

for the love of

CLEAR SKIN

Clear Skin Recipes: Part B





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SALADS

MARINATED SLAW

DRESSING INGREDIENTS

1/3 cup walnut oil
2 tbsp flax oil
2 small shallots, minced
1/2 tsp umeboshi vinegar
3 tbsp lemon juice
2 tsp mellow miso (light colored solid miso, not liquid)
1 tsp agave nectar

INGREDIENTS

4 cups red cabbage, sliced thin
3 cups green cabbage, sliced thin
1/2 red onion, minced
1 1/2 cups grated carrot
1 rib celery, sliced thinly on a diagonal
3/4 tsp sea salt
1 1/2 cups lightly toasted walnuts, chopped coarsely

In a large bowl mix red and green cabbages, onion, carrot, celery and sea salt. Mix the salt into the vegetables, gently, with your hand until a small amount of water appears on your hands. Place a large plate on top of the salad, and put a weight on top-pressing the salad for about 30-40 minutes. You'll see more liquid at the bottom of the bowl from the pressure. Pour the walnut and flax oil in a blender. Add the shallots, vinegar, lemon juice, miso and agave nectar. Blend well until creamy.

Remove the weight from the salad, add the dressing and mix well. Let marinate for 20 minutes. Toss in walnuts and serve.



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QUINOA TABOULI

DRESSING INGREDIENTS

1/4-1/3 cup fresh lemon juice
1/2 cup olive oil
2 cloves garlic, chopped
1 tbsp fresh mint (sub parsley),
chopped

INGREDIENTS

1 cup quinoa, cooked and cooled
1 cup cucumber, dices small
½ cup parsley, finely chopped
½ cup scallions or red onion, finely
sliced
1 medium tomato, chopped

- 1.Mix cucumber, parsley, quinoa, scallions and tomato.
- 2.To make the dressing, combine lemon juice, mint (or parsley) and garlic in a blender.
- 3.Slowly add oil to emulsify.
- 4.Mix the dressing with the tabouli and chill before serving



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BEET & FENNEL SALAD

3 beets

1 cup fennel bulb, diced (save some fronds for garnish)

1 small onion, coarsely chopped

2 oranges, zested and juiced

1/4 cup balsamic vinegar

1 tsp crushed anise seeds

Sea salt and black pepper to taste

1. Place beets in a pot and cover with 1 inch of water.

2. Boil for 20–30 minutes, until a fork pierces easily through the middle of each beet.

3. Drain beets and cool by running under cold water.

4. Peel off the skin, it should come right off.

5. Chop the beets into 1/4 inch pieces.

6. Mix all ingredients well and let sit for 2 hours.

Garnish with fronds and serve.



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CHOPPED SPRING DETOX SALAD

- 1 cup sugar snap peas, trimmed
- 5 radishes, trimmed and thinly sliced
- 1/2 cup sliced fresh strawberries or whole fresh blueberries
- 1 cup sliced radicchio
- 1 cup sliced endive
- 1 cup baby spinach
- 1/2 cup almond slivers

1. Mix together celery, carrots, apple, lettuces in a large bowl.
2. Add 1/4 cup of simple vinaigrette.
3. Toss to coat and serve.
4. Make it a heartier meal by adding white beans or topping with basic broiled chicken.



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WATERCRESS SALAD WITH GRAPEFRUIT & AVOCADO

- 2 ruby red grapefruits
- 2 ripe avocados
- 1 bunch of watercress

1. Section 2 grapefruits. Cut off the peel with a serrated knife like a bread knife. Then with a paring knife, gently slice along each section to pull out the sections without any pith.
2. Peel and slice avocados.
3. Rinse and dry watercress and roughly chop.
4. Arrange watercress on a plate, top with grapefruits and avocado and drizzle with olive oil and sea salt.



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SUPER SIMPLE STEAMED SAUTÉED VEGGIES

1 lb of your favorite greens, tear them up and remove stems (we love kale, swiss chard, collard greens but choose the ones you love)

1 tbsp olive oil

1/2 tbsp sea salt

1/2 cup cold water

1. Add greens and oil to a sauté pan.

2. Heat through on medium heat and sprinkle with sea salt.

3. Give it a minute, then add 1/2 cup of cold water. Cover and let steam for 5 minutes. The greens should come out perfect, yes it's that simple!

**Try adding your favorite condiment for added flavor. We like toasted sesame oil or balsamic



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SESAME SHIITAKE & BABY BOK CHOY

- 1 small onion, sliced
- 2 cloves garlic, minced
- 4 heads baby bok choy, sliced
- 6 fresh shiitake mushrooms, sliced
- 1 tbsp. toasted sesame oil
- 3 tbsp. mirin
- 1 tbsp. tamari or low sodium soy sauce
- 1-2 tbsp. sesame seeds

1.Heat the oil in the frying pan.

2.Add onions and garlic, cooking on medium-low heat for about 5 minutes.

3.Add the shiitakes, bok choy, mirin and tamari/soy sauce to the pan. Cover and cook for 3 minutes.

Top with sesame seeds and serve.



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CURRIED SWEET POTATOES

6 cups cubed sweet potato
(about 2 pounds)

1 tbsp. butter

1/4 cup finely chopped shallots

1 tbsp agave nectar

1/2 tsp salt

1/2 tsp curry powder

1/2 tsp ground cumin

1/4 tsp ground cinnamon

1/4 tsp ground red pepper

1/2 cup almond milk

1 tbsp fresh lemon juice

1. Place potatoes in a medium saucepan; cover with water.

2. Bring to a boil. Reduce heat, and simmer 15 minutes or until tender. Drain well; return to pan. Keep warm. Melt butter in a small nonstick skillet over medium heat.

3. Add shallots to pan; cook 6 minutes or until tender, stirring occasionally.

4. Stir in agave nectar, salt, curry powder, cumin, cinnamon, and red pepper; cook 1 minute, stirring constantly.

5. Add shallot mixture, almond milk, and lemon juice to potato.

6. Mash potato mixture with a potato masher to desired consistency.



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SAUTÉED SPINACH WITH PINE NUTS & GOLDEN RAISINS

1/4 cup olive oil

2-5 garlic cloves, peeled

2 cups spinach or baby
spinach, rinsed

1/4 cup golden raisins

2 tbsp pine nuts

sea salt

1. Heat oil in a pan over medium heat.

2. Add the garlic and saute until it's golden brown.

3. Slowly add in the spinach, let it wilt and keep adding until it's all in.

4. Sprinkle very lightly with sea salt.

5. Gently stir to let spinach wilt down more and meld with flavors, then toss in the raisins.

6. Stir for a few minutes so the raisins get juicy and plump. Take off heat, stir in pine nuts, and enjoy!



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BASIC STEAMED BROCCOLI WITH ROASTED GARLIC & TOASTED HAZELNUTS

2 bunches broccoli
1/2 cup olive oil
1/2 cup hazelnuts
Sea salt
6 cloves garlic (or Garlic Oil)
Fresh lemon

How to Toast & Skin Hazelnuts

Heat oven or toaster oven to 375.

