

# Healthspirations Cookbook

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# Breakfast: Apple & Peanut Butter Breakfast Bars

10 servings • 214 calories / serving

Try out this tasty and wholesome apple, oats and peanut butter bar for an easy breakfast on the go!

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**ingredients:**

- 1/4 cup unsweetened applesauce
- 1/2 cup natural, no-sugar-added peanut butter
- 1/4 cup brown sugar
- 1 teaspoon vanilla extract
- 3/4 cup lowfat milk
- 1 egg, beaten
- 1 cup all-purpose or white whole wheat flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- Pinch of salt
- 1 1/2 cups rolled oats
- 2 cups finely diced apple

**nutrition:**

- 214 calories
- 8g fat
- 7g protein
- 175mg sodium
- 33g carbs
- 4g fiber

Preheat oven to 375°; grease a 9x9-inch baking pan. In a bowl, stir together the applesauce and peanut butter until smooth. Stir in brown sugar. Add vanilla, milk and egg and mix well (mixture will be clumpy). Add flour, baking soda, cinnamon and salt and stir until smooth. Stir in oats and apple. Transfer batter to prepared pan. Bake until bars are set, about 20 minutes. Let cool, then cut into 10 rectangles.

# Breakfast:

# Cherry Almond Overnight Oatmeal

1 serving • 148 calories / serving

Prepare this the night before and toss it in your bag on the way out the door in the morning to kick-start your day.

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**ingredients:**

- 3/4 cup nonfat milk or plain almond milk
- 1/2 cup old-fashioned rolled oats
- 1 teaspoon packed light brown sugar
- 1/4 teaspoon finely grated lemon zest
- Few drops pure vanilla extract
- Few drops pure almond extract
- Pinch of salt
- 1/3 cup frozen cherries
- 1 tablespoon toasted sliced almonds, for serving
- Honey, for serving (optional)

**nutrition:**

- 148 calories
- 7g fat
- 14g protein
- 242mg sodium
- 118g carb
- 6g fiber

In a pint Mason jar, combine the milk, oats, brown sugar, lemon zest, extracts and salt. Shake well. Add the cherries. Refrigerate overnight. Before serving, top with sliced almonds and a drizzle of honey.

# Salad: Salad in a Jar

1 serving • 347 calories / serving

Sticking to your wellness goals is easier when you plan ahead. Stock your fridge with this easy salad in a jar, perfect for a grab-and-go healthy lunch.

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## ingredients:

8–10 small cherry or grape tomatoes

1/2 cup shredded cooked chicken

Handful fresh green beans, trimmed to 1-inch lengths

3 little fingerling potatoes

A few pitted black olives

3–4 leaves butter lettuce, cut into thin ribbons

1 tbsp. vinaigrette dressing

Salt and pepper

## nutrition:

347 calories

9 g fat

566 mg sodium

40 g carbs

10 g fiber

29 g protein

Prepare the green beans and fingerling potatoes: In a pot of boiling salted water, cook the potatoes until just tender, about 8 to 10 minutes; use a slotted spoon to remove the potatoes to a colander to cool. To the same pot, add the green beans and cook 5 minutes; transfer to a colander and run under cold water to stop cooking. Slice the potatoes into rounds about 1/4-inch thick.

Spoon a generous tablespoon of dressing into the bottom of the jar, then layer the rest of the ingredients in this order: cherry tomatoes, shredded cooked chicken, green beans, sliced potatoes, black olives and, finally, lettuce. Season with pepper. Keep refrigerated until about 30 minutes before serving. Shake the jar to distribute the dressing.

## Salad:

# Black Bean, Corn & Quinoa Salad

4–6 servings • 282 calories / serving

This fresh salad can be enjoyed as a meal or as a side. It's full of fresh veggies and tons of flavor—perfect for an easy lunch or dinner!

