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Summer

The idea of adjusting our diets to the seasons is to stay present, to understand what the seasons are doing to the body, and treat it accordingly with the foods that nature provides.

Summer is a time of high energy, demanding the energy producing properties of fruit, vegetables, and other carbs. If you have eaten properly during the spring, fat will continue to be a baseline energy source in the summer that will keep you on an even keel as you eat more fruits and carbs in general. If you hadn't forced the body into fat metabolism in the spring time, the body would be deconditioned to burn its own fat for energy and would start to crave emergency fuel -- in this state you are effected by the ups and downs of your blood sugar.

You condition your body to burn fat by having periods of fasting. These periods can be daily, from 6:00pm through 9:00 am, weekly by choosing one or two days each week to fast, and/or seasonally by doing a 3-6 day ayurvedic fast. Fasting will also help you detoxify; when we are not digesting we are detoxing.

In the same way that winter brings cool relief from the heat of summer, and spring provides respite from a cold, dry winter by giving us moisture, summer produces the heat we need to dry up the excess moisture and mucus of spring.

And so in the summer:

- ॐ Favor foods that are cool and liquid
- ॐ Favor foods that are sweet, bitter, and astringent. Minimize foods that create heat (spicy, salty, or sour).
- ॐ Eat the foods that are plentiful and LOCALLY being harvested -Summer in Central PA has lots of local fresh fruits and vegetables available to us.

Some specific summer recommendations:

Dairy - Milk butter and ghee are good. Reduce yogurt and salty cheese, sour cream, and cultured buttermilk (their sour tastes aggravate summer qualities). Cottage cheese is a better summer cultured alternative.

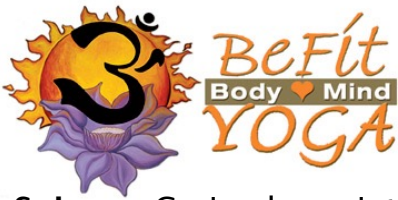
Sweeteners - unrefined sweeteners are best, like sucanat. Honey and molasses should be reduced in the summer. Agave is not a health food! It is mostly high fructose corn syrup, something I do NOT want to put into my body.

Oils - Olive and coconut oils are best.

Grains - Wheat, white rice, barley and oats are best. Reduce corn, rye, millet, and brown rice.

Fruits - Favor sweet fruits, such as grapes, cherries, melons, coconuts, pomegranates, and plums. Reduce sour fruits

Vegetables - Favor cucumbers, sweet peppers, green leafy lettuce and vegetables, broccoli, cauliflower, celery, okra, beans, green beans, zucchini. Reduce hot peppers, tomatoes, carrots, beets, onions, garlic, radishes, and spinach.



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Spices – Coriander, mint, cardamom, and fennel are great. The following spices increase heat and need to be used only in small amounts: ginger, cumin, black pepper, clove, fenugreek, and salt. Chili peppers and cayenne should be avoided.

What you eat now in these warm summer months can protect you from colds and flus in the fall and winter. If you want to avoid a bad week of coughing and a stuffy nose in the near future, below are some tips that will help you feel more energized, lean and clear for the year.

Eating more of these foods will also help your skin look radiant and you will have less cravings for foods that don't make you feel good.

Top Summer Detox Foods and advice to prevent illness year round:

1. Eat dark leafy green vegetables every day, such as salads, micro greens, sprouts or steamed kale. Pile greens into your wraps and sandwiches, your burritos and even in your smoothies (try spinach or romaine).
2. Enjoy decadent amounts of berries, such as strawberries, raspberries and blueberries.
3. Drink copious amounts of plain water to stay hydrated.
4. VITAMIN D! Vitamin D is now known to provide us with radiant health and disease/cancer prevention. Your best source of Vitamin D is sunshine :) We store Vitamin D in our fat cells so we have a supply for the winter months when the sun is not strong enough to provide us with vitamin D. It is important during the summer months to get outside! Fill your body with stores of Vitamin D to last you all winter long (you can always supplement with a trip to Maui in the winter as well ;)

When you eat light, juicy seasonal summer foods, the intestinal mucosa in your digestive system will stay clear and healthy. Remember, in nature it is not about avoiding certain foods. It is about eating more of the good ones.

A note on FRUIT; fruit has many beneficial nutrients -- so we want to include it in our diet. Many nutritionists are now cautioning against eating too much fruit due to the fructose content (fruit sugars). You do want to some seasonal fruit though! Fruits do provide us with nutrients we need for the season. Here are two tips to help you get more nutrition and less sugars from your fruit:

- ॐ Buy smaller fruit. With all our engineering of food, producers have gotten good at making larger fruit. The larger fruit increases the sugar but decreases the skin surface (many of your best nutrients are in the skin). We don't need another super size anything! Pick out smaller fruits and enjoy more nutrition and less sugar with each bit.
- ॐ Eat fruit alone (breakfast is a good time for fruit). Fruit sugars digest differently than glucose. Fructose has to go to the liver to be processed before we can digest it, combining other foods with fruits make digestion harder. Fruit sugar will not be quickly used as fuel for the body if it is ingested with other energy sources like



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carbohydrates. The body will quickly burn the carbs and do its best to store the fructose as fat as part of our survival genetics. Ayurveda suggests fruit be eaten alone, in which case if the fructose is the meal's only nutritional source, it will be used as a fuel and energy supply instead of being stored fat.

(Some of the above information is an excerpt from "The 3-Season Diet" by John Douillard)

Other Summer Tips:

To Stay Cool, Calm and Hydrated

- ॐ Sip cool or room temperature water with mint leaves or cucumber slices in it or drink coconut water to keep cool and hydrated.
- ॐ Drink herbal teas such as mint or hibiscus.

Daily Routines (Dinacharya) for Summer:

- ॐ Self massage with coconut oil
- ॐ When resting lie on your right side, as this will promote breathing through your left nostril which is cooling
- ॐ Avoid excessive activity during midday heat as it can be draining.

Signs of Excess Pitta During Summer:

- ॐ Irritability and impatience, heartburn, acid reflux, stomach ulcers, sensitivity to heat, lethargy, sarcasm, skin rashes, boils, acne, low blood sugar, difficulty falling asleep.
- ॐ If you experience some of these signs follow the above guidelines and the summer menus more closely or consult with an Ayurvedic Dr. (My Ayurvedic Dr. in Allentown Dr. Shekhar Annambhotla www.ojas.us, 484/347-6110, doctorshekhar@gmail.com)



Summer Grocery List (July-October)

Though these are not the only items you can eat, they are the most beneficial foods in the Summer.

*An asterisk means it is best to eat more of this food.

- ॐ Eat more foods that are Sweet, Bitter, Astringent / Cold, Heavy, Oily: such as salads, smoothies, fresh fruit.
- ॐ Eat less foods that are Pungent (Spicy), Sour, Salty / Hot, Light, Dry: such as spicy foods, hot beverages.

