

# **Quick and easy smoothies, salads, and soups for improving health**

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**“Everything you eat is either feeding disease or fighting it.”**

-Heather Morgan

## Introduction

As stresses on time and money are ever outstanding, often the obligations that are required to earn and maintain one's lifestyle leave little time for taking sufficient care of one's health. There has been an evident increase in unhealthy, processed food products, catered to those on the go, which only perpetuates the vicious cycle of poor health in modern society. Excess added sugars, refined vegetable oils, trans fats and fried foods, processed meats, and artificial colors and preservatives can all contribute to an unhealthy diet. Such unhealthy foods could be contributing to an increase in inflammation and risk of disease. When we examine many of today's common diseases and illnesses, such as cardiovascular disease, diabetes, cancer, and neurodegenerative disease, we find a common underlying factor: inflammation.<sup>1</sup> In addition to processed foods, we are also regularly faced with harmful substances in our environment such as air pollution, radiation, and drugs in our modern society. Constant exposure to these things causes oxidative stress in our bodies, damaging our cells and DNA, and ultimately leads to inflammation. Although inflammation is a necessary part of our immune system, chronic and systemic inflammation contributes to poor health. Considering this, it is imperative to focus on consuming real, whole foods, and it is important to consume adequate amounts of anti-inflammatory compounds in our daily diet. That is why I have put together a few simple recipes that can be prepared in less than an hour and pack a nutritional punch. These easy, anti-inflammatory recipes consist of whole foods that are full of vitamins, minerals, antioxidants and they incorporate healthy fat, fiber, and protein to maintain steady blood sugar levels.

## Healing Foods

Health foods provide us with the ability to reduce the damaging effects of oxidative stress and inflammation and support our detoxification systems. Antioxidants, along with vitamins, minerals, and other compounds found in whole foods, are a category of substances that promote health. Antioxidant compounds, such as lutein, zeaxanthin, and quercetin, are found in high amounts in a wide variety of colorful fruits and vegetables. Some vitamins, such as vitamins C, A, K, and E, are considered to be antioxidants.

This recipe booklet is meant to be utilized as a tool to combat inflammation and help to reduce the risk of disease. In addition to reducing inflammation, these recipes contain ingredients that serve many other healing purposes, such as improving lipid profile by lowering LDL cholesterol and triglyceride levels and increasing HDL cholesterol. They may also help to support the cardiovascular, detoxification, and immune systems.

Anti-inflammatory and antioxidant-rich healing foods that are found in these recipes include the following:

| <b><u>Ingredients</u></b>               | <b><u>Beneficial compounds</u></b>                                                | <b><u>Healing properties</u></b>                                                    |
|-----------------------------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| <b>Avocado<sup>2</sup></b>              | Monounsaturated fats, fiber, potassium, vitamin K, folate, lutein, zeaxanthin     | Improve lipid profile and cardiovascular health                                     |
| <b>Beans<sup>3</sup></b>                | Protein, fiber, B vitamins, iron, calcium, magnesium, potassium                   | Prebiotic, improve lipid profile                                                    |
| <b>Beets<sup>4,5</sup></b>              | Betalains, nitrate, folate, magnesium, potassium, iron, lutein, zeaxanthin, fiber | Anti-cancer, detoxification, improve cardiovascular health                          |
| <b>Berries<sup>6-8</sup></b>            | Anthocyanins, flavonoids, tannins, quercetin, kaempferol, fiber, vitamin C        | Improves cognition, cardiovascular support,                                         |
| <b>Chia seeds</b>                       | Vitamin E, omega 3, fiber, caffeic acid, quercetin, calcium, magnesium            | Prebiotic, regulate bowel movements, improve cardiovascular health                  |
| <b>Cinnamon<sup>9-11</sup></b>          | Cinnamaldehyde, eugenol, fiber, calcium, magnesium                                | Blood sugar support, anti-microbial, improves lipid profile, cardiovascular support |
| <b>Garlic and onion<sup>12,13</sup></b> | Quercetin, organosulfurs, allicin                                                 | Antibacterial, antifungal, antiviral, cardiovascular support, immune support        |
| <b>Ginger<sup>14,15</sup></b>           | Gingerol, fiber, vitamin B6, folate, magnesium, potassium                         | Reduces nausea, anti-microbial, anti-cancer                                         |

