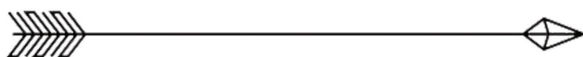


THE SIMPLE GLUTEN-FREE VEGAN COOKBOOK

Super-Easy, Super-Delicious
Recipes Made With Love



Alexa Carlin



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The information and advice presented in this book are not meant to substitute for the advice of medical professionals. You are advised to consult with your physician regarding your family's nutrition, health and well-being.

Dedication

This cookbook is dedicated to my mom Susan Carlin. Thank you for always being there for me and helping me through the difficult times. Thank you for being my juicing and cooking partner and making my transition to a gluten-free vegan diet fun, interesting and enjoyable.

You are my rock, my inspiration, my best friend, and my hero.

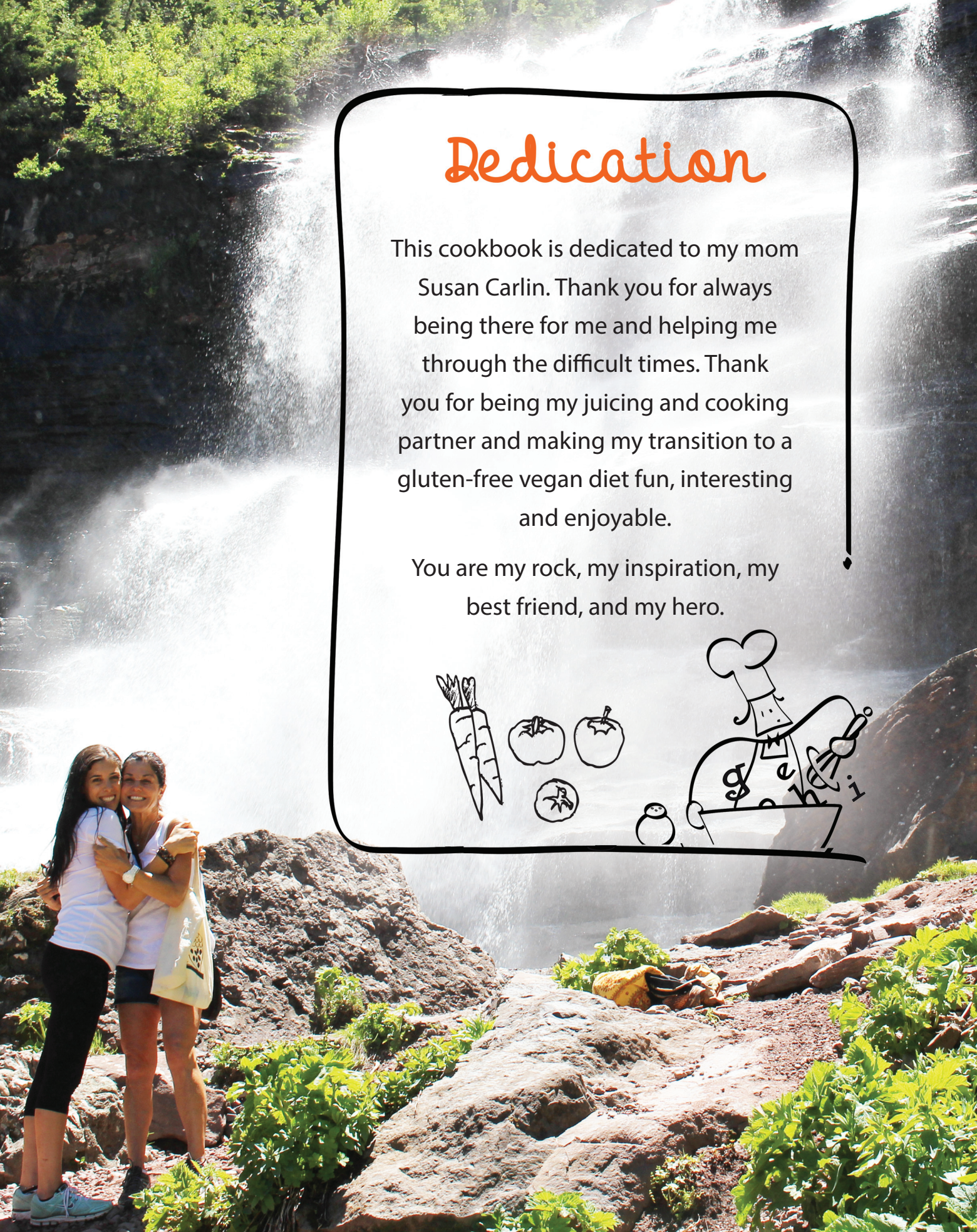




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My Story

INTRODUCTION

My Story

I was a twenty-one year old living it up my senior year of college at the University of Florida when my entire life changed. On Saturday, January 26, 2013, I was induced into a medical coma at Shands Hospital. My body went into septic shock, and the doctors gave me a one percent chance of living.

Sepsis is when the body's response to an infection damages its own tissues and organs. It can lead to shock, multiple organ failure and eventually death if it is not recognized early and treated promptly. Between one-third and one-half of all sepsis patients die; every few seconds, someone in the world dies of sepsis.

The week leading up to my admittance into the intensive care unit, I was having flu-like symptoms. I had a high fever and the shakes: I just didn't feel well. My friends said I had the flu, so I just took over the counter medicine and tried to carry on with my daily routine. It was Saturday and I was preparing for a celebration I was having for my nonprofit Hello Perfect®. People were coming into town, and I invited my mom to drive up to Gainesville to celebrate with us. She hesitated to come since it was a college party, but I insisted: I felt I needed her, and she felt it too.

Friday night when my mom arrived, she could see I wasn't feeling well. Saturday morning she took me into the walk-in clinic where they gave me IV fluids and antibiotics. The attendant's parting words: "Have fun at your party!"

I was too sick to prepare for the party, so my mom and friends took over and began cooking, baking and setting up for my guests. Hoping to feel better, I jumped in the shower, but when I got out, I couldn't stand up. People would be arriving in an hour. As I collapsed on my bed, my mom noticed the pounding pulse in my neck. Obviously concerned, she asked me how I felt: "My heart is hurting. It's beating uncontrollably fast," I replied.

We cancelled the party and she quickly drove me to the emergency room at Shands. After a routine blood pressure check, doctors surrounded me. They didn't know what was wrong, but my blood pressure was dropping rapidly. Within minutes, I was on a fast track to different rooms for X-rays. My heart was pounding so fast and my chest was in so much pain, but pain medication was not an option - my blood pressure was too low. Suddenly, I couldn't catch my breath.

As they put an oxygen mask on my face, I remember not being able to breathe with it on. I tried ripping it off and then I realized I couldn't breathe without it on. That's when I knew something really bad was happening. I became scared for my life. The doctors said, "We have to put your daughter in a coma or else she is going to die." Scared and faced with the awful decision to sign those papers giving the doctors permission to put me in a coma, my mom didn't know what to do.

I remember someone asking, "Alexa, do you want to be put into a coma?" I knew I was going to die if they didn't do something because I couldn't breathe on my own anymore, so I shook my head yes and everything turned black.

During my time in the coma, the doctors encouraged my mom to gather our family: "She has 24 hours." Sepsis was killing all of my organs, and I was suffering from severe pneumonia.

I woke up six days later in the intensive care unit. I didn't know what was going on. My family from out of town was in the room wearing masks, gowns and gloves. I was terrified to say the least. The doctors and my mom were trying to tell me what happened in the calmest way so my heart rate wouldn't increase.

I had a mask on my face, a tube down my throat, an IV in my neck; I was hooked up to nine different bags of antibiotics.

I spent a total of ten days in the intensive care unit not being able to move, speak or breathe on my own. I couldn't even have a glass of water. During those ten days, all I had was my mind.

I remember picturing my mind as this pure healthy pink, and the rest of my body was black and rotting away. I used my mind to push the healthy pink color down to the rest of my body to try and heal it. I would push with every ounce of energy I had left.

When the doctors told my parents nothing was working and I would die within the next 24 hours, a miracle happened.

After I was discharged from the hospital I barely weighed 90 pounds. I suffered from horrible migraines and was extremely weak. I had to practice breathing again and slowly regaining my strength. The doctors told me it could take up to eight months to get my heart beating back to a normal rate - it took me three. I was strong and I was using my mind to heal my body.

College graduation rolled around, and, luckily, I was still able to graduate on time. A week after graduation, I followed my dreams and moved to New York City landing a job at *InStyle* magazine. To my surprise though, my body wasn't ready.

There is little research available for post-sepsis symptoms, and without my knowledge, I had a compromised immune system and the massive amounts of antibiotics needed to control the infection destroyed my healthy gut flora.

August of 2013, I was extremely ill again, and I had to go in for an emergency colonoscopy. Yet again, more deadly bacteria had invaded my body, and I was diagnosed with ulcerative colitis.

After this experience, I was terrified that I was going to end up in the hospital again. I developed post-traumatic stress disorder. I couldn't enjoy big city life like a normal 22-year-old. Germs from the city air, subway, and restaurants made me extremely ill because my immune system was weak. I was sick almost every day while living in New York City.

I lost a lot of weight again, and I noticed my body wasn't able to digest any of the normal foods I ate. The cold weather was impossible to tolerate; staying in my apartment day in and day out made me extremely depressed. I felt alone, sick and a victim of sepsis.

Without the energy or strength for the daily 9 to 5 grind, I quit my job at InStyle magazine. A few months later, I decided to move back home to South Florida to have the support I needed to try and get healthy again.

I began seeing more doctors in Florida, and every doctor declared me a mystery case. One doctor even thought I had a tumor in my pituitary gland! I was dealing with a broken digestive system, daily headaches, loss of energy, and out of control hormones. Every doctor I saw prescribed different medicines and nothing was working.

