

Recipes for Lakeland Volunteers In Medicine

Prepared By: Katherine Bates



www.NutritionReset.com



www.SoundNutrition4Life.com

Katherine Bates is a Florida native and a Nutrition Educator. She holds a Bachelor's degree in Dietetics & Nutrition where she studied anatomy & physiology, food science, advanced nutrition and dietetics management. She practices a holistic approach to supporting the whole person. Nutrition education is key, support is essential. Katherine also has a Health Coach Certificate in Nutrition & Wellness. She works primarily as a supportive advisor and wellness consultant helping clients feel their best through food & lifestyle changes by customizing a personalized wellness program to meet their needs. With dedication to improving the lifelong eating habits of children and teenagers, she believes that learning by doing the things they enjoy is best. As a proud mother of two boys, she enjoys engaging children & parents in food science and helping them discover nutrition through fun, memorable activities.

Kat practices an integrative approach to health and wellness as all areas of your life are connected. Instead of prescribing one fix for all people, I use a personalized, whole person approach based on your needs. As we work together, we look at how all parts of your life affect your health as a whole. As your Food Educator or Wellness Guide as well as supportive mentor, together we work to achieve your goals in areas such as: weight management, food cravings, sleep and energy balance. You will develop a deeper understanding of the foods and lifestyle choices that work best for you and implement lasting changes that will improve your energy, balance and health. One person's food is another person's poison; this is why fad diets fail in the long run. I'll support you in making positive changes that are based on your unique needs, lifestyle, personal preferences, and background.

Some Benefits of Combining **Sound & Nutrition** is a great way to balance all elements, all organs— able to handle life's curve balls, able to work thru stress, able to prioritize your health. Raising the Vibe in PC (meaning Polk County) thru Self-Care, Community Care & Good Conversation. We can easily use acoustic energy to restructure the energy of our space. Acoustic can mean bowls, drums, voice, food, etc. Shift your perception. Move your body. Breathe Deeply. Laughing is a potent vibe raiser and stress reducer. Kat focuses on food, food is more than nutrients, it has vibrational frequency – a measurement of the electric energy that is present in all-natural living things. A healthy human body has frequency between 62 and 72 Hz. Any food consumed in its pure form gives off high vibes. Everything is energy, vibration and motion - Your sound, Your voice, Your truth. Terri uses a variety of instruments, like bowls, drums, chimes, etc to help you achieve balance.

Items are subject of substitution or nutritional information

RECIPES:



Name: Mini Zucchini* Muffins**
Makes 24 mini muffins

Ingredients:

1/2 cup packed dark brown sugar	1 tsp baking powder
1 tsp ground cinnamon	1/2 tsp salt
1/4 tsp ground allspice	3 TBSP olive oil
2 TBSP butter, melted	2 TBSP 1% low-fat milk
1 tsp vanilla extract	1 large egg, lightly beaten
1 medium zucchini ***	Cooking spray
6 oz all-purpose flour (<u>sub half amount with Quinoa flour or all almond flour</u>) or anything other than white flour	

Directions: Preheat oven to 400°. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Shredded zucchini, 2/3 cup, set aside. Combine flour and next 5 ingredients (through allspice) in a large bowl. Combine zucchini and next 5 ingredients (through egg) in a small bowl; stir with a whisk. Add zucchini mixture to flour mixture, stirring batter just until combined. Divide batter evenly among 24 miniature muffin cups coated with cooking spray. Bake at 400° for 10 minutes or until a wooden pick inserted in center of muffins comes out clean.

***Substitute for Zucchini with Carrots or any veggie of the season. Need to steam them first, then grate and mix in recipe. May have to add a little more flour once mixed up.

In place of all-purpose flour you can use quinoa. **Quinoa** is a complete protein (all of the essential amino acids) with 1 cup containing 8 grams of protein, 5 grams of fiber, lots of folate, manganese, phosphorus and magnesium.

Alternative Milk (like almond or oat) can be substituted for **Diary Milk**.

For **egg** substitution you can try these items:

- *Combine 1 tablespoon ground flaxseed with 3 tablespoons water to replace 1 egg.
- *1/2 cup of Coconut Milk or Kefir to replace 1 egg, best for cakes, cupcakes, brownies.
- *Combine 3 TBSP Chickpea flour or 2 TBSP Arrowroot powder with 3 TBSP water to replace 1 egg, best for cookies, meatballs, burgers.
- *Combine 1 TBSP Flaxseed ground or Chia seeds ground with 3 TBSP water to replace 1 egg, best for waffles, pancakes, quick breads, muffins & cookies.



