

ORANGE SUNRISE SMOOTHIE

By Kat Turner



5 mins



Ingredients (1 serving)

- ½ cup orange juice
- ½ cup unsweetened almond milk
- 1 tablespoon almond butter
- ½ banana
- 1 teaspoon maca powder
- ¼ teaspoon turmeric
- ¼ teaspoon vanilla
- 1 tablespoon gelatin/collagen (optional)
- pinch sea salt
- 2-3 ice cubes

Maca & turmeric are the secret weapons in this smoothie. Maca is a root that is harvested in Peru, it's a good source of vitamins B, C, & E, plus calcium, zinc, iron, magnesium, phosphorous & amino acids. It also provides a good energy boost, helps to balance hormones, & it even rumored to boost libido. Turmeric is a bright yellow spice that hails from India. Its a powerful antioxidant & has been used in eastern medicine for thousands of years to reduce inflammation. Even now being linked to cancer-prevention

Place all ingredients into your blender & 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 script font. A small red circle is positioned above the letter "a" in "Sam".

SALAD NICOISE WITH WHITE BEANS

By Kat Turner



10 mins



Ingredients (1 serving)

2 cups of chopped mixed greens of your choice
1 tablespoons of simple vinaigrette (See simple green salad recipe)
½ cup of drained white beans

1 hard cooked egg, quartered
¼ cup cherry tomatoes, halved
1 small handful of cooked haricot vert/green beans
2 tablespoons of nice pitted kalamata olives/or green olives
¼ cup of cooked, diced sweet potato (optional)

This updated version of a classic is a packed with protein & a rainbow of nutrients.

Toss salad greens in your dressing & top with all the remaining ingredients.

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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.

A signature in a black, cursive font. The name 'Sam Castwood' is written in a fluid, handwritten style. A small red circle is positioned above the letter 'a' in 'Sam'.

SWEET CORN & ZUCCHINI FRITTERS

By Kat Turner



20 mins



Ingredients (1 serving)

1 cup of grated zucchini
Pinch of sea salt & freshly cracked pepper
¼ cup of canned sweet corn, drained
(or fresh if available)
1 scallion, minced
1 tablespoon of freshly grated parmesan or pecorino cheese

2 teaspoons of coconut flour
1 egg white, lightly beaten
1 tablespoon of olive oil
1 tablespoon of verde crack sauce
Fresh cilantro for garnish
1 cup of packed arugula leaves
2 teaspoons of simple vinaigrette
(see simple green salad recipe)

These lovely little fritters are a good source of fiber, vitamin A & protein.

Toss your shredded zucchini with the pinch of sea salt & pepper & place into a clean dishtowel set over a small bowl, let sit for 5 minutes then squeeze out as much liquid as possible. Discard the liquid. Place your shredded zucchini back into the bowl & the sweet corn, scallions & cheese. Sprinkle the coconut flour over the top & toss to combine, stir in the egg white mixing thoroughly. Let the mixture rest 5 minutes. Heat the olive oil over medium heat in a cast-iron or nonstick skillet, once the oil is hot spoon in the fritters, gently patting them into disks & lightly fry until they're golden brown (about 2-3 minutes per side).

Meanwhile toss your arugula with the dressing then serve along with the fritters (with lime wedge & verde crack sauce for garnish).

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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

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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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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