Spread the hazelnuts on a rimmed baking sheet and toast, tossing occasionally, until the skins darken and blister a bit, 5 to 6 minutes.

Remove from oven, take a clean dish towel in your hand and pick up a handful of nuts, cover them in the towel and rub your hands together over the towel until most of the skins fall off.

1. Follow basic directions for steaming broccoli
2. Meanwhile, toast and skin hazelnuts. Roughly chop.
3. Roast garlic: Place olive oil and garlic into a small saucepan and cook over low heat until garlic turns just golden, about 4-5 minutes. Alternative: Use garlic oil you've made earlier.
4. Take garlic oil off heat, add chopped hazelnuts, juice from 1 lemon, sea salt, and pepper.
Stir to combine.
5. Drizzle garlic oil and chopped nuts mixture over the steamed broccoli. Gently toss to coat and serve!



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CAULIFLOWER & GREEN BEANS

1 head of cauliflower
1 pound of green beans
3-5 peeled garlic cloves
1/4 cup olive oil
1/3 cup water or broth
Pinch of sea salt
Freshly ground black pepper

1. Trim the ends off the green beans if you didn't already get them pre-trimmed.
2. Chop up cauliflower into bite-sized pieces
3. Put all of the ingredients—the cauliflower, green beans, garlic, water, salt, and pepper—into a large pot.
4. Stir and heat up over medium heat.
5. Cover the pot. Stir every 10 min or so.
6. After 40 minutes...done! Turn off heat and serve or save for later—leftovers are good for up to 3 days.
7. Enjoy it alone, along with a green salad, or you want a bit more energy and focus, top it with a nice poached egg for some protein.



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ASPARAGUS & CASHEW STIRFRY

1 bunch of asparagus
1 tbsp olive oil
1 tbsp toasted sesame oil
1 tbsp grated fresh ginger root
1/3 cup cashews, chopped
2 tbsp coconut aminos

VARIATIONS

Replace the cashews with almonds, hazelnuts, walnuts, or pecans.
Replace the asparagus with bok choy.
Add diced or shredded chicken to make it a full meal.
Serve over brown rice, quinoa, or soba noodles.

1. Snap off the ends of the asparagus. Cut into 1-inch pieces.
2. Heat oil in large pan or wok over medium-high heat. Add the ginger and stir-fry for 1 minute.
3. Add the asparagus and stir-fry until crisp-tender, about 4-5 minutes.
4. Add chopped cashews, stir in coconut aminos, and serve.



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BEANS

BEAN SALAD

DRESSING INGREDIENTS

1/2 cup olive oil
1/2 cup apple cider vinegar
sea salt, pepper and garlic powder
to taste

INGREDIENTS

2 cups black beans or 1 can of organic black beans
2 cups kidney beans or 1 can of organic kidney beans
1 small red onion, chopped
1 medium red pepper, chopped
1 medium cucumber, peeled and chopped
1 avocado, chopped

1. Mix all ingredients together in a bowl.
2. For the dressing, whisk olive oil, vinegar, salt, pepper and garlic powder. Taste and adjust if necessary.
3. Pour dressing over salad and mix well. Chill for at least an hour before serving.



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BEAN & QUINOA CHILI

1 cup dried red kidney/black beans, soaked and drained or 1 can of organic kidney/black beans
3 cups water
2 tsp. ground cumin
1 tbsp. olive oil
1 medium onion, chopped
1 tsp sea salt
2 cloves garlic, minced

1 large green pepper, chopped
1 tsp. dried oregano
1/4 tsp ground cinnamo
1/4 tsp cayenne pepper
1 cup quinoa, rinsed and drained
1 cup fresh or frozen corn
1 can organic stewed tomatoe

Place beans in a large pot with 2 cups of water and 1 tsp. cumin. Bring to a boil. Simmer over low heat while covered until tender, about 50-60 minutes. Heat oil in a separate pot on medium heat.

Add onion, 1 tsp. salt, garlic, green pepper, 1 tsp. cumin and the rest of the spices. Sauté for 5 to 10 minutes. Add quinoa and stir in. Add corn, tomato sauce and 1 cup of water to mixture.

Simmer for 20 minutes. Add cooked beans and 1 tsp. salt. Simmer for another 10 minutes.

**Garnish with avocado.



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WHITE BEANS WITH SPINACH & SHRIMP

2 cups precooked white beans or 1
can of organic white beans
1 cup spinach
1 tbsp olive oil
4-6 shrimp, peeled
2 cloves garlic, minced

1 sprig of fresh rosemary
3 scallions, sliced (optional)
Crumbled feta cheese (optional)
Fresh lemon juice
Sea salt and pepper to taste

Add oil, garlic, rosemary and beans to a pan and sauté for 3 minutes. Add shrimp and spinach.

Cook, stirring occasionally, until shrimp are pink and done, about 4-5 minutes. Remove rosemary sprig and top with some lemon juice. Can also be garnished with scallions and feta cheese.



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GRAINS

HOW TO MAKE BASIC GRAINS

A great base for any salad, porridge, or pilaf. Here are the ratios, cooking times, and basic process for cooking any grains to mix and match use in many of these tasty recipes

	GRAIN : WATER	COOKING TIME
Brown Rice	1 : 2	50 min
Quinoa	1 : 2	15 min
Amaranth	1 : 2	20-25 min
Millet	1 : 3	20 min
Rolled Oats	1 : 2	10 min
Irish Oats	1 : 4	30 min

1. Bring water to a boil in a medium saucepan.
2. Add grain, stir, and lower heat to a simmer.
3. Cover and cook until water is absorbed and grain is tender. See general cooking times above. For oats, stir occasionally.
4. Take off heat, let sit covered for 5 minutes and serve



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BROWN RICE OR QUINOA PILAF WITH TOASTED ALMONDS

DRESSING INGREDIENTS

- 1/2 cup extra-virgin olive oil
- 2 tbsp Dijon mustard
- 3 tbsp fresh lemon juice (about 1 lemon)
- 2 tbsp coconut aminos
- 1 tbsp raw honey

INGREDIENTS

- 1 cup cooked quinoa (or brown rice)
- 2 cups water
- Pinch of sea salt
- 1 bunch of asparagus or broccoli
- 1 cup slivered almonds
- 1 cup grated carrots
- zest of 1 lemon

1. Preheat oven to 350 degrees.
2. Snap off ends of asparagus spears and cut into 2-inch pieces.
3. Steam asparagus or broccoli until still bright green and crisp-tender, about 5 minutes.
4. Toast almonds on a baking sheet in oven or toaster until lightly browned.
5. Make Dressing: whisk together olive oil, mustard, lemon juice, coconut aminos, and honey until creamy and well combined.
6. Grate carrots and lemon zest.
7. Place quinoa, asparagus or broccoli, toasted almonds, zest of 1 lemon, 1 cup of shredded carrots in a large serving bowl. Pour dressing over the pilaf and gently toss.



