

CREATIVE COOKING COMPANION

REVERSE IT!

DR. HELEN PS



Helen Powell-Stoddart, MD, MS



CREATIVE COOKING COMPANION

REVERSE IT!

COOKBOOK



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Recipes and tips available at
www.pain2wellnesshealthcare.com

REVERSE IT!

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Clean & tasty





OUR CONCEPT

COOKBOOK

Dr. Helen loves to cook and to make beautiful table settings for her family and friends. She learned how to cook on the apron strings of her mother. In medical school, she learned the science of the inner workings of the body. She incorporated the creativity she learned from her mother and combined it with the science of the body to develop the most delicious anti-inflammatory food recipes to not only reverse type 2 diabetes, but to ensure that type 2 diabetes will never have to be seen again.



■ Eating healthy does not have to be boring or tasteless. As a matter of fact, you should never have to sacrifice taste for your health.

Enjoy the recipes here knowing that we not only care about your health, but your taste as well.

The recipes contained herein are demonstrated live on our YouTube channel. Each category is consistent with the names that you will find on Youtube (Dr. Helen PS) so that they are easily found for your convenience.

Enjoy and love yourself, both how you feel and how your health transforms. Reversing type 2 diabetes is now possible deliciously.

"you don't have to sacrifice taste for your health"

Dr. Helen PS

FOOD & NUTRITION



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turmeric time!





Clean & tasty

golden milk

INGREDIENTS

1 ½ cups coconut milk (canned is best, but carton or homemade works too)

1 ½ cups unsweetened plain oat milk

1 ½ tsp ground turmeric

1 tsp freshly grated ginger

1 whole cinnamon stick (or 1/4 tsp ground cinnamon)

2 T coconut cream

2 T maple syrup, coconut sugar, or stevia to taste)

2 t vanilla

DIRECTION

In a small saucepan, add coconut milk, milk, turmeric, ginger, cinnamon, coconut cream, and maple syrup.

Whisk to combine and warm over medium heat. Heat until hot to the touch but not boiling - about 4 minutes - whisking frequently.

Turn off heat and taste to adjust flavor. Add more sweetener to taste or more turmeric or ginger for intense spice + flavor.

Serve immediately, use a fine mesh strainer when serving to strain out the ginger for a creamy texture dividing between cups and leaving the cinnamon stick behind. Best when fresh, though leftovers can be stored covered in the refrigerator for 2-3 days. Reheat on the stovetop.

SERVING

2

TIME

15 MINS

LEVEL

easy

Clean & tasty

jacob's stew

INGREDIENTS

2 c red lentils

2 carrots, coarsely chopped

3 3/4 c water

1/4 t fennel seeds

1/4 t cumin seeds

1 not-chicken bouillon cube

5 fenugreek seeds

3 garlic cloves, grated

1 t lemon juice

1 t turmeric

salt to taste (unrefined)

DIRECTION

Sauté seeds and garlic in 1-2 T water until fragrant. Add lentils water to boil x 5 mins. Add turmeric. Reduce heat and simmer 25 mins. Add lemon juice and salt to taste. Add a little more water for a thinner stew or cook longer if needed for thicker stew.

SERVING

2

TIME

15 MINS

LEVEL

easy





Tofu Scramble

INGREDIENTS

**1 pkg of organic tofu extra firm,
crumbled**
1/2 chopped yellow onion
2 large garlic bulbs, minced
**2 small tomatoes, chopped including
skin and seeds**
½ t turmeric
½ t salt
2 T nutritional yeast flakes
½ t ground garlic
2 c fresh spinach
4 large leaves of fresh basil
½ t black salt
water, as needed



DIRECTION

In a sauté pan, dry sauté garlic and onions until translucent about 2-3 minutes careful not to burn the garlic in a nonstick pan with 1-2 t water to prevent scorching. Add tofu grounds and continue to sauté x 5 minutes while adding turmeric, salt, nutritional yeast, and garlic. Add tomatoes as you continue to sauté for 1-2 minutes. Sprinkle with black salt and toss to mix. Add spinach and toss to wilt. Lastly, add fresh basil and toss to infuse its flavor for 1 minute. Serve hot!



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pasta night!





pasta arrabiata



INGREDIENTS

- 1 lb your favorite gluten-free pasta**
- 6 garlic cloves, minced**
- ¼ of not chicken bouillon and ¼ water**
- 5 large organic vine tomatoes, diced (roughly 2 lbs)**
- 1 t smoked paprika**
- ¼ t dried basil**
- 1 tsp red pepper flakes**
- A few fresh basil leaves**
- ¾ t salt, or more to taste**
- 1 handful parsley, chopped**

DIRECTION

Cook garlic in a small amount of broth on medium heat for 1-2 mins. Add tomatoes and increase temperature to medium-high until mixture starts to boil. Add salt, red pepper, paprika and dried basil.

Cook pasta al dente according to package instructions. Rinse and put aside.

At 15 minutes, crush tomatoes and continue cooking. After about 20 minutes of cooking tomatoes, add in parsley and simmer 2 minutes. Combine pasta and tomatoes. Add basil. Garnish with fresh parsley and basil.





creamy spicy pasta



INGREDIENTS

y Spicy Tuscan Pasta

1 lb your favorite gluten-free pasta

3 cloves minced garlic

¼ c water

1 package sun-dried tomatoes, oil-free, soak in hot water x 10 minutes

1 small clamshell organic spinach

3 c cashew cream (see below)

½ t salt

¼ t dried basil

1 t Italian seasoning

¼ c nutritional yeast flakes

Garnish with fresh basil

In a large skillet, water sauté garlic about 1-2 minutes until fragrant stirring frequently.



DIRECTION

Add sun-dried tomatoes and continue to sauté mixing well with garlic. Add cashew cream, salt, basil and Italian seasoning. Stir and simmer sauce

Add nutritional yeast flakes and stir.

Add spinach and allow to wilt.

Stir in your favorite pasta.

Garnish with fresh basil.

Enjoy!

