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*Amanda Moxley's*

# 50 SUPER Slimming RECIPES

*Shed Fat, Gain Energy  
& Get Hot and  
Healthy for Life!*



Amanda Moxley  
*Body and Soul Coach*

# Amanda Moxley's 50 Super-Slimming Recipes

First Edition

“Shed Fat, Gain Energy & Get Hot and Healthy for Life!”

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Based in Utah, but inspiring women and men around the globe  
to love their bodies through food and inner work!

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## Introduction

Dear Radiant Seeker of Health and True Nourishment,

It's a joy to write and share this wisdom and recipe e-book from my heart to yours. I hope that it blesses and enriches you for years to come. The journey to eating well and claiming radiant health can be a roller coaster ride because there is so much conflicting information in the world today about what is healthy, good for you and true.

Perhaps you have never heard about some of these foods and it's my pleasure to introduce them to you. All of the foods in this e-book can be found on mother Earth, who graciously, lovingly produces an abundance of real, whole organic foods for our well being every growing season.

My intention in selecting and providing these recipes is to offer you a healing prescription for abundant health, joy and vitality. These are recipes that you can add to your normal way of eating and living; or, perhaps you are ready to begin eating all of your meals from this recipe e-book. You choose!

I encourage you to invest in organic ingredients for your meals because they taste better and are grown with respect and kindness for our beautiful planet. Our food becomes our blood, bones, ligaments, tissues, tendons and cells. We are literally walking, talking food. Commercially grown food is loaded with pesticides, herbicides and other harmful toxins which can lead to cancer and other diseases which affect our bodies and our Earth. You deserve the best health possible!

Organic food does NOT need to be expensive. I encourage you to begin shopping at your local farmer's market -- put a face with your food. Organic food sold at the farmer's market is affordable, fresh, local and delicious, which is good for your body, your wallet, your community and the Earth. You deserve the best! Since you are blessed with the choice to eat organic, do it!

With each recipe, I've included a positive affirmation as one of the main ingredients because I believe in the power of the mind to create the body and life of your dreams. I came up with the idea of infusing my recipes and cooking rituals with affirmations one morning when I woke up exhausted (I have an infant son) and feeling resistant to making my own food. The convenient thing to do would have been to grab something and keep charging through the day mindlessly and ungrounded. Instead, I powerfully chose to prepare a live juice and while I was making it, I slowed down, connected to my breath and started affirming "I love myself so much that I slow down and prepare myself the best food on Earth" and "I love myself so much that I get to eat organic food." Infusing my live juice with affirmations and blessings shifted my entire day. I want to give you the gift of infusing your food and rituals with positivity, affirmations and love! I know that your body can and will respond positively to such love.

I also added a "secret teaching or healing tip" to many recipes to inspire and uplift you about the foods you are choosing to eat. I hope this knowledge will empower you and help you realize how amazing the food you are blessed to eat truly is! Some of the healing tips are food facts and others are about encouraging you to go within and connect to your body. I believe that your body has infinite wisdom and intelligence and by actually listening to your body its voice will get stronger, louder and clearer which will enable you to source from within rather than needing to look outside of yourself for a diet regime or program. This is powerful!

I've included a section for journaling on every page to allow you to jot down notes to self about how this food made you feel physically, emotionally and mentally. This way you can create your personal YUM diet! The combination of recipes, super foods, affirmations and healing tips are designed to give you abundant, radiant health and bliss which I believe is your birth rite. You deserve it and can have it all!

Thank you for sharing your energy with me. I'm honored and blessed to be a part of your food and body journey.

Love and abundant blessings,

Amanda 

  
Amanda Moxley  
Body and Soul Coach

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## JUICES, SMOOTHIES & BREAKFASTS

### *I Love My Body! Juice*

"I love myself so much that I slow down and prepare myself the best food on Earth."

#### ♥ INGREDIENTS

- 3 carrots
- 2 celery ribs
- 1 Gala apple
- 3 handfuls of spinach
- 1 handful sunflower sprouts
- 1 bit of ginger root

#### ♥ DIRECTIONS

Wash, chop and juice all veggies while saying your affirmation. Pour juice into the BEST glass or wine glass you have. Bless your juice, give thanks, and set an intention for how you want the juice to make you feel. Repeat the process again tomorrow.

#### ♥ HEALING TIP

Notice how you feel all day long. Do you feel energized and alive after taking the time to prepare and enjoy this juice? Does this juice make you feel any different than when you drink orange juice or coffee?

### *Note to Self*



Amanda Moxley  
*Body and Soul Coach*

## JUICES, SMOOTHIES & BREAKFASTS

### *Heart Chakra Juice*

"My heart beats to the rhythm of LOVE."

#### ♥ INGREDIENTS

- 1 head of kale
- 1 bunch of parsley
- 1 garlic clove
- 1 cucumber
- 4 stocks of celery
- 5 radishes

#### ♥ DIRECTIONS

Juice everything and feel your heart open!

#### ♥ HEALING TIP

Your heart is a miracle machine. Bless it, treat it well, and it will in turn provide you with an abundantly rich and healthy life.

### *Note to Self*



Amanda Moxley  
*Body and Soul Coach*

## JUICES, SMOOTHIES & BREAKFASTS

### *I Feel Good! Juice*

"I trust the process of LIFE!"

#### ♥ INGREDIENTS

- 3 handfuls of spinach
- 1 thumb sized piece of ginger, peeled
- 1 red beet
- 1 Gala apple
- 1 cucumber

#### ♥ DIRECTIONS

Run ingredients through your juicer while saying your affirmation. Pour into your favorite juice glass, sit back and bask in the blessings of your life.

### *Note to Self*



Amanda Moxley  
*Body and Soul Coach*



## JUICES, SMOOTHIES & BREAKFASTS

### *Carrot-Apple-Ginger Juice*

"I am one with the Universe!"

#### ♥ INGREDIENTS

- 7 carrots
- 2 of your favorite apples, cored
- 1 piece of ginger, peeled

#### ♥ DIRECTIONS

Run ingredients through your juicer, while saying your affirmation. Pour into your favorite juice glass, sit back and feel the ginger warm your bones.

### *Note to Self*



Amanda Moxley  
*Body and Soul Coach*

## JUICES, SMOOTHIES & BREAKFASTS

### *Super Smoothie*

"I am grateful to be ALIVE!"

#### ♥ INGREDIENTS

- 20 oz fresh apple juice
- 1 pint of berries (you choose)
- 1 banana (try freezing it first)
- 2 tsp Spirulina or blue green algae
- 3 Tbsp bee pollen
- 3 Tbsp flax oil or coconut oil
- 1 Tbsp lecithin
- ¼ cup freshly ground flax seed with a dash of cinnamon

#### ♥ DIRECTIONS

Fill blender half full (about 20 oz) with apple juice. Grind flax seeds with cinnamon in coffee grinder and add to blender. Add all other ingredients and blend on low until the mixture is moving smoothly. Then blend on high for two minutes until creamy.

#### ♥ WHY IS THIS SMOOTHIE SUPER?

Because Spirulina and bee pollen are two of the highest quality sources of protein on the planet! They both have very long chains of amino acids that break down easily to single amino acids. Flax seeds and berries provide five different types of fiber: cellulose, hemicellulose, gums, lignin, and fruit fiber. The lecithin and flax seed oil combine to cause the production of high density lipoproteins that are essential to carrying fats back to the liver.

#### ♥ YUMMY SMOOTHIE VARIATIONS

Add any one or all of these variations to your super smoothie!

- shredded coconut
- soaked dates, raisins, or currants (pitted dates, soaked in water over night)
- chunks of apple, pear or peach
- mango or papaya
- peeled orange
- peeled and chopped ginger root

#### ♥ SECRET TIP

This smoothie will help curb sugar cravings and it will keep you full all day long (or at least a few hours!).

