



Cheri's
20 FAVORITE
Eat to Live
RECIPES



Welcome to ***"Cheri's 20 Favorite Eat to Live Recipes"***

You'll discover some of Cheri's favorite recipes inside. We've included both sweet and savory options so you can mix and match.

Repeat the same recipes every day
OR mix & match unique options.

Let us show you how amazing healthy food can taste.





CHERI'S 20 FAVORITE RECIPES

(WARM) APPLE CINNAMON SMOOTHIE RECIPE

This recipe makes a large, 30+ ounce smoothie. It is an excellent way to take in a lot of greens first thing in the morning, especially when it's cold out! You can easily have this cold instead, if you don't like it warm. Optionally: have 20-24 ounces ($\frac{2}{3}$ of the smoothie) for breakfast. Cover and put in the fridge and the rest ($\frac{1}{3}$ of the smoothie) will be a quick, light dinner.

Serves: 1

INGREDIENTS

- 1 cups unsweetened, plain non-dairy milk
- 4 ounces romaine lettuce (about 1 heart or 7-8 cups, loosely packed)
- 2 stalks of kale, stems removed and discarded
- 1 apple, chopped
- 1 ripe banana
- 2 tablespoons raw, unsalted walnuts
- 1 tablespoon ground flaxseed
- $\frac{1}{2}$ teaspoon cinnamon

INSTRUCTIONS

Place all ingredients into a high-powered blender and blend until smooth.

If you don't have a high-speed blender, you can warm this gently in the microwave or over a stove

"CHEESY" KALE SALAD

Serves: 1-2

INGREDIENTS

4-5 large stalks of Lacinato kale (aka dinosaur kale)

1 tablespoon tahini

½-1 whole lemon, juiced

⅛ cup unfortified nutritional yeast

INSTRUCTIONS

Strip the kale leaves off the stems and discard the stems. You'll have a lot of kale that looks like these long strips.

Tear the kale into bite size pieces. Squeeze and massage the kale very hard for about 1-2 minutes or until the kale is very soft and a more pleasant texture.

When the kale is the right texture, it will be, much softer to the touch, the color will be a dark green and it will look more wet.

Add the lemon tahini and lemon juice to the kale and stir vigorously to evenly distribute the tahini.

Add the nutritional yeast and stir to combine. Serve.



RAW CHOCOLATE BROWNIES BITES

Serves: 40 small bites

INGREDIENTS

½ cup raw, unsalted walnuts
½ cup raw, unsalted pecans
1 cup pitted dates (any variety)
4 tablespoons unsweetened, shredded coconut
5 tablespoons raw, unsweetened cacao powder
(or any unsweetened cocoa or carob powder)



INSTRUCTIONS

To a food processor, add the nuts and blend until coarse ground. Add the dates and blend again until those are coarsely chopped. Add the coconut and cacao powder and finish processing until all ingredients are well-combined and start to stick together.

Take tablespoon or larger sized amounts of the mixture and roll into a ball in the palm of your hand. Cover with plastic wrap and store in the fridge for a week, or in the freezer, in a freezer-safe container for 4-6 months.



INSIDE-OUT VEGETABLE SUSHI SALAD

Serves: 3

(make salad base ahead, then divide **TOPPINGS** into thirds for each serving)

INGREDIENTS

10-12 ounces cauliflower rice, frozen OR fresh OR 1 small head cauliflower, chopped fine in food processor

12 cups baby kale, kale OR spinach, chopped small

1 ½ cups frozen shelled edamame, or fresh (must be shelled ahead of time, discarding shells/pods)

1 ½ cups shredded carrots

¾ cup celery, finely minced (about 3 stalks)

3 small cucumbers, small dice

¾ cup water-sauteed mushrooms, sliced

6 green onions, minced

3 tablespoons raw unhulled sesame seeds

TOPPINGS (⅓ for each serving when preparing recipe to eat)

1 avocado, small dice (⅓ avocado for each meal)

1 ½ Nori sheets, raw, torn into small pieces (I rub these between my hands to crumble)

1 ½ teaspoons (½ teaspoon per salad serving) Bragg's liquid aminos OR 6 teaspoons (2 teaspoons per salad serving) coconut aminos

Sushi Ginger to taste (optional)

INSTRUCTIONS

In medium pan over medium high heat OR in microwave, cook cauliflower rice until beginning to soften, stirring frequently. Add in the kale and cook until wilted, stirring frequently, about 4-5 minutes. Remove from heat, add edamame, stir to combine and allow mixture to cool.

