

Featured Recipes

from

THE HEALTHY APPLE

and



Amie's Ultimate Detox Salad

TheHealthyApple.com

INGREDIENTS

- 1 cup Living Now® Organic Quinoa
- 2 cups loosely packed fresh baby spinach
- 1 small head red cabbage, shredded
- 1 cup cherry tomatoes, halved
- 1 head broccoli, cut into florets
- 2 large sweet potatoes, cut into ½ inch cubes
- 3 Tbsp. Ellyndale® Organics Olive Oil
- 2 Tbsp. freshly squeezed lemon juice
- 1 Tbsp. white balsamic vinegar
- 2 Tbsp. NOW Real Food® Raw Cashews
- 2 Tbsp. NOW Real Food® Raw Almonds
- sea salt and pepper, to taste



DIRECTIONS

1. Cook quinoa according to package directions.
2. Meanwhile, steam broccoli and sweet potatoes in a steamer basket over medium heat for 10 minutes or until tender.
3. In a large bowl, toss spinach, cabbage, cooked quinoa, broccoli, tomatoes and sweet potatoes.
4. In a small bowl, whisk oil, lemon juice and vinegar; pour over salad. Add cashews and almonds; toss to combine and serve.

Gluten-Free Rosemary Almond Flour Crackers

TheHealthyApple.com

INGREDIENTS

- 3 cups NOW Real Food® Almond Flour
- 3 large organic eggs
- 3 tsp. Ellyndale® Organics Olive Oil
- ¼ tsp. sea salt
- ½ tsp. crushed dried rosemary
- pinch crushed red pepper flakes, optional
- pinch fresh lemon zest

DIRECTIONS

1. Preheat oven to 325 degrees F.
2. In a large bowl, combine all ingredients; mix well and use hands to form into a ball, then transfer dough to a flat surface lined with parchment paper. Place another sheet of parchment paper on top so that the dough is sandwiched in between the two parchment papers and use a rolling pin to create ¼ inch thickness. Remove and discard top parchment paper. Use cookie cutters, a pizza cutter or a sharp knife and slice crackers into desired shapes.
3. Transfer bottom parchment paper and cracker shapes to a baking sheet. Bake for 12-14 minutes or until golden brown. Remove from oven; set aside to cool for at least 20 minutes. Serve.



Tropical Omega Smoothie Bowl

nowfoods.com

INGREDIENTS

- 1 scoop of NOW Sports® Creamy Vanilla Plant Protein Complex
- 1 banana
- ½ cup pineapple, frozen
- ½ cup mango, frozen
- ½ cup coconut milk
- ¼ cup raspberries
- 1 Tbsp. NOW Real Food® Organic Triple Omega Seed Mix
- 1 Tbsp. NOW Real Food® Shredded Coconut
- 1 Tbsp. NOW Real Food® Dried Tropical Fruit Dices
- 1 Tbsp. NOW Real Food® Dry Roasted and Salted Macadamia Nuts

DIRECTIONS

1. In a blender combine creamy vanilla plant protein complex, banana, pineapple, mango, and coconut milk until mixture has reached a thick consistency.
2. Place in chilled bowl and top with organic triple omega mix, shredded coconut, fruit dice, and salted macadamia nut.
3. Serve chilled and enjoy!



Coconut Flax Crunch Bars

nowfoods.com

INGREDIENTS

- 2 Tbsp. NOW Real Food® White Chia Seed Meal
- 2 Tbsp. NOW Real Food® Organic Golden Flax Seed Meal
- 1 Tbsp. NOW® Sports Sprouted Brown Rice Protein
- ¾ cup NOW Real Food® Tropical Fruit Dices
- ½ cup brewed NOW Real Tea® PomeGreenate™ Tea
- 1 cup NOW Real Food® Organic Rolled Oats
- ½ cup NOW Real Food® Macadamia Nuts, chopped
- ½ cup NOW Real Food® Organic Hemp Seed Hearts
- ¾ cup NOW Real Food® Organic Coconut Sugar
- 1 cup Living Now® Gluten-Free All-Purpose Flour
- ½ tsp. nutmeg
- ½ tsp. sea salt
- 1 banana
- ½ cup Ellyndale® Organics Canola Oil
- ¼ cup NOW Real Food® Grade B Maple Syrup
- 1 tsp. Ellyndale® Organics Vanilla Extract



