

Maximize Your Height



**Four Keys to Growing As Tall As
Your Genetics Will Allow**

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Published by

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at

<http://drbenkim.com>

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Introduction

In the summer of 2004, a guest of our clinic asked me what he could do to maximize his height using natural methods. At that time, he was still in his early 20's and aspired to play professional baseball.

What began as a casual conversation about the physiology of bone growth led to me writing an article on this topic, which I ended up publishing on our website.

Since publishing that original article, I have worked with a handful of parents who have sought comprehensive guidance on this topic for their children; all of them were interested in doing everything that they could to help their children grow as tall as possible for various athletic activities.

After spending more than two years polishing up my guidelines on how to maximize one's height via specific exercises, stretches, and food choices, I have put these guidelines together in this special report.

Please note that the science-based tips in this special report on maximizing your height are completely safe and natural; no hormones or other synthetic supplements are recommended; the tips provided in this report are good for maximizing height *and* promoting optimal health.

If you're 25 years of age or older, you likely won't see significant results, if any. Below the age of 25, the younger you are, the greater potential you have to maximize your height.

There's no question that your genetics are a primary determinant of your height. But it's also true that the dietary and lifestyle choices that you make every day are also primary determinants of your height. Knowing what to do with your diet and lifestyle to access your full height potential can make a difference of many inches.

Consider the cases of Scottie Pippen and Dennis Rodman – both are former NBA stars who experienced remarkable growth spurts when they were in college.

When Scottie Pippen and Dennis Rodman graduated from high school, they were approximately 6 feet tall. Before they reached 25 years of age, they topped out at 6 feet, 8 inches.

Not coincidentally, their unexpected growth spurts happened when their dietary and lifestyle choices were in alignment with the principles in this report.

Make no mistake about it: what you eat and how you live before you reach about 25 years of age can significantly influence your height. This special report will tell you exactly what you need to do to grow as tall as your genetics will allow without compromising your health.

Key Number One:

Maximize Your Body's Production of Growth-Related Hormones

Your body produces and releases a number of hormones that are essential to promoting growth. Three of your most important growth-related hormones are:

- Testosterone
- Growth Hormone
- Erythropoietin

Let's take a closer look at each of these hormones:

Testosterone

Testosterone is a steroid hormone that is secreted by the testicles of males and the ovaries of females. Small amounts of testosterone are produced and secreted by the outer section of your adrenal glands and by the placenta in pregnant women.

Adequate testosterone secretion is essential to experiencing:

- Optimal growth of all of your tissues, including your bones and muscles
- A strong immune system
- High energy

Growth Hormone

Growth hormone stimulates growth and reproduction of all of your cells, including those of your bones and muscles. When released by your pituitary gland in amounts that are in line with your physiological needs, growth hormone can help keep your muscles and bones strong. Growth hormone can also decrease the amount of adipose (fat) tissue that you carry.

Erythropoietin

Erythropoietin is a hormone that is produced by your kidneys. It stimulates the production of red blood cells by your bone marrow. Red blood cells deliver oxygen to every cell in your body. Red blood cells also carry carbon dioxide (waste) away from every cell in your body.

By maintaining optimal erythropoietin production, you ensure optimal delivery of oxygen to and carbon dioxide away from your bones and muscles, which in turn, ensures optimal development of your bones and muscles.

How big a difference can the amount of erythropoietin in your circulation mean to your development and overall condition? The fact that erythropoietin is a common blood doping agent in sports such as marathon running and long-distance cycling speaks volumes about its ability to improve your stamina and overall vitality.

What most people don't know is that the three hormones described above – testosterone, growth hormone, and erythropoietin - are released mainly during deep, restful sleep. Put another way, the more deep, restful sleep you get every night, the more testosterone,

growth hormone, and erythropoietin your body will produce and release into your blood circulation.

If you don't get enough sleep on a daily basis, your body will still produce testosterone, growth hormone, and erythropoietin - it just won't produce amounts that will allow you to maximize your height.

Growth hormone is actually released by your pituitary gland in episodic waves, about once every ninety minutes, with the strongest wave coming approximately one hour after you fall asleep at night.

Bottom line: Getting as tall as your genetics will allow requires that you do all that you can to consistently sleep well.

How Much Sleep Should You Get To Maximize Your Height?

Ultimately, the amount of sleep you need to maximize your height and experience your best health should be determined by allowing your body to sleep until you naturally wake up feeling well rested.

Whenever you wake up feeling well rested, you can be relatively certain that you have given your body a chance to produce optimal quantities of testosterone, growth hormone, and erythropoietin, and that your body has had ample time to rejuvenate your cells.

Ideally, you want to establish a pattern of going to sleep at an hour that will lead to you waking up naturally around the time that you have to begin your day. For example, if over time, you discover that your body tends to need approximately 9 hours of sleep per night for you to feel well rested, and you need to begin your day at 6 am, then you should do your best to get to sleep at around 9 pm each evening.

Keep in mind that if your body has been deprived of adequate sleep for more than a few days, you may have significant sleep debt. In this case, you will need to pay off your sleep debt by giving your body as much rest as your life circumstances will allow before you can use your feelings of restfulness or fatigue in the mornings as accurate barometers of adequate sleep time.

Please remember: the number of hours that you need to maximize your height is unique, and may fluctuate slightly from week to week in accordance with how much physical and emotional energy you put out, and also in accordance with the quality of your food choices.

Eight Tips to Promote Deep, Restful Sleep for Maximum Growth and Development

What follows are eight tips on how to ensure that your sleeping hours translate to acquiring high quality rest:

1. In the spring, summer, and fall months, use window coverings that prevent the early morning sunlight from waking you up before your body is fully rested. Alternatively, use an eye mask to block out light while you are sleeping.
2. Turn off all devices that emit light or that can make noise to interrupt your sleep. Computers, mp3 players, televisions, and phones fall are common disruptors of sleep, so try to make a habit of turning these devices off before you climb into bed.
3. If you share your bed with other living creatures like your partner, siblings, children, and/or pets, be sure that you communicate what you need in order to sleep peacefully. Some people sleep better when they cuddle, while others can't

- sleep a wink if so much as another person's fingernail is touching their shoulder. Know your optimal sleeping conditions and let them be known to relevant crew members.
4. Try not to drink fluids or eat water-rich foods within an hour or two of going to bed. The less you have to get up during the night to go to the bathroom, the higher quality rest you will enjoy.
 5. Strive to avoid powerful stimulants like sugar and caffeine, especially in the late afternoon and evening. When you make it a habit to get restful sleep every night, you will have less of a need for such stimulants to keep you going throughout the day.
 6. Strive to do something that relaxes your body and mind an hour or two before sleep time, such as listening to soothing music, watching the sunset, or counting stars.
 7. During colder months, wear socks to bed. Having cold feet is a common cause of waking up at night.
 8. Strive to be physically active for at least a part of your day. A regular exercise routine (another key to maximizing your height) can help promote restful sleep.

You can follow the rest of the keys to maximizing your height in this report and still fall well short of accessing your full height potential if you neglect this first key. Please make getting restful sleep on a regular basis a top priority.

Key Number Two:

Regularly Engage in Activities

that Put Vertical Stress on Your Long Bones

Bones grow in length by creating cartilage in the growth plates located near their ends, and then calcifying this cartilage – this process is called endochondral ossification.

Activities that put vertical stress on your bones accelerate and intensify endochondral ossification.

Although it's generally accepted that most boys and girls are done growing by the time they reach 18 and 16 years of age, respectively, almost everyone has active growth plates in some of their bones up until the age of 25. As mentioned earlier, several professional athletes - including Michael Jordan, Scottie Pippen, and Dennis Rodman - have grown 2-7 inches in height after the age of 18.

Good examples of activities that put vertical stress on your long bones include basketball, volleyball, skipping rope, and jogging. Ultimately, any activities that involve running or jumping will put vertical stress on your long bones.

The more vertical stress that you put on your bones – in intensity and/or frequency – the more stimulus your bones will have to grow vertically.

If it's not easy for you to get out and play sports on a regular basis, the best way to stimulate your long bones into growing is to do a simple jumping exercise that you can do anywhere. Here's how:

1. Stand facing a wall – your toes should be just a few inches away from the wall at most.
2. Raise your arms and touch your outstretched hands against the wall above your head.
3. Hop up so that your fingers touch a point that is six or more inches above your reach when you are standing. Continue hopping in this fashion without rest for 10 hops. Rest for 30 to 60 seconds. Repeat. Do at least 5 sets of 10 hops twice a day. If you can do more, go for it – the more you do, the more stimulus your bones and muscles will receive to grow. It's fine to do this hopping exercise along with any other physical activities and sports that you enjoy.

Key Number Three:

Lengthen Your Muscles by Stretching Every Day

Your bones serve as attachment sites for all of your muscles. Each of the largest skeletal muscles in your body begins as a tendon that is securely fastened to one of your bones, and ends as a tendon that is deeply imbedded into another one of your bones.

Tight muscles can actually provide mild to moderate resistance to bones, and this resistance can impede their growth. So by lengthening your muscles by stretching every day, your bones are free to grow without your muscles holding them back to some degree.

Another reason why you want to stretch every day is that being flexible increases your ability and desire to be physically active, which, as we've discussed, is essential to providing the stimulus needed for your bones to grow. If your large muscle groups are stiff, your nervous system knows this, and subconsciously, you know that you're more likely to hurt than help yourself by being physically active.

When your large skeletal muscles are stiff, a number of sensory receptors that are in and around your joints provide ongoing feedback to your nervous system, and the message is this: "Your biggest joints and muscles are tight, lacking blood flow, and ready to get injured if you suddenly try to get active, so be careful."

To get a little more technical, the main sensory receptors involved are called proprioceptors – these sensory receptors are located in and around your joints, and they give your brain a constant sense of the position of your joints and indirectly, how agile your joints are.

When you lengthen your largest skeletal muscles and keep them nice and flexible over a long period of time, you experience better blood flow to these muscles, their tendons, and the joints that these muscles and tendons surround and control. In turn, your proprioceptors and other sensory receptors tell your nervous system and subconscious that you'll thrive while being physically active.

Here are some pointers to keep in mind as you work at lengthening your muscles by regular stretching:

1. Try to stretch in the afternoon or evening, when your blood circulation is at its peak. Blood circulation is at its worst first thing in the morning, a consequence of your heart not having to work very hard in the absence of significant gravitational force while you are sleeping in a horizontal position. As you go about your daily activities, your blood circulation naturally improves as your heart begins working harder.
2. If possible, save intensive stretching sessions, like a yoga class, for after you have done a good warm up. The more you exercise or warm up before you stretch, the more blood flow your muscles will have, which decreases their risk of suffering a strain or tear.
3. Do not bounce with your stretches. Move your body slowly and gradually into a position that allows you to feel a solid stretch in the target muscle, then hold this position and focus on keeping your breathing steady.
4. Never stop breathing while you stretch. If you find yourself holding your breath on a regular basis during stretching sessions, consider this a sign that you are putting too much stress on your tissues and ease back on the intensity of your stretches.

Four Most Important Muscles Groups to Stretch to Maximize Your Height

It's fine to stretch your entire body through a comprehensive yoga routine. But when it comes to maximizing your height, the four most important muscle groups to lengthen by regular stretching are your hamstrings, calves, quadriceps, and paraspinals.

Hamstrings

Your hamstrings are the thick, ropey muscles that line the back of your thighs – they start at the bottom of your buttocks and to the back of your knees.

Your hamstrings are most easily stretched in the hurdler's position, where you sit on the ground with one leg out in front of you flat against the ground, and your other leg bent, with the foot of the bent leg either behind the buttock on that same side, or pressed against the inner thigh of the leg that is out in front of you.

Hurdler's Stretch (Hamstrings)

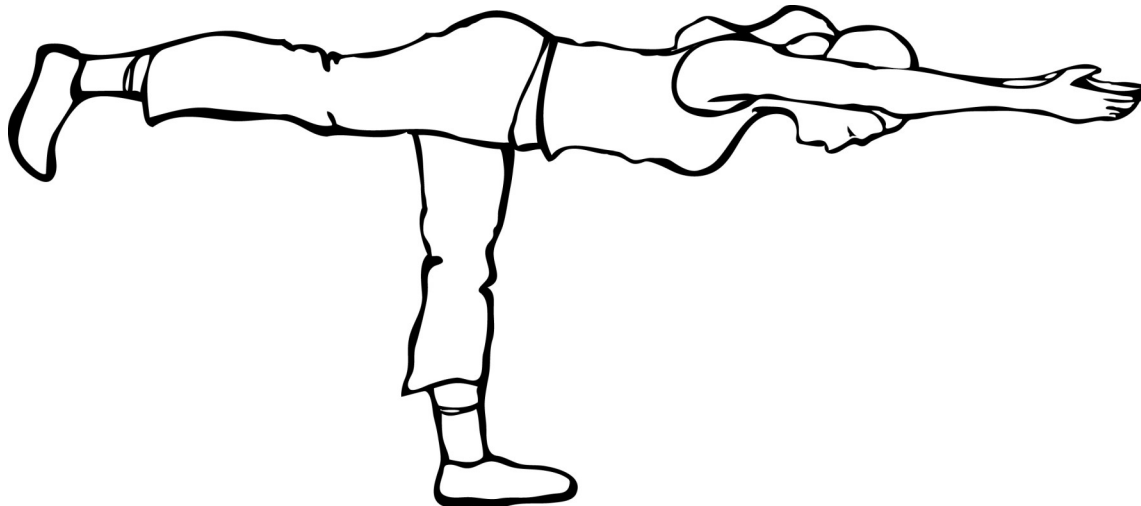


Keep your lower back as straight as possible and bend forward gently until you feel resistance in the muscles that line the back of your thighs. Initially, you may feel most of the resistance behind your knee. As your hamstrings become more flexible, you'll be able to bend forward enough to feel a stretch throughout your hamstrings. Once you feel resistance, hold that position for 10-30 seconds or for however long you can comfortably tolerate; then release and rest. Repeat three times, and repeat the entire routine with your other leg.