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BARLEY & KALE PILAF

2 tbsp olive oil

1 onion, chopped

1 tbsp garlic, minced

1 cup hulled barley

3 cups vegetable stock (can substitute chicken stock or water)

Sea salt and black pepper

1/2 bunch kale, roughly chopped

In a large pot, heat the oil over medium-high heat. Add the onion and garlic cooking until softened about 3-5 minutes. Add the barley, stirring, until glossy, about 1 minute. Add the liquid, sea salt and pepper. Bring to a boil.

Cover and turn the heat down to a simmer. Cook the grains until tender and most of the water is absorbed, about 35-50 minutes.

Add more liquid if grains begin to dry out. Remove from heat and stir in the kale. Replace the lid and let sit for 10-20 minutes.

Combine and fluff the grains



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GLUTEN-FREE PASTA WITH GARLIC OIL & SAUTÉED GREENS

VARIATIONS

Stir in 1 (15 oz) can of cannellini
or garbanzo beans

Top with sliced broiled chicken

1 pound brown rice pasta

1 tbsp olive oil

1 package frozen spinach or broccoli
florets (or 2 cups of fresh)

3 tbsp extra-virgin olive oil

2 garlic cloves (minced if you really love
garlic, kept whole if you prefer just a hint
of garlic)

1/2 cup frozen peas

Sea salt and freshly ground black pepper

1. Cook brown rice pasta according to package, but take 1-2 minutes off cooking time.
2. If using frozen peas, place them in the bottom of the colander so when you drain the cooked pasta, they will defrost and combine with the pasta.
3. Steam frozen greens to defrost or steam fresh with sprinkle of sea salt until bright green.
4. Heat olive oil in large skillet over medium heat. Add garlic and sauté until golden brown (about 2-3 min).
5. Add pasta to the pan and stir to coat with garlic and oil. Add defrosted greens and stir to coat.
6. Take off heat, season with salt and pepper, taste and adjust.



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MOCK MILLET MASHED POTATOES

- 2 tbsp coconut oil, butter or ghee
- 1 small onion, chopped
- 2 cloves of garlic, minced
- 1 cup millet, rinsed
- 1/2 head of cauliflower, chopped
- 3 cups vegetable or chicken stock
- 1/4 tsp sea salt

In a medium sauce pan, sauté onion and garlic until translucent, about 3 minutes. Add the millet and lightly sauté, about 2 minutes. Add cauliflower and sauté for 3 more minutes. Add water and sea salt. Bring to a boil.

Cover and reduce heat and simmer for 25–30 minutes, until the cauliflower is soft and the millet is cooked. Mash all ingredients with a large fork or potato masher.

**Can garnish with parsley for added freshness.



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GODDESS BOWLS

We like to keep things as simple as possible in the kitchen and that's why we like the concept of combining everything into a bowl. It's just so easy peasy! Here are some of our favorite ways to assemble a bowl of goodness for any meal of the day. Simply mix and match what's in season or what you have available in your kitchen and you can create a million different combinations! This is also a great use for batch cooking.

**Base , whole grains or starchy veggies.
Cooked (1/2 - 1 cup)**

Rice, brown or wild
Quinoa
Millet
Whole wheat couscous
Buckwheat
Barley
Farro
Kamut

Sweet potato
Baked, steamed, mashed or cubed

Butternut or other squash
Baked, steamed, mashed or cubed

**Beans cooked (1 cup)
Animal Protein cooked (1/2 cup)**

Red beans
Kidney, adzuki etc

White beans
Cannellini, navy etc

Green beans
Split pea, lima etc

Lentils
Brown, black, green

Soybeans
Tofu, Tempeh

Fish (wild caught)
Salmon, black cod, shrimp, sardines

**Greens
Lightly steamed or raw (1 cup)**

Kale, all kinds
Swiss chard
Bok Choy
Collards
Spinach
Cabbage, all kinds

Watercress
Romaine
Arugula
Endive

Sprouts
Alfalfa, broccoli clover, lentil etc



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**Base , whole grains
or starchy veggies.
Cooked (1/2 - 1 cup)**

Whole grain pastas
Wheat, corn, rice, quinoa

**Beans cooked (1 cup)
Animal Protein
cooked (1/2 cup)**

Organic chicken
bison, turkey

**Greens
Lightly steamed
or raw (1 cup)**

**Veggies roasted,
Lightly steamed or
raw (1/2 - 1 cup)**

Broccoli
Brussel Sprouts
Asparagus
Carrots
Cauliflower
Mushrooms
Onions
Corn
Leeks
Peas
Artichokes
Peppers
Tomatoes
Avocados

Seaweed
*Wakame, Nori, Kelp,
Kombu or Arame*

**Herbs, Spices
(2 tablespoons)**

All dried spices
All fresh herbs
Parsley
Cilantro
Basil
Ginger
Garlic
Chives
Green onions
Chilies
Nutritional yeast
Cayenne

**Condiments, Sauces,
Nuts, Seeds
(2 tablespoons)**

Fresh Salsa
Hot sauces
Lemon/Lime

Dressing of choice
Creamy or vinegar

Vinegars
Plain or infused

Tomari or Soy sauce

Nuts/Seeds
*Walnuts, Sesame seeds,
Pine nuts, Almonds, etc*

Dried Fruit
Cranberries, raisins, etc



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BASIC GODDESS BOWL

- 1 cup cooked BEAN of your choice
- 1 cup cooked GRAIN of your choice
- 1 head of chopped kale or 1 head broccoli in florets, steamed
- 1 avocado, sliced in wedges
- Choice of grilled protein (salmon, chicken, tofu)
- 2-3 tbsp of any sea vegetable chopped finely (nori, kelp, etc)
- 1/2 cup of any of our suggested dressings

Cook the grain of choice and bean of choice separately according to instructions. In four bowls put a generous helping of cooked grains. Top with beans, steamed kale or broccoli and your choice of protein. Garnish with sliced avocado and chopped sea vegetables.

Serve with dressing and enjoy!



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SAVORY TURKEY & QUINOA BOWL

1 tbsp butter

1 leek, cleaned and diced (use both green and white part)

2 cups of kale, finely chopped

1 tbsp fresh sage, minced (or 1 tsp dried sage)

2-3 links turkey sausage, diced

1/4 cup dried cranberries

1 cup quinoa, rinsed

2 cups vegetable or chicken stock

1/4 tsp sea salt

1 tbsp fresh parsley, minced

Sauté leek for 2-3 minutes on medium heat. Add fresh sage, diced turkey sausage, cranberries, quinoa and chicken/vegetable stock. Bring to a boil and add ¼ tsp sea salt. Cook 15-20 minutes or until quinoa is cooked, adding in the kale about 5 minutes before it has finished cooking.

Garnish with fresh parsley and serve.