### *Note to Self*



Amanda Moxley  
Body and Soul Coach

## JUICES, SMOOTHIES & BREAKFASTS

### *Rain Forest Fusion Smoothie*

"I love and bless every cell in my body."

#### ♥ INGREDIENTS

- 1 cup frozen pineapple pieces
- ½ banana
- ½ cup orange juice
- 2 Tbsp coconut oil
- ½ tsp lime juice
- ½ cup ice

#### ♥ DIRECTIONS

Combine ingredients in blender; mix until smooth and frothy. Bless and enjoy!

#### ♥ HEALING TIP

Try this recipe with coconut oil (a.k.a. coconut butter) and taste the unique difference it offers. So many flavors and none of them dominant. You'll love this nice mix of fruits to give you a smoothie taste you have never had before.

### *Note to Self*



Amanda Moxley  
*Body and Soul Coach*

## JUICES, SMOOTHIES & BREAKFASTS

### *Ezekiel Toast With Coconut Butter and Almond Butter*

"I easily and joyfully listen to my body."

#### ♥ INGREDIENTS

- Ezekiel Bread™\*
- 1 Tbsp coconut butter
- As much raw almond butter as you desire (because you're worth it!)
- As much jam or jelly as you desire

#### ♥ DIRECTIONS

Toast Ezekiel™ bread and spread on coconut butter, almond butter and jelly. Enjoy!

#### ♥ HEALING TIP

Notice the difference in how your body feels, is fueled and digests when you eat Ezekiel™ bread compared to other processed breads. Almond butter is delicious and is less allergenic than peanut butter. You can grind your own at your health food store or purchase it in a glass jar.

\*Ezekiel bread is the healthiest bread you can buy. Find it in the freezer section of your health food store. It's a sprouted live grain bread and tastes delicious. Keep it in your fridge since it's ALIVE and will spoil if kept at room temperature.

### *Note to Self*



Amanda Moxley  
*Body and Soul Coach*

## JUICES, SMOOTHIES & BREAKFASTS

### *Oatmeal Sticks to Your Ribs*

"I feel good! I feel good! I feel good!"

Start your day off on the right foot with a yummy, warm and delicious healthy breakfast like homemade oatmeal. Oatmeal does NOT take a long time to make! Try this recipe and feel free to spruce it up to your own liking.

#### ♥ INGREDIENTS

- 1 cup rolled oats (buy them in the bulk section of your health food store)
- 1 cup filtered water
- 1 handful of any fruit in season or frozen fruit in the winter
- 1 handful walnuts
- 1 tsp Agave nectar (optional)
- 1 dash cinnamon and nutmeg
- 3 oz rice milk

#### ♥ DIRECTIONS

Boil one cup water in pot, add oats and cook for 3 minutes, stirring occasionally. Pour oatmeal into your favorite bowl and add other ingredients. Eat mindfully, set your intentions for the day and have a great day!

#### ♥ HEALING TIP

Notice how your morning goes after eating a good, healthy, warm, nourishing solid breakfast as compared to a quick bite of a bagel or pastry. Do you feel grounded, focused and clear (no longer anxious, rushed and spaced out)?

### *Note to Self*



Amanda Moxley  
*Body and Soul Coach*

## JUICES, SMOOTHIES & BREAKFASTS

### *Love Made Crunchy Granola*

"Life is simple and easy!"

#### ♥ INGREDIENTS

- 2 cups rolled oats
- 1 cup mixed seeds (pumpkin seeds, sunflower seeds, sesame seeds)
- 1 cup mixed dried chopped nuts (pecans, walnuts, cashews, almonds, pistachios, hazelnuts)
- ½ teaspoon salt
- ½ c cup honey or Agave nectar
- 1/3 cup canola oil
- 1 Tbsp vanilla extract
- 1 cup assorted dried fruit, chopped (e.g. ginger, raisins, blueberries, cranberries, mangos, pineapple)

#### ♥ DIRECTIONS

1. Preheat oven to 350°F. Combine oats, seeds, nuts, and salt in a bowl. Whisk together honey, oil, and vanilla, and stir into dry ingredients. Spread granola on baking sheet coated with nonstick cooking spray.
2. Bake 15-18 minutes, or until golden brown, stirring once or twice during baking. Cool on tray until dry and crunchy.
3. Break granola into bite-sized pieces, and stir in dried fruit. Store in airtight glass container.

#### ♥ SECRET TIP

This is a good healthy snack you can enjoy throughout your day, while hiking or with rice milk and fruit for breakfast.

### *Note to Self*



Amanda Moxley  
Body and Soul Coach

## LUNCHES, SALADS, SOUPS

### *Avocado, Tomato and Basil Sandwich*

"The past is over and cannot be changed.  
This is the ONLY moment I can experience."

#### ♥ INGREDIENTS

- 1 slice Ezekiel™ bread\*
- ½ avocado
- 1 tsp olive oil
- 1 garden fresh tomato
- 5-6 basil leaves, finely chopped
- pinch of Celtic sea salt

#### ♥ DIRECTIONS

Toast Ezekiel bread. Chop up avocado, tomato and basil and drizzle veggie mixture with olive oil and sea salt. Spoon onto Ezekiel™ bread. Enjoy!

#### ♥ SECRET TIP

Make enough for a second serving.

\*Ezekiel™ bread is the healthiest bread you can buy. Find it in the freezer section of your health food store. It's a sprouted live grain bread and tastes delicious. Keep it in your fridge since it's ALIVE and will spoil if kept at room temperature.

### *Note to Self*



*Amanda Moxley*  
*Body and Soul Coach*

## LUNCHES, SALADS, SOUPS

### *Sushi Nori Wraps*

"I am safe. I am safe. I am safe."

These are simple, easy to make, filling and delicious! At the beginning of the week, shred/julienne and chop all of your veggies and store in little containers in your fridge. You can use the same ingredients throughout your week in salads, wraps and in stir-fry.

#### ♥ INGREDIENTS

- Nori seaweed (found at Asian markets or in Asian section of your Health Food Store)
- hummus as much as you desire (make your own or buy it at the store)
- avocado slices (as many as you like)
- sunflower sprouts
- cucumber (julienne sliced)
- 1 tomato, thinly sliced
- golden and red beets, shredded
- kale or spinach, shredded
- tamari (wheat free soy sauce)
- ginger pieces

#### ♥ DIRECTIONS

Smear hummus onto Nori and layer the veggies. Season with tamari and ginger pieces. Roll Nori sheets by hand or with a sushi mat and seal with a little bit of water.

#### ♥ SECRET TIP

Don't be intimidated by the Nori seaweed! It tastes great and is chock full of trace minerals! If you like salt, you'll like Nori.

### *Note to Self*



Amanda Moxley  
Body and Soul Coach



## LUNCHES, SALADS, SOUPS

### *Cabbage Veggie Wraps*

"I love being me!"

#### ♥ INGREDIENTS

- purple or green cabbage leaves (as many as you'd like)
- hummus (homemade or store bought)
- olives
- 1 avocado, diced
- 1 cucumber, diced
- ½ red onion, diced
- 1 red bell pepper, seeded and diced
- 1 small zucchini, diced

#### ♥ DIRECTIONS

Wash cabbage leaves, pile veggies and hummus inside cabbage leaf, roll up and enjoy!

#### ♥ DIRECTIONS

This is another really simple and easy way to get a power pack of veggies in your diet.

#### ♥ HEALTHY TIP

This is another really simple and easy way to get a power pack of veggies in your diet.

### *Note to Self*



Amanda Moxley  
*Body and Soul Coach*

## LUNCHES, SALADS, SOUPS

### *Tabouli Delight*

"Earth my body. Water my blood.  
Air my breath and Fire my Spirit!"

