



# ANTI INFLAMMATORY

101 Set-and-Go Autoimmune Diet Crock  
Pot Recipes to Fight Inflammation and  
Prevent Chronic Diseases

# DIET

# CROCK POT

## Cookbook

**+FREE  
BONUS:**

60 ANTI  
INFLAMMATORY  
SMOOTHIES

SIERRAREEF PRESS

ANTI-INFLAMMATORY  
DIET  
CROCK POT  
RECIPES

101 SET-AND-GO AUTOIMMUNE DIET CROCK POT RECIPES  
TO FIGHT INFLAMMATION AND PREVENT CHRONIC DISEASES

*SIERRAREEF PRESS*

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## AT-A-GLANCE

This Anti-Inflammatory Diet Crock Pot Cookbook combines the health benefits of the Anti-Inflammatory diet for autoimmune disorders with the convenience and great benefits of a crock pot appliance to bring you an arsenal of Anti-Inflammatory diet crock pot recipes.

The Anti-Inflammatory recipes contained in this cookbook are laden with foods that fight inflammation. Besides fighting inflammation, the recipes contained therein will help provide lots of vitamins, dietary fiber, essential fatty acids, minerals, and protective phytonutrients as well as provide ample energy to your body.

For every recipe, an accurate calculation of preparation time and/or cooking time is indicated. All ingredients are precisely measured and each and every step is laid out in a manner easily understood by the readers.

There are 101 Anti-Inflammatory diet Crock Pot recipes in this cookbook aimed at making your meal preparation and cooking quick, easy and straight forward.

Enjoy!

Image Credits: [Jess](#)

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# **INTRODUCTION**

Chronic inflammation has been shown to be the root cause of many serious diseases including many cancers, Alzheimer's disease, and heart diseases. On the body's surface, inflammation manifests as swelling, local redness, pain, and heat. Inflammation occurs as a result of the body's healing response bringing sustenance and more body immune activity to a site of infection or injury. However, when inflammation persists for no reason at all and serves no purpose, it leads to illness and damages the body.

Besides serving as the cornerstone of the healing process, dangerous predispositions for inflammation include:

- Lack of exercise
- Stress
- Genetic Predisposition,
- Exposure to toxins e.g. secondhand tobacco smoke and
- Dietary choices among others.

Dietary choices play a significant role in influencing inflammation and learning how certain foods cause inflammation will help you contain it and reduce risks to long-term disease.

You can lose weight on an anti-inflammatory diet although it is not meant to be a diet in that sense. The anti-inflammatory diet is also not a diet to take on just for a short time period. This diet is a way of preparing foods that have been scientifically proven to not cause inflammation and that fight inflammation helping your body to maintain optimum health.

# THE ANTI-INFLAMMATION DIET FOOD LIST:

## WHAT TO EAT?

- Green leafy vegetables like spinach, kale, Swiss chard, beet greens etc.
- Fresh vegetables like beets, broccoli, celery, cabbage, ginger, garlic and onion etc.
- Fresh fruit like pineapple, apple, cherries and berries especially blueberries.
- Whole grains instead of refined ones
- Substitute dairy with nut milk or nut yogurt
- Lemon and lime
- Healthy oils like olive oil, coconut oil, sesame oil and nut oil.
- Nut butters
- Spices like turmeric, cinnamon, ground ginger and cumin.
- Healthy seafood especially salmon and shrimp.
- Nuts like almonds, walnuts and macadamia nuts.
- Grains like beans, quinoa, wheat berries, tapioca, oats, brown rice, wild rice etc.
- Lean proteins
- Organic eggs
- Limited quantity of cheeses like feta and goat cheese

- Limited quantity of plain Greek yogurt
- Nut milk like coconut milk almond milk and cashew milk
- Plenty of fresh water
- Substitute sugar with natural sweeteners like raw honey, coconut sugar and stevia
- Breads like nut flour breads and whole wheat bread instead of refined carb flours
- Vinegars like apple cider vinegar and balsamic vinegar
- Dark chocolate
- Green tea
- Healthy seeds

## WHAT NOT TO EAT?

- Processed foods
- Sugar
- Artificial fruit juices
- Milk, butter, cream, cheese like mozzarella, parmesan, cream cheese etc.
- White rice
- All-purpose flour bread
- Pasta
- Alcohol
- Oils like canola oil, vegetable oil etc.



# WHAT ARE THE REQUIREMENTS OF A GOOD CROCKPOT?

Having a crock pot or slow cooker on hand makes mealtime a breeze! Great gift for inexperienced cooks, newlyweds and those experiencing life on their own for the first time, as well as busy working parents, empty nesters, and pretty much anyone who wants a night off from having to come up with dinner for his hungry crew!

A Crockpot is a type of a slow cooker.

You can literally find hundreds of Crockpot variants available in the market today and it can be a tad confusing to zero in on a good one. Here are the qualities you can expect a good Crockpot to possess.

**Tip 1:** Crockpots are for heating food and the outer shell should stay cool. It becomes unsafe if it is not so. Remember that the outer shell also holds the controls. The controls should be conveniently located to facilitate easy handling.

**Tip 2:** The feet should be made of skid proof material (preferably rubber). Heat escape should be kept to the bare minimum. The lids make a Crockpot what it is. They should have a knob which stays cool even when the lid itself becomes hot. The lid should fit in tight and should be easily sealable from the outside as well.

**Tip 3:** Good crockpots usually have removable inserts and are thus easy to serve and clean up after cooking. You need to be able to pull the insert out of the outer shell without struggling hard to do it.

**Tip 4:** Traditionally, crockpots had very few settings for temperatures. The only options were high, low and warm. Today, many crockpots and slow cookers afford you more options, which can be a blessing only if you know how to use them well.

**Tip 5:** Some of the many options available nowadays are digital crockpots that allow you to set the exact temperatures, timers, etc. Timers are a blessing for some because they automatically switch the Crockpot off after a certain time!

Of course, while it is great to have more precise control over the way you cook, some features can make life a bit difficult sometimes. Multiple controls tend to involve you more deeply in to the cooking process.

After all, Crockpot recipes are usually composed with either high or low settings in mind.

## SOME USEFUL CROCK POT TIPS AND TRICKS

### The right size

**Tip 6:** It totally depends on the number of people you're cooking for as well as the type of food you're cooking. A 3- to 3½-quart cooker is enough for a small family of three or a couple. Bigger families would require a 5- to 6-quart Crockpot.

**Tip 7:** Larger crockpots are available if you leave to have leftovers to freeze and serve again. Roasts usually fit best in a 6-quart or larger Crockpot. A 1- to 1½-quart Crockpot is perfect for preparing snack mixes, dips, meatballs, and other snacks for a gathering of 3 children.

### *MORE USEFUL TIPS*

**Tip 8:** Root vegetables take longer to cook through than meat and should be placed on sides and bottom of crock pot.

**Tip 9:** One hour on HIGH heat is equivalent to two hours on LOW heat. Here's a handy time and temperature chart for your use in planning:

<u>Cook Time</u>	<u>Low Temperature</u>	<u>High Temperature</u>
15 to 30 minutes	Takes 4 to 6 hours	Takes 1 to 2 hours
30 minutes to 1 hour	Takes 5 to 7 hours	Takes 2 to 3 hours
1 to 2 hours	Takes 6 to 8 hours	Takes 3 to 4 hours
2 to 4 hours	Takes 8 to 12 hours	Takes 4 to 6 hours

**Tip 10:** Be sure to follow each recipe's directions carefully, as some foods CAN'T handle high heat or longer cooking times.

**Tip 11:** Fill crock pot half to 2/3 full to ensure contents have space to expand and cook properly. A pot that's under-filled cooks too fast and has a tendency to burn, while over-filled pots spill over and create messy clean-ups.

**Tip 12:** Choose fatty cuts of meat, such as shanks (beef, lamb or pork), shoulder (lamb or pork) and spare ribs. Meat with marbled fat will have richer flavor and remain moist, tender. Lean meat ends up stringy and tough. To retain flavor and lose the fat, simply skim off top prior to serving.

**Tip 13:** Save your sanity and money by purchasing, preparing and freezing oft-used ingredients before they're needed. Buy items on sale and in season, make time to clean, cut uniformly (for even cooking) and otherwise prepare them. Then save time by freezing everything for one recipe in the same container. On days you're short on time, simply set the crock pot's time and temperature, dump the contents of the bag in the pot and, literally, head out the door.

**Tip 14:** Remove cooked food from crock pot or liner before refrigerating to avoid harmful bacteria forming.

**Tip 15:** Juices will thicken and flavors intensify when you remove the lid and increase heat to HIGH during the final 30 minutes cooking time.

**Tip 16:** Avoid heat loss and lengthened cooking times by resisting the urge to remove crock pot lid.

**Tip 17:** Some foods can't tolerate long cook times or high heat. Add seafood during the last hour of cooking to avoid it becoming rubbery. Add dairy, tender veggies and fresh herbs and citrus near the end.

**Tip 18:** Use instant, long-grain rice for best results. Other types end up stickier, creating more clean-up.

**Tip 19:** Enrich sauces and soups by adding a bit of cream at the absolute last minute.

**Tip 20:** A little liquor goes a long way. Before adding ingredients, simply rinse with liquor and drain, as the flavor will remain and enhance during cooking.

# CAN I USE MY CROCKPOT IF I DON'T HAVE ALL DAY?

**Tip 21:** You can raise the temperatures to cook foods faster. The conversion chart below helps give you an idea:

<b>High</b>	<b>Low</b>
<b>3 hours</b>	7 hours
<b>4 hours</b>	8 hours
<b>5 hours</b>	9 hours
<b>6 hours</b>	10 hours
<b>7 hours</b>	11 hours
<b>8 hours</b>	12 hours

Keep in mind that the manufacturers' recommendations on cooking times may vary. So make sure to check the instruction manual.

## SOME GENERAL GUIDELINES AND BEST PRACTICES

**Tip 22:** A Crockpot or slow cooker works best when it is between  $\frac{1}{2}$  and  $\frac{3}{4}$  full, or between 50 and 75% full. It is important to let the food breath and thus, leaving some space at the top (at least 1-2 inches) gives you best results.

**Tip 23:** Root vegetables like carrots, beet etc. usually take longer to cook. Place them at the bottom of the pot or cut them in small pieces.

**Tip 24:** Most stews and soups taste better on the second day, after it has been cooked, refrigerated and reheated. There is a saying "stew or chili is always better the second day".

**Tip 25:** Crockpots usually cook at low temperatures compared to conventional cooking. In case you have to cook food right away from the refrigerator, heat it on high setting (or at around 140 degrees Fahrenheit) for 2 hours before you set it at low for the rest of the cooking.

**Tip 26:** Every time the lid is lifted, add between 15-20 minutes to the cooking time.

**Tip 27:** Your cooker needs to be at least half full when cooking soups and stews. In case it is less full, cooking time will be less. So, don't forget to check.

**Tip 28:** If your Crockpot has a ceramic pot for cooking, do not refrigerate the raw materials overnight.

**Tip 29:** Before cooking in a ceramic pot, coat it with cooking spray so that the food doesn't stick to it.

**Tip 30:** You can remove the separated fat that accumulates on the top of slow cooked food using a fat mop.

**Tip 31:** Certain ingredients are best added later for different reasons. For instance, Dairy products like sour cream, milk, and certain cheeses usually break down and curdle due to slow cooking.

One may substitute canned evaporated milk or non-fat dry milk. Another effective solution is to simply add dairy products in the last 30 minutes preparation time.

**Tip 32:** Similarly, veggies you want to eat tender should be added in the last 30 minutes or one hour as well.

**Tip 33:** Frozen foods should be completely thawed before throwing in to the Crockpot.

There are many more tips shall be shared with you in the course of this book.



# MEASUREMENT CONVERSION CHART

## U.S. Measurements

U.S. Liquid Volume Measurements			
Cups	Fluid Ounces	Tablespoons	Teaspoons
1	8	16	48
3/4	6	12	36
1/2	4	8	24
1/3	2 2/3	5 tbsp + 1 tsp	16
1/4	2	4	12
1/16	.5	1	3

## U.S. to Metric Conversions

Weight Conversions	
Imperial	Metric
1/2 oz.	14 g
1 oz.	28 g
2 oz.	57 g
3 oz.	85 g
4 oz.	113 g
5 oz.	142 g
6 oz.	170 g
7 oz.	199 g
8 oz.	227 g
9 oz.	255 g
10 oz.	284 g
12 oz.	340 g
1 lb.	454 g
1 1/2 lb.	680 g
2 lb.	907 g
2.2 lb.	1 kg



### Liquid Volume Conversions

Fluid Ounces	Cups	Milliliters	Liters
2	1/4	59	.059
4	1/2	118	.118
8	1	237	.237
16	2	473	.473
24	3	710	.71
32	4	946	.946
33.6	4.22	1000	1

### Temperature Conversions

Fahrenheit	Celsius	Gas Mark	Description
225	107	1/4	Very Low
250	121	1/2	Very Low
275	135	1	Low
300	149	2	Low
325	163	3	Moderate
350	177	4	Moderate
375	190	5	Moderately Hot
400	204	6	Moderately Hot
425	218	7	Hot
450	238	8	Hot
475	246	9	Very Hot

# BREAKFAST AND BRUNCH

## . APPLE AND CARROT OATMEAL

Apple and Carrot Porridge is a nutritious, creamy and healthy breakfast, to get you off to an energy-filled start to the day. Flavored with apple, carrot, and warm spices, it is deliciously reminiscent of carrot cake

Servings: 6

Prep Time: 5 mins

Cook Time: 8 hrs.

### **Ingredients:**

2 cups rolled oats

2 medium apples

1 medium carrot

½ cup Medjool dates

1 tsp. pure vanilla extract

1 tsp. ground cinnamon

2 cups low-fat milk

2 cups water

Salt, to taste (optional)

Cooking oil spray

### **Directions:**

- 1) Lightly coat the crock pot with cooking oil spray or use a crock pot insert.
- 2) Peel the apple, core and cut into 2-centimeter chunks.
- 3) Peel and grate the carrot and then chop the dates into coarse pieces.

- 4) Add all ingredients to the crock pot, stir and cover.
- 5) Cook for approximately 8 hours on a 'Low' heat setting.
- 6) Serve with your favorite milk, some pure maple syrup, raw honey or light brown sugar. Garnish with your favorite nut.

### **Recipe Notes:**

You may alter the liquids in this recipe. Use non-dairy milk to make the recipe dairy-free or even apple juice for a sweeter taste. Using a crock pot insert will also ease the clean up once the cooking is done. They are heat resistant and easily disposed when the oatmeal is cooked. Alternatively, coat the insert of the crock pot with cooking oil spray before cooking.

### **Nutritional Information per serving:**

Calories 211 kcal.

Total Carbohydrates 43.6 g (Dietary Fiber 6 g, Sugars 20.5 g),  
Protein 6.6g, Total Fat 0.3 g (Saturated Fat 0.3 g), Sodium 54 mg.

# BLUEBERRY BANANA STEEL-CUT OATMEAL QUINOA

This wholesome breakfast recipe features steel cut oats, quinoa, bananas and blueberries. And thanks to the slow cooking, it turns out creamy, cozy and quite simply delicious!

Servings: 10

Prep Time: 10 mins

Cook Time: 5 - 6 hrs.

## **Ingredients:**

1½ cups steel cut oats

½ cup uncooked quinoa, rinsed

3 medium ripe bananas, peeled and mashed

1½ cups frozen blueberries

¼ cup pure maple syrup

2 cups unsweetened coconut milk

6 cups water

½ tsp. ground cinnamon

¼ tsp. salt

## ***To Garnish (optional):***

Extra blueberries

Sliced banana

Nuts such as almonds, walnuts or pecans

## **Directions:**

- 1) Spray a 6-quart crock pot with cooking oil spray.
- 2) Add all of the ingredients (except for the extra blueberries, nuts and sliced bananas) and stir until well combined.

- 3) Cover the crockpot and cook for 5 hours on a 'Low' heat setting and then rest for another 1 hour or so on warm.
- 4) Stir well and serve hot with the blueberries, sliced banana, or nuts, if desired.

**Nutritional Information per serving:**

Total Calories: 193 kcal. Total Carbohydrates: 36g (Dietary Fiber: 5g)  
Protein: 6g, Total Fat: 3g (Saturated fat: 1g).

# . PUMPKIN PIE OATMEAL

Do you fancy pumpkin pie for breakfast? Well this healthy Pumpkin Pie Oatmeal recipe will definitely satisfy your cravings. It's absolutely delicious and with only 10 minutes of prep time, quite easy to make in the crock pot

Servings: 4

Prep Time: 10 mins

Cook Time: 7 hrs.

## **Ingredients:**

1 cup steel-cut oats

1 cup pumpkin

2½ cups water

1½ cups unsweetened almond milk

3 tbsp. pure maple syrup

1 tsp. pumpkin pie spice

1 tsp. pure vanilla extract

½ tsp. ground cinnamon

¼ tsp. salt

Cooking oil spray

## ***To Serve:***

Pecans

Maple syrup

Almond milk

## **Directions:**

- 1) Lightly coat your crock pot with cooking oil spray.
- 2) Add all ingredients into the crock pot and stir well.



- 3) Cook for 6-8 hours on a 'Low' heat setting or overnight.
- 4) Next morning, stir the oats to redistribute those that have settled to the bottom.
- 5) Ladle into bowls and serve. Garnish with pecans, almond milk and maple syrup. Enjoy!

**Nutritional Information per serving:**

Total Calories: 242 kcal.

Total Carbohydrates: 45 g (Dietary Fiber: 8g, Sugars 10g), Protein: 8g, Fat 4g.

# . VEGETABLE FRITTATA

Vegetable Frittata is a protein-rich crock pot recipe that uses vegetables, cheese, eggs, cheese, and delicious seasonings. A simple and flavorful breakfast, it's ready in under 2 hours, perfect for busy weekdays.

Servings: 4

Prep Time: 5 mins

Cook Time: 2 hrs.

## **Ingredients:**

6 eggs

1/2 cup Cheddar cheese

1 tbsp. Parmesan cheese

1/4 cup fresh spinach, chopped

1/4 cup cherry tomatoes, sliced

4 oz. mushrooms, sliced

2 green onions, sliced

2 tsp. Italian seasoning

1 tsp. ghee

Cooking oil spray

## **Directions:**

- 1) Lightly coat the crock pot with cooking oil spray.
- 2) Add the ghee to a medium-sized skillet.
- 3) Once the ghee has melted, add the vegetables and sauté until soft, about 2 – 3 minutes.
- 4) Transfer the vegetables to the crock pot.
- 5) Whisk together the eggs, cheese and seasonings in a small bowl.

- 6) Pour the egg mixture into the crock pot and cook for 1 – 2 hours on a 'High' heat setting or for 3 – 4 hours on a 'Low' heat setting.
- 7) Serve immediately.

**Nutritional Information per serving:**

Total Calories 190 kcal.

Total Carbohydrate 3.2g (Dietary Fiber 0.9g, Sugars 1.4g), Protein 14.3g, Total Fat 13.3g (Saturated Fat 5.9g), Cholesterol 296.4mg, Sodium 224.2mg.

# . CHEESY VEGGIE OMELET

Delicious and simple breakfast Vegetable Omelet cooked in the crock pot.

Makes: 4 servings

Prep: 10 mins

Cook: 2 hrs.

## **Ingredients:**

6 eggs

½ cup low-fat milk

1 small yellow onion, finely chopped

1 clove garlic, minced

1 cup broccoli florets

1 red bell pepper, thinly sliced

⅛ tsp. garlic powder, or to taste

⅛ tsp. chili powder, or to taste

Fresh ground black pepper, to taste

¼ teaspoon salt

## ***To Garnish:***

Shredded Cheddar cheese

Chopped onions

Chopped tomatoes

Fresh parsley

## **Directions:**

- 1) Lightly coat the inside of the crock pot with cooking oil spray and set aside.

- 2) In a large mixing bowl combine the eggs, milk, garlic powder, salt and pepper.
- 3) Whisk until mixed and all the ingredients are well combined.
- 4) Add in the broccoli florets, onions, sliced peppers, and garlic to the crock pot. Stir these into the egg-mixture.
- 5) Cover and cook for 2 hours on a 'High' heat setting.
- 6) After 1 hour 30 minutes of cooking, begin to check on the omelet. It should be done when the eggs are firm and set.
- 7) Sprinkle with the Cheddar cheese and cover; stand for 2 - 3 minutes, until all the cheese has melted.
- 8) Turn off the crock pot.
- 9) Cut the omelet into 8 wedges and transfer to a serving plate.
- 10) Garnish with the chopped onions, chopped tomatoes, and fresh parsley.
- 11) Enjoy!

**Nutritional Information per serving:**

Total Calories: 142kcal. Calories from Fat: 63 kcal.

Total Carbohydrates 8g (Dietary Fiber 1g, Sugars 4g), Protein 10g, Total Fat 7g (Saturated Fat 2g), Cholesterol 248mg, Sodium 263mg, Potassium 306mg,

# . CINNAMON ROLL STEEL-CUT OATS

Wake up to Cinnamon Roll Overnight Steel Cut Oats and your day will go right! This breakfast recipe is healthy, low-calorie, and vegetarian, and is a delicious way to power your body through the morning.

Servings: 6

Prep Time: 5 mins

Cook Time: 4 hrs.

## **Ingredients:**

1½ cups steel-cut oats

6 cups water

2 tsp. pure vanilla extract

2 cinnamon sticks

¼ tsp. nutmeg

½ tsp. kosher salt

## ***To Serve:***

1½ cups fat-free Greek yogurt

1½ cups chopped strawberries

1 tbsp. maple syrup

1 tsp. ground cinnamon

## **Directions:**

- 1) Combine all the ingredients (except the Greek yogurt and strawberries) in a crock pot.
- 2) Cook for 7- 8 hours on a 'Low' heat setting.
- 3) Once done, remove and discard the cinnamon sticks.
- 4) In a medium bowl, mix the yogurt, maple syrup and ground cinnamon.

- 5) Spoon the oatmeal into bowls and top with the yogurt and strawberries.
- 6) Lovely!

# MULTI-GRAIN HOT CEREAL

Multi-grain Hot Cereal is the perfect winter breakfast. Wakeup to the aromas of cinnamon and vanilla with this incredibly delicious hot cereal recipe.

Servings: 12

Prep Time: 5 mins

Cook Time: 6 hrs.

## **Ingredients:**

1 cup quinoa, rinsed and drained

1 cup brown rice, rinsed and drained

1 cup steel cut oats

1 cup wheat berries

11 cups water

2 tsp. vanilla extract

1 -2 tsp. ground cinnamon

2 apples, peeled, cored and diced

Cooking oil spray (for greasing)

## **Directions:**

- 1) Place all the ingredients into a large, lightly greased 6-quart crockpot.
- 2) Cook for 4 hours on a 'High' heat setting or overnight (about 6 hours or so) for a 'Low' heat setting.
- 3) Serve immediately.

## **Recipe Notes:**

Adding dried fruits really elevates this recipe. Consider using raisins or cranberries, and add them to the cereal in the last hour of cooking before serving. You may also top with some maple syrup.



# COCONUT CREAM PUMPKIN QUINOA PORRIDGE

Creamy Pumpkin Quinoa is a vegan breakfast to savor, full of autumnal flavors! Quinoa, pumpkin puree, coconut, maple syrup, nuts, and coconut milk, all feature adding a balance of plant-based protein and healthy fats.

Servings: 5

Prep Time: 5 mins

Cook Time: 2 hrs.

## **Ingredients:**

1½ cup uncooked quinoa, rinsed

1 - 1½ cup pumpkin puree, reserve a few tablespoons for topping

12 oz. almond milk

8 oz. water

4 tbsp. pure maple syrup or real honey

1 tbsp. coconut oil

⅓ cup unsweetened shredded coconut

⅓ cup additional coconut cream or coconut milk

1 tsp. cinnamon, plus more for topping

½ tsp. cinnamon

## ***Optional Ingredients:***

Mixed nuts, gluten-free rolled oats, granola, coconut sugar

A pinch of ground ginger

2-3 tbsp. coconut sugar or raw sugar

## **Directions:**

- 1) Add 1 cup quinoa, 2 cups water and ½ cup to 1 cup of coconut milk or almond milk to the crock pot and stir all the ingredients to combine well.
- 2) Add the pumpkin puree, maple syrup or honey, and spices, and stir well to mix.
- 3) Cook for 2 hours on a 'High' heat setting (or until all the liquid is absorbed), stirring half way through cooking.
- 4) Once cooked, place on the 'Warm' or 'Low' crock pot setting and add ⅓ cup of coconut cream or milk.
- 5) Stir in the shredded coconut plus any extra toppings or sweeteners of choice and enjoy!

**Nutritional Information per serving:**

Total Calories: 315 kcal.

Carbohydrates: 45g (Dietary Fiber: 12.3g, Sugars: 12g), Fat: 7g (Saturated Fat: 1g), Protein: 8.5g, Sodium: 200mg.

# . VEGGIE QUICHE

Veggie Quiche is a high-protein, and nutritious quiche that packs a punch. This healthy quiche recipe is perfect for any number of occasions including breakfast, as a snack or even for potlucks.

Servings: 6

Prep Time: 10 mins

Cook Time: 4 hrs.

## **Ingredients:**

2 pie crusts, rolled out

4 large eggs

2 cloves garlic, minced

8 oz. fresh mushrooms

2 green bell peppers, chopped

10 oz. fresh spinach

2 oz. low-fat feta cheese

½ cup low-fat plain Greek yogurt

1 tsp. kosher salt

½ tsp. ground pepper

## **Directions:**

- 1) Lightly coat a crockpot with non-stick cooking oil spray, and place baking parchment paper onto a flat surface.
- 2) Place the two pie crusts onto the baking parchment, overlapping in the center. This creates one long piece of crust, 17-18 inches long.
- 3) Using a rolling pin, flatten and merge the pie crusts.
- 4) Take the flattened pie crusts, along with the baking parchment paper, and line both the bottom and sides of the crockpot.

- 5) Whisk the eggs, yogurt, pepper and salt together in a large bowl.
- 6) Add in the garlic, mushrooms, spinach, bell peppers, and feta cheese. Mix until well combined.
- 7) Pour the egg and veggies into the crock pot and cook for 4 hours on a 'High' heat setting or until the edges of the crust are a light golden brown and the quiche is firm and set.
- 8) Serve immediately

# 0. QUINOA ENERGY BARS

Quinoa Energy Bars are a protein-rich vegan snack that are super easy to make in the crock pot! With a base of quinoa, chia seeds and almond butter these bars make a healthy snack or breakfast on-the-go!

Servings: 8

Prep Time: 10 mins

Cook Time: 4 hrs.

## **Ingredients:**

1/3 cup roasted almonds roughly chopped \*

1/3 cup dried apples roughly chopped

1/3 cup quinoa uncooked

1/2 cup raisins

2 tbsp. almond butter

2 tbsp. chia seeds

2 tbsp. pure maple syrup

1 cup unsweetened vanilla almond milk

2 large eggs

1/2 tsp. ground cinnamon

1/8 tsp. salt

Cooking oil spray

## **Directions:**

- 1) Spray a 5-quart crock pot with cooking oil spray and cut a piece of baking parchment paper to fit the bottom. Spray the baking parchment with the cooking oil spray, and press down to adhere it to the crock pot.

- 2) In a micro-wave safe bowl, combine the maple syrup and almond butter, and melt until the almond butter is creamy and pliable, about 30 seconds.
- 3) Whisk and then add in the almond milk, salt and ground cinnamon. Mix until the milk is well incorporated into the almond butter.
- 4) Now whisk in the eggs and then stir in all remaining ingredients.
- 5) Pour the batter into the prepared crock pot and cook on for about 3½ - 4 hours, until the batter appears firm and set.
- 6) Run a knife around the outside to loosen the bars and remove the bowl from the crock pot.
- 7) Place in the refrigerator to completely cool and once cool, cut into bars and enjoy!