CASHEW CREAM

1 ½ c soaked cashews

3 c hot water

2 garlic cloves

¼ t salt

1 tsp crushed red pepper (optional)

Add all ingredients to a high speed blender and blend until smooth. Use in place of mayonnaise in savory dishes. For thicker, spreadable consistency, use half of the water.





pesto pasta

INGREDIENTS

1 lb your favorite gluten-free pasta

***Spinach Pesto**

2 c fresh basil

1 c fresh organic spinach

½ small avocado

2 cloves garlic

¼ c nutritional yeast flakes

2 t lemon juice (juice of ½-1 lemon)

¼ t salt

¼ c pine nuts or cashews



DIRECTION

Place the spinach, avocado, basil, pine nuts, garlic, lemon juice and salt in a food processor and pulse until pureed into a smooth consistency. Add nutritional yeast and continue to smooth



pesto

possibilities



Clean & tasty

pesto avocado sandwich

INGREDIENTS

***spinach pesto sauce, see recipe**

1 avocado, sliced

½ red onion, sliced

2 leaves green leaf lettuce

1 organic roma tomato, sliced

Gluten-free bread

Toast bread slices.

DIRECTION

Spread pesto on both slices
Layer with avocado slices, red
onion, tomatoes and lettuce.
Cut in half diagonally and enjoy

SERVING

2

TIME

15 MINS

LEVEL

easy



Clean & tasty

onion basil tortilla

INGREDIENTS

Gluten-free tortilla such as almond tortillas

¼ c red onions, sliced

¼ c black olives, sliced

½ c arugula

8 organic cherry tomatoes, halved

"cheesy sauce - see recipe

***spinach pesto sauce - see recipe**

¼ t ground garlic to sprinkle

red pepper flakes to sprinkle to

taste

"Cheesy Sauce"

2 c raw cashews, soaked

2 T nutritional yeast flakes

2 T smoked paprika

1-2 garlic cloves

1 T amino acids

1 T apple cider vinegar with the mother

juice of 1 lemon

1 t red pepper flakes, optional

DIRECTION

In a non-stick pan, dry sauté arugula, olives, onions, tomatoes and garlic over medium heat until heated through and onions are softened and arugula is wilted, stirring frequently to prevent sticking. If it sticks, add a little water. Wipe skillet clean. Divide veggies, garlic powder and pepper amongst the number of tortillas you decide to make. I made 3.

Spread a thin layer of "cheesy" sauce on the tortilla and then ladle the sautéed vegetables on. Place tortilla in heated, ungreased non-stick pan over low medium heat. Sprinkle with granulated garlic (ground garlic, garlic powder) and red pepper flakes. Drizzle pesto sauce intentionally. Garnish with fresh basil leaves.

Enjoy!

SERVING
2

TIME
15 MINS

LEVEL
easy



Clean & tasty

avocado basil toast

INGREDIENTS

2-4 slices of good gluten-free bread, dry-toasted and sliced in half

1 large avocado, smashed

2 large garlic cloves, minced

¼ c diced red onions

1 t smoked paprika

Handful of fresh basil, chopped, about ¼ c

Juice of ½ juicy lime

Salt to taste

Tomato topping

10 cherry tomatoes, sliced

2 T fresh basil

1 large garlic clove, minced

Juice of ½ juicy lime

Salt to taste



Avocado basil toast

Ezekiel bread is a good choice for this one since it is most readily available. There are other gluten-free breads, but it is difficult to find them without dairy or eggs.

LEVEL
easy

SERVING
2

TIME
20
mins

DIRECTIONS

Smash 1 large avocado in a bowl. Add 1 large minced garlic (or 2), smoked paprika, onions, and most of the basil saving 2 tablespoons for topping. Taste and add salt if needed.

Topping

In a separate bowl, add sliced tomatoes, garlic, basil and lime and combine well.

Assembly

Spread avocado mixture on toast. Top with tomato mixture. Enjoy!



Clean & tasty

bean,
beans!
good for
your heart



Clean & tasty

rosemary cannellini beans

INGREDIENTS

4 BPA-free cans organic white beans, rinsed
1 medium onion, finely chopped
2 large garlic cloves, minced or finely chopped
2 low sodium vegan chicken bouillon cubes
2 c boiling water
2 bay leaves
4 rosemary sprigs, finely chopped
salt to taste

DIRECTION

In a large stockpot, sauté onions and garlic in a little water for about 2 minutes stirring to prevent garlic from burning. Rinse the cannellini beans and add to the pot with 2 bay leaves and water.

Add bouillon cubes to boiling water. After cube dissolves add to the bean mixture. Bring to a boil, add rosemary sprigs, reduce heat and simmer 20-30 minutes or until the beans are tender.

SERVING

6-8

TIME

30-40

MINS

LEVEL

moderate



Clean & tasty

black bean soup

INGREDIENTS

1 pound (16 ounces or scant 2 ½ cups) dried black beans*
1 medium red onion, chopped
4 medium cloves garlic, peeled and smashed
2 bay leaves
1 t sea salt
1 t ground cumin
6 c water, more if needed**
2 T finely chopped cilantro, optional
1 T lime juice

DIRECTION

In a bowl soak overnight the beans with enough water
In a pot sauté the onion and garlic. Add the overnight soaked black beans to the pot and cover with water. Bring it to boil and simmer until the beans are soft.
Finish with chopped cilantro and season with salt to taste.

SERVING

2

TIME

15 MINS

LEVEL

easy



Clean & tasty

red beans with ginger and peppers

INGREDIENTS

**1 package dried small red beans
rinsed and sorted
4-6 c water
10 cloves garlic
2 inches ginger
1 red pepper
1 green pepper
1 not chicken bouillon cube
1 bay leaf
salt to taste**

DIRECTION

Smash garlic cloves and add to washed, sorted and soaked beans. Add 4 -6 cups fresh water and bay leaf. Add ginger and bring to boil. After 30 mins add bouillon cube and salt and simmer beans x 1 hour. Stir in the peppers in the last 15 mins. Enjoy!

SERVING

2

TIME

15 MINS

LEVEL

easy



Clean & tasty

tofu rocks!



