

## Perfect Green Smoothie

Today I'm going to give a basic green smoothie recipe.

1/2 cup of spinach (packed down)

1 whole banana

1 whole apple (with seeds)

1/2 cup of frozen fruits (I personally like to have peaches)

Water (This part is a little tricky because you don't want it too thick or too water, so just add little by little, till you have the consistent of what you like.)

When you take this daily for a whole month you'll experience energy, you won't have any trouble going to the bathroom and you'll be losing weight. Every two weeks add in 1/2 cup of spinach because you have to have an intake of 2 cup of spinach daily.

Thank you for coming. I'll see you soon! Bye!

Because I care,  
Nathaniel

## No Sodium Scramble Eggs

2 Eggs

1/3 Sweet pepper (Green, Red, Orange, or yellow)

Dice 1/4 Onions

Dice 1 Garlic clove

A dash of "Mrs. Dash" (My personal favorite is Tomato and Basil. It makes the house smell delicious)

Dash of Pepper

Grape seed oil

Vegan cheese

Home Style Potatoes

1-2 Large Potatoes

Dash of Pepper

Dash of "Mrs. Dash" (Garlic and Herb goes really well with this one)

Grape seed oil

Medium to large bowl

Paper towels

No Sodium Scramble Eggs Heat the pan on medium heat, add Grape seed oil. Cut and combine sweet pepper, onions, garlic, and add to pan. Cook for about 1-2 minute, then add pepper and Mrs Dash (Tomato and Basil) and cook till brown. Add eggs and scramble.

Home Style Potatoes Heat the pan on medium heat, add Grape Seed oil. Cut potatoes, add to pan. Cook till brown. Put paper towels in the bowl. Then put the potatoes on the paper towels (so that it can soak all of the oil). Once the oil is soaked into the paper towels, add pepper and Mrs Dash (Garlic and Herb).

Bon Appetite! Nathaniel

## **Banana Chips**

1 Banana,  
Cinnamon  
Agave  
Nectar  
Wax Paper

Preheat oven at 250. Cut the banana very thin, as thin as you can (about 1/8 of an inch). Place them on the wax paper that's on the cookie sheet and drizzle agave nectar and sprinkle cinnamon on the slices. Bake for about 1 1/2 hours, flip all of the banana pieces half way through the time you're baking them. Once they're done, peel them off of the cookie sheet and let the banana pieces cool. And Enjoy! Note: if you cut them in fourths (bite size pieces), you can throw them into a tail mix.

Hope you enjoy this recipe! Nathaniel

## **Mini PB Banana Cakes**

This recipe is great to satisfy your sweet tooth. It's healthy, delicious, and it's perfect for dessert.

Ingredients

1 Large Banana  
Peanut Butter  
Dark Chocolate (60 percent and above)chopped  
Toothpicks  
Wax Paper

Cut the Banana about a 1/4 of an inch and spread peanut butter on top of the banana piece, then place another piece of banana on the peanut butter so that it looks like a sandwich. Melt the chocolate in a double boiler over slightly simmering water, over the lowest possible heat, stirring frequently. Make sure that the water isn't touching the bottom of the top part of the boiler (where the chocolate is at). Submerge each peanut butter and banana "sandwich" in the chocolate. Quickly place it on the Wax paper and let it harden.

Note: If you don't have a double then get 2 pots (1 small, 1 medium). Place the medium on top of the smaller one.

## **No Salt BBQ**

### Ingredients

#### Marinade

1/2 Grape seed oil  
1/4 cup freshly squeezed Lemon juice  
2 cloves garlic (minced)  
2 tablespoons Dijon mustard  
2 tablespoons Mrs. Dash (Tomato and basil)  
1 teaspoon freshly ground pepper

Meat and Vegetables 1 red bell pepper, cut into 2 inch pieces 1 yellow bell pepper, cut into 2 inch pieces 1 large sweet onion, peeled and cut into wedges 2 pounds skinless and boneless chicken breast (cut into cubes)

Directions: 1. In a bowl, mix all of the marinade ingredients together.

2. In a large plastic bag, put the marinade, yellow and the red be peppers, onion and chicken. Mix to coat the vegetables and chicken. Put it in the refrigerator for about 5 to 24 hours.

3. When you're ready to cook, preheat the grill between medium and high heat.

4. Throw away the marinade, and thread the vegetables and meat (alternating) skewers, leave a small space between each of them.

5. Grill skewers for about 10 minutes, turn them when you need to, or until when the meat is cooked through.

Enjoy these delicious but nutritious BBQ meal!

## **Strawberries and Banana Ice Cream No Added Sugar**

4 cups strawberries 1 banana 1-2 cup skim milk (or almond milk) raw honey

1. In a blender, blend the strawberries and banana until smooth.

2. Slowly add little by little, milk to have a smooth yet thick consistency.

3. Add just enough sweetener until you like the way it is.
4. Freeze
5. Once frozen take it out and cut into medium size cubes
6. Then whip until smooth
7. Cover and freeze again.
8. Serve with toppings (optional)

### **Healthy Almond Butter Shake**

1/2 cup of water 1 scoop of protein powder (anything that you like) 2 tablespoons of almond butter 1 teaspoon of honey 1 cup of ice

1. Combine all ingredients in a blender
2. Blend
3. Enjoy!

Nathaniel