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### ingredients:

1 cup uncooked quinoa, well rinsed  
1/4 cup minced red onion  
1 15-ounce can black beans, drained and rinsed  
1 cup frozen corn, thawed  
3 Roma tomatoes, seeded and diced  
1 Tbsp. minced jalapeno (more or less to taste)  
1/4 cup chopped cilantro

3 Tbsp. olive oil  
Juice of 1 large lime  
1/2 tsp. ground cumin  
Salt and pepper to taste

### nutrition:

282 calories  
10 g fat  
160 mg sodium  
10 g protein  
3 g sugar

Bring a pot of well-salted water to a boil; add quinoa, reduce heat to a simmer and cook 15 minutes until tender. Drain and fluff quinoa with a fork. Place red onion in a bowl and cover with cold water; let sit 15 minutes (this tames the onion's strong flavor), then drain and pat dry with paper towel.

Meanwhile, combine beans, corn, tomatoes and jalapeno in a large bowl. Add warm quinoa and drained red onion. Drizzle olive oil and lime juice over all and toss gently to coat. Add cumin, cilantro and a generous pinch of salt and toss gently to combine. Taste and adjust seasoning.

# Salad: Tabbouleh

4-6 servings • 69 calories/serving

Tabbouleh is a Middle Eastern salad made of fresh herbs and bulgur. It's light, refreshing, and makes a great side dish or can be served on top of pita bread.

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**ingredients:**

1/3 cup bulgur (cracked wheat, medium-grind)	1/2 tsp. coarse sea salt
1 cup curly parsley leaves, packed, very finely minced (about 1/3 cup, minced)	2 Tbsp. really good olive oil
2 Tbsp. minced chives	2 Tbsp. freshly squeezed lemon juice
2 Tbsp. minced fresh mint or basil	
2 Roma tomatoes, seeded and very finely chopped	
1/2 red bell pepper, seeded and very finely chopped	

**nutrition:**

69 calories
5.7 g fat
8.5 mg sodium
0.7 g protein
3.8 g carbs
1.2 g fiber

Place the bulgur in a bowl and cover with warm water; let sit 15 to 20 minutes, until it is al dente, like pasta. (You want to maintain a slightly firm, toothy texture; the bulgur will continue to soften after you've made the tabbouleh.) Drain the bulgur in a fine sieve and squeeze out as much water as you can with your hands. Place prepared bulgur in a bowl and fluff it with a fork. Add the rest of the ingredients and use a spatula to fold the ingredients gently together. Like most such dishes, this gets better over a couple of hours as the flavors meld.

#### **For serving:**

Serve as a side dish to grilled chicken or fish, or as a topping for wedges of warm pita bread. Add diced cooked chicken to make a main-dish salad.

# Side Dish: Red White & Blue Potato and Egg Salad

4 servings • 317 calories / serving

This savory, flavor-filled recipe uses a trio of potatoes, which makes a beautiful and protein-packed side dish for any meal.

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**ingredients:**

1½ pounds new or fingerling potato medley, washed	1/2 teaspoon ground black pepper
2 large eggs, boiled and peeled	1 tablespoon chopped fresh parsley
1 teaspoon Kosher salt	1 tablespoons chopped fresh chives
1 teaspoon red pepper flakes	

**dressing:**

1 1/2 tablespoons apple cider vinegar	1 tablespoon minced garlic, (1 garlic clove)
1 tablespoons whole grain mustard	1/4 cup extra virgin olive oil
1 teaspoon honey	

**nutrition:**

317 calories	35 g carbs
17 g fat	5 g fiber
7 g protein	5 g sugar
372 mg sodium	93 mg cholesterol
788 mg potassium	

Fill a large stockpot with 1 1/2" of water and potatoes. Place over high heat and bring water to a slow boil. Once water starts to bubble, lower heat to low, cover pot and cook potatoes for 15 minutes or until potatoes are easily poked through with a fork.

Meanwhile add dressing ingredients to a small bowl and whisk. Set aside. Remove potatoes from pan and cut into bite size pieces and place into serving bowl. Coarsely chop eggs, add to potatoes along with red pepper flakes, salt, pepper, parsley, and chives.

**For serving:**

Drizzle dressing over top and gently toss together. Serve immediately or store in the refrigerator until ready to serve.

# Side Dish: Easy Roasted Vegetables

4 servings • 148 calories / serving

Wow your friends with this roasted vegetable side dish that's as beautiful as it is healthy.