Clean & tasty

tofu air-fried chicken

INGREDIENTS

1 package extra firm tofu
2 T nutritional yeast flakes
1 T dried basil
1T onion powder
1 T garlic powder
1 T tarragon, dried
1 t black seed pepper (I put black seeds in my high speed blender and ground them. There are also called nigella seeds. (This is optional)
1 T smoked paprika
¼ c amino acids
¼ c water

DIRECTION

Drain the water out of the package of tofu. Wrap the block of tofu in paper towels and squeeze out the excess moisture. Allow to sit wrapped 15-30 minutes to dry the tofu. Sitting the tofu on a plate with another plate on top and a heavy item will assist in the drying process. Unwrap. Tear pieces randomly. Place amino acids and water in a shallow container to dredge tofu pieces. In a mixing bowl, mix together nutritional yeast flakes, dried basil, onion powder, garlic powder, smoked paprika, black seed pepper, cayenne pepper. Toss each piece in amino acid and water mixture (this is your seasoning). Place in air fryer and set at 370° degrees for 15 minutes turning half way through until golden brown.

SERVING

TIME

LEVEL

2

45 MINS

easy



Clean & tasty

tofu salad with burmese sauce

INGREDIENTS

Tofu

**1 block tofu, drained and dried
and sliced across 10 times (about
¼ inch) and then halved**

1 T each water and amino acids

1 Napa cabbage, chopped

3 spring onions finely

2 carrots, shredded

Sauce

2 inches fresh ginger

4 cloves garlic

2 T amino acids

4 T water

2 T apple cider vinegar

2 T maple syrup

½ tsp chilli flakes

Topping

4 T almond, chopped

DIRECTION

Lightly coat tofu pieces in amino acids and place on air fryer rack and cook at 370 degrees x 10-12 minutes (lightly browned).

Remove.

In a bowl, toss in tofu with cabbage, carrots, and scallions. In blender, add garlic, ginger, amino acids, water, apple cider vinegar, maple syrup.

Put in high-speed blender and blend well. Add chili flakes.

Mix into salad well

Top with chopped almonds

ps

Tofu is a great protein source. Always purchase nonGMO souce since much of the tofu is genetically modified. It can take on the taste of any flavor from savory to sweet foods. If you have not tried it or not tried it *right,,* now is a great time!

SERVING

TIME

LEVEL

4

20 MINS

easy





tofu piccata

1 Tofu block, drained
½ c gluten-free all purpose flour for dredging
½ c non-dairy milk
2 t vegan chicken seasoning
½ t dried basil
1 t tarragon
1 T nutritional yeast flakes
Piccata
½ cube not-chicken bouillon cube
1 c water
¼ c capers, rinsed
1 T nutritional yeast flakes
the juice of 1 lemon
¼ c fresh parsley, chopped

Wrap tofu in paper towel to dry.
Slice tofu lengthwise to make 4 slice.
Season flour with basil, tarragon, nutritional yeast and vegan chicken seasoning.
Dredge tofu slices in milk, then flour mixture and then back into milk and back into flour.
Repeat for each piece.
Cook in air-fryer at 370° for 15 minutes until golden brown.
Meanwhile, make piccata. In a large skillet, heat bouillon, water, lemon juice and capers and bring to a boil.
Add tofu into the pan and simmer for about 5 minutes.
Remove from pan and place on serving platter.
Pour sauce over tofu and garnish with fresh parsley



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chickpea chicks



Clean & tasty

chickpea chick'un salad

INGREDIENTS

Chickpea Chick'un Salad

- 2 15 oz can garbanzo beans, smashed
- 1 1/2 t chicken-like seasoning
- 2 T nutritional yeast flakes
- 1/4 c sweet onion, chopped
- 1 t dried tarragon
- 1 t ground garlic
- 1 t onion powder
- 1 t dried basil
- 1 1/2 t black salt
- 1-2 organic tomatoes, chopped
- salt to taste
- cashew mayo amount based on your preference



Cashew Mayonnaise

**1 c raw cashews soaked
and rinsed**

½ c water

2 t ACV

2 t lemon juice

¾ t pink salt

1 large clove garlic

1 t smoked paprika

dash cayenne pepper

Mix all ingredients in a high speed blender until cream. Transfer to a small mason jar. Store up to 5 days

LEVEL

easy

SERVING
MULTIPLE

TIME

15
mins

DIRECTIONS

Drain and rinse the beans

**Smash the beans in a bowl and
add seasonings**

Mix well

**Add ½ c cashew mayo (see
recipe) and combine well**

**Spread on gluten-free bread, add
2 lettuce leaves tomato, cucumber
and enjoy!**

***spread on gluten-free crackers
or fresh celery, cucumber or
carrot sticks**



seasoned chickpea salad

SERVING

2

TIME

40
mins

KCAL.

310

LEVEL

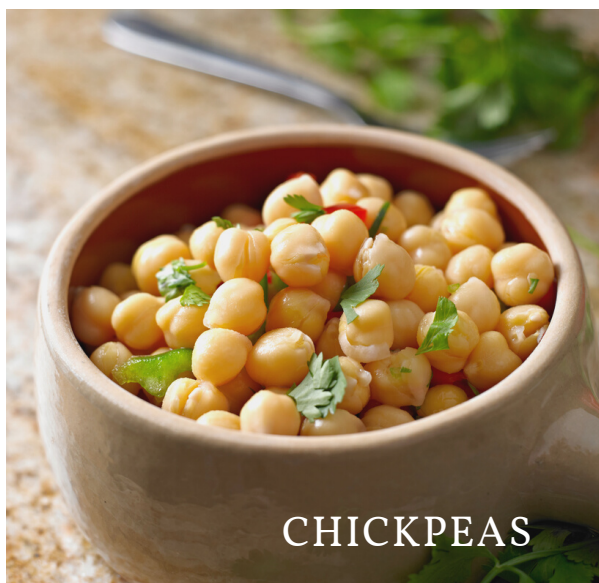
easy

DIRECTION

Rinse and drain organic chickpeas. In a sauté pan, dry sauté chickpeas with garlic, salt and oregano until slightly browned. Stir frequently to prevent scorching. Set aside. Meanwhile, layer the bottom of a salad bowl with lettuce, then tomatoes, cucumber, seasoned chickpeas, cilantro. Alternate each layer so that each layer is filled with yummy goodness. Top with fresh cilantro and a spread of avocado. Use the Pimento Crushed Salad dressing or another favorite.

