

RECIPES

Southerland Favorites

**NOTE: Several of these recipes are
duplicates throughout the pages**



RECIPES

Southerland Favorites

Kale Salad

1 bunch kale, 1/2 cup blueberries, 1/4 sliced red onion, 1/2 bell pepper, chopped nuts or sunflower seeds + 3-2-1 vinaigrette

Chope kale thinly. Massage for 3mintue or until bold color appears, top with fixings and dressing

3-2-1 Vinaigrette

3TBL balsamic vinegar
2TBL dijon mustard
1 TBL maple syrup

Put all ingredients in a mason jar and shake. Use on kale, any other salad.

Credit: Dr. Essylstyn

Stovetop Crispy Kale

Finely chop kale, best if frozen. Pre-heat pan, toss kale in to toast for about 3 minutes, drizzle with balsamic

--Variations--

Saute diced onion and mushrooms in 1 TBL water and 1 TBL soy sauce, add water as needed to prevent burn, no oil needed. Toss in two big handfuls of finely chopped kale until tender

Blueberry Smoothie

1/2 cup frozen or fresh spinach
1.5 cups frozen blueberries
1 cup plant based milk or h2O

1 frozen banana

1 TBL peanut butter

Add milk or water first, put in rest of ingredients and blend



RECIPES

Southerland Favorites

Carrot Cake Baked Oatmeal

Place 3 cups of rolled oats in oven safe dish

Add in 1 tsp of baking powder and mix well

Add in 2 TBL of ground flaxseeds and mix

Add in 2 cups of non-dairy milk

(we usually use soy milk or homemade nut milk made by blending

1TBL nut butter for every 1 cup of water)

Add in 2tsp of pumpkin pie spice and 1TBL of cinnamon

(adjust to taste preferences)

Add in 1/2 cup of shredded carrots and 1/3 c of raisins

1-2TBL maple syrup to taste*

Great to mix the night before. If you make the morning of it may

need a bit longer to bake

Bake in non-preheated oven at 375 for 30 minutes or preheated

oven for 20-25 minutes

Variations

Keep the base but replace the carrot cake flavor with:

1 cup of frozen or fresh cherries + 1TBL cinnamon

1-1.5 cups of chopped apples, 1/4 c raisins and 1 TBL cinnamon

1-2 bananas + peanut butter milk

(just add 1/4 c of PB to water or your milk and blend)

*maple syrup not always needed, recommended in carrot cake

---Look for Ceylon Cinnamon rather than Cassia--



RECIPES

Southerland Favorites

Overnight Oats

1 cup rolled oats

2 cups non dairy milk

1/4 c chia seeds

Mix together well. Let sit in fridge overnight. In the morning top with fresh berries or bananas, or warm up frozen berries. Add a drizzle of maple syrup and some cinnamon to make it fancy

Mimi's Bean Salad

1 Green Pepper

1 Red Pepper

1/2 c Red onion

1/2 c Celery

2 can Garbanzo Beans

2 can Black Beans

2 can Pinto Beans

Rinse beans well in water and strain

Top this mixture with the 3-2-1 vinaigrette dressing

3-2-1 Vinaigrette

3TBL balsamic vinegar

2TBL dijon mustard

1 TBL maple syrup

Put all ingredients in a mason jar and shake. Use on kale, any other salad.

Credit: Dr. Essylstyn

Evening's "Fruit Course"

1 cup of frozen blueberries heated on stove top with 2 TBL water
Once warmed with sugars having released, top with cinnamon, a handful of granola and a splash of oat milk



RECIPES

Southerland Favorites

Hibiscus Tea

1.5 TBL dried hibiscus flowers, 1 quart of water (mason jar)
Optional: 1/2 tsp of grated fresh ginger, 3 sprigs of mint leaves
1/2 tsp amla powder
sweetener to taste

Cold brew or enjoy in a tea bag of hot water. For hot tea about
1/2tsp of flowers for about 8-10oz of hot water

Mimi's Bean Salad

1 Green Pepper
1 Red Pepper
1/2 c Red onion
1/2 c Celery
2 can Garbanzo Beans
2 can Black Beans
2 can Pinto Beans

Rinse beans well in water and strain

Top this mixture with the 3-2-1
vinaigrette dressing

Stovetop Kale

Finely chop kale. Pre-heat pan, toss kale
in to toast for about 3 minutes, drizzle
with balsamic
--Variations--

Saute diced onion, garlic and/or
mushrooms in 1 TBL water and 1 TBL soy
sauce, add water as needed to prevent
burning. Toss in two big handfuls of
finely chopped kale until tender. Sprinkle
with a bit more soy sauce to taste.

3-2-1 Vinaigrette

3TBL balsamic vinegar
2TBL dijon mustard
1 TBL maple syrup

Put all ingredients in a mason jar
and shake. Use on kale, any other
salad.

Credit: Dr. Essylstyn

"Fruit Course"

1 cup of frozen blueberries heated
on stove top with 2 TBL water
Once warmed with sugars having
released, top with cinnamon, a
handful of granola and a splash of
oat milk

Garlic, Beans, Onions, Brassicas,
Eating the Rainbow
Low oil
"Google" Broccoli Sprouts



RECIPES

Southerland Favorites

Antioxidant Pesto

always good to have variety of plants

2.5 cups spinach, 1 cup arugula, 1/2 c mint (or more to taste)
4 cloves of garlic, 3/4 cup cashews soaked in hot water to soften
and then drained first, 1/2 c walnuts
1.5 tsp salt, Process all ingredients in food processor

Hibiscus Tea

1 TBL dried hibiscus flowers, 1 quart of water (mason jar), 1 tsp of
grated fresh ginger, Optional: 1/2 tsp amla powder
sweetener to taste