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## ingredients:

3 pounds root vegetables and/or winter squash (beets, carrots, butternut squash, sweet potatoes, new potatoes, etc.), peeled and cut into 1-inch chunks

1 teaspoon dried herb blend

Kosher salt and ground pepper

Olive oil

Juice of 1/2 lemon

Handful of chopped parsley

## nutrition:

148 calories

4 g fat

20 mg sodium

10 g fiber

5 g protein

19 g carb

Preheat oven to 425°. In a bowl, drizzle vegetables with a tablespoon or two of olive oil; sprinkle with herbs, salt and pepper and toss to coat thoroughly. Transfer the vegetables to a large rimmed baking sheet. Roast for about 40 minutes, until vegetables are tender when pierced with the tip of a paring knife.

## For serving:

Squeeze lemon juice over vegetables and scatter with parsley before serving.

# Side Dish: Broccoli, Mushroom & Whole Grain Bake

6 servings • 210 calories / serving

Looking for a warm and comforting side dish that's perfect for celebrations, without all the extra fat and calories? Try this tasty and easy recipe!

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## ingredients:

2 cups cooked brown rice, farro or barley  
1 head of broccoli, tender stems and florets finely chopped  
1 (8 oz.) package brown mushrooms, finely chopped  
1/2 onion, diced  
2 cloves garlic, minced  
1 tablespoon olive oil  
1 teaspoon salt-free seasoning  
1/2 cup lowfat ricotta cheese  
1/4 cup plain nonfat Greek yogurt  
1 egg, beaten  
1 tablespoon minced fresh basil  
2/3 cup shredded lowfat mozzarella cheese  
Salt and freshly ground pepper

## nutrition:

210 calories  
9 g fat  
230 mg sodium  
20 g carbs  
2 g fiber  
13 g protein

Preheat oven to 350°; spray a 1.5-quart baking dish with nonstick spray. In a large lidded sauté pan, warm olive oil over medium-high heat until it shimmers. Add onion and mushrooms and stir to coat with oil; reduce heat to medium and sauté until translucent, about 8 minutes. Add garlic, seasoning and pinch of salt; sauté 1 minute. Add chopped broccoli stems and florets, raise the heat to medium-high and stir-fry the broccoli for 2 to 3 minutes, until it just begins to brown. Add 2 tablespoons of water to the pan and quickly cover; steam the broccoli until it's tender, about 2 minutes.

In a small bowl, whisk together the ricotta, yogurt and egg until well-combined. In a large mixing bowl, combine cooked grains, cooked vegetables and basil. Add salt and pepper to taste. Add ricotta mixture and 1/2 of the cheese, and stir gently to combine. Transfer mixture to the prepared baking dish; top with remaining cheese, then cover the pan with a piece of foil spritzed with baking spray. Bake for 30 minutes, then remove the foil and bake 20 more minutes, until the cheese begins to brown in spots. Let sit 10 minutes before serving.

## Side Dish

# Grape & Goat Cheese Truffles

12 servings • 46 calories / serving

Looking for a unique side dish for your get-together? This fresh, tasty and easy recipe will help you prepare a unique crowd pleaser!

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**ingredients:**

- 4 ounces fresh goat cheese, softened
- 2 ounces light cream cheese, softened
- 1/4 cup toasted sliced almonds, finely chopped
- 2 tablespoons minced fresh chives
- 12 seedless grapes

**nutrition:**

- 46 calories
- 3.6g fat
- 2.6g protein
- 46mg sodium
- 1g carbs
- 0.5g fiber

In a medium bowl, mix together the goat cheese and cream cheese. In a small bowl, mix together the almonds and chives. Use a teaspoon to scoop a bit of the cheese mixture into your hand; form it into a ball, and then press the grape into the cheese, pressing it into place to cover the grape completely. (This is a bit messy, but not at all difficult.) Repeat with the remaining grapes and cheese mixture. Roll each cheese-covered grape in the chive-almond mixture to coat lightly. Refrigerate at least 30 minutes to set the cheese.

# Entree: Healthier Cincinnati Chili

8 servings • 252 calories / serving

Whether you're from the Tristate or are a transplant, you know what an icon Cincinnati-style chili is. Make this healthier version at home to get your fix!