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SALMON RICE & RED QUINOA BOWL

DRESSING INGREDIENTS

2 tbsp lemon juice
1 tbsp white or light miso
1 tbsp soy sauce
1 tsp agave nectar or honey
1/4 cup finely chopped red onion
Salt and pepper to taste

INGREDIENTS

1/2 lb wild Alaskan salmon
3/4 cup brown rice rinsed well
1/2 cup red quinoa rinsed well
1 bunch of asparagus cut into small pieces
1 large carrot grated
1/2 cup of chopped walnuts

Broil the salmon and asparagus at the same time. Break salmon into 1/2 inch pieces and set it aside. Boil the brown rice and add the quinoa in half way through since it doesn't need as long to cook. In a large bowl combine the dressing ingredients and whisk or blend. Pour rice/quinoa mixture, salmon, asparagus, grated carrots and walnuts into bowl on top of dressing and mix well.

Serve hot in bowls.



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SOOTHING & SATISFYING SOUPS

There is nothing quite as comforting as a beautiful bowl of soup when you're feeling under the weather. They are easy on the digestive system and such a good recovery food.

Make big batches and freeze leftovers for easy healthy meals for days when you are too busy or just don't feel like cooking.

MIX & MATCH BASIC SOUP FORMULA

2 tbsp from Fats Column

1-3 items from Aromatics Column, sliced or minced

1-2 items from Accent Veggies Column, thinly sliced

Sea salt and freshly ground black pepper

Any number of items from Main Ingredient Column

1 item from Liquid Column

1-3 items from Accent Column

1. Put olive oil or butter in large pot over medium heat. Let butter melt. Add aromatics and cook, stirring occasionally, until they soften, about 5 minutes.



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2. Add salt/pepper, stir. Add main ingredient, stir.
3. Add enough broth or water to cover the vegetables and bring to a boil. Stir, lower the heat to a simmer, and cover until vegetables are tender, 15-25 minutes (depending on the water content of the main ingredients and how small you sliced them).
4. Remove pot from heat, puree with an immersion blender or add veggies to a blender/food processor using a slotted spoon.
5. Return to pot (if you used the blender/food processor), taste and adjust the salt and add any other spices or herbs that tickle your fancy.

FATS

butter
olive oil

AROMATIC VEGETABLES

garlic
ginger root
leeks
onions
shallots

ACCENT VEGETABLES

carrots
celery



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MAIN INGREDIENT

asparagus
broccoli
carrot
cauliflower
tomato
kale
other root
veggies
(e.g. parsnips)
summer squash
(e.g. zucchini)
winter squash
(e.g. butternut)

LIQUID

beef broth
chicken broth
vegetable
broth
water

ACCENT

coconut milk
fresh herbs
toasted pumpkin
seeds
maple syrup
spices
*(curry, cinnamon,
ginger, etc.)*



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SIMPLE SOBA NOODLE SOUP

- 2 1/2 cups vegetable stock
- 1 pack soba noodles
- 4 heads baby bok choy, leaves separated
- 1-2 tsp chilli flakes, optional
- 2-3 tbsp soy sauce or tamari
- 1 tbsp freshly grated ginger

Bring stock to a boil in medium saucepan. Add noodles and simmer for 2 minutes. Add bok choy and chilli and 1 tbsp. soy sauce and simmer for another minute or until noodles are only just cooked.

* Remove from the heat. Taste and add extra soy if needed. Serve hot.

*Noodles will continue to cook once served so it's best to slightly undercook first.



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CREAMY CARROT SOUP

2 shallots

8-10 carrots

2 tbsp olive oil

broth (about 3-4 cups)

salt + pepper

1. Slice shallots. Cut off both ends of shallots, peel off the skin, and slice the into thin slices.
2. Slice carrots. Peel carrots, slice off the ends, and cut into thin slices, about 1/2-inch thick. You should have about 3 cups.
3. Heat oil. Heat up big pot over medium heat, drizzle in about 2 tablespoons of olive oil (a nice “glug” of the bottle). Swirl pot to get oil to cover entire bottom.
4. Add shallots to pot and cook until soft and slightly brown at edges, stirring every 30 seconds or so.
5. Add carrots, 3 grinds of salt, 3 grinds of pepper. Stir. Add broth to just cover the carrots by an inch. Turn heat up to high and bring to a boil.



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6. Simmer. When carrots come to a boil, turn heat down to low, stir, then cover the pot.

7. Carrots are cooked. Check carrots—they should be tender, meaning you should be able to easily pierce with a fork. If not, let them cook for another 10 minutes. When tender, turn off heat.

8. Puree soup..

- if you have an immersion blender, just stick it in the pot and blend away until soup is smooth.

- if you don't have an immersion blender, use a slotted spoon to transfer the veggies (cooked carrots and shallots) to a blender (only fill 3/4 of blender, do it in batches if you have to).

- DO NOT put top on blender if the soup is still hot, it will freaking explode. Put a dish towel over the top of the blender and blend veggies on low until they are smooth (you may need to add some of the liquid from the pot to help it along).

9. Return soup to pot, stir, taste, and add more salt if you need to.

VARIATIONS

Spice it up with a sprinkle of ground ginger or cardamom when adding the carrots.



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BROCCOLI-LEEK SOUP

2 tbsp olive oil
2 leeks, rinsed and thinly sliced
Sea salt
Freshly ground black pepper
5 cups broccoli florets, chopped
4 cups chicken broth or water

1. Heat the oil in large pot over medium heat.
2. Add leeks and cook, stirring occasionally, until they soften, about 5 minutes.
3. Add seasonings (salt and pepper) and stir.
4. Add broccoli.
5. Add the stock - enough to cover the vegetables and bring to a boil.
6. Stir, lower the heat to a simmer, and cover until vegetables are tender, 15-25 minutes.
7. Take soup off heat, puree with an immersion blender or add veggies to a blender/food processor using a slotted spoon.
8. Return to pot (if you used the blender/food processor), taste and adjust the salt and add any other spices that tickle your fancy

VARIATIONS

Sprinkle with fresh herbs, like chives. Use frozen broccoli instead of fresh. Serve with a dollop of plain Greek yogurt. food processor), taste and adjust the salt and enjoy!



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LENTIL SOUP

- 1 tbsp olive oil
- 1 onion, peeled and diced
- 2 carrots, diced
- 1 celery stalk, diced
- 1 tbsp fresh thyme or 1 tsp dried thyme
- 1 tsp sea salt
- 2 (15-oz) cans beans, drained and rinsed
(lentils, garbanzo, aduki, kidney, cannellini)
- 4 cups broth or water
- 1/4 cup minced fresh parsley

1. Put olive oil in large pot over medium heat and sauté garlic and onions for 2 minutes.
2. Add carrots, celery, thyme, sea salt, beans, and stock.
3. Bring to a boil, reduce heat to medium-low, and cook 15–20 minutes.
4. Puree with an immersion blender (or remove half of the beans and vegetables and puree in a blender or food processor until smooth). Return to pot.
5. Garnish with fresh parsley and eat.



