



SUPERFOODS



What the heck are they?

Superfoods are processed foods high in nutrients phytochemicals and great health comparatively of food. In eating them very high level micronutrients few calories.



natural, minimally that are exceptionally (nutritionally dense) antioxidants, that offer benefits from small amounts other words, gives you a of with very



KEEP YOUR IMMUNE SYSTEM STRONG WITH THESE EASY-TO-FIND BUDGET-FRIENDLY SUPERFOODS

- BEANS ~ BLUEBERRIES ~ SWEET POTATOES ~ OATS ~ ORANGES ~
- PUMPKIN ~ SALMON ~ SOY ~ EGGS ~ SPINACH & KALE ~
- GREEN TEA ~ TOMATOES ~ TURKEY ~ WALNUTS & ALMONDS ~
- YOGURT & KEFIR ~ OLIVES/OIL ~ AVOCADO ~ SEEDS ~ SEAWEED ~
- LEGUMES ~ ONIONS/GARLIC/LEEK/SCALLIONS ~ WHOLE GRAINS ~
- TUMERIC ~ BARLEY ~ HOT PEPPERS ~ SALMON ~ SARDINES ~
- DARK CHOCOLATE ~ CRANBERRIES ~ BROCCOLI ~ GINGER ~

5 Ingredient Granola Bars

yield: 12 BARS prep time: 5 MINUTES total time: 50 MINUTES

Ingredients:

- 1 ½ cups quick cooking oats
- ¼ cup quinoa
- ¼ cup popped amaranth
- 1 cup almond, cashew OR peanut butter
- 1/2 cup sliced almonds
- 1/4 cup chocolate chips
- ¼ cup chopped dried fruits of choice (craisins, apricots, prunes, dates, cherries, etc)
- ¼ cup honey OR Agave OR maple syrup
- Pinch of fine sea salt
- ¼ tsp cinnamon

Directions:

1. Combine the oats, almond butter, almonds, chocolate chips and honey in a medium size bowl. Stir until well combined. Add more honey if needed and salt and cinnamon, to taste.
2. Line a 8x8 pan with parchment paper, allowing the paper to fall over the edges. Press the oat mixture into the pan.
3. Place in the freezer for 45 minutes to 1 hour, or until firm. Remove paper from pan and then cut the large square in half. Then cut each half into 6 rectangles. Wrap bars individually with parchment paper or plastic wrap and store in the refrigerator or freezer.
4. Feel free to substitute the chocolate chips for dried cranberries. You may also use peanut butter and different nuts such as peanut or cashews.
5. You can also add in: 1/8 cup flax seed meal, 1/8 cup chia seeds, 1/8 cup sunflower seeds. Add a TBSP more honey for each addition.

The Healthy Snack We Can't Stop Eating

Homemade vegetable chips go great with dips and hummus

By Tyler Florence [3] September 4, 2015

If you find yourself with a surplus of, say, zucchini, and you've made enough zucchini bread, vegetable chips are fun, easy, and a delicious addition for a kid's birthday party. Recipe adapted with permission from Start Fresh by Tyler Florence.

INGREDIENTS

- 1 medium summer squash
- 1 zucchini
- 5 baby golden beets, scrubbed
- 1 medium parsnip, scrubbed
- 1 medium carrot, scrubbed
- 3 large kale leaves, rinsed well and torn into 1-inch pieces
- 3 TBSPs extra-virgin olive oil
- sea salt and/or seasoning blends (Mrs. Dash, Adobo, Mexican chili powder-cumin blend, etc)

PREPARATION

1. Place a rack in center of oven and preheat to 275 degrees. Line two rimmed baking sheets with parchment paper.
2. With a mandoline or very sharp knife, **very thinly slice** each of the vegetables **lengthwise**. Arrange vegetable slices in a **single layer** on baking sheets and brush the veggies with olive oil.
3. Bake for 25 minutes, then carefully flip vegetables, sprinkle **LIGHTLY** with sea salt and/or other seasoning. Return to oven until vegetables are crisp, 25-35 minutes longer.
4. Let vegetables cool completely on baking sheets, then transfer to an airtight container. They will last up to 2 weeks stored in a cool, dry place.

