

MONDAY



TUESDAY



WEDNESDAY



Mama Z's WEEKLY MEAL PLAN

WEEK #1

THURSDAY



FRIDAY



SAT & SUN



SNACKS



MAMA Z'S WEEKLY MEAL PLAN Week #1

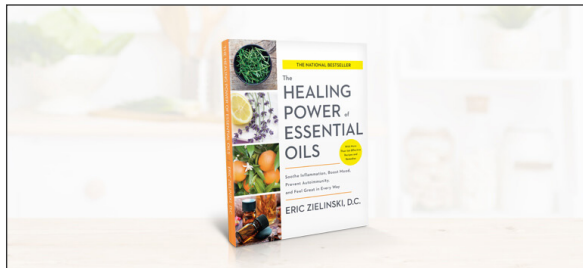
by Sabrina Ann Zielinski

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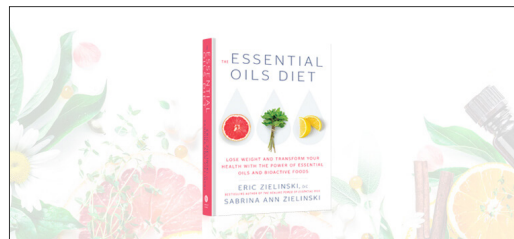
If you're following the *Essential Oils Diet*, each recipe will be either Fast Track or Lifestyle approved. See the badge on each recipe.



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Introduction

I am so excited that you're going to join me in the kitchen for some good ol' fashioned (healthy) cooking!

This done-for-you meal plan will kick-start your journey toward the abundant life through an anti-inflammatory lifestyle.

Why anti-inflammatory?

Because pain, skin flare-ups, sleepless nights, weight gain, brain fog, and other 'unexplained symptoms' are oftentimes directly linked to inflammation caused by what you eat.

You can easily soothe systemic, chronic inflammation by cutting out gluten, dairy, and sugar: the top three inflammatory triggers that can cause problems for you and your family. So, you'll find that this meal plan eliminates these completely.

Note that this is a meal plan is full of the very foods that my family eats on a regular basis, which means that they are Dr. Z approved and kid-friendly. 😊

As for food prep, I encourage you to think ahead and plan for the weekends earlier in the week. If you're like us, you're super active on the weekends and you will welcome a break from the kitchen.

So, you'll notice that this is a 5-day meal plan, not 7-day.

IMHO, the weekends are for special dates, going out to eat at healthy restaurants, eating leftovers, or meals prepared ahead of time. If you find a recipe that is a particular favorite for you and your family just double it and use that over the weekend as well to cut back on the work you need to do.

You'll find step-by-step directions and recipe card for each recipe in the meal plan below. And be sure to let me know which recipes are your favorites!

As always, praying that you experience the abundant life.

~ Mama Z

MEAL PLAN CHART

	Breakfast	Lunch	Dinner	Snack/ Dessert
DAY 1	Bioactive Breakfast Shake	Oven Roasted Potatoes With Herbs	South of the Border Vegan Taco Layered Dish	Kimchi (Cultured Veggies)
DAY 2	Grace's Granola	Italian Pasta Salad	Caribbean Ahi Tuna	Penny's Sugar Cookies
DAY 3	Easy Egg Casserole	Chilled Asparagus in Dilled Mustard Sauce	Sloppy Joes	Healthy Snack Bites
DAY 4	Blueberry Banana Muffins	Sam's Easy Bruschetta	Homemade Fettuccine Alfredo	Spiced Glazed Almonds
DAY 5	Healthy Quiche	Joan's Easy Potato Salad	Garden Fresh Quinoa Chickpea Salad	Applesauce Cake
BONUS	Vegan Ranch Dip			

***Note** - Lunch can often be leftovers from the previous night's dinner if you don't have time to cook during the day.

DAY 1 *Recipes*

Bioactive Breakfast Smoothies

The Bioactive Breakfast Shake uses not just one but two super powders to give your body everything it needs to thrive.



Step One: Place the purified water, Mama Z's Super Greens and Super Reds powders, protein powder, banana, and frozen berries in a blender or Magic Bullet. Add almond milk to bring the total to 16 ounces. Blend thoroughly and pour into a glass.





BIOACTIVE BREAKFAST SMOOTHIES



Ingredients

- ✓ 4 to 6 ounces purified or distilled water
- ✓ 2 tablespoons Mama Z's Super Greens Powder or [Living Fuel Super-Greens](#)
- ✓ 2 tablespoons Mama Z's Super Reds Powder or [Living Fuel SuperBerry](#)
- ✓ 2 tablespoons [organic vegan protein powder](#) or [Living Fuel LivingProtein](#)
- ✓ ½ organic banana
- ✓ ¼ cup frozen organic raspberries, blueberries, blackberries, pitted cherries, or other dark berries
- ✓ Unsweetened vanilla-flavored [almond](#) or [coconut milk beverage](#)

Supplies

- ✓ [Blender](#) or [Magic Bullet](#)

Instructions

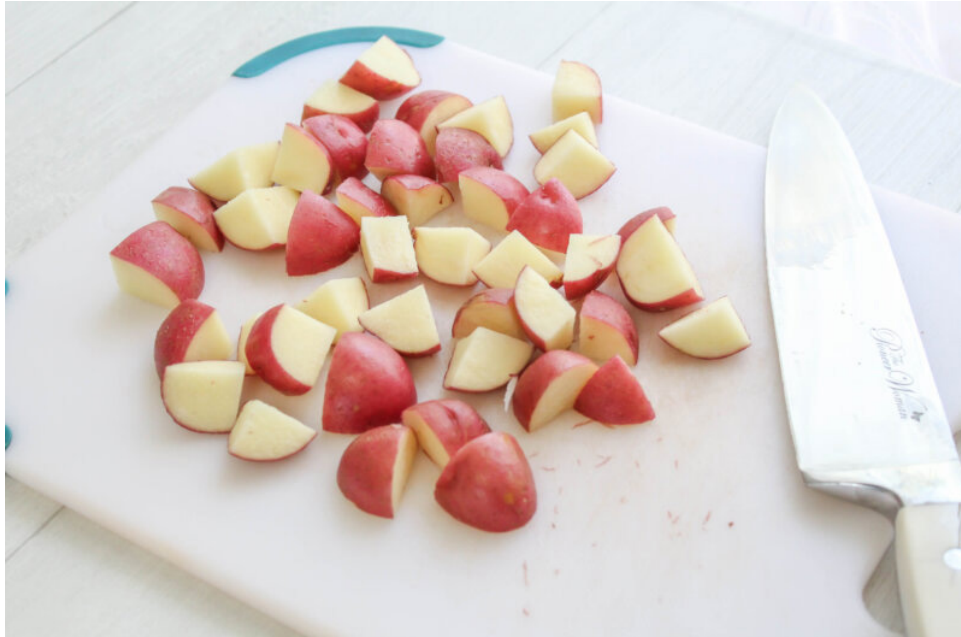
- Place the purified water, Mama Z's Super Greens and Super Reds powders, protein powder, banana, and frozen berries in a blender or Magic Bullet. Add almond milk to bring the total to 16 ounces. Blend thoroughly and pour into a glass.

Oven Roasted Potatoes With Herbs

Need a quick side dish? These oven-roasted potatoes taste gourmet but are easy to make. They have a basic herbed flavor profile that's a hit with everyone!



Step One: Preheat the oven to 425°F. Cut potatoes into 1-inch cubes.



Step Two: Place the potatoes, olive oil, herbs, and sea salt in a large bowl. Toss until potatoes are completely covered with oil. Place the potatoes in a single layer on a baking sheet lined with parchment paper. Bake for 30-35 minutes or until browned and tender.





OVEN ROASTED POTATOES WITH HERBS



Ingredients

- ✓ 1 ½ lbs organic red or yellow-skinned potatoes, washed
- ✓ 2 tablespoons [extra virgin olive oil](#)
- ✓ 1 tablespoon fresh rosemary or 1 teaspoon dried
- ✓ 1 tablespoon fresh thyme or 1 teaspoon dried
- ✓ ¼ teaspoon freshly ground pink Himalayan salt or [sea salt](#)

Supplies

- ✓ Large bowl
- ✓ Baking sheet
- ✓ [Parchment paper](#)

Instructions

- Preheat the oven to 425°F. Cut potatoes into 1-inch cubes.
- Place the potatoes, olive oil, herbs, and sea salt in a large bowl. Toss until potatoes are completely covered with oil. Place the potatoes in a single layer on a baking sheet lined with parchment paper. Bake for 30-35 minutes or until browned and tender.

South of the Border Vegan Taco Layered Dish

This dinner is vibrant, full of flavor, and unique. It uses lots of fresh ingredients, essential oils, and healthy carbohydrates to create a dinner that is out of this world.



Step One: Preheat the oven to 350°F. In a small saucepan set over high heat, bring 1 cup water to a boil, reduce the heat to a low simmer, and add the rice and a tablespoon of butter. Cover and cook for 10 to 14 minutes. (It can be slightly undercooked as it will absorb more liquid while it bakes.)



Step Two: Spread an even layer of the refried beans on the bottom of an 8 x 8 x 2-inch baking dish. Cover with the cooked rice.



Step Three: Place the avocados in a food processor or a bowl. Add the lime juice and the essential oils and blend or mash until well combined. Spread the mixture evenly on top of the rice.



Step Four: Blend the vegan mayonnaise and the taco seasoning together in a bowl or food processor. Spread evenly over the avocado layer. In the food processor, blend the chiles and tomatoes together and layer them evenly over the taco seasoning, followed by a layer of black olives.



Step Five: Top off with the Cheddar-style shreds. Bake for 30 minutes to 1 hour, depending on how crisp you want the cheese. Serve with gluten-free taco chips, extra olives, and sliced avocado, or over a salad.



The best thing about this recipe is that you can customize it to fit your mood. Skip the baking time and serve it raw, as seen in the left side of the photo, or heat it to melt the cheese. When serving this dip raw, be sure to add lots of veggies for dipping delight!





SOUTH OF THE BORDER TACO DIP



Ingredients

- ✓ ½ cup raw [organic brown basmati rice](#)
- ✓ Grass-fed butter or [raw organic coconut oil](#)
- ✓ 1 (16-ounce) can [organic vegetarian refried black beans](#)
- ✓ 3 large organic Hass avocados, peeled and pitted
- ✓ 3 tablespoons freshly squeezed lime or lemon juice
- ✓ 3 drops lime essential oil
- ✓ 3 drops cilantro essential oil
- ✓ 8 ounces [soy-free Veganaise](#) or your preferred avocado-oil or grapeseed oil vegan mayonnaise
- ✓ 2 tablespoons Mama Z's Taco Seasoning, or [preservative-free taco seasoning](#) such as Primal Palate organic
- ✓ 1 (4-ounce) can organic fire-roasted green chile peppers, drained and chopped
- ✓ 3 medium or 5 small organic Roma tomatoes, chopped
- ✓ ¾ cup pitted and sliced organic black olives, plus more (optional) for serving
- ✓ 2 cups shredded dairy-free Cheddar-style cheese alternative*

Supplies

- ✓ Saucepan
- ✓ 8 x 8 x 2-inch baking dish
- ✓ [Food processor](#)



SOUTH OF THE BORDER TACO DIP

Instructions

- Preheat the oven to 350°F. In a small saucepan set over high heat, bring 1 cup water to a boil, reduce the heat to a low simmer, and add the rice and a tablespoon of butter. Cover and cook for 10 to 14 minutes. (It can be slightly undercooked as it will absorb more liquid while it bakes.)
- Spread an even layer of the refried beans on the bottom of an 8 x8 x 2-inch baking dish. Cover with the cooked rice.
- Place the avocados in a food processor or a bowl. Add the lime juice and the essential oils and blend or mash until well combined. Spread the mixture evenly on top of the rice.
- Blend the vegan mayonnaise and the taco seasoning together in a bowl or food processor. Spread evenly over the avocado layer. In the food processor, blend the chiles and tomatoes together and layer them evenly over the taco seasoning, followed with a layer of black olives.
- Top off with the Cheddar-style shreds.
- Bake for 30 minutes to 1 hour, depending on how crisp you want the cheese.
- Serve with gluten-free taco chips, extra olives, and sliced avocado, or over a salad.