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## ingredients:

2 pounds ground turkey (lean, extra lean or a combination)	1/2 teaspoon ground allspice
3 tablespoons olive oil, divided	1/4 teaspoon ground cloves
2 medium onions, diced	Dash of cayenne, or to taste
4 garlic cloves, minced	2 ripe tomatoes, diced
1/4 cup Colonel De's chili powder	2 tablespoons cider vinegar
1 tablespoon unsweetened cocoa	1 tablespoon Worcestershire sauce
1 teaspoon kosher salt	1 bay leaf
1 teaspoon cinnamon	1 can tomato sauce
1 teaspoon ground cumin	2 cups water

## nutrition:

252 calories  
13 g fat  
22 g protein  
668 mg sodium  
4 g carbs  
2 g fiber

In a large heavy pot, heat 1 tablespoon olive oil over medium-high heat; crumble half of ground turkey into the pot and sprinkle with a pinch of salt. Cook, stirring occasionally to break turkey into small chunks, until it is no longer pink. Transfer to a bowl, pouring off any liquid. Add 1 tablespoon oil to the pot and cook the remaining turkey. Transfer to a bowl. Add 1 tablespoon oil to the pot and the onion and a pinch of salt. Cook, stirring frequently, until translucent, about 7 minutes. Add garlic and cook 1 minute. Add all spices and cook, stirring, for 1 minute. Add tomatoes, vinegar, Worcestershire sauce, bay leaf, tomato sauce and water. Return cooked turkey to pot. Bring to a boil, then cover and reduce heat; simmer about 1 hour 15 minutes. Remove bay leaf before serving with your favorite Cincinnati chili "ways".

## For serving:

Serve atop cooked spaghetti squash, separated into strands with a fork (instead of actual spaghetti)

Top with:

- Reduced-fat shredded cheddar cheese
- Canned cooked beans, warmed
- Diced white onion

Serve with oyster crackers

This recipe was made with help from [Bryn Mooth](#), freelance food and wellness writer.

# Healthy Pizza: Homemade Pizza Dough

*Makes dough for 2 medium-crust pizzas (about 1 1/2 pounds)*

Who doesn't love pizza? It's possible to enjoy this fan favorite and still be mindful of your daily calorie intake. Start with making the dough at home!

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## *ingredients:*

1 1/4 cups warm water  
1 package instant yeast  
Pinch of sugar  
3 1/4 cups all-purpose flour  
1 1/4 teaspoon salt  
2 tablespoons olive oil  
Cornmeal for baking

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In a glass measuring cup, stir together warm water, yeast and a pinch of sugar; let sit until yeast is very foamy. In the bowl of a stand mixer, stir together flour, olive oil and water with yeast. Turn mixer on low and stir just to combine, then sprinkle salt over dough and raise speed to medium-high. Let mixer knead for a couple of minutes until the dough is soft, smooth and just slightly sticky. (Alternately, place ingredients in a large bowl and mix by hand, then turn out onto a floured counter or pastry cloth and knead by hand.) Let rise for an hour if you have the time, or roll out immediately, either with a rolling pin or by stretching gently with your hands into a round.

Divide the ball of dough in half (if you're not making 2 pizzas, wrap half the dough tightly in plastic and freeze for a month or two). Preheat oven and pizza stone to 475°. Sprinkle stone with a bit of cornmeal; transfer dough round to stone, slash it in several places with the tip of a paring knife to prevent bubbles, and par-bake about 7 minutes. Top as desired and bake until toppings are done.

# Entree:

# Pesto, Tomato & Ricotta Pizza

4 servings • 261 calories / serving

A healthy version of this all-time favorite just takes a few fresh ingredients. Give it a try tonight and you'll be enjoying a tasty meal in no time.

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**ingredients:** Half batch homemade pizza dough  
1 cup part-skim ricotta cheese  
1/2 cup prepared pesto  
1 pint cherry tomatoes, halved  
1/2 cup grated Parmesan cheese

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**nutrition:** 261 calories  
18 g fat  
693 mg sodium  
13 g carbs  
13 g protein  
<1 g fiber

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Par bake pizza crust; remove from oven. Spread pesto evenly over crust, then scatter tomatoes over the top. Spoon dollops of ricotta over the pizza, then scatter grated Parmesan over. Bake at 475° for 10–15 minutes, until crust is browned in spots and cheese is soft.

