

Banana Beet Muffins

FEATURES:

CUISINE:



55



Serves 6



Medium



Ingredients

- 3/4 cup whole whole wheat flour
- 3/4 cup almond flour
- 1 tsp. baking soda
- 1/4 tsp. salt
- 1 Tbsp. ground cardamom
- 2 small ripe bananas
- 1 medium size grated beet
- 1 Tbsp. vanilla extract
- 1 Tbsp. coconut oil
- 1/4 - 1/2 cup honey

use upto 3/4th cup honey to amp up the sweetness- May replace honey with 1/2 cup of dark brown sugar

- 1/2 cup plain greek yogurt
- 1 egg

- Garnish
- almond slivers



Directions

Banana Beet Muffins Recipe! Yet another protein and fiber rich healthy treat prepared for you by Dr. Dave's Kitchen!

These banana and honey sweetened muffins make for a lightly sweet treat to accompany your morning coffee or afternoon sweet craving. They also make a great after school snack for your kids.

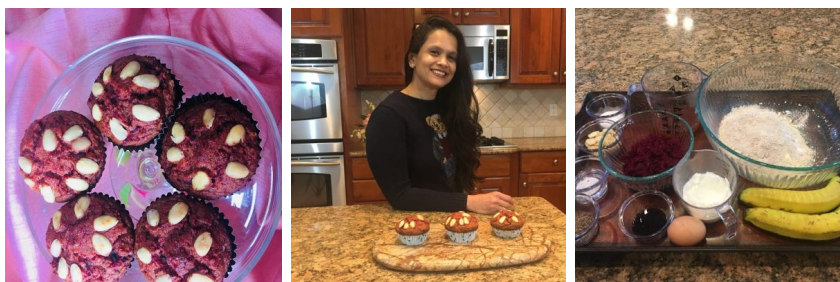
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Steps

1

BANANA BEET MUFFINS RECIPE

○ DONE



Method

1. Preheat oven to 350 deg.
 2. Mix first five ingredients in a large mixing bowl.
 3. Blend the rest of the ingredients except the beet in a blender to a smooth purée.
 4. Add the purée to the mixing bowl and mix everything thoroughly along with the beets.
 5. Fill the mix in muffin liners.
 6. Garnish with almond slivers.
 7. Bake at 350° for 35-40 min.
 8. Makes 6 jumbo muffins.
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Black Bean Mango Salsa with Cilantro Lime Quinoa



Medium



Ingredients

- Quinoa
- 2 fresh squeezed lime juice
1 whole, plus 2 Tbsp.
- 1 cup cilantro chopped
- 1 Tbsp. ground cumin
- salt to taste

- Salsa
 - 1 Tbsp extra virgin olive oil
 - 14oz. can organic black beans
 - 1 mango chopped
ripe, peeled & diced
 - 1 small green chilies or jalapenos
finely chopped



Directions

Refreshing, hydrating, and fiber fueled dish perfect for summer meals!

(Visited 7 times, 1 visits today)

Steps

1

MIX QUINOA WITH INGREDIENTS

DONE

In a bowl take fluffed and cooled quinoa and add cilantro, cumin powder, lime juice & salt. Mix and set aside.

2

COMBINE OTHER INGREDIENTS

DONE

In a big salad bowl, combine the chopped red onion, lime juice, olive oil, and season with salt, to taste. Mix well and then combine with the remaining ingredients.

3

REFRIGERATE

DONE

Refrigerate until ready to serve.

4

SERVE

DONE

Serve salsa along with quinoa & enjoy.

Heart Healthy Tomato Beet and Bell Pepper Soup

CUISINE:



16



Medium



Ingredients

- 1 lb grape or cherry tomatoes
I have used baby tomatoes
- 1 large red bell pepper chopped
- 1 large beet
- 3 inch piece ginger
- 5-6 cloves garlic
- 1 Tbsp. organic maple syrup
(honey can be substituted)
- salt to taste
- dash ground black pepper



Directions

Make Food Thy Medicine brings you a Heart Healthy, super easy, lip-smacking delicious soup!

Tomatoes, beets and bell peppers are loaded in lycopene, nitrates, and vitamin C respectively which makes this a treat for your taste buds and your heart!

1

PREP VEGGIES

○ DONE



Chop all veggies and prepare your ground ginger.

2

COOK AND BLEND!

○ DONE



Place all veggies, including garlic in a pot to soften and remove the liquid from the tomatoes. Grate ginger over pot and add maple syrup, salt, and pepper to taste. Cook until everything is mixed and softened. Blend with an immersion blender in pot or pour the mixture into a blender. Serve and enjoy!