

Enjoy these two recipes that will bring fresh nutrients to nourish your body, mind and soul.

Orzo Quinoa Salad Bowl



Ingredients needed: serves two

- 1 cup quinoa (soak for 1 hour then drain)
- ½ cup orzo (this is a small pasta)
- 2 tbsp. coconut oil
- ½ cup red bell peppers (chopped)
- 2 stalks celery (chopped finely)
- 1 cup arugula (chopped)
- ½ cup zucchini (chopped)
- ½ cup frozen peas (thawed)
- 1 avocado (peeled and diced)

Step 1: Soak your quinoa while you brown the orzo in a 1 quart saucepan with the coconut oil then put this aside while you chop your peppers, celery, arugula, zucchini, and thaw the peas.

Step 2: Boil the quinoa and orzo in 2 cups water for 20 minutes then take off heat and put aside for 10 minutes then drain and fluff with a fork and put into your bowls

Step 3: put the veggies on top of the quinoa/orzo mixture and stir until mixed

Step 4: put the chopped avocado on top and drizzle with the dressing (see recipe below).

Garlic Mustard Dressing: blend the following in your mini blender until creamy:

- ¼ cup of each: olive oil & apple cider vinegar
- 2 tbsp. organic Dijon mustard
- 1 clove garlic (minced)
- 2 tsp. unpasteurized honey

This dressing will keep in the fridge for 5-7 days.

Easter Veggie Stick Salad with a Carrot Honey Dressing

This is a wonderfully colourful salad to serve anytime but especially in the Spring!

You make this salad in 2 parts: the Stick Straw and the pea/corn topping, and I used the multi coloured carrots and beets you find in the organic market.

The Salad Straw: serves 4

Cut up the following veggies into thin stick-like pieces:

- 1 of each coloured carrot (purple, yellow & orange) this makes about ½ cup of each
- 1 small beet of each colour (deep red, pink & yellow) – makes about ½ cup of each
- 1 small zucchini of each colour (yellow & green)

Toss these thin stick-like pieces in the following dressing.

The Dressing: makes 1 cup

Blend the following ingredients in your mini blender until creamy:

- ⅓ cup of each: olive oil and apple cider vinegar
- 2 tsps CarrotJuiceMax powder
- 1 tsp honey
- 1 tsp dried mint

The Topping: makes 1 ½ cups

- ¼ cup pine nuts
- ½ cup of each: fresh or frozen organic corn & peas

Toss with the above dressing and keep separate from the stick straw salad.

To plate put a large scoop of the Match stick Straw salad on your plate or bowl then top with a smaller scoop of the pea/corn topping and serve.