|                                                     |                                                                                                           |                                                                                 |
|-----------------------------------------------------|-----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|
| <b>Green Tea</b> <sup>16–23</sup>                   | EGCG, tannins, theanine                                                                                   | Antimicrobial, anti-cancer, mental focus and cognition, mood support            |
| <b>Leafy greens -spinach, kale</b> <sup>24,25</sup> | Chlorophyll, isothiocyanates, carotenoids, magnesium, quercetin, vitamins C, K, B6, folate, calcium, iron | Detoxification, improve lipid profile, reduce cancer risk                       |
| <b>Lemon and lime</b> <sup>26–28</sup>              | Bioflavonoids, hesperidin, vitamin C, rutin                                                               | Cardiovascular support                                                          |
| <b>Pineapple</b> <sup>29</sup>                      | Bromelain, vitamin C, manganese, copper, vitamins B1 & B6                                                 | Digestive aid, vasodilator, anti-cancer                                         |
| <b>Salmon</b> <sup>30,31</sup>                      | Omega 3, astaxanthin, B vitamins, protein, potassium                                                      | Improve lipid profile, cardiovascular support, cognition and mood support       |
| <b>Tomato</b> <sup>32,33</sup>                      | Lycopene, naringenin, vitamin C                                                                           | Cardiovascular support, anti-cancer                                             |
| <b>Turmeric</b> <sup>34–36</sup>                    | Curcuminoids, phenolic acids                                                                              | Detoxification support, anti-tumor, blood sugar support, improves lipid profile |



Photo: <https://www.hif.com.au/blog/>

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## Spicy Blueberry Pomegranate Smoothie

Prep time: 5 mins. Serves 1-2

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Berries, pomegranate, and greens are high in vitamins and antioxidants, such as anthocyanins, quercetin, and vitamin C, to improve health and reduce the risk of disease. This smoothie also contains anti-inflammatory ginger and cayenne, and delivers calcium, magnesium, and iron. Almonds are added for a healthy dose of fat, fiber, and protein to support blood sugar levels.

### Ingredients

- 1 cup frozen blueberries
- 1 cup pomegranate seeds
- 1 cup fresh spinach or kale
- 1/2 large banana
- 1 Tbsp fresh ginger (about a 1-inch piece)
- ¼ tsp cayenne pepper
- ¼ cup almonds
- ½ cup water
- 5 ice cubes

### Instructions

- Add all ingredients to a blender and puree until smooth.
- Enjoy!

Recipe adapted from:

<https://www.twopeasandtheirpod.com/blueberry-pomegranate-smoothie/>



## Pineapple Orange Smoothie

Prep time: 5 mins. Serves 1-2

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This refreshing smoothie contains several anti-inflammatory compounds, such as gingerol from ginger, bromelain from pineapple, and curcumin from turmeric. It also includes healthy fats from avocado and coconut. A dash of black pepper is added to increase the absorption of curcumin.

### Ingredients

- 1 ½ cups frozen pineapple chunks
- 1 orange, peeled
- ½ medium ripe avocado
- 1 cup fresh spinach
- ¾ cup water
- 1 Tbsp fresh ginger (about a 1-inch piece)
- 1 Tbsp unsweetened coconut flakes
- 1 tsp ground turmeric
- ¼ black pepper

### Instructions

- Add all ingredients to a blender and puree until smooth.
- Enjoy!



Recipe adapted from:

<https://www.culinaryhill.com/pineapple-paradise-green-smoothie/print/>  
<https://www.gimmesomeoven.com/feel-good-pineapple-smoothie-recipe/>



## Raspberry Green Tea Smoothie

Prep time: 5 mins. Serves 1-2

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Raspberries and mangos are a great source of antioxidants as well as vitamin C. This fiber-rich smoothie is made with green tea, which contains antioxidant and anti-inflammatory compounds as well, such as EGCG. Spinach provides calcium, magnesium, and iron, while coconut supplies healthy fats.