Super Smoothie #1 - The Berry Best!

INGREDIENTS

- 1 medium-large banana, cut into a few pieces (if you have frozen pieces, even better!)
- 1 & ½ cups frozen berry medley (raspberries, blueberries, strawberries)
- 1 full cup fresh blueberries, washed well
- 1 cup (Greek style) plain non-fat yogurt
- ½ cup orange juice
- ½ cup pomegranate and/or acai juice (no sugar added)
- 1 cup unsweetened almond milk
- 1 TBSP raw honey **OR** organic agave syrup
- 2 TBSPs chia seeds
- 2 TBSPs camu-camu **OR** maca powder (if available)
- ½ tsp almond extract

PREPARATION

1. In a large blender, place the frozen berries, the honey and the 2 juices and pulse until smooth.
2. Add remaining fruit and the almond milk and puree until smooth. Serve immediately or refrigerate until ready to drink.

Super Smoothie #2- Tropical Flavors

INGREDIENTS

- 2 large bananas, cut into a few pieces (if you have frozen pieces, even better!)
- 1 & ½ cups frozen mango chunks
- 1 full cup fresh blueberries, washed well
- 1 cup (Greek style) plain non-fat yogurt
- ½ cup orange juice
- 1 cup acai juice (no sugar added)
- Juice of 1 lime
- 1 cup unsweetened coconut milk
- 1 TBSP raw honey OR organic agave syrup
- 1 TBSP + 1 TSP unsweetened coconut flakes
- 1TBSP maca powder OR lucuma powder (if available)
- 2 tsps flaxseeds
- ½ tsp vanilla extract

PREPARATION

1. In a large blender, place the frozen berries, the honey and the 2 juices and pulse until smooth.
2. Add remaining fruit and the almond milk and puree until smooth.
Serve immediately or refrigerate until ready to drink.

Popped Quinoa and Amaranth (Kiwicha)

How to Pop Andean Cereals

*Two Andean grains, **quinoa** and **amaranth** (known as kiwicha in the Andes) have gained a world-wide following thanks to their great taste and highly nutritious properties. Both grains are an unusually complete source of protein compared to grains like wheat and rice, containing the essential amino acid **lysine**, as well as iron and other nutrients. There are many ways to enjoy these grains. Quinoa grains are larger than amaranth, whose tiny grains are almost as small as poppy seeds. Quinoa and amaranth can be cooked like rice, and enjoyed as a pilaf-like **salad**. Both have a slightly nutty flavor and a pleasingly chewy texture. Both quinoa and amaranth can be processed into "flour" which is used to make **bread**s and other baked goods. In South America, one of the most common way to prepare these grains is to toast or "pop" them, which is quite simple to do. Popped amaranth and quinoa are common breakfast cereals (similar to rice krispies or corn puffs), and they are also used to prepare street food snacks that are something like seed and nut bars. It's quite entertaining to "pop" these grains in a skillet, and it gives them a nice toasted flavor. Amaranth exhibits especially impressive popping ability considering its tiny size - it pops opens and turns white like miniature popcorn. Served these popped grains as a snack, or add them to cookies or baked goods. Sprinkle them on top of breads or bagels, or shake them over a salad for a healthy crunch.*

INGREDIENTS

- 1/2 - 1 cup (pre-washed) quinoa or amaranth
- 1/2 tsp salt (optional)
- 1 tsp vegetable oil (optional)

PREPARATION

1. Quinoa is often pre-washed before packaging, which should be stated on the box. If not, rinse quinoa thoroughly and let dry).
2. Heat a large skillet over medium-high heat.
3. Add 1/2 tsp of the vegetable oil if desired (this will help the salt adhere to the grains later, if you are going to eat them like popcorn, but it's not necessary for popping them). Add about 1/4 cup of grain, just enough to cover the bottom of the pan with a single layer. Stir grains with a wooden spoon as they pop - you will hear a sound and the grains may jump out of the pan. Amaranth grains pop very dramatically and change from dark yellow to white, while quinoa grains have a more subtle pop and turn a toasted brown color.
4. Once the grains have mostly popped, remove them from the heat and transfer to a plate to cool. Watch quinoa especially closely and remove it from the heat when it is golden brown and toasted, before it starts to burn.

