

EAT FOR LIFE

The Breakthrough Nutrient-Rich Program
for Longevity, Disease Reversal, and
Sustained Weight Loss

Joel Fuhrman, MD

This book is dedicated to all people suffering with serious medical issues who were never informed that they could recover their health with nutritional excellence. The lack of information has denied them their inalienable rights.

This book contains advice and information relating to health care. It should be used to supplement rather than replace the advice of your doctor or another trained health professional. If you know or suspect you have a health problem, it is recommended that you seek your physician's advice before embarking on any medical program or treatment. All efforts have been made to assure the accuracy of the information contained in this book as of the date of publication. This publisher and the author disclaim liability for any medical outcomes that may occur as a result of applying the methods suggested in this book.

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FIRST EDITION

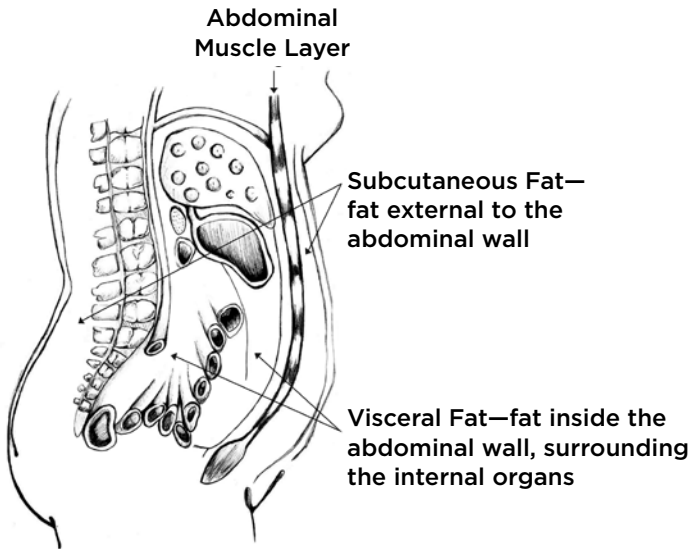
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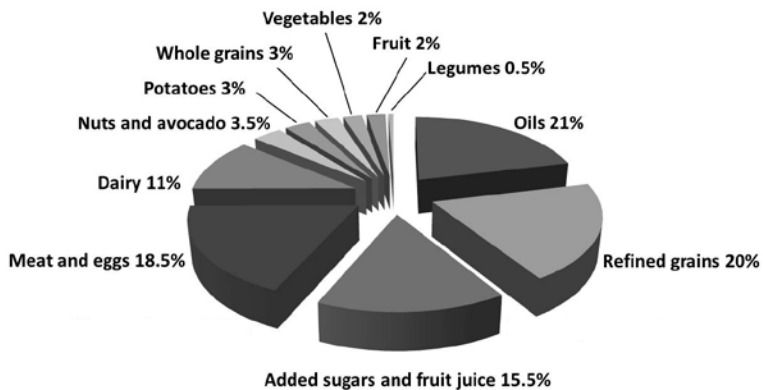
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**NEVER PUT ON WEIGHT RAPIDLY, AS IT PROMOTES
ACCUMULATION OF VISCERAL FAT.**





Food Consumption Data: How Most People Eat

Source: US Department of Agriculture. Economic Research Service. Food Availability (per Capita) Data System. <https://www.ers.usda.gov/data-products/food-availability-per-capita-data-system/food-availability-per-capita-data-system/>. Last updated 26 Aug 2019.

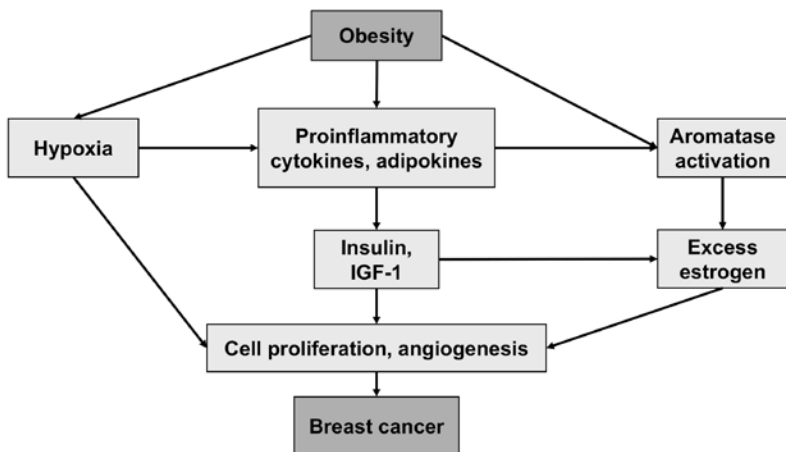
Nutrient IQ Scores Based on Typical Serving Sizes

Serving Size	Nutrient IQ Score*	Serving Size	Nutrient IQ Score*
Kale, cooked.....	1 cup..... 112	Tempeh	1 cup..... 45
Collards, cooked.....	1 cup..... 112	Beets.....	1 cup..... 45
Mustard greens, cooked.....	1 cup..... 112	Carrots.....	1 cup..... 45
Turnip greens, cooked.....	1 cup..... 112	Corn.....	1 cup..... 45
Watercress, cooked.....	1 cup..... 112	Green peas.....	1 cup..... 45
Arugula, cooked.....	1 cup..... 112	Parsnips.....	1 cup..... 45
Swiss chard, cooked.....	1 cup..... 112	Pumpkin.....	1 cup..... 45
Bok choy.....	1 cup..... 90	Rutabaga.....	1 cup..... 45
Broccoli.....	1 cup..... 90	Sweet potato.....	1 cup..... 45
Broccoli rabe.....	1 cup..... 90	Winter squash (butternut, acorn, spaghetti).....	1 cup..... 45
Brussels sprouts.....	1 cup..... 90	Blackberries.....	½ cup..... 45
Cauliflower.....	1 cup..... 90	Blueberries.....	½ cup..... 45
Cabbage.....	1 cup..... 90	Raspberries.....	½ cup..... 45
Kohlrabi.....	1 cup..... 90	Strawberries.....	½ cup..... 45
Radishes.....	1 cup..... 90	Cranberries, fresh.....	½ cup..... 45
Turnips.....	1 cup..... 90	Gooseberries.....	½ cup..... 45
Endive, cooked.....	1 cup..... 82	Goji berries.....	¼ cup..... 45
Escarole, cooked.....	1 cup..... 82	Walnuts.....	¼ cup..... 45
Spinach, cooked.....	1 cup..... 82	Cherries.....	¾ cup..... 41
Arugula, raw.....	1 cup..... 79	Chia, flax, or hemp seeds.....	2 Tbs..... 41
Collard greens, raw.....	1 cup..... 79	Pomegranate, juice or kernels.....	¼ cup..... 37
Kale, raw.....	1 cup..... 79	Sunflower, pumpkin, or sesame seeds.....	¼ cup..... 34
Mustard greens, raw.....	1 cup..... 79	Onions, cooked.....	¼ cup..... 30
Turnip greens, raw.....	1 cup..... 79	Cashews, almonds, pistachios, pecans, hazelnuts, or Brazil nuts.....	¼ cup..... 26
Watercress, raw.....	1 cup..... 79	Pine nuts.....	¼ cup..... 26
Asparagus.....	1 cup..... 64	Barley, cooked.....	1 cup..... 26
Artichoke.....	1 item..... 64	Buckwheat, cooked.....	1 cup..... 26
Cucumber.....	1 cup..... 64	Farro, cooked.....	1 cup..... 26
Endive, raw.....	2 cups..... 64	Steel cut oats, cooked.....	1 cup..... 26
Escarole, raw.....	2 cups..... 64	Teff, cooked.....	1 cup..... 26
Fennel.....	1 cup..... 64	Wild rice, cooked.....	1 cup..... 26
Green beans.....	1 cup..... 64	Quinoa, cooked.....	1 cup..... 26
Green pepper.....	1 cup..... 64	Turmeric, ground.....	1 tsp..... 25
Okra.....	1 cup..... 64	Avocado.....	¼ cup..... 23
Romaine or other lettuces.....	2 cups..... 64	Vegetable juice, 100% vegetable.....	1 cup..... 22
Snap peas.....	1 cup..... 64	Apricots, fresh.....	2 items..... 19
Snow peas.....	1 cup..... 64	Figs, fresh.....	2 items..... 19
Spinach, raw.....	2 cups..... 64	Grapefruit.....	1 cup..... 19
Zucchini.....	1 cup..... 64	Grapes.....	1 cup..... 19
Bean sprouts.....	1 cup..... 60	Kiwi.....	2 items..... 19
Eggplant.....	1 cup..... 60	Kumquats.....	4 items..... 19
Mushrooms, cooked.....	¼ cup..... 60	Mango.....	1 cup..... 19
Onions, raw.....	¼ cup..... 60	Melons (watermelon, honeydew, cantaloupe).....	1 cup..... 19
Radicchio.....	1 cup..... 60	Orange.....	1 item..... 19
Red pepper.....	1 cup..... 60	Papaya.....	1 cup..... 19
Tomatoes.....	1 cup..... 60	Peaches or nectarines.....	1 item..... 19
Tomato sauce or pasta sauce, low sodium.....	1 cup..... 60	Pears.....	1 item..... 19
Yellow squash.....	1 cup..... 60		
Beans, lentils, or split peas, cooked.....	½ cup..... 52		
Edamame.....	½ cup..... 52		
Lima beans, cooked.....	½ cup..... 52		
Bean pasta, cooked.....	1 cup..... 52		

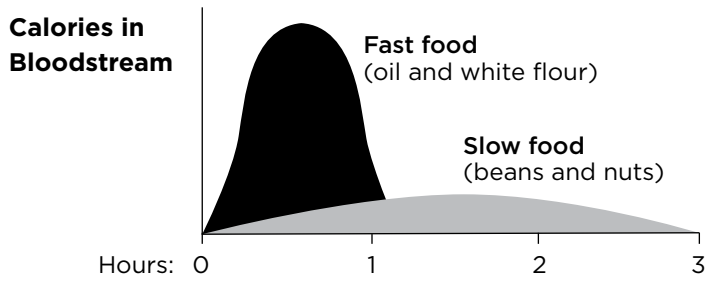
	Serving Size	Nutrient IQ Score*		Serving Size	Nutrient IQ Score*
Pineapple.....	1 cup.....	19	Cold cereals made from		
Plums	2 items	19	100% whole grains,		
Tangerines or			<15 g sugar/serving.....	1 cup.....	5
clementines.....	2 items	19	Plain yogurt, fat-free or		
Old-fashioned oats,			low-fat, no added		
cooked	1 cup.....	19	sugar.....	6 oz	5
Tofu	1 cup.....	15	Milk, skim or 1%	1 cup.....	5
Soy, hemp, or almond			Eggs	1 item	4
milk, unsweetened.....	1 cup.....	15	Higher-mercury seafood		
Green tea.....	1 cup.....	15	(tuna, shark, swordfish,		
Cashew or almond			grouper, red snapper,		
butter	1 Tbs.....	13	mahi mahi, halibut,		
Sunflower butter.....	1 Tbs.....	13	orange roughy).....	4 oz	4
Sesame seed butter			Couscous, cooked.....	1 cup.....	4
(tahini)	1 Tbs.....	13	Quick or instant oats,		
White potatoes	1 cup.....	12	cooked	1 cup.....	4
Celery.....	½ cup.....	11	Black tea	1 cup.....	4
Iceberg lettuce	2 cups.....	11	Poultry.....	4 oz	3
Apple	1 item.....	11	Plain yogurt, full-fat,		
Banana	1 item.....	11	no added sugar	6 oz	3
Peanuts	¼ cup.....	11	Milk, 2% or whole.....	1 cup.....	3
Cold cereals, made from			Cheese.....	2 oz.....	2
whole grains or nuts,			Coffee	1 cup.....	2
no added sugar	1 cup.....	11	Whole wheat bread		
Basil, fresh.....	2 Tbs	10	products, not 100%		
Dill, fresh.....	2 Tbs	10	whole grain.....		0
Parsley, fresh.....	2 Tbs	10	White bread products		0
Cilantro, fresh.....	2 Tbs	10	White pasta		0
Gingerroot, fresh	1 Tbs.....	10	White rice.....		0
Cinnamon, ground	1 tsp	10	Cold cereals, not 100%		
Orange juice, 100% fruit	1 cup.....	7	whole grain		0
Salmon, wild.....	4 oz	7	Beef, pork, lamb.....		0
Apricots, dried.....	¼ cup.....	7	Hotdogs, sausage		0
Coconut, dried.....	¼ cup.....	7	Cold cuts		0
Dates	¼ cup.....	7	Dried meat products (jerky).....		0
Figs, dried	¼ cup.....	7	Yogurt with added sugar		0
Raisins.....	¼ cup.....	7	Frozen yogurt.....		0
100% whole grain			Ice cream		0
bread, wraps, or pita	1 item.....	7	Pizza.....		0
Brown rice, cooked.....	1 cup.....	7	French fries.....		0
Pasta, whole wheat,			Potato, corn, or other chips		0
cooked	1 cup.....	7	Crackers.....		0
Cocoa powder,			Milk chocolate or		
unsweetened	2 Tbs	7	dark chocolate <65%		
Dark chocolate,			cocoa.....		0
85-100% cocoa.....	1.5 oz	7	Cookies, pie, cake.....		0
Dark chocolate,			Apple or grape juice		0
65-80% cocoa	1.5 oz	6	Carbonated drinks.....		0
Peanut butter	1 Tbs.....	6	Energy drinks.....		0
Salmon, farmed.....	4 oz	5			
Lower-mercury seafood					
(scallops, clams, mussels,					
oysters, shrimp, lobster, tilapia,					
mackerel, cod, flounder, haddock,					
crawfish, catfish, black sea bass,					
hake, sole, squid,					
sardines).....	4 oz	5			

Note: Unless indicated, vegetable scores are for either raw or cooked vegetables.

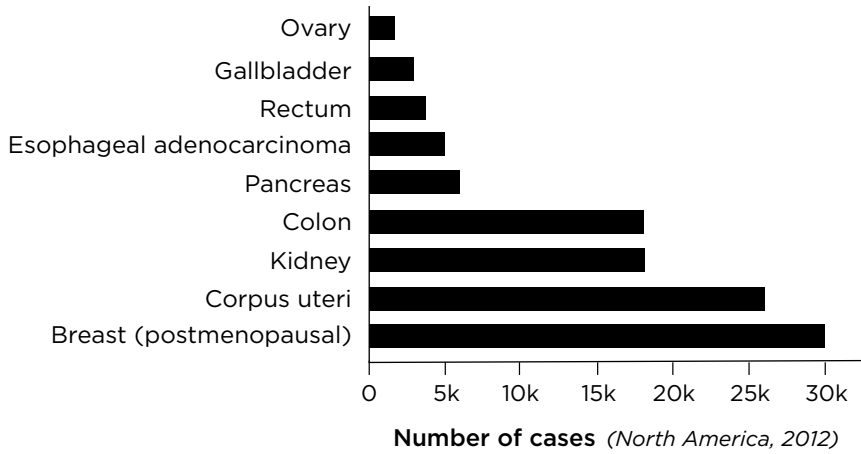
**The Nutrient IQ Scores are for adult men. Women should multiply scores by 1.2, and children younger than 12 should multiply scores by 1.75.*



Note: Mushrooms contain natural aromatase inhibitors and suppress estrogen production in breast tissue, radically reducing the risk of breast cancer. Mushrooms also contain angiogenesis inhibitors.



Cancer Cases Attributable to Obesity



Source: World Health Organization. International Agency for Research on Cancer.
"Cancer Attributable to Obesity." <https://gco.iarc.fr/causes/obesity/home>.

Glycemic Load of Common Foods

	Glycemic Index		Glycemic Index
White potato.....	29	Apples	9
White rice.....	26	Kiwi.....	8
White pasta	21	Green peas.....	8
Chocolate cake	20	Butternut squash.....	8
Corn.....	18	Kidney beans	6
Sweet potato	14	Black beans	6
Grapes	14	Watermelon.....	6
Rolled oats.....	13	Oranges	4
Whole wheat.....	11	Cashews.....	2
Mango.....	11	Strawberries.....	1
Lentils	9		

Sources: Atkinson FS, Foster-Powell K, Brand-Miller JC. International tables of glycemic index and glycemic load values: 2008. *Diabetes Care*. 2008;31(12):2281-83; Foster-Powell K, Holt SH, Brand-Miller JC. International table of glycemic index and glycemic load values: 2002. *Am J Clin Nutr*. 2002;76(1):5-56.

Resistant starch is satiating, yet its calories do not get absorbed well. It also promotes health and weight loss by other mechanisms, such as

- Encouraging the growth of beneficial bacteria, which reduce intestinal pH, bile acids, and ammonia
- Producing, when fermented by bacteria, short-chain fatty acids that reduce body fat storage
- Reducing the glycemic effect of other foods, even when eaten at separate meals

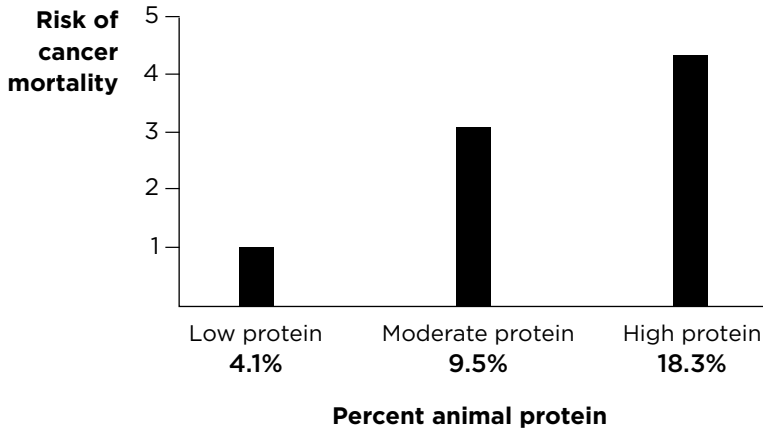
	Resistant Starch (%)	Resistant Starch (%) + Fiber (%)
Black beans	27	70
Navy beans	26	62
Lentils	25	59
Split peas.....	25	58
Corn.....	25	45
Brown rice.....	15	20
Rolled oats.....	7	17
Whole wheat flour	2	14
Pasta	3	9
Potato.....	3	5

Source: Bednar GE, Patil AR, Murray SM et al. Starch and fiber fractions in selected food and feed ingredients affect their small intestinal digestibility and fermentability and their large bowel fermentability in vitro in a canine model. *J Nutr.* 2001;131(2):276-86.

As an example, a two-group controlled trial encouraged one group to increase legume intake by 1 cup a day and another to increase their intake of whole grains by the same amount. A clear benefit occurred for adding more whole grain, but more dramatic benefits occurred for the addition of beans, as noted in the chart below.²⁷

	Whole Grain Group	Bean Group
Fiber increase (g/1,000 cal)	1.9.....	10.0
Glycemic load reduction	-5.....	-48
HbA1c (%).....	-0.3.....	-0.5
Body weight (lb)	-4.4.....	-5.7
Fasting glucose (mg/dL)	-7	-9
Triglycerides (mg/dL).....	-9.....	-21
Cholesterol (mg/dL)	-2.....	-9
Systolic blood pressure (mm Hg).....	0.....	-4
Diastolic blood pressure (mm Hg) ...	0.....	-3

Animal Protein Intake and Risk of Cancer Mortality



Source: Levine ME, Suarez JA, Brandhorst S et al. Low protein intake is associated with a major reduction in IGF-1, cancer, and overall mortality in the 65 and younger but not older population. *Cell Metab.* 2014;19(3):407-17.

Age	Average Serum IGF-1 (ng/mL)
21-30	158-230
31-40	135-220
41-50	121-193
51-60	98-150
61-70	85-140
71-80	85-95
81+	85-90

The European Prospective Investigation into Cancer and Nutrition (EPIC) study reported average serum IGF-1 levels of approximately 210 ng/mL, suggesting that this is a typical level for adults on a Western or SAD diet.⁶²

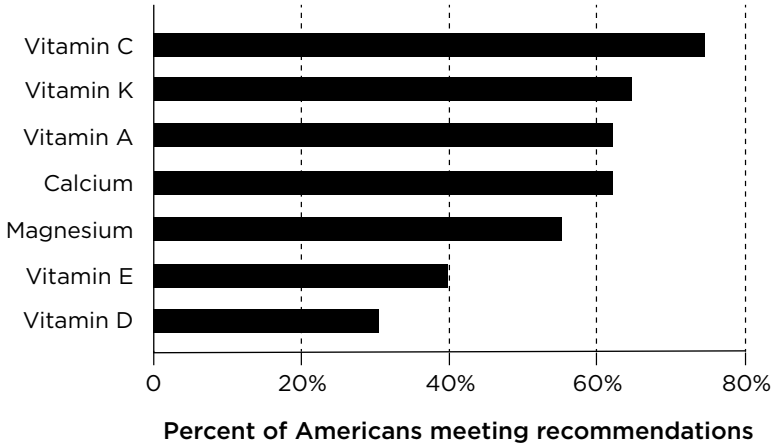
Protein Content of Selected Foods

Plant-Based Product	Serving Size	Grams of Protein/ Serving	Plant-Based Product	Serving Size	Grams of Protein/ Serving
Pea protein powder.....	1 oz.....	22.1	Oats, uncooked.....	½ cup.....	5.3
Pumpkin protein powder	1 oz....	18.7	Flaxseeds, ground.....	¼ cup.....	5.1
Edamame	1 cup...	18.5	Corn.....	1 cup.....	5.1
Lentils, cooked.....	1 cup...	18.0	Brazil nuts	¼ cup... 4.8	
Tempeh	½ cup..	16.8	Walnuts	¼ cup... 4.6	
Soy protein powder.....	1 oz....	15.8	Pine nuts, regular	¼ cup... 4.6	
Kidney beans, cooked ...	1 cup... 15.3		White rice, cooked.....	1 cup.... 4.4	
Black beans, cooked	1 cup... 15.2		Whole wheat bread.....	1 slice... 4.0	
Bean pasta, cooked.....	1 cup... 14.7		Broccoli, cooked.....	1 cup.... 3.7	
Chickpeas, cooked.....	1 cup... 14.5		Kale, cooked.....	1 cup.... 3.5	
Hemp protein powder...1 oz....	12.8		Macadamia nuts.....	¼ cup.... 2.7	
Hemp seeds.....	¼ cup.. 12.6		Pecans	¼ cup.... 2.5	
Tofu, firm	½ cup... 11.2		White potato, baked....	1 cup.... 2.4	
Pine nuts,			French fries.....	2.5 oz.... 2.4	
Mediterranean.....	¼ cup.. 10.6		Romaine lettuce.....	2 cups ... 1.2	
Pumpkin seeds.....	¼ cup... 9.7				
Peanuts	¼ cup... 8.9				
Chia seeds.....	¼ cup... 8.6				
Wheat germ	¼ cup... 8.2				
Quinoa, cooked.....	1 cup.... 8.1				
Almonds	¼ cup... 7.6				
Sunflower seeds	¼ cup... 7.3				
Pasta, whole wheat,					
cooked.....	1 cup.... 7.0				
Peas, frozen.....	1 cup.... 7.0				
Sesame seeds	¼ cup... 6.4				
Pistachio nuts	¼ cup... 6.2				
Cashews.....	¼ cup... 6.2				
Spinach, uncooked	1 cup.... 5.3				

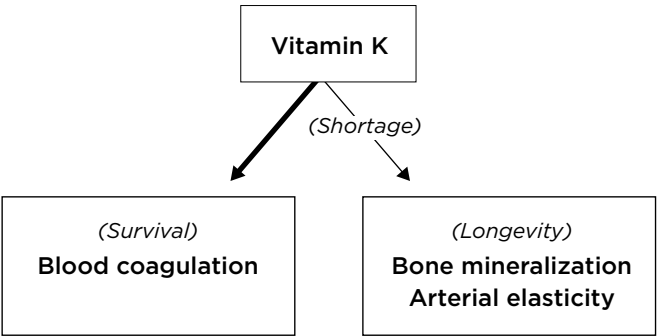
Animal Products

Whey protein powder ...	1 oz.....	21.1
Chicken, white,		
cooked	2 oz ...	17.6
Ground beef, 85%,		
cooked	2 oz ...	14.7
Salmon, cooked	2 oz ...	14.4
Steak, porterhouse,		
cooked	2 oz ...	14.1
Yogurt, plain, low-fat....	4 oz	11.9
Eggs	1.....	6.2
Milk, nonfat	½ cup....	4.1
Milk, whole	½ cup....	3.8
Ice cream, vanilla	½ cup....	2.3

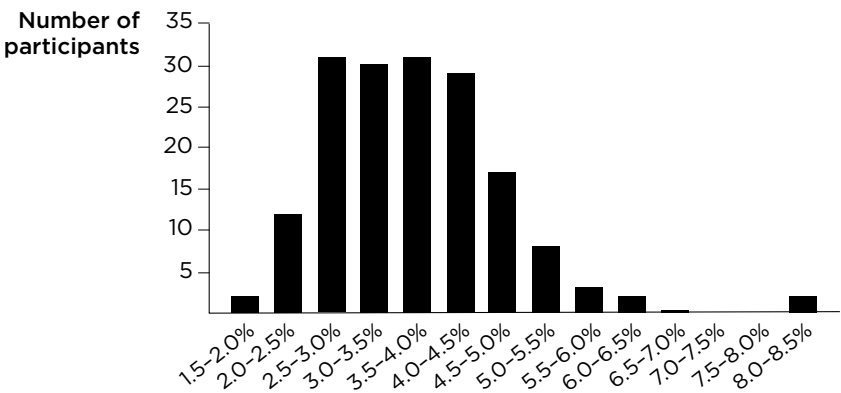
Insufficient Intake of Vitamins and Minerals in the US

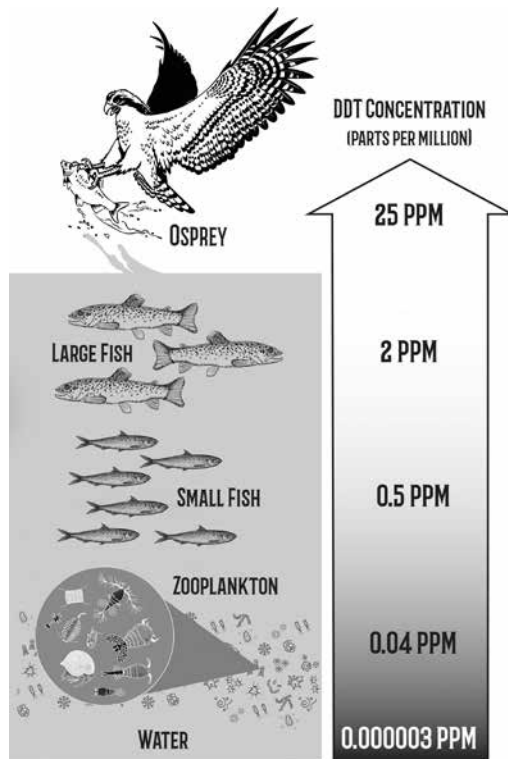


Source: Fulgoni VL, Keast DR, Bailey RL, Dwyer J. Foods, fortificants, and supplements: where do Americans get their nutrients? *J Nutr.* 2011;141:1847-54.