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CLASSIC BONE BROTH

This recipe is so mineral rich super nourishing and gut loving. You can "power UP" any soup recipe by incorporating bone broth. It is supportive to the immune system (hence why soup can be such a good healing food when you are sick) and contains collagen, glutamine, glycine and proline which are great for quenching intestinal inflammation and restoring gut integrity.

2 pounds (or more) of bones from a healthy source (you'll get more flavor if you roast your bones first opposed to using raw ones)

1 onion

2 carrots

3 stalks of celery

2 tablespoons Apple Cider Vinegar

1 tablespoon of sea salt

1 tablespoon of peppercorn

2 bay leaves

OPTIONAL ADDITIONS:

Add desired herbs and garlic in the last half hour or so of cooking for a flavor and extra mineral boost.



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1. Add chicken feet and/or heads for an extra collagen boost
2. Add a chunk of chaga mushroom or piece of astragalus and let it simmer throughout the entire cooking time to even further enhance the immune boosting potential of the broth.
3. Add everything to your pot. fill with 1 gallon of water and bring to a gentle boil.
4. Reduce to a very low simmer for 10-72 hours (see guide below) Skim foam and excess fat occasionally. If cooking in a slow cooker, cook on low for at least 6 hours up to 24 hours (you may need to add more liquid if you have room). Your bones should be breakable to touch by the end.
5. Remove from pot, let cool and strain broth. Once it's almost fully cooled refrigerate overnight. In the morning remove the solidified fat and discard.
6. It will last for up to 5 days in the fridge or 5 months in the freezer.

Simmer time guide:

Beef bone broth: 48-72 hours

Poultry bone broth: approx. 24 hours

Fish bone broth: 8-10 hours



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MUSHROOM IMMUNITY SOUP

1 tsp coconut oil

1 yellow onion chopped

4 or 5 cloves of garlic chopped

2 or 3 cups of mixed mushrooms

1 or 2 cups of chopped cauliflower

(optional, but awesome)

1 can full fat coconut milk

2 cups brewed chaga tea (or broth of your choice bone broth is an amazing choice)

a small handful of fresh thyme and fresh parsley

salt & pepper and cayenne to tasted

- 1.If you are using dried wild mushrooms, you'll have to soak them first. Place in bowl and cover with boiling water and let rehydrate for a while.
- 2.Heat your coconut oil over a medium-high setting in a soup pot.
- 3.Add your chopped onions and garlic and sauté until nice and soft.
- 4.Add in mushroom, cauliflower and fresh herbs, continue to cook for about 10 minutes.



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5. Pour in your can of coconut milk and 2 cups of chaga tea (or broth)
6. Bring to a simmer and let cook for a simmer for about 20-30 mins
7. Transfer contents to a blender (carefully) and blend until it's a rough puree

Season to taste & enjoy!



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THAI CHICKEN SOUP WITH CABBAGE

- 1 tbsp coconut oil
- 1 can organic full fat coconut milk
- 3 cups of broth of your choice
- 1 onion chopped
- 9 quarter sized slices of ginger, chopped
- 6 cloves of garlic, minced
- 1 stalk of lemongrass bruise with back of knife and then chop very thinly
- 1 lb of chopped boneless organic chicken thighs
- 2 cups chopped cabbage
- 1/2 cup fresh cilantro
- 2 tsp coconut sugar
- 2 tbsp lime juice
- 2 tbsp tamari

OPTIONAL: add jalapeno and cherry tomatoes

- 1.Heat onion, lemongrass, garlic and ginger in some coconut oil
- 2.Add chicken and cook for a 5 mins or so
- 3.Add broth and coconut milk and bring to a boil over high heat
- 4.Stir in your coconut sugar, lime juice, and tamari
- 5.Add in your cabbage, and simmer soup for 20 mins or until chicken is cooked through. Enjoy!



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ADRENAL RECOVERY CHICKEN SOUP

1 litre of bone broth (regular broth is ok too)

1 onion chopped

5 cloves garlic, chopped

3 stalks of celery, chopped

3 carrots, chopped

1 cup enoki mushrooms

1 cup cherry tomatoes, halved

1/2 cup chopped parsley

1/2 cup chopped basil

3 tbsp tamari

1/2 tsp cayenne pepper (can add more or less depending on taste)

3 cups cooked chicken, chopped or pulled

3 cups chopped greens added right at the end

1.Heat 2 tbsp of grass-fed ghee or olive oil in your soup pot

2.Once heated add onions and cook for a few minutes until they start to become translucent. Add in garlic, celery, and carrots. Stir well and cook for 5-7 minutes until they start to soften.

3.Add in bone broth and turn heat up to medium to bring it to a simmer.

4.Add your tamari and hot sauce and stir well.



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5. Add in your mushrooms, cherry tomatoes, and herbs.

6. Simmer your soup for 10-30 mins. Taste the broth and adjust seasoning as necessary.

7. At the last minute, add in your greens and stir in until soft. (Sometimes I omit this and add the greens to my bowl raw and pour the hot soup on top of them. This way they won't go too mushy in your soup if it sits in your fridge for a few days).



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GREEN GODDESS SOUP

- 1 head of broccoli
- 1 bunch of asparagus
- 2 cups of parsley
- 1 large white onion
- 2-3 cloves of garlic
- 1 jalapeno (adjust amount based on heat and your preference)
- 5 cups of broth of your choice (I used a mix of bone broth and water)
- Tamari to taste (2-4 tbsp)
- 1 tbsp of coconut oil

1. Chop all your veggies roughly
2. Heat large soup pot with 1 tbsp of coconut oil
3. Sauté onions and garlic until translucent
4. Add the rest of your chopped veggies and sauté until they are bright green, but still crispy
5. Add your broth and let everything simmer for 20 mins
6. Reduce heat and carefully transfer every thing to a blender (alternatively you could use a hand mixer)
7. Blend everything well adjusting liquid if necessary to reach desired consistency
8. Add tamari to taste.

ENJOY!