After one meeting with an integrative doctor who prescribed me a whole new regime from what I was already doing, I was fed up. At that moment I knew I needed to take my health into my own hands and do what felt right. That is when I decided to become completely vegan and heal myself with nutrition. I had already been following a gluten-free, dairy-free diet since August after I was diagnosed with ulcerative colitis, but I had a hunch that I needed to follow a completely plant-based diet to fully heal my body and rebuild my healthy gut flora.

People told me I was crazy trying to heal my body with food versus medicine, but I didn't listen to them. My mom supported my decision and helped me with the transition. We invested in a Vitamix and a juicer that juiced not only vegetables but wheat grass too!

Just a few months after I decided to take matters into my own hands, I finally began feeling better physically and mentally. I learned what foods made me feel sick and eliminated them from my diet. I started juicing every single morning starting off with a wheat grass shot with some live algae. My energy started coming back, and I knew I was on the right track.

As I began learning what foods made me feel better and what foods made me feel worse, I started experimenting with cooking. This led me to find my passion with cooking healthy delicious meals!

I knew I couldn't possibly be the only one suffering from poor digestion, lack of energy or looking to transition to a gluten-free vegan diet, so I decided to take my recipes and create this cookbook for you.

There's really no need to give up your favorite comfort foods when eating gluten-free and vegan. In this cookbook I will show you all the wonderful foods you can eat that your taste buds and body will thank you for!

This is a collection of all of my favorite dishes, and I hope you can find a few that become your favorites too!

Final Recipe Note

When you start making the recipes in this book, use them as a guide. Once you've made the dish, change it up to suit your tastes! Remember, every BODY is different so make sure to listen to yours when trying new foods.

Have fun with the recipes and post them on Instagram to inspire others to cook healthy meals that will nourish their body. Use the hashtag #SimpleGlutenFreeVegan to be part of our health community!



Juice

Juice & Smoothies

- BERRY SUPREME
- SUPERFOOD SMOOTHIE
- HAWAIIAN SUMMER BREEZE
- COCONUT POWER SMOOTHIE
- SUPER DUPER HEALTHY SMOOTHIE
- IMMUNITY



Berry Supreme

Berry Supreme

¼ cup blueberries

4-5 strawberries

¼ cup blackberries

¼ cup raspberries

1 frozen banana

1 scoop vanilla protein powder

⅓ cup pineapple

½ apple

1 teaspoon ginger

5 stalks kale

½ teaspoon maca powder

½ teaspoon camu powder

½ teaspoon goji powder

DIRECTIONS:

1. Add all ingredients to a high speed blender.
2. Blend and enjoy!

*** I RECOMMEND SUNWARRIOR VANILLA PROTEIN POWDER.**



Superfood Smoothie

Superfood Smoothie

2 stalks kale

1 stalk black kale

½ cucumber

1 banana

5 whole strawberries

⅓ cup blackberries

1 heaping teaspoon spirulina

1 teaspoon camu powder

2 teaspoons chia seeds

1 heaping teaspoon flax seeds

½ cup water

DIRECTIONS:

1. Add all ingredients to high speed blender.
2. Blend and enjoy!

* **OPTIONAL: SPRINKLE CINNAMON ON TOP**



Hawaiian Summer Breeze

½ fennel

4 leaves napa cabbage

2 stalks of celery

2 green apples

1 cup spinach

1 cup kale

1 cup pineapple

2 frozen bananas

4 ice cubes

DIRECTIONS:

1. In a juicer, juice the fennel, cabbage, celery, apples, spinach and kale.
2. Pour finished juice into a high speed blender. Add pineapple, bananas and ice cubes.
3. Blend and enjoy!



Coconut Power Smoothie

Flesh from a young coconut
Coconut water
2 frozen bananas

5 stalks black kale
1 tablespoon maca powder
1 tablespoon chia seeds

DIRECTIONS:

1. Combine all ingredients in a high speed blender.
2. Blend until smooth and enjoy!

***IF YOUR BANANAS ARE NOT FROZEN, ADD HANDFUL OF ICE.**



Super Duper Healthy Smoothie

1 frozen banana

¼ cup blueberries

¼ cup blackberries

5 whole strawberries

1 scoop vanilla protein powder

1 teaspoon spirulina

1 tablespoon aloe vera juice

1 cup coconut water

Flesh from a young coconut (optional)

½ teaspoon goji powder

1 teaspoon maca powder

DIRECTIONS:

1. Add all ingredients to a high speed blender.
2. Blend and drink up the nutrients!



Immunity

8-10 stalks of kale
5 stalks of celery
½ cucumber
1 bunch parsley

2 green apples
1 small piece of turmeric, about 1" long
1 small piece of ginger, about 1" long

DIRECTIONS:

1. In a juicer, juice all ingredients.

***MAKE SURE TO REMOVE THE SEEDS FROM THE APPLE BEFORE YOU JUICE IT.**



Appetizers, Sides & Snacks

- LEMON ROASTED LEEKS
- ROASTED ARTICHOKE
- ROASTED CAULIFLOWER & BRUSSELS SPROUTS
- STUFFED QUINOA TOMATOES
- ROASTED RED PEPPER HUMMUS
- SPINACH & ARTICHOKE HUMMUS
- ROASTED CHICKPEA POPPERS
- SWEET POTATO FRIES
- CRANBERRY BLISS GRANOLA BARS
- CINNAMON ROASTED VEGETABLES
- RAW SUNFLOWER & PUMPKIN SEED CRACKERS
- TRAIL MIX GRANOLA
- SPROUTED RAW HUMMUS



Lemon Roasted Leeks

2-4 large leeks

$\frac{3}{4}$ teaspoon sea salt

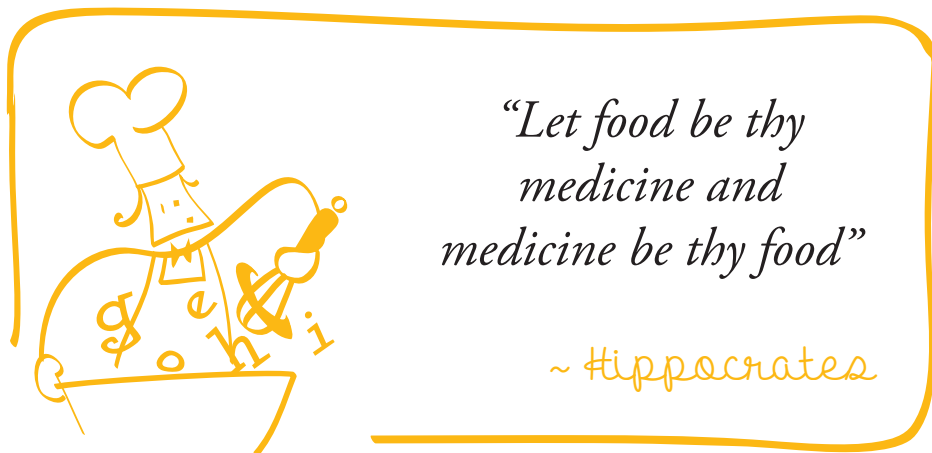
2 tablespoons extra-virgin olive oil

Zest and juice of 1 lemon

$\frac{1}{4}$ cup water

DIRECTIONS:

1. Preheat oven to 375°F and line small baking sheet with parchment paper.
2. Remove the outermost layer of skin on each leek. Cut off root ends and dark green top. Cut at point where leek begins to turn green.
3. Slice the leeks in half lengthwise and clean well under cold running water. Be sure to open the leaves and wash out any dirt trapped in there.
4. Arrange the leeks in small baking dish so they have room to lie flat.
5. In a small bowl, whisk together the olive oil, lemon zest, lemon juice and water until well combined.
6. Drizzle the dressing over the leeks. Season lightly with sea salt.
7. Roast for 30 minutes or until the top layer is crispy and browned on the edges.
8. Remove from oven, cut into bite-size pieces and serve!





Roasted Artichoke

1 artichoke

2 garlic cloves, peeled

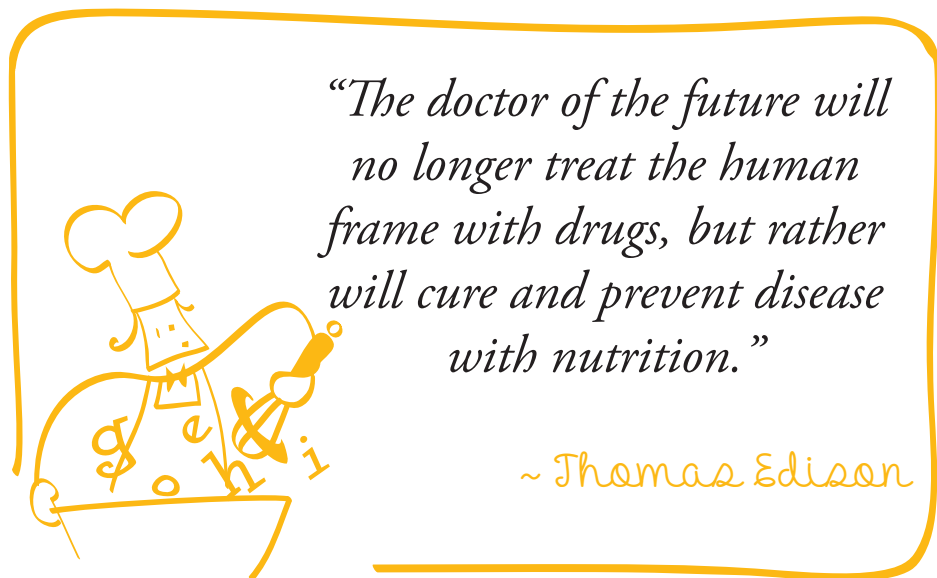
Juice from ½ of a lemon

½ tablespoon olive oil

pinch of sea salt

DIRECTIONS:

1. Preheat oven to 425°F.
2. Cut off stem of artichoke at the base and slice off top third of artichoke with knife.
3. Place artichoke, stem side down, in a bowl.
4. Cut the garlic cloves into smaller pieces and tuck them into the leaves of the artichoke.
5. Drizzle the lemon juice and olive oil over the artichoke. Season with sea salt.
6. Once you've seasoned it, place artichoke on a piece of aluminum foil and wrap the foil around artichoke. Seal it well. If you don't have heavy duty aluminum foil, wrap it with another sheet of foil.
7. Place wrapped artichoke on a pan and roast for 1 hour and 20 minutes.
8. After removing from oven, let artichoke sit until cool enough to handle.





