

Clean Eating Recipes

Over 30 Simple Recipes for Healthy Cooking

(Book Two)

By Dale L. Roberts

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Clean Eating Recipes: Over 30 Simple Recipes for Healthy Cooking (Book Two)

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ISBN: 9781310404900

Cover design by Sami Johnston, Cover image by Depositphotos.com

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Original publication

July 19, 2015

ISBN-13: 978-1515152286

ISBN-10: 1515152286

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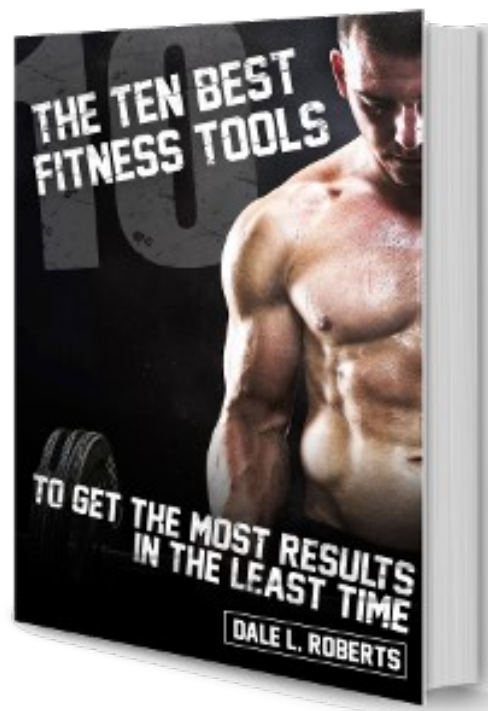
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Introduction

I make it no secret that I love sweets. Ice cream, donuts, chocolate and many other assorted delicacies are too much of a temptation for me. My resolve just isn't strong enough to use moderation with all of those tasty treats, so I find it best to only fuel my body with nature's dessert - fruit.

It's tough finding the best food to enjoy that is not only good for the body, but also something that keeps junk food out of the diet. After all, you put out what you put into your body. If you eat bad food, then you get bad results in your health and fitness goals. My form of junk food is fruit, but is it really all that bad for you?

According to the United States Department of Agriculture (USDA)ⁱ, fruit is good for you because of the following:

1. No cholesterol
2. Naturally low in fat, sodium and calories
3. Great source of essential nutrients, such as:
 - a) Potassium - may help maintain healthy blood pressure; may reduce the risk of bone loss; may also reduce the risk of kidney stones; found in bananas, prunes, cantaloupe, honeydew melon, oranges, and much more
 - b) Dietary fiber - helps reduce blood cholesterol levels; may help lower the risk of obesity, type 2 diabetes, and heart disease (i.e. heart attack, stroke); important in regularity in bowel function; aids in satiety or the feeling of fullnessⁱⁱ
 - c) Vitamin C - important in body tissue growth and repair; helps heal cuts and wounds; maintains good oral health
 - d) Folate (folic acid) - helps form red blood cells
4. May protect against certain types of cancers

Furthermore, the USDA has some tips that may help you if you are struggling with where to start if you aren't already consuming fruits on a regular basis. I'll give my own recommendations based on what has been successful for me and my successful clientele:

1. Purchase only 1-3 days worth of fruit at a time - this so that none of the food goes to waste and you are developing healthy eating patterns by eating fresh food.

2. Buy only what you are willing to eat - it makes no sense to buy something that you detest. In due time, you will develop your taste buds to appreciate new fruits, but if you are just starting to eat fruits, stick to what you know.
3. Largely depending on your age, gender and activity level, consume about 2 cups per day of fruits. The USDA recommends making half your meal fruits and vegetables. See more at ChooseMyPlate.gov.ⁱⁱⁱ
4. If you are new to eating fruits regularly, make it a goal to try to eat one serving per day. Once you can be consistent with that over the course of 21 days, then you can increase the amount. With over 30 recipes in this book, you have plenty of ways to tantalize your taste buds.

As I always recommend, be sure to speak with your family doctor or consult a registered dietitian to see what works best for you and your particular health needs. I merely offer generalized tips that work for most people, but may not be appropriate for some. If you do plan on changing what and how you eat, it is a must that you seek medical advice and clearance in advance.

This book has some recipes that require more than a half hour to prepare. I promise, though, each of these dishes are worth it. For quick reference, at the top of each recipe is a general prep time for the dish. It may or may not take that long and really depends on your experience in the kitchen. Quite a few recipes require a food processor, so be sure to purchase one if you have the discretionary expenses.

As a bonus, I have included a few extra tomato-based recipes (salsas, sauces, and soup, oh my), because the tomato is the oft-forgotten member of the fruit family. The tomato recipes are super simple, so enjoy that nice little bonus.

As you try these recipes, be sure to have fun along the way. These are recipes that I have found over time and made them my own. So, if you wish to make a few substitutions or add some ingredients, then go for it. The most important thing is to get more fruit into your body so that you can enjoy a tasty meal while benefiting your health. Now, dig in!