# Entree: Zucchini & Goat Cheese Pizza

4 servings • 202 calories / serving

A healthy version of this all-time favorite just takes a few fresh ingredients. Give it a try tonight and you'll be enjoying a tasty meal in no time.

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## ingredients:

Half batch homemade  
pizza dough  
2 large zucchini, thinly sliced  
1 clove garlic, grated  
1/2 teaspoon salt  
1 tablespoon olive oil  
1/2 teaspoon dried Italian  
seasoning  
Freshly ground pepper  
1 cup shredded mozzarella  
2 ounces goat cheese, crumbled  
1 to 2 teaspoons slivered fresh  
basil

## nutrition:

202 calories  
13 g of fat  
739 mg of sodium  
13 g of carbs  
9 g of protein  
1 g of fiber

About half an hour before baking, toss zucchini slices and garlic with salt in a colander. Let sit 30 minutes to soften zucchini, then drain and pat dry. In a bowl, toss zucchini with olive oil, Italian seasoning and pepper. Par bake pizza crust; remove from oven. Scatter mozzarella over crust, then arrange zucchini in a single layer, then top with crumbled goat cheese. Bake at 475° for 10–15 minutes, until crust is browned in spots and cheese is soft.

## Entree:

# Spiral Potato Pizza with Rosemary

4–6 servings • 436 calories / serving

Win the hearts of all your pizza-loving friends with this twist on the classic favorite dish!

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**ingredients:**

- Half batch homemade pizza dough
- 1 Tbsp. table salt
- 2 lb. (4 or 5) medium Yukon Gold potatoes, peeled
- 1 medium yellow onion, very thinly sliced
- 1/2 tsp. freshly ground black pepper
- 4 Tbsp. olive oil
- 1 Tbsp. minced fresh rosemary leaves

**nutrition:**

- 436 calories
- 14 g fat
- 485 mg sodium
- 622 mg potassium
- 70 g carbs
- 4 g fiber
- 1 g sugar
- 10 g protein

Preheat oven to 475°. Combine the salt and four cups of warm water in a large bowl; stir to dissolve the salt. Use a spiral slicer fitted with the small shredding blade to spiral-cut the potatoes one at a time; add sliced potato to salted water. Let soak for about 45 minutes to soften. Drain in a colander and squeeze as much moisture out of the potatoes as you can with your hands, then pat dry with paper towel. In a bowl, combine potato, onion slices, pepper, rosemary and olive oil, tossing to coat. Spread the potato mixture evenly over the dough, covering from edge to edge. Bake 25–30 minutes, or until potatoes and crust start to get golden brown.

# Winter Warm-Ups: Cozy Winter Drinks

see individual recipes for servings and calories

When winter's chill sets in, it's natural to gravitate toward comforting food and drinks to warm yourself up. Give these tasty treats a try on your next snow day.

WATCH FULL RECIPE VIDEO



Tastes Like Milk & Cookies

Logs on the Fire

## Tastes Like Milk & Cookies (1 serving)

**ingredients:** 1c heated unsweetened almond milk  
½ tsp cocoa  
¼ tsp cinnamon  
¼ tsp allspice  
pinch cloves  
pinch ginger  
2 tsp pure maple syrup  
¼ tsp vanilla extract

**nutrition:** 74.5 calories  
2.9 g fat  
154.2 mg sodium  
12.1 g carbs  
2.1 g fiber  
1.3 g protein

Add all ingredients together and stir thoroughly.

## Logs on the Fire (1 serving)

*Dairy-free and no sugar-added hot chocolate*

**ingredients:** 1c heated unsweetened almond milk  
1 ½ tbsp. cocoa powder  
1 ½ tbsp. maple syrup  
optional ½ tsp of vanilla extract  
stir thoroughly  
pinch of cayenne pepper  
mini pretzel sticks (logs)

**nutrition:** 126.6 calories  
3.6 g fat  
153.7 mg sodium  
25.8 g carbs  
3.7 g fiber  
2.6 g protein

Add all ingredients together and stir thoroughly.