Roasted Cauliflower & Brussels Sprouts

MAKES 4 SERVINGS

Coconut oil cooking spray

1 head of cauliflower

8 brussels sprouts

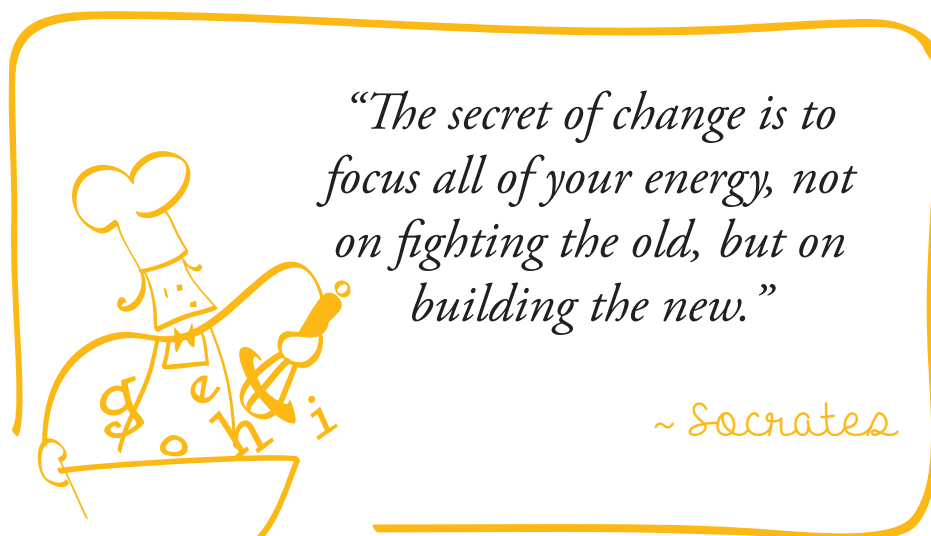
2 tablespoons extra virgin olive oil

3 tablespoons balsamic vinaigrette

sea salt to taste

DIRECTIONS:

1. Preheat oven to 425°F and line baking sheet with parchment paper. Lightly grease using coconut oil or coconut oil cooking spray.
2. Cut cauliflower into individual florets.
3. Mix olive oil and balsamic together in a medium sized bowl.
4. Add cauliflower and brussels sprouts to bowl. Toss lightly to coat.
5. Place cauliflower and brussels sprouts on baking sheet. Season with sea salt.
6. Cook in oven on 425°F for 35-40 minutes, turning over every 10 minutes.





Stuffed Quinoa Tomatoes

1 package of quinoa, cooked

⅓ cup raisins

½ purple onion, chopped

Garlic powder to taste

1 tablespoon kelp granules (optional)

Small to medium tomatoes

DIRECTIONS:

1. Mix raisins and chopped onion to cooked quinoa.
2. Add 3 dashes of garlic powder or to taste.
3. Add kelp. (optional)
4. Cut off top of tomatoes. Place to the side.
5. Cut a small slice from bottom of tomato to help it stand. Try not to cut too deep, you don't want to make a hole in the bottom of tomato.
6. Scoop out middle part of tomatoes.
7. Stuff tomatoes with quinoa, place top back on tomatoes and enjoy!





Roasted Red Pepper Hummus

½ cup roasted red peppers

1 garlic clove, minced

Juice of 1 lemon

¼ cup tahini

2 tablespoons olive oil

½ teaspoon ground cumin

3-4 tablespoons purified water

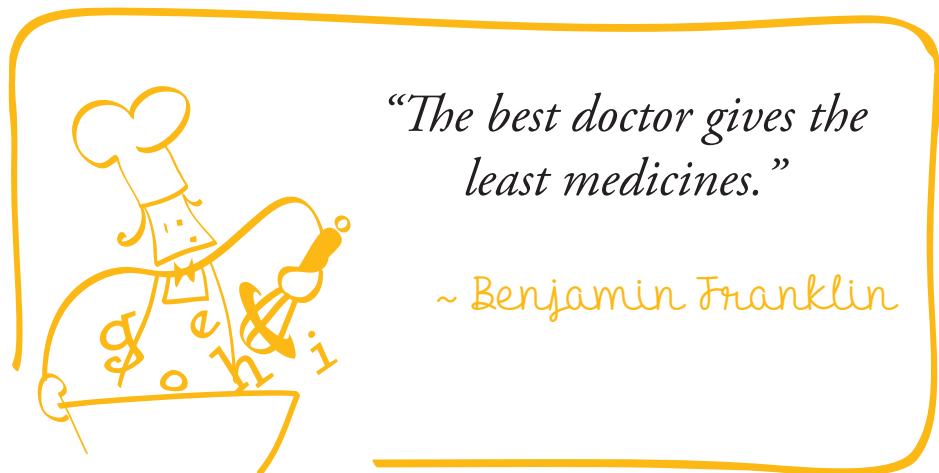
¼ cup freshly ground coconut (optional)

1 cup garbanzo beans, soaked

DIRECTIONS:

1. Add roasted red peppers, garlic, lemon juice, tahini, olive oil, cumin, water and coconut to a high speed blender or food processor. Blend until smooth.
2. Add garbanzo beans. Blend until smooth. If mixture is too thick, add 1-2 more tablespoons of purified water.

* THIS RECIPE IS GREAT FOR AN APPETIZER OR HEALTHY SNACK EATEN WITH GLUTEN FREE CRACKERS, BOILED ARTICHOKE OR CARROTS AND CELERY!



“The best doctor gives the least medicines.”

~ Benjamin Franklin



Spinach & Artichoke Hummus

¼ cup tahini

Juice of 1 lemon

2 tablespoons olive oil

1 garlic clove, minced, divided

3-4 tablespoons purified water

½ teaspoon ground cumin

1 cup garbanzo beans, soaked

1 cup spinach

1 can of artichokes

DIRECTIONS:

1. In a high speed blender, combine tahini and lemon juice. Process for 1 minute, scrape the sides and process again for 30 seconds.
2. Add olive oil, ½ minced garlic, water and cumin to the processed tahini and lemon juice. Process for 30 seconds, scrape sides and process for another 30 seconds.
3. Add garbanzo beans to food processor and process for 1 minute until thick and smooth. If the hummus is still too thick, add a few more tablespoons of water while food processor is still on.
4. In a non-stick frying pan, sauté the spinach, artichokes and the rest of the minced garlic until tender.
5. Add spinach and artichokes to hummus and mix in.





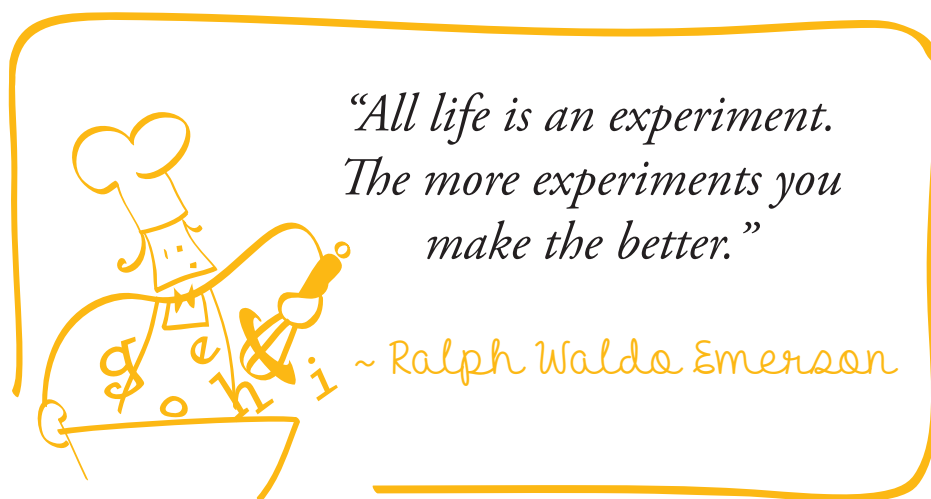
Roasted Chickpea Poppers

One 15- ounce can garbanzo beans
½-1 tablespoon extra virgin olive oil
1 tablespoon ground cumin

1 teaspoon garlic powder
½ teaspoon sea salt
1 dash kelp granules

DIRECTIONS:

1. Preheat oven to 400°F and line baking sheet with parchment paper.
2. Drain can of garbanzo beans in strainer and rinse with water. Lay paper towel down and spread beans over towel. Use another paper towel to gently press and absorb the water on the beans. Discard any skin that falls off.
3. In a bowl whisk olive oil, cumin, garlic powder, sea salt and kelp together.
4. Add the chickpeas and toss to coat.
5. Spread chickpeas into a single layer on baking sheet.
6. Roast in oven, shaking occasionally, until slightly crisp and light brown, about 30-40 minutes.