### Ingredients

- 1 cup frozen raspberries
- 1 cup fresh spinach
- 1 cup iced green tea
- ½ cup frozen mango chunks
- 2 Tbsp lime juice
- 1 Tbsp fresh ginger (about a 1-inch piece)
- ½ Tbsp unsweetened shredded coconut
- 1 Tbsp fresh mint leaves



### Instructions

- Add all ingredients to a blender and puree until smooth.
- Enjoy!

Recipe adapted from:

<https://minimalistbaker.com/gingery-mango-berry-smoothie/>



## Golden Smoothie

Prep time: 5 mins. Serves 1-2

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This smoothie is an invigorating cold version of a popular drink consisting of heated milk and spices. Turmeric is highlighted in this recipe, as it is anti-inflammatory due to its active constituent, curcumin. Cinnamon and ginger also have anti-inflammatory properties. Coconut milk and chia seeds provide healthy fats, such as omega-3, and additional vitamins, minerals, and antioxidants available from the spinach and banana.

### Ingredients

- 1 cup coconut milk
- 1 cup fresh spinach
- 1 frozen banana
- 1 tsp ground turmeric
- 1 tsp chia seeds
- ½ tsp cinnamon
- ½ tsp ground ginger
- ½ tsp nutmeg
- ¼ tsp black pepper

### Instructions

- Add all ingredients to a blender and puree until smooth.
- Enjoy!

Recipe adapted from:

<http://eatlocalgrown.com/article/12893-we-should-all-be-eating-more-turmeric-here-s-why.html>



## Strawberry Cacao Smoothie

Prep time: 5 mins. Serves 1-2

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This delicious smoothie contains strawberries that are rich in ellagitannins, anthocyanins, and vitamin C. They are anti-inflammatory and provide cardiovascular support. Cacao is high in antioxidant flavonoids, like epicatechins, along with magnesium and iron. Almond butter and chia seeds supply healthy fats and protein. Spinach is added for an extra dose of vitamins and minerals.

### Ingredients

- 1 cup unsweetened almond milk
- 1 cup fresh spinach
- ½ cup frozen strawberries
- 1 Tbsp cacao powder
- 1 Tbsp chia seeds
- 1 Tbsp almond butter
- 1 Tbsp coconut flakes
- ½ tsp pure vanilla extract
- ½ tsp cinnamon

### Instructions

- Add all ingredients to a blender and puree until smooth.
- Enjoy!

Recipe adapted from:

<http://turniptheoven.com/strawberry-almond-cacao-smoothie/>



## Roasted Beet Salad

Prep time: 20 mins. Cook time: 50 mins. Serves 6

Beets are a wonderful source of antioxidants. They contain unique compounds called betalains, which give them their deep red color and have anti-inflammatory and detoxification benefits. Kale is mixed in for a healthy dose vitamins, like vitamin K, and minerals, like calcium and magnesium. Medicinal herbs, such as rosemary and thyme, make this a delicious and healthy salad.

### Ingredients

- 1 bunch kale leaves, roughly chopped
- 6 beets, peeled, cut into 1" pieces
- ½ tsp fresh rosemary
- ½ tsp fresh garlic, minced
- salt and pepper
- 2 Tbsp coconut oil, melted
- ½ cup red onion, thinly sliced
- 2 Tbsp almonds, chopped

#### Lemon-honey vinaigrette

- ¼ cup olive oil
- 2 Tbsp lemon juice
- 1 Tbsp honey
- 1 tsp dried thyme
- salt and pepper



### Instructions

- Preheat oven to 400 degrees F.
- Toss kale with salt, pepper and 1 Tbsp coconut oil. Place on a lightly oiled baking sheet. Roast in oven for a brief five minutes. Remove from heat and set aside.
- Place beets in a bowl, and add rosemary, garlic, salt and pepper. Toss with 1 Tbsp coconut oil making sure beets are well-coated with the oil and spices. Spread out on a baking sheet.
- Roast beets for 45 minutes, tossing/turning beets twice.
- While beets are roasting, make the lemon-honey vinaigrette. Simply mix vinaigrette ingredients in a small bowl, whisk to combine. Set aside.
- When beets are tender and can be pierced easily with a fork, remove from oven and let them cool slightly.
- In a medium salad bowl, combine kale, beets and sliced red onions. Dress your salad with the lemon-honey vinaigrette and toss together. Garnish with almonds. Enjoy!

