

RETREAT TO NATURE – rb food + life(style)

Miso dressing (digestion superstar)

¼ cup miso (white)

¼ cup honey (maple for vegan)

¼ cup rice or apple cider vinegar

MIX well and keeps for 2 weeks in fridge.

Raw Slaw (have some with every meal)

6 beets, grated

2 large carrots, grated

2-3 thumbs of ginger, small grated

2 tbsp apple cider vinegar

¼ sesame seeds

MIX everything together. Add sea salt before serving to keep crisp.

Bone Broth

4 cups – mixed bones (beef, chicken, pork)

10 cups water

Sea salt – taste after its done

Pepper

BRING to a boil (stove top), then simmer for at least 2 hours. Slow cooker (best way) – low for 8 hours. Season + drink all day. Freezes well. You can also just do beef or chicken solo.

Great for gut, collagen and immune.

Chicken Burgers

(4 – double up and freeze)

1 lbs organic ground chicken or turkey

3 cloves garlic, minced

1 zucchini, grated

½ onion, small chop

1 tsp; thyme or basil or smoked paprika or cayenne

Sea salt

1 egg

¼ cup gf oats (optional)

MIX everything together. Preheat oven to 400. Fry in pan, throw in oven for 5 mins to finish. Serve with lettuce wraps or classic burger.

Superfood smoothie
(1 large/2 mediums)

1 bunch kale/spinach

1 banana

1 thumb ginger

½ tsp turmeric

1 celery stock

2 chunks cucumber

½ green apple

Liquid; coconut water or water. Mix starting with ½ cups liquid until your desired thickness/thinness. YUM.

THE WONDERS OF APPLE CIDER VINEGAR

- *natural laxative and help digestion
- *lowers blood sugar
- *heart health
- *hair health (as a rinse + great for dry scalp)
- *kills bacteria
- *helps reduce acne
- *antioxidants
- *anti-aging properties

When you buy, make sure its organic + has the “mother”. Use in natural skincare (toner), salads, morning water (2 tbsps), soups, marinades. Just an amazing addition to your pantry.