



Enjoy the taste of Spring-

Experiment with making a green smoothie, or try a new twist on salad, or soothe yourself with coconut lemongrass soup. Spring reminds us we can always start again. Whatever your health and wellness goals, The Family Wellness Center is here to support you.

Spring Green Detox Smoothie

A delicious and healthy green "detox" smoothie.

Prep Time: 5 mins

Total Time: 5 mins

Ingredients:

- 3 cups frozen diced pineapple
- 3 cups fresh baby spinach
- 1 cup frozen diced banana
- 1 celery rib (optional)
- 1 Tbsp. grated fresh ginger (start with less and add more if desired)
- 1 Tbsp. chia seeds
- juice from half a lime

Directions:

Combine all ingredients in a blender and pulse until smooth. Add a little water or juice if needed to help the blender blend.



Spring Clean Eating

Some of you are getting ready to take the plunge and try our famous 21 Day Purification Cleanse; for others Spring is a time to get outdoors, eat a little lighter and sample the fresh tastes of the season. Enjoy these light bites and taste how good clean eating can be. Recipes are from www.thedailyburn.com

Antioxidant Fruit Salad with Bee Pollen Recipe

If you've never tried bee pollen, consider giving this recipe a shot. Bee products are thought to help boost energy, provide essential nutrients, bolster the immune system, and even treat allergies. Serves 4

Prep time: 5 minutes

Ingredients:

For the vanilla-infused honey:

1 vanilla bean

2 cups raw honey

For the fruit salad:

1/2 cup blueberries

1/2 cup blackberries

3 small plums, sliced

1 peach or nectarine, sliced

1-2 teaspoons bee pollen

2-3 tablespoons vanilla infused honey



Preparation

- 1. Make the vanilla infused honey by splitting the vanilla bean down the center, exposing the inside. Scrape the vanilla with a small spoon and stir into the honey. Cut the pod into 3 pieces and add that to the honey as well. Use on fruits, in desserts, or just by the spoonful as desired.**
- 2. Prepare the fruit and gently combine in a bowl. Top with bee pollen and drizzle with honey.**



We have an amazing Recipe Book full of Clean Eating Recipes that everyone will enjoy.

Perfect for anyone considering a cleanse. Stop by and take a peek.

Cleansing Spring Salad Recipe

Serves 5

Prep time: 10 minutes

Cook time: 15 minutes

Ingredients

For the salad:

2 medium golden beets (or 3 small)

4 large carrots

1 cucumber

3 tablespoons sesame seeds

1/4 cup chopped cilantro

1/2 cup microgreens or sprouts

4 cups mixed greens of your choice (baby spinach, arugula, pea shoots, etc.)

1 avocado

For the dressing:

3 tablespoons brown rice vinegar

1 1/2 tablespoons honey or maple syrup*

2 tablespoons olive oil

1 teaspoon toasted sesame oil

1/4 tsp sea salt

***You can substitute orange juice for syrup and honey or liquid Stevia.**

Preparation

- 1. Peel and slice the beets and carrots. Put them in a steamer basket over boiling water and steam just until tender (about 7 minutes).**
- 2. While the beets and carrots steam, quarter and slice the cucumber and place in a large mixing bowl. Toss with the sesame seeds, cilantro, and half of the microgreens or sprouts. Set aside.**
- 3. Remove the beets and carrots from the heat and rinse them under cold water to cool them quickly. Strain well to remove excess water and toss them with the cucumbers.**
- 4. Wisk together all of the dressing ingredients in a small bowl and pour half of it over vegetables. Toss well to combine.**
- 5. Arrange the mixed greens on a platter and drizzle with the remaining dressing. Top the greens with the beets, carrots and cucumbers. Garnish with the remaining sprouts and sliced avocado.**



Coconut Lentil Soup with Lemongrass & Ginger

This soup is a heart-healthy powerhouse. Lentils and butternut squash contain a healthy dose of soluble fiber, which helps to lower cholesterol levels. Lentils are also a great source of lean vegan protein, offering about 18 grams of protein per cup.

Ingredients

- 2 cups red lentils (or yellow split peas), sorted and rinsed well
- 1 onion, diced
- 6-8 cups vegetable broth (can also use chicken broth or water), add less for a thicker soup
- 2 cups diced pumpkin or butternut squash
- 1 can full fat coconut milk
- 1 Tablespoon lemongrass paste
- 1 Tablespoon fresh ginger, finely grated (use a microplane)
- 1 Tablespoon fresh garlic
- 1 Tablespoon curry powder (or to taste, some powders and pastes are spicier than others)
- 2 kaffir lime leaves, fresh or frozen (or strips of lime zest)
- salt, to taste
- a little sugar
- fresh cilantro, garnish
- sliced green onions, garnish
- sliced green or red Thai chilies, garnish
- hot cooked rice, for serving (optional)



Instructions

1. Place lentils, onion and vegetable broth in a 3-4 quart pot. Bring to a simmer, cover and cook until lentils start to soften, about 15-20 minutes. Add the diced squash, coconut milk, lemongrass paste, ginger, garlic, and kaffir lime leaves. Season well with salt, to taste. Bring back to a low simmer and cook until the lentils have completely broken down and squash is tender. Taste and adjust any seasonings as desired.

2. To serve, ladle soup over hot, cooked rice and garnish as desired.

Protein Overnight Oats Recipe

Got five minutes? Prep a high-protein breakfast that will last you the whole week with this Protein Overnight Oats recipe.

Serves 6

Prep time: 5 minutes

Soak time: 4 hours (or overnight)

Ingredients

- 3 cups quick cooking oatmeal
- 4 cups unsweetened almond milk
- 1 teaspoon vanilla extract
- 1 scoop Protein Powder in vanilla
- 2 tablespoons chia seeds
- pinch of salt
- 1/2 cup nonfat Greek yogurt

Preparation

1. Place all ingredients minus the Greek yogurt into a large Tupperware and mix until combined.
2. Put the top on the container and place in the refrigerator for at least 4 hours or overnight to let the ingredients soak and expand.
3. Finally, add in the Greek yogurt, mix and enjoy. Store in refrigerator for up to 5 days.

- The above recipes are from www.thedailyburn.com