Once mixture is completely cooled, add remaining raw salad base ingredients and stir to combine. Refrigerate until ready to portion out for meal.

To serve, portion out ⅓ of the salad base mixture, add 1 serving of each topping and enjoy with chopsticks if desired!



CELERY-CAULIFLOWER SOUP

Serves: 3

(2 cup servings) + extra 2-3 portions

INGREDIENTS

1 medium onion, chopped

5 cloves garlic, minced or pressed

5 medium carrots, chopped small

2 cups celery, chopped

1 lb frozen (or fresh) cauliflower florets (cauliflower rice works perfectly, here)

6 cups vegetable broth

3 cups chopped small kale, tough ribs removed (or baby kale or other green leafy, chopped)

3/4 cup raw cashews, soaked in hot water for 5 minutes

1 teaspoon Mrs Dash Table

½ cup unfortified nutritional yeast

To finish when serving: juice of ½ lemon & 1 tablespoon tahini per 2 cup serving.

INSTRUCTIONS

In a large soup pot, saute the chopped onion in a few tablespoons of water or vegetable broth for 3-5 minutes, until softened.

Add the garlic, carrots, celery and saute a few more minutes. Next add the cauliflower and vegetable broth.

Bring to a boil and turn the heat down to simmer for 10-15 minutes.

Take off the burner and allow to cool 30 min. Stir in the Mrs. Dash and the nutritional yeast.

Place the cashews and half of the soup in the blender. Gently whirl until smooth.

Pour out into a large pitcher or bowl and repeat with remaining soup. Leave this batch slightly chunky, if you prefer texture to your soup.

Be very careful as the soup is still hot. If your lid has a small cover inside the big one, remove and cover with a dishcloth as you process. This allows some steam to escape and not build up inside.

Pour all the soup back in the pot.

Now add the chopped kale or spinach to the pot and stir well. If using kale, let it simmer for about 10 more minutes, until kale is tender. If using baby spinach, simply let it wilt into the soup.

Remove from heat.

When cooled, divide into 2 cup portions. Refrigerate 3 portions. Freeze extra.

BLUEBERRY PEAR SALAD

Serves: 1

INGREDIENTS

For the Salad

- 1 cup romaine lettuce, chopped
- 4 cups green leaf lettuce, chopped
- 2 cups arugula, chopped
- 1 small container fresh blueberries, rinsed
- 1 small ripe pear, chopped
- 1 stalk green onion, chopped
- ½ cup unsalted, cooked chickpeas
- ½ lemon, juiced



INSTRUCTIONS

In large bowl, combine all ingredients and toss with ⅓ of the dressing below.

SIMPLE CASHEW DRESSING

If you don't have a high-speed blender, dressings that you make won't be as creamy as they could be. So you will want to soak the nuts/seeds in water for at least 2-3 hours before blending. Feel free to still soak the nuts even if you have a Vitamix, but not necessary.

Yield about 1 cup

INGREDIENTS

1½ cups raw unsalted nuts and seeds
(choose 1 or use mix of cashews, sunflower seeds,
pumpkin seeds, pine nuts, almonds etc)
½-1 cup water
1 tablespoon vinegar of choice (optional)

INSTRUCTIONS

In a high speed blender, blend to combine all ingredients, adjusting water amount to consistency preference.
Use 3 tablespoons of dressing per salad and mix well to combine and serve.





YUMMO SHREDDED KALE SALAD

Serves :1

INGREDIENTS

- 1 bunch dinosaur/lacinato kale, shredded thinly
- 1 lime, juiced
- 1/3 avocado, chopped small
- 2 tablespoons raw, unsalted walnuts, chopped
- 1/4 cup red onion, sliced thinly
- 1 red apple, chopped
- 2 heaping tablespoons unfortified nutritional yeast

INSTRUCTIONS

To a large mixing bowl, add the kale and lime juice and with clean hands, begin to massage the kale so it starts to soften, about 2-3 minutes. ***(This step will really improve the texture of the kale.)***

Add the rest of the ingredients to the bowl and mix to combine well, smashing the avocado a bit to spread it around as a dressing.