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BROCCOLI SOUP

1 tbsp coconut oil
1 good sized yellow onion
3 cloves of garlic
a head of broccoli
1 zucchini
1 tbsp curry powder
2 cups stalk (chicken or veg)
2 cups coconut milk
sea salt and cayenne pepper to your liking

1. In your blender, coarsely chop 1 good sized yellow onion with your garlic.
2. At the same time, heat 1 tbsp of coconut oil in a saucepan
3. Get some colour on your onions, sauté them for a few minutes
4. Add your curry spice, to the onions. Optional: Sprinkle in some extra turmeric
5. Back to your blender again coarsely chop your zucchini and broccoli (stems included), add them to your saucepan with the onions
6. Let the veggies get fragrant for a second and then add in your liquids
7. Bring to a simmer and let it build flavor for at least 10 minutes
8. Blend together using an immersion blender or by carefully adding everything back to your blender
9. Adjust spices as necessary & enjoy



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CARROT GINGER SOUP

1 1/2 tbsp coconut oil
1 cup chopped onion
1 1/2 inch chopped fresh ginger
4 cloves of garlic, chopped
6 carrots, peeled and chopped
4 cups veggie broth
sea salt & pepper to taste

1. Melt coconut oil in large pot and add garlic, onion, and ginger
2. Sauté for a few minutes, add carrots and sauté until nice and soft
3. Once your veggies are fragrant, add veggie broth. Bring to a boil, and then lower to a simmer
4. Simmer for 20 minutes or so
5. Blend with a hand mixer or CAREFULLY transfer contents to a blender & puree it
6. Top with whatever you wish, for example - grilled beef or shredded chicken, avocado whipped with coconut milk (avocado cream) pumpkin seeds, coconut flakes, hemp hearts, cilantro, olive oil and salt and pepper.



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OVEN ROASTED MASALA TOMATO SOUP

8-10 tomatoes

1 onion

5-10 cloves of garlic

2 tbsp Indian masala spice blend

1 can of coconut milk

2-3 cups of veg or chicken

1-2 tbsp of ghee or olive oil

garnish with hemp hearts, coconut milk, olive oil, salt & pepper, GF croutons, cilantro or sheeps milk yogurt

Optional: 2lbs cooked chicken, shredded

- 1.Preheat oven to 375 degrees _
- 2.Very roughly chop your tomatoes and onions and throw on a roasting dish
- 3.Add garlic (I leave on the skins while cooking, it's easy to slide the cloves out once they are roasted)
- 4.Drizzle with ghee or olive oil and season with sea salt and pepper
- 5.Roast everything for about 30-40 mins
- 6.Once done, remove from the oven and let cool a bit
- 7.Add roasted items to your blender _
- 8.Pour in 1 can of coconut milk



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9. Add 1 tbsp of masala spice depending on how spicy you like it. Blend it to your desired consistency. I like to leave it chunky but it's really good smooth too!

10. Simmer everything for a few minutes in a soup pot to let the flavors really combine. Adjust seasonings if needed.

11. Add chicken if using

12. Sprinkle on your toppings of choice and enjoy



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NOURISHING SNACKS & DESSERTS

Healthy snacks! These treats may be healthy - but self-control is key. Use these for treats and cravings, but they should not be an everyday indulgence.

10 SECOND AVOCADO SNACK

1/2 an avocado

a drizzle of coconut aminos or tamari

Super easy and super satisfying when you need a quick snack.

Just slice your avocado up and drizzle a bit of coconut aminos on top and enjoy.

Alternatively, you could use lemon or lime juice and some salt and pepper, or just enjoy with some kimchi or sauerkraut.

Have avocado with the roasted cumin tomatoes on a GF cracker with some goat cheese for a fancy snack.



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CRUNCHY SNACKS

- frozen grapes, berries and cherries
- Make fruit sorbet with your favorite frozen fruit—berries, peaches etc.
- olives
- smoothies
- kale or swiss chard chips
- rice cakes
- light popcorn or plain popcorn: use coconut oil to pop in a covered pan
- carrots: *particularly the super-sweet, organic baby carrots*
- crunchy crudité's of veggies and dip (*hummus, tabouli, vinaigrette, favorite dressing*)
- celery and almond butter (*no sugar added*)
- hummus with gluten free crackers, baby carrots, rice crackers
- Terra chips and hummus (*add olives to make it fancy*)
- nuts (*almonds, walnuts, sunflower seeds, pistachios, brazil nuts*)
- custom trail mix—go to the store and create your own from the bulk section



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SWEET SNACKS

- fresh, whole fruit
- coconut butter, coconut cream with fruit, or by itself
- Fruit and Nut Butter- green apples, almond butter, and cinnamon (*even better if baked in coconut oil*). Peaches and cashew butter or pears and almond or pecan butter
- frozen yogurt: freeze coconut milk and make your own frozen yogurt with berries!
- dried fruit
- dates or fresh figs stuffed with coconut, almond or other nut butter
- smoothies
- freshly squeezed fruit/vegetable juices: Make your own and try different combos.
- sweet vegetables: yams, sweet potatoes, squash (*acorn, butternut, kabocha*) cut into chunks or fries; sprinkle with cinnamon and bake.
- Fruit salad sprinkled with ground flax seed, chia seeds or shredded coconut



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SALTY SNACKS

- pickles and pickled vegetables, such as carrot, daikon, beets and lotus root
- tabouli and hummus
- oysters and sardines
- tortilla chips and salsa or guacamole: try whole grain chips such as "Garden of Eatin'" brand and freshly made salsa or guacamole.
- sauerkraut: it will also knock your sweet cravings right out!
- Turkey wrapped in lettuce or collard greens with avocado (*even better with bacon*)
- Sliced ham, mustard, and lettuce in a heated brown rice tortilla
- Small bowl of leftover soup
- small amount of raw organic cheese on brown rice crackers



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CREAMY SNACKS

- coconut yogurt—full fat plain yogurt topped with goji berries and coconut flakes
- Almond butter blended in a vitamix with frozen berries and topped with chopped nuts
- guacamole
- rice pudding
- puréed soups
- mashed sweet potatoes with cinnamon



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KALE CHIPS

1 to 2 bunches kale

Olive oil

- 1.Preheat oven to 425 degrees.
- 2.Remove kale from stalk, leaving the greens in large pieces.
- 3.Place a little olive oil in a bowl, dip your fingers and rub a very light coat of oil over the kale.
- 4.Place kale on baking sheet and bake for 5 minutes or until it starts to turn a bit brown. Keep an eye on it as it can burn quickly.
- 5.Turn the kale over and bake with the other side up.
- 6.Remove and serve.

Note: You can also add any spice to your kale chips. Try curry powder, garlic powder, cayenne pepper, nutritional yeast or kelp flakes.



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PURÉED WHITE BEAN & CHICKPEA DIP

1 (15 oz.) can cannellini or garbanzo beans, drained and rinsed
1 garlic clove
2 tbsp fresh lemon juice
1/3 cup olive oil, plus 4 tbsp
1/4 cup fresh Italian flat-leaf parsley leaves
salt and pepper

1. Place beans, garlic, lemon juice, olive oil, and parsley in food processor.
2. Pulse until mixture is coarsely chopped. Season with salt and pepper to taste.
3. Transfer puree to a small bowl. Serve with crostini, fresh vegetable sticks (like carrots or celery), or pita chips

VARIATIONS

This can also be served in a gluten-free wrap or wrapped in a Collard green leaf with grilled vegetables or with grilled chicken and greens.



