



true nature

DISCOVER THE WHO IN YOU

EVENT

Martha Johnston's
FOOD TASTING
& Fresh Natural Recipe Share





True Nature Mindful Hike

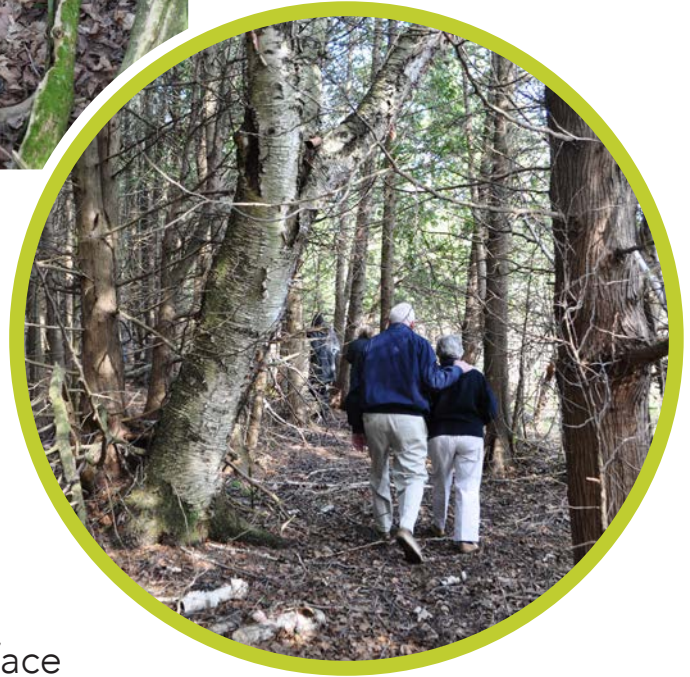
To be in the moment
with child like wonder

Be mindful of
the weight of your steps

how the wind moves the branches

the breeze and the sun on your face

the light on the leaves and the shadows its creates



True Nature Recipe for Mindful Eating

cultivate a moving meditation while preparing vegetables.
rinsing, chopping, arranging them artfully on the plate

indulge into a few moments of silence to admire
the gorgeous colors nature provides

slowly taste each bite separately,
setting down your utensils between each bite

eating in relaxation aids in digestion, smarter food
choices and helps let your brain know...I'm satisfied





DISCOVER THE WHO IN YOU

Massaged Kale Salad in Tahini Dressing

Serves 1

Dressing Ingredients:

- ¼ cup tahini
- ¼ cup lemon juice (juice of 1 lemon)
- 2 tbsp maple syrup
- 2 tbsp of Bragg's liquid aminos (or nama shoyu)
- dash of cayenne pepper

Salad Ingredients:

- 1 bunch of kale, de-stemmed
- 1 carrot, grated
- 1 handful of sprouted lentils
- 2 handfuls raisins or currants
- ½ c red onion, sliced

Directions:

Mix dressing ingredients together in a large serving bowl.
Finely chop kale and add to serving bowl.
Massage dressing into kale.
Add in remaining salad ingredients.
Mix and enjoy!



