



Companion PDF to Video Published May 8, 2018

3 GREAT RECIPES FOR BEGINNERS

SMOOTHIE	Chocolate Peanut Butter Smoothie
MAIN DISH*	Creamy Cauliflower Casserole
SALAD	Weight-Loss Salad / "Kitchen Sink Salad"

Chocolate Peanut Butter Smoothie

1-2 servings

INGREDIENTS

½ cup almond milk

2 cups water

3 medjool dates, pitted

¾ frozen banana

1 tablespoon ground flaxseed

1 1/2 cups frozen blueberries

1 tablespoon cocoa powder (or carob powder)

3 ounces fresh spinach or romaine lettuce (1 very large handful)

1 heaping tablespoon natural peanut butter (or other nut butter)

5 ice cubes, if desired

DIRECTIONS

Place all ingredients into a high-powered blender and blend until smooth. Note that if you use a regular blender, the dates won't get blended smooth. Try soaking them in the almond milk for an hour or so before blending with a regular blender.

Creamy Cauliflower Casserole

Serves: 4

INGREDIENTS

½ cup almond butter

½ medium onion, chopped roughly

1 small zucchini, chopped roughly

2 cloves garlic

¼ cup unfortified [nutritional yeast](#)

¾ cup unsweetened soy, hemp or almond milk

1 head cauliflower, small dice (include inside of stem if you can, tasty!)

4 cups chopped arugula

1 tablespoon Mrs. Dash Original Blend or Italian Medley

½ teaspoon crushed red pepper, if desired

½ cup whole grain bread crumbs

Chopped chives

DIRECTIONS

Steam the cauliflower 8 minutes or until just tender.

Preheat oven to 350 degrees. Blend the almond butter, onion, zucchini, garlic, nutritional yeast and non-dairy milk in a blender until creamy (add more or less almond milk if necessary to blend).

Add all ingredients except breadcrumbs and chives to a large oven-proof baking dish and mix to combine well. Sprinkle bread crumbs on top. Bake for 40 minutes. (If breadcrumbs become too brown, depending on your oven, cover with foil once they are browned and cook for remaining time.)

To serve, sprinkle chives on top of each serving, if desired.

Tip: Prepare a double-batch of this recipe and freeze one in the freezer to bake off at a later time, to save on cooking time. Add breadcrumbs near end of baking.

Weight Loss Salad / Kitchen Sink Salad

See the [Original Blog Post with Video Here](#)

Serves 4-6 large servings

INGREDIENTS

GREENS:

1 heart of romaine lettuce, washed, dried, torn into pieces

2 cups arugula, washed, dried, torn into pieces

2 cups baby kale mix, washed, dried, torn into pieces

7 large leaves green leaf lettuce, washed, dried, torn into pieces

BEANS AND LEGUMES:

$\frac{3}{4}$ cup edamame, shelled and steamed

1 cup lentils

$\frac{3}{4}$ cup green peas, frozen and thawed, or no salt variety if using canned

NUTS AND SEEDS:

3 tablespoons hemp seeds, raw, unsalted

$\frac{1}{4}$ cup sunflower seeds, raw, unsalted

VEGETABLES:

$\frac{3}{4}$ cup corn, frozen and thawed, or no salt variety if using canned

$\frac{1}{2}$ cup beets, steamed

$\frac{3}{4}$ cup shredded carrots

$\frac{3}{4}$ cup green bell peppers, chopped

$\frac{3}{4}$ cup clover sprouts

FRUITS:

$\frac{3}{4}$ cup blueberries or strawberries (sliced), fresh

DIRECTIONS

Add all greens ingredients to the [OXO salad bowl](#) (see blog post video) or chop by hand, until half the original volume. Add all of the rest of the ingredients and mix to combine thoroughly.