As illustrated in the diagram above, you can wrap a small towel or shirt around your outstretched foot and use it to slowly pull your upper body down until you feel a nice stretch in your hamstrings.

A more advanced way to stretch your hamstrings is to do a yoga pose that's sometimes called "Warrior Pose." Here's what it looks like:

Warrior Pose (Hamstrings of Grounded Leg)

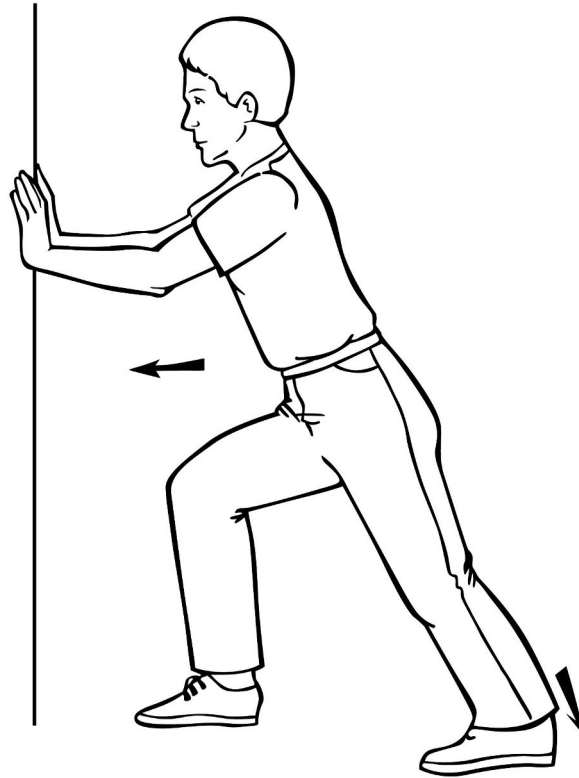


To maintain your balance while you do Warrior Pose, you can support your hands on a table, couch, or some other steady surface. In this diagram, it's the lady's left leg (hamstrings) that are being stretched. The higher the right leg is extended back and toward the sky, the greater the stretch in the hamstrings of the grounded leg.

Calves (Gastrocnemius and Soleus)

Your calves are the muscles that line the back of your lower legs, from the back of your knees to the back of your ankles.

Stretch for Calves



Your calves are best stretched out while you are leaning forward against a wall, where your hands are pressed up against the wall as though you are trying to move the wall forward. To stretch your right calf region, keep your entire right leg straight (knee locked) and press your right heel into the ground.

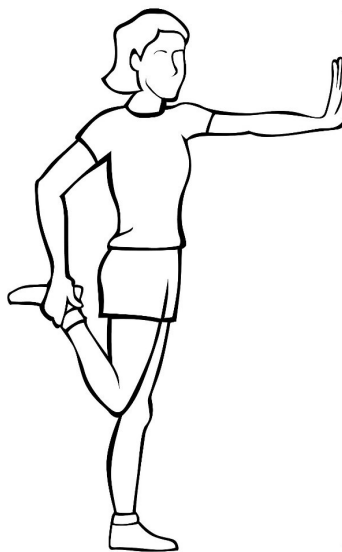
If you cannot feel a stretch in your right calf muscles, move your right leg further back, away from the wall. Your left leg can be bent and resting comfortably in front of your right leg for comfort and balance. Once you feel resistance in your right calf muscles, hold that position for 10-30 seconds or however long you can comfortably tolerate, then release and rest. Repeat three times, then repeat the entire routine with your left calf region.

Quadriceps

Also known as your quads, this group of four muscle bellies lines the front of your thighs.

Your quadriceps are best stretched out while you stand. To stretch your right quadriceps muscle, stand near a wall or a piece of furniture that can lend support for balance. With your left hand pressed against the wall or something else for support, use your right hand to reach behind your buttocks and pull up on the front of your right ankle. Pull up on your ankle until you feel a stretch in the muscles that line the front of your right thigh. Once you feel resistance, hold that position for 10-30 seconds or however long you can comfortably tolerate, then release and rest. Repeat three times, and repeat the entire routine with your other leg.

Quadriceps Stretch

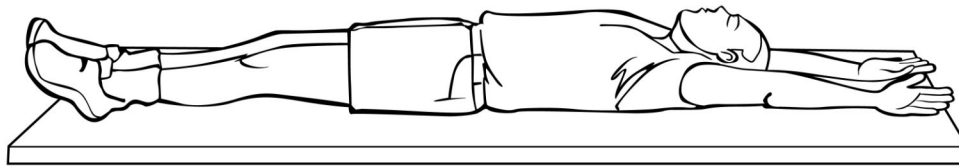


Paraspinal Muscles

Your paraspinal muscles are groups of muscles that surround your spine. Your paraspinal muscles are best stretched out in two ways:

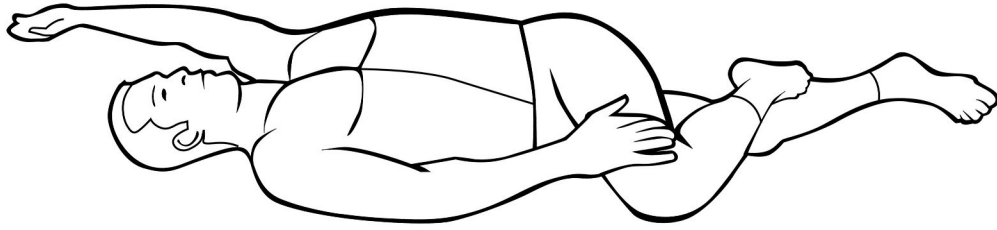
1. Long Axis Stretch: Lie down flat on your back and allow your legs to lie flat on the ground. Allow your arms to lie comfortably on the ground above your head, as though you're trying to reach up to the sky if you were standing up. Once you're relaxed, push your legs and arms away from the middle of your body, as though you were pressing your legs into the ground and reaching for the sky if you were standing. Maintain this stretch for 10-30 seconds or however long you can comfortably tolerate, then release and rest. Repeat three times.

Long Axis Stretch (Stretch for Paraspinals and Spine)



2. Rotation Stretch: To stretch your left lower paraspinal muscles, bend your left leg and cross it over your right leg, as shown here:

Rotation Stretch
(Stretch for Lower Paraspinals)



Try to keep your upper body flat against the ground; if it comes up off the ground a bit, don't worry. Use your right hand to pull your left knee down towards the ground to your right. Once you feel resistance in your left lower back or hip region, hold that position for 10-30 seconds or however long you can comfortably tolerate, then release and rest. Repeat three times, then repeat the routine going the other way.

Key Number Four:

Optimally Nourish Your Bones and Muscles with a Nutrient-Dense Diet

The more you eat, the more you're likely to grow. The key point here is to supply your bones with the key nutrients that they need to grow, but to get these nutrients from healthy foods so that you don't end up sacrificing your health for the sake of growing tall.

Be sure to consistently chew well to maximize the number of nutrients that your digestive tract can extract from the foods that you eat.

Your bones are made up of water (45%), protein (25%), fat (10%), and minerals (25%). Calcium, phosphorus, and magnesium are the three main minerals that provide structure to your bones.

What follows is a list of healthy foods that provide the vitamins and minerals needed for optimal bone growth and strength (most important nutrients are in **bold** and **CAPITALIZED**):

Vitamins

1. **VITAMIN D**: wild salmon, sardines, organic egg yolks.
2. Vitamin C: cherries, sweet red bell peppers, strawberries, oranges, Brussels sprouts, broccoli, collard greens, grapefruit, cantaloupe, cabbage, and tomatoes.

3. **Vitamin K:** cold-pressed, extra virgin olive oil, broccoli, raw kale, peas, cauliflower, Brussels sprouts, raw spinach, raw dark green leafy lettuce, raw Swiss chard, raw watercress, and raw parsley.

Minerals

1. **CALCIUM:** sardines, sesame seeds, sesame leaves, Chinese cabbage, rhubarb, spinach, wild salmon (wild, with bones), kale, white beans, bok choy, broccoli, pinto beans, and red beans.
2. **MAGNESIUM:** raw almonds, brown rice, spinach, Swiss chard, lima beans, avocado, organic peanuts, hazelnuts, okra, black-eyed peas.
3. **PHOSPHORUS:** phosphorus is found in almost all foods. As long as you consistently eat a wide variety of whole, minimally processed foods, you will get enough phosphorus for your daily needs.
4. **Boron:** apples, most other fruits, leafy green vegetables, raw nuts, and whole grains.
5. **Copper:** organic beef liver, raw cashews, raw sunflower seeds, raw hazelnuts, raw almonds, organic peanut butter, mushrooms, lentils, and whole oats.
6. **Manganese:** pineapple, raw pecans, raw almonds, brown rice, pinto beans, lima beans, navy beans, spinach, and sweet potatoes.
7. **Silicon:** millet, corn, ground flax seeds, and the stems of green vegetables.
8. **Vanadium:** whole grains, particularly buckwheat, and olives.

9. **ZINC:** organic beef, organic beef liver, lima beans, organic/wild turkey, split peas, chick peas, raw cashews, raw pecans, raw almonds, green peas, organic eggs, and ginger root.

Sample Meals to Optimally Fuel Your Growth

Strive to eat three substantial meals that are comprised of any combination of the nutrient-rich foods listed above. Feel free to eat healthy snacks that also provide nutrients that support bone growth – use your appetite to dictate how much and how often you snack between meals.

What follows are several sample meals and snacks that optimally support bone growth:

Breakfast

- Smoothie made with 2 bananas, 1 large tablespoon of any nut butter, and 1 cup of unsweetened soy milk
- Smoothie made with 2 bananas, 3 tablespoons of wild blueberries, and 1 cup of almond milk
- Organic eggs with avocado and whole grain toast
- Large bowl of watermelon with avocado
- Large bowl of oatmeal with raisins, cinnamon, and a touch of honey with a glass of almond or unsweetened soy milk on the side

Lunch

- Whole grain sandwich with hummus, red onion, tomatoes, and lettuce, with avocado on the side and a handful of peanuts or almonds for dessert

- Bowl of brown rice with can of wild salmon and a salad of greens and tomatoes with a healthy dressing
- Steamed broccoli, cabbage, and carrots with guacamole and millet
- Raw vegetable salad with olive oil-based dressing, olives and two soft boiled eggs
- Large salad with olive oil-based dressing and turkey sausage

Dinner

- Leek, chickpea, and potato soup with salmon, tomatoes, and lettuce
- Korean Miso Wrap (see recipes section)
- Vegetable salad with white fish and dressing
- Brown rice, black beans, guacamole
- Organic egg salad sandwiches (on whole grain pita) with vegetable soup

Snacks

- Raw almonds with a few raisins
- Celery sticks or apple slices with cashew butter
- Fruit smoothies
- Fresh fruit like papaya, mango, watermelon, apples, pears, bananas, avocados,
- and all types of berries
- Organic yogurt with berries or cherries (if you can tolerate dairy)

Reminder: Don't forget to chew well to maximize the number of nutrients you extract from the foods you eat.

Summary

To review, the four keys to maximizing your height without compromising your health are:

1. Maximize your body's production of growth-related hormones by regularly getting deep, restful sleep.
2. Regularly engage in activities that put vertical stress on your long bones.
3. Lengthen your largest skeletal muscles by stretching every day – focus on your hamstrings, calves, quadriceps, and paraspinal muscles.
4. Eat a nutrient-dense diet that is rich in the vitamins and minerals needed for optimal bone development – if you incorporate some of the sample meals listed in the previous section and the recipes in the following section into your daily routine, you'll ensure adequate intake of all of the nutrients you need to maximize your height, including vitamins, minerals, healthy protein, healthy carbohydrates, healthy fats, and water.

Recipes for Meals and Snacks that Can Fuel Healthy Growth

This section includes more than 80 recipes that call for nutrient-rich foods that can healthfully fuel growth. You'll find a number of healthy sauces, dips, dressings, beverages, salads, soups, main dishes, and desserts. I encourage you to have fun with these recipes, and to feel free to modify them according to your instincts. My hope is that you'll master at least a few of them and find that they help you maximize your height.

SAUCES, DIPS, SPREADS, and DRESSINGS

Avocado and Basil Mayo

Ingredients:

2 ripe avocados, halved, pitted, scooped out of skins, and cubed
Large handful of fresh basil leaves
2 tablespoons extra-virgin olive oil
2 teaspoons fresh lemon or lime juice
1 garlic clove, peeled and minced
Sea salt and black pepper, to taste

Directions:

Combine basil, garlic, and a pinch of sea salt in a small food processor and blend until ingredients form a paste.

Add avocados and process until smooth. Blend in the oil and lemon or lime juice, and then season with sea salt and pepper.

Use this delicious avocado and basil mayonnaise in place of regular mayonnaise - it's particularly tasty in whole grain sandwiches with tomato and a fried egg. It also makes a wonderful dip for baked crackers.