This is an easy dish that you can snack on throughout the week.

#### ♥ INGREDIENTS

- 3 cups (uncooked) quinoa
- 2 large fresh tomatoes, diced
- 1 bunch parsley, chopped
- 1 yellow pepper, diced
- 2 green onions, diced
- 1 large cucumber, diced

Dressing Ingredients:

- ½ cup cold pressed oil (sesame or olive oil, you choose)
- 1 lemon, juiced
- kelp (a sea weed) or tamari (wheat free soy sauce) to taste

#### ♥ DIRECTIONS

You can either sprout or cook the quinoa. To sprout quinoa, soak three cups in a big bowl or glass jar of filtered water for 8 hours or overnight, drain it in the morning and it's ready to go. To cook quinoa or any grain, combine 1 cup grain to two cups water. To make three cups, fill rice cooker or pot with six cups water; when water boils, add three cups quinoa, cover and simmer for 20 minutes.

Chop and dice all of the veggies and mix together and chill for two hours in your fridge.

#### ♥ SECRET TEACHING

Parsley is a rich source of chromium and Vitamin B12. Chromium helps metabolize and stabilize blood sugar.

### *Note to Self*



Amanda Moxley  
Body and Soul Coach

## LUNCHES, SALADS, SOUPS

### *Vegetable Couscous*

"Today begins a new, positive chapter in my life."

#### ♥ INGREDIENTS

- 1 Tbsp olive oil
- 1 small yellow onion
- 1 medium orange bell pepper, seeded and diced
- 2 small zucchinis, diced
- 1 tsp paprika
- ½ tsp ground cumin
- 1½ cups water
- 2 scallions, chopped
- 1 cup dry couscous
- 1 15 oz can of chickpeas
- Salt and pepper to taste

#### ♥ DIRECTIONS

Heat oil in a medium saucepan. Add the onion, bell pepper & zucchini and sauté for 5 minutes. Add paprika, cumin, salt & pepper and cook for 1 minute more. Add the water and scallions and bring to a boil. Stir in couscous and chick peas, cover and remove from heat. Let stand for 10 minutes. Fluff the couscous before serving. Yum!

### *Note to Self*



Amanda Moxley  
*Body and Soul Coach*

## LUNCHES, SALADS, SOUPS

### *Easy Quinoa Pilaf*

“Life is an adventure!”

#### ♥ INGREDIENTS

- 1 Tbsp olive oil
- 1 small red onion
- 1 clove garlic, minced
- 8 shitake mushrooms, sliced
- 1 medium red bell pepper, seeded and diced
- 1 small zucchini, diced
- 1 cup peeled, diced winter squash
- 2 cups water
- 1 cup quinoa, rinsed
- 2 Tbsp freshly chopped parsley
- salt and pepper to taste

#### ♥ DIRECTIONS

Heat oil in a medium saucepan. Add the garlic, onion, mushrooms, pepper and zucchini and sauté for 5 minutes, until tender. Add the water, quinoa, squash, and seasonings and cover. Cook over medium low-medium heat for 20 minutes until all liquid is absorbed. Add salt and pepper to taste. Stir and serve warm!

#### ♥ SECRET TIP

Quinoa is a rich, complex carbohydrate super food packed with high quality vegetarian protein, offering you hours of energy, satisfaction and good feelings. The World Health Organization has rated the quality of protein in quinoa at least equivalent to that in milk. Quinoa offers more iron than other grains and contains high levels of potassium and riboflavin, as well as other B vitamins: B6, niacin, and thiamine. It is also a good source of magnesium, zinc, copper, and manganese, and has some folate (folic acid.)

### *Note to Self*



Amanda Moxley  
Body and Soul Coach

## LUNCHES, SALADS, SOUPS

### *Fabulous Black Bean Quinoa Salad*

"I am one with the Earth."

#### ♥ INGREDIENTS

- 1 cup uncooked quinoa
- 1 can black beans
- 1 cup corn
- 1 red/yellow or orange bell pepper
- 1 bunch of cilantro
- 15 cherry tomatoes
- 1 clove onion (optional)
- ¼ red onion (optional)
- Celtic sea salt or other quality salt to taste
- 2 Tbsp high quality olive oil

#### ♥ DIRECTIONS

Make quinoa in rice cooker, or boil 2 cups water, add 1 cup quinoa, cover and simmer for 20 minutes. Chop all vegetable ingredients. Stir vegetables and black beans into quinoa; add salt and olive oil. Bless and enjoy!

#### ♥ HEALING TIP

Quinoa is an ancient grain (cultivated continuously for more than 5,000 years) from the highly evolved Inca Indians in South America. Quinoa was the mainstay for the Incas while they were building and living in Machu Picchu - one of the most spiritual places on the planet. I believe that food is energy and that what we eat, we become. Eating an ancient food like quinoa makes us wiser, stronger and more connected to the Earth, stars and history. I'd rather feel strong, wise, whole and connected to LIFE after I eat -- rather than dull, tired, anxious, bloated and spacey, which is how processed food makes me feel. How do you want to feel after you eat?

### *Note to Self*



Amanda Moxley  
*Body and Soul Coach*

## LUNCHES, SALADS, SOUPS

### *Sweet Potatoes with Lime and Cilantro*

#### ♥ INGREDIENTS

- 4 sweet potatoes
- ½ bunch fresh cilantro
- 2-3 limes
- olive oil or coconut oil
- sea salt (optional)

#### ♥ DIRECTIONS

1. Wash the sweet potatoes and bake them whole, in their skins, at 375°F until tender, about 40 minutes.
2. Wash and chop cilantro leaves.
3. When sweet potatoes are done, slit open the skin and place on serving plate. Season with salt or a sprinkle of oil, if you like, then squeeze fresh lime juice all over, and shower with cilantro leaves. Yum!

#### ♥ HEALING TIP

Nutritionally, sweet potatoes are an excellent source of vitamin A and a good source of potassium and vitamin C, B6, riboflavin, copper, pantothenic acid and folic acid. If you want healthy, beautiful skin eat sweet potatoes! Sweet potatoes look like the pancreas and actually balance the glycemic index of diabetics.

### *Note to Self*



Amanda Moxley  
Body and Soul Coach

## LUNCHES, SALADS, SOUPS

### *Simple Gazpacho Soup*

"I am grateful for the love in my life."

#### ♥ INGREDIENTS

- ½ cup water
- ¼ cup olive oil
- 8 Tomatoes (preferably garden fresh!)
- 8 sun dried tomatoes
- 2 cloves garlic
- 1 Tbsp Agave nectar (or honey)
- ¼ cup lemon
- 1 teaspoon Celtic sea salt
- 1 bunch basil
- 1 small avocado

#### ♥ DIRECTIONS

Using a Vita Mix or a food processor, blend all ingredients (except for the avocado) to your desired consistency. Pour into your favorite bowl and add diced avocado on top. Serve chilled!

### *Note to Self*



Amanda Moxley  
*Body and Soul Coach*

## LUNCHES, SALADS, SOUPS

### *Fresh Corn Chowder*

"My body is my home. I love my body."

#### ♥ INGREDIENTS

- 2 ½ cups almond milk (store bought or home made)
- 2 ½ cups raw corn kernels from about 6 ears of corn (cut them right off the cob)
- 1 medium avocado, peeled and diced
- ½ tsp Celtic sea salt

#### ♥ DIRECTIONS

1. Purée almond milk, 2 cups corn and ¾ avocado, and season with pepper.
2. Pour mixture into bowls, top with remaining avocado and corn. Bon appetite!

#### ♥ HEALTH TIP

Be sure to buy organic corn since it is one of the most genetically modified crops produced on the planet!

### *Note to Self*



Amanda Moxley  
*Body and Soul Coach*



## LUNCHES, SALADS, SOUPS

### *Israeli Couscous salad with Cherry Tomatoes*

"It is safe to be me!"