# Winter Warm-Ups: Warm & Cozy

4–6 servings • 288.1 calories / serving

When winter's chill sets in, it's natural to gravitate toward comforting food and drinks to warm yourself up. Give these tasty treats a try on your next snow day.

[WATCH FULL RECIPE VIDEO](#)



**sweet potato ingredients:**

- 2 large sweet potatoes
- 2 tbsp. olive oil
- 1 tsp paprika
- ½ tsp chili powder
- 1 tsp sea salt
- ¼ tsp black pepper

**bean dip ingredients:**

- 1 can black beans
- 1 avocado
- 1 garlic clove
- 1 tbsp lime juice
- pinch of sea salt and black pepper
- ¼ tsp cumin
- 2 tbsp water
- pinch of paprika

**nutrition:**

- 288.1 calories
- 9.4 g fat
- 24.9 mg sodium
- 42.9 g carbs
- 13.6 g fiber
- 10.5 g protein

Cut sweet potatoes in ¼ - ½in fries. Place in large bowl, add olive oil, paprika, chili powder, sea salt and pepper and mix together. Place fries on baking sheet so they don't overlap. Cook at 400° for 15 minutes. Flip and cook for another 10 minutes.

While the fries cook, in a small food processor add the black beans, avocado, garlic clove and blend together. Scrape down the side and add lime juice, sea salt, black pepper and cumin. Blend. Add water. Blend again. Transfer to serving bowl, add paprika or any seasoning you like.

## Winter Warm-Ups:

# I'm Dreaming of a White Bean Soup

2 servings • 319 calories / serving

When winter's chill sets in, it's natural to gravitate toward comforting food and drinks to warm yourself up. Give these tasty treats a try on your next snow day.

[WATCH FULL RECIPE VIDEO](#)



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**ingredients:** ½ small white onion  
2 cloves garlic  
1 cup vegetable broth  
1 can 15 oz white beans (great northern)  
1 tsp cumin  
cook 15 mins  
2 pinches of sea salt

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**nutrition:** 319 calories  
0.8 g fat  
484.2 mg sodium  
60.2 g carbs  
12.6 g fiber  
19 g protein

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Heat pan on medium heat. Add cumin, heat for 2-3 mins. Add vegetable broth, onions, garlic and beans and cook for 15 mins. Add salt and cook for five more minutes.

# St. Patty's Day: Refreshing St. Patty's Day

see individual recipes for servings and calories

We have a whole day's worth of tasty and healthy recipes you can cook up to drive out your own metaphorical snakes, just like St. Patrick.

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## Shamrock Smoothie (2 servings)

<b>ingredients:</b>	¾ cup Almond Milk Small handful of spinach 1 cup pineapple ½ cup mango 2 tbsp chia seeds	<b>nutrition:</b>	121 calories 0.8g fat 7mg sodium 27.4 carbs 7g fiber 22g sugar 3g protein
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Add all ingredients to blender and blend until smooth.

## Lucky Charm (6–8 servings)

<b>ingredients:</b>	½ cucumber, sliced ½ lime, sliced 2 sprigs of mint leaves Water	<b>nutrition:</b>	3 calories 0 g fat 0.4 mg sodium 0.8 g carbs 0.2 g fiber 0.1 g sugar 0 g protein
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In a pitcher combine cucumber and lime slices with mint sprigs. Fill with water. For better results, wait 30 minutes before serving.



Shamrock Smoothie

Lucky Charm

# St. Patty's Day: Leprechaun-Approved Dips

see individual recipes for servings and calories

These three dips will give you those healthy avocado fats to keep your energy up during your St. Patty's Day festivities.

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Luck-amole

## Luck-amole (4 servings)

**ingredients:**

- 1 large Avocado
- ½ lime(juiced)
- ¼ tsp sea salt
- 1 roma tomato, chopped
- 2 tbsp onion – or 1 shallot
- 2 tbsp chopped cilantro

**nutrition:**

- 104.4 calories
- 7.9 g fat
- 150.3 mg sodium
- 8.6 g carbs
- 4.6 g fiber
- 3.6 g sugar
- 2.0 g protein

Blend avocado, lime juice and sea salt in blender until mixed. Add chopped tomato, chopped onion/shallot and cilantro and pulse until mixed. You want it with chunks, not smooth.

