



April Recipe Book 2024

Created by EpicLuv



Cherry Salsa

6 ingredients · 10 minutes · 3 servings



Directions

1. In a bowl, add all the ingredients and mix well. Adjust the seasoning to your taste and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up three days.

Serving Size

One serving is equal to approximately 1/3 cup.

How To Serve

Serve with your choice of cracker or chip, or on the side of a grilled protein.

Ingredients

- 1 cup** Cherries (pitted, finely chopped)
- 2 tbsps** Red Onion (finely chopped)
- 2 tbsps** Cilantro (chopped)
- 1/2** Lime (juiced)
- 1/4 tsp** Sea Salt
- 1/2** Jalapeno Pepper (seeds removed, finely diced)

Steak with Cherry Salsa

8 ingredients · 20 minutes · 2 servings



Directions

1. Heat the butter in a skillet over medium-high heat. Season both sides of the steak with salt and pepper.
2. Add the steak to the skillet and cook for about two to three minutes per side, or until it has reached your desired doneness. Set aside and let rest for at least five minutes before cutting into slices.
3. Meanwhile, in a small bowl, add the cherries, red onion, cilantro, lime juice, and jalapeño. Mix well and season with salt.
4. Spoon the cherry salsa over the steak and enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate the steak and salsa in separate containers for up to three days.

Serving Size

One serving is equal to one steak and approximately 1/3 cup cherry salsa.

More Flavor

Add avocado to the cherry salsa.

Ingredients

- 1 1/2 **tsps** Butter
- 10 **ozs** Top Sirloin Steak
- Sea Salt & Black Pepper (to taste)
- 1 **cup** Cherries (pitted, chopped)
- 2 **tsps** Red Onion (finely chopped)
- 2 **tsps** Cilantro (chopped)
- 1/2 Lime (medium, juiced)
- 1/2 Jalapeno Pepper (seeds remove, finely diced)

Mixed Greens & Cherry Salad

10 ingredients · 15 minutes · 3 servings



Directions

1. In a small jar or bowl, whisk together the oil, mustard, vinegar, salt, and pepper. Set aside.
2. In a large salad bowl, combine the greens, cucumber, red onion, and cherries.
3. Drizzle the dressing over top and toss to combine. Garnish with pecans and goat cheese and toss gently to combine. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate the salad and dressing separately in an airtight container for up to three days.

Serving Size

One serving is approximately two cups.

Make it Vegan

Use dairy-free soft cheese or omit.

Ingredients

- 1/4 cup Extra Virgin Olive Oil
- 1 tsp Dijon Mustard
- 2 tbsps Balsamic Vinegar
- Sea Salt & Black Pepper (to taste)
- 4 cups Mixed Greens
- 1 Cucumber (medium, sliced)
- 1/2 cup Red Onion (thinly sliced)
- 1 cup Cherries (pitted, halved)
- 1/2 cup Pecans (roughly chopped)
- 1/2 cup Goat Cheese (crumbled)

Strawberry Basil Smoothie Bowl

9 ingredients · 10 minutes · 1 serving



Directions

1. Add the banana, strawberries, zucchini, avocado, basil, protein powder, and coconut water in a blender or food processor. Start to blend on low, working your way up to high, and tampering as necessary until a thick, ice cream-like consistency is achieved.
2. Scoop into a bowl and top with the shredded coconut and pumpkin seeds. Add strawberries and basil if desired. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is equal to approximately two cups.

Additional Toppings

Honey and/or hemp seeds.

Ingredients

- 1/2 Banana (frozen)
- 1 cup Strawberries (frozen plus additional for garnish)
- 1/2 Zucchini (medium, chopped, frozen)
- 1/4 Avocado
- 1/4 cup Basil Leaves (plus additional for garnish)
- 1/4 cup Vanilla Protein Powder
- 1/2 cup Coconut Water
- 1 tbsp Unsweetened Shredded Coconut (for garnish)
- 1 tbsp Pumpkin Seeds (for garnish)

Greek Yogurt with Strawberries & Bee Pollen

4 ingredients · 5 minutes · 1 serving



Directions

1. Add the yogurt and strawberries to a bowl. Drizzle the maple syrup and bee pollen on top. Enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate the ingredients separately. Add the bee pollen when ready to eat.

Make it Vegan

Use a plant-based yogurt alternative and top with chia seeds, flax seeds, hemp seeds, or pumpkin seeds.

No Maple Syrup

Use raw honey instead.

No Strawberries

Use other berries like blackberries, blueberries, or raspberries.

Ingredients

- 1 cup Plain Greek Yogurt
- 1/2 cup Strawberries (chopped)
- 1 tbsp Maple Syrup
- 1 tsp Bee Pollen

Kiwi Yogurt Parfait

3 ingredients · 5 minutes · 1 serving



Directions

1. Layer the yogurt, granola, and kiwi in a jar. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Nuts, shredded coconut, hemp seeds, or chia seeds.