Notes: *Good brands of dairy-free cheese include Kite Hill, Daiya, So Delicious, Violife Foods, and Follow Your Heart.

Kimchi + Spicy Variation

My easy kimchi recipe is a great first step into the world of pickling. It's delicious, tangy, and so versatile. Enjoy it on your salads or as a side dish.



Step One: Finely chop the cabbage, bell peppers, garlic, and onion. Combine all the veggies in a big bowl.



Step Two: Rub sea salt into the vegetables and let sit for 6 hours to draw out the brine.



Pack vegetables and their juices into a mason jar. If using, place fermenting weights on top. If the vegetables are not completely submerged in brine, add purified water until they're fully covered. Place the lid on the jar and let it sit on the counter for 24 hours. After the first 24 hours, "burp" your jar every 12 hours by opening up the lid and closing quickly. Do this for the first week. This allows air to come in and feed the bacteria that are fermenting the veggies.



After the first week, let it sit for another 2-3 weeks, always making sure the liquid covers your vegetables. Store in the refrigerator.



SPICY KIMCHI

You may prefer spicier kimchi, which is easy to make. Simply follow our base kimchi recipe and add 1 diced spicy garden pepper. We love using jalapenos, habaneros, and even ghost or Carolina reaper peppers!





KIMCHI



Ingredients

- ✓ 1 head organic cabbage
- ✓ 3 organic bell peppers (any color)
- ✓ 1 garlic clove
- ✓ ½ organic red onion
- ✓ 2 tablespoons [freshly ground pink Himalayan salt or sea salt](#)
- ✓ 16 ounces purified or distilled water

Supplies

- ✓ Large mixing bowl
- ✓ [Glass jars](#) and lids

Instructions

- Finely chop the cabbage, bell peppers, garlic, and onion. Combine all the veggies in a big bowl.
- Rub sea salt into the vegetables and let sit for 6 hours to draw out the brine.
- Pack vegetables and their juices into a mason jar. If using, place fermenting weights on top.
- If the vegetables are not completely submerged in brine, add purified water until they're fully covered.
- Place the lid on the jar and let sit on the counter for 24 hours.
- After the first 24 hours, "burp" your jar every 12 hours by opening up the lid and closing quickly. Do this for the first week. This allows air to come in and feed the bacteria that are fermenting the veggies.
- After the first week, let it sit for another 2-3 weeks, always making sure the liquid covers your vegetables.
- Store in the refrigerator.

DAY 2 *Recipes*

Grace's Granola

This tasty granola comes from Dr. Z's mother, Grace, who the kids call Nana. We love keeping a batch of this recipe on hand for easy breakfasts. This is also one of our favorite travel snacks!



Step One: Preheat the oven to 300°F. In a large bowl, combine the oats, seeds, nuts, and dried fruit.



Step Two: In a medium-sized pan over low heat, warm the syrup, olive oil, and Christmas Cookie Blend until just melted. Pour over the oat mixture.



Step Three: Spread the granola in a thin layer on parchment-paper-covered trays. I recommend using multiple trays for the best results. Bake for 45 minutes, stirring every 10 minutes until the granola is golden brown. Store in an air-tight container or Ziploc bag.



Notes: *If you use maple syrup or honey, it may take longer to bake due to the extra liquid.

If you want your granola chunkier, don't break it up as much when stirring.



GRACE'S GRANOLA



Ingredients

- ✓ 3 cups organic gluten-free sprouted oats
- ✓ 1 cup raw organic pumpkin seeds
- ✓ 1 cup raw organic sunflower seeds
- ✓ 1 cup raw organic nuts (slivered almonds, pecans, walnuts, etc.)
- ✓ 1 cup unsweetened organic dried fruit (raisins, dried cranberries, currants)
- ✓ ¾ cup Grade A Dark Amber maple syrup
- ✓ ½ cup extra-virgin olive oil
- ✓ ½ cup Christmas Cookie Blend, Grade A Dark Amber maple syrup or raw local honey*
- ✓ Freshly ground pink Himalayan salt or sea salt, to taste

Supplies

- ✓ Large bowl
- ✓ Medium-sized pan
- ✓ Cookie sheets
- ✓ Parchment paper

Instructions

- Preheat the oven to 300°F. In a large bowl, combine the oats, seeds, nuts, and dried fruit.
- In a medium-sized pan over low heat, warm the syrup, olive oil, and Christmas Cookie Blend until just melted. Pour over the oat mixture.
- Spread the granola in a thin layer on parchment-paper-covered trays. I recommend using multiple trays for the best results. Bake for 45 minutes, stirring every 10 minutes until the granola is golden brown. Store in an air-tight container or Ziploc bag.

Notes: *If you use maple syrup or honey, it may take longer to bake due to the extra liquid.

If you want your granola chunkier, don't break it up as much when stirring.

Italian Pasta Salad

This amazing pasta salad combines vegan cheese, fresh veggies, and our famous Italian Dressing. It's the perfect side dish to bring to a cookout, potluck, or party.



Step One: Cook the pasta according to the package instructions and drain. Lightly coat with extra-virgin olive oil. Set aside.



Step Two: Cook the broccoli and carrots until crispy done, if desired. In a large bowl, combine the broccoli, carrots, tomatoes, basil, parsley, vegan cheese, and vegan parmesan.



Step Three: Drizzle the Italian dressing over top and toss to coat. Top with additional vegan parmesan cheese, if desired. Serve chilled. Enjoy!



Notes: **Great brands of dairy-free cheese include Daiya, Kite Hill, Follow Your Heart, Forager, Miyokos, So Delicious, and Violife. The color of your feta cheese will vary based on the brand.



Ingredients

- ✓ 8-ounces [gluten-free organic spaghetti or pasta shapes of your choice](#)
- ✓ [Extra-virgin olive oil](#), to coat pasta
- ✓ ½ head organic broccoli, chopped
- ✓ 1 ½ cups organic carrots, grated or chopped
- ✓ 1 large organic tomato, chopped
- ✓ 2 tablespoons organic fresh basil, chopped or 2 teaspoons dried
- ✓ 2 tablespoons fresh organic Italian or curly parsley, chopped or 2 teaspoons dried
- ✓ 8-ounces vegan mozzarella ball, cubed or vegan feta-style cheese, crumbled*
- ✓ ¼ cup Homemade Vegan Parmesan or store-bought vegan parmesan, finely grated (powdered) or shredded
- ✓ 1 batch of Italian Dressing

Supplies

- ✓ [Saucepan](#)
- ✓ Large mixing bowl

Instructions

- Cook the pasta according to the package instructions and drain. Lightly coat with extra-virgin olive oil. Set aside.
- Cook the broccoli and carrots until crispy done, if desired. In a large bowl, combine the broccoli, carrots, tomatoes, basil, parsley, vegan cheese, and vegan parmesan.
- Drizzle the Italian dressing over top and toss to coat. Top with additional vegan parmesan cheese, if desired. Serve chilled. Enjoy!

Notes: *Great brands of dairy-free cheese include Daiya, Kite Hill, Follow Your Heart, Forager, Miyokos, So Delicious, and Violife. The color of your feta cheese will vary based on the brand.

Caribbean Ahi Tuna

Sail away to paradise with this delicious fish recipe! It's one of our family's favorites. It's filling, rich, and a great change of pace.



Step One: Preheat the oven to 400°F. In a small mixing bowl, combine the all-fruit jam, coconut oil, lemon juice, mayonnaise, almond milk, curry powder, and salt until smooth.



Step Two: Place the tuna steaks in an 8 x 8-inch glass pan and pour the sauce over the top. Marinate in the fridge for 30 minutes to overnight.



Step Three: If using, spoon the rice around the tuna steaks. Cover the pan with parchment paper and cook for 20 minutes, flipping the tuna halfway through. Enjoy!





CARIBBEAN AHI TUNA



Ingredients

- ✓ 12-ounces organic wild-caught Ahi tuna steaks
- ✓ 1 tablespoon organic all-fruit apricot jam
- ✓ 2 tablespoons raw organic coconut oil
- ✓ 2 tablespoons AND 2 teaspoons freshly squeezed organic lemon juice
- ✓ 1 cup soy-free Veganaise or your preferred avocado-oil or grapeseed oil vegan mayonnaise
- ✓ ½ cup unsweetened almond milk
- ✓ 1 ½ - 2 teaspoons organic curry powder
- ✓ ⅛ teaspoon freshly ground pink Himalayan salt or sea salt
- ✓ Organic chili powder OR Mama Z's Homemade Taco Seasoning, to garnish
- ✓ 1-2 cups organic basmati rice, cooked (optional)

Supplies

- ✓ Mixing bowls
- ✓ 8 x 8-inch glass pan
- ✓ Parchment paper

Instructions

- Preheat the oven to 400°F. In a small mixing bowl, combine the all-fruit jam, coconut oil, lemon juice, mayonnaise, almond milk, curry powder, and salt until smooth.
- Place the tuna steaks in an 8 x 8-inch glass pan and pour the sauce over the top. Marinate in the fridge for 30 minutes to overnight.
- If using, spoon the rice around the tuna steaks. Cover the pan with parchment paper and cook for 20 minutes, flipping the tuna halfway through. Enjoy!

Penny's Sugar Cookies

These loaded sugar cookies are an interesting twist on a classic. They're full of healthy cereal, nuts, and coconut.



Step One: Preheat the oven to 350°F and lightly spray baking sheets with unrefined (non-propellant coconut oil and olive oil cooking spray). In a large mixing bowl, cream the Christmas Cookie Blend, coconut oil, butter, eggs, and salt until smooth.



Step Two: Add the baking soda, cream of tartar, flour, cereal, pecans, and coconut. Mix well.



Step Three: Drop the cookies by the spoonful onto the baking sheet or roll them into balls and flatten them slightly with your palm. Bake for 15 minutes or until lightly browned. Enjoy



Notes: *Nature's Path and One Degree have wonderful sprouted cereals.



PENNY'S SUGAR COOKIES



Ingredients

- ✓ 1 ⅓ cup Christmas Cookie Blend
- ✓ 1 cup raw [organic coconut oil](#), melted and slightly cooled
- ✓ 1 cup grass-fed organic butter, slightly melted OR 1 cup raw organic coconut oil AND ½ teaspoon [freshly ground pink Himalayan salt or sea salt](#)
- ✓ 2 pasture-raised organic eggs OR 1 tablespoon egg replacer PLUS 4 tablespoons purified or distilled water
- ✓ 1 teaspoon freshly ground pink Himalayan salt or sea salt
- ✓ 1 teaspoon [baking soda](#)
- ✓ 1 teaspoon [cream of tartar](#)
- ✓ 4 cups [gluten-free all-purpose flour](#)
- ✓ 1 cup [sprouted brown rice cereal*](#)
- ✓ 1 cup [raw pecans](#), chopped
- ✓ 1 cup [finely shredded organic coconut](#)

Instructions

- Preheat the oven to 350°F and lightly spray baking sheets with unrefined (non-propellant coconut oil and olive oil cooking spray). In a large mixing bowl, cream the Christmas Cookie Blend, coconut oil, butter, eggs, and salt until smooth.
- Add the baking soda, cream of tartar, flour, cereal, pecans, and coconut. Mix well.
- Drop the cookies by the spoonful onto the baking sheet or roll them into balls and flatten them slightly with your palm. Bake for 15 minutes or until lightly browned. Enjoy!

