



HELPFUL LINKS*

- ▶ Cheat Sheets: <https://thewateringmouth.com/cheatsheets/>
- ▶ [Free 9 Day Challenge](#)
- ▶ [Free 5-day eat to live challenge](#)
- ▶ Join the Family: <http://www.thewateringmouth.com/Family>
- ▶ Affiliate link to shop on [Dr Fuhrman's Website](#)
- ▶ My Blender (Vitamix): <https://amzn.to/3NTYsDJ>
- ▶ Veggie Chopper: <https://amzn.to/3l8J9Eg>
- ▶ Free Strategy Session: <https://thewateringmouth.com/coachwithnancy/>

BLACK & BLUE SMOOTHIE

SERVES: 1 LARGE

INGREDIENTS

- 2 medium carrots, peeled and cut into chunks
- 3 cups Spring Mix lettuce
- 1 small head Romaine lettuce
- 1 medium seedless orange, peeled
- ½ cup blueberries (fresh OR frozen)
- ½ cup blackberries (fresh OR frozen)
- 1 large button mushroom, cooked
- 1 Tablespoon flaxseed, ground
- 1 frozen banana
- 1-1 ½ cups water



OPTIONAL SMOOTHIE INGREDIENTS

- ¾" piece of fresh ginger
- ¾" piece fresh turmeric
- A few twists of freshly ground pepper

DIRECTIONS

In a high-powered blender, combine all ingredients and whirl until smooth and creamy.



HEMP PESTO

SERVES: 3

INGREDIENTS

- 2 ½ cups fresh basil
- ½ cup carrot tops (fringy part)
- ½ medium avocado, peeled and pitted
- ¼ cup hemp hearts
- 2 Tablespoons unfortified nutritional yeast
- 2 medium cloves garlic
- Juice of 1 medium lemon
- ½ cup aquafaba {liquid from can of garbanzo (or other light) beans}

DIRECTIONS

In a high-powered blender, combine all ingredients and whirl until it is a good consistency for coating the veggies.



CRUNCHY SALAD

SERVES: 3

INGREDIENTS

- 4 cups broccoli florets, chopped small
- 4 cups finely chopped (OR shredded) kale
- 4 cups shredded Brussel's Sprouts
- 1 small red onion, chopped
- 1 medium/large raw zucchini, chopped OR shredded
- 1 cup cooked wild rice
- 12 grape tomatoes (cut in half or quarters)

DIRECTIONS

In a large mixing bowl, combine all salad ingredients, except tomatoes. Toss with enough HEMP PESTO to coat.

Serve ⅓ each Lunch of the Set. Top with 4 cut grape tomatoes before serving.



CAULIFLOWER BITES

SERVES: 1

INGREDIENTS

- 1 small head of cauliflower (cut into florets)
- ⅓ cup no-oil, no-sodium hummus (see BONUS)
- 2 teaspoons low or no sodium mustard (like the Westbrae brand)
- 1 Tablespoon unfortified nutritional yeast
- ½ teaspoon no salt-seasoning, like Mrs Dash
(I used Ajika Georgian Seasoning from Trader Joe's)



DIRECTIONS

Put hummus and mustard in a large bowl, stirring well.

Add florets and toss gently to coat. Sprinkle with seasonings. Place on a baking sheet covered in parchment paper, OR in the basket of an air fryer*. Bake in a 350° oven for 20-25 minutes, or until lightly browned. After 10 minutes, move the pieces around to ensure they don't stick together.

*OR if using an air fryer, 15-20 minutes at 325° until lightly browned.
(Baking times are approximate - depends on the size of the florets as to how long they need to bake.)



BONUS RECIPE

TERRI'S FAVORITE HUMMUS

MAKES ~ 3 CUPS (FREEZE LEFTOVERS)

INGREDIENTS

- 1-15 oz. can* cannellini or baby lima beans, drained
- 1-15 oz. can* garbanzo beans, drained
- ¼ - ½ cup liquid from beans (1/4 for thicker consistency)
- ¼ cup tahini
- Juice from 2 medium lemons
- 3-4 cloves garlic, or ½ - 1 teaspoon garlic powder (I like it garlicky!)
- ¼ cup fresh chopped parsley, or 1 Tablespoon + 1 teaspoon dried
- 1/8 - ¼ teaspoon cumin
- 1 teaspoon miso OR 2 teaspoons coconut aminos (if desired)

DIRECTIONS

Add all ingredients to a high-speed blender and blend until smooth.
Leftovers freeze well.

*If using dried cooked beans use about 1 ½ to 1 ¾ cup beans. I cook dried beans in an electric pressure cooker and freeze them in batches. Having canned beans on hand, and using dried garlic and parsley, can make this super quick to throw together.

Sprinkle fresh ground pepper on top and garnish with fresh chopped parsley if desired.