SIMPLE SPLIT PEA SOUP

Make this soup, take out (3) 1-cup portions for the refrigerator and freeze the rest into 2-cup portions for later meals.

Serves :6-8

INGREDIENTS

1 large yellow onion, small dice

4 cloves garlic, finely minced or pressed

3 ribs celery, chopped finely

1 cup carrots, chopped or shredded

1 8-ounce package mushrooms, any variety, chopped

1 pound dry split peas, sorted and rinsed

6 cups no- or low-sodium vegetable broth

2 bay leaves

Freshly ground black pepper, lemon juice, and/or unfortified nutritional yeast for “finishing” (*see FAQ document for more notes on “finishing”*)

INSTRUCTIONS

In a large soup pot over high heat, add all ingredients except the finishing items. Bring to a boil and reduce to simmer until split peas are fully cooked, usually 1 hour to 1 hour and 15 minutes. Remove the bay leaves.

Add all ingredients to a blender and puree until smooth or use an immersion blender. You can also leave this a bit chunkier if you prefer.



NOTE: In an Instant Pot, though I haven't tested it, I think you could do this on the high manual/Bean setting for 15 minutes, and then use natural release. Discard the bay leaves and blend as above.



SWEET TOOTH SMOOTHIE

I use this smoothie for exactly what it sounds like as well as a quick and easy dinner some nights. It takes care of any craving I have, QUICK.

Serves :1

INGREDIENTS

- 1 cup unsweetened non-dairy milk
- 2-3 stalks kale, destemmed
- 1 overripe banana
- ½ cup frozen sweet cherries
- 1 tablespoon unsweetened nut butter (I prefer peanut butter)
- 1 tablespoon raw cacao powder or toasted carob powder (I prefer carob)
- ½ teaspoon vanilla extract or powder

INSTRUCTIONS

Add all ingredients to a blender and process until smooth and creamy.

CHICK PEA “TUNA SALAD” WRAPS



Feel free to substitute out the collard green leaves for kale, romaine leaves or any type of cabbage leaves (Napa, Savoy, green, etc) that are easy to wrap ingredients up in or make “lettuce boats”. Just make sure to shave down the inner stem so it's not too thick to roll easily and is pleasant to chew.

Serves :3

INGREDIENTS

For the Tuna Salad

- 1 15-ounce can no- or low-sodium chickpeas, drained and rinsed
- 1 cup frozen peas and carrots
- ½-1 small onion, finely minced
- 1 ½ tablespoons raw, no-sodium tahini
- Juice of ½ lemon, or to taste
- 1 teaspoon Dijon mustard
- 1-2 tablespoons unfortified nutritional yeast

For the Wraps (2 wraps per meal)

- 6 large collard green leaves, stems shaved thin and tough thick end removed completely
- 2 red peppers, sliced
- ⅔ cup shredded carrots

INSTRUCTIONS

In a medium bowl, add all the chickpeas, peas, carrots, onion and tahini and mix well to distribute. Add the lemon juice and mustard and mix again. (We do this in steps because if you add tahini directly to lemon, it clumps). Then add the nutritional yeast and mix completely.

To assemble wraps, take 1 collard leaf, put several tablespoons of the tuna salad mixture on the leaf, add a few strips of red pepper, and a couple tablespoons of carrots and roll the mixture up like a burrito. 2 wraps like this makes up a meal + the 1 cup soup of choice listed on the Calendar.



NOTE: If you want a visual on all of this, including shaving down the collard green stems (at around the 5:40 mark), check out my video on Chickpea Tuna Salad on YouTube.

CRISPY GARBANZOS

Serves :3

INGREDIENTS

1 15-oz can low-sodium chickpeas (garbanzo beans)
or 1½ cups cooked chickpeas, salt-free
1-2 teaspoons garlic powder
1-2 teaspoons onion powder
½ teaspoon black pepper

INSTRUCTIONS

Preheat your oven to 375 degrees F.

