



The  
*Tasteful*  
Plate

**FAST, EASY, DELICIOUS AND HEALTHY**  
**Loved Recipes Thru the Years**



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# Apple Pie Smoothie

**Yield: 1 Serving**

**Cinnamon, apples, and walnuts make a fragrant breakfast treat that smells like a freshly baked strudel.**

**For spice lovers, add an additional pinch of ground clove or pumpkin spice.**

## Ingredients

- 1 serving Protein Powder**
- ½ tsp. Cinnamon**
- 1/3 c. Apple, chopped, peel on**
- 1 Tbsp. Chia Seed**
- ½ c. Unsweetened Plain Almond Milk or water**
- 2Tbsp. chopped Walnuts**
- ½ c. canned Full-Fat Coconut Milk**
- ½ tsp. Vanilla Extract**
- 4 Ice Cubes**
- Pinch of ground clove or pumpkin spice (optional)**
- 2 tsp. Stevia (optional)**

## Instructions

- **Place all ingredients in the blender**
- **Add approximately ½ cup of water to create desired consistency.**
- **Process until smooth.**
- *Serve immediately.*





## ***CARROT CAKE SHAKE***

***1 Serving***

### ***Ingredients***

- 1 Serving Protein Powder
- 1 Carrot, chopped
- ¼ c. Skin-on Apple Chopped
- ½ c. Unsweetened Almond Milk or Coconut Milk
- 4 Ice Cubes (crushed)
- 1 Tbsp. Walnuts, chopped
- 1 Tbsp. Chia Seeds
- 1 Tbsp. Orange Zest
- ½ tsp. Vanilla Extract
- ½ tsp. Cinnamon
- ½ tsp. Nutmeg

### ***Instructions***

1. Place all ingredients in a blender and process until smooth.
2. Serve immediately



# *BLACK FOREST CHERRY SHAKE*

*Yield: 1 serving*

Black forest cake is famous for its luscious dark chocolate and dark cherries. This version has sweet dark cherries and cocoa nibs that are 100% crushed cocoa bean. If you aren't able to find cocoa nibs, you can swap in unsweetened cocoa powder mixed with a touch of coconut oil.

## Ingredients

1 serving Protein Powder

1/3 c. Frozen Cherries

1/4 c. Baby Spinach

1/2 c. Unsweetened Almond Milk or Coconut Milk

4 Ice Cubes (crushed)

2 Tbsp. Chia Seeds

1 Tbsp. Cocoa Nibs (or unsweetened cocoa powder)

1/2 tsp. Almond or Vanilla Extract

1/2 Avocado (optional)

## Instructions

- Place all ingredients in a blender and process until smooth.
- Serve immediately.





# SWEET MOIST BREAKFAST MUFFINS

## INGREDIENTS

- $\frac{3}{4}$  cup cooked organic mashed sweet potato (about one)
- $\frac{1}{2}$  cup grated organic carrot about one small carrot
- $\frac{1}{2}$  cup grated organic apple about a half of an apple
- $\frac{1}{2}$  cup grated unsweetened organic coconut
- $\frac{1}{2}$  cup dried organic sour cherries
- $\frac{1}{4}$  cup finely chopped organic dried figs
- $\frac{1}{2}$  cup finely chopped nuts (walnuts, pecans, hazelnuts, your choice)
- $\frac{3}{4}$  cup almond flour
- 1  $\frac{1}{4}$  teaspoon cinnamon
- $\frac{1}{8}$  cup organic pure Maple syrup
- 1 teaspoon baking powder
- 2 organic eggs
- $\frac{1}{4}$  teaspoon freshly grated nutmeg

## DIRECTIONS

*Preheat oven to 350°F*  
*In a large bowl combine all ingredients and mix, slowly if using an electric mixer.*

Divide batter into muffin cups, use the paper kind. Bake for 30 minutes until a knife inserted in the center comes out clean and top is slightly brown. Remove from oven and cool for 10 minutes before eating. Makes about nine muffins.



