mustard Vinagrette:*

1. Combine all ingredients and mix or blend, if too acidic, add more olive oil. Play around with the ratios for personal preference!
2. Remove beets from oven and let them cool and remove beet peels with pairing knife or hands
3. Slice beets and place in salad bowl with the kale
4. Mix in vinagrette, feta and seeds
5. This salad can last 1-2 days in the fridge and gets better with time as the acidity in the lemon breaks down the toughness in the kale!



# VEGETARIAN CHILI

## Ingredients:

*2 cans crushed tomatoes  
1 can corn  
1 can red kidney beans  
1 yellow onion, chopped  
1/2 lb mushrooms, sliced  
1 celery heart, chopped  
1 bunch kale, chopped  
1 cup quinoa  
2 cups water*

### *Seasoning:*

*1 tsp. chili powder  
1 tsp. ground cumin  
1 tsp. garlic powder  
1 tsp. onion powder  
1/4 – 1/2 tsp. crushed red pepper*

*\*Can also add lean ground turkey*



## Directions:

1. Add all ingredients to a crockpot or large pot on low-medium on stove top
2. Let simmer for minimum 2 hours
3. The easiest way is to make in the morning and leave to cook all day in crockpot for a hearty and delicious dinner!



# SUMMER RAINBOW ROLLS

## Ingredients:

*1 cup cooked vermicelli  
6-8 rice paper sheets  
1 carrot  
1 avocado  
1/3 cucumber  
1 cup fresh basil  
5-8 kale leaves  
1/2 red pepper, sliced*

*\* Can add  
cooked shrimp  
or chicken*



### *Peanut Sauce:*

*1/3 cup peanut butter  
2 garlic cloves, minced  
1 tbsp. ginger, peeled and finely chopped*

*2 tbsp. each of tamari, maple syrup,  
and lime juice  
Chili powder, to taste  
1/3 cup water*

## Directions:

1. Peanut sauce: blend or mix together all the ingredients until smooth. To bring out more of the flavors saute the garlic and ginger first. Set aside in a bowl.

### Summer Rainbow Rolls:

2. Cut all the veggies into thin strips
3. Dip your rice paper sheets in warm water so they soften and then arrange your fillings in the middle
4. Fold over two ends, then wrap it, making it as tight as possible
5. Serve with peanut sauce

# HALIBUT WITH TOMATOES & CAPERS

## Ingredients:

*Calcium 115 mg, Magnesium 143 mg  
Serves 4*

*1 tbsp olive oil  
1 onion, chopped  
2 cloves garlic, minced  
2 cups diced canned  
tomatoes, drained  
1 tbsp capers  
4 halibut fillets  
Salt and pepper to taste*

*\*Capers are a storehouse of vitamins  
like vitamin A, vitamin K, niacin and  
riboflavin*

## Directions:

1. Preheat the oven to 350°F.
2. Heat the olive oil in a large skillet over medium heat
3. Add the onion and cook, stirring occasionally, until it is soft and translucent, about 5 minutes
4. Add the garlic and cook for 2 minutes more
5. Add the tomatoes and capers, season with salt and pepper and cook for 5 more minutes
6. Spoon a few tablespoons of sauce into a baking dish.
7. Season the halibut fillets with salt and pepper and place them in a baking dish.
8. Pour the rest of the sauce over the fish and bake until the fish is just cooked through, about 12 to 15 minutes, depending on the thickness of the fish.



# TORTELLINI & BEAN SOUP

## Ingredients:

*112 mg Magnesium, 163 mg Calcium  
Serves ~ 6*

*1 tsp olive oil  
2 cups white onions, diced  
1 red bell pepper, chopped  
3 cloves garlic, minced  
1 tsp Italian seasoning  
2/3 cup water*

*2 cups raw spinach, chopped  
1 can navy beans, drained  
1 can low-sodium chicken broth  
1 can whole tomatoes  
1 can artichoke hearts  
9 ounces cheese tortellini*



## Directions:

1. Heat the oil in a soup pot over medium-high heat
2. Add the onions, bell pepper, garlic, and Italian seasoning to the pot
3. Sauté, stirring occasionally, for 5 minutes or until the ingredients are tender
4. Add the water, spinach, beans, broth, tomatoes with their juice, and artichokes to the pot - Raise the heat to high and bring to a boil.
5. Lower the heat and simmer for 2 minutes.
6. Add the tortellini to the pot and cook until thoroughly heated, about 7 minutes.
7. Serve