VEGETABLES	FRUIT	LEGUMES	BEVERAGES
Alfalfa Sprouts	*Apples	*Adzuki	Water (room temperature or cool)
*Artichokes	*Apricots	Bean Sprouts	
*Asparagus	*Blueberries	*Black Gram	
Avocados	*Cantaloupe	*Fava	HERB TEA
Bean Sprouts	*Cherries (ripe)	*Garbanzo	*Chicory
*Beet greens	*Cranberries	Goya	*Dandelion
*Bell Peppers	Dates	Kidney	*Hibiscus
*Bitter Melon	Dried Fruit	Lentils	*Mint
*Broccoli	Figs	Lima	
*Cabbage	*Grapes	*Mungs	SWEETENERS
*Cauliflower	*Guavas	*Split Pea	Maple Syrup (small amounts)
*Celery	*Mangoes	*Tofu	Raw Sugar
Chicory	*Melon (all)		Rice Syrup
*Cilantro	Nectarines	CONDIMENTS	
Collard Greens	Oranges (sweet)	Carob	
Corn	Papayas (small amounts)	Mayonnaise	
*Cucumbers	*Peaches (ripe and/or peeled)		NUTS & SEEDS
*Dandelion	*Pears		Almonds
Eggplant	*Persimmons	OILS	*Coconut
Endive	*Pineapple (sweet)	Almond - salad dressing	Flax
*Fennel	*Plums (ripe)	Avocado - for skin use is best	Macadamias
Green Beans	*Pomegranates (sour)	Ghee	Pinon
*Jicama	*Raspberries	*Coconut	*Pumpkin
*Kale	*Strawberries	Flax	*Sunflower
*Lettuce	Tangerines (sweet)	*Olive - salad dressings and low heat sautéing only	
Mushrooms		Butter	DAIRY
Mustard Greens	MEATS		Butter
*Okra	Beef (moderation)		Cheese (moderation)
Parsley	Chicken		Cottage Cheese
Peas	Duck (moderation)		*Ghee
Pumpkin	Eggs (moderation)	SPICES	Ice Cream
*Radishes (moderation)	Freshwater Fish	Anise	*Milk
*Seaweed	Lamb (moderation)	Asafoetida	
*Snow Peas	Pork	*Chamomile	
Spinach (moderation)	Shrimp (moderation)	*Coriander	
*Squash, Acorn	Turkey	Cumin	
Squash, Winter		Fennel	
Sweet Potatoes	GRAINS	Peppermint	
Swiss Chard	*Barley	Saffron	
Tomatoes (sweet)	Oat	Spearmint	
Turnip Greens	*Rice		
*Watercress	Rye		
*Zucchini	Wheat		

Learn more about the seasonal diet in "The 3-Season Diet" by Dr. John Douillard



Summer Recipes

By favoring cooling foods it will actually help to keep you cool in the summer! You will feel less need for air conditioning, and protect yourself from pitta imbalances. Ayurvedic cooking likes gazpachos in the summer, I just do not like cold soups, but if you do this is the time to be eating them.

Breakfasts

Fresh home-made fruit salad with seasonal fruits

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Cottage cheese and peaches (or whatever fruit is freshest!)

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Basic smoothie recipe

- Liquid = Coconut Milk or water, yogurt or kefir, kombucha, water, broth, Green tea
- Berries or other fruit = Berries have the lowest sugar content so they are preferable
- Seeds of your choice = flax, hemp, chia, etc. are good options
- Herbs/Spices = Cinnamon, Turmeric, and spirulina or chlorella or wheat grass, etc.
- Vegetables = spinach, kale or greens of your choice, beets are great to add as well

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Eggs - Eggs increase heat and should be eaten in moderation in the summer.

Don't bother separating the whites from the yolks. Despite what many nutritionists say about egg yolks the yolks contain lecithin which ultimately reduces cholesterol! The egg is a whole food that is best consumed whole or avoided all together. I love eggs! So I do eat them occasionally in the summer, when I do I cook them in coconut oil and a little ghee or butter with summer spices:

Coriander, Fennel, Cumin, Cardamom, Ginger, Cinnamon, Turmeric and top them with a little cilantro.

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Blueberry Pancakes for 2 recipe

- 3/4 cup flour (you can mix different flours, for ex. barley, white, rice, etc.)
- 1 3/4 tsp baking powder
- 1/2 tsp salt
- 1/2 TBSP sugar
- 3/4 cup milk
- 1 egg
- 1 1/2 TBSP coconut oil
- splash vanilla

sift dry ingredients, make well in center and add wet ingredients. Stir gently. Add in Blueberries.

Heat coconut oil and butter in a skillet, sprinkle with sliced almonds, pour 1/4 cup pancake mix over almonds, on top of pancake sprinkle with coconut and cinnamon. When edges get dry, flip pancake (the coconut will toast :). Repeat above procedure for each pancake.

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Oatmeal

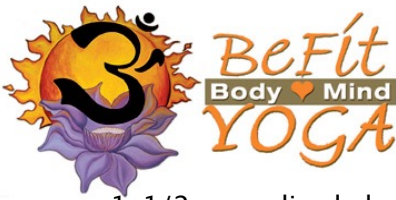
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| 3/4 cup whole oats | Toasted almonds |
| 3/4 cup almond milk | Fresh Seasonal Fruit |
| 3/4 water | Maple Syrup |
| Raisins (optional) | |

Cook oats and raisins in water and almond milk until desired consistency. While oats are simmering toast almonds. When oatmeal is done stir in syrup top with fruit and almonds.

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Granola - Home made

- 4 cups old fashioned rolled oats



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- 1-1/2 cups sliced almonds, pecans, walnuts, mac nuts or your favorite nut (almonds are the best nut to eat in the summer as they are cooling)
- 1/2 cup sunflower and or pumpkin seeds
- 1/4 cup flax seeds
- 1/2 - 1 cup coconut flakes
- Sprinkling of maple syrup
- 1/2 tsp salt
- 1 tsp cinnamon
- 1/4 cup maple syrup
- 1/4 cup coconut oil
- 1 TBSP vanilla

1-1/2 cups of dried fruits total such as raisins, cherries, blueberries, dates, cranberries
Combine all oats, nuts and seeds, coconut, maple syrup, salt, and cinnamon in a large bowl. In a saucepan heat oil, syrup, and vanilla, if coconut oil is not liquid (if coconut oil is liquid just mix together). Add to dry ingredients and mix well. Spread a 1/2 inch layer on a baking dish and bake at 250° for about 1 hour stirring occasionally. Remove from oven and stir in fruit, let cool. Can store in an air tight container at room temperature for one week or a freezer for up to 3 mos.

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Chia Seed Pudding

- 1/4 to 1/3 cup chia seeds (1/4 cup will be creamier — 1/3 cup will turn out drier)
- 1 cup organic coconut milk or grass fed heavy cream — or a mix of the two.
- 1/2 tsp. vanilla extract (optional)
- 1/4 tsp. cinnamon and cardamom

Procedure:

- 1 Combine all ingredients and mix well. Let sit at room temp (or refrigerate) for five to 30 minutes so the chia seeds absorb the moisture and becomes a pudding. Or let sit overnight so it is ready in the morning.
- 2 If pudding is too thick, you can add more milk to thin it out to your desired consistency.
- 3 Add your favorite topping such as strawberries, blueberries, blackberries or slices of banana and enjoy!

OTHER optional items to add:

Matcha green tea powder :) sprinkle in about 1-1/2 teaspoons with the chia seeds then add milk, etc.
Honey or Maple syrup if you want it sweeter.

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Summer Mid-Day Main Meals

A quick recipe to use up all your CSA veggies?

What is in my fridge for dinner recipe

Coconut or butter – heat in your skillet

Add Herbs of your choice: cumin, oregano, turmeric, fennel, etc

Add Onion and Garlic

Vegetables! any you have = Leafy greens, cabbages, beets, broccoli or cauliflower —

Enough veggies to fill at skillet (try to get a rainbow of colors in your skillet); chop and prepare your veggies. Add all veggies to the skillet except for leafy greens (unless they are sturdy and need longer cooking time like collard greens).

Beans or Lentils or Tempeh? if you have them and like them — add in.

Sauté for a few minutes; add leafy greens toward the end of the sauté

To finish this you have a couple different options:

add cheese and serve over rice or in a wrap

or top it with a couple fried eggs :)

And you have a power packed nutritious meal.

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Summer-Thyme Rice Recipe

Butter

Onion

1-1/2 cups Broth

1 TBSP Thyme leaves

1/2 lemon (optional)

1 cup uncooked jasmine or basmati white rice

If making ahead soak rice in water, if not rinse well 3x.