Breakfast

Breakfast Quinoa

Serves 2

Prep time: ~20 minutes

1/2 cup quinoa, dry

1 cup almond milk

1 banana, chopped

6 strawberries, chopped

1. Bring almond milk to a boil in small pan.
2. Toss quinoa and banana into boiling milk and simmer covered for 15 minutes.
3. Then top with strawberries.
4. Serve and enjoy.

Coconut & Quinoa Breakfast

Serves: 4

Prep time: ~15-20 minutes

Ingredients:

3/4 teaspoon coconut oil
2 teaspoon ground cinnamon
1 cup quinoa, rinsed
1 cup light coconut milk
1 cup almond milk
1 tablespoon pure maple syrup
2 tablespoon shredded unsweetened coconut
2 tablespoon chopped unsalted almonds
1 cup strawberries, chopped

Instructions:

1. In a medium saucepan over medium heat, warm up oil.
2. Add cinnamon, constantly stirring for about 1 minute.
3. Add quinoa and stir until evenly coated.
4. Add coconut milk and almond milk.
5. Bring to a boil.
6. Reduce to a simmer and cover until milk has been absorbed (~15 minutes).
7. Add maple syrup and stir to combine.
8. Divide porridge into 4 bowls. Top with shredded coconut, almonds, and strawberries.

Fruit & Nut Muesli

Serves 3

Prep time: ~10-15 minutes

Ingredients:

1 1/2 cups oats

1/4 cup hazelnuts, roughly chopped

1/4 cup flaked almonds

1/4 cup Brazil nuts, roughly chopped

1/4 cup golden raisins

1/4 cup raisins

1/4 cup dried apricots, chopped

1/4 cup dried dates, chopped

Instructions:

1. Preheat the oven to 325°F.
2. Spread the oats and nuts out evenly on a baking tray and toast in the oven for 8-10 minutes. Make sure they don't burn.
3. Remove from the oven and leave to cool.
4. To make the muesli simply mix the toasted ingredients with the fruit in a sealable container.
5. Serve and enjoy.

Salads

Nectarine Pecan Salad

Serves 1

Prep time: ~5 minutes

Ingredients:

2 medium nectarines

1/4 cup raw pecan pieces, unsalted

1 light sprinkle of allspice

Instructions:

1. Cut the nectarines into chunks, remove the pits.
2. In a mixing bowl, combine the nectarines, pecans, and allspice.
3. Mix well and serve.

Peach & Walnut Barley Salad

Serves: 4

Prep time: ~20-30 minutes

Ingredients:

1 cup quick-cooking barley
1 cup parsley leaves, chopped
1/4 cup walnuts, chopped
1 peach, peeled, pitted diced
1/4 cup red bell pepper, diced
1 tablespoon extra virgin olive oil
2 tablespoon fresh lime juice
1/4 cup 100% orange juice
1/2 teaspoon chili powder
1/4 cup low-fat feta cheese

Instructions:

1. Cook barley according to package directions, just don't add salt.
2. Drain barley and toss with parsley, walnuts, peach and pepper.
3. In a separate bowl, blend extra virgin olive oil, lime juice, orange juice and chili powder.
4. Pour over barley mixture and toss together.
5. Crumble feta over the top and serve.

Saucy Fruit Salad

Serves 4

Prep time: ~10-15 minutes

Ingredients for fruit salad:

1 kiwi fruit, peeled, sliced

2 nectarines, pitted, sliced

2 cups seedless grapes

2 cups fresh blueberries

2 bananas, half-inch sliced

1 large mango, peeled, pitted, diced

2 cups fresh strawberries, halved or quartered depending on size

Ingredients for sauce:

1/4 teaspoon ground ginger

1 1/2 tablespoon honey

2 tablespoons lemon juice

1/3 cup 100% orange juice

Instructions:

1. Mix all of the prepared fruit.
2. Thoroughly mix all ingredients for the sauce.
3. Pour the sauce over the fruit mix and enjoy.

Summer Salad with Mango, Papaya & Avocado

Serves 4

Prep time: ~25-30 minutes

Ingredients:

- 1 papaya, peeled, seeded, chopped
- 1 mango, peeled, seeded, chopped
- 1 small avocado, peeled, seeded, chopped
- 1/2 cup diced pineapple
- 1 small bundle fresh coriander, chopped
- 1/2 cup raspberries - separated into 1/4 cups
- 1 1/3 tablespoons Gorgonzola cheese, crumbled
- 1/4 cup blueberries
- 1 1/3 tablespoons walnuts, chopped

Ingredients for the dressing:

- 1 tablespoon extra virgin olive oil
- 1 cup 100% orange juice
- 1 teaspoon grain mustard

Instructions:

1. Mix the papaya, mango, avocado and pineapple.
2. Add the coriander to the fruit mix.
3. For the dressing:
 - a) Crush 1/4 cup raspberries
 - b) Mix together with ingredients for the dressing.
 - c) Stir the dressing into the fruit mix.