Sprouting Lentils or Mung Beans

Soak

8 - 12 hours

Rinse / Drain

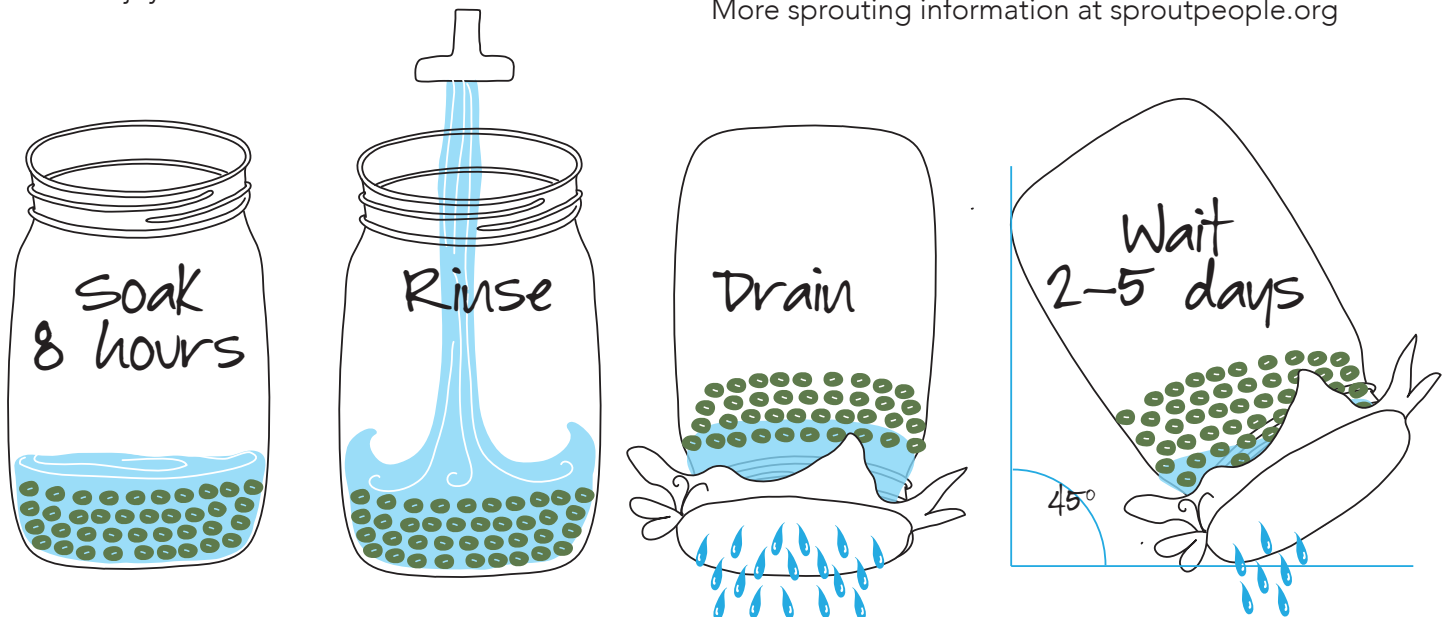
2 - 3 times per day

Harvest

2 - 5 days

Simply cover the jar with cheese cloth and leave draining on a 45 degree angle on counter.

More sprouting information at sproutpeople.org





CO-CREATION = FASTER > MANIFESTATION



Zucchini Noodles with Pesto

Serves 1

Ingredients:

1 small zucchini
2-4 tbsp pesto (recipe above)
handful of grape tomatoes, halved

Directions:

Make zucchini noodles with a spiralizer or vegetable peeler.
Mix all ingredients together and enjoy!

Pesto

Makes about 1 ½ cups

Ingredients:

4 cups basil (2 bunches, optional add or substitute other green herbs)
2 cup of walnuts (or nut of choice)
¼ cup nutritional yeast
4 cloves of garlic
¼ cup lemon juice
salt to taste
a dash of cayenne (optional)

Directions:

Place all ingredients in a food processor and process until desired consistency is achieved.
Do not over process!

Notes



Asian "Peanut" Sauce

Makes about 1 cup

Ingredients:

1 cup unsalted nut butter*
½ jalapeño pepper, finely diced
1-2 tbsp apple cider vinegar or
lemon juice
2 tbsp liquid sweetener of choice
1 tsp sesame oil (optional- not raw
but adds a nice Asian flavor)
1 tsp salt (omit if using salted
nut butter)
¼ tsp cayenne
¼ cup water

Directions:

Stir together all ingredients.

*You can make your own nut
butter by processing nuts in a food
processor for 10-15 minutes.

Collard Wraps

Serves 1

Ingredients:

1 collard leaf, de-stemmed
1-2 spoonful(s) of Asian "Peanut"
Sauce
(recipe on left)
handful of sprouts
½ carrot, julienned
¼ red pepper, thinly sliced
1 green onion, sliced diagonally

Directions:

Combine all ingredients, except
collard leaf, together in a bowl.

Spoon mixture into middle of
collard leaf.

Wrap collard like a burrito or
a roll-up.

Option: use nori or rice paper
to wrap.

Salad Wrap

Serves 1

1 Cup Fresh Orange Juice
12 Brazil Nuts
1-2 Cloves Garlic
1 T. Braggs Aminos
1 T Powdered Turmeric
1 T Powdered Ginger

Makes 1 serving.