Greens with Basil and Blackberry Dressing

This recipe is loaded with bright colors and flavors, bringing together plenty of health-promoting antioxidants found in blackberries, basil, and salad greens. Just be sure to follow the tossing instructions found below to make this salad the experience that it should be.

Ingredients:

8 cups of organic salad greens (romaine lettuce is best)
1 teaspoon garlic, crushed
Handful of fresh basil leaves
2/3 cup fresh blackberries (or thawed from frozen)
1/4 cup apple cider vinegar
2 tablespoons balsamic vinegar
3 tablespoons honey
2/3 cup extra virgin olive oil
Sea salt and pepper, to taste

Directions:

Place all ingredients except for the organic salad greens into a blender or food processor and blend until well homogenized. Transfer dressing into a glass bottle and refrigerate.

Just before serving, pour dressing over salad greens in a large bowl. Pour only a small amount at a time as you toss the greens with your hands. Tossing with your hands is the best way to ensure that all of the greens receive a light coat of this delicious dressing. Taste the greens as you toss to ensure that you do not use too much dressing.

If available, try adding some chopped tomatoes and mango pieces for added flavor, nutritional value, and color. Enjoy this delicious recipe for salad greens with basil and blackberry dressing.

Note: This recipe was adapted from a similar recipe found in a Canadian publication called *Alive*.

Green Pea Guacamole

The following version of guacamole calls for mashed or blended green peas, which makes it richer in healthy protein than more conventional guacamole recipes.

Ingredients:

2 ripe avocados
1 cup defrosted green peas, drained
1 small tomato, chopped
2 tablespoons minced red onion
Juice of 1 lime
1/2 cup fresh cilantro, chopped
Sea salt, to taste

Directions:

Pulse peas in a food processor or strong blender until smooth.

Cut open avocados, take out seeds, and scoop out avocado flesh into a medium size bowl.

Add blended peas, tomato, red onion, lime juice, cilantro, and sea salt.

Mix all ingredients gently with a fork - use enough pressure to bring ingredients together, but not so much that avocado loses all of its chunkiness.

Enjoy this delicious, protein-rich guacamole with your favorite raw vegetables, steamed vegetables, whole grain dish, or baked chips.

Bodacious Black Bean Dip

Black beans are loaded with folate (folic acid), manganese, magnesium, iron, phosphorus, and vitamin B1.

Black beans are also an excellent source of protein, including an amino acid called tryptophan. Tryptophan is an essential amino acid that is helpful for promoting restful sleep and preventing depression.

Enjoy all the health benefits of black beans with the following bodacious black bean dip recipe:

Ingredients:

1 14-ounce can of black beans, drained and thoroughly rinsed
1/2 cup mild tomato salsa
2 tablespoons lemon or lime juice
2 tablespoons fresh cilantro, chopped
1/4 teaspoon ground cumin (optional)
Sea salt and pepper, to taste
More cilantro for garnish

Directions:

Combine black beans, salsa, lemon or lime juice, chopped cilantro, and cumin in a food processor and process until smooth. Season with sea salt and pepper.

Serve with wedges of whole grain pitas with avocado slices on the side. Garnish the black bean dip with cilantro.

This delicious black bean dip can be stored in an air-tight container in the refrigerator for up to two days.

Creamy Cashew Dressing

Ingredients:

Raw cashews
Spring or filtered water
Garlic, to taste
Lemon juice, to taste
Sea salt, to taste (optional)

Directions:

Blend all ingredients to desired consistency. Try a thin version on vegetable salads if you like creamy salad dressings. Try a thicker version with a whole grain dish, or even a whole grain pasta. It tastes as good as fettuccine alfredo.

Avocado Dill Dressing

Ingredients:

1 large ripe avocado
1 cucumber, peeled and cut into chunks
2 tablespoons of cold pressed, extra virgin olive oil
1 tablespoon of lemon juice
2 teaspoons of dried dill
Sea salt, to taste

Directions:

Blend all ingredients in a strong blender until smooth. Enjoy this refreshing and healthy dressing on fresh salads, steamed vegetables, and whole grains.

Keeps well in an airtight bottle or container for a few days.

This recipe was adapted from a similar recipe found in *Living in the Raw: Recipes for a Healthy Lifestyle*.

Creamy Sunflower Dressing

Ingredients:

1 cup of raw sunflower seeds
1/2 clove of garlic
Juice of 1/4 of a lemon
1 teaspoon of raw honey (optional)
Sea salt, to taste
Water

Directions:

Blend all ingredients, adding water slowly until desired consistency is reached. This creamy dressing will bring any vegetable salad or plate of steamed vegetables alive. Enjoy.

Pine Nut and Basil Dressing

Ingredients:

1/3 cup of raw pine nuts
1/2 cup of fresh basil leaves
1/3 cup of water
2 tablespoons of freshly squeezed lemon juice
2 small cloves of garlic, peeled
1 and 1/2 teaspoons of sea salt
3/4 cup of cold pressed, extra virgin olive oil
1/4 cup of raw apple cider vinegar

Directions:

Blend all of the ingredients for this dressing in a strong blender until smooth. Drizzle over fresh greens, sliced field tomatoes, and sliced avocado slices.

This creamy dressing keeps well in an air-tight salad dressing bottle for about a week.

This recipe is a modified version of one found in a great raw food cook book called RAWvolution

Mango Avocado Dressing

Ingredients:

1 ripe avocado
1 ripe mango
1/2 lemon, freshly squeezed
Sea salt (optional)

Directions:

Blend all ingredients and serve immediately over salad, steamed vegetables, or whole grain dish. Enjoy this bright and refreshing salad dressing recipe.

Tahini Dressing

Ingredients:

2 heaping tablespoons of raw, organic tahini
1/2 clove of garlic
Juice of 1/4 of a lemon
Sea salt, to taste
Water

Directions:

Blend all ingredients, adding water slowly until desired consistency is reached. This creamy dressing is perfect for salads, steamed vegetables, and sandwiches.

Tip from Moorea Maguire: A delicious variation I just discovered of this dressing is to stir in chipotle pepper or a sauce seasoned by it. You can buy it dry or canned. Mine didn't arrive at perfection until I had added plenty of lime juice. Enjoy!

Creamy Hummus

Ingredients:

1 can of chickpeas, or 2 cups of dry chickpeas
1 Tbs of raw, organic tahini
1 clove of garlic
Juice of 1 small lemon
1/4 chopped red onion (optional)
Sea salt, to taste
Extra virgin olive oil

Directions:

Rinse and bring canned chickpeas to a boil for one minute to help remove preservatives. If you use dry chickpeas, soak them in water overnight and cook for about an hour or until tender over medium heat.

After warming up chickpeas in a pot of boiling water and draining them, combine chickpeas and all other ingredients except olive oil in a food processor. As the ingredients blend together, add olive oil until desired consistency is reached.

Try this delicious, creamy hummus with toasted whole grain bread, sliced tomatoes, and lettuce. It is best served warm, but keeps well in an airtight container for several days in the refrigerator.

Cilantro Sauce

Ingredients:

1 bunch fresh cilantro
1 teaspoon of raw, organic tahini
2 cloves of garlic
1 tablespoon of freshly squeezed lemon juice
Sea salt, to taste

Directions:

Combine all ingredients in a food processor and blend until desired consistency is reached.

This simple and delightfully aromatic sauce is widely used in Indian, Mexican, and Chinese dishes. Try spreading this sauce over a slice of whole grain toast or over a bowl of brown rice or whole grain pasta.

Unforgettable Guacamole

Ingredients:

1 ripe avocado
1/5 of a whole red onion, chopped
Juice of 1/2 of a lemon or lime
1/4 cup of fresh cilantro, chopped
Sea salt, to taste

Directions:

Scoop flesh of ripe avocado into a large bowl. Add all other ingredients and mash with a fork. If you want good texture, don't mash too much - just enough to evenly distribute the ingredients and break down the avocado into chunky portions.

This has got to be one of our all-time favourite snacks. Try it with baked corn chips and be prepared to make some more.

Beet Sunflower Sauce

Ounce for ounce, red beets contain more health-promoting nutrients than any other root vegetable. The nutrients found in red beets have been shown to provide protection against heart disease, birth defects and cancer, most notably colon cancer.

Enjoy the many health benefits of red beets with this delicious beet sunflower sauce recipe. It goes beautifully with a plate of steamed vegetables or scrambled organic eggs.

Ingredients:

- 1 small to medium-sized red beet, peeled and quartered
- 1 cup sunflower seeds, soaked overnight
- 1-2 tablespoons lemon juice or lime juice
- 2 cloves garlic
- Sea salt, to taste
- Small amount of honey, to taste (optional)
- Water if needed

Directions:

Blend all ingredients in a strong blender, adding water if needed for thinning. Keeps for 2 days when refrigerated in an airtight container.

Guacasalsa: A Super Tasty and Healthy Dip

Enjoy this guacasalsa recipe - it's super rich in healthy raw fat found in avocados, and goes well with baked corn chips, brown rice and beans, or any other dish that you typically eat with salsa or guacamole.

Ingredients:

2 ripe avocados (rough-skinned ones that give slightly to pressure)
2 tablespoons fresh lemon or lime juice
1/2 cup chopped fresh cilantro
1 garlic clove
2 green onions (scallions), thinly sliced on an angle
1/2 cup minced red onion
1 medium cucumber, peeled, seeded, and cut into small, bite-size cubes
1 jalapeno pepper, stem and seeds removed, minced (optional)
Sea salt

Directions:

Combine cilantro, green onions, garlic, red onion, cucumber, and jalapeno in a medium-size bowl.

Cut ripe avocados in half and remove pits. If you aren't accustomed to removing avocado pits, here's how: Hold the half that has the pit in your palm, pit side up, and allow the force of gravity to allow a sharp knife to fall down on the pit (maintain good grip on knife with other hand). With the knife slightly but firmly imbedded in the pit, turn the knife a quarter turn clockwise or counter-clockwise - the pit should come right out.

With pits removed, working on half an avocado at a time, make a series of 1/4-inch cuts vertically and horizontally with a knife, cutting down to the skin of the avocado but not piercing the skin. Use a spoon to scoop out diced flesh. Add diced avocado pieces to the bowl of mixed vegetables that you prepared above, add lime or lemon juice, and season with sea salt, to taste.

Be sure to be gentle in mixing the avocado pieces with the rest of the vegetables - this will keep the avocado pieces mostly intact, which will result in a wonderfully fresh and homemade look and feel to this delicious guacasalsa dip.

Enjoy the unforgettable flavors and health benefits of this guacasalsa recipe!

Strawberry Dressing

This delicious strawberry vinaigrette is rich in vitamin C and a group of antioxidants called phenols. The unique combination of phenols found in strawberries - headed by anthocyanins and ellagitannins - makes strawberries and this vinaigrette good for protecting you against heart disease, cancer, and chronic inflammation.

Ingredients:

6-8 large strawberries
1/2 cup extra virgin olive oil
1/4 cup apple cider vinegar or freshly squeezed lemon juice
1/4 cup water
1 clove garlic
1 teaspoon honey

Directions:

Blend all ingredients in a strong blender. Add more water if you prefer a lighter consistency. This recipe works just as well if you substitute the strawberries with any other type of berry; blueberries and blackberries work especially well.

We prefer crisp, romaine lettuce over other types of lettuce to eat along with this berry dressing.

Miso Walnut Dressing

Ingredients:

2 tablespoons of miso
1/3 cup of fresh, raw walnuts
1/4 cup of sesame oil
1 tablespoon of unpasteurized or raw honey
2 1/2 tablespoons of brown rice vinegar

Directions:

Blend all ingredients together in a food processor until smooth. If you like a thinner consistency, add a little water. Serve immediately or after chilling for an hour in the refrigerator.

This Asian-style dressing goes beautifully with pasta, brown rice, quinoa, any steamed vegetables, and even a fresh, crunchy salad. You can find high quality miso at any Asian food market and most health food stores. All Korean markets carry den-jang, a Korean version of miso that works just as well with this recipe.

Raw Spinach Dip

Not only is this raw spinach dip out-of-this-world yummy, it's rich in tryptophan, which means that when eaten with a carbohydrate-rich food (like baked, whole grain crackers), it makes for an excellent evening snack that promotes deep sleep.

This raw spinach dip is also rich in folate, vitamin K, and a number of minerals like calcium, magnesium, and manganese, making it a super nutrient-rich snack food.

Makes about 2 cups

Ingredients:

4 cups chopped raw spinach
1/2 cup raw tahini
1 tomato, chopped
1/2 cup chopped red onion
3 tablespoons lemon juice
1 teaspoon sea salt
1/2 teaspoon nutmeg (optional)

Directions:

Combine all ingredients in a food processor and puree.

If you can find a big round loaf of pumpernickel bread, try scooping out about 3/4 of the middle to form a bread bowl to serve this raw spinach dip in. You can cut the scooped-out bread into cubes that can be dipped into the dip, and serve the bread cubes alongside a platter of raw vegetables.

NOURISHING BEVERAGES

Tropical Blueberry Smoothie

This is the most visually appetizing smoothie that I have ever come across, perfect for health enthusiasts, children, and anyone who's had a tough day. To see a smoothie with two distinct portions that mesh as a beautiful blue-yellow border really brings the taste buds alive.

The quantities listed in the ingredients section produce approximately 2-4 servings, depending on the size of your drinking glasses.