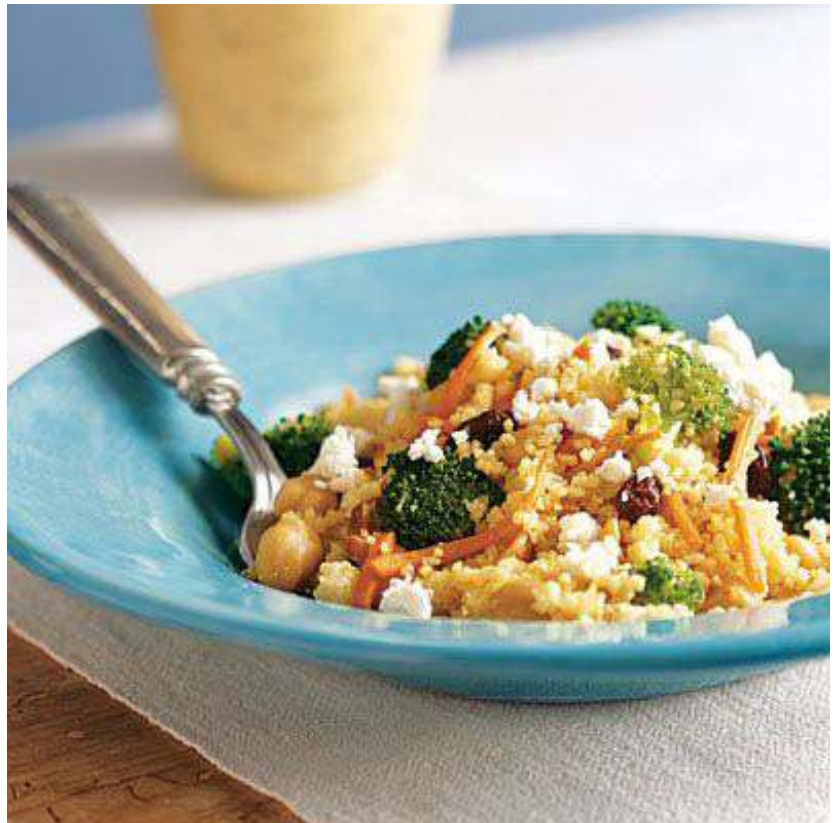


# COUSCOUS WITH BROCCOLLI + FETA

## Ingredients:

*112 mg Magnesium, 163 mg Calcium*  
*Serves ~6*

*2 plum tomatoes, chopped*  
*1/4 cup green onions, chopped*  
*1/4 cup raisins*  
*1/4 tsp. dried basil*  
*1/4 tsp. ground cumin*  
*1/4 tsp. black pepper*  
*1 tbsp. olive oil*  
*2 cups water*  
*2 1/2 cups broccoli florets*  
*1 3/4 cups couscous*  
*2 tablespoons crumbled feta*



## Directions:

1. In a bowl combine the tomatoes, green onions, raisins, basil, cumin, pepper and olive oil - set aside
2. Place the water and broccoli florets in a large saucepan and add the tomato mixture to the saucepan, then stir in the couscous
3. Cover and remove from the heat
4. Let stand for 5 minutes
5. Fluff lightly with a fork before serving
6. Top with feta



# PAELLA

## Ingredients:

*1 tsp. dried oregano  
2 cloves garlic, minced  
Salt and pepper to taste  
3 tbsp. olive oil  
1 pound boneless, skinless  
chicken thighs  
1/2 pound low-fat  
chorizo sausage  
1 large onion, chopped  
1 red bell pepper, chopped  
2 1/4 cups long grain rice  
4 cups low-sodium chicken broth  
1/2 teaspoon saffron threads  
2 cups (1 package) frozen peas  
1 cup diced, canned tomatoes with their juices  
1 pound medium shrimp, peeled and  
deveined  
2 dozen cherrystone clams, scrubbed  
2 pounds mussels, scrubbed*



*Calcium 146 mg, Magnesium 101 mg  
Serves 8*

## Directions:

1. Combine the oregano, garlic, salt and pepper with 1 tbsp. of olive oil and rub the chicken with it
2. Heat 2 tbsp. of olive oil in a deep skillet over moderate heat. Brown the chicken lightly on both sides
3. Add the chorizo, onion, green and red peppers and cook until the vegetables are soft, about 10 minutes.
4. Add the tomatoes and rice and cook 5 minutes more. Add the chicken broth and saffron, mix well, cover with foil and cook until the liquid is almost absorbed, about 15 minutes
5. Add the shrimp, cherrystones, mussels and peas. Cover and cook until the mussels and clams are opened, about 10 minutes more
6. Serve in a large shallow dish or in individual bowls