4. Toss the cheese, blueberries, remaining 1/4 cup raspberries and walnuts on top.
5. Serve and enjoy!

Sweet & Spicy Walnut/Fruit Salad

Serves: 8

Prep time: ~15 minutes

Ingredients:

1 pint strawberries, halved
6 ounces raspberries
1 mango, skinned, pitted, chopped
2 kiwis, skinned, sliced
2 nectarines, chopped
1 tablespoon honey
1 tablespoon hot water
3/4 teaspoon cayenne pepper
1/2 cup walnuts, chopped

Instructions:

1. Mix fruit.
2. Preheat broiler to high.
3. In a small bowl, stir together honey, 1 tablespoon hot water, and cayenne.
4. Add walnuts to the cayenne/honey mix. Stir until well coated.
5. Spread walnuts on a baking sheet.
6. Broil for 2 to 3 minutes. Carefully watch to avoid burning.
7. Stir in walnuts with fruit.
8. Serve and enjoy.

Watermelon & Tomato Salad

Serves 4

Prep time: ~10-25 minutes

Ingredients:

2 large tomatoes, cut into 6 flat slices each

2 tablespoons apple cider vinegar

1 tablespoon extra virgin olive oil

1 teaspoon dried basil

4 cups diced seedless watermelon (~half a small melon)

Instructions:

1. Arrange three tomato slices on each of four salad plates.
2. Combine apple cider vinegar, extra virgin olive oil and dried basil in a bowl.
3. Mix thoroughly.
4. Add watermelon and carefully toss to evenly coat.
5. Spoon watermelon over the tomatoes.
6. Serve and enjoy.

Side Dish

Bulgar Wheat and Fruit Stuffing

Serves 6

Prep time: ~20-30 minutes

Ingredients:

- 1 1/4 cup Bulgar wheat
- 1/2 cup 100% apple juice
- 1/4 cup dried apples, chopped
- 10 dried apricots, chopped
- 1/4 cup raisins
- 1 eight-ounce package seasoned bread stuffing
- 1/4 cup pecans
- 3/4 cup low-sodium vegetable broth

Instructions:

1. Bring 2 quarts water to a boil in an oven safe pot.
2. Add the Bulgar wheat, bring back to a boil.
3. Lower heat slightly and cook for about 15 minutes.
4. Drain the Bulgar wheat and return to the pot.
5. Mix the apple juice, apples, apricots and raisins in a small pot over high heat.
6. Bring the apple mix to a boil, then remove from heat.
7. Mix the seasoned bread stuffing, apple mix, and pecans into the Bulgar wheat.
8. Stir in just enough vegetable broth to moisten the bread.
9. Place Bulgar wheat mix back over medium heat for about 5 minutes.
10. Serve and enjoy.

Citrus Couscous with Almonds, Raisins & Mint

Serves 4

Prep time: ~10-15 minutes

Ingredients:

- 1 1/4 cup low-sodium vegetable broth
- 2 tablespoon raisins
- 1 cup whole-wheat couscous
- 1 tablespoon fresh mint, rinsed, dried, chopped
- 1 tablespoon unsalted sliced almonds, toasted
- 1 tablespoon orange zest

Instructions:

1. Combine vegetable broth and raisins in a small saucepan.
2. Bring to boil over high heat.
3. Add couscous and return to a boil.
4. Cover and remove from the heat.
5. Let the saucepan sit until the couscous has absorbed all of the broth (~5 minutes).
6. Remove the lid and fluff the couscous with a fork.
7. Gently mix in the mint, almonds, and orange zest.
8. Serve and enjoy!

Orange Orzo

Serves: 4

Prep time: ~20-25 minutes

Ingredients:

5 ounces whole-wheat orzo

1 tablespoon extra- virgin olive oil

1 tablespoon apple cider vinegar

1 orange

2 green onions, thinly sliced

1/4 cup crumbled low-fat feta

Instructions:

1. Cook orzo according to directions on package.
2. To prepare vinaigrette: In a large bowl, whisk together extra virgin olive oil, and apple cider vinegar.
3. Zest orange.
4. Add zest to bowl with vinaigrette.
5. Peel orange and carefully cut sections from orange. Then cut those orange sections in half.
6. Toss orzo with vinaigrette. Set aside to cool slightly.
7. Add orange sections to orzo.
8. Top with feta and serve. This dish is best chilled.

