

DIY
Recipe
GUIDE



Simple Green Smoothies

is here to help you fuel your passion. We celebrate plant-based foods, community and a positive mindset each and every day. Our hope is that you will eat + drink more plants and go after your dreams. That's what we call a **“Kale Yeah!”**

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DIY: Almond Milk

Nothing tastes quite like homemade nut milk. It's delicious and doesn't contain any extra gunk you find in the ones on the grocery store shelf. If you plan on making nut milk regularly, a nut milk bag is inexpensive and will make this process so much easier!

YEILDS 4 Cups

SERVES 4 (1 Cup Per Serving)



Notes:

Use a large elastic band to hold the cloth in place over the bowl.

As the milk sits, it will separate and look slightly unattractive. This is normal. Simply give the bottle or jar a little shake before using.

Save the pulp to add to smoothies, soups, or warrior bars.

Ingredients

- 1 cup almonds
- ½ teaspoon fresh lemon juice
- 3 cups filtered water
- 1 teaspoon pure vanilla extract
(or ½ vanilla bean, scraped)
- A pinch of sea salt
- 1 nut milk bag (or cheesecloth)

Directions

1. Place the almonds in a bowl, generously cover with water and lemon juice. Let soak at least 8 hours or overnight. The almonds will absorb a lot of water, so be sure to cover them with enough.
2. Pour off the soaking liquid and rinse well until water runs fairly clear. (This helps prevent bitterness.)
3. Transfer the soaked almonds to a blender and add 3 cups filtered water — the less water the creamier the milk. Add the vanilla and salt. Blend on high for at least 30 seconds or longer until completely pureed.
4. Place a nut milk bag, or several layers of cheesecloth over a large bowl. Pour the mixture over the top to strain out the solids.
5. Gently squeeze the solids to extract as much of the almond milk as possible from the pulp. Transfer the milk to a glass jar or bottle and refrigerate. Milk will keep for up to 4 days.



DIY: Coconut Milk

Coconut milk is a wonderful source of healthy fats. There are a number of varieties that you can buy in cans or cartons (long-life tetra packs), or you can very easily make your own. If you're lucky enough to have access to young Thai coconuts, scoop out the flesh and use it instead of coconut flakes. This makes the most divine coconut milk ever! If not, the unsweetened coconut flakes make a great and convenient alternative.

YEILDS 4 Cups

SERVES 4 (1 Cup Per Serving)



Ingredients

- 3 cups filtered water
- 1 ½ cups coconut flakes, unsweetened
- 1 nut milk bag (or cheesecloth)

Directions

1. Heat water in a saucepan, but don't boil.
2. Stir in the coconut flakes and let stand until cool.
3. Transfer to a blender and blend well.
4. Place a nut milk bag or several layers of cheesecloth over a large bowl. Pour the mixture over the top to strain out the solid pulp.
5. Gently squeeze or press on the solids to extract as much of the coconut milk as possible from the pulp. Transfer the milk to a glass jar or bottle and refrigerate. Milk will keep for up to 4 days.

Notes:

Use a large elastic band to hold the cloth in place over the bowl.

As the milk sits, it will separate and look slightly unattractive. This is normal. Simply give the bottle or jar a little shake before using.

Save the pulp to add to smoothies, soups, or warrior bars.



DIY: Quinoa

Quinoa (pronounced KEEN-wah) is a fluffy, high-protein seed that's loaded with iron, magnesium, and fiber. It's a great substitute for starchy grains like pasta and rice; and is super quick and easy to cook. You can find quinoa in a variety of colors—the most popular are white, golden, red and black. To add extra flavor, cook in a vegetable broth and add some aromatic spices like smashed garlic, fresh rosemary sprig, sea salt, or fresh ground black pepper.

YEILDS 4 Cups

SERVES 8 (½ Cup Per Serving)



Ingredients

- 1 cup quinoa, uncooked
- 2 cups filtered water

Directions

1. Rinse the quinoa in a fine strainer under cold water for at least 2 minutes (this removes the bitter taste from quinoa's natural coating).
2. Place quinoa in a saucepan with filtered water. Bring to a boil over medium-high heat.
3. Reduce to low heat and simmer with lid or until the water is absorbed (about 15 minutes) and the quinoa resembles cooked couscous.
4. Remove pot from burner. Cover and let stand for 5 minutes.
5. Remove lid and fluff the quinoa with a fork.

Notes:

You can also use a rice cooker to make quinoa, just follow the measurements above and cook accordingly.

If you need to cook more quinoa, follow the 2:1 liquid to quinoa ratio. Extra cooked quinoa can be kept in fridge for 2–3 days or frozen in ½ cup portions.