Ingredients:

1 medium ripe banana or 1 cup frozen banana slices
1 cup mango chunks, frozen or fresh
2 cups pineapple chunks
1 cup blueberries
1 1/2 cups almond milk, rice milk or unsweetened organic soy milk
1 teaspoon pure vanilla extract (optional)

Directions:

Use a strong blender to bring together all ingredients **except** blueberries until smooth.

Pour about half of the entire mixture into drinking glasses, filling each glass to about the halfway mark.

Add 1 cup blueberries to the remaining mixture in the blender and puree again until smooth. Pour the leftover blueberry smoothie into each glass, but do so slowly and over the back of a spoon to help keep the two layers distinct.

Enjoy this beautiful and delicious tropical blueberry smoothie!

Note: This recipe was adapted from a similar recipe found in: Raw Food/Real World: 100 Recipes to Get the Glow

Vision-Supporting Juice

Beta-carotene and lutein are two nutrients that are absolutely essential to supporting and protecting your eyesight as you age. And one of nature's best food sources of both of these nutrients is spinach.

If you add a green food powder to this vision-supporting juice recipe, it is best to use one that includes spinach and kale; kale is also rich in lutein and beta-carotene.

Carrots are included for their rich beta-carotene content, and acerola cherry powder is included for its overall value as an antioxidant-rich food that can help to prevent free radical damage in your eyes and vision-related regions in your brain.

Ingredients:

2 large handfuls of washed spinach leaves
1 apple
3 carrots
1 tablespoon of acerola cherry powder

Directions:

Use a good juicer to juice spinach, apple, and carrots.

Combine juice with cherry powder in a jar, tighten the lid, and give it a vigorous shake for about 10 seconds to fully mix the cherry powder with the juice.

If you tend to have a high blood sugar level, you may want to try sipping on this juice over several hours rather than drink it in a short period of time.

If you use a green food powder, add it along with the cherry powder for more nutrient density.

Hot Chocolate Smoothie

When made with healthy ingredients, hot chocolate can be a soothing *and* healthy evening drink, perfect for warming up your bones during colder months.

This recipe is rich in flavonoids and potassium, nutrients that are essential to supporting the health of your cardiovascular system. Be sure to include nutmeg and cinnamon - both combine beautifully with banana and raw chocolate powder.

Ingredients:

3/4 cup hot chocolate made by mixing 3/4 cup hot water and 2-3 teaspoons of raw, organic chocolate powder
1 ripe banana
Small pinch grated nutmeg
Small pinch ground cinnamon
2 teaspoons honey (optional)

Directions:

Combine all ingredients in a good blender and process into a hot chocolate smoothie.

Enjoy this warm and soothing hot chocolate drink.

Smoothie for Healthy Bones and Teeth

Ingredients:

Large handful romaine lettuce (torn into pieces)
1 raw, organic egg
1 tablespoon super green food powder
1 ripe banana
1 orange
1-2 teaspoons acerola cherry powder
1 tablespoon cod liver oil
Water

Directions:

Blend all ingredients together in a strong blender- add water as you go until desired consistency is reached.

Notes: If you don't use a super green food powder, include an extra handful of romaine lettuce.

If you eat Goji berries, add a small handful to the mix of ingredients listed above for another excellent source of vitamin C, calcium, iron, zinc, and phosphorus. I recommend soaking the Goji berries in water for 30-60 minutes before blending; soaking the berries will allow your blender to more thoroughly incorporate the berries into the smoothie.

Detox Juice

A freshly pressed vegetable juice that is meant to stimulate the elimination of toxins from your body should have the following properties:

1. The ability to encourage movement of waste products through your intestines.
2. The ability to encourage your digestive organs to release digestive juices that can help to optimally break down recently ingested food.
3. The ability to draw toxins out of your tissues.

With these properties in mind, here is one of the most effective detox juice recipes that I know of:

Artichoke, Cilantro, and Radish Detox Juice

Ingredients:

- 4 Jerusalem artichokes
- 2 handfuls of fresh cilantro
- 4 radishes
- 3 carrots
- 1 tablespoon of green food powder that contains chlorella

Directions:

Use a juicer to press all ingredients except green food powder into a vegetable juice.

Combine juice and green food powder in a bottle with a secure lid and shake well for 10 or more seconds. Enjoy within an hour of making this effective detox juice.

Notes:

1. Jerusalem artichokes are rich in the soluble fiber inulin, which is known to encourage healthy bowel function.
2. Cilantro and chlorella are regularly recommended by many health practitioners, myself included, for purposes of detoxification.
3. Radishes are known to stimulate the release of bile from the gall bladder. Bile is needed for optimal digestion of fat.

Sparkling Watermelon Juice

Ingredients:

8 cups of ripe watermelon chunks
12 ounces sparkling mineral water
Ice cubes
Small handful of mint leaves (optional)

Directions:

Use a strong blender to puree watermelon chunks and mint leaves together. Add a few splashes of sparkling water to get things going, if necessary.

Combine watermelon puree with sparkling water in a large pitcher. Chill for one hour before serving over ice cubes in tall glasses.

Enjoy this simple and refreshing recipe for sparkling watermelon juice. Serves six.

Chocolate-Orange-Berry Smoothie

Ingredients:

2 teaspoons chocolate powder
2 cups orange juice
Small handful fresh or frozen strawberries

Directions:

Blend ingredients and enjoy immediately!

Healthy Chocolate Vanilla Smoothie

One secret to making flavorful, creamy smoothies is to use frozen fruit rather than ice. We almost never add ice to our smoothies, choosing instead to use frozen banana slices. We buy several pounds of bananas at a time, and once they're ripe, we peel them, slice them into 1/2 inch portions, and freeze the slices in an air-tight bag or container in the freezer.

Ingredients:

Two handfuls of frozen sliced bananas
1 flat tablespoon of raw, organic chocolate powder
Vanilla bean specks from one whole vanilla bean
Non-dairy milk (organic soy, almond, cashew, rice, or any other variety that's available to you)

Directions:

Combine all ingredients in a powerful blender. Use as much non-dairy milk as you need to submerge about 3/4 of the banana slices in liquid - this proportion leads to a thick, milkshake-like smoothie that you might want to eat out of your favorite mug with a spoon.

For a boost of chocolate flavor and to add more flavonoids to this smoothie, sprinkle a teaspoon of raw, organic chocolate nibs on top just before devouring.

Goji Berry Smoothie

Soak Goji berries for at least one hour. Combine 1 cup soaked Goji berries with 1 cup blueberries (fresh or frozen), 2 bananas (fresh or frozen), 2 teaspoons cocoa powder, and 1-2 cups almond milk or the water that you soaked the Goji berries with in a strong blender and blend until smooth. The quantities listed here produce approximately 2 large servings.

All-Natural Almond Milk

Ingredients:

1 ½ cups of raw almonds, soaked in water overnight
4 cups of filtered or spring water
3-5 dates (optional)

Directions:

Blend 1 ½ cups of raw almonds that have been soaked overnight in 4 cups of water. Blend with dates if you like your milk with a hint of sweetness. Strain once to remove almond granules. The result is a delicious, creamy milk that is free of harmful vegetable oil, concentrated sweeteners, and the problems associated with cow's milk and soy. It keeps for 3-4 days in the refrigerator

Power Shake

One of the most nutritious foods that many people can eat are raw, organic eggs. If you use eggs that are produced by birds that are free to roam around on a farm, you do not have to worry about dangerous pathogens. Keep in mind that raw, organic eggs have been eaten for thousands of years by many different cultures throughout Europe and Asia. Russians and Koreans are particularly fond of them.

You won't even taste the eggs in this delicious and nutritious shake.

Ingredients:

2 organic eggs
1 banana
2 Tbs of frozen blueberries
1/3 cup of water or [almond milk](#)

Directions:

Blend all ingredients for 20 seconds and enjoy this power shake.

Green Smoothie

What exactly is a green smoothie? It's a fruit smoothie that includes a big serving of dark green leafy vegetables.

Green smoothies are an excellent breakfast choice for many, as they provide healthy carbohydrates, along with an abundance of vitamins, minerals, phytochemicals, and chlorophyll. Green smoothies are also an excellent source of fiber.

When making green smoothies, it is best to use slightly more vegetables than fruits. In general, we strive to make our green smoothies 60 percent greens and 40 percent fruits.

Our favourite greens to use in green smoothies are romaine lettuce, kale, spinach, and Swiss chard.

Our favourite fruits to use in green smoothies are bananas, pears, apples, blueberries, mangos, papayas, and pineapples.

If you don't have any problems digesting fruits and vegetables, you can mix and match any combination of the vegetables and fruits listed above. If you have a sensitive digestive tract, it is best to combine only one vegetable and one fruit at a time.

Directions:

Not only are green smoothies really good for your health, they are extremely simple to make.

Put green vegetables and fruits into a good blender and add just enough water to allow the blender to bring vegetables and fruits together into a smoothie-like consistency.

For extra antioxidant power, we like to add 1-2 teaspoons of acerola cherry powder and 1-2 teaspoons of Dr. Ben Kim's Greens to our green smoothies.

Enjoy the health benefits of green smoothies.

Pomegranate Smoothie

Ingredients:

1 medium to large pomegranate, seeded
1-2 medium sized bananas
1 tablespoon of wild blueberries, frozen or thawed
1 cup almond milk

Directions:

Blend all ingredients until smooth. If you like your smoothies extra thick, start with just half a cup of almond milk and add more if needed.

It's fine to drink this smoothie with the bits of fibre that are left after the tiny sacs of pomegranate seeds have burst. If you prefer not to drink the bits of fibre, blend the pomegranate seeds on their own before making the smoothie and separate the juice from the fibre using a fine strainer. Use the filtered pomegranate juice in place of the seeds in this recipe and cut back on the almond milk if you want a thick smoothie.

Marvelous Melon Smoothie

Ingredients:

1 ripe canary melon or honeydew melon
Juice of one lemon or lime, to taste

Directions:

Cut melon in half and scoop seeds out with a spoon. Use spoon to dig the flesh out of the entire melon and place melon chunks in blender.

Add 1/2 of lemon or lime juice and a little water if necessary to blend melon chunks into a smooth drink. If your blender isn't very strong, you may find it helpful to jiggle it around gently to get the melon chunks to drop towards the blades as it's blending.

Add rest of lemon or lime juice, to taste.

Serves 2-3 people. Enjoy this marvelous melon smoothie recipe!

Cleansing Vegetable Juice Recipes

Vegetable juices are power packed with vitamins, minerals, and numerous phytochemicals that help cleanse your blood and prevent disease. If you don't already have a juicer, I highly recommend a champion juicer. We've used one for years without any problems.

It's important to stick mainly with vegetables that don't have a high sugar content. Root vegetables like red beets and carrots are extremely high in sugar when juiced, and can contribute to health problems if consumed on a regular basis.

Here are two of our favourite vegetable juices:

Cleansing Green Drink

8 leaves of romaine lettuce
2-3 ribs of celery
2 small to medium carrots

Refreshing Electrolyte Replacement Drink

Two handfuls of parsley
3-4 ribs of celery
1 apple
Squeeze of lemon

Enjoy these cleansing and delicious juices.

Pomo-Goji Berry Juice

Soak Goji berries for at least one hour. Combine 1 cup of soaking water, Goji berries, 1 cup fresh or frozen blueberries, and 1 cup of pure pomegranate juice (widely available in grocery stores) in a [strong blender](#) and blend until well homogenized. This recipe produces 1 large serving of a refreshing, antioxidant-rich juice that is tart and sweet at the same time. If pomegranate juice is unavailable, use an extra cup of soaking water to make this juice.

DELIGHTFUL SALADS

Recipe for Good Blood Circulation

If you're looking to include foods in your diet that can help to promote and maintain strong and steady blood flow through your circulatory system, give this simple and delicious fig, citrus, and romaine lettuce salad recipe a try.

Figs provide a number of minerals that directly or indirectly support your cardiovascular system, the most prominent ones being potassium, manganese, and calcium.

Citrus provides an all-natural source of vitamin C, which is essential to maintaining strong and flexible blood vessels.

Romaine lettuce is also an excellent source of vitamin C, as well as **more than a dozen** other nutrients that directly or indirectly support your blood circulation, the most significant ones being beta-carotene, iron, folate, manganese, vitamin K, and chromium.

Ingredients:

6-8 ripe figs, washed, dried, and quartered
1 large head romaine lettuce, washed and dried and torn into bite-size pieces
Juice of 1/2 lemon
Juice of 1/4 orange
1 tablespoon extra-virgin olive oil

Directions:

Use a fork to thoroughly whisk lemon and orange juice with extra-virgin olive oil.

Combine citrus-olive oil dressing with lettuce in a large salad bowl and give lettuce a good toss until the dressing is evenly distributed.

Add fig quarters to the top of dressed greens.

The quantities listed in the ingredients section produce approximately 4 regular servings.

Please note: If fresh figs are not readily available, it's fine to use dried figs; simply soak dried figs for at least one hour in water before drying and quartering.

Enjoy this delicious and good-for-your-blood-circulation salad!

Bone-Building Salad

This salad recipe is rich in a variety of minerals, including [calcium](#) and phosphorus, making it good fuel for the development and maintenance of healthy teeth and bones.

Sardines are naturally plentiful in [omega-3 fatty acids](#) and [vitamin D](#), which are also needed in your system to support your teeth and bones.