Red Pepper & Mango Salsa

Serves: 10

Prep time: ~20 minutes

Ingredients:

5 red bell peppers, diced

2 large mangoes, peeled, pitted, chopped

2 scallions, sliced

1 bunch fresh cilantro leaves, chopped

1 jalapeño chili pepper, seeded, diced

3 tablespoons lime juice

1 teaspoon minced garlic

Instructions:

1. In a bowl, mix all ingredients until coated well.
2. Serve and enjoy!

Spicy Sweet Potatoes & Apples

Serves: 6

Prep time: ~35-40 minutes

Ingredients:

2 sweet potatoes, peeled and cut into bite-size pieces

3 tablespoons and 1 1/2 tablespoon olive oil, separated

1/2 Granny Smith, peeled, cored, chopped

1 1/2 teaspoon lemon juice

1 small fresh red chili, stemmed, seeded, chopped

A pinch of ground cinnamon

1/2 teaspoon dried chili flakes

Cooking spray

Instructions:

1. Preheat oven to 350°F.
2. Place the sweet potatoes in a bowl and toss with 3 tablespoons extra virgin olive oil.
3. Put the sweet potatoes in one layer on a rimmed baking sheet and cover with foil.
4. Bake until soft (~20-25 minutes).
5. Lightly coat a large nonstick frying pan with cooking spray. Place over medium heat and add the sweet potatoes.
6. Gently turn the potatoes until browned.
7. Add the apple, lemon juice, 1 1/2 tablespoon olive oil, fresh red chili, and cinnamon. Cook until thoroughly mixed and the potatoes are golden brown.
8. Sprinkle with dried chili flakes.
9. Serve and enjoy.

Main Dishes

Cheesy Pumpkin Casserole

Serves: 4

Prep time: ~45-60 minutes

Ingredients:

- 1 bunch broccoli, thick stalk removed, chopped
- 3 cloves garlic, minced
- 1 egg
- 2 egg whites
- 1/2 cup skim milk
- 1 large bundle of kale, rinsed, stems removed, chopped
- 6 slices whole-wheat bread, toasted, divided
- 1 pound fresh pumpkin, peeled, seeded, grated, divided
- 5 ounces sliced part-skim mozzarella cheese, divided

Instructions:

1. Preheat oven to 350 °F.
2. Bring a medium pot half filled with water to a boil.
3. Reduce heat to medium and add broccoli.
4. Cook for 5 minutes, until tender.
5. Drain the broccoli.
6. In a small bowl, whisk the garlic, egg, egg whites and milk.
7. Put a large skillet over high heat.
8. Add kale and cook until beginning to sizzle. Cook for about 3 more minutes.
9. Reduce heat to low and constantly stir for another few minutes. Then remove from heat.
10. Break 4 slices toast into rough chunks and scatter on the bottom of a 9 x

13-inch baking dish.

11. Layer half of pumpkin, kale, half of cheese, broccoli, finish with remaining pumpkin on top.
12. Break remaining 2 slices toast into small pieces and scatter over top.
13. Top with remaining half of cheese.
14. Pour egg/milk mixture over top.
15. Bake until golden brown (~30 minutes).

Peanut Butter & Banana Grilled Cheese Sandwich

Serves: 1

Prep time: ~5-10 minutes

Ingredients:

2 slices whole-wheat bread

1 tablespoon natural unsalted peanut butter

1/2 banana, peeled, sliced

1/2 ounce low-fat medium cheddar cheese, sliced

Cooking spray

Instructions:

1. Coat medium pan with cooking spray and put on medium-low heat.
2. Place bread on a work surface and spread each slice with peanut butter, dividing evenly.
3. On 1 slice, layer banana and cheese.
4. Top with remaining slice of bread, peanut butter side down.
5. Place sandwich in pan and cook, turning once, until bread toasts and cheese melts, (~2 minutes per side).

Drinks

Mango Shake

Serves 2

Prep time: ~5 minutes

Ingredients:

2 cups almond milk

1 mango, skinned and pitted

1 small banana

2 ice cubes

Instructions:

1. Put the ingredients into a blender.
2. Blend until smooth.
3. Separate into two glasses and enjoy with someone.

Peach & Mango Smoothie

Serves 2

Prep time: ~5 minutes

Ingredients:

2 1/2 ounces frozen mango

2 1/2 ounces frozen peach

3/4 cup almond milk

3/4 cup unflavored non-fat Greek yogurt

1 teaspoon honey

Instructions:

1. Put the ingredients in a blender.
2. Blend until smooth.
3. Separate into two glasses and enjoy with someone.

Quick Shake

Serves 1

Prep time: ~5 minutes

Ingredients:

5 ounces of frozen fruit (your preference)

1 cup almond milk

1 scoop vanilla ice cream

1 teaspoon honey

Instructions:

1. Blend the ingredients until smooth.
2. Pour and enjoy.

Options: If you want a full vegan option, ditch the dairy ice cream and substitute your favorite vegan ice cream instead. Stick with vanilla to suit the flavor of the frozen fruit.

Tropical Smoothie

Serves 2

Prep time: ~5 minutes

Ingredients:

1 cup non-fat Greek yogurt

5-6 strawberries

1 cup pineapple, diced

1 banana

1 teaspoon vanilla extract

2-4 ice cubes

Instructions:

1. Put the ingredients in a blender.
2. Blend until smooth.
3. Separate into two glasses and enjoy with someone.

Super Juice

Serves: 2

Prep time: ~5 minutes

Ingredients:

3 carrots, peeled

1 apple, quartered

1 lemon, peeled

1-inch piece of ginger

1 bunch of fresh parsley

1 cup coconut water

Instructions:

1. Using a juicer, process carrots, apple, lemon, ginger and parsley into juice.
2. Shake up the juice with coconut water.
3. Serve in 2 glasses and enjoy.