# FALAFELS WITH TAHINI SAUCE

## Ingredients:

*For the falafel:*

*2 cups roughly chopped white onion  
6 garlic cloves  
2 cups cooked chickpeas, drained  
1 cup lightly packed parsley leaves  
1 cup lightly packed cilantro leaves  
1 teaspoon salt  
¼ teaspoon chili powder  
2 teaspoons cumin  
2 teaspoons baking powder  
½ cup all-purpose flour  
Coconut Oil, for sauteing  
Pita bread, for serving*

*For the tahini sauce:*

*1 ¼ cups plain yogurt (full fat or non-fat)  
¼ cup tahini (sesame paste)  
2 Tablespoons fresh lemon juice*

*\* one tablespoon of sesame seeds with their hulls, will contain about 88 milligrams of calcium*



## Directions:

1. Add the onion and garlic cloves to the bowl of a food processor and pulse just until they are finely minced. Remove the mixture and set it aside
2. Add the chickpeas, parsley, cilantro, salt, chili powder, and cumin to the bowl of the food processor and pulse until they are roughly blended but not pureed
3. Return the onion mixture to the food processor, along with the baking powder and just enough flour so that when you pulse the processor, the mixture begins to form a small ball and is not sticky. (Note: Start by adding  $\frac{1}{4}$  cup of flour, and then the remaining  $\frac{1}{4}$  cup. You can add more if the mixture is still too wet.)
4. Transfer the falafel mixture to a bowl, cover it with plastic wrap and refrigerate it for 1 hour.
5. While the falafel mixture is chilling, prepare the tahini sauce by whisking together the yogurt, tahini and lemon juice. Season it with salt and pepper, cover it and place it in the fridge.
6. Once the falafel mixture has chilled, use a small ice cream scoop or spoons to form the mixture into balls. (About 3 tablespoons worth)
7. Set a large sauté pan over medium heat and add a liberal amount of coconut oil so that the pan is well-coated. Let the pan pre-heat for 3 minutes then add the falafel one by one, browning them on the first side for 3 minutes, then flipping them once and browning the second side until the mixture is cooked throughout
8. Transfer the falafel to a paper towel-lined cooling wrack and immediately season them with salt. Repeat this process until you have cooked all of the falafel.
9. Place three or four falafel inside a halved, warmed pita and drizzle with the prepared tahini sauce.

# SWEET POTATOES

## STUFFED WITH CHIPOTLE BLACK BEAN AND CORN SALAD

### Ingredients:

*4 small sweet potatoes or yams, baked  
1 (15 oz) can black beans, rinsed and drained*

*1 cup corn*

*3 green onions, thinly sliced*

*1/2 cup cilantro, chopped*

*For the Vinaigrette:*

*2 limes, zested and juiced*

*1 tablespoon oil*

*2 teaspoons honey*

*2 teaspoons adobo sauce (from a can of chipotles in adobo)*

*1/2 teaspoon salt*

*1/2 teaspoon pepper*



### Directions:

1. In a bowl, add the black beans, corn, onions, and cilantro
2. Stir to combine
3. In a smaller bowl, mix together the lime zest and juice, oil, honey, adobo, salt and pepper
4. Pour over the black bean mixture and toss to combine
5. Slice open the baked sweet potatoes and stuff potatoes with the chipotle black Bean and corn salad
6. Serve



# CABBAGE SALAD

## WITH SPICY PEANUT DRESSING

### Ingredients:

*For the salad:*

*1 head napa cabbage, thinly shredded  
1/2 small head red cabbage, thinly shredded  
1 carrot, peeled and julienned  
1 cup snow peas, thinly sliced  
1/4 cup fresh basil leaves  
1/4 cup cilantro leaves  
1 avocado, diced  
1/4 cup chopped roasted cashews  
2 tablespoons black sesame seeds*

*For the dressing:*

*2 tablespoons smooth peanut butter  
2 tablespoons rice-wine vinegar  
1 teaspoon sesame oil  
1 teaspoon soy sauce  
1 teaspoon honey or brown sugar  
1/2 teaspoon sriracha  
1 clove garlic, finely minced  
1 teaspoon freshly grated ginger  
2 tablespoons water*

### Directions:

1. Combine the cabbages, carrots, snow peas, avocado and half the herbs in a large bowl
2. Whisk together all the ingredients for the dressing in a separate bowl, adding more water to thin if necessary
3. Toss the cabbage mixture with the peanut sauce and top with the reserved herbs, cashews and sesame seeds



