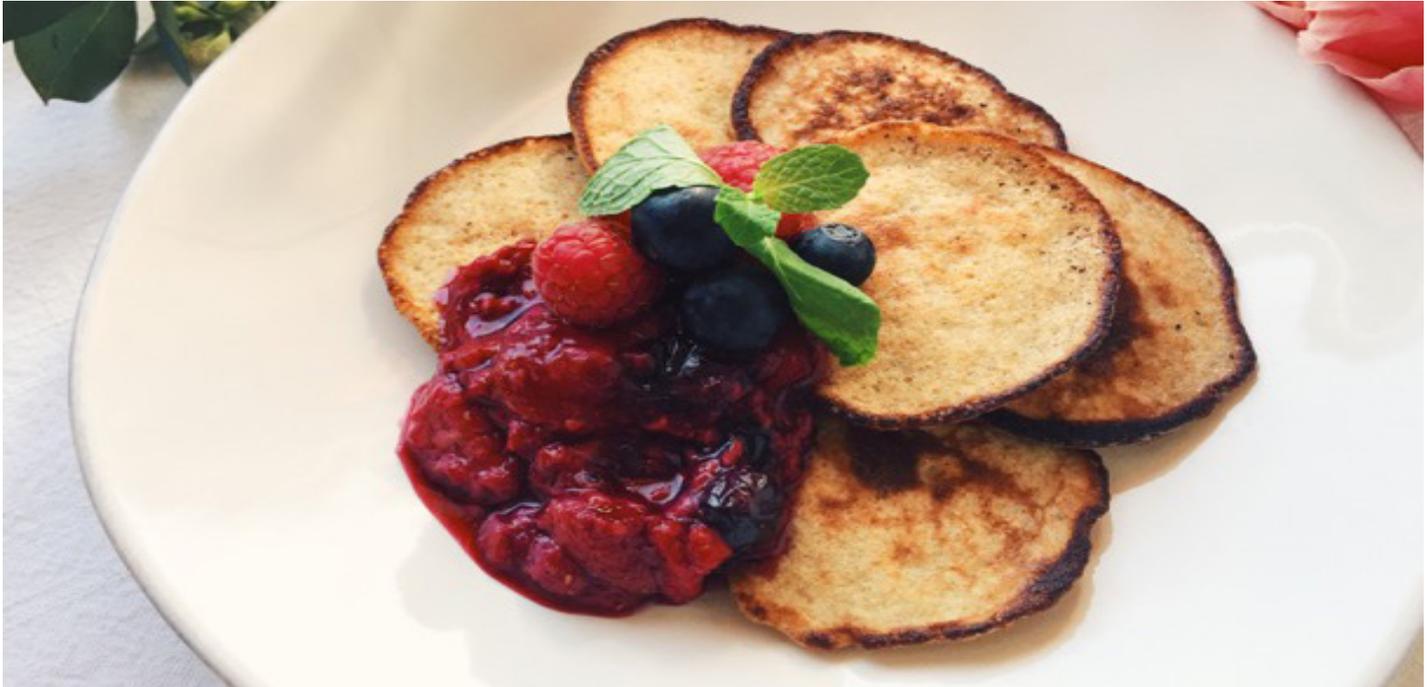


# GRAIN-FREE PANCAKES

By Kat Turner



15 mins



## Ingredients (1 serving)

½ ripe banana, mashed well

1 egg

1 tablespoon of almond butter

1 tablespoon of coconut flour OR garbanzo flour

¼ teaspoon baking soda

¼ teaspoon sea salt

¼ teaspoon vanilla

These lil babies are a protein-rich way to start your day & a great alternative to traditional pancakes; super delicious topped with homemade fruit compote or a spoonful of sugar-free all-fruit jam.

In a small mixing bowl mash the banana into oblivion & whisk in the egg & almond butter, then mix in the flour, baking soda, sea salt & vanilla.

Place a nonstick skillet over medium heat & toss in your fat of choice, once the pan is hot pour in your batter creating small "silver-dollar" pancakes, do not crowd the pancakes or they'll be a pain to flip. When they appear cooked along the edges & small bubbles form on the tops, gently flip them over.

Serve immediately with the topping of your choice.

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# BERRY COMPOTE

By Kat Turner



10 minutes

## Ingredients (2 servings)

1 cups of fresh or frozen mixed berries; I love combining blueberries, strawberries & raspberries.  
Juice of 1/4 a lemon  
tablespoon 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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# GREEN EGG SALAD OVER MIXED GREENS

By Kat Turner



25 mins



## Ingredients (1 serving)

½ cup of simple egg salad (see recipe)

1 tablespoon of verde crack sauce (see recipe)

2 cups of your favorite greens

1 tablespoons of crunchy garbanzos

Boost up your simple egg salad with a spoonful of verde crack sauce for a majorly flavorful & nutrient-dense lunch.

Combine the egg salad & the verde sauce, place on top of your greens & garnish with crunch garbanzos.

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# CRISPY ROASTED GARBANZO BEANS

By Kat Turner



50 mins



## Ingredients (snack serving)

- 1 can of organic garbanzo beans, drained
- 1 tablespoon of olive oil
- ½ teaspoon of sea salt

1 teaspoon of any spice blend you like such as harissa, curry, ras al hanout, berbere or make your own from a blend of cumin, smoked paprika, dried thyme & cayenne pepper (or whatever floats your boat).

