



NUTRITION • MOVEMENT • MINDFULNESS

# Practical Recipes

Sharing a few of my favorite recipes.

So tasty you won't believe they are  
vegetarian, gluten-free,  
and packed full of nutrition!



Given with Gratitude,  
[www.kerrymcclure.com](http://www.kerrymcclure.com)

Copyright 2016-2017 ©Kerry McClure – Practical Wellness

## A Few Thoughts...

Welcome!

Inside are a few of my favorite, and most requested, recipes. I hope you enjoy them as much as I enjoy sharing them with you.

To get the most flavor and nutritional value out of these recipes use seasonal, whole, close to the source, local, organic ingredients as much as your budget and availability will allow.

Your health is for life. It's your greatest asset.

As you embark on trying these recipes, I'm including some tips to help you remember that your health is a life-long journey. Remember to keep things in perspective. Small, doable, sustainable changes are the keys to continued good health. It's about progress rather than perfection.

**1. It all adds up.** Every time you make a healthy choice, it adds up. For example, each time you choose to walk up the stairs instead of taking the elevator. Each time you drink pure water rather than a soft drink. Each time you take a moment to slow down and pause. It all adds up.

**2. You can always correct on those less-than-perfect choices.** Know that there is a chance right after whatever you did, to make a better choice by simply correcting. The more you correct without judging or blaming yourself, the easier it becomes to continue to make good choices.

**3. Find ways to reward yourself that are nourishing self-care.** A massage is incredibly relaxing. Sharing a tea and walk with a friend is nurturing. Cutting up fresh, seasonal fruit is a wonderful treat. Be mindful that being on vacation or completing a big project need not be triggers to let all of your best intentions disappear.

**4. Do at least one pro-health activity every day.** Replace a fresh green salad for your regular lunch. Eat breakfast. Drink more water. Skip that before-bed bowl of ice cream. Park your car far away so you can walk. Skip the sugar in your coffee. Start with at least one thing a day. You may want to eventually shift to two, then perhaps three, and so on.

**Live your best self!**

**Eat well. Sleep well. Move Well. Stress Well.**

## Give Thanks

Take a moment before preparing or partaking of the recipes.

Take a breath and give thanks.

Send a thought of gratitude to all those involved in the wheel of life from seed to table.

Give thanks for the bounty of the Earth that provides for all of our needs.

Feel the appreciation of working with natural and organically grown ingredients.

## Table of Contents

	Page Number
<b>Coconut Milk</b>	<b>4</b>
<b>Almond Milk</b>	<b>5</b>
<b>The Ultimate Acai Bowl</b>	<b>6</b>
<b>Kerry's Outrageous Muffins</b>	<b>7</b>
<b>Basil and Cilantro Pesto</b>	<b>8</b>
<b>Asian Edamame Dip</b>	<b>9</b>
<b>Curried Red Lentil, Kale and Sweet Potato Soup</b>	<b>10</b>
<b>Curry, Coconut and Red Lentil Dal</b>	<b>11</b>
<b>Colorful Kale Salad</b>	<b>12</b>
<b>Kerry's Garden Tomato Salad</b>	<b>13</b>

Homemade milks are fresh, free of additives and preservatives, and you can manage the “nutrient density” of what you are putting in your body: the quality of the ingredients, sugar levels, taste and texture.

You can make a variety of plant-based “milks” by blending raw nuts, seeds, and grains with water. Almonds, cashews, macadamias, Brazil nuts, hazelnuts, pecans, pistachios, coconuts, soybeans, hemp seeds, pumpkin seeds, sunflower seeds, sesame seeds, flaxseeds, quinoa, millet, rice, and oats can all be liquefied into delicious milks.

Here are the recipes we use in our home to make coconut milk and almond milk.

So from our home to yours...enjoy!

## Coconut Milk

### Ingredients:

2 1/2 cups very hot water

1 1/2 cups unsweetened shredded dried coconut, un-soaked

### Loving Preparation:

Put 1 1/2 cups of the water and the coconut in a blender.

Process on low to medium speed until smooth.

Add the remaining cup of water and process on high speed until smooth. Let sit for 5 minutes.

Put a fine-mesh strainer over a large bowl and pour the coconut mixture through it.

Stir and press the pulp with a rubber spatula to extract as much milk as possible.

Discard the pulp.

ALTERNATIVELY, use a nut milk bag or cheesecloth to strain the milk.

Stored in the refrigerator in a tightly sealed glass jar, coconut milk will keep for 5 days.

It tends to separate, so shake well before using.



Makes 2 ½ cups, about 4 servings

## Almond Milk

Homemade almond milk is creamier, nuttier, and just overall more delicious than store bought. This almond milk is delicious on it's own, but I also use it in smoothies, or with granola.

