



Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

A Taste of Italy Detox Salad

This salad is loaded with detoxifying and cleansing, nutritious ingredients to help your body release the toxins it's been storing for years. Thyme and oregano are naturally antiviral and antibacterial as well as immune building. Crunchy Salad Topper is full of good fat to fuel your metabolism and brain. +

1 head romaine lettuce	¼ artichoke hearts
1 bunch baby arugula	¼ cup red onion, thinly sliced
1 cup lentils, cooked	¼ cup fresh oregano, loosely chopped
½ cup grape tomatoes, sliced in 1/2	¼ cup fresh thyme, loosely chopped
1 Zucchini, diced	1 avocado, diced
1 cup microgreens and/or sprouts- broccoli, arugula, cilantro etc.	2-4 Tbsp Crunchy Salad Topper or 3 seed mix
½ cup broccoli, chopped finely	

Dressing: Herbed Salad Dressing – see separate recipe

Mix all salad ingredients together. Toss with herbed salad dressing, and top with Crunchy Salad Topper or 3 seed mix and fresh sliced avocado.

Enjoy!

Serves 4

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Anti-Aging Asparagus Soup

This soup makes an excellent meal all on its own, thanks to healthy fats from coconut milk, protein from healing collagen power, and phytonutrients from asparagus, leeks, and garlic. Those benefits also make it a great way to fight the aging process and support a resilient body. It's creamy and filling with just the right amount of spice from fresh ginger and smoked paprika, though you can use less of these ingredients if you prefer.

2 bunches asparagus

¼ c. pepitas

3 Tbsp. plus 1 tsp avocado oil

1 medium white onion, finely diced

2 Tbsp. micro-grated peeled fresh ginger

3 ½ large leeks, chopped

3 Tbsp. coconut aminos

4 cups (32 ounces) vegetable broth

1 tsp. smoked paprika

1 tsp. garlic powder

½ tsp sea salt

Grated zest of 1 lemon

1 cup full-fat unsweetened coconut milk

4 scoops (about ½ c.) collagen power (optional)

Freshly ground black pepper

Cut 4 of the asparagus spears into thirds and set aside for garnish. Roughly chop the remaining spears.

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Heat a medium sauté pan over medium-high heat. Add the pepitas and continuously stir and shake until the seeds are fragrant and toasted, about 5 minutes. Remove from heat and set aside.

Heat the 3 tablespoons of avocado oil in a large pot over medium, heat until shimmering. Add the onion and sauté for 5 minutes. Add the ginger, leeks, and coconut aminos, stir well, and cook down for 5 minutes. Add the copped asparagus, broth, paprika, garlic powder, and salt and bring the mixture to a boil over medium heat. Reduce the heat and add the lemon zest and coconut milk.

Remove soup from the heat and allow to cool for several minutes. Pout into a blender, add the collagen powder (if using) and blend until smooth.

Heat the remaining 1 teaspoon avocado oil in a small sauté pan over medium-high heat until shimmering. Add the reserved asparagus spears and lightly sauté until tender, about 3 minutes.

To serve, divide the soup among four bowl and sauteed asparagus in the center of each bowl. Sprinkle with pepitas and freshly ground pepper.

Serves 4, ~ 12 ounces

Recipe credit to Dr Mark Hyman, Pegan Diet Cookbook

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Brussels Sprouts Stir Fry

1 ½ Teaspoons Coconut Oil

1 ½ Pounds Small Brussels Sprouts, Sliced in Halves

3 Garlic Cloves, Sliced Thin

¼ Cup Filtered Water

2 Teaspoons Lemon Juice

½ Teaspoon Fresh Grated Lemon Zest

¼ Teaspoon Himalayan Salt

¼ Teaspoon Ground Pepper

Heat a skillet over high heat and add the coconut oil until it is completely melted. Add the Brussels sprouts and garlic. Sauté for 1 minute until browned. Add water carefully, and cook for 2 minutes with a cover, after stirring the sprouts in the pan. Remove the cover and stir in the lemon juice, lemon zest, salt, and pepper. Continue to cook for another 7 to 8 minutes until tender. Serve hot.

Serves 6, 6 sprouts each.

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Chopped Kale Crunch Salad

This salad shouldn't even be called a salad. It's so indulgent you will want this salad as a meal! It's a nutritional powerhouse full of greens and sprouts, raw veggies, nuts & seeds, and more. It has a creamy tahini dressing that you'll want to drink from a glass!

Purchase all ingredients organic and free of any artificial ingredients.

8 cups shredded kale (about 1 large bunch, Tuscan or curly kale, stems removed)	½- 1 c shredded carrots
Juice of 1 lemon	1-2 c. broccoli finely chopped
1 tbsp. EVOO	½-1 c. cooked quinoa with S. Boulardii
4 c. of baby spinach	1/2 red onion, thinly sliced
4 c. arugula	1 basket grape tomatoes
Broccoli microgreens- 1 box	2/3 c dried cranberries pr goji berries
Broccoli sprouts- 1 box	1-2 large pears thinly sliced
½ -1 c. shredded red cabbage	1-2 large ripe avocados
Crunchy Salad Topper (see separate recipe)	
Creamy Tahini Dressing (see separate recipe)	

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Combine quinoa and water in saucepan. Pull capsules apart, sprinkle 2 capsules of probiotic over quinoa and stir to mix. Cover and allow to sit overnight. (S. Boulardii is best, included in program contents.)

In saucepan, bring to boil, cover, and reduce heat to a simmer until all water is absorbed and quinoa is fluffy, approx. 15 min. Cool.

Next, add the kale and cabbage to a large bowl. Add in the juice of 1 lemon and 1 tbsp. of olive oil and massage kale mixture with hands until all is coated. Allow massage kale to marinate while you prepare remaining ingredients.

Mix kale, spinach, arugula, microgreens, sprouts, cabbage, carrots and broccoli. Layer on garbanzo beans, quinoa, and remaining ingredients except avocado and Crunchy Salad Topper. Toss with Creamy Tahini Dressing and top with avocado and Crunchy Salad Topper.