Fruit Infused Coolers

Fruit-infused water is delicious, nutritious and completely adorable! Make one daily to squeeze a little extra nutrition into your body and make hydration a bit more fun. These coolers also assist your body in absorbing water — thanks to the intentional ingredients. Oh, and all that fruit at the bottom? Eat it up when you're done!

SERVES 1



Ingredients

Raspberry Mint Cooler

2 cups filtered water
½ cup raspberries
5 mint leaves

Cucumber Cooler

2 cups filtered water
1 cucumber, peeled

Orange Cinnamon Cooler

2 cups filtered water
1 orange, sliced
2 cinnamon sticks

Watermelon Rosemary Cooler

2 cups filtered water
½ cup watermelon,
chopped
1 rosemary sprig

Blueberry Mint Cooler

2 cups filtered water
½ cup blueberries
5 mint leaves

Strawberry Lemon Cooler

2 cups filtered water
3 strawberries, sliced
½ lemon, sliced

Directions

1. Add ingredients to a pitcher, mason jar, or water bottle.
2. Fill water to top of glass.
3. Drink immediately or cover and refrigerate for up to 3 days.



DIY: Vanilla Extract

Did you know that store-bought vanilla extract often contains additives like corn syrup, which is a highly processed sugar? When I realized this, I reached out to my friend Erin, who also happens to be an amazing baker, and she told me that true vanilla extract has only 2 ingredients: vanilla beans and alcohol. When making your own, you get to skip the additives and focus only on the good stuff. This is Erin's go-to recipe, which she kindly shared with Jadah and me. We really like the flavor and sweetness we get when we use Madagascar vanilla beans and a midrange bourbon, such as Kentucky Gentleman. You can also use whiskey, which gives it a darker, bolder flavour, and is less sweet.



Ingredients

- 2 cups bourbon (at least 80 proof; you want it good and strong)
- 4 Madagascar vanilla beans