Notes: *Nature's Path and One Degree have wonderful sprouted cereals.

DAY 3 *Recipes*

Easy Egg Casserole

This hearty breakfast casserole is like brunch in a pan! It contains hashbrowns, turkey bacon, and eggs.



Step One: Preheat the oven to 350°F. If using regular onions, saute in butter until softened. If using chives, skip this step. In a large bowl, combine the hashbrowns with the turkey bacon, onions/chives, and bell pepper.



Step Two: Press the hashbrown mixture into the bottom of a greased 9 x 13-inch baking dish. Sprinkle vegan cheese over the top.



Step Three: In a large bowl, mix together the coconut milk, eggs, sea salt, and white pepper.



Step Four: Pour over the cheese. Bake for 35-45 minutes, or until a knife inserted in the center comes out clean. You can tent the pan with parchment paper if it browns too quickly. Let cool and enjoy!



Notes: *Great brands of dairy-free cheese include Daiya, Kite Hill, Follow Your Heart, Forager, Miyokos, So Delicious, and Violife.

Be sure to look at the hashbrown ingredients just in case they contain an ingredient you aren't comfortable with. I often use Cascadian Farm Organic Root Vegetable Hash Browns contain clean ingredients. You can also make your own using our Hashbrown Recipe using organic carrots, cauliflower, sweet potatoes, potatoes, or other root vegetables.



EASY EGG CASSEROLE



Ingredients

- ✓ 24 ounces organic hashbrowns
- ✓ 1-2 cups diced organic nitrate-free turkey bacon, cooked and diced
- ✓ ½-1 cup organic onion or chives, diced
- ✓ ½ -¾ cup organic red or green bell pepper, diced
- ✓ 1 cup vegan dairy-free cheddar-style cheese shreds*
- ✓ 1 cup organic full-fat canned coconut milk
- ✓ 12 pasture-raised organic eggs
- ✓ Freshly ground pink Himalayan salt or sea salt, to taste
- ✓ Freshly ground white pepper, to taste
- ✓ ¼ cup grass-fed organic butter

Supplies

- ✓ Saucepan
- ✓ 9 x 13-inch baking dish

Instructions

- Preheat the oven to 350°F. If using regular onions, saute in butter until softened. If using chives, skip this step. In a large bowl, combine the hashbrowns with the turkey bacon, onions/chives, and bell pepper.
- Press the hashbrown mixture into the bottom of a greased 9 x 13-inch baking dish. Sprinkle vegan cheese over the top.
- In a large bowl, mix together the coconut milk, eggs, sea salt, and white pepper.
- Pour over the cheese. Bake for 35-45 minutes, or until a knife inserted in the center comes out clean. You can tent the pan with parchment paper if it browns too quickly. Let cool and enjoy!

Notes: *Great brands of dairy-free cheese include Daiya, Kite Hill, Follow Your Heart, Forager, Miyokos, So Delicious, and Violife.

Be sure to look at the hashbrown ingredients just in case they contain an ingredient you aren't comfortable with. I often use Cascadian Farm Organic Root Vegetable Hash Browns contain clean ingredients. You can also make your own using our Hashbrown Recipe using organic carrots, cauliflower, sweet potatoes, potatoes, or other root vegetables.

Chilled Asparagus in Dilled Mustard Sauce

This asparagus-filled side dish seems fancy, but it couldn't be easier to make. With a dilled mustard sauce, asparagus has never tasted better!



Step One: Snap the bottom triplets from the asparagus spears. Leaving the stems whole and long, steam until just tender. Once done, drain and rinse under cold water.



Step Two: In a small bowl, combine the mayonnaise, yogurt, Homemade Honey Mustard, dill, chives, salt, and pepper.



Step Three: Place the asparagus in a long, shallow dish and pour sauce over the top. Place in the fridge until chilled through.



Step Four: Place greens on a platter and arrange the asparagus over the top. Cut cherry tomatoes in half and arrange them around the asparagus. Enjoy!





CHILLED ASPARAGUS IN DILLED MUSTARD SAUCE



Ingredients

- ✓ 1 pound organic pencil-thin asparagus
- ✓ ¼ cup soy-free Veganaise or your preferred avocado oil or grapeseed oil vegan mayonnaise
- ✓ 1 cup unsweetened [coconut- or almond-milk yogurt alternative](#)
- ✓ ⅓ cup Homemade Honey Mustard
- ✓ 2 heaping tablespoons fresh dill, minced
- ✓ 2 heaping tablespoons fresh chives, minced
- ✓ Freshly ground [pink Himalayan salt or sea salt](#), to taste
- ✓ Freshly ground [white pepper](#), to taste
- ✓ Organic cherry tomatoes, halved

Supplies

- ✓ Small bowl
- ✓ [Steamer](#) or pot
- ✓ Shallow dish
- ✓ Platter

Instructions

- Snap the bottom tiptlets from the asparagus spears. Leaving the stems whole and long, steam until just tender. Once done, drain and rinse under cold water.
- In a small bowl, combine the mayonnaise, yogurt, Homemade Honey Mustard, dill, chives, salt, and pepper.
- Place the asparagus in a long, shallow dish and pour sauce over the top. Place in the fridge until chilled through.
- Place greens on a platter and arrange the asparagus over the top. Cut cherry tomatoes in half and arrange them around the asparagus. Enjoy!

Healthy Snack Bites

What an excellent snack for kids and adults alike! These bites are a great treat to pack in school lunches or bring to the office.



Step One: Place the dates in a small bowl and cover them with water. Let stand for 1 hour. Drain and discard seeds.



Step Two: Add the dates, coconut oil, almond flour, cacao powder, shredded coconut, and chia seeds to a food processor or blender. Process until well combined. Transfer the mixture to a bowl and let sit for 20 minutes to soften the chia seeds.



Step Three: Roll the mixture into bite-size balls. If desired, place the remaining coconut in a small bowl. Roll the energy balls into the topping until coated.



Step Four: Store in the refrigerator.





HEALTHY SNACK BITES



Ingredients

- ✓ 12 organic Medjool dates
- ✓ 1/3 cup raw organic coconut oil
- ✓ 1 cup almond flour
- ✓ 1/3 cup raw organic cacao powder
- ✓ 1/2 cup organic unsweetened shredded coconut
- ✓ 1 tablespoon organic chia seeds

Supplies

- ✓ Small bowl
- ✓ Food processor or blender

Instructions

- Place the dates in a small bowl and cover them with water. Let stand for 1 hour. Drain and discard seeds.
- Add the dates, coconut oil, almond flour, cacao powder, shredded coconut, and chia seeds to a food processor or blender. Process until well combined. Transfer the mixture to a bowl and let sit for 20 minutes to soften the chia seeds.
- Roll the mixture into bite-size balls. If desired, place the remaining coconut in a small bowl. Roll the energy balls into the topping until coated.
- Store in the refrigerator.

DAY 4 *Recipes*

Gluten-Free Blueberry Banana Muffins

These blueberry banana muffins are a great weekday breakfast. You'll never be able to guess they're gluten-free. Freeze them for busy mornings.



Step One: Preheat the oven to 350°F. In a large glass bowl, mash the bananas well. Mix in the vanilla, eggs, and butter.



Step Two: In a separate bowl, whisk together the salt, baking soda, and flour. Add the dry ingredients to the wet a bit at a time, mixing well between additions.



Step Three: Fold in the blueberries and essential oils, if using.



Step Four: Scoop into parchment-lined muffin tins. Bake for 25- 30 minutes, or until the tops are golden and a toothpick comes out clean. Cool for 5-10 minutes before serving.



Notes: Store covered in the fridge. Eat them straight from the fridge or warm them in the oven.

If freezing, thaw slightly, then reheat in the oven or toaster oven.



GLUTEN-FREE BLUEBERRY BANANA MUFFINS



Ingredients

- ✓ 6 ripe organic bananas, smashed
- ✓ 2 tablespoons [pure vanilla extract](#)
- ✓ 7-8 pasture-raised organic eggs (depending on size)
- ✓ ½ cup grass-fed butter or [raw coconut oil](#), melted then cooled slightly
- ✓ ½ cup full-fat [organic coconut milk](#)
- ✓ ½ cup Christmas Cookie Blend
- ✓ Scant 1 [teaspoon freshly ground pink Himalayan salt or sea salt](#)
- ✓ 2 teaspoons [baking soda](#) (optional)
- ✓ 4 ½ cups [blanched almond flour](#) OR [gluten-free all-purpose flour](#) OR a combination of both
- ✓ 2 cups fresh organic blueberries
- ✓ 1-3 drops lemon essential oil (optional, but delicious!)

Supplies

- ✓ Muffin tin
- ✓ Muffin liners
- ✓ Toothpick

Instructions

- Preheat the oven to 350°F. In a large glass bowl, mash the bananas well. Mix in the vanilla, eggs, and butter.
- In a separate bowl, whisk together the salt, baking soda, and flour. Add the dry ingredients to the wet a bit at a time, mixing well between additions.
- Fold in the blueberries and essential oils, if using.
- Scoop into parchment-lined muffin tins. Bake for 25- 30 minutes, or until the tops are golden and a toothpick comes out clean. Cool for 5-10 minutes before serving.

Notes: Store covered in the fridge. Eat them straight from the fridge or warm them in the oven.

If freezing, thaw slightly, then reheat in the oven or toaster oven.

Sam's Easy Bruschetta

This bruschetta came from my lovely middle sister and was featured in Simple and Delicious magazine in August/September 2011 and in Taste of Home's 2012 Quick Cooking Annual Recipes Cookbook.



Step One: Preheat the broiler to low. In a small bowl, combine the tomatoes, the ½ cup mozzarella-style shreds, the basil, parsley, garlic, olive oil, balsamic vinegar, basil



Step Two: Spread the baguette slices with the butter. Top each slice with some of the 2 cups of mozzarella-style shreds.



Step Three: Place the baguette slices on an ungreased baking sheet. Broil 3 to 4 inches from the heat for 3 to 5 minutes, until the cheese melts. Watch carefully to avoid burning the cheese or the bread. Remove from the oven.



Step Four: With a slotted spoon, top each baguette slice with about 1 tablespoon of the tomato mixture. Place on a tray and serve.





SAM'S EASY BRUSCHETTA



Ingredients

- ✓ 4 organic plum tomatoes, seeded and chopped
- ✓ ½ cup dairy-free mozzarella-style or Parmesan-style cheese shreds
- ✓ ¼ cup minced fresh basil
- ✓ 2 tablespoons minced fresh parsley
- ✓ 3 medium garlic cloves, minced
- ✓ 3 tablespoons [extra-virgin olive oil](#)
- ✓ 2 teaspoons [organic balsamic vinegar](#)
- ✓ 1 or 2 drops basil essential oil
- ✓ ⅛ teaspoon freshly ground pink Himalayan salt or [sea salt](#)
- ✓ ⅛ teaspoon organic crushed red pepper flakes
- ✓ ⅛ teaspoon freshly [ground white pepper](#)
- ✓ 2 (8.4-ounce) [gluten-free baguettes](#), cut in ½-inch slices, or 6 dinner rolls (halved)
- ✓ ¼ cup butter or [raw organic coconut oil](#), softened
- ✓ 2 cups dairy-free mozzarella-style cheese shreds

Supplies

- ✓ Small bowl
- ✓ Slotted spoon
- ✓ Baking sheet

Instructions

- Preheat the broiler to low. In a small bowl, combine the tomatoes, the ½ cup mozzarella-style shreds, the basil, parsley, garlic, olive oil, balsamic vinegar, basil essential oil, sea salt, red pepper flakes, and white pepper. Set aside.
- Spread the baguette slices with the butter. Top each slice with some of the 2 cups of mozzarella-style shreds.
- Place the baguette slices on an ungreased baking sheet. Broil 3 to 4 inches from the heat for 3 to 5 minutes, until the cheese melts. Watch carefully to avoid burning the cheese or the bread. Remove from the oven.
- With a slotted spoon, top each baguette slice with about 1 tablespoon of the tomato mixture. Place on a tray and serve.

