



Somethin' Like Italian Dressing

SERVINGS: 2

PREPPING TIME: 5 MINS

COOKING TIME: 0 MINS

Ingredients

LOVE!

1/4 cup tahini (use raw for living option)

3 tbs coconut aminos

1.5 tbs apple cider vinegar

1 tsp garlic powder

juice of 1/2 a lime

More LOVE!



Directions

1. Mix Well.
2. Speak Life.
3. Pour atop a bed of delicious greens and an array of veggies.
4. FULLjoy!





HoneyCinnaButter Smoothie

SERVINGS: 32 OZ

PREPPING TIME: 5 MINS

COOKING TIME: 0 MINS

Ingredients

LOVE!

1.5c nutmilk of choice

1.5 frozen bananas

1.5c honeydew

2tbs almond butter

2 dates

2 cinnamon sticks

1/2 tbs maca root powder (optional)



Directions

1. Place all ingredients in high-speed blender (in the above order)
2. Speak Life.
3. Blend, very well - cinnamon sticks need a little extra TLC ;)
4. Sprinkle with cinnamon. FULLjoy!





BE-Rooted Juice

SERVINGS: 64 OZ

PREPPING TIME: 15 MINS

COOKING TIME: 0 MINS

Ingredients

LOVE!

8 organic fuji apples

8 organic celery stalks

1 small beet

1 pc. ginger root (pointer finger length)

1 lemon



Directions

1. Thoroughly clean all produce. (soak in water, distilled vinegar + baking soda for 10 minutes).
2. Chop apples into quarters. Peel skin from beet. Separate celery stalks. Peel ginger (optional).
3. Run all ingredients through juicer. (except lemon)
4. Strain. Squeeze in lemon juice. Mix well.
5. Separate evenly into mason jars. Top w/ water as needed. FULLjoy!