# CURRIED EGG SALAD

SERVE: 4

TOTAL TIME: 20 MIN

## INGREDIENTS

8 Large Eggs

2 tbs. Organic Mayonnaise

2 tbs. Low Fat Greek Yogurt

1 tsp. Curry Powder

Celery Salt

White Pepper

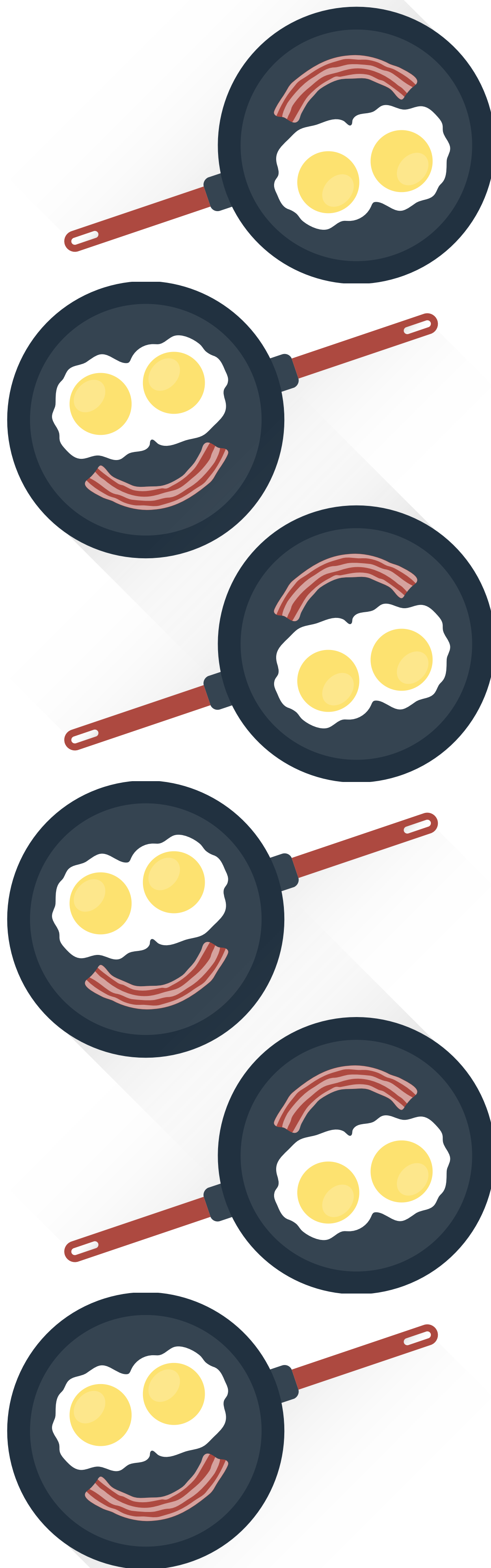
## DIRECTIONS

Place the eggs in a saucepan and add enough water to cover. Bring to a boil turn the heat to simmer cover and cook 8 minutes. Remove from heat, with a slotted spoon remove each egg and place into a bowl of ice water gently cracking each one, this makes peeling easier. Peel, and coarsely chop.

In a medium bowl, combine the mayonnaise , yogurt, and curry powder. Fold in the eggs and season with celery salt and pepper.

Serve on top of a salad with tomatoes, onion, cucumbers, broccoli and avocados.

\*\*If you do not like Curry omit and add 2 tsp. mustard and a dash of dill pickle juice.







# Apple Nachos

## *Ingredients*

- 1 - 3 Apples cut into thin slices
- 1/4 c. smooth peanut butter melted or PB2 powder, it's lower in fat
- 1/2 c. Greek yogurt mixed with 2 tsp. organic maple syrup
- 1/4 c. mini dark chocolate chips
- 1/4 c. crushed nuts or granola, optional

## *Directions*

1. Arrange apple slices on a plate.
2. Drizzle melted peanut butter and yogurt mixture over apple slices with a spoon.
3. Sprinkle mini dark chocolate chips, granola or nuts all over the apples and serve.



