



Schulte Family Chiropractic



Blueberry-Walnut Quinoa

Serves 6-8

Ingredients:

- 1 cup of quinoa, rinsed
- 2 cups pure water
- 1 cup of fresh, organic blueberries
- 1 cup of probiotic-rich organic Greek yogurt
- 2/3 cup of raw honey
- 1/4 cup of raw walnuts
- 1 teaspoon of cinnamon
- 1 teaspoon of nutmeg

Directions:

In a medium saucepan, bring the water to a boil. Stir in the quinoa, cover, and reduce heat and simmer for about 10-15 minutes, or until water is absorbed. Remove from heat and let cool; chill. Mix together the blueberries and Greek yogurt. Set aside. Mix together the raw honey, cinnamon and nutmeg. Set aside. Divide chilled quinoa into 6-8 servings. Place blueberry-yogurt mixture on each serving. Drizzle each serving with raw honey, cinnamon and nutmeg mixture. Top with raw walnuts. Serve.



Beef Cevapcici

Serves 6-8

Ingredients:

- 2 pounds grassfed ground beef
- 1 egg, slightly beaten (free-range, organic)
- 4 Tablespoons beef broth
- 1 teaspoon sea salt
- 1/4 teaspoon freshly ground pepper
- 1 garlic clove, crushed
- 1 teaspoon paprika
- 1 Tablespoon marjoram
- 1/2 teaspoon Tabasco sauce

Directions:

In a large mixing bowl, combine all ingredients and mix together thoroughly. Next, form the beef mixture into sausages about 1 inch thick and 4 inches long. Cook slowly until well-cooked on a grill or under a broiler, turning often to make sure they're cooked through. Serve.

Recipes courtesy of *Extraordinary Health Team*

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Quinoa Greek Salad

Serves 4-6

Ingredients:

- 1 cup of quinoa, rinsed
- 2 cups of vegetable broth
- 1 tomato, chopped
- 1 cup of raw spinach, chopped
- ¼ cup parsley, chopped
- 1 garlic clove, minced
- dash lemon zest
- ½ cup kalamata olives
- 3 ounces of raw feta cheese, grated
- 2 teaspoons extra virgin olive oil
- 1 Tablespoon raw apple cider vinegar

Directions:

Put the quinoa and the vegetable broth in a large stock pot and boil uncovered for about 15 minutes. Remove from heat. Cover and leave on the stovetop for about 5-10 minutes more. While quinoa is setting, combine the chopped spinach, tomato, parsley and lemon zest together in a separate bowl. Drain any remaining liquid from the quinoa and then place the spinach mixture over it and cover until spinach slightly wilts—about 5 minutes. In a small bowl, combine the extra virgin olive oil, raw apple cider vinegar and garlic, and toss with the quinoa salad mixture. Top with feta cheese and kalamata olives. Serve.



Espresso-Chocolate Dessert

Serves 4-6

Ingredients:

- 12 ounces of organic dark chocolate bar, ground up in a blender or broken into small pieces
- ¼ cup of fresh espresso, still warm
- 2 Tablespoons organic vanilla
- 2 Tablespoons organic ground cinnamon
- ¼ cup of unsweetened cocoa baking powder
- ¼ cup of raw honey
- ¼ cup of powdered stevia
- 2 sticks of organic butter (at room temperature)
- 6 free-range organic eggs, room temperature

Directions:

Preheat oven to 350 degrees and coat a springform pan with butter or extra virgin coconut oil. In a large mixing bowl, mix together all the ingredients, adding the espresso last. Place the mixture in the coated springform pan and place in the oven. Bake for 50 minutes or until the middle is done and an inserted toothpick comes out clean. Remove from the oven; cool. Serve.

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Curried Carrot Soup

Serves 6-8

Ingredients:

4 Tablespoons extra virgin coconut oil, melted
6 cups of chicken broth
5 cups of peeled carrots, thinly sliced into rounds
2 cups fresh chopped onions
2 teaspoons curry powder
1 Tablespoon fresh ginger, minced
1 teaspoon coriander seeds, powdered
 $\frac{3}{4}$ teaspoon yellow mustard seeds, powdered
2 teaspoons lime peel, finely grated
3 teaspoons fresh lime juice
sea salt and fresh ground pepper to taste
Plain whole organic yogurt (for garnish)

Directions:

Melt coconut oil over medium heat in a large soup pot. Add ground coriander and mustard seeds, curry and ginger. Stir one minute. Sprinkle with sea salt and ground pepper. Add onions and sauté them until they slightly soften. Add 6 cups chicken broth and sliced carrots and cook on medium-low heat for about 30 minutes or until carrots are tender. Cool. Working in batches, puree in blender until smooth and return the soup to the pot. Stir in lime juice and season with more sea salt and ground pepper to taste. Ladle soup into bowls and garnish with yogurt. Serve.