### **Recipe Notes:**

You may also dry toast the almonds in a 400F oven for 5-10 minutes, until lightly golden brown,

Ensure to coat the baking parchment paper and the bottom of the crockpot with cooking oil spray as it will make the bars much easier to get out.

These bars store well refrigerated, in an air tight container.

# 1. SHAKSHUKA

This is a simple and comforting Middle Eastern dish of eggs poached in a spicy red pepper and tomato sauce. This sauce is very forgiving; it can stay warm for a long time, perfect for catering events and buffets!

Servings: 4

Prep Time: 15 mins

Cook Time: 2½ or 6 hours

## **Ingredients:**

3 tbsp. extra-virgin olive oil

4 large eggs

1 large red onion, sliced

1 28-oz. can whole plum tomatoes

1 12 oz. jar roasted red peppers, drained and

½ cup pitted kalamata olives

5 cloves garlic, finely chopped

1 tbsp. harissa or zhug paste

½ tsp. ground turmeric

½ tsp. ground cumin

½ tsp. red pepper flakes

½ tsp. smoked paprika

Freshly ground black pepper, to taste

Kosher salt, to taste

## ***To Serve:***

Extra olive oil

Fresh herbs, such as parsley, dill or mint

Feta cheese

Whole wheat pita bread

## **Directions:**

- 1) In a large cast-iron skillet, heat the olive oil over medium-high heat.
- 2) Add in the onion, and cook, stirring occasionally and seasoning with salt, until the onion becomes soft and starts to turn golden, about 8 minutes.
- 3) Put the roasted red peppers, olives, and tomatoes, in a large 5 - 8-quart crock pot. Coarsely break up the whole plum tomatoes with your hands and add to the crock pot.
- 4) Then add the garlic to the skillet and cook, stirring, for 2 minutes.
- 5) Lower the heat to medium and then add the turmeric, cumin, red pepper flakes, paprika, and zhug. Season liberally with pepper.
- 6) Cook, until fragrant for about 30 seconds and then using a spatula, scrape the onions into the crock pot and stir to combine. Season with a teaspoon of salt.
- 7) Cook for 6 to 8 hours on a 'Low' heat setting or 2 ½ hours on a 'High' heat setting. The flavors of the sauce will have mellowed by this time.
- 8) Taste the sauce, adjust for seasoning and then turn the heat setting up to 'High'.
- 9) Cover, for about 15 minutes and then uncover and stir the sauce. Crack the eggs onto the surface of the sauce, season, and then cover again. Cook for a further 8 – 15 minutes, until the eggs are just set on top.
- 10) Scoop servings into bowls, an egg per person and drizzle with some olive oil. Top with the fresh herbs and feta and serve with warm pita bread on the side.

## **Recipe Notes:**

Zhug (also known as schug) is hot sauce of Yemeni origin, that's popular in the Middle East Israel. It's hot, tangy and herbal, and



comes in both green and red varieties. Look for it in the Middle Eastern aisle of your nearest supermarket. It makes an excellent replacement for harissa.

**Nutritional Information per serving:**

Total Calories: 312 kcal.

Total Fat 22g (Saturated Fat 4g), Carbohydrates 18g (Dietary Fiber 2g, Sugars 9g), Protein 9g.

## 2. TURKISH BREAKFAST BAKED EGGS

Spice up your breakfast routine with these Turkish Breakfast Baked Eggs. This rustic breakfast or brunch dish is low-calorie, and high in Vitamin C, perfectly healthy and delicious!

Makes: 4 servings

Prep Time: 15 mins

Cook Time: 6 hrs.

### **Ingredients:**

1 tbsp. olive oil

4 large eggs

2 white onions, finely sliced

1 small red chili, finely sliced

8 cherry tomatoes, halved

1 red pepper, cored, de-seeded and finely sliced

1 slice whole-wheat bread, cubed

2 tbsp. skimmed milk

Handful of fresh parsley, finely chopped

### ***To Serve:***

4 tbsp. natural Greek yogurt

### **Directions:**

- 1) Grease the inside of a small 4-quart crock pot and heat if required.
- 2) Heat the remaining oil in a cast-iron skillet and stir in the onions, chili and peppers. Cook until the vegetables are soft and fragrant.
- 3) Place the cooked vegetables into the crock pot and then add the cherry tomatoes and bread cubes and stir everything

together, seasoning with salt and pepper to taste.

- 4) Whisk the eggs together with the milk and parsley and pour this over the top of the vegetables, making sure all the other ingredients are covered by the egg mixture.
- 5) Cook for 5-6 hours on a 'Low' heat setting.
- 6) Once done, serve with the yogurt and enjoy.

**Nutritional Information per serving:**

Total Calories: 165 kcal.

Total Carbohydrates 13g (Dietary Fiber 3g, Sugars 7g), Fat 8g (Saturated Fat 2g), Protein 9g, Sodium 320mg.

### 3. PUMPKIN PIE WITH SORGHUM BREAKFAST

Sorghum is a nutrient that is highly beneficial for Type II Diabetic patients and having it in breakfast is considered very beneficial.

**Makes:** 4 servings

**Prep:** 10 minutes

**Cook:** 8 hours 10 minutes

#### **Ingredients:**

Pumpkin pie spice- 1 tbsp.

Maple syrup- 2 tbsps.

Vanilla extract- 1 tsp

Almond milk (unsweetened) - 1 cup

Sorghum- 1 cup

Pumpkin puree- 3/4 cup

#### **Directions:**

1. In a slow cooker combine all the above ingredients and mix well.
2. Add two cups of water to it and mix again.
3. Let the mixture cook for 8 hours so that the sorghum gets tender and the liquid gets dissolved.
4. Serve hot.

# APPETIZERS AND SNACKS

## 1. AVOCADO DIP

Avocado Dip is a delicious snack item, perfect with some crispy, crunchy tortilla chips. This crock pot recipe makes it quick and easy, perfect for movie night or game day.

Servings: 4

Prep Time: 5 mins

Cook Time: 2 hrs.

### **Ingredients:**

1 cup or 2 medium avocados, diced

½ cup low-fat sour cream

1 large garlic clove, finely diced

1 tbsp. fresh lime juice

½ tsp. fine sea salt

⅛ tsp. freshly cracked black pepper

⅛ tsp. favorite hot sauce

### **Directions:**

- 1) Place all the ingredients into a 4 – 5-quart crock pot and stir gently to combine.
- 2) Cook for 2 hours on a 'High' heat setting.
- 3) Once ready, place all the ingredients in a blender and blend until you reach the desired consistency.
- 4) Serve warm with tortilla chips.

## 2. HUMMUS

Hummus, a Mediterranean staple, is a revelation! The secret to creamy and silky hummus is the crockpot! Dump all the ingredients and wait for the best hummus, perfect for entertaining or snacking on during the week.

Servings: 4 cups

Prep Time: 10 mins

Cook Time: 4 hrs.

### **Ingredients:**

1 cup dried chickpeas

3 cloves garlic, peeled

1 tsp. salt

1 tsp. baking soda

1/3 cup lemon juice

1/3 cup tahini

1/2 cup water

1/2 tsp. salt

### ***To Garnish:***

Extra-virgin olive oil

Fresh parsley, chopped

Dash of smoked paprika

### **Directions:**

- 1) Add the dried chickpeas, baking soda and salt to a crockpot and add water to just cover the chickpeas, about 2 inches over. Stir, cover and cook for 4 hours on a 'High' heat setting.
- 2) Pour out any of the cooking liquid once done and then add the cooked chickpeas, lemon juice, tahini, water, garlic and salt to

a food processor.

3) Process until completely smooth.

4) Serve and top with the smoked paprika, olive oil and fresh parsley.

### 3. ARTICHOKE DIP

This creamy and warm dip is a firm party favorite. The traditional recipe is extremely high in fat. This recipe is a healthy version, 80% lower in calories and fat while maintaining all the great flavor and luxurious richness.

Servings: 5 cups

Prep Time: 5 mins

Cook Time: 2 or 3 - 4 hrs.

#### **Ingredients:**

2 14-oz. cans artichoke hearts, drained and coarsely chopped

1 10-oz. packet frozen spinach, thawed, drained and squeezed dry

1 cup low-fat Greek yogurt

1 cup shredded part-skim mozzarella cheese

¼ cup grated Parmesan cheese

1 8-oz. block fat-free cream cheese, softened and cut in ½-inch cubes

1 8-oz. block reduced-fat cream cheese, softened and cut in ½-inch cubes

4 cloves or 1 tbsp. garlic, minced

½ tsp. crushed red pepper flakes

½ tsp. ground black pepper

#### ***To Garnish:***

½ red bell pepper, diced

#### **Directions:**

- 1) Generously coat the crock pot with cooking oil spray.
- 2) Add all the ingredients except the red bell pepper and stir well to mix.



- 3) Cover the crock pot and cook for 1½ - 2 hours on a 'High' heat setting or for 3 – 4 hours on a 'Low' heat setting.
- 4) Serve immediately.

**Nutritional Information per serving:**

Total Calories 72.2 kcal.

Fat: 2.9g, Carbohydrates 6.4g (Dietary Fiber 1.9g) Protein 5.4g.

## 4. CROCKPOT VEGETABLE MEDLEY

Crock Pot Vegetable Medley – a healthy side dish, full of Vitamins and minerals! Slow cook all day for a great and delicious appetizer or side dish.

Servings: 6-8

Prep Time: 5 mins

Cook Time: 6 hrs.

### **Ingredients:**

1 white onion, chopped

1 red bell pepper, cored, deseeded and chopped

1 zucchini, chopped

2 cups mushrooms, sliced

2 14.5-oz. cans diced tomatoes with basil

½ tsp. dried oregano

¼ tsp. garlic powder

⅛ tsp. pepper

### **Directions:**

- 1) Place all the ingredients into the crock pot.
- 2) Cover and cook for 6 to 8 hours on a 'Low' heat setting.
- 3) When done, the vegetables should be tender and cooked through.

## 5. SWEET POTATOES WITH TURKEY BACON

Amazing sweet potatoes with rosemary, garlic and parsley and topped with turkey bacon bits. So delicious and easy!

Servings: 8

Prep Time: 30 mins

Cook Time: 6 hrs.

### **Ingredients:**

4 lbs. slender sweet potatoes, peeled and cut into 1-inch slices

3 cooked turkey bacon slices, crumbled

2 garlic cloves, minced

4 tbsp. low-fat butter, melted

3 tbsp. light brown sugar

½ cup frozen sugar-free orange juice concentrate, thawed

2 tsp. cornstarch

1 tbsp. cold water

2 tsp. chopped fresh rosemary

½ cup fresh flat-leaf parsley leaves, finely chopped

1 tbsp. orange zest

2 tsp. kosher salt

### **Directions:**

- 1) Place the sweet potatoes into a 5 - 6-quart crock pot.
- 2) Stir the orange juice concentrate with the garlic, butter, brown sugar, rosemary and salt, in a small bowl. Pour this mixture over sweet potatoes, tossing to coat.

- 3) Cover and cook for 5½ - 6 hours or until the potatoes are fork-tender.
- 4) Transfer the potatoes to a serving dish, using a slotted spoon.
- 5) Increase the crock pot to a 'High' heat setting.
- 6) Whisk together the cornstarch with 1 tablespoon of cold water until smooth.
- 7) Whisk the cornstarch mixture into the crock pot cooking liquid in the crock pot. Whisk constantly for 3 - 5 minutes, until the sauce thickens. Spoon this sauce over the sweet potatoes.
- 8) Stir together the parsley, orange zest, and minced garlic. Sprinkle the potatoes with the parsley mixture and crumbled turkey bacon.

## 6. CROCKPOT APPLESAUCE

Crock Pot Apple Sauce is a versatile condiment that cooks to perfection on the slow cooker. Serve over vanilla ice cream for the perfect snack or as an accompanying sauce to roast pork!

Servings: 4 cups

Prep Time: 10 mins

Cook Time: 4 hrs.

### **Ingredients:**

3 lbs. or 6 large apples

2 cinnamon sticks (optional)

1 tbsp. lemon juice

½ cup water

¼ tsp. salt

### **Directions:**

- 1) Peel, core and quarter the apple. Roughly chop the apples into 1 - 2-inch pieces, depending on how chunky you prefer the applesauce to be.
- 2) Combine all the ingredients into the crock pot, and close the lid.
- 3) Cook for 4 hours on a 'High' heat setting, checking and stirring twice during cooking.
- 4) Once cooked, if you like your applesauce chunky, you can leave the sauce as it is.
- 5) But if you prefer a smoother textured sauce, remove and discard the cinnamon stick, and then use an immersion blender to puree the applesauce until it reaches the consistency you prefer.
- 6) Cool the applesauce, divide between several containers and refrigerate.

7) Store in the refrigerator for up to 5 days, or keep frozen for up to 3 months.

**Recipe Notes:**

If using an Instant Pot, program it to the 'Crock Pot' setting. Once all the ingredients have been added, increase the heat to "More," adjust the cooking time to 4 hours, and then seal the lid.

**Nutritional Information per serving:**

Total Calories: 175 kcal.

Fat 0.6g (Saturated Fat 0.1g), Total Carbohydrates 46.4g (Dietary Fiber 8g, Sugars 34.8g), Protein 0.9g, Sodium 149.9mg

## 7. MEXICAN SEVEN LAYER DIP

Mexican Seven Layer Dip is usually served cold. Enjoy this warmed-up version, made in the crock pot and practically with no fuss from you.

Servings: 20

Prep Time: 10 mins

Cook Time: 4 hrs.

### **Ingredients:**

- 1 15-oz. can fat-free refried beans
  - 1 15-oz. can black beans, drained and rinsed
  - 1 large white or yellow onion, finely diced
  - 3 cloves garlic, minced
  - 1 green bell pepper, finely diced
  - 1 jalapeño, minced (optional)
  - 1 tbsp. cumin, divided into 2 portions
  - 1 tsp. paprika, divided into 2 portions
  - 1 tsp. chili powder, divided into 2 portions
  - 1 8-oz. can tub reduced-fat sour cream
  - 1 8-oz. can packet low-fat cream cheese
  - 2 cups prepared salsa
  - 1 cup shredded low-fat Cheddar or Monterey Jack cheese
- Cooking oil spray

### **Directions:**

- 1) Coat the liner of a crock pot with non-stick cooking oil spray.
- 2) Mix the refried beans with ½ a cup of water, then spread into the bottom of the crock pot.

- 3) Top with the black beans, veggies, garlic and half of the spices.
- 4) In a medium-sized bowl, mix the sour cream, cream cheese, and all the remaining spices. Spread this mixture over the vegetables.
- 5) Top with the salsa and then with the cheese.
- 6) Cook for 4 hours on a 'Low' heat setting, until the cheese is melted and the beans are warmed through.
- 7) Enjoy with tortilla chips or warmed soft flour tortillas.



## 8. OATMEAL BARS

These bars most definitely better than, those in a health food store as they're made at home with the freshest ingredients. Top with semi-sweet dark chocolate chips or shredded coconut for a delicious candy bar effect.

Servings: 10

Prep Time: 10 mins

Cook Time: 8 hrs.

### **Ingredients:**

2 cups rolled oats

½ cup ground flaxseed

1 large banana or 1 cup mashed banana

1½ cup milk

2 eggs

½ tsp. pure vanilla extract

1 tsp. agave syrup or liquid stevia

1 tsp. baking powder

1 tsp. pure vanilla extract

2 tsp. ground cinnamon

½ tsp. salt

Mixed Nuts (optional)

Dried fruit (optional)

Shredded coconut (optional)

### **Directions:**

- 1) In the bowl of your stand mixer, blend the eggs, vanilla extract, agave syrup or stevia, mashed bananas, and milk together

until well blended.

- 2) In a separate large bowl, mix together all the remaining dry ingredients.
- 3) Mix the wet ingredients into the dry.
- 4) Press the mixture into a crock pot that has been lined with baking parchment paper, allowing the extra paper to come up the sides of the crock pot.
- 5) Cook for 8 hours on a 'Low' heat setting.
- 6) Once done use the baking parchment paper for handles and lift out of the crock pot.
- 7) Cut into the bars and top with the nuts, dried fruit, or shredded coconut, if desired.
- 8) Enjoy!

## 9. MOROCCAN CHICKEN PITA BITES

This Moroccan Chicken Pita Bites recipe, allows the chicken to develop deep and warming flavors, due to the slow cooking in the crock pot. Ground cumin, cinnamon, paprika and olives, give the dish that distinctive touch of the Med. Just warm up your Pita breads and serve, for a crispy, delicious morsel.

Servings: 10-12

Prep Time: 10 mins

Cook Time: 6-7 hrs. plus 10 mins extra

### **Ingredients:**

3 tbsp. olive oil

1 lb. boneless, skinless chicken thighs

1 large Spanish onion, thinly sliced

1 tbsp. fresh garlic, minced

1 tbsp. fresh ginger, minced

1 – 2 tbsp. paprika

2 tsp. ground cumin

1 tsp. ground cinnamon

1½ cups chicken stock

½ cup pitted green olives, quartered

2 tbsp. lemon juice

Salt, to taste

### ***To Serve:***

5 - 6 whole wheat pita breads

Hummus

Fresh parsley, chopped

## **Directions:**

- 1) In a large cast-iron skillet heat the olive oil and sauté the onions with some salt and pepper until soft and golden.
- 2) Add the garlic and ginger, and cook for a further 1 minute or so.
- 3) Follow with the ground cinnamon and cumin, and mix well, cooking for a few minutes.
- 4) In the bottom of your crock pot, place the chicken thighs and pour the spiced onion mixture all over the chicken.
- 5) Then add in the lemon juice, 2 cups of chicken stock, green olives, salt and pepper.
- 6) Cover and cook for about 6 - 7 hours on a 'Low' heat setting.
- 7) Once done, remove the chicken and using two forks, shred into bite sized pieces. Return the shredded chicken back to the crock pot with the cooking juices
- 8) Pre-heat the oven to 350F.
- 9) Slice the pita breads into quarters and place onto a baking sheet.
- 10) Toast the breads for about 10 minutes, until they are crispy.
- 11) Spread hummus over the pita chards and about a 1 tablespoon of the Moroccan chicken.
- 12) Garnish with fresh parsley, serve hot and enjoy!

## 10. SOY AND LIME CHICKEN WINGS

Soy and Lime Chicken Wings are deliciously finger-licking good! This recipe makes scrumptious appetizer and is perfect for game-day or movie night.

Servings: 4-6

Prep Time: 5 mins

Cook Time: 3 - 4 or 6 - 7 hrs.

### **Ingredients:**

2 lbs. chicken wings

2 cloves garlic, minced

¼ cup balsamic vinegar

¼ cup low-sodium soy sauce

3 tbsp. honey

3 tbsp. lime juice

1 tsp. Sriracha sauce

1 tsp. ground ginger

Zest of one lime

4 tsp. cornstarch

### ***To Serve:***

2 tsp. sesame seeds

2 tsp. chopped chives

### **Directions:**

- 1) Whisk together balsamic vinegar, soy sauce, honey, garlic, ginger, Sriracha sauce, lime juice and lime zest.
- 2) Place the wings into the crock pot and pour the soy sauce over the wings. Stir gently to combine.

- 3) Cover and cook for 6 to 7 hours on a 'Low' heat setting or for 3 - 4 hours on a 'High' heat setting.
- 4) Once the wings are done, whisk together the cornstarch with 1 tablespoon of water.
- 5) Add this mixture to the crock pot.
- 6) Cover and cook on 'High' for a further 10 - 12 minutes, until the sauce has sufficiently thickened.
- 7) Serve immediately, garnished with the sesame seeds and chopped chives.

# 11. EGGPLANT TAPENADE

This delicious Eggplant Tapenade is a recipe made for the crock pot. A perfect summer recipe, it is delicious eaten cold on crackers or with bread sticks.

Servings: 4 cups

Prep Time: 15 mins

Cook Time: 7-9 hrs.

## **Ingredients:**

3 cups chopped eggplant

1 6-oz. can pitted green olives, chopped

14.5-oz. can or 1½ cups diced tomatoes, with their juices

4 cloves garlic, minced

2 tsp. capers

1 tsp. dried basil or 1 tbsp. fresh basil

1 - 2 tsp. balsamic vinegar

Salt, to taste

Black pepper, to taste

## **Directions:**

- 1) Add all the ingredients (except the balsamic vinegar and basil) to the crock pot.
- 2) Cook for 7 - 9 hours on a 'Low' heat setting.
- 3) Just before serving add the balsamic vinegar, basil, salt and pepper. Taste and adjust the seasonings as needed.
- 4) Serve with whole wheat crackers or bread sticks.

## 12. THAI CURRY SPICED SNACK MIX

Thai Curry Spiced Snack Mix is the perfect salty-sweet gluten-free snack! It is packed chock full of flavor and, amazingly good super food nutrition! Great for party appetizers or for snacks on the go!

Servings: 8

Prep Time: 2 mins

Cook Time: 1 hr. 30 mins

### **Ingredients:**

5 cups raw mixed nuts, some coarsely chopped and some left whole

1 cup raw pumpkin seeds

2 tbsp. butter or coconut oil

2 tbsp. tamari (gluten-free soy sauce) or coconut aminos

2/3 cup - 1 cup goji berries and/or chopped dried pineapple

1/4 cup coconut sugar

1/2 tbsp. Thai red curry powder

2 tsp. paprika

1 tsp. garlic

1 tsp. onion powder

1 tsp. sea salt

1/2 tsp. Thai red chili powder

1/2 tsp. black pepper

1 tbsp. red pepper flakes, or to taste

Extra paprika or red curry powder, if desired.

### **Directions:**

- 1) Place all the ingredients (except for the dried fruit in a greased or baking-parchment-lined crock pot. Mix well and cover with



- the lid.
- 2) Cook for 2 hours on 'Medium' heat, checking and stirring once every 30 minutes. If the crock pot has only 'High' or 'Low' setting, then set the crock pot to 'High' and cook for 1 – 1½ hours.
  - 3) Once everything is cooked, lay out the nuts onto a large baking-parchment-lined baking sheet or just plain baking parchment paper to cool.
  - 4) Mix in the dried goji berries and/or dried pineapple.
  - 5) Sprinkle with the red pepper flakes and extra seasoning if desired.
  - 6) This Snack Mix stores well sealed in a Ziploc bag or air tight container. It keeps for 10 days - 2 weeks at room temperature or in a fridge for 2-3 weeks.

**Nutritional Information per serving:**

Total Calories: 230 kcal.

Total Carbohydrates: 11.5g (Dietary Fiber: 2g, Sugar: 3.5g), Protein: 6.5g, Fat: 17.5g (Saturated Fat: 3.7g), Cholesterol: 1.1mg, Sodium: 100mg.

# VEGETARIAN

## 1. VEGAN CHILI

This vegan chili packs a real punch! Plenty of fresh vegetables and warm spices make sure it doesn't fall short on flavor. Serve over rice or with warm tortillas for a satisfying supper

Servings: 4

Prep Time: 15 mins

Cook Time: 6 hrs. 15 mins

### **Ingredients:**

3 tbsp. olive oil

2 sweet potatoes, peeled and cut into medium chunks

400g can black beans, drained and rinsed

400g can kidney beans, drained and rinsed

2 x 400g cans chopped tomatoes, with their juice

1 white onion, chopped

2 garlic cloves, crushed

2 carrots, peeled and chopped

2 celery sticks, chopped

1 red bell pepper, cut into chunks

2 tsp. smoked paprika

2 tsp. ground cumin

1 tsp. dried oregano

1-2 tsp. red chili powder, or to taste

### ***To Serve:***

Lime wedges

Guacamole,

Fresh cilantro, chopped

Steamed white or brown rice

### **Directions:**

- 1) Heat the olive oil in a large skillet over a medium heat.
- 2) Add the chopped onion, celery and carrot, and cook for 8-10 minutes, stirring until soft.
- 3) Crush in the garlic using a garlic press, pour in the sweet potato chunks, and cook for a further 1 minute.
- 4) Add all the spices and tomato puree, and then cook for a further 1 minute, until the raw taste has been cooked out.
- 5) Place all these cooked ingredients into the crock pot.
- 6) Add the chopped tomatoes, chopped red bell pepper, and then stir well and cover.
- 7) Cook for 5 hours on a 'Low' heat setting.
- 8) Stir in the canned beans and cook for a further 30 minutes to 1 hour.
- 9) Season to taste.
- 10) Serve with the lime wedges, steamed rice, and guacamole and cilantro, for a vegan Mexican feast.

### **Nutritional Information per serving:**

Total Calories 367 kcal.

Total Carbohydrates 48g (Dietary Fiber 17g, Sugars 22g), Fat 10g (Saturated Fat 2g), Protein 12g, Salt 0.6g

## 2. VEGETABLE CURRY WITH COCONUT SAUCE

This tasty Vegetable Curry with Coconut Sauce is the perfect slow cooked vegan curry. Freeze the leftovers if need be. An excellent serving that provides four of your five-a-day.

Servings: 2

Prep Time: 10 mins

Cook Time: 6 hrs. plus overnight (8 - 12 hrs.) for chilling

### **Ingredients:**

200g butternut squash, peeled and cut into chunks

1 small eggplant, halved and thickly sliced

1 red pepper, deseeded and sliced

400ml can light coconut milk

3 tbsp. mild curry paste

2 tsp. low-sodium vegetable bouillon powder

3 garlic cloves, thinly sliced

1 tbsp. fresh ginger, finely chopped

1 red chili, deseeded and thinly sliced

160g frozen peas, thawed

15g fresh cilantro, chopped

Juice and zest of 1 lime, to taste

### ***To Serve:***

Whole meal flatbread

### **Directions:**

- 1) Put all the ingredients (except the cilantro, frozen peas, lime juice and lime zest) into the crock pot and stir well.

- 2) Cover with the crockpot lid and chill overnight in the refrigerator.
- 3) The next day when ready to cook, place the crock pot on a 'Low' heat setting for 6 hours until the vegetables are tender. Stir in the cilantro, lime zest and peas.
- 4) The heat of the curry will warm the vegetables through.
- 5) Taste, add a good squeeze of lime juice and serve with warm whole meal flatbread.

**Nutritional Information per serving:**

Total Calories 391 kcal.

Total Carbohydrates 30g (Dietary Fiber 14g, Sugars 18g), Fat 22g (Saturated Fat 13g), Protein 11g, Salt 1.1g.

### 3. MUSHROOM RISOTTO

This low-calorie and low-fat Mushroom Risotto made in a crock pot, is just as good as the original version made on the stove top. Sprinkle with Parmesan for a comforting and nutritious meal.

Makes: 4 servings

Prep: 30 mins

Cook: 1 hr.

#### **Ingredients:**

1 tsp. olive oil

1 white onion, finely chopped

300g wholegrain rice

250g chestnut mushrooms, sliced

50g dried porcini mushrooms

800ml low-sodium vegetable stock

#### ***To Serve:***

Vegetarian Parmesan-style cheese, grated

Small bunch parsley, finely chopped

#### **Directions:**

- 1) Heat the crock pot if the instructions call for it.
- 2) Fry the chopped onion in olive oil in a large cast-iron skillet, adding a splash of water, for 10 minutes. The onions should be soft and translucent but not caramelized.
- 3) Add the mushroom slices and stir, until they start to soften and release all their juices.
- 4) As the mushrooms cook, pour the stock into a saucepan and add the dried porcini mushrooms, bringing to a simmer. Remove from the heat and leave to soak.

- 5) Place the onions and mushrooms into the crock pot and then add the rice. Stir well and pour over the stock and porcini, being careful to leave out any sediment at the bottom of the saucepan.
- 6) Cook for 1 hour on a 'High' heat setting and then check the consistency; the rice should be soft and cooked but not mushy.
- 7) If a little more liquid is needed, stir in a splash of the stock, and then stir in the fresh parsley and season to taste. Serve with the grated Parmesan.

**Nutritional Information per serving:**

Total Calories 346kcal.

Total Carbohydrates 67g (Dietary Fiber 5g, Sugars 5g), Fat 3g (Saturated Fat 0.3g), Protein 10g, Salt 0.53g.

## 4. THREE BEAN CHILI

You can't go wrong with a warming bowl of this Three Bean Chili. This is a vegan superstar, suitable for gluten-free and low-carb diets, perfect for those keeping to a low daily calorie intake.