Melt butter in a medium saucepan over medium high heat. Add Thyme and onion. Sauté briefly. Stir in rice and sauté another minute or two. Pour in broth and optional lemon juice, bring to a boil and drop to a simmer for about 15 minutes.

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Summer medley

Olive oil

1 clove garlic

Small Vidalia onion

Sweet red pepper

Yellow and green zucchini

Mushrooms

Tomato

Fresh oregano and basil or cilantro



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Farmer's cheese

Sauté garlic in olive oil, add onion and sauté a little longer. Add remaining vegetables and simmer until desired tenderness. Top with cheese and cover with lid just long enough to melt cheese. Serve over white jasmine rice.

Summer salad of red leaf lettuce, peppers, cucumbers, celery, yellow grape tomatoes, black olives, and a little feta cheese.

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Tomato Mozzarella Salad

Slice fresh mozzarella cheese, layer fresh tomatoes on top and top with basil that has been rolled tightly then cut into thin strips. Drizzle a little EVOO over it all, and some aged syrup-y balsamic. (Fresh tomatoes in the summer are ok, but you want to avoid tomato products in the summer such as sauces, these tend to be too heating to the body and are good for winter—thus the canning of tomatoes)

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Kale and Cannellini Beans

In a large skillet add coconut oil and sauté ½ a sweet onion finely chopped, a minced garlic clove, and fresh chopped rosemary. Add ½ cup dry white wine and simmer. While simmering remove the stems and ribs from the kale a coarsely chop. Add to sautéing mixture and allow to steam/cook for 7-10 minutes. The sauce should cook down a little to a syrupy texture. Add about 1 cup cooked/soaked or canned cannellini beans and heat through. Top with a good dose of fresh parmesan cheese. Serve over pasta.

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Sautéed Cabbage

Slice a head of cabbage in half, remove the core and slice. Heat coconut oil in a large skillet or pot add onion and garlic and the sliced cabbage. Cook on a high heat till slightly browned adding a little fresh ground salt and pepper. Serve over a baked potato. THIS IS AMAZINGLY DELICIOUS WHEN MADE WITH LOCAL IN SEASON CABBAGE.

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Summer Fling

- 1 cup sugar snaps or sugar peas capped and strings removed
- 1 bunch spring onions
- 2 cups chopped potatoes with the skins
- 2 cups water, ½ tsp salt
- Minced cilantro
- Butter

Bring potatoes salt and water to a boil, then simmer until potatoes are just tender. Add the peas and the onions to the top of the pot and allow to steam with lid on until the peas are a bright green. Drain off potato water, add butter, cilantro, and more salt and/or pepper if desired..

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Burrito in a bowl

- Jasmine rice with juice of 1 lime and chopped cilantro stirred in (or see cauliflower rice recipe below)
- Black beans
- Cheese
- (layer above three ingredients in a bowl, and place under a broiler just long enough to melt cheese)
- Top with onion, cucumber, lettuce (whatever veggies you prefer) and a little more cilantro



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Top with Salsa of your choice or use recipe below and fresh sliced avocado or guacamole (recipe below).

Fresh Salsa

- 3 medium tomatoes
- sliced green onions with some tops
- Chopped green pepper
- Juice of one lime
- Lots of fresh cilantro
- ½ finely chopped jalepeno—seeds removed
- 1 small clove of garlic
- Salt

Mix all ingredients and let sit for 2–3 hours before serving. You can easily turn this into peach salsa by adding 2 fresh chopped peaches to it :)

My sister from CA guacamole recipe

- 1–2 roma tomatoes
- Chopped onion or scallion
- Cilantro
- 1–2 avocados

Scoop out avocados and mix in all other ingredients. (Avocados are best in the winter, but OK in moderation in the summer.)

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IFM - Cilantro Lime Cauliflower Rice – from cardiometabolic food plan

Makes 6 servings (1 serving ≈ 1/2 cup)

- 1 head cauliflower (≈ 24 ounces or 6 cups chopped)
- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic
- 2 scallions, diced
- 1/4 teaspoon sea salt
- 1/4 teaspoon pepper
- 3 tablespoons fresh lime juice (juice of 1 1/2 limes)
- 1/4 cup fresh chopped cilantro

Directions

- 1. Rinse cauliflower, and pat dry. Chop into florets, and grate in food processor. If you don't have a food processor, leave cauliflower whole, and grate with box grater. The cauliflower should resemble the size of rice or couscous.**
- 2. Heat a large pan on medium heat, and add olive oil, garlic, and scallions. Sauté 3–4 minutes.**
- 3. Increase heat to medium-high, and add cauliflower. Sauté for 5–6 minutes; remove from heat and transfer to a large bowl (before cauliflower gets mushy).**



4. Toss with sea salt, pepper, lime juice, and cilantro.

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Veggie Shish Kebob

Cherry tomatoes, onion, peppers, mushrooms, and zucchini, (pineapples are a nice addition too) on skewers. Marinate in soy sauce and pineapple juice (if using pineapple). You can grill them or place them on a cooking sheet and roast in the oven.

Serve over basmati rice with toasted pumpkin seeds and shredded coconut.

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Cucumber Raita

- 1 tsp fennel seeds
- 1 cup fresh plain yogurt
- 2 TBSP chopped fresh dill
- 2 small cucumbers peeled and diced
- ¼ tsp fresh ground black pepper
- 1/3 tsp salt

In a skillet dry roast the fennel seeds over medium heat about 5 minutes. Grind coarsely with a mortar and pestle or coffee grinder. Stir together all ingredients, cover and refrigerate 30 minutes before eating.

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REAL ICE CREAM ;) Well if you like ice cream summer is the time to have some—but eat it in the afternoon! Once or twice in the summer Alexis and I actually have real ice cream with simple ingredients (cream, sugar, vanilla, egg yolks, etc.) for our main meal . . . If you do so just be sure to eat a highly nutritious (aka lots of vegetables) the rest of the day.

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Barley Kitchari

Kitchari is one of the most balancing and easily digested meals in Ayurvedic cooking, the grains can vary depending on the season. Barley is considered the best grain for balancing Pitta due to its mildly astringent and cooling properties.

- 2 TBSP ghee or coconut oil
- 1 TBSP celery seed
- 2 TBSP ground fennel seeds
- 2 TBSP ground coriander
- 1 cup pearl barley, rinsed
- 1/3 cup mung beans
- 3 cups vegetable stock
- Salt
- Freshly ground black pepper

Rinse the mung beans and soak in 1 cup cold water for 2 hours. Heat the ghee or coconut oil in a large sauce pan over medium heat, add the spices and sauté stirring frequently until fragrant—about 3–4 minutes. Add the barley, mung beans, and vegetable stock. Bring to boil, reduce heat and simmer covered 45 minutes, stirring occasionally. Season to taste with salt and pepper, serve warm.

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Roasted Portobello mushroom

Remove stem from a large Portobello, rinse, place under a broiler for about 5 minutes top with a slice of cheese and broil a little longer.

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Cilantro Pesto

Two foods that antidote mercury stored in our tissues are seaweed and cilantro. They both chelate mercury and safely discharge it from the body. I always pick up a bunch or two of cilantro and generously strew it as a garnish or turn it into pesto. This recipe is also in the spring recipes, but cilantro is excellent in the summer as well, and this is one of my favorite recipes, I make it often.

Cilantro pesto is also good as a dip, over pasta or grains and on sandwiches. This pesto keeps in the refrigerator for several days. For optimum flavor, bring it to room temperature before serving.

