

A cluster of pink orchids with delicate petals and green leaves, positioned in the upper left corner of the page.

CEREMONIAL LOVE DINNER

Lovingly curated by Leigh Senna

RAW SALAD WITH STRAWBERRY DRESSING

Put 1.5 cups of strawberries in a blender with 2 T olive oil, 1 T apple cider vinegar, and ⅛ tsp of salt. Blend well, and pour over a bed of raw spinach, lettuce, and toasted seeds.

SHRIMP, SNOW PEAS, AND SHIITAKE STIR FRY

(substitute peppers if vegetarian)

INGREDIENTS:

- 🌸 3 tablespoons **rice vinegar**
- 🌸 2 tablespoons **coconut aminos**
- 🌸 2 cloves garlic, thinly sliced
- 🌸 1 teaspoon minced fresh ginger
- 🌸 ¼ teaspoon **red pepper flakes**
- 🌸 ¼ teaspoon salt
- 🌸 2 tablespoons **coconut oil**
- 🌸 8 ounces shiitake mushrooms, stemmed and sliced
- 🌸 1 pound medium shrimp, peeled and deveined
- 🌸 2 cups snow peas, trimmed
- 🌸 2 stalks celery, sliced on an angle
- 🌸 1 tablespoon toasted sesame oil
- 🌸 ½ cup **unsalted cashews**, roasted and coarsely chopped
- 🌸 2 green onions, sliced

INSTRUCTIONS:

1. In a small bowl, mix the vinegar, coconut aminos, garlic, ginger, red pepper flakes, and salt; set aside.
2. Heat the coconut oil in a large skillet or wok over medium-high heat. Add the mushrooms and cook, stirring, until just starting to become tender, about 3 minutes.
3. Stir in the vinegar mixture and cook until slightly reduced, about 1 minute. Add the shrimp, snow peas, and celery and cook, stirring, until the shrimp are opaque throughout, 3 to 4 minutes. Stir in the sesame oil and cashews. Top with the green onions.

SUPER FOOD GODDESS BITES FOR DESSERT

- 🌱 1 1/2 Cups Pitted Dates
- 🌱 ¼ cup Goji Berries
- 🌱 1/4 Cup Organic Cocoa Nibs
- 🌱 1/4 Cup Shelled Hemp Hearts
- 🌱 1/3 Cup Ground Flax
- 🌱 1/4 Cup Chia Seeds
- 🌱 1/4 Cup Flax Seeds
- 🌱 1/2 Cup Unsweetened Coconut
- 🌱 2 Tbsp Virgin Coconut Oil

INSTRUCTIONS:

1. Place all ingredients in the food processor and blend until smooth dough.
2. If your dates are too dry you may need a couple tbsp of warm water or soak the dates ahead of time in hot water to soften thoroughly.
3. Remove from food processor and roll into 1 1/2 inch balls. Place in a sealed-tight container and store in the refrigerator.