Homemade Fettuccine Alfredo

My Homemade Fettuccine Alfredo is a crowd-pleasing recipe that's as healthy as it is delicious! It features whole-grain pasta and a creamy sauce that is to live for.



Step One: Bring a large pot of lightly salted water to a boil. Add olive oil to the water before adding pasta to prevent it from sticking together.



Step Two: Add the fettuccine without breaking and cook until al dente; drain.



Step Three: In a separate saucepan, melt the butter, coconut oil, and almond milk over low heat. Add the sea salt, pepper, and garlic. Mix well. Turn the heat to medium-low and stir in both kinds of cheese. You may need to use an immersion blender or whisk to homogenize the mixture.



Step Four: Strain the pasta and return it to the pot. Add the cheese sauce to the pasta and gently incorporate it so that you don't break the pasta. Your pasta should be thoroughly coated with cheese sauce. Serve immediately. Enjoy!





HOMEMADE FETTUCCINE ALFREDO



Ingredients

- ✓ Extra-virgin olive oil
- ✓ 1 12-16 ounce package of gluten-free brown rice fettuccine pasta*
- ✓ ¾ cup full-fat coconut milk, unsweetened OR unsweetened almond milk
- ✓ ½ cup sea-salted butter
- ✓ ½ cup coconut oil, plus 1 teaspoon freshly ground sea salt or pink Himalayan salt
- ✓ 1 teaspoon freshly ground sea salt or pink Himalayan salt
- ✓ ½ teaspoon freshly ground white pepper
- ✓ 2-3 pinches of granulated garlic
- ✓ 3 garlic cloves, peeled and fresh-pressed or minced
- ✓ ⅓ cup vegan/dairy-free, mozzarella-style shreds OR vegan Parmesan cheese, grated
- ✓ 3.65 oz. dairy-free Daiya jalapeno garlic Havarti style wedge cheese (½ of the 7.1 oz. wedge package)

Supplies

- ✓ Saucepan
- ✓ Garlic press
- ✓ Immersion blender or whisk

Instructions

- Bring a large pot of lightly salted water to a boil. Add olive oil to the water before adding pasta to prevent it from sticking together.
- Add the fettuccine without breaking and cook until al dente; drain.
- In a separate saucepan, melt the butter, coconut oil, and almond milk over low heat. Add the sea salt, pepper, and garlic. Mix well. Turn the heat to medium-low and stir in both kinds of cheese. You may need to use an immersion blender or whisk to homogenize the mixture.
- Strain the pasta and return it to the pot. Add the cheese sauce to the pasta and gently incorporate it so that you don't break the pasta. Your pasta should be thoroughly coated with cheese sauce. Serve immediately. Enjoy!

Spiced Glazed Almonds

These deliciously spiced almonds are a wonderful snack, trail mix addition, or dessert topping. Warning: They are addictive!



Step One: Preheat the oven to 325°F. Line a baking sheet with parchment paper and place the butter on the pan. Melt in the oven for 7 minutes.



Step Two: Meanwhile, beat the egg whites with salt until frothy. Gradually add the maple syrup, beating to stiff peaks.



Step Three: Fold in the slivered almonds, cinnamon, and pumpkin pie spice powder.



Step Four: Pour the almond mixture onto the baking pan and toss with butter. Bake for 40 minutes, tossing every 10 minutes until the almonds are crisp. Serve warm or at room temperature.



Notes: You can store this recipe in an air-tight container for up to 2 weeks.





SPICED GLAZED ALMONDS



Ingredients

- ✓ 1/3 cup butter or 1/3 cup raw organic coconut oil AND 1/8 teaspoon freshly ground pink Himalayan salt or sea salt
- ✓ 2 pasture-raised organic egg whites, room temperature
- ✓ Pinch of freshly ground pink Himalayan salt or sea salt
- ✓ 3/4 cup Grade A Dark Amber maple syrup
- ✓ 3 cups raw slivered or whole almonds (slivered is best)
- ✓ 2 teaspoons ground organic Ceylon cinnamon
- ✓ 2 teaspoons pumpkin pie spice powder

Supplies

- ✓ Baking pan
- ✓ Parchment paper

Instructions

- Preheat the oven to 325°F. Line a baking sheet with parchment paper and place the butter on the pan. Melt in the oven for 7 minutes.
- Meanwhile, beat the egg whites with salt until frothy. Gradually add the maple syrup, beating to stiff peaks.
- Fold in the slivered almonds, cinnamon, and pumpkin pie spice powder.
- Pour the almond mixture onto the baking pan and toss with butter. Bake for 40 minutes, tossing every 10 minutes until the almonds are crisp. Serve warm or at room temperature.

Notes: You can store this recipe in an air-tight container for up to 2 weeks.

DAY 5 *Recipes*

Healthy Quiche

This dish is traditionally served at breakfast, but we enjoy it for dinner often, especially for holiday gatherings like our Easter celebrations.



Pastry

Step One: Preheat the oven to 425°F. In a stand mixer, mix both flours and salt until thoroughly combined.



Step Two: Cut in the butter using regular paddles until the pieces are reduced to pea-size. Sprinkle the mixture with cold water, 1 tablespoon at a time, tossing with a fork until all flour is moistened and the pastry almost cleans the side of the bowl (1 to 2 teaspoons more water can be added if necessary).

Step Three: Immediately press the pastry into a pie dish with a fork and smooth it with your fingers.



Filling

Step Four: Sprinkle turkey bacon, leeks/dried onions, cheese, herbs, salt, and peppers in the pie crust. In a medium bowl, beat the eggs and milk until well blended. Pour into quiche dish.



Step Five: Bake for 20 minutes, then reduce the oven temperature to 325°F. Bake for 45 to 50 more minutes or until a toothpick inserted in the center comes out clean. Let stand 10 minutes before serving.



Notes: *Use almond flour if you're on Fast Track

**Omit turkey bacon if on Fast Track

- ▶ To reheat, let thaw overnight, then cover with parchment paper and bake for 30 minutes at 350°F.



Ingredients

Pastry

- ✓ ¾ cup all-purpose gluten free flour*
- ✓ ¼ cup coconut flour
- ✓ ¼ teaspoon freshly ground pink Himalayan salt or sea salt
- ✓ 6 tablespoons sea-salted butter OR raw organic coconut oil with ⅓ teaspoon sea salt
- ✓ 3 tablespoons cold purified or distilled water

Filling

- ✓ ½ cup nitrate-free turkey bacon, crisply cooked, crumbled **
- ✓ 4 ounces dairy-free Cheddar-style shredded cheese alternative or mozzarella-style shreds
- ✓ ⅓ cup leeks, finely diced OR 2 Tablespoons organic dried onions, minced
- ✓ 4 eggs
- ✓ 2 cups unsweetened almond or coconut milk beverage
- ✓ ¼ teaspoon freshly ground sea salt
- ✓ ¼ teaspoon freshly ground white pepper
- ✓ ⅛ teaspoon cayenne pepper
- ✓ Additional herbs to enhance your meal (herbes de Provence, basil, oregano, thyme, marjoram, etc.)

Supplies

- ✓ Stand mixer
- ✓ Pie dish
- ✓ Mixing bowls



HEALTHY QUICHE

Instructions

Pastry

- Preheat the oven to 425°F. In a stand mixer, mix both flours and salt until thoroughly combined.
- Cut in the butter using regular paddles until the pieces are reduced to pea-size.
- Sprinkle the mixture with cold water, 1 tablespoon at a time, tossing with a fork until all flour is moistened and the pastry almost cleans the side of the bowl (1 to 2 teaspoons more water can be added if necessary).
- Immediately press the pastry into a pie dish with a fork and smooth with fingers.

Filling

- Sprinkle turkey bacon, leeks/dried onions, cheese, herbs, salt, and peppers in the pie crust. In a medium bowl, beat the eggs and milk until well blended. Pour into quiche dish.
- Bake for 20 minutes, then reduce the oven temperature to 325°F. Bake for 45 to 50 more minutes or until a toothpick inserted in the center comes out clean. Let stand 10 minutes before serving.

Notes:

*Use almond flour if you're on Fast Track

**Omit turkey bacon if on Fast Track

- To reheat, let thaw overnight, then cover with [parchment paper](#) and bake for 30 minutes at 350°F.

Joan's Easy Potato Salad

This salad is a wonderful side dish that doesn't require much effort. Potato salad is a classic must for any cookout or potluck!



Step One: Place the potatoes in a large pot and cover them with water. Bring to a boil over high heat, lower the heat to medium-low, cover, and simmer until tender. This takes 15-20 minutes. Drain the water and refrigerate the potatoes until cold. Once chilled, peel and cut them into cubes. Place in a large bowl.



Step Two: Chop the egg whites and add to the cubed potatoes. Place the yolks in a large mixing bowl. Smash the yolks until smooth, and add the onion, celery, mayonnaise, and honey mustard.



Step Three: Add the yolk mixture to the potatoes and stir well. Garnish with chives if desired. Serve chilled. Enjoy!



Notes: *To hard boil eggs: Place the eggs into a saucepan. Fill the pot with water until it covers the eggs by one inch. Cover the saucepan and bring to a boil over high heat. Turn the heat to low and let the eggs simmer for 10 minutes. Turn the heat off and let sit for an additional 5 minutes. Pour the hot water and cool the eggs by running cold water over them, then add ice cubes. Peel and set aside.



JOAN'S EASY POTATO SALAD



Ingredients

- ✓ 5 pounds organic potatoes (red or golden is best)
- ✓ 10 pasture-raised organic eggs, hard-boiled*
- ✓ 1 large organic onion, chopped OR ¼ cup organic dried onion
- ✓ 5-6 ribs organic celery, chopped
- ✓ 2 ⅔ cup soy-free Veganaise or your preferred avocado-oil or grapeseed oil vegan mayonnaise
- ✓ 1-2 tablespoons Mama Z's Honey Mustard
- ✓ Organic chives, chopped, to garnish

Supplies

- ✓ Large pot

Instructions

- Place the potatoes in a large pot and cover them with water. Bring to a boil over high heat, lower the heat to medium-low, cover, and simmer until tender. This takes 15-20 minutes. Drain the water and refrigerate the potatoes until cold. Once chilled, peel and cut them into cubes. Place in a large bowl.
- Chop the egg whites and add to the cubed potatoes. Place the yolks in a large mixing bowl. Smash the yolks until smooth, and add the onion, celery, mayonnaise, and honey mustard.
- Add the yolk mixture to the potatoes and stir well. Garnish with chives if desired. Serve chilled. Enjoy!

Notes: *To hard boil eggs: Place the eggs into a saucepan. Fill the pot with water until it covers the eggs by one inch. Cover the saucepan and bring to a boil over high heat. Turn the heat to low and let the eggs simmer for 10 minutes. Turn the heat off and let sit for an additional 5 minutes. Pour the hot water and cool the eggs by running cold water over them, then add ice cubes. Peel and set aside.