Sweet Potato Fries

MAKES 4 SERVINGS

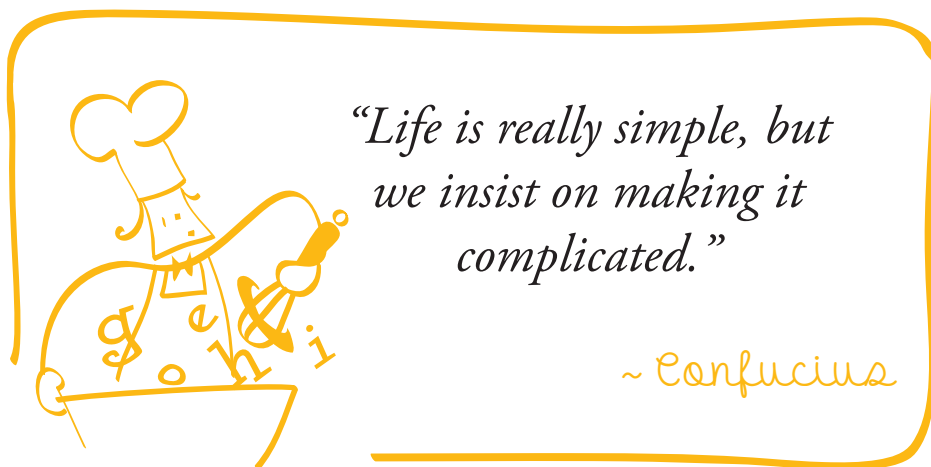
5 medium size sweet potatoes

Sea salt to taste

DIRECTIONS:

1. Preheat oven to 350°F and line 2 baking sheets with parchment paper.
(May need 3 baking sheets depending on size of potatoes)
2. Slice potatoes to even thin circles.
3. Line potatoes on baking sheets. They can overlap slightly.
4. Sprinkle sea salt on potatoes and any other seasoning of preference.
5. Put potatoes in oven and bake for 30 minutes. Flip potatoes over and bake for another 30 minutes. You can add more salt to other side of potato once flipped if desired.

***DEPENDING ON THICKNESS OF POTATO SLICES, COOKING TIME CAN ALTER.
(THINNER SLICES WILL COOK FASTER THAN THICKER ONES.)**





Cranberry Bliss Granola Bars

1 banana

2 cups gluten free oats

1 cup unsweetened shredded coconut

1 cup raw cranberries or blueberries

½ cup almond butter

1 tablespoon agave or maple syrup

Dash of cinnamon

DIRECTIONS:

1. Preheat oven to 350°F and line baking sheet with parchment paper.
2. Mash up banana in a small bowl until it is smooth with no pieces.
3. Mix together oats, coconut, cranberries, almond butter, agave, cinnamon and mashed up banana in a large bowl. Ingredients should begin to stick together making it hard to mix.
4. Line baking sheet with mixture. If using a large baking sheet, lay out mixture in a small rectangle in the middle. Mixture should be about ½" thick, making sure there are no holes.
5. Bake for 20 minutes then remove from oven. Flip the granola bar mixture over using another piece of parchment paper and flat baking sheet.
6. Put back in oven for another 5-8 minutes.
7. Remove from oven then let sit for about 5 minutes to cool. Cut into individual pieces.





Cinnamon Roasted Vegetables

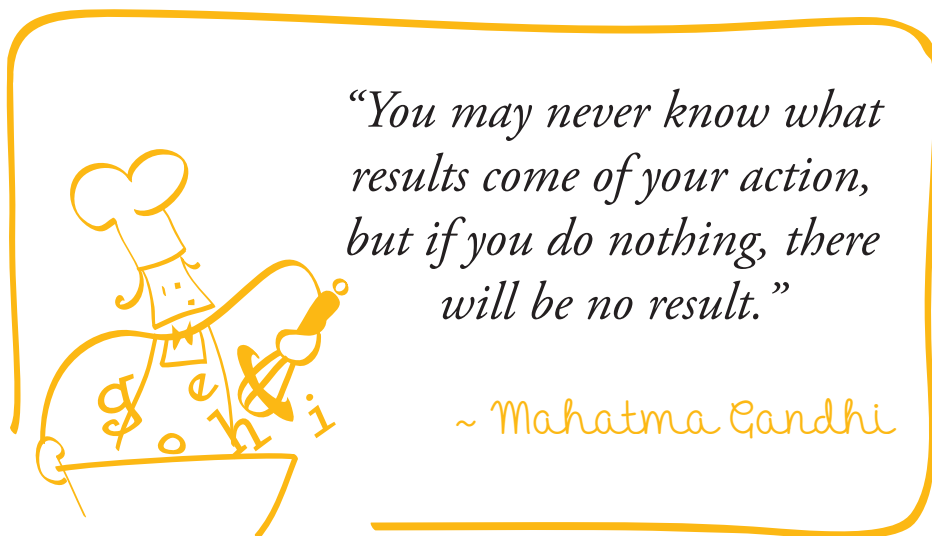
MAKES 4-6 SERVINGS

1 head cauliflower, cut into small pieces
2 pounds carrots, halved if large
2 medium sweet potatoes, cut into thick sticks
2 garlic cloves, mashed

1 tablespoon extra virgin olive oil
1 tablespoon ground cinnamon
Sea salt to taste
5 cinnamon sticks

DIRECTIONS:

1. Preheat oven to 375°F and line baking sheet with parchment paper.
2. After all produce is washed and cut, add to a big bowl. Add sweet potatoes, garlic and olive oil. Using your hands, toss vegetables to coat well.
3. Place vegetables in a single layer on baking sheet and sprinkle with cinnamon and sea salt. Scatter cinnamon sticks around.
4. Roast until golden and crispy, about 1 hour.





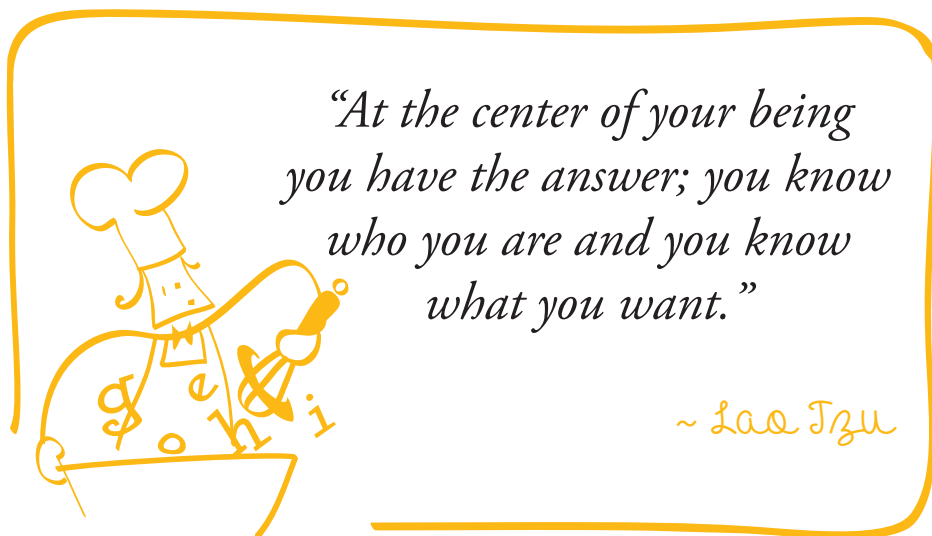
Raw Sunflower & Pumpkin Seed Crackers

1 cup soaked raw sunflower seeds
½ cup soaked raw pumpkin seeds
½ cauliflower
¼ onion
1 garlic clove
1 baby red pepper
¾-1 cup white button mushrooms
1 tablespoon chia seeds

2 tablespoons flax seeds
Cumin to taste
Garlic powder to taste
Onion powder to taste
1 stalk celery
*Food Processor or Juicer
*Dehydrator

DIRECTIONS:

1. Drain soaked sunflower and pumpkin seeds and place in bowl.
2. Chop the cauliflower, onion, garlic clove, pepper and mushrooms into fine pieces. Add to bowl.
3. Add in chia seeds, flax seeds and seasoning to bowl.
4. Gently mix the ingredients together.
5. Use the homogenizing (blank) attachment of your juicer, or S-blade on food processor, process mixture.
6. Mix well by hand. Taste!
7. Stir in chopped celery.
8. Lay flat on dehydrator. Dehydrate for 6 1/2 hours on 135°F.





Trail Mix Granola

½ cup almond butter
¼ cup maple syrup
½ cup applesauce
3 cups gluten-free oats
1 ½ cup trail mix
Cinnamon (optional)

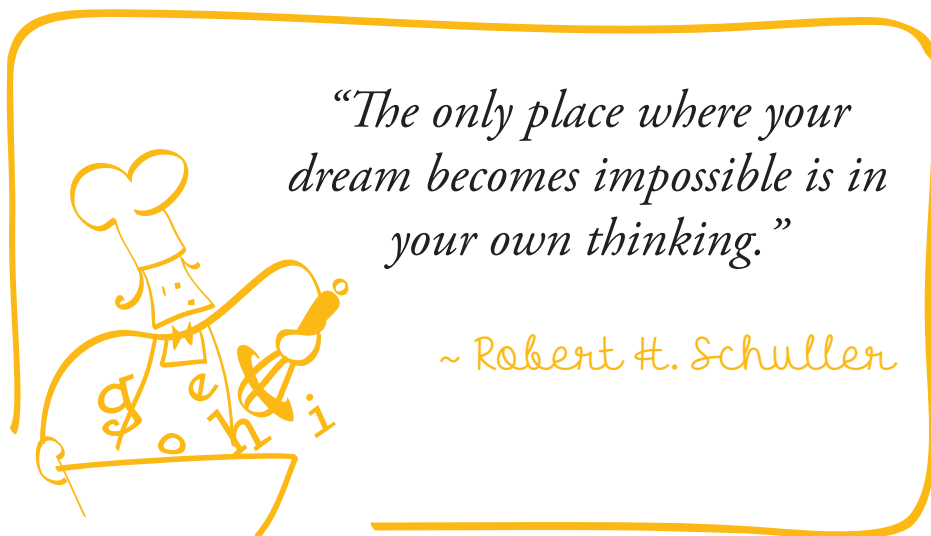
Trail Mix Ingredients:
½ cup raw unsalted whole almonds
¼ cup raw unsalted pumpkin seeds
¼ cup raw unsalted sunflower seeds
½ cup mulberries
¼ cup shredded coconut

DIRECTIONS:

1. Preheat oven to 350°F and line baking sheet with parchment paper.
2. Melt almond butter and maple syrup in a pan.
3. Mix in applesauce, oats and homemade trail mix.
4. Lightly oil parchment-lined baking sheet. (I recommend using coconut oil cooking spray)
5. Spread mixed ingredients from pan to baking sheet. Flatten and press firmly together.
6. Sprinkle cinnamon on top. (optional)
7. Bake until golden brown, for about 30 minutes.
8. Cut into bars or crush to make clusters.