Note: Only dress the portion of this salad you are eating now as it will keep in the refrigerator for several days. I make a large bowl of this salad on Sunday, and we eat for lunch or dinner as needed until Weds, when I make a fresh different healing salad to finish the week.

Serves 16 as an appetizer size salad (~1 c.) or 8 as a main entrée lunch or dinner size, 2 cups each.

Adapted from a Chopra recipe

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Chopped Vegetables, Nuts & Seeds Salad

A superfood salad loaded with fiber and protein—including the dressing made with lacto fermented pickle juice from the Persian Cucumber Dill Pickles (page 83) – and topped with Dr. Alberto’s favorite broccoli sprouts. (For notes on toasting the seeds and nuts, see page 77.) Serves 4-6

For the Dressing:

¼ cup juice from Persian Cucumber
Dill Pickles

¼ cup Orange juice

1 Tbsp monk fruit syrup

Juice of 1 lime

½ cup avocado oil

1 tsp poppy seeds

Sea salt and cracked black pepper

For the Salad:

½ cup finely diced carrots

½ cup broccoli florets

1 quart ice water

½ cup cherry tomatoes, halved

½ cucumber, peeled and diced

½ avocado, diced

½ bell pepper, diced

1 scallion, finely sliced

½ green apple, diced

2 cups shaved savoy or regular
cabbage

¼ cup loosely packed basil leaves,
torn

3 Tbsp. sunflower seeds, toasted

3 Tbsp. pumpkin seeds

2 Tbsp sesame seeds, toasted

3 Tbsp. cashews, toasted and crushed

Sea salt and cracked black pepper

¼ cup broccoli sprouts, for garnish

1 orange, segmented, for garnish

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1. Make the dressing: Combine the pickle juice, orange juice, monk fruit syrup, and lime juice in a blender. Blend on low speed for 15 seconds. Gradually add the avocado oil and blend until completely emulsified, 30 seconds.
2. Fold in the poppy seeds, season to taste with salt and pepper, and allow the dressing to marinate, refrigerated, for 30 minutes.
3. Prepare the salad: Bring 1 quart of water to a boil in a saucepan. Blanch the carrots and broccoli florets in the water for 30 seconds and then transfer them to the ice water for a 30-second cooldown. Drain through a colander. (Can skip this step and serve raw)
4. In a glass, ceramic, or stainless-steel bowl, combine the carrots, broccoli florets, tomatoes, cucumber, avocado, bell pepper, scallion, apple, cabbage, basil. Add toasted seeds and nuts/or alternatively, add 2 tbsp Crunchy Salad Topper per serving.
5. Add the dressing and season to taste with salt and pepper. Transfer to a bowl or platter. Garnish with broccoli sprouts and orange segments.

*You will be provided with Crunchy Salad Topped if you order food kit from Green's. Otherwise, you may make your own Crunchy Salad Topper OR use the ingredients called for above. DO NOT use Crunchy Salad Topper AND the seeds and nuts in this recipe.

Recipe credit to/adapted from Grow A New Body Cookbook

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Creamy Tahini Dressing

¼ c. EVOO

¼ C. tahini (I use Trader Joe's organic)

2-3 tbsp. lemon juice, to taste

2 tsp. Dijon mustard

2 tsp. maple syrup or honey

½ tsp fine sea salt

Freshly ground Pepper, to taste

2 tbsp ice cold water, more as needed (I always use at least twice this amount

In a liquid measuring cup or jar, combine the olive oil, tahini, 2 tbsp lemon juice, mustard, maple syrup, salt, and several twists of black pepper. Whisk until thoroughly blended.

Add the cold water and whisk again. The dressing should be remarkable creamy. Taste, and add more lemon juice (for zing) and pepper if desired. If your dressing is too thick to drizzle, whisk in more cold water, 1 tbsp at a time.

Dressing will keep well in the refrigerator, covered, for about 1 week. It may thicken with time; simple thin it with a little more cool water as needed.

Makes ~¾ cup, serving size 2 Tbsp each

Recipe credit to Chopra.com

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Crunchy Salad Topper

Sometimes salads just need a little something extra. Even if it is a beautiful bowl of veggies, I often crave an extra depth to the meal. This perfect topper tastes even better after knowing that it's packed in lots of essential nutrients, like the rich source of zinc in the seeds. This is the crunchy salad topper you'll use on everything - I promise! Skip the croutons and use this nutritious Crunchy Salad Topper instead!

½ cup pumpkin seeds

¼ teaspoon dried rosemary

¼ cup sunflower seeds

1 tablespoon nutritional yeast

¼ cup sesame seeds

3 tablespoons tamari

¼ teaspoons ground cumin

Pinch of unrefined sea salt

¼ teaspoon ground paprika

Preheat the oven to 355°F (180°C). Mix the pumpkin seeds, sunflower seeds, sesame seeds, cumin, paprika, rosemary and nutritional yeast. Stir well to combine. Pour over the tamari and season with a pinch of unrefined sea salt. Stir well to combine and layer evenly on a lined baking sheet. Roast in the oven for 10-12 minutes or until the seeds begin to turn golden brown. You'll want to watch closely as this can happen fast. Remove from the oven and allow to cool - the cooling process is when your seed mix will go crunchy. Store in an airtight container for up to a month.

Recipe credit to Food Matters

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Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit
Dandelion Apple Goji Salad

Dandelion greens are an incredibly nutritious and potent anticancer food but are rarely consumed because most folks don't know they are edible, and they are slightly bitter. We cracked the code and created a beautiful flavor balance by adding sweet apples, goji berries, and a maple mustard dressing. This superfood salad has a wide spectrum of flavors and textures and a hearty satisfying crunch. Dandelion greens are super nutritious source of vitamins A, K, C and B6, thiamin, riboflavin, calcium, iron, potassium, manganese, folate, magnesium, phosphorus, and copper.