#### ♥ INGREDIENTS

- 1 pinch Celtic sea salt
- 1 cup dry Couscous
- 2 cups water
- 8 oz cherry tomatoes, halved and quartered
- 1 cucumber, diced
- ½ cup fresh small basil leaves
- 2 Tbsp minced shallots
- 3 Tbsp balsamic vinegar
- 1 Tbsp olive oil
- Pepper to taste

#### ♥ DIRECTIONS

1. Boil water in medium saucepan.
2. Toast couscous in a small sauté pan over medium heat, moving in a circular motion to heat evenly, until evenly browned, about 7 minutes.
3. Immediately add couscous to boiling water, and cook, stirring occasionally, until just tender, about 5 minutes. Drain and rinse under cool water until cool.
4. Place couscous, tomatoes, cucumber, basil, shallots, vinegar, oil, 1 pinch of salt and the pepper in a large mixing bowl. Mix well, and let stand at room temperature until ready to serve, at least 15 minutes. Stir well and garnish with basil and love!

### *Note to Self*



Amanda Moxley  
*Body and Soul Coach*

## DIPS AND SAUCES

### *Summer Basil Pesto*

"I love my belly. I love my belly. I love my belly."

#### ♥ INGREDIENTS

- 1 bunch basil (grow your own or get it from your farmer's market)
- 4 cloves of garlic
- ½ lemon, squeezed
- 1 cup pine nuts (you can use walnuts or hazelnuts too)
- 1/3 cup olive oil
- ¾ teaspoon Celtic sea salt
- ½ tsp black pepper

#### ♥ DIRECTIONS

Wash and stem basil, then pat dry with a kitchen towel. Pulse cloves of garlic in the food processor, then add remaining ingredients until nuts are ground. Pesto should still have texture and not be completely smooth. Add more salt and pepper to taste and enjoy!

#### ♥ SECRET TIP

This vegan pesto is delicious and goes great on veggies, Ezekiel™ tortillas, or with gluten free crackers.

### *Note to Self*



Amanda Moxley  
Body and Soul Coach

## DIPS AND SAUCES

### *Avocado Dip*

"My body loves healthy fats!"

#### ♥ INGREDIENTS

- 1 large peeled and pitted avocado
- 1 tomato, diced
- dash or two of cayenne pepper
- sea salt and black pepper
- ½ lemon, squeezed

#### ♥ DIRECTIONS

1. Mash avocado with a fork until very smooth.
2. Add tomato and cayenne. Blend until smooth. This may be done in a food processor, blender, or with a fork.
3. Add sea salt, lemon and fresh black pepper to taste.
4. Serve chilled with mixed raw vegetables.

#### ♥ SECRET TEACHING

I give you full permission to enjoy at least one delicious and yummy avocado every day of your life! They are a super food filled with GOOD mono and polyunsaturated fats which are good because they make you feel satiated (less cravings for junk foods!)

### *Note to Self*



Amanda Moxley  
*Body and Soul Coach*

## DIPS AND SAUCES

### *Peanut Sauce*

"I see beauty all around me today."

#### ♥ INGREDIENTS

- 1 cup peanut butter
- ¼ cup orange juice
- 1 Tbsp toasted sesame oil
- 1 Tbsp tamari (wheat free soy sauce)
- dash cayenne pepper

#### ♥ DIRECTIONS

Combine all ingredients in a bowl and mix with a fork. Add water in 1 Tbsp increments to reach desired consistency.

### *Note to Self*



Amanda Moxley  
*Body and Soul Coach*

## DIPS AND SAUCES

### *Raw Hummus*

"I radiate joy in every step I take. I am a joy to be around."

#### ♥ INGREDIENTS

- 1 cup chick pea sprouts (sprouted overnight) or use a can!
- juice of 1 lemon or lime (I prefer lime)
- 2 Tbsp fresh orange juice
- 1 clove garlic
- 2 Tbsp raw tahini (raw hulled sesame paste)
- Optional seasonings: ground cumin, spike or sea salt to taste, chives, paprika, cayenne pepper

#### ♥ DIRECTIONS

Blend all of the ingredients. Add water to thin to desired consistency.

#### ♥ SECRET TIP

Hummus is a perfectly healthy mid-afternoon snack. Enjoy with veggies, or as a spread on Ezekiel™ tortillas.

### *Note to Self*



Amanda Moxley  
*Body and Soul Coach*

## DIPS AND SAUCES

### *Black Bean and Corn Salsa*

"I love my hips because they allow me to courageously move forward in life!"

#### ♥ INGREDIENTS

- 1 small red or orange bell pepper, seeded and finely diced
- 1 15-oz can black beans, drained and rinsed
- 1 cup fresh off the cob sweet corn
- ¼ cup tomato salsa
- ¼ cup cilantro
- 1 jalapeno, seeded and finally diced
- 1 tsp extra virgin olive oil
- 1 tsp red wine vinegar
- ½ tsp ground cumin
- ½ tsp dried oregano
- 2 Tbsp lime juice

#### ♥ DIRECTIONS

Combine all ingredients in a mixing bowl. Season with Celtic salt and refrigerate until ready to serve.

#### ♥ SECRET TIP

Beans are high in fiber and protein, yet very low in fat and leave you feeling full and satisfied. Be sure to rinse the beans to aid in digestion.

### *Note to Self*



Amanda Moxley  
Body and Soul Coach

## DIPS AND SAUCES

### *Summer Harvest Pico de Gallo*

"I am an infinite, abundant being."

#### ♥ INGREDIENTS

- 3 medium (heirloom) tomatoes, seeded and diced
- ¼ cup red onion, diced
- 1 Tbsp jalapeno pepper, minced
- 2 cloves garlic
- ¼ cup lime juice
- ¼ cup chopped cilantro

#### ♥ DIRECTIONS

Combine all ingredients in a bowl. Season with Celtic sea salt, refrigerate until ready to chow.

#### ♥ HEALING TIP

Heirloom vegetables are ancient and full of wisdom, integrity and vitality. The seeds in heirloom vegetables have been honored, saved, traded and passed on for centuries. You deserve to eat and enjoy the ancient foods of the Earth.

### *Note to Self*



Amanda Moxley  
*Body and Soul Coach*

## DIPS AND SAUCES

### *Oven-Dried Tomato and Olive Topping with Goat Cheese and Basil on Baguette*

"I deserve to be healthy. Radiant health is my birth rite. I claim it NOW."

#### ♥ INGREDIENTS

- 3 lb Roma tomatoes, halved lengthwise
- ½ cup Kalamata olives, chopped
- 2 Tbsp grated lemon zest
- ½ package of goat cheese (optional)
- ½ whole grain baguette
- 1 clove garlic, crushed
- ¼ cup olive oil
- 2 Tbsp pesto (optional)

#### Garnish:

- 1 red bell pepper, chopped
- 1 bunch basil, shredded

#### ♥ DIRECTIONS

1. Preheat oven to 275°F. Gently squeeze seeds out of Romas with your fingers. Place cut- side up on baking sheet, drizzle with olive oil, and season with Celtic sea salt and pepper. Bake 3 to 4 hours, or until slightly shriveled and softened. Transfer to a large glass jar, and cover with olive oil. Cool, then refrigerate overnight, or up to 3 weeks.
2. Drain tomatoes, and chop them up. Mix them with goat cheese, olives, pesto and lemon zest in a bowl until you have a paste-like consistency.
3. Cut the baguette into ½ inch slices. Mix the olive oil and garlic together in a small bowl. Season to taste with black pepper.
4. Drizzle the olive oil and garlic mixture over the baguette slices. Broil in the oven on the middle rack for less than 1 minute. Remove slices from oven.
5. Top toasted baguette with the tomato, goat cheese mixture, and basil and red peppers.
6. Absolutely delicious!