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CHUNKY GUACAMOLE

3 avocados

1 large tomato

1/2 red onion

Juice of one or two fresh limes

Sea salt

Fresh cilantro

1. Slice the avocado, tomato, and onion into equal-sized chunks.
2. Gently mix all ingredients into a medium bowl. You want to make almost a salty lemonade/limeade with the lime juice so be generous.
3. Garnish with extra cilantro and serve with tortilla or multigrain chips (check ingredients for sneaky sugar!)

VARIATIONS

This would also be great in a sprouted grain wrap with chicken, beef, or fresh veggies like romaine, carrots, and peppers and onions.

Substitute lime with fresh lemon.



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GARLICKY TAHINI DRESSING

1 cup tahini (sesame seed paste)

1/2 cup lemon juice

1 clove garlic

Water (just enough to thin it out and create desired consistency)

Salt and pepper to taste

Blend all ingredients in a bowl with a whisk (or blender) until combined. Serve over brown rice, quinoa, steamed vegetables, or in a wrap with chicken and veggies.



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MINT-PISTACHIO PESTO

1/2 cup fresh mint leaves
3 cup fresh parsley
1 clove garlic, peeled
1/4 cup shelled pistachios (toasted, optional)
1/4 cup extra virgin olive oil
sea salt

In a food processor or Vitamix blender, place mint, parsley, garlic, and pistachios and pulse until roughly chopped.

Slowly pour in olive oil as you pulse, until it turns into a paste.

Add sea salt to taste.



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OVERNIGHT VANILLA CHIA PUDDING

- 1 cup unsweetened nut milk of choice
- 3 tbsp of chia seeds
- 1 tbsp collagen protein powder
- ½ tsp vanilla
- 1 tsp maple syrup or honey

Place ingredients in small mason jar or Tupperware container of your choice. Stir everything together well and refrigerate overnight.

Top with coconut chips, nuts, seeds, and or fruit of your choice and enjoy, or bring to work with you for a perfect mid-morning or late afternoon snack.

Optional: Add in ¼ cup of organic oats and reduce the amount of chia to 1 tbsp.

Add in a scoop of L-glutamine powder to increase the gut loving nourishment of this recipe.



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PEANUT BUTTER CUPS

FOR THE NUT BUTTER FILLINGS

¾ cup of nut butter of choice

½ cup of tahini (can be omitted, just add more nut butter)

3 tbsp of coconut oil

a bit of sea salt

3 tbsp of unpasteurized honey (or maple syrup)

3 tbsp of chia seeds (optional)

3 tbsp of hemp hearts (optional)

3 tbsp of collagen protein powder (optional but awesome)

Put all ingredients together in a bowl and mix well. Line a muffin tray with paper or silicone muffin cups and scoop 1 tbsp (approx) of your nut butter mix to the muffin cups

Place in freezer while you work on the chocolate topping



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FOR THE CHOCOLATE DRIZZLE:

4 tbsp coconut oil (melted)
3 tbsp raw cacao powder
a small splash of vanilla
honey or maple syrup to sweeten
sea salt
cinnamon

Melt coconut oil on stovetop and remove from heat.

Stir in the rest of the ingredients

Pour chocolate sauce on top of hardened peanut butter cups and tilt the tray or spread the chocolate around until it covers each one evenly

Place back in freezer until everything sets (about 20 mins)

Enjoy!



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HORMONE LOVING CHOCOLATE BARK

1 cup of berries of your choice (if larger fruit like apples or strawberries, chop first)

1/2 a cup nuts and seeds of your choice

3-4 tbsp raw cacao (alternatively you could use dark chocolate bars too if so, omit the next step)

3-4 tbsp coconut oil (or a large chunk or cocoa butter is nice if you have some)

A pinch or two of sea salt

1/2 a tsp of cinnamon

Optional: almond butter, coconut flakes, hemp hearts, sweetener of choice

1. Place your berries nuts and seeds spread out (or in a little pile) on some parchment paper on a tray

2. Over medium heat, melt your coconut oil. Stir in your cacao and spices

3. Once the everything is melted and stirred together, drizzle over your fruit and nuts

4. Place the tray in the freezer for at least 30 minutes and let the chocolate harden everything up

5. Remove the tray from the freezer and cut or break the bark into bite-size pieces

6. This recipe should provide you with a few days worth of servings

7. Store leftovers in the freezer until ready to eat



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CHOCOLATE AVOCADO PUDDING

1 avocado

2 or 3 tbsp cacao powder

a splash of nut milk of your choice

a sprinkle of sea salt

1/2 tsp vanilla

1 tbsp maple syrup or coconut nectar (you could substitute in carob for a caffeine free version)

Combine everything in a blender, add more milk if needed for consistency. Feel free to top with berries, coconut flakes, hemp hearts, chopped dates, nuts, seeds, etc

Enjoy!



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BLACK BEAN & AVOCADO BROWNIES

- 1 can organic black beans (rinsed well)
- 2 eggs
- 1/2 of a large ripe avocado
- 1 tablespoon melted coconut oil
- 1/2 cup raw cacao
- 1/2 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1 teaspoons vanilla extract
- 1/2 cup coconut sugar or maple syrup
- 1/2 cup cacao nibs or dark chocolate chip
- 1/2 cup chopped nuts

- 1.Preheat oven to 350 degrees
- 2.Grease an 8x8 baking pan with organic butter or coconut oil
- 3.Add all ingredients except the nibs chocolate chips into a blender
- 4.Blend into a smooth batter, the batter should be thick but if it's too thick add a tiny bit of nut milk



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5. Fold in half of the chocolate chips and half of the chopped nuts
6. Pour into greased pan
7. Top with remaining chocolate chips and chopped nuts
8. Bake for around 30 minutes, until the top begins to crack and a knife inserted comes out clean
9. Cool pan completely and then enjoy!



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GOOEY SWEET POTATO BROWNIES

1/2 cup roasted sweet potato, peeled & cooled

1/2 cup almond butter

1 egg

1/4 cup coconut oil

1/4 cup cacao powder

1/4 tsp baking soda

OPTIONAL ADD-IN'S:

1/4 cup maple syrup

1/4 cup chocolate chips

chopped walnuts

1. Mash the sweet potato in a medium mixing bowl

2. Add all the wet ingredients (sweet potato, egg, almond butter, and maple syrup) if you using any

3. Mix all the wet ingredients well

4. Add dry ingredients (cacao powder, baking soda. Mix all the ingredients together well)

5. Fold in the chocolate chips

6. Add the brownie batter to a 8x8 brownie pan (or something similar)

7. Bake for 20 minutes at 350 degrees F

Cut into squares and enjoy!



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SEEDY CHOCOLATE FUEL BALLS

- 1 1/2 cups of nuts & seeds of your choice
- 1/2 cup pitted, medjool dates
- 1 tbsp cacao OR carob powder (for caffeine free)
- 2 tbsp nut butter, tahini, or coconut oil
- 4 tbsp collagen protein powder
- 2 tbsp chia seeds
- 2 tbsp hemp hearts
- honey or maple syrup if extra sweetness is needed

1. Chop nuts in food processor
2. Add in the rest of the ingredients and process until mixture is smooth
3. Roll into small (2-3 inch) balls and store in the fridge
4. These balls are balanced and make a great snack or energizing afternoon pick me up
5. 2 balls = 1 serving
6. You can play with the color by rolling them in dark chocolate, matcha, hibiscus or beet root powder, coconut etc. However, they taste awesome without this step too!