### Ingredients:

2 cups almonds (soaked overnight)

4 cups water

Seeds from 1 vanilla bean or ½ teaspoon vanilla extract

1 teaspoon cinnamon

2 dates

### Loving Preparation:

Drain and rinse the almonds.

Add all ingredients to a blender and blend until smooth.

Drain entire mixture through a nut milk bag or cheesecloth.

Store in the refrigerator in a tightly sealed glass jar.

Play with the amounts of vanilla, cinnamon and dates if you want a little more flavor!

Makes about 4 cups of almond milk

Sources of Inspiration for these two milk recipes:

Raw Food Made Easy for 1 or 2 people by Jennifer Cornbleet

Almond Milk recipe inspired by Jenny Sansouci



## The Ultimate Acai Bowl

### Ingredients:

- 1 serving pack frozen unsweetened Acai
- 1 cup unsweetened almond, coconut, rice or hemp milk (we use coconut)
- ½ cup frozen blueberries
- ½ cup frozen banana
- 1 handful of baby spinach
- 1 tablespoon almond butter or ¼ - ½ avocado

### Loving Preparation:

Blend above ingredients in the blender until smooth.

Add more milk if needed or less to thicken.

One top add any combination of the following:

Sliced banana, hemp seeds, berries of choice, a drizzle of raw honey, your favorite granola, shredded coconut, cacao nibs.

Serves 2



## Kerry's Outrageous Muffins

### Ingredients:

1/3 cup gluten-free cornmeal (medium grind)  
1 1/3 cup gluten-free oat flour  
1 cup gluten free almond meal/flour  
1/3 cup flax meal  
1/3 coconut palm sugar  
3/4 teaspoon Salt  
1 teaspoon baking soda

grated peel of 1 large orange (or lemon)  
1/2 cup dried cranberries  
1/2 cup diced dried apricots

Or you can use 1/2 cup chopped walnuts and 1/2 cup raisins instead of cranberries and apricots

2 large eggs, beaten  
1 generous cup plain yogurt (Straus whole-fat yogurt works best)  
1 teaspoon vanilla  
1/3 cup coconut oil (liquid form)

### Loving Preparation:

Mix dry ingredients and dried fruit together in a large bowl.

Combine liquid ingredients in a medium bowl and stir into dry ingredients just until moistened. Batter will be a bit lumpy.

Fill oiled or paper-lined muffin tins 2/3 full.

Bake in pre-heated 350-degree oven for 25-30 minutes.

Makes 12 muffins.



## Basil and Cilantro Pesto

### Ingredients:

3 cups moderately packed fresh basil leaves  
2 cups moderately packed fresh cilantro leaves (use spinach as an alternative)  
1/3 cup pine nuts  
4 cloves of garlic  
1 teaspoon sea salt  
1/2 cup nutritional yeast  
Juice from one fresh lemon (about 2 tablespoons)  
1/2 cup extra-virgin olive oil  
2 tablespoons water

### Loving Preparation:

Place all ingredients into a food processor or high-powered blender, such as a Vitamix, and blend until nuts are ground and texture is smooth.

Place in a glass container with tight fitting lid and keep in the fridge until ready to use. Usually keeps about 3-4 days.

Favorite uses in our home:

Use instead of marinara sauce for the base of your pizza.

Use as a spread on your favorite sandwich instead of mayonnaise and mustard.

Cook up your favorite pasta, and steam some broccoli. Place pasta and broccoli in a bowl and mix in the pesto sauce. Serve along side your favorite salad.

Makes approximately 1 cup of pesto



## Asian Edamame Dip

### Ingredients:

1 cup frozen shelled edamame  
1 tablespoon fresh ginger, minced  
1 clove garlic (more to taste)  
½ cup silken tofu  
1 cup cilantro leaves  
3 tablespoons peanut butter  
2 tablespoons Tamari  
2 tablespoons fresh lime juice  
½ teaspoon Sriracha or favorite chili sauce

### Loving Preparation:

Bring small pot of water to a boil. Add edamame, and cook 10 minutes. Drain.

Place ginger and garlic in bowl of food processor and process until minced.

Add edamame, tofu, cilantro, peanut butter, tamari, lime juice and sriracha or chili sauce.

Process until dip is chunky-smooth.

Refrigerate in sealed container for several hours to allow flavors to blend before serving.

Makes approximately 1 – 1 ½ cups



## Curried Red Lentil, Kale and Sweet Potato Soup

### Ingredients:

- 1 tablespoon coconut oil
- 1 medium yellow onion, finely diced
- 2 teaspoons grated ginger
- 2 large garlic clove, minced
- 2 – 3 teaspoons Garam Masala curry powder
- 1 teaspoon sea salt
- 3 tablespoons tomato paste
- 5 cups water
- 1/2 of a 14oz can of full fat coconut milk mixed with 1/2 cup of water
- 1 cup red lentils
- 1 large jewel sweet potato, peeled and diced into 1/2-inch cubes
- 1 bunch dinosaur kale, stemmed and coarsely chopped

### Loving Preparation:

Heat the coconut oil in a large pot. Add the onion and cook over medium heat.