Makes about 1¼ cup

- 1 bunch fresh cilantro, rinsed and dried (approximately 3 cups, loosely packed)
- ½ cup grated Parmesan cheese
- ½ cup roasted pine nuts, walnuts, macadamia nuts, or pistachios
- 2 cloves garlic
- 1 tablespoon lime juice
- ½ cup extra virgin olive oil
- ½ teaspoon sea salt or to taste

Strip the cilantro leaves from the stems and set the leaves aside. Place stems in a food processor or blender. Add the cheese, pine nuts, garlic, lime juice, oil and salt and process to a uniform consistency. Add the leaves and process until the leaves are coarsely chopped.

May you be well nourished,

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Here is a great salmon recipe to use your cilantro pesto on! You can also make it with the basil pesto as recommended in the recipe.

Pesto-Crusted Salmon

Ingredients:

- 3 slices McGrath’s sourdough bread
- 1 Tbs. pine nuts
- 1 small clove garlic, finely chopped
- Salt and freshly ground black pepper
- 4 cups lightly packed fresh basil leaves
- 1/3 cup olive oil
- 4 boneless salmon fillets (about 6 oz. each)



Directions:

- Heat the oven to 400° F. Pulse the bread in a food processor to make breadcrumbs. Remove about the crumbs and reserve them. Add the pine nuts, garlic, 1 tsp. salt, and 1/4 tsp. pepper to the crumbs in the food processor and pulse. Add the basil and process again. With the motor running, add the olive oil in a slow stream, stopping occasionally to scrape down the sides of the bowl, until the pesto is spreadable.
- Brush a small baking sheet with coconut oil or butter, put the fillets on it, and season them with salt and pepper. Spread a 1/4-inch layer of the pesto evenly over the top of each fillet. Sprinkle the reserved breadcrumbs over the pesto. Bake until the salmon is cooked – it should just start to turn opaque, with a trace of bright orange in the middle – and the topping is lightly browned, 8 to 15 minutes, depending on the thickness of the fish.

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Summer salad with dressing made of yogurt and crumbled bleu cheese

(Stir bleu cheese into yogurt—this makes a good for you and great tasting bleu cheese salad dressing).
Yogurt is actually heating so you want to use it in moderation in the summer—if you make your own yogurt, which is better as fresh yogurt is less heating.

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Hummus Burrito

Spread a flour tortilla with hummus (homemade recipe on page 18).
Top with Jasmine Rice, roasted red peppers (place red pepper under broiler until it is scorched, turning it every couple minutes then place in a brown paper bag until cool, slip the skins off and chop), lettuce, onions, cilantro, top with cheese and pop under the broiler until cheese melts, then roll up and enjoy!

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Vegetable Sandwich

Sourdough Bread spread with mustard
½ red pepper, thick slice of red or Vidalia onion, romaine or spinach, thin slice of tomato, thick slice of feta cheese
Stack vegetables and cheese between the slices and enjoy.

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Penne from Heaven

- 12 ounce penne or ziti
- coconut oil
- 1 chopped onion
- 2 cloves garlic
- 3 cups chopped ripe tomatoes (plum if possible)
- ½ cup water
- Salt
- 2 cups broccoli florets
- 2 zucchinis sliced
- 1 cups sugar snaps (ends and strings removed) or snow peas
- 1 carrot sliced
- 2 TBSP chopped fresh parsley
- Fresh Grated Parmesan
- EVOO

Cook the pasta, while the pasta is cooking, heat coconut oil over medium–high heat. Add the onion and garlic, cook, stirring, until soft. Add tomato, water and salt. Cook, stirring often about 10 minutes. Add broccoli, zucchini, sugar snaps, carrot, and parsley. Cook until vegetables are crisp–tender. Sever over pasta and top with grated cheese and drizzle with olive oil.

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Greek Pepper Salad

- 1 each yellow, green, and red sweet pepper, cut into 1” square pieces
- Grape tomatoes
- Black olives
- Red onion cut as the peppers
- Feta cheese squared
- Juice from ½ lemon
- Oregano
- Olive oil



Fresh ground black pepper
Mix together vegetables and sprinkle with herbs, oil, and lemon juice.

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Stuffed Peppers

- 3 large red or yellow peppers
- 1T coconut oil
- 1 clove garlic
- 1 onion chopped
- 1 cup jasmine rice, uncooked
- 2 cups vegetable stock
- ½ tsp pitta churna or allspice
- 1 cup chopped tomatoes
- 2 cups grated cheese
- ½ cup sliced almonds

Heat oil in a large skillet, add pitta churna, and sauté onion and garlic. Add rice and brown about 5 minutes. Add vegetable stock. Cover and cook until rice is done (15–20 minutes). Toast almonds on a dry skillet for a few minutes, tossing often. Stir in tomatoes, cheese, salt and pepper to taste into the rice, add the toasted almonds. Remove tops of peppers and clean out inside, place rice mixture in peppers and put tops back on. Place in a casserole dish with ½ – 1” water in bottom, bake covered for 30–35 minutes at 350°.

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Easy Salad

- 1 pint grape tomatoes
- 2 cups black olives, pitted
- 1 cup green beans, chopped large
- Dressing:
 - ½ cup olive oil
 - 1 clove garlic, crushed
 - 1 TBSP chopped fresh oregano
 - 1 squeeze of lemon juice

Place tomatoes, olives, and beans in a bowl, mix dressing together and pour over salad, tossing well. Garnish with a sprig of mint or oregano.

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Pasta with Sweet Peppers and Tomato Sauce

- 4–6 large sweet red peppers, Roasted (to roast peppers place them under a broiler until scorched turning often until all black. Place them in a paper bag for at least 15 minutes (or until cool). Slide the skins off and clean out insides. Slice.
 - Coconut oil
 - 2 cloves garlic
 - 2 lbs. ripe tomatoes
 - Salt and pepper
 - Dash cayenne
 - 2 TBSP chopped fresh basil
 - 1 lb. rigatoni
 - ¼ cup chopped fresh parsley
 - Fresh grated pecorino
- Place oil in a heavy skillet and swirl it around, add the pepper strips, cook stirring often 3–4 minutes or until peppers are glossy. Transfer peppers to a plate and keep warm.
Put on the pasta water to boil add salt. Cook pasta while preparing sauce:



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Oil the skillet again and sauté garlic until pale gold. Add tomatoes, salt, pepper, cayenne, and basil. Stir well and simmer covered 15–20 minutes. Add the pepper plus any accumulated juices and cook 5 minutes more.

Pour pepper–tomato sauce over pasta, top with olive oil, parsley and grated cheese.

+++++

Greek Salad

- Romaine Lettuce
- Red onion
- Red pepper
- Celery
- Grape tomatoes
- Black olives
- Feta cheese

I like to use pumpkin seed oil for my dressing.

+++++

Summer Pesto Pizza

I like to use McGrath’s Bakehouse Sourdough Pizza Crust.

Basil Pesto Recipe

- Large bunch of fresh basil
 - ½ cup olive oil
 - 1–2 cloves garlic
 - Chunk of pecorino
 - Toasted pine nuts or pistachios, or walnuts
- Place all ingredients in a food processor and puree.

Spread pesto mixture over pizza crust. Sprinkle with grated mozzarella cheese, top with chopped fresh tomatoes and sliced black olives. Bake in pre–heated oven at 450° for 5–8 minutes.

Serve with a Summer Salad

+++++

Eggplant Burgers

- Whisk together in a small bowl:
- 2 TBSP Coconut oil or butter
- 2 tsp balsamic vinegar
- 1 tsp Dijon mustard
- Salt and fresh ground pepper

Slice eggplant crosswise into ¼” thick slices. Brush with the above oil mixture. Place on a grill over medium high heat along with sweet peppers that have been sliced in half. Roast the peppers and eggplant; turning and brushing the eggplant occasionally with the oil mixture. (You can also use a broiler or stove.) Roast about 5–10 minutes then remove from grill or stove.