* **CHANGE UP THE TRAIL MIX INGREDIENTS TO YOUR LIKING!**

* **STORE GRANOLA IN A SEALED CONTAINER IN THE REFRIGERATOR.**





Sprouted Raw Hummus

2 ½ cups sprouted chickpeas

1 cup chopped cauliflower

1 cup chopped zucchini

2 cloves garlic

2 tablespoons ground cumin

1 tablespoon coriander seeds, ground

2 teaspoons kelp powder

⅓ cup water

3 tablespoons extra virgin olive oil

2 ½ tablespoons fresh lemon juice

1 tablespoon Bragg Liquid Aminos

¼ teaspoon liquid stevia extract (optional)

2 teaspoons kelp powder

DIRECTIONS:

1. In a high speed blender combine all ingredients. Blend until a smooth, thick dip is achieved.

“With everything that has happened to you, you can either feel sorry for yourself or treat what has happened as a gift. Everything is either an opportunity to grow or an obstacle to keep you from growing. You get to choose.”

~ Dr. Wayne W. Dyer





Main courses

- BREAKFAST FOR CHAMPIONS
- PERFECT LETTUCE WRAPS
- BUCKWHEAT PANCAKES
- ALMOND BUTTER & BANANA SPLIT
- ALIVE "UN-TUNA" SALAD
- STUFFED AVOCADO SALAD
- PALM CAKES
- NOODLELESS LASAGNA
- CAULIFLOWER PIZZA CRUST
- VEGETABLE FRIED RICE
- THAI ALMOND SUPERFOOD SLAW
- SWEET & SOUR ROASTED CAULIFLOWER
- PAD THAI TWIST
- CASHEW NUT MAC & CHEEZ
- QUINOA WITH PISTACHIOS, AVOCADO & RAISINS
- CREAMY TOMATO SOUP



Breakfast for Champions

1 avocado
2 tablespoons hummus
6 baby tomatoes

1 gluten-free english muffin, toasted
2 teaspoons chia seeds

DIRECTIONS:

1. In a bowl mash up the avocado until it is smooth.
2. Cut baby tomatoes in half.
3. Spread the hummus and avocado on your English muffin, respectively.
4. Sprinkle one teaspoon of chia seeds on each piece of toast. Add tomatoes.
5. Enjoy this protein power breakfast to help you have energy throughout the day!

“By cleansing your body on a regular basis and eliminating as many toxins as possible from your environment, your body can begin to heal itself, prevent disease, and become stronger and more resilient than you ever dreamed possible!”

~ Dr. Edward F. Group III





Perfect Lettuce Wraps

1 collard green stalk
Alfalfa sprouts
2 tablespoons sauerkraut

*See page 60 for Alive "Un-Tuna"
Salad recipe

DIRECTIONS:

1. Wash off collard greens.
2. Lay alfalfa sprouts and sauerkraut on collard green wrap. Spread out length wise 1/2 inches away from ends.
3. Add Alive "Un-Tuna" Salad.
4. Fold in the long stem side first, then fold opposite side from that. Tightly fold in 3rd side of collard green. Make sure it is as tight as possible without breaking collard green. Then roll the wrap towards the last side open to make a firm lettuce wrap!





Buckwheat Pancakes

MAKES 8-10 PANCAKES

Dry Ingredients:

2 cups buckwheat flour
2 teaspoons baking powder

Wet Ingredients:

2 cups almond milk
¼ cup unsweetened applesauce
2 teaspoons vanilla extract
¼ cup filtered water

DIRECTIONS:

1. In a medium sized mixing bowl, add the dry ingredients and combine with a whisk.
2. In the same mixing bowl add the wet ingredients and combine with a whisk.
3. Set a non-stick frying pan to medium heat and spray with coconut oil cooking spray.
4. Once the pan is hot, drop batter onto the pan, using about 1/4 cup of batter for each pancake. Flip when the edges become cooked and bubbles appear on the surface.

* TOP WITH SUGAR FREE MAPLE SYRUP, BANANAS, ALMOND BUTTER OR COCONUT BUTTER.



“I believe that health is more than merely the absence of disease. It is a total state of physical, mental, emotional, spiritual and social well—being.”

~ Dr. Frank Lipman



Almond Butter & Banana Split

Almond Butter & Banana Split

This breakfast is super simple and super healthy! It's a great meal to start your day with because of the packed protein and nutrients. Bananas are a great source of minerals and vitamins, as well as fiber. Top it off with almond butter and you have a nutrient dense breakfast that will keep you going throughout your day. Just one tablespoon of almond butter contains as much protein as you get from the same quantity of meat!

1 banana

¼ cup gluten-free granola

2 tablespoons almond butter

DIRECTIONS:

1. Slice banana in half, lengthwise.
2. Heat up almond butter for 30 seconds to 1 minute long. Stir with a spoon. If texture is still thick, heat for another 20 seconds until you reach a smooth texture to pour over banana.
3. With a spoon, drizzle almond butter on the two halves of banana.
4. Sprinkle granola on top and enjoy!



Alive "Un-Tuna" Salad

MAKES 2 SERVINGS

1 stalk celery, chopped

¼ yellow squash, chopped

½ cup white button mushrooms, chopped

4-5 cauliflower florets, chopped

¾ cup sunflower seeds

1 avocado

2 tablespoons veganaise

1 tablespoon chia seeds

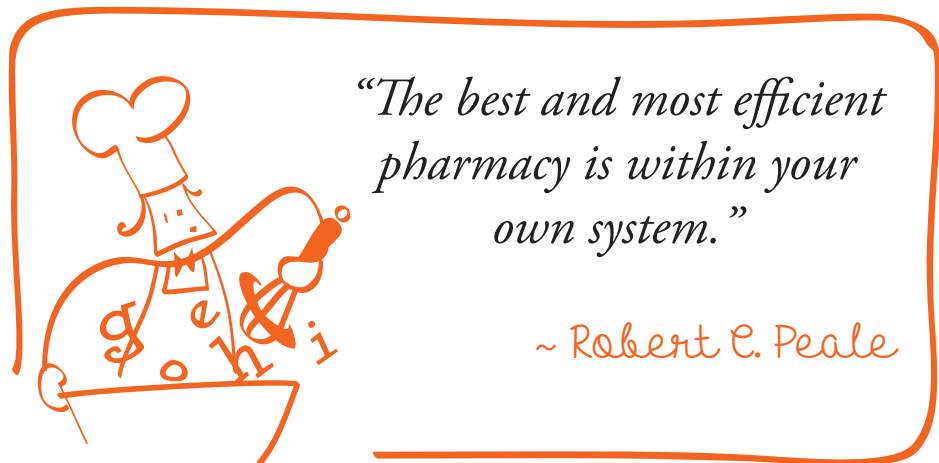
1 tablespoon flax seeds

1 tablespoon bee pollen

DIRECTIONS:

1. Chop up celery, squash, mushrooms, cauliflower and sunflower seeds. Add to bowl.
2. Stir in veganaise.
3. Mash up avocado in separate bowl.
4. Stir in avocado with chopped up vegetables.
5. Sprinkle chia seeds, flax seeds and bee pollen on top once served.

* **TO GIVE IT EXTRA FLAVOR, ADD 1 TABLESPOON DIJON MUSTARD!**





Stuffed Avocado Salad

MAKES 2-3 SERVINGS

$\frac{3}{4}$ cauliflower

$\frac{1}{4}$ onion

1 cup raw sunflower seeds

4 white button mushrooms

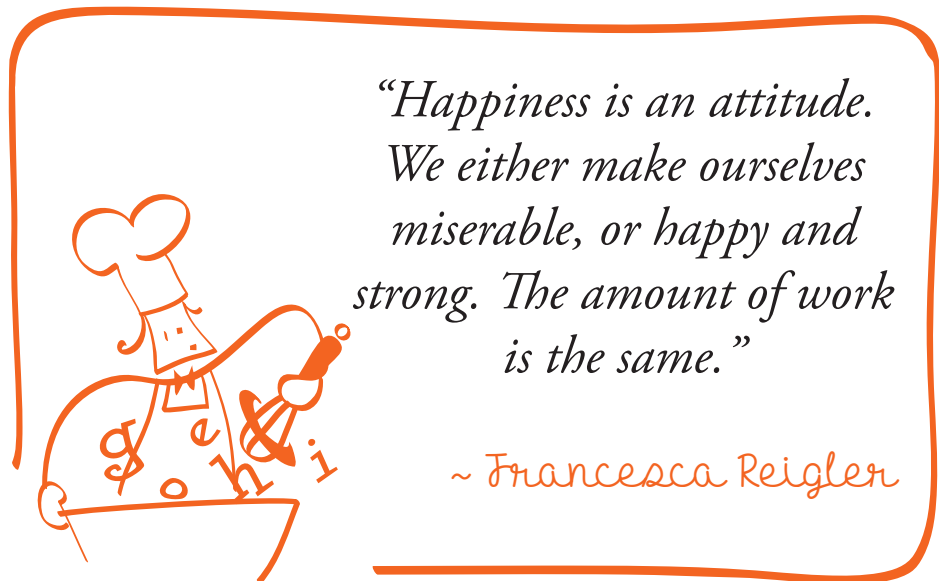
$\frac{1}{2}$ yellow squash

1 $\frac{1}{2}$ avocados

Alfalfa sprouts

DIRECTIONS:

1. Chop up cauliflower, onion, sunflower seeds, mushrooms and squash using a food processor or chopper. Add to a bowl.
2. Scoop out avocados and place in separate bowl. Mash up avocados until you reach a smooth texture.
3. Mix in avocado with the rest of the ingredients.
4. Scoop mixture into halves of the scooped out avocado skin.
5. Top with alfalfa sprouts & enjoy your beautiful healthy creation!