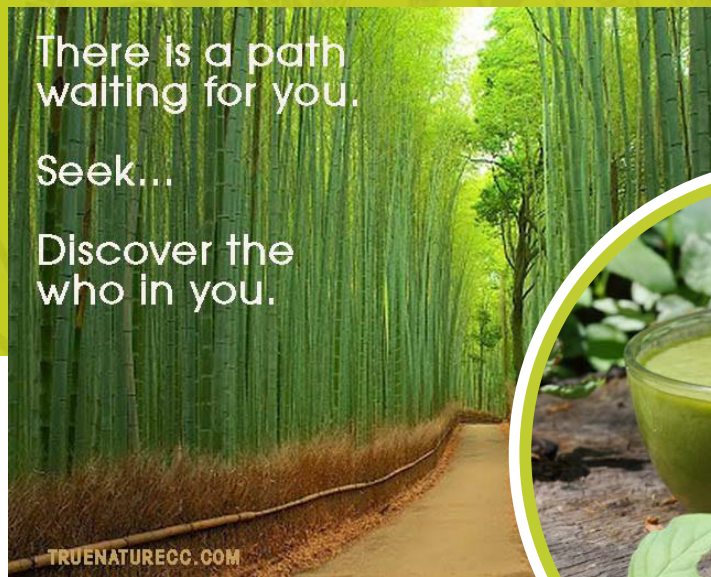
Opt. Additions:

1/2 Tsp. Cayenne
1/2 Red Bell Pepper
1/2 Avocado
1 Tbs. Lime Juice

Enjoy this over a mixed green
salad or dip your favorite veggies
I poured this dressing
over some mixed greens, threw in
some tomatoes, cucumber,
cilantro and crushed Brazil nuts
and then wrapped that in the
nori wraps.

www.regenerateyourlife.org

Notes



Green Goddess Soup

Serves 2

Ingredients:

1/2-1 avocado
3 sun-dried tomatoes, re-hydrated
1 tomato
1/2 red pepper
1 packed cup (handfuls) baby spinach
1 kale leaf, de-stemmed
1 green onion
2 cloves garlic
1 tsp salt
juice of 1 lemon (about 1/4 cup)
1/2 cup water
a dash of cayenne
fresh herbs of choice- dill, basil, cilantro, parsley

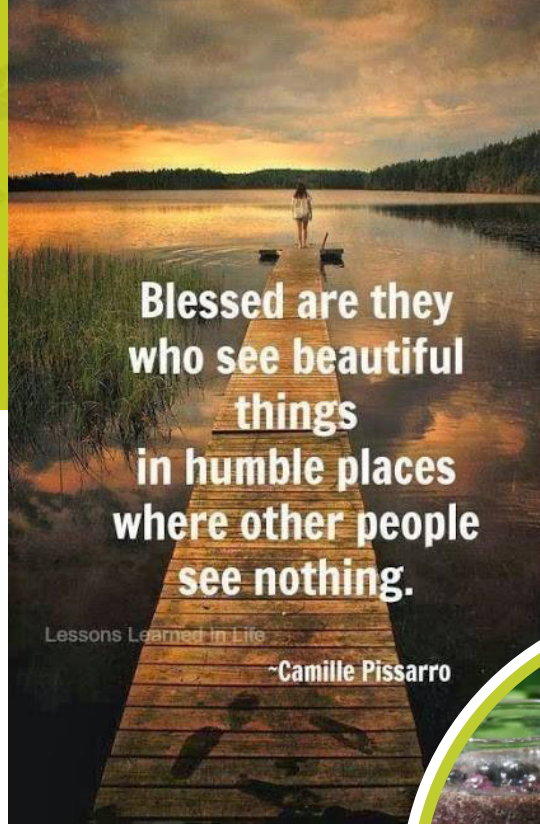
Directions:

Place all ingredients in food processor and process until smooth.

Optional:

Add chopped vegetables to bowls before serving for texture (i.e., diced avocados, red peppers, cucumber, tomatoes, raw corn...)

Notes



Green Smoothie

Serves 2

Ingredients:

1 banana
2 large handfuls of baby spinach
2-3 dates, pits removed
1 cup of frozen blueberries
1 cup nut milk*
dash or 2 of cinnamon

Directions:

Place nut milk and dates in blender and blend until smooth.
Add spinach and blend until smooth.
Add blueberries and cinnamon and blend until smooth.