Name: Granola Balls (No Bake, Nut Free)

Servings: 12+

Ingredients:

- 1-1/2 cup Dry Old-Fashioned Oatmeal
- 1/2 cup Dark Chocolate Mini Chips
- 1/3 cup Honey *(if Vegan use Maple syrup)*
- 2 Tbsp Pumpkin seeds *(any seed you'd like)*
- 1/3 cup Raisins *(cranberries, any dried fruit you'd like)*
- 1/2 cup Sunflower Seed Butter ***(any nut butter, if no allergies)***
- 1/8 tsp salt
- 1 tsp Vanilla
- 1 tsp Cinnamon
- 1 tsp Orange Zest *(or lemon zest)*

Instructions: Mix all ingredients in large bowl. Cover & Chill in freezer for 10-15 mins.

Raisins contain protein, fiber and iron. Cranberries contain more fiber than raisins plus have antioxidants. Sunflower Seed Butter has protein, fiber and iron. Pumpkin seeds contain tons of fiber, protein, potassium and iron.



Name: Veggie Meatloaf

Servings: 12 muffins

Ingredients:

- 1 egg
- 1/4 cup Ketchup
- 1/4 cup Onion, chopped
- 1/2 cup Carrot, shredded
- 1 cup Spinach, packed then blended
- 1/4 cup celery, chopped
- 1/3 cup dry bread crumbs *(look at source)*
- 1/4 cup milk *(alternative milk is ok)*
- 1/4 tsp. Pepper
- 1/8 tsp. Salt
- 1 pound ground Turkey
- Ketchup, for topping

Directions: PreHeat Oven to 350 degrees. Grease muffin pans. In large mixing bowl, combine all ingredients except turkey, mix well, then add turkey. Fill muffin cells to almost to top. Bake in oven for 20 mins, then check internal temperature. Once temp is 165 degrees inside, they are done.

Spinach & Carrots are loaded with vitamin A, has protein & fiber as well. Onion has loads of Vitamin C. 1 pound of turkey earns 79 grams of protein along with good amount of iron & potassium.

Alternative Milk (like almond or oat) can be substituted for **Diary Milk**.



Name: Blueberry Muffins

Servings: 8 large muffins

Ingredients:

1-1/2 cup **all-purpose flour** (*preferably other than white*)
1/2 tsp salt
1/3 cup olive oil
1/3 cup **milk (alternative milk ok)**
1/2 cup **white sugar (stevia)**
1/4 cup butter, cubed

3/4 cup **white sugar (stevia)**
2 tsp baking powder
1 **egg**
1 cup fresh blueberries***
1/3 cup **all-purpose flour**
1-1/2 tsp cinnamon

Directions:

Prep 15 mins, Cook 25 mins, Ready In 40 mins

Preheat oven to 400 degrees F (200 degrees C). Grease muffin cups or line with muffin liners. Combine 1-1/2 cups flour, 3/4 cup sugar, salt and baking powder. Place oil into a 1 cup measuring cup; add egg and enough milk to fill the cup, mix. Add to flour mixture. Fold in blueberries. Fill muffin cups just to the top, sprinkle with crumb mixture. To make the crumb topping: mix together 1/2 cup sugar, 1/3 cup flour, 1/4 cup butter and 1-1/2 teaspoon cinnamon. Mix with fork, and sprinkle over muffins before baking. Bake for 20-25 minutes or until done. Test with a toothpick, stick it in the middle, if it comes out clean it is done, if it comes out sticky leave another few minutes.

Blueberries contain fiber, protein, vitamin c, antioxidants and more.

***Use another fruit that may be in season to change up the recipe.

Alternative Milk (like almond or oat) can be substituted for **Diary Milk**.

For **egg** substitution you can try these items:

*Combine 1 tablespoon ground flaxseed with 3 tablespoons water to replace 1 egg.

*1/2 cup of Coconut Milk or Kefir to replace 1 egg, best for cakes, cupcakes, brownies.

*Combine 3 TBSP Chickpea flour or 2 TBSP Arrowroot powder with 3 TBSP water to replace 1 egg, best for cookies, meatballs, burgers.

*Combine 1 TBSP Flaxseed ground or Chia seeds ground with 3 TBSP water to replace 1 egg, best for waffles, pancakes, quick breads, muffins & cookies.

Sugar substitute Stevia is a natural, plant sugar substitute. It has no calories, come in different forms (liquid, powder, etc.). If the company that makes the product uses the leaves only there is less a chance of bitter aftertaste, the package should state something similar. A great feature of stevia is that it does not impact blood sugar, it may also help with hypertension (high blood pressure). Stevia also contains numerous antioxidants. It can be mixed with other natural sweeteners like monk fruit but be cautious of other additives like sugar alcohols. Read the ingredient list carefully before buying.