Rinse your chickpeas under water and drain.

While in the colander/strainer, sprinkle the chickpeas with the spices evenly and toss to distribute.

On a foil- or silicone-lined baking sheet, spread the chickpeas evenly. Roast for 20 minutes, remove from the oven and use a spatula or fork to unstick the chickpeas from the foil and shake the sheet a bit to flip them around.

Bake for another 15-20 minutes, or until they are golden brown but not too dark.





SWEET TATERS AND NANAS

Serves :1

INGREDIENTS

1 small (6 ounces) sweet potato
1 banana
1 tablespoon flax seed, ground
1 tablespoon chopped walnuts
dash of cinnamon
dash of vanilla powder (optional)

INSTRUCTIONS

Roast sweet potato by your favorite method (oven, air fryer, microwave.)

If you have done this ahead; reheat your potato.

On serving plate, place cut-open potato, slice up banana and place inside potato.

Sprinkle with ground flax, cinnamon, walnuts and (optional) vanilla powder.

SCRAMBLED VEGGS

Serves :3



INGREDIENTS

- 1 14 ounce container of firm or extra firm tofu, pressed to remove majority of water
- 1 teaspoon Bragg's Liquid Aminos OR low-sodium tamari
- 1 tablespoon coconut aminos
- 2 teaspoons low-sodium Dijon mustard
- ¼ cup nutritional yeast
- 1 Tablespoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon ground turmeric OR curry powder
- 1 teaspoon Italian seasoning OR ½ teaspoon dried basil and ½ teaspoon dried oregano
- ¼ teaspoon fresh ground black pepper
- 1 medium onion, small dice
- 1 sweet pepper, medium dice (your choice of color)
- 1 large portabella mushroom, medium dice
- 2 cups (2 ounces) baby kale, chopped

INSTRUCTIONS

PREP INSTRUCTIONS 2 DAYS BEFORE:

In a gallon resealable plastic bag (or a bowl with a fork), add the tofu, both aminos and all the spices.

Close the bag, and break up and mash the tofu around until you've thoroughly distributed all the marinade ingredients throughout.

Close bag or cover bowl and refrigerate overnight to marinate.

COOKING INSTRUCTIONS DAY BEFORE:

In a large skillet over medium-high heat, add the onion, bell pepper and mushrooms and saute until onions are beginning to become translucent.

The mushrooms will give off enough water so you shouldn't need to add any during cooking, but if the vegetables begin to stick to the pan, add a tablespoon or two of water at a time. Add the kale and saute until greens are wilted, about 2-3 minutes. Add the tofu and stir to combine.

Remove from heat, divide into ⅓ portions and allow to cool. Cover and refrigerate.

When serving, gently reheat in a pan or microwave.

CHOCOLATE PEANUT BUTTER SMOOTHIE

Serves :1-2

INGREDIENTS

- ½ cup almond milk
- 2 cups water
- 1 medjool date, pitted
- 1 frozen banana
- 1 tablespoon ground flaxseed
- 1 1/2 cups frozen blueberries
- 1 tablespoon cocoa powder (or carob powder)
- 3 ounces fresh spinach or romaine lettuce (1 very large handful)
- 1 heaping tablespoon natural peanut butter (or other nut butter)
- 5 ice cubes, if desired



INSTRUCTIONS

Place all ingredients into a high-powered blender and blend until smooth. Note that if you use a regular blender, the date won't get blended smooth. Try soaking it in the almond milk for an hour or so before blending with a regular blender.



BLUE JALAPENO SLAW SALAD

Makes 2 salad servings, 4 dressing servings

INGREDIENTS

- 1 cup cashews soaked in 2 cups of water, overnight in refrigerator (only necessary if you have a standard/non-high-speed blender)
- 1 cup water, or more for your consistency preferences
- 1 lemon, juiced
- 1 clove of garlic, large
- 1 tablespoon brown mustard, low-sodium
- 1 teaspoon miso
- ¼ teaspoon Mrs Dash SW Chipotle Seasoning (or more to taste)
- ⅓ cup of chopped red onion
- 1 pound shredded coleslaw mix (very finely shredded, or hand-shred a mix of green cabbage, purple cabbage and carrots)
- 2 jalapenos, chopped, deseeded (unless you like that heat!)
- 1 ½ cups blueberries

DIRECTIONS

In colander, drain and rinse the cashews. In high powered blender, combine cashews, water, lemon juice, garlic, mustard and miso and blend until smooth.