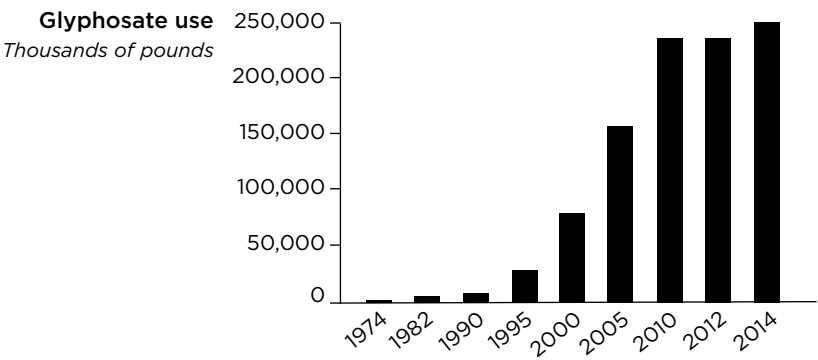


Omega-3 Index in Vegans





Glyphosate Use in US Agriculture, 1974–2014



Source: Benbrook CM. Trends in glyphosate herbicide use in the United States and globally. *Environ Sci Eur.* 2016;28:3.

Nitrate from
green vegetables

VS.

Nitrate/nitrite
preservatives



Packaged with vitamin C
and phytochemicals

Packaged with
heme iron



Nitric oxide

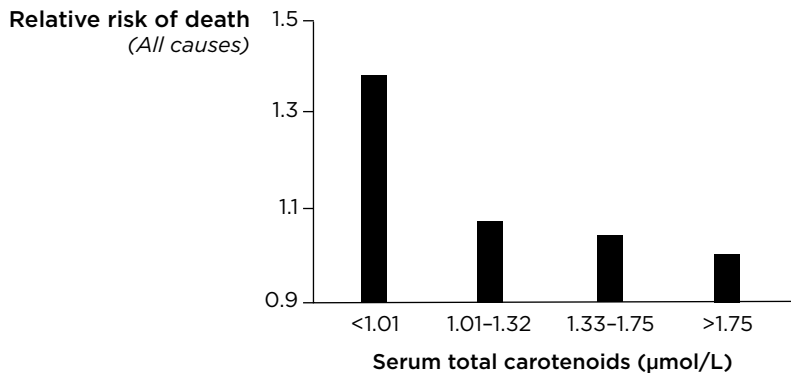
N-nitroso compounds



Healthy blood pressure

Increased risk of
colorectal cancers

Carotenoids and Lifespan



Source: Shardell MD, Alley DE, Hicks GE et al. Low-serum carotenoid concentrations and carotenoid interactions predict mortality in US adults: the Third National Health and Nutrition Examination Survey. *Nutr Res.* 2011;31:178-89.

Foods with Flavonoids

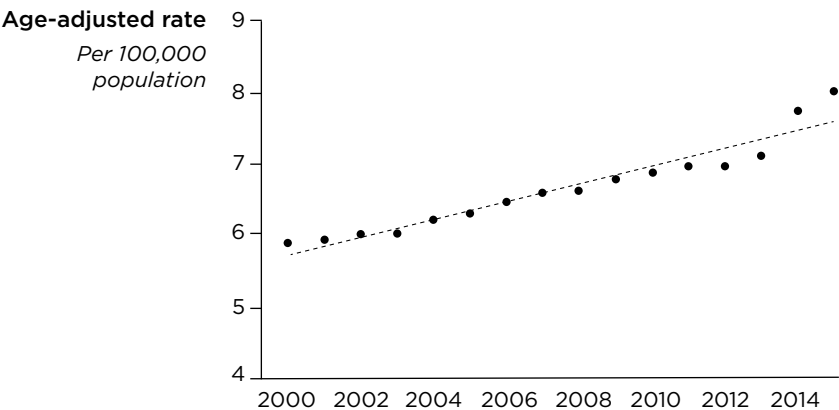
Class	Flavonoid	Food Source
Anthocyanidins/ anthocyanins	Cyanidin, delphinidin, malvidin, pelargonidin, peonidin, petunidin	Berries, grapes, red onions, red cabbage, eggplant, black beans
Flavan-3-ols	Catechins	Green tea, cocoa, grapes, berries, apples, apricots, soybeans
	Proanthocyanidins	Apples, cranberries, cocoa, grapes, pecans, pistachios, stone fruits, cinnamon
Flavanones	Eriodictyol, hesperetin, naringenin, naringin	Citrus fruits
Flavones	Apigenin, luteolin, baicalein, chrysin, vitexin, orientin	Parsley, celery, peppers, thyme, oregano
Flavonols	Quercetin, myricetin, kaempferol, isorhamnetin, rutin, tiliroside, aromadendrin, silymarin, silybin	Onions, scallions, cruciferous vegetables, blueberries, tea, saffron, cranberries, asparagus, coriander, endive, fennel, ginger, okra, peppers, radishes, beans, buckwheat
Isoflavones	Daidzein, genistein, glycitein	Soybeans

Sources: "Flavonoids." Oregon State University, Linus Pauling Institute, Micronutrient Information Center. <https://lpi.oregonstate.edu/mic/dietary-factors/phytochemicals/flavonoids>. Last updated Nov 2015; Alkhalidy H, Wang Y, Liu D. Dietary flavonoids in the prevention of T2D: an overview. *Nutrients*. 2018 Mar 31;10(4):E438; Panche AN, Diwan AD, Chandra SR. Flavonoids: an overview. *J Nutr Sci*. 2016 Dec 29;5:e47.

Common Nrf2 Activators

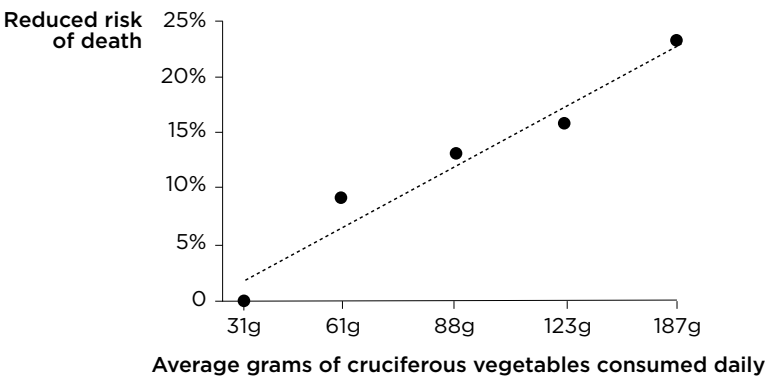
Allicin/diallyl sulfide (garlic) ¹⁰⁸	Cruciferous vegetables / isothiocyanates ¹¹⁷	Luteolin (celery, peppers, oregano, parsley) ¹³¹
Anthocyanins (berries) ¹⁰⁹	Resveratrol (grapes) ¹¹⁸	DHA and EPA ¹³²
Ellagic acid (berries and pomegranates) ¹¹⁰	Acai ¹¹⁹	Soy isoflavones ¹³³
Goji berries ¹¹¹	Curcumin ¹²⁰	Black currants ¹³⁴
Flavonoid classes: flavanols, flavones, flavonols, flavanones, stilbenes, isoflavones ¹¹²	Lutein ¹²¹	Butyrate (produced by gut bacteria from dietary fiber and resistant starch) ¹³⁵
Berry anthocyanins ¹¹³	Cocoa ¹²²	Tocopherols (vitamin E) ¹³⁶
Quercetin ¹¹⁴	Lycopene (tomatoes) ¹²³	Cinnamon ¹³⁷
EGCG (epigallocatechin gallate) (green tea) ¹¹⁵	Falcarindiol (carrots) ¹²⁴	Rosmarinic acid and carnosol (rosemary) ¹³⁸
Sulforaphane (broccoli / broccoli sprouts) ¹¹⁶	Pomegranates ¹²⁵	Zerumbone (ginger) ¹³⁹
	Hydroxytyrosol (olives) ¹²⁶	Ursolic acid (apple peel) ¹⁴⁰
	Carnosic acid (rosemary, sage, other herbs) ¹²⁷	Chlorogenic acid (coffee, apples, apricots, chia seeds) ¹⁴¹
	Zinc ¹²⁸	
	Apigenin (celery, parsley, chamomile) ¹²⁹	
	Naringenin (citrus fruits) ¹³⁰	

Colorectal Cancers Increasing in Young Adults (age <50)

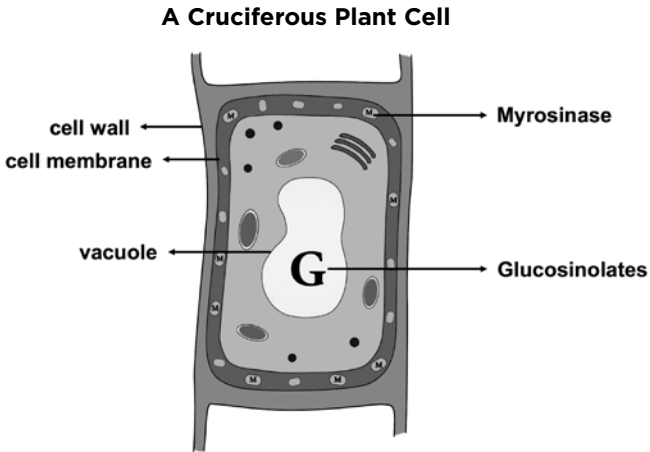


Sources: Siegel RL, Fedewa SA, Anderson WF et al. Colorectal cancer incidence patterns in the United States, 1974–2013. *J Natl Cancer Inst.* 2017 Aug 1;109(8); National Cancer Institute. Surveillance, Epidemiology, and End Results (SEER) Program. <https://www.seer.cancer.gov>.

**Cruciferous Vegetables and Longevity:
Study of 134,796 Chinese Adults**

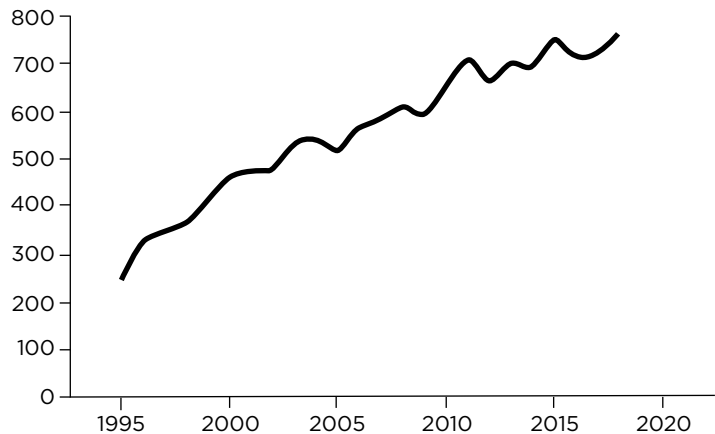


Source: Zhang X, Shu XO, Xiang YB et al. Cruciferous vegetable consumption is associated with a reduced risk of total and cardiovascular disease mortality. *Am J Clin Nutr.* 2011;94(1):240-46.



Increase in Olive Oil Consumption, 1995–2018

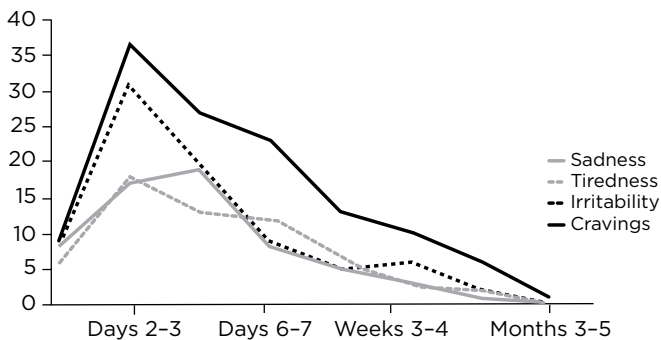
Millions of pounds



Sources: US Department of Agriculture, Economic Research Service. Oil Crops Yearbook 2019. <https://www.ers.usda.gov/data-products/oil-crops-yearbook/>. Last updated 20 August 2019; Ash M, Dohlman E. “Oil Crops Year in Review: US Soybean Demand Powered by Record 2006/07 Supply.” June 2008. https://downloads.usda.library.cornell.edu/usda-esmis/files/jw827b648/hm50ts447/v405sb103/OCS-yearbook-06-18-2008_Special_Report.pdf.

Withdrawal from Eating Highly Processed Foods

Number reporting
withdrawal symptoms



Source: Adapted from Schulte EM, Smeal JK, Lewis J, Gearhardt AN. Development of the highly processed food withdrawal scale. *Appetite*. 2018 Dec 1;131:148-54.

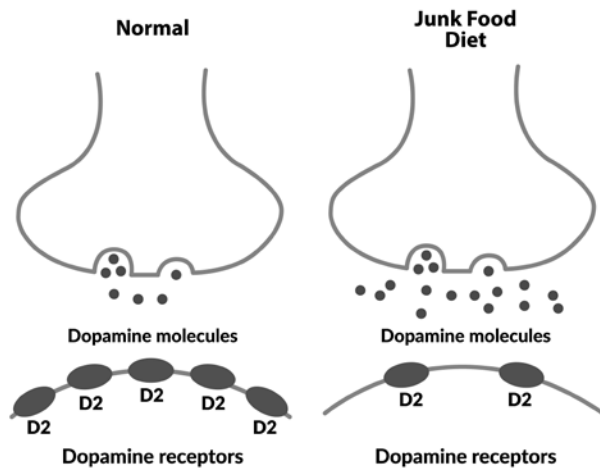
ADD FLAVOR—BY REDUCING SALT

The natural flavor of food—without added salt—is an acquired taste. Gradually, your taste preferences should change and you will learn to prefer food without salt. Be creative and use other flavoring agents, such as herbs, spices, onion, roasted and raw garlic, lemon or lime juice, vinegar, or lemon pepper. Experiment with fresh herbs instead of the dried versions. Fresh mint, cilantro, and dill add interesting flavors. I use many types of salt-free herbal seasoning blends.

Condiments such as ketchup, mustard, soy sauce, teriyaki sauce, and relish are high in sodium, so read labels, choose low-sodium versions, and use them sparingly to keep salt intake to the approved level. You can make seasoning blends to your own liking. Here is an example:

- 1 teaspoon ground celery seed
- 2½ teaspoons crushed marjoram
- 2½ teaspoons crushed summer savory
- 1½ teaspoons crushed thyme
- 1½ teaspoons crushed dried basil
- 1 teaspoon crushed garlic

You can also add dehydrated onion, oregano, chili powder, cumin, or any other favorite flavor.



Getting Well from Depression

There are natural approaches to aid people who suffer from depression that may enable recovery without their resorting to taking medications for the rest of their lives. One of the problems with medications for depression is that people can develop dependence on the medications over time, such that depression is exacerbated when they stop taking the medication. In addition to eating right and exercising, the following might be helpful in combating depression:

Morning light therapy—A 2005 meta-analysis showed morning light therapy to be as effective as antidepressants.⁴⁵

EPA/DHA supplementation—Multiple studies indicate that EPA is more effective than DHA for helping depression.⁴⁶

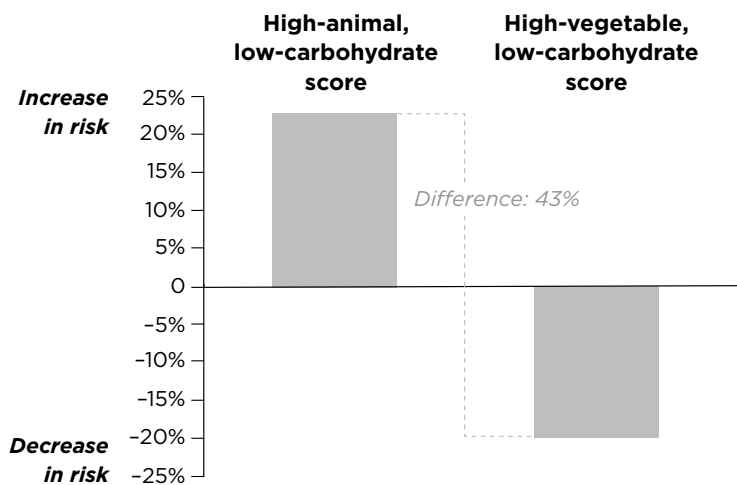
Saffron—This culinary spice has been investigated in several studies for its potential to ameliorate mild to moderate depression.⁴⁷

SAMe (S-adenosyl methionine)—This methyl donor involved in neurotransmitter synthesis demonstrates effectiveness for battling depression.⁴⁸

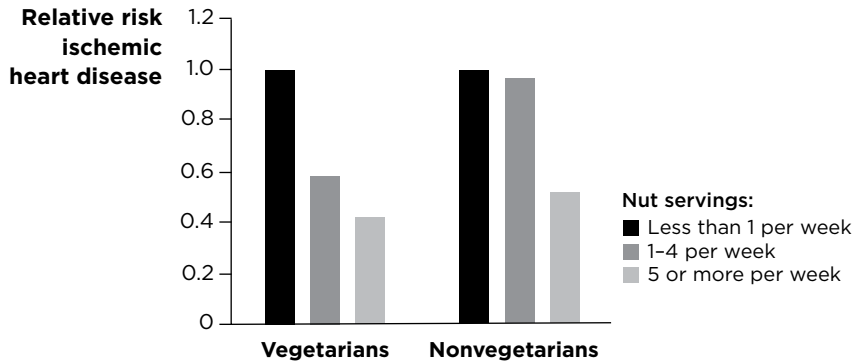
St. John's Wort—A 2008 Cochrane analysis documented improvement in depression similar to that attained with antidepressant drugs.⁴⁹

5-HTP (5-hydroxytryptophan) or L-tryptophan—A few studies suggest positive effects over placebo with these precursors to serotonin.⁵⁰

Coconut oil—Low cholesterol may exacerbate depression in some susceptible individuals. In these cases, coconut oil may be helpful in raising cholesterol to increase neurotransmitter production. One of the most intriguing issues about diet and health is the inconsistent data suggesting increased risk of depression and suicide in people with the lowest cholesterol levels.⁵¹ Lots of people offer their opinion regarding these inconsistent findings, but the reality is that we just don't know for sure if this is causal or secondary to the psychopathologies, and we are also not certain whether raising cholesterol levels through diet will help improve depression. Nevertheless, with major depression and accompanying very low cholesterol, we leave no stone unturned that might be contributory and helpful.



Source: Fung TT, van Dam RM, Hankinson SE et al. Low-carbohydrate diets and all-cause and cause-specific mortality: two cohort studies. *Ann Intern Med.* 2010 Sep 7;153(5):289-98.



Source: Fraser GE, Sabate J, Beeson WL, Strahan TM. A possible protective effect of nut consumption on risk of coronary heart disease. The Adventist Health Study. *Arch Int Med.* 1992;152(7):1416-24

GENERAL MENUS FOR GREAT HEALTH AND IDEAL WEIGHT

WEEK 1

DAY 1

BREAKFAST

Steel Cut Oats and
Cherries*

LUNCH

Salad with lettuce,
arugula, tomatoes,
green onions,
edamame, and Seedy
Ranch Dressing*

Portabella Pizza*

Orange, clementines,
or other citrus fruit

DINNER

G-BOMB Thai
Vegetable Curry*

Water-sautéed green
leafy vegetable such as
kale, collard greens, or
cabbage sprinkled with
lightly toasted unhulled
sesame seeds

Fresh or thawed frozen
berries

DAY 2

BREAKFAST

Cranberry Smoothie*

Easy trail mix (walnuts
mixed with raisins/
currants or sunflower
seeds mixed with
unsweetened dried
cherries or blueberries)

LUNCH

Raw vegetables with
Aquafaba Hummus*

Leftover G-BOMB Thai
Vegetable Curry*

Thawed frozen
peaches or other fruit

DINNER

Eggplant Meatballs*

Zucchini noodles
tossed with Garlic
Nutter*

Melon or other fruit

Asterisks indicate recipes that are provided in Chapter 9.

DAY 3

BREAKFAST

Mixed fruit plate topped with hemp seeds

One slice bread (100 percent whole grain or sprouted-grain) with Nutritarian Cream Cheese*

LUNCH

Mexican Burrito Bowl*

Apple or other fruit

DINNER

Mac and Peas*

Leafy green vegetable such as bok choy, spinach, or Swiss chard steamed or water-sautéed with onions and mushrooms

No-Bake Brownies* or choice of fruit

DAY 4

BREAKFAST

Teff Porridge with Walnuts and Berries*

LUNCH

Salad with lettuce, shredded cabbage, black beans, tomato, red onion, and Bing Cherry Walnut Vinaigrette*

Steamed or roasted green beans or other green vegetable

DINNER

Broccoli and Snow Pea Stir-Fry with Pineapple and Baked Tofu*

Brown quinoa

Melon or other fruit

DAY 5

BREAKFAST

Oatmeal Raisin Cookie Breakfast Bowl*

Fresh or thawed frozen berries

LUNCH

Salad vegetables with leftover Aquafaba Hummus* or Bing Cherry Walnut Vinaigrette*

Avocado Toast with Shredded Brussels Sprouts*

Pear or other fruit

DINNER

Dr. Fuhrman's Famous Anticancer Soup*

Steamed broccoli or other green vegetable

Orange, clementines, or other citrus fruit

DAY 6

BREAKFAST

Clean Green Juice*
Mini Corn Muffins*
Banana or other fruit

LUNCH

Leftover Dr. Fuhrman's
Famous Anticancer
Soup*

Salad with mixed
greens, watercress,
cherry tomatoes,
green onions, other
vegetables, and Lemon
Chia Dressing*

Thawed frozen cherries
or other fresh or frozen
fruit

DINNER

Veggie-Bean Burgers*
with lettuce, tomato,
and red onion with
half a 100% whole
grain or sprouted grain
bun or pita (or can be
served with a collard or
cabbage wrap)

Crispy Onion Rings*

Pistachio Gelato* with
blackberries

DAY 7

BREAKFAST

Nutty Collard Fruit
Wraps*

Leftover Mini Corn
Muffins*

LUNCH

Cannellini Beans and
Greens*

Italian Stewed
Tomatoes*

Grapes or other fruit

DINNER

Kale, Cabbage, and
Mushroom Salad*

Garlic-Infused Quinoa
with Tomatoes and
Poblano Peppers*

Berries sprinkled with
chopped almonds and
unsweetened shredded
coconut

WEEK 2

DAY 1

BREAKFAST

Apple Chai Steel Cut
Oats*

LUNCH

Salad with mixed
greens, shredded red
cabbage, tomatoes,
radishes, other
vegetables, and
Hemp Seed and Herb
Dressing*

Leftover Cannellini
Beans and Greens*

Fresh or thawed frozen
berries

DINNER

Bean Pasta with
Roasted Red Pepper
Alfredo*

Steamed asparagus or
other green vegetable

Thawed frozen
peaches or other fruit

DAY 2

BREAKFAST

One slice 100% whole grain or sprouted grain bread with Whipped Pistachio Butter* or Chocolate Hemp Seed Butter*

Fresh or thawed frozen berries

LUNCH

Roasted Vegetable Salad with Balsamic Vinaigrette*

Pear or other fruit

DINNER

Corn and Red Lentil Chowder*

Salad with leftover Hemp Seed and Herb Dressing*

Cherry Apricot Oatmeal Cookies* or choice of fruit

DAY 3

BREAKFAST

Mango Ginger Smoothie*

Dried unsulfured figs or apricots

LUNCH

Sugar snap peas or salad with Curried Peanut Butter Dressing*

Leftover Corn and Red Lentil Chowder*

Fresh or thawed frozen mango or other fruit

DINNER

Mexican Cauliflower Rice and Beans*

Water-sautéed mushrooms, peppers, and onions

Fresh or thawed frozen berries

DAY 4

BREAKFAST

Butternut Breakfast Soup*

Fresh or thawed frozen berries

LUNCH

Herbed "Cheese" and Greens Wraps*

Leftover Cherry Apricot Oatmeal Cookies*

Apple or other fruit

DINNER

Kale, Chickpea, and Grain Bowl*

Salad with Walnut Vinaigrette Dressing*

Melon or other fruit

DAY 5

BREAKFAST

2 pieces of fruit
1/4 cup walnuts or almonds

LUNCH

Salad with lettuce, shredded cabbage, tomatoes, and sautéed mushrooms and leftover Walnut Vinaigrette Dressing*
Five-Seed Crackers* with Cheezy Bean Dip*
Fresh fruit

DINNER

Mushroom and Wheat Berry Soup*
Steamed vegetable such as cauliflower, broccoli, or asparagus with Garlic Nutter*
Orange, clementines, or other citrus fruit

DAY 6

BREAKFAST

Mushroom and Kale Frittata*
Fresh or thawed frozen berries

LUNCH

Leftover Mushroom and Wheat Berry Soup*
Leftover Five-Seed Crackers* and Cheezy Bean Dip*
Fresh or thawed frozen pineapple or other fruit

DINNER

Green Pizza*
Salad with baby greens, arugula, tomatoes, red onion, other vegetables, and White Bean Dressing*
Melon or other fruit

DAY 7

BREAKFAST

Mango Blueberry Crisp*
Bok Choy Ginger Juice*

LUNCH

Broccoli Quiche with Aquafaba*
Salad with mixed greens, shredded red cabbage, tomatoes, beans, and leftover White Bean Dressing*

DINNER

Nutritarian Borscht*
Steamed string beans, chopped with thawed frozen green peas topped with toasted chopped almonds
Dark Chocolate Mousse* with raspberries

WEEK 3

DAY 1

BREAKFAST

Nutritarian Granola*
with berries and
nondairy milk

LUNCH

Salad with romaine,
spinach, red onion,
white beans, orange
segments, sesame
seeds, and Orange
Sesame Dressing*

Sweet and Sour
Cabbage and Split Pea
Soup*

Fresh fruit

DINNER

Chickpea, Greens, and
Farro Stew*

Steamed Brussels
sprouts or other
vegetable tossed with
lemon and walnuts

Kiwi or other fruit

DAY 2

BREAKFAST

Blueberry Chia Soaked
Oats*

LUNCH

Salad with leftover
Orange Sesame
Dressing*

Leftover Chickpea,
Greens, and Farro
Stew*

Fresh fruit

DINNER

Roasted Cauliflower
Tacos* served with
avocado slices and
lime wedges

Vanilla Nice Cream*
with thawed frozen
cherries

DAY 3

BREAKFAST

Mixed fruit salad
topped with hemp
seeds and almonds

LUNCH

Curried Egg-less Salad
with Cashews and
Dried Apricots* served
on 100% whole grain or
sprouted grain bread
or a bed of greens

Sliced tomatoes and
red onion

Thawed frozen cherries

DINNER

Broccoli Fra Diavolo*
with bean pasta

Endive leaves or salad
with Nutritarian Caesar
Dressing*

Pear or other fruit

DAY 4

BREAKFAST

Cherry Chocolate Smoothie*

LUNCH

Salad with romaine, arugula, tomatoes, green onions, and sautéed mushrooms with leftover Nutritarian Caesar Dressing*

Tofu Crackers*

Fresh or thawed frozen berries

DINNER

Black Bean and Butternut Squash Chili*

Steamed broccoli or other green vegetable tossed with flavored vinegar and pine nuts

Apple slices sprinkled with Ceylon cinnamon

DAY 5

BREAKFAST

Banana Pancakes* with blueberries

Vanilla Almond Milk*

Papaya or other fruit

LUNCH

Leftover Black Bean and Butternut Squash Chili*

Kohlrabi Apple Slaw*

Fresh fruit

DINNER

Asian Ginger Lime Zoodles*

Mushrooms and onions water-sautéed with choice of green vegetable

Fresh or thawed frozen pineapple

DAY 6

BREAKFAST

Huevos Rancheros (Mexican Scrambled Tofu)*

Melon or other fruit

LUNCH

Greens and Berries Salad with Raspberry Dressing*

Tofu Crackers*

Fresh fruit

DINNER

Zucchini Ravioli with Cauliflower Chickpea "Ricotta"* with Intense Marinara Sauce*

Carrot Cake Bites*

Grapes or other fruit

DAY 7

BREAKFAST

Cinnamon-Spiced Sweet Potato Breakfast Topped with Pecan Granola and Blueberry Sauce*

Fresh or thawed frozen berries

LUNCH

Sweet and Sour Cabbage and Split Pea Soup*

Steamed asparagus or other vegetable

Fresh fruit

DINNER

Korean Vegetable and Mushroom Lettuce Wraps*

Fresh or thawed frozen mango

DIABETES-REVERSAL MENUS

These menus are a bit lower in grains and fruit; and the desserts have fewer dates and tropical fruits, so more berries, grapefruit, and kiwis are utilized. Other very-low-sugar fruits, besides all berries, include loquats, passion fruit, guava, kumquats, grapefruit, kiwi, and dragon fruit. These recipes also include no white potato or bread.