Palm Cakes

MAKES 4 SERVINGS

2 cans whole hearts of palm
2 stalks scallions, chopped
½ red bell pepper, finely chopped
1 tablespoon veganaise
½ tablespoon dijon mustard
½ tablespoon Old Bay Spice
2 cups gluten-free bread crumbs, divided
3 cloves fresh garlic or garlic powder
Olive Oil

For the Sauce:

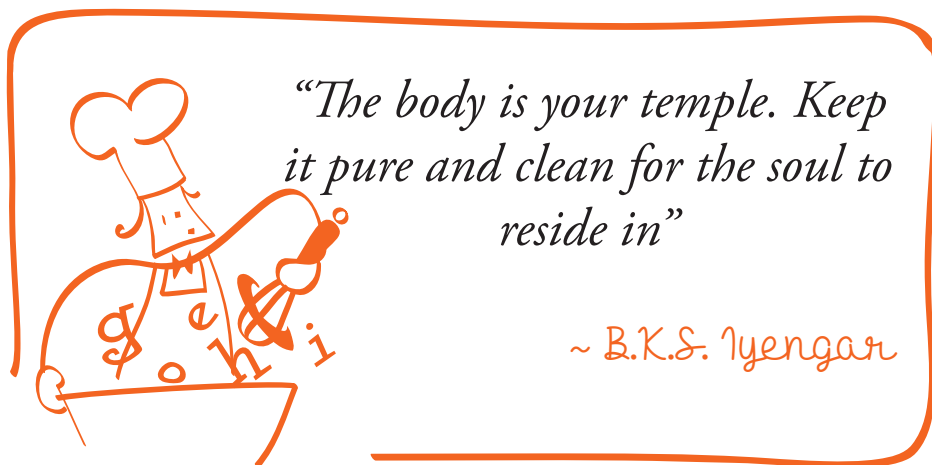
3 tablespoons veganaise
½ juice of a lemon
1 tablespoon dijon mustard
* I recommend gluten-free Panko bread crumbs.

DIRECTIONS:

1. Put hearts of palm into a food processor. Pulse 15x. Empty into a medium sized bowl.
2. Add chopped scallions and chopped pepper to bowl.
3. Add veganaise, mustard, Old Bay Spice and garlic to bowl.
4. Mix all ingredients together. Do a taste test! If you like it spicier add more Old Bay Spice.
5. Add 1 cup breadcrumbs to mixture. Mix together.
6. Form mixture into small patties.
7. Pour 1 cup breadcrumbs on a plate or in a separate bowl. Coat palm cake patties front and back with breadcrumbs.
8. Heat olive oil in a skillet on medium to high heat. Cook palm cakes until crispy on both sides.
9. Serve palm cakes with a dollop of sauce on top!

For the Sauce:

1. Mix all sauce ingredients together in a bowl.





Noodleless Lasagna

MAKES 4 SERVINGS

Sauce:

- 2 teaspoons olive oil
- 2 cloves fresh garlic
- ½ sweet onion chopped
- 2 tablespoons fresh basil chopped
- 2 cups of favorite tomato sauce

Lasagna:

- 2 zucchinis
- 1 yellow squash
- 1 small eggplant
- 4 portobello mushroom caps
- 1 baby sweet potato
- 1 pack of Mozzarella Daiya Cheese
- * I buy my tomato sauce from my local farmer's market!

DIRECTIONS:

Preheat oven to 400°F.

Sauce:

1. In a skillet, heat 2 tsp. olive oil. Brown garlic and chopped onions until caramelized.
2. Add chopped basil and 2 cups of favorite tomato sauce. Cook for 15 minutes on low heat.
3. Put to the side.



*** OPTIONAL: ADD ONE PACK OF STEVIA TO THE SAUCE TO REMOVE BITTERNESS.**

Lasagna:

1. Cut zucchini, squash, eggplant, mushrooms and sweet potato lengthwise into long strips.
2. In a lightly oiled pyrex dish, layer the ingredients in the following order from bottom to top: eggplant, sweet potato, $\frac{1}{3}$ of tomato sauce, Daiya cheese, mushrooms, squash, $\frac{1}{3}$ of tomato sauce, Daiya cheese, zucchini and rest of the tomato sauce.
3. Sprinkle Daiya cheese on top.
4. Cover dish with aluminum foil and bake on 400°F for 40 minutes. Remove aluminum foil and bake for another 20 minutes.
5. Remove from oven and let it cool for 1 hour.



Cauliflower Pizza Crust

Cauliflower Pizza Crust

MAKES 2 SERVINGS

1 head of cauliflower	½ teaspoon sea salt
3 tablespoons ground flax seeds	½ teaspoon garlic powder
6 tablespoons water	½ teaspoon dried oregano
½ cup almond meal	

DIRECTIONS:

1. Preheat oven to 400°F and line baking sheet with parchment paper.
2. Cut up cauliflower into individual florets. Place in a large food processor using the “S” blade, and pulse until a rice-like texture is created.
3. Pour cauliflower “rice” into a sauce pot, add enough water to cover, and bring to a boil.
4. Cover, reduce heat and allow to cook for 5 minutes.
5. Drain the liquid, then transfer the cooked cauliflower rice in a freezer-safe bowl.
6. Place in the freezer to cool for 10 minutes.
7. While cooling, mix together 2 tbsp. flax seeds with 6 tbsp. water, to create a vegan “egg”. Set aside and allow mixture to thicken.
8. Remove cooled cauliflower from freezer and place in center of a thin dish towel. Use your hands to squeeze the rice in towel removing all excess moisture from cauliflower.
9. Place drained cauliflower in a large bowl. Add vegan “egg” mixture, almond meal, the additional tablespoon of ground flax seeds, sea salt, garlic and dried oregano to bowl.
10. Stir well to mix, then press mixture to the baking sheet.
11. Press crust firmly together, making sure there are no thin spots where it might crack.
12. Bake at 400°F for 30 minutes, until the top is lightly golden and dry to touch.
13. Using an additional piece of parchment paper, flip the entire pizza crust, then return it to the pan to bake for an additional 15 minutes.
14. Add your favorite pizza toppings and return to the oven to heat up for about 5-10 minutes.



Vegetable Fried Rice

MAKES 1-2 SERVINGS

1-2 tablespoons olive oil

½ zucchini, chopped

½ yellow squash, chopped

¼ onion

½ cup white button mushrooms, chopped

Minced garlic (Optional)

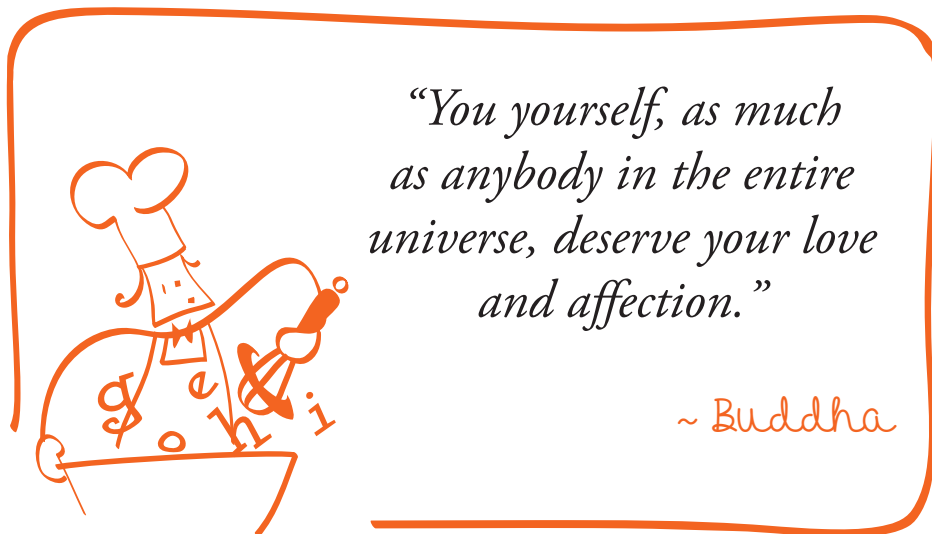
2 cups cooked rice

4-5 baby tomatoes

2-3 tablespoons gluten free Tamari Soy
Sauce

DIRECTIONS:

1. In a non-stick frying pan, add olive oil, chopped zucchini, chopped squash, onions and chopped mushrooms. Cook vegetables until tender. Add fresh garlic to taste if desired.
2. Add cooked rice and tomatoes to frying pan. Using a spatula, flatten rice on the skillet. Flip over and mix rice every few minutes.
3. Add tamari soy sauce, 1 tablespoon at a time for desired taste, to rice.
4. When rice begins to brown on the edges, remove from skillet and serve! Add more soy sauce once cooked if desired.





