



Eating for Beauty Online Workshop
April 2013

Sun Kiss Smoothie

2 cup pineapple, diced
2 cup frozen mango, or a fresh mango
1 tbsp minced ginger
1-2 tsp minced turmeric

Place all ingredients into a blender, and blend until super smooth.

Spring Beauty Salad

4 carrots
1 bulb of fennel
1/4 red cabbage
1/4 cup pumpkin seeds
1 ripe avocado, diced
1 ripe mango, diced
juice of one lime
drizzle of olive oil (optional)
dash of sea salt
dash of cayenne pepper

Shred the carrots, fennel and cabbage in the food processor using the shred blade, and place the veggies in a large mixing bowl. Toss the avocado, mango and pumpkin seeds with the shredded veggies, and season with lime juice, olive oil, salt and cayenne pepper. Toss well and serve.

Sunflower Truffles

(for a dose of Omega-3 fatty acids, substitute walnuts for the sunflower seeds, or do half/half.)

makes about 24 small balls

1 cup dried apricots, unsulphured
3 pitted Medjool dates (if they aren't sticky and soft, or not Medjool, soak for 30 minutes)
1 cup sunflower seeds
½ cup shredded coconut
dash of sea salt



Place all of the ingredients into a food processor and blend until crumbly and sticky. The crumble should stick together when molded, and be of uniform consistency. If it isn't blend more or add another date for stickiness.

Form crumble dough into small balls. Serve immediately, or place in the refrigerator to firm. To keep fresh, keep them in the fridge.

Shopping List

vegetables:

carrots (4)

fennel (1 bulb)

red cabbage (1 small head)

ginger

turmeric (fresh if available, if not buy powdered in spice section)

fruit (all should be ripe):

pineapple

mango (yellow Champagne mangos)

avocado

lime (2)

frozen mango

dry foods:

apricots (1 cup)

Medjool dates (3-6 dates)

sunflower seeds (1 cup)

shredded unsweetened coconut (1/2 cup)

pumpkin seeds (1/4 cup)

extra:

extra virgin olive oil

sea salt

cayenne pepper

turmeric powder (if you can't find fresh)