Dressing Ingredients:

Juice of 1 lemon
1 tbsp. extra virgin olive oil
2 tbsp maple syrup
2 tbsp grainy mustard
1 tbsp minced shallot
¼ tsp sea salt
¼ tsp black pepper

Salad ingredients:

1 medium Pink Lady or other sweet apple, diced (about 1 ½ cups)
4 medium carrots, shredded (about 2 cups)
1 medium bunch dandelion greens, chopped (about 2 cups)
½ cup chopped walnuts
½ cup goji berries
1 tsp fresh thyme leaves

Instructions:

Whisk all the ingredients for the dressing in a large bowl until well incorporated.

Add all the ingredients for the salad to the bowl and toss with dressing to combine.

Pro Tip: this salad can be made and stored in the fridge for up to 3 days and enjoyed as a quick lunch or side with dinner.

Recipe from *Beat Cancer Kitchen* by Chris and Micah Wark

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Detox Bath Recipe

2 cups Epsom or sea salt

½-1 cup baking soda

**10 drops of each essential
oil up to 50 drops depending
on tub size**

½ -1 cup coconut milk

Fill tub with very hot water. Add baking soda, salt, and coconut milk, stir to combine. Next, add all oils and soak for about 20 minutes until you are sweating to release toxins. Start with fewer drops of each oil and increase to taste.

For detox bath use lavender oil. Try 20 drops to start, add to your liking.

For extra liver and kidney detoxification try the following combo: cilantro, geranium, rosemary, and tangerine oils. Add 5 drops each to start, more to taste.

Enhance your experience with candles, hot tea or broth, or by floating flower petals and even a crystal or two in the water to bring healing energy.

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Dandelion Infusion Tea

Dandelion - leaves and roots

(Each contain different medicine)

Leaves are also wonderful for cooking, adding to salads fresh, and to stir fry and juices.

Make an infusion tea by simmering 2 handfuls of dandelion root and 2 handfuls of leaves in 3 liters of water for 40 min.

Turn off and allow to sit overnight. The heat and soaking overnight allows the minerals to steep into the infusion.

Strain and drink hot with lemon honey or as iced tea. If flavor is too strong dilute with more water to taste. Drink 2-3 cups per day for 2-3 weeks.

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Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit **Fresh Vegetable Curry**

This delectable vegan curry recipe uses cooked chickpeas for added protein. It can also be made with chunks of salmon, halibut, or chicken breast. Try adding any vegetable you have on hand. I often make this with diced sweet potatoes or squash in autumn. Chopped fresh spinach is another fantastic addition. Since spinach cooks so quickly you'll want to toss it in when you take the pan off the stove. Serve curry over cooked long grain brown rice or quinoa.

2-3 Tbsp virgin coconut oil	6 Roma tomatoes, diced
1 tsp black mustard seeds	1 cup water or coconut milk, increase as needed
2-3 tsp finely chopped fresh ginger	1 Tbsp arrowroot powder
3 carrots, sliced into rounds	½ pound green beans, trimmed and cut into pieces
2 tsp curry powder	¾ pound cauliflower, cut into florets
1 tsp ground cumin	½ pound mushrooms, cut in half
1 tsp ground coriander	3 cloves garlic, crushed
1 tsp ground turmeric	2 cups cooked chickpeas or 1 can
Dash cayenne pepper	Garnish: Chopped cilantro
1 ½ to 2 tsp Herbamare or sea salt	

Heat a deep 11-inch skillet over medium to medium-high heat for a few minutes. Add the coconut oil, mustard seeds, and ginger, sauté for about 30 seconds until seeds begin to pop. Add the potatoes and carrots, sauté for about 10-15 min on moderate heat so they don't brown too much. Add the spices and the Herbamare; stir well and sauté for about a minute more. Sauteing the spices in oil is the key to a good curry!

Add the diced tomatoes and sauté for about 2 minutes. Mix the cup of water with the arrowroot in a small bowl. Whisk it together. Add this mixture to the cooking veggies.

Then add the green beans, cauliflower, mushrooms, garlic, and chickpeas. Stir gently. Cover and cook for about 15 minutes, stirring occasionally, or until vegetables are fork-tender.

Garnish with chopped cilantro. Yield: 4

Recipe credit to/adapted from *Nourishing Meals*

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Ginger Shots (Better Than Store Bought!)

Start your day with an anti-inflammatory, immune-boosting, and antioxidant blast! These super-simple ginger shots take just minutes to make with a high-speed blender. **Watch how I make them in the video above!**



★★★★★
4.96 from 41 votes

Prep Time
10 mins

Total Time
10 mins

Course: Drinks Cuisine: Indian

Keyword: ginger shot recipe, ginger shots, wellness shots

Servings: 2 servings Author: Lisa Bryan

Ingredients

- ¼ cup ginger root washed, roughly chopped
- ⅓ cup lemon juice from 3 to 4 lemons
- ¼ cup coconut water
- pinch or two cayenne pepper

Instructions

1. Place all ingredients in the pitcher of your high-powered blender.
2. Put the lid on the blender, and process until the ginger and lemon juice mixture is smooth.
3. Strain the liquid through a fine-mesh strainer.
4. Press on the solids with the back of a spoon to extract as much juice as possible.
5. Pour the strained liquid into shot glasses and drink all at once.

Notes

- You can always double this recipe and save the remaining ginger shots for up to one week in a sealed container in the fridge.

Nutrition

Calories: 12kcal | Carbohydrates: 3g | Protein: 1g | Fat: 1g | Saturated Fat: 1g | Sodium: 17mg | Potassium: 83mg | Fiber: 1g | Sugar: 1g | Vitamin C: 9mg | Calcium: 4mg



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Green Detox Smoothie

1 Cup Spinach

1 Cup Kale

1 Cucumber, Peeled

**½ or 1 Lemon, Peeled and
Chopped, To Taste**

1 Inch Piece Fresh Ginger

1 Handful Mint Leaves

2 Green Apples, Cored

2 Cups Filtered Water

1 Tablespoon MCT Oil

1 Tablespoon Coconut Oil

1/2 Ripe Avocado, No Pit or Skin

Ice as desired

Blend the Spinach, Kale, Cucumber, Lemon, Ginger, Mint, Apple, and Water in a blender. Add the avocado and oils and ice and blend to desired consistency. This is a very potent mix. If it is too strong, add a bit more apple or cucumber. I love to blend it with ice, cinnamon, and clean vanilla protein.