Garden Fresh Quinoa Chickpea Salad

My Garden Fresh Quinoa Chickpea Salad is filling, thanks to healthy carbohydrates. This is one of my favorite salads to serve guests or bring to gatherings because you mix everything in one bowl, including the dressing.



Step One: Combine the quinoa, chickpeas, tomatoes, cucumbers, green onions, garlic, parsley, basil, olive oil, lemon juice, white pepper, salt, and essential oils in a large bowl, and gently mix.



Step Two: Garnish with mint leaves. Chill for 2 hours and serve.





GARDEN-FRESH QUINOA SALAD



Ingredients

- ✓ 1 cup **organic tri-colored quinoa**, cooked and cooled
- ✓ 1 (14-ounce) can **organic chickpeas**, rinsed and drained
- ✓ 1 large ripe organic tomato, sliced
- ✓ 1 cup peeled, seeded, and diced organic cucumbers
- ✓ ½ cup sliced **organic green onions**, or 2 tablespoons dried onion
- ✓ 2 medium garlic cloves, pressed
- ✓ ¼ cup chopped fresh parsley leaves
- ✓ 2 tablespoons chopped fresh basil or mint leaves
- ✓ ¼ cup **extra-virgin olive oil**
- ✓ ¼ cup freshly squeezed lemon juice
- ✓ ¼ teaspoon freshly **ground white pepper**
- ✓ 1 teaspoon freshly ground pink Himalayan salt or **sea salt**
- ✓ 2 drops lemon essential oil
- ✓ 2 drops parsley essential oil
- ✓ Fresh mint leaves, for garnish

Supplies

- ✓ Large mixing bowl

Instructions

- Combine the quinoa, chickpeas, tomatoes, cucumbers, green onions, garlic, parsley, basil, olive oil, lemon juice, white pepper, salt, and essential oils in a large bowl, and gently mix.
- Garnish with mint leaves. Chill for 2 hours and serve.

Applesauce Cake

We love making this moist cake with our homemade applesauce with apples from my parent's orchard. You can frost this cake with our Browned Butter Frosting or Dairy-Free "Cream Cheese" Buttercream Frosting or Dairy-Free "Cream Cheese" Frosting.



Step One: Preheat the oven to 350°F. Lightly spray a 9 x 13-inch pan with unrefined (non-propellant) coconut oil or olive oil cooking spray. Measure all ingredients in the bowl of a stand mixer.



Step Two: Blend for 30 seconds on low speed, then 3 minutes on high, scraping the bowl as needed. Pour into the prepared pans and spread evenly. Bake for 60-65 minutes or until a toothpick comes out clean.



Step Three: Let cool completely and frost with Browned Butter Frosting (pictured below) or Dairy-Free “Cream Cheese” Buttercream Frosting or Dairy-Free “Cream Cheese” Frosting (found as a variation in our Dairy-Free Vanilla Buttercream Frosting.) Enjoy!





APPLESAUCE CAKE



Ingredients

- ✓ 2 ½ cups [gluten-free all-purpose flour](#)
- ✓ 1 ½ cups Christmas Cookie Blend
- ✓ 1 ½ teaspoons [baking soda](#)
- ✓ 1 ½ teaspoons [freshly ground pink Himalayan salt or sea salt](#)
- ✓ 1 teaspoon [aluminum-free baking powder](#)
- ✓ ¾ teaspoon [organic pumpkin pie spice powder](#)
- ✓ ¼ teaspoon [organic ground allspice](#)
- ✓ 1 ½ cups organic unsweetened applesauce
- ✓ ½ cup purified or distilled water
- ✓ ½ cup grass-fed organic butter OR ½ cup [raw organic coconut oil](#) AND ¼ teaspoon freshly ground pink Himalayan salt or sea salt
- ✓ 2 pasture-raised organic eggs
- ✓ 1 cup unsweetened [organic raisins](#)
- ✓ ½ cup [raw walnuts](#), freshly chopped

Supplies

- ✓ [9 x 13-inch baking pan](#)
- ✓ Mixing bowls

Instructions

- Preheat the oven to 350°F. Lightly spray a 9 x 13-inch pan with unrefined (non-propellant) coconut oil or olive oil cooking spray. Measure all ingredients in the bowl of a stand mixer.
- Blend for 30 seconds on low speed, then 3 minutes on high, scraping the bowl as needed. Pour into the prepared pans and spread evenly. Bake for 60-65 minutes or until a toothpick comes out clean.
- Let cool completely and frost with Browned Butter Frosting (pictured below) or Dairy-Free "Cream Cheese" Buttercream Frosting or Dairy-Free "Cream Cheese" Frosting (found as a variation in our Dairy-Free Vanilla Buttercream Frosting.) Enjoy!

BONUS *Recipe*

Vegan Ranch Dip

This healthy dip is a great alternative to chemical-laden ones you find in the store. Use it on baked potatoes or to dip crudites!



Step One: Blend all ingredients in the food processor or blender. Serve chilled with vegetable crudites, healthy chips, or as a dip for our Thai Chicken Wings. Enjoy!





VEGAN RANCH DIP



Ingredients

- ✓ ½ cup soy-free Veganaise or your preferred avocado-oil or grapeseed oil vegan mayonnaise
- ✓ ½ cup unsweetened almond milk
- ✓ ½ teaspoon organic unfiltered apple cider vinegar
- ✓ 3 cloves organic garlic
- ✓ ½ tablespoon organic fresh parsley, or ½ teaspoon dried
- ✓ 1 tablespoon fresh dill, or 1 teaspoon dried
- ✓ 1 teaspoon organic onion powder
- ✓ ¼ teaspoon organic smoked paprika
- ✓ ½ teaspoon freshly ground white pepper
- ✓ ½ teaspoon freshly ground pink Himalayan salt or sea salt
- ✓ 1 drop dill essential oil (optional, but good)
- ✓ 1 drop parsley essential oil (optional, but good)

Supplies

- ✓ Food processor or blender

Instructions

- Blend all ingredients in the food processor or blender. Serve chilled with vegetable crudites, healthy chips, or as a dip for our Thai Chicken Wings. Enjoy!

Mama Z's Cancer-Fighting Super Greens Powder

This amazing cancer-fighting super greens powder is an adaption from a recipe my mentor Enoch DeBus put together while he was deep in the throes of Beating Cancer God's Way! It's full of bioactive ingredients that take any smoothie to another level.

While this recipe isn't for everyone, I consider it one of my best money-saving hacks as it costs considerably less than purchasing a commercial greens powder. Whether you make an investment in your own health or decide to split the cost with a few friends, it's sure to give you the boost you need!



Super Greens Powder Uses

Here are some of our favorite ways to utilize this superfood.

- Mix 2-3 tablespoons in one of my breakfast smoothies
- Add it to a refreshing smoothie bowl
- Stir a tablespoon into dairy-free yogurt
- Add a tablespoon to healthy pancakes
- Stir a tablespoon into your morning oatmeal
- Make your favorite smoothie, as usual, but add a tablespoon of super greens powder, and freeze into healthy popsicles
- Stir a tablespoon into your matcha tea or add it to your matcha latte

There's no end to the creative ways you can use this super greens powder! It's easy to incorporate it into your everyday life. Your body will thank you!

Try my Super Reds powder if you want to include even more wonder foods in your diet. This supplement contains goji berries, acai, baobab, and even strawberries!

Cancer Fighting Ingredients

Purchase organic ingredients when you can find them! We prefer to purchase



our ingredients in bulk from [Nuts.com](https://www.nuts.com) or Amazon. From experience, I've found that you can't buy most of these ingredients in quantities of less than a pound without paying significantly more per ounce for smaller amounts.

There's no doubt that this recipe contains a few ingredients you aren't familiar with. Here's what each component does for your body.

Bees are good for more than just honey! Bee pollen is one of the most nutritionally complete ingredients out there. It contains over 200 components, including antioxidants and fatty acids.

Research has shown that [bee pollen](#) can prevent cancer because it signals your

body to kill off abnormal cells. As if these benefits weren't enough, adding this ingredient to a healthy super greens powder is a total power move as it can help your body better absorb other nutrients.

[Cacao](#) is filled with antioxidants. Antioxidants are essential to your diet because they help fight free radicals, thus lowering inflammation. Inflammation is linked to cardiovascular disease, arthritis, and cancer. You'll love the delicious chocolate flavor this ingredient gives your smoothies!

[Chia seeds](#) are unique because they start small but expand when wet. Because of this factor and their high fiber count, they can help you feel fuller longer and lose weight. This has made them a popular pudding ingredient, but they are also lovely in shakes.

This gorgeous powder is made from algae. It's a superfood ingredient you can't live without! [Chlorella powder](#) is a beautiful detox agent as it binds to lead and other heavy metals. Along with detoxing, it also contains powerful antioxidants. What a winning combination!

This ingredient comes from the ginkgo Biloba plant. [This Chinese remedy](#) has been used for centuries to improve mental health and treat headaches. Traditionally, it's used in teas and adds a healthy dose of antioxidants to your diet!

This ingredient is an everyday staple in Ayurvedic medicine. It helps detoxify the liver, and it's anti-inflammatory. Studies show that joint aches and pains lessened after consuming it!

Many people in other countries associate [this herb](#) with better quality of life, even in old age.

If you need a boost of energy, drop the toxic drinks and invest in my Super Greens Powder!

[Guarana powder](#) is more caffeinated than a cup of coffee, but it's a clean source of caffeine, so you won't have a mid-day energy slump.

To keep this recipe dairy-free, we forgo whey protein powder in favor of a [plant-based variety](#). You're going to love how creamy hemp protein powder is!

One serving of hemp powder contains all the nine essential amino acids humans need. Plus, it tastes incredible.

This bright sea vegetable can assist you in your weight-loss efforts. Research shows that consuming [kelp powder](#) can reduce the amount of fat your body absorbs. It also gives your body a huge dose of iron, magnesium, and vitamin A.

Maca is part of the cruciferous family. These plants are the best for your body and contain cancer-fighting phytonutrients. Aside from fighting cancer, [maca powder](#) can also boost your libido.

This [Polynesian fruit](#) is regarded as a superfood among natives. They juice noni fruit to create a drink rumored to cure whatever ails you. While that claim may be a stretch, studies show that noni powder is anti-inflammatory, anti-bacterial, anti-fungal, anti-parasitic, and can even strengthen your immune system.

This ingredient is a powerful tool for those who wish to prevent cancer. It slows the growth of existing cancer cells and reduces your overall cancer risk.

Studies across the board show that [pumpkinseed powder](#) is a fantastic cancer-fighting agent for both men and women!

As we age, healthy gut bacteria can decrease, leading to many issues beyond digestion. When your gut health is good, your whole body benefits! [Spirulina powder](#) can help preserve beneficial gut bacteria.

My Super Greens Powder contains so many elements that it has to have a hint of sweetness. To keep this recipe sugar-free, we use [stevia powder](#). This potent sweetener is low-glycemic, and it tastes fantastic. A little goes a long way! 4 ounces sweeten the entire batch.

This brilliant powder is made from tart cherries. You can still benefit from this ingredient even if you're not athletic! [VitaCherry powder](#) is popular among athletes as it helps decrease muscle soreness after sporting events.

Free radicals run rampant and cause oxidative stress in the body, leading to aches, pains, and other forms of inflammation. [Cinnamon](#) contains many antioxidants that fight against free radicals. Bonus: It makes this recipe taste amazing!

Make Mama Z's Super Greens Powder

This recipe contains many ingredients, but it is easy to put together! There's peace of mind knowing you have 365 healthy servings of super greens. Even when life gets crazy, you have a go-to meal or snack that will nourish your body and mind.