INGREDIENTS

- 1 head green leaf lettuce**
- ¼ c fresh cilantro**
- 1 can of chickpeas, drained and un-rinsed**
- 1 cucumber, chopped**
- 1-2 organic tomatoes, diced**
- 1 t garlic**
- 1 t dried oregano**
- 1/8 t salt**



CHICKPEAS

SEASONED
CHICKPEA
SALAD



Clean & tasty

Pimento Crushed Salad Dressing

DIRECTION

4 T lemon juice
3/4 c water
2 large garlic cloves (or 1 jumbo-more if you like)
2 T pure maple syrup or local honey
3 T ACV
1 t dried basil
1/4 t smoked paprika
2 pimento seeds crushed
1 t salt

Place all ingredients in your high speed blender and blend smooth. Serve over your favorite salad.

SERVING
MULTIPLE

TIME
10
mins

LEVEL
easy



<i>SERVING</i>	<i>TIME</i>	<i>KCAL.</i>	<i>LEVEL</i>
2	40 <i>mins</i>	310	<i>easy</i>

DIRECTION

Basil is extremely flavorful and delicious. It adds so much to foods. It really wakes up food flavor. It fights inflammation that leads to disease. It also controls blood sugar levels.

Basil is antibacterial too. It protects against skin aging and even boosts mental energy providing clarity, alleviates stress, anxiety and depression. No reason to not eat it. Enjoy!

basil hummus

INGREDIENTS

- 2 (15 oz) cans chickpeas**
- 1/4 c tahini**
- 3 cloves garlic**
- 1 cup fresh basil leaves, roughly chopped**
- 1/2 t sea salt**
- 2 T oat milk, optional**





snack

attack



**SWEET
POTATO
FRIES**

sweet potato fries with chimichurri sauce

**2 large sweet potatoes cut into
steak fry portions**

**1 large clove of fresh garlic (or
2 t granulated garlic-fresh is
awesome!)**

1 t smoked paprika

½ t salt

1 t marjoram or oregano

1 T nutritional yeast flakes

Wash potatoes well

**Cut potatoes into steak fry
shapes maintaining the skins**

**Place in bowl and sprinkle with
seasonings and toss to coat
well**

**Place fries in the air-fryer at
370 degrees for 10-12 minutes**

**Remove and serve with
chimichurri sauce**

**Enjoy!
e well.**

DIRECTIONS

Chimichurri Sauce

**1 bunch fresh cilantro or 1 c
packed***

**½ c fresh flat-leaf parsley,
packed***

**2 T fresh oregano* (about 3-4
sprigs, leaves released)**

2 T fresh basil*

3 large garlic cloves

**2 T fresh lime juice (about 2 juicy
lime)**

½ small avocado

1 T apple cider vinegar

¼ water

½ t salt

1 t crushed red pepper (optional)

**Place all ingredients in the
blender combin**



MOVIE TIME POPCORN



SERVING

2

TIME

40
mins

KCAL.

310

LEVEL

easy

DIRECTION

¼ c organic popcorn seeds
1 T nutritional yeast flakes
1 T ground garlic
1 T smoked paprika
¼ t salt

movie time popcorn

INGREDIENTS

Place popcorn in a brown paper bag and put in microwave for 1 ½ minutes. Season with salt, nutritional yeast flakes, garlic and smoked paprika.





GUACAMOLE

Guacamole

2 ripe avocados
¼ c red onions, finely diced
½ c fresh cilantro, chopped
1 fresh garlic, minced
½ -1 t smoked paprika
juice of 1 lime
salt to taste

Smash avocado in a bowl. Add garlic, onions, cilantro, paprika and lime juice and mash together to mix well. Salt to taste.



DIRECTIONS

Chimichurri Sauce

1 bunch fresh cilantro or 1 c packed*

½ c fresh flat-leaf parsley, packed*

2 T fresh oregano* (about 3-4 sprigs, leaves released)

2 T fresh basil*

3 large garlic cloves

2 T fresh lime juice (about 2 juicy lime)

½ small avocado

1 T apple cider vinegar

¼ water

½ t salt

1 t crushed red pepper (optional)

Place all ingredients in the blender combin



sweet potato fries with chimichurri sauce

**2 large sweet potatoes cut into
steak fry portions**
**1 large clove of fresh garlic (or
2 t granulated garlic-fresh is
awesome!)**
1 t smoked paprika
½ t salt
1 t marjoram or oregano
1 T nutritional yeast flakes

Wash potatoes well
Cut potatoes into steak fry
shapes maintaining the skins
Place in bowl and sprinkle with
seasonings and toss to coat
well
Place fries in the air-fryer at
370 degrees for 10-12 minutes
Remove and serve with
chimichurri sauce
Enjoy!
e well.



DIRECTIONS

Chimichurri Sauce

**1 bunch fresh cilantro or 1 c
packed***
**½ c fresh flat-leaf parsley,
packed***
**2 T fresh oregano* (about 3-4
sprigs, leaves released)**
2 T fresh basil*
3 large garlic cloves
**2 T fresh lime juice (about 2 juicy
lime)**
½ small avocado
1 T apple cider vinegar
¼ water
½ t salt
1 t crushed red pepper (optional)
**Place all ingredients in the
blender combin**



super bowl





Clean & tasty

Green Mango Bowl

INGREDIENTS

2 c spinach, organic
1 1/2 c frozen mango chunks
1 frozen banana, chopped
1/2-1 c non-dairy milk
1 t moringa powder
juice of 1/2 lemon
Toppings
5 T chia seeds, divided
4 strawberries, sliced, divided
1/2 c blueberries, divided
2 T coconut flakes, divided
1/2 c almonds, divided
1/2 c granola, divided

DIRECTION

Put all ingredients in a high speed blender in the order listed and blend smooth, but maintain a stiff texture. Put the mixture in 2 bowls and divide toppings between the two bowls.