Recipe courtesy of Extraordinary Health Team



Marinated Raw Vegetables with Jack Cheese Wrap

Serves 1

Ingredients:

marinated raw vegetables
Jack cheese
sprouted grain or sprouted wheat tortilla

Directions:

Place ingredients in sprouted grain tortilla. Add and spread mayonnaise, mustard, or hummus. Roll up tortilla.

Recipe courtesy of Sheila Barcelo of Eden's Gourmet in Central Florida

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ALT (Avocado, Lettuce and Tomatoes) Wraps

Serves 8

Ingredients:

8 whole grain sprouted wraps

Filling:

2 avocados, sliced

1 cup alfalfa sprouts

Mrs. Dash seasoning, to taste

2 cups mixed greens

2 tomatoes, sliced

Flaxnaise:

¼ cup golden flaxseeds, soaked or ½ cup of Garden of Life's Super Seed

1 cup filtered water

2 teaspoons ground mustard powder

¼ cup lemon juice

1 Tablespoon raw honey

½ teaspoon Celtic sea salt

Equipment needed: Blender

Directions:

Prepare filling ingredients. To make flaxnaise, grind flaxseeds to a meal or use Garden of Life Super Seed. Blend ingredients in a blender. Texture should be smooth and not a jelly-like texture. Add filtered water to prevent thickening. Fill wraps with filling and drizzle immediately with flaxnaise. Serve.

Recipe courtesy of Chef Mandilyn Canistelle (www.chefmandy.com)



Chicken Supreme Salad

Serves 1

Ingredients:

1 ounce extra-virgin olive oil

2 ounces fresh green onions

2 ounces carrots

2 ounces red peppers

2 ounces apple

3 Tablespoons balsamic honey Dijon dressing

3 ounces cooked and pulled chicken

1 cup chopped romaine lettuce

1 cup mixed field greens

2 ounces pecans

2 ounces white cheddar cheese

¼ ounce sunflower sprouts

1 orange, sliced

Directions:

In a large sauté pan with the oil, sauté all vegetables, the apples, and chicken (sliced 1/4-inch thick) for 2-3 minutes. Add the dressing and continue to sauté one minute, tossing well. In a large salad bowl, place the romaine lettuce first, then the mixed field greens on top of the romaine lettuce. Do not mix. Add the sautéed vegetables and chicken to the top of the lettuce. Add cheese and pecans to the top of the vegetables. Place orange slices on the side of the bowl. Add sprouts.

Recipe courtesy of James Thomas of *R. Thomas Deluxe Grill* in Atlanta

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Italian Salad

Serves 6

Ingredients:

- 1 head romaine lettuce
- 1 bunch watercress
- 1 red pepper, seeded and cut into a julienne
- 1 cucumber, peeled, seeded, quartered lengthwise, and finely sliced
- 1 heart of celery with leaves, finely chopped
- 1 small red onion, finely sliced
- ½ cup small seed sprouts
- 2 carrots, peeled and grated
- 1 cup red cabbage, finely shredded
- 1 cup cooked chickpeas
- ¾ cup basic or garlic dressing of your choice

Directions:

Remove the outer leaves of the romaine, slice off the end and open up to rinse out any dirt or impurities while keeping the head intact. Pat dry. Slice across at 1/2-inch intervals. Place romaine in your salad bowl, then the water cress, then add chopped vegetables in different piles. Strew the sprouts and garbanzo beans over the top for an attractive presentation. Bring to the table to show off your creation before tossing with dressing. May be served with grated Parmesan cheese.

*Recipe courtesy of Sally Fallon, author of *Nourishing Traditions**



Mushroom, Spinach, and Swiss Cheese Wrap

Serves 1

Ingredients:

- Fresh mushrooms, sliced
- Raw spinach
- Swiss cheese
- Sprouted grain or sprouted wheat tortilla

Directions:

Place ingredients in sprouted grain tortilla. Add and spread mayonnaise, mustard, or hummus, if desired. Roll up tortilla.