## Leprechaun Dip (4 servings)

**ingredients:**

- 1 garlic clove
- 2 small avocados
- 2 tbsp apple cider vinegar
- 3 tbsp lemon juice
- ¼ cup basil leaves
- ¼ cup parsley
- ½ cup green onion (no white parts)

**nutrition:**

- 188.2 calories
- 15.4 g fat
- 9.1 mg sodium
- 13.0 g carbs
- 9.1 g fiber
- 3.8 g sugar
- 3.8 g protein

Put all ingredients in a blender and blend for 20-30 seconds. Scrape down sides and continue blending from 15 more seconds. Repeat until desired consistency is reached.

## Humm-Irish Dip (6 servings)

**ingredients:**

- 15oz can chickpeas, rinsed, drained
- 1 garlic clove
- 2 tbsp olive oil (optional, add water instead)
- 2 tbsp lemon juice
- 2 tbsp tahini
- 1 tsp cumin
- ¼ tsp salt (optional)
- 1 avocado

**nutrition:**

- 205.7 calories
- 13.0 g fat
- 291.0 mg sodium
- 17.3 g carbs
- 7.3 g fiber
- 1.9 g sugar
- 6.1 g protein

Put all ingredients in food processor and blend, scrape sides and add water (1 tbsp at a time) as necessary to reach the desired consistency.

# St. Patty's Day: Pot O' Gold Stew & Kalecannon

*see individual recipes for servings and calories*

This year, instead of loading up on cholesterol and sodium, why not try this hearty and healthy stew and our twist on colcannon. It's packed with flavor without adding any unnecessary salt.

[WATCH FULL RECIPE VIDEO](#)



**stew ingredients:** 2-4 cups veggie stock  
2 stalks celery, chopped  
1 onion or 2 shallots, chopped  
4 cloves garlic, minced  
½ cup whole wheat flour  
3 carrots, chopped  
8-12oz mushrooms, quartered  
2 lb gold potatoes, cut into chunks  
2 tbsp tomato paste  
1 tsp dried thyme  
1 tsp dried rosemary  
½ tsp black pepper

**nutrition:** **4 servings**  
175 calories/serving  
0.5 g fat  
460.7 mg sodium  
37 g carbs  
4.4 g fiber  
5.3 g sugar  
6.5 g protein

**kalecannon ingredients:** 4 large russet potatoes, skinned and halved  
3 cups kale  
¾ cup unsweetened almond milk  
½ tsp garlic powder  
½ tsp black pepper

**nutrition:** **4-6 servings**  
100 calories/serving  
0.7 g fat  
76.7 mg sodium  
42.9 g carbs  
7.4 g fiber  
2.8 g sugar  
5.6 g protein

Heat a large pot on med-high. Add ½ cup vegetable stock, celery, shallot and garlic and heat for 5 mins. Add ½ cup of flour and coat the vegetables. Add in 2 cups vegetable stock and stir. Add in the carrots, mushrooms, potatoes, tomato paste, dried thyme, dried rosemary, black pepper and 1 cup vegetable stock. Cook for 10-15 mins. Add 1 tbsp of flour at time if you would like the stew to be thicker.

While the stew cooks, boil the potatoes for the colcannon in a separate large pot. This may take about 20-25 mins. Use the stew to steam the kale while the colcannon potatoes boil. The kale will go from strong and crisp to wilted. When the potatoes are ready, drain the water and add the almond milk, garlic pepper and black pepper. Mash the potatoes, add the kale and stir.

# Drinks: Refreshing Summer Drinks

3-5 servings • 0-150 calories per serving

With only 2–3 ingredients, these summertime drinks won't overload you with sugar. They're all natural, have no sugar added, and are guaranteed to be refreshing all summer long!

[WATCH FULL RECIPE VIDEO](#)



## Summer Oasis (3–4 servings)

**ingredients:**  
4c Watermelon  
1 Squeezed Lime  
3/4c Water

Blend until smooth, serve immediately.