Ingredients:

2 cans of sardines, drained and cut into bite-size pieces.
1 can of chickpeas, rinsed and drained
1 bell pepper, seeded and roughly chopped
1 red onion, peeled and roughly chopped
Handful of sun-dried tomatoes, roughly chopped
1 tablespoon extra-virgin olive oil
1 head of green or red leafy lettuce, washed, separated, and dried

Directions:

Combine all ingredients except lettuce leaves in a bowl and give it a good toss.

Serve this calcium-rich salad with lettuce leaves and use lettuce leaves as wraps for fun and easy eating.

The quantities listed in the ingredients section make for a filling meal for two adults.

Three-Tomato Salad

Tomatoes, tomatoes, and more tomatoes. This delicious salad recipe brings together three varieties of one of summer's healthiest fruits to make for a light but satisfying meal.

Tomatoes are rich in naturally occurring [vitamin C](#), beta-carotene, and vitamin K. They also contain many other vitamins, minerals, and phyto-nutrients, including lycopene. Lycopene is a powerful antioxidant that numerous studies indicate has the ability to reduce your risk of developing many different varieties of cancer.

Although this healthy salad calls for anchovy fillets and basil, it's almost just as good without these two ingredients if you prefer not to use them or they are not readily available in your area.

Ingredients:

5-7 plum tomatoes, quartered lengthwise
8-12 cherry tomatoes, halved
6 sun-dried tomatoes, coarsely chopped
Small handful fresh basil
2 teaspoons fresh oregano leaves or 1 teaspoon dried
3 tablespoons extra-virgin olive oil
1-2 tablespoons balsamic vinegar
3 anchovy fillets

Directions:

Combine plum tomatoes, cherry tomatoes, and 80 percent of sun-dried tomatoes in a salad bowl.

Use a fork to crush sun-dried tomatoes and anchovies into a paste, and combine with extra-virgin olive oil and balsamic vinegar.

Drizzle dressing over tomatoes. Add oregano and hand-torn basil.

Enjoy this delicious and nutrient-dense three-tomato salad. The quantities listed in the ingredients section make one large salad meal.

Cucumber and Red Onion Salad

Cucumber and red onion slices combine to make a refreshing, crunchy, and sweet salad dish, perfect for the dog days of summer. If you can find smaller cucumbers, the kind used to make dill pickles, use as many of them as you need to substitute for the 3 conventional cucumbers that this recipe calls for.

The quantities listed in the ingredients section make approximately 6 servings.

Ingredients:

3 cucumbers, thinly sliced
1 small red onion, halved, then thinly sliced
3 tablespoons extra virgin olive oil
1 1/2 tablespoons apple cider vinegar (or any other type of vinegar)
1 tablespoon liquid honey
Sea salt and black pepper, to taste

Directions:

In a large bowl, whisk together extra virgin olive oil, vinegar, honey, salt, and pepper until well blended.

Add thinly sliced cucumber and red onion, then toss well to combine.

Enjoy this cool and refreshing cucumber and red onion salad.

Carrot, Beet, and Jicama Salad

Ingredients:

2 medium red beets, peeled and shredded
1 small to medium jicama, peeled and shredded
2 medium to large carrots, peeled and shredded
3 tablespoons of freshly squeezed lemon juice
2 tablespoons of vinegar
2 teaspoons of any variety of mustard
Sea salt, to taste

Directions:

If you don't have a good shredder that can process the beets, jicama, and carrots, into neat, thin strips, you can use a good knife to julienne these vegetables into matchstick-like strips.

Combine shredded red beets, jicama, and carrots with wet ingredients in a large bowl and give it a good toss. Add sea salt, to taste.

This salad is extremely rich in antioxidants, making it an excellent choice for treating or preventing a wide variety of chronic, degenerative conditions. Do your best to find a fresh jicama, as it adds a refreshing taste and crunchy texture to this recipe.

Spinach, Fennel, and Lentil Salad

Ingredients:

1 and 1/2 cups of washed baby spinach leaves
1 fennel bulb
1/2 cup of green lentils
5 tablespoons of cold pressed, extra virgin olive oil
1 clove of garlic, unpeeled
4 tablespoons of lemon juice or red wine vinegar, whichever you prefer
Sea salt and black pepper
Small handful of roughly chopped parsley, basil, or mint

Directions:

Lentils

Put lentils and unpeeled garlic clove into a pot of water, bring to a boil, and then cook on low heat for about 30 minutes or until lentils are tender.

Drain excess water, remove skin of garlic, and return cooked lentils and peeled garlic to the pot. Use a fork to lightly mash garlic clove and stir a few times to incorporate it with lentils.

Add 2 tablespoons of cold pressed, extra virgin olive oil and 2 tablespoons of lemon juice or vinegar to lentils and mashed garlic. Add sea salt and black pepper, to taste.

Fennel and Spinach

Remove green fronds from fennel, chop them roughly, and add them to the lentils.

Remove the core (often referred to as “triangular heart”) from fennel and thinly slice the rest of the bulb. Combine sliced fennel bulb with spinach in a large bowl, add remaining extra virgin olive oil and lemon juice or vinegar, and season with sea salt and pepper, to taste. Use your hands or tongs to mix well so that spinach leaves and fennel slices are evenly coated with dressing.

To serve, place fennel slices and spinach on a large plate. Add chopped parsley, basil or mint to lentils and ladle a generous portion of lentils over fennel and spinach.

This delicious salad is best served when the lentils are slightly warm. Serves two people as a main dish or four people as a smaller side dish.

This recipe was adapted from a similar version found in: [Healthy Cooking for IBS](#).

Apples with Greens and Walnuts

Ingredients:

5-7 cups of salad greens like romaine lettuce and red leafy lettuce
1 large apple (any variety will do), cored and chopped into bite-size pieces
1/4 to 1/2 cup of raw walnuts
2 to 4 tablespoons of your favorite salad dressing - extra virgin olive oil, lemon juice, and sea salt works well with this recipe

Directions:

Combine greens, apples, and walnuts in a large bowl and toss with salad dressing.

If possible, it is best to soak your walnuts in water for a few hours before drying and adding them to this salad. For most people, soaking raw nuts can make them easier to fully digest.

If you feel that you need more calories to make this salad a full meal, add avocado slices and chopped pear. Crunchy Asian pears add a particularly nice texture to this recipe.

Enjoy this healthy and nutrient-dense autumn salad recipe.

Pomegranate Apple Salad

Ingredients:

1 medium to large pomegranate, seeded
1 apple, chopped
1 small handful of whole or halved walnuts
1-2 big handfuls of field greens
1 rib of celery, chopped
2 tablespoons of orange juice
1 teaspoon raw honey

Directions:

Combine pomegranate seeds, apples, walnuts, greens and celery in a large bowl.

Combine orange juice and raw honey in a small bowl and whisk together with fork. Sprinkle dressing on salad ingredients and toss before serving.

Refreshing Cucumber Salad

Ingredients:

1 large cucumber, peeled
1 large field tomato, diced
1/4 cup chopped fresh basil
1/4 cup finely chopped red onion
3 tablespoons [house dressing](#), or 3 tablespoons of balsamic vinegar and sea salt, to taste

Directions:

The key to this recipe is to slice the peeled cucumber down the middle, length wise, and use a spoon to scoop out all the seeds. Then, chop cucumber into bite-size pieces, mix with all ingredients in a large bowl, toss with dressing, and chill for one hour before serving.

Enjoy this refreshing and nutritious summer salad.

Mediterranean Salad

Ingredients:

4 cups of flat or curled parsley, chopped
1 large or 2 medium cucumbers, peeled and chopped into bite-size pieces
1 rib of celery, finely chopped
1 tomato, finely chopped
1/2 cup of your favourite olives
2 tablespoons of freshly squeezed lemon juice
3 tablespoons of cold-pressed extra virgin olive oil
Sea salt and black pepper, to taste

Directions:

Put parsley, cucumbers, celery, olives, and tomatoes into a bowl. Mix all other ingredients and pour over salad. Toss well. If you can tolerate organic goat's cheese, sprinkle some on top. Enjoy this healthy meal from the Mediterranean.

Baby Spinach Salad with Pecans and Bosc Pear

If you enjoy healthy salads that provide a number of contrasting textures and flavors, I encourage you to give this recipe a try. It's rich in [calcium](#), [iron](#), [folate](#), healthy fatty acids, healthy protein, and complex carbohydrates, including fiber.

Makes 4-6 Servings

Ingredients:

- 1 pound baby spinach leaves
- 1 cup chopped raw pecans
- 1 Bosc pear, peeled, cored, and sliced
- 4 green onions, finely chopped
- 1/2 cup chopped cilantro or parsley leaves
- Juice of one small lemon
- 4 tablespoons extra-virgin olive oil
- 2 tablespoons balsamic vinegar
- 1 tablespoon honey or maple syrup
- 1 teaspoon sea salt

Directions:

Combine pear slices, green onions, lemon juice, extra-virgin olive oil, honey or maple syrup, and sea salt in a bowl and give all ingredients a good toss. Allow ingredients to sit and marinate for about 5 minutes.

Add baby spinach leaves, chopped cilantro or parsley, pecans, and gently toss again.

Serve immediately and enjoy this light, delicious, and healthy baby spinach salad with pecans and Bosc pear.

Avocado Orange Salad

Ingredients:

2 ripe avocados, scooped out and cut into bite-size pieces
2 oranges, peeled and sectioned
2-4 leaves of dark green lettuce like romaine or red leaf
1 tablespoon of chopped green onions (optional)
House Dressing, to taste

Directions:

Put avocado and oranges on a plate lined with lettuce, sprinkle with chopped green onions, and add dressing. Enjoy this simple and delicious salad.

SAVOURY SOUPS

Heart-Healthy Lentil Soup

Makes about 8 servings

Ingredients:

2 cups dried lentils, well rinsed
2 cups tomato sauce
3 ribs celery, diced
4 medium carrots, diced
1 red onion, diced
3 cloves garlic, minced
2 tablespoons extra-virgin olive oil
12 cups water or vegetable broth, or combination
Sea salt

Directions:

In a large pot, sauté celery, carrots, onions, and garlic (using extra virgin olive oil) over medium heat for about 5 minutes.

Add lentils and 8 cups of water and/or broth, and cook over medium heat until lentils become soft - this takes about 15-20 minutes. When lentils are softened, add remaining water/broth and cook for another 15 minutes over medium heat.

Add tomato sauce and cook for another 10 minutes. Add sea salt, to taste.

Enjoy this savory Mediterranean soup recipe. It goes particularly well with a side of avocado and a fresh vegetable salad.

Italian Pea and Basil Soup

Green peas are full of many health-promoting nutrients, the most abundant one being vitamin K1, which is needed for optimal bone mineralization. Green peas are also abundant in [folate](#), manganese, dietary fiber, vitamin B1, beta-carotene, and [vitamin C](#).

Enjoy the following recipe for a traditional Italian green pea and basil soup (the quantities listed in the ingredients section will produce approximately 4 servings).

Ingredients:

3.5 cups frozen baby or regular green peas
1 cup fresh basil leaves, roughly torn, plus extra for garnish
4 cups vegetable broth
2 yellow or Vidalia onions
1 carrot, chopped
1 celery rib
1 clove garlic, finely chopped
5 tablespoons extra virgin olive oil
Sea salt and pepper, to taste

Directions:

Heat olive oil in a large pot and add the onions, celery, carrot, and garlic. Cover the pot and cook over low heat for about 10-15 minutes or until vegetables are soft. Stir occasionally to keep the vegetables from sticking to the base of the pot.

Add the peas and vegetable broth to the pot and bring to a boil. Reduce the heat, then add basil and sea salt and pepper. Simmer for about 10 minutes.

Process the soup in a food processor or a strong blender for a few minutes until smooth. Transfer to bowls, sprinkle with Parmesan cheese if you can tolerate dairy, top with a few torn basil leaves, and serve immediately.

This delicious and filling soup goes well with a whole grain baguette and avocado slices on the side.

Roasted Tomato Soup

This delicious and healthy roasted tomato soup with fresh basil is best served with a green salad and a slice or two of toasted, multi-grain bread.

The quantities listed in the ingredients section are meant to produce 4 large servings.

Ingredients:

6 large, ripe yet firm tomatoes, cut in half
3 cloves garlic, peeled
6 large basil leaves, torn in half
1 large Yukon gold or russet potato, peeled and cut into chunks
1 tablespoon tomato paste
2 cups vegetable broth
2 cups water
2 tablespoons extra virgin olive oil
Sea salt and black pepper

Directions:

Preheat oven to 400 F (205 C). Apply a light coat of oil to a shallow baking dish or tray that is large enough to hold the tomatoes in a single layer.

Place the tomato halves, cut sides facing up, and garlic cloves on the baking dish. Season with sea salt and pepper. Drizzle with extra virgin olive oil, then place half a basil leaf on top of each tomato, turning each leaf over once to coat it with olive oil. Bake for 50 to 60 minutes, or until the edges of the tomato halves are ever so slightly blackened.

While tomatoes are baking, bring vegetable broth, water, potato, and tomato paste to a boil over high heat in a pot. Reduce the heat to medium and boil until the potato is tender, about 15 to 20 minutes. Transfer half of the mixture to a blender. Add half of the roasted tomato and basil combo to the blender as well. Blend until well combined; this soup is best when it is close to being smooth in consistency with a bit of chunkiness. Transfer blended soup to a new pot. Repeat this blending process with the remaining potato mixture and tomato and basil combo.

Serve this soup hot, garnished with fresh basil and avocado slices. Enjoy!

