



Recipes from Interview with Andy Larson

VIDEO August 2018

LINKS MENTIONED:

✦ *Andy Larson's Facebook Page:*

<https://www.facebook.com/transformyourlifewithsuperiornutrition/>

✦ *SUPPORT TWM on PATREON:* <http://www.patreon.com/thewateringmouth>

✦ *Coaching:* <http://www.thewateringmouth.com/nutritarian-coaching>

Andy Says:

"I have a rotation of 4 or 5 big dishes I make that require maybe two hours to make and the rest of what I eat, I try to make as simply as possible. The curry is one of the more time intensive and the others are easy. I always use recipes as guides and improvise the way I want to make them."

Basic Chia Seed Pudding

INGREDIENTS

3 tablespoons chia seeds

1 cup unsweetened, non-dairy milk

DIRECTIONS

Combine both ingredients and mix well to combine. Let sit for 5 minutes. Stir well again and sit at least 10-15 more minutes. The chia seeds will soak up the milk and turn into a gel-like consistency. Store in the fridge for 3-5 days.

Andy's Chia Oats

INGREDIENTS

½ cup steel cut oats, pre-cooked

¼ cup chia seed pudding (see above recipe)

1 tablespoon of ground flax, hemp, and/or pumpkin seeds

Sprinkle of cinnamon, if desired

1 cup frozen berries, thawed if desired

1 banana, chopped

Other fruit such as chopped mango or pineapple for topping, on occasion, if desired

DIRECTIONS

Add all ingredients to a bowl and stir to combine, if desired.

Note: Andy eats twice as much as this recipe, but the above has been halved for a woman's portion. Feel free to eat more or less depending on your caloric needs.

GBOMB Bowl

INGREDIENTS

2 cups kale, chopped

1 cup mushrooms, any variety

½ cup onion, chopped

1 15.5-ounce can of no- or low-sodium pinto, kidney or black beans

Salsa as topping

Serve on baked sweet potatoes, if desired

DIRECTIONS

Steam the kale for 5 minutes and set aside. Saute the mushrooms and onions by placing in a medium pan over medium heat and saute for 5-7 minutes. They will give off enough liquid themselves, and are done when softened. Set aside.

To serve, add all ingredients to a bowl and mix to combine. You can also serve this whole mixture over a cooked sweet potato, if desired.

Sweet Potato Banana dessert

INGREDIENTS

- 1 sweet potato, pre-baked (see instructions below)
- 1 banana, chopped
- ½ teaspoon cinnamon
- 1 tablespoon ground flaxseed, if needed

DIRECTIONS

To bake potato:

Pre-heat oven to 400 degrees F. Poke sweet potato several times with a fork and bake for 1 hour to 1 hour and 15 minutes, flipping once in the middle, until it is well done and starting to caramelize. Remove from oven and let cool. Remove the skin and discard and mash the sweet potato and store until ready for dessert. (Dessert can be served on warm sweet potato, if desired as well).

To serve dessert, add banana on top of mashed sweet potatoes and sprinkle with cinnamon (and flaxseed if desired).

Coconut Curry

INGREDIENTS

- 1 large onion, chopped
- 2 cloves garlic, minced
- ¼ inch fresh ginger, grated
- 1 jalapeño pepper, de-seeded and chopped (or habaneros if you like it very spicy)
- 1 15.5-ounce can light coconut milk
- 1 28-ounce can of no- or low-sodium diced tomatoes
- 1 15.5-ounce can no-sodium tomato sauce
- 1 15.5 ounce can no-sodium or low-sodium lentils or chickpeas
- 2-3 cups squash or sweet potatoes, cubed and pre-cooked (baked, steamed, etc)
- 4 limes, juiced
- ¼ teaspoon turmeric
- Freshly ground black pepper, to taste
- 1-2 tablespoons curry powder
- 1-2 tablespoons garam masala
- ¼ teaspoon cayenne pepper
- Optional: add 3 cups water (if you are cooking dry lentils)
- 1 head of kale or collard greens, middle stem removed and chopped
- (Optional addition) Any other vegetables you want to use such as frozen mixed vegetables

DIRECTIONS

In a large soup pot, add all ingredients except the kale/collards, bring to a boil and reduce heat to simmer until lentils are cooked, about 20-30 minutes, and until you have a thick broth that is no longer watery. Add the kale or collards in the last few minutes, and let them cook for about 5 minutes or until tender.

Serve over brown rice or quinoa or by itself. Store in fridge and reheat leftovers. If this makes too much for you to eat, portions can be frozen for perfect reheating later on.

Serving note: I also top with Sriracha but that is my preference.