

GREEN JUNGLE SMOOTHIE

By Kat Turner



Ingredients (1 serving)

1/2 cup coconut water

1/2 cup coconut milk

1 banana

1 small handful of spinach

1 small handful of fresh mint

Juice of 1 lime

1 teaspoon honey

1 teaspoon liquid chlorophyll (optional)

1/4 teaspoon vanilla

Tiny pinch of salt

2-3 ice cubes

Get your greens in with this cooling smoothie. The spinach boosts your iron & fiber intake, the chlorophyll is like injecting liquid sunshine right into your body.

Place all ingredients into your blender and process until creamy and delicious.

Can be stored in a glass jar in your fridge for up to 3 days.

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

LENTIL SALAD WITH TARRAGON DRESSING

By Kat Turner



10 mins



Ingredients (1 serving)

- 2 cups of arugula
- ½ cup leftover braised lentils
- ½ cup shredded cabbage
- ¼ cup sauerkraut, drained
- 1 tablespoon of crumbled feta cheese

Tarragon dressing:

- 1 tablespoon of plain yogurt
- 1 tablespoon of olive oil
- 2 teaspoons of dijon mustard
- Juice of ½ lemon
- 2 teaspoons of finely minced tarragon
- 1 small clove of garlic, minced smashed
- Pinch of sea salt
- Pinch of freshly cracked black pepper

Braised Lentils serve up a solid dose of protein, fiber, minerals while the sauerkraut provides valuable probiotics for digestive health.

Whisk together all the ingredients to make the tarragon dressing.

Into your salad bowl place your arugula + cabbage top with the lentils, sauerkraut. Drizzle with 2 tablespoons of the tarragon dressing garnish with feta. There should be a little bit of dressing leftover that may be stored for up to 5 days. I love to add a little to a soup, avocado toast, eggs... you name it!

GRAIN FREE COCONUT CREPE LASAGNA WITH ROASTED VEGETABLES

By Kat Turner



1 hour



Ingredients (2 servings)

1 large eggplant, sliced into ¼" thick slices
4 zucchinis, sliced on the diagonal into ¼" thick slices
5 firm roma tomatoes, sliced into ¼" thick slices
2 red bell peppers, cut into thick slices
½ teaspoon of sea salt

2 tablespoons of olive oil
3 coconut crepes (see recipe)
2/3 cup of marinara sauce
4 tablespoons of goat cheese
2 small "cherry size/CilieGINE" balls of fresh buffalo mozzarella packed in water
2 tablespoons of grated pecorino cheese
Fresh chopped basil

Versatile coconut crepes are an awesome replacement for traditional lasagna noodles as you'll soon see... This recipe makes extra roasted vegetables that can be used for next week's vegetable gratin, enchiladas, & in your "leftovers frittata".

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GRAIN FREE COCONUT CREPE LASAGNA WITH ROASTED VEGETABLES

By Kat Turner



Continued...

Preheat oven to 425 degrees

Toss the eggplant, zucchini, tomatoes, & bell pepper with your olive oil & sea salt, spread out onto 2 parchment-lined sheet pans & roast until the vegetables are tender & just beginning to brown, about 25-30 minutes.

Reduce the oven to 375 degrees.

Pour 2 tablespoons of marinara sauce into the bottom of a small round casserole dish or cast iron skillet & lay a crepe on top. Layer on a few pieces of your roasted veg & sprinkle with 2 tablespoons of goat cheese. Over this, spoon a few more tablespoons of marinara sauce & top with another coconut crepe. Repeat that process for the second layer. Spoon the remaining marinara sauce over the 3rd crepe & top with shredded parmesan or pecorino & thinly torn pieces of the mozzarella.

Bake for 25 minutes at 375 degrees then remove from the oven & let cool for 5 minutes before slicing (half = 1 serving).

Garnish with fresh basil & serve with a simple green salad.

SIMPLE GREEN SALAD

By Kat Turner



5 mins

Ingredients (1 serving)

1 handful of green leaves. I like to use spinach, arugula or butter lettuce. Choose something in season!

The dressing

1/4 of a lemon, squeezed.
1 tablespoon of good quality olive oil
1/2 a teaspoon of apple cider vinegar
Pink salt & pepper to season.

A dose of iron & vitamin c in a bowl. Crisp to the tongue the apple cider vinegar adds a health kick to this simple salad. I always use good quality olive oil for the delicious taste.