# *Harvest Soup*

## *The Tasteful Plate*

### *Ingredients*

Extra Virgin Olive Oil

8 Carrots peeled and sliced

1 large Onion

Celery inside with leaves (heart)

2 Cloves of Garlic, crushed & diced

1 sm. Head of Broccoli

1 small Head of Cauliflower

1 cup Peas

2 cups Green Beans

1 Red Pepper

1 tsp. Thyme

1 tsp. Basil

Bay Leaf

1 tsp. Salt (to taste)

¼ tsp. Pepper (to taste)

1 -2 Cartons of organic Veggie broth

1 can (32 oz.) Strained tomatoes

### *Directions*

Saute onion, carrots, and celery until they begin to soften, about 4 minutes. We are going to layer the flavors and add broccoli, peppers, cauliflower, and garlic. End with peas which can be frozen, add more EVOO as needed. Add the veggie broth, herbs, and spices, and bring to a very light boil. Turn down to a simmer and taste correcting the seasonings. Cook till thick stirring occasionally so that nothing sticks, it should cook for at least 3-4 hours the more slowly and longer it cooks the better the tastes melt together.





# **TUNA SALAD WITH ARTICHOKE**

**Yield: 2-3 servings**

**The artichokes are an antioxidant-rich food and a great source of dietary fiber, folate and vitamins C and K.**

## **Ingredients**

- **1 15oz. jar Marinated Artichoke Hearts, drained and save liquid at least 1 -2 tablespoons.**
- **2 -5 oz. cans Chunky Light Tuna well drained**
- **1 Tbls. Organic Mayonnaise**
- **Celery Salt and Pepper to taste**
- **¼ tsp. Onion Powder**
- **¼ tsp. Garlic Powder**
- **½ Avocado, sliced**
- **1c. Grape Tomatoes ( ½ then ¼ then dice)**
- **¼ c. Nonfat Greek Yogurt**
- **Romaine or Bibb leaves for wraps (if having wraps)**
  
- **Instructions**
- **Finely dice artichoke hearts and combine with tomatoes.**
- **Add tuna and mix**
- **In separate bowl mix artichoke liquid (2 Tbls.) with yogurt and mayonnaise.**
- **Add salt, pepper (to taste), onion powder, and garlic powder and mix all together.**
- **Serve on top of mixed organic greens with diced avocado or spoon onto romaine or bibb lettuce topped with avocado and serve.**





THE TASTEFUL PLATE PRESENTS

# BERRY CRUMBLE

4 servings

## Ingredients

- 3 cups berries
- 1 tbsp. finely chopped crystalized ginger
- Organic non GMO flour about ¼ cup

### For the crumble

- ½ cup chopped almonds
- ½ cup chopped pecans
- ½ cup chopped pistachio
- ½ cup organic rolled oats
- ¼ cup organic non GMO flour
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 1/4 teaspoon salt
- 2 tbsp. organic cold pressed coconut oil
- ⅓ cup organic maple syrup
- 1 tsp vanilla

### Garnish

- ½ cup Nonfat Greek Yogurt
- 2 tbsp. organic maple syrup

## Directions

1. Wash the berries and lightly dry on paper towel. Place in a bowl and sprinkle with flour and toss to cover all berries.
2. Grease a 9x9" pan with a bit of coconut spray, With your hands or a spoon place the berries in the pan leaving the excess flour in the bowl. Sprinkle with the ginger.
3. In a bowl put almonds, pecans, pistachio, rolled oats, flour, cinnamon and nutmeg. In a small bowl mix together the coconut oil, maple syrup and vanilla. Pour the mixture over the nuts and oats and mix well.
4. Evenly spread the nut mixture over the berries and ginger.

Bake in 350 preheated oven until bubbly about 30 minutes. If using frozen fruit it will take about 45 minutes.

Mix together ½ cup of nonfat greek yogurt with 2 tablespoons maple syrup. Garnish with a nice dollop.