Place a slice of provolone, gouda or farmers cheese on top of eggplant, top with another slice of eggplant, top that with a slice of tomato and a few fresh basil leaves, top that with roasted red pepper ½ . Top that with another slice of eggplant, cheese, eggplant. Make several stacks, then place on grill and cook for about 2 minutes turning once.



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Drizzle balsamic on inside of crusty rolls or sturdy bread toast it lightly on the grill and rub with clove of garlic. Place eggplant stacks in rolls and serve.

+++++

Roasted Summer Vegetables

Cut into bite size pieces: whatever summer vegetables you have such as, squash, onions, potatoes, tomatoes, green beans, peppers, mild chili peppers, carrots, mushrooms, fennel, or eggplant.

Drizzle with:

Chopped fresh basil, cilantro, thyme mixed with coconut oil, salt, pepper, and 1 clove garlic

Grill roast or skewer in a thin layer, stirring or turning often. if roasting in oven roast at 425°.

This dish is very versatile, it can be a side dish, it can be mixed with pasta and topped with parm, or put on pizza!

+++++

Vegetable Quesadilla

Saute onion, garlic mushrooms, zucchini, carrots, sweet peppers, sprinkle with salt and pepper and cook until softened.

Sprinkle a dry skillet with oregano, place a flour tortilla on skillet, top with sautéed vegetables and cheese, top with another flour tortilla. Cook couple minutes on each side.

+++++

Steamed Cauliflower

Sauce:

2 TBSP chopped fresh dill

¼ cup coconut milk

1 tsp maple syrup

¼ cup water

Pinch tumeric

Salt

Stir together all ingredients, cover and refrigerate about 1 hour.

Cut cauliflower florets and green beans into bite sized pieces. Steam until crisp tender. Pour sauce over and serve.

+++++

Mediterranean Pasta

1 lb. Pasta of your choice ... cooked

Chopped fresh basil and parsley

1 clove of garlic, crushed

Salt

Olive oil

1 large sweet red pepper, chopped

Sliced black olives

Feta cheese

1 tomato, chopped.

Greens to saute (spinach, kale, chard, etc.).

Saute greens lightly in olive oil, add in sweet pepper, tomato, stir in pasta, feta cheese. Let cheese get melty.

Mix in herbs and olives and serve with salad.

+++++

Spaghetti Squash Mediterranean



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- 1 spaghetti squash
- Butter
- 1 onion, chopped
- 1 clove garlic, minced
- 2 heirloom tomatoes, chopped
- fresh crumbled feta cheese
- black olives
- chopped fresh basil or dried basil is ok if fresh is not available

Directions

Preheat oven to 350 degrees F (175 degrees C).
 Poke a few holes in the spaghetti squash, and bake about an hour in the preheated oven (or toaster oven), or until soft. Remove squash from oven, and set aside to cool enough to be easily handled.
 Meanwhile, heat butter in a skillet over medium heat. Saute onion in butter until tender. Add garlic, and saute for 2 to 3 minutes. Stir in the tomatoes, and cook only until tomatoes are warm.
 Use a large spoon to scoop the seeds out of the squash, then use a fork to scoop out stringy pulp from the squash, and place in a medium bowl. Toss with the sauteed vegetables, feta cheese, olives, and basil. Serve warm.

+++++

- Sicilian Eggplant**
- 2 tbsp coconut oil
 - 3 cloves garlic, minced
 - 1-1/2 lbs. coarsely chopped peeled tomato (about 2 cups)
 - Tsp salt
 - 1 lb. eggplant peeled and cut into cubes (about 4 cups)
 - 1/4 cup thinly sliced fresh basil
 - 3/4 lb. uncooked shell pasta
 - 6 oz fresh mozzarella cubed (about 1 cup)

Place oil and garlic in large skillet; cook over medium-high heat 30 seconds or until garlic begins to sizzle. Add tomato and salt; cook 15 minutes or until liquid has evaporated. Add the eggplant,; cover, reduce heat, and cook 15 minutes or until eggplant is tender. Stir in basil; set aside. Cook and drain pasta. Toss w/ sauce and add cheese.

+++++

Babaganoush

- 1 eggplant
- 2 cloves garlic
- 1 t. ground cumin, 1 T fresh Cilantro, salt and pepper, 2 teaspoons lemon juice
- 1/4 cup tahini (or you can substitute plain yogurt but it will have a much milder taste)

Place a whole eggplant cap and all on a cookie sheet in 350^o oven for approx. 1 hour or until soft. Remove from oven and allow to cool. Slice into eggplant and scoop out flesh. Add all ingredients to blender and puree till smooth.

+++++

Beet and Orange Salad with Mint and Goat Cheese

(Oranges are not a “summer food” as they are heating and they are in season in the winter in Florida, but a little off season fruit once in a while is ok ;) plus the oranges add a nice sweetness to the beets and the cooling mint will counteract the heat from the oranges.)

- 2 small oranges, cut into segments
- 3 medium cooked beets, diced (cook by either roasting or boiling until soft then cut off root and stem and slip off skins)



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Goat cheese or feta cheese
2 TBSP chopped fresh mint
sea salt to taste

Cut the oranges and place them in a bowl. Chop the mint and toss with the oranges. Dice the beets and toss with oranges and mint. Crumble the cheese and lightly toss. Sprinkle with salt.
(If you are preparing this ahead of time or are traveling with it, it would be best to prepare all ingredients but wait to assemble them to just before eating.)

+++++

Christine's coconut green beans
melt ghee, pop mustard seeds and urad dal (white lentils) in ghee
chop green beans fairly small add to ghee mixture along with 2 whole chili peppers
cook til tender-crisp
add lots of shredded coconut
salt and pepper to taste

+++++

Raw Tuscan Kale Salad With Pecorino

Ingredients:

1 bunch tuscan kale (also known as black or lacinato kale)
1 slice bread
1/2 garlic clove, finely chopped
1/4 cup finely grated pecorino cheese or 1/4 cup parmesan cheese, more for garnish
3 tablespoons extra virgin olive oil, more for garnish
1 teaspoon lemon zest (opt.)

1 freshly squeezed lemon, juice of
1/4 teaspoon kosher salt
1/8 teaspoon red pepper flakes
fresh ground black pepper, to taste

Directions:

Trim bottom 2 inches off kale stems and discard. Slice kale, including ribs, into 3/4-inch-wide ribbons. You should have 4 to 5 cups. Place kale in a large bowl.
If using bread, toast it until golden on both sides. Tear it into small pieces and grind in a food processor until mixture forms coarse crumbs.
Chop or microplane the garlic and transfer to a small bowl. Add 1/4 cup cheese, 3 tablespoons oil, lemon juice & zest, salt, pepper flakes and black pepper, and whisk to combine. Pour dressing over kale and toss very well to thoroughly combine (dressing will be thick and need lots of tossing to coat leaves).
Let salad sit for 5 minutes, then serve topped with bread crumbs, additional cheese and a drizzle of oil.

+++++

Beet and Goat Cheese Salad Recipe

INGREDIENTS:

- Beets
- Organic arugula
- Raw goat cheese- Chevre is a good option
- Walnuts
- ¼ C coconut oil
- ½ C lemon juice



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- 1/8 C coconut kefir
- 1 tbsp honey
- Sea Salt and Black Pepper to taste

DIRECTIONS:

- 1 Boil the beets until a fork can easily go in them
- 2 Mix together Salad ingredients
- 3 Combine all ingredients for the dressing in a separate bowl and dress salad

++++
Summertime Rice recipe from Anth – He titled it ‘A Mom Recipe’

Cook one cup of rice in two cups of coconut milk.

