

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 or nuts

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, nuts & coconut.

Honey to sweeten!

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

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



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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LENTIL SOUP

By Kat Turner

GET
SET
BODY

15 mins



Ingredients (2 servings)

2 teaspoons of olive oil

1 shallot, minced

1 celery rib, diced

½ teaspoon of crushed fennel seeds

2 tablespoons of tomato paste

1 ½ cups of braised lentils (see recipe)

¼ cup of white wine

1 ½ cups of vegetable stock

Chopped parsley

Use leftover braised lentils to make this comforting soup that's both fiber & protein rich.

In a 4-quart pot over medium heat, sweat your shallot & celery until it begins to turn translucent in the 2 teaspoons of olive oil. Then add your fennel seed & cook, stirring until fragrant, 1-2 minutes. Stir in the tomato paste, lentils & white wine reducing the liquid slightly, add in the stock & bring to a simmer, cooking an additional 5 minutes. Remove the soup from the heat & puree half in the blender then add it back to the pot & season with additional salt & pepper.

Serve with a garnish of freshly chopped parsley.

Freeze the remaining portion flat in a 1qt freezer bag.

Sam Castwood

CAULIFLOWER, TOMATO & GREEN PEA COCONUT CURRY

By Kat Turner



15 mins



Ingredients (1 serving)

2 teaspoons of olive oil

½ shallot finely sliced

1/3 cup of cherry tomatoes

1 tablespoon of high quality Indian curry powder

¼ teaspoon of sea salt

¼ cup of green peas

1/3 cup of cauliflower, chopped

¼ cup of coconut milk

A splash of water or stock

½ cup of cooked quinoa, reheated if leftover

Freshly chopped cilantro

Curry powder isn't just crazy delicious, it's also crazy good for you! This classic Indian spice blend contains compounds that rev up your metabolism, fight inflammation & aid in digestion.

Place a small skillet over medium high heat, add in the olive oil & shallots, sauté until the shallots are translucent & just beginning to caramelize. Toss in the tomatoes, curry powder, salt & continue to cook for an additional minute. Now reduce the heat to medium & add the peas, cauliflower, coconut milk, stock & simmer until the cauliflower is tender (or just until heated through if using roasted leftover cauliflower).

Spoon over quinoa & top with freshly chopped cilantro.

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CHARRED EGGPLANT DIP

By Kat Turner



40 mins



Ingredients (2 servings)

1 eggplant

Olive oil

1/2 tablespoon of tahini

1 teaspoons of olive oil

1 clove of minced garlic

1/2 of a lemon, juiced

1/4 teaspoon of sea salt & freshly cracked pepper

Smoked paprika or cayenne pepper (optional)

This dip is smoky & deceptively rich. Pair with crudité's or add a spoonful to a quinoa bowl for a simple & unique taste.

Turn on broiler to high.

Pierce the eggplant with a fork multiple times all over & rub with a thin coat of olive oil. Place onto a sheet pan & position about 4" from the broiler. Broil each side for 5-8 minutes, or until very soft & evenly charred.

Place the eggplant into a bowl & cover with plastic wrap, let steam for 10 minutes then remove & slice in half lengthwise. Scoop all of the flesh out into a food processor & pulse with all the remaining ingredients.

Garnish with a dusting of smoked paprika or cayenne pepper.

This dip will keep in your fridge for up to 1 week.

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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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