### *Note to Self*



Amanda Moxley  
Body and Soul Coach



## DIPS AND SAUCES

### *Bon Bon Sauce*

"I love my strong powerful legs because they carry me through life."

#### ♥ INGREDIENTS

- 6 Tbsp raw tahini
- 4 Tbsp lemon juice
- 1 thumb sized piece of ginger
- 4 Medjool dates
- 2 Tbsp tamari
- 3 cups filtered water

#### ♥ DIRECTIONS

Add all ingredients together in your Vita Mix or blender and blend until desired consistency. Use Bon Bon sauce on salads, veggies and as a yummy stir fry sauce.

#### ♥ HEALING TIP

Tahini is a sesame seed paste which is used in dressings, sauces and in Middle Eastern cooking. Tamari is a wheat free soy sauce which you can purchase in the Asian section of your health food store.

### *Note to Self*



Amanda Moxley  
*Body and Soul Coach*

## DIPS AND SAUCES

### *Carrot-Beet-Ginger Dressing*

"All of my chakras are aligned and balanced. I am a temple of LIGHT."

#### ♥ INGREDIENTS

- ½ cup coarsely chopped carrots
- ½ cup coarsely chopped red or orange beets
- 1 cup water
- 2 tablespoons fresh chopped parsley
- 1 Tbsp tahini
- ½ tsp Celtic sea salt
- ¼ tsp ground ginger (or fresh ginger root)

#### ♥ DIRECTIONS

1. In a small saucepan, combine the carrots, beets and water and bring to a boil. Reduce heat to simmer and cook for 10-15 minutes, or until the veggies are tender. Drain the cooking water into a measuring cup and add enough water to bring amount to 1 cup (set aside). Let the veggies cool for 5 minutes.
2. In a blender or food processor, combine the cooled veggies, the 1 cup cooking water, and the remaining ingredients and blend until smooth.
3. Serve immediately on a bed of greens or refrigerate (covered) for 1-2 days.

#### ♥ SECRET TEACHING

Both beet root and beet greens are very powerful cleansers and builders of the blood. Betacyanin is the phytochemical in beet that gives it its rich amethyst color that significantly reduces homocysteine levels.

### *Note to Self*



Amanda Moxley  
Body and Soul Coach

## DIPS AND SAUCES

### *Walnut-Miso Dressing*

"I deserve to slow down and prepare the best food on Earth."

#### ♥ INGREDIENTS

- 1 cup whole walnuts
- 1 ½ Tbsp white miso
- ½ Tbsp tamari
- ½ Tbsp uneboshi vinegar (buy in the Macrobiotic section of your health food store)
- 1 cup water

#### ♥ DIRECTIONS

1. Dry roast the walnuts on medium heat for 5-7 minutes in a skillet, stirring occasionally, until the walnuts begin to brown. Remove and let cool for 5 minutes.
2. In a blender or food processor, combine the cooled pecans, miso, tamari and vinegar and blend until the pecans are chopped. Add the water and blend for 30 to 60 seconds until smooth.
3. Serve immediately on a bed of greens or veggies or refrigerate, covered for 1-2 days.

#### ♥ HEALING TIP

When you eat foods which resemble your body, you strengthen that body part. What do walnuts resemble – your brain! Walnuts help develop over 3 dozen neurotransmitters for brain function!

### *Note to Self*



Amanda Moxley  
*Body and Soul Coach*

## DIPS AND SAUCES

### *Pumpkin Seed Ginger Dressing*

"I am grateful and give thanks for all the blessings in my life."

#### ♥ INGREDIENTS

- 1 cup dried pumpkin seeds
- 1 thumb size piece of ginger root
- 2 Tbsp brown rice vinegar
- 1 tsp tamari
- 1 cup water
- 1 Tbsp umeboshi vinegar

#### ♥ DIRECTIONS

1. Dry roast the seeds on medium for about 5 minutes, stirring constantly, until the seeds pop. Remove and let cool for 5 minutes.
2. In a blender or food processor, combine the cooled seeds, both vinegars, ginger and tamari and blend until the seeds are chopped. Add the water and blend for 30-60 seconds or until smooth.
3. Serve immediately on a bed of greens or veggies or refrigerate, covered for 1-2 days.

### *Note to Self*



Amanda Moxley  
*Body and Soul Coach*

## DIPS AND SAUCES

### *Roasted Corn with Basil-Shallot Vinaigrette*

"My body and the Earth are one."

#### ♥ INGREDIENTS

- 3 cups fresh corn kernels
- 2 Tbsp extra-virgin olive oil
- ¼ cup chopped fresh basil
- 1 Tbsp minced shallot
- 1 Tbsp red-wine vinegar
- ¼ tsp salt
- freshly ground pepper to taste

#### ♥ DIRECTIONS

1. Preheat oven to 450°F. Toss corn and oil to coat and spread out on a large baking sheet. Bake, stirring once, until some kernels begin to brown, about 20 minutes.
2. Combine basil, shallot, vinegar, salt and pepper in a medium bowl. Add the corn, toss to coat. Serve warm or cold.

#### ♥ SECRET TIP

Cover and refrigerate for up to 1 day.

### *Note to Self*



Amanda Moxley  
*Body and Soul Coach*

## FALL HARVEST RECIPES

### *Fall Harvest Ratatouille with Spaghetti Squash*

"My body is energized and radiantly healthy when I eat delicious and nutritious food."

I make a variation of this almost every night during the Fall Harvest!

#### ♥ INGREDIENTS

- 1 medium size spaghetti squash
- 1 Tbsp olive oil
- 1 large red or yellow onion, diced
- 2 cloves garlic, minced
- 1 medium sized zucchini, diced
- 1 medium green or red bell pepper, seeded and diced
- 4 small ripe tomatoes, diced
- 5 garden fresh basil leaves
- 1 Tbsp tamari (wheat free soy sauce)
- 2 cups (or one bunch) of coarsely chopped kale, chard, spinach, or beet greens

#### ♥ DIRECTIONS

1. Preheat oven to 350°F. Cut the spaghetti squash in half, take out the seeds, drizzle a Pyrex dish or baking sheet with olive oil, place the squash face down and cook for 40 minutes or until tender.
2. In a saucepan, heat the oil. Add the onion and garlic and sauté for 5 minutes. Add all of the remaining ingredients (except for the greens) and cook over medium heat for 15 minutes, stirring occasionally. Stir in the greens and cook for another 3 minutes.
3. Scoop spaghetti squash out of skin, pile on plate and top with vegetable blend.

#### ♥ SECRET TIP

This is a very simple, easy, nutrient-rich and hearty meal to be enjoyed all harvest long. The spaghetti squash is an excellent substitute for white and wheat pasta. It tastes delicious too!

### *Note to Self*



Amanda Moxley  
Body and Soul Coach

## FALL HARVEST RECIPES

### *Spiced Pumpkin Soup*

"I am fabulous!"

#### ♥ INGREDIENTS

- 1 large pumpkin
- 4 Tbsp unsalted butter
- 2 medium yellow or white onions, chopped
- 2 cloves garlic, minced
- ¼ tsp crushed red pepper
- ½ tsp ground coriander
- 2 tsp curry powder
- pinch ground cayenne pepper
- 16 oz vegetable stock (store bought or home-made)
- 2 cups rice milk
- olive oil

#### ♥ DIRECTIONS

1. Preheat oven to 375°F. Cut pumpkin open, scoop out seeds and stringy mass with a spoon and save the seeds to roast later. Bake pumpkin in Pyrex dish for 45 minutes or until soft. Once cooked, allow the pumpkin to cool and cut out chunks for the soup.
2. Melt butter in a quart size saucepan over medium heat. Add garlic and onions and cook, stirring often, until softened, approximately 4 minutes. Add dry spices and stir 1 minute.
3. Add pumpkin and 5 cups broth to butter and spice mix, blend well. Bring soup to a boil and immediately reduce heat, cooking at a low simmer for 10-15 minutes. Add rice milk and stir until heated through. Taste soup (yum) and adjust seasonings. Add more rice milk if desired.
4. Transfer soup in batches, to a food processor or blender and cover tightly. Blend until smooth. Return soup to saucepan. Heat soup on low until hot and serve!