Continue to pop the grains in batches. Toss popped grain with salt and serve.

Crispy Kale Chips

Try this superfood snack for a surprisingly tasty treat! Change up the spices if you'd like; chili powder & cumin work well, or some Mrs. Dash table blend.

INGREDIENTS

- 3 cups loosely packed kale, washed, **thoroughly dried** and torn into chip-sized pieces (remove any thick, firm stem pieces)
- About ¼ cup olive oil
- 2TBSPs finely grated parmesan cheese, for sprinkling
- about ¼ tsp sea salt, for sprinkling
- about 1 tsp fresh lemon juice

PREPARATION

1. Pre-heat oven to 350°
2. Place the dried kale into a large bowl and toss with olive oil (so the leaves are **barely** coated) and cheese. **Mix well**, so that the cheese doesn't clump together.
3. Spread the leaves out across 1 or 2 sheet pans **so they aren't stacked up on each other - leave a bit of space**. Sprinkle **lightly and evenly** with the salt.
4. Bake in the oven until crispy but still green, about 15- 25 minutes. They should be dry & crispy (NO moisture) but still look green. Remove from the oven, place in paper towel-lined bowl and toss with the fresh lemon juice.

Cacao 4-Seed Superfood Bites

Makes 20

INGREDIENTS

- ¼ cup sesame seeds
- ¼ cup chia seeds
- ¼ cup flax seeds
- ¼ cup sunflower seeds, shelled
- ¼ cup almond meal
- ½ cup dates, pitted
- ¼ cup peanut butter, smooth
- ¼ cup + 1 TBSP Tahini (stir well to combine before using; it separates a lot!)
- ¼ cup cacao powder
- 2 TBSPs lucuma powder
- ¼ cup + 1 tsp agave nectar
- Pinch of salt (1/8 tsp)

DIRECTIONS

1. Toast sesame, chia, flax and sunflower seeds until just browned, then place in a medium bowl and mix to combine. Set aside.
2. Place almond meal, dates, peanut butter, cacao powder, lucuma powder, agave nectar and salt in a food processor. Process mixture until well combined and dates are broken down into pieces.
3. Transfer date mixture to the bowl with the mixed seeds. Using your hands, kneed the seeds into the date mixture to form a “dough.”
4. Divide mixture into 20 portions and roll into 1 ½” balls.
5. Store in an airtight container at room temperature for up to 1 week or in the refrigerator for 1 month. Enjoy!

Edamame Hummus

A New Superfood!

INGREDIENTS

- ☯ 1 cup frozen edamame - defrosted
- ☯ 1 cup chickpeas (canned, well-rinsed - or - soaked and cooked from dried)
- ☯ ¼ cup water
- ☯ ¼ cup Tahini
- ☯ ¼ cup PLUS 1 TBSP lemon juice
- ☯ 2 cloves garlic, minced
- ☯ 2 pinches of sea salt
- ☯ 2 tsps ground fennel
- ☯ 1 tsp ground cumin
- ☯ pinch of red chili flakes - **optional**
- ☯ 3-5 TBSPs good quality extra virgin olive oil

PREPARATION

1. Pour all ingredients into food processor (or blend with immersion blender in high sided bowl) and puree until smooth.
2. Season to taste with kosher salt and a bit of white pepper, then drizzle with add extra virgin olive oil before server.