Combine one half container of crème fraiche with one bunch of chopped cilantro and a little coconut OIL. Mix well. Season with salt and pepper to taste. Add a chopped red chile pepper for a little heat. Fold in cubes of goat cheese for texture.

(I think this would be good served with some lightly sautéed greens.)

++++
Quinoa Lemon Hemp Seed Salad

INGREDIENTS

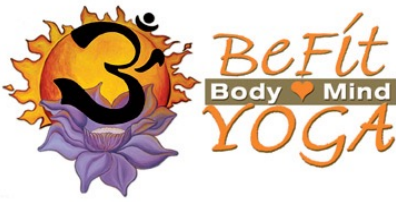
- 4 cups cooked quinoa, cooled
- 1 cup fresh green peas, lightly steamed
- 1/4 cup fresh basil
- 1/2 cup hemp seeds (shelled)*
- 1/4 cup olive oil
- 1/4 cup fresh lemon juice 1/4 tsp. minced lemon rind 2 tsp. Dijon mustard
- 1 tbsp. honey
- 2 cups fresh spinach, shredded or finely chopped
- 1/4 tsp. sea salt (plus a little extra)
- 1/4 tsp. coarsely ground black pepper

PREPARATION

- Put olive oil, lemon juice, lemon rind, basil, Dijon mustard, honey, salt and pepper into a blender. Blend until smooth and creamy.
- Place quinoa, peas, hemp seeds and spinach into a medium bowl and add the contents of the blender to the mix. Toss together thoroughly.
- Can be served chilled or at room temperature.

How to cook Quinoa

- 1 part uncooked quinoa (e.g. 1 cup quinoa—any color will do—you will end up with three times as much cooked quinoa as dry)
- 2 parts water (e.g. 2 cups water)
- Salt, to taste (around 1/4 teaspoon salt per cup of quinoa)



INSTRUCTIONS

- 1 Rinse the quinoa: Pour the quinoa into a [fine mesh colander](#) and rinse under running water for at least 30 seconds. Drain well. This step removes any bitterness on the outside of the quinoa (caused by naturally occurring saponins). I prefer to soak the quinoa overnight, then rinse.
- 2 Put a little olive oil in the bottom of your saucepan, add the quinoa and simmer briefly. Add water. Bring the mixture to a boil UNcovered, over medium-high heat, then decrease the heat a bit to maintain a gentle simmer (still uncovered). Cook until the quinoa has absorbed all of the water, about 10 to 20 minutes (small amounts of quinoa will be ready closer to 10 minutes; larger amounts between 15 to 20). Reduce heat as time goes on to maintain a gentle simmer.
- 3 Remove the pot from heat, cover, and let the quinoa steam for 5 minutes. This step gives the quinoa time to pop open into little curlicues, so it's nice and fluffy. Remove the lid and fluff the quinoa with a fork. Season with salt, to taste, unless you're proceeding with another recipe as written.

NOTES

SERVING SUGGESTIONS: I love to stir a drizzle of olive oil and clove of garlic into warm quinoa for extra flavor. Other options include chopped fresh spinach or arugula, or massaged kale. Fresh herbs and/or dried spices are nice, as well as grated or crumbled cheese, sun-dried tomatoes, pitted and sliced olives, etc.

STORAGE SUGGESTIONS: Leftover quinoa keeps well, refrigerated, for 4 to 5 days. Make sure it has cooled to room temperature before covering and chilling.

+++++

Avocado Pesto

- 2 ripe avocados, halved, seeded, peeled
- 1/2 cup basil or cilantro
- 2-4 cloves garlic
- 1/2 fresh squeezed lemon juice (about 2 TBSP)
- Olive Oil
- Salt & Pepper

Combine all ingredients except the olive oil in a food processor; with the motor running add olive oil in a slow stream until emulsified.

Serve over pasta with olives.

+++++

Hummus – Better Than Store-bought

Yield: Serves 6, Makes 1 1/2 cups

Ingredients

- 1 1/2 cups (250 grams) cooked and soaked and rinsed chickpeas
- 1/4 cup (60 ml) fresh lemon juice (1 large lemon)
- 1/4 cup (60 ml) well-stirred tahini
- 1 - 5 small garlic cloves, smashed
- A few tablespoons to a 1/4 cup extra-virgin olive oil
- 1/2 teaspoon ground cumin
- Salt to taste





- 2 to 3 tablespoons (30 to 45 ml) water
- Dash ground paprika, for serving

Directions

In the bowl of a food processor, combine the tahini and lemon juice and process for 1 minute, scrape the sides and bottom of the bowl then process for 30 seconds more. (This extra time helps “whip” or “cream” the tahini, making the hummus smooth and creamy.)

Add the olive oil, minced garlic, cumin, and a 1/2 teaspoon of salt to the whipped tahini and lemon juice. Process for 30 seconds, scrape the sides and bottom of the bowl then process another 30 seconds or until well blended.

Add half of the chickpeas to the food processor and process for 1 minute. Scrape sides and bottom of the bowl, then add remaining chickpeas and process until thick and quite smooth; 1 to 2 minutes.

Create the Perfect Consistency: Most likely the hummus will be too thick or still have tiny bits of chickpea. To fix this, with the food processor turned on, slowly add 2 to 3 tablespoons of water until you reach the perfect consistency.

Serving and Storing: Taste for salt and adjust as needed. Serve hummus with a drizzle of olive oil and dash of paprika. This recipe makes about 1 1/2 cups of hummus. Store homemade hummus in an airtight container and refrigerate up to one week.

+++++

Here is a great summer recipe Tina shared. Using homemade mayonnaise (recipe approx. around page 25 of this document) will greatly improve its nutritional benefit and digestion of it :)

Mock Tuna Salad — VEGETARIAN CHICK PEA SANDWICH FILLING

Ingredients

- About 2 cups garbanzo beans, drained and rinsed (if using dry I soak overnight, boil for 2-3 hours and soak again)
- 1 stalk celery, chopped
- 1/2 onion, chopped
- 1 tablespoon mayonnaise
- 1 tablespoon lemon juice
- 1 tablespoon dill weed
- salt and pepper to taste
- Optional add ins: Hard boiled egg, green olives

Directions

Pour chickpeas into a medium size mixing bowl and mash with a fork. Mix in celery, onion, mayonnaise (to taste), lemon juice, dill, salt and pepper to taste.

+++++

Roasted Okra



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About 16 Okra pods
Coconut Oil
Salt & Pepper

Slice okra and lay in a single layer on a ceramic roasting pan drizzle with coconut oil and sprinkle with salt and pepper.

Roast at 425° for 10-15 minutes.

+++++

Good Salad Dressing

Cilantro Zucchini Dressing

Ingredients:

- 1 zucchini, chopped
- * 2 Tablespoons EVOO (olive oil)
- 1/3 cup lime or lemon juice
- 1/4 – 1/2 cup cilantro, freshly chopped
- 1/4 cup water
- 1/2 tsp coriander
- 1/2 tsp salt
- 1/4 tsp black pepper, freshly ground

Instructions:

- 1 Blend all ingredients in a blender or food processor until smooth.
- 2 Drizzle over grains, vegetables and salads.

+++++

Asian Zucchini Noodles: Zucchini “pasta” with Citrus infused Miso Sauce

Ingredients

2 medium zucchinis passed through a Spiralizer or mandolin slicer or sliced thin with a vegetable peeler

- 1 Tbsp. fresh raw tahini
- 1 Tbsp. organic, non-GMO miso
- 1 fresh, squeezed organic lime
- 1 garlic clove
- 1 Tbsp. Japanese rice vinegar
- 1/2 Tbsp. cumin
- 2 Tbsp. Hijiki or Wakame seaweed

Procedure:

In a food processor or blender, mix all ingredients except for the zucchini noodles. Puree until smooth. Pour the mixture over the zucchini noodles.