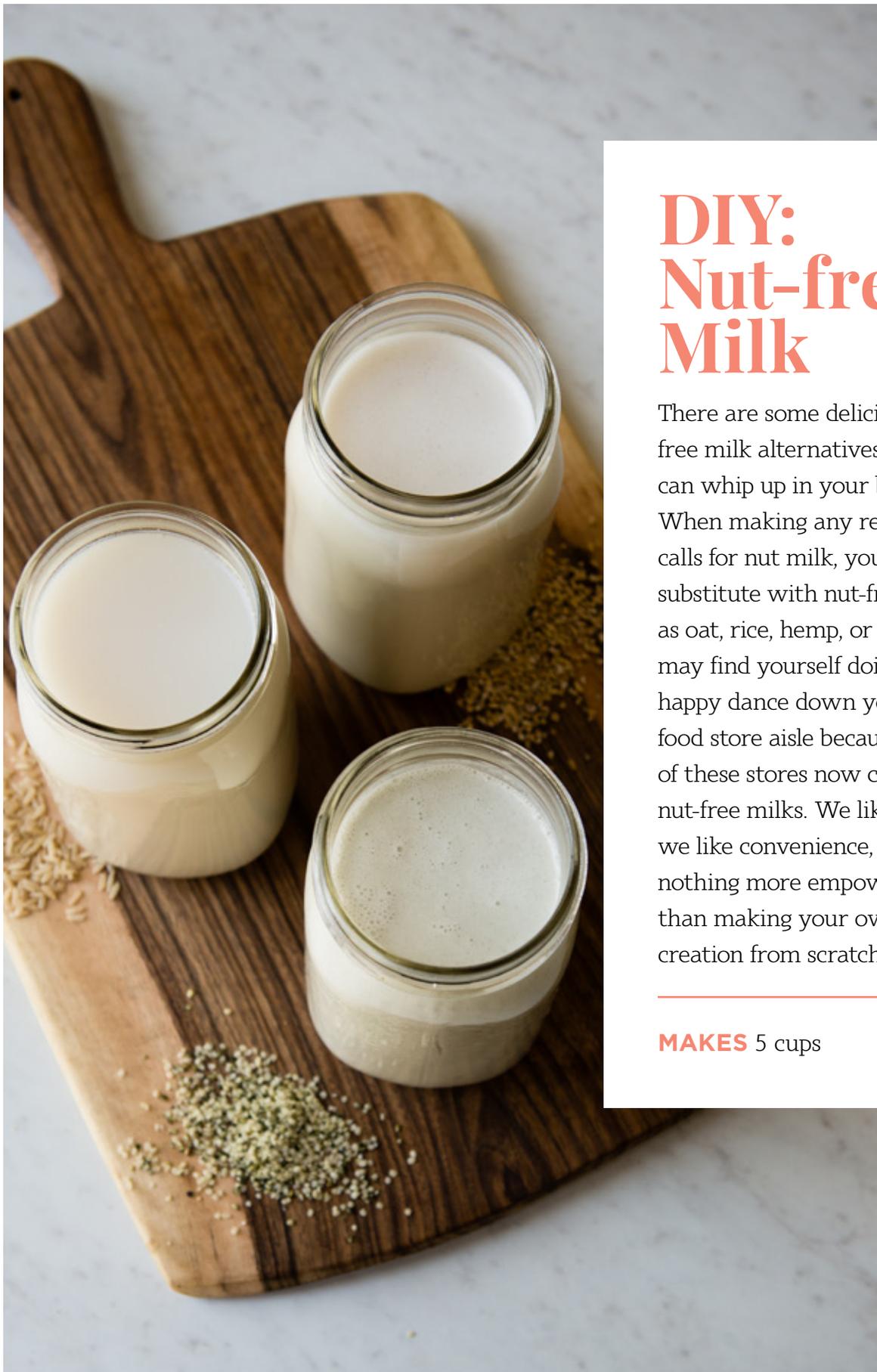
Directions

1. Pour the bourbon into a pint-size airtight container (a mason jar works great).
2. Cut an incision along each vanilla bean and open the beans wide.
3. Completely submerge the beans in the bourbon and seal the container.
4. Store in a dark, cool place and shake the mixture weekly.
5. After 60 days, enjoy your very own vanilla extract. (Once the vanilla beans aren't submerged anymore, remove them from the jar.)

Notes:

Store for up to 1 year. As you use up the vanilla extract, you can replenish it with more bourbon and vanilla beans. Just make sure the beans are completely submerged in the bourbon to prevent mold.

When using homemade vanilla extract in recipes, use half the amount called for because it is stronger than most store-bought versions.



DIY: Nut-free Milk

There are some delicious nut-free milk alternatives that you can whip up in your blender! When making any recipe that calls for nut milk, you can substitute with nut-free milk such as oat, rice, hemp, or coconut. You may find yourself doing a little happy dance down your health food store aisle because many of these stores now carry these nut-free milks. We like easy and we like convenience, but there's nothing more empowering than making your own yummy creation from scratch.

MAKES 5 cups



Ingredients

- 1 cup hemp hearts, steel-cut oats*, or cooked brown rice
- 3 cups water
- 1 tablespoon coconut oil (optional)
- 2 tablespoons maple syrup (optional)
- ½ tablespoon vanilla extract (optional)
- Pinch of sea salt

Directions

1. Place the hemp hearts (or soaked steel-cut oats, or cooked brown rice) and water in a high speed blender.
2. Blend on high speed for about 2 minutes, or until fully liquefied.
3. Strain through a nut milk bag or cheesecloth into a wide glass bowl.
4. Add the coconut oil, maple syrup, vanilla (if using), and salt. Blend for 10 seconds.

*Note:

Soak steel-cut oats in a covered bowl of water for 20 minutes prior to blending.



DIY: Almond Butter

Depending on where you live, almond butter can be insanely expensive. Yet there's a cost-effective solution that tastes even better than store-bought. Enjoy!



Ingredients

- 2 cups raw almonds, roasted if desired (see note)
- 2 tablespoons unrefined coconut oil, melted
- 1 teaspoon sea salt

Directions

1. Place the almonds and oil in a high-speed blender or food processor.
2. Slowly speed up the blender to maximum speed, pushing down the mixture as it creeps up the side of the blender.

3. Continue to blend until the nuts transform into a warm, creamy paste. This can take between 1 and 25 minutes, depending on your equipment and whether you roasted the almonds first. Add the salt and blend to combine. Because of the potentially lengthy blending time, perseverance may be part of the process. Yet eventually you'll have some of the creamiest, yummiest nut butter in the world.

Note:

To speed up the process, you can lightly roast the almonds first. This releases their oils for faster blending. Roast at 350°F for 10 to 15 minutes. Not a fan of almonds? You can substitute with brazil nuts, cashews, hazelnuts, or macadamia nuts.