*If you do not have nut milk then you can combine 1 cup water and ¼ cup of raw nuts in the blender (straining optional) before adding dates and proceeding with the recipe.

Green smoothie options

Above Recipe	Option
almond milk	1 T ground flax seeds, coconut water
spinach	kale, swiss chard, collard
dates	maple syrup, liquid stevia
blueberries	any fruit ie.berries, mango, pineapple
extras	2 t carob powder or cacao, spirulina

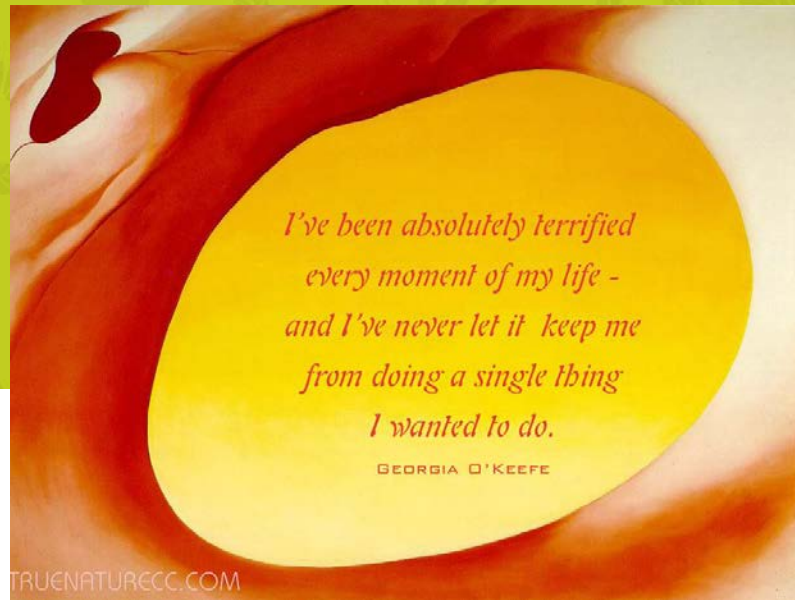
Notes



Drink your greens!
Mineral rich
Live Enzymes
Predigested

Powered By Green Smoothies | Sergei Boutenko.com

make juice not war
kriscarr.com



Bean Soup

1 -16 ounce bag mixed beans
1 large onion
2 large carrots
2 stalked of celery
1 stick Kombu
salt pepper
1t liquid smoke
Cover with water

Place all ingredients in a large stock pot, bring to boil.
Turn off to quick soak the beans.
Wait one hour. Bring back to boil reduce to simmer
45 minutes to 1 hour.

Potato Chips

5 pounds of red skin potatoes
Champaign Vinegar
1 cup Sea Salt
Pepper

Scrub potatoes and cover with water in a large stock pot. Add 1 cup of salt. Bring to boil, reduce heat to simmer. Simmer till tender about 20 minutes

Drain but do not rinse off salt crust.
Flatten potatoes with spatula. Place on a baking sheet lined with parchment paper. Pierce potatoes with fork and sprinkle with vinegar salt and pepper. Bake 400 degree oven until crispy on the outside and creamy on the inside. Serve with ketchup.

Raw Tomato Sauce (Ketchup)

Ingredients

½ cup sun-dried tomatoes, soaked 1-2 hours
1 med Roma tomato
¼ cup maple syrup
1½ tbsp apple cider vinegar
1½ tbsp water (from soaking sun-dried tomatoes)
½ tsp salt
1/4 tsp onion powder
1/16 tsp garlic powder

Cover sun-dried tomatoes with water and soak for 1-2 hours.

Drain sun-dried tomatoes, and save of the soak water. Blend everything until smooth use soak water to desired thickness.

Cooked Tomato Sauce (Ketchup)

Ingredients

1 large sliced onion
1 28 oz can of tomatoes
¼ cup maple syrup
1½ tbsp apple cider vinegar
½ tsp salt

Lightly saute onion in a non stick sauce pot. Add remainder of ingredients and simmer until sauce thickens.