I like to lightly sauté the zucchini noodles in coconut oil and salt, but you can also eat them raw with the dressing if you prefer.

+++++

Cannellini bean herbed hummus

- 1 cup dry cannellini beans
- 1/4 cup olive oil
- 2 TBSP lemon juice
- 2 cloves garlic
- Thyme
- Rosemary
- Salt and Pepper

Soak the beans overnight. Drain and rinse repeatedly. Place the beans in a saucepan, cover with water and bring to a boil, reduce heat, cover and simmer for 1–2 hours. Rinse beans with cold water.

Add all ingredients to a food processor, blender, or nutri–bullet and blend.

+++++

Smoked Salmon Sushi Bowl Recipe

Total Time: 5 minutes Serves: 1-2

INGREDIENTS:

- 2 tbsp lime juice
- ¼ cup sesame oil
- 2-4 tbsp **coconut aminos** or tamari sauce
- Wasabi or chili pepper to taste (optional)
- * Fresh Grated Ginger (better option) or Powdered ginger
- 1 cup rice of your choice, cooked
- ½ cucumber, diced or any vegetable you like, for example radish, bell pepper, etc.
- ¼ onion, thinly sliced
- 6 oz smoked **wild caught Alaskan salmon**, pulled into pieces
- ½ avocado, cubed
- Sesame seeds or pumpkin seeds
- Goat cheese

DIRECTIONS:

- 1 Combine the first 5 ingredients in a bowl





2 Combine the remaining ingredients in a separate bowl and mix. Drizzle with dressing and serve.

+++++

Late Summer / Early Fall Vegetarian Skillet Lasagna

Simple Vegetarian Skillet Lasagna ... and its a one pot meal :)

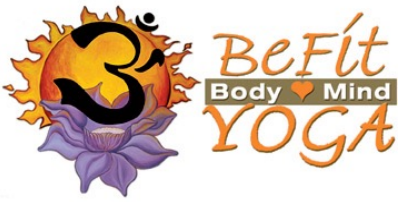
Ingredients

- 2 tablespoons olive oil
- 1 zucchini chopped
- 8 ounces mushrooms finely chopped
- 1 red pepper seeded + chopped
- 2 cloves garlic minced or chopped
- 1 jar roasted tomato sauce
- 1/2 cup half and half, grassfed
- Handful of Oregano
- 1/2 cup rinsed green lentils or yellow split mung beans
- 6 ounces lasagna noodles
- 2 cups fresh spinach
- 1 cup fresh basil
- 8 ounces mozzarella sliced
- 4 ounces provolone shredded
- 1/3 cup grated parmesan plus more for topping

Instructions

1. Preheat the oven to 375 degrees F.
2. Heat a large, high-side skillet or dutch oven over medium heat. Add a drizzle of olive oil. Once hot, add the zucchini, mushroom and red pepper. Season with salt + pepper. Cook 3 minutes or until just lightly caramelized. Add the garlic and cook another minute. Stir in the tomato sauce, 1/2&1/2, and oregano. Stir in the lentils + 1/4 cup water. Break each lasagna noodle into 2-3 pieces and stir them into the sauce, making sure most of them are submerged. Cook until the noodles are al dente and the lentils are soft, about 15 minutes. If the sauce seems like it is getting too thick, add water to thin.
3. Stir in the spinach + basil until they have wilted down into the sauce. Remove from the heat and add the mozzarella, provolone and parmesan.
4. Place the skillet in the oven and bake for 10 minutes or until the cheese has melted and is bubbly. Remove and let sit 5 minutes. Serve with basil pesto and fresh parmesan. Enjoy!

+++++



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RECIPES I WANT TO TRY:

Broccoli Pesto Dip Recipe

Total Time: 5 minutes



INGREDIENTS:

- 1 large head of broccoli
- 2 stems fresh basil (or sage)
- 1/2 lemon squeezed
- 1/2 cup hazelnuts
- 2 cloves garlic
- 1/2 cup olive oil
- 2 tablespoons water
- Sea salt and pepper to taste

DIRECTIONS:

- 1 Blend all ingredients until smooth.
- 2 Serve as a dip, or on a wrap.

+++++

2 ingredient Broccoli Soup

http://tv.greenmedinfo.com/2-ingredient-broccoli-soup/?utm_source=Master+List&utm_campaign=2f401b2666-Greenmedinfo&utm_medium=email&utm_term=0_af50e1f25a-2f401b2666-87825261

Summer Light Suppers

Poached Pears

6 ripe but firm pears such as Anjou, Bartlett, or bosc.

Water

4 dates pitted and finely chopped

Juice of one orange

2 tsp maple syrup

1 tsp ground cinnamon

½ tsp grated fresh ginger

½ tsp grated orange zest

2TBSP shredded unsweetened coconut

Peel each pear leaving it whole with its stem in tact, cut a thin slice off the base so it can stand up on its own. Place the pears upright in a saucepan just large enough to hold them. Add an inch of water to the pan.

Place the pan over medium heat and bring the water to a simmer, add all the remaining ingredients except the coconut. Reduce the heat and simmer gently, uncovered until the pears are tender, approx. 12 min..

Carefully remove the pears and place them upright on a dish(es).

Continue to simmer the liquid in the pan until it thickens enough to stick to the back of a spoon. Spoon the glaze over the pears and sprinkle with coconut.

+++++

Roasted Asparagus

Preheat oven to 400°

ॐ 1 lb. asparagus—woody ends broken off. Lay single layer on baking sheet.

ॐ 1-2 cloves garlic, minced

ॐ Butter

Place butter on cookie sheet, lay asparagus on top, sprinkle garlic over asparagus and bake (or grill) at 400 , turning every few minutes. When asparagus starts to wrinkle (approx. 5 minutes or LESS) remove from heat and sprinkle fresh ground salt.

+++++

Summer salad of seasonal vegetables.

+++++

Mixed cooked seasonal vegetables cooked in ghee.

+++++

Roasted Kale with Sea Salt

ॐ 4 cups firmly-packed kale

ॐ 1 Tbsp. coconut oil

ॐ 1 tsp. good-quality sea salt

Preheat oven to 375 degrees F. Wash and trim the kale: Peel off the tough stems by folding the kale leaves in half like a book and stripping the stems off. Toss with coconut oil. Roast for five minutes. Turn kale over. Roast another 7 to 10 minutes until kale turns brown and becomes paper thin and brittle. Remove from oven and sprinkle with sea salt. Serve immediately.

+++++

Potato Leek Soup

GARLIC Mashed
 Cauliflower Recipe

INGREDIENTS

- 1 head of fresh raw cauliflower
- 4 tablespoons grass-fed butter
- 3 raw garlic cloves
- 1 teaspoon sea salt
- ½ teaspoon of red pepper

DIRECTIONS

1. Chop up cauliflower into florets (small pcs)
2. Boil (10-13 min) or steam cauliflower (25-30 min) until fork tender
3. Drain cauliflower and thoroughly pat dry
4. Lightly crush and peel garlic cloves
5. Add butter, cauliflower, garlic, salt, and red pepper
6. Process for 60 seconds or until creamy
7. Taste and adjust seasonings if needed
8. Transfer to a bowl and serve while warm

Recipe from DAILYSUPERFOODLOVE.COM

Garlic is good for your entire body... It is naturally anti-inflammatory, anti-bacterial, anti-fungal, and anti-microbial.

If you're currently undergoing conventional cancer therapies, including garlic in your diet can provide a boost to your immune system.



www.thetruthaboutcancer.com



Scrub potatoes (do not peel) and cube into small pieces, about 5–6 cups. Slice two leeks ½ way up to the leaves, sauté in olive oil. Add potatoes, salt and pepper. Cover with water, bring to boil and simmer approx. 45 minutes. Mash in kettle with hand masher (you can puree in blender if you want the hassle and smoother soup—I like it better a little chunky).