## Spine-Tingler (3–4 servings)

**ingredients:**  
4c Watermelon  
1 Squeezed Lime  
3/4c Water  
1 Radish

Blend until smooth, serve immediately.

## Berry Aid (5–6 servings)

**ingredients:**  
4c Strawberries  
1 pint Blueberries  
6oz pkg Raspberries  
1c Water

Blend until smooth, serve immediately.

## Sweetheart (3–4 servings)

**ingredients:**  
2 Oranges (1 peeled,  
1 squeezed)  
2 Squeezed Lemons  
2c Water

Blend until smooth, serve immediately.

## Red, White & Blue (4–5 servings)

**ingredients:**  
1/2c Cherry Tomatoes  
4 Clementines  
4c Honeydew  
2c Water

Blend until smooth, serve immediately.

## TCH (4–5 servings)

**ingredients:**  
1/2c Cherry Tomatoes  
4 Clementines  
4c Honeydew  
2c Water

Blend until smooth, serve immediately.

# Drinks: Refreshing Summer Smoothies

see individual recipes for servings

These all natural ingredients give you a healthy way to have a little summertime treat. The perfect refresher on a hot summer day!

WATCH FULL RECIPE VIDEO



## The Smooth One (1 serving)

**ingredients:**  
1/2c Frozen Mango  
1/2c Frozen Pineapple  
1 Frozen Banana  
1/4c ice  
1/2c water

Blend until smooth, serve immediately.

## Kiwi Melonberry (1 serving)

**ingredients:**  
1 Frozen Kiwi  
1/3c Frozen Blueberries  
1/3c Frozen Watermelon  
1/4c ice  
1/2c water

Blend until smooth, serve immediately.

## The Refresher (1 Serving)

**ingredients:**  
3/4c Frozen Pineapple  
1/2c Orange Juice  
1/2c ice

Blend until smooth, serve immediately.

# Drinks: Irresistible July 4<sup>th</sup> Smoothies

see individual recipes for servings

These all natural ingredients give you a healthy way to have a little summertime treat. The perfect refresher on a hot summer day!

WATCH FULL RECIPE VIDEO



## Tried & True (1 serving)

**ingredients:**  
1 ½ frozen bananas  
1 ½ cup frozen strawberries  
4–5 ice cubes

Add ingredients and water (as needed) to blender. Blend until smooth and enjoy.

## Piña Kale-ada (1 serving)

**ingredients:**  
1 frozen banana  
½ cup frozen pineapple  
¼ cup frozen kale  
4–5 ice cubes

Add ingredients and water (as needed) to blender. Blend until smooth and enjoy.

## Berry Blast (1 serving)

**ingredients:**  
1 frozen banana  
1 cup frozen mixed berries (blueberries, raspberries, strawberries)  
4–5 ice cubes

Add ingredients and water (as needed) to blender. Blend until smooth and enjoy.

### Nutritional benefits:

Berries contain compounds called flavanoids, such as anthocyanin, which can boost memory function and may reduce the risk of chronic disease. Pro tip: the darker the berry, the higher the flavanoid content. Bananas are a great source of fiber, which is known to boost heart health by reducing blood fats, such as cholesterol and triglycerides. Pineapple also packs plenty of fiber. High-fiber snacks will keep you satisfied longer and can also help maintain steady blood sugar levels. Kale is a power-packed veggie that gets its superfood reputation from its many nutrients, including fiber, iron, folic acid, potassium, magnesium, and vitamins A, C, and K.

### Variations:

- Add ½ cup of unsweetened yogurt for gut-benefiting probiotics, bone-building calcium, and protein for muscle health and satiety.
- Add a scoop of flax, chia, or hemp seeds to add a boost of healthy fats and fiber.
- Replace water with juice or milk of choice.
- Make all three flavors and layer them in a glass.
- Pour smoothies into popsicle molds and freeze until solid.
- Pour in a splash of your favorite spirit for an adults-only version



# Healthspirations

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This cookbook was made with help from Bryn Mooth, freelance food and wellness writer.

[BrynMooth.com](http://BrynMooth.com)