Recipe courtesy of Sheila Barcelo of Eden's Gourmet in Central Florida

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Grilled Marinated Chicken

Serves 6

Ingredients:

- 1¼ cups extra virgin olive oil
- 1/3 cup fresh parsley, chopped
- 3 Tablespoons lime juice
- 3 Tablespoons hot pepper sauce
- 1 small tomato, diced
- 1 teaspoon sea salt
- 1 teaspoon black pepper, ground
- 2 cloves of garlic, minced
- 1 Tablespoon dried oregano
- 6 boneless chicken breasts (organic)

Directions:

Mix together all of the ingredients listed above—except for the chicken. Line chicken breasts in a long, shallow glass pan; pour marinade over the chicken and let marinate in the refrigerator for at least two hours. When ready to cook, preheat the grill on medium heat. Place chicken on the grill and cook for 20 minutes or until cooked all the way through. Serve.



Curried Lentils & Rice Bake

Serves 6

Ingredients:

- 2 Tablespoons butter
- 6 cups filtered water
- 1½ cups brown basmati rice
- 1½ cups dry, brown lentils
- 3 garlic cloves, diced
- 1 teaspoon sea salt
- 1 teaspoon fresh, crushed ginger
- 2 Tablespoons (gluten-free) curry powder or red curry paste

Directions:

Preheat oven to 350 degrees. In a large pot, melt 2 Tablespoons butter. Add rice and curry powder or red curry paste and cook until lightly toasted—about one minute or so. Add water, lentils, garlic, salt and ginger. Bring to a boil. Cover, turn off heat and let stand for about 10 minutes. Use the other 1 Tablespoon of butter to butter a large baking dish and set aside. After 10 minutes, place mixture into the large, buttered baking dish with lid. Bake at 350 degrees for about an hour or until rice and lentils are tender. Fluff and serve.

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Dr. Brasco's Greek Yogurt

Ingredients:

1 quart plus 2 Tablespoons raw milk or organic, pasteurized, non-homogenized, full-fat, milk from cows, sheep or goats OR for thicker yogurt, you can substitute the milk with 1 pint + 2 Tablespoons of cream and 1 pint of milk

2 Tablespoons Bulgarian or Greek starter OR 2 heaping Tablespoons of raw plain OR organic, full-fat plain yogurt with live active cultures

You will need:

Non-metal colander

Cheesecloth or other filter like a large coffee filter

Large, non-metal bowl

One-quart glass Mason jar

Wooden spoon

Cooking thermometer

Yogurt maker or slow cooker

Directions:

Pour milk into a medium saucepan and heat it over low-to-medium heat until it reaches about 110 degrees Fahrenheit. Remove from heat, and with a wooden spoon, whisk in the Bulgarian or Greek starter OR the 2 heaping Tablespoons of raw plain OR organic, full-fat plain yogurt with live active cultures. If you have a yogurt maker, then just pour this mixture into it and culture it for about eight to 12 hours.

If using a slow cooker, pour the milk mixture into a 1-quart glass Mason jar and cover the jar with a non-metal lid or cover. Place the milk-filled Mason jar in the center of the slow cooker and pour warm water (about 110 degrees Fahrenheit) into the ceramic basin until it reaches just below the Mason jar top. Cover the slow cooker with a warm towel and leave in a warm spot in your kitchen for eight to 12 hours. After eight to 12 hours, remove the milk yogurt from the yogurt maker or slow cooker and place it in the refrigerator to chill for about two to four hours. After the yogurt has set up, remove 2 Tablespoons of the mixture to use as your starter for your next batch of Greek yogurt. Place the starter back in the refrigerator.

Place the colander inside the large bowl and line it with a cheesecloth or other filter. Strain the yogurt. Liquid should settle at the bottom of the bowl, leaving a thick, creamy Greek yogurt in the lined colander. Serve plain or combined with fresh fruit and nuts or sweetened with some raw honey. You may also use it as a substitute for sour cream.



High-Culture Kefir

Makes about 2 cups

Ingredients:

2 Tablespoons of milk kefir culture, known as kefir grains (from your local health food store or ordered online)

2 cups of raw OR organic, pasteurized, non-homogenized, full fat milk from cows, goats or sheep

Directions:

Place the kefir grains in a clean quart-size glass Mason jar. Add the fresh milk and stir gently with a wooden spoon. Place the lid loosely on the jar and let stand at room temperature in a darkened cupboard for about 24 hours—or until the kefir thickens and sours. After kefir has fermented, place a colander inside the large bowl and line it with a cheesecloth or other filter and strain the kefir. Place the strained “liquid” kefir into a clean container, seal it and place in the refrigerator for a day or two. Reserve the kefir grains for your next use and keep them in the refrigerator until you need them or start a new batch right away!

