



purely elizabeth.

[earth day e-coobook]

delicious gluten-free, vegan, refined sugar free recipes.

good for the health of your body & the planet.



**good health begins
with what we put in our bodies.**

**when you eat better,
you feel better.**

you are what you eat.

**food changes
everything.**

**in order to be healthy,
we also need a clean environment.**

we are committed to a sustainable planet.

**eat purely.
live purely.**



purely delicious menu

[Light bites]

- White gazpacho soup
- Cream of broccoli soup
- Arugula chopped salad with tomato + lentils + olives in a fresh lemon basil dressing
- Peach arugula and pecan salad with champagne vinaigrette
- Red quinoa salad with tomatoes, cucumbers, avocado and miso orange ginger vinaigrette
- Apple pecan quinoa salad with cashew cheese
- Asparagus salad with radish + avocado + carrot ginger dressing
- Vegetable sushi with spicy almond dressing
- Chickpea salad with celery, walnuts and dried cranberries on millet bread
- Kale and goji berry salad

[Heartier fare]

- Black bean burger three ways with roasted sweet potato fries
 - Fresh guacamole
 - Raw sundried tomato hummus
 - Sautéed spinach, mushroom and cheese
- Millet truffle and leek cakes with steamed greens and lemon vinaigrette
- Buckwheat soba noodles with baby bokchoy, shitakes and cashews
- BBQ portabella, onion and spinach cheese quesadilla
- Butter bean, swiss chard and garlic soft taco with fresh tomato guacamole
- Braised kale with baked tempeh tahini + roasted cauliflower florets
- Asparagus spring time risotto
- Brown rice pasta with chickpeas, tomatoes, swiss chard and hemp seed pesto
- Oven roasted red pepper stuffed with millet veggie medley drizzled with hemp seed pesto
- Spring vegetable lasagna
- Lentil veggie loaf muffins
- Orange glazed tempeh with sautéed bok choy, onion and daikon

[Sweets]

- Thumbprint cookies
- Blueberry crumb bar
- Raw key lime tart
- Peanut butter brownies
- Seasonal fruit crumble
- Strawberry rhubarb crisp
- Raw cinnamon swirl ice cream
- Super antioxidant trail bar
- Raw blueberry raspberry tart
- Banana bread

According to goveg.com-

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The American Dietetic Association states that vegetarians have “lower rates of death from ischemic heart disease; ... lower blood cholesterol levels, lower blood pressure, and lower rates of hypertension, type 2 diabetes, and prostate and colon cancer” and that vegetarians are less likely than meat-eaters to be obese. Well-planned vegetarian diets provide us with all the nutrients that we need, minus all the saturated fat, cholesterol, and contaminants found in animal flesh, eggs, and dairy products.

...Research has shown that vegetarians are 50 percent less likely to develop heart disease, and they have 40 percent of the cancer rate of meat-eaters. Plus, meat-eaters are nine times more likely to be obese than vegans are.

*“Nothing will benefit human health
and increase chances for survival on
life on Earth as much as the
evolution to a vegetarian diet”*

-Einstein

Vegan

health

tips:

1. What's the best way to cut back on animal protein? Join Meatless Mondays, a non-profit organization in association with the Johns Hopkins' Bloomberg School of Public Health, whose goal is to reduce the amount of animal protein consumed. Join the movement and pledge to improve your health one Monday at a time.
2. Even though you are eliminating animal products from your diet, there's no need to feel deprived. Instead think about all the wonderful foods you can ADD in. Besides, by eliminating animal products you are eliminating the high risks of high cholesterol, high blood pressure, heart disease and several types of cancer.
3. Incorporate natural plant based protein i.e. beans, legumes, grains (quinoa is a complete protein), nuts and seeds in the majority of your meals rather than relying on fake meats.
4. Try a smoothie in the am as a great way to get in loads of nutrition –my favorite is the Vega Whole Food Optimizer (with 100% RDA vitamins and minerals) or make your

What are those ingredients?

Flax seed

Flax seeds are rich in omega-3 fatty acids, fiber and protein. Omega-3 fatty acids help to reduce inflammation in the body. In addition, flaxseeds are rich in lignans, phytoestrogens compounds that have been shown to help protect against breast and colon cancer.

Hemp seed

Hemp seeds were first used in China over 6000 years ago as a staple food. Rich in omega-3 fatty acids and protein, hemp seeds are considered a perfect food. This superfood is also rich in sulfur, known as the beauty mineral, as well as iron, GLA's and vitamin E.

Chia seed

Chia seeds are a powerful superfood once used as currency for its exceptional value. The Aztec warriors used this endurance seed, rich in omega-3 fatty acids, fiber and protein to run great distances. Studies show that eating chia seeds slows down how fast our bodies convert carbohydrate calories into simple sugars.

Nutritional Yeast

Yellow in color and with a nutty cheesy flavor, nutritional yeast is inactive yeast that is a favorite amongst many vegans as it is a source of B12. Sprinkle some on popcorn, garlic bread, and stir-fry or pasta sauce.

