

Memorial Day

RECIPES



You'll love to try.



Spinach Dip

Spinach & Artichoke Dip



Ingredients

1-1/4 cups unsweet almond milk
or milk of choice

3 Tbsp all-purpose flour

1 tsp onion powder

2 tsp garlic powder

2 Tbsp fresh lemon juice

2 cups finely chopped spinach

1 can artichoke hearts, finely chopped

salt & black pepper to taste



Directions

- #1.** Combine the milk, flour, onion powder, garlic powder and lemon juice in a saucepan. Bring it to boil, then simmer for 6 minutes. Stir frequently.
- #2.** Add the spinach and artichoke hearts. Mix well, then season with salt & pepper. Cook for a few more minutes until the spinach has wilted. Taste & adjust seasoning as desired.
- #3.** Let the dip cool. Then serve warm or cold with baguette, tortilla or pita chips.



Strawberry

Spinach & Pineapple Salad



Ingredients

3 cups strawberries, sliced

3 Tbsp white wine vinegar

2 tsp pure cane sugar

2 tsp dijon mustard

1 tsp poppy seeds

4 - 1/2" rings of pineapple

1 pkg baby spinach or mixed greens

1 cup cooked edamame

1/4 cup sliced almonds, toasted

1 scoop Organic Greens Booster



Directions

#1.

To prepare the dressing, combine 1 cup of the strawberries, vinegar, sugar, powdered greens and mustard into a blender. Process until smooth. Stir in the poppy seeds.

#2.

Grill the pineapple (covered) over medium high heat for 8 minutes. Cut into bite-size pieces.

#3.

In a large bowl combine the remaining strawberries, pineapple, greens and edamame. Drizzle with dressing and top with sliced almonds.



Lemon Garlic

Broccoli Penne Pasta



Ingredients

3 cups sliced cremini mushrooms

1 onion, chopped

6 cloves garlic, minced

4 cups penne pasta

2 cups low-sodium veggie broth

2 cups milk of choice

1 lemon, juiced

6 cups broccoli florets

1/2 cup cooked green peas

1 tsp tarragon

salt & pepper to taste

Parmesean cheese



Directions

#1.

In a large saucepan, cook the mushrooms, onion, and garlic over medium high for 3 minutes. Stir occasionally and add Tbsp of water as necessary to prevent sticking.

#2.

Stir in the pasta, broth and milk. Bring to a boil then reduce heat. Cover and simmer for 5-7 minutes or until pasta is al dente.

#3.

Add 1 tsp zest from the lemon, broccoli, green peas and tarragon into the pasta; stir to combine. Cook for 5 minutes or until broccoli & pasta is tender.

#4.

Add 1 Tbsp of juice from the lemon and season with salt & pepper, to taste. Stir in cheese.



Red White

And Blue Fruit Popsicles



Ingredients

2 pints raspberries

1 cup blueberries

2 cups coconut vanilla yogurt

2 Tbsp pure maple syrup

splash of lemon juice

1 scoop Vanilla Life Shake

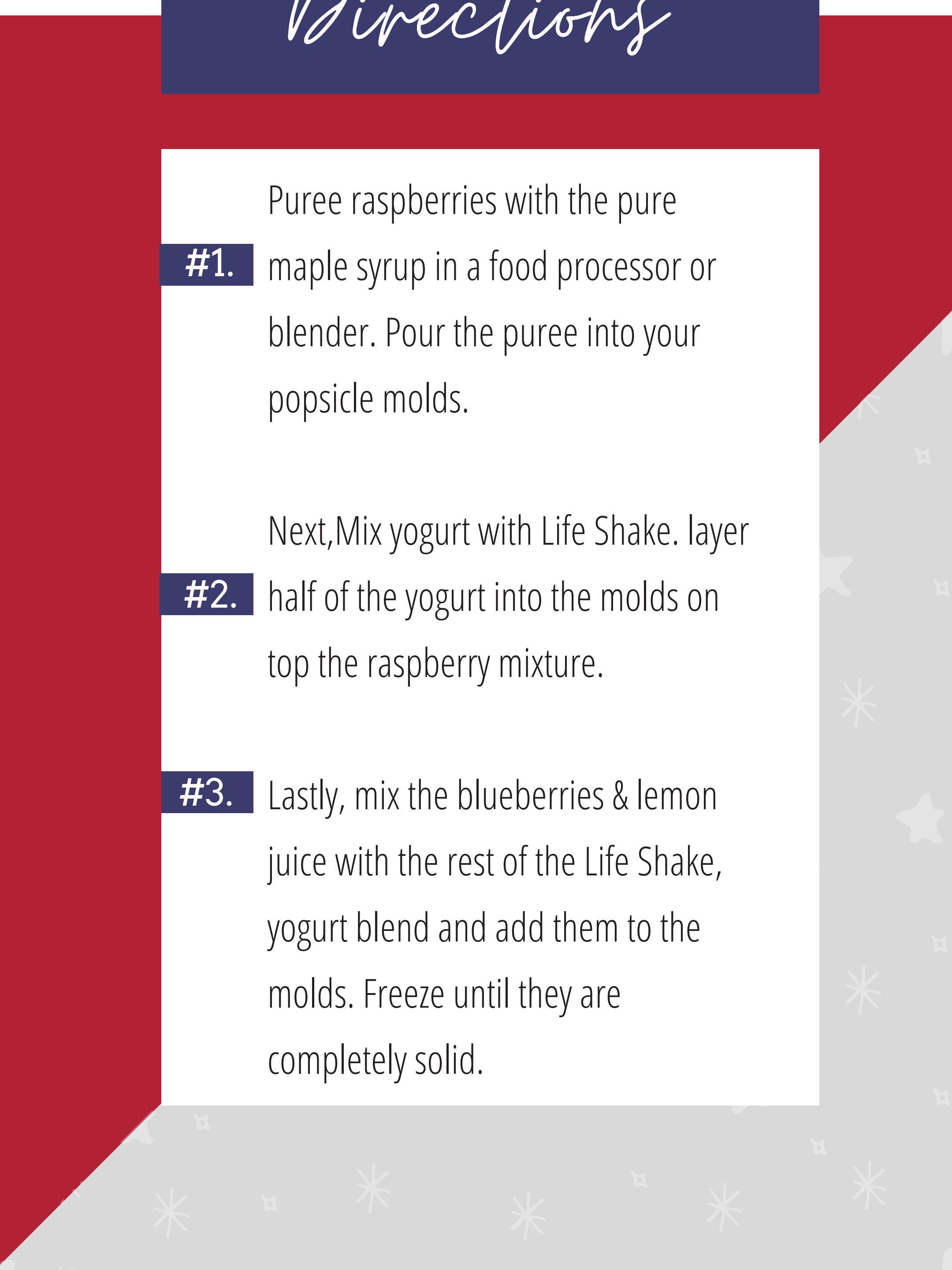


Directions

#1. Puree raspberries with the pure maple syrup in a food processor or blender. Pour the puree into your popsicle molds.

#2. Next, Mix yogurt with Life Shake. Layer half of the yogurt into the molds on top the raspberry mixture.

#3. Lastly, mix the blueberries & lemon juice with the rest of the Life Shake, yogurt blend and add them to the molds. Freeze until they are completely solid.





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We remember Your
Sacrifice!