Servings: 8

Prep Time: 10 mins

Cook Time: 4 hours

### **Ingredients:**

2 tsp. olive oil

400 g (14-oz.) can black-eyed beans, drained

400 g (14oz.) can pinto beans, drained

400 g (14-oz.) can red kidney beans, drained

400g (14-oz.) can chopped tomato, juice and all

250g or 8.8-oz. butternut squash, peeled and diced

200g or 7oz frozen corn kernels thawed

500ml or 2 cups vegetable stock

1 white onion peeled and diced

1 red pepper bell, deseeded and diced

1 tsp. garlic, minced

1 tsp. ground coriander

2 tsp. ground cumin

1 tsp. dried oregano

1 tsp. cayenne pepper (omit if making this recipe for kids)

Salt, to taste

### **Directions:**



- 1) Heat the olive oil in a skillet and fry the onion and peppers for 5 minutes until soft and translucent.
- 2) Stir in the garlic paste, followed by all the spices and herbs and cook for a further 1 minute.
- 3) Transfer and mix well into a crock pot, adding in the rest of the ingredients. Season with salt and cover with the crock pot lid.
- 4) Cook for 4 hours on a 'High' heat setting. After 3½ hours of cooking time, check to see the progress and if the three bean chili is not quite done and needs some more time, cook until done.
- 5) Serve hot with some steamed brown rice, warm corn tortillas and fresh cilantro.

**Nutritional Information per serving:**

Total Calories 232 kcal. Calories from Fat 18 kcal.

Total Carbohydrates 43g (Dietary Fiber 11g, Sugars 5g), Total Fat 2g, Protein 12g, Sodium 462mg, Potassium 789mg.

## 5. PUMPKIN RED LENTIL CHILI

Pumpkin Red Lentil Chili is a vegetarian chili with difference. The warming spices of cumin, cinnamon and clove give it spice, while the cocoa powder gives it a beautiful depth of flavor. It's the perfect chili for a wintery evening indoors!

Servings: 6

Prep Time: 10 mins

Cook Time: 8 hrs.

### **Ingredients:**

2 15-oz. cans kidney beans, drained

2 15-oz. cans fire-roasted diced tomatoes

2 cups water or low-sodium vegetable broth

1 cup pumpkin puree

1 cup dry split red lentils

1 cup or ½ medium Spanish onion, chopped

1 medium jalapeño pepper, minced\* See Recipe Notes

1 tbsp. chili powder

1 tbsp. Dutch processed or regular cocoa powder

2 tsp. ground cumin

½ tsp. ground cinnamon

⅛ tsp. ground cloves

1 tsp. kosher salt

### ***For topping:***

Green *Tabasco* sauce

Diced white onions

Diced plum tomatoes

Vegan or regular sour cream

Shredded Cheddar or Gruyere cheese (if the recipe is not vegan)

Sliced scallions

Toasted pumpkin seeds (*pepitas*)

### **Directions:**

- 1) Add all the ingredients to a 3-quart or larger crock pot and stir well to combine. Cover with the crock pot lid.
- 2) Cook for 4 – 5 hours on a 'High' heat setting or for 8 – 10 hours on a 'Low' heat setting.
- 3) The lentil should be tender and the chili thick and hearty.
- 4) Serve with the assorted toppings, of your choice.

### **Recipe Notes:**

Taste the pepper for heat and add another pepper if you like. If you prefer a milder chili, scrape out the pith and seeds before mincing.

### **Nutritional Information per serving:**

Total Calories: 285kcal.

Carbohydrates: 50.6g (Dietary Fiber: 18.6g, Sugars: 7.5g), Protein: 19.1g, Fat: 2g, Sodium: 671mg.

## 6. PUMPKIN BAKED BEANS

This easy Autumn-inspired spin on the classic BBQ side dish makes for a perfect holiday table. Making them in the crock pot makes the process a breeze, and gives you a hearty, filling and nutritious accompaniment.

Servings: 6-8

Prep Time: 10 mins

Cook Time: 8 hrs.

### **Ingredients:**

1 lb. uncooked, dry Great Northern beans or 4 15-oz. cans, drained and rinsed

1 medium yellow onion, diced

1 cup pumpkin puree

½ cup molasses

½ cup dark brown sugar

½ cup water

2 tsp. dry mustard powder

1 tsp. pumpkin pie spice

⅛ tsp. cayenne pepper

2 tsp. kosher salt

¼ tsp. freshly ground black pepper

### **Directions:**

- 1) Add all the ingredients to a 2-quart or larger crock pot.
- 2) Stir gently and then cover with the crock pot lid.
- 3) Cook for 5-6 hours on a 'High' heat setting or for 8-10 hours on a 'Low' heat setting.
- 4) Taste and add any additional salt and pepper if desired.

5) Serve hot with your favorite grilled vegetables for a vegan BBQ!

## 7. SPAGHETTI SQUASH WITH CHANA MASALA

Chickpeas simmered with Indian spices in a tangy tomato sauce, are scooped over tender spaghetti squash for a scrumptious vegan meal. This recipe is made even easier when done in the crock pot, as it practically does all the work!

Servings: 4-6 servings

Prep Time: 20 mins

Cook Time: 8 hrs. 10 mins

### **Ingredients:**

2 tbsp. olive oil

2 15-oz. cans chickpeas, drained

1 medium (3 lb.) spaghetti squash, halved, seeds scooped out and discarded

1 28-oz. can diced tomatoes with juice

1 medium yellow onion, diced

3 medium cloves garlic, minced

1 tbsp. fresh minced ginger or 1/2 tsp. ground ginger

2 tsp. ground cumin

1 tsp. garam masala spice mix

3 cardamom pods, seeds removed and crushed or 1/4 tsp. ground cardamom

1/2 tsp. ground coriander

1/8 tsp. cayenne powder

3/4 tsp. kosher salt, or to taste

### ***For the Toppings:***

Plain Greek yoghurt (if the recipe is not vegan)

Lemon wedges for squeezing

Fresh cilantro, chopped

## **Directions:**

- 1) Into a large skillet over medium heat add the olive oil and then when hot, sauté the onions until tender, about 5 minutes.
- 2) Stir in the garlic, ginger, cumin, cardamom, garam masala, coriander, cayenne powder, and salt. Cook, for 1 more minute to cook out the spices and remove the raw taste from them.
- 3) Lower the heat and add the tomatoes. Cook, until all of the spices have lifted from the bottom of the pan. Pour this mixture into the crock pot.
- 4) Add the chickpeas to the spiced tomato base in the crock pot and stir to combine.
- 5) Lay baking parchment paper over the top of the *chana masala* (chickpeas and tomato mixture) mixture, making sure the paper stays inside the crock pot.
- 6) Then lay the spaghetti squash on top of the baking parchment paper cut side facing down.
- 7) Cook for about 8 hours on a 'Low' heat setting, until the squash is fork-tender.
- 8) Remove the cooked squash from crock pot and cool until it can be handled easily.
- 9) Scrape the spaghetti squash strands onto plates and pile with the *chana masala*.
- 10) Top with cilantro and a squeeze of lemon. If you are okay to eat dairy, you may also add some plain Greek yogurt and enjoy!

## 8. SPICY BLACK BEANS

Spicy Black Beans made in the crock pot are hearty, comfort food at its best! You'll probably have most or some of the ingredients sitting in your pantry. Cook on the stove top or in a crock pot for a real taste experience.

Servings: 6

Prep Time: 10 mins

Cook Time: 4 hrs.

### **Ingredients:**

450g, 6 cups canned or 2½ cups dried black beans\* See Recipe Notes

1 medium red onion, chopped finely

4 cloves garlic, crushed

1 tbsp. ground cumin

2 tsp. chili flakes, or 1 fresh chili (can be omitted)

1 tsp. ground coriander

1 tsp. dried mint (optional)

1 large bay leaf

840ml or 3½ cups low-sodium vegetable stock

Juice of one lime

### **Directions:**

- 1) Place all the ingredients (except the lime juice) into a crock pot.
- 2) Cook for 3-4 hours on 'High' or for 7 – 8 hours on 'Low'.
- 3) Just before serving the beans, squeeze in the juice of one lime and stir well.
- 4) Serve hot with steamed rice or your favorite accompaniment.

### **Recipe Notes:**



There is no need to soak the beans before using them.

**Nutritional Information per serving:**

Total Calories 104 kcal. Calories from Fat 9 kcal.

Total Carbohydrates 27g (Dietary Fiber 14g, Sugars 2.9g), Protein 8g, Fat 1g, Sodium 350mg.

## 9. JACKFRUIT CHILI

Jackfruit Chili is a meaty, satisfying vegetarian chili, slow cooked in the crockpot to bring out a unique and delicious flavor. It's the perfect cozy comfort food for rainy days indoors, guaranteed to warm you up!

Servings: 8

Prep Time: 15 mins

Cook Time: 2 hrs. 30 mins

### **Ingredients:**

20 oz. jackfruit (preserved in water or brine and not in syrup)

1 onion chopped

½ cup or 1 medium red bell pepper chopped

1 cup organic corn

1 15.5-oz. can black beans drained and rinsed

1 10-oz. can crushed tomatoes with chili peppers

2 20-oz. cans crushed tomatoes, with their juice

1 4-oz. can diced green chili peppers

1½ tbsp. garlic powder

½ - 2 tbsp. chili powder, or to taste

2 tsp. cumin

1 tsp. paprika

1 tsp. oregano

1 tsp. pepper

1 tsp. kosher salt

1 cup low-sodium vegetable broth

Juice of one lime

## **Directions:**

- 1) Rinse and drain the jackfruit. Pull apart the flesh and discard any tough parts or seeds.
- 2) Add all the ingredients to crockpot, stir well to combine and cover with the crock pot lid.
- 3) Cook for 2½ -3 hours on 'High' or for 5-6 hours on 'Low'.
- 4) Serve immediately the chili is done, with your favorite tortillas and toppings, and enjoy!

## **Nutritional Information per serving:**

Total Calories 188 kcal. Calories from Fat 16 kcal.

Total Carbohydrates 42g, Total Fat 1.75g, Protein 10g.

# 10. EGGPLANT AND ONION MASALA

A tasty and flavorful masala spiced curry. Made with eggplant and onion in a creamy sauce, this will quickly become a favorite for Indian night in your home. It's made in a crock pot in this recipe, but could easily be made in a saucepan on the stove top too.

Servings: 4

Prep Time: 10 mins

Cook Time: 2 hrs.

## **Ingredients:**

1 tbsp. olive oil

3 medium red onions, thinly sliced

3 medium salad tomatoes, quartered

2 medium eggplant, cut into cubes

1 tbsp. garlic paste

1 tbsp. ginger paste

1 tsp. green chili, finely chopped

1 tsp. red chili powder

1 tsp. ground fenugreek

½ tsp. turmeric

½ tsp. ground cumin

½ tsp. sugar

6 almonds processed with 50 ml water, to make a thick paste

30g dairy-free spread (or use butter if the recipe is not vegan)

30g vegan cream or regular cream

Handful of fresh cilantro, chopped

## **Directions:**

- 1) If the inner dish of the crock pot is stove top safe, sauté the onion in the olive oil for 2 – 3 minutes, and then add all the spices and stir well.
- 2) Pour in the eggplant, tomato and almond paste and warm through.
- 3) Set the crock pot to 'High', pour in all the ingredients and cook for 2-3 hours until all the flavors are intensely developed and the vegetables are tender.
- 4) Add in the dairy-free spread (or butter), cream and fresh cilantro.
- 5) Stir to make a thick sauce and add more salt and black pepper, if desired.
- 6) Serve with steamed brown rice and mango chutney.
- 7) Delicious!

## **Nutritional Information per serving:**

Total Calories 231 kcal.

Fat 14.6g (Saturated Fat 2.3g), Carbohydrates 23.7g (Sugars 11.1g), Protein 4.7g.

# 11. THAI TOFU CURRY WITH VEGGIES

Too busy after work for dinner? Place all ingredients for this Tofu Curry with Veggies into your crockpot in the morning, and come home to this delicious dinner as soon as you get home, absolutely fuss-free!

Servings: 4 servings

Prep Time: 5 mins

Cook Time: 6 - 8 hrs.

## **Ingredients:**

1 small red onion, chopped

1 garlic clove, finely minced

1 lb. firm tofu, drained and cut into 1-inch cubes

½ head cauliflower, chopped into bite-sized pieces

1 red bell pepper, chopped

½ cup green beans, cut into 1-inch segments

2 tbsp. Thai red curry paste

1 can light coconut milk

1 cup low-sodium vegetable broth

½ tsp. fine sea salt

1 tbsp. lime juice

½ cup cashews

A few dried Thai red chili peppers (optional)

## ***To Serve:***

Steamed brown rice

## **Directions:**

- 1) Add all the ingredients (except the cashews and chili peppers) to the crock pot.
- 2) Set to cook for 6 - 8 hours on 'Low'.
- 3) Just before serving, mix in the cashews and chili peppers into the cooked curry.
- 4) Serve over steamed brown rice for a nutritious and filling dinner.

## 12. KOREAN QUINOA BOWLS

Korean Quinoa Bowls feature potatoes, chickpeas, and carrots in a delicious and ingenious vegan twist on the original non-vegetarian version. Full of protein and so flavorful, this is one dish you'll definitely delight in trying!

Servings: 4

Prep Time: 15 mins plus 8 hrs. soaking time

Cook Time: 5 hrs.

### **Ingredients:**

Cooked quinoa, variable amounts, according to how many serving

2 cups dried chickpeas soaked overnight in warm water, mixed with 1 tsp. baking soda

4 red potatoes, chopped

7 carrots, peeled and chopped

1 sweet white onion, chopped

### ***For the Sauce:***

5 tbsp. liquid aminos, tamari (or soy sauce if the recipe is not gluten-free)

4 tbsp. mirin

3 tbsp. pure maple syrup

2 tbsp. rice vinegar

2 tbsp. sesame oil or toasted sesame seeds (optional for taste)

1 tbsp. white or chickpea miso

3 tsp. crushed garlic

2 tbsp. paprika

1 tsp. crushed red pepper



***To Garnish:***

3 green onions, thinly sliced

Toasted sesame seeds

**Directions:**

- 1) Place the chickpeas in a large glass bowl and cover amply with a mixture of warm water and 1 teaspoon of baking soda. Soak overnight.
- 2) The next day, rinse the chickpeas well and add to the crockpot.
- 3) Wash and cut the potatoes, onion, and carrots into large bite-sized pieces.
- 4) Place only the potatoes and onion into the crockpot, saving the carrots aside for the moment.
- 5) Make the sauce by all the ingredients in a small separate bowl. Pour over veggies and beans and coat evenly.
- 6) Cook for 5-6 hours on a 'High' heat setting, depending on how you like the consistency of the chickpeas and potatoes.
- 7) About 2 hours into cooking, add the carrots. Once done, serve over cooked the quinoa and garnish with sliced green onions and toasted sesame seeds.

# FISH AND SEAFOOD

## 1. VIETNAMESE BRAISED CATFISH

A Vietnamese classic, this braised fish recipe is made even easier when done in the crock pot. If you love Chinese steamed fish and want to try something similar - this is the recipe!

Servings: 3

Prep Time: 10 mins

Cook Time: 6 hrs.

### **Ingredients:**

1 piece catfish cut into steaks

1 piece banana or Asian shallot, thinly sliced

1 2-inch piece fresh ginger, peeled and julienned

2-3 red chilies, finely chopped (you may remove the seeds for less heat)

½ cup coconut water

½ cup coconut sugar

¼ cup fish sauce

Vietnamese cilantro or regular cilantro leaves

### **Directions:**

- 1) In a medium saucepan, over medium heat, melt the coconut sugar into a caramel.
- 2) Add all the remaining ingredients - the fish sauce, shallots, chili, coconut water and ginger and then transfer to the crock pot.
- 3) Now add the catfish steaks to the crockpot and cover with the lid.
- 4) Cook for 6 hours on a 'Low' heat setting.

5) Once done, garnish with the cilantro leaves and serve, if desired, with a steaming bowl of white rice.

## 2. RED CURRY WITH COD

This is a simple but impactful red curry fish recipe paired with nutritious veggies. The mild whitefish, topped with a basil garnish really completes the flavor profile of this elegant dish!

Servings: 4

Prep Time: 15 mins

Cook Time: 2 hrs.

### **Ingredients:**

1 lb. no-skin, cod fish fillet

2 15-oz. cans light coconut milk

3 tbsp. red curry paste

1 tbsp. curry powder

1 tsp. garlic powder

1 tsp. ground ginger

12-oz. packet of julienned or "matchstick" carrots

1 red bell pepper, thinly sliced

Black pepper, to taste

Kosher salt, to taste

### ***To Serve:***

1 cup steamed brown rice

Fresh basil

Green onion, thinly sliced on the diagonal

### **Directions:**

- 1) To the crock pot add all of the coconut milk and whisk into it the red curry paste, ground ginger, garlic powder and curry powder.

- 2) Carefully stir in the carrots and sliced bell peppers, and then gently place the cod fillet into the sauce. Add the fish in whole, as it will be easier to break after it has slow cooked.
- 3) Cook for 2 hours on a 'Low' heat setting.
- 4) Once cooked, gently break apart the cod using a fork into bite-sized pieces. Season with salt and pepper.
- 5) Prepare the rice as per the packet instructions.
- 6) Serve over rice, with the green onions and cilantro as a garnish.

### 3. LEMON AND DILL SALMON

Salmon with lemon and dill makes for a classic combination. Slow-cooking gives, flakier, tender fish, flavored with zingy lemon and herbaceous dill – the ultimate, elegant fish dinner.

Servings: 4

Prep Time: 10 mins

Cook Time: 1 hr.

#### **Ingredients:**

1 lb. salmon fillet, cut into 4 portions

2 sprigs fresh dill, finely chopped

Juice from 2 lemons

Black pepper, to taste

Salt, to taste

#### ***To Serve:***

Steamed veggies (peas, carrots and broccoli work well)

1 cup steamed brown rice

#### **Directions:**

- 1) Place a large piece of baking parchment paper into the base of the crock pot. This will make it easier to lift the salmon out of the crock pot once it cooks.
- 2) Place the 4 salmon fillets flat onto the baking parchment paper.
- 3) Season each with salt and pepper and then drizzle lemon juice over the salmon. Finally, place fresh chopped dill sprigs onto the salmon.
- 4) Cook for 1 hour on a 'High' heat setting.
- 5) Prepare veggies and cook the rice, as needed.
- 6) Once salmon is cooked, lift it out of the crock pot, using the baking parchment as handles, onto a shallow serving dish.

7) Remove skin before serving and enjoy with the steamed rice and veggies.

## 4. SNAPPER VERA CRUZ

Snapper Vera Cruz is a delicious spicy fish dish with a hint of tang. A delicious, wholesome crock pot meal for the whole family.

Servings: 4

Prep Time: 3-4 hrs.

Cook Time: 6-8 hrs.

### **Ingredients:**

½ tbsp. olive or coconut oil

1½ lb. red snapper fillets, cut in half and into thin strips

1 white sweet onion, chopped

1 garlic clove, chopped

1 jalapeño pepper, seeds and membranes removed, finely chopped

1 28-oz. can chopped tomatoes

½ cup clam juice

2 tbsp. Lemon juice

1 tbsp. capers

1 cup pimento-stuffed olives, halved

1 tsp. dried oregano

¼ tsp. ground cinnamon

⅛ tsp. ground cloves

### **Directions:**

- 1) Heat the oil in a cast iron skillet over medium heat and sauté the onions and garlic until the onions are softened and fragrant.
- 2) Add the oregano, cinnamon, cloves, jalapeno and cloves and cook, stirring, for about 1 minute.



- 3) Place the vegetables into a large crock pot. Add in the clam juice and chopped tomatoes, and cover.
- 4) Cook for 6 - 8 hours on a 'Low' heat setting or for 3 - 4 hours on a 'High' heat setting.
- 5) Stir in the sliced fish along with the olives, capers and lemon juice.
- 6) Cover and cook for 20 minutes on a 'High' heat setting or until the fish is cooked through.
- 7) Serve with warm tortillas or steamed rice and a side salad or sautéed veggies.

**Recipe Notes:**

If you are pressed for time skip sautéing the onions, garlic and jalapeños in the spices and place all these ingredients in the crock pot together with the chopped tomatoes and clam juice. Use any firm white fish like cod or monkfish for this recipe.

## 5. MOROCCAN SPICED FISH

Marinate halibut, salmon or cod in warm North African spices and some olive oil, and then slow cook for a couple of hours. Add some veggies and you've got an authentic and delicious Moroccan meal.

Servings: 4

Prep Time: 4 - 6 hrs.

Cook Time: 1½ hrs.

### **Ingredients:**

#### ***For the Marinade:***

4 cloves garlic, minced

2 tbsp. fresh lemon juice

2 tbsp. olive oil

1 tbsp. paprika

1 tsp. ground cumin

¾ tsp. kosher salt

½ tsp. ground coriander

¼ tsp. cayenne pepper

¼ tsp. turmeric

#### ***To Finish the Dish:***

2 12-oz. halibut steaks or 1½ lbs. halibut, cod or salmon filets

¼ cup chopped fresh cilantro or parsley

### **Directions:**

- 1) Add all the marinade ingredients into a large Ziploc bag.
- 2) Place the fish into the bag, making sure that it has been coated on all sides. Close the bag and refrigerate for about 4-6 hours.
- 3) Add 2 tablespoons of water to the crock pot. Remove the fish from the Ziploc bag and place into the crock of the crock pot.

Cover with the lid.

- 4) Cook for 1½ - 2 hours on a 'Low' heat setting. Once done, rest the fish uncovered, for 5 minutes and then serve.
- 5) Using a spatula or slotted spoon remove the fish from the crock pot and transfer to a serving plate.
- 6) Divide the fish into serving portions between plates and garnish each portion with a sprinkling of cilantro or parsley, if desired.

## 6. MOQUECA

This Brazilian-inspired recipe features the fresh flavors of seafood and nutritious vegetables. Coconut cream further adds a velvety richness to this very comforting crock pot dish.

Servings: 8

Prep Time: 10 mins

Cook Time: 80 mins

### **Ingredients:**

1 kilogram white fish fillet

½ kilogram shrimps peeled, deveined

1 white onion, thinly sliced

1 tablespoon garlic, minced

1 cup fresh tomatoes, diced

1 yellow bell pepper, thinly sliced

2 cups coconut milk

Juice of 1 lime

1 handful of fresh cilantro, chopped

Black pepper, to taste

Salt, to taste

### **Directions:**

- 1) Arrange the onions, garlic, bell pepper, and tomatoes, at the bottom of crock pot.
- 2) Add in the coconut milk and lime juice and gently stir.
- 3) Cook on a 'High' heat setting for 1 hour.
- 4) Season the fish with pepper and salt and then arrange the fish and cleaned shrimps in the crock pot.

- 5) Once done continue cooking for 20 minutes on a 'High' heat setting.
- 6) Garnish with chopped fresh cilantro and enjoy.

## 7. MAPLE SALMON

If you like salmon, this dish is for you! It's flavorful, tender, moist and oh so easy!

Servings: 6

Prep Time: 5 mins

Cook Time: 1 hr.

### **Ingredients:**

6 salmon fillets, fresh or frozen

2 tsp. garlic, crushed

1 tsp. fresh ginger, minced

½ cup maple syrup

¼ cup soy sauce

⅛ cup lime juice

### **Directions:**

- 1) Place the salmon filets into a 3½-quart crock pot
- 2) Mix all the sauce ingredients and pour over the salmon. Cover with the lid.
- 3) Cook for 1 hour on a 'High' heat setting or for 2 hours if using frozen salmon filets.
- 4) Serve immediately.

### **Recipe Notes:**

This salmon is excellent hot or cold. Serve hot over rice or noodles, or serve cold by over salad or pasta.

## 8. SHRIMP SCAMPI

This crock pot Shrimp Scampi can be made in the crock pot, rather than on the stove top, making it easier and more convenient. Eat as is, or with whole-wheat pasta for a refreshingly light but nutritious meal.

Servings: 4

Prep Time: 10 mins

Cook Time: 1 hr. 30 mins

### **Ingredients:**

1 lb. raw shrimp, peeled, deveined and with the tail on

2 tbsp. olive oil

2 tablespoons butter

1 tbsp. garlic, minced

½ cup freshly squeezed lemon

2 tbsp. parsley, fresh or dried

¼ cup low-sodium chicken broth

Black pepper, to taste

Salt, to taste

### **Directions:**

- 1) Into the crock pot, add the chicken broth, butter, olive oil, garlic, lemon juice, parsley, and salt and pepper.
- 2) Gently stir in the shrimp.
- 3) Cook for 1½ hours on a 'High' heat setting or for 2½ hours on a 'Low' heat setting.
- 4) Serve.

## 9. SEAFOOD CIOPPINO

*Cioppino* is a great Italian seafood recipe made for your crock pot. This classic fish stew is brimming with crab, clams, fish and shrimp, the perfect meal for a no-fuss elegant dinner.

Servings: 8

Prep Time: 20 mins

Cook Time: 4 ½ hrs.

### **Ingredients:**

1 28-oz. can diced tomatoes, with juice

1 tbsp. olive oil

5 garlic cloves, minced

2 medium onions, chopped

3 celery ribs, chopped

1 8-oz. bottle clam juice

1 6-oz. can tomato paste

½ cup dry white wine or ½ cup low-sodium vegetable broth

1 tablespoon red wine vinegar

1 to 2 tsp. Italian seasoning

1 bay leaf

½ tsp. sugar

1 lb. uncooked shrimp (41-50 shrimp per pound), peeled and deveined

1 lb. haddock fillets, cut into 1-inch pieces

1 6-oz. can lump crabmeat, drained

1 6-oz. can chopped clams, un-drained

2 tbsp. fresh parsley, chopped



## **Directions:**

- 1) In a 4 or 5-qt. crock pot, combine all the ingredients (except the seafood and parsley) and stir well to combine.
- 2) Cook for 4-5 hours on a 'Low' heat setting.
- 3) Stir in the seafood and cook for 20-30 minutes or until the fish just begins to flake and the shrimp turns pink and opaque.
- 4) Remove and discard the bay leaf.
- 5) Stir in parsley and serve.

## **Nutritional Information per serving:**

Total Calories: 205 kcal. Diabetic Exchanges: 3 lean meat, 2 vegetable

Total Carbohydrates (Dietary Fiber 3g, Sugars 2g), Protein 29g, Fat 3g (Saturated Fat 1g), Cholesterol 125mg, Sodium 483mg.

# 10. SEAFOOD STEW

This delicious Seafood Stew is cooked in a tomato-based broth with potatoes. As comforting as it is easy, this is an ideal weekend dinner for all the family.

Servings: 6

Prep Time: 15 mins

Cook Time: 3 hrs. 30 mins

## **Ingredients:**

2 lbs. mixed seafood (1 lb. large shrimp and 1 lb. scallops)

3 garlic cloves, minced

1 lb. yellow potatoes, cut into bite size pieces

½ cup chopped white onion

1 28-oz. can crushed tomatoes

1 tbsp. tomato paste

4 cups low-sodium vegetable broth

1 tsp. dried basil

1 tsp. dried thyme

1 tsp. dried oregano

½ tsp. celery salt

¼ tsp. crushed red pepper flakes

⅛ tsp. cayenne pepper

Salt, to taste

Black pepper, to taste

A handful of chopped parsley

## **Directions:**

- 1) Add all the ingredients (except the seafood) into the crock pot. Stir gently and cover.
- 2) Cook for 2-3 hours on a 'High' heat setting for 4-6 hours on a 'Low' heat setting until the potatoes are cooked through.
- 3) Add the thawed seafood to the crock pot and return to a high heat.
- 4) Cook for 30-60 minutes until all the seafood is cooked through.
- 5) Garnish with parsley and serve hot with whole-wheat crusty bread.
- 6) Delicious!