Creamy Spinach Cilantro Soup

Cilantro is one of the most phytonutrient-dense herbs that we know of. Regular consumption of this aromatic plant may be helpful in regulating blood sugar levels, reducing inflammation, and preventing urinary tract infections.

Enjoy the many health benefits of cilantro with this simple and delicious recipe for spinach cilantro soup.

Ingredients:

1 cup carrot juice
1 1/2 cups tomato juice
1/4 cup beet juice
4 cups spinach
1 cup cilantro
1/2 avocado
1-2 cloves garlic
4 green onions
Sea salt, to taste
[Creamy cashew dressing](#)

Directions:

Blend all ingredients together until smooth. If a lighter consistency is desired, add water as you blend.

Just before serving, drizzle creamy cashew dressing on top as a garnish. Serve warm or chilled.

Butternut Squash Soup with Fresh Cilantro

Winter is a great time for warm and hearty soups. This recipe calls for butternut squash, the hard squash that is readily available in the fall and winter, and looks like a large, smooth-skinned peanut.

Butternut squash is an excellent source of [vitamin C](#) and beta carotene, both of which are antioxidants that can help to protect your cells against free radical damage. If you have a healthy digestive tract and regularly eat foods that contain [healthy fat](#), beta carotene from butternut squash can convert to [vitamin A](#), which is an important nutrient for your immune system.

Ingredients:

1 large butternut squash
4 tablespoons of olive oil
1 large yellow onion, sliced
2 cups of water or [vegetable broth](#)
Large handful of cilantro, roughly chopped
Sea salt and black pepper, to taste
A few drops of vanilla extract

Directions:

Preheat oven to 400 degrees Fahrenheit. Rub the butternut squash with about 2 tablespoons of olive oil, then place it in a shallow roasting dish to bake for one hour. After it is finished roasting, let it cool enough for you to comfortably work with it.

Slice the roasted squash in half. Use a spoon to scoop out seeds and remove the peel. Put starchy flesh into a large bowl and mash it well.

Heat remaining olive oil in a medium to large-sized pot. Cook onions in oil over medium heat for about 5 minutes or until onions are tender and translucent. Add mashed butternut squash and cook together with onions for another couple of minutes, stirring the squash and onions together. Add water or vegetable broth to the mix, bring to a boil, then reduce heat to simmer for 20-30 minutes.

Transfer entire soup, in batches if necessary, into a food processor or blender and process until it becomes creamy and smooth. Transfer processed soup back to pot, then add vanilla, sea salt, and black pepper. Give it a good stir to incorporate vanilla and seasoning.

Just before serving, scatter chopped fresh cilantro over each bowl. If you enjoy avocado, add a few avocado slices to the top of each bowl just before adding cilantro.

Please note: This recipe is a modified version of one found in an excellent recipe book called [Fresh and Fast Vegan Pleasures](#).

Classic Gazpacho Soup with Avocado Salsa

Ingredients:

2 1/4 pounds (1 kg) tomatoes
1 cucumber
1 red pepper, seeded and chopped
2 garlic cloves, chopped
Juice of 1 lemon and 1 lime
2 tablespoons of extra virgin olive oil
Sea salt and ground black pepper (optional)
1 ripe avocado
1/4 red onion

Directions:

Peel cucumber, then cut it in half lengthwise and scoop out the seeds with a table or teaspoon. Chop remaining cucumber flesh into small, bite-size pieces.

Put tomatoes, cucumber (save 2-3 tablespoons of cucumber for avocado salsa), garlic, red pepper, olive oil, and about 75% of lemon and lime juice into a food processor and “pulse” blend until well combined but still chunky. Add 1-2 cups of water before or during blending until gazpacho reaches desired consistency. Add sea salt and black pepper, to taste. Keep in refrigerator until ready to serve.

Just before serving, cut avocado in half, remove pit, scoop flesh out, and chop into small pieces. Combine avocado pieces with remaining cucumber pieces, chopped red onion, and remaining lemon and lime juice. Mix gently with a spoon to coat avocado with citrus juices to prevent browning.

To serve, ladle soup into bowls and top with avocado salsa. Optional: add a few croutons for an occasional crunch.

Shiitake Mushroom and Onion Soup

Back in the winter of 2000, I spent five days driving more than 3,000 kilometres from northern California to Toronto. Along the way, I dropped in on some friends in Cleveland and, to this day, my best memory of that five-day trip is an enormous bowl of steaming mushroom and onion soup that I devoured with my friends.

This past week, I set out to make my own version of mushroom and onion soup. By adding a touch of den jang (the Korean version of miso) to traditional ingredients for mushroom and onion soup, I created a soup that is so delicious that I think I deserve a special award. May you enjoy the following healthy soup recipe as much as I do.

Ingredients:

1/4 cup extra virgin olive oil
4 cups yellow onions, thinly sliced
2 cups shiitake mushrooms, thinly sliced
1/4 cup fresh parsley, chopped
4 cups [vegetable broth](#) or 4 cups water plus 2 vegetable bouillon cubes
2 tablespoons of miso or den jang paste

Directions:

In a large pot, heat the oil and cook the onions, shiitake mushrooms, and parsley over medium heat, until the onions are translucent.

Add vegetable broth or 4 cups of water plus the vegetable bouillon cubes. Give the pot a good stir.

Reduce the heat to low-medium and cook for 20 minutes with the lid on. If the pot looks like it will boil over, reduce the heat some more.

After 20 minutes, remove pot from heat and stir in miso or den jang paste until the fermented soybean paste is fully dissolved.

This delicious shiitake mushroom and onion soup goes beautifully with a bowl of steamed rice and a fermented vegetable dish on the side, like [kim chi](#) or sauerkraut.

Notes:

1. This recipe makes 2-3 servings.
2. Be sure to whisk in the miso or den jang only after you have removed the pot from heat. Doing so will help to preserve many of the health-promoting effects of miso or den jang.

Raw Borscht

Ingredients:

3/4 cup of beet juice (~3-5 small to medium beets)
1 and 1/2 cups of celery juice (~6-8 ribs)
3/4 cup of carrot juice (~4-6 medium carrots)
1/2 cup of freshly squeezed lemon juice
2 small cloves of garlic
1 and 1/2 teaspoons of sea salt
Handful of fresh dill

Directions:

Use a [juicer](#) to juice beets, celery, and carrots.

Use a strong blender to combine all ingredients - blend for approximately 30 seconds or until smooth.

Try this delicious raw borscht recipe with a few slices of avocado.

If you have a tendency to have a [high blood sugar level](#), decrease the amount of beet and carrot juice that you use and substitute with more celery ribs. A small amount of raw beet and carrot juice packs plenty of flavor, natural sweetness, and antioxidant power into this soup.

This recipe is a modified version of one found in a great raw food cook book called [RAWvolution](#).

Green Pea, Leek, and Potato Soup

Ingredients:

2 medium leeks, washed and chopped into bite-size slices
3 large potatoes, chopped into bite-size chunks
3 cups of frozen green peas
1 clove of garlic, minced or finely chopped
6 cups of [vegetable broth](#) or organic chicken broth
Sea salt and ground black pepper (optional)

Directions:

Combine leeks, potatoes, and 4 cups of vegetable broth in a large pot, bring to a boil, then turn down to simmer. Cover and cook until potatoes and leeks are tender, usually between 10-15 minutes.

Add green peas and garlic and more vegetable broth if there isn't enough liquid to just cover all vegetables. Allow to cook for another 3-5 minutes or until green peas are bright green and tender.

Blend all ingredients in a good blender or food processor, in batches, if necessary, and return to pot. Add sea salt and pepper, to taste.

Try this delicious green pea soup with a slice of toasted whole grain bread and half an avocado on the side.

Asparagus Soup

Ingredients:

1 bunch of asparagus stalks, chopped into bite-size pieces
1 carrot, peeled and diced
1 rib of celery, diced
1 yellow onion, chopped
4 cups of [vegetable broth](#) or organic chicken broth
1 tablespoon of extra virgin olive oil
Sea salt and ground black pepper (optional)

Directions:

Warm olive oil in a soup pot and lightly sauté asparagus, carrots, celery, and onions over medium heat for approximately 5 minutes.

Add vegetable or organic chicken broth, just enough to cover all the vegetables. Bring to a light boil and then reduce to low heat and allow soup to simmer for another 10-15 minutes or until all vegetables are tender.

Blend all ingredients in a food processor or blender and transfer it back to the pot.

Add sea salt and black pepper just before serving, if desired.

This soup goes great with a bowl of rice or quinoa, with half an avocado on the side.

Homestyle Sweet Potato Soup

Ingredients:

1 large sweet potato, peeled and chopped into bite size pieces
2 medium carrots, peeled and chopped
2 ribs of celery, chopped
1 onion, peeled and chopped
3 tablespoons of extra virgin olive oil
[Vegetable broth](#)
Sea salt and pepper, to taste

Directions:

Cook all vegetables with olive oil over medium heat in a large pan until onions are translucent or vegetables are ever so slightly browned.

Transfer cooked vegetables into a large pot and add enough vegetable broth to cover.

Bring to a boil, turn down heat, then allow to simmer for five minutes or until all vegetables are tender.

Use a blender to blend all ingredients into a creamy soup. Return to pot.

Add sea salt and pepper, to taste.

We like to have this hearty and nourishing soup with a bowl of quinoa and a creamy avocado on the side.

Traditional Korean Seaweed Soup

Koreans have enjoyed the health benefits of seaweed soup throughout most of its 5000 year history. For Koreans living all over the world, seaweed soup is a must for all pregnant women and students. Seaweed is amazingly effective at stimulating healthy milk production in nursing moms. Seaweed is also an excellent blood cleanser and is believed to support optimal brain function, making it a staple for Korean students, especially the night before an important exam.

Give the following recipe a try. It's by far, the favourite soup in our household.

Ingredients:

1 package of dried seaweed (1 ounce is fine for four servings), available in all Korean food markets
6 cups of [Vegetable broth](#) or organic chicken broth
2 teaspoons of sesame oil
Naturally brewed soy sauce or sea salt, to taste
1 teaspoon of minced garlic (optional)

Directions:

Soak seaweed in water for two hours or until soft. Drain and rinse really well, as dried seaweed can come with a lot of dirt, just like spinach does.

Put all ingredients, including seaweed, into a large pot and bring to a boil, then simmer for five minutes to allow all the flavours to come together.

Koreans traditionally enjoy this seaweed soup with a bowl of white or brown rice, sometimes together in the same bowl.

Roasted Cauliflower Soup

Ingredients:

2 heads cauliflower
2 Yukon gold potatoes, roughly chopped into bite-size pieces
3 garlic cloves
2 shallots (or one large onion)
2 tablespoons extra virgin olive oil
3 cups [Vegetable broth](#) or organic chicken broth
1 cup water
Sea salt and pepper, to taste

Directions:

Preheat oven to 350 F.

Cut cauliflower into 1-inch flowerets (about 10 cups). In a large baking pan toss cauliflower, potatoes, garlic, and shallots with olive oil and roast in oven for about 25-35 minutes, or until golden.

In a large pot, simmer broth, water, roasted cauliflower and potato mixture for 20 minutes, or until cauliflower is very tender. Use your blender to puree soup in batches until smooth and return to pot. Add sea salt and pepper to taste. Heat soup over low to medium heat until just heated through.

Makes approximately 10 cups.

Optional: sprinkle some fresh chopped parsley on top of each bowl for presentation just before serving.

Cabbage Chickpea Soup

Ingredients:

2 cups chopped cabbage
1 can chickpeas, rinsed and drained
1 large Yukon gold potato
1 onion, chopped
2 garlic cloves, pressed
1/4 cup cilantro, finely chopped
4 cups of filtered or spring water or [Vegetable broth](#)
Sea salt and black pepper, to taste

Directions:

Use 4 cups of water or vegetable broth to boil all ingredients except cilantro, salt, and pepper. Boil until vegetables are tender.
Transfer 3 cups of soup into a blender and blend until creamy.
Add blended mixture back to pot, adding cilantro, salt and pepper to taste.
Stir for a minute and serve.

This soup is great by itself or with a bowl of rice and a fresh vegetable salad.

Swiss Chard Soup

Ingredients:

2 quarts [Vegetable broth](#)
1 carrot, chopped
2 pounds Swiss Chard, chopped
1 red bell pepper, chopped
1 zucchini, sliced
1 cup of brown rice, already cooked
Sea salt and black pepper, to taste

Directions:

Combine all ingredients except brown rice in a large pot and cook until carrots are tender. Transfer half of pot into a food processor or blender and puree until creamy. Return creamed mixture to pot, add brown rice, stir over heat until soup is one consistency. Serve and enjoy this hearty Swiss chard soup.

Hearty Chickpea and Leek Soup

1 can of chickpeas or two cups of dry chickpeas
2 leeks (most grocery stores sell them in groups of 3)
1 small potato
[Vegetable broth](#)
Sea salt and pepper, to taste (optional)

If you use a can of chickpeas, rinse them well and bring them to a boil for a minute to help get rid of any preservatives. If you use dry chickpeas, soak them in water overnight and cook them over medium heat for about an hour or until tender.

Cut leeks in half lengthwise and soak in water to remove dirt. Chop leeks and potato into bite-size pieces and boil them in just enough water to cover them for about 10 minutes or until tender.

Add chickpeas and allow all ingredients to sit on low heat for a minute or two.

Blend ingredients in a food processor or blender. Return blended mixture to pot, and add vegetable broth until desired consistency is reached. Season with sea salt if desired. Serves four. Enjoy this hearty soup with a slice of toasted whole grain bread.