Cold brew or enjoy in a tea bag of hot water. For hot tea about
1/2tsp of flowers for about 8-10oz of hot water

Rosemary Sourdough Crackers

1 cup whole wheat flour

1 cup sourdough starter discard

1 tsp of salt

1/2 tsp garlic powder

3 TBL oil (or substitute cashew cream or tahini)

Mix until dough forms, add a bit of water or oil/oil sub if too dry, a
tsp of flour at a time if too wet. Roll into ball and press/use a rolling
pin to a thickness of 1/16 (about the thickness of a nickel)

Use a knife to cut a large rectangle (use extra dough to flatten out
again for a new batch). Cut into 1 inch squares, sprinkle with
chopped rosemary and salt, prick with a fork. Bake for 17-19
minutes at 325F



RECIPES

Southerland Favorites

Mimi's Bean Salad

1 Green Pepper

1 Red Pepper

1/2 c Red onion

1/2 c Celery

2 can Garbanzo Beans

2 can Black Beans

2 can Pinto Beans

Rinse beans well in water
and strain

Top this mixture with the
below 3-2-1 vinaigrette
dressing

3-2-1 Vinaigrette

3TBL balsamic vinegar

2TBL dijon mustard

1 TBL maple syrup

Put all ingredients in a mason jar
and shake. Use on kale, any other
salad.

Credit: Dr. Essylstyn

Chili Sweet Potato Bean Tacos

3 large sweet potatoes washed and
diced into squares, add to a bowl
along with 2tsp ground cumin, 1/4 tsp
paprika, 1/2 tsp oregano, 1/2 tsp garlic
powder. Bake in oven at 400F for 30
minutes until tender. Mix in warmed
tortilla with warmed up black beans
and top with delicious cilantro lime
sauce

Credit: Fiber Fueled Cookbook .

Cilantro Lime Sauce/Dressing

1/2 c cashews

(soaked in boiling hot water for
15+minues then drained)

1/2 c cilantro

1/4tsp salt

1 TBL lime juice

1/2 c water

Place everything in a processor or
highspeed blender until smooth

Credit: Healthier Steps



RECIPES

Southerland Favorites

Cashew Coffee

Brew your coffee and place in a blender with 1/4 c cashews, and 1-2 pitted dates. Blend until deluxe and creamy (vitamix 1 minute, other blenders 3-5 minutes. Worth blending until perfect
Credit: Pinch of Yum blog

Blueberry Smoothie

1/2 cup frozen or fresh spinach
1.5 cups frozen blueberries
1 cup plant based milk or h2O
1 frozen banana
1 TBL peanut butter

Add milk or water first, put in rest of ingredients and blend

Nacho Cheese Sauce

Chop 1 c potatoes, 1/4 c carrots, 1/4 c onion. Boil and simmer until tender. Keep out 1 cup broth from veggies and place with veggies in blender with 1/2 cup raw cashews, (white beans), 4 tablespoons nutritional yeast, 1 TBL lemon juice, 1 tsp salt, 1/2 tsp garlic powder, pinch paprika, pinch cayenne
Credit: "Eat Plant Based" blog

Make it a grain bowl by adding rice, kale, drizzle sauce, add your favorite toppings and drizzle more sauce!

Snickerdoodle Hummus

1 1/2 c chickpeas, 1/4 c almond butter, 3tsp or 1/4 c maple syrup, 2 tsp cinnamon, 1 tsp vanilla
Add everything to food processor and blend until smooth. Delicious dipped with apples.



RECIPES

Southerland Favorites

Hibiscus Tea

2 TBL dried hibiscus flowers, 1 half gallon of water (mason jar), 2 tsp
of grated fresh ginger,

Optional: 1 tsp amla powder
sweetener to taste

handful of fresh mint leaves

Cold brew or enjoy in a tea bag of hot water. For hot tea about
1/2tsp of flowers for about 8-10oz of hot water

Option: Blend all of the ingredients (including dried flowers) in the
vitamix for extra antioxidant/fiber intake
however it is still amazingly healthy without this step



RECIPES

Southerland Favorites

Asian Baked Tofu

1 package SUPER firm Tofu, 2tsp sambal oleak or garlic chili paste, 3 TBL tamari lite (or low sodium soy sauce),
2 tsp maple syrup

Slice tofu into one inch cubes and place in a bowl. Cover with marinade and let sit for at least 15 minutes, ideally as long as possible (overnight). Bake in preheated oven at 400 for about 40 minutes (check to prevent burning)

Irresistible Ginger Maple Peanut Sauce

2 tsp grated ginger, 2 tsp minced garlic, 1/4 c tamari lite (or low sodium soy sauce), 1/4 c + 1 TBL peanut butter, 2 TBL rice vinegar, 2 TBL +/- maple syrup, 1/2 cup water, 2 tsp +/- Thai chili paste or siracha

Combine all ingredients in a mason jar and shake!
(this is a double batch...worth it)

Meal Time: Thai Peanut Bowl

1 c brown rice, 2 cups mixed greens or thinly chopped kale or spinach, drizzle sauce, top with baked tofu, chopped cabbage, green onions, carrots and cilantro and more drizzles of the irresistible sauce

*NOTE: The sauce is so irresistible if you don't have marinade ingredients just bake the tofu solo and enjoy extra sauce on top



RECIPES

Southerland Favorites

Chia Seed Pudding

1/4 c chia seeds

3/4 c nondairy milk

1/4 tsp vanilla

1-2 TBL maple syrup

Place all in a jar, stir, stir, stir and let sit for about
1.5-2hours for pudding!

Many variations, add cinnamon or pumpkin pie spice,
grated carrots, raisins, blend your milk with frozen berries,
chopped bananas etc.

Great for filling full and natural appetite control

Soy milk offers extra protein

With extra fiber, drink lots of water!