*Preferable to make your granola or a low fat granola without canola oil.

SERVING

2

TIME

15 MINS

LEVEL

easy

Doc's Granola

LEVEL
moderate

TIME
45
mins

SERVING
MULTIPLE

PS I always purchased granola and it was always expensive. Then one day, I looked at the ingredients and said, "wow, I can make this myself!" Then, I did. I use freeze dried blueberries, but you can certainly use any fruit you like. I put the flax seeds in after the mixture is almost cooled to ensure that the omega 3s in the flaxseeds are untainted. It is a delicious part of breakfast, brunch or even desert. Store in an airtight container. I keep mine in the fridge. Make a batch and enjoy!



INGREDIENTS

- 4 cups rolled oats**
- ¾ c flax seed, ground**
- ¾ c almond flour**
- ½ c sunflower seeds**
- 1 c chopped or sliced almonds**
- ½ c chopped pecans**
- ½ t salt**
- ½ c maple syrup**
- ½ c honey**
- ¼ c coconut oil, melted**
- 2 T ground cinnamon**
- 1 T cardamon**
- 1 T vanilla extract**
- 1 T almond extract**
- ½ c freeze dried blueberries, unsweetened
cranberries or other unsweetened dried fruit,
optional**
- ¼-½ c flaxseeds**



DIRECTION

Preheat the oven to 325 degrees F (165 degrees C). Line two large baking sheets with parchment paper.

Combine the oats, ground flax seed, sunflower seeds, almonds, pecans, and walnuts in a large bowl. Stir together the salt, maple syrup, honey, melted coconut oil, cinnamon, cardamon, vanilla and almond then pour over the dry ingredients, and stir to coat. Spread the mixture out evenly on the baking sheets.

Bake in the preheated oven until crispy and toasted, about 15 minutes. Stir once and continue baking 10 more minutes. Cool for 10 minutes then stir in the flaxseeds and blueberries before storing in an airtight container. ■



Clean & tasty

Black Bean Bowl

INGREDIENTS

**Left over black beans, (see recipe-
beans, beans! Good for your heart)**

Cilantro Lime Brown Rice

2 c raw organic kale

½ red onion, sliced

**toasted pepitas (green pumpkin
seeds)**

1 avocado, sliced

**cherry tomatoes, halved (not
pictured)**

pesto or chimichurri sauce

SERVING

2

TIME

15 MINS

LEVEL

easy

Black Bean Bowl





INGREDIENTS

1 pound (16 ounces or scant 2 ½ cups) dried black beans*

1 medium red onion, chopped

4 medium cloves garlic, peeled and smashed

2 bay leaves

1 t sea salt

1 t ground cumin

6 c water, more if needed**

2 T finely chopped cilantro, optional

1 T lime juice

In a bowl soak overnight the beans with enough water

In a pot sauté the onion and garlic. Add the overnight soaked black beans to the pot and cover with water. Bring it to boil and simmer until the beans are soft.

Finish with chopped cilantro and season with salt to taste.



DIRECTION

Prepare each component according to directions (the beans will take the longest, approximately 1 to 2+ hours on the stove, but all of the components will keep well if made in advance).

When you're ready to serve, divide the rice into bowls. Top with a generous portion of black beans, kale, tomatoes, avocado and onions. Finish it off and a dollop or two of pesto or chimichurri sauce.



CILANTRO LIME RICE

1 ½ cups long-grain brown rice or brown basmati rice, rinsed

2 ½ cups boiling water

1 bay leaf

¼ cup chopped fresh cilantro

2 tablespoons lime juice (from about 1 lime)*

1 ½ teaspoons lemon juice (from 1 small lemon)

½ teaspoon fine sea salt

Rinse rice in 2-3 changes of water. In a deep skillet or boiler, dry saute rice over medium heat for 5 minutes stirring constantly to prevent burning. This keeps the rice kernels from getting too fat and mushy. Add water, bay leaf and salt. Boil according to package directions about 30 minutes. When complete add, lemon and lime juice. Allow to cool slightly and add fresh cilantro.

SAUCES

Both pesto and chimichurri sauce use fresh avocado as the creamy base. It also is used in the place of olive oil as a good whole fat. The full food is safe and causes no damage to the lining of blood vessels, particularly the ones that surround the heart.



soups

on



DIRECTION

In a large bottom pan, add $\frac{1}{4}$ c vegetable broth to the pan and saute onions and garlic until fragrant about 1-2 minutes. Add more broth if necessary. Then add the remainder of broth to the pan with artichoke and seasonings including thyme and bring to a boil. Reduce heat and simmer about 10 minutes. Stir in spinach and simmer for 5 minutes. Garnish with fresh thyme.



spinach artichoke soup

INGREDIENTS

- 9 oz fresh organic spinach
- 15 oz artichoke in water with or without stems (maintain liquid)
- 6 cloves garlic, minced
- 1 medium onion, finely chopped
- 1 T nutritional yeast flakes
- $2\frac{1}{2}$ c vegetable broth
- 1 t fresh thyme leaves
- 1 T non-GMO cornstarch
- $\frac{1}{4}$ c water
- unbleached sea salt to taste