ALMOND-CHERRY LOW-FAT GRANOLA

My version of this recipe from the "Great Grains" cookbook may be low in fat, but it's most definitely high in flavor! Feel free to substitute the dried fruits: dried figs, dates, cherries and raisins are other great choices. Serve over yogurt or ice-cream or with cereal or just snack and enjoy!

INGREDIENTS:

- 2 cups regular or quick cooking oats
- 1/3 cup sunflower seeds - unsalted raw
- 1/3 cup slivered almonds
- 2 TBSPs wheat germ
- ½ tsp cardamom
- ½ tsp ground cloves
- ½ tsp fresh nutmeg
- ¼ cup sunflower OR safflower oil
- ¼ cup honey (OR agave sweetener)
- ¼ cup tart (100%) cherry juice or cider (can sub apple cider if you can't find cherry --- OR pomegranate juice)
- 1 tsp almond extract
- 1 cup chopped dried cherries
- ½ cup dried cranberries

PREPARATION

1. Pre-Heat oven to 310° F and **lightly coat** 9 x 13 sheet pan with sunflower (OR canola or grapeseed) oil.
2. In a large bowl, combine the oats, sunflower seeds, almonds, spices & wheat germ.
3. In a small bowl, whisk together **thoroughly** the oil, honey, cherry (OR cider or pomegranate) juice and almond extract. Pour this mixture over the dry ingredients and mix together well.
4. Spread onto the prepared pan and bake for 30 minutes, stirring (re-distributing outer edges to middle and vice versa) every 10 minutes. DO NOT ADD the cherries and cranberries until after the 2nd stir - they should only be in the oven for the last 10 minutes.
5. Check at 30 minutes; be sure that the granola is dry, even slightly crispy - NOT MOIST. If it is not, return to oven in increments of 4 minutes until it is.
6. Remove and serve or COOL completely before storing in an airtight container.

Super Food Snack Mix

INGREDIENTS

1 CUP EACH OF THE FOLLOWING

- DRIED GOJI BERRIES
- DRIED MULBERRY BERRIES
- DRIED GOLDEN BERRIES
- CRAISINS
- DRIED BLUEBERRIES
- TOASTED (DRY ROASTED) UNSALTED HAZELNUT PIECES
- TOASTED (DRY ROASTED) UNSALTED ALMONDS
- UNSALTED PEPITAS (PUMPKIN SEEDS) -OR - SUNFLOWER SEEDS, RAW OR TOASTED
- CACAO NIBS - OR - DARK CHOCOLATE (60% OR MORE) CHIPS

FIND THESE ITEMS AT YOUR LOCAL HEALTH FOOD STORE OR THE HEALTH FOOD SECTION OF THE SUPERMARKET. SUBSTITUTE OTHER DRIED BERRIES IF YOU CAN'T FIND THEM OR THEY ARE TOO PRICEY.

PREPARATION

1. TOSS INGREDIENTS TOGETHER THOROUGHLY IN A LARGE BOWL AND PACKAGE UP INTO STURDY ZIPLOC SNACK BAGS - OR STORE IN A TIGHTLY SEALED TUPPERWARE TYPE CONTAINER .
2. ENJOY AS A SNACK OR TOSS A HANDFUL ON SALADS OR IN YOUR CEREAL; MIX ABOUT $\frac{1}{4}$ CUP IN WITH YOUR STEEL CUT OATS FOR A TRULY SUPER FOOD BREAKFAST!