Recipes courtesy of Dr. Joseph Brasco

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Salmon Wrapped in Grape Leaves

Serves 5

Ingredients:

- 1 pound of cooked wild salmon fillets; cooled and chunked
- 2 Tablespoons whole milk, probiotic-rich, organic plain yogurt
- 1 teaspoon lemon juice
- ½ teaspoon sea salt
- ¼ teaspoon cayenne pepper
- chopped fresh chive and dill
- 10 grape leaves in brine

Directions:

In a large bowl, mix all ingredients (except the grape leaves), adding the cooked wild salmon chunks last. Pat dry the grape leaves with a paper towel. Wrap one-fifth of the salmon mixture in 2 overlapping grape leaves; repeat this procedure until all the salmon mixture is gone and all the grape leaves are filled.

You can serve them chilled or heated by baking them at 450 degrees for 10 minutes prior to serving. For variety, you can top with a sauce made of whole milk plain yogurt mixed with diced cucumbers with a dash of garlic powder.



Cajun-Style Salmon

Serves 4

Ingredients:

- 4 6-ounce wild Alaskan salmon fillets
- 1/3 cup of cultured butter
- 2 garlic cloves, minced
- 2 Tablespoons Cajun blackened seasoning
- 1 teaspoon Tabasco sauce
- 1 teaspoon oregano
- 2 teaspoons pepper
- 1 Tablespoon chili powder
- ½ cup lemon juice
- ¼ cup of Worcestershire sauce
- 2 lemons, sliced in half

Directions:

In a large skillet, melt butter over medium-high heat. Stir in the garlic and Cajun seasoning and cook for about 2 minutes, stirring constantly. Remove from heat and set aside on the stovetop. In a medium bowl, mix together the remaining ingredients, except for the lemon slices. When mixed, pour into the skillet with the Cajun and garlic mixture. Cook for 3 minutes, stirring continuously. Add salmon fillets and cook for 10 minutes per inch of fish thickness (measured at the thickest part) or until fish just flakes when tested with a fork. Squeeze lemon juice from sliced lemons over the salmon and serve immediately.

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Salmon Burgers

Serves 6

Ingredients:

- 2½ pounds of wild Atlantic salmon fillets
- 3 Tablespoons of Dijon mustard
- 1 Tablespoon horseradish sauce
- 3 Tablespoons fresh thyme, chopped
- 4 green onions, chopped finely
- 1 teaspoon sea salt
- ¾ teaspoon freshly ground black pepper
- ¼ cup of extra virgin coconut oil
- 6 flaxseed hamburger buns

Directions:

Chop up the salmon fillets and grind them up in a food processor, along with the Dijon mustard, horseradish sauce, thyme, sea salt and pepper. Process on “pulse” until the mixture is the consistency of ground beef. Add the finely chopped green onions and mix well. Form into 6 large patties and refrigerate for about an hour. After an hour, take the salmon patties out and heat up the coconut oil in a large skillet on medium-high heat. Cook the patties as you would hamburgers, making sure they’re completely cooked through. Serve on flaxseed buns and with your favorite condiments, lettuce, tomato, raw cheese slices, etc.

Recipes courtesy of Extraordinary Health Team



Veggie Tacos

Serves 4-6

Ingredients:

- 4 ripe avocados, chunked
- 1 large onion, diced
- 2 medium tomatoes, diced
- 2 jalapeños, chopped
- ¼ cup fresh parsley, chopped
- 2 Tablespoons fresh lemon juice
- 1 clove garlic, crushed
- 1 teaspoon of sea salt
- several large leaves of romaine or leaf lettuce, rinsed

Directions:

Chop the onion in a food processor, and then add the remaining ingredients (except for the lettuce leaves) and process until smooth. Place the rinsed lettuce leaves on the cabinet and spoon in equal amounts of the taco mixture. Roll up the lettuce leaves and serve .

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Refreshing Fruit Salad

Serves 4-6

Ingredients:

- 2 bananas
- 1 cup of white or red seedless grapes
- 2 cups fresh strawberries, sliced
- 1 cup fresh blueberries
- 2 sliced kiwis

Topping:

- 1 cup Greek yogurt (organic, whole fat)
- 1 teaspoon vanilla
- 2 Tablespoons raw honey

Directions:

Slice, chill and serve!

Recipes courtesy of Extraordinary Health Team



Cool Brownies

Serves 12

Ingredients:

- 1 teaspoon Garden of Life coconut oil
- ½ cup raw honey
- 1½ cups raw almond butter
- 1½ cups carob powder
- 1¼ cups of date paste (You can buy date paste in stores or you can make your own. NOTE: 1 pound of dates makes 1 cup of date paste.)

Directions:

Mix all ingredients together and press into a 9 x 9 glass pan. Refrigerate overnight. When ready to serve, cut into squares.

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