Recipe adapted from:

<https://www.themediterraneandish.com/roasted-beet-salad-kale/>

# Ginger Spinach Salad with Smoked Salmon

Prep time: 20 mins. Serves 4

Ginger contains compounds such as gingerol, which have anti-cancer and anti-inflammatory benefits, and it is commonly used as a digestive aid. Smoked salmon offers healthy omega-3 fats, astaxanthin, and protein. This tasty salad is packed with colorful vegetables to deliver an array of health-promoting antioxidants, vitamins, and minerals.

## Ingredients

- 6 cups fresh spinach
- 1 medium red bell pepper, chopped
- 1 large carrot, grated
- 3 Tbsp red onion, minced
- 3 Tbsp extra virgin olive oil
- 2 Tbsp apple cider vinegar
- 1½ Tbsp fresh ginger, minced
- 1 Tbsp coconut aminos
- ¼ tsp fresh garlic, minced
- ¼ tsp salt
- black pepper, to taste

### Salmon:

- 1 ½ pounds Atlantic salmon, skinned and cut into 4 portions
- 1 Tbsp coconut oil, melted
- 2 Tbsp fresh garlic, minced
- ½ tsp salt
- ¼ tsp black pepper
- 1 small lemon, thinly sliced



## Instructions

- Preheat oven to 450F. Line a baking sheet with parchment paper.
- Arrange the salmon pieces on the lined baking sheet, leaving a few inches between the portions. Drizzle oil over the fish. Sprinkle the fish with garlic, salt, and pepper, and then top with lemon slices.
- Bake salmon for 13-15 minutes, until fully cooked through.
- To make dressing, combine onion, olive oil, vinegar, ginger, aminos, garlic, salt and pepper in a large bowl and whisk together.
- Toss spinach, carrot and bell pepper with the dressing in a large bowl until evenly coated.
- Top salad with smoked salmon. Enjoy!

Recipe adapted from:

<http://www.eatingwell.com/recipe/252932/spinach-salad-with-japanese-ginger-dressing/>  
<https://www.thenaturalnurturer.com/blog/one-sheet-roasted-garlic-salmon-broccoli>



## Kale Broccoli and Apple Slaw with Turmeric Dressing

Prep time: 20 mins. Serves 4-6

This heart-healthy salad is prepared with greens, fruit, nuts and seeds, and topped with anti-inflammatory turmeric dressing. It is packed with fiber, vitamins, minerals, protein, and several antioxidants from the kale and broccoli, as well as quercetin from the red onion. Healthy fats include omega-3 fats from the walnuts and chia, and monounsaturated fats from the avocado.

### Ingredients

#### Salad:

- 2 bunches kale leaves, chopped
- 2 cups broccoli, finely chopped
- ½ cup red onion, sliced
- ½ cup sunflower seeds
- ¼ cup almonds, chopped
- ¼ cup walnuts, chopped
- 1 apple, cored and sliced
- 1 avocado, sliced

#### Dressing:

- ¼ cup raw cashews
- 1 Tbsp chia seeds
- ⅔ cup water
- 1 Tbsp apple cider vinegar
- 1 Tbsp honey
- 1 tsp fresh ginger (about ½" piece)
- ½ tsp turmeric powder
- ½ tsp cumin powder
- ⅛ tsp salt
- ⅛ tsp black pepper



### Instructions

- To make dressing, place cashews, chia seeds, and 1/3 cup water in a blender and blend until smooth. Add remaining ingredients and blend until smooth.
- Combine all salad ingredients in a serving bowl and toss with dressing. Enjoy!