DAY 1

BREAKFAST

Berries and grapefruit with lemon, topped with ground flaxseeds and crushed walnuts

LUNCH

Herbed “Cheese” and Greens Wraps*

Edamame, Corn, and Tomato Salad with Balsamic Dressing*

DINNER

Mexican Cauliflower Rice and Beans*

Steamed green leafy vegetable such as kale or collard greens

Melon or other fruit

DAY 2

BREAKFAST

Steel cut oatmeal with nondairy milk, berries, and chopped raw almonds

LUNCH

Salad with baby greens, cabbage, tomatoes, red onion, beans, and Creamy Ginger Dressing*

Strawberry Banana Ice Cream*

DINNER

Quinoa or other intact whole grain with steamed zucchini, red peppers, and onion seasoned with Dukkah Spice Blend* or other no-salt seasoning blend

Thawed frozen wild blueberries

Asterisks indicate recipes that are provided in Chapter 9.

DAY 3

BREAKFAST

Clean Green Juice*
Romaine leaves with
Whipped Pistachio
Butter* or raw almond
butter
Fresh or thawed frozen
berries

LUNCH

Salad with romaine,
broccoli sprouts, grape
tomatoes, scallions,
and Russian Fig
Dressing*
Steamed green
beans or other green
vegetable
Fresh fruit

DINNER

Mushroom and Wheat
Berry Soup*
Steamed broccoli or
steamed artichokes
Melon

DAY 4

BREAKFAST

Blueberry Chia Soaked
Oats*

LUNCH

Korean Vegetable and
Mushroom Lettuce
Wraps*
Raw vegetables with
Aquafaba Hummus*
Apple or other fruit

DINNER

Nutritarian Borscht*
Five-Seed Crackers*
Orange or clementines

DAY 5

BREAKFAST

Cranberry Smoothie*
Leftover Five-Seed
Crackers*

LUNCH

Salad with baby
greens, arugula,
tomato, shallots, beans,
pomegranate arils, and
White Bean Dressing*
Steamed cauliflower
or other vegetable
seasoned with flavored
vinegar or a no-salt
seasoning blend

DINNER

Broccoli and Snow Pea
Stir-Fry with Pineapple
and Baked Tofu*
Spiced lentils and
quinoa
Kiwi and berry fruit
cup

DAY 6

BREAKFAST

Teff Porridge with
Walnuts and Berries*

LUNCH

Edamame and Green
Pea Soup*

Napa Cabbage Slaw*

Fresh or thawed frozen
mango

DINNER

Black Bean and
Butternut Squash Chili*

Bok choy or other
leafy green vegetable
seasoned with flavored
vinegar or no-salt
seasoning

Thawed frozen cherries
or other fruit

DAY 7

BREAKFAST

Mushroom and Kale
Frittata*

Thawed frozen
peaches or partially
thawed frozen jackfruit

LUNCH

Salad with romaine,
spinach, shredded
cabbage, tomatoes,
red onion, and Orange
Sesame Dressing*

Leftover Black Bean
and Butternut Squash
Chili*

DINNER

Broccoli Quiche with
Aquafaba*

Brussels sprouts or
other green vegetable

Vanilla Nice Cream*
with raspberries

DAY 1

BRUNCH

Super Immunity Juice*

Salad with romaine, arugula, tomato, sliced red onion, hemp seeds, and Nutritarian Caesar Dressing*

Fresh or thawed frozen berries

DINNER

Cannellini Beans and Greens*

Quinoa, thawed frozen peas, and chopped scallion

Melon or grapefruit

DAY 2

BRUNCH

Super Immunity Juice*

Asian Ginger Lime Zoodles*

Fresh or thawed frozen berries

DINNER

Salad with mixed greens, shredded cabbage, tomato, red onion, and Leftover Nutritarian Caesar Dressing*

Chickpea, Greens, and Farro Stew*

Fresh or thawed frozen mango or other fruit

DAY 3

BRUNCH

Bok Choy Ginger Juice*

Leftover Chickpea, Greens, and Farro Stew*

Melon or other fruit

DINNER

Salad with romaine, arugula, tomato, scallions, orange segments, and Orange Sesame Dressing*

Green beans or other vegetable

Fresh or thawed frozen blackberries and strawberries

DAY 4

BRUNCH

Bok Choy Ginger Juice*

Steel Cut Oats and Cherries*

Walnuts or lightly toasted raw almonds

DINNER

Mexican Burrito Bowl*

Kale or other green leafy vegetable

Fresh or thawed frozen pineapple

Asterisks indicate recipes that are provided in Chapter 9.

DAY 5

BRUNCH

Clean Green Juice*

Herbed "Cheese" and Greens Wraps*

Raw veggies with Aquafaba Hummus*

Apple or other fruit

DINNER

Salad with mixed greens, shredded cabbage, tomato, scallions, and Seedy Ranch Dressing*

Corn and Red Lentil Chowder*

Fresh or thawed frozen berries

DAY 6

BRUNCH

Clean Green Juice*

Salad with romaine, watercress, tomato, red onion, and leftover Seedy Ranch Dressing*

Pear or other fruit

DINNER

Bean Pasta with Roasted Red Pepper Alfredo*

Brussels sprouts or other green vegetable

Kiwis and fresh or thawed frozen red raspberries

DAY 7

BRUNCH

Super Immunity Juice*

Korean Vegetable and Mushroom Lettuce Wraps*

Fresh or thawed frozen berries

DINNER

Raw veggies with Aquafaba Hummus*

Dr. Fuhrman's Famous Anticancer Soup*

Orange or other citrus fruit

AUTOIMMUNE DISEASE OR CANCER MENUS

Attack autoimmune disease or cancer with this menu. For people who have serious autoimmune disease, such as rheumatoid arthritis, lupus, or psoriasis, or for those with cancer, we are looking to strengthen the immune system and remove toxic wastes as quickly as possible. I often increase the juicing to an 8- to 10-ounce glass twice a day because the concentration of nutrients from colorful plants in the body's tissues and cells is needed to enhance or normalize immune function.

Even though in autoimmune disease the immune system is overly active, we can calm it down with better phytochemical exposure and removal of toxic excitatory compounds. Plus, enhancing function of T-suppressor cells is essential to normalizing autoimmune activity and reducing the uncontrolled release of antibodies.

Depending on the severity of the case and the amount and type of medications used, I usually start decreasing medications within a month; depending on the case, many people can be off all medications within three to six months.

DAY 1

BREAKFAST

Super Immunity Juice*

Mixed berries topped with a mix of ground flax, chia, and hemp seeds

LUNCH

Salad with mixed greens, arugula, tomatoes, red onion, and Walnut Vinaigrette Dressing*

Steamed bok choy topped with lightly toasted sesame seeds

Orange, clementine, or other citrus fruit

DINNER

Super Immunity Juice*

Raw vegetables with Cheezy Bean Dip*

Dr. Fuhrman's Famous Anticancer Soup*

Fresh or thawed frozen mango or other fruit

Asterisks indicate recipes that are provided in Chapter 9.

DAY 2

BREAKFAST

Clean Green Juice*
Cherry Berry Smoothie Bowl*

LUNCH

Salad with romaine, broccoli sprouts, tomato, scallions, and leftover Walnut Vinaigrette Dressing*
Leftover Dr. Fuhrman's Famous Anticancer Soup*
Melon or other fruit

DINNER

Clean Green Juice*
Artichoke-Stuffed Portabella Mushrooms*
Steamed broccoli or other cruciferous vegetable
Berries with shredded coconut and chopped walnuts

DAY 3

BREAKFAST

Super Green Smoothie*
Nutty Collard Fruit Wraps*

LUNCH

Greens and Berries Salad with Raspberry Dressing*
Edamame with no-salt seasoning

DINNER

Clean Green Juice*
Kale or collard greens water-sautéed with mushrooms, onions, and garlic
Quinoa seasoned with Dukkah Spice Blend*
Fresh fruit

DAY 4

BREAKFAST

Bok Choy Ginger Juice*
Steel cut oatmeal with nondairy milk, berries, and walnuts

LUNCH

Tofu and Sun-Dried Tomato Burgers* on a bed of greens or collard or cabbage wrap topped with sautéed mushrooms, lettuce, tomato, and sliced red onion
Apple slices with Chocolate Hemp Seed Butter*

DINNER

Bok Choy Ginger Juice*
Salad with baby greens, spinach, arugula, tomatoes, and Lemon Chia Dressing*
Soybean and Red Lentil Soup*
Melon

DAY 5

BREAKFAST

Super Immunity Juice*
Berries and other fruit topped with raw nuts and/or seeds

LUNCH

Salad with romaine, watercress, tomatoes, scallions, and leftover Lemon Chia Dressing* or flavored vinegar
Leftover Soybean and Red Lentil Soup*

DINNER

Super Immunity Juice*
Bean pasta with sautéed mushrooms and Intense Marinara Sauce* topped with toasted pine nuts
Steamed Brussels sprouts or other cruciferous vegetable
Thawed frozen cherries or other fruit

DAY 6

BREAKFAST

Super Green Smoothie*
Blueberry Chia Soaked Oats*

LUNCH

Kale, Cabbage, and Mushroom Salad*
Pear or apple

DINNER

Clean Green Juice*
G-BOMB Thai Vegetable Curry*
Pomegranate arils or blackberries

DAY 7

BREAKFAST

Clean Green Juice*
Mushroom and Kale Frittata*
Fresh or thawed frozen berries

LUNCH

Salad with mixed greens, broccoli sprouts, shredded cabbage, tomato, red onion, and Seedy Ranch Dressing*
Edamame and Green Pea Soup*
Grapes or cherries

DINNER

Bok Choy Ginger Juice*
Broccoli Fra Diavolo*
Riced cauliflower with chopped almonds
Orange

Remember, you don't have to make any fancy recipes to make this work; you can use lots of frozen foods, such as frozen artichoke hearts, broccoli florets, asparagus, and peas. Just sprinkle some herbal seasonings or Dukkah Spice Blend on top, and you have a dish. You can use frozen fruits and even boxed Nutritarian soups, jarred sauces, and all-natural oil-free salad dressings (check out DrFuhrman.com) if you have no time to cook.

CHAPTER NINE

The Nutritarian Diet Recipes

Losing weight, feeling strong and healthy, reversing disease, and adding years to your life is well within your grasp. My goal is to provide the why and the how. Chapters 1 through 7 presented the “why”; this chapter of delicious Nutritarian recipes gives you the “how.” Your job is to make it happen. I know you can do it!

In the recipes that follow:

**A favorite dish—done Nutritarian style.*

†If you like it spicy, you can adjust these recipes to dial up the heat!

DRINKS AND SMOOTHIES

Cherry Chocolate Smoothie

Cranberry Smoothie

Mango Ginger Smoothie

Peachy Green Smoothie

Super Green Smoothie

Vanilla Almond Milk

Bok Choy Ginger Juice

Clean Green Juice

Super Immunity Juice

BREAKFAST

Apple Chai Steel Cut Oats
Banana Pancakes
Blueberry Chia Soaked Oats
Cherry Berry Smoothie Bowl
Cinnamon-Spiced Sweet Potato Breakfast Topped with
Pecan Granola and Blueberry Sauce
Huevos Rancheros (Mexican Scrambled Tofu)*†
Mango Blueberry Crisp
Mini Corn Muffins
Mushroom and Kale Frittata
Nutritarian Granola
Nutty Collard Fruit Wraps
Oatmeal Raisin Cookie Breakfast Bowl
Steel Cut Oats and Cherries
Teff Porridge with Walnuts and Berries

SALAD DRESSINGS, DIPS, AND SPREADS

Bing Cherry Walnut Vinaigrette
Creamy Ginger Dressing*
Curried Peanut Butter Dressing*
Hemp Seed and Herb Dressing
Lemon Chia Dressing
Nutritarian Caesar Dressing
Orange Sesame Dressing
Russian Fig Dressing
Seedy Ranch Dressing
Walnut Vinaigrette Dressing
White Bean Dressing
Aquafaba Hummus
Cheezy Bean Dip†
Chocolate Hemp Seed Butter
Garlic Nutter
Nutritarian Cream Cheese

Whipped Pistachio Butter

Dukkah Spice Blend*

SALADS

Curried Egg-less Salad with Cashews and Dried Apricots

Edamame, Corn, and Tomato Salad with Balsamic Dressing

Greens and Berries Salad with Raspberry Dressing

Kale, Cabbage, and Mushroom Salad

Kohlrabi Apple Slaw

Napa Cabbage Slaw

Roasted Vegetable Salad with Balsamic Vinaigrette

Sunrise Salad

SOUPS, STEWS, AND CHILIS

Black Bean and Butternut Squash Chili*†

Butternut Breakfast Soup

Chickpea, Greens, and Farro Stew

Corn and Red Lentil Chowder

Dr. Fuhrman's Famous Anticancer Soup

Edamame and Green Pea Soup

Mushroom and Wheat Berry Soup

Nutritarian Borscht*

Soybean and Red Lentil Soup

Sweet and Sour Cabbage and Split Pea Soup

MAIN DISHES AND VEGETABLE SIDE DISHES

Artichoke-Stuffed Portabella Mushrooms

Asian Ginger Lime Zoodles*

Bean Pasta with Roasted Red Pepper Alfredo*

Bolognese Sauce

Broccoli and Snow Pea Stir-Fry with Pineapple and Baked Tofu*†

Broccoli Fra Diavolo*†

Broccoli Quiche with Aquafaba

Buffalo Cauliflower†

California Creamed Kale
Cannellini Beans and Greens[†]
Eggplant Meatballs*
Farro and Mushroom Risotto
Garlic-Infused Quinoa with Tomatoes and Poblano Peppers
G-BOMB Thai Vegetable Curry*[†]
Intense Marinara Sauce
Italian Stewed Tomatoes*
Kale, Chickpea, and Grain Bowl
Mac and Peas
Mexican Burrito Bowls*[†]
Mexican Cauliflower Rice and Beans*[†]
Roasted Radishes and Turnips
Zucchini Ravioli with Cauliflower Chickpea “Ricotta”*

BURGERS, PIZZA, AND QUICK FOOD

Avocado Toast with Shredded Brussels Sprouts
Crispy Onion Rings
Five-Seed Crackers
Green Pizza* 33
Herbed “Cheese” and Greens Wraps
Korean Vegetable and Mushroom Lettuce Wraps
Lentil Walnut Burritos with Peppers, Onions, and Salsa*
Portabella Pizza*
Roasted Cauliflower Tacos*[†]
Tofu and Sun-Dried Tomato Burgers
Tofu Crackers and Tofu Jerky Pizza
Sweet Potato Toast with Roasted Broccoli
Veggie-Bean Burgers

DESSERTS

Almond Blondies
Blueberry Cherry Crumble
Carrot Cake Bites

Cherry Apricot Oatmeal Cookies
Chocolate Almond Pudding
Creamy Pumpkin Chia Pudding
Dark Chocolate Mousse
No-Bake Brownies
Pistachio Gelato*
Strawberry Banana Ice Cream
Summer Fruit Pie with Simple Almond Coconut Pie Crust
Vanilla or Chocolate Nice Cream

Cherry Chocolate Smoothie

SERVES 2

1 cup unsweetened soy, hemp, or almond milk	¼ cup walnuts
2 teaspoons unsweetened natural cocoa powder	1 tablespoon pure vanilla bean powder or alcohol-free vanilla extract
2 Medjool or 4 regular dates, pitted (see Note)	2 cups frozen cherries
5 ounces baby kale or a mixture of baby kale and spinach	1 cup frozen wild blueberries

Blend ingredients in a high-powered blender until smooth. Add water if needed to achieve desired consistency.

Note: For diabetic or weight-loss diets, omit the dates.

PER SERVING: CALORIES 353; PROTEIN 8G; CARBOHYDRATES 63G; SUGARS 43G; TOTAL FAT 12G; SATURATED FAT 1.2G; SODIUM 125MG; FIBER 9.3G; BETA-CAROTENE 6,639MCG; VITAMIN C 102MG; CALCIUM 408MG; IRON 3.3MG; FOLATE 50MCG; MAGNESIUM 98MG; POTASSIUM 945MG; ZINC 1.3MG; SELENIUM 1.7MCG

Cranberry Smoothie

SERVES 2

½ cup fresh or frozen cranberries (see Note)	1 cup unsweetened soy, hemp, or almond milk
1 cup blueberries or other berries	4 walnut halves
1 banana	1 tablespoon chia seeds
2 cups chopped kale	

Blend ingredients in a high-powered blender until smooth.

Note: Do not use dried cranberries, as they contain added sugar.

PER SERVING: CALORIES 210; PROTEIN 6G; CARBOHYDRATES 37G; SUGARS 16G; TOTAL FAT 6.6G; SATURATED FAT 0.6G; SODIUM 125MG; FIBER 7.8G; BETA-CAROTENE 6,230MCG; VITAMIN C 96MG; CALCIUM 394MG; IRON 2.5MG; FOLATE 41MCG; MAGNESIUM 77MG; POTASSIUM 627MG; ZINC 1MG; SELENIUM 4.3MCG

Mango Ginger Smoothie

SERVES 2

1 cup frozen mango	1 lemon, juiced
1 cup frozen butternut squash	1/8 cup raw almonds
2 cups shredded green cabbage or chopped kale	1 tablespoon ground flaxseed
1 banana	1 tablespoon chia seed
1/8 cup unsweetened shredded coconut	1 tablespoon fresh ginger, minced
	1 teaspoon minced fresh turmeric, (or 1/4 teaspoon dried turmeric)

Blend ingredients in high-powered blender until smooth.

PER SERVING: CALORIES 293; PROTEIN 7G; CARBOHYDRATES 47G; SUGARS 24G; TOTAL FAT 11.9G; SATURATED FAT 4.1G; SODIUM 22MG; FIBER 10.9G; BETA-CAROTENE 3,531MCG; VITAMIN C 88MG; CALCIUM 142MG; IRON 2.4MG; FOLATE 111MCG; MAGNESIUM 120MG; POTASSIUM 909MG; ZINC 1.2MG; SELENIUM 6.6MCG

Peachy Green Smoothie

SERVES 1

1 cup frozen peaches	1 tablespoon chia, hemp, or ground flax seeds
1/2 frozen banana	1/4 teaspoon vanilla bean powder or alcohol-free vanilla extract
1 cup unsweetened soy, hemp, or almond milk	Dash cinnamon (optional)
2 cups kale or a mixture of kale and spinach	

Blend ingredients in a high-powered blender until smooth.

PER SERVING: CALORIES 299; PROTEIN 16G; CARBOHYDRATES 39G; SUGARS 20G; TOTAL FAT 11G; SATURATED FAT 1.6G; SODIUM 61MG; FIBER 6.4G; BETA-CAROTENE 5,497MCG; VITAMIN C 83MG; CALCIUM 96MG; IRON 3.8MG; FOLATE 89MCG; MAGNESIUM 180MG; POTASSIUM 879MG; ZINC 1.9MG; SELENIUM 1.3MCG

Super Green Smoothie

SERVES 2

2 cups chopped green cruciferous vegetables (kale, collards, mustard greens, or turnip greens)
1/3 cup broccoli sprouts or radish sprouts
6 walnut halves

2 tablespoons hemp seeds
8 ounces frozen strawberries or raspberries
1 cup carrot or beet juice
Squeeze of lemon

Blend ingredients in a high-powered blender until smooth.

PER SERVING: CALORIES 127; PROTEIN 4G; CARBOHYDRATES 29G; SUGARS 10G; TOTAL FAT 0.8G; SATURATED FAT 0.1G; SODIUM 113MG; FIBER 5.2G; BETA-CAROTENE 17,256MCG; VITAMIN C 150MG; CALCIUM 143MG; IRON 2.7MG; FOLATE 52MCG; MAGNESIUM 55MG; POTASSIUM 869MG; ZINC 0.7MG; SELENIUM 2.3MCG

Vanilla Almond Milk

SERVES 6

1/2 cup raw almonds
1/2 cup hemp seeds
6 cups water

4 Medjool or 8 regular dates, pitted
2 tablespoons vanilla bean powder or alcohol-free vanilla extract

Blend ingredients in a high-powered blender until smooth.

PER SERVING: CALORIES 191; PROTEIN 7G; CARBOHYDRATES 16G; SUGARS 12G; TOTAL FAT 12.9G; SATURATED FAT 1.1G; SODIUM 13MG; FIBER 2.8G; BETA-CAROTENE 16MCG; CALCIUM 55MG; IRON 1.6MG; FOLATE 23MCG; MAGNESIUM 137MG; POTASSIUM 351MG; ZINC 1.8MG; SELENIUM 0.4MCG

Bok Choy Ginger Juice

SERVES 2

1 small head bok choy (about 8 stalks)
1 cucumber
4 stalks celery

1 green apple, cored
1/2 lime, peeled
2-inch piece ginger, or to taste

Wash all ingredients. Run ingredients through juicer.

PER SERVING (ESTIMATED; WILL VARY DEPENDING ON JUICER): CALORIES 134; PROTEIN 8G; CARBOHYDRATES 21G; SUGARS 17G; TOTAL FAT 1.3G; SATURATED FAT 0.2G; SODIUM 341MG; BETA-CAROTENE 11,569MCG; VITAMIN C 204MG; CALCIUM 507MG; IRON 4.1MG; FOLATE 320MCG; MAGNESIUM 113MG; POTASSIUM 1,584MG; ZINC 1.3MG; SELENIUM 2.9MCG

Clean Green Juice

SERVES 2

5 kale leaves	1 green apple, cored and quartered
6 celery stalks	½ lemon, peeled
1 cucumber	1-inch piece ginger, or to taste

Wash all ingredients. Run ingredients through juicer.

PER SERVING (ESTIMATED; WILL VARY DEPENDING ON JUICER): CALORIES 131; PROTEIN 7G; CARBOHYDRATES 27G; SUGARS 12G; TOTAL FAT 1.7G; SATURATED FAT 0.2G; SODIUM 171MG; BETA-CAROTENE 15,823MCG; VITAMIN C 217MG; CALCIUM 294MG; IRON 3.4MG; FOLATE 109MCG; MAGNESIUM 88MG; POTASSIUM 1,298MG; ZINC 1.1MG; SELENIUM 2.1MCG

Super Immunity Juice

SERVES 2

6–7 ounces cruciferous leafy greens, such as 4 stalks bok choy, ⅓ head cabbage, 10 collard leaves	5 carrots and/or 3 beets 2 heads lettuce, 6 stalks celery, or 1 large cucumber
20 kale leaves	

Wash all ingredients. Juice and store in airtight container until ready to use. Use within 48 hours.

PER SERVING (ESTIMATED; WILL VARY DEPENDING ON JUICER; NUTRITION FACTS BASED ON A COMBINATION OF BOK CHOY, CARROTS, AND CUCUMBER): CALORIES 65; PROTEIN 5G; CARBOHYDRATES 13G; SUGARS 9G; TOTAL FAT 0.8G; SATURATED FAT 0.1G; SODIUM 202MG; BETA-CAROTENE 13,154MCG; VITAMIN C 104MG; CALCIUM 274MG; IRON 2.4MG; FOLATE 166MCG; MAGNESIUM 70MG; POTASSIUM 1,038MG; ZINC 0.9MG; SELENIUM 1.6MCG

Apple Chai Steel Cut Oats

SERVES 1

If you are short on time in the morning, make these tasty oats the night before and then eat cold or reheat in the morning before serving.

1 cup water	½ teaspoon pure vanilla bean powder or alcohol-free vanilla extract
¼ cup steel cut oats	½ teaspoon cinnamon
½ cup diced apple	¼ teaspoon cardamom
2 tablespoons raisins or dried currants	⅛ teaspoon cloves
½ tablespoon ground flaxseeds	⅛ teaspoon nutmeg

In a saucepan, bring water to a boil and stir in all ingredients. Reduce heat, cover, and simmer 12–15 minutes or until oats are tender and water is absorbed, stirring occasionally.

PER SERVING: CALORIES 283; PROTEIN 8G; CARBOHYDRATES 55G; SUGARS 7G; TOTAL FAT 4.9G; SATURATED FAT 0.3G; SODIUM 17MG; FIBER 9.7G; BETA-CAROTENE 19MCG; VITAMIN C 4MG; CALCIUM 62MG; IRON 2.8MG; FOLATE 6MCG; MAGNESIUM 28MG; POTASSIUM 260MG; ZINC 0.3MG; SELENIUM 1.1MCG

Banana Pancakes

SERVES 3

1 cup old-fashioned rolled oats	½ teaspoon pure vanilla bean powder or alcohol-free vanilla extract
⅓ cup unsweetened soy, hemp, or almond milk	Optional add-ins: Blueberries or raisins/currants
2 medium bananas	

Add oats, nondairy milk, bananas, and vanilla to a blender and blend until smooth. Mix in blueberries, raisins, or currants. Wipe or spray a nonstick skillet with a small amount of oil and heat over medium heat. Pour or scoop batter onto skillet using about ¼ cup per pancake. Cook on both sides until golden.

Makes about 6 medium-size pancakes.

PER SERVING: CALORIES 178; PROTEIN 4G; CARBOHYDRATES 36G; SUGARS 10G; TOTAL FAT 2.7G; SATURATED FAT 0.4G; SODIUM 28MG; FIBER 4.7G; BETA-CAROTENE 20MCG; VITAMIN C 7MG; CALCIUM 79MG; IRON 7MG; FOLATE 16MCG; MAGNESIUM 24MG; POTASSIUM 283MG; ZINC 0.1MG; SELENIUM 0.8MCG

Blueberry Chia Soaked Oats

SERVES 1

½ cup old-fashioned oats	½ cup fresh or thawed frozen blueberries (or other fruit)
2 tablespoons chia seeds	½ teaspoon cinnamon
1 cup unsweetened soy, hemp, or almond milk	
2 tablespoons raisins or dried currants	

Combine the oats, chia seeds, nondairy milk, and raisins. Soak for at least 60 minutes or overnight. Stir in blueberries and cinnamon.