Variation: You can replace the water with 2 cups of homemade almond milk. You can make almond milk by adding about 12 raw almonds that have soaked in water overnight to one cup of water and then mixing in a blender until smooth.

Serves 2, ~8 ounces

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Green Goddess Juice

2 Cup Baby Spinach Leaves	1-2 Medium Lemon
2 Cup Kale Leaves	1 box Broccoli Microgreens
4 Green Apples, Cored	1 box Broccoli Sprouts
1 Bunch Parsley	1 Bunch Dandelion Greens
2 Medium Cucumber	1 Bunch Nettle if available
½-1" Inch Fresh Ginger	~1/2 Head Celery

Purchase **ONLY organic** ingredients. Chop so they fit into the juicer feeder tube. Zest the lemon by removing the peel off the lemon, leave the white flesh. Cut lemon into quarters. Juice all ingredients adding the lemon last. Use extra green apple for added sweetness. I strain a second time for less pulp.

Ginger is incredibly anti-inflammatory and has many health benefits but like green juice, can be an acquired taste. If you are new to ginger start with a small portion and gradually increase to taste. Set yourself up for success by letting your tastebuds adjust to the taste of more ginger gradually.

Serves 6, 12 ounces each

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Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

Green Peas and Avocado Hummus w/Crisy Garlic Silvers

Serves 4-6

Enjoy this pea-based hummus with scoop-friendly vegetables like broccoli, bell peppers, and celery. Fresh peas are ideal, but you can substitute frozen. For more flavor and visual pizzazz Chef Conny suggests garnishing the dish with toasted sesame seeds, sliced radishes, micro herbs like fresh dill, and edible flowers.

1 Tbsp sea salt, plus more to taste

4 Tbsp tahini

1 cup fresh green peas or 8 oz frozen

2 Tbsp plus 2 tsp lemon juice

4 garlic cloves

½ cup extra virgin olive oil

1 quart ice water

Sea salt and cracked black pepper

1 avocado

2 Tbsp Crispy Garlic

1. Bring 4 cups of water and 1 Tbsp sea salt to a boil. Add the peas and garlic and boil until soft, 10-12 minutes for fresh peas and 2 minutes for frozen. Drain the pea mixture and transfer it to the ice water to cool. Then drain again.
2. Reserve 2 Tbsp of the peas. In a food processor, pulse the remaining cooked peas and garlic until mushy, about 30 seconds. Add the avocado, tahini and 2 Tbsp of lemon juice and then pulse a few more times.
3. Toss the reserved peas with the olive oil and the remaining 2 tsp of lemon juice and then season to taste with salt and pepper.
4. To serve, spread the hummus onto a serving dish. Top with the reserved seasoned peas. Garnish with the crispy garlic and other toppings, as desired.

Recipe credit to/adapted from **Grow A New Body Cookbook**

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Grilled Asparagus

1/2 Pound Fresh Asparagus

2 Tablespoons Coconut Oil

¼ Teaspoon Salt

**¼ Teaspoon Freshly Ground
Pepper**

**2 Tablespoons Extra Virgin
Olive Oil**

**(use lemon or herbed oil, if
available)**

Preheat the oven to 425°F. Place the asparagus in an oven pan and drizzle with the coconut oil. Toss to coat the spears, then sprinkle with salt and pepper. Bake in the preheated oven until tender, about 12 to 15 minutes. Add olive oil liberally before serving.

Serves 2

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Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit
Halibut in Basil-Mint Coconut Broth

The title of this recipe may suggest that it's complicated to make but nothing could be further from the truth! An elegant and delicious dish loaded with nutritious ingredients. Leeks, carrots, and parsnips, garlic, coconut milk, and fresh herbs all nurture our health, reducing inflammation, increasing good fat for our brains, and shoring up our immune systems.

Ingredients:

1 8 oz halibut filet, skin removed	½ cup coconut milk
1 leek – white and light green parts cleaned and thinly sliced, into half-moons.	¾ cup chicken broth (organic and low sodium)
1 carrot -peeled and cut into match sticks	4 sprigs fresh basil
1 parsnip – peeled and cut into match sticks	4 sprigs fresh mint
2 garlic cloves, minced	

Instructions:

Coat a large skillet with cooking spray and heat over medium heat. Add leek, carrot and parsnip, and season with salt and pepper. Cook vegetables, stirring occasionally, until they begin to soften without turning brown, about 3 minutes. Stir in garlic and cook for one minute longer.

Stir in coconut milk, broth, basil, and mint. Season both sides of halibut with salt and pepper, and gently place halibut in broth. Bring liquid to a simmer, cover skillet leaving a bit of room for steam to escape, and cook fish until opaque in the middle, about 10 minutes.

Using a slotted spatula, gently remove fish to a plate and cover with aluminum foil to keep warm.

Increase heat under the skillet and boil cooking liquid until slightly reduced, about 5 minutes. Taste and make any final adjustments to seasoning with salt and pepper.

To serve, place halibut in a shallow bowl. Top broth and vegetables. Serve garnished with more fresh basil and mint, minced, and lime wedges.

Recipe author unknown.

A stylized signature of "Angela Burge" in a cursive font, with the words "MEDICINE WOMAN" in a smaller, sans-serif font underneath.

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Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

Herbed Salad Dressing

½ Cup Extra-Virgin Olive Oil

¼ Cup Lemon Juice

2 Tablespoons Herbs (like parsley, tarragon, chives, basil, cilantro, and oregano)

1 Teaspoon Dijon Mustard

Blend all ingredients in a small food processor or whisk together.

The herbs really make this salad dressing so get creative. And don't forget to write down what you used so you can repeat your favorite blends!

Makes 6 servings, ~ 2 Tbsp. each.