# PASTA

## WITH KALE, LEMON AND WALNUTS

### Ingredients:

*1 lb. whole wheat pasta  
2 tbsp extra-virgin olive oil  
1 tbsp garlic, minced  
1/4 teaspoon red pepper flakes  
1 bunch kale, de-stemmed and  
thinly sliced  
pinch of sea salt*

*zest of 1 lemon (approximately 1 1/2  
tablespoons)  
2 tablespoons fresh lemon juice  
1/2 cup freshly grated parmesan  
cheese, plus more for topping  
1/4 cup walnuts, toasted and then  
broken into small pieces*



## Directions:

1. Place raw walnuts in a dry skillet set over medium heat, and cook, until toasted  
walnuts start to brown and smell toasted, about 5 minutes. Set them aside
2. Wash, de-stem and thinly slice your kale
3. Mince your garlic cloves, and zest and juice your lemon
4. Bring a large pot of salted water to a boil for the pasta. Cook the pasta according to the package directions. Reserve 1/2 cup pasta water and then drain
5. When the pasta has about 5 minutes left to cook, heat the 2 tablespoons olive oil in a large skillet over medium heat
6. Add the garlic and red pepper flakes and cook, about 30 seconds to 1 minute, until tender and fragrant
7. Add in the sliced kale along with a pinch of sea salt and cook until wilted and tender, about 1-2 minutes
8. Remove from heat and add in the lemon zest and juice, and give it all a good toss to combine
9. Add the pasta to the skillet and toss to combine. Add in some of the reserved pasta water to create a thin sauce. This is to taste and you really just want to add enough water so that the pasta isn't sticking together in clumps
10. Add in the 1/2 cup grated cheese and toss to combine



# BLUEBERRY BASIL POPSICLES

## Ingredients:

*1/4 cup fresh basil, cut  
3/4 cup blueberries  
1 cup lite coconut milk*

*1 cup coconut water  
6 tbsp agave nectar  
8 popsicle sticks*



## Directions:

1. Place 5 or so blueberries and a pinch of basil into the bottom of popsicle molds. In a medium sized mixing bowl, whisk coconut milk, coconut water, and agave nectar until combined
2. Fill the popsicle molds with the liquid, leaving room for sticks
3. Place in freezer overnight



# OATMEAL CHOCOLATE CHIP COOKIES

## WITH COCONUT OIL

### Ingredients:

*1 large egg  
1/2 cup melted coconut oil  
1/2 cup light brown sugar, packed  
1/4 cup granulated sugar  
1 tablespoon vanilla extract  
1 teaspoon cinnamon  
pinch salt, optional and to taste  
1 cup unsweetened shredded coconut  
1 cup old-fashioned whole rolled oats  
1 cup all-purpose flour  
1 teaspoon baking soda  
3/4 cup dark chocolate chips*

### Directions:

1. Preheat oven to 350F
2. In a large mixing bowl, add the egg, coconut oil (if it's solid, briefly microwave enough to obtain 1/2 cup melted), sugars, vanilla, cinnamon, optional salt, and whisk to combine
3. Add the shredded coconut, oats, flour, baking soda, and stir to combine. Then fold in chocolate chips
4. Using a medium 2-inch cookie scoop or your hands, form 16 equal-sized mounds, about two heaping tablespoons of dough each.
5. Place mounds on baking sheets
6. Bake about 9 minutes, or until edges have set and the tops are just beginning to set, even if undercooked, pale, and glossy in the center.
7. Allow cookies to cool on the baking sheet for about 5 minutes before removing and transferring to a rack to finish cooling



# BANANA PEANUT BUTTER ICE CREAM

## Ingredients:

*2 bananas, frozen  
2 Tbsp peanut butter,  
1 Tbsp cocoa*

*\*Get creative and add  
shredded coconut or  
cinnamon - whatever  
you fancy!*



## Directions:

1. Cut banana into slices and place in freezer until well frozen
2. Place banana, peanut butter and cocoa in blender and combine until smooth.
3. Eat immediately or save for later!

# HEALTHY MINERALS



THE RECIPES INCLUDED IN THIS BOOK ARE GREAT SOURCES OF CALCIUM AND MAGNESIUM. TRY TO INCLUDE AS MANY FOODS RICH IN CALCIUM AND MAGNESIUM IN YOUR DIET AS POSSIBLE AND IF NECESSARY, SUPPLEMENT THE SHORTFALL WITH BIO- AVAILABLE ALGAE CAL, THE WORLD'S ONLY PLANT-SOURCED CALCIUM. TO LEARN MORE ABOUT ALGAE CAL PLUS, PLEASE VISIT:

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