



Krista Harrison, RHN, NNCP
Registered Nutritionist, Natural Nutrition Clinical Practitioner, Certified Reflexologist
(519) 841-2061
kristaharrison@rogers.com

Heart Healthy Smoothie

Ingredients

1 cup frozen blueberries
1/4 avocado
1 cup coconut water
juice of 1/2 lime
1 serving vanilla whey protein powder or non-dairy protein powder (I like Sun warrior or Vega)
1 serving greens powder (optional)
sweeten to taste with raw honey, stevia or xylitol
4 ice cubes

Blend until smooth and creamy.

Moroccan Carrot Salad with Quinoa

(Compliments of Whole Living Magazine)

Ingredients

1/4 cup shelled pistachios
Coarse salt and ground pepper
1 1/2 pounds carrots, peeled, halved lengthwise, and cut into 2-inch pieces (halve pieces again if thick)
1/4 cup raisins
3 tablespoons lemon juice (from 1 lemon)
2 garlic cloves, mashed to a paste
1/2 teaspoon ground cumin
1/2 teaspoon paprika
1/4 teaspoon ground cinnamon
1/8 teaspoon ground cayenne pepper
2 tablespoons extra-virgin olive oil
1/4 cup fresh cilantro leaves
Quinoa

Directions

Preheat oven to 350 degrees. Spread pistachios on a rimmed baking sheet; toast in oven until fragrant, 8 to 10 minutes. Let cool; coarsely chop.



Krista Harrison, RHN, NNCP
Registered Nutritionist, Natural Nutrition Clinical Practitioner, Certified Reflexologist
(519) 841-2061
kristaharrison@rogers.com

Cook quinoa according to package directions – to change it up use organic vegetable broth instead of water.

In a large saucepan of boiling salted water, cook carrots until crisp-tender, 5 to 7 minutes, adding raisins during last minute of cooking. Drain in a colander; rinse under cold water until cool.

In a medium bowl, whisk together lemon juice, garlic, cumin, paprika, cinnamon, and cayenne; season with salt and pepper. Whisking constantly, slowly add olive oil.

Add carrots, pistachios, and cilantro to dressing; toss to combine.

Add quinoa to carrot salad.

Lentil Burgers

(online Health magazine)

Ingredients:

2 1/2 cups water

1 cup dried lentils

2 bay leaves

1 teaspoon olive oil

1 cup finely chopped onion

1/2 cup finely chopped carrot

1 cup (4 ounces) shredded smoked cheddar cheese

1/2 cup dry breadcrumbs

2 teaspoons chopped fresh thyme

1 1/4 teaspoons salt

3/4 teaspoon garlic powder

3/4 teaspoon paprika

1/2 teaspoon freshly ground black pepper

1/4 teaspoon ground red pepper

3 large egg whites, lightly beaten

Cooking spray

8 teaspoons stone-ground mustard

8 (2-ounce) whole wheat sandwich buns, toasted

8 (1/4-inch-thick) slices tomato

2 cups trimmed arugula



Krista Harrison, RHN, NNCP
Registered Nutritionist, Natural Nutrition Clinical Practitioner, Certified Reflexologist
(519) 841-2061
kristaharrison@rogers.com

Directions:

Place first 3 ingredients in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 30 minutes or until tender; drain. Discard bay leaves. Place lentils in a large bowl; partially mash with a potato masher. Cool slightly.

Heat oil in a medium nonstick skillet over medium-high heat. Add onion and carrot; sauté 5 minutes or until tender. Cool slightly.

Add onion mixture, cheese, and next 8 ingredients (cheese through egg whites) to lentils; stir well to combine. Cover and chill 45 minutes. Divide mixture into 8 equal portions, shaping each into a 1/2-inch-thick patty.

Heat a grill pan coated with cooking spray over medium-high heat. Add half of patties, and cook 5 minutes on each side or until done. Repeat procedure with remaining patties. Spread 1 teaspoon mustard on top half of each bun. Place 1 patty on bottom half of each bun, and top each serving with 1 tomato slice, 1/4 cup arugula, and top half of bun.

Note: to eliminate the burger bun, cut the lentil burger in half and make that your bun! Jam pack it full of veggies and what a meal you have!

Black Bean Brownie

Ingredients:

1 can black beans, rinsed until they stop foaming
4 tbsp raw cocoa powder
1/4 tsp salt
2/3 cup oats (gluten free)
1/4 cup raw honey or organic maple syrup



Krista Harrison, RHN, NNCP
Registered Nutritionist, Natural Nutrition Clinical Practitioner, Certified Reflexologist
(519) 841-2061
kristaharrison@rogers.com

½ cup of hydrated Mila or chia seeds (optional)
½ cup of unsweetened coconut (optional)
1/3 cup coconut oil
1 tsp baking powder
1/2 cup dark chocolate chips

Directions:

Preheat oven to 350. Pour all ingredients except chocolate chips into the blender and pulse for 60 seconds. Then blend until smooth for another 45 to 60 seconds. The batter is ready when it's a smooth consistency.

Grease and 8 x 8 baking pan with coconut oil. Pour batter into the baking pan and fold in chocolate chips. Bake at 350 degrees for 15 minutes.

Snacks:

Fresh fruits (apples/pears) with greek yogurt (optional), Raw Veggies – try celery with almond butter and raisins on top, nuts and seeds.