

## Herbilicious Fruity Water



- 2 cups of fresh or frozen fruit
- 1-2 sprigs
- 2 qts of water
- Ice

Squeeze the fresh herbs or rub the leaves to release the natural aromatic oils. Place into a glass pitcher. Add fruit and muddle the fruit and herbs using a wooden spoon or muddler. Pour water over the herbal fruit mix and add ice. Keeps for 2-3 days.

My favorite combinations:

- Frozen Raspberries and fresh lime
- Lime and mint (rum is optional!)
- Blackberries and fresh sage
- Watermelon and Lime
- Rosemary, Mint and English Cucumber

## Carne Asada Taco Salad – serves 4



- 2 pounds flank steak
- 1 large head romaine lettuce, shredded
- 3 roma tomatoes, chopped and deseeded
- Salsa of choice (*I love fresh Pico de gallo*)
- 1 avocado, sliced or cubed
- 1 sweet red pepper, thinly sliced
- 2 cups pinto beans

Optional:

- 2 limes, halved
- 1/3 cup cilantro, chopped
- Sour cream, guacamole to taste

### Carne Asada Marinade:

- 1/2 cup olive or grapeseed oil
- 1/4 cup apple cider vinegar
- 1/4 cup coconut aminos (or Bragg's)
- 4 garlic cloves, crushed
- 1 orange, juiced
- 2 limes, juiced
- 1 tsp. sea salt
- 1/2 tsp. ground black pepper
- 1 tsp. paprika
- 1 tsp. oregano
- 1 tsp. cumin
- 1/2 small onion, diced

Place the marinade ingredients in a large bowl and whisk together until well combined.

Place the flank steak in a resealable plastic bag and pour the marinade over the steak. Seal the bag and lightly squish the steak around to make sure the marinade covers all of the meat. Place the bag in the fridge and allow to marinate overnight or for 6 hours.

When you are ready to cook the meat, remove the steak from the bag and discard the excess marinade. Grill the steaks on medium-high heat for about 7-10 minutes each side, depending on the thickness. Allow the steaks to rest for about 5 minutes before slicing. Make sure to slice against the grain.

To assemble:

Arrange shredded romaine lettuce on 4 plates. Spoon pinto beans over the lettuce. Top with carne asada and sliced veggies. Add salsa to taste, as well as flavor boosters from lime, cilantro, sour cream and guacamole, if desired. Eat up!

### Adventure-inducing Protein Smoothie

This smoothie gears you up to have an awesome day! Packed with protein, low glycemic fruit and fiber, it supplies the body with ample energy and stamina to get a couple of good summer adventures in before lunch!



- 25-30 grams of dairy-free, soy-free protein powder (*I'm a fan of Vega Sport or Jay Robb's Egg White Protein*)
- 12 - 16 oz. unsweetened So Delicious vanilla coconut milk
- 1 cup berries – strawberries, blueberries, or raspberries

Optional: 1 tbsp. unsweetened cocoa powder for extra chocolatey *goodness* (*Great for cravings – pairs well with strawberries and raspberries*) or 2 tsp. lemon juice (*pairs very well with vanilla protein and blueberries or raspberries*).

Blend all ingredients in a blender or Vitamix. Serves 1

## Summer Watermelon Salad



This salad is AWESOME. The basil and watermelon are refreshing and energizing, and the feta adds heartiness and depth that allows this to be quite satisfying. It keeps well for about 2 days. It is also fantastic without the feta!

- \* 3.5 pounds seedless watermelon (rind removed), cut into 1-inch cubes (6 cups)
- \* The juice and zest of one lime
- \* 1/2 cup fresh basil leaves, cut into thin strips (see note)
- \* Coarse salt and ground pepper, if desired
- \* 4 ounces imported Sheep milk feta cheese, broken into large pieces (about 1 cup)

In a large bowl, combine watermelon, lime juice, lime zest, basil; season with salt and pepper. Toss to combine. Refrigerate until chilled. Serves 4.

## Cocoacado Pudding Pops



These are CRAZY decadent and a great way to ease kids (*or the kid in you!*) off sugary, processed alternatives in your grocers' freezer. I'm typically too impatient to let them all freeze, so I have some pudding AND some pudding pops. ;)

- 8 medjool dates pitted
- 3/4 cup water
- 3 medium avocados pitted
- 1 cup light coconut milk
- 7 tablespoons unsweetened cocoa powder
- 2 teaspoons vanilla
- 1 pinch Salt

Place the dates into your blender or Vita-Mix and cover with 3/4 cup water. Pack the dates down if needed so they are mostly covered by the water. Let soak for about 30 minutes.

Add avocado, coconut milk, cocoa, vanilla and salt and blend until very smooth and creamy. Depending on your blender, you may need to add a little extra coconut milk or water. Pour into into popsicle molds and freeze for at least 6 hours. Run under hot water to release. Alternatively, this can be served immediately as a pudding! Makes 6 servings (or pops)

## Cucumber Tomato and Green Onion Salad



- 1 English cucumber or two small regular cucumbers
- 3 tablespoon balsamic vinegar
- 1/2 teaspoon salt plus more to taste
- 2 small tomatoes seeded, and coarsely chopped
- 1/2 cup chopped green onions
- 1/4 cup chopped fresh mint
- 2 tablespoon olive oil
- Freshly-ground black pepper to taste

Peel cucumber, cut in half lengthwise and scoop out seeds with a small spoon. Cut cucumber into 1/2-inch slices and transfer to a large serving bowl. Toss with vinegar, sugar substitute and salt. Let sit 30 minutes.

Add tomatoes, green onions, mint and olive oil to bowl. Gently mix to combine all ingredients. Season to taste with additional salt and pepper.