DIY: Produce Wash

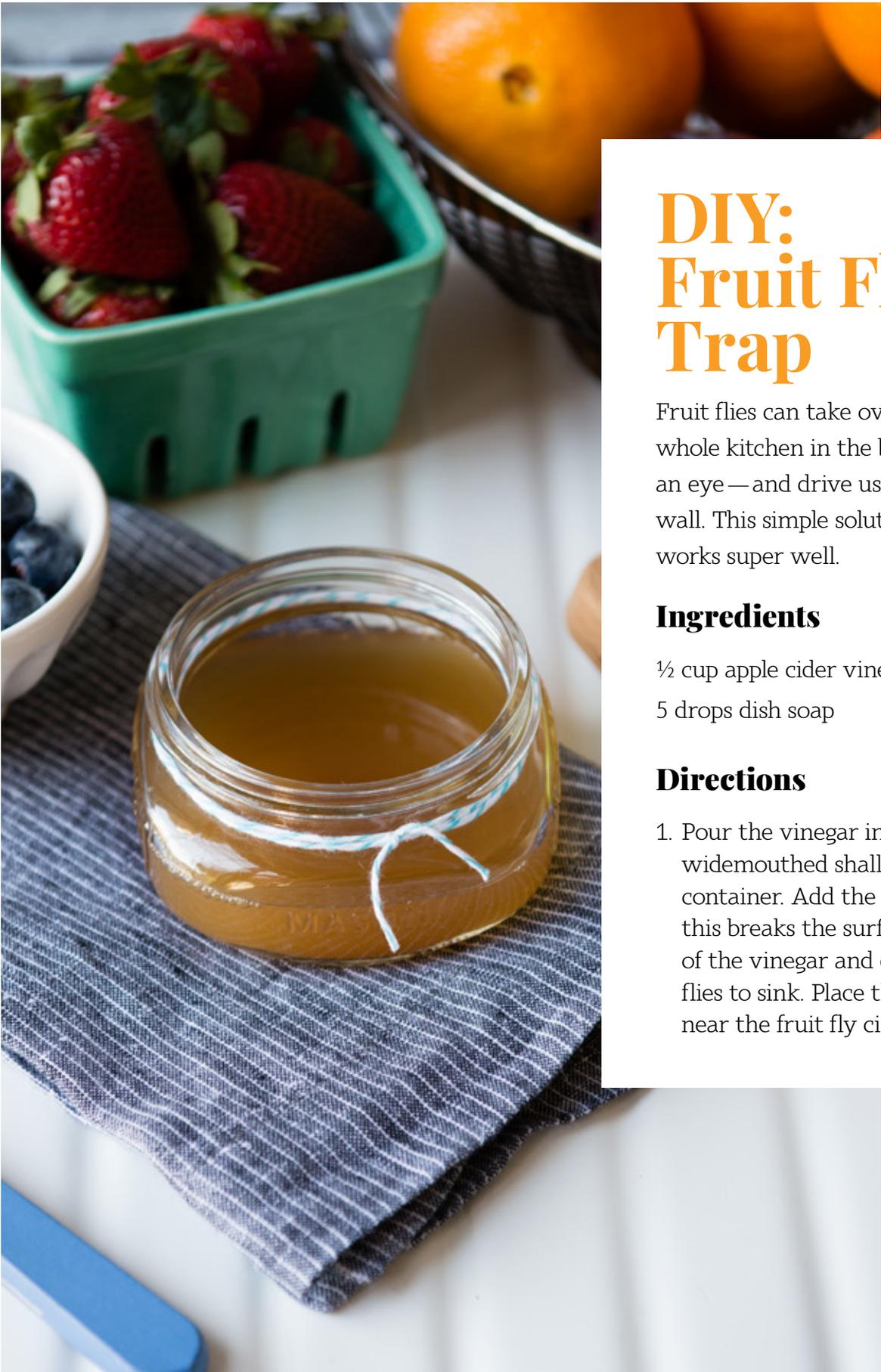
This simple yet amazing recipe is from Lindsey Johnson (who helps create the recipes, and takes the photos). She rawks pretty hard.

Ingredients

- 1 tablespoon organic lemon juice
- 10 drops grapefruit seed extract
- 2 tablespoons baking soda
- 1 cup filtered water
- $\frac{3}{4}$ cup white vinegar

Directions

1. Combine the lemon juice, grapefruit seed extract, baking soda, water, and vinegar in a pitcher and mix well. Pour into a spray bottle.



DIY: Fruit Fly Trap

Fruit flies can take over the whole kitchen in the blink of an eye — and drive us up the wall. This simple solution works super well.

Ingredients

½ cup apple cider vinegar
5 drops dish soap

Directions

1. Pour the vinegar into a widemouthed shallow container. Add the dish soap; this breaks the surface tension of the vinegar and causes the flies to sink. Place the container near the fruit fly circus.



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