



Eating for Resilience and Recovery Recipes

Resiliency Smoothie



This versatile smoothie provides supportive nutrients, needed calories and digestive health as you deal with cancer. Smoothies sipped through help manage symptoms from cancer treatment.

Ingredients for 2 servings

- 1 1/2 cup liquid
- 1/2 cup fruit
- 1 cup dark-colored fruit
- 1/8 cup (1 scoop) green powder
- 1/8 cup (1 scoop) whey or protein powder
- 4 oz organic yogurt (Greek, goat, or coconut)
- 1/2 avocado, ripe, or other fat choices
- Optional vegetables listed below

Directions

1. Blend ingredients together with a blender, bullet blender or immersion blender until smooth.
2. Divide into 2 parts for a morning and afternoon smoothie.
3. Pour into cups or mason jars with lids.
4. Glass or metal straws are fun to drink from.

Ingredients: Your choice of one or more from the list below

Liquid Options

- Filtered water. To make a milder tasting smoothie or reduce caloric intake.
- Nut or seed milk. Almond, hazelnut, macadamia nuts, soaked flaxseed, hemp, or chia seeds are packed with beneficial fats and nutrients. Homemade nut milk is the best option, followed by boxed nut or seed milk with no added sugar or fillers. Adds creamy texture.
- Coconut water. A natural rehydration beverage, with electrolytes like sodium and potassium.

- Whole cow or goat's milk, cashew, or coconut yogurt. A great source of probiotics with protein and fats. Adds creamy texture.

Fruit Options

- Banana. Frozen or fresh. A source of potassium for healthy electrolyte balance and blood pressure. Makes smoothie creamy.
- Ripe pear or apple. A good source of flavanols, which are heart-healthy antioxidant plant compounds.

Dark-colored fruit Options

- Blueberries. Good antioxidant source of cancer-fighting phytochemicals.
- Berries or cherries. Good sources of anthocyanin.
- Watermelon. Good source of lycopene.
- Red or purple grapes. Good source of resveratrol.

Green Powder Options

- Spirulina, chlorella, wheat grass, barley grass, matcha tea, herbs, or veggie powder.
- Organic ingredients with no added sugar.
- Full of minerals, B vitamins, magnesium, and iron.

Protein Options

- Whey powder, organic, with no added sugar.
- Organic whole nuts or nut butter. 1 tablespoon of almond, walnut, macadamia, or peanut butter.
- Greek or goat yogurt. Use 4 ounces of unsweetened Greek or goat yogurt to add smooth texture and calcium
- Organic Protein powder. Add in 1/2 cup organic whey, hemp, or rice.

Healthy Fat Options

- Organic soaked chia, tahini, hemp, or flax seeds. 1 -2 teaspoons. Lowers blood pressure; loaded with antioxidants, protein, iron, and calcium.
- Avocado. 1/2 ripe avocado. It is anti-inflammatory, high in oleic acid, and high in fiber.
- Coconut oil. 1 tablespoon. Raises your good cholesterol (HDL), aids heart health, and satiates appetite.
- Coconut cream. 1/8 cup.

Green Vegetable Options

- Parsley. 1/4-1/2 cups of fresh leaves. Adds mineral-rich nutrients and fiber.
- Cucumber. 1/2 cup cut in pieces. Refreshing, cooling, and hydrating.
- Celery. 1/4 cup cut pieces. Anti-inflammatory and contains potassium and vitamins A, C, and K.
- Tomato. 1/4 cup sliced up. Adds flavor

Recipe by Christine Bauman

Sardine Tapenade - serves 6-8



Ingredients

- 1 can sardines in olive oil (4.4oz), chopped
- 1 can chickpeas (15.5oz), rinsed & drained
- 1 can diced tomatoes (14oz)
- ½ cup halved pitted green olives
- 1 tbsp rosemary
- 1 tbsp thyme
- 1 tbsp oregano
- 1 tsp red pepper flakes
- 1 tbsp avocado oil (or olive oil)

3 cloves garlic, thinly sliced

juice of a fresh lemon

sea salt & black pepper to taste

Preparation

- Heat skillet with avocado oil. Add garlic and cook until fragrant.
- Add chickpeas, rosemary, thyme, oregano, and a pinch of red pepper flakes.
- Cook until chickpeas begin to brown and pop (about 3 minutes on medium-high heat)
- Stir in diced tomatoes with the liquid, ¼ cup water and olives (pro tip add in a splash of the olive juice). Sprinkle with salt and pepper. Simmer.
- Add in sardines. Simmer 1 minute.
- Spoon mixture onto your bed of choice (I am using lightly steamed kale). Squeeze fresh lemon juice on top of the dish. Enjoy!

Health Benefits

Chickpeas: Supports healthy digestion and can help balance blood sugar. High in protein, fiber, vitamins, and minerals.

Tomato: High in lycopene and beta-carotene, a very potent carotenoid. Rich in phytonutrients, fiber, Vitamin A, potassium, Vitamin C and Vitamin B2.

Sardines: Excellent source of protein, omega-3 fatty acids, vitamins, and minerals. Nutrient dense and affordable.

Resiliency Teas: Green, Golden and Red Teas

Organic Green Tea

Dragon Well, Jasmine, Sencha, Gunpowder, Genmaicha, or Matcha*

1 pint of hot water (185 degrees)

2 Tablespoons of green tea or 1 Tablespoon of Matcha powder

Combination: 1 Tablespoon of Green tea and 1 Tablespoon of Tulsi, Mint or Lemon Grass

Steep for 4 minutes, remove the leaves, and pour out a cup to drink

1 teaspoon of raw honey or maple syrup if desired after steeping

You can add a second infusion of water to the same tea leaves for later in the day

Golden Roots Tea

Turmeric, Ginger, and Ginseng Roots

1 pint of boiling water

1 teaspoon of fresh or dried ginger

1 teaspoon of fresh or dried turmeric

1 teaspoon of dried American ginseng or ashwagandha

Gently boil for 5 minutes, steep for 5 minutes, remove the roots

1 teaspoon of raw honey or maple syrup if desired after steeping

Can add warm or steamed coconut, almond or organic milk to make a roots chai, cappuccino, or latte

Sprinkle fresh ground nutmeg, cinnamon, or cardamom on top if you

You can make a second infusion of water to the same roots for later in the

Ruby Red Tea



Hibiscus Flowers, Rooibos, and/or Rose Hips

1 liter of warm (150 degree) water – not boiling water

½ cup of hibiscus flowers or a combination of red herbs

Steep for 20 minutes or leave in the sun for 2 hours

Pour out the tea, strain off the leaves, can add honey and lemon to taste