Broccoli Potato Soup

Ingredients:

2 onions, chopped
5 cups vegetable broth or water
6 potatoes, diced
2 large broccoli heads, chopped into florets. Broccoli stems skinned and sliced
1 garlic clove, minced or pressed
2 and 1/2 tablespoons of fresh lemon juice
Sea salt and black pepper, to taste

Directions:

Combine onions, vegetable broth or water, potatoes, and broccoli in a large pot and cook until vegetables are tender. Puree mixture in a blender or a food processor until creamy. Return to pot. Add lemon juice, garlic, sea salt, and pepper. Enjoy this nutritious and filling soup.

Black Bean Soup

For this recipe, you will need to soak 3 cups of dry black beans in water overnight. After soaking, cook beans in water over medium heat for 1-2 hours or until tender.

Ingredients:

3 cups cooked black beans
2 cups [Vegetable broth](#) or water
1 carrot, finely chopped
1 rib of celery, finely chopped
1 yellow onion, finely chopped
2 cloves of garlic, finely minced or pressed
2 tablespoons of fresh lemon juice
Handful of fresh parsley, chopped
Sea salt and black pepper, to taste

Directions:

Combine all ingredients except lemon juice, parsley, sea salt, and black pepper in a large pot and cook until vegetables are tender. Puree mixture in a blender or a food processor until creamy. Return to pot. Add lemon juice, parsley, sea salt, and pepper. You can serve this yummy soup immediately or freeze it for later.

Traditional Korean Miso Soup

This delicious and nourishing miso soup is a great way to enjoy the benefits of fermented soy. It is a staple in the traditional Korean diet.

You can find Korean miso - called *den jang* - at your local Korean supermarket. If you don't have a Korean market in your area, you can use a Japanese version of miso, found at any Asian food market or your local health food store.

Ingredients:

2 tablespoons of den jang or miso
1 yellow onion, peeled and chopped
1 zucchini, chopped into bite-size pieces
Small handful of dried anchovies, found at your local Asian market (optional)
4 cups of spring or filtered water

Directions:

Boil onions and anchovies in 4 cups of water for five minutes or until onions become tender. Reduce heat to between low and medium and add zucchini and den jang or miso. Use a spoon to help dissolve the den jang or miso into the water by spreading it along the inside of your pot. As soon as den jang or miso is dissolved, take off heat and serve.

This traditional Korean miso soup is usually served with a side bowl of brown rice and one or two side dishes of vegetables. Depending on how sensitive your sense of taste is, you may need to add more or less den jang or miso.

Vegetable Broth

Ingredients:

1 whole onion, halved
3 ribs of celery, chopped
3 carrots, chopped
1 zucchini, chopped
3 potatoes, chopped
Any leftover greens like Swiss chard, beet tops, or turnip tops, chopped
Sea salt, to taste

Directions:

Combine all vegetables in a large pot. Fill with spring or filtered water until vegetables are fully covered. Bring to a boil. Lower heat and leave it to simmer with the lid on for one hour.

Strain well. Add sea salt, to taste.

Be sure not to transfer the hot broth into a glass jar before cooling. This vegetable broth keeps well in an airtight jar in the refrigerator for several days.

Raw Carrot and Avocado Soup

Serves 2-4

Ingredients:

2 cups fresh carrot juice
1 avocado, pit removed, and cut into large chunks
1 teaspoon minced fresh ginger
3/4 cup fresh loose cilantro or parsley
2 green onions, finely sliced
1 tablespoon extra-virgin olive oil
1 tablespoon naturally brewed soy sauce or nama shoyu
Sea salt, to taste

Directions:

Blend carrot juice, avocado, and ginger at a medium speed until smooth.

Add cilantro or parsley leaves (not stems), extra-virgin olive oil, and soy sauce, and pulse at medium speed until well blended but with bits of cilantro and parsley still visible.

Season with sea salt, to taste.

Serve chilled, and sprinkle green onion slices on top just before serving.

Enjoy this all-raw, delicious and nutritious carrot and avocado soup; eating this soup a few times per week can greatly benefit your immune system, eyes, and overall health.

HEARTY MAIN DISHES

Risotto with Peas and Basil

Looking for a delicious, dairy-free risotto? With the right amount of time and love put into this recipe, I'm willing to bet that this creamy rice dish is as good as anything ever made by Jamie Oliver or Tyler Florence.

I strongly recommend that you use fresh basil for this recipe - it really enhances and brings together the flavors of the peas, rice, and broth.

Ingredients:

1 and 1/2 cups Arborio rice
2 cups frozen green peas, thawed
1/4 cup finely chopped onion
5 cups vegetable or chicken broth
2 tablespoons extra virgin olive oil
1/4 cup finely chopped fresh basil
Sea salt and freshly ground black pepper, to taste

Directions:

Bring broth to a simmer in a large pot.

In a large and relatively deep pan / skillet, heat the extra virgin olive oil over medium heat. Add the onion and cook (stir regularly) until softened but not browned (about 2 to 3 minutes). Add the rice and cook (continue to stir regularly) for about 2 more minutes.

Add half a cup of simmering vegetable broth and cook, stirring constantly, until almost all of the liquid has been absorbed. Continue adding the simmering broth by half a cup at a time, cooking and stirring until the rice begins to soften to a point where it is close to being edible. The whole process should take about 15 minutes.

Add peas, sea salt, pepper, and another half a cup of broth, stirring continuously until almost all of the broth has been absorbed. Add one final half cup of broth and continue to cook and stir until the dish is creamy, and the rice is tender yet firm to the bite (al dente).

Remove from heat and stir in the freshly chopped basil.

Enjoy immediately while it's hot! The quantities listed in the ingredients section of this recipe make approximately 4 servings.

Grilled Portobello Mushroom Sandwich

If you love burgers but can do without large amounts of red meat, you'll love this recipe for thick and juicy grilled Portobello mushroom sandwiches. Portobello mushrooms are rich in [niacin \(vitamin B3\)](#), potassium, and selenium. Be sure to make the basil-lemon pesto sauce that accompanies this recipe; it adds loads of tangy flavor to these awesome sandwiches.

Ingredients:

4 large Portobello mushroom heads (caps)
Whole grain bread or crusty sandwich rolls
2 teaspoons extra virgin olive oil
Baby spinach leaves

Ingredients for Basil-Lemon Pesto Sauce:

2 cups loosely packed fresh basil leaves
1 teaspoon fresh lemon juice
2 cloves garlic, finely chopped
Sea salt, to taste
2 tablespoons extra virgin olive oil

Directions:

To make the tangy basil-lemon pesto, combine basil, garlic, and salt in a food processor or blender and process until finely chopped. Add extra virgin olive oil and lemon juice, then process again until smooth. If you don't use all of it up with the burgers, you can keep any remaining sauce in an air-tight container in the refrigerator for up to 2 days.

To make the Portobello burgers:

Brush each mushroom on rounded underside and rim with about half a teaspoon of extra virgin olive oil, then season with sea salt. Place the mushroom heads, gill sides down, on grill over medium-high heat. Grill for 3 minutes. Turn mushroom heads over and grill for another 3 to 4 minutes, rotating each mushroom about half a turn after 2 minutes; the goal is to have the bottoms brown nicely.

Place a grilled mushroom, gill side up, on the bottom half of your whole grain sandwich bread or roll. Fill each cap with about 3-4 teaspoons of the basil-lemon pesto, then finish by topping with baby spinach leaves. Close each roll and enjoy while they're hot! These burgers go wonderfully with a tossed green salad and balsamic vinaigrette dressing.

Tahini Eggplant

Tahini (ground [sesame seeds](#)) is an excellent source of calcium. In fact, half a cup of sesame seeds contains three times more calcium than half a cup of whole milk.

Eggplant is rich in vitamin A, folate, calcium, magnesium, iron, and potassium.

Combined together, tahini and eggplant give this dish a wonderfully aromatic and delicious flavor, perfect to eat with a bed of rice, millet, or quinoa.

Ingredients:

2 and 1/2 tablespoons of coconut oil
1 large eggplant
4 cups cold water
5 tablespoons freshly squeezed lemon juice
1/4 cup tahini (sesame seed paste)
2 tablespoons fresh garlic, peeled and finely chopped
4 tablespoons olive oil
1/2 cup red bell peppers, sliced
1/2 cup yellow bell peppers, sliced
1 cup roma or plum tomatoes, diced
Sea salt and black pepper, to taste
2 tablespoons fresh dill, chopped

Directions:

Preheat oven to 375 degrees Fahrenheit. Grease a small to medium-sized baking dish with coconut oil.

Use a fork to pierce the eggplant several times, then place it in the baking dish. Bake until tender, about 45-50 minutes.

Allow cooked eggplant to cool enough for you to handle it; you can place it in a large bowl of cold water to cool quickly. Remove the peel once you are able to handle it. Drain in colander until eggplant cools completely. Squeeze pulp to eliminate bitter juices, then process until smooth in a food processor.

To the eggplant puree, add lemon juice, tahini, and garlic, and process again to bring all ingredients together.

In a large bowl, combine pureed eggplant mixture, olive oil, red and yellow bell peppers, tomatoes, fresh dill, sea salt, and black pepper. Give it a good toss.

Enjoy this delicious tahini eggplant dish on a bed of your favorite whole grain with a few slices of avocado on the side.

Rice with Basil-Walnut Pesto

Fresh basil is an excellent food choice because of its antioxidant and anti-bacterial properties. Ounce for ounce, few green vegetables contain as much beta-carotene as basil. Basil also contains volatile oils that can decrease inflammation and provide symptomatic relief from a variety of health conditions, including rheumatoid arthritis and inflammatory bowel conditions.

To enjoy the many health benefits of basil, give this delicious recipe a try; the quantities listed in the ingredients section are intended to produce 3-4 main-dish servings.

Ingredients:

- 2 cups brown or white rice, cooked
- 1 cup loosely packed fresh basil leaves
- 1 cup loosely packed fresh parsley leaves
- 3 tablespoons vegetable broth
- 2 tablespoons chopped walnuts
- 2 tablespoons extra virgin olive oil
- 2 cloves garlic, finely chopped
- Sea salt and black pepper, to taste

Directions:

Place basil, parsley, vegetable broth, walnuts, extra virgin olive oil, garlic, sea salt, and pepper in a food processor and process until smooth. Transfer to a large bowl and combine with cooked rice. Serve and enjoy while it's warm.

Grilled Portobello Mushroom Sandwich

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Ingredients:

4 large Portobello mushroom heads (caps)
Whole grain bread or crusty sandwich rolls
2 teaspoons extra virgin olive oil
Baby spinach leaves

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1 teaspoon fresh lemon juice
2 cloves garlic, finely chopped
Sea salt, to taste
2 tablespoons extra virgin olive oil

Directions:

To make the tangy basil-lemon pesto, combine basil, garlic, and salt in a food processor or blender and process until finely chopped. Add extra virgin olive oil and lemon juice, then process again until smooth. If you don't use all of it up with the burgers, you can keep any remaining sauce in an air-tight container in the refrigerator for up to 2 days.

To make the Portobello burgers:

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Place a grilled mushroom, gill side up, on the bottom half of your whole grain sandwich bread or roll. Fill each cap with about 3-4 teaspoons of the basil-lemon pesto, then finish by topping with baby spinach leaves. Close each roll and enjoy while they're hot! These burgers go wonderfully with a tossed green salad and balsamic vinaigrette dressing.

Best Vegetarian Chili

Makes about 8 servings

Ingredients:

1 can white beans
1 can kidney beans
1/2 cup lentils, cooked
1/2 cup bulgur wheat
1 large can (about 28 ounces) crushed tomatoes
2 cups yellow or red onion, finely chopped
1 cup bell pepper, finely chopped
1 cup diced carrots
4 cloves garlic, finely minced
2 tablespoons chili powder
2 teaspoons ground cumin
1 teaspoon ground cinnamon
1 teaspoon ground coriander
1/4 teaspoon cayenne pepper
Sea salt and ground black pepper, to taste
1 cup vegetable broth
Extra-virgin olive oil

Directions:

In a large pot, saute onion, bell pepper, carrots, and garlic in olive oil over medium heat until onions are translucent (about 5 minutes).

Add chili powder, cumin, coriander, cinnamon, and cayenne pepper. Cook for another 5 minutes, stirring regularly.

Season with sea salt and pepper, to taste.

Add vegetable broth, white beans, kidney beans, bulgur wheat, lentils, and crushed tomatoes. Allow all ingredients to get close to boiling, then reduce to a simmer for about 10 minutes, or until bulgur wheat is tender.

Serve and enjoy this best vegetarian chili while it's hot - it goes nicely with a crisp green salad and a slice of fresh bread. Freeze leftovers, as it's even better a day or two later.

Zucchini and Basil Quinoa Pilaf

Makes about 4-6 servings

Ingredients:

2 cups quinoa
1 large or 2 small zucchini, chopped into small, bite-size pieces
1 yellow onion, finely chopped
3 cloves garlic, minced
4 cups vegetable or chicken broth
Freshly squeezed lemon juice (2 lemons)
1 cup fresh basil leaves, roughly chopped
Sea salt and black pepper, to taste

Directions:

In a medium size pot, cook onions and garlic in about 1/4 cup of broth for a few minutes, or until onions are soft.

Add quinoa, a sprinkle of sea salt and pepper, and the remaining broth. Bring to a boil, reduce to simmer, then cover and let simmer for about 15 minutes.