**Nutritional Information per serving:**

Total Carbohydrates 19g (Dietary Fiber 4g, Sugars 5g), Protein 6g, Fat 1g, Sodium 1338mg, Potassium 808mg.

# 11. SALMON WITH CARAMELIZED ONIONS AND CARROTS

This delicious Salmon with Caramelized Onions and Carrots recipe is perfect for entertaining, especially during the holidays. Moist heat turns out the salmon perfectly for a festive and colorful dish.

Servings: 4

Prep Time: 20 mins

Cook Time: 8 hrs.

## **Ingredients:**

4 tbsp. olive oil

1½ lb. salmon filet or 4 6-oz. salmon fillets

4 white onions, coarsely chopped

4 cloves garlic, minced

1 16 oz. bag baby carrots

½ tsp. dried dill

½ tsp. salt

⅛ tsp. black pepper

## **Directions:**

- 1) Pour the olive oil into a 4-quart crockpot.
- 2) Add the onions, garlic and baby carrots, and stir.
- 3) Cover, and cook for 6 - 7 hours on a 'Low' heat setting, stirring once during cooking.
- 4) The vegetables will begin to caramelize. This veggie mixture can cook for up to 8 - 9 hours if you are away from home for that time.
- 5) Place the salmon filet or smaller individual filets over the caramelized vegetables and season with salt, pepper, and dill.

- 6) Cover and cook for 1 - 2 hours on a 'Low' heat setting until salmon easily flakes when tested with a fork
- 7) If you are cooking individual salmon filets, cook them for 40 - 50 minutes at most.
- 8) When ready to serve, place the salmon onto a serving plate and top with the caramelized vegetables.
- 9) Enjoy!

## 12. COD AND ZOODLES STEW

Cod with Zoodles and all in the crockpot! This summertime and light refreshing stew cooks in under 2 hours and requires only 5 minutes of prep.

Servings: 4

Prep Time: 5 mins

Cook Time: 2 hrs.

### **Ingredients:**

1 lb. sablefish, sizzle fish (or any other firm white fish)

1 medium white onion, diced

3 garlic cloves, minced

1 red bell pepper, diced

1 zucchini, spiralized into zoodles

28-oz. can diced tomatoes

¼ cup low-sodium broth

3 tsp. ground cumin

½ tsp. salt

¼ tsp. black pepper

¼ tsp. red pepper flakes

### **Directions:**

- 1) Add all the ingredients and 2 teaspoons of the ground cumin (except the fish) into the crock pot. Stir to mix well.
- 2) Season fish with the remaining 1 teaspoon of ground cumin.
- 3) Add the fish to the crock pot, scooping some of the sauce on top of the fish.
- 4) Cook for 1-2 hours on a 'High' heat setting or for 2-4 on a 'Low' heat setting.

5) Enjoy!

## 13. COCONUT FISH CURRY

Coconut Fish Curry is easy to make and doesn't at all take long .A tasty dish full of fresh lemongrass flavors, a creamy coconut milk sauce and tender flakes of fish is the satisfying and comforting result.

Servings: 3

Prep Time: 5 mins

Cook Time: 3 hrs.

### **Ingredients:**

300g skinless and boneless cod loin cut into 2-cm cubes

2 cloves garlic, finely chopped

1 red chili, deseeded and finely chopped

3-cm piece fresh ginger, peeled and finely chopped

1 stick lemongrass bashed with a rolling pin to release the flavor

1½ tsp. ground turmeric

400ml light coconut milk

150g broccoli florets

100g mange tout, sliced

### ***To Serve:***

Fresh cilantro, chopped

Red chili, sliced

### **Directions:**

- 1) Place the garlic, red chili, ginger, turmeric, lemongrass and coconut milk into the crock pot.
- 2) Add in the cod, broccoli and mange tout. Cover with the crock pot lid.



- 3) Cook for 2-3 hours on a 'Low' heat setting or until the cod is cooked through.
- 4) The fish should flake easily and turn from translucent to opaque.
- 5) Top with the chopped fresh cilantro and slices of red chili.
- 6) Enjoy!

# **BEEF, PORK AND LAMB**

## **1. SPICED BEEF POT ROAST**

A yummy pot roast makes perfect entree option when you're entertaining friends, or want something that will reap lots of leftovers. Plus, this recipe features highly anti-inflammatory veggies like garlic and celery, which helps improve blood pressure and cholesterol levels.

Servings: 6 servings

Prep Time: 10 mins

Cook Time: 4-5 or 8-10 hrs.

### **Ingredients:**

2-1/2 lbs. or 40 oz. boneless beef chuck clod roast

#### ***For the Crockpot Spice Blend:***

2 cloves garlic, finely minced

6 cups or 1 1/4 lbs. whole mushrooms, cleaned and trimmed

3 cups green beans, trimmed

3 cups or 7-8 large stalks celery, roughly diced

2 cups scallions or 12-14 scallions, roughly chopped

2 tbsp. water

1 tbsp. black pepper

1 tbsp. soy sauce

4 tsp. balsamic vinegar

2 tsp. Worcestershire sauce

2 tsp. dry mustard powder

1/2 tsp. salt or fish sauce

## **Directions:**

- 1) Trim all excess fat from the roast.
- 2) Rub the black pepper and garlic onto the roast and place into the crock pot.
- 3) Make several shallow slits on top of roast.
- 4) In a small separate bowl, combine the remaining spice blend ingredients and pour over the meat. Cover with the crock pot lid.
- 5) Cook for 4 – 5 hours on a 'High' heat setting or 8-10 hours on a 'Low' heat setting.
- 6) During the last 30-60 minutes of roasting, add the vegetables.
- 7) Serve for a comforting meal on creamy mash.

## 2. CHIPOTLE PORK TENDERLOIN TACOS

Chipotle Pork Tenderloin Tacos is a spicy, full-of-flavor main, uplifted with the zest of cranberries and apples. This gluten-free recipe is a slightly sweet for a beautiful rounded flavor, an excellent dish for the holidays.

Servings: 4-6

Prep Time: 15 mins

Cook Time: 8 hrs.

### **Ingredients:**

1 1½-lb. pork tenderloin

2 cups cranberries, fresh or frozen

1 cup no-added-sugar apple juice

2 tbsp. pure maple syrup

½ tbsp. adobo sauce from a can of chipotle peppers

½ tbsp. cinnamon

¾ tsp. ginger powder

¾ tsp. salt

⅛ tsp. clove powder

⅛ tsp. black pepper

### ***For the Apple Noodles:***

3 large Fuji apples, spiralized with the 3mm blade setting.

1 tbsp. pure maple syrup

½ tbsp. cinnamon

### ***For The Sauce:***

1 tbsp. pure maple syrup, plus 1 tsp. more

¼ cup plain, non-fat Greek yogurt

### ***To Serve:***

Whole-wheat tortillas

Chopped green onion

### **Directions:**

- 1) In a small bowl, combine all the ingredients for the pork.
- 2) Rub the spice mixture all over the pork making sure to really press into all sides evenly coating it.
- 3) Combine the cranberries, apple juice, and 2 tablespoons of the maple syrup and adobo sauce, into the bottom of a 5 quart crock pot.
- 4) Stir well to mix.
- 5) Add the pork into the crock pot, spooning the sauce over top.
- 6) Cover and cook for 7-8 hours on a 'Low' heat setting, or until the meat is tender and easily falls apart.
- 7) Once cooked, transfer the pork to a cutting board. Using a potato masher, mash all the liquid up in the crock pot, so that the cranberries break down and thicken the sauce.
- 8) Shred the pork and then return into the crock pot. Mix to coat with all the cooking juices.
- 9) Mix the apple noodles with 1 tablespoon maple syrup, 1/2 tablespoon cinnamon and salt and pepper in a small bowl.
- 10) Then in a separate small bowl, stir the Greek yogurt with the remaining maple syrup.
- 11) Serve the pork on a tortilla, with the apple noodles, yogurt sauce and sliced green onions, if desired.

# 3. ROAST BEEF WITH PUMPKIN AND SALSA

Roast Beef with Pumpkin and Salsa is a crock pot dish that packs a real punch! It's perfect in tacos or in a salad for a healthy, weeknight or weekend meal, full of Autumnal flavor!

Servings: 4-6

Prep Time: 10 mins

Cook Time: 8 hrs.

## **Ingredients:**

2 lbs. organic chuck roast, trimmed of any excess fat

½ tbsp. olive oil

⅓ cup pure canned pumpkin

2 tsp. cumin powder

1¼ tsp. pumpkin pie spice divided

½ cup beef broth

½ cup salsa of choice

½ tsp. sea salt

## ***To Serve:***

Whole wheat tortillas

Cilantro, chopped

## **Directions:**

- 1) Heat the olive oil in a large skillet on high heat.
- 2) Mix together the cumin pumpkin pie spice and salt in a small bowl. Rub this spice mix all over the roast, making sure to really press the spice into the meat on all sides.
- 3) Place the roast into the hot skillet and sear until golden brown, about 3 minutes.

- 4) Flip the roast to repeat on the other side, so both sides are golden brown.
- 5) Combine the beef broth, salsa, and pumpkin in the bottom of a 5 or 6-quart crock pot.
- 6) Stir until well mixed.
- 7) Place the seared roast into the crock pot and cover with the lid.
- 8) Cook for about 6-8 hours on a 'Low' heat setting, until the meat is falling apart and tender.
- 9) Transfer the meat to a cutting board and cool for a few minutes.
- 10) Then, using two forks, shred the beef.
- 11) Skim any excess fat off the top of the cooking juices in the crock pot and discard.
- 12) Return the shredded beef back into the crock pot and stir until all the juices are absorbed by the meat.
- 13) Serve this delicious beef over a salad, in a tortilla, in a lettuce wrap, or with whatever else you desire.
- 14) Garnish with cilantro and enjoy!

## 4. HONEY MUSTARD PORK LOIN AND RICE

Honey Mustard Crock Pot Pork Loin with Rice, is a healthy gluten-free main meal, that's prepped in under 10 minutes with absolutely no work from you. The whole family will love this hearty and earthy main meal!

Servings: 8

Prep Time: 10 mins

Cook Time: 8 hrs.

### **Ingredients:**

2 cups long grain brown rice, uncooked

10 cups fresh spinach, packed

4 cups low-sodium chicken broth

4 tsp. garlic, minced

1½ tsp. salt

⅛ tsp. black pepper

### ***For the pork:***

3 lbs. boneless pork loin

¼ cup Dijon mustard

4 tsp. dried basil

½ tsp. salt

⅛ tsp. black pepper

### ***For the sauce:***

6 tbsp. honey

4 tsp. balsamic vinegar

½ cup Dijon mustard



Fresh sliced basil, to garnish

## **Directions:**

- 1) In a 7-quart crock pot, stir together the rice, broth, garlic salt and black pepper.
- 2) Place the pork loin onto a cutting board and trim off any excess fat, leaving some fat on to keep the pork moist.
- 3) Then, stir together the Dijon mustard, basil, pepper and salt in a small bowl, creating a wet spice rub.
- 4) Rub half of this mixture onto the exposed side of the pork.
- 5) Place the pork inside the crock pot, with the mustard covered side facing down.
- 6) Rub the remaining mustard spice mixture on the top, of the exposed side of the pork.
- 7) Cover and cook until the rice has absorbed all the water and the pork is tender. This takes 8-10 hours on a 'Low' heat setting.
- 8) Once the pork is cooked, remove from the crock pot and transfer onto a plate, tenting loosely with tinfoil to keep warm.
- 9) In a small bowl, whisk together all the sauce ingredients (except the fresh basil) and pour into the crock pot.
- 10) Mix until evenly combined.
- 11) Add in the fresh spinach and stir.
- 12) Cover and cook for an additional 5 minutes, or until the spinach has wilted.
- 13) Shred the pork, stir into the crock pot, garnish with sliced fresh basil and absolutely enjoy.

## 5. BBQ PORK SANDWICHES

This BBQ Pork recipe is so easy to make in the crock pot. The pork comes out tender and juicy every time making for delicious and filling sandwiches.

Servings: 9

Prep Time: 5 mins

Cook Time: 6-8 hrs.

### **Ingredients:**

1 - 2 pork tenderloins, 3-4 lbs. total in weight

1 large yellow onion, thinly sliced

1 large can low-sodium chicken broth

1 tsp. onion powder

1 tsp. garlic powder

1 tsp. black pepper

1 tsp. salt

### ***To Serve:***

6 whole grain sandwich buns

2 tbsp. low-sugar BBQ Sauce

### **Directions:**

- 1) Place the sliced onions at the bottom of the crock pot and top with the pork tenderloins.
- 2) Season the meat with the seasonings and add in the chicken broth. Cover with the lid.
- 3) Cook for 6-8 hours on a 'Low' heat setting.
- 4) The meat should be fall apart tender and easily shredded to make sandwiches.
- 5) Combine each serving of pulled pork with 2 tablespoons of BBQ sauce and spoon onto the sandwich bun. Enjoy!

**Nutritional Information per Serving:**

Total Calories: 475 kcal.

Protein: 58g, Fat: 11g.

## 6. ITALIAN BRAISED PORK

This delicious and tender Italian Braised Pork makes for a warm and comforting meal. Serve over a bed of whole wheat pasta or couscous. Delicious!

Servings: 4

Prep Time: 20 mins

Cook Time: 4 hrs.

### **Ingredients:**

2 tbsp. olive oil

2½ lbs. boneless pork shoulder

1 large yellow onion, finely diced

3 cloves garlic, minced

1 stalk celery, finely diced

½ cup dry red wine, a Cabernet Sauvignon or Merlot works well

1 28-oz. can crushed tomatoes

¾ tsp. fennel seeds

Coarse salt and black pepper, to taste

### ***To Serve:***

4 cups prepared couscous

### **Directions:**

- 1) Heat the olive oil over medium-high heat, in a large cast iron skillet.
- 2) Season the pork with salt and pepper and sauté for about 8 minutes, until browned on all sides.
- 3) Transfer the browned pork to a 5 - 6-quart crock pot.
- 4) Lower the heat to medium and then add the onion, garlic, fennel seeds, and celery, to the skillet.

- 5) Cook until the onion is softened and translucent, about 4 minutes.
- 6) Add the red wine and cook, scraping up any browned bits with a wooden spoon, until the wine has reduced by half; this takes about 2 minutes.
- 7) Add this to crock pot along with the tomatoes and cover.
- 8) Cook on a 'High' heat setting for 4 hours or on a 'Low' heat setting for 8 hours, until the pork is very tender.
- 9) Transfer the pork to a cutting board and using 2 forks, shred the meat into bite-sized pieces. Discard any large pieces of fat.
- 10) Skim off the excess fat inside the sauce and discard.
- 11) Return the shredded pork to the crock pot and stir well to combine.
- 12) Serve over couscous and enjoy.

**Recipe Notes:**

Browning the pork and sautéing the other ingredients before adding them to the crock pot, gives the dish deep flavor. Try to do it if you can. This pork can be cooled, covered, and refrigerate for up to 3 days.

## 7. SALISBURY STEAK

Salisbury steak is the perfect low-carb and gluten-free dinner for any weeknight. Top with mushroom gravy and serve with cauliflower mash for a healthy meal!

Servings: 8

Prep Time: 20 mins

Cook Time: 3 hrs.

### **Ingredients:**

2 tsp. olive oil

2 lbs. grass-fed ground beef

1 cup chopped onion

2 eggs

2 cups low-sodium beef broth, divided into 2 portions

8 oz. baby bella mushrooms

1 cup crushed pork rinds

¼ cup ground flaxseed

½ tsp. onion powder

½ tsp. salt

¼ tsp. pepper

### ***For the Gravy:***

2 tbsp. tomato paste

2 tbsp. arrowroot powder

1 tbsp. red wine vinegar

1 tsp. ground dried mustard

1 tsp. Worcestershire sauce

1 tsp. garlic powder

## **Directions:**

- 1) Heat the oil in a large skillet and sauté the onion until tender and caramelized.
- 2) Add the caramelized onions to ground beef in a large bowl together with the crushed pork rinds, ground flaxseed, eggs, salt, and pepper.
- 3) Pour in ½ a cup of broth and mix in with the meat to combine.
- 4) Shape eight oval patties and place them in the bottom of the crock pot. Top with the baby bella mushrooms.
- 5) To the remaining broth add in all the gravy ingredients and stir to combine.
- 6) Pour this gravy over the patties inside the crock pot and cover.
- 7) Cook for 3 hours on a 'High' heat setting or for 6 hours on a 'Low' heat setting.
- 8) Serve over cauliflower mash for a scrumptious low-cal meal.

## **Nutritional Information per Serving:**

Total Calories: 486 kcal. Calories from Fat: 237 kcal.

Total Carbohydrates 7.9g (Dietary Fiber 2g, Sugars 2g) Protein 50.7g, Total Fat 26.3g (Saturated Fat 8.4g), Cholesterol 180mg, Sodium 749mg.

## 8. BEEF AND BROCCOLI

Beef and Broccoli takes just minutes of prep when cooked in the crock pot. The beef is tender melt-in-your-mouth and the flavor purely authentic – you'll be hard pressed to tell it didn't come from a Chinese takeaway!

Servings: 4-6

Prep Time: 5 mins

Cook Time: 5 hrs.

### **Ingredients:**

1½ lb. boneless, beef chuck roast, sliced into thin strips

3 cups or 14-oz. bag frozen broccoli florets

1 cup low-sodium beef consommé or beef broth

½ cup low-sodium soy sauce

⅓ cup light brown sugar

3 garlic cloves, minced

2 tbsp. cornstarch

1 tbsp. sesame oil

### ***To Serve:***

Steamed brown rice

### **Directions:**

- 1) In a medium-sized mixing bowl, whisk together the beef consommé, light brown sugar, soy sauce, garlic, and sesame oil.
- 2) Place the beef strips into the crockpot and pour the sauce over, tossing over the strips to coat.
- 3) Cover and cook for about 6 hours on a 'Low' heat setting. Do not overcook the beef as it will shred.



- 4) Just before serving, take 4 tablespoons of the cooking juices from the crock pot and whisk with a small bowl with the cornstarch to make a cornstarch slurry.
- 5) Slowly stir the cornstarch slurry into the crockpot. Add the broccoli in at this point and cook an additional 30 minutes so that the sauce can thicken and the frozen broccoli can warm through and cook.
- 6) Serve over the steamed brown rice and enjoy!

## 9. LAMB AND PUMPKIN CURRY

Lamb and Pumpkin Curry is a recipe bursting with flavor and spice. It's so easy to prepare, and just what you need on hand for an easy weeknight dinner or lazy weekend lunch.

Servings: 6

Prep Time: 20 mins

Cook Time: 8 hrs.

### **Ingredients:**

600 - 700g lamb leg or shoulder, cut in chunks

300 - 350g pumpkin, diced (to yield 2 cups cooked)

1 tbsp. coconut oil

1 Spanish onion, thinly sliced

2 red or green bell peppers, thinly sliced

200ml coconut milk

2 tsp. dried chili flakes

1½ tbsp. curry powder

1 tsp. ground cumin

1 tsp. ground coriander

1 tsp. garlic powder

1 tsp. ground turmeric

Salt and black pepper, to taste

### **Directions:**

- 1) In a small bowl combine all of the dried spices and set aside.
- 2) Peel and then thinly slice the onion, and bell peppers.
- 3) Peel the pumpkin and dice into 2cm thick chunks, and then set aside for now.

- 4) If the inner pot of the crock pot can be placed onto the stove top, carry out this step in the pot, or use a skillet and then transfer over.
- 5) Heat the coconut oil in the pot (or the skillet) over the stove, throw in the onions, bell peppers, and spice mix, and cook for 2-3 minutes until fragrant. The onion should be translucent and lightly browned. Remove from the heat.
- 6) Combine the spiced onion mix, lamb and pumpkin into the crock pot.
- 7) Pour in the coconut milk and gently stir everything so that all the ingredients are well combined and evenly distributed within the pot. Cover with the lid.
- 8) Cook for 4 hours on a 'High' heat setting, or for 8 hours on a 'Low' heat setting.
- 9) Once cooked, stir the curry to break up some of the pumpkin into the sauce and make the curry nice and thick.
- 10) Taste and adjust with salt, pepper and chili flakes, as desired.
- 11) Serve and enjoy.

### **Recipe Notes:**

Leftovers from this curry will last about 5 days in the fridge. They also freeze well for up to 3 months for those nights you just don't feel like cooking.

# 10. ALMOND BUTTER BEEF

Beef with almond butter instead of peanut butter is a unique combination; the almond butter makes an excellent substitute for peanut butter. It definitely won't disappoint!

Servings: 5-6

Prep Time: 5 mins

Cook Time: 6-8 hrs.

## **Ingredients:**

1 tbsp. coconut oil

1 large onion, finely chopped

2 lbs. round steak, cut into 1½-inch chunks

2 cups sweet potatoes, diced

1 cup carrots, peeled and diced

1½ cup green beans, roughly chopped

1½ cups diced tomatoes, with their juice

½ cup creamy unsweetened almond butter

5 cups bone broth or beef stock

2 bay leaves

1½ tsp. sea salt

¼ tsp. black pepper

## **Directions:**

- 1) Add all the ingredients (except for the green beans) to crock pot and stir well to combine. Cover with the crockpot lid.
- 2) Cook on a 'Low' heat setting for 6-8 hours.
- 3) 30 minutes before serving, add in the green beans, stirring again to combine well. Cover again.
- 4) Once cooked, remove and discard the bay leaves.

- 5) Enjoy hot with steamed rice.
- 6) Store any cooled leftovers in the refrigerator for up to 5 days or in the freezer for up to 1 month.

# 11. LAMB CURRY

Easy crock pot Lamb Curry, made with lamb shoulder and slow cooked is a lovely weeknight family meal. The slow cooking makes the lamb fall-apart tender and absolutely delicious. Serve with rice or couscous.

Servings: 5

Prep Time: 5 mins

Cook Time: 4 hrs. 15 mins

## **Ingredients:**

1 tbsp. olive oil

800g lamb shoulder, diced into bite sized pieces

1 medium white onion, diced

2 cloves of garlic, crushed

100ml lamb stock

1 tin chopped tomatoes

3 tbsp. coconut cream

2 tbsp. tomato puree

1 tbsp. medium curry powder

½ tbsp. ground cumin

½ tbsp. ground coriander

½ tbsp. smoked paprika

## **Directions:**

- 1) Heat the oil in a large skillet and add in the diced onions.
- 2) Cook for 2-3 minutes until the onions begin to soften.
- 3) Add in the garlic, coriander, curry powder, cumin and paprika and cook for another 2 - 3 minutes, stirring all the spices into the onions and cooking out the raw flavor.

- 4) Transfer this onion mixture into the crock pot and add the lamb chunks to the skillet.
- 5) Sauté the lamb for 4-5 minutes until all the chunks have browned, then add to the crock pot along with the cooking juices.
- 6) Add the lamb stock, tomatoes, tomato puree, and coconut cream to the crock pot. Stir and cover with the crock pot lid.
- 7) Cook for 2 hour on a 'High' heat setting and then reduce to the 'Low' heat setting and cook for a another 1 hour. Alternatively, you can cook the curry for 4-5 hours on a 'Low' heat setting.
- 8) Serve with brown rice or couscous, fresh cilantro and a squeeze of lime.

**Nutritional Information per Serving:**

Total Calories: 467 kcal.

Total Carbohydrate 6.5g (Dietary Fiber 2.2g, Sugars 2.8g), Protein 29.1g, Total Fat 33.8g (Saturated Fat 15.3g), Sodium 181.2mg.

## 12. MEATBALLS IN MARINARA SAUCE

Meatballs in Marinara Sauce are great recipe for make-ahead meal plans and perfect for kids served with pasta. Whole 30 and gluten-free this is a classic Italian-inspired family meal.

Servings: 6-8

Prep Time: 15 mins

Cook Time: 4 hrs.

### **Ingredients:**

#### ***For the meatballs:***

1<sup>3</sup>/<sub>4</sub> lbs. 85% lean ground beef

1/4 cup blanched almond flour

1 egg

2 tsp. onion powder

1/2 tsp. garlic powder

1 tbsp. Italian seasoning blend

3/4 tsp. fine grain sea salt divided

1/8 tsp. crushed red pepper flakes, or to taste

1 tbsp. chopped fresh parsley - optional

#### ***For the Sauce:***

1/2 medium onion chopped

2 tbsp. chopped fresh garlic

1 28-oz can no-added-sugar crushed tomatoes with basil

1 14-oz. can no-added-sugar diced tomatoes with basil and garlic

1 6-oz. can no-added-sugar tomato paste

2 bay leaves



2 tbsp. chopped fresh oregano leaves

Sea salt, to taste

## **Directions:**

- 1) In a small bowl, mix together the onions, almond flour, ½ teaspoons of the sea salt, garlic powder, Italian seasoning, and crushed red pepper flakes.
- 2) In a separate large bowl, add the ground beef and sprinkle evenly with the remaining ¼ teaspoon of sea salt.
- 3) Add the egg, parsley and almond flour mixture and gently mix with clean hands until the mixture binds well and all the ingredients are evenly distributed. Work the meat lightly or the meatballs will be tough.
- 4) Line a large baking sheet with baking parchment paper and preheat the broiler. Form the meat into 20 meatballs and arrange onto the baking sheet.
- 5) Broil for 2-4 minutes to lightly brown the meatballs and release some of their fat to avoid an overly greasy sauce when the meatballs cool. Remove and set aside.
- 6) Add the browned meatballs to the crock pot, and top the meatballs with all the sauce ingredients. Gently stir the meatballs, ensuring they do not break up.
- 7) Cover and cook for 4 hours on a 'Low' heat setting, until the meatballs are cooked through.
- 8) Serve with anything you may fancy, and garnish with fresh parsley.
- 9) Sweet potato noodles or zucchini noodles, work very well with these meatballs.

## **Recipe Notes:**

Store the leftovers, covered in an air tight container and refrigerated for up to 4 days or in the freezer for up to 1 month.

# 13. SPICY STUFFED CABBAGE CASSEROLE

Stuffed Cabbage Casserole tastes just like the classic Eastern European dish, but is so much simpler to make. Just mix all the ingredients in your crock pot, turn on and cook.

Servings: 4

Prep Time: 10 mins

Cook Time: 8 hrs.

## **Ingredients:**

½ head of cabbage, roughly sliced (to yield 4-5 cups)

1½ lbs. grass fed ground beef

2 cups cauliflower rice\*

1 white onion, diced

3 cloves garlic, finely chopped

1½ cups crushed tomatoes

4 tbsp. ghee or clarified butter

1 tbsp. Italian seasoning mix

½ tsp. crushed red pepper flakes

Black pepper, to taste

Sea salt, to taste

½ cup finely chopped fresh parsley

## **Directions:**

- 1) Stir all the ingredients (except for the fresh parsley) in a 7 - 8 quart crock pot, making sure all are well combined.
- 2) Cook for 3½ - 4 hours on a 'High' heat setting, or for 7 - 8 hours on a 'Low' heat setting, until the ground beef is fully

cooked.

3) Stir in the fresh parsley and immediately serve.

**Recipe Notes:**

You may use frozen cauliflower rice or process raw cauliflower florets in a food processor until it resembles rice. 1 cup of uncooked brown rice is also a good substitute.

Freeze any leftovers in an airtight container for 6 months.

If using very lean ground beef, add just a half cup of water, chicken stock, or veggie stock to keep the casserole moist.

**Nutritional Information per serving:**

Total Calories: 502 kcal.

Total Carbohydrates: 18g (Dietary Fiber: 6.9g, Sugar: 10g), Protein: 56.5g, Fat: 22.3g (Saturated Fat: 11.3g), Cholesterol: 183mg, Sodium: 407mg.

## 14. APPLE ROSEMARY PORK ROAST

Apple Rosemary Pork Roast – a delicious and mouth-watering recipe, perfect for entertaining. The classic combination of pork and apples just work in this dish and with the addition of spices, tastes even better!

Servings: 6

Prep Time: 5 mins

Cook Time: 8-10 hrs.

