

GREEK YOGURT WITH BERRY COMPOTE

By Kat Turner



5 mins



Ingredients (1 serving)

½ cup plain Greek yogurt

2 tablespoons of mixed berry compote (see recipe)

¼ cup of fresh mixed berries

1 tablespoon of pumpkin seeds/pepitas

2 teaspoons of shredded unsweetened coconut

I always like to have berry compote on hand to make this fast & easy breakfast full of fiber, antioxidants, protein, zinc & probiotics.

Easy! Just add the yogurt to the bowl & top with the compote, berries, pumpkin seeds & coconut.

The logo for Sam Castwood, featuring the name "Sam Castwood" in a black, cursive script font. A small red circle is positioned above the letter "a" in "Sam".

BERRY COMPOTE

By Kat Turner



10 minutes

Ingredients (4 serving)

1 ½ cups of fresh or frozen mixed berries; I love combining blueberries, strawberries & raspberries.

Juice of ½ a lemon

1/8 cup of water or orange juice

Tiny pinch of sea salt



This antioxidant-rich berry compote is fantastic on top of chia pudding, warm quinoa porridge, yogurt, grain-free pancakes, or in a smoothie. I like to always have a little on hand in my fridge.

Place all ingredients into a small pot & place over medium high heat. Bring to a boil & then reduce the heat to medium simmer until the compote slightly thickens & large bubbles form, being careful not to scorch.

Serve warm on top of grain-free pancakes or quinoa porridge, or cool & serve with yogurt or chia pudding.

Freeze or keep in the fridge for up to 5 days.

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KALE SALAD WITH LENTILS

By Kat Turner



10 mins



Ingredients (1 serving)

2 cups of packed kale, stems removed & roughly chopped.

2 teaspoons of olive oil

2 teaspoons of minced shallot, or 1 small clove of garlic minced & smashed

1 teaspoons of dijon mustard

Juice of ½ lemon

1/8th teaspoon sea salt + freshly cracked pepper

1/3 cup of cooked leftover lentils

½ cup or 1 small cooked red beet, cubed

2 tablespoons of crumbled goat cheese

1 tablespoon of pepitas

*optional garnish: fresh pomegranate seeds

By now everyone knows that kale is a crazy health superstar, but it's for good reason. Kale contains record amounts of vitamin K as well as sulfuric compounds said to ward off cancer and it's a great source of plant-based calcium.

Place the chopped kale into a mixing bowl, add the olive oil, shallot or garlic, dijon mustard, lemon juice, salt & pepper. With clean hands massage all the ingredients together until the kale is soft, about 1 minute. Mound the dressed kale into the bottom of your salad bowl & top with the lentils, beets, goat cheese & pepitas. Garnish with pomegranate seeds if available.

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ZUCCHINI NOODLE CARBONARA WITH BACON

By Kat Turner



20 mins



Ingredients (1 serving)

1 large or 2 small zucchinis
2 strips of bacon, diced or 1/8th cup of pancetta
½ minced shallot
1 clove of garlic, minced

¼ cup of coconut milk
1 egg
¼ cup finely grated parmesan cheese
lots & lots of fresh cracked pepper
*optional: chili flake, fresh chopped parsley

You'll hardly miss the pasta in this lightened up version of classic carbonara. Coconut milk replaces the cream & adds in lauric acid, a medium chain fatty acid said to increase energy & boost metabolism.

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ZUCCHINI NOODLE CARBONARA WITH BACON

By Kat Turner



Continued.....

Prepare your zucchini noodles. This is most easily done using a "spiralizer" (Benriner is a great br&, purchase online), a kitchen gadget I can't live without (& I'm not a gadget kind of gal). If you don't have a spiralizer, no problem! Just carefully slice 1 large zucchini the long way into 1/8" planks, & then again slicing the long way, create "noodles" from the planks. Set the noodles aside.

Then, in a small bowl whisk together the coconut milk, egg & 3/4 of the cheese.

Next cook the bacon or pancetta in a medium sized skillet over medium heat until just crisp & remove to a paper towel-lined plate. Discard most of the bacon grease, reserving about one teaspoon. Add the shallot & garlic to the pan & sauté for 4-5 minutes until soft & translucent. Add in your zucchini noodles, & bacon tossing lightly to combine then immediately turn down the heat to low. Slowly pour the egg mixture into the squash, stirring constantly until the egg mixture forms a creamy sauce over the zucchini noodles.

Plate & top with the remaining cheese, lots of cracked pepper, chili flakes, & chopped parsley.

A handwritten signature in black ink that reads "Sam Castwood". Above the letter "a" in "Sam" is a small red semi-circle.

BEET HUMMUS

By Kat Turner

GET
SET
BODY

5 mins



Ingredients (4-6 servings)

1 cup of your favorite homemade (see recipe) or store bought hummus

1/3 cup of chopped roasted beet

Fresh herbs to garnish such as chives, mint, or parsley

Crudites

Turn your favorite homemade or store bought hummus into something extraordinary with the addition of roasted beets.

Place all ingredients into a food processor or a mini-chopper & puree until the beet is fully incorporated & the hummus is a vibrant shade of pink. Garnish with herbs & serve with your favorite crudités.

Sam Castwood

BASIC BONE BROTH

By Kat Turner



24+ hrs



Ingredients

(makes about 1 ½ gallons)

2 pounds of beef shin, shank, marrow, &/or knuckle bones from a healthy source

1 chicken carcass leftover from roasting

½ lb of chicken feet if available

2 onions, chopped

3 carrots, chopped

3 stalks of celery, chopped

1 head of garlic sliced in half through the middle

¼ cup of Apple Cider Vinegar

1 tablespoon of sea salt

1 teaspoon of peppercorns

2 bay leaves

Enough filtered water to cover the contents of the pot

1 bunch of parsley, tiny pinch of pink salt

Bone broth is a comforting, nutrient dense addition to your diet; drink 8 ounces per day to benefit from this collagen & mineral-rich elixir.

Preheat the oven to 450 degrees

Place the beef bones onto a parchment-lined sheet pan & roast for 30 minutes.

Remove from the oven & place the bones & all remaining ingredients except the parsley into your biggest stockpot. Add enough filtered water to cover the bones & vegetables & bring up to a boil, then reduce to a low simmer & let this cook for 24 hours. Yes, you read that correctly... 24 hours (this is how all the amazing collagen gets leached out). If you're uncomfortable leaving the broth on the stovetop while you leave the house you can also place the entire pot into the oven, mostly covered at 300 degrees. Toss in the parsley for the last few hours of cooking time. After 24 hours turn off the heat & let the stock cool for 1 hour before straining. Strain through a mesh sieve, discard the solids & let cool to room temperature before transferring to storage ware & refrigerating. In the morning skim off any fat & freeze any extra portions that you don't intend on using within 5 days.

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EASY GREEN JUICE

By Kat Turner



15 mins



Ingredients (1 serving)

1 cup of sliced Persian or English cucumber

1 cup of filtered water

½ of your favorite apple, chopped (core, seeds, skin & all)

½" piece of ginger

Small handful of mint leaves

Small handful of baby spinach

Juice of ½ a lemon

2 ice cubes

You don't need a fancy juicer for this recipe! With a decent blender or a Nutribullet you can enjoy the benefits of refreshing alkalizing green juice too.

Place all ingredients into your blender & process on high for 1 minute. Strain this mixture through a mesh sieve & enjoy!

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