Recipe credit to *Grow A New Body* by Alberto Villoldo

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Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

Home Salad Bar

The lunch salad bar is fantastic if you take the time to prepare and shop carefully. You can store your salad-bar ingredients in glass jars on the countertop or I use OXO canisters in my pantry (the ones that need no refrigeration) and in glass containers in the fridge for the ones that need to be kept cool.

You can cut veggies into bite-size pieces and select the day's salad in the morning before going to work. Select different options each day. Refrigerate at work until ready to eat.

Be sure to use greens as your base, adding veggies and fats (and proteins) on top. For convenience I use shredded carrots and purple cabbage. I have on hand a variety of greens, microgreens, herbs, and sprouts to add, and well as dried goji berries, fresh fruit, and avocado. I also have the 3 seed salad topper premixed and ready to sprinkle on.

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Vegetables	
Artichoke Hearts	Scallions
Broccoli	Snap Peas
Cucumbers	Steamed Asparagus
Herbs- Mint, Thyme, Oregano, Cilantro, Basil, Dill to taste	Sprouts (You can make your own sprouts at home)
Mushrooms (cooked)	Tomatoes
Radishes	Zucchini
Greens	
Arugula	Mixed Baby Greens, Microgreens
Kale	Spinach
Fats and Proteins	
Avocado or Guacamole	Olive Tapenade
Hummus	Walnut Tapenade
Nuts- Cashews, Almonds, Walnuts, etc.	Seeds- Pumpkin, Sunflower, Chia, Hemp, Sesame, etc.
Dressings and Dips	
Guacamole	Salad Dressing
Kale	Spinach

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Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

Homemade S. Boulardii

*It is simple to grow your own strain of the probiotic *Saccharomyces boulardii* (*S. boulardii*), which can help you dramatically reduce your gut's population of *Candida albicans*. The *S. boulardii* are living organisms, and they will respond to your thoughts and feelings. I like to say a blessing over them in the same way that I say a prayer of gratitude over my food before a meal. After you prepare a batch, you can use a spoonful of your current *S. boulardii* as a starter for the next batch.*

1. Gather about 4 cups of organic, ripe fruit from your garden or grocer. The overripe fruit your market is going to pull from the case is best, as it is loaded with sugars. I love using blueberries or raspberries, but they must be very ripe. Pears, mangoes, and frozen berries work great. If needed, pit the fruit, (e.g., apples), but do not peel it.
2. Blend the fruit in a blender with 1 cup of spring water.
3. Cook the fruit and water mixture in a saucepan at low heat until it boils for 20 minutes.
4. Let the batch cool to body temperature. Then, add the contents of 2 gelatin capsules of *S. boulardii*. Get the best-quality brand you can find. I like Pure Encapsulations. (4 capsules provided in your program packet)
5. Pour the mixture into a large bowl, filling it halfway. The batch will expand as it ferments, so you want to be sure it has plenty of room to grow.
6. Place the bowl in your oven, but don't turn the oven on. The heat from the over light is all you will need to keep the mixture at body temperature for the next two or three days.
7. Watch as you batch of *S. boulardii* grows and ferments, making strong medicine for you!

After two or three days, the *S. boulardii* will have fermented all the sugars in the fruit. You might want to taste it on day two. When there is no residue of sweet taste, you know it is ready. Place the mixture in the refrigerator and use one tablespoon daily before breakfast for two weeks before the Grow A New Body program, and as needed thereafter. Your *S. boulardii* will last for two weeks the refrigerator.

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Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

Hummus

2 Cups Chickpeas	~1/4 Cup Filtered Water
3 Garlic Cloves	1 Teaspoon Himalayan Salt or Sea Salt
½+ Cup Tahini	2 Tablespoon Extra Virgin Olive Oil
4 to 8 Drops of Hot Sauce	¼ Teaspoon Paprika
1 Large Lemon, Juice Only	

If using canned chickpeas, rinse then drain. (If using raw chickpeas, see instructions below.) Warm chickpeas in a skillet over medium heat until heated and browned thoroughly. Transfer to a blender or food processor. Add garlic, tahini, hot sauce, lemon juice, and 2 tablespoons water. Blend until the hummus is pureed, adding more water as needed.

Add Himalayan salt to taste. Place in a serving bowl and top with olive oil and paprika. Store hummus in a sealed container in the refrigerator for 5-10 days.

***To cook raw chickpeas:* Soak chickpeas in enough water to cover for 4 hours and rinse. Place ¼ onion, one clove garlic, a dash of paprika, a dash of curcumin powder, a dash of black powder, and a sprig of celery in a pot, then cover in cold water. Cook at medium heat until the chickpeas are soft. When the mixture boils, skim off and discard the foam with a spoon.**

Serving size 2 Tbsp each

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Immunity Soup

Modern research shows that astragalus root, a Chinese herb long used to ward off colds and flu, has powerful immune-enhancing properties. The sliced, dried root is available online and in herb stores; it is nontoxic and adds a pleasant, sweet taste when simmered in soups. Shiitake mushrooms also boost immunity and have an antiviral effect. Garlic is an antibiotic and ginger a natural anti-inflammatory agent.

1 ½ tsp extra-virgin olive oil	2 ½ pieces astragalus root
2 large onions, thinly sliced	10 cups Mushroom Stock (see recipe)
3 garlic cloves, mashed	2 Tbsp tamari or low-sodium soy sauce
1 Tbsp minced fresh ginger	Salt (optional)
4 ounces shiitake mushrooms, stemmed and thinly sliced (about 2 cups)	2 cups broccoli florets
2 large carrots, thinly on bias	½ cup chopped scallions

1. In a large pot, heat the olive oil over medium heat. Add the onions, garlic, and ginger and sauté until soft and translucent. Add the shiitakes, carrots, astragalus root, and Mushroom Stock. Bring to a low boil. Reduce the heat and simmer for 45 minutes.
2. Add the tamari and adjust the seasoning with salt if needed. Add the broccoli florets and cook until tender, about 5 minutes.
3. Remove the astragalus root pieces. Ladle the soup into bowls and garnish with the scallions before serving.