### **Ingredients:**

- 1 free-range or organic pork shoulder roast
- 3 organic Pink Lady apples, chopped
- 6 sprigs fresh rosemary
- 4 sprigs worth of basil leaves
- 1 tbsp. chopped chives
- 1 cup low-sodium or homemade bone broth
- ½ tsp. sea salt
- ¼ tsp. ground black pepper

### **Directions:**

- 1) Set the crock pot on 'Low'.
- 2) Add all the ingredients, including the pork shoulder, which should be kept whole.
- 3) Cook for 8-10 hours on a 'Low' heat setting.
- 4) Just before serving, remove the pork from the crock pot, and shred into bite sized pieces
- 5) Serve with the crock pot gravy and enjoy!

# 15. TURMERIC AND HERB SHREDDED BEEF

Turmeric gives this dish an amazing color, but also healing properties. Serve over mixed greens and you've got yourself a healthy, low-carb and low-cal main dish.

Servings: 6-8

Prep Time: 10 mins

Cook Time: 8 hrs.

## **Ingredients:**

3 lb. chuck roast

1 yellow onion, sliced

3 cloves garlic, finely chopped

3 sprigs fresh rosemary

2 sprigs fresh thyme

1 tsp. turmeric

1 tsp. cayenne pepper

½ cup homemade or low-sodium bone broth

1 tbsp. sea salt

2 tsp. black pepper

## **Directions:**

- 1) Rinse the chuck roast under running water and pat dry with kitchen paper towels. Set aside.
- 2) In a large bowl, combine the turmeric, cayenne, garlic, sea salt, and black pepper.
- 3) Place the sliced onions and bone broth into the bottom of the crock pot and set to a 'High' heat.

- 4) Coat the chuck roast with the spice mixture and place into the crock pot.
- 5) Using kitchen twine, tie all the herbs into a tight bundle and place into the crock pot.
- 6) Cook for 8 hours on a 'High' heat setting, turning over the roast half way through cooking.
- 7) Remove and discard the herb bundle from the crock pot and shred beef with a fork.
- 8) Enjoy hot!

# CHICKEN AND TURKEY

## 1. GREEK-STYLE LEMON CHICKEN

These typical Greek flavors of garlic, lemon and oregano, give that special Mediterranean spark to this main dish. It's so easy to make! After browning the chicken in a skillet, just sit back and let the crock pot do all the work.

Servings: 6

Prep Time: 20 mins

Cook Time: 5¼ hrs.

### **Ingredients:**

6 (12-oz. each) bone-in, skinless chicken breast halves

2 tbsp. olive oil

2 garlic cloves, minced

¼ cup water

3 tbsp. lemon juice

1 tsp. chicken bouillon granules

1 tsp. dried oregano

½ tsp. seasoned salt

¼ tsp. pepper

2 tsp. minced fresh parsley

### ***To Serve:***

Steamed rice

### **Directions:**

- 1) Remove any moisture from the chicken breasts by patting dry with kitchen paper.

- 2) Combine the dried oregano, black pepper and seasoned salt and rub all over the chicken.
- 3) Brown the chicken in olive oil, over medium heat and then transfer to a 5-quart crock pot.
- 4) Add in the lemon juice, water, garlic and bouillon to the skillet; bring this mixture to a boil, stirring to loosen any browned bits. Pour the sauce over the chicken in the crockpot and cover with the lid.
- 5) Cook on a 'Low' heat setting for 5-6 hours.
- 6) Baste the chicken with the cooking juices.
- 7) Add the parsley, cover and cook for a further 15-30 minutes or until the chicken juices run clear.
- 8) Serve piping hot with rice.

**Nutritional Information per serving:**

Total Calories: 336 kcal.

Total Carbohydrate 1g (Sugars 0g, Dietary Fiber 0g), Protein 5g, Fat 10g (Saturated Fat 4g), Cholesterol 164mg, Sodium 431mg.



## 2. CURRY CHICKEN MEATBALLS

Delicious curry meatballs with sweet potatoes will bowl you over! The curry flavor is mild and flavorful without being too sweet. A dish to definitely try!

Servings: 4

Prep Time: 15 mins

Cook Time: 8 hrs.

### **Ingredients:**

#### **For Meatballs:**

1 lb. ground chicken

2 tbsp. olive oil

2 tsp. dried parsley or cilantro

2 tsp. poultry seasoning

#### ***For the Sauce:***

13.5-oz. can coconut milk

1 cup low-sodium chicken broth

1 tsp. garlic powder

½ tsp. salt

2 tbsp. curry powder

½ cup low-fat heavy cream for later

½ medium yellow or white onion, chopped

1 medium-large sweet potato, peeled and cubed

2 tbsp. butter

### **Directions:**

- 1) In a large mixing bowl, combine all the ingredients for the meatballs and mix with clean hands until well combined

- 2) Form the meatball mixture to about the size of golf balls and place into a single layer inside the crockpot.
- 3) In separate bowl mix all the sauce ingredients (except for the heavy cream) and pour carefully over the meatballs
- 4) Add in the cubed sweet potatoes and onions and top with the butter. Cover with the lid.
- 5) Cook on 'High' heat setting for 4 hours or on a 'Low' heat setting for 6-8 until the meatballs are cooked through.
- 6) Add the heavy cream, stir and serve over brown rice or as desired

**Nutritional Information per serving:**

Total Calories: 623 kcal. Calories from Fat: 486 kcal.

Total Carbohydrates 15g (Dietary Fiber 2g, Sugars 2g), Protein 24g, Total Fat 54g, Cholesterol 153mg, Sodium 471mg, Potassium 1060mg.

### 3. CHICKEN BASIL KALE VERDE

Chicken Basil Kale Verde is an excellent fiber-rich and antioxidant-rich recipe, thanks to the kale. Salsa, tangy tomatillos and lemony basil all add to the zesty sauce that makes for a light and colorful chicken main dish.

Servings: 4

Prep Time: 1 hr. 10 mins

Cook: 2 hrs.

#### **Ingredients:**

4 6-oz. boneless, skinless chicken breasts

2 15-oz. cans chickpeas, drained and rinsed

2 cups baby kale, chopped

4 tomatillos, husked

½ medium white onion, minced

1 cup fresh basil leaves

½ tsp. salt

½ cup sour cream (optional)

#### **Directions:**

- 1) Rinse the tomatillos and put them inside the crock pot.
- 2) Add 2 tablespoons of water, cover the crock pot and cook on for 1 hour on 'High', until the tomatillos are tender.
- 3) Transfer the tomatillos to a serving plate, and cool for 5 minutes.
- 4) Put the basil, kale, onion and salt into a food processor and process until chopped finely.
- 5) Add the cooled tomatillos and pulse until a green salsa (*salsa verde*) forms.
- 6) Put the chickpeas in the crock pot and place the chicken breasts on top of the chickpeas.

- 7) Drizzle the chicken and chickpeas with half of the salsa and cover.
- 8) Cook for 1 - 2 hours on 'Low', until the chicken is cooked through and no longer pink.
- 9) Transfer the chicken breasts onto serving plates, and spoon the sauce along with the chickpea-basil mixture over them.
- 10) Serve immediately with sour cream (if using) and the remaining *salsa verde*.

**Nutritional Information per serving:**

Total Calories: 475 kcal.

Protein 66g, Carbohydrates 26g, (Sugars 4g, Dietary Fiber 6g), Fat 14g (Saturated Fat 5g), Cholesterol 167mg, Sodium 740mg.

## 4. SANTA FE CHICKEN

Sante Fe Chicken features shredded chicken with corn, tomatoes, chiles and black beans. Prepare all your ingredients the night before and then simply turn your crock pot on in the morning. Dinner will be ready by the time you get home, making for an easy weeknight meal.

Servings: 8

Prep Time: 5 mins

Cook Time: 8 hrs.

### **Ingredients:**

24-oz. or 1½ lbs. chicken breast

15-oz. can black beans, rinsed and drained

14.4-oz. can diced tomatoes with mild green chilies

8-oz. frozen corn

14.4-oz. can fat-free chicken broth

3 scallions, chopped

1 tsp. onion powder

1 tsp. garlic powder

1 tsp. cumin

1 tsp. cayenne pepper, to taste

¼ cup chopped fresh cilantro

Sea salt, to taste

### **Directions:**

- 1) Combine the beans, corn, chicken broth, tomatoes, scallions, cilantro, garlic powder, cumin, onion powder, cayenne pepper and salt in the crock pot

- 2) Season the chicken breast with salt and place on top of the spice mixture.
- 3) Cook for 4 – 6 hours on a 'High' heat setting or on 'Low' for 8 - 10 hours.
- 4) About 30 minutes before serving, remove the chicken and shred it.
- 5) Then return the chicken to the crock pot and stir into the sauce. Adjust the seasoning according to taste.
- 6) Serve over rice or with warm tortillas and with your toppings of choice.

**Nutritional Information per serving:**

Total Calories: 183 kcal.

Total Carbohydrates: 17g (Dietary Fiber: 3.5g, Sugar: 3.5g), Protein: 24g, Total Fat: 3g (Saturated Fat: 0.5g), Cholesterol: 62.5mg, Sodium: 557.5mg.

## 5. CHICKEN CACCIATORE

Chicken Cacciatore – an authentic Italian recipe, made easy in the crock pot! Boneless chicken thighs are simmered in a rich tomato sauce, with herbs, mushrooms and bell peppers. Serve over pasta or rice for a wholesome family dinner.

Servings: 4-6

Prep Time: 15 mins

Cook: 3 hrs. 40 mins or 6 hrs. 10 mins

### **Ingredients:**

1 tbsp. extra-virgin olive oil plus 2 tsp. more

2 lbs. boneless, skinless chicken thighs or breasts

1 medium yellow onion, chopped

3 cloves garlic, minced

1 tbsp. balsamic vinegar, plus 2 tsp. more

1 medium green bell pepper, chopped

1 28-oz. can crushed tomatoes

8 oz. sliced baby bella (cremini) mushrooms

2 tsp. Italian seasoning mix

1 tsp. kosher salt

½ tsp. black pepper

### ***To Serve:***

Whole wheat pasta, polenta, brown rice, zucchini noodles, or spaghetti squash

Freshly grated Parmesan cheese

Fresh parsley, chopped

## Directions:

- 1) Grease a large crock pot with non-stick cooking oil spray.
- 2) Heat 1 tablespoon of olive oil in a large skillet over medium high heat
- 3) Season the chicken with salt and pepper and once the oil is shimmering, add the chicken thighs in a single layer.
- 4) Cook for 3 - 4 minutes on one side, until browned; avoid moving the chicken so that the outside gets a nice sear. Flip and brown the other side, for a further 2 minutes. Transfer the seared chicken to the crock pot.
- 5) Lower the skillet heat to medium and with a kitchen paper towel, carefully wipe down the skillet.
- 6) Add the remaining 2 teaspoons of olive oil and once the oil is hot, add the onions and cook until the onions soften, about 3 minutes.
- 7) Add the garlic and 1 tablespoon of balsamic vinegar. Cook for 1 minute. The garlic should be fragrant and the balsamic vinegar reduced. Transfer this mixture to the crock pot, along with any drippings.
- 8) Top the chicken with the green pepper, mushrooms, tomatoes, and Italian seasoning and cover.
- 9) If using chicken thighs, cook for 3 - 4 hours on 'High' heat setting or for 5 - 6 hours on a 'Low' heat setting. If using chicken breasts, cover and cook for 1½ - 2 ½ hours on a 'High' heat setting or for 4 - 5 hours, on a 'Low' heat setting.
- 10) Remove the chicken as soon as it reads 165F. If desired, chop the chicken into bite-sized pieces or serve whole.
- 11) You may serve the sauce right away but, if time allows, you can cook the sauce for a further 1 hour on a 'High' heat setting to thicken the sauce and allow the flavor to further develop. Just before serving, stir in the remaining balsamic vinegar. Taste and season as desired.
- 12) Serve the chicken hot or shredded over pasta, polenta, rice, or veggie noodles, with a sprinkle of parsley and grated Parmesan.



**Nutritional Information per serving:**

Total Calories: 228 kcal.

Total Carbohydrates: 10g (Dietary Fiber: 3g, Sugar: 6g), Protein: 32g, Total Fat: 8g (Saturated Fat: 1g), Cholesterol: 73mg.

## 6. PINEAPPLE CHICKEN

Pineapple Chicken, made in the crock pot, turns out moist and juicy. Easy, healthy, and packed chock full of fresh veggies, this Hawaiian chicken will soon be a family favorite!

Servings: 4-6

Prep Time: 25 mins

Cook Time: 4 hrs.

### **Ingredients:**

2 lbs. boneless, skinless chicken thighs, cut into 1-inch cubes

1 20-oz. can pineapple chunks, in natural juice

2 tbsp. garlic, minced

1 tbsp. fresh ginger, minced

¼ cup low-sodium soy sauce

2 tbsp. cornstarch

2 tsp. sesame oil

½ tsp. red pepper flakes, or to taste

¼ tsp. black pepper

1 5-oz. can water chestnuts

2 small red bell peppers, cored, deseeded and cut into 1-inch chunks

2 green onions, chopped

### ***To Serve:***

Brown rice, quinoa, or cauliflower rice

### **Directions:**

- 1) Grease a 5-quart or larger crock pot with cooking oil spray and then arrange the chicken thighs in a single layer on the bottom of the crock pot.

- 2) Drain the pineapple juice into a large liquid measuring jug and whisk in the cornstarch.
- 3) Once the cornstarch has dissolved, stir in the garlic, soy sauce, ginger, red pepper flakes, sesame oil, and black pepper.
- 4) Pour over the chicken, and then add the pineapple chunks and red pepper. Cover with the crock pot lid.
- 5) Cook for 4-5 hours on a 'Low' heat setting or for 1½ – 2 hours, until cooked through.
- 6) Remove the chicken and vegetable mixture to a plate and cover with aluminum foil.
- 7) Strain the sauce into a small saucepan. Simmer until it reduces by half, about 4-5 minutes, stirring frequently.
- 8) Add this sauce back to the crock pot together with the chicken mixture.
- 9) Add the water chestnuts and green onion and stir to combine.
- 10) Serve hot with brown rice, cauliflower rice, brown rice, or quinoa.

### **Recipe Notes:**

Store any leftovers in the refrigerator for 4 days. Reheat gently in the microwave or on a medium-low heat on the stove top.

### **Nutritional Information per serving:**

Total Calories: 383 kcal. Total Carbohydrates: 38g (Dietary Fiber: 3g, Sugar: 9g), Protein: 20g, Total Fat: 5g (Saturated Fat: 1g), Cholesterol: 80mg Sodium: 536mg.

# 7. BUFFALO CHICKEN WITH SWEET POTATOES

Crock pot Buffalo Chicken served over sweet potatoes is a delicious and nutritious recipe. Topped with a creamy blue cheese yogurt drizzle, you'll simply love this easy, crock pot recipe and find yourself making it time and time again!

Servings: 4

Prep Time: 10 mins

Cook Time: 2-3 or 4-5 hrs.

## **Ingredients:**

### ***For The Crock Pot Buffalo Chicken:***

1½ lbs. or 3 boneless, skinless chicken breasts

4 sweet potatoes

2 tbsp. coconut oil

¾ cup favorite hot sauce

1 tsp. kosher salt

1 tsp. garlic powder

½ tsp. cayenne pepper

1 tbsp. cornstarch, mixed with 1 tbsp. water to create a slurry

Chopped scallions, for serving

### ***For the Blue Cheese Yogurt Dressing (omit to make the recipe dairy-free):***

2 tbsp. milk

½ cup fat-free plain Greek yogurt

½ tsp. white vinegar

¼ tsp. black pepper

1/3 cup blue cheese crumbles, plus additional for serving

## **Directions:**

- 1) Grease a crock pot with non-stick cooking oil spray
- 2) Place the chicken breasts in the bottom of the crock pot.
- 3) In a microwave-safe bowl or measuring jug, place the coconut oil, hot sauce, garlic powder, salt, and cayenne.
- 4) Microwave until the coconut oil has melted, and then stir until smooth. Pour the sauce over the chicken and cover the crock pot.
- 5) Cook for 1½ - 2½ hours on a 'High' heat setting or 4 - 5 hours on a 'Low' heat setting, until the chicken is cooked and registers an internal temperature of 165F. Remove the chicken from crockpot and using two forks, shred.
- 6) 30 minutes before the chicken finishes cooking, bake the sweet potatoes.
- 7) Preheat the oven to 400F. Prick the sweet potatoes with a fork, then place them on an aluminum-foil-lined baking sheet.
- 8) Bake for 45 minutes to 1 hour, depending upon the size of the sweet potatoes. Turn off the oven and keep the sweet potatoes inside to keep warm.
- 9) Mix the cornstarch and 1 tablespoon water to create a cornstarch slurry. Add the slurry to the cooking liquid in the crock pot, and whisk to combine.
- 10) Cover the crock pot and cook on for 30 minutes on a 'High' heat setting to allow the sauce to thicken.
- 11) Once the sauce has thickened, return the chicken to the crock pot and toss in the sauce.
- 12) In a small bowl, whisk together all of the ingredients for the blue cheese dressing.
- 13) Split open the sweet potatoes, top with the crock pot buffalo chicken, drizzle the blue cheese dressing, and garnish with the chopped scallions.
- 14) Enjoy piping hot.

## **Recipe Notes:**

Store the leftover buffalo chicken in the refrigerator for 4 days or freeze 2 months. You may also double up this recipe if catering for a crowd, and adjust the cooking times. All crock pots differ in temperature; adjust the temperature according to the model you have.

Nutritional Information per serving:

Total Calories: 213 kcal.

Carbohydrates: 27g (Dietary Fiber: 4g, Sugar: 8g), Protein: 8g, Total Fat: 9g (Saturated Fat: 7g), Cholesterol: 11mg, Sodium: 2099mg.

## 8. TURKEY MEATBALLS

Turkey Meatballs made in the crock pot, come out tender, and extremely juicy. This Italian recipe is easy to make, and freezer friendly too, making it one of the best crock pot recipes for a healthy, homemade family-friendly dinner.

Servings: 38 meatballs

Prep Time: 30 mins

Cook Time: 2 or 4 hrs.

### **Ingredients:**

1/3 cup non-fat milk

3 large eggs

20 oz. or 1.3 lbs. 93% lean ground turkey

12 oz. sweet Italian turkey sausage

3/4 cup Italian breadcrumbs plus 2 tbsp. extra

1/4 cup freshly grated Parmesan, Pecorino, or Asiago cheese

1/2 tsp. garlic powder

2 24-oz. jars tomato passata

1/4 cup finely chopped fresh parsley

1 1/2 tsp. kosher salt

1/2 tsp. black pepper

To Serve:

Whole wheat pasta, polenta or buns

Extra Parmesan, Pecorino or Asiago cheese

### **Directions:**

- 1) Place two oven racks in the middle and lower thirds of the oven. Preheat the oven to 450F.

- 2) Grease 2 baking sheets with cooking oil spray, or line with baking parchment.
- 3) In a large bowl, whisk the eggs and milk until evenly combined.
- 4) Add the turkey, turkey sausage, cheese, breadcrumbs, parsley, garlic powder, salt, and pepper.
- 5) Lightly mix with clean fingers, just until combined, being careful not to overwork the meat.
- 6) Using an ice cream scoop, scoop the meat, and then shape into roughly 1½ -inch meatballs.
- 7) Arrange the meatballs on the prepared baking sheets.
- 8) Bake for 3 minutes, remove the baking sheets from the oven, flip the meatballs, and return the sheets to the oven, switching each baking sheet from the bottom to top.
- 9) Bake for a further 3 minutes, and then remove from the oven. The exterior of the meatballs should be lightly brown.
- 10) Grease a 5-quart or larger crock pot with cooking oil spray.
- 11) Arrange the meatballs in a single layer over the bottom, pour on half the sauce, and then stack any remaining meatballs onto the top.
- 12) Pour on the remaining sauce and cover with the crock pot lid.
- 13) Cook on a 'High' heat setting for 2 hours or on a 'Low' heat setting for 4 hours, until the meatballs are cooked through, with an internal temperature of 160F.
- 14) Serve warm with pasta, on buns, or over polenta, or enjoy alone as an appetizer.

### **Recipe Notes:**

These meatballs can be frozen with the sauce for up to 2 months. When ready to serve, thaw overnight in the refrigerator first before gently reheating.

You may also freeze the meatballs separately from the sauce. Thaw in the refrigerator overnight when ready to cook, and then place into the crock pot, top with the sauce, and cook as directed.



**Nutritional Information per serving:**

Total Calories: 65 kcal.

Carbohydrates: 4g (Dietary Fiber: 1g, Sugar: 2g), Protein: 6g Fat: 3g  
(Saturated Fat: 1g), Cholesterol: 34mg, Sodium: 234mg.

## 9. GARLICKY GREEN CHICKEN AND LENTILS

Garlicky Green Chicken and Lentils is a flavorful and fresh gluten - free crock-pot chicken recip. It's packed full of fiber, and protein, great for any time of the year.

Servings: 5-6

Prep Time: 15 mins

Cook Time: 3 hrs. 30 mins

### **Ingredients:**

1.5 lbs. skinless chicken breasts (around four 5oz. chicken breasts)

1 cup green lentils

1½ cups gluten-free vegetable or chicken broth

1 tbsp. butter or ghee, melted

### ***For the Green Sauce Marinade:***

3 – 4 tbsp. olive oil

¼ cup chopped sweet onion

3 garlic cloves, peeled

½ cup fresh basil leaves

3 mint leaves

2 oz. or ¼ cup fresh orange juice

½ tsp. smoked paprika

½ tsp. chili pepper seasoning

½ tsp. black pepper

½ tsp. sea salt

### **Directions:**

- 1) Rinse the chicken and lentils under running water. Dry both the chicken and lentils and set aside.
- 2) Combine all the ingredients for the green marinade in a blender until smooth and velvety.
- 3) Place the broth and lentils into the crock pot at the bottom, and then mix in together with some butter or ghee.
- 4) Place the chicken on top and pour the green marinade over the chicken.
- 5) Cook for 4 -6 hours on a 'Low' heat setting or for 3 hours on a 'High' heat setting.
- 6) Serve the chicken and lentils in a bowl and place some of the broth from the crock pot on top.
- 7) Garnish with basil and adjust the seasoning, if desired

**Recipe Notes:**

For extra spice and flavor, an optional step would be to add in a 1/2 teaspoon or more of cayenne pepper and rest the marinade over the chicken for 20 minutes, refrigerated. Then add to crock pot for 3 hours together with the broth and lentils.

# 10. CHICKEN PHO

This is a fresh and flavorful crock pot version of the famous Vietnamese Chicken Pho. You're going to love this fast, but healthy easy weeknight dinner recipe or lazy weekend lunch, that showcases the best of South-East Asian cooking.

Servings: 4 servings

Prep Time: 10 mins

Cook Time: 4 hrs.

## **Ingredients:**

8 cups low-sodium chicken stock

2 tbsp. lime juice

2 tbsp. low-sodium soy sauce

2 tbsp. fish sauce

3-inch piece lemon peel

1 star of anise

1 cinnamon stick or 1 tsp. ground cinnamon

1 tsp. fennel seeds

1 tsp. coriander seeds

1 tsp. pepper

¼ tsp. ground cloves

## ***To Serve:***

12 oz. shredded cooked chicken breast like rotisserie chicken

8 oz. rice noodles cooked according to packet instructions

## ***Optional Toppings:***

Cilantro, Bean sprouts, Jalapeño slices, Sriracha, Hoisin sauce, thinly sliced white onion and Lime wedges

## **Directions:**

- 1) Place all the ingredients (except the chicken and noodles) in a crock pot and heat for 4 hours on a 'High' heat setting or for 8 hours on a 'Low' heat setting.
- 2) Using a fine mesh strainer, pour the cooked chicken broth over a large soup pot. Discard the lemon peel, whole spices and cinnamon stick from the broth;
- 3) Divide the noodles evenly between four serving bowls and top with about 3 ounces of cooked chicken.
- 4) Ladle 2 cups of the warm chicken broth over each bowl and serve with the optional toppings of your choice.

## **Nutritional Information per serving:**

Total Calories: 422 kcal. Calories from Fat: 60 kcal.

Total Carbohydrates 56.9g (Dietary Fiber 1g, Sugars 1.4g), Protein 31.4g, Total Fat 6.7g (Saturated Fat 1.5g, Polyunsaturated Fat 5.2g), Cholesterol 67mg, Sodium 1706mg.

# 11. TURKEY CHILI

Turkey Chili, made with lean turkey, beans and smoky fire-roasted chilies, is a hearty and satisfying crock pot recipe. It has great depth of flavor, is extremely easy to make and ideal for catering for a crowd!

Servings: 6

Prep Time: 10 mins

Cook Time: 4 hrs.

## **Ingredients:**

20 oz. ground turkey breast

1 medium white onion, diced

1 red bell pepper, diced

15-oz. can fire-roasted diced tomatoes

15-oz. can black beans, drained and rinsed

15-oz. can kidney beans, drained and rinsed

2 chipotle peppers in adobo sauce, minced

12 oz. beer

2 tbsp. store-bought BBQ Sauce

1 tbsp. cumin

1 tsp. smoked paprika

1 tsp. garlic powder

1 tsp. salt

½ tsp. black pepper

## ***Optional Toppings:***

Shredded cheddar, sour cream, guacamole, and salsa.

## **Directions:**

- 1) Heat a large skillet over medium-high heat and coat with cooking oil spray.
- 2) Sauté the ground turkey with all the spices, onions and peppers until browned and cooked through, for about 8-9 minutes.
- 3) Place the cooked turkey and all the remaining ingredients in the crock pot and cook for 4 hours on a 'High' heat setting and for 8 hours on a 'Low' heat setting.
- 4) Serve in large bowls garnished with your favorite chili toppings.

## **Nutritional Information per serving:**

Total Calories 219 kcal. Calories from Fat 10 kcal.

Total Carbohydrates 24.8g (Dietary Fiber 6.1g, Sugars 5.3g), Protein 24.7g, Total Fat 1.1g (Polyunsaturated Fat 1.1g), Cholesterol 43mg, Sodium 867mg.

## 12. TURKEY BURRITOS

Turkey Burritos not only tastes delicious but are also extremely healthy. Lean meat, high in protein and low in fat, make for an excellent meal plan menus recipe.

Servings: 10 burritos

Prep Time: 10 mins

Cook Time: 4 hrs. 30 mins

### **Ingredients:**

#### ***For the turkey burrito filling:***

1 lb. ground turkey

2 cups instant-cook brown rice

1 15-oz. can light kidney beans, drained and rinsed

1 15-oz. can crushed tomatoes

1 cup frozen corn kernels, thawed

½ cup low-sodium chicken broth

2 tbsp. homemade taco seasoning blend

#### ***For the avocado salsa:***

1 avocado, peeled and diced

8 oz. cherry tomatoes, quartered

½ cup frozen corn kernels thawed

1 tbsp. lime juice

2 tbsp. cilantro chopped

Salt, to taste

Black pepper, to taste

#### ***To Serve:***



2½ cups low-fat shredded cheddar cheese

10 8-inch whole wheat flour tortillas

Sour cream, for topping (optional)

## **Directions:**

- 1) Place the raw ground turkey in the bottom of the crock pot and season with the taco seasoning.
- 2) Using a fork, break the turkey mince up into small chunks, and then layer with the corn, beans, and crushed tomatoes. Add the chicken broth and cover with the crock pot lid.
- 3) Cook for 3 – 4 hours on a 'High' heat setting or for 6-8 hours on a 'Low' heat setting.
- 4) Once done, stir all the ingredients to ensure even distribution and then add the rice. Stir again and cover.
- 5) Cook for 10 minutes on a 'High' heat setting, and then check the rice for doneness
- 6) If the rice still needs to cook, add ½ cup more of water, stir and cover. Cook for an additional 10 minutes
- 7) In a separate bowl, mix the corn, tomatoes, avocado, lime juice, cilantro, salt and pepper, and set aside.
- 8) Fill each whole wheat tortilla with 1 cup of the turkey burrito filling.
- 9) Fold the tortilla, roll, seal and place onto a baking sheet
- 10) Top each burrito with about ¼ cup of cheddar cheese, and place under the broiler for 3-5 minutes until the cheese is bubbly and melted.
- 11) Top with the sour cream and avocado tomato salsa and enjoy!