Daiya Cheese

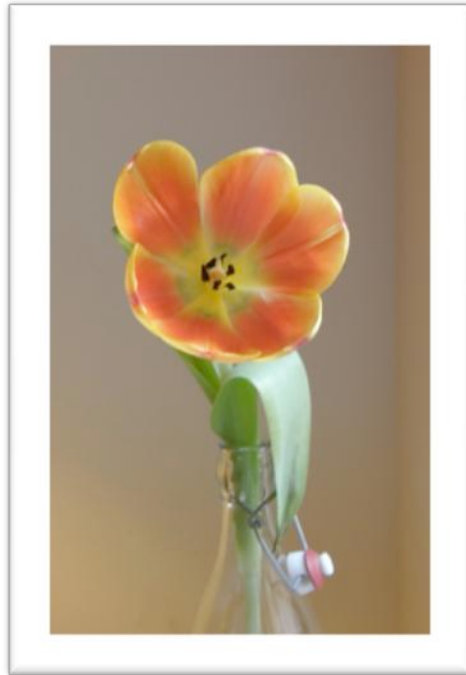
One of the best tasting vegan cheese free of Soy, Casein, Lactose, Gluten, Egg, Wheat, Barley, Corn, Whey, Rice, and Nuts. <http://www.daiyafoods.com/>

Brown rice pasta

This is my favorite gluten free or even non gluten free pasta option. [Lundberg](#) makes the best tasting option with the highest amount of fiber and protein. Unlike other gluten free pastas, this has some nutritional value.

Earth balance butter

My favorite vegan butter alternative, you would never know it's not the real thing. <http://www.earthbalancenatural.com> Earth balance is made from good oils and is non-



Light Bites.

[White Gazpacho Soup]

- 1 large cucumber, peeled, seeded, and chopped
- 1 1/4 cups seedless green grapes
- 1/4 cup plus 2 Tbsp. blanched almonds
- 1/4 cup almond milk
- 1/2 clove garlic, peeled
- 1/2 small shallot, peeled
- 1 Tbsp. red wine vinegar
- 2 tbsp flax seed
- Salt and freshly ground pepper
- 1/2 cup chopped tomatoes
- Chopped chives for garnish

Put cucumber, 1-cup grapes, 1/4 cups almonds, almond milk, garlic, shallot, red wine vinegar and flax seed into a blender and puree until smooth, about 2 minutes.

The finished texture should be smooth, creamy, and just a bit grainy from the almonds. Season to taste with salt and pepper, then transfer gazpacho to a bowl. Cover and refrigerate until well chilled, or for up to 2 days.

When ready to serve, thinly slice remaining grapes and finely chop remaining almonds. Pour gazpacho into bowls, and garnish with sliced grapes, chopped almonds, tomatoes and chives;

serve immediately

[Red Quinoa Salad with Tomatoes, Cucumbers, Avocado and Miso Orange Ginger Vinaigrette]

Miso Orange Ginger Vinaigrette:

- 3 tbsp red wine vinegar
- 3 tbsp fresh orange juice
- 3 tsp white miso
- 1 tsp olive oil
- 1 tsp ginger juice

Salad:

- 1 Cup Red quinoa (pre-soaked)
- 2 Cups of Water
- 1-Cup Grape Tomatoes- cut in half
- 1 cup Cucumbers- chopped
- 1 Avocado- cut in chunks
- ½ cup chopped fresh basil



Directions:

In a medium size pot bring 1 cup of quinoa and 2 cups of water to a boil. Cover and turn down heat for 15 minutes or until quinoa fluffs.

Meanwhile, place all dressing ingredients in food processor and blend. Or pour ingredients in a mason jar and shake vigorously. Set aside

In a large bowl add cooked quinoa, tomatoes, cucumbers avocado and scallions. Toss in dressing and serve.

[Spring vegetable lasagna]

1 1/2 tbsp olive oil
2 cloves garlic, minced
2 bunches kale, large stems removed and leaves chopped
1/4 cup vegetable stock (optional)
2 cup diced mushrooms
1 zucchini, sliced
1 cup cashews
1/2 cup nutritional yeast
1 24oz jar tomato sauce (here I use Rao's Arrabiata Sauce- the best sauce in the world, plus no added sugar)
Brown rice lasagna noodles (pre-cooked, such as tinkyada)
1 cup vegan cheese for topping (such as Daiya)



Directions:

1. Set the oven to 350 degrees. Have on hand a 8-by-8-inch baking dish.
2. In a small sauté pan, heat 1 tbsp olive oil over medium heat. Add garlic and sauté until fragrant. Add kale and optional 1/4 cup vegetable stock. Continue to sauté until slightly wilted. Set aside kale mixture in a bowl.
3. In the same sauté pan, add 1/2 tbsp oil, chopped mushrooms and zucchini. Sauté 3-5 minutes until fragrant. Set aside.
4. In a high speed processor (vita-mix would be ideal) combine cashews, nutritional yeast and water (just enough to cover the cashews. Blend on high until you get a creamy consistency. Add salt to taste.
5. In the baking dish, spread about 1 cup of tomato sauce to cover the bottom. Add a layer of noodles, overlapping them slightly to make a solid single layer. Spread cashew cheese evenly over noodles. Layer mushroom/zucchini mixture on top of cheese. Add another layer of noodles, followed by sauce and kale mixture.
6. Repeat with one more layer of noodles, sauce, and then sprinkle generously with vegan cheese.
7. Bake the lasagna for 35-40 minutes or until bubbly. Let it sit for 5 minutes or so to firm up before slicing.