Desserts & Treats

NOTE: Some recipes require chill or freeze time, so be sure to read through the instructions to get an understanding of the actual time investment.

Avocado & Banana Chocolate Pudding

Serves: 4

Prep Time: ~10-15 minutes

Ingredients:

1 1/2 bananas

1 avocado, pitted and peeled

1/4 cup unsweetened cocoa powder

3 tablespoon pure maple syrup

1/2 teaspoon vanilla extract

1/4 teaspoon ground cinnamon

Instructions:

1. Blend the banana, avocado and cocoa powder in a food processor.
2. Process until just a few chunks remain.
3. Drizzle with maple syrup, then process until completely smooth.
4. Add vanilla and cinnamon, process until combined.
5. Put in a sealable container and refrigerate until thoroughly chilled (~2 hours).

Easy Banana Pudding

Serves 1

Prep time: ~5 minutes

Ingredients:

2 small to medium bananas, peeled

1 teaspoon honey

1/2 teaspoon vanilla extract

1 tablespoon nuts for topping

Instructions:

1. Blend the ingredients except nuts in a food processor until they become smooth.
2. Serve in a bowl, top with nuts.
3. Enjoy!

Pumpkin Chia Pudding

Serves: 6

Prep Time: ~10 minutes (chill time: ~6 hours)

Ingredients:

2 cups plain unsweetened almond milk

1/2 cup pitted dates

1/3 cup chia seeds

3/4 cup unsweetened pumpkin purée (not pumpkin pie filling)

3/4 teaspoon pumpkin pie spice

Instructions:

1. In a large container with a lid, combine milk, dates and chia seeds.
2. Cover and shake well.
3. Refrigerate for about 6 hours.
4. Pour mixture into a blender and process on high until very smooth (~2 minutes). Add pumpkin purée, and pie spice. Blend until combined.
5. Equally divide into 6 covered dishes.
6. Refrigerate for 1 more hour before serving.

Tasty Fruit Pudding with Ice Cream

Serves 3

Prep time: ~5-10 minutes

Ingredients:

2/3 cup of any fresh fruit (mango, peach, banana, etc.)

2 cups skim milk

7 ounces vanilla non-fat yogurt (~3/4 cup)

3 scoops vanilla ice cream

Instructions:

1. Blend all ingredients except ice cream in a food processor.
2. Equally pour into 3 glasses.
3. Top each with a scoop of ice cream.

Frozen Banana Pops

Serves: 8

Prep Time: ~15 minutes

Ingredients:

4 large bananas, peeled, cut in half crosswise
5 tablespoons unsweetened plain almond milk
1/4 cup natural creamy unsalted peanut butter
1 tablespoons pure maple syrup
2/3 cup chopped nuts
8 wooden skewers

Instructions:

1. Gently push a wooden stick into cut end of each banana.
2. In a small bowl, combine milk, peanut butter, and maple syrup until smooth.
3. Pour nut toppings onto a plate.
4. Holding 1 banana pop over the small bowl, spoon peanut butter mixture over top of it to cover all sides, letting excess drip off.
5. Hold coated banana over a plate and evenly spoon nut toppings over it until covered.
6. Lay coated banana on a parchment-lined baking sheet.
7. Repeat with remaining bananas and ingredients.
8. Cover and freeze until firm, about 4 hours.

Easy Grapesicles

Serves 16

Prep time: ~30 minutes

Ingredients:

48 green seedless grapes, rinsed

48 red seedless grapes, rinsed

16 six-inch wooden skewers

Instructions:

1. Thread six grapes, alternating colors, onto each wooden skewer.
2. Place skewers into the freezer for 30 minutes or until frozen.
3. Serve and enjoy!

Peach & Ginger Pops

Serves: 4

Prep time: ~20 minutes (freeze time: ~6 hours)

Ingredients:

3 cups frozen peach slices

1 tablespoon organic evaporated cane juice

1 1-inch piece fresh ginger, peeled and finely grated

1/4 cup nonfat plain Greek yogurt

1 4-ice pop mold (4 oz per pop)

Instructions:

1. Heat a medium saucepan on medium.
2. Add peaches, cane juice and 1 tablespoon water and bring to a simmer.
3. Cook until peaches soften, 5 to 7 minutes.
4. Remove from heat and set aside to cool slightly, about 10 minutes.
5. In a blender, blend peach mixture, ginger and yogurt on medium to medium-high speed until smooth and fully combined.
6. Spoon mixture into molds, dividing evenly.
7. Insert sticks into center of each ice pop, pushing down to bottom.
8. Freeze until completely set (~6 hours).