Recipe adapted from:

<http://remedyhealthandwellness.com/8-delicious-salad-recipes-to-reduce-inflammation/>

<https://www.godairyfree.org/recipes/creamy-anti-inflammatory-salad-dressing>

## Kale and Chickpea Salad

Prep time: 15 mins. Cook time: 40 mins. Serves 4

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Chickpeas are a great source of plant-based protein and fiber. Baked in turmeric and other spices, they deliver a wonderful flavor to this anti-inflammatory kale salad. Red onion and lemon provide additional nutrients, such as bioflavonoids, for cardiovascular and immune system support.

### Ingredients

- 1 bunch kale leaves, chopped
- 1 small red onion, thinly sliced
- 2 Tbsp extra virgin olive oil
- 1 Tbsp lemon juice
- 1 Tbsp fresh garlic, grated
- 2 tsp dijon mustard
- ½ tsp sesame seeds, toasted
- Salt and black pepper to taste

### Chickpeas

- 1 can (14oz) chickpeas, rinsed
- 2 tsp coconut oil, melted
- 1 tsp turmeric powder
- 1 tsp salt
- ½ tsp cumin
- ¼ tsp black pepper



### Instructions

- Preheat oven to 450F. Line a baking sheet with parchment paper.
- In a medium bowl, toss chickpeas with coconut oil, spices, salt, and pepper. Spread out on a baking sheet and bake for 30-40 minutes until chickpeas are golden and crunchy.
- In a large bowl, add kale and olive oil. Massage oil into kale leaves with hands until they are completely coated and softened.
- To make dressing, whisk lemon juice, garlic, and mustard in a small bowl. Drizzle over kale.
- Add onions and chickpeas. Toss to coat all ingredients evenly with dressing.
- Season to taste with salt and pepper, and top with toasted sesame seeds. Enjoy!

Recipe adapted from:

<https://www.seriousseats.com/recipes/2012/01/vegan-marinated-kale-chickpea-salad-sumac-onions-recipe.html>

<https://spoonuniversity.com/recipe/healthy-gluten-free-turmeric-roasted-chickpeas>

## Avocado Greek salad

Prep Time: 15 mins. Serves: 4

This hydrating salad provides both cardiovascular and anti-cancer support with antioxidants like lycopene from tomatoes, as well as lutein, zeaxanthin, and allicin. The avocado and olives supply healthy fats and fiber, and it is loaded with fresh herbs to combat inflammation.

### Ingredients

#### Dressing:

- ¼ cup extra virgin olive oil
- 2 Tbsp red wine vinegar
- 2 cloves fresh garlic, minced
- 2 tsp dried oregano
- ¼ tsp salt
- ¼ tsp black pepper

#### Salad:

- 4 medium tomatoes, cut into wedges
- 1 large cucumber, halved lengthways and sliced
- 1 bell pepper, deseeded and sliced
- ½ medium red onion, sliced
- ½ cup Kalamata olives, pitted and sliced
- ¼ cup fresh basil, finely chopped
- 1 avocado, diced



### Instructions

- In a small bowl, whisk together dressing ingredients.
- Mix together all of the salad ingredients in a large bowl. Toss with dressing. Enjoy!

Recipe adapted from:

<https://cafedelites.com/avocado-greek-salad/>



## Carrot Ginger Soup

Prep time: 5 mins. Cook time: 15 mins. Serves 2

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Beta carotene is a potent antioxidant found in carrots. This warming soup contains many other antioxidant compounds from onions, garlic, and herbs to promote health. Turmeric, ginger, and cilantro support anti-inflammatory pathways, and the coconut oil delivers healthy fats.

### Ingredients

- 4 carrots, peeled and chopped
- 1 parsnip, peeled and chopped
- 1 yellow onion, roughly chopped
- 4 garlic cloves, crushed
- 1 tsp turmeric powder
- ¼ tsp cayenne pepper
- 2 tsp coconut oil, melted
- 3 cups vegetable or chicken broth, warmed
- 2 Tbs lemon juice
- 1-inch ginger knob, peeled and grated
- ¼ cup fresh basil
- ¼ cup fresh cilantro



### Instructions

- Preheat the oven to 350F. Line a baking sheet with parchment paper.
- In a large bowl, toss carrots, parsnip, onion, garlic, turmeric, cayenne, and coconut oil and toss to coat evenly. Spread out on baking sheet.
- Roast for 15 minutes, then remove from the oven and transfer into a blender with the broth, lemon juice, ginger, basil, and cilantro.
- Blend the ingredients until smooth and creamy.
- Pour the soup into serving bowls, garnish with fresh cilantro, and serve warm. Enjoy!

