



SIMPLE HEALTHY START RECIPES

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BERRY BEET SMOOTHIE

SERVES 1

INGREDIENTS

- 1 cup rooibos tea, cooled
- 1 cup frozen strawberries or other berries
- 1 small beet
- 1 cup spinach or collard greens
- 2 tbsp flaxseed oil (such as *udo's oil 3-6-9*)
- 2 tbsp goji berries
- ½ lemon
- 1 tsp ginger
- ½ tsp cinnamon

INSTRUCTIONS

Blend all ingredients until smooth. May add more liquid as needed for desired consistency.





SALMON KALE SALAD

SERVES 1

INGREDIENTS

2 cups baby kale
½ cucumber
1 tbsp dried cranberries
6 oz salmon filet
1 tsp olive oil
Salt and pepper to taste

Dressing

½ cup beets
1 tbsp olive oil
2 tbsp balsamic vinegar
2 tbsp cranberry sauce

INSTRUCTIONS

1. Line a baking sheet with foil and place salmon on sheet. Sprinkle with salt and pepper and a light drizzle of olive oil. Bake at 450° for 10–12 minutes.
2. Prepare the dressing: blend balsamic vinegar, beets, cranberry sauce in a blender until smooth. Extra dressing can be kept in airtight jar for a week.
3. Place kale in a large bowl and top with cucumber slices and dried cranberries. Top with salmon filet and drizzle with 2 tbsp salad dressing.

SPRING ROLLS

SERVES 4-6

INGREDIENTS

- (8) 8-inch round spring roll wrappers
- 8 oz pre-cooked shrimp, chilled
- 1 small head of shredded lettuce (preferably Bibb lettuce)
- 1 cup shredded carrots
- 1 cup cucumber, cut into thin strips
- ¼ sliced green onions
- ½ cup fresh cilantro
- 1 avocado sliced
- 5 tbsp Peanut Dipping Sauce

Peanut Dipping Sauce

- ¼ cup honey
- ¼ cup smooth peanut butter
- 3 tbsp Bragg's aminos
- 2 tbsp rice vinegar
- 2 tbsp extra-virgin olive oil
- 1 tbsp sesame oil
- 2 tsp minced fresh garlic
- 1 tbsp minced fresh ginger
- 1 tsp crushed red pepper flakes



INSTRUCTIONS

1. Place warm water in a shallow dish. Dip each spring roll wrapper into water, then place between damp paper towels for about 10 minutes.
2. In a large bowl combine shrimp, lettuce, carrots, green onions, and cilantro. Add 2 tbsp of the peanut sauce and 1 tbsp rice vinegar. Toss to coat all ingredients.
3. For the dipping sauce, mix the remaining peanut sauce with 1 tbsp rice vinegar and set aside.
4. Take out the wrappers and begin to fill by putting about ½ cup of the filling about ½ inch from the bottom edge. Place 2 avocado slices on top, then fold over the bottom edge of the wrapper over the filling. Fold in the sides, then roll up.
5. Repeat with remaining wrappers. Cut each in half and serve with the dipping sauce.