Recipe credit/adapted from *True Food* by Andrew Weil, MD and Sam Fox with Michael Stebner

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Los Lobos Vegetable Soup

- | | |
|---|--|
| 1 Tablespoon Coconut Oil | 2 Teaspoons Salt + 2 Tbsp. Herbamare |
| 2 Cups Chopped Onion | 1 ½ Cups Tomato Juice or ¾ Cup Tomato Sauce |
| 8 Cloves Garlic, Minced | 1 Medium Ripe Tomato, Diced |
| 1 Large Carrot, Diced | 6 Scallions, Minced |
| ¼ Teaspoon Freshly Ground Black Pepper | 1 Medium Zucchini, Diced |
| 2 Bay Leaves | 1 Handful Spinach |
| 6 Cups Filtered Water | Herbs: Basil, Dill, Thyme, and Oregano |
| 1 Large Stalk Celery, Minced | If using dry herbs-2 tsp each |
| 1 Cup Chopped Cabbage | If using fresh herbs -2 tbsp each |
| ½ Lb. Fresh Mushrooms, Sliced | |

Place coconut oil in a large soup pot and add onion, garlic, carrot, pepper, and 1 bay leaf and sauté for 30 seconds at medium heat. Add 6 cups of water, cover, and bring to a boil for 20 minutes at medium heat, add remaining ingredients. Simmer for one hour or to desired consistency.

Makes 6 servings, ~12 ounces each

Recipe credit *Grow A New Body* by Alberto Villoldo

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Lunch

If you have to go out to lunch there are some general guidelines to follow.

Do not eat the bread.

Order salad and fresh seasonal vegetables, grilled.

If you need to eat out, make an effort to choose a restaurant that is known for its fresh, organic, local ingredients so you can easily stay on your program.

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Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

Medicinal Mushroom Sauté

2 Tbsp Ghee

1 lb Mixed Mushrooms, White, Cremini, shitake, maitake, or other available in your store. Use a variety. Wash and slice.

2 Tbsp Fresh Thyme or 1 tsp Dried Thyme

¼ Teaspoon Himalayan Salt

¼ Teaspoon Ground Pepper

Heat a skillet over high heat and add the Ghee and heat until it is completely melted. Add the mushrooms. Sauté on a low heat for approx. 15 min allowing mushrooms to turn golden. Add more Ghee as needed if they become dry but allow moisture to cook out. Add fresh or dry time at end of cooking. Serve hot.

Serves 2, approx. ¾ cup each.

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Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

Morning Broth

2 Sliced Carrots

1 Large Chopped Onion

1 Cup Daikon Root and Tops

**1 Cup Winter Squash Cut in
Cubes**

**2 Cups Chopped Greens (Include
Kale, Beet Greens, or Chard)**

1 Cup Turnips

4 Celery Stalks

1 Cup Seaweed

1 Cup Cabbage

Sea Salt to Taste

**1 Cup Fresh or Dried Shiitake
Mushrooms**

Boil 2 quarts of water in a large soup pot. Add all the ingredients. Cover and bring to a gentle boil for 20 minutes. Lower the heat and simmer for 1 hour. May strain veggies out and drink only broth. To serve, heat and add 1 tbsp coconut oil and 1 tbsp MCT oil.

After cooling, the broth can be stored in glass containers and refrigerated for consumption throughout the week or freeze for later.

Make 6 servings, ~12 ounces each.

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Olive Tapenade

1 ½ Cup Pitted Olives (I like to use kalamata olives but feel free to try other olives, if they are brine-cured)

¼ Cup Capers

2 Teaspoons Chopped Parsley

2 Cloves Roasted Garlic

2 Lemons, Juice Only

½ Teaspoon Black Pepper

1 Teaspoon Anchovy Paste (Optional)

¼ Cup Extra Virgin Olive Oil

Himalayan Salt to Taste

Place olives, capers, parsley, garlic, lemon juice, black pepper, and anchovy paste, if using, in a food processor. Blend until coarsely chopped.

Add olive oil and blend until a coarse paste develops. Be sure to leave olive chunks; do not over blend. Add salt to taste.

Make 6 servings, ~2 Tbsp. each

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Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

Perfect Quinoa

1 Cup Quinoa

1 ½ Cups Filtered Water

¼ Teaspoon Salt

**2 Capsules *S. boulardii* (or 1
tablespoon of the homemade
variety)**

**1 Tablespoon Extra Virgin Olive
Oil**

Rinse the quinoa in a fine mesh colander under running cold water for at least 30 seconds, until all the foam rinses off. Place in a pan with warm water and add *S. boulardii*. Cover and leave overnight. The *S. boulardii* will neutralize anti-nutrients in the quinoa and turn it into a superfood.

Twenty-four hours later, bring the quinoa and soaking liquid to a boil over medium-high heat, then lower to a simmer. Cook uncovered about 10 minutes until the quinoa has absorbed all the water.

Remove from heat and cover pot, allowing the quinoa to steam for 5 minutes. Fluff the quinoa with a fork. Add salt to taste. Serve with a drizzle of olive oil. The quinoa will last 4 days in the refrigerator and can be frozen as well.

Makes 4 servings, ~3/4 cup each.

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Roasted Butternut Squash Soup

**1 Large Butternut Squash Halved
(top to bottom) and Seeded**

2 Tablespoons Coconut Oil

$\frac{3}{4}$ Teaspoon Salt

**$\frac{3}{4}$ Teaspoon Freshly Ground Black
Pepper, or to Taste**

$\frac{1}{2}$ Cup Chopped Shallots

4 Garlic Cloves, Minced

$\frac{1}{4}$ Teaspoon Ground Nutmeg

3 Cups Organic Vegetable Broth

2 Tablespoons Extra Virgin Olive Oil

Preheat oven to 425°F. Place the butternut squash on a pan. Coat the inside of the squash with 1 tablespoon coconut oil. Sprinkle with $\frac{1}{2}$ teaspoon salt and pepper. Roast the squash facedown until it is tender, about 45 minutes. Place on a cutting board and let the squash cool for 10 minutes, then scoop flesh into a bowl and discard the skin.