DIRECTIONS

1. Preheat oven to 350° F (325° convection). Line quarter sheet pan with parchment paper.
2. In large bowl, combine flax meal, chia meal, brown rice protein, and tropical fruit dices.
3. Pour tea over mixture, stir well and set aside.
4. In a separate bowl, combine oats, macadamia nuts, hemp seed hearts, coconut sugar, and flour.
5. In another bowl, mash the banana. Stir in canola oil, maple syrup, and vanilla extract.
6. Add banana mixture to flax/chia mixture.
7. Once all wet ingredients are well mixed, fold into dry ingredients until fully incorporated.
8. Spread mixture onto sheet pan so that the granola bars are ½ inch tall.
9. Place in oven for 25 minutes.
10. Allow granola to cool for 30 minutes or until it has firmed but is still soft to the touch.
11. To remove from the pan, run a sharp knife along the edges to make sure granola has loosened. Over a clean table or cutting board, flip sheet pan upside down, and tap to release granola.
12. Cut into 4-inch bars and serve.

The Best Quinoa Salad

TheHealthyApple.com

INGREDIENTS

- 1 cup Living Now® Organic Quinoa
- 1 cup frozen green peas
- 2 red bell peppers, diced
- 1 green bell pepper, diced
- 2 Tbsp. finely chopped fresh cilantro
- 2 Tbsp. Ellyndale® Organics Olive Oil
- 1 Tbsp. balsamic vinegar
- 2 tsp. freshly squeezed lemon juice
- sea salt and pepper, to taste



DIRECTIONS

1. Cook quinoa according to package directions.
2. Meanwhile, steam peas in a steamer basket over medium heat until bright green and tender, about 3-4 minutes.
3. In a large bowl, combine quinoa with peppers, peas and cilantro.
4. In a small bowl, whisk olive oil, vinegar, lemon juice, sea salt and pepper; drizzle over quinoa mixture and serve.

Mini Sunflower Seed Cranberry Balls

TheHealthyApple.com

INGREDIENTS

- 1 cup NOW Real Food® Organic Rolled Oats
- ½ cup almond butter
- ½ cup NOW Real Food® Flax Seeds
- 2 Tbsp. dried cranberries
- 4 Tbsp. NOW Real Food® Sunflower Seeds
- 2 Tbsp. NOW Real Food® Raw Almonds
- ½ cup NOW Real Food® Organic Shredded Coconut, toasted
- ⅓ cup NOW Real Food® Organic Maple Syrup (or honey)
- 1 ½ tsp. Ellyndale® Organics Vanilla Extract

DIRECTIONS

1. In a large bowl, combine all ingredients. Mix well to combine. If too dry, add more honey or maple syrup. If too wet, add in more ground flax seeds or nuts.
2. Place in the fridge for at least an hour, then remove and roll into 1-inch balls. Serve. Store leftovers (if there are any!) in the fridge for up to 7 days.



Grain-Free Sesame Almond Cookies

TheHealthyApple.com

INGREDIENTS

- 2 cups NOW Real Food® Almond Flour
- 3 ½ Tbsp. NOW Real Food® Ground Flax Seeds
- ½ tsp. baking soda
- pinch sea salt
- pinch freshly ground black pepper
- 3 Tbsp. NOW Real Food® Organic Maple Syrup
- 2 Tbsp. Ellyndale® Foods Liquid Coconut Oil
- dash Ellyndale® Organics Vanilla Extract (I used about 1 ½ tsp.)
- large pinch ground cinnamon
- 1 Tbsp. NOW Real Food® Organic Sesame Seeds, toasted



DIRECTIONS

1. Preheat oven to 350 degrees F. Prepare two large, rimmed cookie sheets with parchment paper.
2. In a large bowl, combine almond flour, ground flax seeds, baking soda, sea salt and a pinch of black pepper until well combined. Add maple syrup, coconut oil and vanilla extract; mix well until combined and mixture forms a dough. Add cinnamon and sesame seeds; mix well again until combined.
3. Transfer tablespoon sized scoops of dough onto the prepared baking sheets.
4. Bake for 15 minutes or until golden brown and not doughy.
5. Remove from oven; set aside to cool before serving.

Sun-Dried Tomato and Oregano Hummus

TheHealthyApple.com

INGREDIENTS

- 2 cups white cannellini beans
- ½ tsp. sea salt
- 1 tsp. dried oregano
- 2 Tbsp. fresh lemon juice
- 1 Tbsp. minced garlic
- ¼ cup sun dried tomatoes packed in oil, drained

DIRECTIONS

1. In a large bowl, combine all ingredients, and enjoy!
2. Store leftovers (if there are any!) in the fridge for up to 7 days.