Super Pasta w/Aromatics

*The buckwheat pasta, garlic, onions and scallions in this recipe are all powerful superfoods, as are the fresh tomatoes and spinach!
Best of all, this pasta tastes really good!*

INGREDIENTS

- 1 1lb. pkg of buckwheat pasta, cooked as per package directions for “al dente”
- about 1/3 cup pure olive oil
- 6-8 cloves of garlic, minced
- 1 medium sized onion, chopped (small dice)
- ½ cup scallions, finely snipped with scissors
- 2 cups loose baby spinach
- 1 dry pint grape or cherry tomatoes, washed and dried
- 3 TBSPs grated parmesan or asiago cheese
- 1 tsp oregano (dried)
- ½ tsp thyme (dried)
- pinch or 2 of fine sea salt
- pinch or two of white ground pepper
- a squirt or two of fresh lemon juice

PREPARATION

1. Get water boiling for the noodles.
2. Sauté onions in about a TBSP of olive oil over medium/high heat until soft, THEN add garlic and sauté a minute or two until soft (PLEASE – be careful not to burn the garlic!), THEN add the tomatoes and the dried herbs and sauté until the tomatoes start to pop a bit, adding a little more olive oil if needed.
3. Add the spinach and sauté for just a minute until it wilts a bit. Remove pan from heat and set aside until pasta is ready. Cook pasta.
4. When pasta is just about “al dente” (still a bit firm), put pan with veggies back on medium heat and add the pasta along with about ¼ cup of the pasta water and a TBSP or 2 of the olive oil. Cook for 3-4 minutes in the veggies and liquid. Season with salt and pepper to taste and toss in the lemon juice and the grated cheese.

Chapati

Chapatis (Indian flatbread) are the perfect accompaniment to most Indian dishes. Chapatis are not difficult to make but the old saying "Practice makes perfect" was probably written for them. This recipe is a "superfood" version of this Indian staple, incorporating a Peruvian 7-flour blend, chopped onions and garlic for a healthy boost. Makes about 12.

INGREDIENTS

- 1 ½ cups Wheat Flour
- ½ cup Peruvian 7-flour blend (can sub spelt or amaranth flour)
- 3 cloves garlic, **very finely** chopped
- 1 small onion -or 2 or 3 shallots - **finely** chopped
- ¼ tsp baking powder (optional)
- ¼ tsp sea salt
- Water as per requirement

How to make chapati:

1. Mix dry ingredients, add water a little at a time (start with ¼ cup) until mixture comes together in a sort of ball and is NOT wet and sticky!
REMEMBER – add water about a TBSP or 2 at a time, mixing in between additions.
2. Knead on counter for about 3-4 minutes, then leave it in the bowl for at least 30 minutes, covered.
3. Break off golf ball sized pieces of dough and roll into a ball.
4. Roll out into a thin round on a lightly floured surface - as thin as possible.
5. Heat griddle and place the rolled out dough on it.
6. When dry on one side, turn it.
7. When brown spots appear on second side, turn again.
8. Use a kitchen towel and lightly press the breads, rotating at same time, it will puff.
9. Make as crisp as desired and serve hot.

MANGO CHUTNEY RECIPE

Cape Cod Style!

INGREDIENTS:

- 4 mangoes (or peaches when in season!), peeled & diced (½”)
- 1 cup raisins
- ¼ cup dried cherries
- ½ cup sugar-in-the-raw
- ¾ cup apple cider vinegar
- 2 tsps ginger, finely chopped
- 3 slices candied ginger, finely chopped
- 1 clove garlic, finely chopped
- 1 TBSP chia seeds
- 1 tsp salt
- 2 tsps curry powder
- ½ tsp cinnamon
- ½ tsp cardamom

PREPARATION:

1. Mix all ingredients and bring to a boil.
2. Reduce the heat and simmer for about 30-45 minutes, until the mixture thickens.

Eggplant, Yogurt & Herb Dip

Yet another way to enjoy one of the region's favorite vegetables. Serve with toasted baguettes rubbed with garlic.