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COLLAGEN N' BANANA NICE CREAM

- 4 frozen bananas
- a tiny splash of full fat coconut milk or cream
- 4 tbsp collagen protein powder
- a splash of vanilla
- a pinch of sea salt
- maple syrup to taste (optional)

Add frozen bananas, vanilla and sea salt to blender and begin blending
Slowly pour in a bit of coconut milk over until you get a nice soft serve consistency

Serve immediately

IDEAS:

- Swirl in nut butter of your choice or add chopped nuts
- Blend in berries or mix in berries at the end
- Get creative. This ice cream treat is for special occasions but can fill the void without creating inflammatory havoc in your body like the traditional might



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KEY TIPS FOR SUCCESS

1. Eliminate any foods you have known or suspected sensitivities or allergies to. This is really important!

2. Overeating, even healthy food, will lead to blood sugar spikes. Be mindful of this and to maximize your results eliminate sugar, alcohol, and starchy foods like bread, crackers and pasta (even if they are gluten-free or healthier legume versions), these foods are very easy to over consume

3. Balance each meal with healthy fat, protein and carbohydrates. Focus on getting carbohydrates from vegetables. This will maximize nutrient dense foods and fiber in the diet while helping to control blood sugar levels

4. Try not to stress over food! You don't have to be PERFECT, but committed to the WHY behind why eating well is important to you. This life is yours to live...and sure, there may be times where being perfectly committed to your diet is a good (maybe much needed) idea. But the ultimate goal is to get to a place where you are free to indulge when you want to, in a guilt-free way knowing that most of the time you are WELL fueled and on-point



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5. Plan ahead and prepare! A little extra effort at the beginning of the week can save you loads of stress and help keep you on track all week long. I promise for many, this can make or break your consistency. You have to think ahead, your future self will be so grateful!

6. Get your blood sugar in check! If you struggle with hypoglycemia, I recommend really limiting all grains, legumes and processed sugar. Reach out for one-on-one support to re-train and re-sensitize your cells to insulin again so you can break free of the grasp of blood sugar imbalances, cravings and energy dips. Make fat and protein your friend at every meal to help keep you satiated and level instead of using sugar to do this

7. Consider intermittent fasting with a longer feeding window. Give yourself a few hours of digestive time between eating and going to bed (ie. stop eating by 7:30 or 8pm if possible with your current state of health). If you struggle with sleep, I recommend having a protein focused breakfast upon rising, to help stabilize your morning energy and capitalize on fasting hours later in the day by having an earlier dinner (ie. eating from 8am to 6pm). This is the preferred type of intermittent fasting or time-restricted eating that I recommend to those with adrenal or fatigue issues, who wish to try this method of eating out



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GENERAL PORTION CONTROL GUIDE

VEGETABLES (1 CUP) - 3 to 6 servings daily

FRUIT (1 CUP) - 2 servings daily

PROTEIN: (3/4 CUP) - 4 to 6 servings daily

GRAINS, LEGUMES, STARCHY VEGGIES: 1/2 CUP - 1 serving or LESS daily

OILS, NUT BUTTERS: 1 TBSP - 2 to 5 servings daily

HEMP HEARTS, SEEDS, NUTS, COCONUT FLAKES: 2 TBSP - 1 serving daily

HOMEMADE NUT MILKS OR COCONUT MILK: 1/2 CUP - 1 serving daily

HUMMUS & AVOCADO: 1/3 CUP - 1 serving daily

If you are less than 194lbs you will fall on the lower end of these serving ranges. If you are 195lbs you will fall towards the upper end of these serving ranges.

HELPFUL TIPS

- 1.Fill your plate ONCE
- 2.Chew mindfully and eat slowly
- 3.Snack when needed to avoid major blood sugar dips and feeling really hungry, this is when we tend to overeat
- 4.Be prepared, have healthy food available on hand
- 5.Eat without distractions

Portion control can help reduce digestive stress and feelings of discomfort after eating. It also has a profound effect on blood sugar level control



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DEALING WITH DIGESTIVE ISSUES

Part of the reason I started studying nutrition is because when I started eating better and playing with my diet, I discovered my baseline of feeling good and feeling comfortable was actually pretty low.. **I just thought feeling that way was normal!**

We don't realize how much food can influence our energy, our sleep, our mental clarity, our mood and so much more. It's easy to think of our gut and just simply check in by determining if things feel light and comfortable or heavy and uncomfortable. Moving or stagnant. Gassy or not... but like I said your baseline of normal could be skewed. You might know that it is already. So where do you start?

Gut health can get complicated and feel overwhelming. Many different issues can cause different symptoms when it comes to the Gastro Intestinal (G.I) Tract, but below is my recommendation on the SIMPLEST and MOST EFFECTIVE place to begin. The thing is, even though the cause could be many different things, when it comes to addressing any of these different issues, these fundamentals would definitely be included in the recovery program for them.



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1.EAT CLEAN FOOD - Eliminate all processed foods, anything you know your sensitive too. It's very gut healing in itself and will empower you with information as to what is and isn't working for you right now.

2.REDUCE STRESS - So many disturbances in our G.I are caused by stress or greatly exacerbated by it. Stress management just isn't for weekends. It's a daily thing. Commit to more fun in your life, to more rest, to filling up your heart with the people, things and stuff that makes you feel happy and grateful to be alive for. Lots more of that, please!

3.DON'T OVEREAT - This burdens the entire digestive and hormonal system. Fill your plate once, chew your food insanely well and avoid drinking too many liquids at meal time (it's a digestive fire quencher)

4.SUPPLEMENTS CONSIDER:

- A **broad spectrum digestive enzyme** at meal time can help you breakdown the food you eat with more ease and support. I find this a helpful option for relieving digestive discomfort after eating (reducing gas, bloating and cramping)
- **Collagen Protein and L-Glutamine** are protein sources that you can incorporate into recipes, smoothies and your regular routine to help support a healthy intestinal lining and to help provide the building blocks that help repair damage in this area.



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5.GET CLARITY - On the source of the problem so you can target it head on!

This may mean getting a stool test or something else that your integrative doctor feels fitting for your case. Once you become aware of what you are tackling, you can address it with much more vengeance and confidence. If it's bacterial overgrowth in your small intestine, then you can address the improper bacterial growth. If you have an infection, you can deal with the infection. If it's a candida or parasites, you can get rid of them. If it's a hidden virus you didn't realize you had, then now you are empowered and can determine a plan for addressing it. This can be the hardest part, but the tips outlined above are a general and practical place where you can begin while you determine if diet tweaks work, or if you need something more.