#### ♥ SECRET TIP

Keep the pumpkin seeds and toast them for a light, healthy snack.

### *Note to Self*



Amanda Moxley  
*Body and Soul Coach*

## FALL HARVEST RECIPES

### *Stuffed Roasted Acorn Delight*

"I am perfectly perfect just being ME."

#### ♥ INGREDIENTS

- 2 acorn squash
- 2 cloves garlic, minced or pressed
- 2 tablespoons olive oil
- Celtic sea salt and pepper

#### Stuffing

- 1 cup cooked whole grain (quinoa, brown rice, millet, barley)
- 1 onion, finely diced
- 1 zucchini, diced
- ¼ cup golden raisins or currants
- ½ cup toasted pumpkin seeds, chopped
- ½ cup parsley, chopped
- 3 tsp curry
- 1 Tbsp olive oil

#### ♥ DIRECTIONS

1. Preheat the oven to 375°F.
2. Cut acorn squash in half and clean out seeds and fibers. Cut a very thin slice off the side of each half, so that the acorn squash halves can sit flat like soup bowls.
3. Brush with olive oil, and spread garlic evenly over the 4 bowls. Sprinkle with salt and pepper, place on a baking sheet and bake for 35 minutes.
4. While squash is baking, sauté onion, curry and raisins for 3 minutes in a skillet. Add cooked grains and stir for 5 minutes.
5. Remove skillet from heat and mix in parsley and zucchini.
6. Fill each squash bowl with stuffing and top with chopped pumpkin seeds; bake in oven for 15-20 minutes or until the squash is soft (when a butter knife sinks into the squash with ease). Serve warm.

### *Note to Self*



Amanda Moxley  
Body and Soul Coach



## FALL HARVEST RECIPES

### *Harvest Roasted Root Veggies*

"I love my eyes."

#### ♥ INGREDIENTS

- 3 big carrots
- 5 small beets
- 2 parsnips
- 1 butternut squash
- 1 fennel bulb
- 2 tablespoons olive oil
- ½ tsp sea salt
- 2 Tbsp fresh rosemary

#### ♥ DIRECTIONS

1. Scrub all the vegetables.
2. Preheat oven to 425°F.
3. Chop vegetables into two-inch pieces and chop fennel bulb finely.
4. Mix vegetables with oil, rosemary and sea salt. Transfer to a baking sheet/ dish.
5. Bake covered for 30 minutes. Uncover and bake for 15 more minutes.

#### ♥ SECRET TIP

Make a big batch at the beginning of the week and snack on it throughout the week. If you have a lot of sugar cravings, this recipe will help curb your sweet tooth because you'll be getting a constant taste of the sweet veggies.

### *Note to Self*



Amanda Moxley  
*Body and Soul Coach*

## FALL HARVEST RECIPES

### *Garlic Gingered Broccoli*

"I feel hot and healthy today."

#### ♥ INGREDIENTS

- 1 bunch broccoli
- 3 cloves garlic, minced
- 6 cups water
- 1 Tbsp olive oil
- 2 Tbsp tamari soy sauce
- 5-inch piece fresh ginger, finely grated
- Tarragon or basil for garnish

#### ♥ DIRECTIONS

1. Wash and cut broccoli into florets.
2. Peel the stems and cut into ½-inch pieces.
3. Add 6 cups water to a pot and bring to a boil. (You can drink this water as a healing tonic after it cools.)
4. Add broccoli and quick boil for about 3 minutes.
5. Remove from water and rinse quickly with cool water.
6. Heat skillet with oil, add garlic and sauté for a few seconds before adding broccoli.
7. Sauté broccoli and garlic, adding tamari soy sauce and ginger.

\* Try this dish with cauliflower or Brussels sprouts.

#### ♥ HEALING TIP

Ginger is a delicious and versatile spice you can use in any dish when you're looking for some added heat and flavor. You can make ginger tea by boiling water and steeping pieces of ginger.

### *Note to Self*



Amanda Moxley  
Body and Soul Coach

## WARM WINTER RECIPES

### *Kicharee*

"I trust my body and allow it to heal."

#### ♥ INGREDIENTS

- 1 cup basmati rice
- 1 cup split mung beans (yellow lentils)
- 1 Tbsp ghee (buy at health food store or Indian market)
- 1 stick kombu (seaweed)
- 1 tsp fresh grated ginger
- ½ tsp Celtic sea salt
- ½ tsp tumeric
- 1 tsp coriander
- 1 tsp cumin seeds
- 3 bay leaves
- 1 tsp oregano
- 4 cups water
- 3 cups diced fresh vegetables such as carrots, zucchini and summer squash

#### ♥ DIRECTIONS

1. Rinse the rice and beans until the water is clear.
2. In a saucepan, over medium heat add the ghee, bay leaves, coriander and oregano. Brown slightly until the aroma is released.
3. Stir in turmeric, rice and yellow lentils. Add water salt, kombu and ginger.
4. Simmer (covered) over medium heat for about 40 minutes or until the beans and rice are soft.
5. Add the vegetables and cook 10-15 minutes more, or until tender.

#### ♥ SECRET TIP

A medicinal meal I like to eat when I feel out of balance.

### *Note to Self*



Amanda Moxley  
*Body and Soul Coach*

## WARM WINTER RECIPES

### *Moroccan Pumpkin and Lentils*

"Today I give myself permission to do absolutely nothing!"

#### ♥ INGREDIENTS

- 2 Tbsp olive oil
- 1 large onion, diced
- 1 jalapeño chili, seeded and sliced
- 4 fresh tomatoes, chopped
- 1 cup green lentils, rinsed
- 1 Tbsp paprika
- ¼ tsp cayenne pepper
- 1 tsp cumin
- a 2 pound pumpkin, peeled, seeded, and cubed
- ½ cup tomato puree
- ¼ cup cilantro, for garnish

#### ♥ DIRECTIONS

1. Heat the oil in a large saucepan over medium-high heat. Add onion, jalapeno, and sauté 10 minutes, or until onion is translucent and golden. Add tomatoes, lentils and spices, and cook 2 to 3 minutes more. Stir in pumpkin, tomato puree, and 2 ½ cups water. Season with salt and pepper.
2. Reduce heat to medium-low, and cook 40 minutes, or until pumpkin and lentils are tender, stirring occasionally and adding more water if needed. Season with salt and pepper and garnish with cilantro, serve hot! Yum!

#### ♥ SECRET TEACHING

Pumpkin is a powerhouse food that contains beta-carotene, alpha-carotene, lots of fiber, potassium, vitamins C and E, magnesium and pantothenic acid.

### *Note to Self*



Amanda Moxley  
Body and Soul Coach

## WARM WINTER RECIPES

### *Kale Chips (this is a great substitute for chips!)*

"My lungs are filled with the Life Force that moves through all things."

#### ♥ INGREDIENTS

- 1 bunch of kale
- Olive oil
- Celtic sea salt

#### ♥ DIRECTIONS

1. Preheat oven to 375°F
2. Wash kale and tear the leaves off the stems into bite sized pieces. Spread kale out on a cookie sheet.
3. Drizzle roughly 3 Tbsp of olive oil over kale leaves
4. Sprinkle Celtic sea salt over kale leaves
5. Bake for about 15 minutes, until kale edges are crispy

### *Note to Self*



Amanda Moxley  
*Body and Soul Coach*

## WARM WINTER RECIPES

### *Roasted Butternut Squash with Leek and Barley Pilaf*

"Every breath I take nourishes my Soul!"

