



HELPFUL LINKS*

- Vitamix: <https://amzn.to/3WVAz3H>
- Corelle 2 Quart Bowl: <https://amzn.to/39CnwRC>
- Recipes: www.thewateringmouth.com/cheatsheets
- Join our Eat to Live Family Membership: www.thewateringmouth.com/family

(WARM) APPLE CINNAMON SMOOTHIE

SERVES 1

INGREDIENTS

- 1 cup water (+ extra as needed)
- 2 Tablespoons dry oatmeal
- 4 ounces romaine lettuce (about 1 heart or 7-8 cups, loosely packed)
- 2 stalks of kale, stems removed and discarded OR 3 cups baby spinach
- 1 + ½ sweet apple, rough chopped
- 1 ripe banana
- 2 tablespoons raw, unsalted walnuts
- 1 tablespoon ground flaxseed
- ½ teaspoon cinnamon
- ¼ teaspoon ground cardamom
- 1 medjool date - no pit (optional)



DIRECTIONS

Place all ingredients into a high-powered blender and blend until smooth. If you don't have a high-speed blender, you can warm this gently in the microwave or over a stove



DR F's WALNUT DRESSING

(a la Coach Nancy!)

MAKES ~ 2 CUPS (4-HALF CUP SERVINGS)

INGREDIENTS

- 1 cup water
- $\frac{1}{2}$ cup balsamic vinegar
- $\frac{1}{3}$ cup raw walnut pieces
- $\frac{1}{4}$ cup raisins (organic, preferably)
- 1 medium clove of garlic
- 2 teaspoons Westbrae (or other no or low sodium mustard)
- 2 teaspoons fresh thyme leaves OR 1 teaspoon dried thyme, crumbled



DIRECTIONS

In a high-powered blender, buzz all the ingredients until it's smooth and creamy. Refrigerate.

Will keep a week or more.

NUTRITARIAN SALAD

MAKES 1 SERVING

INGREDIENTS

- 1 $\frac{1}{2}$ cups finely sliced ("Angel Hair") green cabbage
- 2 cups arugula, torn
- 4 leaves green leaf lettuce, cleaned and torn
- $\frac{1}{3}$ of a medium red onion, sliced
- $\frac{1}{2}$ cup shredded carrots
- $\frac{3}{4}$ of a medium beet, cooked, diced
- 10 grape tomatoes, sliced

DIRECTIONS

In a 2 quart bowl, layer ingredients in the order given. Serve with DRESSING and 1 cup BLUEBERRIES.



SPEEDY QUICK DINNER

MAKES 1 SERVING



INGREDIENTS

- 3 cups broccoli florets, trimmed to bite-sized
- $\frac{1}{3}$ large portabella mushroom, cleaned and thinly sliced
- 3 Tablespoons salsa, lower sodium (I like Green Mountain Gringo brand)
- 1 cup cooked beans (I used adzuki)
- 2-3 Tablespoons no oil, low sodium hummus (OR other dressing, as desired)

DIRECTIONS

On a plate, or in a large serving bowl, pile the broccoli and sliced mushrooms. Heat in a microwave (alternatively, heat gently in a pan on the stove.) Gently heat the beans by whatever means you prefer and add to the veggies. Dollop on salsa and hummus and ENJOY!