

Interview with the Doctor's Daughters: Jenna and Cara Fuhrman

FAVORITE RECIPES

VIDEO September 18, 2018

ALMOND HAZELNUT MILK



INGREDIENTS

- ¾ cup hazelnuts
- ¼ cup almonds
- 3½ cups filtered water
- 3 large medjool dates
- ½ teaspoon [vanilla bean powder](#)
- ¼ teaspoon cinnamon

DIRECTIONS

Soak hazelnuts and almonds in water overnight. Add all ingredients to a blender. Blend for at least 1 minute. Use a nut milk filtration bag to retrieve your milk by pouring the blended mix into the bag slowly and twisting it over a large bowl (I use the [Vitamix filtration bag](#). Alternatively, [this is the one Cheri uses.](#))

CREAMY MUSHROOM AVOCADO TOAST



Serves 2

INGREDIENTS

2 slices Ezekiel brand bread

2-3 tablespoons vegan cream cheese of choice (we use the [plain almond-based cream cheese from Kite Hill](#))

1 avocado, sliced

1 8-ounce package cremini mushrooms

1-2 tablespoons Dr. Fuhrman's [Riesling Reserve vinegar](#)

sprinkle ground chia seeds and ground flaxseeds (optional)

DIRECTIONS

In a saute pan over medium heat, add mushrooms and vinegar and cook until soft. Lightly toast bread and spread a thin layer of vegan cream cheese of choice. Top with avocado slices and cooked mushrooms. Sprinkle with chia seeds and flax seeds if desired.

CAESAR SALAD DRESSING



INGREDIENTS

½ cup cashews, soaked overnight
2 tablespoons pumpkin seeds, soaked overnight
½ cup filtered water
1 tablespoon capers
1 tablespoon nutritional yeast
1 tablespoon lemon juice
1 tablespoon orange juice
1 teaspoon goji berries
sprinkle of black pepper and chipotle seasoning (to taste)

DIRECTIONS

Blend all ingredients in a high powered blender. Pour desired amount and massage into kale. Top massaged kale with diced avocado, a few capers, and baked chickpeas for crunch (optional).

VANILLA NICE CREAM



Serves 3-4

INGREDIENTS

- ½ cup cashews (soaked overnight and drained)
- 4-ounce pack frozen coconut meat
- 1 13.5-ounce can of coconut milk - I use the hard and liquid, but add liquid as needed (all cans have different amounts, I use the full can from [Thrive Market](#))
- 4 pitted medjool dates
- 1 teaspoon vanilla powder
- ¼ teaspoon xanthan gum

DIRECTIONS

Add all ingredients to the blender and blend until smooth.

Dig in :)



OTHER RECIPE IDEAS MENTIONED:

MAMA LISA FUHRMAN'S OATMEAL INGREDIENTS

Oatmeal
Water
Apple
Cinnamon
Nut Milk
Vanilla Bean Powder
Banana

JENNA'S QUINOA LUNCH BOWL INGREDIENTS

Quinoa
Kale
Sweet Potato
Avocado
Mushrooms
Vinegar
Oil-Free Hummus

CARA'S FAVORITE DINNER IDEAS

Salad with Balsamic Vinegar
Baked Spaghetti Squash as Pasta with Marinara and Mushrooms

JENNA'S MUSHROOM ALFREDO SAUCE DINNER IDEA

Soaked Cashews
Nutritional Yeast
Roasted Red Pepper
Serve over Black Bean or Lentil Pasta

CROATIA

- **DUBROVNIK** - TripAdvisor was huge. We were able to look at all menus before sitting down.
- **KORCULA** - We went to 10 cafes to strike out on our search for soymilk, finally found it in a supermarket and carried it in our bags.
- **HVAR** - See below. :)
- **SPLIT** - The most plant-based options and vegan restaurants.
- **PLITVICE LAKES** - We brought our own soymilk from Split.

RESTAURANT WITH PLANT-BASED CHEF:

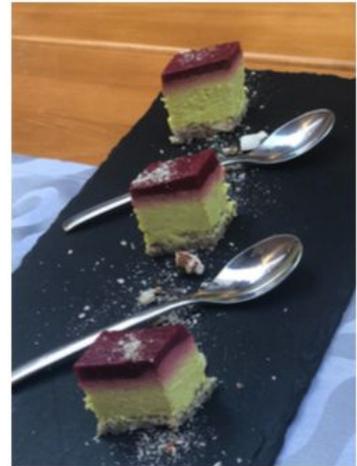
["Lucullus" in Hvar, Croatia on TripAdvisor](#)

PLANT-BASED CHEF

Luna Dzidic

Instagram: [@luna.dzidic](#)

Blog: <https://ljesnjakicesnjak.blogspot.com>



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