Warm remaining 1 tablespoon coconut oil in a skillet over medium heat and add the chopped shallots and $\frac{1}{4}$ teaspoon salt. Cook 4 minutes, stirring until the shallots turn golden, then add the garlic and cook about 1 minute, stirring.

Place the cooked garlic and shallots in a high-speed blender. Carefully add the squash flesh, nutmeg, and $\frac{1}{4}$ teaspoon black pepper, and blend with vegetable broth until creamy.

Place soup in saucepan and cook at medium heat for 10 minutes. Top each serving with a sprinkling of olive oil and black pepper.

Makes 6 servings, should be ~ 12 ounces each.

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Spicy Lentils in Cabbage Leaves

This is one of our family's favorite meals. Our children adore cabbage, especially with a spicy lentil filling! They prefer raw cabbage to nearly any other vegetable. Napa cabbage is quite mild and slightly sweet, so start with this variety if your children are not accustomed to eating cabbage. Elevate this recipe to the next level with Raw Mango Chutney. Page 379.

3 cups French lentil or black beluga lentils	1 inch piece fresh ginger, peeled
8 cups water	1 Tbsp coconut oil
1 bunch chard	2 tsp black mustard seeds
2 large shallots	2 tsp curry powder
1 jalapeno pepper, seeded	1 tsp garam masala
3 cloves garlic	Napa cabbage leaves

Add lentils and water to a large pot and bring to a boil. Reduce heat to a simmer, cover and cook for 40-45 minutes. Drain lentils through a fine mesh colander.

Place the chard, shallots, jalapeno pepper, garlic, and ginger into a food process fitted with the 's' blade. Process until all the ingredients are minced. Set aside.

Heat a large 11-inch-deep skillet over medium heat. Add the oil and mustard seeds, sauté for 20-30 seconds or until they begin to pop. Add the curry powder and garam masala; sauté another 10 seconds or so. Quickly add the process chard mixture to the skillet and sauté for a few minutes stirring frequently. Add cooked lentils into the skillet and gently stir together. Add salt to taste.

To serve, add the lentil chard mixture to each cabbage leaf. Serve with your favorite sauce or chutney.

Yield: 6

Recipe credit to/adaptation from *Nourishing Meals: Healthy Gluten-Free Recipes for the Whole Family*.

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Steamed Broccoli

1 Bunch Broccoli (~$\frac{3}{4}$ Pound)	Salt, to Taste
1 Clove Garlic, Chopped	Pepper, to Taste
1 $\frac{1}{2}$ Tablespoons Olive Oil	Add lemon zest and fresh herbs
1 $\frac{1}{2}$ Teaspoons Fresh Lemon Juice	to taste

Chop broccoli into 2-inch florets. Steam broccoli in a steamer, covered, for 4 to 5 minutes until tender.

While broccoli is cooking, combine garlic with olive oil, lemon juice, and salt and pepper in a small skillet. Cook on medium heat until garlic is fragrant, 2 to 3 minutes. Make sure that the olive oil does not begin to smoke. Toss broccoli with garlic mixture in skillet and serve.

Serves 2, ~1/2 bunch or 1/3 pound

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Superfood Salad

Organic roasted sweet potatoes add clean complex carbohydrates and loads of nutrition, while goji berries, arugula and kale aid in detoxification, organic veggies provide your cells the phytonutrients to build and repair. Almonds and avocado are the good fats that fuel us!

1-2 roasted sweet potatoes

2 c. arugula

2 Tbsp. avocado oil

2 c. baby kale

Salt to taste

4 radishes, finely sliced

1/2 c. goji berries

1-2 avocado. diced

½ c pepitas (raw pumpkin seeds)

½ c nuts-pecans or walnuts work great, can also use almonds

2 c fresh veggies of choice
(mushroom, cucumber,
tomatoes, carrots etc)

Salad Dressing:

6 tbsp peanut or almond butter

1 tsp apple cider vinegar or
squeezed lemon juice

2 tbsp gf soy-free tamari

2-4 garlic cloves minced

1 tsp honey or maple syrup

1-2 tbsp grated ginger

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Preheat oven to 450 degrees. Rub sweet potatoes with olive oil and sprinkle with salt. Baked until softened but not mushy, about 30 min depending on size. When done, allow to cool. Dice.

Meanwhile, mix all dressing ingredients in a small bowl.

Toss the veggies, leafy greens, roasted chopped, sweet potato, and berries together in a large bowl.

Add the dressing and toss lightly.

Top with avocado, seeds, and nuts.

Enjoy!

Serves 2 for lunch

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Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

Make Your Own Trail Mix

This is a super fluid recipe! Experiment with different combinations. Be sure to use organic, clean, and sustainable ingredients. Of course, the nutrients/benefits will vary depending on your choices, you are likely to end up with a healthy dose of good fats, antioxidants, and phytonutrients from nuts, seeds, fruit.

Ingredients: Base

Raw, organic almonds, walnuts, or cashews or combo

Dried organic fruit such as goji berries, mango, cranberries, blueberries

Options:

Coconut flakes

Carob or cacao nibs, dark choc chips

Salted pumpkin seeds, and sunflower seeds

I usually combine two types of nuts with one dried fruit. I add salted pumpkin seeds, sometimes cacao nibs, sometimes dark choc chips! Get creative and have fun!

Tip: I mix this up ahead and keep a bag in my desk and in my car as well as a canister at home to snack on if I'm hungry while cooking dinner! Mix an amount to last for a week or two, but not too much at one time as its better fresh. Store in airtight containers to grab easily. Serving Size ~ 4 ounces

Recipe credit to AngelaBurgeMedicineWoman

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Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

Fragrant Turmeric-Lemongrass Broth

Makes 4 cups

The inspiration for this broth comes from one of Chef Conny's favorite Balinese soups, called soto yam. It uses fresh turmeric, a super root with too many anti-inflammatory benefits to mention here, plus ginger and lemongrass, both known to soothe digestive issues and help regulate blood sugar. And the taste is fabulous! For a little table drama, save the tops of the lemongrass stalks to use as garnish, as Chef Conny did.