PER SERVING: CALORIES 334; PROTEIN 9G; CARBOHYDRATES 58G; SUGARS 7G; TOTAL FAT 9.4G; SATURATED FAT 0.9G; SODIUM 193MG; FIBER 10.5G; BETA-CAROTENE 24MCG; VITAMIN C 8MG; CALCIUM 590MG; IRON 12.4MG; FOLATE 8MCG; MAGNESIUM 62MG; POTASSIUM 247MG; ZINC 0.8MG; SELENIUM 5.8MCG

Cherry Berry Smoothie Bowl

SERVES 2

1 cup frozen cherries	1 tablespoon chia seeds
1 cup frozen blueberries	1 tablespoon unsweetened, natural cocoa powder
1 ½ cups chopped kale or baby greens	1 Medjool or 2 regular dates, pitted
1 cup unsweetened soy, hemp, or almond milk	Optional toppings: Cocoa nibs, chopped raw nuts, seeds, unsweetened dried coconut
2 tablespoons raw cashews	

Blend all ingredients except toppings in a high-powered blender. Transfer to a bowl and add your choice of toppings.

PER SERVING: CALORIES 231; PROTEIN 7G; CARBOHYDRATES 39G; SUGARS 22G; TOTAL FAT 8.3G; SATURATED FAT 1.2G; SODIUM 119MG; FIBER 8.1G; BETA-CAROTENE 5,073MCG; VITAMIN C 64MG; CALCIUM 389MG; IRON 3.3MG; FOLATE 30MCG; MAGNESIUM 99MG; POTASSIUM 564MG; ZINC 1.4MG; SELENIUM 5.4MCG

Cinnamon-Spiced Sweet Potato Breakfast Topped with Pecan Granola and Blueberry Sauce

SERVES 4

FOR THE SWEET POTATO MIXTURE

2 cups baked sweet potatoes in chunks with skins
1 teaspoon cinnamon
1 teaspoon pure vanilla bean powder or alcohol-free vanilla extract
¼ teaspoon allspice
⅛ teaspoon cardamom
1 cup unsweetened soy, hemp, or almond milk
¼ cup unsweetened coconut flakes
2 tablespoons ground flaxseed

FOR THE TOPPING

¾ cup old-fashioned oats
½ cup coarsely chopped pecans
4 regular or 2 Medjool dates, pitted and chopped
1 teaspoon cinnamon
1 teaspoon vanilla extract

FOR THE BLUEBERRY SAUCE

2 Medjool dates (soaked for 1 hour in water, then drained and chopped)
2 cups frozen blueberries
½ cup water

Preheat oven to 350°F. To prepare the sweet potato mixture, blend the baked sweet potatoes, cinnamon, vanilla, allspice, and cardamom until smooth. In a separate bowl, mix nondairy milk, coconut, and ground flaxseed and chill for 10 minutes. Add to the sweet potato mixture and blend.

To prepare the topping, combine the oats, pecans, dates, cinnamon, and vanilla in a medium bowl. Evenly distribute on a parchment-lined baking sheet and bake 10–12 minutes, stirring occasionally.

Prepare the blueberry sauce by blending the dates, blueberries, and water in a medium saucepan. Cook on medium-low heat, stirring frequently until reduced by half. In four small bowls, layer the sweet potato mixture, the topping, and the blueberry sauce. Refrigerate until ready to eat.

Note: For a nice presentation as well as a portable breakfast, layer mixture in 12-ounce Mason jars. Seal and refrigerate.

PER SERVING: CALORIES 389; PROTEIN 7G; CARBOHYDRATES 59G; SUGARS 18G; TOTAL FAT 16.2G; SATURATED FAT 4.4G; SODIUM 92MG; FIBER 12.5G; BETA-CAROTENE 11,555MCG; VITAMIN C 22MG; CALCIUM 222MG; IRON 6MG; FOLATE 15MCG; MAGNESIUM 79MG; POTASSIUM 731MG; ZINC 1.8MG; SELENIUM 2.8MCG

Huevos Rancheros (Mexican Scrambled Tofu)

SERVES 6

FOR THE HUEVOS RANCHEROS

1 large onion, diced
1 red bell pepper, diced
8 ounces mushrooms (cremini, portabella, or button), sliced
½ cup roughly chopped garlic
3 tablespoons white wine or water
1 block (14–16 ounces) extra-firm tofu, drained
⅓ cup nutritional yeast
3 Roma tomatoes
12 ounces chopped spinach
1 ½ cups cooked or 1 (15-ounce) can no-salt-added or low-sodium black beans, drained
1 cup chopped cilantro leaves, plus more for garnish
Squeeze of lemon
Tabasco sauce or cayenne pepper to taste

FOR THE MEXICAN CHILI SAUCE

(OR USE A BOTTLE OF LOW-SODIUM SALSA, SUCH AS DR. FUHRMAN'S TEX MEX SALSA)

1 ½ cups chopped Roma tomatoes
½ teaspoon pure chipotle chili powder
1 ½ teaspoons pure ancho chili powder
1 ½ teaspoons dried oregano
2 cloves garlic, peeled
2 teaspoons ground cumin
2 teaspoons lemon juice
1 teaspoon cider vinegar
2 Medjool or 4 regular dates, chopped
Freshly ground black pepper

In a large deep skillet, sauté the onions, peppers, mushrooms, and garlic in the white wine, covered, over medium-high heat for 10 minutes or until the onions are translucent and lightly browned. Crumble in the tofu, add the Mexican Chili Sauce (instructions below) and the nutritional yeast, stir and cook an additional 5 minutes. Add the tomatoes, spinach, black beans, and cilantro and continue cooking until heated through. Finish with a squeeze of lemon juice and adjust heat level by adding Tabasco or cayenne. Serve sprinkled with a little chopped cilantro.

To make the Mexican Chili Sauce, combine all ingredients in a high-powered blender and process until smooth (makes about 1 ½ cups).

PER SERVING: CALORIES 267; PROTEIN 21G; CARBOHYDRATES 35G; SUGARS 10G; TOTAL FAT 6.1G; SATURATED FAT 0.7G; SODIUM 83MG; FIBER 11.3G; BETA-CAROTENE 4,233MCG; VITAMIN C 63MG; CALCIUM 268MG; IRON 5.9MG; FOLATE 233MCG; MAGNESIUM 157MG; POTASSIUM 1,173MG; ZINC 4.4MG; SELENIUM 20.2MCG

Mango Blueberry Crisp

SERVES 6

This fruity recipe makes a great breakfast or dessert.

6 cups frozen mango chunks	¼ cup raisins or dried currants
2 cups frozen blueberries	¼ cup water
¾ cup walnuts or pecans	½ teaspoon cinnamon
¼ cup old-fashioned rolled oats	¼ teaspoon nutmeg

Preheat oven to 350°F. Line a 9-by-13-inch pan with parchment paper. Add the mangoes and spread them evenly. Sprinkle the blueberries over the mangoes. In a food processor, chop and mix the remaining ingredients. Sprinkle evenly over the top. Bake uncovered for 20 minutes.

PER SERVING: CALORIES 238; PROTEIN 4G; CARBOHYDRATES 40G; SUGARS 27G; TOTAL FAT 9.4G; SATURATED FAT 1G; SODIUM 5MG; FIBER 5.8G; BETA-CAROTENE 1,072MCG; VITAMIN C 62MG; CALCIUM 39MG; IRON 1.7MG; FOLATE 87MCG; MAGNESIUM 41MG; POTASSIUM 411MG; ZINC 0.6MG; SELENIUM 1.7MCG

Mini Corn Muffins

SERVES 12

1 cup unsweetened soy, hemp, or almond milk	1 ½ tablespoons nutritional yeast
1 tablespoon chia seeds	1 tablespoon low-sodium baking powder
1 teaspoon apple cider vinegar	3 Medjool dates or 6 regular dates, pitted
1 cup cooked chickpeas	¼ cup currants
¾ cup cornmeal	

Preheat oven to 350°F. Combine nondairy milk, chia seeds, and vinegar and let stand for 10 minutes. Meanwhile, in a high-powered blender, blend chickpeas, cornmeal, nutritional yeast, and baking powder. Place in a bowl. Add the milk / chia seed mixture to the blender along with the dates and blend until smooth. Add to the bowl with the chickpeas and cornmeal and mix thoroughly. Stir in currants. Line a mini muffin pan with paper liners or lightly spray with cooking spray and dust with cornmeal. Divide batter among muffin cups. Bake 25 minutes. Cool on a cooling rack. Makes 24 muffins.

PER SERVING: CALORIES 84; PROTEIN 3G; CARBOHYDRATES 16G; TOTAL FAT 1.4G; SATURATED FAT 0.2G; SODIUM 8MG; FIBER 2.6G; BETA-CAROTENE 15MCG; CALCIUM 72MG; IRON 1MG; FOLATE 30MCG; MAGNESIUM 29MG; ZINC 0.6MG; SELENIUM 2.2MCG

Mushroom and Kale Frittata

SERVES 6

3 tablespoons ground flaxseeds	1/4 cup nutritional yeast
3/4 cup water	2 tablespoons garbanzo bean flour
16 ounces mushrooms, chopped	1 tablespoon no-salt Italian seasoning
1 cup chopped kale	1 tablespoon garlic powder
3 green onions, chopped	1 tomato, chopped
1 leek, thinly sliced crosswise	1 tablespoon fresh oregano
1/4 cup unsulfured, unsalted sun-dried tomatoes	

Preheat oven to 350°F. Whisk together ground flaxseeds and water in a medium bowl. Let sit for 10 minutes. Add mushrooms, kale, green onions, leek, sun-dried tomatoes, nutritional yeast, garbanzo bean flour, Italian seasoning, and garlic powder and mix well. Scoop frittata mixture into lightly oiled muffin tins and top with chopped tomatoes and oregano. Bake 30–35 minutes until starting to set. Remove from oven, loosen sides with a knife, and cool for 10 minutes. Remove from tins with a spoon and place on a cooling rack. They will continue to firm up as they cool.

Note: You can also make this frittata in a medium baking dish. Add an additional 10 minutes to baking time.

PER SERVING: CALORIES 127; PROTEIN 26G; CARBOHYDRATES 68G; SUGARS 5G; TOTAL FAT 3.1G; SATURATED FAT 0.3G; SODIUM 28MG; FIBER 5.9G; BETA-CAROTENE 1,440MCG; VITAMIN C 22MG; CALCIUM 55MG; IRON 34.9MG; FOLATE 42MCG; MAGNESIUM 49MG; POTASSIUM 505MG; ZINC 1.9MG; SELENIUM 8.9MCG

Nutritarian Granola

SERVES 10

½ cup raw almond or cashew butter	4 cups old-fashioned rolled oats
1 medium apple, peeled and quartered	1 cup chopped raw walnuts or pecans
1 ripe banana	½ cup raw pumpkin seeds
1 ½ teaspoons ground cinnamon	¼ cup unhulled sesame seeds
¼ teaspoon ground nutmeg	⅓ cup unsweetened shredded coconut
1 ½ teaspoons pure vanilla bean powder	1 cup dried currants

Preheat oven to 225°F. Place the nut butter, apple, banana, cinnamon, nutmeg, and vanilla in a high-powered blender and blend until smooth and creamy. In a large bowl, mix the oats, nuts, seeds, and coconut. Add the blended mixture and toss to combine. Transfer mixture to two parchment-lined baking pans and spread out thinly over the pans so the granola can bake evenly. Bake 20 minutes, stirring occasionally. After baking, stir in currants.

Allow to cool, then store in an airtight container. Enjoy with nondairy milk and fruit, or for an easy on-the-run breakfast, add a scoop to a bowl of berries.

PER SERVING: CALORIES 403; PROTEIN 11G; CARBOHYDRATES 45G; SUGARS 14G; TOTAL FAT 22.9G; SATURATED FAT 4.8G; SODIUM 5MG; FIBER 7.7G; BETA-CAROTENE 18MCG; VITAMIN C 3MG; CALCIUM 69MG; IRON 10.6MG; FOLATE 23MCG; MAGNESIUM 109MG; POTASSIUM 388MG; ZINC 2.1MG; SELENIUM 4.5MCG

Nutty Collard Fruit Wraps

SERVES 1

1 collard leaf, washed and dried	Sprinkle of cinnamon and/or nutmeg
1 tablespoon raw nut or seed butter (almond, cashew, sunflower)	½ banana or several apple slices (depending on the size of the collard leaf)
Sprinkle of rolled oats	
Sprinkle of raisins / dried currants or blueberries	

Lay the collard leaf flat and remove the bottom half of the stem. Thinly spread the leaf with nut or seed butter and sprinkle with oats, raisins, and cinnamon. Cut the banana lengthwise to make it thinner and add to the leaf, or use apple slices. Fold the short end of the collard leaf over the filling and tightly roll up the leaf until you reach the end. Lay the wrap seam side down on a plate.

PER SERVING: CALORIES 198; PROTEIN 5G; CARBOHYDRATES 27G; SUGARS 8G; TOTAL FAT 9.5G; SATURATED FAT 0.8G; SODIUM 11MG; FIBER 5.4G; BETA-CAROTENE 1,399MCG; VITAMIN C 18MG; CALCIUM 115MG; IRON 1.7MG; FOLATE 80MCG; MAGNESIUM 67MG; POTASSIUM 467MG; ZINC 0.7MG; SELENIUM 1.5MCG

Oatmeal Raisin Cookie Breakfast Bowl

SERVES 1

½ cup old-fashioned oats	1 tablespoon chia seeds
1 cup unsweetened soy, hemp, or almond milk	½ teaspoon pure vanilla bean powder or alcohol-free vanilla extract
½ frozen banana (see Note)	½ teaspoon cinnamon
1 tablespoon no-oil-added, unsalted peanut butter	Optional toppings: Chopped walnuts or pecans, raspberries, blueberries, unsweetened dried coconut
2 tablespoons raisins	

Blend all ingredients except toppings in a high-powered blender. Transfer to a bowl and add your choice of toppings.

Note: Peel bananas and seal in a plastic bag before freezing.

PER SERVING: CALORIES 393; PROTEIN 12G; CARBOHYDRATES 57G; SUGARS 19G; TOTAL FAT 15.8G; SATURATED FAT 1.8G; SODIUM 193MG; FIBER 10.4G; BETA-CAROTENE 17MCG; VITAMIN C 6MG; CALCIUM 628MG; IRON 3.8MG; FOLATE 47MCG; MAGNESIUM 140MG; POTASSIUM 594MG; ZINC 2.3MG; SELENIUM 15.3MCG

Steel Cut Oats and Cherries

SERVES 2

2 cups water	1 cup frozen cherries, thawed
½ cup steel cut oats	1 tablespoon ground flaxseeds
2 Medjool or 4 regular dates, pitted, soaked in ¼ cup hot water for ½ hour	1 teaspoon ground cinnamon
	1 teaspoon pure vanilla bean powder or alcohol-free vanilla extract

In a saucepan, bring water to a boil and stir in oats. Reduce heat, cover and simmer 12–15 minutes or until oats are tender and water is absorbed, stirring occasionally. Meanwhile, in a high-powered blender, purée the dates, soaking water, cherries, flaxseeds, cinnamon, and vanilla until very smooth. Pour into the oats about 5 minutes before the end of the cooking time.

Note: If desired, top with additional chopped thawed frozen cherries.

PER SERVING: CALORIES 295; PROTEIN 9G; CARBOHYDRATES 58G; SUGARS 23G; TOTAL FAT 4.9G; SATURATED FAT 0.2G; SODIUM 12MG; FIBER 9.5G; BETA-CAROTENE 427MCG; VITAMIN C 1MG; CALCIUM 74MG; IRON 2.7MG; FOLATE 11MCG; MAGNESIUM 37MG; POTASSIUM 297MG; ZINC 0.4MG; SELENIUM 0.9MCG

Teff Porridge with Walnuts and Berries

SERVES 4

Teff is a tiny whole grain with a mild, nutty flavor that is popular in Ethiopian cooking.

1 cup teff	½ cup chopped, pitted dates
1 ½ cups unsweetened soy, hemp, or almond milk	½ teaspoon cinnamon
1 ½ cups water	¼ cup chopped walnuts or pecans
	½ cup berries

Place the teff in a medium saucepan and lightly toast until kernels start to pop, stirring constantly. Add nondairy milk and water to the saucepan and bring to a boil. Reduce heat, cover and simmer for 10 minutes. Stir in the dates and cinnamon and continue cooking, stirring frequently to prevent sticking, for another 5 to 10 minutes until water is absorbed and teff is soft. Remove from heat and stir in nuts and fruit. To reheat, add additional nondairy milk if needed to achieve desired consistency.

PER SERVING: CALORIES 303; PROTEIN 9G; CARBOHYDRATES 54G; SUGARS 15G; TOTAL FAT 7.1G; SATURATED FAT 0.7G; SODIUM 80MG; FIBER 6.4G; BETA-CAROTENE 11MCG; VITAMIN C 2MG; CALCIUM 302MG; IRON 4.5MG; FOLATE 13MCG; MAGNESIUM 117MG; POTASSIUM 374MG; ZINC 2.1MG; SELENIUM 3.1MCG

Bing Cherry Walnut Vinaigrette

SERVES 8

3 cups fresh pitted or thawed frozen cherries	½ cup Dr. Fuhrman's Pomegranate Balsamic Vinegar or other balsamic vinegar
1 cup tart cherry juice or pomegranate juice	¼ cup unsweetened dried cherries, or 6 regular or 3 Medjool dates, pitted
¾ cup walnuts	
2 tablespoons ground chia seeds	

Blend all ingredients in a high-powered blender until smooth and creamy, adding more cherry juice if needed to facilitate blending.

PER SERVING: CALORIES 156; PROTEIN 3G; CARBOHYDRATES 19G; SUGARS 12G; TOTAL FAT 8.3G; SATURATED FAT 0.8G; SODIUM 8MG; FIBER 2.8G; BETA-CAROTENE 305MCG; VITAMIN C 2MG; CALCIUM 42MG; IRON 1MG; FOLATE 21MCG; MAGNESIUM 35MG; POTASSIUM 215MG; ZINC 0.6MG; SELENIUM 2MCG

Creamy Ginger Dressing

SERVES 2

¼ cup unsweetened almond milk	2 tablespoons unhulled sesame seeds
1 teaspoon finely grated ginger	1 tablespoon rice vinegar
1 tablespoon reduced-sodium miso	

Blend ingredients until smooth.

PER SERVING: CALORIES 67; PROTEIN 2G; CARBOHYDRATES 4G; TOTAL FAT 5.1G; SATURATED FAT 0.7G; SODIUM 185MG; FIBER 1.3G; BETA-CAROTENE 3MCG; CALCIUM 151MG; IRON 1.5MG; FOLATE 10MCG; MAGNESIUM 37MG; POTASSIUM 83MG; ZINC 0.8MG; SELENIUM 3MCG

Curried Peanut Butter Dressing

SERVES 2

2 tablespoons no-oil-added, unsalted peanut butter	1 teaspoon lime juice
1 teaspoon curry powder	2 teaspoons rice vinegar
½ teaspoon coconut aminos	3 tablespoons warm water

Combine all ingredients with a whisk. Add more water if needed to achieve a creamy consistency.

PER SERVING: CALORIES 96; PROTEIN 4G; CARBOHYDRATES 4G; SUGARS 1G; TOTAL FAT 7.8G; SATURATED FAT 1.1G; SODIUM 58MG; FIBER 1.6G; BETA-CAROTENE 7MCG; VITAMIN C 1MG; CALCIUM 15MG; IRON 0.7MG; FOLATE 24MCG; MAGNESIUM 31MG; POTASSIUM 124MG; ZINC 0.6MG; SELENIUM 1.3MCG

Hemp Seed and Herb Dressing

SERVES 4

¼ cup hemp seeds	1 Medjool or 2 regular dates, pitted
¼ cup raw almonds	1 clove garlic
½ cup water	¼ teaspoon dried oregano
2 tablespoons Dr. Fuhrman's Riesling Reserve Vinegar or apple cider vinegar	¼ teaspoon dried basil
	¼ teaspoon black pepper

Blend ingredients in a high-powered blender until smooth and creamy. Add additional water as needed to adjust consistency.

PER SERVING: CALORIES 121; PROTEIN 5G; CARBOHYDRATES 6G; SUGARS 3G; TOTAL FAT 8.8G; SATURATED FAT 0.8G; SODIUM 2MG; FIBER 2.5G; BETA-CAROTENE 2MCG; CALCIUM 37MG; IRON 1.7MG; FOLATE 5MCG; MAGNESIUM 87MG; POTASSIUM 93MG; ZINC 1.3MG; SELENIUM 0.5MCG

Lemon Chia Dressing

SERVES 2

½ cup water	2 tablespoons chia seeds
2 Medjool or 4 regular dates, pitted	3 tablespoons Dr. Fuhrman's Lemon Basil Vinegar or fresh lemon juice
3 tablespoons raw cashews	

Blend all ingredients until smooth.

PER SERVING: CALORIES 192; PROTEIN 5G; CARBOHYDRATES 28G; SUGARS 17G; TOTAL FAT 8.8G; SATURATED FAT 1.3G; SODIUM 6MG; FIBER 5.6G; BETA-CAROTENE 22MCG; VITAMIN C 9MG; CALCIUM 88MG; IRON 1.9MG; FOLATE 11MCG; MAGNESIUM 86MG; POTASSIUM 316MG; ZINC 1.3MG; SELENIUM 8.2MCG

Nutritarian Caesar Dressing

SERVES 6

1/3 cup raw cashews	1/2 teaspoon low-sodium white miso
2 tablespoons hemp seeds	2 teaspoons Dijon mustard
6 ounces firm silken tofu	4 regular or 2 Medjool dates, pitted
3 large cloves garlic	1 teaspoon kelp granules
2 medium celery stalks, chopped	2 tablespoons nutritional yeast
1/2 cup water	Freshly ground pepper to taste
1/4 cup freshly squeezed lemon juice	

Blend all ingredients in a high-powered blender until smooth, adding some nondairy milk if needed to adjust consistency. Taste and adjust seasonings and refrigerate until ready to use. Makes about 2 1/2 cups.

PER SERVING: CALORIES 91; PROTEIN 5G; CARBOHYDRATES 9G; SUGARS 4G; TOTAL FAT 4.3G; SATURATED FAT 0.8G; SODIUM 62MG; FIBER 1.6G; BETA-CAROTENE 37MCG; VITAMIN C 5MG; CALCIUM 27MG; IRON 1.1MG; FOLATE 10MCG; MAGNESIUM 39MG; POTASSIUM 190MG; ZINC 1.2MG; SELENIUM 2.5MCG

Orange Sesame Dressing

SERVES 4

6 tablespoons unhulled sesame seeds, divided	1/4 cup Dr. Fuhrman's Blood Orange Vinegar or white wine vinegar
2 navel oranges, peeled	1/4 cup raw cashews

Lightly toast the sesame seeds in a dry skillet over medium-high heat for about 3 minutes, shaking the pan frequently. In a high-powered blender, combine oranges, vinegar, cashews, and 4 tablespoons of the sesame seeds. Toss with the salad, sprinkling remaining sesame seeds on top of the salad.

PER SERVING: CALORIES 162; PROTEIN 5G; CARBOHYDRATES 15G; SUGARS 7G; TOTAL FAT 10.5G; SATURATED FAT 1.6G; SODIUM 4MG; FIBER 3.4G; BETA-CAROTENE 61MCG; VITAMIN C 41MG; CALCIUM 165MG; IRON 3MG; FOLATE 39MCG; MAGNESIUM 81MG; POTASSIUM 246MG; ZINC 1.6MG; SELENIUM 6.4MCG

Russian Fig Dressing

SERVES 4

½ cup no-salt-added or low-sodium pasta sauce	3 tablespoons Dr. Fuhrman's Black Fig Vinegar or balsamic vinegar
⅓ cup raw almonds	1 tablespoon raisins
2 tablespoons raw sunflower seeds	

Blend all ingredients in a high-powered blender until smooth.

PER SERVING: CALORIES 127; PROTEIN 4G; CARBOHYDRATES 10G; SUGARS 5G; TOTAL FAT 8.6G; SATURATED FAT 0.7G; SODIUM 13MG; FIBER 2.5G; BETA-CAROTENE 127MCG; VITAMIN C 0.7MG; CALCIUM 48MG; IRON 1.1MG; FOLATE 20MCG; MAGNESIUM 54MG; POTASSIUM 243MG; ZINC 0.67MG; SELENIUM 3MCG

Seedy Ranch Dressing

SERVES 4

½ cup hemp seeds	1 teaspoon coconut aminos
¼ cup raw cashews	1 small clove garlic
½ cup unsweetened soy, hemp, or almond milk	¼ teaspoon black pepper
3 tablespoons fresh lemon juice	½ teaspoon dried parsley
1 ½ tablespoons nutritional yeast	½ teaspoon dried dill

Blend all ingredients except parsley and dill in a high-powered blender until creamy and smooth. Add additional nondairy milk if needed to adjust consistency. Add parsley and dill and pulse for just a few seconds to combine.

PER SERVING: CALORIES 182; PROTEIN 10G; CARBOHYDRATES 7G; SUGARS 1G; TOTAL FAT 14G; SATURATED FAT 1.6G; SODIUM 83MG; FIBER 2G; BETA-CAROTENE 50MCG; VITAMIN C 6MG; CALCIUM 89MG; IRON 2.5MG; FOLATE 29MCG; MAGNESIUM 174MG; POTASSIUM 319MG; ZINC 3.3MG; SELENIUM 1.8MCG

Walnut Vinaigrette Dressing

SERVES 4

¼ cup balsamic vinegar	1 teaspoon Dijon mustard
½ cup water	1 clove garlic
¼ cup walnuts	¼ teaspoon dried thyme
¼ cup raisins	

Blend all ingredients in a high-powered blender until smooth.

PER SERVING: CALORIES 84; PROTEIN 1G; CARBOHYDRATES 11G; SUGARS 8G; TOTAL FAT 4.2G; SATURATED FAT 0.4G; SODIUM 21MG; FIBER 0.8G; BETA-CAROTENE 3MCG; VITAMIN C 1MG; CALCIUM 20MG; IRON 0.6MG; FOLATE 7MCG; MAGNESIUM 16MG; POTASSIUM 119MG; ZINC 0.3MG; SELENIUM 0.9MCG

White Bean Dressing

SERVES 6

This works great as a salad dressing or a sauce for cooked vegetables.

1 (15-ounce) can no-salt-added or low-sodium great northern or other white bean, undrained	1 ½ teaspoons onion powder
2 tablespoons hemp seeds	½ teaspoon garlic powder
2 tablespoons lemon juice	1 teaspoon dried basil
1 tablespoon rice vinegar	1 teaspoon dried oregano
	1 teaspoon reduced-sodium white miso paste

Blend ingredients in a high-powered blender until smooth. Add water if needed to adjust consistency.

PER SERVING: CALORIES 89; PROTEIN 5G; CARBOHYDRATES 13G; TOTAL FAT 2G; SATURATED FAT 0.2G; SODIUM 27MG; FIBER 5.1G; BETA-CAROTENE 3MCG; VITAMIN C 2MG; CALCIUM 47MG; IRON 1.9MG; FOLATE 68MCG; MAGNESIUM 58MG; POTASSIUM 273MG; ZINC 0.9MG; SELENIUM 0.8MCG

Aquafaba Hummus

SERVES 6

Aquafaba (“water-bean”) is the starchy liquid found in canned beans or the liquid left over from cooking your own. It acts as a great binder in recipes.

1 clove garlic	¼ cup unhulled sesame seeds
1 (15-ounce) can no-salt-added or low-sodium chickpeas, drained, with liquid reserved	1 bulb roasted garlic
3 tablespoons fresh lemon juice	½ teaspoon chili powder
	½ teaspoon cumin

Roast the bulb of garlic at 300°F for 20 minutes. Squeeze out the soft, cooked garlic cloves from the bulb and blend all ingredients along with ¼ cup of the reserved chickpea liquid (called aquafaba) in a high-powered blender until very smooth and creamy. Add additional liquid if needed to adjust consistency.