Place the bee pollen, cacao, chia seeds, chlorella, ginkgo leaf, Gotu kola, guarana, hemp protein, kelp, red maca, noni, pumpkinseed, spirulina, stevia, and VitaCherry powders, and the cinnamon and ginger in a large container.

You can also combine the ingredients in a sanitized cooler or large food-grade bags, doubled up. If using bags, use your hand to fold the ingredients and dispel any chunks.

Stir until totally combined. I like to use a wire whisk or slotted spoon, so the mixture moves freely.



Divide the mixture into fifteen 1-pound packages and store them in food-grade plastic or glass containers away from sunlight or heat. We like to use mason jars or even the plastic bags the ingredients came in!

To use this powder, place 2-3 tablespoons in one of my amazing shakes or your favorite shake. Enjoy!





MAMA Z'S CANCER-FIGHTING SUPER GREENS POWDER



Ingredients

- ✓ 1 pound bee pollen powder
- ✓ 1 pound organic unsweetened cacao powder
- ✓ 1 pound organic chia seeds
- ✓ 1 pound chlorella powder
- ✓ 1 pound ginkgo leaf powder
- ✓ 1 pound gotu kola powder
- ✓ 1 pound guarana powder
- ✓ 1 pound hemp protein powder
- ✓ 1 pound kelp powder
- ✓ 1 pound red maca powder
- ✓ 8 ounces noni powder
- ✓ 1 pound pumpkinseed powder
- ✓ 1 pound spirulina powder
- ✓ 4 ounces stevia powder
- ✓ 4 ounces raw VitaCherry powder
- ✓ 1 pound organic ground cinnamon
- ✓ 1 pound organic ground ginger

Supplies

- ✓ Large cooler or tote
- ✓ Whisk or slotted spoon
- ✓ 15 food-grade plastic or glass containers

Instructions

- Place the bee pollen, cacao, chia seeds, chlorella, ginkgo leaf, Gotu kola, guarana, hemp protein, kelp, red maca, noni, pumpkinseed, spirulina, stevia, VitaCherry, ground cinnamon, and ground ginger in a large cooler or tote.
- Stir with a whisk or slotted spoon until the ingredients are mixed.
- Divide the mixture into fifteen 1-pound packages and store them in food-grade plastic or glass containers away from sunlight and heat.
- Use 2 tablespoons in my breakfast smoothies or other 15-ounce shakes.

Mama Z's Super Reds Powder: Full of Antioxidants!

My Super Reds Powder is one of the easiest ways to add a hefty dose of superfoods to your diet. It's full of bioactive ingredients that help your body perform at its best! One serving takes any smoothie to the next level.

While this recipe isn't for everyone, I must say it's a fantastic money-saving hack considering how much commercial superfood powders are. Whether you decide to invest in your own health or share the love (and cost!) with a few friends, it's sure to be a decision you won't regret.



Super Reds Powder Uses

This recipe makes enough super reds powder to last a person one year. That's a lot of health benefits, especially when you aim to use it daily! Here are some easy ways to use this supplement. I encourage you to get creative! You never know when you'll find your new favorite combination.

- Mix 2-3 tablespoons in one of my Superfood Breakfast Smoothies. A delicious way to start the day.
- Stir a tablespoon into some coconut or [almond milk yogurt](#). Yum! Flavored yogurt done right.
- Add a tablespoon to healthy pancakes. The bright color is perfect for Valentine's Day!
- Mix a tablespoon into your morning oatmeal.
- Make your favorite super reds powder smoothie into popsicles.

Get the entire family involved in finding new ways to use this ingredient. Your kids will love it as much as you do!

If you want to include more superfoods in your diet, I encourage you to make my Super Greens Powder! It contains terrific ingredients like [kelp powder](#), [spirulina](#), and [maca](#)!

Superfood Ingredients 101

We buy all of these ingredients from [Nuts.com](#) or Amazon. This recipe makes enough for a year for one person, which comes to about \$9 to \$10 a month. Wow! That's the cost of one or two fancy coffee drinks, and doable.

I try to get organic and raw ingredients whenever possible, as they contain the most nutritional benefits. Without a doubt, there are a few ingredients you're unfamiliar with on this list. Here are a few stand-out components.

Acai Powder: [This superfruit](#) grows in the rainforest and is a staple for those in Central America. Acai berries have more antioxidants than other berries, making them a great addition to this powder.

Antioxidants fight free radicals, which can cause oxidative stress and inflammation. When your body has a high amount of inflammation, it is more susceptible to many diseases. You can't eliminate free radicals, but you can take action against them.



Apple Cider Vinegar Powder: Made from fermented apples, [this sweet ingredient](#) packs a lot of punch! It can help eradicate harmful bacteria in the body, leaving your immune system more robust.

ACV has also been used to balance blood sugars. No mid-day crashes here! Stable blood sugars lead to a better feeling overall.

Baobab Fruit Powder: [This supplement](#) is fantastic for your immune system. It has a pleasant citrus-like flavor and contains high levels of vitamin C.

Vitamin C is responsible for encouraging the growth of white blood cells that defend your body from sickness. I love making a super red smoothie when “bugs” are going around!

Beet Powder: You’d never guess [this gorgeous powder](#) is an athlete’s best weapon! Beets contain nitrates that improve endurance. You can still benefit from this ingredient even if you’re not athletically inclined. Everyone could use a little more persistence these days.

Wild Blueberry Powder: [This sweet ingredient](#) contains plenty of antioxidants and can lower bad cholesterol. Good cholesterol levels lead to less risk of cardiovascular disease.

Camu Camu Powder: [This little-known fruit](#) is another gift from the Amazon. It contains an acid that reduces inflammation in the body. Some studies have shown that this ingredient can create good gut bacteria, leading to potential weight loss.

Dandelion Root Powder: Don’t disregard this common weed! It contains compounds that can reduce the growth of cancer cells. [Dandelion root](#) is also anti-viral and a powerful defense against illness.

Garcinia Cambogia Powder: [This ingredient](#) may help you lose belly fat and has anti-diabetes effects. It helps control insulin levels and makes your body more sensitive to insulin over time.

Glucomannan Powder: [Glucomannan](#) is a dietary fiber that thickens mixtures. Your body digests this ingredient slowly, increasing your feelings of fullness. A little goes a long way!

Monk Fruit Powder: It would be a shame to add sugar to a nourishing superfood blend. This recipe uses [monk fruit powder](#) to add a touch of cotton-candy sweet.

This ingredient is 250 times sweeter than sugar, but it doesn't affect your blood sugar levels. It tastes great!

Mulberry Leaf Powder: Mulberries are a child's dream, but their leaves also bring a lot to the table. One of the best benefits [mulberry leaves](#) offer is a boost to your liver health.

VitaCherry Powder: This brilliant powder is made from tart cherries. [I find that it helps me feel great after workouts!](#) [VitaCherry powder](#) is popular among athletes as it helps decrease muscle soreness.

Make Mama Z's Super Reds Powder

This recipe comes together in 30 minutes and makes a year's supply for one person. Imagine how much your health could improve in that time!

There's no reason to hit the drive-thru when you have a healthy grab-and-go option in your kitchen.

STEP ONE: COMBINE THE INGREDIENTS

Place the acai, apple cider vinegar, baobab fruit, beet, wild blueberry, camu camu, dandelion root, echinacea, fenugreek, garcinia cambogia, glucomannan, [goji berry](#), [hawthorn berry](#), [mangosteen](#), [wild maqui](#), monk fruit, mulberry leaf, [pomegranate](#), [strawberry](#), VitaCherry, [vitamin C](#), [yacon](#), and [yumberry powder](#)



in a large cooler or another container. Stir with a wire whisk until thoroughly mixed.

STEP TWO: DIVIDE INTO INDIVIDUAL PORTIONS

Divide the super reds powder into thirteen 1-pound packages and store them in food-grade plastic or glass containers out of sunlight and heat. We like using the packages the ingredients came in or even Mason jars.

Use 2 tablespoons in Mama Z's Breakfast Smoothies or other 15-ounce shakes.





MAMA Z'S SUPER REDS POWDER



Ingredients

- 4 ounces acai powder
- 1 pound apple cider vinegar powder
- 4 ounces baobab fruit powder
- 1 pound beet powder
- 4 ounces raw wild blueberry powder
- 4 ounces camu camu powder
- 1 pound dandelion root powder
- 1 pound echinacea powder
- 1 pound fenugreek powder
- 8 ounces garcinia cambogia
- 8 ounces glucomannan powder
- 8 ounces goji berry powder
- 1 pound hawthorn berry powder
- 4 ounces mangosteen powder
- 4 ounces wild maqui powder
- 1 pound matcha green tea powder
- 2 ounces monk fruit powder
- 1 pound mulberry leaf powder
- 8 ounces pomegranate powder
- 8 ounces strawberry powder
- 4 ounces raw VitaCherry Powder
- 8 ounces vitamin C powder
- 8 ounces yacon powder
- 4 ounces yumberry powder

Instructions

- Place the acai, apple cider vinegar, baobab fruit, beet, wild blueberry, camu camu, dandelion root, echinacea, fenugreek, garcinia cambogia, glucomannan, goji berry, hawthorn berry, mangosteen, wild maqui, monk fruit, mulberry leaf, pomegranate, strawberry, VitaCherry, vitamin C, yacon, and yumberry powders in a large cooler or another container.
- Stir with a wire whisk or slotted spoon until thoroughly mixed.
- Divide into thirteen 1-pound packages and store in food-grade plastic or glass containers out of sunlight and heat.
- Use 2 tablespoons in Mama Z's Breakfast Smoothies or another 15-ounce shake.

Mama Z's Taco Seasoning Recipe + Creamy Taco Dip

Finding a taco seasoning recipe that is free of sugar and fillers can be a challenge. Many don't know that spice blends are easy to DIY! Homemade seasoning blends often taste fresher and are more flavorful. Even if DIY isn't your thing, this recipe will give you a high return on investment.

If you have five minutes and a few common spices in your cupboard, you have everything you need for delicious homemade taco seasoning. But it's not just for tacos! You can use this blend on eggs, meat, salads, and dips.



Hidden Ingredients in Taco Seasoning

When I think of taco seasoning recipe ingredients, I think of chili powder, cayenne, paprika, and maybe a little salt. Taco seasoning contains all those things, but it also has hidden ingredients that aren't so hot for your body.

Store-bought taco seasoning includes a lot of salt, which would be perfectly fine if it were the kind of sodium that benefits your body. Most store-bought seasonings include regular table salt, which has been strictly processed. This process strips it of the most valuable vitamins and minerals. These blends also contain more salt than needed. Even reduced-sodium seasoning includes a whopping 220 mg of salt. You could always purchase a no-sodium variety, right? Think again! Companies substitute salt with potassium chloride, which comes with its own health risks. Potassium chloride is known to interact with medications, particularly those that help with kidney function.

If the seasoning blend you choose has MSG and potassium chloride, it's not better than the high-sodium seasoning you're trying to avoid!

A BETTER WAY TO SEASON

Sometimes the thought of making food from scratch can seem a bit daunting. You don't need a lot of experience, fancy ingredients, or time to get started. You can begin by replacing just one unhealthy item at a time. Doing it yourself can fill your home with natural products without spending a fortune.

This recipe is an excellent example of an easy swap you can make to better your health. It takes minutes, and you can use this spice blend in many different dishes.

Bonus: you probably have most of the spices in your cupboard already!

This seasoning is full of south-of-the-border flavor, and you can customize it to fit your family's unique needs. You can add cayenne if you have a house full of fire breathers. Need to cool it down? Pull back on the chili powder. The possibilities are endless.