Fruit-kebobs with Yogurt

Serves 4

Prep time: ~15-20 minutes

Ingredients:

1 cup strawberries, rinsed, stemmed and cut in half

1 cup fresh pineapple, diced

1/2 cup blackberries

1 tangerine, peeled, cut into eight segments

8 six-inch wooden skewers

Ingredients for dip:

1 cup strawberries, rinsed, stemmed and cut in half

1/4 cup fat-free plain yogurt

1/8 teaspoon vanilla extract

1 tablespoon honey

Instructions:

1. Thread two strawberry halves, two pineapple chunks, two blackberries and one tangerine segment per skewer.
2. To prepare the dip, puree strawberries in a food processor. Mix in the yogurt, vanilla and honey.
3. Serve two skewers with the yogurt as a dip on the side.

Chewy Apple Pie Bars

Serves 12

Prep Time: ~10-15 minutes

Ingredients:

- 1 cup pitted dates
- 1 cup unsweetened dried apples
- 1 cup unsalted walnuts
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg

Instructions:

1. In a food processor, combine dates, apples and walnuts.
2. Process until fine crumbs form.
3. Add cinnamon, ginger and nutmeg.
4. Continue processing until mixture is very soft and holds together when pinched, (~4 minutes).
5. Press dough into a 4x8-inch loaf pan.
6. Cover and refrigerate for at least 2 hours or until firm.
7. Cut into 12 segments.

Hazelnut Raspberry Peach Bars

Makes 8 Bars

Prep Time: ~20 minutes

Total Time: 55 minutes

Ingredients:

3/4 cup buckwheat flour

1/2 cup ground hazelnut meal

1/4 cup coconut flour

1 teaspoon baking soda

1/4 teaspoon salt

1 large egg

1 1/2 cups whole buttermilk

3 tablespoons and 1 teaspoon sucanat, divided

1 teaspoon lemon zest

1 teaspoon pure vanilla extract

1 cup raspberries, mashed

1/2 cup diced peaches

1/4 cup and 2 tablespoons toasted, chopped hazelnuts, divided

Instructions:

1. Preheat oven to 375°F. In a large bowl, combine flours, hazelnut meal, baking soda, and salt.
2. In a small bowl, whisk egg; stir in buttermilk, 3 tablespoon sucanat, lemon zest and vanilla.
3. Add egg mixture to flour mixture and stir until just combined. Stir in raspberries, peaches and 1/4 cup hazelnuts.
4. Prepare topping: In a small bowl, stir together remaining 2 tablespoon hazelnuts and 1 teaspoon sucanat.

5. Line the bottom of a 7x11-inch glass baking dish with parchment paper.
6. Pour batter into pan.
7. Sprinkle topping over batter and lightly press topping down with the back of a spoon.
8. Bake for 28 to 32 minutes, until a toothpick inserted in center comes out clean.
9. Let cool for 5 to 10 minutes.
10. Cut into 8 bars.

Peanut Butter Maple Banana Muffins

Makes 14 muffins

Prep Time: ~15 minutes

Ingredients:

2 cups oat flour

1 teaspoon baking powder

1/2 teaspoon baking soda

2 large eggs, divided

2 teaspoon safflower oil

1/2 cup plus 2 tablespoons Greek yogurt, divided

1/4 cup pure maple syrup

1 teaspoon pure vanilla extract

3 bananas, divided

2 tablespoon natural unsalted crunchy peanut butter

Instructions:

1. Preheat oven to 350°F.
2. Prepare batter:
 - a) In a large bowl, mix flour, baking powder, and baking soda.
 - b) In a small bowl, whisk 1 egg with oil; stir in 1/2 cup yogurt, maple syrup and vanilla.
 - c) Add egg mixture to flour mixture and stir until just combined.
 - d) Mash 2 1/2 bananas and fold into mixture until just combined and no white streaks remain; mixture should still be lumpy.
3. Meanwhile, prepare filling:
 - a) In a small bowl, mash remaining 1/2 banana
 - b) Stir in remaining 1 egg, 2 tablespoon yogurt and peanut butter until

well combined.

4. Line 14 muffin cups with paper liners and fill one-third of each liner with batter.
5. Dollop 1 teaspoon filling into each, then divide remaining batter among liners.
6. Bake for 18 to 25 minutes, until a toothpick comes out clean when inserted in center.
7. Let cool in tin for 5 minutes, then remove muffins from tin and let cool on wire racks.

Pomegranate, Walnut & Apple Muffins

Serves: 12

Prep Time: ~25-30 minutes

Ingredients:

2 cups oat flour

2 teaspoons ground cinnamon

1 1/2 teaspoon baking powder

1/2 teaspoon baking soda

1/4 teaspoon salt

1/3 cup chopped raw unsalted walnuts

2 eggs

3/4 cup whole buttermilk

5 tablespoon raw honey

1/4 cup Greek yogurt

1 Granny Smith apple, cored, peeled, chopped

1/3 cup pomegranate seeds

Instructions:

1. Preheat oven to 400°F.
2. In a large bowl, whisk together flour, cinnamon, baking powder, baking soda, and salt.
3. Add walnuts and whisk again.
4. In a small bowl, whisk eggs, then stir in buttermilk, honey, and yogurt.
5. Add egg mixture to flour mixture and stir until just combined.
6. Fold in apple and pomegranate seeds. The mixture will be a little lumpy.
7. Line a 12-count muffin tin with paper liners and fill each liner three-quarters of the way full with batter.