PER SERVING: CALORIES 114; PROTEIN 5G; CARBOHYDRATES 16G; SUGARS 2G; TOTAL FAT 4.2G; SATURATED FAT 0.5G; SODIUM 9MG; FIBER 4.1G; BETA-CAROTENE 42MCG; VITAMIN C 6MG; CALCIUM 93MG; IRON 2.3MG; FOLATE 78MCG; MAGNESIUM 44MG; POTASSIUM 189MG; ZINC 1.2MG; SELENIUM 4.6MCG

Cheezy Bean Dip

SERVES 4

1 ½ cups cooked or 1 (15-ounce) can no-salt-added or low-sodium white beans, drained	1 tablespoon Dijon mustard
2 tablespoons unhulled sesame seeds	1 tablespoon apple cider vinegar
¼ cup nutritional yeast	1 tablespoon water
1 small clove garlic	½ teaspoon smoked paprika
	Pinch cayenne pepper

Blend ingredients in a high-powered blender until smooth. Add additional water if needed to adjust consistency.

PER SERVING: CALORIES 154; PROTEIN 11G; CARBOHYDRATES 21G; TOTAL FAT 3G; SATURATED FAT 0.5G; SODIUM 52MG; FIBER 7G; BETA-CAROTENE 80MCG; CALCIUM 114MG; IRON 3.6MG; FOLATE 59MCG; MAGNESIUM 71MG; POTASSIUM 416MG; ZINC 2.9MG; SELENIUM 3.8MCG

Chocolate Hemp Seed Butter

SERVES 8

1 cup hemp seeds	1 ½ tablespoons unsweetened natural cocoa powder
¼ cup unsweetened soy, hemp, or almond milk	3 Medjool or 6 regular dates, pitted

Blend ingredients in a high-powered blender until smooth and creamy. Add additional nondairy milk if needed to adjust consistency.

PER SERVING: CALORIES 139; PROTEIN 7G; CARBOHYDRATES 9G; SUGARS 6G; TOTAL FAT 10G; SATURATED FAT 1G; SODIUM 7MG; FIBER 1.7G; BETA-CAROTENE 9MCG; CALCIUM 37MG; IRON 1.8MG; FOLATE 24MCG; MAGNESIUM 150MG; POTASSIUM 318MG; ZINC 2.1MG; SELENIUM 0.1MCG

Garlic Nutter

SERVES 8

Use to season cooked vegetables or add extra flavor to soups and sauces. Spread it on a wrap or pita sandwich. Make a salad dressing by adding tomato sauce, vinegar, and some basil.

2 bulbs garlic	⅓ cup water or unsweetened nondairy milk
¾ cup raw cashews	1 tablespoon nutritional yeast
¼ cup hemp seeds	

Preheat oven to 350°F. Roast garlic in a small baking dish for about 25 minutes or until soft. Cool, and then squeeze roasted garlic from skins. Blend garlic and remaining ingredients in a high-powered blender until smooth.

To make Garlic Dijon Dressing: Add balsamic vinegar, Dijon mustard, and additional water or nondairy milk to achieve desired consistency.

To make Garlic Marinara Dressing: Add low-sodium pasta sauce and balsamic or fig vinegar.

To make Pesto: Add 3 cups of basil, 1 clove raw garlic, and lemon juice.

PER SERVING: CALORIES 122; PROTEIN 5G; CARBOHYDRATES 9G; SUGARS 1G; TOTAL FAT 8.5G; SATURATED FAT 1.4G; SODIUM 5MG; FIBER 1G; BETA-CAROTENE 1MCG; VITAMIN C 4MG; CALCIUM 31MG; IRON 1.4MG; FOLATE 15MCG; MAGNESIUM 73MG; POTASSIUM 178MG; ZINC 1.5MG; SELENIUM 3.1MCG

Nutritarian Cream Cheese

SERVES 6

2 tablespoons agar flakes (see Note)	1 tablespoon lemon juice
1 cup water, divided	1 teaspoon arrowroot powder
½ cup raw cashews	½ teaspoon reduced-sodium miso
1 tablespoon hemp seeds	¼ teaspoon garlic powder
2 tablespoons nutritional yeast	¼ teaspoon onion powder

Mix agar flakes and ½ cup of the water in a small pan. Slowly bring to a boil and simmer until flakes dissolve, about 3–5 minutes. Remove from heat. Blend remaining ½ cup water and all other ingredients in a high-powered blender until smooth. Add agar mixture and blend again until well-dispersed. Refrigerate 1–2 hours until firm.

Note: If using agar powder instead of flakes, reduce amount to 2 teaspoons. To make without agar, use only enough water to achieve desired consistency, about 2 tablespoons. It will not firm up or “gel.”

PER SERVING: CALORIES 76; PROTEIN 3G; CARBOHYDRATES 5G; SUGARS 1G; TOTAL FAT 5.1G; SATURATED FAT 0.9G; SODIUM 13MG; FIBER 1G; VITAMIN C 1MG; CALCIUM 11MG; IRON 1MG; FOLATE 8MCG; MAGNESIUM 41MG; POTASSIUM 88MG; ZINC 1.2MG; SELENIUM 2.4MCG

Whipped Pistachio Butter

SERVES 8

1 cup raw unsalted, shelled pistachios	¼–½ cup coconut water or more as needed to facilitate blending
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In a high-powered blender, blend the pistachios and just enough coconut water so that the mixture moves. Blend on high speed until smooth and fluffy. Refrigerate for several hours so it can thicken.

PER SERVING: CALORIES 88; PROTEIN 3G; CARBOHYDRATES 5G; SUGARS 1G; TOTAL FAT 7G; SATURATED FAT 0.9G; SODIUM 8MG; FIBER 1.7G; BETA-CAROTENE 38MCG; VITAMIN C 1MG; CALCIUM 18MG; IRON 0.6MG; FOLATE 8MCG; MAGNESIUM 20MG; POTASSIUM 176MG; ZINC 0.3MG; SELENIUM 1.2MCG

Dukkah Spice Blend

SERVES 13

Dukkah is a Middle Eastern seasoning made with nuts, seeds, and spices. Sprinkle it on salads, soups, or vegetables for great flavor and extra crunch.

½ cup hazelnuts	1 tablespoon cumin
¼ cup blanched almonds	1 tablespoon paprika
3 tablespoons sunflower seeds	1 tablespoon turmeric
1 tablespoon fennel seeds	2 tablespoons unhulled black sesame seeds
3 tablespoons coriander seeds	
3 tablespoons unhulled white sesame seeds	

In a food processor or blender pulse chop the hazelnuts and almonds to small pieces. In a pan over low heat, lightly toast the hazelnuts, almonds, and sunflower seeds (about 3 minutes), stirring occasionally. Place in a blender. Add the fennel, coriander, and white sesame seeds to the same pan and lightly toast (about 2 minutes), stirring occasionally. Add to the blender and pulse a few times until mixture is chopped a bit more, but not a powder. Add cumin, paprika, turmeric, and black sesame seeds and pulse a few more times to combine. Store refrigerated in an airtight container.

PER SERVING: CALORIES 91; PROTEIN 3G; CARBOHYDRATES 4G; TOTAL FAT 7.9G; SATURATED FAT 0.7G; SODIUM 3MG; FIBER 2.4G; BETA-CAROTENE 142MCG; VITAMIN C 1MG; CALCIUM 68MG; IRON 1.8MG; FOLATE 16MCG; MAGNESIUM 44MG; POTASSIUM 138MG; ZINC 0.7MG; SELENIUM 2.9MCG

Curried Egg-less Salad with Cashews and Dried Apricots

SERVES 6

1 pound extra-firm tofu, drained and pressed (see Note)	¼ cup chopped scallions
1 (12.3-ounce) package firm silken tofu	¼ cup minced red pepper
1 tablespoon curry powder	½ cup currants
2 tablespoons lemon juice	¼ cup chopped cilantro
1 orange, peeled	¼ cup minced English cucumber
Pinch cayenne pepper	1 cup chopped romaine
½ cup chopped unsulfured dried apricots, divided	½ cup chopped cashews (toast on lowest setting in toaster oven for 3 minutes)
¼ cup minced celery	6 slices (100% whole grain) bread or pitas (optional)

While the extra-firm tofu is being pressed, purée the silken tofu, curry powder, lemon juice, orange, cayenne, and ¼ cup of the dried apricots in a high-powered blender until smooth. Crumble the pressed tofu into a large mixing bowl and stir in the purée. Add the celery, scallions, red pepper, currants, cilantro, cucumber, and remaining ¼ cup apricots and mix well. Cover and refrigerate for at least an hour to let the flavors mingle and the apricots soften more. Serve on a bed of chopped romaine, with the cashews sprinkled on top.

Note: Wrap tofu in paper towels, place something heavy on top, and let sit for 30 minutes to remove excess moisture.

PER SERVING: CALORIES 361; PROTEIN 19G; CARBOHYDRATES 50G; SUGARS 19G; TOTAL FAT 12G; SATURATED FAT 1.8G; SODIUM 148MG; FIBER 9.1G; BETA-CAROTENE 4,819MCG; VITAMIN C 23MG; CALCIUM 140MG; IRON 5.5MG; FOLATE 89MCG; MAGNESIUM 77MG; POTASSIUM 704MG; ZINC 1.4MG; SELENIUM 3.3MCG

Edamame, Corn, and Tomato Salad with Balsamic Dressing

SERVES 4

2 cups frozen edamame, thawed	2 tablespoons chopped parsley
1 cup frozen corn kernels, thawed	2 tablespoons balsamic vinegar
1 cup halved cherry or grape tomatoes	2 tablespoons rice vinegar
½ cup chopped red bell pepper	1 tablespoon low-sodium ketchup
½ cup finely chopped red onion	1 teaspoon stone-ground mustard

In a large bowl, combine edamame, corn, tomatoes, pepper, onion, and parsley. Whisk together balsamic and rice vinegar, ketchup, and mustard. Toss vinegar mixture with salad. Refrigerate for 1 hour to blend flavors. Toss again before serving.

PER SERVING: CALORIES 169; PROTEIN 11G; CARBOHYDRATES 24G; SUGARS 8G; TOTAL FAT 4.6G; SATURATED FAT 0.6G; SODIUM 29MG; FIBER 6.5G; BETA-CAROTENE 612MCG; VITAMIN C 41MG; CALCIUM 67MG; IRON 2.5MG; FOLATE 279MCG; MAGNESIUM 75MG; POTASSIUM 657MG; ZINC 1.5MG; SELENIUM 0.9MCG

Greens and Berries Salad with Raspberry Dressing

SERVES 2

5 cups mixed baby greens
5 cups chopped romaine lettuce
1 cup halved cherry tomatoes
¼ small red onion, sliced
¼ cup shredded carrots
1 cup fresh raspberries
¼ cup chopped almonds, lightly toasted

FOR THE DRESSING

1¼ cups frozen raspberries
½ apple, peeled, cored, and quartered
4 regular or 2 Medjool dates, pitted
½ clove garlic
½ teaspoon Dijon mustard
¼ cup water
1 tablespoon Dr. Fuhrman's Riesling Reserve Vinegar or apple cider vinegar
1 teaspoon fresh lime juice

Combine all salad ingredients, except raspberries and almonds. Add raspberries and toss lightly. Sprinkle almonds on top. Combine dressing ingredients in a high-powered blender. Pour desired amount over salad.

PER SERVING: CALORIES 347; PROTEIN 11G; CARBOHYDRATES 59G; SUGARS 34G; TOTAL FAT 11.6G; SATURATED FAT 0.9G; SODIUM 97MG; FIBER 19.5G; BETA-CAROTENE 16,175MCG; VITAMIN C 77MG; CALCIUM 259MG; IRON 5.2MG; FOLATE 371MCG; MAGNESIUM 172MG; POTASSIUM 1,577MG; ZINC 2.5MG; SELENIUM 2.8MCG

Kale, Cabbage, and Mushroom Salad

SERVES 2

FOR THE DRESSING (SEE NOTE)

½ cup water
¼ cup rice vinegar
¼ cup unhulled sesame seeds
1 teaspoon lemon zest
2 teaspoons coconut aminos

FOR THE SALAD

8 ounces mushrooms, sliced
3 cups chopped kale, tough stems removed
3 cups thinly sliced cabbage, or baby bok choy
½ cup chopped scallions
¼ cup grated carrot
½ cup pomegranate seeds (optional)

Blend dressing ingredients in a high-powered blender. Heat 2 tablespoons water in a sauté pan and water-sauté mushrooms until softened and tender. Allow to cool. Place chopped kale in a large salad bowl, add 2 tablespoons of the dressing, and using your fingers, massage the kale for a minute or two until it starts to wilt. Add sautéed mushrooms, cabbage, scallions, and carrot. Toss with desired amount of dressing. Garnish with pomegranate seeds, if desired.

Note: If you don't have time to make a dressing, you can use any of Dr. Fuhrman's no-oil bottled salad dressings in this recipe.

PER SERVING: CALORIES 256; PROTEIN 13G; CARBOHYDRATES 35G; SUGARS 12G; TOTAL FAT 10.6G; SATURATED FAT 1.5G; SODIUM 309MG; FIBER 10.3G; BETA-CAROTENE 10.606MCG; VITAMIN C 171MG; CALCIUM 389MG; IRON 6.2MG; FOLATE 145MCG; MAGNESIUM 135MG; POTASSIUM 1,308MG; ZINC 2.9MG; SELENIUM 18.3MCG

Kohlrabi Apple Slaw

SERVES 4

3 small kohlrabi bulbs (about 1 pound), peeled, cored, and cut into ¼-inch matchsticks (you can also use jicama instead of kohlrabi)
1 apple, cored and cut into ¼-inch matchsticks
1 shallot, thinly sliced
1 carrot, peeled and grated
¼ cup chopped walnuts
Black pepper to taste

FOR THE DRESSING

1 orange, juiced (about ½ cup juice)
¼ cup unsweetened soy, hemp, or almond milk
¼ cup raw almonds
1 tablespoon balsamic vinegar

Combine kohlrabi, apple, shallot, carrot, and walnuts in a medium bowl. Blend dressing ingredients in a high-powered blender. Toss salad with desired amount of dressing. Season with black pepper.

PER SERVING: CALORIES 159; PROTEIN 5G; CARBOHYDRATES 20G; SUGARS 11G; TOTAL FAT 8.1G; SATURATED FAT 0.7G; SODIUM 45MG; FIBER 6.5G; BETA-CAROTENE 1,307MCG; VITAMIN C 82MG; CALCIUM 94MG; IRON 1.2MG; FOLATE 42MCG; MAGNESIUM 57MG; POTASSIUM 608MG; ZINC 0.5MG; SELENIUM 1.4MCG

Napa Cabbage Slaw

SERVES 4

FOR THE DRESSING

3 tablespoons no-oil-added, unsalted peanut butter
6 tablespoons warm water
1 Medjool or 2 regular dates, pitted
1 tablespoon apple cider vinegar
1 teaspoon reduced-sodium miso
¼ teaspoon grated ginger

FOR THE SALAD

2 heads napa cabbage, finely chopped
2 cups finely chopped baby kale
3 green onions, chopped
1 cup cooked beans, any variety
1 cup fresh or defrosted frozen corn kernels
1 ripe avocado, cubed
¼ cup fresh parsley

To make the dressing, blend the peanut butter, water, dates, vinegar, miso, and ginger. Place the salad ingredients in a large bowl and combine. Toss with desired amount of dressing. Refrigerate at least 1 hour and toss again before serving.

PER SERVING: CALORIES 289; PROTEIN 13G; CARBOHYDRATES 39G; SUGARS 8G; TOTAL FAT 12.4G; SATURATED FAT 2.2G; SODIUM 107MG; FIBER 10.4G; BETA-CAROTENE 3,729MCG; VITAMIN C 99MG; CALCIUM 167MG; IRON 3.1MG; FOLATE 296MCG; MAGNESIUM 112MG; POTASSIUM 1,210MG; ZINC 1.9MG; SELENIUM 2.6MCG

Roasted Vegetable Salad with Balsamic Vinaigrette

SERVES 4

2 medium zucchini, sliced
1 red bell pepper, sliced
1 yellow or orange bell pepper, sliced
2 cups quartered mushrooms
1 red onion, sliced
1 tablespoon balsamic vinegar
1 teaspoon Dr. Fuhrman's VegiZest
Seasoning (or other no-salt
seasoning blend, adjusted to taste)
5 ounces mixed salad greens

FOR THE DRESSING (SEE NOTE)

¼ cup water
2 tablespoons balsamic vinegar
2 tablespoons raw almond butter
¼ teaspoon onion powder
¼ teaspoon garlic powder
⅛ teaspoon dried oregano
⅛ teaspoon dried basil

Preheat oven to 350°F. Toss zucchini, peppers, mushrooms, and onions with balsamic vinegar and no-salt seasoning. Place on a nonstick silicon baking sheet and bake for 20 minutes or until tender, stirring occasionally.

To make the dressing, whisk water, vinegar, and almond butter together until mixture is smooth and almond butter is evenly dispersed. Mix in remaining ingredients. Top salad greens with roasted vegetables and desired amount of dressing.

Note: This dressing works well on any salad. In a rush? Substitute Dr. Fuhrman's bottled Almond Balsamic Salad Dressing.

PER SERVING: CALORIES 127; PROTEIN 6G; CARBOHYDRATES 17G; SUGARS 8G; TOTAL FAT 5.3G; SATURATED FAT 0.5G; SODIUM 31MG; FIBER 4.4G; BETA-CAROTENE 2,735MCG; VITAMIN C 149MG; CALCIUM 90MG; IRON 1.9MG; FOLATE 106MCG; MAGNESIUM 71MG; POTASSIUM 797MG; ZINC 1.2MG; SELENIUM 5.4MCG

Sunrise Salad

SERVES 4

8 Brussels sprouts, halved	1 green bell pepper, sliced
2 cups mushrooms	1 cup low-sodium salsa
4 cups greens, such as romaine, spinach, kale, or chard	1/3 cup unhulled sesame seeds
1 1/2 cups or 1 (15-ounce) can no-salt- added or low-sodium black beans, drained	Dash turmeric
1/2 onion, sliced	Dash ground black pepper
	1 avocado, pitted and sliced (optional)
	2 cups raspberries

Steam Brussels sprouts until tender, about 10 minutes. Lightly sauté mushrooms using a small amount of water if needed to prevent sticking.

Divide greens among four plates. Top with beans, onion, bell pepper, Brussels sprouts, mushrooms, salsa, and sesame seeds. Season with turmeric and black pepper to taste. If desired, add avocado slices. Serve with 1/2 cup of raspberries on the side of each plate.

PER SERVING: CALORIES 241; PROTEIN 13G; CARBOHYDRATES 37G; SUGARS 8G; TOTAL FAT 7.2G; SATURATED FAT 1G; SODIUM 26MG; FIBER 15G; BETA-CAROTENE 2,873MCG; VITAMIN C 90MG; CALCIUM 195MG; IRON 5.3MG; FOLATE 227MCG; MAGNESIUM 129MG; POTASSIUM 959MG; ZINC 2.5MG; SELENIUM 9.5MCG

Black Bean and Butternut Squash Chili

SERVES 5

2 cups chopped onions	2 teaspoons ground cumin
3 cloves garlic, chopped	2 cups low-sodium or no-salt-added vegetable broth
2 ½ cups chopped (½-inch pieces) butternut squash	1 ½ cups no-salt-added diced tomatoes, packaged in non-BPA packaging
4 ½ cups or 3 (15-ounce) cans no-salt-added or low-sodium black beans, undrained	1 bunch Swiss chard, tough stems removed, chopped
2 tablespoons chili powder (see Note)	

Add all ingredients except Swiss chard to a large pot. Bring to a boil, reduce heat, and simmer, uncovered, until squash is tender, about 20 minutes. Stir in Swiss chard and simmer until chard is tender, about 4 minutes.

Note: If you like it spicy, use a hot chili powder blend.

PER SERVING: CALORIES 300; PROTEIN 17G; CARBOHYDRATES 58G; SUGARS 6G; TOTAL FAT 1.8G; SATURATED FAT 0.4G; SODIUM 204MG; FIBER 18.4G; BETA-CAROTENE 4,928MCG; VITAMIN C 38MG; CALCIUM 146MG; IRON 6MG; FOLATE 276MCG; MAGNESIUM 180MG; POTASSIUM 1,231MG; ZINC 2.4MG; SELENIUM 3.8MCG

Butternut Breakfast Soup

SERVES 6

4 cups frozen butternut squash	½ cup unsweetened soy, almond, or hemp milk
2 medium apples, peeled, seeded, and chopped	½ cup raw cashews
4 cups (packed) kale, tough stems and center ribs removed and leaves chopped, or frozen, chopped	¼ cup hemp seeds
1 cup chopped onion	1 teaspoon cinnamon
2 tablespoons Dr. Fuhrman's Pomegranate Balsamic Vinegar or other fruity vinegar	½ teaspoon nutmeg
5 cups carrot juice	

Place squash, apples, kale, onion, vinegar, and carrot juice in a soup pot. Bring to a boil, lower heat, cover, and simmer for 30 minutes or until kale is tender. Purée half of the soup with the nondairy milk, cashews, and hemp seeds in a high-powered blender. Return blended mixture to soup pot. Add cinnamon and nutmeg.

PER SERVING: CALORIES 310; PROTEIN 9G; CARBOHYDRATES 57G; SUGARS 18G; TOTAL FAT 8.3G; SATURATED FAT 1.3G; SODIUM 167MG; FIBER 9.7G; BETA-CAROTENE 28,816MCG; VITAMIN C 106MG; CALCIUM 266MG; IRON 4.2MG; FOLATE 70MCG; MAGNESIUM 158MG; POTASSIUM 1,524MG; ZINC 1.9MG; SELENIUM 8.4MCG

Chickpea, Greens, and Farro Stew

SERVES 4

3 cups or 2 (15-ounce) cans no-salt-added or low-sodium chickpeas with liquid, divided	1 cup sliced mushrooms
4 cups low-sodium or no-salt-added vegetable broth, divided	1 ½ cups diced tomatoes
1 medium onion, diced	1 teaspoon Herbes de Provence (see Note)
1 medium carrot, diced	¼ teaspoon black pepper
2 stalks celery, diced	½ cup farro
8 cloves garlic, chopped	3 cups finely chopped kale or collard greens

Blend one can of the chickpeas (including the liquid) with ½ cup of the vegetable broth until smooth. Place that and the remaining ingredients in a pot, bring to a boil, and then reduce heat, cover, and simmer for 30 minutes or until farro and vegetables are tender.

Note: Herbes de Provence, a combination of herbs typical of the Provence region of France, can be found in the spice section of most grocery stores. The stew can also be seasoned with a combination of dried thyme, savory, oregano, and fennel.

PER SERVING: CALORIES 377; PROTEIN 17G; CARBOHYDRATES 68G; SUGARS 10G; TOTAL FAT 4.6G; SATURATED FAT 0.4G; SODIUM 198MG; FIBER 16.1G; BETA-CAROTENE 6,282MCG; VITAMIN C 75MG; CALCIUM 198MG; IRON 6.3MG; FOLATE 253MCG; MAGNESIUM 92MG; POTASSIUM 897MG; ZINC 2.4MG; SELENIUM 5.5MCG

Corn and Red Lentil Chowder

SERVES 4

1 large onion, chopped	1 tablespoon peeled and grated ginger
1 tablespoon curry powder	¼ teaspoon black pepper
½ teaspoon turmeric	3 cups fresh or frozen corn kernels, divided
4 cups no-salt-added or low-sodium vegetable broth	2 cups finely chopped spinach or kale
2 cups water	
1 ½ cups dry red lentils, rinsed and drained	

Add onion, curry powder, turmeric, broth, water, lentils, ginger, and black pepper to a soup pot, bring to a boil, reduce heat, cover, and simmer for 20 minutes or until lentils are tender. Add 2 cups of the corn and cook for an additional 10 minutes, stirring occasionally. Place soup in a high-powered blender and blend until smooth and creamy. Return to soup pot, add remaining 1 cup of corn and the chopped spinach or kale and cook another 10 minutes, until greens have softened.

PER SERVING: CALORIES 392; PROTEIN 23G; CARBOHYDRATES 74G; SUGARS 4G; TOTAL FAT 2.9G; SATURATED FAT 0.5G; SODIUM 166MG; FIBER 11.9G; BETA-CAROTENE 3,176MCG; VITAMIN C 51MG; CALCIUM 123MG; IRON 7.5MG; FOLATE 203MCG; MAGNESIUM 92MG; POTASSIUM 877MG; ZINC 3.5MG; SELENIUM 7.4MCG

Dr. Fuhrman's Famous Anticancer Soup

SERVES 9

½ cup dried adzuki or other beans	½ cup dried split peas
5 cups water	4 medium onions
5 pounds organic carrots, juiced (about 6 cups carrot juice; see Note)	3 leeks, roots and 1 inch from top cut off
2 bunches celery, juiced (about 2 cups celery juice; see Note)	2 bunches kale, collard greens, or other greens
6 medium zucchini	¾ cup raw cashews
2 tablespoons Dr. Fuhrman's VegiZest (or other no-salt seasoning blend, adjusted to taste)	¼ cup hemp seeds
1 teaspoon Mrs. Dash salt-free seasoning or ⅓ teaspoon black pepper	10 ounces fresh mushrooms (shiitake, cremini, and/or white), chopped

Place the beans, 5 cups water, carrot juice, celery juice, zucchini, VegiZest, and Mrs. Dash seasoning in a large pot and bring to a boil, then reduce heat to a

simmer. Add the dried split peas to 1½ cups of water in a separate small covered pot and cook on a low flame for 30 minutes or until tender. Meanwhile, blend the onions and leeks with a small amount of the soup liquid and add to the pot and then do the same for the kale (or other dark greens) and add that purée back to the pot. Remove the softened zucchini with tongs, place in the blender along with cashews and hemp seeds and blend until creamy and add back to soup pot. Add the chopped mushrooms and continue to simmer for an additional 2 hours. Take the small pot of cooked split peas and blend until smooth and add to the main pot.

Note: Freshly juiced organic carrots and celery will maximize the flavor of this soup.

PER SERVING: CALORIES 335; PROTEIN 16G; CARBOHYDRATES 55G; SUGARS 15G; TOTAL FAT 9G; SATURATED FAT 1.4G; SODIUM 174MG; FIBER 10.9G; BETA-CAROTENE 21,994MCG; VITAMIN C 136MG; CALCIUM 225MG; IRON 5.7MG; FOLATE 209MCG; MAGNESIUM 180MG; POTASSIUM 1,749MG; ZINC 3.3MG; SELENIUM 8.2MCG

Edamame and Green Pea Soup

SERVES 3

1 small onion, chopped	2 cups finely chopped kale
2 stalks celery, chopped	⅛ teaspoon black pepper
4 cloves garlic, chopped	4 cups no-salt-added or low-sodium vegetable broth
2 cups frozen edamame	
2 cups frozen green peas	

Place all ingredients in a soup pot. Bring to a boil, reduce heat, and simmer for 25 minutes. Blend in a high-powered blender until smooth and creamy. Return to pot and reheat.