Garbanzo beans are an excellent source of fiber & protein, the combination of which can help lower blood sugar. Additionally they contain high concentrates of folate, thiamin, & B6. These crunchy little buddies are a great snack on their own, or make for an excellent addition to salads & soups.

Preheat your oven to 400 degrees.

Dry your drained chickpeas well by rolling them around in a medium sized bowl lined with paper towel. Remove the paper towel & toss the chickpeas with the olive oil, salt, & spice blend then spread them out evenly onto a parchment lined sheet pan. Roast for 30-40 minutes or until crispy crunchy.

These should stay fresh in an airtight container for 3-4 days at room temperature

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# VERDE CRACK SAUCE

By Kat Turner



10 mins



## Ingredients (serving: 1 cup)

½ cup mint leaves, lightly packed  
½ cup cilantro leaves, lightly packed  
½ cup basil leaves, lightly packed  
5 scallions, roughly chopped

1 clove garlic, minced  
1 small chunk of ginger  
1 small jalapeno seeded or unseeded depending on heat preference.  
Juice of 2 limes  
2 tablespoons fish sauce  
½ cup extra virgin olive oil

This is a sauce inspired by the flavors of Southeast Asia & beyond. It is packed with bright herbs, chilies, & pungent fish sauce (trust me on this one, it's delicious & packed with minerals & B vitamins). The verde crack sauce is awesome on pretty much everything! Thin with a little water & limejuice to make a great salad dressing.

Place all ingredients into a blender or a mini food processor & blend until all the herbs & liquid emulsify into a smooth sauce. Drizzle in more oil as necessary to bring the sauce together.

Season with additional salt to taste.

Sauce will keep in the fridge for up to 1 week.

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# SIMPLE EGG SALAD

By Kat Turner



20 mins



## Ingredients (2 servings)

3 eggs

A bowl of cold ice water

1 teaspoon of chopped capers

2 teaspoons of chopped chives

1 tablespoon of mayonnaise

2 teaspoons of freshly chopped dill

A pinch of sea salt & freshly cracked pepper

Sometimes I forget how delicious egg salad is, don't let this happen to you. Protein & omega-rich, a bite of egg salad is a perfect snack or scoop it onto fresh greens for a fast & easy lunch.

Place your eggs into a small pot & cover them with cool water. Place over high heat & bring to a boil then immediately cover & remove from the heat. After 13 minutes remove the eggs & gently drop them into the ice water. Chill for 5 minutes then remove & peel.

Grate the eggs into a bowl using a box grater then add all the other ingredients & stir to combine.

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# TEMPEH SCAMPI WITH CUMIN CARROTS

By Kat Turner



40 mins



## Ingredients

(1 serving + extra carrots)

1lb of carrots, peeled & sliced in half the long way  
2 teaspoons of olive oil  
Pinch of sea salt & fresh cracked pepper  
½ teaspoon of ground cumin  
¼ fresh cracked pepper  
½ of a package of tempeh, cut into 1" cubes  
1 tablespoon of olive oil  
Pinch of salt & pepper

2 teaspoons of olive oil  
2 cloves of garlic, minced  
1/3 cup of cherry tomatoes, sliced in half  
2 tablespoons of minced shallot  
2 teaspoons of olive oil  
¼ teaspoon of sea salt  
¼ teaspoon of chili flakes  
¼ cup of white wine

Make extra roasted carrots tonight so you can whip up a delicious carrot soup later in the week!

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# TEMPEH SCAMPI WITH CUMIN CARROTS

By Kat Turner



## Continued.....

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Preheat the oven to 425 degrees.

Toss the carrots with 2 teaspoons of olive oil, a pinch of sea salt & pepper & cumin. Spread out onto a parchment lined sheet pan & roast in the preheated oven until carrots are soft & beginning to char at the tips about 35 minutes.

Add 1 tablespoon of olive oil to a small skillet & set over medium high heat; brown your tempeh on all sides & set aside.

Place a small skillet over medium heat & add the remaining 2 teaspoons of olive oil; once the oil is hot add the garlic, tomato, shallot, pinch of sea salt & pepper, & chili flakes. Saute until the shallot begins to turn transparent, cautious not to burn the garlic. Add the white wine & reduce by half, about 3 minutes, then turn off the heat & toss in the cold butter, whisking constantly until the sauce thickens slightly. Immediately add the tempeh & toss to combine.

Serve with a few roasted carrots, lots of fresh chopped parsley & a spoonful of Verde Crack Sauce if desired.

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# SWEET POTATO HUMMUS

By Kat Turner



5 mins



## Ingredients (4 servings)

1 cup of your favorite homemade or store bought hummus

1/3 cup of soft roasted sweet potato, skin removed

Smoked paprika or cayenne pepper to garnish

Crudites (raw veggies) to serve

Turn your favorite homemade or store bought hummus into a beta-carotene rich dip with the addition of roasted sweet potato.

Place all ingredients into a food processor or a mini-chopper, puree until the sweet potato is fully incorporated & the hummus is a lovely shade of pale orange. Garnish with paprika or cayenne pepper & serve with your favorite crudités.

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# MISO SOUP

By Kat Turner



5 mins



## Ingredients (1 serving)

1 teaspoon of miso

1 cup of filtered water

Sliced Scallions (optional)

Miso soup is a lovely alkalizing broth made from nutty sweet fermented soybeans that contain probiotics (aka it's great for your digestion!) It's a lovely way to start your day, or you can sip it for an afternoon pick-me-up.

Bring water up to a boil & then let it cool for 5 minutes. Whisk in the miso & top with sliced scallions if desired.

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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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