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Hearty Chickpea and Leek Soup Recipe

1 can of chickpeas or two cups of dry chickpeas

2 leeks

1 small potato

organic vegetable broth

Celtic sea salt and pepper, to taste (optional)

If you use a can of chickpeas, rinse them well and bring them to a boil for a minute to help get rid of any preservatives. If you use dry chickpeas, soak them in water overnight and cook them over medium heat for about an hour or until tender.

Cut leeks in half lengthwise and soak in water to remove dirt. Chop leeks and potato into bite-size pieces and boil them in just enough water to cover them for about 10 minutes or until tender.

Add chickpeas and allow all ingredients to sit on low heat for a minute or two.

Blend ingredients in a food processor or blender. Return blended mixture to pot, and add vegetable broth until desired consistency is reached. Season with sea salt and pepper to taste.

Sweet and Creamy Broccoli Rabe

1 bunch broccoli rabe, washed, rough stems trimmed

1 can Eden brand cannellini beans

2-3 portobello mushroom caps, chopped

1/2 cup sundried tomatoes, chopped

2 tbsp. olive oil

2-3 cloves garlic, minced Celtic sea salt to taste

red pepper flakes (optional)

Heat oil over medium heat in a large pot and add garlic, cooking for 2 minutes. Add mushrooms and stir, cooking for another 5 minutes. Add sundried tomatoes and beans and stir through until warmed.

In the meantime, bring a large pot of water to a boil and blanch broccoli rabe for 5 minutes. Drain and add to bean mixture. Stir until combined and season with salt and optional red pepper flakes to taste.

Kale, Avocado and Hempseed salad

2 lbs chopped kale (make sure thick stem is removed and discarded)

1/2 lb red onion, diced

1/2 lb red bell pepper, diced

3 avocado

3 oz lemon juice

2 tsp salt

1/2 tsp black pepper

Mash the avocado pulp with the lemon juice, salt and pepper until well-combined and smooth. Alternatively, you can process together in a food processor.

Combine the avocado lemon mixture with the vegetables. Use your hands to massage dressing into kale and to ensure that the kale is well-coated. Taste and adjust seasonings. If you prefer a creamier texture, use more avocado.

Raw detox soup

- half an avocado
- juice of half a lemon
- 1 tablespoon apple cider vinegar
- 1-2 teaspoons raw honey
- 1 clove garlic
- 1/3 cup broccoli florets
- 1/3 cup chopped carrots
- 1/4 cup chopped onion
- 1/2 tbs tamari or Bragg's Liquid Aminos
- 1 packed cup kale (or other leafy green)
- 1 pinch sea sea salt
- 1/4-1/2 cup water (start with 1/4 cup and add as needed)

Combine all ingredients and blend until smooth. Top with cherry tomatoes and Bragg's nutritional yeast.