PER SERVING: CALORIES 256; PROTEIN 18G; CARBOHYDRATES 34G; SUGARS 8G; TOTAL FAT 6.1G; SATURATED FAT 0.8G; SODIUM 327MG; FIBER 11.2G; BETA-CAROTENE 5,288MCG; VITAMIN C 80MG; CALCIUM 200MG; IRON 5.2MG; FOLATE 396MCG; MAGNESIUM 111MG; POTASSIUM 908MG; ZINC 2.5MG; SELENIUM 2.9MCG

Mushroom and Wheat Berry Soup

SERVES 6

3/4 cup raw cashews, soaked in advance	1 teaspoon coconut aminos
8 cups no-salt-added or low-sodium vegetable broth, divided	1 teaspoon dried thyme
1 onion, chopped	1/8 teaspoon black pepper, or to taste
2 carrots, chopped	1/4 cup hemp seeds
4 ribs celery, chopped	1 1/2 cups cooked or 1 (15-ounce) can no-salt-added or low-sodium cannellini beans
8 cloves garlic, chopped	10 ounces mushrooms, sliced
1 cup organic wheat berries, rinsed and drained	

In a large soup pot, bring 7 cups of the vegetable broth to a simmer. Add onion, carrots, celery, garlic, wheat berries, coconut aminos, thyme, and black pepper. Return to a simmer, cover pot, and cook for 30 minutes. Place remaining cup of vegetable broth, soaked and drained cashews, hemp seeds, and beans in a high-powered blender and blend until very smooth. Add blended mixture to soup pot along with the mushrooms, partially cover, and cook for an additional 15 minutes, stirring occasionally.

PER SERVING: CALORIES 342; PROTEIN 16G; CARBOHYDRATES 47G; SUGARS 4G; TOTAL FAT 11.9G; SATURATED FAT 1.8G; SODIUM 246MG; FIBER 9.7G; BETA-CAROTENE 1,764MCG; VITAMIN C 5MG; CALCIUM 91MG; IRON 5.4MG; FOLATE 106MCG; MAGNESIUM 168MG; POTASSIUM 785MG; ZINC 3.4MG; SELENIUM 31.4MCG

Nutritarian Borscht

SERVES 4

1 onion, chopped
8 cloves garlic, chopped
2 medium beets, washed, peeled, and cut into bite-size pieces
4–6 cups no-salt-added or low-sodium vegetable broth
2 medium carrots, sliced into rounds
2 cups chopped cabbage
1 medium zucchini, chopped
1 cup chopped fresh green beans
½ cup frozen corn kernels or 1 ear corn, kernels removed
2 tomatoes, chopped
2 tablespoons lemon juice
1 bunch fresh dill, chopped (or 1–2 teaspoons dried dill)
2 tablespoons chopped fresh parsley

FOR THE “SOUR CREAM”

1 cup cashews, soaked overnight
1 Medjool or 2 regular dates, soaked overnight with the cashews
2 tablespoons fresh lemon juice
1 teaspoon apple cider vinegar
1 teaspoon white miso

Place onion, garlic, beets, and vegetable broth in a soup pot. Bring to a boil, then reduce heat, cover, and simmer for 10 minutes. Add carrots, cabbage, zucchini, green beans, corn, and tomatoes and cook for 30 minutes. Remove from heat and add lemon juice, dill, and parsley. Let sit for 10 minutes. Serve with a dollop of cashew “sour cream.”

To make the cashew “sour cream,” drain the cashews and dates, reserving the soaking liquid. In a high-powered blender, purée the cashews, dates, lemon juice, vinegar, and miso plus ½ cup of the soaking liquid. Add additional liquid if needed to facilitate blending. Chill until ready to use. Leftover “sour cream” will keep for several days and can be used with other dishes.

PER SERVING: CALORIES 319; PROTEIN 10G; CARBOHYDRATES 39G; SUGARS 16G; TOTAL FAT 15.8G; SATURATED FAT 2.8G; SODIUM 299MG; FIBER 7G; BETA-CAROTENE 2,820MCG; VITAMIN C 46MG; CALCIUM 116MG; IRON 4.4MG; FOLATE 121MCG; MAGNESIUM 149MG; POTASSIUM 896MG; ZINC 2.8MG; SELENIUM 8.1MCG

Soybean and Red Lentil Soup

SERVES 8

1 cup dried soybeans, soaked overnight and drained

1 onion, chopped

2 carrots, chopped

2 stalks celery, chopped

4 cloves garlic, chopped

2 cups red lentils, rinsed

14 ounces crushed tomatoes

6 cups vegetable broth

2 teaspoons ground cumin

2 teaspoons ground coriander

¼ teaspoon black pepper

4 cups thinly sliced kale

½ lemon, juiced

Place soybeans in a large soup pot along with 4 cups of water. Bring to a boil, reduce heat, partially cover, and simmer for 2½ hours. Add onion, carrots, celery, garlic, red lentils, tomatoes, vegetable broth, cumin, coriander, and black pepper to the soybeans, bring to a simmer and cook for 30 minutes, or until lentils are soft and vegetables are tender. Add additional vegetable broth if needed to adjust consistency. Add kale and heat until wilted. Remove from heat and stir in lemon juice.

PER SERVING: CALORIES 322; PROTEIN 22G; CARBOHYDRATES 46G; SUGARS 2G; TOTAL FAT 6.3G; SATURATED FAT 0.9G; SODIUM 143MG; FIBER 10.9G; BETA-CAROTENE 4,557MCG; VITAMIN C 51MG; CALCIUM 174MG; IRON 8.8MG; FOLATE 210MCG; MAGNESIUM 123MG; POTASSIUM 1,045MG; ZINC 3.4MG; SELENIUM 8.9MCG

Sweet and Sour Cabbage and Split Pea Soup

SERVES 4

6 unsulfured prunes, pitted	½ head cabbage, coarsely chopped
2 Granny Smith apples, cored and quartered	1 teaspoon dried basil
5 cups water, divided	1 teaspoon dried oregano
⅓ cup dried split peas	½ teaspoon dried thyme
1 large onion, chopped	Black pepper to taste
1 cup chopped carrots	3 tablespoons lemon juice
2 cups unsweetened soy, hemp, or almond milk	½ cup raw walnuts, toasted, then finely chopped
¼ cup hulled barley	1 teaspoon caraway seeds

Blend the prunes, apples, and 2 cups of the water in a high-powered blender until smooth and creamy. In a small pot, cook the split peas in 1½ cups of water, simmering for 20 minutes or until tender. Remove the split peas from the small pot and blend until smooth. Add blended prune mixture and blended split peas to a soup pot along with the remaining water, onion, carrots, nondairy milk, barley, cabbage, basil, oregano, thyme, and black pepper. Bring to a boil, reduce heat, cover, and simmer for 30 minutes or until barley and vegetables are tender. Stir in lemon juice, chopped walnuts, and caraway seeds.

PER SERVING: CALORIES 347; PROTEIN 13G; CARBOHYDRATES 52G; SUGARS 22G; TOTAL FAT 12.4G; SATURATED FAT 1.3G; SODIUM 106MG; FIBER 14.3G; BETA-CAROTENE 2,773MCG; VITAMIN C 56MG; CALCIUM 282MG; IRON 3.5MG; FOLATE 121MCG; MAGNESIUM 104MG; POTASSIUM 894MG; ZINC 2.1MG; SELENIUM 6.3MCG

Artichoke-Stuffed Portabella Mushrooms

SERVES 4

2 tablespoons no-salt-added or low-sodium vegetable broth or more as needed
1 small onion, sliced
½ red bell pepper, sliced
6 cloves garlic, minced
10 ounces frozen artichoke hearts, thawed and sliced
4 large portabella mushrooms, stems removed
¼ teaspoon garlic powder
¼ teaspoon dried basil
¼ teaspoon dried oregano
½ cup low-sodium pasta sauce
2 tablespoons pine nuts

FOR THE CASHEW “CHEESE”

1 cup raw cashews, soaked for at least 2 hours, then drained
2 tablespoons nutritional yeast
2 tablespoons freshly squeezed lemon juice
½ teaspoon coconut aminos
¼ teaspoon black pepper
¼ cup water

Preheat oven to 350°F. In a large skillet, heat vegetable broth and sauté onion and peppers until tender, about 4 minutes. Add garlic, cook for 30 seconds, then add sliced artichoke hearts and cook until heated through, about 2 minutes. Place mushrooms on a rimmed baking sheet, gill sides up, and sprinkle with garlic powder, basil, and oregano. Bake for 10 minutes. Top with pasta sauce and artichoke mixture, and sprinkle with pine nuts. Bake for an additional 10 minutes or until mushrooms are tender.

To make the Cashew “Cheese,” place the ingredients in a high-powered blender and blend until smooth, adding small amounts of additional water if needed to adjust consistency. Top mushrooms with a dollop of Cashew “Cheese” before serving. Store leftover Cashew “Cheese” refrigerated in a sealed container for up to 4 days.

PER SERVING: CALORIES 217; PROTEIN 10G; CARBOHYDRATES 22G; SUGARS 7G; TOTAL FAT 11.7G; SATURATED FAT 1.8G; SODIUM 88MG; FIBER 6.7G; BETA-CAROTENE 369MCG; VITAMIN C 28MG; CALCIUM 48MG; IRON 2.7MG; FOLATE 135MCG; MAGNESIUM 96MG; POTASSIUM 800MG; ZINC 2.9MG; SELENIUM 19.9MCG

Asian Ginger Lime Zoodles

SERVES 4

FOR THE SAUCE

1 ½ cups water

4 Medjool or 8 regular dates, pitted

¼ cup no-oil-added, unsalted peanut butter

3 tablespoons hemp seeds

1 teaspoon minced ginger

1 small clove garlic

1 tablespoon lime juice

1 teaspoon red curry powder

½ teaspoon chili powder

½ teaspoon ground cumin

4 large zucchini, cut into noodles using a spiralizer or vegetable peeler

1 large carrot, cut into noodles using a spiralizer or vegetable peeler

1 cup shelled edamame

2 tablespoons chopped fresh cilantro

2 green onions, sliced

Blend water and dates in a high-powered blender, then add the peanut butter, hemp seeds, ginger, garlic, lime juice, red curry powder, chili powder, and ground cumin and blend until smooth and creamy. Heat 1 cup of the sauce in a large skillet, add the zucchini and carrot noodles, and cook for 2 minutes or until the zucchini starts to soften. Add additional sauce as needed to reach desired consistency. Stir in edamame, cilantro, and green onions.

PER SERVING: CALORIES 294; PROTEIN 15G; CARBOHYDRATES 32G; SUGARS 21G; TOTAL FAT 15.2G; SATURATED FAT 2.6G; SODIUM 65MG; FIBER 8.7G; BETA-CAROTENE 1,972MCG; VITAMIN C 64MG; CALCIUM 115MG; IRON 3.7MG; FOLATE 227MCG; MAGNESIUM 175MG; POTASSIUM 1,402MG; ZINC 3MG; SELENIUM 2.4MCG

Bean Pasta with Roasted Red Pepper Alfredo

SERVES 4

8 ounces bean pasta, cooked
according to package instructions
5 ounces spinach
8 ounces mushrooms, any variety,
sliced

FOR THE SAUCE (SEE NOTE)

1 red bell pepper, raw or roasted
½ cup water
½ cup raw cashews
¼ cup hemp seeds
¼ cup nutritional yeast
¼ teaspoon onion powder
¼ teaspoon garlic powder
¼ teaspoon ground turmeric
⅛ teaspoon nutmeg
Black pepper to taste
Dash red pepper flakes

Combine sauce ingredients in a high-powered blender and blend until smooth. Heat 2–3 tablespoons water in a large sauté pan and water-sauté mushrooms until cooked through. Add spinach and continue cooking until wilted. Add cooked pasta and desired amount of sauce and cook for 1–2 minutes.

Note: For a super-quick and easy meal, substitute Dr. Fuhrman's bottled Mushroom Alfredo Sauce.

PER SERVING: CALORIES 416; PROTEIN 26G; CARBOHYDRATES 52G; SUGARS 4G; TOTAL FAT 12.9G; SATURATED FAT 2.1G; SODIUM 39MG; FIBER 14.5G; BETA-CAROTENE 2,477MCG; VITAMIN C 49MG; CALCIUM 223MG; IRON 8.9MG; FOLATE 126MCG; MAGNESIUM 123MG; POTASSIUM 618MG; ZINC 6.1MG; SELENIUM 10.8MCG

Bolognese Sauce

SERVES 6

1 (8-ounce) package tempeh, broken into chunks	2 cups no-salt-added or low-sodium vegetable broth
1 medium onion, chopped	28 ounces crushed tomatoes
2 medium carrots, finely chopped	2 teaspoons coconut aminos
8 ounces mushrooms, chopped	1 teaspoon dried basil
6 cloves garlic, chopped	1 teaspoon dried oregano
2 tablespoons tomato paste	$\frac{1}{4}$ teaspoon crushed red pepper flakes, or to taste

Place the tempeh in a food processor and pulse until it is crumbled. Heat 2–3 tablespoons of water or vegetable broth in a large sauté pan. Add the onion, carrots, mushrooms, garlic, and crumbled tempeh and sauté for 5 minutes, or until vegetables are tender, adding more liquid if needed. Add the tomato paste and cook, stirring for 1 minute, then add the vegetable broth, crushed tomatoes, coconut aminos, basil, oregano, and red pepper flakes. Bring to a simmer, cover, and cook for 20 minutes. Serve over your choice of bean pasta or quinoa.

PER SERVING (ANALYSIS DOES NOT INCLUDE PASTA OR QUINOA): CALORIES 149; PROTEIN 11G; CARBOHYDRATES 20G; SUGARS 9G; TOTAL FAT 4.7G; SATURATED FAT 1G; SODIUM 308MG; FIBER 4.1G; BETA-CAROTENE 1,923MCG; VITAMIN C 17MG; CALCIUM 117MG; IRON 3.6MG; FOLATE 42MCG; MAGNESIUM 69MG; POTASSIUM 819MG; ZINC 1.1MG; SELENIUM 4.7MCG

Broccoli and Snow Pea Stir-Fry with Pineapple and Baked Tofu

SERVES 4

14 ounces extra-firm tofu

FOR THE SAUCE (SEE NOTE)

1 cup warm water
¼ cup no-oil-added, unsalted peanut butter
1 teaspoon arrowroot powder
1 teaspoon minced ginger
2 teaspoons coconut aminos
1 teaspoon lime juice
¾ teaspoon red curry powder
¼ teaspoon chili powder
¼ teaspoon ground cumin

FOR THE STIR-FRY

4 cups broccoli florets
2 cups halved snow peas
1 red bell pepper, sliced
1 cup sliced mushrooms
2 cups cubed pineapple
4 scallions, sliced
1 tablespoon unhulled sesame seeds, lightly toasted

Preheat oven to 350°F. Wrap tofu in a clean absorbent towel and set something heavy on it to press out the liquid. Let sit for 20 minutes. Cut tofu into ½-inch pieces and place on baking sheet lined with parchment paper or a nonstick silicone mat. Bake for 30 minutes until golden and firm. Meanwhile, mash and whisk together water, peanut butter, arrowroot powder, ginger, coconut aminos, lime juice, and spices until smooth and well-combined. Pour into a bowl, add baked tofu, and marinate for 5 minutes, stirring occasionally.

Add ¼ cup water to a large pan or wok and when hot, add the broccoli florets, cover, and cook for 4 minutes, stirring occasionally and adding additional water as needed to prevent sticking. Add the snow peas, red bell pepper, and mushrooms, cover, and cook for an additional 4 minutes or until vegetables are crisp tender. Stir in pineapple, scallions, tofu, and desired amount of marinade and cook until heated through. Sprinkle with sesame seeds before serving.

Note: Dr. Fuhrman's Thai Curry Sauce also works well with this recipe if you don't have time to make your own marinade.

PER SERVING: CALORIES 306; PROTEIN 19G; CARBOHYDRATES 30G; SUGARS 15G; TOTAL FAT 15.7G; SATURATED FAT 2G; SODIUM 193MG; FIBER 7.5G; BETA-CAROTENE 1,158MCG; VITAMIN C 181MG; CALCIUM 289MG; IRON 4.7MG; FOLATE 146MCG; MAGNESIUM 133MG; POTASSIUM 875MG; ZINC 2.5MG; SELENIUM 19.3MCG

Broccoli Fra Diavolo

SERVES 3

6 cups fresh broccoli florets
8 cloves garlic, chopped
1 ½ cups diced tomatoes
1 cup no-salt-added or low-sodium
tomato or pasta sauce
⅛ teaspoon crushed red pepper
flakes

1–2 teaspoons no-salt-added Italian
seasoning
1 tablespoon Dr. Fuhrman's MatoZest
(or other no-salt seasoning blend,
adjusted to taste)
¼ cup nutritional yeast

Steam broccoli until just tender, about 10 minutes. In large saucepan over medium heat, sauté garlic in ¼ cup water for 3–4 minutes. Add tomatoes, tomato sauce, red pepper flakes, Italian seasoning, and MatoZest. Simmer for 5 minutes. Stir in steamed broccoli and nutritional yeast.

Note: Cauliflower also works well in this recipe.

PER SERVING: CALORIES 181; PROTEIN 14G; CARBOHYDRATES 29G; SUGARS 10G; TOTAL FAT 2.8G; SATURATED FAT 0.4G; SODIUM 100MG; FIBER 10.5G; BETA-CAROTENE 1,417MCG; VITAMIN C 180MG; CALCIUM 174MG; IRON 4.4MG; FOLATE 154MCG; MAGNESIUM 94MG; POTASSIUM 1,116MG; ZINC 3.4MG; SELENIUM 6.3MCG

Broccoli Quiche with Aquafaba

SERVES 4

1 large onion, sliced	2 tablespoons arrowroot powder
1 cup chopped mushrooms	1 teaspoon coconut aminos or reduced-sodium soy sauce
5 cups small broccoli florets	1 teaspoon paprika
14 ounces firm tofu	1 teaspoon Dijon mustard
½ cup chickpea aquafaba (see Note)	½ teaspoon garlic powder
¼ cup unsweetened soy, hemp, or almond milk	½ teaspoon turmeric
¼ cup nutritional yeast	¼ teaspoon ground black pepper
2 tablespoons raw cashew butter	

Preheat oven to 375°F. Heat 2–3 tablespoons of water in a large pan and add sliced onion and mushrooms. Water-sauté until onions are tender, adding small amounts of additional water as needed to prevent sticking. Add broccoli and a few more tablespoons of water, cover and cook for 5 minutes or until broccoli is almost tender. Blend remaining ingredients in a high-powered blender for at least 1 minute to whip up the aquafaba. Mix with onions, mushrooms, and broccoli and place in an 8-inch cake pan that has been wiped with olive oil. Bake for 35–40 minutes or until top is golden. Allow to cool for 10 minutes before cutting.

Note: Aquafaba is the liquid found in canned beans and other legumes or left over from cooking your own dried beans. It can function as a good egg replacement, as in this recipe.

PER SERVING: CALORIES 240; PROTEIN 19G; CARBOHYDRATES 23G; SUGARS 4G; TOTAL FAT 9.5G; SATURATED FAT 1.5G; SODIUM 131MG; FIBER 6.8G; BETA-CAROTENE 562MCG; VITAMIN C 105MG; CALCIUM 234MG; IRON 3.3MG; FOLATE 88MCG; MAGNESIUM 65MG; POTASSIUM 542MG; ZINC 2.7MG; SELENIUM 6.1MCG

Buffalo Cauliflower

SERVES 4

1 cup almond flour	1/4–1/2 teaspoon cayenne pepper, or to taste
1/4 cup nutritional yeast	2/3 cup water
1 teaspoon Dr. Fuhrman's MatoZest (or other no-salt seasoning blend, adjusted to taste)	1 tablespoon Dijon mustard
1 teaspoon paprika	1 head cauliflower, cut into florets

Preheat oven to 350°F. Combine flour, nutritional yeast, and seasonings in a bowl. Using a whisk, add water gradually. Stir in mustard. Mixture should resemble a thick batter. Toss cauliflower florets with the coating. Place on baking sheet lined with parchment paper or a nonstick silicone mat and bake for 20–25 minutes until coating is dry and cauliflower is tender.

PER SERVING: CALORIES 235; PROTEIN 13G; CARBOHYDRATES 15G; SUGARS 4G; TOTAL FAT 15.4G; SATURATED FAT 1.3G; SODIUM 99MG; FIBER 7.7G; BETA-CAROTENE 177MCG; VITAMIN C 71MG; CALCIUM 109MG; IRON 2.1MG; FOLATE 101MCG; MAGNESIUM 111MG; POTASSIUM 640MG; ZINC 2.9MG; SELENIUM 3.1MCG

California Creamed Kale

SERVES 4

You can use the cashew cream sauce you make for this recipe with broccoli, spinach, or other steamed vegetables.

2 bunches kale, leaves removed from tough stems	1/4 cup dehydrated onion flakes
3/4 cup raw cashews	1 tablespoon Dr. Fuhrman's VegiZest or nutritional yeast (or other no-salt seasoning blend, adjusted to taste)
1/4 cup hemp seeds	
3/4 cup unsweetened soy, hemp, or almond milk	

Place kale in a large steamer pot. Steam 6–8 minutes or until soft. Meanwhile, place remaining ingredients in a high-powered blender and blend until smooth. Place kale in colander and press to remove excess water. Coarsely chop kale and mix in a bowl with the cream sauce. Optional: Top with a dollop of thick tomato sauce and chopped red onion or scallion.

PER SERVING: CALORIES 320; PROTEIN 16G; CARBOHYDRATES 32G; SUGARS 4G; TOTAL FAT 18.1G; SATURATED FAT 2.7G; SODIUM 97MG; FIBER 5.6G; BETA-CAROTENE 15,455MCG; VITAMIN C 206MG; CALCIUM 321MG; IRON 5.9MG; FOLATE 82MCG; MAGNESIUM 218MG; POTASSIUM 1,173MG; ZINC 3.5MG; SELENIUM 7MCG

Cannellini Beans and Greens

SERVES 4

1 ½ cups dried cannellini or other beans, soaked overnight, then drained
2 heads of garlic, cloves removed
3 sage leaves
6 cups water
1 tablespoon grated lemon zest

2 tablespoons fresh lemon juice
2 tablespoons pine nuts
Black pepper to taste
Pinch red pepper flakes, or more if you like it spicy
5 ounces spinach, kale, or other greens

Bring beans, half of the garlic, sage, and water to a boil in a soup pot. Reduce heat, cover, and simmer gently, stirring occasionally, until beans are tender, about 1 ½ hours. Using a slotted spoon, transfer beans to sauté pan and add lemon zest, lemon juice, and ¼ cup bean cooking liquid and toss, while cooking for 10 minutes, adding more cooking liquid if needed to reach desired consistency. Stir in pine nuts and season with black pepper.

Crush the remaining garlic. Heat 2–3 tablespoons water in a separate sauté pan, add crushed garlic and red pepper flakes, and cook until garlic is fragrant, about 30 seconds. Add spinach or other greens and cook until just wilted, about 3 minutes. Serve beans with greens on the side.

PER SERVING: CALORIES 305; PROTEIN 20G; CARBOHYDRATES 51G; SUGARS 2G; TOTAL FAT 3.8G; SATURATED FAT 0.4G; SODIUM 56MG; FIBER 12.8G; BETA-CAROTENE 2,037MCG; VITAMIN C 17MG; CALCIUM 253MG; IRON 9.4MG; FOLATE 368MCG; MAGNESIUM 191MG; POTASSIUM 1,632MG; ZINC 3.4MG; SELENIUM 11.2MCG

Eggplant Meatballs

SERVES 5

These delicious “meatballs” are great served on top of sautéed, spiralized zucchini “noodles.”

1 tablespoon chia seeds
3 tablespoons water
¼ cup no-salt-added or low-sodium vegetable broth
1 small onion, chopped
8 cloves garlic, chopped
1 medium unpeeled eggplant, chopped
1 ½ cups cooked or 1 (15-ounce) can no-salt-added or low-sodium chickpeas, drained

¼ cup chopped fresh parsley
¼ cup unfortified nutritional yeast
1 cup whole wheat panko or bread crumbs
½ teaspoon dried oregano
½ teaspoon dried basil
Pinch red chili flakes, or to taste
2 cups no-salt-added or low-sodium pasta sauce

Preheat oven to 375°F. Whisk the chia seeds and water together in a small bowl and let sit for at least 10 minutes. Heat 2 tablespoons vegetable broth in a medium skillet and sauté the onion and garlic for 5 minutes or until the onion is translucent. Add the eggplant and continue cooking until eggplant is soft, about 12 minutes, stirring occasionally and adding additional vegetable broth as needed to prevent burning. Place the eggplant mixture in a mixing bowl and stir in the chia mixture, chickpeas, and parsley. Place in a food processor and pulse until chopped but not puréed. Return to the bowl and stir in nutritional yeast, panko, oregano, basil, and red chili flakes. Mix well, then roll into balls. Place on a baking sheet lined with parchment paper or a nonstick silicone mat and bake for 30 minutes, turning occasionally. Serve topped with pasta sauce. Makes about 30 balls.

PER SERVING: CALORIES 286; PROTEIN 13G; CARBOHYDRATES 47G; SUGARS 12G; TOTAL FAT 5.1G; SATURATED FAT 0.8G; SODIUM 209MG; FIBER 12.2G; BETA-CAROTENE 600MCG; VITAMIN C 10MG; CALCIUM 135MG; IRON 4.4MG; FOLATE 162MCG; MAGNESIUM 85MG; POTASSIUM 786MG; ZINC 2.9MG; SELENIUM 10.2MCG

Farro and Mushroom Risotto

SERVES 4

½ sweet onion, chopped	3–4 cups no-salt-added or low-sodium vegetable broth
6 cloves garlic, minced	⅓ cup nutritional yeast
1 pound mushrooms, thinly sliced	3 tablespoons chopped parsley
1 ½ cups farro	

In a saucepan, heat 2–3 tablespoons water and sauté onions, garlic, and mushrooms until tender, adding additional water as needed. In another saucepan, toast farro for 3–4 minutes on low flame. Add ½ cup broth to the farro and stir until broth is absorbed. Continue adding broth ½ cup at a time, stirring intermittently, until all vegetable broth is absorbed and farro is al dente, about 15 minutes. Remove from heat, stir in mushroom mixture, nutritional yeast, and parsley.

PER SERVING: CALORIES 262; PROTEIN 13G; CARBOHYDRATES 45G; SUGARS 3G; TOTAL FAT 2.1G; SATURATED FAT 0.1G; SODIUM 78MG; FIBER 9.5G; BETA-CAROTENE 96MCG; VITAMIN C 6MG; CALCIUM 48MG; IRON 2.9MG; FOLATE 16MCG; MAGNESIUM 20MG; POTASSIUM 288MG; ZINC 1.9MG; SELENIUM 7.3MCG

Garlic-Infused Quinoa with Tomatoes and Poblano Peppers

SERVES 6

1 bulb garlic	2 cups quinoa
1 poblano pepper	2 tomatoes, chopped
4 cups water	½ red onion, chopped

Preheat oven to 325°F. Wrap garlic bulb and poblano pepper separately in foil. Roast garlic for 30 minutes and pepper for 15 minutes. Cut garlic cloves in half and squeeze out the soft garlic. Blend the cooked garlic with a cup of water and then stir in 3 more cups of water and heat to a boil. Add quinoa to garlic broth and simmer for 20 minutes. Dice the roasted poblano pepper and add to cooked quinoa along with chopped tomatoes and onion.