Name: Quinoa Tabbouleh

Servings: 4

Ingredients:

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|-------------------------------|---------------------|-------------------|
| 2 bunches green onions, diced | 1 cup quinoa | 2 carrots, grated |
| 1 cup fresh parsley, chopped | 1/4 cup olive oil | 1 cucumber, diced |
| 1/2 tsp sea salt | 1/4 cup lemon juice | 2 cups water |
| 3 tomatoes, diced | 1 pinch salt | |

Directions:

Prep 15 mins, Cook 15 mins, Ready In 30 mins

In a saucepan bring water to a boil. Add quinoa and a pinch of salt. Reduce heat to low, cover and simmer for 15 minutes. Allow to cool to room temperature; fluff with a fork. Meanwhile, in a large bowl, combine olive oil, sea salt, lemon juice, tomatoes, cucumber, green onions, carrots and parsley. Stir in cooled quinoa.

Cucumbers contain vitamin A & K, along with calcium, iron and more. You can play around with veggies, whatever in season or that you like, change it up.



Name: Bacon Brussel Sprouts

Servings: 4

Ingredients:

- 4 slices **bacon**, cut into bite size pieces 1/2 onion, dice
 1 (12-16 oz) fresh Brussel sprouts, trimmed & sliced
 2 TBSP **white sugar (stevia)**, or to taste
 salt & pepper to taste

Directions:

Prep 15 mins, Cook 20 mins, Ready In 35 mins

Place bacon in large skillet and cook till crispy. Remove bacon when done, leaving grease in skillet, blot dry the bacon. Cook diced onion until translucent. Add brussel sprouts, toss gently. Cook and stir until browned and tender, about 5 minutes. Stir in sugar, salt and black pepper. Crumble bacon and sprinkle over.

Brussel Sprouts are high in vitamin K & C, contain protein, fiber, along with a good amount of manganese, potassium & iron.



Name: Rosemary-Lemon White Bean Hummus

Puree/mince rosemary with 2 TBSP each lemon juice and tahini, & 1/2 tsp of garlic. Puree a 15-ounce can drained white beans with rosemary mixture. Add 1 tsp cumin; add water if needed. Season with salt. Serve with pita or veggies.

White bean contains 17g protein, 11g fiber, lots of potassium, iron, magnesium, phosphorus, copper, manganese, folate & traces of amino acids.



Name: Lemony Garlic Quinoa

Servings: 4

Ingredients:

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|--------------------------------|-------------------------|
| 2 cups vegetable or bone broth | 1 cup plain quinoa |
| 1 tsp chopped garlic*** | 1/4 tsp salt |
| 2 TBSP chopped fresh parsley | 1 small onion chopped |
| 1/2 TBSP chopped fresh thyme | 1/2 fresh lemon, juice* |

Directions:

Prep 15 mins, Cook 20mins +/-

Stir quinoa in broth, and bring to a boil. Reduce to a simmer, cover and cook for 15 minutes or until tender. In a bowl, toss quinoa together with garlic, parsley, thyme, salt and onion. Sprinkle with lemon juice, and serve.

***Change the garlic for another herb/spice and another juice for lemon, completely changes the recipe. Can also sub out the thyme with another herb, get creative.



Name: Black Bean Brownies

Servings: 12

(Note: do not double recipe, do 1 batch and bake; then do another. Moisture content changes when doubled)

Ingredients:

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| 2 can (15 oz) black bean, rinsed/drained | 1/4 tsp salt |
| 1 cup semisweet choc chips, divided | 6 TBSP Oil |
| 1 cup baking cocoa | 6 large eggs |
| 1 tsp baking powder | |
| 1-1/3 cup brown sugar , packed | 2-1/2 tsp Vanilla extract |

Directions:

Preheat Oven to 350 degrees. Place 1/2 cup choc chips, beans, 3 eggs and oil in NutriBullet or blender. Then add remaining ingredients – reserve 1/2 cup choc chips. Pour batter into muffin trays, filling 2/3 of cell, top with remaining choc chips. Bake 15-20 mins. Check with toothpick. If you use a pan for brownies, time will be more, check with toothpick to ensure they don't over bake.

Substitutions:

*Black beans were used in this recipe but if you have a recipe that is lighter in color you could try the white beans so recipe doesn't turn out with a weird color.

*For 1 cup **brown sugar**, substitute 1 cup organic brown sugar, coconut sugar, or date sugar, or substitute up to half of the brown sugar with agave nectar in baking.

For egg substitution you can try these items:

*Combine 1 tablespoon ground flaxseed with 3 tablespoons water to replace 1 egg.