8. Bake for 15 minutes or until a toothpick comes out clean when inserted in center.
9. Let cool in the muffin tin for 10 minutes, then transfer muffins to a wire rack to cool completely.

Conclusion

I hope that you enjoy these recipes as much as I have. Now, I don't expect you to try every single recipe out in the next week, but you should try out at least the more simple ones soon. Any number of the recipes that take about 5-15 minutes are worth it and be sure to make a friend and share the other portions. It's not necessary for you to eat the entire dish yourself. Portion out each meal and eat only one serving at a time.

Be sure that you have fun along the way and test out different variety of fruits in each dish after you have mastered the preparation. Watch out for seasonal fruits relative to your neck of the woods, so that you can spare your wallet while nourishing your body. Farmer's markets are excellent resources for fresh seasonal fruit. Load up on something when you have the opportunity, but be sure to only purchase as much as you'll use.

I'm not a big fan of freezing foods, because it's my belief that you sacrifice taste and nutritional value after a food is frozen. So, along with the philosophy of buying only 3 days worth of produce, make only 3 days worth of dishes. In fact, you'll find that some dishes are best enjoyed immediately and tend to lose flavor after being prepared then refrigerated.

Be sure to go the end of the book to get your bonus tomato recipes. Those ones are great and you won't want to miss out on them. In the meantime, eat smart and nourish your body with these awesome recipes!

Thank You

Thank you for downloading my book and I hope you enjoyed it and found many insightful things. Furthermore, you can opt-in to my Fitness Insider's Weekly Update to get all the latest information on the latest fitness updates, freebies, and future book releases.

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Thank you, again! I hope to hear from you and wish you the best.

-Dale

About The Author



My name is Dale Lewis Roberts and I'm an American Council on Exercise Personal Trainer, Certified, with an ACE Specialty Certification in Senior Fitness. Since beginning my personal training career in 2006, I have earned numerous certifications in personal training, yoga, nutritional coaching, among others. I have worked with hundreds of clients with a variety of health & fitness goals.

While my greatest passions are health & fitness, writing and reading, I also love to spend time traveling with my wife, watching pro wrestling and playing guitar. I currently reside in Phoenix, Arizona, with my wife, Kelli, and our rescue cat, Izzie.

Feel free to subscribe to my Insider Book Club for exclusive offers, free book promotions and advance screenings of my work at DaleLRoberts.com/tenbest. Whatever you do in life, make sure that you do what you love. Otherwise, you're doing it wrong. Stay strong!

Special Thanks

Kelli Rae, because I love you with all my heart. No book is possible without your encouragement, love and support. Jason Bracht for your inspiration and guidance to produce this cookbook. Without you, I wouldn't have had the confidence to put together any recipe book. Silvia Saldana, for you introducing me to the vegetarian/vegan lifestyle. Your impact will be felt for years to come.

My Other Work

- The 3 Keys to Greater Health & Happiness: A Beginner's Guide to Exercise, Diet & Mindset
- The 90-Day Home Workout Plan: A Total Body Fitness Program for Weight Training, Cardio, Core & Stretching
- [The ABC Workout Plan: Firm, Tone, and Tighten Your Abs, Butt, and Core](#)
- [The Chest and Arms Workout Plan: Firm, Tone, and Tighten Your Upper Body](#)
- The Best Exercise and Fitness Bundle: Simple Workouts to Lose Weight,

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BONUS Tomato Recipes

Tomato Soup

Serves 3

Prep time: ~15-20 minutes

Ingredients:

- 3 medium tomatoes, diced
- 1 cup fresh roasted red peppers
- 1 cup fat-free evaporated milk
- 1 teaspoon garlic powder
- 1/4 teaspoon ground black pepper
- 2 tablespoon fresh basil, rinsed, chopped

Instructions on how to roast red peppers (requires 4 red peppers):

1. Preheat oven to 450°F.
2. Wash red pepper and cut in half lengthwise.
3. Cut off the stem and remove the seeds and white membrane.
4. Place red peppers cut side down on a foil-lined baking sheet.
5. Roast the red peppers up to 25 minutes or until the skin is wrinkled and charred.
6. Remove from the oven and let cool for 5 minutes.
7. Carefully scoop up red peppers into a bowl, cover it and place in a fridge for about 30 minutes.
8. Then, take back out from fridge, remove the skins, then place into a covered container.

Option: Toss with extra virgin olive oil to avoid red peppers sticking together if you don't plan on using them right away.

Instructions:

1. Combine tomatoes and red peppers in a blender or food processor. Puree

until smooth.