PER SERVING: CALORIES 229; PROTEIN 9G; CARBOHYDRATES 41G; SUGARS 2G; TOTAL FAT 3.6G; SATURATED FAT 0.4G; SODIUM 7MG; FIBER 5G; BETA-CAROTENE 203MCG; VITAMIN C 14MG; CALCIUM 43MG; IRON 2.8MG; FOLATE 115MCG; MAGNESIUM 120MG; POTASSIUM 469MG; ZINC 1.9MG; SELENIUM 5.6MCG

G-BOMB Thai Vegetable Curry

SERVES 4

FOR THE SAUCE

½ cup water
1 medium carrot
1 cup unsweetened coconut milk
¼ cup unsweetened shredded coconut
2 stalks lemongrass, tough outer segments removed
4 regular or 2 Medjool dates, pitted
6 cloves garlic
1-inch piece fresh ginger, peeled
½ bunch fresh basil leaves
1 tablespoon coconut aminos
1 tablespoon Thai green or red curry paste

FOR THE VEGETABLES

½ red bell pepper, seeded and thinly sliced
½ large eggplant, cut into 1-inch cubes
1 cup green beans, cut into 2-inch lengths
1 ½ cups sliced shiitake and button mushrooms
1 can bamboo shoots, sliced
1 pound tofu, cut into ½-inch cubes
8 ounces fresh baby greens
2 cups cooked quinoa or other intact whole grain
4 green onions, sliced on the diagonal into ½-inch pieces
¼ cup chopped raw cashews, lightly toasted

Reserving some extra basil leaves for garnish, blend sauce ingredients in a high-powered blender until smooth and creamy. Place bell pepper, eggplant, green beans, mushrooms, bamboo shoots, and tofu in a wok or large skillet. Steam-sauté, covered, for about 8 minutes or until vegetables are tender. Add sauce and bring to a simmer. Add greens just before serving. Serve on top of cooked quinoa, topped with sprigs of fresh herbs, green onions, and lightly toasted chopped cashews.

PER SERVING: CALORIES 410; PROTEIN 13G; CARBOHYDRATES 51G; SUGARS 16G; TOTAL FAT 20.9G; SATURATED FAT 13.5G; SODIUM 166MG; FIBER 11G; BETA-CAROTENE 5,434MCG; VITAMIN C 40MG; CALCIUM 127MG; IRON 5MG; FOLATE 155MCG; MAGNESIUM 169MG; POTASSIUM 1,192MG; ZINC 3.6MG; SELENIUM 13MCG

Intense Marinara Sauce

SERVES 6

1 yellow onion, quartered	1 tablespoon Italian spices
36 ounces strained tomatoes, packaged in BPA-free containers, or homegrown garden tomatoes	½ tablespoon MatoZest (or other no-salt-seasoning blend, adjusted to taste)
6 cloves garlic	1 tablespoon onion powder
2 large carrots, roughly chopped	¼ teaspoon black pepper
2 Medjool or 4 regular dates, pitted	

Blend the onion in a high-powered blender until chopped, then add remaining ingredients. Blend partially, pour half into a pot, then blend the rest of the sauce until smooth. Add to the pot with the partially blended sauce and simmer uncovered on very low heat 4–6 hours or until desired thickness is achieved. The longer it cooks and the thicker it gets, the more concentrated the flavor.

PER SERVING: CALORIES 106; PROTEIN 4G; CARBOHYDRATES 25G; SUGARS 15G; TOTAL FAT 0.6G; SATURATED FAT 0.1G; SODIUM 245MG; FIBER 5.3G; BETA-CAROTENE 2,220MCG; VITAMIN C 20MG; CALCIUM 96MG; IRON 2.8MG; FOLATE 36UG; MAGNESIUM 48MG; POTASSIUM 688MG; ZINC 0.7MG; SELENIUM 1.8MCG

Italian Stewed Tomatoes

SERVES 4

8 medium tomatoes	6 cloves garlic, chopped
¼ cup chopped celery	2 tablespoons chopped fresh basil or
¼ cup chopped onion	2 teaspoons dried basil
¼ cup chopped green bell pepper	

Place all ingredients in a large saucepan. Cover and cook over medium heat for 10 minutes or until tomatoes are softened, stirring occasionally to prevent sticking.

PER SERVING: CALORIES 53; PROTEIN 2G; CARBOHYDRATES 11G; SUGARS 7G; TOTAL FAT 0.5G; SATURATED FAT 0.1G; SODIUM 19MG; FIBER 3.4G; BETA-CAROTENE 1,186MCG; VITAMIN C 43MG; CALCIUM 35MG; IRON 0.8MG; FOLATE 43MCG; MAGNESIUM 31MG; POTASSIUM 640MG; ZINC 0.5MG; SELENIUM 0.2MCG

Kale, Chickpea, and Grain Bowl

SERVES 4

1 cup dry quinoa, rinsed (see Note)
1 ½ cups low-sodium or no-salt-added vegetable broth
1 ½ cups cooked or 1 (15-ounce) can no-salt-added or low-sodium chickpeas
1 cup finely chopped carrots
4 cups chopped kale or other greens
¼ cup very thinly sliced shallots or scallions
¼ cup chopped fresh parsley
¼ teaspoon black pepper

FOR THE DRESSING

1 ripe avocado, peeled and pitted
2 tablespoons fresh lemon juice
2 tablespoons water
2 tablespoons unhulled sesame seeds (lightly toasted in pan for 3 minutes)
1 clove garlic
¼ teaspoon ground turmeric

Place quinoa in a sauce pot with 1 ½ cups broth and the liquid drained from the can of chickpeas (called aquafaba) and bring to a boil. Reduce heat to a simmer, cover, and cook until liquid is absorbed, about 15 minutes. Transfer to a large bowl. Heat 2–3 tablespoons water in a large sauté pan, add carrots, and cook for 5 minutes, stirring occasionally and adding more water if needed to prevent sticking. Add kale and chickpeas, cover, and cook until kale is wilted and carrots are tender, about 3 minutes. Add kale and chickpea mixture, shallots, parsley, and black pepper to quinoa and toss. Blend dressing ingredients until smooth. Divide quinoa mixture among four bowls and drizzle with dressing.

Note: You can use other intact grains, such as freekeh, bulgur, or farro. Cook them according to package instructions.

PER SERVING: CALORIES 425; PROTEIN 16G; CARBOHYDRATES 69G; SUGARS 6G; TOTAL FAT 9.6G; SATURATED FAT 1.1G; SODIUM 62MG; FIBER 16.4G; BETA-CAROTENE 9,049MCG; VITAMIN C 94MG; CALCIUM 171MG; IRON 5.6MG; FOLATE 168MCG; MAGNESIUM 72MG; POTASSIUM 798MG; ZINC 1.8MG; SELENIUM 4.6MCG

Mac and Peas

SERVES 8

FOR THE SAUCE

½ cup steel cut oats
4 cups no-salt-added or low-sodium vegetable broth
6 cloves garlic
2 teaspoons reduced-sodium white miso
1 dime-size slice fresh turmeric (or about ¼ teaspoon ground)
1 cup nutritional yeast
½ teaspoon dried thyme
2 tablespoons fresh lemon juice, or to taste
2 teaspoons reduced-sodium yellow mustard
Freshly ground black pepper

FOR THE MACARONI

12 ounces elbow-shaped bean pasta, cooked according to package instructions
2 cups frozen peas
1 pound broccoli florets, steamed

FOR THE TOPPING

¼ cup ground raw almonds
¼ cup nutritional yeast
Pinch garlic powder

Preheat oven to 350°F. While the pasta is cooking, grind the steel cut oats in a blender to make a coarse flour. Combine the broth, oat flour, garlic, miso, turmeric, and nutritional yeast in a blender and purée until smooth. Transfer the purée to a saucepan, add the thyme, and cook over low heat, whisking often, until thick and bubbly. Stir in the lemon juice, mustard, and pepper, and remove from the heat. In a large mixing bowl, combine the drained pasta, sauce, peas, and broccoli. Pour into a large casserole dish or into individual ramekins. Whisk together topping ingredients and sprinkle on top. Bake 20 minutes (for the casserole) or 15 minutes (for the individual ramekins), until the tops are yellowed and firm. Let cool for 10 minutes before serving.

PER SERVING: CALORIES 372; PROTEIN 30G; CARBOHYDRATES 50G; SUGARS 3G; TOTAL FAT 5G; SATURATED FAT 0.6G; SODIUM 203MG; FIBER 17.5G; BETA-CAROTENE 649MCG; VITAMIN C 59MG; CALCIUM 209MG; IRON 8MG; FOLATE 79MCG; MAGNESIUM 72MG; POTASSIUM 287MG; ZINC 8.1MG; SELENIUM 3.1MCG

Mexican Burrito Bowls

SERVES 4

1 cup dry quinoa, rinsed (see Note)
2 ½ cups no-salt-added or low-sodium vegetable broth, divided
4 tablespoons chopped cilantro, divided
4 tablespoons fresh lime juice, divided
½ large onion, chopped
2 cloves garlic, minced
1 ½ cups cooked or 1 (15-ounce) can no-salt-added or low-sodium black beans, drained
¼ teaspoon chili powder

¼ teaspoon cumin
Pinch cayenne pepper, or to taste
1 cup shredded lettuce

TOPPING INGREDIENTS

Thawed frozen corn
Sliced avocado
Raw pumpkin seeds
No-salt-added salsa
Diced tomatoes
Sliced jalapeno peppers
Hot sauce or Sriracha sauce

Place quinoa and 2 cups of the vegetable broth in a saucepan, bring to a boil, reduce heat, and simmer for 20 minutes or until quinoa is tender and liquid is absorbed. Remove from heat and fluff with a fork. Stir in 2 tablespoons of the chopped cilantro and 2 tablespoons of the lime juice. While quinoa is cooking, heat 2–3 tablespoons water in a sauté pan and water-sauté onions until softened and tender. Add minced garlic and sauté another minute. Add black beans, remaining ½ cup vegetable broth, remaining 2 tablespoons cilantro, chili powder, cumin, and cayenne pepper. Bring to a boil, then reduce the heat and simmer for 15 minutes or until liquid is almost evaporated. Stir in remaining 2 tablespoons of lime juice. Divide quinoa between four bowls. Top each bowl with shredded lettuce, black bean mixture, and your choice of topping ingredients.

Note: You can use other intact grains, such as freekeh, bulgur, or farro. Cook them according to package instructions.

PER SERVING: CALORIES 346; PROTEIN 14G; CARBOHYDRATES 56G; SUGARS 3G; TOTAL FAT 8.5G; SATURATED FAT 1.2G; SODIUM 100MG; FIBER 12.4G; BETA-CAROTENE 633MCG; VITAMIN C 17MG; CALCIUM 76MG; IRON 4.3MG; FOLATE 223MCG; MAGNESIUM 152MG; POTASSIUM 860MG; ZINC 2.5MG; SELENIUM 5.1MCG

Mexican Cauliflower Rice and Beans

SERVES 4

1 medium head cauliflower, cut into florets (about 4 cups riced)
1 ½ cups cooked or 1 (15-ounce) can no-salt-added or low-sodium black beans
1 cup chopped onions
½ cup chopped red bell pepper
1 jalapeno pepper, seeded and chopped (see Note)
6 cloves garlic, minced

½ cup no-salt-added or low-sodium vegetable broth, or more as needed
1 ½ cups diced tomatoes
½ cup corn kernels, fresh or thawed frozen
2 teaspoons ground cumin
1 teaspoon chili powder
⅛ teaspoon ground black pepper
¼ cup chopped fresh cilantro
1 avocado, chopped

Grate cauliflower or pulse in a food processor until it resembles rice. Drain liquid from beans (called aquafaba) into a wok or large skillet. Add onions, red pepper, and jalapeno and water-sauté until they start to soften, about 2 minutes. Add riced cauliflower, garlic, and vegetable broth to the skillet. Cook for 6 minutes or until cauliflower is al dente, adding additional vegetable broth if needed to prevent sticking. Add remaining ingredients except for cilantro and avocado and cook for an additional 1–2 minutes or until heated through. Stir in cilantro. Serve topped with chopped avocado.

Note: Include the jalapeno seeds if you like it spicy.

PER SERVING: CALORIES 239; PROTEIN 11G; CARBOHYDRATES 38G; SUGARS 8G; TOTAL FAT 6.7G; SATURATED FAT 1G; SODIUM 84MG; FIBER 13.6G; BETA-CAROTENE 804MCG; VITAMIN C 116MG; CALCIUM 91MG; IRON 3.5MG; FOLATE 244MCG; MAGNESIUM 100MG; POTASSIUM 1,188MG; ZINC 1.8MG; SELENIUM 2.6MCG

Roasted Radishes and Turnips

SERVES 4

2 cups trimmed and halved radishes	1 tablespoon red wine vinegar
2 cups trimmed and halved turnips	4 sprigs fresh dill
6 cloves garlic, minced	Black pepper to taste
1 cup no-salt-added or low-sodium vegetable broth	

Preheat oven to 350°F. Combine ingredients in an 8-by-9-inch baking dish. Cover with foil and bake for 25 minutes. Remove foil and bake for an additional 10 minutes.

PER SERVING: CALORIES 31; PROTEIN 1G; CARBOHYDRATES 7G; SUGARS 3G; TOTAL FAT 0.1G; SODIUM 87MG; FIBER 1.6G; BETA-CAROTENE 1MCG; VITAMIN C 18MG; CALCIUM 37MG; IRON 0.5MG; FOLATE 16MCG; MAGNESIUM 11MG; POTASSIUM 192MG; ZINC 0.3MG; SELENIUM 1MCG

Zucchini Ravioli with Cauliflower Chickpea “Ricotta”

SERVES 5

FOR THE CAULIFLOWER CHICKPEA “RICOTTA”

1 yellow onion, chopped
1 ½ cups cooked or 1 (15-ounce) can no-salt-added or low-sodium chickpeas
12 ounces frozen cauliflower rice (or ½ large head cauliflower pulsed into “rice”)
¼ cup raw cashews
¼ cup hemp seeds
¼ cup nutritional yeast

6 cloves garlic
⅓ cup water
2 tablespoons lemon juice
2 tablespoons onion powder
½ tablespoon dulse flakes
½ cup chopped basil

TO ASSEMBLE THE RAVIOLI

3 zucchini
3 cups no-salt-added or low-sodium marinara sauce (see Note)

To make the cauliflower “ricotta,” heat a dry pan over medium heat for 2 minutes, then add the chopped onion and stir for 3 minutes. Add the liquid from the can of chickpeas (called aquafaba) and cauliflower rice and sauté for an additional 6 minutes or until cauliflower is soft. Pulse the chickpeas in a food processor until crumbled (or mash with a fork) and set aside. In a high-powered blender, blend the cashews, hemp seeds, nutritional yeast, garlic, water, lemon juice, onion powder, and dulse flakes until super smooth and creamy, about 1–2 minutes. Place blended mixture in a large bowl along with chickpeas and cauliflower and mix until well combined. Stir in chopped basil.

To assemble the ravioli, preheat oven to 350°F. Cut ends off zucchini and slice lengthwise into very thin, slightly transparent slices, using a mandolin or vegetable peeler. Spread 1 cup of the marinara sauce on the bottom of a 9-by-11-inch baking pan. Lay two zucchini slices vertically so they overlap and then place another two overlapping slices across them to form a cross. Add a tablespoon of the ricotta in the center. Fold up all ends to form the ravioli. This should make 10–15 individual raviolis (depending on size) to place seam side down in the baking pan. Add remaining sauce on top and bake for 50 minutes. Serve warm.

Note: Use bottled marinara sauce or make your own.

PER SERVING: CALORIES 322; PROTEIN 17G; CARBOHYDRATES 43G; SUGARS 16G; TOTAL FAT 11.2G; SATURATED FAT 1.5G; SODIUM 77MG; FIBER 11.7G; BETA-CAROTENE 903MCG; VITAMIN C 58MG; CALCIUM 137MG; IRON 5MG; FOLATE 194MCG; MAGNESIUM 173MG; POTASSIUM 1,347MG; ZINC 4.2MG; SELENIUM 6.2MCG

Avocado Toast with Shredded Brussels Sprouts

SERVES 4

¼ cup chopped walnuts	1 tablespoon nutritional yeast
4 cloves garlic, chopped	Black pepper to taste
¾ pound Brussels sprouts, cut into ⅛-inch shredded slices	1 ripe avocado, mashed
2 tablespoons raisins or currants	4 slices (100% whole grain, sprouted) bread, lightly toasted

Lightly toast chopped walnuts in a small skillet over medium heat for 2–3 minutes. Heat 2 tablespoons water in a large skillet and sauté garlic for 1 minute; add shredded Brussels sprouts and cook for 2–3 minutes, until warm and just slightly wilted. Add a small amount of additional water if needed. Remove from heat and toss with toasted walnuts, currants (or raisins), nutritional yeast, and black pepper. Spread mashed avocado on toast, and then top with Brussels sprout mixture.

PER SERVING: CALORIES 233; PROTEIN 9G; CARBOHYDRATES 29G; SUGARS 6G; TOTAL FAT 10.7G; SATURATED FAT 1.4G; SODIUM 172MG; FIBER 7.7G; BETA-CAROTENE 405MCG; VITAMIN C 76MG; CALCIUM 92MG; IRON 2.8MG; FOLATE 113MCG; MAGNESIUM 58MG; POTASSIUM 625MG; ZINC 1.6MG; SELENIUM 10.1MCG

Crispy Onion Rings

SERVES 4

1/3 cup raw almond butter (at room temperature)

1 teaspoon coconut aminos

2 teaspoons balsamic vinegar

1-2 medium onions, sliced and separated into rings

1/2 cup almond flour (see Note)

1/4 cup nutritional yeast

Preheat oven to 350°F. In a medium bowl, whisk together the almond butter (make sure it is at room temperature), coconut aminos, and vinegar. Use your fingers to rub and press the almond butter mixture onto the surface of the onions. Mix together the almond flour and nutritional yeast in a shallow dish. Dip each onion ring into the almond flour mixture. Place on a baking sheet lined with parchment paper or a nonstick silicone mat and bake 20–25 minutes or until crisp.

Note: You can purchase almond flour at most supermarkets or health food stores, or make it yourself by processing raw almonds in a food processor until finely ground.

PER SERVING: CALORIES 204; PROTEIN 12G; CARBOHYDRATES 11G; SUGARS 2G; TOTAL FAT 13.4G; SATURATED FAT 1.1G; SODIUM 61MG; FIBER 4.2G; BETA-CAROTENE 1MCG; VITAMIN C 2MG; CALCIUM 119MG; IRON 1.8MG; FOLATE 21MCG; MAGNESIUM 95MG; POTASSIUM 311MG; ZINC 2.5MG; SELENIUM 0.6MCG

Five-Seed Crackers

SERVES 12

½ cup ground flaxseeds	¾ cup no-salt-added tomato sauce
½ cup ground chia seeds	¼ cup nutritional yeast
¼ cup unhulled sesame seeds	2 tablespoons apple cider vinegar
¼ cup hemp seeds	½ teaspoon garlic powder
¼ cup chopped pumpkin seeds	½ teaspoon onion powder
½ cup chopped raw cashews	1 teaspoon dried oregano
8 ounces frozen spinach, thawed, water squeezed out, chopped	1 teaspoon chili powder

Mix all ingredients in a mixing bowl until a dough forms, adding a splash of water if needed. Place a piece of parchment paper on a large cutting board, place a third of the dough on the parchment paper, using moistened hands to handle the dough. Moisten another piece of parchment paper, place it on top of the dough and roll out to about ⅛-inch thickness. Remove the top piece of parchment paper and place the rolled-out dough (including the bottom layer of parchment) onto a rack in a dehydrator. Repeat process two more times with remaining dough.

Dehydrate at 125°F for 10 hours or until desired consistency. After about 5 hours, gradually loosen and remove bottom parchment paper. When done, break into pieces.

Note: To make in a conventional oven, spread dough evenly on a baking sheet lined with parchment paper or a nonstick silicone mat. Bake for 2 hours at lowest possible setting, then shut off the oven and leave in the oven for another 2–3 hours.

PER SERVING: CALORIES 167; PROTEIN 8G; CARBOHYDRATES 11G; SUGARS 1G; TOTAL FAT 11.5G; SATURATED FAT 1.5G; SODIUM 25MG; FIBER 6.6G; BETA-CAROTENE 1,404MCG; VITAMIN C 2MG; CALCIUM 127MG; IRON 2.8MG; FOLATE 43MCG; MAGNESIUM 127MG; POTASSIUM 305MG; ZINC 2.2MG; SELENIUM 9.4MCG

Green Pizza

SERVES 4

FOR THE CASHEW-HEMP CHEESE (SEE NOTE)

¾ cup raw cashews, soaked in water
for at least 2 hours, drained
¼ cup hemp seeds
2 tablespoons nutritional yeast
2 tablespoons fresh lemon juice
¼ teaspoon garlic powder
¼ teaspoon black pepper
¼ cup water or more as needed

FOR THE PESTO (SEE NOTE)

4 cloves garlic
½ cup walnuts
¼ cup balsamic vinegar
½ cup water
½ tablespoon Dr. Fuhrman's VegiZest
(or other no-salt seasoning blend,
adjusted to taste)
½ tablespoon nutritional yeast
2 cups arugula
2 cups spinach

FOR THE PIZZA

4 (100% whole grain) tortillas or pitas
2 medium tomatoes, thinly sliced
Additional arugula and spinach for
topping

Preheat oven to 350°F. To make the cashew-hemp cheese, place the cashews, hemp seeds, nutritional yeast, lemon juice, garlic powder, and black pepper in a food processor. Pulse until the cashews form a coarse meal. Scrape down the sides with a spatula. With the motor running, add the water and process for 10 seconds. Scrape down the sides again and continue processing until the mixture is smooth and thick, about 1–2 minutes, adding additional water if needed.

To make the pesto, add the garlic, walnuts, vinegar, water, VegiZest, and nutritional yeast to a food processor and blend at high speed. Turn to low, add the arugula and spinach and blend to a chunky consistency. Bake tortillas or pitas directly on the oven rack for 5 minutes or until just crisp. Spread a layer of pesto on each tortilla or pita, arrange sliced tomatoes on top, and add a few small dollops of cashew cheese. Bake for an additional 2–3 minutes or until toppings are warm. Remove from oven and top with arugula and spinach.

Note: You can use leftover cashew-hemp cheese and arugula pesto for other dishes. They will keep for up to 5 days in an airtight container in the refrigerator.

PER SERVING: CALORIES 353; PROTEIN 15G; CARBOHYDRATES 40G; SUGARS 6G; TOTAL FAT 16.3G; SATURATED FAT 2.4G; SODIUM 176MG; FIBER 8.8G; BETA-CAROTENE 1,757MCG; VITAMIN C 21MG; CALCIUM 122MG; IRON 4.9MG; FOLATE 84MCG; MAGNESIUM 105MG; POTASSIUM 507MG; ZINC 2.6MG; SELENIUM 4.4MCG

Herbed “Cheese” and Greens Wraps

SERVES 4

4 (100% whole grain) tortillas
4 cups spinach
1–2 cups baby arugula
2 medium tomatoes, sliced

FOR THE HERBED “CHEESE”

1 (12.3-ounce) package extra-firm silken tofu (see Note)
½ cup raw cashews
2 ½ tablespoons fresh lemon juice
½ teaspoon reduced-sodium white miso paste
2 tablespoons nutritional yeast
¼ teaspoon garlic powder
½ tablespoon finely chopped fresh parsley
½ tablespoon finely chopped fresh thyme
½ tablespoon finely chopped basil
1 shallot, minced

To make the Herbed “Cheese,” place the tofu, cashews, lemon juice, miso, nutritional yeast, and garlic powder in a food processor or blender and process until smooth. Transfer to a bowl and stir in the herbs and shallot. To assemble the wraps, spread a layer of “cheese” on each tortilla. Add spinach, arugula, and sliced tomatoes, and roll up.

Note: Silken tofu is often sold in aseptic containers that do not need to be refrigerated. It is sometimes sold in a different section of grocery stores than regular tofu, which is packed in water and requires refrigeration.

PER SERVING: CALORIES 320; PROTEIN 19G; CARBOHYDRATES 37G; SUGARS 4G; TOTAL FAT 12.1G; SATURATED FAT 2G; SODIUM 271MG; FIBER 8.1G; BETA-CAROTENE 2,079MCG; VITAMIN C 23MG; CALCIUM 135MG; IRON 5.3MG; FOLATE 81MCG; MAGNESIUM 100MG; POTASSIUM 529MG; ZINC 2.3MG; SELENIUM 3.9MCG

Korean Vegetable and Mushroom Lettuce Wraps

SERVES 4

FOR THE VEGETABLES

1 medium onion, sliced
4 cups small broccoli florets
2 medium carrots, cut diagonally into 1/3-inch pieces
4 medium red bell peppers, seeded and cut into 1-inch squares
2 cups bok choy, cut into bite-size pieces
3 cups fresh mushrooms (shiitake, porcini, and/or cremini), stems removed
8 ounces fresh spinach
Romaine, Boston, or other lettuce leaves

FOR THE DRESSING

1 cup raw almonds
1/4 cup unsweetened soy, almond, or hemp milk
1/4 cup water
3 tablespoons unhulled sesame seeds
2 dates, pitted
2 cloves garlic, chopped
1/2-inch piece fresh ginger, peeled and chopped
Pinch hot pepper flakes or more to taste

Heat 2 tablespoons of water in a large sauté pan and water-sauté the onion, broccoli, carrots, and bell peppers for 5 minutes, adding more water as necessary to keep vegetables from scorching. Add the bok choy and mushrooms, cover, and simmer until vegetables are just tender. Remove the cover and cook off most of the water. Add the spinach and toss until wilted. Blend all dressing ingredients together in a high-powered blender until creamy. Add more water as necessary to adjust consistency. To serve, spoon vegetable filling onto a lettuce leaf, add a bit of dressing, and roll up.

PER SERVING: CALORIES 383; PROTEIN 15G; CARBOHYDRATES 37G; SUGARS 14G; TOTAL FAT 23.3G; SATURATED FAT 2.4G; SODIUM 143MG; FIBER 11.1G; BETA-CAROTENE 10,393MCG; VITAMIN C 271MG; CALCIUM 338MG; IRON 5.9MG; FOLATE 338MCG; MAGNESIUM 225MG; POTASSIUM 1,711MG; ZINC 3.3MG; SELENIUM 20.8MCG

Lentil Walnut Burritos with Peppers, Onions, and Salsa

SERVES 6

FOR THE LENTIL FILLING

1 cup walnuts
1 $\frac{3}{4}$ cups cooked brown lentils (see Note)
1 $\frac{1}{2}$ teaspoons dried oregano
1 $\frac{1}{2}$ teaspoons ground cumin
1 $\frac{1}{2}$ teaspoons chili powder
2 tablespoons nutritional yeast
1 teaspoon coconut aminos
2 tablespoons water or as needed

FOR THE SALSA (OR USE A BOTTLED LOW-SODIUM SALSA SUCH AS DR. FUHRMAN'S TEX-MEX SALSA)

2 fresh tomatoes, chopped
1 small red onion, chopped
1 clove garlic, chopped
 $\frac{1}{2}$ jalapeno chili pepper, seeded and minced
3 tablespoons fresh lime juice
1 tablespoon chopped cilantro

TO FINISH

1 large green bell pepper, thinly sliced
1 large onion, thinly sliced
6 (100% whole grain) tortillas

Place walnuts in a food processor and pulse several times to chop them. Add the cooked lentils, oregano, cumin, chili powder, nutritional yeast, and coconut aminos and pulse until mixture is thoroughly combined and crumbly. Add 1–2 tablespoons water as needed to facilitate mixing evenly. Stir together salsa ingredients. Heat 2–3 tablespoons water in a large skillet and water-sauté green bell pepper and onion until tender. To assemble burritos, spread lentil/walnut mixture on tortillas; top with sautéed peppers, onions, and salsa; and roll up.