# SOUPS AND STEWS

## 1. BROCCOLI, GINGER AND TURMERIC SOUP

Broccoli, Ginger and Turmeric soup is a nutrition powerhouse. Packed full of antioxidants and anti-inflammatory ingredients, this soup will warm you right up and heal you on a cold day.

Servings: 6-8

Prep Time: 20 mins

Cook Time: 3 hrs.

### **Ingredients:**

2 tbsp. butter

8 cups or 2 heads of broccoli, broken into florets

4 cups of leeks, chopped

2 tbsp. fresh ginger, chopped

1 tbsp. sesame oil

6 cups low-sodium vegetable stock

1 tsp. ground turmeric

1 tsp. salt

1/8 tsp. black pepper

### **Directions:**

- 1) In a large cast iron skillet, melt the butter over medium heat.
- 2) Add the leeks and sauté, stirring for about 8 minutes, until the leeks are cooked through.
- 3) Transfer to a 5-quart crock pot, together with the broccoli, ginger, turmeric, sesame oil, salt, and vegetable stock. Cover the crockpot with the lid.

- 4) Cook for 3-4 hours on a 'Low' heat setting, until the broccoli is tender.
- 5) Using an immersion blender, blend the soup until creamy and velvety smooth.
- 6) Serve with a drizzle of yogurt and big chunks of crusty bread.

**Recipe Notes:**

Do not cook this soup on a high heat and be cautious the soup does not overcook, as it will turn bitter. This soup is excellent served with sour cream too.

**Nutritional Information per serving:**

Total Calories: 126 kcal. Calories from Fat: 63 kcal.

Total Carbohydrates 11g (Dietary Fiber 5g, Sugars 4g), Protein 7g,  
Total Fat 7g (Saturated Fat 3g), Cholesterol 19mg, Sodium 894mg.

## 2. TOMATO KALE AND QUINOA SOUP

Tomato, Kale and Quinoa Soup, is a nourishing, healthy and anti-oxidant rich soup, all made in the crockpot. The result is a heart, flavorful, healing soup that you will savor!

Servings: 8

Prep Time: 10 mins

Cook Time: 8 hrs.

### **Ingredients:**

1 cup uncooked quinoa, rinsed thoroughly

1 15-oz. can Great Northern beans, drained and rinsed

2 14.5-oz. cans petite diced tomatoes

1 Spanish onion, diced

3 cloves garlic, minced

2 bay leaves

½ tsp. dried basil

½ tsp. dried oregano

¼ tsp. dried thyme

¼ tsp. dried rosemary

4 cups low-sodium vegetable stock

1 bunch kale, de-ribbed and leaves finely chopped

Kosher salt, to taste

Freshly ground black pepper, to taste

### **Directions:**

- 1) Place the quinoa, beans, tomatoes, onion, garlic, oregano, rosemary, basil, bay leaves, and thyme into a 6-quart crock pot.

- 2) Stir in the vegetable stock and 2 cups of water until all the ingredients are well combined.
- 3) Season with salt and pepper, to taste and cover with the lid.
- 4) Cook for 3 – 4 hours on a 'High' heat setting or for 7-8 hours on a 'Low' heat setting. Stir in the chopped kale until wilted.
- 5) Serve immediately with fresh French crusty bread.

**Nutritional Information per serving:**

Total Calories: 214.2 kcal. Calories from Fat: 25.2 kcal.

Total Carbohydrate 38.3g (Dietary Fiber 6.7g, Sugars 3.4g), Protein 12.3g, Total Fat 2.8g (Saturated Fat 0.5g, Trans Fat 0g), Cholesterol 0mg, Sodium 211.6mg.

### 3. BUTTERNUT SQUASH SOUP

A classic and all-time favorite, Butternut Squash Soup is naturally gluten-free and vegan, perfect for all in the family. It is easy to make and incredibly cozy, velvety and delicious.

Servings: 6-8

Prep Time: 20 mins

Cook Time: 3-4 or 6-8 hrs.

#### **Ingredients:**

1 medium (3-4 lb. weight) butternut squash, peeled, seeded and diced

1 white onion, peeled and roughly chopped

4 cloves garlic, peeled and minced

1 carrot, peeled and roughly chopped

1 Honey Crisp apple, cored and roughly chopped

1 sprig fresh sage

2 cups low-sodium vegetable stock

½ cup canned, unsweetened coconut milk

⅛ tsp. cayenne pepper

⅛ tsp. ground cinnamon and nutmeg

½ tsp. salt

¼ tsp. freshly-ground black pepper

#### ***To Garnish (optional):***

Extra coconut milk,

Smoked paprika

Pepitas

Fresh cilantro or parsley, chopped

## **Directions:**

- 1) Add the onion, garlic, apple, carrot, sage, butternut squash, salt, pepper, cinnamon, cayenne, nutmeg, and vegetable stock to a 4 – 6 quart crock pot. Stir well to combine.
- 2) Cook on a 'High' heat setting for 3 – 4 hours or on a 'Low' heat setting for 6 – 8 hours. The squash should be fork-tender when done.
- 3) Remove and discard the sprig of sage, and then stir in the coconut milk.
- 4) Using an immersion blender, puree the soup until velvety and smooth. You may also blend the soup in batches, inside a blender.
- 5) Taste, adjust the season using salt, pepper and cayenne pepper, as needed.
- 6) Serve the soup warm, topped with any of your desired garnishes.

## 4. FRENCH ONION SOUP

This crock pot French Onion Soup is an excellent healthier version and just as good as the original. It has a deep satisfying taste with only a fraction of the calories.

Servings: 6

Prep Time: 10 mins

Cook Time: 4-6 or 6-8 hrs.

### **Ingredients:**

2 large sweet white onions, thinly sliced

6 cups low-sodium vegetable or bone broth

Black pepper, to taste

Sea salt, to taste

### ***To Garnish:***

Fresh parsley, basil, or scallions, chopped

### **Directions:**

- 1) Place the onion and broth into the crock pot. And cover with the lid.
- 2) Cook for 4 – 6 hours on a 'High' heat setting or for 6-8 hours on a 'Low' heat setting.
- 3) Adjust the salt and pepper to taste.
- 4) Just before serving, ladle the soup into serving bowls and garnish with parsley or the herb of your choice, if desired.



## 5. LEMON ROSEMARY LENTIL SOUP

Lemon Rosemary Lentil Soup is a zesty, aromatic, and hearty soup. Fresh vegetables, rosemary and lemon, transform into a velvety and flavorful soup with minimal effort, thanks to the crock pot.

Servings: 6

Prep Time: 15 mins

Cook Time: 6 hrs.

### **Ingredients:**

3 cups red lentils

6 carrots, peeled and diced

1 large white onion, diced

4 cloves garlic, minced

1 yellow pepper, cored, deseeded and chopped

4 cups low-sodium chicken broth

2<sup>3</sup>/<sub>4</sub> cups water

1<sup>1</sup>/<sub>2</sub> teaspoons salt

1/8 tsp. cayenne pepper

Zest and juice of 1 lemon

1 tbsp. fresh rosemary, chopped

### **Directions:**

- 1) In a 6-quart crock pot, add all the ingredients for the soup (except for the lemon zest, lemon juice and rosemary).
- 2) Cook for 6 hours on a 'Low' heat setting.
- 3) Once cooked, stir in the lemon zest, lemon juice and chopped rosemary.
- 4) Season with salt and pepper to taste and once seasoned, ladle into serving bowls.

5) Serve hot, garnished with additional chopped rosemary if desired.

**Nutritional Information per serving:**

Total Calories: 281 kcal.

Total Carbohydrates 52g, (Sugars 3g), Protein 18g, Sodium 674mg.

## 6. PEASANT STEW

Crock pot Peasant Stew is farm-house comfort food at its finest! Tomatoes, chicken and beans, in Mexican spices and a turns into a lovely and hearty soup dinner that will be everyone's favorite.

Servings: 6

Prep Time: 15 mins

Cook Time: 3-4 hrs.

### **Ingredients:**

1½ lbs. or 6 boneless, skinless chicken thighs

1 16-oz. can kidney beans, rinsed and drained

1 16-oz. can pinto beans, rinsed and drained

2 10-oz. cans *Rotel* (diced tomatoes with green chiles), juice and all

2 tsp. olive oil

1 large onion, finely chopped

1 tsp. ground cumin

⅓ cup fresh cilantro

Salt, to taste

Black pepper, to taste

### ***To Serve:***

Low-fat sour cream

### **Directions:**

- 1) Season the chicken thighs with cumin, salt and pepper.
- 2) In a large skillet, heat the oil over medium high heat, and then add the chicken thighs.
- 3) Cook for about 5 minutes until the chicken is browned on all sides.

- 4) Pour the cans of *Rotel* into the crock pot and stir in the chopped onion.
- 5) Place seared chicken thighs on top and cook for 3 to 4 hours on a 'Low' heat setting.
- 6) At this stage, add in the beans and cook for a further hour.
- 7) Serve piping hot with sour cream and fresh cilantro.

## 7. TURKEY RICE SOUP

Turkey Rice Soup is packed full of fresh vegetables and healthy wild rice. Kale, carrots, mushrooms, celery, and onions feature in this soup to make a nourishing one-pot meal.

Servings: 4-6 servings

Prep Time: 10 mins

Cook Time: 6-8 hrs.

### **Ingredients:**

2 tbsp. extra-virgin olive oil

1½ cups white sweet onion, chopped

1½ cups celery, finely diced

1 cup carrots, peeled and finely chopped

8 oz. cremini mushrooms, chopped

2 tbsp. minced fresh sage or 2 tsp. dried sage

¾ cup wild rice, soaked overnight and rinsed

¾ cup short grain brown rice, soaked overnight and rinsed

4 cups (1 lb.) cooked turkey, shredded

8 cups homemade turkey broth

4 cups chopped kale

2 tsp. fine grain sea salt

1 tsp. ground black pepper

### ***To Finish the Soup:***

⅔ cup heavy cream

Chopped parsley for garnish

### **Directions:**

- 1) In a large cast iron skillet, heat the olive oil over medium heat.
- 2) Add in the onions, celery, and carrots, and sauté about 3 – 4 minutes, until the onions begin to soften.
- 3) Add the mushrooms and sage, and season with salt, and pepper.
- 4) Sauté another 2 – 3 minutes, until the mushrooms begin to release their liquid.
- 5) Transfer all the vegetables to crock pot.
- 6) Stir in the turkey, both the wild rice and brown rice, and broth, and then cover.
- 7) Cook for 6-8 hours on a 'Low' heat setting.
- 8) Once cooked the rice should be tender and the soup thickened by the rice.
- 9) Stir in the chopped kale and cream 30 minutes before serving.
- 10) Garnish with chopped fresh parsley, if desired and enjoy.

## 8. BEEF STEW

Crock pot Beef Stew – is a delicious family staple and couldn't be easier! The crock pot does all the work, for your family to enjoy a cozy meal in the evening.

Servings: 8

Prep Time: 20 mins

Cook Time: 4 hrs.

### **Ingredients:**

Olive or avocado oil

2-3 lbs. beef chuck roast, cut into 6-8 large pieces

8-10 oz. button mushrooms, halved

1 lb. carrots, peeled and cut into 1-inch pieces

1 large sweet onion, diced

2 tbsp. arrowroot powder

1 tbsp. balsamic vinegar

2 tsp. Dijon mustard

2-3 sprigs fresh rosemary

2 cups low-sodium beef broth or bone broth

Sea salt, to taste

Black pepper, to taste

### **Directions:**

- 1) Sear the beef in olive or avocado oil in a large sauté pan. Work in batches to prevent the beef from steaming.
- 2) Transfer the beef to the crock pot and then place the mushrooms and carrots in with the beef.
- 3) Add the chopped onions to the sauté pan and cook, stirring to scrape up any browned bits.

- 4) Add the balsamic vinegar, Dijon mustard, and broth to the pan and stir. Pour this mixture into the crock pot and add the chopped rosemary.
- 5) Cook the stew in the crock pot for 3-4 hours on a 'High' heat setting, or for 7-8 hours on a 'Low' heat setting.
- 6) Shred the cooked beef into the crock pot juices.
- 7) In a small bowl, whisk the arrowroot with 2 tablespoons of water.
- 8) Pour this into the crock pot and stir well to combine. The crock pot juices will immediately thicken.
- 9) Serve and enjoy!

**Nutritional Information per serving:**

Total Calories: 277 kcal.

Total Carbohydrate 12.4g (Dietary Fiber 2.4g, Sugars 5.7g), Protein 32.4g, Total Fat 11.3g, Cholesterol 92.1mg, Sodium 576.9mg.



## 9. ITALIAN CHICKEN AND BROCCOLI RABE STEW

Italian Chicken and Broccoli Rabe Stew, shows off Italian comfort food in style. It is so easy to make in a crock pot and has a deep enticing flavor from the chili, oregano, paprika, thyme and allspice.

Servings: 8

Prep Time: 10 mins

Cook Time: 6 hrs. 30 mins

### **Ingredients:**

3 lbs. boneless, skinless chicken thighs or breasts

1 small sweet onion, diced

3 cloves garlic, minced or grated

1 large bunch broccoli rabe, ends trimmed and coarsely chopped

1-oz. can cannellini beans, drained and rinsed

1-oz. jar roasted red peppers, sliced

6 oz. can tomato paste

½ cup balsamic vinegar

4 cups low-sodium chicken broth

2 tbsp. chili powder

1 tbsp. dried oregano

2 tsp. dried thyme

2 tsp. smoked paprika

¼ tsp. allspice

¼ - ½ tsp. crushed red pepper flakes

1 dried bay leaf

1 tsp. black pepper, or to taste  
1 tsp. salt, or to taste  
1 cup Parmesan cheese, freshly grated  
½ cup fresh parsley, chopped

***To Serve:***

Extra grated Parmesan cheese  
Extra chopped fresh parsley

**Directions:**

- 1) Into a 6-8-quart crockpot, add the onions, garlic, chicken, oregano, chili powder, paprika, thyme, crushed red pepper flakes, allspice, bay leaf, salt and pepper.
- 2) Next add the chicken broth, tomato paste, and balsamic vinegar. Stir all the ingredients and cover the crockpot.
- 3) Cook for 6 - 8 hours on a 'Low' heat setting or for 4 - 6 hours on a 'High' heat setting.
- 4) In the last half hour of cooking, stir in the roasted red peppers, broccoli rabe, and cannellini beans, to the crockpot.
- 5) Raise the heat to 'High', cover and cook for a further 20-30 minutes.
- 6) Shred the chicken using two forks into bite-sized pieces. Stir in the grated Parmesan and chopped parsley.
- 7) Ladle the soup into serving bowls and serve with additional parmesan (if desired) and crusty French bread for dipping.

## 10. CREAMY CHICKEN WILD RICE SOUP

Chicken Wild Rice Soup is the perfect pantry soup, loaded with celery, carrots, chicken and wild rice! It's the perfect comfort food meal for a chilly wintery night.

### **Ingredients:**

1 lb. boneless, skinless chicken breast

1 cup uncooked wild rice blend

1 cup onions, chopped

4 - 5 cloves garlic, minced

$\frac{3}{4}$  cup carrots, chopped

$\frac{3}{4}$  cup celery, chopped

2 bay leaves

2 cups water

6 cups low-sodium chicken broth

3 tbsp. butter

2 tbsp. olive oil (or use more butter)

$\frac{1}{2}$  cup all-purpose flour

2 cups milk

2 tbsp. salt-free seasoning blend

Coarse salt, to taste

Black pepper, to taste

### **Directions:**

- 1) Rinse the wild rice under running water.
- 2) Place the chicken breast, uncooked rice, onions, carrots, celery, garlic, bay leaves, chicken broth, water, and seasoning blend into the crock pot. Cover with the crock pot lid.

- 3) Cook for 3-4 hours on a 'High' heat setting or on for 7-8hours on a 'Low' heat setting.
- 4) In the last 30 minutes of cooking, remove the chicken from the crock pot.
- 5) Cool the chicken slightly and then shred using two forks.
- 6) Once the rice is done cooking, add in the shredded chicken back to the crock pot.
- 7) Melt the butter and oil in a medium saucepan. Add in the flour and cook the mixture for 1 minute. Whisk while adding in the milk.
- 8) Continue whisking until all flour lumps have completely dissolved. Thicken the mixture until creamy and then add this mixture to the crock pot.
- 9) Stir well to combine, adding additional water or milk if the consistency is too thick. Season with salt and pepper and taste to make sure it is to your liking.
- 10)            Serve hot and devour!

**Recipe Notes:**

Replace some or all of the milk with half and half to make a creamier, velvety soup. This soup thickens as it sits.

Left overs should be stored in an airtight container and refrigerated. Additional milk or water may be used to thin the consistency of the soup when reheating.

# 11. CARROT GINGER SOUP

This anti-inflammatory and vegan Carrot Ginger Soup is loaded with flavor and extremely delicious. The ginger gives the soup a pleasant heat and the carrots a rounded sweetness, perfect served with crusty bread.

Servings: 4

Prep Time: 10 mins

Cook: 4-5 or 7-8 hrs.

## **Ingredients:**

1 lb. carrots, peeled & cut into chunks

1 large sweet potato, peeled and diced

1 yellow onion, finely chopped

2 cloves garlic, minced

2 tbsp. fresh ginger, peeled and minced or 1/2 tsp. ground ginger

4 cups water or low-sodium vegetable stock

1/2 cup coconut milk

1/4 tsp. garlic powder

1/2 tsp. black pepper

1/2 tsp. salt

## **To Serve:**

Flaked almonds

## **Directions:**

- 1) Sauté the chopped onions and minced garlic for about 5 minutes, in 2 teaspoons of oil over medium heat. This step is optional but it gives the soup a deeper, richer flavor.
- 2) Add the potatoes, carrots, sautéed onions & minced fresh garlic, minced ginger, garlic powder, salt, and pepper to crock

pot.

- 3) Add the vegetable stock or water until the vegetables are just covered.
- 4) Cook for 4-5 hours on a 'High' heat setting or for 7-8 hours on a 'Low' heat setting, until all the vegetables are fork tender.
- 5) Puree the soup in small batches in a blender or food processor, until smooth and then stir in the milk.
- 6) Ladle into serving bowls, top with flaked almonds and enjoy.

## 12. SPLIT PEA SOUP

Split Pea Soup is a classic Swedish soup, usually served on Thursdays. It's soothing, nourishing and very flavorful. For the complete Scandinavian experience, serve with pancakes and jam to follow. .

Servings: 8

Prep Time: 5 mins

Cook Time: 6 hrs.

### **Ingredients:**

2 cups split peas

1 cup or 2 – 3 medium carrots, chopped

1 large shallot, diced

¼ cup quinoa

4 cups mushroom or added vegetable broth

4 cups low-sodium vegetable broth

2 tsp. mixed Italian herbs

Black pepper, to taste

Salt, to taste

Red pepper flakes (optional)

### **Directions:**

- 1) Add all the ingredients for the soup into a crock pot and stir to combine.
- 2) Cook for 4 - 6 hours on a 'High' heat setting or for 6 – 8 hours on a 'Low' heat setting.
- 3) Serve with toasted rye bread or your favorite salad for a light but nourishing dinner.

### **Nutritional Information per serving:**

Total Calories 203 kcal.

Total Carbohydrates 37g (Dietary Fiber 13g, Sugars 5g), Protein 13g,  
Sodium 205mg, Potassium 580mg.



# DESSERTS AND BEVERAGES

## 1. CHAI SPICED POACHED PEARS

Chai Spiced Poached Pears is a sweet and aromatic dessert, elegant enough for a dinner party! Pears are slow-cooked and spiced to perfection in a deliciously sweet maple poaching liquor.

Servings: 6-8

Prep Time: 20 mins

Cook Time: 4 hrs.

### **Ingredients:**

4-6 medium-ripe pears

2 cups freshly squeezed orange juice

¼ cup pure maple syrup

5 cardamom pods

1 cinnamon stick, split in two

1-inch piece of fresh ginger, peeled and cut into a small slice

### **Directions:**

- 1) Peel the skin off the pears and leave the stems on.
- 2) Slice off a thin piece off the bottom of the pear, so it will stand up straight while poaching.
- 3) Take out the core of the pear using an apple corer and place the pears upright inside the crock pot.
- 4) Add all the rest of the ingredients, pouring a little bit of the liquid on top of each pear.
- 5) Cover and cook for about 3-4 hours on a 'Low' heat setting, or until the pear is quite soft but still in one piece. During cooking, every hour or two, baste the pears with the poaching liquid.

6) Serve with some whipped cream and top with ground cinnamon and flaked almonds for a delicious and elegant dessert.

## 2. APPLE FRITTER BREAD

Apple Fritter Bread is a super moist bread, perfect for breakfast or dessert. Plump apples, crunchy walnuts and cinnamon-butter all transform this simple bread into a top notch artisan sweetbread.

Prep Time: 1 hr. 25 mins

Bake Time: 2 hrs.

### **Ingredients:**

3 cups whole wheat pastry flour, plus extra for dusting

2-3 medium sweet Honey Crisp apples, diced

2 tbsp. ground flax seed (optional)

½ cup walnuts, chopped

1 tbsp. honey

1¼ cups warm water

1 0.25-oz. packet or 2¼ tsp. active dry yeast

1½ tsp. coarse salt

2 tbsp. grass-fed butter, melted

2 tbsp. coconut sugar

1½ tsp. ground cinnamon

### **Directions:**

- 1) Place the yeast, warm water, and honey in the bowl of a stand mixer. Whisk well to combine.
- 2) Rest for 15-20 minutes, until the yeast in the mixture has bloomed.
- 3) Fit the mixer with a dough hook attachment.
- 4) Stir in the salt, and then mix in the flour, ½ a cup at a time, with the mixer on low speed.
- 5) Now mix in the flax seed, if using, and allow the dough to mix for 4-5 minutes, again on a low speed, until a ball has formed.

- 6) The dough should be slightly sticky. Add in diced apples and walnuts, until combined.
- 7) Flour a large piece of baking parchment paper and transfer the dough to the paper. Form a ball.
- 8) Place a damp-dry clean kitchen cloth over the dough and rise for 1 hour or until the dough has just about doubled in size.
- 9) Transfer the dough with the baking parchment paper into the crock pot. Program the crock pot to a 'Low' heat setting.
- 10) In a Pyrex measuring jug, whisk together the melted butter, cinnamon and coconut sugar and pour over the dough.
- 11) Using a knife, swirl this mixture into the dough with a butter knife.
- 12) Cover the crock pot and bake for 1 - 2 hours, until the internal temperature of the bread reads 190-200F when tested.
- 13) Serve warm.

### **Recipe Notes:**

This bread will last for up to 5 days in a sealed Ziploc bag or airtight container. It can also be frozen for up to 1 month, in a Ziploc bag or container.

### 3. FUDGE

Crock Pot Fudge couldn't be any easier to make or more delicious! It's sugar-free and dairy-free to boot, so the perfect healthy treat for all the children in your family

Servings: 30

Prep Time: 5 mins

Cook Time: 2 hrs.

#### **Ingredients:**

2½ cups sugar-free dark chocolate chips

⅓ cup unsweetened coconut milk

2 tsp. vanilla liquid stevia (optional)

1 tsp. pure vanilla extract

⅛ tsp. sea salt

#### **Directions:**

- 1) Stir the chocolate chips, vanilla, stevia, coconut milk and salt in a small 4-quart crock pot and cover.
- 2) Cook for 2 hours on a 'Low' heat setting.
- 3) Uncover the crock pot once the cooking time is up and turn the crock pot off.
- 4) Rest the crock pot and without stirring leave to stand for 30 minutes to 1 hour.
- 5) After the fudge has stood, stir for 5 minutes until the fudge is smooth.
- 6) Line a 1-quart casserole dish with baking parchment paper and spread the fudge mixture in.
- 7) Chill in the fridge for 30 minutes or until firm.
- 8) Slice into cubes and serve.

#### **Nutritional Information per Serving:**

Total Calories: 65 kcal. Calories from Fat: 45 kcal.

Total Carbohydrates 2g, Protein 1g, Total Fat 5g (Saturated Fat 3g),  
Potassium 5mg.

## 4. BLUEBERRY CRISP

Gluten-free Crock Pot Blueberry Crisp is a hearty and delicious treat. Frozen blueberries, make this dessert easy to make so you can make it time and again for all your family.

Servings: 10 servings

Prep Time: 10 mins

Cook Time: 3-4 hrs.

### **Ingredients:**

1½ cups gluten-free rolled oats, coarsely ground in a food processor

24 oz. or 5 cups of frozen blueberries

¼ cup melted coconut oil

¼ cup melted butter

1 cup pecans or walnuts, coarsely chopped

2 tbsp. brown sugar\* See Recipe Notes

¾ cup blanched almond flour

¾ tsp. sea salt

¼ cup stevia granulated sweetener or monk fruit sweetener

Cooking oil spray

### **Directions:**

- 1) Grease the crock pot insert with non-stick cooking oil spray.
- 2) Measure 5 cups of frozen blueberries, and put them inside the crock pot.
- 3) Process the rolled oats in a food processor until they're chopped small but not completely finely ground.
- 4) Meanwhile melt the butter and coconut oil and coarsely chop the nuts.
- 5) Put the ground rolled oats into a bowl, add the blanched almond flour, chopped nuts, granulated sweetener, salt, and

brown sugar.

- 6) Stir in the butter-coconut oil mixture and stir to evenly incorporate into the ingredients for the crisp.
- 7) Spread the crisp topping onto the blueberries and cook for 3-4 hours on a 'High' heat setting, or until the mixture is bubbling and you can smell blueberries.
- 8) Once cooked, if you're using a casserole crock pot, you can put it in a 400F oven (not under the broiler) to crisp the top even more.
- 9) Serve hot, with ice cream or whipped cream for a delicious after-dinner dessert.

### **Recipe Notes:**

You may omit the stevia sweetener and use 6 tablespoons of brown sugar or omit the brown sugar and use all stevia if you want the lowest sugar version of the crisp. Casserole crocks can collect a lot of water under the lid when making this recipe. Lift the lid about twice during cooking to drain off the water collected. Do it as quickly as you can, so the crock won't cool down. Leftovers will be good in the fridge for 1 – 2 days.



## 5. SPICED GREEN TEA

Spiced Green Tea is a healing beverage that gives you the best of all worlds. No need to choose between ginger tea, green tea, or fruit tea – you can have it all with this recipe!

Servings: 8

Prep Time: 15 mins

Cook Time: 2-3 or 4-6 hrs.

### **Ingredients:**

6-inch cinnamon stick, broken into two pieces

1 tbsp. crystallized ginger, snipped

4 cups freshly brewed green tea

4 cups freshly squeezed orange-peach-mango juice or plain orange juice

1 cup dried fruit - peaches, apricots, prunes, and pears

Orange slices

### **Directions:**

- 1) To create a spice bag, place the cinnamon and crystallized ginger into the center of a double-lined, 8-inch square of 100%-cotton cheesecloth.
- 2) Bring up the corners of the cheesecloth and tie closed with clean kitchen twine.
- 3) In a 4½-quart crock pot combine the green tea and juice.
- 4) Add the spice bag and dried fruit, gently stir and cover.
- 5) Cook for 2 to 3 hours on a 'High' heat setting or for 4 – 6 hours on a 'Low' heat setting.
- 6) Remove and discard the dried fruit and spice bag.
- 7) Ladle the tea into cups, float an orange slice in each cup, sweeten to taste with sugar if desired and serve.

### **Nutritional Information per Serving:**

Total Calories: 56 kcal.

Carbohydrates 14g (Dietary Fiber 0g), Protein 0g, Fat 0g (Saturated Fat 0g), Cholesterol 0mg, Sodium 14mg.

## 6. LEMON CUSTARD

This sweet treat is creamy low-carb and utterly delicious. Easily made using a crock pot, Lemon Custard requires no stirring from you, just put into the crock pot and let the crock pot do all the work.