tomato basil pepper soup

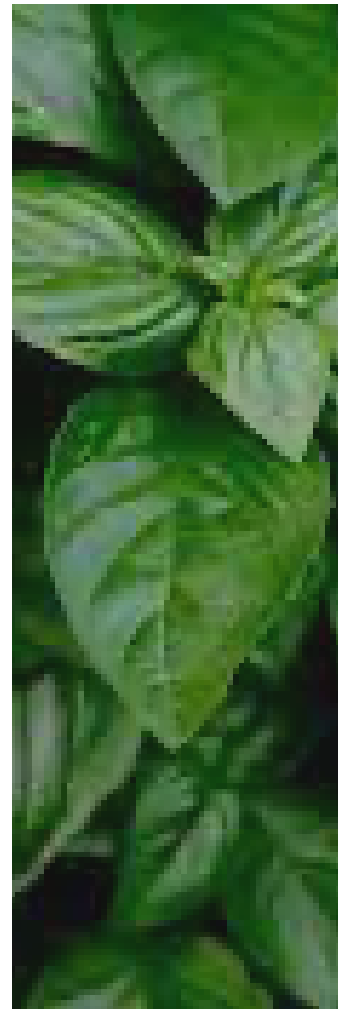
6 ORGANIC TOMATOES, QUARTERED
1 CLAMSHELL ORGANIC CHERRY TOMATOES
2 ORGANIC YELLOW PEPPERS, CUT LENGTHWISE, SEEDS AND VEINS REMOVED
2 ORGANIC RED PEPPERS, CUT LENGTHWISE, SEEDS AND VEINS REMOVED
2 C WATER
1 NOT-CHICKEN BOUILLON CUBE
1 T NUTRITIONAL YEAST FLAKES
6 GARLIC CLOVES, FINELY CHOPPED
3 STALKS OF FRESH BASIL + MORE FOR GARNISH
NON-BLEACHED SALT TO TASTE

WASH VEGETABLES AND ROAST AT 400 DEGREES FOR 20 MINUTES. DISCARD CHARRED BASIL

BLEND ALL INGREDIENTS IN A FOOD PROCESSOR UNTIL DESIRED CONSISTENCY.

I LIKE IT A LITTLE CHUNKY. BUT YOU CAN PROCESS IT SMOOTH IF YOU LIKE. EITHER WAY, IT'S DELICIOUS! GARNISH WITH FRESH BASIL.

SERVE HOT!





sweet potato sage soup

1 LARGE SWEET POTATOES

4 LARGE GARLIC CLOVES, MINCED

1 C COCONUT MILK

1 T PURE MAPLE SYRUP

¼ T GROUND CINNAMON

2 T FRESH SAGE, COARSELY CHOPPED AND DIVIDED

1 NOT-CHICKEN BOUILLON CUBE

1 C WATER

WATER TO DESIRED CONSISTENCY START WITH 1 C

SLOWLY ADDED

SALT TO TASTE

**PREHEAT OVEN TO 425 DEGREES. TOSS SQUASH, OIL,
SALT, GARLIC AND SAGE IN A LARGE PYREX BAKING DISH.**

BAKE UNTIL LIGHT GOLD AND TENDER ABOUT 40 MINUTES.

LET COOL.



kalicious



BENEFITS OF KALE

LOW CARB

NTS

ANTIOXIDANTS

ANTIINFLAMMATORY

VITAMIN
K

CALCIUM

VITAMIN
C

POTASSIUM

LUTEIN



PER CALORIE KALE HAS

MORE IRON THAN BEEF

MORE CALCIUM THAN MILK

10% MORE VITAMIN C THAN SPINACH



kale lemonade

DIRECTION

In a high speed blender, puree kale, juiced lemon, fresh pineapple (adding lemon zest will enhance the lemony flavor) with 2 cups fresh water. This is the concentrate. I have added as much as a gallon of water for a large crowd, but you can do less or a little more water according to your taste and sweetness.



kale lemonade

INGREDIENTS

3 LEAVES OF KALE, HARD
STEMS REMOVED
3 C FRESH PINEAPPLE
6 LEMONS, JUICED (MORE IF
YOU LIKE LEMON LIKE I DO.
 $\frac{1}{2}$ - $\frac{3}{4}$ C ORGANIC MAPLE SYRUP
6 C WATER



DIRECTION

Carefully wash kale and dry. Slice kale into strips and place in a large bowl. Add onions and olives. Sprinkle in the paprika and spoon in the non-dairy mayo. Add cayenne pepper if using. Generously stuff a large tortilla shell with the kale mixture. Fold opposite sides to wrap



kale wrap

INGREDIENTS

- gluten-free tortilla shells**
- 1 bunch of kale, stems removed**
- chipolte non-dairy mayo, see recipe**
- ¼ c kalamata olives, chopped**
- ¼ c red onions, finely chopped**
- 1 t smoked paprika, mild**
- ⅛ t cayenne pepper (optional)**



DIRECTION

Wash and dry kale with salad spinner if available. Remove kale from its stem (can use stem for a vegetable broth with other vegetables) and put into bite size pieces.

Wash and thoroughly dry kale with a salad spinner. Massage kale with cheesy sauce.

Sprinkle with nutritional yeast flakes, Place in dehydrator for 12-24 hours. Alternatively, Preheat an oven to 300 degrees. Line a cookie sheet with unbleached parchment paper. Bake until the edges brown but are not burnt, 10 to 15 minutes. Watch closely. Remove ones that are crispy and put bake any that require more baking for 3-5 minutes. Personally, the dehydrator works best, but you will still have a tasty result in the oven.



kale wrap

INGREDIENTS

1 bunch of kale

1 T nutritional yeast flakes

cheesy sauce

"Cheesy Sauce"

2 c raw cashews, soaked

2 T nutritional yeast flakes

2 T smoked paprika

1-2 garlic cloves

1 T amino acids

1 T apple cider vinegar with the mother
juice of 1 lemon

1 t red pepper flakes, optional

Desert Dynasty



Clean & tasty

apple cinnamon tea cake

INGREDIENTS

2 c blanched almond flour
½ c + 2 T potato starch
½ t fine sea salt
**2 t aluminum-free double-acting
baking powder**
½ c + 2 T pure maple syrup
**2 small to medium apples,
washed and unpeeled**
¼ c water
2 t apple cider vinegar
1 T vanilla extract
1 T ground flaxseed
½ T ground cinnamon
1 t baking soda

DIRECTION

Preheat your oven to 350 degrees. Prepare your 9 inch pan by lightly brushing it with oil and lining it with unbleached parchment paper. I cut the circle first from outlining the bottom of the pain and then cut the strips to put on the sides of the pan.

Use a whisk to fluff the almond flour to break up any lumps in a large bowl. Add the potato starch, baking powder, baking soda, cinnamon and salt and combine well.

In a blender, add 2 small unpeeled, but washed fugi apples or some other sweet variety with 1 T of water to stimulate mixing until it is an applesauce. While still mixing, add 1T ground flaxseeds and 2T water about 2-3 minutes. Add in vanilla, maple syrup, apple cider vinegar and a pinch of salt and continue to mix about 1 minute.