INGREDIENTS

- 2 small or 1 large eggplant(s)
- 2 tsps lemon juice
- 1 medium sliced onion, finely minced
- 1 whole bulb of garlic, roasted to a paste
- 1 TBSP extra virgin olive oil, for dip
- a tsp or 2 plain olive oil for roasting the eggplant
- sea salt and pepper to taste
- 2 TBSPs cup chopped fresh basil
- 2 TBSPs fresh chopped tarragon
- 2 tsps chopped fresh dill
- 1 cup non-fat, plain Greek yogurt

PREPARATION

- 1.** Preheat oven to 400°, brush a sheet pan with plain olive oil.
- 2.** Cut eggplant into halves lengthwise. Slice across and sprinkle with a bit of sea salt.
- 3.** Roast eggplant and garlic cloves for about 20-30 minutes --- until soft and partially caramelized.
- 4.** Let eggplant and garlic cool, then scoop eggplant into a blender and puree until fairly smooth. Stir in the yogurt, herbs and onion until well blended.
- 5.** Taste and adjust seasonings if needed.

Kalamata Olive Pesto

This rich, delicious paste is loaded with things that are good for you, from the olives and oil to the fresh lemon juice and herbs and the little anchovies; great on crostini, pita chips, sandwiches or as topping (with caramelized onions & good parmesan or Asiago cheese) for flatbread style pizza.

INGREDIENTS

- 15 oz jar or can of pitted Kalamata olives
- 2 anchovies, (the kind packed in olive oil)
- 2 TBSP capers, well rinsed
- 2-4 cloves roasted garlic (paste) – to taste
- 1 ½ - 2TBSP (about) good quality extra virgin olive oil
- 1 ½ tsps fresh lemon juice
- 1 tsp fresh (finely chopped) oregano (or marjoram), sage & rosemary
- 1 or 2 twists of freshly ground pepper

➔ PLEASE DO NOT ADD SALT TO THIS; BETWEEN THE OLIVES, ANCHOVIES & CAPERS, THERE IS PLENTY! ←

PREPARATION

1. Place all ingredients into a processor or blender and blend until it's almost paste – you want some small “bits” for texture.
2. Taste and adjust seasonings. Serve with fresh crusty bread, crostini, polenta crostini or pita chips.

OATMEAL SOFTIES

Add in raisins and/or chocolate chips and/or toasted almonds or walnuts and/or cranberries...etc for a really special cookie! When making your additions, though, BE CAREFUL not to put too much into the batter or the cookie will not hold together! Another fun option is to make the cookies plain, then dip them into melting chocolate and then into crushed almond or walnut bits!
Makes about 2 dozen.

INGREDIENTS

- ☆ ½ cup coconut oil (or softened butter)
- ☆ ½ cup canola oil
- ☆ ½ cup all organic sugar
- ☆ ¾ cup **packed** brown sugar
- ☆ 1 TBSP honey OR agave syrup
- ☆ 2 eggs
- ☆ 1 tsp & ½ almond extract
- ☆ ¾ cup amaranth or spelt flour
- ☆ ¼ cup oat flour
- ☆ 1 cup all purpose flour

- ☆ 1 tsp baking soda
- ☆ 1 tsp salt
- ☆ 1 tsp cinnamon
- ☆ ½ tsp nutmeg

ADD-INS

- ☆ 3 cups quick cooking oats
- ☆ ½ cup cranberries or blueberries
- ☆ ¼ cup dark chocolate chips
OR ¼ cup cacao nibs
- ☆ ¼ cup chopped almonds

PREPARATION

1. Preheat oven to 375° and lightly grease cookie sheets with canola oil (or spray) - **OR** - line with parchment paper instead of using oil (BEST OPTION!)
2. In a medium/large bowl, cream together oils & sugars.
3. Beat in eggs **1 at a time** - then stir in the almond extract.
4. Combine flours, baking soda, salt and spices in a medium bowl and THEN stir into the creamed mixture using a wooden spoon or rubber spatula. Mix in the oats and, finally, the add-ins. Cover & chill for at least 1 hour.
5. Roll the dough into walnut sized balls and place 2 inches apart on cookie sheet. Flatten each one **slightly** with a fork. **REDUCE OVEN TO 350 °** and bake for **8-10** minutes ('til cookies are a **little** brown on the bottom, **barely brown** on tops). **Let cookies set** for a minute before transferring to a rack to cool.