Remove lid, add zucchini, lemon juice, and about 3/4 cup of chopped basil. Cover again with lid and let pot sit for about 2 minutes with the heat off.

Add remaining basil, season with sea salt and pepper, and serve while it's hot.

Enjoy this nourishing and deeply satisfying zucchini and basil quinoa pilaf.

Note: This recipe was adapted from a similar version found in Dr. Dean Ornish's [The Spectrum](#).

Lemon Pine Nut Rice

This light and tangy rice dish is perfect for a satisfying summer meal. Try it with a side of sliced avocados or a tossed green salad with a balsamic vinaigrette dressing. The quantities listed in the ingredients section are meant to produce about four main dishes or six to eight smaller side dishes.

Ingredients:

1 1/2 cups long grain rice (white or brown)
3 tablespoons extra virgin olive oil
1/4 cup pine nuts
6 tablespoons fresh lemon juice
1 medium red bell pepper, finely chopped
2 green onions, thinly sliced
2 cloves of garlic, finely chopped
1/4 cup finely chopped fresh parsley or cilantro
Sea salt and pepper, to taste

Directions:

In a large pot, bring about 4 cups of salted water to a boil. Add the rice and boil until tender yet firm to the bite. Stir occasionally to make sure that rice does not stick to bottom of pot - it should take about 12 to 15 minutes. Once cooked, drain rice in a colander and set aside.

While cooking rice, warm up extra virgin olive oil in a large pan over medium heat. Add pine nuts and cook for about 2 minutes - be sure to stir them continuously. Add red bell pepper, green onions, and garlic, and cook for another 5 minutes or until vegetables are softened. Add rice and toss well.

Remove from heat and add lemon juice, parsley (or cilantro), salt, and pepper. Toss well.

Serve immediately. This light and delicious rice dish is best served warm, with some creamy avocado slices on the side. Enjoy!

Oatmeal with Goji Berries

Bring two cups of water and a handful of Goji berries to a boil. Simmer with lid on for 5 minutes to soften berries. Add 1 cup of oatmeal, give it a good stir, then cook over low heat with the lid on. After oatmeal is cooked, take off heat, add a handful of [chocolate nibs](#), half a cup of almond milk or unsweetened soy milk, give it all a good stir, and enjoy while it's hot. The quantities listed here make approximately 1 large serving.

Black Olive and Tomato Tapenade

Ingredients:

1 cup of pitted and roughly chopped black olives (sun-dried is best, but canned will do)
2 tablespoons of sun-dried tomatoes, chopped
2 tablespoons of sun-dried red peppers, chopped
2 green onions, finely chopped
1 tablespoon of finely chopped parsley
2 Roma tomatoes, finely chopped
1 tablespoon of cold-pressed, extra virgin olive oil
Sea salt and pepper, to taste

Directions:

Combine black olives, green onions, sun-dried tomatoes, and sun-dried peppers in food processor. Process for a few seconds or until mixture is well combined without being overly processed.

Transfer processed mixture to a medium to large bowl and gently fold in parsley, chopped tomatoes, and extra virgin olive oil. Add sea salt and pepper, to taste.

Try serving this delicious and healthy tapenade on whole grain bread, preferably baguette slices or fresh focaccia bread.

Hot Banana and Cocoa Cereal

Ingredients:

Hot 7-grain cereal or oatmeal
One sliced banana
Small handful of chocolate nibs

Directions:

Add sliced banana and chocolate nibs to hot cereal just before serving. There's something about the heat of the cereal and the sweetness of the banana that do wonderful things to the nibs. Delicious!

DELECTABLE DESSERTS

Raw Blueberry Cheesecake

If you're doing your body good by avoiding pasteurized dairy products but you miss eating cheesecake, give this delicious dairy-free, all-raw, blueberry cheesecake recipe a try.

The "cheese" in this cheesecake is made with [raw, organic cashews](#), and the crust is made with a combination of macadamia nuts, dates, and dried coconut. The recipe requires some work, but it's definitely worth the effort!

Ingredients:

Crust:

2 cups raw macadamia nuts
1/2 cup dates, pitted
1/4 cup [dried coconut](#)

Cheese:

3 cups [raw, organic cashews](#), soaked for 1-2 hours
3/4 cup lemon juice
3/4 cup honey
3/4 cup [coconut oil](#)
1/2 teaspoon sea salt
1 teaspoon vanilla

Blueberry sauce:

One-pound bag frozen blueberries
1/2 cup dates, pitted

Directions:

To make the crust for this raw blueberry cheesecake, blend macadamia nuts and dates together in a food processor. Spread dried coconut over the bottom of a pie plate. Press macadamia and date crust onto the coconut; the coconut adds flavor to the crust and prevents it from sticking.

To make the cheese, blend cashews lemon juice, honey, liquid coconut oil, sea salt, and about a 1/2 cup of water until all ingredients come together into a smooth, cheese-like consistency.

With the help of a spatula, pour cheese mixture into the pie plate, onto the crust. After the entire cheese mixture is in the pie plate, give the plate a few gentle taps on the kitchen counter to remove air bubbles.

Place pie in the freezer until it is frozen. Remove the cheesecake (including the crust) while it's frozen, and transfer it to a serving plate. Allow it to defrost in the refrigerator.

To make the blueberry sauce, process thawed blueberries and dates (along with blueberry juice from the package) in a food processor until well blended. Pour the blueberry sauce over the cheesecake right before serving.

Enjoy this decadent, all-raw blueberry cheesecake.

Please note: Because this blueberry cheesecake is rich in macadamia and cashew nuts, I recommend eating only a single serving per day. Eating too many nuts on a regular basis can be stressful to your digestive organs.

Chocolate-Pecan Crumble

Ingredients:

Small handful raw chocolate nibs
Small handful raw pecans
1-2 teaspoons liquid honey (raw, if available)

Directions:

Crumble raw pecans in your hands before combining with raw chocolate nibs in a small bowl.

Add liquid honey with a teaspoon and stir it continuously until chocolate nibs and pecan pieces come together to a granola-like consistency.

Enjoy this antioxidant-rich, raw chocolate snack one teaspoon at a time!

Easy Healthy Fudge

This easy and delicious fudge recipe calls for protein-rich almond butter and antioxidant-rich [raw chocolate powder](#), making it a decadent treat that is much healthier than conventional store-bought fudge.

Although this fudge is made with all-natural ingredients, it is best to eat only one or two small pieces at a time, as eating honey-rich foods can stress one's [blood sugar-regulating mechanisms](#).

Ingredients:

2 cups almond butter
1/4 cup [raw cocoa powder](#), sifted to remove any lumps
1/2 cup plus 2 tablespoons liquid honey
1 heaping tablespoon coconut oil, melted (optional)
2 teaspoons vanilla extract
1 teaspoon coarse sea salt

Directions:

Combine all ingredients in a large bowl. Mix until well incorporated.

Spoon the mixture into a pan and flatten with the back of a spoon. Place in the freezer for an hour or so, then take it out to cut into bite-size squares or rectangles. Transfer the pieces onto a plate. Keep these covered and stored in the freezer.

An alternative is to spoon the mixture into candy molds; pop them out when they are thoroughly frozen. They have a chewy texture when frozen.

These must be kept in the freezer, otherwise they will become soft and mushy, to the consistency they were at before freezing. So if you take them out to eat, eat them quickly! Also keep this in mind when cutting the fudge; work quickly.

Adapted from a recipe found in: [Raw Food/Real World: 100 Recipes to Get the Glow](#)

Healthy Key Lime Pie

What do you get when you combine macadamia nuts, coconut shreds, walnuts, avocados, fresh lime juice, dates, honey, and sea salt? Only the healthiest version of key lime pie that I've ever tried. The crust requires some patience and elbow grease, but it's completely worth the effort.

Ingredients:

Crust:

1 1/2 cups unsweetened shredded [dried coconut](#)
3/4 cup macadamia nuts, unsoaked
3/4 cup walnuts, unsoaked
1/2 teaspoon sea salt
1/2 cup pitted medjool dates, unsoaked

Filling:

3/4 cup chopped avocados (about 1 1/4 avocados)
2 tablespoons fresh lime juice
1/4 cup unpasteurized honey
Blueberries and freshly sliced kiwi fruit (optional garnish)

Directions:

Crust:

Combine coconut, macadamia nuts, walnuts, and sea salt in food processor and process until coarsely ground.

Add medjool dates and process until mixture looks like coarse crumbs and begins to stick together. Be sure not to process beyond this point.

Transfer coarse crumbs/crust into a 9" pie plate. Use your fingers to gently distribute the crumbs in a uniform layer along the bottom and up the sides of the plate. Aim to build up the sides with about 3/4 of an inch of crumbs.

After the crumbs are evenly distributed, press the crust firmly against the bottom of the plate using your fingers. Be sure to press firmly near the junction between the bottom of the pan and the sides of the pan. Press firmly into the crust along the sides of the pan. Place completed crust in the freezer for 15-20 minutes.

Filling:

Combine avocados, lime juice, and honey in a food processor and process until smooth. You may need to stop occasionally and scrape down the sides of the processor with a spatula or spoon.

Bringing it Together

Use a spatula or spoon to spread filling over the bottom of the crust.

Peel kiwi, cut lengthwise, and slice into half-moons. Arrange kiwi slices around the outer edge of the pie - it looks especially nice when the slices are propped up at an angle.

Place blueberries (or any other berries like raspberries, strawberries, or blackberries) in front of kiwi slices.

Chill entire key lime pie for at least 2 hours before serving. This pie is best served chilled or slightly colder than room temperature.

Please note: This healthy key lime pie will keep in the refrigerator for about 2-3 days. This recipe was adapted from a similar version found in a book called: [Raw Food Made Easy](#)

Fig-Pecan Energy Bar

This fig-pecan energy bar recipe produces a truly delicious energy bar that is rich in potassium, [calcium](#), [iron](#), fiber, and [healthy protein](#). Think of this energy bar as one of the most mineral-rich healthy snacks that you can use to fuel your body in between meals.

Ingredients:

3 cups raw pecans
1.5 cups soaked dried figs with stems removed
1.5 tablespoons pure vanilla extract

Directions:

Be sure to allow dried figs to soak in water for 1-2 hours before preparing this recipe.

Drain figs and combine them with raw pecans and pure vanilla extract in a food processor. Process until figs and pecans are well combined to form a moist granola bar-like texture. You may need to pause the food processor once or twice to scrape ingredients off the sides of the processor so that you are not left with big chunks of figs and pecans.

Transfer homogenized figs and pecans to a baking dish or tray and press down gently with a spatula until mixture is approximately 2-3 cm thick. Use a knife to cut into rectangular or square bars.

Put baking dish or tray in the refrigerator for a couple of hours or the freezer for about 20 minutes to allow the bars to take form.

Enjoy these delicious and nutrient-dense fig-pecan energy bars!

Healthy Sweet Cashew Cream

If you enjoy adding cream to healthy pies, cakes, berries, cereals, and tea, give this sweet cashew cream recipe a try - it's rich in healthy monounsaturated fatty acids, which are good for keeping your heart and blood vessels healthy.

Cashew cream is also naturally rich in magnesium, which your body needs to keep your bones, teeth, muscles, and nervous system optimally healthy.

If you don't need your cream to be too sweet, simply omit the honey, or use less than what's listed below. Quality cashews have a natural hint of sweetness that makes pure cashew cream quite pleasant on its own.

Ingredients:

1 cup [raw organic cashews](#) or raw [raw organic cashew butter](#)
1/2 cup water
1/4 cup [raw organic honey](#)

Directions:

1. Combine all ingredients in a strong blender.
2. Blend until smooth. Add more water if needed.

Transfer sweet cashew cream to a glass jar, cap the jar with a lid, and chill in the refrigerator for at least a couple of hours before using. Sweet cashew cream will stay fresh in a sealed jar in the refrigerator for up to one week.

Please note: If you prefer a thick cream, use less water and pause the blender to give the ingredients a good mix/swirl one or more times.

Jason Mraz's Healthy Chocolate Pudding

How about a chocolate pudding that's good for your heart? This is exactly what you'll create by following Jason Mraz's chocomole recipe, which calls for avocados, dates, chocolate powder, and a touch of vanilla.

The result is a creamy chocolate pudding that's rich in healthy monounsaturated fatty acids and flavonoids, making it an excellent choice for promoting a healthy cardiovascular system and good overall health.

Note: The quantities listed below will make a big bowl of chocolate pudding, enough for about four people.

Ingredients:

5 ripe avocados
1.5 cups dates, soaked in water for 1 hour, drained, roughly chopped
1 cup [raw cacao powder](#)
1 cup raw carob powder (can substitute with cacao powder)
1 tablespoon vanilla
Agave nectar or [raw organic honey](#) (optional)

Directions:

Mash avocados until creamy. Add chopped dates and vanilla. Mix well to bring everything together.

Add half a cup of cacao/carob powder, mix well, taste, then add another half cup of cacao/carob powder, and repeat until the pudding is chocolate-y enough for you. Be sure to take it in steps like this, as adding too much cacao can make the pudding somewhat bitter.

If the dates don't sweeten the pudding to your satisfaction, add a little agave nectar or raw organic honey, and give the pudding another good mix.

For extra style, texture, and flavor, garnish with some [raw organic cashews](#). Yum! Enjoy this healthy and delicious chocolate pudding, courtesy of Jason Mraz.

For more delicious and nutrient-rich recipes to support your growth and overall health, visit: <http://drbenkim.com/>