2. Put tomato mixture in a medium saucepan and bring to a boil over medium heat.

3. Add evaporated milk, garlic powder, and pepper. Return to a boil and gently simmer for 5 minutes.

4. Add basil and serve.

Tangy Salsa

Serving varies based on occasion

Prep time: ~5-10 minutes (set time: ~1-2 hours)

Ingredients:

- 1/2 cup fresh roasted red peppers
- 1 medium tomato, chopped
- 1 small lime, peeled, cut into small chunks
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon ground cumin
- 1 tablespoon fresh cilantro, rinsed, chopped

Instructions on how to roast red peppers (requires 4 red peppers):

1. Preheat oven to 450°F.
2. Wash red pepper and cut in half lengthwise.
3. Cut off the stem and remove the seeds and white membrane.
4. Place red peppers cut side down on a foil-lined baking sheet.
5. Roast the red peppers up to 25 minutes or until the skin is wrinkled and charred.
6. Remove from the oven and let cool for 5 minutes.
7. Carefully scoop up red peppers into a bowl, cover it and place in a fridge for about 30 minutes.
8. Then, take back out from fridge, remove the skins, then place into a covered container.

Option: Toss with extra virgin olive oil to avoid red peppers sticking together if you don't plan on using them right away.

Instructions:

1. Combine all ingredients and toss well.

2. Best to set for 1-2 hours for flavors to settle before serving.

Awesome Chunky Tomato Sauce

Servings vary per occasion

Prep time: ~15-20 minutes

Ingredients:

2 teaspoon olive oil
1 clove garlic, minced
1 cup fresh roasted red peppers, diced
3 medium tomatoes, diced
1 can (5.5 oz.) low-sodium tomato juice
1 tablespoon fresh basil, rinsed, dried, chopped
1/4 teaspoon pepper

Instructions on how to roast red peppers (requires 4 red peppers):

1. Preheat oven to 450°F.
2. Wash red pepper and cut in half lengthwise.
3. Cut off the stem and remove the seeds and white membrane.
4. Place red peppers cut side down on a foil-lined baking sheet.
5. Roast the red peppers up to 25 minutes or until the skin is wrinkled and charred.
6. Remove from the oven and let cool for 5 minutes.
7. Carefully scoop up red peppers into a bowl, cover it and place in a fridge for about 30 minutes.
8. Then, take back out from fridge, remove the skins, then place into a covered container.

Option: Toss with extra virgin olive oil to avoid red peppers sticking together if you don't plan on using them right away.

Instructions:

1. In a medium saucepan, heat olive oil and garlic over medium heat. Cook until soft, but not browned (~30 seconds).
2. Add diced red peppers, and continue to cook for 2–3 minutes, until the peppers begin to sizzle.
3. Add tomatoes, tomato juice, basil and pepper. Bring to a boil. Simmer for 10 minutes or until the sauce thickens slightly.
4. Use immediately on pizza or as spaghetti sauce.

Fresh Salsa I

Servings vary based on dish

Prep time: ~10-15 minutes

Ingredients:

6 Roma tomatoes, diced

1/2 medium onion, chopped

1 clove garlic, minced

3 tablespoon cilantro, chopped

Fresh lime juice to taste

1/8 teaspoon oregano, finely crushed

1/8 teaspoon salt

1/8 teaspoon pepper

1/2 avocado, skinned, pitted, diced

Instructions:

1. Combine all ingredients in glass bowl.
2. Serve and enjoy immediately.

Fresh Salsa II

Servings vary based on dish

Prep time: ~10-15 minutes

Ingredients:

3 medium ripe tomatoes, quartered

1 tablespoon fresh coriander leaves, chopped

1 garlic clove, minced

1/2 lemon, freshly juiced

Pepper to taste

1 small red onion, peeled, chopped

Instructions:

1. Wash the tomatoes and cut into quarters.
2. Place all the ingredients in a food processor and blend to make a slightly chunky salsa.
3. Serve and enjoy immediately.

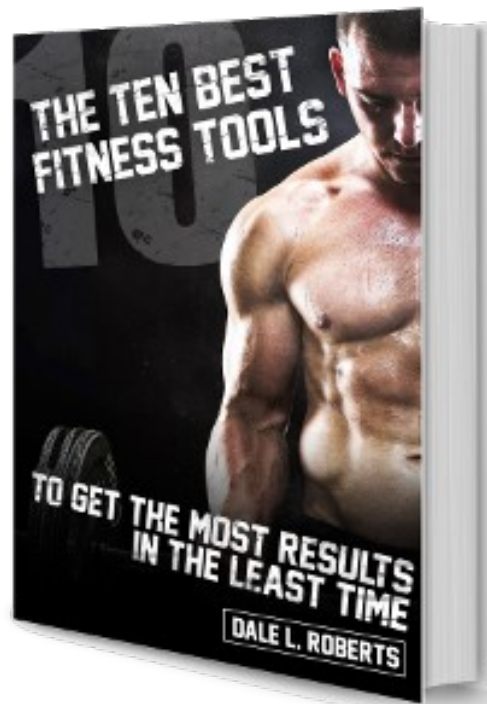
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