Servings: 4 servings

Prep Time: 10 mins

Cook Time: 3 hrs.

### **Ingredients:**

5 large egg yolks

1 tbsp. lemon zest

1 tsp. pure vanilla extract

½ tsp. liquid stevia

2 cups whipping cream or coconut cream

¼ cup freshly squeezed lemon juice

Whipped cream or coconut cream

### **Directions:**

- 1) In a medium-sized bowl, whisk the egg yolks, lemon zest, lemon juice, vanilla extract, and liquid stevia.
- 2) Whisk in the heavy cream or coconut cream and divide the mixture among 4 small ramekins.
- 3) Place a wire rack in the bottom of the crock pot and place the ramekins on top of it.
- 4) Add enough water to cover halfway up the sides of the ramekins and cover with the crock pot lid.
- 5) Cook for 3 hours on a 'Low' heat setting.
- 6) Remove the ramekins once done, cool to room temperature, and then chill completely in the refrigerator for a minimum of 3 hours.

7) Top with whipped cream or for a vegan option, whipped coconut cream, and enjoy.

**Nutritional Information per Serving:**

Total Calories: 319 kcal. Calories from Fat: 270 kcal.

Total Carbohydrates 3g, Total Fat 30g, Protein 7g.

## 7. PEACH CRISP

Crock pot Peach Crisp is a great way to use up fresh summer peaches, deliciously juicy and tender. This recipe is also gluten-free and sugar-free, excellent for all the family.

Servings: 4-6 hrs.

Prep Time: 30 mins

Cook Time: 2 hrs.

### **Ingredients:**

6 peaches, peeled, cored and cut into slices

1/3 cup gluten-free rolled oats

1/4 cup low-fat butter, frozen

1/3 cup stevia granulated sweetener, or Splenda sweetener\* See Recipe Notes

1/3 cup almond flour

2-3 tbsp. coconut sugar

1/2 tsp. cinnamon

1/8 tsp. freshly-grated or ground nutmeg

Cooking oil spray

### **Directions:**

- 1) Grease the inside of a 4-quart crock pot with non-stick cooking oil spray.
- 2) Wash, peel and slice the peaches and then put the sliced peaches in an even layer in the bottom of the crock pot.
- 3) Using a large box grater, grate the frozen butter into a small bowl.
- 4) Add the rolled oats, blanched almond flour, coconut sugar, sweetener, cinnamon, and nutmeg and use a fork or pastry cutter to combine the mixture until it's well mixed.

- 5) Top the peaches with this mixture.
- 6) Put a piece of kitchen paper over the top of the crock pot so it's completely covered, and then put the lid over the parchment.
- 7) Cook for 2 hours on a 'High' heat setting.
- 8) Once done, remove the lid and kitchen paper carefully so that the accumulated liquid doesn't drip into the peach crisp.
- 9) Serve hot with whipped cream or ice cream if desired.
- 10) This crisp will keep for 1 day in the refrigerator, perfect if making ahead of time.

## 8. HOT WASSAIL

Hot Wassail is a deliciously sweet beverage that combines pineapple juice, apple cider, and orange juice with cinnamon and cloves for a perfect holiday drink! The crock pot makes it that much easier to make, and is ready in as little as 30 minutes.

Servings: 12

Prep Time: 5 mins

Cook Time: 30 mins or 2 hrs.

### **Ingredients:**

8 cups 100%-juice apple cider

2 cups 100%-juice pineapple juice

2 cups 100%-juice orange juice

4 long cinnamon sticks

1 tsp. ground cloves

¼ cup Splenda sweetener

### ***Optional, to serve:***

1 orange sliced

1 apple, sliced

12 cinnamon sticks

### **Directions:**

- 1) Combine all the ingredients in a large sauce pan or in a large 6-quart crock pot.
- 2) Simmer over medium heat for about 30 minutes, cook in the crock pot on a 'High' heat setting.
- 3) Ladle into cups and enjoy!
- 4) Serve with sliced apples, sliced oranges, and cinnamon sticks too, if desired.

**Recipe Notes:**

As you ladle the beverage, stir occasionally as the spices may sink to the bottom of the crock pot or sauce pan.



## 9. CHOCOLATE CAKE

Crock pot Chocolate Cake may just be the best low-carb dessert cake you'll make in a crock pot. Rich and moist, it won't need any frosting, and be just as scrumptious as oven-baked chocolate cake.

Servings: 10

Prep Time: 10 mins

Cook Time: 3 hrs.

### **Ingredients:**

1 cup almond flour plus 2 tbsp. more

½ cup Dutch-processed cocoa powder

½ cup Swerve granulated sweetener

3 tbsp. unflavored whey protein powder or egg white protein powder

6 tbsp. low-fat butter, melted

3 large eggs

⅔ cup unsweetened almond milk

¾ tsp. vanilla extract

1½ tsp. baking powder

¼ tsp. salt

⅓ cup dairy-free chocolate chips (optional)

### **Directions:**

- 1) Coat the insert of a 6-quart crock pot with low-fat butter.
- 2) In a medium-sized bowl, whisk the cocoa powder, almond flour, sweetener, whey protein powder, baking powder, and salt.
- 3) Then stir in the butter, almond milk, eggs, and vanilla extract, until well combined, and then stir in chocolate chips, if using.
- 4) Pour the batter into the prepared crock pot insert and cook for 2 to 2½ hours on a 'Low' heat setting.

- 5) The cake will be gooey and pudding-like at 2 hours, and then slightly 'cakier' at 2½ hours.
- 6) Turn the crock pot off and cool for 20 - 30 minutes.
- 7) Slice, and serve with lightly sweetened whipped cream. Enjoy!

**Nutritional Information per Serving:**

Total Calories: 205 kcal. Calories from Fat: 153 kcal.

Total Carbohydrates 8.4g (Dietary Fiber 4.1g).

# 10. BAKED APPLES

These baked apples are just the right amount of sweet, they swarm your home with the most delicious fall scent, and they are super EASY to throw together.

Servings: 6

Prep Time: 10 mins

Cook Time: 1 hr. 15 mins

## **Ingredients:**

6 organic Gala apples

½ cup chopped pecans

½ cup chopped walnuts

¼ cup maple sugar or coconut palm sugar

4 tbsp. grass-fed butter

2 tbsp. maple syrup

½ cup apple cider or water

¼ cup raisins

1 tsp. cinnamon

¼ tsp. apple pie spice (optional)

⅛ tsp. salt

## **Directions:**

- 1) Mix together the sugar, walnuts, raisins, cinnamon, and salt in a medium-sized mixing bowl.
- 2) Top the apples with a knife, and then using a melon baller, apple corer or a cookie scooper, remove the core and seeds from each apple.
- 3) Pack ⅛ cup of the mixture into each apple, and then place the apples into the crock pot.

- 4) Place ½ a tablespoon of butter over each apple.
- 5) Pour the apple cider all around the apples and cover with the crock pot lid.
- 6) Cook for 2 to 2½ hours on a 'Low' heat setting until tender, but still in one piece.
- 7) Serve warm.

# 11. CRANBERRY POACHED PEARS

Cranberry Poached Pears is a healthy low-fat dessert of poached pears with cinnamon and ginger in tart cranberry juice. This dessert is truly autumnal; the pears come out a beautiful red in the syrupy poaching liquid and the added raisins plump up while poaching. Delicious!

Servings: 6

Prep Time: 5 mins

Cook Time: 3-4 hrs.

## **Ingredients:**

6 Bosc or Anjou pears, peeled

6 cups 100%-juice, no-sugar sweetened cranberry juice

¼ cup real maple syrup, coconut palm sugar, agave syrup, liquid honey or sucanat

1 cup raisins

2 pods star anise (optional)

3 cinnamon sticks

1-inch piece fresh ginger with peel, sliced

Peel of 1 orange

3 tbsp. arrowroot starch or 2 tbsp. cornstarch

8-10 mint leaves for garnish, optional

## **Directions:**

- 1) Add the cranberry juice, cinnamon sticks, orange peel, and ginger to the crockpot.
- 2) Place the whole, peeled pears in the crockpot, cover and cook for 3 to 4 hours on a 'Low' heat setting.
- 3) Once done, place the arrowroot or cornstarch powder in a bowl, and gradually whisk in ½ cup of the poaching liquid.

- 4) Strain over the pot to discard the ginger, cinnamon sticks, star anise, raisins, and orange peels. Reserve the plumped raisins for serving.
- 5) Heat up the poaching liquid over high heat, and pour in the arrowroot or cornstarch slurry.
- 6) Bring to a boil and then lower the heat and cook for 5 minutes, or until the poaching liquid is syrupy.
- 7) Cool, pour the cranberry syrup over the poached pears, add in the plumped raisins, and some whipped cream or vanilla frozen yogurt, and serve.
- 8) Garnish with mint leaves, if you fancy.

**Nutritional Information per Serving:**

Total Calories: 224 kcal. Smart Points: 12

Carbohydrates: 58g (Dietary Fiber: 6g, Sugars: 46g), Protein: 1g,  
Total Fat: 0g (Saturated Fats: 0g, Trans Fats: 0g), Cholesterol: 0mg,  
Sodium: 8mg.

## 12. BROWN RICE PUDDING

Crock pot Brown Rice Pudding will soon be a family favorite! It's deliciously creamy, sweet, and healthy too as it only contains natural sugars.

Servings: 8

Prep Time: 5 mins

Cook Time: 3-4 hrs.

### **Ingredients:**

$\frac{2}{3}$  cup long grain brown rice

$\frac{2}{3}$  cup low-fat milk

$\frac{1}{4}$  cup unrefined sweetener such as coconut palm sugar, real honey, or sucanat.

13.5-oz. can light coconut milk

$\frac{2}{3}$  cup raisins (optional)

1 tsp. ground cinnamon

1 tsp. pure vanilla extract

### **Directions:**

- 1) Add the brown rice, ground cinnamon and your sweetener of choice to the crock pot, and stir well to combine.
- 2) Add both the coconut and low-fat milk, stir to combine, and cover.
- 3) Cook for 3-4 hours on a 'Low' heat setting, or until the rice grains are the tender and desired thickness of the rice pudding has been reached.
- 4) Now add the vanilla extract and raisins, and stir to combine. Turn off the crock pot.
- 5) Cover and allow to rest about 10 minutes.
- 6) Add additional cinnamon and raisins for garnish and serve!

### **Nutritional Information per serving:**

Total Calories: 244 kcal. Smart Points (Freestyle): 11

Carbohydrates: 29g (Dietary Fiber: 1g, Sugar: 10g) Protein: 4 g,  
Total Fat: 14g (Saturated Fat: 12g, Trans Fat: 0g), Cholesterol: 4mg,  
Sodium: 50mg.



# **YOUR FREE BONUS: 60 ANTI-INFLAMMATORY SMOOTHIE RECIPES**

## **ANTI-INFLAMMATORY SMOOTHIES**

Inflammation of a body part is in fact the response given by the immune system to unfavorable stimuli like infections, damaged cells and tissues, various pathogens, etc. Though this process is natural and quite harmless, it is something to worry about if the inflammation is persistent and chronic. In such cases it can do more harm than good and worsen the affected area.

The digestive tract or the gut is one of the most common sites of inflammation as a lot of pathogens enter the digestive system through the food we eat. Though the problem is not severe in most individuals, there are a lot of people who suffer from chronic inflammation.

These smoothies here will not only help to nullify the inflammation to a great extent but will also prevent further damage as well.

# 1. KALE AND APPLE SMOOTHIE

This smoothie is excellent for rheumatoid arthritis pain as kale has pain relieving and anti-inflammatory properties that will help to reduce the arthritic pain to a great extent.

Makes: 2 servings

Time: 5 minutes

## **Ingredients:**

2 cups of fresh kale, washed and chopped

1 apple, cored and chopped

1 orange, peeled and deseeded

1 cup of filtered water

## **Directions:**

1. Place all the ingredients into a blender and blend until smooth.

**Nutritional information per serving:** Calories-125, Fat-2 g, Protein- 8 g, Carbohydrates- 61 g

## 2. CHIA AND CHERRY SMOOTHIE

This beverage contains a whole bunch of healthy ingredients like pineapple, cherries, kale, coconut oil and coconut water which are known to contain anti-inflammatory properties. Cherries especially have a lot of anthocyanins and anti-oxidants that reduce block pain signals and muscle damage during inflammation.

Makes: 1 serving

Time: 5 minutes

### **Ingredients:**

A handful of fresh cherries

½ cup of pineapple, cubed

A couple of beetroot pieces

1 tablespoon of Chia seeds

2-3 ice cubes (optional)

8 ounces of coconut water

1 teaspoon of coconut oil

### **Directions:**

1. Wash the cherries, pineapple and beetroot before chipping them and place in a blender.
2. Add the remaining ingredients to the jar and run it on high for 1 minute until smooth.
3. Serve chilled.

**Nutritional information per serving:** Calories- 250, Fat-4.5 g, Protein- 6 g, Carbohydrates-51 g

### 3. CINNA-BANANA-CHIA SMOOTHIE

This sweet and spicy smoothie is a perfect drink to fight free radicals and reduce all kinds of pain and inflammation.

Makes: 2 small servings

Time: 5 minutes

#### **Ingredients:**

1 cup fresh kale, chopped

A handful of cherries

½ a ripe banana, chopped

1 tablespoon Chia seeds

½ teaspoon of fresh ginger, finely grated

12 ounces of fresh coconut water

A large pinch of turmeric powder

A small pinch of cinnamon powder

#### **Directions:**

1. Place all the ingredients in the blender and blend it for 40 seconds or until creamy and smooth.

**Nutritional information per serving:** Calories- 272, Fat-5.9 g, Protein- 8.5 g, Carbohydrates- 53.3 g

## 4. MANGO-PINA SMOOTHIE

This orange blend is an excellent remedy for inflammation of the digestive tract. This smoothie contains pineapple that is rich in manganese, copper, vitamin B complex groups and dietary fibers that help reducing gut inflammation and improving digestion.

Makes: 1 serving

Time: 2 minutes

### **Ingredients:**

1 mango, chopped

1 cup of pineapple, cubed

1handful of baby spinach

1 cup of filtered water

### **Directions:**

1. Wash the pineapple and mango thoroughly before peeling and chopping into cubes.
2. Next, add all the ingredients into the blender and whir it up for 45 seconds to 1 minute until thick and frothy.

**Nutritional information per serving:** Calories-219, Fat-0.8 g, protein- 3.9 g, carbohydrates -57.8 g

## 5. GINGER CARROT SMOOTHIE

This orange colored smoothie has the goodness of fresh carrots, pineapple ginger, turmeric, and banana that can be used as a wholesome anti-inflammatory breakfast smoothie

Makes: 2 servings

Time: 5 minutes

### **Ingredients:**

½ cup of freshly squeezed homemade carrot juice

1 ripe banana, chopped

1 cup of pineapple, chopped

½ teaspoon of fresh ginger, peeled and grated

8 ounces of fresh almond milk (unsweetened)

1 ½ teaspoon of freshly squeezed lemon juice

A pinch of turmeric powder

### **Directions:**

1. To the blender, add all the above ingredients and run it on high for 2 minutes until all the ingredients are well combined to a creamy thick mixture.

**Nutritional information per serving:** Calories-144, Fat- 2.3 g, Protein- 2.4 g Carbohydrates-32 g

## 6. BERRY-BEET SMOOTHIE

Beets contain high amounts of potassium and magnesium and are known to help in cell repair. The beet, coconut oil as well as turmeric present in this red smoothie have high anti-inflammatory property that can provide relief from arthritic pain and other joint pain.

Makes: 2 servings

Time: 5 minutes

### **Ingredients:**

½ cup peeled and chopped red beet

½ cup chopped apple

1 cups strawberries (fresh or frozen)

¼ cup of unsweetened almond milk

1 tablespoon coconut oil

1-2 Medjool dates, pitted

A pinch of turmeric

### **Directions:**

1. Place all the ingredients in the blender and process it for 3-4 minutes until smooth.

**Nutritional information per serving:** Calories- 223.4, Fats- 14.6 g, Protein- 1.5 g, Carbohydrates- 22.3 g

## 7. MANGO-MELON BLUSH

This mangolicious smoothie is a great drink to get relief from the pain and inflammation caused by osteo and rheumatoid arthritis.

Makes: 3 serving

Time: 5 minutes

### **Ingredients:**

A handful of strawberries

2 mangoes, pitted and cubed

2 cups cantaloupe, cubed

2 cups baby spinach, washed

2 large chard leaves

1 stalk celery, chopped

$\frac{3}{4}$  cup of filtered water

### **Directions:**

1. Place all the ingredients into a blender and run it on high for 2-3 minutes until a lump free mixture is got.

**Nutritional information per serving:** Calories-348, Protein-8 g, Fat-2 g, Carbohydrates- 94 g



## 8. GUAVA BERRY SMOOTHIE

This smoothie is a great way to get your daily dose of nutrients and antioxidants. The anti-inflammatory properties of guava can help to regulate thyroid function.

Makes: 2 servings

Time: 5 minutes

### **Ingredients:**

½ guava, chopped

1 cup strawberries (fresh or frozen)

2 bananas (fresh or frozen)

4 cups spinach, washed

6 ounces of filtered water

### **Directions:**

1. Load the blender with all the ingredients and whip it up for 1 minute until smooth.
2. Pour in a tall glass and enjoy!

**Nutritional information per serving:** Calories-339, Fat 2g, Protein- 9.1 g, Carbohydrates-81 g

## 9. CUCUMBER CELEY BLAST

Celery and cucumber are well known to cool the system and this combined with the anti-inflammatory powers of pineapple can alleviate your pains in no time.

Makes: 2 servings

Time: 5 minutes

### **Ingredients:**

1 stalk celery, chopped

½ cup pineapple, cubed

1 cup green cucumber, cubed

¼ cup of freshly squeezed lime juice

1 ½ cup of coconut water

1 tablespoon of organic super food powder (wheatgrass, Camu root, spirulina, etc)

1-2 ice cubes (optional)

### **Directions:**

1. Add all the ingredients into your blender and blend it until the desired consistency is reached.

**Nutritional information per serving:** Calories- 145.2, Fats-1.7 g, Protein-4.2 g, Carbohydrates-31.6 g

## 10. ORANGE PINEAPPLE COOLER

This smoothie is your best bet to get relief from pain and inflammation caused during dysmenorrhea. The power of turmeric, ginger and pineapple will help to fight the painful menstrual cramps and the cooling cucumber and orange will soothe the body naturally.

Makes: 2 servings

Time: 10 minutes

### **Ingredients:**

1 ½ cup of pineapple, peeled and chopped

½ cub cucumber, deseeded and chopped

2 inches ginger, peeled and grated

3 inches turmeric, peeled and grated

2 oranges, peeled and chopped

1 cup filtered water

### **Directions:**

1. Place all the ingredients in the same order as listed above into the blender jar and whip it up for 2-3 minutes until nicely combined without any lumps.

**Nutritional information per serving:** Calories-256, Fats-1 g, Protein-8 g, Carbohydrates-130 g

## 11. KIWI KISS SMOOTHIE

Kiwi is a great ingredient to soothe inflammation of the digestive system. This smoothie is packed with the goodness of kiwi, mango and orange that can help to fight gut inflammation effectively.

Makes: 1 serving

Time: 5 minutes

### **Ingredients:**

2 kiwifruits, peeled and chopped

1 cup mango, chopped

1 orange, peeled and chopped

$\frac{3}{4}$  cup of filtered water (to adjust consistency)

### **Directions:**

1. Add all the 3 chopped fruits and water into the blender and blend it for 45 seconds or until a lump free, mixture is got.
2. Pour into a serving glass and enjoy this delicious smoothie.

**Nutritional information per serving:** Calories-354, Fats-2 g, Protein- 8 g, Carbohydrates-87 g

## 12. PINA-BANANA AND GRAPEFRUIT SMOOTHIE

This smoothie can help you to reap anti-inflammatory properties from pineapples and grapefruit whereas cucumber and cilantro provide cooling effect.

Makes: 1 serving

Time: 2 minutes

### **Ingredients:**

1 large banana, chopped (fresh or frozen)

1 cup pineapple, peeled and chopped

½ cucumber, chopped

A handful of cilantro, washed and chopped

½ red grapefruit, peeled and chopped

½ cup of filtered water

### **Directions:**

1. Place all the ingredients into the blender and BLEND!  
Serve immediately.

**Nutritional information per serving:** Calories-262, Fat- 0 g, Protein-4 g, Carbohydrates- 66 g

## 13. GINGER-CARROT PUNCH

This carrot-ginger duo can suppress overactive immune responses thereby reducing inflammation.

Makes: 1 serving

Time: 5 minutes

### **Ingredients:**

1 carrot, peeled and chopped

1 small cup of pineapple, peeled and chopped

A handful of spinach, washed

½ orange, peeled and deseeded

1 tablespoon Chia seeds (soaked)

¼ teaspoon freshly grated ginger

½ cup of filtered water

### **Directions:**

1. Add the washed and chopped fresh produce into the blender jar.
2. Next add the Chia seeds and water and whip up the smoothie until there are no lumps.
3. Serve.

**Nutritional information per serving:** Calories-337, Fat-0 g, Protein- 8 g, Carbohydrates-52 g

## 14. AVOCADO- TURMERIC SMOOTHIE

This combination may sound bizarre but the goodness of avocado when mixed with the anti-inflammatory properties of turmeric can do wonders with chronic arthritic pain

Makes: 1 serving

Time: 2 minutes

### **Ingredients:**

1/2 cup of blueberries (fresh or frozen)

1/2 cup of avocado, chopped

1/2 tablespoon of coconut oil

1/2 teaspoon freshly grated ginger

1/2 teaspoon of freshly grated turmeric

1/2 tablespoon of raw, organic honey

1 cup filtered water

### **Directions:**

1. Add all the ingredients in the same order as listed above and blend until smooth and thick.

**Nutritional information per serving:** Calories- 298, Fat-22g, Protein-3g, Carbohydrates-29g

## 15. 3 SPICE MANGO SMOOTHIE

This 3 spice smoothie is a great beverage that helps to recover from rheumatoid arthritis. This smoothie can be consumed alongside your regular meal or as a snack.

**Makes:** 1 serving

**Time:** 5 minutes

### **Ingredients:**

½ cup chopped mango (fresh or frozen)

1 bananas, chopped (fresh or frozen)

1 cup unsweetened almond milk

½ teaspoon freshly grated ginger

½ teaspoon freshly grated turmeric

½ teaspoon cinnamon powder

½ tablespoon of Maca root powder

1 tablespoon coconut oil

½ teaspoon of raw, organic honey

A pinch of sea salt

### **Directions:**

1. Place all the ingredients into your blender and run it on medium high speed for 1-2 minutes or until done.

**Nutritional information per serving:** Calories-303, Fat-14g, Protein-2.8 g, Carbohydrates- 36 g



## 16. SWEET AND SPICY FRUIT PUNCH

This green tea based smoothie is a refreshing beverage with a lot of healing properties. With a nice blend of antioxidant rich fruits and spices, this smoothie serves as a great home remedy to treat ulcerative colitis and inflammation in the gut.

**Makes:** 1 serving

**Time:** 10 minutes

### **Ingredients:**

1 cup freshly brewed green tea (room temperature or chilled)

½ cup papaya, chopped (fresh or frozen)

½ cup avocado, chopped

½ cup of blueberries (fresh or frozen)

1 tablespoon of Chia seeds

A handful of baby spinach

A pinch of cayenne pepper

½ teaspoon of freshly grated turmeric

½ teaspoon of freshly grated ginger

½ teaspoon of cinnamon powder

1 teaspoon of raw, organic honey

1 teaspoon of coconut oil

A pinch of sea salt

### **Directions:**

1. Brew a fresh cup of green tea and allow it to cool.
2. If you prefer chilled smoothie, refrigerate this tea for 1 hour.
3. Next, add all the dry ingredients into the blender and process until well combined.

4. Then, pour in the wet ingredients and blend it for 30 seconds more till the desired consistency is got.

5. Serve immediately.

**Nutritional information per serving:** Calories 264, Fat 13 g, Protein- 4.1 g, Carbohydrates- 41 g

## 17. MANGO- PAPAYA BLEND

This smoothie is a great remedy for the inflammation of skin. Papaya contains lots of vital nutrient and enzymes like papain and chymopapain that help in soothing the inflammation.

**Makes:** 2 servings

**Time:** 5 minutes

### **Ingredients:**

2 cups papaya, chopped (fresh or frozen)

$\frac{3}{4}$  cup mango, chopped (fresh or frozen)

1 cup unsweetened almond milk

1 teaspoon flaxseeds

$\frac{1}{4}$  teaspoon vanilla extract

A pinch of freshly grated lemon zest

A pinch of cinnamon powder

2 teaspoon of freshly grated ginger

4-5 drops of raw organic honey

1 tablespoon freshly squeezed lemon juice

A few ice cubes

### **Directions:**

1. Place all the above listed ingredients into the blender jar and process until smooth.
2. Pour into glasses and enjoy!

**Nutritional information per serving:** Calories-176, Fat-4.5 g, Protein- 2 g, Carbohydrates- 35 g

## 18. SPINACH AND PINEAPPLE MELBA

This green slush is best for reducing the swelling caused by inflammation. The nutrients of spinach and pineapple can reduce the inflammation causing cytokynins significantly.

**Makes:** 1 serving

**Time:** 5 minutes

### **Ingredients:**

2 cups baby spinach, washed and chopped

2 stalks of celery, chopped

1 ripe orange, peeled and chopped

1 cup pineapple, chopped

6-8 ounces of water

2-3 ice cubes (optional)

### **Directions:**

1. Blend all the ingredients until smooth and enjoy!

**Nutritional information per serving:** calories-158, Fat-0.6 g, Protein-4.6 g, Carbohydrates- 40.4 g

## 19. GREEN GOBLIN SMOOTHIE

The ingredients in this smoothie can help to get relief from chronic inflammation. This extremely powerful smoothie can be consumed regularly if you are suffering from pain and inflammation.

**Makes:** 1 serving

**Time:** 5 minutes

### **Ingredients:**

1 ½ cups of seedless green grapes

¼ cup freshly squeezed lemon juice

¼ cup avocado, chopped

A handful of flat leaf parsley, washed and chopped

1 teaspoons freshly grated ginger

2-3 drops of raw organic honey or liquid Stevia

2-3 ice cubes

### **Directions:**

1. Add all the ingredients into your blender and pulse for 1 minute and serve.

**Nutritional information per serving:** Calories-244, Fat-6 g, Protein-4g, Carbohydrates-50 g

## 20. PEACHY GINGER SMOOTHIE

Peach and ginger is a great combination for getting relief from gut inflammation.

**Makes:** 1 serving

**Time:** 5 minutes

### **Ingredients:**

1 cup unsweetened almond milk

½ cup peach (fresh or frozen)

1 small banana, hopped (fresh or frozen)

½ teaspoon finely grated ginger

1 teaspoon freshly grated turmeric

½ teaspoon hemp seeds

1 teaspoon cinnamon powder

1 teaspoon raw organic honey

### **Directions:**

1. Whizz all the ingredients until well combined and serve.

**Nutritional information per serving:** Calories-205, Fat-3.6 g, Protein-3.4 g, Carbohydrates- 44.7 g

## 21. COCONUT CARROT PLEASURE

This orange blend is an excellent anti-inflammatory action and can help to reduce the pain associated with gout, rheumatoid arthritis etc.

**Makes:** 1 serving

**Time:** 5 minutes

### **Ingredients:**

1 small carrot, chopped

1 cup coconut water

1-2 peaches, fresh or frozen

1 small banana, fresh or frozen

¼ teaspoon freshly grated turmeric

¼ teaspoon freshly grated ginger

1 teaspoon coconut oil

Few cubes of ice (optional)

### **Directions:**

1. Place all the ingredients into the blender jar and process on high for 2 minutes or until done.

**Nutritional information per serving:** Calories-220, Fats- 6 g, Proteib-4 g, Carbohydrates- 40 g

## 22. TURMERIC-MANGO SMOOTHIE

This powerful smoothie helps to get relief from inflammation associated with muscle sprains, skin inflammation or arthritis.