*1/2 cup of Coconut Milk or Kefir to replace 1 egg, best for cakes, cupcakes, brownies.

*Combine 3 TBSP Chickpea flour or 2 TBSP Arrowroot powder with 3 TBSP water to replace 1 egg, best for cookies, meatballs, burgers.

*Combine 1 TBSP Flaxseed ground or Chia seeds ground with 3 TBSP water to replace 1 egg, best for waffles, pancakes, quick breads, muffins & cookies.



Name: Spaghetti Squash with Marinara sauce

Servings: 8

Ingredients:

- 4 Spaghetti Squash (2) 24 oz Marinara sauce
- 4 oz mozzarella cheese, shredded
- 4 oz parmesan cheese, shredded

PreHeat Oven to 350 degrees

Cut in squash in half length wise. Scoop out seeds & set aside. Place squash cut side down on baking sheet. Add enough water to cover the bottom. Bake 30-35 mins. Test if done by how easy it is to put a knife completely thru squash. Pull apart with fork and serve. Toppings of your choice.

To Roast the Seeds:

Once you clean or wash the seeds, toss in light oil. Place seeds on a baking sheet evenly. Sprinkle with salt and pepper, other spices if you'd like. At 350 degrees, bake for 15 mins. Let cool 5-10 mins and Enjoy!



Name: Salmon

Servings: 6

Pick a topping to try, rotate your flavors so you don't get bored with fish.

Ingredients:

- 6 salmon fillets
- 2 lemons
- 1 stick butter

Directions:

Preheat oven to 375 degrees. 2 pats of butter per fillet. Lay slices of lemons on top of butter. Bake 15-20 minutes, or until internal temperature is 145 degrees.

Optional toppings:

- (1) Lemon Dill: ¼ cup Mayo, 2 tbsp plain yogurt, 1 tsp lemon juice, ¼ tsp garlic powder, 1 tbsp fresh dill chopped. Mix together & serve with salmon.
- (2) Orange Maple: 1 tbsp orange juice, 2 tbsp maple syrup, 2 tbsp dijon mustard, ½ tsp garlic powder. Mix together & serve with salmon.
- (3) Honey Lime Cilantro: ¼ c honey, ½ tsp garlic powder, ¼ c lime juice, 1 tsp dried cilantro. Mix together & serve with salmon.



Recipe: Egg Free Chia Pumpkin Molasses Muffins

- Ingredients:
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|-------------------------------|-----------------------|
| 6 TBSP Chia Seeds | 1/2 tsp cinnamon |
| 3 TBSP honey | 13 oz can pumpkin |
| 1/2 tsp vanilla extract | 1 TBSP molasses |
| 1/2 cup butter or coconut oil | 1 tsp lemon juice |
| 1/2 tsp baking soda | 1/2 cup coconut flour |
| | 1/2 tsp nutmeg |

Direction:

Preheat oven to 350 degrees F. Line a muffin tin with baking cups. Grind the chia seeds in a coffee or spice grinder. Do not skip this step unless you have chia seeds already ground. Mix the ground chia seeds with pumpkin. Add pumpkin mixture, coconut oil, honey, molasses, lemon juice and vanilla, then mix well. Let mixture set for 5 minutes. Add the coconut flour and baking soda into pumpkin mixture. Add cinnamon and nutmeg, keep stirring. Distribute the batter evenly into baking cups. Bake 50 minutes or until batter is set. Let muffins cool completely before serving.

To reduce calories more replace honey and molasses with 1 tsp stevia.

The recipe is great to fill you up and last, giving you a great start to the day. Also, makes a great snack. Don't forget to make extras that you can put in a ziplok in the freezer, then thaw overnight for the next day to enjoy.



Name: Maui Slaw

Servings: 6 servings

Ingredients

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| 1 cup Shredded Green Cabbage packed | 1 Tbsp . Soy Sauce |
| 1 cup Shredded Red Cabbage packed | 1 1/2 Tsp . Honey |
| 1/2 cup Grated Carrots packed | 1 Tsp . Sesame Oil |
| 1 cup Fresh Pineapple diced | 2 Green Onions sliced |
| 1 Tbsp . Ginger Root grated | 1/2 Lime juiced |
| 3 Tbsp . Rice Wine Vinegar | Generous Pinch of Salt |

Directions: Prep Time: 15 minutes, Total Time: 15 minutes

Combine slaw mix, carrots, pineapple and scallions in a large bowl and set aside. Add the remaining ingredients to a mason jar, shake well to combine, and pour over the slaw. Stir to combine. Cover and let sit in the refrigerator for 30 minutes prior to eating.