4 Tbsp coconut oil	6 lemongrass stalks, tender part finely sliced
6 garlic cloves, finely chopped	4 kaffir lime leaves or 1 Tbsp lime zest
2 Tbsp finely chopped fresh ginger	2 Tbsp finely chopped fresh turmeric
4 shallots, finely chopped	Sea salt and cracked black pepper
10 macadamia nuts, crushed	2 Tbsp roughly chopped cilantro leaves, for garnish
5 cups white vegetable stock (page 74)	2 scallions, thinly sliced, for garnish
3 serrano chilies, finely chopped	2 limes, cut into wedges, for serving.

1. Heat the coconut oil in a saucepan over medium heat for 30 seconds. Add the garlic, ginger, and shallots and cook until fragrant and softened, 2 to 3 minutes.

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2. Add the crushed macadamia nuts and toast them for 1 minute.
3. Stir in the stock, chilies, lemongrass, lime leaves, and turmeric. Bring to a simmer, and cook until the flavors blend, about 20 minutes.
4. Set a fine-mesh strainer or cheesecloth over a large bowl and strain the broth. Discard the solids. Season the broth to taste with salt and pepper.
5. Service in bowls or mugs garnished with cilantro, scallions, and lime.

Recipe credit to/adapted from *Grow A New Body Cookbook*

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Vegan Mushroom Soup

6 Tbsp. olive oil	3 cups sliced cremini mushrooms (about 6 ounces)
2 cups sliced celery	3 cups sliced oyster mushrooms (about 4 ½ ounces)
1 cup shallots	½ cup dry white wine
¾ cup chopped onion	½ cup dry Sherry
3 garlic cloves	8 cups vegetable stock
3 cups sliced stemmed fresh shitake mushrooms (about 6 Ounces)	½ cup coconut milk

Heat olive oil in large pot over medium-high heat. Add celery, shallots, onions, and garlic and sauté until onion is translucent, about 8 minutes. Add all mushrooms and sauté until beginning to soften, about 4 minutes. Add white wine and Sherry. Boil until liquid is reduced to glaze, about 6 minutes.

Mix in stock. Bring to a boil, stirring frequently. Reduce heat to medium-low and simmer until mushrooms are tender, stirring often, about 10 minutes. Puree soup in batches and return to pan. Stir in coconut milk and season with salt and pepper. Ladle soup into bowls and serve.

Can be prepared 1 day ahead. Cover and refrigerate. Rewarm over medium-low heat before serving.

Recipe credit to Green's Underground Kitchen

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Vegetable Stir-Fry

1 Tablespoon Coconut Oil	¼ Cup Thinly Sliced Zucchini
1 Medium Onion, Sliced Thin	¼ Cup Snap Peas
½ Red Bell Pepper, Cut into Strips	1 Teaspoon Sesame Oil
¼ Cup Diagonally Sliced Carrots	1 Tablespoon Soy Sauce
½ Cup Broccoli Florets	4 Garlic Cloves, Sliced
	1-Inch Piece Gingerroot, Grated

Heat the coconut oil in a wok or deep skillet on medium high. Add onions, broccoli, and carrots and stir-fry for 2 minutes. Add the remaining vegetables and stir-fry for 5 to 7 minutes or until tender. Take care not to overcook veggies or they will get soggy.

Add the sesame oil, soy sauce, garlic, and ginger. Mix well and stir-fry for 2 minutes.

Makes 2 servings, ~ 1 ½ cup each.

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Walnut Tapenade

Walnuts are rich in antioxidants, omega 3s, particularly ALA which has been shown reduce heart disease risk, decreases inflammation, nourishes beneficial gut bacteria, contains polyphenols may reduce cancer risk. To say that walnuts are a super food is an understatement!

¼ cup sun-dried tomatoes

¼ teaspoon salt

1 cup walnuts, toasted in the oven for 10 min at 350°F

¼ teaspoon black pepper

¼ cup fresh parsley

½ cup extra virgin olive oil

2 cloves garlic

½ cup kalamata olives (optional)

Place sun-dried tomatoes in boiling water for 10 minutes, then drain.

Place all ingredients in a blender, blend until well mixed but maintain a chunky consistency.

Taste and season with salt and pepper as needed.

The tapenade will last for 1 week when refrigerated.

Makes ~6 servings, ~ 2 Tbsp each

Recipe credit to *Grow A New Body* by Alberto Villoldo.

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Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

White Bean & Cherry Tomato Salad

1 -15 ounce can of white
cannellini beans, drained and
rinsed

1 pint cherry tomatoes, halved

Dressing:

¼ cup extra virgin olive oil

3 cloves garlic, peeled and
smashed

1 - 3-inch sprig of fresh rosemary

3 anchovy fillets, coarse chopped
(omit for vegetarian option)

¼ cup thinly sliced red onion

½ cup coarsely chopped parsley

4 cups arugula

¼ cup nutritional yeast cheese

½ tsp kosher salt

¼ tsp freshly ground pepper

1 tsp lemon zest

¼ cup lemon juice

Start by making dressing. Put the garlic and rosemary in olive oil in a small saucepan. Heat on medium until the rosemary begins to sizzle. Remove pan from heat and let sit for 20 minutes, allowing the rosemary and garlic to infuse in the oil. Can do this ahead and soak overnight for stronger oil flavor. Remove the rosemary sprig from the oil, discard. Remove garlic from oil, reserve oil. Add garlic anchovies, nutritional yeast, salt, pepper, lemon zest, and lemon juice to a food processor. Pulse until smooth. In a medium bowl, gently fold the garlic mixture in with the beans until they are well coated. Let sit for a few minutes for the beans to absorb the flavor. Gently mix in the reserved olive oil, tomatoes, and parsley. Lay over a bed of arugula to serve.

Serves 2 as a lunch salad

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