Thai Almond Superfood Slaw

MAKES 4 SERVINGS

For the Slaw:

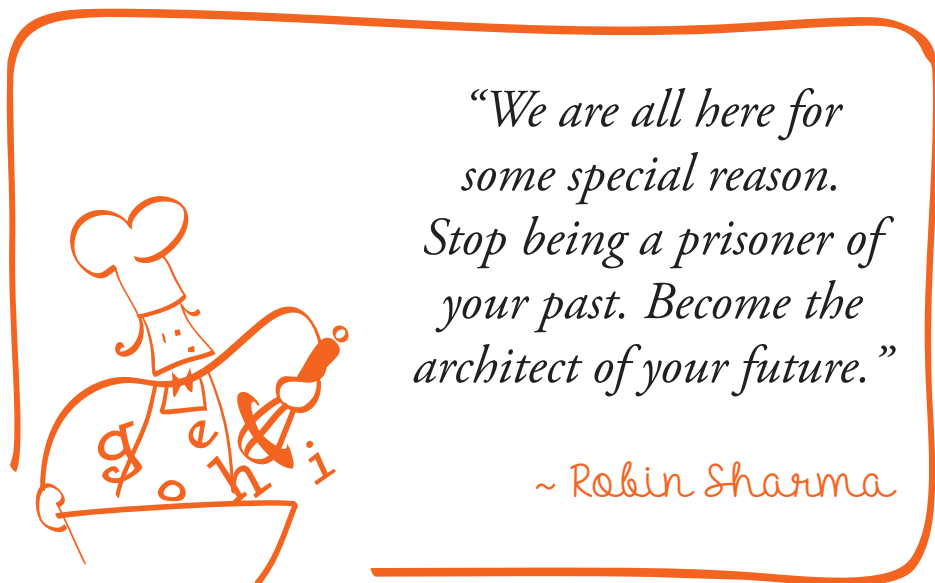
- 2 cups shredded cabbage
- ½ cup shredded carrots
- ⅓ red bell pepper, thinly sliced
- 5 scallions (aka green onions)

For the Sauce:

- 2 tablespoons extra virgin olive oil
- 2 tablespoons organic Tamari Gluten-Free Soy Sauce
- ¼ cup raw apple cider vinegar
- 2 tablespoons agave
- 1 teaspoon toasted sesame oil
- 2 tablespoons almond butter
- 1 garlic clove, peeled

DIRECTIONS:

1. Wash and prepare all produce. You can shred by hand using a knife or using a food processor. The vegetable measurements are pretty flexible; adjust to your preference and what you might have on hand.
2. Once chopped, add all slaw ingredients to a bowl.
3. For the sauce; put all of the ingredients in a high-speed blender and blend until smooth.
4. Add sauce to slaw and serve!





Sweet & Sour Roasted Cauliflower

MAKES 2-4 SERVINGS

1 head of cauliflower

1 shallot green onion

For the Sauce:

3 tablespoons sweet red chili sauce

1 tablespoon grape jelly

½ juice of a lemon

For the Batter:

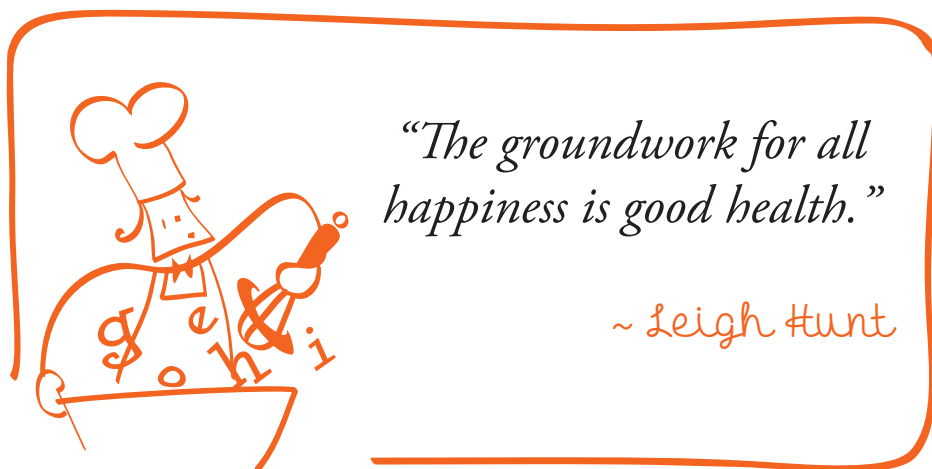
Vegan buttermilk (1 tablespoon white vinegar or apple cider vinegar+ 1 cup almond milk)

½ cup almond meal flour

¼ teaspoon garlic powder

DIRECTIONS:

1. Preheat oven to 375°F and line pyrex baking dish with parchment paper.
2. Cut cauliflower into florets.
3. Combine vinegar and almond milk together in a bowl to make vegan buttermilk. Let stand for 5-10 minutes to thicken.
4. Coat cauliflower florets in buttermilk mixture. Drain excess.
5. In a large ziploc bag or bowl, add almond meal and garlic powder. Toss coated cauliflower in flour mixture.
6. Put coated cauliflower on parchment lined baking dish. Bake until tender for about 45 minutes. They should be golden brown in color.
7. Meanwhile, combine all ingredients for the sauce in a medium saucepan. Mix together over low heat.
8. Remove cauliflower from oven and gently place roasted cauliflower in bowl.
9. Drizzle sweet and sour sauce over cauliflower and gently toss.
10. Chop up one shallot of green onions and sprinkle over cauliflower in serving bowl.





Pad Thai Twist

MAKES 1-2 SERVINGS

¼ bag of gluten free–noodles

¼ onion

¼ squash

¼ zucchini

½ cup white button mushrooms

½ tablespoon coconut oil

1 teaspoon minced garlic

½ cup cauliflower florets

½ cup bean sprouts

2 tablespoons Tamari Gluten–Free
Soy Sauce

1 tablespoon sesame seeds

* I recommend using Tinkyáda Brown Rice
Pasta Fettuccini Style Pad Thai

DIRECTIONS:

Noodles

1. Add pasta to boiling water. Stir occasionally and cook medium- high range for 10-11 minutes or until desired tenderness is reached.
2. Drain.
3. Rinse noodles with cool water.

Pad Thai

1. Slice onion, squash, zucchini and mushrooms.
2. Heat coconut oil in skillet on medium-high.
3. Add minced garlic and onions to skillet.
4. After about 3 minutes add squash, zucchini, mushrooms, cauliflower florets and bean sprouts.
5. Once vegetables begin to get soft add in the Tamari soy sauce. You can add more than preferred if desired.
6. Cover skillet and let it cook on medium for 10 minutes or until desired tenderness. Stir occasionally, add sesame seeds half way through cooking.

Add noodles to a bowl, top with cooked vegetables and enjoy!

* **ADD PEANUTS OR ALMONDS TO PAD THAI.**

* **REPLACE TAMARI SOY SAUCE WITH BRAGG LIQUID AMINOS IF PREFERRED.**



Cashew Nut Mac & Cheez

MAKES 3 SERVINGS

Gluten-free macaroni noodles, cooked

$\frac{3}{4}$ cup raw cashews

1 $\frac{3}{4}$ cups almond milk

$\frac{1}{4}$ cup canola oil

1 $\frac{1}{2}$ tablespoons almond flour

$\frac{1}{4}$ cup nutritional yeast

2 tablespoons light (white) miso paste

1 tablespoon lemon juice

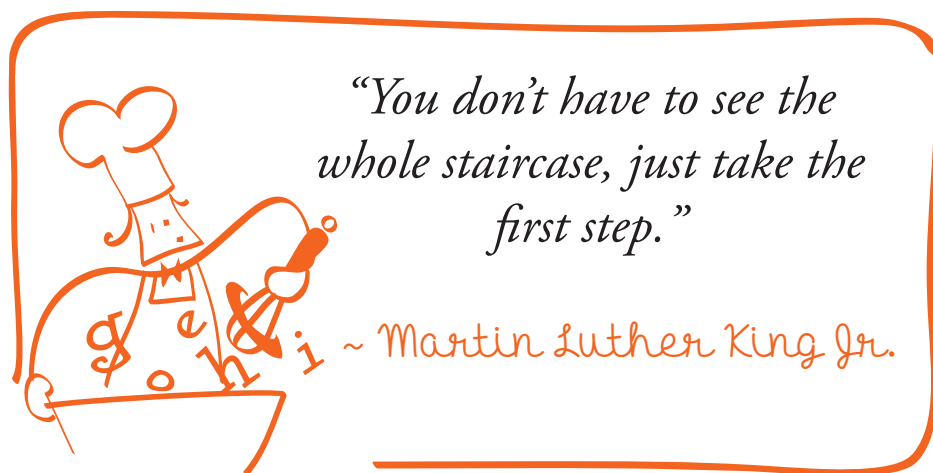
1 teaspoon onion powder

$\frac{1}{2}$ teaspoon garlic powder

$\frac{1}{2}$ teaspoon sea salt

DIRECTIONS:

1. Place raw cashews in a food processor and finely grind. Set aside.
2. In a saucepan, combine milk, oil and almond flour. Bring to a simmer over high heat. Decrease heat to low, cover and let simmer, stirring occasionally for 10 minutes.
3. Using a whisk, stir in the ground cashews, nutritional yeast, miso paste, lemon juice, onion powder, garlic powder and sea salt until well combined.
4. Add the cashew cheese to the macaroni and enjoy!





