

## ***Lime and Walnut Coleslaw***

### **Ingredients:**

1 ½ cup raw walnut pieces  
½ head Medium-Large Cabbage  
1 basket of cherry tomatoes, quartered  
1 jalapeno pepper, seeded and diced  
¾ c parsley or cilantro, chopped  
¼ c freshly squeezed lime juice  
2 T olive oil  
¼ tsp sea salt

### **Directions:**

Cut the cabbage into two quarters and cut out the core. Using a knife shred each quarter into very thin slices. Cut long pieces in half. Combine the cabbage, walnuts, tomatoes, jalapeno, and cilantro or parsley in a bowl. In a separate bowl combine the lime juice, olive oil, and salt. Add to the cabbage mixture and gently stir!

## ***Broccoli Cranberry Salad***

### **Ingredients:**

5 C Raw broccoli florets, chopped  
½ C red onion, chopped  
½ C organic shredded Cheese (try Organic Valley Raw Sharp Cheddar @ HEB)  
1 C turkey bacon, cooked and crumbled  
1 C Raw sunflower seeds  
1 C Dried cranberries

### **Dressing:**

¾ C Grapeseed Veganaise (has a purple label!)  
Stevia or Xylitol to taste  
2 T Red wine vinegar  
¼ tsp Pepper

### **Directions:**

Combine all salad ingredients in a large mixing bowl; mix well. Combine dressing ingredients in a small mixing bowl. Mix until thoroughly combined using a fork or wire whisk. Add dressing to salad and mix well. Refrigerate 1 hour!

## ***Raspberry Pecan Summer Salad***

### **Ingredients:**

1/3 C Raspberry spreadable fruit (WATCH out for added sugars or sugar alternatives)  
8 C organic torn greens  
1 C fresh raspberries  
¼ C olive oil  
½ C pecans  
1 tsp poppy seeds  
1 medium avocado, chopped  
1 C mushrooms, sliced

### **Directions:**

In a blender (or bowl and whisk) combine the spreadable fruit, vinegar, olive oil, and poppy seeds. IN a large salad bowl, combine the greens, raspberries, avocado, mushrooms, and pecans. Drizzle dressing over the salad. Toss to combine!

## ***Deviled Eggs***

*\*Double the recipe*

### **Ingredients:**

6 hardboiled eggs  
1 ripe avocado  
3 Tbsp organic sour cream  
1 dash Bragg's liquid aminos  
1 Tbsp chopped fresh dill  
sea salt to taste  
ground white pepper to taste  
1 green onion, minced

### **Directions:**

Peel and rinse the eggs under cold water. Halve the eggs lengthwise and scoop the yolks into a bowl. Halve and scoop out the avocado, dice it. Add the avocado and sour cream to the egg yolks and mash into a smooth, creamy mixture. Stir in the liquid aminos, dill, sea salt, and white pepper until the mixture is very well

## ***Lemon or Lime Aid***

*\*will need to make this for 10-15 ppl, this is single serving recipe*

### **Ingredients:**

2-3 Lemons or Limes

1 C ice

2 C water

1 tsp stevia or to taste

Optional\* 6-10 whole mint leaves or to taste

### **Directions:**

Juice lemons or limes into a blender, add ice, water, stevia, and mint leaves if desired. Blend until frothy.

## ***Cucumber, Lemon, Mint Water***

### **Ingredients:**

2-3 Lemons, thinly sliced

1 Cucumber, thinly sliced

Desired amount of whole mint leaves, picked off stem

### **Directions:**

Fill large pitcher full of filtered water and ice. Add sliced lemons, cucumber, and mint leaves. Refrigerate a few hours before serving!

## ***Burger Fixin's***

### **Ingredients:**

- 1 Ice burg lettuce, separated into whole leaves (to use as buns)
- 3 Organic Tomatoes, sliced
- 1 purple onion, sliced
- Raw Cheddar cheese, sliced
- 1 jar pickles (check ingredients!)

### **Directions:**

Please prep the veggies on a tray to have for everyone to top their burgers with!

## ***Hummus & Veggies***

1 Can chick peas

2 Cloves garlic

3 T Extra virgin olive oil

Lemon juice

Sea salt

Optional for taste: tahini paste (check ingredients!), paprika, cumin, cayenne

Put chick peas, garlic, olive oil into food processor to blend until smooth. Add any additional ingredients as you see fit for taste and consistency!

Serve with veggies for dipping!

## **9 Layer Taco Dip**

### **Ingredients:**

#### Taco Seasoning:

3 T Chili Powder  
1 tsp Garlic Powder  
3 tsp Ground Cumin  
1 ½ tsp Paprika  
2 tsp Oregano  
1 tsp Onion powder  
½ tsp Cayenne pepper  
½ tsp Sea salt  
2 tsp Black pepper

\*Try to find all spices in bulk section!

#### The Layers:

1 can organic refried black beans  
8oz organic cream cheese, softened  
16oz organic sour cream  
16oz organic, local salsa  
1 large tomato, chopped  
1 green bell pepper, chopped  
1 bunch green onion, chopped  
1 heart romaine lettuce, shredded  
6oz sliced black olives  
2 avocados, diced  
Squeeze of lime juice  
2 C raw cheddar cheese, shredded  
\*ALL veggies should be **ORGANIC**

### **Directions:**

In a medium bowl, blend the taco seasoning mix and refried black beans. Spread the mixture onto a large serving platter. Mix the sour cream and cream cheese in a medium bowl. Spread over the refried beans. Top the layers with salsa. Place a layer of tomato, green bell pepper, green onions and lettuce over the salsa and top with cheddar cheese. In a small bowl, mix the diced avocado with lime juice. Garnish the layers with black olives and avocado. Serve with veggies!

## **Spinach and Strawberry Salad**

### **Ingredients:**

2 bunches organic spinach, rinsed  
4 C sliced organic strawberries  
½ C extra virgin olive oil  
¼ C Bragg's Apple Cider vinegar  
½ C organic red onion, thinly sliced  
¼ tsp paprika  
2 T sesame seeds  
1 T poppy seeds  
¼ C local, raw honey (optional)

### **Directions:**

In a large bowl toss together the spinach, onion and strawberries. In a medium bowl, whisk together the olive oil, apple cider vinegar, honey, paprika, sesame seeds, poppy seeds. Pour over the spinach and strawberries and toss to coat.