#### ♥ INGREDIENTS

- 1 ¼ cup pearl barley
- 2 ½ cups water
- 1 bay leaf
- 1 butternut squash
- ¼ cup olive oil, divided
- salt and fresh ground pepper to taste
- 1 Tbsp small thyme sprigs, divided
- 1 pinch hot pepper flakes to taste
- 2 Tbsp butter, divided
- 3 celery ribs
- 3 carrots
- 4 leeks thinly diced
- 8 oz shitake mushrooms, sliced
- ¾ cup veggie stock
- handful flat leaf parsley to taste, chopped
- 3 tbsp lightly toasted pumpkin seeds

#### ♥ DIRECTIONS

1. Rinse barley well. Place in large saucepan with bay leaf. Cover with water (about 2 ½ cups) and bring to a boil. Reduce heat and simmer gently, partially covered, for 35-40 minutes or until tender. Drain and set aside.
2. Preheat oven to 400°F. Cut squash into 4 to 8 wedges, seeds and string mass removed. Rub with some olive oil and place on a baking sheet. Season with salt, pepper, thyme and hot pepper flakes. Roast, uncovered for about 40 minutes or until tender.
3. Meanwhile heat remaining oil in a large skillet. Cook celery for 5 minutes. Add leeks and remaining thyme. Cook for another 4 to 5 minutes, stirring once or twice. Add mushrooms and cook over medium heat until they begin to brown. Toss in carrots and cook for 1 to 2 minutes.
4. Add the barley and stir, adding sufficient stock to moisten the grain and heat evenly. Stir in pumpkin seeds and squash, blend together and serve!

#### ♥ SECRET TEACHING

Stock up on an abundance of winter squash during the fall harvest. They keep well stored in a cool, dry, dark place for several months. Butternut squash is filling and delicious in soups or roasted. It will help curb sugar cravings too.

### *Note to Self*



Amanda Moxley  
Body and Soul Coach

## WARM WINTER RECIPES

### *Lentil Curry in Not-Such-a-Hurry*

"I am filled with an abundance of energy!"

#### ♥ INGREDIENTS

- 1 cup red lentils, rinsed
- 5 cups water
- ½ tsp turmeric
- 1 Tbsp olive oil
- 1 large yellow onion, diced
- 4 cloves garlic, minced
- 2 medium tomatoes, diced
- 1 Tbsp curry powder
- 2 tsp ground cumin
- 1 tsp salt
- ¼ tsp cayenne pepper
- ¼ tsp ground cloves
- 2 cups, diced sweet potatoes
- 8 medium cauliflower florets
- 8 medium broccoli florets
- 4 cups coarsely chopped kale, chard, spinach or collard greens

#### ♥ DIRECTIONS

1. In a medium saucepan, combine the lentils, water and turmeric and cook for about 45 minutes over medium-low heat. Set aside.
2. In a large saucepan, heat the oil. Add the garlic and onions and sauté over medium heat for 4 minutes. Add the tomatoes and sauté for 4 minutes more. Add the remaining seasonings, reduce to low, and cook for 1 minute more, stirring frequently.
3. Stir the lentils, cooking liquid, potatoes, broccoli and cauliflower into the curry seasoning mixture. Cook for 20 minutes over medium heat, stirring occasionally until the potatoes and veggies are tender. Stir in the leafy greens and cook for another 5 to 7 minutes.
4. Serve over sweet brown rice or basmati rice!

#### ♥ SECRET TIP

Sit down and really enjoy your food. Eat with all of your senses, chew each bite 20 chews, breathing and feeling gratitude for each flavorful bite. Notice how you feel after intentionally, mindfully eating. Perhaps you'll notice that you needed to eat less and you became full faster than normal.

### *Note to Self*



Amanda Moxley  
*Body and Soul Coach*

## SPRING DETOX RECIPES

### *Spring Asparagus with Garlic-Lemon Sauce*

"I am radiantly ALIVE and FREE today."

#### ♥ INGREDIENTS

- 1 bunch of asparagus, steamed very lightly
- 1 lemon, seeded and squeezed
- 3 Tbsp olive oil
- 1 clove of garlic, chopped
- sprinkle of Celtic sea salt

#### ♥ DIRECTIONS

Lightly steam asparagus with water in a large skillet. Transfer asparagus to serving bowl. Mix squeezed lemon, garlic and Celtic sea salt onto asparagus.

#### ♥ SECRET TEACHING

When shopping for asparagus, choose the smaller stalks rather than the thick stalks - you can taste the difference. Sometimes the best things in life come in a small package!

### *Note to Self*



Amanda Moxley  
*Body and Soul Coach*



## SPRING DETOX RECIPES

### *Kale with Cherries and Toasted Pine Nuts*

"I love myself so much  
that I get to eat the most amazing food on the planet."

#### ♥ INGREDIENTS

- 1 bunch kale (you choose the variety)
- ¼ cup toasted pine nuts
- 2 Tbsp olive oil
- 1/3 cup cherries
- 2 cloves garlic
- 2 cups water
- Tamari soy sauce

#### ♥ DIRECTIONS

1. Toast the pine nuts by placing them on a cookie sheet and bake at 325°F for 5 minutes, or until toasted to a golden brown. Don't burn them!
2. Wash kale and take leaves off stalk (you can run your fingers from bottom to top along the stalk to get the leaves off)
3. Roughly chop the kale saying your "I love you" affirmations
4. Bring the water to a boil in a pot that has a good lid. Add the kale and cook, covered, over high heat, stirring occasionally, until tender, approximately 4 minutes. Remove and drain; save the cooking liquid to drink and nourish your body with chlorophyll.
5. Rinse and dry the skillet, heat the olive oil over medium heat, add garlic and sauté. Add cherries and sauté for 30 seconds to 1 minute, stirring occasionally to avoid burning.
6. Add greens and stir to combine. Season with salt, cover for a minute, toss in pine nuts and serve hot!

#### ♥ SECRET TIP

Be sure to drink the kale water!

### *Note to Self*



Amanda Moxley  
*Body and Soul Coach*

## SPRING DETOX RECIPES

### *Snap Pea Salad with Radish and Lime*

"I see with love and hear with compassion."

#### ♥ INGREDIENTS

- 8 oz sugar snap peas, trimmed and halved (about 2 cups)
- 7 oz yellow wax beans, trimmed and cut into 1-inch pieces (about 3 cups)
- 3 Tbsp lime juice
- 2 Tbsp extra-virgin olive oil
- ½ cup chopped fresh cilantro
- ¼ tsp salt
- freshly ground pepper to taste
- 1 bunch radishes, trimmed and thinly sliced (about 10)

#### ♥ DIRECTIONS

1. Steam peas over 2 inches of boiling water, stirring once, until crisp-tender, 4 to 5 minutes. Transfer to a baking sheet lined with paper towel. Steam wax beans until crisp-tender, about 5 minutes. Transfer to the baking sheet. Refrigerate until chilled, about 20 minutes.
2. Whisk lime juice, oil, cilantro, salt and pepper in a large bowl. Add radishes, peas and beans; toss to coat. Serve chilled. Yum!

#### ♥ HEALING TIP

Radishes help burn cellulite!

### *Note to Self*



Amanda Moxley  
Body and Soul Coach

## SPRING DETOX RECIPES

### *Swiss Chard with Tomato, and Pine Nuts*

"It's easy to listen to my body today."