Quinoa with Pistachios, Avocado & Raisins

MAKES 4-6 SERVINGS

2 cups quinoa, cooked

½ onion

2 cups white button mushrooms

2 garlic cloves, chopped

1 cup pistachios

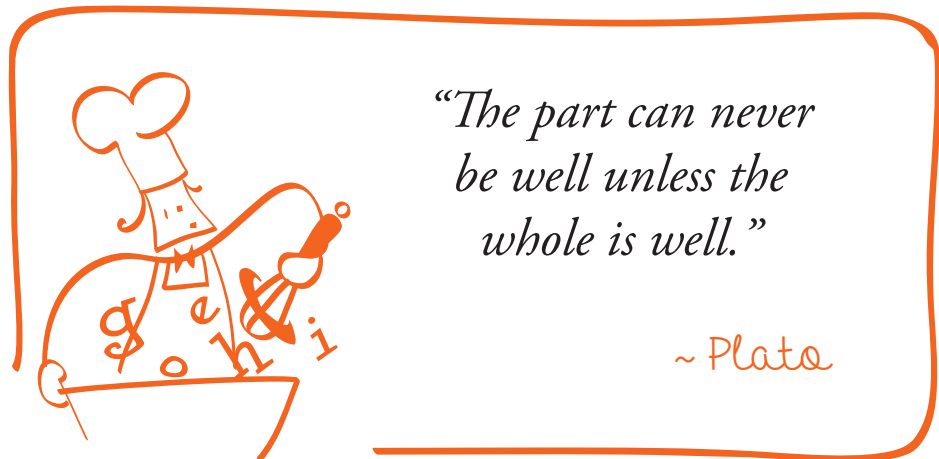
½ cup raisins

2 avocados

DIRECTIONS:

1. While quinoa is cooking sauté onions, mushrooms and garlic in a skillet using coconut oil.
2. Once quinoa is cooked, remove from heat and mix in cooked vegetables.
3. Add pistachios and raisins.
4. Cut up avocados into small pieces and mix into the quinoa last.
5. Store leftovers in a tightly sealed container in the refrigerator.

***MAKE IT YOUR OWN AND REPLACE PISTACHIOS, AVOCADO OR RAISINS WITH DIFFERENT VEGETABLES, NUTS AND FRUIT!**





Creamy Tomato Soup

MAKES 4 SERVINGS

3 shallots or green onions, chopped

4 roma tomatoes

½ cup sundried tomatoes

1 cup raw cashews

4 leaves fresh basil

2 cloves fresh garlic

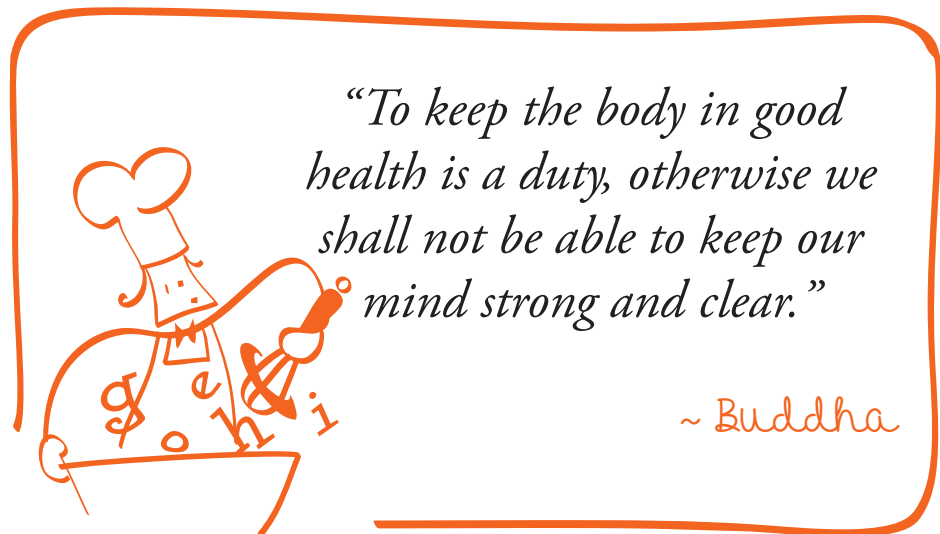
Sea salt

White or black pepper

3 cups hot water

DIRECTIONS:

1. Add green onions, roma tomatoes, sundried tomatoes, raw cashews, basil, garlic, 3 shakes of sea salt, 3 shakes of pepper and hot water to a high speed blender. Blend until smooth and creamy.
2. Heat if needed and enjoy!





Desserts

- RAW CHOCOLATE PUDDING
- RASPBERRY MANGO SORBET
- CHOCOLATE FROSTY
- CHOCOLATE ALMOND MYLKSHAKE
- COOKIE DOUGH BALLS
- RAW MACAROONS



Raw Chocolate Pudding

Raw Chocolate Pudding

1 frozen banana

3 dried figs or dates

2 tablespoons cacao powder

$\frac{3}{4}$ cup almond milk

$\frac{1}{4}$ teaspoon cinnamon

2 ice cubes

DIRECTIONS:

1. Combine all ingredients in a high speed blender.
2. Blend and enjoy!



*“To insure good health:
Eat lightly, breathe deeply,
live moderately, cultivate
cheerfulness, and maintain an
interest in life.”*

~ William Londen



Raspberry Mango Sorbet

1 fresh mango

$\frac{3}{4}$ cup almond milk

1 $\frac{1}{2}$ cups frozen raspberries

DIRECTIONS:

1. Peel and chop mango.
2. Put mango, raspberries and almond milk in a high speed blender. Blend and pour into a freezer-safe bowl.
3. Freeze mixture. Serve when hardened.

* **MANY SHERBERT RECIPES CALL FOR ADDED SUGAR. I LIKE TO STAY AWAY FROM ANY ADDED SUGAR BECAUSE THE FRUIT ALREADY CONTAINS NATURAL SUGAR.**

* **MAKE THIS RECIPE YOUR OWN BY USING YOUR FAVORITE FRUITS. MIX IN CHUNKS OF FRUIT FOR EXTRA FLAVOR!**



“Don’t ask yourself what the world needs; ask yourself what makes you come alive. And then go and do that. Because what the world needs is people who have come alive.”

~ Harold Thurman



Chocolate Frosty

1 frozen banana
1 cup almond milk
½ cup almond butter
1 teaspoon cinnamon

1 teaspoon vanilla extract
1 teaspoon agave
2 tablespoons raw cacao powder
4-5 ice cubes

DIRECTIONS:

1. Add all ingredients to a high speed blender.
2. Blend and enjoy!



Chocolate Almond Mylkshake

1 cup almond milk

¼ avocado

1 tablespoon cacao powder

1 teaspoon stevia

¼ teaspoon vanilla extract

2 handfuls of ice

DIRECTIONS:

1. Add all ingredients to high speed blender.
2. Blend and enjoy!



Cookie Dough Balls

MAKES 10-15 BALLS

1 cup gluten-free oats

1 ripe banana

½ cup grated dry unsweetened coconut

2 tbsp agave syrup

2 tbsp coconut oil

1 tsp vanilla extract

½ cup vegan chocolate chips

DIRECTIONS:

1. In a food processor, add oats and pulse for 20 seconds to break down the oats.
2. Add the rest of the ingredients, except the chocolate chips, and pulse until fully combined.
3. Put mixture into a bowl and stir in the chocolate chips.
4. If the dough is too soft or sticky, refrigerate mixture for 10 minutes to harden. Then roll dough into small balls and refrigerate for 1 hour.
5. Store in an airtight container in the fridge.





Raw Macaroons

MAKES 10-15 BALLS

1 ¼ cup grated dry unsweetened
coconut, divided

2 tablespoons coconut oil

6 tablespoons almond meal

2 tablespoons maple syrup

½ teaspoon vanilla extract

Vegan chocolate morsels (optional)

DIRECTIONS:

1. Add 1 heaping cup of shredded coconut to a high speed blender or food processor. Blend to further break up the coconut.
2. Add the coconut oil, almond meal, maple syrup and vanilla extract to the processor and blend to mix all ingredients together.
3. Scrape mixture into a bowl. If you're adding chocolate morsels, add and mix in. Begin to form into small balls (coconut oil melts very rapidly in your hands so work quickly). Place balls onto a parchment-lined dish.
4. Add the remaining shredded coconut to your food processor. Blend to further break up the coconut. Sprinkle the shredded coconut on top of each ball.
5. Refrigerate immediately, allowing the macaroons to set up. Then cover and store in your fridge.



“You have the power to heal your life, and you need to know that. We think so often that we are helpless, but we’re not. We always have the power of our minds... Claim and consciously use your power.”

~ Louise L. Hay

Guide to Vegan & Gluten-Free Substitutions

Milk

Almond milk

Coconut Milk

Flax Milk

Rice Milk

Hemp Milk

Butter

Unrefined Coconut Oil

Nondairy Margarine (Earth Balance is my favorite!)

Olive Oil

Eggs for Baked Goods

Flax egg: Three tablespoons of water to one tablespoon of ground flax seeds equates to one egg. If you would rather have a thicker consistency, use only 2 tablespoons of water.

Mashed Bananas: One small banana equates to two or three eggs. (no rising power)

Applesauce: Adds binding but no rising capabilities. Use $\frac{1}{4}$ cup applesauce per egg.

Mayonnaise

Veganaise

Cheese

Cashew Nut Cheese (Recipe on xXx)
Store-bought Nondairy Cheese (my favorite is Daiya)

Nutritional yeast: Gives cheesy flavor and is loaded with tons vitamins and minerals (great source of vitamin B12)! Nutritional yeast is great to sprinkle on popcorn, macaroni and cheese, and pizza.

Chocolate

Raw cacao
Carob

Store-bought Nondairy Chocolate Morsels

Pasta

Rice pasta (Tinkyada is an excellent brand)

Quinoa: Great replacement for couscous

Soy sauce

Bragg Liquid Aminos

Tamari Gluten-Free Soy Sauce

Sending you
GOOD VIBES



Acknowledgements

Acknowledgments

To my mom, dad and sister, Julia, thank you for supporting me and inspiring me to do my best in everything I pursue. Also, thank you for simply believing in me. I love you.

To the Intensive Care Unit nurses at Shands Hospital, thank you for saving my life.

To all of my Kickstarter supporters, thank you for helping make this book a reality!

“It is the choices we make in life that determine who we are and who we are going to be. Listen to your heart, be guided by your intuition and know that the power of the Universe lies deep within you. Be grateful for every breath you take, because that breath of air is called LIFE.”

~ Alexa Carlin