In large bowl, combine vegetables and dressing.

Serve with blueberries on top.



VEGGIE WATER SAUTE

(to be used in Chickpea Pancakes, recipe below)

Serves :2-4

INGREDIENTS

- 1 bunch asparagus, chopped
- 1 yellow onion, chopped
- 1 cup butternut squash, sliced into ribbons (or omit)
- 1 zucchini, chopped
- 4 ounces mushrooms, any variety, chopped
- 1 cup frozen or fresh corn
- 1 15.5 ounce can low- or no-sodium diced tomatoes, liquid included

DIRECTIONS

In a large wok over high heat, or in a large sauté pan over medium high heat, add all ingredient except tomatoes and sauté until onions are just becoming translucent, adding 1-2 tablespoons water at a time as needed to prevent sticking.

Add the tomatoes and continue to cook for another 5 minutes.



VEGGIE CHICKPEA PANCAKES

Serves :2-4

INGREDIENTS

1 cup chickpea flour

1/4-1/2 cup water (depending)

1 1/2 cups veggie water sauté (see above recipe)

DIRECTIONS

In a small bowl, add the chickpea flour and 1-2 tablespoons of water and stir to combine to a paste-like consistency.

Add a couple more tablespoons of water at a time, stirring between additions, until pancake batter becomes thin yogurt-like consistency.

In a large saute pan over medium-high heat, add the veggies and saute to warm, stirring often. Spread out the veggies so there is some pan showing.

Pour the chickpea batter evenly over top of the veggies and cook until the batter is matte finish and some popped air bubbles are showing.

Flip the pancake, section by section if necessary, don't worry about breakage.

Cook another 1-2 minutes.

Serve pancakes with salsa, avocado, hummus, tomatoes, etc, on top if desired.

KITCHEN SINK SALAD

Serves :4-6 Large



INGREDIENTS

GREENS:

- 1 heart of romaine lettuce, washed, dried, torn into pieces
- 2 cups arugula, washed, dried, torn into pieces
- 2 cups baby kale mix, washed, dried, torn into pieces
- 7 large leaves green leaf lettuce, washed, dried, torn into pieces

BEANS AND LEGUMES:

- $\frac{3}{4}$ cup edamame, shelled and steamed
- 1 cup lentils
- $\frac{3}{4}$ cup green peas, frozen and thawed, or no salt variety if using canned

NUTS AND SEEDS:

- 3 tablespoons hemp seeds, raw, unsalted
- $\frac{1}{4}$ cup sunflower seeds, raw, unsalted

VEGETABLES:

- $\frac{3}{4}$ cup corn, frozen and thawed, or no salt variety if using canned
- $\frac{1}{2}$ cup beets, steamed
- $\frac{3}{4}$ cup shredded carrots
- $\frac{3}{4}$ cup green bell peppers, chopped
- $\frac{3}{4}$ cup clover sprouts

FRUITS:

- $\frac{3}{4}$ cup blueberries or strawberries (sliced), fresh

DIRECTIONS

Add all greens ingredients to the OXO salad bowl (*see blog post video*) or chop by hand, until half the original volume. Add all of the rest of the ingredients and mix to combine thoroughly.



MINT CHOCOLATE CHIP SMOOTHIE

Serves : 1

INGREDIENTS

- 1 cup non-dairy unsweetened milk (*I love almond*)
- 1-2 pitted medjool dates
- ½-1 heart of romaine
- 1 handful spinach
- 1 frozen banana
- ½ teaspoon vanilla extract
- ¼ teaspoon peppermint extract
- 1 tablespoon cacao nibs

DIRECTIONS

Add all ingredients except the nibs to your high-speed blender and blend until the dates are completely pulverized. Top with the cacao nibs.