Recipe adapted from:

<https://helloglow.co/healing-carrot-soup-with-turmeric-and-ginger/>

## Spiced Lentil Soup

Prep time: 15 mins. Cook time: 20 mins. Serves 4

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This hearty soup features lentils, which are a delicious legume, providing plant-based protein. Spices like turmeric, cinnamon, and cumin support anti-inflammatory pathways, and fresh vegetables like greens and tomato supply antioxidants.

### Ingredients

- 1 ½ Tbsp coconut oil
- 1 medium onion, diced
- 1 carrot, diced
- 2 garlic cloves, minced
- 2 tsp turmeric powder
- 1 ½ tsp ground cumin
- ½ tsp cinnamon
- ¼ tsp ground cardamom
- ¼ tsp cayenne pepper
- 2 medium tomatoes, diced
- 1-15-oz can full-fat coconut milk
- ¾ cup red lentils, rinsed and drained
- 3 ½ cups vegetable or chicken broth
- 1 tsp fresh ginger, minced
- ½ tsp salt
- ¼ tsp black pepper
- 4 cups fresh spinach or kale
- 2 tsp lime juice



### Instructions

- In a large pot, add the oil, onion, carrot, and garlic. Sauté for 4-5 minutes until onions are translucent.
- Stir in the turmeric, cumin, cinnamon, cardamom, and cayenne until combined. Continue cooking for about 1 minute, until fragrant.
- Add the diced tomatoes (with juices), entire can of coconut milk, red lentils, broth, ginger, salt, and pepper. Stir to combine. Bring to a boil.
- Reduce heat to medium and simmer, uncovered, for about 20 minutes, until the lentils are fluffy and tender.
- Turn off the heat and stir in the spinach until wilted. Add lime juice and any extra spices to taste. Enjoy!

Recipe adapted from:

<http://ohsheglows.com/2016/04/03/glowing-spiced-lentil-soup/>

## Roasted Cauliflower & Potato Curry Soup

Prep time: 20 mins. Cook time: 40 mins. Serves 4

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Curry is a blend of spices found in many traditional dishes from cultures around the world. It can be made in many different combinations of spices. This curry combines warming cumin, cinnamon, turmeric, and coriander to provide anti-inflammatory benefits. Antioxidants like catechins and quercetin can be found, supplied by the cauliflower and other fresh vegetables.

### Ingredients

- 2 tsp ground coriander
- 2 tsp ground cumin
- 1½ tsp ground cinnamon
- 1½ tsp ground turmeric
- 1 tsp salt
- ¾ tsp black pepper
- ⅓ tsp cayenne pepper
- 1 small head cauliflower, cut into small florets (about 6 cups)
- 2 Tbsp coconut oil, divided
- 1 large onion, chopped
- 1 large carrot, chopped
- 3 cloves garlic, minced
- 1½ tsp fresh ginger, grated
- 4 cups vegetable or chicken broth
- 2 medium tomatoes, diced
- 3 cups sweet potatoes, cut into ½" pieces
- 2 tsp lime zest
- 2 Tbsp lime juice
- 1 can full fat coconut milk



### Instructions

- Preheat oven to 450°F. Line a baking sheet with parchment paper.
- Combine coriander, cumin, cinnamon, turmeric, salt, pepper and cayenne in a small bowl.
- In a large bowl, toss cauliflower with 1 Tbsp oil in a large bowl and 1 Tbsp of the spice mixture. Spread in a single layer on baking sheet. Roast the cauliflower until the edges are browned, 15 to 20 minutes. Set aside.
- Meanwhile, heat the remaining 1 Tbsp oil in a large pot over medium heat. Add onion and carrot and sauté for 4 to 5 minutes. Add garlic, ginger, and the remaining spice mixture. Sauté for 1 extra minute.
- Add broth, tomatoes, sweet potatoes, lime zest and juice. Cover and bring to a boil.
- Reduce heat to maintain a gentle simmer and cook, stirring occasionally, 35 to 40 minutes until the vegetables are tender

- Stir in coconut milk and the roasted cauliflower. Return to a simmer to heat through.
- Serve garnished with cilantro, if desired. Enjoy!