Note: To cook dry lentils, bring 1 cup lentils and 2 cups water to a boil in a large saucepan. Reduce heat, cover, and cook for 25 minutes or until tender. Drain.

PER SERVING: CALORIES 371; PROTEIN 16G; CARBOHYDRATES 47G; SUGARS 5G; TOTAL FAT 15.1G; SATURATED FAT 1.7G; SODIUM 196MG; FIBER 13.4G; BETA-CAROTENE 371MCG; VITAMIN C 35MG; CALCIUM 101MG; IRON 5.5MG; FOLATE 139MCG; MAGNESIUM 67MG; POTASSIUM 528MG; ZINC 2MG; SELENIUM 2.9MCG

Portabella Pizza

SERVES 1

2 large portabella mushrooms, stems removed	1/3 cup thinly sliced onion
1/4 teaspoon garlic powder	1/3 cup thinly sliced green or red bell pepper
1/4 teaspoon dried basil	2–3 tablespoons Nutritarian Parmesan (see Note)
1/4 teaspoon dried oregano	
1/2 cup no-salt-added or low-sodium pasta sauce	

Preheat oven to 350°F. Place mushrooms on a parchment-lined baking sheet, gill side up, and sprinkle with garlic powder, basil, and oregano. Bake for 6 minutes. Top with pasta sauce, onions, and peppers and a sprinkle of Nutritarian Parmesan. Bake for an additional 20 minutes or until vegetables are tender.

Note: To make Nutritarian Parmesan, place 1/4 cup walnuts, almonds, or hemp seeds; 1/4 cup nutritional yeast; 1/4 teaspoon garlic powder; and 1/4 teaspoon onion powder in a food processor and pulse until the texture of grated Parmesan is achieved. Store in an airtight container in the refrigerator.

PER SERVING: CALORIES 179; PROTEIN 11G; CARBOHYDRATES 26G; SUGARS 14G; TOTAL FAT 4.7G; SATURATED FAT 0.6G; SODIUM 59MG; FIBER 8G; BETA-CAROTENE 569MCG; VITAMIN C 30MG; CALCIUM 79MG; IRON 2.6MG; FOLATE 78MCG; MAGNESIUM 54MG; POTASSIUM 1,178MG; ZINC 3MG; SELENIUM 1.6MCG

Roasted Cauliflower Tacos

SERVES 6

1 head cauliflower, chopped into small florets
1 ½ teaspoons cumin
1 teaspoon chili powder
1 teaspoon paprika
12 corn or small whole grain tortillas
2 cups shredded cabbage
¼ cup cilantro

FOR THE SAUCE

¼ cup chopped raw almonds
1 bulb garlic, unpeeled
1 ½ cups chopped tomatoes
1 clove garlic, peeled
1 Medjool or 2 regular dates, pitted
3 tablespoons lime juice
¼ teaspoon paprika
½ teaspoon cumin
¼ teaspoon chipotle chili powder, or more to taste

Preheat oven to 375°F. Lightly oil a large baking sheet, add cauliflower, cumin, chili powder, and paprika and toss to combine. Roast for 25 minutes or until tender and lightly browned. On a separate small baking sheet, place almonds and bake for 5 minutes until lightly toasted. Remove almonds from pan. Place the bulb of unpeeled garlic on the pan and bake for 15 minutes or until garlic is soft. Let cool, cut open, and squeeze out the soft garlic paste. Place the roasted almonds and roasted garlic paste in a high-powered blender along with tomatoes, 1 clove raw peeled garlic, dates, lime juice, paprika, cumin, and chipotle chili powder. Blend until smooth and creamy. Warm tortillas in the microwave or oven. Fill each tortilla with 1–2 tablespoons of sauce, add roasted cauliflower, then top with shredded cabbage and cilantro. If desired, serve with sliced avocado, jalapeno slices, and lime wedges.

PER SERVING: CALORIES 200; PROTEIN 7G; CARBOHYDRATES 36G; SUGARS 7G; TOTAL FAT 5G; SATURATED FAT 0.6G; SODIUM 69MG; FIBER 7.6G; BETA-CAROTENE 460MCG; VITAMIN C 65MG; CALCIUM 108MG; IRON 2.2MG; FOLATE 80MCG; MAGNESIUM 81MG; POTASSIUM 655MG; ZINC 1.3MG; SELENIUM 4.3MCG

Tofu and Sun-Dried Tomato Burgers

SERVES 4

6 unsulfured, no-salt-added sun-dried tomatoes, soaked 60 minutes in enough warm water to cover
1 tablespoon chia seeds
9 ounces spinach
14-ounce block extra-firm tofu, frozen and thawed (see Note)
¼ cup finely chopped red onion
2 cloves garlic, finely chopped

½ cup whole wheat panko or bread crumbs
¼ cup unhulled sesame seeds, toasted
2 teaspoons coconut aminos
¼ teaspoon black pepper
Pinch red pepper flakes, or to taste

Preheat oven to 350°F. Drain the sun-dried tomatoes and chop, reserving the soaking water. Combine 3 tablespoons of the soaking water with chia seeds and allow to sit for at least 10 minutes. Heat a large wok or sauté pan, add the remaining tomato soaking water, and sauté spinach until wilted. Chop it finely and place in a large bowl. Crumble the thawed tofu into the bowl. Mix in the chia seeds, sun-dried tomatoes, red onion, garlic, panko, toasted sesame seeds, coconut aminos, black pepper, and red pepper flakes. Form into eight burgers and place on a baking pan lined with parchment paper. Bake for 15 minutes, carefully flip, and bake for another 10 minutes or until lightly browned. If desired, serve on a 100% whole grain pita with lettuce, tomato, red onion, and no-salt ketchup or Dr. Fuhrman's Nutritarian Ketchup.

Note: Freezing and thawing tofu gives it a "meaty" texture. Thaw tofu for about 6 hours.

PER SERVING: CALORIES 237; PROTEIN 16G; CARBOHYDRATES 21G; SUGARS 3G; TOTAL FAT 12.1G; SATURATED FAT 1.5G; SODIUM 278MG; FIBER 5G; BETA-CAROTENE 3,606MCG; VITAMIN C 21MG; CALCIUM 375MG; IRON 6.1MG; FOLATE 176MCG; MAGNESIUM 157MG; POTASSIUM 697MG; ZINC 2.5MG; SELENIUM 21.9MCG

Tofu Crackers and Tofu Jerky Pizza

SERVES 4

15 ounces extra-firm tofu, sliced very thin, no more than 1/8-inch thick
1/4 cup aquafaba for brushing tofu (see Note)

1/4 cup sesame, poppy, hemp, or flax seeds
Salt-free seasoning, if desired, such as Dr. Fuhrman's MatoZest or VegiZest

Place sliced tofu on dehydrator sheets. Brush lightly with aquafaba. Top with your choice of seeds and salt-free seasoning. Set dehydrator to 120°F. Dehydrate for 8 hours or until desired crispness. If using a conventional oven, place aquafaba-brushed tofu slices on a parchment-lined baking tray and bake at lowest setting for 3–4 hours or until desired crispness. As they cool, they will harden to cracker or jerky consistency.

For Tofu Jerky Pizza, spread with Intense Marinara Sauce or another low-salt tomato sauce.

Note: Aquafaba is the typically discarded cooking liquid found in retail cans and boxes of beans or the liquid left over from cooking dried beans.

PER SERVING: CALORIES 148; PROTEIN 12G; CARBOHYDRATES 4G; SUGARS 1G; TOTAL FAT 10.7G; SATURATED FAT 1.2G; SODIUM 9MG; FIBER 1.5G; VITAMIN C 1MG; CALCIUM 274MG; IRON 3.3MG; FOLATE 27MCG; MAGNESIUM 88MG; POTASSIUM 182MG; ZINC 1.9MG; SELENIUM 16.9MCG

Sweet Potato Toast with Roasted Broccoli

SERVES 4

1 large sweet potato, peeled and cut into 1-inch pieces

½ cup freshly squeezed orange juice

1 cup water

¼ teaspoon black pepper

1 head broccoli, cut into large florets

1 tablespoon fresh lemon juice

4 slices (100% whole grain) bread, lightly toasted

1 tablespoon unhulled sesame seeds, toasted

Combine sweet potato, orange juice, and water in a small saucepan. Bring to a boil, reduce heat, and simmer until sweet potato is very soft and liquid has evaporated, about 20 minutes. Mash and season with black pepper.

Preheat oven to 350°F. Place broccoli on a baking sheet lined with parchment paper or a nonstick silicone mat and roast until tender, about 20 minutes. Coarsely chop and toss with lemon juice. Spread toast with mashed sweet potato, top with roasted broccoli, and sprinkle with sesame seeds.

PER SERVING: CALORIES 184; PROTEIN 10G; CARBOHYDRATES 34G; SUGARS 8G; TOTAL FAT 2.8G; SATURATED FAT 0.5G; SODIUM 214MG; FIBER 7.6G; BETA-CAROTENE 3,325MCG; VITAMIN C 153MG; CALCIUM 140MG; IRON 2.5MG; FOLATE 125MCG; MAGNESIUM 77MG; POTASSIUM 750MG; ZINC 1.5MG; SELENIUM 18MCG

Veggie-Bean Burgers

SERVES 4

1 tablespoon ground flaxseeds	1 teaspoon chili powder
1 ½ cups cooked or 1 (15-ounce) can no-salt-added or low-sodium red kidney beans	½ teaspoon garlic powder
½ medium onion, finely chopped	¼ teaspoon paprika
6 cloves garlic, minced	¼ teaspoon black pepper
1 small carrot, grated	¼ cup finely chopped kale
1 teaspoon cumin	1-2 tablespoons rolled oats, if needed to adjust consistency

Preheat oven to 350°F. Combine flaxseeds and liquid from the canned beans (called aquafaba) in a small bowl and let stand for 10 minutes. Heat 2-3 tablespoons water in a sauté pan and water-sauté the onion, garlic, and carrot until the onions are translucent and the carrots begin to soften. Transfer to a large bowl and stir in the spices. Partially mash the beans with a fork or pulse in a food processor. Add to the vegetables and spices. Stir in the flax and aquafaba mixture and the kale. Form into four burgers and place on a baking pan lined with parchment paper or a nonstick silicone mat. (If mixture is too wet, add rolled oats to adjust consistency). Bake for 15 minutes, carefully flip, and bake for another 10 minutes or until lightly browned.

PER SERVING: CALORIES 116; PROTEIN 7G; CARBOHYDRATES 20G; SUGARS 2G; TOTAL FAT 1.4G; SATURATED FAT 0.2G; SODIUM 26MG; FIBER 6.5G; BETA-CAROTENE 1,566MCG; VITAMIN C 8MG; CALCIUM 49MG; IRON 2.8MG; FOLATE 95MCG; MAGNESIUM 45MG; POTASSIUM 402MG; ZINC 1MG; SELENIUM 2MCG

Almond Blondies

SERVES 16

2 tablespoons ground flaxseeds	3 very ripe medium bananas
½ cup water	9 Medjool dates, pitted
2 teaspoons baking powder	1 tablespoon vanilla bean powder or 2 teaspoons alcohol-free vanilla extract
¾ cup unsweetened almond milk	2 cups old-fashioned or steel cut oats
⅓ cup raw almond butter	1 ½ cups whole wheat flour (or oat flour for gluten-free)
½ cup no-oil-added, unsalted peanut butter	¾ cup raisins
¾ cup almond flour	
1 ½ tablespoons maca powder	

Preheat oven to 350°F. Whisk together flaxseeds and water and allow to sit for 5 minutes. Add flaxseed mixture and all ingredients except oats, whole wheat flour, and raisins to a food processor and process until well-combined. Pour into a large bowl and mix in oats, flour, and raisins. Pour the batter into an 8-by-8-inch baking pan and spread evenly using a large spoon. Bake for 35 minutes or until top is golden and a toothpick inserted into the center comes out clean. Baking time may vary, so after 35 minutes, check every 5 minutes. Let cool and cut into squares.

PER SERVING: CALORIES 269; PROTEIN 8G; CARBOHYDRATES 41G; SUGARS 14G; TOTAL FAT 10.5G; SATURATED FAT 1.7G; SODIUM 15MG; FIBER 5.9G; BETA-CAROTENE 18MCG; VITAMIN C 6MG; CALCIUM 92MG; IRON 4MG; FOLATE 24MCG; MAGNESIUM 69MG; POTASSIUM 495MG; ZINC 1MG; SELENIUM 8.2MCG

Blueberry Cherry Crumble

SERVES 6

FOR THE CRUMB TOPPING

½ cup old-fashioned oats
½ cup almonds, lightly toasted
¼ cup sprouted lentil flour or almond flour
3 tablespoons raw almond butter, at room temperature
1 Medjool or 2 regular dates, pitted, soaked in warm water for 1 minute, then drained and mashed
1 teaspoon almond extract
1 teaspoon cinnamon

FOR THE FILLING

12 ounces fresh or frozen blueberries
8 ounces frozen cherries
½ teaspoon agar powder (see Note)
¼ cup water
1 tablespoon fresh lemon juice
1 Medjool date or 2 regular dates, pitted and chopped

Preheat oven to 350°F. To prepare topping, pulse oats and almonds in a high-powered blender until crumbly. Place in a medium bowl and stir in flour, almond butter, mashed date, almond extract, and cinnamon. Mix until completely combined. To make the filling, combine blueberries, cherries, agar, water, lemon juice, and date in a medium saucepan and cook over low heat until bubbly, about 10 minutes. Pour into an 8-by-8-inch or 1½-liter baking dish and top with crumb mixture. Bake for 15 minutes. Let cool for 10 minutes before serving.

Note: Agar is a vegetarian gelatin made from seaweed. It can be used as a thickening agent in a variety of recipes. If using agar flakes instead of powder, double the amount.

PER SERVING: CALORIES 284; PROTEIN 42G; CARBOHYDRATES 137G; SUGARS 12G; TOTAL FAT 12.8G; SATURATED FAT 1G; SODIUM 9MG; FIBER 9.6G; BETA-CAROTENE 225MCG; VITAMIN C 3MG; CALCIUM 82MG; IRON 69MG; FOLATE 15MCG; MAGNESIUM 69MG; POTASSIUM 288MG; ZINC 1.1MG; SELENIUM 0.6MCG

Carrot Cake Bites

SERVES 20

½ cup chopped dried pineapple	1 cup unsweetened shredded coconut
¼ cup water	½ cup grated carrots
1 cup pecans	1 teaspoon cinnamon
1 cup walnuts	½ teaspoon ground ginger
1 cup pitted dates	¼ teaspoon nutmeg

Place chopped pineapple in sealed container or plastic bag, add ¼ cup water, and let it soak overnight or for a few hours, mixing and turning occasionally. Pulse pecans and walnuts in a food processor until finely chopped. Remove nuts from food processor. Place dates and soaked dried pineapple with soaking liquid in the food processor and process until the mixture is like a paste and starts to form a ball. Return nuts to the food processor along with coconut, grated carrots, and spices, and pulse until mixture is well-combined. Form into balls. Makes about 20.

PER SERVING: CALORIES 131; PROTEIN 2G; CARBOHYDRATES 11G; SUGARS 8G; TOTAL FAT 9.8G; SATURATED FAT 3.2G; SODIUM 4MG; FIBER 2.4G; BETA-CAROTENE 230MCG; CALCIUM 17MG; IRON 0.6MG; FOLATE 9MCG; MAGNESIUM 23MG; POTASSIUM 153MG; ZINC 0.5MG; SELENIUM 1.5MCG

Cherry Apricot Oatmeal Cookies

SERVES 12

1 large ripe banana	½ cup chopped unsulfured dried apricots
½ cup raw almond butter	½ cup chopped unsweetened dried cherries
¼ cup chopped dates	2 cups old-fashioned rolled oats
1 teaspoon pure vanilla bean powder or alcohol-free vanilla extract	2 tablespoons ground flaxseeds
1 teaspoon almond extract	

Preheat oven to 335°F. Place banana in a medium bowl and mash well; stir in the almond butter; mash in the dates, vanilla, and almond extract until well-combined. Add the apricots, cherries, oats, and flaxseed. Divide mixture into a lightly oiled muffin pan, using only enough dough to make cookies that are about ¾ inch in height. Bake for 12 minutes or until golden. Using a knife, loosen cookies and place on a cooling rack. Mixture can also be poured onto a nonstick baking sheet. Bake for 15 minutes or until golden, cool, then cut into squares.

PER SERVING: CALORIES 195; PROTEIN 5G; CARBOHYDRATES 31G; SUGARS 13G; TOTAL FAT 7.4G; SATURATED FAT 0.7G; SODIUM 2MG; FIBER 4.5G; BETA-CAROTENE 131MCG; VITAMIN C 2MG; CALCIUM 50MG; IRON 4MG; FOLATE 11MCG; MAGNESIUM 45MG; POTASSIUM 269MG; ZINC 0.5MG; SELENIUM 0.8MCG

Chocolate Almond Pudding

SERVES 4

3 ripe bananas	¼ cup raw almond butter
½ medium avocado	1 Medjool or 2 regular dates, pitted
¼ cup unsweetened natural cocoa powder	1 teaspoon pure vanilla bean powder or alcohol-free vanilla extract

Add all ingredients to a high-powered blender and blend until smooth. Refrigerate until ready to serve.

PER SERVING: CALORIES 233; PROTEIN 6G; CARBOHYDRATES 32G; SUGARS 16G; TOTAL FAT 12.3G; SATURATED FAT 1.5G; SODIUM 5MG; FIBER 7.3G; BETA-CAROTENE 39MCG; VITAMIN C 9MG; CALCIUM 72MG; IRON 1.7MG; FOLATE 44MCG; MAGNESIUM 102MG; POTASSIUM 644MG; ZINC 1.2MG; SELENIUM 2.1MCG

Creamy Pumpkin Chia Pudding

SERVES 2

1 cup unsweetened soy, hemp, or almond milk	½ teaspoon cinnamon
3 Medjool or 6 regular dates, pitted and chopped	½ cup pumpkin purée
¼ cup chia seeds	2 tablespoons unsweetened shredded coconut, toasted
1 teaspoon vanilla bean powder or alcohol-free vanilla extract	2 tablespoons chopped pecans, toasted

Blend nondairy milk and dates in a high-powered blender until well-blended. Add chia seeds, vanilla, and cinnamon and blend for 30 seconds. Divide pumpkin purée between two serving dishes, pour blended chia mixture over pumpkin, cover, and chill overnight or for at least 4 hours. Before serving, top with coconut and pecans. This will keep refrigerated for up to 5 days.

PER SERVING: CALORIES 314; PROTEIN 10G; CARBOHYDRATES 34G; SUGARS 17G; TOTAL FAT 17.5G; SATURATED FAT 4.9G; SODIUM 24MG; FIBER 11.7G; BETA-CAROTENE 1,308MCG; VITAMIN C 3MG; CALCIUM 166MG; IRON 3.3MG; FOLATE 33MCG; MAGNESIUM 131MG; POTASSIUM 453MG; ZINC 1.8MG; SELENIUM 12.7MCG

Dark Chocolate Mousse

SERVES 3

3 ½ ounces 100% cocoa chocolate, roughly chopped
12 ounces silken tofu, drained and brought to room temperature
3 Medjool or 6 regular dates, soaked in warm water until soft, then drained, pitted, and chopped
1 teaspoon pure vanilla bean powder or alcohol-free vanilla extract
½ teaspoon agar powder (see Note)

OPTIONAL TOPPING INGREDIENTS

100% cocoa chocolate shavings
Raspberries or blackberries
Fresh mint leaves
Raw almonds, toasted and chopped

Melt chocolate on medium power in the microwave in 30-second intervals, stirring each time, until melted. Set aside to cool. Meanwhile, place silken tofu, dates, vanilla, and agar in a high-powered blender and blend until smooth. Add melted chocolate and blend to combine. Transfer the mixture into three ramekins or small dishes and refrigerate for 30 minutes. Garnish with your choice of toppings. Will keep in the refrigerator for 4–5 days.

Note: Agar is a vegetarian gelatin made from seaweed. You can use it as a thickening agent in a variety of recipes. If using agar flakes instead of powder, double the amount.

PER SERVING: CALORIES 299; PROTEIN 10G; CARBOHYDRATES 32G; SUGARS 18G; TOTAL FAT 20.4G; SATURATED FAT 11.1G; SODIUM 15MG; FIBER 7.3G; BETA-CAROTENE 21MCG; CALCIUM 92MG; IRON 7.2MG; FOLATE 21MCG; MAGNESIUM 164MG; POTASSIUM 661MG; ZINC 4MG; SELENIUM 2.8MCG

No-Bake Brownies

SERVES 16

1/2 cup almonds	1/2 cup unsweetened cocoa powder
1/2 cup cashews	1/3 cup no-oil-added, unsalted peanut butter
1/4 cup hemp seeds	2 tablespoons cocoa nibs
3/4 cup walnuts, divided	
2 cups Medjool dates, pitted	

Line an 8-by-8-inch square pan with parchment paper. Place the almonds, cashews, hemp seeds, and 1/2 cup of the walnuts in a food processor. Process until finely ground. Add the dates and process until mixture is like a paste and begins to form a ball. Add the cocoa powder, peanut butter, and cocoa nibs; process and knead together until well-combined. Press mixture evenly into pan. Coarsely chop the remaining 1/4 cup of walnuts. Sprinkle over the top of brownies. Refrigerate for 1 hour. Cut into 16 pieces.

PER SERVING: CALORIES 213; PROTEIN 6G; CARBOHYDRATES 21G; SUGARS 13G; TOTAL FAT 13.8G; SATURATED FAT 2.2G; SODIUM 3MG; FIBER 4G; BETA-CAROTENE 2MCG; CALCIUM 35MG; IRON 1.8MG; FOLATE 24MCG; MAGNESIUM 92MG; POTASSIUM 334MG; ZINC 1.4MG; SELENIUM 3.4MCG

Pistachio Gelato

SERVES 8

3/4 cup unsalted shelled pistachios, divided	8 Medjool or 16 regular dates, pitted
2 cups water	1 1/2 cups frozen mango chunks
1/2 cup raw cashews	1 small or 1/2 large avocado
2/3 cup silken tofu	1 handful raw spinach
	1/4 teaspoon almond extract

Coarsely chop 1/4 cup of the pistachios and set aside. Blend the other 1/2 cup of pistachios along with remaining ingredients in a high-powered blender until smooth and creamy. Stir in chopped pistachios. Freeze in an ice-cream maker or just freeze.

PER SERVING: CALORIES 229; PROTEIN 6G; CARBOHYDRATES 29G; SUGARS 20G; TOTAL FAT 12.2G; SATURATED FAT 1.7G; SODIUM 9MG; FIBER 4.7G; BETA-CAROTENE 404MCG; VITAMIN C 11MG; CALCIUM 55MG; IRON 1.6MG; FOLATE 43MCG; MAGNESIUM 62MG; POTASSIUM 483MG; ZINC 1MG; SELENIUM 2.7MCG

Strawberry Banana Ice Cream

SERVES 4

3 ripe bananas, frozen (see Note)	2 tablespoons chopped walnuts
1/3 cup unsweetened soy, hemp, or almond milk	1 tablespoon ground flaxseeds
2 cups frozen strawberries	1/2 teaspoon pure vanilla bean powder or alcohol-free vanilla extract

Blend ingredients in a high-powered blender until smooth and creamy. Add additional nondairy milk if needed to adjust consistency.

For Blueberry Banana Ice Cream, substitute frozen blueberries.

Note: Freeze ripe bananas at least 8 hours in advance. Peel bananas and seal in a plastic bag before freezing.

PER SERVING: CALORIES 146; PROTEIN 3G; CARBOHYDRATES 29G; SUGARS 15G; TOTAL FAT 3.4G; SATURATED FAT 0.4G; SODIUM 13MG; FIBER 4.6G; BETA-CAROTENE 44MCG; VITAMIN C 38MG; CALCIUM 29MG; IRON 1.1MG; FOLATE 39MCG; MAGNESIUM 49MG; POTASSIUM 479MG; ZINC 0.4MG; SELENIUM 3MCG

Summer Fruit Pie with Simple Almond Coconut Pie Crust

SERVES 8

FOR THE PIE CRUST

$\frac{2}{3}$ cup raw almonds
 $\frac{2}{3}$ cup shredded unsweetened
coconut
 $\frac{2}{3}$ cup old-fashioned rolled oats
4 Medjool or 8 regular dates, pitted
 $\frac{1}{4}$ cup water

FOR THE FILLING

2–3 bananas, sliced
1 teaspoon fresh lemon juice
2 kiwis, peeled and sliced
1 quart organic strawberries, sliced
1 pint blueberries and/or blackberries
 $\frac{1}{2}$ cup unsweetened vanilla soy,
hemp, or almond milk
 $1\frac{1}{4}$ cups frozen strawberries (or
an additional pint fresh organic
strawberries)
2 Medjool or 4 regular dates, pitted
2 teaspoons chopped fresh mint
leaves, if desired

To make the pie crust, place almonds in a food processor or high-powered blender and process until finely chopped. Add remaining ingredients and process until well-blended. Remove from food processor, knead into a ball, and then flatten and press into a 9-inch pie plate to form crust.

To make the filling, spread bananas on the crust, pressing down slightly. Sprinkle lemon juice over the bananas. Place kiwis, strawberries, and blueberries over the bananas. If desired, reserve some fruit to decorate the top of the pie. In a high-powered blender, blend nondairy milk, frozen strawberries, dates, and mint until smooth. Pour mixture over the fruit. Decorate with additional fruit as desired. Cover and freeze for at least 2 hours before serving.

PER SERVING: CALORIES 277; PROTEIN 6G; CARBOHYDRATES 45G; SUGARS 29G; TOTAL FAT 10.7G; SATURATED FAT 1.6G; SODIUM 12MG; FIBER 8.8G; BETA-CAROTENE 47MCG; VITAMIN C 91MG; CALCIUM 90MG; IRON 1.9MG; FOLATE 56MCG; MAGNESIUM 91MG; POTASSIUM 666MG; ZINC 1MG; SELENIUM 3MCG

Vanilla or Chocolate Nice Cream

SERVES 4

¼ cup walnuts (or macadamia nuts)
2 ripe bananas, frozen (see Note)

⅓ cup unsweetened soy, hemp, or
almond milk (frozen ahead of time)
1 teaspoon pure vanilla bean powder
or alcohol-free vanilla extract

Using a high-powered blender, blend walnuts to a fine powder. Add remaining ingredients and blend on high speed until smooth and creamy. Serve immediately or store in freezer for later use.

To make Chocolate Nice Cream, add 2 tablespoons of natural, unsweetened cocoa powder and 2 pitted Medjool or 4 regular dates.

Note: Freeze ripe bananas at least 8 hours in advance. Peel bananas and seal in a plastic bag before freezing.

PER SERVING: CALORIES 138; PROTEIN 2G; CARBOHYDRATES 25G; SUGARS 16G; TOTAL FAT 4.6G; SATURATED FAT 0.5G; SODIUM 11MG; FIBER 2.9G; BETA-CAROTENE 27MCG; VITAMIN C 5MG; CALCIUM 22MG; IRON 0.6MG; FOLATE 23MCG; MAGNESIUM 37MG; POTASSIUM 346MG; ZINC 0.4MG; SELENIUM 1.9MCG