Add a pinch of salt and cook for about 5-8 minutes, or until onion is tender.

Stir in the ginger, garlic, curry powder, and salt.

Stir for about a minute, stirring frequently.

Add the tomato paste, water, coconut milk, red lentils, and sweet potato. Bring to a boil, and then lower to a simmer.

Cook, partially covered, until the sweet potatoes are tender and the lentils are cooked through, about 30 – 45 minutes.

Stir in the kale and cook for about 5 minutes, or until wilted and tender. Serve.

Optional toppings: chopped cilantro, toasted pumpkin seeds, dollop of Greek yogurt.



Serves 6

## Curry, Coconut and Red Lentil Dal

### Ingredients:

2 Tablespoons coconut oil  
1 medium onion, diced  
4 garlic cloves, minced  
3 Tablespoons fresh ginger root, minced  
1 ½ Teaspoons ground cumin  
1 ½ Teaspoons ground coriander  
1-2 Tablespoons Thai red curry paste  
1 14-oz can coconut milk, unsweetened, full-fat (or homemade)  
1 14-oz can diced tomatoes, petite (or 1 ½ cups of your favorite tomatoes, diced)  
2 cups red lentils, dried  
8 cups vegetable stock  
Fresh Cilantro as a topping (optional)

### Loving Preparation:

In a large pot, melt the coconut oil over medium-high heat.

Stir in the onions and sauté until the onions are soft and translucent.

Stir in the garlic and ginger until well blended with the onions.

Add the cumin, coriander, and curry paste mixing until everything is well blended.

Add the remaining ingredients: coconut milk, tomatoes, lentils and vegetable stock. Stir until all ingredients are well blended.

Simmer (no lid required) for roughly 30-minutes, stirring often to keep the lentils from sticking to the bottom of the pot. As the lentils cook, they will break down and thicken the dal. Add more liquid, as you like.

Serve!!

Note: I love this served over a serving of my favorite rice.

Top with fresh chopped cilantro, if desired

Source of recipe inspiration: Hungry for Change

Note about the photo: in this particular batch, I used roasted tomatoes and garlic

Serves 6-8



## Colorful Kale Salad

### Ingredients:

1 large bunch of Dinosaur kale, remove tough, thick stem from the leaves before chopping  
1/4 head of red cabbage, chopped  
1/2 small red onion, chopped  
2 cloves garlic, minced  
1 small beet, shredded  
1 medium carrot, shredded  
1/3 cup of raw pumpkin seeds

1 to 2 tablespoons extra-virgin olive oil  
1 squeezed lemon  
1 tablespoon apple cider vinegar  
1/3 - 1/2 cup nutritional yeast  
1 teaspoon sea salt  
Pinch of cayenne pepper  
Black pepper to taste

### Loving Preparation:

First massage chopped kale leaves with sea salt to reduce toughness.

Add chopped cabbage, onion, garlic, and shredded beet and carrots, and pumpkin seeds.

Then add olive oil, lemon, apple cider vinegar, nutritional yeast, sea salt, cayenne pepper, and black pepper. Mix everything together thoroughly.

Note: I usually mix until nutritional yeast has dissolved into the salad.

Serves 4-6



## Kerry's Garden Tomato Salad

So what do you do when a dear friend gives you a bunch of tomatoes fresh from their garden?! Yep, you make a lovely tomato salad! Here's my offering...

### Ingredients

1-2lbs tomatoes, mixed ripe tomatoes, different shapes and colors and types

Sea salt

½ small red onion, finely diced

Fresh ground black pepper, to taste

¼ cup cilantro leaves, chopped (can substitute a pinch of dried oregano or any favorite herb you like)

1 teaspoon thick balsamic vinegar

1 tablespoon extra virgin olive oil

1 large clove garlic, crushed

1 large pinch of dried chili pepper flakes (optional)

### Loving Preparation:

Depending on the size of your tomatoes, slice some in half, some into quarters and others into uneven chunks

Put tomatoes in a colander and sprinkle them with a good pinch of sea salt. Give them a toss, season again and give a couple more tosses.

Let tomatoes sit in the colander for about 15 minutes to let the excess juices drip out and flavors intensify. Discard the excess juice.

Place the tomatoes in a medium bowl along with the onion, black pepper, and cilantro leaves. Give a toss.

In a small jar or bowl whisk together the balsamic vinegar, olive oil, garlic and chili pepper (if using).

Pour dressing over tomato mixture. Mix well and you are ready to serve over your favorite bed of lettuce! Enjoy!



Serves 4