+++++

Gazpacho

4 c tomato juice, 1/2 c finely minced onion, 1 med clove garlic, minced (I use more), 1 med bell pepper, minced, 1 t honey(optional), 1 med cucumber, peeled, seeded and minced, 2 scallions, minced, juice of 1/2 lemon + juice of 1 lime, 2 T wine vinegar, 1 t each tarragon & basil, 1/4 to 1/2 t cumin, 1/4 c freshly minced parsley, 2 to 3 T olive oil, salt, black pepper & cayenne to taste, 2 c freshly diced tomatoes. Combine all ingredients (Optional: puree all or some). Chill until very cold.

+++++

GREEN BEANS ALMONDINE

Fresh green beans, rinsed and ends snapped off
boiling water
salt
butter
slivered almonds
Cook green beans in salted boiling water in saucepan until tender-crisp. Remove and drain. Heat butter in same pan; saute almonds in butter until golden brown and butter is slightly browned. Toss beans with almond mixture.

+++++

Baked Potato with Butter, Sour Cream and Chives

+++++

From Mercola

Garlicky Collard Greens

Did You Know?

- Four glucosinolates found in collard greens – glucoraphanin, sinigrin, gluconasturtiin, and glucotropaeolin – can convert to an isothiocyanate that supports your body's ability to fight off inflammatory toxins and help lower cancer risks
- To bring out the best in your collard greens, sprinkle a bit of lemon juice on them after washing, and leave on your kitchen counter for at least five minutes before cooking. This will help activate their myrosinase enzymes and increase the formation of beneficial isothiocyanates

Ingredients

- 1 large bunch collard greens (about 1.5 pounds) or spinach
- 2 tablespoons coconut oil
- 1 medium clove garlic, chopped
- ½teaspoon dried chili flakes
- Juice of 1 lemon
- Feta cheese (optional)
- Sea salt and pepper to taste

Procedure

- 1 Wash the greens thoroughly under running water and pat dry.
- 2 Remove the stems and cut the greens into one-inch strips.
- 3 Heat a large sauté pan over medium-high heat. Add the coconut oil and heat until shimmering.
- 4 Add garlic and cook only until it begins to turn brown, about 30 seconds.
- 5 Add collard greens and chili flakes, and cook only until the greens wilt.
- 6 Salt and pepper to taste and remove from heat.
- 7 Add lemon juice and transfer to a serving bowl. Sprinkle with feta cheese.



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This recipe makes five servings.
(Adapted from *Healthy Recipes for Your Nutritional Type*)

Secret Cucumber Detox Soup Recipe



This secret cucumber detox soup recipe is packed full of ingredients that aids in detoxification and supports healthy hair, skin and nails. And its delicious.

Secret Cucumber Detox Soup Recipe

Total Time: 5 minutes **Serves:** 4

INGREDIENTS:

- 1 cucumber (peeled and de-seeded plus additional cuke for garnish)
- 1 tbsp onion (minced)
- 1 avocado, peeled
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tbsp apple cider vinegar
- 1/4 tsp Sea Salt
- 1/4 tsp Chili Powder
- 1 dash of Cayenne Pepper
- 1/2 to 1 cup water — to desired consistency, I use about a 1/2 cup
- Paprika for garnish

DIRECTIONS:

- 1 Throw avocado, cucumber, onion, oil, lemon juice, vinegar and water in a nutri-bullet, blender, submersion blender or vita-mix.
- 2 Puree on high speed until smooth.
- 3 Blend in salt, chili powder and remaining ingredients.
- 4 Serve, garnishing with extra cucumber cubes and smoked paprika if desired.

Balsamic Drizzled Brussel Sprouts

Ingredients:

- 2 pounds Brussels sprouts, trimmed and halved
- 2 Tbsp. coconut oil
- 2 cloves garlic, finely chopped
- Large pinch of Himalayan salt
- Freshly ground black pepper
- 1 to 2 Tbsp. balsamic vinegar (add more or less to taste)

Procedure:

- 1 Heat oven to 400 degrees Fahrenheit. On a large rimmed baking sheet or in a large casserole dish, toss the Brussels sprouts with oil, garlic, salt and a few grinds of freshly ground pepper.
- 2 Roast until tender and slightly golden, approximately 25 minutes.





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- 3 Remove from the oven and drizzle with 1 to 2 Tbsp. (or more) of balsamic vinegar. Taste and adjust seasoning if necessary.

Homemade Mayonnaise Recipe

Ingredients

- 1 organic, pasture-raised whole egg
- 1 tsp. organic Dijon mustard
- ¼ + 1/8 tsp. fine Himalayan salt
- 1 cup avocado oil
- 1¼ tsp. organic apple cider vinegar

Procedure

- 1 In a small food processor, mix the egg, mustard and salt with the processor still running; add the avocado oil, slowly, until the mixture begins to thicken.
- 2 When the oil has been incorporated, slowly add the cider vinegar. Adjust the seasoning to taste.

The mayonnaise will keep three to five days in the refrigerator. Note that this recipe can be halved — **to divide an egg when cutting a recipe in half, first beat the egg, and then measure out half of the egg.** Save the rest for another use.

EASY PICKLES

I love pickles! However you can not buy them anymore without pure ingredients -- they have been bastardized by the processed food industry. I found a simple solution, It is very easy to make pickles yourself. So make your own pickles and let the pickle industry know you want pure ingredients.

Anna’s Pickles from Poland Recipe

(These pickles are made in a brine so they are truly pro-biotic. Pickles made with distilled white vinegar would be less so.)

I make 2 quart at a time, This recipe is for 2 quarts.



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Begin by heating 2 glass 1 quart mason jars in your oven at 225° for 10-15 minutes. Let the jars cool before use.

For the brine - Boil 1 quart of water, while the water is still hot add 1 heaping tablespoon mineral salt. Let brine cool to room temperature.

Small cucumbers are best but you can use any cuke.

Put a dill flower or leaves (fresh dill — a flower before it turns to seed is the best) in the bottom of the jar along with a few crushed cloves of garlic. If you like you can add a oak or currant leaf to add crispiness.

Some people in Poland add small pieces of fresh horseradish root.

Pack your pickles in tight the top with another dill flower.

Then leave on the countertop as long as desired (no more than 3-4 days) depending on the temperature. Each day gently shake the jars and then open them for a moment to let them gas off. When they are the desired taste they go to the fridge to complete the fermentation process.

Enjoy! Some people in Poland enjoy the pickles only slightly fermented like 1 or 2 days. I like them a little more "done".

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Dill Refrigerator Pickles (not pro-biotic)

Ingredients

- 3 cups distilled water
- 1 cup white vinegar
- 1 tablespoon kosher non-iodine salt
- 1/2 teaspoon minced dried garlic (I use fresh)
- 1/4 teaspoon yellow mustard seeds
- 2 -4 black peppercorns
- 2 -4 whole allspice
- 1/2-1 whole dried cayenne peppers (I use fresh or frozen)
- 1 pinch dill seeds (I use more like 1/2 tsp)
- 1 pinch dill weed (I use more like 1/2 tsp)
- 1 pinch turmeric
- washed cucumbers

Directions

1. Combine the water, vinegar and salt and bring it to a boil.
2. Put the spices and cucumbers in quart jars.
3. Pour the brine mixture over the cucumbers and spices in the jars and seal.
4. This is enough brine mixture for about 2 quarts.



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5. Let cool, put them in the refrigerator: Ready in 7-10 days. Keeps 8 - 19 weeks.
6. Brine can be re used.
7. This recipe can be multiplied by keeping these proportions: 3 parts water, 1 part vinegar and the spices are for a quart jar.

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