#### ♥ INGREDIENTS

- 1 small onion
- 1 tomato, chopped
- 2 cloves minced garlic
- 1 Tbsp extra virgin olive oil
- Celtic sea salt, to taste
- Ground pepper, to taste
- 2 Tbsp vegetable broth or water
- 1 bunch Swiss chard washed and chopped with stems removed
- 2 Tbsp lightly toasted pine nuts

#### ♥ DIRECTIONS

1. Sauté onion, tomato, garlic, and chard stems in oil over low to medium heat, stirring often for 5 minutes. Cover and continue cooking over low for 5 more minutes.
2. Add the leaves, salt, pepper, and broth. Cover and cook for 5 to 8 minutes more or until greens are bright green and tender enough to chew. Remove from heat.
2. Add pine nuts. Cover a minute more to allow the cheese to melt.

### *Note to Self*



*Amanda Moxley*  
*Body and Soul Coach*

## SPRING DETOX RECIPES

### *Amanda's Live Avocado Soup*

"I am loved and accepted."

#### ♥ INGREDIENTS

- 1 ripe avocado
- ½ cucumber
- 2 cups spinach
- 1 ripe tomato
- ½ lemon squeezed
- 1 Tbsp tahini
- 1 Tbsp tamari
- 1 thumb size piece of ginger, peeled and grated
- 1 Tbsp olive oil
- 12 sunflower sprouts (topping)

#### ♥ DIRECTIONS

Combine all ingredients except sprouts in a Vita Mix or blender and blend until smooth. Serve chilled in your favorite bowl with sprouts on top.

#### ♥ HEALING TIP

This is a very quick and easy meal and a great way to eat all of the veggies in your fridge! Sunflower sprouts help spruce up any meal or you can snack on them during the day for a boost of Sun energy.

### *Note to Self*



Amanda Moxley  
Body and Soul Coach

## SPRING DETOX RECIPES

### *Trinity Kale Salad*

"There is more than enough energy available to me than I ever could have imagined in a thousand lifetimes!"

#### ♥ INGREDIENTS

- 8 leaves each of curly kale, Russian kale and dinosaur kale (shredded)
- 1 tomato (diced)
- 1 avocado (diced)
- 3 Tbsp onion (diced)
- 2-3 Tbsp olive oil
- 2 Tbsp Agave nectar (optional)
- 4 Tbsp lemon juice
- sea salt to taste

#### ♥ DIRECTIONS

Mix everything in the bowl. With your hands, massage the salad for about 5 minutes.

Let the salad marinate for about 2-3 hours before serving. Garnish with cherry tomatoes. Bless and enjoy!

#### ♥ HEALING TIP

Kale is a miracle food loaded with vitamins A, C, E and K. It offers a very high source of calcium, iron, potassium, phosphorous and zinc. This is my favorite recipe!

### *Note to Self*



Amanda Moxley  
*Body and Soul Coach*

## FOR THE SWEET TOOTH!

### *Chocolate Mousse of the Gods*

"I deserve and enjoy pleasure."

#### ♥ INGREDIENTS

- 3 avocados
- ½ cup maple syrup or 1 ¼ cup soft Medjool dates (as an alternative sweetener)
- 1 Tbsp non-alcohol vanilla extract
- 1 ½ Tbsp cold-pressed coconut butter or olive oil
- ¾ cup raw carob powder
- 4 Tbsp cocoa powder
- 1 pint raspberries or sliced strawberries
- Fresh mint leaves

#### ♥ DIRECTIONS

1. In a food processor or Vita Mix, blend avocado's, with sweet ingredients, vanilla and coconut butter or olive oil until smoothie
2. Spoon in carob and cocoa powder and blend until creamy
3. Layer with fresh berries in a wine or martini glass and top with fresh mint leaves
4. This mouse will stay fresh in a sealed container in the fridge for 3-4 days
5. Bless and enjoy the sweetness!

#### ♥ HEALING TIP

This recipe is surprisingly delicious! The avocado's make it really creamy. The chocolate hits the spot when you're craving something sweet.

### *Note to Self*



Amanda Moxley  
Body and Soul Coach

## FOR THE SWEET TOOTH!

### *Cherry Pumpkin Walnut Energy Bites*

"I honor my body!"

#### ♥ INGREDIENTS

- 1 cup sour cherries
- 4 Medjool dates
- 1/3 cup walnuts
- 1 Tbsp orange juice
- 1/4 tsp ground cinnamon
- 3 Tbsp dark chocolate chips
- 1/2 cup pumpkin seeds

#### ♥ DIRECTIONS

1. Finely chop dried cherries, dates, walnuts, pumpkin seeds and combine in a large mixing bowl. Add orange juice, cinnamon and chocolate chips. Mix together with your hands, working together into a sticky mass. Mixture should hold together; if necessary, add another chopped date or a little more juice to make it hold together.
2. Wash your hands, keep a little water on them, and roll mixture into tiny balls. Gently place into an airtight container and refrigerate.

### *Note to Self*



*Amanda Moxley*  
*Body and Soul Coach*

## FOR THE SWEET TOOTH!

### *Fall Peach Crisp*

“When I work on myself, I am working on 8 generations back and 8 generations forward. I am changing my DNA with my new thought patterns and healthy ways of eating.”

#### ♥ INGREDIENTS

- 10 cups chopped peaches (approximately 8 medium peaches)
- 3 cups apple cider
- ¾ cup raisins
- ¼ tsp salt
- ½ tsp ground cinnamon
- 4 Tbsp arrowroot
- 2 tsp pure vanilla extract

#### Topping

- ½ cup canola oil
- ¾ cup rice syrup
- 1 cup maple syrup
- ¾ cup chopped walnuts
- ½ teaspoon salt
- 4 ½ cups rolled oats

#### ♥ DIRECTIONS

1. Preheat oven to 375°F. Place the peaches in a 9 X 12-inch baking pan.
2. In a medium-sized saucepan, combine 2½ cups of apple cider, the raisins, salt and cinnamon and bring to a boil. Dissolve the arrowroot in the remaining cider and stir the arrowroot mixture into the boiling cider mixture to thicken. Turn off the heat and add the vanilla.

To prepare the topping: In a large bowl, stir together the oil and the two syrups. Mix in the walnuts, salt and oats. Pour the thickened cider mixture over the peaches and spread on the topping. Bake, covered with tinfoil, for 40 minutes. Uncover and bake for 15 minutes more. Serve warm.

You can substitute apples, apricots or any other ripe fruit!

#### ♥ HEALING TIP

When you make this dish, imagine that you are nourishing all of your ancestors as your hands prepare this traditional, timeless dessert. Visualize yourself harmoniously gathered in the kitchen with all of your great, great grandmothers -- laughing, sharing stories and loving one another.

### *Note to Self*



Amanda Moxley  
Body and Soul Coach



## About the Author

Thank you!

I hope you have enjoyed this recipe book! Please remember, you are on a food and body journey, you don't have to get it all done today! Take a deep relaxing breath and then another and be grateful that you have begun your journey! Good luck! Love and blessings,

*Amanda* 

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Amanda Moxley, Body and Soul Coach, has successfully guided hundreds of clients through life changing transformations of mind, body, and spirit. With over a decade of personal experience with weight loss and holistic body confidence, Amanda has been coaching professionally for six years.

A board certified holistic health counselor by the Institute for Integrative Nutrition in New York, Amanda has learned directly from many of the most influential figures in modern wellness. Her hugely effective Seven Steps to Total Body Confidence system outlines her unique method for creating sustainable change and is the basis for all of Amanda's life-changing work.

Amanda's extensive experience and widely based knowledge of modern wellness issues enables her to guide her clients along a profound spiritual journey to body confidence. Her positive and deeply loving spirit ensure that her clients have all the support they need as they enjoy the process of transforming body, mind and soul.

For more information, recipes, coaching programs, inspiration and resources, visit [AmandaMoxley.com](http://AmandaMoxley.com)