SERVING

2

TIME

15 MINS

LEVEL

easy

apple cinnamon tea cake

LEVEL
moderate

TIME
45
mins

SERVING
MULTIPLE

ALTERNATIVELY, YOU CAN USE PRE-MADE UNSWEETENED APPLE SAUCE, BUT THE WHOLE APPLES WORK VERY WELL.

POUR WET INGREDIENTS OVER THE DRY INGREDIENTS SLOWLY WHILE WHISKING IT IN. NOW USE A HANDHELD MIXER FOR ONE MINUTE OR SO MORE UNTIL SMOOTH. POUR THE BATTER INTO YOUR PREPARED PAN AND CAREFULLY PLACE SLICED APPLES ON CAKE IN A CIRCULAR PATTERN OVERLAPPING EACH SLICE. BAKE ON THE MIDDLE RACK FOR 45 MINUTES, UNTIL IT HAS RISEN WITH A LIGHT GOLDEN TOP AND A KNIFE OR TOOTHPICK COMES OUT CLEAN FROM THE CENTER. ALLOW IT TO COMPLETELY COOL BEFORE REMOVING FROM THE PAN ABOUT 30 MINUTES OR OVERNIGHT. TRANSFER TO A CAKE PLATE KEEPING THE APPLE SIDE ON TOP



INGREDIENTS

Apple Syrup

2 apples, washed and unpeeled

2 c water

1 T vanilla

1 t almond extract

1 t cinnamon

juice of ½ lemon

Pinch of salt

1½ T non GMO cornstarch

top.



DIRECTION

Store it in the fridge and it will remain amazingly moist, it will just get a bit firmer.

Make apple syrup

Bring water to a soft boil and add apples, cinnamon, lemon vanilla, almond extract and salt and continue to boil to thicken. Add nonGMO cornstarch to thicken. Turn down heat and allow to simmer for 15-20 minutes.





Pistachio Crunch Fresas Con Crema

INGREDIENTS

1 POUND FRESH STRAWBERRIES
2 CUPS PLAIN NON-DAIRY YOGURT
1 CUP CASHEW CREMA (SEE RECIPE)
2 T PURE MAPLE SYRUP
½ C PISTACHIOS, COARSLEY
CHOPPED





banana chai french toast bake

INGREDIENTS

8 SLICES GLUTEN-FREE BREAD
1/3 C NON-DAIRY MILK
2 RIPE BANANAS
1 T VANILLA EXTRACT
1/2 T CINNAMON
1/4 T CARDAMOM
1/2 T CARDAMOM
1/2 T CORIANDER
1/4 T GROUND GINGER
1/4 C CURRANTS
2 T ROLLED OATS
1/2 T SALT



DIRECTIONS

Preheat oven to 350°. Slice bread slices in 4 sections and place in a large bowl. In the food processor, put in bananas and spices and combine well. Add currants. Pour over bread and saturate. Transfer bread mixture to 8 x 8 glass baking dish. Sprinkle the top with the oats. Bake for 45 minutes until the top is golden brown and crispy. Remove from oven. Drizzle on crema. Divide the French toast onto 4 plates. Serve with non-dairy vanilla yogurt on top. Enjoy!



Cashew crema

1 c cashews, soaked
½ c boiling water
1 T pure maple syrup
1 t pure vanilla extract
Juice of ½ lemon

Garnish

non-dairy vanilla yogurt



not
coffee
time





figgy cappuccino

INGREDIENTS

1 T FIG BREW
2 C WATER
2 T MAPLE SYRUP
STEAMED OAT MILK
MILK FOAM





DIRECTIONS

At ingredients into a coffee maker and allow to drip in container. Divide between cups. Top with ½ steamed milk and milk foam.

ps

it is totally not necessary, but it makes for a much richer flavor when these drinks are allowed to drip in a coffee maker. Also, the best milk to use for foaming seems to be oat milk. I have tried different nut milks and it works best. I also purchased a milk frother. it may come as a manual tool or automatic. Your choice.



chai latte



INGREDIENTS

4 WHOLE CLOVES
2 CARDAMOM PODS
½ T CINNAMON
3 CUPS WATER
¼ TEASPOON GROUND GINGER
⅛ TEASPOON FRESH GROUND
CORIANDER
½ CUP NON-DAIRY MILK, FOAMED
2 TABLESPOONS HONEY
3 TABLESPOONS ROOIBOS TEA OR 3-4
TEA BAGS





DIRECTIONS

In a mortar, crush the cloves, cardamom pods and cinnamon, or use a coffee grinder. Transfer the crushed spices to a small saucepan, add the water, ginger and bring to a boil. Remove the pan from the heat, cover and let steep for 5 minutes. Add the sweetener to the pan and bring to a boil. Remove from the heat and add the tea. Cover and let steep for 3 minutes. Stir the chai, then strain it into a warmed teapot or directly into teacups. Top with foamed milk.

