



## Turmeric Oat Latte

2 servings  
15 minutes

### Ingredients

2 tsps Coconut Oil  
1/2 tsp Turmeric (ground)  
1/4 tsp Cinnamon  
1/4 tsp Ground Ginger  
1/4 tsp Cardamom (ground)  
2 cups Oat Milk (plus more for topping)  
1/2 cup Coffee (espresso, brewed)  
2 tsps Raw Honey

### Nutrition

Amount per serving	
Calories	186
Fat	10g
Carbs	23g
Fiber	2g
Sugar	12g
Protein	3g
Cholesterol	0mg
Sodium	102mg
Vitamin A	1IU
Vitamin C	0mg
Calcium	357mg
Iron	1mg

### Directions

- 1 In a small saucepan, heat the oil and spices over low heat, stirring to infuse for 30 seconds.
- 2 Add the milk, coffee, and honey. Simmer gently for five minutes, stirring constantly, until smooth.
- 3 Pour into a cup. Froth a little more milk to top the latte, if desired. Enjoy!

### Notes

**Leftovers:** Best enjoyed fresh. Refrigerate in an airtight container for up to two days. Shake before reheating.

**Serving Size:** One serving is approximately 1 1/4 cups.

**More Flavor:** Use fresh turmeric and ginger.



## Shaved Brussels Sprouts & Kale Salad

4 servings  
15 minutes

### Ingredients

- 3 tbsps Extra Virgin Olive Oil
- 1/4 cup Orange Juice (freshly squeezed)
- 2 tps White Wine Vinegar
- 1 tsp Raw Honey
- 1/2 tsp Dijon Mustard
- Sea Salt & Black Pepper (to taste)
- 3 cups Brussels Sprouts (shaved)
- 2 cups Kale Leaves (finely chopped)
- 2 Navel Orange (small, segmented)
- 3/4 cup Pomegranate Seeds
- 1/2 cup Pecans (chopped)

### Nutrition

Amount per serving	
Calories	277
Fat	20g
Carbs	25g
Fiber	7g
Sugar	14g
Protein	5g
Cholesterol	0mg
Sodium	30mg
Vitamin A	1214IU
Vitamin C	118mg
Calcium	99mg
Iron	2mg

### Directions

- 1 In a jar with a lid, add the oil, orange juice, vinegar, honey, dijon, salt, and pepper. Close the lid tightly and shake well until combined and emulsified.
- 2 In a large bowl, add the Brussels spouts and kale. Add a splash of the dressing and massage with your hands to soften the Brussels sprouts and kale. Add the orange pieces, pomegranate seeds, and pecans.
- 3 Add the remaining dressing all over and toss to combine. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately two cups.

**More Flavor:** Add a smashed clove of garlic to the dressing. Discard when ready to serve.

**No White Wine Vinegar:** Use apple cider vinegar.



## Pressure Cooker Orange & Ginger Salmon

2 servings  
15 minutes

### Ingredients

- 2 tbsps Rice Vinegar
- 1 tbsp Raw Honey
- 1/4 cup Orange Juice (freshly squeezed)
- 2 tbsps Extra Virgin Olive Oil
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 tbsp Ginger (fresh, minced)
- 340 grams Salmon Fillet (skinless)
- 1 stalk Green Onion (sliced)

### Nutrition

Amount per serving	
Calories	311
Fat	13g
Carbs	13g
Fiber	0g
Sugar	11g
Protein	38g
Cholesterol	87mg
Sodium	429mg
Vitamin A	579IU
Vitamin C	16mg
Calcium	24mg
Iron	1mg

### Directions

- 1 In a small bowl, mix the rice vinegar, honey, orange juice, oil, salt, pepper, and ginger together.
- 2 Place the salmon in the pressure cooker. Pour the orange sauce over the salmon and gently flip the salmon in the sauce to coat it well.
- 3 Close the lid and set to "sealing." Press manual/pressure cooker and cook for eight minutes on high pressure.
- 4 Once the cooking time is complete, carefully release the pressure manually. Serve the salmon and pour the residual sauce over the top. Garnish with the green onions and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days.





## Orange & Ginger Salmon with Rice

2 servings  
25 minutes

### Ingredients

- 1/2 cup Jasmine Rice (dry, rinsed)
- 2 tbsps Rice Vinegar
- 1 tbsp Raw Honey
- 1/4 cup Orange Juice (freshly squeezed)
- 2 tps Extra Virgin Olive Oil
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 tbsp Ginger (fresh, minced)
- 340 grams Salmon Fillet (skinless)
- 1 stalk Green Onion (sliced)

### Nutrition

Amount per serving	
Calories	471
Fat	13g
Carbs	51g
Fiber	1g
Sugar	11g
Protein	41g
Cholesterol	87mg
Sodium	429mg
Vitamin A	579IU
Vitamin C	16mg
Calcium	24mg
Iron	1mg

### Directions

- 1 Cook the rice according to package directions.
- 2 Meanwhile, mix the rice vinegar, honey, orange juice, oil, salt, pepper, and ginger together.
- 3 Place the salmon in the pressure cooker. Pour the orange sauce over the salmon and gently flip the salmon in the sauce to coat well.
- 4 Close the lid and set to "sealing". Press manual/pressure cooker and cook for eight minutes on high pressure.
- 5 Once the cooking time is complete, manually release the pressure carefully. Serve the salmon with the rice and pour the residual sauce over the top. Garnish with the green onions. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days.

**Serving Size:** One serving is 1/2 cup of rice with salmon.

**Additional Toppings:** Chopped fresh cilantro, sesame seeds, and/or hot sauce.