



HEALTHY RECIPES



JUICES: VEGETABLES & FRUITS

HEALTHY JUICE 1

1/2 Pear, 1/2 apple, hand full of spinach, hand full of parsley, 1/2 cucumber, 1 stem of celery, 1/4 papaya, 1/2 tsp of fresh ground ginger.
(blender together.)

HEALTHY JUICE 2

Asian pear, 1 apple, 1 avocado, 1/4 of lemon juice, 1 tsp of flax seed oil, hand of berries. (blender together)

HEALTHY JUICE 3

Hand full of flat Kale leaf, 3 dates, hand full of Spinach, 2 slices of pineapple, 1 banana, 1tp of flax seed oil. (blender together)



SALADS

SPINACH SALAD WITH PEARS

Toss together 2 full hands of fresh spinach, 1/4 cup of shredded almonds, 1 pear sliced, 2 tp pine nuts, 1 boiled yucca cut in cubes, 1 lemon zest and 1/4 of the juice, few black olives, olive oil and few stems of fresh basil.

SWEET POTATOES AND PEAS SALAD

Cooked sweet potato cut in cubes, 1 cup of cooked peas, 1 tomato cut in cubes, 4 stems of fresh mint (chop the leaves), 1 chopped garlic, 1 hand full of watercress salad, olive oil, lemon juice & Celtic salt. Toss together!

LESLIE'S FAMOUS QUINOA SALAD SERVED WITH A SIDE OF VEGETABLE NORI

2 or 3 nori sheets felled with guacamole, sliced cucumber, 1 chili de-veins and sliced, 1 scallions, 1/2 lime juice and rolled.

Ingredients & Directions

- *400g Quinoa grains
- *1 Hand full of 1 green vegetable of your choice
(Zucchini, snow peas,...)
- *1 box of small tomatoes (cut in 1/2)
- *1 Hand full of Grape cut in 1/2
- * 1 hand full of mix green
- *Fresh herbs, chives, cilantro & basil (1 small bunch of each)
- *1 Lemon zest + 1/2 of the juice
- *1/2 teaspoon of dry or fresh ginger
- *1/2 teaspoon of cayenne pepper
- *1/2 teaspoon of paprika
- *1/4 cup of low sodium Soya sauce
- *1/4 cup of olive oil

Put and cook the quinoa grain in boiled water with no salt for 13 minutes.

Drain it with cold water to stop the cooking process. Then sprinkle with the Soya sauce and let it drain there.

Cut all the ingredients then place it in a big bowl.

(Cut everything small to get the perfect bite! ☺) Then mix everything together! And Bon appetit!!



FISH

CEVICHE

INGREDIENTS & DIRECTIONS

- *1 pound of white fish of your choice (Grouper, snapper, halibut....) (sliced like Sashimi bite size)
- * 3 hot yellow chili pepper (remove seeds and veins)
 - *A touch of olive oil.
 - *1 cup of lemon and lime juice.
 - *1 Passion fruit
- *1 table spoon of chopped cilantro.
 - *1/2 tablespoon of parsley
 - *1 spoon of celery finely sliced.
 - *1 shallot finely sliced.
 - *1/2 Avocado cubed.

In blender: 1/2 cup olive oil, 1/2 lemon juice, 3 yellow chili pepper, 1 tablespoon of celery, 1 passion fruit (seedless) and pinch Celtic salt.

Placed the sliced fish of your choice in a bowl and mix with 1 cup of lemon and lime juice, salt, white pepper, shallot, cilantro and parsley.

Then place the mixture of fish on a platter then topped with the yellow chili/ passion fruit sauce and sprinkle with pieces of avocado, parsley and cilantro.



FRUITS & DESSERTS

COCONUT CREAM TOPPED WITH FRUITS

1/4 cup Thai coconut water and 1/2 cup coconut jelly(meat of the young coconut), 1/4 cup raw coconut oil, 4 dated, 1/4 unsweetened shredded coconut, 1/4 cup raisin, 2 teaspoon sesame seeds.

Blend everything together but the coconut oil add it the last 2 second. Place the cream in a plate, topped it with Berries, kiwi, pears, pineapple and 1/4 lemon juice. Sprinkle with pumpkin seeds and flax seeds