Healthy Seasoning Mix Ingredients 101

What spices are in taco seasoning? The answer might surprise you!

Chili Powder: [Chili powder](#) comes from crushed and ground chilis. There are many kinds of chili powder, but we use the plain red type in this recipe. Sometimes, you'll find your spice jar will have a spiciness rating on the label ranging from mild to hot.



Ground Cumin: [Cumin](#) adds such great flavor to this blend! It has a slightly smoky flavor that pairs well with our chili powder. Cumin comes in two forms: Seed and ground, so be sure you're grabbing the ground variety! Fun fact: Cumin is in the same family as parsley. Who knew?

White Pepper: Not to be confused with black pepper, [white pepper](#) is a class all its own.

Though both are grown from the same plant, the harvesting process is different and creates two different flavors. White pepper is a little less spicy than black and lends a unique flavor to dishes.

Paprika: [Paprika](#) comes from a blend of dried and ground peppers. It has a gorgeous red color that makes this spice blend stand out. It's a great addition to taco seasoning because it doesn't pack a lot of heat yet still has that Latin-food flair.

Garlic Powder: Garlic powder is just what it sounds like; a spice made from dehydrated and ground garlic. It amps up the flavor of almost any dish or spice blend. It's also one of the spices that I use most often.

Dried Oregano: Contrary to what you may have heard, oregano isn't just for Italian dishes! It's a staple in many Mexican foods as well. It has an earthy flavor and is sometimes in chili powder blends.

Sea Salt: While too much salt can be bad for your body, a diet that's too low in sodium isn't ideal either! I recommend using [Colima Sea Salt](#) because it hasn't been stripped of all nutrients, unlike table salt. It goes through the same hand-harvesting process that ancient Aztecs did years ago! All benefits aside, it has a great flavor that's not too overpowering.

Make My Taco Seasoning Recipe

This is a one-step recipe that takes five minutes to make. If you have kids, this is an easy seasoning they can make themselves. You may want to measure each spice in advance to be on the safe side!

STEP ONE: MIX THE SPICES

In a small bowl, mix the chili powder, cumin, white pepper, paprika, garlic powder, oregano, and sea salt until well combined.



STEP TWO: STORE

Store your taco seasoning in a [glass jar](#) with a tight-fitting lid. You'll want to keep your spice jar away from direct light.

Mama Z's Famous Taco Dip

This one-step dip is such a hit at family gatherings. It's great to serve with [gluten-free crackers](#) or vegetables! Here's how you make it.



STEP ONE: COMBINE THE INGREDIENTS

Mix the taco seasoning and [vegan mayonnaise](#) until well blended. Chill until ready to use!



MAMA Z'S TACO SEASONING



Ingredients

- ✓ 2 tablespoons organic chili powder
- ✓ 2 tablespoons organic ground cumin
- ✓ 1 tablespoon plus 1 teaspoon freshly ground white pepper
- ✓ 2 teaspoons organic paprika
- ✓ 1 teaspoon organic garlic powder
- ✓ 1 teaspoon organic dried oregano
- ✓ 1 teaspoon freshly ground pink Himalayan salt or sea salt

Supplies

- ✓ Small mixing bowl
- ✓ Glass jar with a tight-fitting lid

Instructions

- In a small bowl, mix the chili powder, cumin, white pepper, paprika, garlic powder, oregano, and Himalayan salt.
- Store the mixture in a glass jar with a tight-fitting lid placed away from the light.
- Use the seasoning to add a south-of-the-border flavor to eggs and many other dishes.



MAMA Z'S FAMOUS TACO DIP



Ingredients

- ✔ 2 tablespoons Mama Z's Taco Seasoning
- ✔ 1 cup [soy-free Veganaise](#) or your preferred avocado-oil or grapeseed oil vegan mayonnaise

Instructions

- ✔ Mix the taco seasoning and mayonnaise until well blended.
- ✔ Chill until ready to use. Serve with gluten-free crackers or crudites.

MAMA Z'S FAMOUS TACO DIP



Ingredients

- ✔ 2 tablespoons Mama Z's Taco Seasoning
- ✔ 1 cup [soy-free Veganaise](#) or your preferred avocado-oil or grapeseed oil vegan mayonnaise

Instructions

- ✔ Mix the taco seasoning and mayonnaise until well blended.
- ✔ Chill until ready to use. Serve with gluten-free crackers or crudites.



Christmas Cookie Blend: A Delicious Sugar Alternative

Need an alternative to sugar that will make your baked goods taste amazing? Try my Christmas Cookie Blend! This mix of natural sweeteners is a pantry staple in the Z home. We use it in so many of our recipes! The name may make you think of holidays, but we use this must-have all year long.

Gone are the days of odd-tasting sugar-free treats. This sweet blend of coconut sugar, date sugar, and maple sugar gives any cake, cookie, or candy a full-bodied flavor. I know you'll love it just as much as we do!



Cut Out Sugar!

One of the first things we recommend to those trying to improve their health is to cut out sugar. The key to doing this successfully is healthy swaps! When stopping a bad habit, it's helpful to replace it with a healthy habit. Or in this case, a healthy sweetener blend that will make you forget sugar existed!

HOW TO READ LABELS

Sugar is one toxin that many people find hard to quit. This may be because it's hard to escape it! Sugar hides in virtually every product. "Fruit" juice, flavored yogurt, bread, salad dressings, and even ketchup all contain hidden sugar.

The truth is, you can't escape sugar because there are natural sugars in fruits, grains and vegetables. You can, however, cut out processed sugar, which is different than natural sugar. Natural sugar comes with the plant's health benefits and is less harmful to your body. Consuming added sugar means you're eating sugar without any health benefits. A great way to avoid added sugar is to learn the fine art of label reading. There is a learning curve to this practice, but over time, you'll learn what foods you want in your home.

When reading the labels, look under the total carbohydrate section for the total sugar amount. The total sugar amount includes all sugar, naturally occurring or not. If there are added sugars, it will say something like, "Including Xg Added Sugars." This section is where you'll see if the manufacturer has added anything beyond what naturally occurs.

Be wise, as sugar can hide under many different names. Corn syrup, dextrose, fructose, and sucrose are all sugars, even though some packaged foods may label them as "sugar-free". Product labels are tricky!

DANGERS OF PROCESSED SUGAR

Sugar is terrible for your health in so many different ways. The more you consume sugar, the more you want it! Sugar addiction is a real issue, there's even a page on Addiction Center devoted to overcoming it.

It's listed among drugs like marijuana and cocaine! Anyone who has stopped consuming sugar can tell you that there are even withdrawal symptoms. Cutting sugar out of your diet can be as bad as breaking any other addiction.

I'm sure you already know that sugar consumption is related to obesity and diabetes, but did you know it can affect your mental health? Sugar can make you

more prone to anxiety and depression. Plus, it impedes your ability to function at times, especially when you experience the dreaded “sugar crash”.

You can still experience a sweet life (pun intended) without processed sugar! Many alternatives sweeten your baked goods and keep your body healthy. The adverse effects of sugar aren't worth it. Healthy living tastes great, you just need the right tools.

Healthy Sweetener Ingredients 101

Once you make my Christmas Cookie Blend, you'll never want to be without it! It includes some sweeteners you may not be familiar with. Here's what you need to add to your shopping cart.



Organic Coconut Sugar: [Coconut sugar](#) is one of my favorite alternatives and one option you can use in my confectioners' sugar. It comes from the sap of the coconut palm tree. It's brown and is only a little less sweet than granulated sugar. It has a deep, dark flavor similar to that of brown sugar. This is the granulated sweetener I use the most since it's a cup-for-cup substitute for white sugar.

You can use coconut sugar to sweeten oatmeal, in baked goods, beverages, sauces, and more.

Organic Date Sugar: This natural sweetener is simply ground dates, and it adds so much depth to this blend. It also helps thicken many of our dips, such as our ever-popular lemon dip. Dates are full of wonderful antioxidants, which fight inflammation. Sugary treats are often limited since they can add to inflammation in the body, so it's nice to have an anti-inflammatory option!

Aside from antioxidants, [date sugar](#) also contains beta-carotene, which your body converts into vitamin A. This nutrient affects so many things, including your immune system.

Organic Maple Sugar: This [bioactive sweetener](#) is such a treat. It's made from boiled-down maple sap and has all the best benefits of pure maple syrup.

It's actually sweeter than sugar, so you use less and your bag lasts longer! Some maple sugars contain up to 24 different antioxidants. When inflammation in the body goes unchecked, it can lead to aches, pains, and even cancer. It's important to use the foods God gave us to fight back!

Make Christmas Cookie Blend

This recipe comes together in minutes. Your blender does all the hard work! Within no time, you'll have a jar full of healthy sweetener.

STEP ONE: COMBINE SWEETENERS

Place the coconut sugar, date sugar, and maple sugar in a gallon-size Ziploc bag. Shake to mix thoroughly.



STEP TWO: BLEND UNTIL POWDERED

Place the mixture in a food processor or blender and pulse until powdery. I prefer milling this recipe in the dry goods container of a Vitamix. I start blending on one, then slowly increase until the mixture is fully blended. Then, I open the blender, stir and repeat the process. The final color of your product will differ

based on the brand of sweetener you use.

Store in a glass jar at room temperature. Use in place of regular sugar in all your favorite baked goods.

If you can't wait to use your Christmas Cookie Blend, I recommend trying one of our favorite cinnamon roll recipes. These treats can be made totally gluten-free or gluten-friendly. They're light, fluffy, and the perfect special breakfast. This is just one of many recipes that use this tasty pantry staple!



CHRISTMAS COOKIE BLEND: A DELICIOUS SUGAR ALTERNATIVE



Ingredients

- 6 ounces [organic coconut sugar](#)
- 11-16 ounces [organic date sugar](#) (based on your available container sizes)
- 6 ounces [organic maple sugar](#)

Supplies

- [Gallon-size ziploc bag](#)
- [Blender](#)

Instructions

- Place the coconut sugar, date sugar, and maple sugar in a gallon-size Ziploc bag. Shake to mix thoroughly.
- Place mixture in a blender and blend until powdery. I prefer milling this recipe in the dry goods container of a Vitamix. I start blending on one, then slowly increase until the mixture is fully blended. Then, I open the blender, stir and repeat the process. The final color of your product will differ based on the brand of sweetener you use.
- Use in place of regular sugar in all your favorite baked goods.

Vegan Parmesan Cheese Recipe: A Homemade Cashew-Based Alternative

Every Italian dish needs a little sprinkle of cheese, but if you're eating dairy-free, this may be a challenge! You don't have to miss out, though. My homemade vegan parmesan cheese may be dairy-free, but it still adds the same savory touch traditional parmesan does. Try it!

Eating healthy doesn't mean you have to give up your favorite foods. You just need to find creative alternatives that are delicious and easy to make. This recipe fits the bill!



How to Use Vegan Parmesan Cheese



You can use vegan parmesan cheese for so many things! I keep a batch in my freezer at all times and use it in many of my kitchen hacks. Here's a little chef's inspiration.

- Top your homemade spaghetti with a sprinkle of parmesan. This cheese is also a crowd-pleaser for dinner parties!
- Shake a little dairy-free cheese over your salads. Yum!
- Turn on your favorite movie and pop some non-GMO, organic popcorn. Top it with coconut oil, a dash of sea salt, and vegan parmesan cheese. Movie night done right!
- Use it in place of bread crumb topping.
- Need a kid-friendly side dish? Try sprinkling our Oven Roasted Potatoes with a bit of vegan cheese!
- Add it to the crispy topping mixture on my favorite Tuna Noodle Casserole.
- Use it to add extra flavor to your omelets!
- Are you missing ultra-cheesy pizza? Sprinkle some vegan parm on your pizza along with a bit of crushed red pepper. Ah, pizza heaven!