ps

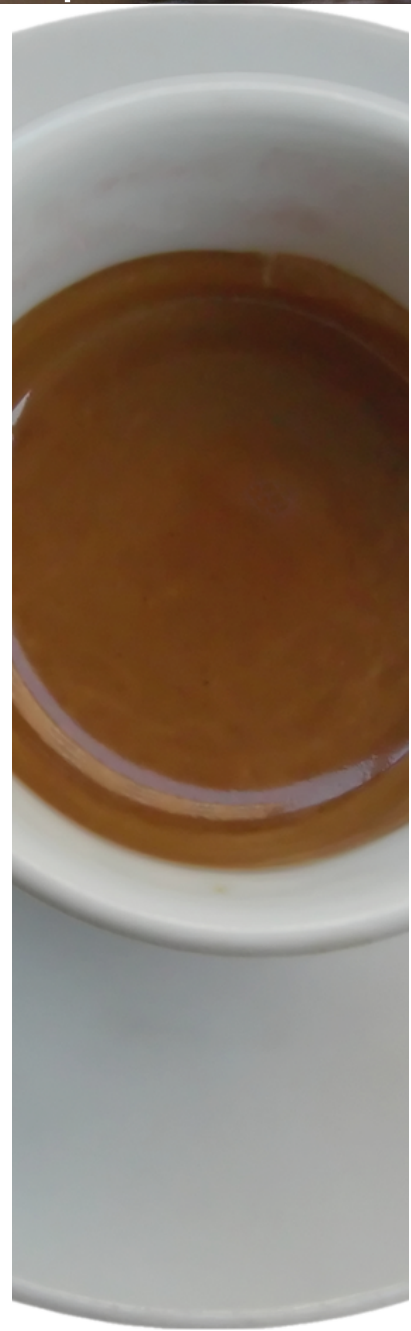
I have had a mortar and pestle for many years, It really comes in handy when crushing cinnamon and cardamom. Cardamom has a sweet odor, warm nature and a distinctive taste rich in antioxidants. A study from 2018 showed its positive effects of lowering blood glucose, cholesterol and oxidative stress (inflammation). These are all good reasons to bring out the mortar and pestle.



teeccino amaretto
espresso

INGREDIENTS

4 WHOLE CLOVES
2 CARDAMOM PODS
½ T CINNAMON
3 CUPS WATER
¼ TEASPOON GROUND GINGER
1/8 TEASPOON FRESH GROUND
CORIANDER
1/2 CUP NON-DAIRY MILK, FOAMED
2 TABLESPOONS HONEY
3 TABLESPOONS ROOIBOS TEA OR 3-4
TEA BAGS



DIRECTIONS

In a mortar, crush the cloves, cardamom pods and cinnamon, or use a coffee grinder.

Transfer the crushed spices to a small saucepan, add the water, ginger and bring to a boil. Remove the pan from the heat, cover and let steep for 5 minutes. Add the sweetener to the pan and bring to a boil. Remove from the heat and add the tea. Cover and let steep for 3 minutes. Stir the chai, then strain it into a warmed teapot or directly into teacups. Top with foamed milk.

ps

maple syrup is prepared from the sugary sap of the maple tree. The tree is tapped to harvest the sap, which is then boiled to make it into a syrup. The process of making syrup is a slow heating process and does not involve chemical additives, preservatives or agents. It is high in antioxidants and nutrients like riboflavin, zinc, magnesium, calcium and potassium.

Antioxidants neutralize the free radicals caused by oxidative damage which lowers the risk of certain diseases. It also has a lower glycemic index than sugar. It should be pure maple syrup. Not much is needed. ■

mocktails





Pistachio Crunch Fresas Con Crema

INGREDIENTS

- 1 POUND FRESH STRAWBERRIES**
- 2 CUPS PLAIN NON-DAIRY YOGURT**
- 1 CUP CASHEW CREMA (SEE RECIPE)**
- 2 T PURE MAPLE SYRUP**
- ½ C PISTACHIOS, COARSLEY
CHOPPED**





DIRECTIONS

In a sturdy, heavy-bottomed, tall cocktail glass, add the sugar and 3 sprigs of the mint (we'll reserve the last sprig for garnish).

Muddle the mint with the sugar about 5 to 10 times, until the mint is very fragrant (not so much that the mint completely falls apart).

Pour in the lime juice, calm and gently stir a few times to help dissolve the sugar. Fill the glass with ice.

Fill the glass with water a small amount at first to allow the fizz and then nearly to the top.

Gently stir in a circular motion to combine, then use your spoon to drag some of the muddled mint higher up into the glass.

Taste, and stir in more sugar if desired.

To garnish, place the lime round in the glass.

Gently clap the remaining sprig of mint between your palms (this releases some of the oils) and tuck it into your glass, leaving the top exposed. Serve cold, with a straw.

f



sangria

INGREDIENTS

1 BOTTLE POMEGRANATE JUICE
JUICE OF ½ ORANGE
1 CUP THINLY SLICED SEASONAL FRUIT USE APPLE, PEAR,
STRAWBERRIES, PEACHES OR NECTARINES, PINEAPPLE, MANGO OR
A COMBINATION)
1 SMALL LEMON, SLICED INTO THIN ROUNDS
1 C MINT-ADE (SEE BELOW)
1 TO 2 TABLESPOONS MAPLE SYRUP*, TO TASTE
ICE, FOR SERVING

MINT-ADE

4 SPRIGS FRESH MINT
JUICE OF ½ LEMON
1 C WATER
1 T MAPLE SYRUP






DIRECTIONS

To prepare the orange, slice it in half from the stem end downward. Squeeze the juice of one-half of the orange into a pitcher. Thinly slice the remaining orange half and place the slices into the pitcher.

Add the prepared seasonal fruit and lemon. Add the pomegranate juice, mint lemonade and 1 tablespoon of the maple syrup. Pour the mixture into the pitcher and stir to combine. Taste, and add another tablespoon of maple syrup if it's not sweet enough for your liking. You can serve this sangria immediately, or let it marinate for 2 to 8 hours for more fruity flavor. Serve in wine glasses with a few ice cubes to keep it chilled. Enjoy!





bee's knees

INGREDIENTS

½ OUNCE HONEY SYRUP (SEE STEP 1)

JUICE OF ½ LEMON

1 T APPLE CIDER VINEGAR

¼ C WATER

LEMON TWIST, FOR GARNISH





DIRECTIONS

To make the honey syrup: Combine equal parts honey and water (say, 2 tablespoons each if you're only making a few cocktails) in small saucepan. Warm over the stovetop just until you can completely stir the honey into the water. Set aside.

Before juicing your lemons, use a vegetable peeler or channel knife to peel off a strip(s) of zest for your twist.

Pour in the honey syrup, lemon juice, apple cider vinegar and water in a glass. Mix well. Strain the drink into a coupe or martini glass. Twist the lemon peel over the cocktail to release some of its oils, then drop it in. Enjoy while cold.

EBOOK DR, HELEN

REVERSE IT!

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Dr. Helen Ps & Team



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REVERSE IT!

**DON'T SACRIFICE TASTE FOR
YOUR HEALTH**