**Makes:** 2 servings

**Time:** 5 minutes

### **Ingredients:**

- 2 cups unsweetened almond milk
- 1 banana (fresh or frozen)
- 1 cup papaya, chopped (fresh or frozen)
- 1 cup mango, chopped
- 1 teaspoon freshly grated turmeric
- Pinch of black pepper
- ½ teaspoon finely grated ginger
- 1 tablespoon raw organic honey
- ½ teaspoon vanilla extract

### **Directions:**

1. For this recipe, you need to prepare a turmeric milk concoction before you make the smoothie.
2. Heat a sauce pan on medium high and boil the almond milk, along with the turmeric, black pepper, ginger and honey.
3. Let it simmer for 5 minutes on low.
4. Allow this mixture to cool completely.
5. Once it has cooled, load your blender with this concoction, and all the remaining ingredients and process it until smooth.



**Nutritional information per serving:** Calories-262, Fats-10 g,  
Proteins- 5.8 g, Carbohydrates-40.6 g

## 23. ORANGE SQUASH TANGO

This citrus rich smoothie is packed with antioxidants and vitamin C that will not only keep you refreshed but will also provide relief from pain and inflammation.

**Makes:** 1 serving

**Time:** 5 minutes

### **Ingredients:**

1 cup yellow squash, chopped

1 orange, peeled and copped

1 ounce kumquats (optional)

1 tablespoon hemp seeds

½ teaspoon freshly grated ginger

1 teaspoon freshly grated turmeric (or turmeric powder)

1 cup filtered water

A few ice cubes

### **Directions:**

1. Combine all the ingredients in a blender jar and run it for 1 minute or until smooth and creamy.

**Nutritional value per serving:** Calories-162, Fat-1.3 g, Protein-5.2g, Carbohydrates-37 g

## 24. CHIA- PINA AND GOJI BERRY BLUSH

This smoothie is packed with the anti-inflammatory phytonutrients like bromelain from pineapple and omega 3 fatty acids from Chia seeds and hemp seeds. The Aloe Vera on the other hand provides a calming effect against the inflammation. This electrolyte rich smoothie will soothe inflammation and also promote brain health.

### **Ingredients:**

½ cup pineapple, peeled and chopped

2 cups of coconut water

½ cup spinach

Freshly squeezed juice of 1 lime

1 teaspoon pure aloe gel/extract

1 tablespoon Chia seeds

1 tablespoon hemp seeds

1 tablespoon Goji berries

### **Directions:**

1. Simply add all the ingredients into your blender jar and process the smoothie until it's nice and frothy.

**Nutritional information per serving:** Calories-370, Fat-9 g, Protein-13 g, Carbohydrates- 65 g

## 25. PINA-BAN-ILLA SMOOTHIE

This smoothie is an excellent remedy to get relief from gut inflammation, ulcerative colitis, etc.

**Makes:** 1 serving

**Serves:** 5 minutes

### **Ingredients:**

1 cup pineapple, peeled and chopped

1 frozen banana

2 cups mixed green (lettuce, kale, spinach, chard etc.)

1 celery stalk, chopped

1 few drops of pure vanilla extract (or 1/2 organic vanilla bean)

3/4 cup filtered water

### **Directions:**

1. Place all the ingredients into the blender and whip it up until thick and frothy.

**Nutritional information per serving:** Calories- 210, Fat- 0.7 g, Protein- 4.6 g, Carbohydrates- 55 g

## 26. SPINACH & BERRIES SMOOTHIE

A smoothie with healthy benefits of berries and fresh spinach... Fresh ginger and parsley compliments berries and spinach nicely.

**Yield:** 1 serving

**Preparation Time:** 10 minutes

### **Ingredients:**

1 cup mixed frozen berries (blueberries, strawberries, cranberries)

2 cups fresh spinach

1 cup celery stalk, chopped

2-inch pieces fresh ginger, peeled and chopped

3 tablespoons hemp protein powder

½ cup filtered water

### **Directions:**

1. In a high speed blender, add all ingredients and pulse till smooth.
2. Transfer into a glass and serve immediately.

## 27. PINEAPPLE & CARROT SMOOTHIE

A great refreshing smoothie with the tasty flavor of pineapple and carrot... This recipe makes a real delightful smoothie.

**Yield:** 2 servings

**Preparation Time:** 10 minutes

### **Ingredients:**

1 cup frozen pineapple

1 large ripe banana, peeled and sliced

½ tablespoon fresh ginger, peeled and chopped

¼ teaspoon ground turmeric

1 cup unsweetened almond milk

½ cup fresh carrot juice

1 tablespoon fresh lemon juice

### **Directions:**

1. In a high speed blender, add all ingredients and pulse till smooth.
2. Transfer into 2 glasses and serve immediately.

### **Nutritional Information per Serving:**

**Calories:** 144, **Fat:** 2.3g, **Carbohydrates:** 32g,  
**Protein:** 2.4g, **Fiber:** 5g, **Sugar:** 17.5g, **Sodium:**  
112mg

## 28. NUTTY BERRIES & SPINACH SMOOTHIE

A super healthy smoothie... This smoothie is loaded with the healthy kale and sweet distinct taste of fresh berries and their juices.

**Yield:** 3 servings

**Preparation Time:** 10 minutes

### **Ingredients:**

¾ cup frozen blackberries

¾ cup frozen blueberries

1 frozen banana, peeled and sliced

1 cup fresh baby spinach

¼ cup raw walnuts

1 teaspoon bee pollen

1½ cups unsweetened almond milk

### **Directions:**

1. In a high speed blender, add all ingredients and pulse till smooth.
2. Transfer into 2 glasses and serve immediately.

## 29. CHERRY & KALE SMOOTHIE

Treat your body with one of delicious and healthy smoothie... Cherries, kale and banana make a nice combo with spices.

**Yield:** 1 serving

**Preparation Time:** 10 minutes

### **Ingredients:**

2 ripe bananas, peeled and sliced

1 cup fresh cherries, pitted

1 cup fresh kale, trimmed

1 teaspoon fresh ginger, peeled and chopped

1 tablespoon chia seeds, soaked for 15 minutes

½ teaspoon ground turmeric

¼ teaspoon ground cinnamon

1 cup coconut water

### **Directions:**

1. In a high speed blender, add all ingredients and pulse till smooth.
2. Transfer into a glass and serve immediately.



## 30. VEGGIES & TURMERIC SMOOTHIE

One of the best and healthy smoothies which has multiple healing qualities... Avocado adds a wonderfully creamy touch in this healthy smoothie .

**Yield:** 2 servings

**Preparation Time:** 10 minutes

### **Ingredients:**

1 small avocado, peeled, pitted and chopped

½ of green bell pepper, seeded and chopped

1-inch fresh turmeric piece, peeled and grated

1 cup fresh baby spinach, chopped

1 cup fresh arugula, chopped

1-inch fresh ginger piece, peeled and chopped

¾ cups fresh parsley

Pinch of cayenne pepper

Pinch of salt

1 cup fresh coconut water

### **Directions:**

1. In a high speed blender, add all ingredients and pulse till smooth.
2. Transfer into 2 glasses and serve immediately.

## 31. BANANA & GINGER SMOOTHIE

A great addition in the list of healthy smoothies...  
This smoothie is filled with the flavor of naturally healthy ginger and banana.

**Yield:** 1 serving

**Preparation Time:** 10 minutes

### **Ingredients:**

1-inch fresh ginger piece, peeled and chopped  
1 frozen banana, peeled and sliced  
½ teaspoon ground cinnamon  
1 cup coconut milk

### **Directions:**

1. In a high speed blender, add all ingredients and pulse till smooth.
2. Transfer into a glass and serve immediately.

## 32. PINEAPPLE, KALE & GINGER SMOOTHIE

One of a nutrient-dense smoothie... This smoothie is a fantastic way to pack in a lot of nutrients and energy in your diet.

**Yield:** 1 serving

**Preparation Time:** 10 minutes

### **Ingredients:**

1 cup frozen pineapple, chopped

1 tablespoon fresh ginger, peeled and chopped

1 cup fresh kale, trimmed and chopped

½ cup fresh mixed berries

¼-½ teaspoon ground turmeric, to taste

2 teaspoons ground flax seeds

1 cup unsweetened coconut milk

½ cup ice, crushed

### **Directions:**

1. In a high speed blender, add all ingredients and pulse till smooth.
2. Transfer into 1 glass and serve immediately.

### 33. PINEAPPLE & GREEN TEA SMOOTHIE

A simple tasty recipe of smoothie with the flavors of pineapple and green tea... This recipe prepares a really energizing and delicious smoothie.

**Yield:** 1 servings

**Preparation Time:** 10 minutes

**Ingredients:**

1 cup pineapple, chopped

1 small piece of ginger, peeled and chopped

½ teaspoon ground turmeric

1 teaspoon natural immune support

1 teaspoon chia seeds

1 cup cold green tea

½ cup Ice, crushed

**Directions:**

1. In a high speed blender, add all ingredients and pulse till smooth.
2. Transfer into a glass and serve immediately.

## 34. FRUIT & VEGGIE SMOOTHIE

A freshest and quickest way to get veggies and fruit in your diet at the same time... This blend makes a really yummy smoothie.

**Yield:** 2 servings

**Preparation Time:** 15 minutes

### **Ingredients:**

¾ cups pineapple, chopped

½ cup cucumber, peeled and chopped

½ of pear, peeled, cored and chopped

1 small avocado, peeled, pitted and chopped

½ tablespoon fresh dill

1 cup fresh spinach, chopped

1 celery stalk, chopped

¼ teaspoon ground turmeric

1 piece fresh ginger, peeled

1 tablespoon fresh lime juice

2 cups water

### **Directions:**

1. In a high speed blender, add all ingredients and pulse till smooth.
2. Transfer into 2 glasses and serve immediately.

## 35. SPICED PEACH SMOOTHIE

A really delicious and healthy smoothie with a kick of warm spices... This natural blend of peaches and spices makes a refreshing, cool summer time smoothie.

**Yield:** 2 servings

**Preparation Time:** 10 minutes

### **Ingredients:**

½ of frozen banana, peeled and chopped

1 cup frozen peaches, pitted and chopped

½ teaspoon ground ginger

½ teaspoon chia seeds

1 teaspoon ground turmeric

1 teaspoon ground cinnamon

1 teaspoon raw honey

10-ounce unsweetened almond milk

### **Directions:**

1. In a high speed blender, add all ingredients and pulse till smooth.
2. Transfer into a glass and serve immediately.

## 36. TANGY MANGO & SPINACH SMOOTHIE

One of smoothie with refreshing lemony touch...This smoothie is really light, healthy and refreshingly delicious.

**Yield:** 2 servings

**Preparation Time:** 10 minutes

### **Ingredients:**

2 cups frozen mango, peeled, pitted and chopped

3 cups fresh spinach, chopped

1 teaspoon ground turmeric

16-ounce fresh coconut water

1 tablespoon lemon juice

1 tablespoon lime juice

### **Directions:**

1. In a high speed blender, add all ingredients and pulse till smooth.
2. Transfer into 2 glasses and serve immediately.

## 37. PINEAPPLE, AVOCADO & SPINACH SMOOTHIE

A smoothie with the healthy nutrients of pineapple, spinach and avocado... Fresh cilantro adds a really nice taste in this smoothie.

**Yield:** 2 servings

**Preparation Time:** 10 minutes

### **Ingredients:**

¼ of pineapple, peeled and chopped

3 cups spinach, chopped

¼ of avocado, peeled, pitted and chopped

¼ cup fresh cilantro, chopped

½-inch fresh ginger piece, peeled and chopped

1 tablespoon chia seeds

1 tablespoon ground turmeric

Fresh cracked black pepper, to taste

### **Directions:**

1. In a high speed blender, add all ingredients and pulse till smooth.
2. Transfer into a glass and serve immediately.



## 38. KALE & AVOCADO SMOOTHIE

A smoothie with power blending ingredients... You can get best tasting healthy nutrients in this simple smoothie.

**Yield:** 2 servings

**Preparation Time:** 10 minutes

### **Ingredients:**

3 stalks fresh kale, trimmed and chopped

1-2 celery stalks, chopped

½ of avocado, peeled, pitted and chopped

½-1 ginger root, chopped

½-1 turmeric root, chopped

2 cups coconut milk

### **Directions:**

1. In a high speed blender, add all ingredients and pulse till smooth.
2. Transfer into 2 glasses and serve immediately.

## 39. STRAWBERRY & BEET SMOOTHIE

A healthy combo of strawberries, beet, fresh ginger and fresh turmeric... Fresh orange juice adds a delish citrus taste.

**Yield:** 2 servings

**Preparation Time:** 10 minutes

### **Ingredients:**

2 cups frozen strawberries, pitted and chopped

2/3 cup roasted and frozen beet, chopped

1 teaspoon fresh ginger, peeled and grated

1 teaspoon fresh turmeric, peeled and grated

1/2 cup fresh orange juice

1 cup almond milk

### **Directions:**

1. In a high speed blender, add all ingredients and pulse till smooth.
2. Transfer into 2 glasses and serve immediately.

## 40. PINEAPPLE & ORANGE SMOOTHIE

A smoothie with the combo of sweet pineapple and citrus... This incredibly simple smoothie is great for kids.

**Yield:** 1 serving

**Preparation Time:** 10 minutes

### **Ingredients:**

1 fresh orange, peeled and chopped

1½ cups fresh pineapple, chopped

1 small thumb of ginger, peeled and chopped/grated

1 frozen banana, peeled and sliced

1 teaspoon ground turmeric

1 tablespoon chia seeds

1 cup unsweetened almond milk

### **Directions:**

1. In a high speed blender, add all ingredients and pulse till smooth.
2. Transfer into a glass and serve immediately.

## 41. PINEAPPLE & COCONUT SMOOTHIE

One of the tasty smoothie with tropical dream... The combo of pineapple and coconut gives this smoothie such a light and refreshing flavor.

**Yield:** 1 serving

**Preparation Time:** 10 minutes

### **Ingredients:**

1 cup fresh pineapple, diced

1 tablespoon coconut, shredded

½ lime, peeled and seeded

1 tablespoon chia seeds

1 teaspoon ground turmeric

Pinch of freshly ground black pepper

½ cup coconut water

### **Directions:**

1. In a high speed blender, add all ingredients and pulse till smooth.
2. Transfer into a glass and serve immediately.

## 42. PINEAPPLE & WATERMELON SMOOTHIE

One of the refreshing smoothie with sweet and citrus flavoring... This refreshing smoothie is satisfying and delicious.

**Yield:** 2 servings

**Preparation Time:** 10 minutes

### **Ingredients:**

1 cup frozen pineapple, chopped

1 fresh orange, peeled and sliced (white pith and seeds removed)

2 cups frozen watermelon, peeled, pitted and chopped

1 teaspoon fresh ginger, peeled and chopped

½ teaspoon ground turmeric

½ cup coconut milk

1 teaspoon organic honey

1½ cups coconut water

### **Directions:**

1. In a high speed blender, add all ingredients and pulse till smooth.
2. Transfer into 2 glasses and serve immediately.

## 43. PINEAPPLE & MANGO SMOOTHIE

Such a wonderfully delicious smoothie... Surely you will feel the real taste of tropics in this smoothie.

**Yield:** 1 serving

**Preparation Time:** 10 minutes

### **Ingredients:**

2¼ cups mixed mango and pineapple, peeled and chopped

1 tablespoon chia seeds

1 teaspoon ground turmeric

½ teaspoon ground ginger

½ teaspoon ground cinnamon

Pinch of vanilla powder

1 cup coconut milk

1 teaspoon coconut oil

### **Directions:**

1. In a high speed blender, add all ingredients and pulse till smooth.
2. Transfer into a glass and serve immediately.

## 44. CHERRY & BLUEBERRY SMOOTHIE

A sweet smoothie with a creamy texture... It will be great for a delicious breakfast or snack treat.

**Yield:** 1 serving

**Preparation Time:** 10 minutes

### **Ingredients:**

2 cups escarole

½ cup frozen blueberries

½ cup frozen cherries

¼ teaspoon ground cinnamon

¼ teaspoon ground turmeric

1 scoop of chocolate protein powder

1 cup filtered water

5 ice cubes, crushed

### **Directions:**

1. In a high speed blender, add all ingredients and pulse till smooth.
2. Transfer into a glass and serve immediately.

## 45. BERRIES, WATERMELON & AVOCADO SMOOTHIE

A delicious smoothie with a creamy texture without the use of any dairy... Avocado provides a creamy base to this smoothie.

**Yield:** 1 serving

**Preparation Time:** 10 minutes

### **Ingredients:**

1½ cups mixed frozen berries

1 cup watermelon, peeled, seeded and chopped

¼ avocado, peeled, pitted and chopped

1 inch fresh ginger piece, peeled and chopped

2 teaspoons chia seeds

¾ cup fresh coconut water

### **Directions:**

1. In a high speed blender, add all ingredients and pulse till smooth.
2. Transfer into a glass and serve immediately.



## 46. PEAR, PEACH & PAPAYA SMOOTHIE

A fabulous smoothie with the flavors of three fruit blend...  
This smoothie is very healthy too.

**Yield:** 3 servings

**Preparation Time:** 10 minutes

### **Ingredients:**

1/2 cup pear, peeled, cored and chopped

3/4 cup peaches, pitted and chopped

3/4 cup papaya, peeled and chopped

1 teaspoon fresh ginger, peeled and chopped

2 fresh mint leaves

1/2 cup coconut water

1 cup ice, crushed

### **Directions:**

1. In a high speed blender, add all ingredients and pulse till smooth.
2. Transfer into 3 glasses and serve immediately.

### **Nutritional Information per Serving:**

**Calories:** 48, **Fat:** 3g, **Sat Fat:** 0g,

**Carbohydrates:** 12.5g, **Fiber:** 2.3g, **Sugar:** 8.8g,

**Protein:** 7g, **Sodium:** 1mg

## 47. APPLE, STRAWBERRY & BEET SMOOTHIE

A combination of bright red ingredients... Make this smoothie for your family and receive huge applause.

**Yield:** 4 servings

**Preparation Time:** 10 minutes

### **Ingredients:**

2 cups frozen strawberries, hulled and sliced

1 beet, peeled and chopped

1 cup apple, peeled, cored and sliced

3 Medjool dates, pitted and chopped

¼ cup extra virgin coconut oil

½ cup unsweetened almond milk

### **Directions:**

1. In a high speed blender, add all ingredients and pulse till smooth.
2. Transfer into a glass and serve immediately.

### **Nutritional Information per Serving:**

**Calories:** 223.4, **Fat:** 14.6g, **Carbohydrates:**

22.3g, **Fiber:** 3.9g, **Protein:** 1.5g

**Sodium:** 49.7mg

## 48. CHERRY & BEET SMOOTHIE

A smoothie that will certainly give you a blast of energy... Cherries, berries, beets and avocado complement each other very nicely.

**Yield:** 1 serving

**Preparation Time:** 10 minutes

### **Ingredients:**

$\frac{3}{4}$  cup frozen pineapple, chopped

1 cup frozen berries

$\frac{1}{4}$  cup frozen red beets, peeled and chopped

$\frac{1}{4}$  small avocado, peeled, pitted and chopped

1 tablespoon chia seeds

1 teaspoon fresh ginger, peeled and chopped

$\frac{1}{2}$  teaspoon fresh turmeric, grated

2 teaspoon raw honey

1 cup unsweetened almond milk

### **Directions:**

1. In a high speed blender, add all ingredients and pulse till smooth.
2. Transfer into a glass and serve immediately.

## 49. SPICED BANANA SMOOTHIE

A healthy, sweet and thick smoothie with healthy spices... This banana smoothie is a full meal in itself.

**Yield:** 1 serving

**Preparation Time:** 10 minutes

### **Ingredients:**

2 bananas, peeled and sliced

2 teaspoons ground ginger

½ teaspoon ground turmeric

½ teaspoon organic vanilla extract

1 tablespoon honey

1 cup coconut milk

6-8 ice cubes, crushed

### **Directions:**

1. In a high speed blender, add all ingredients and pulse till smooth.
2. Transfer into a glass and serve immediately.

## 50. PINEAPPLE & ALMOND SMOOTHIE

Incredibly delicious smoothie with rich and creamy texture... Surely this smoothie would be kids friendly.

**Yield:** 3 servings

**Preparation Time:** 10 minutes

### **Ingredients:**

1 cup fresh pineapple, peeled and chopped

¼ cup blanched almonds

½ cup fresh pineapple juice

½ teaspoon pure maple syrup

½ cup fresh pineapple juice

¼ cup rice milk

½ cup ice cubes, crushed

### **Directions:**

1. In a high speed blender, add all ingredients and pulse till smooth.
2. Transfer into a glass and serve immediately.

### **Nutritional Information per Serving:**

**Calories:** 96.7, **Fat:** 5.2g, **Sat Fat:** 0.5g,

**Carbohydrates:** 11.6g, **Fiber:** 1.3g, **Protein:** 2.5g

## 51. PAPAYA & PINEAPPLE SMOOTHIE

A smoothie with the tastes of fresh pineapple and papaya... This refreshing and nutritious smoothie is a hit for a morning treat.

**Yield:** 1 serving

**Preparation Time:** 10 minutes

### **Ingredients:**

1½ cups pineapple, peeled and chopped

½ of papaya, peeled and chopped

2 dates, pitted

1½ cups coconut water

### **Directions:**

1. In a high speed blender, add all ingredients and pulse till smooth.
2. Transfer into a glass and serve immediately.

### **Nutritional Information per Serving:**

**Calories:** 237, **Fat:** 0g, **Carbohydrates:** 60g,

**Fiber:** 4g, **Sugar:** 49g, **Protein:** 3g, **Sodium:**

85mg

## 52. WATERMELON, BERRIES & AVOCADO SMOOTHIE

A delicious smoothie with the refreshing taste of summer... This smoothie is perfect for hot summer days.

**Yield:** 1 serving

**Preparation Time:** 10 minutes

### **Ingredients:**

1½ cups mixed frozen berries

1 cup watermelon, peeled, seeded and chopped

¼ of avocado, peeled, pitted and chopped

1-inch fresh ginger piece, peeled and chopped

2 teaspoons chia seeds

¾ cup fresh coconut water

### **Directions:**

1. In a high speed blender, add all ingredients and pulse till smooth.
2. Transfer into a glass and serve immediately.

## 53. CHERRY & PINEAPPLE SMOOTHIE

This smoothie is a great way to pack the nutrition in your kid's diet. Surely your kids would love to enjoy this smoothie

**Yield:** 1 serving

**Preparation Time:** 10 minutes

### **Ingredients:**

¼ of pineapple, peeled and chopped

12 fresh cherries, pitted

¼ of beetroot, peeled and chopped

1 tablespoon chia seeds

1 cup coconut water

½ cup ice, crushed

### **Directions:**

1. In a high speed blender, add all ingredients and pulse till smooth.
2. Transfer into a glass and serve immediately.

### **Nutritional Information per Serving:**

**Calories:** 250, **Fat:** 4.5g, **Sat Fat:** 1g,

**Carbohydrates:** 51g, **Fiber:** 10g, **Sugar:** 30g,

**Protein:** 6g, **Sodium:** 270mg



## 54. NUTTY BANANA & GINGER SMOOTHIE

A powerhouse smoothie with the combo of banana, nuts and healthy seeds with fresh turmeric and ginger root... This smoothie will be great for kids.

**Yield:** 4 servings

**Preparation Time:** 10 minutes

### **Ingredients:**

1 frozen banana, peeled and sliced

¼-inch fresh turmeric root, grates

½-inch fresh ginger root, peeled and chopped

1 cup pecans, chopped

1 cup walnuts, chopped

1 tablespoon flax seeds

1 tablespoon chia seeds

1 tablespoon fresh maca powder

½ teaspoon ground cinnamon

1½ cups unsweetened almond milk

### **Directions:**

1. In a high speed blender, add all ingredients and pulse till smooth.
2. Transfer into 4 glasses and serve immediately.

## 55. PINEAPPLE, MANGO & COCONUT SMOOTHIE

A wonderful smoothie that combines pineapple, mango, coconut and Goji berries greatly... This smoothie is delicious and healthy as well.

**Yield:** 2 servings

**Preparation Time:** 10 minutes

### **Ingredients:**

1 cup pineapple, chopped

½ cup mango, peeled, pitted and chopped

Flesh and water of a coconut

1 tablespoon Goji berries

½ teaspoon fresh turmeric, chopped

1 teaspoon chia seeds

1 cup brewed green tea

### **Directions:**

1. In a high speed blender, add all ingredients and pulse till smooth.
2. Transfer into 2 glasses and serve immediately.

## 56. TANGY AVOCADO & GINGER SMOOTHIE

A super nutritious and delicious smoothie... This delicious smoothie also looks beautiful with its vibrant blue color.

**Yield:** 1 serving

**Preparation Time:** 10 minutes

### **Ingredients:**

½ cup frozen berries

2 tablespoons unsweetened coconut, shredded

1/3 cup low-fat cottage cheese

1 packet stevia

8-ounce coconut water

½ cup ice, crushed

### **Directions:**

1. In a high speed blender, add all ingredients and pulse till smooth.
2. Transfer into a glass and serve immediately.

## 57. TANGY GINGER & RADISH SMOOTHIE

A wonderful way to enjoy healthy ingredients in your smoothie... This smoothie is packed with ginger punch and fresh citrus flavor.

**Yield:** 2 servings

**Preparation Time:** 10 minutes

### **Ingredients:**

- 1 orange, peeled, seeded and sliced
- 1 radish, trimmed and chopped
- 1 tablespoon fresh ginger, peeled and chopped
- 5-10 fresh mint leaves
- 1 tablespoon ground chia seeds
- 1 teaspoon organic honey
- 1 cup spring water
- ½ cup fresh orange juice
- 1 tablespoon fresh lemon juice
- Ice, as required

### **Directions:**

1. In a high speed blender, add all ingredients and pulse till smooth.
2. Transfer into 2 glasses and serve immediately.

## 58. SWEET POTATO & ORANGE SMOOTHIE

A simple delicious smoothie that is packed with healthy nutrients of sweet potato, orange and ginger... orange juice adds a refreshing touch in this smoothie.

**Yield:** 2 servings

**Preparation Time:** 10 minutes

### **Ingredients:**

1 medium banana, peeled and sliced

1 cup sweet potato puree

1 teaspoon fresh ginger, chopped

½ tablespoon flax seeds meal

1 tablespoon almond butter

¼ teaspoon ground turmeric

¼ teaspoon ground cinnamon

¾ cup unsweetened almond milk

¼ cup fresh orange juice

Ice, as required

### **Directions:**

1. In a high speed blender, add all ingredients and pulse till smooth.
2. Transfer into 2 glasses and serve immediately.

## 59. STRAWBERRY & KALE SMOOTHIE

One of a great breakfast smoothies with a little citrus touch...Strawberries and kale combines greatly in this smoothie.

**Yield:** 1 serving

**Preparation Time:** 10 minutes

### **Ingredients:**

½ fresh strawberries, hulled and sliced

1 cup fresh kale, trimmed and chopped

1 celery stalk, chopped

½ of lime, peeled

1 cup coconut water

### **Directions:**

1. In a high speed blender, add all ingredients and pulse till smooth.
2. Transfer into a glass and serve immediately.

## 60. BLUEBERRY & CUCUMBER SMOOTHIE

A quick and healthy blueberry smoothie... Banana adds a natural sweetness in this healthy smoothie.

**Yield:** 1 serving

**Preparation Time:** 10 minutes

### **Ingredients:**

½ cup cucumber, peeled and chopped

½ of small banana, peeled and sliced

1 cup frozen blueberries

1 tablespoon chia seeds

1 cup water

### **Directions:**

1. In a high speed blender, add all ingredients and pulse till smooth.
2. Transfer into a glass and serve immediately.

## AFTERWORD

With numerous people turning to the Anti-Inflammatory diet due to its numerous benefits, we decided to put forward this book especially for you.

Hoping this book becomes your personal Anti-Inflammatory diet crock pot recipes go to cookbook!



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