Mama Z Pro Tip: This alternative cheese freezes well so that you can add it to your freezer meals with confidence. We love making Gluten-Free Lasagnas in advance, so we always have a healthy meal on hand.

Ingredient 101

You may be wondering what goes into vegan parmesan cheese? Some vegan cheeses can look a little sketchy! The best part about this recipe is that you can pronounce every ingredient. No fillers are needed!



Cashews: [Cashews](#) are among the best nuts to use in vegan recipes. They're mild in flavor, so they mesh well with other ingredients. They also blend well into creamy cheeses and are processed into a parmesan-style powder.

Cashews are a tasty way to support your body! Aside from being versatile, cashews are excellent for your health. They're full of antioxidants that fight against inflammation brought on by free radicals. Inflammation causes many issues in the body, such as aches and pains, and it can develop into a chronic disease.

Pine Nuts: If you've had pesto, you've probably had [pine nuts](#)! They are a favorite in Italian recipes. They taste slightly sweet, which pairs well with basil and parsley.

Eating pine nuts is the intelligent thing to do..literally! They're packed with omega-3s, which can improve your brain health and even keep your mind sharp as you age. Consuming enough omega-3s may even reduce your chances of developing dementia.

Hemp Seeds: [This ingredient](#) is part of the Cannabis plant, but it only contains trace amounts of THC. It does, however, include all of the best features of hemp, including fatty acids that can boost your immune system and clear skin conditions.

These same fatty acids are also remarkable for your endocrine system. Studies have shown a connection between essential fatty acids and decreased PMS symptoms.

Nutritional Yeast: Nutritional yeast is a popular ingredient in homemade vegan cheese, as it has a flavor reminiscent of the real deal. Many vegans include it in their diets as it's a complete protein that contains all of the amino acids a person needs.

You can usually find nutritional yeast at your grocery store. If you're having trouble locating this item, Thrive Market has a wonderful selection of these products. Learn more about how we use Thrive Market to achieve our health goals [here](#).

Sea Salt: Traditional table salt undergoes a rigorous harvesting process that strips it of most nutritional benefit. We recommend using [Colima sea salt](#) because it's hand-harvested. This process leaves the good stuff intact! Plus, it tastes incredible and adds a gourmet flair to any recipe.

Your body needs a certain amount of sodium to thrive, but it needs the right kind! You can also use Himalayan salt.

Garlic Powder: Garlic makes every recipe better. In this vegan parmesan cheese, we use garlic powder as it's consistent with parmesan cheese texture. For centuries, garlic has been hailed as a cure-all. I'm sure you've heard of some home remedies containing this gem!

It turns out; garlic is great medicinal food. It's anti-viral and can strengthen the immune system's response to common colds and other illnesses. You'll find that garlic powder makes this vegan cheese perfect for any casserole, pizza, or Italian dish. Be mindful of where your spices come from! Studies show that spices from China can carry toxic mold and other fungi.

Make Cashew-Based Cheese



This recipe comes together within minutes and is easy to make. Your food processor does all the work for you! I love doubling this recipe, so I always have a great vegan cheese substitute.

STEP ONE: BLEND INGREDIENTS

Add the cashews, pine nuts, hemp seeds, nutritional yeast, sea salt, and garlic powder to a blender or food processor.

Pulse the ingredients until they're the consistency of parmesan cheese. Be watchful as the ingredients break down quickly. Use as you would traditional parmesan cheese!

You've found an excellent vegan parmesan cheese substitute, but what about other Italian dishes? Is it possible to enjoy your old favorites in a way that benefits your body? Yes, it is!

My family loves all things Italian. Pizza, lasagna, dips, appetizers, you name it. So, I got creative and transformed our old standbys into recipes free of gluten, sugar, and dairy. Eliminating those factors doesn't mean giving up flavor, though.

In my *Gluten-Free Italian Cooking Class*, I show you how to make these recipes and more! Join me for a [free screening](#), where I share my three most-requested dishes.



My homemade vegan parmesan cheese may be dairy-free, but it still adds the same savory touch traditional parmesan does. Give it a try!



VEGAN PARMESAN CHEESE



Ingredients

- ✓ ¾ cup raw organic cashews
- ✓ 2 tablespoons organic pine nuts
- ✓ 1 tablespoon organic hemp seeds
- ✓ ¼ cup organic nutritional yeast
- ✓ 1 teaspoon freshly ground pink Himalayan salt or sea salt
- ✓ ¼ teaspoon organic garlic powder

Supplies

- ✓ Food processor or Blender

Instructions

- Add the cashews, pine nuts, hemp seeds, nutritional yeast, sea salt, and garlic powder to a food processor or blender.
- Pulse until the mixture reaches the consistency of parmesan cheese.
- Use in your favorite Italian recipes, or as you would traditional cheese.

Mama Z's Quick Honey Mustard Recipe

Every chef needs a good honey mustard recipe. This version comes together in minutes and is the perfect ratio of sweet and zesty. I created this recipe because I couldn't find a single honey mustard on the market that didn't contain refined sugar. Delicious creations are born out of necessity, and this dip is among my most outstanding achievements.

We enjoy this condiment on its own, and we also use it in many other recipes, including our Caesar dressing. With just two ingredients, you have nothing to lose!



Organic Local Honey vs. Manuka Honey

How do you know what type of honey is best for you? The various choices can confuse anyone! We can eliminate many options by steering clear of processed honey. This kind of sweetener undergoes a rigorous process that leaves it stripped of valuable antioxidants. Thankfully, there are wonderful options in Manuka or raw local honey.

RAW ORGANIC LOCAL HONEY

You can find local honey at many farmer's markets and health food stores. This honey is only strained to remove stray honeycomb pieces, so it's close to its original state. Because it's minimally processed, it contains impressive antioxidants and pollen from plants near you.

Ingesting local honey frequently can help lessen the effects of allergies. Some say this is because exposing your body to pollen can help you become more immune to it over time. This variation of honey is a great, budget-friendly choice. Bonus: Local farmers are usually transparent about their harvesting process, so you know exactly what you're getting. Sometimes you can even find raw honeycomb!

MANUKA HONEY

This gourmet honey is a true gem. Where local honey can come from the nectar of many plants, Manuka honey comes from the nectar of one. The Manuka bush is native to New Zealand, explaining why this honey is rarer than other types.

Manuka honey is also more expensive than other variations, but it contains powerful healing properties. In fact, the FDA even lists it as an option for treating wounds. I love using this sweetener in my herbal tea whenever I have a sore throat. It turns out there's science behind my favorite remedy! Ingesting Manuka honey can eradicate the bacteria that causes throat irritation.

Weigh the benefits of each honey and choose the one that works best for your family! Both kinds work great in this delicious honey mustard recipe.

Healthy Mustard Ingredients 101



The best honey mustard contains simple ingredients! Here's what you need to add to your shopping cart.

Honey: With the many benefits that honey offers, it's an excellent investment for your medicine cabinet and pantry! I use a combination of honey and [Grade A Dark Amber or C maple syrup](#) in many of my baked goods, especially those that need a caramelized sauce.

After much trial and error, I found the perfect ratio of honey to mustard. Adding too much honey can make your condiment too runny, and no one wants that! You'll be pleased to find that this recipe is perfect for dipping..no messes allowed!

Mustard: There are many different kinds of mustard, but I find that organic [Dijon mustard](#) works best for this recipe. This mustard has a more robust flavor than traditional yellow varieties, which pair nicely with the sweetness of honey.

For ages, people have used mustard as a medicinal remedy, including in poultices. It turns out there's a lot of evidence showing these remedies have merit! Mustard seeds can reduce symptoms of contact dermatitis, including redness and itching.

Supplies I love a smooth dip, and a blender works perfectly. A [small blender](#) or food processor is an excellent investment for any chef who loves a good dip or dressing. It creates the best dips without a lot of mess.

If you're like me, you have lots of DIY products around your home. I recommend purchasing a [label maker](#) so you can keep your ingredients straight! There's nothing worse than thinking you're adding honey mustard to a dressing and learning it's really lemon dip.

WAYS TO USE MY HONEY MUSTARD RECIPE

This simple pantry staple is good for so many things! Need some inspiration? Here are a few ideas.

- Make my Caesar salad dressing. This is our all-time favorite way to top a salad.
- For a spicy twist, add a sprinkle of [cayenne pepper](#). Use as a flavorful dip for potato wedges. This is one of Dr. Z's favorite ways to enjoy honey mustard!
- Add to a party charcuterie board. Guests love dipping their apples and gluten-free crackers.
- Pretzels take on a whole new flavor when dipped in this condiment.
- Drizzle your vegetables and meat with honey mustard. It makes a delicious marinade!
- Add a dash to any of our delicious vinaigrettes.



The possibilities are endless!

Make Healthy Honey Mustard

This condiment comes together in minutes with the help of a blender! Make a big batch to use all week.



STEP ONE: BLEND THE HONEY MUSTARD

Blend the mustard and honey in a small blender (I recommend a Magic Bullet) or food processor until smooth. Alternately, you can also use an [immersion blender](#).

Using a funnel, refill the mustard container and label it accordingly. Place any leftovers

in a small glass custard cup with a lid to use first.

You can store the honey mustard recipe in the fridge, tightly covered for up to three weeks. If using as a marinade for meat, discard any remaining mustard.

For an exotic twist, use organic German mustard. The texture isn't as smooth, but it is out of this world delicious!





MAMA Z'S QUICK HONEY MUSTARD



Ingredients

- ✓ 1 (9-ounce) container [organic Dijon mustard](#)
- ✓ 3 ounces raw organic local honey or [Manuka honey](#)

Supplies

- ✓ [Small blender](#), food processor, or immersion blender
- ✓ [Funnel](#)
- ✓ [Label maker](#)
- ✓ [Glass jar for storage](#)

Instructions

- Blend the mustard and honey in a small blender or food processor until smooth. Alternately, you can use an immersion blender.
- Using a funnel, refill the mustard container and label it accordingly. Place the rest in a small glass custard cup with a lid to use first. Enjoy!

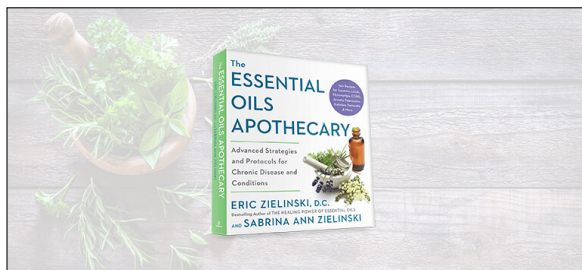
About the Author



SABRINA ANN ZIELINSKI is a certified group fitness and martial arts instructor, health coach, wife of 17+ years, mother of six, lactation consultant, and a natural health guru.

The mastermind behind the allergy-friendly food recipes and do-it-yourself remedies featured on NaturalLivingFamily.com, she's known as "Mama Z" to many fellow moms who are looking for natural ways to care for their families.

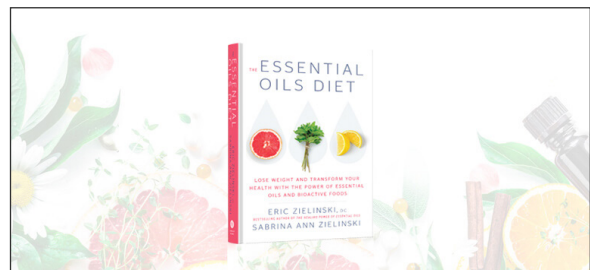
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