Recipe adapted from:

<http://www.eatingwell.com/recipe/256519/roasted-cauliflower-potato-curry-soup/>

## Beans n' Greens Soup

Prep time: 20 mins. Cook time: 40 mins. Serves 4

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Beans are a great source of calcium, magnesium, as well as fat, fiber, and protein for cardiovascular and blood sugar support. Collards and spinach are also high in calcium and in vitamin K. This delightful soup is nutrient packed, with herbs and spices like cumin, thyme, and garlic.

### Ingredients

For the beans:

- ¾ cup dry black beans, soaked overnight in water
- ¾ cup dry navy beans, soaked overnight in water
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 bay leaf

For the soup:

- 1 tsp coconut oil
- ½ medium onion, chopped
- 1 celery stalk, chopped
- 1 medium carrot, chopped
- 2 cloves garlic, minced
- 1 Tbsp ground cumin
- 2 cups vegetable or chicken broth
- 1 medium tomato, diced
- 1 tsp dried thyme
- 1 tsp salt
- ½ tsp pepper
- 1 cups fresh collard greens, chopped
- 1 cups fresh spinach, chopped
- 1 avocado, diced



### Instructions

- Drain the beans. Combine all bean ingredients in a large saucepan. Add water to cover the ingredients. Bring to a boil. Reduce heat to a simmer and cook for 40 minutes. Allow the beans to cool, then drain and remove the bay leaves. Set aside.
- Meanwhile, in a large pot, heat the coconut oil over medium heat. Add the onion, celery, and carrots, and sauté for 8-10 minutes or until the vegetables are tender.
- Stir in the garlic and cumin, and sauté for 1 minute. Add broth, diced tomato, thyme, salt, pepper, and beans. Bring to a boil. Reduce the heat and simmer uncovered for about 10 minutes.



- Add the collard greens and continue to cook until the greens are wilted and soft, about 10 minutes. Add in spinach and cook for the last 5 minutes.
- Serve and top with avocado. Enjoy!

Recipe adapted from:

<https://dashofherbs.com/spicy-white-bean-collard-greens-soup-rice/>

## Green Pesto Vegetable Soup

Prep time: 10 mins. Cook time: 15 mins. Serves 4

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Green vegetables and herbs are full of chlorophyll, which is a potent antioxidant. Greens are also high in fiber, vitamin K, vitamin C, and iron for promoting health and reducing the risk of disease. This wonderful green soup is full of refreshing and tasty herbs and garlic for additional cardiovascular and anti-inflammatory support.

### Ingredients

For the soup:

- 1 Tbsp coconut oil
- 1 medium red onion, chopped
- 2 cups zucchini, chopped
- 2 celery stalks, chopped
- 2 garlic cloves, minced
- 4 cups vegetable or chicken broth
- ¼ tsp ground coriander
- 1 tsp salt
- ½ tsp pepper

For the pesto:

- ½ cup fresh cilantro
- ½ cup fresh parsley
- ½ cup fresh basil
- ¼ tsp salt
- ½ tsp black pepper



### Instructions

- For the pesto, add all ingredients into a food processor and blend until smooth. Set aside.
- In a large pot, add coconut oil over medium heat. Add onion, zucchini, celery and sauté for 5-10 minutes, or until onions are translucent. Add garlic and sauté 1 minute.
- Stir in broth, coriander, salt, pepper, and pesto.
- Serve warm. Enjoy!

Recipe adapted from:

<https://wellandfull.com/2016/08/green-pesto-vegetable-soup/>

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