

# 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)

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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.

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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. Above the letter 'a' in 'Sam' is a small red semi-circle. The signature reads 'Sam Castwood'.

# TWICE BAKED SWEET POTATO

By Kat Turner



90 mins



## Ingredients (1 serving)

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|--|---|
| 1 small sweet potatoes                     | 3 tablespoons of finely grated parmesan or pecorino |
| 2 slices of tempeh bacon, cooked & chopped | 1 tablespoon of plain yogurt                        |
| 1 scallion, minced                         | Garnish: chives and additional grated cheese        |

Use yogurt in place of sour cream for a healthy creamy zip.

Preheat your oven to 425 degrees

Prick the sweet potato all over with a fork & rub them with olive oil, then sprinkle generously with sea salt; place onto a parchment lined pan & roast until soft, 45 minutes – 1 hour.

Reduce the oven temperature to 375. Cut a hole into the top of the sweet potato & scoop the flesh into a small mixing bowl, stirring in the bacon, scallion, cheese, & yogurt. Stuff the mixture back into the sweet potato & toss it back into the oven for an additional 20-25 minutes.

Once done garnish with chives & a little grated cheese & serve with a simple green salad

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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)

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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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