In a small bowl whisk together the lemon juice, apple cider vinegar & olive oil.

Place the green leaves in a bowl, pour the dressing on top & sprinkle with the salt & pepper.

Lightly mix & eat immediately.

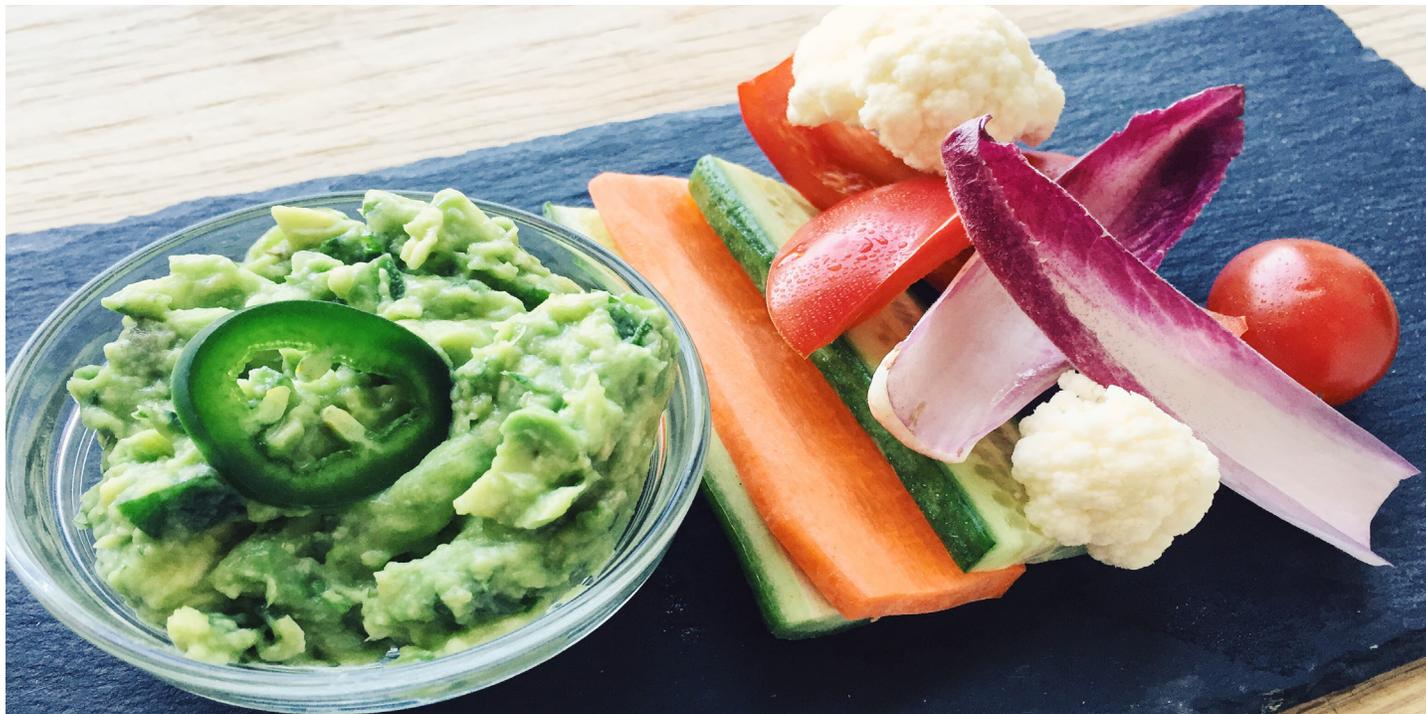
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SIMPLE GUACAMOLE

By Kat Turner



5 mins



Ingredients (2 servings)

- 1 ripe avocado
- 1 finely chopped scallion
- ½ jalapeno minced (seeded or unseeded depending on heat preference)
- 1 lime juiced
- 1 tablespoon of finely chopped cilantro
- 1 teaspoon of olive oil
- ¼ teaspoon of cumin
- ¼ teaspoon of sea salt
- Various crudités

Avocados are one of nature's finest sources of heart & brain healthy fat, what better way to enjoy them than in the form of guacamole and crudités?

Scoop the avocado flesh into a bowl, mash well then add in all the remaining ingredients. (except for the crudités, obviously!)

Will keep for 2 days in the fridge with cling film pressed tightly to the surface of the guacamole and the seed in the bowl, this helps prevent the oxygen from coming in contact with the dip (the main reason for browning).

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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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