Ingredients

1/2 cup Unsweetened Coconut Yogurt

1/2 cup Granola

1 Kiwi (peeled, diced)

Mediterranean Farro Salad with Salmon

10 ingredients · 30 minutes · 2 servings



Directions

1. Cook the farro according to package directions and set aside to cool slightly.
2. Preheat the oven to 400°F (205°C).
3. Place the salmon on a baking sheet. Drizzle with 1/4 of the oil and season with salt and pepper. Transfer to the oven and bake for 13 to 15 minutes, until cooked through. The amount of time will depend on thickness.
4. Meanwhile, in a jar combine the remaining oil, balsamic vinegar, mustard, salt, and pepper. Shake vigorously to combine.
5. Place the cooled farro in a large bowl and add the tomatoes, cucumber, and olives. Pour the dressing over and toss to combine. Fold in the feta cheese.
6. Divide the salmon and the farro salad onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is about 1 1/4 cups of salad with salmon.

More Flavor

Season the fish with sumac, dried herbs or another favorite marinade.

Additional Toppings

Fresh parsley, dill, lemon zest/juice.

Gluten-Free

Use a gluten-free grain such as wild rice or quinoa.

Dairy-Free

Use a dairy-free feta cheese or omit.

Ingredients

- 1/2 cup Farro (dry, rinsed)
- 10 ozs Salmon Fillet (skin removed)
- 2 1/2 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 2 tsps Balsamic Vinegar
- 1/2 tsp Dijon Mustard
- 1 cup Cherry Tomatoes (halved)
- 1/4 Cucumber (medium, chopped)
- 1/2 cup Pitted Kalamata Olives
- 1/2 cup Feta Cheese (crumbled)

Strawberry Rhubarb with Banana Cashew Cream

5 ingredients · 15 minutes · 2 servings



Directions

1. Place rhubarb and strawberries in a sauce pan over medium heat. Stir occasionally for about 10 minutes or until rhubarb starts to break down and a sauce starts to form. Turn off the heat and set aside to cool while you prepare the rest.
2. Combine cashews, water and banana in a blender. Blend very well until smooth and creamy.
3. Divide the stewed strawberry rhubarb in between small glasses or jars and spoon the cashew banana cream over top. Garnish with extra fruit or nuts. Enjoy!

Ingredients

- 1 cup Rhubarb (chopped)
- 1 cup Strawberries (sliced)
- 3/4 cup Cashews (soaked for 1 hour and drained)
- 1/2 cup Water
- 1 Banana (large, ripe)

Notes

Toppings

Sprinkle with shredded coconut, pistachios, slivered almonds or extra fruit.

More Protein

Add protein powder or hemp seeds into the blender before blending the banana cashew cream.

Chocolate Lover

Add cocoa powder into the blender before blending the banana cashew cream.

Chickpea & Spinach Salad with Strawberry Rhubarb Dressing

10 ingredients · 10 minutes · 3 servings



Directions

1. Add half of the strawberries, half of the rhubarb, balsamic vinegar, oil, honey, and salt to a small blender and blend until smooth.
2. Divide the spinach, remaining strawberries, remaining rhubarb, chickpeas, red onion, and pecans evenly between bowls. Add the dressing on top and enjoy!

Notes

Leftovers

Best enjoyed immediately. Dressing can be refrigerated in an airtight container for up to five days. Store the salad contents separately for up to three days.

Serving Size

One serving is equal to approximately two cups of salad and two tablespoons of dressing.

Additional Toppings

Goat cheese, slivered almonds, pumpkin seeds, and/or fresh parmesan.

Ingredients

- 1 cup Strawberries (sliced, divided)
- 1 cup Rhubarb (finely chopped, divided)
- 2 tbsps Balsamic Vinegar
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Raw Honey
- 1/2 tsp Sea Salt
- 4 cups Baby Spinach
- 2 cups Chickpeas (cooked)
- 1/2 cup Red Onion (thinly sliced)
- 1/2 cup Pecans

Grilled Apricots with Yogurt & Pistachios

3 ingredients · 15 minutes · 2 servings



Directions

1. Preheat the barbecue to medium heat. Place the apricot halves on the grill face down and cook for seven minutes, until softened and they have grill marks.
2. Add apricots to a plate, face up, and top with yogurt and pistachios. Enjoy!

Notes

Leftovers

Best enjoyed immediately. Can be kept refrigerated in an airtight container for up to three days.

Serving Size

One serving is equal to four apricot halves.

Make it Vegan

Use dairy-free yogurt instead.

Additional Toppings

Add raw honey and sea salt.

Ingredients

4 Apricot (halved, pits removed)

1/4 cup Plain Greek Yogurt

2 tbsps Pistachios (chopped)