Coconut Cacao bars

2 T raw cacao or cocoa powder
 1/2 pound dates
 1/2 cup shredded coconut
 1/2 t Cinnamon
 1/2 t vanilla
 1/2 teaspoon Himalayan Sea salt
 1 cup walnuts - Add last so it will not release oils

Process ingredients until its dough like.
 Press between 2 sheets of saran wrap into a long flat shape. Chill cut into bar shapes



Additional ideas for ingredients:
 Begin with equal parts dates and nut
 add the rest to taste. cant mess it up.

carob
 spirulina
 dried fruit
 mint extract
 switch up the nuts, pecans, almonds,
 pumpkin seeds, sesame seeds

Here are some ideas from **bbars**
 local raw bar company in
 Ann Arbor www.bbars.com

Sunshine Bar

Raw Almonds, Dates, Tamarind,
 Turmeric, Celtic Sea Salt,
 Black Pepper

Green Machine

Bar Raw Walnuts, Dates, Coconut,
 Spirulina, Carob Bean Pod,
 Celtic Sea Salt

Irony Bar

Raw Almonds, Dates, Beets Raisins,
 Black Sesame, Yellow Dock, Black
 Strap Molasses, Celtic Sea Salt

Cherry Oh Bar

Raw Walnuts, Almonds, Hazelnuts,
 Flax Seed, Dates, Coconut, Cherry
 Juice Concentrate, Sage, Fenugreek,
 Cinnamon, Cherries, Celtic Sea Salt

Train Hopper Bar

Raw Almonds, Dates, Flax Seeds,
 Oregano, Cinnamon, Fenugreek,
 Cayenne, Celtic

Teddy Bar

Dates, Sunflower seeds, coconut,
 black sesame spirulina, sea salt

Notes



Finding Balance

Mix and Match Salad Dressings

Salt	Sweet	Acid	Fat	Spice
Sea Salt Miso Sea Veggies Celery Braggs Liquid Amino	Agave Fresh fruits Dried fruits Yacon Maple syrup Stevia (liquid)	Vinegars of all kinds Lemon juice Lime juice Tamarind Raspberries Cranberries Pickles	Cold pressed oils Avocado Soaked Nuts/ Seeds Olive	Garlic Onion Ginger Mustard Hot peppers Fresh Herbs

Kale Lovers

Salt	Sweet	Acid	Fat	Spice
Braggs Liquid Amino	Maple syrup	Lemon juice	Tahini	Onion

Greek Inspired

Salt	Sweet	Acid	Fat	Spice
Sea Salt	Stevia (liquid)	Lemon juice	Cold pressed oils	Garlic Onion sumak Dill

Green Goddess

Salt	Sweet	Acid	Fat	Spice
Braggs Aminos Miso	Stevia (liquid)	Apple Cider Vinegar	Avocado Tahini	Garlic green Onion fresh herbs Dill/basil/parsley Cream up with a zucchini

Sweet and Simple

Salt	Sweet	Acid	Fat	Spice
Sea Salt	Maple Syrup	Lemon	zero	fresh herbs Dill/basil/parsley Nutritional yeast Dijon Mustard



Foraging List

Pantry

Maple Syrup
Brags Aminos*
Nutritional yeast*
Almond Butter
Apple Cider Vinegar
Liquid Stevia
Cacao* or Coco Powder
Vanilla
Raw Almonds
Walnuts
Raisins or Currants
Sundried Tomatoes
Dates
Unsweetened Shredded Coconut*
Kombu*
Liquid Smoke
Frozen Blueberries
Bag of mixed beans
Lentils
Seeds
Tahini (ground sesame seeds)-
Middle eastern store
or raw tahini in refrigerator *

*Health Food Store

Natural Food Patch in Ferndale. Tree house for Earth Children Farmington Hills.

Veggies

Kale
Lemons
Carrots
Celery
Basil Garlic
Grape Tomatoes
Tomato
Zucchini
Red Onion
Red Pepper
Green Onion
Avocado
cucumber
Spinach
Dill Basil
Parsley
Red new potatoes

Hardware

High Speed Blender
Food Processor
Breville Juicer
Mandolin
Hand Grater
Vegetable peeler
Salad Spinner
Lemon Squeezer
Cheese cloth
Mason Jars
Parchment Paper

Notes
